

# YOU DESERVE A NEW SHIRT!

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

## ORDER FORM

PLEASE SUPPLY

..... QUANTITY ..... SIZE .....

..... QUANTITY ..... SIZE .....

..... QUANTITY ..... SIZE .....

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

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## HAPPY BIRTHDAY TO OUR FEBRUARY MEMBERS

DEANUS, ANN	01/02/40 54 remains W50	MILBOURNE, COLLEEN	14/02/48 46 remains W45
McMILLAN, JAMES	02/02/25 69 remains M65	ROBINSON, WAYNE	16/02/55 39 remains M35
PAXMAN, BRIAN	02/02/30 64 remains M60	CARR, PAT	18/02/32 62 remains W60
FLORANCE, GORDON	03/02/34 60 becomes M60	QUARMAN, WALTER	19/02/53 41 remains M40
MEDCALF, NOELA	03/02/35 59 remains W55	CARRERO, TINA	20/02/46 48 remains W45
JOHNSON, MICHELE	03/02/45 49 remains W45	CATARINICH, ANNE	20/02/48 46 remains W45
SANDERS, JOHAN	05/02/04 90 becomes M90	MILLER, DENNIS	21/02/40 54 remains M50
WEBB, MAGGIE	06/02/49 45 becomes W45	HICKS, CLIVE	21/02/53 41 remains M40
TYSON, ALLEN	06/02/25 69 remains M65	SPENCER, JEFF	22/02/41 53 remains M50
LISHMAN, JACKIE	07/02/63 31 remains W30	SMITH, JOHN	23/02/35 59 remains M55
GOWER, KARYN-SUE	08/02/60 34 remains W30	THORNTON, BEVERLEY	23/02/43 51 remains W50
JOHNSON, JANET	08/02/45 49 remains W45	BOAKES, GEORGE	25/02/13 81 remains M80
PRESCOTT, VALERIE	08/02/44 50 becomes W50	CRANE, BILL	25/02/40 54 remains M50
JOHNSTONE, ALISON	09/02/47 47 remains W45	FERRIS, IRENE	27/02/52 42 remains W40
MUSTOO, CHRISTINE	10/02/55 39 remains W35	POTTER, RONALD	27/02/40 54 remains M50
MAIR, ROBERT	11/02/48 46 remains M45	HILLIS, JOAN	27/02/46 48 remains W45
LISHMAN, VAL	14/02/30 64 remains M60	ROGERS, STEVE	28/02/50 44 remains M40



# The Vetrunk



NO. 250 JANUARY 1994

WA VETERANS AC - REGD BY  
 AUSTRALIA POST PUBN 0370

## Happy New Year - from Vetrunk 250!



Gift Run organisers Joan and Ron Hillis (right) with a couple of winners - Pat Miller and Jeff Whittam. Report, page 3.

## SUBS Day - What is it?

SUBS Day is on March 27, at Lorna's Run in McCallum Park  
 It's part of the new system that will save any more confusion over who's paid, and who hasn't. It will save your committee wasting time on chasing and checking and reminding people. It will take years off our prematurely ageing Treasurer.

Members send incorrect payments; payments without application forms; hand cash to anyone who'll stick out a palm; forget whether they've paid this year, or last. Some then complain when their *Vetrunk* doesn't appear.

How Irene finds time to hold down a regular job, and run a home, beats me. She spends - literally - days and days just dealing with memberships.

How much would that time be worth? It certainly could be better spent, on improving our club.

It's time we all co-operated to make life easier for our volunteer officers.

Subs Day is going to be a start. Details next month.

## BOOK FOR WELLINGTON MILLS

JUST 40 places are available for the Wellington Mills Labour day weekend - Friday March 4 - March 7. It's a lovely spot, good accommodation, and the places will go fast. You'll be self-catering, and need to take bedding, sleeping bags etc. Contact Lorna Lauchlan or Jacqui Billington, and pay the \$15 charge on booking, please.

Continued page 5

## Forthcoming Attractions

### Dedicated to Bill

Teddy Bird's Picnic Run - Kings Park, February 6 - will be dedicated this year to the memory of our late Treasurer, and good friend, Bill Crellin.

### Development Meeting

Following the Feb 6 run, a development meeting will be held at the lake in Kings Park. This is important - please try to attend, and make your contribution to the debate.

Deadly Medley - January 30 - please complete the entry form (Page 6) now, and give it to Basil or Kate.

State Championships - first event March 9. Again, please complete the form NOW (see Page 7).

### Coker Park Athletics

Friday night meetings under the lights are going well - but there are still too few Vets there! Call our Pres, Brian Foley, on 339 2716, to check dates and details.

### WAVAC AGM

Date is set for April 21, at the Hockey Club, Perry Lakes. Presentations, elections, the occasional row. Where else could you have so much fun sitting down?

