



The Vetruns



No. 294 Mar/Apr 1998

Patron: Bill Hughes

President: Brian Foley

Editor: Richard Harris 9 457 6102

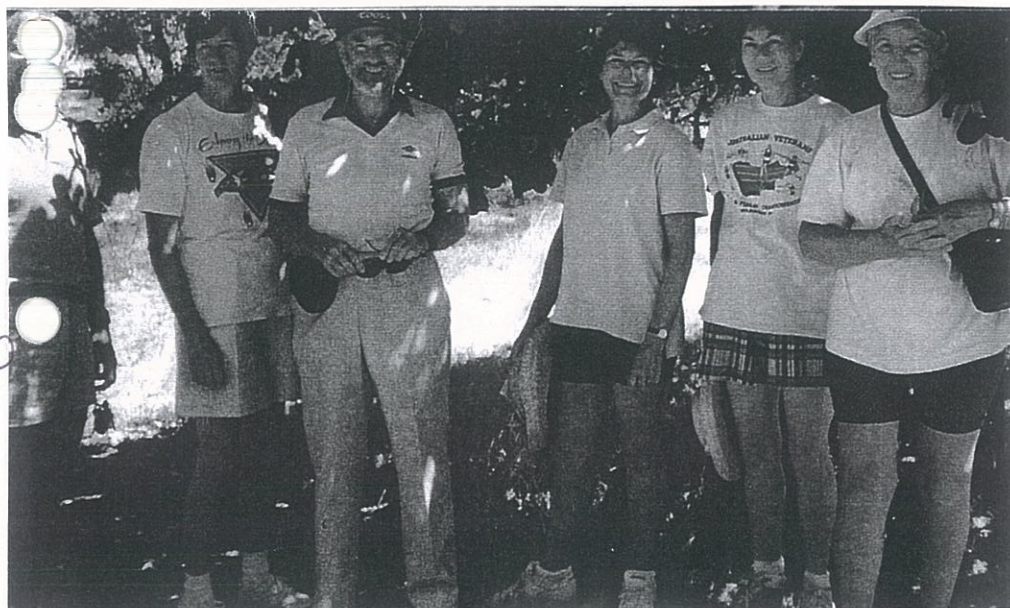
UNDERNEATH THE APPLE TREE

...at the Louwana Weekend during a visit to the Golden Valley Tree Park, Balingup –

Brian Bennett, Jackie Halberg, sisters Val Millard and Lyn Schickert, Pat Ainsworth.

Below: Jeff and Dorothy Whittam at Tathra Winery lunch.

Photos by Margaret Bennett



Annual General Meeting

Tuesday April 21 1998 at 7 pm
Hockey Club Rooms, Perry Lakes

Agenda

Open and welcome
Members Present
Apologies
Previous Minutes
Matters Arising
Reports
Presentation of trophies
Election of office bearers
Appointment of officials
Life memberships
Confirmation of run start times
General business.

SUBSCRIPTIONS DUE

Your annual subscriptions are now due. Please fill in the membership form (in February's Vetrun) and return to the Treasurer, 100 Matilda, St, Huntingdale, with the appropriate fees - \$30 single (\$25 Country Members), \$40 joint (\$30 Country Members). If you are a life or honorary member, please still return the form. After May 31, you are unfinancial.

SECRETARY'S REPORT

The 1997 Annual General Meeting saw the existing committee elected, with one new face, John Stone. Meetings were held regularly during the year. We welcomed 52 new members during the year and membership stands at approximately 420. In an attempt to "spread the word" about veteran athletics, we printed brochures and arranged their distribution through the Marathon Club at the "Round the Bridges" fun run. Some of our members

manned a table at the finish of the "City to Surf" and handed out leaflets to interested runners.

Our Sunday runs continue to run smoothly – some runs attracting over 100 runners. Some of our race directors have stood down after a number of years and we thank them for their hard work. We are still looking to some of our newer members to come forward to fill the gaps - without a race director there is no race!!

The change in start times for runs in the summer months seems to have been well received. However, there have been some negative comments and all members will have the chance to confirm this year's start times at the AGM.

The Ted Maslen Trophy was presented for the first time this year to the winner of the M60 Cross Country championship – Richard Harris.

Again this year we assisted the Marathon Club with the running of the Perth Marathon, which incorporates the Veterans Marathon Championship. Many of our members competed – Anne Shaw taking out the Women's title at her first attempt at the Marathon. Members were also well represented at the Bunbury Marathon and Half Marathon, and various other events during the year.

The numbers of members competing at our track and field meetings were up again this year, with many members "having a go" at different events. The Club Pentathlon this year proved popular, due possibly to the change in time – Thursday evening rather than Sunday morning. The number of athletes doing battle for the Patron's trophy also increased, with many athletes taking part in more than ten events. The State Championships attracted 114 entrants and competition was very keen with a number of Australian records being exceeded.

The Athletic Association of WA was disbanded last year and the responsibility for track and field competition rests with AthleticA. Clubs were asked to sign a licence agreement to allow athletes to compete at Perry Lakes. Some of the conditions of that licence were not acceptable to our club, but after negotiations between Brian Foley and

AthleticA, the agreement was signed. However, this was late in the season and our athletes did not compete for the full season. We hope this will not be the situation next year.

Our social activities were not as well attended as in previous years. It seems many of our regular socialites were too busy visiting foreign parts. One of the best ways to get to know your fellow members is through the social gatherings we have – weekend camps, presentation day, lunch at Jorgensen Park, the annual dinner and of course the regular morning teas after many of our runs. – Jackie Halberg, Secretary.

PRESIDENT'S REPORT

The club has experienced another successful season and I would like to thank all the committee members, whose hard work has maintained the friendly, social and competitive atmosphere of the Vets.

The major activities of the athletic year were the club road and cross country events organised each Sunday morning by John Pressley and by the individual race directors; the Thursday evening track and field time trials conducted by Merv Jones; and our participation in the Athletics West competitions. The State Championships, conducted over two weekends in late March, were a very successful competition, with similar numbers to 1997. We should be most appreciative of the work done by the sub committee of Bob Fergie, Bob Sammells, David Carr, Ross Holland and regular committee members, Merv, Sue, John and Jackie. Our Athletics West teams are always looking for new members to continue with the good performance after winning the B grade winter club competition, again, this past season. Our summer track and field team had only a few members, due to the change in organisation from the Athletic Association to the government funded Athletics West, and the introduction of the concept of licensed clubs. We did not wish to commit ourselves to the development program for junior athletes, and joined the competition late in the season with the same arrangements as we have had in previous years. Possibly the competition in the next few years will follow a different format, with more evening and regional meetings, and

the closure of the expensive and little used Perry Lakes Stadium.

