

YOU DESERVE A NEW SHIRT!

Running singlets and club tee-shirts are now available.
 Tee-shirts are gold with black trim, and the club badge on left breast.
 Style is three stud fastening, with collar. Sizes 10-24 (unisex) — Price \$16 each.
 Also available are the black and white singlets, size 10-24 at \$13 each.
 Car stickers cost \$2 a piece; likewise iron-on badges for windcheater, etc.
 Why not get the full set?

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PLEASE SUPPLY

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HAPPY BIRTHDAY TO OUR SEPTEMBER MEMBERS

ALDRICH Brian	16/09/30	62 remains	M60	LEGGETT Arthur	08/09/18	74 remains	M70
BEAUMONT Jacqueline	08/09/36	56 remains	W55	LOCKWOOD Stanley	29/09/29	63 remains	M60
BETTLES Roma	06/09/49	43 remains	W40	LOVELESS Peter	12/09/46	46 remains	M45
BIRKS Margaret	09/09/46	46 remains	W45	McAULEY Duncan	28/09/49	43 remains	M40
BLOM Dick	19/09/33	59 remains	M55	NICOLL Peter	30/09/43	49 remains	M45
DAVIS Robert	11/09/38	54 remains	M50	PANTALL Wayne	19/09/52	40 becomes	M40
DUFTY Penny	15/09/44	48 remains	W45	PURVES Noel	27/09/30	62 remains	M60
FOSTER Terrence	02/09/41	51 remains	M50	SCOTT David	12/09/47	45 becomes	M45
FOX Arnie	23/09/45	47 remains	M45	SPENCER John	26/09/36	56 remains	M55
HAYRES Robert	16/09/31	61 remains	M60	STOFFERS Margaret	11/09/43	49 remains	W45
HEALEY Esther	04/09/37	55 becomes	W55	USHER Francis	30/09/23	69 remains	M65
HEPPENER Tony	24/09/51	41 remains	M40	WARREN Morris	24/09/37	55 becomes	M55
HOLLAND Cathrin	12/09/56	36 remains	W35	WILSON Barbara	19/09/51	41 remains	W40
HOOD Carol	29/08/39	53 remains	W50	WILTSHIRE Pauline	28/09/42	50 becomes	W50
KENNEDY Brian	14/09/33	59 remains	M55	WORNER Basil	04/09/31	61 remains	M60
KIRKMAN Judith	15/09/50	42 remains	W40				



The Vetrun



No. 236 JULY/AUGUST 1992

WA VETERANS AC - REGD BY
 AUSTRALIA POST PUBN No WBH 0370

Keep it out-of-sight

THIEVES broke into member Simon Mort's car during Kirkman's Run at McCallum Park on July 19. Heavy rain may have cloaked their activities, but Simon points out that it may be just as well they weren't spotted.

by Vic Waters

"I think they had a very sharp knife, which was used to cut through webbing around sample cases in the back of the wagon. If someone had disturbed them, who knows what could have happened?"

There are some obvious lessons for us here.

First, we shouldn't assume that early Sunday mornings are somehow safe from villains. Second, we should all know better by now than to leave any valuables on show. Simon lost a new tracksuit.

Cars have been broken into at Perry Lakes, too. Last year a member of our Reabold Hill training group lost his business suit to thieves, and there have been other break-ins there since.

If you drive a wagon, use a cover to hide what's there. Don't carry

what you don't need. If you have a boot, keep goods in there.

Police advice is not to tackle thieves outside your premises, and I expect they'd give us the same advice. Generally, there are enough of us about to deter trouble. Let's make sure we summon help, from other members first, and then the right authorities, rather than risking a potentially hazardous confrontation.

PLACES - Going, Going...

There's still room for four people on the Rottne long weekend in September.

