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HAPPY BIRTHDAY TO OUR JULY MEMBERS

ANICH, Ivan	13/07/47	45 becomes M45	JOHNSTON, Frank	19/07/44	48 remains M45
BELL, John	06/07/45	47 remains M45	JONES, Paul	25/07/35	57 remains M55
BERRY, Mike	06/07/31	61 remains M60	JONES, Mervyn	21/07/39	53 remains M50
BONNER, Val	28/07/41	51 remains W50	LEMAN, Sue	05/07/46	46 remains W45
BRODERICK, Carol	30/07/52	40 becomes W40	LYNN, Margaret	16/07/40	52 remains W50
BROWN, Maureen	13/07/47	45 becomes W45	MAIR, Christine	21/07/48	44 remains W40
CHALMERS, Robert	16/07/38	54 remains M50	MARSLAND, Judy	24/07/50	42 remains W40
CHEEK, Brigitte	28/07/56	36 remains W35	MARTIN, Paul	18/07/41	51 remains M50
CHOATE, Clive	25/07/51	41 remains M40	MEYERS, Graeme	28/07/49	43 remains M40
CROWTHER, Enid	26/07/42	50 becomes W50	MOYLE, Ernest	30/07/25	67 remains M65
DARTNALL, Liz	03/07/50	42 remains W40	MUNSIE, Althea	10/07/38	54 remains W50
FERGIE, Bob	03/07/35	57 remains M55	PRATT, Charlie	24/07/30	62 remains M60
FERRIS, John	04/07/50	42 remains M40	RAYMEN, Robert	01/07/42	50 becomes M50
FORDEN, Margery	29/07/41	51 remains W50	SANGER, Joy	22/07/51	41 remains W40
GREEN, Stanley	09/07/14	78 remains M75	SLINGER, Joan	12/07/41	51 remains W50
GREENFIELD, James	07/07/43	49 remains M45	STONE, Alan	20/07/32	60 becomes M60
GRIFFITHS, Teresa	05/07/45	47 remains W45	TROVATO, Joe	16/07/39	53 remains M50
HEPPELL, Mary	16/07/37	55 becomes W55	WALDHUTER, Brian	31/07/40	52 remains M50
HODGE, Sandi	31/07/46	46 remains W45	WELYKY, Wal	10/07/47	45 becomes M45
HOLM, Alec	09/07/45	47 remains M45	WHITTAM, Dorothy	10/07/36	56 remains W55
JAMES, Lyle	03/07/40	52 remains M50			



The Vetrums



No. 235 JUNE 1992

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

Brunch at Jorgensen

WE need your support at Jorgensen Park on July 12. Once more the club has booked catering for 100 people, so a great brunch can round off an excellent run.

If you haven't tried Jorgensen - it's an experience not to be missed. Using a defunct golf course, we travel from the muddy depths of a creek, to the dizzy heights of, well, some hilly bits! It's the club 8K Cross-Country Championship, and we can positively guarantee no traffic on the course.

Last year's brunch was a great success. WAVAC will be subsidising it again, so

the price is just \$5 each. Substantial and tasty food ranges from curry through to vegetarian lasagne. There's a late start - 9am - to allow you time to reach Kalamunda. So, no excuses left. Be there. BYO booze, and also - firewood! The roaring fire in the clubroom is a fine feature of this event, but we're always struggling to find wood. If you have some, fetch it please.

40 FOR ROTT

JUST 40 berths are available for the Rottne weekend, September 25/27, so early booking with Sandi Hodge is advisable. Lob up with your \$20 deposit, and you're on.

Details: Total cost no more than \$73. There's a discounted ferry price that will reduce this further, provided 20 or more travel together. Departure from Fremantle or Hillary's will be Friday, 7pm. Accommodation is in ten-berth huts, and five meals have been booked. No dinner served on final evening before departure. If you want to know what fun the whole thing is, look out your old Vetrums! A definitive article last October (no. 228) captured the atmosphere pretty well. There's plenty of opportunity for running.

