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\*(Remember - club singlets must be worn at our State Championships)  
 Running singlets and club tee-shirts are now available.  
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## HAPPY BIRTHDAY TO OUR JUNE MEMBERS

SCADDAN, ROB	02/06/51	43 remains M40	FRODSHAM, STEFAN	17/06/53	41 remains M40
STRICKLAND, EDDIE	03/06/18	76 remains M75	BONNER, ROBIN	18/06/31	63 remains M60
CROSSMAN, RODGER	04/06/41	53 remains M50	DRAYSON, DEREK	19/06/23	71 remains M70
KEESING, TERRY	06/06/57	37 remains M35	STRACHAN, JUNE	20/06/25	69 remains W65
HOLM, JENNY	07/06/49	45 becomes W45	SANDERS, IAN	24/06/58	36 remains M35
MILLIGAN, SHIRLEY	07/06/37	57 remains W55	DEES, ROBERT	25/06/49	45 becomes M45
SANGER, PETER	08/06/51	43 remains M40	REID, DAVID	26/06/50	44 remains M40
KELLY, CHRISTOPHER	10/06/52	42 remains M40	CLEMENTS, WENDY	26/06/42	52 remains W50
WHEELER, KEITH	11/06/43	51 remains M50	MOLONEY, SHARON	26/06/62	32 remains W30
CARR, DAVID	15/06/32	62 remains M60	LEONG, FRANCIS	28/06/43	51 remains M50
FRANK, TONI	15/06/45	49 remains W45	KNUPPE, NICHOLAI	28/06/58	36 remains W35
DELCANHO, MAUREEN	15/06/49	45 becomes W45	HAGGER, FREDERICK	29/06/25	69 remains M65
JUNNER, COLIN	16/06/22	72 remains M70	WOO, PAUL	30/06/55	39 remains M35
JACKSON, ROY	16/06/54	40 becomes M40			
COOK, JOHN	17/06/37	57 remains M55			
THOMSETT, BARRIE	17/06/40	54 remains M50			



# The Vetrunk



NO. 253 MAY, 1994

## Annual handicap struggle won by Ted

THE concluding stages this year were between two of the club's long standing members, TED MASLEN and ROB SHAND. The result was in doubt until the hectic struggle of the last race, with Rob needing to beat Ted by 10 places to take the trophy. As it turned out, Ted finished one place before Rob. They both ran very well in the 7.5K handicap at Mount Lawley. Ted was 3rd, Rob 4th.

The key to success in the handicap trophy is to compete in each of the eight events.

If a runner misses an event, his points score increase is equal to that of the last runner, plus one point.

Details of the scoring for Ted and Rob for 93/94 follow.

Equal third, but very distant, were

DUNCAN STRACHAN and JILL CHAMBERS on 188 points.

With the great surge by Rob towards the end you may ask 'Was he receiving favoured treatment from the handicapper?' The answer is 'no'. As his form improved, his handicap was adjusted. On July 3, 1993 his 10K handicap was 13:30. By March 6 1994 it was 16:45.

The lowest handicap for 10K in the club is 00.00. The toughest is currently 24.30. Therefore, if a runner on 00.00 runs an hour for 10K, the runner on 24.30 would need to do 35.30 to draw level.

Bob Schickert

Distance	10K	10K	9K	8.4K	10.4K	8K	7.1K	7.5K
Event	Track	Carine	Kirkmans	Tompkins	Cliff B	Lakes	Womens	MtLawley
TED	18	28	17	21	8	17	4	3
ROB	18	15	79	2	4	4	1	4
Finishers	17	68	78	73	47	66	62	44

## Remember it on Video!

### Putting on another Stone

CONGRATULATIONS to John and Tia on the birth of baby Alex John Stone, who arrived on April 21. He weighed 8lbs 2oz (these Poms will never learn about kilos) and John says the boy has sprinter's legs.

The proud father has now issued a challenge to other M40s (or older) Vets to follow suit.

"A regular births column could be a popular feature of the Vetrunk," he suggests.

Personally, I'd like to celebrate this rare event by putting young Alex up for associate membership, immediately, now the AGM has settled the age gap problem! Ed.

VETS who regularly travel off to National and World Games might like to contact Victoria's Peter Colthup, who has made up commemorative t-shirts, and can provide personal videos of various games.

He has hours of film from Miyazaki, and could possibly compile a personal video for you. Videos from Adelaide last year, and Sydney 1994, are available at \$20, plus \$5 pack and post.

The t-shirts feature the history of World Vets Games, from 1975-97(?). Peter says they're similar to ones that have been so popular overseas, cost \$32 plus \$3 postage, in sizes 12-24.

You can contact him on 03 795 1169, or write to 14 Bakers Road, North Dandenong, VIC 3175.

