

# CLUB SHIRT ORDER FORM

Running singlets and club tee-shirts are now available.  
Tee-shirts are gold with black trim, and the club badge on left breast.  
Style is three stud fastening, with collar. Sizes 10-24 (unisex) - Price \$16 each.  
Also available are the black and white singlets, size 10-24 at \$13 each.  
Car stickers cost \$2 apiece; likewise iron-on badges for windcheater, etc.  
Why not get the full set?

## ORDER FORM

### PLEASE SUPPLY

..... QUANTITY.....SIZE.....  
..... QUANTITY.....SIZE.....  
..... QUANTITY.....SIZE.....

Post to: Bill Crellin, 17 Kelvin Road, Duncraig 6023  
Payment: Cheque payable to WAVAC...please.

REGISTERED BY AUSTRALIA POST  
PUBLICATION No. WBH 0370

IF UNCLAIMED PLEASE RETURN TO:  
47 SULMAN ROAD  
WEMBLEY DOWNS 6019



**SURFACE  
MAIL**

**POSTAGE PAID  
WEMBLEY WA  
AUSTRALIA 6014**

MR R HAYRES  
26 JENKINS PL  
WEMBLEY DOWNS

6019

## A VERY HAPPY BIRTHDAY TO OUR "AUGUST" MEMBERS

03-08-49 WEST John	42 remains M40	17-08-43 WALDHUTER Glenys	48 remains W45
03-08-37 WOODS Colin	54 remains M50	18-08-40 LUCK Patricia	51 remains W50
04-08-47 MALKIN David	44 remains M40	18-08-49 NEALE George	42 remains M40
05-08-47 MIDOLO Jill	44 remains W40	18-08-54 SMITH Janet	37 remains W35
05-08-34 WHITTAM Jeffrey	57 remains M55	19-08-29 MEDCALF Gordon	62 remains M60
06-08-49 ANDERSON Bob	42 remains M40	19-08-35 TURNER C.(Shorty)	56 remains M55
08-08-41 CARSE Albert	50 becomes M50	21-08-35 AUDLEY George	56 remains M55
08-08-48 DANBY Brian	43 remains M40	21-08-48 HICKMAN Colin	43 remains M40
08-08-35 MASLEN Ted	56 remains M55	21-08-43 MARTIN Keith	48 remains M45
10-08-55 DAWSON Pauline	36 remains W35	21-08-42 WILLIAMS Daryl	49 remains M45
12-08-44 LANGFORD James	47 remains M45	23-08-42 ELMITT Roger	49 remains M45
12-08-56 ROGERS Janice	35 becomes W35	24-08-47 BOYLE Michele	48 remains W45
13-08-47 LLOYD Geoffrey	44 remains M40	24-08-25 NAPIER Fred	65 becomes M65
13-08-46 TRIPP Tony	45 becomes M45	26-08-29 DAVIES Peter	62 remains M60
14-08-39 CLARK Ken	52 remains M50	29-08-49 ARNDT Lewis	42 remains M40
15-08-27 HUGHES William	64 remains M60	29-08-37 RICHARDS Norman	54 remains M50
15-08-46 KELLY Maxwell	45 becomes M45	29-08-53 SANDERS Susan	38 remains W35
15-08-47 TAPPER Maxine	44 remains W40	30-08-12 BAUMANN Betty	79 remains W75
16-08-43 KUHN Barry	48 remains M45	31-08-52 STINGEMORE Ann	39 remains W35
17-08-42 STONE Margaret	49 remains W45	31-08-41 TRAYNOR Michael	50 becomes M50



# The Vetrunk



NO. 225 JULY 1991

WA VETERANS AC - REGD BY  
AUSTRALIA POST PUBN No WBH 0370

## WA Vets in the Medals

GREAT news from the UK, where club members have done Perth proud in the British Masters games. Cliff Bould took silver in the M75 5,000m; in the 3,000m walk Val Tyson was W65 gold medalist, and Margaret Stone took silver in W45 category, in 17:32.

Alan Stone is silver medallist in M55 discus. Thanks to Cliff for calling in these results - we'll fill in more detail next month, together with world games results from Turku.

# SOCIAL SCENE IS STARTLING!

WE asked you to join in at Jorgensen, and you did, in record numbers!

Christmas in August? we asked.

Now - that's a sell-out!

This is really encouraging for the hard-working social committee, as finally their labours seem to be paying off.

With membership steadily increasing it's more important

than ever for Vets to stay in touch, get to know each other better, and retain the friendly club ambience.

