

CLUB SHIRT ORDER FORM

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 apiece; likewise iron-on badges for windcheater, etc.
Why not get the full set?

ORDER FORM

PLEASE SUPPLY

..... QUANTITY SIZE

..... QUANTITY SIZE

..... QUANTITY SIZE

Post to: Bill Crellin, 17 Kelvin Road, Duncraig 6023
Payment to: Cheque payable to WAVAC please.

REGISTERED BY AUSTRALIA POST
PUBLICATION No. WBH 0370
IF UNCLAIMED PLEASE RETURN TO:
47 SULMAN ROAD
WEMBLEY DOWNS 6019



**SURFACE
MAIL**

**POSTAGE PAID
WEMBLEY WA
AUSTRALIA 6014**

MR R HAYRES
26 JENKINS PL
WEMBLEY DOWNS WA 6019

A VERY HAPPY BIRTHDAY TO OUR 'NOVEMBER' MEMBERS

03-11-15	COLEMAN Sydney	76 remains M75	18-11-41	WOOLHOUSE John	50 becomes M50
03-11-33	MUNSIE Selby	58 remains M55	19-11-42	BILLINGTON Jacqueline	49 remains W45
04-11-40	CALNAN Ross	51 remains M50	19-11-35	MARSH Mike	56 remains M55
05-11-52	DOUST R.W.	39 remains M35	19-11-46	NOORDYK Kathleen	45 becomes W45
05-11-39	MATZKE Roland	52 remains M50	20-11-59	PRIOR Marg	32 remains W30
08-11-39	PELLIER Joan	52 remains W50	23-11-39	SPENCER Ronald	52 remains M50
09-11-54	COLQUHOUN Ian	37 remains M35	25-11-34	ANDERSON Dot	57 remains W55
09-11-22	HICKS Stewart	69 remains M65	25-11-38	FORDEN Keith	53 remains M50
10-11-55	BROCKWELL Tessa	36 remains W35	26-11-16	HANSFORD-MILLER Frank	75 becomes M75
10-11-39	WILLIAMS Ross	52 remains M50	27-11-41	CRELLIN Karen	50 becomes W50
11-11-35	WESTON Patricia	56 remains W55	27-11-41	KIRKMAN Hugh	50 becomes M50
12-11-35	WARREN Margaret	56 remains M55	28-11-50	BLAIR Don	41 remains M40
14-11-27	McMILLAN Raema	64 remains W60	28-11-40	HAIR Graeme	51 remains M50
16-11-45	RHODES Michael	46 remains M45	28-11-31	MILLER Norman	60 becomes M60
17-11-44	OLDFIELD Christine	47 remains W45	29-11-42	MILLER Margaret	49 remains W45
18-11-40	STOFFERS Hank	51 remains M50	29-11-26	MOYLE Merv	65 becomes M65



The Vetrunk



No. 228 OCTOBER/NOVEMBER 1991

WA VETERANS AC - REGD BY
AUSTRALIA POST PUBN No WBH 0370

Book now for Vets dinner at the WACA!

ALL minority pressure groups have been given due consideration in the arrangements for this year's annual dinner. Vegetarians, dancers with sharp elbows, and runners with sensitive ear-drums will all find the Lillee Marsh Pavilion a perfect venue on December 7, from 7pm to 1am!

This is the big one folks, and after the success of every other event this year, we expect a record field for the dinner and dance stakes. And talking of steaks, we really do cater for vegetarians. Let Marge Forden know if you'd prefer a vegetarian meal, and she'll fix it with the WACA caterers.

Price this year is \$24; time 7pm - 1am. Drinks will cost normal bar prices. Tickets will be available soon

from committee members, so book early.

Everyone enjoyed last year's thrash — but minor improvements have been arranged this year. The dance floor will be a little larger, so we can all avoid John Gilmour's elbows. And our (non-smoking) DJ is Maxine Santich's little brother, a man who has the knack of producing lively music without deafening the audience!



Fun in the sun at Rotto — as Vets participate in the great running up and down stairs sideways race. For more insights, see page 6.

IS THIS REALLY FUN?

LATE starting fun runs could result in tragedy. That's the opinion of one of our medical members, Cecil Walkley, following his recent participation in both the City to Surf, and Port to Court events.

Cecil points out that experienced groups — like WAVAC — start events at 8am (and 7.30am at the height of summer). Yet fun run organisers inevitably begin their races an hour or more later.

Collapsed and distressed athletes were seen by Cecil at both events,

and other club members report poorly organised water stations. Cecil is concerned that real tragedy could occur in such circumstances — and is making representation to the WA Athletic Association.

Your comments would be welcomed by Vetrunk.

In this Issue. . .

The Wellness Column2

Notice Board
Letters
New Members3

Meet the Veteran
— Madame La Presidente!
by Margaret Birks4

Tompkins Park Run4

Cliff Bould Trophy5

Rottneat
— the Inside Story6/7

Reabold Hill
Cross Country8

The Trials of One K
by Basil Worner8

Road Walk
Championships9

Handicap Walk preview9

Mt Eliza Run debuts10

Kings Park
Cross Country Champs ..11

Birthdays
— and, don't forget your
shirt!12

ROTTNEST LONG WEEKEND RUNNING CAMP

September 27-30, 91

TWICE a year the Vets share a whole weekend's running, and take the opportunity to pillage and plunder in general. Eaton, and Rottnest, are the usual locations. Our roving reporters infiltrated the recent Rotto weekend, when unseasonably fine weather provided excellent running conditions – until Monday kicked up rough. The traditional convoy of small boats made its traditional Dunkirk-style retreat to the mainland, but, snug aboard their big ferry, the WAVAC 52 were beyond caring by then.



The WAVAC cycle club – front row checking the tarmac for bumps

Margaret Birks takes up the story. In the absence of feet, she spent her weekend cycling, reading, and snooping. Here's the result.

Forty runners and walkers, with twelve support crew ranging from children to super-grannies made up the weekend party.

The trip across was uneventful, apart from a frantic food queue at Fremantle prior to departure, and an equally frantic queue at Rottnest for those who hadn't got hamburgers at Fremantle.