### 1994 Australian Veterans Marathon Championships

April 10, Canberra. Entry form from Dave Cundy, 06-231-8422.

### OCEANIA Veteran Games

Suva, Fiji - July 1-9 1994  
 Bookings needed by January 30, with Collin Cooper, phone 08-272-0992; Fax 08-267-2770.

### WORLD Veterans Games

Buffalo, New York - July 13-23, 1995  
 Information on tours - Collin Cooper (no.'s above)



## Christmas Gift Run - McCallum Park

December 19, 1993

There was a great turn out on this very warm pre-Christmas morning with many participants in costume adding to the festive atmosphere of the 5.2K fun run around Heirisson Island. Ron and Joan continued the tradition with the wearing of the reindeer horns donated by Joan Pellier. Special thanks to Ted and Sheila Maslen who once again faithfully helped as course marshals; Basil Worner and John Bell for helping get all the equipment to the venue, as the Hillis car was also loaded down with precious cargo from Canada, granddaughter, daughter and son-in-law. Many thanks to Jacqui Billington and her helper Sue Danby for putting on the delicious morning tea of mince pies and Christmas cake.

There was a great variety of costumes this year which was beautiful to see and Sandi would have been proud of us. The prize winners were Heather Sanderson in her fancy fairy winged costume; Dick Blom in his sweet pink tutu; Paul Martin as the recycled santa who filled his sack with rubbish he found while running around the island; and our two Father Christmas', Merv Moyle and Norm Miller adding a special Christmas touch.

Thanks to all who turned out wearing some Christmas cheer, it really helped everyone get in the spirit of things. The exchanging of gifts put under the big gum tree gave the finishing touches to a fun morning. We really enjoyed hosting this run and hope to be back next year.  
HAPPY NEW YEAR to you all!  
Joan and Ron Hillis

## Lake Leschenaultia Run

December 28, 1993

The weather proved to be on our side, it was perfect for running, jogging or just walking in the forest.

Special thanks to Michelle Boyle for manning the gate with the help of John Mison and then helping me with the finish.  
Judy Hill

# THE LONG ROAD BACK

We all have time out for various reasons. It takes self-control to come back cautiously. It is frustrating when you remember how well you used to perform. Following injuries, Frank Smith has gradually moved up through the field, and must be encouraged by his 3000M at Coker. Bert Carse, too, is getting fitter. He has been out long enough to be unknown to many of our members, but 1994 will see him back to top-class running.  
David Carr

### Coker Park 24.11.93.

#### 200M

M35	Ian Saunders	28.2
M40	Duncan McAuley	25.4
	Dave Wyatt	27.0
M45	Joe Yozzi	29.1
M50	Keith Martin	25.2
	Mike O'Reilly	29.2
	Vicente Carrero	32.6
M60	David Carr	29.6
	Robin Bonner	32.9
M65	Allen Tyson	32.5
W40	Barbara Blurton	26.9
W45	Janet Johnson	29.1
	Peggy MacLiver	30.3
W60	Patricia Carr	32.7

#### 800M

M35	Ian Saunders	2:38.1
M40	Duncan McAuley	2:13.1
M45	Brian Foley	2:15.9
	Ian Passmore	2:23.1
	Ivan Brown	2:36.9
M50	Keith Wheeler	2:12.8
	Vicente Carrero	2:36.2
	Derick Parker	2:39.7
	John Pellier	2:44.8
M55	Alan Chambers	2:56.6
M60	Robin Bonner	2:41.5
	Rob Shand	2:41.7

#### Javelin

M50	Mike O'Reilly	24.56M
M60	Rob Shand	30.18M
M65	Allen Tyson	18.14M
W45	Peggy MacLiver	17.54M
W60	Patricia Carr	18.72M

#### Triple Jump

M40	Dave Wyatt	10.43M
M50	Keith Martin	10.69M
M60	David Carr	7.68M
W45	Janet Johnson	9.46M
	Peggy MacLiver	7.78M
W60	Patricia Carr	7.70M

#### 3000M

M40	David Reid	9:38
M45	Vic Waters	11:27
	Ivan Brown	12:51
M50	Frank Smith	10:06

#### 7K

John West	M40	29:58
Anne Shaw	W45	30:02
Brian Bennett	M45	30:04
Peter Hill	M45	32:31
John Russell	M60	37:14
Merv Jones	M50	37:45
Jeff Spencer	M50	37:46
Ron Hillis	M45	38:46
Jeff Mullins	M50	39:20
(late start)		
Barrie Thomsett	M50	44:57
Mitch Loly	M50	71:27

Bert Carse	10:43	
Derick Parker	11:21	
Vicente Carrero	11:21	
John Pellier	12:03	
Mike O'Reilly	13:20	
M55	Alan Chambers	12:52
M60	Robin Bonner	
M65	Allen Tyson	13:25
W40	Maxine Santich	11:36

## RECENT ACQUISITIONS

Runners who have joined us in the last year or so showed good form at McGillivray on December 1. Jeff Tite is suffering the injuries which are often associated with an increase in training load but cut his 400m time to 63.0. Ros Banyard improved to 74.6. John Stone continues his good form. Rita Bonjour, Keith Chilton showed potential. Ivan Brown looks fitter at every outing.

