



# The Vetruns

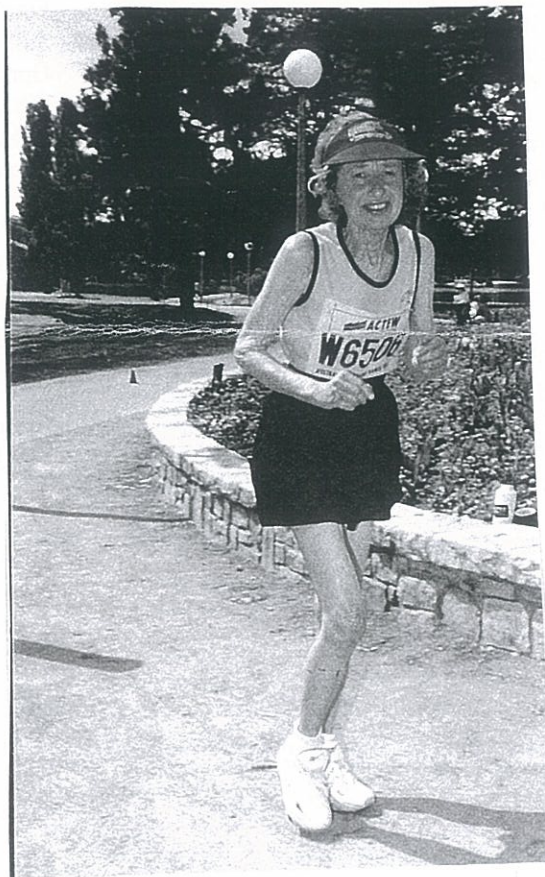
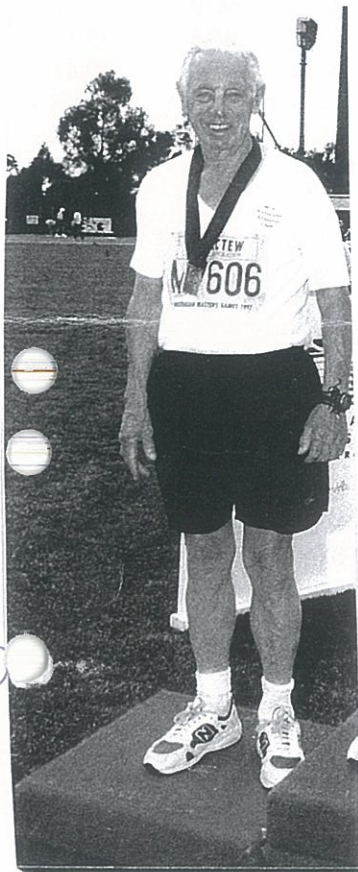


No. 290 November 1997

Patron: Bill Hughes

President: Brian Foley

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*Fred Watson and Val Wheeler won gold medals in Canberra.* Page 9

*Michele and John Mison*



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*How's your weight?  
What's your resting pulse?  
What are your goals?  
Talk to me – Richard Harris.*

## RUNNING MATES

Michele and John Mison

Meet this month's mates in running, John and Michele Mison, both born in NSW, Michele Sydney, John Nowra. Michele swam at school, John played tennis, sailed, played golf once and got a hole in one but found it too boring.

They met at Little Athletics where their children competed in the walks. John has two boys, 25 – 21 years; Michele one boy 27 and two girls 25-23. A couple of the children went on to represent the State and Australia in Athletics but none went on to senior athletics. John and Michele said they both started walking as it was so cold waiting around while the children were training.

John at present is studying law, is also a bit of a handyman and enjoys making things. John's also run in many fun runs and in the Wang Marathon in Sydney in 1985.

Michele and her son graduated together, Michele did her bachelor of science at Curtin. She also does voluntary work for the Brain Injury Foundation and Neighbourhood Watch and says she only



needs around three hours sleep (good grief, I need at least eight).

The Misons came to Perth nine years ago when John was transferred in his work but prefers NSW and hopes to return after retiring.

**OCCUPATION:** Michele, Director of Nursing; John, Chartered accountant.

**HOW DID THEY HEAR ABOUT THE VETS?** John came to Perth first and joined Melville Athletics, heard from Dick Horseley. He says WA Vets are much friendlier than NSW Vets.

**WHAT THEY LIKE ABOUT THE VETS:** Michele – everyone's friendly and sociable. John – people take you for what you are and not who.

**ANY CHANGES?** Both said things are fine.

**FAVOURITE RUN:** Michele – Lake Monger. John – Point Walter.

**FAVOURITE DISTANCE:** Michele – longer the better. John – five metres – no 10 km.

**OTHER INTERESTS:** Michele – loves formula one racing; owns an 18 ft sailing skiff. John – work and study.

**MOST PLEASING PERFORMANCE:** Michele- 5km walk in 27.9 at Canberra in 1988. John – won two NSW State titles in 1988 at 20 km and 30 km walks.

**FAVOURITE FOOD:** Michele – chilli and fish. John – anything on Boatshed menu (Neither John nor Michele can cook)

**FAVOURITE TV:** Michele – watching formula one cars. John – no time to watch.

**FAVOURITE FILM:** Michele – Piaff. John –Baghdad Café.

**PET HATE:** Michele –smokers and cooking. John – cats, every time I wash my car they walk all over it. –

**JOAN PELLIER.**

#### HERDSMAN RUN AND WALKS

November 2 1997

We were fortunate that the morning was cool, the forecast being 31 degrees, however there was quite a strong wind blowing across the Pony Club arena, not quite as strong as last year though.

This year the Pony Club were not holding an event so we were able to use the clubhouse verandahs for morning tea after the run. Also the visiting physios were able to have a shady spot to practice their healing ministrations and they were kept very busy.

There were several new records set this year and they are marked in the results. This year we also decided that those walkers who did not wish to walk on the uneven surfaces of the course, once on to the cycle track, could continue along this to the turn, giving them a 4.8 km walk.

We would like to thank our willing "band" of helpers – Judy Hill and Val Wheeler on recorders, Fred Watson selecting the numbers, Jim Shaw keeping the timing and Bob Sammells, Ken Whistler, Barrie Thomsett and Michael Blackman (grandson) conducting the drink stations, also to Jackie Halberg for arranging the morning tea, and the physios for helping to soothe away all your aches and pains.

