



The Vetruns



No. 263 SEPT 1995

Patron: Bill Hughes

President: Brian Foley

Editor: Richard Harris

IN VETRAN THIS MONTH

Running Mates ..P2
Deepwater Point

Dad was so Pleased ..P3
Gasbags
Vet Think

Hester Park ..P4
World Vet Champs Results

Letter to Editor ..P5
Annual Dinner

Andy Wright Memorial ..P6
Handicap
Arthur on the Avon

Darlington Dash ..P7
Weight Training

Garvey Gallop ..P8
Inside Running

From the Editor ..P9
What Keeps me Going

Runs Coming Up ..P10

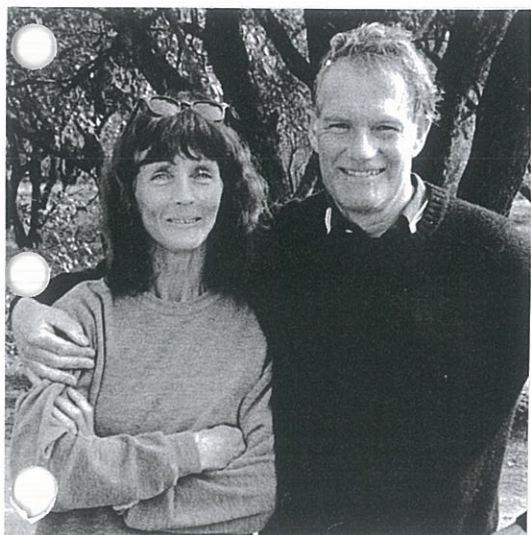
NOVEL ARRIVAL AT HESTER PARK



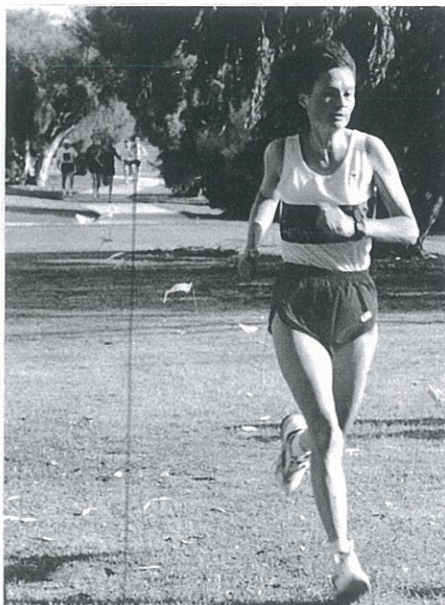
Bob and Phyllis Farrell arrive by canoe for the Hester Park run - See story page 4 photo by Sue Danby

FIRST LADIES OF RUNNING

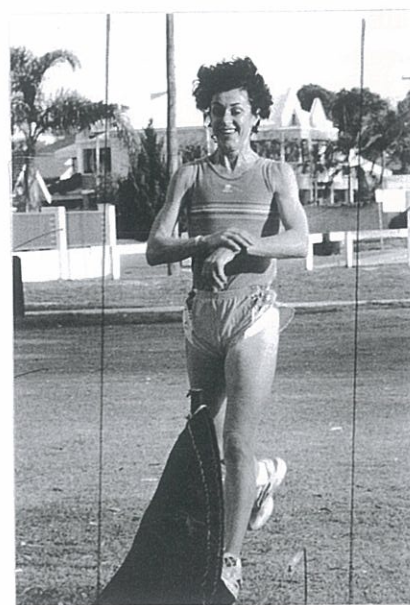
RUNNING MATES



Jill and Alan Chambers -
Photo by Vic Beaumont See Story P2



Sue Prewett, first home in the 16K at Deepwater Point See Story Page 2 -
Photo by Leo Hassam



Tessa Brockwell breaks the course record in the 7.2K at Deepwater Point - Photo by Leo Hassam

RUNNING MATES: JILL AND ALAN

Over the next few months I will be speaking to some of the husband and wives in the club, my first is Jill and Alan Chambers "the quiet ones", apart from when Alan had a few beers at the club's dinner, then he likes to sing a few Vera Lynn songs.

I've always been a great fan of Jill, a very competitive lady who can run anything from 100m to a marathon and many of us who started running late in life never knew Jill was a good junior athlete who represented WA in the 800 and 1500m in the under 19's.

It was Alan who got Jill back to running when they lived at Kalgoorlie "the only time I've ever beaten her" said Alan with a rye smile, "yes, but I was seven months pregnant" Jill quickly replied.

When they returned to Perth Jill met Kath Holland who suggested they join the Vets.

I asked them to comment on my questions:

Born: Alan: Kent - Jill: WA

Favourite Run: (Both) Anything in the hills.

Favourite Distance: Alan - 10K on road. Jill - 1500m track.

Other Interests: Alan - A bit of a gamble at the casino. Jill - Yoga.

Food: Alan - Vegies (Alan's a vegetarian) Jill - Anything hot and spicy!

What do you enjoy about the Vets: Both said "camaraderie". Like to see in the Vets more competition between members: 4 or 5 teams of say 20 and compete for points over 4 or 5 events, so committee what about it? See Jill or Alan.

