

The Vetrun

NO. 186 MARCH 1988

W.A. VETERANS' A.C.

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FROM THE COMMITTEE

LIBRARY BOOKS

The Club is trying to assemble all outstanding library books. If you have any please return them to either Vic Beaumont or Alan Tyson as soon as possible.

LIFE SUPPORT COURSE

This proved to be very successful and was over-subscribed. 19 members have been granted a preliminary certificate.

PROGRAMME

Reminder: 27/3/88 Group Jog. McCallum Park 8.00 a.m.

28/3/88 Extra-ordinary General Meeting.

Perry Lakes Stadium. 7.30 p.m. To discuss:-

1. The proposed incorporation of the National Veterans Athletic Association.
2. The proposed change in the administration of the above body.

6/4/88 Annual General Meeting, Conf.Room, Perry Lakes Stadium 7.0 p.m.

In addition to the election of the officers for the following year some members have expressed a wish to discuss the possibility of varying starting times according to the season of the year and to moving the Annual Dinner away from the Christmas period.

NEWS ITEMS

17/04/88 Medibank Fun Run 10 Km McCallum Park 8.30 a.m.
(Veterans categories will be catered for).

24/04/88 Walliston Wallop 10Km/5Km 14 Caladenia Rd.
Walliston 9.00 a.m.
(Race Director - M. Johnstone
Visitors' Fee \$1.00, B.B.Q., Morning Tea
Entry Fee, Handicap Event)

FOURTH OCEANIA GAMES

The Oceania Regional Association of the World Association of Veteran Athletes tells us that the above Games will be held in Noumea's Magenta Stadium between 11th and 15th June 1988. Entry forms, which are available from Sandi Hodge (ph. 339 2988) should be completed and returned to her before 26th April.

VIII WORLD GAMES - JULY 1989

Eugene, Oregon, U.S.A. has been selected to host the next World Games. Although it has a population of only some 150,000, it is considered by many to be the running Mecca of the U.S.A. Eugene is also well situated as a centre point for touring the many attractions the State of Oregon offers.

MELBOURNE POSTSCRIPT (or The Medals that Got Away)

Janet Johnson and Ted Maslen both came very close to adding to the tally of medals won by WA Vets at the World Games.

Jan had won the Australian W40 Long Jump title at Sydney last Easter with a PB of 4.77m. In Melbourne, at the start of the final round, Jan was lying in sixth place. Her last jump had to be a 'do-or-die' effort if she was to have a medal so she put everything into it.

Jan sailed out to another PB of 5.12 m that put her into third place. But, by the narrowest of margins, the medal went to someone else. Eriksen of West Germany also improved to 5.12 m with her last jump and, having a longer second-best jump, took the bronze.

Ted was in the 3,000 m Steeplechase, the most unpredictable event in Track and Field, where anything can happen and usually does.

Ted went straight into the lead at the start and during the race was always in the first three. On starting the final lap, he was a little way behind the leader but comfortably clear of the third runner. Then disaster.

He jumped the first barrier and stopped. Then he started to run very awkwardly to the next. He laboriously climbed over this and staggered on to the next.

By this time, some of the other runners were overtaking him. Ted eventually got to the water-jump, climbed it, fell into the water, hauled himself out and carried on.

He ran down the final straight holding his left arm clear of his body, climbed the last barrier and ran painfully to the finish. Ted had run the last 400 m with a dislocated shoulder.

Bob Sammells



During the last year 133 competitors entered the 1987/88 handicap championships. Points were allocated as follows :-

1 point for the winner, 2 for second, 3 for third and so on.

Non-participants were allocated points equal to the last competitor, plus 1.

The championship was closely contested by a small number throughout the year.

Congratulations to a worthy winner in Dalton Moffett; Sid Bowler was second, with Merv Moyle finishing third.

Two good efforts came from Tom Savin, from the back markers and Margaret Warren who competed in all 6 events to finish sixth overall.

By popular demand, next year's championship will be decided over 10 events.

