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HAPPY BIRTHDAY TO OUR APRIL MEMBERS

ASHTON, Dave	27/04/45	47 remains M45	LANGFORD, Rosemary	19/04/50	42 remains W40
BEACHAM, Wanda	05/04/43	49 remains W45	MAHER, Christopher	07/04/53	39 remains M35
BOWLER, Sidney	28/04/23	69 remains M65	MAY, Jeff	26/04/54	38 remains M35
CHAPMAN, Bill	19/04/24	68 remains M65	McGLASHAN, Hamish	16/04/37	55 becomes M55
CHUA, Swee-Hong	02/04/33	59 remains M55	MEHARRY, Bill	02/04/50	42 remains M40
COLE, Peter	13/04/44	48 remains M45	PAPALIA, Shona	11/04/57	35 becomes W35
COUSINS, Olive	26/04/37	55 becomes W55	PETTMAN, Roger	18/04/43	49 remains M45
CRELLIN, William	28/04/38	54 remains M50	SMITH, Allen	12/04/49	43 remains M40
DeGRUCHY, Reginald	14/04/26	66 remains M65	SMITH, Maurice	26/04/34	58 remains M55
DRAYSON, Philip	16/04/53	39 remains M35	SPARE, Charles	19/04/39	53 remains M50
GRAY, Stuart	12/04/40	52 remains M50	STICKLES, Joe	19/04/38	54 remains M50
HALBERG, Jackie	10/04/46	46 remains W45	SUTTON, Ronald	10/04/38	54 remains M50
HOUGH, David	18/04/32	60 becomes M60	TASKER, Isabel	14/04/55	37 remains W35
JAMES, David	17/04/53	39 remains M35	TOLBERT, Murray	07/04/46	46 remains M45
JANKAUSKAS, Egon	02/04/47	45 becomes M45	WALKLEY, Cecil	29/04/29	63 remains M60
JOHNSTON, Maurice	09/04/37	55 becomes M55	WILTSHIRE, Ivan	29/04/41	51 remains M50
JOHNSTONE, Bob	12/04/42	50 becomes M50	YOUNG, Rob	21/04/44	48 remains M45
JONES, Thomas	11/04/92	100 becomes M100			



The Vetrums



No. 232 MARCH 1992

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

Not Just Sundays

CLUB running isn't confined to Sunday mornings. In this issue you'll find the Wednesday night competition results; on Wednesday April 8 it's our AGM; and all next weekend (April 5/6) you should be at Coker Park to watch, enjoy, help or participate in our own Vets Championships!

Please attend the AGM. If it's your first time, you'll learn a lot about the club. Details - centre pages; committee nomination form is printed below.

Champs for all

Don't think the track and field championships are not for you. We can all enjoy them, in the biggest club gathering of the year. Come along - next time you might have a go!

BUNBURY MARATHON

Another place to meet lots of Vets is Bunbury, May 3. More information - see page 5.



Christmas Prize Day?

...and now, for a little light relief, here's Sandi Hodge. Following her overwhelming success at the Christmas Gift Run in persuading people to show off their undies (or lack of same), smiling Sandi will go one better next year. We'll take a leaf from the fun-runners book, and make the event a costume run. Prizes will be given.

NOMINATION FORM

I
Nominate
For the position of
Proposed by
Seconded by
I AM WILLING TO STAND FOR THE ABOVE POSITION
Signed
Dated

In this Issue...

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**W.A. VETERANS
ATHLETIC CLUB**

**ANNUAL GENERAL
MEETING**

**7.00PM WEDNESDAY
8TH APRIL 1992**

**AT THE HOCKEY
PAVILION, PERRY LAKES**

AGENDA

1. PRESENT
As per AGM attendance book
2. APOLOGIES
As per AGM attendance book
3. MINUTES OF A.G.M. HELD
AT THE HOCKEY PAVILION
10TH APRIL 1991 as published
in April 1991 edition of
VETRUM. Limited copies
available from Secretary.
4. BUSINESS ARISING FROM
THE MINUTES
5. PRESIDENT'S REPORT
6. SECRETARY'S REPORT
7. TREASURER'S REPORT
8. WINNERS OF PATRON'S
TROPHY
9. WINNER OF REG BRIGGS
TROPHY
10. WINNER OF HANDICAP
TROPHY
11. ELECTION OF OFFICE
BEARERS
President Vice President
Four committee members
Secretary Editor *Vetrun*
Treasurer
12. ELECTION OF OFFICIALS
Auditor Statistician
Registrar: Summer/Winter
Equipment Officer
Handicapper Librarian
Patron
13. NOMINATIONS FOR LIFE
MEMBERSHIP
14. GENERAL BUSINESS
 - 1) CAPITATION FEES
(See page 3)
 - 2) Athletics Review

*(To help progress of the A.G.M.,
would any member planning to
raise items in general business
please give notice to the secretary.)*

AGM '91 ... AGM '91 ... AGM '91

**PRESIDENT'S
REPORT
1991/1992**

THE year has passed very quickly and it is AGM time once again. Being president of a club is something totally new to me and I have tried to combine the social side of our club with well organised runs, paying particular attention to safety.

