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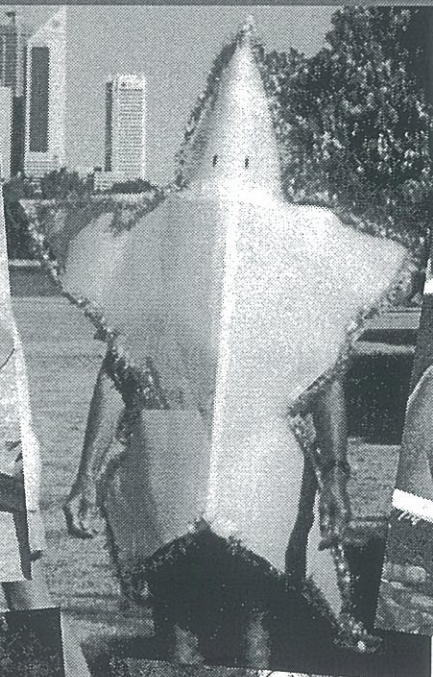
VETRUN



THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158
Editor: Rod Tinniswood. Copy for Vetrin: See panel page 2 • www.netprojex.com.au/wavac

Best Wishes for 2002



**'Twas the
run before
Chistmas.**

Pics by
Alison Aldridge and
Jim Barnes.

More pics and report
on page 7.

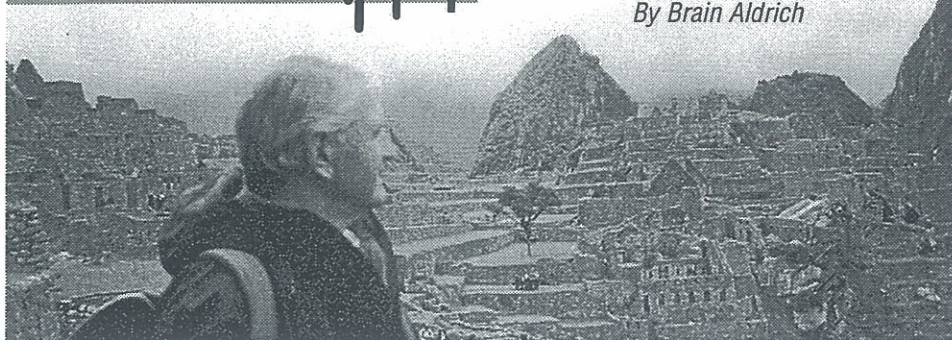


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By Brain Aldrich



Brian at Machu Picchu

Having been unable to run due to a pair of crook knees suffered on the 25km leg of this year's Road Racing Championship, I viewed the possibility of visiting South America with Alison on a part business, part pleasure trip, as a welcome relief.

Although the flight from Sydney via Auckland to Buenos Aires seemed interminably long, we were rewarded with a clear sky and a sensational view of the snow-covered Andes. We took a local flight and stayed in Bariloche, in Patagonia, where I had planned to drive a snow-mobile on the Catedral Mountain snowfields. Alas, when we got out of the cable-car, there was a total 'white-out' and the best we could do was to stagger once round the restaurant before we collapsed in front of a roaring fire and drank hot chocolate.

Another side-trip from Buenos Aires took us up to the Iguassu Falls, on the border with Brazil. These are most impressive and were featured in the film "The Mission".

After sampling some of the night life of Buenos Aires, most notably a fantastic exhibition of the Tango, which made us decide that it was one dance that we might as well give up trying to do, we flew via Santiago in Chile, to Lima, in Peru.

Our aim was to visit Machu Picchu, the 'lost' temple of the Incas. To do so we first flew via Arequipa to the, surprisingly large, city of Cuzco, cradled some metres up in the Andes mountains. Here the air is thin. Visitors are cautioned about the effects of altitude sickness and some restaurants have a cabinet with oxygen bottles available.

Cuzco is a fascinating place with numerous impressive archaeological sites. (one of which is S pronounced 'sexy-woman!') The city's principal buildings are mostly Spanish but are often built on huge Inca stone foundations that have no mortar and which are angled to be proof against

earthquakes. Leaving our heavy baggage in Cuzco, we took a three-hour train ride which, in a series of dog-legs, climbed out of the basin in which Cuzco stands and then took us along the fertile "Secret Valley" of the Incas following the Ukabamba River, which is a tributary of the Amazon. This is also the route of the well-travelled, but tough, Inca Trail. All meet at Aguas Calientes (Hot Springs) at the foot of the mountain on which Machu Picchu stands. We stayed two nights at the hotel El Pueblo.

This area is semi-tropical with 'cloud-forest' clinging to the steep mountains. There are wild orchids and bromeliads growing in the trees and brightly coloured birds and butterflies abound. The final approach to the temple complex is a hair-raising zig-zagging ten-minute bus ride up the sheer face of the mountain. The ruins themselves are extensive and well-preserved, the only damage having resulted from the tree roots that kept the site so well concealed until an American archaeologist, Hiram Young, uncovered them in 1911. The Spanish Conquistadors had failed to discover them.

