



The Vetrun



No. 213 JUNE 1990

PATRON: WJ (Bill) Hughes

SECRETARY: Bob Fergie 447 6898
VETRUN EDITOR: Vic Waters 341 3464

PRESIDENT: Bob Schickert 332 4114
TREASURER: Bill Crellin 448 2924



Dorothy in action at the State Champs

LIFETIME THANKS

Through the *Vetrun* I would like to thank Dick, Cliff, Barrie and all my friends for voting me into Life Membership of the WA Veterans Club. It is an honour I am very proud to accept. I have enjoyed the time I have been in the club, and don't think I could possibly put back in as much as I have got out - but I will certainly do my best. Thank you all again.

Dorothy Whittam

EDITORIAL

AFTER the battle to produce this, my first effort as editor of *Vetrun* I must pay tribute to predecessor Jeff Whittam, for the countless hours of labour he's given to previous issues. Now I know what you went through, Jeff!

With the aid of minor new-technology I've made some changes to this issue - but with the photo-copy system we can

Vic Waters/

continues page 12

In this issue..

SOCIAL GROUP P3

NOTICE BOARD P5

LETTERS P12



* "Now can you do a victory lap of the marathon course holding up the cup?"

BUNBURY MARATHON P13

AUSTRALIAN CHAMPIONSHIPS P2/3

ANDY WRIGHT MEMORIAL RUN P4

BROCKWELL'S RUN P6/7

Profile - Karen Gobby P9

KINGS PARK X-COUNTRY P10/11

MURDOCH CROSS-COUNTRY P11

TIME TRIALS 1989/90

Final results

Top Three Women:

Peggy McLiver 11,792 points
Erica Mercer 10,969
Pat Carr 9,753

Top Three Men:

Dave Carr 10,383 points
Allen Tyson 9,067
Brian Foley 8,688

AUSTRALIAN VETERANS ATHLETICS CHAMPIONSHIPS - Easter 1990

400m

P. Carr	W55	1	77.9
D. McAuley	M40	2	53.2
K. Martin	M45	2	54.3
B. Foley	M45	10	58.3
B. Kernaghan	M50	1	53.8 R/WA
D. Carr	M55	1	57.7

10k

K. Gobby	W35	1	37.-
J. Gilmour	M70	1	39.49

110 Hurdles

K. Martin	M45	3	18.5 R/WA
-----------	-----	---	-----------

Hammer

M. Stone	W45	17	18.72 R/WA
R. Young	M45	5	21.36
B. Chalmers	M50	9	18.46
A. Stone	M55	9	20.98

Discus

R. Young	M45	7	30.14
A. Stone	M50	7	28.36
M. Stone	W45	8	19.26
V. Prescott	W45	12	17.70

Shot

R. Young	M45	7	9.34
A. Stone	M55	5	9.03
M. Stone	W45	7	6.23

Javelin

A. Stone	M55	2	37.62
M. Stone	W45	12	12.76

Long Jump

M. Tolbert	M40	1	6.52
K. Martin	M45	5	5.15

Triple Jump

P. Carr	W55	1	8.08
M. Tolbert	M40	1	12.74
K. Martin	M45	1	11.22

400m Hurdles

K. Martin	M45	2	1m 4.0s
-----------	-----	---	---------

2k Steeplechase

A. Shaw	W40	1	7.58 R/AUS
M. Robinson	W50	1	9.08 R/WLD
A. Tyson	M65	2	9.07 R/WA

High Jump

K. Martin	M45	3	1.50 R/WA
-----------	-----	---	-----------

100m

P. Carr	W55	1	15.4
K. Martin	M45	6	12.5
B. Kernaghan	M50	1	12.1

200m

P. Carr	W55	1	32.8
D. McAuley	M40	6	25.7
B. Kernaghan	M50	1	24.6
D. Carr	M55	5	27.-

800m

D. McAuley	M40	2	2.01
B. Foley	M45	6	2.09
D. Carr	M55	2	2.13
A. Tyson	M65	4	3.02
A. Shaw	W40	2	2.22
M. Robinson	W50	1	2.47

1500m

D. McAuley	M40	8	4.40
B. Foley	M45	4	4.29
D. Carr	M55	3	4.45
J. Gilmour	M70	1	5.18
K. Gobby	W35	1	4.47
A. Shaw	W40	3	4.55
M. Robinson	W50	2	5.39

5000m

K. Gobby	W35	1	17.19
A. Shaw	W40	2	18.48
M. Robinson	W50	2	20.16
D. McAuley	M40	13	17.34
J. Gilmour	M70	1	18.47

Marathon (April 8, Canberra)

A. Tyson	M65	3	4hrs 04m
----------	-----	---	----------

5k Walk

M. Stone	W45	5	29.5 R/WA
V. Tyson	W65	3	35.41
B. Chalmers	M50	6	32.04

10k Cross Country

K. Gobby	W35	1	37.58
A. Shaw	W40	2	41.03
M. Robinson	W50	2	46.11
D. McAuley	M40	14	38.39
B. Foley	M45	12	40.28
J. Gilmour	M70	1	41.41

AUSTRALIAN VETERANS ATHLETICS
CHAMPIONSHIPS - Easter 1990

The Australian Veterans Athletics Championships were held in Melbourne over the Easter Weekend. W A was represented by a strong team of 18 athletes, who performed very well, winning more than 22 first places and easily having the most colourful and vocal cheer squad, led by Alan Stone.

The highlight of the competition was the success of our women distance runners, Karen Gobby, Ann Shaw and Margaret Robinson, who dominated the 1500M, 5K, 10K, Cross Country and Steeple events. John Gilmour performed equally well in his events.

In the sprint events Barry Kernaghan took a clean sweep of the 100, 200 and 400 metres, while Keith Martin filled a place in all his events, winning the triple jump despite an injury. The best jumps of the whole competition were from Murray Tolbert, whose triple jump of 12.74M received strong applause from the grand stand.

As usual Pat and David Carr featured strongly in their events and they had the honour of representing W A at the Opening Ceremony. The Marathon championship was held the previous weekend in Canberra, where Alan Tyson took a place in his age group. The other marathon effort was the Annual General Meeting, which suffered from an excessively long agenda. There were two major items to report - All States and ACT with the exception of Victoria have signed the new Constitution which is incorporated to protect the individual officers of the Association. If Victoria does not sign by next month they will have to apply as a new member in order to compete at future World Championships, e.g. Finland. The debate for a new constitution has been going on for at least three years and we felt that it is needed now. The other item was that no action has been taken on the national newspaper, but will be further researched and pursued.

