



The Vetruns

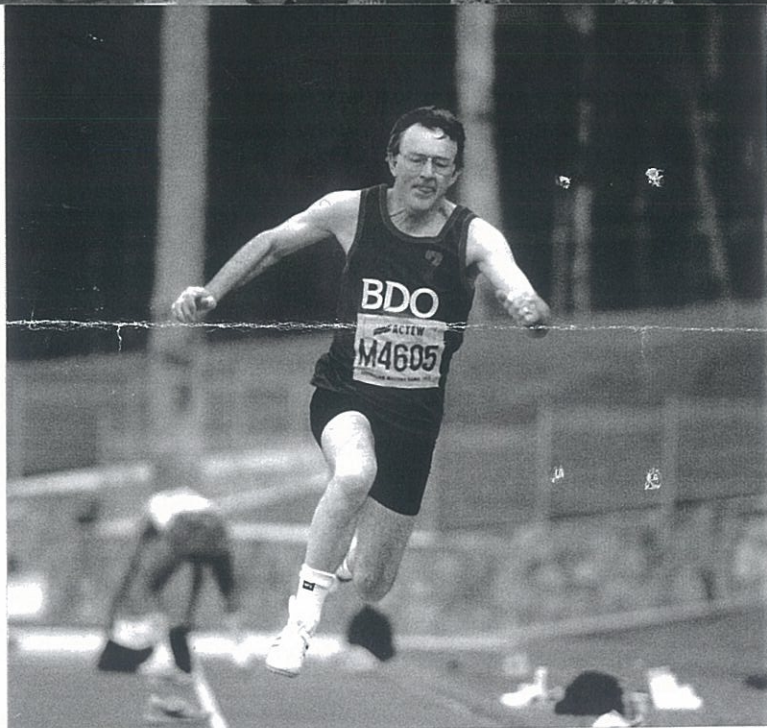


No. 291 December 1997

Patron: Bill Hughes

President: Brian Foley

Editor: Richard Harris 9 457 6102



Top photo – Roma Barnet, second from right, with Joan Pellier, far right, and Jackie Billington, far left. Story Page 2, *Running with Roma*, by Jo Pearce. Pic by Vic Beaumont.
Above – G. F. Brayshaw won the bronze medal in the Triple jump at the Healthpact Games in Canberra – see Page 2.

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*Hello. Keep talking to me –
Richard Harris.*

**MERRY CHRISTMAS
FROM THE COMMITTEE**
The WAVAC Committee takes this opportunity to wish all members a Merry Christmas and a Happy New Year.

- Brian Foley
Jackie Halberg
Merv Jones
Sue Jones
John Pressley
John Stone
Graham Thornton
Richard Harris

COPY FOR THE VETRUM

Results and copy items can be posted directly to Richard Harris at 30 Cosmelia Way, Parkwood WA 6147 Ph: 9457 6102 or see at regular Sunday runs.

RUNNING WITH ROMA ON SATURDAYS

- by Jo Pearce

This article is about *running for fun*! "Roma's group", as we who are part of it, affectionately call it, is made up of ladies who run each Saturday morning. Of course the group changes from time to time, but being from her home, Roma has no choice but to be constant.

November 1997 is the second anniversary of this group's foundation. The initial four runners on 4/11/95 were Roma Barnett, Irene Ferris, Heather Sanderson and Jackie Billington. Next to join in the fun was Jan Jarvis early in 1996, followed by Jo Pearce in February 1996, seeing it as a way of getting back into regular training for a possible marathon. In June 1996, Wendy Duncan joined the group, also training for the 1996 Perth Marathon....and so the group was formed. Others to come along include Denise Lancaster and Jean Fisher.

Of course, attendance is spasmodic. Heather now joins us when she is down from Indonesia, and we all look forward to seeing her each visit to catch up on the news of both her and Tony's activities in Jakarta. She has added a generous twist to her attendances, she brings a small gift from Indonesia, which she raffles amongst us! Jan's attendance is intermittent. Jo's is extremely irregular, however Roma, Irene, Jackie and Wendy are regular! Jackie was recently quoted as saying "It is my reason for getting out of bed on a Saturday."

The routine for the morning has continued to develop - Roma insists the 'fillies' weigh in each morning before the run, despite many protests, and she even keeps a record book. If the morning is cold, or there is some gossip to catch up on, a pre-run cup of tea emerges. After the run, if Wendy has her way, which she often insists,

we are subjected to a 20 minute stretching session, in which Wendy - a slow counter - attempts to emulate 'Mother Superior' alias Joan Pellier with her 'bossing' of us during this session. Once over, the 'breakfast' follows - always delicious and enjoyed by us all (Jackie is quite fussy about porridge, and insists on making it when it is on the menu. No one else dares) along with numerous cups of tea, followed by a sauna and/or spa (Roma and Ray's latest 'home improvement') for those who have enough time to stay and enjoy the relaxation.

Quite seriously, it isn't all fun, when some of us are training for our (spasmodic) marathons, these Saturday morning runs stretch into some 32km epics. But, as you can imagine if you know these ladies' personalities, there are always some gossip or good jokes to keep us going.

By the way, there has only been one argument among this group of runners in the past two years and that was recently....perhaps you should ask Roma about her electronic gate bell and what happens when she pushes it without first checking!

I hope there are many others who can say they enjoy their regular training runs as much as we all do. - Jo Pearce

Notes:

I chose not to include items such as -

- * 4 birthdays in 1949
- * Irene living closest, always latest
- * group mainly 'single'
- * the time Wendy didn't turn up because she had a man in her bed

and some other things we discussed because of space reasons and my opinion is that if you make these articles too long, the readers lose interest.

The object of the article, as briefed to me by Richard Harris was to write an article on "having fun while running." - Jo 29.10.97.

HEALTHPACT 6TH AUST MASTERS GAMES

Canberra October 1997

The athletic section of the games was held in Canberra from Saturday October 25 to Thursday 30 October. Track and field events were held at the AIS Centre with the street mile held in Anzac Parade in front of the war memorial.

