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?

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PLEASE SUP	PLY
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MR B FOLEYX 8 HABGOOD ST

A VERY HAPPY BIRTHDAY TO OUR "JULY" MEMBERS

01-07-42 RAYMEN Robert	49 remains M45	16.238 CHALMERS Robert	53 remains M50
03-07-50 DARTNALL Liz	41 remains W40	16-07-39 TROVATO Joe	52 remains M50
03-07-35 FERGIE Bob	56 remains M55	18-07-41 MARTIN Paul	50 becomes M50
03-07-40 JAMES Lyle	51 remains M50	19-07-44 JOHNSTON Frank	47 remains M45
04-07-50 FERRIS John	41 remains M40	20-07-32 STONE Alan	59 remains M55
05-07-46 LEMAN Susan	45 becomes W45	21-07-39 JONES Merv	52 remains M50
06-07-46 BELFORD Bob	45 becomes M45	22-07-51 SANGER Joy	40 becomes W40
06-07-45 BELL John	46 remains M45	24-07-30 PRATT Charlie	61 remains M60
06-07-31 BERRY Mike	60 becomes M60	25-07-51 CHOATE Clive	40 becomes M40
07-07-43 GREENFIELD James	48 remains M45	25-07-35 JONES Paul	56 remains M55
09-07-14 GREEN Stanley	77 remains M75	26-07-42 CROWTHER Enid	49 remains W45
10-07-56 DEARDEN Barbara	35 becomes W35	29-07-41 FORDEN Margery	50 becomes W50
10-07-43 CARSE Bridget	48 remains W45	29-07-50 JONES Derek	41 remains M40
10-07-38 MUNSIE Althea	53 remains W50	30-07-52 BRODERICK Carol	39 remains W35
10-07-47 WELYKY Wal	44 remains M40	30-07-25 MOYLE Ernest	66 remains M65
10-07-36 WHITTAM Dorothy	55 becomes W55	31-07-40 WALDHUTER Brian	51 remains M50
12-07-41 SLINGER Joan	50 becomes W50	31-07-46 HODGE Sandi	45 becomes W45



The Vetrun



NO. 224 JUNE 1991

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

Three's safe company!



DO you know this talented trio? You should — they're your safety officers; Jim Greenfield, Ann Turner and Basil Worner. Watch for them at the Sunday meetings.

THIS year's Jorgensen Park vent — July 7, 9am — is going to be the best yet - even for members who don't relish cross country. It's the big social event of the winter — as well as being the club 8km championship.

A full-scale lunch is organised, for just \$5 a head (byo drinks). Now that's a bargain anywhere and at Jorgensen Park you also have a great run, for nothing!

Late start — 9am — makes the 30 minute journey from Perth simple. Head for Mundaring Weir Road; the Park is 500m out of Kalamunda, on the left.

Be not deterred by weather. We have accommodation for lunch, and there's even somewhere to wash off the mud after the run. Old shoes are advisable, though; the triple-lap course does provide three refreshing paddles in a picturesque creek!

Help make this another record run, and enjoy an al fresco lunch with the friendliest bunch of mud-spattered runners in WA!

In this issue...

1.09 m July 2 - 3 ft -
Wellness ColumnP2
Committee
Contact No'sP3
Notice BoardP3
Where Are They NowP4
Are We Improving?P5
1990/91
Handicap ResultsP6
WOMEN'S RUNP7
JIM BARNES' RUNP8
ANDY WRIGHT
MEMORIAL RUNP9
Turku BoundP9
UNI AND BACKP10
Track and Field Results
1990/91P10
DARLINGTON
DASHP11
New Members / Letters P11
BirthdaysP12



Only for our special customers

which includes YOU.

Some other footwear retailers have been offering specials on mainly models being run out. We have decided to give our loyal customers the opportunity to also get a bargain or two from us. This offer is applicable to any Asics model (incl. current models) we have in stock and while existing stocks last, but you must mention this advertisement - it is for our special customers only!

So grab the chance and grab a second pair to put away

Runner's 5 FITZGERALD STREET (near cnr. Roe St.) **227 7281**





HANDICAPPERS REPORT 1990/91

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Brennan J

Power Brian

Smith Janet

Tyson Alan

Welyky Wal

Barnett Ray

Farrell Rob

Moyle Merv

Miller Norm

Munsie Selby

Deanus Ann

Savin Tom

Bedford Bob

Peet George

Purves Noel

Attwell Ray

Martin Paul

Weston Patricia

Alexander Keith

Harris Richard

Maddison John

Miller M

Scott Dave

Pohe Paul

Szpak Paula

Harwood Barry

Watts Michael

Warren Morris

Rogers Estele

Crawford John

Holmes Gordon

McCarthy Patti

Aldrich Alsion

Turner Cedric

Farrell Phyllis

Spencer Ronald

Crockert Heather

Elliot Max

Midolo Jill

Yates Joe

Gialam C

Birks John

Shand Rob

Frank Toni

Smith Frank

Berry Nora

Klinge Jim

Carr Pat

Hart W

Traynor Mike

Smith Richard

Strachan Duncan

Peters Rechard

Robinson Margaret

Buchanan Barbara

Speechley Tony

Crellin Karen

Bragg R

Tyson Val

Davis Peter

Stone Alan

Stone Jo

184

Bilton Jackie

Santich Maxine

Birks Margaret

Davis Rosa

Shaw Ann

Spencer John

Harwood Trevor

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Bettles Roma

Ovenden Mal

Davis Rob

Hoye Derek

Bould Cliff

Turner Ann

Guiton Pat

Kelly Max

Healy Esther

Paxman Brian

Maslen Sheila

Usher Frank

Moyle Ernie

Jenkins Arnold

Rhodes Mike

Waters Vic

Clark K

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THERE WERE eight races in
the 1990/91 year, and runs
were over distances of 10km or
less. A total of 184 people com-
peted in the events, and of
these, only two, Dalton Mof-
fett, and Stewart Hicks ran in
all eight.

