

YOU DESERVE A NEW SHIRT!

* (Remember - club singlets must be worn at our State Championships)
 Running singlets and club tee-shirts are now available.
 Tee-shirts are gold with black trim, and the club badge on left breast.
 Style is three stud fastening, with collar. Sizes 10-24 (unisex) - Price \$16 each.
 Also available are the black and white singlets, size 10-4 at \$13 each*.
 Car stickers cost \$2 a piece; likewise iron-on badges for windcheater, etc.
 Why not get the full set?

ORDER FORM

PLEASE SUPPLY

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MR R HAYRES
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HAPPY BIRTHDAY TO OUR MAY MEMBERS

JENKINS, ARNOLD	01/05/44	51	remains M50	BROWNLIE, KEN	21/05/45	50	becomes M50
GILMOUR, JOHN	03/05/19	76	remains M75	GARE, PETER	21/05/40	55	becomes M55
WATERS, VICTOR	03/05/44	51	remains M50	STEWART, FREDERICK	21/05/30	65	becomes M65
DANBY, SUSAN	07/05/49	46	remains W45	GIANATTI, MARGARET	22/05/39	56	remains W55
McLINDEN, FRANK	07/05/31	64	remains M60	BROCKWELL, CHRIS	23/05/50	45	becomes M45
MILLER, PATRICIA	07/05/38	57	remains W55	SAVIN, PAT	23/05/48	47	remains W45
ANDERSON, MICHAEL	07/05/48	47	remains M45	TYSQIN, VALERIE	23/05/21	74	remains W70
SANDERS, JOHANNA	08/05/18	77	remains W75	WYATT, DAVE	23/05/51	44	remains M40
GIANATTI, CARL	08/05/35	60	becomes M60	HILL, JUDI	24/05/48	47	remains W45
CARRERO, VICENTE	11/05/42	53	remains M50	HASSAM, LEO	25/05/30	65	becomes M65
DARTNALL, JON	11/05/48	47	remains M45	HARDY, BRYAN	26/05/43	52	remains M50
MALLON, DES	13/05/52	43	remains M40	BRENNAN, JOE	27/05/21	74	remains M70
GIACOMINI, ALDO	14/05/36	59	remains M55	WILLMER, DAVID	27/05/54	41	remains M40
LAWRENCE, RAY	15/05/28	67	remains M65	REID, ERIC	27/05/41	54	remains M50
NOORDYK, ADRIAN	15/05/52	43	remains M40	MISON, JOHN	28/05/47	48	remains M45
RIDDELL, JIM	15/05/39	56	remains M55	MacLIVER, ROBIN	28/05/41	54	remains M50
HUGHES, PAUL	17/05/52	43	remains M40	BRYANT, DAVID	29/05/45	50	becomes M50
PRESSLEY, JOHN	17/05/45	50	becomes M50	BROWNE, ANITA	29/05/46	49	remains W45
BROWN, DAVID	18/05/47	48	remains M45	SLYTH, PAUL	29/05/42	53	remains M50
PASSMORE, IAN	18/05/44	51	remains M50	FOLEY, JOAN	30/05/49	46	remains W45
LATCHFORD, STAN	19/05/41	54	remains M50	MERCER, ERICA	30/05/43	52	remains W50
POMERY, ALAN	19/05/31	64	remains M60	WALSH, ROGER	30/05/43	52	remains M50
FEARNALL, ROY	19/05/43	52	remains M50	WILSON, BRUCE	31/05/45	50	becomes M50
SHANAHAN, GLENICE	20/05/24	71	remains W70				



The Vetruns



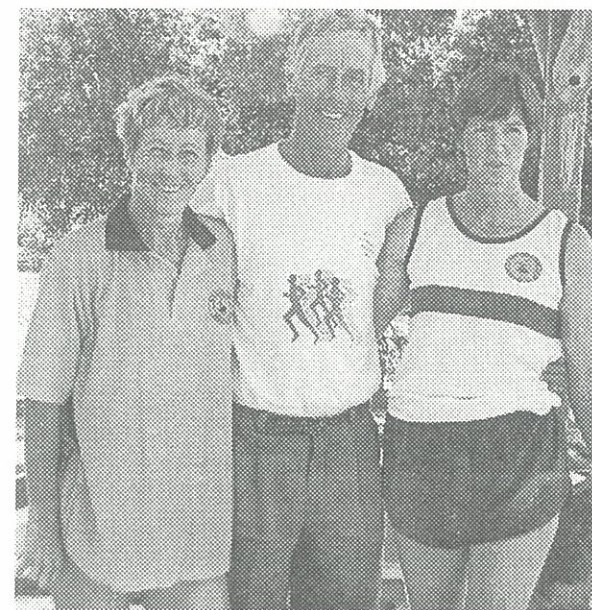
NO. 260 MAY1995

Vets vests will fit the fit!

NO more excuses - you really do need a new shirt!

Some of our members' running gear is a disgrace - and can be remedied only by turning to the back page, and ordering new shirts and singlets.

Then, you too can look as lovely as our models (who are available for catalogue, cat-walk, or shop-window work anywhere in the Metro area).



Noela takes 'Most Improved Athlete' trophy

THE trophy this year was won by Noela Medcalf. It is awarded annually to the individual who has been a club member for more than two years and has continued to improve athletic performance in the third or subsequent years.

Of those considered, none had made improvements that ranked with those of Noela. In the World Masters Games in Brisbane last October, she set PB's in the 800m and Long Jump. She followed these with a Discus PB in the Honda Masters in Alice Springs, which she later improved upon in training. Age was not a factor in the evaluation process but it is of interest to note that Noela was in her 50s when her PB's were set. So our congratulations and best wishes go to Noela on winning the trophy, and we wish her future successes now that she is in the W60 age group.

The Prez makes it 3!

CONGRATULATIONS to Brian Foley, elected as club President for a third term.

Brian, M50, has worked assiduously at developing and improving WAVAC as a committee man for some years. His period as President has encompassed some difficult and contentious issues, and Brian has been an active leader in such areas as members' safety; liaison with the national Vets' organisation; and our attitude to WA's Athletics West umbrella body.

His personal policy for the Vets is foster development of athletics for mature people.

As most members know, Brian's own speciality is middle-distance track running. He has represented us at national and world championships, in events and age groups that draw very high-grade competition. Together with several other Vets, he'll be shuffling off to Buffalo for the next world games, in July.

Mick is M60 marathon champion

MICK Cousins ran a fine marathon by any standards, to win his M60 age group at the National Marathon Championships in Canberra last month.

Disappointed with his 3:04.42, Mick carried a cold into the race, and possibly over-trained very close to the day, he says.

Results of Brockwell's Run, and Teddy Birds Picnic (this issue) show what record-breaking form Mick's been showing in training.

Now, he plans to take his future marathon training at a much relaxed pace. (And the rest of us can dream enviously of ever coming close to a 'disappointing' 3hrs 04mins!)

In Vetrun this month...

Notice Board
 Ramblings of a Runner
 Vetrun - Worthy of Debate .P2

BROCKWELL'S RUNP3

Sensational 60s! at the
 TEDDY BIRDS PICNICP4

DEADLY MEDLEY RELAY
 10K TRACK HANDICAP
 AAWA Winter NewsP5

PARLAUF RELAY
 New State T&F RecordsP6

STATE T&F
 CHAMPIONSHIP
 RESULTSP6/10

LORNA'S RUN
 PATRON'S TROPHYP11

BIRTHDAYSP12

Annual Race Program

Your new program of Vets events is enclosed with this issue of the Vetrun.

Minutes of the 1995 AGM

The detailed minutes of the annual general meeting will be published in the next edition of Vetrun, no. 261.

The new committee and officers are shown on your enclosed race program.

If you have any urgent enquiries regarding the minutes, please contact the club secretary.

Parlauf Relay

March 19, 1995

Teams	Pace	Time
My Boys	3:14/K	36:08
Dave Reid, Bert Carse, Gerry Chase, Dave Carr, Ray Lawrence		
Whirling Devlishes	3:28/K	38:45
Duncan McAuley, John ?, George Schaefer, Robin Bonner		
Mighty 4	3:37/K	40:25
Milton Mavrick, Dalton Moffett, John Bell, Jacque Halberg		
The Amoeba's	4:13/K	47:06
Allen Tyson, Peter Airey, Joe Stickle, Jim Klinge, Mike Rhodes		
Turner's Terrors	4:35/K	51:16
Bob Sammells, Ann Turner, Margaret Warren, Peter Davies, Margaret Ward		
Fab 4	5:52/K	65:37
Lesley Romeo, Bob Fergie, Barry Weatherburn, John Mison		

AFTER a confused start caused by the organiser's lack of experience and the fact that few members were familiar with Parlauf relays, we eventually got under way fifteen minutes late.