The weather for the week was very kind with blue sky, some humidity and temperatures in the mid to high 20s. Quite perfect for athletics, somewhat unexpected for Canberra.

The week was very well organised and quite a profile established by the local media. Daily results and reports in the Canberra paper and local television. Some of this is dominated by Greg and Ian Chappel who played in the baseball competition.

I understand some 9770 registrants attended with 985 in athletics. A total of 230 registrants were from WA but I only could recognise 8 from WA in the athletics list. I am informed we from WA won seven gold, five silver and nine bronze. For the record I entered three events in the 45 to 49 age group, coming sixth in the long jump (out of nine), a close third (out of three, one being injured on the first jump) in the triple jump and third (out of four) in the pentathlon.

As is always the case for me at these type of events one can never cease to be amazed by the energy and endeavour of some of our senior members.

The opening ceremony was held on the lawns of Parliament House, preceded by a march over Lake Burley Griffin, quite a spectacle.

Altogether, I believe a good time was had by all although a few sore muscles and heads could be detected on occasions.

G.F. Brayshaw.

* Jackie Halberg received a note from Frank Hansford-Miller M80 keeping us up to date with his performances at the Australian Masters Games in Canberra. Though Frank has not been 100% well, over six days he competed in 12 events on the track and road, winning five gold, three silver and four bronze medals. Congratulations Frank! We look forward to seeing you at our State Champs in March.

LETTER TO THE EDITOR

INHUMAN???

Have you ever wondered what human (or inhuman) characteristics make up that person we call the "handicapper"? Does he wear a hat or cap so as to hide the horns from protruding from the rear of his head? Was he drummed out of the Gestapo for cruelty?

These kinds of thoughts were going through my mind the other day whilst proudly showing my scrapbook containing results of races from 20 years ago which included names such as Brendan Foster, Mike Tagg etc. Our handicapper listened to our conversation, leaned over and said in a laconic manner "a marathon in 2 hr 36 min. hmmm, 10 miles in 52 minutes hmmm." He paused and proceeded "You know, you're still doing 52 minutes it's just the distance is now 10 k," - ouch!

Seriously, though, thanks for your efforts in such a thankless job.

Regards - Doug Hazell,
Proprietor, Domestic and
Commercial Cleaning, ph 9414
1348; mobile 0414 715 276.

CLUB BONES

Any club - like the human body - is supported by its bones but whereas the human body has a large number of bones, each performing their share of the support, clubs contain only five bones. They are -

THE WISHBONE: This bone is always dissatisfied with its part in the club and is constantly comparing its position unfavorably with others. Wishbones do not carry much of the load of the club.

THE JAWBONE: Jawbones can be recognised by their excessive talking and lack of doing. While a small number of Jawbones in a club may be an advantage in that they sometimes provide ideas, many clubs suffer from an excess of these bones.

THE KNUCKLEBONE: The main activity of Knucklebones is knocking the efforts of others without stopping to consider that each working part of the club is trying to do a difficult job to the best of its ability. Knucklebones would be better off getting on with the task of supporting the club rather than criticising.

THE LAZYBONE: The Lazybone is unfortunately often the largest bone in the club. Lazybones spend most of their time supported by the fifth bone of the club skeleton.

THE BACKBONE: The Backbone supports the club, is always there to carry its share (and often more) of the workload. Backbones whilst often being small in number are big in effort and enterprise. Backbones rarely crumble under the total weight of the club.

These are the five bones of a club. Which bone are you?????

TRACK & FIELD

Nov 30 1997

McGillivray Oval

200m

David Clive M60 26.0

Paul Covich Vis 26.1

Dave Wyatt M45 27.1

John Stone M45 27.2

Norm Richards M60 27.7

Phil Hawks M35 27.9

Lynne Choate W40 28.1

Milton Mavrick M40 28.7

Ian Sanders M35 28.8

David Newland M40 29.3

Vic Humann Vis 29.5

Jan Jarvis W50 30.3

Delia Baldock W35 31.2

Katrina Spilsbury W30 31.6

Pat Carr W65 35.5

Richard Harris M60 38.0

Jackie Halberg W50 38.2

Ron Tompkins M75 39.1

Noela Medcalf W60 39.7

Triple Jump

Dave Wyatt M45 10.42m

David Newland M40 9.29m

Katrina Spilsbury W30 8.65m

Pat Carr W65 7.25m

1500m Walk

John Mison M50 07:29.2

Ray Hall M60 09:14.4

Katrina Spilsbury W30 09:36.3

Michele Mison W50 09:45.0

Dorothy Whittam W60 09:57.7

Lorna Lauchlan W65 10:34.4

Shot Put

Ed Carroll M55 10.61m

Dave Brock Vis 8.93m

Norm Richards M60 8.06m

Dorothy Whittam W60 7.76m

Ron Tompkins M75 7.51m

Katrina Spilsbury W30 6.88m

Lynne Choate W40 6.82m

Pat Carr W65 6.39m

5000m - for points

Jim Langford M53 17:02.1 87.4

David Carr M65 20:21.6 81.8

Frank Smith M55 18:30.9 81.8

Brian Foley M53 19:36.8 75.9

Robin King W39 19:53.6 75.4

Stephen Dunn M31 17:20.3 74.8

Peggy MacLever W53 23:01.6 73.6

Ken Whistler M66 23:41.8 71.0

Frank Gardiner M47 20:03.5 70.8

Richard Harris M60 23:00.7 68.8

John Brambley M55 22:10.5 68.3

Doug Ashfield M40 19:47.5 68.1

Milton Mayrick M43 20:40.8 66.6

John Mison M50 23:43.2 61.2

Phil Hawks M38 22:32.1 59.0

Glenice Shanahan W73 36:44.4 58.8

Delia Baldock W35 25:28.3 57.0

Marg Bennett W56 31:16.4 55.9

Michele Mison W50 30:33.7 53.9

Paul Covich Vis 18:58.8 50.8

Discus - for points

Ed Carroll M55 36.28m 62.7

Noela Medcalf W62 19.30m 47.5

Ken Whistler M66 26.40m 47.3

Ron Tompkins M75 21.46m 46.7

Dorothy Whittam W61 17.48m 41.9

Pat Carr W65 15.48m 40.9

Gordon Medcalf M68 21.04m 39.4

Lorna Lauchlan W67 13.56m 37.7

Norm Richards M60 23.90m 37.5

David Carr M65 20.62m 36.1

Lynne Choate W44 19.48m 30.9

Brian Foley M53 18.74m 30.4

Ian Sanders M39 19.74m 27.8

Katrina Spilsbury W31 19.18m 26.0
 Anne Shaw W49 12.54m 22.4
 Michele Mison W50 11.24m 20.6
 Glenice Shanahan W73 5.56m 17.9
 Robin King W39 12.72m 17.8
 Dave Brock Vis 24.14m

