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

02-06-51 SCADDAN Rob	40 becomes M40	17-06-43 MARSTON Rod	48 remains M45
03-06-18 STRICKLAND Eddie	73 remains M70	17-06-40 THOMSETT Barrie	51 remains M50
05-06-50 HAY Michele	41 remains W40	18-06-31 BONNER Robin	60 becomes M60
05-06-25 WOOTEN Cyril	66 remains M65	18-06-46 JOHNSTONE Irene	45 becomes W45
07-06-37 CROSS Shirley	54 remains W50	19-06-23 DRAYSON Derek	68 remains M65
08-06-35 COCHRANE John	56 remains M55	20-06-51 TAYLOR Fairlie	50 becomes W50
08-06-38 DeSOUZA Hilary	53 remains W50	20-06-25 STRACHAN June	66 remains W65
08-06-26 FOLEY Gerry	65 becomes M65	26-06-50 REID David	41 remains M40
08-06-51 SANGER Peter	40 becomes M40	27-06-39 SHELDRIK John	52 remains M50
11-06-46 CREAGH Maurice	45 becomes M45	27-06-47 WOOLLARD Keith	44 remains M40
13-06-35 McKECHNIE Joseph	56 remains M55	28-06-43 LEONG Francis	48 remains M45
15-06-32 CARR David	59 remains M55	28-06-37 WATTS Mike	54 remains M50
15-06-45 FRANK Toni	46 remains W45	29-06-35 DAVIE Aubrey	56 remains M55
16-06-22 JUNNER Colin	69 remains M65	29-06-25 HAGGER Fred	66 remains M65
		30-06-55 WOO Paul	36 remains M35

# The Vetrunk



NO. 223 MAY 1991

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

## VETS CLEAN UP IN BUNBURY!

VETS swept the board at the Medibank Bunbury marathon on May 5, Chris Maher (M35) winning the main event in pb 2:34:44; Hank Stoffers (M50) taking the Half in 1:13:35; and Karen Gobby maintaining brilliant recent form, first woman (and fifth overall) in 1:16:01.

John Gilmour iced the WAVAC cake, setting a new world record for M72 at 1:26:22; he finished 37th of the 204 half-marathon starters.

Gale force overnight winds moderated to a blustery morning which boded ill for record-making, but members of the large veteran contingent in this ninth Bunbury event still managed to achieve new personal marks. Cliff Young added good-humoured colour to the marathon, his finish time of 4:10:17 being far less important than the publicity value of his presence; he was one of 58 starters. Vets filled place 12 (Keith Alexander); 13 (Keith Martin); 34 (Jim Barnes); 42 (Jim Greenfield); and 45 (John Pellier).

John Pellier (who has run all nine Bunbury Marathons), was admittedly not at his best after recent injury. Coming home in 3:34:47 he reported loudly to the assembled mob that he'd been accosted near the end by a small boy who enquired: "Is this the Walk on Want, mister?"

### Full Marathon

Maher Chris	2:34:44
Alexander Keith	2:55:52
Martin Keith	2:57:50
Barnes Jim	3:21:58

Greenfield Jim	3:29:51
Pellier John	3:34:47
West John	DNF

### Half Marathon

Stoffers Hank	1:13:35
Gobby Karen	1:16:01
Crowley Wally	1:19:46
Schickert Bob	1:22:18
Gilmour John	1:26:22
Cliff Peter	1:29:10
Danby Brian	1:30:39
Thornton Graham	1:32:18
McLinden Frank	1:32:50
Airey Peter	1:33:23
Pomery Alan	1:36:57
Waters Vic	1:38:21
Forde Marge	1:39:56
Aldrich Brian	1:40:11
Beaumont Vic	1:40:27
Penton Kath	1:40:57
Spencer Jeff	1:41:55
Worner Basil	1:42:12
Jones Merv	1:44:02
Sheerin Patrick	1:46:34
Farrell Phyllis	1:50:08
Leggett Arthur	1:50:32
Farrell Rob	1:53:56
Florance Gordon	2:06:57
Sutton Ron	2:13:38
Bowler Sid	2:15:48
Thomsett Barry	2:28:31
Whittam Dorothy	2:34:16
Whittam Jeff	2:36:55
Beaumont Jacqui	2:40:17
Hill Judy	2:46:56

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## IMPORTANT PROGRAMME CHANGE

Your race programme, enclosed with this Vetrunk, carries some important changes.

The programmes have been amended by hand.

Changed are the runs of June 30 - (Perth Half Marathon cancelled); and those of July 7, and July 21, which swap places.

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# Round the Houses

Conditions:  
Wind, rain, cool

An excellent turnout for this run, despite correct predictions of wind, rain or both, that are always on the cards. The new loop, with smooth, bouncy bitumen surfaces met with approval and encouraged a fast finish from many runners, but because it was a new course no records could be given.

Winners of the 6.6k were Don Caplin in 24mins 45secs and Peggy McLiver in 28.55.

There were 29 entrants for this distance, 58 in the 15.3k and 13 walkers doing 6.6k.

Chris Maher was first in the long run taking 55mins 33 secs, and Paula Szpak first lady home in 1:05.00

The Whittam Walkers were winners in the 6.6k walk, Dorothy in 43mins .05secs and Jeff was 1st vet in 44.32. Egon Jankauskas, a visitor, finished in 37.30.

Many thanks to Bev and Maureen, Jacqui, Jill, Frank and Anne, Patricia, Fred, Jan and Mary (Sandi's Mum). Without you there would be no run.

Lorna Lauchlan

## 6.6k Run

Don Caplin	M50	24.45
Ken Clark	M50	24.49
Vic Waters	M45	25.41
Paul Woo	M35	26.00
Mel Ovenden	M50	27.24
Arnold Jenkins	M45	27.32
Brian Aldrich	M60	27.39
Peggy MacLiver	W45	28.55
Jean-Marie Volet	M40	29.33
Kirt Johnson	M60	29.39
Joan Pellier	W50	29.46
Liz Dartnell	W40	30.22
Ray Lawrence	M60	30.24
Garnet Morgan	M65	31.03
Graham Thornton	M50	32.02
Joan Slinger	W45	32.25
Jackie Halberg	W40	32.28
Arthur Leggett	M70	32.58
Margaret Warren	W55	33.39
Robyn Holmes	W40	33.48
Esther Healey	W50	33.59
Alison Aldrich	W45	35.37
Mary Robinson	W50	38.46
Irene Ferris	W35	38.46
Ernie Moyle	M65	41.58
Kath Penton	W45	42.04
Basil Worner	M55	42.06
Leo Hassam	M60	48.26

