

# YOU DESERVE A NEW SHIRT!

\* (Remember - club singlets must be worn at our State Championships)  
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 10-4 at \$13 each\*.  
Car stickers cost \$2 a piece; likewise iron-on badges for windcheater, etc.  
Why not get the full set?

## ORDER FORM

### PLEASE SUPPLY

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

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

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

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Payment to: Cheque payable to WAVAC... please. If you require a postal delivery, please add \$2.50.

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## HAPPY BIRTHDAY TO OUR JUNE/JULY MEMBERS

JUNE				MacGOWAN, HEATHER				JULY			
SCADDAN, ROB	02/06/51	44	remains M40	REID, DAVID	26/06/50	45	becomes M45	RAYMEN, ROBERT	01/07/42	53	remains M50
DAVIES, IAN	03/06/47	48	remains M45	CLEMENTS, WENDY	26/06/42	53	remains W50	MATTHEWS, BRENDA	01/07/52	43	remains W40
STRICKLAND, EDDIE	03/06/18	77	remains M75	MOLONEY, SHARON	26/06/62	33	remains W30	RUELLO, MARGARET	02/07/50	45	becomes W45
CROSSMAN, RODGER	04/06/41	54	remains M50	LEONG, FRANCIS	28/06/43	52	remains M50	HEWITT, MARK	03/07/52	43	remains M40
KEESING, TERRY	06/06/57	38	remains M35	HAGGER, FREDERICK	29/06/25	70	becomes M70	FERGIE, BOB	03/07/35	60	becomes M60
HOLM, JENNY	07/06/49	46	remains W45	WOO, PAUL	30/06/55	40	becomes M40	JAMES, LYLE	03/07/40	55	becomes M55
KEMP, ROSANNE	07/06/64	31	remains W30					DARTNALL, ELIZABETH	03/07/50	45	becomes W45
MILLIGAN, SHIRLEY	07/06/37	58	remains W55					FERRIS, JOHN	04/07/50	45	becomes M45
LYSAGHT, HELEN	07/06/52	43	remains W40					LEMAN, SUE	05/07/46	49	remains W45
SANGER, PETER	08/06/51	44	remains M40					BELL, JOHN	06/07/45	50	becomes M50
BOCIAN, TRUDY	09/06/51	44	remains W40					BERRY, MIKE	06/07/31	64	remains M60
KELLY, CHRISTOPHER	10/06/52	43	remains M40					VANDERSANDEN, GREGORY	07/07/58	37	remains M35
JONES, ANN	11/06/53	42	remains W40					GREENFIELD, JAMES	07/07/43	52	remains M50
AYRE, KATHLEEN	14/06/52	43	remains W40					HARROP, LYNN	07/07/53	42	remains W40
CARR, DAVID	15/06/32	63	remains M60					GREEN, STANLEY	09/07/14	81	remains M80
FRANK, TONI	15/06/45	50	becomes W50					HOLM, ALEC	09/07/45	50	becomes M50
DELCANHO, MAUREEN	15/06/49	46	remains W45					CARSE, BRIDGET	10/07/43	52	remains W50
JUNNER, COLIN	16/06/22	73	remains M70					WELYKY, WAL	10/07/47	48	remains M45
JACKSON, ROY	16/06/54	41	remains M40					WHITTAM, DOROTHY	10/07/36	59	remains W55
HOWE, THERESA	16/06/50	45	becomes W45								
THOMSETT, BARRIE	17/06/40	55	becomes M55								
FRODSHAM, STEFAN	17/06/53	42	remains M40								
BONNER, ROBIN	18/06/31	64	remains M60								
DRAYSON, DEREK	19/06/23	72	remains M70								
STRACHAN, JUNE	20/06/25	70	becomes W70								
DAVIES, ROD	22/06/41	54	remains M50								
SANDERS, IAN	24/06/58	37	remains M35								



# The Vetruns



NO. 261 JULY 1995

PATRON: W.J. Hughes

PRESIDENT: Brian Foley

EDITOR: Richard Harris

## National Championships Sponsorship

THE Committee of the National Veterans' Track and Field Championships has been working feverishly towards obtaining sponsorship to assist in the considerable expense involved in the staging of such an event.

A multi-page hbound proposal has been prepared at no cost and distributed to 40 major companies and organisations around Perth over the last three months.

The proposal contains a request for a major sponsor who would be awarded the naming rights to the championships, and also to minor sponsors who would be awarded such advertising rights as event sponsors, space in the Vetrun and participation in the award of medals etc.

Unfortunately, the major companies who sponsor sports in this tate do not see Veteran athletics as a viable target group. This is demonstrated by the bad response to the request. Only one company Leighton Contractors Pty Ltd have been generous enough to provide us with a small contribution amounting to 5 percent of the total cash pool required.

The Committee is requesting that any Veteran who may be able to provide a contact that could lead to a contribution towards the sponsorship pool for the championships to contact Dave Wyatt, Sponsorship Co-ordinator, after hours on 310 2736 or at work on 324 1166.

## Coaching sessions

How about giving yourself a chance for a personal best at the Nationals/State Championships in Perth next year?

Top coach Dave Wyatt, who has been helping the Vets team to prepare for the Buffalo Games, has offered his services for coaching in sprints, starts and jumping events. Thanks Dave. We are also hoping to have a coach for throwing events. The coaching sessions will begin in October at the start of the Thursday time trials.



Dorothy Whittam and Barry Thomsett - first woman and first man in the half marathon walk at Bunbury - photo by Joan Hillis.

## The Bunbury Marathon and Half Marathon

ONCE again, a large number of Vets travelled to Bunbury in May for one of the best events of the running programme. Lunch was at the Rose where we just about took over the place. A few hearty eaters went to the carbo-loading in the evening at one of the hotels in the town. Race day dawned with perfect running conditions - cold, crisp with very light breeze. Congratulations to all the finishers.

Next year is the 15th Bunbury Marathon and the Bunbury Runners Club are planning to make it a special event in 1996. Medibank Private have guaranteed to ne the major sponsor.

See you in 1996.

