



The Vetrunk

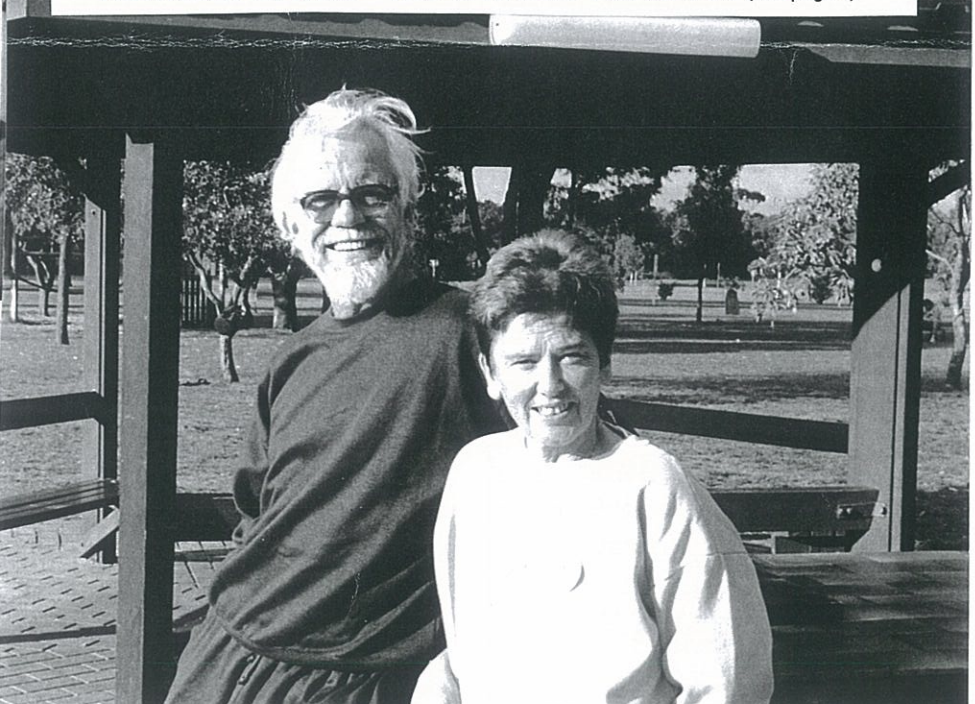


No. 265 November 1995 Patron: Bill Hughes President: Brian Foley Editor: Richard Harris

WINNERS ALL - MEDAL PRESENTATIONS AT ROSIE O'GRADY'S - 24.9.95.



RUNNING MATES - TED & SHEILA MASLEN (see page 5)



IN VETRUM THIS MONTH.....

Minutes of Extra Ordinary General Meeting	P2
Tomkins Park Handicap	P3
Wildflower Run From the Editor	P4
Running Mates New Members	P5
Lewana Weekend Pictures Galore	P6 P7
Birkwater Run	P8
Godfrey Pembroke View	P9
Aust Vets & Masters Games Frank Listened to his Body	P10
Running at 50	P11
Cliff Bould Handicap	P12
Poem to the Editor	P13
Runs Coming Up	P14

THE VETRUM

Vetrun, the magazine of WA Veterans Athletic Club, is produced by Richard Harris (editor), Jackie Billington (assistant editor), and a host of friends.

Distribution is by Jackie Halberg, Merv Jones does the labels and keeps track of the birthdays, and Jan Jarvis pays the bills.

Copy for the magazine should be submitted to Richard at 30 Cosmelia Way, Parkwood 6147 or Jackie Billington U5/8 Garnsworthy Place, Bassendean 6054. Next issue: Nov.

Advertising: Contact Richard for prices: 323 4387 (w) 457 6102 (h)

TRACK & FIELD CHANGES

All hammer events schedule for McGillivray Oval have been cancelled. We are not able to use the oval for hammer competition. The hammer on January 4, 1996 will be offered as a point scoring event.

MINUTES OF THE EXTRAORDINARY GENERAL MEETING HELD AT THE YMCA HOCKEY CLUB ROOMS TUESDAY OCTOBER 24, 1995

The meeting opened at 7.10pm.

Present: 24 members as per attendance register

Apologies: 6 members as per the attendance register

BUSINESS OF THE MEETING

The President outlined the business for the evening namely the age for entry to membership of the Club and the status of Associate members. This was then followed by extensive general discussion.

The motion "that membership be available to men and women aged 35 and older" was moved by Joan Pellier and seconded by John Pellier.

An amendment to the motion so that it read "That membership be available to men and women aged 30 and over, and that there be no Associate membership" was moved by Dorothy Whittam and seconded by Peter Davies.

The amendment was then put and accepted by 18 votes for to 5 against. The amendment thus became the motion and was then put to the meeting. The amended motion was carried by 19 votes for to 5 votes against. As this is greater than the necessary two third majority the motion becomes effective and Section 2 of the Constitution will now read:

OBJECTS

- The object of the Club shall be to encourage and promote veterans athletics and general fitness of its members and to provide training and competition within the jurisdiction of the Athletic Association of WA (hereinafter abbreviated to AAWA) Membership will be available to men and women 30 years and older.

GENERAL ITEMS

- M Jones to see the Treasurer about new stocks of computer labels.
- The WAVAC allotment of AAWA raffle tickets have been sold.
- There is not hammer throw facility at McGillivray so the track and field program should be so amended. Point scoring hammer events will now be October 26 and January 4, 1996.
- Gosnells Little Athletics and the Australia Remembers Committee have invited anyone with wartime 'veterans' experience to a social event on November 4. Details with Brian Foley.

The meeting closed at 7.55pm.

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

TOMKINS PARK HANDICAP 24 September 1995

This year the Tompkins Park run took place on a beautiful spring day. For the first time the course was varied to make use of the new comprehensive link around the foreshore via the Applecross Broadwalk. To keep a slight hardness factor in the run the Majestic Hill was retained in the return run from the South of Perth Yacht Club turn.

The run was an 8.4km open handicap event and the walk was a sealed handicap with all walkers starting off zero. By a piece of fine walking John Mison lead from start to finish. This wasn't good enough, however, to win on handicap.

The walk handicap winner was Ernie Moyle and first lady Pat Miller.

The winner of the running event was Robert Reece with Helen Lysaght, who placed second, first lady home.

Bob Schickert did a noble job as handicapper with most of the runners home within a five minute spread.

On behalf of the Club I would like to thank Diane Airey, Lewis Arndt, Pat Carr and Kirt Johnson for helping to organise the event to ensure its success.

Peter Airey

Race Director.

