YOU DESERVE A NEW SHIRT!

(Remember - club singlets must be worn at our State Championships) Running singlets and club tee-shirts are now available. Tee-shirts are gold with black trim, and the club badge on left breast. Style is three stud fastening, with collar. Sizes 10-24 (unisex)— Price \$16 each. Also available are the black and white singlets, size 10-24 at \$13 each. Car stickers cost \$2 a piece; likewise iron-on badges for windcheater, etc. Why not get the full set?

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WA 6019

HAPPY BIRTHDAY TO OUR JUNE MEMBERS

Į						
	SCADDAN, ROB	02/06/51	42 remains M40	THQMSETT, BARRIE	17/06/40	53 remains M50
	STRICKLAND, EDDIE	03/06/18	75 becomes M75	BONNER, ROBIN	18/06/31	62 remains M60
	WOOTEN, CYRIL	05/06/25	68 remains M65	DRAYSON, DEREK	19/06/23	70 becomes M70
	SIMPSON, BOB	05/06/33	60 becomes M60	STRACHAN, JUNE	20/06/25	68 remains W65
	HOLM, JENNY	07/06/49	44 remains W40	DEES, ROBERT	25/06/49	44 remains M40
	MILLIGAN, SHIRLEY	07/06/37	56 remains W55	REID, DAVID	26/06/50	43 remains M40
	LYSAGHT, HELEN	07/06/52	41 remains W40	CLEMENTS, WENDY	26/06/42	51 remains W50
	DeSOUZA, HILARY	08/06/38	55 becomes M55	MOLONEY, SHARON	26/06/62	31 remains W30
	FOLEY, GERARD	08/06/26	67 remains M65	LEONG, FRANCIS	28/06/43	50 becomes M50
	CARR, DAVID	15/06/32	61 remains M60	KNUPPE, NICHOLAI	28/06/58	35 becomes W35
	FRANK, TONI	15/06/45	48 remains W45	DAVIE, AUBREY	29/06/35	58 remains M55
	DELCANHO, MAUREE	N 15/06/49	44 remains W40	HAGGER, FREDERICK	29/06/25	68 remains M65
	JUNNER, COLIN	16/06/22	71 remains M70	WOO, PAUL	30/06/55	38 remains M35
	MEAKINS, LYNNE	16/06/49	44 remains W40	GILLARD, CHRIS	30/06/48	45 becomes M45



The Vetrun



NO. 245 MAY 1993

WA VETERANS AC - REGD BY AUSTRALIA POST PUBN 0370

Catering for you at Jorgensen

WE'RE catering for 100 people at Jorgensen on July 11. The event has been overwhelmingly popular for the past couple of years. A great crosscountry, followed by an excellent meal, and great company - what more could you want on a fine Sunday morn-

The catered brunch is held in a wellappointed clubroom, with adjoining kitchens so you can help wash-up! Cost is just a few dollars per head, payable on the day. Be there; it's one of the best social/runs of the year,

And so are the Rottnest camps, next one being booked for October 2-4. That's a long weekend. There are only 41 places available, and they'll go quickly, so please book with Sandi or Brigitte asap. Their number is on your programme.

Cost is \$51, for three nights accommodation and five meals. Make your own travel arrangements. Twenty dollars required on booking, please, and it's not returnable.

Masters Games owes much to WA Vets

THE much-trumpeted Masters Games in Perth failed to draw the anticipated athletics field, and overall the standards set were not high. Many individual WAVAC members made a hefty contribution however, and we're not talking (this time) about the entry

Without the voluntary work of dozens of Vets, it's hard to imagine the games having been possible.

This mass of unpaid workers did their bit for the good of athletics. At the same time, they saved the organisers thousands of dollars.

Our members' individual performances can't be faulted, on or off the track, field and road.

by Vic Waters

WA entrants made up the bulk of the athletic entrants. Even so, in many age categories there was barely a contest.

It would be interesting to see published accounts after the event. Presumably these will show where the government subsidies, and athletes' fees, were spent.

Published in this issue are some results that have reached Vetrun. No results have been submitted for other Masters sports. I know that Noela and Gordon Medcalf won many golds in the swimming, but have no details.

In this issue...

Memories of Bob Argyle
Masters GamesP2
YANCHEP PICNIC RUN
LORNA'S RUNP3
MT LAWLEY CIRCUIT
Miyazaki newsP4
BROCKWELLS RUNP5
BIRKWATER X-COUNTRYP6
JIM BARNES RUNP7
LAKE MONGER RUN .P8
Letter from KLP10
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10Km Track Handicap - April 21 1993

Once again the weather was perfect for the fifth funning of this race, with cool, calm conditions. Two thirds of the field finished within a 1-minute time span, but Heather Sanderson and Alan Chambers managed to dodge

the handicapper's eagle eye, both doing 'flyers' with Alan taking the honours.

Dave Scott managed to get up into fifth place from the back mark and made the fastest time of the night with a 36:40 run.

My thanks to all those who came along to help, without you the event would not be possible.

Jeff Whittam

Name Time H/Cap Actual Alan Chambers M50 52:29 5:00 Heather Sanderson W40 55:30 3:00 52:30 Allen Tyson M65 58:30 9:00 49:30 Vic Waters M45 59:19 19:30 39:49 Dave Scott M45 59:40 23:00 36:40 M50 18:00 John Pellier 59.47 41:47 M40 60:13 40:13 Brian Danby 20:00 Merv Moyle M65 60:15 15:15 45:00 M40 60:20 23:00 37:20 John Puglisi Cecil Walkley M60 60.24 16:00 44:24 Bob Harrison M50 60:41 22:45 37:56 Kar Wong M40 60:51 21:30 39:21 David Carr M60 61:01 19:00 42:01 61:02 22:45 Frank Smith M50 38:17 Jim Barnes M50 62:05 21:00 41:05 Frank Hansford-Miller M75 63:47 0:00 14:30 Mery Iones

Bunbury Marathon

May 9, 1993

(as we go to press, these results are all that are available.)

John Pellier	M50	3:21:48
Cecil Walkley	M60	3:43:36

Half Marathon

ill Chambers	W40	1:26:47
Marg Forden	W50	1:37:10
Ann Turner	W55	?
Chris Maher	M40	1:15:40
Γom Savin	M45	1:18:28
Frank McLinden	M60	1:31:02
ohn Gilmour	M70	1:31:01
World Record)		

The Vetrun

Birkwater Cross Country

May 9, 1993

Conditions: fine, mild, sunny

WHAT are the odds against guessing your time - to the second - over a testing 8K course with constantly changing terrain? Even the few of us who know the course well would find it difficult to pick a time closer than half a minute.

So, it appears that luck is more important than judgement.

This year the odds were 72 to one. One runner, M40 visitor Steve Lewis, was spot on with his guess of 34:30 (and a very good time too.)

Only members can win a club event, of course, and so the honour of guarding, insuring, polishing and winding the Timeless Trophy fell to Stan Lockwood (M60). He was a single second off, predicting 37:50, and surging over the line in 37:49.

That's also a good time, Stan, which many younger runners would love to match.

My own prediction, that it was impossible to get lost on this course, was proved totally accurate this year. The only person missing was co-director

8K Run

or null		
Duncan McCauley	M40	31:07
Dave Roberts	M50	32:25
Paul Hughes	M40	32:48
Bob Harrison	M50	32:55
Ian Colquhoun	M35	33:42
Max Thorley	M40	33:53
John Bell	M45	34:08
Geoff Mullins	M45	34:20
Steve Lewis	M40	34:30
Bob Schickert	M50	35:00
Rob Dougall	M40	35:07
Vincente Carrero	M50	35:39
Dennis Miller	M50	35:41
David James	M45	35:41
Gary Lymm	M45	36:04
Bob Sammells	M55	36:20
Ann Shaw	W45	36:28
Geoff Tite	M40	36:30
Dave Scott	M45	36:33
George Schaefer	M60	36:42
David Bryant	M45	37:23
Kath Penton	W50	37:31
Robin Bonner	M60	37:32
Simon Mort	M45	37:38
Bill Crane	M50	37:42
Alec Holm	M45	37:47
Stan Lockwood	M60	37:48
John Dartnell	M40	38:03
Bruce Hollier	M60	38:08
Mike Khan	M45	38:20
Ted Maslen	M55	38:26
Kath Noordyk	W45	38:27
Arnold Jenkins	M45	38:28
Fraser Deanus	M50	38:31
Mick Malone	M40	38:33
Dalton Moffett	M60	39:02
Barry Harwood	M50	39:03
Maureen Stewart	W50	39:11

Margaret Birks, who has sent in a note. (See page 10)

Thanks to a host of helpers, we managed brilliantly.

Margaret, I don't know how we ever did it with you!

Thanks Noela Medcalf, Leo Hassam, Kirt Johnson, Rod Stewart, Warren Gee (and kids), Bill Peart (great to see a new member helping out), Basil, Kate, and Chris Waters.

Marking this course is a huge job. The fact that nobody missed a turn shows how well it was done. However, all would have been disaster if Basil had not run the course, just before the race, and corrected the deliberate vandalism that would have sent everyone off into the wilderness at the 6K mark.

It was Basil, too, who instituted the 'count-down' markers in the last kilometre, showing each 100m, and making the finish a lot more fun.