RIGHT, next chance is the Quiz Night!

You can pick up your \$5 ticket during August, or call Joan Pellier (459 7782) or Marge Forden (489 6693) to order tickets or donate prizes.

## In this issue...

Sixties Surge On  
into the 90s.....P2

Committee  
Contact No's.....P3

Notice Board / Letters.....P3

25k RRC  
McCallum Park.....P4

Association Relays.....P5

NOT the Wellness  
Column.....P5

Cross Country Champs  
Jorgensen Park.....P6

Fremantle  
Harbour Run.....P6

50k RRC 1991  
Results.....P7

New Members.....P7

Birthdays.....P8

## TYPE TAMER THE BUSINESS ARTWORK SPECIALISTS

### BUSINESS CARDS TO BOOKS

### EMERGENCY SECRETARIAL

COPYING, BINDING  
LASER PRINTING

SOFTWARE MANUALS  
PREPARATION & PACKAGING

9am - 10pm 7 days a week  
PH: 249 2972 FX: 249 4817

## HARRY AND CATHERINE HOLLAND

invite all Vets and their families to the opening of  
their exhibition of recent paintings

Monday August 5 1991, at 6pm

Venue: *The Gallery at Carillion*  
(1st Floor, Carillion Arcade, Perth)

Gallery hours: 10am — 5pm weekdays and also  
Saturday / Sunday

Exhibition closes: August 31, 1991



# 25km R.R.C. McCallum Park

Conditions: calm

June 16 1991

After an incredibly stormy evening and early morning, the transition to perfect running conditions was almost biblical.

With Morris tossing the caber, eating haggis and blowing his bagpipes in the Warren Kilt, I was entrusted to direct my maiden run.

I held the toey field of 110 (99 runners, 11 walkers) in the barriers waiting for Jill Midolo, but alas she was five minutes late and had to be scratched.

The Worner stable is in good form. Vic Waters appears on course to go through the 40 min/10km barrier and Kath Penton is running 'tough', breaking down her distance time barriers.

Noticed the rapid rise to form since injury, by Bob Sammells? Devious Dave (Carr) was at it again. Ever noticed how he slides up to someone near the end of a run and challenges them to a 60 sec 400m finish? Even Marathon 25km runs! Good effort, Brian Paxman.

Frank McLinden improved 5 mins from last year, but disclosed he was disappointed!

After she finished the 25km I overheard Sandi Hodge saying the next run was a short one Only 16km. Toyota blood in her veins!

Sincere thanks to Maureen Pomery; Bev and Graham Thornton; Chris Brockwell Arthur Leggett; Maureen, Fred & 'Woof' Stewart; Wayne Pantell and son; Hugh Kirkman; Jackie Halberg; and Kirt Johnson, who all gave up to three hours of assistance. Also to the Sexy Sausage Sizzlers who provided sustenance to many weary bodies. To the suppliers, the thought was appreciated.

Great people in the Vets.

Rod Stewart

25km

M35

1. Doug Hazell	6	1:38:25
2. Robert Doust	11	1:48:00

M40

1. John West *	1	1:30:10
2. John Ferris	7	1:38:44
3. Robert Mair	8	1:41:10
4. Ivan Anich	13	1:50:52
5. Brian Danby	14	1:51:27
6. George Neale	24	2:06:42

M45

1. Bob Argyle	2	1:34:29
2. John Pressley	3	1:35:48
3. Robert Raymen	4	1:36:14
4. Bob Schickert	5	1:37:23
5. David Bryant	22	2:00:41
6. John Woolhouse	26	2:11:18

M50

1. Mel Ovenden	10	1:46:36
2. John Pellier	16	1:53:12
3. Joe Trovato	19	1:58:04
4. Roland Matze	20	1:59:33
5. Ron Sutton	25	2:07:42
6. Merv Jones	27	2:13:19
7. Jeff Spencer	29	2:18:52

M55

1. Ted Maslen	12	1:49:59
2. Robin Bonner	15	1:52:56
3. David Carr	17	1:56:02
4. John Bornholdt	21	2:00:05
5. Dave Hough	30	2:28:44
6. Shorty Turner	32	2:49:05

