



The Vetruns



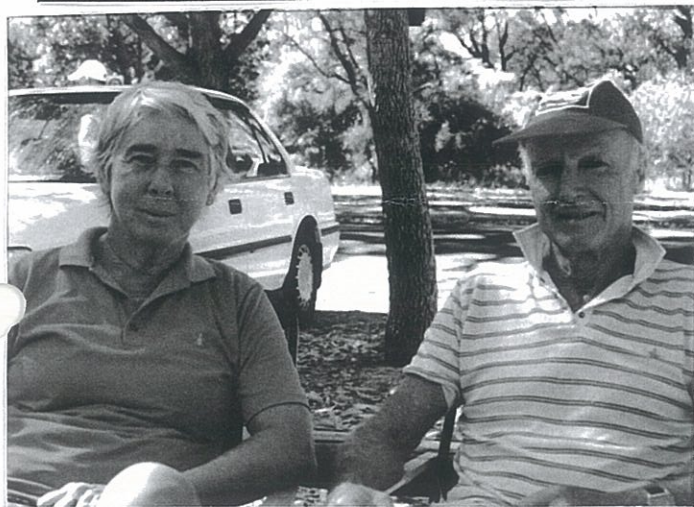
NO. 271 MAY 1996

PATRON: W.J. Hughes

PRESIDENT: Brian Foley

EDITOR: Richard Harris 457 6102

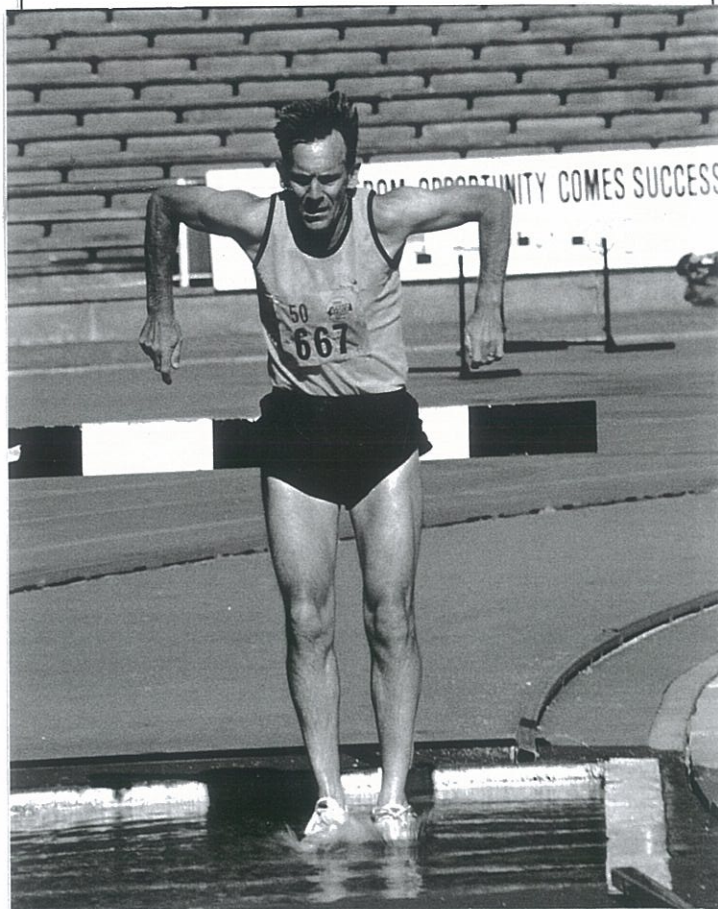
RUNNING MATES NOELA & GORDON MEDCALF



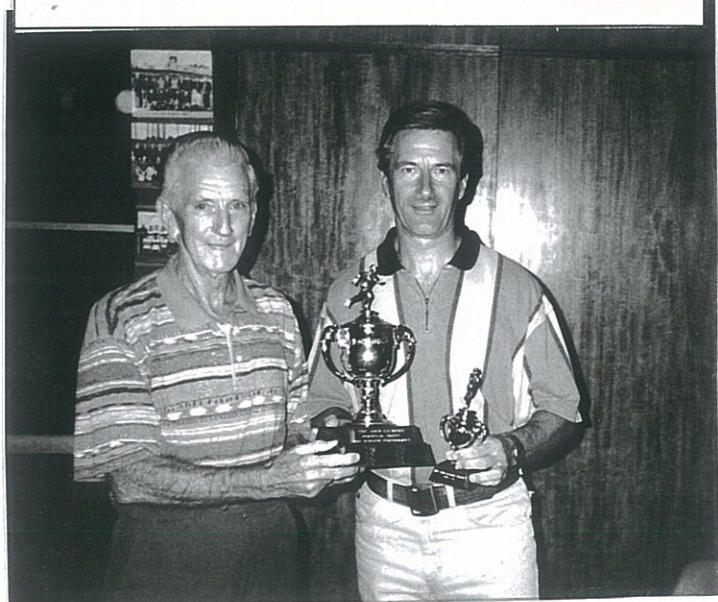
Joe Stewart, M35, second in 100m, first in 200m, first in 400m, first in 110m hurdles, first in triple jump
(action shots by Rob Davis)



Bert Carse, M50 third in 1500m, second in 3000m steeplechase



Roy Fearnall, right, receives the inaugural John Gilmour Trophy from John at the AGM - photo by Richard Harris



RUNNING MATES

This month meet our running mates - Noela and Gordon Medcalf. Noela was winner of the Reg Briggs Trophy (for the most improved athlete) last year. Born in Brisbane, Gordon in Perth. Both enjoyed sport at school and Gordon was captain of Scotch College swimming team. He is a member of the State Life Saving team and a member of Claremont Swimming Club.

In younger years the Medcalf's competed in water skiing tournaments and are qualified judges. Both are members of the Master Swim Club and Gordon holds a handful of National swim titles.

They have three children, a son who lives in Albany and a keen triathlete and two daughters, one a regular swimmer and one who has just joined the Vets. They also have three grandchildren which make up the family.

Joan Pellier

Occupation:

Gordon - Dentist with Health Dept

Noela - Library technician

(Both now retired)

How did they hear about the Vets?

In the late 80's they started going to the Masters Games entering the swimming events and sometimes watched the athletics and it seemed to be fun, returning home they joined the Vets and both thank Syd Coleman, David Carr, Harry Holland, Allen Tyson and others for their guidance.

Favourite distance?

Gordon - The shorter, the better

Noela - 400 and 800 metres

Favourite run?

Both - Jog along Cable Beach on a winters morning.

Noela - King's Park (when she doesn't get lost)

What they like about the Vets?

Gordon - Camaraderie, encouragement from others, everyone is willing to help learners.

Favourite food?

Gordon - Crabs and threadfin salmon

Noela - Salads, yoghurt and crabs

Ambitions in running?

Gordon - To improve my pentathlon events

Noela - To break 3 minutes for 800 metres

Greatest pleasure in running?

Gordon - Still waiting to find out

Noela - Seeing the finish line in the cross country

Other interests?

Gordon - Adult swim coaching, caravanning, fishing and grandchildren

Noela - Girl Guides, caravanning, photography and grandchildren

1996 activities?