### McGillivray 1.12.93

#### 5000M

M35	Ken Eggleston	19:14
M40	Keith Chilton	20:08
M45	Colin Hickman	17:29
	Bruce Wilson	18:27
	Brian Foley	18:54
	Vic Waters	19:48
	Ivan Brown	22:27
M50	Frank Smith	17:49
M55	Alan Chambers	22:09
M60	Robin Bonner	20:26
	Basil Worner	22:53
M65	Allen Tyson	23:57

#### 400M

M35	Ian Saunders	67.6
	Peter Brazier	54.5
M40	Jeff Tite	63.0
	John Stone	69.1
M45	Ivan Brown	69.1
	Bruce Wilson	63.3

#### Walk - 5K

John Mison	M45	22:28
Geoff Tite (late start)	M40	23:31
Alan Tyson	M65	24:09
Margaret Ward	W50	30:18
Hillis Clan plus pram		43:39 walk
<b>Visitors</b>		
Aaron Fuller	7K	27:36
Shayne Hill	7K	28:20
Ross Dawson	7K	33:35
Bruce McLennan	7K	33:52
Brian Cornish	7K	37:47
Glenice Shanahan	7K	71:12

Continued from page 4

M50	Keith Martin	60.0
M55	Norm Richards	66.1
M60	Robin Bonner	74.8
	David Carr	64.2
M65	Allen Tyson	77.4
W45	Peggy MacLiver	68.7
	Ros Banyard	74.6

#### 3000M Walk

M55	Jeff Whittam	14:25
W50	Jacqui Billington	13:15

#### 100M

M35	Peter Brazier	12.2
	Ian Saunders	14.0
M40	John Stone	12.7
	Jeff Tite	13.3
M45	Bruce Wilson	14.5
M50	Keith Martin	12.6
M55	Norm Richards	13.1
M60	David Carr	14.4
M65	Allen Tyson	16.9
W45	Peggy MacLiver	14.9
W50	Rita Bonjour	18.1
W55	Dorothy Whittam	15.6
W60	Patricia Carr	16.1

#### Discus

M45	Brian Foley	17.70M
M50	Keith Martin	23.08M
M55	Jeff Whittam	19.48M
M60	Rob Shand	28.96M
M65	Allen Tyson	22.28M
M75	Syd Coleman	31.0M
W45	Peggy MacLiver	17.92M
	Anne Catarinich	15.92M
W50	Rita Bonjour	17.16M
W60	Patricia Carr	16.02M

#### Shot

M55	Jeff Whittam	6.03M
M60	Rob Shand	8.74M
M75	Syd Coleman	9.38M
W50	Rita Bonjour	7.38M
W55	Dorothy Whittam	8.72M
	Noela Medcalf	6.37M
W60	Patricia Carr	6.39M

#### Long Jump

M50	Keith Martin	4.58M
M60	David Carr	4.01M
W45	Peggy MacLiver	3.97M
W50	Rita Bonjour	2.87M
W60	Patricia Carr	3.83M

## WEDNESDAY BUCKET IS FULL - OF SURPRISES!

The dollar per evening pays for ground hire. Best collection has been 92% on December 1. Best political statement goes to the 50c with five axe blows on the commonwealth insignia and only one on the queen's countenance. Best double: Singapore 10c and Malaysian 10 somethings (Keith Martin). Then there are the 10 kopecks (?) from Poland (?) bearing an eagle that looks a bit like one of our members.

## Kings Park 10K

December 26, 1993

A hot day with a strong wind in your face up the first hill made solid running. Basil Hanna romped away with the 10K and Robert Raymen had a clear win in the 5K.

First women home were Joan Pellier in the 5K and Ann Turner in the 10K. Mitch Loly took the 5K Walk and Anne Catarinich was first woman. John Mison and Peter Hill dead-heated in the 10K Walk. Thanks to helpers Jackie Billington, Val Bonner, Mike Cousins, Michelle Boyle, Judy Kirkman, Kath Penton, Bob Harrison, Anne and Frank Smith.

#### Bob Schickert

Many thanks to Bob for taking over the race in Tom Savin's absence. It was good to see such a good turnout, when overhangs might have been the order of the day, were we not all such abstemious health fanatics. VW.

