



# The Vetrun



No. 190 JULY 1988

## W.A. VETERANS' A.C.

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You are unique, in all the history of the world there was never anyone else exactly like you and in all the infinity to come there will never be another you.

GENTLE REMINDER. If there is a \* at the side of your name on the address label of this newsletter, it means that you have forgotten to renew your subscription for this year. Unless you renew it promptly this will be the last newsletter sent to you. (Please renew, if only to keep me in this job. Ed)

### PRESIDENT'S CORNER.

1. Have you paid your subs yet? Mostly this is due to an oversight, so please assist the committee by promptly paying your dues.
2. All good things must eventually come to an end. That very popular run, The Walliston Wallop, hosted by Rose and Maurice Johnston will not be on future programmes. On behalf of the committee and all club members I would like to extend my thanks to Rose and Maurice for many wonderful runs and after race activities conducted at their home. They will be missed by all
3. The committee is currently investigating the purchase of club 'T' shirts, I will keep you informed in future Vetruns. Club Logo's are available from the treasurer, these are an iron-on style, also transfers for your motor vehicle.
4. Planning for the Perth People's Marathon incorporating the Veterans State Marathon Championships is well under way and entry forms will be available soon.
5. The Half Marathon Championship was a great success, thanks to Bob Sammells and all his helpers. Congratulations to all the winners in their various age groups. Certificates will be issued shortly.
6. To all those who ran the Lake Monger Circuit, the course is exactly 10kms. Three laps equal 10122m and this accounts for the variation of 122m between start and finish. A Good way to test your speed over 10kms.
7. The 50km Road Racing Championship kicked off in its first 10km leg in the Jim Barnes Run. The other two legs of 15km and 25km will be run over the next month. You MUST complete all 3 legs to participate in the Championships. Thanks to Pat and Jim Barnes for another highly organised day at their home.
8. Vets were well to the fore in the recent 24hour run at McGillivray Oval. One of our favourite ladies, Trish Spain, ran brilliantly to finish 2nd overall and shatter her own State Record. She recorded 182km. Other Vets to participate were Goerge Audley, Brian Kennedy, Tony Tripp, Charlie Spare, Colleen Milbourne, Alan Croxford, well done all.
9. Welcome home Allen Tyson. Allen has been over east participating in various events.

FROM THE A.C.'T. NEWSLETTER "VETRANNER"

I know whats wrong with your discuss throwing. "What"? You're standing too close to it after you throw it!!!!!!

also:- Your mind says "Jump" and your feet say "What"!!!!  
For more of these tantalising titbits read the interstate newsletters available from your friendly librarian, Vic Beaumont, at club runs.

#### COMMITTEE MEETING.

Club Cross Country Champs, Jorgensen Park. Would ladies who would like to make a dish for the meal after the run please contact Jan Johnson on 2766333H or 4469666W or see her or Lorna Butcher at Sunday runs. This is a great day and is made possible by the ladies who provide all the food.

ANNUAL DINNER. Negotiations are under way to try and arrange this sometime during October. We will let you know as soon as possible in the Vetrun.

BICENTENIAL RUN. 11th September. There will be a 10Mile run also a 6km for those not wishing to do the full distance. As this is a special event for the bicentenary we hope that members will get into the spirit of things and dress in period running gear.

QUIZ NIGHT. A quiz night will be held in August at the Rugby Ground Club rooms at Perry Lakes, at the moment the date has not been finalised.

If you would like to make a contribution to the prize list please let any of the committee or Barrie Slinger know. Table sizes (number of people) and ticket cost will be put up on the club notice board and in the next Vetrun.

HELP. HELP. CROXFORDS CLIMB. Alan has asked me to pass on a plea for help for his run on the 31st August 1988. If you can give him a hand on the day would you please give him a ring on 3448659.

REABOLD CROSS COUNTRY 10th July 1988. For those who have not attended this run before the start is at the Oceanic Drive end of Perry Lakes Drive.

#### SUTHERLANDS RUN. 1st May 1988.

The Sutherlands Run had been over the same course now for eight years, people were no longer getting lost! As well the committee were making subtle suggestions that runners were not looking both ways when crossing Canning Highway!

It was obviously time for a change. So, this year we relocated the run, starting at Tompkins Park, then along the river towards Heathcote, then home again to Tompkins Park via a slightly varied route, 8.9km in all.

No one lost, no one run over, so no great excitement there, but the general feeling was that the course was a big improvement on the old one, so that was good to hear.

Many thanks to my assistants, Avril Yates, June Strachan, Arthur Leggett, Mike Berry, Joan Pelliers mum Phyllis and Rob Davis and of course our handicapper John Maddison, who had his hands full organising everyones time for the handicap start. It was good to have you all there.

Gloria and Ian Sutherland.

<u>RESULTS:-</u>		age	Clock	H'cap	Actual
1.	F Hagger	M60	52.14	7.40	44.34
2.	L Rhodes	W40	52.20	-	-
3.	R Brown	M50	52.22	16.45	35.37
4.	T Braham	M40	53.31	-	-
5.	P Miller	W45	53.40	3.45	49.55
6.	R Boggs	M40	53.52	15.55	37.57
7.	N Miller	M55	54.30	10.25	44.05
8.	R Sammells	M50	54.37	19.55	34.42
9.	M Traynor	M45	54.45	15.55	38.50
10.	W Welyky	M40	54.53	17.45	37.08
11.	P Airey	M50	54.58	17.45	37.13
12.	M Rhodes	M40	55.04	18.45	36.19
13.	J Ferris	M35	55.06	-	55.06
14.	J Yates	M40	55.11	21.25	33.46
15.	J Thompson	M45	55.14	-	-
16.	R Farrell	M45	55.18	13.05	42.13
17.	S Hoskins	M40	55.21	20.55	34.26
18.	A Sim	M40	55.26	15.55	39.31
19.	B Crellin	M50	55.50	15.55	39.55
20.	D Roberts	M45	55.53	20.55	34.58

