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*(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.
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Also available are the black and white singlets, size 10-24 at \$13 each*.
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HAPPY BIRTHDAY TO OUR FEBRUARY MEMBERS

DEANUS, ANN	01/02/40	55 becomes W55	ROBINSON, WAYNE	16/02/55	40 becomes M40
McMILLAN, JAMES	02/02/25	70 becomes M70	CARR, PAT	18/02/32	63 remains W60
PAXMAN, BRIAN	02/02/30	65 becomes M65	QUARMAN, WALTER	19/02/53	42 remains M40
MEDCALF, NOELA	03/02/35	60 becomes W60	CARRERO, TINA	20/02/46	49 remains W45
JOHNSON, MICHELE	03/02/45	50 becomes W50	CATARINICH, ANNE	20/02/48	47 remains W45
SLADE, LES	04/02/50	45 becomes M45	MILLER, DENNIS	21/02/40	55 becomes M55
SANDERS, JOHAN	05/02/04	91 remains M90	HICKS, CLIVE	21/02/53	42 remains M40
BEALE, GEORGINA	06/02/55	40 becomes W40	SPENCER, JEFF	22/02/41	54 remains M50
TYSON, ALLEN	06/02/25	70 becomes M70	SMITH, JOHN	23/02/35	60 becomes M60
LISHMAN, JACKIE	07/02/63	32 remains W30	THORNTON, BEVERLEY	23/02/43	52 remains W50
GOWER, KARYN-SUE	08/02/60	35 becomes W35	HOWAT, PETER	23/02/49	46 remains M45
JARVIS, JANET	08/02/45	50 becomes W50	BOAKES, GEORGE	25/02/13	82 remains M80
PRESCOTT, VALERIE	08/02/44	51 remains W50	CRANE, BILL	25/02/40	55 becomes M55
JOHNSTONE, ALISON	09/02/47	48 remains W45	FERRIS, IRENE	27/02/52	43 remains W40
MUSTOO, CHRISTINE	10/02/55	40 becomes W40	POTTER, RONALD	27/02/40	55 becomes M55
LANCASTER, DENISE	11/02/50	45 becomes W45	HILLIS, JOAN	27/02/46	49 remains W45
HALL, DAVID	11/02/48	47 remains M45	ROGERS, STEVE	28/02/50	45 becomes M45
MAIR, ROBERT	11/02/48	47 remains M45			
MILBOURNE, COLLEEN	14/02/48	47 remains W45			



The Vetrunk



NO. 258 FEBRUARY 1995

Subs Day is set for March 26

SUBS Day rolls around once more, and the club hopes for another big response.

Lorna's Run, at McCallum Park, on Sunday March 26, is the place to be, with your money in hand!

You can help save a lot of time, work, reminders and confusion if you show up that day, with your completed form, and cash or cheque.

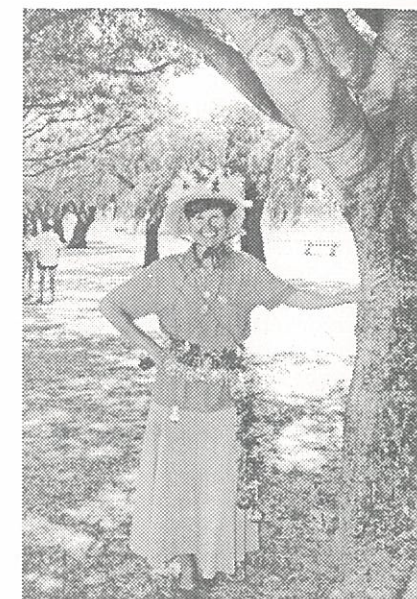
Our subs are some of the lowest in the known galaxy - even with the \$2 increase this year.

A membership form is in this issue. Please complete it.

EVERYONE must complete it - no matter your status.

If you really can't make it to Lorna's Run, mail the completed form, with your payment, to the address on the form.

No postal orders, please.



Amazing what you find lurking under the McCallum Park trees at Christmas! Sue Danby was dressed to win, rather than run, or walk, and she led home a field of pixies, elves, frogs and red-nosed reindeer to take first prize in the Christmas Gift Run. Full story, see page 8.

In Vetrunk this month...

Subs Form ... Insert

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Cast your vote, have your say, at April AGM

AT 7pm on Tuesday April 11 you can see the Greatest Show on Earth - at the Hockey Club Rooms, Perry Lakes.

All aspects of life will be unveiled. Intense drama, shredded nerves, crushed ambition, and born-again hope; all will all be paraded.

The Vets annual meeting is the closest thing to the Gunfight at the OK Corral you'll ever witness.

In other words - elections, presentations, appointments and reports. Please bring a plate.

Nominations invited for Life Membership

Nominations for Life Membership are one of the most pleasant aspects of the AGM.

These must be received, for consideration by the club committee, by March 17.

COMING EVENTS

LATE START FOR HOME RUN

MIKE and Linda Rhodes run - The Mt Lawley Circuit, on March 5 - is our last 'home run'. It will start at 8am - NOT 7.30.

Running in to Rosie's?

For Chris Brockwell's run on February 26, at Trinity College he is planning to have his presentation of trophies at Rosie O'Grady's Hotel rather than at the run site. This will be from 11.30am onwards - could you please let Jackie or Margaret know if you will be attending as Chris would like an idea of the numbers for catering arrangements. It is going to be a fun afternoon - just like the last one!

Runners

12K		
Bob Harrison	M50	51.28
Brian Danby	M45	52.50
John Pellier	M55	53.32
Vince Carrero	M50	53.32
Mike Kahn	M45	53.56
Brian Foley	M50	53.59
Milton Mavrick	M40	54.50
David James	M40	55.10
George Schaeffer	M40	56.31
John Bell	M45	56.36
Richard Harris	M55	56.39
Roger Walsh	M50	58.27
Keith Atkinson	M35	59.13
David Hough	M60	60.40
Jeanette Howat	W40	63.19
Ron Sutton	M55	65.34
Jeff Spencer	M50	65.36

