

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 SUPPLY

..... QUANTITY SIZE
..... QUANTITY SIZE
..... QUANTITY SIZE

Post to: I. Ferris, 4/18 Hastings Street, Scarborough 6019

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

PRINT POST APPROVED
644113/00007

IF UNCLAIMED PLEASE RETURN TO:
47 SULMAN ROAD
WEMBLEY DOWNS 6019



**SURFACE
MAIL**

**POSTAGE PAID
AUSTRALIA**

MR R HAYRES
26 JENKINS PL
WEMBLEY DOWNS

WA 6019

HAPPY BIRTHDAY TO OUR MARCH MEMBERS

CARROLL, ED	01/03/41	53 remains M50	SPENCER, WENDY	13/03/45	49 remains W45
BOWEN, JEFF	02/03/42	52 remains M50	JOHNSON, KIRT	14/03/29	65 becomes M65
CORBETT, HAZEL	02/03/49	45 becomes W45	GUION, PATRICK	16/03/35	59 remains M55
NILSSON, MAX	03/03/52	42 remains M40	ROGERS, ESTELLE	17/03/56	38 remains W35
HARRISON, BOB	03/03/42	52 remains M50	BLURTON, BARBARA	19/03/50	44 remains W40
VANCE, IRENE	03/03/42	52 remains W50	LOLY, MITCH	20/03/40	54 remains M50
VANCE, HARRY	04/03/32	62 remains M60	SANDERS, PETER	20/03/45	49 remains M45
FAUNGE, MICHAEL	06/03/38	56 remains M55	SHAND, ROBERT	20/03/32	62 remains M60
McAULEY, FIONA	06/03/51	43 remains W40	KERNAGHAN, BARRIE	20/03/40	54 remains M50
SMITH, FRANK	06/03/42	52 remains M50	CAPLIN, DONALD	22/03/39	55 becomes M55
STONE, JO	06/03/45	49 remains W45	STRACHAN, DUNCAN	26/03/22	72 remains M70
MOLLOY, JOHN	06/03/51	43 remains M40	HILL, PETER	28/03/48	46 remains M45
SANDER, LEON	07/03/37	57 remains M55	JOHNSON, PETE	28/03/46	48 remains M45
LAUHLAN, LORNA	09/03/30	64 remains W60	HAZELL, DOUGLAS	29/03/52	42 remains M40
HILLIS, RON	09/03/45	49 remains M45	MILSON, JENNY	29/03/51	43 remains W40
FOLEY, BRIAN	11/03/44	50 becomes M50	MacLIVER, PEGGY	30/03/44	50 becomes W50
BOULD, CLIFFORD	12/03/16	78 remains M75	LYNN, GARY	30/03/44	50 becomes M50
WATTS, COLIN	12/03/50	44 remains M40	HOLLAND, KATHLEEN	31/03/40	54 remains W50
SANTICH, MAXINE	13/03/52	42 remains W40	McGLASHAN, ROSEMARY	31/03/39	55 becomes W55



The Vetrunk



NO. 251 FEBRUARY/MARCH 1994

WA VETERANS AC - REGD BY
AUSTRALIA POST PUBN 0370

PAY YOUR SUBS on March 27

ALL members are invited to pay their subs for 1994/1995, on March 27 at McCallum Park, following Lorna's Run.
This is SUBS DAY!

If you can't make it - please post your payment.

A membership form is in this issue of Vetrunk. Please complete it now, post it with your payment, or fetch it to McCallum on the 27th.

EVERYONE must complete a form - even honorary and life members - so the club's records are accurate.

EVERY PAYMENT must be accompanied by a completed form - so we won't have constant queries over who's paid, and who has not.

Please help us by:

- * paying by cheque - no postal orders, please;
- * if bringing cash, place in sealed envelope, with your name on it;
- * attach the payment to a completed form;
- * at McCallum, take payment to the payment table - AFTER THE RUN;

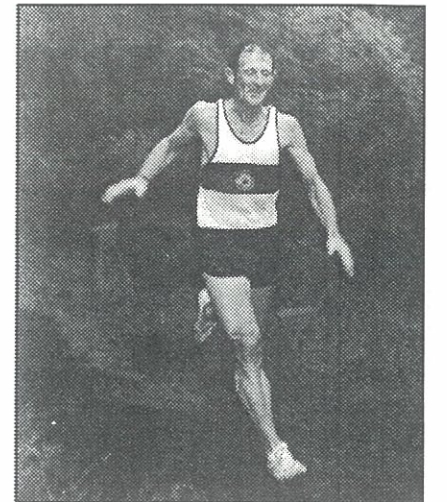
by Vic Waters

* if you post it, be sure it will reach the Treasurer by April 1.

* HONORARY and LIFE MEMBERS - complete the enclosed form, post it or fetch it to McCallum.

PLEASE help your club's Treasurer and committee in this way. They all have more important things to do than chasing payments. Time saved can be put to better use, improving the operation and administration of the Vets for all our benefit.

Many members need no reminders. To them, apologies for labouring the point. Yes, we have gone on a bit, lately! But, if we can set up a system to take out all the hard work, and constant queries, we'll all have more time to enjoy athletics with the Vets.



Record set at Brockwell's Run

DAVE Reid had plenty to smile about at Brockwell's Run (Feb 27) with his 6K in 20:10, breaking his own course record by 10 seconds (full report next month.) Dave's pictured here enjoying the weather at the club's last Jorgensen cross country championships.

10K TRACK HANDICAP

PLEASE enter as soon as possible for this great event - by contacting Jeff Whittam on 387 6438. Date - April 20, at 7pm. Entry forms are available from Jeff, at the State Champs, or any Sunday am.

Entry fee is just \$2; BBQ follows.

RACE CHANGES

Your current race programme runs until May 29, and there are two important changes in May. Please turn to page 3 for details.

AGM DATE CHANGE

TUESDAY April 19 is now the date of this year's AGM.

Venue is still the Hockey Club at Perry Lakes, at 7pm.

A very important change to the club's constitution has been moved, and will be voted on at the AGM. Details - page 11.

In this issue...

Why I live in West Calder, by Brigitte Cheek P2
BOLD PARK CROSS
COUNTRY P2
NOTICEBOARD P3
FRIENDSHIP RUN P4
WOMENS RUN P5
CLUB PENTATHLON P5
HELP CANTEEN P5
Patrons Trophy T&F results P6/7
DEADLY MEDLEY P8

TEDDY BIRDS PICNIC P9
On Your Bike! P10
M50 Relay Challenge P3/P11
CLUB DEVELOPMENT
MEETING P11
RACE CHANGES P11
CHANGE TO
CONSTITUTION P11
Birthdays P12
(MEMBERSHIP FORM
- loose insert)

McGillivray
January 12, 1994

The opening events of the Patron's Trophy gave little indication of the ultimate score. There are 16 events over 8 weeks, with the athletes' 10 best performances to score. Syd Coleman would be happy with 660 points on the board with his high-scoring throws to come.

TRIPLE JUMP

Table with 4 columns: Name, M, F, Pts. Rows include Dave Wyatt, Brian Foley, Keith Martin, David Carr, Allen Tyson, Syd Coleman, Lynne Choate, Dot Nicholaidis, Noela Medcalf, Patricia Carr.

5000M

Table with 4 columns: Name, M, F, Pts. Rows include Ian Sanders, David Reid, John Stone, David Scott, Brian Foley, Vic Waters, Brian Barrett, Steve Barrie, Alan Chambers, Peter Airey, David Carr, Rob Shand, Allen Tyson, Jill Chambers, Jacqui Billington, Margaret Ward, Lorna Lauchlan.

Coker Park
January 19, 1994

The second evening of Patron's Trophy point scoring saw outstanding performances by Syd Coleman and Barbara Blurton.

