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THE VETRUN

NO. 217 NOVEMBER



Patron: W.J. (Bill) Hughes

SECRETARY: Bob Fergie 447 6898 PRESIDENT: Bob Schickert 332 4114
 VETRUN EDITOR: Vic Waters 341 3464 TREASURER: Bill Crellin 448 2924

ANOTHER WORLD MARK FOR JOHN GILMOUR!

WAVAC's most prolific record breaker has done it again, cracking the 3000 metres record for the 70 years category. John's new time for distance, set at Perry Lakes in an inter-club race, is 11:25:59. This time also breaks the record for 71 years old men, set in 1982 by Australia's Stan Nicholls.

Now, the question is whether these claims will be ratified, in the light of a recent ruling that only electronic timing will be acceptable for record purposes.

"There were three watches on me, and we're claiming the records," said John. "Over this kind of distance, when split seconds are not in question, it seems ridiculous to insist on electronic measurement."

Beating the old record by around two seconds, John Gilmour can certainly justify adding the 3000m record to his superb tally - whatever the official ruling.

This latest achievement brings his track records to more than 40, in various age categories. As a 70y.o. he's missing only the 800m, and mile. Another target is 1500m, where John feels he can substantially reduce his present 5:09.

"I ran 5:01 at 69, and would really like to be the first in the 70s to go below five minutes."

In this issue...

STATE CROSS COUNTRY..... Page 2
 REABOLD HILL..... Page 3
 MILLPOINT ROAD CHAMPIONSHIPS..... Page 4
 CLIFF BOULD TROPHY Page 6
 CLONTARF CROSS COUNTRY Page 10
 A Day in the Life Page 5
 The Spirit of Anzac..... Page 8
 National Championships page 11
 Notice Board Page 9
 Birthdays Page 3/5
 ...and it pays to advertise!see page 7



Walkers at the outset of the Club half marathon champs check and exchange pulse rates, birth signs and liniment recipes.

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CLIFF BOULD TROPHY

Handicap - 14th October 1990

This was the thirteenth running of the event. First secretary, life member, and still a tenacious competitor, Cliff was there at the finish, edging out another front-marker!

"He's not a gentleman, he's a runner!" Phyllis Bould commented. (Actually, he's both!)

When the club first raced such a distance we newcomers were advised not to try to keep up with Cliff and Dirk Horsley. We couldn't anyway!

This year's winner was Mal Ovendon. Mal has been in the club three months, trains a couple of times a week and improves at every start. What more could we want?

Thank you to numerous assistants, particularly Maureen Pomery for recording and Kirt Johnson for help with equipment and course marking.

PATRICIA AND DAVID CARR

5.2K

John Ferris	M40	19:54
Arnold Jenkins	M45	22:59
Paul Woo	M35	23:34
John Spencer	M50	23:34
John Lindsay	M40	26:26
Jan Johnson	W45	28:09
Fred Hagger	M65	31:55
Gaby Ralph	W40	32:08
Dorothy Whittam	W50	32:25
Patricia Spencer	W45	34:16
Carol Cole	W45	34:26
Norah Berry	W60	37:12
Estelle Rogers	W30	37:34
Matthew Elliott	M40	42:39

Walkers 5.2K

Bob Chalmers	M50	35:38
Cathrine Holland	W30	37:29
Jeff Whittam	M55	37:56
Bob Fergie	M55	38:06
Jacqui Beamont	W50	40:54
Pat Luck	W50	42:47
Val Tyson	W65	42:48
Dick Horsley	M75	42:51
Jack Collins	M75	43:08

10.4K

NAME	AGE	CLOCK	H/CAP	ADJ
Mal Ovendon	M45	1:03:29	18:15	45:14
Pauline Wiltshire	W45	1:04:07	11:30	52:37
Stoppen Belt	M45	1:04:21	18:45	45:36
H. McGlashan	M50	1:04:36	15:45	48:51
Roland Matzke	M50	1:05:01	18:45	46:16
Rod Stewart	M50	1:05:14	17:15	47:59
John Bornholdt	M50	1:05:16	16:30	48:46
Ted Maslen	M55	1:05:20	21:45	43:35
Robert Mair	M40	1:05:22	24:15	41:07
Keith Alexander	M40	1:05:39	24:00	41:39
Joan Slinger	W45	1:05:56	06:30	59:26
Dick Blom	M55	1:05:57	23:30	42:27
Maurice Johnston	M50	1:05:58	22:15	43:43
Mike Faunge	M50	1:06:25	15:45	50:40
Barry Haywood	M45	1:06:32	20:15	46:17
Tom Savin	M45	1:06:37	28:45	37:52
Derek Hoye	M50	1:06:44	27:15	39:29
Jean Valet	M40	1:06:49	16:00	50:49
Basil Worner	M55	1:06:55	19:15	47:40
Ron Sutton	M50	1:06:58	17:30	49:28
Joe Trovato	M50	1:07:00	23:00	44:00
Terry Foster	M45	1:07:08	21:30	45:33
Peggy McLiver	W45	1:07:10	18:45	48:25
Don Caplin	M50	1:07:16	25:45	41:31
Jim Greenfield	M45	1:07:19	22:00	45:19
David Bryant	M45	1:07:25	19:00	48:25
Bryan Hardy	M45	1:07:29	20:45	46:44
John Crawford	M50	1:07:30	15:30	52:00
Graham Luck	M50	1:07:32	21:45	45:47
Frank Usher	M65	1:07:40	00:00	1:07:40
Alan Pomery	M55	1:07:42	19:30	48:12
Frank McLinden	M55	1:07:43	21:45	45:58
Dalton Moffatt	M55	1:08:06	19:45	48:21
Bill Crellin	M50	1:08:09	20:30	47:39
Joan Pellier	W50	1:08:32	13:50	54:42
Vic Beaumont	M60	1:08:43	17:45	50:58
Arthur Leggett	M70	1:08:46	14:00	54:46
Frank Smith	M45	1:08:54	28:30	40:24
Richard Peters	M50	1:09:20	18:30	50:50
Roma Bettles	W40	1:09:33	12:15	57:18
Paul Martin	M45	1:09:38	21:00	48:38
John Bell	M45	1:09:49	19:30	50:19
Barry Slinger	M50	1:10:01	23:30	46:31
Jack Williamson	M45	1:10:20		
Ray Lawrence	M60	1:10:36	16:00	54:36
Stewart Hicks	M65	1:10:47	16:15	54:32
Syd Bowler	M65	1:10:54	04:45	66:09
David Hall	M40	1:11:12	16:45	54:27
Margaret Warren	W50	1:12:03	09:15	62:48
Cliff Bould	M70	1:12:20	02:15	70:05
Sheila Maslen	W50	1:12:21	00:45	71:36
Morris Warren	M50	1:14:00	19:00	55:00