6K		
Greg Lawrence	M35	22.41
Gareth Brunt	M40	24.20
Hugh Kirkman	M50	24.38
Gerald Chase	M55	24.51
Vic Waters	M50	25.24
Mike Anderson	M45	25.28
Geoff Mullins	M50	25.46
Peter Howart	M45	25.51
Dick Blom	M60	25.56
Peter Hill	M45	26.01
Rob West	M40	26.19
Bob Sammells	M55	26.37
Bill Crane	M50	26.40
Arnold Jenkins	M50	26.52
Brian Bennett	M45	26.55
Simon Mort	M35	27.12
Bob Shand	M60	27.33
Dalton Moffett	M60	28.09
David Carr	M60	28.33
Carol Broderick	M40	28.35
Ken Brownlie	M45	28.36
Doug Hazell	M40	28.37
Marg Forden	W50	28.50
Tony Speechley	M50	29.28
Margaret Birkes	W45	29.48
Brian Smith	M55	29.49
Keith Forden	M55	30.11
Stuart Parkinson	M45	30.58
Irene Ferris	W40	31.05
Ray Lawrence	M65	31.13
Denis Lancaster	W40	31.19
Peter Airey	M55	31.35
Joan Pellier	W50	31.38
Allen Tyson	M65	32.33
Peter Davies	M65	32.48
Norm Miller	M60	32.10
Garnet Morgan	M70	34.38
Jackie Halbert	W45	34.50
Rosa Davis	W50	35.47
Phyllis Faddell	W50	36.33
Pat Miller	W55	36.38
May Heppel	W55	36.42
Toni Frank	W45	39.14
Frank Usher	M70	40.46
Lorna Laughlan	W60	40.55
Jackie Billington	W50	41.32
Lois Wet	W45	48.20

Canning Caper

November 6, 1994

Sunday was fine and hot and we were sharing the pathway with the triathlon competitors, which made it necessary to change the distances to 6K and 12K (not 10K, as printed in the programme.)

Several vet members were competing in the triathlon and were given loud cheers and encouragement in the triathlon event.

The visitors on the day did very well and I believe one is intending to become a member.

First male in the 12K was Jim Seymon (visitor) in the time of 47:38; first Vet, Bob Harrison in 51:28; first woman Jeanette Howat 63:19. In the 6K, first male Greg Lawrence 22:41; first woman, Carol Broderick 28:35.

John Mison was first across the line in the 6K walk in a closely contested finish at 33:47 with Paul Martin clocking in at 33:48. Michelle Boyle was first woman walker 6K 42:35.

This was my first time at being a race director and I must admit to being a little nervous at the responsibility. However, I was fortunate to have excellent assistance from Bob and Lyn Schickert, Val Millard, Anne and Shorty Turner, Barry Weatherburn and Patricia Carr. Also, thanks to Brian Bennett for transporting the equipment. Many thanks to Brian Foley for taking care of the announcements for me. Margaret Ward

Walkers

6K WALK		
John Mison	M45	33.47
Paul Martin	M50	33.48
Michelle Boyle	W45	42.53
Jeff Whittam	M60	48.31
Tina Carrero	W45	50.08
George Peet	M60	50.10
Gillian Peet	W55	50.54
Jo Stone	W45	52.12

4K WALK		
Dick Horsley	M80	42.48

VISITORS

12K		
Jim Seymon		47.38

6K		
Keith Eva		22.41
Sally Hogan		23.35

IT DAWNS on me that a life of meaning is about a perfect day, a gentle breeze, friends loping in from all directions, three dead watermelons, two dead rings of bananas.....

Thanks everyone for being there. John Bell

Round the Lakes

December 11, 1994

8K			
Keith Forden	M55	47:17	7:00
Marge Forden	W50	47:28	8:55
Rob West	M40	47:50	11:40
Jim Klinge	M45	47:51	17:45
Milton Mavrick	M40	48:05	14:25
Ron Potter	M50	48:13	10:10
Ray Attwell	M55	48:24	13:15
Bill Crane	M50	48:26	13:40
Bob Schickert	M50	48:31	17:25
Rob Shand	M60	48:49	13:05
Val Millard	W45	48:50	3:10
Dave Carr	M60	48:52	14:50
Carol Broderick	W40	48:59	9:35
George Peet	M60	49:04	7:45
Mick Cousins	M60	49:06	17:10
Richard Harris	M55	49:09	12:50
Peter Hill	M45	49:11	14:00
Brian Foley	M50	49:12	15:40
John Russell	M60	49:13	6:40
Keith Atkinson	M35	49:18	13:40
Brian Danby	M45	49:19	16:25
Richard Matthews	M40	49:26	10:55
Ivan Brown	M50	49:27	15:40
Bob Sammells	M55	49:28	15:05
John Pellier	M55	49:35	14:50
Dick Blom	M60	49:39	14:50
David James	M40	49:42	17:25
Ken Brownlie	M45	49:59	13:15
Brian Hunter	M50	50:03	10:55
Garnet Morgan	M70	50:08	5:30
John Smith	M55	50:12	9:20
Simon Mort	M35	50:18	13:15
Jeff Spencer	M50	50:25	11:20
Vic Waters	M50	50:26	15:55
Margaret Warren	W55	50:27	3:35
Arnold Jenkins	M50	50:28	12:40
Mike Khan	M50	50:42	14:50
Mike Rhodes	M45	51:00	12:05
Ray Lawrence	M65	51:10	7:15
Dave Hough	M60	51:11	11:10
Dennis Miller	M50	51:15	16:25
John Dartnell	M45	51:19	15:40
Merv Jones	M55	51:31	9:50
Dalton Moffett	M60	51:33	11:40
Denise Lancaster	W40	51:42	9:20
Alan Tyson	M65	51:53	8:55
Sheila Maslen	W55	51:58	0:40
Ted Maslen	M55	52:21	14:40
Toni Frank	W45	52:33	0:00
Lorna Laughlan	W60	53:34	1:05
Frank Usher	M70	53:39	1:05
Peter Airey	M55	54:10	12:25
Stuart Hicks	M70	54:24	4:45
Phyllis Farrell	W50	54:33	2:20
Jackie Halberg	W45	57:05	8:45
Ron Spencer	M55	57:42	0:00

Sub-4 lifts the Vets team

WELL, we wouldn't claim to have finished fresh as milk-fed daisies, but that sub-4 hour time did lift the Vets team at the end of the York to Toodyay Relay. It's a little while back now - but maybe this happy group will inspire a few more Vets to join in next year? Back row: Brian Danby, Bert Carse, David James, Brian Foley. Front: Duncan McCauley, Bruce Wilson, and Vic Waters.



