



# The Vetruns



NO. 266 DECEMBER 1995

PATRON: W.J. Hughes

PRESIDENT: Brian Foley

EDITOR: Richard Harris

Merry Christmas

Dear Readers

On behalf of the WAVAC Committee, we wish all our readers - our runners and walkers, gaspers and grunters - A Merry Christmas and a Happy New Year.

Jackie and I suggest you take it easy with that 1994 Chardonnay - it's not as young as it used to be - and back off the training slightly during the holiday break so that you are strong and fit for 1996.

We thank those readers who have contributed stories and photographs. Well done, thanks a million, especially Joan Pellier, for her Running Mates column and Vic Beaumont for the photographs. Also, we thank Jackie Halberg for her support with the distribution of the newsletter and Merv Jones for his work on labels and birthdays.

We thank Bob Fergie, the Club Secretary, for a solid year of work; Bob Sammells for developing a really good running program; and Jan Jarvis for keeping the accounts and paying the bills. And we thank all our members for taking part in the fellowship of the club.

May the Great Runner in the Sky pour down His blessing upon you, and keep your spirit refreshed in all events to come.

Jackie Billington and Richard Harris

## CHRISTMAS GIFT RUN

Don't forget to bring a gift to the value of \$5.00 if you would like to receive one. Christmas fayre and morning tea provided and prizes for the best fancy dress. The course is being changed this year due to safety reasons and will be around Burswood. Hope to see you all there.

Ron and Joan Hillis

## Running Mates



This month's Running Mates are Margaret Ward and Brian Bennett. Margaret was born in Perth, Brian in South Africa, he came to Australia in 1977 and worked in Kalgoorlie for some time. In his younger years he played rugby then did some running to stay fit and joined a club in the Goldfields. Most of the runs were handicaps and he remembers always chasing this lovely pair of white shorts in the far distance, they were namely one Maxine Santich. He said he ran his fastest 10K there around 35mins. Margaret used to cycle with Brian while he did his training runs and then she decided to take up running herself. Margaret has three children and Brian has two.

### Occupation:

Brian - Solicitor  
Margaret - Secretary

### How did they hear about the Vets?

At the Canning to Capel run they were watching Margaret's daughter compete in the Triathalon.

### What do they enjoy about the Vets?

Social contact, there's room for everyone, keeps you running.

### Favourite Distance?

Brian - 10K Margaret 5K

### Other Interests?

Brian - Too busy these days just working and relaxing

Margaret - Movies, camping, spending time with the family.

### Favourite Food?

Brian - Chinese  
Margaret - Fruit & vegies

### Any changes you would like to suggest for Vets running?

Maybe start at 7.00am in summer.

### Ambitions in Running?

Brian - To be able to run 10K without pain.

Margaret - Like to run 10K comfortably.

### Greatest Pleasure in Running?

Brian - Getting Margaret to run  
Margaret - Competing in City to Surf (she hadn't run it before)

### Favourite Run?

Brian - Runs in King's Park

Margaret - Near the water or King's Park.

Joan Pellier



## "I JUST WANTED TO SEE HOW FAR I COULD GO"

"I just wanted to see how far I could go" said Lyn Nixon - Who is Lyn Nixon? she's not in the Vets, doesn't run, in fact she cycles, and her proud mum is Margaret Ward.

Lyn, 34 married, has two school aged children, played hockey at school and decided around three years ago that she wanted to get fit. About that time a friend's husband started doing Triathalons, so she decided to have a go and did pretty good. After the season finished she wanted to stay fit so she cycled and did some racing and started to win a few races. It was suggested she go East and enter the Nationals in 1994 and finished in the top ten in all events. When she came back her coach suggested that she concentrate on cycling for a year and then she went East again and won a few races including the women's section of the Mt Buller Classic, and was selected for the Australian team to tour Europe and America for 5½ months in the World Championships at Bogota. She was placed 14th and is currently No. 2 in Australia. Lyn is now training at the Australian Institute for Sport in cycling and cycles around 700 to 800K a week under National Coach Heiko Salzwedel and women road coach Andrew Logan along with seven other ladies of which six will be selected in April to tour Europe, after which, three will go to Atlanta.

Lyn knows being the oldest in the squad is going to be tough but mentally she is very focused and believes 90% of racing is in the head and that Sports Psychologist are a must in top class sports. Her favourite book is "Thinking Body Dancing Minds" by Chunyastry Alltuany and Jeff Lynch. I know you would like to wish this pocket size dynamo lots of luck and look forward to seeing her wearing the green and gold in Atlanta.

Joan Pellier

### VIIIITH OCEANIA VETERANS GAMES TAHITI 6-13 JULY 1996

For car hire and information on hotel and lodging at the sports institute - please contact Bob Fergie, Secretary WAVAC on 447 6898

## LETTERS TO THE EDITOR

### MAD MICK'S REVENGE

The greatest poets in the land  
will not be found in Mick's mad band.  
That's Reckless Robin, Dashing Dick,  
Galloping George and then Mad Mick.

Raving Dave and Bare Foot Ted,  
Dashing Dalton with fractured head,  
this motley mob with brains a straining  
attempt a different type of training.

Inspired by the works of Schaefer  
agreed as one that it's much safer  
to exercise the aged head,  
forget the running, compose instead.

Dashing Dick built like a Panzer,  
tried his best to write a stanza.  
But brain unused to exercise,  
was asking Dick can this be wise?

Dalton who unfortunately  
had run head first into a tree,  
now forced to wear a safety bonnet,  
is in no mood to write a sonnet.

Robin of New Zealand fame,  
stout of heart, forever game,  
penned the finest line he knew,  
"A Guinness a day is good for you."

Ted from who vast knowledge glowed  
tried his best to write an ode.  
And try he did, he really cared  
that E equalled MC<sup>2</sup> squared.

Raving Dave became delirious,  
thinking running should be serious  
picking up his pen he sighs  
and teardrops fill his mournful eyes.

Of Galloping George no word is spoken,  
he's down, he's out, his spirit broken.  
He's gone to rest, he's literally smitten,  
the world's worst poem has just been  
written.

Mad Mick Cousins

## 1966 WA STATE MASTERS GAMES - ALBANY

The dates for the 1996 State Masters Games have been set at April 12 to 15, 1996, in Albany.

