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A VERY HAPPY BIRTHDAY TO OUR 'OCTOBER' MEMBERS

01-10-36	AIREY Peter	55 becomes M55	15-10-39	STEWART Maureen	52 remains W50
01-10-52	POST Ken	39 remains M35	15-10-44	TOUSSAINT Serge	47 remains M45
05-10-36	COUSINS Michael	68 remains M65	17-10-44	ROMEO Lesley	47 remains W45
06-10-24	MORGAN Garnet	67 remains M65	18-10-33	SCHICKERT Lynne	50 becomes W50
08-10-48	THORNTON Graham	51 remains M50	19-10-33	PEET George	58 remains M55
10-10-46	KLINGE Jim	45 becomes M45	22-10-39	PELLIER John	52 remains M50
13-10-44	FARRELL Phyllis	47 remains M45	23-10-26	PENNY Sandy	65 becomes M65
13-10-45	SAVIN Tom	46 remains M45	24-10-39	POMERY Maureen	52 remains W50
15-10-14	BAUMANN Carlo	77 remains M75	26-10-41	SCHICKERT Robert	50 becomes M50
15-10-56	CROCKART Heather	35 becomes W35	27-10-42	ROBERTS David	49 remains M45



The Vetrunk



No. 227 SEPTEMBER 1991

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

It's Time to Try that 1k Time!

TRACK and field begins with a bang next month - or, we hope it will!

You could be there to light the fuse - on Wednesday October 16, 5.30pm, at Coker Park. That's the place to try for your best K, and perhaps you'll find, as many Vets have, that the track can be fun.

Even if our Sunday runs are your only experience of athletics, there'll still be a warm welcome at the Wednesday night meetings. The competition isn't intense. Races are graded by ability, and generally

you'll find yourself running with someone of your own standards.

And, who knows, you may find an unsuspected talent for the jumping and throwing. Full details of the coming meetings are on page 11.

Don't be confused by the 'points competition'. All events are open to all members, it's just that some score points, totalled through the season to give us our T&F champion.

Don't forget - this is a great chance to test that one K time on a first-class running surface. Help us make October 16 the biggest T&F night ever!

Back in triumph, WA's British Games medallists are Alan Stone, Margaret Stone, Cliff Bould (all silver) and Golden girl Val Tyson, who gets younger every time she's in Vetrunk!

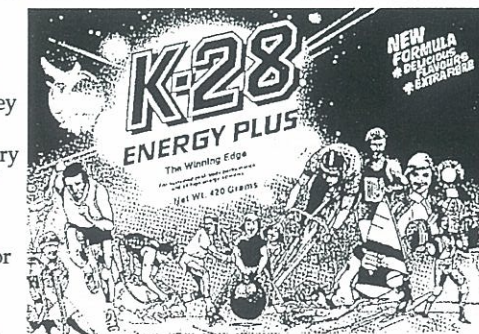


"I've got the winning edge!"

Says John Lewis, winner of the Perth to Albany Marathon and runner in the Sydney to Melbourne Ultra Marathon. As does Euan Robertson, winner of the cross country and steeplechase events in the Veterans' Athletic Championships in Auckland.

These are just two athletes that use K28 for peak performance, explosive power, stamina and sustained energy. K28 is scientifically balanced and based on the Nobel Prize winning 'Energy Cycle' by Professor Hans Krebs.

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**SAUSAGES
WILL SIZZLE!**

**Oct 16 - after
the 1k trials**

Conditions: great for mussels

THE 1991 'Mussel Pool Muster' turned out to be just that – our top runners became well and truly mixed up with a real cattle muster! Full marks to Walter Quarman (M35) and Tom Savin (M45) for battling on and running brilliantly to score first and second. Maxine Santich, in a desperate hurry to get to the Eagles match, was first lady in with a smart 46:0 mins, followed by Peg Macliver in 47:49 – another swift run in the conditions.

In the 5k run, Peter Airey (22:58) was first man in and Jan Johnson (27:05) showed that she is becoming quite attached to the longer runs!

I failed!

At this stage I have to strike my breast in contrition – I failed to read out the results of the walk. My fault entirely and caused by two very wet pages stuck together (the 'pages' were not from the Court of King Canute, either).

Wet joke – you had to be there, watching Basil slowly sink in the west, to wring full value from it. Ed.

I'm sorry I missed acknowledging that John Mison completed 10k in 55:37, having gone through the official 5k with Egon Jankauskas in 29:30. The first lady was Margaret Boyle in a very creditable 32:18 and it was pleasing to see that we had a record number of 16 walkers this year. Well done, and thanks to Barry Thomsett for his work in organising the walk.

In fact, the numbers all round were

MUSSEL POOL MUSTER

September 8, 1991

high this year especially when the gods of cross country runs started to weep before we even got under way, and I believe there was a bit of water in unexpected parts of the course!

Many thanks to the army of helpers: Kirt Johnson, Rob Mair, Margaret Birks, Jackie Billington (the recorder who stood in the rain with umbrella and soggy note pad!), Sue Jones and Pat Savin (who should qualify as civil engineers after their efforts in erecting a temporary shelter!), the indefatigable flag-gathering Ernie Moyle, Garnet Morgan, Vic Waters, Joan Pellier, the Great Unflappable (Leo Hassam) and, of course, Kath the Drink Waiter, serving local water to both the Vets and a flock from the Midland Athletic Club. (There is a rumour rampant that she deliberately interchanged the 6k and 7k markers to lull you into a false sense of security!)

Apart from the exceptionally fast runs by Walter and Tom, it was pleasing to see the performances of some of the 'more senior' brigade such as Arthur Leggett (on his 73rd birthday!), Joe Brennan (who didn't really intend to run 10k but did – well done Joe!), Ray Lawrence, Kirt Johnson, Dalton Moffett (a nifty 45:53) and the indomitable Lorna –

having her 'longest for a long time'!

And talking about 'longest runs', congratulations to Ken Murphy for his 'personal longest'! What a day to pick!

It is not a day usually favoured by the ladies, so these were good runs by Peg Macliver, Pauline Wiltshire (celebrating her second anniversary with the club), Pat Miller and Jackie Halberg as well as Sandi Hodge and Sheila Maslen, both of whom slipped under the 60 mins barrier. The 'W45' group was exceptionally well represented also with Jackie Halberg, Phyllis Farrell, Chris Oldfield, Rosemary Maddox and Rosa Davis (who was not far behind Ron and Pat Miller, also well within sight of Norm, keeping him honest too! Jill Midolo was also outstanding in completing her longest run for a long time! What happened to John Bornholdt?