Temperature was almost ideal, with only a light breeze.

This relay event allows participants to select their own individual distance, but the team must complete the full distance. Team members must run or walk in their predetermined order, and everyone should compete more than once.

Our race was run over five laps of the 2.233km Dave Jones course starting at McCallum Park, giving a total distance of 11.165k. We managed to gain enough member enthusiasm for five running teams and one walk team.

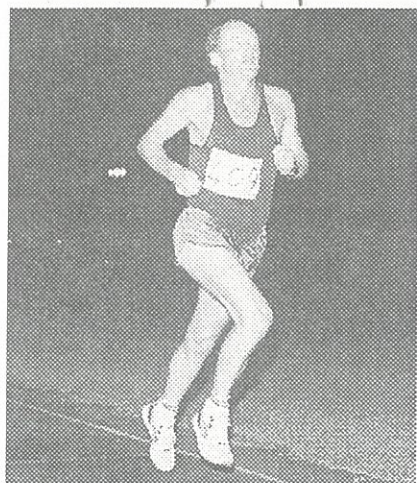
Team members did a magnificent job of organising their changeovers at their selected points. No one seemed to get lost, and all remembered to finish except for the second team home, who decided the distance was too short and did an extra lap (accidentally, I think.)

Times were excellent, over a course which consists in parts of broken pavement. First team home 'My Boys' consisting of Dave Reid, Bert Carse, Gerry Chase (team leader), Dave Carr and Ray Lawrence, achieved a time of 36:08 which equates to an average pace of 3:14.2 per km.

Those at the start finish line were provided with a bit of water skiing entertainment complete with the occasional display of colourful language.

Thank you to the assistants who helped set up, direct traffic, record times/results and clear up again. Those that competed seemed to enjoy the results of their efforts.

Peter Johnson



Jim White finally broke away from John West, to become overall winner of the 10,000m under the lights of Coker Park.

New format works well at 1995 Champs

THIS year the State Track & Field Championships underwent a number of format changes. Competition was held over a single weekend, with the pentathlon event running concurrently with the individual events.

Athletes who were not club members were also invited to compete. Medallions were awarded to all place getters.

I believe the weekend ran smoothly, with just a few 'mini traumas' (any feedback would be welcomed).

NEW CHAMPIONSHIP RECORDS

* indicates inaugural record; AR indicates Australian national record.

Age	Event	Name	Perf
W75	100 metres	Phyllis Head	31.4*
W75	200 metres	Phyllis Head	65.5*
W30	400 metres	Rosanne Kemp	57.6
W75	400 metres	Phyllis Head	2:32.8*
W60	800 metres	Noela Medcalf	3:07.9
W70	800 metres	Glenice Shanahan	4:22.5
W75	800 metres	Phyllis Head	5:47.8*
W60	1500m	Noela Medcalf	6:43.70
W70	5000m	Glenice Shanahan	33:47*
W45	10,000m	Anne Shaw	41:22.6*
W55	10,000m	Maureen Stewart	46:30.5
W40	2000m walk	Rose-Marie Holloway	10:15.6*
W65	2000m walk	Lorna Lauchlan	13:32.6
W75	2000m walk	Phyllis Head	17:55*
W40	3000m walk	Rose-Marie Holloway	16:03.2 AR
W75	3000m walk	Phyllis Head	27:55 AR
W70	Long Jump	Glenice Shanahan	1.95
W30	Hammer (4kg W30/W45)	Sharon Moloney	20.22
W60	Hammer (3kg W50+)	Noela Medcalf	18.68
W65	Shot Putt (3kg W50+)	Lorna Lauchlan	7.32
W30	Pentathlon (LJ/J/200/D/800)	Sharon Moloney	2408
W45	Pentathlon (LJ/J/200/D/800)	Eileen Hindle	3007
M70	200 metres	Allen Tyson	34.2
M70	400 metres	Allen Tyson	75.4
M65	300m hurdles (76.2cm M60+)	Gordon Medcalf	67.3*
M70	2000m s/chase M60+	Allen Tyson	10:20.4*
M75	2000m s/chase M60+	F Hansford-Miller	15:03.6*
M45	5000 metres walk	John Mison	25:39.2
M75	High jump	Sydney Coleman	0.90*
M40	Javelin (800g M30/M45)	Russell Smith	38.36
M70	Javelin (600g M60+)	James McMillan	26.24
M70	Shot Putt (4kg M70+)	Bill Chapman	10.5
M60	Pentathlon (LJ/J/200/D/1500)	David Carr	3124

Thirty three new State records, two of which were also Australian records, indicate the standard of competition at our championships this year.

Rose-Marie Holloway's W40 3000m walk time knocked a whopping 40 seconds off the Australian record and, with her 2000m walk record, earned her the Athlete of the Meet award. Evergreen Phyllis Head, who has set records in a variety of events over the years, was rewarded with an inaugural W75 Australian record, also in the 3000m walk.

Congratulations to all of the record breakers and setters.

Bob Sammells



Left, Henk Stoffers leads Tessa Brockwell and Jim Langford. Right, Brian Danby passes Allen Tyson.



DAY THREE - FRIDAY MARCH 31

10000M ALL M/W

1st	M35 WILLMER DAVID	41:12.3
1st	M40 WHITE JAMES	34:47.3
2nd	M40 REID DAVID	35:50.1
3rd	M40 SMITH RUSSELL	42:32.1
1st	M45 WEST JOHN	35:19.9
2nd	M45 HICKMAN COLIN	35:28.7
3rd	M45 McRAE EVAN	36:53.0
4th	ELUND JOHN	37:22.4
5th	M45 DANBY BRIAN	41:37.3
6th	M45 BELL JOHN	42:22.5

1st	M50 LANGFORD JIM	35:28.7
2nd	M50 STOFFERS HENK	35:43.1
3rd	M50 SCHICKERT BOB	38:58.9
4th	M50 BROWN IVAN	40:04.1
5th	M50 CARRERO VINCENTE	42:13.4
6th	M50 JAMES LYLE	45:06.3

1st	M55 SPARE CHARLIE	41:29.9
2nd	M55 MILLER DENNIS	41:41.9
3rd	M55 SAMMELLS ROBERT	42:23.7

1st	M60 SIMMONDS DAVID	40:52.4
1st	M65 WALKLEY CECIL	49:44.1

1st	M70 TYSON ALLEN	49:44.1
1st	M75 HANSFORD-MILLER FRANK	78:11.6

1st	W35 BROCKWELL TESSA	37:51.6
1st	W45 SHAW ANTOINETTE	41:22.6

1st	W55 STEWART MAUREEN	46:30.5
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5,000M WALK ALL M/W

1st	M40 BOCIAN JOHN	27:35.2
1st	M45 MISON JOHN	25:39.2
1st	M50 WEATHERBURN BARRY	30:51.1
2nd	M50 THOMSETT BARRIE	33:37
1st	M55 CHALMERS BOB	34:24.9
2nd	M55 FERGIE BOB	37:04.7
1st	M60 WHITTAM JEFFREY	38:25.3
1st	M75 HANSFORD-MILLER FRANK	42:37.0

1st	W40 HOLLOWAY ROSE-MAREE	27:48.3
1st	W45 MISON MICHELE	36:00.2
1st	W55 WHITTAM DOROTHY	33:57.8
1st	W65 LAUCLAN LORNA	34:34.9

This success is due to the hard work of your committee members; the Athletic Association of WA officials who took on many of the key roles; spectators who responded to calls for help; family and friends of athletes - and the athletes themselves who, when not competing were out in the field helping their fellow competitors.

My thanks to you all.

Special thanks to Sue Jones and Sue Danby in the canteen, for keeping us well fed during the weekend.

I do encourage more Vet members to become involved in track and field competition, either as an entrant or assistant.

This will be particularly important next year, when we host the National Championships. Athletics is a very labour intensive sport, and your support will be vital to the smooth running of the Championships.