We ask that you include these dates in your calendar of events for 1996 to ensure that the games do not clash with any other planned competition.

Already plans for staging the 4th State Masters Games are well under way and we can promise you an exciting event which will benefit your sport.

Should you require further information please contact myself on 098 416800 (B) or the Chairman, John Cochrane on 098 421244 (H).  
Jim McCann, Secretary

### TRACK & FIELD 19.10.95

#### 60m

M35	Ian Sanders	8.3
M35	Peter Muriden	8.7
M40	Dave Wyatt	8.0
M45	John Walker	8.0
M45	Stephen Crabbe	8.6
M45	Denis Ramanah	9.3
M50	Ivan Brown	9.4
M50	Murray Ford	9.7
M50	John Pressley	9.9
M55	Norm Richards	7.9
M55	Merv Jones	10.6
M60	David Carr	8.7
M70	Allen Tyson	11.2
W50	Jan Jarvis	8.7

#### 1 Mile Walk

M50	Bruce Wilson	8:37
M75	Fred Watson	14:11
M50	Jackie Billington	10:50
M65	Lorna Lauchlan	11:13

#### 1 Mile Run

M35	Ian Sanders	6:52
M50	Jim Langford	4:59
M50	Bruce Wilson	5:25
M50	John Pressley	5:45
M50	Ivan Brown	5:50
M50	Murray Ford	7:40
M55	Alan Chambers	6:57
M55	Merv Jones	7:14
M60	David Carr	5:43
M70	Allen Tyson	8:04
W45	Anne Shaw	5:51
W50	Peggy Macliver	6:50

#### Discus

M35	Ian Sanders	20.62m
M60	David Carr	22.44m
M70	Jim McMillan	22.38m
M70	Allen Tyson	18.60m
M75	Fred Watson	13.06m





W60	Patricia Carr	15.01m
W65	Rae McMillan	15.83m

## TRACK & FIELD 26.10.95.

### 2000m Walk

M35	Ian Sanders	13:58.1
W45	Lois Smith	14:52.7
W50	Leslie Romeo	12:21.2
W50	Jackie Billington	13:36.7
W55	Dorothy Whittam	13:07.7
W65	Lorna Lauchlan	13:59.9

### 200M

M35	Joe Stewart	24.0
M35	Garry Tuffin	28.2
M45	John Walker	28.1
M50	Murray Ford	30.9
M65	Gordon Medcalf	38.9
W35	Snow McSwain	31.3

### Javelin

M35	Garry Tuffin	22.52m
M35	Ian Sanders	18.68m
M65	Gordon Medcalf	21.45m
M70	Allen Tyson	18.76m
W45	Heather Sanderson	18.88m
W50	Peggy Macliver	18.50m
W60	Patricia Carr	16.36m
W60	Noela Medcalf	13.95m

### Hammer \* (points)

M45	Doug Cornish	17.05m
M50	Brian Foley	15.20m
M50	Keith Martin	19.36m
M55	Mike O'Reilly	18.72m
M60	David Carr	18.78m
M70	Allen Tyson	18.58m
W55	Dorothy Whittam	21.54m
W60	Noela Medcalf	15.98m

### Triple Jump \* (points)

M45	Dave Wyatt	10.05m
M45	Doug Cornish	9.27m
M50	Brian Foley	8.41m
M55	Mike O'Reilly	6.48m
M60	David Carr	7.69m
M65	Gordon Medcalf	5.76m
M70	Allen Tyson	5.51m
W55	Dorothy Whittam	7.89m

### 5000m \* (points)

M40	Bill Shand	17:26
M45	Dave Reid	18:08
M45	John Dartnell	22:15
M50	Bert Carse	18:40
M50	John Pressley	18:58
M50	Brian Foley	19:08
M50	Vicente Carrero	19:29
M50	Ian Passmore	21:24
M50	Brian Gale	22:39
M50	Mike O'Reilly	22:53
M55	Steve barrie	19:16
M55	Alan Chambers	22:16
M60	David Carr	20:49
M60	Robin Bonner	23:21
M70	Allen Tyson	27:26

W45	Anne Shaw	19:10
W45	Heather Sanderson	23:26
W50	Peggy Macliver	23:01
W60	Noela Medcalf	27:34

This was the first evening of the point score competition. The very busy program was conducted with the assistance of the athletes and Jackie Halberg and Jim Langford who came specifically to help. The hammer event will be repeated at Coker Park in January for those who missed out due to the short notice. **David Carr**

## TRACK & FIELD 2.11.95.

### 1500m Walk \* (points)

M35	Garry Tuffin	8:26
M35	Ian Sanders	9:55
M50	Bruce Wilson	7:51
M50	Brian Foley	8:48
M50	Arnold Jenkins	9:50
M50	Ivan Brown	9:53
M55	Alan Chambers	10:46
M60	David Carr	9:37
M70	Allen Tyson	9:31
M75	Fred Watson	12:28
W45	Heather Sanderson	9:59
W50	Peggy Macliver	9:39
W50	Jackie Billington	9:52
W55	Dorothy Whittam	9:41
W60	Lorna Lauchlan	10:14
W60	Noela Medcalf	11:26
W60	Val Wheeler	11:56

### Shot \* (points)

M35	Garry Tuffin	7.52m
M35	Ian Sanders	6.83m
M50	Arnold Jenkins	7.46m
M40	David Wyatt	6.74m
M45	David Cornish	6.18m
M50	Brian Foley	7.35m
M50	Bruce Wilson	5.74m
M55	Peter Gare	9.14m
M60	David Carr	7.17m
M65	Gordon Medcalf	5.98m
M70	Allen Tyson	7.52m
M75	Fred Watson	5.19m
W45	Heather Sanderson	6.25m
W50	Peggy Macliver	6.81m
W55	Dorothy Whittam	7.79m
W55	Dot Nicholaidis	6.02m
W60	Noela Medcalf	5.98m
W60	Lorna Lauchlan	5.72m
W60	Val Wheeler	5.10m

### 100m

M35	Garry Tuffin	14:12
M35	Ian Sanders	14:20
M40	Gary Lee	14:79 (vis)
M45	John Walker	13:71
M50	Arnold Jenkins	14:85
M50	Bruce Wilson	14:86

