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Running singlets and club tee-shirts are now available.
Tee-shirts are gold with black trim, and the club badge on left breast.
Style is three stud fastening, with collar. Sizes 10-24 (unisex) - Price \$16 each.

Also available are the black and white singlets, size 10-24 at \$13 each.
Car stickers cost \$2 apiece; likewise iron-on badges for windcheater, etc.
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THE VETRUN

NO. 216 SEPTEMBER/OCTOBER 1990



Patron: W.J. (Bill) Hughes

SECRETARY: Bob Fergie 447 6898
VETRUN EDITOR: Vic Waters 341 3464

PRESIDENT: BOB SCHICKERT 332 4114
TREASURER: BILL CRELLIN 448 2924

SHALL WE KEEP THIS SECRET?

'WA's best kept secret is how the Vets Club has been described by one member, who passes along the feelings of several newcomer friends.

Now, do we take this as a compliment, and leave it there? Or should we feel around for the barb, gently extract it, then sit and contemplate.

If WAVAC is more or less a secret, known only to the running in-crowd, maybe we're missing out on a huge potential membership.

Do members feel we should make some noise; seek more members; publicise our activity? Wider membership brings in fresh ideas and approaches, more competition, improved finances. Of Course, it also makes a bigger admin job for the dedicated few who still handle most of the organisation.

If you have opinions one way or t'other, make them known to a committee member. You could even write to Vetrun.
VIC WATERS

IT PAYS TO ADVERTISE!

Here's our first new-style Vetrun, and the committee hope you will support it with more contributions, pictures - and ads.

To meet print costs we need to sell some space - so please think about placing small ads yourself, or persuading sponsors to come forward.

Rates are very reasonable:

Small ads	\$1.00 a line (minimum \$5)
Full page	\$200.00
Half page	\$105.00
Third of page	\$ 70.00
Eighth of page	\$ 25.00

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WA VETERANS AC
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TRACK AND FIELD TIME TRIALS 1990-91

		NON-POINTS EVENTS					
DATE	VENUE	POINTS	COMPETITION	RUN	WALK	FIELD	
Oct 10	Coker Park			100	3K	5K	Javelin
17	Perry Lakes *			400	5K	2K	Triple Jump
24	Coker Park	100	800		10K	2K	
31	Perry Lakes		3K	200		3K	Long Jump
Nov 7	Coker Park	200	2K Walk	800			
14	Perry Lakes		5K	400		2K	
21	Coker Park		1500	100		3K	
28	Perry Lakes	400	1500 Walk		3K#		
Dec 5	Coker Park		10K	200		2K	Discus
12	Perry Lakes			100	Mile	Mile	Shot
19	Coker Park						
Jan 2	Perry Lakes	100	800		5K	5K	
9	Coker Park		5K	200		2K	
16	Perry Lakes	200	2K Walk		1500		
23	Coker Park		3K	400		3K	
30	Perry Lakes		1500	100		3K	
Feb 6	coker Park	400	1500 Walk		3K		Shot
13	Perry Lakes		10K	100		2K	Discus
20	Coker Park			200	5K	2K	Javelin
27	Perry Lakes			100	800 3K		Shot
Mar 6	Coker Park			400	10K		Discus
13	Perry Lakes			200	Mile	Mile	Javelin

5.30 start in October - 6.00pm November onwards

CO-ORDINATORS TO NOMINATE STARTING TIMES PRIOR TO COMPETITION.

* Perry Lakes Warm-Up Track

CLUB ACTIVITIES WITH ATHLETIC ASSOCIATION

'Summer contests are not just for the 'elite'

The Veterans Club competes against the other athletic clubs in the AAWA competition. We have about 10 per cent of our members who regularly run, walk or participate in field events at Perry Lakes Stadium or run in the winter road and cross country season. Many of our members wrongly believe that these events are only for elite athletes. However, this is far from so. Our strength is in our numbers, as all competitors will score points depending upon their placing or performance. As our club has many new members, you are all welcome to compete with us this season. The registration fee is \$45 for the summer and winter competitions, or \$30 for winter only. Please see Val Prescott or Brian Foley.

The club performed well this winter season, finishing fourth in Men's A Grade and Women's A Grade, and second in Men's C Grade. The final event of the year was the York to Toodyay relay, where we had difficulty fielding both men's and women's teams. However, we competed with a mixed team in the men's race. It was good to see some of our walkers, Michelle Boyle and John Mison running with the regular crew, Don, Jan, Alan, Keith, Bert, Brian, David and Pat. Next year you can run with us too.

BRIAN FOLEY

DANBY'S RUN
AUGUST 19, 1990

5KMS		
MOLLOY, John	Visitor	20.38
AIREY, Peter	M50	24.03
McLIVER, Peggy	W45	27.05
WOO, Paul	M35	27.06
JOHNSON, Kirt	M60	28.17
WILTSHIRE, Pauline	W45	28.21
HALL, David	M40	28.31
BETTLES, Roma	W40	28.38
TURNER, Ann	W50	30.07
PELLIER, Joan	W50	30.34
HODGE, Sandi	W40	31.13
MIDALO, Jill	W40	32.44
HAGGER, Fred	M65	36.43
11KMS		
SAVIN, Tom	M40	40.50
MAHER, Chris	M35	42.28
SCHICKERT, Bob	M45	44.05
MAIR, Robert	M40	45.01
SCOTT, Dave	M40	46.25
SAMMELLS, Bob	M50	46.26
CAPLIN, Don	M50	46.55
THORNTON Graham	M45	47.04
WELYKY, Wal	M40	47.58
WILKINSON, Joel	Visitor	48.07
MADDISON, John	M50	48.45
PELLIER, John	M50	49.23
LUCK, Graham	M50	49.38
BELL, John	M45	49.56