Come in, John!

We saw him start but we don't have his finishing number – maybe he's still out there! And what about Jeff Spencer – he finished the course, did it again (supposedly to collect the shirt he had left at the drink station) and still went home without it!

Amongst the visitors, it was a pleasure to see our old friend Bob Harrison and also hope we see more of well-known distance runner, Alan Thurlow.

All in all, it was a day of incidents – we hope you didn't notice the worst ones! Thank you all for your patience and generous support.

Basil Worner

Conditions: good

OUR eleventh running had great weather, the biggest field ever, and a guest runner – me!

Tom Savin set a race record for this course (and there were eight more age group records established.) It was all followed by morning tea – another great day, and thanks to all the helpers in the kitchen, and on the run. All come again next year – the way Hepburn Heights is to and fro-ing, the course will be the same. Try for these age group records!

Brian Danby

Results – 5.5k

1	Michael Cousins	M55	21:02
2	John Molloy	M40	21:03
3	Robert Raymew	M45	21:29
4	David Carr	M55	21:54
5	Mel Ovendon	M50	22:35
6	Richard Harris	M50	24:15
7	Barry Harwood	M45	24:24
8	Paul Woo	M35	27:14

Mussel Pool rounds-up

Alan Barr	45:04
Vincent Carrero	45:44
Ron Hillis	51:16
Danielle Jenkins	56:57
Ron Race	65:13
Beryl Race	65:13

5k Run

Peter Airey	22:58
Mal Ovenden	23:50
Jan Johnson	27:05
Jeff May	27:09
Roma Bettles	28:37
Joan Slinger	31:25
Esther Healey	33:16
Pat Carr	33:55
Mary Robinson	35:23
Margaret Warren	37:13
Ray Barnett	37:17
Debbie Fraser	38:10
Ernie Moyle	41:03

Visitors

Andrew Williamson	20:48
David Castelehow	22:36
Lisa Muir	23:45
Ash Barnett	35:25

Walk 5k

John Mison	M40	29:30
Egon Jankauskas	M40	29:30
Margaret Boyle	W40	32:18
Bob Chalmers	M50	32:57
Dorothy Whittam	W55	35:23
Mitch Loly	M50	35:38
Jeff Whittam	M55	36:50
P Kelly	W40	36:50
Dick Horsley	M75	37:10
Judy Hill	W40	37:42
Pam Foster		37:42
J Murphy	W50	48:00
J Hillis	W45	48:00
R Daly	W45	48:00
T Griffith	W45	48:00

42	Arthur Leggett	M70	56:57
43	Pat Miller	W50	57:03
44	Jackie Halberg	W45	57:04
45	Chris Oldfield	W45	58:35
46	Rob Davis	M50	58:46
47	Rob Farrell	M50	59:24
48	Sandi Hodge	W45	59:33
49	Sheila Maslen	W50	59:44
50	Maurice Warren	M50	60:21
51	Rosemary Maddox	W45	60:56
52	Rosa Davis	W45	61:24
53	Brigitte Cheek	W35	62:36
54	Phyllis Farrell	W45	62:37
55	Lorna Lauchlan	W60	64:21
56	Jill Midolo	W40	64:51
57	Joe Brennan	M70	67:53
58	Ron Spencer	M50	68:12
59	Ken Murphy	M50	69:41

Visitors

Leroy Thomas	39:02
Alan Thurlow	39:05
Bob Harrison	41:35

DANBY'S RUN

August 18, 1991

COURSE RECORDS

M35	Wayne Robinson	41:14	1991
M40	Tom Savin	39:49	1991
M45	Bob Schickert	41:47	1991
M50	Don Caplin	45:44	1991
M60	Robin Bonner	46:16	1991
M65	Frank Usher	73:16	1990
W35	Isabel Tasker	59:15	1991
W45	Peggy Macliver	52:18	1991
W40	Kath Noordyk	54:40	1991
W50	Margaret Robinson	53:09	1991

9	David Hall	M40	28:52
10	Kirk Johnson	M60	29:04
11	Ray Lawrence	M60	29:05
12	Keith Forden	M50	30:27
13	Robert Farrell	M50	30:50
14	Chris Mills-Visitor	M35	31:21
15	Sandy Hodge	W45	31:27
16	Gordon Florance	M55	32:07
17	Esther Healey	W50	32:43
18	Phyllis Farrell	W45	33:17
19	Brigitte Cheek-Visitor	W35	33:50
20	Lorna Lauchlan	W60	34:34
21	Jill Midolo	W40	34:34
22	Pat Carr	W55	34:51
23	Nola Medcalf	W55	34:52
24	Mary Robinson	W50	35:54
25	Joan Pellier	W50	40:28

Visitors

Jeff May	28:52
Tiffany Wiltshire	32:48
Lynda Harwood	37:01
Lee Holliday	37:02

Walk

1	Egon Jankauskas	M40	33:00
2	Michelle Boyle	W40	34:44
3	D Whittam	W55	

3 Laps

Jo Stove	W45	71:11
Jackie Beriman	W50	71:11
Jack Collins	M75	71:11
Mitch Loly	(No time)	

11.6k

1	Tom Savin	M45	39:49
2	Wayne Robinson	M35	41:14
3	Wally Crawley	M35	41:42
4	Bob Schickert	M45	41:47
5	Chris Marr	M35	41:58
6	John Ferris	M40	42:40
7	Dave Roberts	M45	42:55