Joan Pellier

### Marathon Results

Clive Hicks	2:33:38
Evan McRae	3:08:40
David Muir	3:09:01
Gareth Brunt	3:12:30
Jim Barnes	3:37:20
John Pellier	3:50:57
Lyle James	4:21:48

### Half Marathon Results

Chris Maher	1:16:27
Darry Dahlstrom	1:26:48
Su Prewett	1:28:28
Don Caplin	1:28:50
Peter Hill	1:30:50
Janet Kelly	1:31:06

Brian Danby	1:34:45
Bob Harrison	1:37:20
Ray Attwell	1:37:21
Keith Atkinson	1:38:03
Gerry Prewett	1:38:56
Roger Walsh	1:45:45
Cecil Walkley	1:42:06
Rob West	1:44:55
Ron Hillis	1:46:21
Margery Forden	1:48:01
Bob Hayres	1:50:04
Merv Jones	1:50:53
Ann Turner	1:54:24
John Russell	1:54:43
Roma Bettles	1:54:48
Shorty Turner	1:56:01
Theresa Howe	2:00:17
Denise Lancaster	2:00:17
Phyllis Farrell	2:06:00
Arthur Leggett	2:08:04
Rosa Davis	2:09:24
Ruth Johnson	2:11:11
Bob Johnstone	2:14:00
Luella Jenkins	2:17:54
Barrie Thomsett	2:26:07 Walk
Robert Fergie	2:26:51 Walk
Lois West	2:33:25
Dorothy Whittam	2:34:47 Walk
Lorna Lauchlan	2:39:33 Walk
Judy Hill	3:10:30 Walk

Jan Kelly won the 10K on Saturday afternoon

Brian Aldrich also ran (unfortunately did not get times)



## Pagoda Run/Walk 23.4.95

NINETY eight runners and walkers arrived at McCallum Park to find that the circus was in town, and the Marathon Club was setting up for the Womens Classic - the change of date for the Pagoda Run caused some surprises. However, we were able to set up our start line somewhere between the lion and the donkey, and by delaying the start 15 minutes, avoided congestion on the course.

Weather conditions were near perfect, although the 16K runners may have appreciated a cooling breeze on the way home.

A careful check of finishing times will reveal a number of close finishes - particularly the "three-way split" between walkers John Mison, Peter Johnson and Paul Martin. Paul admits to breaking into a jog now and then, so his results are among the runners times.

Good to see Jill Chambers running with us again finishing a close second behind Jan Kelly in the 16K. Shorty Turner seemed pleased to come in just ahead of wife Ann. Is it the responsibility of being on the Committee that gave Shorty that extra burst? Two runners who 'dared to be different' were Glenice Shanahan and Brian Bennett who ran somewhere between 5 and 10K, their times were 43:01 and 37:45 respectively.

My sincere thanks to all my helpers: Pat Carr, Joan Hillis, Maureen Pomery, Heather Sanderson, Bev Thornton, Fred Hagger, Dick Horsley, Kirt Johnson, Merv Moyle and Barrie Thomsett. Also to the anonymous Marathon Club marshals who returned some of our flags. They thought we looked such a friendly mob, they took away a couple of enrolment forms.

Jackie Halberg.

### 16K

Bert Carse	M50	59:15
Evan McCrae	M45	63:22
Gareth Brunt	M40	63:45
Lewis Arndt	M45	64:10
Robert Mair	M45	64:38
Jan Kelly	W40	66:57
David James	M40	67:39
Jill Chambers	W45	67:58
Dennis Miller	M55	68:09
Joe Stickles	M55	68:16
John Bell	M45	68:59
Dick Blom	M60	69:05
Vic Waters	M50	69:21
Bob Sammells	M55	69:36
Bill Crane	M55	69:45
Brian Danby	M45	70:28
Graham Thornton	M50	70:45
Ray Atwell	M55	71:02
Brian Foley	M50	71:31
Milton Mavrick	M40	71:38
Robin Bonner	M60	72:48
Keith Atkinson	M35	73:03
Mike Khan	M50	73:39
John Pellier	M55	75:11
Cecil Walkley	M65	75:25

George Schaefer	M60	78:01
Stan Lockwood	M65	78:48
Nena Greenfield	W40	79:51
Jimmy Greenfield	M50	79:52
Don O'Donnell	M40	80:26
Ron Hillis	M50	81:50
Tony Speechley	M50	83:02
David Hough	M60	83:43
Merv Moyle	M65	85:04
John Russell	M60	85:32
Richard Peters	M55	86:27
Shorty Turner	M55	88:23
Ann Turner	W55	88:49
Roma Bettles	W45	89:36
Roger Whalan	M50	91:12
Irene Ferris	W50	92:19
Phyllis Farrell	W50	93:18
Denise Lancaster	W45	93:19
Stewart Hicks	M70	95:09
Alan Chambers	M55	99:47

### 10K

Jim Klinge	M45	38:11
Don Caplin	M50	39:35
Vicente Carrero	M50	40:20
John Ferris	M40	40:23
Doug Hazel	M40	43:48
Hamish McGlashen	M55	43:57
Dalton Moffett	M60	45:08
Peter Airey	M55	45:17
Mike Rhodes	M45	47:40
George Peet	M60	51:22
Helen Lysaght	W40	51:41
Robert Reece	M45	51:42
Ray Lawrence	M65	52:31
David Carr	M60	52:32
Ron Sutton	M55	53:00
Stuart Parkinson	M45	53:24
Garnet Morgan	M70	55:30
Val Millard	W45	57:12

Paul Martin	M50	60:53
Mary Heppell	W55	62:12
Ron Spencer	M55	71:07

### 5K

John Spencer	M55	24:38
Adrian Noordyk	M40	24:53
Ian Davies	M45	27:25
Harry Holland	M50	27:44
Jan Jarvis	W50	27:50
John Stone	M40	27:51
Cathryn Holland	W35	28:11
Jackie Billington	W50	29:20
Allen Tyson	M70	29:20

### 16K WALK

Barrie Thomsett	M50	1:49:17
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### 10K WALK

John Mison	M45	60:52
Peter Johnson	M45	60:53
Lorna Lauchlan	W65	73:58
Alan Pomery	M60	79:57
David Brown	M45	87:39
Margaret Ward	W50	88:24
Pat Ainsworth	W55	88:25
Jill Midolo	W45	89:30
Tina Carrero	W45	94:22
Gillian Peet	W55	94:22

### 5K WALK

Margaret Stone	W50	37:57
Val Bonner	W50	47:25

### VISITORS

Ross Parker	16K	55:03
Jim White	16K	56:56
John Mordini	16K	70:00
Geoff Large	16K	70:00
Lee Holliday	10K	40:12
Max Thorley	10K	41:02
Jack Corps	5K	24:50
Doris Schneider	5K	25:25

## HELP WANTED

HOME of the EAGLES and the DOCKERS and all sorts of other weird sporting teams, and supposedly home of the greatest Veterans Athletic Club in all Australia.