The trophy was not decided until the last event, (Mt Lawley Circuit) with three runners still in contention. The eventual winner was Ron Sutton with a total of 223 points. Ron averaged 24th in the seven races he ran. This shows that consistency and turning up is the way to win, not the odd flash of brilliance.

con	isistency and turning	up is	0.3	waters vic	413	134
	way to win, not th		64	Roberts Dave	414	133
	h of brilliance.		65	Deanus Fraser	415	134
A11	the results are listed	below.	66	Airey Peter	416	135
			67	Foster Terry	417	136
Mil	ke Rhodes		68	Stoppenbelt Hank	417	137
1	Sutton Ron	223	69	Kirkman Judy	419	138
2	Maslen Ted	246	70	Matzke Roland	419	139
3	Russel John	269	71	Copping Charles	420	140
4	Moffett Dalton	270	72	Leggett Arthur	420	141
5	Crellin Bill	290	73	McLinden Frank	420	142
6	Woo Paul	293	74	Taylor Ken	420	143
7	Mair Robert	308	75	Beaumont Vic	422	144
8	Worner Basil	308	76	Molloy John	422	145
9	Hicks Stewart	312	77	Schaffer George	422	146
10	Luck Graham	312	78	James David	424	147
11	McGlashan Hamish	314	79	Khan Mike	425	148
12	Bornholdt John	317	80	Wilson Jack	425	149
13	Stewart Rod	323	81	Bonner Robin	426	150
14	Trovato Joe	325	82	Hough Dave	426	151
15	Hardy Bryan	326	83	Wiltshire Ivan	426	152
16	Hodge Sandi	331	84	Jones Merv	428	153
17	Faunge Mike	333	85	Pomery Alan	428	154
18	Greenfield Jim	334	86	Stickles Joe	428	155
19	Johnston Maurice	337	87	Brownlie Ken	430	156
20	Lawrence Ray	340	88	O'Dea Elza	430	157
21	McLiver Peggy	341	89	Caplin Don	431	158
22	Florance Gordon	344	90	Pellier John	431	159
23	Nicoll Peter	346	91	Kirkman Hugh	432	160
24	Blom Dick	347	92	Coluquhuon Ian	433	161
25	Bowler Sid	348	93	Pellier Joan	433	162
26	Copping Alicia	350	94	Ralph Gabby	433	163
27	Wiltshire Pauline	350	95	Potter Ron	434	164
28	Lindsay John	353	96	Slinger Barry	434	165
29	Danby Brian	354	97	Ferris Irene	435	166
30	Hughes Bill	357	98	Lauchlan Lorna	436	167
31	Penton Kath	357	99	Thornton Graham	437	168
32	Hall David	362	100	Halberg Jacqui	438	169
33	Sheerin Patrick	364	101	Ferris John	440	170
34	Bell John	365	102	Broderick C	441	171
35	Volet Jean-Marie	366	103	Foley Brian	441	172
36	Carr Dave	370	104	Hazell Doug	444	173
37	Sammells Bob	370	105	Walsh Roger	444	174
38	Warren Margaret	370	106	Walkey Cecil	445	175
39	Schickert Bob	373	107	Aldrich Brian	446	176
40	Slinger Joan	373	108	Cole Peter	446	177
41	Bryant David	376	109	Morgan Garnet	446	178
42	Scott Norm	376	110	Robinson Mary	446	179
43	Miller Pat	383	111	Maddox Rosemary	447	180
44	Forden Keith	384	112	Strachan June	448	181
45	Johnson Kirt	385	113	Raymen Rob	449	182
46	Forden Margery	386	114	Johnson Jan	450	183

115

Womens Run

January 13 1991

Conditions: Mild

As always there was a good turnout of members for this annual event, although there were the usual complaints about the fact that it is a handicap. Mild weather meant that it was a pleasant run and of course the traditional morning tea was soon demolished afterwards.

This year the Carr-Shand trophy was presented by David Carr to Garnet Morgan and Rosemary Maddox to be shared ix months each as the reward for being first man and first lady respectively.

Many thanks to all helpers, including Nora Berry, Dick Horsley, Alan Tyson, Jackie Halberg, Margaret Birks, Sandi Hodge, Lorna Lauchlan and Rob Farrell.

Jill Midolo

Visitors 2. M Maslen 39:09 Walkers 71. P Hill M40 49:34 72. P Martin M45 49:50 79. M Rhodes M45 55:40 80. M Stone W45 56:15 81. B Johns M50 56:19 85. J Smith M55 56:21 33. B Fergie M55 58:57 84. J Whittam M55 58:58 85. A Stone M55 60:34 86. V Tyson W65 61:31 87. J Beaumont W50 61:32 88. P Luck W50 62:02 90. J Collins M75 64:44 91. L Hassam M60 64:59 92. R McGlashen W50 69:15 W40 69:15 93. G Godrey Visitors 53. I. Tasker W35 46:02

IT PAYS TO ADVERTISE Rates are very reasonable: Small ads \$1.00 a line (minimum \$5)

