



# The Vetruns

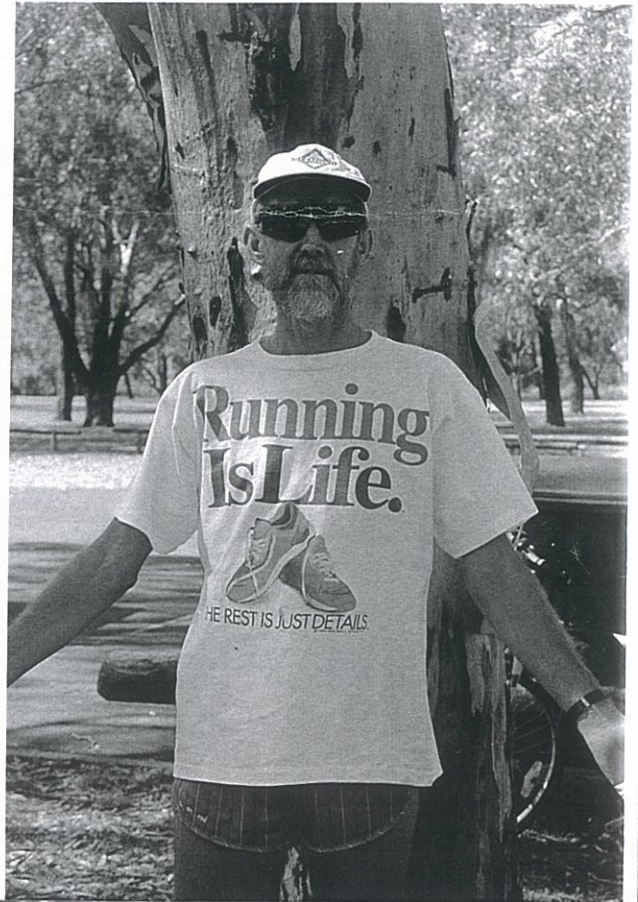
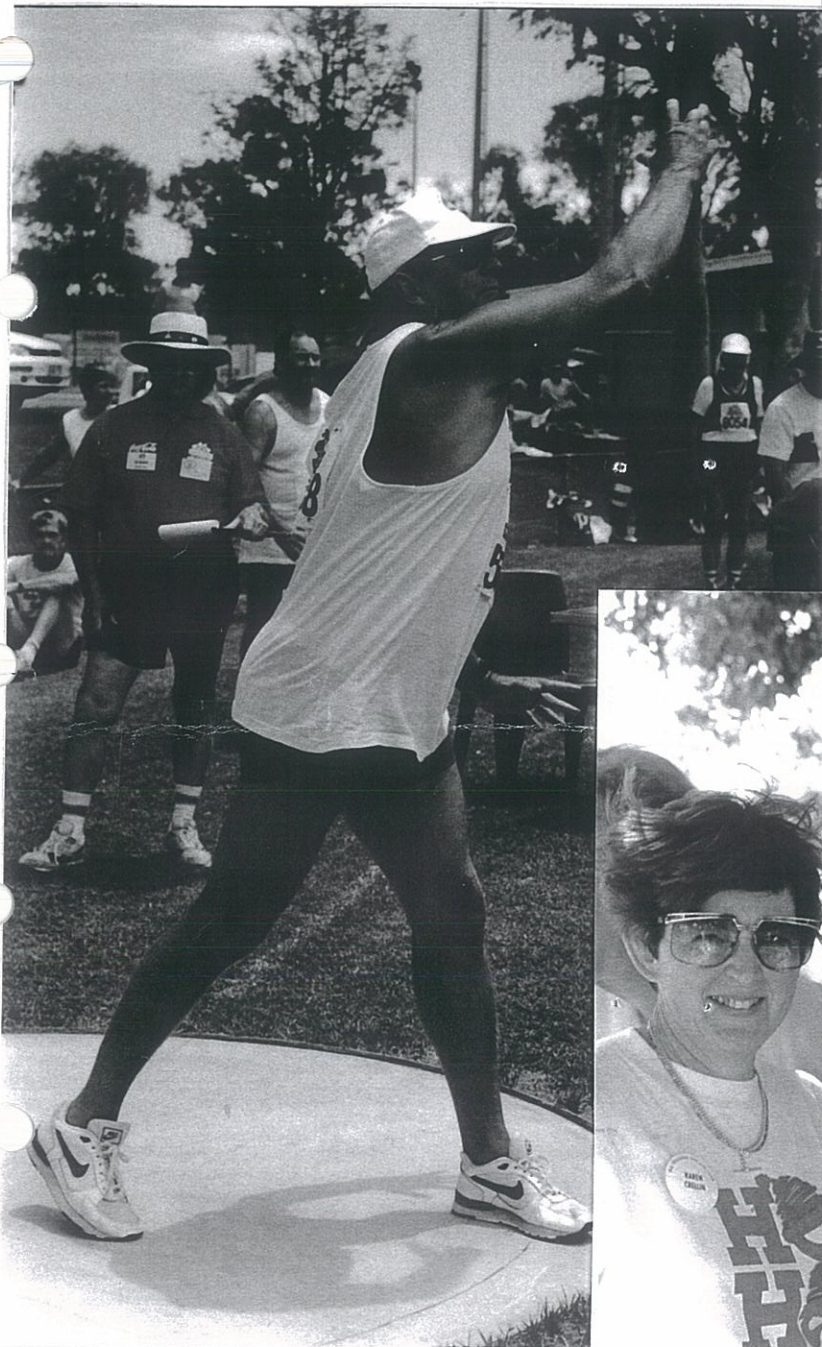


NO. 280 FEBRUARY 1997 PATRON: W.J. Hughes PRESIDENT: Brian Foley EDITOR: Richard Harris 457 6102

(Top right) Brian Danby makes a statement about running

(Bottom right) Christmas crackers!! Karen Crellin, Lynne Schickert and Joan Pellier (photos by Vic Beaumont)

(Below) Ron Spencer Finds Gold in Alice (see story page 11)





## **DATES FOR YOUR DIARY**

### **REMEMBER!!**

**WE'VE GOT QUESTIONS  
YOU'VE GOT ANSWERS**

**QUIZ NIGHT  
FRIDAY  
21 FEBRUARY, 1997  
7.30PM  
PERRY LAKES  
RUGBY ROOMS,  
MEAGHER DRIVE,  
FLOREAT**

Tables of 6 - make one up beforehand, or join one on the night. \$5.00 payable at the door. Drinks at bar prices. Donations of prizes please - to any committee member.

### **REMINDER**

Mt Lawley Circuit Run and Walk (March 2) - Mikes Rhodes 'home run' - begins at **8.00am NOT 7.30.**

### **SUBSCRIPTION DAY MARCH 23, 1997**

Yes, it's almost that time of year - your Club fees will become due on **March 31.**

To make it easier for you and to help our Treasurer, Sue Jones, we will hold a **SUBS DAY** at Lorna's Run, on March 23 at McCallum Park. Fees remain the same as last year. Your Renewal form will be in next months Vetrin. Life members and Honorary members (those who are over 70) do not pay fees, but we ask that you fill in the Renewal form to indicate your continued involvement in the Club.