#### Results

#### 5K Run

RAYMEN, ROBERT	M50	18.41
WATERS, VIC	M45	19.56
MARTIN, PAUL	M50	20.05
MORT, SIMON	M35	20.47
PEART, BILL	M50	21.13
CARR, DAVID	M60	21.43
JONES, MERV	M50	23.35
LAWRENCE, RAY	M65	24.31
JOHNSON, KIRT	M60	24.56
MILLER, NORM	M60	26.16
PELLIER, JOAN	W50	26.34
MILLER, PAT	W55	27.05
ALDRICH, ALISON	W50	30.39
WARD, MARGARET	W50	31.24

## LAP-TOP NEEDED

Anyone have a lap-top I can borrow? No dear, it's a computer.

We want to try using a lap-top computer to record results at a Sunday run soon. We would need it for about a week, to program and use. If anyone can help, please phone Vic Waters - 341 3464.

## WEDNESDAY POINTERS

THERE was a mistake in the Wednesday night programme, printed in the September *Vetrun*. Events are unchanged, and the order is right. Just put the dates in

#### Visitors

ALDRICH, SEAN	20.07
CHAMBERS, BRIAN	24.44
ELPHINSTONE, PATRICIA	29.00
CHISHOLM, GAVIN	31.03

#### 5K Walk

LOLY, MITCH	M50	37.23
CATARINICH, ANNE	W45	37.31
THOMSETT, BARRIE	M50	37.32
SCHICKERT, LYNNE	W50	40.29
SPENCER, WENDY	W45	40.30
WHITTAM, DOROTHY	W55	40.50
HILL, JUDY	W45	40.51
WHITTAM, JEFF	M55	40.52
CARR, PAT	W60	43.30
BOULD, CLIFF	M75	43.32

#### 10K Run

HANNA, BASIL	M40	35.53
GEE, WARREN	M40	38.07
CARSE, BERT	M50	40.02
KIRKMAN, HUGH	M50	40.07
BELL, JOHN	M45	41.52
FOLEY, BRIAN	M45	41.56
PELLIER, JOHN	M50	42.34
CARRERO, VICENTE	M50	42.35
BENNETT, BRIAN	M45	42.58
ROSEN, MARK	M45	43.08
SCHAEFER, GEORGE	M60	43.28
PRESSLEY, JOHN	M45	44.10
BONNER, ROBIN	M60	44.37
SHAND, ROB	M60	44.59
WORNER, BASIL	M60	45.48
HARRIS, RICHARD	M55	47.22
MOFFETT, DALTON	M60	47.48
BEAUMONT, VIC	M60	50.32
SPENCER, JEFF	M50	50.34
CHAMBERS, ALAN	M55	51.04
SUTTON, RON	M55	51.18
GIACOMIN, ALDO	M55	51.43
TURNER, ANN	W55	52.05
RUSSELL, JOHN	M60	52.06
PEET, GEORGE	M60	52.57
HOUGH, DAVID	M60	59.20
MORGAN, GARNETT	M65	64.54
USHER, FRANK	M70	6 7.44

#### Visitors

MACGOWAN, H	51.21	
<b>10K Walk - 10K</b>		
HILL, PETER	M45	60.50
MISON, JOHN	M45	60.50

weekly, calendar order.

So, Feb 9 at McGillivray, begins with L/jump. Feb 16, Coker 800m etc.

Feb 23, McG. Shot etc. Mar 2, Coker, 10,000m etc. Mar 9, McG, Steeples.

## MARATHON HELP

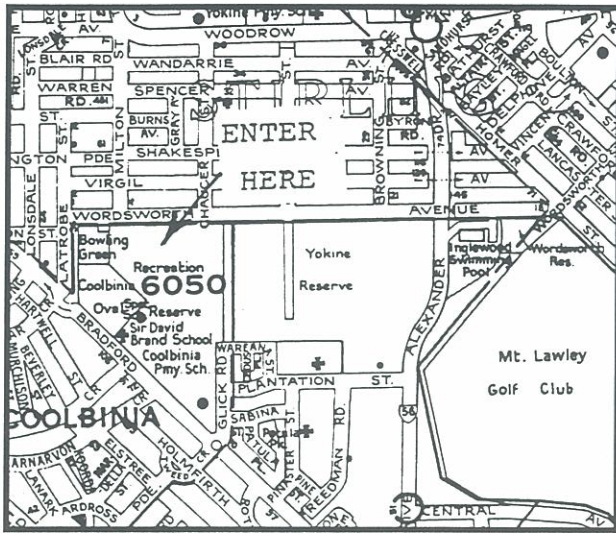
World Firefighters Games - Tuesday/Wednesday, March 22/23 - needs helpers please. Call Bob Fergie, 447-6898. The MARATHON is on Thursday March 24, 6.30am McCallum Park. Helpers, or entrants (fee \$15) please call Vet Laurie Nevin - home 527 2042; work 493 3740.



# DEADLY MEDLEY RELAY

January 30, 7.30am  
Yokine Reserve

A team race for runners and walkers, this is one of the club's main events of the year. We have teams of four and, in order to help us get the teams as even as possible, a small committee picks teams on the Wednesday before the run. Therefore, we ask you to enter the event ASAP.



