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*(Remember - club singlets must be worn at our State Championships)
 Running singlets and club tee-shirts are now available.
 Tee-shirts are gold with black trim, and the club badge on left breast.
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 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.
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HAPPY BIRTHDAY TO OUR JULY MEMBERS

RAYMEN, ROBERT	01/07/42	52 remains M50	LYNN, MARGARET	16/07/40	54 remains W50
MATTHEWS, BRENDA	01/07/52	42 remains W40	HEPPELL, MARY	16/07/37	57 remains W55
FERGIE, BOB	03/07/35	59 remains M55	MARTIN, PAUL	18/07/41	53 remains M5
JAMES, LYLE	03/07/40	54 remains M50	OTITE, GEOFFREY	18/07/51	43 remains M40
FERRIS, JOHN	04/07/50	44 remains M40	STONE, ALAN	20/07/32	62 remains M60
LEMAN, SUE	05/07/46	48 remains W45	WILLS, ADRIAN	20/07/50	44 remains M40
BELL, JOHN	06/07/45	49 remains M45	JONES, MERVYN	21/07/39	55 becomes M55
BERRY, MIKE	06/07/31	63 remains M60	GOWER, ALAN	21/07/55	39 remains M35
VANDERSANDEN, GREGORY	07/07/58	36 remains M35	MAIR, CHRISTINE	21/07/48	46 remains W45
GREENFIELD, JAMES	07/07/43	51 remains M50	SANGER, JOY	22/07/51	43 remains W40
HARROP, LYNN	07/07/53	41 remains W40	CHOATE, CLIVE	25/07/51	43 remains M40
GREEN, STANLEY	09/07/14	80 becomes M80	CROWTHER, ENID	26/07/42	52 remains W50
HOLM, ALEC	09/07/45	49 remains M45	WEST, THELMA	27/07/49	45 becomes W45
MUNSIE, ALTHEA	10/07/38	56 remains W55	CHEEK, BRIGITTE	28/07/56	38 remains W35
CARSE, BRIDGET	10/07/43	51 remains W50	MEYERS, GRAEME	28/07/49	45 becomes M45
WELYKY, WAL	10/07/47	47 remains M45	BONNER, VAL	28/07/41	53 remains W50
WHITTAM, DOROTHY	10/07/36	58 remains W55	FORDEN, MARGERY	29/07/41	53 remains W50
CARPENTER, JOHN	11/07/46	48 remains M45	BRODERICK, CAROL	30/07/52	42 remains W40
SLINGER, JOAN	12/07/41	53 remains W50	MOYLE, ERNEST	30/07/25	69 remains M65
MASTERS, GEORGE	12/07/35	59 remains M55	HODGE, SANDI	31/07/46	48 remains W45
CHALMERS, ROBERT	16/07/38	56 remains M55	WALDHUTER, BRIAN	31/07/40	54 remains M50
CHISHOLM, GAVIN	16/07/42	52 remains M50			



The Vetrun



NO. 254 JUNE/JULY, 1994

Vets to stage six-hour relay

A major new club event, a six-hour relay open to all members, will take place in October at Coker Park.

Runners, and walkers, will compete in teams of six, according to age group and sex. As well as the competitors, many helpers will be needed for time-keeping and recording. All supporters will be welcome, of course!

The relay will begin at 8am, on Sunday October 30, and finish at 2pm.

Each team will be trying to set an age-group record, of course, but there's sure to be good healthy rivalry between the teams.

(After Lake Monger, it's definitely time to upset the M50s!)

Like all Vets events, this is not a race only for the elite.

Depending on numbers, it seems likely that we could have more than one team within an age group. We'll confirm that later.

We hope to make this a good social day, too. A big barbecue will follow the big event!

How it works

Some Vets may know how the 24-hour relays operate. Our rules are similar.

Six people form a team, each running four laps (1,600m) in each burst.

You MUST run four laps! If you run three, they don't count. If you run too many, only FOUR of them count!

Running order for the team is set at the start, and must not change.

If someone drops out, the team has to carry on without him/her.

No substitutions are allowed.

Forthcoming Attractions

If a runner isn't ready to go, the team must choose whether to wait on him/her, or continue without. Having missed a turn, that runner is eliminated.

Wary of running on the track?

