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HAPPY BIRTHDAY TO OUR DECEMBER MEMBERS

HARRIS, RICHARD	01/12/36	56 remains M55	HUGHES, SUSAN	17/12/50	42 remains W40
KHAN, MICHAEL	01/12/44	48 remains M45	VOLET, JEAN-MARIE	18/12/47	45 becomes M45
SHAW, ANN	01/12/47	45 becomes W45	BEAUMONT, VICTOR	19/12/29	63 remains M60
DAVIS, ROSA	02/12/43	49 remains W45	HOLLAND, HARRY	19/12/43	49 remains M45
CAREY, MICHAEL	02/12/56	36 remains M35	HORSLEY, RICHARD	21/12/12	80 becomes M80
BORNHOLDT, JOHN	03/12/35	57 remains M55	ROBLEY, JANE	22/12/56	36 remains W35
YATES, JOSEPH	03/12/43	49 remains M45	COLLINS, JOHN	24/12/11	81 remains M80
MUNYARD, BARRY	04/12/43	49 remains M45	JAMES, DALE	24/12/52	40 becomes W40
ROBINSON, MARY	07/12/36	56 remains W55	BARRIE, STEPHEN	25/12/35	57 remains M55
CLARKE, TOM	07/12/46	46 remains M45	HEAD, PHYLLIS	26/12/19	73 remains W70
WEBSTER, KEITH	09/12/41	51 remains M50	HOLLAND, ROSS	26/12/37	55 becomes M55
GEE, WARREN	11/12/50	42 remains M40	MOFFETT, DALTON	28/12/30	62 remains M60
RUSSELL, JOHN	12/12/32	60 becomes M60	SCHAEFER, GEORGE	28/12/32	60 becomes M60
HARWOOD, BARRY	14/12/41	51 remains M50	BROWN, DES	29/12/47	45 becomes M45
PENTON, KATHLEEN	15/12/41	51 remains W50	CROWTHER, DEREK	29/12/41	51 remains M50
MORRISSEY, BEVERLEY	16/12/46	46 remains W45	SLINGER, BARRIE	29/12/39	53 remains M50
BERRY, NORA	17/12/29	63 remains W60			



The Vetrunk



NO. 239 NOVEMBER 1992

WA VETERANS AC - REGD BY
AUSTRALIA POST PUBN 0370

CHRISTMAS GIFT RUN

DON'T forget December 20th!! Last year we had a great time, at least I did anyway, colourful jocks and limp horns etc. So let us continue with the tradition and take the opportunity to celebrate the arrival of the festive season together. Why not wear something 'Christmassy', be it a bow tie, socks or a Father Christmas beard. The club will provide mince pies with morning tea, so come along with your champagne or cordial and make it a fun day. Don't forget your gift for the tree and please don't spend more than \$5. See you at McCallum, Sandi, Race Director

VETS HONOUR DICK HORSLEY

MORE than 60 years service to athletics were honoured at this year's annual dinner and dance, when Dick Horsley took the number one spot once more. President Joan Pellier made a presentation on behalf of all the Vets, and took the opportunity to retell some of Dick's many achievements.

Dick chaired the very first Vets meeting, that established the club back in 1974. But since he made his first 'long-distance run' - "Well, at nine years old, a mile is a long distance" - Dick has been involved at every level.

Today he is still among the most active, and vigorous, of club members. (For more on that, and his past record, don't miss a special interview in the December Vetrunk.)

If you missed the presentation, you also missed another great 'Vets' social occasion, when Gloucester Park provided an excellent venue for a very lively party. Book now for next year!

RUNNING CAMP

Wellington Mills is the location for the long weekend, beginning of March 1993. Please contact committee and book early, as accommodation is limited.

RECORD 800M FOR DAVID CARR

A new Australian record for M60800m was set at 2m15.5secs by David Carr at Perry Lakes on November 14.

The previous mark was set in 1981, at 2:16.98, by John Gilmour and was then a world best. John has joined many other Vets in congratulating Dave on this tremendous achievement. Dave also holds the State M50 record (2:08.8 - 1983) and Australian M55 best (2:09.78 - 1987).

..new run...new run...new run...new run...new

West Coast Challenge

Sunday December 6 - starting at Floreat beach carpark
(Programmed date is WRONG!)

This is a new version of an old favourite. As a tribute to original director Bob Hayres, we have reverted to the way the race was originally run, with a mixture of road and beach.

Running distance is 8kms - with a 6kms road walk.

Runners can shed shoes, if they wish, once they reach the sand, and a marshall will collect them. However, in testing the course, we've found it quicker to wear light shoes, and keep them dry while seeking out the hardest sand.