12.2K

Chris Maher	M40	48:24
David Reid	M40	48:49
Wayne Robinson	M35	49:16
Ralph Henderson	M45	49:40
Bob Schickert	M50	49:59
Jim Klinge	M45	50:21
John Pressley	M45	50:31
Dave Roberts	M50	50:39
Frank Smith	M50	51:56
Jan Kelly	W40	52:08 *R
Sue Prewett	W46	53:55
Mark Rosen	M45	54:05
Paul Kelly	M40	54:29
Bob Sammells	M55	54:48
David Bishop	M35	55:01
Geoff Mullins	M50	55:15
Brian Danby	M45	55:38
Peter Hill	M45	55:44
Joe Stickles	M55	56:29
Mike Khan	M50	56:33
John Bell	M45	58:14
Rob Shand	M60	58:20
Keith Atkinson	M35	59:01
Gerry Prewett	M40	59:05
Richard Harris	M55	59:23
Robert West	M40	59:33
Fraser Deanus	M55	60:07
Ted Maslen	M55	61:04
George Schaefer	M60	61:22
Ken Brownlie	M45	61:59
Margery Forden	W50	62:17
Roger Walsh	M55	62:19
David Hough	M60	62:43
Graham Thornton	M50	63:35
Barrie Slinger	M55	64:59
Dan O_Donnell	M40	66:46

Round the Lakes

6K Walk			
Gillian Peet	W55	53:51	2:00
John Mison	M45	54:45	20:00
Paul Martin	M50	54:46	20:00
B. Weatherburn	M50	54:57	16:30
Michelle Boyle	W45	55:52	13:00
Peter Johnson	M45	56:04	18:00
Jill Midolo	W45	57:11	12:00
Barrie Thomsett	M50	57:17	14:30
Lynne Schickert	W50	58:19	10:00
Jeff Whittam	M60	58:33	10:00
Alan Pomery	M60	58:38	8:00
Bob Fergie	M55	59:36	11:00
Dorothy Whittam	W55	61:22	13:00
Ernie Moyle	M65	62:22	10:30
Dick Horsley	M80	44:30	4KM
David Brown	Vis	58:39	13:30

Friendship Run

January 8, 1995

Conditions: hot and humid

ANOTHER large turnout for this year's run, and times were overall slower, which makes Jan Kelly's new course record of 52:08 a fine run. The old record was set by Trish Kirwin in a time of 52:16, in 1987.

Garnet Morgan set a M70 record in 74:51 - well done Garnet.

Many thanks to our helpers Bev, Maureen, Ann Smith, Val Bonner and Stuart Hicks.

See you next year. Joan and John Pellier

Brian Aldrich	M60	67:56
Morris Warren	M55	68:10
John Russell	M60	69:12
Irene Ferris	W40	69:14
Denise Lancaster	W40	69:30
Allen Tyson	M65	73:59
Garnet Morgan	M70	74:51 *R

6.1K		
Bert Carse	*M50	22:56
Gareth Brunt	M40	24:13
Don Caplin	M55	24:30
John Ferris	M40	24:59
Mick Cousins	M60	25:12
Brian Foley	M50	25:38
Ivan Brown	*M50	25:49
David Carr	M60	26:20
Jim Barnes	M50	26:57
Michael Anderson	M45	27:06
Bill Crane	M50	27:11
Max Kelly	M45	28:16
Maureen Stewart	W55	29:11
Arnold Jenkins	M50	29:24
Peter Airey	M55	29:36
Nena Greenfield	W40	29:44
Jeff Spencer	M50	29:46
Jimmy Greenfield	M50	29:46
Mike Rhodes	M45	29:56
Vicente Carrero	M50	29:57
Margaret Birks	W45	29:57
Carol Broderick	W40	30:27
Ron Potter	M50	30:37

Lyn Harrop	W40	30:45
Brian Hunter	M50	31:22
Aldo Giacomini	M55	31:32
Robin Bonner	M60	31:49
Brenda Matthews	W40	31:52
Ray Lawrence	M65	32:30
Kirt Johnson	M65	32:36
Ann Turner	W55	32:54
George Peet	M60	33:12
Merv Jones	M55	33:18
Lynn Farrelly	M45	33:27
Richard Peters	M55	33:47
Keith Forden	M55	34:19
Joan Slinger	W50	35:08
Les Slade	M40	36:38
Margaret Warren	W55	37:04
Rosa Davis	W50	37:09
Selby Munsie	M60	37:14
Arthur Leggett	M75	37:16
Jackie Halberg	W45	39:26
Roma Bettles	W45	39:26
Jackie Billington	W50	39:51
Sheila Maslen	W55	40:24
Mary Robinson	W55	40:43
Shorty Turner	M55	40:44
Frank Usher	M70	40:59
Jill Midolo	W45	41:09
Lorna Laughlan	W60	41:14
Mary Hepple	W55	41:30
Phyllis Farrell	W50	43:28
Alison Aldrich	W50	44:39
Lois West	W45	45:35

6.1K WALK		
Bob Chalmers	M55	44:49
Pauline Kelly	W45	45:50
Barrie Thomsett	M50	45:50
Dorothy Whittam	W55	46:02
Michele Boyle	W45	46:17
Bob Fergie	M55	49:28
Jeff Whittam	M60	49:28
Gillian Peet	W55	54:12
Lyn Schickert	W50	55:06
Karen Crellin	W50	55:06
Jane Slade	W45	57:55
Alan Pomery	M60	57:55
Tina Carrero	W45	72:23
Dick Horsley	M80	72:23

VISITORS		
Gary Glover	6.1K	34:35
Simon Beaumont	12.2K	47:01
Basil Hannah	12.2K	47:04
Ian Thomsett	12.2K	54:12
Lewis Arndt	12.2K	56:07
Lynne Wareing	6KW	65:46

Christmas Gift Run

December 18, 1994

ANOTHER beautiful Sunday morning set the scene for this years Christmas Gift Run at McCallum Park. There was a great turn out for the 5.2K fun run and walk around Heirisson Island. Everyone in colourful Christmas attire painted the picture of merriment and could not help but warm the heart and add to this festive time of the year. Without our family this year for Christmas and the usual difficulty getting into the spirit due to the unseasonable weather, it was just what the doctor ordered for us.

Unfortunately, we had four accidents, most likely due to a slip in concentration over uneven ground while enjoying the comradeship of others.

Most were minor scrapes and bruises, but we had a few broken bones.

We won't mention names, but hope all are recovering well.

It was mentioned by many that the fruit was very refreshing as the temperatures rose and the morning tea of traditional mince pies and Christmas cake was enjoyed by all. Many thanks to Jacqui Billington along with her helpers for all their work.



Ron Hillis and Margaret Stone guard the presents, and try ignoring our exhibitionist/surgeon John Bell, who was trying to borrow a mask and gown before treating the wounded.

Sue Danby as our beautiful Christmas lady, Lois West as the Christmas Tree, Dick Blom as Kermet the frog and Mike Rhodes and red nosed 'Rudolf the Reindeer' with his sleigh, certainly stole the show with their costumes. But honourable mention must go to Lynne Schickert, Merv Moyle and the 'Jones twins' (Sue and Merv) in their matching outfits. With the exchanging of gifts,

visits and cheer, many stayed on to celebrate together.