March 24, 1991

## 15kms

Chris Maher	M35	55.33
David Ashton	M45	56.29
Paul Pohe	M45	56.51
Bob Argyle	M45	57.11
Dave Roberts	M45	57.24
Wally Crowley	M35	58.20
John Pressley	M45	59.17
John Ferris	M40	59.21
Hugh Kirkman	M45	59.55
David Reid	M40	1:00.22
Dick Blom	M55	1:00.49
David James	M35	1:01.32
John Bell	M45	1:02.11
John Pellier	M50	1:02.24
Jim Greenfield	M45	1:03.42
Maurice Johnston	M50	1:04.29
Paul Martin	M45	1:04.54
Paula Szpak	W35	1:05.00
Bill Crellin	M50	1:06.07
George Schaefer	M55	1:06.31
Frank McLinden	M55	1:06.56
Brian Danby	M40	1:07.11
Dennis Miller	M50	1:07.14
Terry Foster	M45	1:07.19
Pat Guiton	M55	1:07.25
Ken Taylor	M45	1:08.23
Max Kelly	M40	1:08.29
Dalton Moffett	M60	1:08.41
Alan Pomery	M55	1:08.51
Rob Shand	M55	1:09.36
Jeff Spencer	M50	1:09.46
John Bornholdt	M55	1:10.22
Barrie Slinger	M50	1:11.09
Keith Forden	M50	1:11.11
John Dartnell	M40	1:11.35
Ron Potter	M50	1:13.05
Merv Moyle	M60	1:13.16
John Woolhouse	M45	1:13.44
Morris Warren	M50	1:14.07
Vic Beaumont	M60	1:14.23
Cecil Walkley	M60	1:14.24
Margery Forden	W45	1:15.23
Maxine Santich	W35	1:15.24
Merv Jones	M50	1:16.31
Robert Farrell	M50	1:18.11
David Hough	M55	1:19.36
John Lindsay	M40	1:20.05
Norm Miller	M55	1:22.10
Sandi Hodge	W40	1:23.01
Phyllis Farrell	W45	1:23.38
David Hall	M40	1:26.40
Gordon Florance	M55	1:26.51
Frank Usher	M65	1:28.40
Syd Bowler	M65	1:35.39

## Walkers

Dorothy Whittam	W50	43.05
Jeff Whittam	M55	44.32
Bob Fergie	M55	44.32
Pauline Kelly	W40	45.10
Barrie Thomsett	M50	45.12
Val Tyson	W65	46.01
Jacqui Beaumont	W50	46.02
Pam Foster	W40	49.17
Jack Collins	M75	49.33

Wendy Spencer	W45	56.39
Sue Jones	W40	1:00.58

## Visitors - 6.6km

Joe Curran	25.41
Brigitte Cheek	35.42
Egon Jankauskas	37.30

## Visitors - 15kms

Dave Goodwin	55.34
Paul O'Riordan	56.17
Robin Waters	57.06
Jeanette Murphy	59.02
P.McGonigle	59.38
Terry Braham	1:00.24
Mark Collister	1:01.38
Hugh McKeown	1:02.00
Lewis Arndt	1:06.18
Keith Field	1:09.48
Charlie Chan	1:14.06
Dick Yahneky	1:20.03
Tom Barry	1:28.40

## Dave Jones Relay

April 21, 1991

JUST 24 runners contested the Dave Jones Relay at McCallum Park this year, which is a pity, because this event provides plenty of action. Like the hand-icaps, it gives everyone a chance of being a winner — the most important skill being the ability to choose a team.

Once composed, the teams need to cover a total of 12kms. This is generally accomplished by running 400m legs, (with some shrewd backtracking by the old hands, which takes some of the strain off lesser performers!)

This year's teams were pretty well matched, with just nine seconds separating Bob Sammell's visitors from Maxine Santich's second placers. Captains of the four teams were Bob, Maxine, Merv Moyle and Mike Khan.

Some members have commented that this relay falls badly short for those preparing for longer runs (especially Bunbury). They'll be pleased to see in the current programme that the Dave Jones Relay is shifted to March 12 — a more logical placing,

Conditions: Fine

## 5, 10, 16, Kilometres

This run was held in fine weather conditions for the third year running.

There were 111 finishers including 16 walkers (with four of the walkers opting for the full distance of 16k). There were also 12 visitors who participated in this event.

This was the final time for me as your race director of the Pagoda Run as I am taking over the Bibra Lake Run this year. I wish all the best for next year's race director and thank all who have helped me over the past three years. A special thanks goes to my wife

## Dave Jones Relay

continues

perhaps, preceding the State Champs at the end of the month.

Let's make a big attempt to lift this one in 1992. We've seen the Deadly Medley grow into a great club meeting — and the Dave Jones should go the same way.

## Vic Waters

Bob Sammells	
Sheila Maslen	
Michael Barton	
Jackie Halberg	
Ted Maslen	
Mel Ovenden	42:55

Maxine Santich	
Colin Santich	
Toni	
Anne	
Peggy MacLiver	
Kath Penton	
Dalton Moffett	43:06

Merv Moyle	
Rob Raymen	
Kirt Johnson	
Ray Lawrence	
Roma Bettles	43:50

Mike Khan	
Rod Stewart	
Bob Schickert	
John Smith	
Allan Smith	
Pauline Wiltshire	46:38

# Pagoda Run

7th April, 1991

Rosa who has helped every year and to Chris Brockwell who has measured and marked the course for me each of the three years. He also led the field around the course on his bike each year. Well done Chris!

A race director is always indebted to his helpers for without them the race could not be conducted safely and properly. Thanks to all who helped in the past and to this years team (Maxine Santich, Cecil Walkley, Rosemary Maddox, Alan Wegener, Jackie Halberg, Rob MacLiver).