M40 51:27

63:37

W30

 Full page
 \$200.00

 Half Page
 \$105.00

 Third of page
 \$70.00

 Eighth of page
 \$25.00

75. R Anderson

89. J Robley

			CLOCK	HANDICAP	ADJUSTED
1. 3.	Garnet Morgan	M65	37:41	0:00	37:41
5. 1.	Rosemary Maddox Hamish McGlashan	W40 M50	39:34 41:14	0:45 10:45	38:49 30:29
5.	David Carr	M55	41:36	12:15	29:21
	Bryan Hardy	M45	41:55	11:45	30:10
	Keith Forden	M50	42:12	10:15	31:57
	Paul Woo	M35	42:17	11:45	30:32
	John Bell	M45	42:18	13:30	28:48
0.	Marge Forden	W45	42:20	8:45	33:35
1.	Pat Miller	W50	42:28	4:15	38:13
2.	Lorna Lauchlan	M60	42:33	0:00	42:33
3.	Vic Waters	M45	42:38	12:15	30:23
4.	Ray Barnett	M45	42:51	0:15	41:36
5.	Rob Davis	M50	43:00	7:00	36:00
6.	Ted Maslen	M55	43:07	13:45	29:22
7.	Joe Travato	M50	43:13	14:45	28:28
8.	Rod Stewart	M50	43:21	11:15	32:06
9.	Bill Crellin	M50	43:23	11:15	32:07
0.	Frank Usher	M65	43:28	0:45	42:43
1.	Norm Scott	M50	43:29	12:00	31:29
2.	Peter Airey	M50	43:36	13:15	30:21
3.	Robin Bonner	M55	43:37	14:00	29:37
4.	Bob Schickert	M45	43:39	16:45	26:54
5.	Brian Danby	M40	43:44	14:30	29:14
6.	Pat Guiton	M55	43:54	12:30	31:24
7.	Robert Mair	M40	43:56	16:00	27:56
8.	Kirt Johnson	M60	43:59	8:15	35:44
9.	Pat Weston	W55	44:09	0:00	44:09
0.	John Ferris	M40	44:10	16:15	27:55
1.	Alison Copping	W35	44:12	3:15	40:57
2.	Mike Kahn	M45	44:15	14:30	29:45
3.	John Russell	M55	44:27	6:15	38:12
4.	Bob Sammells	M50	44:32	15:30	29:02
5.	C Broderick	W35	44:33	9:00	35:33
6.	K Brownlie	M45	44:36	12:30	32:06
7.	Jack Williamson	M45	44:36	5:00	39:36
8.	Ron Potter	M50	44:48	12:45	32:03
9.	Maurice Johnston	M50	44:48	14:45	30:03
0.	Ivan Wiltshire	M45	44:55	8:15	36:40
1.	Pauline Wiltshire	W45	44:56	7:45	37:11
2.	G Luck	M50	44:57	13:30	31:37
3.	M. Warren	W55	44:57	3:15	41:42
4.	D James	M35	45:07	16:00	29:07
5.	Rosa Davis	W45	45:11	2:30	42:41
6.	S Maslen	W50	45:15	0:00	45:15
7.	Rob Raymen	M45	45:20	16:45	28:25
8.	C Gialam	W35	45:23	3:00	42:23
9.	John Bornholdt	M55	45:36	11:00	34:36
Ο.	Dalton Moffett	M60	45:46	13:15	32:31
1.	Phyllis Farrell	W45	46:01	7:00	39:01
	C Walkey	M60	46:02		
4.	C Coffey	M35	46:10		
5.	Bob Farrell	M50	46:22	8:45	37.37
5.	David Hough	M55	46:24	11:45	34.29
7.	Ann Turner	W50	46:48	9:45	37:0
3.	E Healy	W50	46:56	4:45	42:11
9.	Mary Robinson	W50	47:01	3:15	43:46
0.	Stewart Hicks	M65	47:14	10:45	36:29
1.	Don Caplin	M50	47:28	16:00	31:28
2.	Roma Bettles	W40	47:49	8:15	39:34
3.	T Frank	W45	47:55		
١.	Norm Miller	M55	48:02	8:45	39.17
5.	Arnold Jenkins	M45	48:09	14:30	33:39
ó.	Ray Lawrence	M60	48:16	10:45	37:31
7.	Barbara Buchanan	W40	48:21	0:00	48:21
3.	M Warren	M50	48:21	11:15	37:06
).	J Brennan	M65	48:37		
).	M Elliot	M40	48:55	8:00	40:55
3.	Sid Bowler	M65	49:53		
1.	T Costello	M50	50:03	E of the man obtained	
6.	Karen Crellin	W45	51:34	5:45	45:49
7.	Merv Moyle	M60	51:34	11:30	40:04
8.	Pat Carr	W55	52:44	1:00	51:44

450

Lockwood Stan

Jim Barnes Run Wilson Park, Wilson

May 19, 1991

Our new course at Kent St, judging by comment given by members, proved to be a popular alternative to the old Good weather course. prevailed after early morning rain and the event gave us few problems. Chris Maher led for almost all of the run and won the John Tarrent Trophy for the first time. At the moment Chris is running very hot after recently winning Bunbury Marathon. Derek Hove continues to run at a quality standard, along with John Gilmour. and they were amongst the first dozen runners to finish. Heather Crockart was first female to finish, and in the 5k Jan Johnson and Don Caplin were first home. Pat and mucalf wich to thonk all those

myself wish to the	ank all	those	
who assisted on th			
thanks, see you ne	xt year	r.	
Jim Barnes			
1. C Maher	M35	34:45	
2. D Hazell	M35	35:52	
3. R Schickert	M45		
4. D Hoye	M50		
5. J Ferris	M40		
6. J Klinge	M40	37:18	
7. R Mair	M40	37:38	
8. R Harrison	M45	38:26	
	M45		
10. D James	M35	38:36	
11. J Gilmour	M70	39:07	
12. W Gee	M40	39:14	
14. M Ovenden	M50	39:29	
15. J Brown	M40	39:31	
16. F Deanus	M50	39:41	
17. F McLinden	M60	39:51	
18. R Doust	M35	39:53	
19. B Danby	M40	40:14	
20. E Maslen	M55	40:25	
21. J Greenfield	M45	40:37	
22. D Miller		41:10	
23. J Trovato		41:27	
24. R Sammells		41:34	
25. M Khan		41:47	
26. V Waters		41:52	
	M55		
	M60		
	M50		
31. B Munyard			
	M60		
	M50		
34. H Crockart			
36. A Jenkins	M45	44:04	

M50 44:12

M60 44:20

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M45

43. B Worner	M55	45:23
44. J Spencer	M50	45:43
45. M Moyle	M60	45:37
46. C Walkley	M60	45:45
47. K Penton	W45	45:46
48. J Ramsay	M50	46:45
49. V Beaumont	M60	46:57
50. M Watts	M50	47:17
52. S Lockwood	M60	47:42
53. M Jones	M50	48:02
54. K Johnson	M60	48:57
55. R Lawrence	M60	50:46
56. A Turner	W40	50:49
57. R Bettles	W40	51:10
58. R Ford	M55	51:39
59. J Halberg	W45	51:44
60. S Hodge	W40	52:25
61. J Pearce	W40	45:43
62 A Speechley	M45	45:43
63. J Russell	M55	53:34
64. S Hicks	M65	53:34
65. A Deanus	W50	55:30
66. S Turner	M55	56:56
67. G Florance	M55	57:38
68. S Maslen	W50	60:29
69. G Ralph	W40	67:22
70. C Bould	M75	75:52
Visitors		

68. S Maslen	W50	60:29	
69. G Ralph	W40	67:22	
70. C Bould	M75	75:52	
Visitors			
13. M Collister		39:18	
27. A Barr		42:02	
35. J Rogers		43:46	
51 D Blair		47:25	
10Km Walk			
J Mison	M40	53:34	
B Thomsett	M45	72:58	
J Collins	M75	NTA	
J Beaumont	W50	NTA	
5km Walk			
1. E Jankauskas	M40	29:22	
2. S Lincoln	₩50	31:28	
3. M Boyle	W40	32:49	
4. J Midolo	W40	30:04	
5. M Loly	M50	37:39	

2.	S Lincoln	W50	31:28	
3.	M Boyle	W40	32:49	
4.	J Midolo	W40	30:04	
5.	M Loly	M50	37:39	
6.	W Spencer	W45	43:03	
7.	S Penny	M65	52;44	
5 k	m Run	- P.S. F		
1.	D Caplin	M50	19:25	
2.	D Blom	M55	19:33	
3.	P Woo	M35	20:12	
4.	G Thornton	M50	21:06	
5.	J Woolhouse	M45	21:58	
6.	J. Johnson	W45	22:39	
7.	J Volet	M40	22:40	
8.	P Farrell	W45	25:18	
9.	I Ferris	W35	27:07	

Choice of Shoes

Dear Editor,

As a social securialite I have no experience of \$200 athletic shoes, and can only comment from the other end of the market point of view, hoping that I shall not be "bawled" out for any solecism possibly caused by my testosterone level. Every athlete is supplied with a pair of feet peculiar to the individual, in my case a high instep and a wide ball; so that, individually, we need made to measure shoes for a perfect fit. From trial and error, I can say that the cost factor is not as important as the questions of weight and comfort.