M50	Murray Ford	15:28
M55	Norm Richards	13:55
M55	Peter Gare	14:12
M55	Leon Sanders	14:52
M60	David Carr	15:38
M65	Gordon Medcalf	16:49
M70	Allen Tyson	17:92
W55	Dot Nicholaidis	17:41
W60	Noela Medcalf	18:45

### 1500m

M40	David Wilmer	4:53
M40	Paul Hughes	5:23
M40	Gary Lee	5:59 (vis)
M40	Brian Ward	6:20
M45	David Reid	4:46
M50	Jim Langford	4:39
M50	Bruce Wilson	4:57
M50	Brian Foley	5:03
M50	Ivan Brown	5:16
M50	Brian Gale	5:55
M50	Murray Ford	6:44
M50	Brian Devine	6:56
M55	Alan Jennings	5:50
M55	Alan Chambers	6:19
M60	David Carr	5:54
W45	Ann Shaw	5:14
W45	Heather Sanderson	6:23
W50	Peggy Macliver	6:14

Nobody competed in the discus or long jump due to lack of availability of the site or time.

## TRACK & FIELD 9.11.95.

### 400m \* (points)

M40	Dave Wyatt	1:00.5
M50	Brian Foley	1:03.2
M50	Arnold Jenkins	1:07.0
M50	John Pressley	1:14.5
M50	Brian Devine	1:40.9
M55	David Clive	1:04.1
M55	Mike O'Reilly	1:06.2
M55	Leon Sander	1:13.1
M60	David Carr	1:02.9
M65	Gordon Medcalf	1:40.6
M75	Fred Watson	1:59.8
W45	Heather Sanderson	1:20.2
W50	Peggy Macliver	1:11.2
W60	Noela Medcalf	1:25.9

### Javelin \* (points)

M40	Dave Wyatt	27.92m
M45	Doug Cornish	23.22m
M45	Evan McRae	13.32m
M50	Arnold Jenkins	25.98m
M50	Brian Foley	20.00m
M55	Mike O'Reilly	24.06m
M55	Leon Sander	18.84m
M60	David Carr	24.20m
M65	Gordon Medcalf	21.64m
M70	Allen Tyson	17.58m
M75	Fred Watson	10.20m





W45	Heather Sanderson	17.10m
W50	Peggy Macliver	17.44m
W55	Dorothy Whittam	18.20m
W60	Noela Medcalf	12.94m

### 3000m Run

M40	Bill Sand	10:05
M45	Duncan McAuley	9:57
M45	David Reid	10:04
M45	Evan McRae	10:46
M45	Maurie Creigh	11:36
M50	Jim Langford	9:28
M50	John Pressley	11:04
M50	Brian Foley	11:32
M50	Brian Devine	14:17
M55	Steve Barrie	11:00
M55	Leon Sander	12:46
M70	Allen Tyson	16:00
W45	Anne Shaw	11:00

### Discus

M55	Mike O'Reilly	20.84m
M65	Gordon Medcalf	22.23m
W60	Noela Medcalf	18.31m

### 3000m Walk

W50	Lesley Romeo	18:51
W50	Jackie Billington	20:17
W55	Dorothy Whittam	19:38
W60	Val Wheeler	23:33

### Long Jump

M40	Dave Wyatt	5.11m
W50	Peggy Macliver	3.80m

## TRACK & FIELD 16.11.95

### 3000m \* (points)

M40	Bill Shand	10:21
M40	David Wilmer	10:26
M40	Paul Hughes	11:14
M50	Jim Langford	9:35
M50	Bruce Wilson	10:23
M50	Brian Foley	10:52
M50	John Pressley	11:04
M50	Ivan Brown	11:24
M50	Brian Gale	13:12
M50	Arnold Jenkins	14:00
M50	Brian Devine	15:00
M55	Steve Barrie	11:09
M55	Alan Jennings	12:04
M55	Alan Chambers	13:12
M60	David Carr	11:32
M65	Allen Tyson	16:20
W45	Anne Shaw	11:02
W50	Peggy Macliver	13:14
Vis	Brian Ward	13:36

### Triple Jump

M50	Keith Martin	7.49m
M75	Fred Watson	4.95m
W55	Dot Nicholaidis	6.77m

### Shot

M60	David Carr	7.48m
M70	Allen Tyson	7.63m
W55	Dorothy Whittam	8.13m

## TRACK & FIELD 23.11.95

### Long Jump \* (points)

M35	Ian Sanders	4.01m
M40	Dave Wyatt	5.38m
M45	Dave Reid	4.33m
M45	Gerry Hunt	4.24m
M50	Brian Foley	3.72m
M50	Ivan Brown	3.59m
M50	Arnold Jenkins	3.30m
M60	David Carr	4.24m
M70	Allen Tyson	2.78m
M75	Fred Watson	2.36m
W35	Snow McSwain	4.24m
W50	Peggy Macliver	3.73M
W55	Dot Nicholaidis	3.15m
W60	Noela Medcalf	2.51m

### 1500m \* (points)

M35	Ian Sanders	6:05
M40	Dave Wyatt	6:18
M45	Dave Reid	4:43
M45	Gerry Hunt	6:09
M50	Brian Foley	4:48
M50	Ivan Brown	5:05
M50	Arnold Jenkins	5:52
M50	Brian Devine	6:40
M55	Alan Jennings	5:25
M55	Alan Chambers	6:23
M55	Jim Riddell	6:43
M60	David Carr	5:01
M70	Allen Tyson	6:39
M75	Fred Watson	8:45
W45	Anne Shaw	5:03
W50	Peggy Macliver	5:49
W60	Noela Medcalf	7:26

### 5000m

M35	Greg VanderSander	18:17
M45	David Reid	19:04
M45	Maurice Creagh	19:46
M50	Brian Devine	24:52

### 2000m Walk

W50	Lesley Romeo	12:26
W50	Jackie Billington	13:23
W60	Val Wheeler	15:45
W65	Lorna Lauchlan	13:26
W70	Glenice Shanahan	16:14
M50	Brian Foley	12:17
M50	Arnold Jenkins	14:46
M70	Allen Tyson	16:14

### Discus

M45	John Walker	18.34m
M60	Bob Gergie'	29.08m
M60	David Carr	22.70m
M70	Allen Tyson	20:24m
W50	Peggy Macliver	18.14m
W55	Dot Nicholaidis	16.46m
W60	Noela Medcalf	16.40m

### Shot

M60	Bob Fergie	9.64m
M70	Allen Tyson	7.46m
W55	Dot Nicholaidis	7.43m
W60	Noela Medcalf	6.52m
W65	Lorna Lauchlan	6.44m

## FROM THE EDITOR

### THE SWITCH TO TYPE B

Are you a Type A runner - aggressive, competitive and high achievement oriented in the sport - or are you Type B - laid back, having fun, she'll be right? Or are you - like most of us - a mixture of both?

