

# The Vetrun

NO. 175 APRIL, 1987

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

PATRON: BILL HUGHES

PRESIDENT: Basil Worner 387 9756 (W) TREASURER: ROB FARREL 459 4055

EDITOR: Brian Aldrich 332 6179 (H) SECRETARY: SANDI WALTON 339 2988  
(messages) 325 5849



### FROM THE COMMITTEE

At the Annual General Meeting held on 22nd March the Club voted that the subscriptions and fees should henceforth be charged as follows:-

Joining Fee and Subscription \$22 single \$27 double  
Subscription only \$17 single \$22 double

(Those joining between October 1st and March 31st 1988 to pay \$11 single and \$13.50 double).

At the same Annual General Meeting the following were elected to office

Patron : W J (Bill) Hughes  
President : Basil Worner  
Vice-President : Keith Forden  
Secretary : Sandi Walton  
Treasurer : Robert Farrell  
Editor Vetrun : Brian Aldrich  
Handicapper : Keith Forden  
Committee Members : Lorna Butcher  
Brian Foley  
Paul Martin  
Barrie Slinger

The meeting also recorded its appreciation for the work of the outgoing Committee and that of the Equipment Officer, Stewart Hoskins who has kindly offered us his assistance again this year.

Order - the 1987/88 Calendar is being printed

Meanwhile:

<u>DATE</u>		<u>DISTANCE</u>	<u>VENUE</u>		<u>RACE DIRECTOR</u>
12/4/87	MEDIBANK FUN RUN (WAMC) + VETS TRIATHLON	10KM	McCALLUM PARK	8.30am	WAMC
19/4/87	WALLISTON WALLOP *	10KM 5KM	14 CALADEMIA RD, WALLISTON	9.00am	M. JOHNSTONE VBMEH
26/4/87	BRIDGES PACK RUN	10KM	McCALLUM PARK	8.00am	COMMITTEE
3/5/87	ANDY WRIGHT MEMORIAL RUN *	10KM	CNR BEACH/ OAKLEY RDS	8.00am	PETER DAVIES VMEH
10/5/87	SUTHERLANDS RUN *	8.4KM	17 MILLINGTON ARDROSS	9.00am	I. SUTHERLAND VBME
17/5/87	LAKE MONGER R.R.C. *	10KM	LAKE MONGER	8.00am	F. McLINDEN V.B.

KEY: - V. Visitors Fee \$1.00  
B. Barbecue  
M. Morning Tea  
E. Entry Fee  
H. Handicap Event

\* Please see maps for courses.

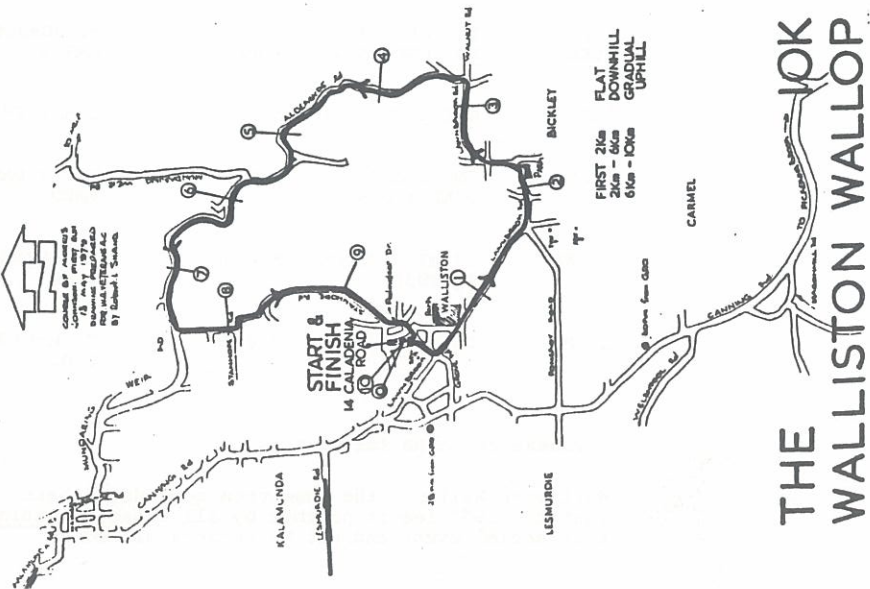
Walliston Wallop - the Committee reminds members that the .50¢ fee is payable by all those attending this social event and not by runners alone.

