



# The Vetrans



NO. 267 JANUARY 1996

PATRON: W.J. Hughes

PRESIDENT: Brian Foley

EDITOR: Richard Harris

## RUNNING MATES ROBIN & VAL BONNER



### RUNNING MATES

This month meet our mates in running from the land of the long white cloud and great tucker, "Kiwis", Val and Robin Bonner. They have two boys, one, named Mike holds the WA State Marathon Record of 2:16:04 which was set in 1988.

The Bonner's have been involved in athletics for a long time. Firstly through their son Mike who joined Little Athletics at four years of age, then later when they both started running.

In New Zealand Robin was a deer hunter and sold the venison to Germany and he needed to get fit to take people hunting. For a couple of years while Robin was training for marathons, he ran to and from work, 10 miles each way.

Val has been on the executive committee of the New Zealand National team, she was manager of the

Cross Country team to go to Spain in 1981 and was umpire for the 1990 Commonwealth Marathon and promised Robin that she would not get involved with any administration when they came to Australia to join their children in 1988.

Val has run two marathons but says before she started running she was 12.1/2 stone and it took her almost a year to be able to run around the rugby oval near her home. Last year Val had a hip replacement and has started walking.

#### Born:

Robin - Wellington

Val - Dunedin

#### Occupation:

Robin - retired from Telecom

Val - Accounts Officer

#### How did they hear about the Vets:

Robin - from Mike

#### Favourite distance:

Robin and Val - 1/2 Marathon

#### Favourite Run:

Robin - Darlington Dash

Val - Jorgensen Park

#### Other Interests:

Robin - Golf, helping my mate Mick Cousins on his property.

Val - My grandchild, going to the gym and water aerobics

#### What they like about the Vets:

Robin - Camaraderie and no politics

#### Any changes in Vets:

Robin - Happy with the laid back attitude

#### Favourite Food:

Robin - Barbies

Val - Chocolate

#### Ambition in running:

Robin - To see Mike join the Vets, he's 34 and says he is too young.

#### Greatest pleasure in running:

Robin - The New Plymouth marathon down Mt Egmont - PB 2:49 on tough course after drinking bottle of spumante the night before (Pellier would be happy to hear this)

Val - Running the Rotorua Marathon under 5 hours.

Joan Pellier

## HAPPY NEW YEAR

Happy New Year to all our members we hope that in 1996 all your ambitions come true whether it be in running or any other chosen endeavour, and if you have made any New Year resolutions that you stick to them!

Also Shorty and Ann Turner are leaving on their round the World trip in February. We would like to thank Shorty for his work in organising various activities for the Committee throughout the year. We hope you have a happy and great trip Ann and Shorty.



## STATE RECORDS UPDATE

Records have fallen like nine-pins in the two months since the Track & Field season got under way in October. But of all the record setters, pride of place must go to Paul Woo for his efforts in the M40 Pole Vault.

In mid-November, Paul vaulted 3.60m to add 20cm to the record that had been set in April, 1982. He pushed up to 3.70m two weeks later, then on 2nd December vaulted 3.90m for a new Australian record.

Paul, who is the M35 Australian record holder, is still not fully fit and is vaulting off a ten-stride run-up. So the prospects for Paul getting over 4 metres in the New Year look pretty good.

On the track, our World-class Steeplechaser, Anne Shaw, has set about re-writing the W45 records. In the John Gilmour 10,000m, she sliced almost two minutes off her old record in running 38:39:00. She beat this at McGillivray a couple of weeks later, but her time is not yet to hand. However, she has also set new marks in the 1500m in 5:03:00, 3000m in 11:00:00, and 5000m in 19:10:00.

Anne is currently being coached by Simon Beaumont, son of Jackie and Vic. She says that her training is harder than before but that it is paying dividends. How's that for understatement!

Other records have been set by:

<b>M40 David Wyatt</b>	
High Jump	1.57m
<b>W45 Jan Main</b>	
Hammer	20.18m
<b>W75 Phyllis Head</b>	
Long Jump	1.05m
1500m Walk	14:32.00s
<b>W50 Jan Jarvis</b>	
60m	8.70s
<b>M55 Norm Richards</b>	
60m	7.90s
<b>M60 David Carr</b>	
60m	8.70s
<b>M70 Allen Tyson</b>	
60m	11.20s
<b>M50 Bruce Wilson</b>	
1 Mile Walk	8:37.0s
<b>M35 Garry Tuffin</b>	
1500m Walk	8:26.0s

<b>W65 Lorna Lauchlan</b>	
2000m Walk	13:26.00s
<b>M70 Bill Chapman</b>	
Shot Putt	10.90m
<b>M75 Sydney Coleman</b>	
Heavy Weight Throw	7.54m

(during a Weight Pentathlon)  
We also have a set of inaugural M30 records. These have been set by non-Club members; hopefully they will join us in due course.

<b>G. Hames</b>	Discus	40.52m
	Hammer	46.92m
	High Jump	1.50m
<b>N. Linthorne</b>	Javelin	40.58m
	Shot Putt	9.14m
<b>R. Wickham</b>	Triple Jump	13.60m
<b>Philip Morgan</b>	200m	26.50s
	1500m	4:26.00s
<b>Robert Cotton</b>	Long Jump	5.13m
<b>M. Stanton (M35)</b>	Javelin	48.16m

Congratulations everyone. Roll on the Nationals!!!

