### YOU DESERVE A NEW SHIRT!

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

		ORDER FORM		
PLEASE SUI	PPLY			
		QUANTITY	SIZE	
		QUANTITY	SIZE	
		QUANTITY	SIZE	
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	HAPPY BIR'	THDAY TO	OUR FEBRUARY I	MEMBI	ERS
CARROLL ED	01/03/41	52 remains M50	ROGERS ESTELLE	17/03/56	37 remains W35
WONG KAR	01/03/50	43 remains M40	ELDRIDGE STEVE	18/03/41	52 remains M50
BOWEN JEFF	02/03/42	51 remains M50	WILLIAMSON JACK	18/03/43	50 becomes M50
KILBURN STEVE	03/03/56	37 remains M35	GOBBY KAREN	18/03/53	40 becomes W40
VANCE IRENE	03/03/42	51 remains W50	LOLY MITCH	20/03/40	53 remains M50
MARSLAND BRIAN	J 03/03/47	46 remains M45	SANDERS PETER	20/03/45	48 remains M45
VANCE HARRY	04/03/32	61 remains M60	SHAND ROBERT	20/03/32	61 remains M60
FAUNGE MICHAEL	06/03/38	55 becomes M55	LINDSAY JOHN	21/03/48	45 becomes M45
McAULEY FIONA	06/03/51	42 remains W40	CAPLIN DONALD	22/03/39	54 remains M50
MOLLOY JOHN	06/03/51	42 remains M40	ROBINSON MARGARET	22/03/38	55 becomes W55
SMITH FRANK	06/03/42	51 remains M50	STRACHAN DUNCAN	26/03/22	71 remains M70
STONE JO	06/03/45	48 remains W45	YATES AVRIL	27/03/53	40 becomes W40
SANDER LEON	07/03/37	56 remains M55	HILL PETER	28/03/48	45 becomes M45
LAUCHLAN LORNA	A 09/03/30	63 remains W60	JOHNSON PETE	28/03/46	47 remains M45
HILLIS RON	09/03/45	48 remains M45	CROWLEY WALLY	29/03/55	38 remains M35
FOLEY BRIAN	11/03/44	49 remains M45	FORD RON	29/03/32	61 remains M60
BOULD CLIFFORD	12/03/16	77 remains M75	HAZELL DOUGLAS	29/03/52	41 remains M40
WATTS COLIN	12/03/50	43 remains M40	RALPH GABRIELLA	29/03/50	43 remains W40
SANTICH MAXINE	13/03/52	41 remains W40	MacLIVER PEGGY	30/03/44	49 remains W45
SPENCER WENDY	13/03/45	48 remains W45	LYNN GARY	30/03/44	49 remains M45
JOHNSON KIRT	14/03/29	64 remains M60	HOLLAND KATHLEEN	31/03/40	53 remains W50
GUITON PATRICK	16/03/35	58 remains M55	McGLASHAN ROSEMAR	XY31/03/39	54 remains W50



# The Vetrun



NO. 242 FEBRUARY 1993

WA VETERANS AC - REGD BY AUSTRALIA POST PUBN 0370

# Our AGM needs you!

THE club's annual general meeting is set for March 31, 7.30pm at the Hockey Club rooms at Perry Lakes. It's a good opportunity to meet other Vets with their clothes on, and take part in formulating club policy for the coming year. Apart from general business, reports, and presentations of trophies, the officers and committee will be elected.

Nominations for these positions are required NOW, and there's a form to complete in this magazine.

ALL positions are available and can be nominated (except for Patron, and equipment officer, which are appointments by committee). All members are eligible to stand.

Send the form to secretary Brian Foley as soon as possible.

(Please note: Joan Pellier, Sandi

# HELP THE CHAMPS

OUR own club Championships, which are also the State Vets' Championships, are imminent. If you haven't yet entered something, please do. There are distance runs to suit everybody, as well as the short, sharp stuff, and field events.

This is a great opportunity to run with all your regulars, but on a smooth even track that might surprise your PB! Of course, we'd like help too.

The whole event takes a lot of organising, and David Carr devotes countless hours to it. Please call him or Joan and offer some help.

Specifically - we need clerical help; as well as assistance with catering, recording, and officiating over the events. Many people are always involved thanks to all of them. More are always welcome.

Hodge, Margaret Birks and Brian Danby are not standing for re-election.)

#### Life-members

There's just one more committee meeting (March 18) prior to the AGM, at which suggestions for life membership of the Vets can be considered. If you have someone in mind, contact a committee member immediately.

# Masters Entry

There's news of the Masters half marathon elsewhere in this issue - BUT if you are planning to enter any of the events - call the hotline now.

Number is 619 - 441 8222.

#### Funrun

This is set for May 2, at Burswood. Entries on the day, for non-Masters participants, cost \$20 - but this includes breakfast and casino tokens!

#### Lighting-up time

To mark installation of Coker Park's lights, we'll be part of an evening meet there, on Friday, April 2nd. Details in next issue of Vetrun.

# Forthcomina : Attractions

THIS is a race notes service, aimed especially at new members and those trying an event for the first time.

.....

March 7 - Mt Lawley Circuit. Covered last month - but please note that you must leave your car at the race start, not the Rhodes' house. Also observe the 'No Parking' signs at Hamer Park. 8am start.

March 14 - this Lorna's run is new to all of us, and might well change again next year! There'll be a 5K or 10K, for runners and walkers, 8am start. McCallum Park.

March 21 - 10K run, or 5K walk. Your chance for a great performance on a firm, grass surface, at McGillivray. You really should be there, and take part in the club Championships. Entry form was in last month.

March 27/28 - more of the Champs. at Coker Park, Entries to David Carr, pronto. Everyone should attend, even if it's only to cheer and help - but we'd rather you took part!