KAREN'S SPECIAL CANBERRA VICTORY

EVERYTHING about Karen Gobby's June 21 Australian half marathon championship win was special. Conditions were wet and windy for her excellent 75mins 11seconds run, and following on recent triumphs here in WA, this half showed why Karen really should be representing us in Barcelona. Injury prevented her selection, and her sights are now set on the world championships.

Karen's a great ambassador for the sport, veterans, and our club in particular. We believe that the Canberra win would be the first time a veteran has won an Australian championship in open company.

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LAKE JOONDALUP.....P5

HELPERS NEEDED

Miller's Run, July 26 at Langford, needs marshals please. Contact Barry Thomsett - 276-6446.

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Christmas In AugustP11

Andy Wright Memorial Handicap

May 24, 1992

Conditions: fine, cool

SIXTY-three participants and strong group of helpers turned out to honour the memory of the late Andy Wright. Most ran the 10K distance, and a substantial group of walkers covered 10K, as a sealed handicap event. Others ran or walked 5K.

The race director arranged excellent running weather, though a couple of sneaky light showers tried Sue Jones in her attempts (successful) to keep self and recording watch paper dry.

Thank goodness she did, or you would not have the results that follow.

RESULTS

10K		Time	H/cap			
Mery Jones	M50	58:02	12:45	Ray Lawrence	M60	64:27 9:30
Ivan Wiltshire	M50	58:24	8:30	Arnold Jenkins	M45	64:27 17:15
Roma Bettles	W40	58:33	9:45	George Schaefer	M55	64:42 20:45
Gordon Florance	M55	58:58	3:15	Peggy McLiver	W45	64:44 16:45
Robert Sheehy	M45	59:03	13:00	David Carr	M55	65:02 21:15
Sheila Maslen	W50	59:04	0:45	Robin Bonner	M60	65:02 21:30
Merv Moyle	M65	59:32	15:45	Brian Marsland	M45	65:26 28:15
Ron Potter	M50	59:54	14:30	Derek Hoye	M50	67:15 26:45
Lorna Lauchlan	W60	60:15	4:15	David James	M35	68:20 21:30
Mal Ovenden	M50	60:15	19:30	VISITORS		
Colin Watts	M40	61:05	18:45	Bruno Larini		65:39 unlisted
Hugh Kirkman	M50	61:13	22:15	5K		
Maxine Santich	W40	61:23	17:45	Gary Lynn	M45	19:50
Vic Waters	M45	61:28	21:30	I Pasmore	M45	21:34
Frank Usher	M65	61:29	2:45	Peter Airey	M55	22:10
John Lindsay	M40	61:51	12:00	B Atorich	M60	23:26
Vincente Carrero	M50	62:05	19:15	Jim Whitehorn	M55	25:54
Ian Colquhoun	M40	62:10	23:30	Esther Healey	W50	29:49
Basil Worner	M60	62:17	17:45	Patricia Carr	W55	33:32
Brian Danby	M40	62:20	21:45	VISITORS		
Judy Marsland	W40	62:21	16:00	M Maslen		19:26
Kath Penton	W50	62:29	14:45	P Healey		25:55
Maurice Johnston	M55	62:30	20:45	10K WALK		
Keith Webster	M50	62:40	unlisted	Barry Thomsett	M50	65:49 25:30
Margaret Warren	W55	63:04	7:30	Dorothy Whittam	W55	68:51 21:30
Simon Mort	M35	63:10	18:45	Bob Fergie	M55	72:16 17:00
Hamish McGlashen	M55	63:21	18:15	Mary Robinson	W55	72:20 13:00
Ann Shaw	W40	63:22	21:45	Jacqui Beaumont	W55	74:58 12:00
Beverley Morrissey	W45	63:31	15:45	Dick Horsley	M75	77:00 12:30
David Roberts	M45	63:35	25:00	Mitch Loly	M50	81:34 16:00
Terry Foster	M50	63:59	19:45	(+ passenger)		

Overall winners were Merv Jones (58:02) and Roma Bettles (58:33) in the handicap run; Mary Robinson (85:20) and Bob Fergie ((89:16) in the walk.

Sincere thanks to all those who helped conduct the races (too many for me to be game to try to list them), to the guys who brought along a splendid selection of goodies for morning tea, handicappers Paul Hughes and Dick Horsley, and Barry Thomsett who arranged access to the hall. See you all next year!