Jacqui Halberg

SATURDAY MARCH 4

POLE VAULT

No competitors

WEDNESDAY MARCH 29

2000M STEEPLECHASE M60+ ALL W

1st	W45 SHAW ANTOINETTE	8:46.1
1st	W50 MERCER ERICA	9:44.2

1st	M60 CARR DAVID	8:38.0
2nd	M60 SIMMONDS DAVID	8:39.4

1st	M65 WALKLEY CECIL	9:59.1
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M70(R)	TYSON ALLEN	10:20.4
M75(R)	HANSFORD-MILLER FRANK	15:03.6

3000M STEEPLE M35-55

1st	M35 VANDER SANDEN GREG	10:39.2
2nd	M35 SANDERS IAN	15:05.0

1st	M40 REID DAVID	10:50.7
1st	M50 LANGFORD JIM	11:32.3
1st	M55 MASLEN EDWARD	14:18.0

HAMMER ALL MEN

1st	M35 TROTTER RORY	18.72m
1st	M40 SMITH RUSSELL	19.98m

1st	M50 CARROLL ED	22.44m
2nd	M50 JENKINS ARNOLD	17.56m
1st	M55 FERGIE BOB	39.96m
2nd	M55 SPENCER RONALD	19.88m
3rd	M55 CHALMERS BOB	18.72m

1st	M60 WHITTAM JEFFREY	21.50m
2nd	M60 CARR DAVID	19.02m
1st	M70 CHAPMAN BILL	39.18m
2nd	M70 TYSON ALLEN	20.42m
1st	M75 COLEMAN SYDNEY	29.84m

HAMMER ALL WOMEN

1st	W30 MOLONEY SHARON	20.22m
1st	W35 SMITH SANDRA	20.28m

1st	W45 JARVIS DOROTHY	18.74m
2nd	W45 MAIN JAN	16.80m
1st	W50 MERCER ERICA	12.52m
1st	W55 WHITTAM DOROTHY	20.82m

1st	W60 MEDCALF NOELA	18.68m
2nd	W60 WALSH JOAN	17.90m
1st	W65 LAUCLAN LORNA	10.84M

DAY FOUR - SATURDAY APRIL 1

MENS PENTATHALON

1st	M35 TROTTER RORY	1385
1st	M45 McAULEY DUNCAN	2435

1st	M51 GARE PETER	3323
2nd	M50 JENKINS ARNOLD	2070
3rd	M50 BROWN IVAN	1655

1st	M55 RICHARDS NORM	2559
2ND	M55 SANDER LEON	1446
3rd	M55 CHALMERS BOB	1097

1st	M60 CARR DAVID	3124
2nd	M60 SHAND ROBERT	2049
1st	M65 MEDCALF GORDON	1257
1st	M75 COLEMAN SYDNEY	1964

WOMENS PENTATHLON

1st	W30 MOLONEY SHARON	2291
1st	W40 CHOATE LYNNE	2893
1st	W45 HINDLE EILEEN	3007
2nd	W45 MAIN JAN	2062

Womens Pentathlon continues

1st	W50 MACLIVER PEGGY	3061
2nd	W50 JOHNSON RUTH	1885
3rd	W50 JENKINS LUELLA	1713
1st	W60 MEDCALF NOELA	2482
2nd	W60 WALSH JOAN	1315

80M Hurdles M70/W40+

1st	W452 HINDLE EILEEN	13.9
2nd	W45 MAIN JAN	18.3

1st	W60 WALSH JOAN	23.4
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100M Hurdles W30-35

(NO ENTRIES)

100M Hurdles M50-65

1st	M55 RICHARDS NORM	21.8
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110M H M35-45

1st	M35 TROTTER RORY	21.9
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1st	M40 BOCIAN JOHN	25.7
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HIGH JUMP ALL MEN

1st	M35 VANDER SANDEN GREG	1.60m
1nd	M35 MUIRDEN PETER	1.48m
3rd	M35 TROTTER RORY	1.40m

1st	M40 WYATT DAVID	1.48m
2nd	M40 BOCIAN JOHN	1.30m

1st	M50 MARTIN KEITH	1.30m
2nd	M50 BROWN IVAN	1.20m

1st	M55 RICHARDS NORM	1.30m
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1st	M75 COLEMAN SYDNEY	.90m
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LONG JUMP W30-45

1st	W30 MOLONEY SHARON	4.07m
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1st	W35 SMITH SANDRA	3.82m
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1st	W40 CHOATE LYNNE	4.74m
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1st	W45 HINDLE EILEEN	4.86m
1nd	W45 MAIN JAN	4.10m
3rd	W45 JARVIS DOROTHY	3.39m

400M M35-45

1st	M35 VANDER SANDEN GREG	53.6
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1st	M40 MOLLOY JOHN	54.8
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1st	M45 McAULEY DUNCAN	55.6
2nd	M45 WILSON BRUCE	63.7
3rd	M45 IRWIN BRIAN	70.3

SHOT PUTT M50+

1st	M50 CARROLL ED	10.43m
2nd	M50 JENKINS ARNOLD	7.89m

1st	M55 FERGIE BOB	8.83m
2nd	M55 O'REILLY MIKE	8.22m
3rd	M55 SPENCER RONALD	7.80m
4th	M55 CHALMERS BOB	7.59m

1st	M60 WHITTAM JEFFREY	6.96m
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1st	M70 CHAPMAN BILL	10.50m
2nd	M70 TYSON ALLEN	7.93m

1st	M75 COLEMAN SYDNEY	8.25m
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LONG JUMP W50+

1st	W50 MACLIVER PEGGY	4.06m
2nd	W50 JOHNSON RUTH	3.74m
3rd	W50 MERCER ERICA	3.46m
4th	W50 JENKINS LUELLA	3.23m

1st	W60 WALSH JOAN	3.00m
2nd	W60 MEDCALF NOELA	2.85m

1st	W70 SHANAHAN GLENICE	1.95m
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JAVELIN W30-45

1st	W30 MOLONEY SHARON	26.24m
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1st	W35 SMITH SANDRA	22.20m
2nd	W35 WALDIE FAYE	12.46m

1st	W40 CHOATE LYNNE	17.78m
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1st	W45 HINDLE EILEEN	18.0m
2nd	W45 JARVIS DOROTHY	15.68m
3rd	W45 MAIN JAN	14.0m

400M M50+

1st	M50 FEARNALL ROY	55.1
2nd	M50 FOLEY BRIAN	61.7
3rd	M50 JENKINS ARNOLD	64.2
4th	M50 BROWN IVAN	66.6
5th	M50 JAMES LYLE	75.1

1st	M55 KERNAGHAN BARRIE	57.4
2nd	M55 CLIVE DAVID	59.3
3rd	M55 O'REILLY MIKE	63.1
4th	M55 RICHARDS NORM	67.1
5th	M55 RIDDELL JIM	71.6
6th	M55 MILLER DENNIS	73.3

1st	M60 CARR DAVID	60.7
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1st	M70 TYSON ALLEN	75.4
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SHOT PUTT M35-45

1st	M35 TROTTER RORY	10.0m
2nd	M35 VANDER SANDEN GREG	8.06m
3rd	M35 SANDERS IAN	6.86m

TRIPLE JUMP M50+

1st	M50 MARTIN KEITH	8.24m
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1st	M55 SANDER LEON	9.47m
2nd	M55 RICHARDS NORM	9.34m
3rd	M55 SPENCER RONALD	6.48m

1st	M60 CARR DAVID	8.66m
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1st	M75 COLEMAN SYDNEY	6.39m
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JAVELIN W50+

1st	W50 MACLIVER PEGGY	21.00m
2nd	W50 MERCER ERICA	18.62m
3rd	W50 JENKINS LUELLA	17.88m
4th	W50 JOHNSON RUTH	10.84m

1st	W55 NICHOLAIDIS DOROTHY	22.38m
2nd	W55 WHITTAM DOROTHY	19.90m

1st	W60 WALSH JOAN	18.48m
2nd	W60 MEDCALF NOELA	13.22m

1st	W65 McMILLAN RAEMA	18.14m
2nd	W65 LAUCLAN LORNA	16.48m

1st	W75 HEAD PHYLLIS	7.66m
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100M M35-45

1st	M35 VANDER SANDEN GREG	11.9
2nd	M35 TROTTER RORY	12.3
3rd	M35 MUIRDEN PETER	12.9
4th	M35 SANDERS IAN	13.8

1st	M40 WYATT DAVE	13.2
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1st	M45 BRAYSHAW GEOFFREY	12.5
2nd	M45 McAULEY DUNCAN	12.7
3rd	M45 DOYLE GARRY	13.4

200M W30-45

1st	W30 KEMP ROSANNE	25.8
2nd	W30 MOLONEY SHARON	28.3

1st	W35 LIPSCOMBE FRANCES	29.7
1st	W40 CHOATE LYNNE	26.6
2nd	W40 STINGEMORE ANNE	28.0

1st	W45 HINDLE EILEEN	27.5
2nd	W45 MAIN JAN	30.9

100M M50+

1st	M50 FEARNALL ROY	12.1
2nd	M50 OLIVER BERNARD	14.1
3rd	M50 JENKINS ARNOLD	14.1
4th	M50 SPENCER JEFFREY	14.5
5th	M50 JAMES LYLE	15.7

1st	M55 KERNAGHAN BARRIE	12.4
2nd	M55 CLIVE DAVID	12.8
3rd	M55 RICHARDS NORM	13.1
4th	M55 O'REILLY MIKE	13.4
5th	M55 SANDER LEON	13.9
6th	M55 RIDDELL JIM	14.9
7th	M55 SPENCER RONALD	17.6

