

The Vetruns



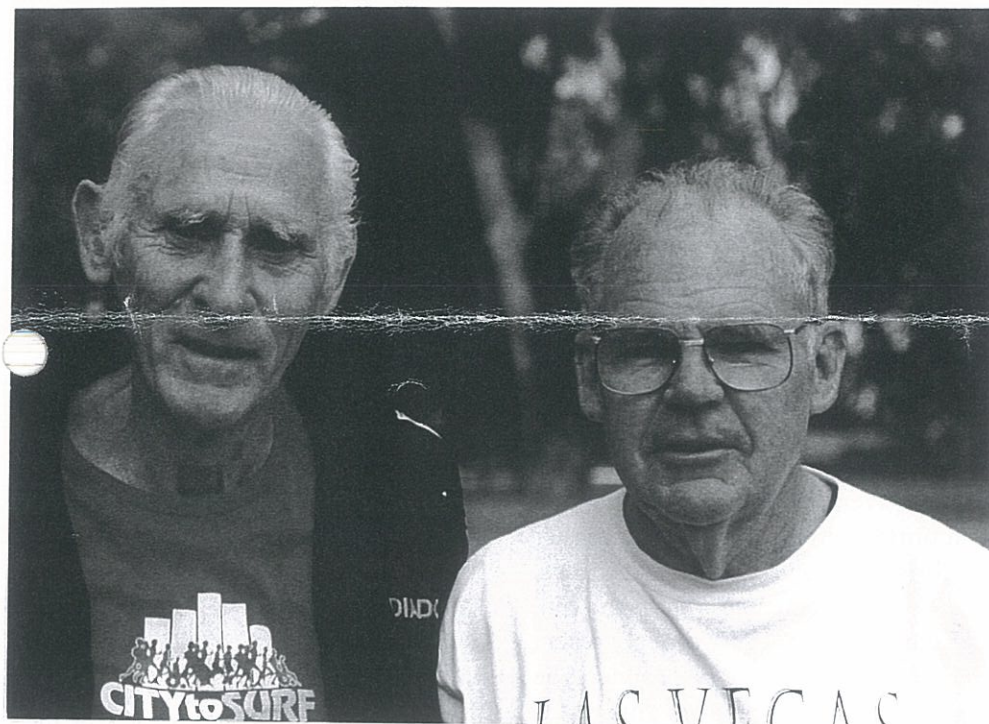
No. 301 November 1998

Patron: Bill Hughes

President: Bob Schickert

Editor: Katrina Spilsbury 9313 3943

Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158



Running Mates

by Joan Pellier

This month meet two of my favourite guys, Merv Moyle and Kirt Johnson. Merv was born in Narrogin, Kirt in Subiaco. Kirt played cricket and did some cycling at school. After leaving school he joined Western Districts Cycling club where he enjoyed road racing. Kirt also rode motor cycles and raced at Yanchep, later he raced in Victoria, NSW and Tassie. Kirt is a Collingwood supporter as one of his mates played for the Magpies. Kirt has also raced radio controlled cars in Perth, Adelaide and NSW. He joined the Vets in 1983 and is a life member. Merv played football and tennis at school continuing with pennant tennis for Leighton Park and Thornlie until 1976. He was involved with the YMCA at Bentley for 20 years and it was there that he met Dick Horsley. Merv's daughter was coached by John Gilmour whilst in athletics. Merv has run the City to Surf 22 times, missing one in 1991 while on holiday in England. He joined the Vets in 1975 and has two daughters and six grandchildren. Merv and Kirt met at the Vets in 1984 and have been running regularly together ever since.

How did they hear about the Vets

Kirt -Through Ernie Moyle who worked with Graham Thornton at Main Roads (Kirt and Ernie went to Laurie Potters Health Club)
Merv- met John Gilmour and Dick Horsley at McCallum Park.

What they like about the Vets

Kirt- camaraderie and friendliness,
Merv- competition and friendliness

Top: Running Mates Merv Moyle and Kirt Johnson

More photos from Rosie O'Grady's (Left to right) Mark Rosen, Mike Khan, Val Millard, Graham Thornton, John Pellier, Merv Jones and Trevor Brown. (left to right) Anne Shaw, Shirley Bell, Glenice Shanahan, Lorna Lauchlan, Robin King, Joan Pellier, Marge Forden, Jackie Halberg, Margaret Bennett. (photos by Vic Beaumont)



Copy for Vetrun
Send to 2/14 Leonora St,
Como 6152 or email to
katrinas@cyllene.uwa.edu.au

Any changes?

Kirt - no but I'd like better eyesight to see all the lovely ladies, **Merv** - none

Favourite run

Kirt - Any in Kings' Park, **Merv** - Reabold Hill run

Favourite distance

Both like 10km

Most pleasing performance

Kirt - Lake Monger 10km ran 46.16, **Merv** - 1984 City to Surf in 50.10

Other Interests

Kirt - cycling, gardening and footy, **Merv** - keeping both my daughters gardens tidy (lucky daughters, huh JP) and sport on TV

Favourite Food

Kirt - Roast dinner, **Merv** - me too, the whole works I love it.

Favourite movie

Kirt - Haven't been for ages, **Merv** - Chariots of Fire

Favourite TV

Kirt - The Bill, **Merv** - The Bill, Heartbeat and Two Fat Ladies

Ambitions in Running

Kirt - just to keep enjoying my running, **Merv** - to keep going and do some more City to Surfs.

Club News

This month we welcome 7 new members

John Wannberg

Val Cook

Michael Klave

Lyn Stoltze

Tony Whittaker

John McGowan

Barbara Darling

Rottnest Island Weekend

Away

Feb 26th to March 1st 1999

\$51 per person with BYO food. Ferry NOT included. See Joan Pellier or Lorna Lauchlan for more information.

Position Vacant!

