

The Vetrun

No. 158 NOVEMBER, 1985

W.A. VETERANS' A.A.C.

Registered for posting as a periodical, category 'B' publication No. WBH0370

PATRON: W. J. Hughes

PRESIDENT: Leo Hassam, 272 5556

SECRETARY: Duncan Strachan, 459 3859

TREASURER: David Roberts, 384 5758

NEWSLETTER EDITOR: Basil Woner, 387 9702 (w)

FROM THE COMMITTEE...

* Veterans' Sundown Run:

Date: November 17, 5.00pm.

Venue: W.A.I.T., South Oval Distance : 8.7K

* Christmas Dinner

Date: Saturday, December 7

Venue: Nedlands Golf Club

Tickets: Available from Committee

Price: Approximately \$15 each (paid before December 7)

* Long week-ends, 1986

March: Wellington Mills

September: Secretary is investigating York. However, the long week-end had not been gazetted.

* Veterans Club Championships, 1986

The Committee is investigating the availability of McGillivray Oval for March 15 and 16.

* Athletic Association of W.A.

- The Association requires affiliated clubs to have a minimum of 20 members registered to compete in track and field from October 1, 1985 to September 30, 1986.

- Individual fee: \$26.00

- Club fee: \$100.00

- Further information: Val Prescott - 384 8585

* Extraordinary election

In the October issue the Committee announced that Jacki Greenfield had been elected to fill the vice president's vacancy following the resignation of Lorna Butcher.

The Committee then elected Kath Penton to fill the vacancy on the committee.

The committee now is:

Leo Hassam	(President)
Jacki Greenfield	(Vice President)
Duncan Strachan	(Hon. Secretary)
Don Caplin	
Kath Penton	
Dave Roberts	(Hon. Treasurer)
Bob Sammells	
Jeff Whittam	

W.A. VETERANS ATHLETIC CLUB - STATEMENT OF RECEIPTS AND PAYMENTS FOR
THE PERIOD 6TH MARCH, 1985 TO 6 OCTOBER, 1985

RECEIPTS

SUBSCRIPTIONS	\$3135.00
SPORTSWEAR AND BADGES	793.00
STATE CHAMPIONSHIPS	543.00
SUNDRY EVENTS	502.51
QUIZ NIGHT	764.80
XMAS DINNER	13.00
DONNELLY RIVER WEEKEND	431.00
EQUIPMENT GRANT	445.00
INTEREST RECEIVED	108.75
	<u>\$6736.06</u>

LESS PAYMENTS

SPORTSWEAR AND BADGES	\$940.60	
SPORTS EQUIPMENT	776.50	
NEWSLETTER	398.00	
STATE CHAMPIONSHIPS	61.68	
POSTAGE, STATIONERY AND PHONE	271.29	
FEES	44.90	
SUNDRY EVENTS	121.58	
REPAIRS EQUIPMENT	245.00	
BOOKING FEES LONG WEEKENDS	340.00	
ADVANCES	250.00	
MAGAZINES	51.33	
JORGENSEN PARK CATERING	100.00	
SUNDRIES	<u>104.10</u>	
		\$3704.98
<u>NET SURPLUS FOR THE PERIOD</u>		\$3031.08
<u>ADD OPENING BANK BALANCE 6 MARCH, 1985</u>		935.89
<u>BANK BALANCE 6TH OCTOBER, 1985</u>		3966.97
<u>SAVINGS INVESTMENT ACCOUNT 6 OCTOBER, 1985</u>		2766.27
<u>TOTAL FUNDS AT BANK 6 OCTOBER, 1985</u>		<u>\$6733.24</u>

David Roberts (Hon Treasurer)

THE EDITOR'S DILEMMA ! !

Getting out a journal is no picnic.

If we print jokes people say we are silly.

If we don't they say we are too serious.

If we clip things from other magazines,

We are too lazy to write them ourselves.

If we don't we are stuck on our own stuff.

*If we don't print every word of all contributions, we don't appreciate
genius.*

If we do print them the columns are filled with junk.

If we make a change in the other fellows article, we are too critical.

If we don't we are blamed for poor editing.

Now as like as not, someone will say;

We swiped this from some other source;

We did!