400M

Table with 4 columns: Name, M, F, Pts. Rows include Ian Sanders, Duncan McAuley, John Stone, Dave Wyatt, Brian Foley, Vic Waters, Keith Martin, Bert Carse, Mike O'Reilly, Jim Riddell, Alan Chambers, David Carr, Rob Shand, Allen Tyson, Barbara Blurton, Jill Chambers, Peggy MacLiver, Noela Medcalf, Patricia Carr.

HAMMER

Table with 4 columns: Name, M, F, Pts. Rows include Brian Foley, Vic Waters, Keith Martin, Mike O'Reilly, David Carr, Allen Tyson, Syd Coleman.

PATRON'S TROPHY
Track and Field Point-Score Contest

Table with 4 columns: Name, W, F, Pts. Rows include Peggy MacLiver, Jackie Billington, Dot Nicholaidis, Noela Medcalf, Lorna Lauchlan.

McGillivray
January 26, 1994

JAVELIN POINTS

A field of 20 throwers provided very competitive conditions on the third evening of time trials. Rob Shand delighted himself and coach Syd Coleman with a record-breaking performance. Keith Martin was again among the points, as was Norm Richards. McMillans are in training again following back problems.

JAVELIN

Table with 4 columns: Name, M, F, Pts. Rows include Ian Sanders, Clive Choate, Dave Wyatt, Arnold Jenkins, Brian Foley, Vic Waters, Bruce Wilson, Keith Martin, Mike O'Reilly, Norm Richards, Rob Shand, Jim McMillan, Allen Tyson, Syd Coleman, Cathrin Holland, Lyn Choate, Peggy MacLiver, Patricia Carr, Lorna Lauchlan, Rae McMillan.

NOT SO FAST

Sunday runners should not be daunted by the track. These times are 'club hack' level.

3000 Metres

Table with 4 columns: Name, M, F, Pts. Rows include Ian Sanders, Clive Choate, John Stone, Bruce Wilson, Brian Foley, John Pressley, Vic Waters, Arnold Jenkins, Keith Martin, Mike O'Reilly, Steve Barrie, Alan Chambers, David Carr, Basil Worner, Allen Tyson, Jill Chambers, Lyn Choate, Peggy MacLiver, Ros Banyard, Patricia Carr, Lorna Lauchlan.

Coker Park
February 2, 1994

HALF WAY

At the half way mark in the point score competition, we have about 30 athletes scoring over 500 points for individual events. The task is to put enough scores together to get a good total.

1500M

Table with 4 columns: Name, M, F, Pts. Rows include Ian Sanders, Dave Reid, Jeff Tite, John Stone, Dave Wyatt, Brian Foley, Vic Waters, Arnold Jenkins, Bert Carse, Keith Martin, Mike O'Reilly, Steve Barrie, Colin Woods, Alan Chambers, David Carr, Allen Tyson, Jill Chambers, Maxine Santich, Peggy MacLiver, Patricia Carr.

2000M Walk

Table with 4 columns: Name, M, F, Pts. Rows include Ian Sanders, Brian Foley, Arnold Jenkins, Vic Waters, Colin Woods, Alan Chambers, Bob Fergie, Allen Tyson, Jill Chambers, Peggy MacLiver.

(In non-scoring events, Bob Fergie threw the 6kg hammer 49.72 metres, and Janet Johnson had six triple jumps between 8.42 and 8.93 metres)

Progressive score sheets are available each Wednesday evening. Check your points.

Regular high scorers Pat Carr and Keith Martin earned top marks as 25 athletes competed in the 200 metres. The six graded heats provided some keen races, with a breeze providing slight assistance.

McGillivray
February 9

200M

Table with 4 columns: Name, M, F, Pts. Rows include Ian Sanders, John Stone, Dave Wyatt, Jeff Tite.

Table with 4 columns: Name, M, F, Pts. Rows include Arnold Jenkins, Brian Foley, Vic Waters, John Pressley, Keith Martin, Mike O'Reilly, Ross Calnan, Jim Riddell, Norm Richards, Harry Holland, Alan Chambers, David Carr, Allen Tyson, Syd Coleman, Cathrin Holland, Jill Chambers, Peggy MacLiver, Ros Banyard, Val Prescott, Dorothy Whittam, Patricia Carr.

LONG JUMP

Table with 4 columns: Name, M, F, Pts. Rows include Dave Wyatt, Arnold Jenkins, Brian Foley, Vic Waters, Keith Martin, Mike O'Reilly, Ross Calnan, Norm Richards, David Carr, Allen Tyson, Syd Coleman, Cathrin Holland, Peggy MacLiver, Patricia Carr.

Coker Park
February 16

LATE CHARGE

Jill Chambers has scored well in her track events and is now adding some moderate performances in field events to her Patron's Trophy score. She has a real chance of capturing the lead. Syd made another fine discus throw.

DISCUS

Table with 4 columns: Name, M, F, Pts. Rows include Ian Sanders, Mike Edwards, Dave Wyatt, Arnold Jenkins, Vic Waters, Keith Martin, Fraser Deanus, Rob Shand, Allen Tyson, Syd Coleman.

Table with 4 columns: Name, M, F, Pts. Rows include Jill Chambers, Lynne Choate, Peggy MacLiver.

800M

Table with 4 columns: Name, M, F, Pts. Rows include Walter Quarman, Ian Sanders, Dave Wyatt, Arnold Jenkins, Vic Waters, Keith Martin, Fraser Deanus, Peter Gare, Alan Chambers, David Carr, Allen Tyson, Jill Chambers, Peggy MacLiver, Ros Banyard.

McGillivray
February 23

THE TENSION MOUNTS

The Patron's Trophy will be decided on the next and final evening with at least five athletes in contention. Jill Chambers could add 1000 points for her 10,000m run. Peggy MacLiver has a handy lead. Pat Carr hopes for big points in the 100m. Consistent high scoring has given Keith Martin the lead in the men's event, though it is possible for trophy holder David Carr to get up.

1500M Walk

Table with 4 columns: Name, M, F, Pts. Rows include Ian Sanders, Arnold Jenkins, Alan Chambers, Jeff Whittam, Allen Tyson, Peggy MacLiver, Patricia Carr.

SHOT PUTT

Table with 4 columns: Name, M, F, Pts. Rows include Ian Sanders, Dave Wyatt, Arnold Jenkins, Vic Waters, Keith Martin, Bruce Wilson, Francis Leong, Harry Holland, Jeff Whittam, Allen Tyson, Syd Coleman.

Table with 4 columns: Name, M, F, Pts. Rows include Cathrin Holland, Jill Chambers, Lynne Choate, Peggy MacLiver, Dorothy Whittam, Dorothy Nicholaidis, Patricia Carr, Lorna Lauchlan.

Final results of the Patron's Trophy will be announced in the April issue of Vetrin and the trophies will be presented at the clubs AGM (April 19).

The following results pre-date the point-score contest.

Coker Park
December 8, 1994

BRAZIER PEAKING

Running with the breeze, Peter Brazier covered the 200m in 23.5 seconds, indicating he could achieve Peter Gare's State record of 23.3 this season. Alan Chambers caused a surprise in winning his heat in 32.6 - not bad for an M55 distance runner.

200M

Table with 4 columns: Name, M, F, Pts. Rows include Peter Brazier.

Table with 4 columns: Name, M, F, Pts. Rows include Jeff Tite, Keith Martin, Mike O'Reilly, Vicente Carrero, John Pellier, Jim Riddell, Alan Chambers, David Carr, Peggy MacLiver, Rita Bonjour, Patricia Carr.

3000M

Table with 4 columns: Name, M, F, Pts. Rows include David Reid, Jeff Tite, John Stone, Ivan Brown, Frank Smith, Vicente Carrero, John Pellier, Mitch Loly, Mike O'Reilly, Alan Chambers, Rob Shand.