Applications are being sought for the Position of Team Manager for our Athletic Team attending the

Veterans World Athletic Championship at Gateshead in England starting 29th July in 1999. Applications describing your experience and qualifications for this position should be sent to Brian Foley, 8 Hapgood Street, East Fremantle WA 6158

◆◆ STOP PRESS ◆◆ CHRISTMAS FESTIVITIES

Christmas Gift Run - Sunday 20 December

It's that time of the year again. Who is going to win the prize this year for the best fancy dress? - yes, you have to run/walk in it before judging - it gives the wider population a real buzz to see a bunch of athletes thundering around the river early on a Sunday morning, dressed as fairies, Father Christmas, elves, Christmas trees, etc. etc. Come and join in the fun. Remember to bring your present too - if you don't bring one, you can't take one home! Suggested price range \$5-\$7. We look forward to some innovative creations from our new members.

Lynne Schickert



Internet Update

Members might be interested in two new websites that have recently opened on the Internet. The first is the Official WAVA (World Association of Veteran Athletes) web site. This site has the organisational goals of WAVA, WAVA records, competition dates and schedules, competition rules and results from major events. The full results from the Durban World

Championships (hard to find) are on this site. The address is <http://www.wava.org/>

The second new site is the official web site for the Gateshead World Championships in England. This site contains entry forms, competition schedules, medal standards and details of accommodation for the Gatesheads games. The address is <http://www.gatesheadmbc.gov.uk/wava/content.htm>

I will put a link to both of these new sites on our own club site so it is easier to find

John Stone

Also the 7th Australian Masters games to be held in Adelaide 25th September 1999 have a web site at www.ausmasters99.org.au

CLIFF BOULD TROPHY 1998

On Sunday 8 November 1998, John Gilmour was invited to present the annual Cliff Bould trophy to the winner of the handicap race. Although John is not a regular competitor these days, he has had a long association with Cliff Bould and he provided an overview of the formation of the Veterans back in the 70s which new members may find interesting.

In those days, John was not competing in athletics and in 1971 Cliff encouraged John to come out of "retirement" and compete as a Veteran. Cliff had been to the USA in 1969 and 1970, competing in their national championships with great success, each time winning the M50-59 5,000m and 10,000m events. In those years the age grouping was in 10 year brackets. So John trained up and went to the USA with Cliff where he was first and Cliff second in both the 5,000m and 10,000m for M50-59. In 1972 Cliff and John were invited to join the American Masters team to do a

tour of the UK, Scandinavia and West Germany where the first unofficial World Veterans Championships were held in the city of Cologne. There were so many athletes from all different countries there and John could see it was going to become one of the biggest growing sports in the world. On the way home, John suggested to Cliff that they would have to start a club back home.

John had plenty of experience at forming a club as he had founded Canning Districts and was Kevin Barry's right-hand man in forming the Marathon Club and was on the Steering Committee for the WA Coaches Association. On return to Perth, John got in touch with (the late) Dick Horsley, put a notice in "The West" for anyone interested to meet at McCallum Park and finished up with 10 starters. At Cliff's trophy run on Sunday we had 112 starters - terrific, said John. John expressed his thanks to all the good workers in the club over the past 26 years and his thanks to members for supporting Cliff's race on the day.

From this small nucleus of enthusiasts, the WA Vets has grown to a membership of over 400, which is a tribute to the initial vision of John and Cliff.

Lynne Schickert

Around the Tracks

Spot light on David Clive

It was been suggested by Joan Pellier that those club members who compete mostly at Track and Field would appreciate the chance to be profiled in the Vetrune without having to turn up regularly for those tortuous Sunday morning runs! So my first guinea pig, oops interviewee, is David Clive. I decided that David qualified because in the 17 years he has been a member of the WAVAC he has only done two Sunday morning

runs! And he gave a distinct shudder when talking about them - Jorgensen Park and Perry Lakes.

David was born in Sydney and did athletics at school followed by open senior competition with his best performance reaching the Olympic trials for the 100m and 400m. However, at 22 he gave up athletics to experience other facets of life including marriage, work, and surfing. (I am not sure which order these came in but he did describe in great detail the 11ft long surfboards he and his mates made from balsa that were so heavy he could hardly lift them!) Work sent David to Fiji for two years before returning to Sydney and mortgages, children and sailing. He competed in three crewed Diamond Class boats.

In 1975 David and his family moved to Exmouth where he was the manager of the Bank of New South Wales (before it became Westpac) which has the claim to fame of being the only Australian bank to operate under two currencies, \$US and \$AUD, due to the strong American presence. While in Exmouth David became the Commodore of the Yacht club and like everyone else was into fishing. The family then moved down to Perth where they have been ever since.

In 1981 David joined the Vets and also runs in the professional league, West Coast Athletics. It was in a pro-race held during the half-time break of the football grand final that David describes his most embarrassing T&F moment. David had won his heats over the 150m distance and had made it to the finals. All of the finalists were individually introduced to the huge footy crowd while they were setting up their blocks and doing practice starts. During a practice start in front of the grandstands David pulled a calf muscle and had to hobble off field before the race even started! However, he makes up for it in his most pleasing performance which was coming 4th

in the 100m in the World Veterans Athletics Championships in Durban.

When not competing David likes to spend time with his wife at their beach house down south and catch the odd fish or two. David believes that his 'why drive if you can walk' attitude and the healthy lifestyle he has always adopted (before it became trendy) have helped his running career which will no doubt continue for a long time!

A photo of David can be found in the May 98 edition of the Vetrune as one of the WA team members competing at the Nationals in Brisbane.

Portland Three Bays

Marathon

1st November 1998

by Jim Barnes

In addition to being Australia's most scenic marathon, Portland, Victoria boasts in having the friendliest, hilliest, best organised and hardest marathon. After reading Shirley Bell's thoughts on her first marathon, I'm sure many of you were inspired and in admiration of her effort. These days running is full of excuses or a lack of drive and fortitude to run the event. Back in the 70's and 80's forty to fifty members of our club would make the great effort to get fit for the Perth marathon. I found all this years entrants of the Three Bays friendly and not a big head in the place.

Last year I ran the Three Bays worst ever marathon so I had to return to make amends! Entrants came from QLD, SA, NSW, NZ and Michito Muroi and I from WA. Michito had run Rottneest two weeks previously and was running in his 124th 42.195km event. Australia's Mr Marathon Man, Graham Kerruish was out to make it marathon number 211 after a late start to running in 1983. Bob Schickert also has 'fond' memories

Schickert also has 'fond' memories of Portland from when he ran in 1983.