Both - After Vets Championships, World Swimming Champs in Sheffield (UK) in June, National Winter Swimming Champs in Sydney and Master Games in Alice Spring in October

THANK YOU

The canteen at the Nationals received lots of positive comments, especially regarding the efficiency and friendliness of the people working there. So it is with great pleasure that I take this opportunity to say THANK YOU to everyone who helped out over the weekend.

Wendy Spencer, Jackie Beaumont, Bev Thornton, Lynn Schickert, Sue and Brian Danby, Wendy Duncan, Michelle Johnson, Maureen and Alan Pomery, Val Wheeler, Fred Watson, Fran West and Joy for their time in the canteen. The people who donated cakes, drinks, etc. Jeff Spencer, Alan Pomery and Vic Beaumont for taking drinks to the official volunteers. Jackie Beaumont, Ron and Joan Hills for supervising the breakfast at the hockey club rooms. Pat Barnes for delivery the frozen goods from her freezer on Friday morning. Ivan Brown and Jeff Spencer for towing the portable cool room back and forth, and last but not least, Merv my husband, for his patience and support over the last very hectic ten days. For putting up with me getting up at 5.00am to bake muffins and running him ragged on errands. Also thanks to Judy and Peter Hill, Wendy Spencer and Jackie Halberg for helping me finish the welcome packs after I injured my knee and Joan Hillis for taking over and finishing my table decorations for the cruise when I ran out of time. I couldn't have done any of it without all of you.

Sue Jones.

10K HANDICAP McGILLIVRAY OVAL HANDICAP 24.4.96.

Alan Chambers is the first person to have his name on the 10K Handicap Trophy twice - well done Alan, a fine performance. Heather Sanderson ran remarkably well with very consistant lap times to be second across the line.

My thanks must go to an army of lap scorers and timekeepers, in particular I would like to thank so many who simply came down to McGillivray Oval and volunteered on the night, which turned out to be rather damp. Jackie Halberg will testify to this as in her endeavours to cover the time clock against the elements, found that it stopped at 40:00 and so spent the rest of the evening verbally calling times to the runners. Jackie you simply can't win them all, but thank you so much for trying.

Thanks to Bob Sammells, who took entries at the "Brockwell Run" while Bob Fergie and I spent a wonderful weekend camping and. And finally, to the rest of my family Ian and Keren who are very busy organising an orienteering event, thank you for your time from a very grateful dad, thanks a lot.

Barrie Thomsett

Alan Chambers	56:21	10:30
Heather Sanderson	56:39	9:00
Robin King	57:48	17:00
Robin Bonner	58:15	15:45
Graham Thornton	59:49	18:30
John Pressley	59:58	22:00
Anne Shaw	60:13	22:00
Maurice Creagh	61:00	21:30
Milton Mavrick	61:26	18:00
Merv Jones	61:27	11:45
Tessa Brockwell	61:34	20:30
Mark Rosen	62:52	20:30
John Bell	64:32	21:00
Allen Tyson	68:58	10:00

LOST

White towel with green writing
"RAFFLES" at MacCallum
Park also white Nike cap in
change room. If found see a
committee member.

PERSPECTIVE

January, the air is clear.
The heart beats fast, the lungs expand,
the joy of movement at my command,
as through the bush we run.

A long steel hill
we reach the crest,
then turning enjoy the rest,
as we coast for home.

By Bilogman Pool.
I'm brought to a halt by a sudden pain
limp a few steps, jog on again,
wondering, will this affect my training?

Anxiety mounts.
Days pass by and problems persist
despondent now, can I exist
without my morning run?

April 3, a beautiful day.
All hope of competing gone
negative thoughts, continue on;
I whine to all who'll listen.

In Belmont Forum.
A young girl sits in a mobile chair
I glance across and see her there
all movement denied.

I am ashamed of myself.
Mick Cousins

PARLAUF RELAY 31 MARCH 1996

Well after my confused start of last year, you'd think I could manage better this year. Well I did - the confusion was even more pronounced.

Temperature was excellent for a bit of competition, not too hot and not too cold. This year the course was just over 1K around the grass track of MacCallum park, so was more of a standard Parlauf event. We had a bit of a struggle to get a few teams together but ended up with three teams of four members. This turned out quite well as two teams were well matched.

The race was run over eight laps of the course which tested the sprint stamina of all members of the teams. The resulting competition ended up with the two evenly matched teams very close. "Flying Flamingo" team narrowly beating the "Awesome

Foursome" team after they had managed to lead most of the way.
Thanks go to Bob Sammells (especially in setting up the course), David Carr and my wife Michele for their valuable help.

Peter Johnson

Flying Flamingo 26:5.8

Ivan Brown
Bob Sheeny
Jim Langford
Dennis Miller

Awesome Foursome 26:9.3

Bob Schickert
Ross Parker
Brian Foley
George Schaefer

Ted's Quads 31:16.1

Arnold Jenkins
Cecil Walkley
Ted Maslen
Basil Worner

POINT WALTER JANUARY 25, 1996

Another windy morning for the Point Walter run for the 124 runners, walkers and visitors that turned out. It was good to see 58 runners taking on the tougher 11K course.

Many thanks to my helpers Bev Thornton, Maureen Pomery, Paul Martin, Paul Hughes, John Carpenter, Dale, Sasha and Kylie James.

David Roberts

(sorry for lateness of results and report DR)

11K

Jim Langford	M50	39:24
Chris Maher	M40	39:28
Ralph Henderson	M45	42:14
Robert Mair	M45	42:55
John Pressley	M50	42:59
David Muir	M50	43:20
Bob Schickert	M50	43:55
David James	M40	44:26
Maurice Creagh	M45	44:39
Gareth Brunt	M40	44:53
Bob Harrison	M50	45:06
Steve Barrie	M60	45:09
Brian Foley	M50	46:57
John Bell	M50	47:30
Bill Crane	M55	47:47
Dennis Miller	M55	48:25
Robin Bonner	M60	48:36
Graham Thornton	M55	49:25
Ted Maslen	M60	50:28
John Pellier	M55	50:52

Geoff Mullins	M50	51:16
Cecil Walkley	M65	51:37
Milton Mavrick	M40	52:25
Kath Noordyk	W45	53:13
Keith Atkinson	M35	53:18
Roger Walsh	M50	53:23
Lynn Harrop	W40	53:28
Stan Lockwood	M65	53:48
Nena Greenfield	W40	53:51
Jimmy Greenfield	M50	53:56
George Schaefer	M60	54:02
Marg Forden	W50	54:36
Rick Thornhill	M45	54:43
Richard Harris	M55	54:49
Merv Jones	M55	55:19
Ron Hillis	M50	56:00
Brian Devine	M50	57:06
Ron Sutton	M50	58:11
Aldo Giacomini	M55	58:15
Denise Lancaster	W45	59:05
Ann Turner	W60	59:25
John Russell	M60	60:21
Roma Bettles	W45	60:30
Arnold Jenkins	M50	60:40
George Peet	M60	61:04
Shorty Turner	M60	62:12
Irene Ferris	W40	64:09
Joan Pellier	W55	64:27
Kirt Johnson	M65	64:27
Sheila Maslen	W55	66:53

