

The Vetrun

NO. 178 JULY 1987

W.A. VETERANS' A.C.

PRESIDENT: BASIL WORNER 387 9756 (W) TREASURER: ROB FARRELL 459 4055
EDITOR: BRIAN ALDRICH 332 6179 (H) SECRETARY: SANDI WALTON 339 2988
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FROM THE COMMITTEE

JOHN GILMOUR

Our Club has nominated John for the Sports Star Award (for the Blind and Visually-impaired) of the Association for the Blind of W.A. (Inc.) John's sight was seriously affected during his internment in a Japanese prisoner-of-war camp.

NEW MEMBERS ORIENTATION MEETING 12/8 - PERRY LAKES

The Committee will hold a short run at 5.30 pm on Wednesday 12th August followed by a meeting in the Conference Room at Perry Lakes Stadium to welcome our new members and to explain the workings and activities of our Club. Changing facilities and light refreshments will be available. New members will receive invitations but our longer established members are invited to assist. If you can assist please contact Sandi on ph. 339-2988 before 19th July in order that catering arrangements may be made.

1987/88 PROGRAMME CHANGES 2/8 & 9/8

Please note that due to a shift in the date of the People's Marathon to 9th August the Mussel Pool Muster will now take place on 2nd August. For further details and map ... see last page.

CHEST NUMBERS

Arising from the last A.G.M. the Committee has looked into the possibility of using chest numbers. After due consideration it has been decided that circumstances do not at present warrant their introduction.

WALKERS

Committee members would like to meet with our walkers after the run at McCallum Park on 19th July to discuss matters of common interest.

ANNUAL QUIZ NIGHT 28/8

It's on!! ... 7.30 pm on Friday 28th August at Perry Lakes Rugby Club Room. This will be an opportunity to share the camaraderie of the Club with our friends and relations. Compere - Barrie Slinger. Tickets \$4. from the Committee.

WORLD VETERAN GAMES REPORT

Entries - To be submitted by 31st August.

Uniform - Participants must wear the official Australian Uniform. These are available from the W.V.G., PO Box 282 Essenden 3040. Orders must be made before 31st August. Order forms are available from Sandi Walton.

Bush Bash - To be held at 3pm on Sunday 6th December at Melbourne University - the day of the Marathon and the final competition day. Entrance Fee \$25.00 covers catering, drinks, music and decorations. There will be two top Australian Bush Bands and it promises to be an excellent social occasion.

Weight Pentathlon Championship - Monday 7th December in Melbourne at 8am.

Entry forms available from Sandi.

Melbourne Marathon - Sunday 6th December

Entry forms available from Sandi.

The Entry Booklet - We are told that there are a number of printing errors in the Invitation Booklet. Although we do not think that they affect any of our members further details are available from Sandi Walton who has this and other W.V.G. information on her file (ph. 339-2988).

News from the Vaalstas in Sweden:-

Tuula ran the Stockholm Marathon in 3h 47m 43secs in a field of 10,000 runners. Tuula was the 167th woman and was 5th in her age group. Kio, recovering from injury ran the 1/2 Marathon in 1hr 50mins. (Well done to both of you and we look forward to your return - ed).

MISCELLANEOUS: Wrestling - Cliff Bould (M 70) competed in a single knockdown bout with his bedside table and lost! The score was 3 broken ribs! (Glad to see you've recovered and are running again, Cliff - ed.)

Bunbury Marathon/Half Marathon 3/5/87

Full Marathon - Robert Argyle 2.42;03

Half Marathon - Tina Carman 1;36;39

(Sorry - these results omitted from June Vetrun - ed.)

For Members to Note:

Postal Rates: With effect from 1st July the Vetrun costs 2c. more per copy to post



VETPOWER

ALAN MERRITT

As many members are already sadly aware, our long time member Alan Merritt was missing at sea and is presumed drowned. A funeral service was held at the Salvation Army Church, Floreat Park on 31st May where the Club was represented by Basil Worner and Bob Sammels.

What our more recent members may not know is that Alan Merritt was one of Australia's top distance runners whose running career was cut short due to osteo-arthritis of the hip.

We are indebted to John Gilmour and Dick Horsley who ran with Alan in the early years for the following details of his achievements:-

Alan's interest in competitive running began when he won the Scarborough Marathon on several occasions. Thereafter Alan was undefeated in the 1947 West Australian Cross Country Championships and in 1948 he was a member of the West Australian Cross Country team and won the individual National title. In successive Australian Cross Country Championships he ran 3rd in New South Wales in 1950, 4th in South Australia in 1952, 7th in Western Australia in 1954 and 12th in Queensland in 1957. In 1950 Alan also represented Australia in Auckland, New Zealand coming 4th in the 3 miles and 5th in the 6 miles on the track at the Empire Games.

Thereafter, Alan competed as a Veteran and in Gothenburg, Sweden at M55 he won the 3000m Steeplechase World Title in the record time of 11:29:8 and came 11th in the 5000m. In Hanover, Germany, Alan came 2nd in the Cross Country and was a member of the winning Australian Cross Country team (M55-59). Alan Merritt held the Western Australian open track record for 5 miles in 1948, as well as the State track record.

Alan's illustrious record will continue to be an inspiration to those who follow him and we send our sincerest condolences to his wife, June and to his son and two daughters in their tragic loss.

Athletic Association Report - Cross Country Season

Brian Foley reports:-

After two months of competition our Club is holding second position in the B grade-men and fourth place in the A grade - women.

The George Skeels handicap event was held on June 20th at Reabold Hill in adverse weather conditions. However the event was well organised and attended and was won outright and on handicap by Phil Griffiths of the Canning Club. It was good to see the large number of Veteran ladies competing.