Visitors 10.4K

Michael Archer	1:04:27
John Puglisi	1:05:02
Tim Neakes	1:09:51
Britta Meyer	1:10:19
Derek Arnold	1:11:08

Visitors 5.2K

Ross Parker	18:24
Robert Sheery	25:06
Adrian Ralph	31:31
Ray Barnett	33:10
Robert Sheely	33:12

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JUST JOGGING

Oft times, when I feel I am losing my punch
 Or life has me getting all run down,
 I make my thoughtful way to the sea
 And jog on the beach just at sundown.
 The cry of the gulls, the sound of the surf,
 The nudge of the breeze help me come down
 To earth and keep my feet on the ground
 When I jog on the beach - just at sundown.

Arthur Leggett

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THE SPIRIT OF ANZAC IS NOT DEAD

Anzac Day 1989 and my first ever triathlon. Now, a few facts. I am no athlete. I learnt to swim at the age of thirteen and was considered by my family to be a good swimmer only because I was a disaster at all other sports and in order to encourage me to persevere because swimming is good for asthmatics.

As a child I could not even run the length of a hockey field without collapsing in an asthmatic heap - which was fine since I couldn't imagine why anyone would want to run the length of a hockey field. I could cycle but then everybody cycles and when cycling for pleasure I could set my own leisurely pace. All this did not bode well for a triathlon.

I made a few feeble attempts at team games in adult life in the interests of fitness but was greatly relieved on reaching thirty to be able to justify my retirement from competitive sports. The event passed unheralded by the media and world at large.

At thirty five I resumed swimming (since it was the only thing I was good at) but counting laps was boring and I developed an aversion to water even at 26 degrees in a heated pool. At forty I tried on a swimsuit and was so appalled by the site of legs whose surface area had increased by 50 per cent owing to the undulations of cellulite that I thought:

"This calls for really desperate measures, I'm taking up jogging!"

PAINFUL

I make little comment about my painful beginnings as a jogger other than to say that I hit the threshold of pain at the front letterbox and was at one with the loneliness of the long distance runner by the second kilometre, but I persevered.

Now here was I at age forty two about to tackle my first triathlon on Rottneest Island on Anzac Day. Spirits were high during the ferry crossing. I cast furtive glances at the competi-

tion and observed that the average age was eighteen. I was surrounded by despicable youth. This was after all a TAFE affair and they were mainly students.

The race organisers had omitted to mention a lengthy walk over a pebble strewn track in order to reach the start of the swimming leg. As we hobbled along, I couldn't think beyond the impact of cold water on bony shoulders. The whistle blew and youth which knows no restraint surged forward. Let them go, thought I, gaining comfort from the story of the hare and tortoise. In any case it had become evident at the briefing that there were very few of us iron athletes, most of the competitors were in teams of three and were only doing one leg each.

The swim was 800 meters in choppy sea with a strong cross current going the wrong way. I struck out with an impressive free-style for 20 metres, then being in danger of drowning, slipped surreptitiously into breaststroke. At least I could see. Finally I staggered from the water tenth last to be met by resounding applause from the remaining from the remaining crowd of twelve who were being invoked by the encouraging type on the loudspeaker to cheer the only woman triathlete.

I took my time to dry down and remove as much sand as possible from between my toes before donning cycling/running gear. The cycling leg was 16 kms and I ambled along admiring the beautiful bays, having quite forgiven the sea for its recent capriciousness. Remembering that this was a competitive event, I decided a surge of speed was called for so pedalled vigorously to the half way point towards the uninhabited end of the island. Again, information had not been forthcoming about the hazardous 90 degree bend on a sloping road strewn with blue metal. I spun around the corner and splattered!

It is amazing how many of the extremities can hit the road

simultaneously - the thigh, lower leg, knee, shoulder, elbow and both hands. What was I to do, in a calamitous state at the end of the island with no first aid available? With some help from an obliging passerby, I kicked the bike into shape and limped the next 8kms on a machine registering noisy protests and disconcerting shudders.