Hope you all enjoyed the run and we will see you all again next year. –Dorothy and Jeff.

#### RESULTS

\*record

5km run

David Wilmer	M40	18.42*
Ian Davies	M50	19.55
Ian Lankester	M45	20.20*
Blakeney Tindall	M35	20.50*
Paul Martin	M55	20.52*
Alec Holm	M50	21.02
Hugh Kirkman	M55	21.10
Doug Hazell	M45	21.11
Don Caplin	M55	21.39
Sue Vetten	W45	22.58
Stuart Parkinson	M50	23.16
Peter Airey	M60	23.34
Simone Solomon	W30	23.38*
John Bramley	M55	23.46
Roma Barnett	W45	26.07
Vic Beaumont	M65	26.21*=
Keith Forden	M55	26.28
Jackie Halberg	W50	26.32*
Joan Pellier	W55	26.39*
Brian Aldrich	M65	26.44
Val Millard	W50	27.11
Peter Davies	M65	27.17
Brian Palmer	M50	27.36
Ray Lawrence	M65	27.49
Wendy Clements	W55	27.51
Noella Medcalf	W60	29.31

Norm Miller	M65	30.21
Garnett Morgan	M70	31.03*
Susan Brand	W50	31.42
Phyllis Farrell	W50	32.00
Margaret Bennett	W55	33.04
Grahame Roland	M40	33.05
Anita Brown	W50	33.09
Jean Fisher	W50	33.10
Mark Johnson	M45	34.46
Frank Usher	M70	37.38
Sue Lloyd	W45	38.15
Gordon Medcalf	M65	38.41
Denise Lankaster	W45	38.46
Glenice Shanahan	W70	38.54*
Jaqui Billington	W50	43.30

5km walk

Ray Hall	M60	31.26*
Greg McDowell	M40	32.21*
Lynne Schickert	W55	37.34*
Dick Blom	M60	37.53
Pam Smith	W55	42.08*
Ernie Moyle	M70	44.30*
Maggie Flanders	W60	46.42*

4.8 km walk

Lorna Lauchlan	W60	38.14*
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4.8 km run

Mary Hepple	W65	33.34*
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9.6 km walk

David Brown	M50	65.13*
Michelle Mison	W50	66.47*
Jill Midolo	W50	76.19

10 km run

Tony Heppener	M45	37.18
Jim Langford	M50	37.24*
Ross Parker	M45	38.49
B Phillips	M30	39.29*
John Cresp	M45	39.32
Warren Gee	M45	39.35
Ralph Henderson	M45	39.57
Steve Burg	M40	40.07
Anne Shaw	W45	40.18*
Gary Fisher	M45	40.28
Gareth Brunt	M45	40.45
Bob Schickert	M55	41.22
Doug Ashfield	M40	42.12
John Bell	M50	42.24
Sue Ilnay	W35	42.28*
Chris Kawdiski	M40	42.42
Peter Sanders	M50	42.46
Jan Kelly	W40	42.52*
David Carr	M65	43.55
Brian Foley	M50	44.04
Alan Jennings	M55	44.20
Milton Mavrick	M40	45.19
Peter Hill	M45	45.40
Paul Kelly	M40	45.56
John Pellier	M55	46.21



George Schaefer	M60	46.45
Mike Anderson	M45	46.52
Margaret Birks	W50	46.56*
David Muir	M50	48.08
Margery Forden	W55	49.16
Brian Smith	M55	49.16
Arnold Jenkins	M50	49.38
Frank McLinden	M65	51.09
Val Shirley	W45	51.22
Dalton Moffett	M65	52.04
Gerry Prewett	M40	52.11
Merv Moyle	M70	52.43*
Sue Sanders	W40	53.40
Morris Warren	M60	53.52
Trevor Brown	M55	55.54
Irene Ferris	W45	56.07
Gary Branan	M45	57.31
Eileen Brown	W50	62.05
Margaret Warren	W60	74.06

#### Visitors

##### 5km run

Gary Glover	20.31
John Gillies	38.45
Dianne Roberts	40.50
Robert Weaver	21.35

##### 10 km run

John Wanberg	41.56
Hyrem Maunsell-Paea	43.07
Bruce Haustead	43.41
Fred Reid	45.37
Joel Knox	52.11
Ross Roberts	64.45

### COPY FOR THE VETRAN

Results and copy items can be posted directly to Richard Harris at 30 Cosmelia Way, Parkwood WA 6147 Ph. 9457 6102 or see at regular Sunday runs.

### WELLINGTON MILLS CAMP

Sept 27-29 1997

A smaller number of members than usual attended the Wellington Mills Camp this year, due to some of the regulars who were on holidays, eg Turners, Schickerts, Millers, also some members had more pressing commitments.

However, I think I can speak for the group by saying it was a great

weekend, good run/walks, good food, good company.

When Brian and I arrived we entered hut no 5 where Jeff Whittam was very happily surrounded by his group and we were firmly told the accommodation was full and to go next door...

Roma and Ray showed true grit by driving down with a very sick motor vehicle, they eventually arrived rather late but fortunately safe and sound. There were just six in Hut no 5, supposedly one of the quiet huts, except they are all quiet these days – but we made up for it with continuous conversation. Some of this was reminiscing with Val Tyson who was able to join us for the weekend.

We walked every morning at 7.30 am (no comments please on the starting time), the distance getting longer each day. We reveled in the tranquility of the forest, marveled at the wildflowers and wished we came down more often. Thanks to Graham Thornton, for the organising, and to Keith Forden who always uses his knowledge of the area to help mark/measure the morning running routes and leave out water for the runners, wherever necessary.

The weather was almost perfect, warm, no wind and crisp mornings (cold nights).

The football was a must for some, who went to the local hotel at Dardanup, to watch the match on Saturday afternoon.

I tried to avoid celebrating another birthday. However, thanks to Brian and Mike and Helen, Roma and Ray I was greeted by balloons inside and outside the cottage, and "Happy Birthday" sung to me before we went off on our Sunday morning run. Thank you all for your birthday wishes.