Behind the ruins of Machu Picchu, at the top of a mountain, is yet another steep conical mountain called Huainya Picchu.



Brian on Huainya Picchu

Back issues of Vetrin

If there is a back issue of Vetrin that you desperately need, ask Jackie Halberg on Sunday mornings, or give her a call at home on 9364 4474.

She has kept some extras over the years and may be able to help you.

HELPERS LIST

6 Jan - Reabold Hill

Director: Brian Foley 9339 2716

Helpers - Wendy Clements-Green, Blakeney Tindall, Barry Weatherburn, John Cresp, Arnold Jenkins, Jeff Lindhorst, Paul & Carla Carr, Joanne Samer.

13 Jan - Carr Shand Trophy

Director: Jill Midolo 9381 5565

Helpers - Jackie Halberg, Bill Chapman, Rex Bruce, Lorna Lauchlin, Dalton Moffat, Ralph Henderson, Colin Junner, Darry Dahlstrom, Wal & Sandra McKinnon.

20 Jan - Friendship Run

Director: Joan Pellier 9459 7782

Helpers - Don Caplin, Ron Spencer, Wendy Clements-Green, Keith & Marj Forden, Gary Branche, Margaret Taylor, Mark Rosen, Maree Crighton, Kevin Davies, Vince & Tina Carrero.

26 Jan - Group Jog/Walk only

27 Jan - Point Walter

Director: Dave Roberts 9367 1872

Helpers - Paul Martin, Sheila Maslin, Gary Fisher, Paul Hughes, Laurie Collett, John Brambley, Frances Lipscombe, Darry Dahlstrom, Margaret & Mike Spratt

3 Feb - South Perth Fiesta Run

Director: Tony Speechley

Helpers - Frank Usher, Simon Mort, Warren Davey, John Molloy, Steffi Huessi, Nola & Daniel Bending, Bob Cavin, Peter Airey, Chris Coates.

10 Feb - Age Grade

Director: David Carr 9339 8289

Helpers - Sue Bullen, Gordon & Nola Medcalfe, Ivan Pilton, Fiona & Duncan McCaulay, George Innes, Ross Parker, Mark Rosen, Michael Anderson.

It's never too late to be
who you might have been.

George Eliot

It's your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email:

tinniswoodr@sundaytimes.newsltd.com.au
Electronic files can be emailed or saved to disc. Word or Text files are preferred and pictures can be presented as tiff, eps, or jpg files.

Home phone: 9403 6353

NOTICE BOARD

Email from: "Susan Andrews"
susan@highway1.com.au

Level 1 Track & Field course

Hello everyone

There is a level 1 Track and Field trainers course currently being tentatively planned for early/mid January. It would go over 3 days, fri, sat, sun.

Cost about \$230. Exemption is possible from part of the course with human movement and/or teaching qualifications.

If anyone is interested please email me.

Thankyou. Susan Andrews

Why Carry Cash?



For all club items and activities,

payment by cheque or credit card is preferred please. Treasurer

New Members

A warm welcome to the new members approved at the committee meeting on December 13, 2001.

Nick Miletic
Colin Smith
Michael Barton



David Lewis (centre), with Jon Wannberg (left) and Jim Barnes (right)

Serial Marathon Runner, David Lewis.

By Jim Barnes.

David Lewis has a passion for marathons. He made a special trip from Britain to participate in the Rottness Marathon. I met him last year while running the Harrow Marathon.

David is a friendly generous bloke who has boundless energy and a will to take on any run. The week after Rottness, he ran Eastbourne's Seven Sisters on the Saturday, Snowdonia on the Sunday and the Dublin Marathon on Monday, a bank holiday.

Profile #2: John and Elaine Dance - M50 and W50



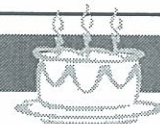
When John and Elaine arrive at the Sunday runs you can sense their commitment and enthusiasm - they've come to enjoy themselves.

They joined the club in March 2001 and so far have made it to all but one of the meetings. At one time John was 17 stone. He made a sincere effort to give up the sweets and biscuits, but still enjoys his roast and Yorkshire pud. Elaine prefers salads.

The two of them train about three times a week (approx. 30km) and also cycle and walk regularly. They live in Waikiki and both were born in Ilkley Yorkshire.

Personal Bests:	John	Elaine	
	10km	51.32	57
	21.1km	1:49	2:07
Favourite Run:	Jorgenson	Jorgenson	
Favourite Sport:	Soccer	Soccer	
Best sports-person:	Nobby Stiles - Manchester United. Muhammed Ali		
Long term goal:	To keep fit like Vic Beaumont and Merv Moyle.		
The Dances' main ambition is to live a good quality healthy lifestyle.			