Rob Davis

## 5km Run

1. R Raymen (R)C/R	M45	18:23
1. P Airey	M50	19:52
1. J Smith	M55	29:18
1. F Hagger	M65	36:38
1. F Taylor	W35	26:58
2. E Ferris		30:09
1. G Ralph	W40	34:40
1. J Slinger	W45	28:24
2. A Aldrich		28:44
1. M Robinson	W50	31:24
1. L Lachlan	W60	28:54

## 5km Walk

1. M Lolly	M50	44:12
1. A Stone	M55	37:43
1. D Horsley	M75	45:36
1. J Robley	W30	40:36
1. P Kelly	W40	40:30
1. P Foster	W	40:30

## 10km Run

1. D James	M35	39:25
2. D Choate		46:19
1. J Ferris	M40	38:26
2. W Gee		40:20
1. B Argyle (R)	M45	36:40
2. D Roberts		36:49
3. P Pohe		38:10
4. P Cahn		41:36
5. B Foley		41:44
6. B Hardy		44:00
7. V Waters		47:39
1. D Caplin	M50	43:21
2. B Sammells		43:33
3. R Stewart		46:39
1. J Bornholdt	M55	45:27
2. B Worner		47:40
3. J Russell		53:24
4. R Ford		61:56
1. B Jones (R)	M60	44:38
2. K Johnson		51:50
3. R Lawrence		52:35
1. G Morgan (R)	M65	50:31
1. C Bould (R)	M75	71:53
1. R Bettles	W40	53:00
2. P Holmes		58:40

1. P MacLiver (R)	W45	47:11
2. K Penton		47:23
1. M Warren (R)	W55	60:42
2. S Maslen		61:55

## 10km Walk

1. J Mison	M40	54:21
2. R Anderson		56:49
1. P Martin	M45	56:49
1. R Chalmers	M50	70:18
1. M Stone	W45	78:54
1. V Tyson	W65	78:55

## 16km Run

1. C Maher (R)	M35	58:08
1. R Mair	M40	62:57
2. K Alexander		63:14
3. J Brown		67:19
4. B Danby		68:52
5. M Kelley		76:16
1. J Pressley	M45	62:01
2. B Schickert		62:25
3. J Bell		66:14
4. J Greenfield		68:12
5. T Foster		70:37
6. D Bryant		73:52
7. K Taylor		75:25
1. F Deanus (R)	M50	67:01
2. J Pellier		67:34
3. G Thornton		71:24
4. B Crellin		72:46
5. B Matzke		74:16
6. K Forden		75:34
7. B Slinger		76:51
8. R Sutton		78:09
9. G Spencer		78:44
10. R Potter		78:44
11. M Warren		79:40
12. M Faunce		80:00
13. R Farrell		83:45
1. T Maslen (R)	M55	66:34
2. D Blom		66:44
3. G Schaefer		73:23
4. D Hough		79:22
5. P Sheerin		88:04
6. G Florence		99:32
1. F McLinden (R)	M60	70:20
2. D Moffett		74:16
3. B Aldrich		77:05
1. S Hicks	M65	88:03
2. F Usher		95:58
1. M Forden	W45	79:48
2. P Farrell		96:39
1. A Deanus	W50	96:40
1. A Turner (R)	W55	87:41

## 16km Walk

1. B Fergie	M55	128:28
1. J Collins	M75	128:28
1. D Whittam	W50	121:10
2. J Beaumont	W50	125:50

R = Record for Pagoda run by age group

C/R = Course record regardless of age



# Joondalup Lake Run

Conditions: Calm & Mild

March 31, 1991

Not much water in the lake but the limestone track still great for running (walking a much lesser degree). I hope the ninety - odd runners who completed the 5k or 9.2k course enjoyed racing or just enjoyed being a part of the event or having a BBQ in the Park afterwards.

If the run was a success all thanks go to the great and willing helpers on the day, namely Pat Mullet, Maureen Pomery and Bev Thornton, Kirt Johnson, who just turns up early and quietly gets things moving, Paul Woo great helper and last but not least my husband Morris who marked the course. After the event Ray Lawrence, Tom Savin and Kirt Johnson picked up the flags. Sorry to hear a few people got lost, so we hope to get that right next time.

Margaret Warren

## 5k Men

Telmo Viias	M35	18:38
David Hall	M40	26:30
Paul Martin	M45	20:55
John Woolhouse		22:14
Ray Barnett		31:25
Merv Jones	M50	22:56
Ivan Wiltshire		25:31
Alan Pomery	M55	22:12
Ray Lawrence	M60	24:45
Kirt Johnson		25:05

## 5k Women

Irene Ferris	W35	31:04
Roma Bettles	W40	25:34
Pauline Wiltshire	W45	24:55
Karen Crellin		27:21

Toni Frank		31:31
Joan Slinger(5 mins late)		31:53
Joan Pellier	W50	25:10
Lorma Lachlan	W60	29:02

## Visitors 5k

Gareth Hughes		20:48
Robyn Mitsopoulos		21:07
Brigitte Check		28:20

## Walkers 5k Men

Barrie Thomsett	M50	35:26
Bob Fergie	M55	37:18
Jeff Whittam		37:20

## Walkers Women

Wendy Spencer	W45	42:10
Jacqui Billington	W50	44:45
Jackie Beaumont	W50	39:42
Val Tyson	W65	39:41

## Walker 10k

Egon Jankauskas	M40	62:58
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## Men 9.2k

Wally Crowley	M35	34:07
David Jones		37:54
Phyllis Campher		47:17
Robert Mair	M40	35:24
John Ferris		35:39
Warren Gee		37:14
Tom Savin	M45	33:49
Bob Schickert		35:13
John Pressley		35:38
Vic Waters		39:33
Mike Khan		39:59
Barry Munyard		41:03
Mike Rhodes		42:25
Ken Brownlie		43:02
Don Caplin	M50	37:50
Fraser Deanus		37:51
John Pellier		39:10
Maurice Johnston		39:17
Dave Arnold		39:38
Bill Crellin		41:30
Graham Thornton		41:46

Ron Potter	M50	42:30
Richard Peters		44:26
Bob Sammells		44:27
Ron Sutton		44:35
Rod Stewart		44:48
Bob Farrell		48:03
Keith Forden		40:35
Barrie Slinger (5 mins late)		52:29
Mel Ovenden		
(18:42 mins late)		57:24
Rob Shand	M55	39:47
George Schaefer		40:43
John Bornholdt		43:23
Norm Miller		50:08
Ron Ford		53:54
Gorden Florance		55:25
Dalton Moffett	M60	41:03
Brian Jones		42:34
Vic Beaumont		45:03
Stewart Hicks	M65	50:15

## Women 9.2k

Carol Broderick	W35	46:28
Margaret Birks	W40	45:41
Jackie Halberg		51:39
Ann Shaw	W45	37:56
Joanne Collins		39:33
Margery Forden		44:46
Phyllis Farrell		54:29
Ann Turner	W50	49:37
Ann Deanus		54:29

## Visitors

Wayne Robinson		33:25
Lee Haliday		34:04
Simon Beaumont		34:28
Paul Shields		34:37
Paul O'Riordan		34:50
Mark Pressley		35:02
Markus Brown		37:35
Lewis Arndt		39:19
Ivan Brown		43:19
Ken Turner		49:38
Kath Penton & Basil Worner		
ran the 5k 27:50		