**WALLISTON WALLOP 19/4/87**

**VENUE (Assembly)**  
 14 Caladenia Rd., Walliston  
 Start: Grove Rd., Cnr. Caladenia Rd

**COURSE**  
 10K, 1K gravel, 9K sealed road.  
 Quiet country lanes around Bickley and Kalamunda

Start: 9.00 a.m.



- \* **Difficulty**  
 Care must be taken doing the steep downhill stretch from Lawnbrook Road to Aldersyde Rd., going too fast one can get injured.
- \* **Surface**  
 First 1K gravel road, rest of course is sealed.
- \* **Hazards**  
 Usually do not meet much traffic but coming up Mundaring Weir Rd., you must run on the right hand side of road.

**DRINK STATIONS**

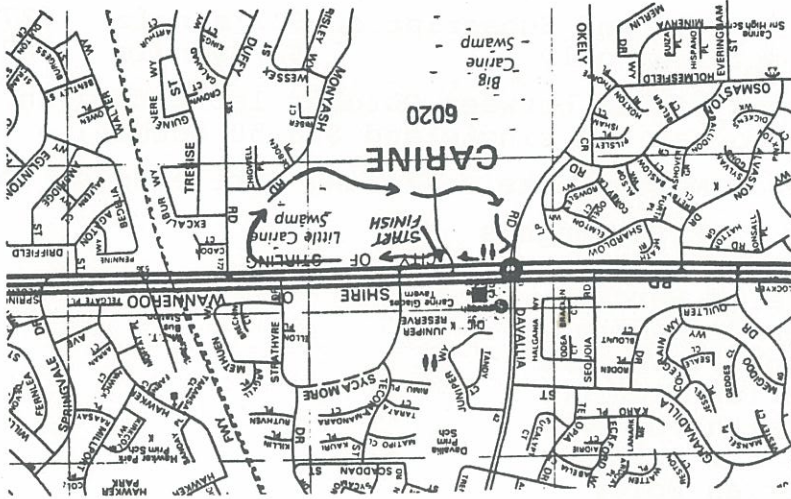
**FACILITIES:** Toilet, changing rooms, shower, morning tea laid on, BBQ facilities

**COMMENTS:** Demanding course. Save your energy for the last 4K uphill - you will need it.

**ANDY WRIGHT MEMORIAL RUN 3/5/87**

**VENUE (Assembly)**  
 Corner of Beach and Okley Roads, Carine. 8.00 a.m. start

**COURSE**  
 3 laps of a scenic 3.3k course in the "Little Carine Swamp" park.



- \* **Difficulty**  
 Flat and easy
- \* **Surface**  
 Concrete paths
- \* **Hazards**  
 Should be free of hazards. However, watch unattached dogs and walkers

**DRINK STATIONS**

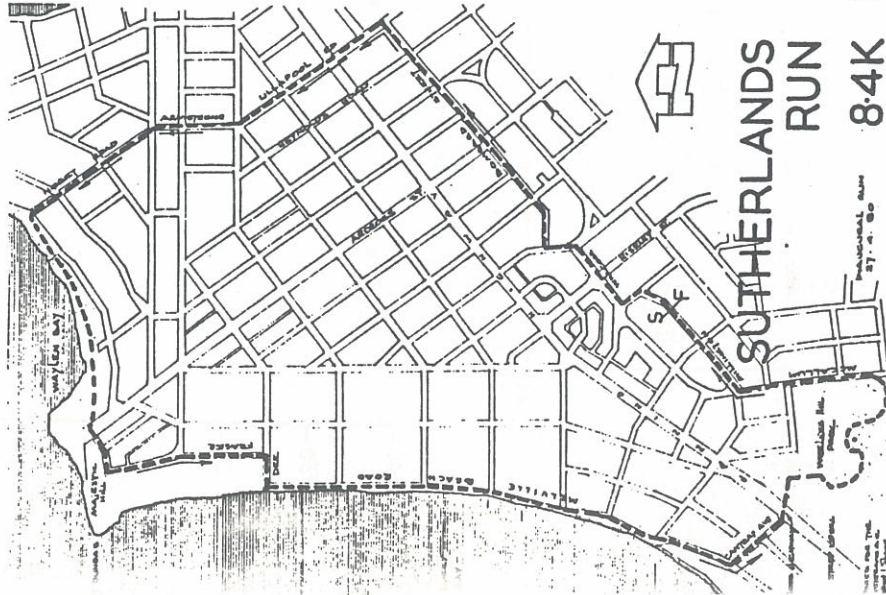
After each lap.