M60

1. Frank McLinden	9	1:44:29
2. Brian Paxman	18	1:56:03
3. Cecil Walkley	23	2:04:30

M65

1. Stewart Hicks	28	2:16:00
2. Frank Usher	31	2:35:13

W40

1. Sandi Hodge	4	2:18:51
----------------	---	---------

W45

1. Marge Forden	1	1:56:10
2. Kath Penton	2	2:03:44

W50

1. Sheila Maslen	5	2:58:39
------------------	---	---------

W55

1. Ann Turner	3	2:09:38
---------------	---	---------

Visitors

Walter Quarman	1:31:31
Ian Stewart	1:35:20
Dave Turner	1:52:52
Paul Hak	2:00:42
Don Blair	2:01:20

10km

M35

1. David James	7	38:13
----------------	---	-------

M40

1. Jim Klinge	3	36:58
2. Warren Gee	5	37:27
3. Bob Thompson	6	38:03

4. Lewis Arndt	8	39:27
5. John Tyrell	16	42:20
6. John Lindsay	28	47:39
7. Alan Prosser	32	49:39

M45

1. Paul Pohe	2	36:56
2. Dave Roberts	4	37:09
3. Brian Foley	10	40:06
4. Vic Waters	13	40:37
5. Peter Roberts	14	40:52
6. Alan Croxford	19	42:53
7. Barry Munyard	21	43:25
8. Arnold Jenkins	22	44:11
9. Roger Walsh	29	47:44

M50

1. Derek Hoyle	1	36:00
2. Don Caplin	9	40:00
3. Bob Sammells	11	40:23
4. Peter Airey	15	42:07
5. Maurice Johnston	20	42:55
6. Ron Potter	23	44:30
7. Richard Harris	24	45:30
8. Bill Crellin	25	45:49
9. Keith Forden	26	46:29

M55

1. Dick Blom	12	40:31
2. Basil Worner	30	47:51
3. Ron Ford	31	48:46
4. John Russell	35	52:08
5. Patrick Sheerin	36	55:54

M60

1. Dalton Moffett	17	42:22
2. Brian Jones	18	42:27
3. Alan Pomery	27	47:10
4. Vic Beaumont	33	49:50
5. Ray Lawrence	34	51:37

M65

1. Syd Bowler	37	1:03:27
2. Ernie Moyle	38	1:09:26

W30

1. Janice Rogers	2	42:59
------------------	---	-------

W35

1. Maxine Santich	7	52:45
-------------------	---	-------

W40

1. Gill Roberts	1	40:19
2. Margaret Birks	5	48:38
3. Gaby Ralph	12	1:02:23

W45

1. Peggy McLiver	3	45:06
2. Margery Forden	4	46:09
3. Jan Johnson	6	49:16

W50

1. Esther Healey	9	59:03
2. Mary Robinson	11	1:01:55

W55

1. Elza Watts	8	55:27
2. Patricia Carr	10	1:01:52

\* Record

Visitors

Mark Pressley	35:26
John Hodgson	43:15
Robert Sheeny	48:34
Justin Prosser	49:40
Graeme Emmerson	50:21
Joe Curran	51:37
Brigitte Cheek	58:16
Lil Heatly	1:12:51

10Km Walk

1. John Mison	51:08	M40
2. Paul Martin	52:45	M45
3. Mike Rhodes	55:46	M45
4. Egon Jankauskas	55:59	M40
5. Barrie Thomsett	1:06:19	M50
6. Michelle Boyle	1:06:46	W40
7. Bob Chalmers	1:08:48	M50
8. Jacqui Beaumont	1:13:58	W50
9. Mitch Loly	1:15:16	M50
10. Dick Horsley	1:15:32	M75
11. Jack Collins	1:20:57	M75

## Keeping up with the Times

John Gilmour's wife, discussing the forthcoming games at Turku, said space in their lounge was becoming restricted — due to all his records. So could he arrange for his times to be placed on a C.D.?

Congratulations to John Tyrell, winner of the Association 10k X-Country Handicap at Manning Park, June 22.

## Athletic Association Relays

The Club fielded three teams in the Bunning relays at McCallum Park on Saturday June 14. The course was our Cliff Bould one, of 5,200 metres, and much of it was under water.

Woman 3 x 300m

Peggy MacLiver	14:26
Maxine Santich	13:42
Shona Papolia	19:26
Total	47:34

Men 4 x 500m

Brian Wilson	19:20
Dave McAuley	19:00
Brian Foley	20:30
Max Greive	19:43
Total	78:33

Dave Carr	21:23
John Tyrell	21:45
Mike Rhodes	21:16
Paul Woo	21:22
Total	85:46

(J Travato, 22:13, in a composite team)

## NOT THE MEDICAL COLUMN

### or: HOW TO PRICK YOUR MENTAL BLISTER!

For the first time in some eight years of running, I find myself free of aches and pains. How has this come about?