Leaving the town you get 10km of up slope followed by what the locals call the Big Dipper. The hard earned reward after that effort is a magnificent view of Bridgewater Bay on the left. However there is not much time to relax now for the next 15km is a sharp steep down hill followed by a long 4km up hill stretch. Again you get brilliant views of many miles of coastline (Discovery Bay) and beautiful beaches. Again, it gets pretty tough, all the struggling to get to this high point is lost by the steepest down hill imaginable to sea level. A very steep and exhausting uphill follows and by this stage the legs are buggered. This hill is called The Shuffler and is almost a kilometre length. The next 15km are like a normal marathon with undulating terrain until you reach the town. No time to admire the scenic drive of Portland Bay, it's knuckle down and push hard for the finish up and down the town. This year I won a prize of accommodation for two at a nice hotel in Portland. I hope to be fit and well to make the trip back again next year and meet up with life's most honest breed of marathon runners

Masters Games - Alice Springs by Gordon Medcalf

This year's Honda Masters Games fully lived up to its 'Friendship and Fun' reputation. For the Opening Ceremony five thousand entrants paraded through the streets in their forty-odd sport groups with banners held high. They finished at the oval for the official opening ceremony followed by food and drinks and meeting up with old and new friends. The first day was hot (42 degrees) and Mary and Bob set off in the dark for their 10km road run which started at 6am. The next day was 24 degrees and after that the

weather was perfect. Most athletic events were held early morning or early evening under lights on the oval leaving time for sightseeing during the day. There were strong fields in all events so medals weren't easy to come by. Full results won't be available until December, but that's not important: it was the Fun games and we all really enjoyed ourselves! Here are some highlights

- Pat Carr won 6 gold medals and broke 4 games records
- Daily publication in the local newspaper, The Daily Legend, with news and pics from around the venues.
- Bob Hayres won 5 bronze medals for the endurance events after getting lost in the dark on the way to the 10km start.
- The grandeur and beauty of the ancient landscape, the changing colours of the Red Centre.
- Noela Medcalf with 12 medals from 5 swims and 9 track and field events.
- The gorges with permanent water where the early explorers camped a 100 years ago.
- David Carr's 9 Track and Field medals, not including his unofficial run in the half marathon.
- Meals in the open air cafes in the still of the evenings
- Gordon Medcalf and his 5 gold and aggregate age group trophy at the pool and a couple of bronze at the track.
- The courtesy of the Games ambassadors in their ochre, black and white uniforms.
- Fred Watson - 7 gold, 2 for cycling and 5 for track and field.
- Visits to the Guth Panorama and Alice Springs Desert Park, where many visitors first experience the power of our ancient land.
- Val Wheeler - 3 bronze from the 3, 5 and 10km Walks.
- The gold shirted sports trainers at each venue to provide first aid, backed up by a comprehensive sports medicine clinic - probably

the best I have seen at any Masters Games.

- Mary Heppell - one of each gold, silver and bronze from the half marathon, 10km and Masters mile.

The WA participants in the T&F, road and cross country are listed here with most of them members of the WAVAC. Linda Love, David Netterfield, Terence Hewett, Sandra Melencelli, Stuart Clegg, Barbara Coulthard, Ken Stott, Anne Stott, Derek Keene, Alan Robinson, Mary Heppell, Noela Medcalf, Ron Spencer, Harold Smith, Pat Carr, David Carr, Val Wheeler, Bob Hayres, Gordon Medcalf, Rob McGough, Fred Watson and Frank Hasford Miller.

WELLINGTON MILLS WEEKEND SEPTEMBER 1998 by Magaret Bennett

Once again we headed south to the Wellington Mills Cottages for a relaxing/running/walking /talking or whatever takes one's fancy weekend. For someone like me who does not take to strange beds easily, the new beds were very welcome and very comfortable. As usual, Jeff Whittam managed to be in the cottage with a bevy of unescorted women. (How does he do that?) The majority was able to travel down on Friday, and after a walk in the bush on Friday afternoon, were settled in ready for the early morning run/walk at 7-30am on Saturday. This was followed by a lunch at the Warnsborough Winery, the host of which, had very generously provided his own television for interested parties to watch the football final in comfort, while enjoying a few glasses of wine and a freshly prepared meal. Spring was certainly in the air, and John Pellier got a lesson in the (bare) facts. Sunday morning, another 7-30am start, and Birthday wishes to Brian Holmes, who

celebrated his birthday in fine style. (Just what did he get for his birthday?). Graham and Brian Danby, in training for the Rottneest Marathon, were doing the long stretches, and fortunately, no one ended up with any injuries (not even Brian Bennett!).

Due to the inclement weather, the Sunday lunch picnic at Honeymoon Pool was changed to a BBQ at the camp. The wind did not deter those determined to have an outdoors BBQ, and get together around the fire. Sunday evening the traditional Casserole night ensued, as we crowded into one dining room, the selection of food was varied and generous, a great time was had by all. Morris Warren did an early spot check on the tidiness of the cottages, and some were definitely found not up to scratch. Well, we were in a holiday mood after all and clean up time was on Monday. The peace of the forest, the tame resident kangaroos and Splendid Blue Wrens flitting around the bushes near the cottages, together with other birds and animals make for an idyllic location to recharge ones batteries, and to reminisce on past weekends spent with congenial company. I am sure we all came home feeling thoroughly invigorated and relaxed.

Thanks to Lorna, for her organisational skills and for keeping things running smoothly. See you there or wherever, next time.

Results

Wildflower Run, Kings Park- Sunday 4th October 1998 5km & 10km Run & Walk.



How embarrassing to be submitting these results so late! And, our first run as well! My apologies..... it was not a

good day when I initially wrote this report just after the run, only to loose it within that massive void of my computer, never to be seen again!

If you can remember so far back, it was a beautiful sunny spring morning for what was Wendy & my initial host run with the club.

A total of 122 runners and walkers completed the course, which must be close to a record!

Many thanks to all our helpers, especially Joan Pellier, who supported us so much in obtaining helpers, steering us in the right direction as novices, etc. etc. So a special thanks to Joan, as well as Frank Smith, (who after marking part of the course, went on to run 2nd in the 5km run), Bob Harrison, Joe Stickles, Alison & Brian Aldridge, Deb Burgess (my climbing partner), Kurt Johnson, Arthur Leggett, Roma Barnett and anyone I may have forgotten!