Sunday we whiled away a few hours at a local winery (a revisit to to Warnsborough winery) some club members had been there in March 94 (a memorable year, I heard tell) for not only wine tasting but lunch, with a magnificent lookout on the surrounding green valley from all sides. After three hours of wine tasting and eating, a good rest was recommended. Sunday evening, a very pleasant BBQ together.

The kangaroos were as friendly as ever, this time several of them had young joeys who proved very entertaining. The Splendid blue wrens were also present.

Time spent sitting on the verandah letting the atmosphere soak into one, was most enjoyable.

Thanks once again to Graham for organising the weekend, and Lorna for her contribution in the above (the infamous Hut No 5) and we are looking forward to the next time. – Margaret Bennett.

### MY FAVOURITE RUN

I don't have to think too long and hard about that. There isn't a lot to choose from. Tuesday's run with the Vets in Kings Park, beach running and irregular runs around Perry Lakes/Bold Park is all I manage these days. If nothing else, that supports my preference for off road running.

So what is it that keeps me committed to Tuesday's run? For one, it's to catch up on the gossip (and Simon's latest injury!), but primarily to enjoy the sheer pleasure of being in the bush. The constant changing of the course, the twists and turns, the hills and right now the wildflowers and the possibility of snakes on the track – keeps my mind off the distance covered. Baffling why we can't convince the road runners that something is missing from their lives. Maybe it's the company? Three of us doing the cross country and 10-20 doing the alternative courses. Does that tell you anything??

Every time I think of beach running, Joan Pellier springs to mind. My ears ring with the memory of her voice after the last beach run the vets had at Floreat. It was brought to my attention in no uncertain terms that not everybody enjoyed beach running as I do, and that was a complete surprise to me. We're both satisfied now. That particular run no longer exists and I recognise that I'm pretty much alone when it comes to enjoying a run in the sand. Sure – the actual running is somewhat mundane with little variation in terrain, there is, however, always something to attract my attention.

Whilst most of the nude beachgoers are discreet, there's often one who thinks I should take a little more notice of what they're adorned with.

Then there's the dogs, or more accurately the dogs owners. Guaranteed – you will be accosted by at least one dog. Also guaranteed – the owner's response. "Down ---down. He/she won't bite you know. He/she just likes to play." Then the broad smile which I



interpret as "Isn't it the most adorable animal you ever saw?"

Nothing like a bit of sand and saliva to go with the perspiration.

Not often is the beach void of a fisherperson. Yet it is a rare sight to see one pulling in a catch. Maybe it's just the solace of it all that attracts them, or the sunsets/rises. The feeling of diving into the ocean at the end of a run on a warm day is a reason in itself to want to run on the beach.

Perry Lakes and Bold Park offer similar pleasures to Kings Park with the added bonus of abundant grassed area which is good for speed work – should the urge take. Despite the occasional thought of running fast again, the practical application to achieve that just won't happen for me. The comfort of 5 minute K's is most enjoyable.

How do I select a favourite out of those?? I don't. – Maxine Santich.

#### CLUB PENTATHLON

Due to the unavailability of the Perry Lakes track on Sunday January 4, the Club Pentathlon will be held on Thursday 15 January at Coker Park, Cannington, at 6 pm under lights. There will also be some supporting track events – 60 metres, 1500m Walk, and 1500m run.

#### DIARY DATES

##### \* CHRISTMAS GIFT RUN

Sunday 21 December, McCallum Park, 7 am. Bring a small gift.

##### \* CLUB PENTATHLON

Thursday January 15, Coker Park 6pm

##### \* NEW ZEALAND MASTERS

31 Jan-8 Feb, Dunedin NZ  
64 3 474 1429 general  
64 3 466 7718 athletics

##### \* STATE CHAMPIONSHIPS

Sunday 22 March, Coker Park, Pentathlon.  
Thursday 26 March, McGillivray, Steeplechase.  
27-29 March, Coker Park, track and field.

##### \* NATIONAL CHAMPIONSHIPS

9-13 April 1998, Brisbane.

Entry forms: Jackie Halberg after Christmas.

##### \* WA STATE MASTERS GAMES

April 23-27 1998, Albany.

Enquiries: PO Box 553 Albany 6330.

##### \* NIKE WORLD MASTERS

9-22 August 1998

Portland, Oregon USA

##### \* HONDA MASTERS GAMES

17-24 October 1998, Alice Springs

Enquiries: PO Box 1095, Alice Springs, NT 0871.

08 8951 5329.

##### \* WAVA WORLD VETERANS CHAMPIONSHIPS

29 July-8 August 1999

Gateshead UK.

##### \* WAVA WORLD VETERANS CHAMPIONSHIPS

Brisbane 2001.

#### WELCOME NEW MEMBERS

Trevor Brown

Eileen Brown

Winston Hough

Bee Ng

Gregory McDowell

Doug Ashfield

Katrina Spilsbury.

Alex Cummings

Michael Johnson .

Brendan Phillips

Maria Phillips

Graeme Scaddan

Simone Solomon

Dawn Styles

#### TIME CHANGE

Remember from December 7 –  
Mosman Park run – to February  
22 – Woodman Point Run –  
Sunday runs begin at 7 am.

#### ANGELS WITH TABLES

Have you wondered who those wonderful people are who have been coming to some of our runs armed with tables, towels and TLC? They are students of massage, who under the supervision of their lecturer

Malcolm Calcutt, are gaining valuable experience and at the same time soothing many a tortured body.

Malcolm is an experienced masseur who accompanied the Australian team to Athens for the World Championships this year. He says it is very rewarding working with the Vets. They provide feedback on the massage, and they are very appreciative of the efforts of the "angels."

## BRISBANE

### AUSTRALIAN VETERANS ATHLETIC CHAMPIONSHIPS

Brisbane, Queensland

Dates: 9,10,11,12,13 April 1998.

Closing date: 20 February 1998

Venue: QE11 Athletic Centre, Kessels Rd, Nathan.

\* Track and Field

\* Pentathlon

\* Weight Pentathlon

- QE11 Athletic Centre

\* Cross Country

\* Road Walks

- to be advised

Provisional schedule –

Thursday 9 April:

Start time 9 am

Weight Pentathlon.

Friday 10 April

Start time 9 am

Sprint Hurdles (afternoon)

400m heats & finals (afternoon)

10 000 m run (late afternoon, evening)

Pole Vault

Hammer Throw

Shot Put.

