The Vetrun

NO. 270 APRIL 1996 PATRON: W.J. Hughes PRESIDENT: Brian Foley EDITOR: Richard Harris 323 4387 457 6102

RUNNING MATES KEITH & MARG FORDEN

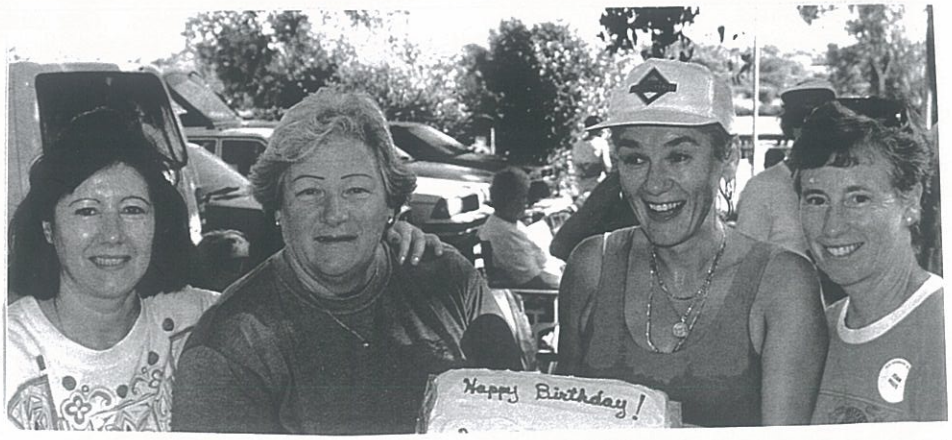
LORNA'S RECORD

Top right -Lorna Lauchlan set an Australian record in the 3000m walk and received her certificate from Brian Foley - *(photo by Joan Hillis)*

Centre - **BIRTHDAY GIRLS**
Tina Carrero, Bev Thornton, Irene Ferris and Joan Hilliscelebrated their birthday with cakes after the group job at arvey Park - *(photo by Ron Hillis)*

Bottom right - **MARGARET RIVER CAMP**
Relaxing after exercising and wine tasting at Margaret River - centre foreground lying down is Jim Langford! *(Photo by Joan Hillis)*

BIRTHDAY BOY
Cliff Bould, now 80, farewells Cathrin and Harry Holland, who have left for Germany.
(Photo by Joan Hillis)



RUNNING MATES

Meet our partners in running this month - Dinki di's both born in Perth - Keith and Marg Forden. I kid Keith that there's a bit of POM in there somewhere, he says "No, it's Scottish".

Keith served his apprenticeship as a cabinet maker, then went into the Australian Army in 1959, served in Malaysia where he and Marg married. He also did two tours of duty in Vietnam, Keith came out of the army in 1979.

Marg was a member of the 24 hours Women Relay team. In the Australian Vets National Championships in Hobart in 1985 Marg won a gold medal in the 800metres and silver in the 400m and 1500m, but Marg's love is marathon running and she has been flying the flag for the lady vets over the last few years. To date Marg has run thirteen marathons and Keith seven.

Keith has been Club President and handicapper and Marg a committee member.

The Forden's have two children and five grandchildren.

Joan Pellier

How did they hear about the Vets:
Both met Duncan Strachan at a Marathon Club event who suggested they join the Vets. Keith and Duncan both served in the army together.

What they enjoy about the Vets:
Both - Social atmosphere and friendly people.

Favourite distance:
Keith - 1500 and 3000m
Marg - Half and full marathon

Favourite run:
Keith - anywhere near the river
Marg - Jim Barnes run

Any changes in the Vets:
Both said none

Other interests:
Keith - fishing
Marg - gardening, cooking, reading and grandchildren

Favourite food:
Keith - Italian
Marg - Chinese

Ambitions in running:
Keith - to run a good 10K
Marg - to get near her PB again in the 10K and marathon

Greatest pleasure in running:
Keith - Albany Marathon PB in 1987 3:24
Marg - Albany Marathon in 1991 3:25

Pet hate:
Keith - politics
Marg - none to mind

PRESIDENT'S REPORT 1995-96

The club has experienced another successful season and I would like to thank all the committee members, whose hard work has maintained the friendly, social and competitive atmosphere of the Vets.