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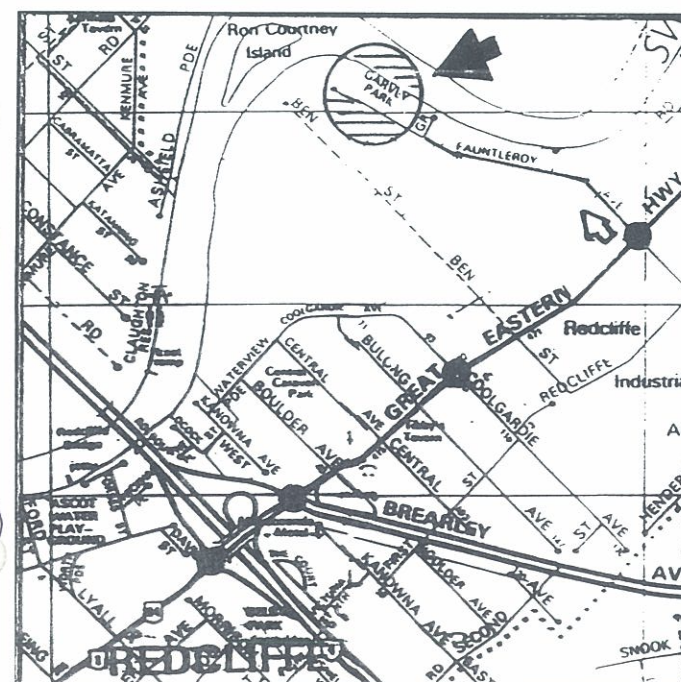
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August Birthdays.....P7

September BirthdaysP8



...new run...new run...new run...

THE GARVEY GALLOP

Venue: Garvey Park, Fauntleroy Avenue, Redcliffe
 Turn north into Fauntleroy Avenue from Great Eastern Highway.

Course: 10kms (or 5kms) mainly on cycle paths beside the river, behind Ascot Racecourse and over the Garratt Road Bridge and back. Accurately measured and generally flat.

Walkers: Same courses

Morning Tea

As this is a new run to cater for our members from the 'far east', Arthur Leggett has arranged with the local canoe club to make their power facilities available for morning tea. There are also wood barbecues available in the picnic area if the weather is suitable!

Mill Point Road Championships 10K Run and Walk

June 28, 1992

Conditions: Cold, wet, windy

Thanks to helpers - Alan Stone, Arthur Leggett, Rosemary and George Maddox, Geoff Lloyd, Pam Foster and Jacqui Halberg.

Lynne and Bob Schickert

10K Run

Frank Smith (1st M)	M50	37.53
Doug Hazell	M40	38.23
Dave Roberts	M45	38.32
John Pressley	M45	38.57
Paul Martin	M50	39.47
David Carr	M60	40.17
Ted Maslen	M55	40.37
Tessa Brockwell (1st W)	W35	40.39
Dennis Miller	M50	40.50
Jim Barnes	M45	41.16
Vic Waters	M45	41.36
Brian Foley	M45	41.41
Mel Ovenden	M50	41.44
Robin Bonner	M60	41.45
Wal Welyky	M40	41.49
John Gilmour	M70	41.50
Dick Blom	M55	41.51
John Brown	M40	42.02
Bruce McLennen	M40	42.10
Brian Danby	M40	42.21
John Pellier	M50	42.28
Morris Johnston	M55	42.56
Mike Khan	M45	43.01
Mike Carey	M35	43.05
Bob Sammells	M55	43.24
Simon Mort	M35	43.35
Ian Passmore	M45	43.41
Bill Crane	M50	44.04
Bill Crellin	M50	44.05
George Schaefer	M55	44.17
Peter Airey	M55	44.23
Dalton Moffett	M60	44.27
Mike Rhodes	M45	44.43
James Ramsey	M50	44.45
Basil Worner	M60	45.00
Kath Penton	W50	45.01
Merv Moyle	M65	45.16
Max Kelly	M45	45.22
Roland Matzke	M50	45.38
Morris Warren	M50	45.41
Terry Foster	M50	45.43
Margery Forden	W50	46.37
Jeff Spencer	M50	46.58
Joe Yates	M45	47.11
Beverley Morrissey	W45	47.15
Ron Potter	M50	47.20
Merv Jones	M50	47.26
Kevin Martin	M50	47.27
Keith Forden	M50	49.09
Ron Hillis	M45	49.40

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The first half will offer at least one sprint; one middle distance; one long; a walk and a throw every evening. This should cater for everyone's needs. A typical night might feature: 1500 Walk, 1500 run, 100m, 5000m, 400m, long jump, shot put, and javelin..