Birthdays



Happy Birthday to our January Members

Eileen	Hindle	02.01.1949	53	remains W50
Penny	Brown	03.01.1946	56	remains W55
Stephen	Toohey	03.01.1949	53	remains M50
Diane	Jones	05.01.1949	53	remains W50
Sheila	Maslen	06.01.1938	64	remains W60
Keith	Miller	06.01.1949	53	remains M50
Robert	Sammells	06.01.1937	65	becomes M65
Robert	Sheehy	09.01.1946	56	remains M55
Rose-Mare	Hollaway	11.01.1955	47	remains W45
Ivan	Pilton	11.01.1943	59	remains M55
Doug	Ashfield	13.01.1957	45	becomes M45
Raymond	Attwell	13.01.1936	66	remains M65
Lynne	Choate	14.01.1953	49	remains W45
Ruth	Johnson	14.01.1941	61	remains W60
Gary	Branche	15.01.1953	49	remains M45
Wal	McKinnon	16.01.1939	63	remains M60
Blakeney	Tindall	17.01.1961	41	remains M40
Barry	Weatherbur	20.01.1943	59	remains M55
Jeff	Lindhorst	21.01.1960	42	remains M40
Marg	Taylor	22.01.1951	51	remains W50
Graham	Lucas	23.01.1955	47	remains M45
Alison	Aldrich	24.01.1943	59	remains W55
James	Barnes	25.01.1943	59	remains M55
Rod	Tinniswood	25.01.1950	52	remains M50
Ross	Parker	27.01.1949	53	remains M50
Ann	Turner	27.01.1936	66	remains W65
Darry	Dahlstrom	28.01.1951	51	remains M50
Gill	Edmonds	28.01.1965	37	remains W35
Michael	Morrissey	28.01.1927	75	becomes M75
Wally	McCabe	31.01.1931	71	remains M70

Results



Safety Bay 11 November

A beautiful morning for a run or walk - bright, sunny and not too warm. Many thanks to our helpers. There were a total of 60 members and 34 visitors. We hope you enjoyed it and would like to see you all again next year. We certainly enjoyed our day organising it.
Fiona + Duncan McAuley

5K Run

John Najar	M45	20:11
Peter De Clerck	M35	23:25
Dick Blom	M65	23:42
Keith Atkinson	M40	25:23
Vic Beaumont	M70	26:48
Val Millard	W50	28:58
Julie Woods	W50	29:28
Joan Pellier	W60	29:43
Denise Lancaster	W50	31:19
Jacqueline Billington	W55	32:21
Janet Jarvis	W55	32:21
Pierre Viala	M50	32:54
Margaret Bennett	W60	33:13
Mary Heppell	W60	33:13
Ellie Bamber	W30	35:16
Noela Metcalf	W65	35:49
Frank Usher	M75	41:39
Glynnis Shanaghan	W75	71:07

5 Km Walk

Lynne Schickert	W60	34:52
Barry Thomsett	M60	39:32
Val Wheeler	W70	42:10
Dorothy Whittam	W65	42:17
Maggie Flanders	W65	43:39
Norm Miller	M65	44:17
Barbara Bailey	W70	48:57
Rex Bruce	M60	49:04
Pat Miller	W60	49:22
Fred Watson	(4Km) M80	50:05

10 Km Walk

Paul Martin	M60	60:21
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10 Km Run

Bjorn Dybdahl	M45	38:01
Lachlan Marr	M40	38:21
Mark Fackerell	M30	42:09
John Pressley	M55	42:28
Graham Thornton	M60	42:41
Bob Schickert	M60	44:07
Brian Danby	M50	44:14
Johan Hagedoorn	M55	45:45
Laurie Nevin	M60	46:28
Jim Barnes	M55	46:28
John Davies	M55	47:13
Keith Rimmer	M55	47:46
Wilf Bamber	M40	48:17
Brian Bennett	M50	48:32
John Pellier	M60	48:52
Dick Blom	M60	51:25
Frances Cassella	W50	51:11
Shirley Bell	W50	51:11
Brian Smith	M60	54:00
Jackie Halberg	W55	56:23
John Dance	M50	57:16
Mitch Loly	M60	57:53
Anne Turner	W65	57:54
John Smith	M65	59:31
Ron Mead	M45	60:08
Sue Bullen	W40	60:29
Christina Rolpotis	W40	60:41
Laurie Collett	M70	63:41
Shorty Turner	M65	71:07

10k Walk

Paul Martin	M60	61.31
John Mison	M50	61.34
Lynne Schickert	W60	71.09
Michelle Mison	W55	71.39
Lorna Lachlan	W70	75.23

10k Handicap Run

Age	Total (incl.hndcp)
Brad Jeffery	Vis 62.36
Chris Hargreaves	Vis 62.37
Mitch Loly	M60 63.11
Steve Toohey	M50 63.22
Margaret Robinson	W60 63.26
Sue Bullen	W40 64.13
John Dance	M50 64.17
Phil Hawks	M40 64.18
Robert Sheehy	M55 64.20
Gillian Young	W50 64.30
Michael Anderson	M50 64.30

