



# The Vetruns



No. 292 January 1998

Patron: Bill Hughes

President: Brian Foley

Editor: Richard Harris 9 457 6102



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## RUNNING MATES

### Vic & Jacki Beaumont

**This month's running mates – meet Vic and Jacki Beaumont, both born in Rochester, Kent, UK.**

As a child, Vic was an asthmatic and attended a special open air school where at times he slept.

Jacki played rounders and was school captain of the netball team.

At 17 Vic joined the Naval Canteen Service and his first trip out was to Hong Kong. Later he did National Service in the Air Force where he played his first sport.

The Beaumonts met at work, Vic an electrical fitter, Jacki in the office of a local paper mill. They have two boys both married, and one granddaughter. Simon, the elder, as a youngster, ran with the Vets and went on to be an excellent triathlete.

The Beaumonts came to Perth in 1969 and love living in Australia. They joined the Vets in 1983.

Some of Jacki and Vic's fondest memories with the Vets are the training and running of the London Marathon. A group of us went in 1987, and a couple of long training runs, one at Wellington Mills with Keith Forden (I can hear Keith's voice "must have been a bloody long time ago" –JP) and a half

## OFFICIALS

### 1998 WAVAC STATE CHAMPIONSHIPS

The Veterans Club seeks your support for our annual championships.

Could you act as an official for some of these sessions at Coker Park –

\* Sunday March 22: 8.30 am to 12.15 pm – Pentathlon

\* Friday March 27: 5.30 pm to 7.30 pm – Hammer

\* Friday March 27: 7 pm to 9 pm : 5000m Walk, 10 000m

\* Saturday March 28: 8 am to 1 pm – Weight pentathlon

\* Sunday March 29: 8.45 am to 2 pm – Track, Jumps, Throws, Walks.

Please indicate on the tear off slip below when you are able to help, and in what area.

**Thank you – we appreciate your help.**

Please return this form to David Carr, 46a Coldwells St, Bicton 6157 or phone 9339 8289.

I can help on –  
Sunday March 22-Pentathlon

Friday March 27 – Hammer

Friday March 27 –5000m W,  
10 000m

Saturday March 28 – Weight  
pentathlon

Saturday March 28 – Track,  
jumps, throws, walks

Sunday March 29 – Track,  
jumps, throws, walks.



marathon with Peg McIver at Tone River Camp.

**How did they hear about the Vets?**

**Vic:** Fraser Deanus gave him a running program – this brought him along.

**Jacki:** Bob Sammells encouraged everyone to do an event at State Champs so walking was the only one I could do.

**What they like about Vets. Vic:**

Friendliness. **Jacki:** Unbiased friendliness.

**Any Changes? Vic:** Not a thing.

**Jacki:** Fine.

**Favourite Run, Vic:** Bunbury Half,

Road Running Champs. **Jacki:**

Kings Park.

**Favourite Distance, Vic:** 10 km, half marathon. **Jacki:** 5 km.

**Hobbies, Vic:** photography, gardening – not enough time – but loves fishing and bushwalking.

**Jacki:** pottery and baby gazing.

**Favourite food, Vic:** Baked beans on toast (food of the Gods). **Jacki:** Wedges and sour cream.

**Most pleasing performance, Vic:** 3 hr 30 min in Marathon at World Vets in Melbourne. **Jacki:** walking Bunbury Half marathon.

**Ambition in running, Vic:** to run a marathon at 70 with Peter Davies.

**Jacki:** To live and annoy the kids (and I think lots more baby gazing, as long as possible).

**Pet Hate, Vic:** inconsiderate people.

**Jacki:** Norm Miller moving the table while I'm talking to Joan.

**Favourite TV, Vic:** The Bill. **Jacki:** Heart beat.

**Favourite film, Vic:** Full Monty.

**Jacki:** Any Doris Day movie.

## PERRY LAKES

**8 km handicap run**

**6 km sealed h'cap walk**

**December 14 1997**

To be sure, to be sure, if anyone deserves a halo it's the handicapper! D'you mean to say he doesn't even take injuries into account? How can he do this to me?

Isn't it great to have handicappers with the appearance and authority of Spanish Dukes.

Real crisp breeze for such an early start.

Huge thanks to helpers: Leo Hassam, Rob Shand, Sue Vetter, Emma Vetten, Garnet Morgan.