Last comment from Alan with Jill's permission - **Favourite birds:** "Blondes"

Joan Pellier

THE VETRUM

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

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

Copy for the magazine should be submitted to Richard at 30 Cosmelia Way, Parkwood 6417 or Jackie Billington U5/8 Garnsworthy Place, Bassendean 6054. Next issue: Oct
Advertising: Contact Richard for prices: 323 4387 (w) 457 6102 (h)

DEEPWATER POINT AUGUST 6, 1995

TESSA'S RECORD

A cool sunny morning greeted 110 runners and walkers to the blue waters of the Canning River at Mt Pleasant.

It was evident from the start that many athletes were not going to treat this outing as a picnic by the river.

In the shorter event Bruce Wilson and Dave Roberts proved ideal pace makers for Tessa Brockwell who broke her year old W35 record by over a minute and her 7.2K course record by 4 seconds.

In the walk over the same distance John and Michele Mison repeated their 1994 success in leading the walkers home in their respective events.

In the 16K run Stephen Dunne led three visitors across the line before the first of the club members, David Muir, proved that this is still a popular distance in veterans athletics.

Once again, we had gold medal performances from members who acted as officials. Dick Blom, Stuart Hicks, Maurice Smith and Bob Harrison were out around the course.

In the finishing area we must also thank Frank & Anne Smith, Maureen

Pomery, Bev Thornton, Jackie Billington and all others who assisted.

It turned out to be a great day and the Point Cafe may have broken the cappuccino sales record, even before a former club president put down his camera and tucked into breakfast!

Dalton Moffett 16K

David Muir	M50	65:3
David Bishop	M35	66:2
John Bell	M50	66:4
Sue Prewett	W40	70:0
Vicente Carrero	M50	70:2
Vic Waters	M50	70:2
Bob Schickert	M50	70:3
Bill Crane	M55	70:4
Jim Barnes	M50	72:5
Robin Bonner	M60	73:4
John Pellier	M55	73:4
Alex Holm	M50	73:4
Gerry Prewett	M40	74:3
Kath Noordyk	W45	75:1
Milton Mavrick	M40	75:1
Keith Atkinson	M35	75:2
Alan Jennings	M55	75:3
Maxine Santich	W40	75:3
Stan Lockwood	M65	75:4
Nena Greenfield	W40	75:4
Jimmy Greenfield	M50	76:0
Mike Carey	M35	77:1
Richard Harris	M55	77:4
Merv Moyle	M65	78:2
Morris Warren	M55	79:1
Roger Walsh	M50	79:2
Dan O'Donnell	M40	79:3
Vic Beaumont	M60	79:5
Margery Forden	W50	80:0
Margaret Birks	W45	80:0
Ray Lawrence	M65	86:4
Shorty Turner	M55	89:3
Denise Lancaster	W45	89:4
Joan Pellier	W55	97:0
Mary Heppell	W55	1:44
7.2K		
Bruce Wilson	M50	28:2
Dave Roberts	M50	28:5
Tessa Brockwell	W35	29:5
John Ferris	M45	29:5
John Pressley	M50	30:2
Bob Sammells	M55	32:2
Michael Anderson	M45	32:4
David Carr	M60	33:2
Mike Rhodes	M45	33:2

Adrian Noordyk	M40	33:53
George Schaefer	M60	33:57
Cham Thornton	M50	34:04
Michael Bloor	M45	34:18
Helen Lysaght	W40	35:58
Robert Reece	M45	35:59
Stuart Parkinson	M45	36:40
Lynn Harrop	W40	37:11
Heather Sanderson	W45	37:27
Peter Airey	M55	38:16
Ros Banyard	W45	38:29
Ron Sutton	M55	39:52
Arnold Jenkins	M50	40:54
John Russell	M60	41:19
Tony Speechley	M50	41:20
Norm Miller	M60	41:26
Jeff Spencer	M50	41:29
George Peet	M60	41:30
Cathryn Holland	W35	41:37
ry Holland	M50	41:37
l Millard	W45	42:03
Kirt Johnson	M65	42:08
Jean Fisher	W45	42:53
Maria Van Bockxmeer	W45	45:39
Rosa Davis	W50	45:52
Margaret Warren	W55	46:28
ila Maslen	W55	47:36
Brian Bennett	M45	47:37
Frank Usher	M70	52:00
7.2K WALK		
John Mison	M45	42:06
Paul Martin	M50	42:08
Peter Johnson	M45	43:15
David Brown	M45	49:01
Bob Fergie	M60	49:25
Barrie Thomsett	M55	50:23
Bob Chalmers	M55	51:11
chele Mison	W45	51:17
Wendy Clements	W50	51:27
Jill Midolo	W45	51:45
Dorothy Whittam	W55	52:33
Jeff Whittam	M60	59:56
Ernie Moyle	M70	59:56
lian Peet	W55	59:57
Pat Miller	W55	60:55
Lynne Schickert	W50	64:26
Margaret Ward	W50	64:28
Pat Ainsworth	W55	64:30
Val Bonner	W50	70:42
n Pomery	M60	72:38
laa Carrero	W45	80:53
Dick Horsley	M80	91:38

VISITORS

Steven Dunne	16K	59:56
Don Haddow	16K	62:09
John Conte	16K	62:28
Patrick Sweeney	16K	70:02
Kelwyn Bastin	16K	74:55
Warren Munns	16K	77:10
Rick Thornhill	16K	78:35
Warren Pickering	16K	1:41:06
Roger Kent	7.2K	34:10
Clive Calderwood	7.2K	34:20
Lynn Fraser	7.2K	38:00
Nancy Reed	7.2K	39:30

DAD WAS SO PLEASED

John Bell M50 is very pleased with the prowess of his son Robin, 17, who came seventh in the junior pre-world kayaking championships in Lipno, Czech Republic in July.

