# **CLUB SHIRT ORDER FORM**

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?

റ	R	D	ER	F	O	R	N	1

PLEASE S	UPPLY			
	*	QUANTITY	SIZE	
		QUANTITY	SIZE	•••••
6		QUANTITY	SIZE	
Post to	Bill Crollin 17 Kelvin Road Duncraig 6023			

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WA 6019

### HAPPY BIRTHDAY TO OUR MARCH MEMBERS

- 1							
	BOULD, Clifford	12/03/16	76 remains M75		MARSLAND, Brian	03/03/47	45 becomes M45
	BOWEN, Jeff	02/03/42	50 becomes M50		McAULEY, Fiona	06/03/51	41 remains W40
1	BOWKER, Ray	11/03/56	36 remains M35		McGLASHAN, Rosemary	31/03/39	53 remains W50
1	CAPLIN, Donald	22/03/39	53 remains M50		MOLLOY, John	06/03/51	41 remains M40
1	CARROLL, Ed	01/03/41	51 remains M50		POST, Helen	13/03/53	39 remains W35
1	CROWLEY, Wally	29/03/55	73 remains M35		RALPH, Gabriella	29/03/50	42 remains W40
1	ELDRIDGE, Steve	18/03/41	51 remains M50		ROBINSON, Margaret	22/03/38	54 remains W50
1	ELLIOTT, Matt	14/03/49	43 remains M40	•	ROGERS, Estelle	17/03/56	36 remains W35
1	FAUNGE, Michael	06/03/38	54 remains M50		SANDER, Leon	07/03/37	55 becomes M55
1	FOLEY, Brian	11/03/44	48 remains M45		SANTICH, Maxine	13/03/52	40 becomes W40
1	FORD, Ron	29/03/32	60 becomes M60		SAUNDERS, Peter	20/03/45	47 remains M45
1	GUITON, Patrick	16/03/35	57 remains M55		SHAND, Robert	20/03/32	60 becomes M60
١	HAZELL, Douglas	29/03/52	40 becomes M40		SMITH, Frank	06/03/42	50 becomes M50
1	HILL, Peter	28/03/48	44 remains M40		SPEECHLEY, Anthoney	23/03/44	48 remains M45
1	HILLIS, Ron	09/03/45	47 remains M45		SPENCER, Wendy	13/03/45	47 remains W45
1	HOLLAND, Kathleen	31/03/40	52 remains W50		STONE, Jo	06/03/45	47 remains W45
1	JOHNSON, Kirt	14/03/29	63 remains M60		STRACHAN, Duncan	26/03/22	70 becomes M70
1	KILBURN, Steve	03/03/56	36 remains M35		VANCE, Irene	03/03/42	50 becomes W50
İ	LAUCHLAN, Lorna	09/03/30	62 remains W60		VANCE, Harry	04/03/32	60 becomes M60
1	LINDSAY, John	21/03/48	44 remains M40		WATTS, Colin	12/03/50	42 remains M40
	LOLY, Mitch	20/03/40	52 remains M50		WILLIAMSON, Jack	18/03/43	49 remains M45
	LYNN, Gary	30/03/44	48 remains M45		YATES, Avril	27/03/53	39 remains W35
1	MacLIVER, Peggy	30/03/44	48 remains W45				

**VETRUN P8** 





No. 231 FEBRUARY 1992

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

# Please pay on time!

SMALL increases in membership fees are announced by the WAVAC committee taking effect for the 1992/1993 year. There will also be a new approach to fee gathering, in an attempt to cut back on the time spent every year chasing up slow payers!

#### **EXTRA FEE**

Renewal of your membership should be completed by March 31 each year, but the treasurer, editor and other members are always involved in checking; reminding; and amending the membership roll for months into each new financial year.

Now there will be a cut-off date -May 31. Anyone renewing after that will have to pay a \$5 nomination fee, just like any new member.

The new fees are:

Single -\$22 (previously (\$20) Couple -\$28 (25)

part year:

Single -\$14 (13.50) Couple -\$21

country members: Single -\$15 (13) Couple -\$20 (18)

nomination fee: (unchanged)

Single -Couple - \$10

The increases have been made to keep pace with costs borne by the club, including mailing charges for Vetrun. Australia Post has announced an end to the Registered Publications system, which will result in substantial extra posting costs to small organisations, such as the Vets.

# Nominations

NOMINATIONS are now invited for all positions on the committee. ready for voting at the AGM on April 8. Remember, you must have the agreement of any person you nominate. All members are eligible to stand for office – positions are as printed on front of your race programme\*. If you are willing to stand, or with to nominate another member, please complete the form on page two, and send to secretary Brian Foley as soon as possible.