Great facilities for after-race breakfast - tables, benches, sunshades - link the carpark and beach where we finish. We're also changing the weather this year, so although swimming is not compulsory, it will be good.

Maxine Santich

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T&F POINTS NIGHTS

Pointsoring events, two per night, begin on Wednesday, January 20 and finish on March 10.

From a total of 16 pointsoring performances, you select your best 10 for final Patron's Trophy eveluation.

NO scoring events are run on any other Wednesday night.

Conditions: cool, cloudy

EIGHTY runners and walkers took part in our event, despite the Port to Court the same day. Only two people were lost - perhaps they were watching the wild flowers instead of the flags?

Congratulations to all the age group winners, and thanks to our helpers - including Mary Robinson, Fred Hagger, Maureen Pomery, Brian Turner, Sheila Maslen, Joe Stickle and Barry Thomsett.

The sausage sizzle was much appreciated - thanks to Margaret Birks and Joan Pellier.

Ann and Shorty Turner

10K

M35	
Wayne Robinson	38:52
M40	
* John Ferris	37:42
Chris Gillard	39:34
Vance Mitsopolous	39:50
Warren Gee	40:08
John Brown	41:36
M45	
Vic Waters	42:54
Jim Barnes	43:21
Arnold Jenkins	51:52
M50	
Bob Schickert	38:06
Bob Harrison	38:33
John Pellier	43:23
Vince Carrero	44:32
Mitch Loly	51:11
Terry Foster	52:22
M55	
Mick Cousins	42:20
Ted Maslen	43:47
Ray Attwell	45:27
Aldo Giacomini	48:33
Morris Warren	50:34
Ivan Wiltshire	53:36
John Russell	58:28
M60	
Robin Bonner	43:53
Stan Lockwood	45:13
Brian Jones	48:28
Vic Beaumont	50:19
David Hough	56:16
M65	
Merv Moyle	47:51
Frank Usher	61:28
M70	
Duncan Strachan	58:44
W30	
Rebekah Healey	53:36
W35	
Brigitte Cheek	56:34
W45	
Jacqui Halberg	51:52
Sandi Hodge	56:33
Phyllis farrell	62:46
W50	
* Kate Penton	43:41
W55	
Margaret Warren	59:01
Esther Healey	62:25
W65	

Mount Eliza Run

October 11, 1992

June Strachan 62:46

5K

M40	
David Hall	27:20
M45	
Jim Greenfield	25:30
M50	
Bill Crellin	25:16
Keith Webster	27:23
Rob Farrell	32:37
M55	
Bob Sammells	23:11
M60	
Basil Worner	23:53
Ray Lawrence	27:07
Gordon Medcalf	32:53
Rob Shand	35:43
M65	
Garnet Morgan	25:30
Alan Tyson	27:17
Ernie Moyle	39:23
W35	
Nena Greenfield	25:29
W40	
Roma Bettles	24:56
Irene Ferris	26:01
W45	
Peggy Macliver	25:13
Jan Johnson	27:15
Jill Midolo	29:20
W50	
* Pauline Wiltshire	24:11
Joan Pellier	27:27
Lynn Schickert	36:44
Margaret Stone	36:44
W55	
Noela Medcalf	27:00
W60	
Lorna Lauchlan	29:18
Pat Carr	32:29

5K Walk

M45	
* John Mison	26:27
Peter Johnson	29:14
Barry Weatherburn	31:01
M50	
Rod Stewart	31:55
Bob Chalmers	32:34
M60	
Harry Vance	40:31
M75	
Dick Horsley	40:09
W45	
* Michelle Boyle	36:54
Tina Carrero	40:29
* First home	

The Way We Were

1984-85

by Joan Pellier

THIS year produced some of the club's best running.

Our ladies, having just missed the 24 hours relay record in 1983, came back and broke two world records. Also, the State Track and Field Championships were some of the 'hottest' ever.

Ladies over-35 team: Jill Chambers, Alicia Ansell, Cheryl Amies, Doreen Dow, Trish Spain, Joanne Collins, Marge Forden, Sandi Hodge, Joan Fletcher, Margaret Robinson; ran 353.437kms (219miles 1082 yards) in 24 hrs.

The over-40s: Joan Pellier, Joan Slinger, Val Pach, Enid Crowther, Lorna Lauchlan, Kate Penton, Eliza Watts, Dorothy Whittam, Mary Robinson, Marilyn Ackerman; ran 314.313kms (195 miles 536 yards).

Both records, we believe, still stand. On the track, the championships were held in record temperatures, reaching 38C.

Sunday afternoon duels between Frank Smith and Hank Stoffers decided the 5,000m in Hank's favour, with a time of 16mins 19secs; and Frank winning the 10,000m, by .6 secs, in 33mins 50secs. Another duel in the 200m brought Dalton Moffett's only 200 victory over David Carr. Dalton ran 27.8 secs; so did Basil Worner; Dave had 27.9.