To get more enjoyment out of what you're doing, how about backing off a tad and giving your Type B profile a chance to surface.

For instance, instead of running your regulation 10K at sub 45 minute mandatory pace, competing all the time with yourself and usually losing, consider just roving any old how at any old pace through some of your favourite scenery running on a time basis rather than a distance. This takes off all the pressure and you become truly a fun runner.

It also solves certain tiny dilemmas. Should you break off your pace to stop for the traffic, pick up that 20¢ piece at the roadside, or say G'day to the lady walking her dog and flushing out the ducklings along the banks of the creek? Or stop to help those kids push their broken down car to a safe spot.

I run like this from time to time to recover from the blahs. It never fails.

Recently I was crashing along through the undergrowth when a large kangaroo tick dropped off a bush and went down my chest. I quickly gave it a flick - the merest pause in my stride to get rid of it - and continued. Round the bend I found a feral loquat tree, laden with gorgeous yellow fruit. I stopped and had a snack. It reminded me of that scene in Alexander Solzenitzin's "One Day in the Life of Ivan Denisovich" (phonetic spellings, guys) when Ivan, consumed with scurvy in the notorious labour camp, found the golden yellow berries under the snow bank and devoured them with glee, thankful that he was still alive at the end of the day with just a hint from the Almighty that all would be well.

So let's put ourselves more in control of that super competitive inner child because if he's/she's rude/selfish/naughty whatever, it's you that gets spanked.

Richard Harris





## Welcome to our New Members

Gary Branche	M40
Robin King	W35
Anthony Blackman	M55
Lynette Boucher	W50
Barry Munyard	M50
Alan Jennings	M55
Faye Walton	W50
Victoria Hawley	W40
Lois Smith	W45
Glen Hinton	M45
John Cresp	M40
Stephen Crabbe	M45
Richard Rimington	M35
Kevin Jamieson	M45
Richard Thornhill	M45
Lynn Fraser	W45

### THE ORIGINAL AND STILL THE ONLY AUTHENTIC TRIATHLON STORE IN WA

Bob and Jan have a wealth of experience in fitting running shoes gained over 17 years. Bob has completed each of the 17 Perth Marathons without any injury problems - he must be doing something right!

Phil's years of triathlon experience (including the ultimate - the Hawaii Ironman) and being an accredited Level 1 Triathlon Coach ensure correct bike setup and training advice.

For any of your triathlon requirements, remember - **Runner's World** genuine "old fashion" service.

**NO GIMMICKS**, just honest to goodness advice, based on priceless experience.

*Perth's specialist running & triathlon store*

# Runner's World

**OPEN 7 DAYS**  
5 Fitzgerald Street, Perth  
227 7281

## HONDA MASTERS GAMES ALICE SPRINGS OCTOBER 19-27, 1996

Be part of the party. It is that time again - time to start making plans for the 1996 Honda Masters Games, Alice Springs.

Although it seems that the 1994 Games only finished yesterday, time is running out before the 1996 games begin.

If you have been to any of the five previous Honda Masters Games you will know the party atmosphere which prevails throughout the week.

This is why the event has become known as "the Friendly Games". If you have not been part of the Games yet, make sure you do not miss out next year.

Join the thousands of participants who have been to one or more - and keep coming back. More than 5000 participants are expected to attend from 19th to 27th October 1996.

**Eric Poole**

**Minister for Sport and Recreation and Patron of the Honda Masters Games, Alice Springs**

### JOONDALUP RUN 8.10.95.

Sunny, no wind and a bit humid were the conditions for this year's run along Lake Joondalup. There were 97 finishers and Jim Langford was the fastest over the 11.6K run. All enjoyed the run except nine runners who took a wrong turning. The course was well flagged but runners, when they get on the track seem to "get lost". I did it myself the week before at King's Park. Sue Prewitt runs through the park each week and she still got lost but Sue and the crew around her found another path to the finish.

My sincere thanks to all my helpers in contrast to last year when I had very few, this year I had plenty; namely Keith Forden who ran from home to set the flags at the 2.1/2K turn and collected them while running back, Morris my husband, Gerry Prewitt and Bill Crane helped to set up the equipment at the start. Mike Bloore and Jim Greenfield who marked the second half of the course and Jim also helped to collect the flags at the end and then ran home, which proves that even helpers can get their run in on the morning. Stewart Hicks, Robert Farrell and Ann Turner who looked after the runners at the finish. A happy bunch of workers and my thanks again to all of you.. Margaret Warren

### 11.6K

Jim Langford	M50	43:05
Ralph Henderson	M45	45:19
Robert Mair	M45	45:25
Warren Gee	M40	45:44
Bob Schickert	M50	46:11
Jill Chambers	W45	48:34
John Bell	M50	48:51
Paul Hughes	M40	49:36
Evan McRae	M45	52:05
Adrian Noordyk	M40	52:10
Bob Sammells	M55	52:47
John Pellier	M55	53:01
Mike Rhodes	M45	53:16
Gerry Prewitt	M40	53:19
Bill Crane	M55	53:20
George Schaefer	M60	53:46
Kath Noordyk	W45	53:55
Keith Atkinson	M35	54:18
Helen Lysaght	W40	55:22
Margaret Birks	W45	56:04
Richard Harris	M55	59:15
Merv Moyle	M65	58:24
Marg Forden	W50	59:00
Robin King	W35	59:22
Ted Maslen	M60	59:32
Milton Mavrick	M40	59:41
David Hough	M60	59:49
Alan Chambers	M55	60:42
Brian Hunter	M50	60:50
Roger Whalan	M50	61:35
Peter Davies	M65	61:44
John Russell	M60	62:33
Brian Smith	M55	62:34
George Peet	M60	63:19
Roma Bettles	W45	64:59
Denise Lancaster	W45	65:00
Ron Sutton	M55	66:11
Shorty Turner	M60	66:33
Lyn Boucher	W50	75:39

