



The Vetruns



No. 286 July 1997

Patron: Bill Hughes

President: Brian Foley

Editor: Richard Harris 457 6102



Above: Alison Aldrich tackles the Samaria Gorge in Crete. Story: pages 1-2.

Below: Norm Richards leads in the 120 metres at York. Lynne Choate is third and Richard Parker is fourth. How did they finish? See the story on page 4.



A TIGHT EDITION

We have put this edition of The Vetrun to bed with eight pages because time is running out and we wanted to be able to wish our team members Good Luck before they set off to the World Games in South Africa.

So here it is: **Good Luck, the WA Vets.**

David Carr has promised to write a piece for us on behalf of the group when he returns.

WE SURVIVED THE SAMARIA GORGE: by Brian Aldrich

The Northern and Southern coasts of Southern Crete are divided by a spine called the White Mountains rising to 2.5 thousand metres and whose peaks are still snow capped in May.

We were staying at the village of Maleme during the anniversary of the Battle of Crete, which centred on the nearby airstrip where German paratroopers and Allied troops, aided by the Cretan Resistance engaged in a fierce battle.

Postcards show dramatic views of the nearby Samaria Gorge and we heard that it was possible to make the 18km descent and get some much needed Saturday exercise. Alison commented that the bus pick up (at 05.30am) was only one and a half hours before we normally meet up with Joan, Kirt and Phil - "We'll have to skip tea, but let's do it!"

On the bus trip up to the Omalos Plateau in the centre, the guide warned us in 4 languages that no one with foot or knee problems should attempt the

descent, but should stay on the bus and meet the returning group in 7 hours time. Immediately I felt my right knee give a twinge, and Alison's achilles tendon needed a stretch. The gorge is only open in the summer months due to the danger of flash flooding in winter which has caught people in the confines of the walk where the gorge narrows sharply.

"Suitable" foot wear varied from our runners to heavy climbing boots and in one case to the suede court shoes worn by a French girl. We thought the use of Alpen-stocks was a bit over the top, but were to change our minds a couple of hours later.

The descent started harmlessly enough with soft surfaced zig-zag trails under pines interspaced with granite steps. There were abundant native flowers including a native white Cyclamen of thumbnail proportions. Everyone swung along and the Germans were singing.

We'd been told that the walk would take 6 hours overall, but at this rate of progress it seemed difficult to imagine that it would take so long. We chuckled quietly nudging each other saying we'll show them what the Aussies can do !. Then, however the gentle slopes became fewer and the granite steps more frequent. Ossia Maria, the midway stage has a little church dedicated to Saint Maria of Egypt, and the old church built in 1379 is still visible.

It is not possible to stay in the village any more. This option has been closed to walkers for some years. It was here that our guide Georghis was going to meet us and catch up with anyone who had fallen off the back of the pack.

The trail was well marked and there were frequent springs of fresh water. Toilets were every 2 km or so, but all were starting grid position !

Sometimes the winding path paralleled the dry gorge and sometimes it entered it until 3 km in we saw crystal rock pools which later developed into a running stream which we crossed and recrossed by using stepping stones.

The original bus load which formed our party was at this stage split up and the constant lowering of our weight down steep steps and uneven surfaces, first on one foot and then the other began to exact a toll on our

muscles, particularly the haunches.

Once we were this far into the gorge there was no going back, although we had been assured that in the event of accident donkey rescue is used. At some points the gorge is really a ravine and the notices warning of falling rocks left us wondering what we could do if they did fall.

Some of the many river crossings involved stepping over stones between which quite deep water rushed. Here we saw the point of carrying alpenstocks as Alison got a boot full early on. Alison was beginning to worry that she might be put out of contention for the shopping she wanted to do. But when I assured her that she could still shop on crutches if need be, which I'd happily assist her to hire, she looked less worried.

Progress was now laborious and slow and even the Germans had stopped singing. We looked upwards for the elusive Kri Kri which is the Cretan wild goat or Agrimi. This is said to be rarely seen probably because people are more concerned as to where to place their feet rather than to look up at the overhanging gorge.

After what seemed to have been an eternity we reached the point at which the gorge narrows to 2 - 3 metres. I was beginning to stagger as we covered the final 3 kilometres out of the gorge to the meeting point at the Kri Kri restaurant at Aghios Romello where Georghis was waiting to issue ferry tickets for the one hour trip to Sougia thence to return by bus. The precarious bus ride is worthy of another short article.

While sinking a much needed beer we were able to watch the survivors limping over the 50 metre slope down to the sea. Surprisingly some of the best equipped were the worst distressed and the French girl with the court shoes was still able to exchange cheerful small talk.