## **Early Notice**

April 4 - NEW RUN - starts at · Sorrento Quay, Hillarys. Please · meet near the toilet block, on the main beach, which is fractionally north of the Hillarys complex. 8am start.

# In this issue...

**TEDDY BIRDS PICNIC.....5** HERDSMAN RUN KINGS PARK RUN .... **AAWA Perry Lakes** TRACK & FIELD TRIALS...6 Letters ..... 1993/94 Draft Race Notice Board ..... Programme ... WOMEN'S RUN FRIENDSHIP RUN.....4 Birthdays ...

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# WOMEN'S RUN

January 10, 1993

Conditions: Fine, hot

A 7.30am start and a non working printout stop watch failed to mar the enthusiasm with which the 100 plus members tackled 7.1KM and the Nile Street hill. Despite the usual grumbles about the handicaps, 70% of the participants finished within the space of five minutes. The Carr-Shand Trophy was presented by David Carr to Wendy Clements and Brian Bennett as the handicap winners, to be held by each for six months. A new trophy, anonymously donated, was presented to the first woman walker, Peggy McLiver. As always, the tremendous spread provided by the women of the club was tackled as effectively as the run had been.

Many thanks to the many helpers, Lorna Lauchlan, Jackie Halberg, Jackie Billington, Ann Turner, Bev Thornton, Dorothy Whittam, Dalton Moffett, Dick Horsley, Arthur Leggett, Kirt Johnson and Merv Moyle. Jill Midolo

	Clock	H/ Act.
		Cap time
Brian Bennett M45	<b>36.</b> 18	3.25 32.53
Ken Brownlie M45	40.39	8.10 33.29
Dave Hough M60	40.25	5.45 34.45
Rod Stewart M50	40.39	6.50 33.49
R Matthews M40	40.59	- 40.59

# BRIENDSHIP RUN

#### **January 17,** 1993

6.2K RUN		
Vic Waters	M45	24.25
Dave Carr	M60	24.42
Mike Rhodes	M45	26.13
Kath Penton	<b>W</b> 50	26.16
Mike Khan	M45	26.20
Rod Stewart	<b>M</b> 50	26.26
Robyn Mitsopoulos	<b>W</b> 40	26.46
Fraser Deanus	<b>M</b> 50	26.47
Jim Greenfield	M45	27.00
Simon Mort	M35	27.01
Ken Brownlie	M45	27.51
Basil Worner	M60	28.25
Mick Malone	M40	30.42
Margaret Birks	W45	30.47
Nena Greenfield	W35	31.07
Maureen Delcanho	W40	31.10
Ray Lawrence	M60	31.37
Bill Crane	M50	31.41
Ray Barnett	M45	31.44
Roma Bettles	W40	31.45
Kirt Johnson	M60	32.39
George Peet	M55	32.41
Penny Dufty	W45	32.44

On a good day for running the usual bigfield for the Friendship Rur Waters at 7.30am. In the 6.2K run Vic finished in front of Dave Cang the started off like he was do overall 400metres. First lady and sixth Robyn was Kath Penton followed by sen was Mitsopoulos. Graeme Bergen wed by

Arnold Jenkins M45

Bob Sammells M55

Brian Foley M45

Ray Barnett M45

Clements W50

Bob Schickert M50

Jill Chambers W40

David James M35

Bob Harrison M50

Dave Roberts M50

Dave Scott M45

Basil Worner M60

Ann Shaw W45

John Russell M60

R Henderson M40

Brian Danby M40

Joan Merrifield W30

Ron Hillis M45

P Airey M55

Joan Pellier W50

Robinson M35

Joe Stickles M50

D Strachan M70

G Thornton M50

Alec Holm M45

Robert Mair M40

Merv Movle M65

Jan Johnson W45

Mick Malone M40

June Strachan W65

Shorty Turner M55

Peter Sanders M45

Irene Ferris W40

Dave Reid M40

Mike Rhodes M45

Vicente Carrero M50

Pat Miller W50

Alan Chambers M55

Robert Raymen M50

Ian Colguhoun M35

Mike Khan M45

Carol Broderick W40

Peter Hill M40

41.31

3.15 28.26

4.05 37.47

15 27.03

41.39

41.41

41.47 1

41.52

41.56

42.09

41.12 1

42.13 1

42.17 1

42.18

42.32 15

42.37 3

42.49 13

42.53 15.

43.05 8

42.22 12.40 26.46

42.26 15,40 26.52

42.36 10.25 39.12

42.41 15.35 29.14

42.49 5.30 27.23

43.00 13.40 33.23

43.03 9.40 34.25

43.11 10.55 39.18

43.13 3.50 27.25

43.15 15.35 30.44

43.19 12.40 41.39

43.19 1.05 41.18

43.23 2.35 30.32

43.27 12.50 32.41

43.31 10.15 31.25

43.40 12.15 31.31

43.46 12.05 28.42

43.47 15.20 33.27

43.47 10.50 27.59

43.49 15.25 38.24

43.49 5.30 36.38

44.08 7.35 43.35

44.10 0.45 40.33

44.18 3. 2

44.21

44.25 14.