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Running at our Championships, Barbara Blurton shows the immaculate, straight-ahead style that took her to State record and National gold medal this year. Details - pages 12/13

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# Records set in Perth and Sydney

All the following are new WA State records. Australian Records are indicated with an (A)

## Records from Sydney

800m			
Peggy MacLIVER	W50	2:34.23	(A)
Patricia Carr	W60	3:28.53	
Pentathlon			
Dorothy Whittam	W55	2909	points
Patricia Carr	(A) W60	3118	Pts

**Full Results – Australian Veteran National Titles**  
1-4 APRIL 1994  
HOMEBUSH, SYDNEY

## Women

### Lynne Choate W40

100m			
Heat	1st	13.46	
Final	1st	12.96	GOLD
200M			
Heat	1st	27.63	
Final	1st	26.11	GOLD
400M Final	3rd	62.93	BRONZE
Long Jump	1st	4.94M	GOLD
Triple Jump	2nd	9.37M	SILVER
4 x 100 Relay	3rd	52.73	BRONZE
Champion of Champions	8th	12.73	
(Handicap 0.25M)			

### Barbara Blurton W40

100M			
Heat	4th	14.06	
Final	8th	13.64	
200M			
Heat	2nd	27.13	
Final	3rd	26.59	BRONZE
400M Final	1st	58.73	GOLD
4 x 100 Relay	3rd	52.73	BRONZE

### Jan Johnson W45

100M			
Heat	4th	14.60	
Final	6th	14.35	
Long Jump	3rd	4.41M	BRONZE
Triple Jump	2nd	10.04M	SILVER
4 x 100 Relay	3rd	52.73	BRONZE

### Val Prescott W50

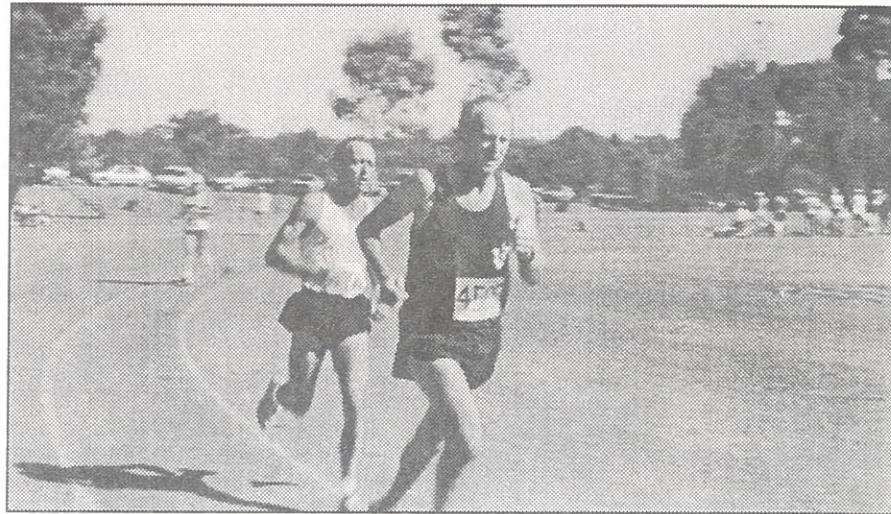
200M	8th	32.39
Discus		19.04M
Javelin	10th	12.34M

### Peggy MacLIVER W50

100M Final	3rd	14.87	BRONZE
200M Final	3rd	29.64	BRONZE
400M Final	2nd	66.71	SILVER
800M Final	1st	2:34.23	GOLD (Aust. Record)
Long Jump	4th	3.96M	
4 x 100 Relay	3rd	52.73	BRONZE

### Erica Mercer W50

300M Hurdles	2nd	62.29	SILVER
2K Steeple	1st	9:23.07	GOLD
Triple Jump	4th	7.05M	



Jim Langford has never run better than in the Championship 10,000m at McGillivray. So says Dick Horsley, who ought to know. (He also saw the historic day at Bold Park when Jim beat Ron Clark.) It's not often a runner laps the second place-getter! Jim finished in 35:08; Colin Hickman was second in 36:54; Frank Smith 3rd in 37:33.

Bottom of page: more fine 10,000m performers on a very hot morning.

### Dorothy Whittam W55

100M Final	3rd	15.52	BRONZE
Long Jump	2nd	3.72M	SILVER
Triple Jump	1st	8.32M	GOLD
Shot Put	2nd	8.40M	SILVER
Javelin	3rd	20.98M	
BRONZE Hammer	3rd	22.50M	
BRONZE Pentathlon	1st	2909PTS	GOLD

### Patricia Carr W60

100M Final	2nd	16.22	SILVER
200M Final	3rd	33.49	BRONZE
400M Final	1st	80.52	GOLD
Long Jump	1st	3.63M	GOLD
Triple Jump	1st	7.69	GOLD
Pentathlon	1st	3118PTS	(Aust. Record)

## Men

### Mike Edwards M35

100M Final	2nd	11.96	SILVER
200M Final	1st	23.47	GOLD
110M Hurdles	1st	15.84	GOLD
400M Hurdles	1st	60.85	GOLD
4 x 100 Relay	2nd	47.63	SILVER

### Peter Brazier M40

100M			
Heat	1st		
Final	3rd	12.01	BRONZE
200M Final	4th	23.99	
400M			
Heat	1st	52.75	
Final	DNS		
4 x 100 Relay	2nd	47.63	SILVER

### Murray Tolbert M45

Triple Jump	2nd	11.31M	SILVER
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### Brian Foley M50

800M	2nd	2:16.94	SILVER
1500M	3rd	4:44.80	

### BRONZE

10K Cross Country	10th	44:38
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### Roy Fearnall M50

100M			
Heat	1st	12.65	
Final	1st	12.28	GOLD
200M			
Heat	1st	24.77	
Final	1st	23.96	GOLD
400M Final	1st	53.34	GOLD
4 x 100 Relay	2nd	47.63	SILVER
Champion of Champions	1st	11.26	GOLD (Handicap 4.25M)

### David Carr M60

200M Final	5th	27.86	
400M Final	1st	60.45	GOLD
800M	2nd	2:20.33	SILVER
1500M	2nd	5:05.74	SILVER
4 x 100 Relay	2nd	47.63	SILVER

### Allen Tyson M60

1500M	4th	6.01	
5000M	7th	23:13	
1000M	6th	48:16	
2K Cross Country	1st	9:10.44	GOLD



The 5-6kms ended up about 8-9 kms, but it's all fun isn't it?