BRIAN FOLEY

1990/91 RACE PROGRAMME

Copies of the new race programme have been handed to most club members at recent Sunday runs. If you haven't received your copy - and it is not enclosed in this issue of *Vetrun*, - please contact a committee member.

KING'S PARK WALK - May 13

5K Group Walk

M. Stone
D. Whittam 37m 34s

A. Fergie
D. Horsley 38.15

Pat Luck
Pam 38.37

Course Walk

M. Gianatti
A. Stone
V. Tyson 42.00

5K Plus

Peter Davies
Pauline Kelly
Joshua Foster (vis)
Carl Gianatti 38.50

SOCIAL GROUP

MAKING us all a little more sociable is one of the aims of a new *Social Sub-Committee* formed by the club, with the approval of the main committee.

Members are Don Caplin, Jacque Billington, Jan Johnson, Keith Forden, and Marge Forden - who is the committee leader.

MAJOR and regular responsibilities of this group include the club's *Annual*

Dinner, the Quiz Night, our Jorgensen Park lunch, and the Andy Wright Memorial Run.

BUT - there will be new events - such as the July 8 *'Car Rally* following Kirkman's Run. It's a bit of a mystery tour at the moment, but more will be revealed. (See Notice Board, this issue).

Of course, the sub-committee seek input from members - so let them have your ideas, please.

THE ANDY WRIGHT MEMORIAL RUN - 27th May 1990

The weather made the Andy Wright Run this year one of those occasions for the foolhardy and the brave, but it was good to see that despite the other events in which Vets were involved there were 53 runners who completed the 10K handicap event, as well as seven walkers, and a small number who ran shorter distances.

RESULTS: 10K

1. M. Warren	W50	57:32	28. B. Aldrich	M55	61:28
2. S. Bowler	M65	58:38	29. T. Maslen	M50	61:33
3. C. Trees	Vis	58:45	30. J. Midolo	W40	61:37
4. M. Johnston	M50	58:57	31. D. Bryant	M40	61:41
5. R. Sutton	M50	59:09	32. R. Stewart	M50	61:48
6. P. Sheerin	M55	59:31	33. S. Hicks	M65	61:49
7. T. Harwood	M40	59:40	34. L. Lauchlan	W60	61:50
8. S. Hodge	W40	59:41	35. B. Schickert	M45	62:09
9. M. Pritchard	W45	59:42	36. J. Greenfield	M45	62:14
10. J. Trovato	M50	59:52	37. B. Sammells	M50	62:50
11. G. Florence	M55	60:00	38. V. Beaumont	M60	62:54
12. C. Bould	M70	60:09	39. M. Faungh	M50	63:04
13. M. Birks	W40	60:12	40. W. Hart	M45	63:08
14. W. Crellin	M50	60:18	41. M. Warren	M50	63:50
15. D. Moffett	M55	60:19	42. A. Turner	W50	64:01
16. S. Maslen	W50	60:20	43. R. Farrell	M50	64:03
17. B. Worner	M55	60:23	44. V. Waters	M45	64:28
18. D. Hough	M55	60:34	45. M. Watts	M50	64:58
19. M. Jones	M50	60:39	46. J. Pellier	M50	65:38
20. S. Lockwood	M60	60:46	47. B. Danby	M40	65:43
21. T. Foster	M45	60:52	48. M. Forden	W45	65:46
22. J. Bell	M40	61:04	49. M. Moyle	M60	65:47
23. V. Kelly	Vis	61:07	50. I. Colquhoun	M35	66:07
24. E. O'Dea	W50	61:13	51. J. Pellier	W50	66:11
25. M. Kelly	M40	61:18	52. P. Davies	M60	66:51
26. R. Spencer	M50	61:19	53. P. Farrell	W45	69:50
27. R. Lawrence	M60	61:27			

10K WALK

1.	B. Fergie	75:16
2.	J. Beaumont	75:34
3.	J. Collins	76:01

5.14K WALK

1.	P. Kelly	38:08
2.	V. Tyson	38:38
3.	P. Foster	39:08
4.	D. Horsley	39:14

Congratulations to Margaret Warren and Syd Bowler, the trophy winners. The result is a repetition of the success each had a few years ago. Lucky spot prizes went to Dalton Moffett and Bob Schickert, but Bob asked that his be re-allocated and it was won then by Jill Midolo.

Thanks to Frank Smith, Kath Penton, Basil Worner, Fred Hagger, and Karen Crellin who assisted as officials, and to Keith and Marg Forden for the morning tea preparations.

Leo Hassam.

DON'T BLAME THE HANDICAPPER!

THE handicap system for 1990/91 is basically the same as last year's, according to Mike Rhodes, who uses the *Oakes formula* to calculate an equivalent 10k time for any given run.

There is one change, however. Last year your handicap was based on your best three runs in the previous twelve months. This year it's based on the best run in the last six months - provided you've had three runs in that period.

If a member has not run in the six months prior to a handicap event question, his/her handicap is based on best time achieved in the previous nine or twelve months (with a small penalty added.)

This system will allow fast correcting of handicaps (provided, of course, that organisers get results in to Mike, pronto), and should produce a closer Handicap Trophy result.

Notice Board

LOST?

IS there a bag of marker flags stashed away in your attic - garage - boot - (freezer, even?)

About 30 have disappeared, and it's making it difficult to mark the longer courses.

If we can't find them, the committee will have to start knitting new ones, and they really have better things to do!

CAR RALLY

PRIZES will be on offer - for the Social Committee's inaugural Car Rally - on JULY 8.

Entry fee is only \$2. It will run from app 9.30am - 3pm, following Kirkman's Run in McCallum Park. Get entries in by June 30 to the social lot. It's guaranteed to be FUN - especially if you make sure somebody else's spouse is your navigator!

CUPS AT MORNING TEAS

BATTLE to save the planet continues, with the momentous decision to axe the disposable cups used for hot drinks at the Sunday morning runs.

The Social Committee requests, therefore, that everyone brings their own (non-disposable) cup. Hardy types could drink from cupped hands, presumably.

We will be buying a few mugs for use by visitors, and absent-minded members.