42.11

the winner or the	12.4 101101	
Jan Johnson Noela Medcalf Joe Brennan Joan Slinger Margery Forden Irene Ferris Brigitte Cheek Ted Maslen John Stone Margaret Warren Gordon Florance Sandi Hodge June Strachan Phyllis Farrell Anne Deanus Duncan Strachan	W45 W55 M70 W50 W40 W35 M55 M40 W55 M55 W45 W65 W45 W65 W45	33.24 33.28 33.50 34.10 34.11 34.12 34.30 34.48 35.07 35.19 35.25 35.40 36.16 36.18 36.19 36.33 36.40
Lorna Lauchlan Robert Farrell Keith Forden	W60 M50 M50	36.40 36.50 36.51 37.34
Mary Robinson Sheila Maslen Gordon Medcalf	W55 W55 M60	37.36 38.04

Bob Schickert 21 seconds behind. Jill Chambers, who unsociably overtook me in the last kilometre, was the first lady. The walkers were led in by Peter Hill followed by Peter Johnson, first lady Peggy McLiver with Dorothy Whittam second. Thanks to all our helpers. John Pellier

Ray Lawrence M60

Rebekah Healy W30

Joe Brennan M70

John Pellier M50

George Schaefer M60

Garnet Morgan M65

Lyn Farrelly M45

Norm Miller M60

Esther Healy W55

Sheila Maslen W55

Phyllis Farrell W45

Lorna Lauchlan W60

Robert Farrell M50

Mary Heppell M50

Mary Robinson W55

Ernie Moyle M65

WALKERS

Jo Stone W45

Paul Martin M50

Peter Johnson M45

Lyn Schickert W50

Margaret Stone W50

Christine Mair W40

Peggy McLiver W45

Margaret Ward W50

Maurice Johnston M55 46.59 11.55 35.04

M Warren W55

44.35 3.25 41.10

44.40 3.45 40.55

44.43 5.25 39.18

44.49 9.30 35.19

44.50 6.10 38.40

44.51 15.40 29.11

45.00 2.35 42.25

45.24 8.10 37.14

45.28 12.15 33.13

45.28 5.45 33.13

45.31 6.50 38.41

45.34 6.10 39.24

45.38 2.05 43.33

45.56 9.40 36.16

46.03 1.20 44.43

46 16 2 05 44 11

47.02 2.55 44.07

47.11 1.20 45.51

60.57 18.30 42.27

61.06 18.30 42.36

62.47 14.00 48.47

63.46 10.00 53.46

63.57 6.00 57.57

64.06 10.00 54.06

64.06 10.45 53.21

65.29 - 65.29

- 47.30

47.30

52.17

54.15

Jackie Billington	W50	38.41	
Mary Heppell	W55	39.46	
Syd Bowler	M65	40.19	
Toni Frank	W45	44.51	
Michele Johnson 12.4K Run	W45	49.41	
Graeme Bergensen	M40	47.01	
Bob Schickert	M50	47.22	
Bob Harrison	M50	47.34	
Dave Scott	M45	47.41	
Bob Argyle	M45	47.51	
Peter Sanders	M45	48.05	
John Ferris	M40	48.36	
Frank Smith	M50	48.58	
Brian Danby	M40	51.33	
John Bell	M45	52.07	
Robin Bonner	M60	52.19	
Jim Barnes	M45	52.42	
Jill Chambers	W40	54.09	
John Pellier	M50	54.24	
Vicente Carrero	M50	54.48	
Rod Jurich	M40	56.51	
T2 1.3 (.T : 1.	1.440	57.10	-60

## TEDDY BIRDS PICNIC

#### February 7, 1992

Our second visit to Kings Park this year saw another cool day, when two age records were broken, by Kath Penton, and Robin Bonner, who beat his own record by a few seconds.

In the 7.8K Kath Penton and Mike Cousins were first; Marg Forden and Dave Scott took the 15.6K. First in the walk were Jo Stone and Peter Hill.

Many thanks to my many helpers. Joan Pellier

oodii i oiiioi		
16K		
Dave Scott	M45	60.03
Peter Sanders	M45	62.14
David James	M35	64.54
Geoff Mullins	M45	65.25
Robin Bonner	M60	65.34 *
Bob Sammells	M55	66.59
Vic Waters	M45	67.22
Colin Watts	M40	67.32
John Pellier	M50	68.09
Rod Jurich	M40	68.18
Vicente Carrero	M50	68.38
oe Stickles	M50	68.54
ill Chambers	W40	69.15
Frank McLinden	M60	71.17
im Greenfield	M45	71.25
Stan Lockwood	M60	71.56

Dairie Smiger	14120	27.47
Ron Potter	M50	58.37
Ron Hillis	M45	58/54
Bill Peart	M50	58.56
Carol Broderick	W45	61.10
Alec Holm	M45	61.14
Brian Jones	M65	61.31
Joan Merrifield	W30	61.36
Merv Moyle	M65	61.52
Morris Warren	M55	62.12
David Hough	M60	63.46
Jackie Halberg	W45	63.47
Brian Bennett	M45	64.37
John Russell	M60	67.23
Sue Sanders	W35	67.30
Alan Chambers	M55	71.06
Garnet Morgan	M65	73.34
6.2K WALKERS		
Peter Hill	M40	33.57
Peter Johnson	M45	34.48
Paul Martin	M50	36.37
Barry Weatherburn	M45	38.14
Barry Harwood	M50	39.43
Peggy McLiver	W45	40.43
Barrie Thomsett	M50	42.04
Dorothy Whittam	W55	44.32
Jo Stone	W45	46.41
Bill Hughes	M65	46.43
Jeff Whittam	M55	46.49
Bob Fergie	M55	46.51
Lyn Schickert	W50	49.46
Dick Horsley	M80	50.25
Ernie Moyle	M65	50.27
Margaret Gianatti	W55	52.50
Judy Hill	W40	52.52
Jean Argyle	W45	64.14
Valerie Bonner	W50	64.16