We were reminded of the plight of escaping allied soldiers following the battle of Crete, who had made the crossing (as the gorge ends at the sea), often without boots and with days of sleep deprivation only to find no boats to take them off, and which led to their subsequent capture and a return walk over the 18k we had traversed.

After a hot bath which would have been more relaxing had it been wide enough to get my shoulders under the water, and having been threatened with being squirted with cold water if I fell asleep, we finally and slowly made our way to the smorgasbord buffet where a carafe of red wine enabled us to sleep until 8.00 am the following day.

Anyone thinking of doing this trip would be well advised to consider May and if they are interested in war history to make it between the 16th and 25th. Crete itself is also rich in Minoan history, and was also home of the legendary Minotaur.

PAGODA RUN 27.4.97

The day was overcast with a hint of rain - conditions I described as 'miserable' but which I was assured were perfect. 111 runners and walkers (some of whom set out at 7.30am to walk the 16km) left McCallum Park for the Pagoda and beyond.

The end result was a close finish between Stephen Dunn and John West (good to see John back running). There were also some close finishes in the middle of the field. Roma Barnard finished very strongly, and Arthur Leggett received plenty of support as he came home. The Mison family dominated the walk. Again this year, I have listed course records, and if space permits they will be at the bottom of this report. Next year check the notice board at the start of the run and use those times as something to aim for.

My thanks to Kirt Johnson for track measuring; Pat and David Carr, Maureen Pomery and Bev Thornton at the finish; Jeff Whittam and Mary Heppell at the drink station; and Maxine Santich, Ray Atwell, Pat Miller and Jeff Spencer at marshal points. I was a little concerned that some runners didn't take the advice of marshals at street crossings. Please remember, marshals are there to provide a measure of safety for you.

Jackie Halberg

16KM RUN

Stephen Dunn	M30	61:46
John West	M45	61:51
David James	M40	64:25
Ted Zgainski	M45	66:02
Dave Roberts	M50	66:25
Gareth Brunt	M45	66:32
David Muir	M50	67:07
Vicente Carrero	M50	67:12
Maurice Creagh	M50	68:00
Jim Barnes	M50	68:07
Brian Danby	M45	69:29

Vic Waters	M50	69:54
Milton Mavrick	M40	70:54
Robin King	W35	71:16
Frank Smith	M55	71:18
Mike Khan	M50	72:18
Brian Foley	M50	72:37
John Bell	M50	73:41
Keith Atkinson	M40	73:52
George Schaefer	M60	74:04
Mark Rosen	M45	74:24
Mitch Loly	M55	74:47
John Pellier	M55	76:15
Helen Lysaght	W40	76:26
Cecil Walkley	M65	76:46
Sue Vetten	W45	77:18
Margery Forden	W55	78:28
Richard Harris	M60	79:58
Frank McLinden	M65	81:23
Roma Barnett	W45	81:38
Brian Bennett	M45	82:11
Merv Moyle	M70	83:00
Robert Reece	M50	83:16
Tony Speechley	M50	84:11
Brian Smith	M55	84:12
Ken Whistler	M65	86:33
Peter Davies	M65	86:56
Merv Jones	M55	87:33
Ann Turner	W60	88:08
Keith Forden	M55	89:49
John Russell	M60	91:15
Rae Hasell	W40	91:48
Ray Lawrence	M65	91:55
Shorty Turner	M60	92:06
Joan Pellier	W55	92:46
Kirt Johnson	M65	92:46
Irene Ferris	W45	95:13
Arthur Leggett	M75	100:50
16KM WALK		
John Mison	M45	1:32:08
Michele Mison	W45	1:54:32
Barrie Thomsett	M55	1:54:35
Dorothy Whittam	W60	2:04:31
Lorna Lauchlan	W65	2:05:24
10KM RUN		
Jim Klinge	M50	38:33
Gary Fisher	M45	39:42
Wally Crowley	M40	40:52
Peter Hill	M45	43:56
Joe Stickle	M55	44:49
Stuart Parkinson	M50	45:54
John Brambley	M55	47:42
Bob Schickert	M55	48:08
Heather Sanderson	W45	48:13
Terry Keesing	M35	48:21
Vic Beaumont	M65	48:29
Peggy Macliver	W50	48:38
Peter Airey	M60	50:09
Dalton Moffett	M65	52:35
Graham Thornton	M55	52:56
Norm Miller	M65	53:04
Margaret Warren	W60	54:40
Brian Aldrich	M65	54:49
Jenny Barnes	W45	55:49
Brian Palmer	M45	56:35

