

# CLUB SHIRT ORDER FORM

Running singlets and club tee-shirts are now available.  
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## HAPPY BIRTHDAY TO OUR JUNE MEMBERS

SCADDAN, Rob	02/06/51	41 remains M40	JACKSON, Roy	16/06/54	38 remains M35
STRICKLAND, Eddie	03/06/18	74 remains M70	MARSTON, Rod	17/06/43	49 remains M45
WOOTEN, Cyril	05/06/25	67 remains M65	THOMSETT, Barrie	17/06/40	52 remains M50
SIMPSON, Bob	05/06/33	59 remains M55	BONNER, Robin	18/06/31	61 remains M60
MAHER, Diane	06/06/61	31 remains W30	DRAYSON, Derek	19/06/23	69 remains M65
HOLM, Jenny	07/06/49	43 remains W40	STRACHAN, June	20/06/25	67 remains W65
MILLIGAN, Shirley	07/06/37	55 becomes W55	REID, David	26/06/50	42 remains M40
COCHRANE, John	08/06/35	57 remains M55	CLEMENTS, Wendy	26/06/42	50 becomes W50
DeSOUZA, Hilary	08/06/38	54 remains M50	WOOLARD, Keith	27/06/47	45 becomes M45
FOLEY, Gerard	08/06/26	66 remains M65	WATTS, Mike	28/06/37	55 becomes M55
SANGER, Peter	08/06/51	41 remains M40	WELYKY, Wal	28/06/37	55 becomes M55
CARR, David	15/06/32	60 becomes M60	DAVIE, Aubrey	29/06/35	57 remains M55
FRANK, Toni	15/06/45	47 remains W45	HAGGER, Frederick	29/06/25	67 remains M65
DELCANHO, Maureen	15/06/49	43 remains W40	WOO, Paul	30/06/55	37 remains M35
JUNNER, Colin	16/06/22	70 becomes M70	GILLARD, Chris	30/06/48	44 remains M40



# The Vetrun



No. 234 MAY 1992

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

## SUNDAY RUNS NEED HELPERS

MANY of our Sunday runs are in jeopardy from lack of helpers.

Sure - the directors can call on the same old gang, who seem to be there every week. But is it fair to rely on a dedicated few?

I can think of plenty of members, old and new, who have done nothing of late to assist club organisation.

### WHEN DID YOU LAST HELP OUT?

On June 14, Morris Warren's 25K/10K event from McCallum Park cannot take place unless more helpers are found.

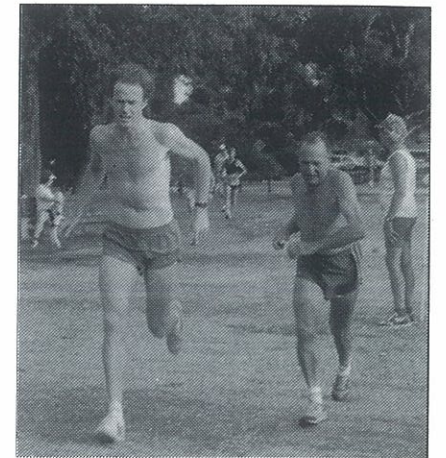
And there are many more races

by Vic Waters

through the year with no volunteers to date. We are a voluntary group. Without co-operation of members, nothing happens.

If you want to enjoy the luxury of a safe, organised run every Sunday morning, accept the fact that you need to help at least once a year.

Call Barry Thomsett - 276-6446 - and tell him which race (preferably two) you can help with.



John Bell and Arthur Leggett remind us that just a few months ago (Deadly Medley time) topless runners were everywhere! Now we're all in thermal underwear, turn to page 11 for a few more reminders of summer.

## How to win a shirt



Run every Bunbury Marathon - ten so far - and like John Pellier you can stick out your tum with pride, as director Brian Kennedy fits you for a t-shirt. Not much news from this year's Bunbury contestants - seems the wind and rain has taken their breath away?

## THE CLUB'S RECORDERS ARE NOT AUTOMATIC!

RACE DIRECTORS - please don't assume that Maureen Pomery and Bev Thornton can show up and help at every race.

These ladies do us great service - but they are NOT automatically available.

When planning your event, remember you need to find recorder/ time-keepers, as well as other marshalls.

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## Notices

There are important notices re race changes sprinkled through this Vetrun - please add these amendments to your 92/93 programme.



## WOMEN'S RUN

January 12, 1992

### 7.1K Run

Position & Name	Age	Clock Time	H'Cap	Adjust Time	Posit.	Position & Name	Age	Clock Time	H'Cap	Adjust Time	Posit.
1 Mick Malone	M40	35:31	5:45	29:46	29E	29 Garnet Morgan	M65	40:46	8:30	32:16	39
2 Graham Thornton	M50	38:17	11:30	26:47	13	30 Pat Miller	W50	40:48	5:34	35:14	46
3 Kirt Johnson	M60	38:29	6:45	31:44	36	31 Peggy MacIver	W45	40:54	12:30	28:24	21
4 Joe Brennan	M70	38:39	3:15	35:24	47	32 Mike Khan	M45	40:56	14:30	26:26	12
5 Bob Schickert	M50	38:40	16:45	21:55	1	33 Stewart Hicks	M65	40:58	9:00	31:58	38
6 Vic Waters	M45	38:44	13:45	24:59	7	34 Ivan Wiltshire	M50	41:08	7:15	33:53	44
7 Merv Moyle	M65	38:45	10:30	28:15	20	35 Margaret Robinson	W50	41:09	12:00	29:09	26
8 Vic Beaumont	M60	38:48	8:30	30:18	33	36 Keith Forden	M50	41:16	11:15	30:01	31
9 Maureen Delcanho	W40	38:49	7:15	31:24	34	37 Ted Maslen	M55	41:18	15:45	25:33	9
10 Basil Worner	M60	39:07	9:45	29:22	27	38 Esther Healey	W50	41:24	3:15	38:09	55
11 Brigitte Cheek	W35	39:14	3:15	35:39	49	39 Merv Jones	M50	41:32	9:45	31:47	37
12 Robin Bonner	M60	39:15	14:00	25:15	8	40 Arnold Jenkins	M45	41:34	13:30	28:04	19
13 John Russell	M55	39:22	6:00	33:22	41	41 Lewis Arndt	M40	41:36	14:45	26:51	15
14 Duncan Strachan	M65	39:27	3:45	35:42	48	42 Janice Rodgers	W35	41:36	14:30	27:06	17
15 Mitch Loly	M50	39:39	9:30	30:09	32	43 Maggie Webb	W40	41:37	?	-	-
16 Sheila Maslen	W50	39:41	1:15	38:26	56	44 Frank Usher	M65	41:45	4:45	37:00	52
17 Dalton Moffett	M60	39:46	12:45	27:01	16	45 Bill Crane	M50	41:47	14:00	27:47	18
18 John Ferris	M40	39:48	16:00	23:48	2	46 Sandi Hodge	W45	42:01	5:15	36:46	51
19 Brian Foley	M45	39:50	15:45	24:05	4	47 Robert Sheehy	M45	42:02	9:00	33:02	40
20 Joe Stickle	M50	39:54	13:30	26:24	11	48 George Neale	M40	42:08	13:00	29:08	25
21 Pauline Wiltshire	W45	39:58	8:30	31:28	35	49 Lorna Lauchlan	W60	42:09	2:30	39:39	59
22 Ray Lawrence	M60	40:18	6:30	33:48	43	50 Ron Potter	M50	42:42	13:00	29:42	28
23 Brian Danby	M40	40:18	15:45	24:33	6	51 Dave Scott	M40	42:45	18:15	24:30	5
24 Peter Airey	M55	40:20	13:30	26:50	14	52 Pat Carr	W55	42:48	00:00	42:48	60
25 Peter Hill	M40	40:21	14:45	25:36	10	53 John Bornholdt	M55	43:01	13:15	29:46	29E
26 Bill Crellin	M50	40:22	4:30	28:52	23	54 June Strachan	W65	43:54	5:00	38:54	57
27 Roma Bettles	W40	40:29	6:15	34:14	45	55 Rod Stewart	M50	44:03	15:00	29:03	24
28 Kath Penton	W50	40:42	12:00	28:42	22	56 Marge Forden	W50	44:24	10:45	33:39	42

