

30 YEARS OF ROAD RUNNING

with

VETERANS / MASTERS ATHLETICS in Western Australia



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2012



Joan Pellier practicing baton changing with Edith Crowther, 1985

FOREWORD

Around six months ago when “toddling” along in a club run, a couple of members asked me what the club was like in the earlier years. After having a chat with Lynne Schickert and Jackie Halberg, I decided to write my thoughts of my time in the Vets/Masters from when I joined in 1980.

My story is a collection of road running, social events, long weekends away, the committees, the growth and all the members who do so much work around the club.

I've ‘had a ball’ reading all the old newsletters, most of which I can relate to and have included several articles which I thought would be of interest to newer members. I tried to pick out a variety of runs each year, highlighting the 50k Road Running and Walking Championships.

I hope you enjoy reading my story as much as I have, writing about this great club.

I'd like to take this opportunity to thank Jeff and Dorothy Whittam for the use of their Vetrans; to Sandi and Bridget in Tasmania who put my thoughts on the computer (I handwrite all my articles) and to Lynne who tidies up my articles. Finding photos from the early days was a challenge and besides the ones I could find, my thanks go to those members who provided others to include: Jim Barnes, Vic Waters, Lynne Schickert.

Once again many thanks to you all.

Joan Pellier

January 2012

30 YEARS OF ROAD RUNNING

Chapter 1: 1980-1983

"Where it all Began ..."

I joined the Vets (Masters) in 1980, six months after John, who had been goaded into running by my brother Jim Barnes. I was slightly overweight and was never going to slip into a pair of running shorts. After much persuasion from John, my first run was a 'home run', Batterham's Bush Bash at Bicton. In full tracksuit, off I went with Val Tyson and Nora Berry.

At about six kms I saw Dog Pound Hill, at which point I sat on the pavement to wait for John to fetch me in the car! Alas he came running back and coaxed me to the finish, where I was surprised to see most of the members waiting to clap me in. So began a thirty year friendship with some wonderful fellow runners.

In 1980 member numbers were 28 ladies and 171 men. Sunday runners were around 60. Patron was Bill Hughes. David Carr was President, Rob Shand Secretary, Roger Walsh Treasurer and Jill Midolo News Editor. Bob Fergie used his firm's Gestetner Printer in his lunch break to print the Newsletter and then Bob or the Whittams stapled and posted them.

The Club had three runs a month and one group jog, as many of the members ran with the Marathon Club who held just one run a month. At that time we did not have an Annual running calendar, the running programme was printed monthly in the Newsletter, which made it easy to change. The first book of maps of club runs was created by Rob Shand. Sadly most of the runs in it now don't exist.

We had lots of relays from McCallum Park, which David Carr's team usually won. Relays are great for fostering friendship and camaraderie. We had seven 'home runs' which began at 9 a.m. They were; Sutherland's Run at Applecross, Barnes's at Thornlie, Danby's at Pinnaroo, Carr's at Dianella, Batterham's at Bicton, Bill Hughes's at Point Walter and the daddy of them all Johnston's Walliston Wallop. This course was 2 kms of tracks, 4 kms downhill and 4 kms uphill, including Mundaring Weir Road! It was the thought of Rose Johnston's homemade apple pie and scones that kept you going!



After lunch, we bottled wine from a 45 gallon drum which Bob Hayres had acquired and then sold it at \$2.00 a bottle. Even though the first batch tasted pretty dreadful the wine bottling became an annual event after the Walliston Wallop run.

Bob Fergie kindly supplied his souvenir bottle for the photograph. The label reads:

"1982 CHATEAU D'VETRUN TAWNY PORT

This wine is made by a unique process. The grapes being pressed in large vats by athletes in stockinged feet, running for two hours at a time. This ensures the maximum amount of liquid is drawn from each vat, it also imparts the particular 'body' or 'nose' peculiar to this vintage.

ANGOVE'S TAWNY PORT

Bottled privately by W.A.V.A.A.C"

Club Times for 1980

Club Half Marathon (2 laps of the Bridges) - 49 Members finished

Men			Women		
M35	T O'Hare	1hr 14min	W30	C Millbourne	1hr 53min
M40	D Hoye	1hr 16min	W50	L Lauchlan	1hr 53min
M45	M Smith	1hr 19min	W30	J Midolo	2hr 03min
M60	C Bould	1hr 37min			

10k Mill Point Road Championships - 45 Members finished

Men			Women		
1st	D Caplin	34.29	1st	J Stone	46.41
2nd	F Smith	35.02	2nd	J Slinger	46.50
3rd	B Danby	36.35	3rd	M Peterson	47.30

The Christmas Party was held at the Rugby Rooms, Perry Lakes. The cost was \$3.00 per head for the first keg and soft drinks, meat and spirits were B.Y.O.

President David Carr advised the Committee he was moving to Northcliffe for three years and invited the members down for an Easter break. Apart from the Slingers, who camped, the rest slept in the School and these included: Jill Midolo, Lorna Lauchlan, Brian Danby, Hayres, Shands, Pelliars, Sammells and the Barnes. On the Saturday evening a group went to the local dance, what an eye opener! Music and dances I had never heard of before, which included, Gypsy Tap, Gay Gordons and the Pride of Erin. Jill and Brian knew all the dances from school but John asked the MC if he could play any Rock & Roll. He just smiled and said, "We don't do that down here". Nevertheless we all had a great time, the locals dressed up to the nines and us in tracksuits and running shoes. Great weekend Pat and David

1981

In April 1981 the Club agreed to host the 1982 National Track & Field Champs in Perth. Some members were against this as we had a very small number of track members. However, when you have Bob Fergie, an organising genius along with Bob Sammells, Roger Walsh finance, Bob Hayres social, Brian Danby and Jeff Whittam cross country, Jim Langford computer and Paul Martin printing, as members, you have the best team. It was a great success.

The People's Marathon held in June 1981 had 369 finishers, 60 were Vet Members and 13 ran under 3 hours.

Men				Women			
M35	P Wall	2hrs 39.50min	3rd overall	W30	J Midolo	3hrs 37.30min	4th overall
M35	F Smith	2hrs 40.33min		W35	B Leach	3hrs 13.00min	2nd overall
M40	K Anderson	2hrs 37.20min	2nd overall	W35	J Slinger	3hrs 38.01min	5th overall
M60	J Gilmour	2hrs 47.16min					

BLUE RIBBON RUN: Showground, Claremont

A large number of runners gathered together in overcast weather for an 8km run around the showgrounds. Runners were told it was two laps, only to be told "just one more". Val Tyson won the major prize (Walliston Wallop Moselle) for the rudest comment. Most people stayed and enjoyed lunch and all agreed that the Berries, Hayres and Johnston's had done a great job organizing "SOMETHING DIFFERENT".

24 HOUR RELAY

In October 1981 the men decided to run another 24 hour relay. According to the rules there was to be a team of ten, each person running one mile in turn and if anyone withdrew you carried on with nine etc. When Dorothy Whittam suggested entering a ladies team, most of us did not know what to expect, but we agreed! On October 17-18, a men's over 40 team and a ladies over 35, set off in wet and windy conditions at the Belmont Athletics Centre. The men set a new Australian record of 250 miles, 819 yards and the ladies set a World record of 185 miles, 1271 yards. Dunlop sponsored the runners and gave each member a pair of running shoes.

Men's Team

T Maslen
M Smith
J Davies
C Spare
B Robinson

Morland Smith
B Monks
J Rowlands
B Sammells
R Sparks

Women's Team

J Stone
J Pellier
A Deanus
D Whittam
K Holland

L Lauchlan
M Peterson
B Wall
J Fletcher
M Warren

American Navy Visit

At the end of October the American Navy started arriving in Fremantle for R & R and some of them came along to Club runs. Jim and Pat Barnes held a fun run at Perry Lakes on a Wednesday evening. About 150 runners turned up, approximately 50 of these were slightly overweight sailors and Jim and Pat put on a social function afterwards in the Rugby Club rooms. Word must have got around the Navy rather quickly as Jim went on to hold seven more over the next few years.

1982

In 1982 the Club President was Bob Sammells, Secretaries were Dorothy Whittam and Val Prescott, Treasurer Colin LeMan and Editor Jeff Whittam. In May the Club purchased a photocopier and was hoping to buy a Chronomix clock. Barrie Slinger arranged a Quiz Night at the Shenton Park Hotel to help raise the funds. Enough was raised to purchase a second hand one from the Marathon Club.

The Club Dinner was held at the Nedlands Golf Club, the cost was \$15.00 each which included a meal and a Disc Jockey. 85 members enjoyed a great night out, our thanks to Barrie Slinger.

Sundowner Run – Sunday evening

In 1981-82 the committee wanted to lift the profile of the club and encourage new Vet members. The Committee decided to hold an evening run – the Sundowner Run which started at the Old Riverton Bridge at 5pm. The run went along the cycle path toward Shelley with distances of 5km or 10km. Most of the runners were in fact Vets with a small number of non members.

After two years it was moved to Dianella Reserve as a morning run with more success. The last try as a run to profile the club was at WAIT (now Curtin University) on the South Oval. All entry fees were donated to charity. After WAIT the run was dropped.

However, it is interesting to see that the current club program still has a Sunday morning run – the Canning Caper – starting at the Old Riverton Bridge - and a number of current club members did join the Vets after seeing them there some years ago.

