



# The Vetrun



No. 203 AUGUST 1989

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

"Registered by Australia Post Publication No. WB11 0370."

**PATRON:** W.J. (Bill) Hughes  
**SECRETARY:** Rob Davis 3374413  
**NEWSLETTER EDITOR:** Jeff Whittam 3876438

**PRESIDENT:** Bob Schickert 3324114  
**TREASURER:** Bill Crellin 4482924

FOR EVERY OBSTACLE THERE IS A SOLUTION

### CHANGE OF START POINT. Mussel Pool Muster. 10th September 1989.

The W.A. Events Corp have booked the southern part of the Whiteman Park for their International car event "Rally Australia" for the week-end of our run.

However the Whiteman Park manager, Alan Brien, has arranged for us to use part of the northern section and the W.A. Shooting Association, through its Executive Director, Reg Wagland, have kindly agreed to host us.

Therefore please note the different starting point:-

W.A. SHOOTING COMPLEX - BEECHBORO ROAD. WHITEMAN.

2km from GNANGARA ROAD OR 6KM approx from Beach/Marshall Road going north.

Tough cross country course - 5km or 10km. Morning tea - barbeque. Chance to see the first stage of Australia's most modern shooting complex.

MORE DETAILS IN NEXT NEWSLETTER.

### COMMITTEE MEETING. 12th July 1989. CORRECTION - CORRECTION

In the last newsletter I gave the date of the QUIZ NIGHT as the 15th November; this is incorrect. It is in fact on the 15th SEPTEMBER.

All the rest of the details were correct, it is at the Rugby Clubrooms Perry Lakes at 7pm and the tickets are \$4.00 each, it's the usual format of tables of six (6). Tickets are now available from any member of the committee, so start getting your tables organised NOW.

Don't forget if you have any prizes that you would like to donate, no matter how small or LARGE, Peggy McLiver or Jan Johnson would be pleased to accept them.

HANDICAP CHAMPS. Elsewhere in this newsletter you will find a list of placings after the first three events of the championships. As there has been some confusion about which are the events in the handicap champs, new events have been added and race directors have not noticed that their event is one of them, a list of the remaining events is printed below:-

20th August	Kiekman's Run	3rd December	Ravens Rest Run
8th October	Sutherland's Run	14th January	Women's Run
15th October	Cliff Bould Trophy	26th January	Point Walter Run

The overall Leader wears the YELLOW SASH and the winner of the last handicap run wears the GREEN SASH in handicap runs.

VOLUNTEER REQUIRED to man our clock at the 6km mark (Selby Street) in the City to Surf Fun Run on the 27th August. The volunteer will be fully briefed on which buttons to push to start and stop the clock.

If you can help out please give Bob Schickert a ring on 332 4114 before the 9th of August, or see him at a club run. (Its a good excuse for not running in the race and you get a good view of the runners at the half way stage).

Apologies

R. Horsley & G. Innes (overseas) R. Hayres (E. Stiles) J. Shuplent

Present

Asses

G. Morgan	D. Batterham	A. Cummings	D. Hough
M. Noyle	A. Merrett	D. Jones	A. Briffa
W. Hughes	S. Lockwood	B. Foxman	K. McDonald
C. Bould	P. Morrissey	R. Potter	N. Goff
J. Goodbeer	D. Carr	J. Gilmoor	J. Collins

Previous Minutes

Reference was made to the minutes of the previous annual general meeting held on 20<sup>th</sup> Jan 1976 which were included in the Newsletter No 40. It was moved that these minutes be accepted. There was no business arising

TOTAL 21 Members

No. 50 was an even more extensive issue of 10 pages, covering the results of the 5th Australian Veterans Track & Field Championships, held at Perry Lakes Stadium over Easter 1977, with an appendix covering all W.A. Veteran Track & Field records, both Open and Residential as at 17/4/77 when age groups were designated PV, 1A, 1B, 2A etc (Pre Vet, M40, M45) and all women were grouped as "F". Sayings were first introduced in No. 51 in July 1977 and have continued ever since

W.A. VETERANS ATHLETIC CLUB

Newsletter No. 51

July 1977

"A short life is given to us by nature but the memory of a well spent life is eternal"

CICERO

SUNDAY 12TH JUNE saw the Veterans at Perry Lakes for a 10 km pack run - the group of 22 members and potential members set off to jog around the three lap cross country course first used for the Veteran Championships. The group gathered halfway through the second lap at the corner of Perry Drive and Underwood Avenue for a leg stretching dash for home and finished up with a third

15 Newsletters came out between April 77 & April 78 and at the A.G.M. on Sunday 2nd April there were no volunteers for the secretarys job so Rob Shand continued but Keith MacDonalld handed over to Bob Hayres as President.

