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## HAPPY BIRTHDAY TO OUR OCTOBER MEMBERS

AIREY PETER	01/10/36	56 remains M55	BARNETT RAY	17/10/47	45 becomes M45
OLDFIELD JOHN	02/10/43	49 remains M45	ROMEO LESLEY	17/10/44	48 remains W45
COUSINS MICHAEL	05/10/33	59 remains M55	SCHICKERT LYNNE	18/10/41	51 remains W50
MORGAN GARNET	06/10/24	68 remains M65	PEET GEORGE	19/10/33	59 remains M55
THORNTON GRAHAM	08/10/40	52 remains M50	EDWARDS MIKE	21/10/56	36 remains M35
MALONE MICK	09/10/50	42 remains M40	PELLIER JOHN	22/10/39	53 remains M50
KLINGE JIM	10/10/46	46 remains M45	PENNY SANDY	23/10/26	66 remains M65
FARRELL PHYLLIS	13/10/44	48 remains W45	POMERY MAUREEN	24/10/39	53 remains W50
SAVIN TOM	13/10/45	47 remains M45	WALKER JOHN	24/10/49	43 remains M40
BAUMANN CARLO	15/10/14	78 remains M75	SCHICKERT ROBERT	26/10/41	51 remains M50
STEWART MAUREEN	15/10/39	53 remains W50	ROBERTS DAVID	27/10/42	50 becomes M50
TOUSSAINT SERGE	15/10/44	48 remains M45			
MORFITT NEIL	16/10/55	37 remains M35			



# The Vetrum



No. 237 SEPTEMBER 1992

WA VETERANS AC - REGD BY  
AUSTRALIA POST PUBN No 0370

## SINGLE - KM RUN STARTS THE T&F SEASON

HERE's a warming thought for this cold and rainy season: the track and field season begins next month.

October 14 at McGillivray Oval is the first date, and we'll be repeating last year's hugely successful 1K event. This is your chance to check your pace over a single kilometre, on the excellent track surface of McGillivray.

Last year many people surprised themselves - and discovered that track running can be a very enjoyable experience.

### Barbecue finish

Let's see even more members, family and friends, this time. It doesn't matter if you've never run in circles before, there will be plenty of advice on hand. (One great advantage over road and cross-country running - you can't get lost!)

Don't forget your barbecue kit either - WAVAC will supply the sausages and the fire, byo everything else.

The Wednesday night track and field meetings will follow a changed

format this year. As mentioned last month, the pre-Christmas segment will offer more events than in recent years, so everyone has a chance to try lots of throws, jumps, and runs. The points contest begins after Christmas.

### Association Registration

Registrations for the Athletics Association summer season are now being taken. You'll find an entry form on page 11.

### HELPERS, PLEASE

NEXT week's run at Tomkins Park, September 20, is being organised by Bob Schickert, and he'd appreciate some helpers, please. It's a handicap run.

Please call Bob, on 332-4114.



'It is said you can't choose your relations or where you are born. Norm wet his first nappy in Victoria (Dumbalk - no it's not on my map either) in the South Gippsland region.'

Unfortunately, you can't choose your biographer either, and Norm's copped Rod Stewart. More revelations inside! (p9)

## FOR RENT

**Four-bedroomed, single  
bathroom house in  
Woodlands.  
Available October.  
Contact John Bell  
386-6975**

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## Cresswell Climb

AUGUST 9, 1992

46 runners and 6 walkers braved the wind and rain on this bleak August day to tackle the fifth running of the challenging Cresswell Climb - some stalwarts even braved the sore heads and heavy midriffs of the 'Christmas-in-August' dinner of the previous evening.

Chris Maher broke the existing race record to win the men's 12K section in a spanking time of 41.12 and returned-to-the-fold member Steffi Heussi put in an excellent 61.45 to take out the women's section. Barrie Thomsett powered the 6K walk in 38.02 with Joan Hillis close behind to finish first in the women's walk in 40.41. My thanks to all those who helped, including Estelle Rogers, Sue Jones, Sylvia Brennan, Dick Horsley, Rod Stewart, Steve Rogers and Ron Sutton.

### Mary Robinson

#### CRESSWELL 12KM

Chris Maher	M35	41.12
Bob Schickert	M50	47.04
Warren Gee	M40	47.05
Bob Harrison	M50	48.37
John Bell	M45	50.53
Vic Waters	M45	51.15
Mike Khan	M45	51.52
Raymond Attwell	M55	53.07
Maurice Johnston	M55	53.21
Terry Foster	M50	54.43
Bruno Larini	M35	55.42
Dalton Moffett	M60	56.32
Ron Potter	M50	56.50
Merv Jones	M50	57.09
George Schaefer	M55	57.14
Brian Paxman	M60	57.48
Merv Moyle	M65	57.59
Stan Lockwood	M60	58.16
Mitch Loly	M50	60.04
Steffi Heussi	W45	61.45
Ivan Wiltshire	M50	61.55
Dave Hough	M60	63.18
John Russell	M55	65.17
Frank Usher	M65	73.14
Sue Lekias	W50	77.48

#### 8KM

Walter Quarman	M35	27.38
Anne Shaw	W40	33.39
Joe Stickles	M50	33.56
Peter Airey	M55	35.30

## ...new run...new run...

### Conditions:

Fine, mild temperature, strong easterly breeze

When a job has to be done, there is rarely any shortage of Vets to help. This was again the case at Garvey Park and I can still see 'Wee Morris' Warren battling with a tent to provide a bit of comfort for our faithful recorders Maureen and Bev, but there were plenty of willing hands (and no shortage of suggestions!) Sue Jones again ran the clocks with her usual efficiency and it was good to see Fred Hagger as our 'numbers man' - assisted by Paul Martin.

Since this was a new course, we were especially grateful to our point duty people, marshalls Peggy MacLiver, Leo Hassam, Frank Smith and Ron Sutton who trebled as course marker and drink waiter! Margaret Birks again capably played the 'Tea Lady' role and we were lucky to have our man on the spot, Kirt Johnson, to mark part of the course.

And a little tick for our Editor who rose at an unaccustomed and ghastly hour to help before the race! (He even tested the viability of the course beforehand by inserting one toe in the wooden footbridge and then demonstrating a three-point landing the envy of many an Olympic gymnast!) Thanks to you all for your help.