After Christmas, the points comp will offer two or three events, plus about two non-scoring trials. Patron's Trophies go to the male and female athletes with highest scores in their ten best events.

Venue alternates between Coker Park and McGillivray, beginning October 14.

George Peet	M55	51.13
David Hough	M60	51.31
Kirt Johnson	M60	51.34
Rod Stewart	M50	51.35
Roma Bettles	W40	51.58
Vic Beaumont	M60	52.01
Ann Turner	W55	52.28
Sandi Hodge	W45	52.51
Brigitte Cheek	W35	53.37
John Russell	M55	53.38
Keith Webster	M50	54.05
Joe Brennan	M70	54.30
Ray Lawrence	M60	55.24
David Hall	M40	55.54
Margaret Warren	W55	56.22
Phyllis Farrell	W45	56.59
Gerry Foley	M65	57.28
Duncan Strachan	M70	57.32
Frank Usher	M65	59.22
Joan Pellier	W50	60.20
Sheila Maslen	W50	60.43
Gordon Florance	M55	60.55
Jackie Billington	W45	67.15

Visitors

Mark Pressley	Visitor	35.55
Joe Record	Visitor	40.21
John Carpenter	Visitor	41.22
Peter Fletcher	Visitor	50.36

10K Walk

Peter Hill (1st M)	M40	56.25
Margaret Stone (1st W)	W45	66.47
Barrie Thomsett	M50	68.27
Dorothy Whittam	W55	68.37
Bob Fergie	M55	76.01
Mitch Loly	M50	76.01
Jeff Whittam	M55	76.01
Joan Hillis	W45	76.04
Val Tyson	W70	78.54
Dick Horsley	M75	79.18
Ernie Moyle	M65	83.25
Judy Hill	W40	84.09
David James	M35	84.14

Perth Marathon

July 5, 1992

26-miler looks like a veteran's outing

Conditions: Fine

Position

3	M. van Voorthuizen	M35	2:38:33
4	Tom Savin	M45	2:40:04
18	John Pressley	M45	2:50:31
20	Robert Raymen	M50	2:53:39
53	Kar Wong	M40	3:09:13
55	Jim Barnes	M45	3:09:58
56	Michael Cousins	M55	3:10:14
61	Bob Schickert	M50	3:12:58
63	Charlie Spare	M50	3:13:43
80	Dick Blom	M55	3:20:25
94	David Carr	M60	3:24:59
96	Bill Crellin	M50	3:25:02
99	Alan Croxford	M45	3:26:13
112	Vince Carrero	M50	3:29:24
114	Cecil Walkley	M60	3:30:08
117	John Bell	M40	3:31:14
128	Lewis Arndt	M40	3:36:01
129	Janice Rogers	W35	3:36:01
135	Morris Warren	M50	3:40:42
164	John Pellier	M50	3:51:18
188	Pauline Wiltshire	W45	4:01:32

226 finished - about 75 per cent were veteran age; and about 10 per cent were our club members.

Some fine performances: Tom Savin, John Pressley, Cecil Walkley (oldest entrant, we believe, and still making great improvements) Pauline Wiltshire, Robert Raymen, Charlie Spare, Janice Rogers, Bill Crellin and Kar Wong. Explanations are accepted from Bob Schickert (broken toe), John Pellier (injured leg). Age group trophies went to Tom Savin, Michael Cousins and David Carr. Pauline won a pair of shoes in the lucky draw - same as Ray Harris received for winning the race!

DC

Conditions: Fine, mild, no wind

A great lunch wasn't the only attraction: 91 runners and walkers took part this year (50 is about the maximum ever in the past). But the lunch was very good, and 102 people were well served. The system worked beautifully, and all our thanks are especially due to the kitchen helpers, as well as the 'outside' marshalls on the course. Congratulations to all the age group champions, and thanks to Jeff Whittam for his work in evaluating each set of winners.

