



The Vetruns



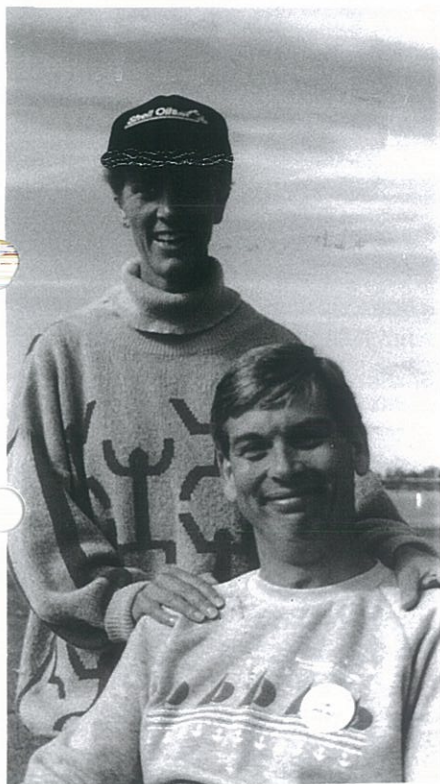
NO. 275 SEPTEMBER 1996

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RUNNING MATES HEATHER & TONY

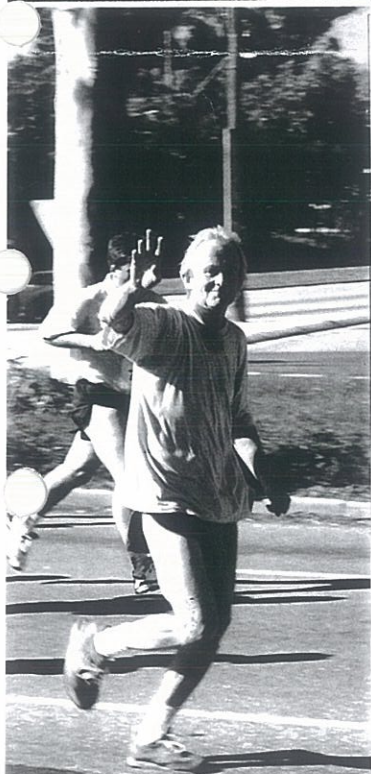


CITY TO SURF

Many Veterans ran well in the City to Surf. Vetrun salutes them. Well done everybody. Leo Hassam took these fine pictures for us at the half way mark. More pictures to follow. Below from left, Rosa Davis, Irene Ferris, Roma Barnett and Denise Lancaster



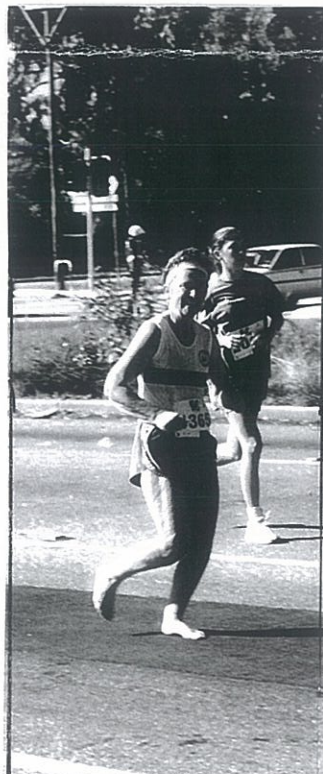
PAUL MARTIN



VIC WATERS



SHEILA MASLEN



MERV MOYLE



RUNNING MATES

Meet this months running mates - Heather Sanderson and Tony Speechley whom I introduced to one another some two years ago at the Teddy Birds run. Tony was born in Sydney and spent seven year working in Queensland and came to WA in 1975 to help build the Swan Brewery. Tony is a director of Clough Engineering. Tony played golf at the age of ten and has a handicap of nine, he enjoys sailing and off shore boat racing. He has two sons and a daughter aged 26, 25 and 22. Tony has run three marathons his best time being 3hrs 19mins.

Heather was born in Yorkshire and came to Australia in 1987. Heather represented Yorkshire in the high jump and javelin at school, and also played hockey and netball. She trained as a physical education teacher and majored in all types of dance which she taught in London and was also a policewoman in the British Police Force. Both in Britian and Perth she has worked as a commercial property manager.

Unfortunately Tony and Heather will be leaving at the end of the year for Jakarta, where Tony will be heading the construction company P.T. Petrosea..

Tony and Heather are great Docker supporters.

Joan Pellier

How did they hear about the Vets?

Tony: He saw club members running at Lorna's Round the Houses in Fremantle he stopped and spoke to Cliff Bould and joined on the spot.

Heather: Through Maxine Santich while selling some property for her.

Favourite distance?

Tony: 16K

Heather: 10K

Favourite Run?

Tony: Darlington Dash

Heather: Jim Barnes run (Heather had to say this as the writer is his sister!)

What they like about the Vets?

Tony: Camaraderie, total lack of talk of work.

Heather: Everyone still talks to me even though all I talk about is my injuries and total open friendliness of the people in the club.

Any changes?

Tony: Think about the future to bring in young people to keep the club going as it is now.

Heather: None

Other Interests?

Tony: Heather, golf, eating out and the theatre.

Heather: Tony, swimming, yoga, theatre.

Favourite Food?

Tony: Seafood in general but in particularly loves Queensland mud crabs.

Heather: Chocolate I love it! potatoes and Japanese food.

Ambition in running?

Tony: To run 50K regularly each week and loose a stone in weight (as he drinks another glass of red).

Heather: To run 10K in 40 minutes.

