

CLUB SHIRT ORDER FORM

Running singlets and club tee-shirts are now available.
Tee-shirts are gold with black trim, and the club badge on left breast.
Style is three stud fastening, with collar. Sizes 10-24 (unisex) — Price \$16 each.
Also available are the black and white singlets, size 10-24 at \$13 each.
Car stickers cost \$2 a piece; likewise iron-on badges for windcheater, etc.
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ORDER FORM

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..... QUANTITY SIZE

..... QUANTITY SIZE

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The Vetrums



No. 230 JANUARY 1992

WA VETRANS AC - REGD BY
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Myalup Pines

MYALUP Pines is the location for our next running camp, over the long weekend at the start of March. We've reserved four cabins, which means 40 members can be accommodated, at a price of just \$15 per head for the three day/night jaunt!

For more information on Myalup, see page two. To book your place, call the Fordens, (quick!) on 409-6693.

VOTE AT THE AGM

THIS year's AGM has been set for April 8, at 7pm in the usual venue, Perry Lakes Hockey Club. It's very important for as many members as possible to attend.

This is the one time of the year that your committee can receive a true and democratic indication of the views of the membership on a wide range of issues.

Please mark the date on your calendar.

You'll be able to raise any relevant issues of concern to the club. You'll be able to vote for or against appointments. Of course, you'll also be eligible to stand for office, join the committee and take a share of the heavy workload that keeps your club running!

Make it a date — April 8.

SYD'S MASTERS RECORDS

DETAILS of Syd Coleman's Masters performance in Brisbane now to hand from Bob Sammells show two new Australian M75 records. His hammer throw record is now 38.68m; Javelin is 25.66m.

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DEADLY MEDLEY

The club's premier team event is on again — see page 11 for details and entry form.

HAPPY BIRTHDAY TO OUR FEBRUARY MEMBERS

DEANUS, Ann	01/02/40	52 remains W50	QUARMAN, Walter	19/02/53	39 remains M35
McMILLAN, James	02/02/25	67 remains M65	ROBERTS, Gillian	19/02/47	45 becomes W45
PAXMAN, Brian	02/02/30	62 remains M60	MURPHY, Ken	20/02/40	52 remains M50
FLORANCE, Gordon	03/02/34	58 remains M55	MILLER, Dennis	21/02/40	52 remains M50
MEDCALF, Noela	03/02/35	57 remains W55	SPENCER, Jeff	22/02/41	51 remains M50
SANDERS, Johan	05/02/04	88 remains M85	SMITH, John	23/02/35	57 remains M55
TYSON, Allan	06/02/25	67 remains M65	THORNTON, Beverley	23/02/43	49 remains W45
JOHNSON, Janet	08/02/45	47 remains W45	BOAKES, George	25/02/13	79 remains M75
LEHMAN, Bob	08/02/41	51 remains M50	CRANE, Bill	25/02/40	52 remains M50
PRESCOTT, Valerie	08/02/44	48 remains W45	CLIVE, David	27/02/37	55 becomes M55
JOHNSTONE, Alison	09/02/47	45 becomes W45	DUFTY, Phil	27/02/44	48 remains M45
HALL, David	11/02/48	44 remains M40	FERRIS, Irene	27/02/52	40 becomes W40
MAIR, Robert	11/02/48	44 remains M40	POTTER, Ronald	27/02/40	52 remains M50
LISHMAN, Val	14/02/30	62 remains M60	HILLIS, Joan	27/02/46	46 remains W45
ROBINSON, Wayne	16/02/55	37 remains M35	OVENDEN, Mel	28/02/41	51 remains M50
CARR, Pat	18/02/32	60 becomes W60			

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WA VETERANS TRACK AND FIELD CHAMPIONSHIPS, 1992

Conducted by WA Veterans Athletic Club. Secretary Brian Foley, Phone 339 2716

Championships Director: David Carr, Phone 339 8289

WAVAC members and registered members of an athletic club registered with AAWA are eligible to compete. Conducted in age groups W30, W35, etc and M35, M40 etc.

Teas, cool drinks, snacks, available from canteen at Coker Park. Byo/barbecue after the final event, Sunday 5th April.

WEDNESDAY	SUNDAY	SATURDAY	SUNDAY
March 25 – 5.30pm McGillivray Steeples	March 29 – 8.00am McGillivray 10000 5000 walk Pentathlon	April 4 – 12.00 Coker Sprint hurdle 100, 400, 1500 2000 walk long jump shot, javelin	April 5 12.00 Coker Interm. hurd 200, 800, 5000 3000 walk triple jump, high jump, hammer, disc.

Entries close Sunday 22nd March. Late entries will be accepted only if places are available. Pole volters contact David Carr.