8 km run	time	h'cap
John Pressley M50	44.44	11.40
Graham Thornton M55	46.17	10.10
Wendy Duncan W45	47.11	7.45
Jenny Barnes W45	47.13	7.00
Doug Hazell M45	47.38	13.05
Ray Hall M60	47.38	7.00
Sue Zlnay W35	47.44	15.15
Trevor Brown M55	47.53	7.00
Brian Smith M55	47.55	9.20
Jackie Halberg W50	48.02	5.45
Jim Klinge M50	48.05	17.35
David Carr M65	48.09	14.15
Mike Karra M30	48.11	16.10
Shirley Bell W45	48.12	8.30
John Russell M65	48.16	5.30
Brian Bennett M50	48.17	14.24
Paul Martin M55	48.20	14.00
Wendy Clements W55	48.23	3.55
Ian Davies M50	48.29	16.50
Eileen Brown W50	48.31	0.00
Jo Pearce W45	48.32	7.45
Dalton Moffett M65	48.34	7.45
Val Millard W50	48.35	5.55
Stan Lockwood M65	48.37	10.35
Doug Ashfield M40	48.40	15.40
Arnold Jenkins M50	48.45	8.30
Gareth Brunt M45	48.47	31.57
Gary Fischer M45	48.48	17.10
Greg Salter M40	48.54	18.45
Bob Schickert M55	49.05	17.00
Irene Ferris W45	49.05	4.45
Alan Jennings M55	49.12	13.15
Paul Hughes M45	49.33	15.40
Brian Holmes M60	49.35	7.45
Brian Danby M45	49.42	16.15
Joan Pellier W55	49.46	4.45
Keith Atkinson M40	49.51	13.15
Richard Harris M60	49.51	11.10
Milton Mavrick M40	49.54	14.50
Brian Hunter M50	49.56	9.20
John Pellier M55	49.58	11.40
Marg Forden W55	50.02	10.55
Brian Aldrich M65	50.11	4.45
Vic Waters M50	50.13	15.55
Stuart Parkinson M50	50.18	10.55
Frank Smith M55	50.25	17.55
Peter Hill M45	50.35	12.25
Merv Jones M55	50.50	7.45
Rosa Davis W50	51.26	0.40
Suzan Brand W50	51.55	0.00
Ken Whistler M65	52.35	9.50
Mike Rhodes M50	53.15	10.55
Sheila Maslen W55	53.23	0.00
George Schaefer M60	53.24	11.40
Jim Barnes M50	53.30	14.40
Don Caplin M55	53.31	16.25
Vic Beaumont M65	54.02	9.20

Craig Watson M40	55.42	5.55
Marg Bennett W55	56.16	0.00
Garnet Morgan M70	63.14	4.00
Glenys Shanahan W70	64.23	0.00

6 km sealed handicap walk		
Barrie Thomsett M55	50.45	10.00
Barry Weatherburn M50	52.09	12.00
David Brown M50	52.15	12.00
Lynne Schickert W55	52.49	8.30
Michele Mison W50	52.49	10.00
Dawn Styles W60	53.40	4.30
Maggie Flanders W60	53.56	1.30
Jeff Whittam M60	54.15	5.00
Allen Tyson M70	56.19	5.00
Pamela Smith W55	61.34	5.00
Alan Pomery M65	61.35	5.00

## COPY FOR THE VETRAN

Results and copy items can be posted directly to Richard Harris at Cosmelia Way, Parkwood WA 6147 Ph. 9457 6102 or see at regular Sunday runs.

## CANNING CAPER RUN November 30 1997

A warm and humid day. Thanks to helpers, Wendy and Jeff Spencer, Val Millard, Val Wheeler, Gary Fisher, Pat Ainsworth, Margaret Bennett, Leo Hassam, John Mison – in place of a sick Michelle. - Lynne and Bob Schickert.

6km		
Ian Davies	M50	22.41
Ivan Brown	M50	24.07
Brian Foley	M50	25.09
David Carr	M65	25.37
Jim Barnes	M50	28.51
Bruce Wilson*	M50	29.38
Peter Airey	M60	29.30
Bob Sammells	M60	29.32
Ray Hall	M60	29.42
George Innes	M60	29.44
Ray Lawrence	M65	31.56
Joan Pellier	W55	32.06
Vic Beaumont	M65	32.17
Margaret Warren	W60	33.14
Wendy Clements	W55	33.12
Craig Watson	M40	36.20
Denise Lancaster	W45	36.26
Phyllis Farrell	W50	37.16
Ron Spencer	M55	39.50
Jan Jarvis	W50	37.19



Kirt Johnson	M65	38.00
Rosa Davis	W50	38.04
Suzan Brand	W50	39.10
Sheila Maslen	W55	39.39
Mary Heppell	W60	39.56
Ray Barnett	M50	40.12
Allen Tyson	M70	40.44
Lorna Lauchlan*	W60	43.05
Sue Lloyd	W45	43.40
Eileen Brown	W50	43.51
Margaret Taylor	W45	45.37
Frank Usher	M69	45.56
Glynis Shanahan	W70	46.13

\* Late Start

#### 6km walk

Barry Weatherburn	M50	40.56
Jill Midolo	W50	44.58
Dorothy Whittam	W60	45.20
Alan Pomery	M65	48.54
Rex Bruce	M55	49.43
Dawn Styles	W60	50.04
Ernie Moyle	M70	50.04
Maggie Flanders	W60	54.28
Fred Watson	M75	64.11

#### 10km walk

Dick Blom	M60	75.27
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#### 10km run