Leo Hassam

Jim Barnes Run

May 17, 1992

Conditions: cool, fine

CHRIS Maher took the 10K trophy once again, on a perfect running morning at Wilson Park. Pauline Wiltshire, ever improving, was first woman in, and took the Dot Brown Trophy.

Every facet of the event went smoothly - many thanks to Sue Jones and Leo Hassam for organising the finish, I am most indebted. Sid Bowler, thanks again for directing the participants so efficiently; and once more, the big Irishman was instrumental in the functioning of the whole event.

Thanks to the Farrells, and see you all again next year?

Jim Barnes

Chris Maher	M35	34:08
P McGoldrick	M35	35:58
Frank Smith	M50	36:18
Bob Schickert	M50	36:23
Bob Harrison	M50	37:48
Rob Mair	M40	38:33
Wayne Pantell	M35	39:04
Wal Welyky	M40	39:18
Vic Waters	M45	39:19
Paul Martin	M50	39:26
Kar Wong	M40	39:43
Brian Danby	M40	40:38
Dennis Miller	M50	40:49
Brian Foley	M45	41:23
Robert Raymen	M45	41:25
Mike Khan	M45	41:37
Joe Stickles	M50	41:38
Vincente Carrero	M55	42:36
Maurice Johnston	M55	42:52
Dalton Moffett	M60	43:01
Roland Matzke	M50	43:04
Barry Munyard	M45	43:10
Cecil Walkley	M60	43:11
Bill Crane	M50	43:14
I Pasmore	M45	43:46
Don Blair	M40	43:47
Bill Crellin	M50	44:08
Simon Mort	M35	44:10
Merv Moyle	M65	44:17
Ron Sutton	M50	44:32
Leon Sander	M55	44:34
Robin Bonner	M60	44:37
George Schaefer	M55	44:38
Carol Hood	W50	44:46
James Ramsey	M50	44:49

Ted Costello	M55	44:53
Morris Warren	M50	45:39
John Tyrrell	M40	45:45
Merv Jones	M50	46:10
Vic Beaumont	M60	46:27
Pauline Wiltshire	W45	46:44
John Smith	M55	46:54
R Sheehy	M45	47:13
Arnold Jenkins	M45	47:45
Roma Bettles	W40	51:17
Kath Penton	W50	51:37
Ray Lawrence	M60	52:05
Norm Miller	M60	52:12
Sandi Hodge	W45	52:24
Stewart Hicks	M65	52:35
John Russell	M55	53:16
Brigitte Cheek	W35	53:35
Phyllis Farrell	W45	55:18
Lorna Lauchlan	W60	57:12
Margaret Warren	W55	58:11
Frank Usher	M65	60:42
Sheila Maslen	W50	62:55
Gabriella Ralph	W40	64:45
Cliff Bould	M75	90:15
Mary Heppell	W50	90:15

VISITOR

John Maddison		45:56
---------------	--	-------

10K WALK

John Mison	M40	53:13
Dick Horsley	M75	79:04

5K RUN

Derek Hoye	M50	19:52
Bob Sammells	M55	22:10
John Spencer	M55	22:48
Jean-Marie Volet	M40	23:50
Dick Blom	M55	24:01
Jim Riddell	M50	25:07
John Lindsay	M40	25:13
Jim Whitehorn	M55	26:00
Noela Medcalf	W55	26:13
Esther Healey	W50	28:04
Ray Barnett	M45	28:38
Rosa Davis	W45	29:50
Patricia Carr	W60	31:12
Margaret Miller	W45	31:22
Karen Crellin	W50	31:39
Barbara Buchanan	W45	31:54
Jackie Billington	W45	33:30
Mitch Loly	M50	39:30

VISITORS

Vaughan Pantell		19:58
C Tyrrell		20:09
S Tyrrell		20:48

5K WALK

Peter Hill	M40	25:35
Pete Johnson	M45	31:37
Barry Thomsett	M50	33:29
Dorothy Whittam	M55	33:31
Michelle Boyle	W40	34:30
Jacqui Beaumont	W55	37:08
Jeff Whittam	M55	37:08
Bob Fergie	M55	37:08
Pat Miller	W50	39:29
Judy Hill	W40	42:55
Amy Loly	W30	43:36
Tina Carrero	W45	44:46
Sandy Penny	M65	48:07

UNI AND BACK

May 31, 1992

Conditions: cool, fine

ON a cool and fine last day of autumn 118 runners and walkers participated in the RRC and RWC events. To minimise congestion, walkers set off at 7.30 am; at 8.00am sharp the runners started.

