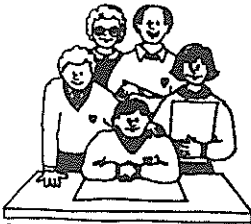


The Vetrin

NO.185 FEBRUARY 1988

W.A. VETERANS' A.C.

PRESIDENT: BASIL WORNER 387 9744 (W) TREASURER: ROB FARRELL 459 4055
EDITOR: BRIAL ALDRICH 332 6179(H) SECRETARY: SANDI HODGE 339 2988
(Messages) 325 5849



FROM THE COMMITTEE

SAFETY PROGRAMME

It is intended to keep a Medical Kit and Air-viva resuscitator by the Notice Board at the start of Club runs. Many thanks to Vic Beaumont for having made the new notice board.

LIFE SUPPORT COURSE 25th FEBRUARY 1988!

There are still a few vacancies on this 3-hour St. John's Ambulance Training Course. Please telephone 325 5588 before 17th February with your name and contact number if you would like to attend.

STATE CHAMPIONSHIPS 1988 - MCGILLIVRAY OVAL

Programme and Registration Form is enclosed with this issue. Volunteers are needed on Friday, March 18th to prepare the oval for our use the next day. If you can assist, please contact Brian Foley (ph.339 2716). Judges and Timekeepers are also needed for any or all of the day's events. Please contact Dick Horsley (ph. 387 6805).

PROGRAMME

27/3/88 Group Jog at McCallum Park 8 a.m. (To replace A.G.M. which will now be held on Wednesday 6th April at the Conference Room Perry Lakes at 7 p.m.)

CENTRAL AUSTRALIAN MASTERS GAMES, ALICE SPRINGS OCTOBER 15th-25th

Sandi Hodge can supply entry forms for the above - registrations close 31st August 1988.

CANBERRA MARATHON - 10th APRIL & MARATHON EVE 10Km 9th APRIL 1988

Entry forms for these Nike Canberra events are also available from Sandi Hodge (ph. 339 2988).

EATON LONG WEEKEND

See article and application slip in this issue.

QUESTIONNAIRE

The Committee thanks the members that took the time to respond to Keith Forden's Club questionnaire. Concerning the Programme content the following results were obtained :-

	<u>Adequate</u>	<u>More</u>	<u>Less</u>
Track & Field	83.3%	6.7%	nil
Long Distance	66.5%	30.5%	3.0%
Short Distance	72.0%	16.5%	11.5%
Handicap Runs	55.5%	33.0%	11.5%
Cross Country	61.0%	33.0%	6.0%
Home Runs	77.7%	14.0%	8.3%
Pack Runs	64.0%	19.4%	16.6%
Novelty Events	72.0%	nil	28.0%
Walking Events	61.0%	27.7%	11.3%

As a result of the survey, the annual programme will be adjusted to reflect members' wishes. Many other constructive and helpful suggestions have been presented to the committee for action and some changes have already been implemented.

Keith Forden

Christmas Island



Dear Sandi,

Hope this finds you well. Would you please extend the belated season's greetings to all the 'Rhode Scholars' in the Vets. I had a 15km run the other day with the Islands running group Hash-House Harriers. The run from the Golf Club to the boat and back was different in that we pulled behind us mobile garbage bins to clean up the verges as we went. It is an interesting place and the natural life is quite unique. All the best for yourself and the club Sandi in 1988. Jock Campbell

SUPER VETERANS TRIATHLON 10th APRIL

The W.A. Branch of the Australian Sports Medicine Federation will hold a veterans only Triathlon on 10th April at 7.30 a.m. from the South Perth Ferry Jetty. 1 km swim: 16.2 km cycle: 6 km run. There will be individual and team categories for men and women from 30 years of age in 5 year breaks and 65 years and over. There will be prizes in all categories as well as spot prizes.

Entrance fee \$20 per team or per individual.

Enquiries, Entry Forms from Stuart Gray (ph. 381 7940)

THEY'RE AFTER YOUR BLOOD!

Doctors Tampi and Clarnette are researching the occurrence of anaemia in endurance runners particularly the role of iron metabolism. They need more runners to study. Each runner would need to have blood taken and to answer questions regarding kilometres run per week, diet and medications. If you wish to participate please contact Dr. Tampi ph.388 1680 or Dr. Roger Clarnette ph. 224 2244.

Name	Age	Time	Name	Age	Time
C. Brockwell	M35	28.54	K. Martin	M50	32.18
P. Mcgoldrick	M35	30.09	K. Vaalsta	M50	34.42
J. Dartmoor	M35	33.58	M. Warren	M50	36.03
T. Savin	M40	27.31	J. Russell	M50	39.18
M. Khan	M40	32.10	J. Whittam	M50	45.09
B. Hardy	M40	32.59	D. Moffatt	M55	32.59
B. Munyard	M40	33.30	B. Worner	M55	33.28
G. Thornton	M45	29.38	A. Pomery	M55	34.46
P. Roberts	M45	30.29	B. Aldrich	M55	34.49
M. Johnstone	M45	30.43	M. Berry	M55	36.03
J. Pellier	M45	32.46	R. Lawrence	M55	38.38
M. Loly	M45	35.37	J. Johnson	M55	39.28
M. Traynor	M45	36.12	N. Miller	M55	41.34
R. Farrell	M45	37.58	L. Hassam	M55	54.31
B. Thomsett	M45	38.27	M. Moyle	M60	34.29
M. Fermor	M45	39.48	S. Bowler	M60	52.05
T. Costello	M50	31.29	D. Strachan	M65	46.43
G. Schaefer	M50	32.08			
J. Willis	W35	43.21	J. Greenfield	W45	54.31
M. Webb	W35	44.53	T. Vaalsta	W50	40.34
A. Aldrich	W40	40.38	M. Warren	W50	45.55
P. Farrell	W40	45.09	P. Weston	W50	47.22
M. Forden	W45	35.20	N. Berry	W55	49.36
J. Pellier	W45	37.36	J. Strachan	W60	46.48
P. Miller	W45	46.40			

On what was the usual hot morning, even though it was a different date, 48 vets and several visitors gathered to run down by the Canning River for 7.8k. I must apologise to the visitors as no times were recorded for them. No records were broken this year but I am sure everyone had a good run. Cakes and drinks were enjoyed after the run and many stayed round for a bit of a gossip and a few more drinks. Kath and I enjoyed having the run as usual and I would like to thank all the people that gave us a hand and made the task simple. See you all again next year.

