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Track and Field Time Trials Feb/Mar 1991

DATE	VENUE	POINTS COMP			NON-POINTS EVENTS		
		RUN	WALK	FIELD	RUN	WALK	FIELD
Feb 6	Coker Park	400	1500 Walk	Long Jump	-	3,000	- Shot
Feb 13	Perry Lakes	-	10,000	-	100	-	2,000 Discus
Feb 20	Coker Park	-	-	-	200	5,000	2,000 Javelin
Feb 27	Perry Lakes	-	-	-	100 800	3,000	- Shot
Mar 6	Coker Park	-	-	-	400	10,000	3,000 Discus
Mar 13	Perry Lakes	-	-	-	200	Mile	Mile Javelin



The Vetrun



NO. 219 JANUARY 1991

WA VETERANS AC - REGD BY
 AUSTRALIA POST PUBN No WBH 0370

CHECK THE PROGRAMME

Sunday morning running is the backbone of the Vets, and for many members their sole involvement. So everyone should take a close look at pages 10 and 11 of this issue, where the 1991/92 programme is previewed.

This is your opportunity to comment, correct and volunteer!

Race directors are still required for some runs - such as the National Course Run in 92. Volunteer helpers are required for all runs - and every member is expected to help out at least twice a year. Please let us know which runs you ARE going to assist on.

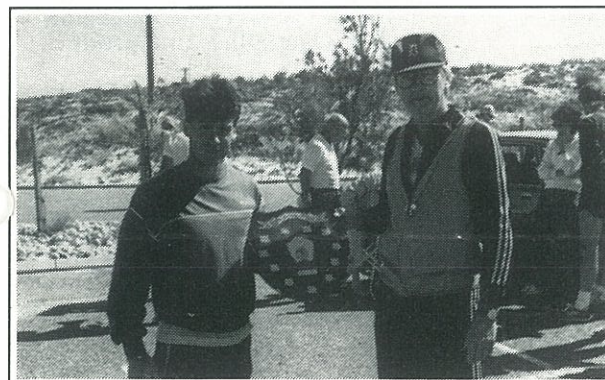
There will be just seven handicaps

in the new programme, and two 'timed runs'. Paradoxically perhaps, these are 'no watch' runs, where you estimate your own time before the race. Nearest the mark takes the prize. Extra helpers are needed on these days.

SAND SHOES?

One suggested programme change (from your editor) is for December 1. How about a beach run, to replace the Bridges Jog? Based in Perth, isn't it time we got some seaweed between our toes?

All comments and amendments to the programme should reach a committee member as soon as possible.



Chris Maher, second time winner of the West Coast Challenge trophy takes the prize from race director Bob Hayres.

Report: page six

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FINAL REMINDER!

Entries for the Westpac 1991 Veterans National Athletics Championships close on February 18.

See Vetrun No.217 for details.

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WEST COAST CHALLENGE

CONDITIONS:
Hot, high winds

December 9, 1990

The course remained the same, however the conditions were changed to live up to the race title 'CHALLENGE'!

On this occasion the wind was gusty to say the least. It was to be expected the morning after the Annual Dinner that numbers would be down but full marks to all who made the effort. There were 86 of you.

Last year's winner of the event and the perpetual shield, Chris Maher, repeated the performance and won well in the time of 28.22.

Margaret Robinson showed the way to win the Womens Shield in the time of 36.17. Congratulations to the winners and to all runners who participated.

My usual gang of helpers drawn from some of the older veterans did their job well and it was a great relief to receive offers of assistance on the day from other members - which makes the run much easier to control.

Thanks to Dick Horsley, Rob Shand, Mike Berry, Bob Johnson, Ian Sutherland, Syd Bowler, Jeff Price, John Mattison, Frank Smith, and Vic Beaumont.

Bob Hayres.

8km Walk

1 P Hill	M40	49:25
2 R Chalmers	M50	54:00
3 V Tyson	W65	54:01
4 P Luck	W50	56:46
5 D Whittam	W50	59:33
6 B Fergie	M55	62:58
7 J Hill	W40	66:00
8 J Collins	M75	67:00
9 J Beaumont	W50	67:00
10 S Penny	M60	70:15

8km Run

1 C Maher	M35	28:22
2 D Hazell	M35	29:03
3 J Puglisi	M35	29:49
4 D Roberts	M45	29:53
5 R Mair	M40	30:08
6 B Schickert	M45	30:30
7 I Colquhoun	M35	30:44
8 K Post	M35	30:58
9 J Molloy	M35	31:12
10 W Gee	M35	31:19
11 R Bragg	M45	32:23
12 B Foley	M45	32:51
13 F Deanus	M50	32:53
14 J Pressley	M45	33:05
15 M Rhodes	M45	33:10
16 G Luck	M50	33:40
17 H McGlashen	M50	33:43
18 J Pellier	M50	33:57
19 B Hardy	M45	34:02
20 P Airey	M50	34:19
21 P Guiton	M55	34:29
22 R Bonner	M55	34:32
23 R Walsh	M45	34:46
24 D Bryant	M45	34:58
25 D Moffett	M55	35:24
26 E Maslen	M55	35:32
27 B Jones	M60	35:36
28 P Woo	M35	35:53
29 V Waters	M45	36:11
30 M Robinson	W50	36:17
31 R Stewart	M50	36:28