Leon Sander M60 8.65m
 Diane York W40 8.37m
 Delia Baldock W35 8.37m
 Pat Carr W65 7.40m
 Gordon Medcalf M65 5.61m
 Noela Medcalf W60 5.02m

Michele Mison W50 17:35.3
 Marg Bennett W55 17:41.4
 Allen Tyson M70 18:28.9
 Lynne Schickert W55 20:09.5
 Glenice Shanahan W70 21:55.1

TRACK & FIELD

Nov 6 1997

Coker Park

Javelin

Eric Hayward Vis 39.84m

Ron Tompkins M75 18.72m

Snow McSwain W35 18.00m

Eileen Hindle W45 17.50m

200m - POINTS SCORE

	%
David Clive M60 26.3	91.1
Norm Richards M60 26.9	89.1
Lynne Choate W44 27.1	87.7
Eileen Hindle W48 28.5	86.2
David Carr M65 29.1	85.8
Pat Carr W65 33.7	84.7
Leon Sander M60 28.6	83.8
Peggy MacLiver W53 30.7	83.4
Garry Doyle M50 27.1	82.3
Dorothy Whittam W61 33.4	82.2
Dave Wyatt M46 26.7	81.2
Noela Medcalf W62 35.9	77.2
Phil Hawks M38 27.4	74.8
Brian Foley M53 30.8	74.0
Bernie Oliver M53 30.9	73.8
Snow McSwain W38 30.9	73.3
Delia Baldock W35 30.3	73.0
Katrina Spilsbury W31 30.3	71.4
Robin King W39 32.8	69.6
Ray Hall M60 35.5	69.2
John Pressley M52 33.5	67.5
Ken Whistler M66 37.6	67.0
Marg Bennett W56 46.4	56.6
Val Millard W50 44.8	55.8
Glenice Shanahan W73 56.6	55.4
Lynne Schickert W56 49.6	53.0
Michele Mison W50 48.0	52.0
Jon Wannberg Vis 29.4	

TRIPLE JUMP

Dave Wyatt M45 10.51m
 Katrina Spilsbury W31 8.94m
 Snow McSwain W35 8.93m

!500m Walk - POINTS SCORE

	%
John Mison M50 07:18.6	80.9
Ray Hall M63 08:26.7	78.5
David Carr M65 08:54.7	75.9
Lorna Lauchlan W67 10:27.4	75.1
Greg McDowell M43 07:35.9	73.7
Allen Tyson M72 10:12.9	71.6
Brian Foley M53 08:27.5	71.5
Michele Mison W50 09:25.2	70.2
Peggy MacLiver W53 09:42.1	70.1
Lynne Schickert W56 10:11.1	68.6
Glenice Shanahan W73 12:25	68.1
Dorothy Whittam W61 10:50.5	67.8
Pat Carr W65 11:32.3	66.4
Val Millard W50 10:03.6	65.8
Noela Medcalf W62 11:42.8	63.5
Robin King W39 09:33.7	63.4
Leon Sander M60 10:17.8	62.6
Kat' Spilsbury W31 09:24.4	60.9
Marg Bennett W56 11:40.0	59.9
Ian Sanders M39 09:34.0	57.0
Delia Baldock W35 10:20.9	57.0
Gordon Medcalf M68 14:13.7	49.1

Damien McDowell Vis 07:40.6
 Mark McDowell Vis 08:30.2
 Alex Cummings Vis 10:25.9

3000m

Frank Smith M55 10:26.9
 Ian Davies M50 10:29.9
 Paul Covich Vis 10:31.1
 Jon Wannberg Vis 10:59.0
 Tessa Brockwell W40 11:12.3
 John Pressley M52 11:14.5
 David Pressley Vis 11:23.8
 (John's young brother)
 Frank Gardiner M45 11:36.8
 Robin King W35 11:44.2
 Alan Jennings M55 11:51.1
 Brian Foley M50 11:53.8
 John Pellier M55 12:28.9
 Damien McDowell Vis 12:45.4
 Phil Hawks M35 12:50.3
 Jackie Halberg W50 14:01.8
 Margaret Robinson W55 14:23.7
 Mark McDowell Vis 14:41.7
 Joan Pellier W55 14:52.2
 Val Millard W50 14:57.3

TRACK & FIELD

Nov 13 1997 - McGillvray

Long Jump (Points Score) %

David Clive M60 4.95m	81.5
Pat Carr W65 3.53m	77.8
Norm Richards M60 4.35m	71.7
Dorothy Whittam W61 3.41m	70.9
Dave Wyatt M46 5.12m	69.8
Leon Sander M60 4.22m	69.5
Lynne Choate W44 4.08m	66.4
David Carr M65 3.61m	63.7
Peggy MacLiver W53 3.38m	62.7
Noela Medcalf W62 2.79	58.9
Katr' Spilsbury W31 4.25m	57.4
Delia Baldock W35 3.99m	57.0
Brian Foley M53 3.45m	51.7
Allen Tyson M72 2.66m	51.6
Ian Sanders M39 3.97m	49.3
Simone Solomon W31 3.62m	48.9
Robin King W39 3.20m	48.5
Ken Whistler M66 2.65m	47.3
Phil Hawks M38 3.82m	46.8
Ray Hall M63 2.56m	43.9
Michele Mison W50 2.43m	43.1
Val Millard W50 2.40m	42.6
Lynne Schickert W56 2.09m	40.4
Lorna Lauchlan W67 1.77m	40.1
Glenice Shanahan W73 1.59m	39.4