**Bob Sammells**

## RIB RUN 29.10.95. LAKE GWELUP RESERVE

Thank you to our helpers Ray, John, Heather and Fred on our inaugural run.

87 people finished the race on a rather warm morning. Brian led the way which was really lucky for us as flags had already been removed by persons unknown. He had to stop to direct the runners whilst retrieving the flags.

A new run on the calendar, we received many favourable comments, so we hope to see more members here next year.

**Roma, Irene and Brian**  
**Race Directors**

<b>1 Lap 4.5K</b>	
Peter Hill	M45 19:29
John Dartnall	M45 22:06
Ian Passmore	M50 20:13
Robin Bonner	M60 21:13
Brian Bennett	M45 21:18
Peter Airey	M55 21:25
Harry Holland	M50 21:44
Stuart Parkinson	M45 21:45
Doug Hazell	M40 22:39
Robert Reece	M45 23:00

Barry Blackman	M55	23:01
Roger Whalan	M50	23:06
Keith Forden	M55	23:33
Ros Banyard	W45	23:48
Vic Beaumont	M65	25:08
Joan Pellier	W55	25:27
Noela Medcalf	W60	25:49
Kathryn Holland	W35	26:43
Jackie Halberg	W45	29:16
Mary Heppell	W55	30:07
Allen Tyson	M70	30:39
Lois West	W45	31:54
Gordon Medcalf	M65	31:56
Margaret Ward	W50	32:15
Ron Spencer	M55	36:17
Glenice Shanahan	W70	38:11

## 2 Laps 8.2K

Dave Roberts	M50	33:10
Brian Darby	M45	35:16
Joe Stickle	M55	36:21
Bill Crane	M55	36:30
Rob West	M40	36:54
Paul Kelly	M40	38:17
Jan Billinness	W45	39:20
Mike Rhodes	M45	40:55
Simon Mort	M35	41:03
Adrian Noordyk	M40	41:29
Dalton Moffett	M60	41:34
Margery Forden	W50	41:46
Denise Lancaster	W45	43:32
Lyn Fraser	W40	43:57
Peter Davies	M65	43:58
George Peet	M60	44:39
Ron Sutton	M55	44:49
Ray Lawrence	M65	45:52
Shorty Turner	M60	48:47
Sheila Maslen	W55	59:12
Margaret Warren	W55	54:06
Frank Usher	M70	57:24
Phyllis Farrell	W50	57:25

## 3 Laps 12K

Ralph Henderson	M45	48:07
Greg Salter	M40	48:07
Jill Chambers	W45	50:58
John Bell	M50	51:30
Ted Maslen	M60	54:50
Bob Sammells	M55	55:41
Keith Atkinson	M35	56:28
Mike Khan	M50	56:42
Milton Mavrick	M40	56:48
Bob Schickert	M50	58:02
Helen Lysaght	W40	58:04
John Pellier	M55	58:05
Richard Harris	M55	59:22
Jan Kelly	W40	59:47
Kath Noordyk	W45	60:34
Merv Moyle	M65	62:53



Merv Jones	M55	63:44
Rick Thornhill	M45	63:51
Ian Chambers	M55	68:34
<b>1 Lap 2.5K Walk</b>		
Wendy Clements	W50	33:23
Jackie Billington	W50	33:52
Lorna Lauchlan	W65	34:15
Dorothy Whittam	W55	35:20
Jeff Whittam	M60	36:49
Val Wheeler	W60	37:21
Pat Ainsworth	W55	37:23
Judy Hill	W45	37:42
Lyn Schickert	W50	38:16
Gillian Peet	W55	38:19
Val Bonner	W50	39:54

#### 2 Laps 8.2K Walk

Bob Fergie	M60	58:57
Michele Mison	W45	61:18
Ernie Moyle	M70	67:14

#### VISITORS

William Griffiths	4.5K	22:22
Barbara Atkinson	4.5K	30:55
F Hodder	4.5K	36:09
Paul Anthony	8.2K	40:16
Rachel West	8.2K	41:27

### MOSMAN PARK RUN 10/12/95

Eighty eight runners and walkers lined up for the scenic run from Minim Cove Mosman Park to North Fremantle and return.

The run and the morning tea was enjoyed by all and this was due to the assistance given by all our helpers namely Paul Martin, Dick Blom John Carpenter, David Roberts, Patricia Carr, Fred Hagger, Alex and Jeanette Tiverios, Bill Hughes (Club Patron), William Hughes (grandson) and Noela and Gordon Medcalf. The winners in the 8K being Bob Mair 30:30 and Helen Lysaght 37:09. In the 4K Vic Waters 16:06 and Ann Turner 21:30. 8K walk John Mison 44:31 and Michele Mison 52:52, 4K walk Barrie Thomsett 25:48 and Wendy Clements 37:37. See you all next year.