In the 16 days leading up to the championships Robin trained at the 1972 Olympic site just outside Munich, Germany, and in Nottingham, England, with the Australian senior team and the US and English slalom teams.

He competed as a kayaker at the Australian national championships for two years but switched to the Canadian singles class a year ago and after one year racing in the new class he is ranked Australia's best junior Canadian canoeist.

Robin trains by himself for about an hour every day and once a week with his coach Lindsay Binning. He is a student at Hollywood High School and was the only WA paddler in the nine-member Australian team. He achieved Australia's best result in the competition, racing against a field of about 50 in the Canadian singles.

Many Vets will remember Robin from the January weekend camp this year at Rottneest, where he and his sister joined John for part of the time and Robin enjoyed the surfing and swimming.

Vetrun's tip: Watch for him at the Sydney 2000 Olympics.

YOU OLD GASBAG

The average person generates between 600 and 1800ml of gas per day but some people produce far more. A medical journal reported in 1979 that one person passed flatus 34 times a day, compared to the average daily emission for a person of his age of 14 times.

Most gases are the result of sugars, starches and fibre that reach the large intestine without being digested. Once in the bowel, harmless bacteria eat them, giving off the by-products of hydrogen, carbon dioxide and in some people, methane.

Unfortunately, the human nose can detect hydrogen sulphide in extremely low concentrations, and less than one per cent of gas smells - primarily through sulphur-containing compounds.

What you can do about flatulence:

- * If you have trouble digesting milk, try a lactase-reduced brand. Many people do not have the lactose enzyme to digest it.
- * Cook beans thoroughly to make their starches and proteins more digestible. Discard the liquid the beans were cooked or canned in - it is loaded with raffinose sugars - nobody has the enzyme to break down raffinose.
- * Some people have excess gas because they swallow too much air.
- * Be careful what you feed your pets - eliminate those awful moments when you and the dog can't look each other in the eye.
- * If all else fails, light a match - it oxidizes the odour

VET-THINK

You are as young as your faith, as old as your doubts; as young as your self confidence, as old as your fear; as young as your hope, as old as your despair.

In the central place of your heart, there is a recording chamber - as long as it receives messages of beauty, hope, cheer and courage, you are young.

HESTER PARK RUN JULY 30 1995

The Saturday prior to the race was a disaster weather-wise. While out checking the course for the following day, we were most despondent and imagined a very small turnout for the event.

Forty-eight runners and walkers surprised us by arriving for what turned out to be a lovely morning for running. Amongst them were several people who were looking pretty good despite having run the Perth Marathon the previous Sunday.

The Farrells' really deserve a special mention. We know there was a lot of water lying everywhere, but the arrival of Bob and Phyllis by canoe is surely a first for the club.

We'd like to thank our helpers, Judy Hill and Pat Barnes on the drink station; Pat and Norm Miller at the recording table and Wendy Spencer handing out numbers. Our thanks also to those people who offered their time but weren't needed.

Sue and Merv Jones.

12K

Warren Gee	M40	45:43
Gareth Brunt	M40	46:42
David Bishop	M35	48:56
Lewis Arndt	M45	49:07
Tessa Brockwell	W35	49:07
Jill Chambers	W45	49:28
Dick Blom	M60	50:12
Vicente Carrero	M50	50:21
Bill Crane	M55	51:27
Doug Hazell	M40	52:32
Bob Schickert	M50	52:47
Alec Holm	M50	52:56
Dennis Miller	M55	53:09
Robin Bonner	M60	53:13
John Bell	M50	53:19
Mitch Loly	M55	53:30
Mike Anderson	M45	54:03
John Pellier	M55	55:51
Lyn Harrop	W40	56:16
Stan Lockwood	M65	56:22
Merv Moyle	M65	56:30
Maurice Johnston	M55	56:40
Jon Dartnall	M45	57:22

Dalton Moffett	M60	57:48
Richard Harris	M55	57:59
Margaret Birks	W45	58:06
Milton Mavrick	M40	58:28
Robert Reece	M45	58:37
Helen Lysaght	W40	58:37
Dan O'Donnell	M40	58:51
Morris Warren	M55	58:56
Vic Beaumont	M60	59:59
Aldo Giacomini	M55	60:51
Stuart Parkinson	M45	61:41
Alan Chambers	M55	61:41
Ray Lawrence	M65	61:58
David Hough	M60	62:03
Ann Turner	W55	62:05
Jackie Halberg	W45	62:45
Margaret Robinson	W55	63:25
George Peet	M60	63:35
Shorty Turner	M55	63:41
John Smith	M60	63:48
Joan Pellier	W55	73:11
Rosa Davis	W50	75:06
Mary Heppell	W55	79:31