The head-wind on the home run was a problem but we were impressed with runs by Walter Quarman (35:30), Bob Schickert (37:13) and Kath Noordyk (44:28). Seventeen walkers participated - with Margaret Stone leading the group home in 60:09 and good to see Wendy Spencer complete the distance in smart time. Also good

Mike Rhodes	M45	36.46
Max Kelly	M45	38.09
Morris Warren	M50	40.09
Ron Hillis	M45	40.11
Rob Sheehy	M45	40.23
Pauline Wiltshire	W45	41.13
Ray Lawrence	M60	44.04
Joe Brennan	M70	44.40
Noela Medcalf	W55	45.37
Margaret Warren	W55	46.11

<b>4KM</b>		
David James	M35	16.31
Roma Bettles	W40	20.43

## The Garvey Gallop

AUGUST 23, 1992

to see Ernie Moyle back on the track again and keeping Val Tyson honest in the last kilometre!

It was especially pleasing to see our 'senior members' support the new run: John Gilmour, Dick Horsley, Jack Collins and Duncan Strachan accompanied by June who seems to be running better than ever!

Welcome back also to Don Caplin, Mike Faunge, Kevin Martin, Alison Aldrich and Brian Paxman who have been quiet for a while and our intrepid marathoners Cecil Walkley and Dick Blom. Also good to see Graham Thornton back on the track again.

Some new long distance achievements from Irene Ferris and Noela Medcalf who was headed by consistent Margaret Warren and an exciting tussle when Marg Forden headed Ron Potter and Jeff Spencer (both on 45:40!), Stan Lockwood (45:43) and Aldo Giacomini (45:54) - a good race! And for another good finish what about Sheila Maslen (60:00), June Strachan (60:02), Mary Robinson (60:03), Alison Aldrich (60:03), Phyllis Farrell (60:03) and Rob Farrell (60:08).

We understand that the stewards have been called in on that lot!

Frank McLinden, Frank Usher and fellow-65er Garnet Morgan were obviously 'tuning up' for the City to Surf and we enjoyed seeing the Farrells

Kirt Johnson	M60	20.55
<b>CRESSWELL CLIMB 6KM WALK</b>		
Barrie Thomsett	M50	38.02
Joan Hillis	W45	40.41
Bob Fergie	M55	41.03
Lyn Schickert	W50	46.49
Sandy Penny	M65	60.21
Amy Loly	W30	44.36

#### VISITORS

P O'Riordan	12K	46.20
Alan Croxford	12K	52.31
K Preston	12K	57.02
A Larini	4K	20.19

and Pelliers running together!

In fact, once we got through the 'nightmare' of horse people demanding the flags be shifted, it was a pleasure to see so many enjoying the scenery of our own river.

And a final thank you to the Ascot Canoe Club, and in particular Bill Barrett who was on the job at the crack of dawn to open the rooms for us.

Basil Worner

## RESULTS

### 10K

Walter Quarman	M35	35.30
Bob Schickert	M50	37.13
Ian Colquhoun	M35	37.18
Dave Roberts	M45	37.33
John Ferris	M40	38.00
Bob Harrison	M50	39.11
Dave Scott	M40	39.12
John Pressley	M45	39.47
Don Caplin	M50	40.25
Robert Mair	M40	41.00
John Gilmour	M70	41.36
Frank McLinden	M60	41.36
Joe Stickles	M50	41.57
Mel Ovenden	M50	42.02
Mike Khan	M45	42.09
John Bell	M45	42.17
Bruce McLennan	M40	42.22
Mike Carey	M35	42.30
Dick Blom	M55	42.49
Adrian Noordyk	M40	42.57
Bob Sammells	M55	43.21
David James	M35	43.56
Dalton Moffett	M60	43.58
Bill Crane	M50	44.01
Cecil Walkley	M60	44.03
George Schaefer	M55	44.08
Vincente Carrera	M50	44.12
Barry Munyard	M45	44.13
Kath Noordyk	W45	44.28

Ted Maslen	M55	44.48
Merv Moyle	M65	45.05
Peter Airey	M55	45.21
Margery Forden	W50	45.29
Ron Potter	M50	45.40
Jeff Spencer	M50	45.40
Stan Lockwood	M60	45.43
Aldo Giacomini	M55	45.54
Brian Aldrich	M60	46.14
Brian Paxman	M60	46.47
Merv Jones	M50	47.01
Vic Beaumont	M60	47.32
Leon Sander	M55	48.27
Stuart Parkinson	M45	48.30
Mike Faunge	M50	48.56
Kevin Martin	M50	49.04
Mitch Loly	M50	49.18
Ron Hillis	M45	49.39
Morris Warren	M50	50.15
Ann Turner	W55	51.16
John Smith	M55	51.17
Rod Stewart	M55	52.06
John Russell	M55	52.42
Norm Miller	M60	53.02
Brigitte Cheek	W35	53.13
Kirt Johnson	M60	54.12
Garnet Morgan	M65	54.27
Sandi Hodge	W45	54.45
Keith Webster	M50	54.46
Max Kelly	M45	55.37
Margaret Warren	W55	55.48
Noela Medcalf	W55	56.25
Irene Ferris	W40	57.38
Ray Lawrence	M60	58.39
Frank Usher	M65	58.43
Wendy Clements	W50	59.42
Duncan Strachan	M70	59.51
Graham Thornton	M50	59.58
Sheila Maslen	W50	60.00
June Strachan	W65	60.02
Mary Robinson	W55	60.03
Alison Aldrich	W45	60.03
Phyllis Farrell	W45	60.03
Robert Farrell	M50	60.08
Gaby Ralph	W40	60.09
Syd Bowler	M65	60.09

Ron Spencer	M50	60.10
Lyn Schickert	W50	77.27

### 5K

David Reid	M40	18.20
Geoff Lloyd	M45	19.53
Vic Waters	M45	19.55
Paul Martin	M50	20.33
Bryan Hardy	M45	22.09
John Pellier	M50	26.07
Joan Pellier	W50	26.08
Bill Meharry	M40	26.29
Pat Miller	W50	27.59
Alan Pomery	M60	28.01

### 10K Walk

Margaret Stone	W50	60.09
Dorothy Whittam	W55	60.10
Barrie Thomsett	M50	71.51
Joan Hillis	W45	72.52
Pauline Kelly	W45	77.27
Wendy Spencer	W45	77.28
Jeff Whittam	M55	78.21
Jacqui Beaumont	W55	78.22
Ernie Moyle	M65	80.55
Val Tyson	W70	80.57
Tina Carrera	W45	88.09
Jack Collins	M80	?