Thanks are due to the members who assisted with the event. The programme for July and August is:-

18/7	8km	Handicap	Manning Park	3.30pm
25/7	10km	Cross Country	Serpentine	3.00pm
1/8	15km	Cross Country	Championship	See Newspaper
8/8	3km:5km:	Handicap	Hale School	2.00pm
	8km			
	10km	Cross Country	Hale School	3.30pm
15/8	12km	Cross Country	Jorgensen Park	1.45pm
22/8	6km 12km	Handicap	Mundaring Weir	2.30pm
29/8	5km 10km	Handicap	Perry Lakes	2.00pm

6KM. POS.	NAME	AGE GROUP	CLOCK TIME	12KM POS	NAME	AGE GROUP	CLOCK TIME
1.	ROBERTS : DAVID	M40	23:04	1.	THORNTON : GRAHAM	M45	45:49
2.	MARTIN : PAUL	M45	23:44	2.	LEMAN : COLIN	M40	45:56
3.	SPENCER : GEORGE	M50	24:33	3.	RAYMEN : ROBERT	M40	46:14
4.	CARISS : JEREMY	VIS	25:09	4.	GILMOUR : JOHN	M65	46:23
5.	TOUSSAINT : SERGE	M40	25:12	5.	JENKINS : ARNOLD	M40	49:14
6.	SPEECHLEY : TONY	M40	25:25	6.	HOUGH : DAVID	M55	49:50
7.	POMERY : ALAN	M55	25:44	7.	KHAN : MIKE	M40	50:04
8.	BARNES : JIM	M40	27:08	8.	MOFFETT : DALTON	M55	50:12
9.	CARR : DAVID	M50	28:18	9.	CAPLIN : DON	M45	50:20
10.	WORNER : BASIL	M55	29:12	10.	BECKETT : ALAN	VIS	50:34
11.	O'DONNELL : DAN	VIS	29:38	11.	OAKLEY : LES	M40	50:38
12.	JOHNSON : KIRT	M55	30:18	12.	FAUNGE : MIKE	M45	52:05
13.	WALTON : SANDI	M40	30:20	13.	MUNYARD : BARRY	VIS	52:13
14.	LANGDON : JILL	M35	31:11	14.	HARDY : BRYAN	M40	52:36
15.	McLIVER : ROBERT	M45	31:42	15.	HARRIS : RICHARD	M50	53:14
16.	VINCENT : WILMA	M45	31:55	16.	WARREN : MAURICE	M45	53:26
17.	RANGER : TONY	VIS	31:58	17.	MILLER : DENIS	M45	53:48
18.	BUTCHER : LORNA	M55	32:19	18.	BECKETT : ROY	M50	53:51
19.	JOYCE : BOB	M50	32:23	19.	ROUTLEDGE : RAY	M50	55:38
20.	WESTON : PATRICIA	M50	32:35	20.	MOYLE : MERV	M60	56:04
21.	WARREN : MARGARET	M50	32:41	21.	SLINGER : BARRY	M45	56:07
22.	BOULD : CLIFF	M70	33:03	22.	McLIVER : PEGGY	M40	57:04
23.	LEMAN : SUE	M40	34:13	23.	LAWRANCE : RAY	M55	59:07
24.	CRELLIN : KAREN	M45	34:36	24.	FERMOR : MIKE	M45	60:16
25.	CARR : PATRICIA	M55	35:25	25.	SLINGER : JOAN	M45	60:36
26.	TAYLOR : MARGARET	M35	35:37	26.	STRACHAN : DUNCAN	M65	60:38
27.	MARISE : ALLEN	VIS	35:54	27.	HICKS : STEWARD	M60	63:14
28.	WHITTEM : DOROTHY	M50	36:41	28.	THOMSETT : BARRY	M45	63:52
29.	TAYLOR : KEITH	VIS	36:48	29.	LOPTON : STEWARD	VIS	64:33
30.	BOWLER : SID	M60	36:53	30.	WILLERS : JENNY	M35	64:38
31.	DAVIS : ROSA	M40	37:32	31.	CHAMBERS : ALAN	M45	64:47
32.	SPENCER : PAT	M45	38:07	32.	JONES : DAVID	M60	67:54
33.	COLE : CAROL	M45	38:10	33.	STRACHAN : JUNE	M60	70:05
WALKERS				34.	HASSAM : LEO	M55	70:09
=====				35.	BUCHANAN : BARBARA	M40	74:14
COLLINS : JACK	M75	45:25	6KM	36.	ROBINSON : MARY	M50	74:17
STONE : MARGARET	M40	88:58	12KM				
WHITTEM : JEFF	M50	88:58	12KM				

NEW and EXISTING RECORDS FOR THE BIBRA LAKE RUN :

6KM				12KM			
M35	BELL : C		25:36	M35	WILLERS : J		60:33
M40	McLIVER : P		30:17	M40	McLIVER : PEGGY		57:04
M45	VINCENT : WILMA		31:55	M45	SLINGER : JOAN		60:36
M50	WESTON : PATRICIA		32:35	M50	WESTON : P		61:13
M55	BUTCHER : LORNA		32:19	M55	BUTCHER : L		63:23
M60	STRACHAN : J		34:52	M60	STRACHAN : JUNE		70:05
M35			---	M35	DANBY : B		44:42
M40	ROBERTS : DAVID		23:04	M40	SMITH : F		42:55
M45	MARTIN : PAUL		23:44	M45	CAPLIN : D		45:43
M50	SPENCER : GEORGE		24:33	M50	MASLEN : E		48:26
M55	POMERY : ALAN		25:44	M55	HOUGH : DAVID		49:50
M60			28:14	M60	MOYLE : MERV		56:04
M65			---	M65	STRACHAN : DUNCAN		60:38
M70	BOULD : CLIFF		33:03	M70	BOULD : C		59:05

Another sunny day for the Farrell's run. After the speeches when the run was about to begin a voice from the race starter announced "Hold, we're waiting for the Slingers but the starter was corrected by Barry who said he was ready to go and it was Joan the crowd was delayed for. Seen as the run started on the Irish clocktime 7:59am according to Leo (Hassam) not 8am, I believe Joan is entitled to an apology from Robert. IF LEO WAS CORRECT.....On the other hand Jenny (Willers) arrived 2min.06sec. late so do take this off your time Jenny, sorry the clock was'nt up to organizing this..... For next year I hope to have a canoe about the 3km mark for Dorothy (Whittam) this is the only way we can divide the course in half, I think.....hard work rowing Dorothy..... Thank you to Pat Barnes, our non_runner who offered to help without been asked, to Jim B. and not forgetting Duncan S. Hope all enjoyed the run and the B-B-Q.....Thanks for turning up.