We want to thank everyone for making this run SPECIAL by just being there.

Extra special thanks go out to all of you that volunteered to help and those of you that just pitched in on the day.

HAPPY NEW YEAR TO YOU ALL!

Joan and Ron Hillis

HAPPY BIRTHDAY TO OUR JANUARY MEMBERS

DEANUS, FRASER	01/01/40	55 becomes M55	CHASE, GERALD	15/01/39	56 remains M55
HINDLE, EILEEN	02/01/49	46 remains W45	FLETCHER, JANET	20/01/46	49 remains W45
SPAIN, TRISHA	04/01/42	53 remains W50	LEMAN, COLIN	20/01/46	49 remains M45
MASLEN, SHEILA	06/01/38	57 remains W55	PUGLISI, JOHN	20/01/51	44 remains M40
SAMMELLS, ROBERT	06/01/37	58 remains M55	WEATHERBURN, BARRY	20/01/43	52 remains M50
PREWETT, GERALD	09/01/53	42 remains M40	ALDRICH, ALISON	24/01/43	52 remains W50
FARRELLY, LYNN	09/01/45	50 becomes M50	FARRELL, ROBERT	24/01/40	55 becomes M55
MITSOPOLOUS, ROBYN	10/01/51	44 remains W40	WYATT, GAY	24/01/54	41 remains W40
HOLLOWAY, ROSE-M	11/01/55	40 becomes W40	BARNES, JAMES	25/01/43	52 remains M50
DEVINE, BRIAN	12/01/42	53 remains M50	JONES, SUSAN	25/01/49	46 remains W45
ATTWELL, RAYMOND	13/01/36	59 remains M55	MITSOPOLOUS, VANCE	26/01/51	44 remains M40
CHOATE, LYNNE	14/01/53	42 remains W40	TURNER, ANN	27/01/36	59 remains W55
JOHNSON, RUTH	14/01/41	54 remains W50	MORRISSEY, MICHAEL	28/01/27	68 remains M65
JONES, BRIAN	14/01/28	67 remains M65	DAHLSTROM, DARRY	28/01/51	44 remains M40
KELLY, PAULINE	14/01/47	48 remains W45			

M40 RUNNERS

	TOTAL	AVE	BEST
Clive Hicks	11.280K	5:15	5:06
David Reid	11.200K	5:22	5:19
John Ferris	11.200K	5:50	5:42
David James	11.200K	5:47	5:37
Wayne Pantall	11.200K	5:48	5:33
Milton Mavrick	11.200K	5:59	5:47

M45 RUNNERS

	TOTAL	AVE	BEST
Duncan McCauley	14.181K	5:27	5:13
Ralph Henderson	12.800K	5:43	5:36
Ivan Brown	12.800K	6:13	6:04
Dave Scott	12.800K	5:46	5:35
Brian Danby	12.800K	6:14	6:05

M50 RUNNERS

	TOTAL	AVE	BEST
Bert Carse	11.200K	5:28	5:12
Brian Foley	11.200K	5:48	5:35
Roger Walsh	11.200K	6:23	6:11
Vic Waters	10.789K	6:15	5:53
Dennis Miller	9.600K	6:20	6:09
Dave Roberts	9.600K	6:03	5:48

M55 RUNNERS

	TOTAL	AVE	BEST
Bob Sammells	12.800K	6:15	6:02
Don Caplin	12.800K	5:45	5:32
John Pellier	12.800K	6:26	6:03
Ted Maslen	12.800K	5:49	5:31
Richard Harris	11.276K	6:28	6:18

M60 RUNNERS

	TOTAL	AVE	BEST
David Carr	11.200K	5:52	5:42
Maurice Smith	11.200K	5:54	5:41
Dick Blom	9.600K	6:19	5:59
Mick Cousins	10.073K	5:43	5:37
Vic Beaumont	9.600K	7:16	7:09
Dalton Moffat	9.600K	6:44	6:33

W35 RUNNERS

	TOTAL	AVE	BEST
Tess Brockwell	11.200K	6:09	5:55
Sue Prewett	11.200K	6:13	6:07
Denise Lancaster	11.200K	7:25	7:16
Jackie Halberg	11.200K	7:34	7:05
Joan Pellier	9.617K	8:05	7:39

W45 RUNNERS

	TOTAL	AVE	BEST
Jill Chambers	11.417K	6:00	5:56
Heather Sanderson	9.600K	6:58	6:50
Margaret Birks	11.200K	6:51	6:42
Roma Bettles	11.200K	7:18	7:07
Jan Jarvis	11.200K	8:04	7:50

W50 RUNNERS

	TOTAL	AVE	BEST
Marg Forden	11.200K	7:21	7:14
Peggy McIver	11.200K	6:42	6:29
Erica Mercer	11.200K	7:12	7:02
Maureen Stewart	10.156K	6:58	6:45
Ann Turner	9.600K	7:50	7:42

Four Hour Relay

Coker Park
October 30, 1994

RUNNERS

TEAM	DISTANCE	AVE TIME
M40	67.280K	5:42
M45	65.381K	5:52
M50	63.590K	6:03
M55	62.476K	6:09
M60	61.273K	6:16
W35	54.417K	7:03
W45	54.617K	7:02
W50	53.356K	7:12

WALKERS

WOMEN	34.960K	10:59
MEN	42.440K	9:03

WOMEN WALKERS

Michelle Boyle	6.400K	10:35	10:31
Dorothy Whittam	6.400K	10:28	10:25
Mill Middlo	6.400K	10:44	10:39
Jackie Billington	6.160K	10:40	10:35
Lorna Lauchlan	4.800K	11:19	11:14
Jackie Beaumont	4.800K	12:37	12:23

MEN WALKERS

John Misson	8.000K	7:56	7:51
Paul Martin	8.000K	8:18	8:04
Peter Johnson	7.240	8:48	8:48
B Weatherburn	6.400K	9:38	9:32
Barrie Thomsett	6.400K	9:30	9:02
Bob Chalmers	6.400K	10:37	10:21

How to read these results

TEAM results overall are shown at top of this column, showing total distance covered by each team in four hours. The figure after that shows average time per 1600m. It's interesting that performance followed in exact age order.

The individual results of each team, beginning at top of the page, show how far each runner went during the Relay. The average time taken for each 1600m is shown, and finally, that athlete's best time for any 1600m run during the event. (1600m is four laps of the track.)