Wendy & I enjoyed it so much (and it wasn't as difficult as we had anticipated), we will be back again next year for the same run! (And I promise the hills wont be any easier for you!) **Jo Pearce**

5km Run:

Ian Davies	M50	18.44
Frank Smith	M55	19.00
Vic Waters	M50	19.51
Simon Outhwaite	M45	23.08
Eric Lee	Vis	23.32
Jeff Spencer	M555	25.39
Kurt Johnson	M65	27.37
Mitch Loby	M55	27.39
Ray Lawrence	M70	28.17
Geoff Spencer	M65	28.18
Norm Miller	M65	28.24
Jan Jarvis	W50	30.38
1st Woman		
Barbara Outhwaite	W45	31.07
2nd Woman		
Denise Lancaster	W45	31.24
3rd Woman		
Nola Medcalf	W60	31.44
Ella Maverick	Vis	32.01
Rick Maverick	Vis	32.02
Allan Tyson	M70	32.35

Suzan Brand	W50	34.15
Frank Usher	M75	36.40
Barbara Greyling	Vis	37.35
Glenice Shanahan	W70	40.39

5km Walker

John Mison	M501	27.57
Dick Blom	M65	31.55
Rosemary Hollaway	W45	33.47
1st Woman		
Rebecca Cook	W30	34.04
2nd Woman		
Leslie Romeo	W50	34.38
3rd Woman		
Michele Mison	W50	35.47
Dorothy Whittam	W60	38.45
Val Wheeler	W65	42.12
Pat Ainsworth	W60	42.25
Maureen Vine	W40	42.26
Maggie Flanders	W60	42.39
Lyn Scanlon	Vis	43.33
Julie Hignett	Vis	43.34
Maurice Warren	M60	43.46
Jeff Whittam	M60	43.46
Ernie Moyle	M70	45.57
Brian Palmer	M50	45.57
Wendy Clements	W55	46.51
Leo Hassam	M65	47.36
George Shaefer	M65	47.37

10km Walk

Rex Bruce	M55	71.45
Lorna Lauchlaan	W65	74.41
1st Woman		

10km Run

WarrenGee	M45	34.38
Jim Klinge	M50	35.59
Ralph Henderson	M50	36.05
Gary Fisher	M45	36.13
Trevor Robertson	M45	36.27
Bert Carse	M55	36.48
Bob Schickert	M55	37.39
Anne Shaw	W50	37.43
1st Woman		
Paul Hughes	M45	38.07
Dave Roberts	M55	38.16
Helen Gilbey	W40	38.28
2nd Woman		
Brian Danby	M50	38.43
Bruce Wilson	M50	38.51
Don Caplin	M55	39.15
Wayne Pantall	M45	39.20
Doug Ashfield	M40	39.27

Mike Karra	M30	39.37
Jan Kelly	W40	39.54
3rd Woman		
Nick Miller	M35	40.25
Milton Maverick	M40	40.35
Ian Lankester	M50	40.50
John Bell	M50	41.12
Brian Foley	M50	41.17
John McGowan	M45	41.22
David Carr	M65	41.26
Johan Hagedoorn	M54	41.27
Mike Kahn	M50	41.33
Alan Jennings	M55	41.42
Graeme Thornton	M55	41.57
John Pressley	M50	42.02
Guy Watkins	Vis	42.03
John Errey	Vis	42.03
Chris Lymb	Vis	42.12
Keith Atkinson	M40	42.27
Brian Bennet	M50	42.41
Paul Martin	M55	42.55
Paul Kelly	M45	43.44
Bob Sammells	M60	43.45
Stan Lockwood	M65	44.06
John Pellier	M55	44.20
Sue Vetton	W45	44.39
Mike Anderson	M50	44.48
Mike Rhodes	M50	45.12
Marg Forden	W55	45.53
Roy Bonner	M65	46.56
Peter Airey	M60	47.21
Keith Forden	M55	47.37
Stuart Parkinson	M50	47.52
Malcolm Reid	M35	48.11
Shirley Bell	W50	48.11
John Kissack	M45	48.19
Aldo Giacomini	M60	48.25
Brian Smith	M55	48.27
Merv Moyle	M70	50.34
Paula Karra	W?	50.38
Vic Beaumont	M65	50.39
Dalton Moffett	M65	52.22
Ray Hall	M60	52.27
Trevor Brown	M55	52.34
Basil Warner	M65	52.35
Margaret Warren	W60	53.02
Jenny Barnes	W45	53.09
Richard Harris	M60	53.09
Kath Penton	W55	53.56
Eileen Brown	W50	54.27
Val Millard	W50	54.56
Arnold Jenkins	M50	54.57
John Russell	M65	55.51
Anita Browne	W50	58.03
Shorty Turner	M60	60.05
Marg Bennet	W55	60.05

Jacky Billington	W50	63.10
Mary Heppell	W60	63.18
Sheila Maslam	W60	64.59
Phyllis Farrell	W50	66.29
Rosa Davis	W50	66.46

Bibra Lake Run 18-10-98

97 runners & walkers toed the start line in conditions that can only be described as perfect for running - cool, light wind & dry. Repeating his win of last year, Paul Odam took out the 12K race in a slightly slower time than last year. In fact, almost all the times were slower despite the better conditions - can't explain it, the course was the same - maybe it's just we're all one year older!

Right at the end of the run, Joan Pellier(JP1) came to me & told me teenagers were seen ripping up the flags & throwing them into the lake. I asked Bert Carse (ex police) & Ivan Brown (judge) to go & sort them out which they did, thank you both. It just so happened, a police patrol car was passing & they went to sort them out. I wondered what next? Maybe a police helicopter or riot police - talk about overkill! So, police, judge - all we needed next was a hangman & we could have wrapped the whole thing up! Well done all the competitors & thanks to my helpers, Maggie Flanders, Brian Aldrich, Barbara Outwaite, Simon Outwaite & Fred Hagger. See you next year.