## The cross-country swimming event

Sunday afternoon saw us all down at the old swimming hole along the Collie River, and everyone settled down to a nice quiet afternoon of food, snooze and watch the world go by. But no - who had the bright idea of the Collie Swim Through? Let's swim down the 500m or so from our little spot to the bridge and we'll meet you there. Shouldn't take too long says the pundits, about 20mins we reckon.

After some 45mins or so of anxious waiting at the bridge, our intrepid band of Vets (Jackie, Lorna, Ron, Rob, Peggy, Graham and Brian) appear on the scene and relate tales of an obstacle course that would put the Special Air Services to shame. Logs, trees, snags and 'gunk' underfoot that grabbed, pinched, cut, snagged and generally slowed one's progress down.. who's idea was it anyway?

The photos show they did it, and also some of the more innovative swimming costumes being worn.

## Just take a piece of string

Sunday night was the social evening which was ably organised and run by Lorna and Jackie, and everyone had a great time. It is amazing what an inventive group of people can do with a length of string!

Monday morning, and here we go again, and those infernal hills haven't got any smaller. The more enthusiastic and intrepid group ran from the Rec camp to the King Jarrah Tree and around the long way home about a distance of 12-16kms.

The less keen drove to the King Jarrah Tree, left the car and were to walk/run/jog/crawl the estimated distance of 5-6kms back to the cottages and drive back to collect car later. This is where the 'lost' comes into this story again.

(It's about time those little 'informative' books on hiking kindly left in the cabins, were updated. Some of those tracks I feel have been lost to man and nature for years.)

## We shall not be daunted!

Not to be daunted, we set off, and after realising we'd missed a turn-off the road to said path, we did another back-track (so there is another 2kms at least!) found the path and then promptly negotiated a hill of stupendous proportions (well - it is at the end of the weekend, and you're dog tired) along paths that would not have been used for years, and guess what - where are we? Well it's a back to nature weekend, and that's what we're seeing



## Sirens at the Waterhole

You don't have to bother seeing that Elle McPherson movie now. This exclusive out-take says it all. And our bathers are much dirtier - after their cross-country swim. Lorna Lauchlan (left) appears to have used two pillows as float-aids; but Peggy MacLIVER and Jacqui Billington (right) had only their 1930s bathing-belle outfits for protection.

most of - bush. The intrepid little band eventually found the road atop the hill leading down into the camp area, at which stage I had had enough and took off home, saying see you there. The rest decided to turn back and follow (hopefully) the path through the trees to the cottages. Joan Hillis then joined the casualty list and took a tumble, and has the scars and bung ankle to prove it - however, all made it safely back to camp, to meet up with yours truly, who arrived some 10 mins earlier and clocked up about 9-10kms for the log-book.

Meanwhile, all the long runners had been back with the exception of Don Caplin and Jill Chambers - funny you should mention that - why not join the 'where are we brigade?' Eventually all members present and accounted for. After the general clean up and farewell, everyone set off back to the big smoke and so we say adieu to Welling Mills once again, and decide that yes, it was a great weekend, and yes, we will be back again.

**See you there next year,  
Rose Davis**

# New and old find way to Camp Wellington

by  
**Rosa Davis**

SOME 35 or so, the usual stalwart Vets plus a few of the newer members ventured south to the hills once again, to the Sport and Recreation Camp at Wellington Mills.

Most arrived Friday evening, which goes to show that the navigation and map reading skills have improved, as we all managed to make it at a reasonable hour without too many diversions/back-tracks...

This year the members were split over the huts across the camp area and one group were sharing an area with a bunch of young intrepid adventurers, who were obviously into canoeing in a big way, and not too keen on being kept awake by noisy neighbours. Who, us?

Saturday morning up at those never ending hills (why do I bother to keep coming back here year after year - those hills do not get any lower, and I get older and slower).

## Below the belt

Anyway, first run under the belt and off to visit a vineyard reasonably close by and to discover the resident vigneron was yours truly's second cousin. Great reminiscing about paternal grandfathers and what a long a long line of dinky-di West Aussies we are. Everyone set to and sampled the local nectar with John Pellier's approval and affirmation of the local water.

Our Vets made mine host's day and so greatly increased his sales that he offered us the use of his property for a picnic area.

Much discussion and directions on how to get to said paddock ensued; down road, around corner, along further, over bump in road and there you are. Actually the area as the crow flew (and tractor chugs) was 500m - across the paddock, past the dam at the bottom of the hill. However, we opted for the long way round and set off duly following directions from our resident orienteer Jeff Whittam.

Oops, went past the turn, so back up the main drag to side track, which we followed to end up in the front yard of a very startled lady, in process of feeding her large herd of deer. I think we took a wrong turn? I think the Vets en masse provided five minutes more traffic in her driveway than had been there over the past twelve months.

# The 'Lost' Weekend



Good to see so many Wellington Mills campers taking healthy, outdoor activities - sitting, eating and drinking.

