## 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.
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#### HAPPY BIRTHDAY TO OUR MARCH & APRIL MEMBERS

	MARCH			SANDERS, PETER	20/03/49/30	becomes M50	JONES, DAVID	12/04/26 69	remains M65	
	CARROLL, ED	01/03/41 54	remains M50	SHAND, ROBERT	20/03/32 63	remains M60	DeGRUCHY, REGINALD	14/04/26 69	remains M65	
-	BOWEN, JEFF	02/03/42 53	remains M50	KERNAGHAN, BARRIE	20/03/40 55	becomes M55	TASKER, ISABEL	14/04/55 40	becomes W40	
	NILSSON, MAX	03/03/52 43	remains M40	CAPLIN, DONALD	22/03/39 56	remains M55	HEALEY, REBEKAH	05/04/62 33	remains W30	
1	HARRISON, BOB	03/03/42 53	remains M50	ROBINSON, MARGARET	22/03/38 57	remains W55	DRAYSON, PHILIP	16/04/53 42	remains M40	
1	McAULEY, FIONA	06/03/51 44	remains W40	SPEECHLEY, ANTHONY	23/03/44 51	remains M50	JAMES, DAVID	17/04/53 42	remains M40	
1	SMITH, FRANK	06/03/42 53	remains M50	KELLY, JANET	25/03/54 41	remains W40	MUIRDEN, PETER	17/04/58 37	remains M35	
	STONE, JO	06/03/45 50	becomes W50	HILL, PETER	28/03/48 47	remains M45	HOUGH, DAVID	18/04/32 63	remains M60	
1	MOLLOY, JOHN	06/03/51 44	remains M40	JOHNSON, PETE	28/03/46 49	remains M45	PETTMAN, ROGER	18/04/43 52	remains M50	
	SANDER, LEON	07/03/37 58	remains M55	HAZELL, DOUGLAS	29/03/52 43	remains M40	CHAPMAN, BILL	19/04/2471	remains M70	
	EVANS, JOHN	08/03/48 47	remains M45	RALPH, GABRIELLA	29/03/50 45	becomes W45	SPARE, CHARLES	19/04/39 56	remains M55	
1	LAUCHLAN, LORNA	09/03/30 65	becomes W65	MacLIVER, PEGGY	30/03/44 51	remains W50	STICKLES, JOE	19/04/38 57	remains M55	
1	HILLIS, RON	09/03/45 50	becomes M50	HOLLAND, KATHLEEN	31/03/40 55	becomes W55	PARKINSON, STU	20/04/47 48	remains M45	
1	FOLEY, BRIAN	11/03/44 51	remains M50	JENKINS, LUELLA	31/03/42 53	remains W50	YOUNG, ROB	21/04/44 51	remains M50	
ı	BOULD, CLIFFORD	12/03/16 79	remains M75	APRIL			BRUNT, GARETH	21/04/51 44	remains M40	
1	WATTS, COLIN	12/03/50 45	becomes M45	BOWER, JILL	03/04/38 57	remains W55	PREWETT, SUSAN	23/04/54 41	remains W40	
١	SANTICH, MAXINE	13/03/52 43	remains W40	MAHER, CHRISTOPHER	07/04/53 42	remains M40	CHAMBERS, KEITH	24/04/52 43	remains M40	
ı	SPENCER, WENDY	13/03/45 50	becomes W50	JOHNSTON, MAURICE	09/04/37 58	remains M55	SMITH, MAURICE	26/04/34 61	remains M60	
١	LIPSCOMBE, FRANCES	13/03/58 37	remains W35	HALBERG, JACKIE	10/04/46 49	remains W45	BOWLER, SIDNEY	28/04/23 72	remains M70	
1	JOHNSON, KIRT	14/03/29 66	remains M65	SUTTON, RONALD	10/04/38 57	remains M55	WALKLEY, CECIL	29/04/29 66	remains M65	
	GUITON, PATRICK	16/03/35 60	becomes M60	CHAMBERS, JILL	10/04/49 46	remains W45	WILTSHIRE, IVAN	29/04/41 54	remains M50	
١	ROGERS, ESTELLE	17/03/56 39	remains W35	PAPALIA, SHONA	11/04/57 38	remains W35	LOLY, AMY	30/04/62 33	remains W30	
1	ELDRIDGE, STEVE	18/03/41 54	remains M50	JOHNSTONE, BOB	12/04/42 53	remains M50	TIVERIOS, JEANETTE	30/04/57 38	remains W35	
ı	LOLY, MITCH	20/03/40 55	becomes M55	SMITH, ALLEN	12/04/49 46	remains M45	BONJOUR, RITA	30/04/43 52	remains W50	
١										



# The Vetruns



NO. 259 MARCH 1995

## **RACE CHANGES**

IMPORTANT changes have been made to our Sunday race programme.

Please amend your annual programme - now - and avoid confusion in April/May when these changes take effect.

Beginning April 9, your card should now read, as follows:

09-Apr	Group Run/+W		McCallum Pk	08.00
23-Apr	Pagoda Run/+W	16K/10K/5K	McCallum Pk	08.00
07-May	Reabold Hill	10K/5K	Perry Lakes	08.00
	Cross Country/+W			
14-May	Jim Barnes Run	10K/5K	Kent St,	08.00
11 -		Run (RRC) +W	Wilson	
21-May	Andy Wright Run/+W	10K/5K	Aquinas Coll.	08.00
28-May	Uni & Back (RRC)	15K/8K	McCallum Pk	08.00
D = 0 1 -		Walk (RWC)	15K	07.30

By way of explanation (from that well-known race-fixer, Bob Sammells) the KFC Bridges Fun Run falls on April 9, which pushed our Pagoda Run to the 23rd. The Bunbury Marathon is on May 7, clashing with Jim Barnes original date.