8.4K	Age	Clock Time	H/Cap Time
ROBERT REECE	M45	51.45	9.50
HELEN LYSAGHT	W40	52.05	11.30
DAVID WILLMER	M40	52.11	18.25
VICENTE CARRERO	M50	52.22	
BRUCE WILSON	M50	52.41	18.10
ROBERT MAIR	M45	52.51	18.00
MARGARET BIRKS	W50	52.56	11.05
CECIL WALKLEY	M65	53.05	12.20
BOB SCHICKERT	M50	53.19	17.50
DUNCAN MCAULEY	M45	53.44	19.00
BRIAN FOLEY	M50	53.26	16.20
VIC WATERS	M50	53.27	16.20
DAVID CARR	M60	53.28	15.30
PEGGY MACLIVER	W50	53.28	11.05
JIM BARNES	M50	53.31	15.00
TED MASLEN	M60	53.33	13.55
MIKE RHODES	M45	53.37	12.45
MERV JONES	M55	53.39	9.00
JO FEARCE	W45	53.44	
DICK BLOM	M60	53.48	15.20
MERV MOYLE	M65	53.52	10.40
PETER DAVIES	M65	53.55	5.15
SHEILA MASLEN	W55	53.57	1.05
BILL CRANE	M55	53.58	15.10
STUART PARKINSON	M45	54.04	9.50
TONY SPEECHLEY	M50	54.06	10.40
HEATHER SANDERSON	W45	54.13	7.20
HUGH KIRKMAN	M50	54.29	17.50
BOB SAMMELLS	M55	54.35	15.10
MAURICE JOHNSTON	M55	54.55	12.45
DAVID MUIR	M50	54.57	18.10
RICHARD HARRIS	M55	55.00	12.20
ALAN JENNINGS	M55	55.10	14.45
JACKIE HALBERG	W45	55.12	7.20
VALERIE MILLARD	W45	55.16	3.10
RON HILLIS	M50	55.22	11.05
PAUL ARTHUR	M35	55.26	
BRIAN HUNTER	M50	55.46	11.30
GEORGE PEET	M60	55.47	8.10
ANN TURNER	W55	55.56	8.25
LEWIS ARNDT	M45	55.57	17.15
SHORTY TURNER	M60	56.00	6.55

	Age	Clock Time	H/Cap Time
MIKE CAHILL	M50	56.04	
GEORGE SCHAEFER	M60	56.09	14.45
DALTON MOFFETT	M60	56.26	12.45
JEFF SPENCER	M50	56.34	9.50
NOELA MEDCALF	W60	57.14	3.10
MILTON MAVRICK	M40	57.26	15.55
BRIAN BENNETT	M45	57.27	13.10
STEFAN FRODSHAM	M40	57.48	16.20
REECE WALDOCK	M40	57.49	13.10
STUART HICKS	M70	58.29	3.35
JOHN SMITH	M65	58.30	8.10
JACKIE BILLINGTON	W50	58.43	0.40
EVAN McRAE	M45	59.03	18.50
KIRT JOHNSON	M65	59.18	6.30
ROGER WHALAN	M55	59.21	11.30
GEORGE RUSSELL	M50	59.40	
FRANK USHER	M70	59.44	0.20
ARNOLD JENKINS	M50	65.01	11.30
RON SPENCER	M55	65.12	
JILL MIDOLO	W45	65.47	1.05
LORNA LAUCLAN	W65	65.49	0.30
LYN BOUCHER	W50	66.26	
GLEN HINTON	W45	66.56	
VISITORS			
WARREN PICKERING	8.4k	53.04	

8.4 Walkers

JOHN MISON	M45	49.34	58.30	108.04
BARRY WEATHERBURN	M50	58.01		
BOB FERGIE	M60	60.38	49.15	109.53
BARRIE THOMSETT	M55	60.56	48.45	109.01
LESLEY ROMEO	W50	61.12		
MICHELE MISON	W45	61.55	47.30	109.25
BOB CHALMERS	M55	63.59	47.30	111.20
JOAN HILLIS	W45	66.33		
IVAN BROWN	M50	66.40		
DOROTHY WHITTAM	W55	67.55	46.00	113.55
PAT MILLER	W55	70.18	36.00	106.18
ERNIE MOYLE	M70	70.20	37.15	107.35
GILLIAN PEET	W55	74.19	37.15	111.34
VAL WHEELER	W60	74.58	36.00	110.58

KINGS PARK "WILD FLOWER RUN" 17.8.95.

Sunday dawned, cloudy with a cool south westerly wind. The afternoon before had been perfect for marking the course.

More than 100 runners and walkers managed to complete the event without getting lost, however there were a few who got it wrong. Jim Langford being the winner in a new course record of 34:15.

Mike and I would like to thank the many people who helped us conduct the run namely, Irene Ferris, Ann Smith, Peter and Gwen Davis, Frank Usher, Bill Crane, Liz Khan and my better half and last but certainly not least, Kirt Johnson, arrived to compete in the event, helped, changed into his running gear but finished up not competing but handing out the numbers at the finish. Also a very big thank you to the Committee for the 'sausage sizzle' and tea and coffee at the end of the race. Without the help of all these people we would not have a run.

Joe Stickles and Mike Khan

9.6K

Jim Langford	M50	34:15
Dave Reid	M45	36:08
Ralph Henderson	M45	36:33
Jim Klinge	M45	36:53
Robert Mair	M50	37:18
Dave Roberts	M50	37:49
Bruce Wilson	M50	37:51
Frank Smith	M50	38:02
Dave Bishop	M35	38:22
Jill Chambers	W45	38:25
John Ferris	M45	39:13
Mike Thorley	M40	40:02
Hugh Kirkman	M50	40:08
Brian Danby	M45	41:06
Leon Sander	M55	41:23
Mike Anderson	M45	41:26
Mike Carey	M35	41:37
Alec Holm	M50	41:47
Vic Waters	M50	41:58
Lewis Arndt	M45	42:18
Bill Crane	M55	42:22
Graham Thornton	M50	42:56
Milton Mavrick	M40	43:58

Margaret Birks	W45	45:42
Nena Greenfield	W40	45:55
Jimmy Greenfield	M50	45:56
Dave Hough	M60	46:08
Simon Mort	M35	47:06
Peggy Macliver	W50	47:14
Merv Moyle	M65	47:28
Dalton Moffett	M60	47:41
Ryan Hunter	M50	47:42
Stuart Parkinson	M45	47:46
Vic Beaumont	M65	47:57
Tony Speechley	M50	47:59
Alan Chambers	M50	48:56
Bob Sammells	M55	49:00
Ron Sutton	M55	49:14
Brian Smith	M55	49:15
Ron Hillis	M50	49:31
Peter Airey	M55	49:36
Helen Lysaght	W40	49:51
Richard Harris	M50	51:34
George Peet	M60	51:13
Heather Sanderson	W45	51:29
Roma Bettles	W45	52:26
John Russell	M60	53:37
Jeanette Tiverios	W35	55:13
Jackie Halberg	W45	55:20
Norm Miller	M60	56:14
Keith Forden	M55	58:39
Sheila Maslen	W55	59:13
Rose Davis	W50	59:18
Denise Lancaster	W45	59:19
Joan Pellier	W55	59:19
Margaret Warren	W55	63:10
Mary Heppell	W55	63:11

