

## 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.  
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### HAPPY BIRTHDAY TO OUR OCT/NOV MEMBERS

Airey, Peter	01/10/36	57 remains M55	Wills, Hilary	3/11/46	47 remains W45
Cousins, Michael	05/10/36	60 becomes M60	Calnan, Ross	4/11/40	53 remains M50
Morgan, Garnet	06/10/24	69 remains M65	Hoye, Derek	4/11/38	55 becomes M55
Waldock, Reece	06/10/52	41 remains M40	Pellier, Joan	8/11/39	54 remains W50
Yeates, John	07/10/50	43 remains M40	Main, Jan	8/11/49	44 remains W40
Thornton, Graham	08/10/40	53 remains M50	Colquhoun, Ian	9/11/54	39 remains M35
Klinge, Jim	10/10/46	47 remains M45	Hicks, Stewart	9/11/22	71 remains M70
Farrell, Phyllis	13/10/44	49 remains W45	Brockwell, Tessa	10/11/55	38 remains W35
Savin, Tom	13/10/45	48 remains M45	Williams, Ross	10/11/39	54 remains M50
Baumann, Carlo	15/10/14	79 remains M75	Warren, Margaret	12/11/35	58 remains W55
Stewart, Maureen	15/10/39	54 remains W50	McMillan, Raema	14/11/27	66 remains W65
Greenfield, Nena	15/10/54	39 remains W35	Matthews, Richard	15/11/51	42 remains M40
Barnett, Ray	17/10/47	46 remains M45	Rhodes, Mike	16/11/45	48 remains M45
Romeo, Lesley	17/10/44	49 remains W45	Matthews, Raymond	17/11/50	43 remains M40
Roberts, Jim	17/10/52	41 remains M40	Stoffers, Hank	18/11/40	53 remains M50
Schickert, Lynne	18/10/41	52 remains W50	Woolhouse, John	18/11/41	52 remains M50
Peet, George	19/10/33	60 becomes M60	Billington, Jacqui	19/11/42	51 remains W50
Wheeler, Monica	21/10/45	48 remains W45	Noordyk, Kathleen	19/11/46	47 remains W45
Slater, Vickie	21/10/55	38 remains W35	Anderson, Kevin	20/11/40	53 remains M50
Peart, Bill	22/10/42	51 remains M50	Nevin, Lawrie	20/11/39	54 remains M50
Pellier, John	22/10/39	54 remains M50	Forde, Keith	25/11/38	55 becomes M55
Pomery, Maureen	24/10/39	54 remains W50	Larini, Bruno	25/11/57	36 remains M35
Walker, John	24/10/49	44 remains M40	Hansford-Miller, Frank	26/11/16	77 remains M75
Schickert, Robert	26/10/41	52 remains M50	Crellin, Karen	27/11/41	52 remains W50
Roberts, David	27/10/42	51 remains M50	Kirkman, Hugh	27/11/41	52 remains M50
Hunter, Brian	29/10/44	49 remains M45	Miller, Norm	28/11/31	62 remains M60
Mullins, Geoff	29/10/43	50 becomes M50	Miller, Margaret	29/11/42	51 remains W50
Coleman, Sydney	3/11/15	78 remains M75	Moyle, Merv	29/11/26	67 remains M65
Munsie, Selby	3/11/33	60 becomes M60			



# The Vetrunk



NO. 248 OCTOBER 1993

WA VETERANS AC - REGD BY  
AUSTRALIA POST PUBN 0370

## SUBS YEAR ENDS ON MARCH 31st

Many Vets are confused about the end of the year. It's not June - that's for your tax. It's not December - that's Christmas. No, the really important year end is March 31.

That's when your subs run out - no matter what time of the year you paid.

We ALL have to pay our annual subscriptions, to the best value club in the State, by April 1. People who join during the year, at ANY time after April 1, still pay the full subscription. This is the practise of most sporting clubs, and as the Vets rates are so reasonable, that's no great financial hardship for anyone.

So, why all this song and dance now, when renewal is not due until next March?

### Still unfinancial

It's because many members STILL haven't paid for this year!

Treasurer Irene Ferris points out that many of these members mistakenly believe that they ARE financial, because they paid during the course of 1992/93.

Let's make it quite clear. Every-one's subs were due again on March 31, this year. If you haven't paid for this year, '93-'94, you are not a member.

You should be paying visitor fees every Sunday.

by Vic Waters

Next year we have special plans to try and ensure that everyone pays on time. There'll be a re-designed, pull-out, subs form in the Vetrunk. There'll be a special 'Subs-Day' Sunday run, when everyone will be expected to front up with their money.

Finally, please don't expect Irene, or the committee, to do your thinking for you. They're all volunteers, most have full-time jobs, and they really do not have time to chase you for a few dollars. Sorting out your finances is your own responsibility.

### NO POS PLEASE

If you're sending postal payments, for subscriptions, or purchases of singlets etc., please do not use postal orders.

These now cost \$3 each to process. Please send cheques, or fetch cash to a Sunday meeting.

## Meeting to develop the Vets?

VETS President Brian Foley has made an important survey of the membership trends of Vets' clubs in Australia. As a direct result of his findings, a special meeting has been arranged for our members.

"This review was undertaken initially on behalf of the Australian Association of Veterans' Athletic Clubs," says Brian. "In WA our numbers have remained rea-

sonably static over the past five years. However, the average age has increased. "The average member is now 51 years old - compared with 49.1 years in 1988."

With this trend in mind, our committee has discussed the need for a 'Development Policy'. We would like to talk further about the concept with members at a general meeting.