**FACILITIES:** Changerooms and showers

**COMMENTS:** A popular club handicap run in memory of the late Andy Wright. Morning tea provided.



**SUTHERLANDS RUN 10/5/87**



**VENUE (Assembly)**  
17 Millington Street  
Ardross  
**COURSE**  
See map

**\* Difficulty**

Mainly flat on bitumen, but good climb up Wireless Hill.

**\* Surface**

Mainly bitumen, some grass.

**\* Hazards**

Two crossings on Canning Hwy. crossing of Riseley St., and Reynolds Rd. Runners will be warned by marshalls at these points.

**DRINK STATIONS**

No.

**FACILITIES:** Morning tea, barbecues, showers.

**COMMENTS:** A pleasant run along the river front and through Wireless Hill Park.

**LAKE MONGER RUN 17/5/87**

**VENUE (Assembly)**  
Lake Monger Run, Dodd St.

**COURSE**

10km. 2 or 3 laps  
Each lap is 3374 metres  
2 laps = 6.626 metres  
10K = 3 laps minus 122 metres.

**\* Difficulty**

Fast and flat. Good for checking your exact 10km time.

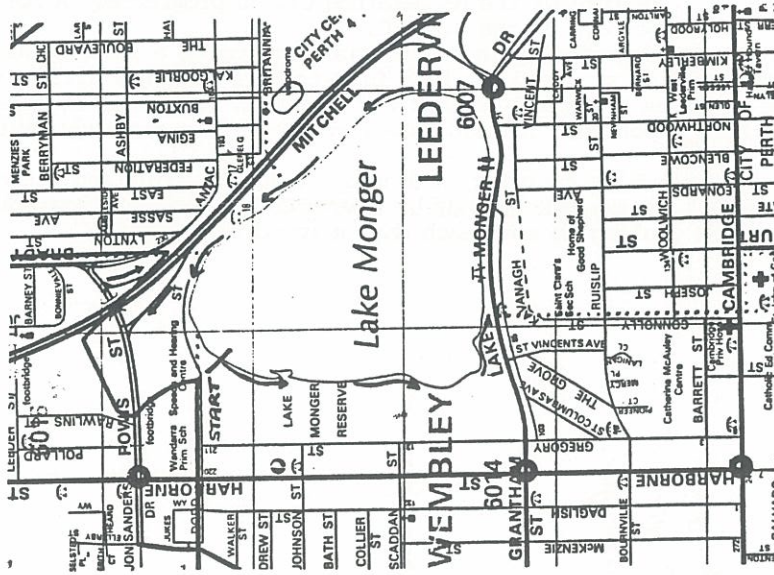
**\* Surface**

Bitumen and some flat brick paving.

**\* Hazards**

Cyclists, joggers and an abundance of bird life.

**DRINK STATIONS**



**FACILITIES:**

Toilets, Childrens playground. No BBQ's so Club BBQ's must be taken. Good parking.

**COMMENTS:**

Run anti clockwise, keep left. Start at painted white line marked "S". Finish at "F".



EACH YEAR TAKES ITS TOLL  
by Richard Harris  
30 Cosmelia Way, Parkwood 6155



Veteran runner David Muir, age 42, of Ardross, WA, has made an interesting discovery after having 100 of his time trials over a four-year period analysed by computer. The result: he is getting slower at the rate of ten seconds per 8km each year, and the trend is the same whether it is based on his average runs or his best 20.

David, a lecturer in mineral chemistry at Murdoch University, came to Australia from Reading, England, in 1970. He was introduced to running when a group of his colleagues at Murdoch entered for WA's 12km City to Surf Fun Run, about 8 years ago. About the same time he was introduced to orienteering and he uses a running programme as a basis for his orienteering training.

Since then he has maintained a weekly running schedule of 50-60km, including several 8 to 10km easy runs during the week, and a 8km time trial at Point Walter on Monday nights. The time trial is a weekly feature of the WA Marathon Club's programme. A lot of veterans are also members of the W.A.M.C.