Barrie Slinger	M50	72.50	Robert Sheehy	M45	39.45
Bill Peart	M50	73.44	John Smith	M55	39.59
David Bryant	M45	74.53	Alan Tyson	M65	40.42
Carol Broderick	W40	76.21	Kirt Johnson	M60	41.23
Merv Moyle	M65	77.25	John Russell	M60	41.54
Ron Hillis	M45	77.27	Norm Miller	M60	42.06
Margery Forden	W50	77.40	Joan Slinger	W50	42.12
Richard Harris	M55	78.17	John Stone	M40	42.38
Merv Jones	M50	78.56	Joe Brennan	M70	42.41
David Hough	M60	81.53	Brian Devine	M50	43.41
Jacqui Halberg	W45	83.04	Gordon Florance	M55	43.41
Alan Chambers	M55	93.00	Nola Medcalf	W55	44.03
Robert Dees	M40	93.01	Duncan Strachan	M70	44.36
8KM			Mel Meharry	M40	44.38
Mike Cousins	M55	29.23	Phyllis Farrell	W45	44.39
Frank Smith	M50	30.00	Sandi Hodge	W45	44.42
John Ferris	M40	30.26	June Strachan	W65	45.31
Bob Harrison	M50	30.39	Esther Healy	W55	45.44
David Carr	M60	31.36	Irene Ferris	W40	46.39
Brian Foley	M45	31.45	Lorna Lauchlan	W60	48.04
Jim Barnes	M50	32.14	Mary Robinson	W55	48.40
Arnold Jenkins	M45	33.17	Jackie Billington	W50	49.17
Simon Mort	M35	33.37	Mary Heppell	W50	50.10
Mike Khan	M45	33.54	Syd Bowler	M65	53.36
Mike Rhodes	M45	33.57	Toni Frank	W45	54.20
Kath Penton	W50	34.08 *	Ron Spencer	M50	55.24
Maxine Santich	W40	34.15	Ernie Moyle	M65	56.40
Ken Brownlie	M45	34.53	Tina Carrero	W45	64.33
Jim Greenfield	M45		10K WALK		
Joanne Merrifield	W30	35.10	Peter Hill	M40	53.30
Richard Matthews	M40	35.56	Paul Martin	M50	54.01
Brian Hardy	M45	36.18	Rod Stewart	M50	58.45
Ted Maslen	M55	36.19	Peter Johnson	M45	67.02
Mike Faunge	M50	37.16	Jo Stone	W45	74.28
Mike Johnston	M55	37.40	Jeff Whittam	M55	74.33
Brenda Matthews	W40	37.59	Bob Fergie	M55	74.36
Stuart Parkinson	M40	38.30	Margaret Gianetti	W55	78.54
Margaret Birks	W45	38.38	Pat Miller	W55	78.58
Ray Lawrence	M60	38.59	Jacqui Beaumont	W55	79.02
Mick Malone	M40	39.00	Robert Farrell	M50	79.03
Nena Greenfield	W35	39.26	5K WALK		
Keith Forden	M50	39.30	Dick Horsley	M80	42.09

#### KINGS PARK RUN

#### December 27, 1992

It was good to see that out of 107 runners and walkers only one member, no names mentioned, forgot about the early start this year.

Firstly, our apologies to Chris Gillard, the winner of the 5KM run and Rolfe Henderson who was second. Due to the batteries dying on the time recorder we do not have their finishing

The first lady to finish in the 5KM was Anne Shaw in a time of 19:53. The

10KM		
Brian Marsland	M45	36.55
Philip Drayson	M35	37.04
Dave Roberts	M50	37.32
Bob Schickert	M50	37.42
Mike Cousins	M55	37.47
Paul Hughes	M45	37.59
Bob Harrison	M50	41.07
Geoff Mullins	M45	41.11
Frank Smith	M50	41.18
John Bell	M45	41.25
Robin Bonner	M60	41.29

first man in the 10KM run was Brian Marsland in a time of 36:55 and first lady member to finish was Nicholai Kruppe in a time of 50:56. Peter Hill was the first walker to complete the 5KM course in 27:29 with Toni Frank the first lady in 36:18.

Many thanks to Sue Danby, Ann Smith, Fred Hagger and Bev Thornton for their invaluable help.

Tom Savin

Brian Danby	M40	41.40
Bob Sammells	M55	42.20
M Rosen	M40	42.31
John Pellier	M50	42.38
David James	M35	42.43
Don Caplin	M50	42.57
Brian Bennett	M45	43.10
Ted Maslen	M55	44.42
Graham Thornton	M50	45.00
Dough Hazell	M40	45.07
L Mapstone	M45	45.24
Vicente Carrero	M50	46.46

The Vetrun

Margaret Ward

Mitch Loly	M50	47.30
Stan Lockwood	M60	47.38
Roland Matzke	M50	49.00
Vic Beaumont	M60	49.42
Nicholai Kruppe	W30	50.56
	W55	52.17
Ann Turner	M50	55.00
Jeff Spencer		
George Peet	M55	55.02
Joan Pellier	W50	55.15
David Hough	M60	58.16
Alan Chambers	M55	60.56
5K		
Chris Gillard	M40	
Rolfe Henderson	M40	
Vic Waters	M45	18.53
Ann Shaw	W45	19.53
Joe Stickles	M50	20.23
Bill Peart	M50	20.39
Fraser Deanus	M50	20.58
Mike Khan	M45	21.09
	M55	21.21
Peter Airey		21.32
A Horne	M45	
John Yeates	M40	21.36
Arnold Jenkins	M45	21.54
Ken Brownlie	M45	21.57
Simon Mort	M55	22.00
Judy Marsland	W40	22.32
Ron Potter	M50	22.46
Rod Stewart	M50	22.50
Ron Hillis	M45	22.59
Richard Matthews	M40	23.08
E Hill	M45	23.35
Dalton Moffett	M60	24.16
		24.10
Lyn Farrelly	M45	
Roma Bettles	W40	24.41
Stuart Parkinson	M40	24.51
Margaret Birks	W45	24.55
J Horne	W40	25.47
Garnet Morgan	M65	25.48
Jan Johnson	W45	25.55
Ray Barnett	M45	26.17
Norm Miller	M60	26.25
Pat Miller	W50	26.51
Wendy Clements	W50	27.00
Rebekah Healy	W30	27.42
		28.38
John Stone	M40	
Esther Healy	W55	29.14
Ray Lawrence	M60	30.20
Margaret Ward	W50	30.40
Ann Deanus	W50	30.42
Phyllis Farrell	W45	30.43
Mary Robinson	W55	30.53
Jill Midolo	W45	31.09
Joe Brennan	M70	31.16
Jackie Billington	W50	32.20
Sheila Maslen	W50	32.33
Robert Farrell	M50	32.59
Patricia Carr	W60	33.34
	*****	33.51
WALKERS	140	27.20
Peter Hill	M40	27.29
Barry Weatherburn	M45	30.54
Barry Thomsett	M50	33.40
Toni Frank	W45	36.18
Bill Hughes	M55	39.08
Kirt Johnson	M60	40.50
Ernie Moyle	M65	40.51
Peggy McLiver	W45	42.04
Lyn Schickert	W50	42.04
•	W55	42.28
Jacqui Beaumont		
Valerie Tyson	W70	43.53
Jeff Whittam	M55	43.54
Tina Carrero	W45	45.11
Amy Loly	W30	45.16