Thanks are due, to Bob Fergie

BOB Fergie is one of the busiest Vets currently. As well as holding down the secretariat, and co-ordinating our State Champs, he's in the hot seat for next year's Nationals, to be held in Perth.

Despite all, he smiles through, puts up with endless queries from this editor, and does meticulous work on events like the 4-Hour Relay.

All the results below were compiled by Bob, and he was instrumental in getting the show on the road, for which we thank him heartily.

The fact that it was on the road for only four hours, and not the advertised six, is another story.

Democracy lives on in WAVAC!

In fact, it's a fine example of democracy in action.

The wind was up, the day was getting warmer.

We'd all put in a few laps.

"I reckon we ought to cut it back to four hours," joked one jolly (UK) West Countryman. "Then we could have a drink a bit sooner!"

Good idea, thought a couple of other Vets, and passed the thought on.

Within 15 minutes there was a show of hands, and that was that!

Probably a good thing, too, as few had trained specifically for this kind of 'on-off' competition.

You just had time to cool down, and stiffen up, and you were called upon to race again.

24 hours 'easier'

Veterans of the 24-hour relays say they were easier, because there was more time (about an hour) between runs. At Coker, we were running about every 25 minutes, which is not quite long enough to rest, but too long to stay hot.

Despite this, some great performances were recorded, and all teams ran and walked commendable distances. Most competitors were novices at this kind of event, and all will benefit from the experience.

Perhaps next year we can organise some specific training?

In the meantime, our race calendar now contains a good range of other relays, due to the efforts of Bob Sammells in building up this aspect of the club's activities.

BIBRA LAKE RUN

October 16, 1995

DESPITE having organised races on previous occasions I must admit to having pre-race director's nerves.

I should not have, because it was so easy to organise especially with my very willing helpers whom I thank.

There was a good turnout of 106 who faced the start line at 8.00am.

The temperature was 13C with quite a strong easterly wind which did little to blow away the midges - an additional bonus to those who had not had breakfast! The trick is to breathe through clenched teeth!

To those of you who thought the course was over distanced - wrong! I have measured it with a calibrated device on a bicycle wheel as used in championship races. So, all I can say is, try harder next year.

Next year? I shall offer to be race director again and would suggest to anyone who is hesitant about organising a race - don't be, provided you have enough helpers.

Doug Hazell

12K

Tom Savin	M45	43:23
Evan McRae	M45	44:55
Bob Schickert	M50	47:18
David James	M40	48:02
Gareth Blunt	M45	48:13
John Pressley	M45	48:16
Jan Kelly	W40	48:24
Sue Prewett	W40	49:06
Dave Scott	M45	49:50
Brian Danby	M45	50:06
Bob Harrison	M50	50:47
Patrick Sweeny	M40	51:05
Brian Foley	M50	51:13
Ivan Brown	M45	51:23
Mike Khan	M45	51:25
Dennis Miller	M50	51:51
Ted Maslen	M55	52:08
John Pellier	M50	52:15
Milton Mavrick	M40	52:23
Keith Atkinson	M35	52:27
George Schaefer	M60	52:36
Richard Harris	M55	52:40
Bill Crane	M50	52:45
Rob Shand	M60	53:45
Paul Kelly	M40	54:12
Vic Waters	M50	54:16
Gerry Prewett	M40	54:28
Stan Lockwood	M65	55:18
John Bell	M45	55:44
Mitch Loly	M50	55:55
Cecil Walkley	M65	55:57
Roger Walsh	M50	56:14
Margaret Birks	W45	58:16
David Hough	M60	58:24
Dalton Moffett	M60	58:25
Marge Forden	W50	58:38
Joanne Howatt	W40	58:51
Dan O'Donnell	M40	60:58

Denise Lancaster	W40	61:09
Ron Sutton	M55	61:15
George Peet	M60	61:40
Morris Warren	M55	61:58
Frank Usher	M70	78:33

6K

Dave Roberts	M50	22:47
John Ferris	M40	23:00
David Evans	M40	23:47
Michael Anderson	M45	24:32
Gerry Chase	M55	24:34
Ann Shaw	W45	24:37
Peter Howat	M45	24:41
Joe Stickle	M55	24:52
Jim Barnes	M50	26:19
Arnold Jenkins	M50	26:28
Jeff Spencer	M50	26:30
Brian Bennett	M45	26:31
Ros Banyard	W45	26:44
Peggy MacIver	W50	27:28
Ron Hillis	M45	27:34
Bob Sammells	M55	27:58
David Carr	M60	28:33
Merv Moyles	M65	29:08
Aldo Giacomini	M55	29:21
Keith Forden	M55	29:23
Brian Aldrich	M60	29:28
Heather Sanderson	W45	30:10
Ray Lawrence	M65	30:29
Graham Thornton	M50	30:34
Alan Tyson	M65	30:36
Roma Bettles	W45	30:28
Roger Crossman	M50	30:43
Irene Ferris	W40	30:46
Jay Smith	M55	30:47
Joan Pellier	W50	31:00
Stuart Parkinson	M45	31:03
Keith Webster	M50	32:33
Les Slade	M40	33:26
Cathryn Holland	W35	33:34
Maria Van Bockxmeer	W45	33:54
Valerie Millard	W45	33:54
Margaret Warren	W55	34:29
Ray Bennett	M50	35:56
Margaret Ward	W50	37:17
Rosa Davis	W50	37:58
Phyllis Farrell	W50	37:40
Sheila Maslen	W55	37:43
Patricia Carr	W60	41:16

6K WALK

John Mison	M45	31:05
Barry Weatherburn	M50	38:36
Peter Johnson	M45	39:22
Bob Chalmers	M55	41:45
Michelle Boyle	W45	41:47
Jill Midolo	W45	41:51
Jane Slade	W45	45:34
Jackie Billington	W50	46:05
Lorna Lauchlan	W60	46:18
Lyn Schickert	W50	47:47
Wendy Spencer	W45	47:48
Bob Fergie	M55	49:42
Ernie Moyle	M65	49:44
Gillian Peet	W55	51:02
Margaret Miller	W50	54:02

Visitors

Alan Smith	6K	29:53
Linda Howard	6K	41:17
David Brown	6K Walk	41:50
Louise Farden	6K Walk	58:47
Heather Sweeny	6K Walk	58:49

Summer Idyll

by poet and wildlife
lover,
Arthur Leggett

I was cleaning out my swimming
pool
On a sunny afternoon,
The warm sun soft caressed my back
And the garden was in bloom,
When I heard a little 'plop!'
In the water near the brink;
The first grasshopper of the summer
Had crashed-landed in the drink.

