



The Vetruns



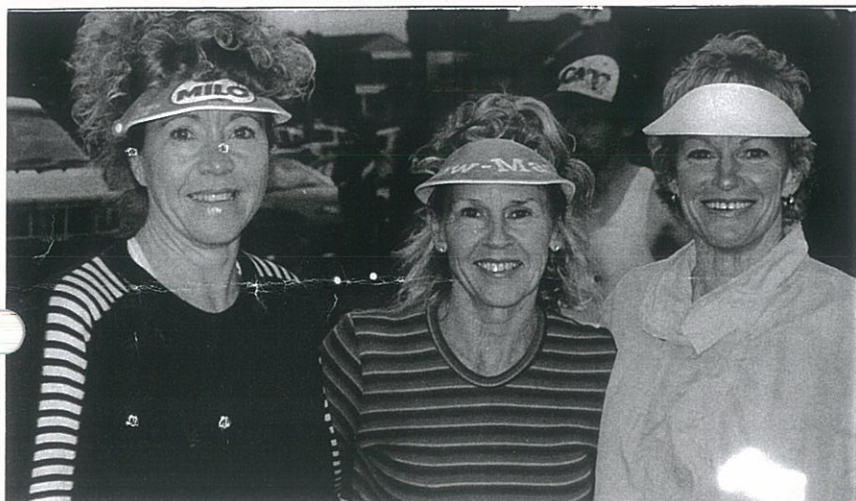
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Top: This months running mates Wendy Duncan (left) and JoPearce (middle) with Shirley Bell at start of Perth Marathon (see page5)

Bottom: Rosie O'Gradys Presentation Day. Left to right, David Carr, Morris Warren, Paul Martin, Michele Mison, Jackie Billington Brian Danby, Chris Maher, Stephen Dunn, Keith Atkinson, Sue Vetten and Chris Maher (photos Vic Beaumont). More next issue!



Running Mates

I was told by Jo that I needed a change with running mates (and I thought I was the bossy one!) so meet this months running mates, Jo Pearce and Wendy Duncan. Wendy was born in Bulawayo, Zimbabwe and at school was a keen swimmer. In 1972 she went to live in South Africa and started running at 34 when the firm she was working with entered a relay team in a local race. Wendy has run 4 Comrades and in excess of 50 marathons, 12 ultra marathons and one dualathlon, she also enjoys cycling. In South Africa was social secretary of her club for 4 years, they held a run every morning at 5.30 and weekends had at least 10 marathons and a couple of 50 mile runs leading up to the Comrades. Wendy came to Australia in 1996, she met Jo at a Vets run and they became good friends. Jo was born in Midland and has always enjoyed the outdoor life, loved every sport and was never at home. She lived in Tasmania for 6 years and played State netball. After school Jo became a 'porky pig' and got into running when she nearly married a marathon runner. It was during mid-life crisis that she got into Outdoor Adventure; climbing, abseiling and trekking. She has been to Nepal 8 times and as group leader 3 times. Wendy and Jo are going to Nepal in 2000 so if anyone is interested, give them a ring. Wendy has 3 daughters and Jo has 2 daughters.

Occupation

Wendy-Bookkeeper, Jo-Past Adventurer now training coordinator for a mining company.

How did they hear about the Vets

Wendy-John Bell, Jo-Tony Speechley

What they like about the Vets

Wendy-Such a friendly lot and everyone talks to me, Jo- the camaraderie in the club

Any changes

Wendy-no, Jo- never change a thing

Favourite distance

Wendy-21K, Jo-1K

Most Pleasing performance

Wendy- 1st Comrades, Jo-1st marathon in 1991

Other interests

Wendy-theatre, arts and hiking, Jo-climbing, trekking and 'thumbs in the earth'

Favourite food

Wendy-Vegies and Salads, Jo-known by my friends as the 'cappuccino kid'

Favourite movie

Wendy-Westside Story, Jo- Anything you can have a good cry in.

Favourite TV

Wendy-don't watch, Jo-Never still enough to watch.

Ambitions in running

Wendy-"God, I've reached it, now I just want to keep focused." Jo- to be like Glenice Shannahan at 70.

Pet hate

Wendy- people who have a walkman when they run with me, Jo-cruelty to animals and smoking.

Club News

CAPITATION FEE

At the 1998 Annual General Meeting the committee was asked to examine this issue. A Capitation Fee is currently paid for each member of the club to the Australian Association of Veterans Clubs. The amount is now \$7 per member per year. It is to rise by \$1 per year for the next three years until it reaches \$10 per year.

The question asked by members at the AGM was

"SHOULD THE FEE BE PAYABLE FOR ALL MEMBERS OF THE CLUB, INCLUDING THOSE WHO DO NOT COMPETE, AND THOSE WHO ONLY TAKE PART IN OUR SUNDAY MORNING RUNS/WALKS".