Joan Pellier

CAMERAMAN MAURICE

Many have reason to thank Maurice Johnson for his great camerawork at the creek. Great prints, MJ, which I know will be treasured by the recipients, no matter how good or bad they looked, up to their knees in it!

8K

W30

Rebecca Healey	48.57
----------------	-------

W35

Janice Rogers	41.39
Brigitte Cheek	51.53

W40

Irene Ferris	56.43
--------------	-------

W45

Kath Noordyk	42.18
Jill Roberts	42.23
Pauline Wiltshire	47.24
Sandi Hodge	51.15
Rosemary Maddox	52.14

W50

Margery Forden	44.45
Kath Penton	44.48
Pat Miller	57.01
Joan Pellier	57.28
Suzette Lekias	58.49
Esther Healey	60.59

W55

Ann Turner	51.27
Margaret Warren	56.11
Dorothy Whittam	59.58

W65

June Strachan	56.23
---------------	-------

M35

Martin van Voorthuizen	31.15
Valter Quarman	31.48
Neil Morfitt	34.19
Simon Mont	40.36
Bruno Larini	41.28
David James	47.19

Cross-Country Championships Jorgensen Park

July 12, 1992

M40

David Reid	32.02
Duncan McAuley	33.16
John West	34.33
Chris Gillard	35.37
Adrian Noordyk	37.43
Brian Danby	37.56
Lewis Arndt	41.35
John Lindsay	47.02
Mick Malone	49.21

M45

Tom Savin	32.08
John Pressley	36.37
John Bell	37.06
Brian Foley	38.27
Mike Khan	40.47
John Oldfield	41.04
George Maddox	42.03

M50

Hank Stoffers	32.59
Bob Harrison	36.28
Hugh Kirkman	37.38
John Pellier	38.56
Vincente Carrero	39.09
Joe Stickles	39.14
James Ramsey	41.37
Ron Potter	42.20
Terry Foster	42.23
Graham Thornton	43.27
Rod Stewart	43.48
Kevin Martin	44.20
Ivan Wiltshire	44.54
Mitch Loly	45.32
Keith Webster	57.20
Barry Thomsett	58.23
Morris Warren	58.42

M55

Bob Sammells	38.57
Ted Maslen	40.03
John Spencer	42.04
George Peet	47.35
John Russell	49.29
Shorty Turner	58.52

M60

David Carr	37.54
Robin Bonner	41.15
Basil Worner	41.19
Kirt Johnson	48.24
David Hough	50.41

M70

Duncan Strachan	54.53
-----------------	-------

1 Lap

Harry Holland	M45	13.47
---------------	-----	-------

2 Laps

Maureen Delcanho	W40	33.17
Norm Miller	M60	34.20
Christine Oldfield	W45	34.22
Cathrin Holland	W35	37.35
Rosa Davis	W45	37.53
Mary Robinson	W55	38.31

Walkers (no times taken)

Amy Lolly
Tina Carrero
Val Bonner
Pauline Kelly
Pam Foster
Pat Luck
Jeff Whittam
Phyllis Bould

MIYAZAKI- POSSIBLE SCHEDULE FOR JAPAN VETS GAMES

Tentative Schedule for the WAVA World Championships in Miyazaki, Japan, Oct 7-17 1993

Thurs/Weds Oct 7/8: Decathlon, heptathlon, 10,000m finals.

Oct 9: 200m heats, 800m heats, LJ, JT, Opening Ceremonies.

Oct 10: 200m semis and finals, 800 semis, HH semis and finals, HJ, SP, X-Country.

Oct 11: 300/400H semis, 800 finals, 5000 finals, 10K/20K road walk, PV, HT.

Oct 12: no comp. (meetings).

Oct 13: 100m heats and semis, steeple finals, 300/400H finals, TJ, HT.

Oct 14: no comp. (meeting).

Oct 15: 100m finals, 400m heats and semis, 1500m semis.

Oct 16: 400m finals, 1500m finals, 5000m road walk finals, weight pentathlon (unofficial event), social.