6K

David Willmer	M40	22:18
Dave Roberts	M60	23:01
Don Caplin	M55	23:54
Vic Waters	M50	24:27
Peter Hill	M45	25:20
Brian Danby	M45	25:55
Bob Sammells	M55	26:29
Heather Sanderson	W45	28:40
Marge Forden	M50	29:21
Arnold Jenkins	M50	30:33
John Stone	M40	30:49
Jo Pearce	W45	31:01
Jan Jarvis	W50	32:22
Keith Forden	M55	32:38
Ron Sutton	M55	32:50
Jeff Spencer	M55	32:50
Val Millard	W45	33:46
Margaret Warrens	W55	35:32
Kirt Johnson	M65	35:32
Jackie Billington	W50	35:55
Maria van Bockxmeer	W45	37:36

12K WALK

Paul Martin	M55	71:33
Peter Johnson	M45	73:34
Bob Fergie	M60	81:00
Barrie Thomsett	M55	85:09
Dorothy Whittam	W55	85:55
Jill Midolo	W45	86:41

8K WALK

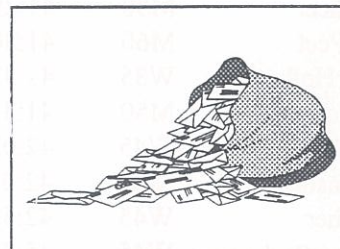
Wendy Clements	W50	43:03
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Lyn Schickert	W50	51:25
Ernie Moyle	M70	51:27
Jeff Whittam	M60	51:28
June Strachan	W70	52:01
Gillian Peet	W55	52:03
Val Bonner	W50	52:21
Dick Horsley	M80	64:07

VISITORS

Tony Heppener	12K	42:41
Paul Odam	12K	45:10
Vance Mitsopolous	12K	47:43
Garth Jennens	12K	59:58
Chris Chequer	12K	59:59
Robin King	12K	60:16
Lynsey Gee	6K	26:11

LETTER TO THE EDITOR



Dear Richard

Thank you for telephoning me on Tuesday to inform me that I was the winner of the gold medal in the Perth Marathon 70 year age group.

I am sorry I did not attend the ceremony after the race but family duties had to come first as they had supported me throughout the morning. But I am pleased to inform you that Bob Hayres, a Past President, of the Veterans made a very nice presentation on the South Perth foreshore on Saturday morning.

In attendance were a number of other veterans including Mike Berry, Nora Berry, Syd Bowler and Bob Johnstone who have all run marathons. Mike and Nora are now responsible for the water station at the 17/18K mark and have been for a number of years.

I was a member of the Vets myself both here and in Canberra but being a churchman meant I could only make very rare appearances.

Please convey my thanks and best wish to your members.

Yours sincerely, **Robert Roberts**

**WORLD VETERAN
CHAMPIONSHIPS
BUFFALO
RESULTS**

JOHN MOLLOY - M40
800m heat 3rd 2:07.64

BRIAN FOLEY - M50
800m heat 5th 2:16.37
800m semi 8th 2:16.52
5000M 44th 18:39.59

KEITH MARTIN - M50
400M Hurdle heat 3rd 1:05.51
400m Hurdle final 7th 1:05.29
4x400m Relay SILVER 3:37.80

ROY FEARNALL - M 50
100m heat 1st 12.15
100m semi 4th 12.00
200m heat 1st 25.09
200m semi 2nd 24.88
200m final BRONZE 24.80
400M heat 1st 55.53
400M semi 1st 54.24
400m final 4th 52.85

4x100m relay SILVER
4x400m relay SILVER 3:37.80

NORM RICHARDS - M55
100m heat 3rd 12.50
100m semi 3rd 13.13
200m heat 3rd 27.13
200m semi 5th 27.52
4x100m relay SILVER 48.5

BARRY KERNAGHAN - M55
100m heat 3rd 12.39
100m semi 7th 12.54
200m heat 2nd 26.27
200m semi 3rd 25.90
200m final 6th 26.37
200m heat 2nd 58.14
4x100m relay SILVER 48.5

CECIL WALKLEY - M65
10K C/C 19th 52:21
10K 13th 46:37
5000m 17th 21:29
1500m heat 12th 5:32.84

ALLEN TYSON - M70
10K C/C 54:32
10K 51:23
1500m heat 6th 6:13.85

LYNNE CHOATE - W40
100m heat 1st 13.31
100m semi 1st 13.04
100m final SILVER 13.25
200m heat 1st 27.93
200m semi 2nd 27.53
200m final SILVER 26.85

Triple jump 5th 9.56m
4x100m relay GOLD 51.64
4x400m relay GOLD 4:05.40
ERICA MERCER - W50
800m heat 5th 2:55.44
Javelin 19th 19.38m
VAL PRESCOTT - W50
10K C/C 27th 84:21
Discus 27th 17.12m
Javelin 21st 16.26m
400m heat 6th 1:22.53

Evan McCrae's results have not to hand.

