

YOU DESERVE A NEW SHIRT!

*(Remember - club singlets must be worn at our State Championships)
Running singlets and club tee-shirts are now available.
Tee-shirts are gold with black trim, and the club badge on left breast.
Style is three stud fastening, with collar. Sizes 10-24 (unisex)— Price \$16 each.
Also available are the black and white singlets, size 10-24 at \$13 each*.
Car stickers cost \$2 a piece; likewise iron-on badges for windcheater, etc.
Why not get the full set?

ORDER FORM

PLEASE SUPPLY

..... QUANTITY SIZE

..... QUANTITY SIZE

..... QUANTITY SIZE

Post to: I. Ferris, 4/18 Hastings Street, Scarborough 6019

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

PRINT POST APPROVED
644113/00007

IF UNCLAIMED PLEASE RETURN TO:
289 RIVERTON DRIVE
SHELLEY WA 6148



**SURFACE
MAIL**

**POSTAGE PAID
AUSTRALIA**

MR R HAYRES
26 JENKINS PL
WEMBLEY DOWNS

WA 6019

HAPPY BIRTHDAY TO OUR DECEMBER MEMBERS

HARRIS, Richard	01.12.36	58 remains M55	GEE, Warren	11/12/50	44 remains M40
KHAN, Michael	01/12/44	50 becomes M50	RUSSELL, John	12/12/32	62 remains M60
SHAW, Ann	01/12/47	47 remains W45	PENTON, Kathleen	15/12/41	53 remains W50
DAVIS, Rosa	02/12/43	51 remains W50	WEBB, John	17/12/44	50 becomes M50
CAREY, Michael	02/12/56	38 remains M35	BERRY, Nora	17/12/29	65 becomes W65
MUNYARD, Barry	04/12/43	51 remains M50	HUGHES, Susan	17/12/50	44 remains W40
ROBINSON, Mary	07/12/36	58 remains W55	BEAUMONT, Victor	19/12/29	65 becomes M65
CLARKE, Tom	07/12/46	48 remains M45	HOLLAND, Harry	19/12/43	51 remains M50
MILLARD, Valerie	08/12/46	48 remains W45	SMITH, Brian	20/12/39	56 remains M55
WEBSTER, Keith	09.12.41	53 remains M50	HORSLEY, Richard	21/12/12	82 remains M80



The Vetrunk



NO. 257 DECEMBER 1994

COMING EDITIONS:

(All dates are approximate.)
Vetrunk 258: should publish at the end of January, start of February. Important content - entry form for Vets State Championships

Vetrunk 259: early March
Important content - Subscriptions form; notice of AGM; officers' reports

Vetrunk 260: early May
Important content - AGM report; annual race programme; Champs report

In Vetrunk this month...

Other Events...
Brisbane Masters, Alice Springs Masters, and more P2

Notice Board, Letters
From the Committee P3

Track and Field P4

The McCallum Relays P5

Cliff Bould Handicap P6

Joondalup Lake Run P7

Birthdays P8

T&F Date Change

COKER Park is closed on January 18 for repairs, so our meeting will probably be held elsewhere. Listen to announcements (Sunday/Wednesday) or call committee for venue.

ALSO - Wednesday nights at Coker will all start at 6pm sharp, to avoid clashes. February 1 will also be 6pm - it's NOT a twilight 7pm run.

Merry Christmas!

Have a very happy Christmas, and a fit and healthy New Year, with the very best wishes from all of us on the Vets' Committee, and the Vetrunk editorial team!

* Don't forget the Christmas Gift Run - bring a gift (\$5).

The Vets join Athletics West

by
Brian Foley

THE WA Veterans Athletic Club has affiliated with Athletics West, the umbrella organisation with the responsibility for co-ordinating athletics within WA.

We have been discussing the merits of joining for several years now, and decided that there were many benefits to athletics in general, as well as to our club, by being part of the organisation.

How it began

The formation of Athletics West came as a result of a review of the athletics position in WA. This was instigated by the AAWA, who were concerned by the falling participation in track and field and the low standing of athletics in the community.

The review was conducted by the State Government and the main recommendation was to have an umbrella group co-ordinating the sport.

Athletics West was set up with an interim board appointed for two years. After that, the positions will be progressively replaced by election from the members. There are currently three members - the Vets, the Coaches Association, and the Athletic Association of WA.

The main aim of Athletics West is to develop the sport in a structured way, concentrating on track and field.

They wish to broaden the area servicing the population distribution, with regional centres offering athletics to all age groups, from Little Aths through seniors to Veterans. The Friday night competition at Coker last season was an example of the regional base. A similar group is planned for Stirling this year, and the concept will expand to the north and south of the city progressively.

We currently compete as a team at Perry Lakes on Saturday afternoons, and this may change in the future. However, our numbers are very low (only three competitors last week) so we do not expect to lose many to other sites in the future.

Our winter team is much stronger and will continue as it is.

There are good financial reasons for

joining Athletics West, as well as being able to help develop the sport. There is no joining fee for two years, and the organisation expects to be financially stable with income via the Government initially, then through sponsorship.