32 B Crellin	M50	36:34
33 P McLiver	W45	37:22
34 B Danby	M40	37:23
35 M Moyle	M60	37:24
36 J Spencer	M45	37:43
37 J Whyte	M60	37:49
38 R Sutton	M50	37:53
39 M Birks	W40	39:11
40 C Walkley	M60	39:23
41 K Penton	W45	39:31
42 B Worner	M55	39:38
43 R Davis	M50	40:04
44 K Johnson	M60	40:24
45 J Yates	M45	40:32
46 S Lockwood	M60	41:46
47 J Pellier	W50	42:42
48 J Bell	M45	42:50
49 M Pritchard	W45	44:00
50 M Warren	M50	44:52
51 P Nicoll	M45	44:52
52 M Warren	W55	45:52
53 J Halberg	W40	47:11
54 R Davis	W45	47:16
55 F Usher	M65	47:50
56 L Lauchlan	W60	49:26
57 J Midolo	W40	49:43
58 M Robinson	W50	52:40
59 S Maslen	W50	53:24
60 T Frank	W45	53:52
61 N Berry	W60	56:47
62 A Johnstone	W40	59:33
Visitors		
W Crowley	M35	28:59
H McKeown	M40	30:22
P McGonigle	M35	21:23
D Jones	M35	31:58
P Cowin		33:18
F Wilson	M40	36:00
M Skipworth		36:54
R Bellamy		36:54
I Tasker		39:30
G Fairclough		40:12
K Turner		40:44
N Bell		42:43

As promised, the medical column is premiered this month, with a scene-setting piece encouraging us to think - as well as exercise.

Let Vetrin have your comments, queries, (even old wives' tales) - and Hooroo (the medical guru) will examine them, and prescribe accordingly!

The Wellness Column

Life is a miracle our physical form is a miracle. All parts of our body are miracles. The technology; design and longevity is amazing. One human brain, if reconstructed by micro chips with its trillion cells and even more dendrite extensions, would be represented by a computer the size of South Australia! Each of the 50 trillion cells which makes up our body is a miracle. Each atom is a miracle. Every atom in the universe is a collection of protons and neutrons with electrons spinning around a collection of energy, a miracle.

We take so much for granted. Our planet, our country, our body. The only time we develop a real consciousness of our body parts is when something goes wrong. So, learn about your body parts and how they function and appreciate your physical health and your unity with mankind and this planet.

Good health is:

- ☐ you are what you eat;
- ☐ you are what exercise you do;
- ☐ you are your thoughts.

One third of your life is spent asleep and dreaming. A third is doing things and being atten-

tive to what you are doing; and one third is spent with your thoughts. If your thoughts are awakened, enlightened, peaceful and positive you are likely to enjoy life a lot more. It is a road not so often travelled in this age of electronics and hype. Be gentle on yourself. Meditate.

If you develop a running injury, or any problem in life, take a positive view of the situation. Forgive. Assess your problem. Find out how close to the bottom of the barrel you are and work up from there. Attitudinal healing is all about a sense of purpose, a sense of enjoyment of life.

If you squeeze an orange, you get orange juice. If you squeeze an angry person, you get anger. If you squeeze a narcissist, you get sheer ego!

I urge every member to read Wayne Dyer's magic philosophies in 'You'll see it when you believe it.' It is about commitment to life, to good health, to peace on this planet. And I think it has a lot to do with healing a running injury!

Attitudinal healing is an area that medicine needs to respect.

Hooroo

PERRY LAKES

SATURDAY
JANUARY 5TH 1991

800M

John Molloy	M35	1:59.5
Anntoinette Shaw	W40	2:22.0
Peggy McLiver	W45	2:32.8
Val Prescott	W45	3:20.3
Brian Foley	M45	2:11.8
B Kernaghan	M50	2:24.0
David Carr	M55	2:14.8

100M

Shona Papalia	W30	16:00
Anntoinette Shaw	W40	14:00
Peggy McLiver	W45	14:5

Kath Holland	W50	13:8
Bernie Oliver	M45	15:00
David Clive	M50	12:00
Barrie Kernaghan	M50	11:9
Ross Calnan	M50	13:00
Norm Richards	M50	12:6

1500m

Anntoinette Shaw	W40	5:02
David Carr	M55	4:58

400m Hurdles

Keith Martin	M45	65:0
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300m Steeple

Ted Maslen		12:44
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200m

Shona Papalia	W30	35:7
Anntoinette Shaw	W40	29:3

IF I HAD MY LIFE TO LIVE OVER

I'd dare to make more mistakes next time.
I'd relax, I would limber up.
I would be sillier than I have been this trip.
I would take fewer things seriously.
I would take more chances.
I would eat more ice-cream and less beans.
I would perhaps have more actual troubles, but I'd have fewer imaginary ones.

