



# The Vetrun



It is with deep regret that we inform members of the death of Ralph Godkin aged 63 years. He died suddenly on Saturday 11th February 1984.

Ralph had been an active tennis player for most of his life and in recent years became interested in long distance running. Until illness slowed him down early in 1982, Ralph was a very competitive runner in his age group, and was a regular at most club activities. He completed several marathons, the most recent being Albany 1981 which he completed in 3.25.20

He was for several years the clubs medical officer at the 24 hour relays, and was always willing to offer help and advice where needed.

On a more personal note, Ralph was a regular running partner for more than two years, and became a close friend. He was in the true sense of the word a real Gentleman. I offer on behalf of all members, our deepest sympathy to his widow Iris and her family at this very sad time.

Mel Shead.



# The Vetrun

No. 138, MARCH 1984



## W.A. VETERANS' A.A.C.

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**PRESIDENT: Barrie Slinger, 386 7727;**  
**TREASURER: Colin Leman, 364 7782;**

**SECRETARY: Fraser Deanus, 390 5892**  
**EDITOR: Jeff Whittam, 387 6438**

Life begins at forty, when you know all the answers, but nobody asks the questions.

A.G.M. 10.00am 1st April 1984.  
ANNUAL GENERAL MEETING. This will be held at the Gerry Archer track prior to the second day of the State Track and Field Champs. The meeting will start at 10.00am. Notices of motion will be received up to the 25th March. Nominations for office bearers will also be received to the same time. Please make every effort to attend to ensure YOU elect to the committee those members that you wish to continue the progressive running of the club and to take this opportunity of airing your views. The committee consists of:- President, Vice President, Secretary, Treasurer, and FOUR committee members. ALL POSITIONS ARE OPEN FOR NOMINATION. Those willing to stand for nomination from the present committee are Barrie Slinger (Pres.) Brian Danby (Comm.) at the end of this newsletter you will find a nomination form, this must be signed by the person being nominated and the nominator and seconder. As well as the above offices nominations are also required for the following positions:- Patron, Auditor, Librarian, Newsletter Editor, Statistician and Armourer/Equipment officer. Subscriptions will be due on the 1st April and fees will be fixed at the A.G.M. At front of this newsletter you will find a membership RENEWAL form. Please fill it in and bring it with you to the meeting. Don't forget to bring the minutes of last years A.G.M. you will find them in issue 129 of June 1983.

### COMMITTEE MEETING.

TRACK & FIELD CHAMPS. GERRY ARCHER TRACK, BELMONT. These are open to all veterans as long as they belong to a bona fide running club. DON'T FORGET ENTRIES CLOSE ON THE 10th MARCH. There will be no entries taken after this date, so get yours in NOW.

LONG WEEKEND AT BINNINGUP. OWING TO A MIXUP BY BINNINGUP PEOPLE THE CAMP WAS DOUBLE BOOKED AND UNFORTUNATELY WE CANNOT NOW GO THERE. INSTEAD WE HAVE MANAGED TO BOOK THE EATON CAMP WHERE WE WENT LAST YEAR. WE HOPE ALL THOSE THAT WERE GOING FOR THE WEEKEND WILL GO TO EATON. THE FORMAT WILL BE SAME AS USUAL WITH A CASSEROLE NIGHT ON THE SATURDAY AND A BARBECUE ON SUNDAY. THERE WILL BE THE USUAL SELECTION OF RUNS. AND OF COURSE A FANTASTIC SOCIAL TIME. THE CAMP IS FROM FRIDAY NIGHT TILL MONDAY AFTERNOON. TO GET THERE:- Take the coast road from Mandurah to Australind, as soon as you go over the bridge at Australind turn left into PRATT ROAD, follow this for two km. then turn left into the scout grounds down a gravel track. COST this should work out at approx \$2.50 per person per night.

HOPE TO SEE YOU ALL THERE

P.S. Don't forget your blow up mattress if you have one, its easier than the steel hammocks.

ALTERATION TO FIXTURE LIST. MARCH 11th LORNA'S RUN. This run will start and finish on the North Mole Fremantle Harbour, to get there go down Port Beach Road from TYDEMAN Road towards the Mole (Approx 3km) the run starts and finishes here. There is a choice of either 8 or 15km run AFTER the run its back to Lorna's place at 88, Victoria Street Mosman Park, for a B.Y.O. breakfast etc.

