



The Vetrun

No. 202. JULY 1989



W.A. VETERANS' A.C.

"Registered by Australia Post Publication No. WB11 0370."

PATRON: W.J. (Bill) Hughes
SECRETARY: Rob Davis 3374413
NEWSLETTER EDITOR: Jeff Whittam 3876438

PRESIDENT: Bob Schickert 3324114
TREASURER: Bill Crellin 4482924

NOTHING IN THE WORLD CAN TAKE THE PLACE OF PERSISTANCE

PRESIDENT'S MESSAGE

I was very pleased to receive advice from Ray Harris that about 30 people in the Rockingham area are interested in forming a group for Sunday morning runs or walks. Good on you Ray for stimulating this interest.

Last Sunday was the final "Darlington Dash" to be run by John Maddison. The magnificent course along the bridle path was a joy to run (even for those whose hamstrings played up!). The great news is that Jim Greenfield has said he will take over managing the run for next year.

John Gilmour continues on his record-setting way with a new mark for M70 15K, and this week he will be attacking the 1 hour record.

This is the last newsletter before club members depart for Oregon for the World Games. Our best wishes to them all.

We are planning a night to advise new members on club activities and conditions. More advice later.

Keep at it, keep enjoying yourself.

"When the race of life is run, you will know that you have won."

Bob

COMMITTEE MEETING. The committee is draughting a letter for new members explaining how the club works and how events are conducted, also explaining what the various trophies that the club presents are for and how the different Championships are run.

HANDICAP CHAMPS. It has been suggested that the leader in the Handicap Champs wear a yellow sash around the waist in each handicap run, also the winner of the last handicap wear a green sash. This is so that the other runners will know who to trip up or to beat as the case may be.

CLUB CROSS COUNTRY CHAMPS. Jorgensen Park. 23rd July 1989. The entry fee for this 'occasion' will be \$4.00. This covers the cost of the meal and the run. For those just having the meal the cost remains the same \$4.00. We hope that as many as possible will attend, either to run or just to cheer the runners on and to stay for the social.

QUIZ NIGHT. FRIDAY 15th NOVEMBER 1989. at the RUGBY CLUBROOMS at 7PM.

You can now put this date in your diaries so you do not miss it. It will be the usual format of table of six (6). The tickets are \$4.00 each and will be available shortly. If anyone has any prizes they would like to donate Peggy McLiver or Jan Johnson will be please to accept them.

* * * * *
If your newsletter label has been afflicted with the dreaded * this means that you have had a lapse of memory and forgotten to pay your membership subscription and unless you send it to Bill Crellin before the next newsletter this will be the last newsletter that you receive. The renewal forms were sent out with the May newsletter. If you cannot find it ring Bill on 448 2924 for another one or see any member of the committee at club runs.

ROAD RUNNING CHAMPS & ROAD WALKING CHAMPS. There has been some confusion with some members about these championships. To qualify you MUST complete in all three runs in the championship i.e. the 10km, 15km and 25km in the Running Championships or in the 15km, 21.1km and 7.2km in the walking championships. In both events the winner is the person with the LOWEST AGGREGATE TIME over the three events in each age group

ERROR IN THE CLUBRUN FIXTURE CARD. Hands up all those who noticed this, sorry next years deliberate mistake. Thats right, we put the Track and Field Champs on THREE WEEKS EARLY and as everyone knows they are always on TWO WEEKS BEFORE Easter not five, so will you please alter your programmes to read

PAGODA RUN 11th March and the Track & Field Champs 30th March/1st April
We have not been able to ascertain when the Bridges Fun Run is on and will bring you that alteration later.

24 HOUR RELAY. So far Brian has only received ONE response to his request for a show of interest in running a 24 hour relay and that was a runner. Brian does not want a firm commitment just a show of interest, to see whether it is worthwhile pursuing it any further. Please put your name on the list on the notice board at clubruns. Guess who the runner was, NEVER AGAIN will I ask you?.

LOST or MISPLACED. 1 blue groundsheet/tarpaulin and 1 card table. If you have them from a run you have organised or are transporting them to another one would you please let Vic Beaumont know on 419 1110. Thanks.

A.A.W.A. WINTER PROGRAMME. The mens teams are well placed in A & D grades. They are 2nd in 'A' and 1st in 'D'. The ladies team is also in a high position in the Womens grade. The programme for July is:-

1st Cross Country. Kings Park (Near Nursery) 2pm
3th Cross Country Relays 4 x 4km Lake Monger. Dodd Street. 2.15pm
15th State 12km Cross Country Champs. Aquinas College, Mount Henry. 2.15pm
22nd Carine Relays. 2 x 2 x 3km Carine Open Space. 2pm
29th State 10km Cross Country Champs. Muresk College of Agriculture. 3.25pm
5th Aug Cross Country. Various distances. Hale School, Wembley Downs.

* PS * If you have one of these on your address label and have paid since the 4th June please ignore it, it has already gone away.

THE UNFORSEEN HAZARDS OF A FUN RUN (or how to lose a bridge on THE bridge)

This is the experience of one of our runners in the recent 'Bridges' Fun Run.

In the weeks before the run he had been having complicated dental treatment, which left him with a temporary bridge in place of his upper front teeth.

In the Bridges Fun Run whilst crossing the Narrows Bridge, he glanced at his watch to check the 5km time. Another runner, running alongside asked him the time and our veteran member tried to answer while at the same time puffing and gasping for breath (trying to keep up with the youngsters around him!!) The Result - out popped the temporary bridge into the path of the oncoming charging pack of runners behind him. Desperately, he tried to pick up the teeth intact, alas in vain. One great big size 10 Nike (or was it Addidas?) came down hard of the denture - result - a handfull of loose teeth, which our resolute veteran managed to scrape up, narrowly missing being trampled underfoot himself.

He finished the race, teeth in hand, giving a tightlipped smile as he passed the Veterans Drink Station in Mill Point Road.

MORAL: Never talk to another runner on a Foot bridge, if you want to preserve your Dental bridge.'

FOOTNOTE If you see a Veteran runner with a wire brace across his front teeth you will not really need to ask him why it is being worn.