Conditions for this year's event were very good and were a contributing factor in the high standard of racing and performances. There could have been few people who were disappointed with their times on the day.

The race got off to a fast start and a leading group soon formed that kept together for most of the distance. In the closing stages, however, Frank Smith and Hank Stoffers got away from the rest. Contests between these two are always close and this was no exception with Hank coming home first by a four second margin. John Pressley, Chris Brockwell, Hugh Kirkman and Dave Scott were close behind.

There was no similar competition among the ladies. Cheryl Bell finished some four minutes ahead of Kath Noordyk, who, in turn was six minutes clear of Erica Mercer.

We saw another remarkable run by John Gilmour who ended up taking Cliff Bould's M65 record in a world class time of 1:22.20. June Strachan and Jack Collins set inaugural records and all three are to be congratulated for their fine performances.

On the subject of records, Kath Noordyk missed the W40 mark by 43 seconds, Chris Brockwell was 1m 23s off the M35, Hank Stoffers only 10 seconds off the M45, Maurice Smith 1m 25s off the M50 and Dave Hough 1m 43s off the M55.

One other set of statistics. The numbers of club competitors running sub-80 minutes in the last four championships have been :-

1984	8
1985	7
1986	3
1987	10

Has an apparent decline been arrested ? 1988 should be interesting.

RESULTS

W30

1. MARY LOWES 1:49.59

W35

1. CHERYL BELL 1:34.56
2. JOY SANGER *2:37.56

W40

1. KATHY NOORDYK 1:38.37
2. ERICA MERCER 1:44.44
3. PEGGY MACLIVER 1:45.27

* Walked



continued overleaf.....

W50

1. MARGARET WARREN

1:58.40

W60

1. JUNE STRACHAN

2:04.16**

M35

1. CHRIS BROCKWELL
2. DAVE SCOTT
3. ADRIAN NOORDYK

1:15.55
1:17.15
1:33.08

M40

1. JOHN PRESSLEY
2. JIM BARNES
3. ROB HARDING
4. COLIN LEMAN
5. JOHN BELL
6. DAVE ROBERTS
7. KEN SNOWDEN
8. ALAN CROXFORD
9. ARNOLD JENKINS
10. LES OAKLEY
11. BRUCE WILLSON
12. MIKE KHAN

1:15.14
1:18.53
1:20.50
1:21.47
1:23.24
1:25.09
1:25.28
1:27.01
1:28.44
1:31.22
1:31.32
1:32.23

M45

1. HANK STOFFERS
2. FRANK SMITH
3. HUGH KIRKMAN
4. DEREK HOYE
5. GRAHAM THORNTON
6. DON CAPLIN
7. KEITH WOOLLAND
8. JOE TROVATO
9. JOHN CUNNINGHAM
10. PAUL MARTIN
11. JOE STICKLES
12. MIKE FAUNGE
13. MAURICE WARREN
14. BILL CRELLIN
15. BOA FARRELL
16. MIKE FERMOY

1:14.52
1:14.56
1:16.32
1:18.30
1:19.39
1:21.26
1:22.01
1:24.01
1:25.15
1:27.11
1:27.41
1:32.57
1:36.50
1:38.19
1:44.41
1:48.32

M50

1. MAURICE SMITH
2. DAVID CARR
3. PETER AIREY
4. RICHARD HARRIS
5. JOHN RUSSELL
6. SELBY MUNSLIE
7. JOCK CAMPBELL
8. JEFF WHITTAM

1:19.04
1:26.50
1:30.03
1:31.36
1:46.26
1:54.36
2:37.56

M55

1. DAVID HOUGH
2. ALAN POMERY
3. DALTON MOFFATT
4. RAY LAWRENCE
5. PETER DAVIES

1:26.56
1:31.36
1:33.23
1:45.42
1:47.38

M60

1. MERV MOYLE
2. FRANK USHER
3. SID BOWLER

1:37.06
2:05.40
2:06.33

M65

1. JOHN GILMOUR
2. GERRY NOORDYK
3. DUNCAN STRACHAN

1:22.20**
1:47.52
1:49.59

M75

1. JACK COLLINS

*2:37.56**

VISITORS

1. M. FARRELL
2. STEVE MITCHELL
3. K. TETLEY
4. CLYDE ENGLAND
5. WAYNE PANTALL
6. DAMIAN ADRIAN
7. HARRY FERMINIS
8. STEPHEN ROGERS
9. STEWART MARTIN
10. ANDY LEBEL
11. GEORGE ALEMIS
12. STEWART LUPTON

1:18.32
1:18.56
1:19.05
1:23.19
1:27.08
1:32.20
1:34.36
1:34.38
1:34.50
1:38.46
1:45.26
1:55.56

ONE LAP - 11k APPROX

1. RAY ROUTLEDGE
2. JENNIFER BROWN
3. JO STONF
4. KAITLEY JOHNSON
5. JANET JOHNSON
6. ERNIE MOYLE
7. ROB MACLIVER
8. PAT WESTON
9. MARY ROBINSON
10. KAREN CRELLIN
11. BARBARA BUCHANAN
12. DOROTHY WHITTAM

M50 50.45
V15 56.34
W43 *56.34
M55 58.33
W40 1:01.01
M60 1:04.11
M45 1:06.26
W50 1:08.16
W50 1:08.27
W45 1:08.56
W40 1:09.00
W50 1:15.58