Graham Thornton coordinated the social activities throughout the year, with a successful presentation day, annual dinner, and weekend camps. John Stone looked after new equipment purchases and was a member of the Championship committee. Jackie Halberg and Sue Jones have competently managed the club's administration affairs so that all of our activities have run smoothly. The club is in a sound financial position. The main communication medium for the club, the Vetrin newsletter, was ably prepared by Richard Harris as a quality presentation, with regular publication. The "Running Mates" segment, organised by Joan Pellier, is eagerly anticipated.

Over the past five years as president of the club, I have enjoyed seeing the continuation of a vibrant group of athletes and friends in their sporting and social activities. We are a respected force in the local athletic scene, and will continue to pursue our goals of providing a quality and safe athletic competition for mature aged athletes. Our runs are now well planned and conducted so that there are no safety hazards, and the members enjoy the social scene.

There is one concern which will need close monitoring, and that is the growth of the national Veterans organisation, the AAVAC, which is of small interest to the majority of our members. With the advent of a national magazine and a part-time, paid administrative officer to pursue the development of the organisation for its members, there will be benefit to those members involved in track and field, and interstate and overseas competition. However, the capitation fee for all of our members will have doubled from \$5 to \$10 over the period 1997 to 2002. We need to ensure that all of our members benefit from this development, and that maybe our social members are not included in this capitation.

I have enjoyed working with this competent club committee and I believe that our club will continue to be a major part of the Western Australian athletics scene through the hard work and dedication of our club members. –Brian Foley, President, WAVAC.

TREASURER'S REPORT

The Club has seen another busy 12 months and has ended the year in a sound financial position.

Consequently it was deemed unnecessary to increase membership fees.

As usual, the major costs have been Vetrin printing/postage and capitation fees. The committee worked hard to provide enjoyable social events, some of which were subsidised.

The AGM sees the end of Merv's and my time as committee members. It has been an enjoyable and rewarding two years and we will miss our close association with the other hardworking committee people. I wish the new committee all the best.

A full audited financial report will be available at the AGM. – Sue Jones, Treasurer.

PATRON'S TROPHY

1997-98 Track and Field points score competition

Each summer the club conducts a Points Score competition for track and field athletes. The competition consists of 16 events for which points are awarded.

This past season, for the first time, the WAVA Age Graded Tables were used to determine points, the calculated percentage level being the point score awarded. Each contestant has his or her best ten scores added to achieve a final score.

Trophies are presented at the AGM to the highest scoring man and woman.

The top ten point scorers this year were –

David Carr	818.0 (13 events)
Peggy MacLiver	757.2 (11 events)
Pat Carr	745.0 (13 events)
Brian Foley	719 (14)
Leon Sander	713.6 (11)
Robin King	706.5 (15)
Norm Richards	690.2 (11)
Dorothy Whittam	676.9 (11)
Noela Medcalf	666.1 (13)
Delia Baldock	638.5 (10)

Congratulations to Dave and Peg on their fine wins, and to all who took part.

A total of 67 athletes competed in this season's Patron's Trophy. Seventeen competed in ten or more events.

Nobody attempted all 16 events, although Robin King and Michele Mison went close, both doing 15.

Complete results will be posted at the AGM, and copies will be available to those who wish to further analyse or fret over their performances. – Merv Jones.

EVENTS COORDINATOR

EVENTS FOR MAY

Our current program runs out at the end of April.

The events printed after that are provisional only. Please note that there have been some changes and the following are now our events for May. –

03 May: Reabold Hill 10k/5k 08.00
Cross Country, Walk 6k/8k Perry
Lakes Dr – D Blom.

10 May: Sharks Run 10k/5k, walk
10k/5k 08.00 at John Tonkin Pk, E
Fremantle – P Martin

17 May: Tompkins Park 8.4k run and
walk 08.00 at Tompkins Pk, Melville –
P Airey.

24 May: Jim Barnes Run 10./5k RRC,
walk 5k at Kent St, Wilson 08.00 J
Barnes.

31 May: Andy Wright Run 10k/5k,
walk 5k, at Aquinas College 08.00 – L
Hassam.

The 1998/99 Program will be published immediately after the AGM with the rest of the year's events. – John Pressley, Events' Co-ordinator.

LOUWANA WEEKEND MARCH 1998

The Louwana Camp weekend was very enjoyable. There was a marked difference to the scenery, from the time we spent there during a September weekend. However, was still surprisingly green in the forest. Although we expected it to be hot, no-one expected it to be as hot as the weekend turned out to be.

The beds were better than last time, we all seemed to get plenty of sleep. The revellers got quieter as each night progressed. (Saturday morning John Pellier had a headache, caused – he claimed – by the Fish and Chips he ate the previous night.)

However, we all enjoyed our early morning runs/walks, with the trees providing plenty of shade.

Brian Bennett caused some concern when he had not returned for three hours from a run. However, he did arrive, looking slightly worse for wear, having cooled off in a stream of water. If that is what training for a marathon does to one, I will give it a miss.

The heat of the day prevented much activity in the afternoons, except for lazing around under a tree, with good company and a glass or two of something cold.

A group were seen relaxing in the shade one evening (especially two sisters, naming no names, enjoying a bottle of champagne or two). A most idyllic scene.

The casserole evening saw us all outside one of the huts enjoying the balmy night air, with more than enough food to eat. Our visit to the Tathra Winery for lunch on Sunday proved very popular.

A group of us went to the Golden Valley Tree park in Balingup, which was looking a bit dry and in need of a good rain, and then on to the Berry Winery for sampling the local Berry Wines.

A folk festival was being held in Nannup all weekend, and several groups visited the town for some alternative entertainment.

All in all, the good company and exercise was, as always, a pleasure, and we reluctantly returned home. Looking forward to the next time, thanks to Graham Thornton and the committee for organising the weekend. – Margaret Bennett.

ALBANY MASTERS GAMES

The WA State Masters Games will be held in Albany from April 24-27, 1998. Entry forms from Jackie Halberg (9364 4474) or the games office 211 North Rd, Albany 6330 (ph 08

9842 9339) after March 2nd.
Entries close April 17th.

Reporting for the Vetrin

Keep it short.

Get the names right.

Thank your helpers.

If writing to a disk, work in a 5cm column and enclose a hard copy – in case we can't access it. Please save it as a word.doc. then send it to me at 30 Cosmelia Way, Parkwood, 6147. Or you can e-mail me with it as an attached document to richard.harris@mrwa.wa.gov.au Thanks – Richard Harris.