I should like to thank the following for their help - they are a credit to the club - Mary Robinson, Estelle Rodgers, Steve Rodgers, John Madison, Alan Croxford, Jill Midolo, Jacqui Billington, Sue Danby.

Fred Hagger

15K RRC

Chris Maher	M35	54:59
Wally Quarman	M35	55:00
Robert Raymen	M45	56:03
Bob Schickert	M50	56:10
Michael Cousins	M55	56:15
Dave Roberts	M45	56:29
Jack Williamson	M45	56:33
John Pressley	M45	56:53
Vally Mitsopoulos	M45	57:32
Bob Harrison	M50	57:39
Chris Gillard	M40	58:21
Neil Morfitt	M35	58:25
Robert Mair	M40	59:26
Paul Martin	M50	59:45
Wal Welyky	M40	60:44
Kar Wong	M40	60:46
Jim Barnes	M45	61:21
David Scott	M40	61:24
Tess Brockwell	W35	61:48
Brian Danby	M40	61:59
K Taylor	M45	62:25
John Bell	M45	63:04
Joe Stickles	M50	63:06
Frank McLinden	M60	63:16
David Carr	M55	63:22
Ted Maslen	M55	63:37
Dick Blom	M55	63:38
Brian Foley	M45	63:51
Robin Bonner	M60	64:13
Maurice Johnston	M55	64:36
Mike Khan	M45	64:42
David Bryant	M45	64:48
Vincente Carrero	M50	65:42
George Schaefer	M55	66:21
Peter Airey	M55	66:31
Dalton Moffett	M60	66:54
Bill Crane	M50	67:00
Merv Moyle	M65	68:08
Michael Carey	M35	68:50

DOUG Hazell's tale of the deflating Nike Huarache hasn't prevented the company from mounting some fairly extensive sales and advertising efforts in stores all over Perth.

It's to be hoped that no other club member risks \$200 (or whatever the discounted price is) on shoes that have proved to be unreliable, from a company that appears to have little regard for 'real runners'. (Though, to be fair, some members such as Kath and Adrian Noordyk say the Huarache are excellent.)

PUNCTURE REPAIRS?

What the hell, they have enough fashion-seekers throwing money at them. Why worry about people like Doug, and the rest of us, who stupidly use our shoes for running in?

However, one constructive thought has occurred to me. If, like me, you do run on air-filled shoes,

and pick up a thorn, treat it with care. Razor-cut it flush to the sole, but don't pull it out. Then apply a lump of Shoe-Goo, to seal the thing in. It's the method garages in the UK once used on punctured tubeless tyres, inserting a plug in the hole.

No, haven't tried it yet, and I hope I won't have to.

But unless we all save our air-bags for posing and disco-dancing, the odds are on a blow-out.

VW

THE WAY WE WERE...

IN 1980 WAVAC comprised 199 members, 33 of them women. (In 1992 we have around 450 people). President of the club was David Carr; secretary Rob Shand; treasurer Bob Sammells; and editor of the Vetrin, Jill Midolo. Our patron, then as now, was Bill Hughes.

47 members were registered with AAWA.

STATE MARATHON

Of 41 starter, 24 were Vets.

Henk Stoffers (2:37:24) was first Vet, and 4th overall, followed by Frank Smith (2:40:39), Maurice Smith (2:41:08) and John Gilmour, 7th in 2:41:31. Barbara Leach was 2nd woman overall, in a time of 3:19:39.

TIME TRIALS

10k - 41 entrants

Fastest man was Derek Hoyer in 33:25; fastest woman, Gloria Sutherland in 51:01.