1st	M60 CARR DAVID	13.8
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1st	M65 MEDCALF GORDON	15.0
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1st	M70 TYSON ALLEN	16.3
2nd	M70 CHAPMAN BILL	20.7

1st	M75 COLEMAN SYDNEY	18.0
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200M W50+

1st	W50 MACLIVER PEGGY	30.1
2nd	W50 JOHNSON RUTH	33.2
3rd	W50 JENKINS LUELLA	34.7

1st	W60 MEDCALF NOELA	33.8
2nd	W60 WALSH JOAN	38.8

1st	W70 SHANAHAN GLENICE	49.3
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1st	W75 HEAD PHYLLIS	65.5
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DISCUS W30-45

1st	W30 MOLONEY SHARON	27.08m
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1st	W35 SMITH SANDRA	23.30m
2nd	W35 WALDIE FAYE	17.06m

1st	W40 CHOATE LYNNE	20.20m
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1st	W45 JARVIS DOROTHY	21.40m
2nd	W45 HINDLE EILEEN	17.32m
3rd	W45 MAIN JAN	15.22m

1st	W60 WALSH JOAN	18.48m
2nd	W60 MEDCALF NOELA	13.22m

1st	W65 McMILLAN RAEMA	18.14m
2nd	W65 LAUCLAN LORNA	16.48m

1st	M40 WYATT DAVE	10.55m
2nd	M40 BOCIAN JOHN	9.46m

1st	M45 BRAYSHAW GEOFFREY	12.5
2nd	M45 McAULEY DUNCAN	12.7
3rd	M45 DOYLE GARRY	13.4

Thanks - and here comes Athlete WA!

SINCE announcing my retirement as editor of *Vetrun*, I have been overwhelmed by messages, good wishes, and thanks for the time I have put into the magazine. Thanks very much, Arthur.

Readers may wonder how I intend filling the idle hours that now yawn ahead.

Well, watch out for a new magazine, *Athlete WA*, that will appear any day now.

It's free, and is for everyone involved in our sport, in our State.

Contributions, comments - and most important, ADVERTISING! - will be gratefully received.

(And seriously, thanks to all of you for allowing me to produce *Vetrun* these past few years.) **Vic Waters**

Teddy Birds concludes

Keith Forden	M55	40:25
Garnet Morgan	M70	41:14
Peter Davies	M65	43:24
Norm Miller	M60	43:34
Shorty Turner	M55	44:47
Ray Barnett	M50	47:25
Chris Hartley	VIS	50:33
Ron Spencer	M55	56:02
Gordon Metcalf	M65	59:19

WALKERS

Paul Martin	M50	56:27
John Mison	M45	56:27
Barry Weatherburn	M50	60:10
Barry Thomsett	M50	70:32
Bob Fergie	M55	77:41
Jeff Whittam	M60	77:43
Michelle Boyle	W45	70:36
Dorothy Whittam	W55	74:32
Margaret Ward	W50	76:53
Pat Ainsworth	VIS	76:54
Pat Millar	W55	77:36
(9K)		
June Strachan	W65	77:39
(9K)		
Gillian Peet	W55	80:17

10K Track Handicap
McGillivray - April 19, 1995

ONCE again we had perfect weather for the run, cool with hardly any breeze. The only disappointment was that a number of runners entered, and failed to show up on the night.

The race was won from the back mark by Jim Langford, off a handicap of 24:30! Jim set off like a train and never ran out of steam, to win comfortably from David James and David Wilmer.

My thanks to all those who came along to help with lap scoring and timekeeping. Also, thanks to Brian Danby for bringing along the barbecue once more for those who stayed on.

See you all again next year,
Dorothy and Jeff Whittam

THE Deadly Medley Relay, Basil and Kate Warner's event for many years, was held again and was surprisingly successful.

It was expected that without Basil's friendly persuasion to join a team, there would be much less interest. However, 54 runners and walkers competed and resolved that the event be continued next year.

Teams were reasonably well matched. In this race two runners cover 2kms, twice; and two cover 1km, twice, making a total of 12kms for each team.

Walkers are in teams of two, over a total 6kms.

The winning team of David Carr, Tony Speechley, Maxine Santich and Ken Brownlie were closely followed home, by Peter Hill, Robin Bonner, Teresa Howe and Colin Hickman. After several changes in the lead, the

Runners - 12K

1st	45:26	David Carr
		Tony Speechley
		Maxine Santich
		Ken Brownlie
2nd	45:39	Peter Hill
		Robin Bonner
		Teresa Howe
		Colin Hickman
3rd	47:21	Duncan McAuley
		Sheila Maslen
		Rob West
		Carol Broderick
4th	47:31	Arnold Jenkins
		Denise Lancaster
		Bert Carse
		Peter Davies
5th	48:06	Peter Airey
		Mitch Loly
		Jackie Halberg
		Bob Sammells

Walkers - 6K

1st	35:59	Paul Martin
		Judy Hill
2nd	37:14	Peter Johnson
		Jeff Whittam
3rd	38:15	Barry Weatherburn
		Bob Fergie
4th	38:49	John Mison
		Dick Horsley
5th	38:50	David Brown
		Lorna Lauchlan
6th	39:44	Dorothy Whittam
		Jackie Billington
7th	40:32	Jill Midolo
		Michele Mison

(These results are in finishing order, and in a handicap, that's what counts! The last two columns show each runner's actual running time, and position based on that time.)

Name	Age	Clock	h/cap	actual	pos.
Jim Langford	M50	58:39	24:30	34:09	1
David James	M40	59:11	22:15	36:56	3
David Wilmer	M40	60:15	21:30	38:45	4
David Carr	M60	60:49	19:30	41:19	7
Jim White	M40	60:54	24:30	36:24	2
Bob Sammells	M55	61:02	19:30	41:32	9
Brian Danby	M45	61:11	20:00	41:11	6
Shorty Turner	M55	61:27	00:45	60:42	15
Vince Carrero	M50	61:41	19:		

Sensational 60s!

Those M60s were on incredible form.

Mick Cousins, the man who's spent most of his athletic life playing soccer, was not only first M60 back in the 15.6K. He was 5th overall, beaten only by youngsters, and Vets at least 15 years his junior.

His new record time is 61:14; old record was 65:36.

Mick was also running faster than the entire 7.8K field.

Had he decided to have an easy day in the short race, he would certainly have taken a 7.8K record!

That honour was left to another marvel, David Carr, who finished in 31:40, and would probably have gone faster, had he been pressed. As it was, David, who covers everything from 400 metres (Australian M60 record-holder) to marathon, severed four minutes from the old 7.8K record!

Yet another M60, Dick Blom, with 32:37, also beat the old 7.8K mark.

But the record that was truly shattered, stamped on, and scattered to the wind was in the M65s.

Here, Stan Lockwood ran 78:01 - a 17+ minutes improvement on the original, 95:27 record!

VW

Results

George has performed a meticulous job in presenting these results - but race directors, please do NOT emulate him!

Results should be in strict finishing order, unless your event is a championship, when they should be broken into age groups.

Thanks for working so hard on these George. It makes our job on Vetrun so much easier when results are typed, and sorted, so well.

We have left them as presented, broken down by race, and sex.

What would the Equal Opportunities people make of that?

VW

7.8K RUN Men

David Carr	M60	31:40R*
Vic Waters	M50	31:55
Dick Blom	M60	32:37
Peter Taylor	M35	32:43
Vince Carrero	M50	32:56
Bob Sammells	M55	33:21
Bill Crane	M50	33:28
Simon Mort	M35	33:30
Ken Brownlie	M45	34:45
Bert Carse	M50	34:47
John Dartnell	M45	34:57
Ray Atwell	M55	35:03
Ian Passmore	M50	35:37
Peter Airey	M55	35:43
Mike Rhodes	M45	35:53
Ron Potter	M50	36:00
Jim Greenfield	M50	36:09
Roger Walsh	M50	36:14
Ron Hillis	M5	36:54
Chris Kelly	M40	36:57
Basil Worner	M60	37:07
Richard Matthews	M40	37:08
Jeff Spencer	M50	37:27
Merv Jones	M55	39:04
Brian Bennett	M45	39:10
Stewart Parkinson	M5	39:11
George Peet	M60	39:30
Ray Lawrence	M65	39:48

7.8KM Women

Margaret Birks	W45	35:31
Nena Greenfield	W40	36:37
Peggy MacLiver	W50	37:03
Kerensa Thompset	W25	40:11 VIS
Theresa Howe	W40	40:23
Yolande Barker	W35	40:32
Ann Turner	W55	40:56
Heather Sanderson	W45	43:55
Noela Medcalfe	W60	44:08
Val Millard	W45	44:34
Roma Bettles	W45	45:46
Marg Warren	W55	46:01
Rosa Davis	W50	46:10
Cath Penton	W50	47:16
Phyllis Farrell	W50	48:48
Marg Hepple	W55	49:02
Sheila Maslen	W55	49:19
Lorna Lauchlan	W60	51:26
Joan Pellier	W55	66:47
Lynn Schichert	W50	66:49

Teddy Birds Picnic

February 5, 1995

RECORDS were shattered on a day made for running - and the M60s were inspired.