Gareth Brunt	M45	39.38
Mike Szalek	M35	40.23
Dave Roberts	M55	40.36
Bob Thomson	M50	40.45
Brian Danby	M45	41.26
Milton Mavrick	M40	41.37
Paul Martin	M55	42.28
Paul Hughes	M45	43.38
Doug Hazell	M45	43.41
Brian Bennett	M50	43.44
Don Caplin	M55	43.58
Alan Jennings	M55	44.28
Robin King	W35	44.51
Mike Anderson	M45	46.43
Simon Mort	M40	48.02
Graham Thornton	M55	49.13
Stuart Parkinson	M50	49.31
John Pellier	M55	50.04
Marg Robinson	W55	50.27
Brian Smith	M55	50.51
Arnold Jenkins	M50	51.12
Shirley Bell	W45	51.42
Trevor Brown	M55	52.32
Dalton Moffat	M65	52.32
Jackie Halberg	W50	53.25
Merv Jones	M55	53.49
Wendy Duncan	W45	54.21
Jo Pearce	W45	54.21
John Smith	M60	54.23
Irene Ferris	W45	54.43
Gary Branche	M45	55.00

Maurice Warren	M60	55.03
Roma Barnett	W45	55.43
John Russell	M60	56.32
Keith Atkinson*	M40	57.44
Brian Palmer	M50	58.13
Bill Meharry	M45	64.03

#### Visitors

#### 6km run

Bill Jones	22.43
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#### 6km walk

Barry O'Sullivan	38.07
Pauline Ryan	38.14

#### 10 km run

Aileen Reed	W35	57.00
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## Records by our people

Further to our article in last month's Vetrin, here is a list of present and former club members who hold current World and/or Australian records-

Eileen Hindle

Kath Holland

Anne Shaw

Val Tyson

Pat Carr

Snow McSwain

Lynne Choate

Tessa Brockwell

Karen Goby

David Carr

Keith Wheeler

Mike Edwards

John Gilmour

Johann Sanders

Jim Langford

Murray Tolbert

Paul Woo

Syd Coleman

Gavin Hames

Richard Brown

Greg Vander Sanden

Peter Gare

Fred Watson

Garry Hastie

George Audley

#### New State records so far this year:

##### 200m

David Clive	M60	26.00
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##### 400m

David Carr	M65	61.60
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Pat Carr	W65	87.00
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#### Long jump

David Clive	M60	4.82m
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#### Shot Putt

John Cochrane	M60	10.54m
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1000m
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David Carr	M65	3:28.2
Peggy MacIver	W50	3:49.6

#### 1000m Walk

Ray Hall	M60	5:52.9
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Lorna Lauchlan	W65	6:49.8
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Allen Tyson	M70	6:56.9
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Fred Watson	M75	8:05.3
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#### 3000m run

Noela Medcalf	W60	16:22.9
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Pat Carr	W65	18:05.3
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Glenice Shanahan	W70	20:59.7
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#### 10km road run

Stephen Dunn	M30	36.42
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Ann Turner	W60	52.09
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#### 16km road run

Stephen Dunn	M30	61.46
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Marge Forden	W55	78.28
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Merv Moyle	M70	83.00
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Ann Turner	W60	88.08
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Arthur leggett	M75	100.50
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#### 25km road run

Stephen Dunn	M30	1:44.4
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Ann Turner	W60	2:22.37
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#### Heavy Weight

Eileen Hindle	7.86 m
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#### Marathon

Anne Shaw	W45	3:01.19
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Marge Forden	W55	3:45.21
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#### Letter to the editor

## HALF EATEN STICKY

## BUN TO FINISH

I was interested in the article on nutrition by Ray Hall in the last Vetrin and would like to have a say on the subject.

Four and a half years ago, at the age of 62, I had an operation to remove a tumour - the size of a mandarin, so the surgeon said - from my colon as well as nine nodes on the lymph gland, six of which were malignant. After attending the Oncology clinic at Sir Charles Gairdner Hospital, I agreed to a year of chemotherapy. Shortly after I spent a weekend at a camp for cancer patients where talks were given on all types of treatment, oncology, antioxidants, evening primrose oil, omega E, mediation, exercise, the lot.

I decided I would stay with chemotherapy and my usual diet of fresh



fruits and vegetables, eating a bit more fish with red meats and alcohol in moderation. Many of those who took the alternative medicines are dead whereas some like myself are alive and well.

What does this prove, you may well ask, and I don't honestly know except I could have spent a lot of money on alternative medicines and the only people to benefit would have been to have made some modern day witchdoctor richer. As the late Wolfe Segal of UWA wrote in the book on Food and Nutrition - "There's Gold In Them Thar Pills."

Grain Munchers would do well to read an article of a few months ago on the blocking of the absorption of iron into the body by certain cereals. Another interesting item was where the CSIRO found in antioxidant units per serve red wine, plums and tea had 1500, beer 400 and carrots 50. Of course, you could eat 30 serves of carrots and end up with yellow skin like one man I know but he still had to go into hospital for further treatment for prostate cancer.

In the heady days of the first people's marathon, when 30 or so used to run to Freo and back, everyone was getting PBs but we just put it down to more training and dedication. It wasn't until later when Pritikin Diet came in that I can remember anyone discussing diets. It was even popular to stuff pastries for carbo loading.