Bill M.

LAKE LESCHENAULTIA - BOXING DAY RUN 26/12/87

Bright, beautiful, balmy, breezy conditions prevailed for the 10th Annual Lake Leschenaultia Run. The gravel was loose and not conducive to fast times, but someone forgot to tell our winner, Ric Steele, as he really flew over the arduous course in a record 26.01 some 1 min. 5 secs. faster than the previous record. Second running a well judged race was Keith Wheeler in 27.40, followed by Mike Thompson 28.03. New member from Victoria, Bob Schickert was fourth in 28.44 just ahead of a fast finishing Tom Clark down from Geraldton. Jim Barnes and Don Caplin were next having jogged and chatted their way for 30 mins.

Our three ladies ran the short course (missing the hill) and all finished looking fresh. First in was Jan Johnson in 27.30 with Pat Carr 30.26, and Lynne Schickert (Back in W.A. after 22 years in the land of the VIC's) 32.30 filling the minor place.

Following the run we all adjourned to the Lake for barbie and booze, where once again those who chose to stay late were rewarded with the now familiar sight of seeing Santa Claus returning home after his busy day!

Barrie Robinson

7.8 Km

Pos.	Name	Age Group	Clock Time	Pos.	Name	Age Group	Clock Time
1	Ric Steele	40	26.01	8	Simon Wheeler	VIS	30.50
2	Keith Wheeler	40	27.40	9	David Carr	55	31.02
3	Mike Thomson	40	28.03	10	Derek Hoye	45	33.08
4	Bob Schickert	45	28.44	11	Stan Latchford	45	34.38
5	Tom Clark	40	28.56	12	John Russell	55	36.57
6	Jim Barnes	40	30.03	13	James Kent	VIS	40.25
7	Don Caplin	45	30.04				

5.6 Km

1	Jan Johnson	40	27.30
2	Pat Carr	55	30.26
3	Lynne Schickert	45	32.30

NOVELTY RUN 27th DECEMBER 1987

Forty-four people started the nearly 6 kilometer novelty run this year and forty-four finished - a creditable record for the organisers.

The run started from a very un-novel place - McCallum Park. After 400 m each runner picked up a completely unnecessary map and followed a well marked but novel course along the new parklands south of the cycle track. After frightening the ducks on the new lakes, crossing a narrow causeway and jumping the log fence near the boat club the competitors returned by the now not-novel route they had run out on. Bob Schickert from Victoria was first in 20 mins 45 secs.

Thanks are due to Judy Kirkman and the brother and sister Day who I was hoping to inspire into running with the Vets.

Pos.	Name	Age Gr.	Clock Time	Pos.	Name	Age Gr.	Clock Time
1	R Schickert(Vic)	M45	20.45	22	G Morgan	M60	27.02
2	S Hoskins	M40	21.02	23	M Pellier	M45	27.26
3	J Trovato	M45	21.45	24	A Pomery	M55	27.26
4	T Clarke	M40	21.50	25	J Johnson	W40	27.29
5	R Sammells	M50	22.07	26	J Willers	M35	27.55
6	D Scott	M40	22.27	27	N Miller	M55	27.56
7	G Thornton	M45	22.39	28	K Forden	M45	27.57
8	J Stickles	M45	22.40	29	V Beaumont	M55	27.59
9	D Caplin	M45	23.01	30	S Hodge	W40	28.50
10	M Moyle	M60	23.04	31	S Cross	W50	29.09
11	B Hardy	M40	23.15	32	L Butcher	W55	30.06
12	D Carr	M55	24.00	33	J Langdon	W40	30.06
13	B Worner	M55	24.04	34	P Miller	W45	30.46
14	M Forden	W45	24.09	35	R Farrell	M45	30.47
15	P MacLiver	W40	24.23	36	D Strachan	M65	30.47
16	M Jones	M45	25.12	37	E O'Dea	W50	31.37
17	J Pellier	M45	25.28	38	M Warren	W50	31.37
18	R Lawrence	M55	26.08	39	J Strachan	W60	32.50
19	J Russell	M55	26.14	40	P Carr	W55	32.50
20	M Warren	M50	26.42	41	S Bowler	M60	33.38
21	K Johnson	M55	26.55	42	L Schickert	W45	35.01
				43	J Greenfield	W45	35.13

Hugh Kirkman - Race Director

LIFE MEMBERSHIP OF THE CLUB - NOMINATIONS

With the A.G.M. coming up on **6th April** members may wish to be reminded of Article 34 of our Constitution :-

"a) Life Membership: Before a member can be elected a Life Member he must have had active and continuous membership for a minimum period of ten (10) years, and have substantially contributed to the progress of the Club. No more than two members shall be elected in one year.

Recommendations for Life Membership must come from at least three members, be approved first by the Committee, and later by a majority of two thirds of the members present at a General Meeting of the Club. Life members shall not be required to pay club subscription fees"

From the above it follows that any nomination(s) should be received early enough for consideration by the Life Membership Committee to enable it to make suitable recommendations to the Club Committee for inclusion in the agenda for the A.G.M.

