



# The Vetrun



No. 210 March 1990

## W.A. VETERANS' A.C.

"Registered by Australia Post Publication No. WBI 11370."

**PATRON:** W.J. (Bill) Hughes  
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TO BE SEVENTY YEARS YOUNG IS SOMETIMES FAR MORE CHEERFUL AND HOPEFUL  
THAN TO BE FORTY YEARS OLD.

### ANNUAL GENERAL MEETING

The A.G.M. will be held on the 4th April 1990 at the Hockey Pavillion, Perry Lakes. Starting at 7pm. All positions are vacant but the following are willing to stand again if they are proposed:- Brian Foley, Bill Crellin and Mike Rhodes. The editor will be away for three edition of the newsletter so it would be best if someone could take over. The positions to be elected are:- Patron; President; Vice President; Secretary; Treasurer; Editor; Committee (Four Positions); Equipment Officer; Statistition; Handicapper; Librarian; A.A.W.A. Registrar (Summer & Winter); Auditor: There are nomination forms later in the newsletter. If you have any items that you wish to be discussed at the meeting please let the secretary have them in writing before the 18th March.

COMMITTEE MEETING. MEMBERSHIP RENEWALS. This issue has a membership renewal form enclosed. Subscriptions are due 1st April 1990. You will note that the subscription is the same as last year on the form, this may change at the A.G.M. so if you get your renewal in before then they will be accepted at the old rate. **DO IT NOW.**

State Track & Field Champs. On the entry forms the distances for the Steeplechase were listed wrongly. They should read M35-59 3000m; M60+ 2000m; All Women 2000m: If you have entered you will be put in the appropriate distance. The hurdle events are as follows M35-49 110m; M50-69 100m; M70+ 80m; W30-39 100m; W40+ 80m. again entrants will be put in the appropriate distance. **DON'T FORGET TO GET YOUR ENTRIES IN, AS NO LATE ENTRIES WILL BE ACCEPTED. (FOR ALL EVENTS).**

VOLUNTEER TYPISTS. We need the assistance of some typists to help on the three days of the Champs to type out the placegetters certificates. If you can help could you please let Rob Davis know. Typewriters will be supplied.

AUSTRALIAN VETERANS MARATHON CHAMPS. These are to be held on the 8th April 1990 in Canberra. This is the week before the National Track & Field Champs in Melbourne. If you are thinking of entering Rob Davis has the entry forms.

CLUB SINGLETS. Dont forget you are supposed to wear the club uniform at our State Champs, this is Black Shorts and White vest with black band and trim with the club badge. For interstate events the club uniform is black shorts with gold vest with black trim and club badge. Members of other clubs may wear their club uniform at our State Champs only. See Bill Crellin for club and State vests.

LIBRARY BOOKS AND CLUB EQUIPMENT. Have a look on your bookshelves and in the garage to see if YOU have any of the clubs library books or equipment at your house. If you have would you please return them to the Librarian/Equipment officer, Vic Beaumont as soon as you can so that he can list everything before the A.G.M.

STATE TRACK & FIELD CHAMPS. We urgently need helpers. Judges timekeepers, rakers, help to set out events and general helpers. If you can help at any time, between events etc, please let Rob Davis have your name so he can get a roster made up, then the same people do not have to do the work ALL the time.

## WHO DUNNIT?

A company once employed four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have.

Author Unknown

WE EXTEND A WARM WELCOME TO THE FOLLOWING NEW MEMBERS:-

Eamon Fitzpatrick M45 25/Mar/43: Pauline F Dawson W30 10/Aug/55: Rob W Roberts M65 27/Nov/23: Bob J W Allan M40 15/Jan.50: Allan W Cottrell M40 9/Nov/48:

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

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02-MAR-34	HARRIS	:	Raymond K	turns	56	remains	M55	
06-MAR-38	FAUNGE	:	Michael J	"	52	"	M50	
06-MAR-51	McAULEY	:	Fiona	"	39	"	W35	
06-MAR-42	SMITH	:	Frank	"	48	"	M45	
06-MAR-45	STONE	:	Jo	"	45	becomes	W45	
09-MAR-30	LAUHLAN	:	Lorna	"	60	"	W60	
11-MAR-49	AMOUROUS	:	William P	"	41	remains	M40	
11-MAR-44	FOLEY	:	Brian	"	46	"	M45	
12-MAR-16	BOULD	:	Clifford	"	74	"	M70	
12-MAR-36	MONKS	:	William	"	54	"	M50	
13-MAR-52	SANTICH	:	Maxine	"	38	"	W35	
13-MAR-45	SPENCER	:	Wendy	"	45	becomes	W45	
14-MAR-29	JOHNSON	:	Kirt	"	61	remains	M60	
16-MAR-35	GITON	:	Patrick	"	55	becomes	M55	
17-MAR-56	ROGERS	:	Estelle	"	34	remains	W30	
18-MAR-53	GOBBY	:	Karen L	"	37	"	W35	
19-MAR-46	HOSKINS	:	Stuart H	"	44	"	M40	
20-MAR-39	COOTE	:	Stephen J	"	51	"	M50	
20-MAR-40	LOLY	:	Mitch	"	50	"	M50	
20-MAR-45	SANDERS	:	Peter	"	45	becomes	M45	
20-MAR-32	SHAND	:	Robert Ian	"	58	remains	M55	
22-MAR-39	CAPLIN	:	Donald	"	51	"	M50	
22-MAR-38	ROBINSON	:	Margaret	"	52	"	W50	née Harman
23-MAR-44	SPEECHLEY	:	Anthony	"	46	"	M45	
24-MAR-49	HOLMES	:	Robyn L	"	41	"	W40	
26-MAR-22	STRACHAN	:	Duncan	"	68	"	M65	
27-MAR-47	BERG	:	Bob	"	43	"	M40	
27-MAR-43	DAVIS	:	Neil T	"	47	"	M45	
27-MAR-53	YATES	:	Avril	"	37	"	W35	
28-MAR-48	HILL	:	Peter	"	42	"	M40	
29-MAR-52	HAZELL	:	Douglas C	"	38	"	M35	
30-MAR-44	MacLIVER	:	Peggy	"	46	"	W45	
31-MAR-40	HOLLAND	:	Kathleen	"	50	becomes	W50	
31-MAR-39	McGLASHAN	:	Rosemary	"	51	remains	W50	

RUNS PROGRAMME. Owing to there being several alterations to the remainder of the programme, below is an amended list of runs for the remainder of the calendar. Please use this rather than the yellow programme.

