



# The Vetrun

No. 123  
JANUARY 1983.



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W.A. VETERANS A.A.C.	SECRETARIES.	Val Prescott	384 8585
PRESIDENT. R.E. Sammells.		Dorothy Whittam	387 6438
Registered for posting as a periodical.	TREASURER.	Colin Leman	364 7782
Category 'B'.	EDITOR. -	Jeff Whittam	

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You Can't lose weight by talking about it, you have to keep your mouth shut.

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A VERY HAPPY NEW YEAR TO ALL MEMBERS from the PRESIDENT & COMMITTEE.

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## COMMITTEE MEETING.

STATE CHAMPIONSHIPS 1983. Entries are slowly coming in. (Entry forms and all details were published in the last newsletter) It is hoped that members will enter EARLY so that there is a minimum of work nearer the event.

CHRONOMIX CLOCK. Negotiations are underway with the Marathon Club, it is hoped to receive the clock early in the New Year when the Marathon Club get their new double sided clock from the U.S.A.

LOUDHAILER. The Club has purchased a loudhailer, this was used for the first time at the Christmas Gift race. Allen Tyson says that it was used effectively to encourage the runners on Herrison Island, from McCallum Park.

CLUB WINDCHEATER. It is hoped in the near future to have samples of the windcheater at McCallum; so that members can view them and order their size. The windcheaters will be WHITE with a BLACK LOGO.

24HOUR RELAY. It is hoped to hold this event during late April 1983. This time we hope to field a MENS team, a LADIES team, an OVER 50s team plus a support team. Anyone who is interested in running in the teams, would you please let any member of the committee know, also there will be a number of officials and helpers required. Anyone who can help in this capacity, again, would you give your name to a committee member so that rosters can be made up. Would you also state the times that you will be available.

Twilight MEETING. The meeting that the Club organised for the A.A. of W.A. was a very successfull evening. The 5000m event was well supported but the other events were sparsely enrolled.

ANNUAL DINNER. This was a very successfull occasion. Eightyfive members and friends enjoyed a magnificent dinner and dancing afterwards. There were two speeches given, by Barrie Slinger and Colin Leman, both went down very well and added greatly to the evenings entertainment.

A.G.M. PRELIMINARY NOTICE. This will be held at McCallum Park on the 27th March 1983. At 8am. All Offices are open. At the moment the President and the two joint secretaries are standing down from office, the rest of the committee are willing to stand for nomination again. This does not neccessarily mean for the office that they held this year, also you may nominate anyone else for any of the positions. More in the next newsletters.

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REPORT ON SORBOTHANE INSERTS FOR RUNNING SHOES.

Sorbothane is a poly-urethane material developed in Great Britain and presented as heel or sole inserts. They function as shock absorbers, and are not a substitute for corrective orthotics. Their main function is to prevent over-use injuries, although it is of some interest that several members of the club have noted improvement with chronic injuries, particularly with tendo-achilles problems.

Disadvantages include the cost, available from Runners World at \$35 for the full sole, \$23 for the heel, however, when considering the cost of a running shoe itself, perhaps this is a small price to pay. Further disadvantage is the weight, each full sole weighing a little less than the single Nike elite shoe.

Suggestion: Wear as a training aid in avoiding injuries, but not for racing.

Albany Marathon - Inspiration:

Frank Steere who twelve months ago had difficulty in completing 10 K on the track under forty minutes, competed in his first marathon, running the distance in an amazing 2 hours 45 minutes. Frank tells us a result of the Arthur Lydiard programme running up to a 120 miles per week.

JIM BARNES RUN. 21st November 1982. Colin Leman was this years winner of the John Tarrent Trophy, the prize for the Thornlie run. A field of 30 were given the choice of either a 7.8km or 10.8km course. Soft surfaces on the track section and very warm conditions made the event harder than in former years. Leading from start to finish, Colin was pressed for much of the run by invitation runner Graham Daniel. Only late in the run did Colin shake the former from his shoulder. Mike Khan was 2nd club member home with Phyllis Farrell (the much improved) the first lady to finish the 10.8km section. On 30km a month and the pungent whiff of broken beer bottles was Rob Shand, the first to finish the 7.8km section. Many thanks to the Mitchell family, Derek Crowther, Cliff Bould, the Buller family for drinks. Their efforts made the event an easy run to handle.