## New-look for Harbour Run

VARIETY adds spice to life - and we're always looking for ways of enlivening the Vets' running calendar. So the Fremantle Harbour Run on June 21st will be an innovation that we hope everyone will enjoy.

It will be a big field, with a lot of new faces - because we're sharing the run with the Marathon Club, and publicising the run to the wider, fun-running fraternity. It will benefit a very worthy cause - Track Down Cancer Research - because we're making a \$3 per head entry charge.

ALL the entry fees go to the Research fund - and your committee hopes that none of the Vets will object to making such a contribution.

The whole exercise will be useful in another way, too. Some far-sighted Vets are already discussing the long-term implications of our steady membership growth. Experience of organising a large-field event may be a valuable guide to the shape of things to come.

Prizes for the Fremantle run, which will be directed by Paul Martin, are donated by Lance Gibbons Holden; Dunlop Australia; and Observation City.

Tradition will not be abandoned completely on the 21st; morning tea will follow the run. (If it's a traditional Fremantle run, we'll probably all need something hot!)

Conditions: fine, sunny

WELL, it took a while getting here, but it's sure thorough!

Race director Jill Midolo has provided all the figures you could ask for. Of course, the Women's Run is a handicap, and the finishing

order is the crucial column. However, the final column shows each competitor's position based on actual running time. It's interesting to compare columns 1 and 7. Thanks to Jill, all her helpers, and Mike Rhodes for the handicaps.

MIKE and Linda Rhodes are among the last stalwarts to host a home run, and we ain't talking about baseball. For new members, a home run is one that begins and ends nearby a member's home, and following which the assembled throng is entertained 'at home' by the poor director. As our Sunday numbers have steadily increased it's becoming harder and harder to organise such events. Great thanks are due to Mike and Linda for keeping the tradition going.

Ed.

	Elapsed Time	Handi- cap	Run Time		Elapsed Time	Handi- cap	Run Time
Doug Hazell	42:50	15:45	27:50	John Maddison	47:17	11:45	35:32
John Puglisi	43:21	16:30	26:51	David Hall	47:24	8:45	38:39
Alan Tyson	43:23	6:15	37:08	Bob Argyle	47:25	17:45	29:40
Joe Stickle	43:25	12:45	30:40	Bob Sammells	47:32	15:45	31:47
Roma Bettles	43:29	7:15	36:14	Stewart Hicks	47:43	9:30	38:13
Jacqui Halberg	43:58	8:15	35:43	Mike Khan	47:46	15:30	32:16
Paul Martin	44:80	15:45	28:23	Basil Worner	48:05	13:15	34:50
Joan Slinger	44:13	3:30	40:43	Terry Foster	48:09	15:15	32:54
Dick Blom	44:17	14:30	29:47	Rob Davis	48:00	6:00	42:00
Kirt Johnson	44:30	7:15	37:15	B Thomson	48:34	17:45	30:49
R Sheeny	44:35	9:30	35:50	Rod Stewart	49:01	15:15	33:46
Barry Slinger	44:40	11:15	33:25	Ernie Moyle	50:24	0:00	50:24
Ted Maslen	44:45	15:15	29:30	Mary Robinson	51:15	0:15	51:00
John Bell	44:50	16:30	28:20	Sid Bowler	51:15	0:00	51:15
Adrian Noordyk	44:53	15:30	29:23	Dave Hough	51:59	9:30	42:29
Joe Trovato	44:57	14:15	30:42	WALKERS			
Ron Potter	44:57	11:45	33:12	Egon Jankauskas	58:15	14:00	44:15
Colin Watts	45:00	13:45	31:15	Dorothy Whittam	60:36	9:15	51:21
Brian Danby	45:10	15:45	29:16	Joan Hillis	60:37	7:30	53:07
Cecil Walkley	45:20	11:45	33:17	Jo Stone	60:49	7:30	53:19
John Russell	45:40	7:30	37:34	Wendy Spencer	62:50	7:00	55:50
Marge Forden	45:50	11:15	33:50	Barrie Thomsett	63:20	14:15	49:05
Barry Munyard	45:70	11:45	33:22	Bob Chalmers	63:38	12:30	51:07
Brian Foley	45:23	16:0	29:23	Val Tyson	63:20	5:30	57:50
John Dartnell	45:29	13:30	31:59	Jeff Whittam	64:25	8:00	56:25
B Morrissey	45:32	11:0	34:32	E Wetherburn	65:45	17:00	48:45
Mal Ovenden	45:20	13:45	31:17	Sandy Penny	71:19	0:00	71:19
Keith Forden	45:35	11:15	34:20				
Kath Noordyk	45:36	13:15	32:21				
Tom Savin	45:37	18:45	26:52				
Sandi Hodge	45:39	6:45	38:54				
Don Blair	45:40	12:15	33:25				
J Spencer	45:44	11:15	34:29				
John Pellier	45:45	14:15	31:30				
Bryan Hardy	45:51	11:45	34:60				
John Smith	45:53	6:30	39:22				
Ron Sutton	45:53	10:30	35:23				
Paul Hughes	45:59	19:15	26:44				
Bill Crellin	46:00	10:30	35:30				
Robin Bonner	46:00	15:45	30:15				
Peggy Mcliver	46:04	11:45	34:19				
Ando Giacomini	46:07	12:30	33:38				
Jim Barnes	46:14	14:15	31:59				
John Woolhouse	46:15	12:45	33:30				
Bill Crane	46:15	14:15	32:00				
Dalton Moffett	46:15	13:45	32:30				
R Barnet	46:28	00:0	46:28				
Ron Hillis	46:30	10:15	36:15				
Max Kelly	46:43	13:15	33:28				
Peter Airey	46:46	14:15	32:31				
George Schaefer	46:50	14:45	32:50				
John Ferris	46:52	17:45	29:07				
Frank Smith	46:52	17:45	29:07				
Mitch Loly	46:59	10:0	36:59				

Paul Hak	36:05	K. Wong	43:40
Sarah Tyrell	41:45	Peter Loveless	45:25
Mark Maslen	44:14	H. MacGlashan	45:34
John Tyrell	45:53	G. Bergenson	45:49
C. Tyrell	45:53	C. Gillard	46:31
Charlie	47:19	A. Fox	46:37
B. Cornish	48:22	W. Hart	48:00
S. Shorter	49:31	S. Mort	48:00

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## Mt Lawley Circuit

March 22, 1992

COMING back from injury, Doug Hazell celebrated his imminent farewell to the M35s by winning the handicap, while Paul Hughes put in the fastest run of the day with his

26:44. Kath Noordyk was fastest lady, and Egon Jankauskas the quickest walker.