We were accommodated in four houses, an arrangement which quickly set the pattern for a range of evening activities:

House 1 – The noisy house, characterised by joke and story telling and raucous laughter, fuelled by a can or two.

House 2 – the empty house whose residents either went to sleep, chatted quietly or migrated to Houses 1, 3 and 4.

House 3 – scene of serious card playing which threatened to result in divorce, family vendettas and bloodshed.

House 4 – the offshore casino, where sheep stations changed hands under the watchful eye of master croupier Sammells.

A routine was established on Saturday morning – with the walkers walking, the runners running and the sleepers-in sleeping in, then all meeting for breakfast.



Rosencrantz

On Saturday afternoon the WAVAC divided into two distinct camps – those who wanted to watch the Eagles match and those who didn't. A TV set was hired for House 1 (hosted by the Fordens, Yates, Pelliars, Ferrises and Dave Hough), an admission fee was charged and privilege equalised across the front stalls, back stalls and dress circle.

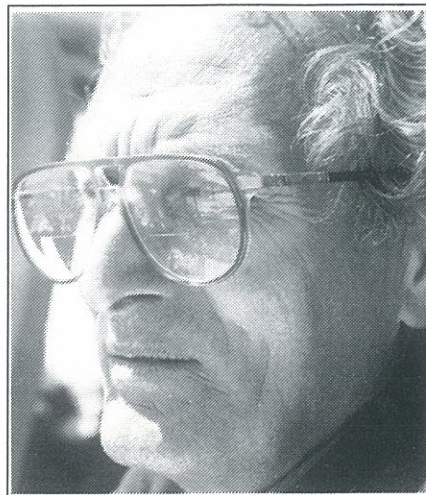
The protest group set off to cycle around the island, thus distancing themselves both physically and spiritually from the resultant disaster, and returned to commiserate rather than celebrate.

No fish

A small group of hunters and gatherers set off on several occasions to provide fresh fish for the group but proved to be no threat to the piscatorial stock of Rottnest.

Entertainment was also provided by a sizeable flock of peacocks and peahens living around the barracks. It seemed to be the prelude to 'that season' with the male of the species displaying glorious tail feathers (to the delight of the amateur photographers, although the peahens seemed unimpressed.)

The runner's award for the weekend goes to Val Bell who, at the age of seventy something, outran her son and grandson in a sprint to the mess to escape the Monday morning showers.



and Guildenstern, both looking as though they wished they were dead!

Special commendation must go to Joan Pellier in her role as accommodation officer, transport officer, entertainments officer and organiser extraordinaire. The weekend was very successful and enjoyable, and, hopefully will be repeated next year.'



As a thankyou to Vic Beaumont for our pictures, we thought it was time to publish one of his arty works. We believe it relates to the economy of WA.



Yes, I'm sure that must be Rottnest ... or Madagascar ... or South Africa. ..



Why, oh why, did I finish that last bottle of red ... and the one before that, and that other one, and

It will be noted, that bar a fleeting mention, ex-reporter Birks totally ignores the prime purpose of the weekend (this being to fit in a little running.)

Given one last chance, she adds the following:

"This is okay," said the editor, "but you've hardly mentioned running."

Well now, a group of athletes with running as their common interest, goes away for a weekend and when cobbling together an article for a runners' magazine, HE expects me to write about running! Being incapacitated still, sour grapes prevent me from acknowledging the efforts of others but okay, okay here's what I gleaned from a quick ring around:

The essential feature of this weekend is that people really did their own thing. The running and walking were all over before breakfast and the remainder of the days was spent in a variety of activities – fishing and cycling as mentioned, swimming for the very brave, reading, sleeping, going on tours, bird watching and playing toy golf.

There was some attempt at organisation on Saturday. One group, including the Fordens, John Pellier, John Ferris, Brian Danby, Bob Schickert and Dave Hough circuted the island and, in spite of the water Bob Schickert had planted, found it a very tough 25+ kms. "A long, hot, hilly run, equivalent to a 20 miler," said Keith Forden with feeling.

A second group of fast runners eg John Bornholdt, Kath Penton, John Bell and Colin Leman did a solid 12kms, and the remaining runners who are too numerous to name, did approx. 10kms in small groups. The walkers, including the Whittams, the Stones, the two Jacques and Barry Thomsett set off en masse that day and did a brisk 5kms.

By Sunday we had universally opted for non-conformity. There was little evidence of the usual Sunday morning Vets organisation and splinter groups of three or four set off at various times to do odd distances. The long distance group had settled for 12kms and on the whole, this precedent was followed by others. On Monday the rain was accompanied by a collective mood of sloth and anarchy and all but the very determined stayed in bed.

As Jacque Beaumont says: "We did a lot more cycling than running, it was something different to do." The last word however, goes to Phyllis Farrell: "Rottnest is what you make of it, there's so much to do, you just choose for yourself."

Margaret Birks

1K's SET SIZZLING START TO SUMMER SEASON!

SAUSAGES weren't all that sizzled at Coker Park on the opening night of the track season. New member Tony Heppener (2:38.84) led a posse of eight runners through the magic 3 minute barrier on a notable, exciting and enjoyable start to the summer.

No fewer than 31 runners lined up for the 1 K trial - in fact, we needed two heats - and a further 16 took part in the 1K walk trial. What's more, we encouraged some of our new members into a gentle try over 100 metres, and then to go into the shot put circle for another new experience.

There was very positive feedback from all participants about this first meet. Most members said they had never had a trial over 1K before - so there were plenty of PB's chalked up!

Thanks to Joan and her team of organisers!

We're all delighted that at least a dozen competitors were either new members, or new to the summer track season. Hope you enjoyed the session! There will be plenty of variety over the next few months, and the organisers are looking for an opportunity for other tests over the 1K, as it was clearly a very popular success.

We'll be trying to organise these 1K runs at McGillivray and Coker Park, to give everyone a chance to attend, no matter where they live.

