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HAPPY BIRTHDAY TO OUR DEC/JAN MEMBERS

HARRIS, RICHARD	01/12/36	57 remains M55	DEANUS, FRASER	01/01/40	54 remains M50
KHAN, MICHAEL	01/12/44	49 remains M45	HINDLE, EILEEN	02/01/49	45 becomes W45
SHAW, ANN	01/12/47	46 remains W45	AUDSLEY, BARRY	03/01/43	51 remains M50
DAVIS, ROSA	02/12/43	50 becomes W50	SPAIN, TRISHA	04/01/42	52 remains W50
CAREY, MICHAEL	02/12/56	37 remains M35	MASLEN, SHEILA	06/01/38	56 remains W55
BORNHOLDT, JOHN	03/12/35	58 remains M55	SAMMELLS, ROBERT	06/01/37	57 remains M55
MUNYARD, BARRY	04/12/43	50 becomes M50	PREWETT, GERALD	09/01/53	41 remains M40
ROBINSON, MARY	07/12/36	57 remains W55	FARRELLY, LYNN	09/01/45	49 remains M45
CLARKE, TOM	07/12/46	47 remains M45	MITSOPOLOUS, ROBYN	10/01/51	43 remains W40
MILLARD, VALERIE	08/12/46	47 remains W45	DEVINE, BRIAN	12/01/42	52 remains M50
WEBSTER, KEITH	09/12/41	52 remains M50	ATTWELL, RAYMOND	13/01/36	58 remains M55
GEE, WARREN	11/12/50	43 remains M40	CHOATE, LYNNE	14/01/53	41 remains W40
RUSSELL, JOHN	12/12/32	61 remains M60	JOHNSON, RUTH	14/01/41	53 remains W50
LYNCH, MARGARET	13/12/36	57 remains W55	JONES, BRIAN	14/01/28	66 remains M65
PENTON, KATHLEEN	15/12/41	52 remains W50	KELLY, PAULINE	14/01/47	47 remains W45
WEBB, JOHN	17/12/44	49 remains M45	FLETCHER, JANET	20/01/46	48 remains W45
BERRY, NORA	17/12/29	64 remains W60	LEMAN, COLIN	20/01/46	48 remains M45
HUGHES, SUSAN	17/12/50	43 remains W40	PUGLISI, JOHN	20/01/51	43 remains M40
VOLET, JEAN-MARIE	18/12/47	46 remains M45	WEATHERBURN, BARRY	20/01/43	51 remains M50
BEAUMONT, VICTOR	19/12/29	64 remains M60	ALDRICH, ALISON	24/01/43	51 remains W50
HOLLAND, HARRY	19/12/43	50 becomes M50	FARRELL, ROBERT	24/01/40	54 remains M50
HORSLEY, RICHARD	21/12/12	81 remains M80	HASTIE, LORRAINE	24/01/57	37 remains W35
EDWARDS, JOHN	22/12/40	53 remains M50	WYATT, GAY	24/01/54	40 becomes W40
JAMES, DALE	24/12/52	41 remains W40	POTTER, RONALD	24/01/32	62 remains M60
BARRIE, STEPHEN	25/12/35	58 remains M55	BARNES, JAMES	25/01/43	51 remains M50
HEAD, PHYLLIS	26/12/19	74 remains W70	JONES, SUSAN	25/01/49	45 becomes W45
MOFFETT, DALTON	28/12/30	63 remains M60	MITSOPOLOUS, VANCE	26/01/51	43 remains M40
SCHAEFER, GEORGE	28/12/32	61 remains M60	TURNER, ANN	27/01/36	58 remains W55
CROWTHER, DEREK	29/12/41	52 remains M50	MORRISSEY, MICHAEL	28/01/27	67 remains M65
SLINGER, BARRIE	29/12/39	54 remains M50	DAHLSTROM, DARRY	28/01/51	43 remains M40
			HILL, EDDIE	29/01/43	51 remains M50



The Vetrunk



NO. 249 NOV/DEC 1993

WA VETERANS AC - REGD BY
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Forthcoming Attractions

RACE NOTES

DEC 12 - Round the Lakes (handicap) is an on-the-grass tour of Perry Lakes, doubled for the 8K. Walkers have a perfect alternative here. Venue is at northern end of lakes.
1992 8K H winner - Ron Hillis, 44:44 (H 8:00)

DEC 19 - Xmas Gift Run and Walk demands you be silly, dress festively and maybe win a prize. The run/walk is extremely un-serious. Bring a gift (app \$5). These are piled under a tree, and if you're lucky you won't pick up your own one.

DEC 26 - Kings Park Run director Tom Savin can't be there, but we will still meet at Saw Avenue. Expect a surprise, that should be in the great tradition of Kings Park - 'We always get lost here!'

DEC 28 - Programme shows this as Boxing Day Run. It's not on Boxing Day. It's at Lake Leschenaultia on the 28th - NOT the 26th. A good cross-country, much enjoyed by the few who regularly fight off their hangers on to attend, and a good byo bbq follows.
1992 7K winner - Chris Maher, 27:32

JAN 2 - Friendship Run is as rigorous as its director John Pellier, who measures the 12Kms distance accurately to .0001mm. A road run, hilly, and demanding.
1993 12.4K winner - Graeme Bergersen, 47:01

JAN 9 - Women's Run (handicap) is NOT a sexist statement. All are welcome. Another fast run, from McCallum, on paths, with one good hill.

Food is provided by the ladies after the race (what's new?)
1993 7.1K H winner - Brian Bennett, 36:18 (H 3:25)

JAN16 - the Club Pentathlon is held at Perry Lakes stadium, while at the northern end of the lakes, Brian Foley

turn to page 3

Vets honour the Founders

WAVAC honoured its founders at the annual dinner on November 5. We acknowledged, with gratitude, the debt we all owe to four men whose vision and ambition has made athletics available to many hundreds of veterans.

Dick Horsley, Cliff Bould, John Gilmour and David Carr are the four. Current President Brian Foley made the tribute to them, and presented specially designed founder's badges. (David being in Japan, representing the club brilliantly as ever, his badge was accepted by Pat, who's also been on the Vets scene since the start in 1974.)

Several other Vets signed up in that first year. Of them, only Garnett Morgan was able to be present at the annual dinner, to receive his own special 20 years badge.

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Run in the cool of the evening

EXTRA events for Vets, in the cool of the evening under lights at Coker Park, are available now on many Fridays.

A walk, a couple of field events, and a range of runs from sprint, through middle-distance to longer stuff, are available at every meeting.

Entry fee is only \$3.

Don't be wary of the standard. Although it's an open meeting, you'll be competing against other Vets.

We're part of the organising group, so it would be good to see more club members there.

If, like some of us, you enjoy a Friday night on the town, that's alright too!

The meet begins at 6.45pm, and ends around 9pm (still time to hotfoot it into Perth to your favourite watering hole.)

Dates for the coming weeks are:
December 10; December 17; January 7; January 21; and January 28.

THOUGHT-STARTERS

On the Vets Club
Development Question

by a
Management Consultant

A few weeks ago the Vets committee held an introductory 'Think-Tank' following a Wednesday evening track and field meet. This was the first part of an overall consultation with members on the future of our club.

This is an excellent, timely move. It gives all members the opportunity to contribute to our club.

It's also a chance to identify the things we do well, re-state the core values which make the Vets a unique organisation, that provides much more than just the opportunity to 'have a run.'

The think-tank raised a number of interesting issues, including 'the club's administration.'

Thought-starters

The following are some 'thought-starters' on this particular issue.

They may be of particular use for new members, who might be unaware of the complexity of the Vets administration, which is entirely voluntary.

Is it true that clubs are starting to find it difficult to enlist helpers for their committees?

Is 'volunteer burn-out' a reality in clubs?

Our club can claim to be very successful, and one of the reasons for this has been an administrative committee which is committed, efficient and sensible.

It is true that many clubs are finding it more difficult to recruit new helpers - and volunteer burn-out DOES happen, all too frequently.