### 5K Walk

Dick Horsley	M75	39.18
Christine Mair	W40	40.11
Amy Loly	W30	50.38
Sandy Penny	M65	53.11

### VISITORS

Shane Power	10K	35.18
Mark Pressley	10K	35.33
Gareth Brunt	10K	39.45
Carl Foster	10K	40.15
Kingsley Preston	10K	44.56
Ivor Smith (W/Chair)	10K	46.30
Kevin Anderson	10K	48.18
Dante Giacomini	10K	48.45
Lisa Stone	10K	60.08
Debbie Mair	5K	34.01

## LETTERS

Dear Ed,

As a member of both the Veteran and Marathon Clubs, I would like to reply to your comment about 'Compulsory Volunteering' for the latter and the comment 'Really friendly eh?' Unlike the Veteran's Club, the Marathon Club runs are open to any Tom, Dick, Harry or Ms. who cares to enter even though not a member. This obviously puts more pressure on the members to help

organise the events. Many non-members take advantage of the plentiful supply of liquor and eats at the New Years Eve run or pancakes at the Pancake Run all at no extra charge. Quite friendly eh?

Both clubs seem to me to be doing a good job to cater for runners although both going about it in different ways. I see little difference between telling members they must do a duty, and expecting them to do a duty and then whingeing when they don't. Taking the 'our club is better than your club' attitude doesn't help anyone. Personally, I would like to see a no

duty, no start, rule for members after a specified number of runs.

Mike Berry

No criticism of the WAMC was intended. The comment, and use of the paradoxical 'compulsory volunteering' phrase was meant to point up the difference between our present, casual, approach and the more formal one favoured, if not rigorously applied, by the Marathon Club. Overall intention of the article was to raise awareness of our need for every member, old or new, to give a hand at meetings - not to make comparison of the clubs. VW



This year's change of date, and resulting cooler weather vastly improved running conditions compared with last year's scorcher. One hundred and five runners and walkers turned out to enjoy Kings Park at its best. Some even found time to stop and admire the flowers.

Many thanks to all our helpers on the day - Maureen and Alan Pomery, Pat and Norm Miller, Bev Thornton, Pat Barnes, Sue Danby, Wendy Spencer, Brigitte Cheek, Ron Sutton, our sons Steven and Andrew and Andrew's friend Russell. A special thank you to Sandi Hodge and Brigitte who allowed themselves to be persuaded to run around in the rain for two and a half hours on Saturday afternoon helping us mark the course.

Unfortunately we will not be available to direct this run again as next year we take over Millers' Run at Hester Park, Langford.

Sue & Merv Jones

Mens 10km

Brian Marsland	M45	37:37*
Bob Harrison	M50	38:48*
Bob Schickert	M50	39:08
Dave Scott	M40	39:24*
Warren Gee	M40	39:50
John Ferris	M40	39:52
Steve Barrie	M55	40:24*
Vince Mitsopolous	M40	40:30
John Puglisi	M40	41:23
Don Caplin	M50	41:38
Peter Sanders	M45	42:29
John West	M40	42:31
Vic Waters	M45	42:34
Ted Maslen	M55	43:10
Brian Danby	M40	43:30
Bob Sammells	M55	43:38
Joe Stickles	M50	43:41
Brian Foley	M45	43:56
Mike Khan	M45	44:14
Peter Hill	M40	44:15
Dick Blom	M55	44:18
Basil Worner	M60	44:33*
John Pellier	M50	44:51
Bruno Larini	M35	45:36*

Kings Park  
Cross  
Country

AUGUST 16, 1992

Bill Crane	M50	45:37
Ray Atwell	M55	46:04
Rod Stewart	M50	46:20
David James	M35	46:33
Dalton Moffatt	M60	46:55
Simon Mort	M35	46:59
Ron Potter	M50	47:22
John Woolhouse	M50	47:38
Barry Munyard	M45	47:44
Peter Airey	M55	48:03
John Spencer	M55	48:29
Merv Moyle	M65	48:52*
Stan Lockwood	M65	48:59
Morris Warren	M50	50:19
Aldo Giacomini	M55	50:21
Jim Barnes	M45	50:29
Ivan Wiltshire	M50	50:39
Vic Beaumont	M60	50:40
Ron Hillis	M45	50:57
Lynn Farrelly	M45	51:12
Robert Sheehy	M45	52:36
Kirt Johnson	M60	53:40
Maurice Johnson	M55	53:40
Mel Ovenden	M50	55:08
John Russell	M55	55:20
Ray Barnett	M45	56:33
Joe Brennan	M70	57:59*
Ray Lawrence	M55	58:24
Frank Usher	M65	1:05:06
Syd Bowler	M65	1:08:01
Robert Farrell	M50	1:11:29

Womens 10km

Kath Penton	W50	45:15*
Judy Marsland	W40	48:41*
Pauline Wiltshire	W45	51:43*
Beverly Morrissey	W45	53:54
Ann Turner	W55	55:51*
Sandi Hodge	W45	55:55

Sue Sanders	W35	57:04*
Irene Ferris	W40	58:41
Noela Medcalf	W55	58:51
Joan Pellier	W50	1:00:20
Sheila Maslen	W50	1:00:41
Margaret Warren	W55	1:01:47
Phyllis Farrell	W45	1:03:56
Mary Robinson	W55	1:04:03
Lorna Lauchlan	W60	1:07:45

Supporting 5.2km event

Graham Thornton	M50	24:50
John Lindsay	M40	27:54
Wendy Clements	W50	29:51

Visitors Times 10km

Chris McGonnell		35:30
Martin Van Voorthuizen		36:36
John Bedford		37:40
Basil Hanna		38:08
Paul O'Riordan		39:11
Paul Leech		39:33
Michael Sanders		41:33
Joe Curran		47:24
Kim Lester		48:41
Andrew Seinor		48:53
Jeff Sanders		49:28
Dante Giacomini		54:32
Marie Lloyd		1:00:55
Susan Quay		1:06:54
Greg Hamilton		1:06:54
Adam Whiting		1:06:54
Patricia Elphinstone		1:09:02
Tracy Peacock		1:09:19

5.2km

John Wood		28:36
Matthew Sanders		28:56

5km Road Walk

Barrie Thomsett	M50	32:37
Barry Weatherburn	M45	32:39
Joan Hillis	W45	34:46
Peg MacLiver	W45	34:46
Jack Collins	M80	44:46

Cliff Bould	M75	34:44 (Jogged)
-------------	-----	-------------------

\* indicates age group winner

successful attack on the M40, 24-hour relay record, held by Tasmania. Our team - Don Caplin, Ken Gilbert, George Innes, Bob Harrison, Maurice Smith, Jim Barnes, Frank Smith, Henk Stoffers, Frank Steere and Derek Hove - established the new marathon 430.034Kms in 24 hours.

Kate Cruises  
Home in  
Deepwater

A new-look Kath Penton ran brilliantly to win the 16K event for women, and for good measure set a new W50 record.

Wayne Robinson repeated his 1991 success in the men's section; Peter Hill and Margaret Stone taking the road walking championship, with silver to Barry Thomsett and Dorothy Whittam.

