

# 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

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## HAPPY BIRTHDAY TO OUR FEBRUARY MEMBERS

DEANUS, ANN	01/02/40	53 remains W50	LEKIAS, SUE	18/02/38	55 becomes W55
McMILLAN, JAMES	02/02/25	68 remains M65	QUARMAN, WALTER	19/02/53	40 becomes M40
PAXMAN, BRIAN	02/02/30	63 remains M60	ROBERTS, GILLIAN	19/02/47	46 remains W45
FLORANCE, GORDON	03/02/34	59 remains M55	CARRERO, TINA	20/02/46	47 remains W45
MEDCALF, NOELA	03/02/35	58 remains W55	MILLER, DENNIS	21/02/40	53 remains M50
JOHNSON, MICHELE	03/02/45	48 remains W45	HICKS, CLIVE	21/02/53	40 becomes M40
SANDERS, JOHAN	05/02/04	89 remains M85	SPENCER, JEFF	22/02/41	52 remains M50
WEBB, MAGGIE	06/02/49	44 remains W40	SMITH, JOHN	23/02/35	58 remains M55
TYSON, ALLEN	06/02/25	68 remains M65	THORNTON, BEVERLEY	23/02/43	50 becomes W50
JOHNSON, JANET	08/02/45	48 remains W45	BOAKES, GEORGE	25/02/13	80 becomes M80
PRESCOTT, VALERIE	08/02/44	49 remains W45	CRANE, BILL	25/02/40	53 remains M50
JOHNSTONE, ALISON	09/02/47	46 remains W45	CLIVE, DAVID	27/02/37	56 remains M55
HALL, DAVID	11/02/48	45 becomes M45	DUFTY, PHIL	27/02/44	49 remains M45
MAIR, ROBERT	11/02/48	45 becomes M45	FERRIS, IRENE	27/02/52	41 remains W40
LISHMAN, VAL	14/02/30	63 remains M60	POTTER, RONALD	27/02/40	53 remains M50
MILBOURNE, COLLEEN	14/02/48	45 becomes W45	HILLIS, JOAN	27/02/46	47 remains W45
ROBINSON, WAYNE	16/02/55	38 remains M35	OVENDEN, MEL	28/02/41	52 remains M50
CARR, PAT	18/02/32	61 remains W60	ROGERS, STEVE	28/02/50	43 remains M40



# The Vetrunk



NO. 241 DECEMBER 1993

WA VETERANS AC - REGD BY  
AUSTRALIA POST PUBN 0370



Winner of the silliest, most festive, Christmas outfit at the Christmas Gift Run was Jackie Billington. Her bells and tassels were in all the right places; unfortunately, she wore a green dress underneath them. Jeff Whittam won the men's prize, by wearing a dead cat in his mouth all morning. Brian Danby looked like he'd fallen out of a cracker. Sandi Hodge enjoyed her race. She may even produce a report and results eventually.

I'm still sulking because the musical socks earned only an honourable mention. VW

## Forthcoming Attractions

We hope this race notes service will be of especial value to new members, experiencing each Sunday race for the first time.

## Deadly Medley

Full information and entry form appear in this issue - page 11

- Early Notice - Lorna's Run on March 14 will start at McCallum Park. Distances: app 8K or 12K run, 6K walk. This will be confirmed in your February Vetrunk.

## Race directors need help!

OUR race directors are among the most important members of the Vets. Without them, the race programme which is the backbone of the club would be non-existent.

We think it's time to make their task a little easier, and to that end a new Director's Guide has been prepared. It will be ready early next month, and issued to every director well before their event. (If you would like an advance copy, call me.)

### Equipment

The committee is working on a new system to deal with the essential race equipment that is needed every Sunday.

In the meantime, it's the director's responsibility to ensure he has everything he needs, to collect it all from the director of the event preceding his own, on the Sunday prior to his own race. This is essential - and we hope the new

system will make this a simpler task.

### New Programme

If you're directing a race in 92/93, please let me know that you can continue in 93/94. The new programme will be issued in April, and we need all information NOW!

### Help

Members' help is needed for all events in 93/94. A provisional programme will be displayed at Sunday events so you can nominate where and when you'll be available to help.