Many years ago I sat next to Rob de Castella at a Marathon Club dinner. When the desserts arrived he said he was on a sea food diet - see food and eat it - and promptly ate his and his wife's and he wasn't a bad sort of a runner!

My attitude is if you believe in it, go for it but who do you believe? Must close, I have a half eaten sticky bun to finish - yummy yummy. - Mike Berry.

*Editor: The reason I asked Ray Hall to write a piece for The Vetrin was that he has picked up and looks good - has a sort of glow about him. Ray puts this down to careful attention to his diet. Some men get this look from just being happy - eg finding a new woman who loves them and encourages them. There are many aspects of the truth. Food intake has to be one of them. As for the comment on red wine, I often remember high*

*school French, where we used to recite "le bon baron blanc boit du beau bordeaux." I would guess from his description, the baron had A positive blood and the dry red was perfect for him. I myself am O positive and thrive on an acid white. Though I must confess I bought a case of Killberby's shiraz before Christmas and find it brilliant. Readers' ideas on food and training are most welcome.- Richard Harris.*

## Lake Leschenaultia Run Boxing Day

**Only the true die-hards turned out for the run this year, the hottest Boxing Day on record. For the first time, Vets outnumbered orienteers.**

Despite the heat, sand, ants and march flies, eleven runners completed the run, then enjoyed a swim in the lake and the post-run barbie afterwards. My thanks again to Peter and Judy Hill, helped also by another friend, Lyn Stoltze. With their help, it is an easy run to set up. The hardest thing this year was leaving the air conditioned house in the heat of the day. - Toni Frank.

### 7km run

Tony Whittaker	Vis	31.22
Peter Hill	M45	34.40
Mick Cousins	vis	37.40
John Russell	M65	42.06
Jackie Halberg	W50	44.10
Shirley Bell	W45	70.34*
(*Succumbed to the heat and strolled around the course)		

### 5km run

Ian Davies	M50	19.45
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### 5km walk

Lyn Stoltze	Vis	43.15
Dorothy Whittam	W60	43.43
Barrie Thomsett	M55	43.45
Jeffery Whittam	M60	44.29

## RIB RUN

November 9 1997

**Luckily we started at 7.30am as it was another warm morning with a good number of runners and walkers turning up.**

The course was modified to make it an even 5K and a 9.1K. If we can find another nook in the reserve we will try and make it a 10K next year. This is proving to be a popular run as it is safe and off the roads with picturesque views of the lake and birdlife.

Once again thanks to all our helpers they certainly looked cooler than the participants and the run would never be successful without them. See you next year. - Roma, Irene, Brian (RIB)

### 5K

David Willmer	M40	18:06
Ian Davies	M50	18:19
Mike Kanra	M30	18:59
Ian Lankester	M45	19:53
Blakeney Tindall	M35	20:06
Paul Martin	M55	20:14
Doug Hazell	M45	20:25
Barbara Wilson	W45	20:28
Brian Foley	M50	20:48
John Brambley	M55	21:27
Mike Anderson	M45	21:47
David Carr	M65	22:13
Simone Solomon	W30	22:57
Mike Rhodes	M50	23:09
Gerry Prewett	M40	23:50
Bob Sammells	M60	24:09
Shirley Bell	W45	24:33
Aldo Giacomini	M60	24:50
Ray Hall	M60	25:47
Gary Branche	M45	25:55
Wendy Clements	W55	25:59
Joan Pellier	W55	26:22
Ray Lawrence	M65	27:44
Kirt Johnson	M65	28:51
Allen Tyson	M70	29:02
Noela Taylor	W60	29:49
Keith Forden	M55	31:08
Margaret Bennett	W55	31:32
Rosa Davis	W50	32:05
Garnett Morgan	M70	32:12
Mike Johnson	M45	32:37
Mary Heppell	W60	32:47
Sheila Maslen	W55	33:52
Sue Lloyd	W45	35:05
Glenice Shanahan	W70	37:05
Frank Usher	M70	37:44
Margaret Taylor	W45	38:13

### 9.1K

Jim Langford	M50	31:44
Ross Parker	M45	33:06
Tony Heppener	M45	33:18



Brendan Phillips M30	34:04
Jim Klinge M50	34:20
Frank Smith M55	35:17
Gary Fisher M45	35:24
Doug Ashfield M40	37:59
Bob Schickert W55	38:12
John Bell M50	38:24
Brian Danby M45	38:30
Milton Mavrick M40	39:38
Vic Waters M50	39:40
Mitch Loly M55	39:50
Alan Jennings M55	39:53
Jan Kelly W40	39:57
Ken Brownlie M50	40:35
Colin Watts M45	40:37
Paul Kelly M40	40:56
Margaret Birks W50	41:35
John Pellier M55	42:05
Marg Forden W55	43:32
Carol Broderick W45	43:47
Brian Bennett M50	44:42
Dalton Moffett M65	45:42
Brian Smith M55	45:43
Arnold Jenkins M50	46:10
Graham Thornton M55	46:56
Wendy Duncan W45	47:11
Merv Jones M55	48:15
Ken Whistler M65	48:39
John Russell M60	48:53
Trevor Brown M55	49:13
Vic Beaumont M65	49:23
Jackie Halberg W50	49:42
Brian Palmer M50	51:44
Val Millard W50	51:45
Eileen Brown W50	54:22