Duncan McCauley's winning time of 31:07 was terrific. (He predicted 31:00 - bit sloppy, that, Dunc.) Course record still stands at the 30:27 set by Tom Savin in 1991. First woman in was Ann Shaw, who still holds the female record for the course with 33:54.

Bob Fergie and Ernie Moyle enjoyed their morning, putting in a 12K road walk in equal times of 80:15. Barry Wetherburn completed 6K, and slipped through the chute without an official time. It's between 36:20 and 36:28, Barry. Vic Waters

M45

M65

W30

W55

W45

M55

W50

W45

W55

M75

W40

W50

M50

M65

49:22

43.03

54:05

55:19

55:24

55:53

55:54

56:03

58.23

62:38

36:?

80:15

80:15

M45 Peter Hill

M55 Bob Fergie

W45 Lesley Romeo

W60 Lorna Lauchlan

1st 14:56.5

1st 22:51.9

2nd 17:37.5

1st 19:50.4

39:19

39:21

39:27

Aldo Giacomin

Mike Rhodes

Brian Jones

Esther Healy

Sheila Maslen

Phyllis Farrell

Robert Farrell

Rosa Davis

Gaby Ralph

6K Walk

12K Walk

Ernie Moyle

Bob Fergie

Margaret Miller

Barry Weatherburn

Pat Miller

Jackie Billington

Frank Hansford-Miller

Merv Moyle	M65	39:51
Peter Airey	M55	40:03
Kevin Anderson	M50	40:11
Peggy Macliver	W45	40:24
David Hough	M60	40:32
David Carr	M60	41:01
Jackie Halberg	W45	41:29
Maureen Delcanho	W40	41:57
John Smith	M55	41:58
Lynn Farrelly	M45	42:21
Allen Tyson	M65	42:26
Stewart Parkinson	M45	43:07
Barry Munyard	M45	43:16
Brian Aldrich	M60	43:24
Ray Lawrence	M160	43:51
Ron Sutton	M55	43:54
Roger Elmitt	M50	44:24
Peter Davies	M60	45:36
Norm Miller	M60	49:19
Rebekah Healy	W30	49:22
Rob Davis	M50	50:12

	Ross Calnan	4th	6:20.8		
M55	Bob Sammells	1st	5:20.2		
	Norm Richards	4th	5:49.8		
1440	Gordon Florance	6th	7:05.2		
M60	Frank McLinden	1st	5:33.9		
1470	Cecil Walkley John Gilmour	2nd			
M70 M75	Syd Coleman	1st 3rd	5:37.9 9:07.9		
W30	Jackie Lishman	1st	5:23.1		
W45	Ann Shaw	1st	5:12.5		
1120	Val Prescott	2nd	7:21.6	4	
W55	Noela Medcalf	2nd	6:17.0		
5000N	Metres			b	
M40	Clive Hicks	1st	101000000000000000000000000000000000000		
	David Reid	3rd	16:55.6		
	John Puglisi		17:42.0		
M50	Bob Schickert	1st	17:31.5		
	David Roberts	3rd			
M55	Bob Sammells	2nd			
M60	Gordon Florance Frank McLinden		26:48.8 19:42.0		
14100	Cecil Walkley	1st 3rd			(
M70	•	1st	19:46.9		,
M75	,	77.0	30:11.4		
W45		1st			
	Steffi Heussi	2nd			
1000N	Metres				
M40	Clive Hicks	1st	32:32.3		
M45	Geoff Mullins		40:51.7		
M50	Bob Schickert	2nd			
	David Roberts	3rd			
M55 M60	Bob Sammells'2nd Frank McLinden	41:24			
VIOU	Cecil Walkley	1st	43:10.2		
	Stan Lockwood		44:39.6		
M70	John Gilmour	1st			
M75	Frank Hansford-Miller	1st			
W45	Steffi Heussi	1st	47:54.8		
110M	etres Hurdles				
M45	Keith martin	1st	19.4		
100Me	etres Hurdles				
M50	Norm Richards	1st	20.9		
	tres Hurdles				
W40	Eileen Hindle	1st	11.9		
1003.5	Jan Main	2nd	17.8		
	etres Hurdles John Mollov	104	59.2		
M40 M45	Keith Martin	1st 1st	58.2 71.3		
	etres Hurdles	151	/1.5		
M50	Barrie Kernaghan	1st	46.2		
M55	Norm Richards	1st	55.5		
	etres Hurdles				
W45	Erica Mercer	1st	88.5		
3000M	letres Steeplechase				
√140	David Reid	1st	10:29.5		
	John Puglisi	2nd	11:29.7		
150	Bob Schickert	1st	12:26.9		
	letres Steeplechase			9	
160	Frank McLinden	1st	8:38.2		
	Cecil Walkley	2nd	9:40.1		
V165	Alan Tyson	2nd	9:15.6		
V45	Ann Shaw Erica Mercer	1st 2nd	8:17.2 8:59.5		
	Elica Melcel	∠na	0.57.5		
000M	letres Walk				
115	Poter Hill				

5000	Metres Walk		
M45		1st	25:51.9
M75			37:44.2
W45		2nd	
W60	and the second s	1st	33:34.0
Roac	l Walk		
M45	Peter Hill	1st	53.19
Long	g Jump		
M40	Bruce Cornish	4th	4.21
M45	Keith Martin	2nd	5.33
M50		1st	5.31
M55	Norm Richards	1st	4.70
	Bob Fergie	4th	3.93
M75	Syd Coleman	1st	3.07
W30		1st	4.34
W40	Eileen Hindle	1st	5.43
	Lynne Choate	2nd	4.72
****	Jan Main	3rd	3.98
W55		1st	3.78
W60		1st	3.70
	e Jump	-	10.05
M45 M55		1st	10.85
		1st	9.78
W30 W40	Jackie Lishman Eileen Hindle	1st	9.39
VV 40		1st	10.37
	Lynne Choate Ian Main	2nd	9.55
W45	2.000	3rd 1st	8.31 7.73
W55		1st	8.46
W60		1st	7.63
	Jump	151	7.03
M50		1.30	
M55		1st	1.40
W45		1st	1.16
Pole '	Vault		
M45	Keith Martin	1st	2.40
M55	Norm Richards	1st	2.20
M75	Syd Coleman	1st	1.85
Shot I	Put(6.0kg)		
M50	Ed Carrol	1st	11.14
	Peter Gare	2nd	9.60
	Ron Spencer	4th	8.13
M55	Bob Fergie	1st	9.69
	Put(5.0kg)		
M65	Bill Chapman	1st	9.40
	James McMillan	2nd	8.45
	Put(4.0kg)	-	
M75	Syd Coleman	1st	9.64
14740			
W40		1st	9.92
Chast	Jan Main	2nd	6.29
W55	Put(3.0kg) Dorothy Whittam	1.4	0.20
W65	Raema McMillan	1st 1st	8.38
	s (2.0kg)	151	6.89
M40	Bruce Cornish	1st	28.54
	s (1.5kg)	151	20.34
M50	Ed Carrol	1st	35.56
1.100	Peter Gare	2nd	32.82
	Ross Calnan	4th	23.74
M55	Bob Fergie	2nd	27.50
	Norm Richards	3rd	22.32
Discu	s (1.0kg)		
M65	James McMillan	3rd	30.26
M75	Syd Coleman	1st	30.70
W30	Sharon Moloney	1st	25.08
W40	Lynne Meakins	1st	25.14
	Lynne Choate	2nd	20.12
	Eileen Hindle	3rd	19.28
	Jan Main	4th	16.40
W45	Val Prescott	2nd	15.78
W55	Dorothy Whittam	2nd	17.52

Jim Barnes Run

May 16, 1993

It was pleasing to see the return of numerous club members at this event.

Kevin Anderson, winner of the Mundaring to York run five times, was back after a lay-off from athletics of many years. Good to see Chris Brockwell back after an operation on his back; he hasn't lost much of his fitness, judging by this time of 38:50 for 10K; and Rob Shand ran well in the 5K after a long period of injuries. Perfect conditions were again the order of the day and a large number of members participated. Again Chris Maher took out the John Tarrant Trophy, first finisher 10K. A new course record for women was set by Tessa Brockwell, in 38:45. Many thanks to Sue Jones, Maureen and Alan Pomery and Bev Thornton for ensuring the finish was organised. Barry Thomsett and Syd Bowler out on the course. Again Bob and Phyllis Farrell put a lot of work on planning and marking the course. I thank them, and must not forget my wife, Pat, for getting me organised. Jim Barnes

PS: Next year, a drink station will be on the course and I shall put in kilometre signs.