The committee proposal for members to consider is that a fee NOT be paid for ALL members. Our view is that it should only be paid for members who are indicated as ASSOCIATION MEMBERS,

and the fee not be paid for members who are indicated as NON ASSOCIATION MEMBERS.

ASSOCIATION MEMBERSHIP - For members who compete in track and field solely or in addition to Sunday morning runs/walks.

NON ASSOCIATION MEMBERSHIP - For members who compete solely in Sunday morning runs/walks and "social members" who do not participate in events.

On the next renewal of membership form, members will be asked to indicate which type of membership they want. The annual membership fee will be the same for both categories. The Capitation Fee for an ASSOCIATION MEMBER will be financed from the fee paid for participation in Thursday night Track and Field and from entry fees for the Track and Field Championships.

We estimate that 40% to 45% of members will be ASSOCIATION MEMBERS, that is about 160 to 180. On participation in Track and Field events, a member automatically becomes an ASSOCIATION MEMBER.

NON ASSOCIATION MEMBERS will not receive a copy of the Australian Association newsletter *The Courier*.

The committee is very interested in receiving your verbal or written views on this matter.

Bob Schickert

10th Oceania Veteran Championships

Norfolk Island

16-23 Jan 2000

Expressions of interest to Organising Committee Oceania 2000, Box 158 Norfolk Island NSW 2899

AAVAC Travel Director- 0883328815

Change to Sunday Running Programme

Sunday 24th January. Group run and walk to be held at Wireless Hill Lookout and Park, Almondbury Road Ardross

Proposed changes to Road Walking Championships

Recent feedback to the committee from walkers suggests that the 25km event is too long. Instead the event could be staged over four events and not three. Jim Barnes 5K walk, Deepwater Point 7.5km walk, Mill Point Rd 10km walk and the Uni and Back 15km walk. Your committee seeks your input on this proposal

New members

We welcome three new members this month.

Paula Hanson
Johannes Hagerdoorn
Kurt Kappeler

Changed numbers

Please note the change of telephone numbers for the following committee members

Ray Hall 94795205
Keith Atkinson 93131669

Wanted urgently!

Your club needs your help for Sunday morning runs. There are events coming up for which we need volunteers to make them happen. We would particularly like to hear from those members who may be injured or don't normally help. Ask not what your club can do for you but what you can do for your club! Seriously though, please fill out and return the section below for the events you can help with. Organising the runs does not

happen by magic. Approval from councils is needed for all runs and they are getting nervous about public liability. We have to show them that we are efficient, have properly marked courses and marshals at appropriate places to ensure public safety. Your committee would like this to be voluntary. However, unless help comes from a broader range of people we will have to contemplate designating you to help out. Yes, it has become that serious!!



Social News

How about a bit of music to add to *The Rhythm of Life* that running provides us?

I am getting a group together to have a night out enjoying an old-style Cabaret production by the **Tivoli Club of WA** who present a Live Variety Show. If you are free on **Friday 30 October** and would like to join us, let me know by Friday 23 October (ph: 9264 7501 at work or 9330 3803 at home). I will need pre-payment by Sunday 25 October.

Cost: \$8.00 per head
Venue: Applecross District Hall (Corner Canning Beach Road and Kintail Road, Applecross -opposite Raffles Hotel.
Time: 7.30pm for Show at 8.00pm
Cabaret style seating at tables -
BYO Food and Drinks- Cheese and

biscuits supplied - soft drinks and snack food available to purchase
Lynne Schickert

Annual Dinner Dance

At All Seasons Freeway Motel,
Mill Point Road, South Perth.
Saturday 21st November
Tickets \$28

Wellington Mills Lunch

Those wanting to book lunch at the Winery on the Saturday contact Lorna on 93831084

Sunday is a BBQ so bring appropriate cuisine!

Letters

I got a great deal of satisfaction from organising this year's Half Marathon, mainly because of the number of people who volunteered to help. They enabled me to organise a quality event with the proper emphases on member's safety, through water stations and keeping them on course. Lack of helpers over the years has meant that two water stations, essential for this event, could not always be provided. Marshals at turns and road crossings were not always available either. Members suffered as a result, from dehydration and missed turns. Their individual races were spoilt and the event marred from my point of view. Basically all race directors need the positive and active support of the membership. Without adequate volunteers, race quality suffers and fellow members can be put at risk. It comes down to self interest. If a person wishes to enjoy a well-organised, safe event on Sundays then he or she will have to lend a hand a few times a year. So, dear reader, make Joan Pellier's day. Grab her volunteers book and put your name down. Don't wait for her to tap you on the shoulder
Bob Sammells

TRACK AND FIELD PROGRAM 1998/99

This year we are again holding our track and field events on Thursday evenings. The first two weeks are intended as an easy lead into the competitive season which begins on Thursday, October 15, with the Patron's Trophy competition conducted over ten weeks from that date.

