



The Vetrun



No. 193 . OCTOBER 1988

W.A. VETERANS' A.C.

"Registered by Australia Post Publication No WBH 0370."

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DEFEAT MAY TEST YOU, IT NEED NOT STOP YOU

PRESIDENTS CORNER.

It is with deep regret that I must announce the death of Mike O'Neill, our National Secretary. Mike passed away in Melbourne after a short illness.

My heartfelt sympathy goes out to his family. May he rest in peace.

1. **QUIZ NIGHT.** 7pm 14th October 88. Rugby Club Rooms. Perry Lakes. This is your last opportunity to get tickets for this night. See your committee members for tickets. Prize donations to Marg or Jackie as soon as possible.
2. **ANNUAL DINNER.** 7.30pm Friday 25th November 88. at Nedlands Yacht Club. Esplanade, Dalkeath. This should be a great night. A delicious smorgasbord, FREE drinks till 10.30pm and music from City Sound Disco. Chris Brockwell is looking after the catering so you can be assured of a hearty meal. Details later in the newsletter.
3. **A.A.W.A. STATE MARATHON.** Six of our long distance runners faced a fierce headwind and extremely hot conditions at Hearne Hill on the 18th September to compete in this marathon. Chris Brockwell ran a good 2.42.30 to finish in second place. Others to complete the journey were:- Frank McLinden 3.12.44; Barrie Robinson 3.31.14; John Pellier 3.27.13; Jim Greenfield 3.37.31; and Morris Warren 3.41.34. Well done all of you.
4. **BACK FROM OVERSEAS.** Peg and Rob McLiver after a nice holiday in the U.S.A.; Brian Danby and his new wife Sue after being married in the U.K.; June and Duncan Strachan; Ernie and Myra Moyle from an Asian holiday; That intrepid traveller Barrie Slinger, from France, yet again; Brian and Alison Aldrich from England; Rob and Rosa Davis from Africa; Jim Barnes also flew in from England, Jim competed in three marathons in 4 weeks while away - Reykjavik in 2.59, New Forest, Hampshire 2.59 and Hull to Grimsby in 3.00.08. No wonder he looks tired. Incidentally Brian Aldrich also travelled to Reykjavik to run with Jim, Brian ran the $\frac{1}{2}$ marathon in a creditable 1.35. (don't forget to let me have a report. Ed)
5. **OFF ON HOLIDAY.** Ted and Clare Costello to Tassie and Maurice and Rose Johnston to the North West.
6. **CLUB TENT.** We are now in possession of a tent which will be invaluable during inclement weather. I am deeply indebted to Dick Horsley for donating this tent to the club. We will put it to good use.

COMMITTEE MEETING.

Northern District are holding a Multi-Event Competition, at Woodchester Reserve, Nollamara (off Morley Drive) for A.A.W.A. registered Athletes. On Sunday 2nd October starting at 9am. The events are:-

For SPRINTERS 100m - 200m - 400m (All events to be contested
For MID DISTANCE 400m - 800m - 1500m in each category)

Entry fee is \$2.00 for each category and medals will be awarded to place-getters.

A. All Schools Track and Field Championships. Saturday & Sunday Nov. 5 -6 88. If you can give a hand officiating on either or both of these days would you please ring Brian Foley on 339 2716 as soon as possible.

Donnelly River Weekend. All the places have been taken and the weekend is a sellout.

WIZ NIGHT. 14th October 1988. HAVE YOU GOT YOUR TICKETS YET??? This should be a very good night out and proceeds go to Club funds and also help to keep membership fees down. If you have a prize that would like to donate please contact either Margery Forden or Jackie Greenfield.

Congratulations to Bert Carse on his fourth place overall in the Police Fun run and on being named Police Sports Star of the Year.

Ike and Nora Berry have just dropped us a line from Outback Queensland where they have just spent 11 days backpacking through the tropical rain forests and after that it was a case of "anything for a bath", so off to the Great Barrier Reef for a spot of snorkelling and submarining to view the reefs.

ENDED. TRACK & FIELD TIME TRIALS - 1988/89

		POINTS	COMPETITION			WALK		CO-ORDINATOR	
October 6	Coker Park				100	3k	3k	T. Jump	B. Foley
2nd Nov. 13	M ^c Gillivray				400	5k	2k	Javelin	J Whittam
20	C.P.				200	mile	5k	shot	K. Forden
27	M ^c G	100	800	Discus		10k	5k		D CARR.
Nov. 3	C.P.		3k	Hammer	200		1500	L. Jump	L. Butcher
10	M ^c G	200	2k walk	Jav.	800				
17	C.P.		5k	shot	400		2k		
24	M ^c G		1500	T. Jump.	100		3k		
Dec. 1	C.P.	400	1500 walk	L. Jump		3k			COORDINATORS WILL BE PUBLISHED EACH MONTH IN THE NEWS- LETTER
8	M ^c G		10k		200		2k	Discus	
15	C.P.				100	800, 3k	2k	Javelin	
Jan. 5	M ^c Gillivray				400	10k	5k	shot	
12	C.P.	100	800	Hammer		5k	5k		
19	M ^c G		3k	Discus	200		1500	LJ	
26	C.P.	200	2k walk	Jav.		1500			
Feb. 2	M ^c G		5k	shot	400		3k		
9	C.P.		1500	T. Jump	100		3k		
16	M ^c G	400	1500 walk	L. Jump			3k		
23	C.P.		10k		100		5k	Discus	
March 2	M ^c G				200	mile	5k	Javelin	
9	C.P.				100	800 3k	3k	shot	
16	M ^c G				400	5k	3k	Discus	

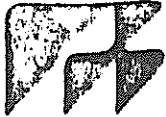
ANNUAL CLUB DINNER.