KELLY, Max	M40	50.08
BRYANT, David	M45	50.16
NOORDYK, Adrian	M35	50.28
OVENDEN, Mal	M45	50.44
FOSTER, Terry	M45	50.50
WATERS, Vic	M45	51.01
STAPPENBELT H	M45	51.14
HARDY, Bryan	M45	52.02
STEWART, Rod	M50	52.36
POMERY, Alan	M55	52.37
SPENCER, Jeff	M45	53.11
SPEECHLEY, Tony	M45	53.12
SANTICH, Maxine	W35	53.29
WORNER, Basil	M55	53.31
CRELLIN, Bill	M50	53.37
SHACKLOCK A	Visitor	54.11
SUTTON, Ron	M50	54.38
LOCKWOOD, Stan	M60	54.43
NOORDYK, Kath	W40	54.54
BEAUMONT, Vic	M60	55.02
HARWOOD, Trevor	M40	55.03
MONKHOUSE, Bill	M50	56.24
JONES, Merv	M50	56.38
PAXMAN, Brian	M60	57.12
DAVIE, Aub	M55	57.16
PENTON, Kath	W45	57.28

PURVES, Noel	M55	58.44
POTTER, Ron	M50	62.24
CROSS, Peter	Visitor	62.25
DAVIS, Rob	M50	64.12
FLORANCE, Gordon	M55	66.57
HALBERG, Jacqui	W40	67.58
RUSSELL, John	M55	70.34
DAVIS, Rosa	W45	70.35
USHER, Frank	M65	73.16
SPENCER, Ron	M50	74.45
		77.57
		78.08

WALKERS		
6KMS		
BOYLE, Michelle	W40	39.49
FERGIE, Bob	M55	40.26
KELLY, Pauline		42.41
BEAUMONT, Jacqui	W50	42.42
TYSON, Valerie	W65	44.16
FOSTER, Pam	W40	46.10
COLLINS, Jack	M75	46.38

9KMS		
COLLINS, Jack	M75	1-0-04

12KMS		
MISON, John		1hr 1-50

Croxford's Climb cont'd

1 LAP		
CAPLIN, Don	M50	16.15
MUNYARD, Barry	M45	18.26
LINDAY, John	M40	20.53
MOYLE, Ernie	M65	23.35
HAGGER, Fred	M65	25.56

2 LAPS		
AIREY, Peter	M50	34.00
TROVALA, Joe	M50	35.21
VOLET, Jean-Maire	M40	37.03
McGLASHAN Hamish	M50	37.10
HARWOOD, Trevor	M40	38.06
JONES, Merv	M50	39.07
FORGE, Mike	M50	40.30
WILTSHIRE, Pauline	W45	40.35
MILLER, Norm	M55	40.51
WILTSHIRE, Ivan	M45	40.57
DAVIS, Rob	M50	41.12
LAURENCE, Ray	M60	42.29
PELLIER, Joan	W50	42.30
SHERIN, Patrick	M55	42.33
WORNER, Basil	M55	42.48
COPPING, Charlie	M35	43.00
HOLMES, Robyn	W40	43.01
COPPING, Alina	W45	46.16
HALBERG, Jackie	W40	46.31
McCARTHY, Patti	W45	49.04
WARREN, Maurice	M50	55.46
WARREN, Margaret	W50	55.55

3 LAPS		
SAVIN, Tom	M40	41.48
MAHER, Chris	M35	44.52
ROBERTS, Dave	M45	45.37
MAIR, Robert	M40	47.16
SCHICKERT, Bob	M45	47.44
SAMMELLS, Bob	M50	48.55
WALSH, Roger	M45	51.00
LUCK, Graham	M50	51.41
JOHNSTON, Maurice	M50	52.19
NOORDYK, Adrian	M35	53.22
PELLIER, John	M50	53.30
JENKINS, Arnold	M45	53.52
WATERS, Vic	M45	53.59
PAXMAN, Brian	M60	54.18
McLIVER, Peggy	W45	54.28
BIRKS, Marg	W40	54.39
		55.09
		55.18
		55.25
NOORDYK, Kath	W40	55.25
OVENDEN, Mal	M45	55.34
MOYLE, Merv	M60	55.35
POTTER, Ron	M50	55.40
MOFFATT, Dalton	M55	55.42
BEAUMONT, Pete	M60	56.41
ALDRICH, Brian	M55	57.04
BORNHOLDT, John	M50	57.18
DEANUS, Fraser	M50	57.34
CRELLIN, Bill	M50	57.59

SUTTON, Ron	M50	58.44
DAVIE, Aub	M55	60.00
SMITH, Janet	W35	68.11
FLORANCE, Gordon	M55	69.29
NICOLL, Peter	M45	71.11
DEANUS, Ann	W50	71.19
DAVIS, Rosa	W45	71.30
BOWLER, Syd	M65	72.23
MILLER, Pat	W50	72.53
USHER, Frank	M65	77.28

WALKERS (3 X 2KM)		
FERGIE, Bob	M55	42.51
BEAUMONT, Jackie	W50	43.29
TYSON, Val	W65	46.40
HORSLEY, Dick	M75	46.47
LUCK, Pat	W45	47.34
COLLINS, Jack	M75	47.34

VISITORS		
STAPPENBELT, H	(2)	34.23
SEYMOUR, Andrew	(2)	39.32
COPPING, B	(2)	41.34
PARKER, Ross	(3)	43.37
RUMBALL, Lance	(3)	59.11

SUTHERLANDS R

September 16, 1990 JN

Despite light rain, 90 members plus visitors assembled at Tompkins Park for Sutherlands Run. This annual handicap event was run as an open handicap and won again by Bill Hughes with Alina Copping second and the first woman home. Somebody should swab the handicapper as Bill keeps winning year after year!

Thanks are due to Bev Thornton, Dave Scott, Tony Speechley and to my family who acted as helpers and officials on the day.

