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.
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HAPPY BIRTHDAY TO OUR JUNE MEMBERS

SCADDAN, ROB	02/06/51	43 remains M40	FRODSHAM, STEFAN	17/06/53	41 remains M40
STRICKLAND, EDDIE	03/06/18	76 remains M75	BONNER, ROBIN	18/06/31	63 remains M60
CROSSMAN, RODGER	04/06/41	53 remains M50	DRAYSON, DEREK	19/06/23	71 remains M70
KEESING, TERRY	06/06/57	37 remains M35	STRACHAN, JUNE	20/06/25	69 remains W65
HOLM, JENNY	07/06/49	45 becomes W45	SANDERS, IAN	24/06/58	36 remains M35
MILLIGAN, SHIRLEY	07/06/37	57 remains W55	DEES, ROBERT	25/06/49	45 becomes M45
SANGER, PETER	08/06/51	43 remains M40	REID, DAVID	26/06/50	44 remains M40
KELLY, CHRISTOPHER	10/06/52	42 remains M40	CLEMENTS, WENDY	26/06/42	52 remains W50
WHEELER, KEITH	11/06/43	51 remains M50	MOLONEY, SHARON	26/06/62	32 remains W30
CARR, DAVID	15/06/32	62 remains M60	LEONG, FRANCIS	28/06/43	51 remains M50
FRANK, TONI	15/06/45	49 remains W45	KNUPPE, NICHOLAI	28/06/58	36 remains W35
DELCANHO, MAUREEN	15/06/49	45 becomes W45	HAGGER, FREDERICK	29/06/25	69 remains M65
JUNNER, COLIN	16/06/22	72 remains M70	WOO, PAUL	30/06/55	39 remains M35
JACKSON, ROY	16/06/54	40 becomes M40			



The Vetrun



NO. 253 MAY, 1994

Annual handicap struggle

THE concluding stages this year were between two of the club's long standing members, TED MASLEN and ROB SHAND. The result was in doubt until the hectic struggle of the last race, with Rob needing to beat Ted by 10 places to take the trophy. As it turned out, Ted finished one place before Rob. They both ran very well in the 7.5K handicap at Mount Lawley. Ted was 3rd, Rob 4th.

The key to success in the handicap trophy is to compete in each of the eight events.

If a runner misses an event, his points score increase is equal to that of the last runner, plus one point.

Details of the scoring for Ted and Rob for 93/94 follow.

Equal third, but very distant, were

won by Ted

DUNCAN STRACHAN and JILL CHAMBERS on 188 points.

With the great surge by Rob towards the end you may ask 'Was he receiving favoured treatment from the handicapper?' The answer is 'no'. As his form improved, his handicap was adjusted. On July 3, 1993 his 10K handicap was 13:30. By March 6 1994 it was 16:45.

The lowest handicap for 10K in the club is 00.00. The toughest is currently 24.30. Therefore, if a runner on 00.00 runs an hour for 10K, the runner on 24.30 would need to do 35.30 to draw level.

Bob Schickert

Distance	e 10K	10K	9K	8.4K	10.4K	8K	7.1K	7.5K
Event	Track	Carine	Kirkmans	Tompkins	Cliff B	Lakes	Womens	MtLawley
TED	18	28	17	21	8	17	4	3
ROB	18	15	79	2	4	4	1	4
Finisher	s 17	68	78	73	47	66	62	44

Remember it on Video!

Putting on another Stone

CONGRATULATIONS to John and Tia on the birth of baby Alex John Stone, who arrived on April 21. He weighed 8lbs 2oz (these Poms will never learn about kilos) and John says the boy has sprinter's legs.

The proud father has now issued a challenge to other M40s (or older) Vets to follow suit.

"A regular births column could be a popular feature of the Vetrun," he suggests.

Personally, I'd like to celebrate this rare event by putting young Alex up for associate membership, immediately, now the AGM has settled the age gap problem! Ed.

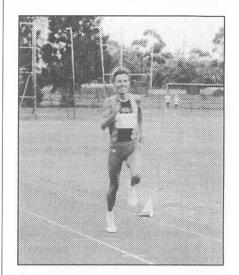
VETS who regularly travel off to National and World Games might like to contact Victoria's Peter Colthup, who has made up commemorative t-shirts, and can provide personal videos of various games.

He has hours of film from Miyazaki, and could possibly compile a personal video for you. Videos from Adelaide last year, and Sydney 1994, are available at \$20, plus \$5 pack and post.

The t-shirts feature the history of World Vets Games, from 1975-97(?). Peter says they're similar to ones that have been so popular overseas, cost \$32 plus \$3 postage, in sizes 12-24.

You can contact him on 03 795 1169, or write to 14 Bakers Road, North Dandenong, VIC 3175.

In this issue...



Running at our Championships, Barbara Blurton shows the immaculate, straight-ahead style that took her to State record and National gold medal this year. Details - pages 12/13

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POINT WALTER LAKE MONGERP8
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57 remains M55

54 remains M50

COOK, JOHN

THOMSETT, BARRIE

17/06/37

17/06/40

11K RUN		
Tom Savin	M45	40:03
Frank Smith	M50	40:16
Chris Maher	M40	41:30
John Ferris	M40	41:52
Ralph Henderson	M45	42:17
Bruce Wilson	M45	42:22
Bob Harrison	M50	42:57
	M40	43:03
Vance Mitsopoulos Warren Gee	M40	43:20
Bert Carse	M50	43:35
	M50	45:35
Bob Schickert John Bell		
	M45	45:17
Jill Chambers	W40	45:17
Brian Foley	M45	46:18
Geoff Mullins	M50	46:38
Brian Bennett	M45	46:47
Bob Sammells	M55	46:52
Ted Maslen	M55	47:02
John Pellier	M50	47:08
Vicente Carrero	M50	47:21
Vic Waters	M45	48:55
George Schaefer	M60	49:22
Doug Hazell	M40	50:22
Kath Noordyk	W45	51:20
Greg Robson	M45	52:18
Richard Harris	M55	52:27
Basil Worner	M60	53:14
Nena Greenfield	W35	53:49
Jeff Spencer	M50	53:53
Jimmy Greenfield	M50	53:54
Jacqui Halberg	W45	55:02
Alan Chambers	M55	55:14
Morris Warren	M55	55:21
Heather Sanderson	W40	55:38
Ron Potter	M50	57:13
Ron Sutton	M55	57:40
Ron Hillis	M45	57:51
Ann Turner	W55	58:16
Merv Jones	M50	58:31
401- PUNI		
10k RUN	1.540	25.65
Chris Maher	M40	35:02
Record	3.545	0E 46
Tom Savin	M45	35:40
David Bishop	M35	37:06

Point Walter

January 23, 1994

Conditions were still and hot, not ideal for the 101 runners and walkers. Tom Savin and Frank Smith put up a great contest in the 11K with neither slowing for a drink during the race.

Many thanks to my helpers Paul Martin, Paul Hughes, John Carpenter, Jacquie Beaumont, my wife Penny and Bert Carse's son. David Roberts

Kirt Johnson	M60	61:34
Merv Moyle	M65	61:35
Irene Ferris	W40	62:51
John Russell	M60	62:53
Garnet Morgan	M65	64:30
Graham Thornton	M50	65:25
Duncan Strachan	M70	68:11
6.2K RUN		
John Puglisi	M40	23:05
John Pressley	M45	23:54
Steve Barrie	M55	23:56
Don Caplin	M50	24:57
David Ĉarr	M60	25:23
Mike Khan	M45	26:00
Peter Airey	M55	26:48

Adrian Noordyk	M40	27:37
Dalton Moffett	M60	27:53
Arnold Jenkins	M45	28:33
Richard Matthews	M40	28:45
Keith Forden	M55	29:08
Eddie Hill	M50	29:18
Brenda Matthews	W40	29:23
John Smith	M55	29:47
Carol Broderick	W40	29:57
Vic Beaumont	M60	30:04
Stuart Parkinson	M45	30:12
Mike Rhodes	M45	30:14
Rebekah Healey	W30	30:15
Margaret Birks	W45	33:10
Marg Forden	W50	33:10
Joan Pellier	W50	34:34
Margaret Warren	W55	35:10
Norm Miller	M60	36:59
Lorna Lauchlan	W60	37:18
Sheila Maslen	W55	37:24
Mary Robinson	W55	37:37
Pat Miller	W55	38:12
Jackie Billington	W50	38:44
Gavin Chisholm	M50	39:00
Bridget Carse	W50	39:05
Mary Heppell	W55	39:28
Rosa Davis	W50	40:44
Margaret Ward	W50	41:22
Patricia Carr	W60	48:37
6.2K WALK		
John Mison	M45	31:48
Peter Hill	M45	35:27
Michelle Boyle	W45	40:45
Lynne Schickert	W50	49:31
Ernie Moyle	M65	49:35
Judy Hill	W45	54:25
Tina Carrero	W45	60:37
Bob Fergie	M55	60:37
Dick Horsley	M80	62:24

Lake	I.
Monge	r

February 13 1994

				-
David Walladge		M40		49:04
Aldo Giacomin		M55		50:38
Stuart Parkinson		M45		51:05
Ron Sutton		M55		51:18
Barry Munyard		M50		51:24
Ron Potter		M50		51:37
Merv Jones	7	M50	,	52:12
John Russell		M60		54:17
Garnet Morgan		M65		55:48
Alan Chambers		M55		56:50
Sheila Maslen		W55		64:45
6.748K RUN				
David James		M40		26:30
Vicente Carrero		M50		26:40
Michael Anderson		M45		26:58
Arnold Jenkins		M45		30:38
Simon Mort		M35		31:30
Ian Passmore		M45		31:34
Bryan Hardy		M50		31:44
John Smith		M55		34:08
Roger Crossman		M50		35:00
Irene Ferris		W40		35:09
		100000000000000000000000000000000000000		

