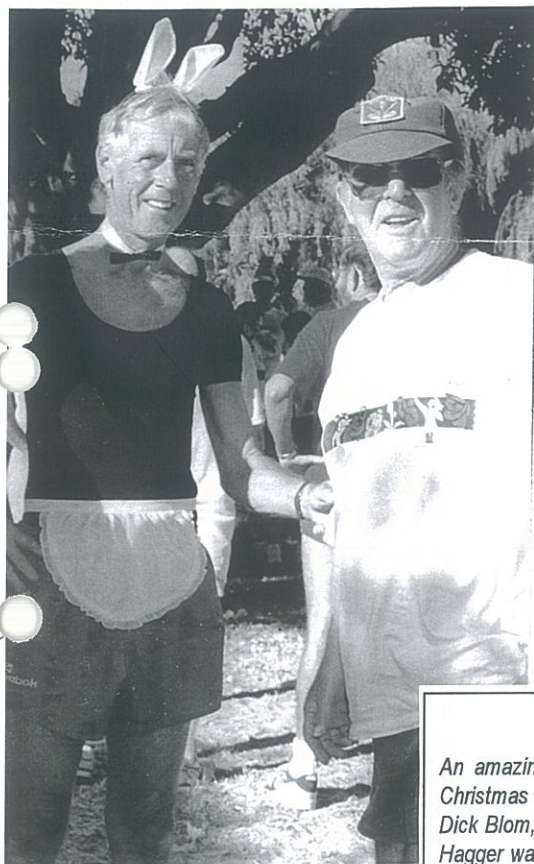




The Vetruns



NO. 268 FEBRUARY 1996 PATRON: W.J. Hughes PRESIDENT: Brian Foley EDITOR: Richard Harris 323 4387
457 6102



CHRISTMAS GIFT RUN



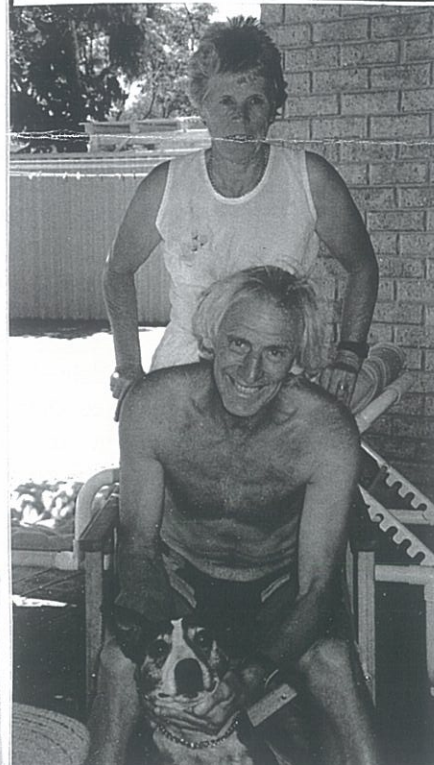
An amazing number of fairies, elves and Santas attended the Christmas Gift Run at McCallum Park.

Dick Blom, above made all the local rabbits look twice, and Fred Hagger was speechless. Right Sue and Gerry Prewett and Jane Slade.

*Below - Race Director's Ron and Joan Hillis and Margaret and Alan Stone (Santa and Mrs Claus)
(Vic Beaumont & Leo Hassam took these great photographs)*



RUNNING MATES



*The Pelliers, Joan, John and Chloe
(see story page 2*

- photo by Jackie Billington)

Below - Lynne Schickert with her Christmas wish for everyone.



CHRISTMAS GIFT RUN - DECEMBER 24 1995

With this year's run falling on Christmas eve, it gave it an extra festive atmosphere and along with the fine weather, good friends, and lots of good cheer it was a great way to start this special day.

Ron headed off early (running) to flag the course at the 2k and 3k turn around out to the Burswood and back, making it a 4k and 6k course. Back at McCallum Park many hands were at work cutting up watermelon and oranges, blowing up balloons, setting up tea tables etc and as everyone started to arrive, the old gum tree took on a special beauty with the colourful array of presents at its feet.

Making it back just in time, Ron welcomed everyone, explained the change of course and started them on their merry way. Sheila and Ted Maslen had the pleasure of greeting everyone at their respective turns and 'Father Christmas' was at the finish line to welcome runners and walkers home. We had no casualties this year, but we are sure many were wondering how Paul Martin may have injured himself on his annual litter collection when they got their first glimpse of the red crepe-paper dye from his Santa hat running down his face.

With the help of our daughter Shelly we had the pleasure of choosing from the crowd of festive costumes those that had that something special. Alan Stone as Santa with his better half Mrs Claus, Margaret, Lynne Schickert as our Christmas Fairy sprinkled us with fairy dust making sure we all got what we wanted for Christmas, especially good health and happiness. Jackie Billington our decorated Christmas tree and Jane Slade in her blue robes made a beautiful Mary with her babe. It was great to see so many of you out in Christmas attire. Under the guidance of Saint Nick it didn't take long for everyone to receive a gift (we hope) leaving the big old gum tree naked until next year. Christmas cake and mince pies along with morning tea was enjoyed by all.

It was wonderful to see so many out the day before Christmas as we know it's a busy time for families, last minute

shopping etc. Our many thanks for making this day special for the 'Hillis clan' and hopefully for each of you. Thanks to Sheila and Ted and all those that helped out.

HAPPY NEW YEAR TO YOU ALL!

Joan and Ron Hillis

ANNUAL GENERAL MEETING 16TH APRIL, 1996

The Annual General Meeting of the WAVAC is to be held at the Hockey Club Rooms, Perry Lakes at 7.00pm on Tuesday 16th April.

Notices of motion and nominations for life membership to be with the secretary by 8th March, 1995

BOXING DAY RUN LAKE LESCHENAULTIA 26.12.96

It was disappointing that so few people turned up for the run, although the track was sandy, the weather conditions were okay, and the post run barbecue was so enjoyable, that we were all caught by surprise when they turned the lights out at 9.00pm. Thanks again to Peter and Judy Hill for their help.