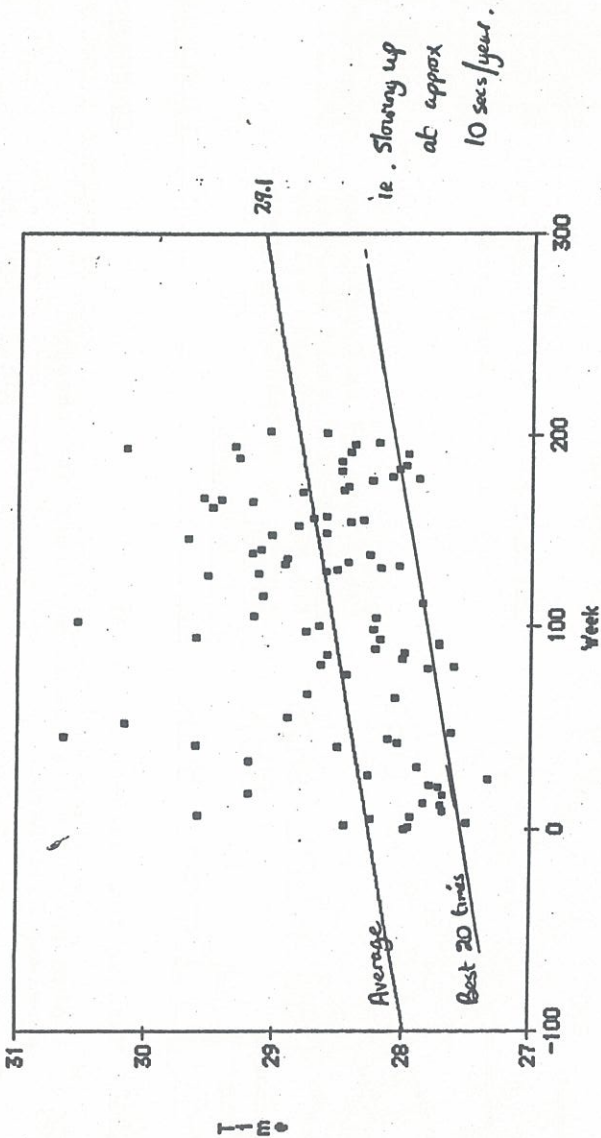
During his marathon build-up, David gradually increases his long run to a relaxed 30km. His fastest time in five marathons was a 2 hr 39 min, and his best City to Surf time was 41.36 over the 12km.

David uses the 8km time trial as his speed workout for the week. Orienteering gives him plenty of cross country and hill climbing practice. To calculate a marathon pace strategy David adds 10% to his 8km time.

He isn't strict about his diet while training, and enjoys a social drink and barbecues, although he tends not to eat much red meat. On the other hand, he always eats plenty of vegetables and fruit.

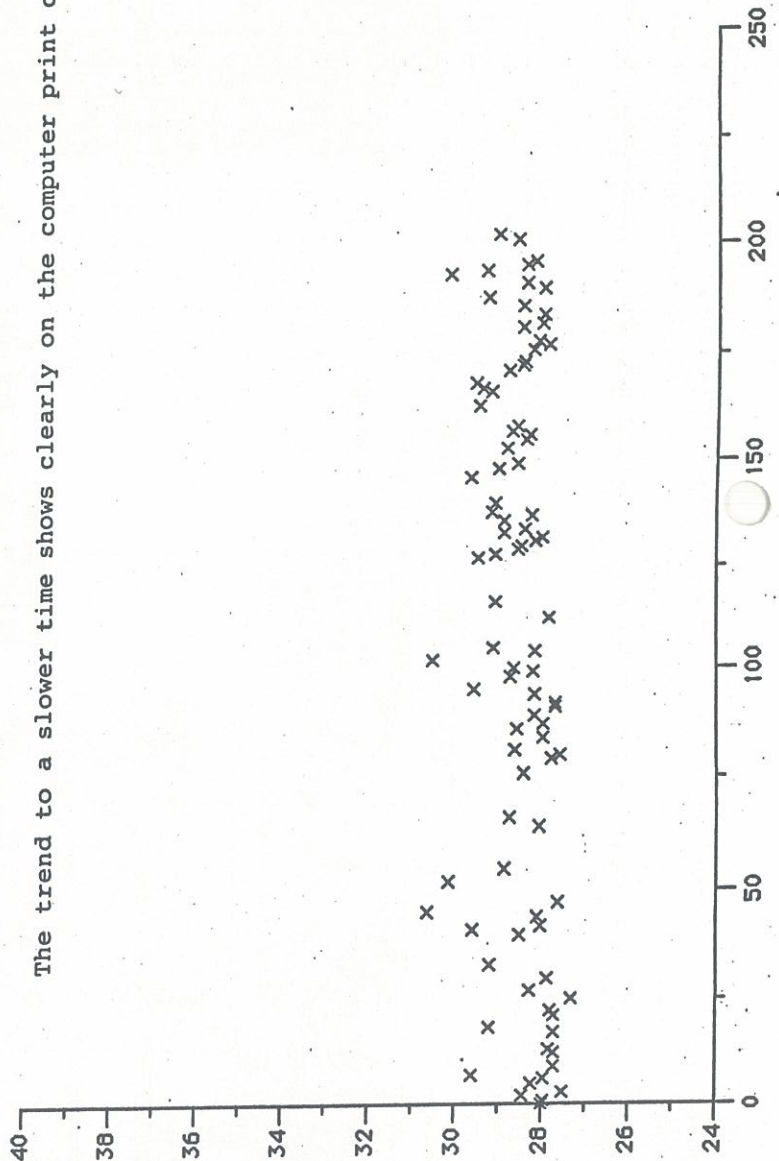
He gets some useful exercise cycling to work each day, a round trip of 10km.