At first it floated upright
Then rolled on to its side,
Its jumper-legs a-kicking,
Its distress it could not hide.

It struggled there quite desperately
But all to no avail;
Its outstretched wings forlornly wet
As it slowly wagged its tail.

Its big, black eyes looked into mine,
I'm sure I saw it frown
And I heard its voice a-gurgling,
'Hey! You going to let me drown?'

So I scooped it up out of the pool
And, as it looked me in the eye,
I squashed it underneath my foot
And said, 'Die, you bastard, die!'

RESULTS WORLD MASTERS

From
Bunbury Amateur
Athletic Club

Jacki Lishman	400M H	2nd
Sharon Moloney	W30H	Hammer
3rd	18.78M	(State Record)
Shot	3rd	8.17M
Javelin	2nd	28.46m
100M Final	8th	
Luella Jenkins	W50	10K Walk
	2nd	
3K Walk	3rd	
5K Walk	3rd	

Ruth Johnson competed and did well, 4th in triple jump and 400M finalist.

Name	Age	Long Jump	Pts
C Holland	W35	4.07	423
N Medcalf	W55	2.88	132
D Wyatt	M40	5.20	480
A Jenkins	M50	3.80	216
A Fergie	M55	3.28	112
D Carr	M60	4.14	603
R Shand	M60	3.81	455
I Brown	M50	3.50	108
A Tyson	M65	2.59	-

Club Pentathlon

December 4, 1994

IN GOOD conditions, the small but enthusiastic field produced an interesting and close competition. Dave Wyatt produced the longest jump with David Carr gaining the most points with a very creditable 4.14m.

		Time	H/Cap	Net
David Carr	M60	42:34	12:55	29:39
Bert Carse	M50	42:38	15:50	26:48
Wayne Pantall	M40	42:52	13:35	29:17
Dick Blom	M60	42:53	12:55	29:58
Bob Schickert	M50	43:01	15:05	27:56
Bill Crane	M50	43:03	11:55	31:58
Brian Foley	M50	43:04	13:35	29:29
Rob Shand	M60	43:05	11:25	31:40
David Reid	M40	43:15	16:20	26:55

David James	M40	43:16	15:05	28:11
Vince Carrero	M50	43:17	13:15	30:02
Peter Hill	M45	43:18	12:15	31:03
Paul Martin	M50	43:21	13:55	29:26
Carol Broderick	W40	43:24	8:20	35:04

Margaret Birks	W45	43:34	9:10	34:24
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Vic Waters	M50	43:45	13:45	30:00
Bob Sammells	M55	43:46	13:15	30:31
Joe Stickle	M55	43:54	12:55	30:59
Rob West	M40	43:57	11:15	32:42
Dalton Moffett	M60	44:03	10:10	33:53
Ray Lawrence	M65	44:12	6:10	38:02
Garnet Morgan	M70	44:14	4:45	39:29
Teresa Howe	W40	44:18	?	
Mike Khan	M50	44:21	12:55	31:26
P MacLver	W50	44:25	9:10	35:15
Jeff Spencer	M50	44:26	9:50	34:36
Peter Airey	M55	44:31	10:10	34:21
Ken Brownlie	M45	44:31	11:35	32:56
Rosa Davis	W50	44:32	1:10	43:22
Milton Mavrick	M40	44:36	13:15	31:21
B Matthews	W40	44:43	7:30	37:13
Ted Maslen	M55	44:50	12:35	32:15
Kirt Johnson	M65	44:52	6:50	38:02
Brian Hunter	M50	44:59	9:30	35:29
Shorty Turner	M55	45:04	0:35	44:29
Merv Moyle	M60	45:10	8:30	36:40
Selby Munsie	M60	45:21	4:25	40:56

Javelin		200M		Discus		800/ 1500m		Total
Dis.	Pts	Time	Pts	Dis.	Pts	Time	Pts	Pts
22.50	348	30.9	606	31.94	479	2:57.0	568	2424
12.64	162	33.9	639	13.82	66	3:15.0	720	1719
28.04	325	26.2	702	21.08	266	6:29.8	284	2057
26.46	412	29.1	621	19.70	243	5:36.5	643	2135
27.50	490	37.0	0	25.82	443	-	0	1045
18.24	231	27.9	909	19.24	259	5:02.8	961	2963
28.20	510	32.3	513	30.06	562	5:43.1	760	2800
18.18	205	30.0	540	18.28	207	5:16.6	742	1802
17.06	226	33.7	567	21.42	354	6:43.8	611	1758

There were several competitors in the 26 to 28 metre range in the javelin, with Rob Shand the winner. David Carr showed his runningskills with a fine 27.9 in the 200 metres, and other good runs were by Noela Medcalf and Dave Wyatt. Cathryn Holland threw the discus 31.94m, but Rob Shand gained the highest points with 30.06m.

At this stage in the morning news of the keenness of the competition must have circulated round Perth as the stadium had started to fill up. There were several hundred people in the stands!

The final runs were performed with

crowds of little athletes everywhere. They were witness to more good performances from David Carr in the 1500m and Noela Medcalf in the 800m. It seems that the Little Aths were there for relay training, but perhaps they did get some inspiration from seeing the efforts of these senior athletes.

The final tally showed David Carr narrowly ahead of Rob Shand and the first lady, Cathryn Holland in third place overall.

Thanks go again to all of those who helped run the meeting.

Bob Fergie

Women's Run

January 15, 1995

AFTER the usual mumbling about the handicapping, the hill and the heat, all 78 participants finished within a few minutes of each other. Morning tea was cold water only, but as usual the food was excellent, thanks to those who provided and organised it.

David Carr emulated Rob Shand's 1994 performance by winning the trophy that is named for them. Carol Broderick shares the trophy as first woman home, with Margaret Birks beating Maxine Santich by three seconds to be fastest woman home! Dave Reid was fastest man. Gillian Peet won the Walkers' trophy for the second year. Thanks to the regular band of helpers, including those who volunteer but are not needed.

Do you have a suggestion for a new name for this run? New members and the public think that it's for women only and we need to stop this confusion. Suggestions to the committee or Jill ASAP.