Toni Frank

5K

Harry Holland	M50	23:40
John Russell	M60	26:37
Allen Tyson	M70	29:04
Cathryn Holland	W35	29:35
Lois West	W45	41:17
Glenice Shanahan	W70	42:15

7K

Robert Mair	M45	28:25
Rob West	M40	31:00
Tony Whittaker	Vis	31:04
Robin Bonner	M60	34:19
Mick Cousins	M60	34:19
Rachel West	Vis	35:00
Ken Brownlie	M50	36:24
Carol Broderick	W40	36:24
Theresa Howe	W45	40:16

5K Walk

Dorothy Whittam	W55	41:35
Jeff Whittam	M60	48:30
Val Bonner	W50	48:31

RUNNING MATES

This month's running mates are Joan and John Pellier. They were both born in England (you didn't know that, did you?) John hails from Bath in Somerset, and Joan from Kenilworth in Warwickshire.

They met when they were both 16 on the "Bumper cars" at the fairground - apparently Joan was angling for a free ride. They married at 18, and have two children and two grandchildren. They migrated to WA in 1968.

Joan has been President of the club for two years and has also been Vice-President. She and John have been race directors for the Friendship Run for many years.

Occupation:

John - Roofing carpenter

Joan - Home duties

How did they hear about the Vets?

From Jim Barnes, who tried to persuade John to leave the pleasures of the pub for the joys of jogging. John joined the Vets in 1979, and Joan, who wondered what John was getting up to every Sunday morning, joined in 1980.

Favourite Run:

John - Bunbury Marathon, where he ran his best times.

Joan - Darlington Dash, and the 50K Road Race Championships.

Ambition in running:

John - none, he has already completed 54 marathons.

Joan - "I know I'm bloody stupid" she says "but I'd like to run one more marathon"

Favourite food:

John - Spuds in any form

Joan - Yoghurt

Favourite drink:

John - Surprise, surprise - it's beer

Joan - Guinness - It's good for you

Pet hates:

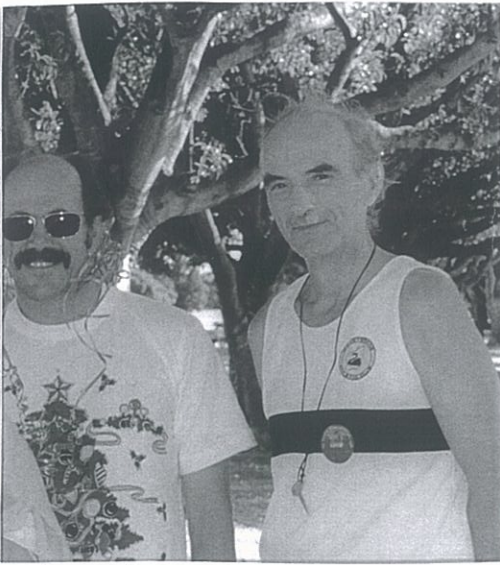
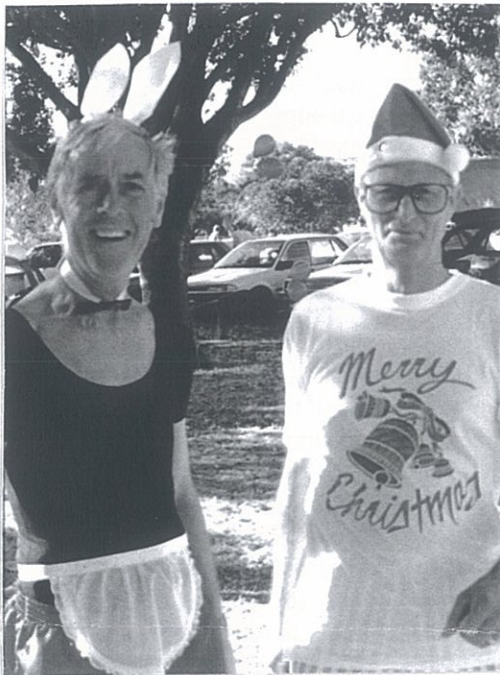
John - None

Joan - Mobile phones.

Ann Turner

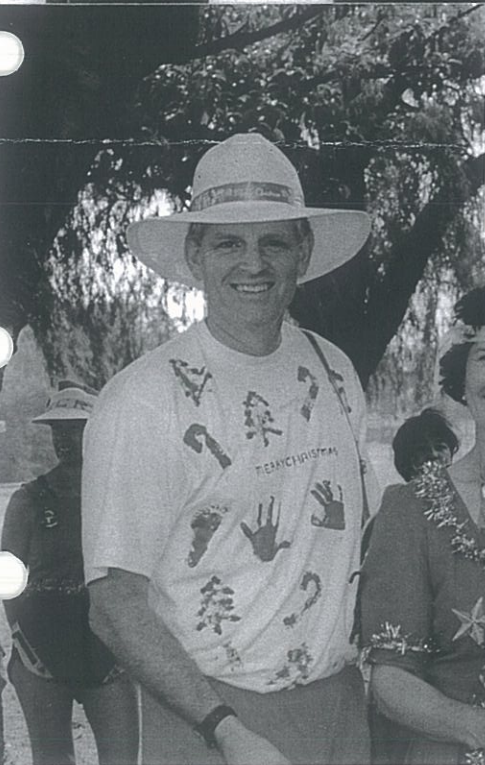
SPECIAL STEEPLECHASE & RACE WALK COACHING

A 2K and 3K steeplechase will be held on Thursday March 7 at McGillivray Oval at 5.45pm to help with your training for the Nationals. (the scheduled 5,000K will become a 3,000K). Also on March 14 at Coker Park, John Back a race walking judge will be there to help you with your race walking technique.



Above - Jane Slade's halo has slipped but Baby Jesus looks set for something extra in his bottle.

Below - Paul Martin was a regular Antipodean Father Christmas.



Above - Editor Richard Harris was keyed up; below - Jackie Billington was a decorative Christmas tree. Left - Ron Hillis a stag-gering success. Top - Vic Beaumont was a cool Father Christmas and I think Dick Blom was trying to audition for Playboy along with Norm Miller.



NEARING FIFTY, BREAKING RECORDS AND RUNNING PB's

At a time when most of us are running slower, it's great to see Anne Shaw breaking records and running PB's. I had a chat with her a few weeks ago and here are some of her thoughts.

Anne's been running for seven years, didn't do athletics at school and only runs between 20-30K a week in summer and 30-40K in winter, but she only does quality work. She now has a new training partner and really enjoys working with her. A running week for Anne would be a 10K hard, interval work with the Marathon Club under the guidance of Simon Beaumont (I've spoken to Simon and he says Anne is his star pupil and trains really hard), a session up and down Jacob's Ladder in King's Park and either the Vets or Marathon Club run on Sundays. In winter she would add a 15K run but never any longer.

