



The Vetrun



No 214 JULY 1990

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WORLD RECORD FOR JOHN GILMOUR

IN the history of the world, no 70 - years old man has ever recorded a faster time for the 10 miles road race than John Gilmour.

That puts into perspective the latest achievement of this remarkable athlete, who, in our Fremantle run on June 24, ran 1:04:29.

This new world mark was 'compensation' for John. A week earlier he equalled the world record for 25K, during the Road Race Championships.

Late News

PERTH HALF MARATHON

July 1, 90

Karen Gobby won the women's race, spearheading a Vet's contingent that made the *Half* friendly as a regular club run! Full results - August issue; these are but personal notes from one who was delighted to be one of 800? - plus runners savouring a unusually wind-free and crisp Swan morning, that became a fine winter's day.

Apologies to those runners (especially Joe Trovato - you were right, mate) who arrived late, due to misprint in our programme, and the West.

Supportive club spirit was epitomised by Mike Rhodes, short of training and planning a lie-in, who made a late entry just to gee-up and pace a couple of less proficient Vets runners.

Thanks. Mike.

Ed.

In this issue..

UNI and BACK 15K Page 2

DARLINGTON DASH Page 3

JIM BARNES RUN Page 4

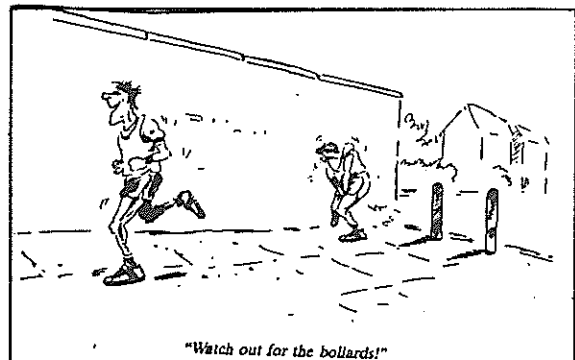
25K ROAD RACE
CHAMPIONSHIPS Page 5

ULTRA RUNNING with the
CENTURIONS by Tony Tripp
Page 6

FREMANTLE 10-Miler Page 8

NOTICE BOARD Pages 9/10

Birthdays Page 11



WA VETERANS AC

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UNI AND BACK 15K - June 3 90

107 veterans - 81 men and 23 women - competed on the day, when the main event was the 15K, which is a part of the 50K Road Runners Championship. Conditions were cool at the start but perfect for the run. Derek Hoye ran an exceptional race to blitz the field, although Paul Pohe and Dave Shepherd both performed well to fill the placings. In the women's race Maxine Santich and Peggy McLiver - although distracted by a male stripper and a non-stop

exchange of recipes - came in first together, followed by Marg Forden. Marg Birks, delayed by a horse, was fourth!

Fred Hagger was listed to host the event but instead returned to hospital because of trouble following his recent back operation. (Best wishes to Fred for a speedy, and full recovery. It's been good to see him again on recent Sundays, helpful and cheerful as ever. Ed.)

In his absence Mary Robinson organised, with help from Alan Croxford, Sue Jones, Estelle Rogers, Bev Thornton and Maureen Pomeroy.

RESULTS 15K.

1. Derek Hoye	M50	55.42	44. Vic Beaumont	M60	68.19
2. Simon Beaumont	Vis	56.10	45. Leon Sander	M50	68.20
3. Paul Pohe	M45	56:16	46. Richard Harris	M50	68.31
4. Dave Roberts	M45	56.25	47. Merv Jones	M50	69.26
5. John Ferris	M35	56.43	48. Stan Lockwood	M60	69.46
6. Paul Hughes	M35	56.56	49. Ron Sutton	M50	70.13
7. Don Caplin	M50	57.19	50. Trevor Harwood	M40	71.48
8. Bob Schickert	M45	57.52	51. Ken Whistler	M55	71.54
9. Jim Klinge	M40	58.12	52. Rob Farrell	M50	72.26
10. Wayne Pantall	M35	58.45	53. Pat Sheerin	M55	73.14
11. Ian Partington	Vis	59.13	54. John Crawford	M50	73.53
12. Dave Carr	M55	59.18	55. John Bornholdt	M50	74.19
13. John Gilmour	M70	59.24	56. John Birks	Vis	75.24
14. Joe Trovato	M50	59.36	57. Stewart Hicks	M65	75.25
15. Dick Blom	M55	59.43	58. Joan Pellier	W50	76.11
16. Brian Danby	M40	60.39	59. Ray Lawrence	M60	77.32
17. Wal Welyky	M40	61.20	60. Phyllis Farrell	W45	77.34
18. Graham Luck	M50	61.29	61. Arthur Leggett	M70	77.40
19. John Pellier	M50	61.45	62. Morris Warren	M50	77.41
20. Rob Doust	M35	61.56	63. Ann Turner	W50	78.34
21. Mike Khan	M45	61.57	64. Gordon Holmes	M60	79.00
22. Jim Greenfield	M45	62.06	65. Duncan Strachan	M65	79.48
23. Bob Sammells	M50	62.25	66. June Strachan	W60	81.47
24. John Maddison	M50	62.27	67. Norm Miller	M55	83.00
25. Graham Thornton	M45	63.28	68. Estelle Rogers	W30	83.13
26. Maurice Johnston	M50	63.44	69. Gordon Florence	M50	83.52
27. Tony Speechley	M45	63.47	70. Marg Warren	W50	84.04
28. George Schaeffer	M55	64.08	71. Alison Aldrich	W45	87.19
29. Peter Airey	M50	64.10	72. Sid Bowler	M65	91.01
30. Peter Cole	M45	64.11	73. Cliff Bould	M70	110.56
31. Shayne Hill	Vis	64.13			
32. David Hough	M55	64.44			
33. George Maddox	M45	65.12			
34. Bryan Hardy	M45	66.24			
35. Dalton Moffett	M55	66.24			
36. Mike Traynor	M45	66.30			
37. Brian Aldrich	M55	66.55			
38. Alan Pomeroy	M55	67.05			
39. Maxine Santich	W35	67.09			
40. Peggy McLiver	W45	67.10			
41. Merv Moyle	M60	67.12			
42. Marg Birks	W40	67.34			
43. Marg Forden	W45	67.57			