5K

David Carr	M60	20:10
Ivan Brown	M50	20:34
Alan Jennings	M55	21:38
Ian Passmore	M50	21:41
Don Caplin	M55	22:16
Ros Banyard	W45	25:08
Ray Lawrence	M65	25:08
Brian Bennett	M45	27:02
Kathryn Holland	W35	28:04
Val Millard	W45	28:35
Ray Barnett	M50	29:08
Maria Van Bockxmeer	W45	31:29
Jackie Billington	W50	32:50
Lorna Lauchlan	W65	32:55
Karen Crellin	W50	35:28
Phyllis Farrell	W50	35:30
Margaret Ward	W50	36:16
Lyn Schickert	W50	36:18

5K WALK

Paul Martin	M50	29:47
John Mison	M45	29:48

Barry Weatherburn	M50	32:47
Barbara Atkinson	W40	33:00
Michele Mison	W45	33:00
Bob Chalmers	M55	34:22
Wendy Clements	W50	34:35
Barrie Thomsett	M55	36:35
Bob Fergie	M60	36:37
Dorothy Whittam	W55	39:09
Jeff Whittam	M60	39:10
Joan Hillis	W45	39:49
Pat Miller	W55	39:51
David Hall	M45	40:57
Tania Mauldin	W40	40:59
Gillian Peet	W55	41:09
Pat Ainsworth	W55	43:15
Val Wheeler	W60	43:16
Fred Watson	M75	43:19

VISITORS

Greg Lawrence	9.6K	37:00
Vickie Halley	9.6K	55:14
Clive Calderwood	5K	23:19
Faye Walton	5KW	46:11
Kevin Jamison	5KW	46:12

From the Editor

A CRY IN THE DARK

Have you ever had a bad moment in running? A moment when you've needed help?

A friend was once going well the Mundaring to York run and was leading the field with York looming up ahead. Suddenly, his worst fears were realised. He heard a pounding of feet behind him as another runner overtook him rapidly. He reached down into his reserves but he had been running for more than five hours and there was only enough to keep going.

The other runner passed him and stopped. It was his wife, the leader of his support team. The family had all been conscripted to help, serving him flat coca-cola along the way from old ice cream buckets.

There had been a few minor problems in the run - mainly flatulence. The runner had solved

them in a typical masculine way - the sort of way you deal with these matters when you are having a King Day - that is, home alone and in charge of everything. It had been more than flatulence but in the struggle to stay focussed on the run he hadn't noticed. His wife had.

She stopped him and held up a clean pair of shorts. "You're not going into York like that," she said. "Here's a sponge to wipe yourself down. Then you can put on these clean shorts immediately."

Once I was running round the Canning Vale industrial estate when I really got the wind up. It was dark and I was scared.

I had a vague idea of the general direction for home. The help that came to me was that I remembered the advice of the Lady Galadriel to the halfling Frodo in The Lord of the Rings trilogy when he was leaving Rivendell for Mordor. She foresaw a dark moment when his quest would sit on a cusp. That was the time when he would need help. She gave him the name of a famous elvish warrior to cry out into the dark and this would sustain him in a dark hour.

Frodo, of course, called out this name in Shelob's lair and it did help, as it also helped me in another world in the dark in Canning Vale. I cried out the secret name in the high elvish tongue - elbereth gilthoniel - and, as true as I'm sitting here drinking Elizabeth Killerby's son-in-law's 1994 Chardonnay and pecking out these lines, the stars immediately shone a little brighter and I felt I was on the right track.

We all need help sometimes, even winners. The gracious runner learns to accept it from where it is offered. **Richard Harris**

PSSST

Apart from Kirt Johnson, did any Vets notice anything unusual on the front page of October Vetrune? - Jeff Whittam was wearing LONG trousers.

RUNNING MATES

TED AND SHEILA MASLEN

Our running mates this month - meet barefoot runners Dr Ted and Sheila Maslen.

Ted was born in East Coolgardie, Sheila, Oxford, England. They met through Ted's flatmate while Ted, a Rhodes scholar, was at Oxford University. They married and came back to WA and have eight children - three boys, five girls and one grandchild.

Seven of the Maslen children have run at some stage. The one most of us know is Pat, who represented WA in the steeplechase and now is a coach for WA disabled athletes. Kate has won a few Marathon Club events this year and is now in Canada and ran 2hr 50 min in the Portland Marathon.

Mark competes for Canning Districts. I can remember many years back when the Maslen family filled all the lanes in an event at Curtin grass track.

Occupation:

Ted: Head of Physics UWA.

Sheila: Part time telephonist at Curtin

Why they started running:

Ted: Couldn't do any contact sport so he ran to keep fit for rowing.

Sheila: Started running after watching Ted run to see how you could get so much fun while looking in so much pain.

Why join the Vets?

Ted: The first State Nationals in Perth seemed an interesting competition and he enjoyed it very much.

Sheila: Because of Ted.

Favourite Run:

Ted: Around the Bridges.

Sheila: Anything near the river.

What they enjoy about the Vets:

Ted: The friendly competition.

Sheila: The friendly people and the fact that the faster runners are interested in how the slower runners are doing.

Other Interests:

Ted: Local Government in South Perth. Now in 6th term.

Sheila: Sewing and singing.

Favourite Food:

Ted: Lots of any food.

Sheila: Pasta and chocolate.

Ambition in running:

Ted: Done my dash.

Sheila: To break two hours for half marathon.

Greatest pleasure in running:

Ted: 1500m in first Nationals in Perth beating Albie Thomas in 4:16.

Sheila: Half marathon in 2:04 when expecting to run 2:15, winning Andy Wright trophy.

She thought she had a good run.

Joan Pellier.

WELCOME TO OUR NEW MEMBERS

	Age	DOB
Alan Jennings	M50	4.2.40.
Barry Blackman	M55	13.2.39.
Robin King	W35	17.9.58.
Barry Munyard	M50	4.12.43.
Lynette Boucher	W50	16.8.95.
Gary Branche	M40	15.1.53.
John Webb	M50	17.12.44

Alan Chambers thanks Vetrune for his picture in September issue as now people know him as Alan, not "Jillys husband."

