



JANUARY 1997

The Vetruns



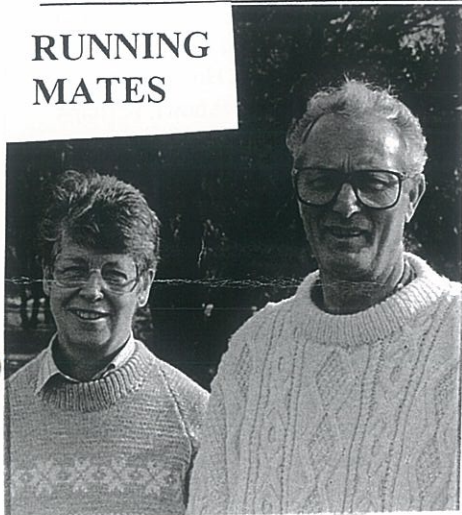
NO 279

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RUNNING MATES



Pat and Norm Miller

This month's mates in running - meet Norm and Pat Miller. Pat was born in Eltham, Surrey; Norm, Birmingham. They both came to Australia in 1974 but not together.

Pat played hockey at school and wasn't interested in sport. Norm always loved motorcycles and had a high powered bike which he sold a few years ago.

Pat was in the Surrey Police Force for four and a half years. She also ran a pub in Briston, The Ship and Anchor in Filton. Norm and Pat met at a badminton club in Thornlie. Both had dogs and decided if the dogs got on living together they would marry. Norm spent two years in the British Marines.

Occupation, Pat, clerk, both retired. Norm, gas fitter, last few years worked in dark room at Hollywood Hospital.

How did they hear about the Vets? They'd been trekking

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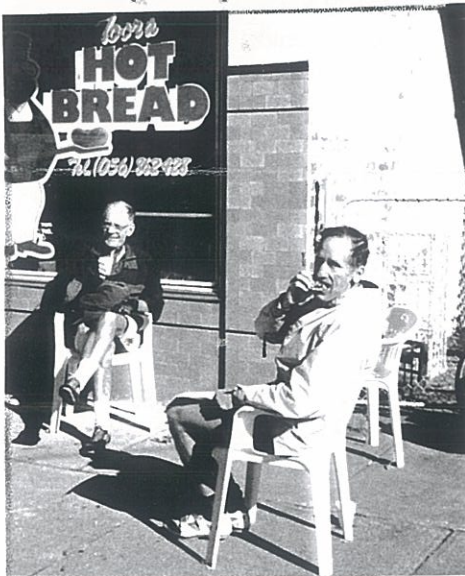


Val Wheeler, picture by Jeff Spencer

XMAS GIFT RUN

More than 100 runners and walkers fronted for the Xmas Gift run on December 22, many dressed as Father Christmas, Mary Christmas, Xmas trees and Xmas fairies.

Though given specific and precise directions by John Pressley, who had meticulously marked out the course, many missed the turn, some just kept going then decided to turn anyway, and others ran the whole distance no trouble at all. It was a lovely, fun event followed by some serious business - a competition for who had the best knobby knees (women) and who had the hairiest chest (men).



Barrie Thomsett and the late Tim Fry take a rest break in Gippsland. See The Great Nullarbor Bike Ride inside.

The judges were Joan Pellier, Heather Sanderson and Lynne Schickert and while some men threw their shirts on the ground and stamped on them in rage at the decision, the votes were cast and there was no disputing the judges. Regardless of VO2 efficiency, it was hair on the dog on the day that counted. Merv Jones and Rob won bottles of wine for their achievement, and Val Wheeler and Ann Shaw won bottles in the knees event, which was closely contested by several ladies and won on a countback. Numerous fine athletes who competed splendidly in these events were unplaced. - Richard Harris.

RUNNING MATES - NORM AND PAT MILLER

in Nepal and wanted to run City to Surf so were running around the bridges when they ran into a club run.

Favourite distance, Pat, 6 and 10 km; Norm, 10 km. Favourite run, Pat, Sharks Run; Norm, ex runs Round the Houses and Wallaston Wallop.

What they like about the Vets: Pat, Friendship and no one worries if you are a slow runner; Norm, Help and good company.

Any changes? None but they would like to see more people to join the social scene.

Hobbies, Pat, sewing crossstitch; bushwalking, travelling; Norm, watching

motorcycle racing, gardening, knitting and housework.

Favourite food: Pat, chocolate, Italian and more chocolate. Norm, Thai, Indian.

Greatest running pleasure: Pat, running Darlington dash 16 km with Sandi; Norm, running the last 25 km held at Herne Hill.

Pet hate: Pat, people who run red lights. Norm, none.

WHEN THE MARATHON IS OVER....

The Marathon was over. I had completed my long cherished goal of running another marathon after my first in 1991. With the help and support of so many of the Vets, I had achieved it - those who know me well, know I have been a spasmodic runner, through

both work commitments taking me away from Perth and just pure lack of dedication.

So, it was now over and what would now occupy my time and keep me focused? Along came an opportunity....a friend and tour operator from Sydney asked me to lead a group of Sydneyites and Brisbaneites to the Everest region of Nepal. Just the answer for post marathon training continuity!! (I had itchy feet listening to the Fordens, Pelliers and others talk of their travels and it was time for me....)

It was my eighth trip to Nepal, though still exhilarating and rewarding, especially observing the excitement and wonder of first timers. The normal trekking day, especially at high altitude (4 000 metres plus) is like training for the marathon. The day stretches out before you, no alternative to get to the evening's campsite, and your haven, than one step in front of the other. Just like the 32 km training runs, jokes, scenery, gossip keep you going but in the end it is one step after another. I was often reminded of those cold training mornings in Perth during June/July, on this recent trek - and as group leader, I kept the group's morale alive with many of the jokes I learnt back in

Perth on those runs! So thanks all of you Vets, who contributed, you were with me in spirit!