15K WALKERS

1. John Mison	M40	79.55
2. Peter Hill	M40	90.29
3. Barry Thomsett	M45	95.36
4. Marg Stone	W45	107.16
5. Ernie Moyle	M50	110.55
6. Bob Fergie	M50	111.44
7. Jeff Whittam	M55	112.18
8. Lorna Lachlan	W60	113.15
9. Jacqui Beaumont	W50	115.03
10. Jack Collins	M75	117.28

8K.

1.	Vaughan Ramsay	Vis	30.55	15.	Pat Carr	W55	49.05
2.	Arnold Jenkins	M45	32.56	16.	Gaby Ralph	W40	49.06
3.	Paul Martin	M45	32.59	17.	Toni Franks	W40	50.30
4.	Norm Scott	M50	33.13	18.	Jacqui Billington	W45	55.00
5.	Dave Scott	M40	36.29				
6.	Steve Morgan	Vis	37.31				
7.	Peter May	Vis	38.44				
8.	Kath Noordyke	W40	39.24				
9.	Adrian Noordyke	M35	39.24				
10.	Kirt Johnson	M60	40.05				
11.	Jan Johnson	W45	40.56				
12.	John Russell	M55	43.27				
13.	Esther Healey	W50	43.33				
14.	Rosemary Maddox	Vis	44.43				

8K WALKERS.

1. Michelle Boyle W40 52.25

5K WALKERS.

1. Val Tyson W65 38.30

2. Dorothy Whittam W50 38.30

3. Alan Stone M55 38.45

4. Dick Horsley M75 38.45

* Late correction: 15K, no. 4 was Dave Shepherd/ and swap no.'s 42 and 43.

DARLINGTON DASH June 10, 90

JOHN Maddison has organised the Dash so well in previous years - thanks, John - that I attempted to run the event in the same tradition. It was good to see 52 runners there, despite other attractions, and an ominous morning. Conditions were great during the run, though. Bert Carse was first back in the 16K, with Tom Savin and Derek Hoye close behind. Heather Crockart was first lady home, followed by Peggy McLiver and Margaret Robertson. Arnold Jenkins the winner of the 8K; Joan Pellier was first lady.

A few people braved the cold and rain for breakfast, and even a barbecue. Everything went well except for my being bitten by a mad dog (no, not a tri-athlete) and the tetanus injection wasn't much fun either. Thanks to helpers Maureen, Beverly, Sue and Jackie - and a special thankyou to Maurice and Frank for marking the course. Hope to see everyone again next year.

Jim Greenfield

8KM

1.	Robert Muir	Vis.	31.32
2.	Arnold Jenkins	M45	34.51
3.	Alan Pomery	M55	35.45
4.	Karl Foster	Vis.	39.12
5.	Joan Pellier	W50	39.36
6.	Jan Johnson	W45	41.27
7.	Kirt Johnson	M60	41.28
8.	Esther Healy	W50	45.22
9.	Patricia Carr	W50	45.29
10.	Mary Robinson	W50	49.24
11.	Alan Stone	M55	59.36
12.	Val Tyson	W65	60.47
13.	Margaret Stone	W45	60.47
14.	Dick Horsley	M75	62.00
15.	Pauline Kelly (Walk)	W40	64.13
16.	Pam Foster	" W40	64.16

'First Couple' Dick Horsley Trophy

Joan and John Pellier, combined time of 1:48:18, from Pat and Dave Carr 1:51:57.