Over the past few weeks we have seen our President working as an equipment pack-horse, both on Sunday mornings and Wednesday evenings. At the same time he has had to perform his normal public relations job at the runs, and listen to each and every member who wants to have his ear on some club matter.

Over the years we have seen club administration become more complex, and perhaps it's the right time to try the following.

1/ Review all the ESSENTIAL functions of our committee, as we see them now, and for the future.

2/ Adjust the structure of the committee

and its method of operation - if necessary.

The aim of a review (and any changes) would be:

- * to ensure the committee meets the needs of an expanding membership;
- * to help prevent burn-out of our administrators.

Method of operation

For example, it has already been raised (at the think-tank) that it may be effective for the committee to create two operational committees, viz

- * Road running/ walking (Sundays)
- * Track and Field.

It may be useful for the committee to work regularly through 'specific task groups' which take on a single project, under the direction of the committee, within a specific time-frame.

Advantages of this method could be:

- * it recruits 'specialists' who may not want to become involved in the 'governing and administration' of the club by joining the main committee;

- * it spreads the load more widely across the membership;

- * it ensures that routine administration proceeds without interruption.

This is not a new approach.

For instance, the committee creates a special task group whenever our club hosts the Veterans' National T&F Championships in Perth. Another small social group organised our recent annual dinner and dance. Each issue of the Vetrin is produced by a task force of three members.

The following is a rough attempt to outline the key areas in which the Vets committee operates. It might help all of us to visualise the scope of the committee's work.

1/ ROUTINE ADMINISTRATION - PROGRAMMED EVENTS - MEMBERS' SERVICES

Programmed Events:

- Walking
- Road Running
- Track and Field

Members Services:

- Communication
- Finance
- Safety
- Equipment

2/ GOVERNING THE CLUB

- Liaison with national Veterans' governing body
- Liaison with State athletics governing body
- Policy matters

3/ PLANNING AND DEVELOPMENT

- Annual programming
- Special social events
- Future directions
- Public awareness
- Counselling of members

Points to note:

Under 1/, communication includes production of the Vetrin magazine; road running refers to our regular Sunday morning programme.

Under 2/, the word 'governing' is probably not the most appropriate, but may usefully distinguish this vital function from routine matters.

Under 3/, again, perhaps 'planning and development' is not the most appropriate phrase, but it's intended to separate things like 'public awareness' from routine organisation.

Re 'Counselling' - at the recent think-tank the issue of coaching was raised.

Counselling, or advising, could be a more general, less threatening term than coaching. Many new members (and older ones?) may be seeking simple handy hints rather than the more formal coaching.

Athletics times are changing

by Vik Waters

IN athletics, 'the times they are a'changin'.

Nationwide, we can expect growing concentration on the sport leading up to Sydney in the year 2000.

Worldwide, big money for athletes, and the sniff of drug abuse, moves track and field from the back pages to the front.

In WA, State government has determined that our sport must become better organised to encourage and develop talent, and Athletics West will eventually get on with that task.

So - why should all this concern the Vets? Tucked away, virtually out of sight in the most remote capital city in the world, slogging round the paths and parks every Sunday morning, we're doing very nicely, thank you!

So it may seem to some. But change has a habit of creeping up on you, welcome or not. If you're not prepared for it, it can deal a nasty shock.

Some Vets might yearn for the 'good old days', when they knew every name, every name, on the Sunday runs. So can blame them? It was a great club, very friendly, very successful.

Without the early trailblazers, none of us would be enjoying the Vets today.

It's particularly interesting that one of those founders, David Carr, is most vocal in his support of further developing the Vets, encouraging the 'younger Vets' to take up the running.

Another champion and founder, Dick Horsley, spoke movingly at the recent annual dinner in favour of encouraging

all athletes, no matter their standard, to join in and enjoy our runs and walks.

Not for him the elitism that would rule most of us to be 'also-rans' (or possibly, without encouragement, 'never-rans'.)

The Vets will continue to grow and develop. There's no doubt about that.

But the club is bigger, involves more work, and planning. Demands have grown, safety is more difficult to ensure, finance has to be carefully managed.

What's become most important is that we plan that development.

That way, we can ensure that, instead of becoming bogged down in running the club, we can get out and enjoy our running.

In this issue, you'll find a report from President Brian Foley on the first 'development meeting.' Also, there's a solid contribution from a consultant, and another from Brian Aldrich, suggesting ways the club might go.

Please take the time to read all this material. It might stimulate new thoughts. It will certainly make everyone more aware of what's involved in making this club so successful.

Armed with this extra insight, we hope many members will attend the next development meeting, which will be scheduled to follow on from a Sunday morning run.

Vik Waters

Letters to the Editor

Dear Vic,

DEVELOPMENT POLICY

Brian Foley's recent informal meeting was valuable in that it highlighted the emerging split in our membership between track and field enthusiasts and distance runners/ walkers. While each have their place in an athletics club, the numbers who take part in both are in the minority.

With the added emphasis on safety it now seems logical to establish a separate sub-committee for each of the two functions.

I suggest that each consists of three members, one of whom should be an equipment officer, thus relieving the onerous task of the present official who caters for the needs of T & F (mostly midweek events) as well as for runners/ walkers (on Sundays). This would also facilitate the holding of simultaneous

OUT OF THE 'THINK-TANK'!

by Brian Foley

MORE than 30 members attended the Coker Park, November 10 meeting, the object being to discuss the direction the club is heading, some present concerns, and whether a development programme is necessary.

This report, and other features in this month's Vetrin, are made to allow further discussion among members, prior to another general meeting which will be held after a Sunday run. That meeting - date to be announced - will allow more input prior to any major decisions being made on club policy.

At Coker, the following points were raised.

Membership

Average age of Vets members is now 51 years, which is two years more than it was five years ago, though we still have the same number of members, app. 450.

Do we need to encourage younger members to join. Do we need active promotion, publicity, or just more personal contact? The meeting was for low-key promotion through community newspapers, and personal contact.

Joining age

Age minimum to join the Vets is 30 for women, 35 for men. The Australian Association (our veterans' national body) sets 30 years as the minimum for both male and female. Thirty is also the na-

weekend events when required.

I further suggest that the sub-committee members are appointed by the Club committee for the year, rather than elected, that their chairperson attends Club committee meetings by invitation and then only for relevant items on the agenda.

The two sub-committees would be accountable to the Club committee whose numbers would not need to be increased and who could, thereby, concentrate more on policy matters and less on administration.

Yours sincerely,
Brian Aldrich

tional championship's ruling.

Our meeting did not give a clear indication for change

AAWA

The Vets club is affiliated to the AAWA - the State's overall athletics association. This costs \$300 a year, and currently only eight Vets are registered members (for which they pay \$50 each, direct to the AAWA, in addition to our club's \$300 fee.)

However, we must have 20 members registered to remain a club within the Association. We also have several life members and officials.

Meeting's feeling - continue affiliation; encourage membership.

Athletics West

This is the trading name of the new WA athletics federation, which will coordinate athletics in the State. Current membership is free, and we should affiliate with it to have input into matters affecting Veterans' athletics. One aim of Athletics West is to promote regional athletics, from little ath's through to vets.

That organisation has an open meeting planned, Tuesday December 7 at the Rhodes Hotel, Mill Point Road.

Safety

Our organisation of events has been reviewed by a lawyer with respect to duty of care, and safety of the events. Our standard is generally high, though we do need to make some changes to some running courses, and our starting procedure.

Extending early summer starting times, locating the more difficult courses in winter months, obtaining municipal and police permission, and briefing sessions with race directors are items for consideration.

Track and Field safety has also been reviewed, with separation of throwing areas from access by other field users.

Coaching

We do not have organised coaching. However, several members have offered their assistance. We have lost more than one new member to other clubs due to the lack of coaching.

Administration

Use of sub-committees is warranted, to relieve the workload of the main committee. Projects which might be devolved to sub-committees are management of club equipment, championship meetings, and safety.