Suzan Brand	W50	62:47
Jackie Billington	W50	64:31
Jean Fisher	W50	67:49
10KM WALK		
Ray Hall	M60	65:07
Lynne Schickert	W55	73:40
John Pressley	M50	78:01
Alan Pomery	M65	79:07
Val Wheeler	W65	84:12
5KM RUN		
Tessa Brockwell	W40	21:12
Maurice Johnson	M60	23:44
Theresa Howe	W45	26:12
Delia Baldock	W35	26:58
Noela Medcalf	W60	29:17
Lorraine Sherwood	W40	30:17
Margaret Bennett	W55	32:31
Ray Barnett	M50	35:34
5KM WALK		
Maureen Vine	W40	40:26
Maggie Flanders	W60	40:34
Fred Watson	M75	40:35
Wendy Spencer	W50	46:39
Judi Hill	W45	46:41
Glenice Shanahan	W70	48:03
VISITORS		
5KMW		
Maureen Wilson		49:45
5KMR		
Gary Lynn		21:41
10KMR		
Stuart Riley		41:40
Shirley Bell		54:50
Paula Karra		56:34
Craig Watson		58:23
Mark Schar		59:57
Jacqueline McManus		60:01
16KMR		
Mike Karra		66:57
Mike Szalek		66:57
Ian Lancaster		72:11
Gary Harris		84:42
AGE GROUP RECORDS 1997		
16KM RUN		
M30 Stephen Dunn		61:46
M35 Pra Nicol		61:28 (1996)
M40 Greg Salter		59:25 (1996)
M45 Ross Parker		57:50 (1996)
M50 John Pressley		62:28 (1996)
M55 Graham Thornton		68:38 (1996)
M60 Ted Maslen		72:26 (1996)
M65 Cecil Walkley		75:27 (1996)
M70 Merv Moyle		83:00
M75 Arthur Leggett		100:50
W35 Robin King		69:51 (1996)
W40 Helen Lysaght		76:26
W45 Sue Vetten		77:18
W55 Margery Forden		78:28
W60 Anne Turner		88:08
16KM WALK		
M45 John Mison		87:39 (1996)
M55 Barrie Thomsett		1:54:3
W45 Michele Mison		1:49:05
		(1996)

W65 Lorna Lauchlan	2:05:24
10KM RUN	
M35 Terry Keesing	48:21
M40 Wally Crowley	40:52
M45 John West	37:55 (1996)
M50 Dave Roberts	37:55 (1996)
M55 Joe Stickle	42:12 (1996)
M60 Dick Blom	47:30 (1996)
M65 Vic Beaumont	48:29
M70 Stewart Hicks	65:07 (1996)
W45 Heather Sanderson	48:13
W50 Peggy Macliver	48:38
W55 Sheila Maslen	59:53 (1996)
W60 Margaret Warren	54:40
10KM WALK	
M50 Paul Martin	64:13(1996)
M60 Ray Hall	65:07
M65 Alan Pomery	79:07
W40 Linda Mark	79:17(1996)
W45 Jill Midolo	75:11(1996)
W50 Lesley Romeo	68:48(1996)
W55 Lynne Schickert	73:40
W65 Lorna Lauchlan	75:10(1996)
5KM RUN	
M40 Doug Hazell	20:07(1996)
M50 Vic Waters	18:53(1996)
M55 Don Caplin	19:30(1996)
M60 Maurice Johnson	23:44
W35 Delia Baldock	26:58
W40 Maxine Santich	20:49(1996)
W45 Theresa Howe	26:12
W50 Rosa Davis	28:12(1996)
W55 Alison Aldrich	28:12(1996)
W60 Noela Medcalf	29:17
5KM WALK	
M50 Geoff Mullins	44:41(1996)
M55 Rob Davis	43:27(1996)
M70 Ernie Moyle	43:28(1996)
M75 Fred Watson	40:35
W40 Maureen Vine	40:26
W45 Judi Hill	46:41
W50 (Wendy Clements	
(Val Bonner	46:10(1996)
W60 Maggie Flanders	40:34
W70 Glenice Shanahan	48:03

REMINDER!!
CLUB CROSS COUNTRY
CHAMPIONSHIPS AT
JORGENSEN PARK
20 JULY, 1997
RACE STARTS AT
9.00AM
SPIT ROAST \$8.00
AT 11.00AM

PLEASE SEE
GRAHAM THORNTON OR
SUE JONES FOR BOOKINGS
PH: 293 3027 OR 398 1157

COPY FOR THE VETRAN

Results can be posted directly to Jackie Billington U5/8 Gamsworthy Place, Bassendean WA 6054. Ph: 9279 8679

Other copy items to Richard Harris at 30 Cosmelia Way, Lynwood WA 6147 Ph: 9457 6102 or see at regular Sunday runs.

YORK PRO MEET 1 JUNE, 1997

The York June Sports was reintroduced this year after a recess of some 44 years. Professional running was a big part of the Sports in its heyday and attracted many, many runners over the years. Traditionally held on the long weekend in June, Sunday 1 June saw the tradition resumed and around 100 athletes turned up to support the event, which carried a big purse by WA standards. The day looked like it was going to be a dark, wet wintry day as we left Perth, but we left the rain and thunder behind and York was lucky enough not to be washed out. The sun even came out and the stage was set for some great athletics.