Venue: Coker Park

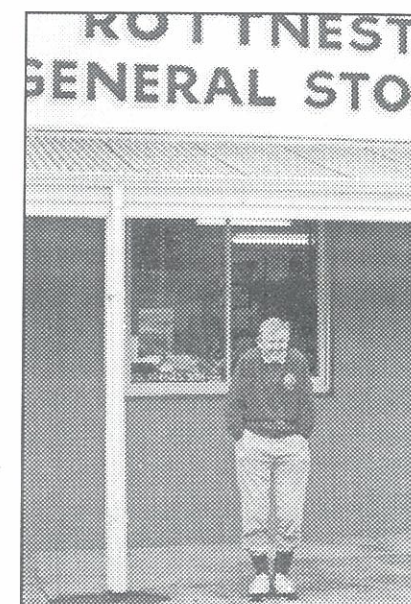
Date: November 10, 1993

Time: Following T&F session, app. 7.30pm

Please try to attend.

### XMAS GIFT RUN

Lunacy and vulgarity, in the best traditions of Sandi Hodge, will prevail again this year at the Christmas Gift Run on December 19. Joan and Ron Hillis are taking over the event. Reminder - bring a gift, spend around \$5.



Jeff Whittam in his 'Collectors' Item' pants rates a mention in Barry Thomsett's raving, sorry, that should be 'roving' Rotto report. See page two.

## In this issue...

Letters to the Editor .....	P2
Notice Board .....	P3
Albany Half-Marathon ...	P3
T&F first night .....	P3
GARVEY GALLOP .....	P4
MT ELIZA RUN .....	P4
CRESSWELL CLIMB and BRECKLER	
PARK WALK .....	P5
TOMPKINS PARK HANDICAP .....	P5
CAPEL to COLLIE CLASSIC .....	P6
Running in Europe and the USA, by Doug Hazell .....	P6
REABOLD HILL .....	P7
CLIFF BOULD TROPHY .....	P7
Birthdays .....	P8



# 10K

David Reid	M40	35:58
John Ferris	M40	37:21
Dave Roberts	M50	37:33
Jim Klinge	M45	37:43
Bob Harrison	M50	38:12
Frank Smith	M50	38:13
John Pressley	M45	38:52
Bob Thomson	M45	39:16
Jill Chambers	W40	39:51
Vicente Carrero	M50	40:36
Jim Barnes	M50	40:43
Robin Bonner	M60	41:46
Mike Khan	M45	41:53
John Pellier	M50	42:19
Joe Stickles	M55	42:28
Brian Foley	M45	42:51
Ian Passmore	M45	43:07
Kath Noordyk	W45	43:09
Lynn Harrop	W45	43:25
Ron Spencer	M50	43:57
Adrian Noordyk	M40	43:58
George Schaefer	M60	44:09
Fraser Deanus	M50	44:12
Mitch Loley	M50	44:38
Richard Harris	M55	44:42
John Bell	M45	44:55

(started 2 mins late)

Max Kelly	M45	44:56
Mike Rhodes	M45	45:08
Roy Jackson	M35	45:10
Dalton Moffett	M60	45:20
Richard Mathews	M40	45:31
Bob Norton	M50	45:39
Merv Moyle	M65	45:41
Jackie Halberg	W45	46:07
Kevin Anderson	M50	46:13
Nena Greenfield	W35	46:40
Jimmy Greenfield	M50	46:43
Brian Hunter	M45	46:48
Ron Potter	M50	47:04
Maxine Santich	W40	47:54
Stuart Parkinson	M45	48:15
Aldo Giacomini	M45	48:19
David Hough	M60	48:35
Lynn Farrelly	M45	48:44
Rebekah Healey	W30	48:49
George Peet	M55	49:23
John Russell	M60	49:52

# MT ELIZA RUN

September 5, 1993

**Conditions:** Cool, overcast  
**A field of 98 runners and walkers started at 8.00am, when the park was at its spring best, with patches of wildflowers growing beside the tracks. First to finish in the 10K run were Frank Smith and Jill Chambers. In the 5K run the winners were Bill Peart and Ros Banyard, and in the 5K walk Barry Weatherburn and Anne Catarinich. Our thanks to our many helpers, including Sue Jones who presided over the sausage sizzle.**  
**Ann and Shorty Turner**

# Garvey Gallop

August 23, 1993

**MORE than 100 runners and walkers lined up on an ideal morning for the 10K and 5K distances, along the riverside cycle path from Garvey Park in Redcliffe to Swan Street, in Maylands, and return.**

**A flat course, with only a minor hill near the 5K, enabled good times to be recorded by the majority.**

**The place recording at the finish was interesting because no numbers were issued. The discs had been placed in strict numerical order upon the spikes and, apparently, one of the marshals wanted to keep them that way because he took them with him in his car when he went to supervise the runners at one tricky sport along the course.**

**Credit and thanks are once again due to Maureen Pomery, Basil Worner, Ron Sutton and John Maddison for their assistance in making the event a success.**

**Arthur Leggett**

Mike Faunge	M55	50:30
Margery Forden	W50	50:43
Keith Forden	M50	50:46
Ann Turner	W55	51:27
John Smith	M55	51:28
Allan Tyson	M65	53:37
Alan Chambers	M55	54:09
Joan Pellier	W55	54:38
Estelle Rogers	W35	55:09
Keith Webster	M50	56:05