Championships

Discussion supported the concept of staging the Vets' State Track and Field Championships over one weekend, starting with the 10,000m on Friday night under lights. The championships would be open to all veteran aged athletes.

Normally this run is organised by Brian Hardy and Jane Robley, but as they had a wedding to attend in the Eastern States I was volunteered to organise this year.

During the night I t rained very heavily, and as I started out to flag the course it was still raining lightly. Fortunately by the time the race started th rain had stopped and remained away for the rest of the morning. The wind was quite strong but as most of the course is fairly sheltered it was not too much of a problem.

In the notes for Race Directors (the second on race safety) there is a part

12K

Chris Maher	M40	45:25
David Bishop	M35	45:43
Wayne Robinson	M35	45:49
Dave Roberts	M50	46:32
Bob Schickert	M50	46:39
Ralph Henderson	M45	46:42
John Ferris	M40	46:43
Paul Hughes	M40	46:56
Bob Harrison	M50	49:55
Frank Smith	M50	50:02
David James	M40	50:04
Ron Bragg	M50	50:16
Peter Evans	M40	50:37
Brian Danby	M40	51:22
George Schaefer	M60	52:06
Paul Martin	M50	52:12
Robin Bonner	M60	52:21
Peter Sanders	M45	52:32
Alec Holm	M45	52:40
Geoff Mullins	M50	52:48
Brian Foley	M45	53:01
John Bell	M45	53:08
Colin Watts	M40	53:11
John Pellier	M50	53:22
Simon Mort	M35	54:05
Mitch Loly	M50	54:18

Recovery Run concludes

met far more members that I would normally have done so.

I must record my thanks to Brian Foley and committee members for your help and friendship, it has been of immense value. To Bob Sammells, my thanks for taking over my duties as event co-ordinator for the rest of the club year. Finally, to our Editor, who has struggled so hard to cope with my very casual attack on the English language over the past three years, please leave this letter unedited, unless to correct my appalling spelling, and please consider that a big thank you. Being a kind hearted soul I did not punch his lights out after his attack on my Rottnest report, after all, how would he know what Yhatze was, or that an Eastern States visitor thought a Quokka was called a Wacka? Perhaps he could take a trip overseas and visit Rottnest. The island would never be the same again.

Goodbye, I will see you all between now and when I leave to visit Sandi and Brigitte early in the new year.

Barrie Thomsett

Herdsman Lake Run

October 31, 1993

that states "please pay particular attention to start and finish areas and ANT hazardous areas".

Well I am pleased to report that the notorious Argentine Ants of Herdsman's Lake did not carry anyone off.

Adrian Noordyk	M40	54:21
Lyn Harrop	W40	54:40*
Ian Passmore	M45	55:03
Dalton Moffett	M60	55:16
Kath Noordyk	W45	55:47
Basil Worner	M60	58:17
Ray Attwell	M55	58:27
Kath Penton	W50	59:08
Sue Prewett	W35	59:20
Gerry Prewett	M40	59:21
Jackie Halberg	W45	59:27
Mike Rhodes	M45	60:09
Aldo Giacomini	M55	60:25
Lynn Farrelly	M45	60:34
George Peet	M60	60:55
Merv Jones	M50	62:14
Dave Hough	M60	63:34
Ron Sutton	M55	63:52

12K

John Russell	M60	65:14
Morris Warren	M55	65:22
Alan Chambers	M55	67:04
Frank Usher	M70	76:53

6KM

Ian Colquhoun	M35	22:52
Steve Barrie	M55	23:51
Vicente Carrero	M50	24:09
Doug Hazell	M40	24:33
Mike Khan	M45	24:57
Joe Stickles	M55	25:13
Bob Sammells	M55	25:49
Arnold Jenkins	M45	25:59
Bill Crane	M50	26:02
Maxine Santich	W40	26:21
Karyn Gower	W30	26:22
Michael Anderson	M45	26:39
Bill Peart	M50	26:52
Mike Cousins	M60	27:10
Roger Walsh	M50	27:18
Vic Waters	M45	28:03
Allen Tyson	M65	28:10
Frank McLinden	M60	28:23
Ron Potter	M50	28:43
Ros Banyard	W45	28:53
Harry Holland	M45	28:54
Barry Munyard	M45	29:49
Kevin Anderson	M50	29:58
John Yeates	M40	30:41
Ray Lawrence	M55	30:53
Jeanette Tiverios	W35	30:58
Robert Sheehy	M45	31:32
Roma Bettles	W40	32:21
Sue Hughes	W40	32:33
Ray Barnett	M50	32:45
Kathryn Holland	W35	32:57
Garnet Morgan	M65	33:02
Irene Ferris	W40	33:50

I would like to thank Kirt Johnson, Maurice Johnston and Dave Hough for bringing and erecting the recorder's tent; Maureen Pomery and Val Bonner for recording; Judy, Peter and Shane Hill for marshalling the Herdsman Parade and Flynn Street section, and flag collecting; Brian Bennet, Dorothy Whittam with Michael and Luke for the turns and drink stations and flag collection; Pauline and Ivan Wiltshire for manning (personing?) the finish and flag collection; Ted Maslen, the clock and Fred Haggard on standby and everyone who came and walked or ran in the event.

Jeff Whittam

Kirt Johnson	M60	33:51
Noela Medcalf	W55	34:30
Margaret Warren	W55	34:57
Joan Pellier	W50	35:14
Mary Robinson	W55	35:21
Pat Miller	W55	35:41
Jill Midolo	W45	36:18
Lorna Lauchlan	W60	38:19
Alison Aldrich	W50	37:13
Mary Hepple	W55	38:24
Margaret Ward	W50	39:08
Jacqui Billington	W50	42:11
Sheila Maslen	W55	42:15
Valerie Millard	W45	42:43
Cliff Bould	M75	46:41
Heather Sanderson	W40	55:07

12K WALK

Peter Johnson	M45	81:32
Graeme Meyers	M40	81:32
Ann Catarinich	W45	83:44

6K WALK

Alan Pomery	M60	47:12
Gill Peet	W55	59:52
Valerie Tyson	W60	54:42
Tina Carrero	W45	54:43
Karen Krellin	W50	56:12
Dick Horsley	M80	56:14

M75

To whom can I sing my love-songs
Now that my youth is past?
Why do I sing so desperately
Those songs that cannot last?

Who stays to hear my love-songs
Since ruthless time has found me
Stepping carefully 'midst the years
Now grown like weeds around me?

Where is the breeze that once did blow
Boisterous with desire?
The hot pursuit? The soaring heat?
The quenching of the fire?

Where is the brook that once did flow
Past my feet as I, content,
Pushed my paper boat midstream
And cared not where it went?

Ah! 'Tis gone beyond recall!
Upon life's stream 'tis journeying
Bobbing downstream to the misty years
And the brook keeps murmuring —
murmuring!

Arthur Leggett

Our fourth Joondalup Run was held in October this year. The weather was fine. A wee bit too much water in the lake so we had to make a few detours from the path, which made it more like a 'cross country' I suppose. Most runners/walkers did not seem to mind. We had eighty-six runners/walkers in all. Congratulations to our winners: Vince Carrero in the 5.5K run and first lady in the short run Carol Broderick. The 9.7K run was won by David Bishop and Jill Chambers was first lady.

Walkers: Barry Weatherburn and Dorothy Whittam. A big thank you to all my helpers on the day especially Keith Forden and Morris who marked the course with all the detours. I won't mention the confusion Sandi stirred before she left - Bye Sandi and Brigitte!