And just like the marathon, fun runs, or even our Sunday morning club run, we wanted to look our best....the day started with what the Sherpas fondly refer to as "bed tea" (quite a contradiction when for 28 days away from Kathmandu,

you never see a bed, only a 1 cm thick mat and a sleeping bag, your only protection against the frozen ground). Bed tea greets you at 6 am with a cheerful "Good morning, bed tea. Memsahib" (their name for the "female boss" of this trek, couldn't convince them my name was Jo), quickly followed by "Hot Water" - this in a small bowl, perhaps 10 cm circumference. In this you are invited to wash yourself, followed by any clothes you desire. Well, it was impossible to keep your outer clothing clean, it got immediately dirty in the conditions. However, for me, it is always important to keep your underclothes clean and changed daily. Of course, drying them was always a problem, moving camp each day, with freezing conditions overnight. So, the obvious answer was to pin them (with the large sized nappy pins) to your backpack, where with luck, they would catch the sun while walking along during the day....this is where I was further reminded of the Vets - *looking our best* - we may finish our club runs or fun runs looking extremely hot and sweaty but we all like to have our best and most fashionable running gear on, and here high in the Himalaya, I was no different....I made sure I had

my best lacy underclothes with me, if they were to be displayed on the back of my pack each day for all and sundry to see. After all, my mother always taught me that you should always have clean, good underclothes on, just in case! - Jo Pearce, Kathmandu, Nepal, November 1996.

VALE DICK HORSLEY 21.12.1912- 9.12.96

Probably the only person who was comfortable at the funeral of Vet Dick Horsley in December was Dick himself. He was dressed for Glory in his WA Vets' track suit lying in his box over which was draped the Australian flag.

The mourners included many familiar faces looking different in suits and formal clothes but still recognisable as Vets.

John Gilmour, wearing a dark blue pin stripe suit, gave him a magnificent eulogy which was well received. In summary, this is what John said:

Dick and I never had a harsh word between us in all the 58 years of our friendship. Dick was a member of the YMCA athletic club and I was a member of the Mount Hawthorn athletic club prior to World War 2. Dick started competing at the age of 19 in 1931 and by 1932 he was WA champion miler and record holder. He also set a State two mile record the same year - 10 min 15 sec.

In 1935 he was selected for the Australian Games to compete in the 1500 metres. He finished fourth. That same year he brought his mile time down to 4 min 27.2 sec. That year also, as a corporal in the Militia Battalion in the 44th Army championships, he won the high jump, 880 yards and the mile. The records show Dick gained many places in state championships from 880 yards, the mile, two miles, three miles and five miles, the latter two being cross country. The record also shows Dick competed in 42

one mile events, won 37, was second three times and third twice. What a record. It was more creditable for he had to travel from the country to compete every week and train on his own.

He joined the Royal Australian Air Force in 1943, graduated to a pilot officer, saw action in New Guinea and was discharged in 1946, when he returned to competition with the YMCA. Dick was a bank manager with the Bank of New South Wales and now was stationed at Pingelly, so it meant more travelling to compete each week summer and winter. Dick was selected in 1949 to represent WA in the Australian Marathon which was held in Perth. He finished fifth in 3 hours 10 min with no marathon training, for the longest race in the association program was ten miles, so it was a fantastic effort.

His next state singlet and blazer came in 1952 when he was selected to compete in the Australian 10 000 m cross country in South Australia. After this event Dick had his 40th birthday and he told me he was going to concentrate on race walking.

In 1956 he was selected from WA to be an official at the Melbourne Olympics in 1957. At the age of 47 he produced an incredible performance to win the WA two mile race walking championship 25 years after winning the one mile title on the same track at Leederville oval.

In 1961 Dick was honoured with a life membership of the YMCA athletic Club and the West Australian Athletic

Association. In 1962 he was elected manager for the conducting of the Marathon at the Empire Games held in Perth. He was commended for the way it was conducted.

In 1973 he was elected to the top job for the athletic association - president - which he held for the next four years until the amalgamation of the women's association with the men. It was 1974 when I rang Dick for support to start the Veterans Athletic Club - which he gave - but noted he and Gwen were going overseas as he had entered for the 10 000 m M60-64 track walk at the world championships in Hamburg in West Germany. Dick won and set a world record.

The next year, 1975, saw the first official world track and field championships to be held in Toronto, Canada. Dick entered for the 5 km track and 25 km road. Needless to say he won gold in both. He continued to set many records, Australian and State, in track and field in his age group through to 1986 when he had the misfortune to snap his achilles tendon in a round the bridges event at McCallum Park. This injury required surgery and it was the end of serious racing for Dick. It was his biggest disappointment in his long career but he managed to get back to race walking though not as he wanted - but he was always there as an official for the athletic association on the Saturday and the Veterans Club on Sundays. Dick's athletic career was over 60 years - a record which will stand for ever. He will be greatly and sadly missed, especially by Gwen and her family.

GREAT NULLARBOR BIKE RIDE

*Celebrating the first cycle
crossing of the Nullarbor by
Arthur Richardson in
Nov/Dec 1896*

By Barrie Thomsett

TIME JOURNEY

This article was written for The Vetrin in response to many caring inquiries from club members. Tim Fry was a former member of the Vets and highly respected as a marathon runner. Part of this article is copied from a letter I have written to friends in Bairnsdale in SE Gippsland, Victoria. They are Louanne and Ron Wigg. I had the good fortune to meet Louanne and Ron at the Melbourne International Airport as we were all on our way to join up with the Great New Zealand Bike Ride in February 1994 and have been close friends with them and Louanne's parents of Auckland ever since.