Paul and Sue Hughes

Bob Mair	M45	30:30
David Muir	M50	31:10
Bob Schickert	M50	31:17
Gareth Brunt	M40	31:27
John Pressley	M50	31:43
Brian Foley	M50	33:29

David Carr	M60	33:58
Graham Thornton	M50	34:09
Rob West	M40	34:26
Don Caplin	M55	34:29
Peter Hill	M45	34:46
Mitch Loly	M55	34:55
David James	M40	34:57
Mike Rhodes	M40	35:11
John Pellier	M55	35:22
Ted Maslen	M60	35:31
Bob Sammells	M55	35:37
George Schaefer	M60	36:51
Helen Lysaght	W40	37:09
R King	W35	37:23
Ken Brownlie	M50	37:58
Robin Bonner	M60	38:15
Margaret Birks	W45	38:45
Dalton Moffett	M60	38:46
Carol Broderick	W40	39:24
Stan Lockwood	M65	39:33
Marge Forden	W50	39:41
Dan O'Donnell	M45	40:13
Ron Hillis	M50	40:33
Peter Davies	M65	40:55
R Sweeny	M45	40:56
R Dugall	M45	41:19
John Bell	M50	41:20
Brian Bennett	M45	41:20
Aldo Giacomini	M55	41:58
Lyn Farrelly	M50	42:35
John Russell	M60	43:05
Keith Forden	M55	43:41
Val Millard	W45	44:42
Irene Ferris	W40	45:48
Sheila Maslen	W55	46:17
Shorty Turner	M60	46:28
Stuart Hicks	M70	50:45

#### 8K Walk

John Mison	M45	44:31
Michele Mison	W45	52:52

#### 4K Run

Vic Waters	M50	16:06
Simon Mort	M35	17:16
Peter Airey	M55	18:34
Merv Jones	M55	19:22
Robert Reece	M45	20:20
Ray Lawrence	M65	20:49
Ann Turner	W55	21:30
Joan Pellier	W55	21:31
Jackie Halberg	W45	21:31
Norm Miller	M60	21:37
Kirt Johnson	M65	21:45
Allen Tyson	M70	22:24
Jackie Billington	W50	24:37
Lorna Lauchlan	W65	24:53
Garnet Morgan	M70	25:29
L West	W45	25:34
Mary Heppell	W55	25:57
Margaret Ward	W50	26:33
Frank Usher	M70	26:53
Phyllis Farrell	W50	27:21
Lynne Schickert	W50	28:41

Glenice Shanahan	W70	29:24
Jeff Spencer	M50	40:34
<b>4K Walk</b>		
Barrie Thomsett	M55	25:48
Wendy Clements	W50	27:37
Dorothy Whittam	W55	28:46
Joan Hillis	W45	28:55
J Lockyer	M55	30:47
Ernie Moyle	M70	32:01
Margaret Stone	W50	32:10
Val Bonner	W50	33:04
Pat Miller	W55	33:44
Pat Ainsworth	W55	33:45
Bob Fergie	M60	34:02
Jeff Whittam	M60	34:02
Alan Stone	M60	35:30
Maggie Flanders	W55	36:18
Rosa Davis	W50	38:09

#### VISITORS

P Prahbuddha	8K	29:47
S Birge?	8K	30:13
G McManus	4K	24:49
S Taylor	4KW	38:09
J McManus	8K	49:32

#### 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

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**"WHO'D HAVE THOUGHT THE OLD MAN HAD SO MUCH INK IN HIM"**

World's worst pets in our band?  
No! That's not what I have found.  
You see, I've a notion  
That poetry is found in motion.

Dick with elbows pointing aft;  
Hands adjacent to the calf;  
Eyes ahead and running home,  
Swaying like a metronome.

Mick with marathon intent;  
Energy gone, in training spent.  
See the tears in eyes dismayed;  
Was e'er pathos so displayed?

We've seen Ted, from early promise,  
Beat the great Albie Thomas.  
Flesh that out in full detail,  
And you have an epic tale.

Now what more glory sight  
Than George Schaefer in full flight.  
Faking pleasure, he'll beguile;  
Grimace close concealed by smile.

Modest Robin patters quick;  
Thinks of manic tragic Mick.  
Forgets his own burd'ning strife;  
His only thought 'Will Mick survive?'

So these semi-literate men  
Shape poetry, not just by pen.  
(No disrespect for fluent muse)  
They plumb life's depths in running shoes.

David Carr

**McCALLUM RELAYS  
3.12.95.**

This was the second running of this event and some fine performances were recorded. A relay brings a team atmosphere, it puts attention on runners who are doing their best for the sake of the team. The two M50 teams had a fine duel, Mike Rhodes ran above himself in an effort to put his team within reach of their opponents. The rough surface of the island course requires caution but no injuries were recorded. The advantages? It is flat

and beautiful. Thank you to the team captains and helpers Alan Chambers and Gordon Medcalf.

David Carr

**Runners (3 x 5000m)**

<b>M40</b>		
Paul Hughes	20:23	
Dough Hazell	22:14	
Steve Burge	19:51	62:28

<b>M50</b>		
Frank Smith	20:35	
Ivan Brown	21:55	
Brian Foley	21:59	64:29

<b>M50</b>		
Bob Harrison	22:00	
Mike Rhodes	22:15	
Dave Roberts	20:31	64:46

<b>M55</b>		
Bill Crane	22:03	
Bob Sammells	23:02	
Richard Harris	25:07	70:12

<b>M60</b>		
Dick Blom	22:16	
David Carr	22:19	
Dalton Moffett	26:18	70:53

<b>M60</b>		
George Schaefer	23:10	
John Russell	27:55	
Robin Bonner	25:25	76:30

<b>W45</b>		
Ros Banyard	27:42	
Hazel Corbett	37:02	
Jill Chambers	22:52	87:36 *

<b>COMPOSITE TEAMS</b>		
Robert Reece	24:51	
Stuart Parkinson	25:37	
Helen Lysaght	25:14	75:42