SHOCK

Shock has an anaesthetising effect and having come so far it seemed a shame to stop when the run was only 4.5 kms. So I staggered on to the annoyance of the race organisers who were hoping to pack up and join the majority of the competitors celebrating their athletic feats at the Quokka Arms. I realise I must have looked a sight when hobbling past a pedestrian out for his afternoon stroll who, on seeing this would-be runner covered in blood and grazes, uttered an unrestrained, "Christ Almighty!"

By the time I limped in, the emergency team was poised in their vehicle to whisk me off to the medical centre where the on-duty nurse did unspeakable things which must have been good for me since I learnt as a child that pain is directly proportional to the effectiveness of the remedy. It seems the centre had a surplus of bandages because I emerged with every exposed patch of skin bandaged. Meanwhile my family had accepted the medal for the lady triathlon winner on my behalf and had strung it around my neck.

And so, as I stepped from the ambulance on to the ferry with bandaged everything, a pronounced limp, countenance of pain and a medal around my neck, I thought the spirit of Anzac is not dead. This is not meant to be a parody of Anzac Day, my father and brother were soldiers and I have great respect for Australia's armed forces but as I made my way painfully towards the ferry I felt I lacked only Simpson and his donkey.

Margaret Birks

At 19 I was busy playing soccer, badminton, tennis and cricket, every week-night swimming on Saturdays, and was a plus member of the Boys' Brigade, which provided most facilities at very little cost, plus a younger sister and I time my f-supporting orphans. A Lloyd's Insurance Syndicate employed me, as a junior clerk, in the city of London.

1933 CHAMPS

One of my fellow slaves, Ralph, talked me into entering the 1933 National Insurance Championships for cross-country. Ralph was a regular member of the London Polytechnic team and, with his advise, I had running to my week rc. Looking back now, schedule. I all that energy come from? From Ralph I learned that medals were awarded to that med 20 home, with the the first the famous Epsom Derby ho half way round the had to get into the country, and track, ou in to complete the back age se circuit. After race-cour did it all again. which we

We were working in the city until noc we popped in to Joe race, so xt door, with the in-Lyons, ne f having a quick pretention o of lunch and a cup of race type rtunately for me, as it tea. Unfc urday, the restaurant was a Sat, ing at half-strength, was work normal menu sadly with the and we finished up reduced se rolls, of all things. with chee

Then, by train and bus, we reached the race-course in

A SPECIAL DAY IN THE LIFE OF A NON RUNNER

good time. During all this Ralph advised me not to worry about race tactics, I was just to follow him and all would be well. I learned from him that quite a number of nationally known sportsmen would be in the field, including one of my heroes, Lord Burghley, who, about six months before, had defended his Olympics 400m hurdles title, using the name David Burghley. His chief rival was an American, Morgan Taylor, and when he found that Taylor had to carry the American flag for the long opening ceremony, he volunteered to do likewise with the Union Jack because otherwise, he said, he might have an unfair advantage over Taylor.

Out on the track I had my first setback and felt like looking for a hole in the ground. There was I, at my first adult race line up, in the middle of a 400 plus crowd of experienced giants. The starter sorted out the field, with the main contenders up in front, and then the gun went off. My only thought was that I had, somehow or other to cover five miles, and what happened next shook me rigid. They all rushed off like the charge of the Light Brigade and Ralph with them. After about 200 yards the cheese attacked my innards and I got around the first circuit with the aid of a good deal of walking,

crossing the halfway line last, by a good 100 yards. The big crowd of spectators at that point decided to help my cause and gave me that loudest applause of the day.

STOMACH CRAMP

Whether or not the noise triumphed over the cheese I'll never know, but with it went my stomach cramp. With all that walking behind me, I was suddenly amongst the freshest in the field and the second circuit brought sheer joy, as I was passing the opposition, in large numbers and with the greatest of ease reached the line in a state of triumphant exhaustion and staggered off to the dressing rooms.

On approach, a door opened and out came a fully dressed Lord Burghley. "What was your position?" he said. "67th" I relied. "Which club do you belong to?" "I haven't got a club, it's my first race." "You did jolly well, keep it up." What a day, what a man, and he's still one of my heroes.

Back in the dressing room Ralph had achieved his ambition, having won the 19th medal but he envied me for my encounter with the first man home.

Anon

A VERY HAPPY BIRTHDAY TO OUR OCTOBER MEMBERS

01-OCT-3 ⁵	AIREY, Peter G turns 54 remains M50	13-OCT-44	FARREL, Phyllis turns 46 remains W45	18-OCT-41	SCHICKERT, Lynne turns 49 remains W45
01-OCT-5 ²	POST, Ken M turns 38 remains M35	13-OCT-45	SAVIN, Tom turns 45 becomes M45	19-OCT-33	PEET, George turns 57 remains M55
05-OCT-3 ⁵	COUSINS, Michael turns 67 remains M65	15-OCT-14	BAUMANN, Carlo turns 76 remains M75	22-OCT-39	PELLIER, John turns 51 remains M50
05-OCT-4 ⁴	HANNAN, Alison turns 46 remains W45	15-OCT-56	CROCKART, Heather turns 34 remains W30	26-OCT-41	SCHICKERT, Robert turns 49 remains M45
05-OCT-3 ⁵	STEWART, Maureen F turns 51 remains W50	15-OCT-44	TOUSSAINT, Serge turns 46 remains M45	27-OCT-42	ROBERTS, David V turns 48 remains M45
06-OCT-2 ⁴	MORGAN, Garnet turns 66 remains M65	17-OCT-39	PRATT, Bob turns 51 remains M50	27-OCT-39	SUTHERLAND, Ian turns 51 remains M50
08-OCT-4 ³	THORNTON, Graham turns 50 becomes M50	17-OCT-44	ROMEO, Lesley turns 46 remains W45	31-OCT-35	WILLIAMS, John K turns 55 becomes M55

MILL POINT ROAD CHAMPIONSHIPS

McCallum Park October 21, 1990

104 participants lined up for this annual event, blessed with super weather conditions.