As an explanation, Tim Fry, of the WA Marathon Club, asked me in mid 95 to join him cycling from Sydney to Perth via Gippsland after running the Boston marathon, then immediately cycling down the East Coast of the USA to join up with a three month cycle tour across the USA and then complete the East West cycle crossing of Australia. He believed he would be the first person to complete such a triple event in one year.

Vance Vernon, of Washington State, USA, answered an ad in a local American Cycle Magazine by Tim asking for a companion to join him for the NSW part of the ride, as I would not be able to meet them until Tim reached Melbourne or Adelaide. I managed to meet them in

Bairnsdale, Gippsland, after they cycled down the South Coast of NSW.

From Bairnsdale to Nhill in Western Victoria: Tim, Vance and I left Louanne in Bairnsdale after a very pleasant lunch with her and baby Elisabeth at a local coffee shop. Immediately wet weather set in and of course it was all my fault. Yep, it had not rained since Vance and Tim arrived in Australia 15 days earlier on August 26. It never really stopped for another ten days.

Oh well, the scenery was great, the coffee shops pleasant and the hills only small to large, and myself if a little quiet for a change, well a massive dose of the virus and a constant cough kept me remarkably subdued.

SE Gippsland is a wonderful place in any weather and it was with regret that we had to finally arrive in Melbourne.

Constant head winds and rain dictated we abort our planned ride along the Great Ocean Road and cycle along the Western Highway.....not a smart idea, as the Pentland Hills that lead into Ballarat are no place to be in a howling gale and near freezing temperatures. However, we reasoned that by taking this route at least Vance would get a chance to see his first koalas in the wild. This part of the ride achieved some success but unfortunately it meant a 10 km climb over the Grampians past the McKenzie Falls with more rotten weather. However, that night we stayed at the small rural town of Dimboola, and it was here that Tim disappeared for an hour or so, only to suddenly

turn up back at our hotel and announce that he had arranged an interview with the local paper. Tim was immensely proud of his achievement and with every good reason and was delighted to tell of his journey so far.

Tragically, the next morning shortly before 10 am Tim's mammoth journey ended 12 km east of Nhill on the Western Highway that leads to Adelaide and the starting point of the Great Nullarbor Bike Ride.

Tim was hit by a vehicle and died on that lonely stretch of highway. Tim had been at the rear of our small group, keeping a lookout, as had been his usual practice over most of the past 14 days.

Vance and I were taken to Adelaide the next day. He to stay with close family friends, I to catch the 10 pm flight to Perth.

The following is an account of the Nullarbor crossing as related to Louanne and Ron in my letter.

One hundred and twenty riders and ten support staff left Adelaide at 8 am on a wet and dreary Sunday September 29. We were to ride 2700 km in 28 days with three rest days along the way.

Perth, 26.11.96
Dear Louanne and Ron

Well at last I am starting to settle down to some sort of normal routine. As you can well imagine the past couple of months have been rather traumatic and very sad. However, the trip across the Nullarbor was a great experience and proved to be a wonderful healing process.

The few who knew of Tim's death were very wonderful in their support of Vance and myself, and we were able to minimise the impact on the other riders by simply keeping the news of the accident to only those who needed to know.

Now, to more brighter and happier goings onAfter deciding to resume our journey, Vance and I met up again in Adelaide one week later on Saturday September 28 at a pre-ride gathering, and set about enjoying the company of a wonderful bunch of people intent on eating themselves silly and enjoying each other's company. Oh yes, a bit of cycling along the way seemed a good idea.

After leaving Adelaide we rode for the next two and a half days through constant rain and howling head winds. However, at least the Clare Valley was a lovely place to be. The people of the region really made us welcome and for the first two days we slept in a) a school and b) a gym at the local shire hall. No, we were not to be allowed to camp out in "these conditions."

How the school headmaster ever got his classrooms dry and fit for classes is still a mystery.

It proved a bit tricky at night to answer the call of nature, for we had to carefully step over inert bodies of unknown origin, being careful not to put one's foot in the wrong place. Particularly as there was very little floor space left for other than sleeping bodies.

Day three took us into Port Augusta and fine weather.

However, some of the locals helped themselves to a very expensive mountain bike, which left a very sour feeling amongst us all. However, insurance helped the owner purchase a new bike and had it sent on to him a few days later.

Over the next three days we made our way to Streaky Bay, and by Day 7 we were in Ceduna and looking forward to a rest day.

This stretch of road across the Eyre Peninsula taught us how to cope with conditions on the remainder of the Eyre Highway as road trains thundered by on a regular basis. We were getting used to the occasional rough bush camp and the occasional snake. They were around but were of no real problem although a torch at night was a wise precaution. Also the use of a shovel and a A.P.C. wash were becoming quite the norm.

After a day of further rest, recuperation and a little sightseeing at Border Village, including a spot of whale watching, and a side trip to the old telegraph station, we were off again to tackle the horror of the WA section of the highway. However, before long we were at Mundrabilla Station and were made welcome by the owner and his family. A pleasant afternoon walking up on to the nearby escarpment which can be seen from the road, and not generally available to car travellers, kept lazy legs from becoming too stiff. And finally a visit to Cocklebidy Caves by some lucky cyclists really kept our enthusiasm for the Nullarbor alive.

Next obstacle was the longest straight bit of road in Australia - 146 km of bugger all, and then on to Balladonia. From Balladonia and after a couple of nights of rough camping it was into Norseman and the end of the Eyre Highway.

The 168 km leg to Coolgardie was still a challenge and instead of a rest day in Norseman and a long day's ride, Vance, myself and a few others made it a two day ride with an overnight stay in Widgeemooltha, about 77 km south of Coolgardie. Even though an overnight stop at Widgee seemed a good idea, to be honest it was no place to get excited about but Coolgardie was great with surprisingly lots of history and bits and pieces to see.