David's results analysed on Expanded Scale  
StatWorks™ Data Untitled Data Thu, 5 Mar 1987 5:23 PM



The trend is even clearer from these "best fit" lines

The trend to a slower time shows clearly on the computer print out.



8 KM TIME





Paul Jones writes concerning "Around the Bridges" on 22nd February.

Due to work commitments he was unable to co-ordinate the run and expresses his thanks to Bob Sammells, Maureen Pomery, Bev Thornton and Jackie Greenfield for having organised it and acted as officials.

Barry Harwood writes to draw the attention of readers to the benefit of sport massage which is now enjoying a revival. Details may be obtained from Barry ph. 387 8007 or 387 6159 (9am - 3pm).

George Audley, our ultra-marathoner from Albany who has been training up to 250km per week for the Sydney to Melbourne run, writes concerning the appearance of blood in the urine of some long distance runners. One diagnosed cause of this rather alarming symptom is Haematuria which, reduced to very simple terms, arises from the banging together of the walls of an empty bladder, thus causing lesions. The remedy apparently, is not to run with a completely empty bladder. (Any member requiring further details please contact me - Ed.)

John Smith has written to us from Kobe City, Japan to say that he will be back in June. He joined a field of 12,000 in the Sasayama Marathon last month which was run in snow and ice and despite the congested course resulting in a walking pace at times ran it in 3hrs 50m. Among some of the more unusual features, this run imposed time limits on sections. If you exceed the limit at 15:25: or 35km the organisers return you by bus! John finds the Japanese nice people but as marathoners, superb. Good humour, patience and politeness prevailed.

159 Calais Road,  
Wembley Downs,  
6019, V.A.  
8th March 1987

Dear Sirs,

After having been an interested but slothful, and now M60 "spectator member", for the past few years, I now wish to tender my resignation from the Club. My good intentions on joining have not got beyond purchasing running shoes and an occasional sortie to the local reserve at a time when darkness would prevent me being recognised by the locals, and my participation in Club activities have consisted of attendance at one A.G.M. and purchase of some uncommonly good Port.

I regret that I have not been able to do better as a member and my resignation is coloured by a deep latent envy of runners that I pass in my car each day, plus nostalgic thoughts of what once was!

My resignation does not imply a loss of interest in the Club, so if I can possibly help to promote its aims and interests, I shall do so. I shall continue to watch the Club increase in strength and wish the Committee and all members good luck in their efforts.

Yours sincerely,

John McKechnie.

P.S. Please let me know if there is ever any Port going in the future!!





Frank McCaffrey Editor of the "Fun Runner" would like feature any outstanding person or event from W.A. in magazine and would also welcome good quality black and white photographs of our successful members in action. (Here is a chance for the W.A. Vets Club to enhance its image nationwide - I shall be pleased to forward your articles - Ed).

#### VII WORLD VETERAN GAMES - MELBOURNE - NOVEMBER 1987

Entry forms and booklet are available from our Club Secretary, Sandi Walton.

#### Shared Pedestrian/ Cycle Tracks

At the A.G.M. a member again drew our attention to the dangers of accidents on these tracks. We should try to avoid a collision and by keeping well to the left half of the track. (Unlike road running where, unless otherwise directed, we face oncoming traffic). Most experienced runners acknowledge cyclists who show consideration by warning of their approach. The shared paths of Perth, especially those around the bridges, are deservedly becoming increasingly popular with cyclists and pedestrians alike and it is important to use them harmoniously.

#### Australian Track and Field Coaches Association - W.A. Branch

Fred Smart, the 1987 Level I course co-ordinator, tells us the above organisation is holding its National Level I Coach accreditation course during May and June. Fred can be contacted in the evenings by telephone on 390 7709.