# 10K

Frank Smith	M50	36:34
Tom Savin	M45	36:56
Vance Mitsopoulos	M40	38:16
Wayne Robinson	M35	38:19
Warren Gee	M40	38:20
Dave Roberts	M50	38:32
Walter Quarman	M40	38:33
Bob Harrison	M50	38:54
Bob Schickert	M50	39:27
Jill Chambers	W40	40:00
John Carpenter	M45	42:48
Mitch Loly	M50	42:55
John Bell	M45	43:31
Ted Maslen	M55	44:01
Jim Barnes	M50	44:19
Kath Noordyk	W45	44:24
Basil Worner	M60	44:41
Stefan Frodsham	M40	44:45
Arnold Jenkins	M45	44:53
Simon Mort	M35	44:56
Graham Thornton	M50	45:11
Merv Moyle	M65	45:15
George Schaefer	M60	45:23

Neola Medcalf	W55	56:33
Frank Usher	M65	56:55
Stan Lockwood	M60	58:07
Cecil Walkley	M60	58:08
Rosa Davies	W45	58:09
Phyllis Farrell	W45	59:03
Sheila Maslen	W55	59:06
Mary Robinson	W55	59:11
Mary Hepple	W55	60:13
Ann Deanus	W50	61:10
Margaret Ward	W50	64:25
Syd Bowler	M70	65:33

# 5K

Geoff Tite	M40	18:57
Wal Welyky	M45	20:09
Arnold Jenkins	M45	20:38
Bill Peart	M50	20:52
John Stone	M40	20:57
Terry Keesing	M35	22:18
Brian Aldrich	M60	24:25
Jan Johnson	W45	24:26
John Bornholdt	M55	25:20
Esther Healy	W55	26:18
Irene Ferris	W40	26:26
Brigitte Cheek	W35	26:57
Rob Davies	M50	27:23
Sandi Hodge	W45	27:37
Alison Aldrich	W50	27:43
Jackie Billington	W50	28:00
Shorty Turner	M55	29:10
Lorna Lauchlan	W60	29:44
Jill Midolo	W45	29:45
Gaby Ralph	W40	31:56
Patricia Carr	W60	33:08

# 10K WALK

Barrie Thomsett	M50	69:21
Dorothy Whittam	W55	69:30
Bob Fergie	M55	77:51
Jeff Whittam	M55	77:51

# 5K WALK

Tina Carrero	W45	41:49
Margaret Gianotti	W55	41:50
Gillian Peet	W55	42:08
Dick Horsley	M80	42:09
Robert Farrell	M50	48:22

Ken Brownlie	M45	45:27
Rob Shand	M60	45:31
Fraser Deanus	M50	45:46
Dalton Moffett	M60	46:18
Roger Walsh	M50	46:23
Kath Penton	W50	46:30
Peter Airey	M55	46:37
Mike Rhodes	M45	46:47
Jackie Halberg	W45	46:59
Dave Hough	M60	47:10
Max Kelly	M45	47:27
Marg Forden	W50	48:06
Ron Sutton	M55	48:25
Ron Hillis	M45	48:30
Vic Beaumont	M60	48:41
Merv Jones	M50	49:15
Allan Tyson	M65	49:24
Keith Forden	M50	51:09
Pauline Wiltshire	W50	51:12
Ivan Wiltshire	M50	51:35
John Russell	M60	52:07
Alan Chambers	M55	52:45
Roma Bettles	W40	53:34
Cecil Walkley	M60	53:54

# Cresswell Climb

# and Breckler Park Walk

September 12, 1993

**The hill looked inviting, but the conditions were not exactly right, as the morning was very humid due to heavy rain in the early hours of the morning. As the morning progressed the temperature climbed to compound the humidity, and this created an obstacle for a runner.**

**As you will see, half of the participants opted for one and two laps, or maybe they had other reasons? Full marks for all who braved the hill on this particular morning. It is a good event as you can make up good time on the rest of the course. After all is said and done, a Vet is a runner for all seasons. This makes one unique. Thank you to all who offered to help on the day, a big thank you to my team who willingly carried out their allotted duties. (I have closed the complaints department). Well done all! 54 runners, including two visitors, turned up for the run. Dick Horsley was organiser for the six Breckler Park walkers - thank you Dick.**  
**John Russell**

Frank Smith	M50	44:02
Wayne Robinson	M35	46:43
Bob Schickert	M50	47:24
John Ferris	M40	47:38
Jill Chambers	W40	48:50

Stan Lockwood	M60	53:55
Duncan Strachan	M70	57:21
Phyllis Farrell	W45	58:55
Ann Deanus	W50	59:06
Frank Usher	M65	59:26
June Strachan	W65	61:23
Sheila Maslen	W55	62:41
Lorna Lauchlan	W60	63:54
Jill Midolo	W45	63:55
Ron Spencer	M50	68:16

# 5K Run

Bill Peart	M50	21:12
Vic Waters	M45	21:14
Harry Holland	M45	24:25
Ros Banyard	W45	24:32
Brian Aldrich	M60	24:51
Maurice Johnston	M55	25:58
Ray Lawrence	M65	26:04
Ray Barnett	M45	26:06
Jim Riddell	M45	26:08
John Bornholdt	M55	26:24
John Smith	M55	26:25
Hazel Corbett	W45	26:27