You see, I'm one of those people who live sensibly and sanely hour by hour, day after day. Oh, I've had my moments, and if I had to do it over again, I'd have more of them.
In fact I'd try to have nothing else.
Just moments, one after another, instead of living so many years ahead of each day.

I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle, a rain coat and a parachute.
If I had to do it again, I would travel lighter than I have.

If I had my life to live over I would start barefoot earlier in the spring and stay that way later in the fall.

I would go to more dances.
I would ride more merry-go-rounds.
I would pick more daisies.

Nadine Slair (Aged 85 years.)
Found and contributed by Margaret Stone

Peggy McLiver	W45	31:1
Keith Martin	M45	25:5
Barrie Kernaghan	M50	25:0
Kath Holland	W50	29:4
David Carr	M55	28:3

Triple Jump

Norm Richards	M50	8.94m
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Long Jump

Keith Martin	M45	5.08m
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High Jump

Norm Richards	M50	1.36m
Keith Martin	M45	1.42m

Javelin

Kath Holland	W50	1.:64m
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A VERY HAPPY BIRTHDAY TO OUR "FEBRUARY" MEMBERS

02-FEB-25	McMILLAN James	turns 66 remains M65	14-FEB-30	LISHMAN Val	turns 61 remains W60
02-FEB-30	PAXMAN Brian	turns 61 remains M60	18-FEB-32	CARR Pat	turns 59 remains W55
03-FEB-34	FLORANCE G. A	turns 57 remains M55	19-FEB-47	ROBERTS Gillian F	turns 44 remains W40
03-FEB-42	GILBERT Ken	turns 49 remains M45	22-FEB-41	SPENCER Jeffrey	turns 50 becomes M50
05-FEB-04	SANDERS Johan	turns 87 remains M85	21-FEB-40	MILLER Denis	turns 51 remains M50
06-FEB-25	TYSON Allen J	turns 66 remains M65	23-FEB-43	THORNTON B.	turns 48 remains W45
08-FEB-45	JOHNSON Janet M	turns 46 remains M45	25-FEB-13	BOAKES George E	turns 78 remains M75
08-FEB-44	PRESCOTT V. H	turns 47 remains W45	27-FEB-44	DUFTY Phil O	turns 47 remains W45
08-FEB-31	WILMOTT Dennis	turns 60 becomes M60	27-FEB-52	FERRIS Irene	turns 39 remains W35
09-FEB-47	JOHNSTONE A.	turns 44 remains W40	27-FEB-40	POTTER Ronald	turns 51 remains M50
11-FEB-48	HALL David	turns 43 remains M40	27-FEB-37	CLIVE David	turns 54 remains M50
11-FEB-48	MAIR Robert B	turns 43 remains M40	28-FEB-41	OVENDEN Mel	turns 50 becomes M50
13-FEB-46	HARWOOD Trevor	turns 45 becomes M45			

November 21, 1990

Womens	Age	100	1500	3k Walk	Trip. Jump
? Isaacs	35			25:59	
J Johnson	45	13:2			9.10
P MacLiver		14:3	5:28		6.57
L Romeo				18:32	
? Houston				26:42	
D Whittam	50			20:53	
P Carr	55		7:04		7.20
V Tyson			21:42		
Mens	Age	100	1500	3k Walk	Trip. Jump
K Alexander	40		5:02	18:33	
K Martin	45	12:3	5:17		10.63
J Pressley		5:12			
A Jenkins		13:3	5:09		7.84
T Foster		13:9	5:27		8.35
J Record		15:4			
J Pellier	50	14:7	5:21		
B Sammells			5:14		
M Jones			5:54		
D Carr	55	13:6	4:56		8.12
J Whittam				20:37	
A Tyson	65	16:5		20:34	

November 28, 1990

Womens	Age	400	1500 Walk	3k	Long Jump
P Wiltshire	45	80:8	10:59	14:11	
P MacLiver		69:5	9:37		3.53
J Johnson		67:4			4.31
V Prescott				16:39	
D Whittam	50		9:56		
P Carr	55	83:7	10:41		3.35
V Tyson	65		10:39		
Mens	Age	400	1500 Walk	3k	Long Jump
P Roberts				10:40	
I Wiltshire		77:6	10:43	13:59	
V Waters	45	67:4			
M Rhodes			8:39		
B Foley		60:8	9:17		4.16
T Foster		72:9	10:49	12:31	3.76
A Jenkins		65:4	9:38	11:54	3.78
J Barnes		68:7		10:51	
J Pressley		75:2		10:54	
R Stewart	50		9:43		4.06
R Calnan		66:3			4.62
B Sammells				10:55	
F McLinden				11:32	
F Deanus				11:57	
M Jones				13:05	
D Carr	55	61:8	10:45		3.74
J Whittam			10:03		
A Tyson	65		10:02	14:32	
D Horsley	75		10:29		