Peggy MacIver and Walter Quarman were fastest members over the 7.5k course, while first woman home was a visitor, Amy Wilson, who was celebrating her 30th birthday. Membership form?

Despite the weather, there were a number of PB's; congratulations to all concerned.

And, we did have protest!

The highland clan claimed that their 10-mile specialist, wee Morris MacWarren, was disadvantaged because the longer event had not been measured accurately.

Scrutineers checked last year's

16km

Wayne Robinson	M35	61.22
Bob Schickert	M50	62.11
John Ferris	M40	62.25
Dave Roberts	M45	63.26
Dave Scott	M40	63.52
Bob Harrison	M50	64.17
Ted Maslen	M55	67.56
Vic Waters	M45	67.59
Brian Danby	M40	68.09
John Gilmour	M70	68.38
Jim Barnes	M45	69.10
Mike Carey	M35	69.23
Maurice Johnston	M55	69.33
Mike Khan	M45	70.06
Ted Costello	M55	71.34
John Pellier	M50	71.47
David Bryant	M45	72.03
Richard Harris	M55	72.46
Kath Penton	W50	72.49
Morris Warren	M50	76.37
Jeff Spencer	M50	76.56
Vic Beaumont	M60	76.58
Aldo Giacomini	M55	77.00
Merv Moyle	M65	77.45
John Woolhouse	M50	79.35
Dave Hough	M60	82.21
Ann Turner	W55	82.41
Norm Butler	M60	86.12
John Russell	M55	87.11
Selby Munsie	M55	94.27
Frank Usher	M65	99.06

Deepwater  
Point

AUGUST 2, 1992

Conditions:

Conditions: isolated showers, cloudy with sunny intervals, ideal for cappuccinos at the Point Cafe.

results, only to find he'd beaten his time by almost a minute, in conditions you'll rarely find on the heather even in summer!

Two-wheeler

Thanks to Margaret Birks, the tea-lady, for racing through the sleepy streets of Como, making two-wheel turns, before finally locating Janice Rogers and Lewis Arndt at the drinks station.

One thing you learn as race director

7.5KM

Walter Quarman	M35	26.36
Basil Hannah	M35	28.44
John Puglisi	M40	29.35
John Dartnall	M40	31.57
Paul Martin	M50	32.12
Simon Mort	M35	32.17
Vincente Carrera	M50	32.45
Terry Foster	M55	34.06
Rod Stewart	M50	34.24
Alan Pomery	M60	34.25
Basil Worner	M60	34.28
Jean-Marie Volet	M40	34.49
Tony Speechley	M45	35.08
Stuart Parkinson	M45	36.11
Graham Thornton	M50	36.21
John Lindsay	M40	36.50
Robert Sheehy	M45	37.29
Dennis Artemis	M35	38.36
Peggy McLiver	W45	38.38
Rebekah Healey	W30	38.44
Brigitte Cheek	W35	38.57
Sandi Hodge	W45	38.58
Kirt Johnson	M60	39.00
Keith Webster	M50	39.29
Pat Miller	W50	40.30
Irene Ferris	W40	41.23
Joan Pellier	W50	41.53
Keith Forden	M50	43.27
Rosa Davis	W45	43.41
Sheila Maslen	W50	44.03
Mary Robinson	W55	45.42

16K Records

WOMEN

W30 Heather Crockart	72:40	1990
W35 Tessa Brockwell	66:39	1991
W40 Anne Shaw	65:13	1991
W45 T. Vaalstra	69:05	1988
W50 Kath Penton	72:49	1992
W55 Anne Turner	80:31	1991

MEN

M35 Chris Brockwell	57:08	1988
M40 Frank Smith	55:52	1985
M45 Frank Smith	56:16	1988
M50 Ted Maslen	60:27	1987
M55 Mick Cousins	62:02	1989
M60 Robin Bonner	65:09	1991
M65 John Gilmour	59:13	1984
M70 John Gilmour	64:25	1992

is just how many true club members we have; so in addition to those mentioned above, I must also thank Erica Mercer, Maureen Pomery, Bev Thornton, Dick Blom, Lynn Farrelly, Kirt Johnson, Barrie Thomsett, and many others.

Dalton Moffett

Lyn Schickert	W50	55.28
Jill Midolo	W40	59.05
Lorna Lauchlan	W60	59.05

7.5KM WALK

Peter Hill	M40	41.37
Margaret Stone	W45	48.52
Barrie Thomsett	M50	50.14
Dorothy Whittam	W55	51.47
Mitch Loly	M50	55.57
Bob Fergie	M55	55.57
Jeff Whittam	M55	55.57
Jacqui Beaumont	W55	57.14
Ernie Moyle	M65	57.51
Dick Horsley	M75	60.10
Alan Stone	M60	60.11
Judy Hill	W40	61.28
Jack Collins	M80	65.48
Carol Hood	W50	65.49
Amy Loly	W30	66.01

VISITORS

Alan Croxford	16K	70.19
Jim Allen	16K	76.22
Paul Hack	7.5K	35.43
Amy Wilson	7.5K	36.14
Carolyn Brunsdon	7.5K	36.50
Anita Brown	7.5K	44.38
Jean McGurk	7.5K	44.38
Donna Carey	7.5K	48.41

The Way We Were... Part 2 - 1983 - compiled by Joan Pellier

THE first long weekend at Eaton was arranged in this year, by Henk and Margaret Stoffers, back when 'We were proper runners' says John Pellier. 'We ran long runs, drank all night, and if Barrie Slinger caught you sitting down for more than five minutes, he got you playing games (in which, if you were wise, you were on Don Caplin's side!)

These runs were: 10K Saturday

morning; 5 or 10K on the track in the afternoon; Sunday morning up to 32K; Monday 21K; total 73K in three days. Among those to survive this were Barrie Slinger, Henk Stoffers, John Pellier, Morris Warren, Colin Leman and Ray Purdue.

World Record

A major event of 1983 was the

More next month...



ON perhaps the best morning for running we've had all year 74 runners and walkers hit the starting line at precisely 0800 hours (except Rod Stewart, 5 mins, and me, VW, 7 mins late!). Most people were cold and wet or had warmed up huddled under a large beach umbrella, a small open sided tent or a leaking tree.

The race was supposed to be an open handicap but, because of the minimal facilities described previously and maximum of rain and the small matter of not having the handicaps because the computer broke down, the mob went off together. The mob didn't finish together! The fastest runner, one Ollie Dartnall, a visitor, ran 32min 13 secs while the last walker walked in in 79min 39 secs. Chris Maher was the first Vet in and his time was 32 min 45 secs. Marge Forden was the first women in 40 mins 55secs. On such a morning I would have expected at least 3min 30 sec kilometre splits for the front guys.