From here on, apart from a day of gale force North West winds for 134 km, we had a rather pleasant journey into Perth, staying at Northam the last night, and duly celebrating in the proper manner, sleeping under a solid roof and the luxury of knowing home was only a few hours bike ride away. The odd lager was no novelty as the Nullarbor roadhouses were well stocked when we arrived.

From Midland (about 20 km out of Perth) we all rode in formation with a police escort to a formal reception on the South Perth foreshore, opposite the City. This really impressed all the interstate and overseas riders.

Now if you think this was all very brave of us to tackle the Nullarbor, well remember each year overseas cycle tourists ride this highway in

their droves, and without the back up we enjoyed.

Yes, I would love to do the West East crossing under my own resources in the very near future. finishing in Sydney about mid to late September.

After arriving in Perth on a Saturday, Vance and I drove to Busselton and Donnybrook about three hours south of Perth to meet Tim's brothers, sister and other members of his family. For Vance and myself this was an extremely sad time as it was the first time that Tim's family could understand what had really taken place so far from their home. However, they were really lovely people and were so kind and understanding, and made us so welcome.

That night Vance and I moved on south to enjoy a quick sight seeing trip along the South Coast before putting Vance on the plane to the United States and his family.

My letter continued, and I hope to return to Bairnsdale in 1997 after cycling from Adelaide to Mt Gambier and along the Great Ocean Road to Melbourne to participate in the National Veterans Athletic Championships during the Easter period.

TUESDAYS IN THE PARK

My first run ever with the club was a training run in Kings Park. John took me there some 16 years ago to encourage me to run and I've always loved running there. Back then I ran with Nora Berry, Dot Whittam, Val Tyson, Enid Crowther and the late Phil Lorrens. These

days many of the Vets still run in the Park on Tuesdays and we are now in three groups, with up to 30 runners.

"Fast group" is Marg Forden, Milton Maverick, Brian Danby, Graham Thornton, Frank Smith, Richard Harris, John Pellier and sometimes Don Caplin. They always run the same course of 14 km. Vic Waters' group, which is Vic, Maxine Santich, Simon Mort, a couple of young guys plus Doug Hazel, who just joined them, always runs the cross country - around 10 km.

Then there's us, the chatty lot - Mr Consistent, Merv Moyle; the ladies' favourite man, Kirt; Keith Forden, Merv Jones, Norm and Pat Miller, Ray Lawrence, Heather, Irene, Roma, Jackie Halberg, Alison Aldrich, Wendy Duncan and Joanne Pearce, when she's not trekking. We change our courses most weeks and run between 7 km and 10 km.

Regulars were Joan and Barrie Slinger but we haven't seen them for a while. Our "key" person is Bev Thornton, so if you fancy a group run in the Park, come and join us Tuesdays 5 pm "sharp" on the corner of Saw Ave and May Drive. - Joan Pellier.

TRACK & FIELD COKER PARK 21.11.96

Long jump (for points):
Dave Wyatt M45 5.26m;
Keith Martin M50 5.14; Ian Sanders M35 4.56; Snow McSwain W35 4.17; Diane York W40 4.00; Dorothy Whittam W60 3.79; Pat Carr W60 3.54; Brian Foley M50 3.54; Allen Tyson M70 2.77.

2000m walk:
John Mison M45 09.59.0;
Lesley Romeo W50 12.13.0;
Michele Mison W45 12.47.6;
Robin King W35 13.51.7;
Ray Hall M60 13.52.2;
Lynne Schickert W55 14.00.6; Val Millard W45 14.33.1; Kath Holland W55 15.37.1; Glenice Shanahan W70 15.55.8.

Hammer Throw:
Bob Fergie M60 33.12m;
Dorothy Whittam W60 19.70; Eileen Hindle W45 17.94.

200m:
Dave Wyatt M40 27.2; Garry Doyle M45 27.7; Ian Sanders M35 27.8; Alan Thurlow Vis 29.0; Phil Hawks M35 29.2; Snow McSwain W35 30.6; Diane York W40 31.7; Bob Schickert M55 33.3; Allen Tyson M70 35.0; Jackie Halberg W50 38.6.

Shot Put:
Bob Fergie M60 9.78m;
Dorothy Whittam W60 8.00;
Ron Tompkins Vis 7.10;
Kath Holland W55 7.06; Ian Sanders M35 6.75; Eileen Hindle W45 6.49; Pat Carr W60 6.29

5000 m (for points):
Jim Langford M50 16.41.5;
Dave Reid M45 17.22.7; Bob Schickert M55 18.17.9; Ann Shaw W45 18.20.8; Alan Thurlow Vis 18.28.2; Dave Roberts M50 18.59.0; Tessa Brockwell W40 19.06.5;

David Willmer M40 19.06.8;
Paul Covich Vis 19.26.2;
Milton Mavrick M40 19.27.5; Brian Foley M50 19.28.3; Robin King W35 19.30.2; Ivan Brown M50 19.45.3; David Carr M60 19.57.0; Frank Gardiner M45 20.15.7; Mike Thompson Vis 20.29.8; Allan Jennings M55 20.59.3; Mike Rhodes M50 21.37.4; Phil Hawks M35 22.52.4; Allen Tyson M70 25.50.2; Margaret Robinson W55 25.52.7; Val Millard W45 26.40.3

TRACK & FIELD MCGILLIVRAY 28.11.96

Javelin:

Peter Gare M55 32.90m; Bob Fergie M60 29.94; Rob Shand M60 26.34; Dorothy Whittam W60 20.40; Ron Tompkins M70 17.10; Noela Medcalf W60 13.24.

Discus:

Peter Gare M55 32.22m; Rob Shand M60 26.38; Noela Medcalf W60 19.68; Pat Carr W60 16.82.