Recovery Run Pelican Pt

December 16th, 1990

7kms

1 B Foley	M45
2 B Danby	M40
3 J Travato	M50
4 R Bonner	M55
5 B Harwood	M45
6 T Maslen	M55
7 G Luck	M50
8 K Clark	M50
9 B Hardy	M45
10 P Airey	M50
11 A Croxford	M45
12 P Woo	M35
13 J Greenfield	M45
14 J Pellier	M50
15 B Crellin	M50
16 R Potter	M50
17 B Aldrich	M60

18 M Jones	M50
19 P McLiver	W45
20 D Carr	M55
21 K Penton	W45
22 K Brownlie	M45
23 C Broderick	W35
24 G Rowland	M35
25 R Lawrence	M60
26 J Lindsay	M40
27 B Davis	M50
28 J Johnson	W45
29 M Forden	W45
30 J Pellier	W50
31 J Halberg	W40
32 N Miller	M55
33 P Miller	W50
34 A Tyson	M60
35 A Legget	M70
36 R Davis	W45
37 M Warren	W50
38 P Carr	W50
39 A Aldrich	W50
40 J Midolo	W40
41 L Lachlan	W60

42 K Crellin	W45
43 M Robinson	W50
44 S Malsen	W50
45 S Hodge	W40
46 G Rawh	W50
47 E Moyle	M65
48 F Hagger	M65
49 R Spencer	M50
10kms	
1 C Maher	M35
2 N McRae	M35
3 R Mair	M40
4 J Ferris	M40
5 D James	M35
6 J Bell	M45
7 B Sammells	M50
8 H McGlashen	M50
9 G Maddocks	M45
10 F Wilson	M40
11 D Moffet	M55
12 J Bornholdt	M55
13 R Stewart	M50
14 B Paxman	M60
15 V Waters	M45

16 M Faunge	M50
17 J Spencer	M45
18 M Birks	W40
19 P Sheerin	M55
20 J Russell	M50
21 F Usher	M60
22 M Warren	M50
Walkers	
1 J Mison	M45
2 P Hill	M40
3 D Horsley (short)	M75
4 M Boyle	W40
5 R Fergie	M50
6 B Thomsett	M50
7 D Whittam	W50
8 J Whittam	M55
9 A Stone	M50
10 V Tyson	W65
11 M Stone	W45
12 P Luck	W50
13 L Hassam	M60
14 S Penny	M65
15 J Beaumont 10k	W55
16 J Collins 10k	M75

TIME TRIALS

December 5 1990

Womens	Age	200	2k Walk	10,000	Discus
J Johnson	45	27:9			
P MacLiver		42:26			
L Romeo		11:50			
D Whittam	50	13:12		20:17	
Mens	Age	200	2k Walk	10,000	Discus
D McAuley	40	25:0		36:35	
A Duck				39:14	
T Foster	45	29:5		41:30	
E Carroll					34.47
A Jenkins				43:22	
J Barnes				38:27	
B Foley				39:23	
F Deanus	50			40:42	
M Jones				47:20	
D Carr	55			39:08	
B Worner	55			45:32	
J Whittam			13:33		
B Paxman				41.55	

December 12, 1990

Womens	Age	100	Mile	Mile Walk	Shot
C Holland	30				8.89
? Pryor					9.88
M Santich	35		5:57		
J Johnson	45	13:9			
V Prescott			8:23		
D Whittam	50			10:51	
J McMillan	60				5.92
V Tyson	65			11:55	4.90
Mens	Age	100	1 Mile	1 Mile walk	Shot
? Kilburn	35	13:9	5:37		6.99
T Foster	45	14:1	5:56		
M Rhodes			5:38	9:56	
V Waters		14:9	5:40		
B Foley			5:08		6.36
R Stewart	50		5:54	10:03	
P Gare		13:3	6:26		9.94
M Jones			6:35		
F Deanus			6:00		
N Richards		13:2			7.80
R Calnan		13:2			8.72
B Thomsett				10:03	
A Stone	55				9.30
J McMillan	65				8.65
A Tyson				11:04	7.73
J Collins	75			12:46	

CONDITIONS: Fine, Mild, Light Breeze.

In ideal conditions for the time of year, a great -record-? turnout of 148 runners and walkers took the opportunity to work off some Xmas good cheer. Fast times were recorded with Chris Maher and Kath Noordyk taking line honours over 10 kms, and Mike Cousins and Carol Broderick likewise over 5kms. We were joined by a host of visitors who produced some excellent performances, including fastest time over 5kms by Mark Pressley.

In a good field for the 6km walk, First Man was John Mison and First Lady Michelle Boyle.