Seriously though, we hope members will agree with and support this move.

RESULT CORRECTION

'Round Houses' Walk - 15.2km

Jack Collins, and Jacquie Beaumont's time was 2hrs 0.14 seconds
(NOT 2hrs 14mins)

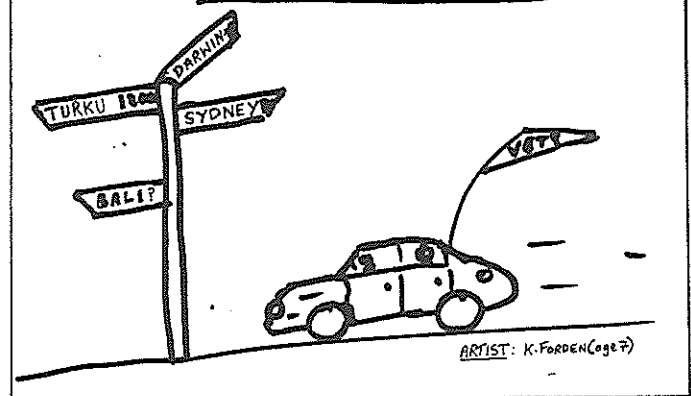
HELP!

RACE organisers always welcome offers of help. This month in particular, Morris Warren would like some assistance with the 25k Road Race Championship at McCallum.

We all get a lot out of the club, and there have been many suggestions for methods of persuading more members to assist at races.

None of these would be necessary if everyone offered to help - at least once a season. If you can do this, please contact Races Co-ordinator Joan Pellier - or any of the organisers named in your 90/91 programme.

CAR RALLY 8 JULY



ORGANISERS

WE have been reminded that it's part of the organiser's responsibility to ensure we have clearance to run over the chosen course.

If in any doubt, check with Joan Pellier, who is co-ordinating races.

*!## ASTERISKS! *#?S!*

THE curse of the dreaded asterisk, holding all the menace of Long John Silver's black spot, may be on you! Check your address on this issue of *Vetrun*. If it carries the asterisk, you're not FINANCIAL. If by some remote chance you're one of the marked members, please get the subs in to Bill Crellin - NOW. Otherwise, this will be your last *Vetrun*!

**BROCKWELLS RUN
29TH APRIL 1990**

RESULTS SHEET

<u>Pos</u>	<u>Name</u>	<u>Dist</u>	<u>Age Group</u>	<u>Clock Time</u>	<u>Pos</u>	<u>Name</u>	<u>Dist</u>	<u>Age Group</u>	<u>Clock Time</u>
1	John Ferris	6Km	M35	22.21	52	Alan Pomery	13Km	M55	56.49
2	Vaughan Ramsay	6Km	Visitor	22.55	53	George Audley	13Km	M50	56.49
3	Robert Raymen	6Km	M45	23.39	54	Bob Schickert	13Km	M45	57.11
4	Bob Sammells	6Km	M50	25.36	55	Margery Forder	13Km	W45	57.22
5	John Bornholdt	6Km	M50	30.01	56	Ron Potter	13Km	M50	57.27
6	Roma Bettles	6Km	W40	30.25	57	Dalton Moffatt	13Km	M55	57.31
7	Katrina Panaystou	6Km	Visitor	30.58	58	Roger Walsh	13Km	M45	57.45
8	Jan Johnson	6Km	W45	31.13	59	Terry Foster	13Km	M45	57.54
9	Wanda Beacham	6Km	Visitor	32.47	60	Margaret Binks	13Km	W40	58.35
10	Alison Aldrich	6Km	W45	32.47	61	Brian Aldrich	13Km	M55	58.43
11	Mathew McGoldrick	6Km	Visitor	34.32	62	Merv Moyle	13Km	M60	58.50
12	Lorna Lachlan	6Km	W60	35.04	63	Moris Warren	13Km	M50	59.00
13	Jacqui Halberg	6Km	Visitor	35.08	64	Vic Beaumont	13Km	M60	59.18
14	Phyllis Farrell	6Km	W45	35.18	65	Peggy McLiver	13Km	W45	60.02
15	Ernie Moyle	6Km	M60	36.12	66	David Carr	13Km	M55	60.02
16	Alise Copping	6Km	W35	36.16	67	Maxine Santich	13Km	W35	60.02
17	Mary Robinson	6Km	W55	39.36	68	Basil Womer	13Km	M55	60.09
18	Patricia Carr	6Km	W55	39.36	69	Charlie Chan	13Km	Visitor	61.12
19	Sheila Maslen	6Km	W50	40.24	70	Ron Sutton	13Km	M50	61.57
20	Debbie Ralph	6Km	W40	40.24	71	Trevor Harwood	13Km	M40	62.18
21	Colin Marsh	6Km	M50	41.97	72	Robert Farrell	13Km	M50	62.29
22	Paul Odam	13Km	Visitor	45.28	73	Kingsley Preston	13Km	Visitor	63.08
23	Peter McGoldrick	13Km	Visitor	45.37	74	Kath Penton	13Km	W45	63.14
24	Bob Fergie	6Km	Walk/M50	45.37	75	Stan Lockwood	13Km	M60	63.24
25	Pat Luck	6Km	Walk/W45	46.16	76	Andrew Seinor	13Km	Visitor	64.05
26	Bert Carse	13Km	M45	46.20	77	Richard Gorton	13Km	Visitor	64.30
27	Glenys Marsh	6Km	Walk/W45	46.53	78	Sandi Hodge	13Km	W40	64.36
28	Derek Haye	13Km	M50	47.17	79	Patrick Sheerin	13Km	M55	64.37
29	Tom Savin	13Km	M40	47.40	80	Joan Pellier	13Km	M50	65.16
30	Stuart Hoskins	13Km	M40	48.25	81	Anrnold Jenkins	13Km	M45	65.21
31	Paul Pohe	13Km	M45	48.35	82	Kirt Johnson	13Km	M60	65.31
32	Chris Maher	13Km	M35	48.48	83	Ray Laurence	13Km	M60	65.52
33	Wayne Pantall	13Km	M35	48.55	84	Authur Leggett	13Km	M70	66.11
34	Dave Roberts	13Km	M45	48.58	85	Shelly Munsie	13Km	M55	69.05
35	Brian Danby	13Km	M40	50.58	86	Duncan Strachan	13Km	M65	69.40
36	Don Caplin	13Km	M50	51.28	87	June Strachan	13Km	W60	70.15
37	John Gilmore	13Km	M70	51.40	88	Estelle Rogers	13Km	W30	70.57
38	Graham Thornton	13Km	M45	51.58	89	Charles Capping	13Km	M35	70.58
39	Dick Blom	13Km	M55	52.20	90	Norm Crellin	13Km	M55	72.15
40	Mike Flood	13Km	Visitor	52.51	91	Karen Crellin	13Km	W45	72.25
41	John Maddison	13Km	M50	53.14	92	Peter Nicell	13Km	M45	72.40
42	Brian Foley	13Km	M45	53.28	93	Elza O'Dea	13Km	W50	72.49
43	Mike Rhodes	13Km	M40	54.00	94	Gordon Florance	13Km	M55	72.55
44	Ted Maslen	13Km	M50	54.20	95	Margaret Warren	13Km	W50	73.47
45	Mike Khan	13Km	M45	54.25	96	Syd Bowler	13Km	M65	77.22
46	John Pellier	13Km	M50	54.34	97	Jacqui Beaumont	13Km	Walk/W50	160.54
47	Jim Greenfield	13Km	M45	54.46	98	Jack Collins	13Km	Walk/M75	161.12
48	Graham Luck	13Km	M50	55.45					
49	Peter Airey	13Km	M50	56.20					
50	Bill Crellin	13Km	M50	56.27					
51	Dave Hough	13Km	M55	56.37					