#### 9 K

#### W30

Rebecca Healy	48:14
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#### W40

Irene Ferris	50:17
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#### W50

Marge Forden	40:55
Margaret Robinson	43:47
Pat Miller	50:05
Joan Pellier	50:57
Sheila Maslen	53:04

#### W55

Ann Turner	45:50
Margaret Warren	50:20

#### W60

Lorna Lauchlan	53:42
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#### W65

June Strachan	55:56
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#### M35

Chris Maher	32:45
Ian Colquhoun	34:29
Simon Mort	38:22
Dennis Artemis	48:07

#### M40

Chris Gillard	34:12
Dave Scott	35:03
John Ferris	35:28
John Brown	37:14
John Dartnell	39:52
Don Blair	40:11
Jean-Marie Volety	45:32
Ray Barnett	49:10

#### M45

Dave Roberts	34:22
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## Kirkman's Run

19 JULY, 1992

A few seconds thought, and silence, for the helpers. I know Judy, my wife, was up early because I kicked her out of bed and I know she was wet and cold because she told me 18 times. Jackie Halberg clocked you all and there were others who helped. Frank Smith measured the distance and put out the distance markers. He suggested what I could do with my race in future years if it rained like that again. At last we know it's 9 km. Does anyone out there want me to change the distance to 10 km? or do you want to test the ravages of time and try to beat your previous years' times?

I'm sorry these results are so late in appearing in the *Vetrun* but the handicaps were not available as Paul Hughes is having trouble with the program for handicapping. Until next year then, I'll put the drink stations out.

#### Hugh Kirkman

Mike Khan	38:20
Barry Munyard	40:07
Dave Bryant	43:02
Vic Waters (L/S - 7 mins)	43:45
Lynn Farrelly	44:56

#### M50

Bob Harrison	34:58
Bob Schickert	36:05
Rob Raymen	36:56
Terry Foster	38:47
Bill Crane	39:26
Ron Potter	40:56
Keith Forden	41:15
Merv Jones	41:39
Jeff Spencer	41:59
Rod Stewart (L/S - 5 mins)	42:20
Maurice Warren	43:08
Mitch Loly	44:19
Jim Riddell	47:28
Ivan Wiltshire	48:15
Keith Webster	48:44
Ron Spencer	61:10

#### M55

Vic Cousins	36:05
Maurice Johnston	37:33
Dick Blom	37:36
Ted Maslen	38:09
Ted Costello	38:55
George Schaefer	39:07

## CLEAN PICKINGS

Expect scrupulous cleanliness if you do attend the World Games in Miyazaki, Japan, next year. According to AAVAC official Stan Perkins, who's been there, uniformed cleaners patrol the streets, using huge chopsticks to pick up the street litter.

Such fastidious procedure is not restricted to Asia, according to Vets who travelled to Turku, Finland, for the last games. There, lavatory inspectors were seen checking that the tops of doors had been dusted.

## MIYAZAKI News

AAVAC has passed extensive information to the WA Vets regarding the October '93 World Championships. There's too much to include in *Vetrun*, but copies of their latest report can be obtained by calling me, Vic Waters, on 341-3464; or secretary Brian Foley, on 339-2716.

One important point of the report follows on the advertisement for Veterans Travel, placed by SA's Collin Cooper. It seems that he and Brian Travers, of International Sports Tours, are discussing joining forces. *Vetrun* will pass on more news as it arrives.

Peter Airey	39:23
Bob Sammells	40:11
John Russell	46:59

#### M60

Dave Carr	37:19
Cecil Walkley	42:28
Kirt Johnson	45:16
Dave Hough	45:30
Ray Lawrence	47:50
Bill Miller	48:58

#### M65

Stewart Hicks	46:19
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#### M70

John Gilmour	37:24
Joe Brennan	49:09
Duncan Strachan	50:59

#### Visitors

Ollie Dartnell	32:13
Peter Jolly	41:30

#### Walkers

	(H/cap)
Barrie Thomsett	60:24 23:30 36:54
Dorothy Whittam	64:36 19:30 45:06
Mary Robinson	67:37 17:00 50:37
Pauline Kelly	67:45 11:00 56:54
Pam Foster	68:34 08:00 60:34
Dick Horsley	70:07 12:30 57:37
Jack Collins	79:39 03:00 76:39

## VETERAN PROFILE - Norm Richards

# From ultra to hurdles - he's run them all!

by Rod Stewart

It is said you can't choose your relatives or where you are born. Norm wet his first nappy in Victoria (Dumbalk - no it's not on my map either) in the South Gippsland region.

His early sports activity was playing Aussie Rules, cycling and being a staunch Richmond supporter. Upending the odd Fosters helped ease any tension.

As Norm matured and opposing players were harder to catch and his kicks were landing closer to the point of despatch, he responded to an advert seeking participants for veterans athletic meetings.

In 1984 a different Norm than we now know, moved west.

In both 1985 and 1986 he ran creditable 3hrs 30min marathons and in 1986 ran the Mundaring to York event in 6hrs 25min (Can any other sprinter claim these standards?)

Norm has just moved into the M55 group but although getting away from Barrie Kernaghan, he now has to compete against David Clive. Norm's strong points are getting out of the blocks and his speed over the first 60 metres. 12.8sec is pretty slick for a M55 over 100m, which he is still achieving.

It would be interesting to see his time if the prize was a ticket to

Indonesia - he has a strong passion for the place, and is a frequent visitor.

In 1960 Norm's father, Ted, then a fit 57-years old created interest when he walked along (no escort vehicles like they take these days) from the Perth GPO to Sydney GPO in twelve and a half weeks (approx 4700KM). At the time he was a farmer at Foster, Victoria, and just wanted to see the country, stay fit and have some time away from the farm. He walked army style in a blue boiler suit and wearing ripple sole shoes. Until Port Augusta he carried a 50lb pack but then this was discarded and he carried only a plastic rain coat and an extra cardigan. He slept 'under the stars' and ate at cafes and roadhouses (he slept in a bed only ten times on the trip).

The story was told of blackbirds that followed him out along the Nullabor, day after day he'd see them, each day getting thinner and thinner, as they waited for him to 'drop in his tracks'.

By the time he got to Port Augusta they were so weak they couldn't fly back.

## WEDNESDAY TRACK AND FIELD

6pm Wed 14th October. McGillivray Oval. D & J Whittam I/c  
1000m run, 1000m walk, discus, shot, long jump, 200m, 5000m

6pm Wed 21st October Coker Park. K Martin, B Paxman I/c  
Hammer, javelin, 100m, 800m, triple jump, 3000m, 3000m walk

6pm Wed 28th October McGillivray Oval. K Penton, B Worner I/c  
Javelin, discus, 100m, 400m, 1500m, 1500m walk, triple jump.