\* Positions of Patron, and equipment officer, are not decided by vote, but by the committee. Therefore, you cannot nominate for these roles.

# **WORK EXPERIENCE WANTED**

For the past 12 months most of my applications for vacancies suffered rejection because of lack of work experience, or 'over-education'. I have B.Sc. Degree with majors for Applied Maths and Maths Statistics; Part 1 of the Institute of Actuaries (of Oxford, U.K.); and am studying for chartered accountants exams.

Can offer hard work and honesty, and a clean driving licence. All enquires or offers will be gratefully welcomed. Tel. 4574557 (and speak to my Vet grandad, George Boakes).

# In this Issue..

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NATIONAL COURSE CROSS COUNTRYP4
FRIENDSHIP RUNP5
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## **TEDDY BIRDS** PICNIC RUN

Yes, the result's in, but held over until next issue. Congratulations to age group record-setters Maxine Santich, June Strachan, Brian Marsland and Steve Barrie. Full results in March issue, No 232.

PLEASE NOTE: the State Champs 10K is at McGillivray, NOT Coker, on March 29.

EIGHTY - two runners and twenty walkers started the summer cross country through the shaded, wooded course on the lower slopes of Reabold hill, and around the western side of Perry Lakes.

Earlier start with daylight saving made initial conditions quite pleasant. However, it was starting to warm up by the finish. Fifty two runners completed the three lap 10km course, the remainder opting for 6.7km.

First three runners were Chris Maher, Walter Crowley and new member, Brian Marsland; while Antoinette Shaw was first woman home in 41:28, followed by Kath Noordyk and Margaret Robinson.

The 6km walk course, on the other side of Perry Lakes Drive was a breeze for

#### 10K W40 A.Shaw 41:28 W45 K.Noordvk 46:02 W50 M.Robinson 47:46 Vis R.Broughton 48:03 48:29 W45 **B.Morrissey** W45 60:55 R.Davis W50 A.Deanus 62:40 M35 C.Maher 35:42 37:23 W.Crowley P.Hughes 38:56 I.Colquhon 40:28 A.Noordyk 41:51 D.James D.Hazell 44:59 M40 35:51 **B.**Marsland J.Ferris 39:40 41:22 L.Arndt C.Watts 43:18 43:38 J.Barnes D.Blair 49:18 39:17 **D.Roberts** I.Pressley 39:31 .Bell 39:44 41:34 46:47 **B.**Power A.Jenkins 47:31 55:27 B.Munyard I.Williamson M50 36:13 **B.Schickert** P.Martin 39:47 41:08 D.Caplin D.Miller 42:14 J.Pellier 43:07 F.Deanus 44:10 G.Thornton 47:29 48:25 R.Potter R.Sutton 49:35 50:13 50:37 M.Jones .Spencer S.Barrie 36:27 T.Maslen 42:48 R.Attwell 44:13 A.Giacomin 46:20 R.Harris 46:16 J.Russell 54:36 55:31 S.Munsie M60 39:55 R.Bonner 42:52 D.Moffett 43:26 **B.Worner**

C.Walkey

45:17

## National Course Cross Country

### Reabold Hill **January 5, 1992**

Peter Hill in 33:03, while Michelle Boyle led the women home in 40:28.

My thanks to Committee members Barry Thomsett and Vic Beaumont for assisting with the organisation and to Bob Sammells for time keeping.

There's always a debate about holding a cross country run in January; however the shaded conditions probably outweigh the penalty of the slight hills. I would be interested in your comments.

#### **Brian Foley**

M65 VIS <b>6.7K</b>	G.Morgan G.Doucas		45:45 50:45 48:24
W50 VIS W40 W45 W50 W35 W50 W40	J.Marsland M.Delcahno S.Hodge P.Miller B.Cheek S.Maslen		30:26 31:04 33:48 36:31 38:43 39:35 42:03 45:39
M40 M45	B.Thompson I.Davis G.Lynn V.Waters	*	25:12 26:36 26:49 27:12
M50	H.Kirkman		27:18
M55 M45	P.Airey M.Rhodes		28:07
M50	R.Stewart		28:51 29:47
	B.Crane		29:48
M40	B.Crellin J.Lyndsay	775	31:09 32:38
	M.Malone		33:28
M60	K.Johnson N.Miller		34:34
	R.Lawrence		36:11 36:13
M70 <b>3.3K</b>	J.Brennan		38:55
W50	L.Schickert	6	24:42
W50	J.Pellier		24:47
M35 <b>6Km</b>	N.Ciffolilli Walk		20:04
W40	M.Boyle		40:28
	S.Hughes		43:34
W70 W45	V.Tyson		45:03
W55	W.Spencer J.Beaumont		45:10 45:13
W45	I.Vance		48:01
M40	M.Miller P.Hill		51:33 33:03
M50	<b>B.Chalmers</b>		40:28
1/40	M.Loly		43:44
M60 M65	B.Hughes E.Moyle		43:55 43:55
M55	J.Whittam		45:04
M75 M40	D.Horsley E.Jankauskas		45:13 48:01
M55	H.Vance		50:53