Saturday 11 April

Start time 9 am

1500 m

1500 m heats & finals

5000 m track walk

2km/3km steeplechase

Long jump

High jump

Discus

Javelin

Weight throw

Sunday 12 April

Start time 9 am

300/400m hurdles

800 m

200 m heats & finals

5000 m run

Triple jump

High jump



Discus  
Javelin  
Weight throw

Monday 13 April  
Start time 8 am

Pentathlon  
10km Cross Country  
10km /20km Road Walks

Finalised program showing age groups on specific days will be sent to you on confirmation of your entry.

Entries close: 20 Feb 1998.  
No late entries accepted.  
Official State Uniform is compulsory.  
Entry forms available after Christmas.

### DANBY'S RUN

7 September 1997

The 17<sup>th</sup> and final run took place on a cool day and then sunny. All went well thanks to all my helpers and Sue thanks Pat Savin for kitchen duties. I can't find last year's Vetrin so I can't see if any records were set – sorry. It's a pity it's all over at Pinnaroo. The runs were great. There is some potential at Kingsway Reserve – I'm investigating. – Brian and Sue Danby.

Our New Location:  
Brian and Sue Danby  
3 Harewood Place  
Marangaroo Ph 9247 2326

Results –

#### 12.8 km

Chris Maher	M40	52.59
Sue Zlnay	W35	54.32
David Bishop	M40	55.50
Ann Shaw	W45	57.29
Ralph Henderson	M45	58.11
Bob Schickert	M55	59.12
David James	M40	59.22
Janet Kelly	W40	60.21
Don Caplin	M55	60.50
Nigel Wake v.	M40	61.03
Ian Lankester	M45	63.36
C Kowalski v.	M40	64.13
Steve Lewis	M45	65.01
Brian Bennett	M50	65.07
Brian Danby	M45	65.16
Alan Jennings	M55	66.43
Paul Martin	M55	67.21
Sue Prewett	W40	67.31
John Pellier	M55	69.41
Paul Kelly	M40	71.36

Keith Atkinson	M40	74.04
Marg Forden	W55	74.31
Brian Smith	M55	74.50
Gerry Prewett	M40	75.52
Julie Rubie	W30	75.53
Morris Warren	M55	77.23
David Carr	M65	78.35
Richard Harris	M60	78.56
Dalton Moffet	M65	79.11

#### 8.4 km run

Wally Crowley	36.41
Vic Waters	39.25
Blakeney Tindall	40.08
Brian Foley	41.20
Bob Sammells	42.36
Mike Khan	43.08
Peter Airey	44.44
Graham Thornton	44.50
Sue Vetten	44.54
Lyn Harrop	45.04
John Bell	45.24
Arnold Jenkins	45.55
Tony Speechley	47.58
Bernadette Height	50.28
Brian Palmer	50.31
Margaret Warren	50.43
Roma Barnett	53.42
John Russell	53.44
Val Millard	54.19
Trevor Brown	55.40
Irene Ferris	56.25
Ken Whistler	60.13
Rosa Davis	64.46
Marg Bennett	64.46
Frank Usher	69.07

#### 6km walk

Richard McPherson v	36.28
Bob Fergie	M60 36.42
Ray Hall	M60 36.58
Barry O'Sullivan	M50v. 37.22
Leslie Romeo	W50 38.11
Michele Mison	W50 38.46
Dorothy Whittam	W60 45.34
Lynne Schickert	W55 45.35
Judy Lankester	W45 45.43
Lois Smith	W45 46.17
Ernie Moyle	M70 46.48
Jeff Whittam	M60 48.05
Maggie Flanders	W60 50.50

#### 4km run

Simon Mort	M40	17.41
John Brambley	M55	17.59
Joe Stickles	M55	18.26
Joan Pellier	W55	20.08
Heather Sanderson	W45	20.45
Kirt Johnson	M65	21.47
Val Millard	W50	21.59
Keith Forden	M55	22.28
Noela Metcalf	W60	22.32

Wendy Clements	W55	22.38
Jan Jarvis	W50	23.21
Denise Lancaster	W45	24.02
Bernie Zaehner	W35	24.14
Jenny Barnes	W45	24.38
Lorna Lauchlan	W65	26.34
Jackie Billington	W50	27.05
Phylis Farrell	W50	27.06
Pat Carr	W65	31.43

### 20<sup>th</sup> CLIFF BOULD TROPHY

12 Oct 1997

Despite competition from the Port to Court relay I was thrilled to find 89 entrants present for this traditional handicap race. The weather was perfect –maybe a little warm for the older members but overall there was a great atmosphere. The morning tea under the shade trees provided an ideal setting for John Gilmour to present the trophy to Wendy Duncan, who for once was lost for words, and then speak of his association with Cliff and others in the early 70s when this Club was formed.

Being in my early 50s, I could not help thinking about how many of my contemporaries will be present at the 40<sup>th</sup> Cliff Bould trophy presentation! Food for thought, eh? A special mention again to Brian Bennett, Sue Zlnay and the great Jim Langford who finished close together to fill the minor placings in the 10.4 km race. The 5.2 km walk was won by Ray Hall. John Mison and the youthful Richard McPherson conducted their own 10.4 km walk event.

My sister Helen, on holidays from Victoria, joined in the 5.2 km run. She found the group very friendly and I thank those who found time to chat, particularly Joan Pellier and Anne Shaw. Dave Wilmer won in fine style.

Thanks to Margaret Bennett, again, Mary Heppell, Joe Stickles, Richard Harris, Jenny Barnes and Kirt Johnson for helping out.

A special acknowledgement to Bev Thornton who helped with the recording and then found Graham lying prostrate on the ground with a broken collar bone. His appearance at Rosie's for lunch guarantees the award for best clubman, best ironman or something.

Finally I must congratulate those who broke records, Jim Langford, M50, previously held by Rob Shand (1983),



Anne Shaw, W45, beat her own record by 7 seconds; Sue Zlnay (previous Robyn King) – Ivan Brown.