Notwithstanding, we all carefully backed up trying not to spook the deer, and set off again. Down along, out along all along lee... along another 10kms or so of road, up the correct track and suddenly we were staring down hill at a gradient of about 1 in 20 and a large bump in the track an army tank would have had trouble negotiating.

I think we've done it again. At this stage we sacked Jeff Whittam as tour leader and after backing up in gravel up the gradient, which was all in the fun, we set off again.

Now where was the gate - is that it? - well we'll give it a try. Down the hill, past the old house, and over the bump in an orderly fashion and Eureka! I think we've found it. Actually, it was a lovely little spot, and we did appreciate the couple of coldies consumed when

we arrived. The drive home was easier - we ignored all directions from anybody involved with orienteering, and took the sealed road direct.

## Sunday morning hills...

Sunday morning, here we go again and some more hills.

The serious and not so serious runners split, and how did I end up with the group directed by the resident orienteer to a 'short' run of about 5-6kms along the path at rear of cottages? With map in hand showing bush tracks, off we went and we inaugurated the Wellington Mills Hash Run - the rabbits went off, Peggy and Ron Hillis to blaze the trail and slowies following along, when the back-tracks had been done and decisions to be made regarding which trail would be used, off we went.

Sometimes they continued those healthy outdoor activities while indoors - sitting, eating, and drinking.



## Records from WA Vets Championships at Coker Park

100 Metres Hurdles (91.4cm) M50-55  
Keith Martin M50 17.70  
Norm Richards M55 18.10

300 Metres Hurdles (84cm) M50-55  
Keith Martin M50 44.80

2000 Metres Walk  
John Mison M45 9:27.00

3000 Metres Walk  
John Mison M45 14:44.10

Triple Jump  
George Boakes M80 5.04 metres

Javelin (700g) M50-55  
Francis Leong M50 41.52 metres

200 Metres  
Eileen Hindle W45 26.90

400 Metres  
Barbara Blurton W40 58.40

800 Metres  
Barbara Blurton W40 2:17.80

5000 Metres  
Jill Chambers W40 18:40.70

80 Metres Hurdles (76.2cm) W40-45  
Eileen Hindle W45 13.60

2000 Metres Walk  
Rose-Marie Holloway W35 11:03.30  
Louella Jenkins W50 12:13.00

3000 Metres Walk  
Louella Jenkins W50 18:33.10

5000 Metres Walk  
Louella Jenkins W50 32:33.00

High Jump  
Eileen Hindle W45 1.36 metres  
Dot Nicholaidis W55 1.10 metres

Triple Jump  
Eileen Hindle W45 10.13 metres  
Dorothy Whittam W55 8.76 mtr A)

Discus (1 kg)  
Raema McMillan W65 19.88 metres

Hammer (4kg) W30-45  
Sharon Moloney W30 15.18 metres  
Sandra Smith W35 20.56 metres

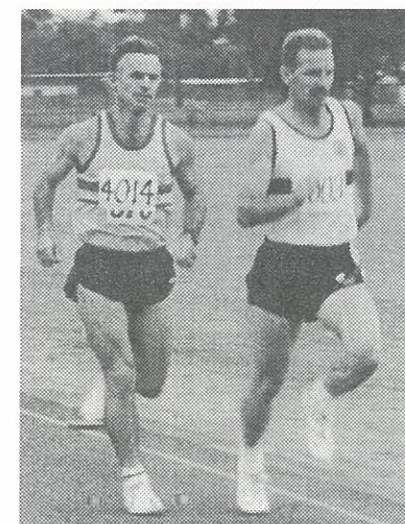
Hammer (3 kg) W50 +  
Phyllis Head W70 5.68 metres

Javelin (600g) W30-45  
Cathrin Holland W35 25.14 metres

Javelin (400g) W50+  
Dot Nicholaidis W55 24.70 metres  
Raema McMillan W65 18.76 metres



Strong line-up in women's 800m, won overall by new WA Vets star, Barbara Blurton (second left). Barbara also set a new 400m State record, and ran only a little slower to gain gold in Sydney.



Above, Duncan McCauley held off John Molloy for M40 400m second place; and below, Mery Moyle stayed ahead of Alan Tyson to win M65 5000m in 22:01.



Above, Keith Martin, the club's most improved athlete of the year (see AGM minutes!) Below, record-setting triple jump by M80 George Boakes.



Conditions: fine, mild

Six months without rain left the sandiest bush tracks soft and welcoming. If you fell, it wouldn't hurt. It's good to see so many runners willing to try something different. This is our only guess-your-time run, and for the uninitiated, perhaps that bears some explaining.

Before the start, everyone going cross-country has to estimate their finish time. Running without time-pieces, the real winner is the person whose final time is nearest the estimate.

Sounds too easy? Well, it might be on the road, or track. But an 8K in Kings Park is something else. Changing terrain, and conditions, make it much harder to accurately gauge your likely performance.

Of course, with some 80 competitors it's likely that someone will come close. In 1992, Jim Greenfield was spot-on. Last year Jacqui Halberg won, only a second off her guess; and this year Noela Medcalf matched Jacqui.

Noela estimated 48:48 (why?) and ran 48:49!

Noela now has the dubious honour of housing the collection of junk which was hammered together two years ago to form the Timeless Trophy.