16KM

13.	Heather Crockart	W30	71.43
14.	Peter Airey	M50	71.59
15.	Mike Traynor	M45	72.32
16.	Vic Waters	M45	72.39
17.	Dalton Moffatt	M55	73.19
18.	Tony Speechley	M45	73.26
19.	Peggy McLiver	W45	73.35
20.	Serge Toussaint	M45	75.16
21.	Rod Stewart	M50	76.49
22.	Merv Jones	M50	77.16
23.	Margaret Robertson	W50	79.12
24.	Robert Farrell	M50	80.48
25.	Ron Sutton	M50	80.58
26.	Warren Spencer	Vis.	82.15
27.	Jeff Spencer	M45	82.16
28.	Rob Davis	M50	82.54
29.	Patrick Sheerin	M55	82.56
30.	Ray Lawrence	M60	88.49
31.	Duncan Strachan	M65	89.04
32.	June Strachan	W60	89.24
33.	Gordon Holmes	M60	89.38
34.	Norm Miller	M55	89.48
35.	Phyllis Farrell	W45	101.00
36.	Syd Bowler	M60	101.00

16KM

1.	Bert Carse	M45	58.38
2.	Tom Savin	M40	59.18
3.	Derek Hoye	M50	59.41
4.	Bob Schickert	M45	64.05
5.	Bob Thomson	M40	64.25
6.	Yann Toussaint	Vis.	66.25
7.	David Carr	M55	66.28
8.	Graham Thornton	M45	66.37
9.	Mike Khan	M45	68.23
10.	John Pellier	M50	68.42
11.	Don Caplin	M50	69.01
12.	Terry Foster	M45	70.56

JIM BARNES RUN May 20 90

This year's event was again run in perfect racing weather for fast times. Tom Savin was winner of the *John Tarrant Trophy*, and Margaret Birks won the *Dot Brown Trophy*. Many runners produced personal bests for the distance/course.

Due to increasing traffic in the area of the course, we must make this the last time we conduct the race from our home. From next year the race will be held at Wilson Park, Cannington. Pat and I wish to thank all of the helpers whose contribution helped make this year's run function. **Jim Barnes**

10k EVENT

J West	M40	34.31
P Odam	tc	34.34
T Savin	M40	34.56
D Hoye	M50	35.11
D Caaplin	M50	36.17
D Roberts	M45	36.25
J Ferris	M35	36.54
P Pohe	M45	37.05
J Klinge	M40	37.20
W Pantall	M35	37.43
R Schickert	M45	38.04
B Danby	M40	38.14
B Foley	M45	38.26
D Carr	M55	38.44
D Muir	M45	38.48
J Gilmour	M70	38.48
D Blom	M55	38.51
R Doust	M35	39.37
W Welyky	M40	39.40
J Trovato	M50	39.49
M Khan	M45	39.51
R Sammells	M50	40.01
J Pellier	M50	40.09
J Maddison	M50	40.15
T Foster	M45	40.16
P Cole	M45	40.17
G Luck	M50	40.36
J Greenfield	M45	40.51
B Hardy	M45	40.59
W Crellin	M50	41.24
D Hazell	M35	41.26
T Maslen	M50	41.32
M Traynor	M45	41.37
M Watts	M50	41.43
P Airey	M50	41.46
K Forden	M50	41.49
D Moffatt	M55	41.56
M Johnston	M50	42.07
G Schaefer	M55	42.12
H Crockart	W30	42.14
M Birks	W40	42.40
M Warren	M50	42.45
M Moyle	M60	42.47
P Dufty	M45	42.48
B Aldrich	M55	43.37
B Paxman	M60	43.40
P McLiver	W45	43.41
M Kelly	M40	43.44
M Jones	M50	43.57
M Forden	W45	43.58
R Harris	M50	44.28
R Potter	M50	44.53
V Beaumont	M60	45.08

G Peet	M55	45.28
T Harwood	M40	45.28
S Lockwood	M60	45.49
R Sutton	M50	45.57
J Bell	M40	46.11
J Crawford	M50	46.11
B Worner	M55	46.43
K Penton	W45	46.54
J Pearce	W40	47.00
P Sheerin	M55	47.06
R Farrell	M50	47.18
G Holmes	M60	47.41
J Pellier	W50	48.06
(P Nicoll-6K)	M45	48.26
R Davies	M50	48.51
R Lawrence	M60	49.38
S Munsie	M55	49.39
A Leggett	M70	49.49
S Hicks	M65	50.22
A Turner	W50	50.44
D Strachen	M65	51.26
S Hodge	W40	51.58
M Warren	W50	52.09
J Strachan	W60	52.26
N Miller	M55	52.50
K Crellin	W45	52.59
E Odea	W50	53.04
A Aldrich	W45	53.52
J Russell	M55	54.13
P Farrell	W45	54.18
R Davis	W45	54.47
W Beacham	W45	56.59
S Bowler	M65	58.03
C Bould	M70	60.21
S Maslen	W50	62.28
G Ralph	W40	62.30
M Turner	M50	62.30

Visitors/		
D Davies		38.46
V Ramsay		38.56
C Dufty		40.10
A Hollingworth		41.38
C Foster		42.43
L Sander		43.55
C West		44.28

10K WALK

R Fergie	M50	73.31
E Moyle	M60	73.40
J Beaumont	W50	74.19
J Collings	M75	74.45

5k EVENT

A Pomery	M55	21.04
J Johnson	W45	24.04
K Johnson	M60	25.16
R Bettles	W40	25.40
R Holmes	W40	25.51
P Dufty	W45	26.05
P Carr	W55	28.03
M Robinson	W50	29.58
L Lachlan	W60	32.40
J Billington	W45	32.41
B Thomsett	M45	34.47