BROCKWELLS RUN
29TH APRIL 1990

The second Annual `Brockwells Run` was held in perfect conditions on a new course, starting and finishing at Constitution Hill, behind Gloucester Park. One hundred runners completed both races with no reported `casualties` as a result of the hill climb at the finish.

A great tussle in the 13km event took place between our visitors Paul Odam and Peter McGoldrick and Club Member Bert Carse. Eventually Paul came out in front with Peter 10 seconds behind and Bert some 50 seconds further back. Marge Forden was the overall female winner ahead of Margaret Birks.

Overall Winners in the 6km event were John Ferris and Roma Bettles.

Bert and Marge (for the 2nd successive year) will have their names enscribed on the Overall Winners Club Trophy, as will all age group winners on the individual trophies.

Thanks to all my helpers - in particular Bev Thornton and Marg Pomery, Frank Smith (Last years winner - injured this year), Hugh Kirkman, and Ros Pantell.

A special thanks to my employer Huntsbury Catering Service for supplying the after race Catering - which was obviously enjoyed by everyone.

AGE GROUP WINNERS 13KM RACE

<u>MALE</u>			<u>FEMALE</u>		
<u>AGE</u>	<u>NAME</u>	<u>TIME</u>	<u>AGE</u>	<u>NAME</u>	<u>TIME</u>
35	C Maher	48.48*	30	E Rogers	70.57*
40	T Savin	47.40	35	M Santich	60.02
45	B Carse	46.20	40	M Birks	58.35*
50	D Hoye	47.17*	45	M Fordon	57.22*
55	D Blom	52.20*	50	J Pellier	65.16
60	M Moyle	58.50*	55		
65	D Strachan	69.40	60	J Strachan	70.15* - New Record
70	J Gilmour	51.40*	65		

AGE GROUP WINNERS 6KM RACE

<u>MALE</u>			<u>FEMALE</u>		
<u>AGE</u>	<u>NAME</u>	<u>TIME</u>	<u>AGE</u>	<u>NAME</u>	<u>TIME</u>
35	J Ferris	22.21	35	A Copping	36.16
40			40	R Bettles	30.25
45	R Raymen	23.39	45	J Johnson	31.13
50	B Sammells	25.36	50	M Robinson	36.35
55			55	P Carr	39.36
60	E Moyle	36.12	60	L Lachlan	35.04

FORTY-SOMETHING

Life as a Masters Woman

It puzzles me—the reactions from people who learn that I do triathlons. What seems simply normal to me is perceived by some to be outrageous or crazy. Some think it's completely inappropriate for a woman of my age, others treat me as if I will soon be a candidate for canonization. In truth, I am simply a person, keeping fit and having fun.

Triathlons add a focus to my fitness activities. Setting goals for competition adds an element of excitement to the effort expended on keeping fit, and races prevent fitness endeavors from becoming repetitious or boring. In addition, I never have to buy T-shirts to work out in.

In the youth-oriented United States, where so much value is placed on physical appearance, being a triathlete is a way of slowing the aging clock. The hair may be graying and the eyesight weakening, but I still wear junior sized clothes. The last time I was whistled at was three months ago while I was finishing a run. I chuckle to myself, wondering if that truck driver had any idea how middle-aged I am. The face that greets me in the mirror certainly has its developing lines, but the body that stands under that face is strong and muscular and exudes energy.

At an age when most women lament about how easily they gain weight, I am forced to eat every two to three hours to

keep from becoming hypoglycemic. While my contemporaries complain of waning strength, I am buoyed by the knowledge that I'm physically stronger than I've ever been in my life, and that I haven't yet reached my limits. While other "forty-somethings" are experiencing depression and the fear of growing old, I face the future with ever-expanding optimism, welcoming the many goals yet to be reached.

Competing forces me to set goals. This goal-setting brings order and discipline to my life, which influences other areas. Because I know that I have the discipline to train when it's hot or raining or when I'm tired, I understand that I can cope with other, more critical demands of my life. It's exciting to know that I'll never run out of goals; they will continually expand in front of me as I mature, both as a person and as an athlete. Yesterday's success becomes a springboard to tomorrow's achievement.

I learn from failure as well as from successes. I spent last summer training for the Bud Light Endurance Triathlon in Cape Cod, Massachusetts, and alternated between confidence and anxiety attacks as the event approached. I realized that failure to finish was a possibility. The reality was that even if I didn't finish, I would still gain from the experience. After all the training, I would be physically stronger than ever. At the very least, I would learn what I needed to do to be successful in another attempt. I came to see failure not as an end, but as a new beginning, a source of information and learning that would later increase my likelihood of success. Failing and succeeding both converge on sharpened, reformulated goals.