AUSTRALIAN VETERANS MARATHON CHAMPS. These will be held in conjunction with the Canberra Nike-Avon Olympic Marathon Trial on the 8th April 1984. Anyone interested in going should contact Fraser who has all the details and entry forms Entries Close on the 29th February so if you intend going contact Fraser urgently.

We have also received a letter from InternATIONAL PARKtours who have a 22 day tour to the New York Marathon, the tour is called Run America and the cost is \$2980 from Sydney or Brisbane anyone interested contact Fraser.

We were sorry to hear that John Gilmour and his wife have been in a car crash in Victoria, both were quite seriously injured. We hope that they are both getting better and wish them a speedy recovery.

Congratulations to Harry Batterham, father of Dennis, who was awarded the Order of Australia in the New Years Honours list. Harry has run with the club on numerous occasions when he has been visiting Dennis. John Gilmour received this award also a couple of years ago.

Did you see the picture of "Greybeard" the bank robber in the 'West' on Friday 17th Feb. you did, notice the sexy legs leaning against the counter? They belonged to Rob Shand. It was a good job that Rob was served BEFORE 'Greybeard' took the money in the robbery. One of the tellers at the bank was Bob Sammells Daughter.

#### VINTAGE VETS

It would be of interest to be able to compare contemporary long-distance performances for age with those of our athletic forbears. Comparisons tend to be impossible to make, however, as crucial information such as clothing worn, diet, road conditions, weather, etc., rarely accompany the basic data of time and distance.

The ages of athletes are often missing too, and many candidates for this series of notes may be overlooked as a result. A man named Reed, from Hampshire, ran 10 miles in less than one hour in 1774. In 1787 he walked 100 miles within 24 hours. On Weymouth Sands in 1791 he covered 50 miles in just over nine hours. Was he of veteran age at any of these times? We may never know.

Three English performances of almost 200 years ago where the ages of the walkers were known were:

1788. Mr John Batty, aged 55, undertook to walk 700 miles in 14 days. He completed the distance with five hours to spare, his daily mileages being 59, 55½, 53, 51, 51, 51, 43, 42½, 45, 51, 51, 54½, 51 and 41½.

1792. A Mr Eustace, aged 77, walked from Liverpool to London, somewhat over 200 miles, in four days.

1806. Mr Joseph Edge, aged 62, walked 172 miles in 49 hours 20 minutes.

There are distance runners in Australia today who have exceeded these performances. There has also been, in recent years, a Western Australian who may have bettered them in his Charity fund-raising walks. Given present knowledge, training and conditions, are there any other walkers with comparable achievements?

Bob Sammells.

ADVENTURES OF A TRAINEE VETERAN NOVICE. by Senex Delirus.

During a recent ponder over my lifelong lack of success came a rare flash of inspiration, "why not have a bash at the 100m and, maybe, the sprint hurdles? After all, you did once make a third in the school sports - which proves you can last the distance". So, that evening, with the aid of 20m of cord, I marked out running distances on our local oval, one on the east side of the park and one on the west side, so as to have shade for both morning and evening work. I then constructed some lightweight hurdles, using bits of coat-hanger for the upright spikes.

Early next morning, with the hurdles tucked underneath my arm, I did a warm up walk to the park, Eastside, where I was greeted by giant waterfalls. Realising that I had omitted to notify the council of my intentions so that they could re-time their reticulation programme, I turned westwards and, after clearing away a few beer cans and bottles, erected the hurdles with the height below standard for starters. Made a few dummy runs and was brought to a halt by a dog attacking my foot. Instinctively I grabbed a hurdle upright and defended my foot with a ferocity the would have won a V.C. in other circumstances. It was enough to make a veteran cross, anyway; trainee or no trainee. But the opposition tried to get the last laugh and made off with one of my crossbars, which led to an unplanned fast 100m prior to its recovery; following this I felt entitled to a recovery period myself, but during the breathless upheaval a fly decided to explore my interior fixtures and fittings and, in the effort to disbar it for life, out dropped my bottom plate. End of day 1. Part 1.