LETTERBOX

13 September, 1985

Mr Duncan Strachan
Secretary, WA Veterans Athletics.

Dear Duncan

This is to notify those who have not made accommodation arrangements for the 1986 Veterans' Australian Championships that accommodation is becoming scarce in Adelaide.

At the Championship in Hobart our Secretary, Margaret Cahill, gave each state a package to assist them.

If you have made group bookings with your airline, perhaps you could check to see if they have reserved accommodation for you. If not, your Tourist Bureau should be able to help.

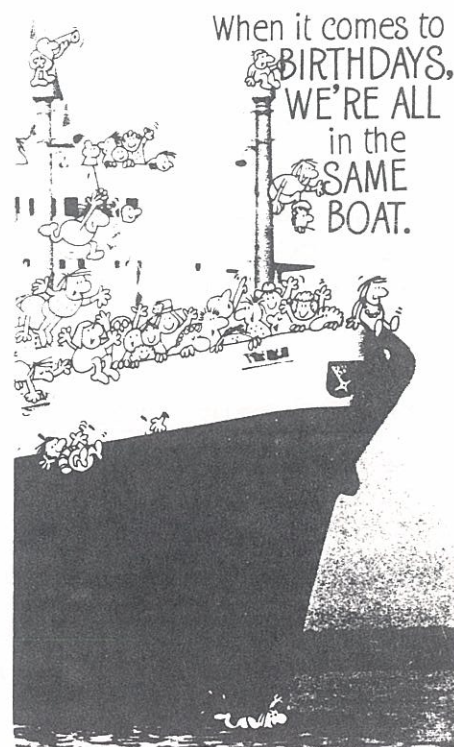
Mrs Pat Peters, our Controller of Officials, would be pleased to hear from any visiting officials who would like to officiate at these championships. They would be most welcome. The assistance of family or friends would also be appreciated. Pat's address is 83 Henley Beach Road, Henley Beach South, S.A. 5022. Telephone (09) 356 4201.

Yours faithfully

PAT LEEDHAM, Asst Sec, Organising Committee, 1986 Veterans Championships.

HAPPY BIRTHDAY TO:

Marilyn Acreman	turns	45	becomes	W45	04
Kevin Anderson	"	45	"	M45	20
Bob Bryce	"	55	"	M55	06
Bob Faulkner	"	42	remains	M40	24
Derek Hoge	"	47	"	M45	04
Hugh Hirkman	"	44	"	M40	27
Merv Moyle	"	59	"	M55	29
Bill Mitchell	"	51	"	M50	12
Gerry Nordyck	"	64	"	M60	21
Joan Pellier	"	46	"	W45	08
John Rowland	"	43	"	M40	21
Hank Stoffers	"	45	becomes	M45	18
Morland Smith	"	48	remains	M45	07
Margaret Warren	"	50	becomes	W50	12
Ross Williams	"	46	remains	M45	10
Selby Munsie	"	52	"	M50	03
Keith Nordyck	"	39	"	W35	19
Jacki Greenfield	"	43	"	W40	19
Bruce Hollier	"	56	"	M55	18
Ray Purdue	"	37	"	M35	27
Bev Whistler	"	46	"	W45	03
Frank Fay	"	57	"	M55	19
Cheryl Bell	"	35	becomes	W35	15
Pat Hayden	"	50	"	W50	11
Harry Pritchard	"	43	remains	M40	18
Keith Forden	"	47	"	M45	25
Patsy Reside	"	37	"	W35	02



NewsDesk



WELCOME TO NEW MEMBERS

Jennifer Clay
D.O.B. 25/7/50

Malcolm David Sargent D.O.B. 2/12/46
12 Norfolk St, SOUTH PERTH Ph: 367 5200

Anthony Wood D.O.B. 28/8/45

Margaret R. Wood D.O.B. 17/1/50
12 Harling St, MERREDIN Ph: (09) 411 655

Paul Martin D.O.B. 18/7/41
60 Dalbety St
EAST FREMANTLE Ph: 339 1648

Roger William Whalan D.O.B. 30/6/41
41 Kinrose Crescent D.O.J 3/9/85
FLOREAT PARK 6014 Ph: 387 4639

