



The Vetrun

No. 200 MAY 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

WHAT YOU BELIEVE YOURSELF TO BE, YOU ARE

PRESIDENT'S MESSAGE

The Australian Championships are over and we can all relax. Many thanks to David Carr and his committee.

Some people think my view of training is very simplistic. Mostly it is as expressed in the Simon and Garfunkel song "Feelin Groovy":

Slow down you move to fast
Got to make the morning last
Slipping down the cobblestones
Looking for fun and feelin groovy ...

Most of us in the Veterans' Club have two aims, although the strength of each aim varies between members. One is to enjoy ourselves and find relaxation. The other is achievement in doing something well, or winning an event. My goal as President is to keep the club running smoothly so that each person in it has an opportunity to achieve those aims to the degree they desire.

I appreciate greatly the work done by past committees, and in particular the one headed by Keith Forden which has achieved much over the last twelve months.

Let us all go forward with a spirit of co-operation so that people from all levels of athletic ability and time to put in to training can gain the enormous social, physical and psychological benefit which can be found in Veterans athletics.

The 1989/90 program will be available very soon thanks to the co-operation of Paul Martin.

Bob Schickert

A.G.M. and COMMITTEE MEETING.

At the A.G.M. the following officials were elected:-

PATRON	W.J. (Bill) Hughes			
PRESIDENT	Bob Schickert	332	4114H	327 6444W
VICE PRESIDENT	Brian Foley	339	4413	
SECRETARY	Rob Davis	337	4413H	320 4270W
TREASURER	Bill Crellin	448	2924	
EDITOR	Jeff Whittam	387	6438	
COMMITTEE	Jan Johnson	276	6333	
	Peggy McLiver	448	2153	
	Brian Danby	401	4956	
	Mike Rhodes	271	3135	
EQUIPMENT OFFICER	Vic Beaumont	419	1110	
STATISTICIAN	Bob Sammells	309	2293	
HANDICAPPER	Mike Rhodes	271	3135	
LIBRARIAN	Vic Beaumont	419	1110	
A.A.W.A. REGISTRARS				
SUMMER	Val Prescott	384	8585	
WINTER	Brian Foley	339	4413	
AUDITOR	Ray Lawrence			

A full report of the minutes are printed later in this newsletter.

Certificates for all place getters in the STATE championships which were held in conjunction with the National Champs will be sent out with the results of the Nationals shortly.

RENEWAL MEMBERSHIP FORMS. These are enclosed with this newsletter would ALL members please fill them in and return them with the appropriate fee to the treasurer as soon as possible. Please do not forget to sign the declaration. Would all life and honorary members also fill them in and return them to the treasurer to keep the books up to date.

A.A.W.A. WINTER PROGRAMME. The winter programme started on the 29th April with the Lord Mayors Trophy race. If you are interested in running A.A.W.A. events contact Brian Foley to register, you may run without being registered but will not score points for the club or be eligible for official teams. The registration fee is \$34 for the full year or \$22 for the winter season.

In the summer competition the leading individual points scorers for the club were:- Ladies Joy Sanger with 305 points. Men Dave Carr with 385 points.

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

Anne Louise Stingemore	c/o Police Station, Carnarvon.	6701.	099 411:444	
				31/Aug/52
Graeme Bradley	7, Peter Way, Rossmoyne.	6155.	457 4058	11/Apr/46
William L Peart	32, Barrisdale Drive, Kingsley.	6026.	409 1473	22/Oct/42
John D Brown	15, Hellsall Court, Willetton.	6155.	332 4193	29/Sep/49
Terrance G Foster	11, Regdel Road, Lesmurdie.	6076.	291 7790	02/Sep/44
David Malkin	3, Lesser Street, Leederville.	6007.	382 1816	04/Aug/47
Basil M Hanna	201, Reynolds Road, Mount Pleasant.	6153.	364 8316	20/Oct/53
Fredrick W Napier	10, Arbordale Street, Floreat Park.	6014.		
			387 2073	24/Aug/25

All passed at committee meeting 19th April 1989.

REMINDER REMINDER REMINDER REMINDER

INJURY SURVEYNATIONAL VETERANS ATHLETICS CHAMPIONSHIPS

So far I have received 200 questionnaires (80 from Eastern States athletes). Have you returned yours? Please do so even if you have not been injured.

Many thanks.

SERGE TOUSSAINT

W A V A C

ANNUAL GENERAL MEETING HELD AT PERRY LAKES ON WEDNESDAY 5TH APRIL 1989

The President declared the meeting opened at 7.04 p.m.

1. PRESENT

As per attendance book

2. APOLOGIES

As per attendance book

3. MINUTES OF MEETING HELD AT PERRY LAKES 6TH APRIL 1988

Taken as read and confirmed as correct

Moved: R. MacLiver

Seconded: D. Strachan Carried

4. BUSINESS ARISING FROM THE MINUTES

a. The meeting agreed to continue the library.

b. President Keith Forden gave an update on the progress towards obtaining clubrooms. We have great hopes of obtaining rooms at Perry Lakes provided the City Council goes ahead with its "Sports House" concept for Perry Lakes.

c. Summer start times.

Moved: D. Whittam

Seconded: D. Horsley

"That an 8.00 a.m. start apply throughout the entire year for our Sunday runs, excluding home runs"

Carried.

5. PRESIDENTS REPORT

Report as published in Vetrun.

Moved: R. Farrell

Seconded: B. Foley "That the report be accepted" Carried

6. SECRETARYS REPORT

Report as published in Vetrun.

Moved: R. MacLiver

Seconded: J. Johnson "That the report be accepted" Carried

7. TREASURERS REPORT

Report as published in Vetrun.

Moved: R. Farrel

Seconded: D. Whittam "That the report be accepted" Carried

8. WINNER OF "ATHLETE OF THE MEET" TROPHY W.A. CHAMPIONSHIPS

E. Hindle. Presented by President Keith Forden to Shirley Cross who accepted on behalf of Eileen.

8A WINNERS OF THE PATRONS TROPHY

Men: David Carr. Presented by B. Foley

Women: Pat Carr. Presented by J. Johnson

9. WINNER OF REG BRIGGS TROPHY

John Pellier. Presented by D. Horsley, accepted by M. Warren for John.

10. WINNER OF HANDICAP TROPHY

David Roberts. Presented by President Keith Forden, accepted by Paul Martin on behalf of David.

11. ELECTION OF OFFICE BEARERS

President: Elected: Bob Schickert
Proposed: K. Forden, Seconded: R. Davis
Elected unopposed
Moved: D. Strachan
Seconded: B. Sammells A vote of thanks to President Keith for the tremendous job that he has done as President during the past year. Carried

Vice President: Elected: Brian Foley
Proposed: P. Martin
Seconded: K. Forden
Elected unopposed

Secretary: Elected: Rob Davis
Proposed: E. Moyle
Seconded: Rosa Davis
Elected unopposed

Treasurer: Elected: Bill Crellin
Proposed; K. Forden
Seconded: M. Forden
Elected unopposed

Committee Members:

Mike Rhodes	Proposed: D. Carr	Seconded: J. Yates
Jan Johnson	Proposed: D. Caplin	Seconded: B. Foley
Peggy MacLiver	Proposed: R. Davis	Seconded: P. Martin
Brian Danby	Proposed: M. Forden	Seconded: V. Prescott

Editor Vetrin: J. Whittam
Proposed: D. Whittam Seconded: M. Stone

12. ELECTION OF OFFICIALS

Patron: Bill Hughes
Statisticain: Bob Sammells
Handicapper: Mike Rhodes
Librarian: Vic Beaumont
Equipment Officer: Vic Beaumont
Registrar: V. Prescott and B. Foley to continue
Auditor: Ray Lawrence

13. NOMINATIONS FOR LIFE MEMBERSHIP

Following two persons have been nominated for life membership and being qualified for same, have been approved by the club committee:

(1) Val Prescott
Proposed: B. Sammells, B. Foley, B. Danby

(2) Bill Hughes
Proposed: D. Horsley, E. Moyle, J. Johnson

Both members were elected to life membership by those attending the A.G.M.