Newsletter No. 70 on 3rd September 1978 saw the introduction of a feature called "Know your member" by WAFFLE in which the athletic background of various members was recorded together with their ambitions and advice to new members. This proved to be quite popular for a number of issues.

Newsletter No. 73 reported the clubs one and only sorty to Rottnest for a training weekend and although Bob Hayres earned himself the the "Rottnest Veteran Trophy" he did 19½ miles of training over the two days. Don Caplin, Rob Shand and Allen Tyson managed 35½ miles over the two days 'overseas'.

16 Newsletters came out in the 1978 -79 year when David Carr took over as President from Bob Hayres and once again at the A.G.M. there was no interest in the Secretary position.

Newsletter No. 86 was a Marathon Special, reporting on the 2nd Australian National Veterans Championship Marathon run at Hearne Hill on the 12th August 1979 in which three of our "F" members - Jill Pearton(Midolo), Jo Stone and Dianne Turner made athletic history in W.A. by being the first women to compete in a National Marathon. This issue was also illustrated.



**"Whatever happened to the loneliness of the long distance runner?"**

Up to this time the Newsletter was delivered by Rob Shand who planned his training runs around the addresses of various members and delivered about half of the newsletters this way ( this must have been a good way to train for marathons as he produced two sub three hour marathons about this time.) Other newsletters were collected at the Sunday Morning runs and the residue posted at normal postage rates.

As the membership increased this method of distribution had to be replaced with a more commercial method and Newsletter No. 87 advised members that the publication had been registered for posting as a periodical - Category 'B' as from the 16th September 1979.

Like the postie with his whistle , the days of personal contact with many of the who did not get down to the club were over.

Newsletter No. 89 on the 30th October 1979 reported the Clubs World Record 24 hour Relay results with fully detailed mile by mile - all 476 of them by "A" & "B" teams.

Again 16 newsletters were printed, still by Gestetner, and some up to 16 pages in length in the 1979 -80 year and again the A.G.M. elected David Carr as President for his 2nd year and Rob Shand as Secretary for his fourth consecutive year.

Only nine Newsletters were were issued in the 1980 - 81 year, most around 12 pages in length and the last newsletter produced by Rob Shand was No. 104. After which Bob Sammells took over as President and Rob Shand stood down as secretary. The Secretarys position was taken over jointly by Val Prescott and Dorothy Whittam and Jill Pearton took on the Editors job.

Since then the Editors position has been filled by Barrie Slinger, who took over when Jill Pearton had to resign, Jeff Whittam, Basil Worner, Brian Aldrich and Jeff Whittam again.

My thanks to Rob, who must have spent many nights ploughing through back copies to come up with this article. If anyone is interested in looking through back issues John Gilmour tells me he has a complete file from the very first issue and he may be persuaded to loan them, but he wants them back.

A VERY HAPPY BIRTHDAY TO OUR "AUGUST" MEMBERS

04-AUG-47	MALKIN	: David	turns	42	remains	M40
05-AUG-47	MIDOLO	: Jill	"	42	"	W40
05-AUG-34	WHITTAM	: Jeffrey	"	55	becomes	M55
07-AUG-37	VAALSTA	: Tuula	"	52	remains	W50
08-AUG-41	CARSE	: Albert	"	48	"	M45
08-AUG-48	DANBY	: Brian	"	41	"	M40
08-AUG-35	MASLEN	: E.N. Ted	"	54	"	M50
10-AUG-55	DAWSON	: Pauline	"	34	"	W30
11-AUG-46	BOYD	: Gillian R	"	43	"	W40
12-AUG-44	LANGFORD	: James	"	45	becomes	M45
12-AUG-25	JONES	: Stanely	"	64	remains	M60
13-AUG-47	LLOYD	: Geoffrey P	"	42	"	M40
13-AUG-39	ROBINSON	: Barrie	"	50	becomes	M50
13-AUG-46	TRIPP	: Tony	"	43	remains	M40
14-AUG-43	LEISEBOER	: Ann	"	46	"	W45
15-AUG-27	HUGHES	: William J	"	62	"	M60
15-AUG-49	NEWBY	: Phillipa M	"	40	becomes	W40
15-AUG-47	TAPPER	: Maxine	"	42	remains	W40
16-AUG-43	KUHN	: Barry	"	46	"	M45
17-AUG-42	STONE	: Margaret	"	47	"	W45
17-AUG-43	WALDHUNTER	: Glenys	"	46	"	W45
19-AUG-32	FRY	: Tim	"	57	"	M55
19-AUG-35	TURNER	: Cedric (Shorty)	"	54	"	M50
21-AUG-35	AUDLEY	: George	"	54	"	M50
21-AUG-36	BROWN	: Raymond W	"	53	"	M50
21-AUG-43	MARTIN	: Keith Edwin	"	46	"	M45
22-AUG-49	WALL	: Martin E	"	40	becomes	M40
24-AUG-47	BOYLE	: Michele V	"	42	remains	W40
24-AUG-25	NAPIER	: Frederick W	"	63	"	M60
25-AUG-44	LEACH	: Barbara	"	45	becomes	W45
26-AUG-29	DAVIES	: Peter	"	60	"	M60
28-AUG-37	MARTIN	: Kevin	"	52	remains	M50