21.	P Martin	M45	56.02	19.55	36.07
22.	P McIver	W40	56.06	14.45	41.21
23.	G Peet	M50	56.06	14.45	41.21
24.	L Brown	M40	56.07	-	-
25.	K Martin	M50	56.16	19.55	36.21
26.	G Schaffer	M55	56.22	19.30	36.52
27.	M Faunge	M50	56.25	17.45	38.40
28.	P Cole	M40	56.33	18.15	38.18
29.	D Moffett	M55	56.36	18.15	38.21
30.	S Stewart	M45	56.40	-	-
31.	L Butcher	W55	56.48	8.30	48.18
32.	J Johnson	W40	56.49	8.30	48.19
33.	J Langdon	W40	56.50	8.30	48.20
34.	S Hicks	M45	57.01	10.25	46.36
35.	P Farrell	W40	57.02	11.15	45.47
36.	C Bould	M70	57.07	10.25	46.42
37.	G Morgan	M60	57.17	11.15	46.02
38.	B Foley	M40	57.25	20.55	36.30
39.	D Hough	M55	57.30	19.30	38.00
40.	H McGlashen	M50	57.37	19.05	38.32
41.	S Hodge	W40	57.42	12.05	45.37
42.	A Turner	W50	58.15	-	-
43.	C Cole	W45	58.35	4.55	53.40
44.	B Buchanan	W40	58.54	-	58.54
45.	S Bowler	M65	59.14	4.55	54.19
46.	M Warren	W50	59.15	9.20	49.55
47.	P Sheerin	M55	60.26	-	-
48.	J Trovato	M45	60.32	21.00	39.32
49.	N Berry	W55	61.33	3.45	57.48
50.	J Pellier	W45	63.29	14.00	49.29
51.	M Tapper	W40	64.02	5.30	58.32
52.	J Spencer	M45	64.03	19.55	44.08
53.	D Strachan	M65	64.25	12.05	52.20
54.	R Potter	M45	66.05	-	-
55.	K Crellin	W45	66.54	9.20	57.34
56.	J Collins	M75	66.54	-	- Walk
57.	J Sanger	W35	66.54	13.05?	53.49 Walk

ANDY WRIGHT MEMORIAL RUN (22.5.88)

Though the conditions got a bit trying for the officials at one stage, the fourth Andy Wright Memorial Run was conducted in excellent running conditions at Carine Reserve on 22nd May. As usual, it was an open handi-cap, and was the first opportunity for the new Handicapper, John Maddison to level out the field. In addition to the 62 runners who completed the 9.86 km course, there were a number of others recovering from injury who covered shorter distances, and there was a strong contingent of walkers. The event was a good tribute to Andy's memory.

The Trophy winners this year were Shiela Maslen and Fred Hagger. Spot prizes related to significant numbers in the race director's life went to Bill Crellin and Matthew Slinger.

In presenting the trophies, our President, Keith, thanked Andy's family for once again providing the refreshments after the run, and congratulated the members for turning out in such good numbers.

Results: (Only the finishing order is given here, as the recording watch suffered a malfunction and times for all runners were not recorded.)

Place					
1.	S. Maslen	8.	B. Aldrich	15.	K. Johnston
2.	R. Boggs	9.	D. Drayson	16.	D. Moffett
3.	M. Robinson	10.	C. Cole	17.	M. Johnston
4.	F. Hagger	11.	M. Moyle	18.	D. Sheerin
5.	M. Rhoads	12.	R. Stewart	19.	L. Brown
6.	S. Sanders	13.	B. Schickert	20.	T. Maslen
7.	A. Turner	14.	D. Hough	21.	J. Russell

Results Cont.

22. D. Roberts	36. L. Rhodes	49. J. Edwards
23. S. Hicks	37. F. Usher	50. K. Forden
24. A. Aldrich	38. D. Hazell	51. G. Morgan
25. W. Crellin	39. B. Thomsett	52. F. Smith
26. B. Sammells	40. D. Caplin	53. J. Pellier(W)
27. D. Airey	41. P. Martin	54. B. Monks
28. S. Bowler	42. H. Kirkman	55. R. Burns
29. E. Moyle	43. K. Martin	56. L. Schickert
30. P. McLiver	44. M. Forden	57. B. Slinger
31. G. Schaefer	45. P. Sanders	58. M. Slinger
32. J. Slinger	46. B. Danby	59. J. Willers
33. A. Sim	47. J. Barnes	60. F. Mclinden
34. D. Carr	48. R. Shand	
35. J. Pellier(M)		

The race director would like very much to thank all those who helped in conducting this event.

Leo Hassam

COLLIE MARATHON. 19th June 1988.

Imagine 12km of hilly road, all uphill, followed by 9km mostly downhill, rain, wind and large puddles in the road but picturesque scenery and your mind would take you to the scene which greeted the 16 members of the club who started out in the Collie Marathon at 9am on Sunday 19th June 1988.

The results were:- Marathon (2 circuits) Winner Tony Heppner 2.37.00

Chris Brockwell	M35	2.41.59	2nd O/all	John Pellier	M45	3.22.49
Bob Argyle	M40	2.56.44	1st M40	Roland Matzke	M45	3.40.29
Jim Barnes	M45	2.56.49	2nd M45	Trish Spain	W45	3.54.45
Barrie Robinson	M45	3.02.31				

HALF MARATHON. (1 circuit) Winner Clive Hicks 68.43

Steve Barry	M50	78.29	1st M50	Derek' Drayson	M65	105.46
John Gilmour	M65	81.11	1st M65	Doreen Dow	W45	106.12
Tessa Brockwell	W30	85.20		Rob Farrell	M45	108.35
Rob Shand	M55	90.38	1st M55	Alison Aldrich	W45	111.43
Brian Aldrich	M55	98.38		Phyllis Farrell	W40	116.47

Phyllis was 1st W40 and Derek Drayson celebrated his 65th birthday with the Run. Although times were not called at each 5km and there was some confusion in the distance marking, the quality of the sponsored prizes made it all worthwhile for the recipients

Rob Shand.

JIM BARNES RUN 1988. (12th June)

Most runners were disappointed with their times this year. In previous years perfect conditions were the order of the day. Gusty winds and overcast skies were the reason many were as much as two minutes down on their last time. P. McGoldrick set a fast pace for the race. Chris Brockwell was his closest rival and led the vets from start to finish. That also was the case in the female section with marvellous Marg Forder winning yet another race on calendar. Marg is the only person to win consecutive times for this run. As always John Gilmore put in another good performance for his first time competing on this course.