Coker Park
January 5, 1994

1000M

Table with 4 columns: Name, M, F, Pts. Rows include Ian Sanders, David Reid, Walter Quarman, Brian Foley, John Pressley, Keith Martin, Mike O'Reilly, Jim Riddell, David Carr, Basil Worner, Allen Tyson, Peggy MacLiver.

100M

Table with 4 columns: Name, M, F, Pts. Rows include Ian Sanders, John Stone, Dave Wyatt, Mike O'Reilly, Jim Riddell, David Carr, Allen Tyson, Lynne Choate, Peggy MacLiver, Dot Nicholaidis.

1000M WALK

Table with 4 columns: Name, M, F, Pts. Rows include Jacqui Billington, Lorna Lauchlan, Ian Sanders.

3000M

Table with 4 columns: Name, M, F, Pts. Rows include David Reid, John Pressley.

LONG JUMP

Table with 4 columns: Name, M, F, Pts. Rows include Dave Wyatt, Mike O'Reilly, David Carr, Allen Tyson, Lynne Choate, Peggy MacLiver, Dot Nicholaidis.

SOMEONE remarked during the run that our team names were more creative than our team selections!

It's never easy to get the selections right and if the finish between Heather MacGowan (Dusty Dollers) and John Russell (Vanishing Vets) could have been repeated, then the judges would have earned their pay.

Heather and John fought the last fifty metres and both came in at 47:06 - great race - and they were rapidly overhauling Hugh Kirkman's team of Peter Airey, Mike Rhodes and Simon Branscombe who recorded 47:04!

Walter Quarman ran a sizzling 6:20 for his first 2kms and he was well supported by Bert Carse, Jan Johnson and Ralph Henderson, for a first-place time of 42:03. Consistent runs from Bruce Wilson, Peter Hill, Carol Broderick and Shayne Hill helped the (Gaunt Gazelles) come home in style for second place in 42:34. Rob Mair's (Ageing Antelopes), David James, Mitch Loly and Irene Ferris also performed well.

Keith Martin, a born-again 2km runner, provided good support to Brian Foley and Heather Sanderson with Alan Chambers showing his new-found speed. It was fast enough to ensure that Jill Chambers' team of Warren Gee, Ian Sanders and Margaret Ward came in one place behind Alan's team!

We had another full house of walking teams (10), thanks to the efforts of Peter and Judy Hill - whom we neglected to acknowledge after the run - in organising the teams.

Peter Johnson and Tina Carrero slipped in ahead of John Mison and Dick Horsley and then there was a fair gap before 3rd (Paul Martin/Kath Hurley), 4th (Barry Weatherburn/Bob Fergie) and 5th (Lesley Rome/Judy Hill) fought it out. We had a sister/sister combination with Lynne Schickert

The birthplace of the HHH was the Selangor Club, situated in the centre of the city of Kuala Lumpur, and a favourite haunt of expats.

In 1938, a group of Brits decided their alcohol consumption needed to be balanced by a jot of exercise so they founded the first Hash chapter.

The name was derived from the dining room of the Selangor Club, commonly known as the Hash House. Since the Club was conveniently adjacent to the extensive and very lush Lake Gardens, the original runs took the participants through the garden then back to the club for drinks, more drinks and a meal.

The tradition continues - although now most of the runs are set in palm oil or rubber plantations about an hour's drive from the city.

Apart from a few interruptions caused by World War II, the original Hash continues in an unbroken tradition from 1938. Ironically, although it is called the Mother Hash it is for men only and they meet on a Monday night.

Deadly Medley

January 30, 1994

and Val Millard - 7th in walking, top in smiling! The team in the red uniform also gained top points for isolation - Margaret Stone from Albany and Val Tyson from Australind, and what about our teams of helpers?

Rob and Phyllis Farrell; Judy Kirkman and Leo Hassam; Joe Stickles and Vic Waters and other phantom flag-pickers; and, of course, our traditional medal-giver, Dick Horsley.

All in all, the 10th Deadly Medley was memorable because you all turned up and ran, walked or helped. We had a lot of fun!

Kate Penton and Basil Worner

RUNNERS

Walter Quarman	
Bert Carse	
Jan Johnson	
Ralph Henderson	42:03
Bruce Wilson	
Peter Hill	
Carol Broderick	
Shayne Hill	42:34
Rob Mair	
David James	
Mitch Loly	
Irene Ferris	44:37
Brian Foley	
Keith Martin	
Alan Chambers	
Heather Sanderson	46:43
Warren Gee	
Jill Chambers	
Ian Sanders	
Margaret Ward	46:58
Hugh Kirkman	

In her final report from KL, Vet Margaret Birks tells us how the Hash running movement started.

Birth of the Hash

The Second Hash chapter opened in Singapore in 1961, followed by a flourish of Hashes being founded all over Asia.

Perth 1st non-Asia

Interestingly, the first chapter to start outside Asia was in Perth, in 1967.

The golden rule of hashing is to stay on paper i.e. the paper trail laid down by the hare and co-hare. There are stories of people spending the whole night in the plantation because they lost the paper trail. It's not all that difficult to get lost since there are fake trails and checks where the trail runs out, all designed to slow down the FROP's (Front Runners on Paper) and keep the pack together.

There are various calls e.g.

Peter Airey	
S. Branscombe	
Mike Rhodes	47:04
Bob Schickert	
Dalton Moffett	
Heather McGowan	
Brian Paxman	47:06
Duncan McAulay	
Brian Bennett	
John Russell	
Ann Turner	47:06
David Carr	
John Bell	
Jacqui Halberg	
Joan Pellier	47:25
John Pellier	
Vic Waters	
Simon Mort	
Mary Robinson	48:14
George Schaefer	
Jeff Tite	
Maxine Santich	
Sheila Maslen	48:22
Bob Sammells	
Vince Carrero	
Ken Bownlie	
Brigitte Carse	48:50
WALKERS	
Peter Johnson	
Tina Carrero	35:40
John Mison	
Dick Horsley	36:05
Paul Martin	
K. Hurley	38:16
Barry Weatherburn	
Bob Fergie	38:48
Lesley Romeo	
Judy Hill	38:58
Michelle Boyle	
Lorna Lauchlan	40:07
Val Mallard	
Lynne Schickert	40:31
M. Johnson	
Jacqui Billington	41:04
S. Hughes	
Ernie Moyle	41:22
Val Tyson	
Margaret Stone	42:57

Are you? = are you checking
Checking = trying to locate the lost trail

On on = the trail has been found
On call = some one up ahead has called "on on" but the second caller is not on paper yet.

Various other helpful warning calls such as HOLE, WIRE, THORNS, are passed down the line as hashers negotiate mud, slush, streams, shiggy, slippery slopes, thick undergrowth, trip vines and encounter the odd leech, spider, snake or monkey. The courses are cross country at their best with quite a bit of straight running, and what I like about them is the element of surprise.

Every run is different and you never know how long they're going to take. It's usually approx. 1.1/2 hours, but can range from one to three and there's a great spirit of camaraderie among the runners. Apart from a handful of FROP's they're not at all competitive.

Currently there are eight (I think) Hash chapters in KL so provided you're

WOMEN'S RUN

January 9, 1994

This year 77 runners and walkers completed the 7.1 km handicap without too many grumbles about either their handicaps or the hill! The Carr-Shand trophy was presented to Rob Shand and Ann Shaw as handicap winners. (We think it's the first time Rob has won a trophy given in his honour.) (Wrong. It's the first time he's won a trophy, according to Rob! VW.)

The trophy for the best woman walker went to Gillian Peet. As always the food was much appreciated. Many thanks to all helpers, many of whom do this every year: Lorna Lauchlan, Jackie Halberg, June Strachan, Mary Robinson, Fred Hagger, Kirt Johnson, Merv Moyle, Arthur Leggett, Rob Davis, and of course Sue and Wendy on the morning tea.