* WALKFD

** CHAI ONSHIP RECORD

5 K

Name		Age Group	Clock Time	Pos
S. Rogers	Vis.	M40	21.12	1st (40)
R. Routledge		M50	21.38	1st (50)
R. Kernigan		M45	22.24	1st (45)
A. Sim		M35	23.39	1st (35)
K. Johnson		M55	24.19	1st (55)
I. Sutherland		M45	24.49	
R. Davis		M45	24.50	
J. Willers		W35	25.00	
B. Worner		M55	25.19	
M. Webb		W35	25.53	
R. McLiver		M45	26.47	
G. Sutherland		W40	27.17	
L. Butcher		W55	27.17	
K. Penton		W45	27.39	
A. Chambers	Vis.	11yrs.	28.02	
A. Stone		M50	29.00	
D. Whittam		W50	30.01	
F. Usher		M60	30.01	1st (60)
M. Taylor		W35	30.13	
M. Millar		W40	30.35	
B. Buchanan		W40	31.04	
M. Robinson		W50	31.33	
G. Chambers	Vis.	12yrs.	31.36	

10 K

D. Scott		M35	35.04	1st (35)	Overall winner
T. Savin		M40	35.05	1st (40)	
M. Smith		M50	36.09	1st (50)	
C. England	Vis.	M30	37.30		
D. Muir		M40	37.40		
K. Woollard		M35	38.13		
R. Sammells		M50	38.46		
D. Roberts		M40	39.05		
S. Hoskins		M40	39.38		
B. Harwood		M45	39.38	1st (45)	
G. Schaefer		M50	39.49		
J. Chambers		W35	40.27	1st lady	
D. Moffat		M55	41.03	1st (55)	
D. Branson		M50	41.04		
S. Toussaint		M40	42.20		
M. Moyle		M60	44.33	1st (60)	
H. McGlashan		M50	43.35		
D. Philip		M50	44.02		
D. Millar		M45	44.16		
J. Curtis		M50	44.47		
T. Speechly		M40	45.06		
B. Crellin		M45	45.45		
B. Kernigan		M45	45.50		
P. McLiver		W40	46.22		
K. Whistler		M50	46.26		
S. Rogers		M40	46.31		
D. Strachan		M65	47.02	1st (65)	
P. Sanger		M35	48.19		
R. Lawrence		M55	48.31		
P. Jones		M50	48.31		
M. Johnson		M50	48.48		
M. Fermor		M45	50.02		
D. Drayson		M60	50.50		
S. Hicks		M60	52.23		
S. Munsie		M50	53.08		
D. Jones		M60	53.43		
A. Chambers		M45	54.14		
J. Strachan		W60	54.32		
L. Hassam		M55	54.33		
M. Tapper		W35	57.17		
E. O'Dea		W50	57.39		
C. Cole		W45	57.39		
J. Sanger		W35	39.30)	
J. Collins		M75	39.31)	5K Walk
S. Hoskins		M40	39.38)	

John Spencer writes:-

"As you can see the overall runner was D. Scott and the first lady was G. Chambers. The first of each age group is also indicated in the right hand column.

There was some mild confusion at the cross over 9a figure of 8 run) and one runner (B. Kernigan) was timed at 5K and 10Ks. Otherwise a pleasant satisfactory run with a good sheltered pavillion and well worth adding to the list of 'South Side' runs".

1987/88 TIME TRIALS

These have been programmed on the basis of 3 periods to peak for the World Games and the State Championships as follows:-

8 weeks with 4 - 5 events per night to World Games 19/11/87
 10 weeks Decathlon points to 11/02/88
 5 weeks, 4 - 5 events per night to State Championships 17/03/88
 It is hoped that the events will alternate between McGillivray and Coker Park.

Oct 1	100		5000	1500W	Discus	
8	200		800	3000W	LJ	
15	400		1500	5000W	Shot	
22	100		3000	1500W	TJ	
29	200		10000	10000W	Javelin	
Nov 5	100	400	800	3000W	LJ	Hammer
12	200		1500	1500W	Discus	
19	100	400	3000	1500W	TJ	Shot

	26	3000)	200	Javelin
Dec 3	Mile		Discus)	100	
10	400		LJ)	5000/1500W	
17	2000W		Shot)	400/10,000	
)		
Jan 7	800		100)	Points	1500W/3000
14	5000)	200	Discus
21	1500W		Hammer)	400	10,000
28	1500		TJ)	100	2 mile
Feb 4	200		Javelin)	5000/1500W	
11	10000)	200	Shot

	18	100/ 400	5000	1500W	Discus	
	25	100/ 200	1 Mile	3000W	LJ	
Mar 3	400		800/10,000	1500W	Shot	
10	100/ 200		5000	5000W	Hammer	
17	200		800/3000	3000W	TJ	

We extend a warm welcome to our new members:-

Margaret Conlan	203 Riverton Dr. Shelly, 6155	Tel: 457 3197	D.o.b. 23.10.37	D.o.j 30.5
Robert Stanford Raymen	Unit 1 37 Strickland St. South Perth 6151		1. 7.42	30.5
Barry Thomas Munyard	2 Brookton Hway, Roleystone 6111	397 6363	4.12.43	8.6
Anthony Tony Carter	5 Maritime Ave, Kardinya 6163	337 5884	6. 5.36	10.6
Jillian Ann Carter		337 5884	19.3.40	10.6
Cynthia Clive	16 Schmitt Rd. Kalamunda 6076	293 2320	13.5.40	10.6
Brian Kennedy	26 Queensbury St. Bunbury 6230	097 219018	14.9.33	10.6
	(Rejoined)			
Kenneth John Taylor	9 Merilup Court Hillman 6168	527 7746	27.7.30	15.6



Stepping the light fantastic: walkers learn technique in Manhattan's Central Park

How to Get Slim Hips and Catcalls

Aerobic walking is comical, economical and coming on fast

Here she comes at 5 in the morning, following the delivery trucks along Queens Boulevard, her hips rotating, arms pumping and legs jerking straight out in front, looking for all the world like a drunken ostrich on parade. Marian Spatz, a high school administrative secretary from the New York City borough of Queens, is totally unfazed by curious stares, for this is her daily exercise regimen. Not for her the heel-pounding, back-jarring effort of jogging. Instead, she, like many other American fitness enthusiasts, has taken up aerobic walking. If you think mere walking will not keep you in shape, listen to Marian. After three years of pounding the pavement, "the weight has peeled off, along with a tremendous number of inches. I'm aged 50, and I look 42." She does too.