Oct 17: Marathon, 4x100m R, 4x400m R, Closing Ceremonies.

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June 28, 1992

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Jim Barnes	M45	41.16
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Mel Ovenden	M50	41.44
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Wal Welyky	M40	41.49
John Gilmour	M70	41.50
Dick Blom	M55	41.51
John Brown	M40	42.02
Bruce McLennen	M40	42.10
Brian Danby	M40	42.21
John Pellier	M50	42.28
Morris Johnston	M55	42.56
Mike Khan	M45	43.01
Mike Carey	M35	43.05
Bob Sammells	M55	43.24
Simon Mort	M35	43.35
Ian Passmore	M45	43.41
Bill Crane	M50	44.04
Bill Crellin	M50	44.05
George Schaefer	M55	44.17
Peter Airey	M55	44.23
Dalton Moffett	M60	44.27
Mike Rhodes	M45	44.43
James Ramsey	M50	44.45
Basil Worner	M60	45.00
Kath Penton	W50	45.01
Merv Moyle	M65	45.16
Max Kelly	M45	45.22
Roland Matzke	M50	45.38
Morris Warren	M50	45.41
Terry Foster	M50	45.43
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John Russell	M55	53.38
Keith Webster	M50	54.05
Joe Brennan	M70	54.30
Ray Lawrence	M60	55.24
David Hall	M40	55.54
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Duncan Strachan	M70	57.32
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W45

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Sandi Hodge	51.15
Rosemary Maddox	52.14

W50

Margery Forden	44.45
Kath Penton	44.48
Pat Miller	57.01
Joan Pellier	57.28
Suzette Lekias	58.49
Esther Healey	60.59

W55

Ann Turner	51.27
Margaret Warren	56.11
Dorothy Whittam	59.58

W65

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Brian Foley	38.27
Mike Khan	40.47
John Oldfield	41.04
George Maddox	42.03

M50

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Bob Harrison	36.28
Hugh Kirkman	37.38
John Pellier	38.56
Vincente Carrero	39.09
Joe Stickles	39.14
James Ramsey	41.37
Ron Potter	42.20
Terry Foster	42.23
Graham Thornton	43.27
Rod Stewart	43.48
Kevin Martin	44.20
Ivan Wiltshire	44.54
Mitch Loly	45.32
Keith Webster	57.20
Barry Thomsett	58.23
Morris Warren	58.42

M55

Bob Sammells	38.57
Ted Maslen	40.03
John Spencer	42.04
George Peet	47.35
John Russell	49.29
Shorty Turner	58.52

M60

David Carr	37.54
Robin Bonner	41.15
Basil Worner	41.19
Kirt Johnson	48.24
David Hough	50.41

M70

Duncan Strachan	54.53
-----------------	-------

1 Lap

Harry Holland	M45	13.47
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2 Laps

Maureen Delcanho	W40	33.17
Norm Miller	M60	34.20
Christine Oldfield	W45	34.22
Cathrin Holland	W35	37.35
Rosa Davis	W45	37.53
Mary Robinson	W55	38.31

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Pauline Kelly
Pam Foster
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Phyllis Bould

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Oct 16: 400m finals, 1500m finals, 5000m road walk finals, weight pentathlon (unofficial event), social.

Oct 17: Marathon, 4x100m R, 4x400m R, Closing Ceremonies.

Fremantle Harbour 10-Mile Run

June 21, 1992

Conditions: Rain, strong winds

The 5th Fremantle Harbour Run was organised jointly with WAMC, and while the weather was totally against us (wind, rain - everything you'd expect on a fremantle winter's day) I feel the run was a great success.

From the two clubs, 95 runners competed, with Chris McGonnell setting a course record time of 56:12.

Peter McGoldrick was first Vet home, closely followed by Steve Barrie and John Pressley. Despite conditions, a total of nine new Vets' records were set.

My thanks to Joan Pellier for the idea of donating all proceeds to cancer research; Paul Hughes for becoming co-race director; and to helpers Ron Potter, Ernie Moyle, Jacqui Halberg, Don Caplin, at least 10 WAMC members, and no doubt others who contributed in some way or another (such as Basil Worner, for securing the Min. of Sport co-operation in preparing the pre-race handbills).