### Walk directors needed

For the Birkwater X-Country - May 9, '93; and May 8 '94; and for the Kings Park X-Country on Aug 8, '93. Both these runs take a lot of work, and are important events on our calendar.

Barry Thomsett  
(276-6446)

Feb 7 - Teddy Birds Picnic Run, starting on the road near the playground and lake in May Avenue. Saw Avenue is nearest Park entrance. It's a road run, winding down to and through the University, and back up again. A long downhill through the grass Broadwalk returns you to the lake. 16K runners repeat the circuit.

Feb 14 - Lake Monger Run, at Dodd St. This one circuits the lake, is fast and flat. So far, nobody has ever got lost. 3, 6, or 10K depending on your ability to run round water.

Feb 21 - Mosman Park Run, McCabe St. Good City to Surf training, says director Paul Hughes of this new run. The 5.8K course is on cycleways towards Fremantle, and the 10K entails further loop (and, presumably some hills).

Feb 28 - Pagoda Run, from McCallum. Along the river, passing the narrows and following the freeway to the Pagoda dance hall. No spot prizes. 10 K runners turn just after the Narrows, and water stop.

March 7 - Mt Lawley Circuit, Hamer Park. Consists of three 2.5K circuits, park and road. Being a handicap, lots of opportunities on this fast circuit to pass and jeer at slower runners. The best part is Mike Rhodes garden afterwards, and Linda's catering.

## In this issue...

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## Boxing Day Run - 1992

Thirty-one runners and walkers ventured around the sand and gravel tracks on a warm afternoon, and we didn't loose one of them! Most stayed on to enjoy the facilities at Lake Leschenaultia, canoeing, swimming, followed by a barbecue tea under a magnificent sunset.

My thanks to the rangers who set up the area for us; Peter, Judy and Shayne Hill, who helped with putting out and collecting flags, and recording results; and Dorothy Whittam and her grandchildren, Michael and Jackie

## Reabold Cross Country

January 3, 1993

### 10K

Chris Maher	M35	36.16
Bob Schickert	M50	37.45
Wayne Robinson	M35	38.01
Bob Harrison	M50	38.27
Warren Gee	M40	38.39
R Henderson	M40	38.41
C Gillard	M40	39.01
Frank Smith	M50	39.31
G Mullins	M40	40.34
Bob Sammells	M55	40.43
Peter Sanders	M45	40.56
Anne Shaw	W40	41.16
Colin Watts	M40	42.32
Dennis Miller	M50	43.05
David James	M35	43.21
Robin Bonner	M60	43.21
Graham Thornton	M50	43.22
Jill Chambers	W40	43.29
John Pellier	M50	43.40
Kath Penton	W50	43.44
Basil Worner	M60	44.07
G Robinson	M45	44.31
Vicente Carrero	M50	45.22
Brian Jones	M60	45.33
Stan Lockwood	M60	45.36
Mitch Loly	M50	45.59
K Browne	M45	46.15
David Bryant	M45	46.16
Ted Maslen	M55	46.27
Ron Potter	M50	46.30
Merv Moyle	M65	47.16
Carol Broderick	W40	47.28
Aldo Giacomini	M55	47.50
Barrie Slinger	M50	49.22
Anne Turner	W55	52.23
John Russell	M60	53.26
Sue Sanders	W35	54.42
Alan Chambers	M55	57.21

Chris Maher	M35	27.32	Rachel West	Vis	42.48
M. VanVoorthouzen	M35	27.33	Kevin Cameron	Vis	44.30
Robert Mair	M40	30.12	John Boone	Vis	44.31
David James	M50	31.00	Damien West	Vis	46.21
Robin Bonner	M60	31.05	<b>5KM RUN</b>		
Wal Welyky	M45	31.27	Peter Hill	M40	19.40
Ken Brownlie	M45	33.38	Bryan Hardy	M45	23.30
John West	M40	34.32	John Russell	M60	25.24
Egon Jankauskas	M40	34.32	Barrie Thomsett	M50	28.43
John Yates	M45	34.49	Mary Robinson	W55	44.27
Roma Bettles	W40	38.03	<b>VISITORS</b>		
Ray Barnett	M45	40.41	Ian Tomsett	Vis	20.01
<b>VISITORS</b>			Kerenza Thomsett	Vis	28.12
Rod West	Vis	35.30	<b>5KM WALK</b>		
Colin May	Vis	40.34	Dorothy Whittam	W55	39.42
			Christine Mair	W40	39.52
			Jeff Whittam	M55	50.50
			Valerie Bonner	W50	50.51
			Jackie Blackman	Vis	48.34
			Michael Blackman	Vis	50.44

Blackman; who womanned the gate into the area.