# Time Trial Results

6.3.91	Age	400	3k Walk	10,000	Discus
L Romeo	W45		18:19		
P MacLiver		65.5			20.38
M Stone			17:39		19.66
K Holland	W50	64.8			22.00
P Carr		85.2			13.36
V Tyson	W65		21:35		13.72
B Baumann	W75				11.32
D Reid	M35			38:57	
B Foley	M45	60.2			
V Waters		64.3			
M Jones	M50			47:03	
J Pellier				39:45	
A Stone	M55				29.00
A Tyson	M65	69.6			22.74
C Baumann	M75				20.88
13.3.91	Age	200	Mile	Mile Walk	Javelin
S Kilburn	M35	28.6	5:52.5		
B Danby	M40		5:51.6		

F Deanus	M45		5:48.2		
B Foley			5:09.4		
J Pressley		36.2	5:29.8		
J Pellier	M50		5:54.7		
M Jones			6:36.0		
N Richards		28.6			24.44
B Thomsett				8:57.2	
R Bonner	M55		5:46.0		
J Bornholdt			6:21.7		
J Whittam				10:35.7	
A Stone				10:55.0	33.90
A Tyson	M65			11:24.7	17.63
J McMillan				11:36.3	23.45
C Baumann	M75				18.44
A Shaw	W40		5:35.0		
P MacLiver	W45		5:58.4		
M Stone				9:08	
J Pellier	W50		7:05.2		
D Whittam				10:22	
P Carr	W55	38.2			15.00
V Tyson	W65			11:38.5	
R McMillan					18.10
B Baumann	W75				10.40

# MILLER'S RUN

Conditions:  
A nice cloudy morning,  
low 20's, but humid.

Although the weather was humid, the cloudy conditions were a welcome change from the heat of summer. A field of 97 runners and walkers enjoyed the run alongside the Canning River.

The first member across the line for the 6km run was Joe Travato and the first lady, Kath Penton. The first walker in the 6km was Mike Rhodes with Margaret Stone the first lady.

In the 12km run Doug Hazell finished first with Ann Shaw being the first lady over the line.

This was the first time anyone attempted the 12km walk. The first member in was Paul Martin followed by Peter Hill.

We would like to especially thank our helpers, Sue Jones, Estelle Rogers, Kirt Johnson, Maureen Pomery, and Bev Thornton, without them there wouldn't be a run. Thankyou also to all the runners and walkers for making our second run a success.

Norm & Pat Miller

## Walkers - 6kms

1 Mike Rhodes	M45	32:46
1 Rod Stewart	M50	38:16
2 Barrie Thomsett	M50	42:17
3 Bob Sammells	M50	53:08
1 Bob Fergie	M55	42:17
1 Leo Hassam	M60	53:07
1 Ernie Moyle	M65	43:58
1 Dick Horsley	M75	44:53
1 Pauline Kelly	W40	43:54
2 Judy Hill	W40	46:31
3 Pam Foster	W40	46:32
1 Margaret Stone	W45	38:15
1 Jacquie Beaumont	W50	43:56
1 Val Tyson	W65	43:58

## Visitors

Egon Jankauskas		38:51
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## Walkers - 12kms

1 Peter Hill	M40	68:12
1 Paul Martin	M45	67:25

## Visitors

Richard McPhersen		64:44
-------------------	--	-------

## Runners - 6kms

1 Charlie Copping	M35	29:31
1 Arnold Jenkins	M45	29:53
2 Ken Brownlie	M45	28:36
1 Joe Travato	M50	23:20

March 3, 1991

2 Peter Airey	M50	24:23
3 G: Thornton	M50	33:08
1 Basil Worner	M55	30:37
2 John Smith	M55	32:08
1 Ray Lawrence	M60	29:02
1 Syd Bowler	M65	37:45
1 Cliff Bould	M70	42:10
1 Carol Broderick	W35	28:36
2 Alina Copping	W35	33:29
1 Kath Penton	W45	26:21
2 Peggy McLiver	W45	27:10
3 Joan Slinger	W45	31:06
4 Toni Frank	W45	37:22
5 Lyn Schickert	W45	43:53
1 Esther Healey	W50	36:22
2 Mary Robinson	W50	37:48
1 Patricia Carr	W55	39:46
1 Lorna Lachlan	W60	35:32

## Visitors

Craig Dufty		22:01
Vaughan Kelly		26:11
Warren Plumb		27:22
Clive Sargent		30:05
Colin Way		32:12
Bill Maharry		35:22
Lisa Harffey		38:15

## Runners - 12kms

1 Doug Hazell	M35	44:17
2 David Jones	M35	48:35
3 Phillip Campher	M35	64:37
1 John Puglisi	M40	45:10
2 Robert Mair	M40	45:26
3 Jim Klinge	M40	47:15
4 Max Kelly	M40	53:31
5 John Lindsay	M40	59:03
1 Paul Pohe	M45	44:33
2 Dave Roberts	M45	45:05
3 Bob Schickert	M45	46:58
4 Brian Foley	M45	51:09
5 Phil Dufty	M45	51:37
6 Terry Foster	M45	52:10
7 Ken Taylor	M45	54:29
1 Derek Hoyer	M50	44:33
2 Mel Ovenden	M50	52:34
3 Barrie Slinger	M50	52:39
4 Joe Stickles	M50	52:46
5 Bill Crellin	M50	54:00
6 Dennis Miller	M50	54:55
7 Ron Potter	M50	56:34
8 Ron Sutton	M50	59:46
9 Robert Farrell	M50	64:06
1 Mick Cousins	M55	47:48
2 Robin Bonner	M55	48:00
3 Dick Blom	M55	48:39
4 George Schaefer	M55	51:58
5 Pat Guiton	M55	52:52
6 Alan Pomery	M55	54:16
7 David Carr	M55	55:16
8 Rob Shand	M55	55:20
9 Gorden Florance	M55	71:10
1 Dalton Moffett	M60	53:36
2 Merv Moyle	M60	55:16
3 Vic Beaumont	M60	57:05
4 Cecil Walkley	M60	57:16

1 Frank Usher	M65	69:52
1 F: Hansford-Miller	M70	80:01
1 Ann Shaw	W40	47:54
2 Margaret Birks	W40	58:07
3 Jackie Halberg	W40	67:05
1 Phyllis Farrell	W45	67:03
1 M. Robinson	W50	55:29
1 Ann Turner	W55	63:28

## Visitors

Neil McRae		44:44
Shayne Hill		45:59
Mark Collister		49:07
Lewis Arndt		50:39
Tom Carey		59:11

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# NOTICE BOARD

EAGLE-eyed accountants may have spotted an error in the Expenditure column of Bill Crellin's Treasurer's Report (issue 222). The amount spent on club equipment should read \$1,513.94.