A hardy troop of vets showed up - Mike Edwards, Garry Doyle, Norm Richards, Diane, Richard Parker, Clive and Lynne Choate, Lisa, Barrie Kernaghan, Joe Stewart and David Clive in the spring events, while John Malloy, Arnold Jenkins, Duncan McAuley, Greg Vander Sanden, Dave Reid, David Eltringham and David Carr fronted up for the middle distance event.

The 120m York Sheffield Handicap first. This attracted enough athletes to run ten heats. Norm, Joe, Richard and Lynne made it through to the semis and Norm, Richard and Lynne fought their way into a much sought after finals berth. The final was a brilliant race. Norm (25.00m) ran like a man possessed and almost found himself \$2,500 richer, but it was not to be, as backmarker Nick Ward (4.50m) flashed past him in the last stride. Only 3/10ths of a second separated the whole field in the end with Norm finishing 2nd, Richard (21.00m) finishing 5th and Lynne (26.50m) 8th.

once again, David, Norm and Clive and Lynne all won their heats and progressed to the semis as did Richard who finished 2nd. The semis saw Norm and Clive making it through to the final with Norm (14.75m) capping off a great day with a double, finishing 2nd in 7.70, just 2/100ths behind the winner and Clive (15.50m) finishing in the places with 3rd in 7.72secs. Once again, nothing separated the field with times being 7.68, 7.70, 7.72, 7.80, 7.82, 7.84, 7.86 and 7.92.

The 500m Handicap ran two heats with Dave Reid, Arnold, Greg and David Carr running well to progress to the final. The final was a terrific contest. Backmarker Greg Vander Sanden (42.00m) ran a well judged race and achieved the just about impossible, catching all runners with 10 metres to go in a time of 1:09.04. A brilliant victory! Arnold (114.00m) has decided he likes his pro running, finished 2nd, 1:09.51 and David Carr (104.00m) ran a great race to finish 3rd, 1:10.50. Dave Reid (102.00m) finished up 5th in 1:11.83. Vet power again!!

The 1600m Avon Handicap produced its share of drama with runners approaching the finish line being told there was one lap to go and that the bell lap had been rung incorrectly. Runners had nothing left and finished instead. It transpired after some time that the true distance had indeed been run and the results stood much to the relief of Guy Hooper (200.00m), the winner. As some backmarkers were disadvantaged for 6th and 8th places, a compromise was worked out and all was well. Finishing in 3rd place was David Eltringham (220.00m). Greg, Duncan and Dave Reid also ran in this race but I do not have their results.

A 400m Veterans Handicap was programmed and saw Garry Doyle (75.00m) hold on to take this race out in 49.2second from Arnold (75.00m), 49.79, with Barrie Kernaghan (40.00m) making up a lot of ground to finish up 3rd in 50.72secs. David Clive (48.00m) finished 4th, 51.19, David Carr (60.00m) 5th, 52.17, Mike Edwards (8.00m) running a great race

Finally the 120m Badjaling V Handicap. Lynne (17.75m) somehow made it through to the final and ran. This was her seventh race for the day. It was time to pack up and go home!!
Lynne Choate

RACE DIRECTOR WANTED

Sue and Merv Jones will be away for their run which is scheduled at Hester Park, Langford, on 21 September. This is a very easy run to organise so if you would like to have a go as race director just for one run, please give Sue or Merv a ring on 9398 1157.

BRISBANE

Beautiful one day perfect the next

**QUEENSLAND VETERANS
ATHLETIC CLUB HOSTING THE
1998
AUSTRALIAN ASSOCIATION OF
VETERANS ATHLETIC CLUBS
TRACK & FIELD
CHAMPIONSHIPS**

**VENUE: STATE ATHLETIC CENT.
QEII STADIUM, NATHAN
DATE: APRIL 1998**

SEE YOU IN QUEENSLAND



**HEALTHPACT
6TH AUSTRALIAN MASTERS
GAMES
24 OCT - 1 NOV, 1997
CANBERRA**

Competition Days:

Track & Field

Sat 25 Oct - Wed 29 Oct

Off Track

Fri 24 Oct - 5K Fun Run/Walk

**Sun 26 Oct - 8K Cross Country
10K Run/Walk**

Thu 30 Oct - Masters Street Mile

Sat 1 Nov - Half Marathon

More detailed program on Notice Board.

Entries close 15 August, 1997.

11.5.97.