Many thanks to the following whom we could not have put the run on without; Blarney Farrell, Ann Smith, Rose Johnson, Sue Jones, Alma Gilmore, and our hot dog king, Maurice McWarren.

*JIM BARNES*

00	10KM JOHN TARRANT.	TROPHY	5KM
1	C BROCKWELL M35 35:48	R POTTER M45 46:45	J RUSSELL M55 23:40
2	F SMITH M45 36:45	A TYSON M60 47:04	J JOHNSON W40 24:41
3	R. SHICKERT M45 37:22	D CARR M55 47:09	G MORRIS W40 25:09
4	J GILMOUR M65 37:50	M JONES M45 47:28	G MORGAN M60 25:49
5	E COSTELLO M50 38:15	P MCCLIVER W40 47:48	E MOYLE M60 26:39
6	W PANTALL M35 38:37	D DRAYSON M60 47:59	P CARR W55 27:14
7	P MARTIN M45 39:12	N MILLER M55 48:00	S MASLEN W50 27:58
8	J PRESSLEY M40 39:25	R FARRIEL M45 49:07	M WARREN W50 27:59
9	M JOHNSON M50 39:50	M WARREN M55 49:45	V TYSON W65 46:26
10	D ROBERTS M45 40:12	J PEARCE W35 49:48	J SHUGAR W45 46:29
11	R DOUST M35 40:20	A TURNER W50 50:02	A STONE M55 26:48
12	K MARTIN M50 40:37	R LAWRENCE M60 51:33	A LEISEBOER W45 26:50
13	R SHAND M55 40:48	L HASSAM M55 51:42	J BRAYMONT W50 37:28
14	T MASLEN M50 40:48	S HICKS M65 52:02	L SHICKERT W45 37:31
15	J TROVATA M45 41:12	P FARRELL W40 53:15	J CARRISS VIS 21:46
16	D MOFFETT M55 41:50	E ODEA W50 53:16	J DAVENPORT " 22:14
17	PAIREY M50 41:59	J SANGIER W45 55:50	S LUPTON " 24:16
18	J GREENFIELD M40 42:04	A BUTCHER W55 55:09	J LANPTON 38:54
19	J MADISON M50 42:07	C BOUAD M70 55:10	J HORSLEY 38:54
20	P COLE M40 42:25	J WILLERS W40 56:26	VISITOR 10KM
21	A JENKINS M40 42:26	F USHER M60 57:34	P MCGOLDRICK 35:10
22	B ALDRICH M55 42:40	A ALDRICH W45 60:05	P ODAM 36:43
23	J PELLIER M45 43:11	J GREENFIELD W45 60:07	J LEISEBOER 39:00
24	B BYRNE M50 43:39	S BOWLER M65 60:33	E M'RAE 41:09
25	D HOUGH M55 43:50	E MERCER W45 74:38	N M'RAE 41:28
26	M RHODES M40 43:59	J GILDSMITH M60 60:24	F WYATT 47:10
27	M WATTS M50 44:05	10KM WALK 93	
28	M FORDEN W45 44:08	M STONE W45 74:18	
29	D CAPLIN M45 44:09	J SANGIER W35 74:18	
30	J CURTIS M50 44:12	J COLLINGS M75 74:18	
31	M TRAYNOR M45 44:18		
32	A SIM M40 45:20		
33	B AXMAN M55 46:06		

CLUB HALF-MARATHON CHAMPIONSHIPS	MCCALLUM PARK	MAY, 29, 1988
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Conditions for this year's event were almost perfect yet, with one notable exception, performances were generally slower than in 1987. Last year 10 members ran under 80 minutes for the flat, two-lap course. This year there were three, despite a slightly larger field. We were also down to only two ladies compared with eight last year. The Medibank Private Bunbury Marathon was clearly still taking its toll.

But it was Bunbury's Hank Stoffers (M45) who dominated this race. He lead the field from the start and up to 7K was closely followed by Frank Smith (M45), Chris Brockwell (M35), Bob Argyle (M40) and two guest runners. At this point he pulled away and went further ahead as the race progressed.

Hank went on to be the first man home. Maurice Smith had set a fine M45 record of 1:14.42 in 1983. Hank missed this by 10 seconds in 1987 but made no mistake this time with 1:12.56. This was the only record set on the day.

Bob Argyle later broke clear to finish second (1:15.16) with Chris third (1:15.55), repeating last year's time. Frank Smith's recent injury forced him to withdraw.

Margorie Forden (W45) was the first lady home in a good time of 1:41.53. She ran the first half alone at a brisk pace. Tony Speechly and Alan Sim (both M40) then passed her but she hung on to pass Alan near the finish. Phyllis Farrell (W40) was recently confined to bed with illness so her 1:53.09 was a sound effort.

There was good competition elsewhere. In the M45s, Bob Schickert got an early break that Graham Thornton could do little about and these took second and third places. In the M50s, Dave Roberts, Barrie Robinson, John Pellier and Jim Barnes were together until 13K when John lost contact. The M50s saw strong running from Ted Costello and Maurice Johnston. Ted (1:23.43) ran close to a PB to win from Maurice.

Dave Hough displayed a return to form in the M55 group. Alan Pomery had lead a group containing Dave, Dalton Moffatt and Rob Shand in the early stages. The lead changed several times before Dave got away to lead the others home in 1:29.02.

Other age group winners were Merv Moyle (M60) 1:40.22, Eddie Strickland (M65) 1:45.04 (six days before his 70th birthday), Cliff Bould (M70) 1:51.10, and Jack Collins (M75) who walked the course in 2:42.19.

Among our guests we saw young Matthew Slinger run the short course with Mum and Dad, and Serge Toussaint's 16 year old son Yann complete the full course in 1:27.48. Well done, lads.

My thanks to all who helped on the day. Thanks, too, to roving reporter Morris "Clark Kent" Warren for his reports from around the course.

Morris wrote that seeing the efforts that were being made by members made him feel proud to be a member of the Vets. Having seen the way they finished, I second that.

Bob Sammells.  
June 10, 1988.