Offers of assistance are welcome (helping officials or in canteen)

FEES: One dollar per event

ENTRIES to David Carr, 46A Coldwells Street, Bicton 6157. Telephone 339 8289

CHEQUES payable to WAVAC

..... ✂

SURNAME: _____ Given Name _____

ADDRESS: _____

PHONE: _____ AGE GROUP: _____ DATE OF BIRTH _____

WAVAC Member? _____ Or Registered with (Club) _____

EVENTS ENTERED:

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

OFFICE USE ONLY: Fee _____ elig _____ age _____ listed _____ f/up _____

event code 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

TRACK AND FIELD TRIALS 1991-92

DATE	VENUE	POINTS COMPETITION		NON-POINTS EVENTS		
				RUN	WALK	FIELD
Feb 5	C		3,000m Shot	400m	3,000m	Triple Jump
Feb 12	M		1,500m Triple Jump	100m	3,000m	
Feb 19	C	400m	1,500walk Long Jump	3,000m		Shot
Feb 26	M		10,000m	100m	2,000m	Discus
Mar 4	C			400m	10,000m	HighJ, Hammer
Mar 11	M			100,800, 3000m	2,000m	Triple J, Shot
Mar 18	C			4x100m Relay 1,000m	1,000m	Long Jump

C = COKER PARK
6.00pm START

M = MCGILLIVRAY OVAL

Co-ordinators nominate event starting times prior to competition.

TRACK ETIQUETTE

TRACK and field sessions can become congested and even dangerous. Please fit in with fellow athletes, and curators.

- Avoid training in lanes 1 and 2.
- Don't stroll on the track. Move off the track until you are ready for your next burst.
- Be aware of other athletes and the lanes they are training in.
- Don't use a jump pit unless there is a rake available (provided each Wednesday).
- Throw from defined areas. Carry the implement back.
- Don't place starting blocks at the southern end of McGillivray 100m track.
- Very important, don't stand on the one kilometre circuit line that is at perimeter of the McGillivray field.

We have a good relationship with Canning Council and University of Western Australia and want to continue this co-operation.

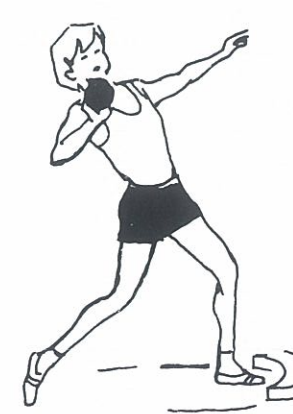
...and here's a guide for all learner-putters, courtesy of Alan Tyson

SHOT PUT–Standing 1



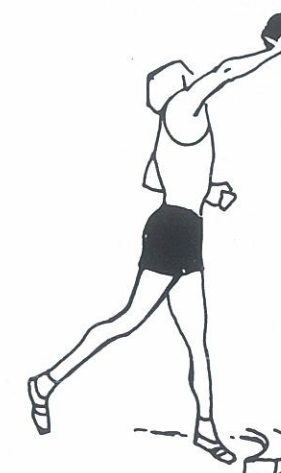
The shot put in the simple standing form provides most little athletes with an event they can succeed in. Tucking the shot under and to the side of the chin, supports it and ensures that the hand does not fall back behind the ear which causes throwing to occur and the athlete to be fouled.

SHOT PUT – Standing 2



From the position shown in drawing one, the body is moved square to the direction of putting. This leaves the hand directly behind the shot, allowing for a pushing motion to take place. The head only requires slight movement away from the shot to allow the hand to follow through clearly.

SHOT PUT – Standing 3



The shot is pushed upward at an angle of about 30 degrees. At the same time the body weight is shifted from the back leg to the front leg. Care must be taken not to swing the back leg over the top of the stop board. This is avoided by landing on this rear leg brought forward.

...on the Track

DECEMBER 14

Fightback Day

SYD Coleman made his first appearance at Perry Lakes this season. Jim deGruchy was back after two years. Keith Martin, Peggy Macliver and Kath Holland continued their effort to retrieve ground lost from lay-offs.

Syd reported that he had broken his M70 Australian record for the hammer; no details are available yet.

M65 Jim sprinted 60 metres in 9.7 but was then seen icing a foot. Kath, W40 moved easily to clock 29.5 for 200m with the wind. W45 Peggy ran 67.3 sec for 400m, showing that she is coming back to form.

Other strong performances came from Brian Foley (M45, 1500m in 4:34); Kath Noordyk (W35 11:39 for 3000m, a PB by about 22 seconds). M50 Barry Thompsett also recorded a PB with 8:19.6 for the 1500m walk. Keith ran 25.3 for the 200m and went over the high hurdles in 19.3 seconds — a good M45 standard.

TIME TRIAL PARTICIPANTS

	Mid-Season Score	Top Score in (event)		Mid-Season Score	Top Score in (event)
W30			Peter Baxendine	1660	
Leanne Hill	835		Jeff May	358	
Shona Papalia	1214		Steve Kilburn	1480	
Jane Robley	917		Joe Wheeler	1603	
W35			M40		
Maxine Santich	3777		David Reid	780	
Cathryn Holland	1579		Duncan McAuley	1610	
Joan Marsh	60		David Marsh	81	
Tessa Brockwell	1061		Peter Hill	2196	1500 Walk
W40			John Walker	827	
Judy Hill	339		Bruce McLennan	787	
W45			M45		
Kath Penton	1505		Ron Hillis	543	
Margaret Miller	20		Bob Harrison	717	
Peggy Macliver	8126	Long jump 800m	Keith Martin	644	
Jackie Halberg	1423		Frank Smith	1623	(Adjusted)
Wendy Clements	64		Brian Foley	7684	
Joan Hillis	785		John Pressley	2881	
Leslie Romeo	836		Vic Waters	1798	
W50			Mike Rhodes	436	
Lyn Schickert	352		Brian Hardy	673	
Marj Forden	542		David Roberts	826	
W55			Bruce Wilson	1700	
Patricia Carr	7790	Long jump	M50		
Noela Medcalf	5944		Roland Matzke	682	
Dorothy Whittam	7452	Hammer Triple J Javelin 100m 200m	Paul Martin	654	
W60			Don Caplin	1401	
Lorna Lauchlan	1738	2000 Walk	Dennis Miller	760	
Rae McMillan	1163	Discus	David Clive	2120	
W70			Ed Caroll	2022	Shot P
Valerie Tyson	1543		Keith Forden	128	
M35			Mitch Loly	1630	
Paul Woo	657		John Pellier	2120	
Ian Holt	1383		Hillary Desouza	820	
			J. Ramsey	380	
			Merv Jones	754	
			Peter Gare	848	
			Ross Calnan	717	

Triumph in Japan

DEC 15 – W35 star Karen Gobby has won the Sanda half marathon.