The Annual Club Dinner will be held this year at the Nedlands Yacht Club, Esplanade, Dalkeith. At 7.30pm Friday November 25th 1988. Pre-dinner drinks will be served at 7.30pm.

A delightful smorgasbord meal, prepared by HUNTSBURY CATERING SERVICES will start at 8pm. All drinks beer, wine and soft drinks are included from 7.30pm until 11pm. Dance to the music of Mark Thornton from City Sound Disco.

THE ALL INCLUSIVE PRICE IS \$22.00 EACH.

Tickets will be available shortly from your committee members.



HUNTSBURY CATERING SERVICES

(A DIVISION OF SHRM (AUSTRALIA) PTY LTD)

DINNER MENU

Roast Leg of Lamb with Black Cherry & Mint Stuffing

Scallopini with Cream and Mustard Sauce

Schnapper Portugaise

Rice

Honey Glazed Ham Carved at the Table

Chicken Coronation

Italian and French Breads

Garden Salad

Texan Potato Salad

Watermelon, Onion and Mint

Tomato, Onion and Cucumber

Fresh Fruit Salad
Selection of Gateau

Coffee

Planning a Function?

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322 4847

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WOMEN RUNNING

by Francine St. George

Tradition would have us believe that women are the "weaker" sex. Many of the myths associated with women and their participation in sporting activities have contributed to this characterisation. They are based on the anatomical and physiological differences between men and women or, what may be called, our biological destiny.

Research shows, however, that the cellular mechanisms for controlling most physiological and biomechanical responses to exercise are the same for both sexes. Although differences do exist, as sporting records indicate, these are often differences in magnitude rather than mechanism.

Comparisons of male and female sporting performances show a dramatic improvement in women's times, especially during the last two decades. This is particularly evident in endurance events, such as the marathon and ultramarathon.

Current physiological knowledge postulates several reasons for this: 1) The two major factors that cause fatigue and impair performance during exercise are water and electrolyte loss in sweat and depletion of glycogen. Women generally experience lower evaporative heat losses than do men when exposed to the same thermal stress. Providing thermal equilibrium can be maintained, however, this may in fact be an advantage to the female in reducing body water loss. Men are often claimed to be prolific wasteful sweaters, while women are able to adjust their sweat rate more precisely to the level required for heat dissipation.

Since women have a higher skin and core body temperature as well as a higher heat rate than men, it has previously been thought that women have a lower heat tolerance than males. However, this reasoning does not account for the degree to which this difference in response to heat stress can be attributed to cardiovascular fitness. Cardiorespiratory fitness, as measured by maximum oxygen uptake, is an important functional capacity as regards a person's ability to respond adequately to thermal stress. More specifically, women trained in long distance running have been reported to be more tolerant of heat



stress than non-athletic women matched for age and body surface area.

Even in the well trained female athlete there is still this factor of sweating to be considered. When one recognises the relative body sizes of men and women, it can be seen why men are considered to be wasteful sweaters. The average adult female is eight to 10 centimetres shorter and 11 to 14 kilograms lighter in total body weight. Therefore, they generally have a smaller surface from which to lose excessive fluid.

This is to the male disadvantage because with fluid loss one gets a decrease in blood volume and this in turn can lead to a decreased stroke volume, or amount of blood pumped with each stroke of the heart, an increased heart rate, a cardiovascular drift and an increase in osmolality.

Overall, it would seem that there are both advantages and disadvantages associated with reduced sweating. On the negative side, there is less gradient between the internal temperature and the skin, so heat is held in. Also, with the inhibition of evaporation, there is an inhibition of the mechanism for cooling in a female.

On the positive side, because of their decreased fluid loss, females are better able to maintain their blood volume. Hence, they can minimise their loss of sodium, which is thought to be an impor-

tant non-thermal controller of temperature, and maintain osmolality with endurance work more efficiently than males.

2) The next important factor is the physiological difference between men and women in fat level and muscle mass. The average female is 23 per cent muscle, by weight, versus 40 per cent for the average male. Conversely, women have more fat than men - 25 per cent versus 15 per cent for untrained women and men, and 15 to 20 per cent versus five to 19 per cent for trained runners.

Dr. Van Aaken (1972), the German promoter of women's distance running, claims that all the glycogen that can be stored by the body will only last 30 kilometres at most when running. Glycogen depletion is often given as the reason for "hitting the wall" in a marathon. Yet it has been noted that this unpleasant phenomenon is far more common among men than women. One explanation given for this is purely psychological - generally women tend to run more for enjoyment rather than to "prove" themselves.