Club Half-Marathon Championships

M35	1. C. Brockwell	1:15.55		M65	1. E. Strickland	1:45.04	
	2. P. Hughes	1:20.43			2. S. Hicks	1:56.10	
	3. C. Maher	1:28.38		M70	1. C. Bould	1:51.10	
	4. A. Noordyk	1:29.52			2. F. Hansford-Miller	2:18.52	
M40	1. R. Argyle	1:15.16		M75	1. J. Collins	2:42.19	(W)
	2. J. Braham	1:20.05		W40	1. P. Farrell	1:53.09	
	3. N. Beech	1:21.00		W45	1. M. Forden	1:41.53	
	4. C. Leman	1:23.08					
	5. V. Caruso	1:25.09					
	6. B. Foley	1:29.09					
	7. B. Munyard	1:29.43					
	8. J. Greenfield	1:30.19					
	9. T. Speechley	1:37.22					
	10. A. Sim	1:42.19					
	11. K. Field	1:45.03					
M45	1. H. Stoffers	1:12.56	(R)	M40	1. M. Khan	47.50	
	2. R. Schickert	1:20.49			2. S. Toussaint	48.50	
	3. G. Thorton	1:21.23			3. J. Lindsay	56.19	
	4. J. Barnes	1:24.50					
	5. D. Roberts	1:24.54		M45	1. D. Caplin	45.58	
	6. B. Robinson	1:26.13			2. R. Potter	52.40	
	7. J. Pellier	1:28.16			3. B. Slinger	54.22	
	8. J. Trovato	1:29.33			4. K. Forden	57.56	
	9. P. Martin	1:29.53			5. I. Sutherland	1:02.17	
	10. R. Matzke	1:30.17					
	11. D. Miller	1:30.57		M50	1. M. Smith	42.19	
	12. J. Edwards	1:51.10			2. B. Byrne	50.14	
	13. R. Farrell	1:51.12					
	14. B. Thomsett	1:57.20		M55	1. P. Sherrin	58.55	
	15. M. Fermor	2:01.45			2. K. Johnson	58.55	
M50	1. E. Costello	1:23.43		M60	1. E. Moyle	58.48	
	2. M. Johnston	1:24.25			2. R. Lawrence	1:00.00	
	3. K. Martin	1:29.00			3. J. Goldsmith	1:16.30	
	4. J. Stickle	1:30.27					
	5. P. Airey	1:34.13		M65	1. S. Bowler	1:10.31	
	6. J. Campbell	1:34.16					
	7. B. Crellin	1:36.20		W35	1. J. Pearce	56.19	
	8. M. Faunge	1:36.37			2. G. Ralph	2:12.46	
	9. G. Peet	1:43.17					
	10. M. Watts	1:44.39		W40	1. K. Noordyk	54.45	
	11. K. Whistler	1:47.23			2. M. Birks	55.12	
	12. G. Florence	2:00.32			3. J. Roberts	55.17	
					4. J. Greenfield	57.00	(10K)
					4. S. Hodge	1:01.08	
M55	1. D. Hough	1:29.02					
	2. G. Schaefer	1:29.46		W45	1. J. Slinger	56.28	
	3. R. Shand	1:30.32			2. J. Pellier	1:00.00	
	4. D. Moffat	1:31.40			3. M. Miller	1:03.35	
	5. A. Pomery	1:31.44			4. L. Schickert	1:33.19	(W)
	6. B. Aldrich	1:34.45			5. J. Shugar	1:39.34	(W)
	7. F. McLinden	1:37.22					
	8. D. Wilmott	1:44.50		W50	1. A. Turner	56.57	
	9. J. Russell	1:50.44			2. J. Beaumont	1:33.19	(W)
	10. N. Miller	1:51.29					
	11. L. Hassam	1:56.18		W55	1. L. Butcher	55.00	(10K)
M60	1. M. Moyle	1:40.22		W65	1. V. Tyson	1:39.34	(W)
	2. D. Drayson	1:49.57					
	3. G. Foley	1:59.17					

R = Record

W = Walked

11K approximately

Visitors - Half-Marathon

P. Odam	42.18 (11K)	J. Toussaint	1:27.48
R. Burns	55.20 (11K)	G. Stewart	1:28.02
D. Goodwin	1:15.30	R. Doust	1:29.08
D. Eltringham	1:18.16	C. Brooks	1:33.30
G. Dehnert	1:19.32	C. Smith	1:36.49
G. Lynn	1:24.13	J. McNeilly	1:41.42
B. de la Motte	1:25.09	R. Clarke	1:49.30
J. Huggins	1:26.35		

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"NEVER AGAIN" - AGAIN!!!!!! by Charlie Spare.  
(A personal report on the Hi-Tek 24 hour race)

I arrived at McGillivray Oval at 11.00am on Saturday May 28th, very early I thought, still the last to arrive, a good omen!? Greeted by the Ultra Marathoners friend, one J. Whittam with some smart remark about 'never again Spare here again'. Rushed around getting everything ready for the race which started at mid-day. At this stage Dorothy Whittam stepped in to do my lap scores until my wife turned up some three hours later, a great job Dorothy. Thanks.

The race progressed at a steady pace, for me very slow, but comfortable. Various Vets turned up to offer encouragement, also a letter of encouragement, (Fan Mail at last)!! from a flu ridden Val Prescott. I suppose the terms such as NERD, NITWIT and NUMBSKULL are meant to be encouraging.

As night arrived so did the cold and some weird and wonderful outfits, the brightest probably Tony Tripp's, much better than his usual green tights and yellow shorts. I stuck with red shoes, pink tights, red shorts, white top, grey gloves and beany and was still cold but definately one of the beautiful people.

About 8pm youngest daughter and boyfriend arrived to share the rest of the lap scoring, alternating two hours on then two hours off, also I started to be sick. Ah well, been there done that. At this stage decided to run one lap and then walk one. Took several hours to stop feeling sick. After several Ultras I am convinced that resting does not work, too hard to get going again, slow down and recovery is guaranteed, you feel lousy for a while but it works.

As the night progressed so I worked my way through the field, by daylight I was dead last.

Through the night it was great to watch the various crews, they all looked very cold, I don't know which would be worse, running or crewing. They all did a great job cheering every runner, we all needed it. At about 80km I thought of dropping out, then I realised that 100km was required to be a finisher and receive a medal. Ah well, push on, nothing better to do than sleep in a warm bed anyway.