Thanks to the helpers, some of whom were visitors, and some roped in on the day, which was great. Perfect weather, on the run and in the garden afterwards, helped a lot.

The statistician/ records keeper may care to know that despite a similar field to 1991, jam consumption was up by two tins.

Mike Rhodes

Elapsed Time	Handicap	Run Time	Elapsed Time	Handicap	Run Time
John Maddison	47:17	11:45	35:32		
David Hall	47:24	8:45	38:39		
Bob Argyle	47:25	17:45	29:40		
Bob Sammells	47:32	15:45	31:47		
Stewart Hicks	47:43	9:30	38:13		
Mike Khan	47:46	15:30	32:16		
Basil Worner	48:05	13:15	34:50		
Terry Foster	48:09	15:15	32:54		
Rob Davis	48:00	6:00	42:00		
B Thomson	48:34	17:45	30:49		
Rod Stewart	49:01	15:15	33:46		
Ernie Moyle	50:24	0:00	50:24		
Mary Robinson	51:15	0:15	51:00		
Sid Bowler	51:15	0:00	51:15		
Dave Hough	51:59	9:30	42:29		
WALKERS					
Egon Jankauskas	58:15	14:00	44:15		
Dorothy Whittam	60:36	9:15	51:21		
Joan Hillis	60:37	7:30	53:07		
Jo Stone	60:49	7:30	53:19		
Wendy Spencer	62:50	7:00	55:50		
Barrie Thomsett	63:20	14:15	49:05		
Bob Chalmers	63:38	12:30	51:07		
Val Tyson	63:20	5:30	57:50		
Jeff Whittam	64:25	8:00	56:25		
E Wetherburn	65:45	17:00	48:45		
Sandy Penny	71:19	0:00	71:19		

### VISITORS AND MEMBERS WITHOUT HANDICAPS

Paul Hak	36:05	K. Wong	43:40
Sarah Tyrell	41:45	Peter Loveless	45:25
Mark Maslen	44:14	H. MacGlashan	45:34
John Tyrell	45:53	G. Bergenson	45:49
C. Tyrell	45:53	C. Gillard	46:31
Charlie	47:19	A. Fox	46:37
B. Cornish	48:22	W. Hart	48:00
S. Shorter	49:31	S. Mort	48:00

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# BIRKWATER CROSS COUNTRY

KINGS PARK  
MAY 10, 1992

Conditions: fine

AN historic event this; nobody lost the way. In guessing their time, most were too conservative, and some excellent times were made over a hard course. The Timeless Trophy went to Jacqui Halberg, only one second out with her estimate of 41:20, and two or three others came close. Some of the walkers chose to abandon the smooth road for once, and walk-jog through the delightful King's countryside, and Val Tyson came within seven seconds of her estimate.

Marking this course is a painstaking chore. Thanks to Basil and Kate who made it easy, repaired Saturday vandalism; and to Maxine for running it with me for a dawn check. Finding help for a Mothers' Day run isn't easy. John and Allan Smith, Teresa Griffiths and Sylvia Brennan - thanks. Especial thanks to Leo Hassam, who was invaluable in recording, and computing the winners. Director Margaret Birks - still walking wounded - handled the whole show with aplomb, and a plum-coloured nose (from a horrible cold). Fortunately, she wasn't on the sausage sizzle, which was barbecued by Sue Danby.

8K Run	Est.	Actual
1 P.Hughes	33:00	31:22
2 D.Roberts	31:30	31:34
3 B.Argyle	35:30	31:55
4 B.Schickert	32:00	32:16
5 C.Gillard	36:00	32:55
6 B.Harrison	32:00	32:56
7 S.Hill	30:30	33:00
8 J.Pressley	34:32	33:33
9 W.Welyky	33:05	33:37
10 G.Lynn	35:30	33:52
11 A.Shaw	34:12	33:54
12 K.Wong	36:00	33:59
13 M.Cousins	34:25	34:17
14 D.Caplin	36:00	34:17
15 T.Maslen	32:30	34:46
16 M.Ovenden	33:00	34:54
17 J.Stickles	34:30	35:01
18 B.Danby	32:10	35:26
19 J.Barnes	33:52	35:30
20 M.Rhodes	39:03	35:41
21 B.Foley	35:00	35:43
22 D.Bryant	33:47	35:56
23 M.Pressley(v)	40:00	35:53

24 J.Carpenter	35:30	36:04
25 P.Hill	35:00	36:15
26 N.Robinson(v)	35:30	36:21
27 J.Pellier	37:00	36:25
28 F.Deanus	Nil	36:34
29 B.Worner	Nil	36:36
30 D.Blom	36:00	36:45
31 M.Kelly	38:00	37:20
32 D.Moffett	36:23	37:21
33 M.Kahn	36:30	37:38
34 R.Atwell	38:00	37:47
35 P.Airey	36:15	37:55
36 S.Mort	38:00	38:21
37 K.Brownlie	36:10	38:25
38 T.Foster	35:30	38:29
39 I.Thomsett(v)	36:00	38:34
40 E.Hill	37:30	38:34
41 B.Matthews	35:00	38:35
42 B.Munyard	37:30	38:37
43 M.Moyle	38:10	38:52
44 J.Spencer	38:40	39:05
45 J.Maddison(v)	Nil	39:10
46 R.Sheehy	39:06	39:13
47 M.Forden	38:35	39:28
48 R.Stewart	45:00	39:46
49 B.Morrissey	40:36	39:50
50 J.Ramsey	52:00	39:30
51 R.Sutton	39:15	39:53
52 P.Macliver	39:42	39:56
53 A.Jenkins	38:00	39:57
54 D.Blair	38:12	40:05
55 K.Penton	Nil	40:10
56 P.Martin	40:00	40:20
57 V.Beaumont	45:00	40:33
58 J.Bornholdt	Nil	40:44
59 L.Farrelly	42:30	40:57
60 J.Edwards	40:00	41:08
61 J.Volet	40:20	41:08
62 C.Broderick	37:00	41:19
63 J.Halberg *1st	41:20	41:19
64 J.Tiverios	38:40	42:36
65 J.Lindsay	40:00	43:38
66 G.Peet	45:00	43:46
67 K.Johnson	42:30	43:46
68 J.Russell	50:00	44:38
69 B.Meharry	45:00	45:52
70 N.Miller	44:00	46:02
71 R.Lawrence	42:30	46:09
72 K.Webster	50:00	46:13
73 B.Cheek	45:01	46:37
74 R.Maddox	49:00	47:59
75 N.Medcalf	51:15	48:24
76 D.Hough	45:00	49:10
77 L.Lauchlan	54:20	49:30
78 S.Lekias(v)	54:21	50:06
79 G.Florance	Nil	50:29
80 S.Maslen	54:28	52:28
81 E.Healy	49:00	52:40
82 F.Usher	51:00	53:10
83 J.Pellier	51:11	53:11
84 P.Carr	73:00	53:37
85 S.Bowler	50:00	54:49
86 J.Brennan	56:00	55:08
87 M.Warren	56:23	55:07
88 M.Warren	44:07	55:08
89 J.Midolo	56:10	56:49
90 T.Frank	54:40	60:01
91 V.Tyson	66:06	66:02
92 L.Schickert	71:03	66:02
93 M.Stone	71:02	66:02
94 W.Spencer	Nil	67:38
95 J.Beaumont	73:00	67:38

# LAKE MONGER RUN

FEBRUARY 16, 1992

Conditions: cool and clear

Daylight saving and early starts counted for nothing on this day, as cool clear conditions greeted 109 runners and walkers. As a consequence we saw a number of records broken and many PBs achieved; well done to all those who obtained them.