John Pressley	M45	49:25
Bob Harrison	M50	50:25
Anne Shaw	W45	50:33
Mitch Loly	M50	51:48
Ted Maslen	M55	53:46
Adrian Noordyk	M40	53:50
Robin Bonner	M60	54:08
George Schaefer	M60	54:34
Kath Noordyk	W45	54:41
John Dartnall	M45	56:03
Ian Passmore	M45	56:24
Basil Worner	M60	56:33
Dalton Moffett	M60	57:07
Jeanette Howart	W35	58:52
Allan Tyson	M65	60:57
Merv Jones	M50	61:24
Stan Lockwood	M60	61:36
Ron Sutton	M55	63:26
Dave Hough	M60	63:28
Alan Chambers	M55	66:21
Duncan Strachan	M70	74:22

# 8K

Tom Savin	M45	28:46
Warren Gee	M40	31:16
Geoff Tite	M40	33:38
Bert Carse	M50	33:56
Brian Foley	M45	34:52
Mike Rhodes	M45	36:51
Bill Crane	M50	36:57
Marg Forden	W50	37:18
Kevin Anderson	M50	37:33
Arnold Jenkins	M45	38:22
Brian Hunter	M45	40:01
Mick Malone	M40	41:30
Maureen Delcanho	W40	41:37
Ann Turner	W55	43:31
Roma Bettles	W40	45:43
June Strachan	W65	48:48

Bill Peart	M50	16:57
Keith Forden	M50	19:32
Terry Keesing	M35	20:07
Esther Healy	W55	22:47
Irene Ferris	W40	23:03
Mary Hepple	W55	23:34
Syd Bowler	M70	26:15
Ron Spencer	M55	26:41
Sheila Maslen	W55	26:46
Karen Jones	W45	30:40

Heather Sanderson	W40	26:33
Norm Miller	M60	26:44
Garnet Morgan	M65	26:46
Keith Webster	M50	27:12
Esther Healy	W55	27:53
Pat Miller	W55	27:54
Cathrin Holland	W35	28:24
Kirt Johnson	M60	28:28
Alison Aldrich	W50	29:49
Pauline Kelly	W45	30:12
Bill Meharry	M40	30:37

# 5K WALK

Barry Weatherburn	M55	30:38
Bob Chalmers	M55	33:57
Anne Catarinich	W45	34:50
Dorothy Whittam	W55	35:47
Robert Slater	M35	37:19
Vickie Slater	W35	37:20
Ernie Moyle	M65	38:09
Geoff Whittam	M55	38:52
Bob Fergie	M55	38:52
Dick Horsley	M80	43:52
Robert Farrell	M50	43:53

# Tompkins Park Handicap

September 19, 1993

**THE day dawned fine, overcast and still, in fact ideal running conditions, and, as the race concluded the sun shone and those inclined to socialise were able to do so in very pleasant conditions indeed.**

**In all, 83 runners and walkers participated in the event. The handicap run was won by Rebekah Healey, followed by Rob Shand and then by Rebekah's mother, Esther, in third position. The ten walkers were led in by Barry Weatherburn followed by Rob Chalmers and Dorothy Whittam.**

**It is customary to thank those who helped with the organisation of the event and this has been given more point this year by the fact that the race director was away during the week during which final arrangements for the event were required. Special thanks are due to Kirt Johnson, John Russell, Max and Pauline Kelly and Barry Thomsett for their early help and to Pat Carr and Graham Thornton who joined the team of helpers during this event.**

**Peter Airey**

# 8.4KM OPEN HANDICAP RUN

	Age	Clock	H/cap
	Group	Time	
Rebekah Healey	30	49.45	6.30
Rob Shand	60	50.33	11.30
Esther Healey	55	50.48	2.20
Jill Chambers	40	51.05	16.20
John Stone	40	51.06	9.40
John Puglisi	40	51.08	18.50
Duncan MacAulay	40	51.14	19.00
Gary Glover	Vis	51.21	
Roy Jackson	35	51.24	13.10
John Russell	60	51.25	7.20
V Carrero	50	51.26	16.20
Bill Peart	50	51.28	13.45
Terry Keesing	35	51.30	10.00
Mike Khan	45	51.32	13.55
David Carr	60	51.45	15.30
Robert Rayman	50	52.00	18.40
Bob Schickert	50	52.09	18.40
Stuart Parkinson	55	52.11	10.40
Paul Martin	50	52.12	16.45
John Ferris	40	52.16	18.40
Ted Maslen	55	52.19	15.10
Dalton Moffett	60	52.23	12.45
Pauline Kelly	45	52.29	
Jackie Halberg	45	52.30	11.30
Brian Foley	45	52.43	16.45
Merv Moyle	65	52.44	13.00
Simon Mort	35	52.48	14.45
Mary Heppell	55	52.56	0.40
Vic Waters	45	53.00	17.00
Geoff Tite	40	53.10	16.45
George Schaefer	60	53.11	15.10
Marg Forden	50	53.18	12.20
Bert Carse	50	53.23	17.15



## What I Did On My Holidays

Maybe this article should be entitled 'What I did in my holidays' - remember your school days? I should mention, before continuing, that I fell off a motorbike in August '92 and did the 'splits' - not very pleasant. If you can imagine pulling a chicken wish-bone!

I started my holiday, therefore, in March '93 having reduced my running and taking anti-inflammatory pills, many kilos heavier (one ex-friend in England said I looked like a koala when I ran).

My wife, Marge and the two boys Iain (11) and John (7) came with me and we flew from Perth to Manchester. What a reception when we arrived, our families had banners specially printed - how embarrassing!