Using this criterion, and as a novice, I bought a pair of Dunlops for \$24 in 1982 and these served me well for four years of long jump, triple jump and sprinting competition. I found that there is a psychological benefit from the light weight factor; after all, events are won or lost by 1cm or a fraction of a second. To assist comfort I wear two pairs of socks, plus made to measure heel pads, cut out from washing up sponges, for the jumps.

When buying shoes wear your competition socks, tie up the laces and check both feet. As a precaution at events, carry a spare pair of laces and shoes, knot the laces really tight, and never admit defeat. Speaking of Big W, I have just bought a pair of theirs for \$17 and they are the lightest and most comfortable I have come across. After a few jumps in the garden I went back for another pair and, so far as the high cost manufacturers are concerned. will be a non-runner for years to come!

George Boakes

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Alison Johnstone (2)

A regular at the local fun runs and has completed all but two of the 16 City to surf Fun Runs. Her marathons were in Canada (Manitoba) in 1982 and Melbourne (Vets Championships) in 1987. In April, Alison graduated with a Bachelor of Health Science (Nursing). Now she says she'll have more time to run!

Mike Berry (6)

Mike continues to enjoy an incredible level of fitness. Over the years, he has continued to work out regularly with running, cycling, swimming, orienteering and bushwalking. He has won handicap honours with the Marathon Club and, in 1989, had a first and two seconds in his age group in the three event Novice Triathlon Series.

30b Johnstone (12)

Bob swapped his Ice Hockey coach's whistle for a Gridiron model and guided his Steelers team to the State Gridiron Championship in the team's first year of competition. As a rest from these brutal sports, he keeps on jogging and has completed all 16 City to Surf Fun Runs. (Bob, by the way, is very modest about his achievements in trying to establish icehockey in this State and he didn't mention his efforts in coaching a novice State team to an Australian title - training on strips of cardboard to simulate ice on Langley Park! -Ed.)

Gloria Sutherland (1)

Horia continues to run for relaxation and enjoyment and she and husband Ian have, for many years, been the genial and generous hosts for the Sutherlands' run.

She is busy completing a postgraduate degree in nursing.

Ian Sutherland (1)

Ian continues to run, cycle and play squash on a regular basis and is a familiar face at Fun Runs. His job as a surveyor takes him to remote spots but, no matter what the terrain or the local diversions, (he says!) he always manages to fit in his runs.

Ian headed off to Canberra in May and he will, no doubt, become a familiar sight on the local trails.

Are we all improving?

Are Vets going faster? To put the question more precisely, is the overall performance at Sunday runs improving?

We probably all know - within seconds per kilometre - how our own times are progressing. The great, record-breaking and pace-setting runs are all recorded - and Bob Sammells does a painstaking job in keeping these up-to-date.

But the overall club standard is harder to assess.

Out of general interest, I've made a short study of the *Uni* and *Back* 15k results for 1989/90/91.

Here I must declare a personal interest. Flushed with success at finishing a 15k on feet rather than knees, I scurried to the Vetrun file to check on past performance, delighted that I had crept into the magic 'sub 4.5 mins/km' bracket.

My chart is based largely on how many runners are in the category.

I'm no statistician (spelling it's tough enough) but to an untutored eye it certainly looks like times are picking up - in the *Uni and Back* at least.

More people completed the distance this year - and far more ran 15k in less than 67.5 mins - or sub 4.5 min / km.

Play with the figures how you will. I've not attempted to calculate percentages. Someone else - with more time and mathematical capacity than I — may care to take the research a little further.

Some of the more experienced Vets have pointed out that we don't seem to have the peak performances that there used to be on many runs. Perhaps some of our new, younger members will put that to rights, especially if the 'old guard' of upper echelon runners can fight back from injury and spike up the competition.

In the meantime, we can all take solace from a growing club, with more active members swelling the Sunday morning meetings every week.

And if my gut feel is right, the bigger fields are better fields, too.

Vic Waters

	Total Runners	Fastest	Slowest	Sub 4.5min/k	Sub 70mins	Sub 80mins	80mins +
1989	71	51:33	101:53	40	48	17	6
1990	73	55:42	110:56	41	48	17	8
1991	96	51:51	86:46	57	62	28	9

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GOOD RATES GUARANTEED RING WAVAC MEMBER DAVID REID 362 3463

M65 27:46

W45 28:53

M45 36:56

29:33

30:02

34:36

W55

W60

10. F Usher

12. P Carr

15. P Pohe

11. A Aldrich

13. L Lauchlan

14. K Murphy

37. M Johnston

38. A Pomery

39. R Harris

40. B Paxman

42. M Rhodes

41. G Schaefer

THIS IS WHERE THEY ARE NOW!

In the March 91 edition (no 221) of the *Vetrun*, the question was asked as to where are those club member who ran the first People's Marathon in 1979.

Well, we contacted our answer to the Singing Detective — our very own 'Gumshoe'.

"Gumshoe", we said, "get out and find those M.I.A's from the Class of '79. Money is no consideration — just do it."

"No worries," replied Gumshoe, as he double-knotted his Nikes, polished his magnifying glass and donned his disguise. Then off he went (hopefully) to locate and report on the existence of those missing Vets from '79. He cruised all the usual spots: the Bridges, Perry Lakes, Reabold Hill, even checking out' the roadside ditches at Herne Hill until he finally spotted a mob (a gaggle) of them in Kings Park. There they were, with a number of other familiar faces, standing around a barbecue telling old (but newly embellished) 'war stories'.