We are keen to see what assistance they can give us to hold our National Championships in 1996, and for promotion of our State Championships annually. We are also interested in publicising veterans athletics to the community in general, with the aim of keeping our sport growing.

As the average member's age is now 51, up from 49 over the past six years, we need to encourage younger members to join in order to arrest this trend.

There is now a similar umbrella organisation in each State and our national Australian Association is being encouraged by the Federal department for Mature Aged Sport to have all State clubs join their respective umbrella groups.

We will probably put much more into the organisation than we will get out of it, as our members are the backbone of athletics in WA, and we have so much experience to offer. However, we currently do this and enjoy seeing the development and progression of the sport. We have the opportunity to assist this development and we can do a far better job by joining Athletics West than by staying outside the organisation.

BROCKWELL'S RUN

Chris and Tessa's after-race hospitality is legendary. But now they're aiming to improve it further, by adjourning to Rosie O'Grady's. More details in next Vetrunk, but you can bet it will be great value.

October 19, 1994

200M		
Patricia Carr	W60	32.3
Ian Sanders	M35	29.17
Dave Wyatt	M40	25.85
David Wilmer	M40	28.64
Milton Mavrick	M40	29.30
Evan McRae	M45	32.59
John Pressley	M45	32.80
L Matthews	M45	36.32
Keith Martin	M50	25.57
Jeff Spencer	M50	31.00
John Pellier	M50	32.20
Mike O'Reilly	M55	29.40
Jim Riddell	M55	30.87
David Carr	M60	29.39
Alen Tyson	M65	32.70

2K Walk		
Dorothy Whittam	W55	12:57
Milton Mavrick	M40	13:34

Triple Jump		
Heather Sanderson	W45	6.28M
Anne Shaw	W45	7.65M
Dorothy Whittam	W55	8.14M
Patricia Carr	W60	7.80M
Ian Sanders	M35	6.60M
Dave Wyatt	M40	10.62M
David Wilmer	M40	9.31M
Milton Mavrick	M40	7.56M
Evan McRae	M45	7.80M
Keith Martin	M50	10.35M
Arnold Jenkins	M50	7.02M
David Carr	M60	7.44M
Allen Tyson	M65	5.86M

5K		
Tess Brockwell	W35	19:14
Anne Shaw	W45	19:28
Heather Sanderson	W45	24:14
Jackie Halberg	W45	24:22
Peggy Macliver	W50	22:33
Maureen Sstewart	W55	23:27
Walter Quarman	M40	17:36
David Wilmer	M40	19:49
Mlton Mavrick	M40	20:58
Col Cochlane	M40	21:21
John Pressley	M45	18:29
D Hall	M45	18:47
Evan McRae	M45	19:56
John Pellier	M50	20:52
Arnold Jenkins	M50	21:49
Jeff Spencer	M50	22:33
Mike O'Reilly	M55	21:54
David Carr	M60	24:28
Allen Tyson	M65	24:28

October 26, 1994

400M		
Ann Shaw	W45	68.0
Ros Banyard	W45	74.4
Heather Sanderson	W45	81.0
Roma Bettles	W45	85.5
Jackie Halberg	W45	89.3
Noela Medcalf	W55	83.7
Greg Vander Sanden	M35	53.8
Ian Sanders	M35	68.4
John Molloy	M40	56.2
Bill Shand	M40	58.1
Dave Wyatt	M40	60.9
David Wilmer	M40	64.0

T & F
Nights

October/November

Milton Mavrick	M40	69.2
Ivan Brown	M45	67.2
Evan McRae	M45	71.7
John Pressley	M45	74.3
Keith Martin	M50	59.9
Brian Foley	M50	63.8
Arnold Jenkins	M50	65.1
Norm Richards	M55	65.1
Mike O'Reilly	M55	69.0
David Carr	M60	62.8

Discus		
Heather Sanderson	W45	13.10M
Mike O'Reilly	M55	23.68M
Rob Shand	M60	29.14M

Javelin		
Karen Gower	W30	10.35M
Ga Wyatt	W40	19.00M
Heather Sanderson	W45	19.00M
Anne Shaw	W45	13.55M
Roma Bettles	W45	11.48M
Dorothy Whittam	W55	16.35M
Noela Medcalf	W55	12.22M
Rae McMillan	W65	15.60M
Greg Vander Sanden	M35	33.10M
Ian Sanders	M35	14.10M
Dave Wyatt	M40	26.80M
Milton Mavrick	M40	23.90M
David Wilmer	M40	16.67M
Ivan Brown	M45	22.55M
Evan McRae	M45	14.00M
Keith Martin	M50	32.00M
Arnold Jenkins	M50	26.85M
Brian Foley	M50	18.07M
Mike O'Reilly	M55	27.20M
Don Caplin	M55	22.35M
Rob Shand	M60	28.75M