Runners and walkers, 111 of them, traversed the park, the Uni, and recovered at the after-race picnic in the attractive parklands surrounding the children's playground.

This challenging run is a test for every sweat-hog. En route runners grind 2K of rising switchback up Forrest Drive, and then enjoy the sweet, magic freefall run down the grassy broadwalk to the finish.

The first lap is a test of fortitude - the second is a gut-buster.

Congratulations to 7.8K winners David Carr, and gracious first lady home Margaret Birks; to 15.6K winners John West, and Carol Broderick.

The record-breakers deserve a special mention, however,

George Schaefer, Race Director

15.6KM RUN Men

John West	M45	57:52
Jim White	M40 (V)	58:32
Steven Mitchell	VIS	59:15
Shane O'Connor	VIS	60:21
Mick Cousins	M60	61:14 R*
Dave Reid	M40	61:43
Paul Hughes	M40	63:50
David Muir	M50	63:51
Lewis Arndt	M50 (V)	65:34
Ian Thompsett	VIS	65:57
Peter Hill	M45	66:36
David James	M40	67:28
Bob Harrison	M50	67:41
Joe Stickle	M55	67:47
John Pellier	M55	68:09
Jim Barnes	M50	68:39
Brian Foley	M50	69:16
Graham Thornton	M50	69:56
Ted Maslen	M55	70:01
Rob Shand	M60	71:04
Rob West	M40	71:46
Robin Bonner	M60	72:51
Milton Mavrick	M40	73:27
Richard Harris	M55	73:32
Keith Atkinson	M35	73:36
Mike Khan	M50	74:29
Dalton Moffatt	M60	75:33
Stan Lockwood	M65	78:01 R*
Morris Warren	M55	79:26
David Hough	M60	81:25
Ron Sutton	M50	83:17
Tony Speechley	M50	84:18
Brian Aldrich	M60	86:17
John Russell	M60	87:23
David Walladge	M45	87:51
Allen Tyson	M65	96:45

15.6KM Women

Carol Broderick	W40	75:31
Margery Forden	W50	79:00
Denise Lancaster	W40	84:17

800M M50+

1st	M50 FOLEY BRIAN	2:24.4
2nd	M50 JENKINS ARNOLD	2:32.7
3rd	M50 BROWN IVAN	2:33.7
4th	M50 JAMES LYLE	3:07.5

1st	M55 MASLEN EDWARD	2:33.2
1st	M55 JENNINGS ALAN	2:39.3
3rd	M55 SAMMELLS ROBERT	2:39.3
4th	M55 MILLER DENNIS	2:45.9
5th	M55 SANDER LEON	2:53.4

1st	M65 WALKLEY CECIL	3:05.6
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1st	M70 TYSON ALLEN	3:15.6
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1st	M75 HANSFORD-MILLER FRANK	5:00.3
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800M M35-45

1st	M35 VANDER SANDEN GREG	2:11.3
2nd	M35 MULDOON STEVE	2:31.2
3rd	M35 SANDERS IAN	2:39.6

1st	M40 MOLLOY JOHN	2:06.6
2nd	M40 WHITE JAMES	2:18.1
3rd	M40 DEANS ALAN	2:18.1

1st	M45 McAULEY DUNCAN	2:12.3
2nd	M45 WILSON BRUCE	2:23.2
3rd	M45 McRAE EVAN	2:30.4
4th	M45 IRWIN BRIAN	2:42.6

2000M WALK ALL M/W

1st	W35 SMITH SANDRA	12:29.8
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1st	W40 HOLLAWAY ROSE-MAREE	10:15.6
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1st	W45 MISON MICHELE	13:31.2
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1st	W55 WHITTAM DOROTHY	13:00.8
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1st	W60 WALSH JOAN	15:04.9
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1st	W65 LAUHLAN LORNA	13:32.6
1st	W75 HEAD PHYLLIS	17:55.0

1st	M40 BOCIAN JOHN	11:52
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1st	M45 MISON JOHN	9:58.9
2nd	M45 JOHNSON PETER	10:36.9
3rd	M45 WILSON BRUCE	11:04.6
4th	M45 IRWIN BRIAN	11:37.0

1st	M50 MARTIN PAUL	9:59.9
2nd	M50 BACK JOHN	11:38.3
3rd	M50 WEATHERBURN BARRY	11:46.2
4th	M50 THOMSETT BARRIE	12:31.7

1st	M55 CHALMERS BOB	13:17.1
2nd	M55 FERGIE BOB	14:16.8

1st	M60 WHITTAM JEFFREY	14:18.7
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1st	M75 HANSFORD-MILLER FRANK	16:50.0
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DISCUS W50+

1st	W50 MACLIVER PEGGY	19.90m
2nd	W50 JENKINS LUELLA	15.70m
3rd	W50 MERCER ERICA	15.16m
4th	W50 JOHNSON RUTH	14.74m

1st	W55 WHITTAM DOROTHY	18.24m
2nd	W55 NICHOLAIDIS DOROTHY	15.32m

1st	W60 MEDCALF NOELA	17.44m
2nd	W60 WALSH JOAN	15.22m

1st	W65 McMILLAN RAEMA	18.06m
2nd	W65 LAUHLAN LORNA	12.82m

1st	W75 HEAD PHYLLIS	8.24m
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800M W30-45

1st	W30 MOLONEY SHARON	3:23.2
1st	W35 LIPSCOMBE FRANCES	2:48.1

1st	W40 STINGEMORE ANNE	2:31.6
2nd	W40 CHOATE LYNNE	2:56.7
1st	W45 SHAW ANTOINETTE	2:37.8
2nd	W45 HINDLE EILEEN	2:48.6
3rd	W45 MAIN JAN	3:01.0

800M W50+

1st	W50 MACLIVER PEGGY	2:42.7
2nd	W50 MERCER ERICA	2:58.5
3rd	W50 JOHNSON RUTH	3:13.1
4th	W50 JENKINS LUELLA	3:16.7
1st	W60 MEDCALF NOELA	3:07.9

1st	W70 SHANAHAN GLENICE	4:22.5
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1st	W75 HEAD PHYLLIS	5:47.8
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DAY FIVE SUNDAY APRIL 2

5000M ALL M/W

1st	W35 BROCKWELL TESSA	17:59
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1st	W45 SHAW ANTOINETTE	20:40
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1st	W70 SHANAHAN GLENICE	33:47
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1st	M40 WHITE JAMES	17:06
2nd	M40 REID DAVID	17:40
3rd	M40 DAHLSTROM DARRY	18:15
4th	M40 WILLMER DAVID	18:32
5th	M40 BOCIAN JOHN	19:10
6th	M40 SMITH RUSSELL	20:32

1st	M45 HICKMAN COLIN	17:17
2nd	M45 McRAE EVAN	18:07
3rd	M45 WILSON BRUCE	18:20
4th	M45 DANBY BRIAN	20:35

1st	M50 LANGFORD JIM	16:48
2nd	M50 CARSE BERT	17:12
3rd	M50 STOFFERS HENK	17:18
4th	M50 SCHICKERT BOB	18:54
5th	M50 BROWN IVAN	19:30
6th	M50 CARRERO VINCENTE	20:11
7th	M50 MARTIN PAUL	21:52
8th	M50 JAMES LYLE	22:21

1st	M55 MILLER DENNIS	20:01
2nd	M55 SAMMELLS ROBERT	20:04
3rd	M55 SPARE CHARLIE	20:29
4th	M55 JENNINGS ALAN	21:31

1st	M60 SIMMONDS DAVID	19:46
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1st	M65 WALKLEY CECIL	22:06
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1st	M70 TYSON ALLEN	27:05
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1st	W35 SMITH SANDRA	1.28m
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1st	W45 HINDLE EILEEN	1.31m
2nd	W45 JARVIS DOROTHY	1.22m

1st	W50 MERCER ERICA	1.10m
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1st	W55 NICHOLAIDIS DOROTHY	1.05m
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1st	W60 WALSH JOAN	1.05m
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1st	W65 MEDCALF GORDON	3.19m
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1st	M75 COLEMAN SYDNEY	2.93m
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1st	M50 GARE PETER	5.33m
2nd	M50 JENKINS ARNOLD	3.91m
3rd	M50 BROWN IVAN	3.44m