Jon Wannberg Vis 4.27m

Discus

Ed Carroll M55 37.52m
 Peter Gare M55 33.21m
 Alex Cummings M65 32.15m
 Rob Shand M65 27.76m
 Ron Tompkins M75 23.18m
 Jan Fletcher W50 18.82m

100m

David Clive M60 12.9
 Paul Covich Vis 13.0
 Garry Doyle M50 13.0
 Dave Wyatt M45 13.1

Phil Hawks	M35	13.5
Leon Sander	M60	14.4
Arnold Jenkins	M50	14.8
Katrina Spilsbury	W30	14.8
Delia Baldock	W35	15.0
Ross Calnan	M55	16.4
Ron Tompkins	M75	18.0

Note :In heat 2 of the 100m, all the timers missed the start, so only a finishing order is given.

Barrie Kernaghan	M55
Norm Richards	M60
Lynne Choate	W40
Ian Sanders	M35
Peter Gare	M55

Barrie's time was sub 13 secs.

1000m Walk

John Mison	M50	04:54.4
Ray Hall	M60	05:32.3
Jan Fletcher	W50	05:55.8
Michele Mison	W50	06:07.1
Robin King	W35	06:18.2
Val Millard	W50	06:31.8
Lynne Schickert	W55	06:33.8
Lorna Lauchlan	W65	06:44.9
Glenice Shanahan	W70	08:13.5

5000m

Jim Langford	M50	16:39.3
David Willmer	M40	18:22.9
Anne Shaw	W45	18:44.1
Jon Wannberg	Vis	19:17.1
Paul Covich	Vis	19:17.8
Doug Ashfield	M40	19:27.9
Nicholas Gardiner	Vis	19:37.9
Ian Davies	M50	20:04.0
Frank Gardiner	M45	20:19.4
John Pressley	M50	20:24.8
David Carr	M65	21:03.4
Alan Jennings	M55	21:04.0
Milton Mavrick	M40	21:16.6
George Innes	Vis	22:29.8
Brian Gale	M50	22:58.5
Arnold Jenkins	M50	23:05.0
Jan Fletcher	W50	24:53.2
Allen Tyson	M70	28:24.9

100m (Points Score)

	%
David Carr M65 02:28.3	90.
Anne Shaw W49 02:31.5	86.7
Ian Davies M50 02:17.7	84.8
Brian Foley M53 02:23.4	83.4
Peggy MacLiver W53 02:54.1	78.3
Robin King W39 02:40.0	75.3

Arnold Jenkins	M53	02:39.6	74.9
Milton Mavrick	M43	02:31.0	73.3
Norm Richards	M60	02:56.2	72.2
Allen Tyson	M72	03:22.2	71.8
Leon Sander	M60	02:59.0	71.1
John Pressley	M52	02:47.2	71.0
Peter Gare	M57	02:55.2	70.7
Noela Medcalf	W62	03:34.1	70.1
Pat Carr	W65	03:46.1	68.8
Simone Solomon	W31	02:46.0	68.2
Delia Baldock	W35	02:52.4	67.7
Phil Hawks	M38	02:40.8	66.4
Ian Sanders	M39	02:46.8	64.5
Ray Hall	M63	03:25.6	63.7
Dorothy Whittam	W61	03:58	62.3
Lynne Choate	W44	03:27.8	60.5
Glen Shanahan	W73	04:53.6	59.3
Val Millard	W50	03:48.9	57.9
Lorna Lauchlan	W67	04:39.5	57.1
Katr' Spilsbury	W31	03:29.0	54.2
Michele Mison	W50	04:07.7	53.5
Lynne Schickert	W56	04:32.8	51.5
Paul Covich	Vis	02:19.0	
Jon Wannberg	Vis	02:27.4	
David Pressley	Vis	02:37.8	

TRACK & FIELD

Nov 20 1997 - Coker Park

200m

Barrie Kernaghan	M55	25.5
David Clive	M60	25.8
Shane Nangle	Vis	26.3
Phil Hawks	M35	28.0
John Stone	M45	28.1
Ian Sanders	M35	28.4
Milton Mavrick	M40	29.4
David Pressley	Vis	29.4
David Newland	M40	29.5
Eileen Hindle	W45	30.0
Arnold Jenkins	M50	30.3
Delia Baldock	W35	30.8
Snow McSwain	W35	31.1
Katrina Spilsbury	W30	31.3
John Pressley	M50	35.3

Javelin

Greg McDowell	M40	30.22m
Rob Shand	M65	26.62m
Alex Cummings	M65	21.72m
Gordon Medcalf	M65	19.34m
Ron Tompkins	M75	19.04m
Katrina Spilsbury	W30	18.64m
Allen Tyson	M70	17.50m
Eileen Hindle	W45	16.48m
Snow McSwain	W50	14.88m

Heavy Weight

Alex Cummings	M65	11.20m
Ron Tompkins	M75	9.33m
Dorothy Whittam	W60	9.13m

Arnold Jenkins	M50	8.16m
Eileen Hindle	W45	7.95m
Lorna Lauchlan	W65	7.42m
Noela Medcalf	W60	7.35m
Gordon Medcalf	M65	6.00m

2000m Walk

John Mison	M50	10:00.8
Greg McDowell	M40	10:22.4
Ray Hall	M60	11:49.1
Michele Mison	W50	12:57.2
Robin King	W35	13:08.7
Arnold Jenkins	M50	13:09.0
Val Millard	W50	13:37.1
Lynne Schickert	W55	14:02.6
Allen Tyson	M70	14:36.8
Alan Jennings	M55	16:09.6
David Carr	M65	16:10.3
Glenice Shanahan	W70	16:43.3
Dawn Styles	W60	16:36.7
Bob Schickert	M55	16:37.2