Darryl White	M40	64.32
Dan Bending	M55	64.41
Jim Halliday	M55	64.44
Jenny Barnes	W50	64.44
Steve Shaw	Vis	64.47
John Bell	M55	64.47
Jim Klinge	M55	64.48
David Carr	M65	64.50
Cameron Seaton	Vis	64.55
Ivan Pilton	M55	64.57
Debbie Burge	W35	65.01
Vic Waters	M55	65.02
Kathy Avery	W40	65.10
Stan Lockwood	M70	65.13
Jackie Halberg	W55	65.16
Wayne Bates	M55	65.19
Merv Jones	M60	65.25
Lachlan Marr	M40	65.27
John Mack	M60	65.35
Sid Beer	M55	65.38
Brian Danby	M50	65.46
Nick Miletic	Vis	65.50
Brian Smith	M60	66.03
Paul Hughes	M45	66.16
Colin Chisholm	M35	66.24
Rod Tinniswood	M55	66.26
Pam Toohey	W55	66.26
Arnold Jenkins	M55	66.27
John Pellier	M60	66.29
Vince Carrero	M55	66.30
Shirley Bell	W50	66.37
Johan Hagerdoorn	M55	66.42
John Ellard	M55	66.56
Alan Chambers	M60	66.56
Mike Khan	M55	66.57
Brian Foley	M55	67.04
John Smith	M65	67.47
John Duffy	M45	67.49
Margaret Bennett	W60	67.52
Merv Moyle	M75	68.14
Val Millard	W50	68.20
John Najar	M45	68.41
Gavin Gildersleve	Vis	68.41
Dick Blom	M65	68.52
Laurie Collett	M70	69.07
Sheila Maslin	W60	70.58
Ray Hall	M65	71.46

6k Handicap Walk

Age	Total (incl.hndcp)
Pat Ainsworth	W65 53.50
Elaine Dance	W50 54.50
Rosa Wallis	W55 54.50
Lesley Romeo	W55 56.23
Judy Hill	W50 56.32
Jeff Whittam	M65 56.43
Rex Bruce	M60 56.53
Pat Hopkins	W55 56.54
Maggie Flanders	W65 57.04
Dorothy Whittam	W65 58.06
Val Wheeler	W70 58.10
Barbara Bailey	W70 60.06
Alan Pomery	M70 61.01
Barry Thomsett	M60 62.00
George Schaeffer	M65 64.10
Leo Hassam	M70 64.54

Canning Caper 2 December 2001

Normally it is very hot, so it was great to have a nice cool morning for this event.

99 Competitors set out on a run, or walk, and enjoyed the scenery, and the wind on the way back.

It was the second year that this has been a handicap event, and judging by the numbers, a popular race.

Thanks to my helpers who made the event go so smoothly for the competitors. Helpers were Bob Schickert, Neil McCrae, Frank & Lauren Gardiner, Ernie Moyle, Aldo & Audrey Giacomini, Brian Hunter, Gary Fisher, Bob Sammells, Bob Thompson, and Gareth Brunt.

Thanks to our handicappers Graeme Thornton, and Jeff Whittam, who gave you all the usual challenges of the clock.

For those who had trouble finding somewhere to park, try to remember for next year there is plenty of space on the other side of the bridge.

CENTENARY PARK RUN AND WALK

25 November

A beautiful morning for a run or walk saw nearly 120 starters cover various distances. This was an inaugural event and many members commented they enjoyed the course. Many thanks to the helpers: Barry Weatherburn, Chris Coates, Jim Riddell, Liz Duffield, Anne Brindal, Bob Sammells, Keith Atkinson, Lynne Schickert and Shirley Bell (after she ran the 2 lap race).

Unfortunately the timing went wrong so none are listed. On an undulating approximate distance course such as this, your place, not the time is the best guide to your performance.

Bob Schickert

RUN RESULTS

56K

David Willmer	M45
Ryan Gee	Vis
Raymond Loly	Vis
Dante Giacomini	Vis
Lyn Nixon	W40
Heather Sanderson	W50
Joan Pellier	W60
Kathy Avery	W40
Mitch Loly	M60
Aldo Giacomini	M65
Margaret Bennett	W60
Denise Lancaster	W50
Audrey Giacomini	W60
Toni Frank	W55

5.23K

John Najar	M45
Vic Waters	M55
Ian Davies	M50
Jim Seaton	Vis
Brian Bennett	M50
Peter Hill	M50
Simon Mort	M45
David Carr	M65
Geoff O'Brien	Vis
Dick Blom	M65
Shirley Bell	\$50
Joe Stickles	M60
Ruth Willmer	Vis
Jenny Barnes	W50
Robyn Watts	W45
Steve Toohey	M50
Pam Toohey	W55
Arnold Jenkins	M55
Val Millard	W50
? Prentice	M55
Fiona McAuley	W50
Julie Woods	W50
Shorty Turner	M65
Jacqueline Billington	W55
Sheila Maslen	W60
Ray Lawrence	M70