8	Bob Thomson	M40	43:12
9	Ian Colquhoun	M35	44:26
10	Geoff Lloyd	M40	44:45
11	Don Caplin	M50	45:44
12	Jim Barnes	M45	45:45
13	Robin Bonner	M60	46:16
14	Brian Danby	M40	46:25
15	David Jones	M35	46:49
16	Mike Kahn	M45	46:56
17	Bob Sammells	M50	46:59
18	Dennis Miller	M50	47:05
19	Terry Foster	M45	47:16
20	Jim Greenfield	M45	48:03
21	John Pellier	M50	48:44
22	Barrie Kernaghan	M50	48:49
23	Rod Stewart	M50	48:50
24	Paul Wighton	M35	48:54
25	Warren Gee	M40	49:39
26	Arnold Jenkins	M40	49:45
27	John Tyrrell	M40	49:47
28	Dalton Moffett	M60	50:00
29	Morris Johnston	M50	50:21
30	Adrian Noordyk	M35	50:28
31	Peter Airey	M50	50:32
32	George Schaefer	M55	50:33
33	Byrne Jones	M60	50:39
34	Pat Guiton	M55	51:01
35	Ron Potter	M50	51:02
36	Stan Lockwood	M60	51:22
37	John Bornholdt	M55	51:56
38	Bryan Paxmam	M60	51:58
39	Peggy Macliver	W45	52:18
40	Noel Purves	M60	52:42
41	Margaret Robinson	W50	53:09
42	Ron Sutton	M50	53:09
43	Cecil Walkey	M60	53:24
44	Jeff Spencer	M50	53:42
45	Don Blair	M40	53:43
46	Marge Forden	W50	54:40
47	Morris Warren	M55	54:40
48	Kath Noordyk	W40	54:40
49	Merv Jones	M50	55:36
50	Pauline Wiltshire	W45	58:15
51	Isabel Tasker	W35	59:15
52	Ann Turner	W55	1:00:23
53	Roma Bettles	W40	1:00:41
54	John Russell	M55	1:02:12
55	Ivan Wiltshire	M50	1:02:45
56	Frank Usher	M65	1:03:41
57	Norm Miller	M55	1:03:44
58	Pat Miller	W50	1:06:43
59	Margaret Warren		1:06:44
60	Irene Ferris		1:07:40

Visitors

1	Doug Goodwin	M30	40:23
2	Walter Quarman	M30	40:34
3	Robin Waters	M40	40:13
4	Gavin Mair	M30	41:32
5	Paul Reardon	M35	43:06
6	Fran Simmons	M30	46:30
7	V Corretora	M45	49:33
9	Joe Yates		52:22

RESULTS

10K

1	Walter Quarman	M35	37:19
2	Tom Savin	M45	37:19
3	Wayne Robinson	M35	38:30
4	Wally Crowley	M35	38:36
5	Bob Schickert	M45	39:18
6	David Muir	M45	39:55
7	David Jones	M35	41:49
8	Brian Foley	M45	42:29
9	Don Caplin	M50	42:48
10	Peter Hill	M40	43:20
11	Tery Foster	M50	43:21
12	Bob Sammells	M50	43:24
13	John Pellier	M50	43:37
14	Rod Stewart	M50	43:55
15	Brian Power	M45	44:02
16	Vic Waters	M45	44:13
17	Max Kelly	M45	45:18
18	Paul Woo	M35	45:23
19	Dalton Moffett	M60	45:53

20	Arnold Jenkins	M45	45:56
21	Maxine Santich	W35	46:00
22	Jim Greenfield	M45	46:03
23	George Maddox	M45	46:17
24	Chris Skeggs	M35	46:39
25	James Ramsey	M50	46:55
26	Peg Macliver	W45	47:49
27	David Carr	M55	47:54
28	Brian Danby	M40	49:19
29	Barrie Slinger	M50	49:56
30	Bill Crellin	M50	51:43
31	John Oldfield	M45	51:46
32	Merv Jones	M50	53:08
33	Jeff Spencer	M50	53:09
34	Ray Lawrence	M60	53:36
35	George Peet	M55	53:36
36	Pauline Wiltshire	W45	53:57
37	Ivan Wiltshire	M50	54:06
38	David Hough	M55	54:15
39	John Russell	M55	54:49
40	Kirt Johnson	M60	54:49
41	Norm Miller	M55	55:41

CLUB HALF-MARATHON CHAMPIONSHIPS

McCallum Park
1 September, 1991

Conditions: good

COOL, crisp and misty conditions faced the walkers at 07.30 hours when their event started. The sun soon broke through and conditions generally were excellent.

Our walkers provided us with more good performances over this testing distance. John Mison and Michelle Boyle just missed their Championship records (CRs) but Barrie Thomsett improved his and Dorothy Whittam took seven minutes off her PB.

Spare a thought for Jack Collins. Jack will be 80 in December and would have walked close to his M75 CR. He went through 11K in 86 minutes but tripped and fell heavily near 12K. He continued for another kilometre before severe hip pain forced his withdrawal. Jacqui Beaumont and Jo Stone unselfishly pulled out of the event to help him back to the start, where Basil Worner rendered first aid.

The runners set off at 08.00 hrs in similarly fine conditions.

It was great to see Hank Stoffers, up from Bunbury, in the field. For those who know Hank (M45 Marathon Silver medallist, World Veterans Games, 1987) another fine run could have been expected. Unfortunately, a persistent calf injury led to his having to withdraw after only two kilometres.

There were some good runs by the men with Mick Cousins and David Carr, in particular, both beating the six years old M55 record (shades of Mike Powell and Carl Lewis). And look at those M60 times. We've had the Swinging Sixties, here we have the Sizzling Sixties!

But it was the women who really shone. New CRs were set by Margery Forden W45, Ann Turner W55 and June Strachan W65.

June's run was particularly notable. It is no mean feat for a person of her age to run this distance. June did so and ran exactly three minutes faster than her W60 record.

My sincere thanks to my many, cheerful helpers on the day. You were marvellous!

Bob Sammells

WALKERS

M40 (John Mison 1:55:06 1989)

1 John Mison	1:57:15
2 Egon Jankauskas	2:11:55

M50 (Barrie Thomsett 2:22:49 1990)

1 Barrie Thomsett	2:21:34 CR
2 Bob Chalmers	2:36:56
3 Mitch Loly	2:54:11

W40 (Michelle Boyle 2:31:43 1990)

1 Michelle Boyle	2:32:40
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W55 (none)

1 Dorothy Whittam	2:27:55 CR
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Visitors

1 Dale Cousins	2:08:40
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One lap - 11.5K approximately

1 Jeff Whittam	M55	1:26:11
2 Ernie Moyle	M55	1:26:11
3 Sue Danby	W40	1:37:48
4 Wendy Spencer	W45	1:37:48

RUNNERS

M35 (Tony O'Hare 1:14:32 1979)

1 Wayne Robinson	1:17:33
2 David James	1:25:09
3 Chris Skeggs	1:41:54

M40 (Hank Stoffers 1:12:11 1984)