Anne's husband Jim, is a long distance truck driver and is only home on Sundays so she does all the things that need fixing around the home, so chopping down trees or climbing on the roof are nothing to her. She watches her diet and eats lots of vegetables, a little meat and plenty of fish.

Anne's very happy and relaxed with her running and working with Simon has taught her to push through a bit of pain whereas a few years ago she would have backed off. "Any thoughts of a Marathon?" I asked her, "Not at the moment", was her reply. "Maybe when I'm fifty" which is in two years time.

Joan Pellier

REABOLD PARK CROSS COUNTRY 7 January, 1996

Everyone enjoyed the cool, conditions this year; a welcome change from the sometimes torrid conditions that have been put up with in the past.

The course for this event is the one used in the 1989 National Veterans Championships. Most ran this but the more fleet-footed ran a wee bit extra.

In flagging the course, I had let my enthusiasm get the better of me and enhanced it somewhat. Brian Foley spotted the error of my ways and re-flagged the offending section on his first lap. The leading runners never had the benefit of Brian's generosity until their next time around. Nobody complained though; at least, not to me.

Twenty two walkers, including Barbara Atkinson and Ronda Dalgrin from Bunbury, also savoured the pleasant conditions. An excellent turnout for this growing group, which brought total numbers on the day to 104.

My thanks to flag collectors Bob Schickert, Jill Midolo and David Brown. Bob ran most of the course for a fourth time helping in this way. You can enter 14K for the day for your jog log, Bob.

Bob Sammells

10K Run

Ralph Henderson	M45	38:25
John Pressley	M50	38:42
John Cresp	M40	38:55
Bob Schickert	M50	39:07
Warren Gee	M45	39:11
Jim Klinge	M45	39:19
Paul Hughes	M40	39:32
Anne Shaw	W45	39:40
Gareth Brunt	M40	39:48
Vic Waters	M50	40:39
Stephen Barrie	M60	40:39
Max Thorley	M40	40:51
Maurice Creagh	M45	41:18
Ivan Brown	M50	41:31
Jeff Mullins	M50	42:08
Mark Rosen	M45	42:24
Alec Holm	M50	42:32
Joe Stickles	M55	42:55
David James	M40	44:00
John Bell	M50	44:32
Ken Brownlie	M50	44:52
Jan Kelly	W40	44:54
Hamish McGlashan	M55	45:01
Adrian Noordyk	M40	45:19
Ted Maslen	M60	46:01
Chris Kelly	M40	46:30
John Dartnall	M45	46:44
George Schaefer	M60	46:46
Fraser Deanus	M55	47:03
Kath Noordyk	W45	47:12
Milton Mavrick	M40	47:43
Carol Broderick	W40	47:46
Doug Hazell	M40	48:13
Richard Harris	M55	48:52
Brian Bennett	M45	48:53

Margaret Birks	W45	48:55
Merv Jones	M55	49:24
Clive Frost	M45	49:49
Roger Walsh	M50	49:58
Ron Hillis	M50	50:04
Brian Devine	M50	50:16
Stan Lockwood	M65	50:23
Peter Davies	M65	51:42
Ron Sutton	M55	53:13
John Russell	M60	53:45
George Peet	M60	54:21
Alan Chambers	M55	54:25
Ann Turner	W55	54:46
Shorty Turner	M60	56:18

6.7K Run

Jill Chambers	W45	28:51
Brian Foley	M50	29:50
Michael Anderson	M45	30:07
Peter Airey	M55	31:14
Peter Hill	M45	31:20
Stuart Parkinson	M45	32:33
Simon Mort	M35	32:46
Jenny Holm	W45	34:08
Lynn Farrelly	M50	34:15
Jeanette Tiverios	W35	35:05
Ray Lawrence	M65	35:58
Aldo Giacomini	M55	36:15
Valerie Millard	W45	38:14
Jeff Spencer	M50	38:14
Frank Usher	M70	50:58
Jill Midolo	W45	55:00
Ernie Moyle	M70	55:00

3.4K Run

Basil Worner	M60	17:55
Jackie Halberg	W45	19:12
Sheila Maslen	W55	21:17

6K Walk

John Mison	M45	31:46
Paul Martin	M50	33:32
Michelle Mison	W45	38:15
Barbara Atkinson	W40	38:19
Barrie Thomsett	M55	39:53
Sue Hughes	W45	40:06
Bob Chalmers	M55	40:58
Lorna Lauchlan	W65	45:03
James Lockyer	M55	45:46
Alan Pomery	M60	47:35
Lois Smith	W45	47:45
Val Wheeler	W60	47:45
Lynne Schickert	W50	49:10
Margaret Ward	W50	49:11
Ronda Dalgrin	W50	untimed
Fred Wheeler	M75	57:23
Karen Crellin	W50	58:25
Margaret Ruello	W45	58:25

4K Walk

David Brown	M45	25:23
Leslie Romeo	W50	26:39

2K Walk

Judy Hill	W45	17:32
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Visitors

Paul O'Riordan	10K	38:27
Keith Stewart	10K	40:20
Prahbuddha Nicol	10K	41:34
Rex Milligan	10K	41:46
Ursula Chwalisx	10K	51:36
Gary Harris	10K	52:19
Graham Burgessen	6.7K	25:52
Frank Gardner	6.7k	29:49
Daniel Broderick	6.7K	31:37
Tina Arthur	6.7K	32:22
Colin Arthur	6.7k	39:54
Justin Kelly	3.4K	15:22
Linsey Gee	3.4K	16:37
Linda Mark	6KW	49:12

FRIENDSHIP RUN

14.1.96

Another hot day for the Friendship Run but still a large turnout (must be trying to get rid of all the Christmas Pud) of 131 runners and walkers and visitors. No records broken this year.

Many thanks to our helpers Bev Thornton and Maureen Pomery, Fred Jagger, Ann Smith, Merv Moyle, Tina Carrero, Sue Jones, Ray Barnett, Doreen Booth and Jim Barnes, my brother for helping mark the course.