The highlight of the year was conducting the National Veterans' Track & Field Championships over Easter. After twelve months of intensive planning by a sub committee, led by Ivan Brown, the championships were a great success. All the team members felt very satisfied with the outcome and this was reinforced by the large number of visitors and our members, with compliments for the friendly and efficient manner in which the championships were conducted.

Dave Wyatt arranged significant sponsorship with assistance from Athletics West, Bob Fergie prepared and administered a very successful events programme, Jim Langford managed the computer for programme and results which assisted Val Prescott with an efficient medal presentation. Paul Martin prepared the artwork, publishing and the very popular tee shirts, while John Mison co-ordinated the financial situation. Sue Jones coerced a large number of her friends to cater for the 400 competitors and their supporters and officials, while also arranging the most enjoyable river cruise on the Sunday evening. The whole event would not have been possible without the large number of officials required to conduct four days of athletics and Jackie Halberg was able to persuade many volunteers from club members to be part of these championships. Our club can be proud of the involvement of our members.

The other major activities of the athletic year were the club road and cross country events organised each Sunday morning by Bob Sammells and the individual race directors; the Thursday evening track and field time trials conducted by Jackie Halberg; and our participation in the Athletic Association competitions. Our AAWA teams are always looking for new members to continue with the good performance after winning the B grade summer club competition this past season.

We also had eleven club members representing Australia at the World Championships in Buffalo, USA, in July and successfully reaching finals or winning medals in their respective events.

Shorty Turner left the committee when he went overseas, and his position was taken by Joan Hillis, who looked after the social and clothing activities for the period leading up to the championships. Jackie Billington had coordinated these with Shorty for most of the year and the combined efforts of the trio led to a most successful social programme for the members throughout the year.

Bob Fergie and Jan Jarvis have competently managed the club administration affairs so that all of our activities have run smoothly. The main communication medium for the club - the Vetrun newsletter was a credit to the team of Richard Harris and Jackie Billington in its quality presentation and regular publication.

I have enjoyed working with the competent club committee and I believe that our club will continue to be a major part of the Western Australian athletics scene through the hard work and dedication of our club members.

BRIAN FOLEY
PRESIDENT WAVAC

ALBANY
HALF MARATHON

SUNDAY JUNE 2, 1996

ALBANY
KING OF THE MOUNTAIN

SATURDAY APRIL 20, 1996

Ring John Bocian for further information on 098 464 306

SECRETARY'S REPORT

Administration

This year has been dominated by preparations for the National Track and Field Championships to be held at Perry Lakes this Easter. The sub committee, set up in early 1995 under the leadership of Ivan Brown, has continued its preparations with an ever increasing tempo, whilst the Club has marshaled its resources generally to meet the needs of the competing athletes and the large demand for officials. Problems rising from the different age entries of the State and National bodies were discussed at the AGM and finally resolved at an extraordinary general meeting in October, with the entry age set at 30 years.

At the AGM Kirt Johnson and Basil Worner were elected life members in recognition of their long and selfless service to the Club. Congratulations to both of them.

The Club Committee met regularly throughout the year and had a full and varied programme to fulfill. Many thanks are due to these volunteers for their untiring efforts. Changes were made to the production and format of the Vetrun, these were generally well received. The Club is well served by its newsletter which remains its main communication channel.

Competition

Thanks to all the race directors and their assistants for another full and interesting year of events. Both Sunday morning and Thursday evening events were very well attended. One event however was cancelled for lack of interest, the four hour relay. Perhaps the heat of the previous year had its (delayed) effect after all. Our athletes performed very well in the usual external competitions including the World Games and the Australian Nationals and Masters. Within WA the Bunbury Marathon and the Capel to Collie relay were well supported.

Social

Congratulations to the Social committee for again producing a well attended and entertaining programme. Long weekend camps at Lewana and Margaret River were fully booked and enjoyed by all taking part. The Annual Dinner Dance was at the Metro Inn and the success of the evening indicated by the wish to rebook for next year. Another very well attended function was the presentation lunch at Rosie O'Gradys, which now seems to be a tradition that has been quickly established and entrenched. Morning teas remain a very popular part of our Sunday programme.

In summary another full and satisfying year, with thanks due to everyone whose help makes the Club as successful as it is both socially and athletically.