Greatest pleasure in running?

Tony: Marathon Club South of the River run in 78 minutes for 20K, but have had some running "highs" many years ago while doing long runs when you thought you were floating along.

Heather: Jim Barnes run this year nearly run it in 45 minutes.

Worse Run:

Tony: Many years ago the Darlington Half Marathon - had no handicap so started and finished last, everyone had packed up and gone home when I finished, I nearly gave running away.

Heather: City to Surf found it a hard run.

Pet Hate?

Tony: Mobile phones, inconsiderate people who impose on my good nature.

Heather: People who leave the television on (with sound on) while I'm visiting.

COPY FOR THE VETRUN

Results can be posted directly to Jackie Billington U5/8 Garsworthy Place, Bassendean WA 6054. Ph: 279 8679

Other copy items to Richard Harris at 30 Cosmelia Way, Lynwood WA 6147 Ph: 457 6102 or see at regular Sunday runs.

GARVEY GALLOP

11/8/96

A total of 61 runners and walkers enjoyed an unexpected break in a prolonged period of inclement weather for a run along the picturesque banks of the Swan River.

The winners were:

5K Run	Tessa Brockwell	19:20
10K Run	Dave Reid	36:43
5K Walk	Pauline Kelly	40:25
10K Walk	Paul Martin	53:53

The overall results are:

10K

Dave Reid	M45	36:43
Frank Smith	M50	37:25
Warren Gee	M45	37:47
Bob Schickert	M50	37:59
Jim Klinge	M45	38:05
Ralph Henderson	M45	38:43
Max Thorley	M45	40:42
Marilyn Blair	W35	41:24
Brian Foley	M50	41:41
Milton Mavrick	M40	42:01
Mike Khan	M50	42:29
Mike Rhodes	M50	42:48
Brian Bennett	M45	43:03
Brian Danby	M45	43:57
Bob Sammells	M55	44:06
Terry Keesing	M35	44:28
Keith Atkinson	M35	44:27
Stan Lockwood	M65	45:24
Robin Bonner	M65	45:38
Bill Crane	M55	45:46
Max Kelly	M45	46:36
John Pellier	M55	46:49
Richard Harris	M55	47:28
Peter Airey	M55	47:28
Stuart Parkinson	M45	49:01
Dalton Moffett	M65	49:53
Jackie Halberg	W50	50:05
John Russell	M60	52:03
Merv Moyle	M65	52:20
Peter Davies	M65	52:39
Joe Stickle	M55	52:40
Bernadette Height	W35	53:28
Arnold Jenkins	M50	53:29
Val Millard	W45	54:50
Wendy Duncan	W45	54:50
Jenny Barnes	W40	55:17
Noela Medcalf	W60	60:45
Lyn Boucher	W50	61:24
Mary Heppell	W55	61:58
Frank Usher	M70	67:30
Lynne Schickert	W50	72:50

5K

Tessa Brockwell	W40	19:20
Mike Anderson	M45	21:05

Philip Hawks	M35	21:57
John Stone	M40	22:14
Baron Malloy	W35	22:36
Norm Miller	M60	25:26
Allen Tyson	M70	25:47
Joan Pellier	W55	25:57
George Peet	M60	27:59
Pat Miller	W55	29:25
Sheila Maslen	W55	32:16
Margaret Ward	W50	32:40
10K Walk		
Paul Martin	M55	53:53
5K Walk		
Pauline Kelly	W45	40:25
Ernie Moyle	M70	40:27
John Pressley	M50	40:28
Val Bonner	W55	44:01
Gillian Peet	W55	44:02
VISITOR		
David Howard	10K	44:51

My sincere thanks to Pat Ainsworth and the indestructible Fred Hagger for their assistance at the finish line and my genuine appreciation of Kirt Johnson's and Ron Sutton's efforts in marking out the course.

Arthur Leggett

GO WEST

Well, August 1 has been and gone. This marks two years since I moved to the West. So I will look back and compare the running in Ballarat to the West.

I was a member of the Ballarat Harriers. Running is very strong in Ballarat, and in a town of 80 000 there are four clubs, Ballarat Harriers, Treka, Wendouree and Ballarat YCW (Steve Monaggetti's club). There are hundreds of runners between them.

From April to September was Cross Country season. Every Saturday afternoon there was an event. Three out of four weeks were club events. These events were mostly handicapped, or graded handicaps. The hardest part of the handicaps was waiting for your time to go in average temperatures of 5 - 8, often colder. Two courses were provided each week, short 2 - 5 km or long course 4 - 16 km, depending on event. Competing were girls and boys on 6 or 7 years old to men and women 60, 70 and more. Mostly events were held through paddocks, pine forests, bush or bush walks. Generally having included creek banks, creek crossings or mud, and always hills. You can't go far in Ballarat without striking a hill. There were also a few

events around parks or Lake Wendouree.

At club events there were 50 - 70 people. After the run we would gorge ourselves on cakes and sandwiches brought by club members. While this feeding frenzy occurred, presentations were made. Every fourth week was an interclub cross country. You ran for your club in your gender group, and ran in either A,B,C or D grade. Competing at interclub events were hundreds of people and fierce competition. The interclub events were not handicapped. Through the season there were a few relays which created great atmosphere. Teams from each of the clubs comprising 4 or 5 members competing over 2 - 5 km legs, depending on the event.

Through summer, track and field was every Saturday. Each week was interclub. Some twilight events were also held. There was also a less formal summer cross country held midweek through the months of daylight saving, starting at 6 pm, also great fun.