Well, my (shaky) mental arithmetic suggests that the average Vet runner, doing 5min/kms might only need to run eight times in the six hour period, covering about 12k.

With lots of rest in between runs while the other five do their stuff, a warm-up before each burst, all our regular Sunday runners would be quite capable of taking part!

Please contact the following team co-ordinators, to join a team, or volunteer your help.

W45 - Heather Sanderson
 W50+ - Joan Pellier
 M40 - John Ferris
 M45 - Brian Danby
 M50 - Don Caplin
 M55 - Don Caplin
 M60 - Robin Bonner
 M65+ - Merv Moyle

(Co-ordinators are needed for age groups that are un-listed)

In Vetrun this month...



FIFTY marathons are behind him, and John Pellier has yet another happy memory of Bunbury. More, page 2.

Vets Run on Saturdays too!
 More Tales from the Bogor
 50 Marathons for John Pellier P2

From the Committee
 Notice Board P3

UNI and BACK
 25K RRC P4

Jim Barnes Run
 Bunbury Marathon P5

Andy Wright Handicap P6

WHICH WAY FOR
 VETRUN? P7

Insert - Vetrun form

Birthdays P8

See you at Jorgensen?

JORGENSEN is our big winter social, as well as the X-Country Championship. The club subsidises a terrific lunch (indoors, roaring fire, BYO). We want 100 there, July 10, so book it now.

Another date, September 18, is for lunch at Rosie O'Grady's pub in James Street.

Now the club has decided to award trophies for the Road Race and Road Walk Championships, we want to make the presentations a casual affair that everyone can enjoy.

It's 12noon - 4pm, cost \$10.

Andy Wright Memorial Handicap May 22, 1994

This was the first Andy Wright Run in its new location at Aquinas College; and as luck would have it, the weather chose this precise time to break our record drought. The farmers are obviously better prayers than the Vets!

However, all who turned out gave the new venue an enthusiastic thumbs-up — both as regards the course itself, and the facilities of the Old Aquinians Hockey Club.

Trophy winners for the 10 km handicap were:

First Man —

Milton Mavrick (M40).

First Woman —

Phyllis Farrell (W45).

In the 5 km run (all from scratch)

First — Tessa Brockwell (W35) in a time of 21:40.

Second — Geoff Tite (M40) in a time of 22:05.

In the 10km Handicap Walk:

First Woman — Dorothy Whittam (W55) in an adjusted time of 89:05.

First Man — Jeff Whittam (M55) in an adjusted time of 89:02.

In the 5km Walk:

First Woman — Tina Carrero (W45) in 44:32.

First Man — Dick Horsley (M80) in 50:11.

Thanks to the guys who brought along the morning tea, and in particular to those who helped: Pat Carr, Dalton Moffett, Ernie Moyle, Bob Schickert, Margaret Birks, Bob Farrell, Fred Hagger, Jacqui Beaumont and Sue Danby.

See you all again next year in better weather conditions — the offer of BBQ facilities still stands!

Leo Hassam.

5km Run

1	Tessa Brockwell	W35	21:40
2	Geoff Tite	M40	22:05
3	Peter Howat	M45	22:19
4	Simon Mort	M45	23:50
5	John Dartnell	M45	23:59
6	Jim Barnes	M50	24:12
7	Ian Passmore	M50	24:29
8	Vic Beaumont	M60	25:14
9	Keith Forden	M55	26:14
10	John Stone	M40	27:20
11	Valerie Millard	W45	29:28
12	Noela Medcalf	W55	29:31
13	Norm Miller	M60	*
14	Lorna Laughlan	W60	*
15	Pat Miller	W55	*
16	Rosa Davis	W50	*
17	Jackie Billington	W50	32:57
18	(eq) Margaret Stone	W50	42:50
	(eq) Lyn Schickert	W50	42:50

* Malfunction of the recording watch caused by damp paper meant that there were no times recorded for these four placings. Sorry!