Others in close were Richard Matthews, Sheila Maslen, Ray Lawrence, Roma Bettles, Frank Usher. Margaret Warren was only three seconds out, and a regular visitor, young Alan Smith, was just two seconds out.

Interesting to note that, this year at least, the slower runners are best judges of their own performance.

Organising the Birkwater run puts some unusual pressures on the volunteers.

This year the Port to Court Relay came through our start/finish area, adding congestion and some confusion, especially for Keith Forden, marshalling our runners across very heavy and sometimes unco-operative traffic in May Avenue.

Flagging the course is a usually a nightmare. We try to do this as late as possible on Saturday, to avoid the spoilers and vandals. I then run the route early Sunday, to check and repair their efforts.

This year it became a literal nightmare, as I started too late on Saturday. With no moon, twisting trails, every branch looking like a snake, and the odd swooping owl, I re-dis-

## Birkwater Cross Country

May 8, 1994

covered why I'm a city slicker.

Many thanks to Simon Mort for his assistance with the flags, and marshalling.

Thanks are due to Leo and Jacqui for handling the estimates and recording task; Frank Smith and Chris Waters at the finish; marshals Keith Forden, Chris, Julius and Max Waters.

There are some Vets who always arrive early, and offer a hand. Thanks, Bill Crane, and Kirt Johnson, Merv Moyle, and Ernie Moyle, for those extra hands.

Next year, in the dual interests of safety and economy of labour, I plan to alter the course slightly, and cut out the first two road crossings. The essential cross-country character will not change, however. If necessary, we'll fetch in extra sand.

Finally, in 1995 we might even see my phantom co-director, Margaret Birks, back on duty.

Vic Waters

### 8K Cross-Country

David Bishop	M35	33:23
Bob Schickert	M50	33:41
Ralph Henderson	M45	33:49
David James	M40	33:58
Brian Danby	M45	34:56
Vicente Carrero	M50	35:48
Alec Holm	M45	36:02
Jill Chambers	W45	36:22
Peter Evans	M40	36:31
Ted Maslen	M55	36:52
Bill Crane	M50	36:55
Ray Attwell	M55	37:06
Joe Stickles	M55	37:22
Mick Cousins	M60	37:32
George Schaefer	M60	37:42
John Pellier	M50	38:16
Bob Sammells	M55	38:19
Mitch Loly	M50	38:26
Michael Anderson	M45	38:47
David Carr	M60	38:52
Pat Campbell	W40	38:52
Sue Prewett	W40	38:59
Dalton Moffett	M60	39:17
Gerry Prewett	M40	39:21
Arnold Jenkins	M50	39:22
Lyn Harrop	W40	39:25
Richard Milhouse	M40	39:27
Peter Gare	M50	39:28
David Hough	M60	39:33

Ivan Wiltshire	M50	39:35
Peter Airey	M55	39:37
Mike Khan	M45	39:42
Chris Kelly	M40	38:46
Vic Beaumont	M60	39:49
Robin Bonner	M60	40:02
Marge Forden	W50	40:19
Heather Sanderson	W40	40:24
Alan Chambers	M55	40:38
John Spencer	M55	40:43
Mike Rhodes	M45	41:01
Roma Bettles	W40	41:05
Merv Moyle	M65	43:00
Stan Lockwood	M60	43:04
Keather MacGowan	W40	43:39
Ray Lawrence	M65	43:46
Kirt Johnson	M65	43:47
Pauline Wiltshire	W50	43:50
Allen Tyson	M65	44:17
George Peet	M60	44:19
Ron Sutton	M55	44:29
John Smith	M55	44:57
Jacqui Halberh	W45	45:27
Ray Barnett	M50	47:57
Norm Miller	M60	48:21
Joan Pellier	W50	48:23
Arthur Leggett	M75	48:26
Noela Medcalf	W55	48:49
Margaret Warren	W55	51:38
Esther Healey	W55	53:55
Frank Usher	M70	54:06
Sheila Maslen	W55	54:10
Mary Robinson	W55	54:31
Pat Miller	W55	54:32
Lorna Lauchlan	W60	55:03
Rosa Davis	W50	57:21
Phyllis farrell	W45	57:22
Ron Spencer	M50	62:18

### Visitors

Greg Lawrence	33:03
Phil Aspinall	35:43
Justin Kelly	37:52
Tina Arthur	43:35
Colin Arthur	51:33

### WALKERS

The road walk followed the Pellier's Friendship Run course, and was a little less than 6K.

We believe that most walkers followed that route, though they finished at the cross-country chute. As it's much easier to predict one's time on the road, they were not eligible for the overall trophy. Walkers are welcome to contest it, provided they let the organisers know they are going cross-country.

Michelle Boyle	W45	34:10
Val Millard	W45	35:25
Dorothy Whittam	W55	36:19
Ernie Moyle	M65	41:16
Margaret Stone	W50	41:43
Lynne Schickert	W50	41:45
Gillian Peet	W55	44:32
Joe Morgan	VIS	44:34

## from the Committee

### WE NEED YOU!

Members are invited to join some working groups that have been set up.

These are designed to spread the workload of the committee, and give more vets the opportunity to help, and gain experience of how WAVAC operates.

The sub-groups are:  
Equipment - led by Roma Bettles  
Social - Jacqui Billington  
Computers - Bob Sammells  
Race programming - Bob Sammells  
Track and Field - Joan Pellier  
Uniforms /clothing - Joan, Jacqui, Irene Ferris

Please contact the person running the group on which you would like to help.