We wish to thank all the great vets who pitched in to help at the finish, recording, and on water station. See you all again next year? (At normal times, and let's hope the weather is the same.)

Marge and Keith Forden

The club should express gratitude to Marge and Keith, who organise Lake Monger so smoothly and efficiently every year, whatever the conditions. It's an excellent circuit, safe, and providing good opportunities for consistent running and walking. At the finish, the position is perfect for the after-race post-mortems et al. If you haven't contested this one yet, mark it with a star on your new programme - now!

Ed.

1 LAP - 3.252kms

Gary Lynn	M35	12:01
Maxine Santich	W35	12:35
Pat Carr	W55	18:37
Toni Frank	W45	20:54
Teresa Griffiths	W45	21:08
Margaret Lynn	W50	25:40

2 LAPS - 6.626kms

Walter Quarman	M35	23:29
Robert Raymen	M45	24:27
Vic Waters	M45	26:10
Peter Airey	M55	28:11
Mike Rhodes	M45	28:23
Bill Crane	M50	29:18
Arnold Jenkins	M45	29:39
Bill Crellin	M50	31:18
Peggy Macliver	W45	31:26
Carol Broderick	W35	32:08
Ken Brownlie	M45	32:44
Maureen Brown	W40	32:49
Norm Miller	M60	33:43
Bill Meharry	M40	34:11
Ray Lawrence	M60	34:18
Sandi Hodge	W45	34:56

# Pagoda Run

March 1, 1992

A WARM humid morning, the return to a 8am start and the end of daylight saving, saw 120 Runners and Walkers crowd the dual use path near the causeway.

Brian Folley issued last minute instructions and tried to keep the peace with runners and cyclists.

My special thanks to Jackie Halberg, Maxine Santich, Margaret Birks and Jon and Kerensa Thomsett. To all who took part my thanks for you good humour, and co-operation. See you next year for the same event.

Barrie Thomsett.

5KM

Peggy Macliver	W45	23:28
Patricia Carr	W60	31:31
Toni Frank	W45	33:14
Sheila Maslen	W50	33:39
Alison Aldrich	W45	33:42

Mike Rhodes	M45	20:27
Jean-Marie Volet	M55	23:26
David Carr	M55	23:31
Alan Tyson	M65	24:45

10KM

Margaret Robinson	W50	46:43
Carol Broderick	W35	47:16
Christine Oldfield	W45	54:11
Estelle Rogers	W35	55:48
Shirley Milligan	W50	65:12
Doug Hazell	M35	36:04

Robert Sheehy	M45	24:12
Bill Crellin	M50	24:23
J. Pearce	W40	24:26
Jean-Marie Volet	M40	24:15
John Lindsay	M40	26:30
Christine Oldfield	W45	27:26
Jim Whitehorn	M55	28:56
Keith Webster	M50	29:09
Norm Miller	M60	29:15
Noela Medcalf	W55	29:37
Lorna Lauchlan	W60	30:31
Esther Healey	W50	30:35
Rebecca Healey	W30	31:00
Sheila Maslen	W50	32:30
Sid Bowler	M65	32:37
Barbara Buchanan	W45	38:40

10K Run

Jim White	M40	36:09
Brian Marsland	M45	36:09

Frank Smith	M45	39:05
Brian Foley	M45	39:51
Ken Taylor	M45	40:02
Gary Lynn	M45	40:40
Vic Waters	M45	40:58
Mike Carey	M35	43:04
Mal Ovenden	M50	43:04
Bob Sammells	M55	44:01
Leon Sander	M50	44:06
Ken Clark	M50	44:13
Barry Munyard	M45	44:14
Hamish McGlashen	M50	44:51
Ken Brownlie	M45	45:23
Bill Crellin	M50	46:26
Bryan Hardy	M45	46:31
Ron Hillis	M45	47:26
Brian Aldrich	M60	48:12
Lynn Larvelly	M45	49:44
Mitch Lolly	M50	49:57
Peter Lovellas	M45	50:32
Garnet Morgan	M65	50:33
Kirt Johnson	M60	51:24
John Smith	M55	51:25
Joe Brennan	M70	53:43
Duncan Strachan	M65	54:41
Bill Meharry	M40	55:32
Robert Farrell	M50	57:44
Gordon Florance	M55	59:34
Syd Bowler	M65	65:19

16KM

Kathleen Noordyk	W45	71:40
Pauline Wiltshire	W45	80:10
Roma Bettles	W40	83:37
Phyllis Farrell	W45	91:16
Shirlie Munsie	W55	91:17
Graeme Bergersen	M40	56:58
John West	M40	57:09
Steve Barrie	M55	57:51
Wayne Robinson	M35	58:05
Paul Hughes	M35	58:08
Dave Roberts	M45	58:21
John Ruglisi	M40	59:47
Bob Schickert	M50	61:51
Paul Marli	M50	62:43
Robert Mair	M40	63:53
Wayne Pantall	M35	65:07
Ted Maslen	M55	65:40
David James	M35	65:58

Kar Wong	M40	66:04
Adrian Noordyk	M35	67:30
Robin Bonner	M60	67:41
Joe Travato	M50	69:33
Ray Atwell	M55	69:55
Maurice Johnston	M50	71:17
Alan Pomery	M60	71:21
Alan Croxford	M45	71:50
Ivan Anich	M40	72:14
John Oldfield	M45	72:28
Alex Holm	M45	72:34
Richard Harris	M55	72:42
George Maddox	M45	73:21
Cecil Walkley	M60	73:43
Aldo Giocamin	M55	74:52
Ben Blair	M40	74:58
Bill Crane	M50	75:21
Merv Moyle	M65	75:33
John Woolhouse	M50	76:02
Ron Sutton	M50	78:20
Merv Jones	M50	78:22
Ron Potter	M50	79:19
Jeff Spencer	M50	80:22
David Hough	M55	83:35
John Russell	M55	86:31

5KM WALK

Barry Weatherburn	M50	32:16
Michelle Boyle	W40	33:00
Sue Hughes	W40	35:41
Bill Hughes	M60	35:51
Lyn Schickert	W50	35:55
Mary Robinson	W55	37:02
Ernie Moyle	M65	38:03
Rosemary McGlashan	W50	39:06
Judy Hill	W40	39:08
Margaret Lymn	W50	39:21
June Strachan	W65	51:25

10KM WALK

John Mison	M40	53:45
Egon Jankauskas	M40	60:25
Lorna Lauchlan	W60	65:41
Joan Hillis	W45	65:42
Jo Stone	W45	65:54
Bob Fergie	M55	66:17

16KM WALK

Peter Hill	M40	86:54
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Mike Faunge	M50	50:23
Cheryl Moore	W35	51:36
James Ramsay	M50	51:49
Jackie Halberg	W45	51:58
George Peat	M55	56:50
John Russell	M55	57:00

10K Run Visitors

Rebecca Foster		46:48
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WALKERS

Val Tyson	W70	43:07
Mitch Loly	M50	43:09
Carol Hood	W55	52:31

5K Run Visitors

Mark Pressley		17:49
Cindy Dartnall		22:03
Ian Pommery		23:19



Conditions: fine, grey, windy

ALL good things must come to an end, and regretfully the 'Round the Houses' Run (or, latterly, the Rous Head Run) has seen the last of the gallant Vets. Alterations to the Port Beach Road, prevention by the FPA of use of the Rous Head car park, and relocation of the Rottneest terminal to Emma Place has piled on too many problems. Most serious of these is the increase in traffic which puts runners at risk.