Douglas Hazell

6K RUN

1 Chris Coates	M45	22:08
2 John Wannberg	M30	23:43
3 Ivan Brown	M50	23:51
4 Ian Lankester	M50	24:03
5 Vic Waters	M50	25:03
6 Telmo Viais	M45	25:19
7 Maurice Creagh	M50	26:12
8 Peter Hill	M50	26:28
9 Michael Anderson	M50	26:48
10 Leon Sander	M60	27:44
11 Ray Hall	M60	27:57
12 Francis Lipscombe	W40	28:12

13 Peter Airey	M60	28:18
14 Stuart Parkinson	M50	28:49
15 John Smith	M60	31:44
16 Arnold Jenkins	M50	31:48
17 Jackie Halberg	W50	31:54
18 Kirt Johnson	M65	33:32
19 Ray Lawrence	M70	33:48
20 Ann Turner	W60	33:49
21 June Lewis	W50	33:53
22 Alison Aldrich	W55	33:58
23 Robert Sheehay	M50	34:22
24 Dick Blom	M65	35:56
25 Bridget Carse	W55	36:47
26 Lyn Stoltze	W55	38:14
27 Suzan Brank	W50	40:34
28 Marg Taylor	W55	48:45
29 Frank Usher	M75	48:47
30 Lorri Carroll	W35	50:48

12K RUN

1 John Cresp	M45	45:22
2 Paul O'Riordan	M40	45:57
3 Bert Carse	M55	46:10
4 Gary Fisher	M45	46:16
5 Gareth Brunt	M45	47:12
6 Frank Smith	M55	49:08
7 Darry Dalstrom	M45	49:54
8 Tony Whittaker	M45	49:59
9 Clyde England	M40	50:29
10 Graham Maier	M40	50:39
11 John McGowan	M45	50:55
12 John Pressley	M50	51:29
13 Mark Rosen	M50	52:02
14 Johan Hagedoorn	M50	52:08
15 Milton Maverick	M40	52:27
16 Brian Foley	M50	53:37
17 Mike Flood	M45	54:06
18 Brian Bennett	M50	54:56
19 Mitch Loley	M55	55:18
20 Stan Lockwood	M65	55:20
21 Mike Hale	M55	55:33
22 Keith Atkinson	M40	55:35
23 John Pellier	M55	55:52
24 Kath Noordyk	W50	56:15
25 Bob Schickert	M55	58:48
26 Paul Lewis	M50	59:45
27 Brian Smith	M55	59:54
28 Shirley Bell	W50	60:10
29 Aldo Giacomini	M60	60:44
30 Vic Beaumont	M65	63:59
31 Wendy Duncan	W45	64:49
32 Trevor Brown	M55	65:32
33 Dalton Moffett	M65	66:32
34 Margeret Warren	W60	66:34
35 Joan Pellier	W55	68:23
36 John Russell	M65	70:26
37 Shorty Turner	M60	73:55
38 Robert Reece	M50	73:56
39 Margeret Bennett	W55	73:59
40 Phyllis Farrel	W50	74:00

6K WALK

1 Leslie Romeo	W50	44:05
2 Michele Mison	W50	44:05

3	Rex Bruce	M55	44:06
4	Dorothy Whittam	W60	44:58
5	Toni Frank	W50	49:33
6	Lynne Schickert	W55	49:47
7	Jeff Whittam	M60	49:57
8	George Schaefer	M65	49:58
9	Helen Lysaght	W45	50:00
10	Val Cook	W55	50:07
11	Pat Ainsworth	W60	50:07
12	Ernie Moyle	M70	51:42
13	Brian Palmer	M50	51:44

12K WALK

1	Paul Martin	M55	69:47
2	John Mison	M50	69:48

VISITORS

6K RUN

Ian Burns	22:35
Reg Edwards	22:36
Bill Jones	22:46
Dale Bateman	22:52
Mike Slavin	23:49
Ray Bateman	24:34
Alex Maverick	27:45
Malcolm Reid	28:05
Ron Matthews	36:44
Ella Maverick	37:46
Venessa Lewis	48:00

12K RUN

Paul Odam	44:15
-----------	-------

Herdsmen Lake Run 1st November 1988

There was a great turnout for this years run with 115 doing either the 5km or the 10km course (96 in 1996 and 107 in 1997). We had a very good morning, nice and cool and as the saying goes, 'the sun shall shine on the righteous and the rain shall come and wash them'. However, this only applied to some as there was those who did not get the washing part (but I think we got their share at the finish area!). There were several new records set in both the run and walk which have been marked with an asterisk. We would like to thank those who helped this year, Val Wheeler, Fred Watson, Jim Shaw, Noela and Gordon Medcalf, Nora and Mike Berry, Barrie Thomsett and Arthur Leggett, who, having received a mountain bike for his 80th birthday, was press ganged into collecting all the course markers. He hadn't had enough with the ride over from

home! Also a special thanks to the physios, all thirteen tables of them, I am sure they were appreciated as they were still giving massages and advice at 10am and the last competitors finished at 8.30am! Also thanks to the 'electrician' with the urn. See you all again next year.

Dorothy and Jeff Whittam

5km Run

Ian Davies	M50	18.29*
Chris Coates	M45	18.33*
Anne Shaw	W50	19.34*
Ian Lankester	M50	19.55
Don Caplin	M55	20.15*
Tessa Brockwell	W40	20.55
Ivan Brown	M50	21.14
David Carr	M65	21.36*
John Brown	M55	21.43
Paul Kelly	M45	22.11
Michael Anderson	M50	22.11
Stuart Parkinson	M50	23.48
Peter Airey	M60	24.38
Brian Smith	M55	25.39
Arnold Jenkins	M50	25.53
Jeff Spencer	M55	26.23
Kath Penton	W55	26.44
John Smith	M60	27.01
Kirt Johnson	M65	27.26
Val Millard	W50	28.14
Andy Franco	M55	28.18
Robert Sheehy	M50	28.24
Jackie Halberg	W50	28.44
Wendy Clements	W55	28.48
Eileen Brown	W50	29.02
Margaret Bennett	W55	30.07
Denise Lancaster	W45	30.37
Ray Lawrence	M70	30.43*
John Russell	M65	30.45
Suzan Brand	W50	32.11
Lyn Stoltze	W45	32.14
Norm Miller	M65	32.23
Sheila Maslen	W60	34.01
John Gillies	M55	35.19
Glenice Shanahan	W70	49.19
Frank Usher	M75	44.37*