**MASTER CHAMPIONSHIPS
EAST LANSING, MICHIGAN**

ROY FEARNALL - M50
400m heat 1st 55.73
400m final SILVER 54.07
100m heat 1st 12.29
100m final 5th 12.27
200m heat 3rd 24.70
200m final BRONZE 24.26

4x400m relay GOLD
NORM RICHARDS - M55
100m heat 5th 13.32
100m final 6th 13.17
200m final 4th 26.70
4x100m relay SILVER 49.69

LYNNE CHOATE - W40
100m final SILVER 13.29
200m final GOLD 26.99
Triple jump SILVER 9.47m
4x100m GOLD 53.96
4x400m relay SILVER 4:20.82

ERICA MERCER - W50
Javelin 6th 22.02m
2000m Steeple GOLD 9:22.83
High jump GOLD 1.11m
300m hurdle GOLD 63.13
Triple jump SILVER 7.25m

**NORTHAM GIFT MEETING
OCTOBER 29
Jubilee Oval**

120m Smoke Free Gift
70m Weston Milling Sprint
120m Stewarts Pharmacy
W/Handicap
800m Banks of Northam Classic
1600m Ashton Mining Handicap
Register now . For details contact:
WACL 29 The Quarterdeck,
Willetton
Telephone: 457 2572

**THE ORIGINAL AND
STILL THE ONLY
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STORE IN WA**

Bob and Jan have a wealth of experience in fitting running shoes gained over 17 years. Bob has completed each of the 17 Perth Marathons without any injury problems - he must be doing something right!

Phil's years of triathlon experience (including the ultimate - the Hawaii Ironman) and being an accredited Level 1 Triathlon Coach ensure correct bike setup and training advice.

For any of your triathlon requirements, remember - **Runner's World** genuine "old fashion" service. **NO GIMMICKS**, just honest to goodness advice, based on priceless experience.

*Perth's specialist running
& triathlon store*

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World**

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5 Fitzgerald Street, Perth
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**ANNUAL DINNER
NOVEMBER 18 1995
METRO INN**

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

ANDY WRIGHT MEMORIAL H/CAP

Conditions: Fine, cool, no wind, but slightly humid.

After the drenching we got last year for our first Andy Wright Run at Aquinas College, the weather was a great improvement, and people said again that they found it a good course. However we did have a problem with the awarding of places in the middle of the field in the 10K handicap, because the numbers had been jumbled up. Runners come in so close on each other's heels at that stage of the race that the problem wasn't spotted for a short time, and despite every attempt to sort out the confusion it has been just impossible to collate places and times for some runners. I can only apologise for that and assure runners we will try harder next year to ensure that it doesn't recur.

My thanks to those who helped conduct the event - Maureen Pomery, Jackie Billington, Jackie Halberg, Sue Jones, Dalton Moffett, Ernie Moyle, Syd Bowler and Garnet Morgan. Thanks too to those who helped in the preparation of the morning tea, and those (especially Dorothy and Jeff Whittam) who worked on the clean-up of the hall.

10K Handicap

First Woman	Sheila Maslen
First Man	Ray Lawrence

5K Run

First Woman	Noela Medcalf
First Man	Norm Miller

10K Walk Handicap

First Woman	Dorothy Whittam
First Man	Jeff Whittam

5K Walk

First Woman	Joan Hillis
First Man	Peter Johnson

Next year we'll try to ensure that the weather is every bit as good as this year; and what's more important, that the gremlins don't get into the

recording of places, and stop us from giving full results. See you all at Aquinas in late May!
Leo Hassam

ARTHUR ON THE AVON

The Avon Descent 1995. I launched my kayak into the river at Northam and, full of the spirit of youth which I no longer possess and willing to pit the skills which I doubt, I paddled out to the start line of the Avon Descent 1995.

Seven hours later and 57 kilometres down the river I completed the first day after a few swims amidst the tea trees and some horrendous rides down numerous rapids.

All went well on the second day for about 500 metres when I was faced with a wall of tea trees stretching right across the river.

Tea trees are a real problem. A canoeist has to worm his way through them picking out a line of travel as best he can. There is no positive channel and, although he may get a bit of a run on a stream within the river, most of the time it is hard manoeuvring which can be catastrophic.

The flow of the river is a constant force and, if a canoeist is pushed side-on against a tea tree, the pressure of the river's flow tilts the kayak; the cockpit rapidly fills and the paddler is tipped into the drink.

This goes on for kilometre after kilometre and can become very frustrating as well as physically demanding.

I was emptied out at the head of some very swiftly-flowing white water; by the time I had surfaced my kayak was bouncing down this stretch of rapids and I was bumping along 50 metres behind it, being whirled around in the icy water for quite some time before I arrived at a quiet pool where I could climb out.

I was a severe case of hypothermia, I couldn't control my limbs or stop the violent shivering; co-ordination, physical strength, vision and stability were all gone.

"Arthur, old chap," I said to myself, "For you The Avon Descent is over."

Anyway, I didn't have a canoe and I didn't care if I never saw it again.

I climbed up to the roadway where I was picked up by a four-wheel drive patrolling the river for any physical or plastic wrecks which may be strewn along the river's banks.

The vehicle took me to the next check-point where there was an ambulance manned by two enthusiastic, female volunteers.

Now, if there is one thing enthusiastic, female, ambulance volunteers like to get their hands on it is a patient! Within no time I was stripped down to my jocks, placed on a bed, wrapped in warm blankets and fed hot coffee. They sat beside me, occasionally they took my pulse or slid a hand down inside the blankets to place it on my bare chest and asked if I was feeling better?