(Did the runner who stepped on them complain of being bitten on the foot? and did the tooth fairy appear that night? Ed)

STATE RECORDS

In past newsletters, I have requested claims for possible State records for performances in road events and rarely held track events. Dick Horsley, John Gilmour and George Audley have provided me with many of their performances but these only cover a few of the men's age groups.

Claims are wanted from men and women mainly for the following events. Two points, however. Firstly, you must have been a member of the Club when the performance was made. Secondly, do not restrict claims to the listed events if you feel that they are of interest.

1. Road Runs. 10K, 15K, 16K, 10 Miles, 20K, Half Marathon, 15Miles, 25K, 20 Miles, Marathon, 40 Miles.
2. Track Runs. Half Hour, One Hour, 12 Hours, 24 Hours, 48 Hours, Six Days, 50K, 50 Miles, 100K, 150K, 100 Miles, 200K, 150 Miles, 250K, 300K, 200 Miles.
3. Road Walks. 10K, 15K, 16K, 25K, 30K, 50K.
4. Track Walks. One Hour, 10K, 100 Miles, 24 Hours.

Accepted records will be published in some future newsletter.

N.B. The Marathon is an Australian Veterans Championship event that is contested annually. The only records held by me are those of John Gilmour's. So let me have some claims this event, please.

Bob Sammells.

The Marathon Runner by Bob Butt

*I pound the streets mile after mile
Getting faquently cursed, just
seldom a smile.
I hammer those pavestones
from dawn till near dusk*

*My feet are so fleet you won't
see them for dust.
My efforts are massive, my
pay-off is nil
Dear reader, you'll wonder, just
what is that skill
Which leads me to practice this
footwork so dire*

*The answer is just that my
feet are for hire
In other words I get my fun
By doing a sponsored
marathon run.*

**LEGSACHINGLUNGSBURSTING
HEADSORFEETKILLINGROAD
HARDROADLONGNEVER
ENDINGTHROATBURNING
MINDBOGGLINGRUNNINGS
AGREATSPORT.**



24hrs. PERTH. W.A. 27/28th MAY. 1989

The above Race was conducted by the Centurion Runners Club at McGillivray Oval on the 1k grass track in atrocious conditions. We had wind and heavy rain for most of the first 18 hours, the last 6 hours were quite pleasant. At the same time a twelve hour race was conducted, we believe it is the first time a 12 and 24 hour race have taken place together. Both races started at mid-day Saturday with 15 in the 24 hr and 5 in the 12hr. Mike Thompson went straight into the lead in the long race and Alan Doak-Smith did likewise in the sprint, he continued to lap the track consistently to finish with 111.568km.

In the 24 hour Thompson led the field comfortably until the Marathon when he started to suffer and slowed to a walk. He seemed to have a Virus and looked as though he would be lucky to finish. He eventually left the track for a while and when he returned seemed a lot better. By this time he had dropped back to about half way in the field. By 100km he was back to 2nd and by 150km was in the lead where he stayed until the finish.

In the meantime George Audley was also having a terrible time, he just felt tired for several hours and could not get going, he eventually moved into third place in the last half hour. It is a tribute to his toughness- physical and mental that he made it through the 24hr at all.

The Womens section can be summed up in two words - Trish Spain- she just goes out and laps at a steady pace, never gets upset with her crew or other runners, it is always a pleasure to run against her and she must be a joy to crew for. Before the race started she told me that no one would be likely to manage personal bests in the weather conditions. At the finish she had new State Records for 50 miles- 8 hrs 36 mins, 100km - 11hrs 13mins 58secs, 150km- 18hrs 41mins 52secs, 100miles- 20hrs5mins 16secs, and 24hrs- 191.207kms, enough said.

We had the usual contingent from Albany and Bunbury plus Keith Martin from Karratha and Val Case from her new home in Townsville. After the weather they have had there recently and what we gave her for this race she must have wished she had stayed in Melbourne.

The race was sponsored by Hi-Tec and organised in the usual efficient manner by Tony Tripp and Gary Clark, the smooth running of the event was in the hands of Jeff Whittam of the Vets, he kept hourly totals up to date in spite of the rain and clock malfunctions. Many thanks to St Johns and A.S.A. who help out every year.

Charlie Spare.

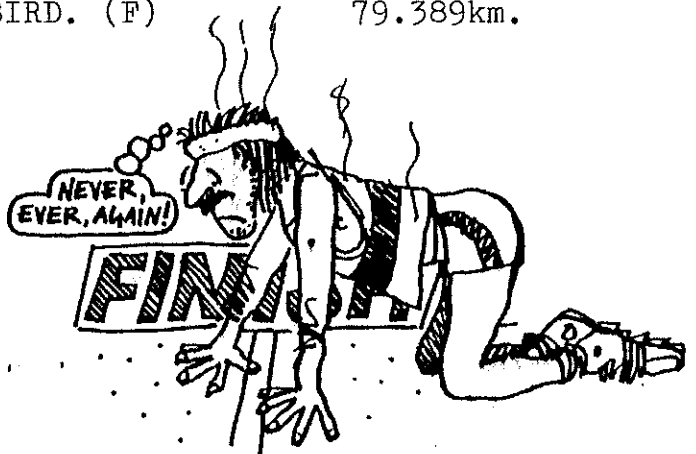
RESULTS.

24hrs.

M. THOMPSON.	201.228km.
T. SPAIN. (F)	191.207km.
G. AUDLEY.	184.948km.
F. PEARCE.	183.222km.
B. KENNEDY.	173.000km.
K. MARTIN.	163.000km.
D. SCOTT.	162.000km.
C. MILBOURNE (F)	161.044km.
C. SPARE.	148.568km.
J. ARTHUR.	131.000km.
K. EATT.	115.462km.
B. OOSTDAM.	108.000km.
V. CASE. (F)	105.000km.
A. CROXFORD.	85.000km.
S. LEAKIAS. (F)	42.000km.

12hrs.