Geez, you'd think you could get some help to organise a decent run or two or three.

Get a gander at the list of Help Wanted on the Club Notice Board, make a bloke wonder if all you lot have migrated to Southern China or Victoria or wotever.

Thank God poor Tom Savin had an injury last week - did us right proud he did, mind you its a bit hard to organise the odd hernia.by-pass..or whatever just on call, but you think something could be done.

And I reckon I could have got pinched for enjoying a bit of graffiti work on the Saturday arvo while doin a bit or cycling.

Yeah, come to think of it, I need a bit of help on the 25th June, but I suppose this letter will be a bit late to mass a few frequent flyer points for that event.

So come on you injury prone lot, we need some nice new Race bosses and lots

of help over the coming months. Crikey, the poor old lot on the committee are flat out like the proverbial. Yeah its nice to see their smiling faces, but after a while a change is as good as a hol.

Hey, while we are on about the committee...how about "flag happy Halberg", Not a bad idea eh..all those flags just before a turn, how can a guy ..or girl go wrong? Believe it or not, some nong tried to - yeah, how could anybody go wizzing straight past lovely Jackie..

So, please...plenty of lovely new flags just before a turn around point, but how am I going to stick the damm things on Mt Henry Bridge has got me beggered.

OK now - seriously...we need lots of new (and old) helpers and race bosses. Things are getting a little out of hand, and we really are a great club..Yeah, that you and me and the rest of us.

PLEASE CALL BOB SAMMELL "S.A.P." & BE A GOOD LITTLE VOL-UNTEER..HEY HIS NUMBER IS ON THE NEW POOFY PINK PROGRAM. IF YOU CAN'T READ IT'S 309 2293

Barrie Thomsett

## Point Walter Run 22.1.95

THE 114 runners and walkers were fortunate to have relatively cool conditons considering the hot conditions leading up to this race.

The 6.2K race resulted in a sprint finish between Bruce Wilson and David James with David trying to bring up the contents of his stomach. An exciting finish for those of us around the finishing line.

Thank you to my helpers Stuart Hicks, John Carpenter, Paul Martin, Paul Hughes, Dale, Kylie and Sacha James and Heather Sanderson.

David Roberts

PS: Sorry about the lateness of these results

### 11K

Frank Smith	M50	42:41
John Pressley	M45	42:49
Warren Gee	M40	43:18
Gareth Brunt	M40	43:36
Brian Foley	M50	46:36
Dennis Miller	M50	47:01
Ivan Brown	M50	47:05
Vic Waters	M50	47:12
John Bell	M45	47:37
Vicente Carrero	M50	47:40
John Pellier	M55	48:16
Kar Wong	M40	48:22
Ted Maslen	M55	48:38
Bill Crane	M50	48:50
Mitch Loly	M50	49:24
Jim Barnes	M50	49:37
Milton Mavrick	M40	49:40
Fraser Deanus	M55	49:50
Rob West	M40	51:25
Graham Thornton	M50	52:03
Robin Bonner	M60	52:25
Dalton Moffett	M60	52:34
Cecil Walkley	M65	52:40
John Dartnall	M45	53:06
Carol Broderick	W40	53:18
Ken Brownlie	M45	53:18
Marg Forden	W50	53:26
Jeff Spencer	M50	53:41
Ron Potter	M50	54:58
Vic Beaumont	M65	55:18
Morris Warren	M55	56:08
Dan O'Donnell	M40	56:21
Aldo Giacomini	M55	57:03
Nena Greenfield	W40	57:05
Jimmy Greenfield1	M50	57:48
Stan Lockwood	M65	58:03
Ron Sutton	M55	58:17
Denise Lancaster	W40	58:17
Tony Speechley	M50	58:46
Ann Turner	W55	58:58
Irene Ferris	W40	59:26
John Russell	M60	59:39
Teresa Howe	W40	59:39
Brian Smith	M55	61:28
Joan Pellier	W55	62:01
Allen Tyson	M65	68:46
Selby Munsie	M60	68:47
Ann Deanus	W55	71:23

### 6.2K

Bruce Wilson	M45	22:54
David James	M40	22:55
Tom Savin	M45	23:43
Don Caplin	M55	24:05
Wayne Robinson	M35	24:15
David Carr	M60	26:01
Rob Sahnd	M60	26:19
Peter Hill	M45	26:27
Michael Anderson	M45	26:39
Hamis McGlashen	M55	27:21
Rob Davis	M50	27:47
Mike Rhodes	M45	28:10
Roger Walsh	M50	28:25
Chris Kelly	M40	28:27
Arnold Jenkins	M50	28:37
Peter Airey	M55	29:04
Denise Davies	W50	29:14
Peggy Macliver	W50	29:25
Ray Lawrence	M65	30:07
Harry Holland	M50	31:00
Stuart Parkinson	M45	31:10
Merv Jones	M55	32:20
Garnet Morgan	M70	32:35
Jackie Halberg	W45	33:28
Keith Forden	M55	33:39
Val Millard	W45	33:58
Margaret Warren	W55	34:59
Shorty Turner	M55	35:15
Norm Miller	M60	35:15
Jan Jarvis	W45	36:14
Rosa Davis	W50	36:25
Heather Sanderson	W45	36:26
Cathryn Holland	W35	36:30
Arthur Leggett	M75	37:14
Noela Medcalf	W55	37:39
Mary Heppell	W55	38:07
Lorna Lauchlan	W60	38:36
Phyllis Farrell	W50	40:11
Frank Usher	M70	41:16
Lois West	W45	44:29