ALDRICH'S RUN 3/1/88RESULTS

<u>5 K</u>				<u>10 K</u>			
<u>Pos.</u>	<u>Name</u>	<u>Age Group</u>	<u>Clock Time</u>	<u>Pos.</u>	<u>Name</u>	<u>Age Group</u>	<u>Clock Time</u>
1	Tom Savin	M40	17.08	1	Edward Maslen	M50	37.45
2	Don Caplin	M45	17.44	2	Bob Schickert	M45	38.06
3	Barry Harwood	M45	19.29	3	John Gilmour	M65	38.27
4	Alan Croxford	M45	19.49	4	Stuart Hoskins	M45	38.30
5	Hamish McGlashan	M50	20.24	5	Robert Raymen	M45	38.52
6	Basil Worner	M55	20.59	6	Colin Leman	M40	38.57
7	Bob Sammells	M50	21.54	7	Chris Brockwell	M35	39.11
8	John Maddison	M45	21.54	8	John Pressley	M40	39.50
9	Peggy MacLiver	W40	22.54	9	Jim Barnes	M45	39.52
10	Merv Jones	M45	23.07	10	Dave Roberts	M45	39.53
11	Bernard Godwin	M50	23.42	11	Dave Scott	M40	40.44
12	Garnet Morgan	M60	23.48	12	Joe Trovato	M45	40.52
13	Jan Johnson	W40	24.44	13	Graham Thornton	M45	41.24
14	Jenny Willers	W35	25.58	14	Peter Airey	M50	41.25
15	Joy Sanger	W35	26.26	15	Kevin Martin	M50	41.30
16	W. Hughes	M60	27.17	16	Joe Yates	M40	41.33
17	David Carr	M55	27.20	17	Dalton Moffett	M55	42.28
18	Margaret Miller	W45	27.32	18	Jim Greenfield	M40	42.33
19	Arthur Leggett	M65	27.32	19	Bryan Hardy	M40	42.35
20	Rosa Davis	W40	28.30	20	Dennis Miller	M45	42.53
21	Carol Cole	W45	29.37	21	Joe Stickles	M45	43.20
22	Mary Robinson	W50	30.12	22	Arnold Jenkins	M40	43.20
23	Barbara Godwin	W45	31.34	23	Paul Martin	M45	43.58
24	Lynne Schickert	W45	32.17	24	Mike Faunge	M45	44.03
25	Val Tyson (Walker)	W65	38.11	25	Brian Danby	M35	44.22
26	Jacqui Beaumont "	W50	38.14	26	John Pellier	M45	44.44
27	Jacqui Jenkins "	W40	38.20	27	Mike Traynor	M45	44.45
				28	M. Warren	M50	45.12
				29	Dave Hough	M55	46.38
				30	Marg Forden	W45	46.54
				31	Mitch Loly	M45	47.29
				32	Ray Routledge	M50	47.44
				33	Robert Farrell	M45	47.58
				34	Alan Pomery	M55	48.38
				35	Vic Beaumont	M55	48.38
				36	Tessa Brockwell	W30	48.50
				37	Keith Forden	M45	49.50
				38	Rob Davis	M45	49.46
				39	Joan Pellier	W45	50.21
				40	J. Lindsay	M35	51.46
				41	Fred Hagger	M60	51.51
				42	Phyllis Farrell	W40	52.11
				43	Elza O'Dea	W50	52.55
				44	Joanne Pearce	W35	52.55
				45	G. Foley	M60	54.07
				46	Lorna Butcher	W55	54.55
				47	Ray Lawrence	M55	54.55
				48	Margaret Warren	W50	54.59
				49	Duncan Strachan	M65	57.49
				50	Norm Miller	M55	57.49
				51	Pat Miller	W45	58.05
				52	June Strachan	W60	61.02
				53	Sheila Maslen	W45	63.36

Walkers 10 K

1	Jack Collins	M75	75.20
2	Jill Langdon	W40	75.20

77 runners and 5 race-walkers took part in this, the first event of the New Year. Conditions were predictably hot and the new flat riverside out and back course, while avoiding the hazards of the Causeway, had a tough head-wind to work against. However, almost as though by arrangement, cooling showers were provided in Mitchell Park by the reticulation! The 10Km event was won by Ted Maslen (M50) in 37.45 for men and by Marge Forden (W45) in 46.54 for women. The 5 Km was won by Tom Savin (M40) in 17.08 and Peggy MacLiver (W40) in 22.54. Paul Logan, one of our four visitors, came in first in the 10 Km in 36m.49secs.

Our thanks go to course marshalls, Merv Moyle, Kirt Johnson, John Russell and Jacqui Greenfield, to Timekeepers, Maureen Pomery and Bev Thornton who, as always, managed to create order out of chaos in far from comfortable conditions and to Alison's son Patrick who manned the water station. Regrettably he could not satisfy Morris Warren's request for hot Bovril! After the event most of us adjourned to the pool area of the Rhodes Hotel for coffee/tea and croissants. It was generally agreed that the new course offered good possibilities and that the after-race breakfast rounded the event off very nicely.

A.J.A

B.J.A.

FRIENDSHIP RUN 10th JANUARY 1988 6.2 K & 12.4 K

On a very cool but humid morning about 100 runners and 4 walkers started in the Friendship Run.

Stuart Hoskins won the mens 6.2 K by almost 2 mins from Barry Harwood with Joe Trovato third. The ladies 6.2 K was won by Peggy McLiver by 1 min. from Joan Pellier followed closely by Jill Langdon.

In the 12.4 K race Don Caplin led for most of the race but Bob Schickert finished stronger and won by 20 secs., Don second followed by a 67 year old but it was John Gilmour.

I would like to thank Kath Penton, Rose Johnston, Phillis Barnes and those better than a computer time recorders Bev Thornton and Maureen Pomery for doing the important things of a race.