#### A VERY HAPPY BIRTHDAY TO OUR "APRIL" MEMBERS

01-04-20	KENNEDY	: Peter St John	turns 67	remains	M65
02-04-40	MCGINNIS	: Mary	" 47	"	W45
03-04-38	BOWER	: Jill	" 49	"	W45
03-04-31	HEIJNE	: Frits	" 56	"	M55
05-04-38	FARQUHAR	: Patricia M	" 49	"	W45
06-04-55	CARMEN	: Tina	" 32	"	W30
07-04-46	HILTON	: Lena	" 41	"	W40
08-04-41	HAYNES	: Paul	" 46	"	M45
09-04-41	COOK	: Valerie J	" 46	"	W45
09-04-37	JOHNSTON	: Maurice	" 50	becomes	M50
10-04-49	CHAMBERS	: Jillian	" 38	remains	W35
11-04-1892	JONES	: Thomas J	" 95	becomes	M95
12-04-40	GRAY	: Stuart D	" 47	remains	M45
12-04-42	JOHNSTONE	: Bob	" 45	becomes	M45
12-04-26	JONES	: David C	" 61	remains	M60
14-04-26	DeGRUCHY	: Reginald	" 61	"	M60
14-04-43	DOW	: Doreen	" 44	"	W40
15-04-43	DAGOSTINO	: James	" 44	"	M40
16-04-37	MCGLASHAN	: Hamish	" 50	becomes	M50
16-04-41	SPENCER	: Patricia	" 46	remains	W45
18-04-35	JOHNSON	: Michael A	" 52	"	M50
18-04-32	HOUGH	: David L	" 55	becomes	M55
18-04-43	PETTMAN	: Roger C	" 44	remains	M40
18-04-45	SUTHERLAND	: Gloria	" 42	"	W40
19-04-24	CHAPMAN	: Bill	" 63	"	M60
19-04-50	LANGFORD	: Rosemary	" 37	"	W35
19-04-31	MCLEAN	: James C	" 56	"	M55
19-04-39	SPARE	: Charles	" 48	"	M45
19-04-38	STICKLES	: Joseph E	" 49	"	M45
19-04-48	WILLERS	: Jenny	" 39	"	W35
20-04-42	JOHNSON	: Barry	" 45	becomes	M45
21-04-46	CARUSO	: Vincent	" 41	remains	M40
21-04-36	JOYCE	: Bob	" 51	"	M50
22-04-44	ANSELL	: Alicia	" 43	"	W40
22-04-23	BOWLER	: Sydney E	" 64	"	M60
23-04-42	NORDEN	: Bruce J	" 45	becomes	M45
24-04-36	CAMPBELL	: Jock	" 51	remains	M50
25-04-39	CUNNINGHAM	: John	" 48	"	M45
28-04-38	CRELLIN	: William	" 49	"	M45
26-04-34	SMITH	: Maurice	" 53	"	M50
29-04-44	GOLD	: Joseph	" 43	"	M40
30-04-44	MacLIVER	: Peggy	" 43	"	W40



We extend a warm welcome to our new members :-

7

		D.O.B.	D.O.J.
Bernard L Oliver	C/- Midland Caravan Park 2 Toodyay Road 6056	19/11/43	18/02/87
Valerie J Cook	Villa 7 81 Calais Rd Scarborough 6019 341 7274	9/04/41	15/03/87
John Cunningham	Unit 8 25 Harper St Victoria Park 6100 362 6340	25/04/39	1/03/87
Allan Martin	38 Marmion St North Perth 6006 328 7201	2/01/52	26/02/87
Dennis M Morris	65 Adelaide Circle Craigie 6025 401 4992	21/12/49	26/02/87
John Molloy	6 Lovett St Scarborough 6019 341 7580	6/03/57	26/02/87
Tom Savin	57 Wisteria Parade Edgewater 6027 405 4078	13/10/45	13/03/87
Bruce H Willson	8 Dundalk Rd Floreat Park 6014 387 5284	16/02/45	3/05/87
Gerald Foley	199 Curtin Avenue Cottesloe 6011 -	8/06/26	9/03/87

#### THE EATON WEEK-END

Down by the Collie river where the massive gum trees raise  
Their brown-hued, stately limbs on high,  
Where the gentle breeze, at eventide,  
Whispers softly as a sigh,  
Where the stars come out as bright as lights  
As the night birds loft their call -  
Ah! That's the place for jogging, friends,  
And Eaton has it all!

It is not very far to Eaton.

Paul Jones had that impression as he made arrangements to have his push-bike transported there so he could ride it back.

A few experienced week-enders were there on Friday night and considerable attention was devoted to determining which end of the bunkhouse would be the quiet end. Alas! The best laid plans of mice and men etc. etc. etc.

Living became more comfortable after running water had been re-laid on to the site and Jeff Whittam, morally supported by several enthusiastic spectators, had chopped a heap of firewood for the boilers.