A 'blistering' pace was set by the front runners and walkers. The event incorporated a 10K walking championship which was won by John Mison (M40) in a time of 54:30 from Barrie Thomsett (M50) and Margaret Stone (W45) on 61:36 and 67:57, respectively.

For the runners Frank Smith (M45) crossed the finishing line in the incredibly fast time of 35:34. David Ashton (M45) and Derek Hoye (M50) had a very close tussle for second and third with excellent times of 36:40 and 36:42.

Heather Crockart (W30) won the womens' section in 43:8 from Margaret Robinson (W50) on 46:30 and Peggy McLiver (W45) on 46:51. Congratulations to all runners and walkers on a top performance and especially to those that recorded personal best times. A big thank you is extended to the many helpers who all contributed to the successful and smooth running of the championship.

Ivan Wiltshire

1. Frank Smith	M45	35:34
2. David Ashton	M45	36:40
3. Derek Hoye	M50	36:42
4. John Molloy	M35	36:53
5. Paul Pohe	M45	37:27
6. Robert Mair	M40	37:48
7. Dave Roberts	M45	37:51
8. Jim Barnes	M45	38:04
9. John Ferris	M40	38:39
10. Keith Alexander	M40	39:20
11. John Gilmour	M70	39:21
12. Dick Blom	M55	39:24
13. Bob Sammells	M50	39:45
14. Graham Thornton	M50	39:56
15. Hugh Kirkman	M45	40:17
16. Wal Welyky	M40	40:37
17. Brian Foley	M45	40:59
18. Joe Trovato	M50	41:06
19. Maurice Johnston	M50	41:18
20. Jim Greenfield	M45	41:36
21. Ted Maslen	M55	41:49
22. John Pellier	M50	41:53
23. Graham Luck	M50	42:38
24. George Schaefer	M55	42:42
25. Stappenbelt H.	M45	42:49

26. Barry Harwood	M45	42:53
27. Barrie Slinger	M50	43:01
28. Heather Crockart	W30	43:18
29. Peter Airey	M50	43:20
30. Peter Hill	M40	43:25
31. Pat Guiton	M55	43:43
32. Don Caplin	M50	44:10
33. Norm Scott	M50	44:23
34. Ken Taylor	M45	44:24
35. Bill Crellin	M50	44:45
36. Mike Rhodes	M40	44:58
37. Bryan Hardy	M45	45:11
38. H. McGlashan	M50	45:12
39. Vic Waters	M45	45:16
40. Brian Aldrich	M60	45:17
41. Arnold Jenkins	M45	45:21
42. David Bryant	M45	45:33
43. John Bornholdt	M50	45:38
44. Dalton Moffatt	M55	45:44
45. Richard Harris	M50	46:05
46. M. Robinson	W50	46:30
47. Vic Beaumont	M60	46:37
48. Peggy McLiver	W45	46:51
49. David Carr	M55	46:53
50. Paul Maslin	M45	46:53
51. Basil Worner	M55	46:54
52. Mike Faunge	M50	47:14
53. Margaret Birks	W40	47:17
54. Keith Forden	M50	47:57
55. Margery Forden	W45	48:09
56. George Peet	M55	50:09
57. Eddie Strickland	M70	50:59
58. Arthur Leggett	M70	51:12
59. Joan Pellier	W50	51:18
60. Robert Farrell	M50	51:20
61. John Lindsay	M40	51:27
62. Ann Turner	W50	51:43
63. Ray Lawrence	M60	52:26
64. Norm Miller	M55	53:02
65. Morris Warren	M50	53:26

66. Phyllis Farrell	W45	54:04
67. Davd Hall	M40	54:08
68. Jack Williamson	M45	54:12
69. Patricia Miller	W50	54:54
70. June Strachan	W65	54:57
71. Stewart Hicks	M65	55:40
72. Gordon Florance	M55	55:57
73. Alison Aldrich	W45	56:19
74. Estelle Rogers	W30	56:54
75. Margaret Warren	W50	57:30
76. Esther Healey	W50	57:55
77. Peter Nicholl	M45	58:34
78. Joan Slinger	W45	58:50
79. Sandi Hodge	W40	58:51
80. Gerry Foley	M60	59:37
81. Cliff Bould	M70	1:01:12
82. Sid Bowler	M65	1:01:13
83. Frank Usher	M65	1:06:39
84. Sheila Maslen	W50	1:08:26

Walkers

1. John Mison	M40	54:23
2. Barrie Thomson	M50	1:01:36
3. Margaret Stone	W45	1:07:57
4. Bob Fergie	M55	1:09:58
5. Michelle Boyle	W40	1:11:26
6. Jeff Whittam	M55	1:14:02
7. Ernie Moyle	M65	1:15:31
8. Alan Stone	M55	1:17:18
9. Jacqui Beaumont	W50	1:17:19
10. Val Tyson	W65	1:18:48
11. Jack Collins	M75	1:19:27
12. Dick Horsley	M75	1:19:37

Visitors

1. Robin Bonner	42:56
2. Joseph Brimacombe	44:17
3. Isabel Tasker	49:47
4. Kevin Nash	51:18
5. Andrew Scinor	51:28
6. David Wilson	51:29

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BOXING DAY RUN

Lake Leschenaultia

8Km/4Km

Start Time: 5.30pm

Note: This is a change from the time advertised in the programme.