NOMINATIONS FOR THE COMMITTEE

All positions are declared vacant and nominations are called for the following positions: President, Vice President, Secretary, Treasurer and four members. Nominations are to be moved and seconded and signed by the nominee, and forwarded to Jackie Halberg before the AGM.

Track & Field Results Feb 5 1998 Coker Park

2000m Walk

John Mison	M50	10:03.3
Greg McDowell	M40	10:11.6
Damien McDowell	Vis	10:19.0
Ray Hall	M60	11:30.9
Mark McDowell	Vis	11:36.0
Barrie Thomsett	M55	11:59.1
Valerie Millard	W50	13:08.7
Dorethy Whittam	Vis	13:26.4
Lynne Schickert	W55	13:54.0
Glenice Shanahan	W70	16:10.0

Discus

Ryan Ogg	Vis	38.06m
Richard Gwynne	Vis	33.98m
Alex Cummings	M60	33.68m

Norm Richards	M60	27.96m
Leon Sander	M60	26.98m
Bob MacDonald	M55	26.50m
Ron Tompkins	M75	24.08m
Mike O'Reilly	M55	23.76m
Katrina Spilsbury	W30	22.34m
Eileen Hindle	W45	19.56m
Ian Sanders	M35	19.46m
Allen Tyson	M70	18.50m
Pat Carr	W65	15.40m

1000m

John Molloy	M45	02:46.3
Mike O'Reilly	M55	03:23.3
Ian Sanders	M35	03:24.0
Arnold Jenkins	M50	03:30.6
Nick Bailey	Vis	03:31.0
Robin King	W35	03:33.8
Phil Hawks	M35	03:34.2
Leon Sander	M60	03:46.0
Delia Baldock	W35	03:49.5
Bob MacDonald	M55	04:17.2
Margaret Robinson	W55	04:36.3
Allen Tyson	M70	04:41.9

200m

Richard Parker	Vis	25.0
Barrie Kernaghan	M55	25.1
David Clive	M60	26.0
Dave Wyatt	M45	26.5
Norm Richards	M60	26.6
Garry Doyle	M50	26.9
Chris Betham	Vis	26.9
David Carr	M65	29.1
Arnold Jenkins	M50	29.7
Ian Sanders	M35	29.8
Peggy MacLiver	W50	30.9
Delia Baldock	W35	31.6
Jim Riddell	M55	32.2
Valerie Millard	W50	44.0
Lynne Schickert	W55	48.6
Glenice Shanahan	W70	58.0

Triple Jump

Dave Wyatt	M45	10.81m
Mike Edwards	Vis	10.25m
David Clive	M60	9.98m
Katrina Spilsbury	W30	9.93m
Damien McDowell	Vis	8.21m
Mark McDowell	Vis	6.30m
Valerie Millard	W50	5.20m
Lynne Schickert	W55	4.96m

Heavy Weight

Alex Cummings	M60	12.20m
Dorothy Whittam	W60	9.58m
Ron Tompkins	M75	9.30m
Bob MacDonald	Vis	9.27m
Allen Tyson	M70	8.63m

Eileen Hindle	W45	8.35m
Arnold Jenkins	M50	7.48m
Chris Betham	Vis	6.19m

3000m

Shane Nagle	Vis	10:08.1
Ian Davies	M50	10:13.0
Frank Smith	M55	10:29.2
Bob Schickert	M55	10:38.7
Jon Wannberg	Vis	10:40.2
Anne Shaw	W50	10:57.5
Milton Mavrick	M40	11:03.7
Doug Ashfield	M40	11:06.6
Tessa Brockwell	W40	11:09.3
Nicholas Gardiner	Vis	11:14.5
Frank Gardiner	M45	11:33.6
Robin King	W35	11:48.2
John Mison	M50	12:28.0
Lauren Gardiner	Vis	12:35.6
David Carr	M65	12:57.4
Mike O'Reilly	M55	13:12.8
Leon Sander	M60	13:16.0
Margaret Robinson	W55	14:12.2
Phil Hawks	M35	14:13.3
Valerie Millard	W50	15:04.4
Allen Tyson	M70	16:59.0
Lynne Schickert	W55	19:51.9
Glenice Shanahan	W70	21:47.0

Track & Field Results Feb 12 1998 - McGillivray

1500m Walk

Greg McDowell	M40	07:29.3
Robin King	W35	08:23.5
Ray Hall	M60	09:40.3
Val Millard	W50	09:40.3
Dorothy Whittam	W60	10:00.2
Lynne Schickert	W55	10:52.8
Dawn Styles	W60	11:22.4

100m

Heat 1

Barrie Kernaghan	M55	12.9
Clive Purser	Vis	13.0
Dave Wyatt	M45	13.2
Peter Gare	M55	13.8

Heat 2

Norm Richards	M60	13.1
Ian Sanders	M35	no time
Arnold Jenkins	M50	no time
Jon Wannberg	Vis	14.8
Leon Sander	M60	14.9

Heat 3

Katrina Spilsbury	W30	14.5
David Carr	M65	14.6
Therese Carr	Vis	15.8
Ron Tompkins	M75	17.6

400m**Heat 1**

John Molloy	M45	57.3
Barrie Kernaghan	M55	59.3
Peter Gare	M55	no time
Jon Wannberg	Vis	66.7
Ian Sanders	M35	69.5

Heat 2

David Carr	M65	64.0
Arnold Jenkins	M50	65.5
Leon Sander	M60	67.3
Robin King	W35	72.6

avelin

Peter Gare	M55	32.46m
Greg McDowell	M40	31.44m
Ed Carroll	M55	27.96m
Ken Whistler	M65	26.08m
Rob Shand	M65	24.65m
Norm Richards	M60	24.54m
Ian Sanders	M35	22.88m
Ron Tompkins	M75	21.32m
Katrina Spilsbury	W30	19.50m
Dorothy Whittam	W60	15.76m
Val Prescott	W50	15.00m
Pat Carr	W65	12.90m
Val Millard	W50	11.11m
Lynne Schickert	W55	9.52m

Long Jump

Dave Wyatt	M45	5.05m
Peter Gare	M55	4.93m
Katrina Spilsbury	W30	4.67m
Norm Richards	M60	4.38m
Jon Wannberg	Vis	3.81m
Ron Tompkins	M75	2.60m
Lynne Schickert	W55	2.35m
Val Millard	W50	2.26m

Shot Put

Ed Carroll	M55	10.24m
Katrina Spilsbury	W30	8.51m
Dorothy Whittam	W60	7.76m

Norm Richards	M60	7.76m
Ron Tompkins	M75	7.36m
Arnold Jenkins	M50	7.31m
Rob Shand	M65	6.65m
Greg McDowell	M40	6.27m
Val Millard	W50	5.55m
Val Prescott	W50	5.30m
Lynne Schickert	W55	5.23m