## NO GOLD FOR DOT

Dorothy Whittam has written to Vetrunk apologising for an error in her report of the National Championships - and unfortunately it relates to her own performance!

She didn't win the triple jump, but was second with a very fine 8.61m. Thanks, Dorothy. (We think it's a perfectly acceptable error, from someone who's so used to winning everything in sight!)

## LITTLE ATH'S MANAGER

WA's Little Athletics U12 and U15 teams to the Canberra Championships were accompanied by Vets club member Bob Chalmers, who's been involved with the kids since 1971. A key official at State events, Bob has held numerous offices within the Little Athletics movement. He has Australian Track and Field and DSR coaching qualifications, and received a WALAA merit award in 1985.

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## IT'S GOING TO BE FUN!

(our quiz, that is)

YOU can leave your Mensa qualifications at home for the next club quiz night; Madame President has decreed that this will be a fun-night (and her loyal committee think it's a great idea too!)

Fund-raising with fun-raising, that's the idea. The questions are guaranteed not to boggle the mind, and the element of luck will play a large part in the distribution of prizes.

Talking of prizes - we'd like some, please.

The night is planned for September (possibly on lucky old Friday the 13th) - but that is to be confirmed.

Marge Forden is co-ordinating the jollity - and she would like to hear from you - EARLY - so she can assess the likely prizes.



We want the same, great, sociable atmosphere that the club enjoyed at the December dinner - so please, make it a date to remember.

## SUBS, SUBS, SUBS SUBS, SUBS, SUBS!

It's so easy to forget - but your annual subs are due.

Renewal costs just \$20 (\$25 for a couple), and even less for country members.

How can we do it at the price, folks? Even Dodgy Bros can't compete with these crazy prices!

Renewal form was in the last issue, on page 11. Fill it, or photocopy it if you can't bear to mutilate your Vetrunk.

Centurion Runners '12 and 24 hour event is at McGillivray Oval the weekend of June 8/9. Entry costs \$25 - but for full information call Tony Tripp (384-6036).

Early reminder, also from Tony, that the Perth Bunbury run will be in early October.

## New Members

Welcome to

Lewis Arndt

John Woolhouse

## TOM, 99

Bob Fergie delivered a birthday card, signed by many members, to our oldest member, 99 years old Tom Jones. Bob reports that Tom's well, and sends his best wishes to all members.

# Brockwell's Run

April 28, 1991

## Conditions:

Fine, still, sunny

A record turnout of 135 runners and walkers were treated to calm sunny conditions around the river for this one, which begins in East Perth, adding 3k to our standard bridges 10k loop.

In the 6k race, records fell to Peggy McLiver (26:17); Dave Reid (21:02); Michelle Boyle (39:10); and walker Bob Fergie (43:31).

The main 13k race brought an exciting tussle between Chris Maher and John West. Chris won by just seven seconds, in the excellent new age group record of 45:23.

Heather Crockart took the ladies honours in 58:45 ahead of Kath Penton (59:14).

Special congratulations to Chris (M35), and Heather (W30) - and also to our other age group record-breakers; Anne Turner (W55), Ted Maslen (M55), Dalton Moffett (M60), and John Gilmour (M70).

Thanks to our helpers - Maureen Pomery, Marge Thornton, Wayne and Ros Pantell for their invaluable assistance.

Chris and Tessa Brockwell

## 6K Run

Irene Ferris	W35	34:30
Peggy MacLiver (R)	W45	26:17
Jan Johnson	W45	27:30
Alison Aldrich		34:02
Pat Miller	W50	31:31
Esther Healey		33:16
Lorna Lachlan	W60	34:43
Paul Woo	M35	24:43
Adrian Noordyk		30:53
David Reid (R)	M40	21:02
Jim Klinge		21:33
John Bell		23:10
Jean-Marie Volet		27:23
George Neale		27:31
Arnold Jenkins	M45	26:16
Alan Croxford		45:50
Peter Airey	M50	24:31
Keith Forden		33:15
John Russel	M55	30:44
John Smith		31:40
Kirt Johnson	M60	29:31
Fred Hagger		45:49
Ernie Moyle	M65	37:09

## 13 K Run

Heather Brockart (R)	W30	58:45
Maxine Santich	W35	60:20

Kath Noordyk	W40	63:42
Kath Penton	W45	59:14
Marg Forden		60:20
Phyllis Farrell		66:06
Jacki Halberg		70:00
Ann Deanus	W50	73:05
Sheila Maslen		80:57
Ann Turner (R)	W55	68:54
Chris Maher (R)	M35	45:23
Doug Hazell		51:04
Robert Doust		55:45
John West	M40	45:30
John Ferris		49:23
Dave Scott		51:12
Wal Welyky		51:19
Keith Alexander		52:17
John Brown		52:40
Brian Danby		53:50
John Walker		55:53
John Tyrrell		58:53
Tom Savin	M45	46:56
Bob Argyle		47:27
Paul Pohe		48:48
Bob Schickert		49:05
Hugh Kirkman		50:26
Jim Barnes		51:17
Jim Greenfield		53:47
Terry Foster		54:37
Brian Foley		55:20
Mike Khan		55:26
George Maddox		55:37
John Pressley		56:00
Ken Taylor		56:37
Vic Waters		57:14
Barry Munyard		58:55
John Woolhouse		62:19
Jack Williamson		69:30
Joe Yates		71:47
Fraser Deanus	M50	52:50
Mel Ovenden		53:31
Graham Thornton		54:36
Bill Crellin		56:18
Bob Sammells		57:15
Rod Stewart		59:45
Morris Warren		60:13
Ron Sutton		62:11
Mick Watts		63:15
Jeff Spencer		63:23
Robert Farrell		63:25
John Pellier		63:31
Ron Potter		63:51
Merv Jones		64:04
John Maddison		67:05
Ted Maslen (R)	M55	52:11
Dick Blom		52:29
Frank McLinden		55:18
Rob Shand		56:06
Pat Guiton		56:56
Alan Pomery		58:23
Robin Bonner		58:26
Basil Worner		59:03
Pat Sheerin		66:50
Norm Miller		69:10
Ron Ford		71:47
Gordon Florance		74:37
David Hough		76:37

Dalton Moffett (R)	M60	56:42
Brian Jones		56:44
Merv Moyle		59:57
Vic Beaumont		60:17
Cecil Walkley		62:25
Brian Aldrich		65:39
Ray Lawrence		67:58
Garnett Morgan	M65	66:54
Frank Veker		70:29
Sid Bowler		80:10
John Gilmour (R)	M70	51:21
Arthur Leggett		67:01