Peter Airey
RACE ORGANISER

HUGHES, Bill	M60	50.19
COPPING, Alina	W35	50.43
COLQUHOUN, Ian	M35	51.13
HALBERG, Jackie	W40	51.33
OVENDEN, Mel	M45	51.33
NICOLL, Peter	M45	52.00
COPPING, Charlie	M35	52.06
PAXMAN, Brian	M60	52.37
MAIL, Rob	M40	52.41
HAZELL, Doug	M35	52.42
GUION, Pat	M55	52.46
COLE, Peter	M45	52.55
MASLIN, Ted	M55	53.08
McGLASHAN, H	M50	53.18
HODGE, Sandi	W40	53.25
VOLET, Jean Marie	M40	53.25

WOO, Paul	M35	53.28
SPENCER, John	M55	53.31
SMITH, Janet	W35	53.34
FERRIS, John	M40	53.42
WELYKY, Wal	M40	53.44
BLOM, Dick	M55	53.46
HEALY, Esther	W50	53.49
LINDSAY, John	M40	53.51
WILTSHIRE, Ivan	M45	53.52
WILTSHIRE, Pauline	W45	53.54
CLARK, Ken		54.11
FOLEY, Brian	M45	54.15
SUTTON, Ron	M50	54.16
ROBERTS, Dave	M45	54.22
McLIVER, Peggy	W45	54.26
LUCK, Graham	M50	54.34
SCOTT, Norm	M50	54.39
BORNHOLDT, John	M50	54.48
PENTON, K	M50	54.52
FAUNGE, Mike	M50	54.56
BETTLES, Roma	W40	54.54
ALDRICH, Brian	M60	55.06
TAYLOR, Ken	M45	55.10
THORNTON, G	M45	55.13
CRELLIN, Bill	M50	55.15
MILLER, Norm	M55	55.17
BEAUMONT, Vic	M60	55.21
GREENFIELD, J	M45	55.27
RUSSELL, John	M55	55.28
SLINGER, Joan	W45	55.39
MOFFETT, Dalton	M55	55.39
JENKINS, Arnold	M45	55.41
WATERS, Vic	M45	55.46
STRACHAN, June	W65	55.51
HOLMES, Gordon	M60	56.02

WORNER, Basil	M55	56.02
YATES, John		56.14
ALDRICH, Alison	W45	56.15
SLINGER, Barry	M50	56.23
MOYLE, Merv	M60	56.33
FLORENCE, Gordon	M55	56.34
JOHNSON, Jan	W45	56.47
BIRKE, Margaret	W40	57.06
HICKS, Stewart	M65	57.08
BOWLER, Syd	M65	57.20
MASLIN, Sheila	W50	57.25
SMITH, Richard	M35	57.31
HALL, David	M40	57.34
SCHICKERT, Bob	M45	57.38
LEGGETT, Arthur	M70	57.39
RALPH, Gabby	W40	57.52
CAPLIN, Don	M50	58.11
CARR, Dave	M55	58.46
TROVATO, Joe	M50	58.47
PELLIER, John	M50	58.48
MILLER, Pat	W50	58.56
BOULD, Cliff	M75	59.01
LAWRENCE, Ray	M60	59.02
USHER, Frank	M65	59.02
SPEECHLEY, Tony	M45	59.06
FORDEN, Margery	W45	59.04
FORDEN, Keith	M50	59.20
ROBINSON, Mary	W50	59.26
TYSON, Alan	M65	59.50
CRELLIN, Karen	W45	60.06
CARR, Pat	W55	61.45
MOYLE, Ernie	M65	60.08
BEAUMONT, Jackie	W50	68.47
STONE, Jo	W45	68.48
TYSON, Val	W65	69.45
COLLINS, Jack	M75	70.39
LUCK, Pat	W50	70.41

A VERY HAPPY BIRTHDAY TO OUR SEPTEMBER MEMBERS

02-SEP-48	CORNISH, Bruce R	09-SEP-46	BIRKS Margare
	turns 42 remains M40		turns 44 remains W40
02-SEP-41	FOSTER, Terence G R	10-SEP-47	SWAIN, Sandra
	turns 49 remains M45		turns 43 remains W40
03-SEP-39	MARSH, Colin J	11-SEP-38	DAVIS, Robert C
	turns 51 remains M50		turns 52 remains M50
03-SEP-39	PETERS, Richard A	12-SEP-56	HOLLAND, Cathrin
	turns 51 remains M50		turns 34 remains W30
03-SEP-47	THOMSON, Bob J	12-SEP-47	SCOTT, David D
	turns 43 remains M40		turns 42 remains M40
04-SEP-37	HEALEY, Esther C	14-SEP-33	KENNEDY, Brian
	turns 63 remains W60		turns 57 remains M55
04-SEP-31	WORNER, Basil	15-SEP-44	DUFTY, Penny
	turns 59 remains M55		turns 56 remains W55
05-SEP-20	ELLIS, Priscilla A	15-SEP-50	KIRKMAN, Judith
	turns 70 remains W70		turns 40 becomes W40
06-SEP-49	BETTLES, Roma	16-SEP-30	ALDRICH, Brian J
	turns 41 remains W40		turns 60 becomes M60
09-SEP-36	BEAUMONT, Jacquie	16-SEP-31	HAYRES, Robert (Bob)
	turns 54 remains W50		turns 59 remains M55
08-SEP-37	GODWIN, Bernard	19-SEP-33	BLOM, Dick J B
	turns 53 remains M50		turns 57 remains M55
08-SEP-18	LEGGETT, Arthur		
	turns 72 remains M70		

It is always a pleasure at one of our runs to have so many people weigh in with help - without fuss. Thanks to Keith and Marg Forden for setting up the morning tea, Sue Jones, Wendy Spencer, Pat Barnes, Leo Hassam and Morris Warren for their official duties, and Rob Farrell and Bryan Hardy for their Emu Bob in picking up the flags.