Karen finishes five minutes in front of the next woman. She won the same event last year. M50 Hank Stoffers won his age group. W40 Antoinette Shaw was third in her age group.

The race was started with the temperature at 3 degrees. Perth had been experiencing daily maxima of over 38 degrees before the team left.

The three runners earned the travel costs by their wins in this year's Chunagon half marathon in Perth, and stayed with Japanese host families.

W35		
K. Gobby	75:49	First Woman
W40		
A. Shaw	84:13	Third in age group
M50		
H. Stoffers	73:29	First in age group

Barrie Thompsett	1296	
Norm Richards	905	
Mel Ovenden	637	
M55		
Steve Barrie	2944	1500, 3000 5000m 400m
David Carr	7051	
Jeff Whittam	749	
M60		
Robin Bonner	4660	10,000m
Frank McLinden	1599	
Brian Paxman	2267	
Cecil Walkley	3265	
Gordon Medcalf	3432	
Basil Worner	5062	
M65		
Garnet Morgan	496	
Allen Tyson	2935	

The whole program is repeated in the second half of the season. It is possible for some one who has not scored so far to win the competition. Every member is capable of adding significant points to these individual totals.

Is Rae McMillan a better athlete than Steve Barrie?
David Carr

Conditions: Damp

THE race time was changed from 5:30pm to 6:30pm due to daylight saving, but thanks to the rain the day before, the evening was very pleasant for the 26 competitors.

The course, a little damp in places, added another challenge to the race.

We had two visitors from the Mildura Athletes Club, Steve and Jenny Guy. Steve, a sub 2:30 marathoner, decided to warm up around the 7k course. An hour later he hadn't returned but the race had to start. About 400m into the race Steve appeared (having gotten lost out on the well marked course) and then ran with the 7k runners after running about 20km all told!

After the event we all made our way to the beach near the lake for a BBQ tea, a great finish to a very relaxing run.

Conditions: Fine, hot

7K		
Ian Colquhoun	M35	25:41
Don Caplin	M50	25:45
Dave Roberts	M45	25:47
David James	M35	26:01
Hugh Kirkman	M45	26:59
Paul Martin	M50	27:01
Vic Waters	M45	27:58
Dick Blom	M55	28:19
Maxine Santich	W35	29:08
Rod Stewart	M50	29:14
Ken Brownlie	M45	29:23
Arnold Jenkins	M45	29:57
Joe Trovato	M50	30:16
Kath Penton	W45	30:25
Peggy Macliver	W45	30:37
Ron Potter	M50	30:46
Carol Broderick	W35	30:58
J.M. Volet	M40	31:45
Merv Moyle	M60	32:35
Bill Crellin	M50	32:36
Ray Lawrence	M60	33:08
Norm Miller	M55	33:48
Garnet Morgan	M65	33:52
Bill Meharry	M40	34:05
Vic Beaumont	M60	35:00
Maureen Delcanho	W40	35:02
Mick Malone	M40	35:05
Roma Bettles	W40	35:15
Sandy Hodge	W45	35:31
Pat Miller	W50	36:03
Rob Davis	M50	36:07
Margaret Warren	W55	37:27
Bridgette Cheek	W35	37:37
Jill Midolo	W40	38:19
Phyllis Farrell	W45	38:38

Boxing Day Run 1990 Lake Leschenaultia

We would like to thank Carol Broderick, Shayne Hill, Thomas Brownlie and Clare McManus for their help at the event.

Peter and Judy Hill

7K Run		
Ken Post	M35	26:47*
Robert Mair	M40	27:18
David Muir	M45	27:22
David Carr	M55	30:11
Peter Hill	M40	30:15
John Bell	M45	30:49
Ken Brownlie	M45	30:59
John West	M40	31:27
Graham Thornton	M50	32:58
Arnold Jenkins	M45	33:21
Barrie Thomsett	M50	48:40

Pat Carr W55 51:16*

Visitors
Steve Guy 25:37
Harry Simmons 31:26
Jacqueline McManus 40:35

7K Walk
Dorothy Whittam W55 53:19*

5K Run
Allan Tyson M65 25:42*
Esther Healey W50 30:08*

Visitors
Shayne Hill 20:41
Jenny Guy 25:05
K. Cameron 26:33

***Winners in each race**

5K Walk
Margaret Birks W40 44:31*
Helen Post W35 46:01
Jeff Whittam M55 46:01*
Val Tyson W70 46:06
Mitch Loly M50 46:07