#### 9.1K Walk

John Mison M50	49:04
David Brown M50	61:13
Michele Mison W50	64:59
Jill Midolo W50	68:48

#### 5K Walk

Bob Fergie M60	33:35
Barry Thomsett M55	34:36
Lesley Romeo W50	36:14
Lynne Schickert W55	36:29
Dorothy Whittam W60	36:56
Val Wheeler W65	40:29
Jeff Whittam M60	40:30
Alan Pomery M65	40:33
Pam Smith W55	40:42
Pat Ainsworth W60	40:44
Maggie Flanders W60	43:13
Fred Watson M75	45:28

#### VISITORS

9.1k	
Chris Kowalski	39:10
Gareth Cox	40:32
Gary Carroll	42:08
Keryn Clark	47:14

Paula Kanra	50:54
Alan Cox	56:15
5k	
Gary Glover	19:37
Ian Thomsett	21:49
George Innes	24:38
Bill Meharry	28:12
Grahame Rowland	32:06

#### 5k walk

Dawn Styles	43:04
Lyn Stoltze	43:17
Robyn Scott	43:18

### Barrie rides again....

### Eyre Highway – The Return Journey

As I cycled into Norseman three weeks after leaving Adelaide on November 30 1996, I promised myself that I would someday cycle across the Eyre Highway without the backing of support vehicles. As wonderful and kind had been my companions on that journey I needed to be reliant only on my own resources. Little did I know that just 11 months later, with Ray Hopper, a friend from the Over 55 Cycle club and former Telecom workmate, we would farewell our friends and family as we embarked on a 46 day, 4415 kilometre crossing.

The journey we undertook is becoming fairly common place. At least once a week, during the cooler months, one or two cyclists make the crossing. It seems many of them are from Japan, according to the road house employees. The lasting impression is that they are well liked, being polite, careful and well prepared. This, it seems, is the key to any adventure by bicycle in Australia.

Seeing the Eyre Highway from the seat of a bicycle gives it an aspect that is entirely different to the bitumen strip one sees from the safety of a modern motor vehicle. It's ever changing ecology, the vastness of the plains and varied wildlife make it a very special part of Australia. A bicycle crossing has its inherent hazards. However, you can greatly reduce this risk by careful planning and common sense.

### "THE DIE WAS CAST"

One week into our journey, after a general overhaul of our gear, we headed towards Balladonia 190km to the east. We made Newman Rocks 50km west of our destination and set up camp in a delightful picnic area 400m off the road and watched the sun set on our first night out on the highway. During the next fortnight we spent more memorable nights either at a road house or under the stars, but that first night will always be something very special.

### "Such is the Nullarbor"

As we neared Nullarbor Road House, a wind shift in the ungodly hours threatened to deposit all and sundry over the Nullarbor cliffs and take whale watching to a new dimension. Yet, next morning, I was indeed able to enjoy a coffee and watch a whale over breakfast.

By the start of our third week we had left Ceduna and embarked on a four day ride across the Eyre Peninsula. Despite my recollections of a rather barren and deserted road, this was a pleasant part of our journey. The weather was, as usual, fickle but the people and places were wonderful. If you should ever pass through Poocheera, look up Darryl, the local policeman and you will get to meet his family, both human and camel. Yes, to Darryl, a camel is indeed man's best friend. He has a small herd of three of the beasts. They are his all consuming passion and the stories he has to tell make him forget his job of slowing errant motorists through his tiny town.

At Port Augusta there was a chance to celebrate, for after 2500 kilometres we were nearing civilisation and so a chilled South Australian Reisling seemed appropriate. Maybe we were premature. After all, there was still 2000km to go and we hadn't even reached the Murray River yet.

Being bright lads, we reasoned that by riding south towards Pt Germaine and then riding east we would avoid the worst of the Flinders Ranges. Oh yeah? Well, the Murray was not reached without some drama. We still found hills and lots of them. The lovely Clare Valley I remembered so well from the last trip was still very beautiful but a damned sight more steeper. A broken



spoke and a puncture or two seemed appropriate given the troubles we were having. I impressed Ray by taking it all rather casually as if it was part of a normal day's work. Like hell it was! I was highly annoyed.

More drama followed. On a cold and windy Sunday night in a draughty telephone box my daughter in law tried to convince me she was expecting twins in six month's time. Surely she was joking? No way, and so shaken and convinced, it was time to have another Reisling or three.

Surely the rest of the trip would be rather dull by comparison. Fortunately not. To follow the Murray from Blanchetown to Albury is surely one of life's great pleasures. Towns such as Mildura, Swan Hill, Echuca and Yarrawonga all come to mind and all had their special memories of a journey by car nine years earlier and of someone special who had a love of Australian history and of the Australian bush.