## HOW TO ENTER

**Runners:** Please fill out the form below and post to: 48 McCourt Street, West Leederville 6007; \* OR enter at one of our Sunday morning runs; \* OR ring Kath or Basil on 382 2318

**Before January 26**

**Walkers:** Peter Hill has kindly agreed to coordinate the teams of walkers. Please hand your entry form to Peter.

**Before January 26**

**THE VENUE:**  
Yokine Reserve, Wordsworth Avenue, Coolbinia (entry near Chaucer Street).

**WALKERS:**  
A team consists of two walkers. One walks 2kms and one walks 1km – each one walks twice.

**RUNNERS:**  
A team consists of four runners. Two runners run 2kms and two runners run 1km – and each runner runs twice over the same distance!

### DEADLY MEDLEY ENTRY FORM

Name (s) \_\_\_\_\_ (runner) (walker)  
\_\_\_\_\_ (runner) (walker)

Please return to Kath or Basil before JANUARY 26, 1994. You can turn up on the day if you like, but advance entry gives us better balanced teams.

### SLOW PACE WINS RACE

**SYDNEY:** New American research on flies suggests frequent, strenuous exercise may accelerate, not slow, ageing.

And the biologist who did the research says people obsessed with exercise were crazy and should drink some alcohol to cut the risk of premature ageing.

According to Professor Rajindar Sohal, it all had to do with the way the absorption of oxygen, essential for life, can also trigger certain 'free radicals', atoms and molecules capable of damaging living cells.

Ageing was really the accumulation of irreversible damage caused by oxygen.

"We are oxidised to death", said the professor of biological sciences at the South-

ern Methodist University in Dallas, Texas.

In one experiment, he confined a group of flies to a space so small they had to walk. They lived twice as long as a second group given room to fly.

In another experiment, flies were exposed to pure oxygen for three days.

They lived longer than the control group but only because oxygen damage had rapidly aged them to the point where they could no longer fly, dramatically slowing their metabolism and cutting their intake of the gas.

The flies looked sick, he said.

Enzymes in humans provided an anti-oxidation defence system. But if oxygen intake exceeded the capability of the defence system, ageing accelerated.

"Some exercise is necessary to maintain

the health of the cardiovascular system and muscle tone and proper levels of sugar in the blood", he said.

"Severe exercise, in which some people are engaging is crazy if they want to live a long time. It will accelerate the ageing process. This is my hypothesis."

"This running aimlessly is just crazy. Normal walking around working in one's garden, and climbing two or three flights of stairs and just being normally active is all that you need."

Alcohol was a good anti-oxidant. People exercising a lot should drink a small amount, such as beer, wine or whisky, afterwards to slow the ageing process by quenching some of the free radicals generated.

(This article first appeared in the *West Australian*, and is reprinted with thanks.)

Phyllis Farrell W45 63:40  
Frank Usher M70 63:40  
**7.6K Run**  
Vic Waters M45 31:00  
Terry Kessing M35 33:38  
Maxine Santich W40 34:12  
Kath Penton W50 34:25  
Basil Worner M60 34:31

**5K Run**  
Doug Hazell M40 17:58  
John Stone M40 19:46  
Ross Banyard W45 20:27  
Keith Forden M50 20:45  
Rebekah Healey W30 22:17  
Kathrin Holland W35 23:10  
Marge Forden W50 23:11  
Kirt Johnson M60 23:53  
Norm Miller M60 24:23  
Pat Miller W55 24:28  
Noela Medcalf W55 24:49  
Esther Healey W55 25:10  
Hazel Corbett W40 26:03  
Alison Aldrich W50 27:08  
Dorothy Whittam W55 27:21  
Margaret Ward W50 28:39  
Valerie Millard W45 29:13  
Lynne Schickert W50 30:05

**5K Walk**  
Joan Hillis W45 32:04  
Barry Thomsett M50 32:06  
Sue Hughes W40 33:13  
Alex Taverios M45 38:55  
Gillian Peet W55 38:56  
Ernie Moyle M65 39:09

**VISITORS**  
Colin Hickman 10K 36:27  
Chris Reid 10K 38:47  
Donna Dahlstrom 5K 25:17

## The Vetrunk

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

Patron: W.J. (Bill) Hughes

President: Brian Foley  
339 2716  
Secretary: Bob Fergie  
447 6898

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

Phone: 341 3464 (H)  
Fax: 245 3169

**DEADLINE:**  
for next issue – February 10

## NEW MEMBERS

Welcome to

Gavin Chisholm M50  
Rose-Maree Hollaway W35  
Philip Hollaway  
Dan O'Donnell M40  
Velma Tomasich W40  
Greg Robson M45  
Leonie Robson W45  
Max Nillson M40

## Round the Lakes

December 12, 1993

What a breeze it becomes when as race director I arrive at the venue to find people already waiting, and Fred Hagger jumps out of the car and says "give me a job, I need a job!" Then Leo Hassam saunters in having left his trout fishing expedition in Bunbury at 5am to help. Thanks to all other helpers, great team!