Dick Horsicy	14100	02.24	
D D 111	14/40	25.42	
Roma Bettles	W40	35:42	
George Peet	M60	36:45	
Mary Robinson	W55	39:22	
Mary Ward	W50	40:47	
Mary Heppell	W55	41:02	
Gavin Chisholm	M50	41:18	
Rosa Davis	W50	41:57	
George Masters	M55	57:35	
3.374K RUN			
Jim Barnes	M45	12:52	
John Stone	M40	14:30	
Ray Barnett	M50	17:02	
Alison Aldrich	W50	19:32	
Lorna Lauchlan	W60	21:00	
Toni Frank	W45	24:10	
Patricia Carr	W60	29:15	
10K WALK			
Lynne Schickert	W50	75:39	
Bob Fergie	M55	76:10	
Jeff Whittam	M55	79:12	
Tina Carrero	W45	88:00	
6.748K WALK			
John Mison	M45	34:28	
Michelle Boyle	W45	44:05	
Ann Catarinich	W45	46:20	
Dick Horsley	M80	61:39	1
3.374K WALK			
Dorothy Whittam	W55	25:40	
Iudy Hill	W45	30:20	

LAST year's event attracted 21 adventurous souls to our most northerly venue. 42 made it this year and enjoyed a sunny, coolish, Easter Sunday morning.

Minor course changes resulted in a slightly easier, faster course than previous years. So it wasn't too long before Don Caplin and Geoff Tite led the one-lappers home.

First home on the long course were John Ferris and Dave Roberts, who crossed the finish line together holding hands. (Did they hold hands all the way?) Just ten seconds behind them was Jan Kelly, in what must have been the day's best running performance.

Best falling-over performance belonged to Marg Forden who was lucky to escape with only minor cuts and bruises.

Only three walkers this year - Vicki and Rob Slater, and Jane Slade - who all finished within one second of each other.

Three changes were forced upon us when flagging the course. Two were minor and should not be needed next year. We also opted for a stretch of bitumen in place of overgrown bush tracks that would have caused injury. Given the favourable comments after the race, this change may become per-

YANCHEP PICNIC RUN

April 3, 1994

manent. Finally, if the noise over brunch was anything to go by, twice the people meant twice the fun. Yanchep is a lot further south of Geraldton than you may think. Give it a try in '95!

Bob Sammells

5K		
Don Caplin	M55	21:12
Geoff Tite	M40	21:30
Paul Kelly	M40	22:20
Mike Khan	M45	22:40
Mike Anderson	M45	22:48
Keith Forden	M55	27:10
Irene Ferris	W40	27:23
Rachel West	Vis	27:56
Roma Bettles	W40	28:19
Joan Pellier	W50	28:47
John Russell	M60	29:46
Ray Barnett	M50	30:09
Les Slade	M40	32:40

Eather Healess	W50	22.E1
Esther Healey Lorna Lauchlan	W60	32:51 33:58
	W55	34:31
Mary Robinson Alison Aldrich	W50	35:14
	W50	
Jackie Billington		35:49
Lois West	W40	36:31
Louise Evans	W30	41:52
Damien West	Vis	46:00
7.5K		
Dave Roberts	M50	31.40=
John Ferris	M40	31:40=
Jan Kelly	W40	31:50
Peter Evans	M40	33:25
Brian Danby	M45	33:50
Peter Hill	M45	33:56
Mitch Loly	M50	35:35
Sue Pruett	MW35	36:12
Jerry Pruett	M40	36:31
Bob West	M40	37:05
Arnold Jenkins	M45	37:58
John Pellier	M50	38:01
Nena Greenfield	W35	39:37
Jimmy Greenfield	M50	39:28
Heather Sanderson	W40	40:23
Marg Forden	W50	40:30
Brian Aldrich	M60	41:32
David Hough	M60	46:47
5K WALK		
Vicki Slater	W35	49:44=
Rob Slater	M40	49:44=
Jane Slade	W45	49:45

16K

16K	
Tom Savin	M45 58:24
David Reid	M40 60:12
Walter Quarmain	M40 60:46
David Roberts	M50 61:24
Bert Carse	M50 62:06
Neil Macrae	M40 62:24
Bob Schickert	M50 64:32
Frank Smith	M50 64:33
David James	M40 65:11
Evan Macrae	M45 66:55
Mick Cousins	M60 67:05
John Bell	M45 68:54
Ted Maslen	M55 69:54
Anne Shaw	W45 70:27
Rob Shand	M60 72:16
Alec Holm	M45 74:20
Nena Greenfield	W35 75:37
Jimmy Greenfield	M50 75:37
Richard Harris	M55 75:54
Ron Hillis	M45 76:32
Merv Moyle	M65 76:44
Dave Hough	M60 78:09
Jeanette Howat	W35 78:15
Dalton Moffett	M60 78:16
Vic Beaumont	M60 80:19
Marg Forden	W50 80:45
George Peet	M60 83:15
Merv Jones	M50 84:16
Heather Sanderson	W40 84:24
Irene Ferris	W40 84:31
Kirt Johnson	M65 84:34
Roma Bettles	W40 86:02
Ron Sutton	M35 87:13
Phyllis Farrell	W45 94:10
Frank Usher	M701:43:07
Sheila Maslen	W551:47:44

PAGODA RUN

April 10, 1994

A fine mild day and a good number turned up. Considering that the Darlington Half Marathon was also being held on the same day, this was very pleasing.

My thanks to Bob Sammells, Fred Hagger, Graham Thornton and Bob Harrison for their help.

I would like to take this opportunity to thank Bob Sammells for taking over my position on the committee as Events Co-ordinator when I went touring early this year.

I would also apologise for the shortage of paper cups at the water station. This matter has been taken care of, but my only excuse is a 'numb bum' which holds the grey matter, but so long on a saddle has seen a very serious case of 'wear and tear' occur.

Barrie Thomsett

VISITORS

Justin Kelly	5K	20:07
Diedre Kelly	5K	23:45
Mark Maslen	10K	38:24

10K

Warren Gee

Ralph Henderson	M45	39:01
Don Caplin	M55	39:37
Dave Scott	M45	41:56
Paul Martin	M50	42:01
Vicente Carrero	M50	42:52
Bill Crane	M50	44:40
Harry Snowdon	M40	46:23
Arnold Jenkins	M45	47:27
Ron Potter	M50	47:38
Robin Bonner	M60	47:46
Brian Aldrich	M60	48:47
Mike Rhodes	M45	49:48
lacqui Halberg	W45	49:49
Brian Jones	M65	49:55
Stuart Parkinson	M45	50:23
Ray Lawrence	M65	51:04
Geoff Spencer	M50	52:38
Keith Forden	M50	52:43
Stewart Hicks	M70	52:43
Lorna Lauchlan	W60	65:26
Mary Robinson		65:39

M40 37:53

5K

M35	21:44
M50	23:38
M40	23:45
M50	27:19
M60	27:58
M50	28:47
W50	31:17
W50	31:40
W65	32:14
M70	36:00
	M50 M40 M50 M60 M50 W50 W50

Dave Roberts

Bob Harrison

Steve Barrie

Peter Evans

Brian Danby

John Pellier

Mitch Loly

Sue Prewett

Greg Robson

Lynn Harrop

Basil Worner

John Dartnall

Pat Campbell

Milton Maverick

Nena Greenfield

Gerald Prewett

Dave Hough

Richard Harris

Carol Broderick

Jimmy Greenfield

John Ferris

Mike Khan

Peter Hill

Brian Bennett

Paul Kelly

John Bell

M50

M50

M45

M55

M40

M40

M45

M50

M45

M50

W35

M45

M45

M45

W40

M40

M60

M45

M40

W40

W35

M50

M40

M60

M55

W40

37:09

38:38

40:29

40:34

41:12

41:26

41:30

41:34

43:26

43:44

44:10

44:15

44:29

45:00

45:56

46:00

46:02

46:34

46:39

47:06

47:21

47:21

47:22

47:50

48:12

48:58

1 for 01 44

	con	tinues
	COII	uniaca
16K WALK		
John Mison	M45	89:18
Michelle Boyle	W45	1:51:13
Bob Fergie	M55	2:01:23
Ernie Moyle	M65	2:05:10
10K WALK		
Leslie Romeo	W45	64:49
Joan Hillis	W45	72:19
Mitch Loly	M50	72:20
Rob Chalmers	M55	74:18
Valerie Millard	W45	79:59
Lynne Schickert	W50	79:59
5K WALK		
leff Whittam	M55	37:50
Dick Horsley	M80	44:38
Tina Carrero	W45	44:43
Gillian Peet	W55	44:43

13K Course Records Overall:

Frank S		44:18	1989	
Jill Chambers		52:38	1993	
W30 W35	H Crockart Susan Prewett	58:45 57:18		
W40	Jill Chambers	52:38	1993	
W45	Marge Forden	57:22	1990	
W50	Marge Forden	58:39	1993	
W55	Ann Turner	68:54	1991	
W60	June Strachan	70:15	1990	
W65	June Strachan	76:49	1993	
M35 M40 M45 M50 M55 M60 M65 M70 M75	Clive Hicks Bob Argyle Frank Smith Derek Hoye Mick Cousins Mick Cousins Merv Moyle John Gilmour Arthur Leggett	44:51 45:11 44:18 47:17 51:52 55:52 59:27 51:21 77:00	1989 1989 1990 1992 1994 1992 1991	
eralburgenske dek				

Brockwell's Records

Some interesting gleaning here. New overall 6K records this year; and Arthur Leggett becomes the only 'double', in 6K and 13K. While among the septuagenarians, compare John Gilmour's M70 record with those of his juniors!

