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HAPPY BIRTHDAY TO OUR NOVEMBER MEMBERS

COLEMAN, Sydney	03/11/15	77 remains M75	STOFFERS, Hank	18/11/40	52 remains M50
MUNSIE, Selby	03/11/33	59 remains M55	WOOLHOUSE, John	18/11/41	51 remains M50
CALNAN, Ross	04/11/40	52 remains M50	BILLINGTON, Jackie	19/11/42	50 becomes W50
HOYE, Derek	04/11/38	54 remains M50	NOORDYK, Kathleen	19/11/46	46 remains W45
MATZKE, Roland	05/11/39	53 remains M50	SPENCER, Ronald	23/11/39	53 remains M50
PELLIER, Joan	08/11/39	53 remains W50	FORDEN, Keith	25/11/38	54 remains M50
MAIN, Jan	08/11/49	43 remains W40	LARINI, Bruno	25/11/57	35 becomes M35
COLQUHOUN, Ian	09/11/54	38 remains M35	HANSFORD-MILLER, F.	26/11/16	76 remains M75
HICKS, Stewart	09/11/22	70 becomes M70	CRELLIN, Karen	27/11/41	51 remains W50
BROCKWELL, Tessa	10/11/55	37 remains W35	KIRKMAN, Hugh	27/11/41	51 remains M50
WILLIAMS, Ross	10/11/39	53 remains M50	BLAIR, Don	28/11/50	42 remains M40
WARREN, Margaret	12/11/35	57 remains W55	MILLER, Norman	28/11/31	61 remains M60
McMILLAN, RAEMA	14/11/27	65 becomes W65	MILLER, Margaret	29/11/42	50 becomes W50
RHODES, Michael	16/11/45	47 remains M45	MOYLE, Merv	29/11/26	66 remains M65
OLDFIELD, Christine	17/11/44	48 remains W45			



NO. 238 OCTOBER 1992

The Vetrunk



WA VETERANS AC - REGD BY
AUSTRALIA POST PUBN 0370

This is
Your Invitation

to the
WAVAC ANNUAL DINNER AND DANCE

RSVP by buying a ticket from any committee member
Then you'll be there

GLOUCESTER PARK
Saturday November 21

7pm - midnight

for a lavish smorgasbord dinner
(guaranteed - as much as you can eat!)

Ticket price is just \$23 -
drinks at bar prices

Our smorgasbord includes roast beef, roast pork, lots of vegetables, seafood mornay,
chicken Korma, lasagne, barbecued seasoned chicken, baked ham, Continental meats with
jardiniere vegetables, salads, dinner rolls; Black Forest gateau, fruit salad and cream,
sherry trifle; coffee, mints.

All the records are recorded - by Bob

HOW many times did Kath Holland break the W35 60 metres record? WHO holds both the 100 mile, and 24 hour record for W45?

DID you know that Art Briffa set the first WAVAC 10K Road Run record in 1976 - at 39:02; and that Rob Shand, Maurice Smith, George Innes and Frank Smith progressively reduced this to 33:20 by 1989?

HOWEVER, none of them were faster than the man who set the current M50 record, at 32:50, in 1971! Yes, John Gilmour.

Fascinating facts for Vets, I'm sure you'll agree, which are now available to all members due to the outstanding work of Bob Sammells.

In a record-breaking effort of his own, Bob has assembled a progressive list of all WAVAC records - from 60 metres to six days, covering all road, track and field, and marathon events. He has scanned very copy of the Vetrunk, from #1 to 237, and the result is a 63-page file.

It's unlikely that any other athletics club in Australia holds such a comprehensive archive of its members performances, and Bob is to be thanked for devoting so much time and diligent effort to the work.

However, please let Bob know if he has missed any records that can make

the document more thorough.

Many members will want a copy of this document, which makes fascinating reading even if, like me, you'll never find your own name in the lists! The club will make hard copies available to any member - simply contact secretary Brian Foley (339-2716). Alternatively, Bob will place the information on computer disc for you, provided you supply him with a formatted 3.5 inch diskette.

Also available, in hard or disc form, is a 14-page list of all current WA, Australian and World vets records.

Bob will be up-dating all of these record continually, and expects to print a new list annually.

...WHO set the M40 half-marathon record in 1980, knocked a second off in 1984, 13 seconds in 1985, and still holds it, together with the M50 record?

What's Stuart Hicks' M65 half-marathon record, set in 1990? What was Brian Paxman's record M45 800m time, in 1977?

Maybe I'll tell you next month.

In the meantime, the library will hold a full set of these records.

Thanks again, Bob.

In this issue...

**HALF-MARATHON
CHAMPIONSHIPSP2**

The Way We Were ...P2

**Notice Board; Letters
Committee NewsP3**

CITY TO SURFP4

TOMPKINS PARKP4

DANBYS RUNP5

REABOLD HILLP5

**CROSS COUNTRY
CLIFF BOULD**

TROPHY RUNP6

BirthdaysP8

Track and Field

**A full programme
for the Wednesday
night events
appears on P7.**

**This includes all
events up until
Christmas, and
also the Patron's
Trophy Point Score
Competition, which
starts in January.**