A. DOAK-SMITH.	111.568km.
G. PROSSER.	110.353km.
D. BIRD.	105.552km.
T. TRIPP.	102.283km.
A. BIRD. (F)	79.389km.



A VERY HAPPY BIRTHDAY TO OUR "JULY" MEMBERS

=====

01-JUL-42	RAYMEN	: Robert S	"	47	remains	M45
03-JUL-35	FERGIE	: Alexander R	"	54	"	M50
03-JUL-40	JAMES	: Lyle	"	49	"	M45
04-JUN-50	FERRIS	: John	"	39	"	M35
04-JUL-42	SNOWDEN	: Kenneth	"	47	"	M45
05-JUL-46	LEMAN	: Susan	"	43	"	W40
06-JUL-45	BELL	: John D H	"	44	"	M40
06-JUL-31	BERRY	: Mike	"	58	"	M55
07-JUL-39	FERMOR	: Mike Frederick	"	50	becomes	M50
07-JUL-43	GREENFIELD	: James	"	46	remains	M45
09-JUL-14	GREEN	: Stanley	"	75	becomes	M75
10-JUL-43	CARSE	: Bridget	"	46	remains	W45
10-JUL-43	FIELD	: Keith R	"	46	"	M45
10-JUL-38	MUNSIE	: Althea	"	51	"	M50
10-JUL-47	WELYKY	: Wal	"	42	"	M40
10-JUL-36	WHITTAM	: Dorothy	"	53	"	W50
12-JUL-41	SLINGER	: Joan	"	48	"	W45
16-JUL-38	CHALMERS	: Robert A	"	51	"	M50
16-JUL-39	TROVATO	: Joe	"	50	becomes	M50
17-JUL-34	VAALSTA	: Keijo	"	55	"	M55
18-JUL-41	MARTIN	: Paul	"	48	remains	M45
22-JUL-51	SANGER	: Rayna Joy	"	38	"	W35
20-JUL-32	STONE	: Alan	"	57	"	M55
21-JUL-39	JONES	: Mervyn R	"	50	becomes	M50
24-JUL-30	PRATT	: Charlie	"	59	remains	M55
25-JUL-51	CHOATE	: Clive	"	38	"	M35
25-JUL-35	JONES	: Paul	"	54	"	M50
26-JUL-42	CROWTHER	: Enid	"	47	"	W45
26-JUL-45	POTTER	: Leslie	"	44	"	M40
29-JUL-41	FORDEN	: Margery	"	48	"	W45
30-JUL-25	MOYLE	: Ernest	"	64	"	M60
31-JUL-40	WALDHUTER	: Brian	"	49	"	M45
31-JUL-46	HODGE	: Sandi	"	43	"	W40

Western suburbs college graduates scooped awards in the WA College of Advanced Education graduation ceremony for the School of the Arts and Applied Sciences.

June Neilsen, of City Beach, was awarded the Nordic Healthcare Prize for attaining the highest average mark in sports science.



June Neilsen.

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

Kate Lambie	156, Gloster Street, Subiaco. 6008.	382 2916	17/Feb/52
Paul Pohe	26, Carmick Way, Ferndale. 6155.	451 2897	17/Apr/44
Passed at committee meeting 14th June 1989.			

TRACK RUN AT McGillivray Oval 21st June 1989.

On the first of the Winter Track nights 13 runners plus several helpers/spectators turned out. The weather was cold with no wind, which probably helped John Gilmour in his bid to set a new M70 One Hour Record of 15.474km. On the way to this record John also set new times for the 10km of 38.26.0 and 58.12.9 for the 15km. In all five runners ran the hour, five ran 10km and one 5km with two doing odd distances. The results were as follows:-

1 Hour	10km	5km	
Dave Reid 15.475km	Jim Barnes 39.29	Dorothy Whittam 27.47	
John Gilmour 15.474km	John Pellier 40.24	Odd Distances	
Maxine Santich 14.092km	Brian Danby 41.07	Bob Sammells	
Cliff Bould 11.006km	Bob Boggs 42.03	Distance ? 24.10	
Robin Holmes 10.475km	Marg Forden 46.18	Don Caplin	
		Distance ? 18.59	

With so few runners attending, the next run will not be until August, that is unless Brian Danby gets sufficient entries (along with the \$2 entry fee) before the 2nd weekend in July. See the notice board for details.

With so few runners competing this does not cover the cost of the track.

A cool clear day greeted the runners for this difficult course. First male in the 5km was Don Caplin and the first woman was Pat Weston.

The main handicap event was won by an improving Kath Penton. This shows her form in the recent Championships was also very good. Second was Graham Thornton and a very good third was Tom Savin. Some credit must be given to one of our visiting Vets from N.S.W. Following 3 gold medals at the championships he easily won the race with a fine 37.04.

Many thanks to all our helpers, on the course, at the finish and in the kitchen.

Keith and Margery Forden.

RESULTS:- 5km.

1. Don Caplin	M50	21.12	11. Nora Berry	W55	30.27
2. Vic Beaumont	M55	24.33	12. Dorothy Whittam	W50	30.59
3. Basil Worner	M55	26.43	13. Fred Hagger	M60	32.24
4. Pat Weston	W50	26.55	14. Judy Hill	W40	33.06
5. Jackie Greenfield	W45	28.00	15. Toni Frank	W40	33.27
6. Lorna Lauchlan	W55	28.01	16. Patricia Carr	W55	34.08
7. Karen Crellin	W45	29.13	17. Dick Horsley	M75	34.12
8. Jenny Willers	W40	29.30	18. Val Tyson	W65	36.14
9. Lynne Schickert	W45	30.17	19. Sue Jones	W40	36.52
10. Mary Robinson	W50	30.18	20. Rob McLiver	M45	36.59