Fortunately the refrigerators were functioning faultlessly so important beverages such as milk, apple juice, grape juice and hop juice were cold at all times.

The days began and ended with runs of various distances ranging from 5km the first morning up to 21km on the last day. These were conducted on a non-competitive basis and running for the pleasure of running was the underlying theme although a certain amount of serious training was done. Indeed, no less than eight members of our club are running in The London Marathon, on May 10th, this year.

Margaret and Hank Stoffers, displaying their usual convivial attitude and desire to assist, enhanced the pleasures of the week-end's companionship whilst members of the Bunbury Running Club willingly laid out a Hash Run around Eaton as well as turning up in force to run the 21kms on Monday morning; thus reinforcing the friendship between our clubs.

The weather bestowed wonderful, fine days upon us and a feeling of relaxation prevailed throughout the duration of the camp.

The canoes were in constant use but the most popular past time was sitting or reclining on a grassed riverbank just yarning or combatting the effects of dehydration.

The evening's hours were charmed away in community singing; the entertainment being led, or dominated, by Messrs Pellier, Slinger and Forden purely by virtue of their vocal volume and endurance rather than their musical ability; the former strengthening and the latter weakening as the evening progressed.

The happy week-end eventually came to a close.

Paul Jones was persuaded to put his pushbike in a vehicle and accept a life back to Perth, the kitchen was cleaned, the door shut, the boiler put out, the vehicles moved off and serenity was restored to the scene.

Our thanks go to Sandi Walton for arranging an enjoyable time in which participants became better acquainted and fellowship within our friendly club considerably expanded.

By Arthur Leggett

## AROUND THE HOUSES - 8/3/87

<u>POS</u>	<u>NAME</u>	<u>AGE</u> <u>GROUP</u>	<u>TIME</u>	<u>HANDICAP</u>
1	Barry Harwood 6.4km	M45	24.27	
2	Rob Shand	M50	24.42	
3	Bob Sammells	M50	27.35	
4	Ray Brown	M50	27.56	
5	Dick Blom	M50	30.00	
6	Paul Martin	M45	30.01	
7	Joan Pellier	W45	30.12	
8	Cliff Bould	M70	30.13	Record
9	Alison Aldrich	W40	30.31	Record
10	Jeremy Cariss	Visitor	32.30	
11	Jenny Withers	W35	32.51	
12	John Lindsay	M35	32.53	
13	Sandi Walton	W40	33.11	
14	Joan Slinger	W45	33.11	
15	Rob McLiver	M45	34.16	
16	Bev Thornton	W35	34.34	
17	Len Hassam	M55	34.48	
18	Patricia Carr	W55	35.43	Record
19	Margaret Muller	W40	37.03	
20	June Strachan	W60	37.11	
21	Bob Joyce	M50	37.29	
22	Margaret Taylor	W35	38.32	
23	Marline Tucker	W35	38.54	
24	Christine Willetts	Visitor	39.10	
25	Mary Robinson	W50	39.11	
26	Dorothy Whittam	W50	43.26	
27	Chris Brockwell 15.6	M35	54.00	Record
28	Frank Smith	M45	54.15	Record
29	David Muir	M40	54.28	
30	John Pressley	M40	54.37	
31	Brian Power	M40	56.03	
32	Brian Danley	M35	57.13	
33	Jim Barnes	M40	57.17	
34	Colin Leman	M40	57.37	
35	John Gilmour	M65	58.23	Inaug. Record
36	Graham Thornton	M45	59.47	
37	Don Caplin	M45	1:00:12	
38	Frank McLinden	M55	1:00:13	
39	J. Molloy	M35	1:00:24	
40	Joe Yates	M40	1:01:01	
41	John Bell	M40	1:01:45	
42	Dave Roberts	M40	1:01:55	
43	Arnold Jenkins	M40	1:02:20	
44	George Schaefer	M50	1:02:46	
45	Joe Trovato	M45	1:03:10	
46	John Madison	M45	1:03:17	
47	Peter Airey	M50	1:03:23	
48	Ian Fleming	Visitor	1:04:41	
49	John Pellier	M45	1:04:56	
50	Jim Greenfield	M40	1:05:39	
51	Dennis Miller	M45	1:06:04	
52	Bryan Hardy	M40	1:06:33	
53	Dalton Moffatt )Dead	M55	1:07:24	
54	Cheryl Bell )Heat	W35	1:07:24	1st F Record
55	Ted Costello	M50	1:07:57	