Time Trials were well attended this year. Some sample performances:

1,500m - Ken Gilbert 4:17; Brian Danby 4:57; Basil Worner 4:58; John Bell 4:52; Brian Foley 4:39; Jill Chambers 4:59; Keith Forden 5:12.

Discus - Bob Fergie 27.02; Jan Fletcher 20.20.

200m - Dave Clive 26.1; Dave Carr 28.1; Dot Whittam 29.30; Marge Forden 33.94; Alan Stone 34.13; Val Prescott 30.00.

2000m Walk - Arnold Jenkins 12:05; Jeff Whittam 12:40; Jack Collins 14:29; Lorna Lauchlan 12:40; Val Tyson 14:04; Dick Horsley 12:22.

Bunbury Marathon; and half-marathon Jim Barnes 2:51.31; Frank McLinden 2:49.05 (PB); John Pellier 2:53.16 (PB); John Bell 2:58.33.

Half: John Gilmour 1:17.17 (World record)

Hank Stoffers 1:11.58; Jim Langford 1:12.54; Don Caplin 1:15.29; Jim Greenfield 1:26.11; Vic Beaumont 1:30.15; Rob Farrell 1:34.55; Duncan Strachan 1:35.08; Joan Pellier 1:39.50; Phyllis Farrell 1:42.44; Sandi Hodge 1:45.30.

continued...

OVER a hundred Vets and visitors gathered by the Canning River at Shelley to run the third Canning Caper in bright sunshine and a cool breeze that grew stronger as the morning progressed.

Faced with a possible conflict with the Triathlon Club over the use of the path eastward from the start our run was hastily rearranged westward as an out and back course with one lap for 6 km and two for 12 km. Even so it coincided with some of the other club's earlier events but with goodwill on both sides difficulties were largely avoided.

In the 6 km running event Kath Penton (W50) was first woman home in a very creditable 24.21 while Dave Roberts (M50) completed in 21.44. (visitor Mark Pressley 19.41) The 6 km walk was won by Dorothy Whittam (W55) and Peter Hill (M40).

The 12 km run was won by Kath Noordyk (W45) and Bob Schickert (M50) (Visitor Shane Power 42.19). Visitor Colin Woods completed the 12km walk in 1.22.30.

Despite the sudden change of route most members agreed that it was an enjoyable run and for those with the leisure to stay on the activities of the triathlon club proved to be a most interesting diversion.

The assistance of Kirt Johnson and Jaqui Billington on the timing, Barry Weatherburn handing out discs and Lynn Farrelly marshalling at the far end was very much appreciated as was the moving of equipment by Barry Thomsett. The Canning Caper has to be among our most scenic runs and members seemed keen to keep it on the calendar.

Brian & Allison Aldrich

6K

Dave Roberts	M50	21:44
John Ferris	M40	21:51
Robert Mair	M40	22:04
Vic Waters	M45	23:47
David Carr	M60	24:14
Kate Penton	W50	24:21
Mike Rhodes	M45	24:52
John Dartnell	M40	25:11
Arnold Jenkins	M45	25:35
Ron Hillis	M45	26:20
Basil Worner	M60	26:22
Brian Jones	M60	26:34

The Way We Were

concludes

Bridges Mill Point Run

Jim Langford 32:27; Frank Smith 32:59; Don Caplin 34:31; Tula Vaalste 41:40; Kath Noordyk 42:50; Joan Pellier 44:31.

In 1984-85 the club had 250 members. President was Barrie Slinger; and Treasurer Frank McLinden.

Canning Caper

November 7, 1992

Michael Anderson	M40	26:43
Jean-Marie Volet	M40	27:01
Keith Forden	M50	27:22
John Yates	M40	27:41
Beverley Morrisey	W45	28:04
Peggy Macliver	W45	28:12
Jacqui Halberg	W45	28:25
Stuart Parkinson	M40	29:40
Ron Sutton	M50	29:46
Alan Tyson	M65	31:01
Noela Medcalf	W55	31:05
Helen Lysaght	W40	31:07
Rebekah Healey	W30	31:11
Ray Lawrence	M60	31:13
Irene Ferris	W40	31:28
Joan Slinger	W50	31:54
Duncan Strachan	M70	32:00
Margaret Warren	W55	32:13
Joan Pellier	W50	32:25
Phyllis farrell	W45	32:33
Estelle Rogers	W35	32:53
Alan Chambers	M55	32:55
Esther Healey	W55	33:47
Rob Davis	M50	33:55
Rosa Davis	W45	34:02
Mary Robinson	W55	34:20
Gordon Medcalf	M60	34:32
Frank Usher	M65	35:01
Tina Carrero	W45	45:50