14. AUTOMATIC HONORY MEMBERSHIP

Phyllis Head (from 26 Dec. 1989)

15. OTHER BUSINESS

A. Stone queried whether we were members of the AAWA. B. Foley replied in the affirmative. This year the Vets won the winter "B" grade for both men and womens events.

Certificates for Championships. Discussion centered around whether we should continue to print and prepare these as so few members picked up their copies from the Secretary. The committee will decide what to do about this and publish the results in Vetrun.

A vote of thanks was passed for J and D. Whittam for their efforts in getting the track and field equipment to the tracks.

Keith Martin moved a vote of thanks to David Carr and his committee for the excellent job they did with the National Championships held over Easter in Perth. Seconded A, Stone Carried.

K. Forden suggested the the committee could be re-structured. Executive would remain the same but committee would be split into 2/3 groups. Say (1) Social committee (2) track and Field committee (3) balance of events etc. It was decided that the committee would look into this and report back via the Vetrun (say 3 months before the next AGM). Under the constitution, the committee can already form sub-committees so there does presently exist some provision for this suggestion.

Keith also gave a brief report to the meeting re some of the decisions taken at the national conference. More details will be printed in the Vetrun when the official minutes are received.

B. Foley moved a vote of thanks to the outgoing committee.

Meeting closed at 8.46 p.m. by President Bob Schickert

PLANE TICKET TO OREGON

THE WINNING TICKET WAS.

No. 100

HELD BY. MIKE RHODES
DRAWN 25th APRIL 1989

6
AUSTRALIAN CHAMPIONSHIPS

The Westwools Carpets Australian Veterans Track and Field Championships have come and gone. Our aim was to run a competition which catered for all events and age groups, to provide an enjoyable weekend, to pay for it and to allow the club to pursue its normal function and routines.

Those aims were kept to the fore and have been achieved.

How can I thank people without listing hundreds? Only by reminding members of the magnitude and complexity of the event. Several hundred meals or snacks were served on each of four days, a thousand cool drinks or teas were served to officials, hundreds of items of clothing were made and sold, a computer programme was created, six hundred people were deployed, two books were produced, \$25 000 were managed, eight hundred numbers were printed, one hundred bodies were massaged or treated by medics or paramedics, eight hundred medals were presented, and, yes, all events were run and won.

So thank you to a talented, hardworking committee, to the officials and their helpers, the catering team, the sponsors and all who contributed before, during and after the championships.

Many club members were involved. I have not written separately to them but acknowledge their contribution and thank them now.

People have been generous in their praise of the Championships. Please share this recognition of our efforts.

David Carr

**ATHLETIC ASSOCIATION
of WESTERN AUSTRALIA**

Dear David,

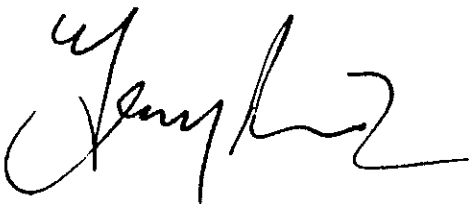
The Board of Management of this Association was delighted to learn from a report of the Director for Technical affairs that some 17 of your members turned up at Perry Lakes Stadium on 1st April last to assist him in storing equipment for the winter months.

The Board of Management, and particularly the Director for Technical affairs are most grateful to the Veterans Athletic Club for all their assistance in this matter. It certainly represents the largest working party that this Association has been able to raise during my two years in Perth.

Once again many thanks for your assistance.

Kind regards,

Yours sincerely,



A L Rice
EXECUTIVE DIRECTOR

A VERY HAPPY BIRTHDAY TO OUR "MAY" MEMBERS

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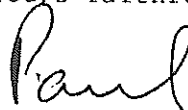
01-MAY-44	JENKINS	: Arnold	"	45	becomes	M15
01-MAY-40	STEWART	: Rod	"	49	remains	M48
02-MAY-36	O'DEA	: Elza	"	53	"	W50
03-MAY-19	GILMOUR	: John	"	70	becomes	M70
07-MAY-31	McLINDEN	: Frank	"	58	remains	M55
07-MAY-38	MILLER	: Patricia	"	51	"	W50
08-MAY-45	BEECH	: Norman T	"	44	"	M40
08-MAY-18	SANDERS	: Johanne	"	71	"	W70
08-MAY-32	SHEERIN	: Patrick	"	57	"	M55
09-MAY-45	BRIGGS	: Roger	"	44	"	M40
09-MAY-31	LIM-BOTT	: Jandon	"	58	"	M55
11-MAY-48	DARTNALL	: Jon	"	41	"	M40
11-MAY-51	KIRWAN	: Trish	"	38	"	W35
14-MAY-41	HUXLEY	: Doreen	"	48	"	W45
15-MAY-28	LAWRENCE	: Ray L	"	61	"	M60
15-MAY-52	NOORDYK	: Adrian	"	37	"	M35
15-MAY-46	POWER	: Brian	"	43	"	M40
16-MAY-36	CURTIS	: John	"	53	"	M50
16-MAY-41	VINCENT	: Wilma	"	48	"	W45
17-MAY-52	HUGHES	: Paul	"	37	"	M35
17-MAY-45	PRESSLEY	: John S	"	44	"	M40
18-MAY-41	COLE	: Carol Ann	"	48	"	W45
18-MAY-32	WEBSTER	: William	"	57	"	M55
19-MAY-35	BANT	: Clyde	"	54	"	M50
19-MAY-41	LATCHFORD	: Stan	"	48	"	M45
19-MAY-31	POMERY	: Alan	"	58	"	M55
21-MAY-55	CLARKE	: Carol F	"	34	"	W30
21-MAY-30	STEWART	: Frederick K	"	59	"	M55
22-MAY-45	SCOTT	: Ronald B	"	44	"	M40
23-MAY-50	BROCKWELL	: Chris W	"	39	"	M35
23-MAY-22	TYSON	: Val	"	67	"	W65
24-MAY-48	HILL	: Judith	"	41	"	W40
24-MAY-48	KUHN	: Vicki	"	41	"	W40
25-MAY-45	ARGYLE	: Robert	"	44	"	M40
25-MAY-30	HASSAM	: Leo B	"	59	"	M55
26-MAY-36	COOTE	: Edith R	"	53	"	W50
26-MAY-43	HARDY	: Bryan	"	46	"	M45
26-MAY-45	ROBERTS	: Peter D	"	44	"	M40
27-MAY-46	RHODES	: Linda	"	43	"	W40
28-MAY-50	GOBBY	: Desmond J	"	39	"	M35
28-MAY-41	MacLIVER	: Robin	"	48	"	M45
28-MAY-47	MISON	: John	"	42	"	M40
29-MAY-45	BRYANT	: David J	"	44	"	M40
29-MAY-42	SLYTH	: Paul	"	47	"	M45
30-MAY-46	LANGFORD	: Frederick H	"	43	"	M40
30-MAY-43	MERCER	: Erica	"	46	"	W45
30-MAY-43	WALSH	: Roger	"	46	"	M45
31-MAY-45	WILSON	: Bruce McK	"	44	"	M40

LOST AT CHAMPIONSHIPS

Two keys on ring Easter Sunday in or around the officials tent. If found please contact Paul Jones, home 276 3251.