Clare Burge	25:18	
Noela Medcalf	29:13	
Ann Turner	29:50	84:21

Jackie Halberg	27:30	
David James	21:13	
Peter Airey	25:32	74:15

<b>WALKERS (4000 &amp; 5000M)</b>		
<b>Mixed 40</b>		
4K Michele Mison	24:50	
5K John Mison	29:00	53:50

<b>M50</b>		
4K James Lockyer	28:38	
5K Paul Martin	30:29	59:07

<b>W50</b>		
4K Dorothy Whittam	26:00	
5K Jackie Billington	39:10	65:10

<b>M60</b>		
4K Ernie Moyle	29:12	
5K George Masters	46:48	76:00

<b>M60</b>		
4K Jeff Whittam	28:38	
5K Bob Fergie	33:50	62:28

<b>W60</b>		
4K Val Wheeler	29:12	
5K Lorna Lauchlan	41:46	60:28

<b>M60</b>		
4K Fred Watson	29:12	
5K Peter Davies	32:32	61:44

**EVAN IS AT IT AGAIN!**

This time Evan McRae was competing in the Mt Buller to Melbourne Endurance Race and came in 7th, being a student certainly has its advantages you just wag school. Well done Evan - where are you off to next?

**LETTERS TO THE EDITOR**

My last two efforts at getting enough members to send in articles on "My Favourite Training Run", (August Vetrin), and/or "My Favourite Race", (October Vetrin), so that we could get some regular columns going attracted such a fantastic response that I am going to have another go. Somebody might write in just to shut me up!

This is one I have called "Runs Remember". Thought of "Memorable Runs" at first, but that wasn't exactly what I had in mind, you can remember something without it being truly "Memorable".

**RUNS I REMEMBER**

I suppose the main runs you remember are the "firsts". Not necessarily the ones where you come first, just those which were perhaps the first at that distance or the first under some magic or target time; I am certainly no exception.

**1st Race:** The City to Surf in 1980. I had that many warnings before the start " to save something for the hill at the



end", that I did and at the finish could have turned round and done it all again.

**1st marathon:** The Peoples in 1980 on the old course around the river. Perfect introduction to marathoning, trained well, took it easy, did a good time and felt good at the end.

**1st marathon under 3 hrs:** Canberra 1981. Memorable not only for going under three hours, but because it taught me to be careful what I eat before a big race or there will be dire consequences!

**1st Mundaring to York:** 1982 or 3. A fantastic feeling halfway through the race when I was in a small group at the front and realised I was the strongest and could drop them anytime I wanted.

**1st 100m:** Or at least the first since childhood. 1990 at a Vets twilight Track and Field meet. To a single speed plodder like me it was the strangest feeling; my mind was about five metres in front of my legs, which just refused to go any faster.

**1st Triathlon:** Also perhaps the last! Emerging from the water in next to last place; starting off on the run as others finished; but boy did I pass plenty on the run!

Well that is the 1st's, what others stick in my mind?

**Round the Houses:** 1985, on the old course which actually went around the two lighthouses in Fremantle.

Memorable because I ran three quarters of the race with Frank Smith, and I thought I was really doing well till we got back to the Fremantle Traffic Bridge and Frank just moved up a notch and left me standing.

**Darlington Dash:** Probably 84-86 ish again. I was feeling really good and everybody else was having a rest day so I won and got the closest I am ever likely to come to setting a course record.

**Collie Marathon 1987:** Now unfortunately defunct, but this was the first one. I decided to hang on to John West and Henk Stoffers as long as I could and ended up winning, and lots of nice prizes too, a bed and a settee. Would be about the only time I have made running pay.

**Parlour Relay:** 1991, the WAMC Boxing Day run. They let family

members run together that year; but never again as my son Mark, with minor assistance from self cleaned up.

**Luppitt Lollop:** 1993. There will not be too many who have run this one. On holiday in England, a 12 mile multi-terrain race described on the entry form as "An effortless stroll over warm tranquil meadows (no squishy bits) following the sun-kissed pastures to release the fragrance of a summer's day". As it was in Devon in January the trust was somewhat different, eg; mud, hills, mud, water, mud etc, but it was still great fun.

I had better stop there, could go on reminiscing for ever. Is this a sign of advancing years? As I said, it seems as if most of the memories are 1st's of one sort or another. I probably haven't got too many of those left now, but hopefully I will have many more Runs to Remember.

**John Pressley**

*(John we do have another member who has decided to put pen to paper on her favourite run)*

## CANNING DAM RUN

**Ann and Fraser Deanus first took me on this run many years ago and it has always been my favourite.**

The run starts at the carpark opposite the Canning Dam turn off, it's an out and back course up to 21K. Alas, now the first few K's are dangerous to run owing to the Araluen Golf Course, the housing estate and the brick paving islands in the road. So we drive down Croydon Road and park in the Youth Camp area.

The run starts with 1K up hill but it's not too steep, the next 4K's are undulating with lots of twists and turns with just one short sharp hill until you reach the carpark at the bottom of the dam. Here there is a toilet and we have a drink and if you are wise you head home, if not it is a 1.1/2K steep climb to the top of the dam followed by a half kilometre flat run across the top of the dam (this is the only flat part of the course) to more toilets and a drink and turnaround time. You head home the

same route finishing with a lovely 1K down hill.

The run is great in the hot weather as it is well shaded by large trees and there are no houses. I ran this run with Phyllis Farrell last week, we saw one car, one bike and one kangaroo. Springtime is lovely - there are wildflowers everywhere and the only noise you hear is the puffing sound you make from climbing the hills.