Elaine Ellard
Pierre Viala

8K

Chris Frampton	Vis
Warren Gee	M50
Duncan McAuley	M50
Wally Crowley	M45
Ralph Henderson	M50
Darryl White	M40
Jim Klinge	M55
Colin Chisholm	M35
John Allen	M40
Blakeney Tindall	M40
Gareth Brunt	M50
Bob Thompson	M50
Dave Roberts	M55
Cameron Seaton	Vis
Robyn King	W40
Ivan Pilton	M55
Brian Danby	M50
Johan Hagedoorn	M55
John Mack	M60
Wilf Bamber	M40
John Bell	M55
John Pressley	M55
Debbie Burge	W35
Gary Fisher	M45
Delia Hendrie	W45
Bob Cavin	M45
Mike Khan	M55
Brian Foley	M55
Wayne Bates	M55
Steve Barrie	M65
John Pellier	M60
Vince Carrero	M55
John Ellard	M55
Mal Vernon	M45
Jim Halliday	M55
Mike Spratt	M55
Gillian Young	W50
Nick Miletic	M50
Richard Harris	M60
Rob Sheehy	M55
Rod Tinniswood	M50
Mike Faunge	M60
Margaret Robinson	W60
John Daffy	Vis
Alan Day	M55
John Dance	M50
Christina Rompotis	W40
John Smith	M65
Anne Turner	W65
Merv Moyle	M70
Sue Bullen	W40
Ray Hall	M65

WALK RESULTS

2K

Maggie Flanders	W65
Judi Hill	W50
Glen Prentice	Vis

4K

Lorna Lauchlan	W70
Pat Ainsworth	W65

Lois Smith	W50
Christine Wheeler	W45
Val Wheeler	W70
Ernie Moyle	M75
Barbara Bailey	W70
Rex Bruce	M60
Leo Hassam	M70
George Schaefer	M65
Margaret Spratt	W50
Connor Spratt	Vis

6K

Leslie Romeo	W55
Elaine Dance	W50
Dorothy Whittam	W65
Jeff Whittam	M65

8K

John Mison	M50
Paul Martin	M60
Michele Mison	W50

The 8th Australian Masters Games Newcastle and The Hunter.

5 - 14 October, 2001. By Arthur Leggett

Filled with the spirit of youth, which we no longer possess, Laurie Collett, Brian Smith and I headed east to compete in the canoeing events of the Games. Our kayaks were towed behind Laurie's vehicle.

The canoeing events took place over two weekends on the Hunter River at Raymond Terrace, north of Newcastle. The weather varied from calm to boisterous, then horrendous with an eight knot tide. This was assisted by a gusty 30 knot wind, and on some occasions, up to fifty knots. All of this created some interesting paddling conditions, especially around the start line. The rescue boats were busy; at one stage number one rescue boat having to rescue number two rescue boat.

The events included a 200m sprint, a 500m sprint, a 5000m event and a 12k marathon.

Laurie and Brian, in the TK2 (Double Kayak) 200m sprint, won bronze. In the 500m M60 event, they won Gold in a field of six - all of which finished within a boat. They also won silver in the 200m, 500m and 5,000m events.

Brian won Bronze in the TK1 M60 12km marathon.

I adhered strictly to my tried and proven medal winning formula (I don't outclass them, I outlive them) I entered into all 4 events and managed to win 4 Gold Medals in the TK1 sprints and a Gold in the 200m M70 TK2 sprint. Nothing to it, actually. Just blood spray and tears.

To fill in the idle time over the two weekend period, Laurie and Brian competed in the Cross Country and Fun Run. Brian finished 5th in the M60 Cross Country and 4th in the M60 Fun Run. Laurie won Silver in the M70 Cross Country and Gold in the M70 Fun run.

In other words: The three of us, brought home 18 medals which is not a bad effort for three old blokes.

Vetrun Race Reporting

Our club committees over the years have aimed at conducting the events in a professional a manner. As professional as possible that is, while keeping formalities to a minimum. Part of the race director's responsibilities includes race reporting and tabling results. In both these areas the present committee is keen to see ongoing improvement.

One of our ideals is to have all reports and

results provided to the editor via email or on diskette. The editor then lays out the newsletter on computer and ideally should never have to type out reports and results. Sometimes, however, it unavoidable as many of our volunteers do not have computers.

To resolve this issue, we would like those Race Directors who do not have access to computing facilities to pass reports and results to other Club members to type for them (see below). Apart from freeing the

editor of the task we would expect to see improvements in report layouts and the elimination of errors like the incorrect spelling of members' names and erroneous presentation of age groups.

There may also be members who would want to be Race Directors but have been deterred by the reporting responsibilities. Now is the time. Here is your chance.