1 John West	1:18:36
2 David Reid	1:19:50
3 Robert Mair	1:25:31
4 John Puglisi	1:26:08
5 Wal Welyky	1:28:28
6 Brian Danby	1:31:14
7 Lewis Arndt	1:31:23

M45 (Hank Stoffers 1:12:56 1988)

1 David Ashton	1:19:17
2 Wally Crowley	1:20:35
3 Bob Schickert	1:21:33
4 Dave Roberts	1:22:29
5 Wayne Pantell	1:24:46
6 Jim Barnes	1:25:19
7 Jim Greenfield	1:27:37
8 Vic Waters	1:31:35
9 Terry Foster	1:32:59
10 George Maddox	1:34:02
11 Max Kelly	1:35:40
12 John Woolhouse	1:39:36
13 Jack Williamson	2:02:29

M50 (Maurice Smith 1:17:39 1984)

1 John Pellier	1:30:32
2 Dennis Miller	1:31:25
3 Maurice Johnston	1:31:27
4 Peter Airey	1:32:11
5 Roland Matzke	1:33:21
6 Rod Stewart	1:33:57
7 Richard Harris	1:35:03
8 Morris Warren	1:40:40
9 Jeff Spencer	1:40:58
10 Ron Sutton	1:42:33
11 Keith Forden	1:43:14

M55 (Barry Evans 1:25:13 1985)

1 Mick Cousins	1:21:50 CR
2 David Carr	1:25:06
3 George Schaefer	1:34:46
4 Ted Costello	1:36:15
5 John Bornholdt	1:38:37
6 John Russell	1:58:27
7 David Hough	1:58:33

M60 (John Gilmour 1:20:10 1981)

1 Robin Bonner	1:26:32
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2 Frank McLinden	1:30:09
3 Dalton Moffett	1:34:04
4 Brian Paxman	1:35:46
5 Stan Lockwood	1:38:18

M65 (John Gilmour 1:22:20 1987)

1 Frank Usher	2:00:04
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W35 (Jill Chambers 1:23:54 1984)

1 Janice Rogers	1:31:22
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W40 (Margery Forden 1:37:54 1985)

1 Kath Noordyk	1:38:28
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W45 (Margery Forden 1:37:10 1989)

1 Pauline Wiltshire	1:50:42
2 Jackie Halberg	2:10:55

W50 (Lorna Lauchlan 1:46:05 1984)

1 Margery Forden	1:38:48 CR
2 Sheila Maslen	2:13:25

W55 (Lorna Lauchlan 1:58:03 1986)

1 Ann Turner	1:49:22 CR
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W65 (None)

1 June Strachan	2:01:15 CR
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Visitors

1 Ray Brown	1:13:38
2 Paul O'Riordan	1:17:58
3 Rex Milligan	1:29:10
4 Robert Fenwick	1:35:33

One Lap - 11.5K approximately

1 Bob Argyle	M45	42:57
2 Ian Colquhoun	M35	43:24
3 Mike Rhodes	M45	48:15
4 Adrian Noordyk	M35	49:37
5 Arnold Jenkins	M45	50:12
6 Ken Taylor	M45	50:13
7 Alan Pomery	M60	50:57
8 Maxine Santich	W35	53:02
9 John Lindsay	M40	56:36
10 Bill Crellin	M50	56:46
11 Ray Lawrence	M60	57:16
12 Garnet Morgan	M65	57:17
13 Ron Ford	M55	58:49
14 Jan Johnson	W45	59:00
15 Norm Miller	M55	59:59
16 Pat Miller	W50	60:39
17 Sandi Hodge	W45	60:59
18 Roma Bettles	W40	61:06
19 Bob Farrell	M50	61:06
20 Margaret Warren	W55	61:45
21 Patrick Sheerin	M55	62:16
22 John Smith	M55	63:13
23 Gordon Florance	M55	63:29
24 Rosemary Maddox	W45	64:09
25 Phyllis Farrell	W45	64:10
26 Keith Woollard	M35	65:07
27 Esther Healey	W50	65:15
28 Syd Bowler	M65	69:35
29 Mary Robinson	W50	70:10
30 Jacki Billington	W45	76:08
31 Ron Spencer	M50	76:09

Visitors

1 Bryn Jones	40:16
2 Paul Odam	40:20
3 Harry Simmonson	57:04
4 Christine Oldfield	62:03
5 Alan Smith	63:12
6 Victoria Woollard	65:06

	Age Group	Clock Time	Handicap	Adjusted Time
36 Tessa Brockwell	W35	56:23	None	-
37 Syd Bowler	M65	56:29	00:30	55:59
38 Alan Pomery	M60	56:30	15:45	40:45
39 Don Blair	M40	56:32	None	-
40 Richard Harris	M50	56:35	15:45	40:50
41 Robert Mair	M40	56:41	23:30	33:11
42 Jim Greenfield	M45	56:45	19:00	37:45
43 John Ferris	M40	56:47	22:45	34:02
44 Dave Roberts	M45	56:48	23:15	33:33
45 Phyllis Farrell	W45	56:52	10:15	46:37
46 Bryan Jones	M60	56:53	18:30	38:23
47 Bob Sammells	M50	56:55	19:45	37:10
48 Morris Warren	M50	57:00	14:30	42:30
49 Carol Broderick	W35	57:01	14:15	42:46
50 Rob Davis	M50	57:02	10:00	47:02
51 Garnet Morgan	M65	57:05	12:15	44:50
52 Don Caplin	M50	57:07	21:30	35:37
53 Estelle Rogers	W35	57:08	9:45	47:23
54 David Hall	M40	57:13	8:45	48:28
55 Ray Lawrence	M60	57:14	12:45	45:29
56 Wal Welyky	M40	57:16	20:45	36:31
57 Warren Gee	M40	57:21	23:15	34:06
58 Keith Alesander	M40	57:35	22:45	34:50
59 Margaret Warren	W55	57:36	8:00	49:36
60 Bob Schickert	M45	57:41	23:45	33:56
61 John Pellier	M50	57:46	19:45	38:01
62 Rod Stewart	M50	57:48	18:45	39:03
63 Ken Brownlie	M45	57:57	17:15	40:42
64 Merv Moyle	M60	57:59	16:00	41:59
65 Barry Kernaghan	M50	58:01	19:45	38:16
66 Paul Woo	M35	58:22	19:30	38:52
67 Robyn Holmes	W40	58:30	8:45	49:45
68 Paul Martin	M45	58:48	22:00	36:48
69 Bill Crellin	M50	58:52	17:30	41:22
70 Terry Foster	M45	58:57	19:30	39:27
71 Jeff Spencer	M50	59:05	15:30	43:35
72 Robert Farrell	M50	59:15	12:15	47:00
73 Irene Ferris	W35	59:17	7:15	52:02
74 Pat Miller	W50	59:30	8:45	50:45
75 Kirt Johnson	M60	59:50	13:45	46:05
76				
77 Ken Murphy	M50	1:00:55	None	-
78 Karl Foster	Visitor	1:01:20	None	-
79 Ted Maslen	M55	1:01:46	20:45	41:01
80 John Bell	M45	1:01:46	20:45	41:01
81 Ron Spencer	M50	1:02:03	0:00	62:03
82 Gordon Florance	M55	1:02:16	5:15	57:01
83 Patricia Carr	W55	1:02:58	2:00	60:58
**84 Jacquie Billington	W45	1:05:10	0:00	65:10