Jill Midolo

G Schaefer	M60	45:25	12:15	33:10
Peter Davies	M65	45:29	5:45	39:44
C Holland	W35	45:50	4:25	41:25
Simon Mort	M35	45:51	11:35	34:16
Maxine Santich	W40	45:52	11:25	34:27
J Billington	W50	46:13	0:35	45:38
Lynn Farrelly	M50	46:16	8:20	37:56
Merv Jones	M55	46:21	8:30	37:51
M Warren	W55	46:24	3:05	43:19

Robin Bonner	M60	46:32	11:35	34:57
Ann Turner	W55	46:38	7:30	39:08
Mike Rhodes	M45	46:43	10:30	36:13
Stan Lockwood	M65	46:51	8:50	38:01
Sheila Maslen	W55	47:07	0:35	46:32
Stuart Hicks	M70	47:31	3:25	44:06
Mary Heppell	W55	47:38	0:35	47:03
Lorna Lauchlan	W60	47:39	0:35	47:04
Frank Usher	M70	48:14	0:55	47:19
Allen Tyson	M65	49:02	7:50	41:12
John Smith	M55	50:12	8:10	42:02
Chris Kelly	M40	50:14	?	
Ray Barnett	M50	51:05	4:05	47:00
Phyllis Farrell	W50	52:44	1:40	51:04
Roma Bettles	W45	54:58	8:00	46:58
H Sanderson	W45	55:03	8:10	46:53
Lois West	W45	59:11	?	

WALKERS (Sealed Handicap)

Name	Age	ClockH/cap	Actual
John Mison	M45	43:20	21:30 1:04:50
P Johnson	M45	46:01	18:45 1:04:46
B Weatherburn	M50	46:42	17:15 1:03:57

B Chalmers	M55	51:32	14:30 1:06:02
D Whittam	W55	53:14	14:00 1:07:14
Alan Pomery	M60	56:18	11:00 1:07:16
L Schickert	W50	56:58	10:45 1:07:43
Bob Fergie	M55	57:44	12:00 1:09:44
Jeff Whittam	M60	57:45	11:00 1:08:45
Gillian Peet	W55	59:26	2:15 1:01:41
George Peet	M60	59:27	?

VISITORS

Rod Davies	34:01
Denise Davies	37:04
Margaret Flanders	54:45
Jack Bailey	57:15
Barbara Bailey	57:18

WAVAC 1995 CHAMPIONSHIPS

Track and Field Programme

SATURDAY March 4, 95 Perry Lakes

Time	Event
1.30pm	Pole Vault

WEDNESDAY March 29, 95 McGillivray

Time	Event
6.00pm	2K Steeplechase
	3K Steeplechase

*Please arrive early and help set up these events

FRIDAY EVENING March 31, 95 Coker Park

Time	Age	Event
5.30pm	All Men	Hammer
6.45pm	All M/W	5000 Walk
7.20pm	All Women	Hammer
7.50pm	All M/W	10,000M

* **PENTHATHLON:** this will be included with normal titles. In field events, only first three attempts will count towards Pentathlon

SATURDAY April 1, Coker Park

12.15pm	M/W 40-70	80M Hurdles	2.00pm	W50-70	Javelin
12.25pm	W30-35	100M	2.10pm	M35-45	100M
		Hurdles	2.25pm	W30-45	200M
12.30pm	M50-65	100M	2.40pm	M50-70	100M
		Hurdles	2.50pm	W50-70	200M
12.35pm	M35-45	110M	3.00pm	W30-45	Discus
		Hurdles	3.00pm	W30-45	Triple Jump
12.45pm	All Men	High Jump	3.10pm	M50-70	800M
12.45pm	W30-40	Long Jump	3.25pm	M35-45	800M
1.00pm	M35-45	400M	3.35pm	All Women	2,000M Walk
1.00pm	M50-70	Shot Putt	3.40pm	W50-70	Discus
1.20pm	W35-60	Long Jump	4.15pm	W30-45	200M
1.20pm	W30-45	Javelin	4.25pm	W50-70	800M
1.30pm	M50-70	400M			
1.40pm	M35-45	Shot Putt			
1.55pm	M50-70	Triple Jump			

SUNDAY April 2, Coker Park

8.45am	All M/W	5,000M	10.40am	W45-65	Triple Jump
8.45am	All Women	High Jump	10.50am	M50-70	Javelin
9.15am	M35-45	400M	10.50am	W30-45	100M
		Hurdles	11.00am	M35-45	200M
9.20am	W30-45	400M	11.10am	W50-70	100M
		Hurdles	11.20am	M50-70	200M
9.25am	M/W 50+	300M	11.30am	M35-45	Discus
		Hurdles	11.30am	W30-40	Triple Jump
9.30am	M35-45	Long Jump	11.40am	W50-70	1500M
9.45am	W30-40	400M	11.50am	W30-45	1500M
9.45am	W45-60	Shot Putt	12.15pm	M50-70	Discus
10.10am	M50-70	Long Jump	12.30pm	All M/W	3,000 Walk
10.10am	M35-45	Javelin	1.15pm	M35-45	1500M
10.15am	W50-70	400M	1.30pm	M50-70	1500M
10.25am	W30-40	Shot Putt			

Notice Board

from the Committee

Safety Volunteers Still Needed

Brian Devine has stepped forward to take the Safety First course. Thanks Brian - but more people are needed. Come on, this is essential. Don't expect someone else to do it.

Please get involved, for your own sake as well as that of your friends in the Vets.

We all enjoy the Vets, and nobody wants to stand by, helpless, when someone is hurt.

BUT - would you know what to do, to really help?

Get involved, form a group, learn the first-aid rules, and put something positive back into the club.

ALL the best, from all of us, to Ernie Moyle.

Ernie has successfully undergone bypass surgery, and we hope to see him powering by, past the opposition again in short order.

Myalup Camp Weekend 4-6th March 1995

The cost will be \$16.50 per person for accommodation for the whole weekend, plus bring your own food and drink. We have booked four cottages ten persons per cottage. Please see Margaret Birks if you would like to go. Final date for registering Sunday 26th February.

Jackie Billington: Ph: 279 8679
Margaret Birks: Ph: 328 9474

10K Track Handicap Entry Form

April 19, 1995, 7pm at McGillivray Oval, under lights
Fee: \$2, with entry

Name.....Age Group.....
If you haven't run with the Vets for some time, show best 10K in past year here Best time.....
Entries to: Jeff Whittam, 49 Holland St, Wembley 6014 (Ph 387 6438)
Entries close April 16. Barbecue follows event.