### 6.2K WALK

John Mison	M45	32:39
Peter Johnson	M45	38:47
Barry Weatherburn	M50	39:50
Leslie Romeo	W50	40:50
Dorothy Whittam	W55	43:54
Michele Boyle	W45	44:50
Jill Midolo	W45	44:57
Sue Hughes	W40	48:09
Pat Miller	W50	48:35
Jeff Whittam	M60	48:43
Bob Fergie	M55	48:43
Lynne Schickert	W50	52:53
Margaret Miller	W50	58:51
Alan Pomery	M60	58:51
Dick Horsley	M80	40:58

### VISITORS

Jim White	11K	40:19
Simon Beaumont	11K	40:45
Ian Thomsett	11K	46:11
Joanne Ormsby	11K	51:47
Paul Aitken	11K	53:04
Lee Holiday	6.2K	24:07
Dan Broderick	6.2K	26:37
Bev Leeuwana	6.2K	28:58
K Thomsett	6.2K	31:33
David Brown walk	6.2K	44:53
Lois Smith walk	6.2K	50:36

## MEDAL & TROPHY PRESENTATION FUNCTION

VENUE: ROSIE O'GRADYS

THE IRISH PUB

DATE: SUNDAY 24TH SEPTEMBER

TIME: 12.30PM TILL 4.00PM

COST: \$10.00 PER HEAD

MUSIC: TONY HENRY

MENU:

Home Made Cream of Pumpkin Soup

\*\*\*

Irish Stew

\*\*\*

Beef Lasagne

\*\*\*

Vegetarian Pasta

\*\*\*

Choice of Three Salads

FOR TICKETS PLEASE CONTACT:

JACKIE BILLINGTON 279 8679

SHORTY TURNER 276 1539

## Letter to the editor

## Selby's tip for future PB's

In my early years of training for the 1985 marathon with the Vets I received tremendous support from members and in fact I still do. The friendships developed some seventeen years ago when I joined the Vets still hold and when returning to the club after an absence, it is like returning home. This time after returning from the USA I find that my friends are either just out of hospital or planning to go into hospital - what the hell has happened? This is a bunch of athletes, guys who exercise regularly, eat well, drink in moderation and must be the fittest bunch of 50/60/70 year olds in the State yet they are going down like nine pins with bypass operations.

It may be old news, but could I recommend a book, it may be the answer: Cooper, K H Dr., (1994) 'Antioxidant Revolution' Griffin Paperbacks, Adelaide, SA. (purchased mine from Dymocks Bookshop in Garden City, Boorgagoon \$17.95).

The book describes in detail the events I have found to exist within the club, what Dr Kenneth Cooper has found may or may not be B... S... but it is certainly worth a look at. I can only advise that members have a read of the book and reach their own conclusions. Perhaps our library could purchase a copy.

Selby Munsie



# Bunbury Runners Club

C CLASSIC  
SUNDAY 13 AUGUST 1995  
92km TEAM RELAY  
STARTS IN CAPEL -  
FINISHES IN COLLIE

3 Stages  
1. Capel to Donnybrook  
2. Donnybrook to Mumballup  
3. Mumballup to Collie  
Undulating to hilly course - very picturesque  
Good quality bitumen road - relative quite and safe

For team of 5 runners  
5 section in each stage  
Each runner must run once section in each stage  
Section distances vary from 2.9k to 11.7k  
High school teams may have up to 15 runners  
Categories;  
Open  
Women  
Veterans  
Corporate  
Schools

Trophies for members of winning teams  
Medallions for fastest times in each section  
Certificate for all entrants  
Entry Fees  
\$40 per team  
\$15 per school team  
Race Organiser & Entry Forms  
Kevin Martin (Ph: (097) 5 8762 a/h)

## Vets & WAMC Invitation Run/Walk

June 4, 1995

A TOTAL of 87 competitors turned up for our combined Vets/WAMC event, which was a good turnout considering it was the Foundation Day long weekend and also the Marathon Club had their 32K mob run on the same day. I believe also that our "invitation" was somehow omitted from the Marathon Club's programme.  
The weather was ideal for the 66 runners and 21 walkers with the temperature around 10 degrees and fine sunny conditions with light breezes.  
Warren Gee ran a good time of 37:03 to be the first member home and Tessa Brockwell was first female, also with a good time of 40:10 Paul Martin and John Mison were equal first in the 10K walk, followed by first female Joan Hillis.  
It was good to see Frank Usher back on his feet again after recently

having a heart bypass operation; Frank walked down to McCallum from his home in East Perth. It was also good to see Ernie Moyle flying along in the 6.2K walk, Ernie also had a bypass operation earlier this year.		
My thanks go to Bob Harrison for helping me to measure, mark and flag the course (and to marshal) and to Tom and Pat Savin and my wife Anne for manning the start/finish area. Thanks also to Joe Stickles, Ron Sutton , and Brian Foley and John Pressley who was out training on his bike and stopped to help put up the chute!		
<b>Frank Smith</b>		
<b>10K</b>		
Warren Gee	M40	37:03
Evan McCrae	M45	37:13
Jim Klinge	M45	38:30
Gareth Brunt	M40	38:37
Robert Mair	M45	38:49
Dave Roberts	M50	39:17
John Ferris	M40	39:29
Steve Barry	M55	39:34
Tessa Brockwell	W35	40:10
Ann Shaw	W45	40:32
Vicente Carrero	M50	41:32
Bill Crane	M55	42:27
Graham Thornton	M50	43:21
Brian Danby	M45	43:58
Ted Maslen	M55	44:19
John Bell	M45	44:31
George Schaefer	M60	44:37
Bob Sammells	M55	45:13
Dalton Moffett	M60	45:41
Robin Bonner	M60	45:49
Stan Lockwood	M65	47:54
Tony Speechley	M50	48:08
Margaret Birks	W45	48:22
Ron Hillis	M50	48:43
Merv Moyle	M65	49:34
Peggy Macliver	W50	49:55
Brian Hunter	M50	49:56
Lynn Farrelly	M50	50:03
Vic Waters	M50	50:17
Dave Carr	M60	50:18
Merv Jones	M55	50:59
Brian Smith	M55	51:09
George Peet	M60	51:28
Brian Aldrich	M60	51:42
Stuart Parkinson	M45	52:32
Irene Ferris	W40	52:33
Arnold Jenkins	M50	53:16
Brian Devine	M55	53:17
John Russell	M60	56:22
Selby Munsie	M60	56:56
Jackie Halberg	W45	57:33
Sheila Maslen	W55	61:55
Mary Heppell	W55	63:08
<b>6.2K</b>		
Robert Raymen	M50	25:45
Dick Blom	M60	25:51
Ros Banyard	W45	30:17
Keith Forden	M55	31:32
Heather Sanderson	W45	31:52
Brian Bennett	M45	34:32
Anita Brown	W45	36:57
Jean Fisher	W45	36:57
Vic Beaumont	M65	36:57
Jeff Spencer	M50	36:57
Joan Pellier	W55	36:57
Alison Aldrich 5K	W50	29:42