10K Handicap		Clock	H'cap	
1	Milton Mavrick	M40	56:06	12:00
2	Phyllis Farrel	W45	56:38	2:00
3	Ivan Wiltshire	M50	57:51	12:00
4	Pauline Wiltshire	W50	58:08	11:00
5	Roma Bettles	W40	58:29	11:15
6	Sheila Maslen	W55	58:36	1:00
7	Ray Lawrence	M65	60:13	9:15
8	Ted Maslen	M55	60:16	19:15
9	Jim Klinge	M45	60:17	22:15
10	Ray Attwell	M55	60:39	17:00
11	Joan Pellier	W50	60:45	6:00
12	Ray Barnett	M50	60:52	6:00
13	Mike Rhodes	M45	61:16	13:00
14	Bob Sammells	M55	61:19	19:00
15	David Roberts	M50	61:23	22:30
16	David James	M40	61:36	22:15
17	George Peet	M60	61:38	12:00
18	Jill Chambers	W45	61:42	20:30
19	Arnold Jenkins	M50	61:43	16:15
20	Dick Blom	M60	61:49	18:30
21	David Hough	M60	62:19	12:00
22	Jeanette Howat	W35	62:28	14:00
23	Ann Turner	W55	62:38	11:00
24	Ron Potter	M50	62:39	14:30
25	Vincent Carrero	M50	62:43	20:00
26	Heather Sanderson	W40	62:49	13:30
27	Brian Danby	M45	62:51	21:00
28	Paul Martin	M50	63:06	20:30
29	George Schaefer	M60	63:10	19:00
30	Alan Chambers	M55	63:25	14:00
31	Ron Sutton	M55	63:26	12:30
32	Wal Welyky	M45	63:42	20:00
33	Peter Airey	M55	64:22	16:00
34	Stuart Hicks	M70	64:26	6:15
35	Mike Khan	M45	64:27	19:00
36	John Pellier	M50	64:47	19:00
37	Robin Bonner	M60	64:59	20:00
38	John Russell	M60	65:34	10:30
39	Merv Moyle	M65	66:04	15:45
40	Vic Waters	M50	66:30	20:45
41	(eq) Bob Harrison	M50	66:48	22:00
	(eq) Frank Smith	M50	66:48	23:30
43	Mary Hepple	W55	66:53	1:00
44	Mary Robinson	W55	67:13	5:30
45	Jackie Halberg	W45	67:47	14:00
45	David Carr	M60	70:14	19:15

10Km Walk		Clock	H'cap
Barrie Thomset	M50	69:30 +	24:00 =
			93:30
Dorothy Whittam	W55	73:20 +	15:45 =
			89:05
Jeff Whittam	M55	75:52 +	13:10 =
			89:02

5km Walk

1	Tina Carrero	W45	44:32
2	Jo Morgan	W55	44:33
3	Gillian Peet	W55	50:10
4	Dick Horsley	M80	50:11

Visitors:

5km walk -	Margaret Flanders	46:23
10km Run -	Pat Sweeney	42:59
	Brian Smith	58:20
	Pat Campbell	61:28
	Greg Lawrence	62:31

from the Committee

THE Australian Association of Veterans Athletics Clubs held a board meeting in Melbourne on May 21. The main subjects discussed during the meeting were:

1. Darwin is unable to host the 1995 Track and Field Championships, and another venue will be sought, probably Queensland.

2. The Weight Pentathlon will be held with the Masters Games in Brisbane in October. This involves discus, shot, javelin, hammer and a special weight to be thrown.

3. The publisher of the Australian Runner and Athlete magazine wants contributions towards Veterans news, and to distribute six issues to each member at a cost of \$18 for each Vet. (almost double our annual subscription - anyone interested?)

4. Insurance needs for the Association were reviewed.

5. Appointment of two team managers for World Championships, Buffalo, 1995; fares paid by travel agent.

6. Travel Agent will be a Japanese company, JTC.

7. A development programme for the Association will be discussed at a special seminar held in conjunction with the AGM in August. The travel costs for one additional representative for each State will be met through a Government grant.

8. The format for future Australian Championships was discussed at length and will revert to that of previous years, with fewer clashes of events, and novelty events not part of the main programme.

Brian Foley

Notice Board

Quiz Night

Date in October is not fixed yet, but it's not too soon to think about donating some prizes, please.

Christmas Dinner

Last year's successful Langley Plaza do did nicely, most people thought.

So, same again this year, on November 11?

Championship Events

We plan to designate certain events as State Veterans' Championships. So far, they include a 10K road event, half marathon, marathon, and 10K cross country. Comments to your favourite committee member, please.