There is considerable controversy surrounding this "fat" issue. Physiologists now claim that fat is not utilised in the marathon unless the runner is working at less than 70 per cent of his or her maximum oxygen uptake. Current data indicates that for a female to complete a

marathon in less than two hours 15 minutes, she must be utilising at least 55 millilitres of oxygen for each kilogram of weight each minute. This means she would be working at approximately 85 per cent of her maximum potential or anaerobic threshold for the entire distance. This is a feat considered both physiologically and psychologically impossible at the present time! That is why in events longer than the marathon, such as the 50 mile and 24 hour events, it is thought that women stand a greater chance of matching or even beating the male records. In these events they can call upon fat reserves to use as fuel. Also, it has been suggested that women may be better able to utilise their fat stores than men.

The fat in this instance does not mean the fat acquired from overeating. This is often referred to as "dead weight" that a person carries about.

Much of the fat stored by trained long

distance runners is highly active metabolically - this is what serves as a superior fuel in endurance performers. Adipose tissue has a much higher energy yield per gram than glycogen or the normal fuel burnt.

It has been speculated that women not only contain more fat or fuel, but they may be able to utilise it more efficiently. It is possible their support enzyme systems are more geared to oxidise or burn fat.

3) A final factor that requires mentioning briefly is that of biomechanical differences between males and females. Females generally have a wider pelvis than males resulting in greater hip angulation and somewhat decreased mechanical efficiency during running.

In conclusion, physiological research tends to indicate that, despite her higher fat reserves and her ability to maintain body fluid and associated essential electrolytes, the female will have

difficulty in equalling or surpassing men's times for the marathon distance in the foreseeable future.

However, in distances longer than the marathon, where an athlete would be operating at a lower oxygen uptake level, the female's fat reserves would be a decided advantage.

There are in fact differences between the sexes in maximum oxygen uptake as was mentioned previously. Current data indicates that males have a maximum oxygen uptake of 69 to 75 millilitres per kilogram per minute, whereas females rarely have one above 60. For a female to complete the marathon in less than two hours 15 minutes she must be utilising 55 millilitres per kilogram per minute, and therefore, she is working at approximately 90 per cent of her anaerobic threshold!

NATIONALS 89 NEWS UPDATE #5

Not many items for you this month but at least you will know that progress is still being made.

Sponsorship. Alcoa have agreed to support the Club in its staging of the Championships. Sponsors normally provide cash but Alcoa have taken a different approach.

Reference was made in the last Vetrun to the Championships Dinner at the Rugby Rooms. Alcoa will be supplying the marquee that will be used during this function. This will save the Club a considerable sum and is a most practical form of sponsorship. Thank you, Alcoa.

Westwools Carpets, the R I Bank and Alcoa are now sponsoring us but there are opportunities for others. Sponsorship of individual events would provide useful funds for the Club and these would carry the sponsors' names. How about "Sid's Sports W50 1500m"?

Suggested sponsorship is \$25 per event, with the sponsor presenting the medals on the day. Go to it, folks.

Bumper stickers. Westwools Carpets are helping us. It's now our turn to help them.

Committee members have supplies of bumper stickers advertising the Championships. Please obtain one and do your bit to "show the flag".

PENFOLDS VETERANS MILE

KALGOORLIE, WA

AUGUST 31, 1988

A One Mile footrace along Hannan Street, Kalgoorlie was inaugurated in 1982. It was called the Golden Mile and carried a prize of a gold nugget for the winner. The race became an annual event as part of the Kalgoorlie round of horse-racing and has always attracted strong fields. However, this year's race was for a nugget worth \$3,000 and there was the added incentive of \$10,000 for a sub-four minute time.

1988 saw, for the first time, supporting races over the same course for Ladies, Celebrities and Veterans. Accommodation and assistance with travel was offered for ten members of the WAVAC and seven found the time to make the 1200 kilometres round trip from Perth.

The course was from the first to the last pub on Hannan Street. It was dead straight with a steady, even gradient that had the finish 22.4 metres higher than the start. That was our first surprise. More were to come.

The race went according to form and we enjoyed vocal support from the spectators lining the street. Bert Carse (M45) won in the excellent time of 4m 46s. He was followed by Don Caplin (M45), Maurice Smith (M50), Davis Carr (M55), Morris Creagh (Kalgoorlie), Bob Sammells (M50), Rod Stewart (M45), Lindsay Murray (Kalgoorlie) and Pat Carr (W55). Maxine Santich (W35) ran in the Boulder Block Tavern Ladies Mile, won by Sue Malaxos, and was the second local lady to finish.

Surprise number two - investments. Bookies had taken bets on the runners. Being ethical, none of us had taken advantage of our expert knowledge.

Surprise number three - prizes. Winner: \$300 gold nugget, 2nd: weekend for two at a Hilton hotel, 3rd: magnum of Penfolds champagne. The first local veteran also won a gold nugget (\$250) and all place-getters and both local runners also received Penfold magnums.