No further comment is necessary except to state next year I am going to by-pass the canoeing bit and head straight for the ambulance?

Arthur Leggett

COACHING SESSIONS

McGILLIVRAY OVAL

Wednesday 5 October

**Warm up techniques for
sprinting and sprint starts**

COKER PARK

Wednesday 12 October

Techniques in long jump

**Commences 5.30pm
for approximately 1 hour sessions**

**REMEMBER
TRACK & FIELD STARTS
19 OCTOBER**

DARLINGTON DASH 21.7.95.

An improvement in the weather from last year's run was welcomed as was the number of runners who travelled up into the hills, 54 in all.

Once again the trophy was the Dick Horsley Trophy for the fastest husband and wife team.

There was keen competition between the Pellier's; Ferris's; Turner's; Carrero's; Schickert's and Peet's, with once again the Ferris's taking the trophy with a combined time of 106:12 and the Pellier's in 121:31, Turner's 136:32, Carrero's 136:53, Schickert's 137:50 and Peet's 1:08.

Thank you Liz and Mike Khan for again helping us with this run as well as Pat Miller at the drink stop, Olive and Mick Cousins, Jill Chambers and Kylie and Sascha.

We look forward to another good shout next year to this beautiful neck of the woods.

Dale and David James

16K

Bert Carse	M50	61:30
Ralph Henderson	M45	62:14
Warren Gee	M40	62:52
John West	M45	63:24
John Ferris	M40	65:57
Lewis Arndt	M45	67:43
David Bishop	M35	68:18
Vicente Carrero	M50	71:03
Bob Schickert	M50	72:00
Bob Sammells	M55	72:43
Robin Bonner	M60	72:53
Graham Thornton	M50	73:01
Brian Danby	M45	73:12
Mitch Loly	M55	74:15
Maxine Santich	W40	74:34
George Schaefer	M60	75:22
John Pellier	M55	75:58
Merv Moyle	M60	78:23
Lynne Harrop	W40	79:24
Anna Greenfield	W40	81:44
Jimmy Greenfield	M50	81:45
Ron Hillis	M50	83:03
Alan Chambers	M55	85:29

George Peet	M60	85:34
Merv Jones	M55	86:10
Richard Harris	M55	89:07
Vic Beaumont	M65	89:58
Shorty Turner	M55	94:16
16K WALK		
Alan Pomery	M60	120:10
8K		
David Willmer	M40	30:49
Brian Foley	M50	33:27
Paul Martin	M50	34:50
Wal Welyky	M45	36:29
Simon Mort	M35	37:17
Peggy MacLiver	W50	38:13
Maurice Johnstone	M55	38:28
Robert Reece	M45	40:06
Irene Ferris	W40	40:55
Ray Lawrence	M65	41:33
Brian Bennett	M45	41:33
Jeff Spencer	M50	41:34
Ann Turner	M55	42:16
Val Millard	W45	45:31
Joan Pellier	W55	45:41
Norm Miller	M60	45:54
Kirt Johnson	M65	46:11
Margaret Ward	W50	59:19
Judy Hill	W45	63:40
8K WALK		
Jackie Billington	W50	60:52
Gillian Peet	W55	65:38
Val Wheeler	W60	65:42
Tina Carrero	W45	65:50
Lynne Schickert	W50	65:50

WEIGHT TRAINING

'A strengthening of the whole body as well as increasing heart and lung functioning'.

Persons close to me had advised weight training for some years prior to my commencement of this activity in December 1991. Running seemed to be all one needed to gain exercise and expand ones circle of friends. Sometime early in 1992 there ceased to be a need for asthma treatment and inhaler and chiropractic services.

Pumping Iron or just using bodyweight exercises forced a greater depth of breathing; upper and lower

stomach muscle exercises helped to support the back more effectively. Maybe this result could have been brought about without going to a gymnasium. However, the programs set and the discipline required made for progress not likely to have occurred at home by training solitary.

A necessary plus was an increase in social interaction.

Running Training - always enjoyable but I did not really place much focus on this over the years. My plea is 'Not Guilty' to running training and I am sure my jurors will set me free.

Weight Training - some purposeful activity. Lifting up to body weight with numerous repetitions for various exercises.

Overall body strength increase? not sure. Weight training one day, running the next, several dances a week plus an energy loss in just being an upright and considerate member of family and society. Net result - a feeling of lethargy. Wonder what it will be like when one gets old?

Gymnasiums seem to have mirrors everywhere. I think the facility is not to enlarge the ego but to facilitate the proper movements necessary to enlarge a particular muscle or muscles. However, for those of us middle age plus, all the mirror watching in the world will not increase (the guys) chest muscles to the extent that there will eventually appear to be a need for bras.

In a coed gymnasium mirrors can assist some persons to watch others and by copying, streamline their own techniques and maybe think up other exercise ideas.

If you consider taking up weight training, seek a 'qualified' gymmaster to set up an individual program for you, your needs for overall body strength could differ markedly to that required by your running mates.

Ray Lawrence

GARVEY GALLOP

20.8.95.

I don't know how many runners and walkers took off in The Garvey Gallop but 95 came back; a pleasing number demonstrating the commendable manner in which runners support all the club's activities.