4 March Club Pentathlon Perry Lakes Stadium Sam B Fergie  
 Nationals Course Cross Country Perry Lakes Drive 10km; 6km;  
 6km Walk: Sam B Foley

WA VETERANS  
 ATHLETIC CLUB

1990 -91 PROGRAMME

Date	Run	Distance	Venue	Start	Organiser
11 Mar	Pagoda Run	16km;10km 5km;10km Walk	McCallum Park	8.00am	R Davis
18 Mar	Dave Jones Course Relay	12km relay 6km Walk	McCallum Park	8.00am	D Jones
22 Mar	T&F Champs	Steeplechases	McGillvray	6.00pm	Committee
24 Mar	T&F Champs	Pentathlon Hammer,10km 5km walk	Coker Park Cannington	1.00pm	Committee
25 Mar	Group Jog	10km;5km;	Perry Lakes	8.00am	Committee
31 Mar 1 Apr	State T & F Champs		Coker Park	1.00pm	Committee
8 Apr	Medibank Fun Run.	10km	McCallum Park	8.30am	WAMC
15 Apr	Easter Bridges Jog	10km;5km;	McCallum Park	8.00am	Committee
22 Apr	Around the Houses	15km;6km; 6km Walk.	Fremantle North Mole	8.00am	L Lauchlan
25 Apr	10km Track Handicap	10km	McGillvray	7.00pm	J Whittam
29 Apr	Brockwell's Run	12km;6km; 6km Walk.	McCallum Park	8.00am	C Brockwell VMET
6 May	Murdoch X-Country	10km;5km.	Murdoch Univ Sports Ground	8.00am	J Spencer V
13 May	Kings Park X-Country	8km; 5km Road Walk	Saw Avenue Kings Park	8.00am	M Birks VBH
20 May	Jim Barnes Run (RRC 10k)	10km;5km; 10km Walk.	5 Tremlett St Thornlie	8.00am	J Barnes VBME.

WORLD VETERAN GAMES TURKU. FINLAND. 18 - 28 July 1991.

A group of members interested in going to Turku will be organising fund raising events during the next 15 months. These events will not be run by the club but by the members interested in going to Turku.

We ask you to support us. We will be organising raffles - morning teas - soup and rolls in winter etc.

Anybody wishing to join this group please contact Dorothy Whittam.

TIME TRIALS 15th March 1990. On this night there will be a 10km run and a 5km Walk.+ 200m; Javelin. We require lap scorers for the two long distance events. If you can help would you please let Margaret or Alan Stone know or tel. 446 9258. Thank you.

CLUB BADGES. Would members please try and remember to wear their name badges at club runs. We know that those who have been in the club a long time know one another, but it would help the newer members to get to know them as well.

CANTEEN AT STATE CHAMPS. We will be running a canteen at the champs and we would request anyone who can help by bringing along a cake or some other goodies it would be most appreciated. We will also require help in the canteen if you are available. Would you please let Jan Johnson know if you can help in either way. tel. 446 9666 (W)

WALKING CLINIC. We are hoping to arrange a walking clinic sometime in the near future, if we can fix a time. Watch the club notice board for details.

24 Hour Relay (Part 2) 1983

Few things are constant and by the time the Club held the Relay again

- . Belmont had been relaid as a 400m track,
- . Relay legs had to be reduced to 1600m as a result,
- . The men's Dunlop shield has held by the Tasmanian Veterans Over 40 team with a World Record of 420.512 kms set in November, 1983,
- . The ladies Dunlop shield has held by the NSW Veterans Over 35 team with a World Record of 345.036 kms,
- . A Canadian team had set a Mens Over 50 World Record of 394.790 kms.

Three WA Veterans teams attacked these records at Belmont on December 10/11, 1983. The results were.

Ladies Over 35 Team.

Alicia Ansell	Cheryl Amies	Doreen Dow	Kath Holland
Jan Fletcher	Erica Mercer	Joan Slinger	Barbara Leach
Kath Noordyk	Joan Pellier		

Distance: 341.840 kms (212 miles 716 yards), State Veterans Record.

"A" Team - Men Over 40.

Don Caplin	Ken Gilbert	George Innes	Bob Harrison
Maurice Smith	Jim Barnes	Frank Smith	Hank Stoffers
Frank Steere	Derek Hoyer		

Distance: 430.334 kms (267 miles 695 yards), World Veterans Record.

"B" Team - Men.

Brian Danby	Charlie Spare	Bill Monks	John Pellier
Ted Costello	Bob Sammells	Morris Warren	Ken Snowden
Graham Thornton	Kevin Martin		

Distance: 399.255 kms (248 miles 149 yards).

Men Over 50 Team.

Frank McLinden	Bruce Hollier	Don Stone	Dave Hough
Ray Lawrence	Merv Moyle	Brian Kennedy	Denis Wilmott
Alan Pomery	Gerry Noordyk		

Distance: 356.056kms (212 miles 716 yards), Australian Veterans Record.

The ladies beat their old World mark and narrowly failed to better the current one. However, Kath Holland had to withdraw after five legs and the rest of the team's efforts in continuing to go for the record, even when it was a lost cause, were something to see.

The mens "A" Team was possibly the strongest that could have been fielded by the Club and they ran true to form. The other two teams put in great efforts also, with excellent results.

1984

October 21, 1984, saw two very determined ladies teams at Belmont. They were going to attempt to break the Over 35 World Record, still held by NSW, and the Over 40 World Record of 299.437kms that was held by a USA team.

The first runners for each team committed themselves and their teams right from the start. They completed their legs inside World Record schedules and the teams maintained these for the whole of the Relay. Results were

Ladies Over 35 Team.

Jill Chambers	Alicia Ansell	Cheryl Amies	Jan Fletcher
Margaret Robinson	Doreen Dow	Trish Spain	Joanne Collins
Margery Forden	Sandi Hodge		

Distance: 353.437 kms (219 miles 1082 yards), World Veterans Record.

Ladies Over 40 Team.

Joan Pellier	Joan Slinger	Val Pach	Enid Crowther
Lorna Lauchlan	Kath Penton	Elza O'Dea	Dorothy Whittam
Mary Robinson	Marilyn Acreman		

Distance: 314.313 kms (195 miles 536 yards), World Veterans Record.