Run results worth mentioning during this year were:

Albany Marathon

1st	F Smith	2hrs 30.36min
3rd	H Stoffers	2hrs 33.13min
4th	D Caplin	2hrs 37.20min



1st Lady Dot Browne (Vic Vets) 2hrs 51min

J. Pellier & A. Deanus ran their first marathon in 4hrs 01min

Dot Browne seen here finishing another of her marathons in Victoria

Friendship Run - Kings Park - 12kms (59 runners)

Organised by Les Oakley with Joan and John Pellier as assistants

Men			Women		
1st	M35 C LeMan	44.12min	1st	W35 M Peterson	59.23min
2nd	M40 D Crowther	46.16min	2nd	W40 J Slinger	61.04min
3rd	M35 F Smith	47.17min	3rd	W35 J Stone	61.29min

Bob Harrison's Dianella Reserve Run - 8.4kms (50 runners)

Men			Women		
1st	K Anderson	28.36min	1st	M Harman	38.33min
2nd	D Hoye	29.00min	2nd	S LeMan	38.52min
3rd	C LeMan	29.07min	3rd	P Farrell	38.53min

Club Cross Country at Jorgenson Park

58 members attended the 5th Club Cross Country at Jorgenson Park in July 1982.

The day was cool and sunny but rainfall earlier in the week had made the boggy section 'just to the ladies liking' with many cries of delight and lost shoes.



Bob Harrison provided the members with an outstanding meal.

This photo, featuring Vic Beaumont and John Pellier, was probably taken at a later Jorgenson Park run but shows the boggy conditions that runners faced for many years.

South West Marathon & Half Marathon - Boyanup

Full Marathon:

Men	2nd	J Barnes	2hr 45.33min
	4th	B Robinson	2hr 55.18min
	5th	B Danby	2hr 55.55min

Half Marathon:

Men			Women		
1st	H Stoffers	1hr 13.04min	21st	C Amies	1hr 37.02min
3rd	D Crowther	1hr 18.27min	31st	L Lauchlan	1hr 47.30min
11th	F Deanus	1hr 23.02min	32nd	J Pellier	1hr 48.49min

1983

In 1983 the Club President was Barrie Slinger, Secretary F. Deanus, Treasurer Colin LeMan and Editor Jeff Whittam. There were 222 members and 4 country members.

March club weekend

The first of our many March long weekends at Eaton started in 1983. Hank Stoffers had arranged for us to stay at the Scout's Camp on the Collie River. The accommodation provided consisted of two large dormitories in a beautiful location, but anything Hank arranged always had lots of running. Most people arrived on Friday night and on Saturday at first light, Hank arrived to take us on a 10k run, back to camp for a shower and breakfast, then off to the polling booth to vote. The afternoon was spent swimming, canoeing or resting and at five o'clock off we went to Paine Park in Bunbury for a 5k or 10k race on the grass track.

Back to camp for a casserole night and a singalong. Off again with Hank early Sunday morning to Boyanup, to Bruce Hollier's bush retreat for anything up to a 32k run on lovely bush tracks. We were joined by the Bunbury runners and afterwards we all enjoyed a barbeque together at Bruce's. Back to camp for a shower, a rest, fishing or wine tasting. Off to bed at midnight after another great singalong.

Hank arrived early again Monday morning with a smile on his face to take us to Hay Park to join the Bunbury runners for the half marathon. It was truly a great but exhausting weekend for a mere \$2.00 a night.

Results worth mentioning this year are:

Bunbury Full and Half Marathon - 24 April

A large group of Vets travelled down for Bunbury's second year of the event. A carbohydrate loading dinner was scheduled for Saturday night. 56 ran the Marathon and 66 the Half Marathon.

Marathon

4th	H Stoffers	2hrs 31.40min
18th	J Barnes	2hrs 55.36min
	J Pellier	2hrs 57.50min
34th	M Warren	3hrs 06.44min
34th	B Slinger	3hrs 06.44min

Half Marathon

Men			Women		
9th	B Danby	1hr 11.29min	33rd	C Amies	1hr 33.29min
15th	R Shand	1hr 24.34min	41st	D Dow	1hr 38.20min
18th	G Thornton	1hr 25.18min	50th	J Slinger	1hr 44.29min
19th	M Kahn	1hr 25.44min	56th	J Pellier	1hr 50.43min
27th	B Hayres	1hr 29.26min	59th	M Warren	1hr 55.09min

Reg Briggs Trophy

The Reg Briggs trophy was first awarded in 1979 for the most improved athlete each year. Reg was an older member of the club and ran his cobblers shop in Broadway, Nedlands. The trophy was donated by his family including Peter Briggs. The 1983 Reg Briggs trophy winner was Frank Smith.

24 Hour Relay

On the 10/11 December 1983 at the Belmont track, 3 teams were again running the 24 Hour Relay. By this time a ladies team from NSW had beaten WA's record. A great amount of organisation was involved and once again our back room boys were there to help, including Bob Fergie, Bob Sammells, Jeff Whittam and Brian Danby. A Time Keeper, Recorder, Canteen helpers, Physio's and many others were required. The men's over 40's team set a new World record, beating the Tasmanian time by almost 10 kms, they achieved 430 kms 34 metres. The men's over 50's team set an Australian record of 356 kms 56 metres. Unfortunately the women fell 4 kms short after Kath Holland who had recently returned from the World Champs in Puerto Rico had come down with a virus and was only able to run 5 kms.

Men Over 40

D Caplin
K Gilbert
G Innes
M Smith
B Harrison
J Barnes
F Smith
H Stoffers
F Steere
D Hoye

Men Over 50

F McLinden
B Holler
D Stone
D Hough
R Lawrence
M Moyle
B Kennedy
A Pomery
D Willmott
J Noordyk

Women Over 35

A Ansell
C Amies
D Dowe
K Holland
J Fletcher
E Mercer
J Slinger
B Leach
K Noordyk
J Pellier



1983 Men Over 40 Relay team

Left-Right: Frank Steere, Henk Stoffers, Bob Harrison, Derrick Hoye, Jim Barnes, Maurice Smith, George Innes, Ken Gilbert, Don Caplin and Frank Smith



1983 Beach Training run:

Left- Right: Ron Jones, Graham Thornton (hidden), Bob Sammells, Frank McLinden, John Chadwich, John Maddison, Don Caplin (with hat), Ray Lawrence, Ron Torkildsen (partly hidden)

L-R : Others in Front (except Caplin) Les Oakley, Club Secretary Dorothy Whittam, Ern Moyle

(As published in West Australian Newspapers during that year)

Chapter 2: 1984-87 "The Relay Challenge"

1984

The committee this year was President, Barrie Slinger, VP Dick Horsley, Secretary Duncan Strachan, Treasurer Frank McLinden and Newsletter Editors Jeff & Dorothy Whittam

Results worth mentioning in 1984 are:

Around the Houses [Light Houses] – Fremantle - 15.6 kms (60 runners) Organiser: Lorna Lauchlan
This was a very popular run started by Lorna Lauchlan in 1984 with its farewell in 1992. As Lorna expressed "all good things come to an end". Start was at North Mole car park, along Tydeman Road, over Fremantle Bridge and along Victoria Quay to South Mole and return. In earlier days it was quiet with not much traffic but now it would be a nightmare crossing Tydeman Road with all the Rottnest Terminal traffic.

Men		Women	
F Smith	54.22min	J Chambers	60.18min
C LeMan	54.22min	J Stone	81.37min
D Caplin	58.10min	A Deanus	81.38min

104 runners and walkers turned out for the last time in 1992. Lorna invited members to her home in Mosman Park for tea or sometimes it was lunch. One particular time, after too much beer, Kath Penton gave John Pellier a haircut and shampoo.

1st Teddy Bird's Picnic Run - Kings Park - 15.6 km (42 Runners)

Organisers: J.Slinger, A. Deanus, Joan Pellier

Start and finish Children's Playground. Two lap circuit, tough but picturesque. From May Drive to the underpass at Mounts Bay Road, around UWA, back to Kings Park via Park Road hill and up Cardiac Drive. To finish it was down the Broadwalk to the playground. Morning Tea and cakes served by the ladies.

Men		Women	
C LeMan	55.13min	J Stone	79.23min
D Caplin	57.53min	M Robinson	80.19min
F Smith	58.31min	M Ackerman	82.22min

Andy Wright's Memorial Run: Carine Reserve - Handicap (40 runners)

Andy was an all-round athlete who died tragically in a motor accident north of Geraldton in the eighties. The trophy was donated by his family.

The course was four laps of cycleway and tracks around the reserve. John Bennington had the biggest handicap as the elastic in his shorts broke, no need to say any more! Morning tea and cakes supplied by Andy's daughter.

Men		Women	
1st A Davie		S Hodge	
2nd K Martin		L Lauchlan	
*D Caplin, fastest male		* J Slinger, fastest lady	

1st Deep Water Point Run - 10 miles - Nov (71 Runners) Organiser: Colin LeMan

Men

1st F Smith 56.50min
2nd J Gilmour 59.13min
3rd B Harrison 59.52min

Women

1st J Pellier 76.49min
2nd K Penton 77.19min
3rd S Hodge 82.00min

The Club Dinner was held at the Nedlands Golf Club.

I would just like to say a special thanks to Duncan and June Strachan and Wally and Shirley Cross who provided the refreshments after every training run.

Another 24 Hour Record Breaking Relay

On the weekend of October 21-22 at Belmont Athletic Track, 20 lady members ran another 24 hour relay. Bob Sammells wrote a news article about this event for the WAVAC *Vetrun* (November 1984) and has kindly allowed me to use it.