**Joan Pellier**

## RUNNING AROUND

**Having just returned from a five week combined business/holiday trip to the UK and Europe I thought I might share some of the experiences and highlights of the trip.**

Like many other members I am sure, I always enjoy running in a new town/country. Getting out first thing in the morning is a great way of seeing the sights and getting your bearings, but a word of warning; in Europe be extremely careful crossing the road! I had some very near misses, stepping off the kerb and looking right instead of left, especially in my usual "switched-off" running state.

I started with three weeks in England. First of all Sheffield, in Yorkshire, where I was born. Running in parks where I used to feed the ducks when I was small, and on roads I cycled on when a bit older. Hadn't changed a lot, except for the amount of traffic.

Then down to my brother's place near Exeter. Very good running country this, and since he is club coach for the South West Road Runners, we did plenty. Club training nights at the Exeter track; the Dartmoor Dash at Princeton in the heart of the moor, where the prison is; a club handicap, where I won the prize for first Australian (there wasn't much opposition!); and a very enjoyable Hash around the Dart Estuary, (would you believe, my first ever Hash). In England off road and multi-terrain running is the "in" thing now, and very enjoyable too.

Next stop London. Stayed in Richmond, so nice running in the Park and along the River Thames. Don't



care what they say about salmon coming back, I still wouldn't fancy swimming in it! Richmond Park was nice, running amongst the deer; or at least it was till I started to think what damage those antlers could do to a young fellow! Luckily it wasn't the rutting season, or if it was none of them fancied me!

Now followed a few quick one-nighters; Brighton, for a run along the Promenade and out on the Pier; Oxford, and around the dreaming spires of my alma mater; and finally Conway in North Wales for a beautiful run around the estuary.

On to the continent, and first stop Paris. Not a very pedestrian friendly city, and cobbles are not much fun to run on, (it was also hideously expensive and full of security men with machine guns, but worth it all to visit the Louvre). Had a vertical run up the Eiffel Tower too.

Things speeded up about now, got difficult to remember what country we were in, which language to speak and what currency to use; still managed a run in the morning though. To Leige, in Belgium, highly industrialised, but found some good hills to go at. Then Utrecht in Holland, for some fast, flat runs; well what do you expect! Fantastic country Holland, extensive high quality cycle paths everywhere and lots of people on bikes (mostly old sit-up-and-begs types). But beware the young kids on suped up mopeds!

Next a few days in Stuttgart, Germany. Nice hotel in the woods near the local telecommunications tower, ie; on top of a big hill, so lots more hill work. This was paradise compared with the final stop though, in Singapore.

6.00am and still 30 degrees and 95% humidity! The Botanic Gardens are nice to run in, but rarely have I sweated so much, and it wasn't even summer.

And so to home. All in all an interesting five weeks. Even with all the travelling and eating in hotels/planes I still managed to maintain my fitness, thanks to my one hour run most mornings. I thoroughly enjoyed my trip and the running certainly added to that enjoyment.

John Pressley

## Track and Field McGillivray Oval 30.11.95

### 2000m Walk (\* points)

W50 Peggy Macliver	12:52
W50 Jackie Billington	13:25
W55 Dorothy Whittam	12:55
W60 Val Wheeler	15:45
W65 Lorna Lauchlan	13:41
M35 Ian Sanders	14:52
M50 Brian Foley	11:57
M50 Arnold Jenkins	13:42
M70 Allen Tyson	12:42
M75 Fred Watson	15:53

### 200m (\* points)

W50 Peggy Macliver	30.7
W60 Noela Medcalf	35.9
M30 Neil Johnson	28.0
M35 Ian Sanders	29.1
M40 Dave Wyatt	26.9
M40 Gary Lee	30.0
M45 Stefan Crabbe	29.8
M50 Ivan Brown	28.9
M50 Brian Foley	29.4
M50 Arnold Jenkins	30.1
M50 John Pressley	34.6
M50 Brian Devine	35.1
M55 Norm Richards	26.1
M55 Peter Gare	27.2
M55 Ross Calnan	33.2
M60 David Carr	29.8
M65 Gordon Medcalf	34.4
M70 Allen Tyson	34.6
M75 Fred Watson	49.4

### Javelin

W50 Peggy Macliver	19.40m
W55 Dot Nicholaidis	20.60m
W55 Dorothy Whittam	18.92m
W60 Noela Medcalf	16.20m
M50 Arnold Jenkins	23.55m
M55 Peter Gare	32.38m
M55 Ross Calnan	28.72m
M60 David Carr	20.36m
M65 Gordon Medcalf	20.80m
M70 Allen Tyson	18.16m

### 400m

M40 Gary Lee	68.0
M40 Bryan Ward	79.46
M50 Arnold Jenkins	72.84
M50 John Pressley	77.23
M50 Brian Devine	82.77
M60 David Carr	67.50

### 3000M

W45 Anne Shaw	10:52
M30 Neil Johnson	12:03
M35 Greg Vander Sanden	9:41
M40 Bill Shand	10:01
M40 Dave Willmer	10:41

M40 Paul Hughes	10:51
M40 Bryan Ward	14:10
M45 Colin Hickman	9:56
M50 John Pressley	10:58
M50 Ivan Brown	11:09
M50 Brian Foley	11:29
M50 Brian Gale	12:52
M50 Brian Devine	14:06
M55 Steve Barrie	11:23