Visitors/

V Kelly		21:04
J Woolhouse		21.36
R Welyky		22.42

5K WALK

P Hill	M40	28.17
D Whittam	W50	34.47
J Whittam	M55	35.48
J Hill	W40	35.54
D Horsley	M75	38.17
A Tyson	M65	38.17
V Tyson	W65	39.12
P Foster	W40	39.16

Visitor / P Kelly 35.48

**H/CAPS
HELP
PLEASE**

I have just passed four race reports to handicapper Mike Rhodes - and he now has to incorporate all that information into amended handicaps for the July 8 run at McCallum. It would be much easier if he received results - FAST! All race directors - please send Mike a photocopy of your results, as soon as they're legible. DON'T wait until the muse has struck, and you've composed your deathless prose for the *Vetrun*. If you want up-to-date handicaps, please help Mike produce them!

25K ROAD RACE CHAMPIONSHIPS

McCallum Park - June 17, 90

ANOTHER world record by our ever-green John Gilmour was a great note to end this year's RRC series. His time - 1:39:59. - equalled the M70 WR. Superb run, John!

This was the fourth running of the 25K, the club's longest event. The running boom has certainly arrived for Vets, with 121 racers, runners, joggers and walkers - plus track runner Pat Carr - attacking the distances.

Thinks: maybe there should be no road races under 10K?

This course was marked, not by me but Chris Brockwell - thankyou once again.

Sorry about the brown water at the 5K station - it wasna' fae Burns Beach!

(We believe the last sentence is in some archaic dialect - reproduced as scrawled by the organiser.Ed)

Did anyone see the lovely Estelle take a drink?

Many many thanks to Sue Jones, Irene Ferris, Maureen Pomery, Bev Thornton, Pat Waller, Derek Drayson, Maureen and Fred Stewart, Jimmy Barnes, Frank

Smith, not to forget Joan Pellier and Brian Danby. See you running,

Morris Warren.

25K Event

John West	M40	88.50	P. Shearin	M55	131.38	Margaret Warren	W50	54.34
Bert Carse	M45	88.57	Phyllis Farrell	W45	134.55	John Russell	M55	55.25
Chris Maher	M35	91.19	Sue Sanders	W35	139.58	Syd Bowler	M65	58.12
Tom Savin	M40	92.93	Norm Miller	M55	146.29	Peter Nicoll	M45	58.13
Derek Hoye	M50	95.09	Shorty Turner	M50	154.23	Ann Dennis	W50	59.58
Dave Roberts	M45	97.44	<u>Visitors/</u>			Jill Nudels	W40	59.58
Bob Schickert	M45	99.19	Paul Odam		91.19	Lee Topping	W35	60.05
John Ferris	M35	99.34	P. McGonigle		99.56	Pat Carr	W50	60.09
John Gilmour	M70	99.59	C. England		101.02	Mary Robinson	W50	60.11
John Brown	M40	101.22	H. McKeown		100.31	Ernie Moyle	M60	60.41
Wayne Pantall	M35	101.46	Wally Crowley		101.53	Sheila Maslen	W50	60.54
Joe Trovato	M50	102.11	Mark Pomery		103.12	Cliff Bould	M70	65.54
Phil Drayson	M35	102.24	Des Camicon		107.57	<u>Visitors/</u>		
Dick Blom	M55	103.16	Teresa Martin		108.10	M. Sanders		37.52
David Carr	M55	103.47	Robert Mair		120.37	Keith Davison		44.03
Michael Archer	M35	103.55	Harry White		124.41	J. Sanders		44.29
Brian Danby	M40	104.33	Warren Spencer		127.46	Clinton West		45.-
Wal Welyky	M40	106.07	Ken Turner		129.39			
Fraser Deanus	M50	106.10				<u>Walkers</u>		
Peter Sanders	M45	106.10	<u>10K Event</u>			5K/		
Robert Doust	M35	107.08	Paul Pohe	M45	36.37	Dick Horsley	M75	37.36
Jim Greenfield	M45	107.17	Colin Hickman	M40	36.34			
Frank McLinden	M55	109.39	Bob Rayman	M45	40.19	10K/		
John Rollier	M50	110.43	Mike Khan	M45	40.27	Michelle Boyle	W40	65.56
George Schaefer	M55	111.09	Peter Cole	M45	40.52	J. Billington	W45	74.42
Tony Speckley	M45	111.11	I. Colquhoun	M35	40.55	Pauline Kelly	W40	74.46
Terry Foster	M45	111.20	M. Johnston	M50	41.19	Lorna Lachlan	W60	74.56
Peter Airey	M50	111.51	Maxine Santich	W35	41.42			
Roland Matsky	M50	112.50	Dave Scott	M40	42.10	18K/		
John Bell	M40	113.17	Arnold Jenkins	M45	42.49	J. Beaumont	W50	136.19
Roger Walsh	M45	113.36	Max Kelly	M40	42.57	J. Collins	M75	141.30
George Maddox	M45	116.08	Alan Pomery	M55	43.48	Bob Fergie	M50	141.31
Brian Aldrich	M55	116.27	Basil Worner	M55	45.16			
Mike Traynor	M45	116.36	Ron Potter	M55	46.49	25K/		
Peggy McLiver	W45	116.45	Adrian Noordyk	M35	46.58	John Misson	M40	145.25
Brian Paxman	M60	117.34	Kath Penton	W45	47.29			
Merv Jones	M50	117.38	Ray Lawrence	M60	50.47			
Marge Forden	W45	117.59	Roma Bettles	W40	50.49			
Merv Moyle	M60	119.42	Robyn Holmes	W40	52.01			
Vic Beaumont	M60	121.01	D. Strachan	M65	53.04			
Bob Farrell	M50	121.32	June Strachan	W60	53.11			
Ron Sutton	M50	121.54	C. Copping	M35	53.19			
David Haugh	M55	126.03	Alison Aldrich	W45	53.26			
Jeff Spencer	M45	127.45	Esther Healey	W50	53.47			
Ann Turner	W50	129.39	Estelle Rogers	W30	53.59			
Stewart Hicks	M65	130.42	Sandi Hodge	W40	54.05			
Joan Pellier	W50	131.37						