Mothers Day and a petrol strike failed to keep away 68 members for the fourth running of this event. Some excellent performances were achieved and eleven new records set. My thanks to all my helpers, Dave Roberts, Paul and William Hughes, Dick Blom, Leo Hassam and my wife Jasmine. Also congratulations to Barrie Thomsett and Michele Mison for completing a totally different version of the course and taking considerably longer than anybody else!
Paul Martin

10K		
David Bishop	M40	* 36:06
John West	M45	37:19
Frank Smith	M55	* 38:01
Joe Skryporuk	M45	39:06
Dave Muir	M50	39:09
Gareth Brunt	M45	39:50
Jim Barnes	M50	41:46
Bob Schickert	M55	42:22
Mark Evans	M35	42:39
Ian Lankester	M45	42:49
Brian Foley	M50	43:14
Mitch Loly	M55	43:22
Alec Holm	M50	43:38
Alan Jennings	M55	44:05
John Pellier	M55	44:12
Bob Sammells	M60	44:29
Margaret Birks	W50	* 45:40
Cecil Walkley	M65	46:09
Stuart Parkinson	M50	46:15
Lilian Skryporuk	W45	46:19
Max Kelly	M50	46:54
Merv Moyle	M70	* 48:03
Ken Whistler	M65	48:20
Dalton Moffatt	M65	49:13
Vic Beaumont	M65	49:18
Jackie Halberg	W50	51:23
Brian Smith	M55	51:24
Aldo Giacomen	M60	51:33
Merv Jones	M55	51:41
Norm Miller	M65	53:01
Shirley Bell	W45	53:10
Theresa Howe	W45	53:24
Val Millard	W50	53:58
John Russell	M60	54:26
Keith Forden	M55	54:33
Brian Palmer	M50	55:47
Craig Watson	M40	56:03
Jacqueline McManus	W50	57:08
John Webb	M50	58:08
Pat Miller	W55	61:41
5K		
Ian Davies	M45	19:23
Bruce Wilson	M50	* 21:28
Syd Beer	M50	21:59
John Brambley	M55	* 22:00
John Pressley	M50	23:06

Peter Airey	M60	23:22
Terry Keesing	M35	23:39
Arnold Jenkins	M50	23:52
Jenny Holm	W45	24:07
Jo Pearce	W45	24:36
Frank McLinden	M65	25:55
George Schaefer	M60	25:56
Delia Baldock	W35	27:11
David Carr	M60	27:43
Pauline Kelly	W50	28:19
Allen Tyson	M70	28:25
Noela Medcalf	W60	28:54
Suzan Brand	W50	29:23
Jeff Spencer	M55	30:38
Stuart Hicks	M70	32:06
Glenice Shanahan	W70	* 40:49
10K Walk		
Dorothy Whittam	W60	*74:29
5K Walk		
Pamela Smith	W55	40:46
Val Wheeler	W65	40:47
Jeff Whittam	M60	40:48
Ernie Moyle	M70	40:48
Maggie Flanders	W60	43:41
Fred Watson	M75	44:06
* New Record		

BARDON BASH
22.6.97.

The morning dawned sunny and 76 runners/walkers set off under near perfect conditions. A fine misty rain sent the recorder scurrying for shelter at the (ladies toilet block) however, it was not enough to dampen anyone's enthusiasm.

Thank you to all my helpers, Brian, Jackie Billington, Denise Lancaster, Pat Ainsworth, Shorty and Ann Turner and Fred Hagggar and other who offered on the day. Also special thanks to Shorty who helped me to measure the course prior to the day.

Margaret Bennett

10K		
John West	M45	35:28
Frank Smith	M55	37:36
Jim Klinge	M50	37:52
Gareth Brunt	M45	39:28
Bob Schickert	M55	41:37
Paul Kelly	M40	41:50
Jan Kelly	W40	41:52
Blakeney Tindall	M35	42:31
Mitch Loly	M55	43:03
Mike Khan	M50	43:09
Brian Foley	M50	43:27
Kevin Corten	M50	PB43:42
Bob Sammells	M60	43:56
Alan Jennings	M55	44:49
Mike Anderson	M45	45:05
Kath Noordyk	W50	45:18