So, another site has to be found for next year, and one possibility is already being investigated. Watch this space for further developments! Being very sensitive to the large number of cars around on March 15, I was greatly relieved to see everyone back safe and sound. It was disappointing to have to shorten the run, but better than organising another loop, I thought. Thanks, helpers. They did all the work, and I'm very grateful to Bev Thornton, Maureen Pomery, Jill Midolo, Jacqui Billington, Kath Penton, Barry Thomsett, Graham Thornton, and Pat Carr.

Lorna Lauchlan

#### 6K

John Puglisi	M40	20:55*
Bruce Wilson	M45	21:47
Ann Shaw	W40	21:51*
Gary Lynn	M45	21:54
Vic Waters	M45	22:08
Bob Argyle	M45	23:27
Bob Sammuels	M55	23:32
Hamish McGlashan	M50	24:36
Judy Marsland	W40	25:34
Jean-Marie Volet	M40	26:02
Brian Aldrich	M60	26:03
John Spencer	M55	26:08
Peggy McIver	W55	27:05
Garnet Morgan	M65	28:17
Norm Miller	M60	28:26
Bill Meharry	M40	28:23
Pat Miller	W50	29:20
Joan Slinger	W50	29:25
Christine Oldfield	W45	30:21
Arnold Jenkins	M45	33:25
Sheila Maslen	W50	34:04
Mary Robinson	W55	34:05
Syd Bowler	M65	36:23
Margaret Miller	W45	36:51
Toni Frank	W45	36:54
Cliff Bould	M75	37:33
Sue Hughes	W40	38:21
Joan Pellier	W50	41:08

#### 6K Walkers

Barry Weatherburn	M45	36:16*
Dorothy Whittam	W55	37:35*
John Woolhouse	M50	38:22
Bill Hughes	M60	41:45
Lynn Schickert	W50	42:55
Margaret Stone	W45	42:55
Alan Stone	M55	42:55

## LORNA'S FAREWELL TO FREO

MARCH 15, 1992

Jacqui Beaumont	W55	43:33
Mitch Loly	M50	43:33
Val Tyson	W70	45:23
Rosemary McClashan	W40	45:23

#### Visitors

Helen Box		36:07
Sheila Sparrow		32:21
Joan Foley		32:47
Trisha Head		32:47

#### 13.5K

Dave Roberts	M45	48:05*
Paul Hughes	M35	48:13
Robert Raymen	M35	48:48
Bob Schickert	M50	49:49
John Pressley	M45	50:32
John Ferris	M40	51:15
Frank Smith	M50	51:33
Paul Martin	M50	51:48
David James	M35	54:01
Dick Blom	M55	54:23
Brian Danby	M40	54:47
Brian Foley	M45	55:02
Ian Colquhoun	M35	55:08
Dennis Miller	M50	55:56
Robin Bonner	M60	56:21
John Pellier	M50	56:35
Maurice Johnston	M50	57:40
Ray Atwell	M55	57:50
Janice Rogers	W35	57:57*
Lewis Arndt	M40	57:57
David Bryant	M45	58:00
Alex Holm	M45	58:34

## MURDOCH RUN

DESPITE the attraction of the Bunbury Marathon, 65 people completed the Murdoch cross-country course on a blustery, damp morning - perfect conditions! Sadly, Murdoch University continues to expand both its car parking facilities and student accommodation, which encroaches upon grass and track. Nevertheless, the Uni continues to offer a reasonable selection of cross-country terrain, and I understand there will be no further development over the next couple of years.

Next year Patrick Guiton and I will both be overseas - so if anyone is willing and able to organise the run in 1993 please contact me, or Barry Thomsett, or anyone on the committee.

John Spencer (335-9602)

(Thanks to all the helpers. To those who had difficulty finding the start, sorry, and we'll try to make the programme instructions clearer for '93. Ed)

#### 5K Run

Jim Klinge	M45	18:54
Gary Lynn	M45	19:10
Don Caplin	M50	20:29
Paul Martin	M50	20:30
Ann Shaw	W40	20:33
Vic Waters	M45	21:23

Ken Clark	M50	59:26
Roland Matzke	M50	59:35
Alan Pomery	M60	59:39
Vicent Carrero	M45	59:48
Dalton Moffett	M60	60:00
Bill Crane	M50	60:04
George Shaffer	M55	60:35
Richard Harris	M55	61:00
Ted Maslen	M55	62:07
Barry Slinger	M50	62:11
Margery Forden	W50	62:23
Bill Crellin	M50	62:24
Cecil Walkley	M60	62:25
Ron Potter	M50	62:34
Merv Moyle	M65	62:47
Merv Jones	M50	63:17
Bryan Hardy	M45	63:43
B. Morrissey	W45	63:46
Ron Sutton	M50	64:32
Jeff Spencer	M50	64:32
Vic Beaumont	M60	64:42
Rod Stewart	M50	65:08
Basil Warner	M60	65:35
Keith Forden	M50	66:26
Lynn Farrelly	M46	67:10
Don Blair	M40	67:40
Jackie Halberg	W45	68:29
Sandi Hodge	W45	70:50
John Russell	M55	72:14
A. Leggett	M70	73:28
B. Cheek	W35	74:21
S. Munsie	M55	74:56
E. Rogers	W35	80:30
J. Maddison	M50	80:30
G. Florence	M55	83:28

#### Walkers

Peter Hill	M40	75:25*
G. Meyers	M40	78:00
Sandy Penny	M65	85:48
Jeff Whittam	M55	100:38

\* Competitor came first in that distance.