Jim Barnes.

RESULTS:- 7.8km

1. Rob Shand	M50	35.37	6. Margaret Warren	W45	47.11
2. Barrie Thomsett	M40	37.20	7. June Strachan	W55	48.36
3. Joan Pellier	W40	41.11	8. J. Daniel	W30	48.36
4. R. Buller	M35	45.17	9. Val Tyson	W55	55.09
5. Dorothy Whittam	W45	47.11			

10.8km

1. Colin Leman	M35	38.20	12. Bob Farrell	M40	49.10
2. Graham Daniel	inv	38.48	13. Duncan Strachen	M60	50.48
3. Mike Khan	M35	44.51	14. Andy Wright	M60	51.11
4. Graham Thornton	M40	45.16	15. Jeff Whittam	M45	51.11
5. Bob Sammells	M45	46.06	16. Bill Mitchell	M45	51.36
6. Fraser Deanus	M40	46.57	17. Bill Hughes	M55	55.09
7. Morris Warren	M45	46.57	18. Frank Usher	M55	56.10
8. J. McGuinness	M40	47.20	19. Phyllis Farrell	W35	56.10
9. Allen Tyson	M55	48.02	20. Don Stone	M50	57.53
10. Ron Strauch	M40	48.23	21. Ann Deanus	W40	57.53
11. John Pellier	M40	49.06			

RESULT FROM W.A.I.T. 21st November 1982

Triple Jump. George Boakes M65 6.24m

Recovery Run on the 5th December saw a few (18) stalwart stagger up McCallum and under the new tunnel and along the riverside up to Belmont Park racecourse then along the road to Great Eastern Highway before staggering back along the riverbank into McCallum. Even braver were those that managed to get to Point Walter for the  $\frac{1}{2}$  marathon. No results to hand for that event yet.

1982 NEW RECORDS.		WOMEN.		MEN.	
800m	Lorna Butcher	W50	3.06.7	1500m WALK	Don Stone M50 7.14
2000m WALK	Jan Fletcher	W35	11.57		Allen Tyson M55 9.06
	Lorna Butcher	W50	13.36	2000m Walk	Don Stone M50 9.54
3000m RUN	Jan Fletcher	W35	11.39	3000m WALK	Don Stone M50 15.00
	Lorna Butcher	W50	13.08		
1500m WALK	Jan Fletcher	W35	8.17	- WOMEN.	
	Lorna Butcher	W50	9.44	5000m RUN	Lee Docksey W30 21.23
1 MILE RUN	Lee Docksey	W30	6.07		Lorna Butcher W50 22.13
	Jan Fletcher	W35	5.54	DISCUS	Lorna Butcher W50 14.98
	Lorna Butcher	W50	6.35		

CHANGE OF ADDRESS HANK STOFFERS, 39, Eagle Crescent, EATON. 6230.

BILL MITCHELLS RUN. 12th December 1982.

On a very pleasant morning 32 runners completed the very picturesque run by Canning River. The distance being 7.8km. Most runners stayed and had cakes and coffee, some also stayed on for a barbecue. There was plenty of chit chat and we were even lucky enough to have a cricket exhibition by Derek Crowther and Graham Thornton, with plenty of style and flashing strokes.

The Whittams were late in arriving owing to other commitments, but they and a few others were also very late in leaving. It was 3.45 before they decided that it was time to go home to their families. (You would keep bringing out more coffee and cakes. Jeff.)

Hope we can do the same next year.  
Kathy and Bill Mitchell.

RESULTS.