As you will be aware, the Committee has decided to increase your fees, owing to a coming change in postal charges and other increases in general costs. The increase only amounts to \$2 per member or family. I believe this still represents value for money. I would like to see as many members as possible at the AGM, as there are a few important issues to discuss.

It would be of more benefit to the club to have decisions made by the majority rather than the minority. I would like to thank my Committee for all their help and advice throughout the year, with a special thanks to our quiet achievers, namely, Margaret Birks and Jackie Halberg. They have assisted Vic Waters, our editor, with the *Vetrun*. Also our two lovely ladies Bev and Maureen; Merv Jones who produces all the labels and printouts; and last but not least, Kirt Johnson who always seems to be there when help is needed. I would be happy to serve again as President for another year, if nominated and elected.

**Joan Pellier
President, WAVAC
11 March 1992**

Review of Athletics

OVER the past few months you will have read in the West Australian newspaper about the Review of Athletics by the State Government, the proposal being to bring athletic clubs together under an umbrella-type system. Recently, Brian Foley and I attended a meeting with Neil McKerracher, the new chairman of the

Federation. After much thought and consideration and with wholehearted concern for the future of our club, I would like to pass on to you some of the impressions I received, together with my own views.

It was indicated that we would not lose control of the running of our club. We are and always have been a self supporting body, totally under our own control. It may remain that way for the first year or so, but what happens next? Will we gradually be taken over by the umbrella system and lose some of that control? Once again it is the future that concerns me.

Another indication was that costs will not be incurred by our club due to the Government paying the first year's expenses. It would seem that a full time secretary and administrator will be employed to control the finance and administration of the system. Who will pay the cost? Hopefully, sponsorship! I believe this review will be instigated to prop up track and field athletics in Perth. My question is, do we really need that involvement? I cannot see any advantage in it for the Veterans' Athletic Club.

I would welcome the opportunity to discuss this further with you, and hear your thoughts and comments.

Joan Pellier

**TREASURER'S
REPORT**

BRIEFLY, the club's financial position is sound and full details on income and expenditure for the 1991/1992 year plus bank account details, etc, will be available at the annual meeting. Figures will also be published in a subsequent *Vetrun*. The small increase in fees was necessary to keep pace with pending cost increases and fee increases were set in terms of the constitution. Membership of the club now stands at 428, and during the year 77 new members joined us. Thanks for everyone's support and help during the year.

Bill Crellin

AGM '91 ... AGM '91 ... AGM '91 ... AGM '91 ... AGM

**SECRETARY'S
REPORT
1991 — 1992 Season**

AT the 1991 Annual General Meeting Bob Fergie retired as club Secretary, agreeing however to continue on in the position for a month while another member was found to take on the role. As no other member came forward, the committee reorganised itself and continued to function effectively for the remainder of the year. The monthly meetings were efficiently run and the work loads evenly shared.

The major administrative decision for the year was the purchase of a computer, for several duties. Its main use will be for the *Vetrun* production, as it has the capacity to reduce typesetting costs by one third. It can also be used for handicapping and for the organisation of the State championships.

The club's relationship with the Australian Association of Veterans' Athletic Clubs has been quiet over the year. The only contact has been for the two meetings, held in conjunction with the Australian Championships in Canberra, and the AGM in Brisbane in October. David Carr attended the AGM as the club's delegate, where the relationship with the Master's Games, and technical details of track and field events were the main topics for discussion. There was also a report from the manager of our team (including eight WA athletes) which attended the World Championships in Finland last July.

The Masters Games are due to be held in Perth towards the end of April, 1993. Our club will not be the organisers of the athletic events; however we have told the Masters' administration that we will assist with the conduct of the events as officials. The AAWA will be the primary organisers.

The Government has decided to restructure athletics in WA, after a lengthy review into the problems encountered by the fragmented

sections of the sport. Our club's autonomy will not be at risk when the new Athletics Federation comes into existence. The interim Chairman, Neil McKerracher, has assured Joan Pellier and myself that we will still be able to function as we always have done. We will be able to assist in the development of athletics through our depth of knowledge and experience.

The main concerns of the inquiry, which the Federation will attempt to resolve, are with the administration of the AAWA and its relationship with the Little Athletics Association. The Government then will deal with only one athletics group, which in turn will administer the whole sport. Our president will sit on an advisory committee to the Federation chairman.

The only administration problem which our own committee has is with the distribution of certificates and name badges! Any suggestion would be appreciated.

**Brian Foley
Acting Secretary**

**EDITOR'S
REPORT**

ELEVEN issues of *Vetrun* have appeared in the past twelve months, during which time we have made increased use of pictures and artwork, further improved design, typesetting and print quality. In general, race directors and other contributors have provided a timely flow of material.