### NAME BADGES

You've heard it before, but PLEASE wear your name badge! It really helps newer members get to know us all better.

### NORTHAM GIFT

We have been invited to nominate and organise a veterans event at the Northam Gift meeting this year.

It may be a 400 or 800 metres, possibly for older vets.

Volunteers are needed to organise. Please contact Joan Pellier, or Brian Foley.

### RODGER'S PB

You needn't be a champion to rate a mention here! Congratulations to new member Rodger Crossman, on a PB at Jim Barnes Run. (Full details, next issue, July).

## ROAD RACE TROPHIES PLANNED

PERPETUAL trophies for overall male and female winners of the 50K Road Race Championship, and the Road Walk Championship, will be inaugurated this year. In addition, each age group winner will take away a trophy.

The RRC begins with a 10K, then a 15K (Uni and Back) and ends with the club's longest run, the 25K from McCallum, south of the river.

RWC also includes three events, a 10, 15, and half-marathon.

## Notice Board

### MASTERS' MARATHON

A full marathon is included in the Brisbane World Masters' Games, to be run on October 2, with a half-marathon too.

The Masters' organisers claim interest from more than 1600 athletes, and say athletics is the biggest part of the games. That part of the games will run from September 26 to October 8, in the ANZ Stadium, QEII Jubilee Sports Centre Park.

You can get more information on 07 405 0955. Accommodation enquiries should go to Queensland Govt Travel Centre, on 008 808 405. Entry forms can be collected at Qantas offices, or St George Bank branches.

### WORLD AND USA GAMES

The World Vets Championships are in Buffalo, New York State in July (13-23) 1995; and the American Masters Meet is at Michigan State University on July 6-9.

Our national body, AAVAC, has package deals available. Contact Collin Cooper, PO Box 1166, North Adelaide, SA 5006, or call 08 267 2770. Collin is the travel and tour coordinator for AAVAC, and his business is called Veterans Travel.

### Oceania, too

You can also contact him about the Oceania Veteran Games, though it's getting late. These are in Fiji, June 30 to July 10. Packages run from Sydney, Melbourne or Brisbane.

## The Vetrunk

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

Patron: W.J. (Bill) Hughes  
President: Brian Foley  
339 2716  
Secretary: Bob Fergie  
447 6898

COPY for the magazine should be submitted to editor Vic Waters at 47 Sulman Road, Wembley Downs, 6019.

Phone: 341 3464 (H)  
Fax: 245 3169

DEADLINE:  
for next issue - June 21

## ALLEN'S MARATHON

Congratulations to Allen Tyson, who ran second in the M65 category of the Canberra Veterans' Marathon on March 14. His time was 3:58:04. Don't know if he's happy with that - but I would be!

Also, we know that Garnet Morgan survived the London Marathon.

However, his second postcard was even more indecipherable than the first (see letters) and more details will have to wait. Seems it was cold though, six degrees, and concrete roads through Docklands were unpleasant.

## HELPERS NEEDED

ONCE again there's a shortage of helpers and race directors for the Sunday events.

While many people show up and offer help on the day, that doesn't always work out. Directors need to plan their needs in advance.

So please contact Bob Sammells. He's at most runs, or phone 309 2293.

Remember, we all need to do our share so the club can continue with its year-round programme of events.

If you can't remember the last time you helped at a run, call Bob now!

Advance booking of volunteers is essential.

We also need some more race directors, and people willing to understudy, and find out how to pull an event together. It's not so difficult, but you have to gain the experience some time!

## Letters to the Editor

Dear Vic

Phyl and I would like to thank the Veteran's Club for the lovely flowers they sent while she was in Fremantle Hospital, also the very kind people who have visited her.

Yours faithfully  
Cliff Bould

Dear Editor

BEING a "what I should have said" after the event person, this is what I should have said at the AGM regarding State Championships Track and Field expenses.

We were fortunate to have volunteer experienced officials helping out with events. Starting is not just firing a gun, the committee is to be commended for obtaining the services of a qualified experienced starter for the small cost of expenses.

The organisers are not knocked over by people anxious to help, we should appreciate those who do offer their services.

Yours sincerely, Raema McMillan

Dear Veterans and Friends,

FOR those Brit-Vets who left the old Dart to flee the weather, the news is that it is still turned on. Since my arrival we've had gales, hail, rain, sleet, snow, sun (dunno how that slipped through!) and limited opportunity to display my bronzed Aussie frame before the locals. (Something here about the knights of old wearing iron, and not pumping it. Garnet's handwriting has defeated us. Perhaps he wrote the card during a training run! He was in the UK to compete in the London Marathon.)