PATRON'S TROPHY

In the programme below, those events marked * are point-scoring events. Athletes compete in a maximum of sixteen events and points from their ten best performances are added to achieve a total score. The contest is age graded and favours athletes who have a go at everything. This year we are using the WAVA Age-Graded Tables. An athlete's score will be his/her calculated percentage level. Copies of the tables for the appropriate events have been printed and will be available to competitors - with instructions.

START TIMES AND VENUES

Meetings in OCTOBER begin at 5.30pm. From NOVEMBER to MARCH start time is 6.00pm.

C = Coker Park, Cannington (synthetic)

M = McGillivray Oval, Mt Claremont

A fee of \$2.00 will be charged.

OCTOBER

1 M	100m	1500mW
8 C	60m	1000mW
15 M	200m	1500mW
22 C	2000mW	*400m
29 M	100m	1500mW

NOVEMBER

5 C	*100m	T/J
12 M	200m	L/J
19 C	200m	2000mW
26 M	100m	1000mW

DECEMBER

3 C	Joint meeting with Canning Districts - Programme to be announced later						
10 M	800m	*1500mW	*200m	Discus	Shot	L/J	3000m
17 C	1500mW	*Hammer	L/J	5000m	800m		

Christmas Break

JANUARY

7 M	200m	Discus	L/J	1500mW	400m	Javelin	5000m
14 C	Club Pentathlon Championships + selected events (60m and 1500m?)						
21 M	100m	2000mW	Discus	T/J	1000m	Shot	3000m
28 C	1500mW	100m	Javelin	800m	T/J	Hammer	5000m

FEBRUARY

4 M	3000mW	200m	Shot	L/J	Discus	1500m	
11 C	2000mW	100m	L/J	Hammer	800m	Discus	3000m
18 M	100m	3000mW	T/J	Discus	800m	Heavy Wt	5000m
25 C	1500mW	200m	Javelin	T/J	Shot	10000m	

MARCH

4 M	60m	Javelin	400m	5000mW	1500m	L/J
11 C	100m	3000m	T/J	2000mW	Hammer	400m

STATE VETERANS TRACK AND FIELD CHAMPIONSHIPS

14 C	Sun	Pentathlon
18 M	Thurs	Steeplechase Championship Events PLUS 200m for anyone interested
19 C	Friday	Evening
20 C	Saturday	
21 C	Sunday	

My Challenge

by Shirley Bell

'I wouldn't mind doing the Marathon,' I said to myself. 'But with only 7 weeks to go and just back from holidays, am I asking too much? No, I don't think so, after all, I love a challenge.'

My first week was spent breaking in new shoes and with 73km covered I did just that. However, my feet did not agree (although what was I to expect!). The second week wasn't any better with a couple of long runs including the Wanneroo 32 which I did in 3.00.38. My feet didn't improve and I started to feel a little tired.

'Keep going Shirley' this little voice kept telling me. Plus I had the support and encouragement from the girls. So on came week 3 and 85km later I was feeling a little better. My feet were still sore but I managed three long runs. By the 4th week my feet were screaming at me to stop, but I still clocked up another 71kms which included another 32K run with Jo Pearce. We did this run on Wednesday, 10th June but we couldn't have picked a worse night! The wind howled and the rain poured down and it felt like every pace forward we were being pushed two paces backwards but we pushed on. We finally finished but what a night! I felt like I had been hit by a Mack truck. The following weekend was the Freo half marathon and I managed to do a personal best thanks to Roma who helped me preserve my energy for when it was needed. Poor Jo was in bed with the flu and missed the fun.

'Am I enjoying all of this,' I asked myself. 'Sure I am.' The more and more I trained the more and more I wanted to run. It was fantastic. It was the 5th week and I was feeling tired again and had a stomach upset of all things. This meant every run was spent looking for a loo, bush or what ever was around. What a week, with sore feet and a tummy upset you would have thought I would have given up! However, nothing could dampen my enthusiasm. I had only two weeks to go and I was keener than ever. The 6th week and on top of the tummy upset and my poor sore feet, I ended up with a nasty cold! 'I think it is time to see a doctor,' I told myself 'I have a marathon to run in a week and nothing is going to stop me.' Some hours later, with antibiotics, anti

inflammatorys and some padding in my shoes, I started to feel a little better. With the arrival of week 7 I took it easy and was ready for the big day.

The big day.

A perfect day for a marathon, a little wet but no wind. I headed for the starting line, feeling a little nervous as the time had come to see what my few weeks of training had done for me. The gun went off and away we ran, adrenaline pumping, heading down towards the casino for the first turnaround. Plenty of supporters cheered us on as we headed off for the next 40km.