# (add Cliff Bould trophy)

## 5.2km scratch

David Wilmer	M40	19.46
Ian Davies	M50	25.53
Joan Pellier	W55	28.30
Helen Brown vis	W50	31.16
Noela Metcalf	W60	34.31
Eileen Brown	W50	35.26
Garnet Morgan	M70	35.27
Lorna Laughlan	W65	35.39
Frank Usher	M70	36.18
Jo Pearce	W45	37.36
Roma Barnett	W45	37.40
Ron Spencer	M55	38.04
Graham Rowland	M40	38.04
Margaret Taylor	W45	38.10
Shirley Bell	W45	38.53
Sheila Maslen	W55	38.55
Allen Tyson	M70	39.58
Glenys Shanahan	W70	42.21
Arthur Leggett	M75	43.49
Toni Frank	W50	44.50

## TRACK & FIELD RESULTS Coker Park - Oct 23 1997

2000m Walk			
Greg McDowell	M40	10:30.8	
Michele Mison	W50	12:44.9	
Robin King	W35	12:51.4	
Dorothy Whittam	W60	13:41.9	
Glenice Shanahan	W70	16:20.2	

Hammer Throw			
Alex Cummings	Vis	24.42m	
Dorothy Whittam	W60	21.88m	
Eileen Hindle	W45	21.76m	
Ron Tompkins	M75	20.86m	
Ken Whistler	M65	18.74m	
Allen Tyson	M70	18.66m	

Long Jump			
Dave Wyatt	M45	5.29m	
Paul Covich	Vis	5.12m	
David Newland	M40	4.47m	
Eileen Hindle	W45	4.41m	
Katrina Spilsbury	W30	4.16m	
Leon Sander	W60	3.95m	

400m (for points)			
David Carr M65	65.4	85.9%	
Anne Shaw W49	66.5	83.4%	
Lynne Choate W44	66.1	80.5%	
Peggy MacLiver W53	71.4	80.5%	
Brian Foley M53	64.7	78.2%	
Norm Richards M60	68.6	78.2%	
Leon Sander M60	69.2	77.5%	
Garry Doyle M50	63.9	77.4%	
Ivan Brown M52	65.7	76.5%	
Pat Carr W65	87.0	74.7%	
Noela Medcalf W62	87.7	71.7%	
Milton Mavrick M43	66.1	71.2%	
Ken Whistler M66	80.4	70.6%	
Delia Baldock W35	70.6	70.3%	
Ian Sanders M39	65.4	70.1%	
Phil Hawks M38	65.4	69.6%	
Robin King W39	73.7	69.4%	
John Pellier M57	77.2	67.7%	
Allen Tyson M72	90.3	67.2%	
Jim Riddell M58	79.3	66.5%	
Katrina Spilsbury W31	73.6	65.5%	
Richard Harris M60	83.6	64.1%	
Glenice Shanahan W73	135.2	53.4%	
Michele Mison W50	111.3	50.3%	

## Visitors

Barry Hayden	56.7
Richard Parker	57.5
Shane Nangle Heat 1	58.4
Shane Nangle Heat 4	58.9
Paul Covich	59.0

## Javelin Throw (for points)

Ken Whistler M66	26.08m	48.4%
Rob Shand M65	25.42m	46.2%
Dorothy Whittam W61	17.46m	42.1%
Pat Carr W65	15.14m	40.4%
Norm Richards M60	23.56m	39.0%
Ron Tompkins M75	16.70m	36.7%
David Carr M65	20.08m	36.5%
Leon Sander M60	21.40m	35.4%
Noela Medcalf W62	14.14m	35.0%
Allen Tyson M72	16.42m	34.1%
Eileen Hindle W48	16.42m	33.3%

Lynne Choate W44	17.38m	31.9%
Brian Foley M53	17.88m	28.2%
Katrina Spilsbury W31	20.44m	26.9%
Ian Sanders M39	20.64m	25.0%
Robin King W39	14.62m	23.6%
Anne Shaw W49	9.84m	20.4%
Michele Mison W50	10.66m	19.4%

Alex Cummings	Vis	21.16m
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## TRACK & FIELD RESULTS McGillivray Oval - Oct 16 1997

100m			
David Clive	M60	12.7	
Paul Covich	Vis	12.8	
Garry Doyle	M50	13.6	
John Stone	M45	13.6	
Dave Wyatt	M45	13.7	
Ian Sanders	M35	14.1	
Phil Hawks	M35	14.2	
Vic Humann	Vis	14.4	
Janet Jarvis	W50	14.8	
Norm Richards	M60	14.9	
Leon Sander	M60	15.0	
Delia Baldock	W35	15.7	
Richard Harris	M60	18.2	
Allen Tyson	M70	18.4	
Glenice Shanahan	W70	26.2	

Discus			
Ed Carroll	M55	36.66m	
Rob Shand	M60	25.90m	
Leon Sander	M60	25.88m	
Gordon Medcalf	M65	22.46m	
David Carr	M65	19.54m	
David Newland	M40	19.44m	
Allen Tyson	M70	19.02m	
Chris Toster	Vis	17.36m	
Noela Medcalf	W60	17.24m	
Pat Carr	W65	14.66m	

1200m Walk			
Ray Hall	M60	07:33	
Robin King	W35	07:36	
Cathie Plowman	Vis	09:39	
Glenice Shanahan	W70	09:45	

3000m			
			%
Jim Langford M53	09:46.0	88.4	
Anne Shaw W49	11:01.8	85.9	
Frank Smith M55	10:36.8	82.7	
David Carr M65	12:00.4	80.4	
Tessa Brockwell W41	11:33.5	76.4	
Maurice Creagh M51	11:19.6	75.0	
Stephen Dunn M31	10:00.5	74.8	
Alan Jennings M57	12:00.5	74.4	
Robin King W39	11:57.8	72.6	
Peggy MacLiver W53	13:34.6	72.5	
Ken Whistler M66	13:52.9	70.3	
Richard Harris M61	13:13.0	69.5	
Jackie Halberg W51	14:15.0	67.7	