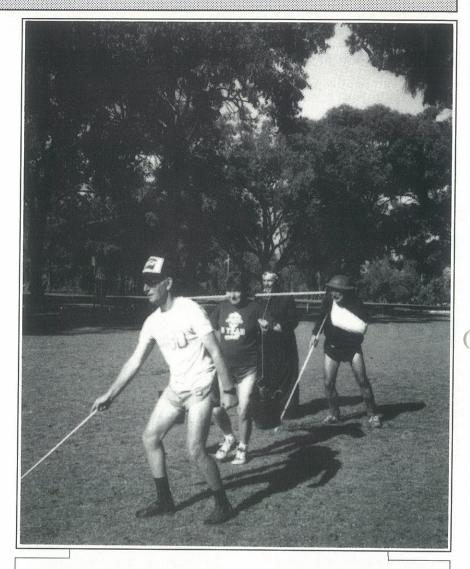
Gumshoe didn't want to alarm them so he disguised himself as a German Shepherd, ambled up and sniffed a a snag that Geoff Price had his eye on. He sat on command and observed the following.

The group of ancient marathons were meeting to celebrate 10 years of running together and to say farewell to one of the gaggle. Ian Sutherland had been transferred to Canberra and was due to commence work there in early May.

Gumshoe's case notes are as follows, with the numbers in brackets representing the actual number of marathons each individual has run. As you can see, these old timers have indeed kept active over the years.

Bob Hayres (13)

The most prolific performer of the Ancients, Bob completed the first eleven of the People's Marathons as well as eight Bunbury Half Marathons. Bob continues to host the club's West Coast Challenge each year and claims to have one more marathon in him - when he turns 60!



Compliments of 'the Anonymous Running Detective Agency', May 1991. P.S. Gumshoe managed the shot above, with his candid camera, to reveal some off-beat training techniques.

Dennis Batherham (3)

The host for many years of the hilly club run known as 'Batterham's Bush Bash', Dennis still runs and cycles regularly. He recently sold his hairdressing salon and is in the final year of a degree-course at UWA.

Geoff Price (1)

Semi-retired now, but still running and working out regularly in Perth and around the world during his frequent overseas trips. Last seen this year running the Round the Bridges Fun Run with his daughter before he burned her off with his trademark blazing finish.

Jim McLean (1)

His running has been curtailed by an industrial accident (wood meeting head, with wood winning) and has had to replace running with walking and cycling.

Sid Bowler

Sid runs regularly with the Vets and made serious noises about the Bunbury Half Marathon and some semiserious noises about the People's Marathon. If Sid does, indeed, complete the People's Marathon, it would be his first ever and a case of Sid Bowlering a Maiden!

Nora Berry

While we are on the subject of maidens, Nora, despite the fact that she has been a very active runner, bushwalker, orienteer and swimmer, has yet to tackle the marathon distance. She is a keen fun runner and has won handicap honours with the WA Marathon Club.

ANDY WRIGHT MEMORIAL RUN

May 26, 1991

Conditions: Cool, sunny, no wind.

THE 10k handicap at Carine to commemorate our former member, Andy Wright, was run in ideal conditions. There were 86 competitors, of whom the great majority completed the 10k handicap. The winners in this event were: first woman: Sandi Hodge; first man: Frank Usher. Others walked the 10k course or either ran or walked 5.12k. The full results are given below. Unfortunately gremlins got into the system as far as power for the urns was concerned ans we were without boiling water for tea or coffee, but the guys did well in bringing along goodies to eat, and I think everyone had an enjoyable time. Thanks once again to all who helped in the conduct of the run. We look forward to seeing an even bigger field in 1992. The weather has already been arranged! Leo Hassam

10k Walk

1. John Mison

	2. Mike Rhodes	M45	51:4
	3. Egon Jankauskas	M40	56:3
	4. Michelle Boyle	W40	67:09
	5. Dorothy Whittam	W50	68:5
	6. Jackie Beaumont	W50	75:40
	7. Mitch Lolly	M50	77:09
	8. Jack Collins	M75	78:36
	Visitors 10k		
	Paul Wighton		43:1
-	Paul O'Riordan		61:5
	M Colliston		62:1
	David Bishop		62:5
	Don Blair		63:1
	Peter Foster		65:10
	5.12k Walk		
	1. Val Tyson	W70	37:37
	2. Wendy Spencer	W45	42:32
	3. Bev Thornton	W45	46:26
	4. Sandy Penny	M65	52:01
	5.12k Run		
	1. Paul Woo	M35	20:35
	2. Brian Aldrich	M60	22:25
	3. Margaret Birks	W40	24:55
	4. Irene Ferris	W35	27:51
	5. Elsa O'Dea	W55	27:51
	6. Alison Aldrich	W45	28:23
	7. Lorna Lauchlan	W60	30:07
	8. Jill Midolo	W40	30:19
	9. Jackie Billington	W45	30:34
	10. Sid Bowler	M65	31:04
	11. Ron Spencer	M50	37:12

Note: Barry Harwood completed

3 laps (7.57k in 49:33)

10K	HANDICAP			
Positi	ion Runner	Age	Clock	Elapse
1.	Cond: IIodos	377.40	Time	Time
2.	Sandi Hodge Sheila Maslen	W40	53:48	49:33
3.	Ann Turner	W50	55:58	55:58
3. 4.		W55	57:32	48:47
5.	Frank Usher	M65	58:04	55:49
6.	Garnet Morgan Ann Deanus	M65	58:23	47:53
7.		W50	58:24	54:24
8.	Kirt Johnson	M60	58:45	48:45
9.	Arnold Jenkins	M45	58:48	43:03
9. 10.	Noel Purves	M60	58:50	46:20
	Rod Stewart	M50	58:54	43:09
11.	Jeff Spencer	M50	59:13	45:28
12. 13.	Mal Ovenden	M50	59:16	38:46
	Barry Kernaghan	M50	59:17	42:17
14.	Ticket not handed In			
15:	Vic Waters	M45	59:47	42:02
16.	Cecil Walkley	M60	59:50	46:05
17.	Warren Gee	M40	59:51	38:06
18.	Jackie Halberg	W45	59:52	52:07
19.	George Peet	M55	59:57	48:12
20.	Bob Sammells	M50	59:58	39:43
21.	David James	M35	60:03	38:18
22.	Ray Attwell	M55	60.06	40:51
23.	Ron Potter	M50	60:08	44:53
24.	Ted Maslen	M55	60:14	38:44
25.	Arthur Leggett	M70	60:16	50:01
26.	Brian Paxman	M60	60:29	40:44
27.	Frank McLinden	M60	60:31	39:46
28.	Lewis Arndt	M40	60:33	40:48
29.	Basil Worner	M55	60:34	44:19
30.	Stewart Hicks	M65	60:38	51:53
31.	Esther Healey	W50	60:39	57:09
32.	Vickie Grieve	W40	60:43	46:43
33.	Dalton Moffett	M60	60:48	42:48
34.	Kath Penton	W45	60:52	44:52
35.	Fraser Deanus	M50	60:53	39:38
36.	Brian Jones	M60	60:54	42:24
37.	John Pressley	M45	61:10	38:40
38.	Gordon Florance	M55	61:37	57:07
39.	Dave Roberts	M45	61:43	38:13
40.	Janice Rogers	W30	61:47	51:47
41.	Bob Schickert	M45	61:48	37:18
42.	Wally Crowley	M35	61:57	35:42
43.	Brian Danby	M40	62:44	42:14
44.	Dave Hough	M55	62:46	48:16
45.	Vic Beaumont	M60	62:52	47:07
46.	Bob Thomson	M40	63:02	39:32
47.	David Hall	M40	63:25	54:10
18.	George Schaefer	M55	64:24	45:09
19.	Gream Thornton	M50	66:12	44:42
50.	Mike Watts	M50	66:51	49:06
51.	Ron Ford	M55	67:13	59:43
52.	Cliff Bould	M75	78:36	78:21