6.2K

Pra Nicol	M35	22:24
Frank Smith	M50	23:40
Vic Waters	M50	23:50
Vicente Carrero	M50	24:04
Don Caplin	M55	24:53
Ivan Brown	M50	25:31
Doug Hazell	M40	25:42
Bob Sammells	M55	26:13
Mike Anderson	M45	27:15
Ray Attwell	M60	27:30
Jim Barnes	M50	27:35
Peter Hill	M45	27:53
Ken Brownlie	M50	28:02
Helen Lysaght	W40	28:38
Peter Airey	M55	28:43
Adrian Noordyk	M40	30:20
Brian Hunter	M50	30:30
Brian Bennett	M45	30:32
David Carr	M60	30:40
Tony Speechley	M50	30:56
Vic Beaumont	M65	31:27
Keith Forden	M55	31:30
Jeff Spencer	M50	32:16
Ray Lawrence	M65	32:36
Wendy Clements	W50	32:46
John Smith	M60	32:46
Lynn Fraser	W40	32:47
Jan Jarvis	W50	34:55
Dalton Moffett	M60	36:05
Allen Tyson	M70	36:05
Mary Heppell	W55	36:49

Frank Usher	M70	37:27
Ray Barnett	M50	37:58
Jackie Billington	W50	37:58
Margaret Ward	W50	41:07
Glenice Shanahan	W70	54:36

6.2K Walk

John Mison	M45	31:14
Michele Mison	W45	38:38
Sue Hughes	W45	40:10
Barrie Thomsett	M55	43:28
Bob Fergie	M60	43:38
Lesley Romeo	W50	43:50
David Brown	M45	44:11
Jill Midolo	W45	44:30
Heather Sanderson	W45	44:42
Dorothy Whittam	W55	45:00
Joan Hillis	W45	45:01
Lorna Lauchlan	W65	46:12
Alan Pomery	M60	47:37
Pat Ainsworth	W55	48:36
Jim Lockyer	M55	48:55
Lynn Schickert	W50	49:01
Pat Miller	W55	49:13
Val Wheeler	W60	49:26
Linda Mack	W40	49:27
Ernie Moyle	M70	50:38
Jeff Whittam	M60	50:39
Tina Carrero	W45	50:41
Lois Smith	W45	50:42
Gillian Peet	W55	50:45
Margaret Miller	W50	56:31

VISITORS

Joe Skrypnuik	11K	42:00
Paul O'Riordan	11K	42:08
Mary Cornelius	11K	48:31
Frank Gardiner	11K	49:26
Lillian Skrypnuik	11K	51:45
David Spark	11K	52:21
John Adams	11K	54:08
Jacque McManus	11K	67:05
Graeme Bergeson	6.2K	23:31
Clive Frest	6.2K	29:34
Alan Smikth	6.2K	32:08
Antonette Harris	6.2K	32:47
Liz Stirling	6.2K	51:36

YANCHEP PICNIC RUN APRIL 13, 1996

As you will all know, the Yanchep Picnic Run usually takes place on Easter Sunday. Owing to the National Championships this year the run was a week later than usual. Unfortunately this new date clashed with the Round the Bridges Fun Run and may have been a contributory factor for the fewer numbers than in previous years.

However, the day dawned crisp and bright and Brian Danby and Bob Sammells appeared bright eyed and bushy tailed, ready for their usual foray into the bush to mark the course and prepared the finishing area. A special thank you to Brian for flagging the course only a few hours prior to setting off on his American and European trip.

Ron Hillis should be commended for making the trip to join us all at the park after having run the Bridges Fun Run.

Easter eggs were the prizes for the day and the worthy winners were Tom Savin and Margaret Birks in the longer race and Norm Miller and Joan Pellier in the shorter romp. Worthy walking winners were Joan Hillis and Fred Watson in the 5k and Gillian Peet in the longer, around the lake version. It should be noted that Gillian would have achieved a faster time if she hadn't stopped to speak to the holidaymakers in the park for a friendly tete a tete!!

Bob and I brought up the rear of the runners and walkers in order to retrieve the fdlags hence the slower than usual times, (we're not trying to beat the handicapper - honestly!) and on our ramble around the course I did receive a most interesting dissertation from Bob on the frog life of Lake Goollelal. He was amply rewarded when Joan Pellier shared her Freddo Frog chocolat prize at the end of the run!

Thank you to all my helpers, namely Sandi Hodge, Tony Speechley, Pat and Tom Saving, Brian Danby and Bob Sammells - and a special thank you to Samantha (Joan and John's granddaughter) for handing out the finishers numbers. In fact, as there were only 30+ people in attendance I really think everyone did a bit of something on the day. The traditional muffins were tucked into with gusto and even the ducks got their share - (not intentionally I might add)

As there are whispers that I may not be in the country next year to be race director for this run, I did just happen to hear a rumour that Denise Lancaster may be interested!

Heather Sanderson

8K

Tom Savin	M50	31:31
Brian Foley	M50	33:02
Don Caplin	M55	34:07
John Pellier	M55	34:47
Robin Bonner	M60	35:15

Margaret Birks	W45	39:52
Brian Bennett	M45	39:52
John Bell	M50	39:53
Denise Lancaster	W45	43:12
George Peet	M60	43:33
Jackie Halberg	W50	45:38

5K

Norm Miller	M60	29:34
Joan Pellier	W55	32:45
Brigitte Cheek	W35	33:10
Lorna Lauchlan	W65	36:53
Margaret Ward	W50	36:54
Pat Miller	W55	37:01
Jackie Billington	W50	37:02
Heather Sanderson	W45	49:40
Bob Sammells	M55	49:41

12K Walk

Gillian Peet	W55	75:30
--------------	-----	-------

5K Walk

Joan Hillis	W50	40:41
Val Wheeler	W60	48:11
Pat Ainsworth	W60	48:11
Val Bonner	W50	51:15
Fred Watson	M75	51:43