J. Pellier

<u>Pos.</u>	<u>Name</u>	<u>Age</u>	<u>Group</u>	<u>Clock</u>	<u>Time</u>	<u>Pos.</u>	<u>Name</u>	<u>Age</u>	<u>Group</u>	<u>Clock</u>	<u>Time</u>
1	S Hoskins	6K	M40	22.16		39	P Carr	6K	W45	39.04	
2	B Harwood	"	M45	24.04		40	P Spencer	"	W45	39.29	
3	J Trovato	"	M45	24.10		41	B Godwin	"	W45	39.29	
4	A Croxford	"	M45	24.12		42	J Beaumont	"	W50	43.00	
5	D Carr	"	M55	24.15		43	J Greenfield"	"	W45	43.00	
6	J Spencer	"	M50	26.06		44	B Schickert	12K	M45	46.13	
7	J Maddison	"	M45	26.48		45	D Caplin	"	M45	46.33	
8	R Routledge	"	M50	27.00		46	J Gilmour	"	M65	48.00	
9	P Guiton	"	M50	27.26		47	F Smith	"	M45	48.01	
10	K Forden	"	M45	27.48		48	J Barnes	"	M40	49.00	
11	P McLiver	"	W40	28.20		49	G Thornton	"	M45	49.08	
12	K Johnson	"	M55	28.38		50	D Roberts	"	M45	49.20	
13	R Lawrence	"	M55	28.58		51	T Costello	"	M50	50.05	
14	B Worner	"	M55	29.00		52	B Sammells	"	M50	50.55	
15	B Godwin	"	M50	29.11		53	T Wood	"	M40	51.10	
16	G Morgan	"	M60	29.13		54	M Johnston	"	M50	51.17	
17	J Pellier	"	W45	29.24		55	P Airey	"	M50	52.10	
18	J Langdon	"	W40	29.28		56	K Martin	"	M50	53.10	
19	F Hagger	"	M60	31.21		57	O Lindsay	6K	W35	53.31	
20	A Leggett	"	M65	31.30		58	J Lindsay	6K	M35	53.31	
21	E Moyle	"	M60	31.41		59	B Hardy	12K	M40	53.42	
22	J Willers	"	W35	31.43		60	D Moffatt	"	M55	53.42	
23	P Jones	"	M50	31.43		61	J Greenfield"	"	M40	54.09	
24	L Butcher	"	W55	33.03		62	M Faunge	"	M45	54.35	
25	P Miller	"	W45	33.38		63	D Miller	"	M45	54.50	
26	M Warren	"	W50	33.54		64	M Rhodes	"	M40	55.10	
27	M Miller	"	W45	34.20		65	M Warren	"	M50	55.12	
28	J Strachan	"	W60	34.34		66	M Moyle	"	M60	56.52	
29	D Strachan	"	M65	34.34		67	D Hough	"	M55	57.13	
30	B Joyce	"	M50	34.41		68	M Forden	"	W45	57.48	
31	R Davis	"	W40	35.28		69	V Beaumont	"	M55	58.19	
32	C Cole	"	W45	35.43		70	A Pomery	"	M55	60.38	
33	S Hodge	"	W40	35.48		71	R Farrell	"	M45	60.39	
34	S Hughes	"	W35	36.31		72	R Davis	"	M45	63.30	
35	M Robinson	"	W50	36.53		73	J Smith	"	M50	63.53	
36	N Berry	"	W55	37.28		74	N Miller	"	M55	66.10	
37	S Bowler	"	M60	37.35		75	P Farrell	"	W40	66.25	
38	L Schickert	"	W45	39.04		76	E O'Dea	"	W50	67.22	
						77	J Russell	"	M55	67.22	
						78	G Foley	"	M60	68.42	

Walkers

Jack Collins	M75	47.52
Joy Sanger	W35	47.52
Dick Horsley	M75	52.02
Val Tyson	W65	52.02

WOMEN'S RUN 17th JANUARY 1988

Seventy-four runners completed the run this year, and 6 new records were set. John Molloy, Don Caplin and Bob Schickert took the first three places for the men, with Marg Forden, Joan Pellier and Sandi Hodge taking out the women's placings.

Records went to :-

David Carr	M55	28.30	Elsa O'Dea	W50	37.25
Arthur Leggett	M65	37.12	June Strachan	W60	40.48
Marg Forden	W45	31.36	Val Tyson	W65	53.08

Many thanks to all helpers, including Bev Thornton, Maureen Pomery and Avril Yates on timekeeping and recording; Dick Horsley and Tom Savin on point duty; and to Lorna Butcher and all the women who helped to make the morning tea such a success.

Jill Langdon

COURSE RECORDS TO 17th JANUARY 1988

T Brockwell	W30	26.29	28.12.86	C Brockwell	M35	25.43	28.12.86
J Marsland	W35	31.17	28.12.86	H Kirkman	M40	25.18	12. 5.85
M Forden	W40	32.33	12. 5.85	B Carse	M45	24.26	28.12.86
M Forden	W45	31.36	17. 1.88	R Shand	M50	27.11	29. 4.84
E O'Dea	W50	37.25	17. 1.88	D Carr	M55	28.30	17. 1.88
L Butcher	W55	36.07	12. 5.85	A Tyson	M60	30.42	12. 5.85
J Strachan	W60	40.48	17. 1.88	A Leggett	M65	36.12	17. 1.88
V Tyson	W65	53.08	17. 1.88	D Horsley	M70	33.15	29. 4.84

RESULTS

<u>Pos.</u>	<u>Name</u>	<u>Age Group</u>	<u>Clock Time</u>	<u>Pos.</u>	<u>Name</u>	<u>Age Group</u>	<u>Clock Time</u>
1	J Molloy	M35	26.12	39	N Miller	M55	35.20
2	D Caplin	M45	26.23	40	J Pearce	W35	35.22
3	B Schickert	M45	26.50	41	T Speechley	M40	35.39
4	F Smith	M45	27.15	42	A Aldrich	W45	35.57
5	J Barnes	M40	27.38	43	R Lawrence	M55	36.04
6	J Ferris	VIS	27.47	44	I Sutherland	M45	36.12
7	G Thornton	M45	28.00	45	D Drayson	M60	36.27
8	D Carr	M55	28.30	46	G Foley	M60	36.55
9	T Clarke	M40	28.31	47	A Leggett	M65	37.15
10	B Sammells	M50	28.40	48	E O'Dea	W50	37.25
11	K Martin	M50	29.02	49	E Moyle	M60	38.17
12	D Moffett	M55	29.13	50	J Tiverios	VIS	38.23
13	J Pellier	M45	29.18	51	L Butcher	W55	39.01
14	P Martin	M45	29.43	52	P Farrell	W40	39.03
15	J Trovato	M45	29.54	53	P Miller	W45	39.22
16	D Miller	M45	30.15	54	M Warren	W50	40.05
17	J Greenfield	M40	30.25	55	F Usher	W60	40.07
18	B Hardy	M40	30.32	56	A Martin	VIS	40.20
19	H McGlashan	M50	30.43	57	S Hughes	W35	40.21
20	J Maddison	M45	31.10	58	W Hughes	M60	40.23
21	M Moyle	M60	31.15	59	B Joyce	M50	40.27
22	J Yates	M40	31.29	60	J Strachan	W60	40.48
23	B Aldrich	M55	31.33	61	M Miller	W45	41.06
24	M Forden	W45	31.36	62	K Mitchell	W45	41.54
25	K Vaalsta	M50	31.54	63	G Morris	VIS	41.56
26	K Forden	M45	32.10	64	P Carr	W55	42.03
27	A Pomery	M55	32.21	65	R Davis	W40	42.09
28	J Dartnall	M35	32.46	66	A Stone	M55	44.05
29	V Beaumont	M55	32.52	67	B Godwin	W45	44.24
30	R Farrell	M45	33.47	68	C Cole	W45	44.26
31	R Davis	M45	34.05	69	J Stone	W40	44.33
32	J Lindsay	M35	34.16	70	L Schickert	W45	45.59
33	B Godwin	M50	34.30	71	N Berry	W55	46.01
34	J Pellier	W45	34.38	72	J Greenfield	W45	48.18
35	D Griffiths	VIS	34.47	73	V Tyson	W65	53.08
36	K Johnson	M55	35.12	74	J Beaumont	W50	53.11
37	J Russell	M55	35.16	75	M Stone	W45	72.00 (Walker) *
38	S Hodge	W40	35.17	76	J Collins	M75	72.00 (Walker) *

* 9.6 km

Following a very useful suggestion from one of our members we are henceforth printing the Birthday list a month in advance. In order to catch up we therefore wish both our "February" and "March" members a very happy birthday !