Thanks are due to all contributors and helpers — but most especially to Rod Stewart and Jackie Halberg for their work in distribution (that most onerous of tasks); and to Margaret Birks for her editorial assistance.

Costs have been held in check, economies being effected with an occasional slim eight-pager, and a dual-month issue in October/November. Advertising revenue has also helped defray

costs. Hand distribution of many copies, on the Sunday after publication, has also saved money.

Now we have established *Vetrun*, it's important to look to the future, and take steps to ensure that we can maintain this essential pillar of the Vets.

Two developments will affect us in the coming year. First, bad news from Australia Post means our mailing costs will increase, as the Registered Publications system is phased out. For the Vets, this happens mid-1993.

The new 'Print Post' system leaves high and dry small organisations which mail less than 500 copies at a time; we will be paying regular letter prices next year.

It will become more important than ever for you to pick up your magazine on Sunday mornings. It's also important that our membership fee structure keeps pace with such inflationary developments.

Secondly, from the outset of the new-style magazine we have benefited from the generosity of typesetters and printer working for us at cost price. We're extremely grateful to them; but rather than trust to such kindness forever, we have now purchased a computer that will allow the Vets more control over our own destiny.

Material will be typed in by members, and supplied to the typesetter on disc for final pagination. This will save us cash, and the typesetter time, from the April edition onwards.

The initial computer cost will be defrayed by this saving, and the equipment is also available for other club purposes.

I have enjoyed creating the new *Vetrun*, and believe its improved communication power has been a positive boon to the club in the past year. This more than justifies the teething problems, hiccups, and time devoted to the magazine by so many members.

Vic Waters

A good field of 133 runners and walkers turned out on a beautiful morning after the day before when we had rain, rain and more rain. Very few patches of casual water and a light breeze - relatively cool for this time of the year. Congratulations to the 'first place getters' (male and female) being Brian Marsland and Maxine Santich in the 7.8km run, John West and Janice Rogers in the 15.6km run and Peter Hill and Margaret Stone in the 9.75km walk. Age records were set by Maxine Santich, June Strachan, Brian Marsland and Steve Barrie. Thanks to all our many helpers - much appreciated and well done.

Karen and Bill Crellin

15.6km Run

M35	
Wayne Robinson	57:55
Wally Crowley	59:14
David Jones	64:25
Adrian Noordyk	65:08
M40	
John West	55:19
David Reid	59:24
John Puglisi	59:49
John Ferris	61:44
Robert Mair	63:09
Brian Danby	66:48
Colin Watts	68:21
Lewis Arndt	71:33
M45	
John Pressley	60:25
Bob Harrison	60:59
Peter Sanders	61:10
Jim Greenfield	66:57
David Bryant	70:00
Alex Holm	75:06
George Maddox	75:20
Max Kelly	75:33
M50	
Paul Martin	64:53
John Pelier	68:02
Joe Stickles	68:42
Ron Sutton	76:02
Morris Warren	83:47
Ivan Wiltshire	89:01
M55	
Ted Maslen	64:37
Dick Blom	67:02
Ray Attwell	70:25
Richard Harris	74:24
Ron Potter	80:21
David Hough	83:38
John Russell	83:45
M60	
Robin Bonner	65:36
Dalton Moffatt	70:50
Alan Pomery	71:17
Cecil Walkley	72:10
Brian Paxman	74:59
M65	
Merv Moyle	74:52
W35	
Janice Rogers	71:32
W40	
Joanne Pearce	79:16
Roma Bettles	87:01

Teddy Birds Picnic

**Kings Park
February 9, 1992**

W45	
Kath Noordyk	75:38
Jacki Halberg	84:57
Pauline Wiltshire	86:15
W50	
Margery Forden	77:15
Visitors	
Martin Van Voorthinzen	55:20
Jim White	56:07
David Bishop	59:47
David Breen	62:16
Paul Newman	65:32
Mark Rosen	67:52
Kar Wong	69:39
Lyn Harrop	70:11
Vincente Corroero	71:20
John Petterson	79:15
Peter Le Breton	80:32
7.8kmRun	
M35	
Brian Marsland	27:20
Doug Hazell	28:42
M40	
Dave Scott	31:45
Jean Marie-Volet	37:53
John Lindsay	40:02
Bill Meharry	43:46
M45	
Vic Waters	31:22
Mike Rhodes	33:12
Arnold Jenkins	34:46
Ron Hillis	36:27
Bryan Hardy	38:51
M50	
Barrie Slinger	36:51
Merv Jones	38:07
Keith Forden	41:39
M55	
Steve Barrie	28:28
David Carr	31:11
Peter Airey	34:44
John Smith	39:29
Gorden Florance	47:12
M60	
Kirt Johnson	39:29
Ray Lawrence	40:26
Vic Beaumont	40:37
M65	
Garnet Morgan	39:17
Duncan Strachan	44:03
Frank Usher	47:11
Sid Bowler	50:49
M70	
Joe Brennan	44:25
W35	
Maxine Santich	33:45
Carol Broderick	37:26
Brigette Cheek	43:42