Margaret Warren

Danby's Run concludes

Jeff Spencer	M50	43:35
Kath Penton	W50	44:14
Brian Bennett	M45	44:24
Nena Greenfield	W35	45:18
Jimmy Greenfield	M50	45:19
George Peet	M55	45:58
Ron Sutton	M55	46:43
Jacqui Halberg	W45	46:50
John Russell	M60	47:56
Kirt Johnson	M60	53:29
Ray Lawrence	M65	53:47
Morris Warren	M55	55:36
Barrie Slinger	M50	55:38
Marge Forden	W50	56:30
Brigitte Cheek	W35	56:44
Norm Miller	M60	56:45
George Schaefer	M60	56:58
Joan Slinger	M50	58:02
Duncan Strachan	M70	58:26
Mary Robinson	W55	59:15
Phyllis Farrell	W45	62:56
Ron Spencer	M50	67:05

4K

Bruno Larini	M35	18:40
Harry Holland	M45	19:06
Ros Banyard	W45	19:21
Sandi Hodge	W45	27:06
Kathryn Holland	W35	27:17
Val Millard	W45	27:32
Lynne Schickert	W50	27:34
Hazel Corbett	W45	27:40
Lorna Lauchlan	W60	27:56
Pat Miller	W55	27:58
June Strachan	W65	28:43
Joan Pellier	W50	28:48
Margaret Ward	W50	29:19

VISITORS

Graeme Lambert	13.2K	83:06
Sue Prewett	8.6K	42:58
Gerry Prewett	8.6K	46:27
Garry Glover	M35	58:20
Suzette Lambert	W45	59:03

8.6K WALK

Bob Chalmers	M55	37:54
Bob Fergie	M55	42:43
Helen Anderson	W45	56:07
Dick Horsley	M80	56:07
Tina Carrero	W45	26:00

Lake Joondalup Run

October 24, 1993

9.7K

Dave Bishop	M35	40:40
Warren Gee	M40	41:33
Wayne Robinson	M35	41:44
John Ferris	M40	41:48
Bob Schickert	M50	43:43
Frank Smith	M50	45:45
Ian Colquhoun	M35	43:46
Bob Harrison	M50	44:15
Jill Chambers	W40	45:31
Anne Shaw	W45	46:07
Brian Foley	M45	46:45
Mick Cousins	M60	47:03
Mike Khan	M45	47:22
Mitch Loly	M50	47:28
Colin Watts	M40	47:40
John Pellier	M50	47:58
George Schaefer	M60	48:02
Simon Mort	M35	48:04
Bill Crane	M50	48:45
Bill Peart	M50	49:27
Bob Sammells	M55	50:11
Brian Bennett	M45	50:22
Dalton Moffett	M60	50:24
Hamish McGlashan	M55	50:25
Lyn Harrop	W40	50:34
Merv Moyle	M65	52:17
Lorna Walladge	M40	54:46
Barrie Slinger	M50	54:48
Dave Hough	M60	54:14
Graham Thornton	M50	56:19
George Peet	M 60	56:21
John Russell	M60	57:10
Heather Sanderson	W45	58:50
Alan Chambers	M55	59:12
Kirt Johnson	M60	59:33
Joan Pellier	W50	63:51
Duncan Strachan	M70	64:53
Frank Usher	M70	69:21

5.5K

Vicente Carrero	M50	24:35
Peter Hill	M45	25:37
Michael Anderson	M45	26:17
Arnold Jenkins	M45	26:23
Robin Bonner	M60	28:21
Carol Broderick	W40	28:26
Harry Holland	M45	28:50
Brian Hardy	M50	29:01
Ros Banyard	M45	29:07
Jackie Halberg	W45	29:32
Merve Jones	M50	30:22
Ray Lawrence	M65	30:25
Rebekah Healy	W30	30:54
Garnet Morgan	M65	31:02
Esther Healy	W55	31:33
Norm Miller	M60	32:26
Irene Ferris	W40	33:38
Joan Slinger	W50	34:30
Marg Forden	W50	34:34
H Carbett	W45	35:43
Kath Holland	W35	36:17
Phyllis Farrell	W45	36:21
Mary Robinson	W55	36:34
June Strachan	W65	36:38
Pat Miller	W55	37:50
Margaret Ward	W50	38:11
Toni Frank	W45	40:03
Judy Hill	W45	57:16
Mary Heppell	W55	58:31
Cliff Bould	M75	58:33

5.5K Walk

Barry Weatherburn	M55	39:11
Dorothy Whittam	W55	44:20
Jeff Whittam	M55	48:23
Bob Fergie	M55	28:26
Jackie Billington	W50	54:12
Jill Midolo	W45	54:12
Lorna Lauchlan	W60	54:12
Tina Carrero	W45	56:36
Gillian Peet	W55	56:38
Karen Crellin	W50	62:30
Dick Horsley	M80	62:32

Visitors 5.5K

D Broderick	27:45
I Holt	47:23
G Gowler	48:38
M Hickey	50:28
A Frank	52:09

Recovery Run is Barrie's swansong

This run is traditionally held on the weekend after the annual dinner. However, due to the difficulty in matching the two, it is sometimes a week or so late. Nonetheless the run is still meant to be a rather casual, non-competitive meeting of runners.

I took the opportunity to not record times, and simply call times as runners cross the finish line.

As is the case when I'm given the opportunity to direct a club run, I decided to place red markers at each kilometre, this gives runners a chance to check their pace and in general use the course as a training run.

To the member who was quite emphatic that he had trouble finding Pelican Point on the local road directory, I'm sorry, but ever since I have lived in Perth and that's all of my 53 years, the area concerned has been so known as such. Brian Foley has suggested a

change in name for the run as printed in our programme, eg dual names such as Pelican Point..Matilda Bay, or whatever. It just goes to show the extent the committee will go to please members, they really are an obliging lot!

I have had several comments to the effect that a couple of this type of runs each year would be welcome, and is something for the incoming event co-ordinator to consider.

In closing, as this is my last letter as a member of the committee, I wish all members well, and thank you for your support. I have enjoyed the past two and a half years immensely, and have

FRANK SMITH BACK IN FORM... A 1984 Record was broken by Frank in the club half marathon, so watch out all of you in his age group, M50!

Not the best of mornings weatherwise, but 74 members thought otherwise and turned up for either the 11k or 21.1k. Dick Horsley started the ten walkers off at 7.30am and Dorothy W. was the only lady among them.

Kath Penton and Robert Raymen were the first in the 11k and Kathleen Noordyk and Wayne Robinson in the 21k. Thanks to all the flag, water, and marshalling helpers. Bob Sammells your race director had it all organised, so happy holiday, Bob!

From your stand in race director...

Robert Farrell

Many thanks to Rob and Phyllis for all their extra work on this one.

As they made such a special effort to present the results so efficiently, on disc, it's galling for them to see this printed so late.

The fault is mine, for mislaying the disc. Sorry, Rob, that the delay means some of your commentary has now been overtaken by time - Frank has been out winning all over town, and Bob Sammells is now back from a very happy holiday. VW.

Road Walk Half Marathon Championships

W55	
Dorothy WHITTAM	2:39:49*
M40	
Graeme MEYERS	2:20:43
M45	
Peter JOHNSON	1:42:10*
M50	
Barry WEATHBURN	2:22:23
Barrie THOMSETT	2:31:14
Loly MITCH	2:32:17
M55	
Bob FERGIE	2:48:27
Jeff WHITTAM	2:50:20

11K Run

Robert RAYMEN	M50	43:22*
John FERRIS	M40	43:30
Bob HARRISON	M50	45:47
Geoff TITE	M40	48:27
Simon MORT	M35	48:44
Brian DANBY	M45	51:33
Ray ATTWELL	M55	52:03
Bill CRANE	M50	52:31
Dalton MOFFETT	M60	52:53
Mike RHODES	M45	53:36
Vic BEAUMONT	M60	54:24
Adrian NOORDYK	M40	55:50
Kath PENTON	W50	56:33*
Ron SUTTON	M55	56:50
Jeff SPENCER	M50	56:51
John STONE	M40	57:09
Merv JONES	M50	57:44
John SMITH	M55	58:24