Each Race Director should advise Keith Atkinson of their preferred reporting arrangement before their event. Then, anyone with word processing or spreadsheet capabilities, who is keen to assist should contact a Committee member.

We look forward to your co-operation on this issue.

Committee

PROGRAMME CHANGES

Two State Championship events were recently advertised in the Vetrun as being in April; the month should have March. In summary, this part of the programme now reads:

Sun	10 March	Applecross Jetty	
		State Pentathlon Championships	Coker Park
Thu	14 March	State Steeplechase Championships	Probably Perry Lakes
Fri	15 March	State 10,000m, 5000m Walk and Hammer Championships	Coker Park
Sun	17 March	Lake Monger	
Sat	23 March	State T&F Championships	Coker Park
Sun	24 March	State T&F Championships	Coker Park



"The good thing about typing out the race reports is that I'm the first to get the results"

DVT ALERT by Bob Sammells

Maureen and I arrived back in Perth mid-November after a trip to the U.K. Two days later, I experienced an ache in my left calf. Nothing unusual so, expecting it to move around a bit and then disappear, I ignored it. A few days later it was moving around and I gave it some heat treatment and massage. This did not help.

Days passed, and the ache spread down the leg to the instep. There was muscle pain on extending and tensing the calf but by now I knew that it was not a sporting injury. It was time to see the experts.

My doctor identified deep vein thrombosis as the most likely cause and booked me in to a local radiology lab right away. Ultra-sound tests identified two blocked veins and the doctor there diagnosed DVT. Then it was back to doctor #1 with the results. Treatment now is one half aspirin per day for a few months and, hopefully, this will eventually clear the blockages.

But how did all this happen? In simple terms, from an unfortunate combination of circumstances.

Initially, Maureen and I queued for over 70 minutes to check-in to our flight at Heathrow. Then there was a further 40 minutes queuing for security checks. Our

flight was then delayed and by the time it took-off we had been in the airport for over six hours. While we did some walking, not knowing when the flight would depart meant that we were sitting for a good proportion of this time. We also bought snacks and drinks but, on reflection, can now see that we were possibly dehydrated to some degree by the time that we boarded the aircraft.

Our seats on the flight to Singapore were extremely cramped and there was little space to move. Nonetheless, we did the prescribed exercises and continuously flexed thigh and calf muscles. On arrival, though, we both had swollen ankles and feet. These soon returned to normal.

Our late arrival caused a missed connection so we were parked in a hotel for several hours until we could continue the journey to Perth.

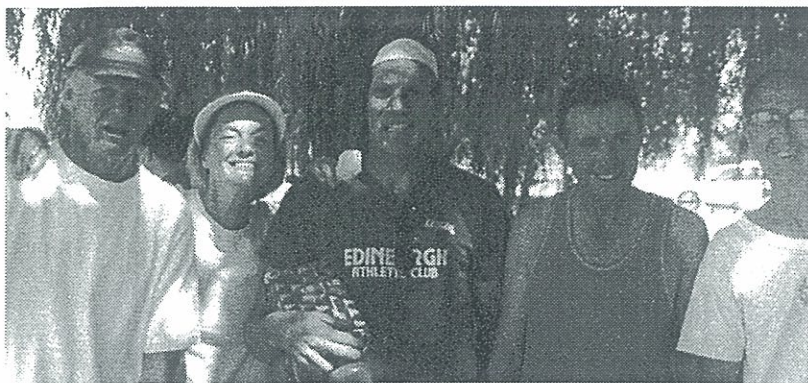
Maureen had no after-effects from the journey but it is now clear that a combination of excessive standing, excessive sitting, mostly in a cramped position, and dehydration (unnoticed at the time and despite my drinking the contents of a water bottle that I took on board both flights) caused the problem that I now have.

So why am I telling you all this? Simple. I think that we, in the Vets, are among the healthiest and fittest people of our ages on the planet. But if this can happen to me then it could happen to any of you, and I wouldn't want that.

The lessons are to drink lots of water and avoid those beverages that cause dehydration, to walk around as much as possible both on the ground and in the air and do the exercises so as to prevent blood pooling in the extremities. If you feel that you may be at risk then wear pressure stockings.

Take care and good luck. *Bob Sammells*





Christmas Gift Run

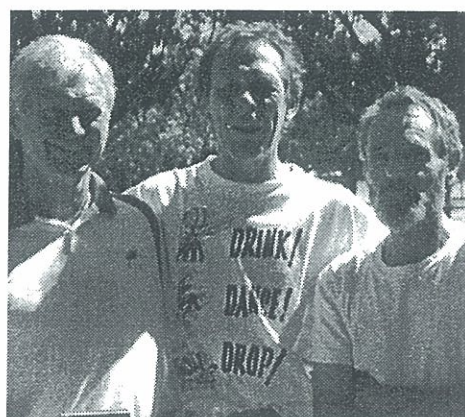
Once again our Christmas Gift run was well attended. Members came attired in their Christmas gear and after a leisurely run we relaxed and enjoyed a great morning. Presents were exchanged and the judging panel then awarded prizes for the best costumes - a very hard job!