With thanks,

Yours faithfully,



PAUL JONES.

There has been some queries regarding the differences between Life Members and Honorary Members, here is the explanation; A LIFE MEMBER is one who has been granted Life membership of the Club for Services Rendered and is bestowed upon that member after a recommendation by three members of the club, which is then put before the committee who have power to reject it or pass it on to the club A.G.F. where it is put before the members present, who must pass it with at least 75% being in favour. The member must have been a club member for at least 10 years and have substantially contributed to the progress of the club. HONORARY MEMBERSHIP is granted automatically to any member on reaching the age of 70. Below is a list of Life and Honorary members:-

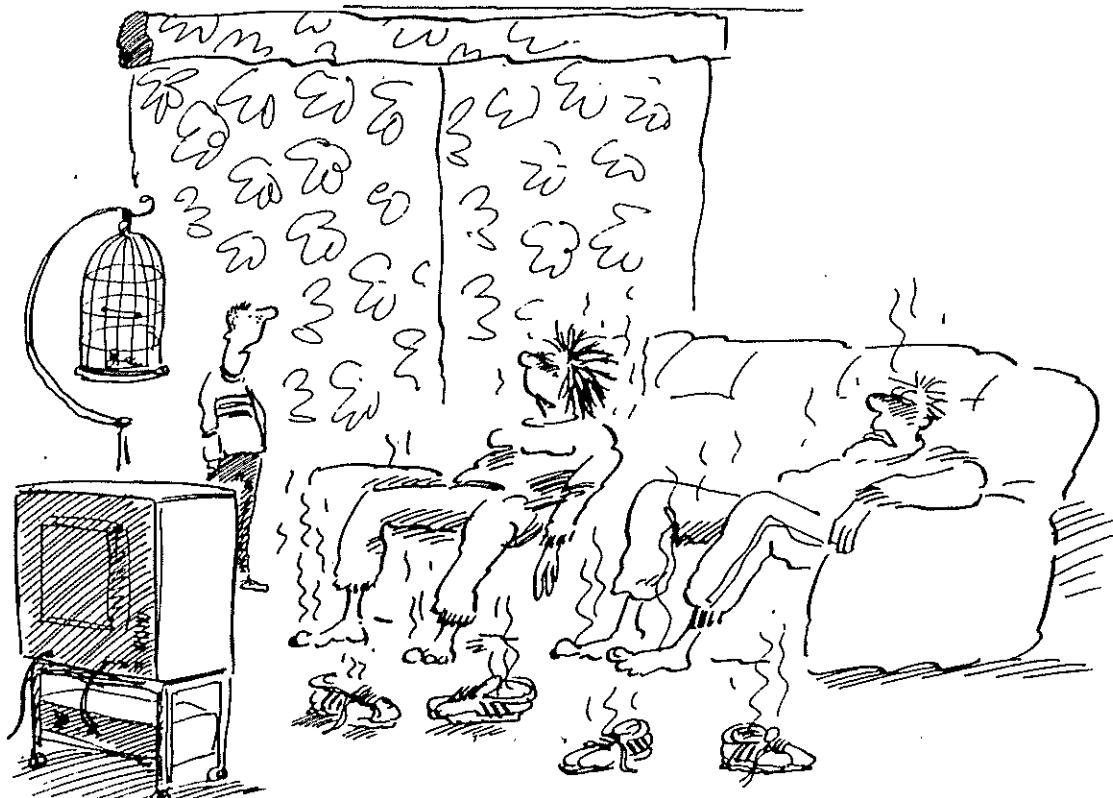
- Life Members.
- Cliff Bould*
 - David Carr
 - Jack Collins*
 - Bob Fergie
 - John Gilmour
 - Bob Hayres
 - Dick Horsley*
 - Bob Sammells
 - Rob Shand
 - Jeff Whittam

- HONORARY MEMBERS.
- Betty Baumann
 - Carlo Baumann
 - George Boakes
 - Stanley Green
 - Frank Hansford-Miller
 - Tom Jones
 - Arthur Leggett
 - Johanna Sanders
 - Johan Sanders
 - Eddie Strickland

* also eligible as Honorary Members.
 A maximum of TWO members may be elected as Life Members each year.

COMMUNITY NEWSPAPERS TAN DIPPEN SPORTS STAR OF THE YEAR.

We appear to have another member who has been nominated and made the last group of finalist in the above awards. Keith Martin has been nominated for Athletics in the Walliston area. Well done Keith. He joins Barrie Robinson for Mount Helena in the finals, the best of luck to both of you.
 Is there anyone else from the club in it that has been missed???



"I think the canary's dead"

Dear Keith,

I would like you to convey my thanks to your Championship Committee and all Officials who assisted me over the four days.

It was a pleasure to work with all of you, also all Association officials were full of praise and thoroughly enjoyed themselves.

The meeting had all the ingredients for success. When athletes and officials enjoy the meeting few problems arise.

Yours in athletics

Fred Stewart.

BUNBURY MARATHON.

Those members going down to Bunbury for the Marathon should note that there will be an informal get together for lunch at the Rose Hotel at 12.30pm on the Saturday before the race, 6th May, everyone is welcome, new members who are running Bunbury for the first time especially. Its BYO (BUY your own)

And here are some splits to strive for from Jim Barnes:-

Rotterdam Splits

After the new World Best Time of Belayneh Densimo the Rotterdam Marathon Course was measured by two of AIMS/IAAF most experienced measurers. The measurement was carried out with the full co-operation and distance of the race director Mario Kadiks and his committee. The course was found to be not less than the required 42,195 k and was therefore certified. AIMS congratulates the new World Record holder and the organizers in Rotterdam.



Belayneh Densimo in Rotterdam

	Lopes 1985	Densimo 1988
5 k	14:58	15:05
10 k	30:04	30:05
15 k	45:24	45:06
20 k	1:00:10	1:00:12
21 k		1:03:22
25 k	1:14:57	1:15:12
30 k	1:30:01	1:30:13
35 k	1:45:12	1:45:22
40 k	2:00:34	2:00:19
42,195 k	2:07:12	2:06:50