**Toni Frank**  
**7KM Run**

<b>6.7K</b>			Rob Farrell	M50	43.02
Vic Waters	M45	26.26	Phyllis Farrell	W45	45.10
Bob Thompson	M45	26.59	Sheila Maslen	W50	45.10
Peter Airey	M55	28.59	Jackie Billington	W50	45.10
Arnold Jenkins	M45	29.05	Toni Frank	W45	49.16
Alec Holm	M45	29.17	<b>6K WALK</b>		
George Schaefer	M60	30.08	Peter Hill	M40	32.18
Simon Mort	M35	30.08	Pete Johnson	M45	34.08
Merv Jones	M50	31.49	Paul Martin	M50	35.39
Roma Bettles	W40	34.58	Rod Stewart	M50	36.54
Garnet Morgan	M65	35.00	Barry Harwood	M50	38.43
Jacqui Halberg	W45	36.38	Barrie Thomsett	M50	41.01
Ray Lawrence	M60	37.41	Bob Chalmers	M50	42.15
Joan Pellier	W50	38.29	Bill Hughes	M65	45.35
Joan Slinger	W50	38.29	Jeff Whittam	M55	45.35
Shorty Turner	M55	38.56	Dick Horsley	M80	48.14
June Strachan	W65	38.56	<b>4K WALK</b>		
Jill Midolo	W45	41.16	Tina Carrero	W45	32.55
Lorna Lauchlan	W60	41.16	Amy Loly	W30	35.00
Duncan Strachan	M70	43.02	Mary Heppell	W55	38.04

## Perry Lakes Pentathlon

January 3, 1993

Numbers this year were low. This did not prevent a very close and keen competition with less than 500 points separating the ladies, Lynne Choate winning from Dorothy Whittam. David Carr won the men's competition with a steady all round performance (and despite injury, which made his 1,500m far below best). Noteworthy performances were Lynne Choate's long jump, all the ladies 200M and Catherine Holland's discus. The mens competition saw a best javelin throw from Rob Shand, discus from Bob Fergie and a fine 200M and 1500M double by David Carr.

### RESULTS

NAME	LONG JUMP		JAVELIN		200 METRES		DISCUS	
	Dis.	Pts	Dis.	Pts	Time	Pts	Dis.	Pts
Patricia Carr W60	3.23	511	14.75	284	34.18	866	14.94	188
Lynne Choate W35	4.46	840	18.16	244	26.83	850	21.00	252
Dorothy Whittam W55	3.81	690	18.57	370	31.53	762	19.04	253
Catherine Holland W35	3.85	357	21.02	312	32.52	509	29.70	575
Rob Shand M60	3.31	229	25.03	421	44.31	0	23.74	385
David Carr M60	2.95	68	20.70	300	29.1	801	24.08	394
Bob Fergie M55	3.53	212	24.58	408	35.98	92	26.65	466
Gordon Medcalfe M60	3.37	256	18.20	230	38.79	0	20.73	300

November 11, 1992

### 800 METRES

M40 DAVID REID	2:22.7
M40 JOHN WALKER	2:27
M40 VIC WATERS	2:29
M45 BRUCE WILSON	2:19
M45 KEITH MARTIN	2:21.4
M45 GARY LYNN	2:23.7
M45 JOHN PRESSLEY	2:46.6
M50 PETER GARE	2:40
M55 ROBERT SIMPSON	2:57.1
M60 DAVID CARR	2:20
M60 ROBIN BONNER	2:45.7
M65 ALLEN TYSON	3:04
W40 MAXINE SANTICH	2:34
W50 KATH PENTON	2:47