	M40	35:16
	M40	35:55
	M50	36:23
	M50	37:18
	M40	37:23
	M40	38:11
	M50	38:19
	M35	38:32
	W35	38:45
	M40	38:50
op!	M45	39:10
	M40	39:26
á.	M45	40:06
	M45	40:08
	M50	40:12
	M50	40:24
	M45	41:09
	M45	41:14
	M55	41:17
	M60	41:22
	M50	41:25
	M60	41:31
	M55	41:36
	M40	41:44
	M50	41:50
	M55	41:52
	M55	42:18
	M60	43:00
	M45	43:10
	M45	43:27
	M60	43:37
	M65	44:01
	M55	44:04
	M35	44:06
	M50	44:11
	M45	44:15
	M60	44:38
		M40 M40 M50 M50 M50 M40 M40 M40 M40 M40 M50 M35 W35 M40 M45 M45 M45 M45 M50 M60 M50 M60 M555 M60 M50 M60 M555 M60 M555 M60 M55 M60 M555 M60 M45

Ron Potter	M50	45:30
Aldo Giacomin	M55	45:48 45:50
Mick Malone	M40	45:58
Jackie Halberg	W45	46:07
Brian Danby	M45	46:18
Peggy Macliver	W45	46:40
Maurice Johnston	M55	46:46
Dave Hough	M60	47:17
Ron Hillis	M45	47:25
Merv Jones	M50	47:42
Brian Aldrich	M60	47:50
Maureen Delcanho	W40	48:00
John Smith	M55	48:00
Heather Sanderson	W40	48:05
Barry Munyard	M45	48:09
Pauline Wiltshire	W50	49:05
Alan Tyson	M65	49:06
George Peet	M55	49:10
Vic Beaumont	M60	49:33
Stuart Parkinson	M45	49:51
Ann Turner	W55	50:02
John Russell	M60	50:51
Nena Greenfield	W35	51:04
Ray Lawrence	M65	51:04
Wendy Clements	W50	51:30
Ron Sutton	M55	52:39
Joan Pellier	W50	52:51
Estelle Rogers	W35	53:27
Stewart Hicks	M70	53:40
Rob Davis	M50	54:12
Phyllis Farrell	W45	54:24
Jack Williamson	M50	54:26
Margaret Warren Mary Robinson	W55 W55	55:20
Norm Miller	M60	55:21 55:25
Shorty Turner	M55	57:14
Pat Miller	W55	57:14
June Strachan	W65	58:39
Duncan Strachan	M70	58:39
Loma Lauchlan	W60	59:12
Jackie Billington	W50	60:10
Sheila Maslen	W55	61:58
Mary Heppell	W55	62:00
Frank Hansford-Miller	M75	64:46
5K Brian Bennett	1445	21.10
Gary Lynn	M45	21:18
Irene Wiltshire	M45 M50	21:45 22:22
Rob Shand	M60	22:55
Basil Worner	M60	22:58
John Stone	M40	24:04
Jim Riddell	M50	24:48
Ray Barnett	M45	25:52
Noela Medcalf	W55	26:18
Keith Webster	M50	26:20
Kirt Johnson	M60	27:47
Roma Bettles	W40	28:20
Colleen Milbourne	W45	28:59
Pauline Kelly	W45	29:11
Alison Aldrich	W50	29:15
Max Kelly	M45	29.17
Margaret Ward	W50	29:17
Patricia Carr	W60	30:42
Rosa Davis	W45	33:35
Toni Frank	W45	33:39
Ernie Moyle 5K Walkers	M65	35:15
Barry Weatherburn	M50	29:18
Barrie Thomsett	M50	31:49
Jo Stone	W45	36:47
Joan Hillis	W45	36:51
Lyn Schickert	W50	37:18
Wendy Spencer	W45	40:48
Jacqui Beaumont	W55	40:49
Margaret Lynn	W50	41:03
Joan Gillson	W40	42:54
J Paat	W55	43:43
Jenny Milson	W40	44:24
Tina Carrero	W45	49:32
Val Bonner	W50	49:33

Morris Warren

John Woodhouse

M55

M50

45.18

45:30

W50

44:50

Marg Forden

Lake Monger Run

February 14, 1993

Conditions were cool and clear, with a slight headwind on one section as we started a record number of runners and walkers. 136 finished, first in the 10K being Graham Bergersen, M40, in 36:54, and the first woman was Jill Chambers W40 in 42:16. Good to see Jill back after four years in England. Thanks to all our helpers with the recording and the water station.

Margery and Keith Forden

Margery and Reith I	orderr	
10K		
	140	36:54
Graham Bergersen	M40	
Paul Hughes	M40	37:03
Bob Schickert	M50	37:19
David Roberts	M50	37:32
Warren Gee	M40	37:41
Frank Smith	M50	37:54
Ralph Henderson	M40	38:24
Bob Harrison	M50	38:32
Peter Sanders	M45	38:38
Vance Mitsopoulos	M40	39:17
Geoff Mullins	M45	40:00
Brian Danby	M40	40:16
John Carpenter	M45	40:21
	M45	41:07
John Pressley		
Bob Sammells	M55	41:20
Robin Bonner	M60	41:22
Rod Jurich	M40	41:25
Mike Cousins	M55	41:25
John Pellier	M50	41:33
Vicente Carrero	M50	41:56
Brian Foley	M45	42:00
Joe Stickles	M50	42:14
Jill Chambers	W40	42:16
Frank McLinden	M60	42:17
Tom Eyres	M45	42:40
John Bell	M45	42:43
Mike Carey	M35	42:54
Jimmy Greenfield	M45	42:58
		43:20
Bill Peart	M50	
Maurice Johnston	M55	43:36
Keith Taylor	M45	43:38
Doug Hazell	M40	44:02
Alec Holm	M45	44:27
Barrie Slinger	M50	44:36
Mike Khan	M45	44:43
Ted Maslen	M55	44:46
Ted Costello	M55	44:47
Ken Brownlie	M45	44:52
Brian Jones	M65	45:06
Ron Potter	M50	45:29
Lewis Arndt	M40	45:55
	W35	45:56
Janice Rogers		
Jon Dartnall	M40	45:56
Aldo Giacomin	M55	46:07
Ron Hillis	M45	46:17
Brenda Matthews	W40	47:00
Carol Broderick	W40	48:10
Merv Jones	M50	48:17
Jackie Halberg	W45	49:26
Susan Sanders	W45	49:26
Ray Lawrence	M60	50:17
, 20		00.17

Dave Hough Ann Turner Brian Devine John Russell Alan Tyson Alan Chambers Gordon Florance Frank Usher Margaret Robinson	M60 W55 M50 M60 M65 M55 M55 M65 W55	51:36 52:19 52:41 53:35 53:36 53:40 55:50 59:11 60:50
Ok Dave Scott Vic Waters Ann Willis Arnold Jenkins Brian Bennett Mike Rhodes Simon Mort Peter Airey Mike Anderson Lynn Farrelly Margaret Birks Joan Merrifield A Brown Joan Pellier George Peet Wendy Clements Rebekah Healy Joe Brennan Joan Slinger Norm Miller Shorty Turner Rob Davis Bill Meharry Rosa Davis Margaret Ward Syd Bowler	M45 M45 M45 M45 M45 M45 M35 M55 M40 M45 W30 W45 W50 M55 W50 M60 M55 M50 M60 M55 M60 M65 M60 M65	24:30 25:26 27:39 28:11 28:16 28:23 28:42 28:44 29:51 32:07 32:15 34:03 34:06 34:10 34:25 34:29 34:31 35:46 35:46 36:43 36:50 37:00 37:42 40:50 40:50 43:08
John Stone David Carr P McGurk Kirt Johnson Jill Midolo Esther Healy Pat Miller Patricia Carr Hilary Wills Toni Frank Ernie Moyle Anne Catarinich Michele Johnson Harry Vance	M40 M60 M45 M60 W45 W55 W50 W60 W45 W45 M65 W40 W45 M60	14:29 15:04 15:22 16:23 16:48 17:45 18:56 20:42 20:50 22:02 23:28 23:34 25:03 26:07
10K Walk Peter Hill Paul Martin Pete Johnson Rod Stewart Jo Stone Dorothy Whittam Bob Fergie Jeff Whittam Mitch Loly Margaret Gianatti	M40 M50 M45 M50 W45 W55 M55 M55 M50 W55	54:20 58:40 60:01 61:32 62:50 62:50 64:02 67:00 67:00 67:01
6K Walk Lorna Lauchlan Lyn Schickert Dick Horsley	W60 W50 M80	50:16 52:19 52:33
3K Walk Cathryn Holland Barry Weatherburn Tina Carrero Jean Argyle Irene Vance	W35 M50 W45 W45 W50	21:59 25:28 25:44 31:09 31:10

Masters Games cont..