5000m

Ian Davies	M50	17:52.1
David Willmer	M40	18:04.7
Frank Smith	M55	18:24.2
Bob Schickert	M55	18:37.9
Nicholas Gardiner	Vis	18:42.7
Anne Shaw	W50	18:52.5
Milton Mavrick	M40	19:18.1
Doug Ashfield	M40	19:30.5
Jon Wannberg	Vis	20:39.1
Maurice Creagh	M50	20:44.4
Robin King	W35	20:45.1
Frank Gardiner	M45	20:54.8
George Innes	M60	21:03.5
Lauren Gardiner	Vis	21:12.3
Ivan Brown	M50	21:39.8
Alan Jennings	M55	21:50.4
David Carr	M65	23:50.1
Ken Whistler	M65	24:47.0

Woodman Point Run

February 22 1998

The fish were biting off the jetty (bonito and herring) and the usually roaming dugites stayed in the bush. A screeching owl entertained us as we marked the rear course in semi darkness But that's to be expected in a nature reserve.

It was a warmer start than last year with higher humidity. This motivated a fair number of members to swim later. Race times were slower overall. James McArthur set 35.59 for the 9km event. Val Millard won the 9km women's section. Duncan McAulay clearly won the 6.4km run in a good time of 23.44. Lyn Schickert and Dorothy Whittam dead heated as leading ladies on the 9km walk. Some of us stayed on an enjoyed a barbecue. The efforts of our helpers - Bob Schickert, Jackie and Vic Beaumont, Sue Danby, Bev Thornton, Maureen Pomery, Sue Jones and Fred - were faultless and greatly appreciated. - Jeff and Wendy Spencer.

9km run

James McArthur	M35	35.59
David Muir	M50	36.49
Brian Danby	M45	38.22
John Pressley	M50	39.41
David Scott	M50	40.44
Keith Atkinson	M40	41.53
George Schaefer	M65	42.21
Jim Barnes	M55	42.58
Brian Bennett	M50	43.31
Stuart Parkinson	M50	46.14
Arnold Jenkins	M50	46.52
Merv Moyle	M70	48.50
Merv Jones	M55	49.00
Val Millard	W50	49.59
Ann Turner	W60	51.02
Shorty Turner	M60	57.21

6.4km run

Duncan McAulley	M45	23.44
Ian Davies	M50	24.17
Vic Waters	M50	26.34
Ian Lankester	M50	26.44
Steve Davies	M40	28.35
Mike Rhodes	M50	29.44
Bob Sammells	M60	30.41
Ray Hall	M60	31.20
Shirley Bell	W45	31.46
Fiona McAuley	W45	31.46
Brian Aldrich	M65	34.17
Gary Branche	M45	34.41
Jackie Halberg	W50	35.32
Jacqln McManus	W50	37.31
Norm Miller	M65	40.15
Rosa Davis	W50	41.33
Margaret Bennett	W55	42.32
Susan Brand	W50	44.12
Pat Miller	W55	44.37

9km walk

Paul Martin	M55	49.16
Dick Blom	M60	63.52
Lynne Schickert	W55	69.45
Dorothy Whittam	W60	71.00

6.4km walk

Barry Weatherburn	M55	41.46
Rex Bruce	M55	48.26
Jill Midolo	W50	48.38
Lorna Lachlan	W65	48.42
Dawn Styles	W60	50.06
Jeff Whittam	M60	55.40
Alan Pomery	M65	57.16

Visitors

Gerald Chase	6.4k	28.41
Chris Pillar	9k	37.58
Andrew Millar	9k	43.20
Sue Marr	6.4k walk	67.50
Mary Hardiman	6.4k walk	67.51

Note: 4.4k times were regarded as unofficial this year.

Profile

Bob Fergie

Bob Fergie – born Hornchurch UK. Wife Edna – born Harrow – Middlesex, UK. Married 1956 in UK. Arrived Australia 1962. Bob is a retired microbiologist.

Bob and Edna became involved in Little Athletics in 1972-73 helping to form the Hammersley Little Athletics Centre. Both have served on the Centre executive, Bob as secretary and chairman, and Edna as records and winter season officer. LBoth were conferred life membership of the Little Athletics Centre in 1980 and still enjoy attending prize giving nights at the club. To top all this off, Bob has just written the history of the first 21 years of the centre.

Bob has been a member of the WA Veterans Athletic Club for many years and the club has benefited from Bob's services in many ways. A committee member for, quote "seems like donkey's years" and Secretary for four years, Bob first held the position as Assistant Secretary to Rob Shand in 1977.

Bob has been on the organising committee of each National Championships held in Perth since 1982 and has organised many State Championships since then. He also helped set up the first of the twilight meetings which we now know as time trials.

Bob became life member of WA Veterans Athletic Club in 1982.

While not forthcoming with his state records, which we can tell you are many, Bob was a little more generous in detailing his national titles which include AAVAC 1982 high jump and hammer, 1989 Shot and 1996 hammer and shot. Also the Australian Masters 1993 – Shot, Hammer and Javelin.

Not content to compete in just field events, Bob has taken part in three Capel to Collie Relays, one Bunbury half marathon walk and each Marathon Club half marathon championship walk since 1990.

Rogaining has taken up some of Bob's time during the past three

years. He is the current M55+ State Champion and was third in the 1996 World titles at Mt Singleton. As a compliment to this, Bob is an experienced bush walker. This includes mid week walks with Bob Sammells during winter and walking with Jim Langford and friends in exotic places such as the Drysdale River, Mitchell Plateau, Carson River and Iron Range, just to name a few. Bob's most recent walk with Jim and Margaret Langford was a week's walk across the Bogon High Plains of Victoria in January 1998.

This is the first of a number of profiles of club members who regularly attend without their partners. These articles are meant to compliment running mates and thus give a wider coverage of club members and their activities.-
Barrie Thomsett.

WA VETS FOR BRISBANE

The Australian Veterans Track and Field championships will be held in Brisbane at Easter. Following is the WA team. Others may be added – David Clive, Leon Sanders, Norm Richards, Lynne Choate, David Wyatt, Gay Wyatt, Rose-Anne Kemp, John Molloy, Lynn Schickert, Bob Schickert, Brian Foley and Norma, Valerie Prescott, Patricia Carr, David Carr, Dianne York, Arnold Jenkins, Barbara Atkinson.

M60 sprinters Clive, Richards and Sanders are in great form but will take on Reg Austin, and local stars Hugh Coogan, Bernie Condon and Noel Garvie. Should be some great racing. Lynne Choate moves into the W45 group and will sprint against Wilma Perkins and Karen Adams.