1.	G. Knuckey (inv)	29.33	17.	Lorna Butcher	37.44
2.	Jim Barnes	29.38	18.	Frank Usher	39.05
3.	Ken Snowdon	30.28	19.	Anne Deanus	40.03
4.	Mike Khan	30.59	20.	Maxine Tapper	40.06
5.	Bob Sammells	31.02	21.	Joan Pellier	41.37
6.	Fraser Deanus	31.40	22.	Margaret Warren	41.55
7.	Graham Thornton	33.23	23.	Jeff Whittam	42.36
8.	Frank Smith	33.23	24.	Bob Farrell	42.36
9.	John Pellier	32.48?	25.	Mathew Worth (inv)	43.51
10.	Mark Crowther (inv)	34.23	26.	Bob Buller (inv)	44.00
11.	Lee Docksey (1st Lady)	35.14	27.	Ian Lyon	45.04
12.	Dave Hough	35.41	28.	Nora Berry	45.10
13.	Andy Wright	35.50	29.	Dorothy Whittam	47.23
14.	Morris Warren	35.53	30.	June Strachen	49.20
15.	Garnett Morgan	35.57	31.	Val Tyson	52.32
16.	Duncan Strachen	36.11	32.	Sue Worth	57.07

A REPORT FROM PERRY LAKES.

Bob Sammells was struck on the head by an in-flight javelin while officiating at Perry Lakes on the 11th December 1982. Fortunately, the Javelin passed through the temporal lobe so no harm was done. He now hopes to move up via the sub junior discus and ladies shot to the mens hammer before the end of the season.

Seriously though, this sort of thing should not happen. It all came about because javelin events were being conducted from both ends of the arena at the same time. Bob was watching a record peg to see nobody removed it whilst an official went for the Special tape used for measuring record throws

Bob was watching out for javelins from the other end, where they were also doing near record distances, when the starting gun went off and just distracted his attention for a moment. (This is the second time this type of thing has happened where javelin events have been run simultaneously from each end of the arena and record distances were being thrown. It is just too dangerous).

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS IN JANUARY.

Jim Barnes	Turns 40	becomes M40 25	Peter Hopper	turns 38	remains M35 12
Lesley Brown	" 36	remains W35 23	Bileen Hindle	" 34	" W30 02
Ted Costello	" 47	" M45 24	Colin Leman	" 37	" M35 20
Fraser Deanus	" 43	" M40 01	Les Oakley	" 38	" M35 20
Bob Farrell	" 43	" M40 24	Eddie Smith	" 46	" M45 23
Jan Fletcher	" 37	" W35 20	Bob Sammells	" 46	" M45 06
Merv Graham	" 49	" M45 09	Sheila Maslen	" 45	becomes W45 06
Ian Henderson	" 43	" M45 05	Chris Gladdle	" 45	" M45 29

TIME TRIALS. WEEK 6. 11th November 1982.

		1500m Walk		Discus	Total Pts
Jan Fletcher	W35	8.17 752		20.61 424	1176
Lorna Butcher	W50	9.44 584		14.98 399	983
Dorothy Whittam	W45	9.52 492		19.53 525	1017
Dick Horsley	M65	8.02 1052		22.96 638	1690
Don Stone	M50	7.14 1004		18.01 190	1194
Barrie Robinson	M40	8.07 672		21.57 90	762
Aub Davie	M45	9.05 500		18.96 84	584
Allen Tyson	M55	9.06 616		17.89 317	933
Ray Benetti	M45	8.40 600		24.60 281	881
Jeff Whittam	M45	9.19 444		20.32 131	575
Andy Wright	M60	8.57 712		24.20 568	1280
Alex Cummings	M50	8.54 604		31.54 664	1268

WEEK 7. 18th November 1982.

		1 MILE
Lorna Butcher	W50	6.35 820
Jan Fletcher	W35	5.54 886
Lee Docksey	W30	6.07 778
Dorothy Whittam	W45	7.18 472
Brian Danby	u/c	5.07 778
Colin Leman	M35	4.55 850
Bill Monks	M45	5.03 862
Bob Faulkner	M40	5.08 802
John Maddison	M40	5.11 784
Les Oakley	M35	5.25 670
Brian Foley	M35	4.59 826
Ray Benetti	M45	6.30 340
Bob Hayres	M50	5.40 700
Allen Tyson	M55	5.47 748
Aub Davie	M45	5.33 682
Bill Hughes	M55	6.08 622
Andy Wright	M60	6.19 736
Jeff Whittam	M45	6.03 502
Don Stone	M50	5.51 634
Cliff Bould	M65	6.36 844

WEEK 8. 25th November 1982.