Jim's run being the first part of the Road Race Championship, many members would want to be in it; and many of the same would be going to Bunbury. Finally, Margaret Birks needed a new date for her Birkwater event, at a time of year when there's more early morning light for marking the course.

(Don't let anybody tell you it's easy to arrange a race calendar!)

## REMEMBER...

WAVAC AGM is at 7pm, Tuesday April 11, at Hockey Club Rooms, Perry Lakes. Please bring a plate.

## REMEMBER...

HELPERS are needed for the club's championships at Coker Park, March 29, 31; and April 1 and 2. Also - we need donations of sandwiches and cakes for that April 1/2 weekend. Call Jacqui Halberg - 364 4474.

# In this Issue...

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President
Notices
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Championship Changes P5
Quiz Night, Myalup, and LettersP6
MOSMAN PARK RUN SHOALWATER RUN
Birthdays

# Club records set in 1k races

I KNOW Bob Sammells will check this out, but I believe we may have overlooked some new club and State 1,000M records this season.

In October, Jim Langford clocked 2:57.5, bettering Don Caplin's M50 record of 3:05.5 (set 16.10.91).

In the results shown below, Brian Foley has lowered that record again, recording 2:57.1 for the 1K.

He can add this to his M45 record, still standing at 2:52.00!

Also in January, David Carr snatched Robin Bonner's M60 crown, bringing the best time down to 3:11.9.

(Robin's time of 3:14.30 was set in 1992.)

Last October, Anne Shaw lowered Peggy Macliver's W45 record by a second, when she set 3:23.1. The same night, Karen Gower established a W30 record of 3:36.6; Cathrin Holland set the W35 1K walk record at 5:41.8; and finally, M70 Garnett Morgan also joined the honours list in a run time of 4:33.7.

#### MORE CHANGES to Championships T&F Programme

Please turn to page 5 for these important amendments.

The Vetrun

# Editorial by Vic Waters

# Who'll share the load?

Wanted: assistant editor.

Qualifications: willingness to learn how Vetrun is produced; some ability in writing and design; time to spare; and ambition to take over as editor.

ABOUT this time of year, Vets committee members, and other office holders like me, have to make decisions.

Whether to go, whether to stand again, that is the question.

'Volunteer burn-out' is the problem.

Most clubs suffer it; most aren't even aware they have it.

In the Vets we've been lucky so far. With the wealth of retired talent in the club, there really shouldn't be any shortage of helpers.

It's interesting, though, that so many of the committee, and other drivers of the club, hold down full-time jobs, and still have family responsibilities

I have been producing Vetrun for a few years now. It's gradually become more efficient, and the load is shared by several people.

We've made a lot of changes, for the better, I believe.

But that doesn't mean the magazine couldn't be improved.

Given more time, there are many things I should like to do.

However, I have less time to spare, not more - and that's why an assistant editor is needed.

That person would eventually take over the main job, and I would become the assistant, ready to help and advise, and contribute more writing to the magazine.

So I shall stand as editor once more at this year's AGM, on condition that someone else will join the team as editor-designate.

Finally, may I beseech more Vets to offer their services to the committee?

There are several committee posts to fill - and extra help on the work-groups is always welcome.

Is it time for YOU to share the load?



## McGillivray

#### December 7, 1994

SHOT PUT Cathryn Holland Peggy Macliver Patricia Carr Rory Trotter Dave Wyatt David Willmer Ian Passmore Arnold Jenkins Keith Martin	W35 W50 W60 M35 M40 M40 M50 M50	8.40m 7.21m 6.24m 9.60m 7.36m 6.23m 8.25m 8.03m 7.78m
Brian Foley Mike O_Reilly Rob Shand	M50 M55 M60	7.46m 8.34m 8.12m
<b>1500m Walk</b> Cathryn Holland Peggy Macliver Milton Mavrick Brian Foley Arnold Jenkins David Carr	W35 W50 M40 M50 M50 M60	8:54 8:55 8:53 9:16 9:47 10:30
Greg Van Der Sanden David Willmer Milton Mavrick Ian Davies John Pressley Jim Langford Inaugural record Brian Foley	M35 M40 M40 M45 M45 M50	10:42 10:51 11:48 10:45 11:00 9:22*
Ian Passmore Arnold Jenkins Alan Jennings Don Caplin Alan Tyson 1 lap short	M50 M50 M50 M55 M65	11:59 12:13 13:06 11:23 13:09
<b>400M</b> Cathryn Holland Greg Van Der Sanden John Molloy	W35 M35 M40	76.0 55.0 56.5

4001/1		
Cathryn Holland	W35	76.
Greg Van Der Sanden	M35	55.
John Molloy	M40	56.
David Willmer	M40	66.
Milton Mavrick	M40	68.
John Pressley	M45	72.
Peter Gare	M50	61.
Ian Passmore	64.4	
Alan Jennings	M50	67.
Mike O_Reilly	M55	65.
Don Caplin	M55	68.
Ross Calnan	M55	69.
Jim Riddell	M55	72.
David Carr	M60	63.
Allan Tyson	M65	79.

## Coker Park

### January 4, 1995

/	
M35	2:40.1
Vis	2:56.8
M50	2:57.1
M50	2:57.9
M60	3:11.9
M50	3:13.3
M50	3:15.5
M50	3:20.3
M65	4:11.2
	Vis M50 M50 M60 M50 M50 M50

## Track and Field 1994-1995

OUR six-month T&F programme culminates with the annual championships, the final weekend being April 1st and 2nd.