6K Course Records

Over	all:		
David	Reid	20:10	1994
Jacqui	Jacqui Lishman		1994
M35	John Ferris	22:21	
M40	David Reid	20:10	
M45	Rob Raymen	21:30	
M50	Bob Schickert	22:00	
M55	Joe Stickles	24:18	
M60	David Carr	22:59	
M65	Garnet Morgan	32:20	1993
M70	Arthur Leggett	33:22	1989

10km Track Handicap

April 20 1994

'Calculated' run from Mike Rhodes lifts Trophy!

Once again we had a beautiful evening, cool and no wind, only spoilt by the humidity.

A good run by Mike Rhodes (he was seen earlier in the vening working out the times he had to run each lap on his calculator!) to win by a minute and a half from Bert Carse with Frank Smith, off the back mark, third.

Some terrific handicapping by Bob Schickert saw threequarters of the runners finishing within a 65 second time slot.

Fastest time of the night was by Frank Smith with an actual time of 36min 59sec. My thanks to all those who turned up to lap score or do some of the other chores of the night and a special thank you to Bob Sammells for bringing the clock and other equipment and Brian Danby for bringing the barbecue - and to all those who ran.

Jeff Whittam

	Name	Age	Clock	H/C	Actual .	Pos
1	Mike Rhodes	M45	58:55	12:00	46:55	12
2	Bert Carse	M50	60:28	22:45	37:43	2
3	Frank Smith	M50	60:29	23:30	36:59	1
4	Brian Danby	M45	60:32	21:00	39:32	4
5	Cecil Walkley	M60	60:43	15:30	45:13	11
6	Rob Shand	M60	60:47	16:45	44:02	9
7	Arnold Jenkins	M45	60:51	16:15	44:36	10
8	Don Caplin	M55	61:07	21:00	40:07	5
9	David James	M40	61:11	22:15	38:56	3
10	Vic Waters	M45	61:17	20:45	40:32	6
11	Bob Sammells	M55	61:33	19:30	42:03	8
12	Bob Harrison	M50	62:48	22:15	40:33	7
13	Heather Sanderson	W40	62:49	14:00	48:49	13
14	Stuart Hicks	M70	64:13	7:15	56:58	14

lculated' from Mike COUNTRY

May 1, 1994

DESPITE an unknown number of people who responded to the incorrect notice to meet at McCallum Park, 55 runners completed the run on a clear crisp morning. The usual Murdoch hazards of rabbit holes, large pine cones and low hanging tree branches did not deter David Reid from completing the course in just over 38 minutes with Jill Chambers being the first lady home in 42:47.

The 5K runners were Bruce Wilson and Ros Banyard whilst Arnold Jenkins sneakily escaped without disclosing to us that he was celebrating his 50th birthday!

Many thanks to all those who helped marshal some of the tricky turns and to Les for so accurately recording the results.

Hope to see you all (and the McCallum strays) next May at Murdoch.

John Spencer

10K		
David Reid	M40	38:11
Bert Carse	M50	38:29
Duncan McAulay	M40	39:32
David Muir	M45	40:01

MT LAWLEY CIRCUT

March 6 1994

REASONABLE weather again prevailed for the run, and numbers were very good at 55, considering it was a long weekend and forty people were away at the camp at Wellington Mills. The race was the last handicap of the season and saw a great tussle between the leading contenders for the trophy, Ted Maslen and Rob Shand.

The prize for endurance on the day however, goes to Garnet Morgan who ran from Floreat and then competed in the race as part of his training for the London Marathon.

As is now customary, bread, jam and cream were served after the race and we needed many more than the proverbial five loaves to feed the starving runners. I would like to thank all those who helped at the finish line and to my family for marshalling and preparing the food.

Mike Rhodes

Age Time H/C Act. Name Kirt Johnson M60 43:28 6:35 36:53 Pat Campbell W4043:40 9:30 34:10 M55 43:40 13:50 29:50 Ted Maslen Rob Shand M60 43:56 12:00 31:56 Allen Tyson M65 44:00 8:00 36:00 Frank Smith M50 44:12 17:05 27:07 Bob Schickert M50 44:20 16:25 27:55 David Carr M60 44:33 13:50 30:43 Lynn Farrelly M45 44:38 8:45 35:53 Fraser Deanus M50 44:40 13:10 31:30 Ray Lawrence M65 44:50 6:45 38:05 Dalton Moffett M60 44:51 11:10 33:41 Hugh Kirkman M50 45:02 16:15 28:47 Mich. Faunge M55 45:09 9:59 35:19 Mike Khan M45 45:11 13:50 31:21 Tony Speechly M45 45:16 9:30 35:46 George Schafer M60 45:23 13:50 31:33 Joe Stickles M55 45:28 13:50 31:38 Jeff Spencer M50 45:30 10:35 34:55 Mike Carey M35 45:42 12:25 33:17 Arnold Jenkins M45 45:52 11:50 34:02 George Peet M60 45:57 8:45 37:12 Ron Sutton M55 46:02 9:30 36:32 Vic Beaumont M60 46:06 9:30 36:36 Peter Airey M55 46:20 11:40 34:40 Roger Walsh M50 46:37 12:25 34:12 Sheila Maslen W55 46:40 0:45 45:55 Milton Marrick M40 46:44 12:25 34:19 David James M40 46:44 16:15 30:29

WALKERS SEALED HANDICAP

John MisonM45 61:25 21:1540:10Lynn SchickertW50 63:359:0054:35Peter JohnsonM45 63:36 20:0043:36Paul MartinM50 64:15 20:0044:15Gillian PeetW55 65:071:3063:37Bob FergieM55 65:09 10:3054:39Michelle BoyleW45 65:13 13:3051:43Ernie MoyleM65 67:079:3057:37Jac BeaumontW55 72:379:0063:37

Mery Iones M50 46:44 9:05 37:39 Merv Moyle M65 46:51 11:30 35:21 Gav Chisholm M50 46:55 2:30 44:25 Simon Mort M35 47:02 13:10 33:52 Basil Worner M60 47:07 12:25 34:42 Dave Scott M45 47:15 16:15 31:00 Ron Potter M50 47:44 11:00 36:44 Stewart Hicks M70 47:57 5:40 42:17 M60 48:15 8:00 40:15 John Russell Dick Blom M60 48:27 13:50 34:37 Mary Heppell W5548:31 0:35 47:56 Frank Usher M70 48:38 2:10 46:28 Garnet Morgan M65 49:24 5:15 44:09 Brian Foley M45 49:38 14:55 34:43 Ann Deanus W5049:43 5:05 44:38

1/55

36.05

Rob Davie

Brockwell's Run continues

Simon Mort	M35	61:54
Ken Brownlie	M45	61:55
Basil Worner	M60	61:58
Dick Blom	M60	62:06
Nena Greenfield	W35	62:07
Jimmy Greenfield	M50	62:09
Dalton Moffett	M60	62:27
Peter Airey	M55	63:13
R West	M40	63:52
Morris Warren	M55	64:06
Ron Hillis	M45	64:18
Dave Hough	M60	64:30
Bryan Hardy	M50	64:34
R Dawson	M45	64:49
Allen Tyson	M65	64:57
P Campbell	W40	65:00
Marg Forden	W50	65:27
Graham Thornton	M50	65:27
Lyn Farrelly	M45	66:26
George Peet	M60	67:20
Ron Sutton	M55	67:43
Jeff Spencer	M50	67:50
Vic Beaumont	M60	67:50
Tony Speechly	M45	68:10
Mery Jones	M50	68:43
Irene Ferris	W40	69:13
Kirt Johnson	M60	69:15
Garnet Morgan	M65	71:38
Jeanette Tiverios	W35	75:11

John Russell	M60	76:04
Ray Lawrence	M65	76:04
Arthur Leggett	M75	77:00
Margaret Warren	W55	78:32
Mary Robinson	W55	82:19
Frank Usher	M70	82:24
Ann Deanus	W50	82:32
Sheila Maslen	W55	84:20
6K RUN		
Dave Reid	M40	20:20
Don Caplin	M50	22:38
John Puglisi	M40	22:39
Vicente Carrero	M50	22:49
David Carr	M60	22:59
Doug Hazell	M40	23:40
Geoff Tite	M40	24:20
Jacki Lishman	W30	24:45
Arnold Jenkins	M45	24:55
Michael Anderson	M45	25:00
Roger Walsh	M50	26:55
Mike Rhodes	M45	27:14
Peggy MacLiver	W45	27:16
Keith Fordden	M55	28:21
John Stone	M40	28:24
Brian Aldrich	M60	28:43
John Smith	M55	30:00
Harry Holland	M50	30:25
Cathrin Holland	W35	30:26
Norm Miller	M60	31:55
Pat Miller	M55	33:22
Rosa Davis	W50	35:31
Margaret Ward	W50	35:50