Few were caught out by our first 7.30 start. Chasing the field appeared to provide inspiration for some top efforts with Peggy McLiver's being especially noteworthy. Wishing John Maddison, who d.n.f. due to a pulled hamstring, a speedy recovery.

Grateful thanks to my helpers Robert Raymen, Doug Hazell, Vic Beaumont, Maureen Pomey, Bev Thornton, Alan Tyson, and the 'Organisers' organiser' - Joan Pellier.

JOHN BORNHOLDT (For Tom Savin)

5km Run

1 Michael Cousins	M55	18:54
2 Stuart Hastings	M45	19:12
3 Dick Blom	M55	19:34
4 Peter Lovelace	M40	19:40
5 Joe Travats	M50	19:42
6 Robin Bonner	M55	19:49
7 David Carr	M55	19:52
8 Peter Airey	M50	19:54
9 Ken Clark	M50	19:57
10 Bryan Hardy	M45	20:10
11 Paul Woo	M35	20:19
12 Mike Rhodes	M45	20:46
13 Alan Pomey	M55	21:52
14 Don Caplin	M50	22:09
15 Joe Stickle	M50	22:45
16 Carol Broderick	W35	23:29
17 Basil Worner	M55	24:05
18 Kath Penton	W45	24:05
19 Peter Roberts	M45	24:10
20 Ann Turner	W50	24:55
21 Garnet Morgan	M65	25:03
22 Joan Pellier	W50	25:18
23 David Hall	M40	25:20
24 Jan Johnson	W45	25:31
25 Charlie Copping	M35	26:04
26 John Lindsay	M40	26:11

Kings Park Run

December 30, 1990

27 Estelle Rogers	W30	26:12
28 Roma Bettles	W40	26:31
29 Sandi Hodge	W40	27:01
30 Rosemary Maddox	W40	27:38
31 Esther Healey	W50	27:59
32 Shorty Turner	M55	28:04
33 Anna Copping	W35	28:58
34 Pat Carr	W55	29:07
35 Jill Midolo	W40	29:30
36 Lorna Lachlan	W60	29:39
37 Rosa Davis	W45	29:44
38 Joe Brennan	M65	30:29
39 Syd Bowler	M65	30:45
40 Pat Luck	W50	30:58
41 Sheila Maslen	W50	31:35
42 Toni Frank	W45	32:45
43 Nora Berry	W60	33:33
44 Fred Hagger	M65	33:36
45 Linda Rhodes	W40	33:38
46 Mary Robinson	W50	33:40
47 Lyn Schickert	W45	36:53

10km Run

48 Ian Colquhoun	M35	38:16
49 Max Grieve	M45	38:29
50 Jim Barnes	M45	39:01
51 Bob Schickert	M45	39:30
52 Mike Cousins	M55	40:02
53 Brian Danby	M40	40:22
54 Mike Khan	M45	40:34
55 Ted Maslen	M55	41:25
56 Bob Sammells	M50	41:40
57 George Schaefer	M55	41:51
58 Maurice Johnston	M50	42:26
59 Jim Greenfield	M45	42:36
60 John Pellier	M50	43:08
61 Barry Harwood	M45	43:15
62 Roger Walsh	M45	43:38
63 David Bryant	M45	43:45
64 George Maddox	M45	43:58
65 Graham Luck	M50	44:31
66 Peter Sanders	M45	44:45
67 Frank Smith	M45	44:48
68 Dennis Miller	M50	45:29
69 Ron Potter	M50	45:42
70 Bill Crellin	M50	46:05
71 Kath Noordyk	W40	46:28
72 David Hough	M55	46:33
73 Dalton Moffatt	M60	46:34
74 Ken Brownlie	M45	46:53
75 Ron Sutton	M50	46:59
76 Rob Shand	M55	47:14
77 Merv Moyle	M60	47:30
78 Vicki Grieve	W40	47:58
79 Merv Jones	M50	48:26
80 Jeff Spencer	M45	48:30
81 Cecil Walkley	M60	48:31
82 Margaret Birks	W40	49:04
83 Adrian Noordyk	M35	50:24
84 Morris Warren	M50	50:26
85 Arthur Leggett	M70	51:08
86 Ray Lawrence	M60	51:27
87 Rob Davis	M50	51:48
88 Stewart Hicks	M50	52:43
89 John Russell	M55	53:08
90 Sue Sanders	W35	53:10
91 Robert Farrell	M55	53:25

92 Patrick Sheerin	M55	53:36
93 Jackie Halberg	W40	53:56
94 Ann Deanus	W50	55:16
95 Phyllis Farrell	W45	57:17
96 Gordon Florance	M55	57:18
97 Ron Ford	W55	57:58
98 Frank Usher	M65	58:50
99 Margaret Warren	W55	59:41
100 Jack Williamson	M45	60:33