For the racers, it was Tom Savin's second win at Mussell Pool. His 37:48 edged out John West (38:05). Well done! We saw some new faces on the run this year with Chris Maher (third overall), Phil Drayson, Ray Attwell, Max Kelly and Pauline and Ivan Wiltshire. We also saw George Peet after a long absence and Brian Paxman's first appearance at the Pool.

Maxine Santich headed the ladies group with Peggy McLiver, Marg Forden and Margaret Birks in close pursuit. The other ladies who completed the 10K course, Sandi Hodge, Janet Smith, Jackie Halberg, Karen Crellin, Rosa Davis, Margaret Warren and Phyllis Farrell gave us the biggest ladies contingent so far at this run.

A special mention too, to the indomitables: Arthur Leggett (M70), Frank Usher (U65) and Fred Haggard (M65) - a great effort over a tough cross-country course. (I think, at times, we forget that Arthur is a pretty nifty runner in an age group where Johnny Gilmour is unusual!)

The short course (5kms) attracted the smallest number ever on this run - five. Peter Airey was the last to start but finished first in 23:35 and Esther Healey was first lady in 30:56.

We also provided a 5kms course for the walkers which our senior participant, Dick Horsley, successfully navigated. Nothing wrong with your eyes, Dick! The others walkers went so fast (they said) that they missed copious white flags. At least that was Barrie Thomsett's excuse! It was great to see Maureen Sammells and Christine Waters line up with the walkers, even if they did get ever so slightly damp!

Thank you all for your support - especially those like Jackie and Vic Beaumont who travelled great distances to be with us on this run.

MUSSELL POOL MUSTER

September 9, 1990

M35	
Chris Maher	38:42
Phil Drayson	39:39
Basil Hanna	40:32
Dick Smith	52:00

M40	
Tom Savin	37:48
John West	38:05
Robert Mair	41:12
Terry Foster	44:17
Max Kelly	46:50
Max Viskovich	48:19

M45	
Bob Schickert	39:10
David Muir	40:56
Jim Barnes	42:39
Peter Cole	43:59
Bryan Hardy	46:20
Stephen Belt	46:28
Jim Greenfield	46:57
Arnold Jenkins	47:12
Jeff Spencer	51:15
Vic Waters	51:15

M50	
Derek Hoyer	40:42
Bob Sammells	42:39
Ray Attwell	45:28
John Pellier	46:01
Bill Crellin	47:18
Rod Stewart	48:20
Barry Slinger	49:13
Ray Lawrence	53:43
Rob Davis	57:13

M55	
Ted Maslen	44:06
Dalton Moffett	48:20
Patrick Sheerin	53:12
George Peet	53:45
Noel Purvis	57:04
Norm Miller	57:35

M60	
Vic Beaumont	48:59
Brian Paxman	57:03

M65	
Frank Usher	65:16
Fred Haggard	71:29

M70	
Arthur Leggett	57:01

CLONTARF CROSS COUNTRY OCTOBER 7

Venue: Clontarf Boys' Home - east of the intersection of Kent Street and Manning Road in Manning Road

Time: 8.00am

Courses: 8kms or 4kms (or 12kms if you like!)
Grass, sand tracks, a stone fence and a water crossing (!!)
Please wear shoes - old ones!!!!

Morning Tea: Cuppa provided.

W35	
Maxine Santich	49:28
Janet Smith	58:38

W40	
Margaret Birks	51:24
Sandi Hodge	58:31
Jackie Halberg	62:17

W45	
Peggy McLiver	50:32
Marg Forden	52:32
Pauline Wiltshire	55:24
Karen Crellin	63:18
Rosa Davis	63:21

W50	
Margaret Warren	67:43
Phyllis Farrell	67:43

5KMS	
M35	
Paul Woo	24:12

M50	
Peter Airey	23:35

W45	
Esther Healey	30:56
Joan Slinger	31:01
Sheila Maslen	35:31

VISITORS	
David James	44:52
George Maddox	46:04
Andrew Williamson	49:42
Andrew Senior	50:15
Sarah Arriano	52:16
Rebecca Foster	53:32
Jack Williamson	
Rosemary Maddox	

SYDNEY vs PERTH

A COMPARISON BETWEEN TWO CITY TO SURF RUNS

By TONY SPEECHLEY

THIS year I had the fortunate opportunity to run, two weeks apart, in both the Sydney and Perth versions of the City to Surf. A few observations come to mind which I'll share with fellow members.

The overall observation that it's much more pleasant to be a Perth dweller than t'other sider was strongly reinforced once again - the Perth run is better organised, of manageable size and, most importantly to we mature people, a lot easier than Sydney.

I entered the Sydney event a couple of months back when I realised I'd be returning from a business trip to the USA over the 11/12 August 1990 weekend - I wrote to enter and advised the organisers of my Vets Club membership, and times for 10km and half marathons. This was my first mistake! I had assumed there were categories A,B,C,D etc as we have in Perth, however I learned in the reply that Sydney has 'Preferred Runners' and 'the mob'.

Second mistake was assuming numbers are posted out. Not so! I stood in line from 7am till much later just to get my number along with the entire 44,000 others. The 'Preferred Runners' was a group of about 200 superb athletes and myself, based, I can only assume, on the distance I'd travelled rather than my running ability, who were assembled separately and moved into the front of the other 44,000. Yes, that's right, 44,000, many of whom appeared to be quite eager to run up my back and over the top to get a chance at a clear road ahead.

When the start gun sounded (at 10am which is far too late) I took off much faster than I wanted to due to:

- a steep downhill start!
- the pressure of 44,000 people behind, and;
- my strong desire not to be killed in the rush!