3K		
Greg Vander Sanden	M35	9:42
Walter Quarman	M40	9:43
Bill Shand	M40	10:38
Evan McRae	M45	10:52
John Pressley	M45	10:54
Don Caplin	M55	10:58
Tessa Brockwell	W35	11:16
Brian Foley	M50	11:19
David Wilmer	M40	11:22
Ivan Brown	M45	11:44
David Carr	M60	11:46
Karen Gower	W30	12:02
Milton Mavrick	M40	12:30

November 2, 1994

Hammer		
Anne Sahw	W45	11.65M
Noela Medcalf	W55	15:78M
Greg Vander Sanden	M35	14:20M
Ian Sanders	M35	9.93M
DaveWyatt	M40	13.18M
David Wilmer	M40	8.95M
Arnold Jenkins	M50	19.14M
Brian Foley	M50	17.10M
Mike O'Reilly	M55	16.24M

David Carr	M60	16.95M
Allen Tyson	M65	18.0M

Triple Jump		
Frances Lipscombe	W35	7.10M
Gay Wyatt	W40	7.54M
Jan Jarvis	W45	9.10M
Dave Wyatt	M40	10.09M
Evan McRae	M45	7.76M
Keith Martin	M50	9.90M
David Carr	M60	7.3M

100M		
Frances Lipscombe	W35	14/90
Jan Jarvis	W45	14.28
Anne Shaw	W45	14.50
Mark Studders	M35	13.58
Ian Sanders	M35	13.63
Dave Wyatt	M40	12.68
Evan McRae	M45	15.68
John Pressley	M45	16.04
Arnold Jenkins	M50	14.25
David Carr	M60	14.26
Allen Tyson	M65	15.59

3K		
Greg Vander Sanden	M35	9:26
Ian Sanders	M35	12:55
Walter Quarman	M40	9:53
David Wilmer	M40	11:09
Evan McRae	M45	10:28
John Pressley	M45	10:57
Brian Foley	M50	10:49
Keith Martin	M50	11L34
Arnold Jenkins	M50	12:18
Allan jennings	M50	12:35
Mike O'Reilly	M55	12:16
David Carr	M60	11:07
Allen Tyson	M65	14:10
Tessa Brockwell	W35	11:55
Frances Lipscombe	W35	13:12
Anne Shaw	W45	11:22
Joan Pellier	W50	14:38
Noela Medcalf	W55	14:36

November 9, 1994

1500M		
Tessa Brockwell	W35	5:25.62
Linda Ray	W45	6:22.41
Anne Shaw	W45	5:22.39
Peggy Macliver	W50	5:49.29
Jackie Billington	W50	8:25.64
Noela Medcalf	W55	6:43.78
Stephen Dun	Vis	4:40.71
Greg Vander Sanden	M35	4:25.51
Ian Sanders	M35	5:49.29
Bill Shand	M40	4:28.92
David Wilmer	M40	5:05.98
Milton Mavrick	M40	5:24.32
Dave Wyatt	M40	6:12.60
Evan McRae	M45	5:01.61
John Pressley	M45	5:12.05
Ivan Brown	M45	5:26.66
Brian Foley	M50	4:56.41
Keith Martin	M50	5:15.06
Arnold Jenkins	M50	5:29.66
Bob MacDonald	M50	6:54.17
Don Caplin	M55	5:08.03
Merv Jones	M55	6:30.19
David Carr	M60	5:08.31
Rob Shand	M60	5:43.73
Allen Tyson	M65	6:29.93

2K Walk		
Anne Shaw	W45	13:07
Dorothy Whittam	W55	13:19
Arnold Jenkins	M50	12:54
David Carr	M60	12:53
Jeff Whittam	M60	14:29

Triple Jump		
Gay Wyatt	W40	7.45M
Jan Jarvis	W45	9.02M
Linda Ray	W45	6.10M
Dave Wyatt	M40	10.45M

Shot Put		
Gay Wyatt	W40	5.14M
Dorothy Whittam	W55	8.10M
Noela Medcalf	W55	6.53M
Ian Sanders	M35	6.43M
Bob MacDonald	M50	9.28M
Peter Gare	M50	9.21M
Arnold Jenkins	M50	7.50M
Rob Shand	M60	8.23M
Jeff Whittam	M60	6.78M

5K		
Karyn Gower	W30	20:56
Tessa Brockwell	W35	19:51
Linda Ray	W45	22:59
Stephen Dunn	Vis	16:56
Walter Quarman	M40	17:28

1st		
Dave Scott	M45	19:24
Ian Davies	M45	19:19
Duncan McAuley	M45	18:42
*M45		57:25

2nd		
Bert Carse	M50	18:25
Brian Foley	M50	21:11
Dennis Miller	M50	21:08
*M50		60:44

3rd		
Greg Lawrence	M35	18:33
Richard Matthews	M40	23:33
Milton Mavrick	M40	21:01
*M35		63:07

4th		
Vic Waters	M50	21:19
Arnold Jenkins	M50	22:33
Bill Crane	M50	21:14
*M50		65:06

5th		
Jim Klinge	M45	18:48
Mike Rhodes	M45	22:27
Stuart Parkinson	M45	24:37
*M45		65:52