## STATE **CHAMPIONSHIPS**

Entry forms are in the last issue

Have a run, a walk, a jump or a throw. We would like to have every member in at least one event.

Provisional programme is printed here.

#### Helpers wanted

Like to prepare some food or help in the canteen for an hour or two? See Sue Jones or any committee members Will you help the officials to judge or time or measure? Fancy an office job? You could record results, even for a couple of hours. Computer or office skills are handy, but we will settle for anyone who can use a biro.

Names to David Carr (3398289) or any committee member.

## **WA VETERANS T & F CHAMPIONSHIPS**

	/ISIONAL PROGRAMME /ednesday March 25	
1 6pm 2 6.15pm	2000 steeple, M60 plus, all women 3000 steeple, M35 - M55	
	Sunday March 29	
3 8.00 4 8.15 5 9.00 6 10.00	5000 Walk, all Pentathlon, all 10000m, M50 plus, all women 10000m, M35, 40, 45	
	Saturday April 4	
12.30 12.30 12.50 1.05 1.15 1.25 1.30 1.35 1.50 2.00 2.20 2.20 2.25 2.30 3.00 3.10 3.10 3.15	Shot, M50 plus 100m, Men 100m, Women Long jump, women, 110 Hurdles, M35 40 45 100 Hurdles, W30 W35 M50 to M65 Shot, M35 40 45 80m Hurdles, W40 plus, M70 plus Long jump, M50 plus 400m, Women W30 plus 400m, Men, all Shot, All women Javelin, M50 plus 2000m, Walk all 100 Final if required Long jump, M35 M40 M45 Javelin, M35 40 45 400m, Finals if required 1500m, All women	
3.30 3.45	1500m, Men35 40 45 Javelin, Women all	
4.10	1500m, Men 50 plus	
	Sunday April 5	
1.00 1.30 1.50 2.00 2.00 2.00 2.20 2.40 2.40 2.50 3.00 3.20 3.30 3.30 3.40	Hammer, All men Hammer, All women 400 Hurdles, W30 to W45; M35 to M45 300 Hurdles, W50 plus, M50 plus Discus, M50 plus Triple jump, M35 40 45 200m, Women 200m, Men High jump, Women Discus, M35 40 45 High jump, Men 800m, Women Triple jump, M50 plus Discus, W0men 800m, Women 800m, Men	
3.50	3000m, Walk	

4.15

4.15

4.25

4.50 5.30

Triple jump, Women

200, Final if required

**BYO BARBEQUE FOLLOWS** 

5000m, M35 40 45

5000m, M50 plus

### Conditions: cool, overcast

DISTANCES contested were a very precise 6.15K, and 12.3K (and who would argue with Mr Pellier when he has the wheel in his hand?)

This was the 14th Friendship Run, and numbers were good once more at 130 runners and walkers. Congratulations to winners Anne Shaw and Bob Thomson in the single lap event; Kath Noordyk and Steve Barrie over 12.3K; and walkers Margaret Stone and Peter

John and Joan Pellier, and all their loyal helpers, earn our thanks once more.

#### 6.15K

Bob Thomson	M40	22:57
Jim Langford	M45	23:54
Anne Shaw	W40	24:07
Vic Waters	M45	25:06
Dick Blom	M55	25:33
Joe Trovato	M50	25:34
Joe Stickles	M50	26:08
Bill Crane	M50	26:12
Ray Attwell	M55	26:38
Arnold Jenkins	M45	27:08
Rod Stewart	M50	27:22
Alan Pomery	M60	27:37
John Bornholdt	M55	27:54
Bob Sammels	M55	28:12
Bill Crellin	M50	28:19
Peggy Macliver	W45	28:22
Ron Hillis	M45	28:29
Judy Marsland	W40	28:31
Jean Marie Volet	M40	29:00
Kirt Johnson	M60	30:46
Keith Forden	M50	31:07
Ray Lawrence	M60	31:14
Jackie Halberg	W45	31:16
Norm Miller	M60	33:04
Arthur Leggett	M70	33:53
Esther Healey	W50	34:38
	**50	07.00