Irene Ferris	48:27
W40	
Judy Marsland	35:14
Judy Hill	65:07
W45	
Peggy MacIver	36:08
Sandi Hodge	42:54
Rosemary Maddox	45:36
Toni Frank	55:48
W50	
Joan Slinger	44:12
Esther Healy	48:47
Sheila Maslen	48:59
Joan Pellier	54:06
W55	
Margaret Warren	44:12
Mary Robinson	49:20
W65	
June Strachan	45:51
Visitors	
Mark Gorski	27:31
Peter Priest	28:08
Chris Gillard	30:20
Mark Pressley	31:04
Michael Sanders	31:57
Adrian Phillpott	33:27
Richard Mathews	34:14
Ian Passmore	34:53
Ron Baunda	35:40
Gary Harris	36:16
Simon Mort	36:50

9.75km Walk

M40	
Peter Hill	53:43
Graham Meyers	60:16
Egon Jankauskas	61:39
M50	
Rod Stewart	60:20
Barrie Thomsett	67:36
M55	
Jeff Whittam	75:12
Bob Fergie	75:12
Harry Vance	77:53
W45	
Margaret Stone	61:39
Joan Hillis	68:49
Irene Vance	75:25
Jo Stone	77:52
W55	
Dorothy Whittam	68:11
Jacqui Beaumont	77:53
W70	
Val Tyson	75:25
Visitors	
Brenda Mathews	37:14
Robert Sheehy	39:35
Lisa Hammersley	41:38
Heather Baunda	51:19

7.8km Walk

Dick Horsley	61:49
Pauline Kelly	61:49

**Don't hold your
breath, but...**

late results in our next issue
will include the Women's
Run, and the Pagoda Run.

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/ feel better now.

AFTER months of competition and thirty two point-scoring events, Peggy Macliver and David Carr have retained the Patron's trophies. More than ninety members contested the Wednesday evening events.

Some just ran their favourite events; others tried to build on their points each week. The maximum possible score is 1000 points per event for sixteen events: 16000 points.

Peggy's excellent score of 11515 put her ahead of Dorothy Whittam and Patricia Carr. David passed Brian Foley in the final event. Basil Worner was next with 7958.

TIME TRIAL RESULTS 1991-2

W30	
Leanne Hill	835
Shona Papalia	2359
Jane Robley	917
W35	
Maxine Santich	3814
Cathryn Holland	1572
Joan Marsh	60
Tessa Brockwell	1000
W40	
Judy Hill	339
W45	
Val Prescott	90
Kath Penton	2823
Margaret Stone	1226
Margaret Miller	20
Peggy Macliver	11515
Jackie Halberg	2752
Wendy Clements	64
Joan Hillis	785
Leslie Romeo	836
Erica Mercer	1023
W50	
Lyn Schickert	352
Marge Forden	542
W55	
Patricia Carr	8392
Noela Medcalf	6592
Dorothy Whittam	9047
W60	
Lorna Lauchlan	1738
Rae McMillan	1000
W70	
Valerie Tyson	986
M35	
Peter Brazier	840
Paul Woo	657
Peter Baxendine	2476
Jeff May	358
Steve Kilburn	2200
Chris Maher	1603

TIME TRIALS TROPHIES RETAINED

Ken Post	770
M40	
Tony Heppener	921
David Reid	1621
John Molloy	1660
Nick Bailey	1206
Duncan McAuley	1610
David Marsh	81
Peter Hill	2871
John Walker	827
Bruce McLennan	787
Brian Marsland	804
R Fenney	240
Brian Danby	420
Chris Brockwell	508
M45	
Jim Langford	934
Bob Harrison	717
Keith Martin	824
Frank Smith	1623
Brian Foley	9114
John Pressley	4211
Vic Water	1798
Mike Rhodes	1114
Brian Hardy	673
David Roberts	826
Bruce Wilson	1700
Gary Lynn	730
Murray Tolbert	3668
Ron Hillis	543
M50	
Joe Stickles	1042
Roland Matzke	214
Paul Martin	654
Don Caplin	1407
Dennis Miller	986
David Clive	2363
Ed Carroll	1986
Keith Forden	128
Mitch Loly	1630
John Pellier	3557
Hilary Desouza	820
Jim Ramsey	380
Merv Jones	754
Peter Gare	4962
Ross Calnan	3397
Barrie Thomsett	1517
Norm Richards	2415
Mel Ovenden	637
Joe Trovata	1253
Rod Stewart	1056
Bob Schickert	873
M55	
Steve Barrie	3905
David Carr	9422
Jeff Whittam	1149

Ted Maslen	752
M60	
Robin Bonner	6079
Frank McLinden	1599
Brian Paxman	2994
Cecil Walkley	582
Gordon Medcalf	4307
Basil Worner	7958
M65	
Garnet Morgan	1046
Allen Tyson	5989
M75	
Syd Coleman	2000