### **AAVAC National Championships Melbourne 27-31 March, 1997.**

Entry forms from Jackie Halberg (364 4474) Entries close February 14, 1997.

### **MATURE AGE GAMES ROCKINGHAM 24-27 April, 1997**

Contact for athletics:  
Bob Chalmers on 527 6413  
Other sports: City of Rockingham on 528 0307

### **WA STATE MASTERS GAMES - ALBANY 23-27 April, 1998**

Contact: John Cochrane (098 42 1244  
PO Box 553, Albany WA 6330.

### **6<sup>th</sup> Australian Master Games - Canberra 24 Oct - 1 Nov, 1997**

Games Hotline: (06) 207 9097  
PO Box 2697, Canberra ACT 2601.

**The Healthpact 1997 Sixth  
Australian Masters Games will be  
held in Canberra from October 24  
to November 1, 1997.**

This festival of sport is certain to be the biggest mass participation sporting event anywhere in the nation in 1997.

A half marathon will be run on the recreation paths around the scenic shores of Lake Burley Griffin.

There will be competitive events for walkers and throwers, a Masters Street Mile in Anzac parade, and an 8

km cross country event which is likely to take in the Governor General's residence at Yarralumla.

All the track and field will be held at the AIS Athletic Field on a superb Rekotan surface.

Awards will be made to the first three placegetters in every event in five year age groups to both men and women over the age of 30.

Expressions of interest to get the mailing list for newsletters and entry forms should be made in the first instance to - The Healthpact 1997 Sixth Australian Masters Games, GPO Box 2697, Canberra ACT 2601 or contact the convener on behalf of the ACT Veterans Athletics Club on (06) 288 5891.

### **ANNUAL GENERAL MEETING TUESDAY APRIL 15, 1997 AT 7.00PM Hockey Club Rooms, Perry Lakes**

Nominations are called for Life Memberships (see criteria below) and the Committee namely (President, Vice President, Secretary, Treasurer and 4 other members).

Committee nominations to be moved and seconded and signed by the nominee.

### **CRITERIA FOR LIFE MEMBERSHIP:**

**Active and continuous membership  
for a minimum period of 10 years.  
Substantially contributed to the  
progress of the Club.**

Recommendations for Life Memberships must come from at least three members.

Any nominations must be in writing and reach the Secretary, Jackie Halberg (1/37 Bombard Street, Ardross WA 6153) by 10 March, 1997.

### **NOTICES OF MOTION:**

Any notices of motion to be included on the agenda for the AGM to be forwarded to the Secretary by 10 March, 1997.



# **TRACK & FIELD** **Coker Park Dec 5 1996**

## **Shot Put**

W45	Eileen Hindle	6.96m
W60	Dorothy Whittam	8.06m
M55	Mike O'Reilly	7.40m
M70	Allen Tyson	7.70m
Vis	Ron Tompkins	7.52m

## **800m (for points)**

W35	Marilyn Blair	02:37.9
W35	Snow McSwain	02:43.5
W45	Val Millard	03:45.8
W60	Pat Carr	03:51.3
W55	Margaret Robinson	03:27.9
W70	Glenice Shanahan	04:42.2
M35	Ian Sanders	02:33.0
M45	Dave Reid	02:16.3
M50	Keith Martin	02:19.6
M50	Jim Langford	02:27.8
M50	Ivan Brown	02:35.5
M55	Don Caplin	02:32.1
M55	Alan Jennings	02:32.5
M55	Mike O'Reilly	02:45.0
M55	John Pellier	02:49.6
M60	Dave Carr	02:26.9
M70	Allen Tyson	03:35.5
Vis	Paul Covich	02:16.8

## **3000m Walk**

W35	Robin King	19:45.8
W45	Michele Mison	19:10.4
W50	Lesley Romeo	18:45.4
W70	Glenice Shanahan	24:30.9
M60	Ray Hall	20:31.6

## **Hammer Throw (for points)**

W45	Eileen Hindle	17.08m
W60	Dorothy Whittam	21.86m
M35	Ian Sanders	14.77m
M50	Brian Foley	14.58m
M55	Don Caplin	16.63m
M70	Allen Tyson	19.21m

## **100m**

W35	Snow McSwain	15.2
W45	Eileen Hindle	15.2
M35	Ian Sanders	14.1
M45	Garry Doyle	13.5
M55	Mike O'Reilly	14.8
Vis	Paul Covich	13.4
Vis	Jenny Barnard	17.1

## **5000m**

W35	Marilyn Blair	19:03.9
W35	Robin King	19:18.0
W45	Anne Shaw	18:25.6
W45	Val Millard	26:09.1
W55	Margaret Robinson	24:28.0
M45	Dave Reid	18:12.2
M45	Frank Gardiner	20:11.1
M50	Jim Langford	17:02.1
M50	David Roberts	19:06.4
M50	Brian Foley	19:23.3
M55	Bob Schickert	18:18.3

M55	Don Caplin	18:53.2
M55	John Pellier	20:41.7
M70	Allen Tyson	26:48.6
M75	John Gilmour	22:59.5
Vis	Andrew Davison	16:04.4
Vis	Nicholas Gardiner	19:55.3
Vis	Mike Thompson	20:02.7

## **Long Jump No one competed**

## **TRACK & FIELD**

## **McGillivray Oval - Dec 12 1996**

## **200m**

W60	Pat Carr	37.1
W70	Glenice Shanahan	53.5
M35	Phil Hawks	28.5
M45	Garry Doyle	27.8
M55	Peter Gare	28.2
M55	Norm Richards	28.9
M55	Ross Calnan	32.4
Vis	Paul Covich	27.6

## **Javelin**

W60	Patricia Carr	18.30m
M55	Peter Gare	30.84m
M55	Ross Calnan	26.54m
M60	Bob Fergie	29.62m
M60	Rob Shand	26.82m
Vis	Tompkins	20.56m

## **1500m Walk**

W70	Glenice Shanahan	12:23.0
M60	Mike Hall	09:17.2
M60	Bob Fergie	09:17.6

## **10000m (for points)**

W35	Robin King	40:30.6
M30	Stephen Dunn	35:51.4
M40	David Willmer	39:39.2
M40	Milton Mavrick	39:53.3
M45	David Reid	36:28.5
M45	Brian Danby	40:19.8
M45	Frank Gardiner	42:51.3
M50	Jim Langford	36:00.0
M50	Ivan Brown	41:08.4
M50	Brian Foley	41:45.3
Vis	Paul Covich	40:09.7
Vis	Mike Thompson	41:27.1

## **Triple Jump**

No one competed

## **TRACK & FIELD**

## **McGillivray Oval Jan 9 1997**

## **Long Jump**

W60	Pat Carr	3.58m
M55	Ron Spencer	2.46m
M60	David Carr	3.52m

## **300m**

W35	Robin King	52.0
W50	Val Prescott	64.1
W60	Pat Carr	60.0
M35	Ian Sanders	44.7
M35	Phil Hawks	45.7
M40	Pra Nichol	50.3
M45	Tony Heppener	48.7

M55	Peter Gare	43.5
M55	Norm Richards	45.6
M55	Ross Calnan	53.4
M55	Ron Spencer	69.9
M60	David Carr	44.0
Vis	Paul Covich	42.7
Vis	Brendan Phillips	43.6
Vis	Nick Bailey	??