Javelin

Dick Horsley - 18.72; B. Old 39.28.

1500m - 33 entrants

Don Caplin	4:24
Maurice Johnston	4:39
Cliff Bould	5:48
Lorna Lauchlan	6:37
Dorothy Whittam	7:23

10K CONCLUDES from page 9

WALK 10K

John Mison	M45	54:34
Dorothy Whittam	W55	69:42
Michelle Boyle	W40	70:11
Bob Fergie	M55	74:21
Bill Hughes	M60	75:02
Wendy Spencer	W45	75:16
Dick Horsley	M75	77:38
Val Tyson	W70	81:25
Tina Carrero	W45	81:27
Jacqui Beaumont	W55	81:30
Mitch Loly	M50	83:51
David James	M35	83:52
Amy Loly	W30	87:57
WALK 5K		
Jeff Whittam	M55	40:52
Sandy Penny	M65	51:43

compiled by Joan Pellier

Newer members, used now to being part of the large, well-organised club that is WAVAC in 1992, might view us as a monolith that's always been here. Not so. The Vets had to struggle for a beginning, and has taken many years to shape up.

That's not to say it wasn't always quite an organisation!

Joan Pellier has been researching, and this month looks back just over a decade, at the club and some performances in 1980.

100m - 31 entrants

Dorothy Whittam	14.5
Val Prescott	15.0
Joan Slinger	17.1
Dick Horsley	15.7
Jim de Gruchy	13.9
David Carr	13.5

5,000m - 26 entrants

Jill Midolo	23:55
Joan Slinger	21:42
Frank Smith	16:33

Brian Danby	17:09
Jeff Whittam	19:31
Dick Horsley	20:51
Bill Hughes	20:13
1500m walk	
Don Stone	7:44
Jeff Whittam	9:51
Pat Carr	11:51
Jo Stone	10:52

BRIDGES MILL POINT ROAD

45 members entered.

1st Don Caplin	34:29
2nd Frank Smith	35:02
3rd Brian Danby	36:35
Women	
1st Jo Stone	46:41
2nd Joan Slinger	46:50
3rd Marion Paterson	47:30

...and one note from 1982, in a report from a US magazine, Tessa Brockwell ran a 10K in 36:36 at Pensada, Florida, where the course record of 32:35 was held by Liz Lynch (now McColgan).

FREO to PERTH RELAY

June 14 92

FOR the past 17 years the Vets have fielded a team in the Fremantle /Perth relay organised by the Athletics Association. This year's line-up was David Carr, Brian Foley, Peggy MacLaver, Duncan McCauley, Val Prescott, Rob Raymen, and Bruce Wilson; and they covered the ground in just over 64 minutes.

Karrinyup Relays

June 21 92

ANOTHER AA event, this is a similar test of recovery power to our own deadly Medley at Yokine. Each athlete runs twice, over a 2.5K course of limestone, sand and grass. Our teams were:

Duncan McCauley - 8:40, 8:47; Dave Carr - 9:51, 9:46; Brian Foley - 9:40, 10:01; Bruce Wilson - 9:16, 9:13; - total 75:14.

Maxine Santich - 9:59, and 10:06; Peggy MacLaver - 11:17, 11:49; Dorothy Whittam - 14:33, 15:12; Val Prescott - 14:26, 15:01; total - 102:24.

Road Championships

KAREN Gobby added valuable points to our women's team in winning both the state 1,500m and half marathon. And of course, see page one, she had another marvellous win in Canberra.

Need a new shirt?

Turn to page 12 find out how you can order one!

Notice Board

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FOR FURTHER INFORMATION

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TYPIST FOUND!

MANY thanks for the offers of help with inputting data for Vetrin.

Jacqui Billington has now taken on the task, which is great, because I have someone else to blame for any gremlins that sneak in. VW

NEW MEMBERS

Welcome to

Dale James W35
Rebecca Healey W30
Bruno Larini M35

HONOURABLE DUNCAN

DUNCAN Strachan, who attained his 70th in March, became the club's newest honorary member this month. Joan Pellier made the announcement at the RRC 15K, and Duncan then ran a very competent and comfortable 10K to celebrate.