Visitors

Nicholas Gardiner	22.52
Malcolm Reid	26.32

5km Walk

Paul Martin	M55	27.30*
Peter Hill	M50	30.26*
Ray Hall	M60	30.35*
David Brown	M50	32.46
Lesley Romeo	W50	33.14*
Michelle Mison	W50	34.49
Judy Lankester	W45	36.10*
Lynne Schickert	W55	38.49
Anne Breeze	W50	38.54

Pat Ainsworth	W60	39.00*
Lorri Carroll	W45	39.00
Lois Smith	W45	39.32
Lorna Lauchlan	W65	39.55*
George Schaeffer	M65	39.55*
Gail Gardiner	W45	45.00
Judy Hill	W50	45.04
Jill Midolo	W50	45.05
Rex Bruce	M55	54.01!
Alan Pomery	M65	54.02!
Leo Hassam	M65	54.05!

Visitor

Lauren Gardiner	45.02
! Got carried away and did a tour of woodlands (or something)	

10km Walk

Dick Blom	M65	64.46*
-----------	-----	--------

10km Run

Warren Gee	M45	37.37
Jim Klinge	M50	38.21
Ralph Henderson	M50	39.09
Gary Fisher	M45	39.10
Bob Thomson	M50	39.43
Dave Roberts	M55	40.13
Gareth Brunt	M45	40.21
James McCarthy	M35	40.24
Bob Schickert	M55	41.20
Jan Kelly	W40	41.26*
Robin King	W40	41.42
John Wannberg	M30	41.46
Tony Whittaker	M45	42.20
Doug Ashfield	M40	42.40
Bruce Haustead	M35	42.59
Graham Thornton	M55	43.11
Johan Hagedoorn	M50	43.14
Mark Rosen	M50	43.20
Chris Kowalski	M40	44.02
Alan Jennings	M55	44.17
Brian Bennett	M50	44.17
Brian Foley	M50	44.40
Peter Sanders	M50	45.17
Mike Flood	M45	46.58
Keith Atkinson	M40	47.11
Kath Noordyk	W50	47.29
Mike Hale	M50	47.44
Robert McBeth	M45	48.08
Frank Gardiner	M45	49.11
Mike Rhodes	M50	49.30
Carol Brodrick	W45	50.09
xKen Brownlie	M50	50.09
Aldo Giacomini	M60	50.59
Shirley Bell	W50	52.40
Merv Moyle	M70	53.15
Trevor Brown	M55	53.46
Dalton Moffett	M65	53.59
Sue Sanders	W45	55.25
Wendy Duncan	W45	55.48
John Bell	M50	55.49
Basil Worner	M65	56.04
Barbara Darling	W50	57.04
Bert Carse	M55	57.17#

Brian Holmes	M60	57.41	Anita Brown	W50	72.33	Jane Thompson	51.34
Ann Turner	W60	58.42	Jean Fisher	W50	72.33	Paula Karra	57.04
Shorty Turner	M60	61.47	<u>Visitors</u>			* records	
Ken Whistler	M65	63.41	Ian Carson		38.01	# Started 16 minutes late	
			Robert Weaver		46.02		

DAM TO DAM RUN 8.5KM BICKLEY 20/09/98

The conditions were perfect for the run or walk, only 49 competed in the event and no one got lost. Many found the climb to the top of the Dam a little tough, most of the other rises on the course were quite reasonable. I wish to thank John Pellier, Jeff Spencer, Jim Shaw and regulars Maureen & Bev for their assistance.

Graham Thornton.

		Time	Time/km	
13	Keith Atkinson	M 40 0:40:36	0:04:55	
1	Warren Gee	M 45 0:33:14	0:04:02	
2	Chris Coates	M 45 0:33:41	0:04:05	
16	Frank Gardiner	M 45 0:41:19	0:05:00	
23	Stuart Parkinson	M 50 0:44:49	0:05:26	
6	Ann Shaw	W 50 0:35:29	0:04:18	
26	Shirley Bell	W 50 0:45:49	0:05:33	
31	Val Millard	W 50 0:51:45	0:06:16	
3	Ralph Henderson	M 50 0:33:52	0:04:06	
4	Jim Klinge	M 50 0:34:10	0:04:08	
9	Ivan Brown	M 50 0:37:55	0:04:36	
15	Brian Bennett	M 50 0:41:03	0:04:59	
17	Mike Rhodes	M 50 0:42:41	0:05:10	
5	Bert Carse	M 55 0:35:10	0:04:16	
7	Bob Schickert	M 55 0:37:35	0:04:33	
8	Don Caplin	M 55 0:37:48	0:04:35	
18	Mitch Lolly	M 55 0:43:14	0:05:14	
20	Keith Forden	M 55 0:43:45	0:05:18	
21	Brian Smith	M 55 0:43:56	0:05:20	
22	Margery Forden	W 55 0:44:06	0:05:21	
34	Margaret Bennett	W 55 0:57:09	0:06:56	
14	Bob Sammells	M 60 0:40:43	0:04:56	
19	Peter Airey	M 60 0:43:39	0:05:17	
25	Ray Hall	M 60 0:45:34	0:05:31	
28	Brian Holmes	M 60 0:50:05	0:06:04	
33	Shorty Turner	M 60 0:53:53	0:06:32	
36	Mary Hepple	W 60 1:03:15	0:07:40	
38	Sheila Maslen	W 60 1:03:27	0:07:41	
12	David Carr	M 65 0:40:06	0:04:52	
24	Robin Bonner	M 65 0:45:12	0:05:29	
29	Dalton Moffett	M 65 0:51:24	0:06:14	
30	Norm Miller	M 65 0:51:35	0:06:15	
32	Kirt Johnson	M 65 0:53:31	0:06:29	
37	Lorna Lachlan	W 65 1:03:22	0:07:41	
27	Merv Moyle	M 70 0:49:52	0:06:03	
35	Allen Tyson	M 70 1:01:20	0:07:26	
10	Barry Ault	M Vis0:38:21	0:04:39	
11	Nicholas Gardiner	M Vis0:38:48	0:04:42	
39	Marion Bucens	W 55 1:04:48	0:07:51	W
40	Rex Bruce	M 55 1:05:32	0:07:57	W
41	Ann Breese	W 50 1:05:36	0:07:57	W
42	David Brown	M 50 1:06:59	0:08:07	W