*While other
"forty-somethings"
are experiencing
depression and
the fear of
growing old, I
face the future
with
ever-expanding
optimism,
welcoming the
many goals yet to
be reached.*

In addition to the enjoyment I receive from setting and achieving goals, triathlons bring me satisfactions found nowhere else. Most of my contemporaries, male and female, never experience the pleasure that can be derived from pushing one's limits and the absolute exhilaration that comes from exceeding them. How many will ever understand the joy of an all-out effort that leaves one physically exhausted and mentally soaring?

Triathlons enlarge the scope of my friendships. People 20 years younger than I, or 20 years older, share a commonality of interest. In the long hours of training, we become special friends. Without triathlons, I would have missed knowing some very fine people who enrich my life.

Some of these people are very peripheral, yet their influence is profound. I am moved, awed and inspired by some of my racing companions. People like the older man who walked an entire 10k because running would painfully jar his fractured ribs, people who compete with three limbs instead of four, and a woman who completes her first triathlon in the 60-64 age group put my own efforts in a different perspective. Knowing them renews my faith in the tenacity and strength of the human spirit. They are self-actualization personified.

In particular, I am enriched by the experience of knowing other masters women that I train with and compete against. They are invariably women of great vitality and enthusiasm who crackle with energy. They make me feel good about the possibilities of being an



"older" woman; they provide evidence that even though I must age I don't have to grow "old."

Masters women are special because they have, as adults, instituted change into their lives and have been willing to be somewhat unconventional in doing it. Athleticism was discouraged in the women of my generation. "Tomboy" was a pejorative term designed to keep us from expressing the assertive, physical aspects of ourselves. "Ladylike" was the standard to which we were held. Masters women have had to unlearn that early socialization and grow comfortable with their physical, competitive selves. Younger women and men do not have to defy their socialization in order to compete. The gains made by women athletes during the past fifteen years have opened the door of possibility for younger women. As masters women compete, and are recognized, they open that same door for other "older" women.

Triathlons bring much benefit to my life, benefits both physical and psychological. They keep me physically active and strong, provide a source of continual learning, improve my appearance and boost my self-esteem, bring exciting new people into my life and keep my focus upbeat and optimistic. For a few hours training and a 40-dollar entry fee, it's quite a bargain. ▲

Thanks to Jan Johnson for submitting this article, by Rita Losee, who is a masters triathlete from Boxford, Massachusetts

KAREN Gobby is one of the best women distance runners of her age in Australia.

She certainly is the number one runner in her category in the State.

Yet she is still learning to run.

That's not surprising when you realise that the 37-year-old woman who won four gold medals in the 30-year-old age group section in the National Veterans Athletic Association championships in Melbourne last month has only been running for four years.

Karen Gobby took an Easter "break" to travel to Melbourne for the National Veteran Association championships.

In an incredible three days she became the Australian champion in a remarkable four categories and against athletes years younger.

She donned her spikes and won the 10,000m in 37 minutes, the 5000 in 17min 49sec, the 1500m in 4min 47sec and then added the 10km cross country to her gold medal haul for good measure.

And for that magnificent effort Karen Gobby has been named Times Sports Star of the Month for April, the second time she has been eligible for the Tood Buswell Memorial award in her short career.

And that's in addition to her three State records in March and April.

Karen took up the sport after a successful hockey career when she went along to a runners club meeting with son Jason and got "hooked".

Then it was uphill all the way - literally.

Karen took to the hills, enjoyed the scenery and the sheer exhilaration of running free.

"I'm still a novice," Gobby said.

"When I'm running my coach still has to tell me to drop my shoulders and drive forward or get the elbows closer in and lean forward or keep my head up or whatever."

In fact a frustrated Brian Kennedy takes along a white nappy to club runs on a Thursday.

"He hoists the nappy above his head and I know exactly what that means - drop 'em and drive. My shoulders have become bunched up and I must relax."

Form is vital to any athlete, but particularly so in distance runners or swimmers.

"It's easy to start off with great style, but as soon as the going gets tough or one gets really tired and strain takes over form falls away," she said.

"It often happens when one tries too hard or runs too fast and that's where discipline comes in."

That discipline was Karen Gob-

by GEORGE GOODWIN

by's biggest enemy at the start of her meteoric running career.

She is an enthusiast and even when talking "just running" it is almost a case of "wind Karen up and just sit back and listen".

The attractive young wife and mother of two has never been afraid of work. Gobby came from a sporting family and has always played sport herself.

As a result she was aware of the rigid training, sacrifices and discipline that goes with it.

"I knew I had the ability to run and I knew I would do quite well because I am not afraid to train hard."

Karen says: "I'm lucky my husband Des and the family are so supportive."

Actually it is a family hobby.

Des is a member of the Bunbury Runners Club and sons Jason and Damien are both promising runners.

A typical training week in the life of Karen Gobby has her up at the crack of dawn on a Monday pushing weights in her gym at home. In the evening there is a "sand run" of 12km to 15km in the Glen Padden dunes.

Tuesday morning its a 6km run and in the evening its spikes on for an hour or two of speed work.

Wednesday is midweek. Time for a long one and its off into the hills for a 25km run.

Thursday morning there's another 6km run followed by competition with the runners club in the evening.

Friday sees Karen doing weight training in the morning and a 15-20km run to wind up the working week in the evening.

Saturday and Sunday are reserved for competition, but if there is no competition, Karen takes to the road on a bicycle for a bit of variety and on Sunday its a 32km run or a stint with the cross country club. And as Karen runs away the years she says: "I can do much better."

"I've only just scratched the surface."

"With improved technique and experience I believe I can bring my times down a lot."

But that's not where it ends.

"This year is going to be it. So far so good. But there are many more challenges to meet and I have my sights on them."

First and foremost there is the Perth marathon in July.

It will be the first marathon Gobby has run and her whole mental goal is geared to that one.

Running at top level can be expensive and there are cash incentives at the end of that long Perth marathon road.

National performance leads to nomination



• AWARD NOMINEE . . . Times Sports Star of the month for April is athlete Karen Gobby.

"The first woman home gets \$1000 and if the time is below 2 hours 50 mins there is another \$700, or \$500 for running under 2 hours 55 mins. The winner also gets a trip to Japan to compete there.

"I want to go to Japan. I need the money. My mind is made up. I'm going flat out for that marathon."

"Also this year are the Oceanic Games in New Zealand and then in July next year are the world veterans games in Takku, Finland."

These are not just pipe dreams.

Karen Gobby knows well that barring accidents she could bring back gold for Bunbury.