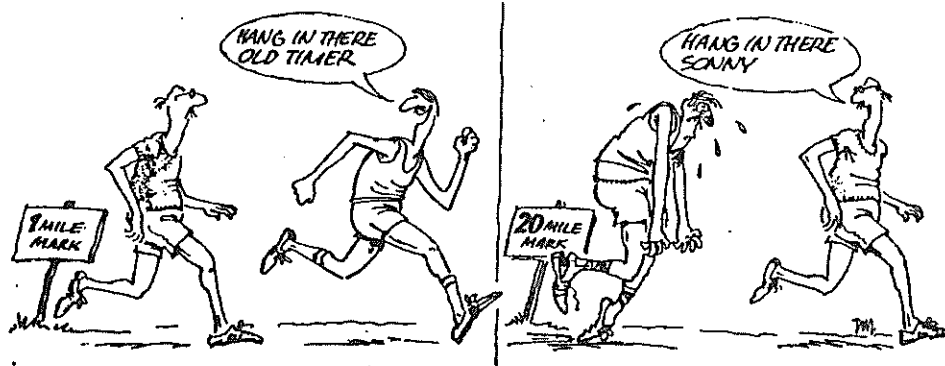
That evening I made a comeback, as planned, but again my selected side of the park was waterlogged so this time, I went east into the exotic sub-tropical type sunshine and ran and walked until I had had enough for one day. That didn't take too long!

Come next morning and the same routine and I was was completely and unafraid of the perils of the park - after all the school motto was "Nitor in Adversum" and I'd been struggling against difficulty ever since. Anyway, there are no flies on me. (Not since yesterday), I was dressed in colours different from yesterday's and when Fido turned up he got a "come here" whistle and a tickle unedr the chin and we are now the best of friends.

With a bit of training I might be able to enter him in the hurdles, whilst I'm at it - State Championship Rules permitting - of course, meantime it does help to have a pacemaker.

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Cliff Bould	turns 68	remains M65 12	Ruby Maddison	turns 47	remains W45 17
Lorna Butcher	" 54	" W50 09	John Maddison	" 46	" M45 22
Don Caplin	" 45	becomes M45 22	Bill Monks	" 48	" M45 12
Janice Henderson	" 41	remains W40 13	Jo Stone	" 39	" W35 06
Brian Foley	" 40	becomes M40 11	Duncan Strachan	" 62	" M60 26
Margaret Harman	" 46	remains W45 22	Frank Smith	" 42	" W40 06
Brian Hanks	" 49	" M45 28	Rob Shand	" 52	" M50 20
Kath Holland	" 44	" W40 31	Charles White	" 44	" M40 30
Bob Harrison	" 42	" M40 03	Ron Strauch	" 45	becomes M45 06
George Innes	" 49	" M45 03	Rosemary McGlashen	45	" W45 31
Robin Johnson	" 51	" M50 07	Cherryl Amies	" 36	remains W35 17
Phil Llorens	" 69	" M65 26	Kaitley Johnson	" 55	becomes M55 14
Mitch Loly	" 44	" M40 20	Laurie Elliott	" 44	remains M40 01



## Walking in the Peachtree Road Race

I had to do something about my midlife crisis! I was finally convinced that nothing functioned better with age. I had to see what there was left. Many of my friends entered the midlife crisis on the jog. They seemed to be outrunning their crises. I envied them, their faces contorted and drenched with sweat, as they stood gasping and grasping their knees to keep from pitching headlong to the pavement. There was nothing left to do, but try it! I bought running shoes with lightning bolts on the sides, shorts, and a brightly colored undershirt. I began slowly and built up. It was no problem getting my heart rate to 170 or 180 beats per minute. In fact, it would climb to 200 with the slightest exertion. Finally, I was running 2 miles every other day. I thought it was normal for my knees and ankles to swell and my shins to hurt and keep me awake at night. My friends who were running circles around their midlife crises told me I had better stop before I ruined my knees. Just when there was hope, I had to quit. I began to sink back into my midlife crisis.

### A Piece of My Mind

I decided to try walking as fast as I could go. This, as you may know from seeing walkers compete in the Olympics, makes men look like they are imitating ducks. People hoot, whistle, and quack at you. I persevered, and soon was walking 3½ miles a day. I decided to enter and walk in the Peachtree Road Race on July 4, 1981. The Peachtree Road Race is a real happening—25,000 contestants run 10 km up and down the hills of Peachtree Street in Atlanta. Men, women, and children enter and finish the race. The way is thronged on both sides by well-wishers and encouragement-shouters. I figured I would be among the last to finish, but would be able to keep up with some of the slower joggers.