## 6k Walk

Michelle Boyle	W40	39:10
Jill Midolo		45:25
Pam Forden		46:43
Pauline Kelly		46:43
Wendy Spencer	W45	55:27
Dorothy Whittam	W50	41:14
Val Tyson	W65	43:32
Bob Fergie	M55	43:31
Jeff Whittam		43:32
Dick Horsley	M75	43:41

## 13k Walk

John Mison	M40	69:44
Jack Collins	M75	104:57
Jacqi Beaumont	W	104:57

## Visitors

Mark Pressley	6k	20:49
Craig Tyrrell	6k	23:02
Sarah Tyrrell	6k	26:06
Clive Sargent	6k	28:59
Robert Sheehy	6k	29:15
Maureen Delcabus	6k	31:04
Mick Malone	6k	31:07
Alan Smith	6k	31:39
M: Van Voorthuizen	13k	45:23
Paul O'Riordan		47:10
Bob Harrison		48:56
Brian Vohest		49:12
Ken Jackson		51:51
Lewis Arndt		55:33
Alan Barr		55:38
Gordon Jackson		58:16
Colin King		58:25
Janice Roberts		61:07

## Revised 13k Records

M35	C Maher	45:23	91
M40	B Argyle	45:11	89
M45	F Smith	44:18	89
M50	D Hoye	47:17	90
M55	T Maslen	52:11	91
M60	D Moffatt	56:42	91
M65	D Strachan	63:43	89
M70	J Gilmour	51:21	91
W30	H Crockart	58:45	91
W35	M Santich	60:02	90
W40	M Birks	58:35	90
W45	M Forden	57:22	90
W50	A Turner	65:11	89
W55	A Turner	65:54	91
W60	J Strachan	70:15	90



# Kings Park Birkwater 8

Conditions: Mild, Dry

May 12 1991

First home was Tom Savin in 30:37; but the winner was Jim Greenfield in a precise 41 minutes.

How so? Well, this was no handicap event, unless you consider running un-encumbered by heavy wrist-watch a handicap. Timepieces were all in the bucket, and with only their pre-race estimates to go for, more than 100 runners ventured into the twists and turns of Kings Park on our first Guess-Your-Time run.

"First back gets the best watch," bellowed one.

Since this race became the Birkwater 8 it has become the most precisely measured, checked and flagged on the WAVAC card. You can't get lost, declared the director.

Oh yes we can, thought the field.

"Times are all out," hollered Tom Savin as he hit the chute. "Someone had moved an arrow. We ran an extra 200 metres." (Tom talks as fast as he runs.) Others blamed vandals, cyclists, dingos. Most found the way. Director blamed anyone not in sight, and decided honours are even.

Jim Greenfield is very happy, the only competitor to hit his estimate spot-on. After a thorough body search for hidden chronometers, Jim was awarded the perpetual, timeless trophy.

This is a beautifully mounted, disused watch, with no battery. Vic Waters

My thanks to helpers Pat and Graham Luck, Maureen Pomery, Bev Thornton, Mike and Vicky Rhodes, Andy Carroll, and Chris Waters — and especially Basil and Kate, to whom this run ought to be dedicated! Without them all, it would have been totally impossible, rather than just a straight-forward nightmare.

Thanks to the sausage sizzlers and suppliers - the Pellier / Forden / Barnes trio. Margaret Birks

Heather Crockett	W30	38:14
Irene Ferris	W35	51:38
Paul Hughes	M35	32:23
David James	M35	34:24
Paul Woo	M35	36:12
Adrian Noordyk	M35	37:51
Ann Shaw	W40	35:11
Kath Noordyk	W40	39:56
Jill Midolo	W40	52:31
Duncan McAuley	M40	30:38
David Reid	M40	31:06
John Ferris	M40	31:56
Robert Mair	M40	32:11
Geoff Lloyd	M40	34:27
Brian Danby	M40	35:06
Lewis ARndt	M40	35:45
John Tyrrell	M40	38:38
Max Kelly	M40	38:56
John Lindsay	M40	39:37
Jean-Marie Volet	M40	39:43
Joe Yates	M40	42:24
Peggy McLiver	W45	38:18
Kath Penton	W45	38:23
Margery Forden	W45	39:54
Jan Johnson	W45	42:35
Jackie Halberg	W45	45:56
Mary Pritchard	W45	47:05
Rosemary Maddox	W45	47:21
Rosa Davis	W45	50:52
Tom Savin	M45	30:27
Bob Argyle	M45	31:17
Dave Roberts	M45	31:20
Paul Pohe	M45	31:22
Bob Schickert	M45	31:45
John Pressley	M45	34:32
John Bell	M45	34:42
Terry Foster	M45	34:46
Brian Foley	M45	35:12
Frank Smith	M45	35:54
Barry Harwood	M45	35:56
Jim Barnes	M45	36:08
Paul Martin	M45	36:08
Barry Munyard	M45	37:54
Arnold Jenkins	M45	37:56
Jim Greenfield	M45	41:00
Esther Healy	W50	49:10
Ann Deanus	W50	49:25
Sheila Maslen	W50	56:06
Derek Hay	M50	34:19
Fraser Deanus	M50	35:01
Don Caplin	M50	35:19
Mel Ovenden	M50	35:39
Bob Sammells	M50	36:01
Joe Travato	M50	36:09
Dennis Miller	M50	36:22
Maurice Johnston	M50	36:25
John Pellier	M50	36:40
Roland Matzke	M50	37:52
Rod Stewart	M50	38:02
Jeff Spencer	M50	38:28
Mike Watts	M50	38:28
John Maddison	M50	38:44
Ron Sutton	M50	38:50
Leon Sander	M50	38:51
John Spencer	M50	39:43
James Ramsey	M50	40:39

Graham Thornton	M50	40:50
John Gilmour	M70	34:37
Ann Turner	W55	45:58
Margaret Warren	W55	49:25
Patricia Carr	W55	58:13
Ted Maslen	M55	34:44
Dick Blom	M55	34:54
Rob Shand	M55	35:43
Ray Attwell	M55	35:45
David Carr	M55	36:22
Robin Bonner	M55	36:28
Basil Worner	M55	37:11
Alan Pomery	M55	38:32
Selby Munsie	M55	44:36
John Russell	M55	45:22
Norm Miller	M55	45:27
Ron Ford	M55	46:20
John Smith	M55	47:04
Lorna Lauchlan	W60	51:59
Frank McLinden	M60	34:38
Dalton Moffett	M60	36:23
Merv Moyle	M60	39:30
Cecil Walkley	M60	39:43
Vic Beaumont	M60	41:06
Kirt Johnson	M60	42:27
Ray Lawrence	M60	44:13
Stan Lockwood	M60	44:14
Frank Usher	M65	48:37
Ernie Moyle	M65	57:47
Arthur Legett	M70	45:24