6th		
Rob Shand	M60	21:50
George Schaefer	M60	22:06
Vic Beaumont	M60	25:09
*M60		69:05

7th		
Peter Airey	M55	24:42
Richard Harris	M55	23:11
Ted Maslen	M55	21:20
*M55		69:13

8th		
John Russell	M60	25:30
Dalton Moffett	M60	24:14
Brian Aldrich	M60	25:32
*M60		76:16

9th		
Ray Lawrence	M65	25:58
Allen Tyson	M65	28:12
Arthur Leggatt	M70	27:26
*M65		81:36

David Wilmer	M40	19:20
Milton Mavrick	M40	20:55
Ivan Brown	M45	20:45
John Pressley	M45	19:29
Brian Foley	M50	20:31
Don Caplin	M55	19:10
Allen Tyson	M65	25:00

November 16, 1994

Long Jump		
Gay Wyatt	W40	3.50M
Anne Shaw	W45	3.29M
Peggy Macliver	W50	3.56M
Noela Medcalf	W55	2.57M
Greg Vander Sanden	M35	5.17M
Ian Sanders	M35	2.80M
Dave Wyatt	M40	5.14M
David Wilmer	M40	4.77M
Milton Mavrick	M40	3.70M
Keith Martin	M50	5.00M
Arnold Jenkins	M50	3.50M
Brian Foley	M50	3.42M
Mike O'Reilly	M55	3.21M
David Carr	M60	3.80M
Allen Tyson	M65	3.01M

2K Walk		
Anne Shaw	W45	12:19
Peggy Macliver	W50	12:11

The
McCallum
Relays

November 27, 1994

The relays were over 5000 metre legs. Teams of three runner or two walker competed. The idea is to continue the enjoyment and club spirit so evident in the Deadly Medley and the mile relays. The records established could prove goals for next year. The event was not as well attended as some, but is worth including on next year's programme. Bob Schickert and Bob Sammells were among the helpers.

Thanks
David and Pat Carr

10th		
Peggy Macliver	W50	23:39
Therese Howe	Vis	27:13
Jackie Halberg	W45	26:04
(Merv Jones composite team)	M5525:50	in

Walkers		
Jeff Whittam	M60	29:38
4000M		29:38
Dorothy Whittam	W55	36:22
5000M		66:00

Alan Pomery	M60	30:10
4000M		30:10
Bob Chalmers	M55	36:09
5000M *M55		66:19

Margaret Miller	W50	30:10
4000M		30:10
Ernie Moyle	M65	42:33
5000M		72:43

*Records

Noela Medcalf	W55	15:13
Ian Sanders	M35	12:52
Milton Mavrick	M40	14:34
Brian Foley	M50	12:03
Arnold Jenkins	M50	12:51
Merv Jones	M55	15:15
David Carr	M60	12:19

200M		
Frances Lipscombe	W35	30.4
Anne Shaw	W45	30.2
Peggy Macliver	W50	30.5
Noela Medcalf	W55	33.5
Greg Vander Sanden	M35	24.1 *
Ian Sanders	M35	29.2
Dave Wyatt	M40	26.1 *
David Wilmer	M40	27.8
Milton Mavrick	M40	29.5
Evan McRae	M45	32.0
John Pressley	M45	34.8
Keith Martin	M50	26.3 *
Arnold Jenkins	M50	29.3
Brian Foley	M50	30.1
Bob MacDonald	M50	32.7
Mike O'Reilly	M55	28.5
Jim Riddell	M55	31.3
David Carr	M60	28.0
Allen Tyson	M65	33.2

State Records
are 'Open'

I should like to draw members' attention to two matters, one new and one reminder.

Open Records

Earlier this year the club committee supported a suggestion from the National Statistician that national records should be open, ie, that membership of a State Veterans Athletic body at the date of a performance would not be a prerequisite to acceptance of a record claim.

The Committee later considered that this principle should apply to WA and passed a motion to this effect in June, with the rider that retrospective claims would not be accepted.

Record Claims

As Vic Waters wrote in Vetrun 256, record claims should be sent to me. I rely upon the accuracy of the club magazine for results generally. Given that mistakes do occur and the fact that I do not see any other publications on a regular basis, claims are essential.

This brings me to Jan Kelly's excellent winning run in this year's Perth Marathon.

Her time of 3:07:16 was a new State W40 record. Many congratulations, Jan. Bob Sammells, State Statistician

BRISBANE did the 23,000 competitors proud. Banners advertising the Games welcomed competitors as they arrived at the airport, the main bus station and the city itself. Games staff, public transport employees and the general public went out of their way to help competitors, who, if they didn't have a great time, should have done.

Brisbane was determined to stage a world-class sporting event. It kicked-in \$3,000,000 to get things rolling and eventually broke even. (Business, generally, benefited by some \$30,000,000 spent by athletes and their families, so it was a good investment.) It offered public transport travel concessions to Masters and advertised discounts that were available. It also arranged a welcoming ceremony that was broadcast Australia-wide by the ABC and a closing ceremony on the delightful South Bank.