				Keith Forden			
Place	Name	Points	No. of events	Place	Name	Points	No. of events
1	D Moffett	99	5	59	B Aldrich	252	4
2	S Bowler	115	5	60	B Buchanan	253	3
3	M Moyle	129	4	60 *	H Kirkman	253	1
4	T Savin	141	4	60 *	R Shand	253	2
5	W Crellin	146	5	63	E Moyle	256	3
6	Margaret Warren	147	6	64	R Harris	257	2
7	K Martin	152	5	65	A Sim	258	3
8	J Cunningham	170	3	66	B Foley	261	2
9	P McLiver	171	3	66 *	J Lindsay	261	1
10	Michael Johnson	181	4	68	R Matzke	264	1
11	J Russell	182	4	69	C Bould	265	2
12	G Thornton	188	3	69 *	P Weston	265	2
13	B Hardy	193	4	71	J Willers	266	3
13 *	R Farrell	193	5	71 *	D Muir	266	1
13 *	D Roberts	193	3	73	A Leggett	267	2
16	D Carr	194	5	74	G Sutherland	270	1
16 *	J Strachan	194	2	75	M Robinson	271	2
18	A Jenkins	197	4	75 *	W Welyky	271	1
19	J Spencer	198	3	77	J Langdon	272	1
20	K Crellin	199	3	77 *	A Carse	272	1
21	P Farrell	205	5	77 *	L Hassam	272	2
22	P Martin	206	3	80	J Johnson	273	2
22 *	R Sammells	206	3	80 *	M Miller	273	1
24	B Harwood	207	3	82	J Curtis	275	1
25	John Pellier	208	4	82 *	J Slinger	275	1
26	D Caplin	210	4	84	V Beaumont	276	2
27	S Hicks	215	3	84 *	B Evans	276	1
27 *	B Power	215	2	84 *	Joan Pellier	276	3
29	M Faunge	217	2	87	S Cross	277	2
30	A Aldrich	218	4	87 *	D Drayson	277	1
31	Morris Warren	223	5	89	P Jones	278	2
32	T Maslen	224	2	89 *	R Lawrence	278	1
33	J Maddison	226	2	91	M Forden	279	2
34	M Webb	227	2	91 *	T Kirwan	279	1
34 *	M Fermor	227	3	91 *	S Hodge	279	2
34 *	J Pearce	227	2	94	Rob Davis	280	2
37	F Usher	228	3	94 *	J Stickles	280	1
38	P Carr	233	3	96	J Greenfield	281	1
39	J Trovato	234	2	96 *	D Miller	281	1
40	P Airey	237	2	96 *	W Vincent	281	1
40 *	J Barnes	237	3	99	H McGlashen	283	2
42	J Schaeffer	238	2	100	I Sutherland	285	1
43	M Khan	239	2	101	S Maslen	287	2
43 *	D Philip	239	2	101 *	D Scott	287	1
45	D Strachan	240	3	103	M Taylor	289	1
45 *	B Danby	240	4	104	B Thomsett	290	2
47	G Foley	241	2	105	K Forden	291	1
47 *	D Hoye	241	2	105 *	R MacLiver	291	1
49	T Costello	242	2	105 *	A Tyson	291	2
49 *	K Johnson	242	2	108	B Worner	293	1
51	L Butcher	243	4	108 *	D Vincent	293	1
52	M Traynor	245	2	110	A Chambers	294	1
53	D Hough	246	3	111	E O'Dea	295	2
54	K Gilbert	248	1	112	J Yates	296	2
55	R Attwell	249	2	112 *	N Berry	296	1
55 *	B Munyard	249	2	112 *	S Hoskins	296	1
55 *	J Campbell	249	1	112 *	W Monks	296	2
58	C Cole	250	3	112 *	B Slinger	296	1

Place	Name	Points	No. of events	Place	Name	Points	No. of events
117	M Loly	297	3	127	A Pomery	305	1
118	A Speechley	298	2	127 *	R Raymen	305	1
118 *	K Whistler	298	2	129	D Willmott	306	1
118 *	D Whittam	298	1	130	G Morgan	307	1
121	M Tapper	300	1	131	J Collins	308	1
123	K Penton	302	2	131 *	J Whittam	308	2
124	Maurice Johnson	303	1	133	J Stone	309	1
124 *	J Sanger	303	3				
126	M Stone	304	2				

SEEN AND HEARD

Seen - after an absence of eight years or so, - Brian Paxman (M55) who has returned from the Eastern States where he was a very active member of the ACT Vets.