Page 6

TRACK
AND FIELD
TRIALS

McGillivrav January 20, 1993

Triple Jump		
Keith Martin	M45	10.88
Merv Jones	M50	7.44
Norm Richards	M55	9.08
Gordon Medcalf	M60	6.11
David Carr	M60	8.00
Joan Merrifield	W30	7.91
Carol Broderick	W40	7.37
Dorothy Whittam	W55	8.47
Noela Medcalf	W55	5.41
Patricia Carr	W60	7.50
30.87	en in	block
5000 METRES		
John Puglisi	M40	18:13
Clive Choate	M40	20:10
David Scott	M45	17:56
Bruce Wilson	M45	18:07
Vic Waters	M45	18:49
Brian Danby	M45	19:29
Keith Martin	M45	22:28
Bob Argyle	M50	18:11
Bob Harrison	M50	18:12
Frank Smith	M50	18:21
David Roberts	M50	18:55
	M50	
Don Caplin		19:12
Mitch Loly	M50	21:46
Merv Jones	M50	23:20
Bob Sammells	M55	19:50
Bob Simpson	M55	22:46
Alan Chambers	M55	23:24
Gordon Florence	M55	26:53
David Carr	M60	19:42
Robin Bonner	M60	19:51
Frank McLinden	M60	21:23
Joan Merrifield	W30	23:24
Tessa Brockwell	W35	19:16
Jill Chambers	W40	19:44
Carol Broderick	W40	23:44
Wendy Clements	W50	25:30
000014 141 11		
2000M Walk		
Bruce Wilson	M45	19:42
Barrie Thomsett	M50	12:41
Mitch Loly	M50	13:49
Jeff Whittam	M55	13:49
Bob Fergie	M55	13:49
Jo Stone	W45	13:25
000 M. I		
200 Metres		CT .
John Stone	M40	28.0
Keith Martin	M45	27.7
Bruce Wilson	M45	28.5
Bob Fergie	M55	35.3
Robin Bonner	M60	33.4
Lynne Choate	W40	27.7
Lynne Meakins	W40	32.0
Dorothy Whittam	W55	31.6
Noela Medcalf	W55	35.6
Javelin		
Clive Choate	M40	33.80

Brian Devine	M50	23.06
Bob Sammells	M50	
Gordon Florence	M55	13.96
Bob Fergie	M55	28.08
Jeff Whittam	M55	18.68
Rob Shand	M60	29.04
Gordon Medcalf	M60	18.90
Jim McMillan	M65	28.90
Lynne Choate	W40	14.32
Lynne Meakins	W40	23.62
Jo Stone	W40	7.30
Noela Medcalf	W55	11.74
Dorothy Whittam	W55	20.72
Patricia Carr	W60	15.72
Rae McMillan	W65	17.94

The first evening of point scoring events for the Patron's Trophy produced some fine performances relative to age/sex. Keith, Norm, Dorothy, (triple jump); and Bob Harrison, Tess and fill (5000M).

# Coker Park

January 27, 1993

Hammer Throw		
Brian Foley	M45	14.48
Merv Jones	M50	14.92
Bob Fergie	M55	30.10
Jeff Whittam	M55	18.34
David Carr	M60	18.70
Basil Worner	M60	13.86
David Jones	M65	13.90
Syd Coleman	M75	32.38
Joan Merrifield	W30	11.56
Erica Mercer	W45	11.60
Dorothy Whittam	W55	22.12
Noela Medcalf	W55	15.46
Lorna Lauchlan	W60	15.48
400 Metres		
John Stone	M40	65.8
Keith Martin	M45	58.2
Brian Foley	M45	61.7
Vic Waters	M45	62.0
Brian Danby	M45	68.9
Don Caplin	M50	68.6
Vicente Carrero	M50	70.6
Merv Jones	M50	77.5
Mitch Loly	M50	80.4
David Clive	M55	56.1*
Gordon Florance	M55	89.0
David Carr	M60	59.7
Frank McLinden	M60	67.7
Robin Bonner	M60	72.1
Joan Merrifield	W30	77.8
Wendy Clements	W50	84.4
Noela Medcalf	W55	80.4
Patricia Carr	W60	83.8
Long Jump		
Keith Martin	M45	4.69
David Clive	M55	5.20*
David Carr	M60	3.89
Syd Coleman	M75	2.97
Joan Merrifield	W30	3.81
Erica Mercer	W45	3.48

Balance of results held for our next issue.