	Raema McMillan	1st	18.54	
	n (800g)			
M40	Bruce Cornish	2nd	34.74	
	n (700g)			
M50	Peter Gare	1st	35.68	
	Ron Spencer	2nd	24.92	
M55	Bob Fergie	1st	34.18	
	Norm Richards	2nd	27.78	
Javelir	n (600g)			
M65	James McMillan	2nd	32.10	
M75	Syd Coleman	1st	20.06	
W30	Sharon Moloney	1st	29.06	
W40	Lynne Meakins	1st	23.22	
	Lynne Choate	2nd	20.28	
	Jan Main	4th	12.58	
W45	Val Prescott	1st	16.08	
Javelir	n (400g)			
W55	Dorothy Whittam	1st	20.40	
W60	Pat Carr	1st	20.18	
	Raema McMillan	1st	18.48	
	ner (7.26kg)		(5.5)	
M40	Bruce Cornish	1st	18.68	(
M45	Rob Young	2nd	18.70	
	ner (6.0kg)	ZIIU	10.70	
папш М50		1st	21.49	
	Ed Carrol		21.48 33.10	(
M55	Bob Fergie	1st	33.10	
	ner (4.0kg)	1.1	25.17	
M75	Syd Coleman	1st	35.16	
W40	Lynne Meakins	1st	23.22	
	ner (3.0kg)			
W55	Dorothy Whittam	1st	22.0	
W65	Raema McMillan	1st	17.24	
	larathon	200 00		
M35	Wayne Robinson	1st	1:20:04	
M40	John Ferris	3rd	1:24:50	
	Kar Wong	4th		
1:29:04				
M45	John Bell	1st	1:32:42	
	Geoff Mullins	2nd	1:35:18	
M50	Jim Barnes	2nd	1:30:12	
	Brian Devine	4th	1:52:41	
	Bob Johnstone	5th	2:18:04	
M60	Frank McLinden	1st	1:33:35	
	Cecil Walkley	2nd	1:38:40	
	Stan Lockwood	3rd	1:39:00	
M65	Alan Tyson	1st	1:52:57	
M75	Frank Hansford-Miller	1st	2:31:53	
W45	Steffi Heussi	1st	1:46:39	
	Country			
M35	Wayne Robinson	1st	36:25	
M40	Clive Hicks	2nd	33:40	
14110	David Reid	3rd	35:56	
	Kar Wong	4th	39:22	
M45	•	1st	34:53	
10143	Jim Langford Geoff Mullins		40:02	
150		3rd	38:05	
M50	Bob Schickert	1st		
	Brian Devine	2nd	48:24	
	Bob Johnstone	3rd	59:44	
	Ron Spencer	4th	71:15	
M55	Gordon Florance	3rd	56:30	
M60	Frank McLinden	1st	41:47	
	Cecil Walkley	3rd	43:45	
	Stan Lockwood	4th	43:49	
M65	Alan Tyson	1st	51:13	(
M70	John Gilmour	1st	41:24	
M75	Frank Hansford-Miller	1st	63:35	
W45	Ann Shaw	1st	39:59	
	Steffi Heussi	2nd	47:13	
W55	Margaret Robinson	1st	40:02	
		206	10.02	

(more next month)

Brockwell's Run

April 25, 1993

Firstly, we would like to thank Brother Bryant, Headmaster of Trinity, for allowing us to use the excellent facilities at Trinity College for this year's event.

Peggy Macliver and Dave Reid were overall winners in the 6K event. Coincidently both Peggy and Dave also won this race in 1991. Dave broke his own race record by 42 seconds with an excellent time of 20:20. Peggy was 35 seconds outside her 1991 race record, with a fine time of 26:52.

Jill Chambers and Tom Savin were overall winners in the 13K event. Jill smashed Marg Forden's 1990 race record by 4mins 44secs. Her time of 52:38 will take some beating. Tom Savin became the fifth individual male to win overall honours in the 13K event, with a fine time of 46:09. It was great to see Tom win this year as he has finished in

13K RUN

101111011		
W30		
Rebekah Healy	67:50	
W35		
Estelle Rogers	68:33	
W40		
Jill Chambers	52:38	
Maureen Delcanho	64:28	
Roma Bettles	64:57	
W45		
Kath Noordyk	58:32	
Jackie Halberg	62:08	
Colleen Milbourne	68:11	
Phyllis Farrell	69:24	
W50		
Marg Forden	58:39	
Maureen Stewart	62:09	
Joan Slinger	68:36	
Wendy Clements	68:45	
W55		
Mary Robinson	73:00	
W65		
June Strachan	76:49	
12		
M35		
Ian Colquhoun	50:32	
M40		
Warren Gee	50:35	
Ralph Henderson	50:48	
Brian Danby	52:10	
David James	53:25	
Kar Wong	54:57	
Geoff Tite	56:48	
Richard Matthews	60:55	
Graeme Meyers	61:31	
Mick Malone	63:31	
M45	707207202	
Tom Savin	46:09	
Vic Waters	51:51	
John Bell	52:43	
John Pressley	54:10	
Mike Khan	58:54	
Alec Holm	60:35	
Stuart Parkinson	66:52	
Lynn Farrelly	67:22	

the top five on three previous occasions.

No male 13K age division records were broken this year. However, in the female division, new records were established by: Jill Chambers W40 53:38; Marg Forden W50 58:39; June Strachan W65 76:49.

In the 6K event, mens age divisions records were broken by: Dave Reid M40 20:20; Bob Schickert M50 22:00; Joe Stickles M55 24:18; Robin Bonner M60 25:48; Garnet Morgan M65 32:20.

Only one existing female 6K age record was established, by Carol Broderick W40 27:23.

We hope that you enjoyed the facilities at the race, the course and the catering. Perpetual Trophies (including age divisions) have been inscribed with each winner's name and time. These are available for collection from our home at 3, Constitution Street, East Perth.

Our sincere thanks to Maureen Pomery, Bev Thornton, Pat Savin, Joan Pellier, John Ferris and Saul for their invaluable help and assistance. Without their help the race could not be held. See you all next year!

Chris and Tessa Brockwell

M50	
Frank Smith	50:07
Bob Harrison	50:07
Vincente Carrero	53:27
Paul Martin	53:37
John Pellier	54:30
Graham Thornton	55:32
Mel Ovenden	57:01
Fraser Deanus	59:04
Bill Crane	59:47
Barrie Slinger	61:39
Ron Potter	62:40
Merv Jones	62:44
Keith Forden	63:08
M55	
Ted Maslen	54:21
Ted Costello	55:35
Raymond _i Attwell /	57:59
Morris Warren	58:00
Richard Harris	59:17
Maurice Johnston	59:32
Aldo Giacomin	59:52
George Peet	67:51
Alan Chambers	73:22
M60	
George Schaefer	59:35
Dalton Moffett	60:45
Dave Hough	61:47
Vic Beaumont	63:00
Ray Lawrence	66:32
John Russell	68:55
M65	
Merv Moyle	59:58
M70	
Duncan Strachan	73:59
6K RUN	
W35	
Brigitte Cheek	32:11
W40	52.11
Carol Broderick	27:23

Sandi Hodge	32:34
Toni Frank	41:51
W50	
Ann Deanus	33:03
Margaret Ward	36:10
W55	
Sheila Maslen	34:04
Mary Hepple	35:33
965x 4450x7	
M35	
Simon Mort	24:56
M40	
David Reid	20:20
Michael Anderson	25:42
Rod Jurich	26:40
Adrian Noordyk	27:38
John Tyrrell	28:12
Bill Meharry	33:27
M45	
Brian Foley	23:42
Gary Lynn	24:59
Mike Rhodes	26:04
Ken Brownlie	27:22
Ray Barnett	32:09
M50	
Bob Schickert	22:00
Dave Hoye	24:16
Jim Barnes	25:13
Barry Harwood	25:17
E Hill	27:22
Rob Farrell	37:11
M55	
Joe Stickles	24:18
John Smith	28:59

26.52

29:18

29:17

37:11

25:48

30:19

32:20

38:20

51:37 57:19 42:10 46:03 50:25 50:27 57:43 46:50 42:18

35:34 35:42 46:05

46:51

Peggy Macliver

Jan Johnson

Ron Sutton

M60 Robin Bonner

M65 Garnet Morgan

Bob Sammells

Kirt Johnson

Syd Bowler

Harry Vance

6K WALK

Oil	AALI
W40	
Judy Hill	
W45	
Tina Carrero	
W50	
Jackie Billington	
Lyn Schickert	
Margaret Lynn	
Irene Vance	
Val Bonner	
W55	
Jacqui Beaumont	
W60	
Lorna Lauchlan	
M50	
Barry Weatherburn	
Rod Stewart	
M60	
Alan Pomery	

13K WALK

W45	
Jo Stone	1.40:40
W55	
Dorothy Whittam	1.32:32
M45	
Peter Hill	74:51
M50	
Barrie Thomsett	1.31:35
M55	
Toff Whittam	1 10:10

28:51

29:03

Brenda Matthews

W45

Heather Sanderson

A fine slightly humid day greeted the eighty runners and walkers, for the 7.5km handicap event. Winner of the event was Ray Lawrence making a comeback after a poor season; and Nena Greenfield just edged out the very fast finishing gentleman John Bedford for second.