W.B. MOYES & Jill Moyes
62 Blechyden St Ph: (097)
BRIDGETOWN 6255 611 515

Kathleen Mitchell D.O.B. 19/1/39
62 Royal Street D.O.J. 3/9/85
KENWICK 6107 Ph: 459 3608

RECORD ROUND-UP

Jim Barnes Run - 30 June, 1985

George Innes 35.35 M50
W Vincent 55.45 W40

Club Championships, Kalamunda - 14/7/85

Tuula Vaalsta 40.34 W45
June Strachan 55.35 W60

BRIDGES MILL POINT ROAD - 28/7/85

Jim Langford 32.27 M40
George Innes 34.42 M50
John Gilmour 35.56 M65
Barry Evans 38.11 M55
Allen Tyson 41.21 M60
Tuula Vaalsta 41.40 W45
June Strachan 62.31 W60

Yanchep Picnic Run (New Course) 11/8/85

Alicia Ansell 33.40 W40
Margaret Warren 40.50 W45
Val Tyson 51.35 W60
Brian Danby 28.16 M35
Derek Crowther 28.26 M40
Don Caplin 28.41 M45
Dalton Moffett 30.40 M50
Stan Lockwood 33.53 M55
Allen Tyson 30.38 M60

STATE CROSS COUNTRY CHAMPS

All inaugural reports on new course, King's Park.

LAKE MONGER RUN 15/9/85 - 3 laps only.
- all inaugural records.

THE "FORGOTTEN ACHIEVERS"

We missed ● Harry Pritchard's achievement in finishing the Broadlands' People's Marathon in 3:39:37

● Jack Collins' award for the oldest (73) entrant to finish the City to Surf (He walked it in 93 mins 20 secs).

- Tuula and Keijo Valsta - first husband and wife in the City to Surf.
- Tuula Valsta for the first over 40 in the City to Surf.

RESULTS

BRIAN'S RUN - PINNAROO

25 August, 1985

A great day (I enjoyed watching you all run) was held up in the bush on my wildflower tour. If you had all slowed down you would have seen them. Colin Leman set a course record of 43.15. 24 runners completed 2 laps and 17 runners did 1 lap. Thank you to my helpers - Maurice Johnston E.C.O., Wally Cross P.C.O. and Sue Leman.

Leo Hassam had a quiet walk and a barbecue was enjoyed with good music and the birds cheeping.

5.8 kms

1	Derek Crowther	M40	22.00
2	Derek Hardwood		22.39
3	Hamish McLashan	M45	23.24
4	Robert Farrell	M45	26.28
5	Dick Horsley	M70	27.20
6	Stewart Beddington		27.54
7	Pat Hayden	W45	28.32
8	Alan Tyson	M60	29.14
9	Margaret Warren	W45	30.44
10	Paula Grauer	W40	32.07
11	Enid Crowther	W40	32.27
12	Jill Langdon	W35	32.27
13	Barbara Godwin	W45	32.45
14	Alison Aldrich	W40	33.07
15	Shirley Cross	W45	33.36
16	Kath Mitchell	W45	34.12
17	Val Tyson	W60	40.18

11.6 kms

1	Colin Leman	M35	43.15
2	Don Caplin	M45	45.14
3	Dave Roberts	M40	48.35
4	Bob Sammells	M45	49.10
5	Rob Shand	M50	51.29
6	Barry Slinger	M45	51.30
7	Bill Monks	M45	51.31
8	Maurice Warren	M45	52.32
9	Bernard Godwin	M45	52.39
10	Basil Worner	M50	52.40
11	Kevin Martin	M45	53.09
12	Brian Aldrich	M50	53.38
13	John Birmingham	M45	53.47
14	Keith Forden	M45	54.43
15	Bill Mitchell	M50	55.27
16	Moryery Forden	W40	55.32
17	Paul Jones	M50	57.49
18	Joan Slinger	W40	59.26
19	Ken Whistler	M50	59.16
20	Kath Penton	W40	1.48s
21	John Russell	M50	1.52s
22	Phylis Farrell	W40	1.11.59
23	Frank Usher		1.2.56
24	Gloria Sutherland	W40	1.1.02

HILL TRACKS RUN, PERRY LAKES

27 September, 1985

Under heavy glowering skies which seem to have been normal for this run, since its inception in 19/3/78, 43 veterans and three visitors turned out for the eighth run through the Hills tracks and round its lakes.