29-AUG-37	RICHARDS	: Norman	"	52	"	M50
29-AUG-53	SANDERS	: Susan	"	36	"	W35
30-AUG-12	BAUMANN	: Betty	"	77	"	W75
31-AUG-37	BYRNE	: Bevan	"	52	"	M50
31-AUG-52	STINGEMORE	: Ann Louise	"	37	"	W35
31-AUG-41	TRAYNOR	: Michael J	"	48	"	M45

CLUB CROSS COUNTRY CHAMPIONSHIPS. Jorgensen Park, Kalamunda. 23rd July 1989.

It was a cool cloudy morning for the running of the Clubs 10th Annual Cross Country Championships at Jorgensen Park. After a week when there had been some very heavy falls of rain the course was surprisingly dry, even the swamp section was not too bad. The Committee had been out early along with some of the members to flag the course and tape the section through the swamp to try and find some mud (just for the ladies).

It was a disappointingly small field this year, perhaps next year will be better.

The overall race was won by Bert Carse in the good time of 32.31 from Dave Reid in 33.23 with Tom Savin in 3rd place in 34.07. First lady home was Maxine Santich in 40.59 followed by Margery Forden in 43.50 with Margaret Birks in 3rd place in 45.47.

After the run everyone returned to the clubhouse for soup and rolls, and a rest and chat before the main event of the day "The Social". As usual the ladies put out a magnificent array of food, with Peggy LeLiver and Jan Johnson doing the organising.

Quite a few of the men were seen in the kitchen helping with the washing-up, Dave Hough doing a masterly job of washing the dishes with Rod Stewart on the 'heavy' bowl. (At the time I ventured into the kitchen).

Special mention must be made of Jim Greenfield who sacrificed his chance of a superlative run so that he could collect the marker flags after the event. Bryan Hardy and Jeff Whittam also helped.

Our thanks to all those who helped at the event, in the kitchen and tidying up afterwards.

The Committee

RESULTS:- 3 laps = 8.1km + 270m climb.

W35	Maxine Santich	40.59	M50	Derek Hoye	34.12
W40	Margaret Birks	45.47		Don Caplin	36.38
	Jenny Willers	63.39		Bob Sammells	37.03
W45	Margery Forden	43.50		Kevin Martin	39.14
	Joan Pellier	48.58		Joe Trovato	40.14
	Rosa Davis	58.51		Richard Harris	40.30
W50	Patricia Miller	54.22		John Spencer	41.35
	Mary Robinson	61.51		Merv Jones	42.11
W55	Nora Berry	64.41		John Crawford	46.21
W60	June Strachan	56.31	M55	David Carr	43.08
M35	David Reid	33.23		Vic Beaumont	44.02
	Doug Hazell	35.56		Dave Hough	47.04
	John Brown	36.41		Mike Berry	48.19
M40	Tom Savin	34.07		John Russell	56.31
	Brian Danby	36.32	M65	Duncan Strachan	51.24
M45	Bert Carse	32.31	M70	Arthur Leggett	49.54
	Paul Pohe	35.27			
	Bryan Hardy	38.45		Visitors	
	Graham Thornton	39.30		Mike Thompson	36.19
	Roland Matzke	40.22		Maureen Brown	47.53
	Mike Traynor	41.16			
	Ron Potter	41.54	1 Lap		
	John Pellier	43.46		Basil Worner	M55 16.25
	Rod Stewart	45.44		Patricia Carr	W55 20.40
	Tony Speechley	45.47	2 Laps		
	Ron Spencer	55.34		Norm Miller	M55 32.44
				Jeff Whittam	M50 36.09
				Elza O'Dea	W50 36.53
				Jacqui Beaumont	W50 44.29

## FREMANTLE HARBOUR RUN 11th June 1989.

Over 80 competitors turned out for the second Fremantle Harbour Run. As the run was the first scheduled 16km Handicap the club has had for some time, the 40 odd minute wait for the elite runners enabled a few 'lunatics' to compete in both distances.