## AROUND THE HOUSES - 8/3/87 Contd.

<u>POS</u>	<u>NAME</u>	<u>AGE GROUP</u>	<u>TIME</u>	<u>HANDICAP</u>
56	Alan Tyson	M55	1:07:57	
57	Alan Pomery	M55	1:08:50	
58	David Barr	M50	1:09:54	
59	Barrie Slinger	M45	1:09:54	
60	M. Warren	M45	1:09:55	
61	Maurice Johnston	M45	1:09:55	
62	Brian Aldrich	M55	1:10:05	
63	John Curtin	M50	1:10:28	
64	Richard Harris	M50	1:10:43	
65	Vic Beaumont	M55	1:11:04	
66	Bill Crellin	M45	1:11:42	
67	Angus Sim	M35	1:12:04	
68	Keith Forden	M45	1:13:11	
69	Margery Forden	W45	1:13:58	2nd F
70	Peter Wingard	Visitor	1:15:59	
71	Duncan Strachan	M60	1:17:39	
72	Peggy McLiver	W40	1:19:21	3rd F
73	John Russell	M50	1:19:50	
74	Gerry Foley	Visitor	1:20:23	
75	Jock Campbell	M50	1:21:20	
76	Frank Usher	M60	1:22:56	
77	Patricia Weston (started 1 min short)	W50	1:24:10	
78	Alan Chambers	M45	1:25:07	
79	Barry Thompsett	M45	1:25:54	
80	Elza O'Dea	W50	1:26:23	Inaug. Record
81	J. Pearce	W35	1:26:36	
82	Margaret Warren	W50	1:27:03	
83	Fred Hagger	M60	1:29:06	
84	Alan Croxford	M40	1:29:07	
85	Selby Munsie	M50	1:32:27	

ROUND the 'HOUSES

There were more runners competing/ running than in previous years, but because of all the help received everything went smoothly. The weather was pleasant altho' the wind into the finish was trying.

The winners of the 15.6k run were C. Brockwell in 54" beating the record by 22 secs and first women home was Cheryl Bell in 1 hr 7 minutes - another record. B. Harwood won the 6.4k run for the third time and J. Pellier was first lady.

Grateful thanks to all the helpers and hope to see you all there again next year!  
J. Langdon, J. Greenfield, K. Penton, B. Worner,  
B. Thornton, M. Pomery, A. Smith, R. Johnston, S. Hoskins,  
S. Walton & B. Costello.

L.B.









Name	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	Walk 2000	Walk 3 KM	Long Jump	Trip Jump	Shot Putt	Dis-cus	Jave-lin	Ham-mer	
A Aldrich	W40			78.21															
V Prescott	W40															17.29			
M Forden	W45									48.21									
D Whittam	W50	14.09												8.08					
L Butcher	W55	17.30														13.78		10.18	
B Danby	M35									36.03									
K Martin	M40	12.08																	
K Forden	M45									44.36									
D Carr	M50			58.69															
J Whittam	M50															18.50		12.1b	15.44
B Sammells	M50																		
F McLinden	M55									38.19									
C Bould	M70									48.29									
C Baumann	M70															23.31			
E Hindle	W35	12.50		61.71										10.97					
M Taylor	W40	15.04																	
J Johnson	W40	13.02		64.25										9.52					
P Carr	W50	15.20		76.63															
B Wolfs	M40	12.75																	

Name	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	Walk 2000	Walk 3 KM	Long Jump	Trip Jump	Shot Putt	Dis-cus	Jave-lin	Ham-mer	
J Travato	M40									39.59						26.92			
A Jenkins	M40	13.30								39.44									
K Martin	M40			54.93										10.94					
N Richards	M45	12.46																	
M Johnston	M45									43.52									
J Pellier	M45									41.01									
G Thornton	M45	13.02								39.09									
D Caplin	M45									36.46									
D Carr	M50	13.56																	
B Aldrich	M55									47.26									
A Tyson	M60									43.55									
C Bould	M70																		
C Baumann	M70																	10.1b	13.06
D Clive				56.40															
K Gilbert				56.81															
D Moffat				63.03															
B Oliver				66.06															
H Stoffers										33.31									
C Dechancet										33.40									

Name	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	Walk 2000	Walk 3 KM	Long Jump	Trip Jump	Shot Putt	Dis-cus	Jave-lin	Ham-mer	
S Stone										35.01									
C Brockwell	M35									35.22									
D Reid										35.26									
F Smith										36.16									
M Chapman										38.04									
D Devereaux										38.25									
B Foley										38.33									
C Reid										40.35									
M Warren										43.20									
S Walton																		10.1b	8.42
K Wheeler	M40														17.84				
N Richards	M45														19.03				
B Baumann	M70																		
M Warren															12.59				