VISITORS

Mary Murphy	33:25
John Murphy	47:31
Emma Peet	75:28

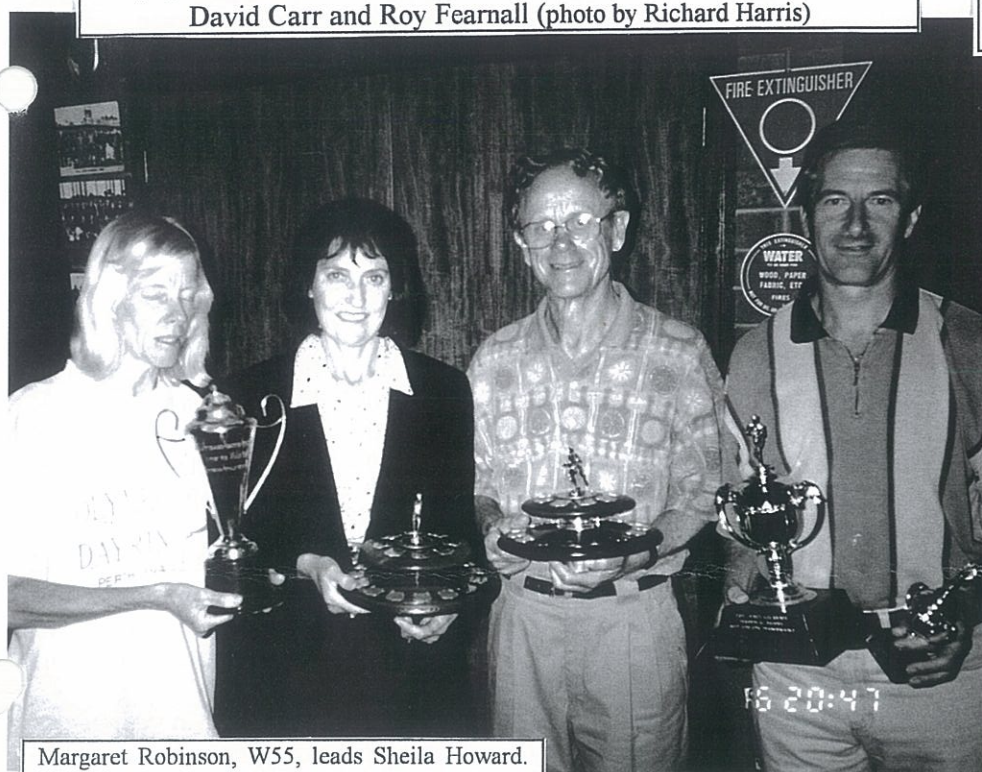
WELCOME TO OUR NEW MEMBERS

Ian Blair	M35	4.4.57.
Marilyn Blair	W35	4.9.59.
Donna Bocian	W35	20.3.61.
David Eltringham	M40	28.10.54
Gary Fisher	M40	14.4.52.
Des Gobby	M45	28.5.50.
Bernadette Height	W35	13.5.57.
Bowen Llewellyn	W45	19.7.49.
Mary Murphy	W50	23.5.44.
John Murphy	M50	22.4.43.
Paul O'Riordan	M40	8.2.54.
Pamela Piercy	W50	3.10.45.
Debbie Rocke	W35	20.6.56.
Blakeney Tindall	M35	17.1.61.
Donna Dahlstrom	W40	11.7.53.

COPY FOR THE VETRAN

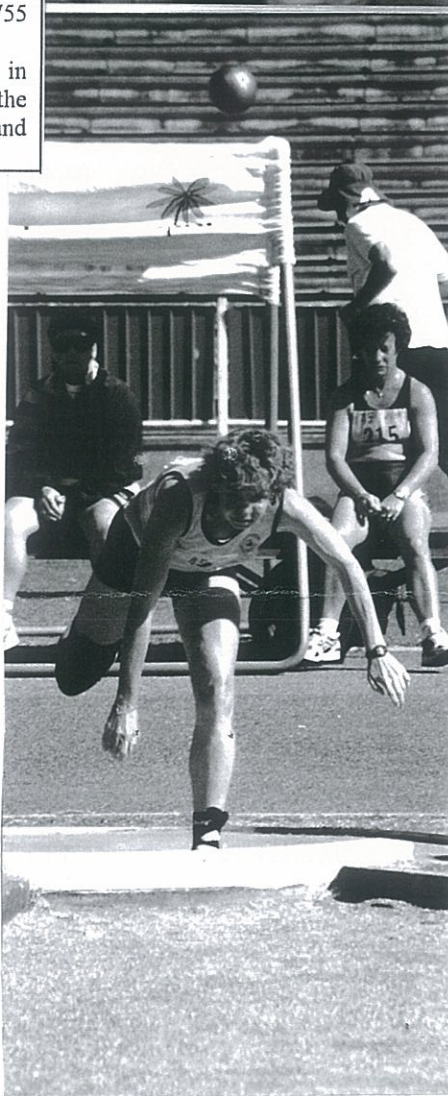
Results can be posted directly to Jackie Billington U5/8 Garsworthy Place Bassendean WA 6054. Ph: 279 8679
Other copy items to Richard Harris at 30 Cosmelia Way, Lynwood WA 6147 Ph: 457 6102 or see at regular Sunday runs.

Trophy Winners at the AGM, from left Anne Shaw, Peggy MacLiver, David Carr and Roy Fearnall (photo by Richard Harris)



Margaret Robinson, W55, leads Sheila Howard. They came second and third respectively in W55 800m, and 1500m.

Margaret was also second in 5000m, first in 2000m steeplechase. Sheila was first in the discus and javelin, and second in the 100m and hammer throw. (photos by Rob Davis)



Eileen Hindle, W45, first in shot put, discus and javelin

Snow McSwain, W35, first in 100m, 200m, 400m hurdles, long jump, triple jump, second in 400m and discus



Dave Reid, M45, first in 3000m steeplechase



ASSOCIATION SEASON STARTS

The Lord Mayor's Trophy events were the first Association winter runs. Ray Boyd earned yet another trophy. We did not trouble him, but there were some good veteran performances on the grass course through MacCallum and Burswood parks.

David Carr

8K

Anne Shaw	2912
Vic Waters	30:20
Brian Foley	31:29
Dennis Miller	32:24

4K

Ivan Brown	14:15
Alan Deans	14:33
Maxine Santich	15:10
David Carr	16:33

The next event is the annual Fremantle to Perth relay.

THE NATIONALS

Fit, fast and looking good

Many State records fell at the Nationals in April. Bob Sammells has compiled a list of the record breakers and we publish them as a service to our readers who want to know who did what.

Rob Davis has provided these fine action shots which we publish as our tribute to the games and people who really make them - the participants.

We culled some of the photographs - Ted Maslen, Peggy MacLiver and Robin Bonner and sent them to 'Have a Go Newspaper' who used them in colour on page one and page three.

Richard Harris

NATIONAL TRACK & FIELD CHAMPIONSHIPS, EASTER, 1996 - RECORDS

The following new Australian and State records were set during four great days of competition.

Congratulations to you all.

Bob Sammells

AGE NAME PERF

100 Metres

M30	Ian Lord	12.00
M80	Sydney Coleman	21.90

200 Metres

M55	Barrie Kernaghan	25.20
M80	Sydney Coleman	52.10
W30	Rosanne Kemp	25.10

400 Metres

M80	Sydney Coleman	102.50
W30	Rosanne Kemp	57.20

1500 Metres

M30	Phillip Morgan	4:10.80
M50	Jim Langford	4:27.40
W40	Karen Gobby	4:46.30
W45	Anne Shaw	4:56.40

5000 Metres

M50	Jim Langford	16:02.70
W40	Karen Gobby	17:52.20
W45	Anne Shaw	18:27.40
W55	Maureen Stewart	21:50.60

10,000 Metres

W40	Karen Gobby	37:30.80
W55	Maureen Stewart	44:54.30

300 Metres Hurdles

M65	Gordon Medcalf	64.40
-----	----------------	-------

400 Metres Hurdles

M45	John Molloy	58.80
M50	Keith Martin	71.60

2000 Metres Steeplechase

M60	Ted Maslen	8:15.50
W55	Margaret Robinson	10:45.00

5000 Metres Walk

W50	Lesley Romeo	31:56.00
W65	Lorna Lauchlan	34:03.70
W75	Phyllis Head	47:50.50
W80	Florence Davies	47:34.20