Heard - that Tony Tripp (M40) came 13th out of 41 finishers in the Victorian Veterans Athletic Club 24 hour Track race. With 177.027 he was only 2.054 short of the 12th competitor, Cliff Young.

Heard - that George Audley is entering the Sydney to Melbourne ultra this month. He will carry the good wishes of the W.A. Vets.

THE PATRONS TROPHY

Congratulations to Joy Sanger (W35) and to Keith Martin (M40) who won this year's Trophy which will be presented at the A.G.M. on 6th April.

NEW MEMBERS

We extend a warm welcome to our new members :-

Name	Address	Phone No.	D.O.B.	D.O.J.
Cedric Turner	75 Byron Rd Yokine 6060	276 1539	19. 8.35	2. 2.88
Ann Turner	" " "		27. 1.36	2. 2.88
Bruce Cornish	37 Brittain Rd Bunbury 6230	(097)219 035	2. 9.48	2. 2.88
Terence Ernest	20 Currawong Cres. Gooseberry Hill 6026	272 1577	12.12.46	2. 2.88
Morris Glenys	8 Venus Way Hillarys 6025	401 6194	28. 6.43	2. 2.88
Raema McMillan	29 Nola Avenue Scarborough 6019	341 6399	14.11.27	2. 2.88
Rod Stewart	P O Box 547 Cloverdale 6105	244 1699	1. 5.40	22. 2.88
Gordon A Florance	91 Chrysostom St Trigg 6020	447 3736	3. 2.34	22. 2.88
Terry Jones	5 Back Close Bullcreek 6155	332 7731	15. 1.48	28. 2.88
Wayne Pantall	8 Matilda St Huntingdale 6110	398 2904	19. 9.52	6. 3.88

MEET THE STRACHANS

If you attend any of the Vets runs you will no doubt have seen June and Duncan pounding the pavement, bitumen, grass or whatever. No matter the surface or the distance the Strachans will give it a go and they will stay for a hot cuppa and a bikkie afterwards because to this active couple that is what belonging to the Vets is all about - a little exercise and a lot of good company.

The Club is important to June and Duncan and they, in turn are important to the Club.

They are both W.A. born and bred and they met while in the Armed Forces during the forties. They married in 1947 and have 3 children and at last report 8 grand-children.

Duncan made the Army his career and saw overseas action in the Pacific theatre in W.W. II, Korea and Viet Nam. He is modest about his exploits but has his share of medals and (the occupational hazard) his share of wounds.

June concentrated on raising the family and busying herself with her other passion, the Red Cross where she held various positions of office including President.

Sports-wise, Duncan has always been very active with tennis, basketball, football, cricket and some casual jogging. June has played tennis regularly but it was not until 1975 while in Hobart that June and Warrant Officer First Class Strachan entered the Glenorchie to Casino 10 K fun run that they became introduced to the sport that would eventually become a very big part of their lives.

They returned to Perth in 1976 and Duncan retired from the Army. They got the bug again and entered the Perth City to Surf Fun Run and that led to them joining both the W.A. Marathon and Vets Club. The latter Club cast its spell and they settled in and became valued regulars at the Club runs. The rest of the story we all know. Duncan served two years as our hard working and highly efficient Secretary and the annual run from the Strachan household is always a highlight in our running calendar.

Neither June nor Duncan are obsessed with times but rather the enjoyment and fulfilment they get from the Club runs come from the physical exertion coupled with the pre and post race socializing. The friends they have made in the club are the important aspect and as they say, "It has become a way of life" ... and one they would recommend to anyone who is interested in an active, healthy lifestyle with like-minded people.

As well as running they have continued to play tennis on a regular basis and both do a daily set of total body exercises which keep them flexible and in trim. They advocate stretching, a sensible diet and for Duncan no alcohol while for June only the rare drink on special occasions.

Their goals for the future include an overseas holiday every year and many more years of running with their friends at the Vets. Not a bad recipe for a full life for this "retired" couple ... or for any other couple for that matter.

People such as June and Duncan are the backbone of our Club and it goes without saying that the Club enjoys them as much as they enjoy the Club.