HERDSMAN RUN

November 3, 1991

Robert Farrell	W50	38:54
Lorna Lachlan	W60	39:27
Ester Healey	W50	40:00
Kurt Johnson	M60	40:57
Dorothy Whittam	W55	40:58
Jackie Billington	W45	41:23
Noela Medcalf	W55	41:34
Shorty Turner	M55	41:43
Cliff Bould	M75	48:44

7K Walk		
Egon Jankauskas	M40	39:01
Jo Stone	W45	45:17
Barrie Thomsett	M50	48:48
Joan Hillers	W45	51:26
Mitch Loly	M50	51:51
Dick Horsley	M75	52:03
Jacqui Beaumont	W55	52:10

14K		
Philip Drayson	M35	49:04
Paul Hughes	M35	49:39
Bob Schickert	M50	50:24
Peter Sanders	M45	51:52
John Ferris	M40	52:23
Bob Harrison	M45	52:24
Wayne Pantall	M35	53:59
John Bell	M45	55:10
Mark Rosen	M40	55:53
Frank MacLinden	M60	55:58

Bob Sammels	M50	56:06
Robin Bonner	M60	56:25
Peter Hill	M40	56:32
Bruce McLennan	M40	56:43
George Schaffer	M55	58:41
Peter Airey	M55	59:12
David Bryant	M45	59:44
Fraser Deanus	M50	60:11
Stan Lockwood	M60	61:14
Kath Noordyk	W40	61:30
John Bornholdt	M55	63:58
Adrian Noordyk	M35	64:54
Ann Turner	W55	66:49
Pauline Wiltshire	W45	68:45
David Hough	M55	70:19
David Hall	M40	70:45
Jackie Halberg	W45	71:14
Jack Williamson	M45	71:17
Ivan Wiltshire	M50	75:39
Rosa Davis	W45	75:41
Ann Deanus	W50	80:12

7K Visitors
Richard Matthews 29:35
Bill Wetherall 33:57
John Smith 34:03
Brenda Matthews 48:52
Paul Odan 49:33
Irene Vance 52:11
Harry Vance 52:19

14K Visitors
Mark Collister 54:17
Michael Sanders 54:41
Nicholas Royle 57:49
Colin Watts 60:05
Eugene Schuller 63:45

Conditions: Fine

I still can't figure out how there came to be seven extra gifts left under the tree this year! Never mind, we had a bit of fun with six of them and a little three year old girl (who had spent her morning gazing at all the coloured parcels, then looking on in amazement as all those 'old people' got excited about opening their presents, and finally seeing men drop their shorts in front of a funny lady who was wearing pink reindeer horns!) went home happy clutching her tin of lavender talc.

Thanks to all my helpers, both before and after. Couldn't do it without you. Looking forward to next year, when we might extend the foolishness to make this a 'funny dress' prize run!

Sandi (reindeer) Hodge

Runners 5.2K

W. Crowley	M35	19:01
R. Raymen	M45	20:01
R. Mair	M40	20:22
D. Muir	M45	20:33
B. Power	M45	21:07
B. Schickert	M50	21:09
B. Argyle	M45	21:09
B. Foley	M45	21:09
D. Caplin	M50	21:24
L. Arndt	M40	21:28
J. Bell	M45	21:31
P. Hill	M40	21:38
B. Danby	M40	21:45
G. Lynn	M45	21:49
M. Ovenden	M50	21:50
R. Bonner	M50	21:52
P. Martin	M50	22:24
J. Rogers	W35	22:38
D. Moffett	M60	22:53
T. Clark	M45	22:57
P. Airey	M55	23:02

DECEMBER 7

Association Events

High Jump: A battle between Keith Martin and Norm Richards, with Keith at 1.40m, just 4cm higher than Norm.

200m: with a gale blowing in their faces, the sprinters did not want to hear about their times, but Norm, Keith, Lyn Choate, Eileen Hindle and Kath Holland all showing good form. Other good performances came from Dorothy Whittam (hammer 23.74m) and Brian Foley (800 in 2:13.3) and Kath Noordyk (1500m in 5:34).

Christmas Gift Run

December 22, 1991

F. Smith	M45	23:09
B. Harrison	M45	23:10
V. Waters	M45	23:11
J. Pellier	M50	23:13
G. Schaefer	M55	23:22
J. Barnes	M45	23:25
J. Stickles	M50	23:29
R. Stewart	M50	23:41
D. Carr	M55	23:44
M. Kelly	M45	24:01
B. Sammells	M50	24:12
J. Greenfield	M45	24:12
R. Potter	M50	24:23
J. May	M35	24:41
M. Moyle	M65	24:43
M. Faunge	M50	24:46
P. Macliver	W45	25:00
P. Woo	M35	25:01
K. Brownlie	M45	25:25
C. Broderick	W35	25:25
M. Jones	M50	25:26
P. Wiltshire	W45	25:48
B. Crellin	M50	26:30
I. Wiltshire	M50	26:55
G. Thornton	M50	27:04
G. Morgan	M65	27:08
R. Hillis	M45	27:20
B. Slinger	M50	27:31
C. Walkley	M60	27:31
J. Russell	M55	27:36
R. Lawrence	M60	27:36
N. Miller	M60	27:45
K. Penton	W50	28:13

