



The Vetruns



NO. 269 MARCH 1996

PATRON: W.J. Hughes

PRESIDENT: Brian Foley

EDITOR: Richard Harris 323 4387
457 6102

RUNNING MATES DOROTHY AND JEFF WHITTAM



Meet this month's mates in running, Dorothy and Jeff Whittam, both born in Bradford, Yorkshire. They came to Australia in 1965 and have three children and three grandchildren.

Athletics started at school for Dorothy where she ran 100-200m (then yards). Often she competed against Dorothy Hyman, the British International sprinter of the 1960's. Dorothy represented her county, Yorkshire, and ran until she had her first baby.

After coming to Australia and joining the Vets and whilst competing at Perry Lakes, Barrie Robinson kidded a late WA Newspaper sports writer that Dorothy W was in fact, Dorothy Hyman!!

Jeff, I've been told was a very good cyclist, but after meeting Dorothy he took up cross country running.

Dorothy has also ran in two 24 hour relay events and has been secretary of the Vets. Jeff for many years was the editor of the newsletter. Both Dorothy and Jeff are life members of the Vets.

Occupation:

Jeff - Fits garage doors

Dorothy - Managing Director for Jeff (watch out the tax man doesn't get you Dorothy)

Favourite distance:

Jeff - Bed

Dorothy - 100m and triple jump

Favourite run:

Jeff - King's Park

Dorothy - Track

How did they hear about the Vets?

Jeff - After running City to Surf he received a letter from Rob Shand (then the Vets Secretary) asking if he would like to join the Vets and with Mike Berry's persuasion, joined. Mike suggested that for his first attempt that he run the Reabold Hills Run. Mike said "You walk up the hills and only run down hills and on the flat. Nothing was mentioned about it being "eyeballs out" type racewalking up the hills and "see if your legs can keep up with your body" coming down.

Dorothy - If you can't beat em - join em

Other interests:

Cycling, orienteering and rogaining

Favourite food:

Jeff - food!!!

Dorothy - Roast pork

Greatest pleasure in running:

Jeff - Beating Terry Ruddy in the Cross Country at Jorgensen Park

Dorothy - Winning the gold medal in triple jump at World Veteran Track & Field Championships in Melbourne 1987 (a world record).

Ambition in running:

Jeff - To keep on being able to do it

Dorothy - Just walking - throwing for pleasure.

Pet hates:

Jeff - People who smoke next to me, especially in restaurants.

Dorothy - Running the Bridges.

Joan Pellier

MEMBERSHIP FEES

After many years with minimal increase in membership fees, we have reviewed our budget with regard to equipment purchases and administration expenses. Consequently we have raised the membership fees for this year commencing March.

They will be:

Renewals

Metro Single	\$30	Joint \$40
Country Single	\$25	Joint \$30

New Members

Metro Single	\$40	Joint \$50
Country Single	\$30	Joint \$40

Our major expenditure is on Vetrun production (40%) and we will need to upgrade our computer to maintain the current standard. We are also attempting to put more of our administration activities on the computer.

SUBS DAY IS ON MARCH 24, 1996 AT LORNA'S RUN

Once again it is time for renewal of your membership fees.

You must complete the enclosed membership form even for renewals. Please use the new form enclosed with this edition.

This method of collecting the subs is proving very successful and helps in getting the fees in on time and saves much work for the Treasurer.

A "Subs Box" will be placed at Lorna's Run. Cheque or cash but if paying in cash please put in an envelope enclosing the membership form (no postal orders please).

STRESS AND THE VETERAN ATHLETE

Exeter's John Butler has been to doctors far and wide to try to discover why he cannot get enough oxygen into his lungs and thence to his blood, when he raises his running tempo above a jog.

Butler had to drop out of his club's National Vets road relay team for fear of letting them down and cancel his trip to the World T&F Championships.

But he does not have Exercise Induced Asthma (EIA). I have the same symptoms, as did Bedford's Phil O'Dell. Doctors have pronounced us all fit, with no mystery viruses, but the problems persist. A fast start in a race or training leads to something like hyperventilation and an inability to get enough oxygen into the lungs, oxygen levels in the blood drop, which causes the heavy legged syndrome often felt by 400m runners in the last 20 yards. We were all initially diagnosed as having EIA, but a simple Peak Flow monitoring test reveals a high puff strength even in the middle of an attack.

What causes this? Can it be stress?

Stress at work, on the roads, in the race (or training situation), at home. Stress from too many years as an athlete. Or a combination of all of these?