FEBRUARY

03-FEB-37	DeGRUCHY	:	Patricia	turns	51	remains	W50
03-FEB-42	GILBERT	:	Ken	"	46	"	M45
05-FEB-04	SANDERS	:	Johan	"	84	"	M80
06-FEB-25	TYSON	:	Allen J	"	63	"	M60
06-FEB-49	WEBB	:	Maggie Julia	"	39	"	W35
08-FEB-45	JOHNSON	:	Janet M	"	43	"	W40
08-FEB-44	PRESCOTT	:	Valerie H	"	44	"	W40
08-FEB-31	WILMOTT	:	Dennis Capt.A	"	57	"	M55
09-FEB-47	JOHNSTONE	:	Alison	"	41	"	W40
12-FEB-41	HOUGH	:	Winston	"	47	"	M45
14-FEB-48	MILBOURNE	:	Colleen	"	40	becomes	W40
16-FEB-45	WILLSON	:	Bruce H	"	43	remains	M40
18-FEB-32	CARR	:	Frances (Pat)	"	56	"	W55
18-FEB-46	FROUDIST	:	Joseph	"	42	"	M40
18-FEB-44	PEACOCK	:	Jeffery C	"	44	"	M40
19-FEB-50	FRANCIS	:	Geoffrey E	"	38	"	M35
19-FEB-47	ROBERTS	:	Gillian F	"	41	"	W40
21-FEB-40	MILLER	:	Dennis	"	48	"	M45
23-FEB-43	THORNTON	:	Beverley	"	45	becomes	W45
25-FEB-13	BOAKES	:	George E	"	75	"	M75
27-FEB-37	CLIVE	:	David	"	51	remains	M50
23-FEB-35	SMITH	:	John W	"	53	"	M50

MARCH

02-MAR-42	BOWEN	:	Jeffrey	turns	46	remains	M45
03-MAR-35	INNES	:	George B	"	53	"	M50
05-MAR-46	PARTINGTON	:	Ian	"	42	"	M40
05-MAR-36	MANLEY	:	James W	"	52	"	M50
06-MAR-38	FAUNGE	:	Michael J	"	50	becomes	M50
06-MAR-51	MOLLOY	:	John	"	37	remains	M35
06-MAR-42	SMITH	:	Frank	"	46	"	M45
06-MAR-45	STONE	:	Jo	"	43	"	W40
08-MAR-48	SIM	:	Angus M	"	40	becomes	M40
09-MAR-30	BUTCHER	:	Lorna	"	58	remains	W55
11-MAR-44	FOLEY	:	Brian	"	44	"	M40
12-MAR-16	BOULD	:	Clifford	"	72	"	M70
12-MAR-36	MONKS	:	William	"	52	"	M50
13-MAR-52	SANTICH	:	Maxine D	"	36	"	W35
14-MAR-29	JOHNSON	:	Kirt	"	59	"	M55
16-MAR-35	GUITON	:	Patrick	"	53	"	M50
19-MAR-40	CARTER	:	Jillian	"	48	"	W45
19-MAR-46	HOSKINS	:	Stuart H	"	42	"	M40
19-MAR-39	SPARE	:	Charles	"	49	"	M45
20-MAR-39	COOTE	:	Stephen J	"	49	"	M45
20-MAR-40	KERNAGAN	:	Barrie	"	48	"	M45
20-MAR-40	LOLY	:	Mitch	"	48	"	M45
20-MAR-45	SANDERS	:	Peter	"	43	"	M40
20-MAR-32	SHAND	:	Robert Ian	"	56	"	M55
21-MAR-48	LINDSAY	:	John C	"	40	becomes	M40
22-MAR-39	CAPLIN	:	Donald	"	49	remains	M45
22-MAR-38	HARMAN	:	Margaret	"	50	becomes	W50
22-MAR-38	MADDISON	:	John	"	50	"	M50
23-MAR-44	SPEECHLEY	:	Anthony	"	44	remains	M40
23-MAR-44	WOLTS	:	Barry	"	44	"	M40
26-MAR-22	STRACHAN	:	Duncan	"	66	"	M65
27-MAR-53	YATES	:	Avril	"	35	becomes	W35
29-MAR-52	HAZELL	:	Douglas C	"	36	remains	M35
31-MAR-40	HOLLAND	:	Kathleen	"	48	"	W45
31-MAR-42	JENKINS	:	Luella	"	46	"	W45
30-MAR-44	MacLIVER	:	Peggy	"	44	"	W40
31-MAR-39	McGLASHAN	:	Rosemary	"	49	"	W45

SEEN AND HEARD

Seen briefly, - John Spencer unfamiliarly dressed in his official capacity on T.V. !

Heard - that Erica Mercer went on from Melbourne to the 10th Australian Masters Games in Tasmania where she came 1st in the Long Jump (3.69m) 2nd in the High Jump (1.15m) 3rd in the 1500m (5m 30s) and 3rd in the 3000m (12m 00s). In the W40 Triathlon 1:25:10 Erica came 3rd. (In Melbourne Erica also competed in the 2000m Women's invitation Steeplechase, which included men 65+ and came 3rd overall in 9.02.13). Congratulations Erica! - [you must forgive those who are hoping that you'll be too tired after this lot to beat them at the State Championships!! - Ed.]

Heard - a member says that while he likes the idea of having an Annual Dinner he feels that it may well be better to hold it in mid-year instead of Christmas, thus giving us a wider choice of venue. [The Committee is undecided on this one - perhaps members would like to air their views at the A.G.M. on 6th April?- Ed.]

Heard - that George Audley(M50) came 6th in the International Colac 6-day Ultra Marathon - covering 805.2 km and beating the other Australian entry, Cliff Young, who came 12th out of 16 finishers with 632 km. George speaks warmly of the support and encouragement he received from Charlie Spare and his wife. Well done, George and all the best for the Sydney to Melbourne in mid-March!