## **1000m Walk**

W35	Robin King	06:25.9
M35	Phil Hawks	07:08.2
M55	Barrie Thomsett	05:59.5
M60	Ray Hall	06:07.8
M70	Allen Tyson	07:13.6

## **Shot Put No one competed**

## **Javelin**

W50	Val Prescott	16.76m
W60	Pat Carr	17.16m
M35	Ian Sanders	21.26m
M40	Pra Nichol	22.72m
M55	Peter Gare	32.00m
M55	Ross Calnan	27.30m
M55	Ron Spencer	22.20m
M60	Rob Shand	26.62m
M60	David Carr	25.18m
M70	Allen Tyson	17.22m
Vis	Ron Tompkins	20.76m

## **1000m**

W35	Robin King	03:27.8
W45	Anne Shaw	03:14.5
M35	Ian Sanders	03:28.6
M35	Phil Hawks	03:38.7
M40	Pra Nichol	03:15.8
M45	Tony Heppener	02:44.1
M45	David Reid	02:59.1
M50	Brian Foley	03:00.5
M50	Jim Langford	03:01.1
M55	Don Caplin	03:23.3
M55	Ron Spencer	05:24.2
M60	David Carr	03:13.8
Vis	Brendan Phillips	02:45.5
Vis	Paul Covich	03:11.1
Vis	Nick Bailey	03:26.4

## **TRACK & FIELD**

## **COKER PARK- 16.1.97**

## **Long Jump**

W35	Snow McSwain	4.27
W60	Noela Medcalf	2.83
M45	Dave Wyatt	5.21
M55	Leon Sanders	3.71
Vis	Mandy Butler	3.32

## **Hammer**

W45	Eileen Hindle	21.20R
W60	Dorothy Whittam	20.88
W60	Noela Medcalf	17.40
M50	Arnold Jenkins	21.20
M60	Bob Fergie	35.92R
M70	Allen Tyson	20.38
Vis	Ron Tompkins	18.52



## DISCUS

W35	Snow McSwain	20.34
W40	Lynne Choate	18.86
W45	Eileen Hindle	19.70
W55	Kath Holland	20.24
W60	Noela Medcalf	16.04
M50	Arnold Jenkins	18.76
M55	Leon Sander	20.18
M60	Bob Fergie	32.72
M60	David Carr	21.88
M65	Gordon Medcalf	24.42
M70	Allen Tyson	20.26
Vis	Ron Tompkins	18.36
Vis	Mandy Butler	16.38

## 60 METRES

W30	Delia Baldock	9.2
W35	Snow McSwain	8.9
W40	Lynne Choate	8.0
M35	Ian Sanders	8.1
M45	Dave Wyatt	8.1
M50	Arnold Jenkins	8.9
M55	David Clive	7.7
M55	Leon Sander	9.3
M60	David Carr	8.9
M65	Gordon Medcalf	9.6
M70	Allen Tyson	10.4
Vis	Paul Covich	7.9
Vis	Shane Nagle	7.8
Vis	Clive Purser	8.1

## 800 METRES

W35	Snow McSwain	2:45.6
W55	Margaret Robinson	3:33.5
W60	Noela Medcalf	3:24.4
M35	Ian Sanders	2:36.1
M50	Brian Foley	2:18.4
M50	Langford	2:21.2
M50	Arnold Jenkins	2:56.5
M55	Jim Riddell	3:11.0
M55	Mike O'Reilly	2:43.9
Vis	Shane Nagle	2:17.1
Vis	Paul Covich	2:19.3

## 3000 METRES WALK

M60	Ray Hall	19:28.1
W50	Lesley Romeo	20:14.8
W70	Glenice Shanahan	25:47.9

## 5000 METRES

W45	Anne Shaw	18:23.3
W55	Margaret Robinson	26:30.1
M40	Milton Mavrick	19:39.0
M50	Jim Langford	16:51.3
M50	Vicente Carrero	19:56.5
M50	Ivan Brown	19:47.8
M55	Don Caplin	19:54.2
M55	John Pellier	21:23.0
M60	Steve Barrie	20:44.7

## 3000 METRES

M70	Allen Tyson	18:10.1
-----	-------------	---------

## SHOALWATER BAY RUN

24.11.96.

Approximately 60 runners and walkers hopefully enjoyed a fine sunny mornings run or walk.

Fiona and I would like to thank all our helpers - Darry, Keith, Gerry, Francis, Dave and Helen.

Congratulations to all the winners and thanks to all competitors and visitors for travelling to Shoalwater Bay.

See you all again later this year.

Duncan McAuley

## 10K

Frank Smith	M50	38:31
Bob Schickert	M50	38:53
Bob Harrison	M50	39:16
Brian Foley	M50	43:58
Paul Martin	M55	44:14
Stuart Parkinson	M45	45:07
Doug Hazell	M40	45:14
Helen Lysaght	W40	47:17
Mitch Loly	M55	49:02
Merv Moyle	M65	49:43
Vic Beaumont	M65	50:03
Peter Hill	M45	50:17
Richard Harris	M55	50:26
Merv Jones	M55	52:28
Jackie Halberg	W50	54:42
Arnold Jenkins	M50	58:08
Morris Warren	M55	62:07
Margaret Warren	W60	62:07
Mary Heppell	W55	62:56

## 7.5K

Kevin Corton	M50	34:59
Bill Crane	M55	36:39
Robert Reece	M50	36:39
Jenny Barnes	W45	40:32
Val Millard	W45	41:31

## 5K

Don Caplin	M55	17:33
Terry Keesing	M35	19:24
John Pressley	M50	20:03
John Stone	M40	20:34
Peter Airey	M60	21:47
Alison Aldrich	W50	23:53
Brian Aldrich	M65	25:31
Noela Medcalf	W60	26:05
David Carr	M60	26:07
Allen Tyson	M70	26:14
Gordon Medcalf	M65	33:57
Pat Carr	W60	37:54
Glenice Shanahan	W70	38:08

## 5K Walk

Ray Hall	M60	32:32
Dorothy Whittam	W60	32:45

Lynne Schickert	W55	36:50
Val Wheeler	W65	38:53
Judy Hill	W45	41:00
Fred Watson	M65	42:27
Jackie Billington	W50	47:39
Denise Lancaster	W45	47:39

## VISITORS

Kelly Weller	5K	19:10
Makia DeJager	5K	21:30
Daphne Beckett	5K	30:15
Hilary Lister	7.5K	40:06
R Mooney	5KW	38:17
N Fleay	5KW	38:17
I Martley	5KW	38:18
Peter Hartnett	10k	40:20
Steve Davies	10K	44:20
Roy Beckett	10K	44:46
Lawkie Nevin	10K	44:54
Chris Melford	10K	47:40
Adrian Rimmer	10K	47:46
George Martley	10K	47:47

## WOODMAN POINT RUN

23 FEBRUARY, 1997

This is a new run and starts at the Woodmans Recreation Reserve, Nyerberup Circ, Coogee - not at the boat ramp/beach

Dog owners please note - Unfortunately, no dogs are permitted in the Woodman Point Reserve.