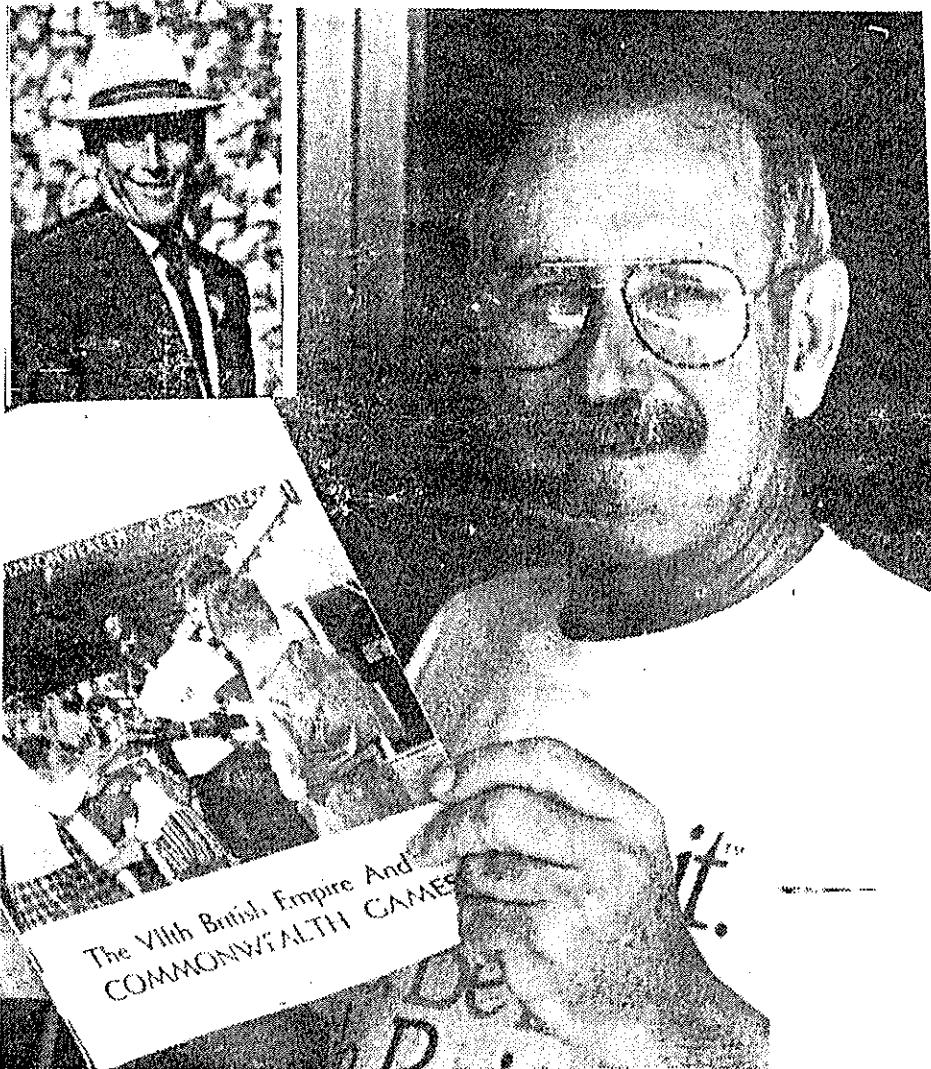
A.A.W.A. FERRY LAKES FINAL DAY OF SEASON.

<u>100m</u>	<u>400m</u>	<u>800m</u>	
Lynne Choate 13.2	Dave Carr 57.8	Keith Wheeler	1.59.0*
Eileen Hindle 13.5	Brian Foley 58.5	Brian Foley	2.10.7
Kath Holland 14.4	Eileen Hindle 62.9	Dave Carr	2.20.0
Dorothy Whittam 14.9	Jim De Gruchy 70.0	Eileen Hindle	2.31.2
Jim De Gruchy 14.9	Alison Aldrich 79.0	Peggy McLiver	2.32.3
Patricia Carr 16.1	Patricia Carr 82.4		
Alison Aldrich 16.4	<u>5km Walk</u>	<u>60m</u>	
Jackie Greenfield 17.6	Jackie Greenfield 33.53	Kath Holland	9.1
	Lorna Lauchlan 35.14	Dorothy Whittam	9.4
<u>1500m Walk</u>	Shirley Cross 41.??	Jim De Gruchy	9.4
Shirley Cross 10.25		<u>3000m</u>	
<u>Hammer</u>		Margaret Harman	11.52.9
Lyn Carter 30.16			
Dorothy Whittam 23.16			

* State Record (M45)

In the teams competition run throughout the season the ladies team came 4th and the mens team came 6th out of all the clubs competing. Well Done to all members who competed throughout the season.

Champ grounded



NOT even a major back operation could end a 41 year association with athletics for John Cochrane. If he can no longer compete, he'll coach.
INSET: John as he was in the 1962 Commonwealth Games squad.

JOHN Cochrane had secured his airline seat to take him to Eugene, Oregon in July.

There he would have competed in the World Veteran's Athletic Titles in one of the most promising opportunities of his career.

But in December of last year, Cochrane began to lose muscle function in his left leg.

A major back operation a couple of weeks ago has forced the Albany veteran to seek a refund on his plane fare, and probably put his competitive days behind him.

Likewise, the National Veterans Championships in Perth over Easter is no longer available to him.

By PETER BARBER

Now 54, Cochrane would have been throwing a reduced weight in discus and shotput in Oregon, giving him the slightest of advantages over his younger rivals.

On the cards was a performance similar to the one he produced outside of Edinburgh where he took home a gold medal in shotput and one in the triple jump.

Or his 1987 Veteran's World Championships in Melbourne where he broke state records in shotput, high jump and triple jump and finished 7th in the world in the first two.

Cochrane realised he had a problem in his

back while playing golf.

He was later told by a local orthopaedic surgeon that it would not get better on its own - hence the operation.

All this has meant Cochrane has not competed this season, which he admits bothers him.

"I would think that my events - the high jump, triple jump, long jump, shotput and discus, would be the most explosive events, and the ones the doctor would want me to reconsider."

"If that's so I'll find something else, I'll become more involved in coaching."

Does he regret not

giving away the "explosive" events sooner?

"No...those were the events I loved doing and I think my back was due to a build up of things anyway."

Yesterday morning, John walked in the water at Middleton Beach for the first time since the operation.

Now the nerve roots in his lower back have been freed, it's a matter of exercising the muscles.

Outstanding

Starting out in athletics while at Perth Modern School in 1948, John Cochrane developed into the most outstanding junior athlete in the State in 1952.

He held the State junior high hurdles record in the same year.

Along with Len Vlahov, Cochrane aimed for the Rome Olympic Games in 1960, but missed out.

In 1962, both entered the Australian Commonwealth Games side in Perth.

Cochrane finished ninth in an event where Australia lags behind Europe and America - shotput.

Though the motivation of athletes today is the same as in 1962, Cochrane said some things have changed.

"There are more pressures on the athlete today in terms of the decisions they have to make," he said.

"The decision to become a full-time athlete for instance."

"You read of your Olympic athletes who are having trouble living because of the amount it costs them to train all the time, because to get to the top you've got to do that."

Cochrane said there would not have been a full-time athlete on the Australian team in 1962.

"We were really lilly-white in those days," he said.

"Those were the days of 20 cents at a Sunday School picnic wiping you out of amateur status."

Drugs

Related to this was the absence of the performance-enhancing drugs which have since become linked with modern international athletics.

"There were no drugs in 1962, the best anyone did was pop a couple of vitamin pills."

"I don't think they were available, I don't think anyone knew about them."

If the drugs were available to the Australian team in 1962, would they have taken them?

"If you'd been a thrower like Len Vlahov and myself, and someone offered you a pill which would make you throw a metre further, you'd have taken it."

So, would John Cochrane have taken it?

"Probably," he said.

"Because there would have been no idea what it was or what after-effects there were - now, anyone who considers taking it is an idiot."

"You're signing your own death warrant," he said.