Club Half Marathon

August 15, 1993

Road run Half Marathon Championship

W35	
Nena GREENFIELD	1:42:41
Janette HOWAT	1:43:32
W45	
Kath NOORDYK	1:39:10*
W55	
Ann TURNER	1:56:30
Mary HENNELL	2:18:26
M35	
Wayne ROBINSON	77:11*
Ian COLQUHOUN	82:27
M40	
Dave REID	79:31
John WEST	85:28
M45	
John PRESSLEY	85:27
Mike KHAN	1:32:09
David BRYANT	1:36:32
Lynn FARRELLY	1:53:00
M50	
Frank Smith	77:17
Vince CARRERA	1:30:45
John PELLIER	1:31:57
Fraser DEANUS	1:42:13
M55	
Ted MASLEN	1:31:06
O2	
Richard HARRIS	1:38:57
M60	
Robin BONNER	1:33:06
Dave HOUGH	1:46:34
Stan LOCKWOOD	1:47:47
John RUSSELL	1:55:22
M65	
Alan TYSON	2:06:18
Frank USHER	2:18:28

Ron HILLIS	M45	58:49
Jerry KEESING	M35	59:20
Roma BETTLES	W40	60:17
George PEET	M55	60:21
Alan CHAMBERS	M55	62:47
Ray BARNETT	M45	62:49
Estelle ROGERS	W35	65:54
Phyllis FARRELL	W45	66:34
Selby MUNSIE	M55	66:35
Irene FERRIS	W40	67:59
Ann DEANUS	W50	68:15
Sheila MASLEN	W55	69:18
Shorty TURNER	M55	69:34
Mary ROBINSON	W55	69:45
Brian BENNETT	M45	77:10
Margaret WARD	W50	77:30

11K WALKER

Ernie MOYLE	M65	88:45
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Danby's Run

October 10, 1993

A fine spring morning made a pleasant change from previous years' rain for the eighty odd vets on our cross and up-country run. It was more like a hash-house run for me, giving instructions through the race - 'Not that way, turn right, follow the flags, not those ones!'

Sorry folks, but I flagged the run at 11pm Saturday night with headlights that only look forward. Next year we all wear blinkers. Apart from Tom Savin, who went too fast to hear my instructions, all got around, with the lead changing several times (including me, once, as the lead group came back on track.) Thanks to my helpers, Val, David and Maurice, and to Sue's kitchen helpers, Pat, Wendy, Heather, who gave us a great morning tea, followed by a barbecue for a large group. Thanks all, for the day, from Sue and me. See you next Spring.

P.S. No New Years Eve Bash this year as we fly to U.K. December 24.

13.2K

Wayne Robinson	M35	58:00
Max Thorley	M40	58:22
David James	M40	58:29
Bob Schickert	M50	59:19
Bob Harrison	M50	59:20
Hugh Kirkman	M50	59:35
Frank Smith	M50	59:36
John Webb	M45	59:59
Vicente Carrero	M50	61:06
Paul Martin	M50	61:27
Jeff Mullins	M45	62:48
Brian Danby	M45	63:00
Bob Sammells	M55	64:00
Doug Hazell	M40	65:23
Mitch Loly	M50	65:28
Robin Bonner	M60	65:36
John PELLIER	M50	66:48
Graham Thornton	M50	66:21
Simon Mort	M35	66:29
Basil Worner	M60	68:11
Dalton Moffett	M60	68:48
Merv Moyle	M65	69:09
Jeanette Howat	W35	72:09 *
Vic Beaumont	M60	72:38
Dave Hough		98:43

8.6

Peter Evans	M40	39:27
Joe Stickles	M55	39:55
Rob Shand	M60	40:16
Bill Peart	M50	40:21
Tom Savin	M45	40:53
2.1/2 laps		
Mike Khan	M45	41:04
Arnold Jenkins	M45	41:22
Bill Crane	M50	41:53
Mike Anderson	M45	42:27

Canning Caper

November 7, 1993

DESPITE there being at least three simultaneous events, this year's run/walk attracted over eighty participants on a day which gave a strong hint of summer conditions to come. It was fine, quite warm and with a light breeze.

Mindful of the problems that occurred last year your committee had very wisely booked the venue as early as last May. However, Murphy's Law ruled again and due to an unfortunate confusion at the City Council, the Triathlon Club, whose Deepwater Point venue had to be switched in favour of the 'Canning Get - Around', were also booked at Shelley.

This only came to light when we verified the arrangement the previous week so little could be done to divert the 500 people who were to assemble there for an 8am start. With reciprocal goodwill the Triathlon Club re-routed their run to the east leaving us to go to westward.

In the event only a few of our runners experienced obstruction, mainly from spectators using the path to go to watch the start of the swimming section of the triathlon. Once again we have had to depart from the advertised programme, making it a 6km run/walk and a 12km run. The finishing clock decided to play up a bit and Toni Frank and Lyn Schickert may have been alarmed to see it show 90 minutes instead of 40!

Despite all the ingredients for a total disaster most people agreed that it was both a pleasant and safe run. As race directors we were again most grateful for the co-operation given by members in making the event a success. In particular we would like to thank our helpers, Barry Weatherburn at the turn point, Margaret Ward, Jacqui Billington and Rae on the time recording as well as Kirt on the general setting up.

It is always gratifying to see that after our events there is never any litter to be cleared up.

Brian and Alison Aldrich

6K

David James	M40	23:05
Vicente Carrero	M50	23:34
Mick Cousins	M60	23:47
Peter Havar	M40	24:26
Vic Waters	M45	25:33
Ken Brownlie	M45	25:35
Bill Crane	M50	25:36
Maxine Santich	W40	25:41
Peter Airey	M55	26:02

Doug Hazell	M40	26:26
Brenda Mathews	W40	26:28
12K		
Bob Schickert	M50	45:29
Warren Gee	M40	46:29
Brian Danby	M45	48:54
John Bell	M45	50:37
Bob Sammells	M55	50:43
Brian Foley	M45	51:11
John PELLIER	M50	51:37
Brian Bennett	M45	51:52
Robin Bonner	M60	52:16
Jimmy Greenfield	M50	54:48
Dalton Moffett	M60	56:03
Jacqui Halberg	W45	57:39
Mike Rhodes	M45	59:59
Morris Warren	55	60:57
David Hough	M60	65:18

6K WALK

Paul Martin	M50	33:04
Barrie Thomsett	M50	44:09
Mitch Loly	M50	44:18
Joan Hillis	W45	44:47
Jeff Whittam	M55	46:25
Bob Fergie	M55	46:26
Tina Carrero	W45	55:31
Dick Horsley	M80	56:19

Richard Harris	M55	26:33
Mike Carey	M35	26:38
Kath Penton	W50	26:42
Peggy MacIver	W45	27:05
Harry Holland	M45	27:20
Ros Banyard	W45	27:21
Carol Broderick	W40	27:25
Allen Tyson	M65	27:35
Kevin Anderson	M50	27:46
Nena Greenfield	W35	27:58
Jeanette Howat	W35	28:00
Leon Sander	M55	28:01
Ron Hillis	M45	28:27
Ron Sutton	M55	28:33
Keith Forden	M50	28:41
Basil Worner	M60	28:57
Ray Lawrence	M65	29:56
Arnold Jenkins	M45	30:17
Rebekah Healey	W30	30:18
Ann Turner	W55	30:31
Eddie Hill	M50	31:06
Kirt Johnson	M60	31:08
Norm Miller	M60	31:23
Heather Sanderson	W40	31:37
Garnet Morgan	M65	30:51
Brigitte Cheek	W35	32:12
Kathryn Holland	W35	32:20
Janet Johnson	W45	32:37
Duncan Strachan	M70	32:42
Margaret Warren	W55	32:44
Sandi Hodge	W45	33:53
Esther Healey	W55	34:05
Phyllis Farrell	W45	34:12
Joan PELLIER	W50	34:19
Mary Robinson	W55	34:22
John Cook	M55	34:29
Frank Usher	M70	34:57
Jill Midolo	W45	35:04
June Strachan	W65	35:07
Lorna Lauchlan	W60	35:12
Mary Hepple	W55	35:15
Dorothy Whittam	W55	36:29
Shorty Turner	M55	38:45
Toni Frank	W45	40:45
Lynne Schickert	W50	43:24

TIME TRIALS

MILE WILL NOT GO AWAY

MANY years after athletics went metric we can all name a few famous 'milers'. In fact the mile is the only non-metric distance over which one could claim a world record.