Thanks also to our generous sponsors - Observation City Hotel, Lance Gibbon Holden, Dunlopillo; and both clubs for donating tee-shirt prizes.

Our only hiccup came after the race, with the loss of the recording tape of the 6K Run/Walk. Apologies; we'll make sure this doesn't happen next year.

Paul Martin

Peter McGoldrick	M35	61.05 *
Steve Barrie	M55	61.55 *
John Pressley	M45	62.57
Bob Schickert	M50	64.55 *
Jim Barnes	M45	66.48
Dave Carr	M60	66.51 *
Dennis Miller	M50	67.34
Tessa Brockwell	W35	68.16 *
John Bell	M45	68.51

Dick Blom	M55	68.54
Frank McLinden	M60	69.58
Robin Bonner		70.20
Joe Stickle	M50	71.27
John Gilmour	M70	72.46
Brian Foley	M45	72.47
John Pellier	M50	73.00
Adrian Noordyk	M35	73.05
Vincente Carrero	M50	73.16
Mike Khan	M45	73.29
Bill Crellin	M50	74.00
Kath Noordyk	W45	74.09 *
Alan Pomery	M60	74.10
Peter Airey	M55	74.15
Jon Dartnall	M40	74.56
Bill Crane	M50	75.03
James Ramsey	M50	75.51
Merv Moyle	M65	75.55 *
Barry Munyard	M45	76.01
Merv Jones	M50	76.04
Morris Warren	M50	76.10
Kath Penton	W50	76.12 *
Vic Beaumont	M60	79.48
J Edwards	M50	80.34
Pauline Wiltshire	W45	82.48
John Woolhouse	M50	82.51
Ann Turner	W55	88.29 *
Chris Oldfield	W45	90.48
John Russell	M55	90.52
Roma Bettles	W40	93.12
Frank Usher	M65	101.00

* New Records

Dear Vic,

I just wanted to let everyone know how well the 'joint venture' run went with the Marathon Club at Fremantle on June 21. If you were lying in bed listening to the wind and decided it was better to stay put - it wasn't!

The rain stayed away, and the wind was tough - but the event was well-organised and of course the entry fee went to a very good cause, cancer research.

Plenty of good times were recorded in the main 16K race. I ran the 6K, and although it was a short run it was tough coming back into the wind, and it felt like we'd done 16K. So, I was satisfied with my run, as were most of the Vets and Marathon Club runners.

I hope the next joint venture is as enjoyable. You get out of running what you put into it, and the same applies to organising.

Margaret Warren

Millers Run

June 26, 1992

Conditions: Fine, muddy, late rain

GOOD turnout despite the opposing Chunagon event, and light rain after the start was no hindrance. In the 12K there must have been a good tussle over the second half, among a leading group of five or six. While Wally Quarman and Mark Pressley were out in front, the bunch from Frank Smith to Jim Klinge were thick as thieves at 7K. It would have been interesting to follow them with motorbike and camera, to see when the break-up came!

Thanks to helpers Dick Horsley, Kirt Johnson, Sue and Merv Jones; and of course, to race directors - the Millers!

VW

6K RUN

Rob Raymen	M50	22:12
Gary Lynn	M45	23:13
Peter Hill	M40	23:55
Wal Welyky	M45	24:52
Bob Thomson	M40	24:56
Bill Crellin	M50	26:31
Alan Pomery	M60	26:40
Jean-Marie Volet	M40	27:40
Brian Aldrich	M60	27:17
Merv Jones	M50	28:09
Rob Sheehy	M45	30:12
Brigitte Cheek	W35	31:05
Sandi Hodge	W45	31:37
Keith Webster	M50	31:35
Joan Pellier	W50	33:32
Ray Lawrence	M60	34:03
Estelle Rogers	W35	34:17
Margaret Warren	W55	34:34
Alison Aldrich	W45	35:20
Frank Usher	M65	35:23
Mary Robinson	W55	36:08
Sid Bowler	M65	40:37
Lyn Schickert	W50	42:42
Toni Frank	W45	43:56
Ernie Moyle	M65	46:43

Visitors

Nick Robinson	22:23
Mark Maslen	25:29

6K WALK

Barry Weatherburn	M45	40:46
Jack Collins	M80	53:43
Jacqui Beaumont	W55	53:45
Sandy Penny	M65	59:59

Notice Board

50K ROAD RACE CHAMPIONSHIPS

APOLOGIES to the super-60s, who failed to register with our computer, if not with Morris Warren. Robin and Vic's performances are shown below.