There are two changes with this run.

Firstly, the start time of 5.30pm and secondly the course, which will be all on tracks within the park. These tracks are wide, with mostly a good running surface.

The start will be at the south west end of Lake Leschenaultia. Course will head up to the Eastern Hills High School, then round the boundary of the park back to the start - approximately 4 kms.

Those runners wishing to do 8 kms - repeat the run.

To reach the start, enter the park (entry fee is \$4 per car, but it's free if you wish to park outside and walk down to the start). Turn right and follow the road approximately 1 km to the start. There are parking bays along the side of the road and some space available at the start.

The ranger has given me the keys to the gate, so we have no time restrictions (the park gates are usually shut at 6pm).

After the run, I suggest we move to the beach area for the usual post run barbie. There is good swimming there, tables, chairs and barbecues, both wood and electric. (The electric ones cost 20c for about 6mins heating), and the lights come on at dusk. All this and a magnificent view of the sun setting over the lake! So I hope to see you there, to run off those Christmas over-indulgences!

Toni Frank

THANKS

To all members of the Veterans Club who helped in any way during the State Schoolgirls and Schoolboys Championships on 3rd and 4th November - thanks to all of you.
Brian Foley and
Valerie Prescott

Notice Board

THE POINT IS - STYLE, RIGHT?

Another reminder to race directors; when submitting results to Vetrun, please use the following style for times.

1:04:39.1 means
1 hour 4 minutes 39.1 seconds

The point is we don't want points, unless they're real live decimal points - and we don't often use those in our event timing!

So use colons please.

IN YOUR CUPS?

Nothing like a nice cup of tea after a run eh? Why not try it sometime, preferably from your own mug. Unless you're really hard, and enjoy drinking scalding tea from cupped hands -

PLEASE BRING A MUG!

TURKU

Entries for the World Championships close on April 15, 1991. The committee has information on the whole event, and some guidelines on the all-important accommodation question.

5K ASSOCIATIONS

The club is organising another 5K event, in conjunction with the Athletics Association, at Coker Park on January 9.



Another victim of a Basil Worner cross country seeks after-race solace, in his national costume of giant kilt, tam o'shanter and stubby.

Picture by Vic Beaumont, at Mussel Pool Muster.

AUSTRALIAN CHAMPS

Entry forms for the Australian Veterans Athletics Championships - March 29 to April 1, 1991 - are available from secretary Bob Fergie. More on the Championships - page 11.

Just a reminder - that Vets enjoy very special terms when buying gear at Runners' World. There's also the advantage of expert advice from experts - the proprietors are fellow-runners!



WESTERN AUSTRALIAN VETERANS

Here it is, by popular request! In red, black or white these speedy iron emblems are a kind of unofficial badge of the club, supported by many members already. The really good news is - they only cost \$2.50 a piece.

CLONTARF CROSS COUNTRY

October 7th 1990

We had at least three records at Clontarf this year: seventy two runners completed either the 4 kms or the 8 kms, Tom Savin's 30:36 for the eight kms was the best recorded and a fine run in heavy conditions and the third record was when Dick Blom crossed the finish line just ahead of a Boeing 747 whose flight path weirdly coincided with our finishing straight!

What a runner!

We also had a big contingent of helpers in Dick Horsley, Pat Savin, Barrie Thomsett, Ernie Moyle, the Farrels and the Pelliers and, of course, our recorder Leo Hassam.

Thanks to all you helpers and supporters.

Tom did not have it all his own way with Duncan McAulay pushing hard over the first lap and Derek Hoye turned in an outstanding effort to take third place in a smart 32:22. Maxine Santich repeated her Whitman Park success when she won the ladies' division of the Clontarf Star in 38:54 with Peggy McLiver also running strongly over a demanding course.

It is always encouraging when our senior runners turn out to support cross country runs and we applauded the efforts of Lorna Lauchlan, June Strachan, Duncan Strachan, Syd Bowler, Frank Usher, Alan Tyson and Valerie Tyson, Fred Hagger and, of course, the indomitable Arthur Leggett all of whom did battle with wall and water.

DFS

It was good to see Hugh Kirkman able to race again, even though it was over the shorter distance that he scored a win, to be decorated with the Distinguished Flying Saucer.

This year we drained some of the water so as not to lose Shorty Turner who threatened to bring his snorkel this time! We had organised some of our tall ladies such as Anne

Turner, Pat Spencer and Pat Carr to rescue you Shorty!

We also had our medics, John Bell and Hamish McGlashan, on hand though we're not sure their particular area of expertise would have been overly useful at the water jump - which Harry Holland took quite literally, and leapt over!

It was good to see the three Silver Foxes (Mer, Vic and Ray) take over the M60 division entirely - well done.