This approximate 9 K run/walk (with short approx. 5K option) is in close proximity to the beach which may be welcome during this hot time of the year. Bathers may be a useful extra.

The congregation point for the start has extensive lawns and shade, free barbeques, modern toilets and showers.

The run course incorporates paths and old roads and rail lines through a mix of near beach front, elevated dunes and reserve bushland.

Jeff and Wendy Spencer



## FRIENDSHIP RUN 12 JANUARY 1997

After a very hot week it was good to see cool weather for the run, five records were set. Anne Shaw breaking the women's course by four minutes. Marg Forden in W55, Ann Turner W60, Bob Schickert M55, Merv Moyle 70.

Good to see Fred Hagger walking the course and great to see Rob Farrell at the run.

Many thanks to all our helpers - Bev and Maureen, Jim Shaw, Ray Barnett, Alison Aldrich, Anne Smith, Wendy Clements, Don Caplin and Kirt for helping with the equipment.

**Joan and John Pellier**

PS: If you thought you were slow between 4K and 5K the 5K sign was in the wrong place.

### 6K

Jim Langford	M50	21:43
Stephen Dunn	M30	22:36
Pra Nicol	M40	23:07
Graeme Bergusen	M45	24:27
Vic Waters	M50	24:54
David Willmer	M40	25:14
Gareth Brunt	M45	25:18
Mike Rhodes	M50	27:04
Doug Hazell	M40	27:48
Bill Crane	M55	27:53
Michael Anderson	M45	28:07
Stuart Parkinson	M45	28:48
Peggy MacLiver	W50	29:08
David Carr	M69	29:11
Simon Mort	M40	29:16
Richard Mathews	M45	29:54
Peter Hill	M45	30:16
Jeff Spencer	M55	30:36
Robert Reece	M50	31:07
John Pressley	M50	31:11
Dalton Moffett	M65	31:30
Brian Hunter	M50	31:44
Merv Jones	M55	31:45
Arnold Jenkins	M50	31:47
John Stone	M40	32:04
Jackie Halberg	W50	32:05
Bernadette Height	W35	32:13
Kirt Johnson	M65	32:39
Jenny Barnes	W45	32:57
Frank McLinden	M65	33:02
John Smith	M60	33:04
Ted Maslen	M60	33:39
Roma Barnett	W45	33:47
Brian Aldrich	M65	34:23
Norm Miller	M65	34:25

Keith Forden	M55	34:51
John Russell	M60	35:18
Noela Medcalf	W60	35:48
Shorty Turner	M60	35:48
Wendy Duncan	W45	37:39
Sheila Maslen	W55	37:41
Mary Heppell	W55	38:29
Allen Tyson	M70	38:50
Suzanne Brand	W50	39:12
Rosa Davis	W50	39:20
Arthur Leggett	M75	40:06
Pat Miller	W55	40:39
Phyllis Farrell	W50	40:40
Garnet Morgan	M70	47:31
Glenice Shanahan	W70	50:08

### 12K

Tony Heppener	M45	44:11
Ross Parker	M45	44:44
Chris Maher	M40	45:54
Frank Smith	M50	47:35
Jim Klinge	M50	47:42
Anne Shaw	W45	47:50
Gary Fisher	M40	48:50
Warren Gee	M40	48:59
Bob Schickert	M55	49:17
Dave Roberts	M50	49:23
Ralph Henderson	M45	49:31
Bob Harrison	M50	51:29
Peter Sanders	M50	51:46
Max Thorley	M45	52:06
Vicente Carrero	M50	53:01
Ivan Brown	M50	53:06
Janet Kelly	W40	53:06
Milton Mavrick	M40	53:33
Mark Rosen	M45	54:12
David James	<45	54:27
Geoff Mullins	M50	54:41
Brian Foley	M50	54:47
Mike Khan	M50	56:03
Graham Thornton	M55	57:05
Robin King	W35	47:34
Keith Atkinson	M40	57:58
Kevin Corton	M50	59:55
Helen Lysaght	W40	60:09
Marg Forden	W55	60:40
George Schaefer	M60	61:10
Stan Lockwood	M65	61:30
Merv Moyle	M70	62:55
Vic Beaumont	M65	63:25
Peter Davies	M65	63:41
Morris Warren	M55	63:59
Gerry Prewett	M40	65:04
Richard Harris	M60	65:05
Sue Sanders	W40	66:28
John Adams	M45	68:12
Ron Sutton	M55	69:54
Ann Turner	W60	70:04
Margaret Warren	W60	71:49
Brian Smith	M55	71:50

### 6K Walk

John Mison	M45	33:51
Bob Fergie	M60	40:04
Barrie Thomsett	M55	40:08
David Brown	M45	40:53
Ray Hall	M60	42:57
Michele Mison	W45	43:05
Jill Midolo	W45	45:33
Lynne Schickert	W55	46:12
Dorothy Whittam	W60	46:55
Jeff Whittam	M60	49:56
Val Wheeler	W65	51:24
Denise Lancaster	W45	51:24
Pamela Smith	W55	52:28
Ernie Moyle	M70	52:38
Judy Hill	W45	54:33
Maggie Flanders	W60	57:01
Alan Pomery	M65	58:26
Fred Hagger	M70	64:58
Fred Watson	M75	64:58

### VISITORS

Sean Keane	6K	26:39
Matt Sanders	6K	29:41
John Brambury	6K	29:45
Chris Windle	6K	32:33
Rae Hazell	6K	35:57
Mandy Coull	6K	37:41
Lorraine Sherwood	6K	37:55
Jill Naidoo	6K	60:10
Brendan Phillips	12K	46:37
Mike Hale	12K	60:10
Kerry Cocker	12K	66:50
Ken Whistler	12K	69:44

### FRIENDSHIP RUN RECORDS

#### 12.3K

W30	Jo Stone	61:34	1979
W35	Trish Kerwin	52:16	1987
W40	Jan Kelly	52:08	1995
W45	Anne Shaw	47:50	CR 1997
W50	Kath Penton	59:33	1992
W55	Marg Forden	60:40	1997
W60	Ann Turner	70:04	1997
M35	Chris Maher	44:06	1991
M40	Frank Smith	43:02	CR 1984
M45	Bert Carse	43:27	1987
M50	Frank Smith	46:14	1994
M55	Blob Schickert	49:17	1997
M60	John Gilmour	48:01	1983
M65	John Gilmour	48:06	1988
M70	Merv Moyle	62:55	1997
M75	Arthur Leggett	73:18	1994