Come along and join in this programme of trials and training. The full programme for the season will be printed in the next *Vetrun*.  
Suggestions and helpers are welcome.

Bob Sammells reports the recent exploits of a veteran world-beater - and asks how we'll communicate after the closing of *Veteran Athlete*?

# KIWI VET SETS STRING OF RECORDS

The final issue of the *Veteran Athlete* contained the following M65 World Records set by Derek Turnbull of New Zealand. Old records in parentheses.

8 Feb 1992		
3000 Metres	9:47.4	
101.3% age-graded		
(Prev. John Gilmour 10:10.2)		
29 Feb 1992		
One Mile	4:56.4	101.1%
(Prev. Jack Ryan 5:05.61)		
13 Mar 1992		
5000 Metres	16:38.8	102.0%
(Prev. Jack Ryan 17:43.4)		
14 Mar 1992		
1500 Metres	4:39.9	99.3%
(Prev. Jack Ryan 4:41.82)		
15 Mar 1992		
800 Metres	2:17.8	98.3%
(Prev. Jack Stevens 2:20.5)		
15 Mar 1992		
10,000 Metres	34:42.8	101.7%
(Prev. Tedde Jensen 36:03.0)		
12 Apr 1992		
Marathon	2:41:57.0	
(Prev. Clive Davis 2:42:49.0)		

Jensen is Swedish and Davis from the USA; the others Australian.

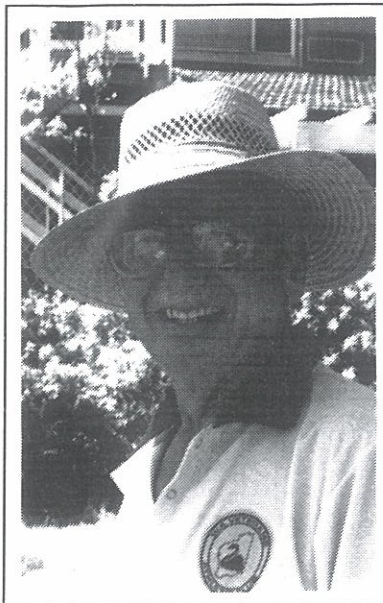
The age-gradings are set at what were considered to be the ultimate performances, given age and gender. It looks as if those for the M65 group are going to have to be re-calculated.

The same issue reported Finn Martti Vainio's new M40 World 10,000 Metres record of 28:30.88, and legend Payton Jordan's new M75 100 Metres mark of 13.50secs.

Now, procedures are in place for communicating new records to the States. But there is a multitude of results and other news which we shall no longer be able to obtain.

With the demise of the *Veteran Athlete*, how will information such as this be made available to the States?





### Arthur Leggett Reports:

Ah, fill the Cup:- what boots  
it to repeat  
How Time is slipping  
underneath our feet:  
Unborn To-morrow, and  
dead Yesterday,  
Why fret about them if  
To-day be sweet!

Omar Khayyam.

By pre-arrangement I met three other members of The Ulysses Motor Cycle Club at Port Augusta. One of them is my nephew. He, incidentally, is also a grandfather but he is still a lot younger than I am!

We headed north on Monday 26th July and straight away, from my point of view, there seemed to be unexpected problems. My companions were all riding the latest BMW K100LTs and the W.A. Veterans representative was hanging in there on his little Honda CX500C boring up the centre of Australia at 120kph into a freezing cold headwind! This definitely wasn't on the brochure!

Over the next few days we called in at Woomera as well as Cooper Pedy and arrived at Ayers Rock on Wednesday. If you think you are fit and want to put your aerobics to the test just wait until you climb Ayers Rock! It's tough! We also rode to The Olgas and had a scramble around there.

We camped out most of the time but at Alice Springs the temperature was zero so we booked into a motel for a couple of nights.

We left Alice Springs on Sunday

## City to Surf August 30, 1992

Full results take some weeks to produce, and will appear in the Sunday Times soon. We'll extract a Vets list, and print it in the October issue.

THE big race experience really is something special. Sure, you may find it difficult to produce a 'great' run, when you're shuffling shoulder to shoulder some of the way. The hills are hard, and so's the road. The sight of tiny tots in wheelchairs, struggling gamely all the way, is a real problem too. Lump in the throat and tear in the eye can leave you running blind.

At the previous, Selby St junction, our clock team were able to keep their duty policeman honest. At one point he seemed ready to join the race, and follow three of the more glamorous entrants even up that hill. The Vets reined him in.

Some people hate crowds, and wouldn't be in a team sport. In the City to Surf you remain an individual, with your own race to run, while surrounded by a 5,000 strong team. It's quite a company.

### Kerb-callers Welcome!

Then, what a great lift we get from being recognised, and cheered on! Kerb-side Vets were out in force. Personally, I saw and heard from Frank Smith in Subiaco; Maxine Santich, Basil Worner and Leo Hassam on duty at the 6K clock; Kate Penton hollering instructions in Brockway Road; Rod Stewart, Dorothy and Jeff Whittam at Perry Lakes; and Dick Horsley and Kirt

26th July and, still travelling north, we passed The Devil's Marbles to finish the day at Three Ways north of Tennants Creek having covered 536 kms.

We split up here; two going on to Darwin whilst my nephew and I turned west and rode on to Townsville where we split up again. He was on his annual holiday and had to return to Melbourne to re-commence work to make money to pay taxes to pay my pension so I could ride on up to the tablelands inland from Cairns, where I have another nephew who manages a tea plantation at Malanda.

One of the perks of accumulating years is the advantage of eventually

Johnston at Perry Drive.

Thanks to them all - an essential part of the 'big-race' feeling.

### ACTIV help

Kate reports encouraging co-operation between police and community at the Underwood/Brockway intersection, where the duty officer and an ACTIV marshal, and intellectually disabled young man, worked totally efficiently together.

### Our Ivor

We had 'our own' wheelchair entrant this year, in the sturdy form of Ivor Smith. You'll find this young man listed among the visitors for the Garvey Gallop, and can expect to meet him at some future Vets events. His City to Surf time was close to 50 minutes.

### IS THIS A RECORD?

Group jog on August 30 drew just two takers - Rod Stewart and Maxine Santich. Quick circuit of the Lakes, and they were spectating and cheering the main event. Surely this is the fewest ever Vets at an event - and suggests there might have been a record number involved in the City to Surf?

having nephews and nieces distributed all over the continent. Preferably up and down the eastern coast.

I had an enjoyable ten day break being driven around the numerous tourist attractions of the Atherton Tablelands as well as a day in Cairns before setting out for Newcastle.

From here I was on my own and, briefly, felt that I was M70+, on a motor-bike, and a long way from home.