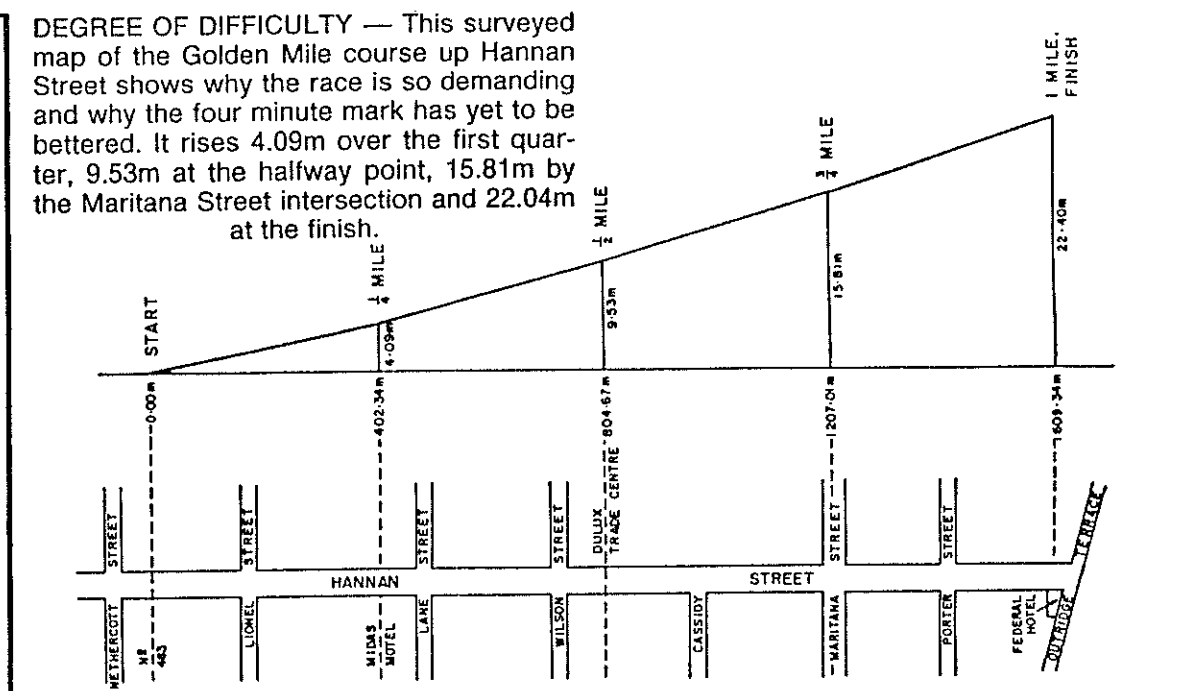
Surprise number four - autographs. We were kept busy signing autographs for primary school children alongside Kim Hughes (2nd Celebrity Mile), who thought he would stick to cricket.

Surprise number five - champagne breakfast with the sponsors, officials, and other competitors. Was all this really happening to veteran athletes?

The media attention was terrific. The Kalgoorlie Miner had articles and pictures on three successive days; front page coverage, too! The races were broadcast live on a local radio station and of course filmed for TV, although the Veterans race was not shown.

Geoff Harris of the Goldfields Harriers had taken the initiative for the veterans race and was delighted with the Club's support and the local interest shown in it. He planned a similar race next year.

March 31, 1988 was a "red letter" day for veterans athletics in Western Australia. Let us hope that Kalgoorlie was a precursor of things to come.



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

Paula C Szpak	24, Mantua Crescent, Churchlands. 6018.	446 6848	17/Nov/53
Barbara Leach	98, Keightley Road, Shenton Park. 6008.	381 4441	25/Aug/44
Warren A Gee	68, Hilarion Road, Duncraig. 6023.	448 7587	11/Dec/50
Vicki Kuhn	155, Burke Crescent, Dampier. 6713.	091 831 296	24/May/48
Barry F Kuhn	As Above		16/Aug/43

A VERY HAPPY BIRTHDAY TO OUR "OCTOBER" MEMBERS

01-OCT-36	AIREY	: Peter G	turns 52	remains	M50
01-OCT-42	COCKER	: Marcus C	" 46	"	M45
01-OCT-37	LYONS	: Ian	" 51	"	M50
06-OCT-24	MORGAN	: Garnet	" 64	"	M60
07-OCT-45	GURR	: Nicolas	" 43	"	M40
08-OCT-40	THORNTON	: Graham	" 48	"	M45
11-OCT-30	BUCHANAN	: Bruce	" 58	"	M55
12-OCT-41	POTTER	: Jeanne	" 47	"	W45
13-OCT-37	CARTER	: Wes	" 51	"	M50
13-OCT-44	FARRELL	: Phyllis	" 44	"	W40
13-OCT-45	SAVIN	: Tom	" 43	"	M40
15-OCT-14	BAUMANN	: Carlo	" 74	"	M70
15-OCT-44	TOUSSAINT	: Serge	" 44	"	M40
17-OCT-39	PRATT	: Bob	" 49	"	M45
18-OCT-41	LANDERS	: Brian	" 47	"	M45
18-OCT-41	SCHICKERT	: Lynne	" 47	"	W45
19-OCT-33	PEET	: George	" 55	becomes	M55
20-OCT-49	THORNTON	: Beverley A	" 39	remains	W35
22-OCT-37	COWLAN	: Margaret	" 51	"	W50
22-OCT-39	PELLIER	: John	" 49	"	M45
26-OCT-41	SCHICKERT	: Robert M	" 47	"	M45
27-OCT-42	ROBERTS	: David V	" 46	"	M45
27-OCT-39	SUTHERLAND	: Ian	" 49	"	M45
30-OCT-46	SMITH	: Therese	" 42	"	W40

A VETERANS LAMENT

OR

(I'm very fit for the shape I'm in)

There's nothing at all wrong with me,
 I'm just as fit as fit can be;
 I have some trouble from runners knee,
 but when I wear glasses I can usually see,
 I have been known to strain a calf,
 and tearing a hamstring is just a laugh.
 I do have some recurring arthritis,
 and occasional bouts of plantar fasciitis;
 When I lose my balance, my head starts to spin,
 but I'm very fit for the shape I'm in.