RUNNING POSTMEN?

COULD we save postage by delivering Vetrin afoot?

It's the way it was done in the early days, when WAVAC has far fewer members. But Dave Hough suggests the system could be resurrected. Perhaps this should be given some consideration.

Obviously many postmen would be needed, each covering his or her local area. Such a distribution system would

PORT TO COURT

THE Port to Court Relay, an Athletics Association event in which we usually take part, is on October 11. If you're interested, details available from Brian Foley or Dave Carr.

JOINT RACE

THERE will be another joint venture race, with the Marathon Club, at Bibra Lake on October 18.

REMINDER

CHECK your race programme, and transpose the events listed for September 13, and September 20. Tompkins Park becomes the 20th - Danby's Run will be on the 13th.

GALLOPING GARVEY!

A NEW run, the Garvey Gallop, has a first outing on August 23. It's an accurate 10K, plus 5K, on good paths at Garvey Park, Redcliffe. Access is from Fautleroy Avenue, and the directors hope for your support. Offers of assistance for Basil Worner and Arthur Leggett, to them direct please, or via Barry Thomsett (276-6446).

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: (H) 341 3464
(W) 389 8422
Fax: 389 8458

DEADLINE for next issue - July 13

TABLE

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VALE TOM

With regret we announce the death of our oldest member, Tom Jones, and offer condolences to his family and friends.



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Letters to the Editor

VETS WORLD GAMES

This letter refers to 'Veterans Travel', a company which advertises in this issue of Vetrin.

Dear Vic,

The enclosed bulletin (see advertisement) is the first of three. This one gives details of travel arrangements; the second will cover accommodation; the third the complete package.

My partner and I have formed a company and registered the name 'Veterans Travel'. This is a non-profit venture to give veterans the best possible deal when contemplating overseas competition. Our sponsor, Malaysian Airlines, is very keen to be part of the veteran movement. They are only too happy to donate a sum to cover the three bulletins placed in your paper.

Are you coming to Adelaide for the Nationals at Easter '93? If any of the West Australians require accommodation, I can organise this. Already there have been requests from Victoria and Tasmania. If you require details of what's available, I will forward to you for your perusal.

Keep well, yours sincerely
Collin (Cooper)
3/ 195 Fisher Street
Malvern, SA 5061

While Vetrin is happy to carry Collin Cooper's ads, the committee feels we should point out that the national body, AAVAC, has appointed an official carrier re the World Games in 1993. That company is International Sports Tours, run by Brian Travers, of 6 Glen Street, Milsons Point, NSW 2061.

Club members should not assume that inclusion of information on these organisations in Vetrin infers any endorsement of either of them.

Ed.

ADVERTISEMENT

MIYAZAKI 93 — BULLETIN No.1

X WORLD VETERAN ATHLETIC CHAMPIONSHIPS MIYAZAKI — JAPAN

October 7th to 17th 1993

MALAYSIAN Airlines and Collin Cooper are organising what we believe to be the best possible group tour to Miyazaki, Japan for the X World Veteran Athletic Championships.

This will be a value for money 'Running Holiday' put together by Veterans for Veterans.

The tour arrangements are:

- Return airfare from your capital city via Kuala Lumpur to Fukuoka in Japan.
- Overnight stay in Kuala Lumpur at Malaysian Airlines expense.
- 5 hour scenic rail trip from Fukuoka to Miyazaki City.
- You will travel as a group from your capital city, before meeting in Kuala Lumpur for the overnight stay, then on to Miyazaki as one contingent.
- Malaysian Airlines can also provide their special 'Stop-over-Package' by giving

you free air travel to a variety of their destinations from Kuala Lumpur. Your only extra cost could be as low as \$45.00 for bed and breakfast. (More details in our next 'Miyazaki 93' Bulletin.)

After the Games you may make your own arrangements to fly home at your leisure.

Total tour cost (excluding accommodation) will be approximately \$1400.

Accommodation details are:

- 13 nights accommodation, dinner, bed and breakfast on a 'share twin' basis.
- Accommodation will be in Miyazaki City in Japanese Inns, or Western style hotels.

Accommodation costs will be advised in the next Bulletin.