THE WEEKEND AT LEWANA, BALINGUP 29.9.95 TO 2.10.95.

Thirty club members went to the camp at Lewana situated between Balingup and Nannup. The countryside was especially beautiful and green.

Shorty and Ann Turner arrived early on the Friday and set out on their mountain bikes marking out a run for the following day. Friday night we settled in with and got together with each of our cottage groups.

Dick Blom lucky devil shared a room with three women - but they all said he snored.

A vote was taken on the starting time of the runs and it was agreed that 7.30am was a reasonable time for a Saturday morning.

The morning was cold and crisp. The men were assigned to keep the fires burning during the night, however they let us down badly, and we were rugged up trying to keep warm before the start.

We started up a steep hill which would make the start to the City to Surf look like a walk in the park. However, we all took to it with enthusiasm. Shorty had been out earlier to put water bottles at the 2.1/2K turn coming down hill which was a great relief.

After breakfast small groups set off on some of the many interesting walks in the area. Lorna, Joan and Ron Hillis, Rose and Rob Davis took off to find the dam, on the way they saw kangaroos and eventually found the dam but were a little off course and were unsure of the way back, however, they were able to follow the smoke from the home fires burning at the camp huts and were guided safely back. Alan and Jill Chambers did not follow Lorna's directions and took a different path but arrived back before them.

Denise Lancaster and Keith Atkinson arrived later in the day expecting to have a double bed as they had only brought one sleeping

bag, luckily spare blankets were on or Keith would have been very cold.

Saturday night we attempted an entry in the Guinness Book of Records by catering for 30 people in a cottage made for ten. It was a casserole night, and a very tight squeeze, with some people spilling out onto the verandah to eat. The evening developed into a sing-a-long with Keith Forden being the Music Man for the evening with his books of songs to jog our memories of some of the 'oldies' - a great fun evening.

Sunday morning, where were Lorna, Jackie and Jan? - sleeping in!

Was it the effects of the night before?

The runners/walkers set off at 7.30am, but thankfully, Shorty, Keith and Ann had marked an alternative run, on an undulating path, a softer option selected by some, the harder runners still chose the longer tougher path up that hill.

Alan Chambers went for a three hour run, wife Jill was pacing up and down waiting for his return, and as soon as he arrived, she said "hurry up and get changed, we are going for a walk" - a mere hour's walk. Dick Blom also went for a lengthy run, he was not lost, just could not find the bridge across the water.

Sunday morning it was suggested by Keith Forden to visit the local Winery, Tathra Cottage, for Devonshire Tea. The proprietor was an old army friend of Keith's and the winery is renowned for its produce of Plum Wine, of which we all had a taste. The scones served with the Devonshire Teas were the biggest we had ever seen, not to mention the Mud Cake and Cherry Chocolate gateaux, the wise ones had skipped breakfast. Another special attraction at the winery was the blue wren who put on a show for us flitting in and out of the bushes near to where we were seated.

Morning tea was followed by a barbecue picnic lunch at the Golden Valley Tree Park near to Balingup, a very interesting and pleasant venue

with many varieties of European trees growing in the park.

Shorty and Ann were able to locate Mary Robinson, who is now living in Balingup, where she has become very involved with the local community and part of the town's activities. Mary visited us in the evening and looked very well, she told us about the first time she saw Balingup whilst walking along the Biblumen Track and how she had felt very much at home there. Having been brought up in the country in England she is very happy to have made the choice to live in the country again. It was good to see her again, Mary was one of the members of the Vets who made me feel very welcome when I first joined the Vets club.

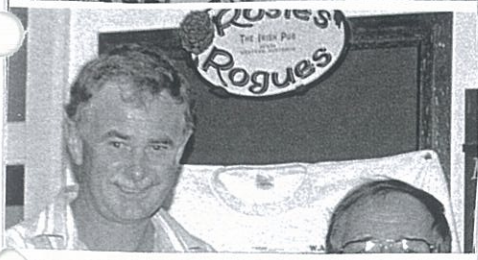
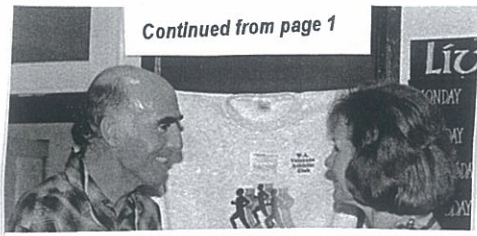
Sunday evening was the Quiz Night, the teams were men versus women. It was a very close contest.

Thanks go to Keith Forden for controlling the very vocal competitive teams, must be his army experience which enabled him to stay in command. The result was a draw, with the women winning by a tie breaker - congratulations to both teams, a great effort by all.

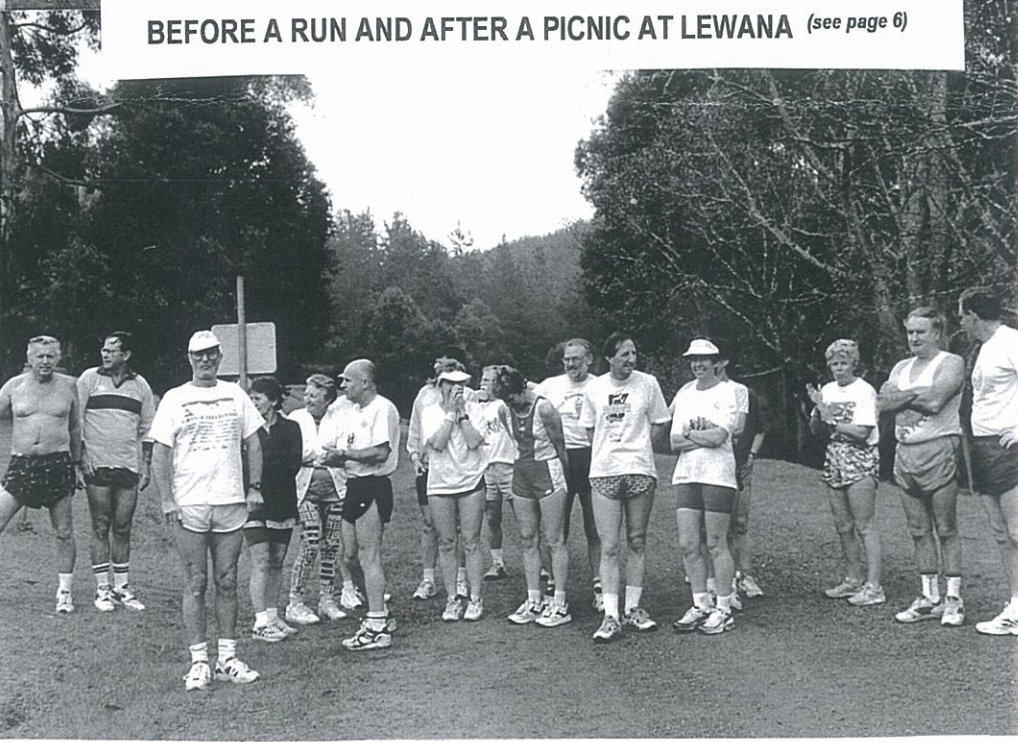
Monday morning - no organised run today, small groups did whatever they desired, after which we reluctantly pack up and headed for home, the end of a very enjoyable weekend.