Women's 1984 24 hour team (in WAVAC black and white singlets)

Standing: (* = Over 35 team + = Over 40 team)

(L-R) Elza O'Dea+, Mary Robinson+, Trisha Spain *, Margaret Harman*, Lorna Butcher+, Enid Crowther+, Jan Fletcher*, Dorothy Whittam+, Kath Penton+, Margery Forden*, Joan Slinger+, Cheryl Amies*, Joanne Collins*, Don Caplin (Coach for both teams)

Kneeling: (L-R) Marilyn Acreman+, Val Pach+, Doreen Dow*, Alicia Ansell*, Joan Pellier+, Sandi Walton*, Jill Chambers*

Bob Sammell's Report

24 HOUR RECORD BREAKING RELAY – 21-22 October 1984

Sponsored by Lance Gibbons Holden

*"Early one morning just as the sun was rising
I saw a Veteran running round Gerry Archer Track."*

Thelma Manley

Results

*Over 35 Team – 353.437 kms (219 miles 1082 yards). New World Record***

*Over 40 Team – 314.313 kms (195 miles 536 yards). New World Record***

Why were two teams of ladies from the Club at the Gerry Archer Track this October weekend without a mens' team to accompany them? To find the answer we have to hark back to the fairly recent past.

In October 1981, a WA Veterans Ladies Over 35 Team set a world Record for this event of 300.499 kms (185 miles 1271 yards). A New South Wales Veterans Team subsequently improved this to the remarkable distance of 345.036 kms (214 miles 1135 yards).

Came December 1983 and our ladies narrowly failed to beat this mark. On the day, Kath Holland ran gamely for five legs before being forced to withdraw. However nobody who witnessed the sterling efforts of the remaining runners over the next 19 hours will readily forget them. At the close they had completed 341.840 kms (212 miles 716 yards), probably the second best on record.

The feelings of admiration that we all had for our ten ladies were in direct contrast to the feelings of most of the team. Many were disappointed with their fine performance and decided almost right away to attack the record again in 1984.

Joan Pellier assumed the mantle previously borne by Dorothy Whittam and started to organise things. She obtained an excellent sponsor and aroused sufficient enthusiasm to enlist 28 runners. Commemorative T-Shirts were obtained and very fetching everyone looked in them. Training sessions started in June and later moved to the Gerry Archer Track when Don Caplin assumed the role of Coach. Preparations were going well but injuries and illnesses gradually whittled away at numbers until just 20 remained. Then Jo Stone was forced to withdraw. Disaster.

At about this time, Jeff Whittam was donating blood when he was disturbed by raised voices in the Clinic. When all was quiet again, the gentleman responsible having satisfied the nurses as to his sexual preferences, Barrie Robinson, for it was he, was also allowed to donate. On learning of the teams' problem, Barrie offered to try to find a replacement for Jo. Joanne Collins subsequently joined the Club and the rest, as they say, is history.

The scene was now set. The two teams were ready to worship at the altars of the twin gods of Time and Distance. Time, for once, was certain; Distance was the great unknown although both teams knew the distances they had to beat. In the Over 40's case it was the 299.437 kms set by the Footloose Five, New York.

At precisely two o'clock Saturday afternoon, Vice-President Dick Horsley fired the pistol to set Jill Chambers and Joan Pellier away on the opening legs. Record pace for each team was 6m.40s and 7m.41s per leg, respectively. Jill and Joan promptly ran well inside the times required to set standards of performance for their team-mates to emulate.



*Start of 24 hour Relay
Joan Pellier and Jill Chambers on the track with Bob Fergie making a hand signal, and Graham Thornton with stop watch.*

Emulate them they did. The grit and determination shown by all 20 ladies was extraordinary and it was quite apparent from their selfless running that sacrifices were being made for their teams. Relay racing often has this effect and our ladies were not immune.

On they ran; lap after lap, hour after hour. The long, lonely hours of darkness had their usual depressing effect on times but the coming of daylight saw an improvement. The morning passed and, to the spectators at least, it now seemed that the magic hour of two o'clock was approaching rather too quickly. Then, with exactly 71 minutes left, the Over 40 team triumphed. Dorothy Whittam waved her baton jubilantly in the air as she passed the Footloose Five's record. We had to wait until just 36 minutes were left for the Over 35 record to fall. Spectators, runners and officials lined the track, as they had for Dorothy, to cheer Doreen Dow as she brought this record back to Western Australia. Channels Seven and Nine were there to tape the occasion and gave the Club good coverage on their News broadcasts the same evening.

It may be wrong to single out one runner for special mention, but it was appropriate that Doreen had the honour of surpassing the previous mark. She had very courageously run every one of her many miles in severe lower back pain. Knowing the pain that she would have to endure, she had nevertheless still journeyed from Bunbury to give the team the best possible chance of success. We all wish you a speedy recovery, Doreen, and look forward to seeing you running again.

While Dorothy and Doreen may have had their final runs in this year's event, back on the track the remaining runners were pressing on with the task of making two new World Records that much harder for others to beat. A whistle sounded and there were five minutes left to run. Another whistle blast and Jill Chambers and Elza O'Dea gave it everything they had. The final pistol-shot rang out and, while Jill looked pretty fresh, Elza collapsed into supporters' arms having run herself out. She quickly recovered and joined the other runners for celebratory photographs and champagne. A sensational finish by Jill and Elza.

Several factors were of assistance to the runners over the 24 hours. These were

- *Weather. Almost perfect conditions for this type of event.*
- *Officials. Accurate lap-time calling and recording of leg times. All laps run counted in the final totals.*

- *Baton changing. Consistently good throughout.*
- *Thelma Manley. Occupied a position on the back-straight of the track by herself for the full 24 hours. This stretch of the track was a desperately lonely place for runners, particularly during the hours of darkness, and Thelma's presence and very vocal encouragement gave them tremendous support. On one occasion Joan Slinger wanted Thelma to sing to her. Thelma's response heads this report. Thanks for everything, Thelma.*
- *Physiotherapy. Cliff Bould, Carole Cole, Peta-Ann Phelps, Jeannette Tomlinson, Warren Smith and Graham Mayard restored vigour to deadened limbs.*
- *Canteen helpers. A vital job cheerfully done.*
- *Organisation. Event was run so smoothly that one tended to be unaware of it. Surely, the acid test.*

There were many light-hearted, frivolous moments during the 24 hours, all of which contributed to the spirit of the occasion. These are not reported in detail in order to avoid drawing attention away from the teams' great achievements. The visit of a Japanese touring party to the track is, however, worthy of mention. They took still and movie pictures of just about everything in sight, including themselves holding the Dunlop Shield. Our ladies also enthused (shamed?) some of them into discarding jackets and running a lap of the track. They received a standing ovation from all at the track, the 400m runners that is, before leaving. Thanks to our ladies, the Club's fame will spread to Japan.

*The 1984 event had all of the ingredients that have made this Relay so successful in the past. Fine planning and organization, fine running and fine support from officials, helpers and spectators. The team-spirit was quite superb. But 1984 was still different. This was the first occasion that the ladies had contested this event without men's teams being on the track at the same time. If every they had been in the shadow of the men, which is doubtful, they now had the opportunity to shine. And how they shone. Before the event there were 13 Club members who held World Records either in their own right or as part-holders of a relay World Record. The Club now has 33, which itself must be a record of sorts. Ladies, we salute you.
(Bob Sammells, 1984)*



Joan Slinger taking the baton from Joan Pellier during 24 hour relay

** Whilst this feat was claimed as a world record at the time, it is not one that has been recognized by World Masters Athletics. As reported in one of the newspaper articles included with the event report in *The Vetrin*, the rules for the relay were set by the US magazine 'Runners World' which publishes the results of both American and world records each time such an event is contested. The maximum number of team members for the event is ten which was the number the club had chosen as they believed that this offered the greatest prospect of success.

The following item also included in the *Vetrin* at the time provides a smile... it was reported to have happened to one of the Record Breakers

Arriving home in a very tired state after the run she decided to take shower. Half way through she started to wash her aching feet and suddenly thought "crickey this relay running doesn't half give you hairy feet". Until she realized that she still had her furry slippers on!!!

1985

In 1985 the Club had 72 lady members and 179 men. The President was Leo Hassam, Secretary Duncan Strachan, Treasurer Dave Roberts and the Editor was Basil Worner.

At this time I would like to record a huge thanks to Bev Thornton and Maureen Pomery who were our recorders at the finishing line for many years.

A Quiz Night was held at Churchill's Tavern in August with 160 attending. The event was organised by Jacqueline Billington and the Quizmaster was Barrie Slinger. \$800 was raised.

Three members of the Vets were named in the State team for the Australian Marathon to be held in the Eastern States. They were Alicia Ansell, Joanne Collins and Frank Smith.

A spokesperson for the W.A.A.A. said 'It is a tribute to the standard of the Vets Club that 3 athletes can make a State Open Competition'.

In the 1984-85 season the Club's first yearly programme was printed, sponsored by Dunlop Footwear.

Runs and results of note this year are:

The Reg Brigg's Trophy was won by Albany runner George Audley who competed in the 100 mile - 24 hour inaugural run at McGillivray Oval.