10.8km clock Hcap actual

1. Kath Penton	W45	58.19	6.00	52.19
2. Graham Thornton	M45	60.08	18.30	41.38
3. Tom Savin	M40	60.30	22.00	38.30
4. Duncan Strachan	M65	60.32	4.00	56.32
5. Jim Barnes	M45	60.45	18.30	42.15
6. Dave Roberts	M45	60.49	18.30	42.19
7. Rob Farrell	M45	60.53	10.00	50.53
8. Bob Sammells	M50	61.12	18.00	43.12
9. Derek Drayson	M65	61.15	10.00	51.15
10. Joan Pellier	W45	61.35	7.00	54.35
11. Steve Barrie	M50	61.49	22.00	39.49
12. John Pellier	M45	61.53	18.00	43.53
13. Bob Schickert	M45	62.00	20.00	42.00
14. Ann Turner	W50	62.16	7.00	55.16
15. Brian Aldrich	M55	62.19	11.00	51.19
16. Alan Pomery	M55	62.28	14.00	48.28
17. Paul Martin	M45	62.29	18.30	43.59
18. John Ferris	M35	62.32	20.00	42.32
19. Bill Crellin	M50	62.36	14.00	48.36
20. Mike Rhodes	M40	62.41	18.30	44.11
21. John Gilmour	M65	62.48	20.00	42.48
22. Warren Gee	M35	62.49	20.00	42.49
23. Cliff Bould	M70	63.01	2.00	61.01
24. Eddie Strickland	M70	63.02	10.00	53.02
25. Jim Greenfield	M45	63.04	17.00	46.04
26. Joan Slinger	W45	63.13	5.00	58.13
27. Peter Hill	M40	62.23	18.00	45.23
28. Kevin Martin	M50	62.36	18.00	45.26
29. Brian Danby	M40	63.33	21.00	42.33
30. Margaret Warren	W50	63.36	5.00	58.36
31. Malcolm Brown	M55	63.56	15.00	48.56
32. Margaret Birks	W40	64.13	12.00	52.13
33. John Maddison	M50	64.20	18.00	46.20
34. George Schaefer	M55	64.22	18.30	45.58
35. Peter Airey	M50	64.50	17.00	47.50
36. David Bryant	M40	64.52	15.00	49.52
37. Bryan Hardy	M45	64.55	17.00	47.55
38. Leo Hassam	M55	65.07	10.00	55.07
39. Brian Paxman	M55	65.53	15.00	50.53
40. Merv Jones	M45	65.28	15.00	50.28
41. Ron Potter	M45	65.42	15.00	50.42
42. Frank Usher	M65	65.44	4.00	61.44

43.	June Strachan	W60	65.54	2.00	63.54
44.	David Scott	M40	66.00	22.00	44.00
45.	Frank Smith	M45	66.01	22.00	44.01
46.	Ray Lawrence	M60	66.18	7.00	59.18
47.	Barrie Slinger	M45	66.23	16.00	50.23
48.	Stewart Hicks	M65	66.27	8.00	58.27
49.	Robert Boggs	M45	67.30	16.00	46.30
50.	Ron Sutton	M50	69.24	9.00	60.24
51.	David Carr	M55	70.12	18.00	52.12
52.	Joe Yates	M45	70.13	22.00	52.12
53.	Mike Watts	M50	72.54	15.00	57.54
54.	Alison Aldrich	W45	72.58	9.00	63.58
55.	Ernie Moyle	M60	74.07	8.00	66.07
	Maxine Santich	W35	Unsure of her time and placing		

WALKERS 10.8km

Barrie Thomsett	M45	71.21	Jack Collins	M75	85.20
			Jackie Beaumont	W50	85.20

KINGS PARK CROSS COUNTRY. 14th May 1989.

A fine morning for a field of 72 to have the pleasure of running a short distance uphill on sand. This year the course had been modified, our intention was to limit short trails in favour of straight line running.

Estimated distance was to be 10km. However, Gremlins and Getons frustrated this grand plan by removing markers, resulting in the run being reduced to something short of 8km.

Bob Schickert won with a time of 27.07 and the first lady home was Paula Szpak in 32.48. Also a field of 10 walkers travelled various distances, Margaret Stone producing the most extensive result of 17.7km in 2.02.07.

Many thanks to Maureen Pomery and Wendy Spencer for being present and helpful and to Kirt Johnson and Merv Moyle for the four hours they spent marking the course.

RESULTS:-

1.	Bob Schickert	M45	27.07	38.	Jeff Spencer	M45	35.00
2.	Walter Growley	vis	27.19	39.	George Peet	M55	35.06
3.=	Brian Marsland	vis	27.30	40.	Yolande Caruso	W35	35.10
3.=	Peter Hill	M40	27.30	41.	Kingsley Preston	vis	35.13
5.	Derek Hoye	M50	28.34	42.	?????	??	35.21
6.	Dave Roberts	M45	28.53	43.	Brian Danby	M40	35.26
7.	Ross Roberts	vis	29.44	44.	Peter Roberts	M40	35.29
8.	Peter Sanders	M40	30.38	45.	Joan Slinger	W45	36.18
9.	Kevin Martin	M50	30.49	46.	Duncan Strachan	M65	36.20
10.	Michael Sanders	vis	30.57	47.	Norm Miller	M55	36.24
11.	Roger Pettman	M45	30.59	48.	Linda Rhodes	W40	36.33
12.	Barry Harwood	M45	31.02	49.	Judy Hill	W40	36.35
13.	Bill Crellin	M50	31.05	50.	Selby Munsie	M55	36.36
14.	Peter Airey	M50	31.11	51.	(Ankle Biter)	vis	36.37
15.	Vincent Caruso	M40	31.13	52.	Phyllis Farrell	W40	36.39
16.	Mike Khan	M40	31.20	53.	John Thompson	M45	36.41
17.	David Bryant	M40	31.31	54.	Bob Farrell	M45	36.52
18.	Richard Sparks	M45	31.38	55.	Ian Sutherland	M45	37.21
19.	Mike Watts	M50	31.42	56.	Leo Hassam	M55	37.33
20.	Joe Trovato	M45	31.44	57.	Cliff Bould	M70	37.37
21.	Ted Costello	M50	31.46	58.	Alan Pomery	M55	37.45
22.	Mal Brown	M55	31.48	59.	Patti McCarthy	W40	38.53
23.	Basil Worner	M55	31.52	60.	Ron Spencer	M45	38.48
24.	Dalton Moffett	M55	31.56	61.	Alan Stone	M55	38.50
25.	Ron Potter	M45	31.58	62.	Robyn Holmes	W40	39.17
26.	Pat Guiton	M50	32.35	63.	Ernie Moyle	M60	39.37
27.	John Spencer	M50	32.43	64.	Rob Davis	M50	40.48
28.	Iaula Szpak	W35	32.48	65.	Carol Cole	W45	41.04
29.	Barrie Slinger	M45	33.26	66.	Morris Warren	M50	41.09
30.	Dave Hough	M55	33.29	67.	Norah Berry	W55	42.08
31.	Bob Sammells	M50	33.50	68.	Jenny Willers	W40	46.35
32.	John Crawford	M50	33.54	69.	Margaret Warren	W50	46.37
33.	Vic Beaumont	M55	33.58	70.	Sheila Maslen	W50	46.39
34.	Margaret Birks	W40	34.39	71.	Mary Robinson	W50	46.42
35.	Merv Jones	M45	34.42	72.	Vic Waters	M45	?????
36.	Sheila Harlowe	vis	34.47				
37.	Gerry Foley	M60	34.54				