New Shirts

A new club t-shirt, with small v-neck, has been ordered. Get yours, at a ridiculously low price, from Jacqui Billington. We'll try to use a picture of the design, as soon as available.

Bring some money to Jorgensen, around \$14, and you can buy one on the spot!

T-shirt Correction

Sorry, the price for the World Vets Games t-shirt is \$20, plus \$3 p&p. In May, we quoted \$32. That's the price of a windcheater.

Both are available in white (sizes 12-24) with design showing the history of the World Games, from Victorian Vet Peter Colthup, on 03 795 1169.

NEW MEMBERS

Welcome to

March

Roger West M40
Thelma West W40
Richard Peters M50
Rodger Crossman M50
Milton Mavrick M40
Greg Vander Sanden M35
Peter Brazier

April

Heather Macgowan W40
Peter Howat M45
Margaret Ruella W40
Gabiella Ralph W40
David Hall M45
Henry Snowdon M40
Serge Toussaint M45
Les Slade M40
Jane Slade W45

May

Josephine Morgan W45
Marianne Greve W35
Ivan Brown M45

June

Evan McRae M40
Kathy Ayre W40
Brian Smith M55
Luella Jenkins W50
Dorothy Nicholaides W55
Pat Campbell W
Gerry Chase M55

Losing one is unfortunate, but two...

We thank our growing Albany contingent for the following local newspaper cutting, printed here verbatim.

'ROYALS' football coach Tim Hunter obviously has his rivals figured out judging by his team's unbeaten run this season.

But he has a little more trouble with basic concepts, like recognising your mate's car after you've taken it for a drive.

Tim was at the footy on a recent Saturday when he wanted to throw some money at a few horses, so he borrowed a friend's Subaru to dash down to the TAB.

The deed done at the betting shop,

he hopped back in what he thought was his mate's car and headed back to the game.

Meanwhile a couple, new to town, emerged from the adjacent supermarket to find their Subaru wagon missing.

Assuming the worst they reported the theft to police, forming negative opinions about the honesty of Albany people.

Back at the footy game Tim thought no more about his TAB trip, until his friend came back trying to find out where his car was.

Panic set in as it looked like downtown Albany had experienced its second daylight car theft within hours.

A quick trip to the TAB uncovered one missing car, but it took a little help from the police to untangle the web and find the other.

It seems both models were the same model and colour and the key to one was able to unlock the doors and start the engine in the other.

Sounds like an effective security system.

"Guess the identity of the couple, new to town," asks Basil Worner!

Kate and Basil moved to Albany recently (though they know the place pretty well!)

In which our heroine battles and overcomes smog, and embarrassment; takes the money and runs; and hikes up volcanoes. Now, read on...

April 19

In all, eleven of us ventured to the big smoke (literally) of Jakarta, leaving at a completely uncivilised hour to make the 6am start.

The superstar greeting we received was embarrassing. You'd think by now they would be indifferent to 'whites'. Never mind, I think we all secretly enjoy it.

Weather was 'ideal', about 29C, and 90 per cent humidity.

I ran comfortably for 5K, but still felt pretty awful at 6K. From then on had to play mind games. Passed six women in the second half (10K race) so I guess I wasn't the only one feeling bad.

You'll be pleased to hear I managed a 'spin' in the last 100 metres (only because there was another female ahead!)

Maxine finished 9th in the 'public' section of the race, and won the equivalent of \$A330. Organisation of races in Indonesia is peculiar. She beat some of the 'elite' entrants, and had she been allowed to enter in that group, would have run off with around \$2,000!

May 31

Hope you're enjoying the winter weather. We had a very welcome down-pour yesterday, after two weeks without rain. Gets a little smelly in some areas. With the living habits of the locals, it's preferable to have rain every day!

I've experienced a few different adventures since I last spoke with you.

Vets run on Saturday, too

IT'S quite a novelty, Saturday running with the Vets.

The cross-country courses, and the roads, are the same as usual. Bit more slippery, this time of the year; no less difficult.

It's the other runners that make it novel.

Some of them aren't shaving yet, especially the girls. Some of them aren't old enough to have teenage spots.

(They'd call them zits. God knows what they call us.)

These young athletes have some saving graces, though. For instance, they aren't ALL fast. There's great satisfaction in surging past some kid, even if she is only ten.