Rob Davis	M55	36:05
Mary Heppell	W55	36:16
Toni Frank	W45	37:54
Joan Hillis	W45	38:15
L West	W40	42:38
13K WALK		
Paul Martin	M50	69:12
Leslie Romeo	W45	81:04
Michelle Boyle	W45	82:07
Bob Fergie	M55	90:32
Val Millard	W45	91:41
Lynne Schickert	W50	94:45
Geoff Whittam	M55	93:00
Peter Johnson	M45	99:47
6K WALK		
Dorothy Whittam	W55	42:02
Jackie Billington	W50	43:56
Lorna Lauchlan	W60	44:08
Val Tyson	W70	45:49
Tina Carrero	W45	47:24
Gillian Peet	W55	47:24
Dick Horsley	M80	48:55
VISITORS		
C Reid	13K	49:58
A Beckerlink	13K	50:42
P Aspinall	13K	52:28
R Peter	13K	68:55
R Crossman	13K	71:25
N Bell	6K	29:30
D Hanshaw	-	k 49:20

8K RUN	
Ralph Henderson	35:18
Warren Gee	35:24
Bob Schickert	36:00
John Bell	36:21
Jill Chambers	36:32
Chris Reid	37:08
David James	37:16
Vicente Carrero	37:19
Alex Holm	37:19
George Schaefer	37:42
Brian Foley	37:48
Roger Walsh	39:20
Dalton Moffatt	39:20
Ron Hillis	40:32
Jeff Spencer	40:33
Alan Chambers	40:48
Jackie Halberg	40:57
Lyn Farrelly	41:16
Bob Sammells	41:30
Ron Potter	41:53
John Smith	42:15
Ron Sutton	42:20
Jenny Holm	42:35
Merv Moyle	42:35
Ray Lawrence	43:15
Allan Tyson	43:16
Ted Maslen	46:28
John Russell	47:19
Roma Bettles	47:23
Pat Miller	49:10
Norm Miller	49:11
Phyllis Farrell	51:47

Mosman Park Run 8k/4.5k

February 20, 1994

On a warm day, 79 runners and walkers tested the new course around Mosman Park. The course was changed for safety reasons and from the feedback of runners it was enjoyed by all. Please remember for next year morning tea is provided at fifty cents per person after our run.

Many thanks to all helpers. Paul and Sue Hughes

4.5K RUN

Hugh Kirkman	15:37
Vic Waters	15:45
David Carr	16:07
Geoff Tite	16:27
Peter Airey	18:01
John Stone	18:57
Peggy MacLiver	19:15
Brian Aldrich	19:45
Brian Wilson	19:50
Heather Sanderson	20:05
Mery Iones	20:27

Patricia Carr Rosa Davis Alison Aldrich Rob Davis **Jackie Billington** Mary Heppell

Kirt Johnson

Ray Barnett

Vic Beaumont

21:46

21:46

22:47

24:35

25:14

25:14

25:27

25:36

26:20

Frank Usher	27:26		
Ernie Moyle	29:39		
Judy Hill	30:02		
Jill Midolo	32:32		
Cliff Bould	35:56		
8K WALK			
Peter Hill	37:55		
4.5K WALK			
Peter Johnson	23:40		
Joan Hillis	29:48		
Bob Fergie	29:49		
Lynne Schickert	31:46		
Valerie Millard	31:47		
Michelle Johnson	32:55		
Karen Crellin	36:19		
Jeff Whittam	37:55		
Fred Hagger	37:57		
Tina Carrero	39:21		
Dick Horsley	39:21		
VISITORS			
Roger Crossman	8K Run	46:48	
	4.5K Run		
	4.5K Run		
Barbara Buchanan	4.5K Walk	36:20	
with the			(
Tom Savin	M45	46:40	
Frank Smith	M50	48:58	
Vance Mitsopoulos	M40	50.47	

This year, we were fortunate enough to be the first to make use of Trinity's recently renovated grandstand. The facilities were excellent and we thank Trinity, and in particular Headmaster Tony Curtis for allowing us the use of their school.

52:07

52:15

52:51

Mary Robinson

Lorna Lauchlan

Sheila Maslen

In the 6K event, Jacki Lishman lowered Peggy MacLiver's 1991 record by 92 seconds. Dave Reid broke his own 1993 race record by 10 seconds, a tremendous performance in the condi-

Sue Prewett won the female 13K in the excellent time of 57:18, while Chris Maher notched up his second overall win in the mens 13K with a hard-fought victory over last year's winner, Tom Savin.

Only one age division record fell in the male 13K. Mick Cousins broke Dalton Moffatt's 1991 M60 record by 50 seconds. It was great to see an inaugural record set in the M75 by Arthur Leggett. His time of 1.17:00 is actually sub 6 minutes kilometre pace!

In the female division, only one record fell, and that was in the W35 division where Sue Prewett broke Maxine Santich's record set in 1990 by nearly 3 minutes.

In the mens 6K, new age division times were set as follows:

Dave Reid 20:10 M40 David Carr M60 22:59

Brockwell's Run

February 27, 1994

In the female 6K, the following new age division times were set: Jackie Lishman W30 24:45 Pat Miller W55 33:22

We hope that you enjoyed the facilities at the race, the course and the catering. Perpetual trophies (inc. age divisions) havve been inscribed with each winner's name and time. These are available for collection from our home at 3 Constitution Street, East Perth. Alternatively, please contact me on 325 5774 and I will arrange for their

Our sincere thanks to June Strachan, Pat Savin, Sue Danby, Jackie Beaumont, Wayne Pantall, John Pressley and Saul for their invaluable help and assist-

I hope you all enjoyed the race. See you next year for the 7th running! Chris and Tessa Brockwell

13K RUN Chris Maher

M40 46:17

er mit-	- 1 - 2 1 1		
Tom Savin	M45	46:40	
Frank Smith	M50	48:58	
Vance Mitsopoulos	M40	50:47	
Ralph Henderson	M45	50:49	
Paul Hughes	M40	50:58	
Bob Schickert	M50	51:20	
David James	M40	51:36	
Wayne Robinson	M35	51:37	
John Ferris	M40	52:04	
John Bell	M45	54:13	
Bob Harrison	M50	54:15	
Brian Danby	M45	54:30	
Ted Maslen	M55	54:50	
Vic Waters	M45	55:00	
E McCrae	M40	55:04	
Jim Barnes	M50	55:06	
John Pellier	M50	55:09	
Ray Barnett	M45	55:11	
M Rosen	M45	55:18	
Mick Cousins	M60	55:52	
Peter Hill	M45	56:15	
Brian Foley	M45	56:25	
George Schaefer	M60	56:40	
Mike Khan	M45	56:42	
Joe Stickles	M55	57:08	
Sue Prewett	W35	57:18	
Bob Sammells	M55	57:58	
Fraser Deanus	M50	59:06	
Roy Jackson	M35	59:38	
M Maverick	M40	60:47	
Merv Moyle	M65	61:16	
Gerald Prewett	M40	61:23	
Richard Harris	M55	61:45	

Lorna's Run was also the occasion of our first 'Subs Day', to which members responded so well. I believe the exercise will be repeated again next year. McCallum is an excellent location for a big gathering, and if we can all get used to the concept of getting the subs payment out of the way on a particular date, it saves our Treasurer much unnecessary work. Thanks to everyone who made the effort. Ed

Murdoch Cross Country continues

M50 41:19

M40 42:02

M45 42:39

Bob Schickert

Evan McRae

John Bell

John ben	W145 42:39
Jill Chambers	W45 42:47
Vicente Carrero	M50 43:40
Bob Sammells	M55 43:57
David James	M55 43:57 M40 44:44
Bill Crane	M50 44:45
Brian Danby	M45 47:22
John Pellier	M50 47:29
Robin Bonner	M60 47:34
Arnold Jenkins	M50 48:29
Dalton Moffett	M60 48:33
	W35 49:32
Jeanette Howat	
Heather Sanderson	W40 49:43
Jeff Spencer	M50 49:52
Merv Moyle	M65 49:57
Mike Rhodes	M45 50:50
Alan Chambers	M55 52:14
George Peet	M60 53:06
Ann Turner	W55 55:07
John Russell	M60 57:37
5K	
Bruce Wilson	M45 19:53
Paul Martin	M50 21:18
Peter Howat	M45 21:34
Brian Foley	M50 22:09
Dick Blom	M60 22:14
Simon Mort	M35 23:28
Mick Cousins	M60 24:18
Ros Banyard	W45 24:52
Roma Bettles	W45 25:27
Margaret Birks	W45 26:10
Kirt Johnson	M65 26:17
Ray Lawrence	M65 26:18
Cathrin Holland	W35 26:29
Rebekah Healey	
	W30 26:35 W45 26:57
Jackie Halberg	
Ray Barnett	M50 27:53
Joan Pellier	W50 28:14
Barrie Thomsett	M50 30:22
Norm Miller	M60 31:09
Esther Healey	W55 31:11
Lorna Lauchlan	W60 31:35
Frank Usher	M70 32:10
Rosa Davis	W50 32:30
Pat Miller	W55 32:31
Mary Robinson	W55 32:33
Ron Spencer	M50 37:10
Shorty Turner	M55 ?
VISITORS	
George Russell	10K 42:43
Commerce Chance	10V 4E.17

Gerry Chase

Lorna's Run

March 27, 1994

A good turn-out of 106 participants, a wonderful sunny morning, blue skies and river - this was a great start for the second Burswood Run.

All went without a hitch, thanks to help from Jill Midolo, Dalton Moffett, Jacqui Billington, Sue Danby, Fred Hagger, and the two stalwart recorders, Bev Thornton and Maureen Pomery. Thanks to all.