Four new records were achieved in the 10 mile event and all but Fred Hagger completed the course. How did you manage to get lost Fred???

Thanks to all helpers and I look forward to seeing you all next year.

Paul Martin.

RESULTS:- 10 MILES		*records				
1.	John Lindsay	M40	100.19	16.45	83.34	=35
2.	Peter Roberts	M40	100.31	38.45	61.46	2
3.	Phyllis Farrell	W40	100.48	19.30	81.18	=32
4.	John Crawford	M50	101.23	22.45	77.38	26
5.	Mike Watts	M50	102.19	33.15	69.04	13
6.	Graham Thornton	M45	102.35	39.45	62.50	5 *
7.	Vic Beaumont	M55	102.47	27.00	75.47	22
8.	George Schaefer	M55	102.50	35.50	67.20	11
9.	George Peet	M55	102.54	24.00	78.54	28
10.	Stewart Hicks	M65	103.04	19.30	83.34	=35
11.	John Pressley	M40	103.12	41.45	61.27	1
12.	Merv Jones	M45	103.15	29.15	74.00	20
13.	David Bryant	M40	103.20	29.45	73.35	19
14.	Wayne Pantall	M35	103.25	38.30	64.55	8
15.	Mike Traynor	M45	103.48	30.30	73.18	17
16.	Colin Ieman	M40	103.51	41.30	62.21	3
17.	Arthur Leggett	M70	103.53	15.45	88.08	39 *
18.	Margaret Warren	W50	103.59	15.15	88.44	40
19.	Patrick Sheerin	M55	104.06	19.45	84.21	37
20.	Geoff Spencer	M45	104.12	25.30	78.42	27
21.	Joan Pellier	W45	104.14	30.45	83.29	34
22.	Paula Szpak	W35	104.30	28.45	76.45	24 *
23.	Kath Noordyk	W40	104.38	25.30	79.08	29 *
24.	Frank McLinden	M55	104.44	37.00	67.44	12
25.	Gorden Florence	M55	104.58	15.45	89.13	42
26.	Dave Roberts	M45	105.01	39.30	65.31	9
27.	John Curtis	M50	105.14	29.15	75.59	23
28.	Bob Schickert	M45	105.16	42.30	62.46	4
29.	Bob Farrell	M45	105.19	27.45	77.34	25
30.	John Brown	M35	105.24	42.15	63.09	6
31.	Selby Munsie	M55	106.01	17.15	88.46	41
32.	Barry Munyard	M45	106.09	33.30	72.39	16
33.	Derek Drayson	M65	106.09	26.15	79.54	31
34.	Ron Potter	M45	106.40	27.30	79.10	30
35.	Ron Spencer	M45	107.17	7.45	99.32	45
36.	Joe Trovato	M45	107.36	36.00	71.36	15
37.	John Pellier	M45	108.16	36.45	71.31	14
38.	Rob Davis	M50	109.17	15.30	93.47	44
39.	Serge Toussaint	M40	109.49	20.30	89.19	43
40.	Bert Carse	M45	110.03	44.30	65.33	10
41.	Frank Smith	M45	110.04	46.00	64.04	7
42.	David Carr	M55	110.21	36.00	74.21	21
43.	Mike Rhodes	M40	110.21	37.00	73.21	18
44.	Gill Roberts	W40	113.18	32.00	81.18	=32
45.	Morris Warren	M50	118.17	30.45	87.32	38
<u>5.5km</u>						
1.	Paul Odham	vis	19.18	10. Dennis Willmott	M55	26.13
2.	Wayne Robinson	vis	19.18	11. Norm Miller	M55	26.18
3.	Ian Partington	vis	20.25	12. John Spencer	M55	26.39
4.	John Ferris	M35	20.49	13. Alison Aldrich	W45	26.58
5.	Chris Brockwell	M35	20.53	14. Robin Holmes	W40	29.45
6.	John Pressley	M40	21.06	15. Patricia Carr	W55	30.19
7.	Arnold Jenkins	M45	22.20	16. Jan Johnson	W40	30.22
8.	Brian Aldrich	M55	24.36	17. Pat Miller	W50	30.33
9.	Peggy McLiver	W45	24.39	18. Linda Rhodes	W40	31.13