1K TIME TRIALS			
18.3.92			
FINAL 1K thrash at Coker produced a good range of age-group times. We're still looking to a fax/postal interstate match. Details to be advised.			
		1000m	
M35 N. Morfitt	2:40.9		
M35 M. Edwards	2:50.8	5.90m Lj	
M40 J. Molloy	2:37.2		
M40 A. Deans	3:06.4		
M40 K. Wong	3:15.6		
M45 B. Foley	2:52.0		
M45 V. Waters	2:57.9		
M45 J. Pressley	3:03.4		
M45 M. Tolbert		6.15m Lj	
M45 K. Martin		5.09m Lj	
M50 M. Loly	3:28.3	1KW 6:42	
M55 D. Carr	3:01.5		
M60 R. Bonner	3:14.3		
M60 B. Paxman	3:18.8		
M60 B. Worner	3:19.6		
W40 M. Santich	3:00.4		
W45 P. Macliver	3:24.1	3.79mLj	
W45 J. Halberg	3:32.6		
W45 L. Romeo		1KW 5:26	
W60 P. Carr	4:28.7		
Vic and Maxine (both from the Worner Stable) did well in the 1000m. Trackside observers think they may have peaked a little early for the championships. D.C.			
ASSOCIATION EVENTS			
7.3.92			
1500m	M45 B. Foley	4:38.0	
	M50 N. Miller	5:30.1	
	M55 D. Carr	4:49.5	
200m	W45 P. Macliver	30.4	
	M45 N. Richards	27.7	
	M65 R. DeGrunchy	31.9	
	M35 P. Brazier	23.6	
400m	M55 D. Carr	59.0	
	W45 P. Macliver	65.9	
Pole Vault			
	M45 K. Martin	2.35M	
	M50 N. Richards	2.00	
3000	M50 D. Miller	11:29	

Deadly Medley Relays			
February 2, 1992			
FOR a change, it was not 'deadly hot' and there were some fast times by the 'guns' in the 2k leg, with Duncan McAulay, Dave Roberts, Brian Foley and Rob Mair showing some great form.			
A pleasure to see two of our 'older members', Joe Brennan and Arthur Leggett, finishing 2nd and 4th respectively; and to see new member Gordon Croan in the first team.			
Perhaps, though, we should have had a special award for 'The Jumbled Joints' which included three members of the Kirkman			
1st			
'Straggly Striders'	B. Cheek	46:26	
B. Foley			
J. White			
J. Midolo			
G. Croan	43:21		
2nd			
'Crumbling Calves'			
D. McAulay			
A. Jenkins			
J. Dartnall			
J. Brennan	44:01		
3rd			
'Wonky Warriors'			
B. Paner			
D. Blom			
R. Hillis			
N. Medcalf	45:16		
4th			
'Humble Hamstrings'			
P. Martin			
J. Bell			
J. Woolhouse			
A. Leggett	45:48		
5th			
'Hobbling Hawks'			
D. Scott			
M. Robinson			
D. Bryant			
D. Hall	45:58		
6th			
'Niggly Knees'			
D. Roberts			
B. McLennan			
B. Meharry			

family — Judy, Hugh and Kym — and it doesn't matter where they finished really!			
There were a record 12 teams of walkers this year, and they put on a great show when John Mison and Judy Hill pipped Mike Rhodes and Egon Jankauskas by just four seconds! Perhaps the 'Walk-In-Wardrobes' (Val Tyson and Margaret Stone) should get 'best dressed' award for their fetching polka dot ensembles!			
Again, top marks to our 'seniors', Dick Horsley and Ernie Moyle (and his team-mate, the recent arrival from Canada, Joan Hillis). (Ron Hillis finished third in the running section in the 'Wonky Warriors' team).			
Thanks to a posse of helpers which included Phyllis and Rob Farrell, Margaret Birks, Leo Hassam, Bill Crellin, Joe Stickles, Bob Sammells (and any I've overlooked!)			
Special thanks to Mike Rhodes and Dave Carr who gave time to picking the teams of runners — a			
7th			
'Awesome Ankles'			
J. Klinge			
J. Pellier			
J. Halberg			
S. Hodge	46:41		
8th			
'Faltering Flyers'			
R. Mair			
R. Bonner			
J. Russell			
L. Lauchlan	46:54		
9th			
'Old Olympians'			
T. Maslen			
D. James			
M. Forden			
T. Frank	48:04		
10th			
'Trembling Tigers'			
G. Schaeffer			
K. Brownlie			
V. Waters			
E. Healy	48:11		
11th			
'Ageing Antelopes'			
A. Shaw			
P. Airey			
R. Bettles			
M. Webb	48:14		
12th			
'Rusty Rebels'			
D. Carr			