O'Dell's second at the Ampthill Trophy this month suggests he has overcome the problem. I get through races by starting at the back, stabilising my efforts and then working through. But no natural deterioration takes a 32 minute 10K man down four minutes in four years. Butler finds he cannot do a track session with his clubmates. Personally I can't do more than 30 miles a week. Yet to get back to where we know we should be, more and faster training is required.

Pat Milroy, doctor to British veteran teams at World and European championships has no answer, apart from the possibility of stress, but is this the answer? I used to think stress was all in the mind - perhaps I was right?

DID YOU SPOT THE DELIBERATE MISTAKE

In the February edition a line had been missed out from Robin Bonner's continuation of the Mad Mick limericks - it was in the second verse and the last line, it should read: "By fair or foul and that's no jest" - Sorry about that Robin - I must have had other things on my mind!!

TRACK & FIELD RESULTS Coker Park 1.2.96.

200m

W35	Snow McSwain	30.6
W40	Diane York	32.9
W50	Peggy Macliver	30.5
M30	Neil Johnson	26.8
M35	Ian Sanders	29.3
M40	Bill Shand	25.6
M40	Alan Thurlow	29.3
M50	John Pressley	33.62
M60	David Carr	28.2
M60	Steve Barrie	33.2

100m

W35	Snow McSwain	14.6
W55	Dot Nicholaidis	16.0
W60	Patricia Carr	15.7
M35	Ian Sanders	13.6
M50	John Pressley	15.7

800m

W50	Peggy Macliver	2:38.2
W55	Margaret Robinson	3:22.0
M30	Neil Johnson	2:29.9
M35	Pra Nicol	2:26.8
M35	Ian Sanders	2:52.0
M40	Bill Sahnd	2:07.4
M40	Neil Douglas	2:12.6
M40	Milton Mavrick	2:49.3
M45	Lewis Arndt	2:47.8
M50	Jim Langford	2:20.3
M50	Ivan Brown	2:28.4
M40	Vic Waters	2:28.7
M50	Vicente Carrero	2:33.8
M50	Brian Gale	2:36.3
M50	John Pressley	2:36.7
M50	Arnold Jenkins	2:39.2
M55	Alan Jennings	2:31.1
M55	Graham Thornton	2:48.4
M60	David Carr	2:23.2
M60	Steve Barrie	2:39.9

5000m Walk

W45	Michele Mison	32:24
W45	Sue Hughes	33:37
W45	Jill Midolo	37:14
W50	Lesley Romeo	32:52
W60	Val Wheeler	43:32
M35	Pra Nicol	37:39
M45	John Mison	26:09
M55	Barrie Thomsett	32:17

Triple Jump

W35	Snow McSwain	8.70m
W40	Diane York	7.84m
W55	Dot Nicholaidis	7.30m
M40	Ross O'Brien	10.31m
M60	David Carr	7.90m

Javelin

W50	Peggy Macliver	18.91m
W55	Dot Nicholaidis	21.83m
W60	Patricia Carr	17.96m
M40	Alan Thurlow	15.21m
M45	John Walker	16.75m
M50	Arnold Jenkins	23.07m
M60	David Carr	22.19m

3000m

W40	Tessa Brockwell	11:20
W45	Anne Shaw	10:47.9 R
W55	Margaret Robinson	14:30
M35	Greg Vander Sanden	9:56
M35	Pra Nicol	10:24
M40	Neil Douglas	9:20
M40	Alan Thurlow	10:08
M40	Bill Sahnd	11:16
M40	Milton Mavrick	12:21
M45	Maurice Creagh	10:54
M45	Lewis Arndt	12:10
M45	John Walker	12:43
M50	Jim Langford	9:26
M50	Burt Carse	10:44
M50	John Pressley	10:53
M50	Ivan Brown	11:05
M50	Vicente Carrero	11:08
M50	Vic Waters	11:10
M50	Arnold Jenkins	13:47
M50	Brian Devine	14:03
M55	Graham Thornton	11:52
M55	Alan Jennings	12:06
M60	Steve Barrie	11:30

Discus

W35	Snow McSwain	17:00m
W40	Diane York	13.93m
W50	Peggy Macliver	18.00m
W55	Dot Nicholaidis	14.46m
M35	Ian Sanders	16.36m
M40	Alan Thurlow	15.41m
M45	John Walker	17.58m
M50	Arnold Jenkins	14.85m
M60	David Carr	23.47m

McGillivray Oval 8.2.96.