### JAVELIN (Metres)

M45 FRANCIS LEONG	36.00
M45 KEITH MARTIN	26.62
M50 PETER GARE	33.22
M50 ROSS CALNAN	27.18
M55 JEFF WHITTAM	19.24
M60 GORDON MEDCALF	19.08
M60 ROB SHAND	25.96
M60 DAVID CARR	21.82
M65 JIM MCMILLAN	25.92
M65 ALLEN TYSON	19.54
W55 DOROTHY WHITTAM	20.60
W60 RAE MCMILLAN	16.92
W60 PAT CARR	16.04

### DISCUS (Metres)

M45 FRANCIS LEONG	31.10
M50 ROSS CALNAN	25.54
M55 JEFF WHITTAM	20.54
M60 DAVID CARR	23.16
M60 ROB SHAND	30.82
M60 GORDON MEDCALF	21.07
M65 JIM MCMILLAN	32.40
M65 ALLEN TYSON	20.47
W60 PAT CARR	14.13
W60 RAE MCMILLAN	17.32

### LONG JUMP (Metres)

M50 ROSS CALNAN	4.08
M55 NORM RICHARDS	4.74
W45 PEGGY MACLIVER	3.76
W45 JAN JOHNSON	4.45

### 100 METRES (Secs)

M40 JOHN WALKER	13.6
M40 JOHN STONE	13.9
M45 JOHN PRESSLEY	16.6
M50 ROSS CALNAN	13.9
M50 MIKE FUNGE	15.3
M55 NORM RICHARDS	13.0
M65 ALLEN TYSON	16.5
W35 ANN STINGEMORE	14.1
W45 JAN JOHNSON	14.4
W45 PEGGY MACLIVER	15.5
W55 DOROTHY WHITTAM	15.5
W60 PAT CARR	19.3

### 200 METRES

M40 JOHN WALKER	27.6
M40 JOHN STONE	29.0
M45 KEITH MARTIN	27.1
M50 PETER GARE	26.7
M50 ROD STEWART	32.1
M55 NORM RICHARDS	27.0
M65 ALLEN TYSON	34.2
W40 ANN STINGEMORE	29.3
W40 MAXINE SANTICH	32.0
W45 JAN JOHNSON	30.1
W45 PEGGY MACLIVER	31.4

## Track and Field Trials

W50 KATH PENTON	35.7
W55 DOROTHY WHITTAM	34.4
W60 PAT CARR	39.3

### 3000 METRE WALK

M50 BARRIE THOMSETT	20:17
M50 ROD STEWART	20:18
M50 MITCH LOLY	22:54
M55 JEFF WHITTAM	21:04
M60 HARRY VANCE	22:56

### 5000 METRES

M40 JOHN FERRIS	18:11
M45 BRIAN MARSLAND	17:17
M45 BOB ARGYLE	17:57
M45 BRUCE WILSON	18:53
M45 JOHN PRESSLEY	19:27
M50 BOB HARRISON	17:53
M50 DAVID ROBERTS	18:36
M50 KEITH FORDHAM	22:25
M50 MERV JONES	22:54
M55 ALLAN CHAMBERS	25:15
M60 ROBIN BONNER	20:09
M60 BRIAN PAXMAN	21:29
M60 BASIL WORNER	21:35
W40 JILL CHAMBERS	21:01
W50 MARG FORDHAM	22:15

Ninety entries into events. Eight contests. Thirteen events. All over in an hour or so. How? Jeff Bowen, Nola Medcalf, Harry Holland, Cathryn Holland and Val Bonner were the officials and many athletes assisted between their events or throws. Well done.

January 6, 1993

## McGillivray

### LONG JUMP

M50 ROSS CALNAN	4.26
M55 NORM RICHARDS	4.62
W35 LYNNE CHOATE	3.90
W45 JANET JOHNSON	4.30
W60 PAT CARR	3.13

### DISCUS

M40 CLIVE CHOATE 20.84 METRES	
M45 BRIAN FOLEY	17.28
M50 ROSS CALNAN	21.78
M50 MERV JONES	12.26
M50 PETER GARE	33.30
M50 ROD STEWART	20.98
M55 NORM RICHARDS	21.80
M55 JEFF WHITTAM	19.12
M60 ROB SHAND	29.14
M60 BASIL WORNER	16.18
M65 JIM MCMILLAN	28.32
W35 LYNNE CHOATE	20.98
W60 PAT CARR	14.90
W65 RAE MCMILLAN	17.72 *