<b>10K WALK</b>		
Paul Martin	M50	57:28
John Mison	M45	57:28
Joan Hillis	W45	72:56
Michele Mison	W45	73:24
Kirt Johnson	M65	79:28
Lorna Lauchlan	W65	80:00
Hill Midolo	W45	80:01
<b>6.2K WALK</b>		
Jeff Whittam	M60	48:25
Bob Fergie	M55	28:26
Ernie Moyle	M65	48:28
Dorothy Whittam	W55	48:40
Margaret Wardd	W50	48:41
Gillian Peet	W55	52:21
Val Wheeler	W60	53:13
Pat Ainsworth	W55	53:15
Val Bonner	W50	55:44
Fred Watson	M75	58:16
Tina Carrero	W45	69:04
Dick Horsley	M80	69:04
<b>VISITORS</b>		
Colin Hickman	10K	36:39
Jan Carson	10K	36:55
Bill Shand	10K	37:40
Lee Holliday	10K	39:52
Mike Duck	10K	41:17
Judy Shand	10K	41:41
Alan Jennings	10K	45:43
Rick Thornhill	10K	49:01
Tom Banyard	6.2K	23:19
Lynn Fraser	6.2K	31:54
Pam Russell	6.2K	34:56
Elyse Stonehill Walk	6.2K	60:25
Bernadette Carson Walk	6.2K	66:21

## LEWANA CAMP

WE were inundated with requests for places at the Lewana Camp. These were filled within half an hour of the announcement at the Andy Wright Memorial Run.

Our normal procedure is to announce up and coming events at the runs but we were taken by surprise at the numbers wanting to go. Previously we had not been getting the numbers to fill the cottages we had booked, and the Club had to pay for the unfilled vacancies. So on this occasion we booked only three cottages instead of four, thinking the numbers would be down and also that it might be too far for some people to travel as was the case with previous camps at Donnelly and Tone River.

However, if you have camping equipment, we have checked with the Ranger at Lewana and providing he is still there, he can see no problems in people camping. Should the weather be inclement, we have booked the use of the hall for sleeping purposes as well as fun and games.

New procedures will be used to allocate bookings for the the next long weekend being March 1996.

## Turning 50 and breaking 40

AFTER running 44:14 in the 1994 Bridges Fun Run, I was very pleased with myself. Fit again and after serious injury.

The Jim Barnes run in 1994 was my first run with the Vets. I only did the 5K (22:12) and Dick Blom flew past me in the final 200m. Since then I have been made welcome by Dick at his Monday runs and generally felt inspired by the performances of Dave Carr, Dick Blom and Mick Cousins in the M60 group.

By the time I turned 50 last November a solid winter training program had led to an ambitious plan to break 40 minutes for 10K. I appointed my son Marcus as my coach at that time (payment deferred until I pass away) and was required to do speed work two nights a week. This paid off during the summer track season at McGillivray Oval and when my 3000M time dropped to 11:42 in October I knew I had the speed necessary. First big attempt failed at the Freo Fun Run in November (41:40); no strength in last 5K.

At regular Vet runs the characters of the club like Joan and John Pellier and Bob Schickert kept telling me "it's easy, you'll break 40 minutes and quickly go under 39:00". Their words were ringing in my bursting eardrums in every 10K race. The Vets track season saw my 3000M time go to 11:02 in March and I broke 20 minutes for 5000M on 22 March by "hanging on to Tessa's tail". And yet 40 minutes was still a real barrier - the State 10K track titles produced 40:04 and the Bridges produced another 40:04.

John and Bob were right. The Jim Barnes run of 1995 will be part of my memory for life (39:20). Yes, now I'm after 38 something. Alan Lawrence (Bronze for Australia in 1956) says in his book The Self Coached Runner, "the 40 minutes 10K represents an important milestone, and is thought by many as the border between being respectable and a really competitive runner." To John, Bob, Sue, Milton, Brian and many other running mates - a big thank you.

Ivan Brown

## The Vetruns

Vetrun, the magazine of WA Veterans Athletic Club, is produced by Richard Harris (editor), Jackie Billington (assistant editor), and a host of friends.

Distribution is by Jackie Halberg, Merv Jones does the labels and keeps track of the birthdays.