1st	M55 RICHARDS NORM	4.67m
2nd	M55 SANDER LEON	4.00m
3rd	M55 CHALMERS BOB	3.48m

1st	M60 CARR DAVID	4.19m
2nd	M60 SHAND ROBERT	3.62m

400M H M35-45

1st	M35 VANDER SANDEN GREG	64.5
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1st	M40 MOLLOY JOHN	60.1
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300M H M/W 50+

1st	W50 MERCER ERICA	63.8
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1st	M55 RICHARDS NORM	60.4
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1st	M65 MEDCALF GORDON	67.3
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LONG JUMP M35-45

1st	M35 VANDER SANDEN GREG	5.18m
2nd	M35 TROTTER RORY	4.70m

1st	M40 WYATT DAVE	5.13m
2nd	M40 BOCIAN JOHN	4.16m

1st	M45 McAULEY DUNCAN	4.54m
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400M W30-45

1st	W30 KEMP ROSANNE	57.6
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1st	W35 LIPSCOMBE FRANCES	64:08
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1st	W40 CHOATE LYNNE	64.2
2nd	W40 STINGEMORE ANNE	68.4

1st	W45 HINDLE EILEEN	69.4
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SHOT PUTT W50+

1st	W50 JENKINS LUELLA	7.13m
2nd	W50 MERCER ERICA	5.78m
3rd	W50 JOHNSON RUTH	5.70m

1st	W55 WHITTAM DOROTHY	7.63m
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400M W50+

1st	W50 MACLIVER PEGGY	67.8
2nd	W50 JOHNSON RUTH	76.9
1st	W60 MEDCALF NOELA	78.9
2nd	W60 WALSH JOAN	98.6

1st	W75 HEAD PHYLLIS	2:32.8
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SHOT PUTT W30-45

1st	W30 MOLONEY SHARON	9.14m
1st	W35 SMITH SANDRA	8.18m
2nd	W35 WALDIE FAYE	5.97m

1st	W40 CHOATE LYNNE	6.78m
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1st	W45 JARVIS DOROTHY	7.28m
2nd	W45 HINDLE EILEEN	6.56m
3rd	W45 MAIN JAN	6.38m

TRIPLE JUMP W50+

1st	W50 JOHNSON RUTH	7.69m
2nd	W50 MERCER ERICA	7.43m

1st	W60 WALSH JOAN	6.60m
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JAVELIN M50+

1st	M50 GARE PETER	32.44m
2nd	M50 CARROLL ED	30.86m
3rd	M50 JENKINS ARNOLD	25.38m
4th	M50 BROWN IVAN	21.54m
5th	M50 JAMES LYLE	17.70m

1st	M55 FERGIE BOB	30.16m
2nd	M55 O'REILLY MIKE	28.74m
3rd	M55 RICHARDS NORM	26.20m
4th	M55 CHALMERS BOB	25.06m
5th	M55 SPENCER RONALD	23.48m
6th	M55 SANDER LEON	17.14m

1st	M60 SHAND ROBERT	30.90m
2nd	M60 CARR DAVID	21.86m
3rd	M60 WHITTAM JEFFREY	15.88m

1st	M65 MEDCALF GORDON	21.96m
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1st	M70 McMILLAN JAMES	26.24m
2nd	M70 CHAPMAN BILL	20.76m
3rd	M70 TYSON ALLEN	20.48m

1st	M75 COLEMAN SYDNEY	20.48m
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100M W30-45

1st	W30 KEMP ROSANNE	13.0
2nd	W30 MOLONEY SHARON	13.8

1st	W35 LIPSCOMBE FRANCES	14.9
2nd	W35 SMITH SANDRA	15.9

1st	W40 CHOATE LYNNE	13.5
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1st	W45 HINDLE EILEEN	14.8
2nd	W45 MAIN JAN	15.1
3rd	W45 JARVIS DOROTHY	16.4

200M M35-45

1st	M35 VANDER SANDEN GREG	24.4
2nd	M35 TROTTER RORY	30.1

1st	M40 WYATT DAVE	27.9
2nd	M40 BOCIAN JOHN	30.7

1st	M45 McAULEY DUNCAN	25.8
2nd	M45 DOYLE GARRY	27.5

100M W50+

1st	W50 MACLIVER PEGGY	15.5
2nd	W50 JOHNSON RUTH	16.5
3rd	W50 JENKINS LUELLA	16.8

1st	W55 NICHOLAIDIS DOROTHY	17.3
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1st	W60 CARR PATRICIA	16.5
2nd	W602 MEDCALF NOELA	17.3
3rd	W60 WALSH JOAN	18.4

1st	W70 SHANAHAN GLENICE	23.4
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1st	W75 HEAD PHYLLIS	31.4
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200M M50+

1st	M50 FEARNALL ROY	24.9
2nd	M50 GARE PETER	26.1
3rd	M50 JENKINS ARNOLD	29.1
4th	M50 OLIVER BERNARD	30.7
5th	M50 BROWN IVAN	31.9

1st	M55 CLIVE DAVID	26.7
2nd	M55 RICHARDS NORM	27.7
3rd	M55 O'REILLY MIKE	27.7
4th	M55 RIDDELL JIM	31.6
5th	M55 CHALMERS BOB	34.6
6th	M55 SANDER LEON	36.0

1st	M60 CARR DAVID	28.3
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1st	M65 MEDCALF GORDON	38.4
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1st	M70 TYSON ALLEN	34.2
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1st	M75 COLEMAN SYDNEY	40.0
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DISCUS M35-45

1st	M35 TROTTER RORY	22.74m
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1st	M40 SMITH RUSSELL	24.00m
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1st	M45 McAULEY DUNCAN	17.67m
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TRIPLE JUMP W30-45

1st	W35 SMITH SANDRA	8.47m
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1st	W40 CHOATE LYNNE	9.42m
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1st	W45 HINDLE EILEEN	9.75m
2nd	W45 MAIN JAN	8.75m
3rd	W45 JARVIS DOROTHY	7.36m

1500M WOMEN 50+

1st	W50 MERCER ERICA	6:20.9
2nd	W50 JOHNSON RUTH	6:53.9

1st	W60 MEDCALF NOELA	6:43.7
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1500M W30-45

1st	W45 SHAW ANTOINETTE	5:41.9
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DISCUS M50+

1st	M50 CARROLL ED	35.52m
2nd	M50 GARE PETER	31.24m
3rd	M50 FOLEY BRIAN	22.36m
4th	M50 JENKINS ARNOLD	20.24m
5th	M50 BROWN IVAN	18.08m

1st	M55 FERGIE BOB	26.08m
2nd	M55 O'REILLY MIKE	23.76m
3rd	M55 SANDER LEON	20.66m
4th	M55 RICHARDS NORM	19.52m
5th	M55 CHALMERS BOB	19.41m
6th	M55 SPENCER RONALD	18.28m

DISCUS M50+ continues

1st	M60 SHAND ROBERT	29.76m
2nd	M60 CARR DAVID	21.99m
3rd	M60 WHITTAM JEFFREY	21.84m

1st	M65 MEDCALF GORDON	23.94m
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1st	M70 McMILLAN JAMES	29.52m
2nd	M70 CHAPMAN BILL	27.94m
3rd	M70 TYSON ALLEN	20.84m

1st	M75 COLEMAN SYDNEY	29.80m
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3000M WALK ALL M/W

1st	M45 MISON JOHN	15:05
2nd	M45 JOHNSON PETER	16:58
3rd	M45 IRWIN BRIAN	17:50

1st	M50 MARTIN PAUL	16:25
2nd	M50 BACK JOHN	17:53
3rd	M50 WEATHERBURN BARRY	18:19
4th	M50 THOMSETT BARRIE	19:00

1st	M55 CHALMERS BOB	20:54
2nd	M55 FERGIE BOB	21:42

1st	M60 WHITTAM JEFFREY	22:00
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1st	M75 HANSFORD-MILLER FRANK	24:58
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1st	W40 HOLLAWAY ROSE-MAREE	16:02
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1st	W45 MISON MICHELE	21:15
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1st	W50 JENKINS LUELLA	18:54
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1st	W55 WHITTAM DOROTHY	19:59
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1st	W65 LAUCHLAN LORNA	20:41
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1st	W70 TYSON VALERIE	23:27
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1st	W75 HEAD PHYLLIS	27:55
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1500M M35-45

1st	M35 VANDER SANDEN GREG	4:36.9
2nd	M35 TROTTER RORY	6:55.7

1st	M40 WHITE JAMES	4:41.1
2nd	M40 BOCIAN JOHN	5:11.4

1st	M45 McAULEY DUNCAN	4:49.3
2nd	M45 McRAE EVAN	5:19.5
3rd	M45 DANBY BRIAN	5:44.7
4th	M45 IRWIN BRIAN	5:57.3

1500M MEN 50+

1st	M50 FOLEY BRIAN	5:00.1
2nd	M50 SCHICKERT BOB	5:08.0
3rd	M50 BROWN IVAN	5:23.9
4th	M50 JENKINS ARNOLD	5:49.5
5th	M50 GARE PETER	5:51.1
6th	M50 JAMES LYLE	5:58.9

1st	M55 MASLEN EDWARD	5:10.5
2nd	M55 SAMMELLS ROBERT	5:25.8
3rd	M55 MILLER DENNIS	5:25.8
4th	M55 RICHARDS NORM	6:10.0
5th	M55 SANDER LEON	6:10.9

1st	M60 CARR DAVID	5:04.0
2nd	M60 SHAND ROBERT	6:18.5

1st	M65 WALKLEY CECIL	6:08.2
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1st	M70 TYSON ALLEN	6:52.0
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1st	M75 HANSFORD-MILLER FRANK	9:57.1
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OUR 7th Run produced a new winner in the men's division with John West taking the honours with a time of 47:02. Chris Maher, winner in '91 and '94 just missed out on his third title, but had the consolation of the M40 age group award.