The Games received a large amount of TV news coverage (most days), and the Courier-Mail never missed a day. Front page coverage was not unusual and there were even two editorials. The sports pages carried news items, profiles, reports and results every day!

Classy, WA!

There were 3,000 competitors in the athletics and several venues were in use concurrently. So while it wasn't possible to see everything, I still enjoyed some excellent races and moments of sheer drama.

But, to our WA athletes! Roy Fearnall

WORLD MASTERS GAMES, BRISBANE

A competitor's impressions

by Bob Sammells

was in a class of his own in winning the M50 100, 200 and 400 metres.

Syd Coleman dominated the M75 throws but also sprinted and jumped.

Frank Hansford-Miller entered just about every M75 event on the programme and collected medals by the bucketful. Cross country, most track events both running and walking, the road walk and a half-Marathon; all done with smiles and waves.

Sharon Moloney must surely still have an excited smile on her face after winning a W30 bronze medal in one of the throws.

I lost count of the W60 gold, silver and bronze medals that Pat Carr won. What a competitor!

David Carr collected M60 gold medals in two of the closest races seen. He misjudged his run in the 800m heat and just made the final as the ninth and slowest qualifier with 2:46. The final saw him lead all the way but he had a neck-and-neck tussle down the finishing straight before winning by 0.2s in 2:16.9.

The 400m final was even closer. David led into the straight but was caught and took the gold by just 0.05s.

John Bocian, from Albany, in addition to running, decided to have a go at a couple of walks and won two bronze medals. Like Sharon, John had difficulty removing the smile from his face.

Another marathon

Cecil Walkley added another to this year's marathon tally and won the M65 silver medal. He also won gold and silver in cross country and track events. He had a whale of a time.

Noela and Gordon Medcalf. We didn't see too much of Gordon, who concentrated on swimming, but Noela showed a strong competitive streak in all of her many W55 events. I lost count of the number of trips she made to the medal rostrum.

Neil Morfitt came up against very strong opposition in his M35 800m and 1500m events. He reached both finals and courageously ran from the front, only to miss the medals.

Lynne Choate also faced strong opposition in her W40 events. She was handicapped by a throat infection in her finals but ran well nonetheless.

Luella Jenkins (W50), Ruth Johnson (W50) and Rose-Maree Holloway (W35), all from Bunbury, were seen competing from time to time but I have no information on how they did.

Mike Edwards won both the M35 hurdles golds in fine style.

CLIFF BOULD HANDICAP October 10, 1994

S Lockwood M65
B Carse M50
J McManus W45
D Scott M45
R Sutton M55
A Shaw W45
R Attwell M55
M Moyle M65
B Crane M50
S Airey M45 (?)
C Broderick W40
W Quarnan M40
B Shickert M50
M Rosen M45
A Holm M45
T Maslen M55
M Mavrick M40
M Rhodes M45
J Puglisi M40
M Kelly M45
M Kahn M45
L Holliday V
D Muir M45
B Danby M45
I Brown M45
M Hodgins V
G Schafer M60
G Peet M60
K Brownlie M45
R Potter M50
W Gee M40
M Jones M55

IN the early hours of Sunday morning Arthur Leggett was out marking the Harrison Island course by himself as his assistants were still celebrating a previous evening's engagement.

Arthur arrived back in time to give the race directions, then headed off to the opening of the sailing season.

There were 85 competitors, a good number considering many members were on Rotto for the long week-end. The handicapping system

worked well with a large number finishing close together.

Stan Lockwood (M65) was the winner from Bert Carse (M50) and Jacqueline McManus (W45).

Then the rain came, and the time results were lost in the hurried packing up!

One unfortunate accident marred the day, when a runner tripped and cut his head, requiring assistance from myself, as I was the

D Lancaster W40
V Carrero M50
J Evans M45
J Spencer M50
R Walsh M50
R Lawrence M65
D Hazell M40
J Curry M60
S Hicks M40
D Moffett M60
V Waters M50
W Browne M45
M Loly M50
K Atkinson M55
D Roberts M50
J Dartnall M45
D Hough M60

I Walz V
A Marshall M55

5.2 Km RACE
I Davis V
M Anderson M45
C Holland W35
K Webster M50
A Tyson M65
J Fisher V
A Brown V
R Banyard W45
L Lauchlan W60
P Farrell W45
S Maslen W55
J Evans W40
R Spencer M50
I Passmore M50

P Airey M55
J Stickles M55
C Brinsdon V

5.2 Km WALK HANDICAP
J Mison M45
P Martin M50
M Boyle W45
A Pommery M60
E Moyle M65
H Sweeny W35
M Gianatti W55
P Jenkins M45
W Hughes M65
L Schickert W50
T Carrero W45
G Peet W55
D Horsley M80

from the Committee

MYALUP WEEKEND

This is booked for March 3/6. Please contact Jacqui Billington to be in it.

SAFETY MATTERS

WE do not have enough safety-skilled members, or volunteers.