WALKERS

*85 Ernie Moyle	M65	1:11:31	None	-
86 Pam Foster	W45	1:12:16	None	-
87 Sandy Penny	M60	1:12:30	8:15	64:15
88 Barrie Thomsett	M50	1:13:20	15:30	57:50
89 John Mison	M40	1:13:56	27:30	46:26
90 Jacqui Beaumont	W50	1:14:26	7:15	67:11
91 Dorothy Whittam	W55	1:15:00	13:15	61:45
92 Joy Sanger	W40	1:15:26	None	-
93 Jack Collins	M75	1:15:28	4:30	70:58
94 Wendy Spencer	W45	1:16:19	0:00	76:19
95 Sue Danby	W40	1:16:19	None	-
96 Dick Horsley	M75	1:16:44	0:00	76:44
97 Dave Hough	M55	1:21:00	11:45	69:15

** Went off at 1 min 30, should have been scratch.

* Started at 4 mins 30.

Footnote to the Medibank Bridges Run

Walkers apart, the Vets had some good results in the Medibank Bridges 10K.

Karen Gobby won it, of course, as fastest woman overall, and of course as best W35 (34:50).

Antoinette Shaw won the W40 in 38:39;

Tom Savin won the M45 in 35:41;

Margaret Robinson was first W50, in 45:20;

Nora Berry won the W60, in 66:14;

Garnet Morgan won the M65 in 51:20;

and Jack Collins, who's 79, was the first man over 70, walking in 79:11.

City to Surf Winners - the Vets are there!

VETS filled some championship spots in the City to Surf on August 25.

John Pressley (47:12) and son Mark (43:38) made a brilliant pairing to win the parent and child team category.

Frank McLinden had an easy one, still making a sensible recovery after his efforts in Turku, yet won the over-59 male sector, with 53:08!

Hank Stoffers was in tremendous form, recording a time of 42:12 as fastest in the 50-59 male. (This year's overall winner was only 3 1/2 minutes quicker!)

And - here he is again! - Jack Collins gets yet another mention with a special award as oldest finisher (98:12).

Let's hope he makes a quick recovery from that nasty half-marathon stumble, and stays fit to set some M80 records after his birthday (Christmas Eve) this year.

WAVAC WALKERS DID WIN MEDIBANK

Moral victory achieved after protest to WAMC

WALKERS' pride is restored, with the admission by the WAMC that something was awry with the published result of the Medibank Bridges 10k Power Walking Team award.

Our team of Paul Martin (54:22), Mike Rhodes (54:50) and John Mison (54:50) were so obviously top team that it came as something of a shock to hear that a Lords trio had won, with times of - 40:23! - 61:02 - 61:28. Quick as a flash, Jack Collins (a member both of the Lords fitness club, and WAVAC, of course) lodged a protest.

WAMC says that 'on closer analysis, it appears that the time given for the first Lord's finisher was either incorrect or suggests that the competitor was running.' The spokesman, Peter Roberts, concludes that if power walking teams are included in public fun runs, there is no way of ensuring they all 'walk.'

Unfortunately, the result stands, probably because of the difficulty of calling back the prize at this late stage? I'm sure our walkers would be quite content with the glory, Peter, so why not simply amend the record book?

Bulletproof, Jack

Perhaps the problem won't arise again. Mr Roberts says: "We will assess the future benefits and disadvantages of including power walking teams." And he did very kindly send Jack a complimentary Bridges sweatshirt.

I should wear it like a bullet-proof vest, Jack, especially when you're working out at Lords!

Vic Waters

KIRKMAN'S RUN

July 14, 1991

ON a pleasant morning with a light wind 84 runners and 13 walkers left McCallum Park over a period of 23 minutes 45 secs, and the race got off with a big bang as a building in the city was imploded!

Janice Rogers has made a wonderful improvement in her running times, or she must be commended on completely fooling the handicapper. Not only did she win but she did the fastest women's time.

Geoff Lloyd was the first man home and Robert Mair was fastest. As an indication of the ability of the handicapper, 60, or 73 per cent, of the runners finished within 6 minutes of each other, not taking into account the 'outlayer' Janice Rogers. This compares with 77 per cent last year. The finishing time span was 10 minutes 26 secs.

The run went from McCallum Park over the Causeway then north beside the river passing Gloucester park and on to the end of the bike track at the scout hall at Mt Lawley. Here there was a small hill to Joel Terrace then the turn and return back along the river bank.

John Mison and Barrie Thomsett were the fastest walkers while Ernie Moyle and Pam Foster came in first and second respectively.

Thanks to Judy Kirkman for putting out flags under torch light and to our very professional timers and recorders at the finish. (Judy organised the whole event in my absence.)

Frank Smith measured it to within 10 metres last year and it was 9.4 km, this year he measured to within 10 m at 9 km - disappointing to those who thought they'd run 9.4 km! (Disappointing to Frank who'd thought he'd ridden 9400 km during the year and realised that he'd only done 9000!)