RESULTS, 10.4KM	age	clock	h'cap	actual
Wendy Duncan	W45	59.25	7.30	51.50
Brian Bennett	M50	62.24	17.00	45.24
Sue Zlnay	W35	62.27	18.30	43.57
Jim Langford	M50	62.36	25.00	37.36
Ian Lankester	M45	62.49	20.00	42.49
Ann Shaw	W45	63.10	21.30	41.40
Brian Palmer	M50	63.38	6.00	57.38
David Bird	M60	63.42	17.00	46.42
Peter Airey	M60	63.44	11.00	52.44
Noelle O'Riordan	W35	63.48	13.00	50.48
Gareth Brunt	M45	63.50	21.30	42.20
Stan Lockwood	M65	64.02	13.30	50.32
Milton Mavrick	M40	64.04	18.00	46.04
Stephen Dunn	M30	64.06	24.00	40.06
Jim Klinge	M50	64.21	22.30	41.51
Alan Jennings	M55	64.26	16.30	47.56
Margaret Warren	W60	64.27	7.45	56.42
Bob Sammells	M60	64.28	16.00	48.28
Gary Fisher	M45	64.40	22.00	42.40
Mike Hale	M50	64.43	16.00	48.43
Jim Barnes	M50	64.43	18.45	45.58
Ralph Henderson	M45	64.46	22.00	42.46
Mike Karra	M30	64.56	20.00	44.56
Chris Reid(vis)	M30	65.03	22.30	42.33
Graham Thornton	M55	65.11	15.15	49.56
Margaret Birks	W50	65.13	15.30	49.43
Mike Khan	M50	65.21	17.00	48.21
Michael Anderson	M45	65.42	16.45	48.57
Ross Parker	M45	65.46	25.00	40.46
Mark Rosen	M45	65.47	20.30	45.17
Val Millard	W50	65.48	8.30	57.18
John Smith	M60	65.49	8.00	57.49
John Pellier	M55	65.51	17.00	48.51
George Schaefer	M60	66.01	15.00	51.01
Irene Ferris	W40	66.15	4.45	61.30
Aldo Giacomini	M60	66.18	10.00	56.18
Jan Kelly	W40	66.24	20.30	45.54
Brian Smith	M55	66.40	12.00	54.40
John Brambley	M55	66.49	15.00	51.49
Paul Martin	M55	66.57	17.00	49.57
Peter Hill	M45	67.02	16.00	51.02
Mary Murphy	W50	67.18	4.00	63.18
Oliver Mueller (vis)		67.20	?	?
Paul Kelly	M40	67.48	20.30	47.18
Jackie Halberg	W50	67.50	8.00	59.50
Dalton Moffatt	M65	68.02	11.00	57.02
Doug Ashfield	M40	68.07	22.00	46.07
Brian Aldrich	M65	68.16	6.00	62.16
Evan McRae	M45	69.08	20.00	49.08
Brian Hunter	M50	69.12	12.00	57.12
Morris Warren	M60	70.47	10.45	60.02
Trevor Brown	M55	71.01	8.00	63.01
Paula Karra (vis)		71.03	11.00	60.03
Doug Hazel	M45	71.38	16.45	54.53
David Carr	M65	72.05	18.15	51.50
Theresa Howe	W45	72.12	8.00	64.12
Ken Whistler	M65	78.41	13.00	65.41
5km walk				
Ray Hall	M60	45.16	12.00	33.16
Rex Bruce	M55	46.00	?	?
Maggie Flanders	W60	48.01	00.30	47.31
Alan Pomery	M65	48.30	6.00	42.30
Michelle Mison	W50	48.40	10.30	38.10
Lesley Romeo	W50	48.40	10.30	38.10
Pamela Smith	W55	48.45	6.30	42.15
Judy Hill	W45	53.01	3.15	49.46
Jackie Billington	W50	55.01	9.00	46.01



Doug Ashfield M40	11:45.6	66.5
Noela Medcalf W62	16:22.9	66.1
John Brambley M55	12:17.2	66.1
Leon Sander M60	14:02.1	65.4
Ray Hall M63	14:40.5	64.5
Norm Richards M60	14:29.4	63.4
Allen Tyson M72	16:49.0	62.3
Pat Carr W65	18:05.3	62.0
Lorna Lauchlan W67	19:15.8	61.9
Phil Hawks M38	12:50.5	60.0
Ian Sanders M39	12:57.7	59.9
Glenice Shanahan W73	20:59.7	59.8
Delia Baldock W35	14:20.4	58.7
Marg Ward W56	18:56.0	53.5

Paul Covich Vis 11:08.9

### Bibra Lake Run 19 October 1997

Well, it doesn't seem like 12 months since I wrote my last race report. It was late, however, so maybe it wasn't 12 months after all. Enough of that, I hear you say, get on with it!

I'm glad to say the weather was cooler than last year's stinker. Nevertheless, I did take the precaution of placing an extra drink station half way round the lake which seemed to be greatly appreciated by all concerned. Most people also appreciated the altered start/finish positions for being less congested - as mentioned in the last Vetrin, this was done to make use of the kilometre markings the Council had placed on the path.

The results can speak for themselves - well done everyone. I must thank my helpers, Keith Atkinson, Maggie Flanders, Kirt Johnson, Rosa Davies, Jackie Billington and the quiet achiever, Jim Shaw. Jim is an example to us all - always willing to help and does things without having to be asked. Come on you lot! To paraphrase Kennedy - don't think, what your club can do for you but what you can do for your club. Hope to see you there next year. -**Doug Hazell, Proprietor, Domestic and Commercial Cleaning.**  
*Editor: Give Doug a call on ph 9414 1348 or mobile 0414 715 276 for ABC -A Betta Clean. He's at 5 Brookford Court, Jandakot 6164.*

### Results

#### 6km

Duncan McAuley	M45 21.21
David Willmer	M40 22.17
Anne Shaw	W45 22.37
Ian Davies	M50 22.54
Maurice Creagh	M50 24.01
John Pressley	M50 24.28
Vic Waters	M50 24.39
Mike Anderson	M35 26.29