Joan and John Pellier

12K

Jim Langford	M50	46:21
John Cresp	M40	47:39
Keith Stewart	M35	47:56
Frank Smith	M50	48:50
Ralph Henderson	M45	49:16
Dave Roberts	M50	49:16
Bob Schickert	M50	50:08
John Pressley	M50	50:41
Gareth Brunt	M40	51:14
Vicente Carrero	M50	52:09
Dave James	M40	52:15
Steve Barrie	M60	52:35
Brian Danby	M45	52:42
Ivan Brown	M50	53:44
Mark Rosen	M45	53:54
Maurice Creagh	M45	54:27
Tessa Brockwell	W40	54:30
Sue Prewett	W40	54:33
Don Caplin	M55	54:52
Geoff Mullins	M50	55:34
Mick Cousins	M60	55:37
Paul Kelly	M40	56:44
Mitch Loly	M5t5	57:15
John Bell	M50	57:19
Robin Bonner	M60	57:25
Janet Kelly	W40	57:57

Bob Sammells	M55	58:23
Alec Holm	M50	60:03
Gerry Prewett	M40	60:03
Fraser Deanus	M55	60:53
Robin King	W35	61:17
Dennis Miller	M55	61:37
Jim Barnes	M50	61:38
George Schaefer	M60	62:08
Dan O'Donnell	M45	62:30
Milton Mavrick	M40	62:40
Nena Greenfield	W40	63:37
Jimmy Greenfield	M50	63:41
Keith Atkinson	M35	63:42
Alan Chambers	M55	63:53
Brian Devine	M50	71:02
Rick Thornhill	M45	71:30
Jeanette Tiverios	W35	72:18
Shorty Turner	M60	72:42

6K

Paul Hughes	M40	23:50
Anne Shaw	W45	23:56
Vic Waters	M50	24:45
Brian Foley	M50	25:01
Paul Arthur	M30	25:59
Alan Jennings	M55	26:12
Mike Khan	M50	26:57
Bill Crane	M55	27:11
Mike Anderson	M45	27:22
Ted Maslen	M60	27:27
David Carr	M60	27:55
Peter Hill	M45	27:59
Ray Attwell	M60	28:10
Joe Stickles	M55	28:13
Jan Billiness	W45	28:40
Graham Thornton	M55	28:59
Peter Airey	M55	29:27
Mike Carey	M35	29:35
Leon Sanders	M55	29:36
Ron Hillis	M50	30:09
Stuart Parkinson	M45	30:16
Merv Jones	M55	30:31
Richard Harris	M55	30:38
Richard Mathews	M45	30:42
Marg Forden	W50	30:47
Lynn Farrelly	M50	31:15
Ron Sutton	M55	31:28
Jenny Holm	W45	32:20
Arnold Jenkins	M50	32:30
Keith Forden	M55	32:57
Ray Lawrence	M65	33:24
Ann Turner	W55	33:28
John Russell	M60	33:58
Kirt Johnson	M65	33:59
Allen Tyson	M70	34:02
Brian Aldrich	M65	34:07
Roma Bettles	W45	35:00
Irene Ferris	W40	35:00
Wendy Clements	W50	35:22
Denise Lancaster	W45	35:22
Sheila Maslen	W55	36:20
Noela Medcalf	W60	36:45
Kay Anderson	W30	36:47

Jeff Spencer	M50	38:01
Alison Aldrich	W50	38:24
Cathrin Holland	W35	39:11
Harry Holland	M50	39:13
Ron Spencer	M55	40:14
Jackie Billington	W50	40:40
Mary Heppell	W55	40:57
Frank Usher	M70	40:57
Lorna Lauchlan	W65	45:03
Jill Midolo	W45	45:06
Lynne Fraser	W40	45:21
Karen Crellin	W50	45:41
Phyllis Farrell	W50	45:41
Pat Carr	W60	46:32

6K Walk

Paul Martin	M50	36:00
John Mison	M45	36:00
Michele Mison	W45	41:45
Bob Fergie	M60	42:31
David Brown	M45	42:50
Sue Hughes	W45	44:02
Barrie Thomsett	M55	44:03
Joan Hillis	W45	45:56
Dorothy Whittam	W55	46:51
Alan Pomery	M60	49:54
Jeff Whittam	M60	51:01
Ernie Moyle	M70	51:02
Lynne Schickert	W50	53:41
Pat Miller	W55	53:43
Wendy Spencer	W50	55:32
Judy Hill	W45	55:42
Faye Walton	W50	55:53
Penny Brown	W50	72:47

VISITORS

Angelo Demarte	6K	23:17
Justin Kelly	6K	23:36
Pra Nicol	6K	23:48
Kara Bryant	6K	25:08
Max Thorley	6K	25:23
Tina Arthur	6K	32:03
Colin Arthur	6K	37:13
Rex Milligan	12K	55:25
Andrew Miller	12K	61:35
Brian Usher	12K	?
Carol Thomasson	6KW	74:09
Bob Thomasson	6KW	74:19
Liz Stirling	6KW	74:20

WELCOME TO OUR NEW MEMBERS

Maurice Cregh	11.06.46.	M4
James Lockyer	29.03.37.	M5
Barbara Atkinson	24.01.51.	W4
Phil Hanks	16.02.59.	M3
Kaye Anderson	14.10.65.	W3
Tony Heppener	24.09.51.	M4
Linda Park	08.07.51.	W4

TRACK & FIELD RESULTS

McGillivray Oval 14.12.95.

100m

W50	Jan Jarvis	14.40
W50	Peggy MacIver	14.65
W55	Dorothy Whittam	15.79
W55	Dot Nicholaidis	17.23
M35	Peter Muriden	12.90
M35	Ian Sanders	13.60
M40	Dave Wyatt	13.10
M40	Paul Kelly	14.24
M45	Stephen Crabbe	13.70
M50	Arnold Jenkins	14.35
M50	Brian Foley	14.96
M50	Ivan Brown	15.25
M50	John Pressley	16.01
M55	Norm Richards	13.0
M550	Peter Gare	13.11
M55	Ross Calnan	15.08
M55	Jim Riddell	15.32
M60	David Carr	15.30
M65	Gordon Medcalf	15.65
M70	Allen Tyson	17.18

10,000m

W40	Tessa Brockwell	42:18.34
W45	Anne Shaw SR	38:26.82
M40	David Willmer	39:04.33
M50	Jim Langford	34:28.56
M50	Ivan Brown	40:45.27
M50	Brian Foley	40:45.27
M50	Brian Devine	53:32.97
M50	John Pressley	DNF
M50	Mike Rhodfes	DNF
M55	Bob Sammells	43:36.51
M60	David Carr	43:08.14
M70	Allen Tyson	53:18.0

Javelin

W50	Peggy MacIver	19.22m
W55	Dot Nicholaidis	22.28m
M35	Ian Sanders	17.52m
M40	Dave Wyatt	26.94m
M40	Paul Kelly	26.02m
M50	Arnold Jenkins	23.12m
M55	Peter Gare	31.56m
M55	Ross Calnan	26.88m

Coker Park 4.1.96.