On Sundays throughout the year a group of 6 - 10 would meet at the clubrooms at 9 am, regardless of weather. Fog, snow, rain, heat or minus temperatures no excuse to miss. These intrepid runners would head out over a course conjured up on the day. Usually comprising of hill, hills, bush tracks, forests etc. Even if you were the slowest runner on the day someone would always drop back and run with you. It wasn't unusual to come back with wet runners, or covered in mud through winter. Change of clothes always advisable. After these mob runs we would head back to the clubrooms and have some bread, cakes, tea, coffee and talk for an hour or so.

What do I miss? I miss the hills, especially tough ones around Mt Clear. The smell of the bush, and running down bush tracks or through the bush. Running around Lake Wendouree. I especially miss the running mates.

I don't miss - waiting in the cold for my handicap start time - the showers in the harriers clubrooms, rarely hot - having to go outside the house to get wood for the heater when it is pouring or just freezing - also having the heater on for most of the year I don't miss.

Thanks to everyone for making me feel welcome. It certainly seems runners are the same everywhere. Friendly, supportive and encouraging whether you're elite or a plodder. - Keith Atkinson

STATE CROSS COUNTRY CHAMPIONSHIP KING'S PARK, 18 AUGUST 1996.

This is the first year that Ralph and I have teamed up to direct this race. The previous three years, having been with my old mate Brian Jones, who passed away in March this year. So there was a note of sadness for us on the day, about this run.

The morning was clear with a fresh easterly breeze which presented us with perfect conditions for a run through Perth's premier running spot.

If you look at the list of results, you will see a group of "Lost Souls", including the evergreen Dave Reid, who managed to get themselves bushed, in varying degrees. As Joan Pellier said after finishing, "Anybody who gets lost on that well marked course, must be even more blind than I am". Well it can happen to anybody, including my wife Bronwyn who got lost just trying to walk to the 5.2km turn-off, so she could marshall there; and she helped mark the course!!!

Thanks to the 127 runners / walkers for coming, especially those who offered their thanks and congratulations. Thanks to Milton Mavrick and his wife, and to my family - Bronwyn, Lynsey and Ryan for your wonderful assistance in marking the course on Saturday and to helping out on race day.

See you again next year.

Warren Gee & Ralph Henderson.

10km

M35

Greg Van der Sanden	37:35
Steve Burge	40:06
Paul Arthur	43:24
Peter Hickey	46:10
Terry Keesing	46:45
Keith Atkinson	46:46

M40

Tony Heppener	37:35
Gary Fisher	41:07
Wayne Pantall	42:31
Paul Kelly	45:23
Milton Mavrick	47:08
John Stone	56:26

M45		
Duncan McCauley	39:38	
Darry Dahlstrom	40:20	
Ralph Henderson	41:04	
Jim Klinge	41:31	
Gareth Brunt	42:10	
Chris Gillard	42:16	
Max Thorley	42:33	
Wayne Browne	43:17	
John Dickuson	44:47	
Brian Bennett	45:27	
Brian Danby	45:46	
Mike Anderson	47:51	
Stuart Parkinson	51:39	
Richard Matthews	55:45	
M50		
Bob Schickert	40:07	
Dave Roberts	40:27	
John Bell	41:51	
Dave Muir	41:57	
Vic Waters	42:17	
Frank Smith	42:27	
Geoff Mullins	42:49	
Ivan Brown	43:37	
Jim Barnes	45:18	
Mike Rhodes	45:58	
Max Kelly	47:04	
Ken Brownlie	47:29	
Mike Khan	47:38	
Ron Hillis	50:52	
Robert Sheehy	51:24	
Tony Speechley	54:53	
Arnold Jenkins	58:12	
M55		
Don Caplin	42:04	
Dennis Miller	45:21	
Bob Sammells	45:34	
Paul Martin	46:24	
John Pellier	48:56	
Richard Harris	49:08	
Merv Jones	52:19	
Alan Chambers	54:50	
Ron Sutton	58:32	
M60		
Roy Attwell	46:30	
Aldo Giacomini	52:06	
George Peet	54:05	
Norm Miller	56:05	
M65		
Robin Bonner	46:51	
Stan Lockwood	48:33	
Cecil Walkely	49:19	
Frank McLinden	51:47	
Dalton Moffatt	54:12	
Peter Davies	54:18	
Merv Moyle	54:49	
Kirt Johnson	62:43	
M70		
Ernie Moyle	49:47	
Allen Tyson	59:48	
Dave Bishop	Lost Souls 43:15	
John Cresp	" " 45:06	
Mark Pressley	" " 45:32	
Dave Reid	" " 46:15	

W30		
Amy Wilson	59:09	
W35		
Robin King	46:12	
Bernadette Herght	58:14	
W40		
Helen Gilbey	42:40	
Janel Kelly	44:35	
Sue Vetton	49:47	
Jenny Barnes	53:07	
Irene Ferris	65:51	
W45		
Anne Shaw	44:35	
Heather Sanderson	49:07	
Kath Noordyk	49:48	
Judy Bonomelli	49:49	
Fiona McCauley	51:52	
Carey Dickuson	60:33	
Roma Barnett	60:55	
Wendy Duncan	61:47	
Denise Lancaster	66:50	
W50		
Peggy MacLiver	52:28	
Rosa Davis	66:59	
Lynne Schickert	86:20	
W55		
Joan Pellier	62:48	
W60		
Margaret Warren	61:59	
W70		
Glenice Shanahan	86:55	
5.2km		
W35		
Frances Lipscombe	25:47	
W45		
Jo Pearce	27:53	
W50		
Anita Brown	31:12	
Jan Jarvis	31:44	
Jackie Billington	35:17	
Phyllis Farrell	35:29	
Marg Ward	36:31	
W55		
Pat Miller	35:24	
Sheila Maslen	35:31	
Valerie Bonner	44:26	
W65		
Lorna Lachlan	35:23	
M55		
Peter Airey	25:55	
Bob Davis	34:36	
M75		
Arthur Leggett	34:14	
Visitors		
Richard Spark	5.2K 31:12	
Elizabeth Mulleneux	5.2K 34:22	
Sue Bolton	5.2K 34:23	
Mike Hicks	10K 36:19	
Raymond Hadinata	10K 44:34	
Steve Davies	10K 47:09	
David	10K 47:34	
6km Walkers		
W45		