Just before 7am daylight arrived, watching the sun come up during an Ultra is a great experience, knowing there are only five hours to go also helps. as the day warmed up I continued walking and running alternate laps and by this time I felt terrific and could have kept going for more than 24 hours. I finally finished with 150.423km covering the last 5km in a shade under 20min A near P.B.

It was good to see Jim Turnbull and George Audley become the 2nd and 3rd Australians to both run and walk 100 miles in less than 24 hours, great going, also to see Trish Spain going so well, watch out for her on the road to Albany and Dave Bird make the 100 miles on his fourth attempt.

Thank you to the various Vets who helped or just offered encouragement, especially Dorothy and Jeff Whittam and Dick Horsley, you can't imagine how much it helps particularly through the rough hours.

All in all I was happy with my performance being fully recovered in less than a week. It looks good for Albany.

If anyone can help with crewing for about four days starting on the 29th September, please contact me on 3376687. Being able to drive would be a great help.

After Albany!!!! definately NEVER AGAIN.

Charlie Spare.

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A DIFFERENT BREED by Tony Tripp

This year at the Hi-Tek 24 hour Ultra Marathon held on the 28-29 May in Perth. It was a battle between Mike Thompson, Trish Spain and Alan Croxford. Mike reigned supreme whilst Trish has taken on, for a brief period, Cynthia Cameron's mantle.

Trish is the 'unknown woman of Ultra running, she is unheralded around the nation because she is modest by nature. She has won the womens section four times in a row with the following milages, 1985 161km, 1986 177km, 1987 176km and in 1988 182km. She is now the no. 2 Ultra woman in Australia.

Jim Turnbull and George Audley are now the 2nd and 3rd men in the country to have done the 'double' that is run and walked 100 miles in seperate events. Claude Martin, a veteran now living in Queensland was the first Australian to do this feat. They are among an elite few in the world.

George who walked 164km has come 6th and 13th in the Sydney-Melbourne and at his first attempt at the Colac 6 day event broke the 500 mile barrier. He is also the winner of the 1986 24 hour and the 1987 Hi-Tek 48 hour, this race the first to be held in Australia.

George, Jim and Bronwyn Salter are all State walkers, it is because of this that we have a walking section in our 24 hour event and collaborate with the State walking body in this regard, judges being at the track at all times.

Brian Kennedy and Charlie Spare both went to the world Games in Melbourne and had good runs there Brian is on the committee of the Bunbury Marathon. Charlie is reknown for his wit and has been heard to murmur 'never again' after certain runs, which seems to translate to "see you again next year". This year he announced to All and Sundry (two running friends) that he was merely having a "training run" as he was holding himself back for the Perth - Albany on the 29th September. Many of us in the morning wished we had thought of saying that.

Alan Croxford, winner of the 1985 24 hour, had to retire because of exhaustion, sometimes a feeling of hopelessness occurs and you have to fight it off. If you lose concentration and resolve, you may retire. This feeling is known in Ultra circles as "The Horrors", at the time Alan was lying a comfortable 2nd.

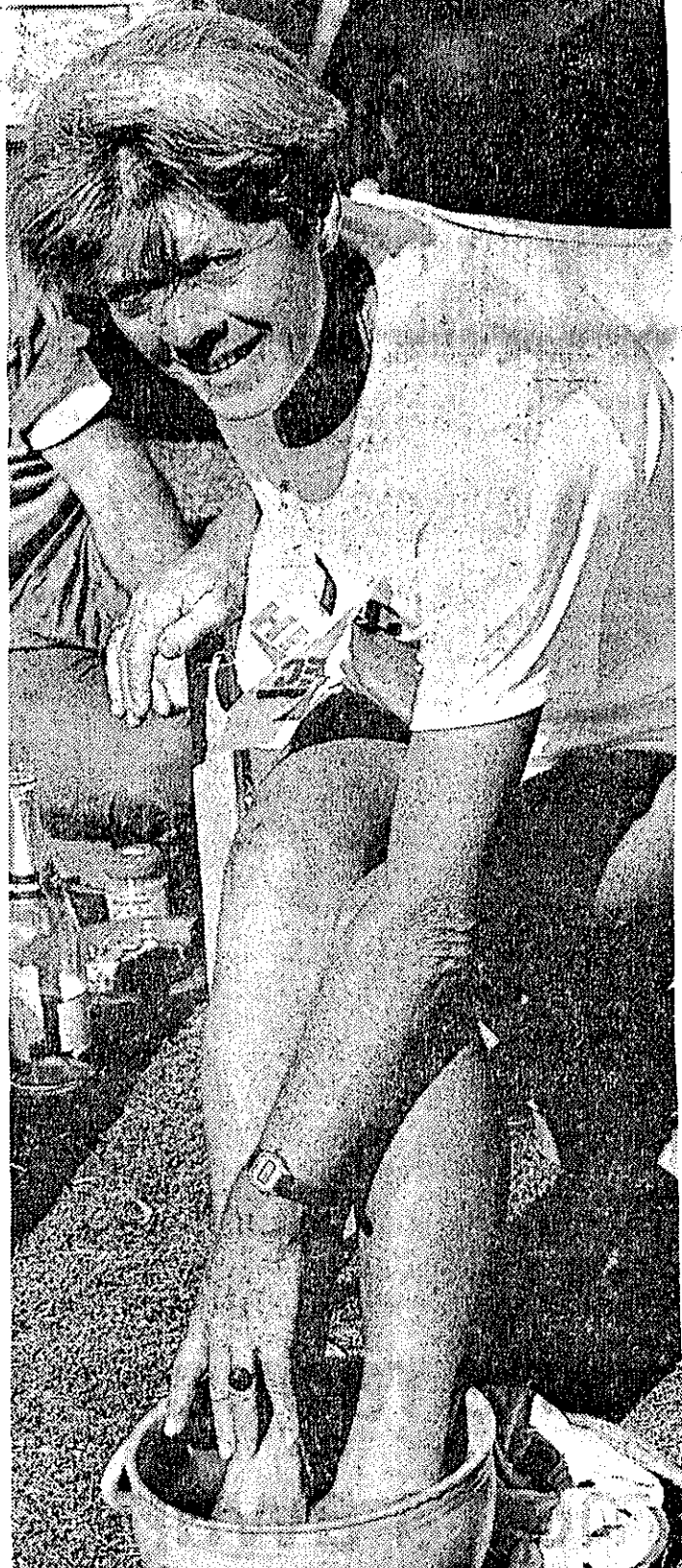
The next Ultra is the Perth-Albany of 410km with a time limit of 4½ days. The start is from Barrack Street Jetty at 10am on the 29th September 1988. The qualifying requirements are having completed 100 miles in 24 hours.