Copy for the magazine should be submitted to Richard or Jackie Billington. Next issue: Aug/Sept

Advertising: Contact Richard for prices: 323 4387 (w) 457 6102 (h)

<b>Jim Barnes Run</b>		
14.5.95		
<b>LANGFORD RUNNING HOT!</b>		
IN the last six months Jim Langford has been performing a quality of distance running unseen in the West since John Gilmour was setting word records in the 70's and 80's. Sunday's 10K at Wilson Park was no exception. In December Jim broke a long standing Australian record for the M50 10K and since then he's been running his best for many years.		
Cold still conditions and a flat traffic free course helped many run PB times on the day.		
Jim's time was a course record 33:31, quite extraordinary coming from an M50. ("Veteran John Tarrant would have been proud of you Jim"). Some of the other good performances on the day were Jill Chambers 38:59 (a club W45 record) a female course record. Sue Prewitt 40:23, Mick Cousins 37:25 M60 course record, Ivan Brown 39:19 PB.		
Many thanks to all our helpers on the day you were great and things went so smooth and trouble free.		
See you next year.		
<b>Jim Barnes</b>		
Jim Langford	M50	33:31
Bert Carse	M50	35:37
Paul Oden	M35	36:21
O Meauley	M45	36:26
Mick Coursins	M60	37:25
Darry Dahlstrom	M40	38:05
Gareth Brunt	M40	38:07
John Ferris	M40	38:23
Frank Smith	M50	38:24
Bob Schickert	M50	38:46
Don Caplin	M55	38:56
Jill Chambers	W45	38:59
Ivan Brown	M50	39:19
Vicente Carrero	M50	40:00
Sue Prewitt	W40	40:23
Vic Waters	M50	40:40
Joe Stickles	M55	40:49
Mitch Loly	M55	41:09
Dennis Miller	M55	41:15
Brian Foley	M50	41:20
Bob Sammells	M55	41:25
Dick Blom	M60	41:26
Graham Thornton	M50	41:33
John Bell	M45	41:44
Milton mavrick	M40	41:51
Bill crane	M55	41:53
Keith Atkinson	M35	42:05
Mike Khan	M50	42:11
George Schaefer	M60	43:18
Dalton Moffett	M60	43:28
Roger Walsh	M50	43:42
Helen Lysaght	W40	44:08
Robin Bonner	M60	44:09
Hamish McGalshen	M55	44:12
Gerry Prewitt	M50	44:48
Richard Harris	M55	44:50
Nena Greenfield	W40	45:48

Jimmy Greenfield	M50	45:48
Cecil Walkley1	M65	46:10
Marg Forden	W50	46:14
R Walladge	M45	46:59
M Bloore	M45	47:00
Tony Speechley	M50	47:03
Merv Moyle	M65	47:53
John Russell	M60	49:07
Denise Lancaster	W45	49:11
Brian bennett	M45	49:39
Ray Lawrence	M65	49:47
Ann Turner	W55	50:01
Roma Bettles	W45	50:19
Alan Chambers	M55	51:04
John Pellier	M55	51:05
Stuart Parkinson	M45	51:12
Heather Sanderson	W45	51:35
Irene Ferris	W40	51:44
Shorty Turner	M55	51:59
Jackie Halberg	W45	54:06
Selby Munsie	M60	54:50
Garnet Morgan	M70	55:17
Phyllis Farrell	W50	56:13
Joan Pellier	W55	56:34
Rosa Davis	W50	58:22
Sheila Maslen	W55	59:19
<b>5K</b>		
David Carr	M60	21:34
Peter Airey	M55	23:15
John Stone	M40	24:42
Keith Forden	M55	24:51
John Spencer	M50	24:51
Norm Miller	M60	24:59
J Smith	M60	25:07
George Peet	M60	25:33
Noela Medcalf	W55	26:35
Kirt Johnson	M65	27:29
Jackie Billington	W50	28:49
Ray Barnett	M50	28:50
June Strachan	W65	31:16
Pat Miller	W55	31:44
Margaret Ward	W50	34:55
Lynne Schickert	W50	35:02
<b>5k WALK</b>		
Paul Martin	M50	28:04
John Mison	M45	28:04
Peter Johnson	M45	29:01
Lorna Lauchlan	W65	31:06
Leslie Romeo	W50	32:28
Rob Chalmers	M55	33:45
David Brown	M45	34:12
Rob Fergie	M55	34:39
Dorothy Whittam	W55	34:47
Michele Mison	W45	35:37
Jill Midolo	W45	37:40
L Smith	W45	37:50
Ernie Moyle	M65	40:04
Gillian Peet	W55	41:46
V Wheeler	W60	42:11
M Flanders	W55	44:42
P Unsworth	W55	44:42
Val Bonner	W50	47:21
F Watson	M75	50:14
<b>VISITORS</b>		
Jim White	10K	35:15
D Dahlstrom	5K	25:57
P Russell	5K	29:52

## LETTER TO EDITOR

Dear Vic

I would like to express my thanks to all the Vets for their kindness and hospitality in making me more than welcome at your club runs throughout my 'extended' holiday in Perth.

Happy running.

Jim White



# Uni and back (RRC) 28.5.95

THE conditions for the day began as a crisp 7 degree morning, which within about 15 minutes into the race turned into a very cold rainy morning with conditions for the 109 runners and walkers far from ideal.

It was also very unpleasant for all the helpers who in their various capacities were standing around getting very cold and wet. We would like to extend our grateful thanks to the following people whose help and tolerance of the conditions on the day was invaluable, Maureen Pomery, Bev Thornton, Sue Jones, Sue Danby, Lorna Lauchlan, Jeff Spencer and Jackie Halberg. Thanks also to Barrie Thomsett for marking the course and Bob Sammells for his assistance in preparation for the run.

Tom Savin

## 15K

Greg Salter	M40	54:09
Bert Carse	M50	54:40
David James	M40	56:23
Mick Cousins	M60	57:05
Jim Klinge	M45	57:30
Duncan McAuley	M45	57:49
Evan McRae	M45	58:29
Gareth Brunt	M40	58:45
Robert Mair	M45	59:14
David Reid	M40	59:37
Darry Dahlstrom	M40	59:38
David Willmer	M40	59:45
Lewis Arndt	M45	60:09
John Ferris	M40	60:30
Jill Chambers	W45	61:13
Sue Pruet	W40	61:58
David Bishop	M35	62:20
Ivan Brown	M50	62:38
Joe Stickles	M55	62:43
Dick Blom	M60	63:30
David Carr	M60	63:44
Brian Foley	M50	63:46
Bill Crane	M55	64:33
Vic Waters	M50	64:37
Jim Barnes	M50	64:42
Mitch Loly	M55	64:59
Graham Thornton	M50	66:10
Robin Bonner	M60	66:52
Keith Atkinson	M35	67:33
Brian Danby	M45	67:52
Helen Lysaght	W40	67:57
Dalton Moffett	M60	68:01
George Schaefer	M60	68:16
John Bell	M45	68:17
Milton Mavrick	M40	79:03
Ray Attwell	M55	69:07
Richard Harris	M55	69:35
Cecil Walkley	M65	71:02
John Dartnell	M45	71:00
Margery Forden	W50	71:41
John Pellier	M55	72:08
Lynn Harrop	W40	72:09
Vicente Carrero	M50	72:10
Tony Speechley	M50	72:33
Jimmy Greenfield	M50	73:03
Ron Hillis	M50	73:11
David Hough	M60	73:25
Nena Greenfield	W40	73:27
Merv Moyle	M65	74:25