8

ANDY WRIGHT MEMORIAL RUN - Carine Reserve 28th May 1989

Delightful running conditions were arranged this year for the 79 competitors who turned out on Sunday 28th May to honour the memory of our former member and handicapper, the late Andy Wright. This was the fifth time the event had been conducted, and as was true last year the main event was over a measured 10 km course run as an open handicap. The majority ran the 10 km course, but there were thirteen (including three visitors) who settled for 5km (approx), two who walked 5km, and five who walked the 10km course. Six new records were established, as indicated in the results.

In the 5 km race the first male and female members home were P. Roberts and G. Roberts respectively. In the 10 km event the trophy winners were Rob Davis and Karen Crellin. They were presented with their trophies at the morning tea celebration after the run. Lucky spot prizes were won by Paula Szpak and Ted Maslen.

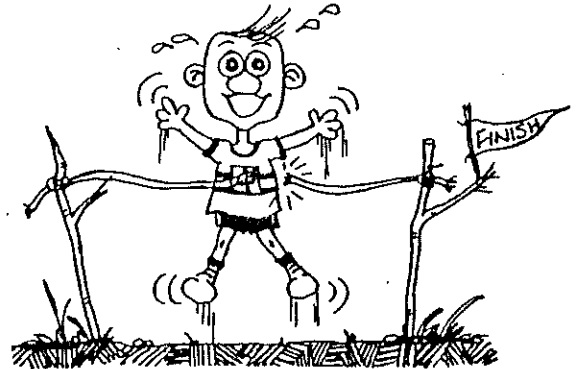
Once again Andy's family supplied the "goodies" for the morning tea, even though illness prevented them from being with us on the morning itself. We are very grateful to them for having performed this duty once again in circumstances that were particularly difficult for them. Perhaps we should not impose on their generosity further in future years.

I am grateful to the stalwarts of the recording table and other members who so willingly assisted in the conduct of this event.

FINISHING ORDER & TIMES

5 Km Clock time

1. P. Baxendine	vis	20.13
2. P. Roberts	M40	20.24
3. J. Baxendine	vis	20.35
4. K. Forden	M50	21.17
5. G. Roberts	W40	21.34
6. G. Sanders	vis	22.12
7. L. Rhodes	W40	27.04
8. P. Miller	W50	27.13
9. Rosa Davis	W45	27.53
10. D. Whittam	W50	28.46
11. J. Whittam	M50	29.19
12. T. Frank	W40	34.31
13. R. McLiver	M45	34.34
14. V. Tyson (walk)	W65	36.06
15. D. Horsley (walk)	M75	36.47
16. A. Aldrich (7.6km)	W45	36.47