Basil Worner

1k Division 1

Tony Heppener	2:38.84
Duncan McAulay	2:48:13
John Goodman	2:50:87
Dave Reid	2:51:0)
Brian Foley	2:53:26
Peter Baxendine	2:58:74

Chris Maher	2:59:54
Bruce Wilson	3:01:45
Don Caplin	3:05:44
Wayne Pantell	3:06:94
Keith Martin	3:14:77
Arnold Jenkins	3:16:90
John Pressley	3:17:75
Brian Paxman	3:22:17
Visitor	
Mark Pressley	2:45:12
Division 2	
Vic Waters	3:07:32
Paul Woo	3:13:10
Mick Carey	3:14:84
Mick Cousins	3:15:52
Maxine Santich	3:24:26
Dennis Miller	3:25:60
John Pellier	3:27:33
Joe Wheeler	3:29:50
Robyn Bonner	3:30:45
Cecil Walkley	3:35:61
Jim Ramsey	3:43:61
Merv Jones	3:53:21
Allan Tyson	4:04:94
Noela Medcalf	4:20:29
Gordon Medcalf	4:56:22
Bruce McLennan	4:19:81

September 29, 1991

I WOULD like to thank Ernie and Merv Moyle, Garnet Morgan, Ann Turner, and Sylvia Brennan for the help on the day; also Jack Collins and Dick Hornsley for looking after the walkers.

I must apologise to some of the front runners who got to the turn before the marshal! and had to run the ten. John Molloy, Paul Woo, Maxine Santich are some that I know of. When Merv Moyle got to the turn he realised what had happened and became marshal and turned the runners! (Then he carried on and finished the 10k.)

Kirt Johnson

10k Results

Age Group

M35

Adrian Noordyk	44:48
Paul Woo	46:57
Chris Skeggs	47:12

W35

Janice Rogers	46:54
Maxine Santich	47:42

M40

John Molloy	39:25
John Brown	42:59
Lewis Arndt	46:22
John Lindsay	51:13

W40

Kath Noordyk	48:42*
Maureen Brown	53:42

1k Walk

Bruce Wilson	5:11:92
John Pellier	5:23:98
Leslie Romeo	5:29:53
Margaret Stone	5:58:44
Basil Worner	6:05:18
Allan Tyson	6:27:30
Arnold Jenkins	6:33:66
Mitch Loly	6:33:87
Jim Ramsey	6:35:98
Val Tyson	7:02:05
David Marsh	7:23:77
Cyril Wooten	7:23:77
Hilary de Souza	7:23:77

100 metres

Division 1

David Clive	12:34
Arnold Jenkins	14:99

Division 2

Jim Ramsey	16:03
David Marsh	17:11
Gordon Medcalf	18:50
Noela Medcalf	20:19

REABOLD HILL CROSS COUNTRY

M45

Dave Roberts	42:32
John Pressley	43:51
Brian Foley	45:42
John Oldfield	46:11
Barry Harwood	46:20
John Dartnall	46:34
Max Kelly	46:40

W45

Ann Shaw	44:05*
Chris Oldfield	57:29

M50

Paul Martin	43:14
Terry Foster	45:23
Mel Ovenden	46:19
Dennis Miller	46:52
Peter Airey	47:19
Richard Harris	47:53
James Ramsey	49:58
Rod Stewart	50:26
Ron Sutton	51:50
Bill Crellin	52:40
Morris Warren	68:47

W50

Esther Healy	64:04
Shella Maslen	68:47

M55

Ted Maslen	45:08
Mick Cousins	46:18
George Schaefer	49:25
David Carr	50:54
John Russell	55:35
Gorden Florance	61:41

CLIFF BOULD TROPHY

September 22, 1991

WINNER was Noela Medcalf, who joined the club this year. She has competed in Master games in swimming and athletics. On Tuesday mornings she does some speedwork with our Tuesday morning group, and has been improving steadily on the Sunday runs.

At the presentation, Dick Horsely drew attention to Cliff Bould's outstanding international performances in the early days of the veterans athletic movement.

(When this event was first held, many of our current members were teenagers. Frightening isn't it?)

Thank you to Maureen, Bev, Kirt, Vic and other helpers.

David and Patricia Carr

WALKERS

	Age Group	Clock Time	Handicap	Adjusted Time
Noela Medcalf	W55	64:00	2:15	61:45
David Hough	M55	64:18	13:15	51:03
Brian Danby	M40	64:37	21:45	42:52
Frank Usher	M65	65:14	6:00	59:14
Ron Ford	M55	65:35	9:45	55:50
Duncan McAuley*	M40	65:42	27:00	38:42
Stewart Hicks	M65	65:50	11:45	54:05
Ted Maslen	M55	65:54	23:15	42:39
David James	M35	65:58	24:00	41:58
David Reid	M40	66:02	26:15	39:47
Don Blair	M40	66:06	17:15	48:51
John Gilmour	M70	66:10	23:45	42:25
John Puglisi	M40	66:14	25:15	40:59
Rosa Davis	W45	66:15	4:30	61:45
Bob Sammells	M50	66:17	22:15	44:02
George Schaefer	M55	66:22	20:00	46:22
Brian Foley	M45	66:30	21:30	45:00
Dave Roberts	M45	66:39	25:45	40:44
Ann Turner	W55	66:47	12:45	54:02
Bob Schickert	M45	66:52	26:15	40:37
Jacki Halberg	W45	66:56	11:00	55:56
Richard Harris	M55	67:00	17:45	49:15
Ann Shaw	W40	67:08	23:30	43:38
Dalton Moffatt	M60	67:09	19:30	47:39
Rod Stewart	M50	67:11	21:00	46:11
Robert Mair	M40	67:17	26:00	41:17
Merv Jones	M50	67:25	15:45	51:40
Jean-Marie Volet	M40	67:26	15:45	51:41
Jeff Spencer	M50	67:28	17:15	50:13
Wal Welyky	M40	67:30	23:00	44:30
Mike Khan	M45	67:31	20:45	46:46
Margaret Warren	W55	67:36	8:45	58:51
Cecil Walkley	M60	67:39	16:00	51:39
Barrie Slinger	M50	67:44	19:00	48:44
Jim Barnes	M45	67:51	23:30	44:21
Sheila Maslen	W50	68:19	5:15	63:04
Mel Ovenden	M40	68:21	23:15	45:06
John Pellier	M50	68:24	15:15	53:09
Brian Paxman	M60	68:25	21:00	47:25
Garnet Morgan	M65	68:37	13:45	54:52
Janice Rogers	W35	68:40	20:30	48:10
Lewis Arndt	M40	68:41	21:30	47:11
John Bornholdt	M55	69:00	19:00	50:00
June Strachan	W65	69:35	7:15	62:20
Duncan Strachan	M65	69:37	7:15	62:22
Patrick Sheerin	M55	69:39	10:45	58:54
Gaby Ralph	W40	70:59	:30	70:29
Bill Crellin	M50	71:54	19:30	52:24
Peter Cole	M45	72:08	21:15	50:53
Cliff Bould	M70	76:19	1:45	74:34

* Fastest time

WHO'S FOR 5.2

Some went off scratch; some went later on.

some walked; some ran.