M50	R. Stewart	14.9
M60	G. Medcalf	15.3
M60	J. McGrath	14.6

Javelin

M50	M. Loly	15.56
M50	R. Calnan	26.42
M55	D. Carr	22.16
M55	B. Fergie	31.20
M60	G. Medcalf	16.60
M60	J. McGrath	28.30
M65	A. Tyson	18.94
W40	J. Sanger	16.72
W45	P. Macliver	14.68
W45	M. Stone	13.50
W45	V. Prescott	12.86
W50	L. Schickert	7.40
W55	N. Medcalf	11.42
W55	P. Carr	14.30
W70	V. Tyson	8.54

B. Meharry	M40	28:13
K. Forden	M50	28:14
J. Halberg	W45	28:14
M. Santich	W35	28:15
J. Spencer	M50	28:15
V. Beaumont	M60	28:15
R. Sutton	M50	28:19
M. Delcahno	W40	28:32
M. Malone	M40	28:32
J. Slinger	W50	28:51
M. Forden	W50	28:51
A. Leggett	M70	28:57
N. Medcalf	W55	30:01
G. Medcalf	M60	31:12
R. Farrell	M50	31:13
D. Strachan	M65	31:13
B. Cheek	W30	31:16
K. Johnson	M60	31:17
F. Usher	M65	31:23
J. Brennan	M70	31:56
B. Worner	M60	31:58
J. Billington	W45	32:05
P. Miller	W50	32:06
L. Lachlan	W60	32:18
J. Bornholdt	M55	32:18
C. Holland	W35	33:42
P. Farrell	W45	34:54
S. Munsie	M55	34:54
J. Strachan	W65	35:28
P. Carr	W55	35:28
B. Buchanan	W45	36:13
K. Crellin	W50	36:24
M. Robinson	W55	36:24
L. Schickert	W50	38:37
J. Pellier	W50	39:56

Walkers 5.2K

M. Stone	W45	38:39
M. Loly	M50	42:52
J. Hillis	W45	43:42
J. Whittam	M55	43:43
V. Tyson	W70	43:43
D. Horsley	M75	43:44
I. Vance	W45	43:46
M. Lynn	W50	43:48
H. Vance	M55	45:0

WHAT - NO ROAD RUN?

CAREFUL study of your race programme will reveal no road run for March 29. But there IS a 10k run, in perfect, flat conditions, open to all members - at Coker Park! This could be the biggest 10k in the club's history, provided you fill in the entry form on page 6.

It costs just a dollar (to help us cover the cost of the track) and you'll be part of our State T&F Championships. As many members have already discovered, the track is not so daunting. And in the company of all your regular Sunday morning running mates, the 10K will feel like old home week!

ANNE SHAW IMPROVES HER WORLD RECORD - AGAIN!

DAVE Carr's prediction was almost spot-on. In our last issue he said 'We can expect this star to take another ten seconds off this season.'

Antoinette Shaw made light of the hot conditions to better her recent world record in the 2000m steeple by two seconds. She is practicing a smooth vaulting action in training but still finds it difficult to apply that technique in a race. We can expect further improvement, and 7 min 35 seconds seems a reasonable goal for this season. Antoinette followed up with races over 400m, 800m, 3000m, and 60m and then ran a leg of the 4x200m relay. Not a bad afternoon's work.

DECEMBER 18

Time Trials

WE had a really keen javelin competition, with Bob Fergie and visiting prominent NSW athlete Jim McGrath showing the way. The meeting was in conjunction with University's big 6 meet, so we had a bigger than usual grandstand to play to. The evening finished with a relay in which we avoided last place.

1500M

M40	J. Molloy	4:21
M45	M. Rhodes	5:27
M50	M. Loly	6:26
M50	R. Stewart	5:41
M50	M. Jones	6:07
M60	G. Medcalf	7:37
M60	C. Walkley	5:43
M60	R. Bonner	5:28
M60	B. Worner	5:44
W35	M. Santich	5:16
W50	K. Penton	6:03
W55	N. Medcalf	6:59

1500 Walk

M45	M. Rhodes	8:42
M50	M. Loly	10:21
M50	R. Stewart	8:57
M55	B. Fergie	10:43
M65	A. Tyson	9:45
W40	J. Sanger	9:44
W45	M. Stone	8:52
W50	L. Schickert	10:28
W70	V. Tyson	10:50

100M

M50	R. Calnan	DNF
M50	R. Stewart	14.9
M60	G. Medcalf	15.3
M60	J. McGrath	14.6

Javelin

M50	M. Loly	15.56
M50	R. Calnan	26.42
M55	D. Carr	22.16
M55	B. Fergie	31.20
M60	G. Medcalf	16.60
M60	J. McGrath	28.30
M65	A. Tyson	18.94
W40	J. Sanger	16.72
W45	P. Macliver	14.68

W45	M. Stone	13.50
W45	V. Prescott	12.86
W50	L. Schickert	7.40
W55	N. Medcalf	11.42
W55	P. Carr	14.30
W70	V. Tyson	8.54

DECEMBER 11

TIME TRIALS

	10,000	Points
W45		
Kath Penton	45:56	779
Peggy Macliver	44:30	865
M35		
Chris Maher	37:43	757
M40		
Peter Hill	43:07	468
M45		
Bob Harrison	38:43717	
Frank Smith	37:27	883
Brian Foley	38:17	827
John Pressley	37:36	808
M50		
Mel Ovenden	43:03	637
M60		
Robin Bonner	40:15	975
Cecil Walkley	46:48	582
Basil Worner	45:57	633

Walk 2,000m

W30		
Shona Papalia	13.34	
W45		
Leslie Romeo	11.30	
W50		
J. Billington	13.12	
M50		
Jim Riddell	14.50	
Mitch Loly	13.47	
Barry Thomsett	11.31	
	200	Discus

W45

Val Prescott		17.37
Peggy Macliver		17.91
W55		
Patricia Carr	37.5	15.4
M40		
John Walker		28.6
M45		
Jeff Bowen		27.00

ASSOCIATION EVENTS

Club Trophy Weekend

December 21 and 22

IN this competition, clubs encourage maximum participation in every event, so we saw runners throwing and shot put champions coming last in a walk.