Triple Jump (POINTS SCORE)

	%
Pat Carr W65 7.97m	87.8
Dorothy Whittam W61 7.35m	76.0
David Clive M60 9.33m	74.7
Leon Sander M60 9.17m	73.4
Norm Richards M60 8.81m	70.5
Peggy MacLiver W53 7.66m	69.6
Dave Wyatt M46 10.61m	69.4
Snow McSwain W38 8.92m	63.7
David Carr M65 7.35m	63.3
Katrina Spilsbury W31 9.35m	61.9
Delia Baldock W35 9.02m	61.3
Lorna Lauchlan W67 5.21m	59.3
Anne Shaw W49 6.92m	58.9
David Newland M43 9.29m	58.2
Noela Medcalf W62 5.53m	58.1
Brian Foley M53 7.73m	56.0
Glen Shanahan W73 4.44m	55.7
Gordon Medcalf M68 5.95m	53.5
Phil Hawks M38 8.81m	51.4
Allen Tyson M72 5.23m	49.9
Lynne Schickert W56 5.20m	49.6
Val Millard W50 5.22m	45.2
Michele Mison W50 5.11m	44.2
Robin King W39 5.99m	43.4

1500m (POINTS SCORE)

	%
David Carr M65 05:09.8	87.6
Anne Shaw W49 05:03.7	87.5
Jim Langford M53 04:38.5	87.0

Ian Davies M50 04:35.2 85.9
 Bob Schickert M56 05:01.6 82.4
 Brian Foley M53 04:55.1 82.2

Ivan Brown M52 05:11.2 77.2
 Peg MacLiver W53 6:06.3 75.4
 Alan Jennings M57 05:33.4 75.3
 Robin King W39 05:28.5 74.2
 John Pressley M52 05:24.2 74.1
 Marg Robinson W59 06:42.1 73.1
 Leon Sander M60 05:53.6 72.9
 Milt Mavrick M43 05:19.2 70.2
 Noela Medcalf W62 07:19.1 69.4
 Allen Tyson M72 07:07.3 69.0
 Arnold Jenkins M53 05:52.4 68.8
 Jackie Halberg W51 06:35.6 68.5
 Joan Pellier W58 07:04.8 68.4
 Pat Carr W65 07:49.0 67.2
 Norm Richards M60 06:27.2 66.6
 Ray Hall M63 06:56.9 63.8
 Delia Baldock W35 06:14.6 63.0
 Glen Shanahan W73 09:27.9 62.2
 Phil Hawks M38 05:51.0 61.5
 Ian Sanders M39 05:55.0 61.3
 Val Millard W50 07:19.6 61.0
 Lorna Lauchlan W65 08:55.2 59.2
 John Mison M50 06:43.6 58.6
 John Stone M45 06:56.3 54.6
 Michele Mison W50 08:15.2 54.2
 Lynne Schickert W56 08:55.2 53.2

TRACK & FIELD

Nov 27 1997 McGillivray

1000m Walk

John Mison M50 04:51.2
 Ray Hall M60 05:28.6
 Ian Sanders M35 06:08.5
 Robin King W35 06:09.3
 Michele Mison W50 06:18.6
 Jill Midolo W50 07:02.8
 Dawn Styles W60 07:58.6

60m

David Newland M40 8.0
 Dave Wyatt M45 8.1
 Norm Richards M60 8.3
 Phil Hawks M35 8.3
 Arnold Jenkins M50 9.2
 Katrina Spilsbury W30 9.2

100m

Barrie Kernaghan M55 12.7
 Peter Gare M55 13.5
 Simone Solomon W30 14.7
 Ross Calnan M55 15.4
 Peggy MacLiver W50 15.5
 Pat Carr W65 16.4
 Ron Tompkins M75 17.6

10000m (POINT SCORE)

	%
Jim Langford M53 34:25.3	89.4
Anne Shaw W49 38:00.6	88.7
Dave Carr M65 42:34.5	80.9
Bob Schickert M56 39:24.9	80.1
Bruce Wilson M52 39:42.2	76.9
Robin King W39 41:44.4	74.2
Brian Foley M53 41:53.4	73.5
Doug Ashfield M40 40:50.4	68.2
John Mison M50 44:44.6	67.1
Leon Sander M60 49:22.4	66.3
Ken Whistler M66 54:58.0	63.3
Val Millard W50 56:30.7	60.2
Michele Mison W50 62:03.4	54.8
Marg Bennett W56 66:03.4	54.6
Lynne Schickert W56 71:27.2	50.5

400m

Barrie Kernaghan M55 59.9
 Peter Gare M55 60.3
 Phil Hawks M35 62.7
 Ian Sanders M35 67.2
 Arnold Jenkins M50 68.7
 Brian Gale M50 68.7
 Simone Solomon W30 72.7
 Peggy MacLiver W50 73.3

Triple Jump

Dave Wyatt M45 10.41m
 David Newland M40 9.58m
 Katrina Spilsbury W30 9.10m
 Norm Richards M60 8.98m

Shot Put

Ed Carroll M55 10.65m
 Peter Gare M55 8.81m
 Ross Calnan M55 8.34m
 Ron Tompkins M75 7.95m
 Norm Richards M60 7.43m
 Arnold Jenkins M50 7.01m
 Pat Carr W65 6.45m

MOSMAN PARK RUN

Dec 7th 1997

This run had the honour of being the first one to start on the new summer time at 7 am and judging by the reaction of runners and walkers, it was appreciated as the temperature was hot even at that time in the morning.

Thank you for all our helpers who again made the event the success it was and they were Sheila Maslen, Pat Carr, Paul Martin, Dick Blom, Bill Hughes, William Hughes, David

Roberts, Robin King, Whitney Richards and Jessica Winter.

See you all next year. - Paul and Sue Hughes.