The gallop is a picturesque run along the banks of the Swan River where, for obvious reasons, there are no cross-roads and a few PB's were recorded.

Thanks are due to Ron Sutton, Kirt Johnson, Brian Smith, Estelle Rogers, Leo Hassam and my family who organised the water point. The beautiful weather was slotted in between two stormy days by courtesy of the Weather Bureau.

Arthur Leggett

10K

Greg Salter	M40	36:59
Dave Roberts	M50	38:20
Gareth Brunt	M40	38:26
David James	M40	38:30
Chris Gillard	M45	39:14
Bob Schickert	M50	39:15
David Bishop	M35	39:19
John Pressley	M50	40:29
Lewis Arndt	M45	40:30
Don Caplin	M55	41:01
Paul Hughes	M40	41:28
Bill Crane	M55	41:55
Paul Kelly	M40	42:16
Brian Foley	M50	42:55
Adrian Noordyk	M40	42:57
Bob Sammells	M55	43:21
John Pellier	M55	43:44
Kath Noordyk	W45	43:58
Keith Atkinson	M35	44:03
Jan Kelly	W40	44:06
George Schaefer	M60	44:10
Bob Harrison	M50	44:38
Ted Maslen	M60	44:44
Milton Mavrick	M40	44:49
Mike Anderson	M45	44:52
Mike Khan	M50	45:12

Maurice Johnstone	M55	45:12
Nena Greenfield	W40	45:38
Jimmy Greenfield	M50	45:40
Graham Thornton	M50	46:08
Stan Lockwood	M65	46:12
David Walladge	M45	46:55
Margaret Birks	W45	46:51
Dalton Moffett	M60	46:58
Helen Lysaght	W40	46:59
Merv Moyle	M65	47:08
Max Kelly	M45	47:10
Brian Bennett	M45	47:13
David Carr	M60	47:36
Richard Harris	M55	47:38
Vic Beaumont	M65	48:02
Lynn Harrop	W40	48:15
Jon Dartnall	M45	48:43
Ian Passmore	M50	48:57
Morris Warren	M55	49:07
Alan Chambers	M55	49:48
Stuart Parkinson	M45	50:06
Merv Jones	M55	50:25
Ray Lawrence	M65	50:31
Robert Reece	M45	50:38
Ann Turner	W55	50:49
Jackie Halberg	W45	51:26
Shorty Turner	M60	52:18
Norm Miller	M60	52:23
Denise Lancaster	W45	54:40
Roma Bettles	W45	54:40
Val Millard	W45	56:28
Sheila Maslen	W55	60:06
Pauline Kelly	W45	60:17
Mary Heppell	W55	62:57
Lyn Boucher	W50	65:02
Frank Usher	M70	73:49

5K

Tessa Brockwell	W35	18:47
Peter Hill	M45	20:11
Joe Stickles	M55	20:26
Harry Holland	M50	21:40
Ros Banyard	W45	23:33
Cathrin Holland	W35	25:46
Joan Pellier	W55	26:58
Peter Davies	M65	27:47
Jan Jarvis	W50	28:00
Jackie Billington	W50	29:09
Patricia Carr	W60	29:14
Keith Webster	M50	31:21
Lyn Schickert	W50	35:27
Judy Hill	W45	35:27
Margaret Ward	W50	35:27
Margaret Warren	W55	35:41
Jeff Spencer	M50	35:42

10K WALK

Peter Johnson	M45	59:01
Bob Fergie	M60	68:31
Barrie Thomsett	M55	71:18
Michele Mison	W45	73:49
Ernie Moyle	M70	77:26
Pat Miller	W55	77:27

5K WALK

Barry Weatherburn	M50	32:38
David Brown	M45	39:10
Jill Midolo	W45	39:10
Dick Horsley	M80	53:55

VISITORS

Clive Calderwood	5K	22:08
Maggie Webb	5K	29:27
Ross Roberts	10K	43:04
Cindy Dartnall	10K	44:51
Chris Chequer	10K	47:00
R. Thornhill	10K	47:45
Robin King	10K	50:16
B Blackman	10K	54:29

THE INSIDE RUNNING

Running has never been an option for me. as long as I can remember my first choice of transport has been running.

At age five I ran way from kindergarten. The elders were amazed not only that I found my way but also that the running time was equal to my father's best. The five-mile run created the legend in Dimboola in 1937 that I was the Eight Wonder!

I have disappointed them for the last 55 years. But by now most of the witnesses to my feat have passed away and it's no longer an issue for them. It remains a concern for me still. No book anywhere holds my name as a record holder since the kindergarten was burnt down in 1938.

In spite of this loss I have continued to enjoy long distance running because it is a true introvert's sport. The physical aspect of running is but external

manifestation of what is happening inside my head while I run.

The first level of running consciousness must deal with setting up the auto pilot. Leg speed, breathing rhythm, arm movement and establishing the race pace are constantly monitored in the first 10 minutes until they are automatic and then can be forgotten.

Free of the need to audit the body's activities my mind is able to dwell on thoughts that matter, such as looking for Answers to Life.

Curiously evolving new questions is more important than discovering answers simply because new questions ensure continuity. In any case my most exciting discovering has been that there are no answers.