MOUTHY?

Mouth to Mouth made easy - that's the possibility with some new equipment Jim Greenfield has made available to the club. Race organisers - make sure you have this gear on hand.

HISTORY OF THE CENTURION RUNNERS ASSOCIATION

by Tony Tripp



The original organising club was founded in 1933 in Capetown and was called the Centurion Athletic Club. Membership was open to those who had completed 100 miles in 24 hours. Three races took place from 1933 to 1935. Members received a certificate.

However, in 1934 Durban runners not to be outdone, felt because their city was the home of the famous Comrades 54 mile ultra marathon, they should hold a 100 mile race around a two mile road circuit. In this event Miss Geraldine Watson became the first woman in the world to complete the distance. She taught me at school.

In 1964 Ian Jardine, a blind 63 year old Comrades marathon runner decided to run 100 miles on a grass track. A few of us ran with him. I became at 18 the youngest in the world to complete the distance.

To create interest in this type of 'event', I founded the Centurion Runners Club in 1968, which became a sub-section of Savages Athletic Club, my road running club in Durban. We issued badges with the dates of the events completed.

The badges were distinctive. A runner was super-imposed on an outline of the world against a black background. The same design is still used today.

Four races were organised in all and held every two years, events were also arranged in Johannesburg and badges issued. The club was only open to South Africans.

As I was then a member of the R.R.C.. (England), its founder Ernest Neville, kindly advised me about how to form the club and had given me his blessing, which was to be useful as the 100 mile world record was broken twice in 1970 by Dave Box and 1972 by Derek Kay. In those days, ultra distance records were recognised by the R.R.C.

Honorary members were Miss Geraldine Watson, Dave Box, Hardy Ballington, World 100 mile record-holder in 1937 (13 hours 21 mins. 19 sec.), Wally Hayward who broke this record in October 1953 with 12 hours 46 mins. He held this record for 17 years and the 24 hour record of 159 miles 540 yards for even longer, Jackie Mekler (13 hours 8 mins. 36 sec. in 1953), Don Shepherd and John Ball who between them held the South African, British and U.S.A. intercontinental records, Bill Cochrane and finishers of the Durban 1934 100 miles.

Because of the Comrades Marathon which is still the most famous ultra race in the world, South Africa was the greatest and strongest ultra nation from the 20s through to the early 70s holding every world record from 30 miles upwards.

I can say with pride that I personally knew some of the greatest ultra runners who ever lived. Therefore in Australia, I am a direct link with the father of ultra running, Arthur Newton who taught these people his secrets.

I was born in England but grew up in South Africa. I never had the vote because I was a British citizen. I am now an Australian citizen. I left South Africa in 1973 because of the political situation, travelled the world and settled in Perth. In 1985 I reformed the Centurion Runners Club now an Association with a different approach to the Durban version.

Membership is open to those who have completed 100 miles within 24 hours or distances greater, both in official events or individual attempts, track, road or trail. For example, we recognise 48 hour, Sydney to Melbourne, six day events and individual attempts that are of odd distances not recognised by national and governing bodies. A photocopy of the log book must be sent to us if the runner wishes the distance to be recognised.

We were the first such organisation formed in Australia solely dealing with ultra runners. We are an active body, having organised six 24 hour events, the first Australian 24/48 hour and 12/24 hour plus the multi-day road race the 406 km Perth to Albany. Now in October the Perth to Bunbury starting Saturday 10 a.m. finishing Sunday 4 p.m., 187 kms with a 30 hour time limit. Membership will be awarded to finishers who are not members. This event will be organised in collaboration with the Bunbury Runners Club.

To join, \$5 a year - badges \$10, bars to badges \$5 plus postage. The current Committee consists of Tony Tripp President, Ross Parker Vice President, Trish Spain Treasurer, Garry Clark Secretary, and ordinary members, Charlie Spare and Dave Marsh.

PERTH TO BUNBURY 187 Kms
ULTRA MARATHON.