High Jump

M30	Gavin Hames	1.64
M60	Bob Fergie	1.31
M80	Sydney Coleman	0.95

Long Jump

M55	Peter Gare	5.27
M80	Sydney Coleman	2.34
W75	Phyllis Head	1.07

Triple Jump

M50	Murray Tolbert	AR 12.12
M80	Sydney Coleman	5.41

Discus

M30	Gavin Hames	AR 39.36
M30	Gavin Hames	AR 39.60
M80	Sydney Coleman	AR 29.56

Hammer

M60	Bob Fergie	32.84
M80	Sydney Coleman	29.20
W60	Noela Medcalf	20.90
W65	Raema McMillan	18.32
W65	Raema McMillan	19.62
W75	Phyllis Head	4.32

Heavy Weight Throw

M30	Gavin Hames	12.00
M40	Russell Smith	6.51
M45	Bruce Cornish	7.03
M50	Arnold Jenkins	7.40
M60	Bob Fergie	11.72
M70	Bill Chapman	12.04
M80	Sydney Coleman	10.99
W30	Sharon Moloney	6.50
W35	Sandra Smith	7.20
W45	Jan Main	5.16
W50	Luella Jenkins	6.12
W55	Ruth Johnson	5.93
W65	Raema McMillan	7.33
W75	Phyllis Head	AR 3.66

Javelin

M40	Russell Smith	43.16
M70	James McMillan	28.80
M80	Sydney Coleman	17.90
M80	Sydney Coleman	22.18

Shot Put

M30	Gavin Hames	AR 12.84
M60	Bob Fergie	10.34
M80	Sydney Coleman	8.24
M80	Sydney Coleman	8.46

Pentathlon

M55	Peter Gare	3888
M70	Allen Tyson	2145
W30	Rosanne Kemp	2695

Weight Pentathlon

M30	Gavin Hames	2910
M40	Russell Smith	1604
M45	Douglas Cornish	1694
M50	Rob Young	1960
M60	Bob Fergie	2993
M70	Bill Chapman	3034
M80	Sydney Coleman	3626
W30	Sharon Moloney	1817
W35	Sandra Smith	1436
W45	Jan Main	1608
W50	Luella Jenkins	1558
W55	Ruth Johnson	1754
W65	Raema McMillan	2758
W75	Phyllis Head	AR 1278

10 Kilometres Road Walk

W50	Lesley Romeo	66:05
W60	Valerie Wheeler	84:16
W65	Lorna Lauchlan	72:03

20 Kilometres Road Walk

M30	Garry Hastie	AR 1:59:49
-----	--------------	------------

NATIONALS CHAMPIONSHIP REPORT

Now that the National Championships are over, it is time to thank those club members, their families and friends who were able to help during the weekend. Whether you were able to spend four days or a few hours, your involvement was vital, and helped make the championships the success they were.

We needed about 50 people each day to run the events, not allowing for relief, so many were out in the field recording, measuring, retrieving, timing or judging for many hours. I know some members acquired new skills (Ron Hillis at the hammer and heavy weights site) and others brushed up on their knowledge (Val Bonner at the javelin). Thanks also to athletes who were able to compete and help as well. Jim Langford comes to mind here, both on the track and at the cross country. No sooner had he won the 5K in record time, and the 10K cross country, than he was back at his computer producing results.

I want to say special thanks to Fred Papier, our technical officer and to Dick Blom who helped move all the necessary equipment in and out over the four days.

We were complimented by many visitors on the friendly and courteous way they were greeted by our officials, so thank you to all for a job well done.

Jackie Halberg

BONUS BIRTHDAY HELPER

A bonus for some members who were at the Nationals at Easter was meeting with Dave Jones again with former stalwarts of our club.

Dave held the Australian and Club sprint records. M60's might like to shoot for his standing records of 13.2 for the 100m and 26.4 for the 200m.

Unfortunately Dave had to give up running several years ago due to him losing part of his leg, but it was nice to see him down at the track helping out and I found out a little later that it was his 70th birthday and didn't tell anyone. Birthday greetings to a champion.

Allen Tyson

WEST AUSTRALIAN MARATHON CLUB

1996

WOMEN'S CLASSIC

All proceeds & donations to:

Breast Cancer Research

2nd June 1996

Start 8.00am at MacCallum Park

10K

The 10K course follow the dual-use path around the Bridges (Narrows & Causeway) Race, Run or Jog

5K

Out and back course for those who want to race over a shorter distance or for those who simply want to participate or walk.

Registration: On the morning of the run
WAMC members \$3.00 Non-members \$6.00

SPOT PRIZES - donated by:

Four Seasons

Runner's World

Claremont Sports

Subiaco Sports

Wyn Fields

Natural Therapist

**Come along ladies and support
a worthy cause.**

SUBS REMINDER

Have your forgotten something?

If you haven't renewed your membership, this will be your last Vetrun. Subs are due on April 1st and your membership will lapse on May 31st.

Send your subs to the Treasurer, Sue Jones, 100 Matilda Street, Huntingdale WA 6110 or hand to any committee member. If you have lost your renewal form, please jot down your name, address, telephone number and date of birth and send with the fees (\$30 - Metro single, \$40 - Metro joint) (\$25 - Country single \$30 - Country joint).

Any queries about your subscriptions, contact Sue Jones on 398 1157.

REG BRIGGS TROPHY

When President Brian Foley presented the trophy to Anne Shaw at the AGM, the members applause confirmed, if anything did, that she was a popular winner.

Anne had competed very successfully at the 1989 National Championships and joined the club fully the following year. She set many PB's initially and always competed at a very high level.

This year, under a new coach, she has dominated her age group. Not only did she also beat most of the men, she set PB's in the 1 mile, 5000m and 10,000m.

That she could improve on her high quality performance of five and six years ago made her a unanimous choice of this year's committee, Joan Pellier, Bob Sammells and Bob Schickert.

Bob Sammells

LETTERS TO THE EDITOR

Please note that John and Pat Spencer are presently living (and running!) in Derbyshire so will not be keeping up current membership.

However, I am sure will once again be joining the happy Sunday morning throng before too long.

Meanwhile please pass on our good wishes to all Vetrun readers!

Best wishes, keep running!!

John Spencer

White Cottage, Sunny Bank, Great Longstone, Derbys DE45 1TL UK.

NANGA DELL FARMS

There are places still available for the long weekend September 27-30 at \$75.00 per person. This includes three nights accommodation and fully catered meals for the entire weekend. Contact Joan Hillis 446 9091 or Jackie Billington 279 8679 for further details

FROM THE EDITOR

SHEDDING LIGHT ON THE MISSING OVER 30'S

Can you offer an explanation why the over 30's bracket are thin on the ground at the Vet runs?

I put this question to a local cultural theorist Dr Leigh Edmonds, Director of the company History, Heritage and Culture and a lecturer at Edith Cowan University. He is also leading a group of history students who are working on an early history of the WA Marathon Club. He's not a runner but walks a lot.

Leigh said he suspected runner were "different" and that a cultural gap had developed between them and the mainstream of society.

