



The Vetruns



No. 264 October 1995

Patron: Bill Hughes

President: Brian Foley

Editor: Richard Harris

CAPEL TO COLLIE CLASSIC - WINNING WALKING TEAM

CAPEL TO COLLIE CLASSIC - SILVER MEDALISTS

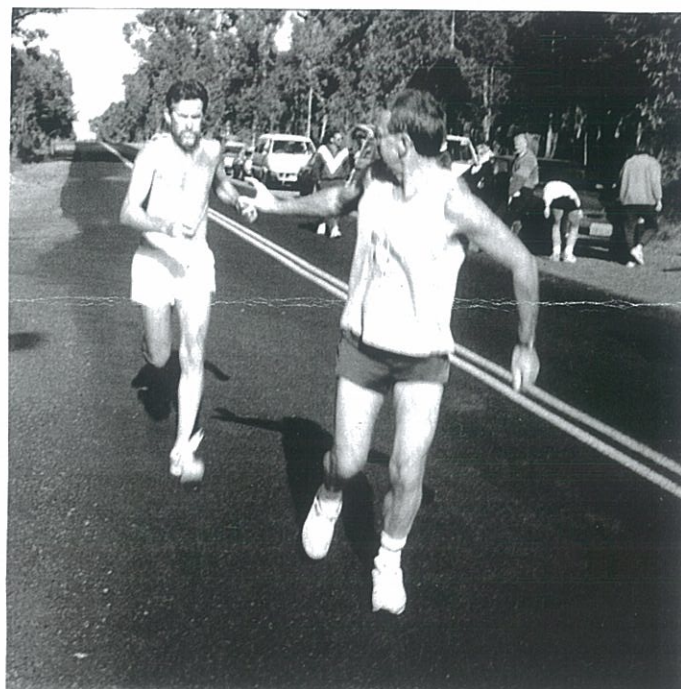


Winning walking team and manager, from left Barry Weatherburn, Peter Johnson, Dorothy Whittam, Jeff Whittam, Bob Fergie, Barrie Thomsett - Photo by David Brown See story page 7

RUNNING MATES



Running mates - John and Irene Ferris
Photo by Vic Beaumont. See story page



Brian Danby hands over to Merv Jones. Their team won silver in their age group. They knocked 17 minutes off their time. Two years ago they won a bronze. - Photo by Jeff Spencer - See story Page 7

CITY TO SURF



Among the bystanders cheering on the runners near Perry Lakes was Dick Horsley - Photo by Vic Beaumont.

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THE VETRUM

Vetrun, the magazine of WA Veterans Athletic Club, is produced by Richard Harris (editor), Jackie Billington (assistant editor), and a host of friends.

Distribution is by Jackie Halberg, Merv Jones does the labels and keeps track of the birthdays, and Jan Jarvis pays the bills.

Copy for the magazine should be submitted to Richard at 30 Cosmelia Way, Parkwood 6147 or Jackie Billington U5/8 Garnsworthy Place, Bassendean 6054. Next issue: Nov. Advertising: Contact Richard for prices: 323 4387 (w) 457 6102 (h)

EXTRA ORDINARY GENERAL MEETING 24.10.95.

A general meeting will be held on Tuesday 24 October 1995 at 7.00pm in the YMCA Hockey Club Rooms, Perry Lakes. The business of the meeting will be to decide Club policy on the qualifying age for membership and the status of Associate members.

Problems arising from the current policy were outlined in the Vetrun for August (No. 262).

A motion has been submitted "that membership will be available to men and women age 35 and older".

STATE CROSS COUNTRY CHAMPIONSHIPS KING'S PARK AUGUST 13, 1995

After a very stormy night, with an awful weather forecast, the wind and rain miraculously disappeared before race time, and presented us with perfect conditions for a run through Perth's premier running spot.

Here's a quick teaser. Name the dork, who managed to flatten the battery of the Telstra wagon by using its headlights to illuminate the race start/finish area, without running the motor. Luckily it was a manual and close to a downhill, else the run may not have started on time.

The overall winner of the 5.2km was a visitor, Stephen Dunn, in 20:42 with Anne Shaw running second. The winner of the 10km was that evergreen "iron man" Jim Langford, in 37:39 from Brian Marsland. Maxine Santich was the first lady home in 46:35 from Jan Billinness.

Thanks to all for coming, especially those who offered their thanks and congratulations. Thanks to Ralph Henderson & Milton Mavrick for your wonderful assistance in marking the course on Saturday and to Frank Smith, Simon Mort, Vic Waters,

Ralph Henderson and Ray Barnett, for ensuring it was a successful day.

See you again next year.

Warren Gee and Brian Jones

10K

M35	Dave Bishop	42:57
	Paul Arthur	47:45
	Keith Atkinson	49:07

M40	John Bocian	41:47
	David Willmer	42:06
	David James	43:10
	Doug Hazell	44:56
	Milton Mavrick	48:43
	Dan O'Donnell	55:08

M45	Brian Marsland	38:10
	David Reid	39:29
	Duncan McAuley	41:04
	Jim Klinge	41:24
	Evan Macrae	42:40
	Robert Reece	49:40

M50	Jim Langford	37:30
	Dave Roberts	41:15
	Bob Schickert	41:41
	John Pressley	44:20
	Alec Holm	45:10
	Brian Foley	45:18
	Ivan Brown	45:41
	Paul Martin	49:00
	Roger Walsh	49:06
	Bob Harrison	50:31
	Tony Speechley	55:35

M55	Steve Barrie	43:14
	Don Caplin	43:55
	Bill Crane	45:04
	Bob Sammells	45:31
	Alan Jennings	47:23
	Ray Atwell	48:07
	Deanus Fraser	48:41
	Richard Harris	49:00
	Alan Chambers	54:12
	Shorty Turner	58:32