43	Barry Thomsett	M 55 1:07:03	0:08:08	W
44	Jackie Billington	W 55 1:15:35	0:09:10	W
45	Denise Lancaster	W 45 1:15:37	0:09:10	W
46	Lynne Schickert	W 55 1:18:13	0:09:29	W
47	Glenice Shanahan	W 70 1:21:51	0:09:55	W
48	Alan Pomery	M 65 1:30:35	0:10:59	W
49	Ann Turner	W 60 1:30:41	0:11:00	W

21st Cliff Bould Trophy 8th November 1998

The weather perfect again - over 110 entrants for this traditional handicap race over 10.4km. John Gilmour attended to present the trophy and reminded members of the ability and character of Cliff, who sadly, at 80 is in very poor health. The achievements of these two men is quite inspiring and I look forward to reading the book on John's life, soon to be published (thanks to the efforts of Richard Harris). Thankfully no major injuries although Norm Miller fell in the loose limestone (or was he trying a clever passing maneuver?). My thanks to helpers Rex Bruce, Mary Heppell and Margaret Bennett on Herison Island, plus Robin King for collecting flags as she ran (is this what they mean by 'strength flagging'). Robin should get a better handicap next year and probably break a record. Thanks also to Gareth Brunt, Jackie Halberg, Jim Shaw and Pat Miller plus our faithful recorders Bev Thornton and Maureen Pomery. Fastest time was Ross Parker (M45) in a great 38.54. The trophy goes to David Wilmer who also won the 5.2 scratch race in 1997. First across the line was Paul O'Riordan who ran very well but did not have an official club handicap before the race. Just behind David was Aldo Giacomini. The 5.2 race saw Don Caplin home in a time of 20.50, followed by Wal Crowley and Blakeney Tindall. The walkers faced a more difficult terrain than usual. Fred Watson took advantage of being off scratch and despite his 80 years just pipped Alan Pomery followed by Pat Ainsworth. As expected, Anne Shaw broke the W50 record previously held by Lorna Lauchlan since 1982. President of the WAMC, John Pettersson competed and, as usual, toasted us all with champagne! **Ivan Brown**

5.2km

Don Caplin	M55	20.50
Wally Crowley	M45	20.55
Blakeney Tindall	M35	21.36
Ken Brownlie	M50	23.32
Paula Hanson	W40	24.34
Mick Cousins	M65	24.58
Simon Mort	M40	24.59
Joe Stickles	M50	25.00
Margaret Langford	W5	25.37

Janet Kelly	W40	26.08	Lynne Schickert	W55	52.02	14.00	38.02	Mike Hale	M50	65.24	18.00	47.24
Keith Forden	M55	27.54	George Schaefer	M65	52.05	13.30	38.35	Stuart Parkinson	M50	65.31	13.00	52.31
			Michelle Mison	W50	52.14	14.45	37.29	David James	M45	65.32	20.30	45.02
Norm Miller	M65	28.05	Bob Chalmers	M60	52.14	15.00	37.14	Eileen Brown	W50	65.35	4.00	
Kurt Kappler	M45	28.20	Leo Hassam	M65	52.42	4.30	48.12	Brian Bennett	M55	65.36	19.00	61.35
Jenny Barnes	W45	28.22	Barrie Thomsett	M55	54.31	15.00	39.31	Marge Forden	W55	65.37	12.00	53.37
Merv Jones	M55	28.38						Peter Airey	M60	65.39	14.00	51.39
Kath Penton	W55	28.43	10.4Km run	Age	Clock	Handicap	Actual	Mike Karra	M30	65.47	20.45	45.02
Andy Francis	M55	28.58	Paul O'Riordan	M40	62.05	20.15	41.50	Ray Hall	M60	65.48	13.00	52.48
Wendy Clements	W55	29.39	David Wilmer	M40	62.32	23.15	39.17	Michael Anderson	M50	66.08	16.30	49.38
Robert Sheehy	M50	29.39	Aldo Giacomini	M60	62.39	9.30	53.09	Alan Cox	Vis	66.11	1.00	65.11
Richard Harris	M60	30.53	Jim Klinge	M55	62.48	22.45	40.03	Maurice Creagh	M50	66.17	21.00	45.17
Ray Lawrence	M70	32.45	Graham Thornton	M55	62.57	18.00	44.57	Brian Smith	M55	66.19	12.00	54.19
John Russell	M65	32.45	Dalton Moffett	M65	62.59	8.00	54.59	Brian Foley	M50	66.20	19.00	47.20
Noela Medcalf	W60	33.34	Michael Klave	M55	63.05	12.00	51.05	Trevor Brown	M55	66.24	7.00	59.24
Doug Hazell	M45	33.36	Fiona McAuley	W45	63.11	12.00	51.11	John Presley	M50	66.42	20.00	46.42
Lynne Stoltze	W45	34.10	Ian Davies	M50	63.14	22.00	41.14	Bob Sammells	M60	66.46	15.15	51.31
Kirt Johnson	M65	34.11	John McGowan	M45	63.20	18.30	44.50	Nick Miller	M35	66.53	19.30	47.23
Sheila Maslen	W60	35.41	Mike Flood	M45	63.26	17.00	46.26	Paul Kelley	M45	67.05	20.30	46.35
Suzan Brand	W50	36.49	Keith Atkinson	M40	63.29	16.00	47.29	John Pettersson	M55	67.13	15.30	51.43
enice Shanahan	W70	43.24	Gary Fisher	M45	63.29	22.00	41.29	Robert Weaver	Vis	67.26	16.00	51.26
Frank Usher	M75		Tony Whittaker	M45	63.36	19.00	44.36	Shirley Bell	W50	67.27	11.45	55.42
			John Pellier	M55	63.48	15.30	48.18	Joan Pellier	W55	67.33	6.45	60.48
			David Roberts	M55	63.50	21.00	42.50	Vic Beaumont	M65	67.37	10.00	57.37
			Ross Parker	M55	63.54	25.00	38.54	Mitch Loly	M55	67.57	17.00	50.57
			Duncan McAuley	M45	64.00	23.00	41.00	Sue Vetten	W45	68.04	17.30	50.34
			Brian Danby	M50	64.02	21.00	43.02	Milton Maverick	M40	68.05	20.15	47.50
			Carol Broderick	W45	64.14	12.15	51.59	Brian Hunter	M50	68.19	12.00	56.19
			Shorty Turner	M60	64.16	3.30	50.46	Jim Barnes	M55	68.45	19.00	49.45
			Ian Lankester	M50	64.33	20.30	44.03	Mike Rhodes	M50	69.11	14.00	55.11
			Ray Bateman	M45	64.43	19.30	45.13	John Mison	M50	70.04	18.00	52.04
			Alan Jennings	M55	64.47	18.00	46.47	Paul Martin	M55	70.10	18.00	52.10
			Bob Schickert	M55	65.05	21.30	43.35	John Smith	M60	70.10	8.30	61.40
			Doug Ashfield	M40	65.13	20.15	44.58	Ann Turner	W60	72.07	8.30	63.37
			Anne Shaw	W50	65.20	23.00	42.20	John Bell	M50	72.08	19.30	52.38
			Paula Karra	Vis	65.23	8.00	57.23	Robin King	W40	75.57	20.00	55.57
			Mike Kahn	M50	65.24	17.00	48.24					