It was a colourful collection and included a Christmas Tree, a present in a bag, another in a box, a Wise Man from the East, a Star of Bethlehem, Jingle Bells, several angels and a very dishevelled Santa. David Wilmer and Anne Shaw were the winners and all participants received a small token for their efforts.

Our thanks to Jacqui and Vic Beaumont and their Santa helpers who organised the Christmas cake, fruit, tea and coffee. Thanks also to George Lewkowski of Piano Gully Wines for providing additional Christmas cheer. If members wish to place further orders, George can be contacted on 9316 0336.

We look forward to enjoying your creativity again at Christmas in 2002.

Lynne Schickert



Bob pass the news on, will you. I beat the World 48hr by 12k's and the 6 Day by 34 k's for 65-69 yrs

George Audley

THE 16TH AUSTRALIAN 6 DAY RACE - A RESOUNDING SUCCESS

The 16th Australian 6 Day Race concluded at 1pm today and was immediately recognised as being a Great success by runners, officials and spectators, in a mixed week of weather that made the track very soft,

Jaraslov Kourcerek won with 764.4km. He had some minor problems early in the week with luggage going astray, but was able to put that behind him and win.

Second place was South Australian, David Standeven who finished with 735.6km. This was Dave's first ultra in a few years and was magnificent considering his 90km on Day Three. He turned this around and ran 144km on Day Five which showed the old fighting spirit from 1989 when he beat

Yiannis Kouros for line honours in the Westfield Run.

Third place was Aldo Marazina from Italy who beat his Italian 6 Day Record and ran 723.2km. Forth place was Australian runner, George Audley who smashed the World 65-69 Age record at 48hrs and 6 Days with a total distance of 704.4km. 2001 must be the peak of George's career with him also completing the Trans Australia Race early in the year. Other inspirational performances included:

Kevin Mansell running 679.6km and showing that he has lost none of his legendary fighting ability. The sport is going to see Kevin for a few years yet.

Peter Hoskinson completing 600km in under 5 days before having to succumb to a painful, infected foot injury. Peter gained the respect of everyone on the track for his gutsy effort.

Gerald Manderson beating the NZ 5 day walking record

Willie Erasmus beating the current South African age record for his Age group

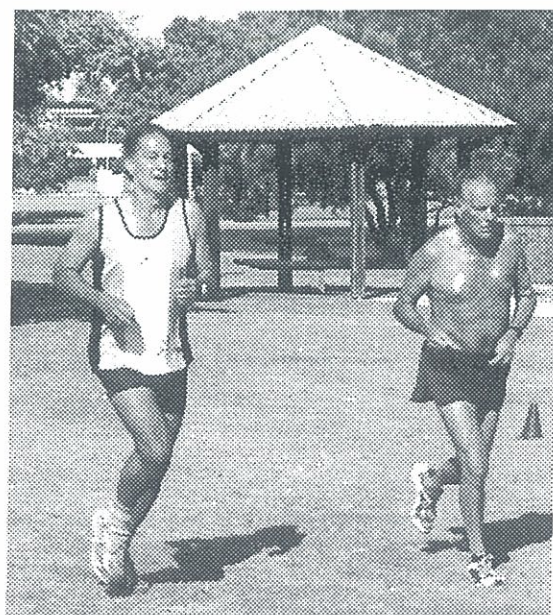
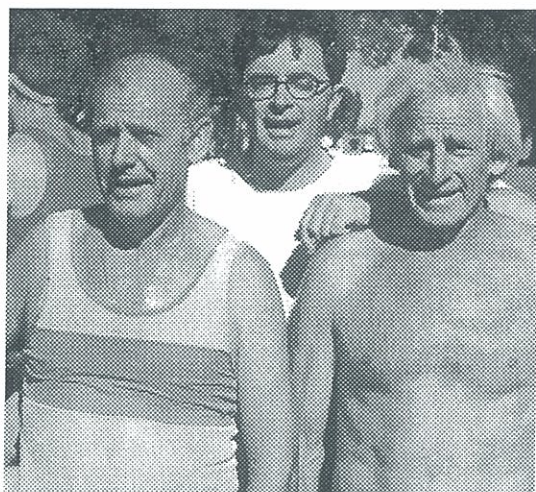
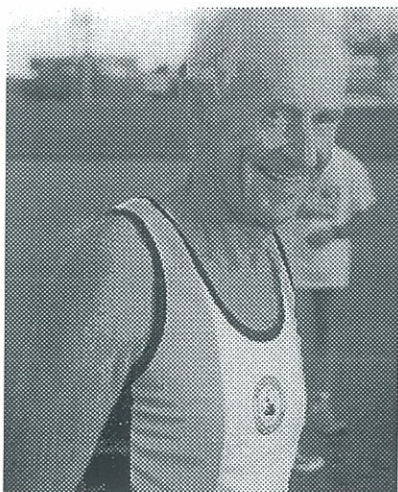
Elvira Janosi running an incredible 600km plus and beating some of her existing Hungarian records

All in all it was a fantastic 6 Day Race and all is looking great for the

future of the event. The current committee have committed to running the event for the next four years. The web site was absolutely fantastic considering it was only made operational two weeks prior to the event and recorded over 10,000 hits.