One was still listening for the gun as Ferris sprinted home.

One handed in card 31 and card 92. Three forgot their ages; one forgot his name.

Times by the four Johns are valid.

DC

John Ferris	M40	20:41
John Woolhouse	M45	23:12
John Spencer	M55	24:28
Maureen Brown	W40	26:31
Norm Miller	M55	27:00
Sandi Hodge	W45	29:26
Joan Slinger	W50	29:27
John Smith	M55	29:28
Brigitte Cheek	W35	30:28
Jill Midolo	W40	31:29
Lorna Lauchlan	W60	31:34
Joseph Brennan	W70	32:22
Mary Robinson	W50	32:23
Irene Ferris	W35	34:58
Syd Bowler	M65	34:58
Jackie Billington	W45	36:15
Ernie Moyle	M65	36:57
*Maxine Santich	W35	38:04
Pat Miller	W50	40:07
*Margery Forden	W50	40:45
*Kath Penton	W45	41:09
Valerie Tyson	W70	42:11
Lyn Schickert	W45	42:47
*Vic Waters	M45	43:01
*Alan Pomery	M60	43:19
Sue Danby	W40	44:16
Theresa Griffiths	W45	44:18
*Paul Martin	M50	46:27
Patricia Weston	W55	47:21

*(These, and possibly others, would have run off their handicap times.)

WALKERS

5k

Dick Horsley	M70	42:54
Alan Stone	M55	42:09
Barrie Thomsett	M50	37:46
Mitch Loly	M50	41:51
John Mison	M40	31:26
Egon Jankauskas	M40	32:08
Jackie Beaumont	W55	42:53
Margaret Stone	W45	37:47
Wendy Spencer	W45	44:15
Michelle Boyle	W40	38:00

Joan Pellier
(Madame La Presidente)

The end of her school life, marriage and motherhood changed all that and an expanding waistline and creeping cellulite bore evidence to a sedentary lifestyle with a weight gain of two and a half stone. By the time the Pelliers came to Australia 23 years ago, the pattern had been set for weekends of Bacardi and watching sport on the telly.

Joan's brother Jim Barnes can be held responsible for ringing the changes. He had joined the Vets, was running regularly and constantly challenged John to a race. In a rash moment of Friday night after-the-pub bravado the challenge was accepted and John's performance prompted him to become the next recruit for the club.

She vividly remembers her first run, *Batterham's Bash* at Bicton. She

could not be persuaded out of her tracksuit and, encouraged by Val Tyson and Nora Berry, half ran, half walked the 8km course until she reached Dogpound Hill, at which point she sat on the pavement hoping John would fetch her in the car. John returned on foot and coaxed her to finish the run.

From then on she ran regularly but set out to be the class clown, telling jokes, laughing and singing during the runs. She became serious about running in 1983 when she participated in setting the inaugural record for a ladies' 24 hour relay.

In 1984, they tried again and failed by 2 or 3kms to crack the new record which had been set by NSW. A year-long programme of intensive training, guided by Don Caplin, resulted in two new world records being set in 1985: for over 35 and over 40 ladies.

Joan has run four marathons, several halves, has broken state records for her age group in 1500m, 3kms, 5kms, 10kms and was within four seconds of the Australian record for 1500m in her age group. Apart from the 24 hour relays, the highlight of

her running career was the London Marathon in 1987, not because of her time (4h:28m), but because of the atmosphere. Running down Pall Mall towards Buckingham Palace amidst the cheering supporters was, she says, an overwhelming experience.

She has been a committee member, race director and is currently club president. Her favourite distances are 1500m and 3000m, she likes relays and enjoys the track when running well.

Competition is less important now but she has two ambitions: to beat John, just once, and to run a marathon with him. She once came within one second of beating him over a distance of 10kms so believes that is not an unrealistic ambition. As regards the marathon, she hopes to be in form for a joint effort in Albany in 1992.

She is grateful to John for his constant support and encouragement, and treasures his endearing comments such as, "Come on, bloody, get a move on!"

Margaret Birks

September 15, 1991

Conditions: rain and hail

THE annual Tompkins Park run took place in mixed rain and hail this year, and just 34 hardy members entered.

For the first time in some years a back marker in Duncan McCauley (off 20 minutes 45 seconds) was able to get up to win. The first lady was Lorna Lauchlan who was overall seventh. Unfortunately, somewhere in the hail, the copy of finishing times was lost, for which I apologise to all those who finished, and particularly to Sue Jones.

Thanks are due to all those who assisted and particularly to Joan Pellier, Sue Jones and Barry Thomsett.

Peter Airey



MARTIN'S PRINTING SERVICE

Specialising in Fast, Efficient Quality Printing of

- ☒ Letterheads
- ☒ Business Cards
- ☒ Invoice/Order Books
- ☒ Reports
- ☒ Pamphlets
- ☒ Envelopes
- ☒ With Compliments Slips
- ☒ Leaflets
- ☒ Catalogues
- ☒ Tickets
- ☒ Stickers
- ☒ Price Lists
- ☒ Colour Work

The M.P.S.
Promise

1. To provide competent and courteous service to all clients.
2. All printing to be ready on agreed date and time.
3. Pride in work always taken to produce printing of consistent quality.
4. That you will be cared for by our enthusiastic and friendly staff.