The start is on William Street at the Sydney Museum corner - this is a six lane road and after nearly a kilometre I felt brave enough in the crush to glance quickly back to the start (visible as I'd then run up the first of MANY hills towards the Kings Cross tunnel, and the start line was below me). It was obvious that by then only a small part of the crowd had managed to reach the start line (I later heard it took some folks 15 minutes to start!).

Through the tunnel, the pleasant sight of another steep downhill followed by (of course) an even longer uphill through Rushcutters Bay met me. It was at this stage I think I realised that the crowd was probably going to be continuous for the whole race - it was! I was in thick personal traffic perhaps 15 to 20 wide, and only just enough room around me to stop tripping for the entire run - except for a couple of times on hills when a slight baulk by those in front brought everyone back to a walk for a few yards, gratefully received in my case.

A good uphill out of Double Bay had me breathing hard but the down slope to Rose Bay had me feeling OK again - at this stage I had decided that the term Fun Run was singularly inappropriate. I knew that at 6kms a long, hard hill started (it's uphill from Rose Bay to Vacluse, twisty and quite steep in parts, over a kilometre long and known as 'Heartbreak Hill'). Unfortunately this year it literally broke three hearts, as there were three fatalities in the race.

About half way up I experienced the first baulk which brought me back to a walk for perhaps 30 metres - but at the top I still felt OK so pressed on thinking the worst was over and it was downhill all the way to the finish at BONDI BEACH. Wrong again!

There are three more nasty short steep hills before the final two kilometre downhill run to the beach. Finally having gained the beach I realised you run all the way along its length and halfway back before the finish line is achieved.

I was fortunate here - I finished 5599th which sounds terrible until I realised there were 38,000 plus still behind me! I finished, waited in a crowd for about five minutes to record time and be given a medallion (commemorating the 20th Sydney City to Surf) and got to the oranges and water station.

I learnt later that at the peak stages of completion some people queued up for 10 minutes before getting through the finish line!!

In comparison, Perth on 26th August 1990 seems in retrospect to be truly worthy of the Fun Run name - I had my 'B' classification number posted out to me and had a very leisurely walk to the start into a place where the starting was quite pleasant since most people were of similar ability.

The run, whilst having a couple of hills is not all hills (either up or down) as in Sydney - the flat parts give you time to settle into a steady pace which I find is important to the level of enjoyment.

And finally, there is plenty of room after only five minutes or so and one can look around, enjoy the scenery without the need to constantly watch the people in front and both sides to avoid interference. I managed to run well enough to maintain my 'B' rating so will probably line up again next year.

Overall I'm pleased I ran in Sydney but I won't bother to repeat the experience - far too many people and a very hot hard course.

CLUB HALF MARATHON CHAMPIONSHIPS

ROAD RUN

A FIELD of 46 members contested the 1990 titles, well up from only 31 last year. The weather conditions were ideal and had a beneficial effect on the general standard of performances.

Chris Maher set the early pace before visitor Clive Hicks zoomed into the lead. However, among the Vets, Chris was eventually a clear winner from the next two home, Rob Raymen and Ian Colquhoun.

There were notable runs by Dick Blom, Brian Paxman, John Gilmour, and all three ladies, Heather Crockart, Kath Noordyk and Ann Turner.

Congratulations, too, to those newer members who placed in their various age groups.

W30	1. Heather Crockart	1:39.19
W40	1. Kath Noordyk	1:39.25
W50	1. Ann Turner	1:53.33

M35	1. Chris Maher	1:18.35
	2. Ian Colquhoun	1:22.37
	3. Adrian Noordyk	1:33.30

M40	1. Dave Reid	1:23.11
	2. Keith Alexander	1:25.30
	3. Robert Mair	1:26.11
	4. John Ferris	1:27.12

M45	1. Robert Raymen	1:22.02
	2. Bob Schickert	1:23.39
	3. Dave Muir	1:24.49
	4. Jim Barnes	1:25.06
	5. Brian Foley	1:31.43
	6. Mike Khan	1:32.35
	7. Mel Ovenden	1:35.56
	8. Bryan Hardy	1:36.20
	9. Barry Mumford	1:36.24
	10. George Maddox	1:36.47
	11. Jeff Spencer	1:42.18
	12. Peter Nicholl	2:01.27

M50	1. Don Caplin	1:27.01
	2. Graham Luck	1:32.19
	3. Ray Attwell	1:32.50
	4. John Pellier	1:35.09
	5. Richard Harris	1:36.22
	6. Roland Matzke	1:36.37
	7. Norman Scott	1:36.40

McCALLUM PARK SEPTEMBER 2, 1990

Visitors, in fact, recorded the fastest time of the day. Clive Hicks, who recently won his fifth senior State Marathon title, won convincingly. Teresa Martin was comfortably the first lady home.

We were particularly pleased to welcome Dennis Bowers from the Victorian Vets, Dennis was only visiting WA, but with a 1:22.52 time, we ought to be offering him permanent residency.

Officials

Our thanks are due to Maureen and Alan Pomery, Pat and Norm Miller, Roma Bettles and Kirt Johnson for their willing support in the conduct of these events.

M50	8. Richard Peters	1:37.01
	9. Morris Warren	1:38.25
	10. Bill Crellin	1:38.47
	11. John Bornholdt	1:40.41
	12. Ron Sutton	1:44.05
	13. Keith Forden	1:48.53
	14. Merv Jones	1:50.14

M55	1. Dick Blom	1:26.14
	2. Frank McLinden	1:29.39
	3. Ted Maslen	1:29.44
	4. George Schaffer	1:35.12
	5. Denis Willmott	1:51.26
	6. Patrick Sheerin	1:57.46

M60	1. Brian Paxman	1:35.40
	2. Vic Beaumont	1:42.48
	3. Gordon Holmes	2:04.57

M70	1. John Gilmour	1:26.16
-----	-----------------	---------

VISITORS

	1. Clive Hicks	1:12.37
	2. Wayne Robinson	1:20.36
	3. Paul O'Riordan	1:20.53
	4. Dennis Bowers	1:22.52
	5. Michael Archer	1:25.11
	6. Teresa Martin	1:27.35
	7. Mark Rosen	1:29.16
	8. Derek Arnold	1:33.06
	9. Barry McDonald	1:34.12
	10. Ken Turner	1:53.35

ROAD WALK

EIGHT contestants, eight age groups, eight Club Champions, eight great times. This race added a new dimension to the term "walk-over"!