'Pace yourself Shirley and run your race and don't run anyone else's,' I reminded myself. Under the freeway I ran and who was on the sideline but Dalton.

'Hi Shirley, feel like company?' he asked as he started running with me.

'Sure, but you've got your tracky on.'

'Not a problem,' he replied. Before I knew it Dalton had run the next 6km with me, stripping as he went and stopping at the Raffles for a well deserved drink. What a guy! Rounding the corner past the Raffles was the Vets stand and plenty of supporters cheering me on and I felt good. A little further along, my biggest supporter, Rex, appears before me with a drink and jelly beans. I was still feeling great and was keeping running buddy Wendy Duncan in view, whom, I might add, looked like she was just out for an easy run as she chatted with other runners.

Peter Airey, dressed in his Sunday best, called out and started running with me until he decided to go change into something a little more fitting for the occasion. So off he went and rejoined me a kilometre or so down the track and ended up running 12km. So with Rex following me with my drinks and jelly beans and my running buddies running with me I was overwhelmed by it all. Peter chatted to me and kept me going. It was just like our Tuesday night runs. He told me I was doing fine and my breathing was good which seemed to make the going easier. Every few kilometres there was a familiar face to give me a jelly bean or a drink or just to say I was doing well. It had been drizzling for a while but I really didn't mind it at all. At the turning point at Point Walter my body was aching but I had felt that pain

before and just kept going, somehow I managed to push through it with everyone cheering me on. Mentally I felt great. Rex was keeping a close eye on me at this stage. My running buddy, Roma came to run the last 12km with me. I started to perk up with only 10km to go. Nearly there and I couldn't believe how good I was feeling. I was wondering if I was going to hit this so called 'wall' that I had heard so much about but I was feeling the best I'd felt for the whole run. I even had to remind myself (after Roma kept telling me) to take it easy. My first marathon and I am nearly there. I kept saying to Roma that I wanted to make it under 4 hours. She kept telling me just to finish the run and not worry about the time. I started to pick up the pace. All the pain that I had felt earlier had disappeared or I just didn't feel it any more. I was now actually passing others who must have hit that 'wall'.

'I've only 7km to go now, should I push it now? No Shirley, you don't know what your body is going to do. Be careful.' I told myself. (must be getting old as the unknown wouldn't have been an issue once) Closer and closer to the finish line, only few kilometres to go. I was nearly there. I started to sprint and Roma called out to give it all I had. Away I went as hard as I could. I made it in 4 hours and 5 minutes. I burst into elated tears. I had run my first marathon and come home like a race horse. Boy, I felt good. I was so happy and emotional it was a fantastic feeling. Jo and Wendy were already in and we embraced and congratulated each other. After wandering around and chatting, I walked over to the tent for a leg massage. They deserved it!

Thanks everyone

I would just like to say a big thank you to all those who encouraged and supported me from the beginning of my training to those who gave me a few words of experience. If it wasn't for you I may never have had known this experience. Thank you to everyone on the course too many to mention you were all wonderful and a special thanks to Rex, my partner who knew I had this before me and was there for me always. A final word is that next year I aim to start training a little earlier and do it under 4 hours. Thank you all.

Results

Club Half Marathon Championships McCallum Park 16/8/1998

Kind weather conditions meant that honest efforts were rewarded by good times. There was some hard racing in the short run, particularly between Warren Gee and the four or five who followed him home, and between Margery Forden and Shirley Bell, who is looking for a good City to Surf time.

The long run saw a start to finish battle between Chris Maher and visitor Rob Catrall, who were neck-and-neck at the start of the second lap. Chris got away to be first runner home.

Stephen Dunn set an inaugural M30 Championship Record so he should be pleased with that. But the happiest finisher was undoubtedly 50 years and 8 days old Brian Danby in getting home under 90 minutes. I bet he's still smiling as he reads this.

Paul Martin and Bob Fergie both put in exhausting efforts to win their age groups in the Walk and set new

Championship records in the process. A niggling knee pain persuaded Val Millard to have a shot at the Walk, with great success.

I have added ages on the day and Performance Level percentages to the results. This is to allow members to compare their performances from year to year. As times generally slow with age; the percentage change will reflect changes in relative fitness. Those who also competed in 1996 can reference Vetrin #275.