Leon Sanders is rapidly improving in his sprints, throws and jumps. He may not be far behind Avid Clive in the triple jump.

John Molloy is in sparkling form and is capable of winning the M45 800m and 400 m hurdles.

Patricia Carr has the credentials to do well in the triple jump.

Australian records have eluded David Carr since he turned 65; he may have his chance in the 400 or 800m.

Dave Wyatt is having a good season and seems assured of medals in the triple jump and high jump, as is Barbara Atkinson in the walks.

10 km TRACK HANDICAP

April 23 1998 at McGillivray

Entries for this event close at the AGM on April 21 1998. The event is to be held at McGillivray Oval under lights and starts at 7pm and will be followed by BYO barbecue.

We have had some very good weather in previous years, cool and very little breeze, making for good fast times. Entry fee is \$2 to cover the cost of the track.

Entry form for club 10km track h'cap, 23 April 1998, starting at 7 pm at McGillivray Sports Ground (under lights). Entry fee \$2 with entry.

Name.....A
ge group.....
Name.....
Age group.....

If you have not run with the club for some time, please show your best time over 10 km over the past year on this entry form.

Entries to Jeff Whittam, 49 Holland St, Wembley 6014. Ph 9387 6438.

Entries close April 21 1998 (Open club members only).

Followed by a BYO barbecue.

New Zealand Revisited

-Erica Mercer

My first visit to New Zealand was in 1990 for the Oceania Games in Auckland. The venue was the Mt Smart Stadium and a big contingent of Australians guaranteed the continuation of the traditional cross Tasman rivalry.

We left for the 9th Oceania Games and hoped to escape the hot weather in Perth. Prior to our arrival in Auckland the daily max had dropped from 26 degrees to 22 degrees C, but that soon changed with the temperature rising steadily to the low 30s and at times the humidity felt like it was in the 80% range.

In January 1998 the Games were at Hastings in the Hawkes Bay region. The track was close to the centre of town and the Kiwi hospitality was warm and friendly but the only rivalry seemed to be missing – maybe because the Aussie numbers seem to be well down.

The opening ceremony was very low key with a challenge then welcome from the local Maori followed by a march in by

all athletes led by a Pipe Band to watch a display by the local marching girls who were later to assist at all the medal presentations.

In general, times were fast, distances long or high as the case may be and many records were set. The overall winner of the men's 5000m walk, John Lambert M50 of New Zealand, competed a few days earlier at one of the grand prix meets. A number of athletes from outside the Oceania region – US, Brazil, England and South Africa – competed successfully but there seemed to be far fewer competitors from the Pacific Island nations and for me, the meet had more the low key feeling of a State Championship rather than a Regional Championship.

The half marathon finished at the 200m mark on the track which I felt must have been a bit disappointing for the participants but the water jump was put to good use prior to the start of the steeplechase events. In fact Diane Carter W50 NZ used the half marathon as a "warm up" for her steeplechase and completed both events.

Fields in the W50 track events were very small, with only three entries in the 200m, four in the 100m, 400m and 800m and two in the 1500m and the field events, apart from the high jump and triple jump, which fared a little better with six to eight entries.

I had events on two days and so spent very little time at the track and much time exercising the camera, New Zealand being noted for its scenery even in a drought year. – Erica Mercer 4.3.98.

Letter from Rob Young in Collie

OCEANIA REPORT

Here is a belated report on the Oceania Veterans' Games held in Hastings in January. I am still waiting for the official results but am fairly sure only three athletes from WA competed.

Bernie Oliver was competing in sprint events where injury problems did not give him much chance of success.

Erica Mercer had very good results – as reported in the February edition of Vetrin. I did not see Erica over there as all her events were held when I was not at the ground.

I managed the following results in the M50 category –

Discus 2nd 34.13 m
Shot 3rd 10.87m
Weight pent 3rd 2159 pts.

Both the shot and weight pentathlon were PBs and the discus is my best for years.

I did quite a bit of officiating when not competing and had a really good time. The organisation was good with the officials competent and helpful. The spirit among the competitors was great.

The next Oceania Games will be on Norfolk Island in January 2000 and I recommend the games to anyone who can afford to travel.

I am now looking forward to the State Championships and Albany. – Rob Young*

**Rob is a nationally accredited coach L2, specialising in Middle/long distance running and throwing events.*

TEDDY BIRDS PICNIC

March 8 1998

Relative humidity was close to 100%. A few drops of rain. Dry at the tea table; no power to the urn. The good part was 108 starters and a few informal runners who believed The West Australian and arrived for an 8 am start.

This is a beautiful course through Kings Park and the UWA and has long been one of our most popular runs. Sorry I was not there to enjoy it.

Anne Shaw's performance was just brilliant.

Thank you to all who assisted, including Bev, Maureen, Leo, Bob, Vic, Patricia, Jim, Kirt, David, Val, Fred, and William.

See you all next year. – George Schaefer.

Results

7.8 km

David Willmer	M40	29.20
Anne Shaw	W50	30.08
Wally Crowley	M40	31.55
Ivan Brown	M50	32.34
Vic Waters	M50	32.37
David Carr	M65	32.52
Brian Foley	M50	32.55
David James	M40	33.09
Vince Carrero	M55	33.48
Alec Holm	M50	34.25
Alan Jennings	M55	34.56

Michael Anderson	M45	35.12
Margaret Langford	W50	35.16
Don Caplin	M55	35.28
Steve Barrie	M60	36.51
Jim Langford	M50	37.16
Stuart Parkinson	M50	38.44
Ray Hall	M60	39.05
Brian Hunter	M50	39.41
Peter Airey	M60	40.00
Mike Rhodes	M50	41.28
Brian Holmes	M60	41.39
Keith Forden	M55	41.44
Gary Branche	M45	41.47
Aldo Giacomoni	M60	42.04
Merv Jones	M55	42.06
Arnold Jenkins	M50	42.15
Jo Pearce	W45	42.31
Margaret Warren	W60	42.34
Wendy Clements	W55	42.41
Jackie Halberg	W50	42.45
Ray Lawrence	M65	43.57
Brian Aldrich	M65	44.17
Craig Watson	M40	46.27
Ann Turner	W60	47.09
Bridget Carse	W50	48.37
Norm Miller	M65	49.56
Mary Hepple	W60	51.23
Mike Johnson	M45	51.37
Allen Tyson	M70	51.54
Rosa Davis	W50	52.46
Rosemarie Loomans	W45	52.47
Heather Sanderson	W45	53.56
Jackie Billington	W55	54.00
Suzan Brand	W50	55.10
Sheila Maslen	W60	55.25
Pat Miller	W55	55.44
Frank Usher	M70	57.59
Glenys Shanahan	W70	66.34