DIRTY MAN

Dick Horsley, as usual, was the judge of the Dirtiest Man and it was a bit of a worry that the prize went without challenge to our President, Bob Schickert! Incidentally, I think it was Lynne's first participation for some months and it was great to see you back on the track.

There were some good, close finishes, especially in the M50 when cross-country devotee John Spencer edged out Ron Potter and Hamish McGlashan, while Brian Hardy sneaked in just ahead of fellow orienteer Peter Cole and the versatile Arnold Jenkins. Great races!

Thanks again to all who supported the run and to the many who said they enjoyed the challenge of a genuine cross-country. I won't mention the name of the runner who went through the first lap and not only queried my birth qualifications but also referred to me as something quite unprintable in this newsletter!

8kms

M40

T. Savin	30:36
D. McAulay	31:14
B. Thomson	33:17
D. Reid	34:22
W. Welyky	34:59
J. Volet	38:44

M45

R. Schickert	33:37
B. Foley	35:10
J. Bell	37:29
B. Hardy	38:23
P. Cole	38:37

A. Jenkins	38:40
P. Nicholl	49:40

M50

D. Hoye	32:22
D. Caplin	34:45
J. Trovato	36:45
M. Johnson	36:55
R. Atwell	37:37
J. Spencer	39:35
R. Potter	39:47
H. McGlashan	39:56
R. Stewart	40:53
R. Harris	43:20

M55

D. Blom	35:33
D. Moffett	39:28
P. Guiton	40:15
N. Miller	47:18
S. Turner	51:09

M60

M. Moyle	41:06
V. Beaumont	41:52
R. Lawrence	46:02

M65

D. Strachan	46:52
S. Bowler	54:43
F. Usher	56:18

M70

A. Leggett	46:44
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W35

M. Santich	38:54
I. Tasker	44:19

W40

J. Halberg	
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W45

P. McLiver	40:40
K. Penton	43:39

W50

A. Turner	48:32
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W60

J. Strachan	49:07
L. Lauchlan	53:44

4kms

M35

P. Woo	20:01
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M40

H. Kirkman	16:26
H. Holland	20:16

M50

P. Airey	17:39
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M55

D. Carr	17:35
J. Whittam	30:31

REABOLD HILL CROSS COUNTRY

30th September 1990

We had 58 starters, 47 runners, six visitors, five walkers. I would like to thank all my helpers - Maureen Pomery, Fred Hagger, Merv and Erine Moyle, Dick Horsley - for starting and recording the walkers.

10K First Lady, Maxine Santich, 2nd Margaret Robinson, 3rd Margaret Birks. 1st Man Tom Savin, 2nd Phil Drayson, 3rd John Molloy. First Lady 5K Esther Healey, 2nd Patricia Carr, 3rd Mary Robinson. 1st Man Joe Trovato, 2nd David Carr, 3rd Paul Woo.

Kirt Johnson

10Kms

W35 Maxine Santich *	46:43
W40 Margaret Birks	51:24
W40 Jackie Halberg	62:34
W45 Kath Penton	54:36
W45 Pauline Wilshire	56:14
W50 Margaret Robinson *	50:17
W65 June Strachan *	61:20

M35 Phil Drayson	37:59
M35 John Molloy	38:19
M40 Tom Savin	37:10
M40 Roliett Mair	40:31
M40 Wal Welyky	43:21
M40 John Lindsey	54:10
M40 David Hall	60:50
M45 John Pressley	44:30
M45 Peter Cole	44:34
M45 Mal Ovenden	44:47
M45 Terry Foster	45:22
M45 Arnold Jenkins	49:42
M50 Derek Hoye *	39:19
M50 Ray Attwell	46:35
M50 Norm Scott	46:39
M50 Ron Potter	47:34
M50 Richard Harris	48:09
M50 Bill Crellin	48:33
M50 John Bornholdt	49:57
M55 Ted Maslen	45:44
M55 Frank McLinden	45:59
M55 Allen Pomery	46:34
M55 Basil Worner	50:53
M55 George Peet	54:27
M55 Patrick Sheerin	58:10
M55 Gordon Florance	63:42
M60 Brian Paxman *	46:37

M60 Merv Moyle	49:43
M60 Stan Lockwood	50:06
M60 Noel Purvus	54:35
M65 Syd Bowler	58:42
M65 Duncan Strachan	61:05

5Kms

W50 Esther Healey	32:37
W50 Mary Robinson	37:58
W55 Patricia Carr	35:42

M35 Paul Woo	25:57
M50 Joe Trovato	23:20
M55 David Carr	23:52
M65 Alan Tyson	30:50

Walkers

W30 C Holland	8K	55:42
W50 D Whittam	4K	30:17
M50 R Chalmers	8K	55:45
	10K	69:32
M50 J Whittam	6K	47:32
M75 J Collins	8K	64:24
	10K	80:24

(* Records)