Peter Hil] again showed his excellent form in the walk, coming from the back mark and finishing well ahead of

Tradition continued with fresh bread, jam and cream for morning tea. I'm not sure whether it was the combined effect of 160 feet on the lawn, but the large tree in our back garden toppled over during the following week (fortunately away from the house). There will be a little less shade next

Mike and Linda Rhodes

							_ 1 0 01 1 101 111	14100	01.21 1.	7.10 11
				28 John Carpenter	M45	43.57 14.00 29.57	3 Bob Fergie	M55	62.10 1	1.00 51
			H/C Run	29 Arnold Jenkins	M45	44.05 11.00 33.05	4 Barry Weatherburn	M50	62.31 10	6.30 46
			Time	30 Ron Potter	M50	44.08 9.10 34.58	5 Io Stone	W45	62.49 1	1.15 51
I	Ray Lawrence	M60	40.19 3.25 36.54	31 Maurice Johnston	M55	44.11 11.55 32.16	6 Sue Hughes	W40	63.00 10	
2	Nena Greenfield	W35	41.53 5.15 36.38	32 Frank McLinden	M60	44.12 12.35 31.37	7 Margaret Gianatti	W55		
3	John Bedford	M40	41.54 16.50 25.04	33 Bob Harrison	M50	44.15 15.25 28.50	R Graham Mevers	M40	63.23 16	
4	Mick Malone	M40	42.25 7.30 34.55	34 Doug Hazell	M40	44.18 14.55 29.23	9 Peter Johnson	M45		
5	John Bell	M45	42.27 12.55 29.32	35 Bill Meharry	M40	44.26 1.30 42.56	10 Jacqie Billington	W50		
6	Barry Audsley	M50	42.37 5.50 36.47	36 Robin Bonner	M60	44.28 13.15 31.13	11 Alan Pomery	M60	65.12	
7	Kar Wong	M40	42.37 13.35 29.02	37 Frank Smith	M50	44.31 15.40 28.51	12 Dorothy Whittam	W55	65.20 12	
8	Wayne Robinson	M35	42.41 15.50 26.51	38 Brian Foley	M45	44.40 13.15 31.25	13 Lorna Lauchlan	W60	65.27 13	
9	Vic Waters	M45	42.42 13.15 29.27	39 Tricia Spain	W50	44.42 9.00 35.42	14 Bill Hughes	M60	65.36 10	
10	Ken Brownlie	M45	42.45 9.30 33.15	40 John Stone	M40	45.06 8.00 37.06	15 Bob Chalmers	M50	65.48 13	
11	Paul Hughes	M45	43.05 15.50 27.15	41 David Hough	M60	45.11 6.15 38.56	16 Jeff Whittam	M55	66.09 10	
12	Maureen Delcanho	W40	43.06 6.10 36.56	42 George Peet	M55	45.13 6.00 39.13	17 Lyn Schickert			
13	Vincente Carrero	M50	43.10 12.15 30.55	43 Mike Khan	M45	45.14 10.50 34.24	1. 2)	,,,,,	71.10	
14	David Carr	M60	43.13 12.55 30.18	44 Brian Hunter	M45	45.24 10.00 35.24				
_	Essent	ial	remin	ders to all	W	orld Gar	nes Comr	net	ito	rc
	LOUCILL	THI	LICILLIA	acio to all	AA	olia Gal	TICO COTTIL		TLO.	LO

Mt Lawley Circuit

March 7, 1993

M35 43.15 15.40 27.35

M65 43.17 6.10 37.07

W45 43.27 6.00 37.27

15 lan Colquhoun

16 Allen Tyson

17 Penny Dufty

18 Jill Chambers	W40	43.28 12.15 31.13
19 Ann Turner	W55	43.30 6.10 37.20
20 Dick Blom	M55	43.37 12.15 31.22
21 Pat Miller	W50	43.39 2.05 41.34
22 Rebekah Healey	W30	43.40 5.25 38.15
23 Bob Schickert	M50	43.43 15.40 28.03
24 Rod Jurich	M40	43.47 12.35 31.12
25 Alan Chambers	M55	43.52 3.25 40.27
26 Jeff Spencer	M50	43.53 9.30 34.23
27 John Russell	M60	43.56 5.05 38.51
28 John Carpenter	M45	43.57 14.00 29.57
29 Arnold Jenkins	M45	44.05 11.00 33.05
30 Ron Potter	M50	44.08 9.10 34.58
31 Maurice Johnston	M55	44.11 11.55 32.16
32 Frank McLinden	M60	44.12 12.35 31.37
33 Bob Harrison	M50	44.15 15.25 28.50
34 Doug Hazell	M40	44.18 14.55 29.23
35 Bill Meharry	M40	44.26 1.30 42.56
36 Robin Bonner	M60	44.28 13.15 31.13
37 Frank Smith	M50	44.31 15.40 28.51
38 Brian Foley	M45	44.40 13.15 31.25
39 Tricia Spain	W50	44.42 9.00 35.42
40 John Stone	M40	45.06 8.00 37.06
41 David Hough	M60	45.11 6.15 38.56
42 George Peet	M55	45.13 6.00 39.13
43 Mike Khan	M45	45.14 10.50 34.24
44 Brian Hunter	M45	45.24 10.00 35.24

45	Rob Davis	M50	45.27	2.45	42.42
46	Esther Healy	W55	45.31	2.05	43.26
47	Stuart Hicks	M70	45.32	4.55	40.37
48	Joan Merrifield	W30	45.43	8.40	37.03
49	John Smith	M55	45.48	9.30	36.18
50	lan Passmore	M45	45.59	11.05	34.54
51	Michael Anderson	M40	46.12	12.00	34.12
52	Shorty Turner	M55	46.23	4.00	42.23
53	June Strachan	W65	46.30	0.35	45.55
54	Ted Maslen	M55	46.34	12.55	33.39
55	Sheila Maslen	W55	46.38	1.20	45.18
56	Mary Heppell	W55	47.32	0.00	47.32
57	Merv Jones	M50	47.46	9.50	37.56
58	Duncan Strachan	M70	48.13	1.40	46.33
59	Robert Farrell	M50	48.15	1.20	46.55
60	Rosa Davis	W45	48.52	2.45	46.07
61	Bob Sammells	M55	49.24	12.45	36.39
67	Merv Moyle	M65	49.25	10.20	39.05
63	Phyllis Farrell	W45	50.38	2.05	48.33
64	Ernie Moyle	M65	53.06	0.00	53.06
	Transport				1

100 Y 100				
VALKERS				
Peter Hill	M40	60.41	20.30	40.11
Paul Martin	M50	61.24	19.45	41.39
Bob Fergie	M55	62.10	11.00	51.10
Barry Weatherburn	M50	62.31	16.30	46.01
Jo Stone	W45	62.49	11.15	51.34
Sue Hughes	W40	63.00	10.15	52.45
Margaret Gianatti	W55	63.22	4.00	59.22
Graham Meyers	M40	63.23	16.45	46.38
Peter Johnson	M45	63.55	19.45	44.10
0 Jacqie Billington	W50	64.43	12.00	52.43
1 Alan Pomery	M60	65.12	6.00	59.12
2 Dorothy Whittam	W55	65.20	12.15	53.05

W60 65.27 11.30 53.57

M60 65.36 10.15 55.21

M50 65.48 13.00 52.48

M55 66.09 10.15 55.54

W50 71.13 6.00 65.13

by Dot Browne, AAVAC

Many entries that I have received so far have NOT attached evidence of date of birth. Competitors MUST send this evidence with their entry forms. Occasionally the fees have not been sent in US dollars. This is essential. You need to ask for a US bank draft and it will cost you \$6.00 (Bank of Melbourne) or \$8.00 at any other bank.

I have set up a database, so that I can supply team managers and medical officers with useful lists. As well as evidence of your date of birth, I need the following information with the en-

- a. Name, address and telephone number of an emergency contact person here in Australia.
- b. Whether you are travelling on the Hong Kong Tour with Collin Cooper or not.
- c. Where you will be staying in Miyazaki.
- d. Whether you wish to run in a relay (enclose the fee payable to the AAVAC Ltd @\$US6.25 per relay event

Drug Testing-we are told that there is likely to be random drug testing at

these games. So to protect yourself, if you are on ANY sort of medication prior to, or are likely to be, during the games, you must obtain a letter from your doctor, stating what medication you are taking and the reasons for it.

You must attach this statement to your entry form. If you have any medical queries, consult our team doctor, Dr Terry Farquharson, 7 Lancelot Avenue, Hazelwood Park, 5066 SA Ph: (08) 379-3404(H) or (08)211-8002(W).

You must also fill in the medical history form which is contained in the team medical officer's notes which will be sent to you when your entry is confirmed. This needs to be either posted or faxed to Dr Farquharson at the contact address. This information is confidential.

Uniforms - We are encouraging all team members to run in the gold and green colours, so if you require an Australian uniform, gear can be obtained from either myself, your state secretary or Jean Thew, uniform officer. An order form will be included with you confirmation of entry.

Miyazaki Management Team - At

the half-yearly meeting of the National Council of the AAVAC Ltd, it was confirmed that the official travel agent, International Sports Tours, will cover the fares and accommodation costs of the male and female team managers and the team medical officer. The three persons comprising the management team (Harold Stevens, Bronwyn Muller and Dr Terry Farquharson will not be competing in Miyazaki, but will be there for your assistance at all times.)

Two rooms at the main stadium in Miyazaki will be allocated especially for the Australian team. They will be known as 'Australia House'. There will be a notice board there for team meetings, announcements, medical consultations etc each day.

Cost involved for Miyazaki - the costs of the basic fares plus dormitory accommodation (bed and breakfast) for 14 days in Miyazaki will work out around \$3,000, according to official travel agent, Brian Travers - cheaper than initially expected. Day to day meals and expenses would be covered by another \$30 per day.

Bunbury - A very Personal View

THE annual Bunbury Marathon and half-Marathon are always well supported by the Vets, and this year was no exception.

If the vehicles wending their way to Bunbury has assembled in Perth prior to departure they would have constituted a convoy of considerable proportions. However, a police escort was not required (although along the way, several white vehicles were observed hidden in the scrub; obviously to ensure we arrived safely.)

This we did, and eventually a merry, convivial group assembled at The Rose for lunch.

The esprit de corps of our club predominated the mood around the tables. Cross-table banter, sprinkled with bursts of merriment, coloured a tab-

Allen swells gold collection

ALLEN TYSON has won gold medals in every Australian State, adding to his collection most recently in the Victorian Vets Games.