Cochrane's achievements as a veteran have outshone his earlier efforts.

Stalwart

He is of the mould of Syd Harper, Stan Green and Jim Macaulay - stalwarts of a local athletic scene which, Cochrane claims, is one of the most attractive around.

"Here you've got the best athletics group anywhere in WA," he said.

"You've got everyone working together, from little athletics to seniors to veterans and an incredible wealth of talent in those ranks."

"The successful seniors and veterans work on the same field as the juniors and that has to have a beneficial effect."

He said the local atmosphere also tended to temper the "ugly parent syndrome" as experienced athletes set examples for the younger competitors and their guardians.

SEDDY BIRDS PICNIC RUN. Kings Park 12th March 1989.

The hot and windy conditions didn't seem to worry the runners, as seven records were broken.

Maxine Santich won the ladies 15.6km in a new course record of 69.25 and Frank Smith once again won the men's division in 55.20.

The 7.8km race was a close one between Gill Roberts and Alicia Ansell, with Alicia overtaking Gill with 20m to go only to see Gill get ahead on the line. John Molloy again won the men's 7.8km race in a new course record of 27.53.

Other record breakers were Bob Argyle M40, Dave Carr M55; Gill Roberts W40, Paula Szpak W35, Marge Forden W45 and June Strachan W60.

Many thanks to all my many helpers, including Bev, Maureen, Avril, Phil Bould and my mum who has looked after the Tea & Biscuits for the past five years and John who has flagged the course each year.

This being my last year as race director, I would like to thank all the members for making the run such a great success.

Regards

Joan Pellier.

RESULTS. 7.8km *record

1. Paul Odam	vis	27.30	27. Geoffrey Sanders	vis	39.56
2. Brad Hammond	vis	27.39	28. Vic Beaumont	M55	40.26
3. John Molloy	M35	27.52*	29. Ann Turner	W50	41.05
4. Bob Argyle	M40	28.45*	30. John Russell	M55	41.24
5. Peter Roberts	M40	29.04	31. Cliff Bould	M70	41.54
6. Warren Gee	M35	29.21	32. Patricia Weston	W50	43.06
7. Jim Barnes	M45	30.00	33. Austin Crowe	vis	43.21
8. David Carr	M55	30.59*	34. June Strachan	W60	43.34*
9. Ian Partington	vis	31.40	35. Linda Rhodes	W40	43.51
10. Barry Harwood	M45	31.53	36. Jackie Greenfield	W45	44.02
11. Arnold Jenkins	M40	32.30	37. Jenny Willers	W40	44.31
12. John Maddison	M50	32.34	38. Basil Worner	M55	45.02
13. Gill Roberts	W40	32.58*	39. Fred Hagger	M60	45.52
14. Alicia Ansell	W40	33.00	40. Rosa Davis	W45	46.26
15. Bryan Hardy	M45	33.34	41. Sue Sanders	W35	46.47
16. Paula Szpak	W35	34.42*	42. Ron Spencer	M45	47.46
17. Ernie Law	vis	34.48	43. Ernie Moyle	M60	47.49
18. Malcolm Brown	M55	36.35	44. Frank Usher	M65	49.01
19. Margaret Birks	W40	36.45	45. Nora Berry	W55	49.39
20. Adrian Noordyk	M35	37.08	46. Gerry Foley	M60	50.24
21. John Cronin	vis	37.18	47. Sheila Maslen	W50	51.08
22. Kath Penton	W45	37.48	48. Kirralle Jenkins	vis	51.11
23. George Feet	M55	37.57	49. Jaqui Jenkins	W40	51.34
24. Kath Noordyk	W40	38.54	50. Mary Robinson	W50	51.38
25. Peter Sanders	M40	39.15	51. Valerie Bonner	vis	56.09
26. Bill Highes	M60	39.44			

15.6km

1. Frank Smith	M45	55.20	22. Joe Yates	M45	70.22
2. John Pressley	M40	58.57	23. Frank McLinden	M55	70.47
3. Chris Reid	vis	60.12	24. Dave Scott	M40	70.50
4. Neil McRae	vis	60.29	25. Morris Warren	M50	70.52
5. Bob Schickert	M45	60.33	26. Margery Forden	W45	71.48*
6. Colin Leman	M40	61.01	27. Keith Forden	M50	72.17
7. Derek Hoye	M50	61.09	28. Michael Watts	M50	72.28
8. Brian Danby	M40	62.30	29. Merv Jones	M45	72.33
9. Dave Roberts	M45	62.58	30. Alan Tomery	M55	72.36
10. Ted Maslen	M50	63.47	31. Richard Harris	M50	72.43
11. Paul Hughes	M35	64.23	32. Evan McRae	vis	73.17
12. Wayne Pantall	M35	64.50	33. Bill Crellin	M50	74.32
13. John Pellier	M45	66.32	34. Rob Farrell	M45	74.58
14. Peter Hill	M40	66.44	35. Ron Sutton	M50	75.46
15. Keith Field	M45	67.54	36. Brian Aldrich	M55	75.52
16. George Scheaffer	M55	68.07	37. Derek Drayson	M65	75.56
17. Robin Bonner	vis	68.16	38. Eddie Strickland	M70	76.00
18. Jim Greenfield	M45	68.27	39. Roy Barker	vis	76.34
19. Michael Sanders	vis	69.05	40. Merv Noyle	M60	79.49
20. Maxine Santich	W35	69.25*	41. Ron Potter	M45	80.09
21. Graham Thornton	M45	70.05	42. John Lindsay	M40	81.12

CONT.

44
 TEDDY BIRDS PICNIC RUN

		cont.				
43.	Duncan Strachan	M65	81.13	48.	Leo Hassam	M55 85.37
44.	Bill Webster	M55	82.18	49.	Selby Munsie	M55 85.39
45.	Phyllis Farrell	W40	82.41	50.	Gorden Florence	M55 85.52
46.	Kirt Johnson	M55	82.43	51.	Margaret Warren	W50 86.07
47.	Patrick Sheerin	M55	84.13	52.	Syd Bowler	M60 92.00

WALKERS. 6km

Lorna Lauchlan	W55	42.58
Lynne Schickert	W45	42.58
Alan Stone	M55	42.59
Val Tyson	W65	43.05
Dick Horsley	M75	43.09

10km

Barrie Thomsett	M45	71.11
Jeff Whittam	M50	71.11
<u>12km</u>		
Margaret Stone	W45	80.58
Jack Collins	M75	91.50
Jackie Beaumont	W50	91.50

10km TRACK HANDICAP. McGillivray Track 13th April 1989.

After forecasts of rain, the evening turned out to be perfect for the running of the 1st 10km Track Handicap. It was cool with virtually no wind. The small but select field must have found the going just to their liking, with several runners doing PBs or close.

Jackie Greenfield was scratch marker, with Frank Smith off the back mark 23.15 later.

Jackie ran a very even run, for this her first attempt at 10km on the track and maintained her lead throughout the race, knocking 5½min off her best time over 10km on the road. Her finishing time being 52.24.2. Second was Frank McLinden (18.00) in 56.28.7 and third John Pellier (18.30) in 56.33.8.

Fastest time was set by Frank Smith (23.15) in 34.26.7

Most of the runners and helpers stayed on for a BYO barbeque after the run.

Amongst those who improved their times from the 10km at the recent Champs were:- Cliff Bould 8sec, John Gilmour 66sec, Graham Thornton 60sec and Frank McLinden 95sec.