### 100 METRES

M40 CLIVE CHOATE	13.3
M45 BRIAN FOLEY	14.8
M45 VIC WATERS	14.9
M50 ROSS CALNAN	13.7
M50 ROD STEWART	15.5
M50 BIA DEVINE	15.8

M50 MERV JONES	17.4
M50 BARRIE THOMSETT	19.6
M55 NORM RICHARDS	12.9

AND 13.4

M55 ALAN CHAMBERS	17.5
M55 GORDON FLORENCE	18.2
M60 BASIL WORNER	16.1
W35 LYNNE CHOATE	13.0

AND 13.4

W40 CAROL BRODERICK	16.5
W40 JILL CHAMBERS	15.6
W45 JANET JOHNSON	14.1

AND 15.5

W45 JACKIE HALBERG	17.11
W50 WENDY CLEMENTS	18.1
W55 DOROTHY WHITTAM	14.9
W60 PATRICIA CARR	16.7

### 1000 METRE WALK

M50 ROD STEWART	5:31
M50 BARRIE THOMSETT	6:04
M55 MIKE COUSINS	6:09
M55 JEFF WHITTAM	6:46
W55 DOROTHY WHITTAM	6:26

### 1000 METRE RUN

M40 DAVID REID	2:57.6
M40 JOHN MOLLOY	3:03.2
M40 CLIVE CHOATE	3:12.4
M45 BRIAN FOLEY	3:03.3
M45 VIC WATERS	3:04
M50 ROD STEWART	3:52.5
M50 MERV JONES	3:56.7
M50 BRIAN DEVINE	4:35.2
M50 BARRIE THOMSETT	4:57.2
M50 DON CAPLIN	3:13.3
M55 MIKE COUSINS	3:22.9
M55 ALAN CHAMBERS	4:15
M55 GORDON FLORENCE	4:35.3
M60 BASIL WARNER	3:36.9
M60 ROBIN BONNER	3:23
W40 CAROL BRODERICK	4:05.8
W40 JILL CHAMBERS	3:26.8
W45 JACKIE HALBERG	4:14.3
W50 WENDY CLEMENTS	4.19

November 14, 1992

## AAWA - Perry Lakes

M35 P. Woo	Ple/V	3.80M
M35 S. Kilburn	800	2:13.5
M40 D. McCauley	800	2:06.6
M40 D. McCauley	200	26.1
M45 B. Foley	800	2:17.5
M45 B. Foley	1500	4:55
M60 D. Carr	800	2:15.5

(Aust. Rec.)

W35 D. Whittam	3000 W	19:25
W55 D. Whittam	Hamm.	23.46M

January 9, 1993

## AAWA - Perry Lakes

W35 Lynne Choate	200M	26.4
Wind Assist. Discus		19.96M
M40 David Reid	2000 Steep	10:54
M50 David Clive	200M	25.00
Wind Assist.		
M60 David Carr	400	59.5*SR



# WA VETERANS TRACK AND FIELD CHAMPIONSHIPS, 1993

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 year 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 March 28.

WEDNESDAY	SUNDAY	SATURDAY	SUNDAY
March 17	March 21	March 27	March 28
6.00pm	8.00am	12.00	12.00
Venue	Venue	Venue	Venue
McGillivray Oval	McGillivray Oval	Coker Park	Coker Park
Steeplechase	10,000	Sprint Hurdles	Intermediate Hurdles
	5000 walk	100, 400, 1500	200, 800, 5000
	Pentathlon	2000 Walk	3000 walk
		Long jump	Triple jump,
		Shot/javelin	High jump,
			Hammer/Discus

Entries close Sunday 15th March. Late entries will be accepted only if places are available.  
Pole vaulters please contact David Carr.

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

**FEES: \$6.00** (covers all events entered,  
programme book and place certificates)

**ENTRIES** to David Carr, 46A Coldwells Street, Bicton 6157. Telephone 339 8289  
**CHEQUES** payable to WAVAC

SURNAME: GIVEN NAMES \_\_\_\_\_

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

## Notice Board

### WELLINGTON MILLS

Four houses, each accommodating ten people, have been booked.