Generations of people had grown during and after the war in a culture which emphasised material possessions, insisting that you had to possess things to be happy when really the only thing you can ever really possess is your own body.

People in their 40s, 50s and 60s didn't run or walk because they had machines which ran or walked for them. It was only younger people thinking of an ultimate view who realised their bodies are the most important things they have and that they should own, and use and maintain their bodies.

The over 30s had not been successful in resisting consumer messages. They didn't have the resistance of the younger people to advertising. They have to maintain and manage a 30 square house, and have to support the mortgage payments. Leigh said he had noted that some of the best runners seem to have chosen dead end jobs with low maintenance lifestyles, ordinary housing, poor cars and not much around the house and they have chosen to go into areas or professions where they can dedicate themselves to the sport.

In the mainstream of society, by contrast, most people had bought the consumer ethos and are deriving self worth from what they do or what they own. Dedicated runners have a quite different view of the world than these more ordinary people.

Leigh said it might be that running was an escape from a dead end job. He thought people who are undertaking

post graduate degrees and runners have a lot in common - stamina, in particular.

If you are dinkum about developing endurance with a set goal in mind, have a go at a Ph D, he suggested.

Richard Harris

JOHN GILMOUR TROPHY

This is the newest Club trophy and those present at the AGM were delighted to see John present it to the very first winner - Roy Fearnall.

Roy competed in the World Veterans Championships in Buffalo last year and ran 52.82 in the 400m final. He finished fourth there but we hope that the trophy is consolation for just missing a medal.

His performance level percentage, using the age-graded tables, was 95.1%, truly a World Class performance. Lyn Choate, Anne Shaw and Mick Cousins had performances in the high 80s, so Roy will have some competition if he wants to retain it in 1997.

When presenting the trophy, John contrasted ten vets meeting at MacCallum Park in 1974 to start the Club, with the excitement and colour of 400 vets competing at Perry Lakes over Easter, John was soundly applauded for his remarks.

Bob Sammells

AGE GRADED TABLES

Twenty months of work by a dedicated team has culminated in the production of age-graded tables which, I feel, will withstand any test. "Bill Taylor, Vice-President, WAVA.

Some years ago the World Association of Veteran Athletes (WAVA) researched and compiled these tables for the following uses:

1. Age factors to correct a person's performance to what it would have been in his/her prime years, or
2. Age standards to provide an individual with a percentage value to enable the quality of a performance to be judged.

The Club recently purchased a set so that it had an objective tool that it could use to determine the winner of the new John Gilmour Trophy. In fact, there are many potential uses for them and it is hoped that some will be trialed this year.

The tables cover both sexes from age 8 to 100, road and track events from 50m to 100K (running and walking) field events, and the multi-events.

I have only used the Age Standards so far. These are based on notional world records for open-class athletes. As such, they allow comparisons to be made of performances by different sexes in different age groups in different events. The higher the percentage, the better the performance.

For example, and age 62 man high jumps 1.37m and an age 53 woman runs 10K in 45:18 - which is the better performance?

The M62 age standard is 1.72m; 1.37 divided by 1.72 = .7965 or 70.7%. The W53 age standard is 35m 00.5 which, divided by 45:18 produces 77.3%.

So the first is better. However, both athletes should feel pleased achieving just under 80%. Over 80% equates to National class, over 90% to World class, and 100% to approximate World Record level.

The tables are not copyright as WAVA want them to be used as widely as possible. I hold them at the moment but will lend them to anyone wanting to make a copy. I am also in the process of keying them into my PC. Once I've finished, send me a diskette and you can have a copy.

Bob Sammells

JCT TRAVEL NEWS

JCT TRAVEL AUSTRALIA IS PROUD TO BE NOMINATED AS THE OFFICIAL TRAVEL AGENT FOR AAVAC.

It is important that the members have a specialist travel agent to take care of all your travel needs. JCT Travel offers you a comprehensive travel service to suit your needs and will provide you with professional, informative and cost effective travel advice to ensure the success of your trip whether it be business or pleasure.

Each AAVAC members private travel will be entitled to rebates as follows:

Domestic Air travel	2.5%
Domestic Package Holidays	5.0%
International Travel & Packages	5.0%

JCT Travel Australia Pty Ltd
6th Floor, 5 Mill Street, Perth 6000

(By appointment)

Ph: 09 481 3488 Fax: 481 7427



The Godfrey Pembroke View

Licensed Dealer in Securities ACN 002 336 254

Financial Consultants & Investment Advisers

No. 5 - Endowment Warrants Deserve A Look

An interesting new type of share investment called an endowment warrant has recently been released to the market. Endowment warrants are based on a very simple concept.

When an investor buys a warrant on a share, a third party finances a larger parcel of shares than the investor could purchase with his original funds. The loan used to fund the purchase, plus interest, is paid off from the dividends produced by the shares.

Eventually it is expected that the debt is repaid, and the investor acquires a larger number of shares than would have been possible by buying them direct.

Because the dividends are used to pay off the debt on the shares the warrants produce no income until the debt is repaid. In the meantime the investor gets the benefit of the capital growth on a larger number of shares.

Take, for example an investor who wants to buy 1,000 National Australia

Bank (NAB) shares. At current prices that would cost around \$11,500. An alternative strategy would be to spend the \$11,500 on NAB warrants. This would give the investor a portfolio of NAB shares currently valued at around \$33,000. If they haven't been paid for in 10 years the investor must pay the amount owing before taking possession of the shares.

Warrants are available on 10 of Australia's leading shares: Commonwealth Bank, National Australia Bank, Woolworths, BHP, Amcor, Brambles, Boral, CRA, Lend Lease and Western Mining.

Warrants are primarily for those considering long-term share investment. Self-managed super funds could find them particularly attractive as well as those looking for a long-term exposure to quality shares without the need for dividend income for up to 10 years. Saving for children's education is one area where they may be used to great effect.

Free Financial Reports

Godfrey Pembroke has several easy to read reports available free to readers of Vetrin. They are:

- *Financial Planning in Retirement*
- *Discretionary Family Trusts*
- *Coping with Redundancy*
- *Investing in Shares*
- *Financial Planning for Redundancy*

If you would like us to send you a copy of any of these please phone Aya on 481 4711.

If you would like a free appraisal of your investments or financial strategy then call Bowen Llewellyn*.



481 4711

*Bowen Llewellyn AFPA
Senior Consultant &
Authorised Representative of
Godfrey Pembroke Limited.

MT LAWLEY CIRCUIT - 7.5K HANDICAP 3 MARCH, 1996

Thanks to Harry, Brian, Pat, and my daughter Vicki for helping with the run, and to my wife for organising the now customary bread, jam and cream. Space in the garden was at a premium due to the landscaping, but by next year things should be back to normal. This run was also the last formal event in which Harry and Cathrin Holland participated before heading back to Germany. Club President Brian Foley thanked them for their contribution to the club.