**Starting time for all
nights is 6pm.**

City to Surf

August 30, 1992

Position

25	Karen Gobby	41.54
28	Jim Langford	42.10
29	Hank Stoffers	42.24
87	Steve Barrie	44.36
89	Bob Schickert	44.42
98	Duncan McAuley	44.54
108	Ian Colquhoun	45.10
121	Bob Harrison	45.24
126	John Ferris	45.28
129	Dave Roberts	45.36
133	Peter Sanders	45.42
145	John Puglisi	45.58
154	Jim Klinge	46.10
170	Bob Argyle	46.30
171	Bruce Wilson	46.30
275	John Bell	48.10
286	Anne Shaw	48.18

RESULTS

3 Laps - 13.2K

Wayne Robinson	M35	53.53
John Ferris	M40	55.02
Ian Colquhoun	M35	56.51
Bob Schickert	M50	58.32
Dave Roberts	M45	59.24
Don Caplin	M50	60.14
Bob Harrison	M50	60.15
Joe Stickle	M50	60.28
Liz Helliwell	W35	61.15
Brian Danby	M40	61.34
Brian Foley	M45	62.09
Terry Foster	M50	62.34
John Pellier	M50	64.26
Dalton Moffett	M60	64.50
Robin Bonner	M60	64.52
Ron Potter	M50	66.38
Stan Lockwood	M60	68.11
Marge Forden	W50	68.32
Merv Moyle	M65	69.06
Kevin Martin	M55	71.26
Merv Jones	M50	71.57
Jeff Spencer	M50	72.20
Ann Turner	W55	77.35

2 Laps - 8.6K

Warren Gee	M40	35.59
John Bell	M45	36.48
Vic Waters	M45	37.19
Paul Martin	M50	39.02
Maxine Santich	W40	39.08
Kath Penton	W50	39.23
Basil Worner	M60	40.34
Mike Rhodes	M45	41.03
George Schaefer	M55	41.08
Alec Holm	M45	41.11
Raymond Attwell	M55	41.34
Bob Sammells	M55	41.47
Barry Munyard	M45	43.26
June Strachan	W65	45.33
Mary Robinson	W55	45.35
Mick Malone	M40	47.40
Bill Crellin	M50	47.56
Maureen Delcanho	W40	49.20

304	Don Caplin	48.30
332	Adrian Noordyk	48.52
368	Frank McLinden	49.18
381	Clive Choate	49.26
456	Vic Waters	50.08
499	Joe Stickle	50.30
514	Mel Ovenden	50.40
528	John Pellier	50.46
548	Brian Foley	50.56
587	Dave Carr	51.18
631	Brian Aldrich	51.40
652	Paul Martin	51.52
728	Mike Khan	52.30
896	Kath Noordyk	53.36
977	Marg Forden	54.08
991	Terry Foster	54.14
1107	Merv Moyle	55.12
1184	Leon Sander	55.42
1234	Jean-Marie Volet	56.06
1239	Tony Speechley	56.08
1267	John Woolhouse	56.18
1307	Bev Morrissey	56.30
1365	Ann Stingemore	56.52
1369	Kirt Johnson	56.54
1397	Ivan Wiltshire	57.10
1546	Susan Sanders	58.06
1662	Pauline Wiltshire	58.56

Danby's Run

September 13, 1992

Owing to Hepburn Heights being cleared on the Monday before the run I devised a new course. One easy lap and two harder laps were the choices depending on the runners physical condition and mental state. The new course was received with much comment, and a lynching party at the morning teas, and screams of abuse as they climbed "THE HILL".

All enjoyed it though, and the same course will be used next year!

Thanks to my helpers Jackie, Dorothy, Val, Arthur and Fred. Sue also thanks Wendy. The weather was only fair, but the barbeque was great. See you next year in the spring. Brian Danby

We're all most grateful to Brian and Sue for throwing open their home to us every year. Long may it continue. The Danbys are some of the few still carrying the 'home run' flame. ED.

John Russell	M55	51.23
Keith Webster	M50	52.07
Irene Ferris	W40	52.59
Duncan Strachan	M70	58.21
Rob Farrell	M50	58.23
Phyllis Farrell	W45	64.02

1 Lap - 4K

John Molloy	M40	14.39
David Carr	M60	15.33

THE CHAMPIONS

Karen Gobby	41.54
1st woman - 30/39years	
Antoinette Shaw	48.18
Henk Stoffers	42.24
1st man - 50/59	
Margery Forden	54.08
1st woman - 50/59	
Frank McLinden	49.18
1st man - over 59	
Eldest Competitor	
Jack Collins	104.48

2047	Ron Hillis	61.38
2433	Selby Munsie	64.50
2438	Mitch Loly	64.50
2440	Alan Tyson	64.50
2808	Gordon Florance	68.42
2929	Irene Ferris	70.12
3344	Jill Midolo	77.38
3564	Joan Hillis	83.26
3704	Lynne Schickert	87.16
3856	Ernie Moyle	92.48
4191	Jack Collins	104.48

John Snider	M45	15.44
Anne Shaw	W40	15.49
Dick Blom	M55	16.16
Bill Crane	M50	17.54
David James	M35	17.55
K Eatt	M45	20.04
Kirt Johnson	M60	20.38
Jan Johnson	W45	20.40
Noela Medcalf	W55	21.10
Joan Pellier	W50	21.35
Wendy Clements	W50	22.04
Patricia Carr	W60	24.43
Frank Usher	M65	25.36
Jill Midolo	W45	25.39
Jackie Billington	W45	25.59
Keith Forden	M50	30.21

Walkers 2 Laps

Barry Weatherburn	M45	40.07
Rod Stewart	M50	40.11
Pam Foster	W45	49.19
Ernie Moyle	M65	49.22
Dick Horsley	M75	49.23
Bob Fergie	M55	49.24

Visitors

H McKeown	3 Laps	59.24
John Mussett	1 Lap	16.11
N Bell	1 Lap	18.03
R Bell	1 Lap	19.45
B VanderGroom	1 Lap	20.53
David Halliwell	1 Lap	20.55

SINGLE K RESULTS

Wednesday October 14

1000M Walk

W 35 Cathryn Holland	5:50
W55 Dorothy Whittam	6:03
W45 Peggy Macliver	6:23
W50 Mitch Loly	6:59
M60 Harry Vance	7:52

Conditions: Fine/Very Cold

Special thanks to Mike Rhodes for his efforts which enabled the run to proceed as a handicap event, and to our members who took the anomalies, due to old records, in good spirit.