It was freezing - real brass monkey weather. I'd quite forgotten in ten years. I went for a run with thermals, track-suit, nylon jacket, gloves and a beanie hat. It was good to see the old place again and running around the area I was able to see a lot more than most people. Two weeks later we were off

### Tompkins Park concludes

Geoff Mullins	45	53.27	17.00
John Smith	55	53.32	11.30
Anne Shaw	45	53.39	16.20
Arnold Jenkins	45	53.40	13.25
Robin Bonner	60	54.01	15.55
Sheila Maslen	50	54.02	0.55
Ron Potter	50	54.07	12.20
Stuart Hicks	70	54.09	6.20
Duncan Strachan	70	54.16	3.10
David Roberts	50	54.24	18.40
Merv Jones	50	54.48	11.05
Mike Rhodes	45	54.37	13.10
Stefan Frodsham	40	54.52	0.00
Irene Ferris	40	54.58	4.25
George Peet	55	55.00	10.40
Alison Aldrich	50	55.05	1.30
Alan Chambers	55	55.10	11.05
Ray Lawrence	65	55.27	7.35
John Pellier	50	55.29	15.30
Ron Sutton	55	55.36	13.10
Cecil Walkley	60	55.57	13.10
Jill Midola	45	56.23	1.30
Ros Banyard	45	56.28	
Kirt Johnson	60	56.31	8.10
June Strachan	65	57.04	1.05
Brian Bennett	45	57.21	13.55
Roger Walsh	50	57.31	
Harry Halland	45	58.22	
Mary Robinson	55	58.22	6.30
Bridget Carse	50	58.23	4.00
Keith Forden	60	58.36	11.55
Cathrin Holland	35	58.41	
Maurice Johnston	55	1.00.27	13.35
Margaret Ward	50	1.00.36	7.05
Joan Pellier	50	1.01.04	5.55
Ron Spencer	50	1.01.22	0.40
Valerie Millard	45	1.03.06	
Lynne Schickert	50	1.03.06	0.00
Allen Tyson	65	1.03.26	12.20
Ernie Noyle	65	1.03.41	0.00

### 8.4K SEALED HANDICAP WALK

Barry Weatherburn	55	55.41	13.30
Bob Chalmers	55	1.01.39	10.15
Dorothy Whittam	55	1.03.42	10.00
Vlkk Slater	35	1.07.19	7.30
Jeff Whittam	55	1.08.59	7.00
Bob Fergie	55	1.09.00	7.30
Rob Slater	35	1.11.06	6.00
Tina Carrero	45	1.23.34	0.00
Jillian Peet	55		1.24.32
Alan Pomey	60	1.24.34	7.30

Doug  
turn  
tu

Hazell reports on how to  
a family holiday into a  
no continent Run-fest

again. No, it wasn't just because of the cold but the boys had always wanted to go to Disneyland. A cancellation came up at the local travel agent for Florida so, what the heck? Next thing you know we were on our way. It was amazed at how similar Florida was to W.A. - not just the climate but the way of life, said everywhere even K-mart, McDonalds and Hungry Jacks (Burger King). Running, like here, is best done in the morning before the heat and there were many fellow runners but rather insular (hardly anyone spoke to each other).

Shoes were cheap, in fact I had to buy another suitcase to carry the shoes back. The boys bought roller-blades. Back in England two weeks later it had warmed up slightly and not feeling I saw a local race advertised in a shop window. I spoke to the nice jogger who said "Oh yes, it's a Race, you'll have no problem". Start time was 7.30pm at the local pub. I arrived at 7pm to see runners in full shoes, (for hill-running) looked at their faces and saw many international standard runners (Ricky Wilde for one who used to hold the world indoor 3000m record for many years).

That sign, how should have been a warning off and on ever, at 7.30pm the gun went runners. I did I along with 300-plus After eight miles and 2000ft of ascent of muddy sheep trails, rivers and loose stones I was shattered and very glad to see the finish. I managed a reasonable 156th.

I bought a car and toured Europe for three weeks, again with the family and although still sore managed to run in every country I visited. Switzerland was the best as all the footpaths (Vanderve) have clearly marked signs showing a proximated walking times.

France was interesting in that as a runner I was a rarity. It was just like running 20 years ago when motorists used to encourage you and shout words of encouragement like "get them knees up" (only this time in French.)

Weren't I glad to be back in Perth on July 7, glad to be back. It cost us a fortune but the happy memories my family and I have are worth every cent. Thanks for your words of encouragement Morris and Margaret Warren. "I shall return" - but not for a while, as the specialist has told me not to run until 1994, so, you may see me on a bike watching races. I love my running and hope to continue for as long as there are more senior members of the club, who are an inspiration to us all.  
DH

## CAPEL TO COLLIE CLASSIC

HAVE you ever though you might like to do something a bit different and run somewhere you have not run before? Then keep the Capel to Collie Classic in mind for next year.

The event is conducted by the Bunbury Runners Club, and this year attracted a field of fourteen teams and four solo runners (covering a full 100km). It was well organised, had lots of trophies and above all was a lot of fun!

The run is 91.6km long comprising three sections, each of which is divided into five legs. A team consists of five runners, each member running one leg in each section.

Our team - Four plus One - and the support crew set off from Bunbury Village Caravan Park at 6.55am on Sunday 22nd August, all agreeing that conditions were ideal - cool, calm and cloudy. The motley crew assembled at the Capel Tavern for the staggered start, included two other teams of veterans and three high school teams. Boy, could some of those kids run! But nobody looked better than we did in our tee shirts and seat shirts (subsidised by Ron Hillis).

Four plus One completed the course in 7hr 17min 36secs.

Mary Morgan completed her solo 100km in 8hrs 38mins - both very good performances. I would like to thank our team members - Ron Hillis, Jeff Spencer, Graham Thornton, Vic Beaumont and Merv Jones; and support crew - Joan Hillis, Bev Thornton, Wendy Spencer, Jacqui Beaumont for making it such a great weekend.