### 5K

Dave Roberts	M50	19:00
Anne Shaw	W45	19:40
Vic Waters	M50	19:53
Brian Foley	M50	20:05
Ivan Brown	M50	20:43
Karen Gower	W35	20:50
Dick Blom	M60	21:47
Mike Bloore	M45	21:48
Peter Airey	M55	23:10
Brian Bennett	M45	23:49
Mitch Loly	M55	23:56
Simon Mort	M45	23:58
Robert Reece	M45	24:08
Ron Hillis	M50	24:54
Barry Blackman	M55	25:28
Ros Banyard	W45	25:52
Norm Miller	M60	26:13
Ray Lawrence	M65	27:07
Jackie Halberg	W45	27:18
Val Millard	W45	27:49
Jan Jarvis	W50	28:17





Joan Pellier	W55	29:43
Ray Barnett	M50	30:27
Sheila Maslen	W55	30:42
Phyllis Farrell	W50	30:58
Hazel Corbett	W45	31:30
Mary Heppell	W55	31:46
Ron Spencer	M55	33:20
Frank Usher	M60	33:53
Lyn Schickert	W50	34:27
Margaret Ward	W50	34:28

### 5K WALK

Paul Martin	M50	27:50
Barry Weatherburn	M50	32:05
Gary Tuffin	M35	32:48
Lesley Romeo	W50	32:59
Wendy Clements	W50	35:36
Jackie Billington	W50	37:33
Pat Miller	W55	38:11
Lois Smith	W45	39:10
Lorna Lauchlan	W65	39:24
Jeff Whittam	M60	39:25
Val Wheeler	W60	41:09
Gillian Peet	W55	42:49
Faye Walton	W55	42:52
Karen Crellin	W50	43:28
Dick Horsley	M80	58:00

### VISITORS

Prabudoha Nicol	11.6K	44:35
Neil McRae	11.6K	48:20
Rex Milligan	11.6K	46:32
Bill Hughes	11.6K	49:09
Rick Thornhill	11.6K	63:01
Lyn Fraser	11.6K	63:02
Glen Hinton	11.6K	75:35
John Reed	5K	21:59
Lynsey Gee	5K	22:16
Nancy Reed	5K	27:58
Stephanie Glasson	5KW	43:27

### BIBRA LAKE RUN 22/10/95

A grand total of 94 runners and walkers was pretty good considering the race clashed with the Rottneest run the same day.

The weather was cool, bright but a little windy for good fast times.

In the 6K race the first female home was Heather Sanderson and first male Dave Roberts. The first female in the 12K race was Jill Chambers and Ralph Henderson first male. Lesley Romeo was the first female walker in and Paul Martin first male.

I must give thanks to my helpers Kathryn and Harry Holland, Tom Savin and Joan Hillis.

**Doug Hazell**  
Race Director

<b>12K</b>		
Ralph Henderson	M45	45:43
Robert Mair	M45	46:28
Warren Gee	M40	46:32
Evan McRae	M45	49:46
Jill Chambers	W45	50:05
Vicente Carrero	M50	50:28
Ivan Brown	M50	50:39
David Muir	M50	51:16
Ted Maslen	M60	52:03
George Schaefer	M60	53:06
Mike Rhodes	M45	54:19
Mitch Loly	M55	54:51
Helen Lysaght	W40	54:58
Mike Khan	M50	55:09
Richard Harris	M55	57:26
Dave Hough	M60	57:46
Rick Thornhill	M45	57:57
Margaret Birks	W45	58:58
Kieth Atkinson	M35	58:58
Stuart Parkinson	M45	59:31
Alan Chambers	M55	60:27
Aldo Giacomini	M55	60:28
Ron Hillis	M50	61:16
George Peet	M60	61:24
Barrie Slinger	M55	61:24
Barry Blackman	M55	61:51
Denise Lancaster	W45	64:04
Shorty Turner	M60	66:37

### 6K

Dave Roberts	M50	22:33
Lewis Arndt	M45	23:56
Hugh Kirkman	M50	24:22
David Carr	M60	24:32
Bob Thomson	M45	24:33
Bill Crane	M55	24:47
Dick Blom	M60	25:03
Paul Arthur	M35	25:17
Bob Sammells	M55	25:22
Peter Hill	M45	25:42
Alan Jennings	M55	25:43
Ian Passmore	M50	26:03
Michael Anderson	M45	26:12
John Dartnall	M45	26:31
Robin Bonner	M60	27:33
Peter Airey	M55	27:36
Brian Hunter	M50	28:31
Heather Sanderson	W45	28:47
Dalton Moffett	M60	28:52
Margery Forden	W50	29:14
Merv Jones	M55	29:37
Ray Lawrence	M65	29:51
Ron Sutton	M55	30:15
Norm Miller	M60	30:39
Keith Forden	M55	30:48
Brian Smith	M55	30:49
Estelle Rogers	W35	30:50
Ros Banyard	W45	31:41
Val Millard	W45	32:28

Roma Bettles	W45	32:35
Jackie Halberg	W45	32:41
Allen Tyson	M70	33:07
Irene Ferris	W40	34:04
Ray Barnett	M50	34:24
Sheila Maslen	W55	36:14
Rosa Davis	W50	36:14
Jackie Billington	W50	36:21
Joan Slinger	W50	36:41
Hazel Corbett	W45	36:52
Kirt Johnson	M65	36:53
Mary Heppell	W55	38:05
Vic Beaumont	M65	38:05
Frank Usher	M70	38:38
Patricia Carr	W60	45:30
Glenice Shanahan	W70	48:24

### 5K WALK

Paul Martin	M50	32:21
John Mison	M45	32:22
Lesley Romeo	W50	38:35
Michele Mison	W45	39:06
Wendy Clements	W50	41:12
Dorothy Whittam	W55	42:51
Pat Miller	W55	45:30
Jeff Whittam	M60	45:59
Bob Fergie	M60	46:00
Lois Smith	W45	46:13
Tina Carrero	W45	48:30
Gillian Peet	W55	48:30
Judy Hill	W45	48:40
Val Wheeler	W60	50:02
Alan Pomery	M60	50:51
Val Bonner	W50	54:39
Dick Horsley	M80	73:03

### VISITORS

Lindsay Gee	5K	28:05
Robert Sheehy	5K	31:54
Rick Rimington	5K	40:21

### VETS ANNUAL DINNER

I think everybody enjoyed themselves at the Metro Inn on Saturday 18th November, good food, great venue, plenty of fun, spot prizes and dancing to right kind of music, and best of all wonderful company. As a result of the pleasing feedback from the evening we have already made reservations for next year the date being Saturday November 16. - Put a note in your new diary - I hope to see more of you there.  
**Jackie Billington**

*Merry Christmas* 





## CANNING CAPER 12.11.95.

The starting point for this run had been changed from previous years. The new start was at the Old Riverton Bridge. Some runners went to the old start and were a bit late in arriving, however, 74 runners took part and seemed to enjoy the almost perfect weather and the very pleasant venue.