Hugh Kirkman

		Age Group	Clock Time	Handicap	Adjusted Time
1	Janice Rogers	W30	48:27	9:30	38:57
2	Rosa Davis	W45	51:42	0:00	51:42
3	Geoff Lloyd	M40	53:38	19:00	34:38
4	Peggy Macliver	W45	53:56	14:45	39:11
5	Mary Robinson	W50	54:09	0:30	53:39
6	Bill Woolhouse	Visitor	54:11	None	-
7	Stewart Hicks	M65	54:17	10:30	43:47
8	John Woolhouse	M45	54:18	13:45	40:33
9	Norm Miller	M55	54:39	8:45	45:54
10	Maxine Santich	W35	54:44	14:15	40:29
11	Brian Danby	M40	54:48	19:30	35:18
12	Sheila Maslen	W50	54:55	4:45	50:10
13	Graham Thornton	M50	55:00	18:45	36:15
14	Margery Forden	W45	55:01	14:15	40:46
15	Cecil Walkley	M60	55:03	14:15	40:48
16	Barry Harwood	M45	55:07	None	-
17	Peter Airey	M50	55:10	18:00	37:10
18	Mike Khan	M45	55:13	18:15	36:58
19	Kath Penton	W45	55:14	15:00	40:14
20	Jean-Marie Volet	M40	55:15	14:15	41:00
21	Jill Midolo	W40	55:18	0:00	55:18
22	David Bryant	M45	55:22	16:30	38:52
23	John Bonnholt	M55	55:27	15:00	40:27
24	John Dartnall	M40	55:30	15:00	40:30
25	Jan Johnson	W45	55:33	12:45	42:48
26	Jackie Halberg	W45	55:35	9:45	45:50
27	Dennis Miller	M50	55:39	18:30	37:09
28	Lewis Arndt	M40	55:44	19:30	36:14
29	Dalton Moffett	M60	55:45	17:00	38:45
30	Vic Waters	M45	55:48	19:45	36:03
31	Ann Shaw	W40	55:51	21:30	34:21
32	Frank Usher	M65	55:53	4:45	50:08
33	Robin Bonner	M60	56:05	20:00	36:05
34	Gaby Ralph	W40	56:09	0:30	55:39
35	Chris Skeggs	M35	56:11	None	-

Conditions: buy a ticket, no cheating, don't byo.

Anyone found taking it too seriously was made to share a table with John Pellier.

WELL, so much for lucky seven. It was a flying start (we were in the lead for round two, only Zatopek's surprisingly slow marathon time keeping us from a 10/10 score!)

After that, Basil Worner's encyclopaedic knowledge of all things trivial, great, and small, kept us just nipping the heels of the ultimate winners, table eight. Now, assuming Brian Foley hasn't learned to read lips, we must assume that all was above board.

Above reproach

Never mind the startling coincidence of Pat Carr's being on that table, too.

We all know that David's ethics are above reproach.

Alright, I know there's a lot of jokes within those two paragraphs. And I know that a good journalist is not supposed to confuse his readers (or begin sentences with 'and'.) But if you were there, you'd understand. If you weren't - why not? Everybody else was!

Success and spirit

This was a booming success - a real tribute to the spirit of our club, that's now spilling off the runs into more and more social events.

The rugby clubrooms were packed. By the end, even the midges couldn't find room to sit. Around 150 contestants joined the fun - yes, it was a fun quiz, despite 'pathetic fallacy' and one or two other stinkers from Principal Carr.

The prizes were abundant - thanks to sponsors and members who contributed so generously. Only problem was, we couldn't see the prizes too well. They had to be piled on the floor, as every table was needed for keen competitors!

Marge Forden, Joan Pellier, David

Quiz Night

September 6, 1991

Carr, Leo Hassam, Bill Crellin, Maxine Santich - many thanks for putting together another fine evening's entertainment. There were other helpers, of course, such as Jill Midolo and Lorna Lauchlan toting barges, lifting bales, and sinking stubbies.

It was excellent to see so many members there. Our numbers are growing, and this kind of turnout suggests that the 'spirit of the old days' lives on.

Results

According to folk-lore, retold by the old-timers, the quiz night was always the one big fund-raiser of the year. Well, this one was certainly a financial success too.

Results? Primarily a profit for the club of more than \$700. Secondly, the discovery that a 'pathetic fallacy' (as a part of speech) is the endowment of some non-living inanimate object with human qualities. Such as 'a restless night'; or 'an angry sea.'

Many thanks, David, for that one. Invaluable information, which will make finer runners of all of us.

Vic Waters

Just what a healthy lot are the Vets!

The lack of cigarette smoke was notable at the quiz night, with just a couple of (younger, unfortunately) visitors polluting the atmosphere.

We were trying to think of any Vets who do smoke.

Only one came to mind, being Norm Richards, and he gave it up last year!

Belated congratulations, Norm.

IMPORTANT RACE CHANGES

THE events on October 6 and October 13 have been changed - as notified in the last *Vetrun*.

To recap, your programmes should read:

October 6 -

Mount Eliza Run

(There will be a 10k and 5k. Location is Hale Oval, in Kings Park.)

October 13 -

State Cross Country Championships

(This entails a 10k, and there's also a 5k road walk. Location in Kings Park again, but at Saw Avenue.)

Know Your Committee

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Joan Pellier	459 7782
VICE PRESIDENT/ SECRETARY	
Brian Foley	339 2716
TREASURER	
Bill Crellin	448 2924
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Marg Forden	409 6693
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Some issues back, we published an anecdote from one of our older members. His aim was to encourage memories and contributions from others – anonymously, if necessary. Well, so far the response is thin!

But, here's another from 'Anon'. We may not all have his literary talent – but I'm sure there are plenty more good stories out there among our 400 plus members.

Let's have them.

THOSE WERE THE DAYS or WHEN SUNNY GOT BLUE!

WAY back in the thirties, and as the result of circularising about 20 insurance companies, a new job switched me from the hurly-burly of South London to a small village 40 miles north, near St. Albans.

I had to leave behind all the inexpensive sporting activities with which I had grown up and, as we started our new married life with a capital of £2.10.0, that side of life looked gloomy. However, despite being, in the eyes of the villagers, a 'foreigner' I was accepted by the village soccer club and settled down to regular training by taking our Border Sheepdog for a daily middle-distance run. He always won!

Came summer and the knowledge that many villages in our area ran an annual fete, with shows for horticulture, pets and cookery, plus coconut shies and events for children.