"Wildflowers" to those who braved the elements of terrain, to support the club and "Wintergrass" to those who race in the 'minor event'.

This year the course, which is unique for its walk section, was revised to cater for the "constants" who annually go wrong and, with the start 100m from the finish, the distance remained the same as before at 7.65km. Performances are comparable with the previous years.

RESULTS

HILL TRACKS RUN cont...

Four records were broken:

- W40 Alicia Ansell broke Marg Forden's 1984 record of 37.54 with a run of 35.58. Marg Forden also broke her previous record.
- W60 June Strachan broke Val Tyson's 1984 record of 61.10 with a sprint of 49.37.
- M40 Derek Crowther broke Don Caplin's, 1980 record of 30.32 by six seconds.
- M50 Dalton Moffett broke his own 1984 record of 34.07 with his run of 32.27.

Congratulations to the record breakers and thanks to helpers who made the day a success, Avril Yates, Bob Hayes, Robert Farrell, Allen Tyson, Wally Cross and not forgetting "Binocular Bill" in his cold eyrie watching for those who did not walk.

ROB SHAND.

M30 (Current Record C. Leman 29.27)

No participants

M40 (Current Record 30.32 C. Caplin 14/12/80)

- | | | | | |
|----|------------|------|-------|------------|
| *1 | D Crowther | (2) | 30.26 | new record |
| 2 | J Yates | (6) | 32.17 | |
| 3 | B Harwood | (8) | 32.41 | |
| 4 | R Briggs | (18) | 37.17 | |
| 5 | R Ansell | (22) | 37.58 | |

M45 (Current Record 31.10 R. Shand 28/5/78)

- | | | | |
|---|-------------|------|-------|
| 1 | D. Hoye | (3) | 31.27 |
| 2 | J. Trovato | (4) | 31.37 |
| 3 | R. Sammells | (5) | 31.48 |
| 4 | B. Monks | (9) | 32.57 |
| 5 | K. Forden | (12) | 35.13 |
| 6 | L. Monks | (15) | 36.12 |
| 7 | M. Warren | (26) | 38.49 |
| 8 | A. Acreman | (27) | 38.50 |
| 9 | R. Whalan | (33) | 41.07 |

M50 (Current Record 34.02 D. Moffett 16/8/84)

- | | | | | |
|----|-------------|------|-------|------------|
| *1 | D. Moffett | (7) | 32.27 | New record |
| 2 | S Munsie | (17) | 37.09 | |
| 3 | K. Whistler | (28) | 39.28 | |
| 4 | J. Whittam | (39) | 45.38 | |

M55 (Current record 36.04 M. Moyle 16/9/84)

- | | | | |
|---|-------------|------|-------|
| 1 | M. Moyle | (14) | 36.10 |
| 2 | V. Beaumont | (19) | 37.23 |
| 3 | R. Lawrence | (20) | 37.42 |
| 4 | B. Aldrich | (21) | 37.43 |
| 5 | B. Hughes | (24) | 38.24 |
| 6 | S. Lockwood | (23) | 38.32 |
| 7 | L. Hassam | (40) | 46.03 |

M60 (Current Record 36.36D. Strachan 19/7/83)

- | | | | |
|----|-------------|------|-------|
| 1. | D. Strachan | (23) | 38.16 |
| 2. | G. Noordyk | (31) | 40.52 |

M65 (Current Record 37.33R. Horsley 1/8/82)

No participants

M70 (Current Record 37.53R. Horsley 19/7/83)

- | | | | |
|----|------------|-----|-------|
| 1. | R. Horsley | (2) | 39.30 |
|----|------------|-----|-------|

W30 (Current Record 40.49J. Rearton 14/12/90)

No participants

W35 (Current Record 40.15R. Slinger 14/12/80)

- | | | | |
|----|------------|------|-------|
| 1. | J. Langdon | (43) | 48.05 |
|----|------------|------|-------|

W40 (Current record 37.54M. Forden 16/9/84)

- | | | | | |
|---|-------------|------|-------|--------|
| 1 | A. Ansell | (13) | 35.58 | N Rec. |
| 2 | M. Forden | (16) | 36.31 | |
| 3 | K. Penton | (30) | 40.09 | |
| 4 | P. Farrell | (34) | 42.36 | |
| 5 | M. Acreman | (36) | 44.39 | |
| 6 | M. Aldritch | (41) | 46.54 | |
| 7 | J. Stone | (42) | 47.48 | |
| 8 | E. Crowther | (46) | 49.39 | |

RESULTS

HILL TRACKS RUN cont...