400m

W40	Ann Stingemore	66.9
W50	Peggy MacLiver	68.9
W50	Val Prescott	93.2
M35	Ian Sanders	67.0
M40	Bill Shand	56.8
M40	Paul Kelly	64.4
M45	Henri Cortis	66.6
M45	Lewis Arndt	73.7
M50	Ivan Brown	65.2
M50	Bruce Wilson	65.7
M50	Arnold Jenkins	66.2
M50	John Pressley	70.9
M50	Brtian Devine	61.8
M55	David Clive	60.8
M55	Peter Gare	62.4
M55	Norm Richards	68.6
M55	Graham Thornton	69.2
M55	Jim Riddell	76.1
M55	Bob Sammells	77.8
M60	David Carr	61.3
M65	Stan Lockwood	80.7

Mile

W45	Anne Shaw	5:31.5
M30	Neil Johnson	5:50.4
M40	Neil Douglas	4:41.1
M40	Alan Thurlow	4:58.1
M40	Bill Shand	5:02.3
M45	Lewis Arndt	6:12.0
M50	Jim Langford	4:50.8
M50	Bert Carse	5:14.4
M50	Brian Foley	5:18.9
M50	Bruce Wilson	5:26.5
M50	Ivan Brown	5:39.9
M50	John Pressley	6:04.8
M50	Brian Gale	6:15.2
M50	Arnold Jenkins	6:44.7
M50	Brian Devine	7:02.5
M55	Graham Thornton	6:00.3

Mile Walk

W45	Michele Mison	10:05.0
W50	Jackie Billington	10:58.0
W55	Dorothy Whittam	10:32.0
W65	Lorna Lauchlan	11:35.0
M45	John Mison	7:53.0
M50	Bruce Wilson	9:41.0

100m

W50	Peggy MacLiver	14.35
W50	Jan Jarvis	14.64
W60	Patricia Carr	17.19
M35	Ed Groughan	12.11
M35	Peter Muirden	12.87
M35	Ian Sanders	13.66
M40	Paul Kelly	14.14
M45	Henri Cortis	14.09
M50	Bruce Wilson	13.95
M50	John Pressley	16.35
M55	David Clive	12.76
M55	Peter Gare	13.19

M55	Graham Thornton	15.26
M55	Jim Riddell	15.30
M60	David Carr	14.72
M65	Stan Lockwood	17.90

Long Jump

W50	Jan Jarvis	3.97m
M55	David Clive	4.93m
M60	David Carr	4.01m

Coker Park 15.2.96

200m

W35	Snow McSwain	31.4
W50	Peggy MacLiver	30.8
M30	Neil Johnson	26.5
M40	David Wyatt	26.4
M45	Duncan McAuley	26.3
M45	Lewis Arndt	33.2
M50	Brian Gale	30.2
M50	Arnold Jenkins	30.4
M55	David Clive	26.3
M55	Alan Jennings	30.5
M55	Jim Riddell	32.9
M55	Graham Thornton	36.9

Triple Jump

W35	Snow McSwain	8.95m
W55	Dot Nicholaidis	7.10m
M40	Dave Wyatt	10.51m
M55	David Clive	9.35m

3000m Walk

W45	Michele Mison	19:36
W50	Lesley Romeo	19:39
W65	Lorna Lauchlan	22:16
M45	John Mison	15:22

5000m

W40	Tessa Brockwell	19:47
W45	Anne Shaw	18:53
M40	Neil Douglas	16:35
M40	Alan Thurlow	17:25
M40	Milton Mavrick	21:01
M45	Maurice Creagh	19:25
M45	Duncan McAuley	20:30
M45	Mike Thompson	20:52
M45	Lewis Arndt	21:14
M50	Vicente Carrero	19:13
M50	Arnold Jenkins	25:33
M55	Graham Thornton	20:41

Hammer

W55	Dot Nicholaidis	16.56m
M50	Arnold Jenkins	21.79m

Javelin

M40	Alan Thurlow	17.95m
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800m

W50	Peggy MacLiver	2:53
M30	Neil Johnson	2:25
M35	Geoffrey Jordan	3:18
M45	Duncan McAuley	2:14
M45	Lewis Arndt	2:47
M50	Brian Foley	2:17
M50	Vicente Carrero	2:38
M50	Brian Gale	2:43
M55	Alan Jennings	2:31

SHOALWATER BAY 26.11.95.

68 Runners - walkers enjoyed a cooler morning at Shoalwater Bay but unfortunately an early strong sea breeze made for a tough finish.

John and Michele Mison shared line honours in the 5K walk. Local athlete and training partner Frances Lipscombe won the ladies 5K run, with Don Caplin and Dave Roberts 1st in the 5K and 10K. Jim Chambers, again won the ladies 10K.

Thanks to all my helpers who again made my job easy and enjoyable. Colin and Bob Chalmers at the finish line, Dennis Miller, Darry Dahlstrom, Gerry Chase and my son Dave out on the course and last but not least Pat Carr and my wife Fiona at the finish table.

Many thanks to all the competitors and hope to see everyone again next year.