The near miss of the 1983 record attempt had made the Club's ladies determined to succeed and succeed they did. All at the track were full of admiration for these 20 ladies and their courageous, disciplined running. All told, an unforgettable experience.

1990

There is no other event like this for fostering Club spirit and it is time that the Relay was held again. The last word should be Joan's.

"There will be no problem getting another ladies Over 40 team together that could improve on the record. Team events like this, even a 12 hour or interclub relay, bring people together and a "closeness" develops; people really get to know each other.

1984 seemed a very special year for everyone because of the training and team spirit that the event gave rise to."

Bob Sammells.

Letters to the Editor:-

Dear Members,

I feel that it is most important that Race Directors measure their courses accurately.

If they are unable to do this themselves they should ask for assistance, I personally would offer to help, I am sure that other club members would also help.

The reason I think it is important are; Members race hard; The time is recorded; If the distance is not accurate members are disappointed:

We all know track events, A.A.W.A. events and Marathon club events are accurate.

Yours Sincerely

Morris Warren.

(The clubs measuring wheel is available from the equipment officer. D.)

Dear Jeff,

As a complete novice I became a member in 1982 and I can wholeheartedly endorse John Spencer's view of the spirit which exists in our club.

I also was annoyed by an american style telephone call from an insurance agent. The person concerned is a club member who I will not name, at this stage, but who could be the same person who contacted Barbera Dearden.

Some action has obviously had to be taken but I do not feel that we should amend our procedures in a negative way, with club title possibly being amended to "W.A. Veterans Anonymous"!!

Would it not be better to announce that the identity of the delinquent is known and that, in the event of a repeat performance, he or she will be called before the committee with the possibility of membership being cancelled and identity made public?

Yours Sincerely  
George Boakes

P.S. Telephone touting for business has become a part of modern times, worse luck. At 8pm on a Sunday night I was invited to take part in a newspaper opinion poll. I hung up without saying a word!! Actions speak louder than words.

STATE RECORDS

Tuula Vaalsta has very kindly sent me details of some of her times set in 1985/86 and new records are given below. The others are taken from the February newsletter.

Now that Karl Baumann has moved up to the M75s he has taken Dick Horsley's Javelin record and the Shot Putt record held by the late Reg Briggs. Congratulations, Karl.

New records are:

1500m	W55	P. CARR	6.33.00	23.11.89	equalled own record
1 Mile	W45	P. MCLIVER	5.50.00	14.12.89	
1500m Walk	W30	C. HOLLAND	8.58.00	11. 1.90	
3000m Walk	W45	M. STONE	18.03.00	23.11.89	
15,000m Road	W45	T. VAALSTA	1.10.15	17. 2.85	
16,000m Road	W45	T. VAALSTA	1.08.58	20. 7.86	
10 Miles Road	W45	T. VAALSTA	1.07.43	21. 7.85	
20,000m Road	W45	T. VAALSTA	1.27.54	12. 5.85	
Half Marathon	W45	T. VAALSTA	1.32.13	14. 9.86	
20 Miles Road	W45	T. VAALSTA	2.28.47	30. 6.85	
Marathon	W45	T. VAALSTA	3.13.59.10	15. 9.85	
110m Hurdles	M45	K. MARTIN	20.10	6. 1.90	equalled own record
1 Mile	M45	B. CARSE	4.43.00	14.12.89	
Javelin	M75	K. BAUMANN	20.20	18. 1.90	
Shot Putt	M75	K. BAUMANN	7.96	14.12.89	

Bob Sammells.

A.A.W.A. Perry Lakes. 3rd February 1990.

<u>60m</u>			<u>3km Walk</u>			<u>1500m</u>		
Pat Carr	W55	10.0*	Mike Rhodes	M40	19.37	Brian Foley	M45	4.33
Feggy McLiver	W45	9.1	<u>200m</u>			David Carr	M55	4.35
<u>400m</u>			Jim De Gruchy	M60	28.4	Ann Shaw	W40	5.01
Peggy McLiver	W45	65.6	Patricia Carr	W55	33.2	Feggy McLiver	W45	5.25
Jim De Gruchy	M60	67.6				Val Prescott	W45	????
Patricia Carr	W55	80.2						

10th February 1990

<u>Javelin</u>			<u>Hammer</u>			<u>Discus</u>		
Alan Stone	M55	34.56	Margaret Stone	W45	17.18*	Margaret Stone	W45	20.02
			<u>Shot</u>			<u>5km Walk</u>		
			Margaret Stone	W45	6.53	Margaret Stone	W45	31.18

## LONG DISTANCE RUNNING

It can fill up your life!

I was asked recently how many marathons I had run. So I decided to set them down – when you add them up, you see where your life has been. I hope that runners who are struggling to break 3 hours will take heart from these statistics – it took me 9 years to break that barrier as my main running focus then was 1500 and 5000 metre track races.

Over the years, I have recorded 80 starts in a run of 42.1K or more:

10 marathons where I did not finish – mainly early years  
 9 Ultra-marathons – 7 of these as 50 mile races  
 11 runs (not races) – therefore a total of 69 races  
 Did not finish 7 of first 11 races – since then only 3 DNF  
 1st marathon: Devonport, Tasmania 1967 3.20.04  
 1st marathon under 3 hrs: Victoria 1976 2.59.33  
 1st marathon under 2hrs 50: Victoria 1979 2.48.18  
 Fastest marathon: Victoria 1984 2.44.37  
 32 marathons under 3 hours; 6 under 2hrs 50

In the 1980s, I have recorded 30 marathon starts – 22 under 3 hours, including 5 under 2hrs 50; 3 DNF; 5 over 3 hours.

Bob Schickert

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M70

They tell me, "Now t'is Autumn Time."  
 As if I didn't know  
 The Heat of Summer's long since gone.  
 And Spring? Where did it go?

I recollect The Joys of Spring;  
 Life's Growth stirring – new –  
 The blossoming of Youthful Dreams  
 When all Things said were true.

Summer's Heat once held its sway.  
 Then all was "Effort and Persist!"  
 As I reached out beyond The Edge  
 Seeking Substance in The Mist.

But, now, t'is Autumn! Summer's Torch  
 I strive to hold up high,  
 Knowing Time's Hands rest upon My Years.  
 I glide — but cannot fly!