Jill Midolo

Name	Age	Time	Actual
ROB SHAND	M60	41:32	30:42
PETER AIREY	M55	41:49	31:19
BRIAN BENNETT	M45	41:57	29:02
TED MASLEN	M55	42:11	29:36

A fine but relatively cool morning saw Lynne Choate and Harry Holland emerge as the winners of a keenly fought Pentathlon, the women's competition being particularly close. The long jump brought fine performances from Patricia and David Carr, Lynne Choate and Harry Holland. The throws were dominated by Cathryn and Harry Holland, with strong performances also by Rob Shand and Syd Coleman. Lynne Choate and Anne Shaw were outstanding in the 200m

		Long								800/			
		Jump		Javelin		200m		Discus		1500M		Total	
		Dist	Pts	Dist	Pts	Time	Pts	Dist	Pts	Time	Pts	Time	Pts
Patricia Carr	W60	3.65	805	17.48	398	35.3	776	14.68	178	3:54.6	483	2640	
Anne Shaw	W45	3.48	303	13.20	156	29.6	798	14.50	80	2:29.9	953	2290	
Peggy MacLiver	W45	3.91	463	13.42	163	30.5	735	19.12	228	2:42.6	851	2440	
Kathryn Holland	W35	3.92	378	25.02	408	30.3	642	29.42	488	2:44.8	722	2638	
Lynne Choate	W40	4.76	693	18.38	280	27.0	910	17.80	174	3:05.1	615	2672	
Dave Wyatt	M40	5.06	438	20.84	195	27.6	576	17.90	190	6:55.8	146	1545	
Allen Tyson	M65	2.84	120	16.52	209	34.1	531	19.96	309	6:21.7	716	1885	
David Carr	M60	4.13	599	-	-	29.5	765	16.78	190	5:24.9	850	2404	
Rob Shand	M60	3.85	473	28.28	512	32.4	504	29.98	560	5:35.6	797	2846	
Bob Fergie	M55	-	-	23.30	372	-	-	26.62	465	-	-	837	
Harry Holland	M50	4.94	626	41.90	798	27.2	792	33.00	575	5:33.1	659	3450	
Syd Coleman	M75	3.09	474	23.14	552	40.3	423	30.62	825	-	-	2274	
Mike O'Reilly	M50	3.58	137	23.58	340	28.9	639	27.04	426	5:53.0	560	2102	

JOHN BELL	M45	42:23	28:28
BILL CRANE	M50	42:27	30:52
ANN SHAW	W45	42:30	28:55
MARGARET BIRKS	W45	42:39	37:54
BERT CARSE	M50	42:43	27:48
JILL CHAMBERS	W40	42:48	28:43
(Fastest woman)			
GARNET MORGAN	M65	42:52	38:07
JENNY HOLM	W40	42:54	37:13
ROBERT RAYMEN	M50	42:58	27:28
(Fastest man)			
MIKE KHAN	M45	43:00	30:05
DALTON MOFFETT	M60	43:09	32:39
WARREN GEE	M40	43:10	27:40
NOLA MEDCALF	W55	43:12	40:27
BRIAN FOLEY	M45	43:16	29:21
JEFF SPENCER	M50	43:30	33:40
BRENDA MATTHEWS	W40	43:31	36:01
DAVID CARR	M60	43:37	30:42
ALEC HOLM	M45	43:38	30:43
GEORGE SCHAEFER	M60	43:39	30:44
DUNCAN STRACHAN	M70	43:43	40:58
VIC WATERS	M45	43:43	29:38
BOB SAMMELS	M55	43:46	30:31
WAL WELYKY	M45	43:54	30:19
STUART HICKS	M70	43:54	38:39
BOB SCHICKERT	M50	44:07	28:37
EDDY HILL	M50	44:08	45:08
JOHN PRESSLEY	M45	44:16	29:11
MERV MOYLE	M65	44:17	33:37
VINCE CARRERO	M50	44:23	30:08
KIRT JOHNSON	M60	44:25	38:15
BASIL WORNER	M60	44:27	32:42
GEORGE PEET	M60	44:30	35:40
SHEILA MASLEN	W55	44:32	43:47
PEGGY MACLIVER	W45	44:33	35:43
JOE STICKLES	M55	44:38	31:43
BRIAN ALDRICH	M60	44:39	35:49
STUART PARKINSON	M45	44:59	31:24

BRIAN HUNTER	M45	45:17	34:12
RAY LAWRENCE	M65	45:18	38:58
ARNOLD JENKINS	M45	45:21	34:16
MERV JONES	M50	45:31	36:21
MIKE RHODES	M45	45:42	36:12
RON POTTER	M50	45:45	35:35
DAVE HOUGH	M60	45:49	35:39
RON SUTTON	M55	46:01	36:31
REBEKAH HEALEY	W30	46:03	37:13
ESTHER HEALEY	W55	46:13	42:48
FRANK USHER	M70	46:22	44:17
RAY BARNETT	M50	46:44	42:39
LORNA LAUCLAN	W60	46:56	44:51
ROMA BETTLES	W40	47:33	39:53
MARY HEPPPELL	W55	47:50	47:15
ALISON ALDRICH	W50	49:21	47:16
ALLEN TYSON	M65	50:04	41:14
ALAN CHAMBERS	M55	50:17	40:07
PHYLLIS FARRELL	W45	50:18	48:58
DAVE WALLAGE	M40	52:06	38:36
GAVIN CHISHOLM	M50	53:41	48:41

WALKERS

JOHN MISON	M45	38:20	59:35
PETER HILL	M45	41:14	61:44
PAUL MARTIN	M50	41:30	62:00
WAYNE ROBINSON	M35	49:34	-
BOB FERGIE	M55	55:06	65:36
ERNIE MOYLE	M65	56:37	66:07
GILLIAN PEET	W55	64:15	64:15
ALAN POMERY	M60	64:16	74:46
JUDY HILL	W45	66:50	72:20

VISITORS

M MASLEN	41:50
SHANE HILL	41:50
R DAWSON	42:55
HEATHER MCGOWAN	44:01
P CAMPBELL	47:09

Run, sail help and enjoy!

VETS have been invited to participate in a running leg of the TOYOTA CanTeen Sail & Run Classic, on Sunday April 17 (Bridges Fun Run day). The whole event consists of a yacht race from South of Perth Yacht Club - to Royal Perth Yacht Club - to Claremont Yacht Club and back to South of Perth. At each club there'll be a running leg, finishing with a relay at the end of the day, with a CanTeen kid in each team.

Paul Martin is co-ordinating the whole thing, and you can call him for more details, and to join up! (Phone 339 1648 (H) or 336 1838 (W)). It's a good fun day, with plenty of variation, a barbecue, and so on. In addition, a very good cause is going to benefit. CanTeen represents the Australian Teenage Cancer Patients Society. It's a support network for these young people, who have cancer and other life-threatening blood disorders, and for their young brothers and sisters.

Many Vets avoid the Bridges crush each year, and this could be a fine alternative event to support. Already, the Toyota sponsorship looks set to raise \$15,000 or more.