I wear well maintained running shoes, with an orthotic insert, and have had a regular checks whereby the podiatrist actually watches me run and notes the leg angle. I stretch, using a series of exercises for the quads, hams, calves, lower back and stomach. But more importantly, I've been reading Louise Hay's book, Heal Your Body, which I bought for \$7.95 at an alternative lifestyle shop in Fremantle Markets

Louise maintains that good health, or dis-ease (her spelling) are maintained by our thought patterns.

In the past I've suffered agony with runner's knee. Louise suggests that the knee represents pride and ego. The correct mental attitude to maintain healthy knees is to affirm: "I am flexible and flowing".

Stubborn ego and pride, inability to bend, fear, inflexibility, won't give in - are attitudes that lead to knee problems. Louise says that for good knees we must think forgiveness, understanding, compassion and say "I bend and flow with ease, and all is well."

Nobody wants varicose veins. Probable causes of these include standing in a situation you hate; discouragement; feeling overworked and overburdened. We maintain the health of our veins with this attitude: "I stand in truth and live and move in joy. I love life, and circulation freely."

### PISSED-OFF?

I heard a woman mention to a friend that she had suffered cystitis (urinary infection). Wondering what might have caused that, I consulted Louise, who suggests: "She's pissed off, usually at the opposite sex or a lover. Blaming others." The healthy thought

pattern to avoid this condition is: "I release the pattern in my consciousness that created this condition. I am willing to change. I love and approve of myself".

Foot problems? Louise pinpoints the probable cause as fear of the future and of not stepping forward in life. The healthy mental attitude is: I move forward in life with joy and ease.

Have you ever run with a heavy breather, wondering if they're going to make the distance? They do, of course. Louise says breathing problems can be caused by fear or refusal to take in life fully; not feeling the right to take up space or event exist. The healthy attitude to overcome this is: "It is my birthright to live life fully and freely. I am worth loving. I now choose to live life fully".

What about the bane of runners, blisters? Louise blames resistance, lack of emotional protection as a likely cause of these. The healthy attitude to help prevent them is; "I gently flow with life and each new experience. All is well."

And, of special interest to the Vets, what about ageing problems? Louise says these can be created by social beliefs, old thinking, fear of being one's self, rejection of the now. The way to go forward is to say: "I love and accept myself at every age. Each moment in life is perfect"

So don't say goodbye to that sub-40 minute 10k just because you're down the track a few years. And if you want some ideas on how to fix baldness, grey hair or snoring, Louise offers plenty of interesting suggestions.

Richard Harris, M50

## HEP-B RISK

Australian Sports Medicine Federation advises that Hepatitis B vaccination is advisable for all athletes where contact occurs. Unlike AIDS, Hep-B can be passed on through 'sweat and spit'.



## CLUB CROSS-COUNTRY CHAMPIONSHIPS

Jorgensen Park July 7, 1991

Conditions: perfect, winter sun, dry and still

FIRST time runners at Jorgensen need to heed the words of the wary, and make a careful start.

Slippery downward slopes and the ritual wade through creek and mud start the lap, which is repeated three times to make up the 8k championship event. But...this is a great run. Constantly changing terrain and a well-marked course over paths and through bush make it a true cross-country. A one-time golf course, Jorgensen's slopes are hard on shaky joints. That apart, this one's great for all those who like to get off the bitumen.

Excellent performances from all our age group champions; hard work from Maurice Johnston and his support team; and sterling organisation from Joan Pellier and the catering team made the day. This was our first 'catered' Jorgensen - and 95 punters joined for lunch. They'll all agree - at \$5 a go it was a steal. As a mere observer, I feel that even the washing-up went well! Seriously, the food was very good - and the service impeccable. This was a record turnout, and probably indicates the way to go in future.

Vic Waters

Arrangements have been made to stop Brian Danby arriving at runs at the death knock (no pun intended). Sue and Brian are to sleep in separate beds Saturday nights!