I have new orthotics for both my feet,
 or I wouldn't be able to run on the street;
 Another small problem is a sore achilles,
 which often gives me a fit of the "willies".
 Heel spurs and lower back pain - I just can't win,
 but I'n very fit for the shape I'm in.



The moral is, if I may be so bold,
 that for you and me who are growing old,
 it is better to say "I'm fine", with a grin,
 than to let them know the shape we're in.

Dick Horsley

THE BIBRA LAKE RUN SEEMS TO GET MORE POPULAR EVERY YEAR IF THE NUMBER OF RUNNERS
 ARE ANYTHING TO GO BY, 104 MEMBERS AND 16 VISITORS FINISHED THIS TIME.....
 EXCEPT FOR THE COLD WIND THE WEATHER WAS AGAIN GOOD ALTHOUGH I HEARD THAT WIND WAS
 A PROBLEM ON THE OTHER SIDE OF THE LAKE.....
 THIS YEAR THE COMMITTEE ASKED FOR A HANDICAP RUN BUT THE RECORDS ARE TAKEN FROM THE
 CLOCK TIME.....
 OUR THANKS GO TO PAT BARNES, MAUREEN POMERY ,SUE JONES AND OTHERS WHO HELPED US
 TIDY UP AFTERWARDS.....

PHYLLIS FARRELL and main helper ROBERT

=====										
BIBRA LAKE RUN	CLK	H/CAP	ADJ	POS		CLK	H/CAP	ADJ	POS	
21st.August...6km...TIME	TIME	TIME	TIME			TIME	TIME	TIME		
=====										
KIRWAN Trish	W35	24.32	-9.30	=15.02	=1	MADDISON John	M50	22.41	-7.00	=15.41 =3
BELL Cheryl	W35	24.41	-			STICKLES Joe	M50	23.11	-10.00	=13.11 =1
SANGER Joy (WLK)	W35	46.49	-16.30	=30.19	=2	AIREY Peter	M50	25.33	-11.00	=14.33 =2
ROBERTS Gillian	W40	24.47	-			WORNER Basil	M55	28.13	-11.00	=17.13 =1
JOHNSON Jan	W40	32.33	-							
SUTHERLAND Gloria	W40	34.38	-22.00	=12.38	=2	MOYLE Merv	M60	30.00	-13.00	=17.00 =2
TAPPER Maxine	W40	35.45	-24.00	=11.45	=1	MORGAN Garnet	M60	30.32	-18.00	=12.32 =1
DAVIS Rosa	W40	35.59	-22.00	=13.59	=3	HUGHES Bill	M60	31.28	-13.00	=18.28 =3
ROBERTS Peter	M40	22.18	-			BOWLER Sid	M65	34.29	-	
COCKER Marcus	M40	26.58	-							
LINDSAY John	M40	30.51	-			WESTON Patricia	W50	37.09	-22.00	=15.09 =2
DAVIS Robert	M40	32.00	-16.30	=15.30	=1	WHITTAM Dorothy	W50	38.04	-30.00	=8.04 =1
						WARREN Margaret	W50	44.36	-20.00	=24.36 =3
COLE Carol	W45	32.24	-24.00	= 8.24	=1					
VINCENT Wilma	W45	33.00	-22.00	=11.00	=3	BUTCHER Lorna	W55	32.56	-21.00	=11.56 =1
MITCHELL Kath	W45	34.33	-							
SCHICKERT Lyn	W45	39.23	-30.00	=9.23	=2	TYSON Val	W65	39.24	-30.00	=9.24 =1
CAPLIN Don	M45	21.55	-5.30	=16.25	=2					
SUTHERLAND Jan	M45	30.35	-17.00	=13.35	=1					