M60	Dick Blom	43:57
	Mick Cousins	44:50
	David Carr	45:16
	Robin Bonner	46:58
	George Schafer	48:20
	Ted Maslen	51:02
	Dalton Moffet	51:07
	John Russell	57:13
	Norm Miller	62:30
	Selby Munsie	63:48
M65	Stan Lockwood	48:47
	Merv Moyle	49:49
	Cecil Walkely	50:00
	Ray Lawrence	55:52

W40	Maxine Santich	46:36
	Lynn Harrop	49:48
	Helen Lysaght	49:59

W45	Jan Billinness	49:13
	Jackie Halberg	57:41
	Denise Lancaster	57:47
	Roma Bettles	57:55
	Val Millard	58:09
W50	Peggy MacLiver	51:26
	Rosa Davies	68:30
W55	Ann Turner	56:33
	Sheila Maslen	68:31

10km Walkers

W50	Jackie Billington	81:14
W65	Lorna Lauchlan	81:19
5.2K		
M45	Mike Anderson	24:39
	Brian Bennett	27:14
	David Hall	31:52
M50	Mike Khan	25:36
	John Spencer	27:51
155	Ron Sutton	28:29
	Peter Davies	28:53
M60	John Smith	28:27
M65	Kirt Johnson	33:44
M70	Frank Usher	37:23
	Ernie Moyle	42:46
W35	Cathrin Holland	30:30
45	Anne Shaw	22:45
	Ros Banyard	27:16
	Jenny Holm	28:30
W50	Wendy Clements	29:45
	Margaret Ward	46:09
	Lynn Schickert	46:11
W60	Patricia Carr	36:34

5.2K Walkers

W45	Heather Sanderson	38:13
M80	Dick Horsley	55:13

Visitors 10K

	Richard Sparks	38:15
	John Cresp	38:17
	Bill Shann	39:56
	Keith Stewart	40:06
	Steve Burge	40:34
	Ross Roberts	47:03
	Chris Limb	47:15
	Garth Berg	47:41
	Sue Vetton	51:16
	Judy Bonomelli	51:17
	Debrah-May Rhofer	51:38
	Yolande Caruso	52:03

5.2K

	Stephen Dunn	20:42
	Barry Harwood	24:33
	Judy Marsland	28:17

CONGRATULATIONS!!

LYNNE SCHICKERT has been appointed President of the WA division of the Institute of Professional Secretaries & Administrations (Australia). It is her second term as President.

ANNUAL DINNER NOVEMBER 18 1995 METRO INN

Put this date in your diary for our Annual Dinner. We have been able to book a venue for a Saturday evening so we should have a bigger crowd than ever. See Shorty or Jackie for tickets. - (Cost \$25.00) Spot prizes.

MENU

Entree

Homemade Vegetable Soup

Carvery

Roast Sirloin of Beef
and Yorkshire Pudding
with Grain Mustard Sauce

Roast Potatoes

Three Seasonal Vegetables

Hot Dishes

Grilled Fillets of Schnapper Meuniere

Vegetarian Lasagna

Saffron Rice

Platter of Chicken Pieces

Platter of Sliced Ham

Salads

Pasta Salad

Coleslaw

Garden Salad

Potatoe Salad

Tomatoe & Onion Salad

Waldorf Salad

Bread Basket

Desserts

Cheesecake

Creame Caramel

Fresh Fruit Salad

Coffee and Tea

with after dinner mints

RUNNING MATES John and Irene Ferris

This month I've been talking to the winners of the Dick Horsley Trophy Winners of the Darlington Dash for the past five years. John and Irene Ferris. Just in case you don't know who they are, Irene was the Club's Treasurer for the past two years, John's the good looking fast runner with the long blonde locks, who Jan Braid was heard to say at a Marathon Club run - "here comes the first lady, oh no it's not, it's John Ferris". Both born just outside Manchester, England, migrated to Australia in 1976 with one son, Anthony.

Occupation: John - Plasterer

Irene - Paymistress at Argyle Diamonds.

Why they started running: The doctor told John to lose some weight (I've seen photos of him, he was a real porker) so he went to a gym and met Fred Hagger who got him running.

Irene - Irene's only been running a couple of years. She got fed up trailing behind the training group on her bike so thought she'd give it a try.

What they enjoy about the Vets: Both said they cater for everyone whether you want to be a serious or social runner.

Any changes in Vets: Both very happy with all aspects of the Vets. Irene would like to see more members volunteering to help in at least one run a year.

Favourite run: Both said Cross Country.

Favourite distance: John - 15K

Irene - No preference just likes to see the finishing clock

Other interests: John - Triathalons; Falling off his bike; John trains with a group and it seems they all have bets on how long it will take him to fall off his bike.

Irene - Staying in bed, preferably without John.

Favourite food: John - Pizza
 Irene - "See food" and she'll eat it.
Running shoe: John - Reebok,
 Training Saucony.
 Irene - Reebok
Ambition in running: John - None,
 happy with what he's achieved.
 Irene - To break 50 minutes for
 10K, to run a marathon in 1996
 with help from Roma, Heather,
 Denise, Joan and Don Caplin.
Joan Pellier

25K Road Running Championship 25.6.95. Results missed

Evan McRae	M45	1:39:05
Duncan McAuley	M45	1:43:39
Brian Danby	M45	2:06:29
David Walladge	M45	2:17:12

Also special thanks to Gillian and George Peet who were the volunteers at the 10K water station along with Mary Heppell and Rob Reece at the water station near the "Narrows Dunny", while Ray Barnett stood in bone chilling spray at the 10K turn. Kath and Harry Holland did the "Policeman duty" at the Narrows and Mill Point Road ramps.

Barrie Thomsett

CLUB HALF MARATHON CHAMPIONSHIPS McCallum Park 3 September, 1995

Conditions were near perfect for the championships, which attracted a few more competitors than last year.

In the walk, the leading two missed the turn in Burswood Park. They ignored the statue of the woman with umbrella and continued on looking for someone with a pulse, protected or otherwise. Once back on track, Paul Martin went on to knock over 16 minutes off Barrie Thomsett's M50 championship record that was set in 1991.