*Arthur Leggett*

J. Carr	M45	12.55	C Kernaghan	W45	4.17	<del>400m</del>		
P Sanders	M40	13.71	B Scott	W55	3.36	V Prescott	W45	74.6'
P Danby	M45	13.86	B Fergie	M50	9.92	I Carr	W55	82.8
E Gilbert	M45	13.93	R Spenger	M50	8.16	B Kernaghan	M45	56.1
D Roberts	M45	13.95	R Shand	M55	7.83	B Foley	M45	61.1
D Carr	M55	13.50	C Baumann	M75	7.67			
B Foley	M45	13.12	M Rhodes	M40	7.20	<u>Shot Cont.</u>		
K Forden	M50	20.57	A Tyson	M60	6.99	B Kernaghan	M45	6.35
A Tyson	M60	22.08	A Jenkins	M45	6.95	D Horsley	M75	5.72
R Spencer	M50	27.24	B Foley	M45	6.73	D Carr	M55	5.64
			J Whittam	M55	6.63	J Ferris	M35	5.29

1st February 1990

<u>1500m</u>			<u>3km Walk</u>			<u>Triple Jump</u>		
P McLiver	W45	5.22	L Romeo	W45	19.08	E Mercer	W45	7.89
E Mercer	W45	5.35	J Billington	W45	19.50	P Carr	W55	7.78
M Robinson	W50	5.56	D Whittam	W50	19.52	P McLiver	W45	7.43
K Fenton	W45	6.17	V Tyson	W65	22.32	M Polbert	M40	12.91
F Carr	W55	7.14	B Scott	W55	23.34	T Puller	M50	9.82
B Carse	M45	4.24	J Whittam	M55	22.33	D Walker	M55	9.73
E Gilbert	M45	4.29				T Foster	M45	9.17
B Foley	M45	4.36	<u>100m</u>			B Foley	M45	9.10
D Reid	M35	4.38	D Clive	M50	12.4	D Carr	M55	8.10
D Carr	M55	4.40	D Carr	M55	13.6	A Jenkins	M45	7.5
A Jenkins	M45	4.51	T Foster	M45	13.6	A Tyson	M65	7.00
D Davies	M40	4.59	D Walker	M55	13.7			
V Waters	M45	5.11						
T Foster	M45	5.19						
B Faxman	M55	5.15						
K Forden	M50	5.25						
A Tyson	M60	5.50						

8th February 1990

<u>400m</u>			<u>3km</u>			<u>1500m Walk</u>		
P McLiver	W45	66.1	M Santich	W35	11.21	M Stone	W45	8.42
M Santich	W35	67.1	R Bettles	W40	13.28	C Holland	W30	9.06
E Mercer	W45	73.3	J Langford	M45	9.20	T Lauchlan	W55	9.18
R Bettles	W40	78.2	S Barrie	M50	9.49	D Whittam	W50	9.30
F Carr	W55	82.1	P Smith	M45	10.01	E Mercer	W45	9.31
B Kernaghan	M45	55.0	P Sanders	M40	10.31	P McLiver	W45	9.32
D Carr	M55	59.4	D Carr	M55	10.36	V Tyson	W65	11.04
B Foley	M45	59.5	D Caplin	M50	10.52	B Scott	W55	11.40
T Foster	M45	67.7	D Roberts	M45	10.59	C Kernaghan	W45	12.0
<u>Long Jump</u>			V Waters	M45	11.03	M Rhodes	M40	8.1
D Whittam	W50	3.78	B Sammells	M50	11.08	B Foley	M45	8.38
C Holland	W30	3.78	T Foster	M45	11.30	A Tyson	M65	9.18
E Mercer	W45	3.63	R Stewart	M45	11.39	J Whittam	M55	9.43
P McLiver	W45	3.48	K Forden	M50	11.41	R Stewart	M45	9.49
P Carr	W55	3.11	B Foley	M45	12.34	B Fergie	M50	11.00
M Polbert	M40	6.21	<u>Long Jump Cont.</u>					
H Richards	M50	4.79	B Foley	M45	3.76	A Tyson	M65	2.92
T Foster	M45	4.30	D Carr	M55	3.64			

OMITTED FROM PREVIOUS RESULTS

<u>2nd November 1989 Hammer</u>			<u>4th January 1990 Hammer</u>		
D Whittam	W50	24.46	B Fergie	M50	33.08
L Lauchlan	W55	17.26	A Tyson	M60	19.34
J Pellier	W50	14.24	J Whittam	M55	17.98
E Mercer	W45	13.92	D Carr	M55	16.53
F Carr	W55	12.52	A Jenkins	M45	14.73
P McLiver	W45	10.68	B Foley	M45	12.53
			D Jones	M60	11.64



TIME TRIALS Cont. 15th February 1990

10km			Discus			5km Walk		
F Friest	vis	34.44	A Stone	M55	30.00	M Rhodes	M40	30.40*
J Kelly	vis	34.54	B Fergie	M50	26.62	L Romeo	W45	34.06*
B Schickert	M45	35.56	C Baumann	M75	21.58	D Whittam	W50	35.46*
J West	M40	37.05	J Whittam	M55	21.34	L Lauchlan	W55	34.26
D Reid	M35	37.16	A Tyson	M65	20.60	L Schickert	W45	34.51
J Fellier	M50	40.52	R Fass	M55	19.32	V Tyson	W65	37.59
D Davies	M40	40.59	D Whittam	W50	18.40	J Whittam	M55	38.49
T Foster	M45	42.39	E Mercer	W45	14.32	B Fergie	M50	38.49
A Tyson	M65	45.13	T Foster	M45	14.32	*1 extra lap (13 1/2 lap time)		
E Mercer	W45	48.31	B Baumann	W75	9.70	100m		
M Kelly	M40	48.38				B Dearden	W30	12.36

AFTER THE TIME TRIALS ON THE 15TH MARCH, THE NIGHT OF THE 10KM & 5KM WALK, THERE WILL BE A B.Y.O. B.B.Q. SO STAY ON AND SOCIALISE.

T Foster	M45	12.96
M Kelly	M40	13.29
B Faxman	M60	13.90
T Fass	M55	14.15

"Glass & a Half" Marathon  
Hobart. Tasmania 14/1/90

This was the first time I had run in Tasmania and I am sure Frank Smith would agree, when I say we were disappointed when Bruce Longmore took us over the course. The second half of the course was quite tough with the hills coming at the wrong time.