Our handicapper gave a dissertation at the start that if you run all the Vets runs, then your handicap eases. Just to support his theory, the winner has been away for yonks and yonks!

John Bell

Results	Age	H/Cap	Clock Time
John Spencer	M55	10:35	46:57
Brian Bennett	M45	13:15	47:06
R Matthews	M40	10:55	47:12
Rob Shand	M60	12:05	47:23
Sue Prewitt	W35	11:40	47:24
Max Kelly	M45	13:15	47:28
Peter Airey	M55	11:55	47:52
Bill Peart	M50	13:15	47:58
Duncan Strachan	M70	2:45	48:10
Jeff Spencer	M50	10:55	48:14
Pauline Kelly	W45	2:45	48:16
Bill Crane	M50	12:50	48:17
Hugh Kirkman	M50	16:50	48:26
Mike Khan	M45	14:25	48:28
Brian Danby	M45	15:40	48:36
Jill Chambers	W40	16:05	48:52
Ted Maslen	M55	14:25	49:05
Kirt Johnson	M60	7:00	49:06
Pat Miller	W55	3:35	49:07
David Carr	M60	14:50	49:08
Nena Greenfield	W35	10:25	49:10
Paul Martin	M50	16:05	49:11
Ralph Henderson	M45	17:45	49:14
Wayne Robinson	M35	18:10	49:15

Bob Sammells	M55	15:15	49:16
Stuart Hicks	M70	6:05	49:27
George Schafer	M60	14:50	49:30
Simon Mort	M35	14:00	49:30
Garnet Morgan	M65	5:30	49:34
John Pellier	M50	14:50	49:38
Margaret Warren	W55	3:35	49:40
Brian Foley	M45	16:05	49:43
Dick Blom	M60	14:00	49:55
Brian Hardy	M50	10:55	50:00
Ray Lawrence	M65	7:15	50:01
Bob Schickert	M50	17:45	50:06
Merv Moyle	M65	12:15	50:08
John Russell	M60	7:45	50:09
Joan Pellier	W60	4:45	50:10
Ann Turner	W55	8:30	50:11
David James	M40	17:10	50:13
Gerry Prewett	M40	11:40	50:20
Vicente Carrero	M50	16:25	50:23
Roma Bettles	W40	8:45	50:25
Michael Anderson	M45	13:40	50:28
Merve Jones	M50	10:35	50:37
Stan Lockwood	M60	13:05	50:50
Basil Worner	M60	14:00	50:54
David Scott	M45	17:45	51:26
Jacqui Halberg	W45	10:55	51:27
Alan Chambers	M55	11:40	51:28
Dave Hough	M60	11:40	51:46
Lynne Schickert	W50	0:40	52:25
Robin Bonner	M60	15:40	52:26
Sheila Maslen	W55	0:55	52:36
Mike Rhodes	M45	12:25	52:40
Heather Sanderson	W45	10:55	53:29
Aldo Giacomini	M55	10:55	53:35
Keith Forden	M55	11:20	54:00
Morris Warren	M55	11:30	54:23
Ron Hillis	M45	11:40	54:48
Marge Forden	W50	10:55	55:14
Arthur Leggett	M75	0:00	55:46
Graham Thornton	M50	14:50	56:25
Phyllis Farrell	W45	4:20	56:43
John Ferris	M40	17:45	56:47

### 6K Handicap Walk

John Mison	M45	14:00	45:29
Peter Johnson	M45	13:00	46:47
Michelle Boyle	W45	8:30	47:56
Peter Hill	M45	13:30	48:01
Tina Carrera	W45	1:30	49:28
Judy Hill	W45	0:30	49:28
Joan Hillis	W45	6:45	49:36
Ann Catarinich	W45	9:00	50:14
Bob Fergie	M55	6:15	50:32
Ernie Moyle	M75	6:00	54:13
Jeff Whittam	M55	6:00	55:59
Dick Horsley	M80	0:00	55:59

## MIYAZAKI RESULTS

Apologies to these athletes for omitting them last month; and our thanks to Lynne Choate for compiling all the results.