Special thanks to Shorty and Ann Turner for marking the runs and Keith Forden for assisting and thanks also to the Committee for booking the weekend, I am sure everyone who was present will agree with me, when I say that I hope there will be more of the same next year.

Margaret Ward



BEFORE A RUN AND AFTER A PICNIC AT LEWANA (see page 6)



MASTER & VETS GAMES

MEDALS GALORE FOR NOELA MEDCALF W60

100m	16.7	Gold
1500m	6:41:2	Gold SR
200m	34.0	Gold
400m	80.2	Gold
800m		Bronze
Discus	17.65m	Bronze
Hammer	20.65m	Bronze SR
Pentathlon	24:12	Gold
Shot Putt	6.57m	Bronze
SR = State Record		

Masters' Games Melbourne

Some results from the Australian Masters' Games at Olympic Park, Melbourne.

Syd Coleman	M75	
Discus	1st	38.92m
Hammer	1st	
Pole Vault	1st	
Pentathlon	1st	
Javelin	1st	

Rose-Maree Hollaway W40

10K Road Walk	1st	
5K Track Walk		27:16
David Reid	M45	
3K Steeplechase	1st	10:52
David Carr	M60	
400m	2nd	
800m	2nd	
Pentathlon	2nd	
Patricia Carr	M60	
Javelin	3rd	
Bill Chapman	M70	
Discus	2nd	

It was a well conducted carnival, with events mostly at night, well lit but sometimes cold and rainy.

David Carr

BIRKWATER RUN OCTOBER 1, 1995

Eighty runners and walkers presented themselves as contenders for the timeless trophy, a good turnout given that it was a long weekend.

The run covers a very convoluted course and requires approximately 200 flags. Since we had considerably less than that number, it was not as well marked as it could have been. Nevertheless, most participants managed to follow the course apart from a breakaway group led by Sheila Maslen who decided to set their own trail which brought them back to the start ten minutes after we'd sent them off.

Kathryn Holland was this year's trophy winner, having estimated her time to within three seconds. Morris Warren actually ran through the chute within one second but was disqualified for cheating. Next year we'll turn the clock around!

Vic and I would like to thank all our helpers - Pat and Dave Carr, Maxine Santich, Jill Midolo and Barry Blackman.

Margaret Birks

Jim Langford	M50	28:47
Robert Mair	M45	32:14
Ralph Henderson	M45	32:17
David Willmer	M40	32:25
Jim Klinge	M45	32:38
Dave Roberts	M50	33:25
John Pressley	M50	33:40
David Bishop	M35	33:42
Anne Shaw	W45	33:48
Steve Barrie	M55	34:13
Geoff Mullins	M50	34:26
Ivan Brown	M50	35:10
Brian Foley	M50	35:17
Jim Boakes	M	35:29
John Bell	M50	35:42
Frank Smith	M50	35:46
Hugh Kirkman	M50	36:01
Ted Maslen	M60	36:22
Mike Rhodes	M45	36:32
Jan Kelly	W40	36:53

Kath Noordyk	W45	36:55
Paul Martin	M50	36:58
Ray Attwell	M55	37:00
Adrian Noordyk	M40	37:06
George Schaefer	M60	37:07
Leon Sander	M55	37:09
Michael Kennedy	M45	37:30
Margaret Warren	W55	37:50
Sheila Maslen	W55	37:53
Noela Medcalf	W60	37:57
Richard Peters	M55	37:59
Lyn Boucher	W50	38:00
Gavin Chisholm	M50	38:02
Cecil Walkley	M65	38:37
Mike Anderson	M45	39:50
Stefan Fredham	M40	40:00
Dalton Moffett	M60	40:17
Merv Moyle	M65	40:27
Brian Hunter	M50	40:41
David Hough	M60	40:41
Peter Airey	M55	41:09
Evan McRae	M45	41:13
Robin King	W35	41:40
Bob Schickert	M50	41:41
Stuart Parkinson	M45	41:44
Aldo Giacomini	M55	41:48
Roger Whalan	M55	43:00
George Peet	M60	44:20
John Russell	M60	44:26
Jeanette Tiverios	W35	44:42
Ray Lawrence	M65	44:54
John Spencer	M55	45:11
Morris Warren	M55	45:26
Ron Sutton	M55	45:39
Jackie Halberg	W45	45:48
Robin Bonner	M60	45:56
Kirt Johnson	M65	47:00
Cathrin Holland	W35	48:00
Roger Crossman	M50	50:24
Frank Usher	M70	59:31
Toni Frank	W50	61:46
Lyn Schickert	W50	62:39
Ron Spencer	M50	63:11
Ernie Moyle	M70	65:00
6K Walk		
Lesley Romeo	W50	38:16
Jeff Whittam	M60	47:48
Dorothy Whittam	W55	47:49
Barrie Thomsett	M55	47:51
Val Wheeler	W60	49:00
Gillian Peet	W55	49:44
Val Tyson	W70	51:21
Val Bonner	W50	51:46
Fred Watson	M75	51:59



The Godfrey Pembroke View

Licensed Dealer in Securities ACN 002 336 254

A new regular "Vetrun" wealth check feature

No. 1 - *Passionate About Property*

Many Australians believe passionately in the virtues of investing in direct property, sometimes to the exclusion of all other forms of investment. In particular they are attracted to the bricks and mortar security of residential property - there is a degree of comfort in being able to touch and look at a building of your own.

Property can often be a great investment, however it is timely to reassess the merits of investing only in residential property.

REDUCING RISK

The principles of risk minimisation say that you should spread your property investments across different property sectors e.g. Commercial, Industrial, Retail, Tourist. This approach will help smooth out returns that will fluctuate as these various property sectors move through the economic cycle. It also means you are not taking a big bet that any particular property sector will produce the best results over any given period.

There are many alternative ways to achieve property exposure in a portfolio without the need for residential property and the potential problems it can bring.

Direct property is very "lumpy" - you need a lot of money to buy it. Often too much to consider proper diversification. It is also inflexible because you can't sell part of it to reduce your exposure. Also problems can arise with tenants and vacancy factors.