		5000m
Lee Docksey	W30	21.23 564*
Ruby Maddison	W45	26.12 110
Jan Fletcher	W35	20.10 740
Dorothy Whittam	W45	26.31 98
Lorna Butcher	W50	22.13 674*
Don Caplin	M40	16.13 914
John Maddison	M40	17.14 792
Brian Danby	u/c	18.46 578
Kevin Anderson	M40	16.24 892
Aub Davie	M45	20.02 516
Jeff Whittam	M45	21.54 292
Andy Wright	W60	21.54 532
Don Stone	M50	20.07 566
Cliff Bould	M65	22.02 636
Bob Harrison	M40	17.11 798
Frank Steere	M35	17.34 722
Mel Shead	M35	19.34 482
Les Oakley	M35	18.40 590
Allen Tyson	M55	20.10 620
Bob Hayres	M50	19.34 632
Ron Strauch	M40	12.32 8½laps
Mel Pach	M40	10.43 7½laps

\* record.

WEEK 9. 2nd December 1982.

		Javelin		200m	Total pts
Jan Fletcher	W35	21.10 370		30.91 509	879
Dorothy Whittam	W45	17.54 422		30.60 740	1162
Lorna Butcher	W50	13.44 324		35.23 377	701
Andy Wright	M60	16.02 161		33.96 504	665

Cont.

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Jeff Whittam	M45	20.70	370	34.07	97	298
Ray Benetti	M45	18.88	146	27.56	744	890
Brian Danby	u/c	18.16	20	-	-	20
Barrie Robinson	M40	28.90	346	29.58	442	788
Charles White	M40	19.42	111	28.59	541	652
Alex Cummings	M50	24.80	413	-	-	413
Bob Sammells	M45	20.46	194	32.22	278	472
Mel Shead	M35	33.34	334	-	-	334
Don Stone	M50	21.92	312	30.57	543	855
Bob Fergie	M45	31.32	520	-	-	520
Allen Tyson	M55	15.38	135	32.04	496	631

WEEK 10. 9th December 1982. 10,000m

Dorothy Whittam	W45	55.28	197	Jeff Whittam	M45	44.53	427
Alicia Ansell	W35	41.56.5	874	Andy Wright	M60	45.02	688
Jan Fletcher	W35	41.56	874	Cliff Bould	M65	44.53	827
Lorna Butcher	W50	46.26	809	Don Stone	M50	44.47	503
Margaret Warren	W45	26.05	13laps	Bob Faulkner	M35	37.56	734
Frank Smith	M40	33.27.3	1048	Brian Foley	M35	37.30	760
Bob Sammells	M45	39.40	740	Les Oakley	M35	38.16	714
Bill Minks	M45	38.23	817	Bob Harrison	M40	34.48	967
T. Savin (inv)		33.00	18laps	Kevin Anderson	M40	34.11	1004
Morris Warren	M45	40.43	677	Don Caplin	M40	36.39	856
Maurice Johnson	M45	19.32	12laps	Jim Barnes	M35	38.03	757

FINAL RESULTS.

LADIES.

1. Jan Fletcher	W35	9970
2. Lorna Butcher	W50	8086
3. Dorothy Whittam	W45	7825
4. Lee Docksey	W30	2039
5. Alicia Ansell	W35	874
6. Joan Slinger	W40	710
7. Gloria Sutherland	W35	675
8. Margaret Warren	W45	81

MEN.

1. Andy Wright	M60	9649
2. Allen Tyson	M55	7592
3. Don Stone	M50	7438
4. Bill Monks	M45	5216
5. Cliff Bould	M65	3834
6. Ray Benetti	M45	3768
7. Aub Davie	M45	3755
8. Les Oakley	M35	3713
9. Brian Danby	u/c	3582
10. Bob Faulkner	M35	3553
11. Brian Foley	M35	3213
12. Dick Horsley	M65	3148
13. Jeff Whittam	M45	2749
14. Ron Strauch	M40	2746
15. Barrie Robinson	M40	2584
16. Alex Cummings	M50	2270
17. Ron Jones	M45	2135
18. Bob Hayres	M50	2002
19. Kevin Anderson	M40	1896
20. Derek Walker	M50	1825
21. Neville Gereaux	M40	1824

MEN. cont.