Duncan and Fiona McAuley.

(Before heading off home quite a number of the Vets had breakfast at the Waikiki Hotel which was most enjoyable.)

10K

Dave Roberts	M50	38:41
David Muir	M50	38:52
Bob Schickert	M50	40:30
Brian Danby	M45	42:06
Brian Foley	M50	43:02
Dick Blom	M60	43:13
Des Mallom	M40	43:39
Mitch Loly	M55	44:06
Bob Sammells	M55	44:13
George Schaefer	M60	44:58
John Pellier	M55	45:10
Jill Chambers	W45	45:35
John Bell	M50	46:26
Robin King	W35	47:22
Robin Bonner	M60	48:04
Brian Bennett	M45	49:05
Merv Jones	M55	50:46
Dalton Moffett	M60	51:16
Arnold Jenkins	M50	53:33
Alan Chambers	M55	54:11
John Russell	M60	56:34
Graham Thornton	M55	59:56
David Hough	M60	65:32

5K

Don Caplin	M55	19:54
Frances Lipscombe	W35	21:07
Laurie Nevin	M55	21:08
Peter Airey	M55	21:13
Harry Holland	M50	21:58
Vic Beaumont	M65	23:48
Donna Dahlstrom	W40	23:52

Ros Banyard	W45	24:07
Joan Pellier	W55	24:58
Norm Miller	M60	25:22
Noela Medcalf	W60	25:26
Jeff Spencer	M50	26:14
Jackie Halberg	W45	26:15
Cathrin Holland	W35	26:59
Jackie Billington	W50	28:48
Mary Heppell	W55	29:22
Margaret Ward	W50	31:16
Gordon Medcalf	M65	31:43

5K Walk

Michele Mison	W45	30:00
John Mison	M45	30:02
Barry Thomsett	M55	31:23
Wendy Clements	W50	33:56
Joan Hillis	W45	34:05
Jim Lockyer	M55	35:08
Lynne Schickert	W50	35:20
Jeff Whittam	M60	35:21
Val Wheeler	W60	37:02
Pat Ainsworth	W55	40:23
Val Bonner	W50	40:24
Gillian Peet	W55	41:13
Fred Watson	M75	42:05
Pat Miller	W55	42:05
Margaret Miller	W50	45:24

7.5K

Vic Waters	M50	30:28
David Carr	M60	33:55
Ron Hillis	M50	35:47

VISITORS

Steve Mills	5K	19:46
Tanya Mills	5K	20:28
Brian Armstrong	10K	38:06
Colin Hickman	10K	38:07
Joe Skrypniuk	10K	38:39
Geoff Fulford	10K	45:55
Allan Beckett	10K	46:38
Sharon Malek	5KW	46:49

3 Lap Run

Ross Parker	M45	36:06
John West	M45	37:30
Dave Roberts	M50	37:52
Bert Carse	M50	38:13
Robert Mair	M45	38:13
Frank Smith	M55	38:22
Ralph Henderson	M45	38:49
David James	M40	39:47
Gareth Brunt	M40	40:34
David Reid	M45	41:06
Brian Danby	M45	41:19
Ivan Brown	M50	41:27
Graham Thonrton	M55	41:39
John Bell	M50	41:42
Lewis Arndt	M45	41:46
Patrick McGonigle	M45	41:47
Doug Hazell	M40	41:49
Tessa Brockwell	W40	42:11
Bill Crane	M55	42:21
Robin Bonner	M60	43:27
Milton Mavrick	M40	43:32
Bob Sammells	M55	44:05
Robin King	W35	44:23
John Pellier	M55	45:12
Colin Watts	M45	45:31
George Schaefer	M60	45:49
Roger Walsh	M50	46:02
Keith Atkinson	M35	46:09
Frank McLinden	M60	46:46
Fraser Deanus	M55	46:53
Simon Mort	M35	46:57
Richard Harris	M55	47:53
Ron Hillis	M50	47:58
Ted Maslen	M60	48:06
John Adams	M45	48:07
Margery Forden	W50	48:14
John Dartnall	M45	49:00
David Walladge	M45	50:03
Merv Jones	M55	50:07
Brian Hunter	M50	50:20
Brian Aldrich	M65	51:33
Aldo Giacomini	M55	52:06
Alan Chambers	M55	53:14
John Russell	M60	53:15
Jackie Halberg	M45	53:36
Denise Lancaster	W45	53:38
George Peet	M60	53:41
Irene Ferris	W40	56:52
Anita Brown	W45	59:28
Sheila Maslen	W55	59:37
Lynn Boucher	W50	61:55
Mary Heppell	W55	62:46