## Coker Park 7.12.95

### Discus (\* points)

W35 Snow McSwain	18.88m
W50 Peggy Macliver	17.35m
W55 Dorothy Whittam	17.57m
W60 Noela Medcalf	17.71m
W60 Patricia Carr	16.01m
M35 Ian Sanders	17.97m
M40 Dave Wyatt	19.41m
M50 Arnold Jenkins	19.93m
M50 Brian Foley	18.79m
M50 Ivan Brown ?	16.79m
M60 David Carr	18.61m
M65 Gordon Medcalf	23.39m
M70 Allen Tyson	19.37m

### 800m (\* points)

W45 Anne Shaw	2.26
W50 Peggy Macliver	2.42
W60 Noela Medcalf	3.24
M35 Ian Sanders	2.47
M40 Bill Shand	2.07
M40 Dave Wyatt	2.32
M40 David Willmer	2.37
M45 Dave Reid	2.17
M50 Brian Foley	2.17
M50 Brian Gale	2.35
M50 John Pressley	2.37
M50 Ivan Brown	2.39
M50 Arnold Jenkins	2.41
M55 Alan Jennings	2.36
M55 Jim Riddell	3.02
M55 Richard Harris	3.09
M60 David Carr	2.22
M65 Gordon Medcalf	4.37
M70 Allen Tyson	3.55

### 5000m Walk

W50 Lesley Romeo	32:22
M55 Dorothy Whittam	34:08

### 5000m

W45 Anne Shaw	18:49
M35 Greg Vander Sanden	16:14
M40 Bill Shand	18:15
M40 David Willmer	18:48
M40 Bryan Ward	23:16
M45 Dave Reid	18:28
M45 Maurice Creigh	19:09
M50 Jim Langford	16:15



M50	John Pressley	18:34
M50	Bert Carse	18:41
M50	Ivan Brown	19:09
M50	Brian Foley	20:42
M55	Alan Jennings	22:02
M55	Richard Harris	23:11

#### Long Jump

W35	Snow McSwain	3.99m
W40	Diane York	3.77m
M40	Dave Wyatt	5.02m
M40	Ross O'Brien	5.01m
M60	David Carr	4.19m

#### 100m

W35	Snow McSwain	14.6
W40	Diane York	14.9
W60	Noela Medcalf	16.5
M35	Ian Sanders	13.8
M50	Arnold Jenkins	14.5
M50	John Pressley	16.4
M55	David Clive	12.5
M55	Jim Riddell	14.9
M65	Gordon Medcalf	15.8
M70	Allen Tyson	16.3

## THE STAG

A short story by Robin Bonner

It was cold up here on the Kaingaroa Plateau, so cold the icicles hung down from the branches of the pine trees in long tentacles. The frost on the ground had frozen the grass so it crunched underfoot. There were certain parts of the anatomy that I hadn't seen for several days.

My wife Mary-Anne, hadn't seen them for a lot longer, a fact she had bemoaned 'there's a lot more to life than just running she had complained'. But when you're an athlete in serious training as I was, intending to do well in the Onehunga 12 Mile Road Race, wives just have to share the burden.

It was still quite dark as I started out down the muddy road. The radiata pines stood tall and silent, almost to the verge, the sky to the east was just starting to show a soft golden hue.

A few miles further on and the sun was up, the air crystal clear and sharp. It was then I saw it standing just off the road where the trees were thin. He glowed a golden red as the early sun struck his thick winter coat. His antlers thick as a man's wrist, the tips were

white where he had sharpened them on the low trees.

I stopped in my tracks, my lungs were heaving, my breath coming and going just like an old steam train pulling into a station.

We looked at each other, he must have come to see what all the huffing and puffing was about. It was half way through the red deer's roaring season, I guess he had a mob of hinds just further back in the trees, I bet they weren't complaining about lack of attention.

He looked every inch a royal stag, the muscles rippling under his magnificent hide. Slowly he moved away, there was no threat here, this puny bag of bones could hardly stand let alone challenge the mighty monarch of the pines.

I turned for home but somehow I couldn't get the sight of that beautiful beast out of my mind. He stood for everything male, powerful, strong and regal. So sure of his own place in the scheme of things.

The sun was warm on my back now and I was running freely. There was a stirring in those regions previously shrivelled with the cold. As I sped up I wondered would Mary-Anne be still in bed when I got home.

Robin Bonner

### IT WASN'T OVER TILL PERTH SANG

We would like to say thank you to all the Vets who supported the Sweet Adelines fund raising for our competition in New Orleans, it was very much appreciated. Also thanks for your congratulations.

Anne Smith and Toni Frank

### MASTERS TIMES

Some top runners at the WA Marathon Club, recognising that every runner who doesn't win isn't a loser, once advised me that training programs should aim for the achievement of certain times over specific distances in particular age groups.

For the benefit of Vets who would like to try for goals, here are their suggested levels:

Age	10K	16K	1/2M	32K	Mthon
M40-49	37:20	1:03	1:27	2:20	3:10
M50-59	41:30	1:10	1:35	2:30	3:25
M60-69	46:00	1:18	1:47	2:52	3:52

Over the years I have found this guide most useful and motivating.

Theoretically, it's possible to be last in an event and yet be really pleased with yourself. For instance, you were last in a 10K event but as an M50 runner, your time of 41:25 was meritorious and you could be justly proud, though last.