Bob Johnstone



Perry Lakes
28.2.88

Chris



Don



Basil



DEADLY MEDLEY RELAY - 24/1/88

Like last year, we were greeted with a powerful easterly "breeze" which took some of the joy out of the first kilometre.

However, ten teams fronted up to what turned into a tough race, with the result still hanging in the balance until the last changeover. However, Jackie Greenfield was up to the challenge thrown out by Pat Carr and won her first ever medal with Don Caplin, Keith Forden and Bob Sammells.

The time (44.19) was well outside the smart inaugural record of 41.02 set last year, and certainly reflected the blustery conditions prevailing this year.

Like last year, we had a consolation prize, a draw by "Honest Fred" who pulled Team 5 out of the hat so that Kev Martin, Mike Rhodes, John Russell and Arthur Leggett were able to slake their thirst with the prize!

It was good to see John Gilmour there, despite a nasty gash in his leg, and he presented the winners with their medals.

Also great to have walkers Val Tyson, Marg Stone, Jackie Beaumont and Jackie Greenfield take part in the team run and Jack Collins then proceeded to hustle Marg on a 5K walk for "afters"!

Rosa Davis was ecstatic after her first leg in which she recorded a PB, so Rob will have to watch out!

We were also pleased to have a vacant spot for Lyn Rhodes who joined Mike for the run and made up a team.

Another to tackle the solid run was our big man from Argyle, Alan Stone, who ran two good legs for his team.

This run must have created something of a record with the number of married couples:

- Marg & Keith Forden
- Mike & Lynda Rhodes
- Bob & Lyn Schickert
- Pat & Norm Miller
- Pat & David Carr
- Rob & Rosa Davis
- Vic & Jackie Beaumont
- Marg & Alan Stone

and we were also pleased to see Rob McLiver on the go again, even if not actually in a team.

Sorry we couldn't get husband and wife together in every case and also for reversing Keith and Marg Forden's distances. (My mistake - but you finished on the winning side, Keith!!)

Thanks to all members who entered this event and committed themselves to be there. It turned out to be an excellent run and all enjoyed themselves in what is a demanding, but effective event.

Thanks also to Bryan Hardy, Fred Hagger and Alan Croxford for helping us set up and to the team of "flag pickers".

It was pleasant to sit under the trees after and enjoy the company. Hope to see you next year.

<p>A</p> <p>Bob Schickert Vic Beaumont Dalton Moffett Jackie Beaumont 47:22 7th</p>	<p>B</p> <p>Don Caplin Keith Forden Bob Sammells Jackie Greenfield 44:19 <u>1st</u></p>	<p>C</p> <p>Graeme Thornton Brian Danby Ray Laurence Marg Stone 44:59 3rd</p>	<p>D</p> <p>Ted Maslen Paul Morton Jan Johnson Rosa Davis 45:02 4th</p>
<p>E</p> <p>John Gilmour Marg Forden Peg McLiver Alan Stone 51:02 9th</p>	<p>F</p> <p>Brian Foley Mike Faunge Norm Miller Pat Carr 44:36 2nd</p>	<p>G</p> <p>David Carr Barry Harwood Lyn Schickert Pat Miller 47:07 6th</p>	<p>H</p> <p>Kev Martin Mike Rhodes John Russell Arthur Leggett. 45:30 5th</p>
	<p>I</p> <p>Bryan Hardy Merv Moyle Rob Davis Lynda Rhodes 48:24 8th</p>	<p>J</p> <p>Alan Croxford Basil Worner Jenny Willers Val Tyson 54:11 10th</p>	<p>Basil Worner</p>