Rod Stewart

### 8k Cross-Country Champions

#### M35

Doug Hazell	34:44
David James	36:45
Chris Skeggs	42:01

#### M40

Duncan McAuley	32:55
David Reid	32:58
Peter Sanger (2 laps)	33:56
Robert Mair	34:31
Jim Klinge	36:11
Brian Danby	37:44
Wal Welyky	38:17

John Tyrrell	40:29
Egon Jankauskas	43:01

#### M45

Jim Langford	31:19
Bob Schickert	34:15
Vic Waters	38:51
David Bryant	39:30
George Maddox	40:23
Barry Harwood	40:48
Arnold Jenkins	41:10
John Woolhouse	42:31

#### M50

Derek Hoyer	35:06
Bob Sammells	38:35
John Pellier	39:43
Rod Stewart	39:51
Graham Thornton	40:08
Roland Matzke	41:22
Richard Harris	42:48
Bill Crellin	43:48
Merv Jones	46:37
Mitch Loly (Walked)	70:51

#### M55

David Carr	37:21
John Bornholdt	42:44
Ted Maslen	49:44
Norm Miller	50:39
Dave Hough	58:14

#### M60

Dalton Moffett	40:09
Robin Bonner	40:41
Merv Moyle	43:02
Stan Lockwood	44:05
Noel Purvis	44:22
Alan Pomery	45:55
Ray Lawrence	49:32
Kirt Johnson	52:04

#### M65

Duncan Strachan	54:17
Gerry Foley	56:56

#### W30

Janice Rogers	41:26
---------------	-------

#### W40

Maxine Santich	41:50
----------------	-------

#### W40

Ann Shaw	36:41
Margaret Birks	46:49
Sandi Hodge	53:23

#### W45

Peggy McLiver	43:36
Margery Forden	44:28
Kath Penton	47:35
Jacki Halberg	52:13

#### W50

Esther Healey	60:11
---------------	-------

#### W65

June Strachan	54:59
---------------	-------

## FREO HARBOUR RUN

June 23, 1991

Conditions: overcast, cool

INCLEMENT weather again greeted us, this time for the fourth Fremantle ten miler. However, despite the downpour of the night, barely a drop fell for the duration of the race. The harbour is not a favourite place to hang about on such a day, and it was good to see so many vets still in place and shouting encouragement when the last man came in (very comfortably) just after half past nine.

It was a good winter turnout, a tribute to a well-planned couple of events for which we thank director Paul Martin. His helpers were Paul's wife, Jasmine; Sue Jones; Margaret Pomery; Patrick Guiton; Warren Gee; Brian Jones and Rob Boggs.

Dave Roberts again showed why he was last season's most improved athlete, winning in a little over six-minute miles. Heather Crockart was first lady.

The six kilometre event brought up a long overdue milestone (or should it be k-stone?) for Paul Woo. Anyway, congratulations to him for a fine winning run nicely under the 4 minute barrier. Margaret Birks showed a lot of character, too, first lady in a good time after a four-month injury lay-off.

And speaking of recoveries, Don Caplin continues to make steady progress, though obviously he's still running well within true capacity. Unfortunately, John Pellier seems to be improving too, just when I thought I had him in my sights!

Vic Waters

#### 6km

1 Paul Woo	M35	23:33
2 Mike Rhodes	M45	25:15
3 Margaret Birks	W40	26:30
4 J. Marie - Violet	M40	26:30
5 Robert Sheehy	M45	28:57
6 Isabel Tasker	W35	29:47

## Notice Board

### ALTERNATING...

The June 30 alternate meet at Perry Lakes was a fine DIY / BYO affair. Thanks to Barrie Thomsett who volunteered to direct, Hector and bully (unsuccessfully) the walkers, from the back of his new ATB (a sort of bike, we think).

Others ignoring Barrie included an intrepid few who ran some speed trials in the stadium, as a kind of unofficial warm-up act before a great bunch of disabled kids did their stuff!

BARRIE Thomsett is thinking ahead.

He seeks someone (M or F) to share accommodation (on-site van or unit) and vehicle hire from April 15/22 in Hobart. Swift decision is necessary, as there are several conventions on at that time, and space will be limited.

Contact: 276-6446 any hrs.

### HOBART BOUND?

NO, it's not too early to plan for the Aus Vets Champs in Tasmania next April! Some members have already booked flights, says Dave Carr.

A full program will be published in Vetrin, but for now, the events dates are April 17 (Friday) to April 19.

### IN DEEPWATER

BRING some change to Deepwater Point on August 4, advises Dalton 'Surge' Moffett. Race director (and playboy) DM has arranged a cappuccino affair at a nearby hostelry, in case the great outdoors is none-too-welcoming.

VETS might give a thought to the unfortunate John Davies, an ex-member now recovering in Shenton Park after a very serious hang-gliding accident. John, who's now around 60, was a fine sub-3hr marathoner, and took part in some 24hr relays. Our best wishes to him.