19.	Alan Stone	W55	31.14				
20.	Dorothy Whittam	W50	31.26	<u>WALKERS.</u>	10 Miles.		
21.	Mary Robinson	W50	32.06	Margaret Stone		W45	113.00
22.	Syd Bowler	M65	32.28	Ann Leiseboer		W45	130.45
23.	Bridget Carse	W45	33.44	Jack Collins		M75	130.45
24.	Fat Spencer	W45	36.57	Jaqui Beaumont		W50	130.53
25.	Carole Cole	W45	36.57	<u>12.5km.</u>			
26.	Sandy Penny	W60	41.00	Lynne Schickert		W45	94.00
Other Runners who competed				Lorna Lauchlan		W55	94.00
without handicaps. (10 Mile)				<u>6km.</u>			
D Blom	G Keeley			Jill Midolo		W40	38.18
B Rawson	W Robinson						
E Law							

### DANBY'S RUN 2nd July 1989.

It all started last year, Don says "Change Danby's Run with the Lake Monger Run as its always lousy weather at the Lake and there's no shelter". So this intrepid race director copped it.

7am - Up after partying till 1am and flagged the course, in a downpour - got soaked. Thanks to Vic for bringing the flags.

8am - After a suggestion by me, the run was changed from open to sealed handicap format by a majority vote. Well it was the 'noisy' yes verus the quiet no, my apologies to those who were disadvantaged. J.P. and I will give noise lessons for a few drinks to assist in the "loud gets it" revolution.

The run was staged in great running weather, my thanks to Maureen, Keith and Sue for helping.

9am - I picked up the flags around the course and it poured down again and I got soaked once more, then to cap it all when I got home all my Sue's scones etc had been devoured, a race directors nightmare. Thanks to Pat and Margaret for help in the kitchen.

We had a super day, no barbeque was possible owing to the rain but we socialised into the pm. Next year it will be on again in the spring.

The course is 5440m on our wheel, which is out by 15m per km (under).  $15 \times 5\frac{1}{2} = 70m + 5440 = 5510 - 10$  for cutting corners. Therefore course is exactly 5500m or 5.5km and the run is 11km. (The race directors decision is final. No correspondence will be entered into).

Brian & Sue Danby.

### DANBY'S RUN 2nd JULY 1989

### HANDICAP (APPROX 11km)

			ELAPSED TIME		HANDICAP		TOTAL TIME	
			MIN	SEC	MIN	SEC	MIN	SEC
1=	HICKS	STEWART M65	57	16	13	15	70	31
1=	BROWN	MALCOLM M55	50	46	19	45	70	31
3	SANTICH	MAXINE W35	49	11	21	30	70	41
4	NOORDYK	KATH W40	53	28	17	15	70	43
5	POTTER	RON M45	52	12	18	45	70	57
6	SPENCER	JEFF M45	53	50	17	15	71	5
7	LEGGETT	ARTHUR M70	60	24	10	45	71	9
8	McLIVER	PEGGY W45	54	24	17	0	71	24
9	THOMPSON	JOHN M45	59	25	12	0	71	25
10	FERRIS	JOHN M35	44	43	26	45	71	28
11	COLE	PETER M45	51	24	20	15	71	39
12	HOYE	DEREK M50	43	56	27	45	71	41
13	JONES	BRIAN M60	50	7	21	45	71	52
14	WATTS	MICHAEL M50	49	8	22	45	71	53
15	BRYANT	DAVID M40	51	39	20	15	71	54
16	SANDERS	PETER M40	46	39	25	45	72	24
17	THORNTON	GRAHAM M45	45	24	27	0	72	24
18	MARTIN	KEVIN M50	48	36	24	15	72	51
19	BEAUMONT	VIC M55	54	20	18	45	73	5
20	BARNES	JIM M45	45	51	27	15	73	6
21	SPEECHLEY	TONY M45	53	26	19	45	73	11
22	MILLER	NORM M55	59	44	13	45	73	29

CLUB HANDICAP CHAMPIONSHIPS.