Preparation was going smoothly until the erection of the recorder's canopy was attempted. We needed the services of the 'Kilted One' to sing the Sussan Song - "This goes with this, goes with this goes with that!" But eight or so Vets were brandishing pieces of metal trying to get this into that, without success. Obviously they had forgotten far more than they ever learned in their scouting days. But they didn't have to be told at their stage of life, that erections can be difficult.....

I'm surprised this run doesn't attract more participants. It would have to be one of the more scenic courses on our programme.

Joan Pellier set off as though she hadn't heard of oxygen debt. In perfect 'Grand Prix' planning she finished with

Position	Age	Clock	H/C	A/T
1	Joan Pellier	W50	48.42	0.00 48.42
2	Ted Maslen	M55	51.54	17.15 34.39
3	Kath Penton	W50	52.03	13.45 38.18
4	John Spencer	M55	52.11	11.45 40.26
5	Brigitte Cheek	W35	52.21	5.15 47.06
6	Vic Waters	M45	52.25	16.45 35.40
7	David Carr	M60	52.38	16.45 35.53
8	Ian Colquhoun	M35	52.39	19.30 33.09
9	Mary Robinson	W55	52.50	0.15 52.35
10	Cecil Walkley	M60	52.55	13.30 39.25
11	B. Morrissey	W45	52.59	12.30 40.29

Reabold Hill

September 27, 1992

Records are made to be broken and we have ten new records this year. In 1987 Jim Langford set a record of 37.03 as a 40 year old, this year as a 45 year old he set exactly the same time of 37.03! Amazing.

Other 10K records:

M65 Merv Moyle, M70 Joe Brennan, W40 Anne Shaw, W45 Kath Noordyk, W50 Kath Penton, W55 Ann Turner.

5K records:

W35 Nena Greenfield, W60 Pat Carr, M65 Alan Tyson.

Thanks to all the helpers - Sylvia Brennan, Ernie Moyle, Basil Worner, Bob Farrell, Garnet Morgan, Dick Horsley and Peter Hill for looking after the walkers.

Kirt Johnson

RESULTS

10K - M35

Ken Post	42.17
David James	47.14

Tompkins Park Handicap

September 20, 1992

little fuel in her tank, thereby not carrying any excess weight to slow her down. Well done, Pres.

Thanks to the helpers, especially Peter Airey who had to return to Oz due to a family bereavement. Our condolences Peter. Also Kirt Johnson, Rosa Davis, Vic Beaumont, Barry Munyard, Arthur Leggett, Fred Hagger and Dick Blom, who had had little sleep due to his birthday celebrations! Don't some people enjoy the ageing process! Also to the others who offered their help if needed.

Rod Stewart

12	M. Johnston	M55	53.00	16.30	36.30
13	Mike Faunge	M50	53.15	12.30	40.45
14	Don Blair	M40	53.16	13.45	39.31
15	Jerry Chase	M50	53.18	?	?
16	Ian Passmore	M45	53.21	?	?
17	Duncan McAuley	M40	53.24	21.15	32.09
18	Kirt Johnson	M60	53.26	8.15	45.11
19	Brian Paxman	M60	53.49	15.15	38.34
20	Brian Danby	M40	53.56	17.45	36.11
21	Jeff Spencer	M50	54.09	12.45	41.24
22	Robert Sheehy	M45	54.11	10.45	43.26
23	Mitch Loly	M50	54.14	11.15	42.59

Womens 10K Records

Maxine Santich	W35	46.43	1990
Ann Shaw	W40	43.12	1992
Kath Noordyk	W45	47.37	1992
Kath Penton	W50	45.16	1992
Ann Turner	W55	56.42	1992
June Strachan	W60	63.07	1989
June Strachan	W65	61.20	1990

Mens 10K Records

Jim Langford	M40	37.03	1987
Jim Langford	M45	37.03	1992
Derek Hoye	M50	39.19	1990
David Carr	M55	42.47	1988
Brian Paxman	M60	NN43.37	1990
Merv Moyle	M65	49.41	1992
Joe Brennan	M70	60.50	1992

Bruno Larini	48.23
10K - M40	
Warren Gee	40.58
Mark Rosen	43.25
John Molloy	44.25
Colin Watts	46.36
Doug Hazell	48.39
Jean-Marie Volet	50.10
10K - M45	
Jim Langford	37.03 *
Dave Scott	40.33
David Roberts	40.49
John Pressley	42.35
Wal Welyky	44.55
Brian Foley	44.58
Max Kelly	47.33
Alex Holm	48.34