Skirting Brisbane I made my way through Toowoomba and arrived at Newcastle nine days later to spend a week with some people whose friendship I have enjoyed since the war

## Notice Board

### Karen at World Championships

Karen Gobby, who added the '92 City to Surf title to her collection last month, is now in Gateshead, England, representing Australia at the inaugural World Half-Marathon Championships.

We've said it before, but it'll stand repeating: what Karen is doing for WA Vets in particular, and veteran athletics in general, is priceless.

### New Members

#### Welcome to

Kevin McDonnell  
Kevin Martin  
Steffi Heussi  
Vince Mitsopoulos  
Robyn Mitsopoulos

### HONG KONG MEET

Athletic Veterans of Hong Kong is holding its bi-annual meet at the Wanchai Sports Ground on the weekend of October 24/25. It's probably too short notice for most of us, but if you happen to be heading that way, might be of interest. Vetrin has entry forms and information if required.

### YORK TO TOOJAY RELAY

SOME familiar faces were missing from last Sunday's club half-marathon. They formed our team in the Association's annual York/ Toojay Relay, and took a very creditable third place in the B grade. In a time of 3:54.01, they were just four minutes behind winning club, Melville.

The Vets team was Duncan McCauley, Bruce Wilson, Robert Raymen, Maxine Santich, Brian Foley and David Carr.

### Celebrity Winner

John Molloy, described as our 'world-class middle distance' by the West Australian's David Marsh, showed his class in winning the Celebrity Handicap section at the Kalgoorlie Golden Mile meeting this month. John's time for the mile was 4:57.28.

### See a dollar...

Pick it up. That's what Tony Speechley did in the Club Half-Marathon Championships last week (Sept. 6). Of course, it's indicative of these hard times that runners scour the pavements for loose change while they're supposed to be racing. But Tony insists it changed his luck, and gave him drive. "I spotted it on the path going up the MillPoint Hill the first time. I bet myself, that I could keep it if I caught Stan Lockwood; otherwise I'd chuck it in the river. I just got him, so I earned about eight cents per K!" The committee must now consider whether Tony can still enjoy amateur status.

### HELP, Please

IN addition to the need for marshals at next Sunday's Tomkins Park run, we have requests for assistance from the Inter-Varsity competition, and the Centurions' ultra event. They're not all the same weekend, fear not! We've already mentioned Tony Tripp's need for helpers at the Geraldton/ Perth run, which begins on October 15, but he's still in need. Specifically, a support crew for Cliff Young is called for. There's no pay, but free accommodation etc. Older members would be preferred. The runners would reach Perth on Sunday October 18. Tony's number is 384-6036.

The Varsity competition is on September 29/30; and October 1. Please call Graeme Spedding, of the University AC, on 386-6193 (H) or 381-2264 (W), if you are available and willing to act as an official. You'd be required between 11am-3pm.

### Fred's back

And a welcome sight too, is Fred Hagger, back on Sunday morning duty after a brief stay in hospital.

## The Vetrin

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

Patron: W.J. (Bill) Hughes

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

COPY for the magazine should be submitted to editor Vic Waters at 47 Sulman Road, Wembley Downs, 6019. Phone: (H) 341 3464

Fax: 388 1510

DEADLINE  
for next issue - September 28

## Reminder...

Vets regularly take part in the Port to Court Relay, which this year is on October 11. If you are putting a team together, remember that mail entries close on October 7; and that entries can be lodged in person up until 5pm, Friday the 9th, at the AAWA office at Perry Lakes.

## ALTHEA ON SHOW

Another artist exposed - as our member Althea Munsie opened her first solo exhibition last month, at the Atwell Gallery in Alfred Cove.

Althea has been painting since 1983, when according to the West, she began hobby classes. She concentrates on flowers and Italian scenes, and works in oils, acrylics and pastels. Althea, who joined the Vets back in '85, has taught at the Atwell Gallery for the past 11 years, and previously been involved in two joint exhibitions. Members interested in seeing her work could make contact via the gallery, which is on Canning Highway, opposite North Lake Road.



AUSTRALIA is ageing and so is Australian sport.

At present 11.3% of the population are over 65, and 19.3% are in the 45 to 65 age group. By 2001, 23% will be between 45 and 65, whilst 12% will be over 65.

By the year 2010 well over 40% will be past 45 years of age.

The growth of participation in masters sport is expected to keep pace with Australia's increasing age but, with the trend to increased activity, could easily surge beyond this prediction.

The first Senior Olympic Games were held in 1970 with 200 competitors: 15 years later, at the World Masters' Games in Toronto, there were 10,000 athletes from over 50 nations.

We can expect the World Masters' Games to become far bigger than the Olympic Games. In April-May next year Western Australia will stage the Fourth Australian Masters and Sports Minister Graham Edwards expects there will be participation in over 40 sports and more than 3000 athletes attending.

The age at which one becomes a veteran varies from sport to sport—it may be as young as 25, although in most sports 35 is considered a veteran for women, whilst men usually have to wait another five years.

In 1991, the NSW Department of Sport, Recreation and Racing estimated that 850,000 Australians participated in masters sport.

The question often posed is whether sport can be good or bad for someone with arthritis. Firstly, we should differentiate between sport and exercise and say that, for the purpose of this discussion, sport is a form of exercise that involves an element of competition and mass participation.

A host of scientific papers in recent years leave us in no doubt that mild to moderate regular exercise can provide many profound health benefits.

The Arthritis Foundation obviously keeps up to date with this topic, so I would recommend every member to read the information brochure entitled, *Move It Or Lose It—Arthritis Needs Exercise*.

In this brochure a list of benefits derived from regular exercise is given. For example, exercise can help to:

- Decrease pain
- Strengthen muscles
- Strengthen bones and minimise osteoporosis (thin bones)
- Maintain and increase joint function

## Masters of the Game

by  
Stuart Gray

*This article consists of extracts from Stuart Gray's original, which first appeared in ARTHRITIS TODAY, May-July issue 1992, which publication we acknowledge with thanks.*

### WELLNESS

- Increase heart and lung function
- Improve posture
- Control weight and reduce body fat
- Relieve muscular tension
- Decrease stress levels
- Enhance body shape
- Improve sleep patterns
- Create a feeling of well-being
- Develop a positive attitude and healthier lifestyle

Of course, one should not expect to achieve overnight success in all these physical and mental changes. In fact, many people starting an exercise programme fall into the 'more haste—less' speed trap, and suffer more pain.

This could cause our potential athlete to become disillusioned and fall back into a state of disuse with resulting weakness, stiffness, pain and lethargy.