Of course, it isn't mere walking, but a highly energetic, intensive form of exercise that many health experts recommend over jogging because of the lower chance of injury. The National Sporting Goods Association reports that exercise walking in all its forms, whether competitive or just for fitness, is now the second most popular outdoor activity in the U.S. (after swimming), up from fifth place in 1985. American Sports Data, a market-research firm in Hartsdale, N.Y., estimates that there are about 25 million serious walkers of all strides, compared with 13 million runners in 1983, the jogging peak. Actresses Cybill Shepherd and Shelley Hack walk. So do Bob Hope and Walter Matthau. To certify the trend, Jane Fonda will be out next month with two training cassettes—for the Walkman, naturally.

"In exercise, consistency is more important than intensity, and that's the major health message of walking over run-

ning," says Cardiologist James Rippe, director of the exercise physiology laboratory at the University of Massachusetts Medical School. Aerobic walking ranges from striding along to race walking, but all forms share the same goal: to give the body maximum propulsion while firming up thighs, hips and bottoms. Coaches like Howard Jacobson, 56, who heads the Walkers Club of America, teach tyro trudgers the race-walking technique. The heel of the front foot must touch the ground before the toe of the back foot pushes off; the leading leg must be straight at the knee as the body passes over it. The arm movement is a sprinter's, pumping diagonally across to the body's center line.

These race-walking movements produce that curious rolling motion of the hips that many bystanders in their lethargy find amusing. "This is not a sport for insecure people," says Julie Morrison, editor of the *Running Journal*, based in Concord, N.C. "People often yell out and call me 'fuggot' because I swing my hips," says Jacobson's son Alan, 32, a top competitive walker. Shrugging off the stereotypical jeers, Alan Jacobson churns along at 7 m.p.h., compared with the average aerobic walker's 4.5-m.p.h. pace.

Because an aerobic walker's stride is shorter than a runner's, requiring more steps over the same distance, more calories are consumed. At the rate of a mile every twelve minutes, the walker uses up 530 calories an hour to the jogger's 480. The walker also

takes fewer risks, according to a number of reports. "We see a lot of runners sent to us with leg and back problems," says Bill Farrell, founder of the Metro Atlanta Walkers Club. "My shins would kill me after running," remembers Elly Christophersen, 30, now a devoted Manhattan walker. "From the standpoint of health and wear and tear on the body, race walking is much better."

The growing interest in aerobic walking has been reinforced by Dr. Ralph Paffenbarger's study of 17,000 Harvard alumni who are now 53 to 90. Paffenbarger, who is at Stanford University's medical school, found that men who walked briskly nine or more miles a week had a 21% lower risk of death from heart disease than those who walked less than three miles a week. Michael Pollock, director of the University of Florida's exercise-science center, recommends exercising at an intensity of 60% to 90% of maximum heart rate for up to an hour. However, notes the physiologist, who wrote the American College of Sports Medicine's *Guidelines for Fitness in Healthy Adults*, "if you choose more moderate training, you'll have to go longer and more frequently to get good results."

To keep themselves in peak condition, walkers are puffing through city parks and suburban streets. Brad Ketchum, editor of the Boston-based *Walking Magazine*, counts 10,000 walking events taking place this year. Among them: the Boston Stride, the San Francisco Stride (which drew 6,000 last fall) and the Casimiro Alongi International Memorial Racewalk in Dearborn, Mich. To supply this horde, Reebok, Avia and Rockport, even though they are commonly owned, are separately producing a variety of models. Nike says that last year it sold more than half a million pairs of its specially fashioned flexible walking shoes.

Some athletes are alternating their running and walking shoes. Marathoner Clare



Doing the ostrich gait

Hurtel, 25, of San Francisco walks as part of her training regime. "At first I didn't take walking seriously, probably because it didn't hurt," she says. "Now I think it's definitely easier on your structure." So does Etta Hicks, 68, who works with mentally handicapped people in De Kalb County, Ga. She did not take to running, but walking, she says, "has become a way of life." Everyone finds the sport congenial, though not as much as Marilyn Nye, 43, and Paul Perry, 41, who met in a Dearborn race-walking group. In July they will walk, at a normal pace, down the aisle. —By David Brand.

Reported by Georgia Harbison/
New York, with other bureaus

HERNE HILL (RRC) 25 KM 21/6/87 RESULTS

Morris Warren writes :-

I would like to thank all who volunteered to help on the morning of the 25 KM R.R. Championship namely - Avril Yates, Stuart Hoskins, Dorothy Whittam, Mary Robinson, Bev Thornton, Maureen Pomery, Basil Worner, Arthur Legget and Maggie and my wife Margaret who walked with the wheel to mark the course.

The weather was kind, it was a good morning and 47 runners completed the 25 KM course. With it being an out and back course competitors enjoyed seeing the position of all the runners during the race, instead of running in circles like we usually do. A small group stayed behind and enjoyed a B.B.Q.

25 KM RACE

Age Group	Name	Time	Age Group	Name	Time
M35	C. Brockwell	1.30.25	W30	T. Brockwell	1.42.18
"	D. SCott	1.30.25	"	T. Carmen	2.00.42
"	B. Danby	1.48.25	W40	P. MacLiver	2.03.56
"	A. Sim	2.10.49	"	S. Walton	2.07.07
"	A. Nordyke	2.13.55	"	P. Farrell	2.13.15
M40	C. Leeman	1.37.02	W45	J. Pellier	2.10.49
"	B. Power	1.37.37	"	M. Forden	2.13.56
"	J. Yates	1.49.51	W60	J. Strachan	2.43.20
M45	F. Smith	1.31.07			
"	G. Thornton	1.38.15			
"	J. Travarta	1.43.55			
"	K. Gilbert	1.44.24			
"	J. Stickles	1.44.56			
"	B. Harwood	1.45.48			
"	J. Pellier	1.50.55			
"	M. Warren	1.54.21			
"	K. Forden	2.05.30			
"	M. Fermor	2.08.31			
"	R. Farrell	2.12.23			
"	R. Davis	2.18.07			
M50	M. Smith	1.36.50			
"	B. Samels	1.46.57			
"	R. Harris	1.51.44			
"	P. Airey	1.55.52			
"	J. Curtis	1.59.20			
M55	F. McLinden	1.39.21			
"	D. Hough	1.45.03			
"	A. Pomery	1.52.53			
"	R. Lawrence	2.13.53			
M60	M. Moyle	1.58.54			
"	D. Strachan	2.06.21			
"	S. Hicks	2.10.41			
"	F. Usher	2.41.54			
M65	G. Nordyke	2.13.53			