TRACK & FIELD January 11, 1995

3000M Walk		
Dorothy Whittam	W55	2:35
100M		
Lynne Choate	W40	13.3
Noela Medcalf	W55	16.7
R Trotter	M35	12.4
Ian Sanders	M35	13.5
John Walker	M45	13.1
Allen Tyson	M65	16.3
800M		
Tessa Brockwell	W35	2:23.5
Lynne Choate	W40	2:18.3
Noela Medcalf	W55	3:23.5
Greg Vander Sanden	M35	2:01.5
John Molloy	M40	2:09.1
Chris Kelly	M40	2:57.1
David Wilmer	M40	2:47.4
John Walker	M45	2:48.1
Peter Gare	M50	2:34.8
Allen Tyson	M65	3:17.8
3000M		
Tessa Brockwell	W35	10:42
David Wilmer	M40	10:50
John Walker	M45	13:31
Bert Carse	M50	10:31
Don Caplin	M55	11:03
Robin Bonner	M60	13:14

A GROUP of 7 members gave up their normal Wednesday twilight meeting on 11 January 1995 to compete in an over 50 men's 400 metres event at the home of the Stirling Swans Athletic Club.

The Veterans took the place of the traditional 'celebrity' race on the programme and the crowd reaction was terrific.

The prize money seemed to provide an extra incentive for those old legs to move smartly and there were a few surprises in the results and a few PB's.

First was Keith Martin in 57.5 (just outside his over 50 PB of 56.01).

Roy Fearnall was a close second and Brian Foley steamed past David Carr to collect third prize. Other placing were Arnold Jenkins with Norm Richards a shade in front of Ivan Brown who ran a PB of 64.7!

Javelin		
Lynne Choate	W40	17.4m
Dorothy Whittam	W55	20.38m
Noela Medcalf	W55	10.28m
Ron Trotter	M35	29.98m
Ian Sanders	M35	14.66m
Chris Kelly	M40	28.08m
Peter Gare	M50	34.42m

The Vetrunk

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

Patron: W.J. (Bill) Hughes
President: Brian Foley
339 2716
Secretary: Bob Fergie
447 6898

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

Phone: 341 3464 (H)
Fax: 245 3169

Next Issue: March 1995

MORE MASTERS - plus VETS

Could become a full-time career, following the Masters Games around Australia. Latest version is the Malanda Milk, Queensland Masters Games, in Townsville April 29 - May 1, 1995.

BUT - this one includes the VETS Nationals.

More details, about the Masters, from the games office, 077 716910.

For an entry form for the Vets Championships however, contact:

Yvonne Mullins, PO Box 7, Mundingburra Q 4812.

Phone: 077 251022(H) - or 077 814173

A night with the stars (at Dianella!)

by
Ivan Brown

The club entertained the officials after the meet, including a number of Vets who as usual, doubled as athletes and officials. David Carr was the subject of a feature in the night's race programme, which referred back to 1953 when he ran with the likes of Hec Dogan and John Landy.

Let's hope the success of the evening leads to this becoming a permanent fixture.

Rob Shand	M60	30.56m
Allen Tyson	M65	18.90m
Shot Put		
Noele Medcalf	W55	6.57
R. Trotter	M35	9.39
Chris Kelly	M40	6.65
Peter Gare	M50	8.87
Rob Shand	M60	8.29

Tribute to Duncan Strachan

THE loss of Duncan Strachan is another blow to the Vets.

A genial man, intelligent and sophisticated, Duncan was a stalwart.

Not the pushy kind, immediately making himself known to everyone. But always there, ready to advise and help when needed.

"Duncan was the man in the back straight, cheering you on, while everyone else would bunch together by the finish," says one Vet. "He thought about doing that little bit extra, to help you along."

Together with his wife June, Duncan was a wonderful example to newcomers of the benefits of the sporting life.

Tanned and healthy, these two always seemed to radiate 'the good life'!

Tennis was Duncan's other great sporting love, and he was very active.

Even after his illness was diagnosed, he continued to walk regularly. In fact he told me that he still spent most waking hours outdoors.

A wonderful attitude, and a stoic acceptance of the inevitable, helped both Duncan and June cope with his imminent demise.

Duncan worked assiduously for the Vets. In the mid-1980s he was club secretary, and at the time of the last National Championships in Perth his skill and expertise helped co-ordinate and control the whole show.

He continued to 'keep us honest' until the end.

Ed.



Duncan, above, at Jorgensen, politely lets Sandi Hodge lead the way; and, left, pictured with June, his wife.

Letters

Dear Vic

As a teacher I often have difficulty explaining 'irony' to students. What is ironic? Well, now I can offer myself as a living example.

Prior to the City to Surf, I was experiencing difficulty with my running, and having never had a running injury, I failed to acknowledge shin splints (a most inappropriate name to describe the condition) and continued running, even participating poorly in the City to Surf.

Thereafter I got professional help, the usual physiotherapy and a refrain on running! That took about eight weeks to effect a recovery, and the Pelican Point Recovery Run was to be my first attempt to come back to organized running.

Here, the Hand of Irony starts to take a hold. At 6.54am, I'd had a last pee, stretched and was jogging towards the gathering throng of runners when near the restaurant, I stepped off the cycle path, my left ankle rolled in loose sand, the stab of pain, and there I was lying on the ground. I couldn't believe it!

This was my return to running, I involuntarily exclaimed — and —, alarming a mother and small boy

nearby.

I must have intimidated them, for it took a while before they peeked around the large tree between us at my prostrate form. I do apologise if I frightened them.

So, my 'recovery' ended in the Recovery Run.

Why is it called that?

My family, always sympathetic to a lost cause, were highly amused by the incident and my condition. At least my daughter got the ice for the bucket of cold water.

If this isn't irony, I don't know what is.

Yours, in running,

Lynn Farrelly

WA VETERANS TRACK AND FIELD CHAMPIONSHIPS 1995

CONDUCTED BY WA VETERANS ATHLETIC CLUB: Sec: Bob Fergie, 447 6898
CHAMPIONSHIP DIRECTOR: Jackie Halberg 457 9343

Events are conducted in 5-year age groups - MEN and WOMEN, 35, 40, 45, etc.

Teas, cool drinks and snacks available from canteen at Coker Park
BYO barbeque after the final event, Sunday April 2.

EVENTS

For complete program of events - from Saturday March 4, to Sunday April 2, see page opposite.

ENTRIES CLOSE SUNDAY 9TH MARCH 1995

Entry Fee: \$10 - to all members of WAVAC, and registered members of other athletic clubs.

Non-members: \$15. Fees cover all events, programme and medallions.

Entries to: Bob Fergie, 12 McKirdy Way, Marmion, WA 6020

LATE ENTRIES WILL NOT BE ACCEPTED.

Pole vault entrants - contact Jackie Halberg before March 1.

Cheques payable to WAVAC

Surname: _____ Given name: _____

Address: _____

Phone: _____ Age Group: _____

Date of Birth: _____

WAVAC member? YES / NO or registered with _____

Non-Member? YES / NO

Events Entered

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

Office Use Only: Fee _____ eligible: _____ Age: _____ Listed: _____ F/up _____

Event: 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