The organisers are flexible about the running aspect, which will be tailored to suit the runners' capacities, so call Paul as soon as possible

12.2K

David Reid	M40	45:34
Tom Savin	M45	45:59
Frank Smith	M50	46:14
Graeme Bergsen	M40	47:11
Ralph Henderson	M45	48:14
Warren Gee	M40	48:16
David Bishop	M35	48:41
Dave Roberts	M50	48:55
John West	M40	49:35
John Ferris	M40	49:46
Bert Carse	M50	50:17
Bob Schickert	M50	52:06
Geoff Mullins	M50	52:20
Brian Foley	M45	52:27
John Pressley	M45	52:41
Jill Chambers	W40	52:51
Brian Bennett	M45	53:44
Mark Rosen	M45	53:55
Ted Maslen	M55	54:27
George Schaefer	M60	54:43
Bob Sammells	M55	55:21
Fraser Deanus	M50	55:33
Rob Shand	M60	56:01
Adrian Noordyk	M40	56:25
David Carr	M60	57:00
Basil Worner	M60	57:30
Kath Noordyk	W45	57:40
Joe Stickles	M55	59:20
Merv Moyle	M65	59:25
David Hough	M60	59:41
Dalton Moffett	M60	59:46
Jeff Spencer	M50	59:48
Richard Harris	M55	59:49
Graham Thornton	M50	61:33
Nena Greenfield	W35	61:36
Jimmy Greenfield	M50	61:38
Mike Faunge	M55	62:04
Keith Forden	M55	62:07
Brenda Matthews	W40	62:35
Eddie Hill	M50	62:36
Vic Beaumont	M60	63:01
Alan Chambers	M55	63:39
Aldo Giacomini	M55	63:46
Ron Sutton	M55	65:18
Morris Warren	M55	65:18
Garnet Morgan	M65	67:07
Arthur Leggett	M75	73:18
Sheila Maslen	W55	79:47

12K WALK

Peter Hill	M45	74:05
Peter Johnson	M45	75:40

6K WALK

Barrie Thomsett	M50	43:32
Mitch Loly	M50	43:33
Bob Chalmers	M55	43:52
Anna Catarinich	W45	44:27
Kath Penton	W50	46:09
Bob Fergie	M55	46:37
Ernie Moyle	M65	49:33
Patricia Carr	W60	49:57
Joan Hillis	W45	51:35
Margaret Gianotti	W55	54:04
Karen Crellin	W50	58:24
Alan Pomery	M60	58:26

FRIENDSHIP
RUN

January 2, 1994

On a reasonable day for running, 129 runners and walkers started the new year off with a race in King's Park.

The 6.1K mens race was won by Dave Scott in 24:11 followed by the first lady, Anne Shaw, in 24:44. Vic Waters and Hugh Kirkman 2nd and 3rd in the men. Lyn Harrop and Peggy MacLiver 2nd and 3rd in the ladies. David Reid won the 12.2K in 45:34, followed by Tom Savin and Frank Smith who broke the M50 record in a time of 46:14.

Arthur Leggett set a new M75 record of 73:18.

Jill Chambers won the ladies 12.2K with a W40 record of 52:51, followed by Kath Noordyk 2nd, Nena Greenfield 3rd.

First walker Barrie Thomsett, second Mitch Loly and third Bob Chalmers.

I would like to thank our helpers Bev Thornton, Maureen Pomery, Jim Barnes, Wendy Clements, Don Caplin, Bob Farrell, Maurice Johnston and Anne Smith. Joan and John Pellier

RECORDS
LADIES

W30	J Stone	61:34	1979
W35	Trish Kerwin	52:16	1987
*	Course Record		
W40	Jill Chambers	52:51	1994
W45	Tuula Valsta	54:35	1986
W50	Kath Penton	59:33	1992

MEN

M35	Chris Maher	44:06	1991
M40	Frank Smith	43:20	1985
	Course Record		
M45	Bert Carse	43:27	1987
M50	Frank Smith	46:14	1994
M55	Mike Cousins	50:47	1991
M60	John Gilmour	48:01	1983
M65	John Gilmour	48:00	1988
M75	Arthur Leggett	73:18	1994

VISITORS

Steve Burge	12K	47:13
Chris Reid	12K	48:24
Jan Morrey	12K	58:14
Brian Cornish	12K	59:37
Brian Chambers	12K	60:18
Claire Burge	12K	61:24
Pat Campbell	12K	61:54
Ben Morrey	12K	62:45
John Comlin	6K	22:38
Shayne Hill	6K	25:14
Garth Berge	6K	27:43

6.1K

Dave Scott	M45	24:11
Anne Shaw	W45	24:44
Vic Waters	M45	25:00
Hugh Kirkman	M50	25:27
Paul Martin	M50	25:33
Geoff Tite	M40	25:42
Vicente Carrero	M50	26:27
Mike Khan	M45	26:39
Bill Crane	M50	27:00
Peter Airey	M55	28:12
Lyn Harrop	W40	28:43
Bruno Parini	M35	28:57
Mike Rhodes	M45	29:20
Peggy MacLiver	W45	29:41
Brian Hardy	M50	29:54
John Smith	M55	30:00
John Woolhouse	M50	30:02
Ron Hillis	M45	30:14
Richard Matthews	M45	30:21
Ray Lawrence	M60	30:34
Jacqui Halberg	W45	30:38
John Stone	M40	30:47
Brian Aldrich	M60	30:48
Rebekah Healey	W30	31:03
Heather Sanderson	W40	31:29
Ann Turner	W55	32:07
Arnold Jenkins	M45	32:17
Margery Forden	W50	32:19
Norm Miller	M60	32:29
Pat Cooper	W50	33:35
John Russell	M60	33:40
Irene Ferris	W40	33:42
Noela Medcalf	W55	34:39
Pat Miller	W55	35:32
Margaret Warren	W55	35:43
Phyllis Farrell	W45	37:37
Jacqui Billington	W50	37:47
Mary Robinson	W55	38:05
Jill Midolo	W45	38:09
Lorna Lauchlan	W60	38:33
Margaret Ward	W50	38:47
Ann Deanus	W50	38:58
Alison Aldrich	W50	39:22
Mary Heppell	W55	40:18
Gavin Chisholm	M50	40:44
Lynne Schickert	W50	46:29

ANY
LAPTOPS?

OUR plans to computerise more of the club's activity, including the Sunday results, moved a step nearer with the intervention of the computer-literate Bob Sammells! Bob has written a program that would do the Sunday job. We would like to try it out at a run, if anyone has a lap-top the club could borrow for a day.

THE 1994 event really was a picnic in a cool 25 degrees - not like some other mid-summer stinkers we suffer sometimes on this run.

First lady Jill Chambers (W40) set a new course record 65:05 to reduce the previous best time by a significant 4:20. Congratulations Jill, on the run of the day.

Frank Smith (M50) romped home at 58:52 three minutes ahead of hard running Bob Harrison. (As an M45, Frank set the course record 55.02 in 1992).

We were 30 runners short of our average 130 walking and running sweatshogs. Most of them were injured and volunteered to help as course marshals and water carriers. What a great tradition - and very encouraging to a race director on the day to be overwhelmed with disabled assistants!

George Schaefer

7.8K

David James	M40	30:48
Anne Shaw	W45	32:03
Brian Foley	M45	32:20
Mick Cousins	M60	34:39
Michael Anderson	M45	34:46
Vic Waters	M45	35:07
Peter Airey	M55	35:19
Maxine Santich	W40	35:22
Mike Khan	M45	35:28
Christine Mustoo	W35	36:09
Arnold Jenkins	M45	36:57
Mike Rhodes	M45	37:11
Ron Hillis	M45	37:44
Ian Passmore	M45	37:50
Bryan Hardy	M50	37:52
Mike Faunge	M55	37:55
Stuart Parkinson	M45	38:41
George Peet	M60	39:38
Ron Potter	M50	39:44
Ray Lawrence	M65	40:47
Kirt Johnson	M60	40:59
Roma Bettles	W40	41:39
Irene Ferris	W40	41:48
Graham Thornton	M50	42:46
John Russell	M60	43:08
Janette Tiverios	W35	43:54
Norm Miller	M60	44:05

male and have a robust liver you can run a Hash every day of the week, Six are for women. The Full Moon Hash meets only once a month with the rare exception of a blue moon month when they meet twice. That happened last September and special T shirts were issued to mark the occasion.