It is recommended that you get in early by registering your expression of interest by providing the following details:

Name: _____
Address _____
P/Code _____

Accommodation required:

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> Single (if available) | <input type="checkbox"/> Twin Share |
| <input type="checkbox"/> Couple | <input type="checkbox"/> Male |
| <input type="checkbox"/> Female | |

Please return this expression of interest together
WITH AN INITIAL DEPOSIT OF \$10.00 to:

MR C. COOPER
3/195 FISHER STREET, MALVERN SA 5061
PHONE (08) 272 0992



YO-HO-HO TIME!

YO-HO-HO time is August 8 this year, at the Artega Restaurant in Applecross.

Given 80 takers, we'll take over the whole restaurant, and be provided with live music, courtesy of restaurateur Allen Bedford. The fare will be traditional - soup; turkey, ham, vegies; Christmas pud; coffee and chocs; at a specially negotiated price of \$20.- Drinks are extra, and it's not byo.

Last year's winter Christmas feast was greatly enjoyed, with perhaps just a slight loss of atmosphere because we were in a split-level restaurant. Having to leave the table after dinner kind of broke the atmosphere.

Organiser Margaret Birks has chosen the Artega to overcome that little hitch, so let's give it a go.

Name and numbers to any committee member, but preferably Margaret (446-3642) as soon as possible please.

(Artega Restaurant is at 55 Ardross Street, Applecross 6153. Phone 316-1222.)



MEMORIES, MEMORIES

OWNERS of an old folks home in West Germany complained to police about a young streaker, who habitually jogged through their grounds every morning.

In court, 21-years old Adolf Muller ran into a streak of good

luck, when a petition from 67 female inhabitants of the home resulted in all charges being dropped. He had cheered up their dreary lives, it said. "He started our days with a smile," said one lady, "and rekindled some very sweet memories!"

THREEFOLD THANKS!

OUR front page appeal for helpers last month had a startling effect. Barry Thomsett received three calls, all from Vets wanting to help with Morris Warren's 25K run.

Does this mean we must put out a panic call every month, highlighting the races that need helpers? Should we keep having 25K runs, so ensuring a ready supply of marshalls?

It's not too impressive, is it. We have 450 members; that means that

if everyone volunteered just once a year, there would be seven marshalls at every race.

Maybe we'll have to follow the example of the Marathon Club, and include a section in the enrolment form where you must indicate which races you'll help on. This makes 'compulsory volunteering' a condition of membership.

Really friendly eh?

Vic Waters

UNDER-AGE RUNNERS

SEVERAL under-sized, under-age runners joined us and the WAMC for the Fremantle Harbour Run on mid-winter's day, and personally, I was delighted to see them there. It was our first real go at organising a fun run, and despite the threatened storms that would have kept some in bed, a moderate success can be claimed.

There's probably more chance of drawing the great general public to a non-winter fun event. But we learned something about planning and organising a 'big' run, and if our own numbers keep on multiplying, that may become very valuable experience. Esther Healey drew the lucky number that won her a weekend for two at Observation City. It was pathetic to watch as she was immediately besieged with (honourable) offers from Vets willing to share her prize, especially as I was personally so slow off the mark. A full report, of the Harbour Run, will feature next month.

ULTRA CREWS NEEDED

WOULD you like to help three Vets attempt a 420K event, from Geraldton to Perth, in October?

The Centurion Runners Association is organising the charity event. Sponsors have been arranged. Just eight, invited top runners will compete, and three of them, from Eastern States, are in need of support crews. They are Cliff Young; Bryan Smith, who won the Sydney to Melbourne in 1991; and Kevin Mansell, who has completed the Sydney/ Melbourne ultra five times. Organiser Tony Tripp, a WAVAC member as well as leading light of the Centurions, told Vetrin:

"We need four people in each crew. Food and free accommodation will be provided, and they will be fully instructed in just how to crew for the runners.

The ultra begins in Geraldton on October 15, and finishes on Sunday 18th, so the crews will leave Perth on the 14th." Vets would be particularly welcome on the crews, and if you would like to play a part in the event, you have only to call Tony, on 384-6036.