5km Visitors

1 Mark Pressley	18:15
2 Shayne Hill	18:29
3 David James	19:00
4 Miranda Greive	19:11
5 Frank Wilson	22:00
6 Mark Maslen	22:06
7 Peter Le Breton	22:07
8 Cynan Rhodes	23:53
9 Geoffrey Sanders	24:17
10 Jan Massey	25:32
11 Paul Adam	35:11
12 Neil McRae	37:13
13 Peter Priest	37:42
14 Michael Sanders	37:47
15 Paul Leach	39:11
16 Jim Ellis	41:57
17 Lewis Arndt	46:19
18 Ben Morrey	47:39

5km Late Starters

1 Keith Forden	M50	21:28
2 Margery Forden	W45	23:30
3 Alison Aldrich	W45	26:42
4 Norm Miller	M55	29:35
5 Helen Robson	Vis	28:57

10km Late Starters

Peggy McLiver	W45	45:14
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6km Walk

1 John Mison	M45	30:18
2 Peter Hall	M40	33:06
3 Bob Chalmers	M50	38:51
4 Michelle Boyle	W40	39:01
5 Bob Fergie	M55	41:58
6 Dorothy Whittam	W50	42:25
7 Dick Horsley	M75	43:17
8 Jacqui Beaumont	W50	43:18
9 Jack Collins	M75	45:44
10 Judy Hill	W40	45:44
11 Val Tyson	W65	48:49
12 Jeff Whittam	M55	49:03
13 Ron Spencer	M50	58:50
14 Wendy Spencer	W45	59:09
15 Sue Jones	W40	59:32

6km Walk Visitor

1 Vicki Rhodes	59:34
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PROVISIONAL 1991 - 92 PROGRAMME

Date	Run	Distance	Venue	Start	Organiser
5 May	Murdoch X-Country	10km;5km.	Murdoch Univ Sports Ground	8.00am	J Spencer V
12 May	Kings Park X-Country	8km; 5km Road Walk	Saw Avenue Kings Park	8.00am	M Birks VBT
19 May	Jim Barnes Run (RRC 10k)	10km;5km; 5km Walk.	Wilson Park Wilson	8.00am	J Barnes VME
26 May	Andy Wright Memorial Run	10km;5km; 10km Walk.	Cnr Beach/Okley Sts, Carine.	8.00am	L Hassam VMEH.
2 Jun	Uni and back RRC (15km)	15km;8km; 15km RWC	McCallum Park	8.00am 7.30am	F Hagger V.
9 Jun	Darlington Dash	16km;8km	Darlington Oval	8.00am	J Greenfield VB
16 Jun	25km RRC	25km;10km 10km walk	McCallum Park	8.00am 7.30am	M Warren VB
23 Jun	Fremantle Harbour Run	10mile;6km run and walk	Mews Road Fremantle	8.00am	P Martin V
30 Jun	Perth Half Marathon	21.1km	McCallum Park	8.00am	WAMC
	Perry Lakes Jog	10km;5km 6km walk	Perry Lakes	8.00am	??????
7 Jul	Mill Point Rd Champs	10km 10km RWC	McCallum Park	8.00am 7.30am	I&P Wiltshire VME
14 Jul	Kirkmans Run	9.4km 9.4km walk	McCallum Park	8.00am	H Kirkman VH
21 Jul	Club Cross Country Champs	8km	Jorgensen Park Kalamunda	9.00am	Committee ME
28 Jul	Mita Marathon	42.2km	WACA	7.30am	WAMC
	River Jog & Walk	8km	McCallum Park	8.00am	Committee
4 Aug	Deepwater Pt	16km;7.2km 7.2 km RWC	Deepwater Pt Mt Pleasant	8.00am	D Moffet VB
11 Aug	Croxford's Climb	12km;8km 6km walk	Breckler Park Yokine	8.00am	A Croxford V
18 Aug	Danby's Run	11km;5.5km 5km walk	Pinnaroo Mem Pk Whitfords Ave, Padbury	8.00am	B Danby VBME
25 Aug	City to Surf Group Jog	12km ????	Newspaper Hse McCallum Park	9.00am 8.00am	ACTIV
1 Sep	Club Half Marathon Champs	21.1km 21.1km RWC	McCallum Park	8.00am 7.30am	R Sammels VME
8 Sep	Mussel Pool Muster	10km;5km 5km walk	Whitemans Pk West Swan	9.00	B Worner VME
15 Sep	Tompkins Pk Run	8.4km 8.4km walk	Tompkins Pk Melville	8.00am	P Airey VBH
22 Sep	State Cross Country Champs	10km 5km walk	Saw Ave Kings Park	8.00am	M Jones VB
29 Sep	Reabold Hill Cross Country	10km;5km 8km walk	Perry Lakes Drive	8.00am	K Johnson V
6 Oct	Cliff Bould Trophy	10.4km;5.2km 5.2km walk	McCallum Pk	8.00am	D&P Carr VMEH
13 Oct	Mt Eliza Run	8km;4km	Kings Pk	8.00am	A & S Turner VME
20 Oct	Bibra Lake Run	12km;6km 6km walk	Opp Adventure World	8.00am	P Farrell VBTEM
27 Oct	Club Picnic Run	8.2km 5km walk	Yanchep Nat Park	8.00am	J Maddison VB
3 Nov	Herdsmen's Run	14km;7km 7km walk	Pony Club Pearson St	8.00am	B Hardy V
10 Nov	Canning Caper	10km;6km 6km walk	Riverton Drive Shelley Beatrice Ave	8.00am	R Schickert V

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PICTURES - FREE

Pictures taken at the annual dinner will be available - free - at the Sunday morning runs. Just check the notice board, and take the one you want.