Visitor

Richard McPherson	30.37
-------------------	-------

15.6 km

John West	M45	59.13
Ross Parker	M45	60.57
Frank Smith	M50	61.45
Gareth Brunt	M45	64.48
Gary Fisher	M45	65.39
Bob Schickert	M55	66.54
Mike Karra	M30	67.03
Janet Kelly	W40	67.13
Milton Mavrick	M40	67.29
Tessa Brockwell	W40	68.11
Brian Danby	M45	69.06
Bob Harrison	M55	69.14
Mark Rosen	M50	69.32
Bert Carse	M55	70.56
Dennis Miller	M55	71.08
Mike Khan	M50	71.18
Brian Bennett	M50	72.15
Graham Thornton	M55	73.31
John Pellier	M55	73.40

Jim Barnes	M55	75.55
Stan Lockwood	M65	75.56
Margery Forden	W55	78.02
Keith Atkinson	M40	81.55
Frank McLinden	M65	82.18
Richard Harris	M60	82.55
Jenny Barnes	W45	82.56
Shirley Bell	W45	83.34
Irene Ferris	W45	83.55
Morris Warren	M60	84.00
Vic Beaumont	M65	85.38
Brian Smith	M55	85.40
Val Millard	W50	88.26
Wendy Duncan	W45	88.27
Ken Whistler	M65	91.04
Joan Pellier	W55	92.44
Trevor Brown	M55	94.53
Steve Burge	M40	95.58
Merv Moyle	M70	96.23
Eileen Brown	W50	102.06
Denise Lancaster	W45	105.49
Shorty Turner	M60	105.49

Visitors-

Raymond Gimi	66.33
Robert Weaver	73.05
James McCarthy	74.20
Paula Karra	89.38

9.7 km walk

Paul Martin	M55	55.29
Bob Fergie	M60	67.59
Barrie Thomsett	M55	68.14
Dorothy Whittam	W60	74.58
Lynne Schickert	W55	75.00
Dawn Styles	W60	78.15
Ernie Moyle	M70	83.27
Pat Ainsworth	W60	84.37
Alan Pomery	M65	84.38
Jeff Whittam	M60	88.57

Cathy Freeman and Vets

Though Cathy Freeman was the main attraction, the Vets produced an exciting supporting event at the

Grad Prix. They raced over 100m with the breeze at their backs.

John Stone broke, taking the adjacent runners Murray Tolbert and Norm Richards with him. John received the caution flag.

The next start was perfect, with Tolbert out first. He was overtaken by a fast finishing Edwards.

The two senior men in the team fought out yet another dual with Barry Kernaghan two hundredths of a second in front of Richards. Arnold Jenkins broke 14 sec for the first time in years.

100m veteran men 24.1.98 wind 3.6

Electronic timing

M Edwards	11.82
M Tolbert	12.11
B Kernaghan	12.67
N Richards	12.69
J Stone	13.00
D Newland	13.04
I Saunders	13.84
D McAuley	13.86
A Jenkins	13.84

Mike Edwards also competed in the open 400 m hurdles, running 59.30 seconds.

Rosie Kemp ran against Cathy Freeman, clocking 59.38 sec for the 400m.

More than 30 of our club members were involved at the meeting, as runners or officials.

Track & Field Results

Mar 12 1998 - McGillivray

1500m Walk

Bruce Wilson	M50	08:11.9
Ray Hall	M60	08:50.1
Dorothy Whittam	W60	10:00.8
Lynne Schickert	W55	10:20.9
Arnold Jenkins	M50	10:21.3
Whitney Richards	Vis	11:49.4
Robin King	W35	11:49.4

200m

Heat 1

Barrie Kernaghan	M55	26.4
Peter Gare	M55	27.1
Rosanne Kemp	W30	27.1
Ian Sanders	M35	28.7

Heat 2

Norm Richards	M60	27.6
Lynne Choate	W45	28.2
Katrina Spilsbury	W30	29.7
David Carr	M65	29.8
Peggy MacLiver	W50	31.9

Heat 3

Anne Shaw	W50	32.0
Pat Carr	W65	35.5
Noela Medcalf	W60	38.3
Val Prescott	W50	38.4

Heat 4

Ross Calnan	M55	31.8
Gordon Medcalf	M65	36.2
Allen Tyson	M70	37.5

Javelin

Peter Gare	M55	32.52m
Bob Fergie	M60	30.26m

Ross Calnan	M55	26.76m
Rob Shand	M65	25.84m
Arnold Jenkins	M50	23.62m
Ken Whistler	M65	23.12m
Ron Tompkins	M75	22.23m
Ian Sanders	M35	22.14m
Katrina Spilsbury	W30	21.52m
Gordon Medcalf	M65	20.92m
David Carr	M65	20.90m
Norm Richards	M60	20.48m
Pat Carr	W65	17.62m
Lynne Choate	W45	16.56m
Allen Tyson	M70	16.18m
Eileen Hindle	W45	14.51m
Val Prescott	W50	15.32m
Noela Medcalf	W60	12.68m
Valerie Millard	W50	10.00m
Lynne Schickert	W55	7.40m

Long Jump

Pat Carr	W65	3.60m
----------	-----	-------

Shot Put

Bob Fergie	M60	9.13m
Peter Gare	M55	8.88m
Katrina Spilsbury	W30	8.13m
Norm Richards	M60	7.78m
Ron Tompkins	M75	7.23m
Allen Tyson	M70	7.22m
Arnold Jenkins	M50	6.99m
Rob Shand	M65	6.97m
Lynne Choate	W45	6.93m
David Carr	M65	6.67m
Eileen Hindle	W45	6.59m
Pat Carr	W65	6.50m

10000m

David Willmer	M40	36:59.3
Nicholas Gardiner	M14 Vis	38:39.8
Bob Schickert	M55	39:10.7
Bruce Wilson	M50	39:22.2
Jon Wannberg	M30 Vis	39:48.2
Doug Ashfield	M40	40:12.4
Milton Mavrick	M40	40:17.4
Frank Gardiner	M45	42:23.4
Robin King	W35	42:49.1
Ivan Brown	M50	42:51.5
Alan Jennings	M55	43:51.1
Ken Whistler	M65	51:57.9
Valerie Millard	W50	52:38.2

Track & Field Results
Mar 19 1998 - Coker Park

1500m Heat 1

Jon Wannberg	VisM30	04:53.3
Brian Foley	M50	04:53.5
Anne Shaw	W50	04:53.8
David Carr	M65	05:02.3
Bob Schickert	M55	05:17.2
Alan Jennings	M55	05:20.5
Robin King	W35	05:23.0
David Bird	M60	05:32.0
Ian Sanders	M35	05:41.4