Women's Run - 7km Handicap (39 Runners) Organiser: Jill Midolo
1st H Kirkman 2nd M Kahn 3rd B Sammells

Lake Leschenaultia Run - Boxing Day (37 Runners)

Men			Women		
1st	D Crowther	27.49min	1st	J Collins	33.23min
2nd	B Harrison	28.21min	2nd	J Pellier	34.45min
3rd	F Smith	29.06min	3rd	T Vaalsta	36.01min

Teddy Bird's Picnic Run

The Teddy Bird's Picnic run in King's Park was the first Club run to ever have 100 runners in a race. Morning tea was served at a cost of 50 cents per person. John Pellier brought along his generator to heat the water, June Strachan and Dorothy Whittam baked all the cakes.

Sutherland's Run - 8.4 km Handicap - Applecross

1st A Pomery 2nd K Penton 3rd D Horsley

The Hairy Legs Competition - this year was a draw between Allen Tyson and Duncan Strachan

State Marathon - Herne Hill

1st Vet F Smith 2hrs 30.05min 1st lady Vet T Vaalsta 3hrs 13.39min

2nd Vet B Harrison 2hrs 45.35min

3rd Vet M Warren 3hrs 07.15min

1986

In 1986 the President was Leo Hassam, Treasurer Rob Farrell, Secretary Sandi Hodge and the Editor was Basil Worner. The membership topped 300.

During 1985 the Club had applied to the City of Perth to build a Clubroom and Showers at McCallum Park. This was refused in 1986 owing to the location being unsuitable for any further development.

Social activities

On the social scene, the March long weekend was held at Wellington Mills and the October long weekend was spent in York, staying in the old York Hospital for \$6.00 per night. A dinner was enjoyed in town at the Cafe that Colin and Sue LeMan had recently purchased.

A social was held in the Swan Valley in May following a Sunday run. Leo Hassam drove the bus taking us first to Houghton's Winery where we enjoyed wine tasting with cheese and biscuits for \$2.50. From there, it was on to Middle Swan for a four-course lunch, including wine or beer for \$15.50.



Swan Valley Lunch group L-R: Standing: Basil Warner, Barry Johnson, Jan Johnson (Jarvis), Brian Danby, Pat Barnes (in front) Rob Farrell, Don Caplin, Leo Hassam, Lorna Lauchlan, John Russell Kneeling: Kath Penton, Sandi Hodge, Jim Barnes, Phyllis Farrell, Joe and Avril Yates, John Pellier

1987

In 1987 the President was Basil Worner, Treasurer Rob Farrell, Secretary Sandi Hodge and the Editor Brian Aldrich. Club Fees were \$17.00 single and \$22.00 double.

The Annual Club Dinner was held at Sereaglio Park in Kelmscott, cost \$25.00.

Runs and results worth mentioning during this year are:

Friendship Run - January (150 Runners)

Strachan's Run - February (140 Runners)

Jan and Bob Braid and Suzette and Graham Lambert from the W.A. Marathon Club joined us for the day. Morning Tea and a Barbeque were held at June and Duncan's home after the run.

Swanning Around The Bridges (127 Runners and Swan Districts Footballers)

Organiser: - Basil Worner

The event was won by Frank Smith followed by Don Caplin, with Ken Marshall of Swan Districts coming in third. The team prize was won by Dalton Moffatt, Allen Tyson, Mitch Lolly, T. Holtzam, J. Morgan and B. Wally. We had a great morning with John Todd and his team.

London Marathon

In May a group of Vets travelled to London to run the Marathon, they were: Joan and Barrie Slinger, Colin and Sue LeMan, Vic and Jacqui Beaumont, Rose and Maurice Johnson, Keith and Marg Forden, John and Joan Pellier, Sandi Hodge, Brian Danby and Jacqueline Billington.



Start of 1987 London Marathon – Joan Slinger, Joan Pellier, Sandi Hodge, Marg Forden



Joan Slinger, Sandi Hodge and Keith Forden enjoying the atmosphere at the London Marathon

Road Running Championships

The Road Running Championships Series started in May 1987 with Morris Warren at the helm. This consisted of three races, 10 kms at Lake Monger, 15 kms from McCallum Park to the University and back and 25 kms at Herne Hill. Only 19 runners completed all three events.

Men

1st F Smith
2nd D Scott
3rd G Thornton

Women

1st T Carmen
2nd P Macliver
3rd P Farrell

Clontarf Cross Country - Manning Road (63 Runners) Organiser: Basil Woner

These intrepid explorers ran through horse paddocks, a meandering maze and a gentle water jump in which Rob Farrell suddenly found himself up to his waist in water. Unfortunately the clock did not work so times were not recorded.

The Club Handicap was won by Keith Forden.

1st Murdoch Cross Country - 10kms Organiser: John Spencer

Men

1st D Scott 35.04min
2nd T Savin 35.05min
3rd M Smith 36.09min

Women

1st J Chambers 40.27min
2nd P McLiver 46.22min
3rd J Strachan 54.32min

1st Mussel Pool Muster - Whiteman Park, August - 10 kms (44 Runners) Organiser: Basil Woner

This was run on the coldest morning in 20 years! A great course, even for Marg Forden who got lost but still managed to finish 1st lady.

Men

1st T Savin 45.45min
2nd B Danby 47.02min
3rd G Thornton 49.47min

Women

1st M Forden 59.04min
2nd P Macliver 59.45min
3rd J Pellier 63.41min

1st Deadly Medley Relay - Yokine Reserve (60 Runners) Organiser: Kath Penton

1 km and 2 kms were run alternatively by teams of 4 runners.

1st Team

D Hoye

S Maslen

D Scott

M Traynor

2nd Team

C Innes

T Carmen

D Carr

S Cross

Chapter 3 : 1988-90

"Safety Concerns - Home Runs becoming more difficult"

1988

In 1988 the President was Keith Forden, Secretary Rob Davis, Treasurer Ernie Moyle and Editor Jeff Whittam. At the AGM in April, two new Life Members were chosen, Bob Sammells and Jeff Whittam.

Club Long Weekends were held at Eaton in March and Donnelly River in September.



A happy group at Donnelly River – those we can identify include Margaret Warren, Don Caplin, Jeff Whittam, Joan and Barry Slinger, John and Joan Pellier, Pat Barnes, Nora Berry, Rob Farrell, Dave Hoff, Dorothy Whittam.

A Quiz Night was held at the Rugby Rooms, Perry Lakes. Tickets were \$4.00, \$900 profit made.

The Club Dinner was at Nedlands Yacht club and tickets were \$22.00.

This was the last year of the Walliston Wallop. Due to the growth of the Club, 'Home Runs' were becoming more difficult. Parking was a problem and Mundaring Weir Road was getting busy. Our thanks to Rose and Maurice for some great times, Rose's apple pie was sadly missed. Maurice was last seen with a glass of stout in hand and a tear in his eye singing "Matchstick Man" which was his patriotic Liverpool song.

Safety

Keith Forden was becoming concerned about safety issues on Club runs. Gone were the days when the Race Director could put down a few flags and off we ran. Now marshalls had to wear red vests, more helpers were required on the course and runners had to comply with the Road Traffic Act. Where possible, runs had to be held on cycleways.

Results of some of the runs organized during the year:

West Coast Challenge – Beach – 8Kms (66 Runners) Organiser: Bob Hayres

Men			Women		
1st	F Smith	27.32min	1st	T Brockwell	31.18min
2nd	C Brockwell	28.10min	2nd	M Forden	35.19min
3rd	B Schickert	29.44min	3rd	S Hodge	38.23min

The Road Racing Championship races were:

1. 10kms Jim Barnes Run
2. 15kms Uni and Back from McCallum Park
3. 25kms Herne Hill

16 runners completed all three runs.

Men		Women	
1st	B Schickert	1st	M Forden
2nd	J Gilmour	2nd	P Farrell
3rd	P Martin	3rd	S Hodge

The Club Handicap winner this year was Dalton Moffett.

Bunbury Marathon and Half Marathon

Marathon: Men		Women	
C Brockwell	2hrs 37.16min (3 overall)	1st Vet M Pritchard	4hrs 05.30min
J Pressley	2hrs 42.03min	2nd Vet T Carmen	4hrs 05.31min
J Barnes	2hrs 53.37min		
B Robinson	2hrs 55.18min		
T Costello	2hrs 56.29min		
W Pantall	2hrs 57.44min		
J Pellier	2hrs 59.55min		
V Beaumont	3hrs 41.31min (1st M55)		

Half Marathon (Vets results):

Men		Women	
1st	J Gilmour 1hr 20.35min	1st	T Brockwell 1hr 28.11min
2nd	D Carr 1hr 28.08min	2nd	M Forden 1hr 36.32min
3rd	R Matzke 1hr 29.11min	3rd	J Pearce 1hr 43.38min
	R Shand 1hr 34.01min		E Mercer 1hr 45.51min
	M Moyle 1hr 35.41min (1st M60)		
	B Hayres 1hr 37.09min		
	K Johnson 1hr 43.33min (2nd M60)		

Hell's Bells – Perry Lakes – 8kms Handicap Organisers: John & Cheryl Bell

1st	J Molloy	2nd	R Raymen	3rd	H Kirkman
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The Sutherland's Run was relocated to Tompkins Park where we ran along the river path towards Heathcote, thus avoiding the crossing of Canning Highway which was becoming a health hazard!

Croxford's Climb – Yokine – 4km, 8km & 12kms Organiser: Alan Croxford
If you didn't enjoy hill running, this was not for you – 3 times up Cresswell Hill !!!