The only other record on the day went to Bob Fergie, second walker

home, when setting an inaugural M60 time. Well done, fellows.

The run saw Chris Maher unchallenged as the first man home, while Tessa Brockwell had almost two minutes to spare from Sue Prewett.

The Turner family suffered a reversal of form when Shorty came in ahead of Ann. When did that last happen, Ann?

Congratulations to all finishers, but in particular to the age group winners and place-getters.

The one-lappers included Frank Smith, on the come-back trail yet again, and Heather Sanderson who showed a walking style and speed that left those of us who saw her finish lost in admiration. To run or to walk, Heather? Decisions! Decisions!

Finally, thanks to the officials; Ray Attwell, Pat Carr, Jackie Halberg, Kirt Johnson and Maxine Santich. Sickness had reduced their numbers, somewhat, but Pat and Jackie stepped in to save the day. Thanks again, folks.

Bob Sammells

M35

Dave Bishop	1:26:31
Keith Atkinson	1:44:35

M40

Chris Maher	1:21:13
Gareth Brunt	1:28:38
Milton Mavrick	1:37:45
Gerry Prewett	1:38:09
Dan O'Donnell	1:49:12

M45

Dave Reid	1:30:00
Mark Rosen	1:31:08
Brian Danby	1:35:25
David Walladge	1:52:25

M50

Bob Schickert	1:30:02
John Bell	1:32:44
Jim Barnes	1:33:52
Roger Walsh	1:41:59

M55

Dennis Miller	1:31:20
Bill Crane	1:34:36
Richard Harris	1:47:43
Morris Warren	1:50:52
Alan Chambers	1:53:42
Merv Jones	1:54:09

M60

Mick Cousins	1:28:44
Ted Maslen	1:40:45
David Hough	1:40:44
Shorty Turner	1:58:24

M65

Vic Beaumont	1:46:23
Peter Davies	2:07:18
Stan Lockwood	2:07:19

W35

Tessa Brockwell	1:31:08
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W40

Sue Prewett	1:32:52
Helen Lysaght	1:38:13

W55

Ann Turner	2:01:11
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VISITORS

Julian Cooney	1:48:24
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WALK

M45

Peter Johnson	2:36:00
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M50

Paul Martin CR	2:05:04
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M55

Barrie Thomsett	2:37:35
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M60

Bob Fergie CR	2:27:07
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Alan Pomery	2:50:13
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W55

Dorothy Whittam	2:38:15
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11.3K Run

David Willmer	M40	42:45
Frank Smith	M50	45:37
David James	M40	45:37
John West	M45	45:41
Jill Chambers	W45	45:54
Dave Roberts	M50	46:31
Hugh Kirkman	M50	47:00
Dick Blom	M60	48:30
Joe Stickles	M55	49:31
David Carr	M60	51:15
George Schaefer	M60	51:31
Mike Khan	M50	52:24
Lynn Harrop	W40	54:12
Mike Rhodes	M45	54:55
Tony Speechley	M50	55:07
Ryan Hunter	M50	56:34
Robert Reece	M45	56:54
Robin King	W35	58:09
Stewart Parkinson	M45	58:36
Barry Blackman	M55	61:12
Ron Sutton	M55	61:23
Denise Lancaster	W45	62:07
Val Millard	W45	66:33
Lynne Schickert	W50	72:34
Sheila Maslen	W55	72:35

Mary Heppell	W55	72:35
Frank Usher	M70	78:58
2K Walk		
Heather Sanderson	W45	72:43
11.3K Walk		
Ernie Moyle	M70	1:29:44
Norm Miller	M60	1:34:03
Pat Miller	W55	1:34:03

MY FAVOURITE RACE

A difficult one this, with so much on offer around Perth, both on the flat, around the river, and up in the hills; but in the end I settled for a Vet's race, the Teddy Bird's Picnic run in King's Park, as it has a bit of everything.

Start from the Adventure Playground, always a nice place early in the morning, just as long as there are no early breakfasters there with tantalising smells. A gentle rise up along May Drive and then quite a vicious down on Poole Avenue takes us out onto Thomas Street, hopefully there will not be too much traffic to disturb the serenity of the morning.

Then through the underpass and a circuit of the beautiful UWA grounds, and we can guarantee there will not be too many students around at this hour.

Then back through the underpass and up Thomas Street, but this time back into the Park via Park Road, which is a good deal flatter than Poole Ave. However, the respite is short lived, because now we have the nice drag up Forrest Drive. A good kilometre of steady uphill to sort out the men from the boys, (sorry ladies). Relief is in sight though because, "what goes up must come down", and at the top we have the lovely grassy descent of the Broadwalk to take us to the finish.

What did I say? Less of that, it was so much fun don't wimp out now, the main race is two laps, so off we go to enjoy it all again!

John Pressley

FOUR HOUR RELAYS 5 NOVEMBER, 1995

Team leaders, competitors and officials are needed for this year's events. Please give your name to any Committee member.

Team leaders will get their teams together and agree running orders; they will almost certainly want to compete themselves.

Coming off the winter season, most regular Sunday morning runners and walkers will have the basic conditioning to enjoy an endurance event like this. You do not have to be a track athlete!!

Officials will be needed for time-keeping, recording, judging, and measuring. The duties are simple and require no special expertise.

The Event

This was held last year for the first time on an experimental basis. All who participated, athletes and officials, thought the basic idea was a good one so it is being held again.

The aim for each team is to cover the maximum distance possible in the four hour period.

Rules

Teams are in age groups with a maximum of six people per team. Each team member runs or walks a leg of 1600 metres before passing the baton to the next person. The last person hands over to the first and so on until the four hours are up.

Each team's running order must be maintained. If a person misses his "turn", he or she cannot participate further and the smaller team continues.

Where a person mistakenly covers more than 1600 metres then only 1600 metres is recorded. No distance is recorded if a person covers less than 1600 metres, except where this is the final leg.