Here is a suggested training program which will launch you towards these levels of attainment:

Day	K	pace
Monday	5-8	easy
Tuesday	5-10	steady
Wednesday	10-13	relaxed
Thursday	8-12	speed bursts
Friday	5-8	easy
Saturday	5-12	sustained
Sunday	16-20	long, easy
<b>Total</b>	<b>54-83</b>	

Easy = recovery: Steady = fast, even:

Relaxed = aerobic, no puffing, panting or heavy breathing:

Speed bursts = surge hills: Sustained - race pace:

Richard Harris

### A Life on the Run 1933-1995

An Autobiography by Jack Pennington (Editor "The Veteran Athlete" 1971-1979)

Dedicated to John Gilmour

Foreword by Professor Dick Telford

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## LISTENING TO YOUR BODY

Why not listen to everybody, not just your body? Here is some tribal wisdom gleaned from your friends and mine, Western Australian Veteran runners in recent times.

**Arthur Leggett:** If you want to run when you're 75 years plus, don't take yourself too seriously. Have a bit of fun with it.

**Jim Langford:** If you're enjoying your training and having fun running, forget about your times - they don't matter.

**Steve Barrie:** (Talking about a long streak of personal bests before he had a double bypass): Of course I'd do it all again. It was wonderful.

**John Gilmour:** If you can't do it in training, you won't be able to do it on the track on the day of the race.

**Cliff Bould:** Eating low fat meals and skim milk isn't boring. Having heart attacks is boring.

**John Petersen:** I ran my best marathon ever this year on my lowest mileage. I spent a lot of time in the gym doing leg presses and generally strengthening my legs.

**John Bell:** Learn to be more optimistic. Throughout the year half the population are on anti-depressants at some stage. The best treatment for depression is exercise. Eat better food, with lots of fruit and vegetables. Avoid hitting yourself with sugar. Stop telling yourself what's worst. Ask yourself what's best?

**Merv Moyle:** Run with an easy, comfortable style, to a rhythm. Run within yourself. Back off on the hills. If you attack the hill, especially early in a run, your body will go into debt and you'll have to carry that burden for the rest of the run, spoiling your enjoyment of the event.

**Tessa Brockwell:** No runner can be good at every event. Set your target on a particular event, train for it, then give it your best shot. You'll be surprised at how well you'll perform.

**Caroline Brinson:** Persist at the training. Keep out of injuries. You'll get there.

## HAPPY BIRTHDAY TO OUR FEBRUARY MEMBERS

DEANUS, ANN	01/02/40	56 remains W55
McMILLAN, JAMES	02/02/25	71 remains M70
PAXMAN, BRIAN	02/02/30	66 remains M65
MEDCALF, NOELA	03/02/35	61 remains W60
JOHNSON, MICHELE	03/02/45	51 remains W50
JENNINGS, ALAN	04/02/40	56 remains M55
CRABBE, STEPHEN	04/02/46	50 becomes M50
SLADE, LES	04/02/50	46 remains M45
SANDERS, JOHAN	05/02/04	92 remains M90
TYSON, ALLEN	06/02/25	71 remains M70
LISHMAN, JACKIE	07/02/63	33 remains W30
JARVIS, JANET	08/02/45	51 remains W50
PRESCOTT, VALERIE	08/02/44	52 remains W50
JOHNSTONE, ALISON	09/02/47	49 remains W45
KEENE, DEREK	09/02/40	56 remains M55
LANCASTER, DENISE	11/02/50	46 remains W45
HALL, DAVID	11/02/48	48 remains M45
MAIR, ROBERT	11/02/48	48 remains M45
BLACKMAN, ANTHONY	13/02/39	57 remains M55
MILBOURNE, COLLEEN	14/02/48	48 remains W45
ROBINSON, WAYNE	16/02/55	41 remains M40
CARR, PAT	18/02/32	64 remains W60
CARRERO, TINA	20/02/46	50 becomes W50
CATARINICH, ANNE	20/02/48	48 remains W45
MILLER, DENNIS	21/02/40	56 remains M55
WHALAN, HELEN	21/02/40	56 remains W55
HICKS, CLIVE	21/02/53	43 remains M40
SPENCER, JEFF	22/02/41	55 becomes M55
SMITH, JOHN	23/02/35	61 remains M60
THORNTON, BEVERLEY	23/02/43	53 remains W50
HOWAT, PETER	23/02/49	47 remains M45
CRESP, JOHN	24/02/51	45 becomes M45
BOAKES, GEORGE	25/02/13	83 remains M80
CRANE, BILL	25/02/40	56 remains M55
CLIVE, DAVID	27/02/37	59 remains M55
FERRIS, IRENE	27/02/52	44 remains W40
HILLIS, JOAN	27/02/46	50 becomes W50
ROGERS, STEVE	28/02/50	46 remains M45

**Maxine Santich:** Too many good runners kill themselves in training. They get stale. Back off. There's no reason why you can't enjoy all your training and still run well.

**Lorna Lauchlan:** Have a go.

**Ray Lawrence:** Get rid of that stiffness - go dancing, do a light upper body work out in the gym. Don't retire - re-fire.