The vets do not have the depth to match the big clubs. Next year, we could look to combining with another small club for the weekend. Nevertheless we saw some strong individual performances. John Molloy is in top form and can consistently break two minutes for the 800m. Paul Woo made an impressive debut in the pole vault, and was then offered weekly coaching. Lynn Choate sprinting well. Mike Edwards of Canning Districts has just turned 35 and ran 54.4 for 400m hurdles; he is not a member yet.

M45 B. Foley	800m	2:16
	Hammer	20:6
	Discus	20:6
	200m	28.9
	Lj	3.95m
M35 P. Woo	200m	26.1
	Lj	4.70
	Discus	29.54
	Pole	2.80m
W40 A. Shaw	800m	2:25
M40 J. Molloy	800m	1:59.6
	400m	58.0
M45 P. Macliver	400m	66.3
	100m	14.6
M35 L. Choate	100m	12.9
	200m	27.3
	Discus	18.13
W40 E. Hindle	200m	27.3
M50 D. Clive	200m	25.0
M45 K. Martin	Lj	4.9
	400m h	67.1
	400m	56.6
	HJ	1.4
	110h	19.7
W55 D. Whittam	100m	14.8
	Tj	8.33
	Shot	8.21
	1500w	9:15

DC

DECEMBER 11 Time Trials continued

Keith Martin	26.2
John Pressley	34.0
M50	
Mitch Loly	13.83

Club 10,000m Handicap Walk Coker Park Track

December 1, 1991

Conditions: fine

THE weather was perfect, but inside the track chaos reigned, or so it appeared to me when I arrived, there being a race in progress and other athletes and spectators milling around. I was able to contact John Gilmour who explained there was to be a second heat of the Marathon Club's 10,000 and after the start of this my walk could get under way, and being a handicap the walkers would not be in the way of the runners.

My problem then was to locate the walkers and my helpers and get them assembled in the starting area. This was not easy, but eventually with the help of Barrie Thomsett and Judy Hill (bless her bandaged feet), some semblance of order began to appear. I had spent hours poring over past issues of Vetrunk and came up with handicaps for our regular walkers, 30 in all. Jill Midolo and Jackie Billington, through injuries, had no recent form, and I had no information on Joan Hillis. However, they took part in the

race knowing they could not win it.

I was grateful to John Mison and Peter Hill for talking part despite suffering broken toes. Apologies were received from Paul Martin and Margaret Stone (both away from Perth) and Mike Rhodes who had another appointment. But what happened to Cathrin Holland, Ernie Moyle, Bob Anderson and Egon Jankauskas, all of whom had told me they were competing? Rod Stewart and Val Tyson were other notable absentees.

I appear to have treated Mitch Loly lightly in the handicapping, but he has improved so much that he comes out a deserving winner. Joan Hillis' walk was outstanding.

My thanks to those who assisted and to Joan Gilmour. I hope, John, your plans for next year are realised. It will make the task of organising my race so much easier.

Jack Collins

		Clock Time	Handicap	Actual Time
1. Mitch Loly	M50	1:14:48	2:30	1:12:18
2. Lorna Lachlan	W60	1:18:13	8:20	1:09:53
3. Barrie Thomsett	M50	1:20:03	15:40	1:04:23
4. Bob Chalmers	M50	1:20:31	12:50	1:07:41
5. Dorothy Whittam	W55	1:21:04	11:40	1:09:24
6. Michelle Boyle	W40	1:21:58	14:10	1:07:48
7. Peter Hill	M40	1:22:14	28:20	53:54
8. Sue Danby	W40	1:22:17	0:00	1:22:17
9. Jacqui Beaumont	W55	1:22:28	5:50	1:16:38
10. Jeff Whittam	M55	1:22:59	10:00	1:12:59
Dick Horsley	M75	—	4:40	—
John Mison	M40	—	29:10	—
Joan Hillis	W?			1:11:48
Jackie Billington	W45			1:11:47
Jill Midolo	W40			1:13:45



WATCHWORDS

WHILST out training, in not such splendid isolation, I longed for the company of a timekeeper, (preferably one with female leanings of course) so as to get some idea of the progress of my amblings towards a 9.123 secs 100m.

The use of a sports stopwatch was out because of its size and the high risk of damages. Time went by with no solution to the problem.

Then, one day I was presented, free gratis and for nothing and by the courtesy of a photo-copying services, with a lightweight wristwatch complete with stop-go up to 15 minutes (and ideal for 30 metres subaquatics).

Strapped on the wrist it was of some help, but my natural clumsiness at the start and stop stages interfered with its precision and eventually the innards fell out.

But it was still ticking away and ready for more rough treatment, so I cut off the straps and it now gets around in the lightly curled palm of my left hand, just as it wasn't there. Timing proved easier to achieve and its smallness made it easy to handle.