Track and field

But, surprise, surprise, track and field athletics were on the programme. These fetes were individually subsidised by the local, unofficial, 'Lord of the Manor' and the 1st, 2nd and 3rd prizes for athletics were well worthwhile. At one time five bedside lamps adorned our new abode, and these became useful for wedding and Christmas presents.

Competitors from nearby professional soccer clubs, and even as far away as London athletic clubs, usually took part so we locals never knew the state of the opposition. St Albans had its own athletic club but in those days such clubs were for the better-off and beyond my cost of living. It became a matter of locals' plimsolls versus foreigners' track shoes! The village tracks were in the field used for a fete, with a circle of cut grass adorned with a white line.

Sometimes you reported for a track race and an official came along, looked at each competitor to ensure that he was actually breathing, and arranged an on the spot handicap for each runner. The thinking behind this routine was evasive – perhaps it was thought that the locals might not be up to scratch. But at 6 pence a race and those lovely prizes you couldn't afford to argue!

When Sunny Got Blue

At our own fete we were invaded by 'foreigners', amongst whom was a clever-dick displaying a vest inscribed, in big letters, 'SUNNY BOY'.

Now this was the first time we had seen anything but plain white vests and we didn't like the braggart anyway. It so happened that the wife's cousin was spending part of his RAF leave with us. Young Bill was pretty fit and, like me, annoyed by Sunny Boy's arrogance, so we cooked up a scheme to compensate for his wins in the 220 and 440 events.

Milers' revenge

In the mile Bill took the lead right at the start and ran flat out for the first three laps, with Sunny Boy hard at his heels.

On the last lap SB tired and the rest of us were catching up. Bill walked off and, with defeat looming at 100 yards, SB staged a dramatic collapse and lay motionless on the track. It so happened that a flower show official was walking nearby with a pail of water, which he promptly threw over SB in order to revive him.

The applause from the crowd was deafening and we never saw SB around the village circuit again. Incidentally, I won another bedside lamp for my 3rd placing!

Anon

Visitors Fees

SOME members have enquired into the background thinking behind the recent increase in fees charged to visitors at our Sunday runs.

The increase was the outcome of considerable discussion, amongst committee and members, regarding the whole concept of visitors. Subjects raised included safety, increasing numbers, the club's responsibilities, the considerable work entailed in organising an event, and the possible conflict of interest when younger runners join us as visitors.

The overall feeling was that visiting runners are not a problem to us at this stage, though the committee will keep the matter under general surveillance. However, it was felt they should pay a more realistic contribution towards our overall efforts, and \$4 was set to achieve closer harmony with other clubs' charges.

Officials will use their discretion when members' children make occasional appearances at runs.

Vic Waters

AUS VETS MARATHON CHAMPS

They're pretty old, but the results of the Australian Veterans' Marathon Championships, held in Canberra in April as part of the Mobil Marathon, have just arrived.

Let's hope they're still of interest to most members.

M35	Chris Goodsell	NSW	2:30.33
M40	Phil Garvin	ACT	2:29:46
M45	Garry Hand	ACT	2:35:45
M50	Malcolm Brown	VIC	2:58:17
M55	Tony Berry	VIC	2:59:41
M60	Vincent O'Brien	VIC	3:05:44
M65	Randall Hughes	VIC	3:06:23
W30	Carol Harding	ACT	3:38:12
W35	Joanne Cowan	NSW	2:46:18
W40	Marilyn Kinchin	NSW	3:42:48
W45	Coral Hoggett	NSW	3:28:23
W50	Helen Brown	VIC	3:52:59
W55	Marie O'Donovan	NSW	3:25:37
W60	Brenda Every	NSW	4:58:13

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Notice Board

NEW MEMBERS

Welcome to

Walter Quarman

Brigitte Cheek

Jeff May

Christine Oldfield

John Oldfield

Maureen Brown

NO financial disaster this month – Madame La Presidente has balanced that lost \$8 with a \$700 profit on the Quiz Night!

Joan and Marge want to thank all who helped, attended, enjoyed themselves and boosted the club's funds.

Next? The annual dinner, at the WACA, December 7. Details, and tickets will be available soon. But we do know that the DJ is a non-smoker!

Meet a supporter – swimmer is force behind K28

VETRUN invited one of our advertisers – see front page – to provide a little background information on herself and her product.

'My name is Virginia Hailes. I am a former Western Australian and Victorian State Swimming title holder and a past team member of a commonwealth Games Swim Training Team. I have always been involved in sport and even in my recreation, I snow-skied and did windsurfing.

Eight years ago, I had a fall whereby I fractured my skull and broke my back. I am a paraplegic. However that has not diminished my love of sport. I am a valid holder of a NAUI scuba diving licence and participate in water skiing, surfcatting and mini 12 yachting for the disabled.

I am aware of the rigours of competition and have become involved with an energy product to enhance performance. One of the sporting groups which has had great success with K28 in New Zealand, is the long distance running fraternity – young and old.

In the near future, I hope to be able to meet you to present the benefits gained by sustained energy and stamina that K28 gives.'

Letter to the Editor

Dear Vic

A comment for your 'Shoo Story Column' or 'Bearing of the Sole!'

For me the Dunlop KT26 comes straight off the shelf and onto my feet with never a blister or problem. Not being all that fleet of foot, (after all, how can you be a world record breaker when your feet smell and your nose runs?! I have never worried about the ultra light expensive (designer?) foot wear. At the price of the KT26, I prefer to have a new pair a year, and in this way I always

run in nearly new shoes, which for me is more important than over using a worn pair because their cost has worn a hole in my pocket.

Replacement is almost as expensive as the medicare contribution needed to pay for the damage resulting.

Footnote! – A lesson from the Tokyo Marathon. – If you want to run up to expectation keep off the Mars Bars.

Rob Shand

SINGLET FILE, PLEASE

A New supply of club singlets is now available, and there may be some reduced price bargains of old stock. See back page for details

RACING with the Association this season? If so, you must register. David Carr and Val Prescott will be contacting regulars, and others – but if you're interested in joining the Saturday contests, make contact with them or Vetrunk.

The Vetrunk

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

Patron: W.J. (Bill) Hughes

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459 7782

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448 2924

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

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This article, dealing with a paper presented to the Oceania Olympic Committee in Canberra, was written by Derek Mortimer, and first appeared in *Australian Dr Weekly*.