MAY 3, 1992

Conditions: Cool, showers

John Oldfield	M45	22:19
Peter Airey	M55	22:34
Bob Sammells	M55	23:00
John Dartnall	M40	23:18
Barry Harwood	M50	23:43
Judy Marsland	W40	22:55
Arnold Jenkins	M45	24:05

Rob Davis	M50	38:01
Joe Brennan	M70	38:56
Gordon Florance	M55	40:30
David Carr	M55	40:56
Syd Bowler	M65	43:30

#### 3 LAPS - 10kms

Graeme Bergersen *1st	M40	35:30
Bob Schickert *R	M50	35:58
David Roberts *1st	M45	36:03
Tom Savin	M45	36:44
Peter Sanders	M45	37:46
Ian Colquhoun	M35	38:32
Robert Mair	M40	38:34
Brian Danby	M40	39:51
John Brown	M40	40:11
Ted Maslen *1st	M55	40:19
Brian Foley	M45	40:35
Frank Smith	M45	40:52
Fraser Deanus	M50	40:54
John Pellier	M50	40:59
Ken Taylor	M45	41:14
David James	M35	42:10
Robert Doust	M35	42:48
Joe Stickles	M50	42:55
Bob Sammells	M55	42:57
David Bryant	M45	43:09
Jim Barnes	M45	43:48
Dalton Moffett *1st	M60	44:41
Merv Moyle *1st R	M65	44:46

## 10Kms TRACK HANDICAP

McGILLVRAY OVAL,  
7pm April 22, 1992

Conditions: cool, light winds

ONCE again a select field faced the starter in almost perfect conditions for the club's annual track handicap race. Our senior racer was Cliff Bould, who, starting off scratch, held position well until

		Time	H/Cap	Act.	
1 John Pressley	M45	65:10	28:30	36:10	4
2 Vic Waters	M45	65:21	26:15	39:06	7
3 Jim White	M40	65:40	32:00	33:40	1
4 Kar Wong	M40	65:48	26:15	39:33	8
5 Brigitte Cheek	W35	65:53	12:15	53:38	19
6 Merv Jones	M50	65:55	18:45	47:10	10
7 John Pellier	M50	66:09	25:30	40:39	13
8 Sandi Hodge	W45	66:35	15:00	51:35	18
9 Keith Forden	M50	67:16	21:15	46:01	16
10 Tom Savin	M45	67:38	31:45	35:53	3
11 Cliff Bould	M75	67:49	00:00	67:49	20
12 Basil Worner	M60	67:51	23:45	44:06	14
13 Brian Danby	M40	68:12	27:45	40:27	11
14 Frank Smith	M45	68:19	30:45	37:34	5
15 Mark Pressley	Vis	68:26	33:45	34:41	2
16 John Ferris	M40	68:27	30:15	38:12	6
17 Don Caplin	M50	68:50	29:15	39:35	9
18 David James	M35	68:52	28:15	40:37	12
19 Marge Forden	W50	69:00	21:15	47:45	17
20 Peter Airey	M55	71:07	27:00	44:07	15

Barry Munyard	M45	45:23
Simon Mort	M35	45:30
George Schaeffer	M55	45:36
Alan Pomery	M60	45:46
Merv Jones	M50	46:24
Ron Hillis	M45	46:42
Brian Paxman	M60	46:47
Vic Beaumont	M60	46:50
Eugene Schuller	M60	46:55
Beverley Morrissey *1st F	W45	47:46
Jackie Halberg	W45	47:52
Ron Potter	M50	48:01
Bryan Hardy	M45	48:06
John Smith	M55	48:09
Stan Lockwood	M60	48:11
Morris Warren	M50	48:22
Garnet Morgan	M65	49:42
Roma Bettles *1st	W40	50:05
David Hough	M55	50:16
John Lindsay	M40	50:25
Kirt Johnson	M60	50:28
Mary Pritchard	W45	51:36
John Russell	M55	52:02
Brigitte Cheek	W35	54:55
Selbie Munsie	M55	55:05
Rosa Davies	W45	57:09
Ann Deanus *1st	W50	59:11
Margaret Warren *1st	W55	60:43
Lorna Lauchlan *1st	W60	61:29
Sheila Maslen	W50	63:24

Cliff Bould *1st R	M75	69:02
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#### WALKERS

##### 1 LAP

Mitch Loly	M50	25:09
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##### 2 LAPS

John Mison	M40	34:51
Barry Weatherburn	M45	44:23
Michelle Boyle	W40	44:33
Mary Robinson	W55	50:13
Pat Miller	W50	50:14
Lyn Schickert	W50	50:52
Harry Vance	M55	53:04
Sandy Penny	M60	67:46

##### 3LAPS

Peter Hill *R	M40	52:40
Graeme Meyer	M40	59:49
Rod Stewart *R	M50	61:39
Barry Thomsett	M50	69:04
Dorothy Whittam *R	W55	69:06
Cathrin Holland *R	W35	72:21
Joan Hillis	W45	72:46
Jacqui Beaumont	W55	75:53
Jeff Whittam	M55	75:59
Bob Fergie	M55	76:00
Dick Horsley	M75	77:16

## WELCOME TO NEW MEMBERS!

We were so short of space last month that our traditional welcome to newcomers wan't published. Sorry, April joiners - but we really are pleased to have you on the roll!

Thirteen more people joined in May - their names will be published next month.

The April members are:

Teri Bent  
Val Bonner  
Tina and Vicente Carrero  
Arnie Fox  
Chris Gillard  
Mary Heppell  
Clive Hicks  
Pete and Michele Johnson  
Amy Loly  
Colleen Milbourne  
Neil Morfitt  
Stu Parkinson  
Jim Ridell  
Steve Rogers  
Bob Simpson  
Christine Mair



# 1991/1992 HANDICAP TROPHY

WITH the new handicap season underway, we have made space to show the 1991/92 table of competitors. Brian Danby was the worthy winner (and it was good to see him adequately, heavily, handicapped at the Andy Wright Run on May 24. Nobody wins this trophy twice, mate!)

As our worthy ex-handicapper, Mike Rhodes, has pointed out - turning up is half the battle. You have a much better chance of success if you contest as many handicap runs as possible - so study the programme.

## Points Total

1	B.Danby	136
2	S.Hicks	174
3	T.Maslen	205
4	J.Woodhouse	225
5	B.Foley	230
6	D.Moffett	236
7	S.Maslen	239
8	P.McLIVER	239
9	F.Usher	240
10	J.Halberg	241
11	J.Stickles	243
12	J.Russell	246
13	K.Johnson	248
14	C.Walkley	253
15	R.Bettles	259
16	G.Schaffer	264
17	J.Puglisi	274
18	J.Spencer	275
19	M.Forden	285
20	D.James	287
21	M.Santich	287
22	G.Thornton	287
23	N.Miller	288
24	B.Sammells	291
25	B.Worner	295
26	B.Cheek	296
27	G.Morgan	297
28	J.Rogers	297
29	A.Turner	298
30	R.Bonner	304
31	S.Hodge	304
32	P.Wiltshire	304
33	R.Davis	305
34	M.Ovenden	305
35	R.Stewart	307
36	J.Brennan	314
37	R.Potter	315
38	B.Crellin	316
39	K.Penton	317
40	B.Schickert	317
41	P.Airey	324
42	V.Waters	324
43	M.Jones	326
44	P.Miller	331
45	M.Warren	332
46	B.Slinger	335
47	A.Jenkins	336