Finally, congratulations to all our new Club Champions. But they would never have got there without the aid of my happy band of helpers. Leo Hassam and Fred Hagger at the finish; recorders Ann Turner (regretting her decision not

to run on such a good day) and Val Bonner; George Innes, Brian Holmes, Craig Watson and Jenny Barnes on drinks, and marshals Rex Bruce and Norm Miller. Thanks folks. **Bob Sammells**

21.1K Run

			PL%
M30			
Stephen Dunn	32	1:23:30	71.43
Mike Karra	33	1:43:09	57.82
M35			
James McCarthy	39	1:29:06	68.18
M40			
Milton Mavrick	44	1:31:53	68.52
Paul Kelly	44	1:36:34	65.20
Keith Atkinson	41	1:44:58	58.70
M45			
Chris Maher	45	1:17:05	82.27
Gareth Brunt	47	1:29:38	71.84
Wayne Pantall	45	1:34:13	67.32
M50			
Brian Danby	50	1:29:53	73.52
John Pressley	53	1:32:01	73.41
Mark Rosen	50	1:35:41	69.06
John Davies	50	1:37:43	67.62
John Bell	53	1:39:52	67.64
Mike Khan	53	1:40:25	67.26
Michael Anderson	50	1:45:09	62.84
M55			
Bob Schickert	56	1:28:47	78.02
Graham Thornton	57	1:35:24	73.28
Alan Jennings	58	1:39:56	70.58
John Pellier	58	1:43:40	68.03
Brian Smith	59	1:57:19	60.67
M60			
Richard Harris	61	1:48:12	66.98
Shorty Turner	63	2:12:58	55.64
M65			
Vic Beaumont	68	2:00:05	64.99
W35			
Sue Zlnay	38	1:31:56	72.93
W40			
Jan Kelly	44	1:33:48	75.08
Sue Prewett	44	1:36:56	72.67
Leonie Annan	40	2:28:37	45.84
W50			
Jackie Halberg	52	2:08:35	58.83

Visitors

Rob Catrall	1:18:11
Stewart Muirhead	1:28:56
Brad Robertson	1:30:16
Mike Szalek	1:43:08
Noel Mitchison	1:45:12
Robert MacBeth	1:47:34
Ali Brown	1:49:32
Robert Weaver	1:49:32
Peter Ryan	1:58:16
Paula Karra	2:05:32

21.1K Walk

M50			
David Brown	51	2:20:04	66.36
M55			
Paul Martin	57	1:57:44	83.21
Barrie Thomsett	58	2:43:46	59.11
M60			
Bob Fergie	63	2:19:44	74.31
Dick Blom	64	2:24:45	72.80
W50			
Val Millard	51	2:39:47	66.94
Michelle Mison	51	2:41:01	66.42
W55			
Lynne Schickert	56	2:40:40	69.76

11.3K Run

Warren Gee	M45	41:59
Ralph Henderson	M50	43:52
Gary Fisher	M45	44:20
Ian Davies	M50	44:40
Dave Roberts	M55	45:44
Jim Klinge	M50	46:03
Bruce Wilson	M50	46:06
David James	M45	48:05
Vincent Carrero	M55	49:19
Vic Waters	M50	50:05
Simon Mort	M40	51:12
Mike Hale	M55	51:50
Mick Cousins	M60	51:54
Don Caplin	M55	52:11
Paula Hanson	W40	53:35
John Brambley	M55	54:17
Brian Bennett	M50	54:31
Robin Bonner	M65	55:16
Peter Airey	M60	56:39
Brian Foley	M50	56:42
Ray Hall	M60	57:12
Paul Lewis	M50	57:28
Shirley Bell	W50	57:30
Margery Forden	W55	57:34
Mike Rhodes	M50	57:37
Aldo Giacomini	M60	59:24
Keith Forden	M55	60:09
Merv Moyle	M70	61:57
Margaret Warren	W60	63:00
Dalton Moffett	M65	63:53
Arnold Jenkins	M50	64:13
Kath Penton	W55	65:44
Basil Worner	M65	65:46
Joan Pellier	W55	67:35
Kirt Johnson	M65	67:36
June Lewis	W50	67:44
John Russell	M55	70:39
Margaret Bennett	W55	72:24
Mary Heppell	W60	73:15
Suzanne Brand	W50	76:42
Phyllis Farrell	W50	76:57
Sheila Maslen	W60	77:58
Bernie Zaehner	W35	84:06
Jackie Billington	W55	87:12
Glenice Shanahan	W70	1:46:09

Bill Jones	VIS	44:48
Andrew Tabain	VIS	52:29
Barry Blight	VIS	56:37

11.3K Walk

Val Cook	W55	86:16
Lorna Lauchlan	W65	87:53
Pat Ainsworth	W60	1: 35:00
Alan Pomery	M65	1: 35:16
Cheryl Fergusson	VIS	1: 37:21
Mette Warming	VIS	1: 37:22
Paul Zwart	VIS	1: 38:05

State Cross Country Champs

King's Park

August 23rd, 1998.