1500m Heat 2

Milton Mavrick	M40	05:13.5
Arnold Jenkins	M50	06:07.5
Erica Mercer	W50	06:27.6
Ray Hall	M60	06:36.4
Margaret Robinson	W55	06:56.1
Valerie Millard	W50	07:01.4

1000m Heat 1

Lynne Choate	W45	12.9
Garry Doyle	M50	13.0
Katrina Spilsbury	W30	13.9
Delia Baldock	W35	14.6
Snow McSwain	W35	15.0

100m Heat 2

Ian Sanders	M35	13.2
Peg MacLiver	W50	15.2
Pat Carr	W65	16.6
Allen Tyson	M70	17.8
Ron Tompkins	M75	18.7

100m Heat 3

Ed Lewis	u17 Vis	11.4
Mike Edwards	VisM40	11.6
Ryan Ogg	u17 Vis	12.1
Barrie Kernaghan	M55	12.5
Rosanne Kemp	W30	12.6

400m Heat 1

Mike Edwards	VisM40	54.1
John Molloy	M45	56.1
Barrie Kernaghan	M55	58.2
David Carr	M65	65.3
Garry Doyle	M50	66.9

400m Heat 2

Lynne Choate	W45	66.5
Snow McSwain	W35	68.1
Anne Shaw	W50	68.3
Peggy MacLiver	W50	71.6

400m Heat 3

Milton Mavrick	M40	67.5
Delia Baldock	W35	70.5
Arnold Jenkins	M50	73.6

400m Heat 4

Alan Jennings	M55	68.5
Kath Holland	W55	84.5
Pat Carr	W65	86.7
Allen Tyson	M70	89.9

5000m Walk

Greg McDowell	M40	27:45.0
Bob Fergie	M60	30:46.0
Robin King	W35	30:46.6
Barrie Thomsett	M55	31:21.1
Dorothy Whittam	W60	34:51.6
Lynne Schickert	W55	35:05.5
Valerie Millard	W50	35:32.7
Lorna Lauchlan	W65	37:49.0
Glenice Shanahan	W70	43:02.8

Hammer Throw

Chris Stallman	VisM17	32.50m
Alex Cummings	M65	31.56m
Arnold Jenkins	M50	22.00m
Ron Tompkins	M75	19.00m
Allen Tyson	M70	18.34m
Rich Gwynne	VisM16	16.36m
Ian Sanders	M35	14.70m

Letter from Jakarta

In late 1995 Tony was asked to head the Indonesian / Australian company P.T.Petrosea in Jakarta. At approximately the same time I was asked if I would like to join him there! Tony continued to work on the East Spar Project in Perth until late 1996 and we finally arrived in Jakarta on January 5th 1997. We were met by the man who was to be our driver for our stint in Indonesia – Marwan; a number of our friends have already come to realise just how lucky we are to have him as our driver. He is reliable, friendly and trustworthy. He took us to the Ambhara Hotel which was to be our home until we found some more “permanent temporary” accommodation.

With several suitcases, golf clubs (of course!) and various packages to keep us going until our small shipment of goods arrived, we squeezed into a tiny bedroom.

However, the most important thing was – had the hotel got a gym? Fresh from my success as a budding triathlete (this is written with tongue in cheek of course) I wanted to keep up my fitness. Yes, there was a gym and a

swimming pool. The swimming pool was about 10 metres long and the treadmill would go at the amazing speed of 6 minute per kilometre pace. Well, what more could one wish for?! If I'd known

then what I know now I wouldn't have been thinking that was so bad – to be able to run at 6 minute pace at the moment would thrill me no end!

Five days after our arrival was the first day of the fasting month of Ramadhan for the followers of the Islamic faith. Some years earlier I had met an Indonesian girl through my work in Real Estate and subsequently visited Indonesia staying with her family in their homes in Bandung and Jakarta. She invited Tony & I to join her family in celebration of the breaking of their fast for the first day of fasting. We felt quite honoured to be the only non-family members at this gathering.

Our first weekend was spent moving to The Hilton Residences – our temporary base for three months to give us the opportunity to look around for more permanent accommodation. This place had everything. Three swimming pools, huge gymnasium, excellent aerobics instructors, tennis courts etc. Great I thought, at last I'm going to get fit enough to tackle a marathon – (yes I know Joan, I will put that idea out of my head!) I began to follow a training regime of very slow but longer distance runs on the treadmill combined with some weight training and aerobics, plus recreational swimming.

During our first week at the Hilton

I was able to explore the area and discovered that we were within walking distance of the International Stadium at Senayan.

Here there are top class facilities for running, swimming, tennis, football and many other sports. One Sunday morning we were jogging around the football stadium which seemed to be the place that the public were allowed to be, when we decided to explore further into the complex and came

across the athletics track. This area boasted a fabulous 400m track with warm up track adjacent, changing facilities (always locked up!) and seating for thousands. There were a group of people (who, like us, looked a bit ancient!) doing throws, short runs, warm-up type exercises, walking etc. so we wandered down through the stadium seating to have a closer look. A cheerful Indonesian lady invited us down for a chat having seen us in our running gear. We had stumbled upon the Indonesian Veterans Athletic Club – affiliated to all the Veterans Athletics Clubs around the world, just like our own club here.

We faithfully met with this club every Sunday for the three months of our stay at The Hilton Residences and were made most welcome by all the members. Communicating was fun, many of the people spoke no English and we spoke very little Indonesian at that time – however, the love of running overcame those barriers. We met a number of their International athletes – notably their shot-putter, a remarkable lady from Irian Jaya who still competes against the younger international athletes and also in the veteran category. I always ran my longer runs on this track and was helped along by some of the club's 5km runners who would run with me for 5kms and then change over. I think they enjoyed it more than me! The heat and humidity was unbelievable and I must have lost gallons of fluid on these Sunday runs, pounding round for anything between 13 and 16 kms.

After moving to our permanent home on April 11th in the suburb of Pondok Indah we no longer traveled to the Vets but instead took to playing golf on a Sunday morning, taking advantage of the fact that our home overlooks the golf course.