Full results will appear in Vetrun 260. The Patron's Trophy was contested October/December, and winners will be announced at the club's AGM on April 11 at Perry Lakes, Hockey Club Rooms,

at Perry Lakes, Hocke	ey Club R	looms.
200M		
David Wyatt	M40	26.4
Eileen Hindle	W45	27.8
David Carr	M60	28.7
Ian Sanders	M35	28.9
Ivan Brown	M50	29.0
Arnold Jenkins	M50	29.7
Alan Tyson	M65	33.9
Noela Medcalf	W55	36.2
5,000M		
Bert Carse	M50	18.20
David Wilmer	M40	18:39
Tessa Brockwell	W35	18:57
Ivan Brown	M50	20:22
Maureen Stewart	W55	22:15
Robin Bonner	M60	24:13
Alan Tyson	M65	24:43
Long Jump		
Greg VanderSanden	M35	5.06
Eileen Hindle	W45	5.03
David Wyatt	M40	4.99
Hammer		
Arnold Jenkins	M50	20.19
Alan Tyson	M65	16.73
Noela Medcalf	W55	16.22
Discus (Dec 12,	94)	
Noela Medcalf	W55	19.57
Arnold Jenkins	M50	17.73
Patricia Carr	W60	14.03

## Coker Park

## January 18, 1995

90M			
Lynn Choate		W40	12.11
Dave Wyatt		M40	12.18
Keith Martin		M50	11.83
Norm Richards	γ	M55	11.99
Lyn Choate		W40	13.57
Peggy Macliver		W50	15.31
Ian Sanders		M35	14.23
Dave Wyatt	3	M40	13.50
Milton Mavrick		M40	14.66
Chris Kelly		M40	15.76
Arnold Jenkins		M50	14.30
Norm Richards		M55	13.14
David Carr		M60	14.55
400M			
Peggy Macliver		W50	74.99
Ian Sanders		M35	70.85
Milton Mavrick		M40	73.45
Chris Kelly		M40	75.95
Roy Fearnall		M50	59.23
Keith Martin		M50	59.34
Peter Gare		M50	60.16
Arnold Jenkins		M50	64.83
Brian Foley		M50	65.94
Ivan Brown		M50	66.69
Norm Richards		M55	71.15

#### 3000M Tessa Brockwell W35 10:52 Dave Reid M40 10:04 12:51 Milton Mavrick M40 13:24 Chris Kelly M40 Bert Carse M50 10:14 Brian Foley M50 11:01 Ivan Brown M50 11:33 Arnold Jenkins M50 13:26

David Carr	M60	11:32	
Robin Bonner	M60	13:05	
Allen Tyson	M65	15:33	
<b>JAVELIN</b>			
Lyn Choate	W40	17.72M	(
Gay Wyatt	W40	9.68M	-
Peggy Macliver	W50	16.82M	
Patricia Carr	W60	19.46M	
Ian Sanders	M35	21.98M	,
Chris Kelly	M40	26.82M	(
Dave Wyatt	M40	24.94M	
Peter Gare	M50	33.64M	
Rob Shand	M60	31.66M	
Allen Tyson	M65	19.10M	
DISCUS			

Allen Tyson	M65	19.10M
DISCUS		
Lyn Choate	W40	19.22M
Gay Wyatt	W40	14.36M
Peggy Macliver	W50	18.36M
Dorothy Whittam	W55	18.98M
Patricia Carr	W60	16.38M
Dave Wyatt	M40	21.22M
Chris Kelly	M40	18.42M
Peter Gare	M50	33.56M
Rob Shand	M60	30.32M
leff Whittam	M60	22.34M
Allen Tyson	M65	21.32M

### January 25, 1995

January 2	5, 133	75
5000M		
Tessa Brockwell	W35	18:51
Milton Mavrick	M40	22:36
Bruce Wilson	M45	18:22
John Pressley	M45	19:05
Ivan Brown	M50	20:30
Arnold Jenkins	M50	22:46
Don Caplin	M55	20:27
Rob Shand	M60	21:40
Robin Bonner	M60	22:55
1500M		
Milton Mavrick	M40	5:40
Chris Kelly	M40	6:09
John Pressley	M45	5:27
Brian Foley	M50	4:54
Arnold Jenkins	M50	5:57
Don Caplin	M55	5:01
2000M-W		
Dorothy Whittam	W55	13:28
Jeff Whittam	M60	14:43
400M		
Lyn Choate	W40	67:82
Greg VanderSanden	M35	53:11

## **CHAMPIONSHIP CHANGES**

THE detailed programme for our annual championships contained some

Please make the following corrections to your copy, printed in Vetrun 258, and check whether they affect your entry. Jacqui Halberg should be contacted if you wish to make late changes, because of these errors on our part.

	073	/160, and all W / M55	4.15pm 4.25pm	W30/45 W50+	800M 800M
April 1: 12.15pm 12.45pm 1.00pm 1.20pm 1.30pm 1.55pm 2.00pm 2.40pm 2.50pm 3.00pm		80M Hurdles Long Jump Shot Putt Long Jump 400M Triple Jump Javelin 100M 200M Triple Jump	9.45am 9.45am 10.10am 10.15am 10.25am 10.40am 10.50am 11.10am 11.20am 11.30am	W30/45 W50+ M50+ W50+ W30/45 W50+ M50+ W50+ W50+ W30/45	400M Shot Putt Long Jump 400M Shot Putt Triple Jump Javelin 100M 200M Triple Jump
3.10pm	M50+	800M	11.40am	W50+	1500M

January 25 –	continue	es	Octor
John Pressley	M45	74:87	Coker
Keith Martin	M50	58:50	
Peter Gare	M50	59:35	February
Arnold Jenkins	M50	66:27	i ebidai y
David Carr	M60	62:25	Long Jump
ZOOM			Gay Wyatt
Lyn Choate	W40	28:51	Eileen Hindle
lan Sanders	M35	29:18	Dave Wyatt