Stan Lockwood	M65	74:37
Lynn Farrelly	M50	76:14
Heather Sanderson	W45	76:22
Denise Lancaster	W45	76:26
Ann Turner	W55	77:17
Roma Bettles	W45	77:32
Merv Jones	M55	78:01
Ray Lawrence	M65	79:34
John Russell	M60	79:34
Alan Chambers	M55	81:09
Irene Ferris	W40	81:24
Shorty Turner	M55	84:02
Peter Davis	M65	84:03
Stewart Hicks	M70	86:19
Selby Munsie	M60	87:22
Joan Pellier	W55	89:09

## 15K Walk

John Mison	M40	85:41
Paul Martin		85:41
Peter Johnson	M45	1:31:51
Bob Fergie	M55	1:40:30
David Brown	M45	1:40:35
Barrie Thomsett	M50	1:41:09
Dorothy Whittam	W55	1:45:14
Jill Midolo	W45	1:49:37
Michele Mison	W45	1:51:01
Alan Pomery	M60	1:30:06
Mary Heppell	W55	2:05:02

## 8K

Frank Smith	M50	30:32
Don Caplin	M55	31:22
Doug Hazell	M40	32:59
Hamish McGalshan	M55	34:32
Peter Airey	M55	36:15
Max Kelly	M45	38:24
Robert Reece	M45	38:54
Stuart Parkinson	M45	39:25
Keith Forden	M55	39:48
Bob Schickert	M50	41:20
John Stone	M40	42:28
Arnold Jenkins	M50	43:42
Pauline Kelly	W45	44:07
Noela Medcalf	W60	44:24
Janet Jarvis	W50	45:21
Val Millard	W45	46:12
Sheila Maslen	W55	49:45
Phyllis Farrell	W50	49:25
Jackie Billington	W50	50:56
Alison Aldrich	W50	58:02
Lynne Schickert	W50	59:33

## 8K WALK

Joan Hillis	W45	59:49
Wendy Clements	W50	59:50
Kirt Johnson	M65	63:29
Ernie Moyle	M65	63:30
Val Wheeler	W60	66:25
Fred Watson	M75	72:22
Val Bonner 6K	W50	68:46
Dick Horsley 6K	M80	68:47

## OFF TO BUFFALO

We wish medals or PB's to all those WA Vets shuffling off to Buffalo for the World Veterans Championships this month. Good luck to: Keith Martin, Barry Kernaghan, Brian Foley, Evan McRae, John Molloy, Erica Mercer, Lynn Choate, Val Prescott, Allen Tyson, Cecil Walkley, Norm Richards and Roy Fearnall.

## From the Editor

THANKS to Vic Waters for his work as editor of Vetrin in recent years. Good luck, Vic, from all your Veteran friends in your new venture, Athlete WA.

As for your new editor, I am not in a position to say a lot at present, except thanks to Jackie Billington for her generous assistance.

To all readers, I offer three ideas - 1. take an intelligent and caring interest in your fellow members - 2. You are what you train - 3. listen to your body. Please write to me on any of these themes.

Richard Harris, Editor Vetrin, 30 Cosmelia Way, Parkwood WA 6147.

## Athletics West Relays

A long-standing AAWA event, the Trigg relays, has become part of the Athletics West programme. Run over grass, sand and limestone, the event calls for six runners to each cover 2.5K, and then do it all again.

We fielded two teams. As in the Vets' Deadly Medley, the tough part is recovering in time to run the second stint.

Times below show the determination that relays bring to the fore.

Bert Carse	8:38	8:53
Duncan McCaulay	8:57	9:02
Evan Macrae	9:02	9:05
Bruce Wilson	9:29	9:31
Brian Foley	9:49	9:57
Ivan Brown	9:59	10:05
David Carr	10:01	10:13
Vic Waters	10:05	
Dennis Miller	10:25	10:37
Cecil Walkley	11:44	11:55
John Stone	12:10	12:11
Norm Richards	12:17	12:36

## Serge writes on 'The Full Moon Run'

GIVEN 60 hours, could you run across the mountainous, volcanic island of La Reunion? Total distance is 130K, and it's considered one of the toughest endurance events in the world.

Vets member Serge Toussaint just happened to be on that Indian Ocean island last October 'sipping pastis, recovering from an invigorating mountain walk, and looking forward to lunch' when pandemonium broke out, as 'Le Grand Raid' hit town.

'The event is open to all - runners, walkers, hikers, even dogs,' he writes!

'Although it's tough, Le Grand Raid is one of the most attractive runs in the world, through the most beautiful mountain scenery of the Indian Ocean.'

Serge's colourful account is too long for this edition of Vetrin, but he has given permission for it to appear in the August issue of Athlete WA, which will be received (free) by all club members.

## The Gasps and the Grunters

I HAVE been a member of the Vet's for two years and in that time I have come to the conclusion that there are two distinct categories of members within the Club. There are the "Gasps" who form the majority of the membership and are generally those athletes who do Fartlek, hit walls, have drink stops and get lonely, that is, the long distance runners. The remainder in the minority are those athletes who consider the expiration of air in an explosive growl as being an integral part of the particular athletic event. These are known as the "Grunter", that is, the track and field athletes.