Compare our competitive prices

Contact our specialist staff today on

249 3458

Unit 3, 168 Cusack Road, Malaga.

USE THIS ADVERTISEMENT TO OBTAIN A 5% DISCOUNT

Position		Handicap	Position		Handicap
1	D McCauley	M40 20m 45sec	18	J Volet	M40 12m 45sec
2	J Brown	M40 18m 15sec	19	D Moffett	M60 15m 30sec
3	P McLiver	W45 13m 45sec	20	C Leman	M45 13m 0sec
4	G Schaeffer	M55 15m 15sec	21	P Cole	M45 16m 45sec
5	J Woolhouse	M45 13m 30sec	22	P Woo	M35 17m 15sec
6	F Usher	M65 4m 45sec	23	M Brown	W40 N/H
7	L Lauchlan	W60 2m 0sec	24	B Cheek	W35 N/H
8	S Hicks	M65 9m 30sec	25	M Tapper	W40 N/H
9	R Stewart	M50 16m 45sec	26	J Stone	W45 0m 0sec
10	R Mair	M40 20m 45sec	27	S Hodge	W45 9m 30sec
11	H Kirkman	M45 19m 15sec	28	P Carr	W55 1m 45sec
12	T Maslen	M55 18m 30sec	29	K Johnson	M60 12m 15sec
13	J Halberg	W45 8m 45sec	30	E Watts	W55 6m 15sec
14	M Ovenden	M50 18m 30sec	31	B Crellin	M50 15m 30sec
15	A Jenkins	M45 16m 0sec	32	E Healey	W50 5m 30sec
16	W Quarman	M35 Visitor	33	K Woollard	M40 N/H
17	M Jones	M50 12m 30sec	34	E Moyle	M65 0m 0sec



WAVAC 1991 Roadwalking Championships

ONLY five members completed the four qualifying races, but a further twelve walkers completed at least some of the events.

Plenty of good reasons for not doing the lot – injuries, colds and flu, family commitments, and in some cases not enough training.

Congratulations to John Mison (M40) and Dorothy Whittam (W50) on their respective wins, and best wishes for more success next year to the remainder.

Commiserations to Jack Collins, who would have completed all events but had a nasty fall after completing more than half of the half marathon.

Dick Horsley

Name	Age	2nd June 15k	21st July 10K	4th Aug 7.5k	1st Sep 21.1k	Total Time
John Mison	M40	1:18:10	51:36	37:51	1:57:15	4:44:52
Barry Thomsett	M50	1:39:05	1:05:55	48:13	2:21:34	5:54:47
Bob Chalmers	M50	1:42:48	1:11:32	49:59	2:36:56	6:21:15
Michelle Boyle	W40	1:41:24	1:07:15	50:16	2:32:40	6:11:35
Dorothy Whittam	W50	1:42:25	1:09:09	50:44	2:27:55	6:10:13
Eron Jankauskas	M40	1:31:06	—	42:34	2:11:55	
Peter Hill	M40	1:20:31	—	—	—	
Mitch Loly	M50	—	1:22:00	—	2:54:11	
Jeff Whittam	M55	—	—	56:52	—	
Sandy Penny	M60	1:49:25	—	—	—	
Jack Collins	M75	1:56:46	1:19:33	1:00:57	—	
Dick Horsley	M75	—	1:16:14	56:52	—	
David James	M35	—	—	1:01:02	—	
Joy Sanger	W40	—	1:19:33	—	—	
Wendy Spencer	W45	—	—	58:25	—	
Jacqui Beaumont	W50	1:51:04	1:15:44	—	—	
Lorna Lauchlan	W60	—	—	55:25	—	

W55

Margaret Warren	62:19
Ann Turner	54:25

* Course record

M60	
Robin Bonner	46:32
Dalton Moffatt	47:17
Frank McLinden	47:27
Stan Lockwood	48:16
Cecil Walkley	52:28
Merv Moyle	68:45

REABOLD HILL — concludes

M65	
Syd Bowler	71:15
5k Run	
M70	
Joseph Brennan	35:24
W55	
Noela Medcalf	38:42
Pat Carr	39:22

JOIN IN THE HANDICAP WALK!

JACK Collins is presenting a trophy to the winner of the 10k Walk Handicap to be held at Coker Park on December 1 – as in your race programme. Walkers of all levels of ability are urged to join and support this event.

Lap scorers will be greatly welcomed. Jack is a really enthusiastic club member, so let's give him as much support as possible with this one!

Barry Thomsett

End of the City to Surf – and that jogger will never catch the two Jacks now! Jacqui Beaumont and Jack Collins were in great form. Now, join them at Coker Park, on December 2.

Conditions: Fine & cool

108 runners and 7 walkers took part in our inaugural Mt Eliza run. It's a lovely time of year to be visiting Kings Park, and we hope all participants managed a fleeting glance at the abundant wildflowers.

Shorty got his exercise for the day cycling round the park, frantically replacing flags and markers removed by merry makers during the night: he only just got back in time to start the run off.

John west was the first man home in the 10k run, and Janice Rogers was the first woman. First in the 5k run were John Ferris and Maxine Santich.

There were six walkers in the 5k walk, with Barry Thomsett and Val

10k RUN		
1 J. West	M40	35:43
2 D. Reid	M40	35:59
3 W. Crowley	M35	36:32
4 B. Thomson	M40	37:19
5. K. Post	M35	37:52
6 D. Roberts	M45	38:02
7 D. James	M35	38:09
8 P. Sanders	M45	38:10
9 M. Smith	M55	39:23
10 P. Martin	M50	40:15
1 B. Danby	M40	40:38
12 B. Foley	M45	40:58
13 B. Power	M45	41:00
14 D. Miller	M50	41:02
15 P. Hill	M40	41:06
16 F. McLinden	M60	41:12
17 A. Noordyk	M35	41:32
18 L. Arndt	M40	41:37
19 J. Oldfield	M45	41:42
20 J. Rogers	W35	41:56
21 J. Greenfield	M45	42:04
22 J. Pellier	M50	42:32
23 M. Rhodes	M45	42:32
24 B. Samuels	M50	42:37
25 C. Leman	M45	43:08
26 R. Stewart	M50	43:13
27 P. Airey	M55	43:30
28 D. Blom	M55	43:38
29 D. Moffett	M60	44:12
30 L. Harrop	W35	44:17

MOUNT ELIZA RUN

October 6, 1991

Tyson finishing first. Egon Jankauskas was the sole 10k walker.