5.2K Walk

Name	Age	Clock	Handicap	Actual
Fred Watson	M80	46.35	00.00	46.35
Alan Pomery	M65	47.56	6.00	41.56
Pat Ainsworth	W60	48.43	8.00	40.43
Bob Fergie	M60	49.36	15.30	34.06
Val Wheeler	W65	50.15	6.00	44.15
Dick Blom	M65	51.13	16.30	34.43
Maggie Flanders	W60	51.16	5.00	46.16
Jeff Whittam	M60	51.16	6.00	45.16
David Brown	M50	51.25	16.30	34.55
Dorothy Whittam	W60	51.41	11.30	40.11

Repetitive Stress Injuries

The majority of active people will experience an injury at some stage in their sporting life. The constant repetitive stress the body receives with regular exercise leads to many common complaints. What may start as an occasional niggling knee, shin, ankle or foot pain can be a real hindrance. Inevitably that niggling pain flares up just as you are trying to increase your mileage or intensity. Below is some advice to keep you active longer and more comfortably.

Shoes

The first step is to evaluate your footwear. Sports shoes should be replaced regularly depending on how often you are exercising, what surfaces, and how hard you are on your shoes. There are some very good sports shoe shops around. The staff are usually well trained and can fit you with a shoe suitable for your foot type. If you are unsure where to go, contact a podiatrist in your area. Podiatrists liaise regularly with shoe shops and can usually recommend someone they are confident in. Often the staff will look at you walking and talk about 'pronation' and 'supination'. Everyone 'pronates' and 'supinates', it is a normal part of walking. The problems start when people over pronate or over supinate. Most people over pronate to some degree, and a good stable shoe can prevent

problems occurring. Although often shoes alone cannot totally relieve problems.

Insoles

Today many different types of insoles are easily available - at chemists, sports stores or they can be issued by health professionals. Traditionally podiatrists have prescribed a wide range of insoles, depending on the complaint, activity and footwear. There are a range of 'off the shelf' devices - mainly used for sport insoles, diagnostic insoles and for the elderly. These are usually quite soft and can be heat moulded to the foot. These types of insoles can often relieve the complaint to some degree and sometimes they are all that are required. Unfortunately, the materials are not very durable and need to be replaced regularly. Podiatrists can also prescribe insoles that are made from plaster casts moulded to the foot. These can be made out of a softer material similar to the 'off the shelf' devices but still have the benefits of a custom made device. The insoles can also be made from more rigid material designed to prevent excessive movement of the foot. This material can last from 5 to 10 years. The more rigid insoles are usually more expensive, however, they do last many years longer and can provide a more permanent resolution to the pain. A good podiatrist will offer you a range of insoles and advise you on what would be best for you and your budget. This was written by Emma Cross, a member of the Marathon Club and a Podiatrist at Western Sportscare.

HAPPY BIRTHDAY TO OUR DECEMBER MEMBERS

Harris, Richard	01/12/36	62 remains	M60
Khan, Michael	01/12/44	54 remains	M50
Shaw, Anne	01/12/47	51 remains	W50
Pearce, Joanne	01/12/49	49 remains	W45
Davis, Rosa	02/12/43	55 becomes	W55
Humphrey, Terry	04/12/51	47 remains	M45
Lankester, Ian	06/12/47	51 remains	M50
Short, Jeremy	07/12/50	48 remains	M45
Millard, Valerie	08/12/46	52 remains	W50
Webster, Keith	09/12/41	57 remains	M55
Gee, Warren	11/12/50	48 remains	M45
Russell, John	12/12/32	66 remains	M65
Penton, Kathleen	15/12/41	57 remains	W55
Scaddan, Graeme	15/12/61	37 remains	M35
Zaehner, Bernie	16/12/58	40 becomes	W40

Webb, John	17/12/44	54 remains	M50
Berry, Nora	17/12/29	69 remains	W65
Hughes, Susan	17/12/50	48 remains	W45
Gardiner, Frank	17/12/49	49 remains	M45
Beaumont, Victor	19/12/29	69 remains	M65
Doore, Pixie	20/12/46	52 remains	W50
Smith, Brian	20/12/38	60 becomes	M60
Brown, Trevor	24/12/39	59 remains	M55
Barrie, Stephen	25/12/35	63 remains	M60
Head, Phyllis	26/12/19	79 remains	W75
Holland, Ross	26/12/37	61 remains	M60
Davies, Stephen	27/12/53	45 becomes	M45
Moffett, Dalton	28/12/30	68 remains	M65
Schaefer, George	28/12/32	66 remains	M65
Webb, Sandra	28/12/40	58 remains	W55
Crowther, Derek	29/12/41	57 remains	M55
Kingdon, Elizabeth	29/12/49	49 remains	W45
Slinger, Barrie	29/12/39	59 remains	M55

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