# Priendship Run

### Kings Park January 19, 1992

John Smith Rob Davis Phyllis Farrell Robert Farrell Rosa Davis Pat Miller Gordon Florance Rosemary Madden Maggie Webb Mary Robinson Patricia Carr Gabey Ralph Syd Bowler Ray Barnett Toni Frank Lyn Schickert Norah Berry  6.15K Walkers	M55 M50 M45 M50 W45 W50 M55 W45 W35 W55 W40 M65 M45 W45 W45 W60	34:40 34:47 35:00 35:55 36:12 36:13 36:24 37:36 38:17 38:19 38:09 39:55 41:27 42:29 42:41 42:59 44:06
Peter Hill Margaret Stone Barrie Thomsett Michelle Boyle Bob Chalmers Dorothy Whittam Alan Stone Jeff Whittam Mitch Loly Ernie Moyle Wendy Spencer Dick Horsley Joan Hillis Val Tyson Irene Vance Harry Vance Sue Danby	M40 W45 M50 W40 M50 W55 M55 M55 M55 W45 W45 W70 W45 M55 W40	36:01 40:18 40:35 43:03 43:03 46:46 46:47 46:48 46:49 48:23 48:26 48:28 48:40 48:42 49:25 49:25

Robert Mair	M40	47:50
Bob Harrison	M45	47:52
Jim Klinge	M45	48:11
Bob Argyle	M45	48:37
John Ferris	M40	49:01
John Pressley	M45	49:17
Doug Hazell	M35	49:28
Ken Post	M35	50:02
John Bell	M45	50:23
Robin Bonner	M60	50:33
Brian Power	M45	51:16
Brian Danby	M40	51:36
Ted Maslen	M55	52:06
Dave Scott	M40	52:28
Adrian Noordyk	M35	52:50
Colin Watts	M40	53:15
Graham Thorton	M50	53:28
Dennis Miller	M50	54:04
Ivan Anich	M40	54:53
John Woolhouse	M50	56:27
Dalton Moffett	M60	57:20
John Dartnall	M40	57:29
Richard Harris	M55	57:44
Merv Moyle	M65	57:54
Alec Holm	M45	58:08
Kath Noordyk	W45	58:20
Ron Sutton	M50	58:43
Ron Potter	M50	58:48
Ando Giacomin	M55	59:09
Kath Penton	W50	59:35
Margery Forden	W50	60:22
George Maddox	M45	60:24
Basil Worner	M60	60:25
Jeff Spencer	M50	62:16
David Hough	M55	64:45
Pauline Wiltshire	W45	64:53
Roma Bettles	W40	64:56
Lynn Farrelly	M45	65:32
Jack Williamson	M45	66:16
Sandi Hodge	W45	68:04
Brigitte Cheek	W35	68:52
Merv Jones	M50	68:58
John Russell	M55	69:21
Frank Usher	M65	73:11
Sheila Maslen	W50	?

Margaret Miller

Steve Barrie

**Bob Schickert** 

12.3K

W45

M55

M50

54:59

45:32

46:17

## **CLUB PENTATHLON JANUARY 5, 1992**

World Record for M45 Murray

MAKING his first appearance for the year, and his first competition as an M45, Murray Tolbert leapt to a world record 6.49 metres in the long jump.

A champion jumper in his younger days, and a national champion and record holder as M40, Murray will establish some classy long jump and triple jump standards this

Bob Fergie conducted the pentathlon with the assistance of the injured Dorothy Whittam and Harry Holland. Bob also does the compilations each year. This year he even managed to get through four events.

	Long jump (pts)	Javelin (pts)	200m (pts)	Discus (pts)	800/1500m(pts)	Total
	0, 11	4	(p10)	Discus (pts)	500/1500Ht(pts)	Total
W45 Peggy Macliver	3.70(385)	15.26(218)	30.9(707)	19.66(245)	2:39.8(874)	2429
W35 Lynne Choate	4.52(546)	16.98(216)	27.3(822)	18.08(170)	3:05.8(554)	2308
W55 Nola Medcalf	2.85(114)	9.40(49)	34.6(576)	13.62(58)	3:13.0(736)	1533
W55 Patricia Carr	3.17(306)	14.06(212)	35.7(477)	13.96(71)	3:38.3(534)	1600
W55 Cathryn Holland	3.64(294)	21.38(321)	34.1(414)	28.54(463)	3:12.5(500)	1992
W45 Val Prescott				19.58(243)	3:14.0(600)	843
M45 Murray Tolbert	6.49(1020)	35.76(567)	24.7(927)	25.5(419)	5:57.3(489)	3422
M35 Paul Woo	4.43(249)	29.34(348)	26.4(684)	26.02(384)	5:05.5(698)	2363
M55 David Carr	3.77(308)	21.38(319)	28.2(792)	18.68(243)	5:03.7(882)	2544
M55 Bob Fergie	3.80(320)	28.48(517)	38.8(0)	25.66(438)		1275
M60 Gordon Medcalf	3.30(225)	14.10(115)	32.8(468)	17.14(200)	8:02.4(0)	1008
M65 Allen Tyson	2.72(60)	18.48(271)	34.8(468)	18.98(278)	6:27.2(689)	1766