We would like to thank our many helpers for their support — we have discovered that directing a race is not the piece of cake we thought it would be! And thanks to the sausage sizzlers, who worked valiantly at the barbecues.

Ann and Shorty Turner

P.S. Runner 94, where are you? We have a time for you, but no name.

31 C. Skeggs	M35	44:25
32 K. Noordyk	W40	44:40
33 A. Jenkins	M45	44:41
34 S. Lockwood	M60	44:45
35 J. Bornholdt	M55	45:41
36 J. Woolhouse	M45	46:11
37 B. Crellin	M50	47:14
38 R. Harris	M50	47:48
39 R. Sutton	M50	48:29
40 J. Spencer	M50	48:29
41 M. Jones	M50	49:10
42 V. Waters	M45	49:11
43 J. Volet	M40	50:00
44 M. Moyle	M60	50:32
45 D. Hough	M55	50:37
46 R. Peters	M55	50:37
47 G. Peet	M55	51:02
48 ?	?	51:08
49 J. Russell	M55	51:27
50 P. Wiltshire	W45	51:29
51 J. Halberg	W45	52:14
52 R. Lawrence	M60	52:46
53 K. Johnson	M60	52:46
54 S. Hodge	W45	53:22
55 A. Leggett	M70	53:48
56 C. Oldfield	W45	54:12
57 D. Hall	M40	54:46
58 I. Wiltshire	M50	54:49
59 M. Warren	W55	55:16
60 P. Miller	W50	56:01
61 F. Usher	M65	56:12

62 J. Smith	M55	58:21
63 B. Cheek	W35	59:26
64 R. Ford	M55	1:00:39
65 L. Lauchlan	W60	1:00:55
66 I. Ferris	W35	1:02:21
67 J. Midolo	W40	1:03:56
68 S. Bowler	M65	1:04:11

5k RUN

1 J. Ferris	M40	18:53
2 H. Kirkman	M45	19:46
3 M. Santich	W35	20:44
4 P. Woo	M35	20:45
5 F. Smith	M45	20:49
6 G. Neale	M40	22:01
7 E. Mercer	W45	22:23
8 M. Forden	W50	22:24
9 R. Raymen	M45	22:30
10 B. Hardy	M45	22:34
11 K. Forden	M50	23:44
12 G. Morgan	M65	24:29
13 J. Johnson	W45	26:10
14 A. Tyson	M65	27:18
15 N. Medcalf	W55	27:24
16 N. Miller	M55	28:15
17 E. Healey	W50	28:21
18 B. Worner	M60	28:2
19 J. Brennan	M70	28:51
20 P. Carr	W55	29:30
21 C. Holland	W35	29:32
22 V. Beaumont	M60	30:19
23 G. Ralph	W40	30:20
24 D. Whittam	W55	30:40
25 H. Post	W35	31:09
26 G. Medcalf	M60	32:12
27 C. Bould	M65	32:34
28 J. Stone	W45	33:48
29 J. Hill	W40	34:41
30 E. Moyle	M65	37:59

5k WALK

1 B. Thomsett	M50	33:54
2 M. Loly	M50	38:38
3 V. Tyson	W70	39:11
4 J. Whittam	M55	39:12
5 W. Spencer	W45	39:15
6 J. Beaumont	W55	39:16

10k WALK

E. Jankauskas	M40	56:46
---------------	-----	-------

Brian Foley explains our position and input to the recently completed review of athletics in WA.

* recommendations of financial implications.

There were nine members on the review group, representing the AAWA, Little Athletics, coaches, WAIS, government and industry.

The Vets made submission, in writing, explaining our organisation. The Marathon club met the group to give its position.

The group made ten recommendations, and these were discussed at an open forum in mid-October. These

recommendations are listed below, and I put our club's position regarding the first two items dealing with organisation.

Basically, we agree with the need for a re-organisation and we will help the administration wherever possible, due to our wealth of experience in athletics. However, we are an independent club and financially secure. We would not join in a system whereby we would lose our independence: nor would we contribute financially to a major bureau- ➤

Notice Board

A NEW HANDICAPPER IS REQUIRED

A new volunteer is needed to take over the post of handicapper. Mike Rhodes is relinquishing the job, and the club needs to arrange his replacement as soon as possible, to ensure a smooth handover.

Mike uses a computer system for the task, and if the same system is to be kept up, the new handicapper should be someone familiar with computer operation. Obviously, your own computer (or access to one) would be useful.

The machine needs to be an IBM 286 (or equivalent) with 1 megabyte of memory. Experience with spreadsheets would be useful too, according to Mike. (Don't ask me, I thought spreadsheets went under a tent.)

Finally, someone quick on the keyboard would find the job easiest. Once the programme is set up, the main task is inputting all the results of our Sunday runs, and walks.

NEWS FROM QUEENSLAND IN OUR NEXT ISSUE

David Carr has returned with a lot of important national Vets news, and a report on the Masters' Games organisation. All in issue 228.

NEW MEMBERS

Welcome to

Bill Crane
Bruce C. McLennan
Bill Meharry
Bob Harrison
Tony Heppener

SAVIN v MONAGHETTI

— no contest!

TOM Savin upheld the Vets' honour most notably in the 5K fun run from Burswood, organised to highlight Steve Monaghetti's recent visit to Perth. Unfortunately, nobody told Steve that Tom wanted a hard one that day. Tom was cheered through, on his way to a typically fast sub — 19 mins victory by some club members hoping to see the great Mona. in real action.

Steve jogged through, chatting to some admirers, some two or three minutes after Tom.

LET THERE BE LIGHTS

Lighting up Coker Park is still under discussion. Nothing is firm yet, but there is a strong possibility that some lighting will eventually be provided.