After tax and outgoings, rentals are often very low. There is a strong dependence on capital

gains to make the whole exercise worthwhile.

Given the outlook for the residential sector of the market over the next few years, it is likely that a spread of property types is a much safer investment.

Many investors are now looking at alternatives, such as property which is listed on the stock exchange. These listed trusts offer property exposure with flexibility and without the problems of being a landlord.

NON-RESIDENTIAL OPTIONS

Listed property trusts invest in a range of retail, industrial commercial, and tourist properties. Some specialise in only one area while others have a diversified portfolio of properties. However most of them share one important characteristic - *tax effective high income yields*. This is in sharp contrast to the low rentals usually available to residential property.

In addition listed property offers the prospect of capital growth over the medium to long term. And because they are bought and sold on the sharemarket, listed trusts provide a high degree of flexibility.

Godfrey Pembroke provides the recommendations and the purchasing facility.

Although extremely well-chosen residential property may continue to provide sound returns to investors it is essential that alternative property sectors be considered if you want to enjoy the benefits of a diversified portfolio.

INVESTMENT PLANNING

You should discuss the role of property in your portfolio with an experienced and qualified financial consultant who can review your personal situation and advise you on investments that match your circumstances and requirements.

Call Bowen Llewellyn* for a free appraisal of your investment portfolio and financial strategy.



481 4711

*Bowen Llewellyn is a Senior Consultant and Authorised Representative of Godfrey Pembroke Limited.



NAME BADGES

I was sitting at the recording table last Sunday at Joondalup waiting for the first runners to charge through the finishing chute. Suddenly they appear and line up at the table.

I start to take down each name, when the dreaded "mental block" hits me and I have to ask someone I know quite well what his name is.

If all the runners wore their badges on Sunday mornings, this embarrassment would not occur. So please, everyone, wear your badge. Not only does it help the recorder, it enables newer members to know who you are.

Ann Turner

FRANK LISTENED TO HIS BODY - SOMETHING WAS WRONG

I'm not at all sure that Richard Harris' insistence that members would find a blow-by-blow description of my recent operation and its aftermath to be scintillating reading, but I feel that there may be a useful message in the experience.

As "Vetrun" pointed out an issue or two back, I had a heart by-pass op in May. However, the trouble was evident in 1993 only I couldn't convince anyone in the medical profession that I had a problem. I had started getting chest pains after running two or three kms which required me to slow to a walk to recover. Apart from that my running performance - never brilliant - became abysmal.

I was offered the usual explanation of advancing age. I wasn't impressed since I know about calendars and the effluxion of time and in fact I had been noticing in detail the ravages of time on my performance. But what alarmed me was that the steady downward

curve on my performance graph became an almost vertical drop.

In December 1993 I managed to score a stress test which took me through a series of graduated exercises which, because of their stealthy nature, failed to show any abnormality. I was dismissed as another hypochondriac.

All through 1994 the plunge continued and in early 1995 I won another test. This one was on a bicycle type exerciser, (a useless piece of equipment for a runner) and I near as dammit past that test except for a slight anomaly towards the end. This entitled me to an angiogram which showed the main coronary artery to be 95 per cent blocked. 'I'd say that put me reasonably close to death's door! (I was clearly also following in the footsteps of my family members who have gone before!)

The one week stay in hospital was no sweat mainly because of the remarkable skills of the medical teams; my big problem was in getting through the door!

So what is the message? The message is that if you experience chest pain during exercise, even if it doesn't appear to have its origins in your heart (I thought my pain was in the oesophagus) request an angiogram in a hurry.

NB: My late brother would heartily endorse these thoughts. He allowed himself to be fobbed off with the odd ECG and the 'just another hypochondriac' line until it was too late.

Frank Usher

ENDANGERED SPECIES RED FLAGS

We are desperately short of red flags - 100 new flags were made last year, and we are missing a lot of these. Perhaps they are taking cover in someone's car, garage, spare room?? Would race directors and helpers please check all known habitats, and if any are rescued, please deliver them safely to a Sunday run.

AUSTRALIAN VETERANS CHAMPIONSHIPS TOWNSVILLE 28 APRIL - 1ST MAY 1995 HELD CONCURRENTLY WITH QUEENSLAND MASTERS GAMES

Every year the Australian Veterans Championships has its own characteristics and memories.

The 1995 championships were unique in that, for the first time, they were combined with a masters' games event. Held in the north Queensland town of Townsville, they took place on the new synthetic surface of the town's sports centre, and were held in conjunction with the Malanda Milk sponsored Queensland Masters Games.

Athletes had the option of entering in one or both of the competitions. Membership of a veterans' athletic club was a prerequisite for entry to the Australian Championships, but the Queensland Masters Games was open to all.

Results were calculated separately for the Veterans Championships and the Masters Games and the presentation of medals followed each other for each individual event. An athlete who had entered in both competitions and was placed in both, received two distinct medals for the one event.

The organising committee is to be congratulated for its efficiency in running this double-barrelled competition. The relaxed friendly atmosphere of a masters games event combined well with the quality performances of an Australian Veterans Championship. The social events, including opening and closing ceremonies and an athletes' dinner were popular and ensured that the 1995 veterans' championships will long be remembered.

Noela Medcalf

RUNNING AT 50

Richard has asked me to write an article on "Running at 50" for this newsletter. Running at 50 to me feels no different to running at 40 or 30 or even 20. You still have to get out of bed in the morning, put on your running shoes and go out the door. You still get nervous before a race even though you have run in hundreds of races. I have always seen running as a lifestyle thing. "Normal" people go running every day don't they? How else can you stay sane? It is just something I do without question. The fact that I go slower now than when I was 20 is quite irrelevant. What matters is how I feel now. If I'm enjoying training and feeling good when racing what do times matter. You never know when an injury will occur or some illness will strike. As they say "Make hay while the sun's shining". You can go from running personal bests to a frustrated, house bound running bore very quickly!

In general terms why is it that some athletes continue with their sport as they get older while many drop out? I believe this can be explained mainly by looking at why the person was involved in the sport in the first place. The two extremes or reasons are on the one hand the person who is involved to achieve a single goal and on the other hand the person who is purely in the sport because it is part of their normal lifestyle. All people who participate in sport will fall somewhere between these two extremes.

What happens when you get someone who is involved in the sport due to lifestyle factors and is highly competitive as well. You get a pretty solid athlete. What if the person has natural talent as well and has been in the sport from an early age? You know John Gilmour don't you?