### POST-POLIO

YOU can help support the Post Polio Network, enjoy lunch and a great new-release movie on Sunday September 24 - for just \$10. Alan and Maureen Pomery (great stalwarts of our club) hope for your help. The film is *Once Around* (Richard Drey-fuss), and the event begins at noon, the Cygnet cinema, in Como.

WELCOME home to Joy and Peter Sanger, back with us (from the Gulf) for a while, but en route to South America.

## Letters to the Editor

Dear Ed.,

It was good to see your leading article in the May edition of the magazine headed "Vets Clean Up in Bunbury" but one thing that concerned me was the creation of a new age group. I was under the impression that veteran competition was conducted with five year age groups and that times created by a member within that group counted as an age group record irrespective of whether he/she was at the beginning, in the middle or at the end of the group.

Before this nonsense goes too far and we begin to see world records for M50 dwarfs or M55 giants let's "set the record straight". If a run by a veteran is a world record or state record within a group than it is a group record. If not then record it as a P.B. by all means.

Otherwise keep up the good work on the Vetrin - it's always an enjoyable read.  
Rob Shand

## The Vetrin

Vetrin is the club magazine of the WA Veterans Athletic Club

Patron: W.J.(Bill) Hughes

President: Joan Pellier  
459 7782

Secretary: Brian Foley  
339 2716

Treasurer: Bill Crellin  
448-2924

COPY for the magazine should be submitted to editor Vic Waters at 47 Sulman Road, Wembley Downs, 6019.  
Phone: (W) 389 8422  
(H) 341 3464  
FAX: 389 8458

DEADLINE for next issue - July 10



Specialising in Fast, Efficient Quality Printing of

- ✓ Letterheads
- ✓ Business Cards
- ✓ Invoices/Order Books
- ✓ Reports
- ✓ Pamphlets
- ✓ Envelopes
- ✓ With Compliments Slips
- ✓ Leaflets
- ✓ Catalogues
- ✓ Tickets
- ✓ Stickers
- ✓ Price Lists
- ✓ Colour Work

Compare our competitive prices

Contact our specialist staff today on

**249 3458**

Unit 3, 168 Cusack Road, Malaga

USE THIS ADVERTISEMENT TO OBTAIN A 5% DISCOUNT

**The M.P.S. Promise**

1. To provide competent and courteous service to all
2. All printing to be ready on agreed date and time.
3. Pride in work always taken to produce printing of consistent quality.
4. That you will be cared for by our enthusiastic and friendly staff.



# SIXTIES SURGE ON INTO THE 90s

RECENT transfers of some high profile Vets into a senior division has focused attention on one of the fastest growing sectors of our club - the Surging 60's!

At Jim Barnes' Run, Alan Pomery was given an enthusiastic welcome to the 60s. Dalton Moffett was already there. Frank McLinden celebrates his 60th year by heading for Turku. Robin Bonner is the most recent recruit...it goes on.

These inveterate regulars - all fine runners who totally defy their supposedly senior citizen status - push the 60's tally to 35. By the end of 1991 it will reach 39 - and in 1992 another nine current members will graduate out of the 55s.

Just as notable as their swelling number, is the quality of performance and club participation among the vets. Almost all of them are seen every Sunday morning. They include committee members like Vic Beaumont; race directors such as Lorna Lauchlan, Leo Hassam, Kirt Johnson. We can't name them all - but believe me, this is the backbone category of the Vets!

And it's going to become even stronger. This year will bring promotion for Bob Hayres (race director); Norm Miller (race director) and Basil Worner (director, coach, safety officer). Next year the Carrs become eligible, with Rob Shand, Dave Hough, Alan Stone... and on it goes.

Elder statesman of the 60's is Merv Moyle. He suggests that with this influx of new talent, the 60-plus sector is going to see some fierce competition in the coming years.

Yes Merv, you could be well off out of it (in November this year)!

Vetrun has culled the following records information from Bob Sammells' files. These are just some (the more 'exceptional' according to Bob) of the state records. We also include Australian and World records that were set by John Gilmour and Dick Horsley when they passed through the 60's!