RESULTS BOOK

AAWA's *Records and Results 1990-91 Handbook* is now available, from that organisations office. Price \$2.00 per copy.

Letter to the Editor

Dear Vic

The Elixir of Youth and enhanced performance is akin to the athletes' Holy Grail. The eternal quest to find a substance that will augment human endurance has a long history receding into the mists of mythology.

Greek athletes swore by special waters from sacred fountains whilst South American Indians used to chew the coco leaf (which we now know is raw cocaine.)

Vitamin C, thiamine, vitamin E, dextrose, fructose and other low molecular weight sugars have all enjoyed popularity but have faded away as they gradually lost the suggestion and magic of the newest placebo. How many Vets recall 10 years ago when we were told drinking beer helps run a marathon? We now know it actually increases water loss

The Vetrunk

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

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

Phone: (W) 389 8422
(H) 341 3464
FAX: 389 8458

DEADLINE for next issue — Nov 17

Patron: W.J. (Bill) Hughes

President: Joan Pellier
459 7782

Secretary: Brian Foley
339 2716

Treasurer: Bill Crellin
448 2924

LIBRARY

OUR library's collection of magazines is becoming a little dated, and we'd welcome contributions. Recent magazines, and books too, could be brought along to any of the Sunday runs and passed to a committee member.

through the kidneys!

The latest fad dressed up in the jargon of biochemistry and marketed with commercial overtones is a product called K28, which is said to enhance the 'Krebs Cycle'.

In the interests of our standards I really believe that we should regard this product as yet another unproven substance and wait five years, so with the knowledge of hindsight we may then judge whether it is useful or valid.

Finally, we may one day be faced with answering the question whether a substance we take to assist our running endeavours is a drug, a stimulant or simply an innocuous placebo with a fancy name. I for one do not wish to be involved in such rhetoric.

John Spencer

ATHLETICS REVIEW

THE Athletics Association asked the Government to review the fragmented and poorly co-ordinated state of athletics in WA.

Early in 1991 the Minister for Sport set up a special review group with terms of reference to address the following:

* description of current state of the sport; * identification of needs, strengths and weaknesses; * recommendations on future directions/priorities; * recommendations on organisations' structure;

Our Wellness column this month is drawn from *Food and Sport*, a bulletin issued by the Confectionery Manufacturers of Australia Ltd, containing articles by experts in medicine, nutrition and sports physiology. Comments by one of our own doctors, modestly pen-named Hooroo, follow each piece.

Cramping Your Style

Muscle cramps. We've all had them, that excruciating knot of painful involuntary muscle spasm that can stop you dead in your tracks. Cramp occurs commonly in the calf muscle but what causes it and is there a simple solution?

The most common causes of cramps are dehydration, over-exertion or a poor blood supply to the muscle, with dehydration being the number one cause. In warm weather it is easy for the body to lose 1.0 to 2.0 kg of sweat in an hour and quickly become dehydrated. Large fluid losses can occur before the body signals it is thirsty. By then it can be difficult to catch up on fluid losses without stopping.

What is the cure?

Water is the best treatment for muscle cramps simply because dehydration seems to be a major cause. Until lost fluids are replaced, the cramp problem is likely to remain. This underlies the value of drinking fluids regularly before and during exercise. Small, frequent drinks of water appear to be the most effective way of getting maximum fluids into the body.

Stretching the cramped muscle is the best method of reducing the acute pain. To relieve a calf muscle cramp, grab the toes and ball of the foot and pull towards the kneecap.

What doesn't work?

A common proposed remedy is salt tablets. Salt tablets won't help - in fact, they can be harmful. Salt in the stomach sucks water from the blood stream causing further dehydration. Cramps aren't caused by too little salt in the diet. In fact, the Australian diet has about 15 times more salt than we need.

THE WELLNESS COLUMN

Bananas, prescribed by some for their potassium content, are not the medicine for cramps. Bananas would take too long for the body to digest during exercise to provide any immediate help.

Although there is a lot more we need to know about the cramp, adequate fluids and proper training will go a long way to avoiding a surprise attack.

Reference:

The Physician & Sports Medicine, 1986, 14 (2) 192

The Physician & Sports Medicine 1989, 17 (9) 173-8

Hooroo comments:

Salt - in summer, with a lot of sweating, I think it may be OK to use the saltcellar mildly.

SPORTS NUTRITION CONSENSUS STATEMENT

Sportsmen and women are becoming extremely interested in the effect of diet on their sports performance. It is now recognised that the proper diet can make a huge difference to sporting achievements. The International Consensus Conference on Foods, Nutrition and Sports Performance was held in February 1991 in Lausanne, Switzerland under the patronage of the Medical Commission of the International Olympic Committee. Following are excerpts from the Final Consensus Statement. All topics will be discussed in future issues of F&SB.

Carbohydrates

Consensus Statement: "Diet significantly influences athletic performance. An adequate diet, in terms of quality and quantity, before, during and after training and competition, will maximise performance. In the optimum diet for most sports, carbohydrates are likely to contribute about 60-70 per cent of total energy intake and protein about 12 per cent with the remainder coming from fat."

F&SB Comment: For most athletes this will mean eating more carbohydrates while choosing low-fat foods, eg, more bread and less margarine.

Fluids

Consensus Statement: "Increased fluid intake is necessary to avoid dehydration. It may improve performance during prolonged exercise, especially when sweat loss is high. These fluids may contain some carbohydrate, the concentration of which will be dictated by both duration of exercise and climatic conditions. If exercise is of short duration and sweat losses are small, the replacement of salts can be achieved from a normal food intake after exercise."

F&SB Comment: In Australia, drinking fluids is crucial to performing well. In fact, a common cause of a poor performance is dehydration.

Protein

Consensus Statement: "Protein requirements are higher in individuals involved in physical training programs than in inactive people. Most athletes already consume sufficient protein, however, as a consequence of their increased energy intakes."

F&SB Comment: Most Australians eat about twice the amount of protein they need. Even vegetarians easily get enough protein. Protein powders are hardly ever needed by an athlete.

Vitamins

Consensus Statement: "Vitamin supplements are not necessary for athletes eating a diet adequate in respect of quality and quantity. Of the minerals and trace elements essential for health, particular attention should be paid to iron and calcium status in those individuals who may be at risk."