W45 (Current Record 43.11)
E. O'Dea 16/9/84)

1 E. O'Dea (35) 44.32
2 W. Vincent (37) 44.59
3 M. Warren (38) 45.36

W50 (Current Record 39.42)
L. Butcher)

1 M. Berry (44) 49.36

W55 (Current Record 38.16)
J. Strachan 16/9/84)

No participants

W60 (Current record 61.10)
V. Tyson 16/9/84)

1 J Strachan (45) 49.37 New record.

THE WARREN'S RUN	13 October, 1985
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Host Morris Warren could not be present for his inaugural run around Lake Gngangara, as he was occupied elsewhere doing a mere 160km at McGillvray Oval instead of running a gruelling 16km through hills and quicksand.

This report is based on comments from participants, as you know I don't run. Sand is obviously not popular with the runners, as all of them avoided it. Flags were marked out for the last 1km to the finish to be run on sand, but everyone missed the turnoff that led to it and came out much further up the track with only 150 metres of sand to the finish.

We welcomed Jeff Joyce from the Marathon Club, plus J. Laney, R. & P. Brown, A. McArdle, M. McGinnis and L. Snowden as invitation runners for the event.

I think everyone enjoyed the race. Birthday girl Phyllis Farrell has a question to ask Morris, who stated that it was a flat course. Phyllis wanted to know where the flat bits were? But she thought that the sand at the finish was a nice touch.

Most stayed at the lake for breakfast. A few then went on to McGillivray Oval for the conclusion of the Centurion Race.

On behalf of Morris, I am sure he would like to thank the people who marked the course for him and helped organise the event so that he could compete in the 100 miler.

Well done Morris! You can take the week off work - Jackie's orders.

Jackie Greenfield.

RESULTS

THE WARREN'S RUN cont..

5.3 km

1	L. Snowden (Inv)		19.30
2	B. Harwood	M40	20.29
3	J. Stickles	M45	21.13
4	B. Hardy	M40	23.10
5	P. Reside	W35	29.22
6	A. McArdle (Inv)		29.22
7	J. Strachan	W60	33.51
8	S. Cross	W45	33.51

10.6 km

1	B. Monks	M45	45.14
2	K. Martin	M45	45.14
3	N. Berry	W55	61.20
4	P. Carr	W50	61.20

16km

1	J. Brown	M45	50.48	21	C. Bell	W30	68.06
2	P. Saunders	M40	57.42	22	R. Marston	M40	68.30
3	D. Crowther	M40	59.12	23	B. Faulkner	M40	70.10
4	J. Joyce (Inv)		60.42	24	S. Lockwood	M50	72.00
5	J. Bell	M40	61.18	25	T. Spechley	M40	73.36
6	D. Caplin	M45	61.21	26	P. Brown (Inv)		74.10
7	J. Hughes	M40	61.41	27	J. Laney (Inv)		74.11
8	G. Thornton	M45	61.54	28	P. Jones	M45	76.11
9	B. Sammells	M45	62.00	29	R. Brown (Inv)		78.26
10	B. Bryce	M50	62.43	30	K. Penton	W40	78.50
11	D. Roberts	M40	62.52	31	S. Munsie	M50	80.53
12	R. Attwell	M45	63.07	32	G. Noordyk	M60	81.20
13	H. White	M40	63.46	33	K. Whistler	M50	81.30
14	M. Johnson	M45	64.27	34	P. Farrell	W40	82.51
15	M. McGinnis (Inv)		64.52	35	L. Hassam	M55	83.03
16	D. Carr	M50	65.09	36	D. Strachan	M60	89.18
17	I. Lyon	M45	65.16	37	F. Usher	M60	89.18
18	J. Greenfield	M40	65.22				
19	K. Snowden	M40	66.02				
20	P. Douglas	M35	67.51				