Records

Runners

Team	Distance
M40	67.280K
M45	65.381K

M50	63.590K
M55	62.476K
M60	61.273K
W35	54.417K
W45	54.617K
W50	53.356K

Walkers

Team	Distance
Men	42.44K
Women	34.96K

LETTERS TO THE EDITOR

ERICA SETS IT STRAIGHT

Dear Richard

For the Newsletter errors and omissions department.

**East Lansing - US Masters
Silver in the 2K Steeplechase**

**World Veteran Championships
Buffalo**

**Silver in 2K Steeplechase
time of 9:38:68
300mH 'Splat' at the first hurdle**

Regards

Erica Mercer

Runner Farm, Kelmscott

RIDE AND TIE IDEA

Dear Richard,

The Vets are always looking for ideas for new runs, so how about this.

In America they have what they call "Ride-and-Tie" races. This, I think, usually involves two people and one horse, and the idea is to get all three from A to B in the shortest possible time. The rider and the runner set off; the rider goes so far, "ties" the horse and runs on; the runner catches up, "rides" on, overtakes the current runner, goes a bit further, ties the horse, runs on etc. The skill comes in judging the

lengths of the relative legs, no I don't mean the horse's and the runners'!!

How about adapting this idea, and making it relevant to WA?

At the turn of the century it was quite common for prospectors on their way to the diggings, or shearers looking for work, to share a bike between two hard up mates. They essentially followed the "ride and tie" principle, without having to feed the horse!

So, how about a race following the same format? We already have a sail-and-run race in Perth, now let's have a ride-and-run.

OK, I know there are problems:

- * Where could you hold it?
- * How do you make sure people stick to the course?
- * How do you stop bikes getting pinched?
- * How do you find two people who use the same size bike, helmet etc?

but let's think positive!! It could be either on or off-road and I suppose it would need about a 50K course to be interesting, and preferably point-to-point. Mundaring to York perhaps, or for starters how about round the river?

Anyway, that is the theory, anybody interested.

Happy running.

John Pressley

CITY TO SURF

The 1995 Channel Nine City to Surf was the best fun run in the history of the event. The profile of the City of Surf has never been higher, lots of first time entrants have taken part and there has been enormous enthusiasm from the corporate sector in the teams challenge as well as the introduction of a fund element.

It is my pleasure on behalf of Active Foundation to extend sincere appreciation to you at WA Veterans Athletic Club for your invaluable

support of the 21st Channel Nine City to Surf Fun Run.

In particular, I would ask you to pass on my personal thanks to all of those involved in making this event such a success.

All money raised from this project will go towards providing services for people with intellectual disabilities and their families in Western Australia.

I look forward to your support in 1996. Thank you once again for your support of this Appealathon project.

Yours sincerely

Paul McAllister

Event Co-ordinator

** The Vets provided the clock and starting gun - Editor*

I am writing to inform you of confirmed dates of our major events which will be conducted over the period leading up to Christmas.

Our events can only take place on these designated dates because they are predetermined by the organisation hosting the particular carnival. We are very seldom an event in our own right. It is hoped that we will not clash with any important events of AAWA which would be detrimental to both of us.

If at this stage of the pre-season you could frame your events around the dates listed, it would be to our mutual benefit.

Northam Community Carnival -
Sunday October 29 - Northam Gift
Mandurah Anglican Community
School Carnival - Saturday
November 18

Armadale City Highland Gathering -
Sunday December 3

Hugh Winning, Secretary
West Coast Athletic League Inc.

FROM THE EDITOR

A CAUTION ON OVER-TRAINING

While the fat content of our bodies varies on a gender basis, there are good reasons for a female athlete to carry a comely mantle of body fat. Low body fat signals to the body that survival of the foetus is not guaranteed and so the woman's reproductive system shuts down temporarily. For instance, too much training can lead to an excessive drop in body fat - below about 12% - and the response is amenorrhoea - loss of periods.

The effects of over-training with men are less clear. Fat levels are indicative of their reproductive capacity.

In a recent American study, high mileage male runners (104 km plus per week) were compared with moderate exercisers (more than 56km of running per week) and sedentary control group to see if over-training affected things like quality of semen or male hormone levels.

Results showed a clear drop in testosterone levels, sperm quality and sperm penetrating ability in the high mileage running group.

The effects of over-training on fertility are still unclear. Sperm penetration tests suggest that over training, compared with moderate training, may compromise fertility of male runners. But unlike females, this doesn't necessarily eliminate the prospects of pregnancy. The prospects might be reduced, with reduced sperm quality, but it still takes only one effective, determined and hardy sperm to do the job.

Therefore, be cautioned. Over-training is unlikely to be a reliable form of contraception and certainly cannot be regarded as a male pill, though it may increase the time required for conception. It would appear both parties are going to need all their stamina.

BRING OUT THE GYPSY IN YOUR SOUL

A favourite run will allow you to go feral, to rove off and feel the land, raise your spirits and get you back to running in a fun way as distinct from striving to improve performance.

Once I like takes about half an hour and begins at the Hossack Reserve, Lynwood. The locals call this part of the district Parkwood. I usually run it in the evening or early morning. The first interest starts when you skirt some mature tuart trees at the eastern edge of the reserve. They are full of magpies and galahs. Once I found a baby magpie on the ground, near dusk. It's Dad dive bombed me so I left it and went back after dark. The magpie baby had apparently suffered malnutrition which had given it bow legs and while it could try, it couldn't sit. I fed it carefully for a week and eventually took it to the native bird hospital in Mundaring.

On a damp morning, there are often clumps of large field mushrooms near these trees. I usually go back for them after the run. You climb off the reserve and then skirt a sandy verge in Vulcan Road - watch for the odd dollar or \$2 coin - dropped by people disembarking at the bus stop - and follow the boundary of the Whaleback Golf Course in the Roe Highway reserve. This is banksia woodland currently full of freesias at the edge of the golf course. You will invariably pick up a couple of golf balls and at dusk in hot weather, if the pollen pastures have been poor, you may find the odd little honeyeater in distress through a vitamin deficiency. I think it's thiamine which is involved in their carbohydrate metabolism. Take it home, feed it some pentavite and honey and it will be fine next

morning. Often this bush is full of flowers and birds. You run along the firebreak - rabbits dart out in front of you - there's a drain full of bullrushes and formerly a few frogs would gladly call out to you. You scamper along the firebreak to Nicholson Road, then cross New High Road and enter the Bannister Creek Reserve from Queensville Avenue.