# WA VETERANS STATE CHAMPIONSHIPS 1997

## Track and Field Programme

**Saturday March 8th - Perry Lakes: Pole Vault - with regular AAWA programme**

<b>SUNDAY</b>			<b>THURSDAY</b>			<b>FRIDAY EVENING</b>		
<b>March 9, 1997</b>			<b>March 13, 1997</b>			<b>March 14, 1997</b>		
<b>Coker Park</b>			<b>McGillivray</b>			<b>Coker Park</b>		
<b><u>Pentathlon</u></b>			<b><u>Steeplechase</u></b>					
09:30	Women - all ages	Long Jump	18:00	Women - all ages		17:30	Women - all ages	Hammer
10:15	Men - all ages	Long Jump		Men 60 and over		18:15	Men - all ages	Hammer
10:20	Women - all ages	Javelin		2000m Steeplechase		19:10	Men - all ages	
11:05	Men - all ages	Javelin					Women - all ages	
11:10	Women - all ages	200 m	18:15	Men 30 - 55			5000m	Walk
11:25	Women - all ages	Shot		3000m Steeplechase		20:00	Men - all ages	
11:55	Men - all ages	200 m					Women - all ages	
12:10	Women - all ages	800 m					10000m	
12:10	Men - all ages	Shot						
13:00	Men - all ages	1500 m						
			<b><u>SATURDAY</u></b>					
			<b>March 15, 1997</b>					
			<b>Coker Park</b>					
			<b><u>Weight Pentathlon</u></b>					
			08:00	Men - all ages	Hammer			
			08:40	Men - all ages	Shot			
			08:40	Women - all ages	Hammer			
			09:20	Men - all ages	Discus			
			09:20	Women - all ages	Shot			
			10:00	Men - all ages	Javelin			
			10:00	Women - all ages	Discus			
			10:40	Men - all ages	Heavy Wt			
			10:40	Women - all ages	Javelin			
			11:20	Women - all ages	Heavy Wt			



## SATURDAY 15 March, 1997

### Coker Park Track and Field

12:00	Men - all ages	High Jump	14:30	Women 30 to 40	400m
12:00	Women - all ages	1500m	14:30	Men 50 and 55	Long Jump
12:07	Men 60 and over	1500m	14:40)	Women 45 and over	400m
12:14	Men 50 and 55	1500m	14:44)		
12:15	Women 30 to 40	Long Jump	14:45	Women 30 to 40	Javelin
12:15	Women 45 and over	Javelin	15:00	Women 45 and over	High Jump
12:21	Men 30 to 45	1500m	15:00	Men 60 and over	400m
13:00	Men 60 and over	Long Jump	15:04)	Men 30 to 45	400m
13:00	Men 50 and 55	Javelin	15:08)		
13:15)	Men 30 to 45	100m	15:15	Men 30 to 45	Long Jump
13:18)			15:20)	Men 50 and 55	400m
13:21)	Women 45 and over	100m	15:24)		
13:24)			15:30	Men 60 and over	Javelin
13:27)	Women 30 to 40	100m	16:00	Women 40 and over	
13:30)				Men 70 and over	80m Hurdles
13:45	Women 30 to 40	High Jump	16:15	Women 30 to 35	100m Hurdles
13:45	Women 45 and over	Long Jump	16:15	Men 50 to 65	100m Hurdles
13:45	Men 30 to 45	Javelin	16:20	Men 30 to 45	110m Hurdles
13:50)	Men 50 and 55	100m	16:30	Women - all ages	
13:53)				Men - all ages	3000m Walk
13:56)	Men 60 and over	100m			
13:59)					

In 100m and 400m events requiring heats and finals, the finals will be scheduled to accommodate the programmes of the finalists.

## SUNDAY 16 March, 1997

### Coker Park Track and Field

08.45	Women - all ages		11.15	Men 50 and 55	Discus
	Men 50 and over	5000m	11.15	Men 30 to 45	Triple Jump
09.15	Women 30 to 40	Discus	11.18)	Men 60 and over	200m
09.20	Men 30 to 45	5000m	11.22)		
09.30	Women 45 and over	Triple Jump	11.26)	Women 45 and over	200m
09.30	Men 60 and over	Shot	11.30)		
10.00	Men 30 to 45	Discus	11.45	Women 45 and over	Shot
10.05	Women 30 to 45		12.00	Men 60 and over	Discus
	Men 30 to 55	400m Hurdles	12.05	Men 50 and 55	800m
10.15	Women 50 and over		12.15	Men 50 and 55	Triple Jump
	Men 60 and over	300m Hurdles	12.15	Women 30 to 40	800m
10.15	Men 60 and over	Triple Jump	12.20	Men 30 to 45	800m
10.15	Men 50 and 55	Shot	12.30	Men 30 to 45	Shot
10.50)	Women 30 to 40	200m	12.35	Women 45 and over	800m
10.54)			12.45	Women 45 and over	Discus
11.00	Women 30 to 40	Shot	12.50	Men 60 and over	800m
11.02)	Men 30 to 45	200m	13.00	Women 30 to 40	Triple Jump
11.06)			13.45	Women - all ages	
11.10)	Men 50 and 55	200m		Men - all ages	2000m Walk
11.14)					

In 200m events requiring heats and finals, the finals will be scheduled to accommodate the programmes of the finalists.



## CLUB PENTHALON - 5 JANUARY 1997

Changes to the Pentathlon rules were introduced this year, the shot replacing the discus and the new WAVA points scoring system being used. All age group winners therefore, setting inaugural records.

Congratulations to these new record holders.

Conditions were hot and sunny, and quite trying for the later events. This did not stop all athletes from achieving high levels of performance. Dorothy Whittam scored the most points with 3077, then David Carr, the first man) with 2920 points. After a few problems setting up the long jump, the best performances were made by Dorothy Whittam and Pat Carr, Lynne Choate and Norm Richards being the winners in the 200M.

Dorothy Whittam and Bob Fergie made the longest throws in both the Shot put and Discus throws. The all important last event saw Noela Medcalf the highest point scorer in the 800m, whilst David Carr was in a class of his own in the 1500m.

Thanks to all the competitors (and part time officials) and to those from the run and walk who assisted for the last events.