In the woman's section Sue Prewett repeated her 1994 success by again taking the overall award. Sue's time was almost 2.5 mins faster than last year so obviously all that hard training is reaping some rewards.

In the 6K, Dave Reid won his 4th title after a tremendous battle with Colin Hickman. Dave's winning margin was just one second.

Heather Sanderson took the female section in 31:04, holding off Ann Turner with a 35 second margin.

Mick Cousins is our choice as 'Athlete of the Meet' - with a fantastic performance in the M60 division. He beat his own record by an unbelievable 5mins 47 seconds! No other records were set in the 13K.

New records

New records were set in the 6K event as follows:

M45	Colin Hickman	21:03
M65	Kirt Johnson	31:44
M70	Garnet Morgan	32:17
M75	Arthur Leggett	34:24
W55	Ann Turner	31:39

6K RUN /MEN

David Reid	M40	21:02
Colin Hickman	M45	21:03
Jim Klinge	M45	22:32
Tom Savin	M45	22:49
Vince Carrero	M50	24:08
Simon Mort	M35	25:07
Michael Anderson	M45	25:36
John Dartnell	M45	26:42
Peter Airey	M55	26:46
Ian Passmore	M50	26:50
Keith Forden	M55	28:59
Mike Rhodes	M45	30:26
Graham Dowson	M40	30:37
John Stone	M40	31:40
Kirt Johnson	M65	31:44
Norm Miller	M60	31:49
Garnett Morgan	M70	32:17
Harry Holland	M50	33:36
Arthur Leggett	M75	34:24
Ray Barrett	M50	34:19

6K RUN /WOMEN

HEATHER SANDERSON	W45	31:04
ANN TURNER	W55	31:39
ROMA BETTLES	W45	32:21
VAL MILLARD	W45	33:08
CATHERINE HOLLAND	W35	33:38
ROSA DAVIS	W50	34:54
PHYLIS FARRELL	W50	35:39
MARY HEPPLE	W55	36:02
SHEILA MASLEN	W55	36:27
MARGARET WARD	W50	38:17

Brockwell's Run**February 26, 1995**

All age group and overall winner's trophies have been inscribed and are available for collection, for both the 6K and 13K events.

Please call Tessa on 325 5774 and arrange to pick them up, or call in to 3, Constitution Street, East Perth (adjacent to Gloucester Park) if you are in the area. If you are unable to pick up your trophy, let us know, so we can make alternative arrangements to have them delivered.

Hope you all enjoyed the food and festivities at Rosie's!

Many thanks to our finish line ladies Sue Jones and Maureen Pomey and particularly Pat Savin, John Pressley, John Ferris and Fred Hagger.

Without the helpers, events such as this could not succeed.

Chris and Tessa

PRODUCING RESULTS

Directors please note. Apart from Championships, all results should be prepared in finishing order. Chris and Tessa have worked very hard to give us the fullest information, and we have used their results largely as supplied by them. But most runners and walkers prefer to see where they have finished in relationship to their near rivals, and that's why we usually show strict finishing order.

Championships are different. In these, you compete in age groups, and results are printed accordingly. Ed.

6K WALK /MEN

JOHN MISON	M45	31:43
PAUL MARTIN	M50	32:54
PETER JOHNSON	M45	35:02
BARRY WEATHERBURN	M50	36:29
BOB CHALMERS	M55	40:44
ALAN POMERY	M60	52:50
JEFF WHITTAM	M60	52:50
DICK HORSLEY	M80	60:33

6K WALK /WOMEN

JILL MIDOLO	6KW	W45	40:37
MICHELLE BOYLE	6KW	W45	42:01
DOROTHY WHITTAM	6KW	W55	42:46
LORNA LACHLAN	6KW	W60	43:08
JOAN HILLIS	6KW	W45	43:11
PAT MILLER	6KW	W55	45:17
HEATHER LONERGAN	6KW	WV	54:59
PAT AINSWORTH	6KW	WV	55:02
TINA CARRERO	6KW	W45	60:32

13K RUN /MEN

JOHN WEST	M45	47:02
CHRIS MAHER	M40	49:50
DAVID JAMES	M40	49:53
MIKE COUSINS	M60	50:15
WARREN GEE	M40	50:38
RALPH HENDERSON	M45	50:44
DAVID MUIR	M50	51:14
IVAN BROWN	M50	53:52
GARETH BRUNT	M40	54:51
FRANK SMITH	M50	54:54
BOB HARRISON	M50	55:27
PETER HILL	M45	55:31
JOHN PELLIER	M55	56:08
JOE STICKLES	M55	56:15
DICK BLOM	M60	56:17
DOUG HAZELL	M40	56:34
MARK ROSEN	M45	56:43
BILL CRANE	M55	57:03
GRAHAM THORNTON	M50	57:59
BOB SAMMELLS	M5	

The Vetrin - Worthy of Debate

THE two hundred and fifty-nine editions of the club newsletter provide an uninterrupted commentary on the club's activities. It is rare for an organisation to have such a record.

Some milestones:
1.7.74. First newsletter, on wax stencil
17.4.77. 16 page handwritten
May 81 Title *Vetrin* adopted
July 82 Photocopying used, photographs and sketches.
November 90 Current glossy booklet form

Policy: A few of the editions show discussion on editorial and administrative policy. This is unusual in a publication (can you imagine New Idea saying they will print Di stories until sales drop alarmingly, then switch to porn?)

Distribution: Editions have been printed at intervals of between about two and ten weeks, though the pattern has been approximately monthly.

Distribution was initially by hand, to members only. Then there was some networking, as members on training runs stuffed letter boxes. Now we use Sunday morning handouts plus mailing. Other states' veterans clubs are on the mail list. So too is the Battye Library.

Archives: John Gilmour has lent his complete collection and Rob Shand has donated his bound early editions. The Battye Library will copy and file as necessary. The complete set will be available to members and the public from about mid-May from the Battye Library.

Alexander Library (State Library), Northbridge. The librarians are very helpful. **David Carr**

Ramblings of a Runner

Is It Worth It?

UP at 5am, tired and jaded after a hot and restless night.

Quick rinse, cup of coffee, off for daily run. Rain overnight, lack of wind and temperature in mid-20s combine to simulate conditions of a sauna.

Breathing difficult, limbs heavy and slow to respond.

Is it worth the effort?

Cheat myself by taking short cut. Toiling uphill, breath coming in painful gasps, sweat running into eyes. Long section through soft sand, legs threaten to separate at the knees. A smack in the face from a branch of parrot bush.

Is it worth it?

Family of kangaroos, backs glistening like burnished copper, bound along parallel to me then head into the bush. Beautiful.

Is it worth the effort? Probably.

Notice Board

Overheard...

After the Pagoda Run. McCallum was busy that morning, with WAMC Women's Run starting just before ours, and the circus on-site.

Came the cry from Brian Danby: "Who owns the wagon, with a singlet on the roof?"

Dave Carr: "What's the problem?"
Brian: "It's stopping another car getting in."

Dave: "Well, take the singlet off."

Welcome...

To new Vetrin editor, Richard Harris, who will be flexing his arm-bands and eye-shade on the next issue. I hope he will receive lots of help, contributions, encouragement, and kind words from all members.

(Perhaps 'kind words' is pushing it a bit. Would you settle for non-antagonistic indifference, Richard?)

I shall carry on doing my bit.

Morris Warren and I have ambitious plans. These entailing bicycles, and roving reporters with dictaphones following the pack, and conducting interviews from the saddle. This will be another first for the WA Vets, leading Australia in athletics reporting!

Bon Voyage...

To Maxine Santich, en route for Bogor (again) but this time via the USA, where she plans to run up and down the Grand Canyon, and accumulate excess baggage. While in Perth this time, Max returned to the track for speed training, to improve her mile time. Most of her running in Indonesia involves hashing, or climbing volcanoes, so McGillivray's flat track was a rare luxury.