Pauline Kelly	39:54
Jill Midolo	44:13
W50	
Joan Hillis	39:55
Wendy Clements	40:10
W55	
Gillian Peet	49:51
W60	
Dorothy Whittam	44:20
Pat Ainsworth	44:58
W65	
Lorna Lauchlan	81:19
M45	
Dave Brown	40:37
M55	
Barrie Thomsett	39:48
Mitch Loly	59:27
M60	
Bob Fergie	39:47
Jeff Whittam	49:51

....OOPS!!

Apologies to Milton Mavrick (missed from results last month) - completed the 50K Road Running Championship, at a rate of 4:28min/km.

LOST & FOUND

FOUND

Perth Masters Games sweat shirt
Red singlet
Blue single
Fingerless glover (cycling?)
Blue sweat shirt
(see at recording table)

LOST

Vets club T/shirt white with runners motif (see Ernie Moyle)

SRI CHINMOY INTERNATIONAL 2 MILE PEACE RUN

Honouring the 51st Anniversary of the United Nations will be conducted in conjunction with the Veterans Track and Field evening on Thursday 24 October, 1996 at Coker Park.

The Peace Race is held world wide in over 120 cities, the results being put together for international winners.

Categories are men and women 0-50 years (first seven) 50-59 (first three) 60-69 (first two) 70-79 (first only).

Certificates to all participants. For more information contact Prabuddha Nicol on 382 2079. An entry form will be available soon.

Look forward to seeing you there.



CAPE TO COLLIE RUNNING TEAM

From left, Jeff Spencer, Merve Jones, Sue Jones, Vic Beaumont, Shorty Turner, Jackie Beaumont, Graham Thornton, Ron Hillis, (front), Wendy Spencer, Joan Hillis, Ann Turner and Bev Thornton.

CAPE TO COLLIE RACE WALKING TEAMS

From left, Lorna Lauchlan, Jackie Billington, Bob Fergie, Shorty Turner I don't know how Shorty got in the picture he was in the running team? Denise Lancaster, Barrie Thomsett, Lois Smith, Tony Speechley (Manager, Fergie's Follies), Lesley Meo, Dorothy Whittam, Barry Weatherburn, Heather Sanderson (front). Unfortunately Jeff Whittam (Manager for the Perennial Perambulators) was not in the picture.

(photos by Joan Hillis - see report on page 7)

Below more City to Surf photos



DAVE REID

DON CAPLIN

JACKIE BILLINGTON

DAVE ROBERTS



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RUN AROUND THE WORLD

(Athletics on the Internet)
by John Stone

Combining athletics with hi-tech computers and the "Information Super Highway" may seem a strange blend but there is a world of information for athletes on the Internet and tens of thousands of people are using it daily.

If you have a computer, modem and access to the "Net" it's easy to find and use the abundance of athletics-related topics originating from countries all over the world.

The introduction of the World Wide Web has made it much easier to use the Internet to find whatever information is required. There are several excellent search tools and Web Directories on the Internet that are a breeze to use. **YAHOO** (<http://www.yahoo.com/>), **LYCOS**

(<http://lycos.com/>) and **WEBCRAWLER** (<http://www.webcrawler.com/>) are three and Alta Vista and Savvy Search are two new additions.

Simply type in a word or words from the topic you are interested in and you will be presented with a list of resources around the globe that match your request. After that, just clicking on the title will take you straight to the information. Most of these resources, or "Internet Sites", are linked or "cross referenced" to other similar or related sites. Following the "links" is just a matter of clicking on a title and you will be sent off on another journey to another site - crisscrossing the globe at the speed of sound. You can easily "run around the world" in well under your latest personal best time!

For example, by typing the key words "Track and Field" at one of the Internet search sites, you could be presented with hundreds of sites around the globe that have "Track" or "Field" or both in their title. Try typing "running" using the **WEBCRAWLER** and you will find as many as five thousand Web sites with "running" in their title.

What kind of information is available on the Net that could keep athletes glued to their monitors and away from training sessions? The answer is simply - anything and everything. Race results, race calendars, medical advice on sports injuries, reviews of new running shoes, interviews with champions, latest findings on sports drinks, training schedules, statistics for lanes and distances and book reviews to name a few. Some of the sites are produced commercially, others are maintained by athletic or running clubs and others are individual efforts by runners or ex runners (are there any "ex runners?") or just people with computers and an interest in sport.

It would take volumes to list all the Internet sources of running information. Some are useful for Track athletes, others are produced primarily for Cross Country or Marathon runners. All of them are interesting and all of them aim to promote our wonderful sport. Here are some good starting points....

The Running Page: This US site has information on Masters Running, running publications, cross country, exercise trails in North America, race results and details of up coming races

(including Australia). In addition to all of this, you can find reviews of latest running shoes, sports drinks, heart monitors and other running gear.