5th			
'Walk-in-Wardrobes'			
M. Stone			
V. Tyson	37:06		
6th			
'Walk-A-Holics'			
R. Stewart			
M. Lynn	38:54		
7th			
'Walk-On-Waterbeds'			
B. Thomsett			
H. Vance	38:55		
8th			
'Walk-Right-Onners'			
M. Boyle			
M. Robinson	39:05		
9th			
'Rain Walkers'			
D. Whittam			
I. Vance	39:07		
10th			
'Moon Walkers'			
Ba. Chalmers			
R. Horsley	39:36		
11th			
'Walk-A-Thoners'			
E. Moyle			
J. Hillis	42:15		
12th			
'Walk-A-Crooked-Milers'			
M. Loly			
B. Fergie	42:26		



Keep professionalism out of the Vets! Who's sponsoring these girls — Pierre Cardin, or Mary Poppins? difficult job. Also to Jeff Whittam for co-ordinating the walkers. Basil Worner/Kath Penton

Millers' Run

February 23, 1992

AFTER repeated requests for cool conditions for our run, we came up trumps. However there were some who complained of the cold, and even more complained about the strong easterlies blowing in. Well you can't have it all good!

95 runners and walkers tackled the undulating, winding track alongside the Canning River. Winner of the 6km run was John Puglisi in an excellent time of 21:43.

The first lade was Peggy McLiver in 27:22. In the 12km, Graeme Bergerson finished in another excellent time of 44:03, with Marge Forden the first lady in 55:20.

We would like to especially thank our helpers, Merv and Sue Jones, Kirt Johnson, Maureen Pomery, Bev Thornton and Ray Lawrence.

We must remember without our stalwart volunteers there wouldn't be any races.

Thank you also to all the runners and walkers for making the run a success.

Pat Miller

6km

J. Puglisi	M40	21:43
G. Lynn	M45	23:25
J. Woolhouse	M50	25:52
S. Mort	M35	26:21
K. Brownlie	M45	26:33
H. McGlashan	M50	26:43
P. Macliver	W45	27:22
B. Hardy	M45	27:57
B. Worner	M60	28:05
C. Broderick	W35	28:08
M. Loly	M50	28:42
G. Morgan	M55	29:38
P. Dufty	W45	30:26
K. Penton	W50	31:26
R. Maddox	W45	32:27
B. Cheek	W35	33:03
R. Davis	M55	33:26
P. Farrell	W45	34:26
E. Healy	W50	34:30
A. Jenkins	M45	34:34
R. Davis	W45	34:48
M. Webb	W40	36:02

R. Farrell	M50	36:15
G. Meyers	M40	36:31
S. Milligan	W50	36:47
M. Robinson	W55	37:09
S. Bowler	M65	38:46
T. Frank	W45	40:00
C. Bould	M75	40:17

Visitors

E. Hill		26:55
S. Parkinson		28:31
H. Box		29:38
L. Hamersley		29:55

12KM

G. Bergersen	M40	44:03
B. Schickert	M50	44:28
D. Hazell	M35	44:34
B. Harrison	M45	45:20
J. Klinge	M45	45:27
H. Kirkman	M50	47:02
D. James	M35	48:01
F. Smith	M45	48:12
J. Brown	M40	48:18
T. Maslen	M55	48:56
J. Greenfield	M45	50:22
J. Pellier	M50	50:52
J. Oldfield	M45	51:19
M. Johnston	M50	51:32
J. Bell	M45	51:33
T. Foster	M50	51:48
P. Airey	M55	52:23
J. Trovato	M50	52:27
A. Holm	M45	52:30
M. Kelly	M45	52:55
R. Harris	M55	53:10
D. Moffat	M60	53:14
B. Paxman	M60	53:19
P. Dufty	M45	53:31
A. Pomery	M60	53:49
G. Maddox	M45	54:09
M. Forden	W50	55:20
J. Tyrell	M40	55:54
R. Stewart	M50	55:56
M. Moyle	M65	56:15
B. Crellin	M50	56:42
M. Robertson	W50	56:57
R. Potter	M50	57:13
R. Hillis	M45	57:42
J. Lindsay	M40	59:35
M. Warren	M50	59:49
J. Halberg	W45	60:17
R. Sheehy	M45	60:33
J. Russell	M55	63:52
S. Hodge	W45	63:53
C. Oldfield	W45	67:03
S. Maslen	W50	79:35

Visitors

Paul Odam		44:24
Jim Seymon		45:07
Craig Dufty		46:10
Mark Collister		46:10
Nicholas Royle		49:06
Rebecca Foster		54:27

Walkers

6K		
J. Mison	M40	31:26
P. Hill	M40	32:42

E. Jankauskas	M40	35:23
M. Boyle	W40	41:28
J. Hillis	W45	43:51
J. Whittam	M55	43:51
L. Schickert	W50	44:20
V. Tyson	W70	47:40
R. McGlashan	W50	47:41
P. Kelly	W45	47:56
P. Foster	W45	47:56
M. Lynn	W50	48:02

12K

B. Thomsett	M50	82:59
D. Whittam	W55	86:19

THREE FOR EUROPE—AND A MARATHON DOUBLE?