22. Bob Fergie	M45	1807
23. Don Caplin	M40	1770
24. Bill Hughes	M55	1630
25. John Maddison	M40	1576
26. Morris Warren	M45	1311
27. David Clive	M45	1284
28. Bob Sammells	M45	1212
29. Frank Smith	M40	1048
30. Bob Harrison	M40	967
31. Hugh Kirkman	M40	892
32. Colin Leman	M35	850
33. Mel Shead	M35	816
34. Kevin Martin	M45	800
35. Charles White	M40	793
36. Jim Barnes	M40	757
37. Frank Steere	M35	722
38. George Boakes	M65	539
39. Merv Moyle	M55	324
40. Jim De Grouchy	M55	166
41. Hilary De Souza	M40	20

Congratulations to the winners. There was great rivalry in the ladies section with the lead changing several times during the competition till the later stage where Jan showed supremacy. In the mens competition Andy once again proved that he is a hard one to beat in a "points for age" competition. We hope that next year more members will come along and try to push the Champs off their pedestals.

TWILIGHT MEETING 8th December 1982.

1. Jim Langford	15.33.5
4. Don Caplin	16.13.2
10. Ted Maslen	16.49.5
12. Brian Danby	18.20.1
15. Morris Warren	19.28.4

5000m.

Shot Putt.

Bob Fergie	10.28
Allen Tyson	6.87

PERRY LAKES 11th December 1982

100m.

Charles White	12.5
Ray Benetti	13.2
Jim De Grouchy	13.3

200m.

Charles White	26.6
Jim De Grouchy	28.2

Do Not Forget. On the 6th January we start our special Thursday evening meetings at Perry Lakes. They will follow the same format as last year. ie. there will be several different events held each week. (See your programme for the list). These are being held so that members can train for their own special event, for the Veterans Championships that we are holding in April and for those who will be going to the Australian Veterans Champs in Melbourne at Easter.

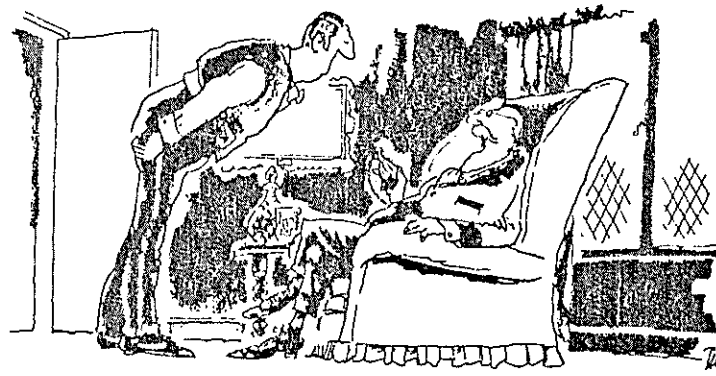
## QUOTE.

I don't run like a 40 year old, I don't feel like a 40 year old, maybe that's because I'm 41 years old.

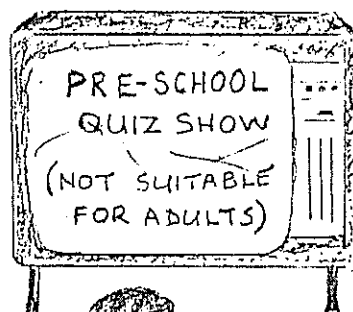
## JEFF'S PRAYER.???



reprinted from "The Incomplete Runner".



"Jarvis, it's time for my evening exercise.  
Run three miles for me please."



"THEY SHOULD HAVE TOLD US THAT YEARS AGO."

PERRY LAKES TWILIGHT 15th December 1982. 10km.

Lee Docksey	W30	42.03	Bob Harrison	M40	35.10
Frank Smith	M40	33.09.2	Ted Maslen	M45	35.27
Kevan Anderson	M40	33.58			

CHANGE OF ADDRESS. Ian Lyon, Unit 1, 29, Canning H'way, Victoria Park. 6100.

LAKE LESCHENAULTIA RUN. Boxing Day 1982.