## OK 60's, here's a few records to go for!

<b>Dave Jones</b>	100m 13.2; 200 26.4; 400m 76.7's
<b>John Gilmour</b>	800 - 6.98 (AR/WR); Marathon 2hrs 41m 07 (AR/WR); 1500 - 4:29 (AR/WR); One Mile 4:57.1 (AR/WR); 5000m - 16:33.3 (AR/WR); 3000m 9:41.2 (AR/WR); 10,000m - 34:23 (AR/WR); One Hour Run 16,853 (AR/WR)
<b>Noel Goff</b>	100m H 19.95; Long Jump 4.35; Triple Jump 9.36m
<b>Allen Tyson</b>	2000m Steeplechase 8:21.46; 1500m Steeplechase 6:09
<b>Dick Horsley</b>	5000m Walk 26:33; 20,000m Walk 1 hr 56m 43s
<b>Bill Chapman</b>	Discuss 38.64m; Hammer 28.88m; Shot Putt 9.96m
<b>June McMillan</b>	Javalin 26.72m
<b>Jim de Cruchy</b>	60m 8.90
<b>Allen Tyson</b>	50,000m, 50 Miles, 100,000m 24 Hours
<b>Dick Horsley</b>	1500m Walk 7:22; 1 Mile Walk 7:55 (WR when set); 2000m Walk 10:49; 3000m Walk 15:22; 10,000m Walk 54:24.6; 1 Hour Walk 10,690m; 8000m Walk Road 43:37 (WB when set); 10,000m Walk Road 54:24.6 (WB when set); 15000m Walk Road 83:05 (WB when set)
<b>Merv Moyle</b>	10 Miles Road 74:71
<b>John Gilmour</b>	10,000m Road 34:21; 16,000m Road 54:36; 20,000m Road 1 Hr 15m 54; Half Marathon 1 Hr 19m 49 (WR); 25,000 Road (1Hr 31m 35); 20 Miles 1Hr 59m 57 (WR)
<b>Dick Horsley</b>	16,000m Walk Road 89m 08 (WB when set); 25,000m Walk Road 2 Hr 29m 33.6; (Also performed well on Track and Road runs, long jump and throws. Great all-rounder)
<b>June Strachan</b>	100m - 19.6; 5000m 26:38; Half Marathon 2:04:16
<b>Val Tyson</b>	200m - 43.3; 5000m Walk 36:04; One Mile - 9:10.0; 2000m Walk 13:24.0
<b>Phyllis Head</b>	400m - 1:47.2; 800m - 3:43.2; 1500m - 7:06; 10,000m - 57:56.01; 80m H - 37.10; 1500m Walk - 9:53.0
<b>Lorna Lauchlan</b>	5000m Walk - 33:36.7; 2000m Walk - 12:37.8; 3000m Walk 19:04; Multiple running, walking records in younger age groups. Will set many W60 records
<b>Raema McMillan</b>	Discus, several records, latest 19.2m; Hammer 14.14m; Javelin several records, latest 22.8; Shot Put several records latest 6.57m

7 Patrick Sheerin	M55	29:50
8 Rob Davis	M50	29:56
10 Janet Smith	W35	30:37
11 Estelle Rogers	W35	32:01
13 Rosa Davis	W45	32:49
14 Elza Watts	W55	33:13
15 Irene Ferris	W35	33:21
16 Patricia Carr	W55	34:14
17 Cliff Bould	M75	34:17
19 Gaby Ralph	W40	35:43
20 Syd Bowler	M65	36:35
21 Joan Pellier	W50	37:35
22 Pat Weston	W55	38:53
28 Fred Hagger	M60	45:06
29 Mary Robinson	W50	45:06

### Walkers

18 Egon Jankauskas	M40	35:01
23 Dorothy Whittam	W50	40:23
25 Jacqui Beaumont	W50	43:06
26 Mitch Loly	M50	43:11
27 Dick Horsley	M75	44:01
30 Wendy Spencer	W45	47:29
31 Lyn Schickert	W45	47:29
32 Jack Collins	M75	48:05
33 Sandy Renny	M65	60:12