Conditions: Warm, humid and still

75 Runners and 20 walkers faced uncomfortable conditions, especially on the 11K run. In the 6.2K run John Ferris (23:14) was first in and Kath Penton was first woman in 26:52. First home in the 11K was Bob Schickert, after Chris Maner finished off course. First woman was Margaret Robinson. The 6.2K walk was won by John Misson, and Margaret Stone.

Well, it happened; a run with a few problems. I apologise to those runners and walkers who didn't get a recorded time. The stopwatch tape started to run out and the tape jammed wiping out a number of times. Main display clock was disconnected when someone tripped over the cord!

Chris Maher and visitor Martin Vanvorthuisen ran off course twice in the 11K run, and confused the finishing line helpers by coming in from the wrong direction!

A number of the flags on the 11K course were removed by a group of young men looking for further entertainment after a heavy night out. However, thanks to my helpers who struggled with all these setbacks, especially Dave James and Margaret Jankauskas for their efforts in coping with the timing problems.

For all of you who did the short course, it is a measured 6.2K, not 5.8 as indicated on the programme.

#### **David Roberts**

6.2K		
J.Ferris	M40	23:14
G.Lynn	M45	23:49
V.Waters	M45	23:59
F.Deanus	M50	24:07
M.Khan	M45	25:22
<b>B.Sammells</b>	M55	25:40
P.Airey	M55	25:46
B.Worner	M60	26:27
A.Jenkins	M45	26:33
K.Brownlie	M45	26:47
K.Penton	W50	26:52
J.Spencer	M55	28:02
J.Bornholdt	M55	28:55
J.M.Volet	M40	29:04
V.Beaumont	M60	29:05
M.Forden	W50	29:08
J.Lindsay	M40	32:08
J.Smith	M55	32:25
M.Delcahno	W40	32:36
N.Miller	M60	32:48
R.Bettles	W40	32:56
R.Lawrence	M60	
M.Malone	M40	

# Point Walter

### January 26, 1992

J.Whithorn	M55	
P.Miller	W50	
M.Warren	W55	
<b>B.Meharry</b>	M40	
E.Healey	W50	
M.Webb	W40	35:31
R.Farrell	M50	
P.Farrell	W45	
A.Deanus	W50	
L.Lauchlan	W60	
G.Morgan	M65	30:07
J.Pellier	W50	38:35
C.Bould	M75	39:39
S.Bowler	M65	40:27
T.Frank	W45	44:00
6.2K Walkers	3	
J.Misson	M40	
M.Stone	W45	38:47
M.Boyle	W40	41:21
J.Hillis	W45	45:20
W.Hughes	M60	45:54

J.Misson	M40	
M.Stone	W45	38:47
M.Boyle	W40	41:21
J.Hillis	W45	45:20
W.Hughes	M60	45:54
V.Tyson	W70	46:04
W.Spencer	W45	46:05
E.Moyle	M65	47:02
D.Horsley	M75	46:40
I.Vance	W45	49:05
J.Beaumont	W55	49:05
H.Vance	M55	50:20
M.Loly	M50	51:59
M.Lynn	W50	51:10
E.Jankauskas	M45	51:12
C.Hood	W55	54:15
J.Murray	W50	55:45
S.Penny	M65	63:00
11K	The A K	

B.Schickert	M50	40:40
J.Puglisi	M40	41:18
J.Klinge	M45	41:59
R.Mair	M40	42:39
J.Bell	M45	43:31
B.Power	M45	43.41
B.Foley	M45	44:21
T.Maslen	M55	45:28
D.James	M35	45:52
P.Martin	M50	46:04
D.Blom	M55	46:20
B.Danby	M40	46:26
J.Trovato	M50	47:12
J.Stickles	M50	47:28
R.Jackson	M35	48:06
D.Moffett	M60	48:30
J.Pellier	M50	48:37
K.Taylor	M45	49:00
D.Bryant	M45	49:27
J.Dartnall	M40	50:10
R.Harris	M55	50:48
W.Crane	M50	50:56
B.Crellin	M50	52:05
M.Moyle	M65	52:17
M.Robinson	W50	52:55
J.Spencer	M50	52:56
R.Hillis	M45	56:45
J.Halberg	W45	56:45
E Donnie	) (EO	F/ F1