#### Notice Board

TO ALL VETS **FOURTH AUSTRALIAN MASTERS GAMES** HALF MARATHON 7.30 am Monday, 26 April, 1993

This race starts at the Superdrome, follows the coast north to Scarborough and returns to the Superdrome via the West Coast Highway.

This out-and-back, all downhill, strong following wind in both directions, super-fast course is an absolute must for all distance runners. Get your entries in ASAP.

#### Some views on the course

"...long uphill climb..." (Runners' World) "...Ettingshausen...nude photo...shower..." (The Australian)

"An exceedingly fine course designed to allow the athlete every opportunity to fulfill..." (Times Literary Supplement)

..ridges..." (Rydges)

"Anyone even thinking of running such a ..." (The New Zealand Runner)

#### HELP! HELP! HELP!

If you are not running you will feel a compulsive urge to help in some way. Don't fight it! Especially if you live close to some part of the course.

All offers will be gratefully received, but priority will be given to those living in Swanbourne, Claremont, City Beach Wembly Downs, Scarborough and Trigg. See if you can ring me before I ring you.

#### WHO TO CONTACT

Me, Bob Sammells, at a Sunday run or by telephone on 309 2293. If you forget the phone number, I'm in the book.

**Bob Sammells** 

# TRIVIAL PURSUIT

(see riddle in last issue, page three)

Only one answer has reached us, and that member wishes to remain anonymous, as he says "It's just simple, schoolboy stuff." Thanks very much; I thought it was impossible.

I suppose it shows the difference between the mind of a mathematician, and that of the rest of us, artists? I was working on the effects of running facing the sun, and having more or less hours of daylight.

Seems the answer is all just  $\pi$ . According to the reply received, Cliff Young would have an advantage over Joe Record of 50 metres (or 50.26 to be exact!) by running clockwise. I can't bear to go into the detail, but you have to work along the lines that the road around Australia is a circle, with an inner circumference of 20,000K. Joe, running on the outside, runs further.

Dave Carr set the damn thing. Now, I want to know, are they really going to do it?

# OTHER EVENTS

If you take part in sporting events other than those organised by the Vets, please let us know.

It's difficult to monitor everything that's going on in the State.

For instance, we heard recently that Don Caplin won the Mindarie triathlon for his age group. Other Vets took part in the Cottesloe event. Details would be most welcome, so the rest of us can share in what you're doing.

Dorothy Whittam's 200m should earn her 852 points, not 762 as printed last issue. This gives her a total of 2751, moves her ahead of Lynne Choate, and into first place for the ladies. Congratulations Dot, and apologies to all for the error. **Bob Fergie** 

**CLUB PENTATHLON** 

January 3, 1993

The Vetrun

Vetrun is the club magazine of

the WA Veterans Athletic Club.

COPY for the magazine should

be submitted to editor Vic Waters

at 47 Sulman Road, Wembley

for next issue - March 14

Joan Pellier

Brian Foley

341 3464 (H)

388 1510

459 7782

339 2716

Patron: W.J. (Bill) Hughes

President:

Secretary:

Downs, 6019.

Phone:

Fax:

DEADLINE:

#### **DECEMBER?**

Well, I've blown my chances of being re-elected as editor. Sorry about the dateline last month. If you're in the habit of keeping the Vetrun, please change it to Januarv. The number is right, though.

Also, I know one member received a copy with blank pages (printing fault, not mine!) We have spare copies, so let me know if your Vetrun was also flawed.

# Next issue

The March Vetrun will be published on March 21, prior to our AGM. Some results to hand - The Deadley Medley, and Mosman Park Run will appear then, together with annual reports from officers.

#### **NEW MEMBERS**

Full list appears in March issue.

# Nominate \_\_\_\_\_ for the position of \_\_\_\_\_ Proposed by Seconded by

NOMINATION FORM

■ I AM WILLING TO STAND FOR THE ABOVE POSITION

Signed Dated

M45

Bruce Wilson

# Letters...

Dear Vic.

Through Vetrun could you pass on my thanks please to all my friends in the club who sent me their good wishes when I was in hospital recently.

That kind of surgery is an awful shock to the system and the support I received played a big part in what I hope will be a speedy recovery.

It may take a few months to get

It may take a few months to get there but I look forward to joining you all on the road or the track again. Thanks again.

Steve Barrie

Letter from West Australian Police Athletic Club To: The President WA Veterans Athletic Club

Dear Joan,

The purpose of this letter is to ask your assistance and co-operation in seeking volunteers to assist as course marshals/time-keepers and the like throughout the athletic programme at the Australian and New Zealand Police Games (ANZPG) in Perth between 16-24 October 1993.

Anyone interested in assisting can contact me during office hours on 483 0734 or write to Secretary, WA Police Athletic Club (Inc), Box 7666 Cloisters Square, Perth WA 6850. Any assistance is appreciated.
Yours faithfully,

LES R EVANS (WAMC member) SECRETARY

# AAWA Perry Lakes

THIS truncated set of results highlights record setting performances by club members in the Association's weekly competition.

January 9, 1993		
Pole Vault		
Paul Woo	M35	*4.00
January 23, 1993		
High Jump		
Norm Richards	M55	*1.36(m)
* Record Pending		
Norm's jump is a ce		
Robbie Goff's 16 year	old mark.	
February 6, 1993		
Pole Vault		
Paul Woo	M35	*4.05(m)
* Australian Record p	ending	
February 13, 1993	1	
2000 Steeplechas	0	
Antoinette Shaw	W45	*8:11.8
* Australian Record r	pending	

### **Vets Prominent at Mandurah Gift Meeting**

It was all happening at Mandurah. Vintage cars, roller blades, speed boats, Kate Cerberano and professional running.