As a result of this more accurate recording I have been able to amend my ambition and can now look forward to a p.b. 19.123 secs sprint!

George Boakes

(George's light-hearted contributions have brightened Vetrunk on many occasions: the cartoon at page top is his, too. Ed.)

Notice Board

State Champs

GETTING SHIRTY!

WITH our very own State T&F Championships coming up, it's a good time to remind you to sport the club colours. Every month we print a shirt order form on page 12. Use that, or call Bill Crellin, for your requirements.

Remember, you must have the club singlet (and black shorts) to take part in our championships. There's been a great surge of interest in the Wednesday track and field nights. We hope many more members will now have a go at the championships.

All comers are welcome — there's no qualifying level, you just have to be a Vet! It's an entertaining weekend (or two) for supporters, too; and we need lots of help in organising, timing, catering, typing, and cheerleading of course! A full programme will be in the next Vetrunk (February). But remember, the dates are in your programme — March 29, and April 4/5.

Entry form — page 6.

THE Veteran Athlete rises again! News of its demise barely having been digested, we heard that the national publication was resurrected and will appear every two months. Please support.

NEW MEMBERS

Welcome to

Ray Bowker
Michael Carey
Swee-Hong Chua
Tom Clarke
Wendy Clements
Lynn Farrelly (Mr)
Aldo Giacomini
Teresa Griffiths
Gary Lynn
Margaret Lynn
Jan D. Main
Judy Marsland
Brian Marsland
Graeme Meyers
Beverley Morrissey
Heather Sanderson
Barry Weatherburn

TASMANIA . TASMANIA . TASMANIA

A four-berth caravan has been booked at Sandy Bay, Hobart, by Barry Thomsett for the National Champs at Easter. It's available from April 16-20, and anyone attending the nationals, wishing to share accommodation and car hire, could call Barry on 276-6446.

GST AND THE VETS

(An apolitical guide to future finance!)

- All the financial activities of the club would be taxable.
- All money received by the club would incur 15 per cent GST.
- The treasurer, would provide the tax department with details of all transactions, every two months.
- Some of the tax would be rebated (eg. we collect money to buy a computer, but the retailer has already loaded the GST, and only one lot of tax is due).
- Put simply, it will cost more to be a veteran athlete.

BUT

- You will drive to the track on cheaper petrol.
- You will be paying less income tax.

SO

- If you earn plenty, you will be in front.
- If your income is low, your reduction in tax will be little, and your GST plenty.

ADVICE

Respond to this incentive. Get rich. Tear up that pension card. Get off that fixed income. Don't be old. Be kind to the club treasurer.

The Vetrunk

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

Patron: W.J. (Bill) Hughes

President: Joan Pellier
459 7782
Secretary: Brian Foley
339 2716
Treasurer: Bill Crellin
448 2924

COPY for the magazine should be submitted to editor Vic Waters at 47 Sulman Road, Wembley Downs, 6019.
Phone: (W) 389 8422
(H) 341 3464
Fax: 389 8458

DEADLINE
for next issue — February 9.

Wellness Quiz

by Helen O'Connor, NSW Academy of Sport

Test your nutrition beliefs...are they fact or fad?

1. Proteins and carbohydrates should not be combined at the same meal. True/False

2. Food eaten after 8.00pm is more likely to make you put on weight. True/False

3. Margarine has fewer calories than butter. True/False

4. Milk causes mucus and should be avoided pre-competition. True/False

5. Athletes can safely drink more alcohol than the average person because they will 'sweat it off' the next day. True/False

Answers:

1. **False.** This is a misconception arising from several fad diet books, one of the most popular being 'Fit for Life' diet. It is actually beneficial to combine proteins and carbohydrates as nutrients are digested and absorbed better in a mixed diet. There is no scientific basis behind special food combinations outlined in 'food combining' diets. They are based on fad not fact.

2. **False.** This is a popular notion. People put on weight when they eat an excessive number of calories (kilojoules) and fail to burn them off with exercise. Foods eaten after 8.00pm do not make you fatter than the food eaten before 8.00pm. A calorie is a calorie no matter what time of the day it is eaten! It is not harmful to eat your evening meal and go to bed soon after.

3. **False.** Butter and margarine have the same calorie (kilojoule) and nutrient value. Thus margarine is not less fattening than butter. (Note: Fat reduced spreads have about 1/2 the fat and calories of butter and margarine). The major difference between butter and margarine is the type of fat they contain, butter being mainly saturated fat and margarine mainly polyunsaturated fat. People with a high blood cholesterol level are advised to replace butter with polyunsaturated margarine. Always check the label on margarine to see if it is polyunsaturated — not all of them are.

4. **False.** Scientific trials have not been able to prove that milk cause mucus. Nevertheless, many athletes avoid milk on this premise. Some people are truly allergic to milk and need to avoid it. Milk should not be eliminated from the diet unless a suitable substitute is used (eg cheese, yoghurt or calcium-enriched soymilk). Reduced fat milk is best for the pre-competition meals as it helps minimise fat intake at this time. Low-fat milk is a good source of calcium.

5. **False.** Alcohol is a drug and the toxic effects are not reduced by exercise. Alcohol is detrimental to performance if taken in excess or close to the time of competition. Alcohol causes dehydration, increased lactic acid production and affects concentration and muscle coordination.