400m:

Paul Covich Vis 59.9; Phil Hawks M35 63.7; Peter Gare M55 64.5; Tony Heppener M45 69.2; Nick Bailey Vis 69.3; Bob Schickert M55 78.9; Noela Medcalf W60 88.3; Lynne Schickert M55 116.4.

2000m walk (for points):

John Mison M45 10.01.9; Brian Foley M50 12.01.4; David Carr M60 12.06.6; Michele Mison W45 12.54.7; Ray Hall M60 13.08.9; Dorothy Whittam W60 13.20.5; Bob Fergie M60 13.41.3; Robin King W35 13.45.8; Lynne Schickert W55 14.41.1; Val Millard W45 15.02.3; Bob Schickert M55 15.14.8.

1500m (for points):

Tony Heppener M45 04.42.4; Dave Reid M45 04.50.0; Jim Langford M50 04.54.3; Brian Foley M50 04.58.3; Vic Waters M50 04.59.3; Paul Covich Vis 05.05.8; Keith Martin M50 05.07.2; David Carr M60 05.14.1; Milton Mavrick M40 05.16.2; Bob Schickert M55 05.17.5; Ivan Brown M50 05.20.1; David Willmer M40 05.22.1; Tessa Brockwell W40 05.23.9; Robin King W35 05.24.4; Val Millard W45 07.33.8; Pat Carr W60 08.06.5.

3000m:

Tony Heppener M45 09.52.2; Jim Langford M50 10.00.6; Dave Reid M45 10.37.7; Ann Shaw W45 10.43.1; David Willmer M40 10.57.8; Paul Covich Vis 10.59.6; Bob Schickert M55 11.13.9; Milton Mavrick M40 11.26.4; Tessa Brockwell W40 11.36.3; Ivan Brown M50 11.38.7; Robin King W35 11.45.3; Mike Thompson Vis 11.51.5; Phil Hawks M35 13.05.5; Val Millard W45 15.55.4

Triple Jump:

No one competed.

ROUND THE LAKES

with John Bell



There is no cure for birth or death save to enjoy the interval - George Santayana

Sure as eggs is eggs along came the easterly, lots of helpers and many friends. I'm sure you'll agree with me that the respect and consideration which all runners showed to our senior members at the run today brings a great sense of community.

Thank you so much, my band of helpers - John Bell.

8 km run:

Peggy MacLiver W50 45.29 (hcap 6.00); Margaret Warren W60 47.23 (3.35); Terry Keasing M35 47.24 (12.05); Keith Atkinson M40 47.25 (12.40); Jim Klinge M50 47.29 (17.25); Valerie Millard W50 47.38 (3.25); Peter Sanders M50 47.40 (?);

Merv Moyle M70 47.48 (8.10); Ross Parker M45 47.49 (19.25); Milton Maverick M40 47.59 (15.40); Stuart Parkinson M45 48.00 (12.15); Bob Schickert M55 48.02 (17.10); Gary Fisher M40 48.18 (17.00); John Pellier M55 48.22 (12.50); Carol Broderick W40 48.29 (9.35); Marilyn Blair W35 48.30 (15.30); Tony Heppener M45 48.31 (20.10); Robert Reece M50 48.34 (9.35); Peter Airey M60 48.36 (9.50); Kevin Corten M50 48.42 (10.55); Allan Jennings M55 48.47 (12.50); Vic Beaumont M60 48.52 (8.30); Helen Lysaght W40 48.57 (11.40); Vince Carrero M50 49.01 (15.55); Peter Davies M65 49.07 (7.45); Brian Farmer M45 49.10 (?); Ken Brownlie M50 49.11 (13.15); Dave Carr M60 49.22 (14.15); Gareth Brunt M45 49.26 (17.10); Arnold

Jenkins M50 49.29 (6.40); Jeff Spencer M55 49.30 (7.15); Merv Jones M55 49.33 (8.30); Richard Spark M55 49.34 (10.00); Vic Waters M50 49.40 (15.55); Heather Sanderson W45 49.41 (11.20); David James M40 49.52 (16.50); Brian Darby M45 50.04 (16.05); George Schaeffer M60 50.06 (13.15); Ann Turner W60 50.09 (6.15); Michael Anderson M45 50.26 (13.15); Mary Heppell W55 50.28 (0.00); Brian Foley M50 50.31 (15.05); Richard Harris M60 50.39 (11.40); David Howard M30 50.41 (16.00); Gary Sanford M45 50.53 (15.40); Simon Mort M40 51.18 (12.25); Sue Sanders W40 51.27 (?); Mick Malone M40 51.30 (9.0); Ted Maslen M60 51.44 (12.25); Morris Warren M55 51.46 (8.45); Jo Pearce W45 52.05 (8.55); Dalton Moffett M65 52.21 (9.50); John Russell M60 52.36 (5.55); Sheila Maslen W55 52.37 (1.55); Yolande Caruso W45 52.39 (12.00); Delia Hendry W40 52.40

(12.00); Marilyn Young W45 52.41 (12.00); Mitch Loly M55 52.42 (13.40); Judy Bonomelli W45 53.04 (12.00); Frances Casella W45 53.06 (12.00); Shorty Turner M60 53.07 (5.45); Bob Sammells M55 53.08 (13.15); Rosa Davis W50 53.48 (1.05); Robin King W35 54.39 (15.30); Brian Smith M55 54.46 (9.20); Graham Thornton M55 54.55 (14.25); Ddavid Roberts M50 60.29 (17.10); Ron Spencer M55 60.36 (3.10).

6 km handicap walk:
 Bob Fergie 47.48 (10.30);
 Barrie Thomsett 48.48 (10.30); Michelle Mison 49.31 (9.0); Ray Hall 50.07 (10.00); Lesley Romeo 50.12 (11.00); Wendy Clements 50.39 (9.00); David Brown 51.10 (11.30); Paul Martin 52.06 (17.45); John Mison 52.20 (18.00); Jill Midolo 53.09 (9.00); Ernie Moyle 54.09 (5.00); Lois Smith 54.15 (5.30); Jeff Whittam 55.08 (5.00).