24	John Russell	M55	54.20	8.15	46.05
25	Dalton Moffett	M60	54.30	15.30	39.00
26	Paul Martin	M50	54.33	17.45	36.48
27	Kevin McDonnell	M35	54.42	?	?
28	Brian Foley	M45	54.49	18.15	36.34
29	John Woolhouse	M50	54.51	14.45	40.06
30	Kevin Martin	M55	55.13	13.00	42.13
31	Sandi Hodge	W45	55.22	7.30	47.52
32	Selby Munsie	M55	55.29	7.30	47.59
33	Bob Sammells	M55	55.32	18.00	37.32
34	Jacqui Halberg	W45	55.33	9.30	46.03
35	Merv Moyle	M65	55.34	13.00	42.34
36	Tony Speechley	M45	55.41	16.00	39.41
37	Robin Bonner	M60	55.49	17.45	38.04
38	Bill Crellin	M50	56.00	11.45	44.15
39	Bob Schickert	M50	56.06	21.15	34.51
40	Lorna Lauchlan	W60	56.36	2.45	53.51
41	Jill Midolo	W45	56.36	2.45	53.51
42	Joe Brennan	M70	56.37	3.00	53.37
43	John Gilmour	M70	57.00	20.30	36.30
44	Rob Shand	M60	57.36	17.00	40.36
45	Sheila Maslen	W50	58.06	3.30	54.36
46	Jackie Billington	W45	58.17	0.15	58.02
47	Jim Whitehorn	M55	59.12	9.45	49.27
48	Stewart Hicks	M65	60.50	10.45	50.05
49	Jan Johnson	W45	65.14	11.45	53.29
50	Ernie Moyle	M65	65.15	0.00	65.15

Walkers

1	B. Weatherburn	M45	66.55	9.15	57.40
2	Margaret Stone	W50	70.24	10.15	60.09
3	Bob Fergie	M55	70.52	7.15	63.37
4	Wendy Spencer	W45	72.50	6.45	66.05
5	Carol Hood	W50	73.07	0.00	73.07
6	Dick Horsley	M75	76.11	5.30	70.41

Visitors

Paula Fitzgerald	49.35	8.00	41.35
Jim Reilly	52.07	21.00	31.07
Max Thorley	52.19	16.00	36.19
Andrew Seinor	57.58	?	?

Womens 5K Records

Nena Greenfield	W35	30.48	1992
Jill Roberts	W40	27.23	1987
Wilma Vincent	W45	32.40	1988
Pat Weston	W50	33.40	1988
Patricia Carr	W55	33.05	1988
Patricia Carr	W60	37.52	1992

Mens 5K Records

Peter Roberts	M40	27.23	1987
Arnold Jenkins	M45	23.57	1989
Joe Stickle	M50	26.38	1989
Basil Worner	M55	29.57	1988
Garnet Morgan	M60	31.28	1988
Alan Tyson	M65	30.43	1992

Mike Rhodes	49.21
Ron Hillis	52.37
Lynn Farrelly	53.33
Arnold Jenkins	53.49
Robert Sheehy	57.15
10K - M50	
Hugh Kirkman	40.17
Rob Raymen	41.25
Terry Foster	47.30
Bill Crane	49.14
Bill Crellin	54.27
Mitch Loly	64.07
10K - M55	
George Schaefer	46.57

Kevin Martin	52.45
John Smith	55.28
John Russell	59.00
10K - M60	
David Carr	44.24
Dalton Moffett	46.52
Robin Bonner	46.53
Stan Lockwood	47.49
Norm Miller	59.56
Dave Hough	64.08
10K - M65	
Merv Moyle	49.41 *
Frank Usher	69.40
10K - M70	
Joe Brennan	60.50 *
Duncan Strachan	63.43
10K - W30	
Rebekah Healey	54.52
10K - W35	
Jeanette Triverios	54.47
10K - W40	
Anne Shaw	43.12 *
10K - W45	
Kath Noordyk	47.37*
Jill Midolo	66.37
Phyllis Farrell	69.39
10K - W50	
Kath Penton	45.16 *
10K - W55	
Ann Turner	56.24
Esther Healey	66.16
10K - W65	
June Strachan	63.45
5K - W35	
Nena Greenfield	30.48 *
5K - W50	
Sheila Maslen	36.58
5K - W60	
Pat Carr	37.52 *
5K - M45	
Jim Greenfield	29.41
Harry Holland	29.56
5K - M65	
Alan Tyson	30.43 *
Syd Bowler	39.41
8K Walkers	
Peter Hill	M40 43.09
Rod Stewart	M50 50.46
Bob Chambers	M50 54.13
Kath Holland	W35 61.19
Dick Horsley	M75 63.19
6K Walkers	
Pam Foster	W45 47.28
Pauline Kelly	W45 47.28
Joan Hillis	W45 47.36
4K Walkers	
Kerry Atkinson	W45
Visitors	
Julie Burns	5K 34.30
Shane Power	10K 38.27
Robin Walters	10K 38.41
Karl Pressley	10K 40.47
Hugh McKeown	10K 42.58
Tim Laver	10K 44.28
Pat McConigle	10K 45.11
Des Cormican	10K 46.24
Richard Reilly	10K 47.38
Mark Maslen	10K 48.59
Bruce McPherson	10K 50.43
Elio Novello	10K 51.43
Allen Smith	10K 55.27

* Records

Cliff Bould Trophy

October 4, 1992

CLIFF BOULD TROPHY - 15 SEASONS ON

MERV Moyle is the most consistent runner in the club, and he thoroughly deserved this, his first trophy. Of the large crowd enduring the rain and cold at McCallum, fifteen were running with us in 1978. They're Merv, Stan Lockwood, Rob Shand, Bob Sammells, Cliff Bould, Maurice Johnston, Alan Tyson, Jeff Whittam, Frank Usher, Bill Hughes, Ted Maslen, Jill Midolo, Garnet Morgan, John Spencer and David Carr.