It was a beautiful day. The crowd was festive, and the TV cameras were ready for live coverage from start to finish. The gun sounded and I was off like a duck. Panic struck—I had made a terrible mistake—I was looking at

the rapidly receding backs of 25,000 runners. I was dead last by many lengths. There was no place to hide. I considered clutching my chest and falling, walking to the curb and starting a casual conversation with a spectator, or developing a decided limp. Instead, I stepped out as fast as I could to the encouragement of the spectators who were shouting at me to run. After a mile, I was beginning to catch up with and pass some of the stragglers. I resolved to overtake a tall, elderly woman with red hair done in a French twist. The back of her T-shirt proclaimed "Super Granny." She was responding to the cheers of the crowd and I couldn't catch her. Finally, at the halfway mark, I came alongside and passed "Super Granny." At about the same time I was passed by a man with "I Am a Coronary Artery Bypass Patient" printed on the back of his T-shirt. Undaunted, I knew I could make it. About a half mile from the finish, some friends took my picture and yelled, "You look okay!" I entered Piedmont Park and crossed the finish line. I felt a little faint, but recovered quickly when a young man asked me my name and address. I was sure I would be featured on the evening sports news as someone who walked the Peachtree Road Race. I noted that the same young man questioned other finishers. He was only making sure that we were oriented and did not have nystagmus. I finished the race in 74 minutes and got a Peachtree Road Race T-shirt!

Getting a T-shirt did wonders for me and my midlife crisis. I sure hope "Super Granny" finished in time to get a T-shirt too.

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Veterans Administration  
Medical Center  
Decatur, Ga  
Emory University  
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JAMA, Dec 17, 1982

Vol 248, No. 23

CHANGES OF ADDRESS. Nicholas Gurr, 11, Maxwell Street, Beaconsfield. 6162. Jill Pearton, 5, Debden Place, Carine. 6020. Tel 448 6364

### RESULTS OF CLUB HALF MARATHON.

<u>W35.</u>	Jo Stone	1.48.40	<u>M40.</u>	Kevin Anderson	1.14.27
	Phyllis Farrell	1.49.22		Derek Hoye	1.14.42
<u>W40.</u>	Joan Slinger	1.40.15*		Don Caplin	1.15.48
	Erica Mercer	1.40.59	<u>M45.</u>	Maurice Smith	1.14.42*
	Marilyn Acreman	1.49.04		Bill Monks	1.23.20
<u>M35.</u>	Colin Leman	1.16.46		Bob Sammells	1.26.02
	Franke Steere	1.17.04	<u>M50.</u>	Dave Hough	1.24.36*
	Brian Danby	1.20.51		Bob Bryce	1.25.08
<u>M60.</u>	Duncan Strachan	1.33.55		Stan Lockwood	1.30.26
	Andy Wright	1.40.50	<u>M55.</u>	Merv Moyle	1.38.31
				Dennys Butcher	1.40.05
				Ernie Moyle	1.43.30

\* Denotes New Club Record.

Sorry for the delay in publishing these results. These are the only ones that we have managed to get.



3000m.

Bob Harrison	10.05.0	Dave Branston	10.47.7	Andy Wright	13.02.0
Frank Smith	10.11.8	Maurice Johnston	11.04.9	Jo Stone	14.23.0
Brian Danby	10.25.0	Jill Chambers	11.11.0	Cliff Bould	6.26.6
Ted Costello	10.44.6	Mel Shead	11.37.4	(1500m)	

16th Feb 1984.

100m.

David Clive	12.38
Ray Benetti	13.24
Graham Thornton	13.25
Bill Monks	13.77
Brian Foley	14.05
Frank McLinden	14.06
Dorothy Whittam	14.51
Jill Chambers	14.87
Ken Whistler	17.00

800m.

Ken Gilbert	2.12.38
Don Caplin	2.13.24
Bill Monks	2.15.92
Bob Sammells	2.48.00
Ken Whistler	2.59.98
Cliff Bould	3.28.69

Long Jump.

Jan Fletcher	4.22
Andy Wright	3.76
Jeff Whittam	3.43
Bill Monks	4.34
Dick Horsley	2.83

1500m.

Ken Gilbert	4.25.7
Don Caplin	4.36.0
Brian Foley	4.39.0
Brian Danby	4.49.0
Graham Thornton	4.59.0
Jill Chambers	4.59.0

Dave Branston	5.00.0
Bob Sammells	5.01.0
Frank McLinden	5.06.0
Maurice Johnston	5.17.0
John Pellier	5.19.0
Morris Warren	5.22.0

Jan Fletcher	5.25.0
Andy Wright	5.54.0
Joan Pellier	6.06.0
Frank Usher	6.19.0
Cliff Bould	6.20.0

3000m.