On the day prior to the marathon it was blowing a gale so neither of us had our hopes up for a fast time, it was a nice surprise however to wake up in the morning and find the wind had dropped considerably.

The people of Hobart were most helpful to Frank and myself, taking us to the start which was about 16km from Hobart, at Cadburys Chocolate Factory.

A field of 60 lined up for the start of the Marathon and 300 for the half marathon. After the first 500m I was running by myself and found it quite lonely. I remember passing only a few runners and being overtaken by three half-marathoners (at 100mph) and did not see many on the course.

I think it would be difficult to organise a marathon in Hobart without hills, and the last part with just a little flat around by the quay.

I thought I would save myself for the last 15km, as the final run down from Battery Point might cost me dearly. This never happened however and I finished with my legs holding up quite well and not in much discomfort.

I should like to return to Tasmania to run a marathon as it was so different from W.A., they have a marathon that runs from Catlands to Richmond, I took a look at this course and found it most interesting, quite scenic and totally local.

Jim Barnes.

RESULTS:- Marathon.

1. J Tuckey WA	2.28.32
2. G Foley	2.30.14
3. J Oliver	2.31.10
6. F Smith WA	2.38.21
14. J Barnes WA	2.54.44

Women

1. D Vanson	2.48.56
2. R Bushby	2.49.19

Half Marathon

1. D Giblin	63.45
2. A Carman	63.58
3. R Foley	63.58

Women

1. Lisa Martin	70.24
2. K Hindmarsh	77.12
3. C Horne	83.22

MILLERS RUN 7th January 1990

A beautiful sunny morning greeted the 81 runners and walkers as they started off along the track, which gradually became warmer and warmer the farther they went.

At the water-station unfortunately some runners were annoyed by a dog, we hope this didn't spoil your run too much.



FRIENDSHIP RUN

//  
Kings Park 21st January 1990. 12.4km & 6.2km

On a warm and very humid morning, 134 runners and walkers lined up for the start of the Friendship Run. 100 of these chose to do the 6.2km whilst 34 sweated out the second lap. We would like to apologise to those who took a wrong turn, we have always had a marshall at that point in previous years but this year he was press ganged into helping on the second water station.

In the short race Bert Carse fought off Tom Savin to win by 4 seconds with Geoff Lloyd being the third club member home. Kath Penton pipped Maxine Santich by 5 seconds with Roma Bettles in third place. No Ladies ran the 12.4km race. The mens race was won comfortably by Frank Smith, with Bob Schickert 2nd and Bob Argyle the third club member.

We would like to thank all our helpers, Recorders, Finish and the water stations.

Joan & John Pellier

P.S. A World Record for Water Drinking was created after this run.

RESULTS:-

12.4km

Frank Smith	M45	46.03	Jim Barnes	M45	53.07	Neville Daw	vis	59.56
Steve Mitchell	vis	46.42	Miké Khan	M45	54.06	Merv Moyle	M60	60.05
Bob Schickert	M45	49.26	Mark Rosen	vis	54.22	Vic Beaumont	M60	61.01
Neil McRae	vis	49.35	Ron Denty	vis	56.10	Richard Harris	M50	62.02
Bob Argyle	M40	50.20	Barrie Horsley	Vis	56.53	Rob Roberts	vis	62.40
D. Roberts	M45	50.42	Mike Traynor	M45	57.06	Daryl Williams	M45	65.54
Wayne Pantall	M35	50.47	Bernie Doughty	Vis	58.24	Morris Warren	M50	66.10
Bob Sammells	M50	50.51	Dalton Moffett	M55	59.35	Stan Lockwood	M60	67.32
Brian Danby	M40	51.02	Dave Hough	M55	59.37	????	??	68.59
Peter Sanders	M40	51.06	John Bell	M40	59.40	John Russell	M55	79.50
Ian Colquhoun	vis	52.12	Bill Crellin	M50	59.46	Frank Usher	M65	80.40
Kar Wang	vis	52.13						

6.2km

Bert Carse	M45	22.05	Maxine Santich	W35	30.11	John Bornholdt	M50	35.01
Tom Savin	M40	22.09	Basil Worner	M55	30.12	Ray Lawrence	M60	35.03
Wally Crowley	vis	22.48	Derek Walker	vis	30.28	Jill Midolo	W40	35.04
P McGoldrick	vis	23.49	Roma Bettles	W40	30.39	Margaret Warren	W50	35.35
Geoff Lloyd	M40	24.01	Margery Forden	W45	30.44	Elza O'Dea	W50	36.00
John Brown	M40	24.52	Jim Greenfield	M45	30.46	Jhyllis Farrell	W45	36.01
Derek Hoyer	M50	25.11	Tony Speechley	M45	31.07	Tay Chappell	vis	36.27
Peter Airey	M50	25.27	Tony O'Hare	M50	31.16	Patti McCarthy	W45	36.26
Paul Martin	M40	25.36	Bob Farrell	M45	31.19	Gorden Florence	M55	36.37
Mike Rhodes	M40	26.00	Alex Mokrzycki	M40	31.22	Lorna Lauchlan	W55	36.43
Vic Waters	M45	26.01	Dennis Willmott	,55	31.29	Mary Robinson	W50	36.50
D. Caplin	M50	26.10	Garth Derge	vis	31.55	Chelsea Wiltshire		
Joe Stickles	M50	26.16	Jeff Spencer	M45	31.58		vis	37.20
Barry Haywood	M45	26.18	Ron Potter	M45	32.00	Pauline Wiltshire		
Alan Croxford	M45	26.35	John Lindsay	M40	32.02		W45	37.20
Braham Thornton	M45	26.42	David Hall	vis	32.08	Ivan Wiltshire	M45	37.21
Pat Guiton	M50	26.48	Duncan Strachan	M65	32.09	Matt Elliott	vis	37.40
Shayne Hill	vis	27.05	John Maddison	M50	32.27	Karen Crellin	W45	37.40
Bryan Hardy	M45	27.07	Estelle Rogers	W30	32.28	Ron Spencer	M50	37.55
Merv Jones	M50	27.38	Pat Stark	vis	32.29	Peter Nicoll	M45	40.45
George Schaeffer	M55	27.45	Bill Webster	M55	32.32	Gerry Foley	M60	40.55
Alan Pomery	M55	27.52	Kirt Johnson	M60	32.40	Ernie Moyle	M60	42.19
Ian Thomsett	vis	27.55	Thomas Jaeger	vis	32.50	Syd Bowler	M65	42.42
Jaughan Ramsey	vis	28.08	Ann Turner	W50	32.57	Toni Frank	W40	42.45
Keith Forden	M50	28.26	Eddie Strickland	M70	33.06	Cliff Bould	M70	43.37
Canon Fitzpatrick			Roger Whalan	vis	33.17	Barbara Buchanan		
	M45	28.47	Joan Slinger	W45	33.29		W40	43.59
Allen Tyson	M60	29.50	Norm Miller	M55	34.40	Nora Berry	W60	44.47
Ron Sutton	M50	30.04	Fred Hagger	M60	34.46	M McGoldrick	vis	45.44
Kath Penton	W45	30.06				Sheila Maslen	W50	46.43
						Doug Montie	vis	48.18