	Men		Women	
12kms	F Smith	42.40min	K Noordyk	56.12min
8kms	J Ferris	29.57min	J Pellier	39.04min
4kms	A Stone	24.45min	P Miller	23.50min
4km Walk	J Whittam	27.57min	M Stone	27.57min

The Annual Club Picnic Run held at Yanchep Park attracted 43 runners. The Slingers showed great devotion to duty by arriving the day before to mark the course and then 'roughing it' overnight in the Hotel.

At the 10th Albany Marathon, Marg Forden ran a PB of 3 hours 28.14min.

Raven's Nest – Kwinana – 5km & 10km Organisers Jacqui & Vic Beaumont
A lovely mix of road and bush tracks was interrupted halfway by a torrential downpour. As luck would have it, the local Heritage Society had recently opened Pioneer Cottage and we were able to take shelter, dry off and enjoy our morning tea. This is just another example of one of the many wonderful locations discovered whilst running with the Vets.

1989

Club President this year was Bob Schickert, Treasurer Bill Crellin and Secretary Rob Davis. The Club now had over 400 members. New Life Members were Val Prescott and Bill Hughes. In 1989 Life Members were Cliff Bould, David Carr, Jack Collins, Bob Fergie, John Gilmour, Bob Hayres, Dick Horsley, Bob Sammells, Rob Shand and Jeff Whittam.

Although he didn't win, Dick Horsley was nominated for the 'Award of Merit', the Western Australian Sports Federation's highest award. President Tom Hoad said that Dick had made a tremendous contribution to sport in WA for many years.

On the social scene the Club Dinner was held at the Nedlands Yacht Club at a cost of \$20.00 per head. The March Long Weekend was held at Eaton and in September the Club went to Tone River, 40kms east of Manjimup, a great new location.

The Club was still hoping to have their own Clubroom and it seemed that Perry Lakes could be an option due to the refurbishment that was taking place. A 'Sports House Concept' was suggested should there be enough interest. It would be an office, storeroom and shared coffee lounge.

The Quiz Night was held at the Rugby Rooms, Perry Lakes. \$400 was raised and Barrie Slinger was once again MC. A wine tasting was held at the Lamont Winery in the Swan Valley followed by a barbeque lunch.

Brian Danby suggested running another 24 hour relay and only one reply was received (PS: I wonder why? JP)

1989 National Veterans Track and Field Championships

Although John and I did not compete in them, the championships were again very successfully run by the club with 5 overseas athletes competing with the other 385 athletes from around Australia.

Patron Bill Hughes kindly sponsored the event through his company Westwools Carpets. The following article, copied from the results book, was part of the write-up on the championships by *The West* at the time.



BILL BACKS ALL THE WAY

By ROBBIE BURNS

PERTH businessman Bill Hughes has a dual interest in the National Veteran Athletics Track and Field Championships currently being staged at Perry Lakes.

Not only is the 62-year-old athletics enthusiast's company Westwools Carpets the major sponsor of the series with a healthy injection of \$15,000, he's also competing in five events.

Hughes entered the 10,000m, 5000m, steeplechase and cross country races as well as the hammer throw.

He missed out on the 200m sprint because his entry for that event was too late.

Hughes, a keen competitor in marathons over the past 10 years, is one of 400 athletes ranging from 92-year-old long distance walker Gus Theobald down to 35-year-olds who have come from all Australian States, New Zealand and Denmark to take part.

◆ Bill Hughes in training for his events. Picture: GREG WOOD

Female Athlete of the Meet was Eileen Hindle and Athlete of the Meet (Cross Country) was John Gilmour.

Results of some interesting runs this year:

Miller's Killer – Kelmscott – 8.7km (67 Runners and Walkers) Organisers: Norm & Pat Miller
The competitors set off to scale the hills of Kelmscott – What a Killer – but surprisingly most people finished. Rob Farrell said 'the run would have been great if you had flattened the hill!'

Men			Women		
1st	B Schickert	34.56min	1st	M Stewart	42.05min
2nd	D Hoye	35.11min	2nd	P Macliver	48.17min
3rd	D Roberts	37.41min	3rd	E O'Dea	51.18min

This run was only held once due to the difficult terrain. However the walkers enjoyed the view from the top of the hill!

At this point in time the Club was down to only 4 'Home Runs'.

Inaugural Pagoda Run – 10km and 16km (119 Runners and Walkers)

Organiser: Rob Davis Course: McCallum Park to Pagoda and return

Men - Runners

10km 1st T Savin 36.19min
16km 1st F Smith 57.17min

Women – Runners

1st M Langford 42.23min
1st M Forden 75.32min

Men – Walkers

10km 1st J Collins 77.49min
16km 1st J Mison 84.46min
2nd B Thomsett 111.26min

Women – Walkers

1st J Beaumont 77.48min

The Handicap Trophy was won by Dave Roberts (5 races).

Ideal conditions for the Bunbury Marathon and Half Marathon saw John Gilmour shatter the World Record for the Half Marathon by 10 minutes and Barrie Robinson ran his 50th marathon.

Inaugural Forden Run – At home in Woodvale – 10.8km Handicap

Organisers: Keith & Marg Forden - followed by a Barbeque

1st K Penton 2nd G Thornton 3rd T Savin

50km Road Running and Road Walking Championships

Times are average per kilometer

Men

1st J Pressley 3.21min
2nd C Brockwell 3.49min
3rd D Roberts 3.57min

Women

1st M Forden 4.38min
2nd M Langford 4.49min
3rd P Farrell 5.03min
4th M Warren 5.28min

The 1st Road Walking Championship was held this year: 7.5km, 10km, 15km, 21km
Jack Collins and Margaret Stone completed all the events.

Reabold Hill Cross Country – 5km & 10km – Hard course with steep hills

Men

5km 1st A Jenkins
10km 1st D McAuley

Women

1st P Weston
1st M Santich

Albany Marathon

John Gilmour broke the World Record for the M70's by 1.30min in a time of 3hrs 3.04min. Marg Forden did a PB in 3hrs 25.55min, Merv Jones 3hrs 42.21min and Eddie Strickland (M71) in 3hrs 42.55min.

2nd Fremantle Harbour Run – 16km Handicap Organiser: Paul Martin

Run

1st J Lindsay
2nd P Roberts
3rd P Farrell

Walk

1st M Stone
2nd A Leiseboer
3rd J Collins
4th J Beaumont

York to Toodyay Relay – 67km (2km legs) – Held by the WAAA – Women's Team

Team Members:	Karen Gobby (Bunbury	Maxine Santich
	Peggy Mcliver	Alison Aldrich
	Michele Boyle	Jan Jarvis
	Dorothy Whittam	Pat Carr

1990

In 1990 the Club continued to grow and as a result the Committee had concerns about runners' safety. We now had a race co-ordinator whose job it was to inform the Shire that a run was to take place in their area and check the course for safety with the Race Director. This was the year that we asked members to nominate two runs at which they were able to help. In the past the Race Director was responsible for providing their own marshalls.

The Committee was the same as last year apart from Vic Waters taking over from Jeff Whittam as Editor. The Club had 421 members, no increase in fees and we had, in excess of \$16,000 in the Bank. At the A.G.M. it was voted to change the starting time to 7am from Christmas to March and Dorothy Whittam was voted a Life Member.

The Club had to pay the 'City of Perth' \$28.00 to open the Public Toilets at each run held at McCallum Park.

Marg Forden was doing a great job as Social Coordinator, the running camp in March was at Eaton and in September we went to Rottnest Island.

We had Ten Pin Bowling and supper at Craigie where Marg won as she had played competition bowling in Sydney.

A car rally was held after Kirkman's Run at McCallum Park, entry fee \$2.00.

The Annual Club Dinner was at the Lillie/Marsh Room at the W.A.C.A. at a cost of \$21.00.

Results and details of new runs this year:

The winner of the Reg Brigg's Trophy was Mike Rhodes.

The Handicap Trophy winner was Rob Davis over 9 events.

Merv Moyle completed his 15th consecutive City to Surf. His best time of 50.10 min was in 1984 for the 12 km run.

New Run at Hester Park, Langford - 6kms Run & Walk, 12kms Run (81 Runners and Walkers)

Organisers: - P & M Miller.

Unlike last year's Miller's Killer, this was a fairly flat run on the cycle path along the river.

Men				Women		
6km Run	1st	N Beech	23.04 min	1st	P Mcliver	26.37 min
12km Run	1st	B Carse	43.13 min	1st	T Brockwell	50.10min
6km Walk	1st	D Horsley	45.44 min	1st	D Whittam	42.55 min

Robbie Burns Day at Burns Beach

A group of Vets celebrated Robbie Burns' birthday at Morris and Margaret's home in Burns Beach on the 25th of January. We started with a 'so called' 10 km run, more like cross country in deep sand.

Maureen Stewart got lost and it took some time to find her. After a shower and a few beers, Morris arrived in Kilt and Tammie carrying a plate of haggis (made by Jimmy Barnes), neeps (potatoes) and tatties (turnips) and accompanied by a Scottish Piper!

I wonder what the neighbours thought!

New Run - Canning Caper - 10kms Run - 6km Run & Walk (97 Walkers and Runners)

Organiser: Bob Schickert

Starting at the Old Riverton Bridge, along the riverside path toward Shelley Bridge and return.