Cost is \$15 per head for three nights, and this is for the long weekend at the beginning of March.

Money with application please, to vice-pres. Sandi Hodge.



### Course Measurement

The Jones Counter is an instrument easily fitted to a cycle and used for measuring road courses. This is the only officially recognized method. Using the system requires some training, but by reading instructions and doing a little practice, anyone can improve the accuracy of our current courses.

The club has three Jones

Counters. Rob Farrell has been using one. David Carr and Brian Danby have the others. Bob Braid, Steve Barrie and Terry Jones are qualified measurers. Ian Stewart and David Carr have some knowledge.

The Club has a new measuring wheel ('walk the dog' system). This is useful for cross country or as a rough guide to road distance. You could be a couple hundred metres out in 10,000 metres, but which way you will not know. Borrow it from property man Brian Danby.

### Through the chute - into Vetrin

For various reasons, we return to base in a time which does not reflect our form or ability (injured, off course, run with a friend, having an easy day, lap short, lap too many)

The time is then of no significance. Do we need our names and these times in the result "The Vetrin" and the handicapper's records?

Some runners, aware of the confusion their odd times could cause, shout clarification to the timekeeper or disc official (I walked, ran with John, stopped at the toilet, cut the hilly bit out, did an extra lap). This is thoughtful, but neither of these officials is in a position to do anything with the information.

Why not pull out 100 metres before the chute?

DC

In his poetic fashion, David makes a valid point.

We all complain about our handicaps, but 'phoney' results make the handicapper's job all the harder.

If your time is going to be 'odd' for some reason, it might be wise to 'fail to finish'. With no time recorded, your handicap will be unaffected.

### Christmas Messages?

This year, Margaret Birks and I experimented, and did NOT hustle for messages at the Sunday morning runs.

Consequently - just one club member sent his good wishes to all and sundry.

Thankyou, Leo. Your card from New Zealand was gratefully received, and displayed at Tom Savin's Kings Park Run.

### 4th Australian Masters Games

**Perth - April 24/May 2**

Registration and entry forms are now available from: PO Box 1993, Wembley, WA 6014. Phone Hotline - 619 -441 8222.

Athletics events run from April 29 to May 2, when there will be a 5 or 10K fun run from Burswood. There may also be a half marathon, on April 26. More information will be published next month - or may be obtained from the number above.

### MEASUREMENT TRIVIA

An ant running along Floreat Beach has to contend with the ups and downs and footmarks, and travels twice as far as a runner. Joe Record and Cliff Young are planning a road race around Australia, each going in the opposite direction, running on the right hand side of the road. They will set off in October and for safety reasons run only in daylight. How much advantage will Cliff get by going clockwise?

## The Vetrin

Vetrin 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

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

Phone: 341 3464 (H)  
Fax: 388 1510

DEADLINE:  
for next issue - February 15

### '91 WOMENS RUN - NO PB'S!

Recent staging of the Womens Run prompted your committee to re-measure the course. Sure enough, it's spot on 7.1K.

Last year's actual times (see Vetrin 234, May '92) made some of us think the course was short. In fact, the shortcoming was on the part of the recording equipment.

So, delete your PB's. I didn't run 3:30 per K; Bob Schickert didn't quite make 3min K's either! Your time was probably shown around four minutes faster than you actually ran.

Full marks to director Jill Midolo for some creative accounting.

This year's run suffered no problems - results will follow soon.  
VW

### ALL THE BEST

To Karen Gobby, enjoying a well-earned retirement from gut-busting competition. Great, Karen. Perhaps we'll see you at our own Champs?

Steve Barrie, recovering from heart bypass surgery. We all hope to see the back of you on the track again soon, Steve.

Bill Crellin, who's present illness has forced him to hand over secretarial duties to welcome volunteer Irene Ferris. Please call any committee member with any secretarial queries, and we'll pass them on.

...and BON VOYAGE to Maxine Santich, whose departure for a year-long course in jungle survival and guerrilla warfare in Indonesia will make our Sunday meetings just a little less bright and cheerful.