WALKERS 6.2km

John Misson	M40	32.45	Jo Stone	W40	47.11	Jeff Whittam	M55	51.54
Barrie Thomsett	M45	41.04	Lynne Schickert	W45	47.17	Jaquie Beaumont	W50	52.06
Michelle Boyle	W40	42.08	Judy Hill	W40	47.22	Dick Horsley	M75	52.08
Bob Chalmers	M50	43.16	Jack Collins	M75	50.59	Shirley Cross	W50	52.12
Dorothy Whittam	W50	47.09	Pat Miller	W50	51.20			

## POINT WALTER RUN 28th JANUARY 1990

The run was held under unusual conditions for January, with it being cold, wet and windy, however a total of 90 people braved the elements. The start and finish for the run were moved to the kiosk shelter to provide some comfort. The day's events consisted of a 5.8km run and walk and a 11km handicap. A modification had to be made to the long course because there is now a dangerous corner on the road up the hill, but the new path is a better surface.

Over the 11km course Esther Healy's run off an estimated handicap placed her first across the line, but the winner of the event (with a listed handicap) was Doug Hazell. Fastest times were recorded by Stan Latchford, and Marg Forden.

In the short run Bert Carse was first home, Peggy McLiver gracefully took a detour to allow Kath Penton to be the first lady, and Barry Thomsett led the walkers out of the rain.

Thanks go to all those who assisted.

Mike Rhodes

## RESULTS:-

## POINT WALTER RUN 28TH JANUARY 1990

## 5.8KM

	Min	Sec		Min	Sec
1 BERT CARSE	21	40	23 SHEILA MASLEN	38	50
2 TOM SAVIN	22	13	24 GABBY RALPH	38	50
3 IAN THOMAS	23	36	25 PAT CARR	39	0
4 JIM GREENFIELD	25	20	26 BARBARA BUCHANAN	39	40
5 KATH PENTON	28	53	27 PAT WESTON	39	50
6 PEGGY McLIVER	?	?	28 BILL HUGHES	39	57
7 TONY O'HARE	30	6	29 BRIAN LETTS	40	22
8 RAY LAWRENCE	30	6	30 TONI FRANK	41	52
9 NORM MILLER	30	19	31 EAMON FITZPATRICK (VIS)	52	20
10 KIRT JOHNSON	30	30	32 JUNE STRACHAN	53	0
11 BASIL WORNER	32	19			
12 DAVID HALL	32	40	WALKERS		
13 PENNY DUFTY	32	40	=====		
14 JAN JOHNSON	32	50	1 BARRY THOMSETT	40	4
15 DON CAPLIN	32	50	2 JACKIE BILLINGTON	42	30
16 KAREN CRELLIN	33	15	3 JILL MIDOLO	42	35
17 SANDY HODGE	33	24	4 LORNA LAUCHNAN	43	2
18 DAVE CARR	34	15	5 DOROTHY WHITTAM	43	9
19 MATTHEW ELLIOT (VIS)	34	20	6 LYNN SCHICKERT	43	9
20 MAXINE TAPPER	35	59	7 JUDY HILL	46	30
21 IRENE FERRIS	36	12	8 DICK HORSLEY	47	27
22 GERRY FOLEY	39	9	9 JEFF WHITTAM	47	27
			10 PAT MILLER	47	50

11KM HANDICAP =====	TIME		HANDICAP		RUN TIME	
	Min	Sec	Min	Sec	Min	Sec
DOUG HAZELL	65	59	25	15	40	44
PHIL DUFTY	66	4	18	30	47	34
ROSA DAVIS	66	20	2	30	63	50
ESTELL RODGERS	67	17	8	45	58	32
STAN LATCHFORD	67	32	28	15	39	17 *
VIC WATERS	67	37	21	15	46	22
ROB DAVIS	67	50	13	30	54	20
JON DARTNELL	68	7	20	0	48	7
MARGARET BIRKS	68	32	18	15	50	17
PETER AIREY	68	36	21	15	47	21
DALTON MOFFET	68	51	20	15	48	36
PARTICK SHEERIN	68	57	13	15	55	42
MIKE TRAYNOR	68	59	20	45	48	14
MARGERY FORDEN	69	2	20	30	48	32 *
BRYAN HARDY	69	10	22	30	46	40
JOHN BROWN	69	14	26	15	42	59
WAYNE PANTALL	69	16	26	45	42	31
GEORGE PEET	69	29	16	15	53	14
HUGH KIKMAN	69	37	27	30	42	7
KEITH FORDEN	69	39	21	0	48	39
???????	69	40	?	?	?	?
MERV MOYLE	69	41	18	30	51	11
JOHN FERRIS	69	53	27	30	42	23
ROD STEWART	70	10	21	45	48	25
VIC BEAUMANT	70	14	18	30	51	44
JOAN PELLIER	70	16	14	45	55	31
ELSA O'DEA	70	20	8	0	62	20
JOHN PELLIER	70	27	24	0	46	27
BILL CRELLIN	71	18	21	45	49	33
TED MASLEN	71	42	25	30	46	12
BOB SCHICKERT	71	44	28	45	42	59
ARNOLD JENKINS	72	30	24	45	47	45
MORRIS WARREN	72	48	20	30	52	18
DENNIS WILMOTT	73	6	16	30	56	36
CLIFF BOULD	74	1	4	0	70	1
RICHARD HARRIS	?	?				
PHYLLIS FARRELL	79	14	14	45	64	29
ROB FARRELL	79	14	19	30	59	44
OTHER RUNNERS						
ESTHER HEALY	63	25	4	0	59	25
SELBIE MUNSIE	64	50				
DUNCAN STRACHAN	64	50				
DAVE ROBERTS	64	50				
CINDY DARTNELL	68	0				
CRAIG DUFTY	68	8				
SHAYNE HILL	68	38				
ALAN WHITELY	70	38	27	0	43	38
MARK ROSEN	70	51				

1/A  
CANNING CAPER  
4/2/1990

A hot day but a bit of shade made things easier. We had a problem with the clock not going but overall I think everyone enjoyed the scenic riverside run.