WALK - 6K

Peter Hill	M40	30:50
Peter Johnson	M45	33:26
Paul Martin	M50	34:44
Lorna Lauchlan	W60	35:45
Sheila Maslen	W50	36:00
Pat Carr	W60	38:45
Lynn Schickert	W50	39:29
Syd Bowler	M65	39:43
Gaby Ralph	W40	39:44
Dorothy Whittam	W55	40:27
Michelle Boyle	W45	41:24
Pauline Kelly	W45	41:35
Cathrin Holland	W35	45:55
Wendy Spencer	W45	45:57
Jacqui Beaumont	W555	45:59
Dick Horsley	M75	46:03
Christine Mair	W40	46:11

12K

Bob Schickert	M50	45:00
John Pressley	M45	45:44
Bob Harrison	M50	46:21
Vance Mitsopoulos	M40	46:25
Warren Gee	M40	46:28
Mick Cousins	M55	47:53
Jim Barnes	M45	49:09
Robin Bonner	M60	49:10
Brian Foley	M45	49:49
John Pellier	M50	50:05
Bob Sammells	M55	50:23

Vincente Carrero	M50	51:33
George Schaefer	M55	51:44
Ted Maslen	M55	52:18
Kath Noordyk	W45	52:28
Max Kelly	M45	53:01
Graham Thornton	M50	54:03
Jill Chambers	W40	54:18
Marge Forden	W50	54:52
Aldo Giacomini	M55	55:34
Ron Potter	M50	55:57
Barrie Slinger	M50	55:57
Merv Moyle	M65	56:47
Rob Boggs	M50	57:02
Jeff Spencer	M50	57:17
Mitch Loly	M50	57:31
Ann Turner	W55	60:28
John Russell	M55	62:00
David Hough	M60	62:58
Morris Warren	M55	62:58

PAUL AND THE POLE VAULT

Most of us could not pole vault any height. How good is Paul Woo. We know he is jumping higher than Bubka in Montreal, but saying that is rather unfair to Bubka. Improvements in equipment, technique and training methods have lifted this event far beyond the dreams of our youth, when four metres was a good A grade performance. At the world veterans championships in Melbourne, ten men jumped over four metres: no Australian went close. The Australian M35 record is 4.05 metres. Paul is improving rapidly. Training, gym, coaching and minimizing injuries; that seems to be his formula.

AAVA VETS

17.10.92

W55 D WHITTAM HAMMER	23.22
W55 D WHITTAM 3000W	19:32
W40 ASHAW 800	2:24.3
W40 ASHAW 100	15.1
M45 K MARTIN T/JUMP	11.19
M45 K MARTIN H/JUMP	1.36
M45 B FOLEY 1500	4:47
M40 J FERRIS 1500	4:59
M40 D McCauley 800	2:10.1
M40 D McCauley 1500	4:35.1
M35 P WOO P/VAULT	3.60

25.10.92

M55 N RICHARDS 200	2.2
M60 D CARR 00	28.9
M45 K MARTIN LJ	4.89
M45 K MARTIN 200	7.6
W40 JAN MAIN 200	32.2
M35 P WOO PJ	3.75*
M35 P WOO DISC 2KG	27.06

*STATE RECORD
*Paul has broken the state record at each of his three outings this season. He aims to jump 4.00 metres and has the determination to do just that.

Lake Joondalup

October 25, 1992

Conditions: fine

WEATHER was sunny with a bit of cloud for humidity, but Neil Hawkins Park is well sheltered. It's great for running. Eighty-eight people took part. Good to see Bob Harrison making best time over the longer distance, he is such a consistent competitor; and Marge Forden first lady in the 9.2k. Congratulations also to THE Don Caplin, and our in-form lady Kath Penton in the shorter run; and Margaret Stone and John Mison who led the walkers.

No event could take place without the volunteer helpers and this event was very well served by Pauline and Ivan Wiltshire, Wally Crowley, Fred Hagger, course markers Keith Forden and Morris Warren - many thanks. Extra thanks also, to Kirt Johnson, great helper and equipment carrier. An added extra to our BBQ were the salads made by Bob Harrison (more than just a fast runner!) There was a great variety of them, and from the way they disappeared, everyone appreciated the effort. We had a few junior visitors, a basketball team trained by one of our newer members, Bruno Larini.

Margaret Warren

Welcome back Margaret Birks. After intensive training pushing the trolley, she ran the 5k very well, and reported that 'everything hurt, but the foot'. Ed.