Graham Thornton	M55	45:42
Max Kelly	M50	45:43
David Howard	M0	46:53
George Schaefer	M60	46:59
Simon Mort	M40	47:48
Stuart Parkinson	M50	48:21
Peter Davies	M65	50:25
Arnold Jenkins	M50	50:34
Roma Barnett	W45	50:46
Merv Jones	M55	51:38
Wendy Duncan	W45	52:52
Val Millard	W50	52:53
Craig Watson	M40	53:21
John Russell	M60	53:24
Jenny Barnes	W45	53:57
Richard Harris	M60	53:58
Brian Palmer	M50	54:26
Margaret Warren	W60	54:38
John Webb	M50	56:57
Phyllis Farrell	W50	58:08
Irene Ferris	W45	61:12
Mary Heppell	W55	64:18
Sheila Maslen	W55	67:32
5K		
Stephen Dunn	M30	19:03
Ian Davies	M50	20:30
David Carr	M65	21:07
Terry Keesing	M40	21:54
Joe Stickles	M55	21:58
Mike Rhodes	M50	23:57
Jeff Spencer	M55	25:11
John Stone	M40	25:26
Jackie Halberg	W50	25:48
Vic Beaumont	M65	26:25
Norm Miller	M65	26:52
Jan Jarvis	W50	26:59
Pauline Kelly	W50	27:50
Allen Tyson	M70	28:50
Suzan Brand	W50	29:07
Ray Barnett	M50	30:47
Pat Miller	W55	32:26
Su Lloyd	W40	34:08
Frank Usher	M70	37:56
Glenice Shanahan	W70	39:49
10K Walk		
John Mison	M50	56:10
Paul Martin	M55	56:10
Michele Mison	W45	70:02
Dorothy Whittam	W60	74:31
Lynne Schickert	W55	74:32
John Pressley	M50	76:17
5K Walk		
Ray Hall	M60	30:50
Jeff Whittam	M60	40:05
Ernie Moyle	M70	40:15
Alan Pomery	M65	48:54
Visitors		
Elaine Yap	5K	33:34
Chris Reid	10K	38:11
David McPherson	10K	42:39
Mark Goldstone	10K	42:51
Graeme Scaddan	10K	44:45
Nabil Orfi	10K	45:15
Hugh Sykes	10K	49:27

1998 OCEANIA VETERAN GAMES

The 9th Oceania Veteran Games will be held at Hawkes Bay, New Zealand from 17-25 January, 1998. Hawkes Bay is on the east coast of the North Island of New Zealand.

Entry forms from Jackie Halberg

CLIFF'S FIGHTING SPIRIT

Cliff Bould's fighting spirit has been really tested over the past few months as he struggles to recover from a fall, which resulted in a broken hip. Despite some set-backs, Cliff is making slow progress. We may not see him competing on the track or road again, but we certainly hope to see him out and about soon. Cliff is in Fremantle Hospital (Greenslade Wing) and welcomes the chance to talk over old times with visitors.

1998 OCEANIA VETERAN GAMES

The entry forms for the 9th Oceania Veteran Games being held in Hawkes Bay, New Zealand from 17-25 January, 1998 are now available from Jackie Halberg.

AAVAC ANNUAL GENERAL MEETING AUGUST 30, 1997

Nominations are called for the positions of President, Vice President, Secretary, Treasurer and 4 to 6 Directors of the Australian Association of Veterans Athletic Club Ltd. If any members are interested please contact Jackie Halberg on 9364 4474 or Brian Foley on 9339 2716 for further details before 20 July, 1997.

WELCOME NEW MEMBERS

Ian Davies	3.6.47.	M50
Mike Karra	12.11.64	M30
David Newland	17.3.54.	M40

UNI & BACK 15.6.97

125 competitors were treated to a magnificent winter's day and a slightly nervous first time race director. Well before the race was complete I realised that to direct a relative straightforward race such as this one meant the race director was just a front person for a number of very hard working and dedicated volunteers and I wish to extend to these people a sincere thank you.

To anyone contemplating directing a race I can say it is a satisfying task and more importantly will help to ease a heavy work load on a token few dedicated Vets.

There has been a number of queries regarding the distance of the 15K event and John Pressley is confident that he measured it accurately as I am equally sure are the people responsible for this previously held event. I can say with confidence that any doubts about the distance for the course will be removed before next year.

Finally, whilst the high number of competitors was very pleasing when it came time to prepare this report it has an obvious downside when you type with two unskilled fingers as I do.

Gary Fisher

15K

Jim Langford	M50	54:29
John West	M45	54:55
Chris Maher	M40	55:50
Tony Heppener	M45	56:05
Dave Bishop	M40	57:21
Frank Smith	M55	58:50
Jim Klinge	M50	58:58
Anne Shaw	W45	59:23
Ralph Henderson	M45	60:32
David James	M40	60:41
Stephen Dunn	M30	61:57
Dave Roberts	M50	62:09
Vicente Carrero	M55	62:39
Denis Miller	M55	62:53
Jan Kelly	W40	63:21
Don Caplin	M55	63:57
Brian Danby	M45	64:22
Ian Lankester	M45	64:25
Bob Schickert	M55	65:26
Paul Kelly	M45	65:34
Mitch Loly	M55	66:12
Mike Hale	M50	67:38
Bob Sammells	M60	67:40
Frank Gardiner	M45	67:49
David Reid	M45	68:01
Keith Atkinson	M40	68:25
Mike Khan	M50	68:38
Margaret Birks	W50	68:46
Alan Jennings	M55	69:44