GOOD LUCK IN TURKU!

OUR best wishes go with the Turku Ten, heading for Europe and the Veterans' World Championships next month.

They are: Brian Foley, Valerie and Allen Tyson, John Molloy, John Gilmour, Eileen Hindle, Kath Holland, Murray Tolbert, Frank McLinden and Val Prescott.

Good luck to them all, and to three more Vets — Allen and Margaret Stone, and Cliff Bould — who travel to the UK for the British Championships.



Uni & Back RRC

Conditions: Fine sunny, light winds.

Warren Gee M40 28.25 M40 28:33 Bob Thompson Keith Alexander M40 28:52 Paul Martin M45 29:33 M50 Don Caplin 30:04 John Gilmour M70 30:07 Paul Woo M35 31:44 Barry Kernagham M50 32:03 Hugh Kirkman M45 32:10 Robert Raymen M45 32:11 Brian Jones M60 32:30 Arnold Jenkins M45 32:51 M45 33:38 Ken Brownlie Brian Aldrich M60 34:01 George Neale M40 34:53 M55 Basil Worner 35.55 W35 Carol Broderick 36.01 Jean Marie Volet M40 36:01 W45 Jan Johnson 37:14 Vic Beaumont M60 38:09 Alan Prosser M40 38:38 Robert Farrell M50 40:31 M50 41:47 Keith Forden Esther Healey W50 42:48 John Smith M55 44:19 W45 Alison Aldrich 44:37 M55 44:38 John Russell Patricia Carr W55 46:24 Charlie Copping M35 46:25 W35 47:28 Alina Copping W40 Gaby Ralph 47:45 Syd Bowler M65 47:46 15k John West M40 52:11 Wally Crowley M35 54:01 Doug Hazell M35 54:16 Ron Spencer M50 55:21 M45 55:27 Dave Roberts M35 55:30 Chris Maher Bob Schickert M45 55:32 David Ashton M45 54:40 M45 55.42 Paul Pohe Derek Hove M50 55:56 M40 56:15 Dave Scott M45 56:23 John Pressley M40 56:45 Robert Mair John Ferris M40 57:01 Frank Smith M45 58:12 58:23 M45 Dave Muir Max Grieve M45 58:44 M35 59:03 David James Jim Barnes M45 59:10 M35 59:20 Ian Colouhoun David Reid M40 59:45 Frank McLinden M60 1.00:00 M40 1.00:01 Wal Welyky Ann Shaw W40 1.00:14 M55 1.00:56 Ted Maslen Mel Ovenden M50 1.01:45 M45 1.01:48 Terry Foster M40 1.01:48 Lewis Arndt Brian Danby M40 1.02:06 M45 1.02:08 Brian Foley M55 1.02:45 Robin Bonner

June 2, 1991

Graham Thornton	M50	1.02:56
Dennis Miller	M50	
Bob Sammells	M50	
Mike Khan	M45	1.03:48
Peter Airey	M50	1.03:55
Robert Doust	M35	1.03:58
Joe Trovato	M50	1.04:29
Maurice Johnston	M50	1.04:44
Dick Blom	M55	1.04:59
Barry Munyard	M45	1.05:40
Roland Matzke	M50	1.06:07
Heather Crockart	W30	1.06:13
Dalton Moffett	M60	1.06:13
Vic Waters	M45	1.06:32
Tony Speechley	M45	1.06:58
Rod Stewart	M50	1.07:22
John Pellier	M50	1.08:34
Peggy McLiver	W45	1.07:23
Ron Potter	M50	1.09:26 1.10:33
Margaret Robinson Kath Noordyk	W50 W40	1.10:33
Merv Moyle	M60	1.10:39
Mike Faunge	M50	1.11:21
Kath Penton	W45	1.11:21
Stan Lockwood	M60	1.11:34
Ron Sutton	M50	1.11:40
Margery Forden	W45	1.11:53
David Carr	M55	1.12:03
Frazer Deanus	M50	1.12:04
Merv Jones	M55	1.12:22
Cecil Walkley	M60	1.12:30
Vicki Grieve	W40	1.12:44
Garnet Morgan	M65	1.13:50
Pauline Wiltshire	W45	1.14:32
Roma Bettles	W40	1.14:55
Ann Turner	W55	
Ray Lawrence	M60	1.16:02
Kirt Johnson	M60	1.16:08
Sandi Hodge	W40	
David Hough	M55	
Ivan Wiltshire	M50	1.17:54
Stewart Hicks	M65	1.18:13
Sandy Penny	M65	1.19:25
Patrick Sheerin	M55	1.20:36
Jackie Halberg Ann Deanus	W45 W50	1.20:48 1.21:10
Phyllis Farrell	W45	1.21:35
Shorty Turner	M55	1.25:36
Sheila Maslen	W/50	1.26:46
	an	1.24.10
8k Walkers	*	
Dick Horsley	M75	57:20
Judy Hill	W40	58:24
15k Walkers		
John Mison	M40	1.18:10
Peter Hill	M40	1.20:31
Egon Jankauskas	M40	1.31:06
Shirley Lincoln	W50	1.02:59
Barrie Thomsett	M50	1.39:05
Michelle Boyle	W40	1.41:24
Dorothy Whittam	W50	1.42:25
Bob Chalmers	M50	1.42:48
Sandy Penny	M65	1.49:25
Jacqui Beaumont	W50	1.51:04
Jack Collins	M75	1.56:46

TRACK & FIELD POINTS COMPETITION 1990 - 91

***************************************	******	**************	***************************************
Men		Events	Points
D Carr	55	15	9633
B Foley	45	16	8387
A Tyson	65	13	8299
A Jenkins	45	16	6878
K Martin	45	11	5649
T Foster	45	15	4750
J Pressley	45	6	3747
R Bonner	55	7	3569
R Calnan	50	6	3562
B Worner	55	7	2899
Women		Events	Points
P MacLiver	45	16	11502
P Carr	55	11	6360
J Johnson	45	6	5113
D Whittam	50	7	4607
V Tyson	65	5	3388
C Holland	30	7	3052

WARWC Results

Don Rapley Cup - 8k Peter Hill - 41:49 Jeff Whittam - 57:01 President's Cup - 8k Dorothy Whittam - 55:44 Judy Hill - 62:05

In each cup our teams took second place overall.