Visitors

	A. Taylor	1.39.17
	A. Lebel	1.57.23

12½ KM RACE

W35	J. Willers	1.03.22
M45	R. MacLiver	1.03.23

20 KM RACE

M45	B. Kernahan	1.32.14
W50	E. O'Dea	2.04.49

WALKERS 10 KM

W55	L. Butcher	1.17.30
W35	J. Sanger	1.17.31
M75	J. Collins	1.17.32

10 KM RACE

M45	D. Caplin	40.17
M40	K. Khan	41.35
M45	K. Martin	42.45
M55	B. Aldrich	47.07
M35	J. Lindsay	51.00
W40	A. Aldrich	52.19
W40	J. Johnson	54.19
M50	J. Russell	54.20
W50	P. Weston	1.03.05

RUNS AND RECORDS - JULY 1987Cross-Country Championships - Jorgensen Park 12/7/87 8.7 KM

<u>Age Group</u>	<u>Name</u>	<u>Time</u>	<u>Date</u>
W30	J. Stone	44.30	29/6/80
W35	J. Chambers	36.03	8/7/84
W40	M. Forden	41.43	13/7/86
W45	T. Vaalsta	40.34	14/7/85
W50	L. Butcher	44.03	4/7/82
W55	V. Tyson	55.40	29/6/80
W60	J. Strachan	55.35	14/7/85
M35	H. Kirkham	30.55	5/7/81
M40	D. Hoye	30.30	29/6/80
M45	D. Caplin	31.49	13/7/86
M50	R. Shand	35.13	4/7/82
M55	A. Merritt	35.07	29/6/80
M60	D. Strachan	39.55	10/7/83
M65	R. Horsley	41.47	4/7/82
M70	R. Horsley	42.39	10/7/83

McCallum Park/Uni (RRC) - McCallum Park 19/7/87 16 KM

W30	J. Sanger	76.48	20/7/86
W35	T. Kirwan	63.38	"
W40	M. Forden	69.57	"
W45	J. Slinger	78.18	"
W50	E. O'Dea	74.29	"
W55	L. Butcher	84.53	"
M35	-		
M40	F. Smith	57.19	20/7/86
M45	B. Carse	54.04	"
M50	M. Smith	57.19	"
M55	D. Moffett	65.34	"
M60	A. Tyson	68.31	"
M65	J. Gilmour	57.36	"
M70	G. Bould	75.34	"

Jim Barnes Run - Tremlett St., Thornlie 26/7/87 10 KM

W35	C. Bell	39.48	1/6/86
W40	M. Forden	43.29	1/6/86
W45	T. Vaalsta	43.38	1/6/86
W50	-		
W55	-		
W60	J. Strachan	59.08	30/6/85
M35	C. Leman	34.52	26/2/84
M40	F. Smith	34.30	"
M45	D. Caplin	33.52	1/6/86
M50	S. Barrie	34.56	"
M55	B. Evans	40.16	30/6/85
M60	A. Tyson	45.52	30/6/85
M65	C. Bould	49.27	30/6/85
M70	C. Bould	48.06	1/6/86

REABOLD HILL CROSS COUNTRY - RESULTS

14/06/87

6 K Ladies

<u>Name</u>	<u>Age Group</u>	<u>Clock Time</u>
Alison Aldrich	W40	31.32
Wilma Vincent	W45	32.40
Patricia Spencer	W45	40.25
Droothy Whittam	W50	36.53
Patricia Carr	W55	33.19

6 K Men

Serge Toussaint	M40	24.14
Alan Stone	M50	36.01

10 K Ladies

Joanne Pearce	W35	53.03
Jenny Willers	W35	57.19
Joy Sanger	W35	67.00
Peggy MacIiver	W40	51.19
Sandi Walton	W40	55.11
Phyllis Farrell	W40	63.42
Margaret Stone	W40	67.00
Carol Cole	W45	64.54
Eliza O'Dea	W50	59.11
Margaret Warren	W50	63.42
Mary Robinson	W50	65.59
Patricia Weston	W50	74.43

10 K Men

John Molloy	M35	43.39
Angus Sim	M35	53.48
Jim Langford	M40	37.03
Brian Power	M40	41.34
Dave Roberts	M40	42.17
Bruce Willson	M40	45.44
Barry Munyard	M40	46.56
Tony Speechley	M40	54.03
Tony Tripp	M40	58.26
Don Caplan	M45	40.12
Graham Thornton	M45	40.40
Ken Gilbert	M45	41.21
Barry Harwood	M45	43.25
Paul Martin	M45	43.50
Kevin Martin	M45	45.48
Barrie Slinger	M45	46.26
Maurice Warren	M45	47.09
Barry Kernaghan	M45	49.37
Mitch Loly	M45	50.12
Dennis Vincent	M45	51.56
Jim Norden	M45	52.50
Robert Farrell	M45	55.56
Roli MacIiver	M45	58.25
Alan Chambers	M45	59.17
David Carr	M50	42.12
John Spencer	M50	45.26
John Curtis	M50	49.07
Ken Whistler	M50	53.32
Mike Johnson	M50	54.53
Bob Joyce	M50	60.05
Ken Taylor	M50	70.03
Rob Shand	M55	43.38
Dalton Moffett	M55	45.30
Alan Pomery	M55	47.13
Peter Davies	M55	48.36
Basil Worner	M55	50.22
Ray Lawrence	M55	53.52
Merv Moyle	M60	48.58
Derek Drayson	M60	55.09
Gerry Foley	M60	55.21
Arthur Leggett	M65	58.25

Visitors

6 K -	C. Saunders	27.43
	S. Waldmeier	31.32
	K. Vincent	34.49
10 K -	C. Vincent	40.30
	B. Copley	44.48
	D. Reudavey	47.42
	B. MacPherson	47.42
	D. Ryder	49.29
	G. Atzemis	53.11
	J. Thompson	53.16

Kirt Johnson reports:-

70 Starters, 60 Members 10 Visitors. As this is an inaugural event all age group winners are records.

I would like to thank Maureen Pomery, Bev Thornton, Ernie Moyle and Rob Farrell for the help on the day.