David Clive led within five metres of the tape, but was narrowly beaten into fourth place in the Mandurah Forum Gift (120 metres). He had won his heat convincingly. Lynne Choate was a close second in her heat and made the final on the basis of her time.

Norm Richards is in good form and was unlucky to be eliminated in the 70 metres and the gift heats. Lynne was again second in her 70 metres heat. In the Mandurah Telegraph 550, Clive Choate, David Carr and Antoinette Shaw drew the same heat. David and Antoinette were second and fourth respectively and went into the final. The backmarkers caught them on the final bend.

The one mile 'fun run' should have been along the foreshore and over the bridge but with 30,000 spectators and picnickers, there was no room for the runners. It was held on the track. David Reid must have been surprised when a crack field turned up and left him half a lap behind.

Events for Little Athletes brought the Choates mixed results. The little Choates stormed home with big smiles. Then Lynne was identified on the P.A. as handicapper. Little athletes' mums don't smile much!

W50

24.29

**6K RUN** 

Kath Penton

### Herdsman Run

#### November 2, 1992

		DII
		Ro
		Bri
		Ch
		Roo
		Peg
		Vic
		Bill
		No
		Ala
		Joa
	49.52	Pat
M60	50.36	Ray
M40	50.47	Go
M40	50.55	Est
M50	51.30	Ala
M55	51.43	Lor
W35	53.14	Sho
W45	53.49	Rol
M50	54.02	Lyr
M45	54.43	Tor
M55	54.51	6K
M60	56.04	Joh
M45	57.15	Pet
W40	57.17	Bar
W45	58.44	Bob
W45	59.08	Do
M45	60.27	Sid
W30	60.34	Mid
W50	60.45	Jo S
M55	61.45	Mit
M55	62.04	Bol
M40	62.07	Tin
M40	63.39	Jac
W55	64.16	Dic
M60	64.38	Joa
W45	65.46	Ha
W35	67.36	Kai
W45	71.12	Val
M65	73.51	8K
W50	75.50	Ma
	M40 M50 M55 W35 W45 M50 M45 M50 M45 M55 M60 M45 W40 W45 W45 M45 W30 W50 M55 M55 M40 M40 W55 M60 W45 W45 W45	M50 45.56 M45 46.10 M50 46.14 M55 46.32 M40 46.51 M45 49.02 M50 49.22 M35 49.52 M40 49.52 M60 50.36 M40 50.47 M40 50.55 M50 51.30 M55 51.43 W35 53.14 W45 53.49 M50 54.02 M45 54.43 M55 54.51 M60 56.04 M45 57.15 W40 57.17 W45 58.44 W45 59.08 M45 60.27 W30 60.34 W50 60.45 M55 61.45 M55 62.04 M40 62.07 M40 63.39 W55 64.16 M60 64.38 W45 65.46 W35 67.36 W45 71.12 M65 73.51

Vic Waters	M45	25.01	
Maxine Santich	W40	25.27	
Basil Worner	M60	25.47	
Barry Munyard	M45	26.41	
Rob Bog	M50	26.59	
Brian Jones	M60	27.10	
Ron Hillis	M45	27.32	
Brian Paxman	M60	27.41	
Christine Mustou	W35	27.46	
Rod Stewart	M50	28.22	
Peggy Macliver	W45	28.38	
Vic Beaumont	M60	28.44	
Bill Crellin	M50	29.56	
Norm Miller	M60	29.59	
Alan Tyson	M65	30.13	
Joan Pellier	W50	30.31	
Pat Miller	M50	31.23	
Ray Lawrence	M60	32.14	
Gordon Florance	M55	33.32	
Esther Healey	W55	33.56	
Alan Chambers	M55	34.35	
Lorna Lauchlan	W60	34.39	
Shorty Turner	M55	35.00	
Robert Farrell	M50	37.12	
Lynne Schickert	W50	41.35	
Toni Frank	W45	42.01	
6K WALK			
John Myson	M45	32.22	
Peter Johnson	M45	34.14	
Barry Weatherburn	M45	36.42	
Bob Chalmers	M50	39.15	
Dorothy Whittam	W55	40.32	
Sid Bowler	M65	40.54	
Michele Boyle	W45	41.55	
Jo Stone	W45	41.56	
Mitch Loly	M50	43.25	
Bob Fergie	M55	43.26	
Tina Carrero	W45	47.17	
Jacqui Beaumont	W55	45.19	
Dick Horsley	M75	45.28	
Joan Hillis	W45	45.29	
Harry Vance	M60	46.23	
Kate Coyne	W65	52.39	
Val Bonner	W50	60.41	
8K RUN			
Margaret Warren	W55	27.09	