Basically, "Grunters" can be divided according to the actual distance travelled during their event. Grade 1 "Grunters" categorise the throwers where the grunt is performed on release of the implement, Grade 2 includes the sprinters and jumpers where the grunt is performed at the climax of the effort on crossing the line or at the point of leaping and Grade 3 which includes the "weirdos" who run the 400, 800 and 1500 metres. In this instance the grunt is used on completion of the race as a verbal expression of the standard of competition.

In special circumstances a particular event may be elevated within the gradings due to modifications of the rules. This was the case a few weeks ago where the Standing Long Jump was introduced as a novelty event in our normal Wednesday night meeting. Under normal circumstances the long jump would be considered a Grade 2 grunting event but due to the omission of the run up the committee gave special dispensation for it to become a Grade 2 event. On the night many agreed that the inclusion of the grunt greatly improved performances.

As a specialist high jumper, I fall into the category of Grunter Grade 2 Subsection "A". The addition of the "A" subsection signifies that the event is not a normal Club event. High jump is an event which is not held at all within the programme of Club Track and Field nights. In fact, it is only held once a year at the State Championships. I have to get my 'fix' on Saturday afternoons at Perry lakes competing against the kids. Yes, I will admit that I 'flop' regularly.

I'm sure that there cannot be more than a couple of Grade 2A "Grunters" in the Club. Like the "Gasps" we too have our moments and our success stories and I am so proud to tell mine here.

I competed in High Jump at the 1994 State Veteran Championships and, being the only entrant in my age

group, I won the event. I had never 'flopped' before but with my coaching experience I knew the basics. I jumped 1.40 metres and was hooked. I just had to carry on so I set myself the goal for this year to break my age group record of 1.55 metres which had stood since 1987. My training over the winter period was intense and specific despite the injuries and I was also lucky enough to get some tips from WAIS coach, Tudor Bidder (who trains Alison Inverarity) at a coaching update workshop. Surprisingly however, Tudor is not a great proponent of the grunt. All the hard work paid off, on the 25th February 1995 I broke the record by jumping 1.56 metres.

You may ask whether it was all worth the effort, well, I can only explain the 'high' that comes with success as the only legal drug that could be sanctioned by the I.A.A.F. If I could package and sell the thrill that it gave me then I would be a very rich person. You may be interested to hear that I have already set next year's goal at 1.60 metres and I have commenced the conditioning phase of the winter training programme.

Sincere thanks

Dave Wyatt

## Murdoch Cross Country Run

30.4.95

DESPITE the insidious encroachment of bush tracks by car parks and new buildings, this is still essentially a cross country event with the usual hazards of rabbit holes, overhanging boughs and patches of hidden gum nuts lurking under hidden leaves.

Seventy two runners (and walkers!) set off on a cool cloudy morning on the annual figure of eight course, several of whom had participated in the previous days first cross country race (State Programme) at McCallum Park.

In the 5K run, Bruce Wilson was first past the chute in 20:20 and Ros Banyard being the first lady in 26:59. The 10K event was won by Jim White, a visitor from Scotland in 37:49. Dave Reid (38:18) was next and Jill Chambers was the first of the ladies in 41:56. This is becoming a bit of a habit with Jill, as I believe this is the third time she has been number one lady down the chute.

It was gratifying to see our senior medical colleagues competing so seriously, that after being just beaten by his gynaecological colleague, John Bell had to complete the last ten metres on his hands and knees. Keep it up boys!

All in all a successful run and many thanks to all those who helped with timing and marshalling on this tricky course.

John Spencer

## 10K

Dave Reid	M40	38:18
Evan McRae	M45	39:33
Jim Klinge	M45	40:06
Dave Roberts	M50	40:36
Lewis Arndt	M45	41:02
Bob Thomson	M45	41:34
Doug Hazell	M40	41:45
Jill Chambers	W45	41:56
Ivan Brown	M50	41:00
Vic Waters	M50	42:42
Mick Cousins	M60	42:43
Bill Crane	M55	43:02
Paul Hughes	M40	43:31
Ian Davies	M45	43:42
Vicente Carrero	M50	44:30
Milton Mavrick	M40	44:44
Dennis Miller	M55	44:50
Bob Sammells	M55	45:06
Brian Foley	M50	45:37
Maxine Santich	W40	45:48
Ted Maslen	M55	45:59
Dalton Moffett	M60	46:04
Keith Atkinson	M35	46:08
Richard Harris	M55	47:09
Roger Walsh	M50	47:45
Stan Lockwood	M65	48:03
Hamish McGlashen	M55	48:26
John Bell	M45	48:28
George Schaefer	M60	48:56
Helen Lysaght	W40	49:48
Ron Hillis	M50	50:23
David Walladge	M45	50:56
Merv Moyle	M65	51:06
Aldo Giacomini	M55	51:36
Brian Hunter	M50	51:58
John Russell	M60	52:32
George Peet	M60	54:32
Denise Lancaster	W45	54:35
Tom Stewart	M55	54:47
Shorty Turner	M55	56:34
Alan Chambers	M55	56:36
Kirt Johnson	M65	57:38
Selby Munsie	M60	57:41
Val Millard	W45	59:45
Stuart Hicks	M70	61:14

## 5K

Bruce Wilson	M45	20:20
Dick Blom	M60	21:23
Paul Martin	M50	25:10
Peter Airey	M55	26:00
Brian Danby	M45	26:19
Ros Banyard	W45	26:59
Robert Reece	M45	27:04
Stuart Parkinson	M45	27:11
John Stone	M40	27:32
Heather Sanderson	W45	27:40
Jan Jarvis	W50	28:23
Jackie Halberg	W45	29:01
Norm Miller	M60	29:31
Rosa Davis	W50	29:58
John Pellier	M55	30:45
Jackie Billington	W50	30:52
Allen Tyson	M70	30:52
Sheila Maslen	W55	31:51
Pat Miller	W55	33:36
Lyn Schickert	W50	33:39
Glennie Shanahan	W70	41:48

## 5K WALK

Tina Carrero	W45	31:25
Joan Hillis	W45	31:28
Gillian Peet	W55	32:01
Pat Ainsworth	W55	33:41

## VISITORS

Jim White	10K	37:49
Val Wheeler Walk	5K	33:44