Upsets like these can be avoided by following the sensible guidelines also provided in the brochure. In the initial (six weeks) exercise period the ideal would be to seek supervision to ensure compliance, detection of flare-ups, modification of exercise technique, and an appropriate progression of effort.

The most common reason for giving up an individual exercise programme is boredom. This is where sport or a recreational pursuit can come to the rescue. There is no reason why one should not enjoy exercise or, at least, suffer in enjoyable company.

Ex-athletes may feel that they need a little competition to rekindle interest, but there are many people with arthritis who have never stopped their sport.

Whilst the competitive urge can be a useful motivating factor it can also be a problem in that over-enthusiasm may lead to injury. Some individuals become obsessed with their sport to the

point of ignoring injuries.

Belonging to a team can also lead to playing on with pain because to stop 'would let the team down.' Or, the chance of a gold medal might lead one to think 'one crowded hour of glorious life, is worth an age without a name' (Thomas Osbert Mordaunt 1730-1809, The 7 Year Wars).

A sleepless night due to throbbing pain in a knee or hip might convince our master athlete that discretion is the better part of valour—better to live to joust another day. Social events, combined with losing weight, improving body shape, and getting that jumping out of your skin feeling, do wonders for self esteem.

The choice of sport or recreational activity is, of course, important and should be made with advice from experts such as rheumatologist, surgeon, sports physician and physiotherapist.

Arthritic joints should not be exposed to body contact sports. Weight-bearing joint replacements should not be stressed by sky diving, mountain climbing or skiing, but good alternatives include ballroom dancing, golf, doubles tennis, badminton, bicycling or rowing.

Dislocation of total hip replacement, and fractures around both the hip and knee replacement, preclude activities such as jogging, horseback riding and kneeling activities, but positive activities are walking, swimming, sailing and canoeing on flat water, table tennis, bowls, croquet, billiards and snooker and tai chi.

Ageing not only means degeneration but also adaptation. It is this writer's opinion that, as one gets older, one should take on more activities. It is wise to participate in at least one arm sport, and a leg sport, so that, for example, if the old shoulder is playing up, cycling may still be pain-free. And, if the knee joints have flared up, swimming will ensure continued activity.

The general guidelines for safe participation in veterans' sport are much the same as for any age group, but with additional precautions appropriate to the altered physiology and health risks that are inherent with ageing.

The Australian Sports Medicine Federation has commissioned its Veterans In Sport Committee to produce guidelines to assist the masters athlete. These guidelines can be obtained through the WA branch of the ASMF.

## REGISTRATION: ATHLETIC ASSOCIATION OF WA

We expect to field a strong team this season and invite members to register for the next twelve months. Most competitions are on Saturdays at Perry Lakes stadium. The track and field season starts on October 10th. Just complete the form below and send it with cheque (AAWA) to David Carr, 46A Coldwells Street, Bicton 6175. Phone 339 8289.

Costs: City Residents \$50, country \$33, officials \$10, transfers from other clubs \$15 (green transfer form to be completed).

### APPLICATION FOR REGISTRATION

To the Registrar, Athletic Association of Western Australia.

I hereby apply for Registration as a Member of:

#### W.A. VETERANS A.C.

I declare that I am an Amateur in terms of the following definition: "An Amateur is one who abides by the Eligibility Rules of the International Amateur Athletic Federation." I also accept the Constitution and Rules of the Association.

\* I have never been a Member of an Amateur Athletic Club

\* I was last registered with \_\_\_\_\_ AAC

\* This was during the season 19\_\_

\* Date \_\_\_\_\_ Signature \_\_\_\_\_

\* Strike out whichever does not apply

SURNAME \_\_\_\_\_ OTHER NAMES \_\_\_\_\_ REG NO. \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ P/CODE \_\_\_\_\_

OCCUPATION \_\_\_\_\_

Telephone Private \_\_\_\_\_ Business \_\_\_\_\_

Club \_\_\_\_\_ Male/Female \_\_\_\_\_

Date of Birth \_\_\_\_\_ Place of Birth \_\_\_\_\_

Group: \_\_\_\_\_ OFFICIAL/SENIOR

Club Secretary Signature \_\_\_\_\_

Date \_\_\_\_\_

(Office Use Only)

Date Received \_\_\_\_\_

Amount Paid \_\_\_\_\_

Year Ending: 30th September 1993

New/Renewal \_\_\_\_\_

Eventually, however, the return journey across Australia could no longer be ignored. I had experienced fine but cold weather for over six weeks but, during this period, all the southern part of the continent had been lashed with high winds, rain and freezing temperatures; I decided to go out through Dubbo, Cobar and Broken Hill to Port Augusta.

The weather caught up with me at Cobar. It rained solidly all the way to Port Augusta.

The rain, driven by a strong, blustery, side-wind, fell heavily without pause for two days! Now, there's a thrill for you! Boring along at about 110kph in the pouring rain and leaning at 30deg to counteract the side-wind which suddenly chops out just as you are negotiating a difficult corner in a hitherto monotonous highway in the wide, open country beyond Broken Hill!

The weather at Port Augusta simmered down a bit which was most appreciated as I had to wait two days to get a seat on the train.

Yes, that's right! After riding the bike 12,000 kilometres I chickened out on crossing the Nullabor in that

weather, head-wind and rain. The train arrived in Kalgoorlie at 8:30pm on Wednesday 2nd September. I unloaded the bike and found a caravan park in which to pitch the tent. I planned to take two days to ride to Perth.

I thought I had had some crook weather in South Australia but it was peanuts compared to the storm raging between Kalgoorlie and Merriden. A hailstorm pelting on to skid-lid makes a lot of noise, believe me! My gear was soaked by the time I reached Merriden. I was saturated and shivering uncontrollably.

The countryside was puddles and mud. I filled the tank with petrol; I filled myself with hot coffee and kept going to arrive home around 6pm. Two hours later my wife said, "It's about time you got out of that hot bath, isn't it?"

I learned a lot on this trip. Things like four wheels, heater systems, windscreen wipers etc. etc. etc. I'm nearly thawed out now and, after a few more visits to my psychiatrist, I hope to be back to 'normal' in the near future.

## BROOME REPORT FOR AUGUST

It is not all suntan and swimming at Cable Beach. Thrower Ed Carroll was casting from the jetty, Janet Johnson was running or cycling every day and looking very fit, Patricia and David Carr did a couple of mild track sessions with Janet, and some discus throws, and then there were the big events. Janet cycled in the winning women's Shinju Triathlon team, David won the over 35 section of the fun and run and a \$50 prize. The course was 11km along the beach. Wally McCabe also finished and, as the representative of the sponsor, Sidchrome, received the biggest cheer.

In the following issues we  
will continue Part 2 of  
**The Way We Were...**  
compiled by  
Joan Pellier.