The gold medal came in the M65 2000M Steeplechase, which Allen completed in 9:40.43.

Other placings: 200M, 4th, 32.5; 400M, 2nd, 72.0; 5,000M, 2nd, 23:39.

If anyone would like to watch a video of the Victorian meet (the whole thing, not just AT's triumph!) then contact Allen.

Play safe with Directors guide

THIS invaluable document will be available soon. Contact Barrie Thomsett for your copy, which contains all you need to know to organise, and report on, a Sunday meeting.

With the large numbers that usually assemble for a Sunday run, we need to standardise our approach to many aspects, the most important being the safety of runners and officials.

McCallum Park

ALL directors need to take special heed of race safety.

We'll keep on reminding you of this, following recent incidents.

Mass starts are a potential problem. At Jim Barnes Run, you'll have noticed that the start was relocated, to avoid the bottleneck footbridge.

The same needs to be done on EVERY race at McCallum Park.

The mass start, on the footpath, is now unacceptable. Races must begin on the grass, so that runners are strung out before reaching a point where they rejoin the path.

by Arthur Leggett

leau of physically fit people who appreciate the quality of being healthy, and also enjoy each other's company.

Competitive touch

Nevertheless, there is also the competitive touch, as quite a large number of these diners boxed on to absorb fluids, and ensure that they would not suffer from dehydration during the morrow's run.

The majority of our runners staved overnight in huts at a caravan village just out of town. Despite the fact that most athletes turned in early, a certain semi-senile, honorary member was seen sneaking around from hut to hut, where he managed to massage six pairs of feminine feet and three pairs of nonmale legs, before returning to his abode. Kneeling by his bedside, he was heard to say: "Lord, I've never had it so good!"

Euphoria at the start of any marathon, or half-marathon, cancels out the discomfort of the preceding months of early rising and jogging before the sun's warmth has dispersed the chill of the night, as well as the wrestling with 'the loneliness of the long-distance runner', which we all know is a very real emo-

The jocularity and well-wishes of the runners at the start trailed along with them for a kilometre or so, then gradually petered out as individuals became absorbed in their personal confrontation with the challenge ahead.

The Bunbury circuit is a pleasant course to run, except perchance for the 'round the houses' bit towards the last kilometre. This is unavoidable, but well catered for by a host of marshals who left no doubt as to the direction to fol-

Knowledgable comments from the PA system up and the sagging spirits of many runners as they approached the finish line. Here the comradeship and spirit of the event reached its apex as supporters and earlier finishers rendered vocal support and acclamation.

Commendation for BRC

Bunbury Runners Club must be commended upon its presentation of a well-organised event. The course was good, the marshals co-operative, the facilities excellent, the commentary entertaining and the weather superb.

Not everyone breaks a record, runs a PB, or wins a trophy; but most of us have several glasses with the motif of the Bunbury Runners Club emblazoned on them, and showing our names and

We can always, in our quieter moments, look at them and say, "Yes, I have had some good runs with the Bunbury Runners Club."

RELAY STIRS Nothing stirs the runner's loins like a good relay.

We had three teams in the Murdoch Cross-Country Relays on May 29 - and our top team (Duncan McCauley, Rob Raymen, Bruce Wilson and John Ferris) covered the sixteen kilometres of grass, sand, and forest track in 65:53.

The second team (Vic Waters, Brian Danby, David Carr and Norm Richards) took 76:59; and the third team (John Stone, John Tyrell, Alan Chambers and David Reid) clocked 82:02.

Our next relay is the Fremantle to Perth, with teams of seven. The race has a long history, and is hard fought by the top clubs. The Vets have competed for about fifteen years, and after the Murdoch perfomances are assured of at least one strong team.

MAKE UP A TEAM?

IF you'd like a cross-country team run, on Saturday June 19, be at Lynn Street, Trigg - at 1pm.

It's an Association meeting, organised by Vet Barrie Kernaghan for Karrinyup club, but it's also open to runners who are NOT registered with the Association.

Barrie has set this up to introduce some new faces to the Saturday scene.

The event is a 2x2x2.5K. That means you form a team of four people, each person running 2.5K, twice.

It would be great to see some extra Vets teams there, but don't worry if you can't come up with a foursome. We can usually organise something on the day.

Many Vets are already registered of the Saturday runs, so you'll be in friendly company. Actual race times are 1.45 for women, 3pm for men - but be early to organise teams. Entry fee is payable, \$2.50 per runner.

VETS TEAM IS STRONG FOR JAPAN

THE club has a strong team entered for the World Veterans T&F Championships in Miyazaki, Japan, this October.

John Molloy (400, 800, 400 Hurdles); Erica Mercer (Steeplechase); Lyn Choate (sprints); Roy Fearnall (sprints); Allen Tyson (steeplechase); Wally Groom (400, 400H); Keith Martin (sprints and jumps); John Stone (sprints); John Gilmour (distance); Peggy Macliver (400, 800); Barrie Kernaghan (sprints); Frank McLinden (steeple, distance); Val Prescott (sprints); Pat Carr (triple jump, sprints); and David Carr (400, 800), are our representatives.

Maxine McLinden, Coral Kernaghan and Roy Mercer are the 'support' team.

As part of their preparation, there will be training sessions at Perry Lakes on the Saturdays of July, August and September. Warm up and stretch by 9am and we hope others will come along and

David Carr

Dear Vic.

Feel free to condense or edit any part of this letter if you've got some space in the Vetrun. I'll write it as a general sort of letter. Otherwise pass it on to anyone who's likely to be interested in a blow-by-blow description of life in Kuala Lumpur.

Three weeks after my arrival in Malaysia I attended my first Hash House Harriers event - at 4.30pm on Saturday. There were about 80 participants in all and we divided ourselves into a walking group and a running group. Since the runners mostly walked, I'm not sure what the walkers did - I think the distinction was made on the basis of distance and difficulty rather than means of locomotion.

We set off through an oil palm plantation following a paper trail which ended every now and again, thus allowing the slower participants to catch up whilst the scouts re-located the trail. The track led through winding paths, criss-crossed with ground vines which were both wire-thin and wire-strong, therefore, treacherous, up and down one-in-one slopes and through the occasional leech infested creeks, and all this in 95 degree humidity!

This is not Hash!

The course was approximately 12 kms in all and the last six or so allowed for a continuous run along sparsely populated roads. It was my first extended run in Malaysia and I really relished it, but there were numerous complaints that 'This is not Hash' as the ersatz runners staggered home during the next hour or so.

In fact I would estimate there were less than ten serious runners in the whole group and they were grossly out-numbered by the serious drinkers and serious socialisers. Following the 'run' we clustered around the drinks truck and consumed quantities of beer and soft drinks all in the interest of replacing lost body fluids, then around 8 pm moved camp to a local 'restoran' where the standard Asian banquet of endless courses was consumed. At a total cost of \$5.50 (Aust) for the food it would be callous of me to comment on the decor, service or to conjecture about what went on in terms of food preparation in the open-air kitchen.

Standing joke

Towards the end of what was becoming a riotous evening, Don Percival, the Grand Master (of Indian/Thai/Portuguese ancestry) welcomed the three visitors who were called upon to stand on a chair and either tell a joke or sing a song prior, to sculling a bucket-sized glass of beer.

Membership of the Hash is approximately fifty percent Chinese, a smattering of Indians and fifty percent 'foreigners'. This allows for a number of special occasions (but Saturday was

Letter from Kuala Lumpur

just routine) when the specific ethnic group arranges the celebration, eg. The Australians organise - Australia Day,

New Zealanders organise Waitangi Day, Chinese organise Chinese New Year, Brits organise Queens Birthday, Americans organise July 14th, Germans organise an Oktoberfest and Indians organise Hari Deepavali. Although alcohol prevents the Malays from joining, everyone celebrates Hari Raya or the end of Ramadan.

One-way Looi

Since I don't have a car, I was transported by Uncle Looi, a retired Chinese teacher. His driving was somewhat bizarre in that he drove at two speeds, 25kph or 10kph but he had an aversion to gear changes. He whimsically ignored Ialan Sehala (one way street) signs and changed lanes at random on the freeway without ever using an indi-

I'm living in a very grand house with all the perks of gardener and cleaning lady. The college is close by and is currently a mess of builders rubble, scaffolding and the promise of things to come as an army of labourers gut the interior, re-model and install air-conditioning. Scheduled date for completion is March 31st but it's still 99 percent unusable. Our first intake of students will start next week and I've no idea where we're going to put them.

On Sundays I catch the local hot pink minibus into KL and explore as much of the city on fact as my feet and the heat and humily allow. The city is very alive with predictable contrasts of squalor and opulence and a jumble of mosques, temples and churches. It's a shoppers' paradise for those who like shopping but I was saddened by the cost of alcohol - Gordons Gin is \$52 (Aust) per bottle, Houghtons White Burgundy \$25 and lousy Moselle \$22. Life promises to be grim indeed.

Home in July

I didn't arrange to pay my membership subs before I left but I'll be home in July, so can I be a suspended member until then? I'm coming back for two

Good luck with the Birkwater Run - I hope you give/gave my apologies. Regards to everyone,

The Vetrun

Margaret Birks

THE FALL AND RISE OF THE MAN OF (STAINLESS) STEEL

by Steve Barrie

By now many of you will have heard that I have been to hospital for open heart surgery. I had to have a double bypass because of a completely blocked artery and another one 50 per cent blocked.