M50 1500M Heat	Keith Wheeler	2nd4:29.51
M50 1500M Final	?	?
M50 800M	Keith Wheeler	6th 2:11.65
M60 800M Final	David Carr	2nd2:15.56
M60 400M Final	David Carr	3rd 59.13
M60 4x400M Relay	David Carr	3rd
M70 10K Final	John Gilmour	1st42:20.87
M70 1500M Semi-final	John Gilmour	2nd5:39.43
M70 1500M Final	John Gilmour	3rd 5:30.02

M50 400M Heat	Keith Martin	56.?
M50 TJ	Keith Martin	10.66 20th
M50 Decathlon (events follow)	Keith Martin	5847pts6th
M50 100M	Keith Martin	12.16 N
M50 SP	Keith Martin	7.37
M50 HJ	Keith Martin	1.39
M50 400M	Keith Martin	57.29
M50 LJ	Keith Martin	5.05
M50 Hurdles	Keith Martin	18.93
M50 Discus	Keith Martin	24.74
M50 PV	Keith Martin	2.50
M50 Javelin	Keith Martin	30.34
M50 1500M	Keith Martin	5:19.01
M50 4x400M Relay	Keith Martin	3:39.77 1st
M50 (Keith, Barrie Kernaghan and Roy Fearnall teamed with Fred Turner)		



# West Coast Challenge

December 5, 1993

## 7K Run

Chris Maher	M40	26:18
Graeme Bergersen	M40	26:19
Tom Savin	M45	26:26
Duncan McCauley	M40	27:23
Warren Gee	M40	27:27
Wayne Robinson	M35	27:38
John Ferris	M40	27:45(E)
David James	M40	27:54(E)
Paul Hughes	M40	28:00
Hugh Kirkman	M50	28:44
Bob Schickert	M50	29:06
Mick Cousins	M60	29:17
Ann Shaw	W45	29:18
Jeff Mullins	M50	29:31
Shayne Hill	Vis	29:32
Steve Barrie	M55	29:47
Paul Martin	M50	29:48
John Bell	M45	29:52
Brian Danby	M40	30:03
Mark Rosen	M45	30:36
? ?		30:39
Doug Hazell	M40	30:50
Jill Chambers	W40	31:13
Garth Berg	Vis	31:32
David Carr	M60	31:40
Bill Crane	M50	32:02
Bill Peart	M50	32:03(E)
Jeff Tite	M40	32:11(E)
Rob Shand	M60	32:30(E)
John Dartnall	M45	32:45(E)
Arnold Jenkins	M45	33:00(E)
Simon Mort	M35	33:07
Jeff Spencer	M50	33:15
Nena Greenfield	W35	33:26
Peter Airey	M55	33:26
Jim Greenfield	M50	33:46
Greg Robson	Vis	33:49
Stan Lockwood	M60	34:01
Lynn Farrelly	M45	34:56
Terry Keesing	M35	34:39
Vic Beaumont	M60	35:01
Bryan Hardy	M50	35:07
Ken Brownlie	M45	35:10
Aldo Giacomini	M55	35:15
Allen Tyson	M65	35:18
Pat Campbell	W40	35:22
Ron Sutton	M55	35:33
Alan Chambers	M55	35:50
Dave Hough	M60	35:53
Merv Moyle	M65	36:26
George Peet	M60	36:36(E)
Merv Jones	M50	36:46(E)
John Stone	M40	37:00(E)
Ann Turner	W55	37:10
Roma Bettles	M40	38:18
Kirt Johnson	M60	38:31
John Russell	M60	38:33
Ray Lawrence	M65	38:34
Heather Sanderson	W40	38:45
Val Millard	W45	39:44
Lyn Schickert	W50	39:49
David Walladge	M40	40:00

Conditions: fine, warm

Chris Maher made a storming finish to pip Graeme Bergersen by just a second. The fact that Tom Savin was there in third spot, watching the final tussle with a seven second gap he was unable to close, shows just what a powerful athlete Chris is.

(Remember, too, that he took a serious wrong turn on City Beach, lost his 100 metre lead, and then had to make it up again.)

Graeme Bergersen is back with us now the footy refereeing is over for another season, and we can expect him to sharpen up with more racing. Look for some more Maher/ Bergersen tussles.

The men's West Coast Challenge Trophy is still being sought - but we were able to present the ladies one, back to Ann Shaw, who also won it last year. Her time - 29:18.

Even the best runners felt that this year's course, with a shorter sand section, was a better option. We eliminated just over 1k of beach running, at the suggestion of my soft-hearted co-director, Maxine Santich.

This was her only contribution to the 1993 event, for which we should all be grateful.

Thanks also to Val Bonner, Basil and Kate, my wife Chris, Leo Hassam and Judy Hill.

As it happened, we could have done with many more helpers. All those car park exits on Challenger parade were busy, even at such an early hour. I suspect that the ever-mounting traffic dangers of this race mean it's destined for honourable retirement.

Of course, there's always the alternative of running the whole thing on the beach!

But seriously (and running on sand is about as serious as you can get) we may have to look elsewhere for our Ocean run.

Here's a final thought, for those who are less-than-enthusiastic at trying an out of the ordinary race like this one has become.

Lynn Farrelly tells me that he's now tried all the possible methods of surmounting the groyne. Like most people, he's run up the beach from the water, and back down again to the hard sand. He's tried climbing over. This year he went the most direct route, out into the ocean.