This event is tailor made for those who have complained to me that they cannot run in the Perth 24 Hour track race, because they hate running in circles. They have stated that they would enter a point to point road ultra. At last the Bunbury Runners Club and the Centurion Runners Association are organising this type of event.

The event starts at the Burswood Superdrome, Saturday 10 am 6th October and finishes 4 pm Sunday 7th October 1990 Bunbury. There is a 30 hour time limit. To qualify you need to have completed the Mundaring to York 40 miler, or been involved in the Bunbury 6/12 or the 12/24 hour track race. You do not need to have completed 100 miles within 24 hours.

You require one vehicle and a minimum of two crew members. A flashing light must be placed on the roof of the vehicle. Entrants must wear reflective gear while running at night and the car must follow the runner at all times. W.A entrants must provide their own crew. Training schedules will be sent to all entrants.

All finishers will be entitled to join the Centurion Runners Association and will receive its badge or bar, plus medals and prizes will be awarded.

The usual safety measures will be taken by the organisers as was done in the Perth to Albany. We will have Pre. race meetings so novice ultra runners will become aware of what is required of them.

For further information contact Brian Kennedy 097-219018, or Tony Tripp(H) 3846036.

FREMANTLE 10-MILER June 24, 90

POLICE ESCORT FOR EIGHT FREQ RECORD-BREAKERS

RECORDS tumbled on a beautiful crisp and cold morning when 99 runners and walkers tackled the third annual Fremantle Harbour run. It was a record day all round - record overall time from John West, seven other age group records (including John Gilmour's World mark for the M70s!), record low temperatures - and the first time I

can recall the 'Boys in Blue' have ever turned up for one of our runs.

Next time, I must remember to tell them that our walkers are part of the club and allowed to follow the same course as the runners.
Thanks to all the helpers - Pat Miller, Sue Jones, Wendy Spencer, Frank Smith, Fred Hagger, my wife Jasmine, and of course our three motorcyclist friends from the local constabulary.
Paul Martin.

5½K Course

Norm Beech	M45	21.10
Peter Hill	M40	22.15
Arnold Jenkins	M45	22.39
John Spencer	M50	24.16
Merv Jones	M50	26.-
Norm Miller	M55	26.16
Robyn Holmes	W40	26.55
Estelle Rogers	W30	27.23
Matt Elliot	M40	28.15
Pat Carr	W55	29.03
Pamela Weston	W50	32.57
Mary Robinson	W50	33.02
Carole Cole	W45	36.01
Pat Spencer	W45	36.01

Visitors/

Pat Thompson		21.22
Clinton West		23.11
Jean-Marie Volet		24.16
Janet Smith		28.22
Jackie Halberg		28.56
Rosemary Maddox		29.16
Noel Purvies		29.17

WALKERS

Barry Thomsett	M50	32.25
Dorothy Whittam	W50	38.16
Pauline Kelly	W40	38.20
Judy Hill	W40	39.441
Jeff Whittam	M55	39.41
Pam Foster	W40	43.11
Dick Horsley	M75	43.11

NEW 10-mile FREQ RECORDS

W30	Heather Crockart	71.51
W50	Joan Pellier	81.28
W56	June Strachan	89.03
M40	John West	57.34
M45	Dave Roberts	61.49
M55	Dick Blom	64.23
M60	Merv Moyle	74.41
M70	John Gilmour	64.29

10-MILER

John West	M40	57.34R
Dave Roberts	M45	61.49R
Don Caplin	M50	63.22
Robert Doust	M35	64.22
Dick Blom	M55	64.23R
John Gilmour	M70	64.29WR
David Carr	M55	64.34
John Brown	M40	64.39
Robert Mair	M40	64.45
Brian Danby	M40	65.09
Bob Schickert	M45	65.35
John Maddison	M50	65.42
Joe Trovato	M50	66.-
Wal Welyky	M40	66.05
Jim Barnes	M45	66.25
Jim Greenfield	M45	66.38
Brian Foley	M45	66.58
John Pellier	M50	67.07
Terry Foster	M45	68.01
Frank McLinden	M55	68.04
Peter Cole	M45	68.39
Peter Airey	M50	68.55
Bob Sammells	M50	68.58
David Bryant	M45	71.17
Maurice Johnston	M50	71.18
Dennis Miller	M50	71.28
Heather Crockart	W30	71.51R
George Maddox	M45	71.52
Vic Waters	M45	71.56
John Bell	M40	72.03

Mike Traynor	M45	72.05
Derek Hay	M50	72.06
Bryan Hardy	M45	72.22
Max Kelly	M40	73.26
Basil Worner	M55	73.2
Peggy McLiver	W45	73.36
Dalton Moffatt	M55	74.-
Jeff Spencer	M45	74.19
Merv Moyle	M60	74.21R
Vic Beaumont	M60	74.30
Trevor Harwood	M40	78.25
Bill Crellin	M50	79.02
Morris Warren	M50	79.34
Brian Paxman	M60	79.47
Robert Davis	M50	79.55
Dennis Wilmot	M55	80.34
Bob Farrell	M50	80.51
Stewart Hicks	M65	80.57
Kath Penton	W45	81.15
Joan Pellier	W50	81.28R
Phyllis Farrell	W45	84.51
Peter Davies	M60	84.51
Sandy Hodge	W40	86.13
Gordon Holmes	M60	88.3
Arthur Leggett	M70	88.47
Duncan Strachan	M65	88.54
June Strachan	W65	89.03R
Peter Nicoll	M45	93.34
Wanda Beacham	W45	93.34
Sid Bowler	M65	98.46
Gaby Ralph	W40	100.48
Margaret Warren	W50	110.19
Cliff Bould	M70	110.45