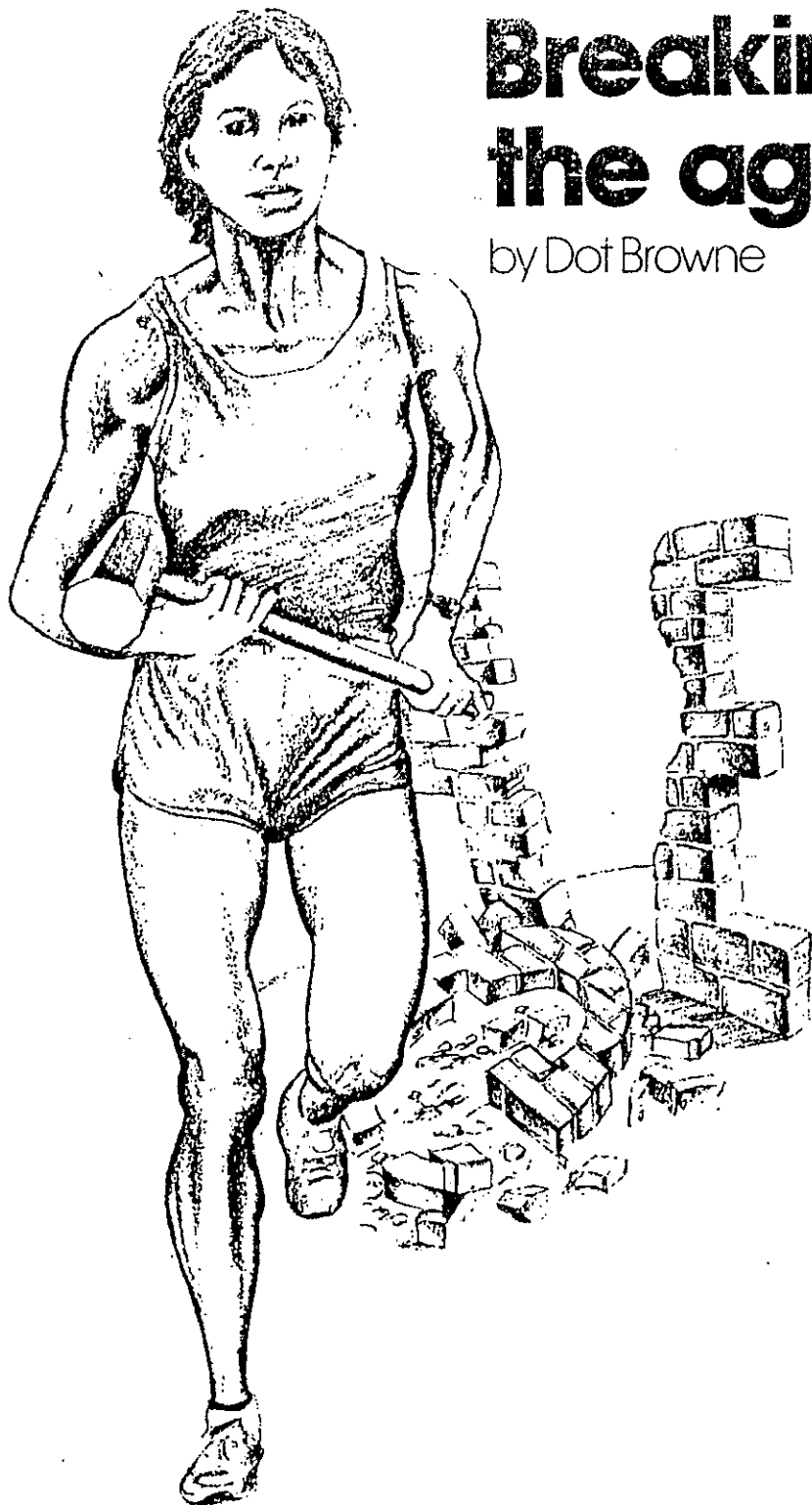


• Colac Ultramarathoners, from left, George Audley, Tirtha Phani, Donna Hudson, Cliff Young and Dusan Mraulje, loosen up last night.

Reprinted from the Geelong Advertiser
14/11/87.

Breaking through the age barrier

by Dot Browne



Few organisations in athletics in Australia have had such a dynamic growth and development as the veterans movement. Although the Australian Association only dates back to 1974, Australian veterans were competing successfully overseas as early as 1969, and by the end of the first international veterans competition in Cologne in 1972 the Australian contingent of 41 had proved itself to be a formidable team. At the first World Veterans Games in Toronto in 1975 the 70 member Australian team was one of the major forces. But the success of the veterans is not measured in medals. Rather, the movements achievements are seen in the number of people taking up the sport for the first time and those it has enticed back after years of inactivity. For many it provides the variety that the narrow confines of the road running boom could never offer. In these pages we look at several aspects of the veterans.

When I first heard the term "veterans" it conjured up visions of geriatric men on their last legs, frail and infirm, hobbling on walking sticks.

It was not the sort of group an active 38 year old woman particularly wanted to be identified with. However, the enthusiasm of some of the members sucked me in and I had a look.

It was a look that was to change the direction of my life.

To recapture my feelings when I first joined the vets in 1979, I dragged out my diary for that year where I had made a few notes. The comments were like reading an account of a first love affair.

The experience had sent me reeling. I could not wait to get there the next week to meet and compete with those fantastic people again in a friendly atmosphere. Despite my comparative lack of fitness at the time, I had not felt threatened, just encouraged. The participation alone filled me with a feeling of exhilaration. I felt like I could fly.

All this may sound trite, like the ravings of an immature teenager, but here I was a 38 year old married lady and mother of four, with my family off my hands and I was now free to pursue a few interests of my own. I fell in love again with life for the first time in many years.

That was how it got to me in the early days and the love affair with running and the vets hasn't died. It's still flourishing.

At the time a friend said that my enthusiasm for running was like a new religion, and it almost was.

Now I see other new members blossom, gain a new new confidence and start to shine just a few weeks after attending a venue.

In a community where it is alienating to be fit, it is refreshing to mix with people who don't have to be apologetic about their concern for physical fitness. Most people would vaguely like to be fit but are not prepared to do anything about it. They would rather joke about themselves and how they couldn't run 26 metres let alone 26 miles.

My feelings for the vets are not hard to put into words, even if they seem a little un-cool today. Old fashioned terms such as "encouragement", "love of each other", "warmth and friendliness" come closest to describing the atmosphere when vets get together. It's worth making the effort to come along.