Well, there were no records, but our runners and walkers set themselves targets for our mile event in the new year. Best performance was that of Bruce Wilson, who could actually manage the four laps after competing in the 100, 400 and mile walk. The season to date has been marked by strong performances over a wide range of ages and events; Syd Coleman has thrown the discus 31.15m; Dorothy Whittam has run 14.9 for 100m; Rob Shand moved his javelin record to 31.25m; Alan Chambers has taken a minute off his mile time and two minutes off his 5000m time in the last year; Mitch Loly has made similar improvement; Jill Chambers has run 19:17 for 5000m, after a short recovery from 2:35.2 for 800m.

DC

McGillivray - November 17 1993

MILE

Ian Saunders	M35	6:20.0
Wally Quarman	M40	5:00.3
Jeff Tite	M40	6:14.7
John Stone	M40	6:18.0
Brian Foley	M45	5:18.2
Bruce Wilson	M45	5:28.4
Ivan Brown	M45	6:16.4
Peter Gare	M50	6:13.7
Alan Chambers	M55	6:34/0
Robin Bonner	M60	6:07.5
Allen Tyson	M65	6:55.0
Jill Chambers	W40	5:50.6

TRIPLE JUMP

David Wyatt	M40	9.75m
Keith Martin	M50	10.04m
Janet Johnson	W45	9.22m
Patricia Carr	W60	7.79m

SHOT

Rob Shand	M60	8.65m
Syd Coleman	M75	9.12m
Noela Medcalf	W55	6.65m

MILE WALK

Bruce Wilson	M45	8:26.0
Bob Fergie	M55	10:56.0
Allen Tyson	M60	10:28.0

MILE WALK

Ann Catarinich	W45	10:54.0
Jacqui Billington	W50	10:27.0
Lorna Lauchlan	W60	10:52.0

DISCUS

David Wyatt	M40	20.49m
Keith Martin	M50	22.57m
Rob Shand	M60	28.86m
Allen Tyson	M65	20.58m
Syd Coleman	M75	29.82m
Val Prescott	W45	18.40m
Ann Catarinich	W45	18.41m
Peggy MacIver	W45	17.42m
Noela Medcalf	W55	18.12m

TIME TRIALS

Patricia Carr	W60	15.55m
100M		
Peter Brazier	M35	12.0
Ian Saunders	M35	14.0
John Stone		12.9
David Wyatt	M40	13.7
Jeff Tite	M40	14.2
Joe Yozzi	M45	13.3
Bruce Wilson	M45	14.7
Brian Foley	M45	16.4
Keith Martin	M50	12.9
Ross Calnan	M50	14.4
Norm Richards	M55	13.4
Robin Bonner	M60	17.2
Allen Tyson	M65	17.3
Syd Coleman	M75	17.4
Janet Johnson	W45	15.2
Peggy Macliver	W45	15.3
Noela Medcalf	W55	17.3
Patricia Carr	W60	16.6
400M		
Ian Saunders	M35	67.6
David Wyatt	M40	63.3
Jeff Tite	M40	65.3
Bruce Wilson	M45	65.0
Ivan Brown	M45	66.5
Joe Yozzi	M45	69.2
Keith Martin	M50	60.5
Peter Gare	M50	63.2
Norm Richards	M55	66.7
Robin Bonner	M60	71.6
Peggy Macliver	W45	71.6
Noela Medalf	W55	88.5

McGillivray – October 10, 1993 (3000m held until next issue)

100M Heat 1		
Keith Martin	M50	12.80
Norm Richards	M55	13.33
D Wyatt	M40	13.69
100M Heat 2		
Ian Sanders	M35	14.28
Joe Yozzi	M45	14.29
Brian Devine	M50	15.78
800M Heat 1		
Dave Reid	M40	2:17.0
Keith Martin	M50	2:17.9
Wally Quarman	M40	2:18.5
Ray Raymen	M50	2:40.5
Jill Chambers	W40	2:45.4
800M Heat 2		
Peter Gare	M50	2:40.9
Norm Richards	M55	2:42.1
Ian Sanders	M35	2:45.2
Ian Brown	M45	2:50.0
Robin Bonner	M60	2:50.0
Joe Yozzi	M45	3:18.5
Brian Devine	M50	3:18.6
1500M Walk		
Ann Catarinich	W45	9:59.3
Mitch Loly	M50	10:14.8
Shot		
Syd Coleman	M75	9.31M
Ann Catarinich	W45	5.85M
JAVELIN		
Rob Shand	M60	31.25M *
Syd Coleman	M75	22.05M
Ann Catarinich	W45	16.78M
* Record		

Heavier, older and faster in the marathon!

by Richard Harris (M55)

DESPITE being ten years older and 20lb heavier, I ran my best ever marathon, in Perth this year, finishing in 3hr 36min 07 secs and still full of running.

Like many other Vets, I run for the pleasure and sense of wellbeing that we get from the sport. I can run on my own - and often do - but I enjoy the fellowship of the group and try to do my best without being mindlessly competitive.

In my previous four marathons, I have always run into trouble between 28 to 32 km where I have had to walk or ease back on pace. This year, at the 32 km mark, I was able to increase my pace, despite the head wind.

For those Vets who think about these matters, the difference this year was a marginal change in my approach to the event. The extra weight did not seem to matter. I was much stronger.

I trained for 12 weeks, the volume of running per week being from 65 to 75 km, which was less than I have run for previous marathons, where there have been up to four weeks averaging more than 100 km. I ran every day but most days I ran on a time basis - for 30 to 40 minutes. I concentrated on enjoying the training - running interesting runs with no speed work.

Saturday long run

My long, Saturday mornings, run was from Riverton Forum to Shelley Bridge, along the Canning River to Mt Henry Bridge. Cross over to the Freeway and run along the path to the Narrows Bridge, along the South Perth foreshore to cross Mill Point Road into Banksia Terrace, through the underpass at Canning Highway, straight through to the Ngala Home and across Kent Street. On through the Bentley campus and into the Curtin campus near the hockey pitch, exiting on to Manning Road then along the dual use path to Shelley Bridge; then on to the old Riverton bridge and through the Canning River Reserve and across High Road to the Riverton Forum.

Vets who know this region will see immediately that this run is through superb scenery and parkland for practically the whole of the way, and virtually free of traffic apart from the controlled crossing at Manning Road and the crossing of High Road. It takes more than three hours. I always ran it at a slow, easy pace, and noted a steady improvement in how I felt at the end after each week. By easy pace, I mean



as slow as 6 minutes per km.

I ran 32 km mob runs with the Marathon Club.

Also, after each run, I did a few press-ups, dips, squats and various leg stretches and calf stretches. All this made me much stronger, with greater upper body strength.

I drank half a bottle of white wine with my evening meal. Typical meals during training were -

* Wednesdays: Calamari in a cajun style at the Fish Cafe at the Surf Club at Leighton. I would usually have this with a Greek salad and fried potato chips. Sometime after this main course, I would move on to Fast Eddy's at Fremantle and have either a hot caramel fudge sundae or death by strawberries for dessert.

* Fridays: Rib eye steak with a green salad and vinaigrette dressing, a damper and fried potatoe chips at the Victoria Station restaurant at Burswood. For dessert, usually something sinful and delicious - a chocolate mousse or a cheesecake. Their cakes are good.

* Saturdays: Chargrilled red emperor with buffalo chips and a green salad at Ted's in Northbridge. I avoided Ted's awesome killer chocolate cake but occasionally would have a fruit salad and cream and ice cream.

* Sundays: Macho Nachos at home.

* Mondays: Stir fried straw mushrooms with bean sprouts, spinach and brown rice. Five fruits salad with ice cream at home.

* Tuesdays: Grilled chicken breast, skinned, with baked potatoes dressed with black pepper and sour cream, and a big green salad. Five fruits salad with ice cream at home.