4.30pm start

At a typical Saturday Hash the run starts at 4.30pm, and most of the runners/walkers are back by 6.30ish. Then it's drinks at the run site until around 8pm, off to the On On (restaurant) until 11pm or so then sometimes to a Triple On at a nightclub. The other convention is the Down Down, a penalty exacted on virgin hashers (pronounced wirgin since the locals have trouble

TEDDY
BIRDS
PICNIC

February 6, 1994

Keith Forden	M50	44:28
Margaret Warren	W55	44:38
Pat Miller	W55	47:01
Val Millard	W45	47:26
Lorna Lauchlan	W60	47:34
Sheila Maslen	W55	48:55
Phyllis Farrell	W45	49:07
Margaret Ward	W50	49:33
Mary Heppell	W55	50:36
Mary Robinson	W55	52:36
Toni Frank	W45	53:23
Colin Woods	M55	55:59
Lynne Schickert	W50	56:14
Ann Deanus	W50	62:37

15.6K

Frank Smith	M50	58:52
Bob Harrison	M50	61:52
Graeme Meyers	M40	62:42
John Puglisi	M40	63:45
Paul Hughes	M40	64:01
Bob Schickert	M50	64:08
Jill Chambers	W40	65:05
John Pellier	M50	66:18
Bob Sammells	M55	68:16
Peter Hill	M45	68:24
Joe Stickles	M55	68:59
Brian Bennett	M45	69:02
Ted Maslen	M55	69:43
Cecil Walkley	M60	72:24
Brian Danby	M45	72:28
Roy Jackson	M35	72:25
Kath Noordyk	W45	74:44
John Dartnell	M45	75:11
Merv Moyle	M65	76:08
Nena Greenfield	W35	76:54
Jimmy Greenfield	M50	76:55
Morris Warren	M55	77:47
Jackie Halberg	W45	80:49

with the 'V' sound), the hare and co-hare, new members, visitors, returnees or anyone who has offended e.g. by helping a woman up a particularly difficult slope.

A down down requires the scoffing of a large glass of beer to the accompaniment of a club song.

I belong to two Hashes - Wednesday and Saturday. Membership is approx. 40% Chinese, 10% Indian and 50% Expat. We normally have 100 runners on Saturday, 30-40 on Wednesday.

On New Years Day I was co-hare for a run. It involved an enormous amount of effort, including four races to work out the trail and the check points. We also had to book the restaurant, select the food and on the day of the run, lay the paper trail, put up signs and so on - all with a New Year hango-

THIS year's run was dedicated to the memory of a great WAVAC member, Bill Crellin. Newer members may not have met Bill, who until his tragically early death was a stalwart Vet, a great supporter of the club as Treasurer, and a good friend missed by us all.

It was good to see Karen at the park, starting the run, and supported as always by her family. VW.

9.75K WALK

John Mison	M45	52:00
Paul Martin	M50	55:58
Peter Johnson	M45	56:04
Barry Weatherburn	M50	62:47
Michele Boyle	W45	63:01
Wayne Robinson	M35	64:50
Bob Fergie	M55	77:20
Jeff Whittam	M55	77:20
Joan Hillis	W45	78:02
Dorothy Whittam	W55	78:02

7.8K WALK

Judy Hill	W45	64:09
Gillian Peet	W55	72:54
Dick Horsley	M80	73:06
Ernie Moyle	M65	74:10
Michele Johnson	W45	74:25

VISITORS

Shayne Hill	7.8K	28:35
Ross Dawson	7.8K	35:40
Rob West	7.8K	36:50
Pat Campbell	7.8K	36:53
Chris Chequer	7.8K	39:53
Damien West	7.8K	40:33
Rachael West	7.8K	45:33
Lois West	7.8K?	64:02
Emma Peet	7.8Kw	72:54
Don Crellin	15.6K	95:41

ver! It was however a very successful run and I learnt a lot.

And so it's Wednesday again. Last week was the Australia Day run, a special occasion run. Today it's out to the Seven Wells of Serendah for an early Chinese New Year run, yet another special occasion. Next Saturday it's Waitarge Day (surprise, surprise a special occasion!) followed by the real Chinese New Year run and need I say it.....?

Happy, but regrets

I look forward to coming back to Perth on March 27, but have great regrets at the thought of leaving the Hash and all the friends I've made through my year of hashing.

On on!
Margaret Birks

AND so it proved to be a wonderful nine days of cycling, eating, drinking and relaxing.

As a new member of the over 55 Cycle Club I decided that nine days of cycling would be great prelude to a three months planned cycle tour of Tasmania and New Zealand.

Now it is time to reflect on those events that will forever remain in our memories. So at the invitation of the 'early' group of riders on our Wednesday ride, here are my reflections of those nine days.

Day 1. After loading our bikes on the truck the evening before, we were off by coach to Wandering for lunch and a pre-ride briefing. This little 'snack' was a foretaste of things to come.

Forty five kilometres later, and whatever time you chose to take, we ambled into Boddington, frantically found our bags and erected tents, a chore which became routine in days to come, including borrowing a hammer from whoever was smart enough to take one with them.

Our first day set the scene for the rest of the tour, ie, after a day's ride it was shower, change of clothes, a cuppa of whatever was your fancy and relax until 6.30pm, when we ate what only can be described as gourmet meals provided by the local ladies auxiliary or sporting club, and of course washed down with the odd tipple or three.

Day 2. This was a pleasant if somewhat damp 67K ride to Williams via Quindanning Hotel where some of the lucky ones had a hot lunch and avoided the heaviest downpour of the day. Sorry Betty and gang, but you would rush off at that amazing pace.

35 years re-union

Day 3. This was also a pleasant 44K ride to Darkan where we arrived for lunch and were to spend the next day resting? This small town soon made us realise that we were really welcome, and was to set the scene for towns to come. This was also to be the place where I was to have a conversation that was to renew a friendship that had started 35 years before, and our only contact had since been at an auntie's funeral some years ago.

Day 5. After the delightful welcome of Darkan we set off on the 59K ride to Wagin. An unusual camping spot was the sheep pens at the Wagin Agricultural Show Grounds. However the sports complex was a magnificent venue and the five course meal really finished off a wonderful day's ride which included lunch on top of the Mt Latham lookout 8Ks out of the town.

Day 6. This was our longest day of 90K, and was highlighted by the comments of a lady I met and camped near the night before. When as we rode by, Angela announced to all who could hear in a 2K radius that, "There goes

On Your Bike WANDERING STAR (Gourmet) TOUR

by *Barrie Thomsett*

Barrie, we slept together in the sheep pens last night."

After invading Narrogin at lunch time, (you soon found the good lunch spots by the large concentration of bicycles) and getting to know the locals, who were keenly interested in all the strangers wearing funny pants, we were off to Wickepin.

Wickepin welcomes

My initial reaction was, WICKEPIN! dear God, what on earth are we going to do for a day and a bit in this small town. I soon found out, and much to my enjoyment, I was also to renew that Darkan friendship after so many years, and what a delight it was. I was quite prepared to forego dinner, to enjoy that lovely lady's company. As it turned out Margaret was on the local council and was partly responsible for our welcome to Wickepin.

Day 7. Proved to be a real fun day, with some taking a 30K ride to Yearling and some the 16K ride to the Facey Home. Remembering all had to ride back again, so much for a rest day. However about 25 of us hired a school bus for the excursion to the Facey Home. We had definite intentions of resting.

The Bowling Club was made available and the sight of about 20 pairs of colourful 'funny' bike pants and bare feet proved almost too much for one member of the over-55 Bunbury group.

Day 8. Was a 56K ride to Pingelly where quite a few made a visit to the 'local' while the rest of us set up camp under the only shade at the oval, much to the consternation of the local and visiting cricket fraternity.

The evening was filled with the farewell concert and showed up some dubious and rare talent, which included a juggler who attempted to set fire to the sports complex and a stand-up comic whom I am told is 'just that way all the time'. This evening also unfortunately saw about 15 of our number fall victim to a rather nasty stomach and bowel disorder, which left them weak and rubbery-kneed, and definitely in no condition to do any bike riding.

Day 9. Proved to be a real stinker, with rain and gale force winds which saw some actually change down a gear or more on the down hill sections, if they did not feel like walking. Heaven

help them on the uphill bits. And so ended 400 plus kms of fun, food and friendship which I am sure we will not forget, in particular that last 48kms of hills!