Those who complete 100 miles in 24 hour become members of the Centurian Runners Club.



L - R  
 Garry Clark (org)  
 George Audley  
 Bert Oostdam (obs)  
 Mike Thompson  
 Gerald St John  
 Alan Croxford  
 Ken Fatt  
 John Bird  
 Trish Spain (obs)  
 Brian Kennedy  
 Jim Turnbull (obs)  
 Bronwyn Salter  
 Colleen Milbourne  
 Tony Tripp (obs)  
 Dave Bird  
 Charlie Spare

All the field were veterans except the late entry Gary Glover who is 34.



George Audley

Jim Turnbull

Dear Jeff,

I would very much like to thank all those Vets who helped out in the recent 24hour race. As ever they all did a great job. Thanks a lot. Also congratulations to all the runners, most of whom were veterans.

A special word has to go to Trish Spain for her great EFFORT, a lady I have secretly admired for some years. Well done.

Yours  
Alan Croxford.

# Runner rewrites the record books

TRISH Spain soaks her aching feet in a bucket of water after virtually rewriting the record book for women's ultramarathon running in the fourth annual Hi-Tec 24-hour race at McGillivray Oval, which finished yesterday.

Spain, of Daglish, broke her own State records for running 50 miles, 100km, 150km, 100 miles and 24 hours during the weekend.

Michael Thompson, who completed 182km. It was one of the fastest distance times recorded by a woman. Thompson clocked 192.371km.

Sixteen runners competed - 13 men and three women.

The race was a qualifying event for the inaugural Perth to Albany race, which will start on September 29. — Picture: STEVE FERRIER

She finished second behind

HI-TEC 24-HOUR RESULTS					
POS.	NAME	PERFORMANCE	50 MILES	100 MILES	150 KMS
1.	Mike Thompson	3:34.00	8. 04. 03	10.24.08	17.74.33
2.	Trish Spain	4:18.19	8. 53. 30	11.35.03	19.39.02
3.	Bart Oostden	4:20.00	9. 39. 00	12.17.45	19.44.51
4.	Jim Turnbull	4:32.20	9. 27. 42	12.49.02	20.16.00
5.	Dave Bird	4:22.30	10.01.12	12.57.30	21.09.52
6.	Ewan Kennedy	4:37.29	9. 42. 00	12.54.34	21.55.55
7.	George Audley	5:05.59	11.08.45	14.11.20	21.45.14
8.	John Bird	4:08.16	8. 36. 00	11.45.24	20.46.07
9.	Brownyn Salter	5:03.42	9. 00. 28	13.01.37	22.19.44
10.	Tony Trapp	4:42.20	10.00.36	15.36.50	22. 6.56
11.	Charlie Space	4:22.20	11.07.50	14.45.58	23.59.49
12.	Colleen Milbourne	4:28.28	9. 48. 08	13.39.00	-
13.	Alan Croxford	4:04.23	8. 37. 57	11.06.09	-
14.	Ken Batt	4:49.26	11.49.30	19.54.24	-
15.	Gerald St. John	4:40.16	10.28.09	13.18.07	-
16.	Cary Glover	4:40.10	20.40.07	23.34.31	-

24 HOURS	100 MILES	150 KMS	100 MILES	150 KMS
192.376	18.51.16	17.74.33	10.24.08	17.74.33
182.000	21.05.26	19.39.02	11.35.03	19.39.02
174.836	21.28.29	19.44.51	12.17.45	19.44.51
167.969	21.54.56	20.16.00	12.49.02	20.16.00
167.293	23.00.00	21.09.52	12.57.30	21.09.52
164.116	23.34.49	21.55.55	12.54.34	21.55.55
164.589	23.28.40	21.45.14	14.11.20	21.45.14
162.000	22.42.39	20.46.07	11.45.24	20.46.07
161.462	23.50.09	22.19.44	13.01.37	22.19.44
161.000	23.48.47	22. 6.56	15.36.50	22. 6.56
150.423	-	23.59.49	14.45.58	23.59.49
133.937	-	-	13.39.00	-
119.000	-	-	11.06.09	-
118.151	-	-	11.49.30	-
117.000	-	-	13.18.07	-
100.50	-	-	23.34.31	-

PRIZES: 1st Hi Tec Trophy - Mike Thompson  
 2nd Men 24 hours - Ron Grant Shield - Bart Oostden/country M.40, 100 miles, 100 kms.  
 1st Person 100 miles - Dave Marsh Trophy - Mike Thompson  
 1st Person Walking 24 hours - Jim Turnbull Shield - George Audley  
 1st Woman 24 hours - Geraldine Watson Shield - Trish Spain/W.A. record 50 miles 8.53.30 - 100 kms 11.35.03.  
 12 hour - 107.316 kms., 100 miles - 21.05.26-24 hour, 182 kms.

DONNELLY RIVER HOLIDAY VILLAGE - Long weekend in September (Friday 23rd to Monday 26th).

As I mentioned in last months Vetrun, numbers for this weekend event will be limited. The maximum number of people that we can accomodate is forty. On the other side of the coin, we need a minimum number of 30 people to make it worthwhile and keep costs to the minimum. At this stage of the planning the cost per person will probably be between \$15.00 to \$18.00 per person for accomodation on the weekend (in chalets which house from 12 to 14 people each).