Unfortunately the recording machine ran out of paper, unbeknown to the recorder and some of the times were over stamped by the machine before this was discovered. My apologies to those people whose time has not been recorded.

### 10K

Robert Mair	M45	37:28
John Pressley	M50	38:07
Jim Klinge	M45	38:11
Steve Burge	M35	38:16
Paul Hughes	M40	40:06
Brian Danby	M45	40:24
Vicente Carrero	M50	41:06
Joe Stickle	M55	41:38
Steve Arndt	M45	41:52
Brian Foley	M50	42:18
Bill Crane	M55	43:55
George Schaefer	M60	44:09
Miike Khan	M50	44:21
Doug Hazell	M40	44:45
John Pellier	M55	44:53
Helen Lysaght	W40	46:01
Leon Sanders	M55	46:45

Richard Harris	M55	47:19
Stan Lockwood	M65	47:29
Merv Moyle	M65	47:59
Robin Bonner	M60	48:41
Dan O'Donnell	M45	49:24
Merv Jones	M55	49:30
Stuart Parkinson	M45	49:39
Dalton Moffett	M60	
Barry Blackman	M55	
Brian Hunter	M50	
Brian Devine	M50	
Marg Forden	W50	
Aldo Giacomini	M55	
Peter Davies	M65	
Chris Kelly	M40	
John Russell	M60	
Ann Turner	W60	54:13
Shorty Turner	M60	59:17
Frank Usher	M70	63:56
Jackie Billington	W50	65:00

### 6K

Vic Waters	M50	24:01
Ivan Brown	M50	24:08
Ted Maslen	M60	26:32
Michael Anderson	M45	27:01
Bob Sammells	M55	28:47
Maxine Santich	W40	29:27
Peter Airey	M55	30:35
Roger Whalan	M50	31:06
Harry Holland	M50	31:33
Arnold Jenkins	M50	32:02
Ray Lawrence	M65	32:20
Jeff Spencer	M50	33:24
Vic Beaumont	M65	33:25
Ron Hillis	M50	33:27
Kirt Johnson	M65	34:03
Joan Pellier	W50	34:31

Sheila Maslen	W55	35:23
Cathrin Holland	W35	36:24
Graeme Thornton	M55	
<b>10K Walk</b>		
Bob Fergie	M60	65:52
Michele Mison	W45	66:27
Lesley Romeo	W50	71:19

### 6K Walk

Barrie Thomsett	M55	42:25
Wendy Clements	W50	43:11
Dorothy Whittam	W55	44:55
Tina Carrero	W45	48:30
Val Wheeler	W60	48:50
Lois Smith	W45	48:51
Lyn Schickert	W50	49:26
Joan Hillis	W45	49:27
Jim Lockyer	M55	49:28
June Strachan	W70	
Jeff Whittam	M60	
George Masters	M60	
Val Bonner	W50	
Fred Watson	M75	55:13
Dick Horsley	M80	66:47

Thank you to all my helpers, Brian Bennett, Bob Schickert (and Lyn Schickert), Pat Ainsworth, Mary Heppell, Barry Weatherburn also Ray Barnett and Roma Bettles for stepping in at the last minute. Last, but not least, Shorty Turner for helping me to measure the course.

Margaret Ward

*Merry Christmas* 

## HAPPY BIRTHDAY TO OUR JANUARY MEMBERS

DEANUS, FRASER	01/01/40	56 remains M55
WATKINS, BERNARD	01/07/17	79 remains M75
HINDLE, EILEEN	02/01/49	47 remains W45
MUIR, DAVID	02/01/45	51 remains M50
BROWN, PENNY	03/01/46	50 becomes W50
MacKINNON, CHARLES	04/01/46	50 becomes M50
SPAIN, TRISHA	04/01/42	54 remains W50
MASLEN, SHEILA	06/01/38	58 remains W55
SAMMELLS, ROBERT	06/01/37	59 remains M55
PREWETT, GERALD	09/01/53	43 remains M40
FARRELLY, LYNN	09/01/45	51 remains M50
WALTON, FAYE	09/01/42	54 remains W50
HOLLOWAY, ROSE-MAREE	11/01/55	41 remains W40
DEVINE, BRIAN	12/01/42	54 remains M50
ATTWELL, RAYMOND	13/01/36	60 becomes M60
CHOATE, LYNNE	14/01/53	43 remains W40
JOHNSON, RUTH	14/01/41	55 becomes W55
JONES, BRIAN	14/01/28	68 remains M65
KELLY, PAULINE	14/01/47	49 remains W45
BRANCHE, GARY	15/01/53	43 remains M40
CHASE, GERALD	15/01/39	57 remains M55
FLETCHER, JANET	20/01/46	50 becomes W50
LEMAN, COLIN	20/01/46	50 becomes M50
WEATHERBURN, BARRY	20/01/43	53 remains M50
ALDRICH, ALISON	24/01/43	53 remains W50
FARRELL, ROBERT	24/01/40	56 remains M55
WYATT, GAY	24/01/54	42 remains W40
BARNES, JAMES	25/01/43	53 remains M50
JONES, SUSAN	25/01/49	47 remains W45
TURNER, ANN	27/01/36	60 becomes W60
DAHLSTROM, DARRY	28/01/51	45 becomes M45

## SINGING SILVER

Congratulations to Anne Smith and Toni Frank members of the Sweet Adelines who tripped off to New Orleans, USA for the World Harmonising Convention and won silver in one of the categories - well done you sweet nightingales!