## HANDICAP POSITIONS

AFTER 3 RACES

SURNAME	NAME	1	2	3	TOTAL	POS	SURNAME	NAME	1	2	3	TOTAL	POS
HICKS	STEWART	22	10	1	33	1	KIRKMAN	HUGH	21	46	45	112	47
THORNTON	GRAHAM	15	6	17	38	2	HOYE	DEREK	55	46	12	113	48
BEAUMONT	VIC	17	7	19	43	3	JONES	BRIAN	55	46	13	114	49
JONES	MERV	5	12	26	43	4	PANTALL	WAYNE	55	14	45	114	50
BROWN	MALCOLM	4	46	1	51	5	PELLIER	JOHN	42	37	35	114	51
WATTS	MICHAEL	33	5	14	52	6	LEMAN	COLIN	55	16	45	116	52
FARRELL	PHYLLIS	16	3	43	62	7	MASLEN	TED	28	46	45	119	53
POTTER	RON	23	34	5	62	8	SPENCER	RONALD	40	35	45	120	54
McLIVER	PEGGY	10	46	8	64	9	BARNES	JIM	55	46	20	121	55
SANTICH	MAXINE	24	46	3	73	10	JOHNSON	KIRT	30	46	45	121	56
SZPAK	PAULA	6	22	45	73	11	SCHICKERT	BOB	48	28	45	121	57
BIRKS	MARGARET	7	46	23	76	12	SAMMELLS	BOB	51	46	25	122	58
SCHAFFER	GEORGE	25	8	45	78	13	SPECHLEY	TONY	55	46	21	122	59
LEGGETT	ARTHUR	55	17	7	79	14	LAWRENCE	RAY	32	46	45	123	60
PELLIER	JOAN	27	21	31	79	15	MILLER	NORM	55	46	22	123	61
PEET	GEORGE	26	9	45	80	16	HARDY	BRYAN	34	46	45	125	62
SPENCER	JEFF	55	20	6	81	17	GILMOUR	JOHN	37	46	45	128	63
McLINDEN	FRANK	13	24	45	82	18	CAPLIN	DON	47	46	36	129	64
NOORDYK	KATH	55	23	4	82	19	JENKINS	ARNOLD	55	46	28	129	65
SHERIN	PATRICK	18	19	45	82	20	TOUSSAINT	SERGE	45	39	45	129	66
BRYANT	DAVID	55	13	15	83	21	BROWN	JOHN	55	30	45	130	67
DAVIS	ROB	1	38	45	84	22	STRACHAN	DUNCAN	39	46	45	130	68
CRELLIN	BILL	19	46	24	89	23	WARREN	MORRIS	41	45	44	130	69
TRAYNOR	MIKE	31	15	45	91	24	GREENFIELD	JIM	55	46	30	131	70
CRELLIN	KAREN	2	46	45	93	25	MUNSIE	SELBY	55	31	45	131	71
MASLEN	SHEILA	3	46	45	94	26	MUNYARD	BARRY	55	32	45	132	72
WARREN	MARGARET	38	18	40	96	27	FORDEN	MARGBRY	46	46	41	133	73
FARRELL	ROB	29	29	39	97	28	KHAN	MIKE	55	46	32	133	74
SANDERS	PETER	36	46	16	98	29	POMERY	ALAN	55	46	33	134	75
WESTON	PATRICIA	8	46	45	99	30	ALDRICH	BRIAN	44	46	45	135	76
MORGAN	GARNET	9	46	45	100	31	RUSSELL	JOHN	55	46	34	135	77
LINDSAY	JOHN	55	1	45	101	32	TROVATO	JOE	55	36	45	136	78
ROBERTS	PETER	55	2	45	102	33	TURNER	ANN	55	46	37	138	79
STRACHAN	JUNE	11	46	45	102	34	SANDERS	SUE	55	46	38	139	80
BERRY	NORA	12	46	45	103	35	CARSE	BERT	55	40	45	140	81
CRAWFORD	JOHN	55	4	45	104	36	WILLERS	JENNY	49	46	45	140	82
HOYLE	MERV	14	46	45	105	37	HOUGH	DAVE	53	46	42	141	83
ROBERTS	DAVE	35	26	45	106	38	SMITH	FRANK	55	41	45	141	84
FLORANCE	GORDON	55	25	27	107	39	CARR	DAVE	55	42	45	142	85
MARTIN	KEVIN	43	46	18	107	40	RHODES	MIKE	55	43	45	143	86
THOMPSON	JOHN	52	46	9	107	41	ROBERTS	GILLIAN	55	44	45	144	87
BOGGS	ROB	20	46	45	111	42	BOULD	CLIFF	54	46	45	145	88
FERRIS	JOHN	55	46	10	111	43							
PRESSLEY	JOHN	55	11	45	111	44	EVERYBODY ELSE	=89					
COLE	PETER	55	46	11	112	45							
DRAYSON	DEREK	50	33	29	112	46							