## From the committee...

In future, all new Perpetual trophies must be approved by a full committee meeting before being launched.

Election time is approaching. Please start thinking about standing for office, or canvassing those you think may want to do so. Approach the committee with any queries, on eligibility and so on. The same procedure applies to life membership considerations.

## Certificate Back-log

Most winners and placers at our State Championships never collect their certificates.

We spend money on printing them, typing them, filing them - mostly for nothing.

This year, certificates will be available on request.

Wait for your result (published in Vetrunk) then contact the committee to request a certificate, which will be gladly supplied.

## Miyazaki

If you would like to attend a meeting with the representative of International Sports Tours, official agents for the World Games travel package, contact secretary Brian Foley, who is investigating the possibility of such a meeting.

## AAVA Meeting Melbourne 29th August 1992

President: Stan Perkins - Queensland  
Secretary: Dot Browne - Victoria  
Treasurer: Tom Hishon - Queensland

INCOME	
Capitation Fees	
NSW	\$ 1104.00
Victoria	\$ 4581.00
(only paid \$2 per head)	
Queensland	\$ 1131.00
Tasmania	\$ 771.00
South Australia	\$ 447.00
W.A.	\$ 1152.00
ACT	\$ 1350.00
Total	\$10,716.00
Uniform Sales Profit	\$ 194.00
Donations	\$ 200.00
Interest	\$ 178.26
TOTAL	\$11,288.26
EXPENDITURE	
Statistical Expenses	\$ 229.77
Air Fares	\$ 897.00

## JACK COLLINS 1911-1993

Jack was perhaps the most resolute person in the club.

Born in England and following a career in India, he eventually chose Perth for his retirement. Always physically active, he had played soccer in his fifties. His speed on the soccer pitch carried over to the 100 metres (M60 15.1) Those gold spikes made history. Who else aged 60 was buying track shoes in 1974? He ran the longer events, too. Called himself the "chopping bloke" once. Said that as members joined us they became fit in a few weeks and could pass him. Never a shy man, he would admonish a lap counter with the claim that he ran his laps in 2 minutes. If the clock said fifty minutes, he had finished his 10,000 metres.

As the first treasurer he was as conscientious as a bank auditor, though the initial ten subscriptions of two dollars gave little inkling of what was to come.

Jack developed a hip problem. He had a replacement and was told not to run or race-walk. He took to swimming, but although he was proficient, it did not satisfy his competitive urge or love of athletics. So, he became a race walker. He had a file of literature on the conflicting medical opinions and empirical evidence on the effects of sport on artificial joints.

In recent years, he has been a remarkably consistent walker. Be the event training or racing, 1500m metres or 20,000 metres, he would cover each kilometre in about seven and a half minutes. He was at Perry lakes nearly every Tuesday and Thursday and seldom missed a Sunday event.

We had more home runs in the early days. Jack's was special. We had a run in the nearby park and then went to the gymnasium in Floreat where he was relief manager (the gym was not open to the public on Sundays) for swimming and drinks.

His membership was marked with pride and loyalty. He developed firm friendships within the club.

Jack coped wonderfully with his health problems. His concern was for his wife Ethel; he worried that he could not help her enough.

If you did not meet Jack until recently you need to know that he was the man with the cheerful personality and the ready smile. That is how we will remember him.

He leaves a wife, Ethel. We hope she shares some of our happy memories.

Life member, founding member, committee man and athlete. Farewell, Jack. D.C.

proposed position of Executive Director/Administrator by the executive or such other appropriate agency approved by the executive.

Moved by Queensland seconded by Tasmania - Motion carried

Motion: - That the AAVAC produce a one or two page report on a regular basis to be sent to State bodies for inclusion in their newsletters.

Moved by ACT seconded by NSW - Motion carried

Motion: - That any future recommended increases in capitation fees be submitted to all States and Territories for their consideration before being voted upon by the AAVAC council.

Moved - Western Australia seconded New South Wales - Motion carried.