Reprinted from : Australian Runner Annual.

TRACK AND FIELD RESULTS MONTH: JANUARY 1988

MEN

Name	Age	100	200	400	800	1500W Mile	2 mile 3 K	5K	10K	Discus	T.J.
C Brockwell	35				2.39.5		10.24	17.25	35.30		
B Danby	35				2.32.8		10.31				
M Rhodes	40	14.4	29.3	65.9	2.37.6	9.20 W 5.12.9	13.05 2M 12.58		43.51	18.18	7.32
A Jenkins	40	13.6	27.3	63.2	2.24.5	9.12 W	11.29	19.54		14.38	
K Martin	40	12.0 12.3		59.6	2.29.6	(9.31 W 5.27.2		22.05		18.90	11:08
B Foley	40	14.3		61.5	2.15.9	8.31 W 4.36.7	11.37 2M	17.57		14.38	8.81
B Wolfs	40	12.8	26.9							27.08	
R Davis	45						13.38 2M		45.39		
M Cocker	45		29.5	68.5				19.52	45.23		
D Caplin	45			63.7	2.19.1	4.34.5	10.57 2M 10.06	17.14	38.46		
K Forden	45						12.10		44.36		
B Carse	45						9.39.9	16.30	34.32		
F Smith	45						11.02 2M	17.43	35.56		
J Pellier	45					5.19.9	12.47 2M	19.22			
G Thornton	45					5.19.2	11.36 2M				
A Fergie	50					2Kml4.20 W					
K Martin	50				2.23.7	4.54.0	11.52 2M	19.18	40.28		
N Richards	50		27.8				10.56				
M Johnston	50						11.55 2M				
B Aldrich	55					5.58.0		21.04			
D Carr	55	14.0 14.5		62.6	2.21.5	9.19 W	13.51				6.35
A Stone	55		34.6							30.18	
G Morgan	60	17.2			2.57.6						
D Drayson	60	16.1			3.23.6				47.31		
J Collins	75					10.50 W					
C Baumann	70									22.86	
N Richards	50	12.6		66.0							
T Costello	50						11.37 2M				
<u>WOMEN</u>											
T Brockwell	30						10.59				
C Holland	30					9.50 W					
J Fletcher	40					6.03					9.17
J Sanger	35	14.0			2.39.2	5.55 W 8.13		23.39			8.67
J Langdon	40					9.13 W		34.56W			
E Mercer	40					5.55	12.51				
J Johnson	40	13.2									10.22
P Macliver	40				2.45			22.15		15.58	
J Stone	40					7.51 W 12.48 2K		28.09			
R Davies	40	18.0	39.5			7.09				18.56	6.91
M Stone	45					8.59 W		32.52W		18.52	
J Greenfield	45					8.14		30.11		14.20	6.17
J Pellier	45						13.09 14.35 2M				

TRACK AND FIELD RESULTS (Contd) MTH: JANUARY 1988WOMEN

Name	Age	100	200	400	800	1500W Mile	2 mile 3 K	5K	10K	Discus	T.J.
P Carr	55	15.8 15.9				6.59					7.95
L Butcher	55	17.8				9.12W		25.26		14.98	5.57
V Tyson	65					2K 14.04W		35.30W		10.90	
B Baumann	75									10.38	

DECATHALON POINTS AFTER 8 WEEKSTIME TRIALS - FEB/MAR - All Starting 6 pmMEN

K Martin	6677
B Foley	4225
K Martin	3967
D Carr	3574
B Worner	2858
A Jenkins	2774
D Caplin	2602
M Rhodes	2040
B Danby	1518
J Collins	1404
B Aldrich	1306
D Drayson	1310
J Pellier	1244
A Chambers	1232
C Brockwell	1232
A Stone	1021
G Morgan	976
B Carse	940
J Whittam	871
F Smith	794
G Thornton	648
P Sanders	640
M Cocker	536
R Matzke	125

WOMEN

J Fletcher	6418
J Sanger	5351
L Butcher	3843
P Carr	2836
J Johnson	2000
M Stone	1690
P Macliver	1430
J Langdon	1004
M Forden	802
E Mercer	786
D Whittam	728
A Aldrich	664
R Davis	636
J Greenfield	547
S Sanders	544
C Holland	320
J Stone	90
D Palmer	60

Feb 18	100m	McGillivray Oval	A Stone
	400m		
	5000m		
	1500W		
	Discus		
Feb 25	100/200	Coker Park	T Costello
	1 mile		
	3000W		
Mar 3	400m	McGillivray Oval	J Pellier
	800m		
	10,000m		
	1500W		
	Shot		

-----ooOoo-----

THE EATON LONG WEEKEND - 4th, 5th & 6th March 1988How to get there?

Turn left at Australind Bridge after crossing the River Collie. Travel alongside river almost to end of road. Turn left at Eaton Scout Camp and Vets Club Flags.

Programme

Begins 6 pm on Friday Night.

Run with Hash House Harriers on Saturday late afternoon followed by Barbecue with Bunbury Running Club members.

Run of 16 Km or less on Sunday morning.

Eaton Veteran Games Sunday p m - arranged by Morris Warren and company (see below)

Canoes available all weekend.

Don't forget your sleeping bag, pillow and food!!

The Eaton Olympia Games Programme -Sunday 6th March p.m.List of Events :-

1. Tug-o-war - teams event.
2. Three-legged race - mixed partners only.
3. Relay - 4 per team baton - one raw egg (one for a back-up).
4. Wrestling - mixed teams - one minute rounds.
5. Toss the Caber. Bring your own Caber. Reg. size 1 ft dia. x 19 ft. long)
6. Toss the hammer. Reg. weight 28 lbs.
7. 5-a-side Hockey. Push the ball only Ten minute per game.
8. Six-a-side cricket. Ten minute per game.
9. Six a-side soft-ball. Ten minute per game.
10. Volley Ball.
11. Cockroach Race. Reg. size 1½" long - bring your own.
12. Kite Flying Competition. Make your own, bring your own, steal your own.

Games Committee: R & R Davies

M & M Warren

Sponsors for any or all of above games welcome.