RUNS & RECORDS

BRIDGES' CYCLE TRACK

10/11/85

LADIES

30	C. Millbourne	43.31
35	M. Peterson	46.08
30	K. Penton	44.45
34	M. Robinson	47.44
50	L. Butcher	48.18
55	J. Strachan	56.38
60		
65		
65		
70		

MEN

F. Smith	33.19
D. Haye	33.39
D. Caplin	33.40
F. McLinden	38.06
K. Godkin	43.00
C. Bould	41.32
C. Bould)	47.52
D. Hordey)	
D. Horsley	48.19

Note : Most club run courses can be found in your book of maps. In some cases, the courses may vary slightly.

"VETPOWER"

RUNNING, EXERCISE AND PRITIKIN

To those Vetrun readers who are still sticking religiously to the type of diet recommended by the late Mr Nathan Pritikin, they may be both interested and pleased to hear the results of his post mortem which were recently published in the New England Journal of Medicine.

Readers should be reminded that in 1958 Mr Pritikin was diagnosed as having coronary artery disease and insufficiency. He also had early heart failure and abnormal electrical activity in his heart. His serum cholestrol and other fatty substances were also at very high levels.

Unwilling to accept the irreversible fate handed on to him, he formulated and began to follow his now famous high complex-carbohydrate, low fat and low cholestrol diet. Furthermore, he also took up the noble sport of running and ran several kilometres daily for the rest of his life until dying from a form of blood cancer, quite unrelated to his earlier heart condition.

A few months before death, his blood pressure was at normal levels, his resting pulse rate was low and his serum cholestrol levels were normal.

At autopsy, the Pathologist found a normal muscular heart appearing superficially quite healthy of the type found in those who have been used to daily exercise. There was no evidence of disease or scarring. The coronary arteries were wide and showed no evidence of narrowing or cholestrol deposits. Microscopic examination of the heart muscle revealed only healthy tissue. No evidence of any size or other finding even related to cardiovascular disease were present in any organ.

Finally, the Pathologist commented that in a man 69 years old the near absence of atherosclerosis and the complete absence of its effects were remarkable.

Natham Pritikin may not have demonstrated immortality but he has shown that even in mid life serious disorders previously thought to be irreversible can in fact be virtually eliminated provided the right amount of optimism, faith and determination are employed.

(New England Journal of Medicine, July 4th, 1985).

(Thanks to John Spencer for submitting this topical article).

"SCUSI DI ROMA" ("ROMAN EXCUSES") by Lorna Butcher

When Caesar was advised by his friends to be more cautious as to the security of his person and not to run among the people without arms or anyone (warming up and shelding) to protect him, he replied:

"He who lives in fear of death, every moment feels its tortures:
I will die but once".

Overhearing the following excuses, at the Stadio Olimpico and the Marmi, Rome, for not performing well, or for not performing at all, brought an inward smile. For had not I longed to come up with something similar which would sound genuine and believable?

ROMAN EXCUSES (cont.) ...

The various people in the crowd behind me who uttered these phrases sounded sincere, plausible and definite. But....who were they kidding, or not kidding? Here is the list containing some of the comments I heard:

"I ran as 'good' as my condition allowed me to".

"I put one foot on the track and pulled my right calf muscle".

"I couldn't run, my physio told me not to".

"I haven't done the training".

"I'm saving myself for next time" (dead serious).

"It's going to take me a long time to get my body back in shape".

"Can't enter this race, I've just finished a large slice of water melon".

"What happened on No.46 bus when it lurched suddenly to stop?" Did that tall, dark gentleman put his hands out to save himself or what? Thoughts of what might have been, put me off my stride...

From a long suffering wife:-

"They're not fit to live with, if they don't win, are they?"

Obviously, most competitors got out and ran, but for the few that found it too much, I hope they can get in shape next time.

DONNELLY RIVER REVISITED - The long-lost long week-end, September 28-30

There were no Teddy Bears and the accommodation did not measure up to Brideshead Castle. (However, Brian did point out on a few occasions on Friday night that one "hut" was fitted out a little more stylishly!)