The creek runs year round and its waters are usually full of suspended solids, rarely clear. The water edge is festooned with watercress gone wild from earlier days when it was a useful source of Vitamin C. I wouldn't recommend eating it today because I don't know what's going into that creek from the Canning Vale industrial area. I track along the creek, cross a small timber bridge, and continue tracking the creek to Metcalfe Road where I check whether the blackberries are ripe. Usually about the third week in December. If I get in early, I can usually beat the fruit fly which means a feast of fat ripe blackberries with banana and ice cream. I then cross High Road into the grounds of Lynwood Senior High School, through some parkland and playing fields - if there has been rain and it's warm, expect some mushrooms in the playing fields - and then back to my home in Cosmelia Way. A lovely run, this. Brings out the gypsy in the soul of any Vet.

Richard Harris

CHARLIE'S THEIR DARLING

The Athletic Association of WA has honoured Charlie Spare M55 with a Merit Award for his contribution to athletics for 40 years as an athlete or official.

Charlie is the Vets' representative in track and field in summer and is a track referee.

He used to be an ultra distance runner but these days tends to limit his distance to 10KM.

Many athletes hold him in high esteem as a totally reliable and conscientious official, whose humour, good nature and co-operative manner have won him many friends.

CAPEL TO COLLIE CLASSIC 13.8.95.

Five runners and ten walkers (two teams) and support staff ventured to Capel to walk/run the 92K between Capel and Collie.

This distance was split into three sections and each runner/walker had to compete in each section.

At 6.00am on a fine cold Sunday morning the two walking teams with a desire to do silly things to their legs set off from behind the Capel Hotel and two hours later the runners set off to catch and pass the walkers.

With at least three walkers recovering from injury and Bob Chalmers more attuned to coaching Little Athletics, one wondered if we could even finish in 11 hours.

By lunch time or soon after the runners had made up the distance on the walkers, and left us with a lone dog who had joined them at the Capel side of Donnybrook.

This beautiful and faithful animal stayed with us to the end...sore footed and tired... and was last seen on a corner of Collie's

main street a 7.00pm (Yes he has since been returned home).

Yeah.- we made it -.9hrs 58mins for the "Perennial Perambulators" and 10hrs 07mins for the "Sunday Strollers".

For the PP's Barry Weatherburn 13.9K in 94:54, Bob Fergie 1:50:40 for 17.7K, Peter Johnson 2:32:50 for 24.5K, Barrie Thomsett 2:25:41 for 21.4K and Dorothy Whittam 1:34:38 for 14.1K.

For the "Sunday Strollers" ? Stroll! is hardly the word for this lot.. John Mison 2:20:42 for 25.6K, Michele Mison 79:54 for 11.5K, Jill Midolo 2:05:35 for 17.7K, David Brown 2:02:17 for 17.8K and a very exhausted and determined Bob Chalmers 2:17:14 for 19.0K. Well, having given the walkers a very well deserved pat on the back, I'll let Sue Jones sing the praises of a very determined team of runners.

Mid Life Crises run Capel to Collie and Wins Silver.

Despite doing very little except eat from the time we all met at Stirling's Cottage in Harvey for lunch on the Saturday, good runs from our two stand-in runners plus our regular team members combined to cut 17 minutes off our previous time. Even a race by Brian Danby to cross ahead of a train at the crossing in Collie wasn't enough to get us under 7 hours through and we finished with 7 hours and 42 seconds for the 91.6K distance.

Graham Thornton battled a calf injury most of the day but still managed an impressive 1:08:48 for his total of 16.1K. Merv Jones ran the best he has in months with 1:37:17 for 19.1K, Vic Beaumont's 1:25:42 for 17K was incredible considering his last leg was one of the hardest of the day with large hill. Peter Hill did a quick 16.2K in 1:09:28 even without his map and compass. Brian covered 23.2K in 1:39:27 after running a longer leg

than scheduled to give Graham an extended rest.

Running three times in a day is not easy but the guys ran like champions - must have been all those banana sandwiches. Well done, guys, and congratulations to the support crew for a job well done.

Sue Jones

Now my thanks to all the support staff, and in particular to Mary Robinson who came out of retirement in Ballingup to manage the "Sunday Strollers", and Jeff Whittam who managed the "PP"s.

To Lyn Weatherburn, my thanks for your efforts to locate the very grateful dog owner, and ensure its safe return home.

Finally, the Bunbury Runners Club, our thanks for a really wonderful day, it truly does match the Bunbury Marathon as a great social and sporting event. I believe BRC intends to have a walkers category and enter a walkers team next year.

So please WA Vets enter as many runners and walkers as you can - oh yes, care to run as individuals on the same event?? there is a 100K over the same course.

Barrie Thomsett

DANBY'S RUN 10.9.95.

Ninety-eight competitor set off on a fine spring morning for the 15th Danby's Run - no records were gained. The run was tough as always and no one (maybe one or two) got lost on the fourth running of this course. My thanks to all my helpers on marshalling, handling out numbers and recording.

Sue wishes to thank Pat and Sue once again for helping with the breakfast which was enjoyed by most competitors - porridge, pizzas and scones! We then moved into

jokes and lunch to celebrate Heather's and Roma's birthdays. Beer and champagne was flowing freely till mid-arvo - that reminds me...A big hullo - love and kisses to Sandi and Brig and thanks for the letter.