Colin Leman	9.52.8
Brian Danby	10.27.2
Brian Foley	10.33.1
Graham Thornton	10.50.0

Dave Branston	10.55.0
Alan Acreman	11.12.0
Frank McLinden	11.25.0
Morris Warren	11.30.2

Allen Tyson	12.04.3
John Pellier	12.52.2
Ken Whistler	13.41.0
Cliff Bould	13.41.4

3000m WALK.

John Pellier	16.47
Dick Horsley	16.52
Val Tyson	20.31
Margaret Warren	21.41
Jack Collins	22.11

DISCUS.

Andy Wright	26.62
Bob Fergie	25.60
Ken Whistler	25.22
Ray Benetti	22.18
Jan Fletcher	21.64

Dick Horsley	20.78
Jeff Whittam	19.02
Val Prescott	18.76
Dorothy Whittam	17.50
Jack Collins	14.48
Margaret Warren	12.74

SHOT. 16lb

Bob Fergie	9.40
Ray Benetti	7.73
Jeff Whittam	6.27
Bob Sammells	6.18

10lb.

Andy Wright	7.53
Dick Horsley	6.88

3kg.

Margaret Warren	5.60
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RESULTS TRACK & FIELD and WALKERS CLUB. \* Denotes Record.(Club)1500m.

17 Dec	Jill Chambers	4.39.3*	W30
7 Jan	Jill Chambers	4.41.0	"

Brian Foley	4.31.0	M35
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800m.

17 Dec	Jill Chambers	2.21.7*	W30
7 Jan	Jill Chambers	2.19.3*	W30

400m.

7 Jan	Eileen Hindle	59.4	W35
	Jim De Gruchy	67.4	M55

200m.

7 Jan	Eileen Hindle	25.5	W35
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100m Hurdles

21 Jan	Eileen Hindle	14.00	W35 Aust Rec.
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Discus.

14 Jan	Bill Chapman	32.64*	M55
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Pole Vault.

21 Jan	Ted Maslen	2.75*	M45
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100m.

21 Jan	Eileen Hindle	12.5	W35
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400m Hurdles.

Eileen Hindle	64.3	W35
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W.A. Walkers Club. 4000m H/Cap.

Dick Horsley	1st	35.57	M70
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MAD MILE. PARKING FOR CARS ETC. is at Mills park Oval, Brixton Street,  
22 April. Kenwick. Off William Street. The run is at Brentwood Road.

Did you know. The clubs first newsletter was published on the 1st July 1974.  
and listed performances of club members at McCallum Oval on the 19th May 74.  
Indicating that the club was formed about April 1974, with Keith McDonald  
as President, John Gilmour, Jack Collins and Dave Carr as Vice Presidents  
and Cliff Bould as Secretary

Heard at one of the runs. 1st runner "I see you have been on holiday"  
2nd runner "yes, just got back". 1st runner, looking at 2nd runners spread-  
ing waistline. "I thought you were looking 'comfortable'".

#### WEST COAST CHALLENGE 8K

The best weather conditions we have had for this event greeted runners on  
Sunday the 12th February.

Some showed their delight at the cooler less windy conditions by rewriting the  
record book in age groups. Runners gathered at the Floreat Beach car park and  
as is usual it's hard to gauge numbers as they spread out on their various  
pre-race activities. Some jog off for a warm up. Some sit in their cars  
listening to the radio or reading the paper. Others group in 2's or 3's for in-  
depth conversation about the weather, race tactics, and point out how they will  
find the run difficult due to a variety of "injuries". Kevin Anderson contemplating  
would he run barefoot having left his shoes home. Others in the form of race  
organisers do their best to seek them out to record their names and get some  
sort of meaning into what ~~WE ARE~~ about.

The course described and the digital clock set in count down saw the field of  
65 away on time 8.00am. With the exception of the Slingers who will have to  
bring a note next time they are late. Bill Jones a well known Marathon Club  
runner and running on invitation led the field down the first leg. This lead  
was maintained throughout and must have set the pace and gave Colin Leman,  
Don Caplin, Frank Smith someone to chase other than one another for a change.  
The spread between the 4 runners was evenly spaced 15 - 20 metres between each.

Others being pulled through the pace Brian Danby, S Beaumont (invitation),  
R. Jones, Fraser Deanus, Noordyk (Junior), H. White, and would you believe  
J. Chambers our fast lady.

All in all the challenge was a quality run for most and from observation enjoyed  
by most right through to the last to finish, B. Whistler who was more excited  
than the winner on her achievement, and received a lucky spot prize of a Parker  
Ballpen as did Alan Acreman, Bill Monks & V Beaumont.