RESULTS (BY AGE GROUP)

5k

W35	
Nena Greenfield	25:43
W40	
Maxine Santich	20:59
Irene Ferris	27:03
W45	
Jan Johnson	25:10
Margaret Birks	25:42
Jacqui Billington	31:38
W50	
* Kate Penton	20:38
W. Clements	25:54
Joan Pellier	26:25
Joan Slinger	28:10
W55	
Margaret Robinson	29:08
Esther Healey	29:14
M40	
M. Anderson	23:11
J. Yates	23:25
M45	
Vic Waters	19:37
M50	
* Don Caplin	19:14
Rod Stewart	22:27
Bill Crellin	24:57
Keith Forden	25:03
Rob Davis	29:28

Rob Farrell	32:41
M60	
Basil Worner	22:57
Ray Lawrence	22:52
M65	
Frank Usher	29:45
M70	
Joe Brennan	28:33
9.2K	
W35	
Brigitte Cheek	59:04
W40	
Carol Broderick	44:59
W45	
Jacqui Halberg	48:56
Sandi Hodge	55:11
Phyllis Farrell	67:54
W50	
* Marge Forden	43:32
Pat Miller	54:21
M35	
Ian Colquhoun	36:21
Bruno Larini	43:22
M40	
John Ferris	36:01
R. Henderson	36:40
Warren Gee	37:02
C. Watts	40:12
Peter Hill	40:19
M45	
Dave Scott	37:03
Brian Foley	40:01
Alan Croxford	41:28
Ken Brownlie	44:14
Arnold Jenkins	44:25
Brian Hardy	47:19
Ron Hillis	47:55
M50	
* Bob Harrison	35:50
Joe Stickle	41:01
John Pellier	42:14
Ron Potter	44:42
Mitch Loly	45:38
Barrie Slinger	45:47
M55	
Bob Sammells	41:10
Morris Warren	53:34
M60	
Robin Bonner	41:40
B. Jones	47:59
Norm Miller	54:21
Dave Hough	65:14
M65	
Merv Moyle	44:51
5K WALK	
W45	
Michele Boyle	36:34
Toni Frank	38:11
W50	
* Margaret Stone	34:48
S. Lekias	38:12
Val Bonner	49:10
W55	
Dorothy Whittam	37:39
M45	
* John Mison	21:45
Peter Johnson	29:52
M50	
Barry Thomsett	53:20
M55	
Jeff Whittam	52:36
M60	
Alan Stone	41:56
M75	
Dick Horsley	41:56
* First home	

Track and Field Trials

Coker - 21.10.92

100 METRES

M40 JOHN WALKER	13.2
M40 JOHN STONE	13.6
M50 JOHN PELLIER	15.3
M60 DAVID CARR	14.2&13.8
W55 DOROTHY WHITTAM	15.7
M50 JIM RIDDELL	15.8&15.7
W45 JACKIE HALBERG	17.1
M50 MITCH LOLY	18.3
W45 JANET JOHNSON	14.9

3000 WALK

W45 LESLIE ROMEO	17:46
W45 JO STONE	19:56
M50 MITCH LOLY	21:21

800 METRES

M60 DAVID CARR	2:25
M45 GARY LYNN	2:30
M45 JOHN PRESSLEY	2:41
M60 ROBIN BONNER	2:43
M50 JOHN PELLIER	2:45
W50 KATH PENTON	2:45
W45 JANET JOHNSON	3:01
M50 MITCH LOLY	3:07

3000 METRES

M40 JOHN WALKER	11:17
M45 VIC WATERS	11:24
M45 JOHN PRESSLEY	11:36
M60 ROBIN BONNER	11:39
M50 JOHN PELLIER	11:47
M60 BASIL WORNOR	12:52
M50 MERV JONES	13:26
M45 JACKIE HALBERG	13:30
M50 MITCH LOLY	13:47
W50 JOAN PELLIER	14:44

TRIPLE JUMP

W55 DOROTHY WHITTAM	8.04
M60 DAVID CARR	7.76
W45 JANET JOHNSON	8.94

HAMMER

M60 DAVID CARR	17.23M
M65 ALLEN TYSON	16.82M
W55 DOROTHY WHITTAM	24.12

JAVELIN

W55 DOROTHY WHITTAM	17.14
W60 PAT CARR	15.64
M60 DAVID CARR	2.90

McGILLIVRAY
28.10.92

3000 METRES

M40 JOHN FERRIS	10:25
M40 DAVID REID	11:00
M40 JOHN WALKER	11:36
M45 DAVID SCOTT	10:27
M45 BOB ARGYLE	10:29
M45 DAVID ASHTON	10:40
M45 JOHN PRESSLEY	11:29
M45 VIC WATERS	11:56
M50 DON CAPLIN	11:11
M50 KEITH FORDEN	12:59
M50 MERV JONES	13:22

Lorna Lauchlan
MCSP

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Masterful
Steve!