Men				Women		
10km	1st	B Carse	35.37 min	1st	R Bettles	50.08 min
	2nd	F Smith	35.42 min	2nd	K Penton	53.07 min
	3rd	R Raymen	37.08 min	3rd	A Turner	53.37 min
6km	1st	D Caplin	24.03 min	1st	P McLiver	27.00 min
	2nd	B Foley	25.00 min	2nd	E Rogers	27.14 min
	3rd	G Schaffer	25.15 min	3rd	J Pellier	28.42 min
6km Walk						
	1st	J Mison	30.12 min	1st	M Mison	38.26 min
	2nd	P Hill	38.28 min	2nd	J Billington	40.25 min
	3rd	B Thomsett	39.03 min	3rd	L Lauchlan	40.40 min

Jim Barnes Home Run - Thornlie - 10 kms & 5 kms (112 Runners & 12 Walkers)

The John Tarrant Trophy was won by Tom Savin and the Dot Browne Trophy by Margaret Langford.

With an average of over 100 members attending Home Runs, this was the last to be held at Jim's home, the new venue became Wilson Park in Cannington.

2nd Brockwell Run – 12kms Run & 6kms Run & Walk (98 Runners and Walkers)

Organisers: C & T Brockwell

This run started and finished at Constitution Hill, running behind Gloucester Park, along Riverside Drive towards the Narrow's Bridge and return.

Many thanks to Chris, Tess and the Huntsbury Catering Service for supplying a delicious morning tea.

Men				Women		
6 km	1st	J Ferris	22.21 min	1st	R Bettles	30.25 min
12km	1st	B Carse	46.20 min	1st	M Forden	57.11 min

Road Running Championships - Times are average per kilometre

24 men and 5 women completed the three events

Men			Women		
1st	D Hoye	3.43 min	1st	P Macliver	4.33 min
2nd	D Roberts	3.48 min	2nd	M Forden	4.35 min
3rd	J Ferris	3.51 min	3rd	J Pellier	5.07 min
4th	B Schickert	3.54 min	4th	A Turner	5.10 min
5th	W Pantall	3.57 min	5th	P Farrell	5.20 min

Road Walking Championships

4 events - 53.3 kms - 4 men and 2 women completed all events

Men			Women		
1st	J Mison	4.53 min	1st	M Stone	6.11 min
2nd	B Fergie	6.26 min	2nd	J Beaumont	6.47 min
3rd	E Moyle	6.43 min			
4th	J Collins	7.04 min			

2nd Herdsman Lake Run - 7 kms Run & Walk - 14 kms Run (100 Runners and Walkers)

Organiser: B Hardy

Men			Women		
7 km	1st	T Savin 24.00 min	1st	M Langford	31.32 min
14 km	1st	F Smith 48.46 min	1st	A Turner	74.16 min
7km Walk	1st	B Fergie 49.32 min	1st	K Holland	49.32 min

Kirkman's Run - Handicap - 9.4 kms (68 Runners and Walkers)

Run:	1st	D Hall	Walk:	1st	M Stone
	2nd	R Lawrence		2nd	P Kelly
	3rd	G Ralph		3rd	B Fergie

After the run a number of Vets took part in a car rally organised by Keith & Marg Forden. We were handed a fishing line at the start and sent off towards Fremantle, where supposedly we were to catch a fish!! Needless to say that no one caught a fish, but clever thinking John Ferris thought it would be easier to buy one from a local fisherman. We later ended up at Keith and Marg's home at Woodvale for a sausage sizzle, a few beers and a lot of laughs.

13th Cliff Bould Trophy Handicap - 10.4 km Run & 5.2 km Walk (75 Runners & Walkers)

Run:	1st	M Ovenden	Walk:	1st	B Chalmers	35.38 min
	2nd	P Wiltshire		2nd	K Holland	37.29 min
	3rd	S Belt		3rd	J Whittam	37.56 min

Bibra Lake Run 6km & 12km (91 runners and walkers)

Organised by Phyl Farrell with Rob's help. One or two laps around the lake.

This is Phyl's fifth time running this event and she is looking for someone to take over. After a heavy shower just before the start, the weather stayed fine. Congratulations to John Gilmour for breaking another M79 World record for 12km.

Men			Women		
6km	M J Tavarto	M50 24.07	W G Roberts	W40	24.50
Walk	P Martin	M45 33.14	D Whittam	W50	43.54
12km	D Roberts	M45 46.45	WP Szpak	W35	50.15

Chapter 4 : 1980-1990 "Looking back over Ten Years"

Reflecting back over the past ten years, with the running boom of the eighties we had a big increase in membership and women came to the fore not only in running but being part of the organizing of this great club. We had our first Life member Val Prescott, first Secretaries Val Prescott and Dorothy Whittam, and first President Joan Pellier.

The committee did a great job with runs being well organized, lots of social events and lots of camaraderie.

Some of the stand-out male runners of the 80s were:

- Frank Smith with a 2.29.05 marathon
- the late Henk Stoffers who wasn't far behind Frank with a marathon around 2hrs30. Henk with his wife Marg, and Brian Kennedy founded the Bunbury Running Club and instigated the Bunbury Half and Full Marathons
- Kevin Anderson who won three 64km Mundaring to York races and the Walkaway Marathon in Geraldton
- Bob Harrison who was second at Walkaway and the following weekend went to South Australia and won the Wyalla Marathon
- Hugh Kirkman with a 2.30 marathon
- Kiwi Dave Scott who we never saw the best of in WA but who was a top runner in New Zealand. We rarely see Dave these days due to injury but he always helps with two runs each year
- Maurice Smith who could run anything from 800m to 64km
- Chris Brockwell with his 2.33.16 marathon
- and my favourite, Don Caplin who was good at any distance. Don coached the ladies 24 hr relay team and helped me train.

The "older" runners would be the great John Gilmour who held many world records and David Carr who also held world track records but has also run marathons.



John Gilmour leading Theo Orr & Jack Clarke (Vic) in 1989 Nationals in Perth

Amongst the ladies, Bunbury runner Karen Gobby is a great story – an ex-hockey player Karen first ran around 25 mins for 5km. She then went to Nepal where she lost a lot of weight, came back and broke 20 mins for 5km. Hank and Brian saw the talent and helped her train. Karen's first marathon was 2.43.57 and she was selected to run a half marathon in Canberra where she blitzed the field with a 73.16 followed by a 34.32 10km a week later. Karen ran for Australia in the Great North Run and London Relays. She went on to run 2.36 in the Gold Coast Marathon which was just one minute outside the qualifying time for the Barcelona Olympics. Karen no longer runs but is a personal trainer in Bunbury.

Other female members of note were:

- Tess Brockwell, the first lady in WA to break 3hrs in a marathon with a 2.50.03 time, then a 2.43 marathon in Melbourne and also 35 mins for 10km
- Jill Chambers, a junior state runner who could run distances of 200m to a marathon
- Tula Vallsta, Cheryl Amies from Bunbury, Joan Slinger, Jo Stone and the late Jill Midolo who all ran good marathon times
- Marg Forden who was the most consistent distance runner in the club with a best marathon time of 3.25.

Walkers Michelle and John Mison were the most consistent and it was great to see Jackie Beaumont walking half marathons.

JIM BARNES

I would like to pay a special tribute at this stage to Jim Barnes – most people know he is my brother.

Jim joined Vets/Masters in 1978 after playing rugby. His love has always been running marathons with his best time being 2.43.25 in Melbourne. In 1988 he ran three marathons in three weeks: Reykjavik Iceland, New Forest (Hampshire) UK, and Humber Bridge UK.



In 1997 he again ran three in three weeks: Stockholm, The Potteries, Stoke UK and Tromso Norway. He also ran the Singapore Marathon.

In 1991 Jim was diagnosed with haemochromatosis – an iron overload, in 1992 with Rheumatoid Arthritis and in 2007 had a V F Arrest whilst doing a stress test at Murdoch Hospital. Jim has shown great determination to overcome his health problems and keep running.

He hopes to run his 105th marathon in February 2012 in New Zealand.

Jim Barnes in great form in the 1988 New Forest Marathon, UK

Another achiever during the 80s

Long distance running was very much a feature of Veteran Athletics in both WA and around Australia at this time and coming back to WA from Victoria at the end of the 80s, Bob Schickert brought with him some impressive long distance running achievements.

In 1990, I asked Bob how many marathons he had run. As Bob said "when asked this question, I decided to set them down – when you add them up you see where your life has been. I hope the runners who are struggling to break 3 hours will take heart from these statistics. It took me 9 years to break 3 hrs as my main focus at that time was running 1500m and 5000m track races."

Over the years, Bob had recorded 80 starts of 42.2km:

10 marathons where he did not finish

9 Ultras, 7 of these as 50 mile races

11 runs (not races) therefore a total of 69 races.

1 st marathon:	1967	Devonport, Tasmania	3.20.04
1 st marathon under 3 hrs	1976	Victoria	2.59.33
1 st marathon under 2hrs 50min	1979	Victoria	2.48.18
Fastest marathon	1984	Victoria	2.44.37

32 marathons under 3 hrs

6 marathons under 2hrs 50min

In amongst this, Bob trained for a place in the ultra-long distance 1985 Westfield Sydney to Melbourne race. Another veteran member Cliff Young won the inaugural event. Bob managed 114kms during the 24 hour qualification event on the Box Hill Track, but the gremlins got hold of him in the early hours of the morning forcing him to quit after 12 hours.

However Bob's prowess in LDR came to the attention of Margaret Smith of Victoria whose aim was to be the first Australian woman to complete the event. Bob (and Lynne) were invited to join Margaret's team to get her through the challenges of this 1,000km event.



Over the 8 days it took them, Bob would have run at least half-two thirds the distance keeping Margaret company and protecting her from passing traffic.