Brian Danby

RECORDS

M35	Wayne Robinson	53:53
M40	Chris Maher	51:36
M45	Tom Savin	52:53
M50	Bert Carse	56:26
M55	Bob Sammells	62:25
M60	Dalton Moffett	64:50
M65	Merv Moyle	69:06
W35	Liz Helliwell	61:15
W40	Jan Kelly	57:42
W45	Jill Chambers	62:39
W50	Marge Forden	75:03
W55	Ann Turner	77:35

12.8K

Wayne Robinson	M45	55:48
Ralph Henderson	M45	56:07
David Roberts	M50	58:05
David Bishop	M35	58:59
Bob Schickert	M50	59:30
Ann Shaw	W45	59:50
Vic Waters	M50	60:28
John Bell	M50	60:38
Joe Stickles	M55	61:38
Mitch Loly	M55	62:49
Maxine Santich	W40	64:50
Bob Sammells	M55	65:37
Ted Maslen	M60	66:10
Milton Mavrick	M40	67:55
Roger Walsh	M50	68:26
John Pellier	M55	68:40
Keith Atkinson	M35	69:19
Helen Lysaght	W45	69:36
Margaret Birks	W45	69:45
Evan McRae	M45	70:03
David Hough	M60	70:27
Marge Forden	W50	74:57
Merv Moyle	M65	75:56
Merv Jones	M55	76:41
Shorty Turner	M60	79:36
Denise Lancaster	W45	84:10

8.4K

Greg Salter	M35	34:17
David Willmer	M40	37:19
Vicente Carrero	M50	37:20
John Ferris	M45	37:32

Sue Prewett	W40	43:06
Michael Bloor	M45	43:10
Richard Harris	M55	44:03
Peggy MacIver	W50	44:22
Robert Reece	M45	44:32
David Carr	M60	44:47
Nena Greenfield	W40	45:10
Jimmy Greenfield	M50	45:11
Dalton Moffett	M60	45:15
Joan Pellier	W50	45:12
Simon Mort	M35	45:21
Tony Speechley	M50	45:27
Barry Blackman	M55	45:36
Ron Sutton	M55	45:47
Ann Turner	W55	49:36
Graham Thornton	M50	46:00
Norm Miller	M60	52:53
Jackie Halberg	W45	52:54
Keith Forden	M55	53:17
Val Millard	W45	53:49
Vance Mitzopoulos	M40	55:46
Bill Meharry	M45	59:40
Margaret Warren	W55	59:49
Sheila Maslen	W55	60:00
Frank Usher	M70	61:40
Lynne Schickert	W50	65:40

1 LAP

Nos Banyard	W45	20:14
Heather Sanderson	W45	21:09
Art Johnson	M65	20:59

Jo Pearce	W45	21:09
Cathryn Holland	W35	22:42
David Hall	M45	22:44
Jean Fisher	W45	23:40
Roma Bettles	W45	23:40
Brian Bennett	M45	23:50
Ray Barnett	M50	24:23
Jackie Billington	W50	26:30
Noela Medcalf	W60	26:41
Heather Corbett	W45	26:42
Tanya Mauldin	W40	26:45
Karen Crellin	W50	27:00

WALKERS

8.4K

John Mison	M45	33:15
Bob Chalmers	M55	39:32
Pat Miller	W55	44:54
Lorna Lauchlan	W65	44:54
Barrie Thomsett	M55	45:56
Jeff Whittam	M60	46:07
Dorothy Whittam	W55	46:07
Jill Midolo	W45	44:24
David Brown	M45	38:38
Michele Mison	W45	39:30
Tina Carrero	W45	49:57
Val Wheeler	W60	49:57
Pat Ainsworth	W55	49:57
Fred Watson	M75	53:00

CAPEL TO COLLIE CLASSIC 13.8.95.



Second walking team and manager, from left - Mary Robinson, Michele Mison, Bob Chalmers, John Mison, Jill Midolo and David Brown. Photo by Peter Johnson

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HEATHER'S MUM'S TRIFLE

One of the unexpected pleasures of Danby's Run at Pinnaroo was Heather Sanderson's Mum's trifle. After we plied Heather with champagne, and complimented her on this dish, she agreed to share the recipe with Vetrans.

Ingredients:

One packet of Swiss roll from Coles
One large can of mixed fruit salad
One-third of a pint of sweet sherry. (Don't drink it! It's to go in the serving bowl!)

Method:

Chop the swiss roll into pieces and place in the bottom of a serving bowl. Pour on the sherry and mix with a fork until it's all mushy. Drain the juice from the fruit salad, discarding the juice, and place the fruit on the mashed roll. Make the custard and cool it and then pour in on top of the trifle. Serve with whipped cream.

It's yummy. Congratulations to Heather on this fine trifle - A magnificent performance.

ROAD WALKING CHAMPIONSHIPS

	Age	Uni & Back	Millpoint Road	Deepwater Point	Half Marathon	Total Time	KM Rate
Peter Johnson	M45	85:41	59:29	43:15	156:54	345:19	6:28:2
Paul Martin	M50	85:41	58:55	42:08	125:04	311:48	5:50:4
Barrie Thomsett*	M50	101:09	68:36	50:23	157:35	377:43	7:00:5
Bob Fergie*	M55	100:30	66:58	49:25	141:27	358:20	6:43:2
Alan Pomery	M60	110:06	77:18	72:38	178:23	438:25	8:13:2
Dorothy Whittam	W55	105:14	71:50	52:33	158:15	387:52	7:16:2

Also competed in at least one event

John Mison *	M40	85:54	58:55	42:06			
David Brown	M45	100:35	64:31	49:01			
Bob Chalmers	M55			51:11			
Jeff Whittam	M60		81:52	59:56			
Ernie Moyle	M70			59:56			
Fred Watson	M75		84:55				
Dick Horsley	M80			91:38			
Jill Midolo	W45	109:37	73:38	51:45			
Michele Mison	W45	111:01	73:38	51:17			
Tina Carrero	W45			80:53			
Wendy Clements	W50		71:51	51:27			
Lynne Schickert	W50			64:26			
Margaret Ward	W50			64:28			
Val Bonner	W50			70:42			
Pat Miller	W55		78:55	60:55			
Gillian Peet	W55			59:57			
Pat Ainsworth	W55			64:30			

* changed aged group during competition. Age taken as starting age group.