4km run

Ian Davies	15.27
John Pressley	16.15
Blakeney Tindall	16.16
Doug Hazell	16.17
David Carr	16.27
Don Caplin	16.40
Ray Hall	19.54
Jo Pearce	20.54
Merv Jones	21.05
Vic Beaumont	21.12
Wendy Clements	21.17
Joan Pellier	21.33
Kirt Johnson	21.34
Ray Lawrence	22.08
Brian Aldrich	22.34
Brian Palmer	22.38
Margaret Warren	22.39
Robert Sheehy	23.53
Garnet Morgan	25.30
Phyllis Farrell	25.48
Rosa Davis	26.08
Margaret Ward	26.37
Mary Heppell	26.43
Sue Lloyd	27.35
Margaret Taylor	29.08

Visitors:

Dave Pressley 16.41
 Debra Pressley 18.58

4km walk

Barry Weatherburn	27.01
David Brown	27.19
Jill Midolo	30.01
Dorothy Whittam	30.22
Lyn Schickert	30.32
Rex Bruce	32.17
Pat Ainsworth	33.06
Lorna Laughlan	33.06
Jeff Whittam	33.12
Glenice Shanahan	34.23
Maggie Flanders	35.39
Allen Tyson	37.19
Norm Miller	37.20
Bob Sammells	37.36
Alan Pomery	37.37

8km run

Ralph Henderson	31.48
Warren Gee	32.06
Bob Schickert	32.15
Doug Ashfield	33.25
Ivan Brown	33.26
Mike Karra	33.34
Milton Mavrick	34.09
John Bell	34.20

Brian Bennett	34.33
Brian Foley	35.33
Allan Jennings	36.33
Margaret Langford	37.22
John Brambley	38.20
John Pellier	39.49
Keith Atkinson	39.49
Brian Smith	40.05
Wendy Duncan	40.32
Jenny Barnes	40.45
Richard Harris	40.46
Marge Forden	40.58
Shirley Bell	41.00
Dalton Moffett	41.20
Garry Branche	42.47
George Schaeffer	42.51
Arnold Jenkins	43.00
Jackie Halberg	43.27
John Smith	44.15
John Russell	44.58
Morris Warren	48.24
Graham Thornton	48.25

3km walk

John Mison	46.03
Greg McDowell	54.45
Michelle Mison	57.40
Barrie Thomsett	58.12

Visitors 8km walk-

Bob Dougall	36.19
Dennis King	40.56
Hugh Sykes	41.41
Paula Karra	44.15

RECORDS

Things that are round, flat, black, with holes in the centre. Are they records? Very likely. But they are not the records that I am interested in.

As State Statistician, I maintain details of State Track, Field and Road records that are set by WA residents aged 30 and over. I'm kept pretty busy. Since April 1 this year, club members have set 28 records that I know of. When the full results from Durban are to hand, I may find some more.

The job also extends to Australian and World records. I am sent lists of these periodically by Colin Browne of Victoria, the National Statistician. These cover National and World

Championship events only and exclude many T & F and road events.

It is the latter which are of particular interest to many of our Sunday regulars, but the lists are essential reference documents nevertheless and of great interest.

A key feature of the State records is that they are progressive. Broken records are kept on file, not dropped. A quick file search reveals that since the Club was founded in 1974, 21 men and 17 women have set individual Australian and World records.

In addition to these, six 24 hour relay records were set. Each team had ten members so some 40 or so members were involved over the years, few of whom would have set individual records.

Many of our newer members, for whom this article was mainly written, may be unaware of the achievements of those they compete against most Sundays. Greg Vander Sanden, Peggy MacLiver, Dorothy Whittam, Anne Shaw, Pat and David Carr – all have set Australian and/or World Records.

Cliff Bould still holds an age 54 World Record for the One Hour run. The late Dick Horsley held many road walk World Best times, while a quick count shows that John Gilmour has set 45 World Records in five different age groups.

But enough of this: you want the facts! Jackie Halberg can arrange copies of the Australian and World lists at a nominal cost.

I can supply these, State records and Age-Graded tables on a 3.5 inch diskette. Send one to me at 6 Plover Way, Kingsley, WA 6026, and I'll return it ASAP.

If you don't have a PC, find someone who has, send me a diskette and then print the records. I look forward to a bulging mailbox. – **Bob Sammells.**

Speaking of John Gilmour, the editor had a letter from him recently: "Have had a bad time since returning from South Africa – five cortisones in my right and left shoulders, X-rayed and ultra sounded. Saw the specialist on Friday – have two frozen shoulders. According to the specialist, it is the first time he has had a patient with it in both shoulders at the same time. I had two injections and they are helping but I have had to scratch from competing at the Masters in Canberra as I have not been able to train. I have been up walking the floor every night for the last month. I would only manage an hour's sleep and would have to get up and walk the floor from one to half an hour before having another try. When I recover, I will have another try for the Aussie Champs next Easter. Hope you are keeping well. Kindest regards – John."

HIGH IN AFRICA

In July this year, I reached the highest spot in Africa when I climbed Mt Kilimanjaro, with my sons Nigel and David and friend Jessica. We took the Machame Trail up and the Mweka Trail down, carefully avoiding the popular tourist route, where they allow up to 100 climbers with their entourages to start each day.

The Machame Trail is considered one of the prettiest routes starting through dense rainforest along a muddy track framed by large camphor, yellow stinkwood and fig trees. There were delicate ferns, mosses, lichens, Impatiens and the occasional orchid, while all the time there seemed to be a constant damp drip.

The first night we camped at about 3000 metres. The trees were shorter and sparser but it was still pretty with heathers and everlastings now evident.

The next day we set off for the Shira Plateau seeing tussock grasses, large Kilimanjaro lobelias and groundsels along our way. We camped by a glacial stream, by now at 3800 metres and decided to spend two nights here to help us acclimatise and had an easy day of short walks, reading and relaxing.

Arrow Glacier was our next destination. At 4700 metres the simplest task became a big undertaking. David did not feel well but was keen to keep going. We retired early as it was intensely cold once the sun disappeared. We got up at midnight for our final night of upward motion, and set off on a Grade 2 rock Scramble of 1000 metres which involved crossing a glacier.