A VERY HAPPY BIRTHDAY TO OUR NOVEMBER MEMBERS

03-NOV-15 COLEMAN, Sidney	turns 35 becomes W35	23-NOV-39 SPENCER, Ronald G	turns 51 remains M50
03-NOV-33 MUNSIE, Selby	turns 51 remains M50	25-NOV-34 ANDERSON, Dot J	turns 56 remains W55
04-NOV-40 CALNAN, Ross D	turns 44 remains W40	25-NOV-38 FORDEN, Keith W	turns 52 remains M50
04-NOV-38 HOYE, James D	turns 55 becomes W55	26-NOV-16 HANSFORD-MILLER	turns 74 remains M70
04-NOV-42 KERNAGHAN, Coral	turns 50 becomes M50	27-NOV-41 CRELLIN, Karen D	turns 49 remains W45
05-NOV-52 DOUST, R. W.	turns 63 remains W60	27-NOV-41 KIRKMAN, Hugh	turns 49 remains M45
05-NOV-39 MATZKE, Roland	turns 45 becomes M45	27-NOV-23 ROBERTS, Rob W	turns 67 remains M65
07-NOV-37 SMITH, Morland E	turns 37 remains W35	28-NOV-31 MILLER, Norman	turns 59 remains M55
08-NOV-36 GEORGE, Harold M	turns 52 remains M50	28-NOV-40 HAIR, Graeme D	turns 50 becomes M50
08-NOV-39 PELLIER, Joan	turns 50 becomes M50	29-NOV-42 MILLER, Margaret	turns 48 remains W45
09-NOV-54 COLQUHOUN, Ian.	turns 48 remains W45	29-NOV-26 MOYLE, Merv	turns 64 remains M60
09-NOV-22 HICKS, Stewart R	turns 47 remains M45		
10-NOV-55 BROCKWELL, Tessa	turns 61 remains M60		

STATE CROSS COUNTRY CHAMPIONSHIPS

Kings Park, 23rd September 1990

M35	Doug Hazell 39:31	M55	Dick Blom 41:15	W40	Margaret Birks 50:06
	Ian Colquhoun 40:39		Ted Maslin 44:54		Sandy Hodge 57:20
M40			George Schaefer 45:05		Jacqui Halberg 58:34
	Tom Savin 37:19	M60		W45	
	Duncan Macaulay 37:27		Merve Moyle 47:46		Peggy McLiver 47:48
	Robert Muir 39:55		Stan Lockwood 48:10		Cath Penron 50:19
M45			Vic Beaumont 48:36		Marg Forden 50:38
	Bob Schickert 38:39	M65		W50	
	Bob Argyle 39:05		Alan Tyson 54:46		Joan Pellier 54:33
	Frank Smith 39:28		Duncan Stachan 63:51		Mary Robinson 65:38
M50		M70			Margaret Warren 69:14
	Derek Hoye 39:03		Arthur Leggett 56:34	W55	
	Don Caplin 40:27				Pat Carr 67:40
	Bob Sammels 40:55	W35		W60	
			Maxine Santich 46:55		June Strachan 63:50
			Sue Sanders 55:11		

Thanks to Merv Jones, who was race director, and his helpers.

1. Tom Savin M40 37:19	32. Dave Carr M55 45:36	63. Jim Greenfield M45 50:39
2. D. Macaulay M40 38:27	33. Ray Attwell M50 45:36	64. Erica Mercer W45 51:07
3. B. Schickert M45 38:39	34. Max Kelly M40 45:49	65. Nick Cropper Vis. 52:27
4. Derek Hoye M50 39:03	35. A. Williamson Vis. 45:50	66. George Peet M55 52:30
5. P. Johansen Vis. 39:03	36. Norm Scott M50 46:13	67. John Lindsay M40 52:55
6. Bob Argyle M45 39:05	37. Bryan Hardy M45 46:16	68. P. Wiltshire W45 53:18
7. P. O'Readon Vis. 39:15	38. V. Ramsey Vis. 46:19	69. Rob Farrel M50 53:31
8. Frank Smith M45 39:28	39. A. Pomeroy M55 46:33	70. Ivan Wiltshire M45 53:50
9. Doug Hazell M35 39:31	40. Vic Waters M45 46:45	71. Norm Miller M55 53:54
10. Dave Muir M45 39:48	41. Bill Crellin M50 46:50	72. Ray Lawrence M60 54:28
11. Robert Muir M40 39:55	42. Derek Arnold M50 46:54	73. Patrick Sheeran M55 54:32
12. B. Thompson M40 39:58	43. M. Santich W35 46:55	74. Alan Tyson M65 54:46
13. Don Caplin M50 40:27	44. Mike Rhodes M40 47:09	75. Joan Pellier W50 54:53
14. I. Colquhoun M35 40:39	45. Rolland Matzke M50 47:28	76. Sue Sanders W35 55:11
15. J. Ferris M40 40:41	46. John Spencer M50 47:40	77. Arthur Leggett M70 56:34
16. Bob Sammels M50 40:55	47. Merv Moyle M60 47:46	78. Sandy Hodge W40 57:20
17. Peter Sanders M45 41:02	48. Peggy MacLiver W45 47:48	79. Phyllis Farrel W45 57:21
18. Dick Blom M55 41:15	49. Peter Labretton M45 48:02	80. Peter Nicholl M45 57:48
19. Brian Foley M45 42:37	50. Jeff Spencer M45 48:02	81. Jacky Halberg W40 58:54
20. G. Thornton M45 42:41	51. Stan Lockwood M60 48:10	82. Jack Williamson M45 63:44
21. Jimmy Barnes M45 42:41	52. John Birks M45 48:16	83. Rosemary Maddox W40 63:44
22. Terry Foster M45 42:46	53. Keith Forden M50 48:23	84. June Strachan W65 63:50
23. Wal Welyky M40 42:57	54. Vic Beaumont M60 48:36	85. Duncan Strachan M65 63:51
24. M. Johnson M50 43:05	55. Maurice Warren M50 48:55	86. Jan Johnson W45 63:58
25. Peter Cole M45 44:27	56. Paul Woo M35 48:56	87. Jill Midolo W40 64:09
26. Ted Maslin M55 44:54	57. John Pellier M50 49:01	88. Mary Robinson W50 65:38
27. Mal Ovenden M45 44:56	58. Ron Sutton M50 49:07	89. Pat Carr W55 67:40
28. G. Maddox M45 44:58	59. John Burmholdt M50 49:45	90. G. Ralph W40 67:43
29. G. Schaefer M55 45:05	60. Margaret Birks W40 50:06	91. Margaret Warren W50 69:14
30. H. Stappenbelt M45 45:07	61. Cath Penton W45 50:19	92. Jo Stone W45 73:52
31. Basil Worner M55 45:07	62. Marj Forden W45 50:38	