All M/W 2,000M Walk

Discus

W50+

3.35pm

Tall Salluels	10133	29.10	
Dave Wyatt	M40	26:94	
Chris Kelly	M40	33:37	
Norm Richards	M55	28:12	
David Carr	M60	29:12	
Long Jump			
Gay Wyatt	W40	3.24	
Janet Jarvis	W45	4.17	
Dave Wyatt	M40	5.08	
Chris Kelly	M40	3.89	
Keith Martin	M50	4.95	
David Carr	M60	3.71	
Shot Putt			
Pat Carr	W60	6.30	
Ian Sanders	M35	6.38	
Chris Kelly	M40	6.25	
Arnold Jenkins	M50	7.83	

Coker	Park
- Olifer	7 67 26

### February 8, 1995

	-,	_
400m		
Lynne Choate	W40	65.57
A Stingemore	W40	66.11
Peggy MacLiver	W50	71.84
Noela Medcalf	W60	86.77
Keith Martin	M50	58.77
Peter Gare	M50	60.30
Eric Owers	M50	63.10
Brian Foley	M50	66.82
Arnold Jenkins	M50	68.10
Ivan Brown	M50	70.23
David Carr	M60	62.65
Robin Bonner	M60	79.31

Discus

1500M

12.15pm M50+

1.30pm

#### 1. 1995

1 Old Facility	1, 1000	
Long Jump		
Gay Wyatt	W40	3.5
Eileen Hindle	W45	8.1
Dave Wyatt	M40	5.0
Chris Kelly	M40	4.2
Keith Martin	M50	5.3
David Carr	M60	4.3

David Call	14100	4.50			
February 8 – continues					
100M					
Lynne Choate	W40	13.0			
Peggy MacLiver	W50	14.8			
Patricia Carr	W60	16.3			
Noela Medcalf	W60	18.1			
Rory Trotter	M35	12.5			
Dave Wyatt	M40	12.8			
Keith Martin	M50	12.7			
Arnold Jenkins		14.9			
David Carr	M60	14.3			
Triple Jump					
Gay Wyatt	W40	7.83M			
Rory Trotter *	<sup>1</sup> М35	10.04M			
Dave Wyatt	M40	10.50M			
David Carr	M60	8.60M			
1 Mile					
Bert Carse	M50	5:09			
Eric Owers	M50	5:15			
Brian Foley	M50	5:26			
Ivan Brown	M50	5:50			
Arnold Jenkins	M50	6:15			
Robin Bonner	M60	6:32			
Jackie Halberg	W45	7:23			
Discus					
Lynne Choate	W40	19.90			
Gay Wyatt	W40	14.20			
Peggy Macliver	W50	18.68			
Noela Medcalf	W60	18.52			
Patricia Carr	W60	16.50			

Dave Wyatt	M40	23.20
Peter Gare	M50	26.52
Ivan Brown	M50	18.16
Arnold Jenkins	M50	17.82
Rob Shand	M60	28.52
Shot		
Gay Wyatt	W40	5.04
Noela Medcalf	W60	6.49
Pat Carr	W60	6.33
Rory Trotter	M35	9.70
Dave Wyatt	M40	7.04
Peter Gare	M50	9.28
Arnold Jenkins	M50	7.95
Rob Shand	M60	7.92

## Coker Park

#### March 1, 1995

LEON Sander is 58, has a fine turn of speed, and jumps like a flea. He had never picked up a discus before this night. How much more untapped tal-

ent is in the club?	DC.	
Discus		
Ian Sanders	M35	24.84
David Wyatt	M40	20.60
Arnold Jenkins	M50	21.76
Leon Sander	M55(1Kg)	24.84
David Carr	M60	20.90
Peggy Macliver	W50	18.86
Noela Medcalf	W60	18.48
Patricia Carr	W60	18.78
400M		
Ian Sanders	M35	69.4
John Molloy	M40	54.9
Arnold Jenkins	M50	64.7
Ivan Brown	M50	65.3
Jim Riddell	M55	74.0
David Carr	M60	64.1
Allen Tyson	M70	81.8
Peggy Macliver	W50	70.6
Noela Medcalf	W60	82.0
Patricia Carr	W60	90.2
200M		
David Wyatt	M40	26.6
Arnold Jenkins	M50	29.4
David Clive	M55	26.9
Jim Riddell	M55	32.2
Leon Sander	M55	30.3
David Carr	M60	28.0
Eileen Hindle	W45	28.0
Peggy Macliver	W50	30.0
Patricia Carr	W60	34.9
Noela Medcalf	W60	36.2
3,000M		
Ian Sanders	M35	13:50
Jim White	M40	9:46
David Reid	M40	9:49
David Willmer	M40	10:32
Evan McRae	M45	10:52
Ivan Brown	M50	11:02
Brian Foley	M50	10:44
Robin Bonner	M60	12:29
Allen Tyson	M70	15:15
Tessa Brockwell	W35	10:38
Javelin		
Arnold Jenkins	M50	25.59
David Carr	M60	19.17
Allen Tyson	M70	18.14
Eileen Hindle	W45	15.92

M35

22.00

Rory Trotter

16.86

14.72

11.17

concludes P6

W50

W60

W60

Peggy Macliver Patricia Carr

Noela Medcalf

## Quiz night success

THE Rugby Club at Perry Lakes was packed as Quiz Master George Schaefer opened proceedings at the on February 3.