My thanks go to all those who came along to help, without you it would have been chaos. To those who ran, without you it would have been a non-event. And a special thanks to the "Long Distance" handicapper who got thrown in at the deep end.

You all made it worthwhile.

Jeff.

RESULTS.

1.	Jackie Greenfield	W45	52.24.2			
				Clock	H'Cap	Actual
1.	Jackie Greenfield	W45	52.24.2	Scratch		52.24.2
2.	Frank McLinden	M55	56.28.7	18.00		38.28.7
3.	John Pellier	M45	56.33.8	18.30		38.03.8
4.	Graham Thornton	M45	56.57.1	19.15		37.42.1
5.	Maureen Stewart	W45	57.00.6	14.45		42.15.6
6.	Joan Pellier	W45	57.18.8	8.30		48.48.8
7.	Lorna Lauchlan	W55	57.24.1	2.45		54.39.1
8.	Brian Foley	M45	57.28.6	19.00		38.28.6
9.	Brian Paxman	M55	57.37.6	16.30		41.07.6
10.	Bob Argyle	M40	57.38.3	22.45		34.53.3
11.	Frank Smith	M45	57.41.7	23.15		34.26.7
12.	John Gilmour	M65	58.02.6	20.15		37.47.6*
13.	John Pressley	M40	58.11.8	21.45		36.26.8
14.	Keith Forden	M50	58.22.1	15.00		43.22.1
15.	Cliff Bould	M70	58.28.6	6.45		51.43.6
16.	David Carr	M55	60.50.8	18.45		42.05.8
	Bruce Wilson	M40	39.08.0	19.00		20.08.0

* John Gilmours time set a new World Record for the 69 year age group.

The summer season of the Athletic Association of WA, ended in Perth with a greatly increased participation by Vets registered with the Veterans Club and with other clubs. It was good to hear of Vets running at Perry Lakes for the first time, who actually discovered that they ENJOYED it after they had made the initial "plunge".

Interclub competition is graded so that athletes compete against others running similar times. The value of this competition was certainly seen in the many excellent performances in the recent Australian Veterans Championships.

Sincere thanks to all who assisted in any way during the season - officiating, assisting with technical duty, collecting results and last, but not least, competing.

The 1989-90 season commences in September. We hope to have an even greater contingent of Veteran Athletes competing in it.

The Club finished in **FIRST PLACE** in 'B' grade in both the men's and women's competition.
Val Prescott.

Below is a report of points scored by athletes registered with the Association as the Vets Club.

ATHLETIC ASSOCIATION of WESTERN AUSTRALIA

Interclub Points Scored by Athletes in 1988/89 for MEN

Club - WA VETERANS A.C.

NUMBER	NAME	A/G	POINTS
220	D CARR	020	385
192	H RHODES	020	317
195	B FOLEY	020	313
221	D CAPLIN	020	205
193	N RICHARDS	020	96
352	B OLIVER	020	65
196	J YATES	020	44
462	K MARTIN	020	35
445	R DE GRUCHY	020	23
218	S LATCHFORD	020	23
596	S COLEMAN	020	12

Total Athletes Printed - 11

*** END OF REPORT ***

ATHLETIC ASSOCIATION of WESTERN AUSTRALIA

Interclub Points Scored by Athletes in 1988/89 for WOMEN

Club - WA VETERANS A.C.

NUMBER	NAME	A/G	POINTS
227	J SANGER	020	305
226	J JOHNSON	020	243
198	D WHITTAN	020	219
517	F MACLIVER	020	40
601	M BOYLE	020	27
219	F CARR	020	24
566	L LAUCLAN	020	3

Total Athletes Printed - 7

*** END OF REPORT ***

There was a record field for the two events, 7.5km & 16km, with 148 finishing (including 31 visitors).

In the 7.5km run Kath Noordyk lead the ladies home in a record time of 34.25 for W40, followed by Feggy McLiver and Joanne Pearce who broke the W35 record.

John Ferris was first across the line in the men's event, breaking the M35 record with 27.22. Arnold Jenkins was second and Don Caplin third.

In the 16km race Frank Smith was first home with a new M45 record of 56.16 with Bert Carse second and Chris Brockwell third. Maxine Santich was the winner of the ladies event in a new W35 record of 72.32 with Marge Forden in second place and Paula Szpak third in a new W30 record of 76.38.

For the smooth running of the events I would like to special thanks to the many helpers including, Maureen Pomery, Bev Thornton, Jill Midolo, Colin Ieman and Maurice Smith.

Dalton Moffett.

RESULTS. 7.5km *record

W35	W50	M45	M60
J Pearce 35.36*	T Vaalsta 36.47*	D Caplin 30.42	A Tyson 33.54*
S Jones 57.18	M Warren 38.40	A Langford 31.55	R Lawrence 36.38
W40	D Whittam 46.33	M Cocker 33.34	G Morgan 36.44
K Noordyk 34.25*	S Maslen 47.16	B Thomsett 39.26	W Hughes 38.19
P McLiver 35.26	J Beaumont 51.24	M Fermor 40.56	E Moyle 39.42
S Hooke 38.36	W55.	M50	F Hagger 40.35
J Johnson 38.50	P Carr 49.00	J Spencer 31.08	M65
J Willers 38.51	M35	P Airey 31.39	D Strachan 40.42
M Tapper 44.04	J Ferris 27.22*	P Guiton 31.40	F Usher 42.42
J Jenkins 48.56	R O'Neill 30.38	K Vaalsta 34.30	S Bowler 45.35
W45	A Noordyk 34.31	M55	M70
A Aldrich 35.42	M40	B Worner 35.28	C Bould 39.35
J Slinger 36.43	A Jenkins 30.08	K Johnson 36.15	
M Miller 39.20	M Rhodes 31.38	L Hassam 38.45	
J Greenwood 42.60	J Dartnell 35.08	J Russell 38.45	
C Cole 46.59		A Stone 51.23	
P Spencer 47.00			
L Schickert 48.33			

16km

W30	M40	M45 cont	M55
P Szpak 76.38*	B Danby 63.23	P Martin 67.57	D Hough 67.33
W35	J Yates 63.58	D Miller 68.36	D Carr 72.31
M Santich 72.32*	P Sanders 66.25	R Stewart 70.05	A Pomery 72.48
J Neilsen 77.12	B Munyard 68.17	B Slinger 71.07	B Aldrich 72.49
S Sanders 87.33	J Bell 69.39	K Forden 72.07	V Beaumont 73.18
W40	P Cole 72.07	K Field 72.34	G Peet 77.17
L Rhodes 84.06	D Bryant 73.32	M Traynor 73.07	P Sheerin 85.15
I Farrell 84.13	A Sim 74.18	R Farrell 75.54	N Miller 87.33
C Easton 100.13	J Lindsay 85.29	M Jones 78.00	M60
W45	M45	R Potter 78.31	B Jones 71.54
P Forden 73.12	F Smith 56.16*	J Spencer 81.56	G Foley 94.32
K Fenton 77.19	B Carse 56.41	R Spencer 101.50	M65
W50	B Schickert 60.33	M50	D Drayson 74.17
P O'Dea 85.46	J Barnes 63.00	B Sammells 62.48	
W35	D Roberts 63.04	K Martin 67.16	
C Brockwell 57.08*	G Thornton 63.46	J Stickles 67.35	
J Devenport 74.03	J Fellier 64.42	M Warren 69.39	
R Doust 76.28	J Greenfield 67.47	R Harris 75.01	
		G Florence 86.27	

12/24 hour

The Hi-Tec 12/24 hour will take place at Mc Gillivray Oval, Brockway Rd, noon, Saturday 27th to Sunday 28th May 1989. It is a qualifying event for the Quit Perth to Rainbow Coast 406 kms Ultra Marathon, 5th-9th October 1989. All entry forms for the 12/24 obtainable from the 'Runners World!'