UK Athletics Home Page: This is an excellent Internet site in England where you can find up to the minute news, reports and results of all major international track and field and long distance events. There are also interviews with leading athletes, training advice, product reviews and guidelines for buying running gear, statistics for British and International events and much, much more. This is a very well prepared and maintained resource.

Track Canada: The Track Canada Internet pages are an excellent source of information - mainly about Canadian athletics but there are also plenty of interesting articles on training, sports injuries, IAAF doping control guidelines and links to other running sites around the world.

Masters Track and Field Home Page: This site is operated by Ken Stone (no relation) in California. Here you can find everything you need to know about Veterans track and field. I even found results from our own Championships held in Perth this year.

Dead Runners' Society: Check this out for yourself.

Petri Niininen's Athletics page; Petri Niininen (in Finland) maintains lists of world and Finish records for both track and field events. There are also links to National records of other countries.

Kevin Scannell's Track and Field Links: This site provides results and records and links to other excellent running-related places on the Internet.

Athletics Statistics page: Here you can find statistics, pictures of athletes, lists of running publications, an E-Mail directory of athletes and links to The World University Games and US College Track and Cross Country results.

Jeff Brickner's Athletics Statistics Page: More statistics and links to other running related sites.

These are just a small sample of the excellent Internet resources available to the computer equipped athlete. Hundreds of new sites are appearing on the "Net" every week, so an up to date directory is impossible to compile. Start with any of the above and you will soon find yourself trying new and exciting links throughout the world.

In addition to using the vast storehouse of information on the World Wide Web, the Internet also provides the capability for two-way communication using E-Mail and various Athletics News groups. It is possible to enter a discussion on any running topic with other interested people all over the world. Leave a question on "The Net" and have answers from, for example, Kenya, Japan or Mexico, within minutes. Need results from the Glasgow Hash House Harriers or the UCLA Track Team? No problem. Someone will have them. Just ask.

The great thing about "The Net" is that it is constantly changing and evolving. Statistics, records and results are regularly updated. You can even find the sites where you can post your own Pbs - for all the world to see!

No matter what event or distance - from 60 metres to Ultra-Marathon, there is something on the Internet for every runner and athlete.

John Stone.

CAPEL TO COLLIE CLASSIC RELAY 11.8.96.

After very heavy rain on the Saturday, (which made it excellent for viewing Wellington Dam overflowing) the Sunday morning start was find and dark. the sun was not up at 6.00am.

The walkers on the first leg saw the sun come up in the latter half of their section, and later walkers watched it disperse the early morning mists. The rest of the day remained fine with just a couple of threats of rain.

Three teams of walkers competed this year, two from the Vets and one from Bunbury with Vets members in it. Results:

The Theme Team (Bunbury)

Time: 9hrs 32min 40sec

Barbara Atkinson
Luella Jenkins
Lyn Ventris
Gary Hastie
Gary Russell

Fergie's Fillies

Time: 10hrs 24min 32 sec

Stage 1

			K
Leg 1	Denise Lancaster	33:49	4.6
Leg 2	Lorna Lauchlan	59:24	7.9
Leg 3	Bob Fergie	71:29	11.7
Leg 4	Heather Sanderson	53:49	8.0
Leg 5	Jackie Billington	40:20	6.1

Stage 2

Leg 1	Lorna Lauchlan	31:01	4.4
Leg 2	Denise Lancaster	39:55	5.7
Leg 3	Heather Sanderson	39:29	5.9
Leg 4	Bob Fergie	53:33	8.6
Leg 5	Jackie Billington	33:59	5.0

Stage 3

Leg 1	Lorna Lauchlan	28:30	3.8
Leg 2	Bob Fergie	43:46	6.7
Leg 3	Heather Sanderson	36:17	5.5
Leg 4	Denise Lancaster	39:02	4.8
Leg 5	Jackie Billington	20:15	2.9

Perennial Perambulators

Time 10hrs 30min 02sec

Stage 1

			K
Leg 1	Dorothy Whittam	33:00	4.6
Leg 2	Barry Weatherburn	53:31	7.9
Leg 3	Barrie Thomsett	74:16	11.7
Leg 4	Leslie Romeo	53:01	8.0
Leg 5	Lois Smith	45:18	6.1

Stage 2

Leg 1	Barry Weatherburn	29:00	4.4
Leg 2	Dorothy Whittam	39:31	5.7
Leg 3	Barrie Thomsett	37:36	5.9
Leg 4	Leslie Romeo	58:41	8.6
Leg 5	Lois Smith	37:50	5.0

Stage 3

Leg 1	Barry Weatherburn	27:06	3.8
Leg 2	Barrie Thomsett	45:23	6.7
Leg 3	Leslie Romeo	38:01	5.5
Leg 4	Dorothy Whittam	35:03	4.8
Leg 5	Lois Smith	22:39	2.9

Karen Gobby was in excellent form in the running event setting fastest times in each of the legs she ran.

Jeff Whittam

A LIFE ON THE RUN

John Gilmour is currently training well and hopes to catch up with us soon. He has received a letter from Jack Pennington asking for some support from the Vets with the book *A Life on the Run 1933-1995*, an autobiography by Jack Pennington (Editor *The Veteran Athlete* 1971-1979). The book is dedicated to John

Gilmour and has a foreword by Professor Dick Telford.

This book is available only from the author, Jack Pennington, at 24 Alberga Street, Kaleen, ACT 2617 for \$20, which includes the postage. This is a hefty discount of \$10 on the price previously advertised in *The Vetrin*.