Stuart Parkinson	M50 27.22
Lynn Harrop	W40 27.23
Peter Airey	M60 27.35
Mike Rhodes	M50 28.00
Brian Hunter	M50 30.08
Jackie Halberg	W50 30.33
John Smith	M60 30.50
Merv Jones	M55 31.16
Roma Barnett	W45 31.34
Joan Pellier	W55 31.49
David Bishop	M40 31.51
Ray Lawrence	M65 32.27
Wendy Clements	W55 32.44
Merv Moyle	M70 32.48
Keith Forden	M55 32.50
Denise Lancaster	W45 34.21
Noela Medcalf	W60 35.03
Alan Tyson	M70 36.50
Susan Brand	W50 36.52
Margaret Bennett	W55 38.03
Sheila Maslen	W55 38.51
Phylliss Farrell	W50 38.52
Ray Barnett	W50 38.54
Greg McDowell	M40 39.39
Frank Usher	M70 42.12
Margaret Taylor	W45 42.51
Margaret Miller	W50 45.16
Glenice Shanahan	W70 47.37

#### 12K

Paul Odam	M35 44.05
Gareth Brunt	M45 47.02
Gary Fisher	M45 47.49
Ivan Brown	M50 49.52
Dennis Miller	M55 50.11
Brian Bennett	M50 51.18
Geoff Mullins	M50 52.14
Paul Martin	M55 52.31
Frank Gardiner	M45 52.48
Brian Foley	M50 53.17
David Carr	M65 53.27
Mitch Loly	M55 53.33
Alan Jennings	M55 54.37
John Pellier	M55 55.21
George Shaefer	M60 56.31
Stan Lockwood	M65 57.04
Marge Forden	W55 58.34
Richard Harris	M60 61.20
Brian Smith	M55 61.35
Aldo Giacomini	M60 62.16
Arnold Jenkins	M50 62.16
Dalton Moffet	M65 64.01

Shirley Bell	W45 64.15
Ken Whistler	M65 65.14
John Russell	M60 66.13
Margaret Warren	W60 66.34
Morris Warren	M60 67.23
Irene Ferris	W45 67.44
Brian Aldrich	M65 68.49
Trevor Brown	M55 71.08

Eileen Brown W50 76.59

#### 6K Walk

Rosemary Holloway	W40 35.17
Ray Hall	M60 36.58
John Back	M55 37.26
Michele Mison	W50 40.41
Bob Chalmers	M55 40.43
Lesley Romeo	W50 40.46
Jill Midolo	W50 44.08
Lorna Lachlan	W65 44.15
Pat Ainsworth	W60 46.26
Lois Smith	W45 48.22
Rex Bruce	M55 48.36
Su Lloyd	W45 48.42
Pamela Smith	W55 50.06
Val Wheeler	W65 50.07
Philip Holloway	M40 50.35
Fred Watson	M75 56.11

#### Visitors

##### 6K

Graham Rowland	38.03
Tania Holloway	38.57
Scott Holloway	38.57
Di Roberts	39.14
Mike Johnson	40.39

##### 12K

Ross Roberts	68.30
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### COMBINED TWILIGHT MEETING (UNDER LIGHTS)

**Canning Districts and WA  
Veterans Clubs  
Thursday December 4,'97  
Coker Park**

#### Cash and Prizes

##### Sponsored events-

**Cliff Houghton: 1 mile**

**John Hughes: 100 yds**

**Graham Hambley Bi-lo: 3km**

**Austin Langford: Walk**

#### PROGRAM

6pm: 3 km walk(WAVAC points)

6.05pm: 100 yards heats

6.20pm: 60 metre sprints

6.35pm: 1 mile run

6.45pm: 100 yards final

6.55pm: Triple Jump

7.20pm: 3000 metres run

Bring your own barbecue tea.  
Tea and coffee provided by the  
Canning Districts Athletic Club.



**BIRKWATER RUN**  
**8K X-Country**  
**October 26, 97**

A guess-your-time run is a great leveller, where the slower runner can be a winner. Vets have proved very good at pacing in the Birkwater, the trophy winner generally coming from the middle order, and within seconds of predicted time.

But this year Bob Schickert, a fast runner, showed he has a mental clock that matches his gutsy determination. His finish time of 41:40 was, for Bob, just a recovery cruise after Rottneest.

It was also just three seconds of prediction of 41:37.

Close, but no cigar, were Blakeney Tyndall (14 seconds out), Michael Karra (13 secs), Brian Danby and Irene Ferris (7 seconds).

\* = Trophy Winner

\*\* = 'got lost'

Craig Dufty	V	29:53
** Anne Shaw	W45	31:52
Ralph Henderson	M45	32:19
David Wilmer	M40	32:22
Stephen Freer	V	32:23
Warren Gee	M45	32:48
Ivan Brown	M50	34:20
Mike Karra	M30	35:14
Blakeney Tindall	35	35:16
Peter Sanders	M50	35:21
Brian Danby	M45	35:54
Alan Jennings	M55	36:03
Ian Davies	M50	36:21
Brian Foley	M50	36:23
Milton Mavrick	M40	36:32

Doug Hazell	M45	36:49
Dave Roberts	M50	36:51
Ken Brownlie	M50	37:18
Don Caplin	M55	37:27
Mike Khan	M50	37:28
Peter Airey	M60	37:41
Kevin Corten	M50	37:51
Peter Hill	M45	37:52
George Schafer	M60	37:57
Mike Anderson	M45	38:05
Keith Atkinson	M40	38:15
Carol Broderic	W45	38:39
Lynn Harrop	W45	38:40
David Carr	M60	39:12
Ray Attwell	M60	39:15
John Pellier	M55	39:31
Marge Forden	W55	39:52
Arnold Jenkins	M50	39:59
John Brambley	M55	40:20
Stuart Parkinson	M50	40:31
John Back V		40:56
Wendy Duncan	W45	41:00
Graham Thornton	M55	41:18
Rachel West	V	41:27
Robin King	W35	41:30
* Bob Schickert	M55	41:40
Joe Stickles	M55	41:40
Simon Mort	M40	42:02
Brian Smith	M55	42:22
Simone Salomon	W30	43:25
Dalton Moffett	M65	43:26
Ken Whistler	M65	43:55
Merv Moyle	M70	44:14
John Russell	M60	44:29
Merv Jones	M55	44:41
Richard Harris	M60	44:59
Trevor Brown	M55	45:00
Margaret Warren	W60	45:01
Sue Sanders	W40	45:03
Brian Palmer	M50	45:05
Jenny Barnes	W45	45:32
Jacqui Halberg	W50	45:52
** Shirley Bell	W45	46:00
Irene Ferris	W40	46:17
Keith Forden	M55	46:32
Gary Branche	M45	46:47
Paula Karra	V	47:37
Joan Pellier	W55	49:08
Noela Medcalf	W60	50:14
Eileen Brown	W50	51:18