Mike Rhodes had been burning the midnight oil preparing a rare blend of questions suitable only for Rhodes

Competition was keen all evening with good scores, but there was a minor uproar when the winning team happened to be in the front row close to Margaret Birks and Lorna Lauchlan, who had all the answers (but don\_t they always!)

Richard Harris and David Carr held the audience spellbound with 'My Word' style stories, but is anyone ever going to share lunch with Dave after his tale?

Distance running must foster poetic licence.

The limericks beginning `There once was an elderly Vet' kept the judges busy and sometimes blushing, but Merv Jones got the nod for the best five-line stanza.

A magnificent hand crafted candelabra by Ray Barnett, which could have adorned any stately home, was auctioned and this generous donation by

#### Track and Field

## McGillivray

#### March 8, 1995

4x100M Relay	
Pat Carr, John Stone,	
Norm Richards, Dave Wyatt	55:11
Rory Trotter, David Carr,	

Peggy Macliver, Brian Foley 55.30

Allen Tyson, Greg VanderSanden,				
Ivan Brown, Arnold Je		59:57		
10,000M				
Jim White	M40	36:01		
John West	M45	36:09		
David Willmer	M40	38:38		
Greg VanderSanden	39:45			
Ivan Brown	M50	41:47		
Brian Foley	M50	41:49		
Robin Bonner	M60	44:11		
Allen Tyson	M65	51:50		
Triple Jump				
Dave Wyatt	M40	10.36		
Rory Trotter	M35	9.59		
Leon Sander	M55	8.89		
David Carr	M60	8.55		

Gay Wyatt

**Javelin** 

Rob Shand

Rory Trotter

Patricia Carr

Leon Sander

Page 6

Arnold Jenkins

Peggy Macliver

## **VICHEALTH MASTERS GAMES** IN MELBOURNE

THE 5th Australian Masters Games is in Melbourne this year, with athletics events staged on October 5th-8th, and on the 10th. 12th and 14th.

Games entry fee is \$50, plus a \$15 'sports fee' which presumably covers all your athletics

Full details are obtainable on (ph) 03 666 4260, (fax) 03 666 4232; or write to GPO Box 2392V, Melbourne Vic 3001.

The Games are sponsored by VicHealth, and Active for Life.

The athletic programme looks extensive, covering 100M to halfmarathon; sprint and 3/400 hurdles, steeplechase; 1,500, 5,000 and 10K walks; 8K cross country, 10K road race, 5K road fun run /walk; all field events, inc. pole vault; pentathlon and weight pentathlon.

Ray, and Roma Bettles, was most gratefully acknowledged.

Special thanks are also due to Jackie Billington and Brian Foley for their work and to the abovementioned and all others who made the evening

Finally, thanks to all of you who attended and contributed towards the \$500 raised for club funds during a most enjoyable evening.

See you next time!

**Dalton Moffett** 

I should like to thank the committee and members for the lovely flowers and cards I received while in hospital. I'll be joining the walkers for the next few weeks, then, look out W55s! Best wishes,

Joan Pellier

#### Timely Tip

Dear Vic,

While trying to get fit at our nearby park I carefully measured, and marked out for future reference, exactly 100m along the most flat length of grass available.

Timing was of the nonsense, of course, and I had acquired a small secondhand wristwatch, complete with second hand. This was easy to read when at the standing start, but problematical when about to cross the finish line.

One day, in the middle of the night, came forth (or fifth) a bright idea.

I moved the watch around my wrist until the face was in line with my left thumb. Thus, the second hand directly faced my eyes, and I no longer wasted time turning the forearm to read the dial.

I have checked this method against that of a stop-watch expert, whose timing was less than a second different from mine. Now I am content to rely on my training times.

#### George Boakes

(Now 82, George is one of our oldest members, a sprightly and competitive triple jump and sprint specialist.Ed.)

## ... Memo from Myalup

Dear members.

...a few words about the Myalup Running Weekend (March 4-6.)

Many thanks, Keith, Forden, for becoming run director for the weekend. Putting water out on the pine forest tracks you gave us plenty of choice of distances.

#### 6 and 12 Hrs

7.53

31.15

30.25

27.41

19.28

18.42

31.15

W40

M60

M35

M50

W50

W60

M55

On Saturday some of us went to see the Bunbury Amateur Athletic Club start their Six and 12 Hour events, and the One Hour Race that was put on before the main attraction. (Chris Maher did very well, covering more than 15K in the hour, to take second place. We hope for full results next issue.ED.)

The Bunbury club has a 500 metre grass track outside their club room, and everything was done very professionally. Sorry I don't have the results.

Sunday trivia: Bunbury Triathlon Club hosted the State Championships, and we had triathlete and Vet Don

from Morris and Margaret Warren

Caplin in our hut. He arose at 5.10am. Thump, thump; clump, clump - for an hour before he pedalled off the 45K to

Do all triathletes Bootscoot for an hour before they get on their bikes?

Sunday night we all got together around the barbecue, and then in our hut. We were well entertained by Keith, Barry, and Rosa, all reminiscing of the early days in Perth.

#### Before his time...

"Do you remember that, Don?" they kept asking.

"No, before my time," Don kept

Good fun, good running, good friendship. Thank you all, and see you

## SECRETARY'S REPORT

#### **ADMINISTRATION**

CLUB membership rules were changed at the last Annual General Meeting so that new members would be 35 years and over for men and women. Congratulations were extended to Brian Danby on his election as a Life Member.

The Committee met monthly throughout the year and continued to meet the workload required of a full competition and social calendar. One casual vacancy during the year was quickly filled. Thanks go to all Committee members for their untiring efforts. The committee to organize the Nationals in 1996 was set up under the chairmanship of Ivan Brown, positions are still available for any willing vol-

A 'subs' day for the collection of annual fees was very successful with over half of the dues being gathered on the one day.