Dorothy's 10k time of 67:20 (issue 23) is being claimed as a State record.



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Notice Board

DON'T MISS OUT!

THIS is your final copy of *Vetrun* — if you haven't paid those subs.

Check the address label on this issue. If there's a cross by your name, you haven't paid. Queries; or payments; contact Bill Crellin.

Don't forget the form — there's a copy on page 11 of issue 222 (April '91).

BE SOCIABLE!

There are plenty of opportunities, this social season.

WINE TRIP

July 14, after Kirkman's Run, board the bus at McCallum for Houghton's winery in the Swan Valley. BYO barbecue—there'll be cheese and biscuits, wine tasting, and a tour at the vineyard. Its a great spot for a party—and the cost is just \$10. Be quick—call Marge Forden (409 6693)—there are only 23 places.

MISSING MEMBERS

Terry Foster failed to find himself in the Murdoch Cross Country results last month, don't know why, but he was listed under visitors.

A more serious omission was that of Peter Hill's performance at Bunbury, where he walked a pb half marathon in 1:56:41. It was a great walk in tough conditions.

CHRISTMAS ...

... in August is another plan. Details next month.

OUIZ NIGHT

THIS is confirmed for September 6 at the Perry Lakes Rugby Club.

Marge now wants to hear from you about prizes.

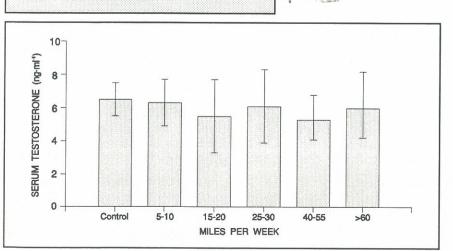
Tickets at a meagre \$5 will be changing hands soon.

BOOK FOR ROTTO

Ensure your place for the Rottnest weekend – September 27-30, 1991 – by contacting the committee immediately. There are just 20 places left. The price is reasonable, as always: \$54 covers three nights accommodation and seven meals. Ferry charges will be advised later. Non-refundable deposit of \$20 with each application, please.

THE WELLNESS COLUMN

Concludes



Briefings ...

- Busy Bees needed Perry Lakes, 8am, July 20 to help check over equipment in readiness for next season.
- We've received apologies for the lack of amenities at Carine for the Andy Wright event this year. Next time it will be more closely monitored.
- Entry fee for the WAMC 10k event at Tompkins Park (June 30) is \$8.50. However, it's an Olympic fundraiser; and the Vets have offered help. Twelve volunteers required please contact Joan Pellier. To enter, call Runners World, Bob and Jan Braid.
- There are great Vets prizes on offer in the '91 Chunagon Perth Half Marathon (Sep 15). Details? Get next month's Vetrun.

The Vetrun

Vetrun 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

CANBERRA'S TRAGEDY

THE DEATH of an athlete during competition is often tragic, always stressful, Of course, the effect on fellow athletes cannot be compared with the intensity of sadness and loss that overtakes family and close friends - but it does affect us all.

The rugby players who succumbed in Perth this month during the Golden Oldies festival are the most recently notable. Naturally, the tired old questions are asked again. 'Should 'old' people play sport?'

There are so many good answers - but they aren't remembered, by the media experts or the general public.

Many members may recall that Canberra Vets lost a valued member, Chris Higgins, on December 6, 1990. His case was chronicled very ably by Mike Adler, writing in the ACT's magazine Vetrunner.

This excerpt from his report will, I hope be of value to all Vets.

'We had already lost our first club member when Tony Hammett was tragically killed in a plane crash on July 26, but the night of December 6, 1990 is tragically one likely to remain etched in our memories as the evening when The Grim Reaper collected his dues from our esteemed friend, Chris Higgins.

Chris had raced the 400 metres earlier in the evening, trailing the field in the third heat in 69.2 seconds. An hour later he lined-up with the 11:30 mins plus division of the 3000 metres, crossed the line in 12th position in 12 mins 08secs and moments later, lining up in the queue to register, he collapsed on the track.

Dr Tony Booth, ably assisted by nursing sisters Mary Ann Busteed and Jenny May worked desperately in what proved to be a vain attempt to rescusitate Chris. Someone with a cellular phone was able to call ambulances almost immediately, but despite the best of efforts Chris was pronounced dead shortly after reaching Calvary Hospital. Chris was 47 years of age and

leaves a wife, Paula, and two sons.

The story of Chris Higgins' heart condition was spelt out in an article which he penned for Vetrunner several years ago in which he described how, stimulated by the untimely death of James Fixx and also NSW Attorney General Paul Landa, Paula encouraged him to undergo periodic stress cardiograms. Earlier tests indicated nothing abnormal, but by early 1989 he had developed a significant blockage in a right artery.

He underwent a coronary angioplasty and it was pointed out that he had several options. He could compete at a more moderate level, or undergo bypass surgery, or go completely counter to his way of life and give up the sport — entirely the latter a complete anathema to him.

He resumed training, at a more moderate level, and returned to our competition at the Woden meets at the end of December 1989. Chris still ran well, because he had natural talent, but his times, although quite respectable didn't compare with his bests ... a sure sign that he was taking care.

He did retire completely from the marathon scene and had 11 of them under his belt, with a PB of 2:46:46 as recently as the 1988 Budget at Melbourne. He had joined our club shortly after returning from a four year posting to Paris where he was Director of the General Economic Branch of the OECD. It was in Paris that he was introduced to the marathon by Geoff Carmody.