BIBRA LAKE RUN				CLK	H/CAP	ADJ	POS					
21st.August...12km...TIME				TIME	TIME	TIME		CLK	H/CAP	ADJ	POS	
				TIME	TIME	TIME		TIME	TIME	TIME		
JONES Wendy	W30	74.23	-					HARMAN Margaret	W50	52.59	-	
								TURNER Ann	W50	60.14	-22.00	=38.14 =1
PEARCE Joanne	W35	59.31	-17.00	=42.31	=1			O'DEA Elza	W50	63.46	-20.00	=43.46 =2
								MILLER Patricia	W50	70.33	-26.00	=44.33 =3
HAZELL Doug	M35	44.27	-4.30	=39.57	=1			BEAUMONT Jackie	W50	83.28	-30.00	=53.28 =4
GEE Warren	M35	46.12	-									
NOORDYK Adrian	M35	52.48	-11.00	=41.48	=2			BYRNE B	M50	34.34	-	
DEVENPORT John	M35	51.39	-					SAMMELLS Bob	M50	46.51	-8.45	=38.06 =2
								WATTS M	M50	50.19	-	
NOORDYK Kath	W40	55.13	-13.00	=42.13	=1			ATTWELL Ray	M50	51.01	-9.30	=41.31 =3
HODGE Sandi	W40	62.27	-17.00	=45.27	=2			McIVER Tom	M50	52.44	-	
RHODES Linda	W40	65.29	-					WARREN Margaret	M50	53.37	-20.00	=33.37 =1
EASTON Christine	W40	82.52	-					CURTIS John	M50	54.19	-	
JENKINS Jackie	W40	83.00	-30.00	=53.00	=3							
								McLINDEN Frank	M55	48.49	-7.00	=41.49 =5
LEMAN Colin	M40	44.43	-5.00	=39.43	=1			SCHAFFER George	M55	49.44	-9.00	=40.44 =3
BELL John	M40	47.26	-7.00	=40.26	=3			MOFFATT Dalton	M55	50.23	-10.30	=39.53 =1
KHAN Mike	M40	50.30	-8.45	=41.45	=6			PAXMAN Brian	M55	51.37	-	
MUNYARD Barry	M40	50.36	-10.00	=40.36	=4			BEAUMONT Vic	M55	56.35	-14.00	=42.35 =6
FITZPATRICK Frank	M40	51.13	-					POMERY Alan	M55	56.37	-11.00	=45.37 =7
RHODES Mike	M40	51.22	-9.30	=41.52	=7			DRAYSON Derek	M55	58.30	-17.00	=41.30 =4
BOGGS Rob	M40	52.51	-13.00	=39.51	=2			MILLER Norm	M55	59.09	-19.00	=40.09 =2
SIM Angus	M40	54.00	-13.00	=41.00	=5			WILLMOTT Dennis	M55	59.41	-11.00	=48.41 =9
BEER Syd	M40	53.35	-					JOHNSON Kirt	M55	60.38	-	
BRYANT David	M40	57.05	-					SHEERIN Patrick	M55	61.43	-	
SPEECHLEY Tony	M40	59.33	-11.00	=48.33	=8			RUSSELL John	M55	63.20	-17.00	=46.20 =8
								HASSAM Leo	M55	68.10	-	
FORDEN Margaret	W45	56.10	-13.30	=42.40	=1							
PENTON Kath	W45	57.11	-22.00	=35.11	=2			JONES Brian	M60	51.47	-	
PELLIER Joan	W45	59.44	-16.00	=43.44	=3			LAWRENCE Ray	M60	60.28	-16.30	=43.58 =1
SLINGER Joan	W45	60.37	-17.00	=43.37	=4			FOLEY Gerry	M60	62.43	-18.00	=44.43 =2
								JONES Dave	M60	70.57	-21.00	=49.57 =4
SMITH Frank	M45	42.39	-4.00	=38.39	=1			USHER Frank	M60	70.00	-23.00	=47.00 =3
SCHICKERT Bob	M45	43.30	-4.00	=39.30	=3							
HOYE Derek	M45	45.24	-5.30	=39.54	=4			HICKS Stuart	M65	60.32	-19.00	=41.32 =1
MARTIN Paul	M45	47.47	-8.45	=39.02	=2			LEGGETT Arthur	M65	61.27	-	
ROBERTS Dave	M45	48.01	-8.00	=40.01	=5							
PELLIER John	M45	48.13	-8.00	=40.13	=7			BOULD Cliff	M70	66.03	-19.00	=47.03 =1
SLINGER Barry	M45	52.03	-11.00	=41.03	=6							
JONES Merv	M45	54.57	-					COLLINS Jack(wlk)	M75	93.31	-	
POTTER Ron	M45	55.05	-									
MILLER Dennis	M45	56.12	-11.30	=44.42	=8							
FORDEN Keith	M45	58.17	-11.30	=46.47	=10							
BAKER Laurie	M45	59.15	-									
LOLY Mitch	M45	59.27	-14.00	=45.27	=9							

NEW and EXISTING RECORDS FOR THE BIBRA LAKE RUN : Taken from the Clock Time.....

6km			21-AUG-88		12km	
24.41	BELL	: CHERYL	W30	74.23	JONES	: WENDY
24.47	ROBERTS	: GILLIAN	W35	59.31	PEARCE	: JOANNE
31.55	VINCENT	: WILMA	W40	55.13	MOORDYK	: KATH
32.35	WESTON	: PATRICIA	W45	56.10	FORDEN	: MARGARET
32.19	BUTCHER	: LORNA	W50	52.59	HARMAN	: MARGARET
34.52	STRACHAN	: JUNE	W55	63.23	BUTCHER	: LORAN
39.24	TYSON	: VAL	W60	70.05	STRACHAN	: JUNE
			W65			

22.18	ROBERT	:	PETER	M35	44.27	HAZELL	:	DOUG
21.44	CAPLIN	:	DON	M40	42.55	SMITH	:	FRANK
22.41	MADDISON	:	JOHN	M45	42.39	SMITH	:	FRANK
25.44	POMERY	:	ALAN	M50	34.34	BYRNE	:	B
30.00	MOYLE	:	MERV	M55	48.49	McLINDEN	:	FRANK
34.29	BOWLER	:	SID	M60	51.47	JONES	:	BRIAN
33.03	BOULD	:	CLIFF	M65	60.32	HICKS	:	STUART
				M70	59.05	BOULD	:	CLIFF
				M75	93.31	COLLINS	:	JEFF

"SHOALWATER 10" HANDICAP 10,000M & 5,000M, 18th September, 1988.