### Visitor

9 Rosalyn Carr		30:26
12 Brigitte Cheek		32:20
24 Lil Healey		42:29

### 10 Miles

1 Dave Roberts	M45	1:02:13
2 Robert Mair	M40	1:03:29
3 John Ferris	M40	1:03:50
4 Bob Schickert	M45	1:05:30
5 David James	M35	1:05:49
7 Mel Ovenden	M50	1:07:31
8 David Carr	M55	1:07:41
9 Robin Bonner	M60	1:07:46
10 Robert Doust	M35	1:08:20
11 Lewis Arndt	M40	1:08:56
12 Dick Blom	M55	1:09:00
13 Frank McLinden	M60	1:09:49
14 Don Caplin	M50	1:10:05
15 Dennis Miller	M50	1:10:11
16 John Pellier	M50	1:10:35
17 Vic Waters	M45	1:10:38
18 Ivan Anich	M40	1:11:00
19 Bob Sammells	M50	1:11:23
20 Barry Harwood	M45	1:11:45
22 Maurice Johnston	M50	1:12:42
23 Heather Crockart	W30	1:12:48
24 Rod Stewart	M50	1:13:17
25 David Bryant	M45	1:13:35
26 Dalton Moffett	M60	1:13:39
27 Brian Foley	M45	1:13:47
28 Peter Airey	M50	1:14:35
29 Alan Pomery	M60	1:14:46

## New Members

### Welcome to

Sylvia Brennan

Ken Murphy

Jeanette Murphy

Chris Skeggs

Pat Weston

## 50K Road Race Championships 1991

Even though 70 completed in the 10km, 80 in the 15km and 36 in the 25km, only 20 completed the triple event series (29 in 1990). Can we blame the recession?

Exciting tussle between Doug Hazell and Bob Schickert. Only 43 seconds between them in the overall time, with the former being the victor.

### Rod Stewart

Overall Position	Age	10km	15k	25km	Km/Av
<b>WOMEN</b>					
3 Sandi Hodge	W40*	52:25	1:16:15	2:18:51	5:21✓
1 Kath Penton	W45*	45:46	1:11:23	2:03:44	4:49✓
4 Sheila Maslen	W50*	1:00:29	1:26:46	2:58:39	6:31✓
2 Ann Turner	W55*	50:49	1:14:55	2:09:38	5:06✓
<b>MEN</b>					
1 Doug Hazell	M35*	35:52	54:16	1:38:25	3:46✓
8 Robert Doust	M35	39:53	1:03:58	1:48:00	4:14✓
3 John Ferris	M40*	37:05	57:01	1:38:44	3:51✓
4 Robert Mair	M40	37:38	56:45	1:41:10	3:55✓
9 Brian Danby	M40	40:14	1:02:06	1:51:27	4:17✓
2 Bob Schickert	M45*	36:21	55:32	1:37:23	3:47✓
6 Mel Ovenden	M50*	39:29	1:01:45	1:46:36	4:09✓
11 Joe Trovato	M50	41:27	1:04:29	1:58:04	4:29✓
12 Roland Matzke	M50	42:57	1:06:07	1:59:33	4:34✓
14 Merv Jones	M50	48:02	1:12:22	2:13:19	5:04✓
7 Ted Maslen	M55*	40:25	1:00:56	1:49:59	4:14✓
10 Robin Bonner	M55	42:37	1:02:45	1:52:56	4:22✓
16 Shorty Turner	M55	56:56	1:25:36	2:49:05	6:14✓
5 Frank McLinden	M60*	39:51	1:00:00	1:44:29	4:05✓
13 Cecil Walkley	M60	45:45	1:12:30	2:04:30	4:51✓
15 Stewart Hicks	M65*	53:34	1:18:13	2:16:00	5:21✓

\* Age group champions

31 Janice Rogers	W30	1:15:41	47 Cecil Walkley	M60	1:24:03
32 Tony Speechley	M45	1:16:21	48 Don Blair	M40	1:24:03
33 Peggy McLiver	W45	1:16:38	50 Sandi Hodge	W40	1:25:34
34 Richard Harris	M50	1:16:39	51 Ray Lawrence	M60	1:26:07
35 Kath Penton	W45	1:17:07	52 Stewart Hicks	M65	1:29:05
36 Margery Forden	W45	1:17:35	54 Jackie Halberg	W45	1:31:21
37 Bill Crellin	M50	1:17:36	57 Frank Usher	M65	1:36:00
38 Roland Matzke	M50	1:17:53	<b>Visitors</b>		
39 Basil Worner	M55	1:18:08	21 John Hodgson		1:12:27
40 Brian Paxman	M60	1:18:56	30 Steve Woodward		1:15:41
41 Merv Moyle	M60	1:19:43	46 Christian Ricci		1:23:23
42 John Woolhouse	M45	1:21:09	49 Peter McGurk		1:24:40
43 Jeff Spencer	M50	1:22:24	53 Kingsley Preston		1:30:39
44 Merv Jones	M50	1:22:25	55 Amy Wilson		1:32:28
45 Keith Forden	M50	1:23:05	56 Jean McGurk		1:33:48