Hammer

W55	Dorothy Whittam	21.37m
M35	Ian Sanders	12.90m
M50	Arnold Jenkins	20.55m
M50	Ivan Brown	12.62m
M70	Allen Tyson	23.67m
M75	Fred Watson	13.78m

Discus

W35	Snow McSwain	18.21m
M35	Ivan Sanders	25.95m
M50	Arnold Jenkins	19.91m
M70	Allen Tyson	21.60m

Long Jump

W35	Snow McSwain	4.19m
M40	Dave Wyatt	5.21m

M60	David Carr	4.10m
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200m

W35	Snow McSwain	30.4
M35	Greg Vander Sanden	24.5
M35	Phil Hawks	27.8
M35	Ian Sanders	30.4
M40	Dave Wyatt	26.4
M50	Arnold Jenkins	29.4
M50	Ivan Brown	29.5
M50	John Pressley	33.9
M50	Murray Ford	33.9
M55	Mike O'Reilly	28.2
M55	Alan Jennings	30.9
M60	David Carr	29.8
M70	Allen Tyson	34.9

1K Walk

W45	Michele Mison	6:07.6
W50	Jackie Billington	6:28.3
W55	Dorothy Whittam	6:17.4
W60	Val Wheeler	7:51.8
M45	John Mison	4:48.9
M75	Fred Watson	6:35.3 (run)

5000m

W45	Anne Shaw	18:36 (SR)
M35	Phil Hawks	23:00
M40	David Willmer	17:50
M45	Maurice Creagh	19:20
M50	Jim Langford	16:09
M50	John Pressley	19:08
M50	Vicente Carrero	19:44
M50	Brian Devine	24:53
M55	Bob Sammells	21:00

1K Run

M35	Greg Vander Sanden	2:4.5
M35	Ian Sanders	3:44.1
M40	Gary Lee	3:43.9
M50	Ivan Brown	3:16.1
M50	John Pressley	3:21.1
M50	Vicente Carrero	3:30.4
M50	Arnold Jenkins	3:31.1
M50	Murray Ford	3:49.0
M50	Brian Devine	4:19.9
M55	Alan Jennings	3:22.3
M55	Mike O'Reilly	3:37.3
M60	David Carr	3:12.0
M70	Allen Tyson	4:20.1

McGillivray Oval 11.1.96.

Conditions - warm, brisk breeze, 38 members present for a busy programme - thanks to Jackie Billington and Arnold Jenkins for their help.
Congratulations to Anne Shaw, another State record in the 3000m.

Ivan Brown

800m

M30	Neil Johnson	2:36.7
M35	Ian Sanders	2:46.13
M40	Bill Shand	2:17.7
M40	Clive Choate	2:26.2
M40	Paul Kelly	2:36.11

M45	Lewis Arndt	2:55.7
M50	Brian Foley	2:23.43
M50	Bruce Wilson	2:26.6
M50	Keith Martin	2:35.
M50	Arnold Jenkins	2:37.9
M50	Brian Gale	22:40.78
M50	John Pressley	2:41.5
M50	Murray Ford	2:52.67
M50	Brian Devine	3:16.06
M55	Bob Sammells	2:46.36
M55	Jim Riddell	3:08.08
M60	David Carr	2:25.33
M60	Steve Barrie	2:38.36
M70	Allen Tyson	3:23.89
W50	Peggy MacIver	2:45.70
W60	Noela Medcalf	3:30.79

60m

M30	Neil Johnson	8.16
M35	Ed Grougham	7.70
M35	Ian Sanders	8.54
M40	Dave Wyatt	8.06
M40	Paul Kelly	8.61
M45	Lewis dArndt	9.92
M50	Keith Martin	8.00
M50	Arnold Jenkins	9.18
M50	Murray Ford	9.26
M50	John Pressley	10.03
M55	David Clive	8.05
M55	Norm Richard	8.16
M55	Jim Newton	9.44
M55	Jim Riddell	9.70
M60	David Carr	8.79
M65	Gordon Medcalf	10.67
M70	Allen Tyson	10.67
W40	Lynne Choate	8.17
W50	Peggy MacIver	9.50
W60	Noela Medcalf	10.57

Standing Long Jump

M35	Ed Grougham	2.43m
M40	Dave Wyatt	2.51m
M40	Clive Choate	2.30m
M50	Arnold Jenkins	2.08m
M55	David Clive	2.22m
M65	Gordon Medcalf	1.65m
W40	Lynne Choate	2.06m
W50	Peggy MacIver	1.84m

3000m

M35	Greg Vander Sanden	9:49
M35	Pro Nicol	10:39
M40	Milton Mavrick	12:32
M45	Colin Hickman	10:10
M45	Lewis Arndt	12:16
M50	Jim Langford	9:34
M50	Bruce Wilson	10:49
M50	John Pressley	11:13
M50	Brian Foley	11:27
M50	Brian Devine	14:00
M55	Bob Sammells	12:10
M55	Jim Newton	13:48
M70	Allen Tyson	15:11
W40	Tessa Brockwell	11:35
W45	Anne Shaw SR	10:51.01

3000m Walk

M45	John Mison	15:24
M60	Bob Fergie	20:05
W45	Michele Mison	19:29
W50	Jackie Billington	20:21
W55	Dorothy Whittam	20:17

Shot

M40	Paul Kelly	8.69m
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Javelin

M35	Pra Nicol	19.98m
M40	Clive Choate	31.88m
M40	Dave Wyatt	26.62m
M50	Arnold Jenkins	24.52m
M60	Bob Fergie	28.02m
M60	David Carr	23.66m
M70	Allen Tyson	18.62m
W40	Lynne Choate	17.02m
W50	Peggy Macliver	17.30m
W60	Pat Carr	17.64m

Coker Park 18.1.96.**1500m Walk**

W45	Michele Mison	9:03.9
W50	Lesley Romeo	9:08.7
M40	Milton Mavrick	10:04.3
M45	John Mison	7:14.3

400m

W50	Peggy Macliver	1:09.0
M35	Greg Vander Sanden	53.1
M35	Pra Nicol	1:08.4
M40	Bill Shand	55.4
M40	Clive Choate	1:01.0
M40	Milton Mavrick	1:13.6
M45	Lewis Arndt	1:14.5
M50	Brian Gale	1:05.2
M50	Ivan Brown	1:06.6
M50	Vicente Carrero	1:12.6
M50	John Pressley	1:14.7
M50	Brian Devine	1:28.6
M55	Alan Jennings	1:10.2
M55	Graham Thornton	1:13.6
M55	Jim Riddell	1:15.0
M70	Allen Tyson	1:20.0