It seems to me that most of the younger athletes are goal oriented. That is they train to achieve some measurable target within a certain period of time. Usually the target is what I would call short term - that is something that will occur in the current season. Coaches probably have a big influence on getting athletes to operate this way. Very few people are capable of focusing on targets which involve periods of time longer than 3 months. The problem with being goal oriented in athletics is that it is very difficult to achieve significant improvements in short periods of time and often injuries or sickness disrupt your plans.

The majority of veteran athletes seem to be involved in the sport due to lifestyle factors. However most of these people have not been involved in athletics from an early age. This usually has one consequence - they can not compete on equal terms with the few who have been in the sport from an early age. This does not matter greatly because they are in it for lifestyle factors anyway.

I believe I have been lucky in being mainly "lifestyle" motivated from my beginnings in the sport. This enabled me to set very long term goals which for many people would have been too far in the future. I never doubted I would be involved in the sport next year or in 10 years etc. I was also lucky to have come under the influence of John Gilmour when I first started running. My attitudes were greatly influenced by him.

You can examine your own attitude to your involvement in the sport by answering the following question :

" What are you training for?
Many people will answer : "To get fit"

Fewer will answer : "To be fit"
If you answer "To be fit" you are definitely in the sport for lifestyle reasons. Jim Langford

NATIONALS 1996

The National Championships at Easter next year will see the introduction of an event new to the West. This is the Weight Pentathlon. It has been gaining in popularity in the other states over the last few years and has been held as a championship event but separate to the Nationals. 1996 will see it as an integral part of the championships for the first time.

The Weight Pentathlon consists of the four usual throws and the heavy weight, with three attempts at each event scored on a points system.

The Heavy Weight is new to most Western Australian vets except for the few intrepid souls who pioneered this event for us on Norfolk Island a few years ago. This may be very appropriate as the event could be a reflection of our convict past because the implement is a round weight attached to a handle by a length of leg iron. It is in fact, a short heavy hammer and is thrown in the same way as the hammer. This can be with a standing throw over the shoulder, or the more adventurous could try to turn or two! Distances thrown are similar to those achieved with the shot and measurements are to the nearest 1cm.

The order of throwing for the Weight Pentathlon is Hammer, Shot, Discus, Javelin and Heavy Weight.

Finally before anyone asks, the Club does not currently possess any of the heavy weights, anyone wishing to try their hand will need to borrow or make one.

Heavy Weight Specifications:

Women	30 to 49	9.08K
Men	30 to 49	15.88K
Women	50 to 59	7.26K
Men	50 to 59	11.34K
Women	60 and over	5.45K
Men	60 to 69	9.08K
Men	70 to 79	7.26K
Men	80 and over	5.45K

Bob Fergie

CLIFF BOULD TROPHY - 15 OCTOBER 1995

This traditional club event attracted 114 entrants, including some visitors. The handicapper deserves most credit for making this event a success and it was a close finish with the "com back kid" John Pressley (off 20 mins) just failing to catch Peter Davies (off 6:30 mins). Jim Barnes (18:15) and Brian Danby (19:0) were next across the line and showed the benefit of their preparation for the Rottneest Marathon. Dick Horsley, who holds the M65 record of 45:07 (1978) spoke of Cliff's marvellous career before presenting the trophy.

Because the course is officially 5.2K x 2, I spent some time with Barrie Thomsett on Saturday measuring the course so that it was precise for record breaking purposes. We had a slight hiccup with the clock and your actual time for this distance was 60 seconds more than the clock displayed.

My thanks to Barrie who joined me at 6.30am to flag the course. The recorders were Margaret Ward and Sheila Maslen plus Joan Pellier. Marshalls were Brian Bennett and Pat Miller (plus dog). Arthur Leggett did the timing and Kirt Johnson joined the team of helpers simply because he arrived early! Number were handed out by Cliff Bould himself - he sure seemed to enjoy the attention!

Fastest time was Jim Klinge (M45) in 40:26, followed by Ralph Henderson and Warren Gee. No-one got within two minutes of the age group records, so more speed training for next year.

Ivan G Brown

Race Director

10.4K									
	Age	Time	H/Cap	Actual					
Peter Davies	M65	62:45	6:30	56:15	Lewis Arndt	M45	67:00	21:00	46:00
John Pressley	M50	62:55	20:00	42:55	Richard Harris	M55	67:02	15:00	52:02
Jim Barnes	M50	63:09	18:15	44:56	Kath Noordyk	W45	67:03	16:15	50:48
Brian Danby	M45	63:21	19:00	44:21	John Bell	M50	67:51	16:00	51:51
Jim Klinge	M45	63:26	23:00	40:26	Michael Anderson	M45	68:03	17:30	50:33
Merv Moyle	M65	63:47	11:30	52:17	George Peet	M60	69:14	10:00	58:14
Chris Gillard	M45	63:51	21:45	42:04	Stefan Frodsham	M40	68:23	16:30	51:53
Robert Reece	M45	63:58	12:30	52:28	Robin King	W35	68:33	11:00	57:33
Alan Chambers	M55	64:02	10:00	54:02	Shorty Turner	M60	68:36	8:15	60:21
Vicente Carrero	M55	64:08	19:30	44:38	Alan Jennings	M55	69:15	17:30	51:45
Mark Rosen	M45	64:13	20:30	49:43	Adrian Noordyk	M40	69:16	20:00	49:16
Max Thorley	M40	64:13	n/a		Ray Lawrence	M65	69:21	10:00	59:21
Ralph Henderson	M45	64:25	23:00	41:52	Roma Bettles	W45	59:23	11:15	58:08
Mike Rhodes	M45	64:30	15:30	49:00	Evan McRae	M45	69:35	23:00	46:35
Warren Gee	M40	64:52	23:00	41:52	Dave Hough	M60	69:38	12:00	57:38
Gareth Brunt	M40	64:55	22:00	42:55	Ron Sutton	M55	70:20	10:00	60:20
Helen Lysaght	W40	64:57	15:00	49:57	Jeff Spencer	M50	70:21	10:00	60:21
Ted Maslen	M60	64:59	17:00	47:59	Reece Waldock	M40	70:26	16:00	54:26
Aldo Giacomini	M55	65:01	12:00	53:01	Dalton Moffett	M60	70:27	15:30	54:57
Bob Schickert	M50	65:02	22:00	43:02	Milton Mavrick	M40	71:23	18:30	52:51
Merv Jones	M55	65:10	10:45	54:25	Vickie Hanley	W50	71:25	11:00	60:25
Jo Pearce	W45	65:11	9:30	54:41	Jeanette Tiverios	W35	71:26	11:00	60:26
Duncan McAuley	M45	65:14	23:15	41:59	Estelle Rogers	W35	72:33	7:00	65:33
Darry Dahlstrom	M40	65:15	22:00	43:15	Brian Smith	M55	72:34	12:00	60:34
John Pellier	M55	62:25	17:00	48:25	Arnold Jenkins	M50	73:45	13:00	60:45
Rick Thornhill	M45	65:31	13:00	52:31	10K Walk				
Rex Milligan	M40	65:35	n/a		Alan Pomery	M60	89:00		
Heather Sanderson	W45	65:39	9:00	56:39	5.2K - off scratch except for two				
Stuart Parkinson	M45	65:47	12:00	53:47	Paul Hughes	M40	24:41		
Bill Crane	M55	65:49	18:30	47:19	Dave Roberts	M50	24:59		
John Ferris	M45	65:52	22:30	43:22	Doug Hazel	M40	25:24		
George Schaefer	M60	66:10	18:00	48:10	Robin Bonner	M60	25:25		
Peter Airey	M55	66:18	14:00	52:18	Maxine Santich	W40	26:05		
Vic Waters	M50	66:19	20:00	46:19	Simon Mort	M35	26:06		
Bob Sammells	M55	66:30	18:30	48:00	Mike Berry	M60	27:40		
Brian Foley	M50	66:44	20:00	46:44	Keith Forden	M55	28:27		
					Norm Miller	M60	28:39		