Alec Holm	M50	69:50
Kevin Corten	M50	70:07
Michael Anderson	M45	70:14
Robyn King	W35	70:15
Brian Bennett	M45	70:27
John Pellier	M55	70:35
Bill Crane	M55	70:41
Richard Harris	M60	71:17
Cecil Walkley	M65	71:31
Graham Thornton	M55	72:10
John Bell	M50	72:10
Kath Noordyk	W50	72:40
Simon Mort	M40	73:49
Vic Beaumont	M65	73:54
George Schaefer	M60	74:45
Lynn Harrop	W40	74:49
David Howard	M30	75:21
Joe Stickles	M55	75:29
Frank McLinden	M65	76:00
Dalton Moffett	M65	77:46
Jenny Barnes	W45	79:51
Peter Davies	M65	80:10
Shirley Bell	W45	80:59
Craig Watson	M40	81:00
Mark Jones	M55	81:09
Val Millard	W50	81:17
Brian Smith	M55	81:17
Wendy Duncan	W40	81:24
Norm Miller	M65	81:43
Ann Turner	W60	81:49
John Russell	M60	83:57
Margaret Warren	W60	84:01
Merv Moyle	M70	85:12
Joan Pellier	W55	1:30:54
Irene Ferris	W45	1:32:42
Mary Heppell	W55	1:43:49
Sheila Maslen	W55	1:43:49
8K		
Ian Davies	M50	31:13
Vic Waters	M50	33:28
Brian Foley	M50	34:08
Blakeney Tindall	M35	34:55
John Brambley	M55	35:52
Terry Keesing	M40	37:34
Stuart Parkinson	M50	38:02
Peter Airey	M60	39:00
Sue Vetten	W45	39:28
Arnold Jenkins	M50	39:29
Mike Rhodes	M50	39:41
David Carr	M65	39:54
Jim Riddell	M55	41:42
Jo Pearce	W45	43:08
Wendy Clements	W50	43:36
Delia Baldock	W35	43:37
Denise Lancaster	W45	45:18
Brian Palmer	M50	45:19
Jan Jarvis	W50	45:55
Suzan Brand	W50	48:37
Phyllis Farrell	W50	50:59
Ray Lawrence	M65	51:17
Jeff Spencer	M55	51:18
Marg Bennett	W55	51:57
Ken Whistler	M65	54:23
Bernie Zalkner	W35	56:04
Frank Usher	M70	60:57

Jackie Billington	W50	66:11
Jorna Lauchlan	W65	66:11
10K Walk		
Pamela Smith	W55	64:09
Ernie Moyle	M40	66:29
Fred Watson	M75	67:45

15K Walk		
John Mison	M50	1:30:12
Paul Martin	M55	1:30:12
Bob Fergie	M60	1:34:38
David Brown	M50	1:37:13
Barrie Thomsett	M55	1:38:21
Michele Mison	W45	1:49:01
Jill Midolo	W45	1:53:47
Lynne Schickert	W55	1:54:30
Dorothy Whittam	W60	1:54:39
Alan Pomery	M65	2:07:12
Pat Ainsworth	W60	2:07:37
Val Wheeler	W65	2:07:38

Visitors		
Carey Dickison	8K	45:00
Marina Suthers	8K	46:52
Brenda Phillips	8K	56:04
Mike Stalek	8K	61:18
Mark Evans	8K	66:59
Nick Gardiner	15K	67:49
Graeme Scadden	15K	69:11
Richard Spark	15K	71:02
David Walladge	15K	80:53
Merleyne Denison	15K	81:28
Paula Karra	15K	85:18
Fiona Cole	8KW	88:21
Martine Cole	8KW	88:22
Heather Earl	8KW	88:23
Ron Earl	8KW	88:24

WANTED One lady runner (over 35 yrs old) willing to do the 12K running leg for a Ladies Veteran Team in the next Blackwood Marathon to be held on Saturday 24 October in Bridgetown.
If you would be interested, or know someone who may be, please phone Pauline Kelly on 9291 7128.

MITCH QUALIFIES FOR WORLD EVENT

Keith Atkinson drew Vetrin's attention to a story in the Sound Telegraph in June that Mitch Loly, 57, has qualified for the 55-59 years section of the World Triathlon Championships in Perth on 16 November, 1997.

He has joined a select group of only 12 of the best triathletes from each age group from Australia entitled to compete against athletes from 60 other countries. They will tackle an

event which consists of a 1.5K swim, 40K cycle and 10K run.

Mitch qualified because of his accumulated results in the series and he also won his age group in the last State series.

Mitch has been running since he was 39. He took up the triathlon sport at 53.

HAVE YOU ANY UNWANTED CLOTHING?