THREE members, Dick Blom, Paul Hughes and Paul Martin are European marathon bound. Dick and Paul Hughes will contest the Rotterdam event — and might well be joined by Paul Martin.

Paul M., however, is first running in the London, one week earlier! The two marathons are usually run on the same Sunday, and knowing how difficult it is to obtain entry for the London race, Paul applied for both.

"Unexpectedly having an acceptance for both races, I might try the Dutch one too, though I certainly don't expect to be putting in anything like a serious performance," Paul told *Vetrun*.

All three were looking well at Lorna Lauchlan's Round the Houses run in mid-March, however. Paul Hughes finished well to the fore in the 13K event; Paul M. ended looking very cool; and Dick Blom is recovering well from the injury which has placed him uncharacteristically low in Sunday fields this summer.

Best of luck to all of them.

And...perhaps Paul Martin will surprise himself. Bob Sammells reminds us of Jim Barnes' performance in Europe about five years back, running three marathons in 14 days, two of them sub-3hrs, and the other just a few minutes over!

Notice Board

CAPITATION FEES BACKGROUND

(re suggested AGM 'General Business' discussion)

THE WA Veterans' Athletic Club is affiliated with the Australian Association of Veterans' Athletic Clubs.

Each member of the WA Vets contributes \$3 — from his/her club fee to support this national association. This is the 'capitation fee'.

There is some concern that this fee has been raised without consultation with member clubs and without indicating the purpose.

TOM IS 100!

HEARTY congratulations to the club's oldest member, Tom Jones, who in athletic tradition has now set a record by creating a new M100 category! Let's hope many more will follow where this centenarian leads.

FORMS PLEASE

SOME people do read the *Vetrun*, it seems.

Many members have made early payment of fees, following our page one story last time. Thanks, we really do appreciate your speedy response.

However, if you're one of them, and sent in payment without waiting for the form that's printed in this issue (page 11) would you kindly complete it now?

The treasurer must have an application form for every member. If you don't want to mutilate your magazine, a photocopy would be fine.

Late Run?

ANYONE making last-minute plans to visit Tasmania might like to call Vet Alan Smith, in Albany, on 098-415938. Alan has two air-tickets, and accommodation booked for the Hobart championships, which he is now unable to use.

NEW MEMBERS

Welcome to

Graeme Bergersen M40
Simon Mort M35
Tom Eyres M45
Mike Edwards M35

BEST wishes to Colin Leman, back in circulation now after hospitalisation.

Cleaning up on the Run!

SPOTTED in Floreat early one morning — Jim Langford on a training run, with an armful of empty cans he'd collected from the verge. This was a few weeks before the recent 'Clean Up Australia' day, and a terrific example for every other road runner and user.

If Jim Langford isn't too big to stoop and pick up a can, where does that leave the rest of us?

Perhaps we should insist he carries such a handicap all the time; then we might have a chance of catching him!

The Vetrun

Vetrun is the club magazine of the WA Veterans Athletic Club.

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DEADLINE for next issue — April 13.

*I came to see Australia,
It is quite an impressive land,
I brought our Neil along with me,
So that he could hold my hand.
We thought we would visit the Barrier Reef,
But the distance brought that scheme to grief.
So we saw the dolphins and kangaroos too,
And met some koala's in the Zoo.
But the best times were spent with the 'racing friends',
Who all work so hard to achieve their ends,
Those 'Vets' all make an early start,
Setting off on the road all in good heart.
Then they sometimes returned to a runner's home,
And we went along - we were never alone -
Where they would swap tall tales of things they had done,
And together they would plan their next little run.
'tho we have seen the country and we have seen the town,
Dined with friends and been taken around,
The Aussie welcome we will never forget,
Came from those 'Daybreak Athletes' that we met.*

by Anne Kelly
(Anne is Jackie Beaumont's sister)

Letters to the Editor

Dear Ed.,

I was unhappy to see the article GST AND THE VETS in the January edition of the *Vetrun*.

In the 15 years I have been a member it is the first time I can remember any politically biased article in the newsletter.

Where will it all end? How to vote cards in the *Vetrun* or 'Sausage Sizzle' runs in marginal seats prior to an election?

Keep politics out of athletics, the results of which can be determined by means of a stopwatch or tape measure.

The waffling of politicians and their ilk can often take years to disprove.

The best we can hope for, is that no Veteran Athlete will be living in poverty by the year 2000.

Mike Berry

Editor's reply

I can't agree that the piece in question was political'. Indeed, the subhead stressed it as 'apolitical', and I'll defend that.

Here's my editorial policy.

If something is relevant to the club, its activities, its members, or their interests — I run it. That could be very wide-ranging, and there are other places, other times to examine the more general topics that affect us all. So in general we stick to athletics.

*Keeping politics out of athletics — or any other human activity — is virtually impossible. We have politics within our own club! Party politics is another matter — and I agree we can do without that in *Vetrun*.*

However, any member has the right to air his views in any way he wishes. A letter to the editor is one of them. Provided the letter is relevant, fits the editorial criteria already explained above, and is not libellous, I run it.