### 10K+ Variation to 11K Course

F.Dennis

S.Munsie

F.Usher

J.Russell

L.Dartnall

C.Maher	M35	36:50

M50 W40

M55

M65

60:17

## Association Events 18th January Records in Pole Vault, Relay

PAUL Woo pole-vaulted 3.10 metres, 5cm beyond Robbie Goff's record established at the Australian Championships in Perth in 1989. Paul has just started in this event and will improve rapidly. The vault is the best by a club member since Phil Smith did 3.40 metres ten years ago. (The Goff name remains in the score book; father Noel's M55 PV record has stood for ten years).

New member Peter Brazier gave the relay team a metre lead after the first leg. The team then went on with the job, leaving five clubs behind to win by 40 metres. Club members will remember Peter's brilliant 800 win in the Australian Championships in 1989, when in a tight finish he squeezed out Bill Shand and John Molloy.

#### 4 x 400M Relay

M35	Peter Brazier	
M35		
M35	Paul Woo	
M40	Duncan McAuley	3:37.4
		(State Rec.)

## February 15: Anne Shaw: Another World Record

IN an extraordinary afternoon, Anne Shaw broke the State W40 800 metre record with 2min 19.1, broke her own 2000 metre steeple record with 7min 44.9 seconds, won a heat of the 400 metres, ran 28.2 seconds for 200 metres, and then finished off with a 10,000

W35 Lynne Choate continued her great form with sprint doubles of 12.6 and 27.2 seconds. M40 Peter Brazier ran 23.4 for 200 metres, and 51.9 secs for 400 metres, W55 Dorothy Whittam established a record for 1500 metre walk at 9:08.5, and M50 Norm Richards sprinted well for a 8.3 seconds 60 metres and 26.9 seconds 200 metres.

## Capel Weekend

MORE than thirty club members competed at South West Track and Field Championships on the Australian Day weekend. Most camped at the oval. The Capel Shire provided the venue, hot showers and camping facilities. The nearby beach provided some relief from the heat.

It was good to see some of our country members, who will be a force in the state championships.

# Round the Lakes Run

History: 8km twice around. Supposed to be cross country on grass. Babysat by Morris Warren in 1990 so I could sailboard in Swan River Marathon — long live Morris!

Examination: With shade, water and power what more could we ask? That's right - knowing runners transit times — SEWERS!

Investigation: We think we found those who dreamed up their own handicaps. No violin and no magnifying glass, but you can call

**Perry Lakes** December 15, 1991

me Sherlock. The Sting? No sir, not

Assessment: With visitors and those unlisted who did 4kms, we had nearly 100 winners.

Plan: Amazing how it all came together! Thomsett on the phone; Rhodes with handicap sheets,

board, and drawing pins. Danby with the chute; Kirt with clocks and offers of help from all sides—thank you all.

Results: Mortality rate - O

(We're not sure if some of John's more obscure references result from our inability to read his hand writing — he is a doctor, after all or from translating from the Latin.)

John Bell

Time											
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# Notice Board

# Round the Houses Move

PLEASE make a note that the Round the House Run on March 15 has been relocated.

The start is now at the Rouse Head car park at the end of Port Beach Road. Turn left at Tydeman St traffic lights, and drive app 1.7K.

By the time of the next running, I shall have moved to a house with a small garden, and unfortunately I am unable to accommodate the club there after the run. Perhaps, instead, everyone could have a swim at the beach?

**LORNA LAUCHLAN** 

## **PUBLIC NOTICE**

I herewith publicly proclaim that I did not fall off my motorcycle upon arriving in Saw Avenue prior to The Friendship Run on Sunday 19th January, 1992.

The bike fell over and I happened to be sitting on it at the time.

Arthur Leggett

## **Gone Dipping**

PERTH being such a small town, you can't get away with much. But the Turners, Shorty and Anne, probably thought Hopetown was remote enough. Their skinny dipping did not go unmarked however, and now the whole world knows, thanks to Morris Warren. However, as Shorty and Anne are currently taking a six-month tour, they won't know that we all know!