Postcard from the Masters games in Alice Springs last month, courtesy of Steve Kilburn, is our only insight into this well-kept secret meet! Still no official results received, but according to Steve WA had amassed 18 gold medals (Oct 24). His own results - 200m silver, 25:1; 400m bronze, 58:4; 800m bronze; mile bronze, 5:13; and (light relief, he says) tennis singles, silver!

BUNBURY Vet Brian Kennedy is aiming to take the 24hrs M60 record from Cliff Young next year. According to the Leschenault Reporter's Steve Butler, Brian will make the record attempt in Adelaide at the end of 1993. Cliff Young's mark stands at 236 kms in 24 hours.

NEW MEMBERS

Welcome to
Michael Anderson M40
Brian Bennett M45
Marge Ward W50
Dave Bishop M35
Lynn Harrop W35
Alan Chambers M55
Jill Chambers W40
Kate Coyne W65
Greg Doucas M35
Geoff Mullins M45
Lauri Nevin W50
John Yeates M40
Nicholai Knappe W30
Joan Merrifield W30
Ralph Henderson M40

Notice Board

NEW YEAR'S EVE
PARTY

All are welcome at Sue and Brian Danby's annual rave around the graveyard.
Location: Pinnaroo Valley Memorial Park.
Time: 8pm onwards.
Bring: a plate, etc.
Call: 401 4956 for more details.

ALL VETS WELCOME!

MISSED
RUNNERS

Leon Sanders completed the 50K Road Race Challenge, but was missed from the final listings. Apologies, Leon.

We also managed to overlook the excellent performances of Ron Potter, and Garnet Morgan in the year's City to Surf. It's especially tough, as they both exceeded expectations.

As explained previously, we can't guarantee to mention members' performances in non-club events, but we do try.

ELIMINATE
POLYSTYRENE

We're still trying to do our bit for the environment, by doing away with hot drinks cups for Sunday mornings.
Please, bring your own mug for tea and coffee.

THEY'RE TAKING
OVER, LADS!

The odds on being defeated by a female are growing all the time. At the last count, WAVAC had 145 women members.

And before the MCP's start complaining, just consider how quickly the Vets would grind to a halt without them. There's no doubt that the club's ladies undertake far more than their share of the administration. Here's to them all!

(Now, would they all please stop overtaking me and John Pellier?)

The Vetrunk

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

Patron: W.J. (Bill) Hughes

President: Joan Pellier
459 7782
Secretary: Brian Foley
339 2716
Treasurer: Bill Crellin
448 2924

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

Phone: 341 3464 (H)
Fax: 388 1510

DEADLINE:
for next issue - December 11

CHRISTMAS
GREETINGS!

Use this form to send your greeting to club members.

Post to the editor - 47 Sulman Road, Wembley Downs 6019 - by December 11, and your message will appear in the pre-Christmas issue.

Keep it clean (ish). Charge is \$5, which you can post, or hand to Vic, or Bill Crellin.

MESSAGE _____

YOUR NAME: _____

AUSTRALIA has the highest incidence of skin cancer in the world, with two out of three Australians developing a skin cancer in their lifetime. Although these statistics are tragic, skin cancer can be prevented, and if detected early it has a 99% cure rate.

Although the risk of sunburn is highest during the summer months, ultraviolet radiation (WR) is present in the sun's rays every day, so this means that you can burn year round with extended outdoor activity. Skin cancer is caused by accumulated exposure to UVR, so people whose main recreational pursuits take place outdoors are increasing their personal risk, especially for the common skin cancers.

Spot the Difference

National Skin Cancer Awareness Week, November 22nd to 28th, 1992, will this year be focusing on early detection of skin cancer, with a particular emphasis on encouraging awareness amongst older adults.

Everyone should keep an eye on their skin. To increase public knowledge of what early skin cancers look like, the State Cancer Councils have issued the following advice:

What to look for

An individual should see a doctor if he or she notices a spot that is different from the other spots around it, a spot that is new or has changed in colour, size or shape.

Contrary to popular belief, skin cancer is rarely painful and it is not necessarily ugly and early melanoma, the most dangerous form of skin cancer, is flat.

The most common types of skin cancer are Basal Cell Carcinoma and Squamous Cell Carcinoma. They occur on the areas of skin most often exposed, such as the face and hands, and are commonly found on individuals aged over 40.

Basal Cell Carcinoma (BCC): It appears as a lump or red, scaling area. It is red, pale or pearly in colour.

* As it grows it may become ulcerated - like an unhealing sore - or one that heals then breaks down again.

* It grows slowly over months or years and appears on the head, neck and upper body.