It's a basic rule of objective journalism to avoid comment within a report. If you must comment, your story must carry your name, so that comment can be attributed to the writer.

*So Mike, your letter's fine. Should any member consider your final sentence to have political overtone, it's clear they're your overtones, not *Vetrun*'s!*

Finally, 'GST and the Vets' was contributed as a light-hearted way of pointing our implications to the Vets. It voiced pros and cons; was informative and entertaining.

Had I thought it party political I wouldn't have used it; if it was comment, it would have carried the writer's name.

Vic Waters

Dear Vic,

As a result of your exhortation in the February *Vetrun* I have renewed my membership. Early in the year, how about replacing the club T-shirt order form with a renewal of membership form so that those of us who are members of several organisations can remember to renew our memberships and also where to send them?

Yours sincerely
K A Brownlie

Thanks for the contribution, Ken. We generally print the form in March (see page 11)

Ed.

Dear Vic,

I am writing to ask the Committee, through the *Vetrun*, to keep the members informed as to what may happen to the Vets Club if we joined in the W.A. Athletics Federation.

I have been told by one of the main members of the Federation steering committee that his long term aim for the Federation is that there be eight or ten clubs situated around the metro area each catering for all Athletes from Little Athletes through to Veterans.

Is this what our members want? Do the members know what is going on? Please keep us informed.

Dorothy Whittam

Wellness Column

WHEN DID YOU LAST HAVE A GOOD LAUGH?

For centuries it has been said that laughter is the best medicine, and there is growing support for this in scientific and medical fields.

Did you know that laughter
(1) deepens breathing
(2) improves circulation
(3) speeds tissue healing
(4) stabilises many body functions
(5) relaxes the body - it reduces output of stress hormones
(6) relieves pain (it causes release of beta-endorphins which are natural pain killers produced in the brain.

Norman Cousins, in his book *Anatomy of an Illness* claims that ten minutes of unrestrained laughter gave him two hours freedom from his back pain. When the pain recurred, he put another funny film in the projector. Eventually he was completely cured of what is normally a progressive back disease.

From Sydney Vets Newsletter

TAKE CARE OFF THE ROAD

A frightening incident on the Kings' Park cycle path warns of the dangers for runners — even off-road. Member Vince Caruso was in a collision with a fast moving cyclist, knocked out, and badly cut and bruised. His running mate, John Bell, said:

"It was around 6.30am, Thursday March 12, and we were a 1/2K west of the tennis courts. A very big, fit, unhelmeted cyclist came towards us on a bend and hit Vince head-on. He was unconscious for 1-2 minutes, then started breathing, groaning and nursing bruises all over and a cut forehead. Worst of his resulting injuries has been a neckache.

"The cyclist suffered facial fractures, had blood pouring from nose and mouth. An ambulance was called, but both of them refused it, and Vince ran home!"

The message is — be alert, wherever you're running.



WA VETERANS' ATHLETIC CLUB

Affiliated to: Athletic Association of Western Australia; and the Australian Association of Veteran Athletic Clubs

MEMBERSHIP APPLICATION USE THIS FORM FOR RENEWALS, OR NEW MEMBER APPLICATIONS

I/we wish to apply for membership of the WA Veterans' Athletic Club and enclose the sum of \$ _____ in consideration thereof.

MEMBERS' DECLARATION

1. I, the undersigned, in consideration of and as a condition of acceptance of my membership with the WA Veterans' Athletic Club, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent

upon my entry and/or participation in any event organised by the WA Veterans' Athletic Club.

2. This waiver, release and discharge shall be, and operate separately, in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives, and officers of any of them.

IMPORTANT: this form must be signed by both applicants in cases of joint membership

Signature 1 _____ (Date) _____ Signature 2 _____ (Date) _____

PLEASE PRINT:

1. Surname..... Given Names.....
(Preferred name for Badge — eg. Bill, Sue etc.).....

ADDRESS:

Street..... Phone No.
Suburb/Town..... Postcode.....
☐ Male ☐ Female Date of Birth Occupation

2. Surname..... Given Names.....
(Preferred name for Badge — eg. Bill, Sue etc.).....

ADDRESS:

Street..... Phone No.
Suburb/Town..... Postcode.....
☐ Male ☐ Female Date of Birth Occupation

FEES: all new members — please add joining fee (\$5 single/\$10 double) — to fees shown below

**METRO — FULL YEAR
to March 31**

**SINGLE — \$22
JOINT — \$28**

**METRO — PART YEAR
Nov 1 — March 31**

**SINGLE — \$14
JOINT — \$21**

**COUNTRY
Only full-year available**

**SINGLE — \$15
JOINT — \$20**

CLUB USE ONLY

APPLICATION: ☐ Accepted ☐ Declined

Date of Joining: / /

☐ Welcome Letter

☐ Name Badge

Receipt Number _____

☐ Programme

Amount Received _____

SECRETARY _____

Date / /

TREASURER _____