John Smith	M60	29:10
Val Millard	W45	29:30
Cathrin Holland	W35	29:41
Joan Pellier	W55	29:53
Irene Ferris	W40	31:41
Allen Tyson	M70	32:28
Rosa Davis	W50	33:04
Anita Browne	W45	33:18
Jean Fisher	W45	33:19
Frank Usher	M70	35:18
Ron Spencer	M55	35:51
Tony Speechley	M50	38:34
Bruce Wilson	M50	45:30 (22:30)
Glenice Shanahan	W70	45:44
Nora Berry	W65	46:05
David Willmer	M40	46:29 (22:45)
5.2K Walk	off scratch	
John Mison	M45	31:19
Paul Martin	M50	31:20
Barry Weatherburn	M50	34:20
Michele Mison	W45	35:44
Bob Fergie	M60	35:46
Bob Chalmers	M55	37:16
George Masters	M60	39:42
Jackie Billington	W50	40:00
Lynne Schickert	W50	42:15
Lorna Lauchlan	W65	42:20
Ernie Moyle	M70	42:29
Val Wheeler	W60	45:44
Faye Walton	W50	48:21
Val Bonner	W50	56:37
Dick Horsley	M80	72:33

VISITORS

Darren Reece	10.4K	64:00		
Nicole Riabuddha	10.K	64:51	23:15	41:06
Lynn Fraser	10.4K	64:51	8:00	56:51
Bob Carter	10.4K	65:30		
Neil McRae	10.4K	65:57		
Basil Hannah	10.4K	67:26	24:30	42:56
Stewart Hoskin	10.4K	71:06		
Alan Smith	5.2K	29:21		
Kevin Jamieson	5.2K	48:30 Walk		
Coralie Clarke	5.2K	57:30 Walk		

VETS DID WELL

Bob Sammells points out that Vets did well in the WA State Orienteering Championships at North Ledge in October.

Men 50A: Brian Hardy, 2nd Dave Muir 3rd.

Men 60A: Jeff Whittam, 1st

Women 35A: Joan Merrifield, 1st

Women 45A: Jan Fletcher, 1st

Letters to the Editor

MAD MICK'S MATES

The greatest runners in the land
are old Mick Cousin's Sixties Band.
That's Reckless Robin, Dashing Dick,
Galloping George and then Mad Mick.

On Sundays they all run in packs
through City streets and wild bush tracks
with barefoot Ted and Raving Dave,
Dashing Dalton and others brave.

Said Mad Mick, "We'll all make a break
and one of us a record make."
Said Reckless Robin, "Have no fear
for I too will volunteer."

"No make it me," said Dashing Dick
"I'm not pretty but I'm quick
when Raving Dave picks up my trail
I'll just surge on; I will not fail."

"Quick," said Dalton, "No delay,
We musn't let them get away,"
and leaping off said "Follow me,"
and ran head first into a tree.

Oh how they ran to beat Fast Ted
Win they must or they'd be dead.
And when he sought their kind assistance
All rushed past with grim persistence.

Then into sight Bold Dave came hopping
right past Robin, no sign of stopping.
Said George, "I think perhaps we're gaining."
"No," said Dalton. "He's been training."

At last all worn out, tired and dizzy
they look for Mick and said, "Where is he?"
They're still running, the truth's unspoken
Mick's home, showered and the record's broken.
George Schaefer

YOU DESERVE A NEW SHIRT OR SINGLET!

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

(To be worn at National Championships)

Club - Singlet Black and white singlets 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 @ \$15.00 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 and in corduroy @ \$7.00.

Car stickers and iron-on badges @ \$2.50

ORDER FORM

Please Supply:

..... Qty..... Size

Post to: Club Treasurer, U2/65 Campion Avenue, Balcatta WA 6020

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

PRINT POST APPROVED

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

RUNS COMING UP

Canning Caper 12.11.95.

An out-and-back course on foot/cycle paths alongside the Canning River. The 6K event turns at the 3K point on the 10K course.

A very pretty run if you have time to enjoy the scenery.

Hazards: other park and pathway users, e.g. people walking dogs and cyclists.

Recovery Run 19.11.95.

Just that, a chance to have a social walk or run to recover from the vigours of the Club's Annual Dinner and Dance. No times are taken.

From the Start, the course follows the river shoreline south-west along foot/cycle paths, mainly, to Beaton Park. This is the turn point for the 5K people, who retrace the course to the Finish.

The less fragile climb to Sunset Hospital, go along Birdwood Parade for a few hundred metres before joining the outward path to the Finish.

Hazards: other than those that are self-imposed, just other path users

Shoalwater 10 26.11.95

The "10" refers to the picturesque 10K course which is run as two legs of a 5K out-and-back course. Walkers, and those runners opting for the short course, cover the first leg only.

This pleasant course is flat and fast so if you want to go for a good time, this is the course for you.

Hazards: the great views of Shoalwater Bay; you might inadvertently go through the finish and carry on around the Bay!

Age Group Relays 3.12.95.

Age group relay teams (three runners or two walkers) race 5K legs around Heirisson Island with the Start/Finish in McCallum Park.

Like the Four Hour Relays, the aim is to beat the other teams or, failing that, Age Group records. Unlike the Four Hour Relays, each team member covers the 5K once only.

It's a lot of fun. Come and have a go!
Hazards: sprinkler hoses and loose gravel on the island, cyclists and anglers on the bridge. Oversleeping - this is our first 7.30 start!