**George Schaefer:** Meditation helps.

**Dalton Moffatt:** If you want to really take off, buy some shares in the Commonwealth Bank.

**Richard Harris**

## FROM BUNBURY VETS

### Past Results - Surf to Surf Fun Run

#### 10K Run

Lyle James 46:38

Ruth Johnson 55:09

#### 7K Walk

Barbara Atkinson 44:34

Phyllis Head 70:47

### Bunbury Athletic Club Records for Oct 1995

Lyle James Javelin 14.30m

Lyle James 100m 22.28

Bruce Cornish 2000m Walk 12:19.61

Lyle James 200m 33.50

Lyle James Long Jump 2.77m

Lyle James Shot Put 4.96m

### PB for Oct 1995

Dot Jarvis Javelin 15.83m





# The Godfrey Pembroke View

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## No. 2 - Growing Income Needed in Retirement

*According to recently released figures, inflation is on the increase. While we are unlikely to return to the 10% plus inflation rates of the 1970's and 1980's inflation is none the less permanent feature of our system and it must be carefully considered when putting in place your retirement income plan.*

### Four years more?

A man of 65 years will on the average live another 15 years while a woman of that age can expect to live another 19 years. This has important retirement planning implications!

For instance many people use bank deposits to provide all their retirement income. If inflation averages 4% pa. over a period of 18 years a person's income must double just to maintain the same standard of living.

Unfortunately many retirees fail to appreciate this and find their standard of living gradually decreasing over time.

A lump sum of \$300,000 invested at 8% today would produce taxable income of around \$24,000. In ten years time the same \$24,000 of income will not pay the bills. Therefore either capital will be used up or the standard of living will be lower.

Retirement investment should always include investments which will produce growing income, such as shares and property.

### 30% Income!?

For example, if you bought National Australia Bank shares

in 1984 you would now be earning an income yield of over 30% on the original money invested. In addition your investment would now be worth over 3 times its original value.

Also property investments such as listed property trusts produce a tax effective and growing rental income over time.

### Tax and Social Security

Allocated pensions and annuities can give you some tax and Social Security advantages. It's even possible to invest in a superannuation pension which provides an income guaranteed to grow with inflation and in addition, the purchase price doesn't count as an asset for Social Security.

The age pension is a very attractive form of income for retirees because it is indexed to inflation as well as providing some additional fringe benefits which can be extremely valuable.

Many retirees fail to plan their affairs carefully to ensure they receive some age pension because they have too much income or too many assets. There are many well accepted financial planning strategies which can be used to obtain a small pension or to increase

existing pension entitlement. The new deeming rules for pensioners which start on 1 July 1996 have opened up some interesting possibilities in this area.

No matter how much you have in assets or income it is important that you understand the impact inflation will have on your financial situation and plan accordingly. This will help to ensure a happy and financially secure retirement.

### Investment Recommendations & Financial Strategies

Call Bowen Llewellyn\* for a free appraisal of your investment portfolio and financial planning.



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\*Bowen Llewellyn is a Senior Consultant and Authorised Representative of Godfrey Pembroke Limited.



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**RUNS COMING UP**

**Bold Park Cross Country 14.1.96.** This is the only chance to run cross country during the Track & Field season! Runners have a choice of one, two or three laps of bush tracks and grass. Three laps is 10K.

The walkers have their own road course.

**Hazards:** downhill stretches on some tracks may be loose underfoot - take care.

**Club Pentathlon 14.1.96.**

Conducted at Perry Lakes Stadium concurrently with the Bold Park Cross Country. Exhausted runners and walkers are welcome as spectators or officials.

**Carr-Shand Trophy 21.1.96.**

The out-and-back course for this 7.1K handicap event goes from McCallum Park, crosses the Causeway then goes alongside the river past Trinity College and Gloucester Park. It then turns up Nile Street, takes a loop around the East Perth cemetery and then returns to the finish in McCallum.

The trophy is named after long-time Life Members David Carr and Rob Shand. Unlike most trophies two people can win this. The first

woman and man home on handicap each hold it for six months. So it is worth trying for.

A separate sealed handicap event is held for the walkers. **Hazards:** road users.

**Trophy:** Carr-Shand Trophy.

**Point Walter Run 28.1.96.**

The 6.2K event for runners and walkers is out-and-back on foot/cycle paths alongside the Swan River between Point Walter and Troy Park. The 11K event covers the 6.2K course, cuts across the Point Walter Reserve and follows paths alongside Blackall Reach. It then takes Preston Point Road, Walter Road and Honour Avenue, returns across the Reserve then goes to the finish at Point Walter.

**Hazards:** cyclists and cars on the road sections.

**Deadly Medley Teams Relay 4.2.96.**

A great event that aims for teams of roughly equal ability to engage in some exciting, demanding racing. The Race Director selects the teams!!

The runners compete over 12K. Teams are made up of four athletes, at least one of whom must be female, with every strong athlete balanced with a weak one. Two members of

each team run two legs of 2K, the others run two legs of 1K. Running order is  
Runner #1 2K Runner #2 1K  
Runner #3 2K Runner #4 1K  
then repeat until all have run twice.

The walkers compete as teams of two over 6K. As for the runners, each competes twice over the 2K and 1K distances.

**Hazards:** other users of foot/cycle paths within the Reserve.

**Teddy Birds Picnic Run 11.2.96.**

Runners can choose between a one-lap (7.8K) or two-lap (15.6K) race over quite a demanding course.

It starts from the Childrens' Playground in Kings Park, winds through part of the University of WA campus, then turns back into the Park. Runners face the steady climb up Forrest Drive to the DNA Observation Tower, then the long run on grass down the Broadwalk to the finish.

The walkers race over a 9.75K road circuit within the Park.

**Hazards:** motor vehicles and cyclists on the road sections.