Results below. (Place getters in each race are underlined).

10K Run

1 Bert Carse	M45	35.37	2 Frank Smith	M45	35.42
3 Rob Raymen	M45	37.08	4 John Ferris	M35	38.39
5 Dave Roberts	M45	38.59	6 Wayne Pantall	M35	39.16
7 Brian Danby	M40	39.55	8 John Brown	M40	39.58
9 Alan Whitley	M40	40.39	10 Ted Maslen	M50	41.00
11 John Pressley	M40	41.35	12 Michael Kahn	M45	41.52
13 N. Davis	M45	42.04	14 P. Airey	M50	42.31
15 John Bell	M40	43.09	16 Phil Duffy	M45	43.13
17 Bob Sammells	M50	43.20	18 Dalton Moffett	M55	43.42
19 Brian Hardy	M45	43.45	20 Pat Guiton	M50	43.48
21 Bernie Doherty	V	43.52	22 John Pellier	M50	44.10
23 Vic Waters	M45	44.29	24 Peter Cole	M45	44.29
25 Alan Pomery	M55	44.46	26 Rod Stewart	M45	45.42
27 Ron Potter	M45	46.08	28 John Madison	M50	46.29
29 Bill Crellin	M50	46.57	30 Merv Moyle	M60	47.01
31 Mike Rhodes	M40	47.33	32 Ron Sutton	M50	47.53
33 George Peet	M55	48.25	34 Dave Hough	M55	48.54
35 Morris Warren	M50	49.53	36 Roma Bettles	W40	50.08
37 Robert Farrell	M50	50.23	38 David Carr	M55	50.57
39 Joe Trovata	M50	50.58	40 Rob Shand	M55	50.59
41 John Lindsay	M40	51.54	42 Ray Lawrence	M60	52.03
43 Patrick Sherrin	M55	52.04	44 Duncan Strachan	M65	52.39
45 Estelle Rogers	W30	53.07	46 Patrick Coughlin	M55	53.36
47 Ann Turner	W50	53.37	48 Joe Russell	M55	55.13
49 Norm Miller	M55	55.49	50 Elsa O'Day	W50	56.50
51 Frank Usher	M65	56.53	52 Margaret Warren	W50	57.07
53 Phyllis Farrell	W45	57.32	54 Gordon Florence	M55	57.33
55 Rob Davis	M50	57.44	56 Rosa Davis	W45	58.48
57 Mary Robinson	W50	60.00	58 Sid Bowler	M65	63.19
59 Gerry Foley	M60	66.13	60 Peter Nicholl	M45	66.18

6k Run

1 P. McGoldrick	V	21.42	2 Vaughan Ramsay	V	23.58
3 Don Caplin	M50	24.03	4 Brian Foley	M45	25.00
5 George Schafer	M55	25.15	6 Patrick O'Hare	V	26.17
7 Allen Tyson	M60	26.33	8 Fred Hager	M60	26.40
9 Peggy McLiver	W45	27.00	10 ? O'Hare	M50	27.04
11 Kath Penton	W45	27.14	12 Basil Worner	M55	27.15
13 Joan Pellier	W50	28.42	14 Pat Miller	W50	29.59
15 Sandi Hodge	W40	30.07	16 Penny Duffy	W45	30.08
17 Irene Ferris	W35	33.24	18 June Strachan	W60	34.16
19 Merv Moyle	M60	36.30	20 J Western	W50	37.07
21 Sheila Maslin	W50	37.07	22 T. Ralph	W35	37.08
23 Pat Carr	W55	37.26	24 Toni Frank	W40	37.47
25 M. McGoldrick	V	39.50	26 D. Montie	M65	44.04

6k Walk

1 John Mison	M40	30.12	2 Michelle Boyle	W40	38.26
3 Peter Hill	M40	38.28	4 Barry Thomsett	M55	39.03
5 Jackie Billington	W45	40.25	6 Lorna Laughlin	W55	40.40
7 Dorothy Whittam	W50	40.45	8 Dick Horsley	M75	45.25

Jill Midolo W40 22.29 and Val Tyson W65 (33.58) walked 4K. Jack Collins M75 (81.08) walked 10K.

Yokine Reserve 11th February 1990

REPORT ON THE "DEADLY MEDLEY RELAY"

This year's DMR proved to be a record breaker: firstly, because there were a record number of participants in the event (64 runners and 22 walkers) and secondly, the winning runners' team (Old Olympians) broke the 12kms. course record by several minutes. Congratulations! to Dave Reid, Peter Cole, Peter Hill and Alan Tyson for a great team effort. The handicappers will have their eyes on you four next year!

The event this year was also noteworthy because our walkers were able to fully participate - something that has not always been available to them in club fixtures. From looking at the number of walkers who entered (22), it appears they are becoming a force to be reckoned with and the club should be proud to have so many enthusiastic members of a hitherto 'Cinderella' group. Congratulations! to the winning walking team (Walking Wounded). Team members, Alan Whitely and Jacqui Beaumont have set an inaugural time for the 6kms. walk event that will be hard to beat (32mins.32secs.)

It was very pleasing for the organisers to see so many people supporting the event, especially those who normally prefer the longer runs. A special thanks goes to Hugh and Judy Kirkman who made the effort to participate although they had a plane to catch at 9.30am! We hope they made the flight.

An event like the DMR needs foreplanning and we thank those who spent time helping to select the teams: Don Caplin, Dave Carr, Mike Rhodes and Keith Jordan. Thankyou, also, to Jeff Whittam for organising the walking teams. On the day, our thanks go to helpers: Leo Hassam, Bill Crellin, Mary Robinson, Fred Hagger, Vic Waters, Brian Hardy, Dick Horsley and others who collected bags after the race.

It was good to see so many club members replenishing their energies "under the shade of the paperbark tree" after the race: one of the appealing aspects of our Club members is their dedication to the social side of athletics.