"Trouble is, it does get a bit deep. You're swimming really," he said.

"It's a great run, though!"

Irene Ferris	W40	40:11
Garnet Morgan	M65	40:23
Frank Usher	M70	43:26
Esther Healey	W55	43:40
Lorna Lauchlan	W60	43:53
Jacqui Billington	W50	46:34
Mary Robinson	W55	47:17
Toni Frank	W45	48:37

With 50-odd races a year, perhaps we can afford to take Lynn's relaxed approach to just one of them?

## Vic Waters

Walkers - although a 7K walk was undertaken by around ten members, it was informal, with no times recorded.

In the following results, (E) indicates an estimated time. Sorry, the recorder watch jammed on occasions.

# Shoalwater Bay Run

November 21, 1993

A total of 60 welcome walkers and runners hopefully enjoyed a bright sunny morning at beautiful Shoalwater Bay. This was my first attempt at organising a run and thanks to my many helpers. An enjoyable morning was had by all (I hope!) Visitor Colin Hickman took the 10K in the very good time of 36:27 (sign him up quick Brian!) Bob Schickert won the Golden Thong Trophy for the men and Jill Chambers for the ladies. I thoroughly enjoyed the experience and hopefully will get the opportunity again. Thanks again to my helpers Vic and Jacqui Beaumont, Bob Chalmers, Gerry Chase and his son Clint, Mitch Loly and my wife Fi and kids Helen and Dave - and last but not least, all the competitors.

## Duncan McAuley

p.s. Being the first time, all times listed are course records, good target for next year.

## 10K

Bob Schickert	M50	39:39
Paul Hughes	M40	39:56
Darryl Dahlstrom	M40	40:01
Bert Carse	M50	40:11
John Bell	M45	40:15
Jill Chambers	W40	40:19
Paul Martin	M50	40:42
Brian Foley	M45	41:38
Ray Mathews	M40	42:00
Robin Bonner	M60	42:07
Nick Cousins	M60	43:03
George Schafer	M60	43:07
Bob Sammells	M55	43:44
Bill Crane	M50	44:05
Brian Bennett	M45	45:09
Geoff Tite	M40	45:48
Arnold Jenkins	M45	46:03
Merv Moyle	M65	47:48
Pauline Wiltshire	W50	48:58
Alan Chambers	M55	49:01
Ron Hillis	M45	50:14
George Peet	M60	50:05
John Russell	M60	51:08
Brian Aldrich	M60	51:28
Ann Turner	W55	51:44
Jeanette Tiverios	W35	53:02

# WA VETERANS TRACK AND FIELD CHAMPIONSHIPS 1994

CONDUCTED BY WA VETERANS ATHLETIC CLUB: Sec: Bob Fergie, 447 6898  
CHAMPIONSHIP DIRECTOR: David Carr 339 8289

WAVAC members and members of an athletic club registered with AAWA are eligible to compete. Events are conducted in 5-year age groups W30, W35 etc and M35, M40, M45 etc.

Teas, cool drinks and snacks available from canteen at Coker Park  
\*\*\*BYO barbeque after the final event, Sunday March 20th\*\*\*

WEDNESDAY MARCH 9TH McGILLIVRAY 6.00pm	SUNDAY MARCH 13TH McGILLIVRAY 8.00am	SATURDAY MARCH 19TH COKER PARK 12 NOON -	SUNDAY MARCH 20TH COKER PARK 12 NOON -
Steeplechase	5000m Walk, Pentathlon, 10,000m (9.00am)	Sprint hurdles, 100m, 400m, 1500m, 2000m Walk, Long jump, Shot, Javelin	Interm.hurdle, 200m, 800m, 5000m, 3000m Walk, Triple jump, High jump, Hammer, Discus

## ENTRIES CLOSE SUNDAY 6TH MARCH 1994

Late entries will be accepted only if places are available  
Offers of assistance are welcome (helping officials or canteen)

Fee: \$8.00 All events, programme and place certificates  
Entries to David Carr, 46A Coldwells St, Bicton 6157, 339 8289  
Cheques payable to WAVAC

Surname: \_\_\_\_\_ Given name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Age Group: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

WAVAC member? \_\_\_\_\_ or registered \_\_\_\_\_  
or short-term membership requested? \_\_\_\_\_

### Events Entered

1	_____	8	_____
2	_____	9	_____
3	_____	10	_____
4	_____	11	_____
5	_____	12	_____
6	_____	13	_____
7	_____	14	_____

Office Use Only: Fee \_\_\_\_\_ eligible: \_\_\_\_\_ Age: \_\_\_\_\_ Listed: \_\_\_\_\_ F/up \_\_\_\_\_

Event: 1 2 4 8 15 5 10 2W 3W 5W 8h 1h 11h 3h 4h 2s 3s lj tj hj pv sp dt jt ht p