Winners were Bob Thomson (24:07) and Anne Shaw (26:03) in the 6.2K; Tom Savin (39:56) and Jeanette Howat (51:47) in the 11.6K; and Leslie Romeo (40:01) and Peter Davies (44:28) in the 6.2K Walk.

Lorna Lauchlan

6.2K Bob Thomson M45 24:07 Peter Hill M45 25:47 Paul Hughes M40 26:01 Brian Foley M50 26:03 Antoinette Shaw W45 26:05 Geoff Tite M40 27:07 Paul Martin M50 26:29 Dave Scott M45 26:39 Mike Anderson M45 27:16 Bill Crane M50 27:52 Arnold Jenkins M45 28:18 Simon Mort M35 28:37 M55 Peter Airey 28:43 John Spencer M55 28:48 M35 Bruno Larini 29:33 Heather Sanderson W40 29:51 Graham Thornton M50 30:07 Ros Banyard W45 30:11 Brian Aldrich M60 30:19 Robin Bonner M60 30:48 Aldo Giacomin M55 30:58 Stuart Parkinson M45 31:13 Mike Rhodes M45 31:24 Ray Lawrence M65 31:35 Jacqui Halberg W45 31:36 Kirt Johnson M65 31:39 Merv Jones M50 32:42 Joan Pellier W50 33:07 Keith Forden M55 33:47 John Russell M60 34:00 Phyllis Farrell W45 34:34 John Stone M40 34:37 Hazel Corbett W45 35:28 Arthur Leggett M75 35:29 Noela Medcalf W55 36:17 Valerie Millard W45 36:44 **Jeff Spencer** M50 37:14 Rosa Davies W50 38:51 Mary Heppel W55 39:19 Alison Aldrich W50 40:41 Frank Usher M70 41:00 Mike Berry M60 41:01 Lynne Schickert W50 44:01

Gordon Medcalf Syd Bowler	M60 M70	44;28 45:58
Norah Berry	W60	46:14
11.6K		
Tom Savin	M45	39:56
Dave Reid	M40	40:45
Bert Carse	M50	41:38
Warren Gee Frank Smith	M40 M50	41:46 41:59
Bob Schickert	M50	42:31
Jim Klinge	M45	42:41
Brian Danby	M45	43:21
Doug Hazell Hugh Kirkman	M40 M50	43:40
John Bell	M45	43:47 45:40
Vic Waters	M45	45:41
Joe Stickles	M55	46:03
Fraser Deanus	M50	46:19
Bob Sammells Vicente Carrero	M55 M50	46:38 46:38
Mike Khan	M45	46:52
Bob Harrison	M50	47:49
Mitch Loly	M50	47:55
Alec Holm Rob Shand	M45 M60	48:18 49:33
Ted Maslen	M55	49:33
Mick Cousins	M60	49:33
Harry Snowden	M40	51:30
Jeanette Howat Ron Hillis	W35	51:47
Merv Moyle	M45 M65	51:55 52:15
David Hough	M60	53:04
Vic Beaumont	M60	53:07
Ron Potter	M50 W50	53:35 53:35
Margery Forden John Pellier	M50	55:01
Lyn Farrelly	M45	55:45
George Peet	M60	57:09
Irene Ferris	W40	57:18
Ron Sutton Sheila Maslen	M55 W55	64:39 69:07
Mary Robinson	W55	69:09
Ann Deanus	W50	70:49
6.2K Walk		
T. II. D.		001 x ±
Leslie Romeo Peter Davies	W45 M60	40:01 44:28
Joan Hillis	W45	45:21
Bob Chalmers	M55	45:49
Dorothy Whittam	W55	47:41
Alan Pomery Ernie Moyle	M60 M65	49:39 49:39
Bob Fergie	M55	49:50
Jeff Whittam	M55	49:51
Margaret Gianatti	W55	55:23
Gillian Peet	W55	55:44
Dick Horsley Tina Carrero	M80 W45	58:34 58:34
Visitors		
Peter Howat		29:33
Heather McGowan	33:59	
Andrew Beckerleg	41:32	
Pat Campbell	50:35	
Walk Visitors Kim Hurley	59:18	
Danid Hall	(0.05	

Gordon Medcalf

M60

44:28

Gaby Ralph

10K 45:17

W40

44:04

60:25

60:27

David Hall

Lois Olierhock

Records set in Perth and Sydney

All the following are new WA State records. Australian Records are indicated with an (A)

Records from Sydney

Peggy MacLiver W50 2:34.23 (A) W60 Patricia Carr Pentathlon

Dorothy Whittam W55 2909 points (A) W60 3118 Pts Patricia Carr

Full Results - Australian **Veteran National Titles** 1-4 APRIL 1994 HOMEBUSH, SYDNEY

Women

Lynne Choate	W40	
100m		
Heat	1st	13.46
Final	1st	12.96 GOLD
200M		
Heat	1st	27.63
Final	1st	26.11 GOLD
400M Final	3rd	62.93 BRONZE
Long Jump	1st	4.94M GOLD
Triple Jump	2nd	9.37M SILVER
4 x 100 Relay	3rd	52.73 BRONZE
Champion of		
Champions	8th	12.73
(Handicap 0.2	5M)	

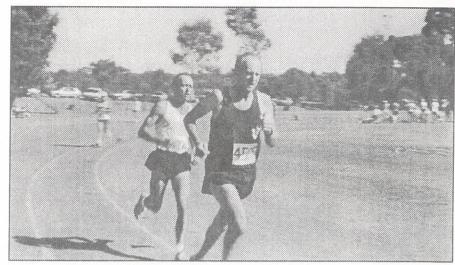
Barbara Blurton W40 100M Heat Final 13.64 200M Heat 2nd 26.59 BRONZE Final 3rd 400M Final 58.73 GOLD 4 x 100 Relay 3rd 52.73 BRONZE

Jan Johnson W45 100M 14.60 14.35 Final 4.41M BRONZE 10.04M SILVER Long Jump Triple Jump 2nd 4 x 100 Relay 3rd 52.73 BRONZE Val Prescott W50

200M 32.39 Discus 19.04M 10th Javelin 12.34M

Peggy MacLiver W50 100M Final 14.87 BRONZE 3rd 200M Final 3rd **29.64 BRONZE** 400M Final 2nd 66.71 SILVER 800M Final 2:34.23 GOLD (Aust. Record) Long Jump 4th 4 x 100 Relay 3rd 4th 52.73 BRONZE

Erica Mercer W50 300M Hurdles 2nd 62.29 SILVER 2K Steeple 9:23.07 GOLD Triple Jump



Jim Langford has never run better than in the Championship 10,000m at McGillivray. So says Dick Horsley, who ought to know. (He also saw the historic day at Bold Park when Jim beat Ron Clark.) It's not often a runner laps the second place-getter! Jim finished in 35:08: Colin Hickman was second in 36:54; Frank Smith 3rd in 37:33.

Bottom of page: more fine 10,000m performers on a very hot morning. Dorothy Whittam W55 15.52 BRONZE 100M Final

3.72M SILVER Long Jump 2nd Triple Jump 8.32M GOLD 1st Shot Put 8.40M SILVER 20.98M Iavelin 3rd BRONZE 3rd 22.50M Hammer **BRONZE**

Pentathlon 1st 2909PTS GOLD Patricia Carr W60 100M Final 16.22 SILVER 200M Final 33.49 BRONZE 3rd 400M Final 80.52 GOLD 1st 1st 3.63M GOLD Long Jump Triple Jump 1st 7.69 GOLD 3118PTS (Aust 1st Pentathlon

Men

Record)

Mike Edwards M35 100M Final 2nd 11.96 SILVER 200M Final 1st 23.47 GOLD 110M Hurdles 1st 15.84 GOLD 400M Hurdles 1st 4 x 100 Relay 2nd 47.63 SILVER

Peter Brazier M40 100M Heat Final 3rd 12.01 BRONZE 200M Final 4th 23.99 400M Heat 52.75 DNS Final 4 x 100 Relay 2nd 47.63 SILVER

Murray Tolbert M45 11.31M SILVER Triple Jump 2nd

Brian Foley M50 800M 2:16.94 SILVER 4:44.80

BRONZE 10K Cross Country 10th 44:38

Rov Fearnall M50 100M 12.65 Heat 12.28 GOLD Final 200M Heat 1st 24.77 1st 23.96 GOLD Final 400M Final 53.34 GOLD 4 x 100 Relay 2nd 47.63 SILVER Champion of Champions 1st (Handicap 4.25M) 11.26 GOLD

David Carr M60 200M Final 400M Final 60.45 GOLD 800M 2nd 2:20.33 SILVER 1500M 5:05.74 SILVER 4 x 100 Relay 2nd 47.63 SILVER

Allen Tyson M60 1500M 6.01 5000M 23:13 7th 1000M 6th 48:16 2K Cross Country 9:10.44 1st



The 5-6kms ended up about 8-9kms, but it's all fun isn't it?

The cross-country swimming event

Sunday afternoon saw us all down at the old swimming hole along the Collie River, and everyone settled down to a nice quiet afternoon of food, snooze and watch the world go by. But no who had the bright idea of the Collie Swim Through? Let's swim down the 500m or so from our little spot to the bridge and we'll meet you there. Shouldn't take too long says the pundits, about 20mins we reckon.

After some 45mins or so of anxious waiting at the bridge, our intrepid band of Vets (Jackie, Lorna, Ron, Rob, Peggy, Graham and Brian) appear on the scene and relate tales of a obstacle course that would put the Special Air Services to shame. Logs, trees, snags and 'gunk' underfoot that grabbed, pinched, cut, snagged and generally slowed one's progress down.. who's idea was it any-

The photos show they did it, and also some of the more innovative swimming costumes being worn.