Run from the Effects of Ageing

REGULAR aerobic exercise slows the rate of musculoskeletal functional loss of ageing, according to the director of medical services at the Australian Institute of Sport.

Dr Peter Fricker said athletes over 35 years of age had a better chance of avoiding osteo-arthritis, showed a slower degeneration of the musculoskeletal system and were less likely to visit the doctor, spend time in hospital or miss work due to illness than non-athletes.

He presented these findings, based on US and European studies, to the recent Oceania Olympic committee in Canberra in a paper titled 'Veteran's Sport - benefits and dangers'.

The study ranged from recreational, around-the-block joggers, to elite competitors, but excluded contact sports.

Dr Fricker said there was no evidence that aerobic exercise, like running, swimming, cycling and walking, caused arthritis or joint damage.

He said some people believed such exercise within reasonable limits was actually good because it preserved the health of the joint and articular cartilage, the fitness and so on, of the muscles that worked the joint by promoting lubrication of the joint by synovial fluid.

Dr Fricker said people exercising within 'reasonable limits' - anything from regular short jogging to running 200km plus a week - were not getting arthritis of the joints.

"It would be interesting to see the Sydney to Melbourne Westfield ultra-marathon runners some time in the future," Dr Fricker said.

"There is no evidence at the moment that they have arthritis from the sort of activity, but if they tried to do it once a month, would that be a bad thing?"

THE WELLNESS COLUMN

The studies Dr Fricker referred to examined athletes who had trained for 30, 40 or 50 years.

Studies of recreational runners in the US showed they had no more arthritis on knee X-ray than the rest of the population, Dr Fricker said.

Another US paper, which examined the effects of long-distance running based on a cross-sectional study of 498 runners and 365 community controls, found runners reported significantly less disabilities than non-runners as measured by the Stanford Health Assessment questionnaire.

"Both groups also answered questions on exercise history, musculoskeletal injuries, medical history, dietary history and health care utilisation during the previous 12 months," Dr Fricker said.

Comparison

"A comparison of present ability with ability at the age of 30 years was used in modification of the health assessment questionnaire. We accept decreased ability between the ages of 30-70 years, but the decline of the runners was significantly less than the decline in the non-running group.

"Also, in association with that, they visited the doctor one-third less often and if they went to hospital they spent less time there.

"There were also one-half fewer work absences in the running group.

"Of the times the runners did go to the doctor, one-third of the visits were related to running injuries."

The running and non-running groups were similar for osteo-arthritis risk factors, which include the frequency of ligament laxity and familiar tendencies to arthritis.

Lighter, lower

Runners were found to weigh significantly less than non-runners. They also had lower resting heart rates and blood pressure.

"These differences remained after adjustment for age, occupation, sex, etc," Dr Fricker said.

He said runners also increased

BOOK REVIEW

by
Bob Sammells

ENDURANCE

The Events; The Athletes; The Attitude

by Albert C. Gross

I came across this book in the City of Perth library and it proved to be a thoroughly good read. It's well-written, faithful to the title, and dealt with a broad range of sporting activities.

The author covers running, swimming and cycling, as one would expect.

Ride and tie

But he also tackles mountaineering, ride and tie (Erica Mercer can tell you about this), cross-country skiing, paddling, rowing and triathlons (a lot!). His descriptions of the athletes, their mindsets and goals surprised me; they came across as 'normal' (whatever that may mean) considering their achievements.

I include the disabled in this category. Gross devoted a lot of space to this group and their perceptions of themselves were different from what I would have imagined.

The book deals mainly with North America athletes, even though Joe Record got a mention and there is a photograph of Gaylene Clews. But it can be enjoyed by all. I can certainly recommend it to Club members.

disabilities at a slower rate than non-runners. The rate of decline for runners was 0.003 units per year compared with 0.028 for the control group.

This was similar in both men and women and for upper and lower extremities.

Reference:

Lane, N: *et al.* 'Age in Long-Distance Running and the Development of Musculoskeletal Disability - a controlled study.' 1987.

TRACK AND FIELD TRIALS 1991-92

DATE	VENUE	POINTS COMPETITION			Non-Points Events		
					RUN	WALK	FIELD
Oct 16	C				1,000m	1,000m	Long J; Shot
23	M				200m, Mile	Mile	Triple, Discus
30	C	100m	800m	Hammer	10,000m	2,000m	
Nov 6	M		3,000m	Discus	200m	3,000m	Long Jump
13	C	200m	2,000m walk	Javelin	800m		
20	M		5,000m	Shot	400m	2,000m	Triple Jump
27	C		1,500m	Triple Jump	100m	3,000m	
Dec 4	M	400m	1,500m walk	Long Jump		3,000m	Shot
11	C		10,000m		200m	2,000m	High J, Discus
18	M				1,500m, 100m	1,500m	Javelin
Jan 8	C			200m	3,000m	3,000m	Long J/Shot
15	M	100m	800m	Discus	5,000m	5,000m	
22	C		5,000m	Hammer	200m	2,000m	Long Jump
29	M	200m	2,000m walk	Javelin	1500m		
Feb 5	C		3,000m	Shot	400m	3,000m	Triple Jump
12	M		1,500m	Triple Jump	100m	3,000m	
19	C	400m	1,500m walk	Long Jump	3,000m		Shot
26	M		10,000m		100m	2,000m	Discus
Mar 4	C				400m	10,000m	High J, Hammer
11	M				100, 800, 3,000m	2,000m	Triple J, Shot
18	C				4x100m Relay 1,000m	1,000m	Long Jump

C = COKER PARK M = MCGILLIVRAY OVAL

5.30 START IN OCTOBER 6.00 START NOVEMBER ONWARDS

Co-ordinators nominate event starting times prior to competition.

TRACK ETIQUETTE

TRACK and field sessions can become congested and even dangerous. Please fit in with fellow athletes, and curators.

- * Avoid training in lanes 1 and 2.
- * Don't stroll on the track. Move off the track until you are ready for your next burst.
- * Be aware of other athletes and the lanes they are training in.
- * Don't use a jump pit unless there is a rake available. (Provided each Wednesday)
- * Throw from defined areas. Carry the implement back.
- * Don't place starting blocks at the southern end of McGillivray 100m track.
- * Very important, don't stand on the one kilometre circuit line that is at perimeter of the McGillivray field.

We have a good relationship with Canning Council and University of Western Australia and want to continue this co-operation.