Thanks to Kirt Johnson, Val Bonner, Alan Tyson, Ann Turner, Robert Raymen, Arthur Leggett and Wayne Pantell for their valuable help.

Cliff was also there, handing out numbers. Thanks, Cliff.

Morning tea was washed out; some members now have a 50 cents credit.

Pat and David Carr

Pos.	Time	Age	Clock	H/C	A/T
1	Merv Moyle	M65	58.56	10.00	48.56
2	Joe Stickles	M50	59.06	13.00	46.06
3	W. Robinson	M35	60.54	20.00	40.54
4	Hugh Kirkman	M50	61.12	18.00	43.12
5	R. Healey	W30	61.43	5.00	56.43
6	Stan Lockwood	M60	61.45	13.00	48.45
7	Clive Choate	M40	61.51	17.00	44.51
8	Lynn Farrelly	M45	62.33	9.00	53.33
9	Brian Marsland	M45	62.41	21.00	41.41
10	John Bell	M45	62.54	18.00	44.54
11	Ian Colquhoun	M35	62.57	22.00	40.57
12	Vicente Carrero	M50	63.00	16.00	47.00
13	Robin Bonner	M60	63.05	15.30	47.35
14	G. Scheafer	M55	63.07	16.00	47.07
15	Dick Blom	M55	63.08	18.00	45.08
16	Judy Marsland	W40	63.25	13.15	50.10
17	Jackie Halberg	W45	63.29	8.45	54.44
18	Brian Danby	M40	63.31	18.00	45.31
19	John Pellier	M50	63.33	17.00	46.33
20	David Scott	M45	63.37	23.00	40.37
21	D. McAuley	M40	63.45	24.00	39.45
22	M. Johnston	M55	63.49	18.00	45.49
23	Alex Holm	M45	63.55	15.30	48.25
24	Bob Sammells	M55	64.14	17.00	47.14
25	Bob Harrison	M50	64.15	22.00	42.15
26	Steve barrie	M55	64.21	22.30	41.51
27	Dalton Moffett	M60	64.30	16.00	48.30
28	Ted Costello	M55	64.39	18.00	46.39
29	Mike Rhodes	M45	64.41	15.00	49.41
30	Brian Foley	M45	64.43	18.00	46.43
31	Ceil Walkley	M60	64.55	14.30	50.25
32	Mitch Loly	M50	65.03	10.00	55.03
33	M. Delcanho	W40	65.13	10.00	55.13
34	Marge Fordon	W50	65.37	15.00	50.37
35	Joan Pellier	W50	66.02	6.00	60.02
36	Jeff Spencer	M50	66.16	13.00	53.16
37	Ted Maslen	M55	66.27	19.00	47.27
38	Irene Ferris	W40	66.44	7.00	59.44
39	Vic Beaumont	M60	66.46	11.15	55.31

40	G. Florance	M55	66.53	4.00	62.53
41	Robert Mair	M40	66.58	23.00	43.58
42	Esther Healey	W55	67.15	3.00	64.15
43	J. Volet	M40	67.17	15.00	52.17
44	Brian Paxman	M60	67.47	15.00	52.46
45	Frank Usher	M65	67.57	1.00	66.57
46	Mick Malone	M40	68.51	12.00	56.51
47	Jim Whitehorn	M55	69.49	9.00	60.49
48	Arnold Jenkins	M45	73.59	16.00	51.59
49	Dave Hough	M60	77.23	15.00	62.23

Cliff Bould 5.2K

John Ferris	M40	20.03
Doug Hazell	M40	20.14
John Spencer	M55	23.13
Rob Shand	M60	23.23
Ken Brownlie	M45	24.00
Carol Broderick	W40	24.26
Norm Miller	M60	25.06
Brigitte Cheek	W35	25.07
Bill Meharry	M40	28.40
Sandi Hodge	W45	28.49
Pat Miller	W50	28.54
Ray Lawrence	M60	28.57
Jill Midolo	W45	30.06
Lorna Lauchlan	W60	31.46
Mary Robinson	W55	31.50
Phyllis Farrell	W45	32.21
Sheila Maslen	W50	32.47
Rosa Davis	W45	32.49
Rob Davis	M50	33.09
Lyn Choate	W35	33.35
Heather Raudon NZ	W45	34.25
Noela Medcalf	W55	34.46
Syd Bowler	M65	35.23
Ernie Moyle	M65	40.50

Best age-related performance, Rob Shand.

TROPHY TO VETS

A group of club members enjoyed the Association dinner-presentation evening at the Floreat Hotel to wind up the winter season. The Vets won the B grade trophy for the fourth time in the last seven years. The trophy is a perpetual one so we could only hold it and hand it back.

Karen Gobby received awards for State Half Marathon, 15000M and 10000M road titles.

...and Karen in Great Britain

Karen Gobby ran an excellent 10 mile Great South Run in England this month, finishing third in 56:38. Winner was Romanian Iuli Negura, the 1992 10,000m world champion, in 55:12.

She then ran 34:54 in the 10K Great London Run, very heartening, following her disappointment in the world half-marathon championships in Gateshead. Suffering with a virus infection, Karen finished well outside her best, around 80th in the field. KAREN thanks Vets Alison and Brian Aldrich for sponsoring her travel insurance.