Squamous Cell Carcinoma (SCC) A thickened red, scaly spot. Later it may bleed easily or ulcerate.

* It appears on sites most often exposed to the sun.

* It grows over some months.

Solar Keratoses (Sun Spots) are not a skin cancer but a warning that you are prone to skin cancer.

* They are characterised by red,

flattish scaling areas which may sting if scratched. They appear to come and go of their own accord on sun-exposed areas of skin.

* Most common in the 40+ age group.

Unfortunately a high percentage of the population cannot recognize an early melanoma - the most dangerous skin cancer. Our research shows that almost everyone has heard of melanoma and knows it can be lethal, but they don't know what to look for.

Melanoma is the most dangerous form of skin cancer. It appears as a new spot, or an existing freckle or mole that changes colour, shape or size over a period of weeks or months.

Most dangerous

* It will usually have an irregular or smudgy outline and more than one colour. (It looks like an ink stain in the skin.)

* Early melanomas are not usually ugly, raised and painful.

* Most early melanomas look like a flat, coloured spot.

* Most early melanomas look different to other spots in the surrounding skin. They are flat and often dark in colour, or a variety of colours including light brown, red and white.

* Early melanomas can appear anywhere on the body.

* Melanomas occur in all age groups but are more common in older people.

* If untreated, cancer cells can spread to other parts of the body, however, early detection leads to cure in 95 per cent of cases.

So don't wait until that spot on your skin becomes a spot of bother, consult your doctor as soon as you spot the difference.

Of course, prevention is better than cure, so make sure to protect your skin when you are out in the sun. Wear a hat and clothing that covers trunk and limbs, use 15+ sunscreen and where possible, stay in the shade especially between 11 and 3.

For further information contact your State Cancer Council.

all about WELLNESS

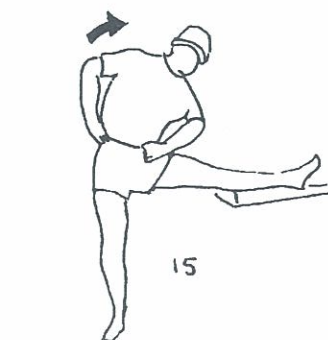
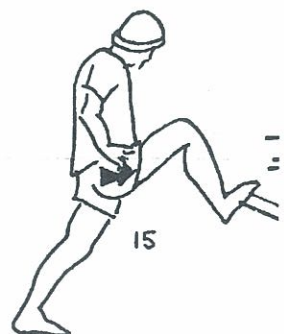
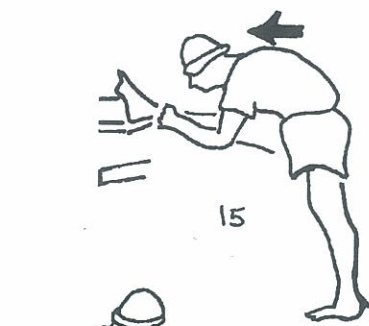


YOU'VE HEARD IT ALL BEFORE BUT.....

STRETCHING keeps the muscles flexible, prepares the body for movement and helps make the transition from inactivity to activity without strain. It is especially important for runners as this activity promotes tightness and inflexibility. Stretching before and after a run will help prevent injury and make you more flexible.

Illustrated are some of the better known leg stretches and are held for 15 seconds.

More next month.
LORNA LAUHLAN M.C.S.



M50 MITCH LOLY	13:39
M55 STEVE BARRIE	10:44
M55 MICK COUSINS	11:52
M60 ROBIN BONNER	11:57
M60 BRIAN PAXMAN	13:1Z
M60 ALLEN TYSON	14:25
W40 MAXINE SANTICH	11:36
W45 TONY FRANK	20:14
W50 KATH PENTON	11:5B
W50 MARGE FORDEN	12:57
ALAN CHAMBERS	15:18

400 METRES	
M40 JOHN STONE	66.6
M45 KEITH MARTIN	58.5
M45 JOHN PRESSLEY	72.4
M45 VIC WATERS	64.2
M45 GARY LYNN	65.3
M50 PETER GARE	62.6
M50 MITCH LOLY	85.0
M55 NORM RICHARDS	69.5
M55 BOB SIMPSON	78.4
M60 DAVID CARR	60.6
M60 BRIAN PAXMAN	71.0
M60 ROBIN BONNER	72.9
M60 MICK COUSINS	66.0
W40 ANNE STINGEMORE	68.4
W45 JANET JOHNSON	70.6
W. KOPPE(GERMANY)	84.5

DISCUS (Metres)	
M45 FRANCIS LEONG	31.86
M50 ROD STEWART	24.42
M50 PETER GARE	29.74
M50 ED CARROLL	34.96
M50 ROSS CALNAN	23.36
M55 JEFF WHITTAM	18.82
M60 ROB SHAND	27.98
M60 DAVID CARR	17.34
M65 ALLEN TYSON	20.32
M65 JIM MCMILLAN	27.28
M75 DICK HORSLEY	16.96

Coker - 4.11.92

Jill and Alan Chambers are back after a stay in England. Jill was an outstanding 1500 metre runner a few years ago and will be anxious to regain that form.