100M

W40	Lynne Choate	12.6
W40	Diane York	15.1
W50	Peggy Macliver	14.5
M30	Neil Johnson	12.9
M35	Ed Goughan	11.9
M40	Bill Shand	12.5
M40	Dave Wyatt	12.7
M45	Jim Klinge	13.7
M45	Lewis Arndt	15.3
M50	Vicente Carrero	15.1
M50	John Pressley	15.8
M55	Jim Riddell	14.9
M60	John Sutton	16.4
M70	Allen Tyson	15.9

Triple Jump

W40	Lynne Choate	8.97m
W40	Diane York	8.22m
M40	Dave Wyatt	10.06m

3000m

W45	Anne Shaw	10:50
W50	Jackie Billington	16:54
W50	Lesley Romeo	16:56
M30	Neil Johnson	13:31
M40	Tony Heppender	9:26
M40	Alan Thurlow	10:19
M40	Bill Shand	10:44
M40	Milton Mavrick	13:19
M45	David Reid	10:10
M45	Jim Klinge	11:11
M45	Maurice Creagh	11:20
M45	Lewis Arndt	11:56
M45	Mike Thompson	12:09
M50	Jim Langford	9:31
M50	Brian Foley	10:51
M50	John Pressley	10:59
M50	Ivan Brown	11:12
M50	Vicente Carrero	11:26
M50	Brian Devine	13:45
M55	Alan Jennings	11:55
M55	Bob Sammells	12:10
M55	Graham Thornton	15:11
M60	David Carr	11:04

Discus

W40	Lynne Choate	21.88m
W40	Diane York	11.92m
W50	Peggy Macliver	16.88m
M40	Dave Wyatt	19.00m
M40	Alan Thurlow	17.42m
M45	Doug Cornish	23.52m
M50	Ed Carroll	39.14m
M55	Leon Sander	20.96m
M60	John Sutton	24.90m
M60	David Carr	22.14m
M70	Allen Tyson	21.88m

Javelin

M45	Doug Cornish	23.07m
M50	Ed Carroll	31.22m
M60	John Sutton	20.68m
M70	Allen Tyson	19.38m

COMMITTEE CHANGES

Welcome to Joan Hillis, who is replacing Shorty Turner, now on his global holiday.

NEWS FLASH!!!

Did you know that the assistant editor is now a grandmother (her daughter Linda gave birth to a little girl Danielle, Monique on February 3 in New Zealand). Jackie can't wait to see the baby which will be in March.

AUSTRALIAN TRACK & FIELD CHAMPIONSHIPS SINGLETs

Please purchase your gold singlets early as it takes some time to manufacture additional ones.

Cost: \$15.00 each

See Jackie or Joan

GRAND PRIX MEET

During the Grand Prix track and field meeting at Perry Lakes on January 28, we organised two Veterans' events. They were 200m for + 35 women and 400m for + 40 men.

There were eight entries in each, however injuries reduced the women's field to five, which was won by Lynne Choate from a visitor from NSW, Melinda Thompson, with Frances Lipscombe third. The men's event was closely contested with Neil Morfitt, beating John Molloy and Duncan McAuley on the line.

The Veterans events were well appreciated by the large crowd of more than 10,000 spectators.

WANTED

Helpers to work in the canteen during the Nationals at Easter.

Also anyone who would be willing to do some baking and donate - small cakes, muffins, slices, fruit loaves or similar.

If you can help please see Sue Jones at the next club run or phone 398 1157 after 6.30pm. (see page 9 for tear off slip)

Happy Birthday To Our March Members

Carroll, Ed	01/03/41	55 becomes M55
Bowen, Jeff	02/03/42	54 remains M50
Harrison, Bob	03/03/42	54 remains M50
Smith, Lois	05/03/50	46 remains W45
McAuley, Fiona	06/03/51	45 becomes W45
Smith, Frank	06/03/42	54 remains M50
Stone, Jo	06/03/45	51 remains W50
Molloy, John	06/03/51	45 becomes M45
Sander, Leon	07/03/37	59 remains M55
Lauchlan, Lorna	09/03/30	66 remains W65
Hillis, Ron	09/03/45	51 remains M50
Foley, Brian	11/03/44	52 remains M50
Bould, Clifford	12/03/16	80 becomes M80
Watts, Colin	12/03/50	46 remains M45
Santich, Maxine	13/03/52	44 remains W40
Spencer, Wendy	13/03/45	51 remains W50
Lipscombe, Frances	13/03/58	38 remains W35
Johnson, Kirt	14/03/29	67 remains M65
Bloore, Michael	15/03/50	46 remains M45

Ainsworth, Patricia	15/03/36	60 becomes W60
Guiton, Patrick	16/03/35	61 remains M60
Rogers, Estelle	17/03/56	40 becomes W40
Eldridge, Steve	18/03/41	55 becomes M55
Gobby, Karen	18/03/53	43 remains W40
Loly, Mitch	20/03/40	56 remains M55
Sanders, Peter	20/03/45	51 remains M50
Shand, Robert	20/03/32	64 remains M60
Kernaghan, Barrie	20/03/40	56 remains M55
Caplin, Donald	22/03/39	57 remains M55
Robinson, Margaret	22/03/38	58 remains W55
Speechley, Anthony	23/03/44	52 remains M50
Kelly, Janet	25/03/54	42 remains W40
Hill, Peter	28/03/48	48 remains M45
Johnson, Pete	28/03/46	50 becomes M50
Hazell, Douglas	29/03/52	44 remains M40
Ralph, Gabriella	29/03/50	46 remains W45
MacLiver, Peggy	30/03/44	52 remains W50
Holland, Kathleen	31/03/40	56 remains W55
McGlashan, Rosemary	31/03/39	57 remains W55
Jenkins, Luella	31/03/42	54 remains W50

Pentathlon January 14th 1996

A very keenly contested pentathlon was fought out in ideal conditions. David Carr emerged as the overall winner with Dorothy Whittam, the leading lady, very close behind.