Breakfast on the marathon program was a Birocca (a big dose of vitamins B and C taken as a fizzy drink - if you have not tried it, please do. It helps lift one's spirits), a black coffee (no sugar), muesli with raw fruit and hi-lo milk, two pieces of whole grain toast with either peanut butter or strawberry jam and sour cream.

GORDON'S TRIPLE

Best wishes to Gordon Medcalfe, recovering fast we hope from a heart triple-bypass operation.

Letters to the Editor

Dear Vic,

Although it's now almost two years since I came to work in Canada I've had the Vetrunk sent on to me. I was saddened to read in the last one of Bill Crellin's death: my experience of his care for newcomers to the club was just about identical to the one you wrote of in your appreciation.

I'm not sure how much interest there will be in the attached. However, when I read that the conditions for the Perth People's Marathon on July 25th were 'wet, very windy' I felt quite pleased to have done this one here on a dry sunny and cool October morning!

Yours,

Patrick Guiton

(Patrick's report of the Royal Victoria Marathon is on page 11)

From the Committee

Our committee has lost another valued stalwart, with Barry Thomsett opting out for a prolonged trip east. As mentioned in the last issue, Barry's a tireless worker, and will be sorely missed. (Perhaps we'll be able to rope him in again, when he returns refreshed from his trip?)

Many thanks to him, and to Bob Sammells for stepping in as race coordinator. Bob's experience and efficiency will be of enormous value to us.

Welcome to Jacqui Billington and Lorna Lauchlan also. They have replaced Sandi and Brigitte, and picked up the reins late in the race to complete arrangements for a highly successful annual dinner and dance.

Forthcoming Attractions

directs the National Course x-country.

This laps three times through the foothills of Bold Park.

1993 - 10K winner Chris Maher, 36:16

JAN 23 - Point Walter Run entails a flat fast 6.2K out and back on hard path beside the river, and then some hilly stuff for those contesting the 11K. 1993 11K winner - Graeme Bergersen, 40:49

Notice Board

WORLD VETERAN CHAMPIONSHIPS MIYAZAKI- JAPAN

M40	John Stone		
100M heat	12.59	4th	PB
200M heat	26.43	4th	PB
400M heat	58.30	5th	PB
M40	John Molloy		
400M s/f	61.78		
400M final	57.33	3rd	bronze
800M final	2:00.2		4th
4 x 400M relay	2nd		silver
M50	Wally Groom		
400M hurdles s/f	63.74		
400M hurdles final	63.11	2nd	silver
M50	Roy Fearnall		
200M heat		2nd	
200M s/f		2nd	
200M final	24.22	6th	
100M heat	11.90	1st	
100M s/f		1st	
100M final	11.93	6th	
4 x 100M relay	46.58	1st	gold
4 x 400M relay	3:39.77	1st	gold
M50	Barrie Kernaghan		
200M final	24.50	7th	
400M final	54.90	5th	
4 x 100M relay	46.58	1st	gold
4 x 400M relay	3:39.77	1st	gold
W40	Lynne Choate		
200M s/f	27.26	1st	
200M final	27.33	3rd	bronze
100M heat	13.18	1st	
100M s/f	13.16	2nd	
100M final	12.95	3rd	bronze
4 x 100M relay	53.11	2nd	silver
4 x 400M relay	4:15.75	2nd	silver
W45	Peggy Macliver		
800M s/f	2:36	3rd	
800M final	2:34	7th	
400M s/f	68.33	4th	
400M final	67.14	7th	
4 x 400M relay	3rd		bronze
W45	Val Prescott		
100M heat	15.90	6th	
W50	Erica Mercer		
2000M S/chase	9:16.58	2nd	silver
W60	Patricia Carr		
Triple Jump	8.32M	2nd	silver
Long Jump	3.86M	5th	
100M s/f	15.96	3rd	
100M final			
4 x 100M relay	3rd		bronze
M70	John Gilmour		
5K 20:24.23	3rd		bronze
10K Cross/Country	44:52	1st	gold
4 x 400M relay (M60)	6th		
M65	Allen Tyson		
400m	1:16.4		
10,000m	48:10		
Marathon	4:40:20 (team, 3rd)		

The Vetrunk

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

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DEADLINE:
for next issue - January 10

NEW MEMBERS

Welcome to

Alan Gower M35

Karyn Gower W30

John Cook M55

Chris Mustoo M35

Barbara-Ann Blurton W40

Well? Well,well

Gordon Medcalfe must be feeling better. He sends thanks to all well-wishers, and this topical tale.

'A couple, aged 67, went to the doctor's office. The doctor asked, "what can I do for you?" The man said, "will you watch us have sexual intercourse?" The doctor looked puzzled but agreed to watch.

When the couple had finished, the doctor said "there is nothing wrong with the way you are having intercourse." And he charged them \$16.00 for his observance. This happened several weeks in a row. The couple would make an appointment, have intercourse, pay the doctor, and leave.

Finally the doctor asked, "just what exactly are you trying to find out?" The old man said, "we're not trying to find out anything. She is married and we can't use my house. Holiday Inn charges \$60.00 for a room, Hilton charges \$42.00. We do it here for \$16.00 and I get \$12.88 from Medicare for a visit to the doctor's office."

MIYAZAKI-JAPAN concludes

(Allen was unwell, suffering from a heavy cold which severely impaired his normal high standards of performance. However, he was able to enjoy the rest of the Miyazaki trip, as his report in this issue proves.)

Most Vets know Maxine as one of our strongest women runners, generally to be found near the front of the field (when she bothers to make an effort).

Since moving to Indonesia early this year, her running has taken erratic course. With little formal running available, and sticky conditions making it less appealing, she has taken to swimming and gym work to maintain fitness.

On occasional returns to Perth, her performances show that the programme is pretty effective. However, in darkest Bogor, the Hash is generally the best thing available. This feature is extracted from letters home during the past year, and describes some of that running.

May

Today I sit, foot raised to ease the pain of a twisted ankle, the result of yesterday's Hash run. (Same ankle I damaged just prior to my last trip home.) Guess this means no Hash for 2-3 weeks, huh? And tomorrow being a public holiday we have another run. What a piss-off!

The mishap occurred mid-run, and for a few panic-stricken moments I pictured myself crawling through rice paddies and worse to reach the finish line. Judging by the lack of concern from fellow hashies, that's exactly what I would have had to do, had I not recovered enough to hobble on.

After all that I came in 2nd! Two of us took the right trail - accidentally of course - and surprised them all.

Shirtless

The Hash dress standard was tested last week, when a visiting couple pitched up - him shirtless, her with bare midriff. The hierarchy had a few stern words, to which the female expats objected. To express that objection

Tales from the Bogor (or...this is another fine hash you've got me into)

by Maxine Santich

more firmly, they turned out for yesterday's run in their briefest attire.

Difficult to work out the rights and wrongs of it, when on the run we come across nudes bathing in rivers, and scantily dressed people in the kampongs.

July

Had just one run since returning, and what a hash it was. Course setter got a little carried away; instead of the usual 45-60mins, it took 1hr 45mins. OK until darkness set in after the first hour.

Kampong cool

Being the cool person I am I didn't panic when lost in the middle of a kampong, no paper to follow, and unsure which noise to believe. At that point I decided I didn't care to experience another Hash - ever!

A little rain added to the joy; spent more time on my backside than upright. Still removing prickles from my back a week later.

Actually had a 'proper run' this morning - went out at 5.45am to beat the pollution.

August

Heading home soon and looking forward to a normal run. Yesterday I decided to walk the Hash, because my ankle is recovering from yet another

sprain. Managed to be the only person to return dirty, after slipping down a small cliff face, and losing a gold bracelet in the process. I think it's time I bought another pair of shoes.

In September, Maxine finally found a 'real run' But in Bogor, real is only a relative term...

First Sunday after my last return there was a Fun Run in the Botanical Gardens - 5Kms, no traffic, early start, very appealing I thought. Up at 5.30am and away early, luckily with plenty of time up my sleeve. After much ado, wrong bus etc, reached the start ten minutes before the 6.30 off to be told that 'registration closed yesterday.