### Bob Fergie

Name	Age	Long Jump		Javelin		200M		Shot		800M/1500M		Total
	Group		Points		Points		Points		Points		Points	Points
Pat Carr	W60	3.57	700	15.40	456	35.89	587	6.57	564	3:45.1	430	2737
Lynne Choate	W40	3.92	436	17.38	345	27.82	784	6.47	329	3:12.0	381	2275
Noela Medcalf	W60	2.47	265	12.72	361	36.60	545	5.96	499	3:27.3	578	2248
Dorothy Whittam	W60	3.70	759	19.68	609	34.28	688	8.05	720	4:02.0	301	3077
Ian Sanders	M35	4.56	345	19.84	179	27.54	452	6.70	290	5:37.6	400	1660
David Carr	M60	3.61	445	23.74	409	30.16	693	6.46	436	5:12.3	937	2920
Gordon Medcalf	M65	3.24	404	21.44	405	36.60	393	5.57	391	9:57.7	40	1633
Bob Fergie	M60	3.55	427	29.86	551	37.52	259	9.72	678	7:43.0	268	2183
Norm Richards	M55	4.07	504	25.36	439	27.21	823	7.61	494	6:53.5	359	2619

### OOPS !!

John Pellier was the person who picked me up on yet another omission of results in December edition of Vetrin - this time being the RIB Run 10.11.96.

John complained that there were a lot of runners who came in after him and he didn't like being listed last in the 8K results. I just missed a complete page - sorry John!! So here they are following on from John Pellier:

#### 8K

John Pellier	M55	36:33
Steven McCarthy	M35	36:52
Stuart Parkinson	M45	37:02
Colin Watts	M45	37:23
George Schaefer	M60	38:10
John Pressley	M50	38:24
Keith Atkinson	M35	38:47
Ken Brownlie	M50	39:15
Carol Broderick	W40	39:24
Stan Lockwood	M65	39:27
Marg Forden	W55	40:19
Vic Beaumont	M65	40:38
Ron Hillis	M50	41:49
Merv Moyle	M65	42:02
Merv Jones	M55	42:27
David Walladge	M45	42:51
Diane Dejonge	W45	42:52
Jim Barrett	M55	43:40
Ted Maslen	M60	44:41

Arnold Jenkins	M50	44:42
Morris Warren	M55	45:01
Margaret Warren	W60	45:57
Alan Chambers	M55	46:47
George Peet	M60	48:22

#### 4K

Glenice Shanahan	W70	36:55
------------------	-----	-------

#### 4K Walk

Gillian Peet	W55	37:26
Faye Walton	W50	38:44
Judy Hill	W45	40:09
Fred Watson	M75	41:03

#### VISITORS

Lisa Bruccian	4KW	40:07
Joanne Saul	4KW	40:08

### OPTUS GRAND PRIX

This meeting has become the show-piece of athletics in WA. Although there was no big drawcard like Cathy Freeman or Lindford Christie, an appreciative crowd saw some great performances.

Elijah Maru from Kenya won the 1500m in 3:43.6. He ran so greenly that he must be capable of ten seconds better this year. Patrick Johnson won the 100m in 10.27; he took up athletics three months ago. Not bad for a beginner.

In each of the Grand Prix fixtures throughout Australia, there are veterans events. This is good publicity for the vets, particularly as ours was an exciting race with a very close finish.

Keith Martin	26.52
Duncan McAuley	26.97
Barrie Kernaghan	27.24
Ian Sanders	28.76
Alan Deans	29.26
David Carr	30.31
Ivan Brown	31.08

(Wind -2.7)

Other club members performances included:

**Mike Edwards** - A desperate second in the WCAL 500m.

**David Reid** - 5<sup>th</sup> in the same event

**Duncan McAuley** - 4<sup>th</sup> in heat 550

**Greg Vandersanden** - 3<sup>rd</sup> in heat 550

**Lynne Choate** - 1<sup>st</sup> in heat, 6<sup>th</sup> in final WCAL 120m.

**Rosanne Kemp** - 6<sup>th</sup> in 400m in 60.57

**Rose-Marie Hollaway** - 2000m walk

**Norm Richards** - Looked a sure winner of 120 heat until overtaken by a severe groin injury in the last few metres.

Twenty of our members did valuable service as officials.

**David Carr**



# WA VETERANS STATE TRACK AND FIELD CHAMPIONSHIPS 1997

CONDUCTED BY WA VETERANS ATHLETIC CLUB: Sec: Jackie Halberg 364 4474  
CHAMPIONSHIP DIRECTOR: Merv Jones 398 1157

Events are conducted in 5-year age groups - MEN and WOMEN, 30, 35, 40 etc.

Teas, cool drinks and snacks available from canteen at Coker Park  
\*\*\* BYO barbecue after the final event, Sunday March 16th.

## EVENTS

For complete programme of events - from Saturday March 8th to Sunday  
March 16th, see page opposite.

## ENTRIES CLOSE SUNDAY 2nd MARCH 1997

**Entry fee:** \$18 - to all members of WAVAC and registered members of other athletic clubs.

**Non-members:** \$25 - Fees cover all events, programme and medals.

**Entries to:** Bob Fergie, 12 McKirdy Way, Marmion, WA 6020

Pole vault entrants - contact Merv Jones before March 1st.

**Cheques payable to WAVAC**

-----  
Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Age Group: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
WAVAC member? YES/NO \_\_\_\_\_ or registered with \_\_\_\_\_ Athletic Club

### Events Entered

1	_____	8	_____
2	_____	9	_____
3	_____	10	_____
4	_____	11	_____
5	_____	12	_____
6	_____	13	_____
7	_____	14	_____

Office use only: Fee \_\_\_\_\_ Eligible \_\_\_\_\_ Age \_\_\_\_\_ Listed \_\_\_\_\_ F/up \_\_\_\_\_

Event: 1 2 4 8 15 5 10 2w 3w 5w 8h 1h 11h 3h 4h 2s 3s lj tj hj pv sp dt jt ht p w



## VOICE FROM THE PAST

**Hello fellow Vets. Perhaps you have to think hard to remember me - Robin Bonner, one time gun runner or so I have been told. These days I run only in my dreams, nightly I run round Belmont's Tomato Lake and in my dream I'm young again with all the strength and arrogance of youth so invincible.**

In reality I'm armchair bound, with a back that 20 years of long distance running has told me it's time to quit. So I spend the quiet times thinking of runs past, of men like Galloping George, Mad Mick, Raving Dave, Dashing Dick, Barefoot Ted, Dashing Dalton and others brave who made life for me so much more enjoyable.

These days I spend some of my time helping Mick Cousins on his five acre property at Chidlow. I kid myself I'm doing him a favour - in truth it's him doing me the favour. At this point in time I need the distraction of good old hard work. While I was up there I heard that the old grey ghost (Mick) has been seen running, albeit so slowly, round the bush tracks of Chidlow. I wish him well and know the rest of you in his age group have reason to feel nervous. The thought of Mad Mick in full flight is not for the faint hearted.

So my friends, girls and boys, keep the wind in your hair, the sun on your back, look forward and run a good race.