## IT'S NOT OVER TILL PERTH SINGS

This was the catch phrase used by the Perth Harmony Chorus when they represented Australia in New Orleans last month for the Bi Annual Sweet Adelines Convention.

The chorus had put in a lot of work and effort to get to the Convention, with all their fundraising and concerts it finally paid off when they won the Special Achievement Award for a Small Chorus, something they never expected but gratefully received.

## WELL DONE TONI AND ANNE

Judy Hill





## WORLD VETERANS ATHLETIC CHAMPIONSHIPS BUFFALO, NEW YORK JULY 1995

The World Veterans' Athletic Championships in Buffalo, New York during July this year were well conducted, well attended and greatly enjoyed by both competitors and spectators. However, the weather was very changeable. It was very hot for the opening event, the cross country resulting in the postponement of part of day one. One some other days it was very windy and on the final day cold and wet.

The stadiums in use were within walking distance of the university accommodation but probably because of the normal mild summer the stands were not roofed.

The university is about 20 miles from the city which made us rather remote from the local people but the army of volunteers were very helpful and efficient in their duties at the track and in all aspects of the organisation.

The four cafeterias had a big variety of tasty food which was available most of the day. In the evening there was a beer marquee with a band alongside the lake. Even jazz playing one night.

At the opening ceremony we all paraded behind the flag of our country. Then followed the speeches of welcome and entertainment on the arena. Hundreds of children gave a great display with formation dancing but some of the other items were a little unprofessional.

The competitions were of a high standard and many records were broken. There were about 250 Australians involved and it was exciting to see the numbers who won gold medals.

It was a great opportunity to mingle with people from all parts of the world and to try to make oneself understood even though some did not know a word of English.

As it was a short bus ride to Niagara, most visitors crossed The Friendship Bridge into Canada and were overawed by the sight of the Falls. Some found the Canadian bars very lurid.

The final event, the marathon began in the U.S. and entered Canada via the Peace Bridge and then back to the main stadium. It was run in cool and wet conditions. The closing ceremony followed but it was marred by rain.

I had seven weeks in Boston before taking the Greyhound to Buffalo. Most of my running was non-competitive but I

found some great places to do training. A ten minute ride on the subway to the airport station took me to the East Boston Stadium, the track was wide open to everyone. Overweight people would wander in and do a few laps, mums would push the pram around and junior would follow on his trike.

One Sunday I joined a walk to raise funds against AIDS. It was sponsored by one of the TV stations which at one point on the course around the city handed out packets of condoms! There were many top class musical groups and dancers giving support and it must have taken me 3 hours to walk the 10 miles.

Another Sunday Arnold Schwarzenegger appeared in Boston Common as part of his tour of the country encouraging people to exercise.

Boston is a marvellous city. It has the harbour on one side and the Charles River separating it from Cambridge and Harvard University on the other. There is a continuous stream of people running, walking and skating on the pathways. There is a tremendous amount of entertainment, a lot of it being free in the sound shell alongside the river or on the large plaza in the centre of the city. I greatly enjoyed the 4th of July concert. It lasted all day with the magnificent fireworks display late at night. At one stage they handed out red, white and blue flares to the audience which had been divided into three sections. As there were about 100,000 people and nearly everyone had a flare it was quite a sight. The Band of the US Air Force played very well. Mel Torme and the last of the Mills Brothers also performed.

I would like to return for the Boston Marathon next year as it will be the 100th but I would have a problem qualifying before April.

My stay in the US ended with a 31 day tour of the Western States by car. I left with WA Veteran Glenice Shanahan who had been staying with relatives in Arizona. We drove from Las Vegas to Utah where we viewed the amazing Bryce and Zion Canyons, then through Nevada to Reno and Lake Tahoe. After that we headed for Northern California, saw Mt Shasta and other volcanic areas in Oregon including Crater Lake before stopping at Eugene. Here I renewed friendships with people met at an earlier visit to the Vets Championships in 1989. We went as far north as Seattle then came back along the wonderful coastline to the famous Redwood before reaching everyones favourite city San Francisco. We then saw more brilliant country and

bears in Kings Canyon and Sequoia National Park and into Death Valley (113 degrees F) before returning the car to Las Vegas.

While waiting in LA for our flight back to Sydney we visited the uninhibited Venice Beach where there are lots of "unusual" people!

Prior to my visit to the US, I spent three weeks in England, arriving at Heathrow at 6.30am. I wondered why I was the only one in London wearing a jacket, the newspaper told me that it had been over 90 degrees F for days! It was hot for the long weekend when the Victory in Europe - 50 years was celebrated. There must have been massive organisation behind the exhibitions and entertainment held in Hyde Park. There were military bands and a tattoo, a 600 voice choir and an open air dance floor with jitterbug demonstrations and a great RAF fly past. Ex service people were allotted in an area in the stand near the Royal family. There was also a huge marquee where one could try to locate former friends, drink beer and eat free food.

Leaving for the Midlands by coach the weather rapidly changed as on our arrival in Lincoln we had to put on all the clothing that we could. The wind blew across from the North Sea and unfortunately all the paper plates blew off the tables where the people of the Village of Waddington had prepared a welcome reception for the ex RAAF who had served on the nearby airfield.

In the evening Fosters Brewery put on a reception in the very crowded "Horse & Jockey" pub. Next day the RAF gave us a beautiful lunch in the Officers Mess. For the rest of the week we were entertained by the British Legion, the Waddington Council, the City of Lincoln who all put on functions. Coaches took us about the countryside, we visited old airfields where we had trained, factories that built our Lancaster bombers and now make Jaguar cars, and of course saw a number of aircraft museums. It was an unforgettable week.

I was away from home five months which included a week in Sydney and Albury, weekends in Melbourne for the football and another reunion in Brisbane and Amberley RAAF base.

Allen Tyson





## NEW RULE 191 FOR WALKERS (IAAF)

### 1. Definition of Race Walking

Race Walking is a progression of steps that the walker makes contact with the ground, so that no visible (to the human eyes) loss of contact occurs. The advancing leg must be straightened (ie not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

### 2. Judging

(a) the appointed Judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously. In competitions held under Rule 12.1 (a), the Chief Judge shall not act as a Race Walking Judge, but act as the supervising official for the competition.

(b) All judges shall act in an individual capacity and their judgements shall be based on observations made by eye.