No, you can't

You can't run; you can't run unregistered; you can't buy a tee-shirt.

After all that effort, and figuring they wouldn't physically stop me, I was determined to run.

Of course I wouldn't go through the finish line and throw out all the timings.

I stayed nicely hidden, trying to crouch lower among the predominantly short Indonesian crowd of runners, and then all was going well.

What I wasn't prepared for was a barrage of newspaper and TV cameras at the end, trying to get pictures of the first female runner home, me!

You think they weren't confused when I wouldn't obey their instructions to run through the finish line?

Finally, at last Thursday's Hash I was totally lost, together with a number of others I'm pleased to say. The search crew finally located us after two hours - soaked, thirsty, scratched and bruised - and me asking one good reason why I should ever run in another Hash.

My swimming times are improving!

The Miyazaki Experience

by Allen Tyson

The city of Miyazaki in which the 10th World Veteran's Games were held during October this year is on the island of Kyushu, which is the southernmost of the main island of Japan. Even though it was mid-autumn the weather was warm with two days when it rained during our ten days of competitions.

The Prefectural Sports Park was an amazing complex. There were two athletic stadiums and a warm up track with synthetic surfaces plus a stadium for the throws, a baseball stadium, tennis courts, swimming pool, a basket ball stadium with an indoor running track, a velodrome, croquet ground and an education building. There were picnic areas and beautiful Japanese garden with large carp

in a pool. The whole area was beautifully landscaped with manicured shrubs, a great avenue of tall Queen Palms, a line of trees, of varied height varied to represent the musical scale of the city's theme song.

There were fountains that played periodically, a camelia lined stream, and garden beds with striking use of 'bonfire' salvia.

The complex was 14Kms from the city, with free buses at all hours, and staff at each bus stop to give you information. These blue uniformed people were on duty from early morning until evening, helping to run the program smoothly.

The citizens put on a welcome the first night with dozens of stalls along the river in the main part of the city. After the entertainment in the street we were treated to a marvellous firework display that lasted thirty minutes.

The next night was an open house at the largest hotel in which we were given instruction in origami and calligraphy and tried on the traditional clothing. Another night featured a forty piece concert orchestra, the members being all girls about fourteen years old. They played superbly.

At the Sports Park there were two big

marquees, one supplying European type food, the other having souvenirs, snacks, sake, etc. They also had a lot of entertainers. The seniors arrived one day and made little knick-knacks which they gave away.

The opening ceremony was Olympic style, with hundreds of well trained children involved, and was well supported by the locals.

As usual the athletes marched behind the flag of their country. There ere may brilliant performances on the track and it was exciting to see our club members win medals.

The Imperial Prince and Princess were introduced to the leading athletes and they looked very relaxed as they moved about.

The bus trip to the cross country took about an hour but it was through attractive countryside to the foothills of mountains. The course went around spectacular fields of cosmos. One runner carried his camera in his pocket and asked a spectator to snap him at the half way mark, getting the clock in the background!

6000 veterans entered the marathon (5000 from Japan). It was well supported by the local spectators who were three deep in some places. The winner was the experienced Japanese runner Soh.

As the start was at 9am and the weather warm there were problems in getting enough water in the first 10K, but in the second half it got cooler, then a little rain. Around the course were two orchestras, a brass band and a tremendous drum being beaten.

After the event there was blood testing available. The results were promised by post. There were also medical and strength tests done at the track, and of course nearly everyone was good or very good, except for flexibility (do more stretching).

One evening we were taken by bus to an open air concert in a park overlooking Miyazaki. It was the 'Flaming the Tower' ceremony. A massive tower was illuminated by laser beams and bonfires to give an awe inspiring display. Then beautiful models paraded to show how the kimono had evolved over many years. This was followed by the famous 'No' plays.

The final dinner was very well attended and enjoyed by those who attended.

It was a great experience being in Japan - being with veterans from all over the world including the 160 from Australia.

The Japanese people could not have been friendlier or more helpful and impressed with their high standard of living and behaviour. There were minor difficulties with their lack of English (and our near zero knowledge of Japanese).

Members planning to go to the next World Veterans Games in Buffalo, New York State, in 1995 might consider getting a stopover in Hong Kong, and visit the great country of Japan.
Allen Tyson

Patricia Guiton sums up Canada's Royal Victoria Marathon

I was interested to see Joan Pellier's statistical summary of the 15th People's Marathon which appeared in the Aug/Sept Vetrun. Since this reached me here in Vancouver at the same time as the results from the Royal Victoria (British Columbia) Marathon I thought I might be interesting to make a few comparisons using Joan's yardsticks.

Perth Victoria B.C
Finishers 228 983
Female finishers 25(11%) 67(27%)
1st 6 home: No.
over 30 yrs 6 5

I have no information on the youngest and oldest RVM finishers although there was a teenager (17 years) who used this race to complete a cross-

Canada run in aid of dyslexic children.

One interesting contrast is of course the much higher proportion of female finishers in the Canadian race. Amongst the contributory factors may be the fact that running is seen here as good off-season 'cross training' for skiing, a sport which has a high female participation rate. Of the 267 female finishers in Victoria (136 - 15 per cent) were under four hours, with three of these under three hours.

One final contrast: Perth conditions 'Wet, very windy'; Victoria 'Dry, still and sunny'!
Patrick Guiton

The Great Unhealthy Outdoors

SIDE-effects of time spent in the great outdoors can counter-balance the health aspects for sports people. That's the import of a West Australian feature (Earth 2000, 29.11.93) which draws mainly on American research and figures.

Anyone remember that old Tom Lehrer song, about pollution? One line advises 'Don't drink the water, and don't breath the air.' Seems time has caught up with the joke.

'We're seeing more and more athletes who are hyper-sensitive in airway function.'

That's American-speak for breathing problems.

The person quoted is at the Dept of Cardiopulmonary Care at Georgia State

Wellness

University.

The problems arise because athletes pump more air than most people, and if that air is dirty, they take in more rubbish.

Normally, we breath app. 15,000 litres of air per day.

Take a deep breath...

When exercising, that can increase 10 times. Endurance athletes can take in as much as 20 times the normal volume of air.

The greater risk occurs when you cannot take in enough air through the nose, a natural pollution absorber. Then, particulates - tiny particles, such as dust - are breathed in and can irritate the lungs. The result, says the feature, can

be shrinking of the air passage ways, fluid secretion, and possibly lung cancer.

Safer than most?

In WA's relatively clean atmosphere we're possibly much safer than most. But look at the sky above the city. That brown smudge might be a sign of worse things to come.

The West Australian story also covers UV radiation, and skin cancer risks. Most of us know enough about that by now to take sensible precautions.

However, it seems that exposure to sunlight might also increase risk of cataracts, and damage the general immune system.

The findings that ultraviolet irradiation impairs immune responses raises the question of whether its effects might also decrease immunity to infectious diseases.

Heavier, Older ends

Lunch was a sandwich and two pieces of fruit.

In previous marathons, I followed a fairly strict Pritikin-style diet and in view of the change to a more interesting routine, I had a medical checkout for the following results -

- * Blood triglyceride 0.5 (normal is 1.8)
 - * Total cholesterol 6.3 (this is high - 5.5 would have been better)
 - * HDL (goodies) 1.8 (0.9 or more is a good result)
 - * LDL (baddies) 4.2 (this is high - 3.4 would be better)
 - * Framingham risk ratio 3.5 (i.e. half average)
 - * Prostrate - relatively small
- Since receiving these results, I have

switched to Weight Watchers margarine for my sandwiches at lunch and I have dropped the Death by Strawberry and Hot Caramel Fudge Sundae deserts. But I have discovered Caramel Crowns (chocolate biscuits), a marvellous pick me up after long bike rides on Sunday afternoons.

Will I run another marathon? Of course, I am already rehearsing my acceptance speech for the medal. If you live south of the river and would like to join me in the Saturday morning training runs please call me 12 weeks before the event and I am sure you will be as successful as I was and at the same time get a lot of fun out of the training.

Richard Harris
(ph 323 4387 office hours)