A VERY HAPPY BIRTHDAY TO OUR "APRIL" MEMBERS

03-APR-38	BOWER	: Jill	turns	50	becomes	W50
03-APR-31	HEIJNE	: Frits	"	57	remains	M55
06-APR-55	CARMEN	: Tina	"	33	"	W30
07-APR-46	HILTON	: Lena	"	42	"	W40
09-APR-41	COOK	: Valerie J	"	47	"	W45
09-APR-37	JOHNSTON	: Maurice	"	51	"	M50
10-APR-49	CHAMBERS	: Jillian	"	39	"	W35
11-APR-1892	JONES	: Thomas J	"	96	"	M95
11-APR-37	McGLASHAM	: Hamish	"	51	"	M50
12-APR-40	GRAY	: Stuart D	"	48	"	M45
12-APR-42	JOHNSTONE	: Bob	"	46	"	M45
12-APR-26	JONES	: David C	"	62	"	M60
13-APR-44	COLE	: Peter	"	44	"	M40
14-APR-26	DeGRUCHY	: Reginald	"	62	"	M60
14-APR-43	DOW	: Doreen	"	45	becomes	W45
15-APR-43	DAGOSTINO	: James	"	45	"	M45
16-APR-37	McGLASHAN	: Hamish	"	51	remains	M50
16-APR-41	SPENCER	: Patricia	"	47	"	W45
18-APR-34	BECKETT	: Roy	"	54	"	M50
18-APR-35	JOHNSON	: Michael A	"	53	"	M50
18-APR-32	HOUGH	: David L	"	56	"	M55
18-APR-43	PETTMAN	: Roger C	"	45	becomes	M45
18-APR-45	SUTHERLAND	: Gloria	"	43	remains	W40
19-APR-24	CHAPMAN	: Bill	"	64	"	M65
19-APR-50	LANGFORD	: Rosemary	"	38	"	W35
19-APR-31	McLEAN	: James C	"	57	"	M55
19-APR-38	STICKLES	: Joseph E	"	50	becomes	M50
19-APR-48	WILLERS	: Jenny	"	40	"	W40
20-APR-42	JOHNSON	: Barry	"	46	remains	M45
21-APR-46	CARUSO	: Vincent	"	42	"	M40
22-APR-44	ANSELL	: Alicia	"	44	"	W40
22-APR-23	BOWLER	: Sydney E	"	65	becomes	M65
23-APR-42	NORDEN	: Bruce J	"	46	remains	M45
24-APR-36	CAMPBELL	: Jock	"	52	"	M50
25-APR-39	CUNNINGHAM	: John	"	49	"	M45
28-APR-38	CRELLIN	: William	"	50	becomes	M50
26-APR-34	SMITH	: Maurice	"	54	remains	M55
29-APR-44	GOLD	: Joseph	"	44	"	M40

Presentation - West Coast Challenge
left to right - Tessa, Bob, Frank, 14th February '88



WEST COAST CHALLENGE 14/2/88

Our largest number of entries for this event gathered early ready to do battle with the elements and this testing course. In the hands of starter Dick Horsley the field got away at 8 a.m. sharp. There were many cries of "cross country" when runners were directed over 10 metres of sand. We decided that there was less likelihood of injury going straight than having to do a hard right hand turn on the bitumen. We are getting soft I believe. The first course of this run included a sand run from City Beach to Floreat Beach which was great fun.

This year's event was once again won by Frank Smith and Tess Brockwell led the ladies home.

One runner suggested a drink station would be welcome, I can't agree. Every course has a degree of difficulty and its up to the runner to prepare and run the event within his or her capabilities. This is a February run and I agree can be very uncomfortable however a good 400-500 ml drink before the event and replacement of fluid after the race should be the order of the day. To introduce drink stations under 10 km events will eventually lead to drinks in 5 km runs due to discomfort and the body will never adjust to hot weather sensible running. The runners comments were welcome and I believe all runners if they have any comments on any event to voice their opinion. By the way the runner who required the drink still finished the course and was congratulated.

Many thanks to all helpers and in particular Mike Barry, Ian Sutherland, Bob Johnston, Paul Martin, Dick Horsley, Syd Bowler and a person named Shirley who kindly walked up and asked if she could help.