The club now plans to organise, and pay for, courses for members.

Please contact Irene Ferris for details, which will also be published in the next edition.

National Vets Champs

Perth, Easter '96

Members wanting to join the managing committee, please contact Jacqui Halberg (457 9343) or Bob Fergie (447 6898).

NATIONAL WEIGHT PENTATHLON

Easter Sunday, April 16 '95, at Bruce, ACT, following ACT State Champs

Vets State Championships

Wednesday 29/3/95
McGillivray Park
Steeplechases/ EVENING

Fri 31/3/95
EVENING
Coker Park
5000M/W; 10,000M; Hammer
(Men and women)

All other events, except pole vault, take place at Coker Park on Saturday and Sunday, April 1st and April 2nd, 1995.

Full details, and an entry form, will be in the next Vetrunk (January/February). Pole vaulters will be advised.

NB Pentathlon will be run in conjunction with other events. BBQ ends Sunday's events.

Notice Board

New Year's Eve Party

IT's on again, at the Danbys' home, in Pinnaroo Memorial Cemetery.

All Vets and family are welcome, from 8pm.

NARROWS BRIDGE IMPROVEMENT

BOBSchickert has an interesting and well-thought out suggestion to improve our safety, and that of many other bike/walk path users.

Several of our runs take us under the Narrows Bridge (Pagoda, 25K, etc).

This involves two road crossings, one just before the bridge (when approaching from MaCallum Park) and the other just under the bridge.

Bob suggests we approach the local authority (is it Perth City Council), asking them to add to the bike path, so it runs all alongside the river, under the bridge.

This would be a relatively small job that would improve safety for countless pedestrians, runners and cyclists.

THANKS, FOR DUNCAN

JUNE Strachan wishes to thank her Veteran running friends for all the cards and phone calls, and also to thank those who attended the funeral of my dearly loved husband, Duncan.

World Games News

JCT Travel, 5 Mill St, Perth (481 3488) is accredited travel agent for World Champs in Buffalo, NY, July '95.

Their around the world fare is \$2,700. They can help with accommodation too. JCT also offers above-normal discounts to Vets for inter-Australia travel.

Entries for Buffalo must be with AAVAC National Sec Dot Browne, 4 Victory Street, Mitcham, Vic 3132, by April 15, '95.

Fees to her also, by US\$ bank draft, or credit card etc. ALSO, she needs photocopy of birth certificate, or passport, to verify d.o.b.

Entry forms from Dot, or our secretary, Bob Fergie.

The Vetrunk

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

Patron: W.J. (Bill) Hughes
President: Brian Foley 339 2716
Secretary: Bob Fergie 447 6898

COPY for the magazine should be submitted to editor Vic Waters at 47 Sulman Road, Wembley Downs, 6019.

Phone: 341 3464 (H)
Fax: 245 3169

Next Issue: Jan/Feb 1995

Welcome to New Members

Steve Eldridge M50
Anne Maree Jones W40
Rita Bonjour W50
Eric Reid M50
Georgine Beale W35
Graeme Burch M50
Gareth Wyn Brunt M40
Frances Lipscombe W45
Isabel Tasker M35
Margaret Robinson W55
John Evans M45
Jill Evans W40
Rory Trotter M35
Keith Webster M50
Lawrence Fisher M55
Jean Fisher W45
Keith Atkinson M35
Denise Lancaster W40
Antia Browne W45
Wayne Browne M45
Des Mallon M40
Ronald Spencer ?

Letters

Dear Vetrunk,

I would like to say thank you to those athletes who sent me good wishes for a speedy recovery during my stay in hospital. I am now home, and in a few months will be walking again. Your card was very much appreciated.

Thanks again,
Valerie Bonner

QUIZ NIGHT

February 3, '95; 7pm at
Rugby Club, Perry Lakes

Brisbane Masters Games

S Moloney	W30	
Shot	Bronze	8.17M
Jacqui Lishman	W30	
400 H	Silver	87.52
Rosemary Holloway	W35	
3K W	Silver	15:44.07

5K W	Silver	27:09
10K W	Bronze	57:30
(all PBs, in only 2nd year walking)		

Lyn Choate	W40	
T/J	Bronze	9.53M
100	Silver	13.04

Eric Mercer	W50	
300 H	Silver	60.9
2000 s/c	Gold	9:17.12

Noela Medcalf	W55	
Pentathlon	Gold	2450 pts
1500	Silver	6:57.94
800	Bronze	3:03.29
400	Bronze	1:22.44
LJ	Bronze	3.14M
Hammer	6th	19.47M
Discus	6th	18.72M
Swim 100M b/s	Bronze	

Pat Carr	W60	
200	Gold	33.14
400	Silver	86.26
L/J	Gold	3.81M
T/J	Gold	8.08
Pentathlon	Gold	3003pts

Mike Edwards	M35	
400 H	Gold	58.74
110 H	Gold	15.84

Roy Fearnall	M50	
100	Gold	
200	Gold	24.16
400	Gold	54.17

David Carr	M60	
400	Gold	60.90
800	Gold	2:16.94

Gordon Medcalf	M60	
Pentathlon	4th	
Swim:		
4x50M f/s relay	Gold	
50M b/s	Silver	
100M b/s	Silver	
200M b/s	Silver	
50M f/s	Silver	
50M B/fly	4th	

Cecil Walkley	M65	
5,000	Gold	
1500	Silver	
2000 s/c	Silver	
10K c/c	Silver	
Marathon	Silver	

Syd Coleman	M75	
T/J	Gold	6.53M
Javelin	Silver	25.52M
Discus	Gold	30.28M

Non-Club Events

Many Vets have responded to our appeal, and mailed me their results from 'other events.'