Lorna Lauchlan MCSP

Grove Physiotherapy Centre
51 Stirling Highway
Cottesloe

Physiotherapy - Sports & Therapeutic Massage
Phone 385 2725

COMMITTEE NEWS

Congratulations to Brian Foley, who has been elected to the Board of the Australian Association of Veterans Athletic Clubs, which is our national body.

IMPORTANT RACE INFORMATION DIRECTOR NEEDED

Please note that the Jack Collins Handicap Walk at Coker Park on November 29 begins at 9am - not 8am as shown in our programme.

In addition, a race director is required for this event.

The Group Jog on the same day at Coker, does begin at 8am.

Other events that day include the WAMC track 10K, which starts at 7am; a veterans' 100 metres at 11.15am; and a veterans' mile, at 11.55am.

NEW MEMBERS

Welcome to

Francis Leong M45
Gerry Chase M50
Helen Lysaght W40
Wally Groom M45
John Stone M40
Mike O'Reilly M50
Vera O'Reilly W50
Nena Greenfield W35
Kevin Anderson M50

Notice Board

CHRISTMAS GREETINGS

Many members have used the Vetrin to send Christmas messages to each other for the past two years. In next month's issue (November) we'll publish a simple form to use if you wish to use the service. Your greeting will then be printed in the December number.

On the yule theme, next month we'll also give you the rules of combat for the Sandi Hodge Xmas Gift event, on December 20.

DOORKNOCKERS NEEDED

Would you help with the Heart Cancer Arthritis Doorknock Appeal?

The Cancer Foundation of WA is seeking volunteer collectors for the weekend of Oct 31/ Nov 1.

Knowing how fit we all are, the Foundation obviously thinks we're well qualified to trudge the streets, in a very good cause.

This is the fifteenth year of the appeal: last year more than \$366,000 was raised by the efforts of 7,000 collectors in 130 Met areas, and 96 country centres.

If you can help, you'd be asked to collect from app. 60 houses in your immediate area. All the necessary identification and collection kit would be delivered to you prior to the weekend.

Please remember that four out of every five Australians are effected by these illnesses. Odds are you'd be helping someone you know.

TO HELP: call Mrs Mary Jenour, Karrinyup district organiser of the Cancer Foundation. She needs helpers in her own area, but through her the Foundation would welcome helpers in all the metro area.

Letters to the Editor

Dear Ed,

Is Norm Miller trying to nobble the handicaps?

It has been noticed that he is using aliases.....Bob Miller at the Kirkman's Run and Norm Butler at the Deepwater Point run.

On the other hand, maybe he is just a figment of my imagination!

Signed,
His Phantom Wife

The Vetrin

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

Patron: W.J. (Bill) Hughes

President: Joan Pellier
459 7782
Secretary: Brian Foley
339 2716
Treasurer: Bill Crellin
448 2924

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

Phone: 341 3464 (H)
Fax: 388 1510

DEADLINE:
for next issue - November 9

SAFETY

Important notice for all members

Race directors - it is part of your responsibility to ensure that the first aid kit is available at your race, and that you and a safety officer know its location.

Our three safety officers are Ann Turner, Jim Greenfield, and Basil Worner.

All members, and especially committee members, should be aware of this.

A minor problem arose at the Mount Eliza Run, when nobody could find the first aid box. Had the runner broken a leg, rather than caught a fly in the eye, the matter could have been serious.

On Wednesday nights, at the T&F meetings, first aid kit is located in the red box.

Club Half-Marathon Championships

McCallum Park
September 6, 1992

Twelve months ago, Jack Collins suffered bone fractures when falling in this race and ended up in hospital for surgery. He came out of hospital determined to compete again this year and compete he did. Jack, you're a marvel!

Conditions were good for the competitors; cool but with a strongish easterly breeze. This breeze and general lack of competition, numbers among the runners were lower than usual, probably accounted for the slower times all round.

There were, however, three new Championship Records (CR) for the walkers. David James, who ran last year, and Jack Collins set inaugural age group records and Peter Hill walked extremely well to break John Mison's excellent M40 record.

Visitor Martin Vanvoorthuizen lead the run from start to finish. He lead a small group up to about seven K but then drew steadily away to finish the outright winner. First vet home was Wayne Robinson, who was third overall.

Visitor Jim Seymon, who was holidaying with wife Gloria, enjoyed a steady run. Jim won gold in the M50 3000m Steeplechase in the 1987 World Veterans Championships and several distance golds in the Perth National Championships in 1989.

It was a pleasure to see you having a run with us, Jim. Bob Schickert ran with him to make sure that he didn't get lost.

Officials on the day were tremendous - cheerful and hard-working. Our thanks to Dick Horsley, who looked after the walkers, Judy Hill, Jacqui and Vic Beaumont, Pat Miller, Ian Colquhoun, Selby Munsie, Kirt Johnson, Alan Pomery, Vic Waters, Frank Smith and Arthur Leggett.