A year ago I spent some time with Chris in an interview that resulted in a two part pen picture published in the Veteran Athlete in the February and March issues of 1990, and how proud he was of his running achievements is amply indicated by the huge picture that graced the wall of his office in the top floor of the Treasury Building. It is a superb enlargement of an action shot of him competing in the Val de Marne Marathon in France. He loved his sport. And if he had to go early I'm sure he would have chosen no other way.'

Mike Adler

THE WELLNESS COLUMN

THE EFFECTS of overtraining upon testosterone levels in oarsmen was the subject of last month's Wellness Column.

By coincidence, Prof. J. D. Mac-Dougall of McMasters University Hamilton, Canada presented a paper at UWA last month on his research findings upon 75 male runners, aged between 20 and 45 years, who had been running for at least two years, and for whom running was their only regular physical activity. A non active, control group, consisted of 22 age matched healthy but non physically active males.

Prof MacDougall's team found that the bone density of the lower leg bone (tibia) increased in the 15 to 20 mile per week group compared with the controls. It subsequently remained static, until the 40 mile per week group, when it began to fall so that for the 60 to 75 mile per week group it was similiar to the controls.

This decrease in bone density is probably explicable by the coincidental finding of a reduction in testosterone levels with increasing mileage in excess of 40 miles per week (although the diameter of the tibia has been found to increase with high weekly mileages) whilst the majority of the subjects running 40 miles plus per week were found to be of significantly shorter stature, to those running the shorter distances.

The Professor produced the chart opposite, which shows that men as well as women can be subject to significant reductions in hormonal levels should they regularly run long distances and that sustained overtraining can consequently cause disturbing side-effects.

As the chart shows the control group has higher testosterone levels than all the runners. Runners covering between 15 - 20 miles a week; and 40-55 miles a week; showed the lowest levels.

Contributed by a Medical WAVAC Member

DARLINGTON DASH

June 9, 1991

Conditions: Cold start, dry, fine

FOOT-stamping, hand-slapping chilly starts are perfect for this one, with its taxing, warming, uphill first half. Fears of rain damage to the course were unfounded, and the only (reported) mishap was Bob Schickert's total failure as a low hurdler. Hope you've had the gravel removed from the patellae by now, mate. Irene and John Ferris took the 'first couple home' trophy. Good times were recorded by many, who found the downhill finish adds wings to the heels. Maurice Johnston and his helpers - Frank Smith (who's seen helping everywhere these ays!); Jackie Billington: Joan Pellier; Ted Costello; Barrie Thomsett and the dynamic duo at the table (Maureen and Bev) all earn our gratitude. Many say Darlington's too far to go for a run; how about those who go all that way just to lend a hand?

Thanks, again, from all the grateful participants.

M50

M50

M45

M50

M60

M40

W40

M60

W45

32:57

33:27

35:20

37:19

38:39

38:50

39:14

40:10

41:19

8k

1. Mel Ovenden

2. Rod Stewart

4. Keith Forden

5. Vic Beaumont

6. Alan Prosser

8. Kirt Johnson

7. Margaret Birks

Jackie Halberg

3. Arnold Jenkins

			11.1/
10. A	rthur Leggett	M70	41:25
11. I	rene Ferris	W35	43:42
12. E	lza Watts	W55	43:57
13. N	lary Robinson	W50	50:19
14. S	yd Bowler	M65	50:44
15. D	ick Horsley	M75	56:09
15k			
1. J	ohn West	M40	58:07
2. B	ob Schickert	M45	1:01:00
3. D	erek Hoye	M50	1:01:31
4. R	obert Mair	M40	1:01:32
5. Jo	ohn Ferris	M40	1:02:31
6. D	avid James	M35	1:04:40
7. Jo	ohn Bell	M45	1:06:11
8. W	al Welyky	M40	1:07:55
9. L	ewis Arndt	M40	1:09:14
10. V	ic Waters	M45	1:09:39
11. R	obin Bonner	M55	1:09:59
12. M	ike Khan	M45	1:11:11
13. D	alton Moffett	M60	1:13:07
14. Jo	hn Pellier	M50	1:13:24
15. M	erv Moyle	M60	1:14:52
16. A	lan Pomery	M60	1:15:24

17. Ron Sutton	M50 1:16:24
18. Kath Moordyk	W40 1:16:30
19. John Bornholdt	M55 1:17:02
20. George Neale	M40 1:17:24
21. Bill Crellin	M50 1:17:34
22. Noel Purves	M60 1:18:29
23. Merv Jones	M50 1:18:30
24. Margery Forden	W45 1:19:04
25. Ray Lawrence	M60 1:22:11
26. Jeff Spencer	M50 1:24:33
27. Stewart Hicks	M65 1:24:50
28. Sandi Hodge	W40 1:25:30
29. Frank Usher	M65 1:37:33
8k Walkers	
1. Egon Jankauskas	M40 48:42
2. Jacqui Beaumont	W50 1:01:27
3. Lyn Schickert	W45 1:01:27
4. Lorna Lachlan	W60 1:12:42
5. Jill Midolo	W40 1:12:42
8k Visitors	
Justin Prosser	38:50
Rebecca Healey	41:20
Brigitte Cheek	47:22
16k Visitors	
Wayne Robinson	58:10
Bob Harrison	1:04:22
Janice Rogers	1:14:43
Chris Skeggs	1:18:55

Welcome to Ivan Anich Don Blair Eva Cronstedt Susan Danby Egon Jankauskas Diane Maher Noela Medcalf Gordon Medcalf Shirley Lincoln Helen Post Marg Prior

Alan Prosser

James Ramsey

Janice Rogers

Margaret Stoffers

Colin Woods

Wayne Robinson

New Members

Letters to the Editor

Dear Vic,

Could you please do me a favour, by asking the records officer if my triple jump performance in the Australian Championships in Canberra this year is a new State record for the 40 to 45 age group (distance: 13.21 metres). Also, my total points score in the State pentathlon this year is a new State record (total 3142, same age group).

All I would like to know is if these performances have been accepted as records please, as I would be very grateful.

Thank you, kind regards, Murray Tolbert

Dear members,

Sadly the time has come for me to tend my resignation from the Vets. You are probably aware I have been inactive since I developed osteoarthritis in my right hip in 1988. I am scheduled to have a total hip replacement in the not too distant future.

The Vets has provided for me and many others who have come from other states and other countries a readymade circle of marvellous 'family', of vital and active friends. I am extremely grateful for all the members have done for me.

Please convey to Joan Pellier my congratulations on her election to the presidency and I wish you all continued enjoyment and success in your running and social activities.

Kind regards Paul Jones