Camberley is 35 miles from London - a very attractive little borough - tho' short on training tracks - Best wishes,

Garnet Morgan

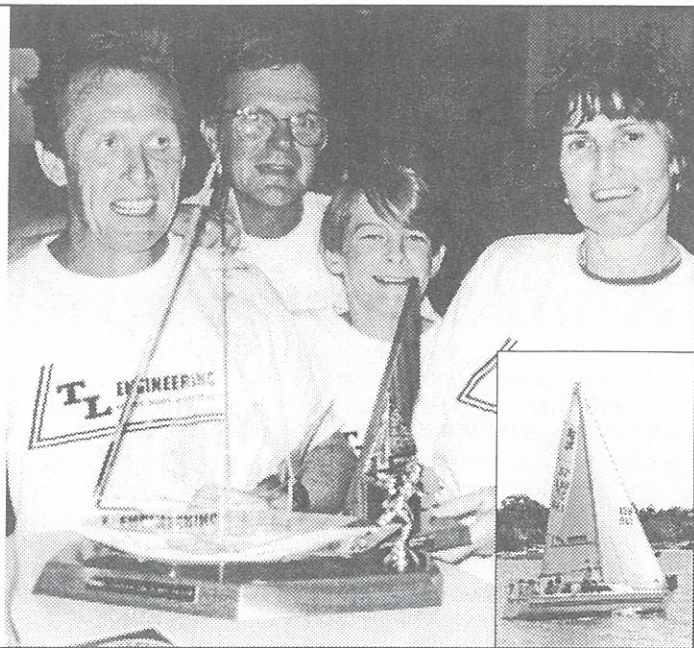
## Wellness

Dear Vic

The reason for this epistle is that I have some information likely to be of interest to 70 year olds pondering about the future.

I last took part in the annual Vet Championships in 1990 but, owing to the wife's illnesses, have had to miss out ever since. In recent times she has been plagued with intermittent diarrhoea, which doesn't help much, and nothing prescribed by the doctor has

## Vets get feet Wet



Vic Waters, skipper Dennis, his son, and Jacqui Billington about to drop the trophy. Inset, winning yacht Friction.

by Vic Waters

TWO dozen aqua-Vets turned the April 17 CanTeen sail/run event into a club outing.

Sunshine, light winds - it went well for sponsors, sailors, runners and the teenage victims of cancer who were beneficiaries, and active participants in the fun day.

Despite the Bridges, and our own group jog, the Vets turnout made up the bulk of the runners, supplemented by a few WAMC members, and several CanTeen kids making light of their medical shortcomings.

Paul Martin planned the foot-racing, which involved an 8K at Royal Perth Yacht Club, another at Claremont, and 2x4K back at South Perth, where we began a long day. We sailed between runs aboard 17 yachts, crewed by very able two-man teams.

During the sail legs, we runners did our best to remain low-profile as possible, lounging on deck, sipping Bollinger and throwing deck quoits. A little inter-boat badinage was acceptable, backed up with water-bombs.

David James won the first 8K; Bob Schickert won the second.

been very effective. It recently occurred to me that this trouble came up after the doctor had increased the dosage needed to combat diabetes from two to three per day, so I asked him whether this pill could cause the diarrhoea.

The answer was that it could. So I set about amending her food menu and this did the trick. Also her self-help ability has improved. Hoorah!!

The effect of all this lifted my morale, so a week ago I determined that, come what may, I would take part in the 1994 triple jump event. So I entered and am busy hopping up and down our back yard.

Now, I needed a target of distance to aim for, so I borrowed an old World

Timekeeping, and start procedure, was unpredictable.

Taking shrewd advantage of this, and choosing a brilliant skipper, meant that Jacqui Billington and I came out overall winners.

It certainly felt good to hear the cannon that welcomes home the winning yacht, and then to run in first after the relay, which was shortened to 2x2K as time pressed. None of that mattered of course (such modesty!)

Most important was the involvement of some great kids, doing something about their own problems; publicity for their cause; more than \$8,000 sponsorship from generous Toyota dealers all over town; and the community spirit that brought so many people together in a bloody good cause.

It was also a great party; it will be repeated.

Record manual from a friend and used some primitive mathematical mania which for M80's produced, in my case, a distance of 5.1m. This was based on the records for all events for men at age 70 and age 80.

I found that the depreciation rate was much higher than for earlier age groups and worked out at almost 25 per cent, which was a surprise.

I thought that members aged around 70 who are pondering on their future prospects might be encouraged by this, as I will be if my 5.1m is achieved.

All the best, George Boakes  
(See the Championship results.  
Of course he did it! Ed.)

## MINUTES - WAVAC AGM - APRIL 19 1994

### at the Hockey Club Rooms, Perry Lakes

- 1/ Meeting opened 7.05pm
- 2/ Members as per attendance register (48)
- 3/ Apologies as per attendance register (13)
- 4/ Minutes of the 1993 AGM; acceptance moved C. Walkley, seconded B. Foley; carried.
- 5/ Matters arising from the 1993 minutes - nil.
- 6/ Reports as published in Vetrun April issue:
  - President's; moved B Foley, seconded E Moyle; carried.
  - Treasurer's; moved I Ferris, seconded R Sammells; carried.
  - Secretary's; moved A Fergie, seconded V Waters; carried.
- 7/ Trophies:
  - Patron's Trophy (awarded to top man and woman in the wednesday night Track and Field point-scoring competition)
    - Won by Jill Chambers (W40); Keith Martin (M50)
    - Reg Briggs Trophy (for the club member whose performance was most improved during the year)
      - Won by Keith Martin
  - 8/ Election of office bearers:
    - The following were nominated and elected unopposed.
      - President: Brian Foley; moved A Fergie, seconded Val Prescott.
      - Vice-President: Joan Pellier; moved B Danby, seconded Brian Foley.
      - Treasurer: Irene Ferris; moved A Fergie, seconded Brian Foley.
      - Secretary: Bob (A) Fergie; moved B Foley, seconded V Prescott.
    - Committee:
      - Five nominations received for four positions. After an election, appointed were;
        - Margaret Birks; Jacqui Billington; Bob Sammells; and Roma Bettles.
    - 9/ Official appointed are:

Patron - Bill Hughes  
Editor - Vic Waters  
Handicapper - Bob Schickert  
Auditor - Ray Lawrence  
Statistician - Bob Sammells  
AAWA Registrars:  
Winter - Val Prescott  
Summer - David Carr  
Equipment - Brian Danby  
Librarians - Dorothy and Jeff Whittam  
10/ Life membership:

Brian Danby was nominated for life membership, by Joan Pellier, and seconded by John Pellier. Carried with acclamation. Members at the AGM endorsed Brian as a Life Member of WAVAC, and thanked him for his hard work over many years.