Aside from the variety of bush runs (or bush walks) which will be the feature of the weekend, there are many other activities to enjoy. There is a tennis court available. There are guided bush walking tours which are put on by the resort. These tours begin at 9.00 a.m. on Sunday and Monday and each lasts about 1½ hours. Each tour costs \$2.00 per adult. Children under 15 are free. You can do both tours if you like because they are different. There will be a "Happy Hour" at the entertainment centre on Saturday from 5.00 to 6.00 p.m. with the management providing wine and soft drinks (BYO beer). There is a restaurant on site which will be open on Friday and Saturday nights (Sunday also if 6 or more people are interested). There are also B.B.Q. facilities and a local shop at the village. We also will be hiring the clubhouse hall on either Saturday or Sunday night (actual night to be confirmed). There are cooking facilities available in the chalets, so you can bring most (or all) of your own food to minimise costs.

Sounds like a great weekend so make your plans to attend and treat yourselves to a really enjoyable long weekend break away from the hustle and bustle of the city!

Rob Davis

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A PROFOUND APOLOGY. ALSO CONGRATULATIONS.

I have just been looking at the National Masters News (available from the club library) and in the June issue there is a list of World Record Holders Erica Mercer set a World Record in the 2000m Steeple Chase for W40 at the Champs in Melbourne, with a time of 9.02.13 Sorry I missed this off the list of record setters at the Championships. After that I must also say that missing off the list in the National Masters News was Patricia Carr's World Record for the Womens Triple Jump of 8.75m but WE know she holds it.

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WE EXTEND A WARM WELCOME TO THE FOLLOWING NEW MEMBERS:-

James F Huggins	5, Sylvia Place, Duncraig 6023	4489402	21/Jun/44
Bevan Byrne	80. Cleveland Street, Dianella 6062	2762960	31/Aug/37
Jill Shugar	" " " " " "	"	02/Apr/42
Christopher J Maher	12, Throsby Way, Padbury, 6025	4017174	07/Apr/53
Kim Moseley	23, Shirley Road, Kalamunda, 6076	2931165	20/Mar/47
Tim Fry	25, Saunders Street, Swanbourne, 6010	3852959	19/Aug/32
Clare Costello	14, Lawnbrook Road, Bickley. 6076	2918604	24/Jan/36

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BOOK REVIEW.

I have just finished reading "The Fast Men" a novel by Tom McNab. He also wrote Flanagan's Run. Once again he writes about pedestrianism in the late 19th century and the devious schemes that were used to make a killing, betting on the runners. The action of the story takes place in America and England. If you have enjoyed reading Flanagan's Run then I'm sure you will enjoy the book too.

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A VERY HAPPY BIRTHDAY TO OUR "JULY" MEMBERS

01-JUL-43	LANE	Graham A	turns	45	becomes	M45
01-JUL-42	RAYMEN	Robert S	"	46	remains	M45
03-JUL-35	FERGIE	Alexander R	"	53	"	M50
03-JUL-40	JAMES	Lyle	"	48	"	M45
03-JUL-35	MANLEY	Thelma	"	53	"	M50
04-JUN-50	FERRIS	John	"	38	"	M35
04-JUL-42	SNOWDEN	Kenneth	"	46	"	M45
05-JUL-46	LEMAN	Susan	"	42	"	M40
06-JUL-45	BELL	John D H	"	43	"	M40
06-JUL-31	BERRY	Mike	"	57	"	M55
07-JUL-39	FERMOR	Mike Frederick	"	49	"	M45
07-JUL-43	GREENFIELD	James	"	45	becomes	M45
09-JUL-14	GREEN	Stanley	"	74	remains	M70
10-JUL-43	CARSE	Bridget	"	45	becomes	M45
10-JUL-43	FIELD	Keith R	"	45	"	M45
10-JUL-47	WELKY	Wal	"	41	remains	M40
10-JUL-36	WHITAM	Dorothy	"	52	"	M50
11-JUL-32	PHILIP	Duncan	"	56	"	M55
12-JUL-41	SLINGER	Joan	"	47	"	M45
16-JUL-38	CHAMBERS	Robert A	"	50	becomes	M50
16-JUL-39	TROVATO	Joe	"	49	remains	M45
17-JUL-34	VAAISTA	Keijo	"	54	"	M50
18-JUL-41	MARTIN	Paul	"	47	"	M45
22-JUL-51	SANGER	Rayna Joy	"	37	"	M35
20-JUL-32	STONE	Alan	"	56	"	M55
21-JUL-39	JONES	Mervyn R	"	49	"	M45
24-JUL-30	PRATT	Charlie	"	58	"	M55
25-JUL-35	JONES	Paul	"	53	"	M50
26-JUL-42	CROWTHER	Enid	"	46	"	M45
27-JUL-30	TAYLOR	Kenneth J	"	58	"	M55
29-JUL-41	FORDEN	Margery	"	47	"	M45
30-JUL-25	MOYLE	Ernest	"	63	"	M60
31-JUL-40	WALDHUTER	Brian	"	48	"	M45
31-JUL-46	HODGE	Sandi	"	42	"	M40

Those doing the Perth Marathon next month may find the tabke below of interest, taken from an American magazine it does not give 'km pace' but it should be easy to work out from the 8km or 10km times. It should also come in useful for the last run in the 50km road running champs to stop you starting too fast and blowing up before the finish.