48	D. Hough	337
49	M. Moyle	337
50	K. Forden	338
51	D. Blair	340
52	L. Lauchlan	340
53	M. Robinson	342
54	J. Slinger	342
55	G. Lloyd	343
56	R. Sheehy	343
57	D. McCauley	344
58	D. Muir	345
59	C. Watts	345
60	D. Hazell	349
61	I. Coluquhuon	350
62	J. Volet	350
63	R. Mair	351
64	A. Tyson	351
65	M. Loly	354
66	V. Beaumont	355
67	J. Ferris	355
68	R. Ford	355
69	P. Martin	355
70	M. Malone	356
71	D. Blom	357
72	F. Deamus	357
73	M. Khan	357
74	J. Midolo	359
75	L. Arndt	362
76	J. Bell	362
77	M. Rhodes	362
78	R. Atwell	363
79	D. Bryant	363
80	A. Noordyk	363
81	D. Strachan	363
82	I. Wiltshire	363
83	M. Delcanho	364
84	J. Trovato	364
85	R. Lawrence	365
86	J. West	366
87	A. Deamus	367
88	G. Florance	367
89	R. Matzke	367
90	M. Faunge	368
91	N. Medcalf	368
92	E. Healy	369
93	J. Lindsay	369
94	J. Pellier	369
95	A. Pomery	370
96	D. Roberts	371
97	J. Dartnell	373
98	B. Hardy	373
99	B. Morrissey	374
100	J. Barnes	375
101	B. Crane	375
102	N. Purves	375
103	J. Pressley	376
104	K. Noordyk	377
105	D. Reid	377
106	T. Savin	378
107	J. Gilmour	379
108	B. Kernaghan	379
109	B. Paxman	379
110	J. Bernholdt	380
111	P. Hill	380
112	H. Kirkman	381
113	A. Leggett	384

114	G. Peet	384
115	J. Smith	384
116	R. Sutton	385
117	R. Hughes	386
118	R. Caplin	389
119	R. Harris	389
120	J. Brown	390
121	A. Giacomini	390
122	F. McLinden	390
123	M. Robinson	390
124	A. Shaw	390
125	R. Barnett	395
126	D. Whittam	395
127	R. Hillis	396
128	V. Greive	397
129	M. Kelly	397
130	W. Welyky	397
131	D. Hall	398
132	M. Webb	398
133	P. Carr	401
134	B. Jones	401
135	F. Smith	401
136	J. Strachan	402
137	J. Williamson	402
138	J. Maddison	403
139	G. Neale	403
140	B. Argyle	405
141	B. Thompson	405
142	P. Cole	406
143	D. Scott	406
144	W. Crowley	407
145	C. Leman	407
146	G. Ralph	408
147	P. Farrell	409
148	P. Woo	409
149	T. Foster	410
150	J. Stone	410
151	R. Davis	411
152	E. Moyle	413
153	P. Sheerin	413
154	R. Farrell	414
155	E. Watts	414
156	C. Bould	415
157	J. Spencer	415
158	M. Watts	415
159	S. Bowler	416
160	J. Pellier	416
161	J. Billington	417

## LIBRARY

As planned by the AGM, a budget has been set up to buy books for our library. Contributions of relevant reading material will be gratefully received by the Whittams - but we can buy new books, too. If you have a suggestion for purchases, make it to any committee member. We'll try to ensure that a regular supply of new books will swell the library. In return, we must ask members to be meticulous in recording their borrowings, and returning them promptly.

## Notice Board

### VETS IN THE NEWS

CONGRATULATIONS Lynne Choate, and Norm Richards, for success in the Mazenod Professional Gift races this month. Lynne had the kick of beating Capobianco - and is the first woman to win the Bunnings sponsored race, in 12.23 seconds off a 25.5m handicap!

Dean Capobianco started off .75m, finishing fifth in 12.55.

Norm was suffering a torn hamstring, and pulled out of the main race. But he won the Kalamunda Toyota 70m sprint, in 7.48 seconds off a 16m handicap.

### Poetry in motion

It was Arthur Leggett's poetic talents, rather than his athletics, that featured in the Education lift-out of the West Australian on May 5. He was pictured with some young fans, and the piece mentioned that one of Arthur's poems was included in a recently published anthology - WA Ink (Literary Mouse Press, \$14.95). Good present for a Vet?

### TYPISTS NEEDED

COPY typists - a marvellous, user friendly keyboard is just waiting for your delicate touch! Now the Vets' own computer is up and running, we can save money every time we produce *Vetrun*. But - someone has to key in the results. The issue you're reading has been typed by a two-fingered journo, very slowly.

Ideally we need a touchtypist (or two or three) who can input just the results each month. All the other writing I can handle. Please give me a call, and we can talk about the arrangements. I estimate we need 6/8 hours typing time each month.

### Race Directors

If you have access to a computer, and could possibly supply your own results on a disc, please give me a call. Again, we can save duplication of effort if your system is compatible with those of our typesetter. They're very flexible - and if you can produce an ASCII disc, I'm sure we can do something.

### State Champs

It's planned to put all possible advance information for the annual T&F championships into our computer. This will be good practice for the volunteer typists, and will make production of next year's championship programme a far simpler job, for the meet director, and the volunteer photo-copying team.

### Make 1992 Jorgensen Run - Come Rain or Shine

LAST year's terrific Jorgensen Park cross-country will be repeated - catering and all - on July 12. It's an excellent 8K run, good location, and the accomodation for the after-run brunch couldn't be better. Whatever the weather, we'll be fine. Start is at 9am.

### MUGS

Please bring them with you to every Sunday morning race.

### RACE NOTE

On Perth Marathon day - July 5 - our own group jog will start from McCallum Park at 8am.

### 24 HOUR TRIP

Vet Tony Tripp reminds us that there's a change of date for the annual Centurion's endurance event at McGillivray Oval. It will now take place over the June 6/7 weekend. There's a six, twelve, and 24-hour run: all begin at noon on Saturday June 6.

### The Vetrunk

*Vetrunk* is the club magazine of the WA Veterans Athletic Club.

Patron: W.J. (Bill) Hughes


President: Joan Pellier  
459 7782  
Secretary: Brian Foley  
339 2716  
Treasurer: Bill Crellin  
448 2924

COPY for the magazine should be submitted to editor Vic Waters at 47 Sulman Road, Wembley Downs, 6019.  
Phone: (H) 341 3464  
(W) 389 8422  
Fax: 389 8458

DEADLINE for next issue - June 15

## FEES!

This is your last issue of *Vetrunk* - unless you have paid this year's membership fees. If you're not up to date, please post cheque and form to treasurer Bill Crellin (address on back page of this issue.)



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## ...from the Committee

### 20K VICTORY

60-plus men will have the chance to walk 20Kms in future Vets' national championships, following the successful reception of the WA motion at the recent AAVAC meeting. In addition, there will be a 10kms walk for W60 and M60 athletes. Our second motion - re capitation fees - will be circulated to all States and discussed at the August AGM in Melbourne.

### Accolade

Our delegate to the the national body, mountain man Barry Thomsett, also reports that the AAVAC gave an accolade to *Vetrun* - which is gratefully received. (Reminds me of an immortal line from Hancock, in 'The Radio Ham': "Oh it's marvellous this. I've got friends all over the world. None round 'ere, mind you.")

### Race Card

It's hoped that every member received a programme, together with *Vetrun*, in time for the Murdoch race on May 3. Publication was touch and go, as we had to await AGM and championship copy, before printing and mailing both the programme and *Vetrun*. The committee will alleviate some of this autumn pressure next year by producing a 13-month race card. This will cover May '93 to the end of May '94.

### Computing the Cost

Total cost of our new computer is \$1858 - \$1773 for the hardware, \$85 for manual and discs. For the buffs - it's a Nimrod 386 SX, with full-colour monitor. Nimrod is a WA company which supplies the education department and many schools here, as well as the WA police, and education departments in SA and Canberra. It's interesting to note that when the 1990 AGM voted the committee the power to

purchase a computer, the estimated price was around \$3,000. We now have a powerful machine that seems adequate for all our needs, at a saving of more than \$1,000.