The lack of competition within the age groups was not accompanied by any lack of effort on the course. The weather conditions were very good and the walkers used them to their advantage. The result was five new Championship records and three other excellent times.

Congratulations to all concerned and special thanks, too, to Dick Horsley for time-keeping and recording.

W40	1. Michelle Boyle	2:31.43R
W45	1. Margaret Stone	2:25.38
W40	1. Jacqui Beaumont	2:40.20R

M401.	John Mison	1:59.36
M501.	Barrie Thomsett	2:22.49R
M551.	Bob Fergie	2:30.25R
M651.	Ernie Moyle	2:42.16R
M751.	Jack Collins	2:50.01

One Lap

(approximately 11kms)

1.	Dave Roberts	M45	44.11
2.	Maurice Johnston	M50	47.15
3.	Roger Walsh	M45	47.17
4.	David Jones	Vis.	48.39
5.	Paul Martin	M45	48.10
6.	Arnold Jenkins	M45	50.13
7.	Brian Danby	M40	50.30
8.	Tony Speechley	M45	51.24
9.	Ken Taylor	M45	52.39
10.	Peggy McLiver	W45	55.36
11.	Rod Stewart	M50	55.38
12.	Mike Rhodes	M40	56.06
13.	Kath Penton	W45	56.06
14.	Basil Worner	M55	56.08
15.	Margery Forden	W45	57.06
16.	Maxine Santich	W35	57.06
17.	Ray Lawrence	M60	1:00.18
18.	Gordon Florance	M55	1:06.18
19.	John Russell	M55	1:06.18
20.	Margaret Warren	W50	1:12.17
21.	Jill Midolo	W40	1:13.05
22.	Lorna Lauchlan	W60	1:13.12
23.	Fred Hagger	M65	1:14.25
24.	Pat Carr	W55	1:14.25
25.	Cliff Bould	M70	1:14.25
26.	Sheila Maslen	W50	1:16.19

DEEP WATER POINT

August 5, 1990

16KMS

MAHER, Chris	M35 59.06
ROBERTS, Dave	M45 1:00.12
MAIR, Robert	M40 1:03.01
FERRIS, John	M40 1:03.29
TROVATO, Joe	M50 1:05.04
SAMMELLS, Bob	M50 1:05.07
MUIR, David	M45 1:05.19
FOLEY, Brian	M45 1:05.21
BLOM, Dick	M55 1:05.29
HAZELL, Doug	M35 1:05.51
KHAN, Mike	M45 1:07.10
SCOTT, Dave	M40 1:07.14
WELYKY, Wal	M40 1:07.49
DEANUS, Fraser	M50 1:08.02
GREENFIELD, Jim	M45 1:08.09
LUCK, Graham	M50 1:08.15
JOHNSTON, M	M50 1:08.37
AIREY, Peter	M50 1:09.51
BELL, John	M45 1:10.09
ATTWELL, Ray	M50 1:10.17
SANDER, Leon	M50 1:10.24
TRAYNOR, Mike	M45 1:11.57
CROCKART, H	W30 1:12.40
ROBINSON, M	W50 1:13.01
McLIVER, Peggy	W45 1:13.19
WARREN, Morris	M50 1:13.56
BIRKS, Margaret	W40 1:13.57
PAXMAN, Brian	M60 1:14.00
POTTER, Ron	M50 1:14.13
MOYLE, Merv	M60 1:15.46
OVENDEN, Mal	M45 1:15.47
NOORDYK, Adrian	M35 1:16.14
BORNHOLDT, John	M50 1:15.55
DAVIE, Aubrey	M55 1:17.20
SUTTON, Ron	M50 1:18.04
NOORDYK, Kath	W40 1:19.21
FARRELL, Robert	M50 1:19.25
LAWRENCE, Ray	M60 1:20.10
WILTSHIRE, Ivan	M45 1:20.58
FORDEN, Margory	W45 1:21.44
FORDEN, Keith	M50 1:21.47
CRAWFORD, John	M50 1:21.54
TURNER, Ann	W50 1:23.03
SHEERIN, Patrick	M55 1:23.05
WILTSHIRE, P	W45 1:23.51
FARRELL, Phyllis	W45 1:23.54
HOLMES, Gordon	M60 1:24.56
MILLER, Norm	M55 1:27.22
HALL, David	M40 1:28.06
FLORANCE, Gordon	M55 1:32.55
BETTLES, Roma	W40 1:33.20
DEANUS, Ann	W50 1:34.49
USHER, Frank	M65 1:41.49

7.2KMS

RAYMON, Robert	M45 27.41
BARNES, Jim	M45 28.32

A total of 131 runners and walkers enjoyed a cool morning to test their fitness over 7.2kms or 16kms and a run round the banks of the Canning River (and part of the Swan River for the longer event) was an ideal setting.

There were many outstanding performances, but the record book did not need any alterations after the events were finished.

John Molloy and Gill Roberts won their events over the 7.2kms run and Chris Maher and Heather-Crockart led the men and women home in the 16kms. John Mison was first home in his walking event and Margaret Stone first in her walk.

Maureen Comery, Ben Thornton, Sue and Colin Lemon, Bob Schickert and Maurice Smith deserve special thanks for making the morning a success along with many others who helped out with equipment etc.