# W.A. VETERANS ATHETIC CLUB – 1993-1994 PROGRAMME

Date May 2	Event Group Jog 10K Fun Run - Se	Dist	Venue McCallum Pk	Start 8am	Organiser Committee	Date Dec 12	Event Round the Lakes		Venue Perry Lakes	<i>Start</i> 8am	Organiser J Bell
May 9	Birkwater X Country	8k	Saw Ave Kings Pk	8am	M Birks, V Waters VBT	Dec 19	Walk Xmas Gift Run & Walk	6K 5.2K	Hockey Pav McCallum	8am	VEMH S Hodge VM
May 16	Road Walk Jim Barnes Run	12K 6K 10K 5K	Kent St	7.30 8am	Walk Director req'd J Barnes		Kings Park Run Walk	10K 10K 5K	Saw Ave Kings Pk	7.30	T Savin
May 23	(RRC) Walk Andy Wright	5K 10K 5K	Wilson Cnr Beach	8am	E L Hassam	1994 Jan 2	Club Pentathlon Nat X Cntrv		kes Stdm Perry L. Drve	7.30	R Fergie D Scott
May 30	Run & Walk Uni & Back		& Oakley, Car McCallum Pk	ine	VMEH F Hagger	Jan 9	Road Walk Women Run	6K 7.1K	McCallum	7.30	J Midolo
June 6	RRC 15K, RWC1 Fremantle Hbr		Mews Rd	8am	V P Martin	Jan 16	Walk Friendship Run	7.1K 12K	Saw Avve	7.30	VMEH J Pellier
June 13	Walk 25K Run (RRC)	5K 25K 10K	Fremantle McCallum Pk	8am	M Warren	Jan 23	Walk Pt Walter Run	6K	Kings Park Pt Walter	7.30	VB D Roberts
June 20	Walk Darlington Dash	10K 16K 8K	Darlington	8am	EM D James	Jan 30	Walk Deadly Medley	6.2K 12K	Yokine Res	7.30	V K Penton
June 27	Mill Pt Rd Champs	10K	Oval McCallum	8am	VB B Schickert VME	Feb 6	Teams Relay & R Teddy Birds Picnic Run	Childrens 16K 8K		ve Yokine 7.30	VBME
July 4	RWC Kirkmans Run & Walk	10K 9K	McCallum	8am	H Kirkman VH	Feb 13	Walk Lake Monger Run	9.75K Dodd St 10K 6K 3	Glendalough	7.30	K & M Forden
July 11	Club X Ctry Champs	8K	Jorgensen Kalamunda	9am	Committee ME	Feb 20	Walk Mosman Pk	10K 6K 3		7.30	P Hughes
July 18	Hester Pk & Walk	12K 6K 12K 6K	Hester Pk Langford	8am 7.30	M & S Jones V	Feb 27	Run Halliday/West Co		Tennis Club Whitfords Ave		V B Hardy
July 25	Group Jog WAMC Perth Mai		McCallum	8am	Committee		Run & Walk	10K 5K	& West Coast Parking Area	Hwy	VB
Aug 1	Deepwater RWC	7.2K	Deepwater Pt Mt Pleasant		D Moffett V	Mar 6	Mt Lawley Circuit Run & Walk	7.5K	Hamer Pk Mt Lawley	8am	M Rhodes VMEH
Aug 8	Kings Pk X Ctry Run Walk	10K 5K 10K 5K 6K	Saw Ave Kings Pk	8am	2 Race Directors to be appointed	Mar 13 Mar 19/2 Mar 27	Vets State Track & 20 Vets State Track Lorna's Run			Committee Committee 8am	
Aug 15	Club Half Mara. RWC	21K	McCallum	8am 7.30	B Sammells VME	Apr 3	Easter Yanchep Picnic Run & Wal	8K 5K	Yanchep	9am	B Thomsett VB
Aug 22	Garvey Gallop & Walk		Garvey Pk Fauntieroy Av	8am e Redcliffe	A Leggett V	Apr 10	Pagoda Run Walk	16K 10K	5K McCallum	8am 7.30	B Thomsett V
Aug 29	Group Jog Group Walk	Meet at P Stadium	erry Lakes Car Park	8am	Committee	Apr 17 Apr 20	Bridges Fun Run Track H/Cap	10K	McGilvray Ov.	.7pm	J Whittam
Sep 5	City to Surf Mt Eliza Run & Walk	10K 5K 5K	Hale Oval Kings Pk adj.T	8am	S & A Turner	Apr 24 May 1	Brockwells Run Murdoch		East Perth Murdoch Uni	8am	C Brockwell VME J Spencer
Sep 12	Creswell Climb Walk	12K	Breckler Pk Yokine		M Robinson V	May 8	X Cntry Birkwater	8K	Saw Ave	8am	V M Birks
Sep 19	Tompkins Pk Run & Walk	8.4K	Tompkins Pk Melville	8am	P Airey VBH	ividy 0	X Cntry Road Walk	12K 6K	Kings Park	7.30am	V Waters Director Reg.
Sep 26	Reabold Hill X Ctry & Walk	10K 5K	Perry Lakes	8am	K Johnson V	May 15	Jim Barnes Run	10K 5K	Kent St	8am	VBT J Barnes
Oct 3	Cliff Bould Trophy & Walk	10.4K 5.2K	McCallum	8am	D & P Carr VMEH		Walk	10K 5K	Wilson Wilson Park		VE
Oct 10	Danbys Run Walk	6K	(Pinnaroo M. Whitfords Ave	Padbury	B & S Danby VME	May 22	Andy Wright Mem Run & Walk		Oakley Rd	8am	L Hassam VMEH
Oct 17 Oct 24	Bibra Lake Walk Joondalup Run	6K	Opposite Adventure Wo Neil Hawkins		R & R Davis V M Warren	May 29		15K	Carine McCallum	8am	F Hagger
Oct 31	Walk Herdsman Run	5K	Pk. Joondalup Pony Club		V B Hardy	EVENT C	RRC 15K RWC 15K CO-ORDINATORS N	15K		7.30	
Nov 7	Walk Canning Caper	7K	Pearson St Rivedrton Dve		V B Aldrich	1.	Boxing Day 1993 been moved to th	falls on a		e Lake Lesi	chnaultia run ha
Nov 14	Run & Walk Recovery Run	8K 5K	Shelley Pelican Pt Res		V B Thomsett	2.	There are	48 Offici 4 Group	al runs		
Nov 21 Nov 28	Shoalwater Group Jog mour Trophy Day	10K	Shoalwater McCallum	8am 8am	D McCauley Committee	oleykoka Zeka en Golek en		2 Weeke 2 Walk e	nds of State C	e a separat	e Race Director
Dec 5	West Coast Challenge - Run	TBA	Floreat Beach	8am	V Waters V			2 Runs v	vhere there are amunda and D	e no walk e	