10 Km

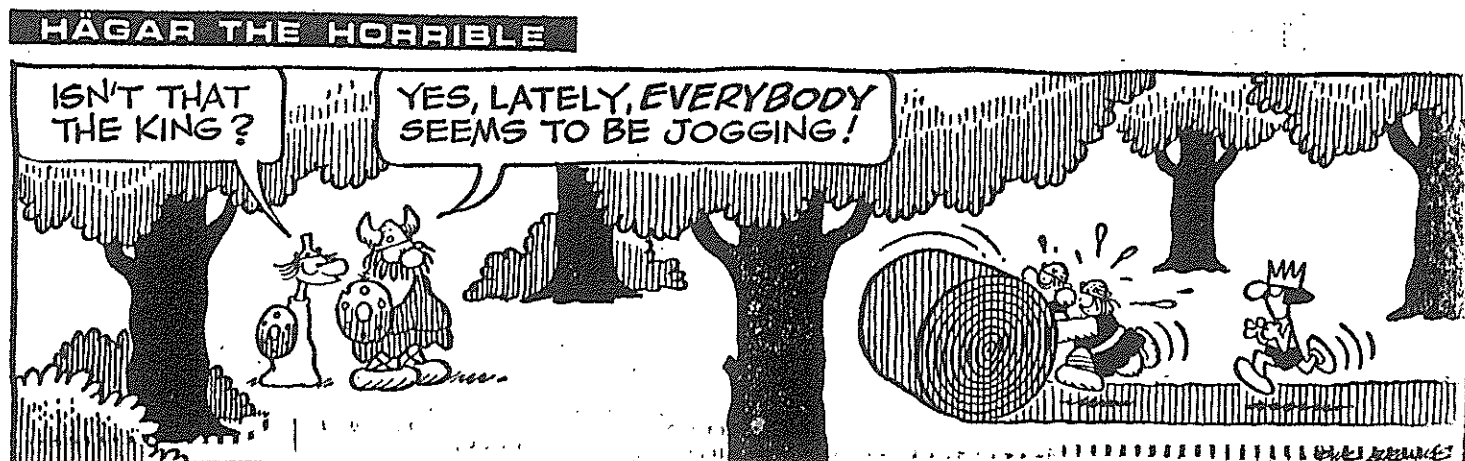
Clock time Handicap Elapsed time

1. Rob Davis	M50	54.29	2.30	51.59
2. K. Crellin	W45	58.25	0.45	57.40
3. S. Maslen	W50	58.54	1.30	57.24
4. M. Jones	M45	59.00	15.15	43.45
5. M. Brown	M55	59.06	15.45	43.21
6. P. Szpak	W35	59.15	15.30	43.45
7. M. Birks	W40	59.20	14.15	45.05 (R)
8. P. Weston	W50	59.24	4.15	55.09
9. G. Morgan	M60	59.30	9.30	50.00
10. P. McLiver	W45	59.49	14.30	45.19 (R)
11. J. Strachan	W60	59.53	4.30	55.23 (R)
12. N. Berry	W55	59.54	0.00	59.54
13. F. McLinden	M55	59.56	20.45	39.10
14. M. Moyle	M60	59.56	15.45	44.11
15. G. Thornton	M45	60.07	23.00	37.07
16. P. Farrell	W40	60.11	10.30	49.41
17. V. Beaumont	M55	60.13	15.45	44.28
18. P. Sheerin	M55	60.16	11.00	49.16

19. W. Crellin	M50	60.17	17.45	42.32
20. R. Boggs	M40	60.20	19.45	40.35
21. H. Kirkman	M45	60.22	23.45	36.37
22. S. Hicks	M65	60.30	11.15	49.15 (R)
23. R. Potter	M45	60.37	15.45	44.52
24. M. Santich	W35	60.39	19.15	41.24 (R)
25. G. Schaefer	M55	60.42	20.30	40.12
26. G. Peet	M55	60.47	13.45	47.02
27. Joan Pellier	W45	60.48	12.00	48.48
28. T. Maslen	M50	60.49	22.30	38.19
29. R. Farrell	M45	60.51	15.15	45.36
30. K. Johnson	M60	61.06	13.15	47.51
31. M. Traynor	M45	61.08	17.30	43.38
32. R. Lawrence	M60	61.16	12.15	49.01
33. M. Watts	M55	61.24	19.15	42.09
34. B. Hardy	M45	61.25	19.30	41.55
35. D. Roberts	M45	61.31	22.45	38.46
36. P. Sanders	M40	61.37	22.15	39.22
37. J. Gilmour	M70	61.47	23.30	38.17 (R)
38. J. Crawford	M50	62.05	unlisted	
39. Marg. Warren	W50	62.06	9.15	52.51
40. M. Sanders	vis	62.08		
41. D. Strachan	M65	62.21	11.45	50.36
42. R. Spencer	M45	62.27	2.45	59.42
43. Maurice Warren	M50	62.37	17.45	44.52
44. John Pellier	M45	62.39	21.30	41.09
45. K. Martin	M50	63.00	21.00	42.00
46. B. Aldrich	M55	63.01	18.45	44.16
47. R. Sammells	M50	63.06	22.00	43.06
48. Anonymous	vis	63.25		
49. S. Toussaint	M45	63.31	17.00	46.31
50. M. Forden	W45	63.32	17.30	46.02
51. R. Holmes	W40	63.51	unlisted	
52. D. Caplin	M50	64.05	23.45	40.20
53. R. Schickert	M45	64.06	24.45	39.21
54. J. Willers	W40	64.14	6.15	57.59
55. D. Drayson	M65	64.49	15.00	49.49
56. J. Thompson	M45	67.10	16.00	51.00
57. D. Hough	M55	67.21	20.15	47.06
58. C. Bould	M70	67.23	11.15	56.08
1. J. Greenfield	W45	67.45	(10 Km Walk)	
2. L. Lauchlan	W55	68.39	" "	
3. J. Stone	M40	69.17	" "	
4. J. Collins	M75	75.48	" "	
5. A. Leaseboer	W45	75.48	" "	

See you all again on MAY 27th 1990!

Leo Hassam.



JIM BARNES RUN. 21st May 1989.

After an evening of heavy storms prior to our run, we thought that there would be a much reduced field for the run. Well, the weather turned out perfect on the morning and 76 runners participated.

Marg Forden chalked up her hat trick of wins in the 10km event after returning from Bali the previous day, (she had to put up with SUPER Pellier for ten whole days). Marg led for practically the whole of the race and was closely followed in by Margaret Birks and Peggy McLiver.

It was good to see Chris Brockwell back competing again, I only hope that you didn't suffer too much the following day Chris. John Pressley and Bob Schickert held the lead together for the first 4km until Bob drew away, to hold the lead to the finish.

In the 5km event Mike Rhodes recorded his first win in a club road event. Alison Aldrich was the first lady to finish.

I would like to thank all those who came and assisted us on the day, Rob and Phyllis Farrell, Rose and Maurice Johnston, Steve Mitchell, Avril Yates, Sue Jones, Mike Fermor; Ros Saxton, the Pantell Children and of course the ever helpfull Maureen Pomery.

Many Thanks

Jim & Pat Barnes

RESULTS:- 5km

1. M Rhodes M40 18.19	8. I Sutherland M45 24.57	15. P Miller W50 27.47
2. P Pope vis 18.30	9. P Jones M50 25.53	16. D Whittam W50 28.38
3. A Jenkins M45 19.16	10. P Weston W50 26.23	17. J Jenkins W40 32.14
4. S Toussaint M40 22.04	11. P Carr W55 26.34	18. J Willers W40 28.02
5. A Pomery M55 22.17	12. M Webb W40 26.54	19. J Beaumont W50 35.05
6. A Tyson M60 23.04	13. R Holmes W40 27.08	
7. A Aldrich W45 23.47	14. J Mitchell vis 27.18	20. V Tyson W65 39.23W
		21. D Horsley M75 39.24W

10km.