3 Lap Walk

John Mison	M45	54:45
Michele Mison	W45	63:56
Barrie Thomsett	M55	64:14
Bob Fergie	M60	66:40

2 Lap Run

Paul Hughes	M40	25:23
Vic Waters	M50	25:33

Don Caplin	M55	25:47
Max Thorley	M40	26:10
Patrick McConigle	M40	26:24
Ray Attwell	M60	29:10
Mike Anderson	M45	29:17
Maxine Santich	W40	29:55
Mike Rhodes	M50	31:02
Tony Speechley	M50	31:39
Brian Bennett	M40	32:02
Stuart Parkinson	M45	32:09
Jan Kelly	W40	32:17
Robert Sheehy	M50	32:54
Jeannette Tiverios	W35	33:36
Arnold Jenkins	M50	33:47
Ron Sutton	M55	33:58
Jeff Spencer	M50	33:59
Gary Branche	M40	35:18
Margaret Warren	W60	40:08
Margaret Ward	W50	42:12
Frank Usher	M70	42:16

2 Lap Walk

Barbara Atkinson	W45	42:00
Sue Hughes	W45	45:20
David Brown	M45	45:25
Dorothy Whittam	W55	49:24
Jill Midolo	W45	49:33
Lorna Lauchlan	W65	49:36
Lynne Schickert	W50	49:54
Joan Hillis	W45	51:11
Val Wheeler	W60	53:50
Pat Ainsworth	W60	53:52
Wendy Spencer	W50	54:07
Ernie Moyle	M70	54:22
Jim Lockyer	M55	54:22
Jeff Whittam	M60	54:23
Gillian Peet	W55	58:28

1 Lap Run

Anne Shaw	W45	12:28
Alan Jennings	M55	13:10
Dick Blom	M60	13:50
Peter Hill	M45	14:00
Warren Gee	M45	14:10
Peter Airey	M55	14:29
Noela Medcalf	W60	17:00
Wendy Clements	W50	17:05
Heather Sanderson	W45	17:07
Joan Pellier	W55	17:24
Ray Lawrence	M65	18:00
Norm Miller	M60	18:20
David Hall	M45	19:05
Jackie Billington	W50	19:32
Pat Miller	W55	19:59

1 Lap Walk

Anne Catarinich	W45	25:55
Judy Hill	W45	27:50
Val Bonner	W50	29:10
Fred Watson	M75	29:53
Alan Pomery	M60	35:19
Cliff Bould	M75	36:25
Dick Horsley	M80	43:14

LAKE MONGER RUN 18.2.96.

Great run, great conditions, great attendance.

After a fortnight of intensive heat conditions, the weather changed to an expected temperature of 28 degrees with 19 degrees being recorded at the start. The cooler conditions resulted in well over half of the 129 runners and walkers doing the three laps.

Thank you to our faithful helpers Tom and Pat Savin, Faye Walton and our two recorders Bev and Maureen.

See you again next year.

Ray and Roma



The Godfrey Pembroke View

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A regular "Vetrun" wealth check feature

No. 4 - Family Trusts - Could you benefit?

Many people have asked me just how could a family trust be useful to them. They have heard about family trusts (or discretionary trusts) in a general way, but have never understood if it would be worthwhile setting one up. And what the benefits might be if they did.

Investment Income

One of the advantages of family trusts is income tax planning - the ability to vary who will receive any taxable income from investments.

It may be that one of a married couple is working, and planning to retire in a few years time. If investments are held within a family trust, then the non-working spouse can receive the income for tax purposes until the other partner retires at which stage the income can be split.

Children?

Children can also be beneficiaries. This may be particularly useful when a child reaches 18 and the tax-free threshold of \$5,400 pa becomes available.

Furthermore, if a trust receives franked dividends then these can be directed to the beneficiary who can make the most use of them.

Capital Gains

When considering the tax implications of future capital

gains, a family trust may again prove useful. For instance, it may be desirable to vary the allocation of capital gains between beneficiaries. This of course requires some thought prior to making an investment.

Estate Planning

Also, when it comes to estate planning there can be benefits in having a family trust. Trust assets are not considered to be part of an estate and so trustee's charges will not be applied. Also, assets inside a family trust may avoid the imputation of death duties should they be introduced.

Assets in a trust sometimes will be more convenient for people who inherit money, especially if they are receiving social security. Also having assets in a family trust can protect you from liability claims which is why so many professional people have few assets in their own names.

Family trusts are an effective commercial structure and should be a basic tool for people who have (or are likely to have) investment assets of more than (say) \$150,000.

Free Report

Godfrey Pembroke has a report titled "*The Use of Discretionary Family Trusts*". This report is available free to readers of Vetrun by telephoning 481 4711.