10K	First Male	Jim Langford	37min.03sec.
	First Female	Peggy MacIiver	51min.19sec.
6K	First Male	Serge Toussaint	24min.14sec.
	First Female	Alison Aldrich	31min.32sec.

A VERY HAPPY BIRTHDAY TO OUR "JULY" MEMBERS

01-07-43	LANE	: Graham A	turns	44	remains	M40
02-07-42	WHILEY	: Gaye Donald	"	45	becomes	M45
03-07-35	FERGIE	: Alexander R	"	52	remains	M50
03-07-35	MANLEY	: Thelma	"	52	"	W50
04-07-41	GODDARD	: William John	"	46	"	M45
04-07-42	SNOWDEN	: Kenneth	"	45	becomes	M45
05-07-46	LEMAN	: Susan	"	41	remains	W40
06-07-45	BELL	: John D H	"	42	"	M40
06-07-31	BERRY	: Mike	"	56	"	M55
07-07-39	FERMOR	: Mike Frederick	"	48	"	M45
07-07-43	GREENFIELD	: James	"	44	"	M40
09-07-14	GREEN	: Stanley	"	73	"	M70
10-07-43	CARSE	: Bridget	"	44	"	W40
10-07-38	MUNSIE	: Althea	"	49	"	W45
10-07-47	WELYKY	: Wal	"	49	becomes	M40
10-07-36	WHITTAM	: Dorothy	"	51	"	W50
10-07-30	VANGENT	: Jeff	"	57	"	M55
11-07-32	PHILIP	: Duncan	"	55	"	M55
12-07-41	SLINGER	: Joan	"	46	remains	W45
16-07-39	TROVATO	: Joe	"	48	"	M45
17-07-22	MERRETT	: Alan	"	65	becomes	M65
17-07-34	VAALSTA	: Keijo	"	53	remains	M50
18-07-41	MARTIN	: Paul	"	46	"	M45
19-07-30	CROSS	: Walter	"	57	"	M55
22-07-51	SANGER	: Rayna Joy	"	36	"	W35
20-07-32	STONE	: Alan	"	55	becomes	M55
25-07-50	CLAY	: Jennifer	"	37	remains	W35
25-07-48	HUNT	: Thomas G	"	39	"	M35
25-07-35	JONES	: Paul	"	52	"	M50
26-07-42	CROWTHER	: Enid	"	45	becomes	W45
29-07-41	FORDEN	: Margery	"	46	remains	W45
30-07-43	COUNSEL	: Kathleen	"	44	"	W40
30-07-25	MOYLE	: Ernest	"	62	"	M60
31-07-40	WALDHUTER	: Brian	"	47	"	M45
31-07-46	WALTON	: Sandi	"	41	"	W40

CROXFORDS CLIMB 16/08/87 AT BRECKLER PARK, YOKINE

Alan Croxford looks forward to a big turnout for this 12 KM/8 KM event and would welcome any offers of help in its organisation from those not running that day.
(Messages to Fred Hagger ph. 272 2275)

Keith MacDonald

We regret to announce the death of Keith MacDonald, the first President of our Club when it was formed in April 1974 who remained in this office until 19th December 1976. Keith died suddenly last week and Bob Hayres represented the Club at the funeral. We offer our condolences to his family.

Unit 9
12-14 Elvira St
Palmyra 6157
2.7.87



Dear Brian,

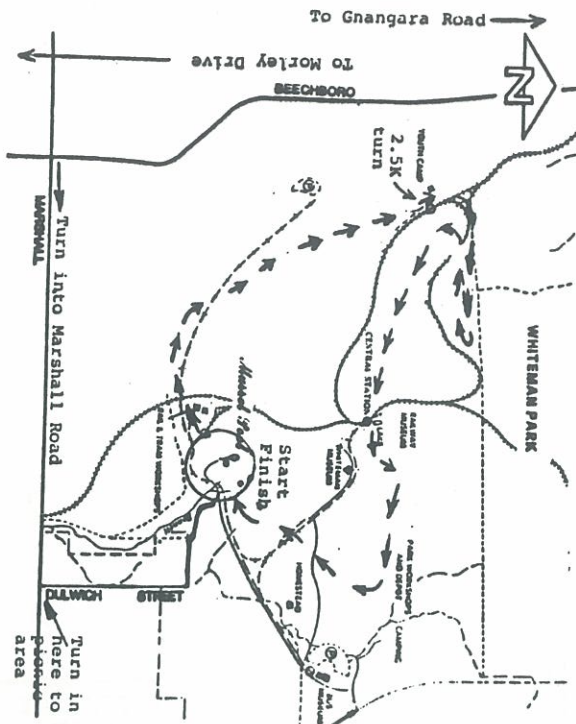
Just a short note to share with you and our Club members, a rather touching experience I had on my recent trip to London. Apart from the tremendous time I had with the Vets, and the thrill of running the marathon in London, I was introduced to a fellow English runner while staying with my sister in Norfolk. Granville, who owns the local shoe shop, had also entered the London Marathon, and we arranged to have a "bit of a jog" when we had both returned to Norfolk. Needless to say young (39) Granville did 3.28 and as I found out later was obviously capable of nearer 3 hours!!