**Robin Bonner.**

*Editor's note: Both of you should put those pots of guinness aside immediately and start planning your program for the next five years. As long as you are both still warm and can breathe we want to see you at the starting line on Sunday. Getting older is a plus in the Vets, opening up a vast new range of personal bests in the next age bracket. And please, no excuses about bad backs. Everybody and his brother has a bad back in Australia - thanks to bench seats in cars and the difficulty of loading crates of booze into the boot. Life has always been Hell, thank God. See Merv Moyle, Allen Tyson or Arthur Leggett for a*

*training program for the over seventies. Or consult John Gilmour about training for world records when you are over 70 and recovering from numerous stress fractures in the legs.- Richard Harris.*

## GETTING THERE

Shortly after I had struggled through the finish of the Vets 10k race around the Nationals cross-country course at Bold Park in January, Richard Harris wandered over and said I seemed to be running easily although well within myself. While I was still coming to grips with this left hander he suggested that perhaps the time was right for a follow-up article on running post-open heart surgery. The penny dropped. Old Smoothy is now the Editor of Vetrun. I refrained from pointing out that a particularly bad bout of plantar fasciitis which had stopped me racing since last June had stopped me running completely from September to December so I had forgotten what it was to run comfortably or easily. Anyway, putting together a few more words would not take nearly so long as trying to talk Richard out of an article.

It is now just over four years since I had the double bypass operation and it is fast receding into the mists of time and folklore like my good race times. The operation was an obvious success since I am still running (sort of) and that was the objective of the exercise.

The first year was, of course, one long build up. After the operation I had to go 2 - 3 months before I could start to run. Then it was a case of 100 metre slow jogs followed by a walk interval. I was scared stiff and could hear everything my body was trying to tell me plus a few things my mind was probably inventing! During this period I was continuing to have problems with heart irregularities, ectopic beats and so on and was taking medication including beta-blockers. These work by slowing the heart

down, the exact opposite of what you need when running and wanting to pump more oxygen around the system. Furthermore runners lower their resting pulse rate naturally by doing what they do best - running.

It took a while but eventually I got myself up to about 25 minutes slow running a day and the week I did, as if by magic my heart stabilised. I was still on the beta blockers though and still having the odd ectopic beat. Now in my case, the extra ectopic beat comes on top of a normal beat and the effect is to seem to miss a beat as if they kind of cancel each other out. This really came home to me when I was down in Albany driving over to Middleton Beach for a run on the bike track with my friend Peter Green (whom many of you will know). I had borrowed a heart monitor (paradoxically) and sitting in the car noticed I was registering 30 beats a minute. I checked my pulse by hand and just happened to catch an ectopic. Nett effect, no beat for about 4 seconds! Scared hell out of me until I worked out the arithmetic (30 beats a minute means one every two seconds, one out and ....). A call to my cardiologist back in Perth and I was being weaned off the beta blockers. I have never worn a monitor since!

Kevin Barry tells me that his recollection of that year was that I was pushing the limits all the time. Once I could cope with 25-35 minutes running I rejoined his Saturday afternoon group in Kings Park. He reckons I was out to push him in racing it and trying to knock him out from the word "go". All nonsense of course. It was not until September that I was able to get him (comprehensively) at the Pancake Race (63.12) which I maintain was my first post-operation race. I got him again at Matilda Bay (39.58) following January and since then I think we have (grudgingly) shared the honours.

That first year was one of milestones (sometimes literally) as I extended myself and I suppose the most satisfying was fronting for the Albany half marathon in October. I was absolutely delighted to complete the run and even more so when I found my time (90.24), albeit slow, was good



enough to take out the age category. The trophy now adorns the consulting rooms of my cardiologist. The Albany Club were generous enough to give me a duplicate and that is in the rooms of my heart surgeon. I am told they use them to reassure patients apprehensive about life after heart surgery.

In 1994 I put together a team of heart cases to run the relay associated with the Peoples Marathon. Barrie Slinger and I had both had bypasses installed the previous year and Malcolm Hay and Norm Kelly had both had angioplasty surgery. We finished a creditable 18th in 3hrs.11mins.29secs to lend even more weight to the theory that heart problems do not signal the end. The next year Jim Langford (in a fit of compassion?) let me join his team which duly finished second in a rather faster time (2.33.52). I had a real struggle running the last leg and felt quite pleased with myself despite recalling that the last time I ran a marathon solo I ran that last section faster.

The years since the operation have been a bit of a battle as I reluctantly come to terms with not being able to run as fast as I could before surgery. I lost a lot of my aerobic and anaerobic capacity and am now running about half a minute a kilometre slower over all distances (I refuse to acknowledge aging as a factor or for that matter to acknowledge it at all!) A max VO2 test last year showed me at about half the level I could manage when I was tested in late 1991 but I was rather fit back then. I suspect I am holding back a bit when I run so the training effect is not as high as it could be and this might improve, particularly since I have now retired from full time work and could easily become a full-time athlete. I will have to remember that one of the few good things about work is that it helps prevent over-training! I choose to believe that it was purely coincidental that my present problem of plantar fasciitis hit very soon after I retired. I did not have time to really get into over-use.

Looking back I have to see myself as a very lucky person. This is not just because I had a problem that I minimised by being a runner and that was diagnosed and treated before it

could damage me. I had those years before the problem showed up when I could run fast enough to harbour dark ambitions to beat my friend Jim Langford (but only managed it when he sustained an injury) and could certainly expect to be on the same lap as him at the end of 10,000 metres. Now, although I am slower, I am enjoying more years of running with old and new friends. All of us are winning the benefits of being fit and healthy and in good company.

There are two bottom lines to all this. The first is that I can confirm that there is indeed running life after heart surgery. The second is that there are few things to equal that runners high (although knocking off the odd trophy or medal and beating Kevin can come close).

**Steve Barrie**

## RON FINDS GOLD IN ALICE

**WA Vet Ron Spencer did well at the 1996 Alice Springs Honda Masters Games in October, winning two gold medals, two silver and two bronze in the M55 age group.**

The Masters Games in Alice are held every two years. Ron and his wife Margo included them as part of a five and a half month tour of the East Coast of Australia and down the Centre as Margo and her netball team had been to Alice on two previous years. He entered in track and field and some swimming events.

Ron says the best part about the Alice Springs Games is that the whole town becomes involved in the event. All the staff in the retail outlets wear Games T shirts and signs are placed in many of the shop windows and in the streets of the town. All venues are in close proximity to each other which enables competitors to easily visit and observe other sports.

Parties, nightclubs, and discos were plentiful for those who were socially minded. In particular the Opening Ceremony Concert was a

huge success with appropriate music for Masters athletes.

Anyone wishing to attend the next games in Alice Springs needs to book accommodation at least 12 months ahead. Ron says he can promise them a great time.

Ron's medals were - Gold: javelin, high jump. Silver: shotput, pentathlon; Bronze, long jump, backstroke 100m.

**Photo: Ron Spencer throwing the discus in Alice Springs. (front page)**

## NEW MEMBERS

Welcome to all our new members who joined during the last few months.