There was a bitter wind blowing and the temperature was between minus 10 to minus 15 C. Our water bottles froze and our head torch batteries behaved erratically and our fingers and toes made their painful presence felt. It was an endurance exercise I thought might never end; but we crawled our way up steadily all through the night.

It was a great relief when we reached the plateau leaving behind the rocks and saw ahead of us a steep scree slope of some 200 metres that separated us from the summit, Uhuru Point, where we could make out some figures ahead. A mere 200 metres and it took us two hours; resting more than moving, slipping back one step for every two we advanced. By the time we summited, it had become urgent for us to get down as quickly as possible as David felt very ill and Nigel, too, had become unwell.

It is estimated that less than 50% of would be climbers reach the top of Kilimanjaro (5895 metres) and while Altitude Sickness marred our pleasure at the top somewhat, I felt very privileged to do this climb with my sons and with Jessica and very satisfied that we all made it up and down safely together. - Mary Murphy.

TWO JETTIES RUN

Holidaying in South Australia over Christmas - join the S.A. Veterans and compete in the Two Jetties Fun Run, from Glenelg Jetty to Brighton

Jetty and back - 8.4 km - December 26, 1997 at 9.30 am.

Entry form from Jackie Halberg.

FEED TO SUCCEED

I was prancing about, exulting about having again improved on one of my personal best times, when Richard Harris asked me to submit an article. Well, as he was told right then, it surely couldn't be muscles producing greater output at my age, it had to be the progressive improvements in my food/drink intake.

For fear of being labelled an "I am" I would only do it if others would contribute. Some did, so many thanks to them.

Back to the muscles. As a teenager, my performances were so pitiful that I was excused from sports sessions at high school, running, boxing, cycling, swimming - hopeless.

After my wife died and someone bought the shop, there was ample time to join the over-55s walking association's Tuesday strolls. Surprisingly, "the fast group" did not leave me behind, so a few weeks later in September 1996, aged almost 63 and four kilos heavier than now, I tried out with you Vets.

Medical practitioners were willing to answer (sometimes with print-outs or pamphlets) my many, many queries. Naturopaths, iridologists, a Chinese herbalist, therapeutic masseuse, health food shop staff, the Herb Society, SOMA, an equine vet and importantly some of you members all contributed with a wide range of tips.

Some contradict each other or disagree on amounts and degrees of importance. No great problem, each of us would extract what we considered to be the most beneficial. There are those who drink white wines, despite its acid content, yet meticulously cut down on say salt or saturated fats, or dairy products, or sugar in its many forms, etc, etc.

Very few seem to bother about recovery drinks. Get ready to scoff at the comparison but veterinarians stress that they are vitally important, most particularly as soon as possible after exertion but also during and pre-exertion. Incidentally, the same herbalist who said that all soy products should be taken warmed, also claimed that training periods should only last

for ten minutes. Being lazy, that has suited me.

Some info from two of our wonder women: Anne recommends Guinness for its iron content; to soothe cramp, muscles use running water or a 20 minute radox bath, massaging all the while (some others add apple cider vinegar and others, salt), also a tinned product called Endura, pre-exertion.

Another, in Robyn, urges lots of water for two days prior, then afterwards cordial or sports drinks. Post race meals could be a mass of bananas and/or cereals. She stokes up on carbohydrates at all times not just in the last few days, again including bananas but not too many potatoes as she can't handle them.

Another source states that people from late middle age find difficulty in properly digesting bananas as they contain a particular oil, that we should chew extensively, causing a large proportion of saliva to reduce it to banana smoothie consistency before allowing ourselves to swallow it.

I'm not suggesting we have some old nags in our midst but racehorses have been proven to perform best when not fed for 30 hours. Would you be willing to skip your evening meal on Saturday or to not eat at all on Thursdays? Thought you said you were keen?

Alan Pomery urges us to add nice fresh, yellowy wheat germ to our diet. It does give my mueslis a lovely creamy feel and taste. My mueslis are made up of about 50/60% of rolled cereals; sometimes all rolled oats, another time two portions of oats to one of rolled barley, or equal parts, or one portion of rolled rice flakes, oats and barley. The balance is made up of whatever proportions take my fancy of no added salt sugar bran, broken walnuts or almonds or cashews (never peanuts), currants, hulled sesame seed, linseed, hulled sunflower seeds, hulled millet, chopped dried apricots, pine nuts before they became so expensive, chopped dates. No one mixture includes all the above to keep each batch different. Average cost \$2.30 per kg, sugar content is negligible. Never any sugar-coated fruits nor coconut. Soak in So-Good soy milk overnight rather than it soak up the moisture in your intestines - and remember the herbalist - heat it before you eat it. By far the cheapest sources are Kakulas brothers in William St just north of the Horseshoe Bridge and of course Kakulas sister in central Fremantle.

Cheap pasta too, also my beloved dried beans and peas, both for cooking and sprouting. The four best sources of fish-oil, tuna, salmon, sardines and mackerel are there too.

Merv Moyle pointed out that the thinning of the inner third of my eyebrows showed a shortage of a certain vitamin so that's fixed too, now.

Generally speaking, we seem to agree that massive reductions in dairy products, salt, sugar in any form (sucrose, fructose, glucose, golden syrup, honey, malt extract, Jeff Whittam's biscuits), red meat, alcohol except maximum 300ml red wine daily, animal (saturated) fats – fish and chips, hamburgers, croissants etc are definite no nos; plus the exercise you are doing, why you'll not only live longer but feel so darned good!

Please, please, does anyone have anything to add, even if it is definite proof that something is wrong, let's all learn from it. What about having fruit after meals instead of before them, no fluids with food – come on, come on, have a go. –Ray Hall.

PS Would anyone have a book called "Bio- Markers, 10 ways to improve longevity" that I could borrow?