There were fine performances in all events, Dorothy and David in the long jump with Dave Wyatt clearing a mighty 5.23M. Dorothy Whittam and Bob Fergie led in the throws, with a tie between Dorothy and Noela Medcalf in the Discus. Lynne Choate showed her World class in the 200m, there were good performances also from Dorothy Whittam, Peggy MacLiver and David Carr. Peggy and David were in a class of their own in the 800 and 1500m events. A strong run in the 1500m by Allen Tyson took him into second place in the men's event. The women's pentathlon was very close with four competitors scoring over 2400 points.

Thanks to all those who competed and made the pentathlon a very pleasant way to spend a morning (including a very youthful Arnold Jenkins!) Special thanks to Pat Carr who looked after us all morning, and thanks to those who helped in the last couple of events after competing their own distance programme.

Bob Fergie.

Name	Age	Long Jump		Javeline		200m		Discus		800/1500m		Total
		Dist.	Pts	Dist.	Pts	Time	Pts	Dist.	Pts	Time	Pts	
Lynne Choate	W40	4.43	584	15.40	200	26.56	939	20.36	251	3.00.8	650	2624
Dorothy Whittam	W60	3.66	812	18.16	427	33.70	904	17.52	286	3.58.3	454	2883
Kaye Anderson	W30	3.84	354	13.60	134	32.88	487	19.78	218	3.12.4	449	1642
Peggy MacLiver	W50	3.90	558	17.26	278	30.70	824	18.56	223	2.37.5	956	2839
Noela Medcalf	W60	2.90	280	16.52	358	35.05	796	17.52	286	3.27.2	702	2422
Pat Carr	W60			16.44	354	15.86	223					577
Dave Wyatt	M40	5.23	489	24.66	264	27.27	606	19.70	233			1592
Gordon Medcalf	M65	2.97	185	19.46	303	35.42	412	24.80	459			1359
David Carr	M60	4.10	585	22.16	340	28.59	847	23.30	372	5.06.8	941	3085
Bob Fergie	M60	3.53	329	27.26	483	38.67	0	28.30	512	7.51.2	119	1443
Allen Tyson	M70	2.38	0	19.30	335	34.09	712	21.04	386	6.36.0	795	2228
Arnold Jenkins	M21	3.48	101	23.46	337	32.08	353	17.62	191	5.57.1	540	1522
Ian Sanders	M35	3.87	81	17.20	130	28.45	500	19.74	234	9.02.0	415	1360

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COST: \$10.00 for adults + \$50.00 course registration for the group. \$5.00 for school students.
(** minimum of 15 people needed to conduct your own course)**
TIME: 3 Hours anytime.
BOOKINGS: Call Sports Medicine Australia on 441 8248 or 441 8234
PRESENTED BY: Qualified Sports Medicine Professionals co-ordinated by Sport Medicine Australia

National Veterans Track & Field Championships - Perth - April 5-8

With Easter fast approaching, so are the National Track & Field Championships, hosted by the WA Veterans Athletic Club.

We urge you to participate in this exciting event by competing, and, importantly assisting.
Please let us know when you can help by filling in the tear-off slip below.

**Please post to Jackie Halberg 1/37 Bombard Street, Adross, 6153
or hand to any committee member as soon as possible**

✂
.....

I/we are able to help:

Telephone contact:

	All day 8.30-4.30	Morning 8.30-12.30	Afternoon 12.30-4.30	Canteen
Friday April 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday April 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday April 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monday April 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Preferred activity (if any):				

ROUND THE LAKES

The stopwatch collapsed so I can only give the times of the front few. It has served us so well for so many years, amazing machine, I'm sure if we pay tribute to its skill it will continue to be of great service. Not this run tho!

Also may I pay tribute to the walking group who make welcome visitors, the inexperienced, and the odd injured runner - and who organised their side of the handicap so well.

Thanks greatly to my helpers especially Fred and Merv.

John Bell

8K	Age	Actual	H/Cap
Mike Rhodes	M50	46:57	12:05
Sheila Maslen	W55	47:11	1:05
Ann Shaw	W45	47:12	16:05
Joan Pellier	W55	47:26	3:10
Merv Jones	M55	47:58	8:20
Jim Langford	M50	48:02	20:00
Brian Danby	M45	48:04	15:15
Vic Waters	M50	48:05	15:15
Judy Bonomelli	W45	48:06	
Vicente Carrero	M50	48:07	15:30
Bert Carse	M55	48:17	18:35
Jim Klinge	M45	48:25	18:10
Peter Airey	M55	48:28	10:10
Bob Schickert	M50	48:30	17:10
Gareth Brunt	M40	48:33	17:10
Ted Maslen	M60	48:39	13:15
Warren Gee	M45	48:39	17:55
John Cresp	M40	48:44	
Dave Roberts	M50	48:44	17:26
Alan Chambers	M55	49:00	8:30
Dave Carr	M60	49:00	14:50
John Russell	M60	40:02	7:00
Peter Hill	M45	49:03	14:00
Graham Thornton	M55	49:06	14:25
David Willmer	M40	49:07	17:45
Geoff Mullins	M50	49:09	16:15
Mark Rosen	M45	49:12	16:05
Jeanette Tiverios	W35	49:19	11:00
David James	M40	49:20	17:10
John Pellier	M55	49:20	13:15
Stuart Parkinson	M45		9:20
Brian Foley	M50		15:40
Karyn Gower	W35		14:00
Steve Barrie	M55		16:25
Maxine Santich	W40		13:05
Ivan Brown	M50		16:05
George Schaefer	M60	49:39	14:00
Richard Harris	M55		11:40
Arnold Jenkins	M50	8:30	
Brian Bennett	M45		12:25
Ray Lawrence	M65	7:45	
Brian Hunter	M50		10:55
Denise Lancaster	W45		5:55
Shorty Turner	M60	6:30	
Frank Smith	M50		18:25

Ron Sutton	M55		7:45
Kath Noordyk	W45		12:40
Jan Billiness	W45		13:00
Marg Forden	W50		10:55
Bob Harrison	M50	16:25	
Jill Chambers	W45	16:40	
Noela Medcalf	W60		3:10
Margaret Warren	W60		3:10
Judy Marsland	W40		
Roma Bettles	W45		7:00
Don Caplin	M55		16:05
Jackie Billington	W50		0:40
Bob Sammells	M55	51:51	14:25
Robin Bonner	M60	51:53	12:50
Mary Heppell	W55	51:53	0:10
Richard Matthews	M40		10:55
Ann Turner	W55		7:45
Jackie Halberg	W45		7:00
Irene Ferris	W40		7:00
Morris Warren	M55		10:10
George Peet	M60		7:45
Fraser Deanus	M55		13:40
Frank Usher	M70		0:20
Stuart Hicks	M70		3:35
Stan Lockwood	M65		11:20
Jan Kelly	W40		16:25
Ron Hillis	M50		10:35
John Dartnell	M45		15:40
Adrian Noordyk	M40		15:40
Margaret Ward	W50		1:30
Phyllis Farrell	W50		1:30
Garnet Morgan	M70		5:30
6K Walk			
Lynne Schickert	W50		9:15
Michele Mison	W45		16:15
Ernie Moyle	M70		9:00
Jim Lockyer	M55		9:30
Dorothy Whittam	W55		14:00
Lois Smith	W45		9:15
Jeff Whittam	M60		9:00
Leslie Romeo	W50		18:00
Wendy Clements	W50		16:15
Bob Chalmers	M55		16:15