### **NEW MEMBERS**

Welcome to

Jenny H. Holm Alec Holm Roy Jackson Merv Lockyer Maggie Webb Kar Wong

## Dinner Dance

ANNUAL dinner and dance this year is to be held at Gloucester Park. Not that there is anything wrong with the excellent facilities of the Lillie Marsh stand at the WACA, but the social committee felt that a change of scene would be refreshing.

Date: November 21.

## VOLUNTEERS, PLEASE

The Masters Games having been won by Perth, and now being planned for April next year, the organisers are in sore need of help. If you could be available for a week, at most, to assist or officiate with the athletics events, then please contact the WA Athletics Association - not the Vets.

# The Vetrun

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

Patron: W.J. (Bill) Hughes

President:

Secretary: Bi

459 7782 Brian Foley

339 2716 Treasurer: Bill Crellin

448 2924

Joan Pellier

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

(H) 341 3464

Fax: 389 8458

DEADLINE for next issue – March 16.

JOAN, John and Jim thank the committee and members for their flowers and cards received on the sad loss of our mother, and friend.

CONGRATULATIONS to Margaret Birks, and Vic Waters, for the recent article—'How the West is Run'—which appeared in Australian Runner.

200	***************************************
=	NOMINATION FORM
	I
	Nominate
	For the position of
	Proposed by
	Seconded by
	I AM WILLING TO STAND FOR THE ABOVE POSITION
	Signed
	Dated

B......

# 1992-1993 DRAFT PROGRAMME

This draft is published for your comments, and amendments. Any corrections, suggestions, should reach Barry Thomsett (276 6448) asap.