Using superior experience to point them the wrong way at a crossroad is a lot of fun too.

These are the highlights of the Saturday runs with the Association, to be fully savoured only in the winter.

Summer running on the track presents little opportunity for mis-di-

Tall Tales from the Bogor

by Maxine Santich

Firstly, Fred and I had a weekend on Christmas Island.

It doesn't offer a lot to the tourist. Basically, rock covered with tropical forest and quite a rugged coastline. However, the isolation, peace, lack of people and cars is a pleasant change from Indon.

Back in Bogor, I've found some expert hikers, and joined them for two mountain climbs.

The first took us halfway up a 2,200 metres high mountain to an active volcano. About three and a half hours up and back, very tough going, but fun!

Three days later 16 of us drove two hours from here, to take on a 3,000 metre mountain. Not only a test of endurance and strength, but character. It was a five-hour haul to the peak, which was the rim of a huge crater.

It was a clear day, the view spectacular, and exhilarating.

The downhill took just three hours, but was no less painful.

Have to say I felt quite pleased with myself after that one.

A couple of areas are very dangerous. No doubt, anywhere else in the world the public wouldn't be allowed - not a problem here.

On June 19 we have a 10K run here in Bogor. Not sure the prizes will be as generous as in Jakarta, but I'll give it a shot.

JOHN RUNS 50TH MARATHON

BUNBURY has always had good vibes for John Pellier. He ran his first sub-3-hour marathon there; his fastest marathon there; and the Bunbury Club always treats him as a celebrity!

Fair enough, too. John has run in every Bunbury event, and in May he made the pilgrimage once more, to complete his 50th marathon.

Living in WA, that's quite a feat. We don't have the luxury of choice. With the demise of Albany, the only regular events left are the Perth run, and Bunbury.

John has completed all but one of his marathons in WA though. The exception was Bristol, UK, in 1982. Other overseas attempts, in Boston USA, were thwarted by injury.

Beginning in 1980 with the Peoples Marathon in Perth, Puffing Pellier managed a very respectable 3hrs 24mins. Of course, he was a mere M40 stripling then. Three years later he went sub-3, with 2:57:50, in Bunbury.

Fastest time ever (so far!) was in 1985, a cracking 2:53:18.

John has also run in one ultra event, the 40-miler from York to Mundaring.

Of course, as a solid club supporter he'll turn his hand to most things (though I don't think he likes the beach too well!) A few years back he gave sprinting a try, and according to coach Basil Worner, John has the talent to be one of the Vets' best speedsters!

What next?

A while ago I heard him say that he had to reach 50 marathons, so he could stop.

Would anyone like to bet that John Pellier WON'T be at Bunbury in 1995?

All of this venerable support makes one feel quite at home, even though most of the runners voices haven't broken.

Seriously, the Karrinyup meeting was an uplifting event for all of us.

It felt very good to be among athletes of all ages, enjoying competition without aggression. There was teamwork in the relays, and encouragement from other runners of all ages.

The better Vets do very well in the open competition, too.

They possibly have better endurance than some of the younger men, and when it comes to the longer races the age-gap has less effect.

At Karrinyup, each runner in the four-man team ran 2.5K, twice.

Our first team was sixth out of 18; our second team came 13th; and the composite team was 16th. Bert Carse, Duncan McCauley, Brian Foley and Bruce Wilson made up the first team, and Duncan was fastest Vet.

by Vic Waters

recting, or beating, the juniors. As for the 'senior' runners (all of 20 years old!), forget it!

I made my first foray into the mysterious world of Association Saturdays last year. I'm here to report that it's a great way to spend an afternoon, even if you may feel slightly drained come Sunday morning.

Twenty Vets are registered this year, and many others show up, because they're registered with other clubs.

Last Saturday (June 18) for example, we fielded two four-man teams in cross-country relays at Lynn Street Reserve in Karrinyup. We also formed a composite team, which included Ted Maslen, who usually runs for UWA, and Keith Martin, a Vet who usually considers 800m an ultra-distance.

I also spotted Jill Chambers, Anne Shaw, and Bruno Larini, running for other clubs.

The *Vetrun* is the Vets biggest financial commitment. We spend more on it than anything else - so it's important to get it right. Right now, some people are dissatisfied with the magazine, and the committee is considering how to improve things.