# Road Pace Table

1 Mile Pace	8 km	10 km	15 km	10 ml	20 km	1/2 mar	30 km	Marathon
4:30	22:23	27:58	41:57	45:00	55:56	1:01:11	1:27:00	
4:40	23:12	29:00	43:30	46:40	58:00	1:03:22	1:30:06	2:06:44
4:50	24:02	30:02	45:03	48:20	1:00:04	1:03:22	1:30:06	2:06:44
5:00	24:52	31:04	46:37	50:00	1:02:09	1:05:33	1:33:13	2:11:06
5:10	25:41	32:07	48:10	51:40	1:04:13	1:07:44	1:36:19	2:15:28
5:20	26:31	33:09	49:43	53:20	1:06:17	1:09:55	1:39:26	2:19:50
5:30	27:21	34:11	51:16	55:00	1:08:21	1:12:06	1:42:32	2:24:13
5:40	28:10	35:13	52:49	56:40	1:10:26	1:14:18	1:45:38	2:28:35
5:50	29:00	36:15	54:23	58:20	1:12:30	1:16:29	1:48:45	2:32:57
6:00	29:50	37:17	55:56	60:00	1:14:34	1:18:40	1:51:51	2:37:19
6:10	30:40	38:19	57:29	1:01:40	1:16:39	1:20:51	1:54:58	2:41:41
6:20	31:29	39:22	59:02	1:03:20	1:18:43	1:23:02	1:58:04	2:46:04
6:30	32:19	40:24	1:00:35	1:05:00	1:20:47	1:25:13	2:01:10	2:50:26
6:40	33:09	41:26	1:02:09	1:06:40	1:22:51	1:27:24	2:04:17	2:54:48
6:50	33:58	42:28	1:03:42	1:08:20	1:24:56	1:29:35	2:07:23	2:59:10
7:00	34:48	43:30	1:05:15	1:10:00	1:27:00	1:31:46	2:10:30	3:03:32
7:10	35:38	44:32	1:06:48	1:11:40	1:29:04	1:33:57	2:13:36	3:07:54
7:20	36:28	45:34	1:08:21	1:13:20	1:31:08	1:36:09	2:16:42	3:12:17
7:30	37:17	46:37	1:09:55	1:15:00	1:33:13	1:38:20	2:19:49	3:16:39
7:40	38:07	47:39	1:11:28	1:16:40	1:35:17	1:40:31	2:22:55	3:21:01
7:50	38:57	48:41	1:13:01	1:18:20	1:37:21	1:42:42	2:26:02	3:25:23
8:00	39:46	49:43	1:14:34	1:20:00	1:39:26	1:44:53	2:29:08	3:29:45
8:10	40:36	50:45	1:16:07	1:21:40	1:41:30	1:47:04	2:32:15	3:34:08
8:20	41:26	51:47	1:17:41	1:23:20	1:43:34	1:49:15	2:35:21	3:38:30
8:30	42:16	52:49	1:19:14	1:25:00	1:45:38	1:51:26	2:38:27	3:42:52
8:40	43:05	53:52	1:20:47	1:26:40	1:47:43	1:53:37	2:41:34	3:47:14
8:50	43:55	54:54	1:22:20	1:28:20	1:49:47	1:55:48	2:44:40	3:51:36
9:00	44:45	55:56	1:23:53	1:30:00	1:51:51	1:57:59	2:47:47	3:55:59
10:00	49:43	1:02:09	1:33:13	1:40:00	2:04:17	2:11:06	3:06:25	4:22:12
11:00	54:41	1:08:21	1:42:32	1:50:00	2:16:42	2:24:13	3:25:04	4:48:25
12:00	59:39	1:14:34	1:51:51	2:00:00	2:29:08	2:37:19	3:43:42	5:14:38

With the Peoples Marathon coming up next month I thought that this article, written by Arthur Leggett some years ago, was rather appropriate. The first part is here and will be concluded in the August newsletter.

## MEMORIES

### OF THE 1982 PERTH PEOPLES MARATHON.

7th July, 1982.

Dear Leo,

A couple of weeks ago, at our usual gathering, we were commenting on The People's Marathon and you asked:-

"Yes; but is it all really worth it?"

Oh; how that question has plagued me!

I am, however, grateful because it has made me wonder and contemplate.

To-night, sitting with the head-phones on, listening to the hi-fi, I have decided to 'unphysc' myself by writing down my reasons and thus ridding myself of the problem.

Writing to a non-runner about The Marathon is a somewhat dubious exercise because there is no assurance that the recipient will understand your attitude.

After running with The Veteran Athletes Club and The W.A. Marathon Club for a couple of years I had gradually built up in physical ability until I was entering in events up to 20 Kilometres.

Around this stage The Marathon becomes a subject of contemplation. It is not a 'normal' event and has oft been described as "a supreme emotional and physical undertaking."

But, for many months, it was only contemplated.

Nevertheless, it was there. It came around every year.

I knew people who had run The Marathon. Always it called in so subtle a manner that I still can't define the exact moment when contemplation turned to decision but I gradually came to realise I had mentally accepted this challenge and become dedicated to its pursuit.

Youth was not on my side so I commenced training six to eight months ahead. True, I was running good distances but they had to be increased and the pace had to be faster.

Self-discipline is a quality which a runner develops in equal proportion to his physical ability but, without it he is not going to finish.

The hardest step in training is the one out the front door --- and to make that step, day after day and night after night for months on end, requires self-discipline.

I commenced training by jogging 10 to 12 Kms five days a week to toughen up. During the following months I ran early in the morning, late at night, in rain, in heat, in cold.

My body became divided into two components; my mind and my physical self with my mind predominating. It completely ignored the hour of the day as well as the condition of the weather and subjected my physical self to a demanding schedule of kilometres, time-checks, speed work-outs, exercise and discipline.

Discipline in kilometres per week which increased per week. Discipline in times to cover kilometres. Discipline in carriage, foot-action, breathing. Discipline in stimulation and a burning desire to conquer this Marathon looming ahead.

Gradually things began to fit into place as my body further divided itself into mind, heart, lungs and legs with feet on the end of them. I could now cover longer distances faster without my heart pounding or my-lungs gasping and working for air because my legs had developed sufficiently to carry<sup>me</sup> without placing stress on my aerobics.

Four weeks prior to running The Marathon I was running 18Kms three nights a week as well as 10Kms twice a week.

It is here that one finds another bonus.

Some nights are cold and wet. The straight stretch in the highway between Maylands and Bassendean can be a lonely place,

I ask myself your question:- "Is it really worth it?" --- and I have no answer.

Other times I'd see the dawn of a new day; watch the sunlight climb across the rooftops then reach down to touch the dew-soaked grass; or run when the moon was full and the air was crisp and experience a sense of wonderful joy.

I was as near to physical perfection as I had ever been in my lifetime. The sense of one-ness with the universe was strong. Forgotten were the wasted teen-age years when there was no trade to learn or jobs to be had; forgotten were the decadent years in the prison camps; forgotten was the struggle to raise a family and gone were the daily problems.

I live! I'm ready to run A Marathon! I wanted to dance along the streets and shout:- "Rejoice! The Lord is my shepherd!"

An exhilarating feeling of well-being dominated my existence. I had started so long ago to build myself up to this stage where I felt I could put my foot on the starting line, face the awesome demands of The Marathon and say, "Well, I'm here!"