We sauntered along the country lanes a few days later, me puffing and panting, and Granville talking all the way. Ten days after the Marathon I was invited to join his local Club on one of their evening training sessions. (Nobody runs in the morning in England, except the Aussies). It was beautiful, a light summer evening, past the local sewerage works, off into the country, I don't know whether I can manage 10 tonight, I said, I've just done the Marathon. But on reflection, perhaps 10 kms will do me good, the Poms don't know about kilometres, they only know miles, so I very nearly did a PB for 10 miles that night. But, the reward, back to the Clubhouse for a pint!! I ran with this very hospitable Club several times, and with Granville for some LSD in the country!! At one of their Club meetings I was both touched and proud to receive from their President, a T shirt and Sweat shirt in their Club colours, in order to express their friendship to our Vets Club. (I forgot to mention earlier that they were not a Vets Club but for all ages, although I did spot a few likely contenders for our age groups). So if ever you are in Norfolk, there is a super Club called the Duke Street Road Runners Club, waiting to look after you and to prove once more the comraderie that exists between runners all over the world. I will personally see that Duke St. receives a copy of our future Vetrans, so thank you once again for my welcome, and to Granville for being my patient running companion.

Sandi Walton.

Dear Brian,
I am founder and President of the Centurion Runners Club which is an elite club open to those who have completed 100 miles in 24 hours in a race or an individual attempt. Thereafter members gain recognition if they complete a Six Day Event, Sydney to Melbourne and other similar events anywhere in the world. Multi day individual attempts are recognised if proof can be produced. Individuals gain membership this way, for example, John Ferris and Ross Parker. Bronwyn Salter has had two attempts at the 100 mile walk record, George Audley broke the WA 100km record.
Members are recognised by the distinctive black and white badge, a runner superimposed against the world - underneath are bars to the badge. Red lettering bars indicate that the member has completed over 200kms in 24 hours or distances greater. We have members in W.A., Interstate, S.A., Vic., A.C.T., N.S.W. and overseas.
The first ever Australian 48 hour will be held at Mc Gillivray Oval on 16th to 18th October 1987 starting at Midday. It will be a world first in that we are combining the 48 hour with a 24 hour running and walking section which will start at midday on 17th October.
We have collaborated with the WA Vets for the two 24 hours we have had. Many of our Centurion members are Vets. Bronwyn Salter, Charlie Spatz, Irish Spain and myself. The committee consists of President, myself, Vice President, Ross Parker, Treasurer, Irish Spain, Secretary Bronwyn Salter, committee member John Ferris.
The original club was founded by myself in 1966, Durban, South Africa. We had many world record holders of other distances in the club. Many of these were legendary figures in the world of ultra running. Two world records were created in 1968 and 1970 where the 100 mile was concerned, the old one being broken. We were able to produce another runner who broke all the inter-continental records, South Africa, America and Britain. I left in 1973 because of the political situation. In 1985 the club was resurrected by myself.
The 48 hr/24hr will be held every alternative year, in between years we will hold a 24 hour early in that year at another venue. This will be a warm up for the Albany to Perth or vice versa.
The first Perth to Albany will be held in the Bicentennial Year of 1988 starting at the City Hall, Perth at 10 a.m. on September 28th and finishing 48 days later at the Anley Brig. The time limit for a 257 mile race is very generous, but it is a first so we must be fair.
The 48 hour is merely to give those contemplating such a run a chance to see whether they can do such an event. Runners must provide their own van, crew of four and food and petrol for the vehicle. Naturally, safety will be foremost in our mind. Crew will not only have notes on how to crew, plus a booklet on what ultra running is all about, there will be a on site demonstration of how to crew before the start at the pre race briefing. We have the experience of these ultra runners who have completed the Sydney to Melbourne, namely, Joe Record and Ross Parker twice, and now George Audley but also twelve WA people who have crewed in that race, included are myself twice, Jill Boyer and Jim Turnbull, both Centurion Runners Club members. Obviously it will be mainly a WA event with a few Eastern States runners. Medals will be awarded.
It is hoped that we will be able to produce more runners who can participate in the Sydney to Melbourne and finish as George Audley did. It is part of my plan to focus attention on the Centurion Runners Club and indirectly the Vets.
The sponsors have much to gain from such an event as the Perth to Albany as not only will it be highly publicised, but the product's name will be plastered all over the crew van following the runners. Psychological tests will be done on the runners and crews. It has not been attempted before. (No humour intended).
I hope the Vets will become involved, especially those with time on their hands. I need volunteers for time keepers and others for the 48 hour and Perth to Albany. Please contact Irish Spain or myself.
I am also the WA representative of the Ultra Distance Association which only recognises races not individual attempts as we do. It is open to anyone interested in the ultra scene. You don't have to have run in one of the races or even be a runner to join; the fee is \$8. They publish a very good magazine, full of results and interesting articles on ultra running. Send money to: Dot Browne, 4 Victory St., Mitcham, Victoria. 3113 (she is a Vic. Vet) In conclusion, I would like to mention that Dennis Vincent whose date of birth is dated as 2/12/87 and D.O.B. is 1/5/87 is a runner whose date of birth and a Vet at that. It is often said some are old before their time and runners are born not made. Dennis has proved that point!
Tony Tipp

19th June 1987



"Mussel Pool Myster"

Please note the change from your calendar:

- August 2nd 8.00 a.m.
- Mussel Pool is in Whiteman Park, Beechboro. Travel east along Marshall Road and turn north into Dulwich Street. This takes you to the entrance of Mussel Pool picnic area. This is the only entrance to Mussel Pool.
- **Courses**
 - 10K and 5K (approximate)
 - The 5K is an out-and-back.
 - The 10K is a circle with one loop at about 4K. It is cross-country - sand tracks, limestone tracks, narrow bush tracks, rough fields and there is likely to be some ground water. Recommend old shoes!

BBQs

There are 4 wood BBQs with wood provided.

There are no showers.

There is an open field for games, Melbourne tram and steam train rides, cycle paths.

After a really tough cross country, make it a picnic day!

If you can help with marshalling on the day, please see or ring Sandi (339 2988), Kath (328 1507), Basil (387 9756W).

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This Australia-wide publication has been going for a year now. It is surely a 'must' for anyone thinking of competing in inter-state events. It is devoted exclusively to Veteran athletes. It is informative, interesting and contains excellent photographs. Should you wish to subscribe please complete and mail the form below.

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