Debate on the frequency and format of the Vetrun continued through the year with the result that issues will be less than monthly with flyers to cover any urgent club information that needs to be disseminated.

In line with club safety policies, first aid courses are to be sponsored to enable nominated Safety Officers to be at each run.

At the end of 1994 the club affiliated with Athletics West, the umbrella organization for athletics in W.A.

#### COMPETITION

This was another very successful year with the regular Sunday morning runs being well organised and well attended. Thanks go to all the race directors and their assistants. Track and field time trials numbers have been steady. The numbers at AAWA track and field meetings have been low; however these should increase for the winter season.

Awards were initiated for the Annual Handicap event, Road Race Championships, Road Championships, Half Marathon and State Cross Country Championships.

A new event, the 6 Hour Relay was shortened by mutual consent to four hours due to very hot and windy conditions. Creditable performances were made by all categories and much was learned about this type of event.

Our athletes performed exceptionally well in a number of external com-

petitions including the Australian Nationals, the Australian Masters and the Alice Springs Masters.

As well as all the members that won medals or set records in the various State and interstate meetings mention must be made of the York to Toodyay relay team with its sub 4 hour time and a special mention of John Pellier's 50th marathon.

#### SOCIAL

The Social Committee was very busy this year and must be commended on its efforts. We had the usual long weekend camps, this year at Rottnest and Wellington Mills, and both were very well attended.

The Annual Dinner was held at the Langley Plaza and was a resounding success

An after run lunch at 'Rosies' was the venue for the new award presentations and proved very popular. Obviously good food, good company and a medal or two makes a winning formula! The Cross Country Championships lunch and the morning teas were very popular and are automatic parts of the club programme. Once again thanks to everybody who assisted in making this year another enjoyable and very suc-

Bob Fergie, Secretary.

### Beyond the fringe – and over the border PERTH is the world's most isolated

capital, but our members find their way out on occasion.

Cynthia and David Clive are back, after a year in New Guinea where they managed a student residential hall in the highlands. David's lost none of his pace: he's run a 26.9 seconds 200M at Coker.

#### USA

The club will be well represented at the World Veterans' Track and Field Championships, in Buffalo, NY, in July. President Brian Foley, Allen Tyson, Valerie Prescott, Keith Martin, John Molloy, Erica Mercer, Norm Richards, Roy Fearnall, Lynne Choate, Frank McLinden, Evan McCrae, and others, are in training.

Evan's mother, father and brother will also be competing; Norm Richards is making rapid recovery from a leg injury; but Keith has a more serious leg injury. Notable absentee from the list is John Gilmour, who has had another knee operation.

#### Townsville, Qld

Noela and Gordon Medcalf, and John Molloy, will attend the National Championships in May. No doubt there are others, but we have no firm information. This is the only time the championships have not been held at Easter.

### by David Carr

#### Canberra

The Australian Veterans' marathon championship is incorporated in the Canberra Marathon. Allen Tyson will be running, and Mick Cousins might shock those in the east who don't yet

On recent times, Mick seems capable of 2hrs 55mins.

#### Melbourne

The Australian Masters in October might interest members (details, page

Patricia and David Carr, Wendy Ey, and Syd Coleman, are among the starters.

#### Bunbury

Val Tyson reports some strong performances by Bunbury AAC Vets.

Sharon Molony (W30) has a 28.9sec 200M; Bruce Cornish, M45, 1.45M high jump, and 4.57M long jump; Sandra Smith, W35, 8.55M shot.

Sharon, Sandra, Lyle James, Dot Jarvis and Helen Benoit have all recently set new Bunbury club records; and Karen Gobby was first woman home, in 19:22, in the Australia Day 5,000M

## Notice Board

#### NEW MEMBERS

MEM MEMBERS	
Charles William Mackinnon	M45
Rod Davies	M50
Denise Davies	M50
Derek Harold Keene	M55
David Brown	M45
Roger Whalan	M50
Helen Whalan	W55
John Charles Walker	M45
David John Willmer	M40
Rosanne Kemp	W30
Patricia Ainsworth	W55
Joanne Pearce	W45
Glenice Shanahan	W70
Penny Brown	W45
Robert Reece	M45
Helen Lysaght	W40

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

Patron: W.J. (Bill) Hughes

President: Brian Foley 339 2716

Secretary: Bob Fergie 447 6898

COPY for the magazine should be submitted to editor Vic Waters at 47 Sulman Road, Wembley Downs, 6019.

341 3464 (H) Phone: 245 3169

Next Issue: April/May



## AGM 1995... AGM 1995... AGM

THE 1994/95 financial year was closed off as at 28 February 1995 to allow time for finalisation of the accounts and to have the financial statement ready for printing in the March issue of the Vetrun.

As a result of the introduction of a subscription day and the reformat of the membership form, fees were paid a lot earlier than in previous years. It makes the treasurer's task a lot easier if members respond promptly. Thank you to all those members.