Falling standing still

There were many humorous, depending on your sense of humour, incidents, eg, John Davies falling off his bike twice, both times standing still; the local who at 11pm found his short cut across Wickepin oval on his motorbike somewhat interrupted.

I could carry on, but as I am not allowed to tell the tale of the irate visitor to our camp who seemed to have his hormones in a knot, I can only say that it might have been horribly embarrassing to those concerned, but was hilarious if you were snug and warm in your sleeping bag!

However I will close with my thanks to the over-55s for making me so welcome to your group, and I list you all in no special order, just trust in your understanding if I have misspelt your names -

Betty & Jim Christie, Val & Ron Caporne, Barbara Bruce, Betty & Lance Webb, Dianne & Mario Allivett, Frank Colverwell.

Barrie Thomsett

A SAD LOSS

The Club as saddened to learn of the passing of one of its most valuable members - **SOMEONE ELSE**.

Someone's passing creates a vacancy that will be difficult to fill. Else has been with the club since its beginning and did far more than the normal person's share of work.

Whenever there was a job to do, a meeting to attend, funds to be raised, one name was on everybody's lips "Let Someone Else do it".

It was common knowledge that Someone Else was among the biggest contributors of time to the Club. Whenever there was a need for volunteers, everybody just assumed that Someone Else would do it. Someone Else was a wonderful person, sometimes appearing superhuman, but a person can only do so much. Were the truth known, everybody expected too much of Someone Else.

Now Someone Else has gone. We wonder what we are going to do. Someone Else left a wonderful example to follow, but who is going to do the things Someone Else did?

Acknowledgment: Fremantle District Philatelic Society Newsletter
Found by: Rob Shand

WA MASTERS

ALBANY is the location for these games, the athletics events on April 30 and May 1. Full information is available from Jim McCann, on 098 41 6800; or the Events Business on 098 42 2226.

Few Vets took part last year, but those who did reported well of the games. Entry fee is \$15, plus \$5 per day for athletics. Events are: pentathlon 100m, 200m, 1500m, long jump, discus and javelin on April 30; and on May 1, a 6k cross country.

Of course there's lots of other sports, from darts to squash. Some may be interested in the triathlon on May 1; swimming April 23/24; and a Masters Mile on April 24.

Race Changes

Andy Wright Run and Walk - May 22 - has a new location. It will start and finish at Aquinas College. More details in next issue of Vetrin.

RRC - 10K - now on July 3, Mill Point Road.

Because the Bunbury Marathon now clashes, and as many Vets will want to be down south, this year Jim Barnes Run will NOT be part of the Road Race Championship.

The committee has decided that moving the 10K segment to Mill Point Road for 1994 would give everyone who wants to complete the three-part RRC a chance to do so.

ON a perfect day for running, the club staged two events concurrently at Lake Monger this year. The first was as per the published programme, ie up to three circuits of the water, running or walking.

Those results will appear in Vetrin next month.

The second event - a relay that pitted M50s against the rest of the club - developed from a recent suggestion by Hugh Kirkman. Was the apparent strength or the M50s illusion or reality? He wanted to test it.

After much discussion, and research by handicapper Bob Schickert, the relay was planned. Unfortunately, no time was left to advertise the event in Vetrin, but come the day we had a wealth of would-be runners.

Six M50s raced against four other teams of mixed and varying vintage - and proved Hugh's point, winning in style.

Of course, it can be argued that stronger teams could be assembled, given total choice within the club's ranks. The success of this run, with every runner giving their all for the team, suggests there will be more such

Notice Board

NATIONAL CHAMPS

These are being held at Homebush, Sydney, site of the 2000 Olympics. Dates are April 1-4, and a dozen WA Vets will be there.

BIKE BARGAIN

Save \$200. - Men's, small frame, Ricardo Elite.
Traveled only two kilometres!
Price - \$500.
Call Basil Worner/ or Vic Waters on 341-3464.

JOE'S Half

Joe Stickles was omitted from the Club Half-Marathon results published in the Nov/Dec issue. He was second M55 home, in a time of 1hr 36.02mins.

WANT TO COACH?

Three Vets - Keith Martin, Dave Wyatt and Basil Worner - have formed a working group to look at coaching and counselling within WAVAC. Their first report makes interesting reading, and one suggestion is that we encourage members to become accredited.

If you're interested - courses are available through the National Coaching Scheme, and our committee will consider applications.

Please contact the committee, even if you would just like to find out more about the idea.

M50 Relay Challenge at Lake Monger

February 13, 1994

to follow, and that more of our 'top' runners might be persuaded to take part.

(Bob Sammells is already investigating another race, that might involve three-person teams within age groups.)

Team	50s	45/55	40/60	35/65	Fem
Lap 1	3	2	1	5	4
Lap 2	2	3	1	5	4
Lap 3	1	2	3	5	4
Lap 4	1	2	3	5	4
Lap 5	1	2	3	5	4
Lap 6	1	2	3	5	4

Though the M50s won the Challenge, they didn't have it all their own way, as the this table shows. Team 3, the M40/ M60 mix, led for the first two laps, Duncan McCauley leading them

The Vetrin

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

Patron: W.J. (Bill) Hughes

President: Brian Foley
339 2716
Secretary: Bob Fergie
447 6898

COPY for the magazine should be submitted to editor Vic Waters at 47 Sulman Road, Wembley Downs, 6019.

Phone: 341 3464 (H)
Fax: 245 3169

DEADLINE:
for next issue - March 28

NEW MEMBERS

Welcome to

Janet Kelly W40
Paul Kelly M35
Chris Kelly M40

COMING IN VETRIN

In the April issue, published prior to the AGM, we will print officers' reports including the financial statement, President's report etc. Included will be any further motions received in time. (See Vetrin deadline - page 3.)

The May issue will include your new race programme.

with his 11:42 (fastest circuit of the Challenge). David Carr kept the lead, and it wasn't until third leg that M50 Paul Martin gained the front.

Don Caplin is running again after a long lay off and some knee surgery, and though he's taking it steady, Don showed what's to come. Fittingly, Hugh Kirkman ran one of the fastest laps of the day. Hugh's enjoying his longest 'no break-downs' period for years, and is going very fast over the shorter distances. Talking of comebacks - Bert Carse' 11:53 was second only to Duncan's time. Is that spelled Carse, or Clarse?

As usual with relays, everybody committed themselves for the team, and we saw some tremendous running.

Thanks to the officials who made it all possible - especially Leo Hassam, timekeeper and recorder, who also produced the results. (See page 11, this issue.) Secondly, thanks to those who turned up to watch, and were roped in to help with both events! Frank and Anne Smith, Liz Khan, Fred Hagger - we shall try not to make a habit of it!
Bob Sammells/ Vic Waters



Just now I don't live where I want to live ... but ... on December 23, a large container of long forgotten, but much cherished bric-a-brac will wend its way down a poplar-lined driveway and come to its destination outside my new home. This truckload of goodies began its journey in Perth, Western Australia and will finally make its home in West Calder, so named after the rough dirt road that leads to a number of Tasmanian hideaways including my new neighbours.

I discovered Tasmania a year ago and like so many 'mainlanders' felt the peace and serenity that is difficult to find in a city environment. A chance to become part of a relaxed lifestyle surrounded by a beautiful and natural countryside was too much for me to wait for and I set about making plans to cross Australia.

These days of course it is quite a lot easier than in our ancestors' days and boats, planes and automobiles take much of the hassle out of such a move. However, in most cases, there still remain uncertainties, doubts and apprehensions that sometimes have a habit of getting in the way of our dreams and try to deflect our best intentions.

My dreams became definite intentions when I first set eyes upon a cleverly designed house, nestling in a small valley, surrounded by trees and on

With so many club members moving abroad and interstate, page two is turning into a 'letters home' page. This month we hear from Brigitte Cheek, who's interstating, and across the water, in Tasmania.