PPS A recent TV report mainly featured a 24 year old woman with only ten days to live who was saved by co-enzymes. The booklet states that it's anti-oxidant effect "is also often effective in managing diabetes and obesity, in detoxification and longevity..." Well, most of us are long enough but another extract reads "...suggested that trained athletes might benefit from supplementation with improved performance and/or the relief of chronic fatigue." Now we're talking. Who wouldn't like to improve their performancne?

My co-enzyme Q-10, Ginseng and amino acids comes by mail from Queensland (the combination was recommended by their free naturopathic offshoot.

FROM THE EVENTS CO-ORDINATOR

RACE TIMES

Will all members please note, in accordance with the motion passed at the last AGM that events from December 1 will start at 7 am. So, get up and get at it!!

HELPERS FORMS

This was in the September Vetrn. Keep them rolling in. I have so far received a grand total of three. This is a response rate of approximately 0.8%.

FRIENDSHIP RUN

11 JANUARY 1998

After many years of stalwart service, the Pelliers have decided to let somebody else have a go at this, one of the most long standing events on our calendar.

Accordingly, I am looking for a new Race Director.

It is not hard, give it a go!

See me, or any Committee member at Sunday runs, or contact me on 9332 6103 (A/H). - John Pressley.

REPORTING FOR THE VETRAN: SOME NOTES FOR RACE DIRECTORS

Keep it short.

Get the names right.

Thank your helpers.

If submitting your report on disk, work in a 5cm column and enclose a hard copy – in case we can't access it.

Post it to Richard Harris, 30 Cosmelia Way, Parkwood 6147

PENTATHLON

REMINDER

The Club pentathlon will be held on Thursday January 15 (not January 4) at Coker Park, Cannington, from 6 pm. Supporting events will be 60m, 1500m and 1500m walk.

VETS AND ATHLETICA

Negotiations have been going on between our Club and AthleticA (Athletics West) to allow our athletes to compete at Perry Lakes in the open competition. In past years we have affiliated with the Athletic Association of WA and our athletes have then registered to compete at AAWA meetings.

With the disbanding of AAWA, AthleticA asked clubs to sign licence

agreements. The licence contains sections which were inappropriate to the Vets and we could not sign. However, agreement has been reached for us to compete as a club, in our own colours, under a special licence.

This year the program at Perry Lakes is more compact, and as well as the Saturday meetings, there are some Friday evening and Sunday morning meetings, and some mid-week competitions.

So REGISTER NOW - \$50 (payable to WAVAC) is the fee for the whole year. See Jackie Halberg for registration forms. Don't be overawed by the fact that you are competing at Perry Lakes.

At a recent meeting, a heat of the 200m contained four Vets who were very competitive with the rest of the field.

And talking of being competitive, our members competed very successfully in the winter competition, finishing in 4th place and winning \$400.* We also conducted and helped at a number of events. Congratulations to everyone.

Editor's note: Duncan McAuley wrote me a story about this. I keyed it all in, mentioning everybody's name but was having a problem with computers and printers at the time and somehow it got lost. Also, I lost Duncan's handwritten piece. Sorry about that folks, The best laid schemes of mice and men etc etc. - Richard Harris.

YOU DESERVE A NEW SHIRT!

State - Singlet - Gold with black trim with club badge on left side @ \$15.00.

(To be worn at National Championships)

Club - Singlet - Black and white with club badge on left side @ \$15.00.

(To be worn at State Championships)

Tee-shirts - Grey with the three colour runner club logo on the front @ \$16.00 short sleeve \$18.00 long sleeve.

Fleecy Windcheaters grey with three colour runner club logo @ \$22.00.

Plus caps, visors in a range of colours @ \$7.00. Car stickers and iron-on badges @ \$2.50

ORDER FORM

Please Supply:

..... Qty..... Size

Post to: Club Treasurer, 100 Matilda Street, Huntingdale WA 6110

Cheque Payable to: WAVAC. If you require a postal delivery, please add \$4.50

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HAPPY BIRTHDAY TO OUR JANUARY MEMBERS

Hindle, Eileen 2.1.49 49 remains W45
Muir, David 2.1.45 53 remains M50
Brown, Penny 3.1.46 52 remains W50
Maslen, Sheila 6.1.38 60 becomes W60
Sammells, Robert 6.1.37 61 remains M60
Prewett, Gerald 9.1.53 45 becomes M45
Walton, Faye 9.1.42 56 remains W55
Hollaway, Rose-Maree 11.1.55 43 remains W40
Wyatt, Gay 24.1.54 44 remains W40
Barnes, James 25.1.43 55 becomes M55
Jones, Sue 25.1.49 49 remains W45
Turner, Ann 27.1.36 62 remains W60
Parker, Ross 27.1.49 49 remains M45
Morrissey, Michael 28.1.27 71 remains M70
Dahlstrom, Darry 28.1.51 47 remains M45

Farrell, Robert 24.1.40 58 remains M55

Devine, Brian 12.1.42 56 remains M55
Attwell, Raymond 13.1.36 62 remains M60
Ashfield, Doug 13.1.57 41 remains M40
Choate, Lynne 14.1.53 45 becomes W45

Johnson, Ruth 14.1.41 57 remains W55
Kelly, Pauline 14.1.47 51 remains W50
Douglas, Neil 15.1.56 42 remains M40
Branche, Gary 15.1.53 45 becomes M45

Tindall, Blakeney 17.1.61 37 remains M35
Gale, Brian 18.1.45 53 remains M50
Fletcher, Janet 20.1.46 52 remains W50
Leman, Colin 20.1.46 52 remains M50
Weatherburn, Barry 20.1.43 55 becomes M55
Zinay, Sue 22.1.60 38 remains W35
Taylor, Marg 22.1.51 47 remains W45
Atkinson, Barbara 24.1.51 47 remains W45
Aldrich, Alison 24.1.53 55 becomes W55
Farrell, Robert 24.1.40 58 remains M55
Wyatt, Gay 24.1.54 44 remains W40
Barnes, James 25.1.43 55 becomes M55
Jones, Sue 25.1.49 49 remains W45
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