Jeff Whittam

50K ROAD RACING CHAMPIONSHIPS

		10K	15K	25K	Total Average	
MEN						
Keith Atkinson	M35	42:05	67:33	2:00:30	3:50:08	4:36✓
Gareth Brunt	M40	38:07	58:45	1:42:05	3:18:57	3:58✓
Darry Dahlstrom		38:05	59:38	1:45:48	3:23:31	4:04✓
Duncan McAuley	M45	36:26	57:49	1:43:39	3:17:54	3:57✓
Graham Thornton	M50	41:33	66:10	1:54:53	3:42:36	4:27✓
Vic Waters		40:40	64:37	2:03:10	3:48:27	4:33✓
Joe Stickles	M55	40:49	62:43	1:53:46	3:37:18	4:20✓
John Pellier		51:05	72:08	2:08:16	4:11:29	5:01✓
Shorty Turner		51:59	84:02	2:30:01	4:46:02	5:43✓
Mick Cousins	M60	37:25	57:05	1:43:43	3:16:13	3:55✓
Dick Blom		41:26	63:30	1:51:30	3:36:26	4:19✓
George Schaefer		43:18	68:16	1:58:44	3:50:18	4:36✓
John Russell		49:07	79:34	2:25:05	4:33:46	5:28✓
Merv Moyle	M65	47:53	74:25	2:19:07	4:21:25	5:13✓
WOMEN						
Sue Prewett	W40	40:23	61:58	1:58:34	3:40:55	4:24✓
Helen Lysaght		44:08	67:57	2:02:57	3:55:02	4:42✓
Jill Chambers	W45	38:59	61:13	1:46:04	3:26:16	4:07✓
Roma Bettles		50:19	77:32	2:22:24	4:30:15	5:24✓
Marge Forden	W50	46:14	71:41	2:08:21	4:06:16	4:55✓
Ann Turner	W55	50:01	77:17	2:21:52	4:29:10	5:22✓
Joan Pellier		56:34	89:09	2:43:10	5:08:53	6:10✓

TRACK AND FIELD PROGRAM 1995/96

This year we are holding our track and field events on Thursday evenings. The first two weeks (October 5 and 12) are devoted to coaching tips on sprinting and jumps. The competitive season begins on Thursday October 19, with the Patron's Trophy competition conducted over 8 weeks from October 26.

PATRON'S TROPHY

In the program below, those events marked* are point-scoring events. Athletes compete in a maximum of 16 events, and points from their best ten performances are added to achieve a total score. The contest is age graded and favours athletes who have a go at everything.

START TIMES AND VENUES

Meetings in OCTOBER begin at 5.30pm. From NOVEMBER TO MARCH start time is 6.00pm.

C = Coker Park, Cannington (synthetic)

M = McGillivray Oval, Mt Claremont (grass)

A fee of \$1.50 is charged

OCTOBER

5 M Sprint Coaching

12 C Jumps Coaching

19	M	60M	Mile	L/J	Shot	Discus	Mile W
26	C	*5000m	*T/J	200m	Javelin	Hammer	2000m W

NOVEMBER

3	M	*1500m W	*Shot	100m	1500m	L/J	Discus
10	C	*400m	*Javelin	3000m	L/J	Discus	3000m W
16	M	*3000m	*Hammer	100m	T/J	Shot	1500m W
23	C	*1500m	*L/J	5000m	Shot	Discus	2000m W
30	M	*200m	*2000m W	400m	3000m	Hammer	Javelin T/J

DECEMBER

7	C	*800m	*Discus	100m	5000m	L/J	Shot	5000m W
14	M	*10,000m	*100m	200m	T/J	Javelin	Discus	1500m W

JANUARY

4	C	200m	1K	5000m	L/J	Discus	Hammer	1K W
11	M	60m	800m	3000m	StandingL/J	Shot	Javelin	3000m W
18	C	100m	400m	3000m	T/J	Javelin	Discus	1500m W
25	M	200m	400m	1500m	5000m	L/J	Shot	Hammer 2000m W

FEBRUARY

1	C	100m	200m	800m	3000m	T/J	Discus	Javelin	5000m W
8	M	100m	400m	Mile	L/J	Discus	Shot	Mile W	
15	C	200m	800m	5000m	T/J	Javelin	Hammer	3000m W	
22	M	100m	400m	3000m	L/J	Shot	Discus	2000m W	
29	C	200m	400m	10,000m	L/J	Discus	Javelin	1500m W	

MARCH

7	M	100m	1500m	5000m	T/J	Hammer	Discus	2000m W
14	C	60m	200m	3000m	T/J	Javelin	Shot	5000m W
21	M	200m	800m	5000m	L/J	Discus	Javelin	3000m W
28	C	100m	400m	1500m	T/J	Hammer	Shot	1500m W

APRIL

5-8 AUSTRALIAN VETERANS TRACK AND
FIELD CHAMPIONSHIPS
(Incorporating State Titles)