Clontarf Concludes

M60	
K. Johnson	22:13
M65	
A. Tyson	27:59
F. Hagger	29:54
W35	
C. Holland	25:40
W40	
G. Ralph	26:55
J. Midolo	31:14

W45

E. Mercer	18:56
J. Johnson	23:14
P. Spencer	27:39
J. Billington	21:13
W50	
E. Healy	23:56
D. Whittam	26:03
M. Robinson	29:53
W55	
P. Carr	23:58

W65

V. Tyson	30:35
Visitors 8kms	
J. McGiven	32:13
E. Kolbe	32:16
B. Meyer	47:39
Visitors 4kms	
D. McAulay	20:00
R. Welyky	20:17
A. Ralph	25:04

WESTPAC 1991 VETERANS NATIONAL ATHLETICS CHAMPIONSHIPS

CANBERRA EASTER 1991

ACT Veterans Athletics Club will be conducting the 1991 National T & F titles at the revamped Bruce Athletic Field next Easter. What was known as the 'warm up' track, for the Pacific Conference Games in 1977 and the World Cup of Athletic in 1985, has been upgraded into a superb venue ideally suited for the holding of what is planned to be the biggest *nationals* to date.

Backed by a generous sponsorship package from Westpac, the sub-committee set up by the ACT Veterans Club to organise the Championships is well ahead of target, with details of the complex operation functioning like a well-oiled machine.

The venue itself boasts a Rekotan track, with extra lanes recently added to provide a 10-lane strip for the hundred metres. Throwing circles and cages have been constructed at each end of the infield, a 500-seat covered grandstand has been constructed, and there is an electronic scoreboard as well as photo finish equipment and an expanded toilet and change-room/shower block to accommodate the large contingent of competitors expected.

While final programming and starting times cannot, for obvious reasons, be finalised until competing numbers are known, current planning is that competition will commence on Good Friday at 9.30am with the 400 metres for all ages groups, and at 9am on Saturday, March 30 with higher aged Javelin, 5 km Track Walk, and Sprint Hurdles.

The 9am start on the Sunday will see 5000 metre exponents lining-up simultaneously with throwers taking the field. The early starts will avoid competition continuing into the night and it is anticipated that the first three days' competition will finish between 5.30 and 6pm.

The Road Walks on Monday, April 1 will be held at Bruce and commence around 8am, as will the Cross Country, to be held over a lakeside course at Grevillea Park and comprising 3 laps in glorious surroundings, over a large variety of terrain including a sandy stretch. The pentathletes will most likely get underway at Bruce at 7.30am to facilitate finishing in time to allow for the many competitors who will be returning to their home States during the afternoon.

The luncheon will be at Bruce on the Monday, and the event not to miss, is the social which will be held at the Canberra Labor Club, Belconnen, on Sunday night, at 7pm. A three-course dinner, dancing and drinks will cost \$30 and a novel feature at this function will be the drawing of five \$100 Westpac Savings Accounts.

The welcoming ceremony is planned for 12.30 on Saturday, March 30, and consultation with the Bureau of Meteorology indicates that while, naturally no guarantees can be given, Canberra's weather pattern for the past 50 years at that time of year indicates that the odds favour ideal conditions for competition! Already we have been assured of co-operation and assistance with the conduct of these Championships from the ACT Ath-

letics Association, the recently elected president of that body, Brian Gleeson, being a member of the ACT Vets and a regular competitor.

There are many major sporting events scheduled for Canberra over the Easter weekend, including a major hockey and swimming competition as well as the Annual Veterans Tennis competition, so accommodation will be at a premium.

It is advisable to book as soon as possible to ensure the accommodation of your choice. The ACT Tourist Bureau's current brochure 'Canberra Accommodation Guide' lists the complete range of what is available.

To encourage families to attend and compete as well as attend the dinner/dance a baby sitting service will be available for the evening of the Social at a minimal cost. To avail yourself of this, contact Julie Fitch (06) 231 3721 for details before coming to Canberra. (This service is for the night of the social ONLY).

Even if you have visited Canberra for the Australia/Oceania Games in 1984, you will find a host of new attractions that will make it worthwhile to plan to stay on and enjoy many of the recently completed allures that delight the tourist to the Capital.

And why not stop over for the Canberra Marathon which is listed for Sunday, April 14? But most importantly...Remember! Entries close on Monday, February 18, 1991.

Mike Adler, Publicity Officer, ACT VAC, Ph (H) 06 2413 01