*\* More on the computer - see page three.*

### Race Changes

Of course, soon as you print something it's out of date. Please make the following amendments to your race card. TRANSPOSE the races on September 13 and September 20 - which means Danby's is now on the 13th; and Tomkins Park on the 20th. (This is to avoid a clash with WAMC.) ALSO - Paul Martin's run at Fremantle Harbour on June 21 is a 10-miler, not a 10K.

### Bangers

Our ever-thoughtful new VP invites thoughts from members who may prefer a vegetarian alternative to the regular sausage sizzle. Here's one, Sandi: as a non-carnivore I just eat the bun without the snagger. ED.

### Fun Runs

WA Fun Runs and Multi-sport events are featured in a new pamphlet prepared by our good friends at the Ministry of Sport and Recreation. Events such as the Bunbury Marathon are there of course, but there are many more - including triathlons and relays, that may attract our members. Nobody wants you to miss a Vets Sunday run, of course, but not every race suits every member, and it can be useful to be aware of alternatives. And if you're away from Perth, a holiday trip might just coincide with a race in Albany, Bunbury, or even on Rottnest (where there's a 10K fun run on September 13). A phone call to the ministry will have the pamphlet posted to you - call 387 9700, or write to PO Box 66, Wembley WA 6014. ■

## Wellness

### WHEN THINGS LOOK BLACK....

by JEFF SPENCER

One of the participants in this year's Bunbury Marathon outlined to me a tale of woe. As the chap was an old acquaintance and had bloody shoes, and difficulty walking at the end of the race, I asked him what was wrong.

Exposing his feet he showed me that most toenails had been bleeding and looked like each had been hit with a hammer. he wasn't sure of the cause, but thought it could have been the new Nikes he'd worn for the first time that morning for the 42.2k run (!Ed.) or it could be due to residual after-effects of a recent antibiotic/health problem.

It seems that several months earlier his doctor had prescribed a certain antibiotic to treat a urinary tract infection. After two weeks he was no better; the doctor advised him to be a patient patient and prescribed more of the same.

Two weeks later the runner was still ill, and his doctor suggested that the medication wasn't working and he should try another antibiotic. Two days later our friend had a series of reactions such as 'feeling worse', the 'roof of his mouth seemed to be collapsing', and his tongue was turning black.

One positive reaction was the prolonged inflation of a certain private part associated with fertility and plumbing. This brought a temporary spin-off in terms of his ego inflation - but panic set in when the said private part also began to turn black! Return to the doctor, and an investigation ensued.

The final analysis was that he hadn't told his doctor (and the doctor didn't ask) that being a running performance fanatic, he was popping all sorts of other pills (e.g. vitamin c, vitamin b, iron tablets) which aggravated the antibiotics.

Clearly, these are things no self-respecting Vet would do, but let's say it anyhow - be careful how you mix your pills! ■

## Letters to the Editor

### DOUG'S DEFLATED AS \$200 GOES BANG

Dear Vic

I purchased a pair of Nike Air Huarache at a not inconsiderable cost of almost \$200. Three months later while running on a footpath I stepped on some 'double-gee' thorns - something one meets frequently, normally with no problem. On removing the offending object I heard a 'hiss'. The air capsule deflated, leaving the shoe useless.

I wrote to Nike and was ignored for a month (presumably hoping I would go away.) Finally, thanks to a kick up the backside from the retailer, Nike did reply, saying basically, tough luck.

I'm annoyed at throwing away money on a product that doesn't stand up to everyday use; and at Nike's indifference to their customers.

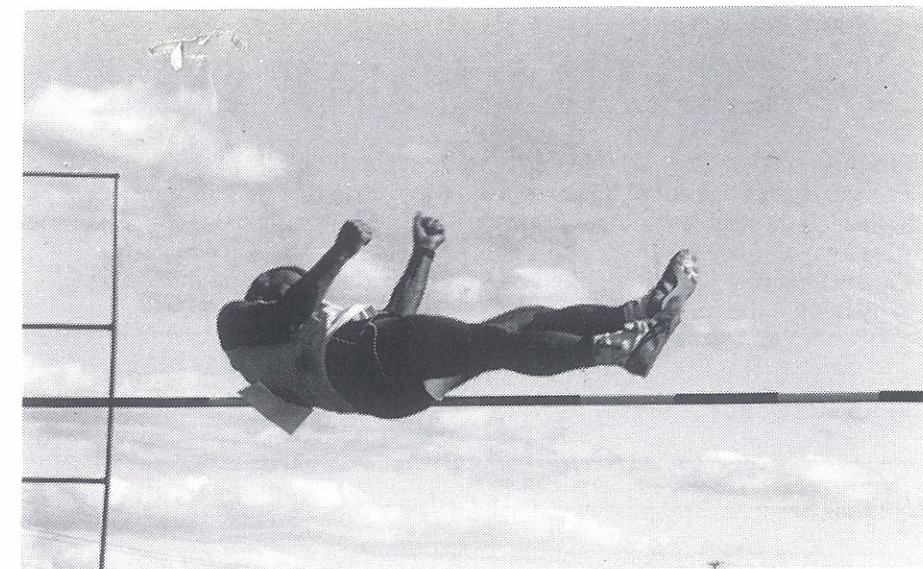
Runners be warned - and think carefully when next making shoe selection.

Doug Hazell

### Championship suggestion

First of all let me congratulate the WAVAC on being a well-organised, friendly and helpful organisation - in particular your President, Joan Pellier, who went out of her way to help me over some air tickets I was unable to use for the nationals in Tasmania.

The friendliness and spirit of fellow competitors is one I would love to see in other sporting bodies. I also consider the *Vetrun* magazine is interesting and informative and a



Norm Richards on the fence

credit to the editor and the people involved.

One suggestion I would like to make regards the State Championships, and the possibility of spreading the events out a little. On starting the M40 long jump, I had to leave to go to the 400m. On returning, I had to leave again for the 2K walk. Returning again, the long jump had finished! I had only gotten two legal jumps in.

Maybe the programme could start at 11am; have a break at 12.30 for announcements, or presentations. This would give us masochists that enter every event a breather. Also, the M40 discus and high jump are run at the same time - perhaps one could start later? All the best for the rest of '92.

Sincerely, Alan Smith,

*Programming isn't easy, Alan, and it seems inevitable that some events will clash. They're having the same problem in Barcelona (ask Carl Lewis!) Although some field events are programmed with same starts, as they generally last some time it's reasoned that most athletes can fit in.*

*Starting earlier would incur further cost, of course, for ground hire (and as we charge only \$1 per event, it's another important consideration.) Ultimately, competitors may have to choose which event is most important to them, and concentrate on that. However, I know the director will take note of your comments when planning next year's meet.*

Vic Waters

## DOING IT WITH STYLE

Our terrific page one picture last month (courtesy of Rob Davies, as were all the fine pictures in that issue) has prompted Vic Beaumont (another excellent Vet photographer) to print up some alternative methods of traversing the bar. All were shot at the Championships this year. The man resting on the fence (top) is Norm Richards, we believe. Keith Martin (centre) is straddling; and, (bottom pic) what Ed Carroll is doing is presumably a forward roll Fosbury flop. Or would you accept 'nose-dive,' Ed?