HAPPY BIRTHDAY TO OUR NOVEMBER MEMBERS

Coleman, Sydney	03/11/15	80 becomes M80
Unsie, Selby	03/11/33	62 remains M60
Calnan, Ross	04/11/40	55 becomes M55
Hoye, Derek	04/11/38	57 remains M55
Pellier, Joan	08/11/39	56 remains W55
Main, Jan	08/11/49	46 remains W45
Hicks, Stewart	09/11/22	73 remains M70
Billiness, Jan	09/11/49	46 remains W45
Brockwell, Tessa	10/11/55	40 becomes W40
Williams, Ross	10/11/39	56 remains M55
Warren, Margaret	12/11/35	60 becomes W60
Mcmillan, Raema	14/11/27	68 remains W65
Matthews, Richard	15/11/51	44 remains M40
Rhodes, Michael	16/11/45	50 becomes M50
stoffers, hank	18/11/40	55 becomes M55
Billington, Jackie	19/11/42	53 remains W50
Holloway, Philip	19/11/52	43 remains M40
Noordyk, Kathleen	19/11/46	49 remains W45
Prior, Margaret	20/11/59	36 remains W35
Anderson, Kevin	20/11/40	55 becomes M55
evin, Lawrie	20/11/39	56 remains M55
Mavrick, Milton	23/11/53	42 remains M40
Atkinson, Keith	23/11/56	39 remains M35
Spencer, Ronald	23/11/39	56 remains M55
Forden, Keith	25/11/38	57 remains M55
Hansford-Miller, Frank	26/11/16	79 remains M75
Crellin, Karen	27/11/41	54 remains W50
rkman, Hugh	27/11/41	54 remains M50
Miller, Norman	28/11/31	64 remains M60
Bishop, Dave	28/11/56	39 remains M35
Miller, Margaret	29/11/42	53 remains W50
Moyle, Merv	29/11/26	69 remains M65

HAPPY BIRTHDAY TO OUR DECEMBER MEMBERS

Harris, Richard	01/12/36	59 remains M55
Khan, Michael	01/12/44	51 remains M50
Shaw, Ann	01/12/47	48 remains W45
Pearce, Joanne	01/12/49	46 remains W45
Davis, Rosa	02/12/43	52 remains W50
Carey, Michael	02/12/56	39 remains M35
Robinson, Mary	07/12/36	59 remains W55
Clarke, Tom	07/12/46	49 remains M45
Millard, Valerie	08/12/46	49 remains W45
Webster, Keith	09/12/41	54 remains M50
Gee, Warren	11/12/50	45 becomes M45
Russell, John	12/12/32	63 remains M60
Penton, Kathleen	15/12/41	54 remains W50
Berry, Nora	17/12/29	66 remains W65
Hughes, Susan	17/12/50	45 becomes W45
Beaumont, Victor	19/12/29	66 remains M65
Holland, Harry	19/12/43	52 remains M50
SMITH, BRIAN	20/12/38	57 remains M55
Horsley, Richard	21/12/12	83 remains M80
James, Dale	24/12/52	43 remains W40
Barrie, Stephen	25/12/35	60 becomes M60
Head, Phyllis	26/12/19	76 remains W75
Holland, Ross	26/12/37	58 remains M55
Moffett, Dalton	28/12/30	65 becomes M65
Schaefer, George	28/12/32	63 remains M60
Crowther, Derek	29/12/41	54 remains M50
Slinger, Barrie	29/12/39	56 remains M55

REPORT ANNUAL GENERAL MEETING AUSTRALIAN ASSOCIATION OF VETERANS' ATHLETICS CLUBS

Jackie Billington and I attended the AGM of our national association in early September in Melbourne, Jackie was our delegate and I am a member of the Board of the Association. The main features of the meeting were the election of office bearers and State reports.

Our president for the next two years is Len Childs from Canberra (and Sydney at times). Stan Perkins, who has been president or secretary for the last 10 years or so, decided not to run again this time due to a change in employment with the Queensland equivalent of Events Corporation, which will be bidding for the World veterans Championships in 2001. (In 1997 they will be in Durban, South Africa and in 1999 in Gateshead in England.)

Dot Browne will continue as secretary for the next few months until a replacement is found. There are also two board vacancies, for technical affairs for track and field, and for travel. I will continue on the board. Are there any of our members who are interested in an administrative activity?

Finances were scrutinised at the meeting, with the treasurer being asked to prepare a budget and justification for an increase in capitation fees, to be submitted to States prior to implementation. There will also be a fee charged at Australian Championships from 1997 for the Australian body.

Optus gave a presentation on joining their telephone system and a donation of \$20 for each new

subscriber being given to Athletics Australia.

The Australian Championships will continue to have the option of the 10 or 20 km walk for + 60 years men. Non members will not be accepted at the championships unless they pay a substantial fee, however a reduced membership fee for part year is acceptable.

The Australian organisation appears to be quite stable, however membership is not increasing, and most of the activity is related to track and field. WA is the only State where distance running is the predominant part of the sport. After last years seminar on development of the sport, there will be a further consultation, funded by the Australian Sports Commission.

Brian Foley.

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Tee-shirts Grey with the three colour runner club logo on the front @ \$15.00 short sleeve \$18.00 long sleeve.

Fleecy Windcheaters grey with three colour runner club logo @ \$22.00.

Plus caps, visors in a range of colours @ \$7.00 and in corduroy @ \$7.00.

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RUNS COMING UP

Cliff Bould Trophy 15.10.95.

One of the Club's traditional events and, given our respect and affection for Cliff, a trophy that everyone wants to win. The event is an open handicap.

The course starts near Taylor Street in McCallum Park, goes onto the Causeway then onto the nearest part of Heirisson Island. It bears left along trails around the island until a circuit has been completed then returns to the start for the second lap.

Hazards: sprinkler hoses and loose gravel on the island, cyclists and anglers on the bridge.

Award: the Cliff Bould Trophy.

Bibra Lake 22.10.95.

The flat, loop course is on foot/cycle paths around the lake. There are two events; once around for 6K, twice for 12K.

When racing is over, Bibra Lakes views and birdlife can be enjoyed.

Hazards: other park and pathway users, e.g. people walking dogs and cyclists.

RIB Run 29.10.95.

A new course and, therefore, a mystery at this stage.

Hazards: RIB will tell us on the day.

Four Hour Relays 5.11.95.

Age group relay teams (six maximum per team) run for four hours on the track. Each team member runs a 1600m before passing to the next runner. Teams race against each other and also aim for new Age Group records.

This is an endurance event that involves middle-distance racing and short recovery breaks. You need to be fairly fit and maintain hydration levels. Nevertheless, it's a bit of fun, and the BBQ afterwards makes it all worthwhile.

Hazards: muscular injuries a dehydration.

The Vetrums