Saturday a.m.

A 13km loosener - and you can interpret that whatever way you want to!

A fresh day, so that the sound of the axe was heard in the village and the cry went out: "Where's Wally?"

Evening: Casseroles and the games night.

Don showed good form with the quoits - the only one he missed was when his crafty opponent pulled his shorts down!

Graham Thornton also showed he can managed a table tennis bat as well as handle-bars.

Sunday

"Dauntless Don" took out his quicksteppers in search of "the bridge". Which one? We are not sure which one the speedsters reached, but we know some who didn't reach any! We saw Brian Aldrich take off with the fliers and perform well (Alison was more conservative!)

Mid-day: Barbecue and picnic at the dam. Then some walked, some watched and some waxed loud on the volleyball court: the "President's Puffers" vs "Carr's Carcases".

DONNELLY RIVER cont...

Once the Sergeant Major had introduced a couple of fundamental rules (i.e. "hit it over the net", "don't deliberately cheat", etc, etc) we achieved a hybrid between tennis, softball, gridiron, free-falling, soccer and ball room dancing. "The President's Puffers" featured Leo the Lionheart, Don the Dauntless, Val the Valiant and the umpire's wife - how could they lose? (Keith also demonstrated the soccerboy kiss to perfection and upset David Carr's supposedly Macho Mean Machine. Consequently, the President's Puffers ran (?) out winners 2 sets to 1.

But worse was to come. David Carr had devised the most fiendish form of interval training. He called it "Continuous Cricket" - a dire plot to help the youngsters pick holes in the fitness of their elders - and Bev Thornton.

(We are not sure when Barbara and Bernard Godwin flew the coop, but they were smart if they left before this medieval masochism!"

Sunday afternoon recovery run: Marg and Keith took off at a fair pace but Marg seems to have taken a sudden interest in the bird-life. It is reported that she had several stops while considering the "return of the swallow" - a late dose of fruit cake was diagnosed.

Sunday p.m.

The barbecue. Wally wasn't there, so we missed the "Towering Inferno". However, all managed to sizzle a snag and drain a dam before calling it quits. By general consent, we agreed to call off part II of the games.

Monday a.m.

Final run: 8k x 1 or 8k x 2. Some showing signs of wear and tear but a goodly mob lined up and were sent into the forest fastnesses by our senior starter, Gert Forgen

Monday - afternoon

Yes - there were the usual stayers: Val & Allen, David and Pat, Kath, Avril and Joe and their children Nathan and Bradley. David was at it again: this time a quaint quizz in which Nathan and Bradley showed up their elders with their knowledge of dinosaurs, pterodactyls, brontosauri and co. Was it their association with the vets which gave them such an insight into pre-historic animals!!

The garrison left the camp at 3.00 p.m. and order was restored by the warden.

Don reported to the committee: "Numbers down a little, costs were covered, and we had a lot of fun".

5 W.A. VETS SLASH PHEIDIPPIDES TIME

.....by Allen Tyson

The first attack on Greece proper was made in 490 B.C. It was a sea attack upon Athens with a force long and carefully prepared for the task, the fleet being provided with specially build transports for the conveyance of horses.

This expedition made a landing near Marathon in Attica. The Persians were guided into Marathon by a renegade Greek, Hippias, the son of Peisistratus, who had been tyrant (ruler) of Athens. If Athens fell, then Hippias was to be its tyrant, under the protection of the Persians.

Herald

Meanwhile, so urgent was the sense of a crisis in the affairs of Hellas, that a man, a herald and runner went from Athens to Sparta, forgetful of all feuds, to say: "Lacedaemonians, the Athenians make request of you to come to their help, and not to allow a city most anciently established among the Hellenes to fall into slavery by the means of barbarians; for even now Eretria has been enslaved and Hellas has become the weaker by a city of renown".

This man, Pheidippides completed the distance from Athens to Sparta, nearly a 100 miles as the crow flies, and much more if we allow for the contours and the windings. He took something under eight and forty hours.

On Saturday, October 12 at 12.30 p.m. 7 Vets lined up at McGillivray Oval to attempt to run for 100 miles (161 kms) and/or 24 hours.