Also you may call Bowen Llewellyn* for a free appraisal of your investment portfolio and financial strategy.



481 4711

*Bowen Llewellyn is a Senior Consultant and Authorised Representative of Godfrey Pembroke Limited.

HAPPY BIRTHDAY TO OUR APRIL MEMBERS

MAHER CHRISTOPHER	07/04/53	40	becomes	M40
JOHNSTON MAURICE	09/04/37	56	remains	M55
HALBERG JACKIE	10/04/46	47	remains	W45
SUTTON RONALD	10/04/38	55	becomes	M55
CHAMBERS ILL	10/04/49	44	remains	W40
JOHNSTONE BOB	12/04/42	51	remains	M50
JONES DAVID	12/04/26	67	remains	M65
DeGRUCHYREGINALD	14/04/26	67	remains	M65
TASKER ISABEL	14/04/55	38	remains	W35
McGLASHAN HAMISH	16/04/37	56	remains	M55
JAMES DAVID	17/04/53	40	becomes	M40
MUIRDEN PETER	17/04/58	35	becomes	M35
HOUGH DAVID	18/04/32	61	remains	M60
PETTMAN ROGER	18/04/43	50	becomes	M50
CHAPMAN BILL	19/04/24	69	remains	M65
SPARE CHARLES	19/04/39	54	remains	M50
STICKLESJOE	19/04/38	55	becomes	M55
PARKINSON STUART	20/04/47	46	remains	M45
YOUNG ROB	21/04/44	49	remains	M45
BRUNT GARETH	21/04/51	42	remains	M40
PREWETT USAN	23/04/54	39	remains	W35
SMITH MAURICE	26/04/34	59	remains	M55
BOWLER SIDNEY	28/04/23	70	becomes	M70
WALKLEY CECIL	29/04/29	64	remains	M60
WILTSHIRE IVAN	29/04/41	52	remains	M50
LOLY AMY	30/04/62	31	remains	W30

CARR-SHAND TROPHY RUN

January 21, 1996

The weather this year was kind, but the hill and the handicapping still came in for their fair share of complaints. With only 25 seconds between them, Peter Airey and Val Millard were the winners of the Carr-Shand Trophy for this year. Michelle Mison, who is walking particularly well, won the Walkers' trophy. Robert Mair was comfortably fastest man, and this year Maxine Santich easily beat Margaret Birks.

Thanks to the regular band of helpers, including those who volunteered but were not needed: Jackie Halberg, Dick Horsley, David Brown, Alan Pomery, Fred Hagger, Kirt Johnson, Merv Moyle, Ann Turner, Ray Lawrence, Frank Smith, Bob Harrison.

Jill Midolo

Name	Age	Clock	H/cap	Actual
Peter Airey	M55	40:54	8:10	32:44
Val Millard	W45	41:19	2:45	38:34
Sheila Maslen	W55	41:41	1:10	40:31
Denise Lancaster	W45	42:05	4:45	37:20
Vic Waters	M50	42:11	13:35	28:36
Parbuddha Nicol	M35	42:17	?	
Graham Bergersen	M40	42:18	?	
David Carr	M60	42:26	12:55	29:31
Bill Crane	M55	42:29	12:35	29:54
Robert Mair	M45	42:41	15:30	27:11
Stuart Parkinson	M45	42:42	8:10	34:32
Arnold Jenkins	M50	42:45	6:50	35:55
Chris Kelly	M40	42:45	12:00	30:45