Bob Sammells

RUNNERS

** M35 (Tony O'Hare 1:14.32 1979)		
1	Wayne Robinson	1:19.44
** M40 (Hank Stoffers 1:12.11 1984)		
1	Robert Mair	1:26.50
2	Mark Rosen	1:29.04
3	Brian Danby	1:34.02
4	Adrian Noordyk	1:37.42
5	Don Blair	1:39.56
** M45 (Hank Stoffers 1:12.56 1988)		
1	Dave Roberts	1:23.02
2	Tony Speechley	1:41.45
3	Lynn Farrelly	1:51.13
** M50 (Maurice Smith 1:17.39 1984)		
1	Bob Schickert	1:22.46

2	Bob Harrison	1:23.47
3	Hugh Kirkman	1:27.44
4	John Pellier	1:30.02
5	V. Carrero	1:36.13
6	John Woolhouse	1:40.16
7	Jeff Spencer	1:55.49
** M55 (Mick Cousins 1:21.50 1991)		
1	Ted Maslen	1:31.57
2	Maurice Johnston	1:32.11
3	Gordon Florance	2:04.09
4	Shorty Turner	2:16.02
** M60 (John Gilmour 1:20.10 1981)		
1	Frank McLinden	1:29.32
2	Dalton Moffett	1:36.20
3	Cecil Walkley	1:37.41
4	Robin Bonner	1:39.15
5	Stan Lockwood	1:42.16
** M65 (John Gilmour 1:22.20 1987)		
1	Frank Usher	2:13.18
** M70 (John Gilmour 1:25.47 1989)		
1	John Gilmour	1:29.03
** W45 (Margery Forden 1:37.10 1989)		
1	Kath Noordyk	1:38.57
2	Erica Mercer	1:52.20
** W50 (Margery Forden 1:38.48 1991)		
1	Sheila Maslen	2:24.44
** W55 (Ann Turner 1:49.22 1991)		
1	Ann Turner	1:53.10
ONE LAP		
** One Lap (11.5K approximately)		
M40 1	John Ferris	42.59
M50 2	Don Caplin	46.24
M55 3	George Schaefer	47.25
M35 4	Simon Mort	49.44
M45 5	Mike Rhodes	51.42
M60 6	Basil Worner	52.33
M55 7	Kevin Martin	54.28
M65 8	Garnet Morgan	59.09
M55 9	John Russell	1:00.32
W45 10	Sandi Hodge	1:00.58
W35 11	Brigitte Cheek	1:02.10
M45 12	Jim Greenfield	1:03.51
M60 13	Norm Miller	1:04.14
W50 14	Wendy Clements	1:04.53
W50 15	Joan Pellier	1:05.32
W45 16	Phyllis Farrell	1:09.35
W60 17	Lorna Lauchlan	1:10.04
W55 18	Mary Robinson	1:10.06
M50 19	Bob Farrell	1:14.41
** Visitors One Lap (11.5K approx.)		
1	Andrew Seinor	54.01
2	Nena Greenfield	1:03.50
** Walked One Lap (11.5K approx.)		
M50 1	Bob Chalmers	1:18.18
WALKERS		
** M35 (No previous record)		
1	David James	2:38.20 CR
** M40 (John Mison 1:55.06 1989)		
1	Peter Hill	1:54.28 CR
** M50 (Barrie Thomsett 2:21.34 1991)		
1	Barrie Thomsett	2:30.05
2	Mitch Loly	2:51.02
** M55 (Bob Fergie 2:30.25 1990)		
1	Bob Fergie	2:37.40
2	Jeff Whittam	2:41.26
** M65 (Ernie Moyle 2:42.16 1990)		
1	Ernie Moyle	3:04.57
** M80 (No previous record)		
1	Jack Collins	3:04.57 R
** W45 (Margaret Stone 2:22.57 1989)		
1	Jo Stone	3:04.57
** W55 (Dorothy Whittam 2:27.55 1991)		
1	Dorothy Whittam	2:33.01

With regret we announce the death of May Bowler, Sid's wife. All our condolences, Sid.

The Way We Were

Compiled by Joan Pellier
Part 2 - 1983

MEMBERS

There were 249 members in 82-83. President was Bob Sammells, with Val Prescott and Dorothy Whittam as Secretaries, Colin Leman as Treasurer, and Bill Hughes was Patron.

ALBANY

Frank Smith won the Albany Marathon that year, in 2:30:36; followed by 3rd, Henk Stoffers in 2:33:13; 4th Don Caplin, 2:37:20; 5th Colin Leman 2:39:59.

Mill Point Road championships drew 62 runners, overall winner again being Frank, in 33:20; while Maxine Tapper was first woman in 46:44.

In the Club Half Marathon, it was that man again, with a time of 1:13:18, and followed up once more by Henk, in 1:14:36. Erica Mercer came in with 1:43:17; and Lorna Butcher (Lauchlan) did 1:49:21.

STATE CHAMPS

Turnout was 33 women, and 99 men.

TIME TRIALS

5K: Morris Warren 19:06; Colin Leman 16:43; Frank McLinden 18:46; Alicia Ansell 25:32; Jill Chambers 18:40; Phyllis Farrell 25:13; Rob Farrell 20:45.

10K: Frank Smith 32:36; Kevin Anderson 32:47; Barrie Slinger 37:57; Derek Crowther 35:40; Jeff Whittam 44:53.

Hammer: Bob Fergie 35.96; Jeff Whittam 20.25.

Javelin: Hillary de Souza 32.62; Dick Horsley 23.30.

400m: Dave Carr 59.48; Brian Foley 60.50; Bob Sammells 67.90; Pat Carr 80.42; Jan Fletcher 70.91.

1500m: Jill Chambers 4:39; Ken Gilbert 4:25; Graham Thornton 4:59; Cliff Bould 6:20; Joan Pellier 6:06.