Well, what or rather which way now? It had to be north, for no way were we going to climb the Great Divide by way of Thredbo and Cooma to reach Canberra. So, it had to be north on the "Olympic Way" as far as Wagga Wagga and then east to Gundagai and Yass and then divert south to the "Silly City". Again, we encountered strong wind and huge hills but at least the weather was mild and we did manage to find some pleasant back roads before reaching our national capital.

Golly, gee whiz. All the Youth Hostels were booked solid and caravan parks were the same. Oh well, a couple of nights in a Motel wont be hard to take and perhaps we could us a hire car so as to rest the legs and see the sights before a final last few day's ride. Off we went, through the Southern highlands and into Campbeltown and another motel before Sydney on Saturday the 11<sup>th</sup> of October. The last 50km were done in two and a half hours arriving at the "Bridge" by 8.15am. Celebrations with a can of Coke and a sticky bun and lots of photos to prove to one and all we had really arrived at the end of

a long but wonderful journey across Australia. In my excitement I really had to resist the urge to shove Ray into the harbour. However I didn't want to destroy all the good will that had developed after so long a journey.

As a final note, we didn't fly home. Ray had a longing for one more glimpse of the open road so a two and a half day journey by bus was the final chapter of our time together

Perhaps Ray really should have had that swim...Barrie Thomsett

## Weight loss led Doug to better times

Some time ago, Richard Harris asked members to write in regarding how their weight/training etc was going. As I told him, although my story is important to me, I'm not too sure if anyone else would be interested in reading about it. Not so it seems, so I'll try my best not to bore you.

In 1992 I sustained an injury falling off a motorbike. I basically did the splits and pulled my pubic bone sideways, leaving me with chronic inflammation. This meant that I could hardly walk, never mind run, for some time. However, as the experts told me, my condition improved very slowly – they said it could take as much as five years – but this still meant that I could only train a couple of times a week as I had to wait until the pain subsided until running again.

Of course, I sought treatment, the most successful being various anti-inflammatory drugs but these, however, are far from kind to the stomach and there are doubts as to their safety if taken for a prolonged period of time.

My eating and drinking continued at my pre-injury levels and of course I piled on the weight – an extra two stones in the old money. I was really fed up with being so overweight but what to do about it?

I couldn't exercise more – pain being the limiting factor; I love my food, so what about cutting out the grog? O.K. I thought, I'd try it. Now, I don't know how or why but the pain suddenly went away. For the first time

in over five years I could run every day. I started off very cautiously and slowly built it up to about 40 minutes slowly six days a week over two months.

I've lost 8 kilos in weight and feel very excited about the future, which has helped me not just with my running but also my self-esteem etc. However, questions remain. Was it the abstinence from alcohol that helped my body to repair itself or did the five year time frame come into play as the experts had told me? I'm not sure but it certainly seems to be a big coincidence.

One way to find out, I suppose, is to start drinking again but I don't want to invite trouble as I'm doing so well. It's going to be interesting with the festive season nearly upon us but if you see me hobbling around and back to my old weight you'll know that I've succumbed to the demon drink.

I hope the above is of interest to you and may even be another possible avenue to explore when trying to rid yourself of a persistent injury. – Doug Hazell, Proprietor, AbettaClean, Domestic and Commercial Cleaning, 5 Brookford Court, Jandakot 6154. Ph 9414 1348.

## SHOALWATER BAY November 23 1997

A beaut Sunny morning greeted 63 welcome runners and walkers. Many thanks to our Vets and visitors for your attendance.

Special thanks to all my helpers, Gerry Chase, Dennis Miller, Keith Atkinso, Vic Beaumont, Pat Carr and my wife, Fi, and family, Dave and Helen, making my job very enjoyable and easy.

I hope everyone enjoyed their run or walk and hope to see you all again next year. - Duncan, Fiona, Helen and Dave McAuley.

### 5 k run

Ian Davies	M50	17.24
Darry Dahlcarol	M45	17.47
John Pressley	M50	18.23
Don Caplin	M55	19.06
Frances Lipscombe	W35	23.05
Ray Hall	M60	23.17
Wendy Clements	W55	24.54
Suzanne Brand	W50	28.37
Mary Heppell	W60	30.22
Noela Metcalf	W60	30.22
Allen Tysen	M70	31.13
Glenys Shanahan	W70	34.16



Gordon Metcalf	M65	39.12
Dawn Styles	W60	40.32
Toni Frank	W50	42.01

#### 5 km walk

Dorothy Whittam	W60	34.45
Jeff Whittam	M60	40.32
Judy Hill	W45	46.01
Fred Watson	M75	47.56

#### 7.5 km run

Brian Foley	M50	31.28
Brian Bennett	M50	31.35
Jackie Halberg	W50	39.44
Gary Branche	M45	40.37
Frank Usher	M70	55.00

#### 7.5 km walk

Lynne Schickert	W55	58.22
Val Davies	W50	58.24
Barrie Thomsett	M55	58.29
Val Wheeler	W65	61.48