ROTARY CLUB OF MT LAWLEY

The Rotary Club of Mt Lawley, of whom Brian Bennett is a member, are collecting used, unwanted clothing to fill a container to be shipped to South Africa. If you have any clothes to donate, please contact Brian or Margaret on 9275 0169 and they will arrange collection. Or clothing may be brought to a Sunday morning event.

SOCIAL SECURITY CHANGES TO THE ASSESSMENT OF ROLLOVERS AND SUPERANNUATION

A short time with us could help clarify the changes for you.

Find out about:

- Investments which will be assessed
- Why hasty action could be unwise
- Ideas for early retirees

Call Alison or Brian Aldrich on 9355 0123 or 019 180 821



Alison & Associates
10/885 Albany Hwy
East Vic Park, 6101



Domestic and Commercial Cleaning

Proprietor: Doug Hazell

Is your business or office cleaning up to standard or you simply don't have a cleaner?

Phone me now to arrange

a quotation. It may cheaper than you think.



414 1348



014 827 896

THROWERS

FOR SALE

The club has the following surplus equipment which the committee has decided to dispose of.

1. A 10lb hammer - complete with handle and (fencing) wire.
2. A shot stamped 10lb which actually weighs about 4.9 kg.

10lb is a little over 4.5 kg.

Neither of these implements is valid for use in competition, but could be of interest to someone with a big backyard and a tolerant spouse. They will be sold as a single job lot. To give all prospective purchasers an equal opportunity, the committee invites you to submit a written offer to the Track & Field coordinator.

Merv Jones

100 Matilda St

Huntingdale 6110

Mark the back of the envelope "Bid for throwing equipment", and post it so Merv gets it by the evening of Friday, July 25th. None of the envelopes will be opened prior to the closing date. If two or more offers are the same the buyer will be decided by lot.

YOU DESERVE A NEW SHIRT!

State - Singlet - Gold with black trim with club badge on left side @ \$15.00.

(To be worn at National Championships)

Club - Singlet - Black and white with club badge on left side @ \$15.00.

(To be worn at State Championships)

Tee-shirts - Grey with the three colour runner club logo on the front @ \$16.00 short sleeve \$18.00 long sleeve.

Fleecy Windcheaters grey with three colour runner club logo @ \$22.00.

Plus caps, visors in a range of colours @ \$7.00. Car stickers and iron-on badges @ \$2.50

ORDER FORM

Please Supply:

..... Qty..... Size

Post to: Club Treasurer, 100 Matilda Street, Huntingdale WA 6110

Cheque Payable to: WAVAC. If you require a postal delivery, please add \$2.50

PRINT POST APPROVAL

644113/00007

IF UNCLAIMED PLEASE RETURN TO:

1/37 BOMBARD STREET

ARDROSS WA 6153



**SURFACE
MAIL**

**POSTAGE
PAID
AUSTRALIA**

Mr R Hayres
26 Jenkins Pl
WEMBLEY DOWNS WA 6019

HAPPY BIRTHDAY TO OUR AUGUST MEMBERS

Fisher, Jean	03/08/46	51 remains W50	Turner, Cedric	19/08/35	62 remains M60
West, John	03/08/49	48 remains M45	Martin, Keith	21/08/43	54 remains M50
Midolo, Jill	05/08/47	50 becomes W50	Flanders, Margaret	21/08/36	61 remains W60
Whittam, Jeffrey	05/08/34	63 remains M60	Sherwood, Lorraine	23/08/52	45 becomes W45
Lloyd, Su	06/08/52	45 becomes W45	Mison, Michele	24/08/47	50 becomes W50
Mort, Simon	06/08/56	41 remains M40	Adams, John	26/08/49	48 remains M45
Dunn, Stephen	06/08/66	31 remains M30	Davies, Peter	26/08/29	68 remains M65
Henderson, Ralph	07/08/48	49 remains M45	Kelly, Paul	28/08/53	44 remains M40
McRae, Evan	07/08/49	48 remains M45	Bennett, Brian	28/08/47	50 becomes M50
Vine, Maureen	08/08/54	43 remains W40	Richards, Norman	29/08/37	60 becomes M60
Danby, Brian	08/08/48	49 remains M45	Sanders, Susan	29/08/53	44 remains W40
Carse, Albert	08/08/41	56 remains M55	Baumann, Betty	30/08/12	85 becomes W85
Langford, James	12/08/44	53 remains M50	Stingemore, Ann	31/08/52	45 becomes W45
Hughes, William	15/08/27	70 becomes M70			
Kelly, Max	15/08/46	51 remains M50			
Stone, Margaret	17/08/42	55 becomes W55			
Waldhuter, Glenys	17/08/43	54 remains W50			
Medcalf, Gordon	19/08/29	68 remains M65			