This piece is taken from *Food and Sport Bulletin*.

Comments Hooroo:

Good stuff. I like the concept of alcohol and drugs having toxic effects — rather than 'side' effects. Sports nutrition doesn't just help our running, it puts us on the road to better health — less heart attacks, strokes, infection and possibly cancer.

You are what you become

1. What you eat, smoke and drink
2. Your exercise programme.
3. Your thoughts — the road to inner peace is the one less travelled.

MYALUP PINES COTTAGES

Forestry Road, Myalup.
1³/₄ hour's drive from Perth

Relax and savour the delightful smell of the Myalup Pines, the forest surroundings and some of the state's most beautiful wildflowers...only minutes from the coast.

At Myalup Pines you can

- play table tennis
- have a barbecue
- use the campfire pit (in winter)
- have a game of volleyball (equipment is supplied free)
- and children can play on the swing or slide.

Please remember pets, mini and trail bikes are **not** permitted.

Alcohol **may** be permitted, however, please consult the warden prior to your arrival.

Communal catering and dining facilities have been booked.

Nearby you can

- bushwalk among the pines
- go for a swim or fish at Myalup Beach (10km away)
- canoe Lake Preston (salt lake) — hire your canoes from Sport and Recreation, Floreat

• or take a drive — Myalup Pines is within an hour's drive of Mandurah, Harvey, Collie, Dwellingup and the Murray River and historical Bunbury. Visit the Emu Farm on the Old Coast Road, the Big Orange with its mini zoo and railway in Harvey or book a guided tour of the Alcoa Bauxite mining, refining and rehabilitation programme. Harvey Meat Export abattoir, the agricultural wing of the Harvey Agricultural Senior High School or Peter's Creameries.

Each Cottage has double bunk and single beds for ten people in two or three bedrooms, crockery, cutlery and cooking utensils, functional furniture, a refrigerator, a gas stove and woodchip fuelled hot water system, shower and toilet, and an open fire or pot belly stove (wood supplied).

There are also high chairs (2) and cots (3) available for prior booking free of charge, a communal laundry and a Gold Phone. The closest shops and petrol station are on the Old Coast Road.

You need to bring sheets, pillowcases and blankets or a sleeping bag, tea towels, dishwashing liquid, bathroom cleaner, sponges, matches and firelighters (in winter).

DEADLY MEDLEY RELAY

FEBRUARY 2ND, 7.30AM
YOKINE RESERVE

A team race for runners and walkers, this is one of the club's main events of the year. We have teams of four and, in order to help us get the teams as even as possible, a small committee picks teams on the Wednesday before the run. Therefore, we ask you to enter the event ASAP.

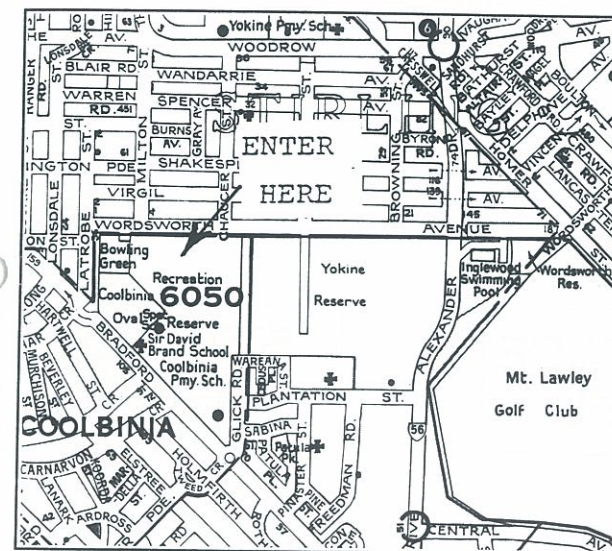
HOW TO ENTER:

RUNNERS: Please fill out the form below and post to: 48 McCourt Street, West Leederville 6007; *OR enter at one of our Sunday morning runs; *OR ring Kath or Basil on 382 2318

BEFORE JANUARY 29

WALKERS: Jeff Whittam has kindly agreed to co-ordinate the teams of walkers. Please hand your entry form to Jeff

BEFORE JANUARY 29



THE VENUE:

Yokine Reserve, Wordsworth Avenue, Coolbinia (entry near Chaucer Street).

RUNNERS:

A team consists of four runners. Two runners run 2kms

and two runners run 1km — and each runner runs twice over the same distance!

WALKERS:

A team consists of two walkers. One walks 2kms and one walks 1km — each one walks twice.

DEADLY MEDLEY ENTRY FORM

Name(s) _____ (runner) (walker)

_____ (runner) (walker)

Please return to Kath or Basil before JANUARY 29, 1992. You can turn up on the day if you like, but you will not be eligible for team awards.

ONE K RUNNERS NEEDED FOR 'FAX' RUN

PLANS for our 'faster by fax' one K contest are developing. If you'd like to take part, please contact Basil Worner any Sunday morning, or Wednesday night. The current thinking is:

- we try to field at least one man and woman in each age group;

- as large a field as possible, broken up into potential speed/time limits;
- we choose a date and time (in March?);
- the other State's runners perform on their own home track same time and date (allowing for the East/West time divide);

- we fax our results the same night, and receive theirs.

- location might be Perry Lakes, where phone/fax line could be available.

Prior to this, we need another one K outing, to follow the success of the first one at Coker Park.