This year the balance in the bank has been reduced to \$8270.95. Old

#### REPORTING PERIOD: March 10, 1994-Feb 2 1995 **PAYMENTS**

1994/95 1993/94

	1994/95	1993/94
Vetrun-Printing/		
Stationery	3457.35	2,651.00
Vetrun-Postage	641.55	726.48
Trophies &		
Engraving	374.00	42.85
Track Expenses	1660.20	1,850.89
Printing of Program	mmes/	
Certificates	417.00	
AAVAC Capitation	r Fees/	
A/Fare Subsidy	1309.25	
Social Expenses	2550.03	1,980.64
T Shirts	1569.30	
Equipment/Shute,		
Flags	448.65	
Deposit for		
Quiz Night	120.00	
Bank Fees	39.21	71.23
Postage/Phone/	100 10	207.54
Stationery	422.40	297.54
Trailer License	25.65	140.00
Wellington Mills		460.00
Myalup	660.00	
Repair of Stop	205.46	
Watches	287.46	
Repair of Compute		444.70
Name Badges	304.55	444.70
Rottnest Trip	1869.00	1,991.00
AAWA Affil Fee	300.00	300.00
Insurance	277.75	264.55
Annual Dinner	3233.00	4,192.75
Advance Social	38.92	
Advance-Secretary		49.62
Advance-Treasurer	150.00	167.70
Uniforms AAVAC		185.00
AAWA Registration	ns <b>312.00</b>	
Fremantle Port		
Authority		50.00
Sundry	61.30	88.95
Solicitor's Bill		460.00
Typewriter	535.50	
Photocopier	1,100.00	
Total	22,434.07	16,274.90

## TREASURER'S REPORT

equipment like the shute and flag have been replaced, a new typewriter and photocopier bought. Consequently the fees have been increased by \$2.00 per person, the first increase in two years.

Memberships remain constant. There are 390 ordinary members, 22 honourary members and 15 life mem-

#### **RECEIPTS**

1004/05 1002/04

	1994/95	1993/94	
Subscriptions	7140.00	7,289.00	
Singlets/Tshirts	1678.55	233.00	
Track	932.21	712.50	
State Champ Entri	es	109.00	
State Champ			
Canteen	284.40	359.30	
Bank Interest	465.23	611.78	
Vetrun Advertisin	g	200.00	
Jorgenson Park	alb. allHa		
Meals	395.00	568.50	
Rottnest Trip	1957.00	1,969.00	
Visitors fees/			
Morning teas	886.40	454.90	
Annual dinner			
dance	2400.00	2,975.00	
Wellington Mills	43.00	534.50	
Uniforms AAVAC			
Prizemoney	40.00	185.00	
AAWA Membersh	ips <b>192.00</b>	420.00	
Sundry	814.00	24.00	
Rosie O'Gradys	620.00		
Quiz Night	581.65		
Myalup	96.00		
Total	18,525.42	16,645.48	

RECON	CILIATION
Funds held at R & Western Australia as at 09/03/94	a Ltd *
plus receipts for year	18,525.42
sub total	30,705.02
less payments for year	22,434.07
Balance as at 28/02/95	8,270.95
Held in accounts: Cheque Term Deposit Total	2,180.18 6,090.77 8,270 95
I Ferris	R LLawrence

## **PRESIDENT'S** REPORT

WA VETERANS Athletics Club has continued to be a successful part of the athletics scene in Western Australia. Membership levels remain constant. The average member's age is now 51 years, and one third of the members are women.

Our members competed in the Athletic Association events, and at State and Australian Veterans championships during the year, as well as at the World Masters Games in Brisbane.

The weekly running and walking programme was well conducted, with only a few, minor, issues of concern during the year. Under the direction of Bob Sammells, the increased emphasis on road safety has led to review of several courses. For instance, the surface of the path around Herrison Island, where our only two accidents this year occurred, is questionable.

Track and field meetings on Wednesday evenings have again proved successful, under a different format this season. More field events were available, and more relays have increased participation, and brought new faces to the club.

With the National Veterans Championships scheduled for Perth at Easter, 1996, a sub-committee has been formed by Jacqui Halberg, and begun the planning necessary to stage this meeting.

WAVAC joined Athletics West during the year. This is the umbrella body of athletics for the Ministry of Sport, and we will be working with them in seeking sponsorship for the Championships, and for the development of athletics in WA.

The Vets national organisation, the AAVAC, has also gained funds from the Australian Sports Commission to organise a development programme, and they would like one representative from WA to join a committee to help organise such activity.

Our club social events have proved popular, and were well supported. The weekend camps, annual dinner, presentation day, cross-country lunch and quiz night were highlights of the year. We should thank Jacqui Billington, Joan Pellier and Margaret Birks for their efforts on these occasions.

The club's equipment has been overhauled under the direction of Roma Bettles, and the basic kit for a Sunday event is now more easily managed by race directors.

Backbone of the club administration is the communication and financial management by our secretary, Bob Fergie, and treasurer Irene Ferris. I should like to thank them and the

other committee members for their dedication throughout the year. Brian Foley, WAVAC President

## Mosman Park Run

#### February 19, 1995

Conditions: hot

ONE hundred and one runners and walkers lined up for the scenic run around Rocky Bay in Mosman Park. Even though it was extremely hot, the new course and morning tea was enjoyed by all.

A special thanks to our helpers -Paul Martin, Dick Blom, John Carpenter, David Roberts and Bill Hughes.

See you next time, at a different time of year.

#### Paul and Sue Hughes

THIS run began on time, meticulously so. So sharp was the start, that some of us would claim it jumped its own

Considering the temperature, perhaps it was just as well. However, the list of late starters would be too long to print, so many of the times shown here may not be a true indication of many members' ability.

Handicapper, please note.

In addition, the recording of finishers gave Paul and his team a little trou-

I have assembled these results from the raw event sheet, and the recorder watch print-out.

If any errors have crept in, apologies. VW.