MEET DIRECTOR : BRIAN FOLEY Ph. 339 2716DAY 1 Friday March 11Perry Lakes Warm-up track

5.30 p.m. Hammer Championship All ages

DAY 2 Saturday March 12McGillivray Oval

2.00 p.m.	Pentathlon	M35	-	M70
3.15 p.m.	Pentathlon	W30	-	W65
5.20 p.m.	5 K Walk	W30	-	W65
		M35	-	M75
6.00 p.m.	10 K	W30	-	W65
		M70	-	M75
7.00 p.m.	10 K	M50	-	M65
8.00 p.m.	10 K	M35	-	M45

DAY 3 Saturday March 19McGillivray Oval

11.00 a.m.	Shot Put	M50	-	M75
	100 metres	M35	-	M95
11.20 a.m.	100 metres	W30	-	W65
11.30 a.m.	Long Jump	W30	-	W65
11.45 a.m.	110 metres hurdles	M35	-	M55
12.00 noon	Shot Put	M35	-	M45
12.00 noon	100 metres hurdles	M60	-	M75
12.05 p.m.	100 metres hurdles	W30	-	W35
12.15 p.m.	80 metres hurdles	W40	-	W65
12.20 p.m.	80 metres hurdles	M70	-	M75
12.30 p.m.	Long Jump	M50	-	M75
12.30 p.m.	400 metres	M35	-	M75
12.50 p.m.	400 metres	W30	-	W65
1.00 p.m.	Shot Put	W30	-	W65
	Shot Put	M70		
1.05 p.m.	1500 metres walk	M35	-	M75
	1500 metres walk	W30	-	W65
1.25 p.m.	1500 metres	M35	-	M45
1.45 p.m.	Javelin	M35	-	M45
1.50 p.m.	1500 metres	M50	-	M75
2.10 p.m.	1500 metres	W30	-	W65
2.45 p.m.	Javelin	W30	-	W70
	Long Jump	M35	-	M45
	3000 metre walk	W35	-	W65
	3000 metre walk	M35	-	M75
3.45 p.m.	Javelin	M50	-	M75
	3000 metres steeplechase	M35	-	M45
4.05 p.m.	1500 metres steeplechase	M50	-	M75
	1500 metres steeplechase	W30	-	W65

McGillivray Oval

12.00 noon	Discus	M50	-	M75
	Triple Jump	M35	-	M45
	400 metres hurdles	W30	-	W65
12.05 p.m.	400 metres hurdles	M35	-	M75
12.30 p.m.	200 metres	W30	-	W65
12.45 p.m.	200 metres	M35	-	M75
1.10 p.m.	800 metres	W30	-	W65
1.25 p.m.	800 metres	M35	-	M40
1.30 p.m.	High Jump	M35	-	M75
	Triple Jump	W30	-	W65
1.35 p.m.	800 metres	M45	-	M75
2.30 p.m.	Discus	M35	-	M45
	High Jump	W30	-	W65
2.30 p.m.	Triple Jump	M50	-	M75
3.00 p.m.	5000 metres	M35	-	M40
3.30 p.m.	5000 metres	M45	-	
4.00 p.m.	5000 metres	W30	-	W65
	Discus	W30	-	W70
4.30 p.m.	5000 metres	M50	-	M75

(Country members will have already received a letter inviting them to hold the hammer, pentathlon, 5K walk and 10 K events at local venues to save the cost of travel.)

Great Leap Forward in Treatment of Runner's Knee

An ingenious management programme for runner's knee, known medically as patellofemoral pain syndrome, has kept hundreds of sportspeople, ballet dancers, and other sufferers pain free and active since it was first introduced at the Sports Sciences and Research Centre at Cumberland College less than two years ago.

Full credit for devising the programme, called the McConnell Programme, goes to physiotherapist Jenny McConnell.

The McConnell Programme, a world first, is destined to make a tremendous contribution in the area of sports injury prevention and treatment of patellofemoral pain syndrome.

Effects 25% of Population

The incidence of this problem in the general population is as high as one in four with this proportion increasing in the athletic population.

The pain has an insidious onset and is characterised by a diffuse ache in the vicinity of the knee cap. The pain is often made worse by sporting activities, stair climbing and prolonged sitting (movie goer's knees).

What causes the pain has baffled physiotherapists and doctors for many years.

As a result it has been a poorly managed problem. As a last resort people will opt for surgery but in many cases the symptoms will re-appear soon afterwards.

It was the high incidence of knee pain and the failure of existing treatments that prompted Jenny McConnell to find some other solution.

"I studied the biomechanics of the knee and came to the conclusion that in order not to cause pain the knee cap must be aligned with the femur, or thigh bone," said Jenny McConnell.

Knee Cap "Drift"

She explained that there is a natural tendency for the knee cap to slide sideways, out of alignment.

"This tendency can be overcome by strengthening of muscle fibres attached to the inner side of the knee cap which help to realign the knee cap during extension of the knee.

"The muscle fibres are part of the quadriceps muscle yet are especially hard to exercise properly.

"So, if these muscles are not working properly, which is commonly the case in people with knee pain, the sideways drift of the knee cap will increase.

"My idea was to train this muscle on the inside of the knee to work before the muscle on the outside, so the knee cap can be kept in the right position," explained Jenny McConnell.

"It's a matter of timing.

"Adjustment occurs in a muscle so that it is 'set' in advance for a particular activity. The feedback mechanism is too slow to fine tune for any error because by the time the information is received the muscle is already in a new position.

"However, it seems possible to train a muscle to respond to a new length/tension ratio, that is, I've managed to retune the feedforward mechanism."

The quadriceps muscle cannot be trained when pain is present, so Jenny McConnell worked out a unique method of taping the knee to overcome malalignment.

Benefits of Taping

"The effect of taping is instant pain relief which initially proved my theory that malalignment of the knee was the cause of the pain.

"I have found that taping also increases

the activity in the muscle and so adds to the training effect," she said.

"Training the specific muscle involved depends on the active participation of the patient.

"Because I can get patients pain free straightaway, they are strongly motivated to practise exercises regularly at home," she added.

96% Response

Around 96 percent of the 500 patients she has treated responded quickly and favourably and to date all have remained free of pain.

The next step is to train other therapists around Australia and throughout the world so that the McConnell Programme can gain the international recognition it deserves.

Jenny McConnell has already run courses for physiotherapists in other states and in New Zealand.



"The effect of taping is instant pain relief"

Jenny McConnell demonstrates her successful taping technique.
 Bulletin from Physiotherapy Today
 No. 2 1987
 Pub. - The Australian Physiotherapy Assoc.