(c) In road races, depending on the size of the course, there should normally be a minimum of six to a maximum of nine judges including the Chief Judge. In track races, there should normally be six judges including the Chief Judge. In competitions held under IAAF Rule 12.1(a), all judges must be members of the IAAF Panel of International Judges.

### 3. Caution

Competitors must be cautioned when, by their mode of progressions, they are in danger of failing to comply with Rule 191.1. They are not entitled to a second caution from the same judge for the same offence. Having cautioned a competitor, the judge must inform the Chief Judge of his action after the competition.

### 4. Warning and Disqualification

(a) Each judge's proposal for disqualification is called a warning.

b) When in the opinion of three judges, a competitor's mode of progressions fails to comply with Rule 191.1 for loss of contact of bent knee during any part of the competition, the competitor having received three warnings shall be disqualified and informed of this disqualification by the Chief Judge.

(c) In competitions held under IAAF Rule 12.1(a), not more than one judge from each country can be invited to officiate. In all other competitions, either directly controlled by IAAF or taking place under IAAF permit, in no circumstances shall two judges of the same nationality have the power to disqualify.

(d) If it is impractical to inform the competitor of the disqualification during the race, disqualification must be given immediately after the competition has finished.

(e) A white sign with the symbol of the offence on each side, must be shown to the competitor, when a caution is given. A red sign symbolises the disqualification of the competitor. The latter may only be used by the Chief Judge.

(f) In track races, a competitor who is disqualified must immediately leave the track and, in road races he/she must, immediately after being disqualified, remove the distinguishing numbers which he/she is wearing and leave the course.

(g) A warning posting board must be used to keep competitors informed about the number of warnings that have been handed in to the Chief Judge for each competitor.

please think about what you can do and let us know then.

The entry forms for the Nationals will be out shortly and will give automatic entry to the State Championships to WA residents. All competitors for the Nationals will need to be a member of a Veterans club to be eligible for awards.

The program will be:

**Friday 5th April from 9.00am**

10,000m

400m

Short Hurdles

Weight Pentathlon

**Saturday 6th April from 9.00am**

5,000m Walk

100m

1500m

Steeplechase

Hammer

Discus

Long Jump

Pole Vault

**Sunday 7th April from 9.00am**

200m

800m

5,000m

Long Hurdles

High Jump

Shot

Javelin

**Monday 8th April**

20K Walk 8.00am

10K Walk 8.30am

10K Cross Country 8.30am

Pentathlon 9.00am

Competitors must note that they should be wearing their State uniform, ours is gold and black. They are now available from Jackie Billington at our regular meetings or from the Treasurer at U2/65 Champion Avenue, Balcatta WA 6020 at a cost of \$15.00, postal deliveries \$2.50 extra.

Men 50 to 59 should note that their javelin event will use a 800gm javelin not the 700gm one that we have used over the last few years.

The Nationals are only held in WA periodically, after 1996 the next one will be in 2004, so it will be a rare opportunity to take part in such a major event without the costs of travel etc. Do not miss this chance to be involved, as a competitor or as an official, at the high levels of performance and personal achievement, the sheer experience and the great camaraderie are not to be missed. Think Nationals 1996.

**Bob Fergie**

## NATIONALS 1996

It is not too early to be thinking about the Nationals next Easter, held from 5th to 8th April 1996. The program will be held over four full days of competition and will need all the resources that the Club can muster. Competition will be for men and women 30 years of age and over. We will be holding the State Championships in conjunction with this event, the first three Western Australians home in each event being the State place getters. So we want to see as many locals as possible in the competition.

We will also need up to 100 people a day to act as officials, so if you can help at any time your assistance would be gratefully received, even for an hour or so. In the New Year we will be making our calls for officials so that we can allocate the duties, so





**YOU DESERVE A NEW SHIRT OR SINGLET!**

**State - Singlet -Gold with black trim with the club badge on left side @ \$15.00.**

**(To be worn at National Championships)**

**Club - Singlet Black and white singlets with club badge on left side @ \$15.00.**

**(To be worn at State Championships)**

**Tee-shirts Grey with the three colour runner club logo on the front @ \$15.00 short sleeve \$18.00 long sleeve.**

**Fleecy Windcheaters grey with three colour runner club logo @ \$22.00.**

**Plus caps, visors in a range of colours @ \$7.00 and in corduroy @ \$7.00.**

**Car stickers and iron-on badges @ \$2.50**

**ORDER FORM**

Please Supply:

..... Qty ..... Size.....  
..... Qty ..... Size.....

Post to: Club Treasurer, U2/65 Campion Avenue, Balcatta WA 6020

Cheque Payable to: WAVAC. If you require a postal delivery, please add \$2.50

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*Merry Christmas*

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AUSTRALIA**

**RUNS COMING UP**

**Mosman Park Run 10.12.95.**

Major earthworks in the area this year have denied us the lovely riverside course that Paul Hughes organises for us. Paul will, instead, plan a one-off course with the intention of getting "back on track" in 1996.

**Round the Lakes 17.12.95.**

This flat, two-lap course goes from the Hockey Club to Perry Lakes Drive then clockwise around the park perimeter to Perry Lakes Drive again. Continue round for the second lap before returning to the Hockey Club for the finish.

This course is to be run on grass wherever possible. Many runners have gone onto the road in the past but this is not in the spirit of the event.

Hazards: effectively none.

**Christmas Gift 24.12.95.**

One of the highlights of the year. Bring a gift valued at no more than \$5.00. After the run and walk, pick a gift at random and enjoy a mince pie or three.

Running and walking gear should have yule-tide overtones, the sillier the better. Due to safety reasons the race directors have decided to do Lorna's run which is the Burswood course.. You can race if you wish but you will have to take your own times. The aim is to have a sociable run in an informal atmosphere.

Hazards: As we had five casualties in 1994, hopefully none this year. Just watch out for watering pipes maybe.

**Boxing Day Run 26.12.95.**

No information on the course is to hand.

**Friendship Run 7.1.96.**

One of the Club's traditional runs. It is a testing two-lap (12.4K) course over grassed and paved bush tracks, but also has lengthy stretches on the road. Despite the nature of the course, and the often hot conditions, many excellent times have been recorded over it in the past.

Runners can opt for one lap; walkers have a 6K road course.

Hazards: motorists and other road users on the road sections.