Also seen...

At McGillivray is Frank McLinden, who is making determined

Half-way mark passed, heading home. Track downhill, breathing easier, body slip into cruise mode. Brain detaches from body, memories of past experiences surface.

Early morning run through streets of Rome, traversing St Peter's Square, deserted except for another runner approaching from opposite direction. We meet in the centre, smile, shake hands, then go our separate ways.

Another day, another location.

Up before dawn, a long slow grind uphill to the town of Assisi. Deserted cobbled streets, silence disturbed only by sound of my footsteps. Marvel at the beauty, and experience for the first time a sense of history. Leaving the town, and receiving friendly greeting from the street cleaner lethargically pushing his barrow.

Running along the banks of the Rhine, herons disturbed by my foot-

The Vetrin

Vetrin is the club magazine of the WA Veterans Athletic Club.

Patron: W.J. (Bill) Hughes

President: Brian Foley
339 2716

Secretary: Bob Fergie
447 6898

COPY for the magazine should be submitted to editor Richard Harris c/o 47 Sulman Road, Wembley Downs, 6019.

Phone: 341 3464 (H)

Fax: 245 3169

Next Issue: June/July

efforts to return to fitness, and take part in the world championships in Buffalo.

John Molloy and Roy Fearnall were there too, sprinting with Renee Poetschka.

The Vets were helping Renee regain her speed after injury, and doing their own egos some good, as they led the world-ranked 400m champion round the 200 bend!

Condolences...

To Dorothy Whittam and Jeff, on the death of Dorothy's mother, Emily.

Lots of luck...

To Richard Peters, on red alert to enter hospital for removal of a faulty pacemaker, the operation at Sir Charles Gairdner's becoming necessary after Richard reported breathlessness.

And also to...

FRANK Usher, who awaits a bypass heart operation.

steps rise like wraiths through the early morning mist.

Running along South Perth foreshore, look across the river. First rays of the sun light tops of the buildings as it slowly eases above the hills. Thinking how lucky we are to live in such a beautiful city.

No longer any doubt. Running is worth the effort.

What's this?

Another long hill, body and mind reunite. Lungs bursting, legs sore from chafing of sweaty shorts, ankle twists on rock, and still four kilometres to go.

Is it worth it?

No, it bloody well isn't!

Sunday. A good run, the odd Guinness or two enjoyed in great company.

I never doubted running was worth the effort.

Anon

Lorna's Run

March 26, 1995

Subs' Day draws crowd

WE were fourteen runners short of equalling numbers of the first two Burswood Runs probably because of other events. Neither were any records broken but it was a perfect day for a relaxed run.

Jill Midolo, Fred Hagger, Jackie Billington, Leo Hassam, Pat Carr, Sue Jones, Maureen Pomery and Vic Beaumont gave their willing help and made the run possible. Thanks everyone.

Lorna Lauchlan

11.6K

Jim Klinge	M45	44:58
David Muir	M50	47:07
Bill Crane	M55	47:16
Bob Schickert	M50	47:33
Milton Mavrick	M40	52:05
George Schaefer	M60	53:31
John Dartnall	M45	55:03
Helen Lysaght	W40	55:12
Dalton Moffett	M60	55:13
Fraser Deanus	M55	55:54
Stan Lockwood	M65	56:45
Roger Walsh	M50	57:06
Margaret Birks	W45	58:50
David Hough	M60	59:12
Aldo Giacomini	M55	60:35
Merv Moyle	M65	60:43
Keith Atkinson	M35	61:07
Merv Jones	M55	61:49
Denise Lancaster	W45	61:49
Ann Turner	W55	62:26
John Russell	M60	67:08
Shorty Turner	M55	67:52
Allen Tyson	M70	69:30
Arthur Leggett	M75	71:39
Rosa Davis	W50	72:54

Vets start winter well

FREMANTLE to Perth Relay (Sunday, May 7) was first team event of the AAWA's winter season, and our team upheld a proud tradition - of never being beaten by a girls' team! Our magnificent 7 - Duncan McCauley, Ivan Brown, John Stone, David Carr, Brian Foley, Vic Waters, Dennis Miller - covered the 16.2K course in just 63 minutes. Hills considered, that wasn't bad. If you would like to join in the association's cross-country and road programme, contact David Carr. Most events are on Saturday afternoons.

6.5K

Frank Smith	M50	23:50
Ivan Brown	M50	25:26
Doug Hazell	M40	25:59
Brian Foley	M50	26:18
Dick Blom	M60	26:24
Mike Anderson	M45	26:52
Ted Maslen	M55	27:32
Bob Sammells	M55	27:34
David Willmer	M40	28:13
Richard Harris	M55	28:23
Cecil Walkley	M65	28:28
Mike Khan	M50	28:33
Peter Airey	M55	28:38
Brian Bennett	M45	29:01
Leon Sander	M55	29:24
Frances Lipscombe	W35	29:28
Mike Rhodes	M45	29:58
Denise Davies	W50	30:18
Ron Hillis	M50	30:59
Mike Casey	M35	31:02
Peggy Macliver	W50	31:11
Brian Hunter	M50	31:30
Robert Reece	M45	32:13
Ron Sutton	M55	32:38
Jeff Spencer	M50	32:39
Lynn Farrelly	M50	32:49
Jackie Halberg	W45	33:00
Kirt Johnson	M65	33:01
Ray Lawrence	M65	33:18
Roma Bettles	W45	33:24
Norm Miller	M60	34:35
Mike Berry	M60	34:42
Val Millard	W45	34:49
Alan Chambers	M55	35:32
David Carr	M60	35:52
John Stone	M40	35:52
Sheila Maslen	W55	39:15
Mary Heppell	W55	41:03
Toni Frank	W45	45:08
Glenice Shanahan	W70	46:36
Nora Berry	W65	49:51

6.5K WALK

John Mison	M45	35:36
Paul Martin	M50	35:37
Barrie Weatherburn	M50	39:13
Bob Fergie	M55	46:36
Barrie Thomsett	M50	46:40
Dorothy Whittam	W55	46:50
Michelle Mison	W45	51:02
Wendy Spencer	W50	53:50
Lynne Schickert	W50	53:50
Alan Pomery	M60	56:50
Heather Sanderson	W45	62:26
Joan Pelliery	W50	64:45
Tina Carrero	W45	67:24
Dick Horsley	M80	67:27

11.5K RUN

Stewart Hicks	M70	72:55
Phyllis Farrell	W50	78:24

SHORT RUN TAYLOR STREET (NOT CAUSEWAY)

Vicente Carrero	M50	47:14
Bob Harrison	M50	47:41

4K WALK (approx)

Margaret Stone	W50	31:32
Jacqui Beaumont	W50	31:33

VISITORS

Paul Adam	11.6k	45:26
Robert Sheehy	6.5k	32:22
H Boukhedder	6.5K	33:18

1995 PATRONS TROPHY

T&F Points-score competition

Anne Shaw, Keith Martin, hit top

This year the Patrons Trophy competition was held over 8 weeks of Track and Field time trials before Christmas. Athletes can compete in a maximum of 16 events, and points from their best ten performances are added to achieve a final total. The contest is age graded.

Congratulations to winners Anne Shaw and Keith Martin, who were closely followed by Peggy Macliver and David Carr; and to all athletes who competed throughout the competition.

Results are recorded for athletes who took part in four or more events.

My thanks to Jan Jarvis for compiling the full results, which I have if any one would like to see them.

Jackie Halberg

Women

Anne Shaw	W45	6061
Peggy Macliver	W50	5811
Noela Medcalf	W55	4923
Tessa Brockwell	W35	4494
Heather Sanderson	W45	1681
Gay Wyatt	W40	1160

Men

Keith Martin	M50	6637
David Carr	M60	6601
Dave Wyatt	M40	5472
Brian Foley	M50	5250
Arnold Jenkins	M50	4972
Mike O'Reilly	M55	4217
Greg Vander Sanden	M35	4056
David Willmer	M40	3887
Allen Tyson	M65	2862
Milton Mavrick	M40	2789
Evan McRae	M45	2654
John Pressley	M45	2615
Rob Shand	M60	2585
Ian Sanders	M35	2087
Ivan Brown	M45	2060

NZ champion shows Vets how

AT the New Zealand T&F Championships, the remarkable Shirley Peterson, W65 ran 100m in 15.1 sec, and 200m in 32.9sec. She did a 3.96m long jump, 8.17 triple jump, and 1.08m high jump. Her throws were not so good, but she tried the pole vault, for a 1.35m result.

Shirley represented her country with distinction as a sprinter. She has triple jumped 9.03m as a W65. Wonder what she could have done if this event had been open to women forty years ago.

David Carr