Delia Baldock	James Barrett
Judith Barrett	Judy Bonomelli
Suzan Brand	Kevin Corton
Stephen Dunn	Clive Frost
Frank Gardiner	Gail Gardiner
Tom Greenwood	Ray Hall
Peter Hickey	Geoff Hughes
Joan James	Ernie James
Brian Palmer	Lance Shearer
Pamela Smith	Cindy Solonec
Garth Summerfield	Max Thorley
Lynette Turnor	Susan Vetten

## THE GREAT LAKE TRIATHLON LAKE LESCHENAULTIA 1.12.96. State Sprint Championship

750m swim 19:2K cycle and 5K run.  
Results

1 <sup>st</sup> Ivan Wiltshire	M55-59 1:23:43
2 <sup>nd</sup> Mitch Loly	M55-59 1:24:10
1 <sup>st</sup> Pauline Wiltshire	W50-55 1:34:54

## WORLD AND AUSTRALIAN RECORDS

The Australian Association of Veterans Athletic Clubs has published a booklet containing the current World and Australian Veterans Records. It is available **NOW** from Secretary Jackie Halberg at a cost of \$3.00.



# YOU DESERVE A NEW SHIRT!

State - Singlet - Gold with black trim with club badge on left side @ \$15.00.  
(To be worn at National Championships)

Club - Singlet - Black and white with club badge on left side @ \$15.00.  
(To be worn at State Championships)

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

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

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

## ORDER FORM

Please Supply:

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

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

Cheque Payable to: WAVAC. If you require a postal delivery, please add \$2.50

PRINT POST APPROVAL  
644113/00007

IF UNCLAIMED PLEASE RETURN TO:  
1/37 BOMBARD STREET  
ARDROSS WA 6153



SURFACE  
MAIL

POSTAGE  
PAID  
AUSTRALIA

Mr R Hayres  
26 Jenkins Pl  
WEMBLEY DOWNS

WA 6019

## HAPPY BIRTHDAY TO OUR FEBRUARY AND MARCH MEMBERS

Deanus, Ann 01/02/40 57 remains W55  
McMillan, James 02/02/25 72 remains M70  
Paxman, Brian 02/02/30 67 remains M65  
Medcalf, Noela 03/02/35 62 remains W60  
Johnson, Michele 03/02/45 52 remains W50  
Crabbe, Stephen 04/02/46 51 remains M50  
Jennings, Alan 04/02/40 57 remains M55  
Slade, Les 04/02/50 47 remains M45  
Sanders, Johan 05/02/04 93 remains M90  
Tyson, Allen 06/02/25 72 remains M70  
Lishman, Jackie 07/02/63 34 remains W30  
O'Riordan, Paul 08/02/54 43 remains M40  
Jarvis, Janet 08/02/45 52 remains W50  
Prescott, Valerie 08/02/44 53 remains W50  
Johnstone, Alison 09/02/47 50 becomes W50  
Keene, Derek 09/02/40 57 remains M55  
Lancaster, Denise 11/02/50 47 remains W45  
Hall, David 11/02/48 49 remains M45  
Mair, Robert 11/02/48 49 remains M45  
Blackman, Anthony 13/02/39 58 remains M55  
Fisher, Gary 14/02/52 45 becomes M45  
Milbourne, Colleen 14/02/48 49 remains W45  
Hawks, Phil 16/02/59 38 remains M35  
Robinson, Wayne 16/02/55 42 remains M40  
Carr, Pat 18/02/32 65 becomes W65  
Carrero, Tina 20/02/46 51 remains W50  
Catarinich, Anne 20/02/48 49 remains W45  
Miller, Dennis 21/02/40 57 remains M55  
Whalan, Helen 21/02/40 57 remains W55  
Hicks, Clive 21/02/53 44 remains M40  
Spencer, Jeff 22/02/41 56 remains M55

Hickey, Peter 23/02/59 38 remains M35  
Smith, John 23/02/35 62 remains M60  
Thornton, Beverley 23/02/43 54 remains W50  
Howat, Peter 23/02/49 48 remains M45  
Cresp, John 24/02/51 46 remains M45  
Boakes, George 25/02/13 84 remains M80  
Crane, Bill 25/02/40 57 remains M55  
Cortis, Henri 25/02/46 51 remains M50  
Clive, David 27/02/37 60 becomes M60  
Ferris, Irene 27/02/52 45 becomes W45  
Hillis, Joan 27/02/46 51 remains W50  
Rogers, Steve 28/02/50 47 remains M45  
Rosen, Mark 29/02/48 49 remains M45

### MARCH

Carroll, Ed 01/03/41 56 remains M55  
Bowen, Jeff 02/03/42 55 becomes M55  
Harrison, Bob 03/03/42 55 becomes M55  
Smith, Lois 05/03/50 47 remains W45  
McAuley, Fiona 06/03/51 46 remains W45  
Smith, Frank 06/03/42 55 becomes M55  
Stone, Jo 06/03/45 52 remains W50  
Molloy, John 06/03/51 46 remains M45  
Sander, Leon 07/03/37 60 becomes M60  
Surjan, Mario 09/03/56 41 remains M40  
Lauchlan, Lorna 09/03/30 67 remains W65  
Hillis, Ron 09/03/45 52 remains M50  
Foley, Brian 11/03/44 53 remains M50  
Bould, Clifford 12/03/16 81 remains M80  
Watts, Colin 12/03/50 47 remains M45

O'Sullivan, Colin 13/03/55 42 remains M40  
Santich, Maxine 13/03/52 45 becomes W45  
Spencer, Wendy 13/03/45 52 remains W50  
Lipscombe, Frances 13/03/58 39 remains W35  
Johnson, Kirt 14/03/29 68 remains M65  
Ainsworth, Patricia 15/03/36 61 remains W60  
Guiton, Patrick 16/03/35 62 remains M60  
Rogers, Estelle 17/03/56 41 remains W40  
Gobby, Karen 18/03/53 44 remains W40  
Groughan, Edward 19/03/57 40 becomes M40  
Loly, Mitch 20/03/40 57 remains M55  
Sanders, Peter 20/03/45 52 remains M50  
Shand, Robert 20/03/32 65 becomes M65  
Kernaghan, Barrie 20/03/40 57 remains M55  
Bocian, Donna 20/03/61 36 remains W35  
Bonomelli, Judy 21/03/50 47 remains W45  
Caplin, Donald 22/03/39 58 remains M55  
Robinson, Margaret 22/03/38 59 remains W50  
Thorley, Max 22/03/51 46 remains M45  
Corton, Kevin 23/03/46 51 remains M50  
Speechley, Anthony 23/03/44 53 remains M50  
Clark, Julie 24/03/52 45 becomes W45  
Kelly, Janet 25/03/54 43 remains W40  
Hill, Peter 28/03/48 49 remains M45  
Lockyer, James 29/03/37 60 becomes M60  
Hazell, Douglas 29/03/52 45 becomes M45  
Ralph, Gabriella 29/03/50 47 remains W50  
MacLiver, Peggy 30/03/44 53 remains W50  
Holland, Kathleen 31/03/40 57 remains W50  
McGlashan, Rosemary 31/03/39 58 remains W55  
Jenkins, Luella 31/03/42 55 becomes W55