The book is aimed at coaches, sports science students and runners. It covers an alternative method of training to Lydiard's way; how the champions train; a history of veteran athletics; Cerutti versus Stampf; who trained the Chinese women in Canberra 1985?; an experience in World War 2; and 30 photos including unpublished Bannister and Chataway May 6 1954.

NEXT MONTH'S RUNS

The following are what you have to look forward to in September. All events start at 8:00 am, unless otherwise noted. Any queries contact the Events' Coordinator John Pressley on 332 6103. All offers of assistance to John or the Race Director

22 Sept Hester Park (Merv & Sue Jones)
A nice flat picturesque run on the cyclepath alongside the Canning River. 12 km and 6 km courses for both runners and walkers. Note that the longer walk starts at 7:30 am.

This is also presentation day, so make sure you run/walk quickly and then high-tail it to Rosie O'Grady's in Northbridge to swing away the rest of the day.

29 Sept Age Group Relays (Dave and Pat Carr)

Try this for something different. Age group relay teams (three runners or two walkers) race 5K legs around Heirisson Island with the Start/Finish in McCallum Park.

Make up your own team, or leave it to the expert, unbiased Carrs!!

3 Oct T&F Starts

Yes, summer must be almost upon us. This season's Thursday night Track and Field competition starts at 5:30 pm at McGillivray. Come along and join the fun; try something different for a change, instead of just pounding out the miles on the road. (and, if you cannot beat me in the 100 m you should give it away and take up tidlywinks!!).

Tahiti, once visited.....

We left a bleak Perth only to arrive in an even colder and wetter Auckland at the end of what was, even for the Kiwis, a very wet month. A wind straight from the south pole was causing blizzard conditions in the South Island and little better to the North. Adding to this was Ruapehu with the odd belch or two to interrupt the ski season.

Sunday saw a renewing of acquaintance with the warm-up track at Mt. Smart and a light training session. As in Brisbane, rugby has taken over the main stadium.

On Tuesday I joined Ron Johnson and the Tuesday runners at their clubrooms in Pakuranga (a suburb S.E. of Auckland) for a midweek run. It had been drizzling all night and continued for the duration of the run and as is its wont, ceased during morning tea, by which time all runners were showered and rejuvenated by a dose of hot caffeine.

Thursday was even colder, with the temperature around 4° C at 11am, a warm up session at Mt. Smart, even wearing extra clothing, proved to be more of a freeze down, warm shops were a far better training venue - with the credit card.

With Friday being warmer the training session was more successful and that evening we joined the rest of the Australian team for the flight to Tahiti and here the real story begins.

The 747 disgorged around 200 Vets and tourists to confront bureaucracy that did not rate the ANZ region very favourably - can't think why? Some 2 hours later we were all processed, and with customs and quarantine being non-existent we were finally on the buses to the various motels for a very short sleep before confronting Friday, again!

With the Games being an off again - on again affair, many Vets withdrew and a disappointingly low number of competitors and even fewer spectators turned up for the Opening Ceremony. Proceedings were brief with the opening speeches and flag raising. The track, on the outskirts of Papeete with a "Scotsman's Hill" along the back straight and mountains to the east, was in excellent condition with top quality equipment and field facilities. If the action was ever dull, the ever changing clouds on the mountains certainly filled the void.

With only 120 competitors (approx. half were Kiwis) and efficient organisation and well drilled officials, events ran smoothly with some such as the Cross Country being run in the morning and the rest in the late afternoon and evening. The latter being ideal once the track was in shadow and many Games records were set. Although the day time temperature rose to only 30° C the humidity was high making it unpleasant for some of the distance events particularly in the early morning session and the first in the afternoon session.

Because of the early lack of organisation, no medals were available to be presented until someone had the idea of carving mother of pearl shell - a craft by-product of the black pearl industry. Pearl shell medals carved in the shape of the island of Tahiti Nui-Tahiti Iti in three sizes arrived and winners and placegetters duly received the unique awards.

My first event was the High Jump with some spirited competition at the lower heights, my winning jump was 1.10m

Wednesday I had two events, and with the 300m hurdles being run one hour before the Steeplechase and with vivid memories of my inglorious exit from this event at Buffalo, I elected to run carefully and was a bit puzzled as to why the legs were feeling the pinch at the end - until I saw the time, 61 secs. I was credited with a record although I am sure Lesley Hamilton from Canberra has run faster.

The Steeplechase was another matter. Being the only "Femmes" in the field I had the race to myself until I came to the "water" the first time. With the matting being some 50 to 60 cm from the wall and with a very high edge, I elected to drop carefully onto the concrete, something I have done many times before. Here the best plans of mice and steeplechaser went sadly astray. The concrete could not have been more slippery and with Ian Anderson from Norfolk Is. floundering in the water in front of me, I preceded to do the splits while desperately trying to maintain a grip of the steeple. From there things went from bad to worse with the "water" winning all five rounds, four almost on a T.K.O., resulting in a badly bruised medial ligament and both fore arms looking like a failed suicide attempt with bruising and a haematoma from trying to hold on to the top of the steeple until I could regain my footing, a badly bruised heel and an upset heelspur from two bad landings. Despite this, a record of 10m30.7s. and a watch band that came through the trauma unscathed.

The women's Javelin saw a large entry, and with heavy protection on the heel, I managed a fourth placing with a throw of 17.10m, and that was the end of the Games for me.

The final day was set aside for the weight Pentathlon and relays. Helen Searle, while rotating with the weight, was blinded by the flash from a photographer's camera. This led to an altercation which was apparently critically reported in the local paper.