Here are some of them, mainly from Brisbane Masters competitors who, at the time of writing, were still awaiting detailed results. Therefore, many cannot quote times. The first sends greetings, too!

Hallo to all my athletic friends in WA, especially Dick Horsley, my coach, through whom I managed two bronze medals at the World Masters; and three bronze (two with PBs) at the Alice Springs Honda Masters. Also to Rob Shand, opponent at the WA Champs.

It was great to meet up with fellow athletes from WA at these games (Brisbane.) Best wishes to all, Merv Lockyer (3/209 Lonsdale St, Ballarat, Vic 3350.)

Shot	Gold	8.60M
L/J	Silver	2.67M

Frank Hansford-Miller	M75	
2000 W	Gold	
3000 W	Gold	
10,000 W	Gold	
10K c/c	Silver	
2,000 s/c	Bronze	
Half/mara.	Bronze	

Alice Springs Masters Games

Erica Mercer	W50	
200	Bronze	34.89
400	Silver	67.35
800	Silver	2:56.87
1500	Silver	6:14.09
H/J	Gold	1.10M
L/J	Silver	3.79M
T/J	Silver	7.62M
Shot	Bronze	6.26M
Javelin	Gold	20.78
(Games Record/ PB)		

Mary Heppell	W55	
10,000	Gold	
Half/mara	Gold	

Noela Medcalf	W55	
100	Gold	
200	Gold	
400	Gold	
800	Gold	
Discus	Gold	
Javelin	Gold	
Shot	Gold	
5K c/c	Gold	
Mile	Gold	
Pentathlon	Gold	

Rita Blom	W55	
Swim - all wins		
50M b/s		48.82
50M f/s		38.28
100 f/s		1:26.03
200 f/s		3:16.01

The Vetrunk



Dick Blom in Alice Springs

100 b/s	1:50.10
1500 f/s	28:06.00
200M mixed relay	
240 yrs +	2:58.47
200M women's relay	
	3:03.00

* In her freestyle races, Rita beat Dawn Fraser.

Duncan McCauley	M45	
Pentathlon	Gold	
400	Silver	
1500	Silver	
100	Bronze	
200	Bronze	

Dick Blom	M60	
Mile	Gold	
5K c/c	Gold	
Half/mara	Gold	
1500	Silver	
3000	Silver	
10,000	Silver	
4004th		

Gordon Medcalf	M60	
Pentathlon	Gold	
100	Silver	
200	Silver	
Javelin	Silver	

City to Surf

Lesley Romeo	W50	
Walk - 80:40		

Comrade's Marathon

Cecil Walkley	M65	
1st in age group		
6979th - 10hrs 25m 06secs		

Chris Maher	M40	
350th 7hrs 9mins 35secs		

Wayne Robinson	M35	
524th 7hrs 25mins 55secs		

Bandung Volcano Run!

More on this strange event (t/c next Vetrunk) but for now, Maxine Santich was first woman to the top, 13th overall of 80, in 1hr 50mins 19 secs

The weather forecast said rain but all we had were a few clouds, no rain, and the park is nicely sheltered from the wind.

Ninety-seven runners/walkers completed the course of their choice. The second half of the course was altered this year taking the runners out on to Joondalup Drive. Marjery Forden measured the second half on her bike and informs me that the course measures 11.6K not eleven as I originally thought, so the runners who did the long run were faster than they thought.

Jim Langford is, of course, a very classy runner who likes the rough underfoot conditions and he was fastest male in the 11.6K with a time of 40:52 and Sue Prewitt is getting into the classy runners with a time of 50:21 for the fastest female. Walter Quarman and Karen Gower were first in the 5K.

The walkers fastest were John Mison and Michelle Boyle over the 5K.

I wish I could say the event organisation was very smooth but it was the opposite - the machine which records

11.6K

Jim Langford	M50	40:52
Ralph Henderson	M45	45:43
David Roberts	M50	48:12
John Pressley	M45	48:17
Bob Harrison	M50	50:15
David Evans	M40	50:17
Sue Prewitt	W40	50:21
Peter Sanders	M45	50:42
Brain Foley	M50	51:38
Bob Sammells	M55	52:07
John Bell	M45	52:32
David Bishop	M35	52:43

Cliff Bould continues

nearest marshall.