Ideal conditions greeted the 114 runners and walkers prepared to enjoy a tramp through Perth's premier running spot, King's Park. There was a slight change in the course due to a compound being built directly in our path. This caused a little confusion to the leading runners but a quick sprint with a bit of the old striped tape and the problem was fixed. The winner of the 5.2K run was Ian Davies and Jo Pearce the first lady. In the 6K walk Dick Blom and David Brown crossed the line together and Val Millard was the first lady walker. In the main race, the 10Km run, Dave Wilmer beat Trevor Robertson by 23 seconds and the leading ladies were the continually improving Anne Shaw from Robin King. A large thank you to the many helpers including Anne and Shorty Turner, Katrina Spilsbury, Sue and Merv Jones, Mary Heppell, George Schaefer, Ian Lankester, Morris Warren and Bronwyn, Ryan and Lynsey Gee. Look forward to doing it next year.

Warren Gee and Ralph Henderson.

10K

M30	
Mike Karra	45:42
M35	
James McCarthy	42:38
Blakeney Tindall	43:31
M40	
Dave Willmer	40:11

Simon Mort	47:44
Paul Kelly	48:00
Keith Atkinson	49:28
Craig Watson	59:09
M45	
Trevor Robertson	40:34
Garry Fisher	41:59
Gareth Brunt	42:04
Barry Dahlstrom	43:07
Wayne Pantall	46:20
Frank Gardner	46:56
Mike Flood	47:16
M50	
Jim Klinge	42:39
Robert Thomson	42:44
Vic Waters	43:33
Ivan Brown	43:35
Brian Danby	44:01
Mark Rosen	45:23
Brian Bennett	49:18
Brian Foley	49:23
Michael Anderson	52:19
Mike Rhodes	57:00
Robert Reece	57:01
Mike Khan	57:05
M55	
Bob Schickert	41:54
Bert Carse	42:43
Dave Roberts	43:15
Graham Thornton	45:41
Don Caplin	46:17
Paul Martin	48:53
Alan Jennings	49:16
John Pellier	49:57
Brian Smith	53:26
Keith Forden	55:42
M60	
Steve Barrie	48:22
Joe Stickles	50:04
Bob Sammells	50:38
Shorty Turner	66:34
M65	
Stan Lockwood	51:06
Dave Carr	52:18
Robin Bonner	54:06
Vic Beaumont	57:19
Dalton Moffett	58:48
John Russell	63:43
M70	
Merv Moyle	57:53
Allen Tyson	75:01
W35	
Robin King	45:15
W40	
Janet Kelly	45:45
Paula Hanson	49:52

Leonie Annan	72:28
W45	
Jenny Barnes	55:14
Helen Lysaght	57:12
W50	
Ann Shaw	41:34
Shirley Bell	56:21
Jackie Halberg	59:15
Rosa Davis	72:07
Suzan Brand	74:30
Phyllis Farrell	80:26
W55	
Marj Forden	53:03
Joan Pellier	64:20
Margaret Bennett	66:34
Jackie Billington	72:22
Lynne Schickert	77:45
W60	
Margaret Warren	58:47
W65	
Lorna Lauchlan	74:28
W70	
Glenice Shannahan	98:21

5.2k

M45	
Doug Hazell	27:32
M50	
Ian Davies	21:01
M55	
John Brambley	26:52
Jeff Spencer	30:20
M60	
Peter Airey	26:43
Ray Hall	27:45
M65	
Kirt Johnson	30:19
M70	
Ray Lawrence	31:41
W40	
Frances Lipscombe	27:49
W45	
Jo Pearce	27:39
Roma Barnett	33:42
W55	
Alison Aldrich	42:44
W60	
Sheila Maslen	38:24
Noela Medcalf	43:25
W65	
Pat Carr	43:21
6K Walk	
M50	
David Brown	39:11
M55	
Rex Bruce	42:07

Barry Thomsett	42:13
M60	
Dick Blom	39:11
Bob Fergie	41:53
Jeff Whittam	52:20
M65	
Peter Davies	43:04
Alan Pomery	52:20
M70	
Ernie Moyle	52:30
Frank Usher	54:48
M75	
Fred Watson	65:32
W40	
Maureen Vine	56:46
W45	
Judy Lankester	43:59
Lorri Carroll	50:03
Marg Taylor	54:48
W50	
Val Millard	42:16
W55	
Marion Bucens	42:31
Val Cook	43:00
Pam Smith	54:45
W60	
Dorothy Whittam	45:28
Pat Ainsworth	50:03
Maggie Flanders	52:52
W65	
Val Wheeler	52:19
Visitors	
Ryan Gee	26:40 (5.2k run)
Val Connolly	56:52 (6k walk)
Tim MacDonald	41:02 (10k run)
Jon Wannberg	45:43 “
Alan Kerr	46:47 “
Barry Blight	53:37 “
Paula Karra	60:35 “

CLUB CROSS COUNTRY **CHAMPIONSHIP –** **JORGENSEN PARK, 2-8-98**

Another beautiful morning in the hills greeted close on 100 runners and supporters for the highlight of the winter athletic season, the annual club cross-country championship and dinner. The course was equally as demanding as ever over three hilly laps of the old golf course, however the creek was low, so that there were fewer spectacular splashes this year. Jorgensen Park is a favourite running site with many groups. The

day earlier our club hosted the State Open cross-country over the same course. The advantage for us was that we only had to mark the course once for the two days.