Dalton Moffatt

DANBY, Brian	M40 31.15
JENKINS, Arnold	M45 31.26
MARTIN, Paul	M45 31.34
GUITION, Pat	M55 31.39
ROBERTS, Gill	W40 31.44
THORNTON, G	M45 32.09
POMERY, Alan	M55 32.11
MASLON, Ted	M50 32.38
WALSH, Roger	M45 32.41
COLE, Peter	M45 32.43
PELLIER, John	M50 32.50
CROXFORD, Alan	M45 32.53
VOLET, Jan	M40 33.17
SMITH, Frank	M45 33.24
CRELLIN, Bill	M50 33.43
CARUSO, Yolande	W35 34.33
HARWOOD,	M40 35.05
CAPLIN, Don	M50 35.39
JONES, Merv	M50 36.01
JOHNSON, Kirt	M60 37.02
ELMITT, Roger	M45 37.55
BEAUMONT, Vic	M60 38.03
COPPING, Charlie	M35 38.53
LINDSAY, John	M40 39.13
STRACHAN, D	M65 39.37

SMITH, Janet	W35 39.51
STRACHAN, June	W65 39.59
PELLIER, Joan	W50 40.23
WORNER, Basil	M55 40.25
ALDRICH, Alison	W45 40.35
HEALEY, Esther	W50 41.03
MILLER, Pat	W50 41.11
JOHNSON, Jan	W45 41.34
CARR, David	M55 41.35
COPPING, Alina	W35 41.57
MIDOLO, Jill	W40 42.07
HODGE, Sandi	W40 42.08
HALBERG, Jacqui	W40 42.16
WARREN, Margaret	W50 42.25
NICOLL, Peter	M45 42.26
SPENCER, Ron	M50 45.25
CARR, Patricia	W55 45.40
RALPH, Gale	W40 45.42
BOULD, Cliff	M70 47.19
ROBINSON, Mary	W50 49.58
HAGGER, Fred	M65 49.59
STONE, Alan	M55 50.26

VISITORS - 16KMS

McGOLDRICK, P	58.42
PRIEST, Peter	59.32
ROBINSON, Wayne	1:04.30
PARTINGTON, I	1:05.20
WILKINSON, Joel	3:08.14
WHITE, Harry	1:09.20
CROSS, Peter	1:21.02
TURNER, Ken	1:23.04

VISITORS - 7.2KMS

MITCHELL, Steve	26.47
MOLLOY, John	26.49
STAPPENBELT, H	32.02
DO, Hugh	33.09
SALARNO, G	33.23
EVERETT, Paul	35.25
SHEEHY, Robert	37.25
COPPING, Brian	38.58
BEALE, Jan	40.42
McGOLDRICH, M	41.44
PARKER, Rose	57.28

WALKERS

MISON, John	M40 39.17
STONE, Margaret	W45 50.25
BOYLE, Michelle	W40 51.32
FERGIE, Bob	M55 54.01
BEAUMONT, Jacqui	W50 55.05
MOYLE, Ernie	M65 55.07
HORSLEY, Dick	M75 56.51
TYSON, Val	W65 57.17
COLLINS, Jack	M75 57.36

Notice Board

HANDICAP WALK

New event - a 10K handicap walk on the track is planned for next April 25, at the suggestion of Jack Collins, who will present a perpetual trophy for the race.

LOGO'S

By popular demand - the 'speeding athlete' logos are on order and will be available soon.

STATE RECORDS

Bob Ferris has invested hours of tender loving care into an up-dated State Records report, that will be available to members at Sunday morning and Wednesday evening meetings. It's not planned to incorporate the records sheet into Vetrin at this stage, so if you want a copy, enquire at the meetings.

PROGRAMME

Your committee has begun re-building the jigsaw puzzle that will become our 1991-92 events programme. Any suggestions, comments, problems - especially from race directors - could be usefully passed to a committee member as soon as feasible.

RACE TIMING

Out of consideration for race organisers, and especially recorders, walkers and runners - who choose to cover 'unofficial' distances must organise their own timing.

It's particularly tough on recorders when walkers choose to cover a long course, such as 16K, ideally planned for runners alone. Official events, over the distance stipulated in our programme are the only ones that recorders will be obliged to time. That's the committee decision.

TIME TRIALS

Mid-week track and field meetings will take place on Wednesday evenings this season (see programme). There's a venue change too, to avoid clashing with the University Club and coaches at McGilivray.

Coker Park meets continue, but now alternate with the Perry Lakes warm-up circuit. Just how well the latter performs remains to be seen.

ANNUAL DINNER

The WACA is the spot - December 8 the date.

Tickets will be available soon, at just \$21 a go, for a smorgasbord style buffet in the Lillie-Marsh stand. Entertainment will be DJ provided, and available in liquid form at bar prices.

We'll be at round tables of 10. Parking is available within the WACA, which will be entered opposite Gloucester Park. It's going to be great, especially if you're there.



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KIRKMAN'S RUN

JULY 9, 1990

ON a cold morning with a light wind 60 runners and 8 walkers left McCallum Park over a period of 26 minutes. The backmarkers worked to keep warm before they were allowed to go. As an indication of the ability of the handicapper 46, or 77 per cent, of the runners finished within 6 minutes of each other. The finishing time span was 10 minutes 41 seconds.