I escorted him back to the mainland for first-aid treatment, and this showed a couple of deficiencies in our race organisation. Assistance should be given by the nearest runner; and the first-aid procedures should be developed before hand by the race director (in this case, myself).

The Race Coordinator (Bob Sammells) issues a guide to the director before each event. However, there needs to be more consideration given to following this guide.

Following this accident, as there was now no marshall at the turn after the underbridge, quite a few competitors took the wrong route, and did two circuits of the island, and not two circuits of the whole course.

This made the finish an interesting activity for Ralph Henderson in determining the finishing order.

Cliff presented the handicap trophy, and we paid tribute to Cliff's long standing as a competitor and athletics administrator.

Brian Foley

Joondalup Lake Run

October 23, 1994

the times did not work - flat battery, the clock stopped after eleven minutes and I did not know how to start it again, luckily Rob Davis got it going so the recorded times may have been a few seconds out.

Helpers are the key to every organisation and I had very few of these come forward. I made myself known at the Bibra Lake run asking for helpers and I saw lots of new faces but did not get one offer of help.

What is wrong with the members? Maybe I frightened them, I hope not, I genuinely needed helpers on the day. My two helpers who had volunteered months ago could not show on the day

John Pellier	M55	52:45
Milton Mavrick	M40	53:12
Colin Watts	M40	53:36
Keith Atkinson	M35	54:20
Ted Maslen	M55	55:30
Gerry Prewitt	M40	55:35
Mitch Loly	M50	56:04
Richard Harris	M55	56:21
Roger Walsh	M50	56:59
Lynne Harrop	W40	57:28
Margaret Birks	W45	58:44
Vic Beaumont	M60	59:03
Sue Sanders	W40	60:40
Marg Forden	W50	60:46
Brian Smith	M55	61:19
Denise Lancaster	W40	61:28
Ron Sutton	M55	62:38
Ron Hillis	M45	62:48
Pauline Wiltshireq	W50	63:01
Ivan Wiltshire	M50	64:12
George Peet	M60	65:14
John Russell	M60	65:18
Graham Thornton (l.s.)	M50	67:40
David Hough	M60	67:54
Joan Pellier	W50	68:07
Peter Davies	M65	69:06

5K

Walter Quarman	M40	17:38
Greg Lawrence	M35	19:10
John Ferris	M40	19:17
Don Caplin	M55	19:36
Vic Waters	M50	20:12
Michael Anderson	M45	20:56
Karen Gower	W30	21:06
Rob Shand	M60	21:56
Bill Green	M50	22:07
Arnold Jenkins	M50	22:14
Ros Banyard	W45	22:18
Simon Mort	M35	22:49
John reed	M35	22:57
Peggy Macliver	W50	23:12
Ray Lawrence	M60	24:28
Bruno Larini	M35	24:28
Merv Jones	M55	25:07
Heather Sanderson	W45	25:07
Brian Aldrich	M60	26:00

because of the flu. Peter Airey and Rob Davis offered their services on the day and my thanks to them both. They were very helpful. Keith Forden and my husband Morris are the main stay of this run, Morris marks most of the course and Keith a great help on the day. Well done all the runners and walkers.

I would like to add a few words about safety. After the report in the October Vetrunk, I picked up the equipment from Bibra Lake, the week previous to my run, and the first aid box was missing. There are signs round this lake about snakes, yet we had no first aid box, where was it? I needed the box as I used it last year and pointed out one item was missing from the box and one year later this item was replaced at my run. First Aid Officers are a great idea and ideal for the safety of the runner and club members. Surely the first and basic rule at each run is the first aid box which the club already owns and keeping this box well stocked before we worry about first aiders. I tracked down the box with a few phone calls but surely this is not good enough?

Margaret Warren

Irene Ferris	W40	26:04
Roma Bettles	W45	26:20
Les Slade	M40	26:23
Kathryn Holland	W35	27:14
Garnet Morgan	M70	27:30
Arthur Leggett	M75	27:41
Norm Miller	M60	28:39
Ray Barnett	M50	28:59
Jan Jarvis	W45	30:35
Rosa Davis	W50	30:58
Frank Usher	M70	31:41
Pat Miller	W50	32:36
Toni Frank	W45	33:06
Alison Aldrich	W50	33:11
Jane Slade	W45	37:07

5K Walk

John Mison	M45	27:37
Peter Johnson	M45	32:07
Michelle Boyle	W45	35:55
Jackie Billington	W50	37:28
Wendy Clements	W50	38:10
Bob Fergie	M55	39:29
Jeff Whittam	M60	39:29
Wendy Spencer	W45	40:44
Gillian Peet	W55	44:09
Alan Stone	M60	47:30
Margaret Stone	W50	47:30
Jacqui Beaumont	W55	47:30

In our next episode...

Thanks to the directors, and our typists, Jacqui and Brigitte, for the Four Hour Relay, Canning Caper, and Bibra Lake results. A combination of time and space has thrown them into a continuum, from which they'll rematerialise in the Jan/Feb issue, boldly accompanied by many other starry enterprises and ventures.

The Vetrunk