Why I live in West Calder

by Brigitte Cheek

about 40 hectares of bushland. This house, so obviously built with much love, attention to detail and plenty of wonderful Tasmanian wood was the kind of house I had been promising myself for many years.

Wide-eyed

As I walked from room to room and my eyes grew wider than my smile, I knew the time had come to take up my roots and to plant them firmly in the rich Tasmanian soil.

The things I like about Tasmania are all the things that everybody likes - the fresh air, the green hills, the mountains, the sea, the food and the people who say 'hello' as though they have known you all their lives.

I love being out of doors and I look forward to all the activities that a Tasmanian lifestyle offers - walking, cycling, canoeing and then just sitting at the end of a long day and contemplating the wrens and parrots in the garden, seeing the odd echidna wander by my front window and watching as a platypus swims in the dam. Who was it that said 'life isn't meant to be easy' - they can't have been to Tasmania can they?

Well things may not be all that easy for a while, I still have to find a job, perhaps picking strawberries, harvesting potatoes, milking cows - who knows where my future lies? Each day is an adventure now, new things to learn, new friends to make and sure, it is a bit of a gamble, but I believe that the odds are all in my favour and I intend to make the most of my new life.

Although this Christmas I may not be unwrapping boxes with ribbons and bows, but boxes filled with kitchen utensils and linen, etcetera, I will certainly be counting my blessings and feeling that all my Christmases must have come at once.

May everyone's Christmas be as happy as mine.

This piece first appeared in The Sunday Tasmanian, and won Brigitte \$100. Good to know she's started earning! Ed.

10K

Ralph Henderson	M45	38:11
Bob Schickert	M50	39:08
Bert Carse	M50	39:24
Hugh Kirkman	M50	39:27
Geoff Mullins	M50	40:53
John Bell	M45	41:28
Jill Chambers	W40	42:29
Bob Sammells	M55	42:32
George Schaefer	M60	42:50
Ted Maslen	M55	43:40
Basil Worner	M60	43:42
Joe Stickles	M55	44:07
Ken Brownlie	M45	44:53
Brian Bennett	M45	45:50
Richard Harris	M55	46:05
Dalton Moffett	M60	46:06
Carol Broderick	W40	46:41
Merv Moyle	M65	47:49
Alan Chambers	M55	50:43
Heath MacGowan	W40	51:49
George Peet	M60	52:17
Ron Sutton	M55	52:29
Ann Turner	W55	52:42
Kirt Johnson	M60	53:04
Garnet Morgan	M65	53:49
John Russell	M60	54:16
Duncan Strachan	M70	60:18
Frank Usher	M70	63:22

VISITORS

K Maslen	10K	42:18
M Cameron	10K	42:22

Bold Park Cross Country

January 16, 1994

A great morning with low temperatures and a light south westerly breeze welcomed 44 runners and a large turnout of 20 walkers to the foothills of Bold Park, at Perry Lakes. Although the club was conducting its Pentathlon in the stadium, which depleted our numbers, those who turned out for the run and walk seemed to enjoy the morning.

My special thanks to June Strachan who went the extra mile recording the results two weeks in a row, also to Annette for assisting her and to Brian Foley for his assistance and advice. This was my first attempt as race director, and the advice was much appreciated. I would also like to thank Dick Horsley for organising the walking event.

Dave Scott

6.6K

Brenda Matthews	W40	32:54
Eddie Hill	M50	32:58
Jacqui Jalberg	W45	32:59
Vic Beaumont	M60	33:09
Ray Lawrence	M65	34:15
Lorna Lauchlan	W60	41:48
Bill Meharry	M40	42:14
Sheila Maslen	W55	43:03
Toni Frank	W45	46:11

6K WALK

Paul Martin	M50	32:33
Peter Hill	M45	32:47
Pete Johnson	M45	33:31
John Mison	M45	33:31
Leslie Romeo	W45	37:41
Anna Catarinich	W45	41:05
Val Millard	W45	45:14
Lynne Schickert	W50	45:14
Ernie Moyle	M65	45:16

4K WALK

Michelle Boyle	W45	25:47
Barry Weatherburn	M50	25:47
Jacqui Beaumont	W55	31:25
Gillian Peet	W55	37:01
Michele Johnson	W45	40:49
Margaret Ruello	W40	40:49

2K WALK

Judy Hill	W45	17:08
Dick Horsley	M80	18:30

AGM 1994...AGM 1994...AGM 1994...AGM

MOTIONS for consideration at the WAVAC AGM are now invited from members of the club.

In addition, any nominations for life membership must be submitted to the committee for consideration. The next committee meeting is on March 17.

CHANGE TO CONSTITUTION

Following recent discussions on WAVAC's development, and bearing in mind implications of anti-discrimination legislation regarding the club's age/entry policy, the following motion will be submitted by your committee for ratification at the AGM.

Association of WA (hereinafter abbreviated to AAWA). The Club shall provide similar facilities for pre-veteran men 35-39 and women 30-35 years. Veterans and pre-veterans shall be considered members. The committee may accept associate members.'

Replace with

'The objects of the Club shall be to encourage and promote veteran athletics and general fitness of its members and to provide training and competition within the jurisdiction of the Athletic Association of WA (hereinafter abbreviated to AAWA). Membership will be available to men and women aged 30 years and older.'

In Section 2 'Objects'

Delete

'The objects of the Club shall be to encourage and promote veteran athletics and general fitness of its members for men 40 years and over and women 35 years and over and to provide training and competition within the jurisdiction of the Athletic

M50 Relay Challenge at Lake Monger

February 13, 1994

Report - see page 3.

Each runner lapped Lake Monger once, app. 3.4K

Team 1 - M50

Dave Roberts	12:16
Don Caplin	12:39
Paul Martin	13:00
Bert Carse	11:53
Bob Schickert	12:52
Hugh Kirkman	12:05
Total	74:45 (First)

Team 2 - M45/M55

Ralph Henderson	12:04
Peter Airey	14:07
Vic Waters	12:40
Ted Maslen	13:01
Brian Foley	12:47
Bob Sammells	13:25
Total	78:04 (Second)

Team 3 - M40/M60

Duncan McCauley	11:42
David Carr	13:07
Richard Matthews	14:19
George Schaefer	13:44
Geoff Tite	13:10

Club Development Meeting

February 6, 1994

ABOUT 50 members attended the last development meeting, held following Teddy Birds Picnic Run in Kings Park.

(Approximately 100 members took part in the runs and walk.)

Those with the remaining strength to travel across to the development meeting took a lively interest. However, with the exceptions of input from Morris Warren, and Joan Pellier, little new information was exchanged.

President Brian Foley outlined the areas of concern - including a general average age increase of membership, and safety of Vets events.

Morris made strong points regarding organisation of runs, and his notes have been passed to the committee for consideration.

Overall, the topic that aroused most interest was the question of age compatibility. There is pressure on WAVAC to reduce the entry limit in line with our national association, and other States; and to adjust the entry age differential between men and women.

(Notice of a motion to amend our constitution to clear up this matter is given in this Vetrun.)

There are also legal implications if WAVAC does not operate in accordance with anti-discrimination legislation. Potential fines could financially destroy the club.

Future action on club development is still being considered, and it is possible that all club members will be asked to complete a question and answer form, to help the committee take a wider range of views.

Vic Waters

Mick Cousins	13:19	Total	95:24 (Fifth)
Total	79:21 (Third)		

Team 4 - 35/65

Cath Holland	16:25
Ray Lawrence	16:04
Alan Tyson	16:14
Hazel Corbett	18:17
Ros Banyard	14:37
Harry Holland	13:47

Team 5 - women

Chris Mustoo	14:09
Peggy MacIver	14:52
Jill Chambers	13:05
Jan Kelly	12:56
Val Millard	18:42
Joan Pellier	17:14
Total	90:58 (Fourth)