The Medley Relay saw the only other serious injury for the meet with one competitor suffering an Achilles injury 10 metres into his leg of the race. He had been performing brilliantly in the throwing events with several records.

A small informal closing ceremony followed with the handing over of the Games Flag to the New Zealand representatives, thank you speeches and group photographs.

Impressions: Tahiti is a very expensive destination with souvenir T-shirts \$45 - 60 hamburgers (McDonalds quality) Black Pearls - don't ask, Bus tours \$45 and the island circumference is only 115 km., the main course at any of the restaurants will set you back a min. of \$20 for a cutlet of the local fish and a few veges. Self catering and bring your own is the way to go. Fridges in motel are a rarity and many a rubbish bin became an esky £ at least in those hotels that provided an ice machine!

Away from Papeete the roads were cleaner and the island of Moorea much more the Pacific Island of the Tourist brochures, although prices were just as high. Tahiti is just like Fiji, you go for the various tourist resorts, not to see the main Island.

Leaving the place was another matter. Large numbers in the sheep races slowly kicking cases and bags along the floor, one immigration officer, one x-ray machine through which all the baggage had to pass several ticket staff. Some passengers (including us) were not allocated seats. Much arguing with Airport Staff and finally an Air New Zealand Steward off the plane arrived to assure us there are plenty of seats. Eventually someone with sufficient authority was found, a physical check of the vacant seats done, we were handed boarding passes and no longer stranded.

Still more waiting as some of the would be passengers had not been processed. Apparently, this is par for the course on Tahiti and despite instruction, the airport staff still manage to crash the computer programs causing delays and costing Air New Zealand and Qantas £ delayed at the same time £ and maybe others, millions. The attitude of some airport staff seems to be "If I can make it your problem, then it is not my problem." Two and a half hours after the scheduled departure time we left Tahiti. None too soon for the passengers who had been stuck on the aircraft since it left Los Angeles.

The trip from motel door (5km from the airport) to departure took almost as long as the flight, and that was about 4500 km!
Erica Mercer

REMINDER!!
CLUB
CHAMPIONSHIP
PRESENTATIONS
SUNDAY
SEPTEMBER 22
AT ROSIE O'GRADY'S
See Graham Thornton for
bookings

Club Half Marathon Championship McCallum Park 01-Sep-96

First Half-Marathons by Wendy Barnes and Mary Murphy, a PB by Heather Sanderson, and two Championship Records in the Walk. What a day! Mind you, I had organised near-perfect conditions.

Paul Martin and Wendy Clements are to be particularly congratulated on their efforts. Starting at 7.30 am, they both in effect walked solo time trials. Paul sliced almost 30 minutes off Bob Fergie's previous record and Wendy reduced Jacquie Beaumont's 1990 mark by over eight minutes. What would they have done with some competition?

Most runners were pleased with their efforts although Merv Moyle was pleased just to finish. A nasty fall during the race caused chest pains but he struggled on to complete the course.

The Performance-Level percentages listed in the results were based on members' ages on the day. They clearly highlight the strong performances of the older athletes, who rarely have their times announced on the day, and the two walkers. They also indicate the standards of performance; see Vetrin #271.

Finally, heartfelt thanks to my cheerful band of helpers. Jackie Billington, David Carr, Bill Crane, Fred Hagger, Denise Lancaster, Ray Lawrence, Noela Medcalfe, Ernie Moyle, and Morris Warren all did a brilliant job. Thanks, folks.

P.S. If you wish to see P-L percentages featured in other race reports then please advise the Committee. If you want a set of age-graded tables to do your own calculations, give me a 3 1/2 inch diskette and I'll copy them for you; they are on a Lotus-compatible spreadsheet.

Bob Sammells

21.1K Run	P-L %age	
M35		
Keith Atkinson	1:41:16	60.0
M40		
Paul O'Riordan	1:26:45	71.5
Wayne Pantall	1:28:54	70.3
Leiner Huning	1:35:39	63.9
Gerry Prewitt	1:50:21	56.6
M45		
John West	1:19:46	80.7
Gareth Brunt	1:28:42	71.5
Mark Rosen	1:31:54	70.6
Brian Danby	1:35:18	68.1
Frank Gardiner	1:36:20	66.3

Brian Bennett	1:38:57	66.1
M50		
Frank Smith	1:22:33	82.5
Bob Schickert	1:26:40	78.6
Dave Roberts	1:28:23	76.4
John Bell	1:29:15	74.4
Jim Barnes	1:32:34	73.0
Ivan Brown	1:33:57	70.7
Mike Khan	1:36:05	69.2
Brian Foley	1:37:58	68.4
M55		
Dennis Miller	1:31:46	75.5
Richard Harris	1:40:43	70.7
John Pellier	1:43:29	67.0
Merv Jones	1:50:05	63.5
M60		
Ted Maslen	1:42:33	70.7
John Russell	2:00:51	61.2
M65		
Robin Bonner	1:35:52	78.8
Peter Davies	1:55:58	66.6
Merv Moyle	1:58:28	66.6
W35		
Robin King	1:29:21	74.5
W40		
Sue Prewitt	1:32:05	75.2
Jan Kelly	1:32:52	74.6
Jenny Barnes	2:05:16	56.2
W45		
Heather Sanderson	1:43:41	69.1
W50		
Jackie Halberg	1:55:31	64.3
Mary Murphy	2:13:03	56.9
Phyllis Farrell	2:15:39	55.3
Visitors		
Joe Skrypnik	1:25:35	
Geoff Birkett	1:25:38	
Steve Mitchell	1:26:04	
Ian Lankester	1:31:37	
Paul Hak	1:36:40	
Doug Hayes	1:48:29	
Julie Rubie	1:48:30	
21.1K Walk		
M55		
Paul Martin	2:00:34 CR	80.0
W50		
Wendy Clements	2:32:13 CR	72.5
11.3K Run		
Gary Fisher	M40	43:30
Vic Waters	M50	47:06
Ian Blair	M35	48:03
Mike Rhodes	M50	49:49
Gary Sanford	VIS	50:23
Terry Keesing	M35	51:21
Dick Blom	M60	51:55
Mitch Loly	M55	56:33
Peter Airey	M55	56:48
Dalton Moffett	M65	56:57
Tony Speechley	M50	57:01
Barry O'Connor	VIS	57:23
Vic Beaumont	M65	59:38
Alan Chambers	M55	59:40
Margery Forden	W55	60:58
Kirt Johnson	M65	62:55