#### 10km run

Bob Schickert	M55	40.45
Mike Karra	M30	42.03
Brian Danby	M45	43.10
Paul Martin	M55	43.45
Doug Hazell	M55	43.45
Geoff Fulford	M45	44.33
Steve Davies	M40	45.03
Alan Jennings	M55	45.41
David Carr	M65	46.06
Mitch Loly	M55	46.44
Peter Hill	M45	48.26
Stuart Parkinson	M50	49.04
Brian Smith	M55	51.56
Arnold Jenkins	M50	53.39
Merv Jones	M55	54.26
Trevor Brown	M55	55.13
Val Millard	W50	55.20
Dalton Moffatt	M65	57.49
Eileen Brown	W50	70.37

#### 10km walk

John Mison	M50	62.06
Michelle Mison	W50	73.35

#### Visitors

Dave Pressley	5k	18.34
Peter Simmons	5k	39.30
Des Harrop	10k	45.37
Mike Slavin	10k	45.43
Belinda Beynon	7.5k	45.44
Daphne Beckett	7.5k	48.52
Gloria Stewart	10k	49.21
Josie MacPherson	10km	51.50
Tanya Jackson	7.5k	52.19
Jane Ewers-Verge	7.5k	53.37
Paula Karra	10k	55.22
Lynette Pharaoh	10k	55.42
Roy Beckett	10k	55.42

## 1998/99 Program

Yes, believe it or not, it is that time of year again. The current program only runs through to the end of April, and so I am already starting to put together next season's program. I hope you liked this year's, if you didn't please let me know ASAP, as next year's is likely to be very similar. I thought it was quite good, with one or two new races and some new race directors.

Anyway, for the new program:

**Existing race directors:** I hope you will all be able to carry on. I will be round to confirm and check the most suitable dates for your event.

**New race directors:** Anyone who would be prepared to organise a race please contact me. We are always on the lookout for new race directors, and specifically next year for the Wildflower Run and the Friendship run. It is not hard, give it a go!

**New courses:** I am always interested in new courses and to increase the variety of our runs. At the moment I have one in Bassendean and a possible one in Midland. How about a few more in the hills?

Hoping to hear from you all. – John Pressley, Events Coordinator.

## FORTHCOMING RUNS

### Deadly Medley Teams' Relay Feb 8

Don't miss this interesting, different friendly event. Four person running teams do 2k-1k-2k-1k twice (ie 12km in total), and two person walking teams 2k-1k twice. Just role up, teams will be formed on the day by Ann and Shorty. Come and have some fun!

### Brockwell's Run April 19

Will all members please note that unfortunately Brockwell's run has had to be cancelled for this year. Tessa is off to run the Boston Marathon and Chris is going to try and keep up with her on his bike! In its place there will be a Group Run/Walk starting at the back of Trinity College on the cyclepath by the river. More details later.

### Start Times

Please note that in March we revert to 7.30 am start time on Sundays; except for Mike Rhodes' home run on the

first, which is an 8 am start. – John Pressley, Events Co-ordinator.

## NATIONAL CHAMPS

Brisbane April 9-13 1998

### Easter

Entry forms and information on accommodation from Jackie Halberg – 9364 4474. For schedule of events, please see November edition of the Vetrin.

# WA VETERANS STATE CHAMPIONSHIPS 1998

## Track and Field Programme

Saturday March 7th - Perry Lakes: Pole Vault - with regular AAWA programme		
SUNDAY March 22 1998 Coker Park	THURSDAY March 26 1998 McGillivray	FRIDAY EVENING March 27 1998 Coker Park
<u>Pentathlon</u> 08:30 Women - all ages Long Jump 09:15 Men - all ages Long jump 09:20 Women - all ages Javelin 10:05 Men - all ages Javelin 10:10 Women - all ages 200 m 10:25 Women - all ages Shot 10:55 Men - all ages 200 m 11:10 Women - all ages 800 m 11:10 Men - all ages Shot 12:00 Men - all ages 1500 m	<u>Steeplechase</u> 18:00 Women - all ages M60 and over 2000m Steeplechase 18:15 M30 - M55 3000m Steeplechase	17:30 Women - all ages Hammer 18:30 Men - all ages Hammer 19:10 Men - all ages Women - all ages 5000m Walk 20:00 Men - all ages Women - all ages 10000m
	SATURDAY March 28 1998 Coker Park	
	<u>Weight Pentathlon</u> 08:00 Men - all ages Hammer 08:40 Men - all ages Shot 08:40 Women - all ages Hammer 09:20 Men - all ages Discus 09:20 Women - all ages Shot 10:00 Men - all ages Javelin 10:00 Women - all ages Discus 10:40 Men - all ages Heavy Wt 10:40 Women - all ages Javelin 11:20 Women - all ages Heavy Wt	