Visitors/

Troy Kelly		57.46
Ian Partington		63.28
Bruno Gicquel	74.02	
Charlie Chan		74.09
Andrew Seignor		78.52

WALKERS

Bob Fergie	M50	122.53
Jackie Beaumont	W50	123.22
Jack Collins	M75	128.11

Notice Board

CHANGE OF PROGRAMME

PLEASE amend your programme - the Medibank Fun Run should be on April 14, 1991 - and not the 7th, as shown.

The Pagoda Run and Walk now switches to April 7.

VOLUNTEER

CITY to SURF organisers have requested use of our clock at the halfway mark. Will someone offer to man it on the day - August 26?

SPAGHETTI FEAST

CARBO-Packing party is planned for the Friday (27th) before the Perth Marathon, at Alpiccio's, on Stirling Highway. Confirm with committee.

FOUND

GOOD quality blue sweat-top. Contact Joan Pellier.

ERROR

- YES, WE ALL MAKE THEM!

Phyllis Farrell points out a blip in the race programme, for the JULY 15 BIBRA LAKE RUN. The V is right, and so's the B and E (and Phyllis is pleased to note that the committee is sorting out the T (estimated time) arrangement. But - NO TEA - so bring your own (tea, coffee, breakfast).

REMEMBER - Bibra Lake is a no-watch race! A suggested donation of 50 cents per competitor will be made, to cover cost of prizes.

This is a real chance to be a winner - for the object is estimate your own finishing time. (In case you decide to linger over the last few metres- the finish clock will facing away from you!)

FOUND

A large tape measure was left at the State Champs, and found by Brian Foley. Get in touch if it's yours.

JORGENSEN PARK SOCIAL

PLEASE try to be at Jorgensen Park on July 22, even if (unthinkable) you don't want to run the delightful 8K Club Cross Country Champs.

Joan Pellier points out that, together with the annual dinner, Jorgensen is our main social event of the year.

It would be good to see as many faces as possible. Bring the family.

DON'T forget some cash though - the massive sum of \$3 per head is charged for the banquet!

OH, if you are running, a change of clothing might be wise. The course can be a little damp.

LOOS

We now have to pay Perth City Council \$28 for use of the toilets (and showers) at our regular McCallum Park venue.

All runners are encouraged to get their money's worth!

ADVERTS

There have been no objections raised to the principal of advertising in the *Vetrun*, and the committee has therefore approved the idea.

Under no circumstances will any information relating to members be released to any advertiser - but with that proviso the magazine will now accept advertising from suitable sources. All funds raised will be used to pay for magazine production.

To place an ad, call Vic Waters on 341-3464 (home) or 328-7007 (office).

We hope members will make use of the facility, (rates are very reasonable) and to kick it off, here's one from the Editor!

CAR WANTED

UNDER extreme pressure from 'er indoors, I'm after a second car. Small and reliable (like 'er indoors) are the main qualities sought. Call 341-3464 - Vic or Christine Waters.

AAWA

MANY members may be unaware that the club takes part regularly in AAWA events, with good results. A trophy was received recently for last year's results, in which our men won the D grade, and the women won B grade.

Notice Board

TIME - AND STYLE

CERTIFIABLE? Suggestions, Please

YOUR committee has decided that certificates will be presented to age group winners in the following championship events:

State Cross Country;
Club Cross Country;
Road Running Championships;
Club Half Marathon;
Road Walking Championship;
Mill Point 10K Walk, and
Run.

THE committee invites suggestions for a handicap walk to be built into the programme (dates and distance, please).

ROTTNEST IS ON!

RUNNING at Rottneest, last weekend in September, is a goer. There'll be space for app. 50, so please confirm your interest with the committee as soon as possible.

VISITING TIMES

Race directors please note: visitors' times should not figure in the overall results lists.

It's long been club policy to list visitors' performances separately, we are reminded by Dick Horsley.

"It's galling for one of our members, who has put in a good run, to find a visitor who might be a 25 years old, ahead of him or her in the final results.

"Visitors are very welcome, and we like to have them

running with us, but would directors please revert to our original system of listing their finish times separately?"

'Ninety per cent of life is showing up on time.' (Woody Allen)

Dedicated to Don Caplin - who awarded himself a personal handicap of four minutes at the Darlington Dash on June 10 - and to everybody else who has ever missed the start of a run.