In addition to being on duty preparing light snacks every half hour or so to sustain Margaret, Lynne also ran two or three hours each day with her to keep up her spirits.

Bob "kitted" up in reflective gear to run with Margaret Smith during the night-time sessions

Like the WAVAC ladies in the 24 hour relays, Margaret and her team found the early hours of the morning a low point each day.

Track and Field Experiences

Although my story is mainly about Road Running, I did track for around ten years and really enjoyed it. At field events I was hopeless, couldn't even manage to get the javelin point in the ground. Still this was not as bad as Gloria Sutherland who threw it the wrong way around!

Don Caplin always told me there's no where to hide on a track, it's all about concentration. So, all my PBs were on the track at Coker Park.

In 1981 when I joined the Vets, if you wanted competition you joined WAA and competed at Perry Lakes on a Saturday afternoon in summer.

At McCallum Park the club had a large locked box where we stored our track equipment. After the Sunday run, some of the members practiced throws on the grass. The throwing was carried out on two throwing circles installed by Canning Districts Club courtesy of John Gilmour. These are now long gone but they were where we generally assemble now. The throws were mainly shot and discus. It was only after the 1982 National Championships in Perth that we had State Track and Field championships at Belmont Track, McGillivray and later at Coker Park.

Some of the best races I've watched were in 1986. In the 5,000m Frank Smith beat Henk Stoffers by 10sec with a time of 16.17. Then Henk beat Frank in the 10,000m by 8sec in a time of 34.14. In the 200m Dalton Moffett beat David Carr 27.8 to 28.2, followed by David winning in the 400m 60.0s with Basil Worner, Dalton and Ted Costello all given the same time in 62.0s.

Time trials were from October until March on Thursday evenings – one week north at Perry Lakes warm up track and then south at Curtin Grass track, later Coker Park.

Christmas Gift Run

Getting back to the "Social" side with the Vets, another run of note started during this time is the annual Christmas Gift run at McCallum Park.

The last Sunday before Christmas, the club holds a Christmas Gift run. Members are encouraged to dress in a Christmas outfit and bring a small gift to put under one of the trees decorated as a Christmas tree.

Members have a short run or walk, then morning tea along with Christmas cake, mince pies and fruit is served. Each age group is called up to pick a present and then the best costumes are judged and prizes awarded.

A feature for many years has been Lynne Schickert as a "fairy" in her daughter's white debutante dress.

Chapter 5 : 1991 *“Participation each Sunday is Increasing”*

1991

In 1991 our Patron was Bill Hughes, President Joan Pellier, Secretary Bob Fergie, Treasurer Bill Crellin and Editor Vic Waters.

Club membership was just over 400, fees \$20.00 single, \$25.00 double.

Safety was still a major concern. The Club had 3 voluntary Safety Officers, Ann Turner, Jim Greenfield and Basil Worner. All had medical experience and provided resuscitation equipment at each run.

At the AGM the style of the newsletter was discussed and whether a change should be made from monthly to quarterly editions. The vote was to keep the new style and retain monthly newsletters. Barrie Slinger was made a Life Member.

The long weekend in March was at Eaton (an effort was made to improve the showers) and in September at Rottnest. The Rottnest Long Weekend Running Camp saw 52 members boarding the ferry on Friday to head for Rotto.

We were staying in six cottages at Kingston Barracks, the noisy ones were billeted together! Breakfast and evening meals were served 'army style' at the cookhouse, all you could eat for \$54.00, which included the accommodation. The ferry cost was \$20.00. As usual there was lots of running, cycling, swimming, shopping and drinking! As the mighty Eagles were in the Premiership Final again, a television was hired so that we could watch them win. This was our second visit to Rotto and we hoped it would not be the last.



Relaxing at Rottnest: The group includes Margaret Birks, Bob Schickert (back), Phyllis Farrell, Lynne Schickert, Don Caplin, Dick Blom with the peacock, Margaret Stone, Ray Lawrence, Beryl Doust – apologies to those we could not recognize and name.

The Club Dinner was at the WACA. The Quiz Night was at Perry Lakes. The MC was David Carr, \$700 was raised.

A trip was made by bus to Houghton Winery in the Swan Valley where wine tasting and cheese and biscuits were enjoyed along with a BYO barbeque. Leo Hassam drove the bus at a cost of \$10.00 per head.

Our congratulations went to Bunbury runner Karen Gobby who was to represent Australia in the World Cup Team at the London event. Lynne Schickert was also congratulated on her award.

'Top Award for Secretary of the Year'

This was received by Lynne Schickert at an Oscar style ceremony at the Park Royal Hotel.

The prizes included trips to New Zealand and Broome, an Argyle diamond and a clothes voucher from Liz Davenport.

Race results for this year included:

The Reg Brigg's Trophy was won by Dave Roberts, the Handicap Trophy by Ron Sutton.

National Cross Country Course - Reabold Hill, Perry Lakes - 6.7kms or 10kms Run, 6kms Walk

Organiser: Brian Foley

Men				Women				
10km	1st	W Crowley	M35	35.59 min	1st	K Noordyk	W40	48.01 min
	2nd	B Schickert	M45	36.59 min	2nd	M Langford	W40	48.10 min
	3rd	J Puglisi	M35	38.02 min	3rd	M Robinson	W50	48.17min
6.7km	1st	B Harwood	M45	27.51 min	1st	C Boderick	W30	32.03 min
	2nd	P Woo	M35	28.05 min	2nd	J Pellier	W50	35.13 min
	3rd	P Airey	M50	28.06 min	3rd	E Rogers	W30	36.30 min
6k Walk	1st	P Martin	M45	33.56 min	1st	V Tyson	W65	45.51 min
	2nd	P Hill	M40	34.02 min	2nd	J Beaumont	W50	45.52 min
	3rd	M Rhodes	M45	34.03 min	3rd	P Luck	W50	48.36 min

Mount Lawley Circuit Handicap (Home Run) - 3 Lap Course of 2.5kms (69 Runners and Walkers)

Organisers: Mike & Linda Rhodes

Run:	1st	K Clark	Walk:	1st	P Hill
	2nd	J Slinger		2nd	P Martin
	3rd	D Carr		3rd	B Thomsett

Morning Tea was served at the Rhodes' home after the run – always a treat!

Lake Monger Run - 3.3kms, 6.6kms & 10kms (143 Runners & Walkers)

Organisers: Keith & Marg Forden

Run: Men				Women				
3.3km	1st	V Waters	M45	12.37 min	1st	K Penton	W45	13.57 min
	2nd	B Hardy	M45	14.02 min	2nd	J Johnson	W40	15.46 min
	3rd	K Johnson	M60	15.37 min	3rd	E Healy	W50	17.26 min
6.6km	1st	R Mair	M40	24.40 min	1st	P Macliver	W40	31.41 min
	2nd	J Molloy	M35	24.45 min	2nd	C Broderick	W35	32.25 min
	3rd	P Woo	M35	26.50 min	3rd	E Rogers	W30	33.07 min
10km	1st	W Crowley	M35	36.02 min	1st	A Shaw	W40	40.39 min
	2nd	B Schickert	M45	36.57 min	2nd	K Noordyk	W40	45.31 min
	3rd	D Hoye	M50	37.16 min	3rd	H Crockett	W30	47.05 min

Walk:

3.3km	1st	A Stone	M55	23.25 min	1st	M Stone	W45	20.00 min
6.6km	1st	E Moyle	M65	48.59 min	1st	P Luck	W50	51.30 min
	2nd	D Horsley	M75	49.45 min				
10km	1st	P Martin	M45	56.30 min	1st	K Holland	W30	71.11 min
	2nd	P Hill	M40	56.31 min	2nd	D Whittam	W50	71.51 min
	3rd	M Rhodes	M45	60.50 min	3rd	J Hill	W40	79.09 min

Track Handicap - McGillivray Oval - 10kms Evening Run Organisers: Dorothy & Jeff Whittam

- 1st Brian Paxman
- 2nd Hugh Kirkman
- 3rd Lyle James (Bunbury runner)

Perfect running conditions followed by a barbeque.

Joondalup Lake Run - 5kms Flat or 9.2kms Short Steep Hill (90 Runners and Walkers)

Organiser: Margaret Warren

This was a first time run at Lake Joondalup held on the limestone track. A barbeque was held in the Park after the run.

Men

5km	1st	T Viais	M35	18.38 min
	2nd	P Martin	M45	20.55 min
	3rd	A Pomery	M55	22.12 min
9.2km	1st	T Savin	M45	33.49 min
	2nd	W Crowley	M35	34.07 min
	3rd	B Schickert	M45	35.13 min

Women

1st	P Wiltshire	W45	24.55 min
2nd	J Pellier	W50	25.10 min
3rd	R Bettles	W40	25.30 min
1st	A Shaw	W45	37.56 min
2nd	J Collins	W45	39.33 min
3rd	M Forden	W45	44.46 min

Walk

5km	1st	B Thomsett	M50	35.26 min
	2nd	B Fergie	M55	37.18 min
	3rd	J Whittam	M55	37.20 min
9.2km		E Jankauskas	M40	62.58 min

1st	J Beaumont	W50	39.41 min
2nd	V Tyson	W65	39.42 min
3rd	W Spencer	W45	42.10 min

Darlington Dash - 8kms & 15kms (56 Runners & Walkers) Organiser: Dave James

A very chilly morning. The husband and wife trophy was won by Irene & John Ferris.