SANDI IN TASSIE

I went over a couple of weeks ago and spent some time with Sandi, she sends her regards to everyone in the club. She is looking fit and well and has now regained her zest for running, she is training six days a week.

Sandi has joined the newly formed N.W. branch of the Tassie Vets, but a lot of travelling is entailed if she wants to race. We travelled 125km to run in a 6km race.

Sandi is planning to return to Perth before Christmas this year.
Joan Pellier.

Alan Croxford
7/32 Huckle Street
Tuart Hill 6060
Tel 344 8659

Dear Jeff,

I need some help in the 24hour race at McGillivray Oval on the 27-28 May. If any vets can give me some time, if only for a few hours I should be very gratefull. Also if anyone has a tent they could loan me for the event it would be a great help. Please ring me on the above telephone number.

Many Thanks

Alan Croxford.

F.S. Free lemonade for all helpers.

NATIONALS CROSS COUNTRY COURSE. REABOLD HILL 19th February 1989.

This was a tryout of the course that was to be used for the Cross Country at the National Championships at Easter. It was perfect weather for the run which was being held whilst the Club Pentathlon Champs were on at the Perry Lakes Stadium.

1 Lap 3.3km

Judy Hill W40 25.51
Rob McLiver M45 25.52

2laps 6.6km

Bryan Hardy M45 29.26
Norm Miller M55 36.05
Jackie Jenkins W40 45.28
Sheila Maslen W50 46.53

3 laps 10km.

Bob Argyle M40 36.32
Clemens Schmitt vis 36.38
Robert Raymen M45 37.02
Bob Schickert M45 38.30
John Pressley M40 38.46
Hugh Kirkman M45 39.18
Graham Thornton M45 40.30
Dave Muir M40 40.32
Robin Bonner vis 41.44
Tim Fry M55 41.56
Kevin Martin M50 42.09
Michael Sanders vis 42.20
Peter Hill M40 42.24
Frank McLinden M55 43.41
David Scott M40 43.41
John Pellier M45 43.49
Morris Warren M50 44.01
Alicia Ansell W40 44.07
Alan Pomery M55 44.40
Ann Shaw W40 44.43
Maureen Stewart W45 44.48
Mike Traynor M45 45.10
Barrie Slinger M45 45.19
Ron Potter M45 45.25
Peter Sanders M40 45.35
Margery Forden W45 45.40
Merv Moyle M60 46.16

3 laps cont.

Brian Aldrich M55 49.08
Kim Russell vis 49.30
Ron Sutton M50 49.38
Derek Drayson .60 49.44
Tuula Vaalsta W50 49.49
Fath Penton W45 49.50
Margaret Birks W40 50.10
Vic Beaumont M55 51.02
Kirt Johnson M55 51.38
Rob Farrell M45 52.14
Duncan Strachan M65 52.31
John Russell M55 52.44
Ray Lawrence M60 53.40
Patrick Sheerin M55 53.41
Ann Turner W50 53.50
Joan Slinger W45 54.36
Selbie Munsie M55 54.38
Phyllis Farrell W40 56.23
Barrie Thomsett M45 56.59
Margaret Warren W50 57.57
Jackie Greenfield W45 58.26
Lorna Lauchlan W55 58.59
Frank Usher M65 59.08
Cliff Bould M70 59.14
June Strachan W60 60.08
Rosa Davis W45 60.38
Jenny Willers W40 62.43

IT HAPPENS TO US ALL.

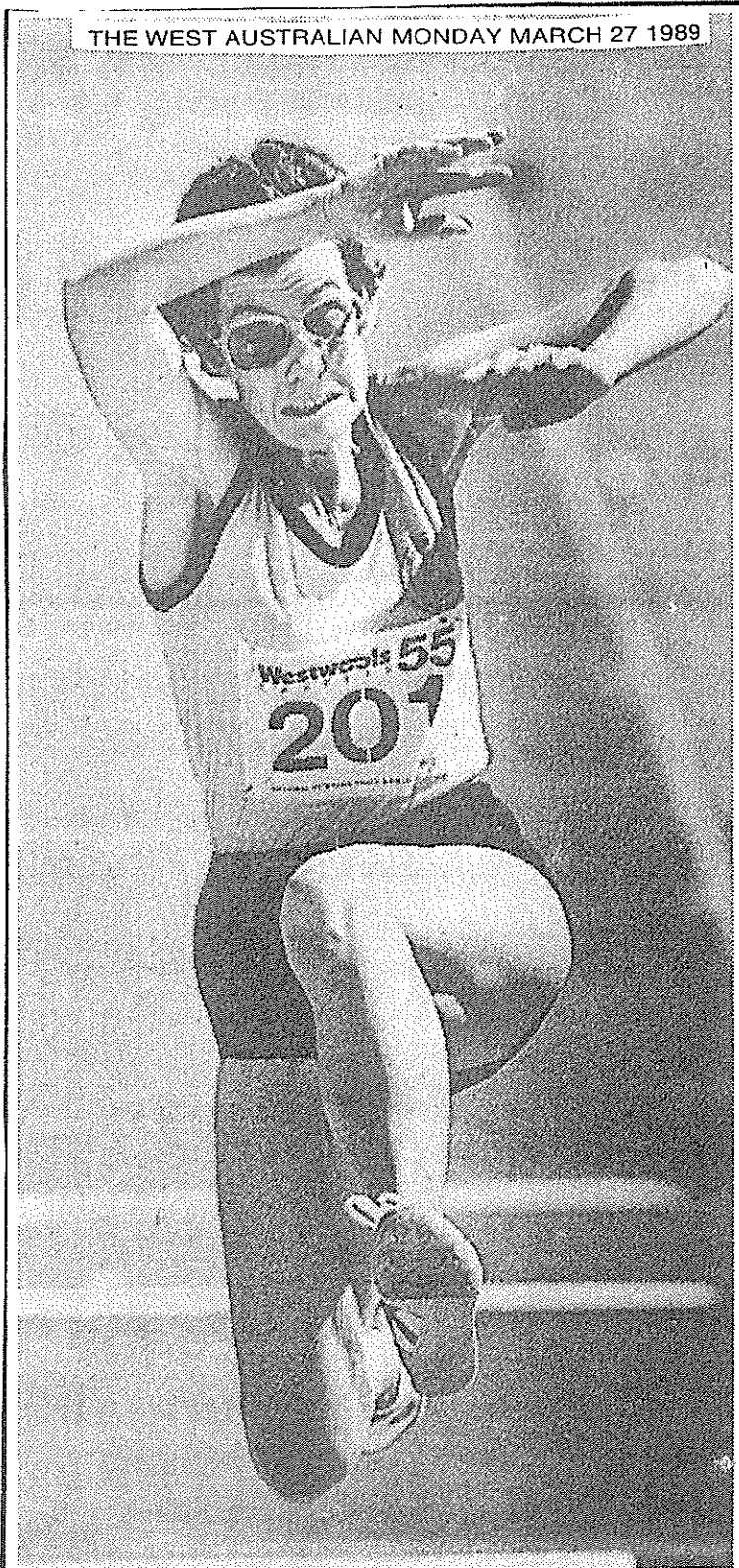
GEORGE KENNEDY (nee Spare) Terri and Robert wish to announce the safe arrival of Kelli Anne at Woodside on the 26.4.89 7lbs 13ozs. Thanks to doctors and nurses.