Kevin (Sam) Barry is road runner well respected in W.A. and capable of shaking up our track runners. We are getting good help from athletes and families, particularly Val Bonner. A few minutes timekeeping or measuring by each person makes the programme run smoothly.

5000 METRES	
M40 DUNCAN MCCAULEY	18:15
M40 DAVID REID	19:50
M45 JOHN PRESSLEY	19:08
M45 JIM BARNES	19:48
M50 KEVIN BARRY	18:32
M50 JOHN PELLIER	19:53
M50 MITCH LOLY	22:34
M50 KEITH FORDEN	22:40
M50 MERV JONES	23:23
M50 JOAN PELLIER	25:52
M55 ALAN CHAMBERS	27:20
M55 MIKE COUSINS	18:44
M60 ROBIN BONNER	20:24
M60 BRIAN PAXMAN	21:34

Road Walk Championships - 1992

	31.5.92	28.6.92	2.8.92	6.9.92	53.6K
P. Hill M40	15K	10K	7.5K	21.1K	53.6K
B. Thomsett M50	1.19:34	56:25	41:37	1.54:28	4.52:04
M. Loly M50	1.39:36	1.08:27	50:14	2.30:05	6.08:22
B. Fergie M55	1.55:55	1.16:01	55:27	2.51:02	6.58:55
J. Whittam M55	1.52:03	1.16:01	55:57	2.37:40	6.41:41
D. Whittam W55	1.52:03	1.16:01	55:57	2.41:26	6.45:27
M. Stone W45	1.43:38	1.08:37	51:47	2.33:01	6.17:03
E. Moyle M65	1.51:31	1.06:47	48:52	-	-
D. Horsley M75	-	1.23:25	57:51	3.04:57	-
J. Beaumont W55	1.58:50	1.19:18	1.00:10	-	-
J. Hill W40	2.06:48	-	57:14	-	-
D. James M35	-	1.24:09	1.01:28	-	-
J. Collins M80	-	1.24:14	-	2.38:20	-
J. Mison M45	-	-	1.05:48	3.04:57	-
M. Boyle W45	1.22:52	-	-	-	-
J. Hillis W45	1.47:18	-	-	-	-
J. Stone W45	-	1.16:04	-	-	-
C. Hood W50	-	-	-	3.04:57	-
V. Tyson W70	-	-	1.05:49	-	-
A. Loly W30	-	1.18:54	-	-	-
B. Hughes M60	-	-	1.06:01	-	-
A. Stone M60	1.53:00	-	-	-	-
	-	-	1.00:11	-	-

It was pleasing to note that 20 walkers took some part in the championships, but a little disappointing that only six completed all four races. It is realised that there would be lots of reasons why some could not compete in all the events, but hope for a fuller field next year.

Dick Horsley

M65 ALLEN TYSON	24:06	W45 ERICA MERCER	5.73
W50 MARGE FORDEN	22:27	2000 METRE WALK	
200 METRES		M40 PETER HILL	10:02
M40 DUNCAN MCCAULEY	25.8	M50 MITCH LOLY	14.10
M40 JOHN STONE	27.9	M55 JEFF WHITTAM	13.55
M40 JOHN WALKER	27.2	W45 LESLIE ROMEO	11:14
M45 JOHN PRESSLEY	32.5	W45 TONI FRANK	11.66
M45 WALLY GROOM	25.7	W60 RAE MCMILLAN	17.04
M60 DAVID CARR	27.6	W60 PAT CARR	13.42
M65 ALLEN TYSON	31.5		
W45 JANET JOHNSON	29.9		
W60 PAT CARR	37.0		

DRUGS HOTLINE

The Australian Sports Drugs Agency has established a 'Hotline' - 008 02 05 06 - to deal with queries over which drugs are banned in sport.

Vets may already be aware that drug testing is likely to be used at next year's world games, so this may be a good time to check out your bag.

Typical questions to the hotline are 'Which asthma medications contain banned substances?' and 'Is it OK to take Sudafed out of competition?'

Vets will have their own thoughts.

Personally, I believe many are hooked on the steroid content of muesli and milk. This is consumed in vast quantities on Sunday mornings, in ritual fashion. The addicts always form mystical circles, and it's notable that the ritual cannot begin until everyone has a nylon, collapsible, chair.