If it came as a shock to you, I can only say it was an even bigger shock to me. After all, not only do I overtrain and overuse, I live the life of a Trappist monk - Kevin Barry has this view anyway. I don't smoke, don't drink, eat all the right things and none of the wrong things, go to bed and get up early and

How could it be? Why me? I went through all the usual emotions of disbelief, shock, anger, and total depression in a very short time.

The save was to know that heart disease can be fixed and once fixed I would be as good as new, possibly better, (faster). At least I knew what my problems of last year or two were due to (ie, why I was running slowly). All of you who thought you were improving because you were catching me or leaving me behind will need to re-evaluate!

I had known for at least a year that something was seriously wrong.

In part it had been masked by foot injuries and consequent loss of fitness to which I could attach blame but by early last year I knew there was something else wrong. Not only were my times slow, I was feeling more tired than I should and I was panting more than I should in training. In races the panting was not so obvious because I was flat out anyway. Now before you all say you always feel tired and pant a lot let me tell you that it was a matter of more than usual.

I arranged for blood tests for Ross River virus and iron deficiency. Ferritin levels were a bit strange and we spent a few months checking and rechecking these. Meantime I was training and racing - slower. I could also detect slight soreness in the muscles of my upper arms and for a while I put this down to greater use of them to offset sore feet. I even started some weight training to strengthen them. I noticed, too, some sensation like congested lungs when I was training, as if I was running too soon after a cold. I may be slow but eventually it all added up for me. I had the symptoms of stable angina and the clincher, a family history of heart disease. Both my parents had angina and my next younger brother had a bypass operation a few years ago. I had to see Duncan Sullivan who was

Lorna's Run Birdswood Loop (McCallum Park)

March 14, 1993

IT was pleasing to note that nearly everyone guessed the deliberate mis-

Yes the first loop measured 6.2K not 5.3 -so your times were of a high standard, and you were not having a

,		0
11.6K RUN		
Wayne Robinson	M35	42.30
Bob Harrison	M50	43.37
Dave Scott	M45	43.38
Warren Gee	M40	44.07
Bob Schickert	M50	44.29
im Roberts	M40	44.29
Ralph Henderson	M40	44.37
Frank McLinden	M60	49.47
Bob Sammells	M55	49.59
Graham Thornton	M50	50.09
Maurice Johnston	M55	50.58
Brian Danby	M40	51.37
Rebecca Foster	VIS	51.47
Ted Maslen	M55	52.54
David Walladge	VIS	53.04
Richard Harris	M55	53.10
ohn Dartnall	M40	53.23
Margery Forden	W50	53.56
Merv Moyle	M65	55.03
Beverley Morrisey	W45	55.12
Morris Warren	M55	55.12
Robin Bonner	M60	55.49
Brian Hunter	M45	56.28
Stuart Parkinson	M45	57.03
Ann Turner	W55	57.52
ohn Smith	M55	57.54
Vena Greenfield	W35	58.32
im Greenfield	M45	58.34
David James	M35	58.37

bad day. Two runners turned early on the

second loop, missing Coode Street, and they're shown as DNF in the results. (Flags to mark people across Taylor Street will be in place next year.

Congrats to all the winners, and many thanks to helpers Jill Midolo, Kirt Johnson, Jacqui Billington, Pat Carr, Dalton Moffett, Arthur Leggett; and two stalwarts of the recording table, Maureen Pomery and Sylvia Brennan.

Opinions in general opt for the same again next year, so...hope to see you all there.

Lorna Lauchlan

Brigitte Cheek	W35	63.
Brian Devine	M50	65.
Gordon Florance	M55	66.
Shorty Turner	M55	66.
Rob Davis	M50	67.
Margaret Warren	W55	67.
Phyllis Farrell	W45	70.
Shelia Maslen	W55	70.
Mary Heppell	W55	72.
Graham Morris	M40	76.
John Bell	M45	DN
Vicente Carrero	M50	DN
6.2K RUN		
John Puglisi	M40	22:
Vic Waters	M45	23:
Bill Peart	M50	25:
Joe Stickles	M50	25:
Rod Stewart	M50	25:
Dick Blom	M55	26:
Ken Taylor	M45	26:
Mike Khan	M45	27:0
Arnold Jenkins	M45	27:
*Kath Penton	W50	27:
Jeff Lloyd	M45	27:
Barry Harwood	M50	27:
Peter Airey	M55	27:
Jeff Spencer	M50	28:
Peggy McLiver	W45	28:
John Woolhouse	M50	28:
George Schaefer	M60	28:
Barry Audsley	M50	28:

Ron Potter	M50	29:18
John Stone	M40	29:49
Basil Worner	M60	30:02
Ray Lawrence	M60	30:32
Allen Tyson	M65	31:03
Kirt Johnson	M60	32:01
Norm Miller	M60	32:51
Joe Brennan	M70	33:14
Ron Sutton	M50	34:27
Sandi Hodge	W45	34:27
Pat Miller	W50	34:27
Esther Healey	W55	35:14
Frank Usher	M65	35:33
June Strachan	W65	35:35
Graham Rowland	VIS	35:53
Rosa Davies	W45	36:13
Duncan Strachan	M70	36:59
Rob Farrell	M50	37:00
Michael Morrissey	M65	37:57
Pauline Kelly	W45	40:01
Syd Bowler	M65	40:44
Ron Spence	M50	40:58
Toni Frank	W45	44:13
Pam Foster	W45	46:43
Walkers - 11.6K		
*Paul Martin	M50	64.27

M45

M45

28:42

28:54

82.16

82.25

83.33

83.33

M50

Max Kelly

Mike Rhodes

*Paul Martin M50 Bob Fergie M55 W45 *Io Stone Dorothy Whittam W55

Walkers - 6.2K M40 *Peter Hill 32.51 Peter Johnson M45 34.21 *Lesley Romeo W45 36.35 Barry Weatherburn M50 37.33 Mitch Loly M50 46.47 W50 Lvn Schickert Margaret Stone W50 48 23 Alan Pomery M60 48.24 W45 48.49 Tina Carrero W55 48 49 Margaret Giamatt Harry Vance M60 49.25 Valerie Bonner W50 57.45

* Overall winners

Barry Thomsett

This must be the record smallest attendance for any run.

M60

M60

61.47

62.36

David Hough

John Russell

A total of 21 runners/walkers completed a real cross country course and as this was a cross country I will suggest that you all ran/walked or whatever, so please forgive me as I did not ask how you managed to get around!

My special thanks to Brian Danby for giving up his Saturday morning to show me the course. Also, my thanks to Brian Paxman for helping at the finish and later picking up the flags.

Apologies to those who went a little astray at one point; I sympathise with them, as I plunged down the same slope on my bike with hilarious results. However, the BBO afterwards was reward

I will be prepared to organise this run again next year as it is a very pleasant way to spend Easter Sunday morning. I can assure you, at 7am the kangaroos are in abundance, the air cool and

Yanchep Pienie Run

April 11, 1993

the park devoid of the many visitors that turn up later.

As visitors made up twenty per cent of the total runners, I have broken with accepted practice and included them in the results (however, I have deliberately omitted their ages). If these results seem a little 'rough and ready', that too was deliberate as this was a fun event in all ways, and I for one enjoyed every moment of the day. Thank you

Barrie Thomsett

5K (or therabouts)		
Barry Harwood	M50	25:35
Lorna Lauchlan	W60	44:06
Jacqui Billington	W50	44:07
Bob Sammells	M55	44:09
Vicky Slater	V	44:46
Rob Slater V	44:55	
Dorothy Whittam	W55	45:09
Heather Sanderson	W40	45:10
Joan Hillis	W45	49:42
Kerry Atkinson	V	49:43
7.5K (or thereabouts))	
Walter Quarman	M40	28:23
Wally Crowley	M35	31:02
Brian Danby	M40	31:23
Vic Waters	M45	31:45
Brian Foley	M45	32:21
Colin Watts	M40	35:29
Geoff Tite	V	33:41
Rod Stewart	M50	35:15
Mitch Loly	M50	36:37
Ron Hillis	M45	40:21
One name, not be	revealed	here,

was thoroughly lost but had a pleasant jog somewhere in the park. No, not me. I did that putting out the flags!

Welcome back, Joan and Ron Hillis, 'young grandparents'.

Barrie Thomsett





I am sure that by now most of you will have heard of Bob's untimely death on the 27th April 1993.

Bob and I ran several marathons down at Albany and Bunbury, during the 1984 to 1989 period. Because our race times were very similar, we would often find ourselves running together during various stages of each race.

Bob and I never spoke to each other during a race because words were not necessary. There were no secrets or excuses between us and we knew very well each other's limitations.

Collie, 1988

My most vivid memory of racing against Bob is the Collie marathon in 1988. The night before the race we had dinner together and discussed the field and our own chances. The field was not exceptionally strong and both Bob and I knew that the race for second place was between the two of us. Tony Heppener was down for the race and a win for Tony was a formality.

The Collie course was a very hilly double loop and held in conjunction with the half marathon event. Bob and I ran shoulder to shoulder for the first 5K. However, our competitive instincts soon got the better of us and the pace began to increase accordingly.