MOSMAN PARK *with Paul and Sue Hughes*

8.12.96

It was a hot day and 85 runners and walkers lined up for the start of the new course around Mosman Park. The run was changed due to the closure of the cycleway, however, judging by the comments after the event, the new course has more appeal.

The run will revert to the previous course next year when the cycleway is reopened, as it is a safer course and as a race director, safety is one of the prime factors in a run.

The highlight of the course was John Pressley walking.

A special thanks to our helpers: Paul Martin, Dick Blom, John Carpenter, David Roberts, Robin King, Sheila Maslen, Norma Gordon, Allan Gordon, Bev Thornton, Bill Hughes, William Hughes. Stuart Nicolls.

See you all next year - Paul and Sue Hughes.

11 km run:
 Ross Parker M45 42.41;
 Frank Smith M50 45.30;
 David Reid M45 47.18; Bob Schickert M55 49.19; Milton Maverick M40 49.30;
 Warren Gee M45 50.28;
 John Bell M50 51.48; John Pellier M55 54.46; Helen Lysaght W40 56.18; Mitch Loly M55 56.51; George Schaeffer M60 58.51; Marge Forden W55 59.12; Kevin Corten M50 60.37; Richard Harris M60 63.27; Brian Hunter M50 63.39; Arnold Jenkins M50 71.46; Brian Smith M55 75.43.

5.5 km run:
 David Willmer M40 22.44;
 Warren Gee M45 22.51; Don

Caplin M55 23.15; Marilyn Blair W35 23.42; Vinċe Carrero M50 24.19; David Carr M60 25.00; Brian Foley M50 25.02; Mike Rhodes M50 25.27; Terry Keesing M35 25.38; Allan Jennings M55 25.41; Maxine Santich W40 26.14; Bill Crane M55 27.24; Richard Matthews M45 28.09; Bob Sammells M55 28.49; Peggy McLiver W50 29.04; John Stone M40 29.04; Peter Davies M65 29.32; Robert Reece M50 29.49; Merv Jones M55 29.55; Dalton Moffett M65 30.28; Roma Barnett W45 31.16; Jo Pearce W45 31.18; Margaret Warren W60 31.50; Kirt Johnson M65 31.51; Ann Turner W60 32.05; John Mison M45 32.39; Jenny Barnes W45 32.59; Val Millard W50 33.08; Brian Aldrich M65 33.20; Wendy Duncan W45

34.17; Keith Forden M55 34.17; John Russell M60 34.35; Shorty Turner M60 34.48; Norm Miller M65 34.49; Wendy Clements W50 35.44; Ray Barnett M50 36.21; Mary Hepple W55 36.32; Jan Jones W50 36.36; Allen Tyson M70 36.55; Joan Pellier W55 37.14; Rosa Davis W50 38.24; Pat Miller W55 38.24; Ron Spencer M55 38.34; Arthur Leggett M75 39.30; Suzan Brand W50 42.54; Pat Wall W60 44.64; Lorna Lauchlan W65 47.02.

11 km walk:
 Michelle Mison W45 82.35.

5.5 km walk:
 Barrie Thomsett M55 37.40;
 Bob Fergie M60 37.51;
 David Brown M45 39.59;
 Ray Hall M60 44.34; John Pressley M50 46.44; Lynne Schickert W55 46.53; Pat Ainsworth W60 46.57; Jill Midolo W45 46.57; Lyn Turner W50 47.40; Brian Palmer M45 47.54; Ernie Moyle M70 47.55; Pamela Smith W55 48.26; Margaret Flanders W60 54.24; Linda Mark W45 56.02; Jackie Billington W50 61.31.

Visitors. 11 km run:
 Chris Reid 48.27; Jeff Medcalf 51.57.

5.5 km walk:
 Mary Petkovski 37.04;
 Joanne Saul 53.14; Lisa Brucciani 53.14

WOODMAN POINT RUN February 23 1997

Woodman Point Reserve,
 Nyerbup Circle NOT
 Woodman Point Boat Ramp
 end.

Great place to run, plenty of
 parking, large picnic area.

Suggest you bring a barbecue
 and your bathers.

Please note: This is a
 CALM reserve - no dogs
 allowed.

1997/98 PROGRAM

Yes, it is that time again. The New Year dawneth and the Events' Co-ordinator's mind turns to thoughts of, what else but, the Programme for the 1997/98 Season. As you may have noticed, the current programme goes to the end of April, with provisional events for May. I am now starting to put together the programme for May 1997 - April 1998.

As usual, the new programme will be based heavily on the last one, with a bit of shuffling around to match in with other events, eg WAMC and major fun runs. Also, some of last year's race directors are unavailable for various reasons, and we like to try one or two new courses and new race directors each year. What this all means is that:

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Bob and Jan have a wealth of experience in fitting running shoes gained over 18 years. Bob has completed each of the 18 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.

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- I shall be contacting past race directors to check/confirm availability for this year;
- I shall be seeking race directors for a number of popular runs which have lost their RD;
- I shall accept willingly any suggestions for new courses, or variations to existing ones; and
- I shall accept even more willingly offers to be a race director.

So, don't be backward in coming forward, the success of our Club is based on voluntary help. The job of race director is not onerous and members of the committee are always available to help. Being a race director and running one event a year, rather than running in it, can be both informative and enjoyable. All offers to me on race days or phone 332 6103(h). -John Pressley, Events' Co-ordinator

HELP WANTED

Applications are called for the positions of one team manager and one team doctor for athletes competing at the World Championships in Durban, South Africa, in July-August 1997.