BELATED WELCOME

To new members voted into the club in May - Welcome, and sorry that pressure on space precluded you from last month's *Vetrun!*

You are:

Wanda Beacham	(W45)
Bob Belford	(M40)
Dick Blom	(M55)
Patrick Coughlan	(M50)
Heather Crockart	(W30)
Liz Dartnall	(W35)
George Maddox	(M45)
Trisha Spain	(W45)
Peter Steward	(M45)
John West	(M40)
Gordon Holmes	(M60)

And a more timely welcome, for new runners voted in June goes to:

Leon Sander	(M50)
Pauline Kelly	(W40)
Geoffrey Lloyd	(M40)
Fay Chappell	(W35)
Colin Hickman	(M40)
Robert Mair	(M40)

RACE organiser/reporters - here's another piece of standardisation we would like to adopt in *Vetrun*.

Performance times should be written as follows,
Hr: Min: Sec.

in keeping with universally accepted athletics practice. For example, a time of one hour, three minutes, two and a half seconds would be expressed:

1:03:2.5.

As with all our race reporting technique, if we standardise it makes for better communication with all members. Please comply!

CLOCKED IT?

ANYONE seen our smart clock cover lately? It's the red one, with clear plastic front that's invaluable in wet weather.

AND, we're still looking for lost marker flags.

THANKS

Dear Vet Athletes-Friends Bob and I would like to take this opportunity to thank you all for the many good wishes expressed for a speedy recovery from my recent illness and operation.

It was lovely to read all your messages on the card, to receive so many phone calls and visits. And your beautiful sheath of flowers really brightened my hospital room.

All these kind thoughts have certainly helped my recovery, and I hope it won't be too much longer before I can join you all again on our Sunday runs.

Lyn Schickert

A VERY HAPPY BIRTHDAY TO OUR "JULY" MEMBERS

=====

01-JUL-42	RAYMEN	: Robert S	turns	48	remains	M46
03-JUL-50	DARTNALL	: Liz M	"	40	becomes	W40
03-JUL-35	FERGIE	: Alexander R	"	55	"	M55
03-JUL-40	JAMES	: Lyle	"	50	"	M50
04-JUN-50	FERRIS	: John	"	40	"	M40
05-JUL-46	LEMAN	: Susan	"	44	remains	W40
06-JUL-46	BELFORD	: Bob K	"	44	"	M40
06-JUL-45	BELL	: John D H	"	45	becomes	M45
06-JUL-31	BERRY	: Mike	"	59	remains	M55
07-JUL-39	FERMOR	: Mike Frederick	"	51	"	M50
07-JUL-43	GREENFIELD	: James	"	47	"	M45
09-JUL-14	GREEN	: Stanley	"	76	"	M75
10-JUL-56	DEARDEN	: Barbara	"	34	"	W30
10-JUL-43	CARSE	: Bridget	"	47	"	W45
10-JUL-43	FIELD	: Keith R	"	47	"	M45
10-JUL-38	MUNSIE	: Althea	"	52	"	W50
10-JUL-47	WELYKY	: Wal	"	43	"	M40
10-JUL-36	WHITTAM	: Dorothy	"	54	"	W50
12-JUL-41	SLINGER	: Joan	"	49	"	W45
16-JUL-38	CHALMERS	: Robert A	"	52	"	M50
16-JUL-39	TROVATO	: Joe	"	51	"	M50
17-JUL-34	VAALSTA	: Keijo	"	56	"	M55
18-JUL-41	MARTIN	: Paul	"	49	"	M45
19-JUL-44	JOHNSTON	: Frank G	"	46	"	M45
20-JUL-32	STONE	: Alan	"	58	"	M55
21-JUL-39	JONES	: Mervyn R	"	51	"	M50
22-JUL-51	SANGER	: Joy	"	39	"	W35
24-JUL-30	PRATT	: Charlie	"	60	becomes	M60
25-JUL-51	CHOATE	: Clive	"	39	remains	M35
25-JUL-35	JONES	: Paul	"	55	becomes	M55
26-JUL-42	CROWTHER	: Enid	"	48	remains	W45
26-JUL-45	POTTER	: Leslie	"	45	becomes	M45
27-JUL-43	GROOM	: Wally E J	"	47	remains	M45
29-JUL-41	FORDEN	: Margery	"	49	"	W45
30-JUL-25	MOYLE	: Ernest	"	65	becomes	M66
31-JUL-40	WALDHUTER	: Brian	"	50	"	M50
31-JUL-46	HODGE	: Sandi	"	44	remains	W40

TIME TRIALS

Comments invited please about next track season's time trials - day of the week, and time of start are up for debate. Already it's been suggested we move to Wednesday night, from Thursday.

Some dates when Perry Lakes will be unavailable for training, due to bookings by other organisations, have been passed to us by the AAWA. They are:

JULY 15:
AUGUST 5: 19:
SEPTEMBER 8: 15: 16: 23

Fields events athletes should note, however, that during winter no discus, shotput, hammer or javelin training is permitted on the grass sports arena. This is because athletes will not be using the area exclusively.

HAPPY MUFFIN FUN-RUN

This is to be held on July 22, (Sunday) at 8.30am. Presumably, most of us will be otherwise engaged at Jorgensen Park, but this 5K fun event 'for women, family and friends' is run by the Women's Sport Foundation of WA, and could be of interest to some. \$5 entry fee (\$2 under 18s) and free breakfast afterwards.