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

Thanks to Judy Kirkman for putting

HALL, David	M40	54.26
LAWRENCE, Ray	M60	54.26
RALPH, Gaby	W40	54.45
BORNHOLDT, John	M50	54.58
HICKS, Stewart	M65	55.13
RUSSELL, John	M55	55.26
FLORANCE, Gordon	M55	55.32
BOULD, Cliff	M70	55.46
TURNER, Ann	W50	55.49
MOYLE, Ernie	M60	55.57
LEGGETT, Arthur	M70	55.59
LINDSAY, John	M40	56.05
BOWLER, Syd	M65	56.08
SCOTT, Dave	M40	56.09
FAUNGE, Mike	M50	56.19
ROBINSON, Mary	W50	56.23
KELLY, Max	M40	56.47
THORNTON, Graham	M45	57.11
BETTLES, Roma	W40	57.18
JENKINS, Arnold	M45	57.19
JOHNSTON, Mauriel	M50	57.22
MILLER, Norm	M55	57.24
SUTTON, Ron	M50	57.30
JOHNSON, Kirt	M60	57.38

MOLLOY, John	M35	57.54
POTTER, Ron	M50	57.56
ELLIOTT, Matthew	M40	57.58
SAMMELLS, Bob	M50	58.08
McLINDEN, Frank	M55	58.13
HEALEY, Esther	W50	58.14
SCHAEFER, George	M55	58.22
TRAYNOR, Mike	M45	58.29
FOLEY, Brian	M45	58.45
POMERY, Alan	M55	58.50
ROBERTS, Dave	M45	58.56
FERRIS, John	M40	59.00
HARWOOD, Trevor	M40	59.03
MOFFATT, Dalton	M55	59.07
KHAN, Mike	M45	59.11
PELLIER, John	M50	59.29
AIREY, Peter	M50	59.29
McLIVER, Peggy	W45	59.46
KLINGE, Jim	M40	59.49
ROBINSON, Margaret	W50	59.59
SCHICKERT, Bob	M45	60.21
HOUGH, David	M55	60.42
CAPLIN, Don	M50	60.51
DANBY, Brian	M40	60.58

out flags under torchlight and to our very professional timers and recorders at the finish. I am sorry I didn't have the distance marked out nor reliably measured. Frank Smith measured it to within 10 metres and it was 9.4kms - disappointing to those who thought they'd run 10kms!

Hugh Kirkman RACE DIRECTOR

WARREN, Margaret	W50	61.52
CRELLIN, Bill	M50	62.26
WORNER, Basil	M55	62.48
WARREN, Morris	M50	62.49
TROVATO, Joe	M50	63.29
STONE, Alan	M55	65.07

WALKERS

STONE, Margaret	W45	61.57
KELLY, Pauline	W40	66.44
FERGIE, Bob	M55	66.58
BEAUMONT, Jacqui	W50	67.05
BILLINGTON, Jacqui	W45	68.00
LACHLAN, Lorna	W60	68.02
TYSON, Val	W65	73.43
COLLINS, Jack	M75	73.44

VISITORS

HALBERG, Jacqui	55.36
KELLY, Troy	57.02
DAVIES, John	58.14
TEDESCHI, Sandra	59.24
CELENZA, Margaret	59.24
PRIEST, Peter	59.27

CROXFORD'S CLIMB - Cresswell Hill

AUGUST 12, 1990

THIS was the biggest field ever for one of the most demanding events in the Veterans' programme. Thirty runners opted to tackle the hill once or twice and forty went the whole hog and ran the three laps. In the major event Tom Savin led from the start, closely followed by Ross Parker - one of Western Australia's top ultra-runners.

By the second and third lap Tom increased his lead and finished comfortably, breaking his own record for the race by a whopping

1 min 12 secs. The first woman home was Peggy McLiver who also broke the race record by an amazing 2 mins 12 secs.

It was nice to see Joy Sanger visiting WA during her working spell in the Middle East. She walked a lap or two with our resident walkers who trod a specially adapted course - to avoid the 'dreaded hill' - I'm told that walkers tend to run when tackling hills.

I saw one or two runners who were quite happy to turn the tables on the walkers. Bob Fergie out-walked the field, closely followed by Jackie Beaumont.

My thanks to Estelle Rogers, Mary Robinson, Karen Crellin, Fred Hagger, Arthur Leggett, John Maddison and Kirt Johnson for helping with the event.

Alan Croxford
RACE DIRECTOR

(results opposite) >>>>>

AN IMPORTANT MESSAGE ABOUT SUNDAY RACE OFFICIALS

Each club member is expected to help out as an official for at least two runs per year. We are considering what action to take regarding people who regularly attend but do not assist. One suggestion is that an extra membership fee be charged, however, I hope that that sort of action is not necessary.

Would you please complete the form below, indicating your preferred dates to assist as a race official and post or deliver to:

Joan Pellier
63 Discovery Drive, Thornlie 6108

OR: If you prefer to ring Joan please do so on 459 7782.

N.B.: Race Directors are not required to return the slip.

BOB SCHICKERT
PRESIDENT, WAVAC

NAME:	-----	
DATE:	-----	RUN NAME: -----
DATE:	-----	RUN NAME: -----
OR:	** ANY TWO RUNS THE CLUB WISHES TO NOMINATE ME FOR (Please tick here) -----	

CORRECTION

APOLOGIES to Ann Shaw, who was indeed first woman home in the Westside Half-Marathon's 40-44 bracket, in a time of 1:23.26.

TRACK AND FIELD RULE CHANGES

AMENDMENTS carried at the 1990 AGM of the AAVAC will mean some changes this season.

PENTATHLON events for men will now be 200m; javelin; long jump; discus; 1500m. The women's event includes the 800m instead of 1500m.

Other variations cover the kind of javelin to be used; and inclusion of a 300m hurdles event, and use of the 700 gm javelin, for men 50-59.

WORLD RECORDS WON'T COUNT

Roy Foley, our National Statistician, has advised the following item from the August edition of National Master News.

'Per a decision by WAVA and TAC, no hand times recorded after December 7, 1989, will be considered for Five Year Age Group record purposes. Hand times achieved before that time will continue to be included. But only automatic times are now eligible for consideration.'

Hence, the World records set at the National Championships in Melbourne last Easter will not be recognized.

WAVA and TAC have also allowed the old and new style javelins to be used in the M40-59 age groups. Roy has initiated objections, particularly to the automatic timing issue

BOB SAMMELLS