continued overleaf



## **SATURDAY 28 March 1998**

### **Coker Park** **Track and Field**

12:00	Men - all ages	High jump	14:15	W45, W50 etc	400m
12:00	Women - all ages	1500m	14:30	W30, W35, W40	400m
12:07	M60, M65 etc	1500m	14:30	M50, M55	Long jump
12:14	M50, M55	1500m	14:30	W45, W50 etc	Javelin
12:15	W45, W50 etc	Long jump	15:00	W30, W35, W40	High jump
12:15	W30, W35, W40	Javelin	15:00	M60, M65 etc	400m
12:21	M30, M35, M40, M45	1500m	15:04	M30, M35, M40, M45	400m
13:00	M60, M65 etc	Long jump	15:15	M30, M35, M40, M45	Long jump
13:00	M50, M55	Javelin	15:20	M50, M55	400m
13:15	M30, M35, M40, M45	100m	15:30	M60, M65 etc	Javelin
13:21	W45, W50 etc	100m	16:00	W40, W50 etc	
13:27	W30, W35, W40	100m		M70, M75 etc	80m Hurdles
13:45	W45, W50 etc	High jump	16:15	W30, W35	100m Hurdles
13:45	W30, W35, W40	Long jump	16:15	M50, M55, M60, M65	100m Hurdles
13:45	M30, M35, M40, M45	Javelin	16:20	M30, M35, M40, M45	110m Hurdles
13:50	M50, M55	100m	16:30	Women - all age groups	
13:56	M60, M65 etc	100m		Men - all age groups	3000m Walk

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

## **SUNDAY 29 March, 1998**

### **Coker Park** **Track and Field**

08:45	Women - all ages		11:15	M50, M55	Discus
	M50, M55 etc	5000m	11:15	M30, M35, M40, M45	Triple jump
09:15	W30, W35, W40	Discus	11:18	W45, W50 etc	200m
09:20	M30, M35, M40, M45	5000m	11:26	M60, M65 etc	200m
09:25	M60, M65 etc	Shot	11:35	W45, W50 etc	Shot
09:30	W45, W50 etc	Triple jump	12:00	M60, M65 etc	Discus
10:00	M30, M35, M40, M45	Discus	12:05	W30, W35, W40	800m
10:05	W30, W35, W40, W45		12:15	M50, M55	800m
	M30 - M55	400m Hurdles	12:20	M30, M35, M40, M45	800m
10:15	W50, W55 etc		12:30	M50, M55	Triple jump
	M60, M65 etc	300m Hurdles	12:30	M30, M35, M40, M45	Shot
10:15	M50, M55	Shot	12:35	W45, W50 etc	800m
10:30	M60, M65 etc	Triple jump	12:45	W45, W50 etc	Discus
10:50	W30, W35, W40	200m	12:50	M60, M65 etc	800m
11:00	W30, W35, W40	Shot	13:15	W30, W35, W40,	Triple jump
11:02	M30, M35, M40, M45	200m	13:45	Women - all ages	
11:10	M50, M55	200m		Men - all ages	2000m Walk

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





### YOU DESERVE A NEW SHIRT!

State - Singlet - Gold with black trim with club badge on left side @ \$15.00.

(To be worn at National Championships)

Club - Singlet - Black and white with club badge on left side @ \$15.00.

(To be worn at State Championships)

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

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

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

### ORDER FORM

Please Supply:

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

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

Cheque Payable to: WAVAC. If you require a postal delivery, please add \$4.50

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WA 6019

## Happy Birthday To Our February Members

✓ McMillan, James	2.2.25	73	remains M70	✓ Spilsbury, Katrina	17.2.66	32	remains W30
✓ Medcalf, Noela	3.2.35	63	remains W60	✓ Carr, Pat	18.2.32	66	remains W65
Jennings, Alan	4.2.40	58	remains M55	Carrero, Tina	20.2.46	52	remains W50
Bird, Wendy	4.2.40	55	becomes W55	Catarinich, Anne	20.2.48	50	bcomes W50
Sanders, Johan	5.2.04	94	remains M90	Miller, Dennis	21.2.40	58	remains M55
✓ Zlnay, Joe	6.2.58	40	becomes M40	Baldock, Delia	21.2.62	36	remains W35
✓ Tyson, Allen	62.25	73	remains M70	Wilson, Maureen	21.2.42	56	remains W55
McManus, Jacqueline	6.2.45	53	remains W50	Spencer, Jeff	22.2.41	57	remains M55
Ng., Bee	7.2.57	41	remains W40	Smith, John	23.2.35	63	remains M60
Lishman, Jackie	7.2.63	35	becomes W35	Thornton, Beverley	23.2.43	55	bcomes W55
O'Riordan, Paul	8.2.54	44	remains M40	Watson, Craig	23.2.56	42	remains M40
Jarvis, Janet	8.2.45	53	remains W50	Cresp, John	24.2.51	47	remains M45
Prescott, Valerie	8.2.44	54	remains W50	Boakes, George	25.2.13	85	bcomes M85
Johnstone, Alison	9.2.47	51	remains W50	Crane, Bill	25.2.40	58	remains M55
Lancaster, Denise	11.2.50	48	remains W45	Bruce, Rex	26.2.41	57	remains M55
Mair, Robert	11.2.48	50	becomes M50	Clive, David	27.2.52	61	remains M60
Hough, Winston	12.2.41	57	remains M55	Ferris, Irene	27.2.52	46	remains W45
Phillips, Brendan	13.2.63	35	bcomes M35	Rosen, Mark	29.2.48	50	bcomes M50
Hawks, Phil	16.2.59	39	remains M35				