Applications and resume to Brian Foley at 8 Habgood St, East Fremantle WA 6158.

For further details: talk to Brian on 339 2716.

LETTERS

(From Mrs Gwen Horsley)
Thank you for the sympathy from the Veterans Club and the attendance of the celebration of Dick's life which touched so many people, also to the members who visited him in hospital. - Gwen.

CHRISTMAS GIFT RUN 22.12.96

The traditional Xmas Gift run was again held on the Sunday closest to Xmas, attracting a field of 112 members (95 runners and 17 walkers). Unfortunately long time hosts Ron and Joan Hillis had to return to America in early December so the day was organised by John (course) and Richard/Graham (après event). The course was changed from previous years to avoid the uneven paths on Heirisson Island, with the 8 km a loop over the new railway bridge, around the new East Perth development and back over the Causeway; and the 4 km straight out and back up the river. Although essentially a social event, as evidenced by the seasonal costumes and the number of people running together, times were recorded. The new M45 Tony Heppner finished marginally in front of the old M50 Jim Langford to take out the 8km run, with Marilyn Blair, in her last run before returning to England, pipping another pom, Janet Kelly, in the ladies; Allan Jennings and Tessa Brockwell took out the honours in the 4km run; with Lorna Lauchlan and David Brown leading home the walkers.

Then it was on to the serious stuff and "pressie-time", followed by Richard's party games. The gents' hairy chest competition needed the addition of hairy backs to decide the winner. There were a few sighs of relief when it did as well. Guess what hairy criterion

Richard threatened to use next! Unfortunately the ladies' hairy chest

competition had to be cancelled due to an excessive number of volunteers for judges, but the knobbly knees were a well supported substitute.

All in all a good start to the festive season. Thanks to all helpers, especially Jim, Ted and Jackie at the finish.
- John Pressley.

8KM RUN

Tony Heppener M45 29.10; Jim Langford M50 29.11; Brenden Phillips VIS 29.33; Prabuddha Nicol M40 30.08; Jim Klinge M50 30.17; Joe Shrypnuik VIS 31.30; Gary Fisher M40 31.32; Chris Reid VIS 31.36; Marilyn Blair W35 32.44; Milton Mavrick M40 33.44; Vincente Carrero M50 34.01; Janet Kelly W40 34.08; Brian Foley M50 34.22; Paul Kelly M40 34.30; Don Caplin M55 35.14; John Pellier M55 35.17; Mike Khan M50 35.40; Stu Parkinson M45 35.44; Terry Keesing M35 36.02; George Schaefer M60 36.06; David Carr M60 36.12; Ivan Brown M50 36.14; Dick Blom M60 36.39; Doug Hazell M40 36.44; Alan Beckett VIS 36.48; Graham Thornton M55 36.51; Keith Atkinson M40 38.01; Kevin Corton M50 38.19; Joe Stickles M55 38.22; Brian Danby M45 38.23; Helen Lysaght W40 39.06; Robert Reece M50 39.07; Vic Waters M50 39.42; Mike Rhodes M50 39.43; Bob Harrison M50 39.46; Carol Broderick W40 39.52; Peter Hill M45 39.53; Ken Brownlie M50 39.54; Peggy Macliver W50 40.13; Heather Sanderson W45 40.19; Margaret Birks W50 40.21; Kate Penton W55 40.47; Bob Sammells M55 40.50; Frank Smith M50 40.51; Peter Airey M60 41.08; Dave Roberts M50 41.09; Jim Barrett M55

41.24; Jeff Spencer M55 41.53; Jo Pearce W45 41.55; Ron Sutton M55 43.30; Arnold Jenkins M55 43.36; Merv Jones M55 43.43; Ann Shaw W45 43.44; Gerry Prewett M40 43.45; Michael Anderson M45 43.46; Robyn King W35 43.47; Su Prewett W40 43.48; Merv Moyle M70 44.00; Maxine Santich W40 44.01; Bob Schickert M55 44.02; Vic Beaumont M65 44.40; Brian Smith M55 45.46; Norm Miller M65 46.15; John Russell M60 48.14; Mary Heppell W55 52.16; Pat Miller W55 53.28; Rosa Davis W50 53.29.

4KM RUN

Allan Jennings M55 17.40; John Brambly VIS 18.43; David Willmer M40 19.04; Tessa Brockwell W40 21.35; Richard Harris M60 21.58; Jenny Barnes W45 22.11; Tony Speechley M50 22.32; Anne Turner W60 22.36; Wendy Clements W50 25.41; Sheila Maslen W55 25.42; Noela Medcalf W60 26.21; Suzan Brand W50 26.45; Shorty Turner M60 27.48; Arthur Leggett M75 27.49; Gordon Medcalf M65 29.08; Ron Spencer M55 29.17; Michele Mison W45 29.45; Lesley Romeo W50 29.46; Lynne Schickert W50 29.47; Glenice Shanahan W70 30.29; Allen Tyson M70 30.32; Claire Kelly VIS 32.56; Pat Ainsworth W60 32.59; Garnet Morgan M70 33.15; Ernie Moyle M70 33.17;

Toni Frank W50 34.54; Basil Worner M65 38.30

8KM WALK

David Brown M45 61.03; Bob Fergie M60 61.07; Barrie Thomsett M55 61.08.

4KM WALK

Lorna Lauchlan W60 33.16; Jill Midolo W45 33.18; Brian Palmer M45 33.19; Val Wheeler W65 33.20; Denise Lancaster W45 33.31; Jeff Whittam M60 33.36; Dorothy Whittam W60 33.38; Pamela Smith W55 33.49; Maggie Flanders W60 37.59; Judy Hill W45 38.05; June Strachan W70 38.08; Karen Crellin W50 38.09; Fred Watson M75 43.12; Alan Pomery M65 43.13.