I've just had a call from Charlie Spare to say that his Daughter and son in law have just had their first child, and Charlie and Barbaras first grandchild, Charlie is

CERTAIN he can't be a grandfather however, he's TO YOUNG. To add to his problem is the fact that he has just turned 50 years the week before. Never mind Charlie it won't be long before you get your GLASSES and HEARING AID. Just look on the bright side, you've got another lap scorer for future 24 hour events.

GEORGE KENNEDY (nee Spare) Barbara and Cherie Spare welcome with love our first little grandchild Kelli Anne. Thanks Terri and Robert.

THE WEST AUSTRALIAN MONDAY MARCH 27 1989



Patricia Carr, a former triple jump world champion, shows

A Veteran's Lament

Just a line to say I'm living,
That I'm not among the dead,
Though I'm getting more forgetful
And mixed up in the head.

I've got used to my arthritis,
To my dentures I'm resigned,
I can manage my bifocals,
But, oh God, I miss my mind.

For sometimes I can't remember
When I stand there by the stairs,
If I must go up for something,
Or I've just come down from there.

And before the fridge so often,
My poor mind is filled with doubt,
Have I just put the food away, or
Have I come to take it out.

And there's time when it is dark
With my nightcap on my head,
I just don't know if I'm going
Or just getting out of bed.

If it's my turn to write to you,
There's no point in getting sore,
I may think that I have written
And don't want to be a bore.

So remember I do love you
And wish you were here,
But now it's nearly mail time
So I'll say "goodbye my dear."

There I stood beside the mailbox,
With my face so very red,
Instead of posting you your letter,
I have opened it instead.

FIXTURE LIST FOR 1989-90 Owing to a hiccup at the printers the fixture list will not be ready until the beginning of May and rather than delay the issue of this newsletter I have printed a list of the May runs below. The Fixture Card will be sent out with next months newsletter.

7th May	Murdock Cross Country	Murdock Uni Sports Gnd	John Spencer	VME
8am	10km - 5km	Windelya Rd, Kardinya		
14th May	Kings Pk Cross Country	Saw Ave, Kings Park.	Ray Lawrence	VR
8am	8km - 4km; 5km Walk			
21st May	Jim Barnes Run	5, Tremlett St, Thornlie	Jim Barnes	VBME
8am	10km - 5km; 10km Walk			
28th May	Andy Wright Mem. Run	Carine Reserve	Leo Hassam	VFEH
8am	10km Hcap; 5km; 10km Walk	Cnr Beach/Okely		
4th June	Road Racing Champs	McCallum Park	Don Caplin	V
8am	Road Walking Champs	15km Champs; 8km		

A.A.W.A. WINTER PROGRAMME. For those interested in running with the A.A.W.A. here is a list of the next months events.

May 7th	Midland Club, Club Challenge	Whiteman Park	8.30am
May 14th	Fremantle - Perth Relay (Teams of 7 Runners)	Fremantle Town Hall	7am
May 21st	15km Road Champs	Ferry Lakes	8am
May 28th	West Coast State Marathon; 1/2 Marathon	Hillarys Marina	8am
June 4th	George Skeels Handicap (run by our club)	Hale School	12.30pm

COACHING COURSE. The West Atralian Branch of the Australian Track & Field Coaches Assc is hold a Level 1. coaching clinic from May- Sept. 1989.

Level One courses are designed to give coaches at club level a basic understanding of coaching methods. There are four courses on:- Sprints, Hurdles and relays: 2. Endurance events: 3. Jumps: 4. Throws:

The courses are split into three sections:- 1. General Principles of Sports Science (12 hours): 2. General Principles of Athletic events (4 hours): 3. Specific Principles of Coaching and Training for each event Group (12 hours per group): The cost of the course is \$60 which includes the cost of a coaching manual valued at \$35. It is a condition that to get accreditation you MUST become a member of the A.T. & F.C.A. Membership fee is \$25 per year and includes 4 quarterly copies of Modern Athlete and Coach.

If you are interested contact Fred Smart on 390 7709 (or the editor).

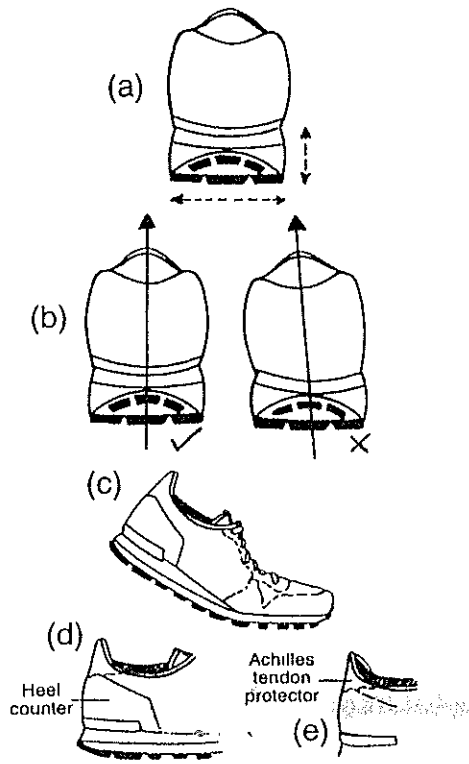
Tips for selecting new running shoes

The array of running shoes on the market is dazzling. Impressive technical claims are used in marketing - impressive prices are charged to protect your feet. Runners are plagued by foot and leg injuries so selecting the right shoe is important.

Disregarding brand names, here are some groundrules for choosing a pair of running shoes to suit the individual.

Tips for selecting new running shoes

1. Examine old running shoes or casual shoes for asymetrical (uneven) wear. If this exists, take them with you to a reputable shoe store, so that an experienced sales/fitter can provide the appropriate advice and shoes.
2. Check new shoes for equal width, length, heel height(a), vertical heel counter(b).
3. Check workmanship of upper and sole, eg: stitching, eyelet placement, and correct attachment, bonding between sole and upper, symmetry of upper construction and double stitching.
4. Test flexibility of sole(c).
5. Insole should be soft with no seams, preferably removable and washable.



6. Heel counter should come at least 8cm. forward from the rear point of the heel and be quite firm(d).
7. Tongue should be padded and well attached.
8. Achilles tendon protection should be of adequate height, well padded and of good wearing material(e).
9. The toe box should be firm and of adequate height, so as not to compress the toes.
10. Upper material should allow good ventilation.
11. The sole should have a tread appropriate to the user's needs.
12. The midsole should be firm and of a density related to the user's weight and amount of use.
13. The inbuilt arch support should be properly positioned and of adequate height. (It is advantageous that it is removable and moveable, to match the user's foot.)
14. Heel should fit snugly and big toe should not touch the front of the toe box.
15. Try the shoes on with the socks you intend wearing with them and walk around in them before purchase. Walk them in and gradually run them in before undertaking a long run.