R. Hayres

<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	Frank Smith	M45	27.32	34	B Worner	M55	37.27
2	C Brockwell	M35	28.10	35	V Beaumont	M55	37.35
3	B Schickert	M45	29.44	36	B Slinger	M45	37.42
4	D Caplin	M45	30.21	37	A Tyson	M60	38.00
5	J Molloy	M35	30.23	38	J Trovolta	M45	38.16
6	E Maslin	M50	31.11	39	P MacLiver	W40	38.23
7	J Barnes	M45	31.12	40	W Crellin	M45	38.37
8	T Brockwell	W30	31.18	41	Y Caruso	W35	38.54
9	D Roberts	M45	31.22	42	R Farrell	M45	39.40
10	D Carr	M55	31.38	43	M Jones	M45	39.50
11	M Johnston	M50	31.41	44	K Johnson	M55	41.05
12	V Caruso	M40	31.59	45	D Drayson	M60	41.20
13	B Danby	M35	32.17	46	A Aldrich	W45	41.47
14	J Pellier	M45	32.19	47	P Davis	M55	42.06
15	M Rhodes	M40	32.45	48	J Pellier	W45	42.12
16	K Martin	M50	32.54	49	G Folley	M60	42.33
17	A Jenkins	M40	32.57	50	N Miller	M55	42.54
18	D Moffett	M55	32.58	51	J Willers	W35	43.04
19	J Stickles	M45	33.05	52	M Warren	W60	44.32
20	B Evans	M55	33.07	53	M Miller	W45	44.32
21	F McLinden	M55	33.34	54	J Strachan	W60	44.33
22	P Airey	M50	33.35	55	D Strachan	M65	45.15
23	D Miller	M45	33.36	56	F Hagger	M60	45.16
24	M Warren	M50	34.12	57	F Usher	M60	45.48
25	B Aldrich	M55	34.36	58	G Morris	W40	45.50
26	M Kahn	M40	34.55	59	P Miller	W45	45.51
27	B Sammells	M50	34.57	60	P Farrell	W40	45.58
28	R Stewart	M45	35.11	61	S Hughes	W35	46.36
29	B Monks	M50	35.17	62	L Hassam	M55	48.17
30	M Forden	W45	35.19	63	R Shand	M55	48.17
31	K Forden	M45	35.35	64	J Greenfield	W45	50.34
32	R Boggs	M40	36.17	65	N Berry	W55	51.24
33	M Moyle	M60	36.59	66	K Crellin	W45	51.24

Female

1st	T Brockwell	W30	31.18
2nd	M Forden	W45	35.19
3rd	P MacLiver	W40	38.23

Male

1st	F Smith	M45	27.32
2nd	C Brockwell	M35	28.10
3rd	B Schickert	M45	29.44

Walkers

M Stone	W45	55.06
J Whittam	M50	56.31
J Beaumont	W50	62.18
J Collins	M75	62.18

MEN

	100	800	5000	1500W	1500	T.J.	Hammer	200	Jav.	10,000	
Keith Martin	840	652	210	336	570	776	100	850	416	34	8077
D Carr	700	928		564	0	230	356	960	486	779	6155
B Foley	440	820	706	576	876	322	0	630	218	795	5868
Kevin Martin		844	664		858					720	4687
B Worner										540	3398
A Jenkins	580	712	472	412			0	640	374	480	4268
D Caplin		832	852		918					802	3404
M Rhodes	420	556		380	660	24	0	510	110	572	3232
B Danby		576								678	2196
J Collins				680							1404
B Aldrich			512		564					612	1918
D Drayson	580	300									1310
J Pellier			596		648					726	1970
A Chambers											1232
C Brockwell		492	740								1232
A Stone							558				1579
G Morgan	360	616						34		399	1409
B Carse			940								940
J Whittam											871
F Smith			794							1000	1794
G Thornton											648
P Sanders											640
M Cocker											536
R Matzke											581
N Richards								870	506	-	1376
A Tyson									375		375
D Horsley									317		317
B Kernaghan									560		560
T Costello										865	865
J Yates										681	681
K Forden										547	547
C Baumann							395		658		1053

WOMEN

J Sanger	900	842	322	728	756	924	96	810	602	221	7080
J Fletcher					738	1000					6418
L Butcher	540		528	772		627	182	270	922	613	5830
P Carr	920				738	1000		780	725		4341
J Johnson	1000					1000		980	213		3193
M Stone				704			222				1912
P McLiver		880	550					630	246		2306
J Langdon				588							1004
M Forden											802
E Mercer					786						786
D Whittam											728
A Aldrich											664
R Davis						636					636
J Greenfield			0		18	529		0	445		992
S Sanders											544
C Holland											320
J Stone			0		90						90
D Palmer											60
V Tyson									567		567
B Baumann									613		613
R McMillan									1000		1000