Mike Rhodes

Name	Age	Run Time	H/cap	Actual
Robyn King	W35	42:17	10:15	32:02
Robert Sheehy	M50	43:03	6:00	37:03
Ted Maslen	M60	43:35	11:50	31:45
Peter Airey	M55	43:45	9:05	34:40
Dave Roberts	M50	44:23	16:15	28:08
Steve Barrie	M60	44:30	14:45	29:45
Ross Parker	M45	44:37	18:00	26:37
Anne Shaw	W45	44:38	15:50	28:48
Sheila Maslen	W55	44:47	1:25	43:22
Merv Jones	M55	44:53	8:35	36:18
John Pressley	M50	45:06	16:05	29:01
Stuart Parkinson	M45	45:08	8:45	36:23
Bev Leewanch	W30	45:09	8:35	36:36
Frank Smith	M50	45:12	17:05	28:07
Hamish McGlashan	M55	45:20	11:40	33:40
John Dartnall	M45	45:29	11:40	33:49
Chris Maher	M40	45:36	17:50	27:56
Greg Salter	M40	45:37	17:30	28:07
Irene Ferris	W40	45:53	5:25	40:28
Ivan Brown	M50	45:58	14:55	31:03
Milton Maverick	M40	46:07	13:10	32:57
Bob Schickert	M50	46:14	16:05	30:09
Gareth Brunt	M40	46:15	16:05	30:10
Brian Hunter	M50	46:16	9:05	36:26
Brian Aldrich	M65	46:32	8:20	38:12
Lewis Arndt	M45	46:40	14:55	31:45
Ron Sutton	M55	47:01	7:15	39:46
Richard Harris	M55	47:02	11:00	36:02
Mary Heppel	W55	47:06	0:20	45:46
David Carr	M60	47:14	14:00	33:14
Maurice Creagh	M45	47:14	16:05	31:09
George Peet	M60	47:17	6:10	41:07
Merv Moyle	M65	47:30	7:35	39:55
Alan Chambers	M55	48:07	7:35	40:32
George Schaefer	M60	48:13	13:10	35:03
Peter Hill	M45	48:29	13:10	35:19
Lyn Boacher	W50	48:33	2:55	45:58
Frank Usher	M70	50:13	0:00	50:13
Cathrin Holland	W35	50:36	4:40	45:56
Allen Tyson	M70	50:38	7:25	43:13
Evan McRae	M45	53:48	16:45	37:03
WALKERS				
Michelle Mison	W45	48:18	15:30	63:48
John Mison	M45	41:12	23:00	64:12
Paul Martin	M50	42:42	22:45	65:27
Barrie Thomsett	M55	49:22	16:30	65:52
Bob Fergie	M60	49:43	16:30	66:13
Sue Hughes	W45	49:59	17:15	67:14
Lynn Schickert	W50	58:03	9:15	67:18
Lesley Romeo	W50	50:39	17:15	67:54
Ernie Moyle	M50	60:52	8:30	69:22
Val Wheeler	W60	62:43	7:00	69:43
Judy Hill	W45	63:12	7:00	70:12

WAVAC ANNUAL GENERAL MEETING APRIL 16, 1996

Held at the YMCA Hockey Clubrooms Perry Lakes

The meeting opened at 7.10pm

40 members as per Attendance Register.

1. Apologies 6 as per Attendance Register.
2. Minutes of the AGM April 11, 1995, acceptance moved R Sammells, seconded B Thomsett - Carried.
Minutes of the General Meeting October 24, 1995, acceptance moved M Jones, seconded P Carr - carried.
3. Matters arising from the Minutes - Nil

4. Reports as published in the Vetrin April 1996

President, Secretary, Treasurer

Acceptance moved J Jarvis, seconded J Billington - carried.

5. Trophies

Patrons Trophy..... Peggy MacLiver

..... David Carr

Handicap - deferred.

Reg Briggs Trophy Anne Shaw

John Gilmour Trophy Roy Fearnall

6. Election of Office Bearers

The following were elected unopposed

President..... Brian Foley

Vice President..... Richard Harris

Secretary..... Jackie Halberg

Treasurer Sue Jones

Committee Margaret Ward Graham Thornton

..... John Pressley Merv Jones

7. Appointment of Officials

The President thanked all those who had held positions during the last year.

The following Officials were appointed for 1996/97.

Patron Bill Hughes

Editor Richard Harris

Handicapper No nomination

Auditor Ray Lawrence

Statistician Bob Sammells

AAWA Registrars

Winter David Carr

Summer Val Prescott

Equipment Brian Danby

Librarian - The value of the library was discussed. It was referred to the Committee to investigate whether it was worthwhile keeping the library and to determine its disposal if not.

8. Life Membership

Jackie Billington was nominated by Jan Jarvis, Lorna Lauchlan and Bob Sammells.

Life membership was conferred with acclaim and Jackie was thanked for her long and dedicated work for the Club.

9. General Business

9.1 The need for a Club and State uniforms was questioned.

The matter was referred to the Committee to investigate. It was proposed that ideas be sought through a note in the Vetrin. It was noted that a change to the uniform would entail changing the Constitution.

9.2 The West Coast League would meet on Sunday 28 April with events for Veterans (120m).

9.3 10K Track Handicap entries now open.

9.4 Hammer wires used at the Nationals were substandard and should be replaced.

9.5 The Club did not fund members travel to championships but would give all assistance to any fund raising that was organised by the individuals.

9.6 The AAWA has now closed its offices for the duration. Its affairs are being run by volunteers.

9.7 A question on the Club's aims etc was answered in detail by Bob Sammells who outlined the progress with the Club's Development Plan. This is now being completed by a sub-committee and will involve a survey in Vetrin.

9.8 It was noted that the new council controlling MacCallum Park were requiring \$5 million third party insurance for hirers.

9.9 A vote of thanks was moved and carried to the Nationals organisers for their work and efforts in organising and running the Nationals at Easter.

9.10 A query on the publication of results in the newspapers was referred as part of the Development Plan.

10. The meeting closed at 8.50pm.

Bob Fergie

PAGODA RUN 17.3.96

113 runners and walkers set off from McCallum Park in fine, cool though humid conditions. It seemed no time at all that the 5km speedsters were back, followed in quick succession by everyone else. Some athletes seemed determined to make the judges task difficult by coming over the line in pairs - any disputed results to a higher authority please - not me!!

My sincere thanks to my helpers on the day: Ray Atwell, Ray Barnett, Pat Carr, Joan Hillis, Dick Horsley, Maureen Pomery, Barry Thomsett, Bev Thornton and Dorothy and Jeff Whittam. Also to Kirt Johnson and Merv Moyle for helping to measure the course on the day that the drought broke (thanks for the coffee, Heather), and to "water diviner" Don Caplin and "general factotum" David Carr.