They were:	Distance	Time
Trisha Spain	161	22:23:49
Jill Bower	163.46	24:00
George Audley	172.37	24:00
Colin Leman	130	18:57:59
Charlie Spare	161	23:50:52
Morris Warren	161	22:44:34
Allen Tyson	133	24:00

Looked better

Yes - 5 stayers did the "real" marathon run and bettered Pheidippides' time. They also beat the Grim Reaper, because legend has it that the gallant Greek succumbed immediately after delivering his challenge and although all 7 Vets have looked better, they did avoid an appointment with Bowra and O'Dea!

Colin Leman and Allen Tyson did not quite make the 100 miles, but each ran more than 2 marathons in 24 hours!

Colourful

The whole atmosphere was friendly, supportive and colourful, with variegated tents and caravans tucked into the south-west corner and always someone to urge on the brave.

The Vets Club played a major part in the organisation through Colin Leman, Jeff Whittam and Bob Johnston, and Lorna Butcher (physio).

Tireless

Jeff was his usual self. Knowledgeable, totally efficient and unbelievably tireless (25 sleepless hours on the trot), he was the nerve centre of the timing and results operation. (If you think this is easy, have a look at the result book). Well done, Jeff!

Congratulations to Alan Crossford who "won" the event. But really were there any "losers"?

Support

Runners Charlie Spare, Allen Tyson and Trisha Spain particularly asked that we "thank all Vets for helping to stage the event, and for their wonderful support". Tony Tripp (organizer) also thanked the Vets Club and acknowledged our contribution on the programme

Quote of the event:

Alan Crossford collapsed in a chair after the run and Jill Bower, powder-pale and limp on a car seat, leaning forward to whisper weakly:

"Alan - consider yourself kissed"!

by Bob Sammells

Is the word "Art" in the title a misnomer? Would not "Science" be more appropriate? No doubt the people who calculate handicaps for professional sprinters and race-horses would prefer the latter term. After all, they can submit their relatively small number of specialist performers to trials and heats and then calculate and refine the handicaps that the 'pros' and the hayburners will bear. But is it a science? Sadly no, as the handicappers quickly realise when they see the 'smart money' exposing their mistakes before the races start.

But why handicap? "To stop the same people winning all the time" or "to give the slower runners a chance sometime" are common answers. It is, to me, even simpler that these for surely it is to give every competitor an equal chance of winning.

The introduction of handicapping into athletics came about in a rather odd way. In 1850, some undergraduates of Exeter College, Oxford rode in a point-to-point race. Disappointed with their hired horses, they decided that they could do better on foot. So they organised a 2 mile steeplechase race with 24 hurdles over local farmland. It was conducted like a horse-race with entry fees, starting prices and runners in their own colours. With 24 starters it was a great success.

In the following weeks more events were held over shorter distances. Typical were Sweepstakes over a quarter mile, a hurdles race over 140 yards with 10 hurdles and Consolation Stakes for Beaten Horses. Like horse-racing, handicapping also came in. And like horses they ran with weights, usually lead shot in bags around their waists. While this practice was short-lived, the Turf and Exeter College bestowed a legacy of races and terminology, Flat, Hurdles and Steeplechase, that have survived with little change to the present day.

But to the present and the W.A. Vets. Handicapping is designed to give everyone an equal chance of winning, right? Wrong? New members and those who rarely run in Club events will have no chance. Nor will those returning from injury or long absences as I cannot take a chance of their slipping through the handicapper's net.

So these will all start from scratch or nearly so until their current form is established. Even regular participation will not be recognised immediately as I work from Newsletters and a month can elapse between performances and publication. This delay can, of course, be a two-edged sword. A runner can be 'past it' by the time that the next handicap event comes around; if the reverse applies, victory can result. Clearly, the best chance of having reasonably fair handicaps means regular, consistent performances over a lengthy period.

Finally, a word of warning. I have received quite a few complaints recently about my handicapping of runners. Well, any more and we shall revert to the old system. I can just picture it: Barrie Slinger carrying 10 kilos, Morris Warren carrying 15 kilos, Don Caplin carrying Barrie Slinger...So, take care!