1. R Schickert M45 36.20	20. B Aldrich M55 43.19	39. S Munsie M55 49.54
2. J Pressley M40 37.20	21. D Bryant M40 43.25	40. J Thompson M45 50.25
3. C Brockwell M35 37.32	22. D Moffett M55 43.26	41. F Hagger M60 51.17
4. D Roberts M45 37.50	23. M Brown M55 43.48	42. C Bould M70 51.19
5. W Pantell M35 38.03	24. M Moyle M60 44.09	43. M Warren W50 51.49
6. E Costello M50 39.04	25. V Beaumont M55 44.33	44. D Drayson M65 52.44
7. P Martin M45 39.30	26. R Farrell M45 44.41	45. A Leggett M70 53.33
8. D Carr M55 39.46	27. M Forden W45 45.26	46. R Davis M50 53.37
9. R Doust vis 39.49	28. M Birks W40 45.48	47. J Greenfield W45 54.14
10. G Schaefer M55 39.57	29. P McLiver W45 46.34	
11. R Pettnam M45 40.57	30. D Caplin M50 40.38	48. K Crellin W45 55.03
12. K Martin M50 41.14	31. V Waters M45 45.38	49. J Strachan W60 58.17
13. M Watts M50 41.33	32. R Lawrence M60 48.00	50. R Davis W45 59.04
14. J Pellier M45 41.36	33. J Crawford M50 48.05	51. R Spencer M45 59.07
15. R Sammells M50 41.42	34. P Farrell W40 48.09	52. S Dichiera vis 59.07
16. J Trovato M45 42.15	35. N Miller M55 48.13	53. M Robinson W50 61.36
17. W Crellin M50 42.36	36. S Hicks M65 49.11	54. E Moyle M60 73.52W
18. M Warren M50 42.51	37. D Strachan M65 49.14	55. L Schickert W45 73.54W
19. K Forden M50 43.00	38. J Pellier W45 49.50	

McCALLUM PARK - UNIVERSITY RUN. 4th June 1989.

A big field of runners plus 2 walkers set off from McCallum Park in top conditions (as usual) for the 8km/15km R.R.C. events.

First back in the 8km run was Warren Gee M35 in a time of 29.49, closely followed by Doug Hazell (M35) in 30.12 and John Ferris in 31.20. First woman in was June Strachan (W60) in 42.32 - Well Done June.

Frank Smith (M45) was first in the 15km (R.R.C.) in the excellent time of 51.33, a course record. Bert Carse and John Pressley took out 2nd and 3rd places. Maxine Santich was first woman (W35) in the 15km event in a time of 65.08. followed by Margery Forden (W45) in 69.44 and Margaret Birks (W40) in 69.59.

The walkers in the main group were Dick Horsley (M75) who completed 8km in 61.49 and Lynne Schickert (W45) 8km in 63.52. Other groups of walkers elected to take off seperately and record their own times which are shown below.

Many thanks to our super efficient helpers at the finish line - Sue Jones, Maureen Pomery and Avril Yates. Many thanks also to Brian and Sue Danby for setting up and manning the drinks station.

I hope everyone enjoyed the event.

Don Caplin.

RESULTS:- 8km.

1. Warren Gee	M35	29.49	16. Linda Rhodes	W40	45.22
2. Doug Hazell	M35	30.12	17. Patricia Carr	W55	45.26
3. John Ferris	M35	31.20	18. Mike Khan	M40	45.56
4. Rob Boggs	M40	31.52	19. Pat Miller	W50	47.05
5. Paul Martin	M45	32.08	20. Gaby Ralph	vis	47.06
6. Barry Harwood	M45	33.21	21. Mary Robinson	W50	47.07
7. Brian Jones	M60	34.18	22. Dorothy Whittam	W50	47.45
8. John Birks	vis	36.20	23. Janet Johnson	W40	47.46
9. Bill Hughes	M60	41.04	24. Syd Bowler	M65	49.42
10. Duncan Strachan	M60	41.16	25. Barbara Buchanan	W40	49.55
11. Leo Hassam	M55	41.47	26. Bridget Carse	W45	51.42
12. June Strachan	W60	42.32	27. Toni Frank	W40	55.49
13. Robyn Holmes	W40	42.47	28. Dick Horsley	M75	61.49W
14. Tessa Brockwell	W30	43.51	29. Lynne Schickert	W45	63.52W
15. Paul Jones	M50	44.45			

15km

1. Frank Smith	M45	51.33	30. Joe Trovato	M45	64.51
2. Bert Carse	M45	53.41	31. Bryan Hardy	M45	65.02
3. John Pressley	M40	54.43	32. Bill Crellin	M50	65.04
4. Bob Schickert	M45	54.56	33. Maxine Santich	W35	65.08
5. Colin Leman	M40	56.08	34. Barry Munyard	M45	65.42
6. Bob Harrison	vis	56.24	35. Brian Faxman	M55	66.02
7. Chris Brockwell	M35	56.28	36. Alan Pomery	M55	66.10
8. Paul Fohe	vis	56.24	37. Morris Warren	M50	66.26
9. Derek Hoyer	M50	57.22	38. Mike Traynor	M45	66.34
10. Graham Thornton	M45	57.39	39. Mal Brown	M55	66.42
11. Hugh Kirkman	M45	58.15	40. Brian Aldrich	M55	67.11
12. Dave Roberts	M45	58.48	41. Vic Beaumont	M55	67.17
13. Wal Welyky	M40	59.19	42. Tony Speechley	M45	67.34
14. Frank McLinden	M55	59.21	43. Merv Jones	M65	68.10
15. Brian Foley	M45	59.31	44. Rob Farrell	M45	68.24
16. Ted Costello	M50	59.36	45. Merv Moyle	M60	69.24
17. Stan Latchford	M45	59.50	46. Ron Sutton	M50	69.42
18. Dave Muir	M40	60.16	47. Margery Forden	W45	69.44
19. Mike Rhodes	M40	60.26	48. Margaret Birks	W40	69.59
20. George Schaefer	M55	60.34	49. Vic Waters	M45	72.01
21. Keith Field	M45	61.31	50. Serge Toussaint	M40	72.19
22. Kevin Martin	M50	62.26	51. John Crawford	M50	72.45
23. Davis Carr	M55	62.33	52. Dennis Willmott	M50	72.59
24. Peter Hill	M40	62.37	53. Derek Drayson	M65	73.04
25. John Pellier	M45	62.44	54. George Peet	M55	73.13
26. Roger Pettman	M45	62.54	55. Ron Potter	M45	73.31
27. Bob Sammells	M50	63.06	56. Phyllis Farrell	W40	74.15
28. Mike Watts	M50	63.30	57. Joan Pellier	W45	74.41
29. Joe Yates	M45	64.00	58. Kirt Johnson	M60	74.42
59. John Thmpson	M45	76.05	66. Gorden Florence	M55	80.07
60. Norm Miller	M55	76.09	67. Cliff Bould	M70	80.42
61. Patrick Sheerin	M55	76.11	68. Alison Aldrich	W45	82.36
62. Ray Lawrence	M60	78.25	69. Arthur Leggett	M70	86.15
63. Selby Munsie	M55	78.26	70. Helen Field	W40	87.51
64. Fred Hagger	M60	79.34	71. Gerry Foley	M60	101.53
65. Margaret Warren	W50	79.50			