The Committee are already looking at introducing some more ideas in the coming years to further develop the race and I can see that the 6 Day Race and Colac will be just as well known in the community in ten years time as the Stawell Gift and Stawell!

CONGRATULATIONS COLAC FOR HOLDING A GREAT RACE!



Happy Snaps

*Contributions by
Jim Barnes and
Keith Anderson*

On behalf of the Australian Masters Athletics Association Inc (formerly known as the Australian Association of Veteran Athletics Inc), Queensland Masters Athletics will conduct the first National Multi Event Championships during the 2001/2002 summer season.

NATIONAL CHAMPIONSHIPS • DECATHLON AND HEPTATHLON

For registered masters/veterans athletes over the age of 30 years. Be there to take part in our first national championship

WHERE: State Athletics Centre, Kessels Road, Nathan, Brisbane

WHEN: 9th/10th February, 2002

COST: \$15.00 plus \$5.00 ground fee (Total: \$20.00)

EQUIPMENT: A number of poles will be available for use.
Size of spikes: 7mm for track and horizontal jumps
9mm for high jump and javelin

ENTRY: Entries to be sent to Queensland Masters Athletics
P.O.Box 564 Rochedale Queensland 4123
Entries close on 26th January 2002.

Queensland registered entrants who pay an additional \$5.00 will have their performance included in the Queensland Multi Events Championships results and medal allocation.

www.mastersathletics.com.au

TIME: 9.00a.m. on Saturday 9th February
(Sign in by 8.30a.m)

DAY ONE:	Decathlon	Heptathlon
	100m	Sprint Hurdles
	Long Jump	High Jump
	Shot	Shot
	High Jump	200m
	400m	
DAY TWO:	Sprint Hurdles	Long Jump
	Discus	Javelin
	Pole Vault	800m
	Javelin	
	1500m	

ACCOMMODATION

Robertson Gardens Plaza Hotel & Villas

281 Kessels Road, Robertson

Ph: (07) 3875 1999

E-mail: robgard@powerup.com.au

Sunnybank Hotel

275 McCullough Street, Sunnybank

Ph: (07) 3345 1081

Dress Circle Mobile Village

10 Holmead Road, Eight Mile Plains 4113

Ph: (07) 3341 6133

Sunnybank Star Motel

223 Padstow Road, Eight Mile Plains 4113

Ph: (07) 3341 7488

Several Queensland Masters Athletics

members have offered to provide

accommodation at \$20.00 per night.

Contact Wilma (07) 3273 5792 or Judy

(07) 3341 2251

ENTRY:

Name _____ Age Group _____

Association/Club of Registration _____ Date of Birth _____

Address _____

Phone _____ Email _____

Payment Details: I enclose a cheque for \$ _____ OR a money order for \$ _____

OR debit my card \$ _____ Bankcard or Master Card or

Visa (circle). Card holder's name _____

Card Number _____ Expiry Date _____

Signature _____

Post to: Multi Events, QMA, PO Box 564, Rochedale, Qld. 4123

Members can now pay for such items as clothing, social events, weekend camps and membership using Visa, Mastercard or Bankcard credit facilities. To pay by phone simply phone the treasurer on 9330 3803

Credit Card Payment



Please make this payment of \$.....for ☐ Clothing ☐ Membership ☐ Club Social Function

☐ Club Weekend Away ☐ Championship entry

by ☐ Visa ☐ Bank Card ☐ Mastercard

Card Number Expiry Date

Card Holder's Name.....

Signature.....



PURPOSE



The objective of the club is to encourage and promote veterans' athletics, general fitness and to provide training and competition within the jurisdiction of the Athletic Association of WA. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social

aspect is also important and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or social as they choose. Competition is in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

Print Post Approval 644113/00007
If unclaimed please return to:
1/37 Bombard Street, Ardross WA 6153.



**SURFACE
MAIL**

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AUSTRALIA**



Club Clothing

Contact Maggie Flanders: 9314 7556

Club Singlets:

New Style Yellow/Black - \$25
(All sizes, Men's and Women's)

T-Shirts:

Short Sleeve \$18. Grey in all sizes, White in limited sizes.
Long Sleeve \$20. Grey in all sizes.

Fleecy Wind Cheaters. \$25 in all sizes.

Caps - White/Grey. Legionnaires Caps - White/Grey.
Sun Visors - White/Grey/Black. All \$10. One size fits all.