ACT STATE CHAMPIONSHIPS

These are being held on March 30-31, 1996
For further details contact Bob Fergie on
447 6898

MY TWENTY YEARS IN THE VETS

I joined the Vets on the December 6, 1975 after a chance meeting at McCallum Park with the then small number of Vets.

Shortly afterwards in March 1976 I ran in my first City to Surf in 59:16 and so commenced what was to become my major event of the year. After 15 consecutive runs I missed the 1991 event but have completed the last four and look forward to my 20th run in 1996.

The highlights of my early days in the Vets were competing in the Nationals at Perry Lakes in 1977 and a 3rd place in the 800m and 1500m.

My early training runs were mainly from McCallum with the longest distance being the 10K Round the Bridges. I was soon to discover that all flat running during training did not help when competing, as my Sunday times were no better than weekdays.

It was then that I decided to join the Vets on the Tuesday afternoon training session at King's Park which I still do. In those days there were not many bitumen paths so we had to contend with hills and sand tracks. I still consider this the best training session of the week and it has enabled me to maintain a reasonable speed up hill during club events.

On Thursday's a small group still train at Curtin University south oval and after a 2.1/2K warm up, do interval work and then finish with a 6K warm down.

I have endeavoured to maintain a regular training program over the years and would still average about 50K per week including Sundays. I think it is essential to adhere to a regular training program throughout the year to enable to maintain top fitness and to be able to run consistent times over many years.

I have enjoyed my 20 years in the Vets and would like to thank the many past and present members for their help and advice over the years. I look forward to the coming years and hope that I can continue to compete and enjoy the friendship and the challenge that comes with membership of our Club.

Merv Moyle (M65)

THE LEGEND OF MAD MICK

...

CONTINUES

There is a story abroad this land
It tells of Mad Mick's running band
Of 60 years they'll see no more
For all of them have lost the score

But cunning thought and sneaky look
They try to outdo on running foot
To run the best and beat the rest

Now galloping George was first to move

By pen and paper did best to prove
That he along by far was best
So bright of mind in search of quest

Mad Mick was livid and quick to answer

This move by George to be the faster
It's me they all must homage pay
or by George they'll rue this day

Raving Dave took not the hint
And he too went into print
With flowery word in perfect prose
What had been written so far was gross

Dashing Dick was heard to chortle
For him speed work had made immortal
To suffer so was personal glory
To be in front was that was the story

Barefoot Ted his mind on high
Let his thoughts reach to the sky
The race was over and that is why
I lay me down just here to die

Dawdling Dalton it's true to say
Has been the best in his long day
Now that time is going fast
He watches all the girls go past

Reckless Robin that's one we know
Who's bound to pay for this by jove
His running shoes will be in shreds
He dared poke fun at Mick's grey head

Robin Bonner

LETTERS TO THE EDITOR

OVERWEIGHT!

Thanks to Bob Fergie for clarifying the Weight Pentathlon for the Nationals. I was beginning to think the Pentathlon involved throwing the other four implements at once! But my copy of Vetrun must have contained a misprint. It looked like the heavy weight specification for my age group was 15.88kgs!! My two youngest daughters don't weigh that much!

Can I say a big thank you to our Track & Field Committee for their efforts. The work they put into making athletics work each week is appreciated. I valued the encouragement given via the medals at last year's State Championships, (though won by default in my case) and I look forward to trying my hand at the Nationals.

Whilst on encouragement, would it be possible to print the point scoring tables used for the Patron's Trophy? It gives a spur to a plodder like me to try harder and helps in deciding if there are any events I'm half decent at.

All the best as you plan for the Nationals!

Ian Sanders

THE ORIGINAL AND STILL THE ONLY AUTHENTIC TRIATHLON STORE IN WA

Bob and Jan have a wealth of experience in fitting running shoes gained over 17 years. Bob has completed each of the 17 Perth Marathons without any injury problems - he must be doing something right!

Phil's years of triathlon experience (including the ultimate - the Hawaii Ironman) and being an accredited Level 1 Triathlon Coach ensure correct bike setup and training advice.

For any of your triathlon requirements, remember - **Runner's World** genuine "old fashion" service.

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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

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RUNS COMING UP

Lake Monger Run 18.2.96.

Runners and walkers can select one, two or three circuits of Lake Monger. The course is solely on foot/cycle paths, is flat, and quick times are possible. Go for it!

Hazards: other path walkers and cyclists.

Group Run/Walk 25.2.96.

Garvey Park 7.30am

Committee will let you know on the day. Nice spot along the river.

Mt Lawley Circuit 3.3.96.

The circuit is 2.5K so, while three laps are needed for the full 7.5K Handicap event distance, members can do one or two laps if they do not fancy the three.

Starting and finishing in Hamer Park, the course goes anti-clockwise along Stancliffe Street, Central Avenue, Alexander Drive, Bradford Street and Thurston Street. The course is flat and is on paving and bitumen.

Hazards: not many but look out for the occasional car, cyclist, or someone walking the family dog.

Pagoda Run 17.3.96.

The main 16K out-and-back course is along foot/cycle paths alongside the Swan River from McCallum Park to opposite the Pagoda Ballroom in Como. The shorter runs turn at the 2.5K and 5K points on this course.

Please note that conditions will almost certainly be hot as this event had

to be brought forward this year. Make sure that you select the distance that you are trained for and can complete without undue distress.

Hazards: other path users, notably cyclists.

Lorna's Run 24.3.96.

The course is split into two halves. The first goes from McCallum Park along the foot/cycle path into Burswood Park and back. This is 6.5K and comprises the short course.

Those preferring the 11.6K continue through McCallum alongside the river then follow a circuit that goes along Mill Point Road and ends in Taylor Street.

Hazards: other path and road users.