Just take a piece of string

Sunday night was the social evening which was ably organised and run by Lorna and Jackie, and everyone had a great time. It is amazing what an inventive group of people can do with a length of string!

Monday morning, and here we go again, and those infernal hills haven't got any smaller. The more enthusiastic and intrepid group ran from the Rec camp to the King Jarrah Tree and around the long way home about a distance of 12-16kms.

The less keen drove to the King Jarrah Tree, left the car and were to walk/run/jog/crawl the estimated distance of 5-6kms back to the cottages and drive back to collect car later. This is where the 'lost' comes into this story

(It's about time those little 'informative' books on hiking kindly left in the cabins, were updated. Some of those tracks I feel have been lost to man and nature for years.)

We shall not be daunted!

Not to be daunted, we set off, and after realising we'd missed a turn-off the road to said path, we did another back-track (so there is another 2kms at least!) found the path and then promptly negotiated a hill of stupendous proportions (well - it is at the end of the weekend, and you're dog tired) along paths that would not have been used for years, and guess what - where are we? Well it's a back to nature weekend, and that's what we're seeing



Sirens at the Waterhole

You don't have to bother seeing that Elle Mcpherson movie now. This exclusive out-take says it all. And our bathers are much dirtier - after their cross-country swim. Lorna Lauchlan (left) appears to have useed two pillows as float-aids; but Peggy Macliver and Jacqui Billington (right) had only their 1930s bathing-belle outfits for protection.

most of - bush. The intrepid little band eventually found the road atop the hill leading down into the camp area, at which stage I had had enough and took off home, saying see you there. The rest decided to turn back and follow (hopefully) the path through the trees to the cottages. Joan Hillis then joined the casualty list and took a tumble, and has the scars and bung ankle to prove it however, all made it safely back to camp, to meet up with yours truly, who arrived some 10 mins earlier and clocked up about 9-10kms for the log-

Meanwhile, all the long runners had been back with the exception of Don Caplin and Jill Chambers - funny you should mention that - why not join the 'where are we brigade?' Eventually all members present and accounted for. After the general clean up and farewell, everyone set off back to the big smoke and so we say adieu to Welling Mills once again, and decide that yes, it was a great weekend, and yes, we will be back again.

See you there next year,



New and old find way to Camp Wellington

by Rosa Davis

SOME 35 or so, the usual stalwart Vets plus a few of the newer members ventured south to the hills once again, to the Sport and Recreation Camp at Wellington Mills.

Most arrived Friday evening, which goes to show that the navigation and map reading skills have improved, as we all managed to make it at a reasonable hour without too many diversions/ back-tracks...

This year the members were split over the huts across the camp area and one group were sharing an area with a bunch of young intrepid adventurers, who were obviously into canoeing in a big way, and not too keen on being kept awake by noisy neighbours. Who, us?

Saturday morning up at those never ending hills (why do I bother to keep coming back here year after year - those hills do not get any lower, and I get older and slower).

Below the belt

Anyway, first run under the belt and off to visit a vineyard reasonably close by and to discover the resident vigneron was yours truly's second cousin. Great reminiscing about paternal grandfathers and what a long a long line of dinky-di West Aussies we are. Everyone set to and sampled the local nectar with John Pellier's approval and affirmation of the local water.

Our Vets made mine host's day and so greatly increased his sales that he offered us the use of his property for a picnic area.

Much discussion and directions on how to get to said paddock ensued; down road, around corner, along further, over bump in road and there you are. Actually the area as the crow flew (and tractor chugs) was 500m - across the paddock, past the dam at the bottom of the hill. However, we opted for the long way round and set off duly following directions from our resident orienteer Jeff Whittam.

Oops, went past the turn, so back up the main drag to side track, which we followed to end up in the front yard of a very startled lady, in process of feeding her large herd of deer. I think we took a wrong turn? I think the Vets en masse provided five minutes more traffic in her driveway than had been there over the past twelve months.

Page 4

The 'Lost' Weekend



Good to see so many Wellington Mills campers taking healthy, outdoor activities - sitting, eating and drinking.

Notwithstanding, we all carefully backed up trying not to spook the deer, and set off again. Down along, out along all along lee... along another 10kms or so of road, up the correct track and suddenly we were staring down hill at a gradient of about 1 in 20 and a large bump in the track an army tank would have had trouble negotiat-

I think we've done it again. At this stage we sacked leff Whittam as tour leader and after backing up in gravel up the gradient, which was all in the fun, we set off again.

Now where was the gate - is that it? - well we'll give it a try. Down the hill, past the old house, and over the bump in an orderly fashion and Eureka! I think we've found it. Actually, it was a lovely little spot, and we did appreciate the couple of coldies consumed when

The Vetrun

we arrived. The drive home was easier - we ignored all directions from anybody involved with orienteering, and took the sealed road direct.

Sunday morning hills...

Sunday morning, here we go again and some more hills.

The serious and not so serious runners split, and how did I end up with the group directed by the resident orienteer to a 'short' run of about 5-6kms along the path at rear of cottages? With map in hand showing bush tracks, off we went and we inaugurated the Wellington Mills Hash Run - the rabbits went off, Peggy and Ron Hillis to blaze the trail and slowies following along, when the back-tracks had been done and decisions to be made regarding which trail would be used, off we

Sometimes they continued those healthy outdoor activities while indoors sitting, eating, and drinking.



Records from WA Vets Championships at Coker Park

100 Metres Hurdles (91.4cm) M50-55 Keith Martin Norm Richards M55 18.10

300 Metres Hurdles (84cm) M50-55 Keith Martin

2000 Metres Walk M45 9:27.00 John Mison

3000 Metres Walk M45 14:44.10 John Mison

Triple Jump George Boakes

M80 5.04 metres

Javelin (700g) Francis Leong metres

M50 41.52

200 Metres Eileen Hindle

W45 26.90

400 Metres Barbara Blurton W40 58.40

800 Metres Barbara Blurton

W40 2:17.80

5000 Metres

Iill Chambers

W40 18:40.70

80 Metres Hurdles (76.2cm) W40-45 Eileen Hindle

2000 Metres Walk

Rose-Marie Holloway W35 11:03.30 Louella Jenkins W50 12:13.00

3000 Metres Walk

Louella Jenkins W50 18:33.10

5000 Metres Walk

Louella Jenkins W50 32:33.00

Dorothy Whittam W55 8.76 mtr A)

Eileen Hindle Dot Nicholaidis

W45 1.36 metres W55 1.10 metres

Triple Jump Eileen Hindle

metres

W45 10.13

Discus (1 kg) Raema McMillan W65 19.88

Hammer (4kg) Sharon Moloney W30-45 W30 15.18 metres

Sandra Smith W35 20.56 metres Hammer (3 kg) W50 +

Phyllis Head W70 5.68 metres

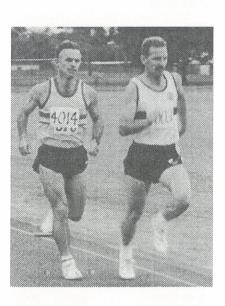
Javelin (600g) W30-45 Cathrin Holland W35 25.14 metres

Javelin (400g) W50+

Dot Nicholaidis W55 24.70 metres Raema McMillan W65 18.76 metres



Strong line-up in women's 800m, won overall by new WA Vets star, Barbara Blurton (second left). Barbara also set a new 400m State record, and ran only a little slower to gain gold in Sydney.



Above, Duncan McCauley held off John Molloy for M40 400m second place; and below, Mery Moyle stayed ahead of Alan Tyson to win M65 5000m in 22:01.



most improved athlete of the year (see AGM minutes!) Below, recordsetting triple jump by M80 George Boakes.



The Vetrun

Before the start, everyone going cross-country has to estimate their finish time. Running without timepieces, the real winner is the person whose final time is nearest the estimate.

Sounds too easy? Well, it might be on the road, or track. But an 8K in Kings Park is something else. Changing terrain, and conditions, make it much harder to accurately gauge your likely performance.

Of course, with some 80 competitors it's likely that someone will come close. In 1992, Jim Greenfield was spot-on. Last year Jacqui Halberg won, only a second off her guess; and this year Noela Medcalf matched Jacqui.

Noela estimated 48:48 (why?) and ran 48:49!

Noela now has the dubious honour of housing the collection of junk which was hammered together two years ago to form the Timeless Tro-

Others in close were Richard Matthews, Sheila Maslen, Ray Lawrence, Roma Bettles, Frank Usher. Margaret Warren was only three seconds out, and a regular visitor, young Alan Smith, was just two seconds

Interesting to note that, this year at least, the slower runners are best judges of their own performance.

Organising the Birkwater run puts some unusual pressures on the vol-

This year the Port to Court Relay came through our start/finish area, adding congestion and some confusion, especially for Keith Forden, marshalling our runners across very heavy and sometimes unco-operative traffic in May Avenue.

Flagging the course is a usually a nightmare. We try to do this as late as possible on Saturday, to avoid the spoilers and vandals. I then run the route early Sunday, to check and repair their efforts.

This year it became a literal nightmare, as I started too late on Saturday. With no moon, twisting trails, every branch looking like a snake, and the odd swooping owl, I re-dis-

Birkwater Cross Country

May 8, 1994

covered why I'm a city slicker.