Some of the better runners competing in the half were soon left in our wake. However, they were of no concern to us as the marathon in our eyes at least, was strictly between Bob and me.

Between 10k and 15k I tried a number of surges to unload Bob. Each time I tried, Bob would stay with the pace. When oxygen debt forced me back into normal marathon pace Bob would immediately extend the surge for another 100 metres. It was Bob's

3rd

5th

1st

1st

3rd

3rd

2nd

1st

2nd

1st

2nd

2nd

4th

6th

7th

3rd

1st

2nd

2nd

7th

2nd

12.4

12.4

12.3

12.4

12.7

18.3

13.4

12.6

13.1

15.0

15.8

15.3

24.6

24.7

26.6

28.1

24.7

24.3

25.2

26.2

33.0

82.0

100Metres

M40

M50

M55

W40

W60 Pat Carr

M35 Steve Kilburn

John Stone

Keith Martin

Peter Gare

Bob Fergie

Syd Coleman

Norm Richards

200Metres

M40

M45

M75

M35 Steve Kilburn

Duncan McAuley

Barrie Kernaghan

David Clive

Norm Richards

Bill Chapman

Lynne Choate

Eileen Hindle

Dorothy Whittam

Noela Medcalf

Duncan McAuley

Bruce Cornish

Barrie Kernaghan

W40 Sharon Moloney

MEMORIES OF **BOB ARGYLE**

way of maintaining the psychological

edge.

We passed Rob Pickard (running the half) who couldn't understand what was going on. Rob told Tessa afterwards that we had gone crazy out there.

In my delirium I suddenly realised what Bob's plan was. The sneak was going to finish at the half! I resolved to have the last laugh and finish at the half as well.

Bob began dictating the pace between 15k and 20k with me a step behind hanging on like grim death. At 19k I was totally destroyed but my pride was on the line and I just had to finish. At 20k Bob surged again and this time I was unable to respond.

The finish line was now only 100 metres away and my pain would soon

My delirium increased when instead of running through the finish chute for the Half Marathon, Bob turned around and started heading back towards me. Bob WAS running the Marathon!

At this point I had to decide whether to concede. As much as my body cried out to stop, Bob had really made my decision for me and I had to continue. As I turned, the prospect of running another 21k's produced a state of panic

Masters Games

2nd

4th

1st

3rd

1st

1st

2nd

1st

1st

2nd

3rd

4th

1st

1st

1st

1st

1st

1st

2nd

2nd

1st 2:06.4

2nd

28.1

26.2

26.8

30.2

32.7

30.8

32.9

32.3

57.3

54.8

57.4

63.3

54.1

57.1

72.7

63.2

66.3

64.1

81.0

80.2

W30 Jackie Lishman

Ian Main

W45 Valerie Prescott

Pat Carr

M35 Steve Kilburn

W55

W60

M40

M45

M50

M55

W30

W40

W45

800Metres

400Metres

Sharon Moloney

Dorothy Whittam

Duncan McAuley

Barrie Kernaghan

Keith Martin

Brian Foley

David Clive

Alan Tyson

Jackie Lishman

Lynne Choate

Ann Shaw

W55 Noela Medcalf

M35 Neil Morfitt

Val Prescott

Noela Medcalf

Lynne Choate

Eileen Hindle

that I have never before experienced, and never wish to again.

There would be no further surging that day. Bob and I were in survival mode and outlasting the other became our only focus. We crawled around the second loop over ten minutes slower than the first. However, time was of no consequence, neither were our respective placings. We had experienced something very special together, and in the process learnt a lot about each

Bob and I did race against each other after that date, but it was never with the same reckless intensity. We were now bonded together through our marathon experience and I think that our genuine friendship meant there was nothing left to prove.

Bob also had a strong belief that as individuals we should strive to enjoy the fruits of our hard work and not continue to work ourselves to death unnecessarily. Bob was fortunate to be able to do many things during recent years that were important to him. Each of us could well learn from Bob's philosophy on life.

As a point of interest, our own race (Brockwell's Run) had it's fifth running in April. Bob has the third fastest individual time recorded in this 13k event and still hold's the M40 record of 45:11

He'll be there

The next time you are running at Albany or Bunbury, and you hear approaching footsteps from behind, don't be concerned, it's probably just Bob, reminding you that if you want to break 2.40:0, you had better pick up the pace.

He will be sadly missed.

2nd 2:15.7

1st

2nd

4th

2nd

1st

1st

2nd

3rd

1st

2nd

2nd

3rd

1st

1st

1st

2nd

3rd

4th

5th

1st

1st

3rd

2:04.1

2:10.7

2:13.1

2:50.9

2:41.4

2:59.1

3:15.9

3.20.4

2:38.7

4:06.3

3:21.7

3:35.4

3:44.6

4:25.7

4:17.0

4:19.6

4:47.5

5:33.5

5:53.8

4:47.9

4:54.7

5:40.6

Chris Brockwell

Steve Kilburn

Duncan McAuley

John Molloy

Brian Foley

Alan Tyson

W40 Eileen Hindle

Ian Main

Ann Shaw

Val Prescott

Noela Medcalf

Dorothy Whittam

Jackie Lishman

Lynne Choate

M40

M45

M65

W30

W45

W55

M45

W60 Pat Carr

M35 Neil Morfitt

M40 John Molloy

Clive Hicks

John Stone

Brian Foley

Peter Gare

Bob Schickert

Duncan McAuley

Bruce Cornish

1500Metres

treating my foot injury anyway and when I gave him the picture he rushed me off for a stress test. From then it was all down hill.

Why am I dwelling on all this history? Well like most runners I was under the impression that I was immortal and that it could never happen to me. If I had caught it earlier I might have been able to get by on less invasive surgery but more to the point, how did I get away with it? I ran the Albany half marathon late last year a bit slow but still very hard. I was (dead) lucky. 'Listen to your body' is a standard warning. I did, but did not think of the real reason. In particular, if you have a history of heart problems do not assume it can't happen to you.

But remember, you are a runner so you have physical and cardiovascular fitness on your side, to slow down, if not stop the onset of heart disease, and also to help you through if the worst

The experience (which I wish never to repeat) was not without its humour. It may be months before Kevin Barry tells someone that their running problems are all in their head and he may never forget our training runs last year round the back of Reabold. On one of them we ran efforts up the road to the carpark and Kevin (who incidentally was running in my comfort zone and thus well placed to observe me) made me do another circuit (by myself) to make up for a pretty weak effort. Then there was my daughter who when visiting me in hospital noted my chest which was literally painted with Bettadine, congratulated me on retaining my suntan. Different, but funny in retrospect anyway, was the vigorous

handshake from one (male) friend and a hug from another (female).

One major side effect is that I now have quite a different reaction to the term 'cleavage'. Do you realise I may never run bare chested again!

To my many friends in the Marathon Club and The Vets whose kind wishes helped me through a very difficult time, my 'heartfelt' thanks but do not let this make you think you are off the hook! It will take many months to build up fitness and speed but I am on myway. Keeplooking overyour shoul-

ps. The reference to Man of (Stainless) Steel? My sternum is tied up with stainless steel bailing wire. I must explain the sternum is the chest bone and not that part used by joggers ie, "Brain in neutral, bum in gear".

The Vetrun

Vetrun is the club magazine of

the WA Veterans Athletic Club.

COPY for the magazine should

be submitted to editor Vic Waters

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for next issue - June 17

NEW MEMBERS

Welcome to

Geoff Tite M40

John Webb M45

Notice Board

Employment Section!

DO YOU **DESKTOP?**

A unique vacancy has arisen in the Vetrun Publishing Empire.

Your magazine has been produced by computer technology for sometime.

Now, we're about to move to the next stage, making up pages on screen.

This has been done for us professionally so far - so things might get a little rough round the edges for the next couple of issues!

Seriously, if you have some keyboard knowledge, and would like to help produce Vetrun, I'd love to hear from you.

At the moment, we have one excellent typist, Jacqui Billington. Another is needed, and it would be great if that person was willing to learn page makeup also.

It makes us less dependent on outside agencies, and will save the Vets some money.

Please call 341-3464, if you'd like to hear more about how the system works.

VW

Correction to Championship results

In 5KM Walk Lorna Lauchlan's time, W60, should be 34:22.9; Alan Pomery, M60, should be 35:42.1.

lan 3rd in Canberra

Ian Colquhoun, currently our Handicap Trophy holder and one of the regular Sunday front-runners, made a succesful trip to Canberra for the Australian Vets Marathon Championship. He was third of the M35s, in a respectable 2.59:52. Another WA runner, one-time WAVAC member Basil Hanna, won the category in 2.40:13.

Belated thanks are due to Barry

Various venues and suggestions are being investigated by Sandi and Brigitte. If you have any ideas on whether to ring the changes, or proceed as before, give them a call. Number is on your race programme.

THANKS DUE TO **BARRY HARWOOD**

Harwood, and his physiotherapy students, who were on hand at our State Championships, and several Sunday runs earlier this year. They were always sure of finding some clients in need, of course, and we hope the experience was mutually beneficial.

ANNUAL DINNER

Trisha Spain W50 Bill Chapman M65 Lorraine Hastie W35 Hazel Corbett W40 Robert Slater M35 Vicki Slater W35

The Vetrun

The Vetrun Page 2