As revelation set me back for some time and I went into a running slump from which I have only recently recovered.

Currently I have under consideration the big question for all runners: "Why am I doing this?"

My thoughts are now engaged by the possible consequences of, "Am I running to something or am I running from something?"

Anxiety is mounting within me that when I know I may not need to run.

George Schaefer

From the Editor

SPORTING GESTURES

One of the pleasures of running is the fellowship we enjoy with others who share a similar values system. We can all learn from each other and we can usually find something to admire in every athlete, regardless of his or her position in the results column.

I was most taken with a handsome sporting gesture recently at the WA Marathon Club when a fine athlete who had flown in from Greece to participate in the Perth Marathon was

awarded the winner's crown of olive leaves. He had brought it with him in his hand luggage from the olive trees at the village of Marathon.. He also brought one for the first lady home in the event.

One of the prizes of being first was a cheque for \$500 from the Floreat Athena Soccer Club, one of the sponsors of the event. The club had also provided a carbohydrate loading function at their headquarters on the Friday night.

The winner handed back the cheque and asked the club to use it to help promote next year's Perth Marathon. It was a princely gesture - from an athlete who had just raced a marathon well under two and a half hours and who had been queasy during the run because our water did not agree with him. The gesture was made in a casual, "it's only money - think nothing about it" manner, demonstrating a wonderful sportsmanship which reflects great credit on our own Hellenic community in WA. - Richard Harris

WHAT KEEPS ME GOING

I started running at the age of 49. Being slightly overweight, and showing a bit of middle age spread, forced me to do something about it and the best way, I thought, was running.

This was not an easy task. My first turn was with the Marathon Club, three times around Lake Monger. Lining up at the start with some older runners and having no idea what to expect, I managed to run one lap, wondering what was wrong with me. What really got me was that runners were passing me while conversing with each other, while I was completely out of breath.

I became a member of the Marathon Club that same day and shortly after that joined some other

runners at Point Walter, who just started off with the 8K time trial. This was the best thing I ever did, this really improved my times, running against the clock trying to improve on your previous time. It did not take very long before I became very serious about my running and had a go at my first marathon.

Still a bit overweight, I started my training program and managed to loose two stone in three months. It was not easy to convince my non-running friends that I was not dying of a mysterious sickness.

GREAT DETERMINATION

Anyway, I made a mess of my first marathon. Trying to keep up with Tessa Brockwell, saw me falling beside the road at the halfway mark, only great determination made me finish in 3hrs 49min.

I did improve on that time and did it under 3 hours in the Broadlands Marathon a year later. Like I said, I became very serious about my running

"ADDICTED"

is when running becomes the most important thing and you forget about your normal things in life like your family and social friends. It took a serious work related accident to change my attitude. I still train six day a week and I am still competitive but not as serious as I used to be, but I do enjoy my running a lot better. My training program is fairly regular and average about 80K per week. This includes social runs, time trial and weekend racing. I came to the conclusion that I just about have to run every day to keep my weight down and stay reasonably fit and injury free.

Running and joining the Vets is the best thing I ever did. I have met a lot of people and made a lot of friends over these years and that's what 'KEEPS ME GOING'.

Dick Blom

YOU DESERVE A NEW SHIRT!

(Remember - Singlets must be worn at our State Championships)

Gold with black trim with the club badge on left side @ \$15.00.

Also the club black and white singlets with club badge on left side @ \$15.00.

Tee-shirts which are grey this year with the three colour runner club logo on the front @ \$14.00.

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

Plus caps, visors in a range of colours @ \$5.00 and in corduroy @ \$7.00.

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RUNS COMING UP

Wild Flower Run

A fairly tough 10K course which loops through Kings Park's trails and over parkland. The short course is out-and-back on the long course with a turn at 2.5K.

The walk course is on roads within the park.

This event is followed by the very popular sausage sizzle.

Hazards: wild flowers and orchids - lose concentration looking at these and you'll get lost!

Tompkins Park Run

Basically an out-and-back, fastish, flat course on foot/cycle paths alongside Alfred Cove, Lucky Bay and Melville Water. Then just when it seemed so easy some short, stiff climbs on the road section at about halfway just to let you know that you'd

had a run or walk. The race starts and finishes on 400m of grass.

Hazards: other foot/cycle path users and road traffic.

Birkwater Cross Country

The thinking persons run for the Timeless Trophy. As the event name suggests, Margaret Birks and Vic Waters came up with this to give the rest of us the chance to win something.

Just guess how long it will take you to cover the course then run the event. Best guess wins. Several people each year either run the time or are within a second or two. So come and have a go.

The course is confined to trails within the Park and can be enjoyed for its own sake. Winning the Trophy is a bonus.

Hazards: effectively none.

Award: the Timeless Trophy for the person closest to their nominated time.

Joondalup Run

The course is quite picturesque and is over tracks and trails close to the Lake Joondalup. It comprises two out-and-back legs.

The first heads south for a flat, easy 2.5K alongside the lake and returns to the start. The smart ones pull out here!

The braver among us continue north for another 2.5K of mainly twisting, uneven tracks and gravel road before heading back for more of the same to the finish.

Hazards: second leg only; watch your footing and look out for flags you can get lost!