AUSTRALIAN ROAD WALKING CHAMPS. (open)

At these Championships, which were held at Wanneroo on the 24th June 1989, three of our members competed in the 20km event, they were Alan Whitely 5th in 1.49.53; John Missen 6th in 1.52.47 and George Audley 7th in 2.01.48.

AUSTRALIAN NATIONAL 15km ROAD CHAMPS. (open)

At the Australian 15km Road Champs held at Perry Lakes on Sat 24th June, four of our members competed as accredited runners. In the womens event, Karen Gobby finished 1st of the W.A. Runners although not in the state team. After the event she rushed off home to celebrate her Wedding Anniversary. Also running was Ann Shaw. In the mens event were Bert Carse and John Ferris. The results were as follows.

KAREN GOBBY.	54mins 47 secs.	BERT CARSE.	52mins 04secs.
ANN SHAW.	60mins 04 secs.	JOHN FERRIS.	56mins 38secs.

The events were won by C. Connolly of QLD. and B. Camp of VIC.

DIETING UNDER STRESS

This diet is designed to help you cope with the stress that builds up during the day.....

Breakfast

½ Grapefruit
1 slice whole wheat toast, dry.
8oz skim milk

Mid-Afternoon snack.

Rest of chocolate cookies in packet.
2 pints Rocky Road Ice Cream.
1 jar hot fudge sauce.
Nuts, cherries, whipped cream.

Lunch.

4oz lean broiled chicken breast.
1 cup steamed spinach
1 cup herbal tea.
1 chocolate cookie

Dinner.

2 loaves garlic bread with cheese
large sausage, mushroom & cheese
Pizza
4 cans or 1 large jug of beer.
3 Milky way candy bars.

During the late evening news.

Entire frozen cheese cake eaten directly from the freezer..

1. If you eat something and no one sees you eat it, it has no calories..
2. If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the diet soda.
3. Things licked off knives and spoons have no calories if you are in the process of preparing something. E.G. Peanut butter on a knife you use for making a sandwich or ice-cream on a spoon if you are making a sundae.
4. Food used for medicinal purposes never counts. Such as: Hot Chocolate, brandy, toast and Sara-Lee cheese cake.
5. If you fatten everyone else around you, you look thinner.
6. T.V. and movie-related foods do not have additional calories because they are part of the entire entertainment package and not part of one's personal fuel. Hershey bars, chocolates, candies, popcorn, potato crisps all fall into this category.
7. Cookie pieces contain no calories. The process of breaking causes calorie leakage.
8. When you eat with someone else, calories don't count if you eat more than they do.
9. Foods that have the same colour have the same number of calories. E.G. Lettuce and pistachio ice cream, radish and white chocolate, mushrooms and chicken liver pate.

Please note: Chocolate is a universal colour and may be substituted for any other food colour.

STRETCHES TO KEEP THE ACHILLES IN ACTION



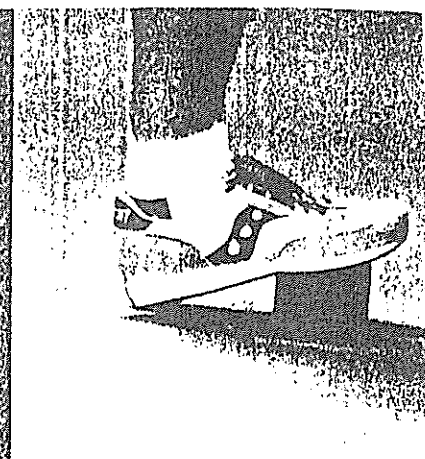
1. DOOR STRETCHES

Hold both knobs of an open door. Bend the torso and straighten the legs. Lift the balls of the feet and hold for 10 seconds.



3. CURB STRETCH

Stand with the balls of your feet on a two-by-four. Heels hanging off. Slowly and gently lower your heels to the ground until you meet resistance. Hold for 10 seconds and then slowly rise again. Gradually build to deeper stretch and longer times.



4. WALL STRETCH

With both hands on a wall, step toward it, keeping rear leg straight until you meet resistance. Hold, then switch legs.

5. BENT-KNEE WALL STRETCH

Continue wall stretch, but bend the rear knee, keeping the rear heel flat on the floor. Hold for 10 seconds and switch legs.



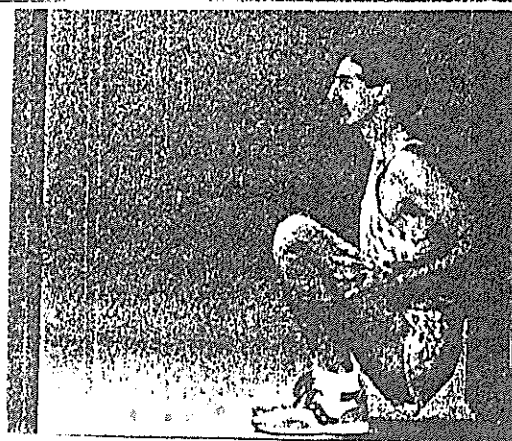
2. SQUAT

With feet apart, bend the knees and sit on heels. Keep heels flat on floor. Hold for 10 seconds and build to three minutes.



6. LUNGE

In one smooth motion, go down on one knee, keep forward foot flat and shift weight forward. Repeat three times and switch legs.



7. WALL SQUAT

Back to a wall, slide down until your bottom hits bottom. Keep heels flat and move very slowly. Hold and repeat.