Jackie Halberg

16 KM RUN

Cross Parker	M45	57.50
Greg Salter	M40	59.25
Pra Nicol	M35	61.28
John Pressley	M50	62.28
David Reid	M45	63.16
Jim Klinge	M45	64.31
Bob Schickert	M50	66.19
Brian Danby	M45	68.01
Graham Thornton	M55	68.38
Mark Rosen	M45	68.40
Robin King	W35	69.51
Ivan Brown	M50	69.59
Dennis Miller	M55	71.18
Bill Crane	M55	71.50
Ted Maslen	M60	72.26
Robin Bonner	M60	73.00
John Bell	M50	73.15
Bob Sammells	M55	73.47
Mitch Loly	M55	73.57
John Pellier	M55	74.38
Cecil Walkley	M65	75.27
John Dartnell	M45	76.20
George Schaefer	M60	76.57
Roger Walsh	M50	77.14
Richard Harris	M55	78.14
Keith Atkinson	M35	78.26
Margaret Birks	W45	78.38
Morris Warren	M55	78.55
Dan O'Donnell	M45	79.33
Lynn Harrop	W40	79.39
David Bishop	M35	79.41
Stan Lockwood	M65	79.56

Vic Beaumont	M65	81.31
Merv Jones	M55	81.38
Rick Thornhill	M45	82.23
Brian Bennett	M45	83.06
John Adams	M45	83.21
Brian Aldrich	M65	84.29
Aldo Giacomo	M55	85.10
Brian Hunter	M50	85.23
Ron Hillis	M50	85.49
Merv Moyle	M65	85.57
Heather Sanderson	W45	86.33
Jo Pearce	W45	86.33
Peter Davies	M65	86.59
Robert Sheehy	M50	90.19
Denise Lancaster	W45	91.11
Roma Bettles	W45	92.47
Joan Pellier	W55	93.34
Irene Ferris	W40	93.38
Kirt Johnson	M65	96.19
Alan Chambers	M55	100.29

10 KM RUN

John West	M45	37.09
Dave Roberts	M50	37.55
Bert Carse	M50	37.55
Joe Stickles	M55	42.12
Brian Foley	M50	42.52
Mike Khan	M50	43.05
David James	M40	43.36
John Brown	M45	44.21
Dick Blom	M60	47.30
Stuart Parkinson	M45	50.28
Gary Branche	M40	52.44
Ron Sutton	M55	55.06
Jeff Spencer	M55	55.22
Valerie Millard	W45	57.16
Arnold Jenkins	M50	57.42
Ray Lawrence	M65	57.44
Wendy Parker	W45	58.33
Sheila Maslen	W55	59.53
Mary Heppell	W55	61.53
Stewart Hicks	M70	65.07
Frank Usher	M70	67.20

5 KM RUN

Vic Waters	M50	18.53
Don Caplin	M55	19.30
Doug Hazell	M40	20.07
Mike Rhodes	M50	20.39
Maxine Santich	W40	20.49
Alison Aldrich	W55	28.12
Norm Miller	M60	28.30
Rosa Davis	W50	30.44
Pat Miller	W55	30.46
Margaret Warren	W60	33.20
Karen Crellin	W50	34.37

16 KM WALK

John Mison	M45	87.39
Michelle Mison	W45	1:49.05

10 KM WALK

Paul Martin	M50	64.13
Lesley Romeo	W50	68.48

Lorna Lauchlan	W65	75.10
Jill Midolo	W45	75.11
Lynne Schickert	W50	75.19
Linda Mark	W40	79.17
Alan Pomery	M60	89.07

5 KM WALK

Val Wheeler	W60	40.58
Pat Ainsworth	W60	40.58
Rob Davis	M55	43.27
Ernie Moyle	M70	43.28
Geoff Mullins	M50	44.41
Wendy Clements	W50	46.10
Val Bonner	W50	46.10

VISITORS

Eddie Hill	5 KM	24.42
Elaine Wilson	5 KM	28.01
Neil Donachie	5 KM	30.45
Liz Stirling	5 KM W	44.41
Gary	10 KM	39.15
Peter	10 KM	40.14
Nicola	10 KM	41.17
Bowen	10 KM	92.36
John	16 KM	63.24
Paul	16 KM	66.35
David	16 KM	73.35

THE ORIGINAL AND STILL THE ONLY AUTHENTIC TRIATHLON STORE IN WA

Bob and Jan have a wealth of experience in fitting running shoes gained over 17 years. Bob has completed each of the 17 Perth Marathons without any injury problems - he must be doing something right!

Phil's years of triathlon experience (including the ultimate - the Hawaii Ironman) and being an accredited Level 1 Triathlon Coach ensure correct bike setup and training advice.

For any of your triathlon requirements, remember - **Runner's World** genuine "old fashion" service.

NO GIMMICKS, just honest to goodness advice, based on priceless experience.

Perth's specialist running & triathlon store

Runner's World

OPEN 7 DAYS
5 Fitzgerald Street, Perth
227 7281

YOU DESERVE A NEW SHIRT!

State - Singlet - Gold with black trim with club badge on left side @ \$15.00.

(To be worn at National Championships)

Club - Singlet - Black and white with club badge on left side @ \$15.00.

(To be worn at State Championships)

Tee-shirts - Grey with the three colour runner club logo on the front @ \$16.00 short sleeve \$18.00 long sleeve.

Fleecy Windcheaters grey with three colour runner club logo @ \$22.00.

Plus caps, visors in a range of colours @ \$7.00. Car stickers and iron-on badges @ \$2.50

ORDER FORM

Please Supply:

..... Qty Size
 Qty Size

Post to: Club Treasurer, 100 Matilda Street, Huntingdale WA 6110

Cheque Payable to: WAVAC. If you require a postal delivery, please add \$2.50

PRINT POST APPROVAL
644113/00007

IF UNCLAIMED PLEASE RETURN TO:
1/37 BOMBARD STREET
ARDROSS WA 6153



SURFACE
MAIL

POSTAGE
PAID
AUSTRALIA

MR R HAYRES
26 JENKINS PL
WEMBLEY DOWNS

WA 6019

HAPPY BIRTHDAY TO OUR JUNE MEMBERS

Rob Scaddan	02/06/51	42	remains	M40	Theresa Howe	16/06/50	43	remains	W40
Ian Davies	03/06/47	46	remains	M45	Barrie Thomsett	17/06/40	53	remains	M50
Eddie Strickland	03/06/18	75	becomes	M75	Stefan Frodsham	17/06/53	40	becomes	M40
Rodger Crossman	04/06/41	52	remains	M50	Robin Bonner	18/06/31	62	remains	M60
Jenny Holm	07/06/49	44	remains	W40	Derek Drayson	19/06/23	70	becomes	M70
Rosanne Kemp	07/06/64	29	remains	W25	Gary Tuffin	20/06/58	35	becomes	M35
Shirley Milligan	07/06/37	56	remains	W55	June Strachan	20/06/25	68	remains	W65
Helen Lysaght	07/06/52	41	remains	W40	Rod Davies	22/06/41	52	remains	M50
Trudy Bocian	09/06/51	42	remains	W40	Ian Sanders	24/06/58	35	becomes	M35
Christopher Kelly	10/06/52	41	remains	M40	Gregory Salter	25/06/54	39	remains	M40
Maurice Creagh	11/06/46	47	remains	M45	David Reid	26/06/50	43	remains	W50
David Carr	15/06/32	61	remains	M60	Wendy Clements	26/06/42	51	remains	W30
Toni Frank	15/06/45	48	remains	W40	Sharon Moloney	29/06/25	68	remains	M65
Maureen Delcanho	15/06/49	44	remains	W40	Frederick Hagger	30/06/55	38	remains	M35
Colin Junner	16/06/22	71	remains	M70					