CONGRATS - AND APOLOGIES!

The bouquet is to Karen Gobby, who will represent Australia in the World Marathon Cup - incorporated into this year's London Marathon (April 21).

Another for Alan Stone, whose 38.28 javelin throw at Perry Lakes (last issue) is a vets M55 record.

Brickbats for the Vetrun - which mis-reported Liz Helliwell's 10 km time at the Oceanic Games. Sorry, Liz

Apologies are due to the walkers, too. Our last issue (page 11) listed times without events. From the left, they are: Uni and Back; Deepwater Point, Half Marathon; and Mill Point Road. Final column shows total time.

Good news from Joy and Peter Sanger, our members currently in Dubai. Via Garnet Morgan (winner of this year's Womens Run) they send best wishes to all members, and the news that they are well-placed to return to Aus should the need arise.

How about a real Marathon?

1500 kms is the distance to be covered, in a re-enactment of the journey made by Eyre and company, in 1841.

Edward John Eyre and his party travelled from Fowlers Bay to Albany, between February 25th and July 7th.

Dozens of people are expected to cover part of the journey this year, but only three have so far volunteered to go the whole 1500 kms and one of these is an 80 year old!

You can walk, ride, or 4wd; or offer general assistance to the Royal Western Australian Historical Society, which is organising. The event runs from February 16th - 29th. For more information call Mrs J. A. Campbell, on 386 3841.

Alan Tyson's excellent report from the Christmas Gift Run reached us just a little too late for this issue, and will be covered next month.

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The Lonely Runners Column

Dear Vic,
I wish all the members of the club a happy running year. Since one year I live in Hillarys, and I would be pleased to find a running group during the week in the northern suburbs. If some middle-slow runners are to run, to stretch and so speak with me please ring me after 7pm (401 9647).

In Switzerland I was a long distance runner for 13 years and now I'm mostly running 10k, and make little triathlons, which is more healthy in my age group W45.
Sincerely, Steffi Heussi

Dear Members,
Myself and my husband have not been attending runs lately due to moving house (to Coogee). We do hope to participate in 1991. Wishing all a happy and prosperous New Year.
Janet and Richard Smith



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MEET THE DIRECTOR: BRIAN HARDY

Brian claims he was coopted to join the VETS by the Whittams whom he met through a shared interest in orienteering. Since orienteering is a winter only sport, he was looking for a substitute for the summer and was persuaded to take up running. He has been a member of the VETS for six years, likes the social aspects of the club and still tends to restrict his running to the summer season.

Backtracking through Brian's sporting life, he was a volleyball player of some repute at the age of fifteen, dabbled in cricket, soccer, rugby and swimming at school and for most of his life has been a very keen surfer — both surfboard riding and body surfing.

His main interests now are orienteering and rogaining. In 1990, he and Sylvia Murphy came first in the mixed Rogaining State Championships and in November he and Dave Muir won the rogaining cycling event. He hopes to perform brilliantly in the Australian Rogaining Championships in South Australia and in the World Championships in Victoria in 1992. He is also involved in the organisation of rogaining events and is looking forward to the Australian championships to be held in Perth in 1994.

The attraction of rogaining and orienteering for Brian is the combination of running with cunning, the team aspects of the sport and the challenge of man against the bush, particularly in the 24 hour events. He has a penchant for cryptic crossword puzzles and uses these skills to plan challenging events for his fellow enthusiasts. He sees no limit to his rogaining career and plans to be navigating his way through the Western Australian bush well into his seventies.

In terms of running, he claims his fastest time for 10 kilometres is "about 44 minutes". He has run half marathons but says he isn't silly enough to tackle a full

The Vetrunk

Vetrunk is the club magazine of the WA Veterans Athletic Club

Patron: W.J (Bill) Hughes

President: Bob Schickert
332 4114

Secretary: Bob Fergie
447-6898

Treasurer: Bill Crellin
448-2924

COPY for the magazine should be submitted to editor Vic Waters at 47 Sulman Road, Wembley Downs, 6019.