11/ Constitutional change:

The motion presented on page 11 of Vetrun 251, Feb/March 1994 was moved by A Fergie, seconded B Foley. After lengthy discussion, an amendment that age 30 replace age 35 in the motion, and that 'the committee may accept associate members' be added, was moved by Bob Schickert, and seconded by Robin Bonner.

This amendment was moved, and so became part of the motion, which was then put and carried unanimously.

The change to the Constitution of WAVAC thus becomes, in section 'Objects'

'The objects of the Club shall be to encourage and promote veteran athletics and general fitness of its members and to provide training and competition within the jurisdiction of the Athletic Association of Western Australia hereinafter abbreviated to AAWA.)

Membership will be available to men and women aged 35 years and older. The committee may accept associate members.'

(An amendment to remove reference to the AAWA was then moved, seconded, and lost.)

The above section of the Constitution replaces that as printed in Vetrun 251, when the original motion was first proposed.

12/ General Business

A/ Jim Barnes Run this year to be replaced as first event of the Road Race Championships; committee to look for another out-and-back run if possible.

B/ It was requested that 7.30am starts be introduced for all summer Sunday runs.

C/ Dates of T&F Championships, and related matters, were raised and allocated to the T&F sub-committee, when formed.

D/ No reply had been received to a letter from Joan Pellier, re starter's fees at the Championships. This was discussed. An apology to be sent to Joan Pellier.

E/ Need to highlight championship Vets runs, and to support other fun runs, was discussed with conflicting opinions.

A motion that group jogs be deleted from our programme on the days of City to Surf, Bridges Fun Run, and Peoples Marathon, was lost.

F/ Use of a lap-top computer to process results was proceeding, as was purchase of suitable equipment once a system was decided upon.

G/ The fact that only eight editions of Vetrun were published in the year was noted.

H/ A vote of thanks was passed for the efforts of the outgoing committee.

13/ Meeting closed at 8.45pm.

## HAPPY BIRTHDAY TO OUR MAY MEMBERS

JENKINS, ARNOLD	01/05/44	50 becomes M50	BROWNLIE, KEN	21/05/45	49 remains M45
GILLSON, JOAN	01/05/49	45 becomes W45	GARE, PETER	21/05/40	54 remains M50
GILMOUR, JOHN	03/05/19	75 becomes M75	STEWART, FREDERICK	21/05/30	64 remains M60
WATERS, VICTOR	03/05/44	50 becomes M50	HEUSSI, STEPHANIE	22/05/44	50 becomes W50
JONES, KAREN	04/05/48	46 remains W45	GIANATTI, MARGARET	22/05/39	55 becomes W55
DANBY, SUSAN	07/05/49	45 becomes W45	BROCKWELL, CHRIS	23/05/50	44 remains M40
McLINDEN, FRANK	07/05/31	63 remains M60	SAVIN, PAT	23/05/48	46 remains W45
MILLER, PATRICIA	07/05/38	56 remains W55	TYSON, VALERIE	23/05/21	73 remains W70
ANDERSON, MICHAEL	07/05/48	46 remains M45	WYATT, DAVE	23/05/51	43 remains M40
SANDERS, JOHANNA	08/05/18	76 remains W75	HILL, JUDI	24/05/48	46 remains W45
GIANATTI, CARL	08/05/35	59 remains M55	HASSAM, LEO	25/05/30	64 remains M60
CARRERO, VICENTE	11/05/42	52 remains M50	HARDY, BRYAN	26/05/43	51 remains M50
GIACOMIN, ALDO	14/05/36	58 remains M55	BRENNAN, JOE	27/05/21	73 remains M70
LAWRENCE, RAY	15/05/28	66 remains M65	MISON, JOHN	28/05/47	47 remains M45
NOORDYK, ADRIAN	15/05/52	42 remains M40	MacLIVER, ROBIN	28/05/41	53 remains M50
RIDDELL, JIM	15/05/39	55 becomes M55	BRYANT, DAVID	29/05/45	49 remains M45
HUGHES, PAUL	17/05/52	42 remains M40	SLYTH, PAUL	29/05/42	52 remains M50
PRESSLEY, JOHN	17/05/45	49 remains M45	FOLEY, JOAN	30/05/49	45 becomes W45
PASSMORE, IAN	18/05/44	50 becomes M50	MERCER, ERICA	30/05/43	51 remains W50
LATCHFORD, STAN	19/05/41	53 remains M50	WALSH, ROGER	30/05/43	51 remains M50
POMERY, ALAN	19/05/31	63 remains M60	WILSON, BRUCE	31/05/45	49 remains M45
FEARNALL, ROY	19/05/43	51 remains M50			