Sue Jones

(As well as official reporter, Sue was also on the support team, of course. Ed.)

### Barry's the man for all sports

JUST thought a few words of appreciation were due to Barry Thomsett, who has outdone himself of late. As well as being a tireless committee man, who cops all the responsibility for the Sunday runs - and the gear - he has been support crew on the Telecom Ultra Run; helped at the Police Games; and is now planning an extended bike tour. Unfortunately, he still finds time to write for Vetrunk. Seriously, thanks Barry.

### T&F First Night under the lights

Illuminating - that was the first T&F night of the season at Coker Park, where a good turnout of Vets took their chance to perform under newly installed lights. Fewer than usual tried out over the single kilometre - but you all have another chance to test your speed at this distance on January 5.

Full programme is on the back page of your last Vetrunk - no.247 Aug/Sept.

#### Results

##### 1K Run

Dave Reid	M40	2:55.6
Arnold Jenkins	M45	3:18.5
Mike Rhodes	M45	3:20.6
Jill Chambers	W40	3:21.2
Brian Danby	M45	3:22.4
Ian Sanders	M35	3:35.8
John Pellier	M50	3:38.0
Mitch Loly	M50	3:40.0
Robin Bonner	M60	3:40.6
Mike O'Reilly	M50	4:03.0
Jim Riddell	M50	4:25.0
Brian Devine	M50	4:25.0
Joan Pellier	W50	4:35.0

##### 1K Walk

Mitch Loly	M50	6:41
Jeff Whittam	M55	6:46

In the discus, senior Vets Rob Shand (28.4m) and Syd Coleman (30.96) showed the youngsters that technique can overcome age. In the 5K, Dave Reid (17:23) and Frank Smith (17:30) chased a visitor home; while Tessa Brockwell (19:00) followed young Saul (18:38). Brian Foley produced the best 200m of the night, with 29.36, while Jill Chambers 30.66 managed to stay ahead of specialist Jan Johnson (31.46). Early days, yet!

### Albany Half-Marathon October 17, 1993

CONDITIONS were extremely tough, due to very strong winds. There was a new course this year, which was also marked by the demise of the full marathon. Thanks to Merv Jones for fetching home the results. If we've missed your name from the list, let me know. VW.

1 Chris Maher	M40	75:16
11 Steve Barrie	M55	90:18
22 Lynn Harrop	W40	1:38:23 *1stF
29 Colin Woods	M55	1:42:41
34 Merv Moyle	M65	1:08:58
36 Vic Beaumont	M60	1:50:16
38 Merv Jones	M50	1:52:58

### Notice Board

#### ASSOCIATION FEES

OUR club affiliation fee to the Athletics Association of WA costs \$300 this year. Individual members wishing to register with the Association must pay \$60 for the year, or \$25 for winter only.

#### Norfolk Island

The Veterans Games on Norfolk Island run from January 31 to February 6. We have one set of tourist information, etc. Call Vic Waters if you'd like to see it. Closing date for entries is January 1.

You could also contact The Travel Centre, PO Box 172, Norfolk Island, 2899 South Pacific.

Phone: 6723 22502. Fax: 6723 23205.

#### Next month in the Vetrunk...

We'll hear from Richard Harris, who is, 'Heavier, Older and Faster' in the Marathon. Maxine Santich reveals all, on hash running in Bogor, and how an unofficial winner avoids the press and TV cameras! Maybe someone will have the City to Surf results. We should know more about the new constitution of Athletics West. And, you will read about the 20 Year Celebrations Dinner. (Better still, be there! It's not too late to buy a ticket.)

### City to Surf

Last year we missed one name from the City to Surf results.

This year, Garnet Morgan made sure of things, and informed me personally that his time was 64:51 (official) but his real run time was 64:19. Well done, mate, on both counts. This year you're the ONLY result we have!

The C to S being a non-club run, I don't have the results. Why has no member used a bit of initiative, and sent them in?

VW

#### OVER 50s GIFT

R & I is sponsoring an over 50s 400m handicap at the Northam Gift meeting, on October 31 this year. Sorry it's short notice, but worth mentioning, as it might become an annual event.

## 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: 328 3891

DEADLINE:  
for next issue - November 21

### Sandi and Brigitte Move

As many of you will know, we're soon going to lose two of our best-loved members. At the moment, Sandi and Brigitte can be contacted at 4 Windarra Drive, City Beach 6015. Phone number is 385-9651.

They leave for Tasmania on November 20.

Address there is:  
R.S.D. 430A West Calder Road,  
West Calder,  
Tasmania 7325. Phone: 00438 4147

### More Masters

The 5th Honda Masters Games will be in Alice Springs, October 15-23 1994. Organiser John Dermody is confident that the record 4,200 competitors of 1992 will be exceeded next year.

More information, and entry form, from him: call 089 515329.

### NEW MEMBERS

#### Welcome to

Bridget Carse W45  
Bert Carse M50  
Valerie Millard W45  
Gary Prior M35  
Margaret Prior W30  
Peter Evans M40  
Ian Sanders M35  
Gerald Prewett M40  
Jeanette Tiverios  
Alex Tiverios  
Murray Tolbert M45  
Susan Prewett W35



WEATHER so bloody awful they cancelled Friday's boat trip. Mary Hepple gave us all a hiding at Yatzie and Mini Golf.

Yatzie? - not a clue. Figment of his fevered imagination, after too much rich Rottnest food.