Whilst still living at the Hilton I met a lady who had previously run with the Hash House Harriers in Singapore but hadn't ventured out with them since coming to Jakarta. We went along one night and joined the Hash House Harriers at their run at the scout camp near Bogor. We arrived rather late

(traffic jam!) but set off at the tail end of the runners together with the men who come along for safety reasons. What a surprise this run was going to be. It was the rainy season for a start and boy, did it rain that night! My running shoes – I use the term 'running' rather loosely – were caked in the rich red soil that is found in Java and I felt to be lifting weights and running on the platform shoes common in the 70's and popularised again by the Spice Girls. I had not experienced the idea of following a trail before and found that we spent more time wandering around searching for the trail rather than running. After crossing one stream at high height the next one was crossed at waist height! I didn't think it was much fun at all but everyone else seemed to think it was great fun. Knowing the filth that floats around in the water I wasn't too keen to end up with some dreadful disease. Well, I got to the end finishing amongst the front runners. Not because I had a

competitive spirit that night – just that I desperately wanted to finish and get out of the torrential rain! It was a happy ending; I didn't get typhoid, survived the ordeal to run again with the Hash and met some very good people. Which leads me on to our next running experience in Jakarta.

At the Hash I met a lady Called Jill Mclean who has lived in Jakarta for 14 years and run with the Hash for all that time. She made me very welcome and asked if I would like to join her on her Saturday morning runs at the zoo. The course went around the perimeter of the zoo, within its walls, and was 3.7kms of varied hilly and flat running. Tony and I went along locating the correct car park and the other runners without too much difficulty. I must admit we were a little concerned when Jill told us that on two occasions over the years a crocodile on one part of the run had joined her! Her sprinting improved considerably on those two occasions. Safety is not a main consideration in the Indonesian culture and the crocodile enclosure was not really enclosed! To date we have not had the same experience thank goodness.

At the time we began the zoo runs I was running very slowly and after being shown the course once I proceeded alone. Of course I got lost – no red flags to follow you see. I thought my time around the course was showing remarkable improvement until I realised after about three weeks that I was chopping about 500 metres off the original course shown to me. It only became apparent when some of the faster runners caught me up one day at the point where I was going the wrong way! The course

is quite fascinating as you run past the various animal enclosures: bison, giraffe, monkeys, elephants, deer, and many others. Also interesting are all the various food stalls that set up every day where visitors can buy water and cold drinks, traditional snacks cooked in front of you etc. I must say we have never bought from these stalls being very aware that to do so could cause some 'minor' stomach upset for a few days!

Our decision to rent an apartment rather than the more typical large ex-pat house was done for a variety of reasons but mainly because of the environment around the apartments where we now live. It is an area very unlike any other in Jakarta. Only 800metres from the apartment block is an area of exclusive housing surrounding the Pondok Indah Golf Course. The housing is built around two circular areas. The road in front of the inner circle of housing is exactly 1km and the road on the outer circle measures exactly 1 mile. Both routes are slightly undulating, although mainly flat, certainly not sufficient to give any hill training. Initially I met up early morning with some of the other ladies who lived in the apartments and walked the 800metres with them before beginning my runs around the 1 mile and 1 km 'tracks'. Later one of the American ladies, Bev, began jogging one circuit with me and then rejoining the walkers. Bev now runs further and faster than me and is enjoying her running tremendously whilst I am reduced to a hobble! Tony does most of his running at night after work, but he is running only once or twice a week now.

Another unexpected running experience occurred in February

last year. I received news from England that my mother had suffered a heart attack. Within three days I was back to the freezing cold weather in the Yorkshire Dales. Mum was out of intensive care by the time I arrived but still very poorly and I couldn't visit her in the hospital for long periods at a time.

So, wearing all the clothes I could find, woolly hat, gloves, thermals – I set off on a few training runs across country. Why I felt that the Hash runs in Jakarta were wet I don't know! My sister-in-law has photographs to prove that I returned from some of these x country runs looking like the mud man! On one such run I met two ladies running in the opposite direction one Saturday morning – they were running towards my village, I was running towards the next village. I ran over to ask if they minded if I join them. We began chatting and it turned out that their husbands ran for one of the local running clubs and would be running the next day in a cross-country competition. Did I want to go, meet at the local pub and drive in convoy to the venue? Having seen that snow was forecast I was a little reticent but said if I was going I'd be at the pub at the appointed time.

Sure enough, snow was falling as I poked my nose out of the warmth of the central heating the next morning. Oh well, if my new-found friends, Lynette and Jan can do it, so can I. Better that I don't let all this pampering in the heat of Perth & Jakarta make me soft!

Oh, crikey. We don't know we are born in Perth. The changing rooms were freezing the rain took over from the snow and we set off on this cross-country already looking like drowned rats. The thoughts that went through my head as I slipped and stumbled over this windswept moorland and forest course were shared last year in a letter to Roma and 'The Girls'. Time has erased some of the memories but how I admire those runners. No wonder they are fit. As I looked around them

at the start most of them looked like weight trainers. The muscles on their legs as taut and fine as any racehorse. What was I doing here? Nevertheless, I 'warmed' to the occasion and finished well up. What a pity I hadn't been a fully fledged member of the club at that time as they could have put me in the team for the day and we would have got a few more points towards the cross country competition. The competition is keenly contested every year and the local clubs have a number of notable national runners.



The men finished first and 'bagged' the showers. Result – no hot water left for the ladies. So, not only freezing changing rooms but cold water to shower in. And the thought of not showering was not a consideration; we were caked in mud from top to bottom!

All discomfort was forgotten in the bar where warm pints and warm pies were the order of the day. It was a great atmosphere and I was just beginning to get warmed through from all the bodies packed into the small bar when some bright spark decided

that it was far too hot and opened all the doors to let in some 'fresh' air. Oh, well, when in Rome!

I became a member of the Skipton LMS Running Club and receive monthly newsletters from the secretary who also writes a long letter telling me all the local Skipton news. The club now has 29 members! Later in the year Tony was also made very welcome when he visited the Yorkshire Dales for the first time and took part in the club's annual "Tough Ten" race. (Ten miles I hasten to add). In addition, the two ladies I first met on that training run, Lynette and Jan, now sport WAVAC T-shirts!

To ensure that we had sufficient exercise during our week in Yorkshire I decided that we should tackle the Three Peaks of Yorkshire climb and walk. This walk consists of 42kms of reasonably strenuous walking over moorland and interspersed there are three 'peaks'. These are Ingleborough, Wharfedale and Phenyghent. To tell the full tale would take too long. Suffice to say that we failed in our bid (well, my bid actually!) to become members of 'The Three Peaks of Yorkshire Club' by ten minutes. To qualify, the walk and climb must be completed in 12 hours. Never mind – there is always this year!!

More recently Tony's eldest son, Kent, joined us for three weeks in Jakarta. Obviously Tony was still remembering the exhilaration from climbing the peaks in Yorkshire; he and Kent set off one Saturday to tackle Mount Salak, near Bogor. This was certainly a different kettle of fish and I think Tony is fortunate to be here to tell the tale. But that one is definitely worth a single article.

Until next time

Heather Sanderson