Many thanks to Simon Mort for his assistance with the flags, and mar-

Thanks are due to Leo and Jacqui for handling the estimates and recording task; Frank Smith and Chris Waters at the finish; marshals Keith Forden, Chris, Julius and Max Waters.

There are some Vets who always arrive early, and offer a hand. Thanks, Bill Crane, and Kirt Johnson, Merv Moyle, and Ernie Moyle, for those extra hands.

Next year, in the dual interests of safety and economy of labour, I plan to alter the course slightly, and cut out the first two road crossings. The essential cross-country character will not change, however. If necessary, we'll fetch in extra sand.

Finally, in 1995 we might even see my phantom co-director, Margaret Birks, back on duty.

Vic Waters

8K Cross-Country		
David Bishop	M35	33:23
Bob Schickert	M50	33:41
Ralph Henderson	M45	33:49
David James	M40	33:58
Brian Danby	M45	34:56
Vicente Carrero	M50	35:48
Alec Holm	M45	36:02
Jill Chambers	W45	36:22
Peter Evans	M40	36:31
Ted Maslen	M55	36:52
Bill Crane	M50	36:55
Ray Attwell	M55	37:06
Joe Stickles	M55	37:22
Mick Cousins	M60	37:32
George Schaefer	™ M60	* 37:42
John Pellier	M50	38:16
Bob Sammells	M55	38:19
Mitch Loly	M50	38:26
Michael Anderson	M45	38:47
David Carr	M60	38:52
Pat Campbell	W40	38:52
Sue Prewett	W40	38:59
Dalton Moffett	M60	39:17
Gerry Prewett	M40	39:21
Arnold Jenkins	M50	39:22
Lyn Harrop	W40	39:25
Richard Milhouse	M40	39:27
Peter Gare	M50	39:28

Ivan Wiltshire	M50	39:35	
Peter Airey	M55	39:37	
Mike Khan	M45	39:42	
Chris Kelly	M40	38:46	
Vic Beaumont	M60	39:49	
Robin Bonner	M60	40:02	
Marge Forden	W50	40:19	
Heather Sanderson	W40	40:24	
Alan Chambers	M55	40:38	
John Spencer	M55	40:43	
Mike Rhodes	M45	41:01	
Roma Bettles	W40	41:05	
Merv Moyle	M65	43:00	
Stan Lockwood	M60	43:04	
Keather MacGowan	W40	43:39	
Ray Lawrence	M65	43:46	
Kirt Johnson	M65	43:47	
Pauline Wiltshire	W50		
	M65	43:50	
Allen Tyson	M60	44:17	
George Peet Ron Sutton		44:19	
	M55	44:29	
John Smith	M55	44:57	
Jacqui Halberh	W45	45:27	
Ray Barnett	M50	47:57	
Norm Miller	M60	48:21	
Joan Pellier	W50	48:23	
Arthur Leggett	M75	48:26	
Noela Medcalf	W55	48:49	
Margaret Warren	W55	51:38	
Esther Healey	W55	53:55	
Frank Usher	M70	54:06	
Sheila Maslen	W55	54:10	
Mary Robinson	W55	54:31	
Pat Miller	W55	54:32	,
Lorna Lauchlan	W60	55:03	(
Rosa Davis	W50	57:21	
Phyllis farrell	W45	57:22	
Ron Spencer	M50	62:18	
Visitors			
Greg Lawrence	33:03		
Phil Aspinall	35:43		
Justin Kelly	37:52		
Tina Arthur	43:35		(
Colin Arthur	51:33		
WALKERS The road walk follow Friendship Run cour			
little less than 6K. We believe that most lowed that route, the ished at the cross-coulit's much easier to pre-	ough th intry ch	ney fin- ute. As	
on the road, they were the overall trophy. W come to contest it, pro the organisers know cross-country.	not elig alkers a ovided	gible for are wel- they let	
Michelle Boyle	W45	34:10	
Val Millard	W45	35:25	
Dorothy Whittam	W55	36:19	
Ernie Moyle	M65	41:16	(
Margaret Stone	W50	41:43	
Lynne Schickert	W50	41:45	

Michelle Boyle	W45	34:10	
Val Millard	W45	35:25	
Dorothy Whittam	W55	36:19	
Ernie Moyle	M65	41:16	
Margaret Stone	W50	41:43	
Lynne Schickert	W50	41:45	
Gillian Peet	W55	44:32	
Ioe Morgan	VIS	44:34	

from the Committee

WE NEED YOU!

Members are invited to join some working groups that have been set up.

These are designed to spread the workload of the committee, and give more vets the opportunity to help, and gain experience of how WAVAC oper-

The sub-groups are: Equipment - led by Roma Bettles Social - Jacqui Billington Computers - Bob Sammells Race programming - Bob Sammells Track and Field - Joan Pellier Uniforms /clothing - Joan, Jacqui,

Please contact the person running the group on which you would like to

NAME BADGES

You've heard it before, but PLEASE wear your name badge! It really helps newer members get to know us all bet-

NORTHAM GIFT

We have been invited to nominate and organise a veterans event at the Northam Gift meeting this year.

It may be a 400 or 800 metres, possibly for older vets.

Volunteers are needed to organise. Please contact Joan Pellier, or Brian Foley.

RODGER'S PB

You needn't be a champion to rate a mention here! Congratulations to new member Rodger Crossman, on a PB at Jim Barnes Run. (Full details, next issue, July).

MASTERS' **MARATHON**

A full marathon is included in the Brisbane World Masters' Games, to be run on October 2, with a half-marathon

The Masters' organisers claim interest from more than 1600 athletes, and say athletics is the biggest part of the games. That part of the games will run from September 26 to October 8, in the ANZ Stadium, QEII Jubilee Sports Centre Park.

You can get more information on 07 405 0955. Accomodation equiries should go to Queensland Govt Travel Centre, on 008 808 405. Entry forms can be collected at Qantas offices, or St George Bank branches.

WORLD AND USA GAMES

The World Vets Championships are in Buffalo, New York State in July (13-23) 1995; and the American Masters Meet is at Michigan State University on July 6-9.

Our national body, AAVAC, has package deals available. Contact Collin Cooper, PO Box 1166, North Adelaide, SA 5006, or call 08 267 2770. Collin is the travel and tour coordinator for AAVAC, and his business is called Veterans Travel.

Oceania, too

You can also contact him about the Oceania Veteran Games, though it's getting late. These are in Fiji, June 30 to July 10. Packages run from Sydney, Melbourne or Brisbane.

ROAD RACE TROPHIES PLANNED

PERPETUAL trophies for overall male and female winners of the 50K Road Race Championship, and the Road Walk Championship, will be inaugurated this year. In addition, each age group winner will take away a trophy.

The RRC begins with a 10K, then a 15K (Uni and Back) and ends with the club's longest run, the 25K from McCallum, south of the river.

RWC also includes three events, a 10, 15, and half-marathon.

Once the results are computed (never a simple job, ask Morris Warren!) presentations will be organised by inviting all the winners (and everybody else) to a mid-year social night.

This will probably fall in August, and take place in a convenient restaurant.

The trophies have been instituted in response to suggestions that members who complete these demanding events deserve recognition.

The Vetrun

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

Patron: W.J. (Bill) Hughes President:

Brian Foley 339 2716

Bob Fergie Secretary: 447 6898

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

> 341 3464 (H) Phone: 245 3169 Fax.

DEADLINE:

for next issue - June 21

ALLEN'S **MARATHON**

Congratulations to Allen Tyson, who ran second in the M65 category of the Canberra Veterans' Marathon on March 14. His time was 3:58:04. Don't know if he's happy with that but I would be!

Also, we know that Garnet Morgan survived the London Marathon.

However, his second postcard was even more indecipherable than the first (see letters) and more details will have to wait. Seems it was cold though, six degrees, and concrete roads through Docklands were unpleasant.

HELPERS NEEDED

ONCE again there's a shortage of helpers and race directors for the Sunday events.

While many people show up and offer help on the day, that doesn't always work out. Directors need to plan their needs in advance.

So please contact Bob Sammells. He's at most runs, or phone 309 2293.

Remember, we all need to do our share so the club can continue with its year-round programme of events.

If you can't remember the last time you helped at a run, call Bob now!

Advance booking of volunteers is essential.

We also need some more race directors, and people willing to understudy, and find out how to pull an event together. It's not so difficult, but you have to gain the experience some time!

M60

39:33

David Hough

Letters to the Editor

Dear Vic

Phyl and I would like to thank the Veteran's Club for the lovely flowers they sent while she was in Fremantle Hospital, also the very kind people who have visited her.

Yours faithfully Cliff Bould

Dear Editor

BEING a "what I should have said" after the event person, this is what I should have said at the AGM regarding State Championships Track and Field expenses.

We were fortunate to have volunteer experienced officials helping out with events. Starting is not just firing a gun, the committee is to be commended for obtaining the services of a qualified experienced starter for the small cost of expenses.

The organisers are not knocked over by people anxious to help, we should appreciate those who do offer their services.

Yours sincerely, Raema McMillan

Dear Veterans and Friends,

FOR those Brit-Vets who left the old Dart to flee the weather, the news is that it is still turned on. Since my arrival we've had gales, hail, rain, sleet, snow, sun (dunno how that slipped through!) and limited opportunity to display my bronzed Aussie frame before the locals. (Something here about the knights of old wearing iron, and not pumping it. Garnet's handwriting has defeated us. Perhaps he wrote the card during a training run! He was in the UK to compete in the London Marathon.)