The ocean close by gave the opportunity to enjoy sun and surf and the crowd  
drifted their chosen way.

Thanks go to -

Ann Smith, Mike Berry, Dick Horsley, Cliff Boald and Brian (Digital) Danby.

Bob Hayres.



## WEST COAST CHALLENGE 8K

12/2/1984

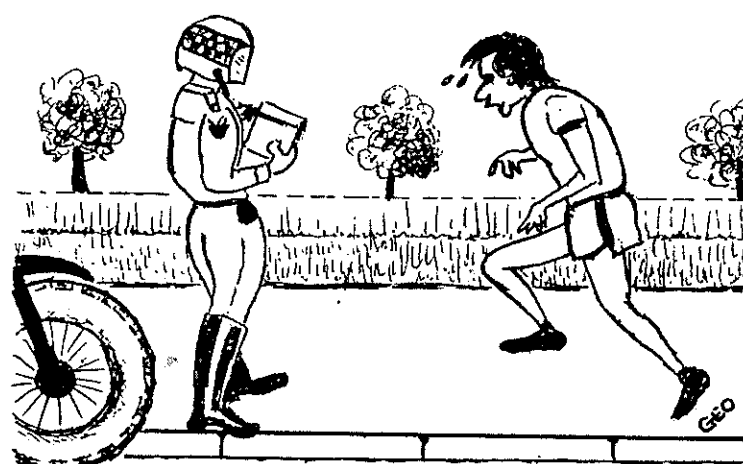
Bill Jones ran by invitation and is ineligible for trophy.

1st Male C. Leman M35 27.54  
 2nd " D Caplin M40 28.25  
 3rd " F Smith M40 28.32

1st Lady J. Chambers W30 30.27  
 2nd " T. Vaalsta W45 37.59  
 3rd " J. Pellier W40 38.27

B. Danby M35 29.06  
 S. Beaumont (INV) 29.15  
 R. Jones M45 29.42  
 F. Deanus M40 29.59  
 J. Noordyk (INV) 30.06  
 H. White M40 30.26  
 J. Barnes M40 30.27  
 W. Monks M45 30.34  
 M. Kahn M40 30.42  
 G. Thornton M40 31.00  
 R. Shand M50 31.02  
 R. Sammells M45 31.56  
 D. Hongh M45 32.01  
 H. McGlashan M45 32.02  
 D. Moffett M50 32.11  
 A. Acreman M45 32.22  
 V. Caruso (INV) 32.39  
 F. McLinden M50 32.53  
 D. Branson M45 32.58  
 K. Vaalsta M45 33.07  
 J. Pellier M40 33.18  
 D. Roberts M40 33.29  
 A. Tyoon M55 33.45  
 R. Farrell M40 34.01  
 M. Hill M40 34.14  
 G. Peet M50 34.27  
 D. Strachan M60 34.37  
 P. Davies M50 35.20  
 N. Moyle M55 35.45  
 S. Lockwood M55 35.54  
 I. Sutherland M40 36.33  
 M. Johnson M45 36.33  
 R. Laurence M55 36.49  
 B. Thomsett M50 37.11  
 V. Beaumont M50 37.24  
 G. Noordyk M60 37.33  
 A. Wright M60 37.57  
 K. Whistler M50 39.09  
 G. Morgan M55 39.14  
 F. Usher M60 40.10  
 F. Hagger M55 40.48  
 B. Slinger M45 41.37  
 J. Whittam M45 42.04  
 S. Munsie ? 42.26

M. Robinson W45 39.53  
 J. Pearton W35 39.56  
 M. Acreman W40 39.59  
 G. Sutherland W21 41.05  
 A. Deanus W35 41.21  
 L. Eggins (INV) 41.21  
 P. Farrel W35 41.24  
 J. Slinger W40 41.37  
 L. Bucher W50 42.04  
 N. Berry W50 46.15  
 J. Strahan W55 49.02  
 D. Whittam W45 52.00  
 V. Tyson W55 56.59  
 B. Whistler W40 63.43



"I'LL HAVE TO BOOK YOU FOR BEING ON A  
 PUBLIC ROAD AND EXCEEDING THE SPEED  
 LIMIT."

Congragulation to the following who re-wrote the record book this event.

J. Chambers W30 30.27  
 J. ~~Pearton~~ W35 39.56  
 J. Pellier W40 38.27  
 T. Vaalsta W45 37.59

C. Leman M35 27.54  
 R. Jones M45 29.42  
 R. Shand M50 31.02  
 D. Strachan M60 34.37