In fine sunny conditions, with the temperature at approximately 24 degrees, thirty six runners, twenty men, nine ladies and seven by invitation (of both sexes), took off by the sound of the horn (Ford-Falcon) for the seventh Annual Lake Leschenaultia Run. This was a record turnout for the event. The course had been marked out earlier on in the day by Barrie Robinson who ran the course in 32.51. This of course included putting the distance signs on the turn fence and the arrows on the road. The run was very well organised with drinks at the bottom of the long climb through the bush, there was one request that would it be possible to sweep those small round stones off the course, the ones that cause people to slip and fall over, for next year. The Whittams arrived in what seems to be their current mode of a cloud of dust and a squeal of brakes, to leap out of the car to sound of the starters horn or gun as the case may be. It was all due to a case of ~~overeating~~ overHEATING, (by their youngsters car on the way out).

RESULTS.

		4528m	Fin.			Fin.		
1.	Jussi Vaalsta	Inv	16.40	25.28	21.	Andy Wright	M60	35.34
2.	John Hanzakowski	inv	17.20	25.47	22.	John Sparkes	inv	35.35
3.	Don Caplin	M40	17.40	26.36	23.	Frank Usher	M55	36.16
4.	Frank Smith	M40	17.55	27.40	24.	Allen Tyson	M55	36.40
5.	Derek Crowther	M40	18.30	27.40	25.	Derek Walker	M50	36.48
6.	Dave Carr	M50	18.40	28.43	26.	C. Davies	inv	38.13
7.	John Maddison	M40	18.50	28.43	27.	Tuula Vaalsta	W45	39.05
8.	Jaqui Robinson	inv	19.04	28.54	28.	T. Vaalsta	inv	39.05
9.	Ken Snowdon	M40	19.20	29.21	29.	Enid Crowther	W40	39.58
10.	Graham Thornton	M40	19.22	29.19	30.	Ian Lyon	M45	40.14
11.	Les Oakley	M35	19.23	29.31	31.	Margaret Warren	W45	42.12
12.	Bob Sammells	M45	19.50	29.32	32.	Dorothy Whittam	W45	43.21
13.	Maurice Johnson	M45	20.10	30.41	33.	J. Kent	inv	45.01
14.	Jim Hoskins	M35	20.53	30.41	Short course(Bush track missed)			
15.	Morris Warren	M45	21.16	32.10	4830m.			
16.	Keijo Vaalsta	M45	21.46	32.43	Pat Carr	WW50	33.03	
17.	Brian Danby	u/c		32.58	Peta Carr	Inv	33.03	
18.	Lee Docksey	W30		34.07	Lesley Brown	no times		
19.	Jeff Whittam	M45		34.22	Val Tyson	taken.		
20.	Ray Lawrence	M45		34.37				

After the event those that wished enjoyed a swim in the lake, whilst the others got the barbecues lit. Then a good eat and chat before the party broke up about 9.15pm. Some then went on to Avril and Barrie Robinsons to continue the party. Thanks Barrie and family for a good day.

NEW MEMBERS. welcome to the following:-

Tuula Vaalsta 9, Cloister Avenue, Manning. 6152. Tel 450 4400. 7th August 1937 W45

Keijo Vaalsta As Above ----- 17th July 1934 M45.

NATIONAL CHAMPIONSHIPS EASTER 1983. IN MELBOURNE.

Bob Farrell has come up with the following details:- Depart Perth Midnight Wednesday 30th March. Accommodation at the Queens Lodge opposite Alberts Park, St Kilda Road, for four nights at a cost of \$522.70 (share twin) or \$592.70 (single) OR seven nights for \$430.00 (share twin). This includes return air fare to Perth. Return flight leaves Melbourne approx. 6.45pm Monday 4th April. These prices are based on a party of twenty members going together. The return flight does not have to be as a group, anyone wishing to stay longer can do so.

cont.

Anyone wishing to take advantage of these concessions should contact Bob Farrell on 459 4055 as soon as possible so that definite arrangements can be made. All money has to be in to Bob by the 27th February 1983. So far there are six persons down on Bobs list. Anyone who is interested in competing must put in their entry on the official entry form, available from Dorothy Whittam, through the Secretary, again Dorothy. These must be returned to her not later than the 4th February 1983. If you do not you may be too late to enter.