Men

8km	1st	M Overton	M50	32.57 min
	2nd	R Stewart	M50	33.27 min
	3rd	A Jenkins	M45	35.20 min
15km	1st	J West	M40	58.07 min
	2nd	B Schickert	M45	61.00 min
	3rd	D Hoye	M50	61.31 min

Women

1st	M Langford	W40	39.40 min
2nd	J Halberg	W45	41.40 min
3rd	I Ferris	W35	43.42 min
1st	K Noordyk	W40	76.30 min
2nd	M Forden	W45	79.04 min
3rd	S Hodge	W40	85.30 min

Walk

8km	1st	E Jankauskas	M40	8.40 min
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1st	J Beaumont	W50	61.27 min
2nd	L Schickert	W45	61.28 min
3rd	L Lauchlan	W60	72.42 min

Womens Run - McCallum Park - 8km Handicap (82 Runners, 16 Walkers) Organiser: Jill Midolo

This run went from McCallum Park over the Causeway Bridge, around the East Perth Cemetery and return. The Carr-Shand Trophy was won by Garnet Morgan and Rosemary Maddox. This was a memorable occasion because the men provided the morning tea!

Club Cross Country – Jorgensen Park

Very muddy conditions at the Cross Country Run at Jorgensen Park made for a fun day! It was the largest turnout so far, with 95 competitors taking part. For the first time lunch was provided by caterers at \$5.00 per head and the men washed the dishes.

Mt Eliza Run - King's Park - 10kms & 5kms Organisers: Shorty & Ann Turner

Hale Oval down to the bottom of the Park, along the escarpment, past the restaurant and return to the oval. Morning tea and a sausage sizzle followed the run.

Men					Women			
10km	1st	J West	M40	35.43 min	1st	J Rogers	W35	41.56 min
	2nd	D Reid	M40	35.54 min	2nd	L Harrop	W35	44.17 min
	3rd	W Crowley	M35	36.32 min	3rd	K Noordyk	W40	44.18 min
5km	1st	J Ferris	M40	18.53 min	1st	M Santich	W35	20.44 min
	2nd	H Kirkman	M45	19.44 min	2nd	E Mercer	W45	22.23 min
	3rd	P Woo	M35	20.44 min	3rd	M Forden	W50	22.24 min
Walk								
5km	1st	B Thomsett	M50	33.54 min	1st	V Tyson	W70	39.11 min
	2nd	M Loly	M50	38.51 min	2nd	W Spencer	W45	39.15 min
	3rd	J Whittam	M55	39.21 min	3rd	J Beaumont	W55	39.16 min
10km	1st	E Jankauskas	M40	56.46 min				

Road Running Championships - Times are average per kilometre

20 Runners completed the 3 events

Men				Women			
1st	Doug Hazell	M35	3.46 min	1st	Kath Penton	W45	4.49 min
2nd	Bob Schickert	M45	3.47 min	2nd	Ann Turner	W55	5.06 min
3rd	John Ferris	M40	3.51 min	3rd	Sandi Hodge	W40	5.21 min
				4th	Sheila Maslen	W50	6.31 min

Road Walking Championships

5 Walkers completed the 4 events

Men				Women			
1st	John Mison	M40	4.44 min	1st	Dorothy Whittam	W50	6.10 min
2nd	Barrie Thomsett	M50	5.54 min	2nd	Michelle Mison	W40	6.11 min
3rd	Bob Chalmers	M50	6.21 min				

The most popular place for Club Runs was King's Park, we had six events held there this year:

King's Park	10 kms - 148 Runners & Walkers
Friendship Run	6 kms & 12 kms - 118 Runners and Walkers
Teddy Bird's	7.5 kms & 15 kms - 136 Runners and Walkers
State Cross Country	10 kms - 90 Runners and Walkers
Mt Eliza	5 kms & 10 kms - 115 Runners and Walkers
Birkwater 8	8 kms - 127 Runners & Walkers

Birkwater 8 - King's Park - 8kms (127 Runners and Walkers)

Organisers: Margaret Langford (Birks) and Vic Waters

This was the first time that this tough cross country event was held. A trophy named, 'Guess your Time' was awarded. This turned out to be a grotty piece of timber covered in old watch faces - 'Who wants to win this ... not me!' Jim Greenfield was the lucky recipient!

A sausage sizzle was held afterwards, cooked by the Barnes, the Fordens and the Pelliers.

Danby's Run – Pinnaroo – 5.5km & 11.6km (104 runners and walkers)

This is the eleventh run in Pinnaroo and the biggest field, with great weather, a course of tracks, sand and hills around the park. Morning tea and scones baked by Sue were enjoyed afterwards.

Men				Women		
5.5km	M Cousins	M50	21.02	S Hodge	W45	31.27
Walk	E Jankauskas	M40	33.00	M Boyle	W40	34.44
11.6km	T Savin	M45	39.49	P Macliver	W45	52.18

West Coast Challenge, Floreat Beach – 8km Run (110 runners and walkers)

This was Bob Hayres' last time running this event which has been on the calendar for 14 years, with many changes of the course owing to safety concerns. It once crossed Oceania drive and went up Reabold Hill. Heavy rain fell throughout the run. Our thanks go to Bob for holding this event for so many years.

Men				Women				
8km	1st	W Crowley	M35	28.28	1st	J Rogers	W35	32.47
	2nd	F Smith	M45	28.38	2nd	M Santich	W35	34.09
	3rd	P Hughes	M35	28.44	3rd	P Macliver	W45	36.11
Walk	1st	J Mison	M40	45.08	1st	M Boyle	W40	53.54
	2nd	P Hill	M40	45.08	2nd	D Whittam	W55	56.01
	3rd	B Anderson	M40	51.00	3rd	L Lauchlan	W60	57.40

Club Publicity

During the year, Margaret Langford (Birks) wrote an article for the *Vetrun* magazine, featuring my achievements over the years and this led to some welcome publicity for the club. This is Margaret's article:

Meet Madame La Presidente of the WAVAC

"When you have four brothers you tend to be interested in sport," says Joan Pellier. "I was a real tomboy, had a pair of soccer boots, played hockey and netball and enjoyed watching most sports."

The end of her school life, marriage and motherhood changed all that and an expanding waistline and creeping cellulite bore evidence to a sedentary lifestyle with a weight gain of 15 kilograms. By the time the Pelliers came to Australia 23 years ago, the pattern had been set for weekends of Bacardi and watching sport on TV.

Joan's brother Jim Barnes can be held responsible for ringing in the changes. He had joined the Vets, was running regularly and constantly challenged John Pellier to a race. In a rash moment of Friday night after the pub bravado a challenge was accepted and John's performance prompted him to become the next recruit for the club.

John's regular Sunday runs caused disruption in the Pellier household. They had always done everything together and now Joan was not involved. "Come and meet the ladies," urged John. Joan was reluctant and, moderately overweight, was not inclined to slip into a pair of running shorts.

She vividly remembers her first run, Batterham's Bash at Bicton. She could not be persuaded out of her tracksuit and, encouraged by Val Tyson and Nora Berry, half ran, half walked the eight kilometer course until she reached Dogpound Hill, at which point she sat on the pavement hoping John would fetch her in the car. John returned on foot and coaxed her to finish.

From that time she ran regularly but set out to be the class clown, telling jokes, laughing and singing during the runs. She became serious about running in 1983 when she participated in setting the inaugural record for a ladies' 24 hour relay.

Joan has run four marathons, several halves, has broken state records for her age group in 1500m, 3kms, 5kms, 10kms and was within four seconds of the Australian record for 1500m in

her age group. Apart from the 24 hour relays, the highlight of her running career was the London Marathon in 1987, not because of her time (4.28), but because of the atmosphere. Running down Pall Mall towards Buckingham Palace amidst the cheering supporters was, she says, an overwhelming experience.

She has been a committee member, race director and is currently club president. Her favourite distances are 1500m and 3000m, she likes relays and enjoys the track when running well.

Competition is less important now but she has two ambitions: to beat John, just once, and to run a marathon with him. She once came within one second of beating him over a distance of 10km so believes that it is not an unrealistic ambition.

*She is grateful to John for his constant support and encouragement, and treasures his endearing comments such as, "Come on, bloody get a move on!"
(Margaret Birks, 1991)*

Australian Runner magazine then picked up this article and rang me and Vic Waters, club newsletter editor. The journalist must have liked what Vic told him as he published it as "How the West is Run".

How the West is Run

Not many running clubs can boast an average Sunday morning running group of about 100 runners. Add to this some 20 walkers and you have an idea of the attendance at some of the Western Australian Veteran Athletic Club's (WAVAC) Sunday morning events.

Possibly the variety of cross-country, road, relay or guess your time runs draws the crowd. The fact that the club currently has a membership of around 450 contributes to the strong participation. This number has grown steadily from 13 (male) runners in the mid-70s when the club first formed.

Social events draw big numbers too, with dinners, quiz nights, picnics, winery trips and the like all extremely well supported. Running camps twice a year, to Rottnest Island and Eaton, south-west of Perth, are also popular.

The club has obviously "got it together", as far as keeping its membership up. It concentrates on offering many well organized social events as well as regular running competitions to its members. Other clubs could possibly look to the WAVAC as a shining example. (Australian Runner (1991:p57)

As the journalist stated, the club has obviously 'got it together' for keeping its membership up. This leads me into Bob Fergie's story where the average length of a member is six years, be it bowls, tennis, soccer etc. Look around the club and you'll see members who have been here for 10-15 or 20-30 years and more.

Any ideas why???