F&SB Comment: There is a lot of fluorescent high-vitamin wee being passed.

Supplements

Consensus Statement: "There is no good evidence to support the use of other nutritional supplements, including those commonly assumed by athletes to have ergogenic effects."

F&SB Comment: Many athletes are spending a lot of money on biscuits, skim milk powder, sugar and egg powder dressed up as a wonder performance enhancing supplement. See future issues where we lift the lid on the common rip-offs.

Hooroo comments:

Fluids - I agree with drinking before, drinking during, and drinking after running. I hope that drinks with calories and electrolytes, such as Exceed, are available for all marathons in this state. These views expressed on fluids are, I know, diametrically opposed to those of Barrie Slinger, and I do have considerable respect for his attitude on this.

Conditions: fine and hot

SUE and Merv Jones went to a lot of effort in preparing this course - to the extent of a 3:30am breakfast on the day. This allowed them to be in the park in total darkness, sweeping up leaves, spraying air-freshener, and generally making the place nice for the 100-plus participants. Sue is a real stickler for detail - she even remembered margarine for the snagger rolls.

Merv refused to write a report however, so we'll thank all the helpers on the Jones' behalf. Special thanks to Wendy and Jeff Spencer, who were also prowling around from first light.

As competitors remember all too well, the combination of record temperatures for this part of October, and that last, one kilometre sand-hill, was horrific. Such conditions were worth a couple of minutes on the runners' times, according to experienced Vets polled after the championships.

Quote of the day:

"I knew I wouldn't go under 40 minutes in that temperature," said Dave Roberts (who ran 40:50).

"Want a sausage roll, Dave?"

"No, better not. I've got to get down to the Pagoda now to run the last leg of the Port to Court."

Vic Waters

AGE GROUP RESULTS

W35	O'ALL PLACE
Carol Broderick	50:50 47
Brigitte Cheek	65:31 77
W40	
Roma Bettles	64:27 76
Jill Midolo	69:54 86
W45	
Pauline Wiltshire	56:14 63
Jackie Halberg	56:31 64
Sandi Hodge	60:23 69
Phyllis Farrell	68:31 84

Athletics Review

continues

cratic organisation within which there was no benefit to our club.

We also expressed concern at the possibility of losing members if our club was not able to compete with the AAWA due to the reduction of club numbers.

Some of the recommendations:

1. A new independent structure be formed to run athletics in Western Australia. The body should be known as the Western Australian athletics Federation, with a board of up to five members who are ap-

10K Cross Country Championships Kings Park

October 13, 1991

W50		
Margery Forden*	48:49	40
Sheila Maslen	63:18	73
Ann Deanus	69:27	84
Mary Robinson	77:50	87
W55		
Ann Turner	56:11	62
Margaret Warren	60:04	68
Elza Watts	68:31	83
W60		
Lorna Lauchlan	68:05	81
M35		
Paul Hughes	39:16	3
Wayne Robinson	39:35	4
David James	44:30	21
Paul Woo	46:34	31
M40		
John Ferris	41:10	9
Bob Thompson	41:47	10
Brian Danby	42:05	11
John Brown	42:19	12
Robert Mair	42:28	13
Peter Hill	45:01	25
Jean-Marie Volet	53:11	57
Dave Hall	59:50	67
M45		
Tom Savin**	37:39	1
Bob Schickert	39:45	5
Jim Klinge	40:03	6
Dave Roberts	40:50	7
John Bell	42:53	16
Frank Smith	42:58	17
Vic Waters	44:51	24
Barry Harwood	47:00	32
Jim Greenfield	47:19	34
John Woolhouse	47:53	35
Ken Brownlie	49:08	42
Mike Rhodes	51:16	48
Peter Cole	51:17	49
Barry Munyard	51:57	50
Bryan Hardy	52:17	52
Arnold Jenkins	52:37	53
M50		
Paul Martin	42:36	15
Rod Stewart	43:12	19

Don Caplin	44:08	20
Bob sammells	44:35	23
James Ramsey	48:43	38
Graham Thornton	48:48	39
Fraser Deanus	49:34	44
Ron Sutton	51:57	51
Bill Crellin	52:51	54
Ivan Wiltshire	60:53	70
Robert Farrell	65:35	78
M55		
George Schaefer	46:30	30
Ted Maslen	47:13	33
John Bornholdt	49:25	43
John Spencer	50:22	46
David Hough	54:26	58
John Smith	55:43	60
John Russell	56:02	61
Ron Ford	63:57	74
Gordon Florance	66:00	79
Patrick Sheerin	66:04	80
M60		
Frank McLinden	44:32	22
Robin Bonner	45:28	27
Stan Lockwood	48:08	37
Alan Pomery	48:52	41
Basil Worner	52:54	55
Kirt Johnson	57:17	65
Ray Lawrence	61:28	71
M65		
Frank Usher	61:36	72
Syd Bowler	71:50	88
M70		
Joe Brennan	68:20	82
* Womens fastest.	** Mens fastest.	
5k ROADWALK		
1 Egon Jankauskas	M40	28:06
2 B. Weatherburn	M45	32:37
3 Barrie Thomsett	M50	34:31
4 Michelle Boyle	W40	34:46
5 Rob Chalmers	M50	34:46
6 C. Chalmers	Vis	36:57
7 Mitch Loly	M50	37:24
8 Ernie Moyle	M65	37:59
9 Cathrin Holland	W35	37:59
10 Dick Horsley	M75	40:15
11 Jeff Whittam	M55	40:15
12 Jane Robley	W30	41:04
Three people chose to run the 5k walk course		
Tony Frank	W45	33:42
Cliff Bould	M75	34:31
Judi Hill	W40	37:15

athletes.

5. The number of Senior Metropolitan Clubs be reduced to between six and eight.

7. Secure the Perry Lakes Stadium complex for the future use of athletics.

8. Installation of floodlights at Perry Lakes Stadium.

9. Purchase of photo finish timing equipment to proceed without delay.

10. Negotiate with the component bodies of athletics to relocate together in an 'Athletics House'.