(Times shown are averages per K in each event, with the aggregate average shown in the 50K column.)

	10k	15k	25k	50K	Agg.
Robin Bonner M60	4:26	4:16	4:16	4:22	4:21
Vic Beaumont M60	4:37	4:40	4:40	4:57	

HELL'S VET IS NO ANGEL

ARTHUR Leggett has been granted leave for the next few months. Instead of propping up the Vets, he's kicking up dust across Australia. Easy rider Arthur is on a motor-bike trek around large tracts of Australia, in company with a few mates.

Company is essential in this venture. It's a well-known fact that if his enormous bike falls over, Arthur needs the assistance of several athletes, or a small crane, to pick it up again.

Of course we all wish him well, and are a little envious. [Personally I can't wait to retire, and be old enough to ride a motorbike again, if the kids allow me.]

Arthur's promised to send regular reports of his progress. Should be poetry in motion.

LEADING THE BLIND

DAVE Reid is travelling to Spain at the end of this month, as team manager for the blind athletes in our Paralympic team. He'll report on the whole event on return. The Games are from September 3rd-14th.

World Veterans Championships

The American publication National Masters News gives us this update on the games:

- 46 government staff members and 54 volunteers are working on the games now;
- Government, sport organisations, the media and local business are solidly behind the games;
- All events will be in daylight - 8.00am - 6.00pm;

Our girl in Barcelona

Yes, we're represented. Jacqui Halberg is there, albeit as an athletics groupie.

If you don't know Jacqui, you should. She's seen helping at more races than almost anyone, and this wet winter her tarpaulin-style raincoat has done service virtually every weekend. Additionally, she's the one who labours at getting *Vetrun* to you each month, looking after post and distribution.

So, if anyone deserves a good holiday, it's Jacqui. Let's hope she puts us among the medals, too!

WAYNE'S VOICE

Readers of the Southern Gazette (July 14) might have noticed a guest editorial writer - our very own Wayne Pantell. He was making a telling point over the sale of Holdfast Barracks, in Victoria Park, and the effect this will have on the 150 kids who are cadets of the 13 Field Squadron based there.

Don't know the outcome, or whether local parents' protests have made any difference. The possibility is that from October the cadet unit will be homeless. If you're local, I'm sure Wayne would appreciate your help.

The Vetrunk

Vetrunk is the club magazine of the WA Veterans Athletic Club.

Patron: W.J. (Bill) Hughes

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COPY for the magazine should be submitted to editor Vic Waters at 47 Sulman Road, Wembley Downs, 6019.
Phone: (H) 341 3464
(W) 389 8422
Fax: 389 8458

DEADLINE for next issue - August 24

What goes on - inside Barry's head?

Dear Vic,

You know your requests for help are being heeded, when -

* in the middle of the Jorgensen Cross-Country, a very new member wants to discuss the Darlington Dash, and offers to race direct next year! Obviously, he didn't know that for me even to jog, let alone run a cross-country, takes all my mental as well as physical effort. And as for an intelligent conversation - well, at the best of times? However, with my everlasting thanks, his offer was accepted!

* when a lady who finds time only to take part in a few runs each year, offers to give up one of them to help - again, thanks.

* finally (and still in the same run) things reach totally stupid proportions, as our vice-pres engages me in a sordid discussion, and suggests that if I get a pair of 'sexy' shorts like Norm Miller's 'I'm on'. Please Norm, can I borrow your shorts?

BUT, we still need help, of all shorts, I mean sorts!

Barrie 'Mountain Man' Thomsett