The Turners and Millers walked around the island.

A turner and miller - a carpenter who turns sawdust into flour. This flour is used extensively in the Rottnest kitchens.

The meals were lousy. Come on Barry, tell us what you really think!

Caplin and co were seen racing around on fancy racing machines, scaring the hell out of the "wackers" or sorry, quokkas, or whatever. Whittams, Thomsett, Halberg, Midolo and Lauchlan cycled around island - bird watching - feathered type!

Sorry, we don't have feathered type. Would italic do?

Jacqui Halberg went for a quiet run with a few runners - 18km - later and back at the digs guess who was at last quite?

Definitely not Thomsett.

Letters to the Editor

Reports of my collapse were untimely

Dear Ed, I nearly DID - when I read the report that I had collapsed whilst helping at the Perth Marathon. Maybe I was overcome by the fumes rising off the exceed drink, or the runners jocks, but I could swear I saw the last runner through, packed up the tables and drove to hospital to admit myself at 1.00pm as arranged.

In all my 62 years I have sagged a little but collapsed never.

I recovered well and am now back at work. The doc. said two weeks after the op. that I could do anything as long as it did not hurt, so I tried running didn't I?

The one and a half kilometres were OK then I decided to walk - ouch! Back to square one. I am back to running now and have achieved some PBo records (Post Bowel operation). A few more and Nora and I hope to show our faces at the Vets. (Who is Mike Berry?)

Until then, thanks for the get well card and good wishes and don't forget to sack that Sunday Times clone reporter you have on your News Desk. Mike Berry.

Consider it done, Mike. Well, as good as. Sent him to Japan. Ed.

ROTTNEST REPORT

by Rotto Roundsman Barry Thomsett

(with interjections and interpretations by the editor)

Gee what a beggar for punishment. Coach Merv Moyle had better watch his P's and Q's.

I give up. Suggestions please, on a postcard to Professor Thomsett.

Ah yes, the Thornton's were seen waiting for a bus somewhere out past Geordie Bay on Sunday, and come to think of it, I did the same on Friday.

Thanks for sharing that with us Barry. It's real jet-set stuff on Rottnest, eh?

Saturday night was Yatsi (probably a clone of Yatzie) and wine and plonk and a can or 2 of Docs Grog. (If wine and plonk aren't the same thing...I'd rather not know what he means by plonk.)

Sunday - a quiet Yatsi and coffee and off to bed after that game of mini golf.

How do you keep a Yatsi quiet, BT?

Jeff Whittam was seen and photographed (by V.B.) wearing long pants, and for someone who wears shorts to the Christmas dinner function, this photo must be a collectors item.

If any collector would care to write in... V.B. is probably not Victoria Bitter.

Well, we were the quiet lot in the middle hut - the non boozers, clean living lot who even had a doctor on hand. So what the boozy lot did for sin I dare not guess - apart from racing madly around Rottnest, etc; like taking rare photos, and other weird and unsavoury practices, like having fun.

Finally - a bit of whale watching on the 10am boat to Hillarys to round off a great weekend.

Barrie Thomsett

As a direct result of this effort, BT joins Margaret Birks in dishonorable retirement, in the D. Hinch Home for Ex-Ace Reporters.

Why run to the top of the hill (the full distance) when the rewards seem greater for running halfway to the top.

Cold comfort

At a recent run the late arrivals were welcomed to a luke-warm cuppa, partly due to a thoughtless person tripping over the power cable, and not rectifying the matter afterwards.

Those supplying the extra effort should be rewarded with the fruits of their labours, for example, the coldest and biggest watermelon for them to share.

At our junior club's recent Pancake Run there seemed to be more helpers en route than runners.

A few suggestions to ponder on are these:

have a separate advertised starting time for the half-way runners. No morning refreshments until the bulk of the fun runners have returned. Ban the use of plastic throwaway cups, up the cost.

Have more runners running, through minimising helpers, by providing more flags and proper maps. If runners are told there are no helpers en route, they will make doubly sure to follow precautions, and be better prepared.

At present we have a good club. We could have a great club if we utilised a few new ideas.

'The Korean veteran.'

(The writer is a member, whose name has been withheld by request.)

Many fascinating thoughts are raised by this letter: I'll leave it to individual members to comment on these 'new' ideas. Ed.

10K

Frank Smith	M50	38:54
Phil Drayson	M40	39:05
David Reid	M40	40:27
John Puglisi	M40	40:42
Warren Gee	M40	40:44
Bob Schickert	M50	41:36
Bob Harrison	M50	43:14
David James	M40	43:22
Anne Shaw	W45	43:59
Dave Scott	M45	44:35
Paul Martin	M50	44:36
Brian Danby	M45	45:04
Vicente Carrero	M50	45:41
Dennis Miller	M50	46:10
Brian Foley	M45	46:20
Paul Hughes	M40	47:06
John Bell	M45	47:07
George Schaefer	M60	47:36
Stefan Frodsham	M40	47:51
Robin Bonner	M60	48:20
Ray Attwell	M55	48:24
Ken Brownlie	M45	48:38
Bill Peart	M50	48:43
Richard Harris	M55	49:18
Bob Sammells	M55	49:30
John Spencer	M55	49:33
Dalton Moffett	M60	49:43
Bill Crane	M50	49:46
Ted Maslen	M55	50:30
Roger Walsh	M50	50:55
Stan Lockwood	M60	51:15
Arnold Jenkins	M45	51:26
Kath Penton	W50	52:46
Vic Beaumont	M60	52:50
Brenda Mathews	W40	52:59
Eddie Hill	M50	52:59
Cecil Walkley	M60	53:08
Ron Sutton	M55	53:25