Her time for the 5000m in Melbourne at Easter was 46 seconds faster than the gold medal winning time at the World games last year.

She says she owes much of her success to two Bunbury running stalwarts, former Sports Star of the Year finalist Hank Stoffers and Brian Kennedy. "Hank started me off and drilled into me the three Ds - discipline, dedication and determination. Brian has helped with my technique."

She says her most recent run was her best.

It was the Bunbury Medibank Marathon in which Karen Gobby ran the half marathon.

She romped home minutes

ahead of the second woman, was 10th overall, but most important, she broke the race record by an incredible two minutes.

"That was a great thrill. I knew I had run well and breaking Tessa Brockwell's record and running a personal best was a great feeling.

"That was my best effort."

And then she still went and competed with the cross country club in the afternoon.

The 77min 57secs was especially satisfying because State Open star Sue Malaxos has a personal best half marathon time two seconds slower.

Karen Gobby's remarkable record of major events for 1990 so far reads:

January: Christchurch Classic (12kms) first in 44mins. Fremantle Fun Run, second in 37:33.

February: WA Open 10,000 metres second to Malaxos. Fremantle half marathon - first in 38:15. March: State Veterans championships 10,000m - first in 37:16 (record); 5000m - first in 17:40 (record); 1500m in 4min 46sec (record).

April: National Veteran Athletic Association championships - Four gold medals in 10,000m (37min), 5,000m (17:19), 1500m in 4min 47sec and 10km cross country in 37:58.

May: Bunbury Medibank half marathon - first in 77min 57sec (record).

KINGS PARK CROSS COUNTRY

13TH MAY 1990

TIMES

TIMES

		<u>CLOCK</u>		<u>HCP</u>		<u>RUN</u>				<u>CLOCK</u>		<u>HCP</u>		<u>RUN</u>			
		MIN	SEC	MIN	SEC	MIN	SEC			MIN	SEC	MIN	SEC	MIN	SEC		
1	HUGHES	BILL	45	18	0	30	44	48	51	WILTSHIRE	PAULINE	52	53	9	15	43	38
2	HALL	DAVID	46	57	6	30	40	27	52	FARRELL	ROB	52	55	10	45	42	10
3	HICKS	STEWART	47	31	3	15	44	16	53	WATTS	MIKE	52	58	15	30	37	28
4	WORNER	BASIL	49	20	13	30	35	50	54	NOYLE	NERV	53	0	14	15	38	45
5	HODGE	SANDI	49	52	7	15	42	37	55	PELLIER	JOHN	53	3	16	45	36	18
6	WALSH	ROGER	50	13	13	15	36	58	56	BEAUMONT	VIC	53	10	13	15	39	55
7	SUTTON	RON	50	34	11	15	39	19	57	STEWART	ROD	53	13	14	45	38	28
8	SCHAEFFER	GEORGE	50	35	14	45	35	50	58	CAPLIN	DON	53	21	20	15	33	6
9	LUCK	GRAHAM	50	37	15	0	35	37	59	TURNER	ANN	53	24	7	45	45	39
10	DANBY	BRIAN	50	45	17	45	33	0	60	HOUGH	DAVE	53	36	14	15	39	21
11	RUSSELL	JOHN	50	46	4	45	46	1	61	MASLEN	TED	53	43	17	15	36	28
12	LAWRENCE	RAY	50	47	9	15	41	32	62	MCLASHAN	HAMISH	54	5	14	30	39	35
13	POTTER	RON	50	53	13	30	37	23	63	PELLIER	JOAN	54	11	10	0	44	11
14	NOLLOY	JOHN	50	58	18	15	32	43	64	STRACHAN	DUNCAN	54	14	8	45	45	29
15	NOYLE	ERNIE	51	0	0	15	50	45	65	MASLEN	SHEILA	54	19	0	0	54	19
16	HOYE	DEREK	51	8	20	0	31	8	66	CARR	PAT	54	36	0	0	54	36
17	LINDSAY	JOHN	51	14	8	45	42	29	67	DAVIS	ROSA	54	41	3	15	51	26
18	HOFFETT	DALTON	51	20	14	15	37	5	68	JENKINS	ARNOLD	54	52	18	15	36	37
19	JOHNSON	KIRT	51	21	9	0	42	21	69	RALPH	GABBY	55	15	0	0	55	15
20	SHEERIN	PATRICK	51	22	8	45	42	37	70	ROBINSON	MARY	55	18	2	45	52	33
21	PENTON	KATH	51	25	11	30	39	55	71	CRAWFORD	JOHN	55	23	14	30	40	53
22	O'DEA	ELZA	51	33	3	45	47	48	72	NIDOLO	JILL	55	57	3	30	52	27
23	BRYANT	DAVID	51	37	14	45	36	52	73	BETTLES	ROMA	56	55	9	15	47	40
24	NUNSTIE	SELBY	51	41	5	45	45	56	74	WARREN	MARGARET	56	56	6	15	50	41
25	HARDY	BRIAN	51	45	15	30	36	15	75	SCHICKERT	BOB	57	12	19	45	37	27
26	CRELLIN	BILL	51	49	13	45	38	4	76	FARRELL	FRYLLIS	57	30	5	45	51	45
27	KIRKMAN	JUDY	51	55	0	30	51	25	77	TURNER	CEDRIC	58	30	0	45	57	45
28	NATZKE	ROLAND	51	57	14	30	37	27	78	BILLINGTON	JACKIE	60	53	0	30	60	23
29	DAVIS	ROB	52	0	10	15	41	45	<u>VISITORS AND MEMBERS WITHOUT HANDICAPS</u>								
30	RHODES	MIKE	52	7	17	30	34	37									
31	POMERY	ALAN	52	8	13	15	38	53	KELLY	VAUGHAN	48	38	10	0	38	38	
32	TROVATO	JOE	52	11	16	30	35	41	CROCKERT	HEATHER	49	52	3	0	46	52	
33	KELLY	MAX	52	13	14	45	37	28	BEECHAN	WANDA	50	23	?				
34	BOWLER	SID	52	15	0	30	51	45	POSTER	CARL	50	36	14	0	36	36	
35	NICOLL	PETER	52	19	5	15	47	4	PARTINGTON	IAN	51	4	?				
36	FLORANCE	GORDON	52	27	4	45	47	42	BELFORD	B	51	13	?				
37	JOHNSON	JAN	52	22	5	30	46	52	EDWARDS	J	51	29	9	30	41	59	
38	MADDISON	JOHN	52	25	16	15	36	10	HUGHES	PAUL	52	17	21	45	30	32	
39	MACLIVER	PEGGY	52	27	12	45	39	42	HARWOOD	TREVOR	53	39	13	0	40	39	
40	POHE	PAUL	52	28	20	15	32	13	MADDOX	G	54	23	?				
41	FOSTER	TERRY	52	31	16	15	36	16	QUINN	SUE	54	39	4	0	50	39	
42	SAMMELS	BOB	52	34	17	30	35	4	CREIGHTON	R	55	19	10	0	45	19	
43	STRACHAN	JUNE	52	36	4	30	48	6	ELLIOT	M	57	0	9	0	48	0	
44	KHAN	MIKE	52	39	15	45	36	54	HART	W	59	39	3	0	56	39	
45	MARTIN	PAUL	52	42	18	0	34	42	HART	W	60	32	3	0	57	32	
46	ROGERS	ESTELLE	52	45	6	45	46	0									
47	BLON	DICK	52	47	18	15	34	32									
48	GREENFIELD	JIM	52	49	15	30	37	19									