Thankyou everyone for your support.

*Keith* and *Basil*  
Keith and Basil

Results for both running and walking teams are detailed below:

Running Teams:

<u>1st</u> Old Olympians 43mins.7 secs.	<u>2nd</u> Jumbled Joints 43mins.53secs.	<u>3rd</u> Rusty Runners 44mins.11secs.
D. Reid P. Cole P. Hill A. Tyson	M. Flood A. Jenkins P. Nicoll M. Robinson	D. Caplin D. Roberts R. Bettles P. Dufty (fe)
<u>4th</u> Crumbling Calves 44mins.48 secs.	<u>5th</u> Breaking Backs 45mins.3secs.	<u>6th</u> Wonky Warriors 45mins.42secs.
B. Danby B. Paxman S. Hodge P. Alexander	T. Foster P. Martin E. Fitzpatrick A. Croxford	H. Kirkman V. Waters B. Monks J. Kirkman

7th Trembling Tigers  
45mins.45secs.

P. Airey  
B. Hardy  
P. Dufty  
J. Pellier (fe)

8th Alzheimer's Ankles  
46mins.25secs.

D. Carr  
M. Santich  
P. Carr  
F. Santich

9th Stragglng Strider  
46mins.30secs.

T. Savin  
R. Sutton  
J. Johnson  
P. Sheerin

10th Hobbllng Hawks  
47mins.4secs.

J. Ferris  
R. Potter  
J. Lindsey  
I. Ferris

11th Vanishing Veterans  
47mins.31secs.

F. Smith  
G. Schaeffer  
P. Weston  
S. Bowler

12th Faltering Flyers  
47mins.34secs.

R. Schickert  
P. McLiver  
V. Beaumont  
T. Frank

13th Niggly Knees  
47mins.50secs.

T. Maslen  
D. Moffatt  
R. Laurence  
S. Maslen

14th Aging Antelopes  
48mins.16secs.

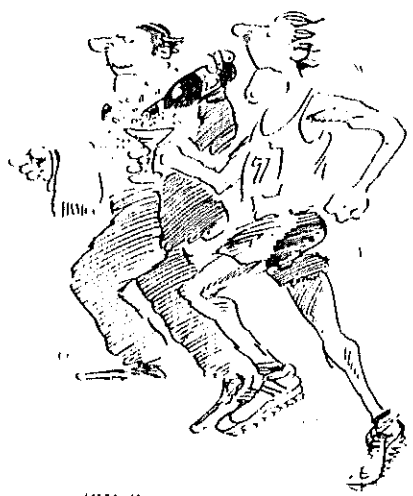
R. Sammells  
M. Warren  
R. Stewart  
M. Warren

15th Humble Hamstrings  
48mins.36secs.

K. Forden  
A. Turner  
A. Turner  
M. Traynor

16th Ailing Athletes  
49mins.54secs.

E. Healy  
A. Ansell  
R. Whalen  
R. Elmitt



"Well you don't expect the race director to drink just any old rubbish, do you?"

**Walking Teams:**

1st Walking Wounded  
32mins.32secs.

A. Whiteley  
J. Beaumont

2nd Die Walkyries  
36mins.46secs.

C. Holland  
H. Holland

3rd Rainwalkers  
37mins.16secs.

B. Thomsett  
J. Hill

4th Pick-up-ty-bed-  
and Walkers  
37mins.46secs.

R. Chalmers  
R. Worner

5th Walkathoners  
37mins.59secs.

J. Midolo  
D. Whittam

6th Walk-in Wardrobes  
38mins.4secs.

J. Pellier  
V. Tyson

7th Walk-a-Crooked-  
Milers  
38mins.40secs.

L. Schickert  
L. Lauchlan

8th Walkaholics  
38mins.44secs.

M. Stone  
D. Horsley

9th Walk-on-Waterers  
38mins.48secs.

J. Billington  
E. Moyle

10th Walkie-Talkies  
39mins.2secs.

M. Rhodes  
J. Collins

11th Walk-about  
39mins.44secs.

J. Whittam  
A. Stone



\*\*\*ROTTNEST ISLAND WEEKENDER\*\*\*

As mentioned in last months Vetrun, arrangements are und a long weekend running camp at Kingston Barracks, Rottne the weekend of 28 September to 1 October, 1990 (Friday e afternoon). We are still awaiting official confirmation but are very hopeful of obtaining bungalow accomodation people. Accomodation costs will be \$18.00 per person (th three nights and is very reasonable) and meals will cost is. again very reasonable (mandatory that all meals are t but who wants to carry all that food over there and be s well???). We also hope to get a discount on the ferry tra actual numbers).

There will be ample opportunity to participate in that h that all veteran athletes are noted for (running, walking golfing, fishing, snorkeling etc etc (not to mention the of the weekend!). There will be an offical race on the Su should attract most of the weekend participants. The rest yours, but be warned, we will probably organise some othe to keep you motivated.

Initial bookings will be limited to members and partners. unable to attract sufficient members to fully book our ac we will then open bookings to relatives and friends accom

If this type of weekend interests you, make a note in you and register as soon as entry forms appear in the newslet come first served!

Rob Davis

I.....nominate.....  
for the position of.....  
proposed by.....seconded by.....

I am willing to stand for the above position.

signed.....date.....

PLEASE SEND NOMINATIONS TO THE SECRETARY. BEFORE THE

ENTRY FORM FOR CLUB 10km TRACK HANDICAP to be held 25th April  
at McGillivray Sports Ground. (Under Lights) ENTRY FEE \$2.0

NAME..... Age Group....

NAME..... AGE GROUP....

ENTRIES TO:- Mike Rhodes. 26, Woodroyd Street, Mt Lawley. 6050

ENTRIES CLOSE: 14th April 1990. (Open to club members only)

to be followed by a b.y.o. Barbeque.

CLUB T/SHIRTS

These are now available..They are gold with a black trim and have the club badge on the left breast. They have a collar and a three stud fastening at the neck. Cost is \$16.00 each. Sizes are 10 - 24 (Unisex)

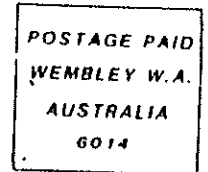
Please supply the following:- Qty.....size..... Qty.....size.....

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Please make cheques etc. payable to W.A.V.A.C.

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