200m: Dorothy Whittam 29.78; Dave Roberts 30.60; Steve Barrie 29.13; Hamish McGlashen 27.34.

Track & Field - and Point Score Competition 1992/93

The programme is aimed at giving athletes maximum opportunities in their favourite events and to experience events new to them. We ask everyone to assist in some way every evening. Offer a few minutes to the co-ordinators or to David Carr. Thanks.

Check that your performance has been recorded thus:

Jayson Smith M45 28.76 Metres or

Leanne Brown VIS 14.6 seconds

Use the symbol VIS to indicate visitor or non-member

Remember: Full name, age group (or VIS) every time.

6.00 pm start

Oct 28th McGillivray Oval
100M, 400M, 3000M, Javelin, Discus, T/Jump, 1500M Walk
Co-ordinators - Kath Penton and Basil Worner

Nov 4th Coker Park
200M, 400M, 1500M, 5000M, Hammer, Shot, L/Jump, 2000M Walk

Nov 11th McG.
100M, 200M, 800M, 5000M, Discus, Javelin, L/Jump, 3000M Walk

Nov 18th Coker
100M, 400M, Mile, Discus, Shot, T/Jump, Mile Walk

Nov 25th McG.
200M, 800M, 3000M, Javelin, Shot, T/Jump, 1500M Walk

Dec 2nd Coker
100M, 400M, 5000M, Hammer, Discus, L/Jump, 2000M Walk

Dec 9th McG.
200M, 400M, 3000M, Javelin, Shot, L/Jump, 1500M Walk

Dec 16th Coker
4 x 100M Relay, 10000M, Hammer, Javelin, T/Jump, 5000M Walk

HELPERS NEEDED:

We need two per evening. Please select one or two evenings and let David Carr know (339 8289) Thanks.

Cliff Bould Trophy WALKERS HANDICAP

Paul Martin	M50	35:23	8:45	26:38
Peter Johnson	M45	36:36	5:15	31:21
Rod Stewart	M50	41:08	8:00	33:08
Carol Hood	W50	43:26	0:00	43:26
Dorothy Whittam	W55	44:35	6:15	38:20
Margaret Stone	W50	44:57	7:30	37:27
Jeff Whittam	M55	45:58	5:00	40:58
Bill Hughes	M65	45:59	5:00	40:59
David James	M35	49:23	5:30	43:53

POINTSCORE COMPETITION FOR THE PATRON'S TROPHIES

January to March

Points are awarded for each performance. The scale is adjusted for age, sex and event.

Points for the athlete's ten strongest events are added.

Jan 6 McG
100M, 1000M, Discus, L/Jump, 1000M Walk

Jan 13 Coker
200M, 3000M, Shot, 2000M Walk, T/Jump

Jan 20 McG
5000M, T/Jump 200M, Javelin, 2000M Walk

Jan 27 Coker
400M, Hammer 3000M, L/Jump, 3000M Walk

Feb 3 McG
3000M, Javelin 100M, T/Jump, 1500M Walk

Feb 10 Coker
1500M, 2000M Walk 5000M, Hammer, T/Jump

Feb 17 McG
L/Jump, 200M 800M, 3000M, Shot, 2000M Walk

Feb 24 Coker
800M, Discus 100M, 5000M, L/Jump, 1500M Walk

Mar 3 McG
Shot, 1500M Walk, 400M, L/Jump

Mar 10 Coker
10000M, 100M 200M, Javelin, T/Jump, 5000M Walk

Mar 17 McG
Steeplechase (State Championship)

Association Events - Perry Lakes 10.10.92

Three state records pending. This is a great start to the track and field season. Paul is concentrating on the pole vault this season. New member Wally Groom, outstanding 400mm hurdler, showed his speed in the relay.

Pole Vault			
Paul Woo	M35	3.50m	*60m
Anne Shaw	W40	8.8	

100m			
Keith Martin	M45	12.9	
Norm Richards	M55	13.1	
Anne Shaw	W40	14.6	
Steve Kilburn	M35	56.4	
Keith Martin	M45	58.1	
David Carr	M60	60.4*	
Anne Shaw	W40	64.3	
Norm Richards	M55	65.4	

800m			
Wally Groom	M45	2:18.1	

Steeplechase 2000m			
Anne Shaw	W40	8.12	

3000m			
John Ferris	M40	10.25	
Brian Foley	M45	10.54	
Dennis Miller	M50	11.22	

Relay (4 x 200m) time of 1:45.1 *

Wally Groom, Keith Martin, Norm Richards, Steve Kilburn

SINGLE K RESULTS

Wednesday October 14

1000M RUN			
W50 Marge Forden		4.03	
W50 Joan Pellier		4.40	
W45 Janet Johnson		4:11	
W40 Ann Stingemore		3:44	
M60 Robin Bonner		3:34	
M60 Cecil Walkley		3:40	
M60 David Carr		3:14	
M60 Tony Martin (Victoria)		4:19	
M55 Steve Barrie		3:15	
M50 Don Caplin		3:09	
M50 Mike Faunge		3:53	
M50 Jim Riddell		4:15	
M50 John Pellier		3:31	
M50 Rod Stewart		3:43	
M50 Mitch Loly		4:07	
M50 Jim Riddell		4:22	
M45 Robert Argyle		3:12	
M45 Gary Lynne		3:13	
M45 David Ashton		3:14	
M45 Keith Martin		3:18	
M40 John Ferris		3:19	
M40 John Walker		3:19	
M35 Steve Kilburn		3:03	