23	BIRKS	MARGARET	W40	55	56	17	45	73	41
24	CRELLIN	BILL	M50	53	17	20	30	73	47
25	SAMMELLS	BOB	M50	48	20	25	30	73	50
26	JONES	MERV	M45	54	43	19	30	74	13
27	FLORANCE	GORDON	M55	63	54	10	30	74	24
28	JENKINS	ARNOLD	M45	50	8	24	30	74	38
29	DRAYSON	DEREK	M65	57	2	17	45	74	47
30	GREENFIELD	JIM	M45	51	38	23	30	75	8
31	PELLIER	JOAN	W45	60	57	14	15	75	12
32	KHAN	MIKE	M40	52	15	23	15	75	30
33	POMERY	ALAN	M55	54	58	21	0	75	58
34	RUSSELL	JOHN	M55	63	54	12	45	76	39
35	PELLIER	JOHN	M45	52	11	25	0	77	11
36	CAPLIN	DON	M50	50	6	27	30	77	36
37	TURNER	ANN	W50	64	44	13	15	77	59
38	SANDERS	SUE	W35	65	42	12	45	78	27
39	FARRELL	ROB	M45	60	15	18	45	79	0
40	WARREN	MARGARET	W50	70	6	10	30	80	36
41	FORDEN	MARGERY	W45	60	10	20	30	80	40
42	HOUGH	DAVE	M55	58	10	22	30	80	40
43	FARRELL	PHYLLIS	W40	70	8	14	30	84	38
44	WARREN	MORRIS	M50	70	7	20	45	90	52

VISITORS, NEW MEMBERS, MEMBERS WITHOUT HANDICAPS

MAHER	CHRIS	M35	42	10
McGILLION	IAN	VIS	42	26
BEAUMONT	SIMON	VIS	42	36
SANDERS	MICHAEL	VIS	46	19
PRESTON	KINGSLEY	VIS	56	48
PARKER	ROSS	VIS	57	1
LEKIAS	SUZETTE	VIS	75	11

				ELAPSED TIME	
5.5 km				MIN	SEC
1	SAVIN	TOM	M40	21	12
2	CARR	DAVID	M55	22	9
3	ROBERTS	PETER	M40	22	58
4	SHAW	ANNIONETTE	VIS	23	50
5	RHODES	MIKE	M40	25	10
6	SANDERS	GEOFFREY	VIS	25	33
7	ENTL	KEN	VIS	28	37
8	CASEY	DEBBIE	VIS	28	38
9	BORNNOLATT	JOHN	VIS	29	53
10	DAVIS	PETER	M55	29	54
11	ALDRICH	ALISON	W45	29	57
12	JOHNSON	JAN	W40	31	27
13	LUPTON	STUART	VIS	31	41
14	CARR	PAT	W55	33	21
15	MILLER	PAT	W50	33	51
16	ROBINSON	MARY	W50	35	2
17	CRELLIN	KAREN	W45	35	32
18	HAGGER	FRED	M60	35	32
19	BEAUMONT	JACQUI	W50	44	17
20	JENKINS	JACQUI	W40	44	17



//

CROXFORD'S CLIMB. 12km Handicap 16th July 1989.

It was a perfect day for running, cool and crisp. Sixty brave runners and walkers set out to tackle the 4th Annual running of the much respected Crosswell Hills.

The first lady to finish was Kath Noordyk winning the race for the third time. The first man was Ron Sutton.

Well done everyone, I hope you all enjoyed it and hope to see you again next year. Thank you to all my helpers.

Alan.

RESULTS. 12km

1. K Noordyk	W40	72.29	19.15	17. A Croxford	M45	76.45	26.45
2. Ron Sutton	M50	73.49	18.45	18. G Thornton	M45	77.06	29.45
3. E Cox	vis	74.12	----	19. A Jenkins	M45	77.26	26.45
4. R Potter	M45	74.22	20.45	20. L Rumball	vis	77.33	----
5. D Whittam	W50	74.33	2.15+	21. N Miller	M55	77.49	15.45
6. M Birks	W40	74.45	19.30	22. J Barnes	M45	77.49	29.45
7. S Hicks	M65	74.57	14.30	23. B Schickert	M45	78.08	31.30
8. M Jones	M45	75.05	21.15	24. J Birkett	vis	78.08	----
9. P Hill	M40	75.24	25.30	25. R Spencer	M45	78.27	7.30
10. M Brown	M55	75.43	21.45	26. M Moyle	M60	78.31	20.15
11. K Preston	vis	75.57	----	27. M Stewart	W45	78.34	24.45
12. P Cole	M45	75.59	22.15	28. J Trovato	M50	79.59	26.30
13. B Hardy	M45	76.02	24.30	29. D Hough	M55	83.02	24.45
14. J Curtis	M50	76.12	21.45	<u>Walkers</u>			
15. D Hoye	M50	76.14	30.45	J Collins	M75	93.33	
16. S Leikias	vis	76.43	----	J Stone	W40	93.33	late Start
<u>1lap</u>							
B Worner	M55	20.34		J Whittam	M50	22.23	
J Johnson	W40	21.25		F Hagger	M60	22.58	
<u>2laps</u>							
K Matin	M50	32.44		E O'Dea	W50	45.14	
B Munyard	M45	32.53		F Usher	M65	47.04	
M Khan	M40	34.27		S Bowler	M65	49.05	
T Speechley	M45	35.47		J Wilkerson	W40	49.31	
K Eatt	vis	40.09		M Santich	W35	57.33	23.30?
R Lawrence	M60	40.30		J Banholdt	vis	57.39	
A Aldrich	W45	40.40		P McLiver	W45	58.23	3lap?
B Aldrich	M55	40.53		L Schickert	W45	61.56	walked
C Ngatai	vis	41.42		B Thomsett	M45	61.56	walked
L Castle	vis	41.42		P Airey	M50	63.15	25.30?
P Miller	W50	43.07					