LAYING THE LEGEND OF THE LOST
(King's Park 8k Cross Country H/cap)

An established folk-story - 'If It's King's Park, We Must be Lost' - was re-written on May 13 when Margaret Birks proved that with pre-planning, hard work, and expert guidance any course can be efficiently marked.

The expertise came from Cath Penton and Basil Worner (the old grey fox, whose lair is obviously King's Park.) Birks and Waters family and friends' help was much appreciated. Lots of flags, and good K-markers completed the job.

The final flourish was a run over the course, at first light, to ensure the previous night's work was undisturbed.

Result was more than 100 runners safely home. Winner Bill Hughes, who led all the way, (and had nothing but praise for the handicapper) said it was impossible to get lost. So, another legend bites the dust.

There followed a successful sausage-sizzle (thanks to sizzlers Marge and Joan, and supplier Jim). Next year billy-tea will be added.

MURDOCH CROSS COUNTRY - Sunday May 6

Early winter rains and a premature growth of grass provided ideal cross country conditions on a perfect, cool morning. Despite the attraction of the Bunbury Marathon, 57 runners - including two visitors and two members who turned up 'past start' due to an incorrect advert in the Saturday West Australian - completed either the 5 or 10k course. Unfortunately this year's race coincided with the University's open day, and a walk race over a similar circuit. Thanks to experienced marshalling and direction there were no accidents, or unwanted incidents. Many thanks to all those who helped, timekeepers included.

The number of red flags seems to have diminished considerably since last year's event (see Notice Board: Ed), and the 5k and 10k markers are no longer in the equipment bag. Is it time for an equipment review?

Hope to see you all again next year.

JOHN SPENCER

Results - 5k

1/ Paul Martin	M45	21.1
2/ Max Kelly	M40	22.17
3/ Rod Stewart	M50	22.26
4/ Serge Toussaint	M40	23.06
5/ D. Hall	M40	25.2
6/ John Edwards	M45	25.22
7/ John Fusey	M40	25.41
8/ Geoff Grose	M35	25.54
9/ Estelle Rogers	W30	26.35
10/ M. Elliot	M40	27.17
11/ Roma Bettles	W40	27.19
12/ B. Hughes	M60	27.38
13/ Ernie Moyle	M60	30.13
14/ Peter Nicoll	M45	31.06
15/ Jackie Welburg	W40vis	31.09
16/ Sid Bowler	M60	31.24
17/ Sheila Maslen	W50	31.35
18/ Toni Frank	W40	33.41
19/ K. Preston	vis.	48.06

Results - 10k

1/ Doug Hazell	M35	37.35
2/ Bob Belford	M40vis	38.15
3/ Peter Saunders	M45	38.23
4/ Paul Hughes	M35	38.37
5/ Paul O'Riordan	Vis	38.39
6/ Dave Roberts	M45	39.19
7/ David Muir	M45	40.32
8/ John Gilmour	M70	40.32
9/ Michael Saunders	Vis	40.5
10/ Dick Blom	M55	40.59
11/ Ted Maslen	M50	41.17
12/ Ian Partington	Vis	42.49
13/ Mike Rhodes	M40	43.35
14/ Peter Airey	M50	43.37
15/ Terry Foster	M40	44.06
16/ Bob Sammells	M50	44.2
17/ George Shafer	M55	44.42
18/ Peter Cole	M45	44.47
19/ Roger Walsh	M45	44.52
20/ Dalton Moffatt	M55	45.07
21/ Ron Potter	M50	45.17
22/ John Pressley	M40	45.41
23/ Brian Payman	M60	46.44
24/ Hamish McGlashan	M50	47.36
25/ Charlie Chan	Vis	47.41
26/ Ron Sutton	M50	47.56
27/ George Peet	M55	48.13
28/ Mike F (?)	M50	49.02
29/ Morris Warren	M50	49.22
30/ Joan Pearce	W40	49.47
31/ Ray Lawrence	M60	53.1
32/ Geoff Sanders	Vis	56.-
33/ Sue Sanders	W35	56.34
34/ Patrick Murphy	Vis	57.1
35/ June Strachan	W60	58.3

only go so far. The committee is presently examining the whole concept of computerisation, and this may bring further improvements.

IDEAS WANTED

Possibility of printing *Vetrun* 'properly' is also being examined - and I'd like to hear from any member with access or usable contact with printers,

typesetters, and so on.

ADVERTISING

Another consideration is advertising. How do members feel about a small-ads section, for personal and trade ads, to help pay print costs?

It's your paper.
I'd like to hear from you!

Vic Waters

LETTERS TO THE EDITOR

Dear Editor

It occurs to me that our members must have a stack of anecdotes worth the telling, which would interest and amuse the rest of us. Perhaps a one-a-month series would be possible?

In order to encourage new writers, they could have the choice of anonymity if so desired - as is the case with the enclosed!

Yours sincerely (name supplied)

JUVENILE JAVELINISTICS

MY introduction to club athletics happened by chance, when late in life I was persuaded to lend a hand with coaching Little Athletes.