Camberley is 35 miles from London a very attractive little borough tho' short on training tracks - Best wishes,

Garnet Morgan

Wellness

Dear Vic

The reason for this epistle is that I have some information likely to be of interest to 70 year olds pondering about the future.

I last took part in the annual Vet Championships in 1990 but, owing to the wife's illnesses, have had to miss out ever since. In recent times she has been plagued with intermittent diarrhoea, which doesn't help much, and nothing prescribed by the doctor has

Vets get feet Wet



TWO dozen aqua-Vets turned the April 17 CanTeen sail/ run event into a club outing.

Sunshine, light winds - it went well for sponsors, sailors, runners and the teenage victims of cancer who were beneficiaries, and active participants in the fun day.

Despite the Bridges, and our own group jog, the Vets turnout made up the bulk of the runners, supplemented by a few WAMC members, and several CanTeen kids making light of their medical shortcomings.

Paul Martin planned the foot-racing, which involved an 8K at Royal Perth Yacht Club, another at Claremont, and 2x4K back at South Perth, where we began a long day. We sailed between runs aboard 17 yachts, crewed by very able two-man teams.

During the sail legs, we runners did our best to remain low-profile as possible, lounging on deck, sipping Bollinger and throwing deck quoits. A little inter-boat badinage was acceptable, backed up with water-bombs.

David James won the first 8K; Bob Schickert won the second.

been very effective. It recently occurred to me that this trouble came up after the doctor had increased the dosage needed to combat diabetes from two to three per day, so I asked him whether this pill could cause the diarrhoea.

The answer was that it could. So I set about amending her food menu and this did the trick. Also her self-help ability has improved. Hoorah!!

The effect of all this lifted my morale, so a week ago I determined that, come what may, I would take part in the 1994 triple jump event. So I entered and am busy hopping up and down our back yard.

Now, I needed a target of distance to aim for, so I borrowed an old World

Vic Waters, skipper Dennis, his son, and Jacqui Billington about to drop the trophy. Inset, winning yacht Friction.

by Vic Waters

Timekeeping, and start procedure, was unpredictable.

Taking shrewd advantage of this, and choosing a brilliant skipper, meant that Jacqui Billington and I came out overall winners.

It certainly felt good to hear the cannon that welcomes home the winning yacht, and then to run in first after the relay, which was shortened to 2x2K as time pressed. None of that mattered of course (such modesty!)

Most important was the involvement of some great kids, doing something about their own problems; publicity for their cause; more than \$8,000 sponsorship from generous Toyota dealers all over town; and the community spirit that brought so many people together in a bloody good cause.

It was also a great party; it will be repeated.

Record manual from a friend and used some primitive mathematical mania which for M80's produced, in my case, a distance of 5.1m. This was based on the records for all events for men at age 70 and age 80.

I found that the depreciation rate was much higher than for earlier age groups and worked out at almost 25 per cent, which was a surprise.

I thought that members aged around 70 who are pondering on their future prospects might be encouraged by this, as I will be if my 5.1 m is achieved.

All the best, George Boakes

(See the Championship results.
Of course he did it! Ed.)

MINUTES - WAVAC AGM - APRIL 19 1994

1/ Meeting opened 7.05pm

2/ Members as per attendance register (48)

3/ Apologies as per attendance register (13)

4/ Minutes of the 1993 AGM; acceptance moved C. Walkley, seconded B. Foley; carried.

5/ Matters arising from the 1993 minutes - nil.

6/ Reports as published in Vetrun April issue:

President's; moved B Foley, seconded E Moyle; carried.

Treasurer's; moved I Ferris, seconded R Sammells; carried.

Secretary's; moved A Fergie, seconded V Waters; carried.

7/ Trophies:

Patron's Trophy (awarded to top man and woman in the wednesday night Track and Field point-scoring competition)

Won by Jill Chambers (W40); Keith Martin (M50)

Reg Briggs Trophy (for the club member whose performance was most improved during the year)

Won by Keith Martin

8/ Election of office bearers:

The following were nominated and elected unopposed.

President: Brian Foley; moved A Fergie, seconded Val Prescott.

Vice-President: Joan Pellier; moved B Danby, seconded Brian Foley.

Treasurer: Irene Ferris; moved A Fergie, seconded Brian Foley. Secretary: Bob (A) Fergie; moved B Foley, seconded V Prescott.

Committee:

Five nominations received for four positions. After an election, appointed were;

Margaret Birks; Jacqui Billington; Bob Sammells; and Roma Bettles.

9/ Official appointed are:

at the Hockey Club Rooms, Perry Lakes

Patron - Bill Hughes
Editor - Vic Waters
Handicapper - Bob Schickert
Auditor - Ray Lawrence
Statistician - Bob Sammells
AAWA Registrars:
Winter - Val Prescott
Summer - David Carr
Equipment - Brian Danby
Librarians - Dorothy and Jeff Whittam
10/ Life membership:

Brian Danby was nominated for life membership, by Joan Pellier, and seconded by John Pellier. Carried with acclamation. Members at the AGM endorsed Brian as a Life Member of WAVAC, and thanked him for his hard work over many years.

11/ Constitutional change:

The motion presented on page 11 of Vetrun 251, Feb/March 1994 was moved by A Fergie, seconded B Foley. After lengthy discussion, an amendment that age 30 replace age 35 in the motion, and that 'the committee may accept associate members' be added, was moved by Bob Schickert, and seconded by Robin Bonner.

This amendment was moved, and so became part of the motion, which was then put and carried unanimously.

The change to the Constitution of WAVAC thus becomes, in section 'Objects'

The objects of the Club shall be to encourage and promote veteran athletics and general fitness of its members and to provide training and competition within the jurisdiction of the Athletic Association of Warreinafter abbreviated to AAWA.)

Membership will be available to men and women aged 35 years and older. The committee may accept associate members.'

(An amendment to remove reference to the AAWA was then moved, seconded, and lost.)

The above section of the Constitution replaces that as printed in Vetrun 251, when the original motion was first proposed.

12/ General Business

A/ Jim Barnes Run this year to be replaced as first event of the Road Race Championships; committee to look for another out-and-back run if possible.

B/ It was requested that 7.30am starts be introduced for all summer Sunday runs.

C/ Dates of T&F Championships, and related matters, were raised and allocated to the T&F sub-committee, when formed.

D/ No reply had been received to a letter from Joan Pellier, re starter's fees at the Championships. This was discussed. An apology to be sent to Joan Pellier.

E/ Need to highlight championship Vets runs, and to support other fun runs, was discussed with conflicting opinions.

A motion that group jogs be deleted from our programme on the days of City to Surf, Bridges Fun Run, and Peoples Marathon, was lost.

F/ Use of a lap-top computer to process results was proceeding, as was purchase of suitable equipment once a system was decided upon.

G/ The fact that only eight editions of Vetrun were published in the year was noted.

H/ A vote of thanks was passed for the efforts of the outgoing committee.

13/ Meeting closed at 8.45pm.

HAPPY BIRTHDAY TO OUR MAY MEMBERS

JENKINS, ARNOLD	01/05/44	50 becomes M50	BROWNLIE, KEN	21/05/45	49 remains M45
GILLSON, JOAN	01/05/49	45 becomes W45	GARE, PETER	21/05/40	54 remains M50
GILMOUR, JOHN	03/05/19	75 becomes M75	STEWART, FREDERICK	21/05/30	64 remains M60
WATERS, VICTOR	03/05/44	50 becomes M50	HEUSSI, STEPHANIE	22/05/44	50 becomes W50
JONES, KAREN	04/05/48	46 remains W45	GIANATTI, MARGARET	22/05/39	55 becomes W55
DANBY, SUSAN	07/05/49	45 becomes W45	BROCKWELL, CHRIS	23/05/50	44 remains M40
McLINDEN, FRANK	07/05/31	63 remains M60	SAVIN, PAT	23/05/48	46 remains W45
MILLER, PATRICIA	07/05/38	56 remains W55	TYSON, VALERIE	23/05/21	73 remains W70
ANDERSON, MICHAEL	07/05/48	46 remains M45	WYATT, DAVE	23/05/51	43 remains M40
SANDERS, JOHANNA	08/05/18	76 remains W75	HILL, JUDI	24/05/48	46 remains W45
GIANATTI, CARL	08/05/35	59 remains M55	HASSAM, LEO	25/05/30	64 remains M60
CARRERO, VICENTE	11/05/42	52 remains M50	HARDY, BRYAN	26/05/43	51 remains M50
GIACOMIN, ALDO	14/05/36	58 remains M55	BRENNAN, IOE	27/05/21	73 remains M70
LAWRENCE, RAY	15/05/28	66 remains M65	MISON, JOHN	28/05/47	47 remains M45
NOORDYK, ADRIAN	15/05/52	42 remains M40	MacLIVER, ROBIN	28/05/41	53 remains M50
RIDDELL, JIM	15/05/39	55 becomes M55	BRYANT, DAVID	29/05/45	49 remains M45
HUGHES, PAUL	17/05/52	42 remains M40	SLYTH, PAUL	29/05/42	52 remains M50
PRESSLEY, JOHN	17/05/45	49 remains M45	FOLEY, JOAN	30/05/49	45 becomes W45
PASSMORE, IAN	18/05/44	50 becomes M50	MERCER, ERICA	30/05/43	51 remains W50
LATCHFORD, STAN	19/05/41	53 remains M50	WALSH, ROGER	30/05/43	51 remains M50
POMERY, ALAN	19/05/31	63 remains M60	WILSON, BRUCE	31/05/45	49 remains M45
FEARNALL, ROY	19/05/43	51 remains M50			