## Visitors

Paul Odam	31:11
Mark Pomery	32:46
Ken Jackson	35:29
Alan Barr	36:50
Craig Tyrrell	38:35
Rebecca Foster	39:30
Jon Timms	40:31
Jeanette Tiverios	42:14
Alen Smith	46:52
Margaret Dwyer	48:33
Mark Maslen	56:06
Nola Medcalf	58:13

## 6km Walk

Michelle Boyle	W40	38:32
Pauline Kelly	W40	43:03
Barry Thomsett	M50	43:04
Lyn Schickert	W45	43:06

## 5.8km Walk

Pat Miller	W50	48:22
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## 5km Walk

Margaret Stone	W45	30:44
Egon Jankauskas	M40	30:46
Lisa Halfey	Vis	30:48
Jackie Billington	W45	37:14
Wendy Spencer	W45	38:25
Shirley Lincoln	W50	31:30
Dorothy Whittam	W50	34:37
Jackie Beaumont	W50	38:24
Bob Chalmers	M50	32:58
Mitch Loly	M50	39:09
Jeff Whittam	M55	37:46
Leo Hassam	M60	38:52
Val Tyson	W65	36:54
Dick Horsley	M75	37:46
Jack Collins	M75	40:20

## THE WELLNESS COLUMN

**OVER TRAINING** can reduce men's sex drive, according to a study from Royal Adelaide Hospital's endocrine unit.

Men's testosterone levels rise sharply with short-term exercise, but fall below normal after intense, long term exercise. According to the unit's Dr Tony Roberts, 'over-training' occurs when we fail to achieve a balance between training and recovery.

This study was based on rowers, observed over nine weeks. Blood samples were taken, and correlated with training schedules, competition programmes, and psychological profiles.

Tests showed that decreased testosterone (and increased cortisol) coincided with lowered sex drive, depression, and reduced vigour in these athletes. An excess of cortisol, says Dr Roberts, is associated with a breakdown of bone, protein and muscle.

President of the Australian College of Sports Physicians, Dr Peter Brukner, said that there is evidence to suggest that a reduction in training can enhance performance. Some athletes train to the point where they cause more damage than good. It's difficult to get these people to slow down, he said. They're often a bit excessive about exercising. Usually what they need is more rest and nutrition.

Athletes who become addicted to exercise may find themselves 'running on empty' according to sports psychologist Garry Egger. Long-distance runners who train for more than 3-4 hours a day may become addicted. "Nobody really knows what the physiology of exercise addiction involves, but there has been some suggestion that the natural opiates - the endorphins - may play a part," he said.

"Endorphins are thought to cause 'runners high' - the sense of timelessness and euphoria that endurance athletes experience.

For most people, even keen Vets, this is a case of 'no

problem'. Another fitness instructor commented that the problem in Australia is getting people to start, rather than stop exercising!

However, should you be harbouring lingering doubts about your other, after-dark exertions, take comfort from another recent study. This one examined 'how hold are you really'?

Looking at performance (rather than affairs) of the heart, it stated that a 'dud ticker' is not a natural or inevitable consequence of ageing, which, if you're fit causes no appreciable change in your heart's ability to pump blood while at rest.

It went on to say - wait for it, you'll like this part - that 'if a man can run two kilometres in less than eight minutes he has the heart of a fit 17 year old. (For a woman, run 2k in less than 10 minutes to be sweet 17!'

And to drag sex in, finally, this report said that although sex drive and performance does diminish with age, sexual behaviour in later life correlates more closely to the way you performed when young, than it does to hormone or other chemical changes.

In other words - 'Young studs can look forward to being old studs'.

(Thanks to Jim Greenfield, who supplied some of the material for this look at our second favourite sport. The cuttings are available from Vetrun.)

Age	Men Minutes to run a km	Women
25-35	9-10	11-13
36-45	10-11	13-14
46-55	11-13	14-15
56-65	13-14	15-16

This chart shows mins per km performance for the average person. Read it and gloat!

## Look to This Day!

FAIL to make your PB at Bunbury? (I did, too!)

Still got that nagging pain? (No, not the spouse, the one in your leg, thigh, heel, neck?)

There are many ways of achieving a personal sense of calm and peace - and that's a big help in coping with the physical problems. Some of us talk it out. Others meditate.

Here's a thought - an old Sanskrit proverb, contributed by Margaret Stone - that might help put athletic problems into perspective

*'Look to this day  
For yesterday is but a dream  
And Tomorrow is only a vision.  
But today well lived  
Makes every yesterday  
- a dream of happiness  
And every tomorrow  
- a vision of hope.*

Look well therefore to this day.

## ENGINE CHASING?

HERE's a challenge for classy runners who can skive off mid-week.

The Fire Brigade is organising a round-Australia team relay, which will pass through our fair city in August. We'd like to give these lads some support, run a little way with them, and perhaps win the Vets some publicity, too.

The catch is, they'll be coming through like their boots are on fire! So, if you can hold a 4 mins 15sec pace for a few kilometres, and are available in the afternoon of Tuesday, August 20, please contact Brian Foley, or Vetrun.



# Club 10km Track Handicap McGillivray Oval

25th April 1991

## Conditions: Perfect !

Another perfect evening for this, the third running of the 10km Track H'cap. Despite the panic at the start, when we could not get the clock started, setting Pauline off on a false start; and the finish when Colin Hickman was stopped with still another lap or two to go, (for which I offer my apologies) everything else seemed to go smoothly!

John Pellier managed to get the clock started eventually and the runners and lap scorers could start noting times.

The eventual winner was Brian Paxman off a 6:30 handicap with a time of 47:55

I would like to thank all those who came out to help, without you the event would be a non starter.