Kirt Johnson	M65	51:22
Norm Miller	M65	51:22
Suzan Brand	W50	56:22
Phylis Farrell	W50	57:31
Sheila Maslen	W55	57:32
Ron Spencer	M55	60:11
Pat Miller	W55	61:16
Frank Usher	M70	64:23
Glenys Shanahan	W70	71:29

**6K WALK**

Jeff Whittam	M60	71:46
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**8k WALK**

Ray Hall	M60	-
Lesley Romeo	W50	67:02
Brian Hunter	M50	67:03
Lynne Schickert	W55	-
Su Lloyd	W45	72:12
Pat Ainsworth	W60	72:12
Barrie Thomsett	M55	72:12
Bob Sammells	M60	81:06
Alan Pomery	M65	81:07
Margaret Miller	W50	81:29
Judy Hill	W45	81:41

**12K WALK**

Michelle Mison	W50	84:28
Greg McDowell	M40	84:29
Richard McPherson	V	85:06

KINGS Park's trails provide challenging running over varied going. Running them is never boring, but it can be confusing. Even the few that use the Park regularly can become disoriented. There are always new turns, and the trails change appearance with the season.

Every year, park conservation and redevelopment brings course changes. This means we are never able to issue what David Carr terms 'retrospective race directions.' You know - "The course is the



same as last year. Off you go."  
(And God help newcomers.)

For organisers, cross-countries are always hard work.

The Birkwater is a nightmare. Apart from the extra drama of the 'guess-your-time' element, and assembling a cast of spear-carriers, we need lots of props. Cones, witches hats, tape, home made arrow-boards and the club's paltry collection of flags were all thrown at the Park this year.

Despite a 5am start we were still completing the marking after the off, taking cones and flags from the start and spreading them over the last kilometre!

This run needs a minimum of 110 flags - and here's early notice for next year. If Doug Hazell doesn't hand over 110 flags after his Bibra Lake event, you can all sleep in. There'll be no Birkwater Run!

Margaret Birks and I want to thank the team that made this year's event work. They are: expert recorders Bev Thornton and Maureen Pomery; estimates recorder Lyn Schickert; marshals Mike Rhodes, Dennis Miller, Tony Speechley and Heather Sanderson; clockmen Frank Smith and Jim Shaw; course markers and collectors Maxine Santich, Jim Langford, Simon Mort and David Wilmer.

(The helpers nearly outnumbered the flags!) -

**Vic Waters**

#### **VAL AND FRED FIND GOLD**

Whoever said that Canberra doesn't have great weather? When Fred Watson and I were there recently for the 6<sup>th</sup> Australian Masters Games it was absolutely delightful, lovely sunny days in the middle to high 20s without our winds.

Most athletic events were held at the ATS with the road walk around a course near the lake. As we had been going around in circles several times on the way to different places we decided to find the road walk course the day before so there would be no hassles on the day. Confidently set off in the early morning, only to find one of the roads blocked due to a stage in the Commonwealth Cycling Classic. (We assumed it was this race, as it was not the Masters Cycling.)

After starting off halfway down a pedestrian mall we eventually found our way.

WA won 11 medals altogether in athletics according to the medal tally. There was quite a large contingent from Brunei and they all seemed to do very well.

Fred received a gold for triple jump, silver for long jump and bronze for javelin, hammer and discus. I received three gold for 1500 metre track walk, 5 km track walk and 10 km road walk, although unfortunately the 1500 metre track walk was the only one in which there was anyone else in my age group. There seemed to be lots more men in the 70s and 80s but not many women in my age group of 65.

Although we saw in the last Vetrin that Geoff Brayshaw would be going we didn't hear his results. We did see Frank Hansford Miller receive several medals. - **Val Wheeler.**

#### **RELAX TO BEAT STRESS - REPORT**

A story in The Australian in October said stress management was better than exercise or diet in reducing the risk of heart attack, according to the American Medical Association.

In a study, 107 people with coronary artery disease were observed during a four month program of either stress management training, supervised aerobic exercise or traditional medical care.

The study found that stress management reduced the risk of cardiac events by 77% compared with patients given medical care only.

People in the stress management group were taught relaxation and how to change the way they perceived situations.

The study demonstrated that people still needed to stop smoking and reduce their cholesterol and blood pressure.



# 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

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## HAPPY BIRTHDAY DECEMBER MEMBERS

Harris, Richard	01/12/36 61	remains M60
Khan, Michael	01/12/4453	remains M50
Shaw, Anne	01/12/4750	becomes W50
Pearce, Joanne	01/12/4948	remains W45
Davis, Rosa	02/12/4354	remains W50
Carey, Michael	02/12/5641	remains M40
Lankester, Ian	06/12/4750	becomes M50
Clarke, Tom	07/12/4651	remains M50
Millard, Valerie	08/12/4651	remains W50
Webster, Keith	09/12/4156	remains M55
Gee, Warren	11/12/5047	remains M45
Russell, John	12/12/3265	becomes M65
Hindle, Arthur	13/12/2275	becomes M75
Penton, Kathleen	15/12/4156	remains W55
Zaehner, Bernie	16/12/5839	remains W35
Webb, John	17/12/4453	remains M50
Berry, Nora	17/12/2968	remains W65

Hughes, Susan	17/12/5047	remains W45
Gardiner, Frank	17/12/4948	remains M45
Beaumont, Victor	19/12/2968	remains M65
Doore, Pixie	20/12/4651	remains W50
Smith, Brian	20/12/3859	remains M55
Davies, Florence	23/12/0493	remains W90
Brown, Trevor	24/12/3958	remains M55
Barrie, Stephen	25/12/3562	remains M60
Head, Phyllis	26/12/1978	remains W75
Holland, Ross	26/12/3760	becomes M60
Davies, Stephen	27/12/5344	remains M40
Moffett, Dalton	28/12/3067	remains M65
Schaefer, George	28/12/3265	becomes M65
Webb, Sandra	28/12/4057	remains W55
Crowther, Derek	29/12/4156	remains M55
Slinger, Barrie	29/12/3958	remains M55