The day dawned fine and clear for the seventh running of this, the "Carr/Shand Trophy" event.

Fifty seven runners started in near perfect conditions, although as the race proceeded a strong easterly breeze developed, and, together with an unseasonably high temperature it bothered some participants.

Leo Hassam finished first in the main event with Margaret Miller leading the ladies in.

Barry Harwood won the 5K race and Jan Johnson was the first lady in this event.

Jean produced her usual high quality "tea and tabnabs" feast afterwards and a good crowd stayed on for the barbeque.

My sincere thanks for all who assisted, especially the ladies who did all the hard work on the finishing line.

DENNIS WILMOTT.

RESULTS:- (No handicaps marked on result sheet, times are CLOCK TIMES, so take your own handicap off for your actual time.)

<u>5km.</u>									
1.	Barry Harwood	M45	19.16	7.	Val Tyson	W65	33.45		
2.	Jan Johnson	W40	24.48	8.	Lynne Schickert	W45	33.46		
3.	S Lupton	vis	25.41	9.	Don Caplin	M45	40.12		
4.	C Jenkins	vis	25.43	10.	Rob McLiver	M45	59.50		
5.	Robyn Holmes	W35	27.36						
6.	Nora Berry	W55	29.57						walked.

40km.

1.	Leo Hassam	M55	57.18	25.	Margaret Warren	W50	62.55
2.	Margaret Miller	W45	57.54	26.	Mike Berry	M55	63.03
3.	Bob Schickert	M45	58.37	27.	Kevin Martin	M50	63.18
4.	Rob Shand	M55	59.11	28.	Brian Paxman	M55	63.26
5.	Paul Martin	M45	59.30	29.	Frank Usher	M60	63.32
6.	Mike Rhodes	M40	59.40	30.	Ron Potter	M45	63.48
7.	Brian Aldrich	M55	59.52	31.	Mitch Loly	M45	63.54
8.	Vic Beaumont	M55	55.55	32.	Christine Easton	W40	63.56
9.	Bob Argyle	M40	60.01	33.	Graham Thornton	M45	64.01
10.	Rod Stewart	M45	60.22	34.	Sandi Hodge	W40	64.22
11.	Ann Turner	W50	60.25	35.	Phyllis Farrell	W45	64.33
12.	Dave Roberts	M45	60.27	36.	Joe Yates	M40	65.23
13.	Angus Sim	M40	60.32	37.	Syd Bowler	M65	65.26
14.	Stewart Hicks	M65	60.43	38.	June Strachan	W60	65.45
15.	Denis Miller	M45	60.51	39.	David Carr	M55	65.57
16.	Rob Farrell	M45	61.00	40.	Allen Tyson	M60	66.00
17.	Peter Airey	M50	61.14	41.	Peter Cole	M40	68.06
18.	Bob Sammells	M50	61.47	42.	Jaqui Jenkins	W40	68.49
19.	Mike Watts	M50	61.57	43.	Cliff Bould	M70	69.15
20.	Jeff Spencer	M45	62.06	44.	Jim Huggins	M45	74.33
21.	Linda Rhodes	W40	62.24	45.	Jackie Beaumont	W50	74.49
22.	Wendy Jones	W30	62.33	46.	Jenny Willers	W40	76.30
23.	Peggy McLiver	W40	62.47	47.	Duncan Strachan	M65	
24.	Brian Danby	M40	62.52		withdrew at 3km.		

FREMANTLE BI-CENTENIAL 110 MILER. 11th September 1988.

Spring conditions greeted the start and as the temperature rose many runner runners were showing the strain at the finish. Chris Brockwell was the first member home in 58.09, only 12 seconds behind one of our regular visitors 20 year old Mark Chapman, Marg Forden as usual was the first lady in the excellent time of 72.10. On the short course of 5.8km, Bob Schickert and Alicia Ansell took out the relevant honours.

My thanks to all who helped - Maureen Pomery, Bev Thornton, Sue Jones, Ann Smith, Arthur Leggatt, my wife Jasmine, Neice Karen, Young Julia and Michael for running the drink station and ex-member Graham Lane for leading the pack on his mountain bike, he enjoyed it so much that he promises he will rejoin!

Congratulations also to Angus Sim for entering into the spirit with his portrayal of a convict on the run.

My apologies to the following:- Anne Leiseboar and Jack Collins for having to go round the port twice. Barrie Thomsett, for making him run an extra 1½km Kirt Johnson for combining traffic directing with running and Fred Hagger, Maurice Johnston and everybody else for that matter for not mentioning the hills!

Paul Martin.