CANNING CAPER December 1 1996

A cool day with fresh winds. Thanks to helpers, Wendy and Jeff Spencer, Val Millard, Val Wheeler, Gary Fisher, Ohn Pressley and Stuart Hicks. Great to see Bob Harrison back competing after being tied up with work for almost a year. Champagne flowed (courtesy of Richard Harris) for a range of birthdays: Merv Moyle (70) Richard Harris (60) Val Millard (50) and Keith Atkinson (40). Only two people turned up for an 8 am start. - Lynne and Bob Schickert.

6 km:

Vic Waters M50 23.59; Tessa Brockwell W40 25.36; Don Caplin M55 25.56; Terry Keesing M35 26.06; Allan Jennings M55 26.19; Maxine Santich W40 26.54; Heather Sanderson W45 28.12; Jim Barnes M50 29.02; Ted Maslen M60 30.43; John Stone M40 31.25; Jo Pearce W45 32.48; Joan Pellier W55 33.02; John Smith M60 33.43; Kirt Johnson M65 33.43; Noela Metcalfe W60 34.37; Brian Aldrich M65 34.59; Allen Tyson M70 37.31; Jackie Billington W50 39.02; Ron Spencer M55 39.50; Rosa Davis W50 40.37; Phyllis Farrell W50 40.37; Pat

Miller W55 40.38; Suzan Brand W50 43.22; Mike Rhodes (late starter) M50 45.39; Glenys Shanahan W70 47.48; Jan Jarvis (late starter) W50 56.41.

6 km walk:

Lesley Romeo W50 39.57; Ray Hall M60 43.38; Sue Hughes W45 43.38; Jill Midolo W45 43.55; Dorothy Whittam W60 44.36; Lois Smith W45 48.07; Ernie Moyle M70 49.23; Brian Palmer M45 49.24; Jeff Whittam M60 49.26; Pat Ainsworth W60 53.01; Gillian Peet W55 53.01; Liz Stirling W35 54.19; Jeff Mullins M50 54.20; Margaret Flanders W60 55.46.

10 km:

Ross Parker M45 36.20; Frank Smith M50 37.58; Jim Klinge M50 38.05; Dave Roberts M50 40.32; Marilyn Blair W35 40.46; Bob Thomson M45 40.52; Gareth Brunt M45 41.28; Bob Harrison M50 41.58; Milton Maverick M40 42.02; Paul Hughes M40 42.02; Robyn King W35 43.08; Brian Foley M50 43.25; David Carr M60 44.01; Paul Martin M55 44.24; David James M40 45.17; John Pellier M55 45.23; Keith Atkinson M40 46.04; Stuart Parkinson M45 46.33; Michael Anderson M45 46.54; Helen Lysaght W40 47.31; Dick Blom M60 47.44; Richard Harris M60 48.40; Merv Moyle M70 49.39; Bill Crane M55 49.48; Vic Beaumont M65 50.33; Robert Reece M50 51.31; Brian Hunter M50 52.12; Maurice Warren M55 52.32; Aldo Giacomini M60 53.07; Merv Jones M55 54.39; Jackie Halberg W50 54.56; Arnold Jenkins M50 55.53; Ron Sutton M55 56.25; George Peet M60 56.31; Margaret Warren W60 56.43; Mary Heppell W55 1.02.07; Sheila Maslen W55 1.02.31.

10 km walk:

John Mison M45 57.01; Bob Fergie M60 1.06.51; Barrie Thomsett M55 1.07.16; David Brown M45 1.07.26; Michele Mison W45 1.08.36; Wendy Clements W50 1.11.31.

Visitors 10 km:

Ramond Gimi M40 42.25; Shaun Keane M30 46.21.

FROM THE EDITOR

I wish to take this opportunity to wish all readers of The Vetrin a Happy New Year and lots of good running times in 1997.

Thanks to Jackie Halberg, for her work in distributing the Vetrin and to Jackie Billington, for her contribution as Assistant Editor.

Also, many thanks to all those race directors who have conscientiously supplied race reports and results.

Thanks to Joan Pellier for her Running Mates column, Vic Beaumont for the photographs, and all those Vets who have contributed stories and photographs over the year. The end result has been the production of an interesting club newsletter which speaks with a chorus of useful points of view reflecting the richness of the experience of club members.

Please keep those stories and pictures coming. We need them.

Contributions from the women writers have been especially welcome - more please.

Send them to me as follows -

Richard Harris

*30 Cosmelia Way,
Parkwood WA 6147
Ph: 457 06102 .or see
me at the Sunday runs..*

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LONG WEEKEND CAMP
Feb 28 - March 3 1997

Fully catered (menu available)

Cost \$80 per head
Six canoes arranged.

Nominations and payment required as soon as possible to Graham Thornton ph (W) 323 4266 (H) 293 3027.

LOST

...at recent club runs, white polo shirt, blue Nike shorts. - Doug Hazell ph 414 1348.

AAVAC NATIONAL CHAMPIONSHIPS

EASTER: MARCH 27-31
MELBOURNE

Entry forms available from Secretary Jackie Halberg ph 364 4474.

Entries close February 14.

YOU DESERVE A NEW SHIRT!

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

(To be worn at National Championships)

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

(To be worn at State Championships)

Tee-shirts - Grey with the three colour runner club logo on the front @ \$16.00 short sleeve \$18.00 long sleeve.

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

Plus caps, visors in a range of colours @ \$7.00. Car stickers and iron-on badges @ \$2.50

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Vice president: Richard Harris ph 457 6102

Treasurer: Sue Jones ph 398 1157.

Committee:

Track and Field: Merv Jones ph 398 1157.

Events Program: John Pressley ph 332 6103.

Social Program: Graham Thornton ph 293 3027.

Clothing: Marg Ward ph 275 0169.