Towards the end of the season, when our club athletes to the State Champs had been determined, the 'boss' handed me a leaflet covering coaching for the javelin, with instructions to give individual attention to John, aged nine, who had reached the finals by the skin of his teeth.

At that time I hadn't seen John in action, and had never handled a javelin myself, so I borrowed a book from the library and swotted up like mad!

At the next training session I discovered the real reason for my new job: the boy had a unique run-up style which defied correction. About four paces from the point of throw, he swivelled left and threw at the sector boundary, instead of dead centre. No-throws prevailed.

All my efforts at changing this natural style failed, so I went off for a long think.

Next session, I persuaded John to run up at an angle, so his swivel brought him right at the point of throwing. Then I set up two javelins to form a 'goalmouth' in the centre of the sector, and told him they were at his PB mark. In fact, they were two metres further.

By the third session he was regularly on target, so again without John's knowledge I increased the distance slightly. He stayed on target, and was now beyond his previous personal best.

Came the big day at Perry Lakes, and I found it difficult to follow all the field events, being somewhat distracted by the efforts of my own grandchildren in other events.

So, after it was over I located John with his family, who were looking quite pleased with themselves!

'THIS IS THE MAN'

'This is the man' John said to his parents, whereupon his mother lost control, threw her arms around me, and planted a big kiss! The father was a giant of a man, but in the excitement of the moment, we couldn't care less!

John had missed a medal by just a few cms, but was thrilled at adding more than two metres to his PB, and by having led the field with his fourth throw. For me it was life at its best - and I never did tell the boy how he had been coached and 'psyched'.

Thanks, Anon.

OK, we all know how hard it is to stop runners talking, especially when you're gasping alongside! So save your breath for the run, and put those stories on paper. Deadline: June 24. VW.

BUNBURY MARATHONS

May 6 1990

SIXTY Vets competed at Bunbury this year, fourteen of them in the full marathon.
(Thanks to Brian Kennedy for results.)

Full Marathon

West, John	2.33.20	2
Barrie, Steve	2.44.10	7
Barnes, Jim	2.50.42	12
Power, Brian	2.55.37	18
Thompson, Michael	3.00.14	22
Pantall, Wayne	3.04.01	26
Hoskins, Stuart	3.06.56	31
McLinden, Frank	3.16.40	35
Pellier, John	3.22.13	43
Crellin, Bill	3.24.32	49
Spain, Trisha	3.33.14	60
Jones, Mervyn	3.48.40	66
Watts, Michael	3.53.45	68
Pritchard, Mary	4.02.06	70

Half-Marathon

Savin, Tom	1.16.58	9
Gobby, Karen	1.17.57	11
Caplin, Don	1.24.35	34
Danby, Brian	1.26.33	46
Helliwell, David	1.26.38	47
Helliwell, Elizabeth	1.26.40	48
Hill, Peter	1.28.14	57
Lloyd, Geoff	1.29.51	68
Thorton, Graham	1.30.24	73
Greenfield, Jim	1.30.41	77

Schickert, Bob	1.31.09	80
Gobby, Des	1.31.22	81
Traynor, Michael	1.33.07	94
Pomery, Alan	1.33.27	96
Forden, Keith	1.33.39	97
Birks, Margaret	1.34.42	104
Hardy, Bryan	1.35.11	106
James, Lyle	1.35.19	108
Aldrich, Brian	1.38.06	119
Forden, Marge	1.38.16	120
Spencer, Jeffrey	1.40.12	133
Worner, Basil	1.40.12	134
Moyle, Merv	1.40.58	140
McLiver, Peggy	1.42.09	147
Farrell, Bob	1.45.07	171
Penton, Kath	1.45.11	173
Crawford, John	1.46.28	179
Sheerin, Patrick	1.47.35	182
Hodge, Sandi	1.47.51	189
Johnson, Kirt	1.48.56	193
Pellier, Joan	1.49.51	195
Leggett, Arthur	1.51.08	201
Munsie, Selby	1.54.59	207
Harding, Nanette	1.57.40	208
Crellin, Karen	1.58.18	213
Florance, Gordon	1.58.46	221
Davis, Neil	2.02.08	224
O'Dea, Elza	2.04.34	228
Aldrich, Alison	2.06.44	230
Davies, Rosa	2.09.26	231

WALKERS

Thomsett, Barrie	2.25.09	236
Whittam, Dorothy	2.37.21	237
Whittam, Jeff	2.37.21	238
Lauchlan, Lorna	2.38.27	239
Hill, Judy	2.40.29	240
Head, Phyllis	3.02.26	241

A VERY HAPPY BIRTHDAY TO OUR "JUNE" MEMBERS

=====

03-JUN-18	STRICKLAND	: Eddie	turns	72	remains	M70
05-JUN-50	HAY	: Michele	"	40	becomes	W40
05-JUN-25	WOOTEN	: Cyril	"	65	"	M65
07-JUN-37	CROSS	: Shirley	"	53	remains	W50
08-JUN-35	COCHRANE	: John	"	55	becomes	M55
08-JUN-38	DeSOUZA	: Hilary	"	52	remains	W50
08-JUN-26	FOLEY	: Gerald	"	64	"	M60
08-JUN-51	SANGER	: Peter	"	39	"	M35
11-JUN-46	CREAGH	: Maurice A	"	44	"	M40
13-JUN-35	McKECHNIE	: Joseph	"	55	becomes	M55
15-JUN-32	CARR	: David	"	58	remains	M55
15-JUN-45	FRANK	: Toni	"	45	becomes	M45
16-JUN-22	JUNNER	: Colin	"	68	remains	M65
17-JUN-43	MARSTON	: Rod J	"	47	"	M45
17-JUN-40	THOMSETT	: Barrie	"	50	becomes	M50
18-JUN-46	JOHNSTONE	: Irene	"	44	remains	W40
19-JUN-23	DRAYSON	: Derek P	"	67	"	M65
19-JUN-35	PALMER	: Dawn S	"	55	becomes	W55
20-JUN-25	STRACHAN	: June	"	65	"	W65
26-JUN-50	REID	: Davis A	"	40	"	M40
27-JUN-47	WOOLLARD	: Keith	"	43	remains	M40
28-JUN-43	LEONG	: Francis K Y	"	47	"	M45
29-JUN-35	DAVIE	: Aubrey	"	55	becomes	M55
29-JUN-25	HAGGER	: Frederick	"	65	"	M65