5.8km

1.	R Schickert	M45	20.30	21.	M Miller	W45	30.15
2.	J Leiseboar	M30	21.13	22.=	J Johnson	W40	30.28
3.	J Cariss	vis	22.36	22.=	M Warren	W50	30.28
4.	A Jenkins	M40	22.41	24.	S Lupton	vis	30.55
5.=	A Ansell	W40	25.43	25.	E O'Dea	W50	31.30
5.=	?	?	25.43	26.	C Cale	W45	31.40
7.	P McLiver	W40	25.57	27.=	S Bowler	W45/M65	31.59
8.	J Russell	M55	25.59	27.=	P Carr	W55	31.59
9.	R Brown	M50	26.00	29.	R Deroff	vis	32.32
10.	G Sanders	vis	27.05	30.	R Holmes	W35	32.16
11.	B Godwin	M50	27.19	31.	M Robinson	W50	32.25
12.	S Sanders	W35	27.51	32.=	G Sutherland	W40	32.50
13.	J Pellier	W45	27.59	32.=	B Godwin	W45	32.50
14.	J Lindsay	M40	28.05	34.	C Easton	W40	33.29
15.	J Pearce	W35	28.09	35.	D Whittam	W50	35.01
16.	S Langford	vis	29.22	36.	J Jenkins	W40	35.30
17.	J Langdon	W40	29.23	37.	J Beaumont	W50	38.11
18.	L Langford	vis	29.24	38.	N Lipsombe	vis	40.07
19.	P Sheerin	M55	29.36	39.	V Tyson	W65	42.10
20.	Cliff Bould	M70	29.55				

RESULTS:- 10 Miler.

1.	M Chapman	vis	57.57	31.= J Greenfield	M45	72.10
2.	C Brockwell	M35	58.09	33. J Curtis	M50	72.34
3.	B Argyle	M40	58.50	34. J MacAvel	vis	73.17
4.	F Odam	vis	59.29	35. B Byrne	M50	73.43
5.	M Smith	M50	59.51	36. D Bryant	M40	73.49
6.	N Tyndall	vis	60.30	37. A Sim	M40	74.17
7.	C Leman	M40	60.59	38. B Aldrich	M55	74.37
8.	D Caplin	M45	63.30	39. V Beaumont	M55	75.11
9.	G Thornton	M45	63.51	40. K Forden	M45	75.37
10.	F Smith	M45	64.19	41. T Speechley	M40	76.10
11.	P Sanders	M40	64.42	42. J Devenport	M35	76.22
12.	F McLinden	M55	65.06	43. M Beaumont	vis	76.26
13.	D Hazell	M35	65.16	44. D Drayson	M65	76.38
14.=	P Roberts	M40	65.48	45. S Toussaint	M40	77.42
14.=	B de la Mott	vis	65.48	46. M Cocker	M45	77.50
16.	D Roberts	M45	66.20	47. B Worner	M55	78.16
17.	R Shand	M55	66.55	48. K Penton	W45	79.00
18.	M Johnston	M50	67.05	49. P Szpak	W30	80.50
19.	L Breoin	vis	67.29	50.= M Moyle	M60	81.57
20.	J Rudeforth	vis	67.55	50.= R Potter	M45	81.57
21.	J Pellier	M45	68.26	52. R Farrell	M45	82.03
22.	D Hough	M55	69.28	53. A Turner	W50	84.16
23.	B Harwood	M45	69.32	54. S Hodge	W40	84.18
24.	D Miller	M45	69.51	55. P Farrell	W40	85.28
25.	A Pomery	M55	70.32	56. F Hagger	M60	88.33
26.	M Watts	M50	71.18	57. E Moyle	M60	88.39
27.	S Beer	vis	71.19	58. L Hassam	M55	88.42
28.	M Warren	M50	71.21	59. K Johnson	M55	94.23
29.	B Hardy	M45	71.28	60. F Usher	M60	97.31
30.	D Moffett	M55	71.52	61. B Thomsett	M45	109.10
31.=	M Forden	W45	72.10		(did extra 1½km)	
WALKERS. 12km.						
A	A Leiseboar	W45	91.10	J Collins	M75	91.10
WALKERS. 5.8km						
	D Horsley	M75	43.57	J Shugar	W45	50.50
				E Fincher	vis	50.50

Runners and joggers come in an amazing variety of sizes and shapes, so many one could never identify them all. However here are some of the better known varieties:

GIANT-CRESTED WAGTAIL: forceful runner, pounds road hard, with expressive side-to-side movement of lower anatomy.

VARIEGATED CRIMSON-BREASTED ROAD RUNNER: adores to be seen, brilliant in plumage and wears the latest Gortex, Spandex, elasticised gear. There are gorgeous iridescent stripes and dazzling shoes to match.

LARGE-BILLED FLY CATCHER: needs to take aboard oxygen in large quantities. Runs with mouth open.

WHITE-BANDED MOUNTAIN SWIFT: very lean, anorexic, unsmiling, runs at high speed. Often best spotted at dawn or late evening. Decoration, a white head band.

YELLOW-CRESTED WOBBLER: large female yellow-headed bird. Wobbles in all sorts of remarkable places while moving forward relentlessly. Often spotted in urban areas during midday flexitime.

RUSSET-TAILED CHATTERER: never stops chipping on the run. All you can do in the way of return is to nod helplessly.

FAWN-BREASTED TIT TRILLER: delightfully shaped little bird with scant but pretty plumage. Always evokes the admiration of the most devoted bird watchers.