+corrected time.

# SUBSCRIPTION FORM

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# Spain can look to more wins in the long run

By DAVID MARSH

No.1 woman endurance runner.

Spain's exploits on the running track have been well documented in recent years. She holds every WA open women's record from 80km to 24 hours.

ULTRA-MARATHON runners, unlike their counterparts in the shorter events, are renowned for improving with age.

This is certainly the case with 47-year-old Fremantle schoolteacher Trisha Spain, Australia's

thon runners will be competing," she said.

Spain started running only eight years ago when her sister and brother-in-law encouraged her to enter a City-to-Surf fun run.

"I thought that 12km was a good workout and later in the year I had a run in the Albany marathon," she recalls.

"I finished in 4hrs 10min."

She has since run another 14 marathons plus six Mundaring-York races (64km), five 24-hour races and last year's inaugural Perth-Albany run.

"About six years ago, I had an idea of running from Perth to Albany," Spain recalls. "Then I backed away from the idea, but a year or so

later Tony Tripp organised the first Hi Tec 24-hour race."

Spain was a glider pilot and about 15 years ago became the first WA woman to remain aloft for five hours.

She quit gliding after some near misses. "Running is safer," she said.



ON THE CREST OF A WAVE . . . Trisha Spain has come a long way. Picture: DEREK HOBBS

\*\*\* TONE RIVER MILL LONG WEEKEND RUNNING/WALKING CAMP - SEPT. 29/2 OCT. 1989

A running/walking camp will be held over the Queen's Birthday long weekend from Friday 29/9 (2 p.m. onwards) to Monday 2/10 at the TONE RIVER MILL CAMP.

#### LOCATION

Tone River Mill camp is located off the Muirs Highway 42 kms southeast of Manjimup.

#### ACCOMODATION

Accommodation is in cottages which can accommodate up to 10 people each. We have reserved 5 cottages therefore numbers are strictly limited to a total of 50 people. You will need to bring your own: sheets, blankets/sleeping bags, pillowcases, toiletries, dishclothes, ovenclothes, tea towels and FOOD AND DRINKS. NO PETS ARE ALLOWED.

#### ACTIVITIES

Runs and walks will be organised over various distances and courses. We will be hiring canoes, tennis courts are available (suggest you bring own racket) and swimming is also available in the river. A social will be held in the camp hall on the Sunday night. Suggestions for the form the social will take are requested.

#### COST

Costs are being kept to the minimum and include canoe hire and the Sunday night social. Adults \$20.00 and children \$15.00 for the entire weekends accommodation. This is the price regardless of whether you stay one, two or three nights. Come early and get maximum value for money!

#### CLOSING DATE AND NUMBERS

Numbers will be limited to a maximum number of 50 people (including children). Closing date is September 3, 1989 BUT IF 50 PEOPLE CONFIRM ATTENDANCE BEFORE THAT DATE ENTRIES WILL CLOSE WHEN THE FIRST 50 ARE CONFIRMED. YOUR ENTRY WILL BE CONFIRMED WHEN THE ENTRY FORM AND FULL PAYMENT IS RECEIVED BY THE CLUB SECRETARY.

AVOID DISAPPOINTMENT BY BOOKING EARLY AS THIS PROMISES TO BE VERY WELL SUPPORTED BY MEMBERS.

#### ENTRY (BOOKING) FORM

W.A. VETERANS ATHLETIC CLUB TONE RIVER MILL LONG WEEKEND RUNNING/WALKING CAMP  
29/9/89 - 2/10/89

NAME .....(Please print)

ADDRESS .....

CONTACT TELEPHONE NO .....

NUMBER OF PEOPLE IN YOUR GROUP: .....ADULTS @ \$20.00 EACH \$.....

END TO: .....CHILDREN @ \$15.00 EACH \$.....

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