Margaret Warren	W60	63:25
Helen Lysaght	W40	64:39
Shorty Turner	M60	64:41
Norm Miller	M60	65:33
Arnold Jenkins	M50	66:50
Mary Heppell	W55	69:26
Wendy Duncan	W45	69:29
Lynette Boucher	W50	69:54
Sheila Maslen	M55	69:58
Pat Miller	W55	70:28
Lorna Lauchlan	W65	74:31
Margaret Ward	W50	76:55
Jill Midolo	W45	78:49
Lynne Schickert	W50	79:46
11.3K Walk		
Barry Weatherburn	M50	1:17:35
David Brown	M45	1:18:31
John Murphy	M50	1:37:51
Alan Pomery	M65	1:37:53
21.1K Walk (25/8/96: RWC only)		
M55		
Barrie Thomsett	2:16:35	71.4
M60		
Bob Fergie	2:16:31	74.9

TWO CLUB MEMBERS GET THE BOOT!!

On the weekend of 31 August, 1996, Bob Fergie and Barrie Thomsett got the boot, (in the nicest possible way). They were taking part in the World Rogaining Championships, the Everlasting Rogaine, so called not because it went on forever, but because it was held in the wildflower country just south of Paynes Find at Mount Singleton on Nangan Station.

Bob and Barrie finished 3rd Super Veterans Team in the event, this had nothing to do with the purple knickers they wore over their pants or the cape flowing from their shoulder, but because they were both over 55 years old.

For their efforts they were awarded a cloth badge and a small pottery replica of a boot. The main category winners won the golden boot mounted on a jarrah plinth, which they keep until the next championships.

The wildflowers were magnificent but the walking was hard, there were close on 700 competitors from six countries and the other states of Australia.

Barrie then set off for Melbourne, to ride his bike back across the Nullabor for a relaxing four or five weeks, whilst the saner member of the team will be back on club runs/walks.

Other members who competed were:

Judy Hill, Toni Frank, Lois and Rob West, Dave Muir, Theresa Howe, Penny and Phil Dufty, Eddy Hill, Brenda Mathews, Jacqueline McManus.
Jeff Whittam

YOU DESERVE A NEW SHIRT!

State - Singlet - Gold with black trim with club badge on left side @ \$15.00.

(To be worn at National Championships)

Club - Singlet - Black and white with club badge on left side @ \$15.00.

(To be worn at State Championships)

Tee-shirts - Grey with the three colour runner club logo on the front @ \$16.00 short sleeve \$18.00 long sleeve.

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

Plus caps, visors in a range of colours @ \$7.00. Car stickers and iron-on badges @ \$2.50

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HAPPY BIRTHDAY TO OUR OCTOBER MEMBERS

Airey, Peter	01/10/36	60	becomes	M60	Watson, Fred	16/10/18	78	remains	M75
Simmonds, Dave	01/10/34	62	remains	M60	Tiverios, Alex	16/10/46	50	becomes	M50
Piercy, Pamela	03/10/45	51	remains	W50	Barnett, Ray	17/10/43	53	remains	M50
Nicholaidis, Dorothy	04/10/38	58	remains	W55	Fisher, Lawrence	17/10/35	61	remains	M60
Cousins, Michael	05/10/33	63	remains	M60	Romeo, Lesley	17/10/44	52	remains	W50
Morgan, Garnet	06/10/24	72	remains	M70	Schickert, Lynne	18/10/41	55	becomes	W55
Waldock, Reece	06/10/52	44	remains	M40	Reece, Robert	18/10/46	50	becomes	M50
Klinge, Jim	08/10/46	50	becomes	M50	Peet, George	19/10/33	63	remains	M60
Thornton, Graham	08/10/40	56	remains	M55	Bocian, John	22/10/50	46	remains	M45
Malone, Mick	09/10/50	46	remains	M45	Pellier, John	22/10/39	57	remains	M55
Burge, Steve	11/10/57	39	remains	M35	Pomery, Maureen	24/10/39	57	remains	W55
Burge, Claire	11/10/61	35	becomes	W35	Walker, John	24/10/49	47	remains	M45
Farrell, Phyllis	13/10/44	52	remains	W50	Schickert, Robert	26/10/41	55	becomes	M55
Savin, Tom	13/10/45	51	remains	M50	Roberts, David	27/10/42	54	remains	M50
Baumann, Carlo	15/10/14	82	remains	M80	Eltringham, David	28/10/54	42	remains	M40
Stewart, Maureen	15/10/39	57	remains	W55	Hunter, Brian	28/10/44	52	remains	M50
Greenfield, Nena	15/10/54	42	remains	W40	Mullins, Geoff	29/10/43	53	remains	M50
					Clark, Christopher	31/10/53	43	remains	M40