CLIFF BOULD TROPHY  
October 3, 1993

10.4KM HANDICAP

Darry Dahlstrom	M40
Richard Harris	M55
Jim Klinge	M45
Rob Shand	M60
Ray Jackson	M35
David James	M40
Bill Peart	M50
Ted Maslen	M55
Roger Walsh	M50
Mike Khan	M45
Dalton Moffett	M60
Hugh Kirkman	M50
Duncan McAuley	M45
Jeff Spencer	M50
Paul Martin	M50
John Russell	M60
Robert Mair	M45
Mike Rhodes	M45
George Schaefer	M60

Simon Mort	M35	Stewart Hicks	M70
Bob Harrison	M50	Maurice Johnston	M55
Frank Usher	M70	Bert Carse	M50
Brian Danby	M45	Stefan Frodsham	M40
Stuart Parkinson	M45	Reece Waldock	M40
Brian Foley	M45	Ron Sutton	M55
Duncan Strachan	M70	June Strachan	W65
John Pressley	M45	David Hough	M60
Geoff Mullins	M45	Doug Hazell	M40
Brian Hunter	M45		
Phyllis Farrell	W45		
Cecil Walkley	M60		
Roma Bettles	W40		
Merv Moyle	M65		
Robin Bonner	M60		
Kirt Johnson	M60		
George Peet	M55		
John Smith	M55		

5.2KM

David Roberts	M50
Geoff Tite	M40
Paul Hughes	M40
Michael Anderson	M45
Terry Keesing	M35
Sandi Hodge	W45

Reabold Hill  
September 26, 1993

Conditions: Fine and sunny. Frank Smith and Anne Shaw were overall winners in the 10K, with David Carr and Peggy Macliver winners in the 5K. My sincere thanks to Maureen and Alan Pomery, Rob Farrell, John Russell, Ernie Moyle and Ray Lawrence for their assistance. Also thanks to Pat Carr for looking after the walkers with their walk around the lake. Good to see Mick Cousins back running after an injury layoff. Kirt Johnson

Nena Greenfield	W35	54:00
Jimmy Greenfield	M50	54:03
Noel Purves	M60	54:05
Jeff Spencer	M50	54:27
Merv Jones	M50	55:03
Jackie Halberg	W45	55:14
Stuart Parkinson	M45	55:21
Maurice Johnston	M55	55:35
Nickolai Kruppe	W35	55:43
Ian Passmore	M45	55:47
Roma Bettles	W40	56:20
Brian Bennett	M45	56:21
Ann Turner	W55	58:50
Norm Miller	M60	61:57

Making good use of a 14 minute handicap, Darry Dahlstrom finished well clear of the field to take this prestigious trophy.

At the presentation, Dick Horsley spoke of some of the reasons we have a trophy in Cliff's name. Cliff was the first to represent this country in a veterans championship overseas, held many world records and titles, was the British team physiotherapist at the Rome Olympics, and published on sports injuries and treatment.

Thank you to Rob Shand for mark-

Phyllis Farrell	W45	68:37
Frank Usher	M65	68:38
5K		
David Carr	M60	24:24
Peter Airey	M55	24:34
Geoff Tite	M40	24:39
Rob Shand	M60	25:23
Mark Anderson	M45	26:31
Terry Keesing	M35	28:10
Peggy Macliver	W45	28:13
Harry Holland	M45	28:48
Ros Banyard	W45	28:56
Mick Cousins	M55	29:37
Rebekah Healey	W30	31:14
Jeanette Tiverios	W35	32:42
Sue Hughes	W40	32:57
Brigitte Cheek	W35	33:55
Allen Tyson	M65	34:17
Esther Healey	W55	35:33
Cathryn Holland	W35	35:49
Lorna Lauchlan	W60	36:03
Mark Robinson	M55	36:24
Shorty Turner	M55	37:00
Sandi Hodge	W45	38:02
Sheila Maslen	W55	38:38
Syd Bowler	M70	40:04

WALKERS			
Rob Fergie	M55	M55	59:10
Peter Johnson	M45	6K	33:28
Bob Chalmers	M55	6K	40:48
Anne Catarinich	W45	6K	41:01
Lynne Schickert	W50	6K	45:13
Valerie Millard	W45	6K	45:14
Robert Slater	M35	6K	45:17
Leslie Romeo	W45	4K	25:08
Vikki Slater	W35	4K	30:10
Tina Carrero	W45	4K	35:10
Dick Horsley	M80	4K	36:01
Dorothy Whittam	M55	2K	14:02
Mary Hepple	W55	6K Run	35:00

ing the course, Leo Hassam for time keeping, Helen McAuley for handing out the numbers and Joan Slinger for point duty.

Readers might remember that last year's weather was atrocious - wet and windy. We had to cancel morning tea. This time the weather was perfect, except for one puff of wind that blew away the time list, much to our embarrassment. What could we do but apologise and escape to Japan? Well, San di and Brigitte did serve a good morning tea. Patricia and David Carr

Barrie Slinger	M50
Brigitte Cheek	W35
Sheila Maslen	W55
Syd Bowler	M70
Ernie Moyle	M65
Cliff Bould	M75
Ron Potter	M50

5.2K WALKERS

Peter Johnson	M45
Leslie Romeo	W45
Rob Chalmers	M55
Mitch Loly	M50
Margaret Gianatti	W55
Jillian Peet	W55
Fiona McAuley	W40
Dick Horsley	M80