The Vets have a team competing in the Athletic Association events and many of our Sunday runners also competed on the previous day. Our Club has been competing in a close tussle with the Rockingham team (who are also mainly Vets) over the season. We needed full participation in order to stay ahead of Rockingham. Our two clubs make up nearly half of the Association winter runners.

64 competitors completed the event, with Duncan McAuley leading home Darryl White and Frank Smith. Ann Shaw was fourth, and winner of the women's event.

After the event, morning tea was held in the club rooms, followed by a catered meal.

Medal presentations were made to the place getters in each age group. The Ted Maslen Trophy (M60) was won by Bob Sammells.

The Club Committee did a fine job in organising a most successful day. I would like to thank those who helped in the cross-country; Kirt Johnson, Jim Shaw and Jill Midolo. **Brian Foley**

Results:

3 Laps 8.7 km

M30

1 Mike Karra 37:14

M35

1 Darryl White 33:23

2 Blakney Tindall 35:41

M40

1 Milton Maverick 38:32

2 Keith Atkinson 39:58

3 Simon Mort 41:16

M45

1 Duncan McAuley 33:02

2 Brian Danby 37:31

3 Mike Flood 39:35

4 Doug Hazell 41:42

M50

1 Ivan Brown 36:51

2 Ian Lancaster 38:10

3 Vic Waters 39:19

4 Mike Khan 40:09

5 John Dartnell 43:18

6 Brian Bennett 43:49

7	Arnold Jenkins	49:13
8	David Brown	59:13
M55		
1	Frank Smith	34:27
2	Bob Schickert	35:31
3	Don Caplin	37:53
4	David Roberts	38:22
5	Graham Thornton	38:42
6	John Pellier	42:10
7	Jim Riddell	44:52
8	Trevor Brown	48:27

M60

1	Bob Sammells	40:37
2	Joe Stickles	41:20
3	Richard Harris	44:09
4	Peter Airey	44:55
5	Brian Holmes	50:16

M65

1	Robin Bonner	46:25
2	Vic Beaumont	48:04
3	Dalton Moffett	50:04
4	Mike Berry	50:30
5	John Russell	56:09

W35

1	Robyn King	41:08
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W45

1	Fiona McAuley	42:49
2	Jo Pearse	44:59
3	Wendy Duncan	47:04
4	Jenny Barnes	48:55

W50

1	Ann Shaw	34:41
2	Shirley Bell	44:49
3	Jackie Halberg	51:43
4	Val Millard	58:50

W55

1	Marg Forden	44:17
2	Joan Pellier	50:53
3	Lynne Schickert	64:35

W60

1	Pat Ainsworth	71:33
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W65

1	Lorna Lauchlan	62:07
2	Nora Berry	71:00

W70

1	Glenice Shanahan	81:08
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1 Lap 2.9 km

M55	Jeff Spencer	16:39
W30	Katrina Spilsbury	18:17
M55	Rex Bruce	22:41
M70	Ernie Moyle	26:32
M60	Ray Hall	30:32

2 Laps 5.8 km

M50	Jim Langford	27:58
W50	Eileen Brown	34:38
W50	Ann Breeze	45:51

Road Walking Championships

Age	Name	1	2	3	4	Total	Av. Time/km	%Av.
W50	Michelle Mison	51.37	70.39	1.47.39	2.41.01	6.30.56	7.20	68.5
	% each run	67.8	68.7	70	67.3			
W55	Lynne Schickert	54.26	72.00	1.52.22	2.40.40	6.39.28	7.29	69.7
	% each run	67.3	70.6	70.2	70.8			
M50	David Brown	48.03	63.58	1.38.53	2.20.04	5.50.58	6.35	66.9
	% each run	65	68.2	67.3	67.2			
M55	Paul Martin	40.19	55.14	1.32.25	1.57.44	5.05.42	5.44	80.5
	% each run	80.9	82.4	75.2	83.6			
M60	Dick Blom	48.04	66.08	1.41.16	2.24.45	6.00.13	6.45	71.7
	% each run	71.1	72.2	72	71.4			

1 = Deepwater Point, 2 = Mill Point Road, 3 = Uni and Back, 4 = Half Marathon

It has been suggested that from next year we drop the Half Marathon from these championships and substitute a 5km even (Jim Barnes Run) in its place. It is felt that the Half Marathon is too long for most of the walkers and that the new format would encourage more members to complete the Road Walking Championships. **Jeff Whittam**

Running Issues

Overtraining

or when more is NOT better!