Jeff Whittam

RESULTS:			CLOCK TIME	H'CAP	ACTUAL TIME
1.	Brian Paxman	M60	47:55	6:30	41:25
2.	Hugh Kirkman	M45	48:28	11:00	37:28
3.	Lyle James	M50	48:50	8:00	40:50
4.	John Bornholdt	M55	48:56	4:45	44:11
5.	Mel Ovenden	M50	49:03	9:00	40:03
6.	Cecil Walkley	M60	49:09	1:15	47:54
7.	Ron Sutton	M50	49:43	5:45	43:58
8.	Rob Shand	M55	49:50	7:45	42:05
9.	Ted Maslen	M55	49:55	10:30	39:25
10.	Peter Airey	M50	50:00	8:15	41:45
11.	Dick Blom	M55	50:07	10:45	39:22
12.	Ivan Wiltshire	M50	50:14	:45	49:29
13.	Bob Schickert	M45	50:14	13:30	36:44
14.	John Ferris	M40	50:15	12:15	38:00
15.	Brian Aldrich	M60	50:17	4:45	45:32
16.	Wally Crowley	M35	50:18	14:15	36:03
17.	Pauline Wiltshire	W45	50:20	00:00	50:20
18.	Frank McLinden	M55	50:32	9:45	40:47
19.	Basil Worner	M55	51:35	7:00	44:35
20.	Bob Harrison	M45	53:52	15:45	38:07
21.	Frank Smith	M45	54:12	15:45	38:27
22.	Colin Hickman	M40	48:15	15:45	32:30

## The Vetrunk

Vetrunk is the club magazine of the WA Veterans Athletic Club

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459 7782

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DEADLINE  
for next issue - June 10

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# MURDOCH CROSS COUNTRY

## Conditions:

Despite a rival attraction in Bunbury almost 80 runners arrived on a bright morning to tackle the sandtracks, rabbit burrows and pinecones underfoot on the Murdoch circuit. Dave Roberts ran a strong 10k to be the first Vet runner, whilst over 5k Dave Muir was the first club member home. First women club runners were Kath Noordyk over 10k, and Jackie Halberg over 5k.

To anyone looking for a way of getting closer to the club's activities I strongly recommend standing in for an unavailable Race Director (in this case John Spencer). I makes you fully aware of all the work which goes on week by week, and also appreciative of the depths of enthusiasm and generosity of club members in giving support. My special thanks to Margaret and Morris Warren, Irene Ferris, and Pat Miller at the finish line, and to Doug Hazell and Richard Harris for flagging the course.

Patrick Guiton

## Runners 5K

2	Dave Muir	M45	20:08
3	J Davies	M40	20:17
4	David Jones	M25	20:20
5	Paul Woo	M35	21:21
6	George Neale	M40	22:46
7	John Woolhouse	M45	22:55
8	A Jenkins	M45	23:31
9	Peter Cole	M45	23:32
10	Max Kelly	M40	23:33
11	Paul Martin	M45	23:58
17	Norm Miller	M55	25:50
18:	Kurt Johnson	M55	26:01
19	Jackie Halberg	W45	27:38
20	Pauline Wiltshire	W45	27:50
21	Roma Bettles	W40	28:00
22	Ivan Wiltshire	M50	31:04
25	E Healey	W50	31:04
26	Rosa Davies	W45	31:20
27	Lorna Lauchlan	W60	31:21
28	Ernie Moyle	M65	32:52
29	J Midolo	W40	34:59

## Visitors 5K

1	M Dembsey	18:57
12	Robert Connell	24:34
13	John Yates	24:41
14	Paul Hak	25:16
15	Robert Sheehy	25:22
16	James Ramsey	25:40
23	Margaret Dwyer	30:46
24	Robert Sheehy	31:03

## Runners 10K

2	Dave Roberts	M35	38:35
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4	Jim Klinge	M40	38:59
5	Colin Hickman	M40	39:21
6	Bob Thomson	M40	40:18
7	Doug Hazell	M35	40:28
8	D Hoyer	M50	40:59
9	Warren Gee	M40	41:12
10	Ted Maslen	M55	41:54
11	John Brown	M40	42:05
12	Dick Blom	M55	42:19
13	Ian Partington	M45	42:48
15	Lewis Arndt	M40	43:04
16	Phil Dufty	M45	43:10
17	Ray Allwell	M55	43:18
18	Fraser Deamus	M50	43:22
19	Barry Harwood	M45	43:40
20	Ken Taylor	M45	44:28
21	Joe Travitee	M50	45:10
22	Dalton Moffett	M60	45:18
24	Dennis Miller	M50	45:10
25	Brian JOnes	M60	46:05
26	Barry Maynard	M45	46:09
27	Robin Bonnr	M55	46:31
28	Ron Potter	M50	46:50
30	Mike Rhodes	M45	47:14
32	R Anderson	M40	47:56
33	Kath Noordyk	W40	47:59
34	Morris Warren	M50	48:26
35	Ron Sutton	M50	48:31
36	M: Robinson	W50	49:05
37	Mike Faunge	M50	49:13
38	Merv Moyle	M60	49:15
39	Jean M Volet	M40	50:13
40	Nel Purves	M60	51:05
41	Brian Paxman	M60	51:06
42	Ann Turner	W55	54:55
43	John Russell	M55	57:15
44	Ray Lawrence	M60	59:33
45	Adrian Noordyk	M50	59:34
43	Ann Deamus	W55	59:57
47	Sheila Maslen	W50	1:06:37
48	Nora Berry	W60	1:07:03

## Visitors 10k

1	Paul Griffiths	37:46
3	Craig Dufty	38:39
14	Terry Foster	42:50
23	Frank Wilson	45:32
29	Robyn Mitsopoulos	46:54
31	Janet Rogers	47:19

## Walkers 5K

Pam Foster	W40	45:01
Pauline Kelly	W40	45:02

## Possible Record

Dorothy Whittam was first across the line in a handicap event with the Australian Race Walkers on May 18, with a pb of 67:20 and a possible state age record.

We'll confirm this with details of other performances next month.

## CHOICE ON SHOES - WHAT DO YOU USE?

A RECENT issue of *Choice*, the Australian Consumers' Association magazine, examined running shoes and concluded that many people would only need a style that cost as little as \$34.

Several people have mentioned this report (or the report of the report, as reported by other publications!)

It's worth noting that *Choice* also said that if the runner knows which style suits best, he could save up to \$100. The magazine went on to explain how to assess footstrike, wear pattern pronation, and how to counter problems such as Achilles pains. Just how much joy or assistance you'll get in this regard from the checkout at Target, or Big W, I don't know.

I do know that you get what you pay for. Cheap often means poor quality - and *Choice* does point out that their recommendation on the \$34 shoes applies to casual runners.

We all know that most manufacturers are targetting the fashion market rather than club runners. Ever changing colours, and styles (and prices) seem designed for the disco floor rather than road and cross-country.

If you want advice on the best shoes for you - ask an experienced Vet club member; or take the advice of *Runners World*, where you can be sure of professional help.

Meantime, *Vetrunk* would like some comments from members on shoes. Let us know what you wear, if they work, and so on. Your comments and criticisms could be invaluable to your clubmates.

Vic Waters