Bob Schickert	M50	42:48	14:55	27:53
Maxine Santich	W40	42:52	11:25	31:27
Noela Medcalf	W60	43:03	2:25	40:38
Merv Jones	M55	43:05	8:00	35:05
Paul Hughes	M40	43:09	15:15	27:54
Ron Hillis	M50	43:14	9:10	34:04
Brian Foley	M50	43:19	13:35	29:44
Margaret Birks	W45	43:21	9:50	33:31
Joe Stickles	M55	43:21	12:55	30:26
Robin Bonner	M60	43:22	10:50	32:32
Bob Sammells	M55	43:23	12:25	30:58
John Russell	M60	43:30	6:10	37:20
Jeanette Tiverios	W35	43:34	6:50	36:44
Shorty Turner	M60	43:34	5:35	37:59
Roma Bettles	W45	43:38	5:45	37:53
Bert Carse	M50	43:41	16:10	27:31
David James	M40	43:54	14:55	28:59
Ivan Brown	M50	43:58	13:55	30:03
Louis Arndt	M45	44:03	13:55	30:08
Brian Hunter	M50	44:14	9:30	34:44
George Peet	M60	44:19	6:30	37:49
Dennis Miller	M55	44:38	13:35	31:03
Jackie Billington	W50	44:43	0:25	44:18
Ron Spencer	M55	44:58	?	
Ted Maslen	M60	45:00	11:35	33:25
Frank Usher	M70	45:05	0:00	45:05
Allen Tyson	M70	45:06	7:10	37:56
George Schaefer	M60	45:08	12:15	32:53
Mary Heppell	W55	45:09	0:20	44:49
Ron Sutton	M55	45:20	6:50	38:30
Brian Devine	M50	45:27	9:50	35:37
Keith Atkinson	M35	45:30	11:15	34:15
Doug Hazell	M40	45:39	13:55	31:44
Jeff Spencer	M50	45:45	6:50	38:55
Kirt Johnson	M65	45:54	5:05	40:49
Alison Aldrich	W50	45:55	2:05	43:50
Brian Aldrich	M65	46:00	8:30	37:30
Peter Hill	M45	46:09	12:15	33:54
Ray Barnett	M50	47:21	3:45	43:36
Stuart Hicks	M70	47:46	3:05	44:41
Karen-Crellin	W50	47:53	?	
Merv Moyle	M65	50:18	7:30	42:48
WALKERS				
John Mison	M45	40:18	23:00	63:18
Paul Martin	M50	40:19	23:00	63:19
Barrie Thompsett	M55	45:14	16:30	61:44
Michelle Mison	W45	45:43	15:30	61:13
Bob Fergie	M60	46:53	16:30	63:23
Lesley Romeo	W50	47:50	17:30	65:20
Sue Hughes	W45	48:33	17:30	66:03
Dorothy Whittam	W55	52:28	13:15	65:43
Lynne Schickert	W50	53:30	9:00	62:30
Jeff Whittam	M60	56:21	8:00	64:21
Pat Miller	W55	57:07	8:00	65:07
Val Wheeler	W60	57:19	7:00	64:19
Ernie Moyle	M70	57:23	8:00	65:23
Faye Walton	W50	59:21	5:00	64:21
Wendy Spencer	W50	61:11	8:00	69:11
Judy Hill	W45	61:11	8:00	69:11
Joan Hillis	W45	61:12	9:30	70:42
Margaret Miller	W50	62:48	?	

**GRIFFIN COAL
GATE TO GATE
FUN RUN
Saturday March 23, 1996
(No entry Fee)**

Race commences at 3.45pm sharp!!
Approx. 8.5kms run and walk.
Race starts at the Muja Open Cut mine site -
shuttle buses will take you there -
presentation of trophies at the Western
Power Hall in Lefroy Street, Collie. Heaps
of entertainment prizes galore.
For entry forms and further information
please write to:
Griffin Gate to Gate
The Griffin Coal Mining Co Pty Ltd
PO Box 218
Collie WA 6225
Ph: (097) 342 700
fax: (097) 342 682

**COMBINED TWILIGHT MEETING
(UNDER LIGHTS)
CANNING DISTRICTS AND
WA VETERANS' CLUBS
THURSDAY MARCH 14
COKER PARK
CASH AND PRIZES**

Featuring:
Cliff Houghton 1 Mile
John Hughes 100 Yards
Graham Hambley Bi-Lo 3000m

PROGRAMME

6.00pm 5K Walk
Shot
6.05pm 100 Yard Heats
6.20pm 60m Sprints
6.40pm 1 Mile Run (all ages)
6.50pm 100 Yards Final (all ages)
7.00pm Triple Jump
7.30pm 3K Run

Bring your own barbecue tea.
Tea and coffee provided by the Canning
Districts Club

**MOBIL - CANBERRA
MARATHON
SUNDAY APRIL 14, 1996
AT 7.00AM**

And the 11th Annual Marathon Eve 5K and
10K Fun Run For entry forms please write to
Race Secretary, PO Box 624, Civic Square,
ACT 2608 - entries close March 29, 1996.

WELCOME NEW MEMBERS

Beverley Leewangh	W30
Henri Sal Cortis	M50
Mark Rosen	M45
Prabuddha Nicol	M35
John Adams	M45
Brian Gale	M50
Neil Douglas	M40
Claire Burge	W30
Steve Burge	M35

FROM THE EDITOR

**DEVELOPMENT PLAN
1996-99**

Some time ago, Bob Sammells mentioned at a committee meeting that performances which win our events today wouldn't get a place on times our members were running ten years ago.

What is happening here? Brian Foley explains that we're all a little older and that the club's median age is 50 plus. Steve Barrie said we may not be training a much. Don Caplin suggested we may be setting our sights a little lower.

Taking all this aboard, Bob Sammells and I felt the club should address this problem and we have been talking to members informally about what sort of club we should be and how we should get there. The net result is a draft development plan which we presented at the February committee meeting for consideration.