Definition:

Overtraining refers to prolonged fatigue and reduced performance despite increased training. It is the result of a training program in which the stress of exercise is not balanced with sufficient recovery. It is often associated with athletes of elite level but can also occur in serious athletes in any sport including runners. We all know that improvement in athletic performance needs an increasing training load. However, if we go too far by training too often, too long or too hard, and not resting enough between training bouts-overtraining can result. A study was carried out four years ago with two groups of swimmers. It was found that the swimmers who trained every day for three hours improved their times by exactly the same amount as the group of swimmers who swam half the time and distance!

Symptoms:

So, how do we know when enough is enough? Well, there is no test to diagnose overtraining but there are plenty of warning signs. The most common symptom is a state of prolonged fatigue and reduced performance. Other symptoms include apathy, insomnia, reduced concentration, irritability, depression, increase in injuries, chronic muscle soreness, weight loss, frequent minor

infections, loss of appetite, delayed recovery from training and intolerance to training.

Recovery:

For those diagnosed with overtraining syndrome a gradual recovery works best. Total recovery time and rest can take up to three months and evidence suggests that low levels of exercise during this period will speed the process. Maybe consider cross training in another sport and don't return to normal training levels too soon.

Prevention:

The best treatment of overtraining is prevention. But no two athletes respond alike to the same training. The key is to monitor mood, fatigue and soreness. Sleep is important and athletes should rest when sick and proper nutrition is essential.

Source: Overtraining: Consequences and prevention by Eichner, Journal of Sports Sciences, 1995 Vol 13 page S41-S48

And for some light relief....

Good Old Days Before the War!

A little snippet for those born before 1940 (found by the Whittams)

We are the survivors! We were born before television, before penicillin, before polio shots, frozen foods, Xerox, plastic contact lenses, videos, Frisbees and the Pill. We were born before radar, credit cards, split atoms, dishwashers,

tumble dryers, electric blankets, air conditioners, drip dry clothes and before man walked on the moon. We got married first, then lived together-how quaint can you be? We thought fast food was what you ate during Lent, a Big Mac an oversized raincoat and crumpet was what we had for tea. We existed before house husbands, computer dating, dual careers and sheltered accommodation was where you waited for the bus. We were around before day care centres, group radios and disposable nappies. We had never heard of FM radio, tape decks, electric typewriters, artificial hearts, word processors, yoghurt and young men wearing earrings. Time sharing meant togetherness, a chip was a piece of wood or fried potato, hardware meant nuts and bolts and software wasn't a word! Before 1940, made in Japan meant junk, the term making out referred to how well you went in exams, stud was something fastened to a collar of a shirt, and going all the way meant staying on the bus all the way to the depot. Rock music was granny's lullaby, Eldorado was an ice-cream, and a gay person was the life and soul of a party. No wonder we are so confused and there is a generation gap today but, by the grace of God, we have survived! Alleluia.

HAPPY BIRTHDAY TO OUR OCTOBER MEMBERS

Airey, Peter	01/10/36	62	remains	M60
Simmonds, Dave	01/10/34	64	remains	M60
Viais, Telmo	03/10/51	47	remains	M45
Cousins, Michael	05/10/33	65	becomes	M65
Morgan, Garnet	06/10/24	74	remains	M70
Stone, Donald	07/10/29	69	remains	M65
Klinge, Jim	08/10/46	52	remains	M50
Thornton, Graham	08/10/40	58	remains	M55
Malone, Mick	09/10/50	48	remains	M45
Burge, Steve	11/10/57	41	remains	M40
Burge, Claire	11/10/61	37	remains	W35
Farrell, Phyllis	13/10/44	54	remains	W50
Breeze, Ann	13/10/46	52	remains	W50
Lewis, Paul	14/10/46	52	remains	M50

Baumann, Carlo	15/10/14	84	remains	M80
Stewart, Maureen	15/10/39	59	remains	W55
Watson, Fred	16/10/18	80	becomes	M80
Annan, Leonie	16/10/53	45	becomes	W45
Barnett, Ray	17/10/43	55	becomes	M55
Romeo, Lesley	17/10/44	54	remains	W50
Schickert, Lynne	18/10/41	57	remains	W55
Reece, Robert	18/10/46	52	remains	M50
Pellier, John	22/10/39	59	remains	M55
Robertson, Trevor	24/10/52	46	remains	M45
Pomery, Maureen	24/10/39	59	remains	W55
Schickert, Robert	26/10/41	57	remains	M55
Brayshaw, Geoffrey	26/10/49	49	remains	M45
Foley, Marie-Claire	27/10/59	39	remains	W35
Roberts, David	27/10/42	56	remains	M55
Hunter, Brian	28/10/44	54	remains	M50

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