#### 4K RUN

Rob Mair	M45	15:46
Peter Hill	M45	16.50
Mike Anderson	M45	17:35
Bill Crane	M50	17:40
Simon Mort	M35	17:58
Ian Passmore	M50	18:05
Peter Airey	M55	18:28
Peggy Macliver	W50	19:25
Roger Whelan?	M50	19:41
Vic Waters	M50	19:42
Stuart Parkinson	M45	20:05
Don Caplin	M55	20:07
Aldo Giacomin	M55	20:57
Merv Jones	M55	20:59
John Smith	M55	21:57
Ivan Brown	M50	22:23
Noela Medcalf	W60	22:28
Norm Miller	M60	22:35
Merv Moyle	M65	22:36
Richard Peters	M55	22:36
Val Millard	W45	22:51
Rosa Davies	W50	24:02
Cathrin Holland	W35	24:04
Heather Sanderson	W45	24:05
Roma Bettles	W45	24:10
Kirt Johnson	M65	24:33
Lorna Lauchlan	W60	25:31
Geoff Mullins	M50	26:23
Sheila Maslen	W55	26:37
Phyllis Farrell	W50	26:37
Mary Heppell	W55	26:38
Evan McRae	M45	26:43

Gordon Medcalf Garnett Morgan Joan Hillis Jacqui Halberg Lyn Schickert Joan Pellier	M60 M65 M70 W45 W45 W50 W55	28:43 29:44 29:48 32:30 33:05 34:06 34:07
John West Jim White David Reid Ralph Henderson Bob Thompson Dave M? Bert Carse Doug Hazell Brian Danby Bob Sammells Dennis Miller Mitch Loly Ted Maslen Milton Mavrick Rob Davies John Bell Graham Thornton Bob Schickert John Pellier Roger Walsh Robin Bonner Keith Atkinson Dalton Moffett Denise Davies Stan Lockwood Jeff Spencer Rob West Ron Hillis David Walladge George Schaefer Brian Aldrich Ron Sutton Tony Speechley John Russell Lynn Farrelly Denise Lancaster	M45 M40 M40 M40 M45 M45 M50 M50 M50 M40 M45 M55 M50 M55 M40 M55 M50 M55 M50 M60 M35 M60 M35 M60 M45 M50 M65 M50 M65 M50 M60 M45 M50 M60 M45 M60 M55 M50 M60 M45 M60 M55 M50 M60 M55	30:08 30:35 31:39 32:03 32:46 33:01 34:10 35:40 35:53 36:01 36:24 36:37 36:55 37:21 37:39 37:52 38:11 38:26 39:04 39:30 40:20 40:28 40:39 41:10 41:35 41:39 42:37 42:46 44:19 44:30 44:36 44:50 46:26 47:11 47:22
Ray Lawrence Alan Tyson Stewart Hicks	M65 M70 M70	49:04 50:16 52:35
<b>8K WALK</b> Barry Thomsett	M55	62:19
AK WALK Barry Weatherburn Peter Johnson David Brown Jill Midolo Bob Chalmers Pat Miller Lesley Romeo Jeff Whittam Bob Fergie Dorothy Whittam Margaret Miller Michelle Boyle Dick Horsley Val Bonner June Strachan	M50 M45 M45 W45 M55 W55 W50 M60 M55 W55 W50 W45 M80 W50 W65	24:56 25:30 27:57 28:32 28:45 29:70 29:40 34:56 34:57 35:17 38:55 39:11 44:39 49:58 49:58
VISITORS Simon Beaumont Ian Davies Pat Sweeney Graeme Dowson Malcolm Campkin	14:14 15:46 18:17 20:58 34:14	

Peter Davies

M60

28:43

## Shoalwater Run

November 20, 1994

Weather: Fine, close and warm

MANY thanks to all my helpers - Bob Chalmers, Dennis Miller, Colin Hickman, Gerry Chase, my son Dave. Pat Carr and last but not least my wife, Fi, who also helped to make my job very easy and enjoyable. Thanks to all athletes for travelling to Shoalwater Bay, I hope you all enjoyed the run and hope to see you again next year.

again next year.		
David James and	l Darry Da	hlstrom
keep improving. I tl	nink it wil	l pay to
watch out for them,	come wint	er time.
Thanks again		
Duncan MacAuley		
10K RUN		
David James	M40	38:29
Darry Dahlstrom	M40	38:57
Dick Blom	M60	41:58
Brian Foley	M50	42:16
John Pellier	M55	42:54
Jim Barnes	M50	43:04
D Malloy	M40	43:36
John Bell	M45	43:38
Rob Shand	M60	43:41
Bill Crane	M50	43:46
Roger Walsh	M50	44:23
Brian Danby	M45	46:00
Ron Hillis	M45	47:21
Jeff Spencer	M50	47:38
Vic Beaumont	M60	48:00
Arnold Jenkins	M50	
Aldo Giacomin		48:58
Ivan Wiltshire	M55	49:09
	M50	49:58
Brian Aldrich	M60	50:08
Merv Jones	M55	51:17
Pauline Wiltshire	W50	51:48
John Russell	M60	52:48
George Peet	M60	53:26
Jackie Halberg	W45	53:47
Joan Pellier	W55	54:40
Evan McRae	M45	68:37
(25mins late start!)		
Graham Thornton	M50	? (l.s.)
- W Dring		
7.5K RUN		01.00
Bob Schickert	M50	31:28
5K RUN		
David Carr	M60	19:25
	M60	
Doug Hazell	M40	19:31
Ros Banyard	W45	20:37
F Liscombe	W35	20:55
Peter Airey	M55	21:55
Allen Tyson	M65	24:06
Noela Medcalf	W55	24:36
Val Millard	W45	25:12
Phyllis Farrell	W50	26:59
Mary Heppell	W55	26:59
Alison Aldrich	W50	29:59
5K WALK		00.00
Barry Weatherburn	M50	29:29
Barrie Thomsett	M50	32:19
Dorothy Whittam	W55	33:20
Gillian Peet	W55	39:25
A A A A:11	TATEO	20 45

Hon Auditor

Hon. Treasurer

36:20

41:29

Lois Smith

Bill Vincent

39:45

W50

M Millar