## NEW MEMBERS

### Welcome to

Brian Devine M50  
Lynne Meakins W40  
Rod Jurich M40  
Richard Matthews M40  
Brenda Matthews W40

### Notices of Motion

Motion: - That the AAVAC accept responsibility for the continued production of The Veteran Athlete Newspaper - Moved by Queensland - Motion lapsed as no seconder

Motion: - That the AAVAC approve the creation of the position of Executive Director/Admin - Moved by Queensland seconded by Victoria

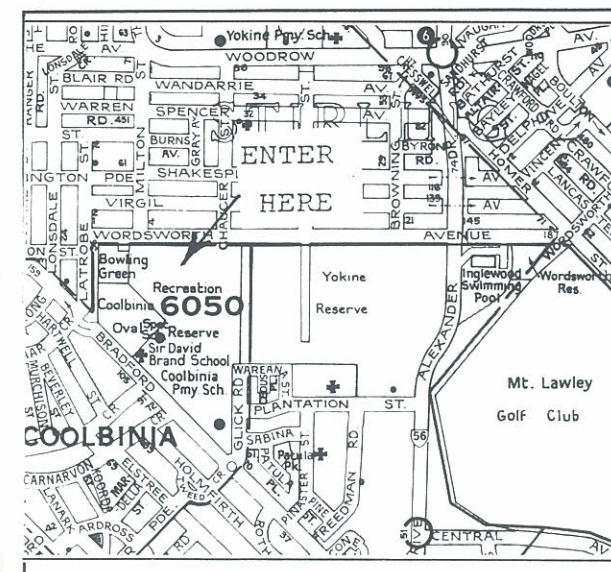
Motion: - That a job description and statement of duties be prepared for the

# Deadly Medley Relay

## January 31, 7.30am

## Yokine Reserve

A teams race for runners and walkers. This is one of the Club's main team events for the year. We have teams of four and, in order to help us get the teams as even as possible, we ask members to enter before the day.



## THE VENUE

Yokine Reserve, Wordsworth Avenue, Coolbinia (Entry near Chaucer Street)

## DEADLY MEDLEY ENTRY FORM

Names(s) \_\_\_\_\_ (runner) (walker)

\_\_\_\_\_ (runner) (walker)

Please return to Kath or Basil BEFORE JANUARY 28, 1993. You can turn up on the day if you like, but you will not be eligible to win a prize.

## HOW TO ENTER

### Runners:

- Would you 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 28

### Walkers:

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

BEFORE JANUARY 28

## THE RACE

### Runners:

A team consists of 4 runners. Two runners run 2kms and 2 runners run 1km - and each runner runs twice over the same distance!

### Walkers:

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

## HONOLULU

8th Annual Fire Fighters 5.3 miles Fun Run/Walk Sunday 20th September 1992. Conditions:- HOT, HUMID and SUNNY 90 F.

Over 5,000 runners, walkers and wheelchairs lined up for the start of the Annual Fun Run, which aids Kapiolani Childrens Hospital in Honolulu. US\$30,000.00 was raised.

The Fun Run started on Kalalaua Avenue, then proceeded to Waikiki Beach and around Diamond Head Crater before finishing at Kapiolani Park.

Wheelchair contestants set off with a fantastic send off, 5 minutes later the

main pack of runners got away followed by the walkers. I settled into what I thought would be a good pace, but after turning to go around Diamond Head Crater, we were faced with a steady hill that seemed to go on for ever, as we turned right there was a flat sector which did not last very long, more hills, both short and steep were awaiting us. Believe me, the hills were starting to take their toll (or was it all the good food and relaxed life of being on holidays?)

All the other runners were great with plenty of encouragement along the way. The route was scenic and the views were unbelievably breathtaking. At last it's down hill and the finish line is getting closer, but it's also getting

hotter, I can hear the spectators applauding and cheering. I'm nearly there, I keep telling myself. I've made it, HOORAY!!! Time of 42.23, not the best time but I am on holidays.

Refreshments were waiting for all the runners, what a wonderful spread of Tropical Fruits, all kinds of drinks and other good things to eat. Rock/Pop Groups entertained until the awards were handed out.

My wife and myself met another competitor Graeme Lambert (WA Marathon Club) after the run.

### Stuart Parkinson

Next year's Run is on 26th September 1993. If anyone needs a contact name and phone number in Honolulu, please contact me on (09) 459 0110.