The plan aims to grow the club, retain its existing values, and provide a vision that all members can share. Here are some of the highlights.

OUR VISION

To establish Perth as a centre of excellence in achievement in mature age athletics for all levels of ability.

OUR GOALS

1. To encourage widespread participation in athletic events by people aged 30 years and over.
2. To identify State champions, male and female, in all age groups.

OUR STRATEGY

1. Present a calendar of quality events at regular venues throughout the year.
2. Promote an annual WA Veterans Games.
3. Invite widespread participation including overseas neighbours.

OUR VALUES

1. We respect and recognise individual effort.
2. We show a caring and friendly interest in all who participate.
3. We keep ourselves fit and well.
4. We encourage realisable goals for all athletes.

Some of the new initiatives in the plan include appointing a media liaison officer to improve media exposure, and undertaking a climate survey to establish members' preferences and increase participation in events.

The plan isn't something that's set in concrete but a living document which

will help keep the club viable and healthy.

Please write to me, let me know your thoughts. let's start a dialogue on this and keep it going.

Richard Harris

MOBILE PHONES

In the last Vetrun newsletter we saw that Joan Pellier's pet hate is mobile phones. This notice should really make her grimace! The organising committee for the Nationals at Easter would like members who have a mobile to inform either myself or John Bell if they are willing to bring their 'mobile' to Perry Lakes. The objective is to have ample lines to emergency services in the event of a medical emergency - Sorry Joan - perhaps John will buy you some ear plugs for Easter!

Ivan Brown - Chairperson
Nationals Committee

**THE ORIGINAL AND
STILL THE ONLY
AUTHENTIC TRIATHLON
STORE IN WA**

Bob and Jan have a wealth of experience in fitting running shoes gained over 17 years. Bob has completed each of the 17 Perth Marathons without any injury problems - he must be doing something right!

Phil's years of triathlon experience (including the ultimate - the Hawaii Ironman) and being an accredited Level 1 Triathlon Coach ensure correct bike setup and training advice.

For any of your triathlon requirements, remember - **Runner's World** genuine "old fashion" service.

NO GIMMICKS, just honest to goodness advice, based on priceless experience.

*Perth's specialist running
& triathlon store*

**Runner's
World**

**OPEN 7 DAYS
5 Fitzgerald Street, Perth
227 7281**

YOU DESERVE A NEW SHIRT!

**State - Singlet - Gold with black trim with club badge on left side @ \$15.00.
(To be worn at National Championships)**

**Club - Singlet - Black and white with club badge on left side @ \$15.00.
(To be worn at State Championships)**

Tee-shirts - Grey with the three colour runner club logo on the front @ \$16.00 short sleeve \$18.00 long sleeve.

Fleecy Windcheaters grey with three colour runner club logo @ \$22.00.

Plus caps, visors in a range of colours @ \$7.00. Car stickers and iron-on badges @ \$2.50

ORDER FORM

Please Supply:

..... Qty..... Size

..... Qty..... Size

Post to: Club Treasurer, U2/65 Campion Avenue, Balcatta WA 6020

Cheque Payable to: WAVAC. If you require a postal delivery, please add \$2.50

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MAIL**

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ARDROSS WA 6153**

MR R HAYRES
26 JENKINS PL
WEMBLEY DOWNS WA 6019

RUNS COMING UP

Yanchep Picnic Run 14.4.96.

This increasingly popular Easter Sunday event is a low-key affair around some roads and bush tracks within the National Park. The finish of the 5.4K course is near the southern end of Lake McNess. Those doing the 8K course go through the finish and cover one circuit of the lake.

The Picnic in the title refers to the post-athletic activity. You bring your own, naturally, but don't be surprised if you are offered a hot-cross bun!

Hazards: the bush tracks are very uneven and have limestone outcrops so you must

take care and watch your footing. Too, the trail around the lake winds sharply and can be slippery in places. Again, you must take care.

Brockwell's Run 21.4.96.

This starts and finishes in the grounds of Trinity College. Those doing the 13K do an anti-clockwise "Bridges". Those doing the 6K head over the Causeway, go through McCallum Park and turn at the 3K point.

Breakfast usually follows at Rosie O'Gradys in Northbridge.

Hazards: cyclists and other path users.

Trophies: first male and female plus trophies for age group winners.

Murdoch Cross Country 28.4.96.

The 5K course has a bit of everything; grass, limestone track, and bitumen road. It doesn't have hills, thick mud or streams. So it is fairly. Runners can do one or two laps.

Hazards: rabbit holes and fir cones on the grassed areas. Ankle sprains are a real possibility.