This month, these pages need your careful attention.

We need a reaction from ALL members, to ensure that the magazine gives as many Vets as possible what they need.

WHICH WAY FOR VETRUN?

by Vic Waters

SHOULD *Vetrun* appear every month?

The question was raised at the AGM. I have given it much thought, and made a report to the committee.

They have decided to ask you, the members, for comment and opinion.

Here are some facts to help you.

When asked at the AGM if we could have *Vetrun* appear every month, on a set date, I replied: "I couldn't guarantee that."

These are the reasons why I cannot give such a guarantee.

1/ At present we pay less than one third the going rate for our typesetting. So, we have to fit *Vetrun* in when we can, around the typesetting company's other work.

To come out on a set date, twelve times a year, we must pay commercial rates for typesetting.

2/ We would have to stick to a schedule.

Stories and other material arriving late, and non-availability of our own skilled volunteers to prepare the magazine, can cause us to miss the schedule.

If we miss dates, the typesetter and printer have every right to fit other work in. That can mean we miss our publication date.

So - we might need extra editorial help, to cover for me if I'm unavailable, to type copy when Jacqui is unavailable.

In effect, we would be attempting to produce a professional publication, with unpaid, voluntary help.

3/ Editing and writing *Vetrun* takes much of my time.

I give this gladly, as I enjoy the task.

However, I also have to work for a living. My job is not nine to five. I do not have guaranteed spare time. I fit *Vetrun* in, and over the past few years, we haven't missed much.

However, I can't guarantee that I can find enough time, to order, every month.

4/ Extra costs are a major consideration.

Editing, typing, and distribution is handled by us, and costs nothing but our time.

However, each time we publish an eight-page *Vetrun*, it costs app. \$400.

That \$400 covers typesetting; printing; and postage.

Paying the commercial rate for typesetting would increase costs by \$200 on an eight page issue.

That's \$2,400 each year, app. \$6 extra per member each year.

Monthly issues

Some members, and committee members, want a publication every month.

They feel it would be good to have *Vetrun* published on fixed dates, so everyone knows what to expect, and when.

It would also allow us more opportunities to pass on essential information, changes of venue and so on.

Statutory notice of events such as the AGM; the issue carrying the membership form; the issue containing the race programme; all could be scheduled.

Decide!

Now, members have to decide what they want!

What do you want, and how much are you willing to pay, or work for it?

It's your choice

Possible alternatives include:

A/ Reverting to the old-style.

Newer members may not have seen this, which was photocopied, and relied on intensive labour from Vets volunteers.

In dollar terms, it's cheap, though we would need a good, new photocopier.

(To blow my own trumpet, we would also be giving up what has been acknowledged as the best magazine of any Vets club - perhaps any athletics club? - in Australia!)

B/ Publishing less often, but with more pages.

If *Vetrun* published every two

months, we would save on postage, and some labour. However, a typesetting price increase would still be necessary.

This would add approximately \$200, for a 16-page issue - \$1,200 per year.

We would save money on postage though, so I estimate the overall increase as \$800, or app. \$2 per member each year.

C/ Another committee suggestion is that a photocopied newsletter alternates with the *Vetrun*, so that we achieve 12 publications a year. I can't estimate cost of this, as I would not be personally involved. However, it should be cheap to produce, except for postage, paper, photocopying, and labour.

D/ As above, but printing and mailing a 'photocopy special' only when something urgent comes up, rather than every other month.

E/ Carry on as we are? This is possible, but as I have pointed out many times, we are relying on the goodwill and charity of an excellent, professional typesetting company, and we cannot expect that to continue forever. As they become busier, they will have less time available for *Vetrun*. At some time, we have to pay a proper rate. That time might as well be now.

Now, it's up to you, the readers.

Written comments are much more useful than bending someone's ear.

If we are to make a change, let's do it based on solid evidence of what the members want - not the word-of-mouth system that lets the most vocal members make all the running.

The form enclosed gives you the chance to choose. You can tick one of the options I have mentioned; amend or improve it; or make your own suggestion.

Please use the form. Please comment.

Hand it into the editorial sub-committee members (Jacqui Billington; Margaret Birks; Vic Waters); or post it to *Vetrun* (address on page 3).

Please have your say. It's the way to get the kind of *Vetrun* you want.

Vic Waters