	DATE 1992	EVENT	DIST.	VENUE	STAF	RT		DATE 22 Nov	EVENT Recovery Run	DIST. 8k	VENUE	START
		16-1-1	101 5	16 1 1	•			22 1404	Recovery Run	ok	Pelican Point,	8am
	3 May	Murdoch	10k-5k	Murdoch	8am						Nedlands	
		Cross Country		Univ Sports				29 Nov	Jack Collins H/Cap	10km	Coker Park	8am
	10 May	Kings Park	8km	Saw Ave,	8am				(Walk 10k)			
		Cross Country		Kings Pk					Group Jog			
		Road Walk	5k						Canning Dist'			
	1714		10k-5k	V1C1	0							
	17 May	Jim Barnes Run	TUK-SK	Kent St,	8am			0.0	John Gilmore Event			-
		(RRC 10k)		Wilson				8 Dec	West Coast Challenge	e 8km	Floreat	8am
		Walk	5k	(Wilson Pk)					Walk	8km	Beach	
	24 May	Andy Wright Run	10k-5k	Cnr Beach	8am			13 Dec	Round the Lakes	8k	Perry Lakes	8am
	,	, ,		Oakley Rds,					Walk	6km	Hockey Pav.	
		Walk	10k	Carine				20 Dec	Xmas Gift	5.2k		0
	0436							20 Dec		5.2K	McCallum Pk	8am
	31 May	Uni and Back	15k	McCallum Pk	8am				Run and Walk			
		(RRC 15km)						26 Dec	Boxing Day	10k	L.Lesehenaultia	6.30pm
		(RWC 15km)	15k	7.30am					Run			450
	7 June	Darlington Dash	16k-8k	Darlington	8am				Walk	5k		
1	, ,	2		Oval	ou			27 Dec	Kings Park Run	10k-5k	Saw Ave	7.30am
)	14T	DEL DEC	051 401					Z/ Dec				7.50am
1	14 June	25km RRC	25k-10k	McCallum Pk	8am				Walk	6km	Kings Pk	
		Walk	10k			- 1		1993				
	21 June	Fremantle Harbour	10k-6k	Mews Rd,	8am	- 1		3 Jan	Club Pentathalon		P. Lakes Stadium	7.30am
	•	Run and Walk		Fremantle		- 1		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	National X-Country	10k-6k		
)	28 June	Mill Pt Rd	10k	McCallum Pk	8am				Course	TOTAL OIL	P.Lakes Dve	
1	20 June		IOK	McCanumirk	oam						r.Lakes Dve	
		Champs				- 1			Road Walk	6k		
		RWC	10k					10 Jan	Womens Run	7.1k	McCallum Pk	7.30am
	5 July	Group Jog			8am				Walk	7.1k		
		(WAMC						17 Jan	Friendship Run	12k	Saw Ave	7.30am
		Perth Marathon)						17 Juni	Walk			7.50am
	407.1		01					047		6k	Kings Pk	
	12 July	Club X-Country	8k	Jorgensen Pk	9am			24 Jan	Pt Walter Run	11k-5.8k	Pt Walter	7.30am
		Champs		Kalamunda		1			Walk	5.8k	Kiosk	
	19 July	Kirkmans Run	9.6k	McCallum Pk	8am			31 Jan	Deadly Medley	12km	Yokine Res	
1		and Walk				100			Teams Relay	Total	Wordsworth	7.30am
	26 Teeler	Millers Run	12k - 6k	Lindow Die	8am				Run Walk	Total		7.Soam
-	26 July			Hester Pk,	oam			ET.			Ave	
		and Walk	6k	Langford				7 Feb	Teddy Birds		Childs Play	7.30am
	2 August	Deepwater Pt	16k-7.2k	Deepwater Pt	8am	7-1			Picnic		Ground	
	_	(RWC)	7.2k	Mt Pleasant		~ -	1205		Run	16k-8k	Kings Pk	
	9 August	Croxford's Climb	12k-8k	Breckler Pk,	8am	-			Walk	9.75k		
	, magazi	Walk	6k	Yokine	Oulli			14 Feb		J., O.K.	D-11C	7.20
					_			14 reb	Lake Monger		Dodd St	7.30am
	18 August	State X Country	10k	Saw Ave,	8am				Run	10k-6k-3k		
		Champs		Kings Pk					Walk	10k-6k-3k	Monger	
		Road Walk	5k					21 Feb	Mosman Park		Mosman Pk	7.30am
	23 August	Group Jog	6k	Perry Lakes	8am				Run	10k-5.8	Tennis Club	
		Group Walk	6k	Hocky Pav'	Juni				Walk	5.8k	McCabe St M.Pk	
)	20 4				0	V 4			VValk	J.OK		
1	30 August	Club 1/2 Marathon	21.1K-11K	McCallum Pk	8am	700	1.3		201000 N.C.C. 70 Mark		(next CSR)	
		Champs						28 Feb	Pagoda Run	16k-10k	McCallum Pk	8.00am
		RWC	21k			1			Walk	10k		
	6 Sept	Garvey Gallop	10k	Garvey Pk,	8am	- 1		7 March	Tomkins Pk		Tomkins Pk	8am
	1	,		Redcliffe		- 1				8.4k	Melville	o maar
	12 C	Tourslein a Daule	0.41.		0						MEIVINE	
	13 Sept	Tomkins Park	8.4k	Tomkins Pk,	8am			1435		8.4k		
		Run and Walk		Melville				14 March		15k-6k	Rouse Head	8am
	20 Sept	Danbys Run	11k-5.5k	Pinaroo Mem,	8am				Walk	6k	Car Park	
	-	Walk	5.5k	Whitfords Ave,					(Formerly Round		(Nth Mole)	
				Padbury					the Houses)		(	
	27 C	Deshald IIII	101. 🖽		0			21 ) (				
	27 Sept	Reabold Hill	10k-5k	Perry Lakes	8am			21 March	Vets Track and Field			
		Cross Country		Drive		- 1			Champs			
		Walk	8k					27 28 March	Vets Track and Field			
\	4 Oct	Cliff Bould	10.4k-5.2k	McCallum Pk	8am	- 1			Champs			
)		Trophy Run						4 April	•	7.5k	Hamer Pk	8am
			F 01					471PIII		7.5K		oam
		Walk	5.2k		040	- 1			Run Walk		Mt Lawley	
	11 Oct	Mt Eliza Run	5k-10k	Hale Oval,	8am			11 April	Easter			9am
		Walk	5k	Kings Park					Yanchep Park		Yanchep	
	18 Oct	Bibra Lake Run	12k-6k	opp Adventure	8am	- 1			Picnic Run	8.2k	Nat Park	
		Walk	6k	World						5k		
	25.0-4				0			10 A1	TTULK	O.A.		
	25 Oct	Joondalup	10k	Neil Hawkins Pk,	dam			18 April	m 1 11	4.01		
		22771		Joondalup				21 April	Track Handicap	10km		7pm
1	1 Nov	Herdsmans Run	14k-7k	Pony Club,	8am						Oval	
1		Walk	7k	Pearson St,				25 April	Brockwells Run	13k-6k	Arden St	8am
	8 Nov	Canning Caper Run	10k-6k	Riverton Dve	8am			•			East Perth	120/12/07/07
		Walk	10k-6k		Juddi					~46	AND A GALLA	
	15 NI			Shelley	0							
	15 Nov	Ravens Rest Run	10k-5k	Sloanes Res,	8am							
		Walk	10k	Kwinana		- 1						