Phone: (W) 389 8422
(H) 341 3464
FAX: 389 8458

DEADLINE for next issue -

marathon. He is strictly a Sunday runner, doesn't run during the week because he has nobody to run with (is there anyone in the Balga area who runs regularly?). Brian is race

director of the 14 kilometre Herdsman run which club members will remember as "that race where we pass the finishing line three times!"
Margaret Birks

EDITORIAL

WILL YOU STAND?

Election time is on the way, and at the April AGM all committee positions will be available. Will this be your year to make a stand?

Some committee members have already indicated they will take a rest - but remember. ALL posts are decided by election at the AGM and every club member is eligible. Everyone proposed for a committee job will be considered by the meeting, and voting will decide the final composition of the committee.

We always need new talent and energy on the committee - and old talent is welcome too!

This year president Bob Schickert stands down; and a

replacement secretary is required for at least three months while Bob Fergie takes a break.

The Vetrunk

We would like to assemble an 'editorial board' to spread the load of magazine production. Jack Collins and Margaret Birks are already helping out; we still require someone with specific sales ability, and other members who will take charge of regular jobs on the magazine - such as mailing and production.

If you're interested in helping out - or in overall committee duty - please contact a committee member, or write to *Vetrunk*.

Vic Waters

IT PAYS TO ADVERTISE

Please pass on the good news to potential advertisers - and help support and improve your club magazine.

Rates are very reasonable:

Small ads	\$1.00 a line (minimum \$5)
Full page	\$200.00
Half Page	\$105.00
Third of page	\$70.00
Eighth of page	\$25.00

Date	Run	Distance	Venue	Start	Organiser
17 Nov	Ravens Rest	10km;5km 10km walk	Sloanes Res Kwinana	8.00am	V&J Beaumont VB
24 Nov	Round the Lakes	8km; 6km walk	Perry Lakes	8.00am	J Bell VMEH
1 Dec	Canning Dist Track Met	100yds;1 mile 1 mile walk	Coker Park Cannington	9.00am	J Gilmour
8 Dec	Bridges Jog	10km;5km	McCallum Park	8.00am	Committee
8 Dec	Recovery Jog	7km 6km walk	Pelican Point Nedlands	8.00am	?????????
15 Dec	West Coast Challenge	8km 8km walk	Floreat Beach	8.00am	R Hares V
22 Dec	Christmas Gift Run (Bring a gift \$3-4)	5.2km 5.2km walk	McCallum Park	8.00am	A Tyson V
26 Dec	Boxing Day Run	8km	Lake Leschenaultia	5.30pm	T Frank B
29 Dec	Kings Park Run	10km;5km 6km walk	Saw Avenue Kings Park	7.30am	T Savin V

1992

Date	Run	Distance	Venue	Start	Organiser
5 Jan	Club Pentathlon National Course	10km;6km 6km walk	Perry Lakes Perry Lakes Dve	7.30am 7.30am	B Fergie ???????
12 Jan	Women's Run	7.1km 7.1km walk	McCallum Park	7.30am	J Midolo VMEH
19 Jan	Friendship Run	12km;6km; 6km walk	Saw Avenue Kings Park	7.30am	J&J Pellier VB
26 Jan	Point Walter Run	11km;5.8km 5.8km walk	Pt Walter Kiosk	7.30am	D Roberts V
2 Feb	Deadly Medley Team Event (2x1,2x2,twice)	12km total 6km walk	Yokine Reserve Wordsworth Ave	7.30am	K Penton
9 Feb	Teddy Birds Picnic Run	16km;8km 8km walk	Childs Playgr'd Kings Park	7.30am	W&K Crellin VBME
16 Feb	Lake Monger Run and Walk	10k;6k;3k 10k;6k;3k	Dodd St., Lake Monger	7.30am	K&M Forden V
23 Feb	Miller's Run	12km;6km 6km walk	Hester Park Langford	7.30am	N&P Miller V
1 Mar	Pagoda Run and Walk	16km;10km 5km;	McCallum Park	8.00am	?????????
8 Mar	Dave Jones Relay	12km total	McCallum Park	8.00am	D Jones
15 Mar	Around the Houses	15km;6km; 6km Walk.	Fremantle North Mole	8.00am	L Lauchlan V
22 Mar	Mt Lawley Circuit	7.5km 7km walk	Hamer Park Mt Lawley	8.00am	M&L Rhodes VMEH
29 Mar	State T &F Championships	10km,5km walk Pentathlon	Coker Park Cannington	TBA	Committee
4 Apr 5 Apr	State T &F Championships		Coker Park Cannington	TBA	Committee
12 Apr	Medibank Fun Run	10km	McCallum Park	8.30am	WAMC
	Group Jog	8km	Perry Lakes	8.00am	?????????
19 Apr	Joondalup (Easter)	10km	Hawkins Park Joondalup	8.00am	M Warren V
25 Apr	Track Hcp	10km	McGillvray Oval	7.00pm	J Whittam
26 Apr	Brockwell's Run	13km;6km 6km walk	Arden St East Perth	8.00am	C.Brockwell VME