Bob Fergie.

REMINDER AGM

Don't forget the WAVAC Annual General Meeting to be held at the Hockey Club rooms, Perry Lakes, at 7pm on April 16 1996. It's a Tuesday. Come along and have your say.

Margaret River Report

March 1-4, 1996

Having just returned from the south
From the Margaret River weekend
I offer this verse as a record
And hope that there's none I'll offend

On Saturday we were rudely awoken
By shouts to herald the day
And right now I'd like to ask Roma
Just what made her invite Ray?

We were all up and running by seven
Doing an easy 9 k
Then after breakfast we scattered
To do as we wished for the day

Some folks took off to the caves
And had a spot of adventure there
For someone had started a fire
Deep down in the underground lair

So they had to decamp to another
Before the smoke made them sneeze
And that called for group consolation
Aided by Devonshire teas

Meanwhile Doug and his boys went fishing
With the bold Jackie B in tow
But the fish must have been out to lunch
For they came back with nothing to show

Saturday night was memorable
For good food and communal sing song
But I wonder why all the other guests
Didn't hang round for long?

We had some trouble with the plumbing
Especially on Saturday night
With all loos and basins filled to the brim
But by Sunday it was thankfully put right

It was of course the time of election
Which we followed all through the night
With Brian providing hourly reports
As Keating was swept out of sight

Now sleeping with nine other people
Has got its advantages I'm sure
But next time I'd like to request
That I don't share with people who snore

The two Keiths went off and did recces
And set us some good running tracks
But there was a bit of a problem on Sunday
When eight or so didn't come back

After three hours they finally arrived
Looking hot, tired and very foot sore
Having done a neat 25 k
And swearing to run no more

Which probably accounts for the limping
As they all staggered in together
That's Ron, Jackie H, Joan and Roma
Denise, Jo, Tony and Heather

After that we set off for a vineyard
To partake of a wine or two
Followed by a sumptuous picnic
And a blissfully functioning loo

There was an unofficial competition
For the one with the most fetching hat
And I think it was generally agreed
That Jim took the honours for that

While some of us tried a siesta
Whacked out from food, running and all
Jackie was cracking the whip
To get us all up playing ball

And when she suggested a brewery
The response that she got was none
(Even John Pellier refused)
So she relinquished the role of games mistress
And stopped trying to make us have fun

A barbeque planned for Sunday
Would have nicely completed the day
Bur sadly I can't report on it
Because I could no longer stay

But I'd like to pay tribute to Jackie
(Who's off to the long white cloud)
For organising a great time for all
No small task for such a big crowd

And even before it was over
We were already well into gear
Debating where we'd go next
And planning group camps for next year

Margaret Birks

WA VETERANS ATHLETIC CLUB

TREASURERS REPORT 1995/96
STATEMENT OF PAYMENTS AND RECEIPTS
PERIOD 01/03/1995 TO 31/03/1996

PAYMENTS

	1995/96	1994/95
Vetrun Printing	5029.30	3457.35
Vetrun Postage	1192.95	641.55
Trophies/Medals	1806.20	374.00
Track Expenses	1905.00	1660.20
Printing Programmes	942.50	417.00
Capitation Fees/Airfare Subs (2 years)	2784.00	1309.25
Social Expenses (Jorgensen, Rosies)	2793.20	2550.03
Clothing (t-Shirts Etc)	2951.70	1569.30
Equipment Purchases (Printer, Cable)	652.56	2084.15
Equipment Repairs	253.40	407.46
Bank Fees	81.48	39.21
Post, Phone and Stationery	628.10	422.40
Trailer Licence (2 Years)	52.40	25.65
Lewana	540.00	
Margaret River	2590.00	
Name Badges	368.89	304.55
AAWA Affil. Fees	350.00	300.00
Insurance	277.75	277.75
Annual Dinner	2954.00	3233.00
AAWA Registration	215.00	312.00
Advance - Secretary	200.00	150.00
Advance - Treasurer	150.00	150.00
Advance Social	237.00	100.22
Myalup		660.00
Rottnest Island		1869.00
Deposit fo rQuiz Night		120.00
Deposit for Nanga Dell Farm	400.00	
Starter for Champs	100.00	
Advances for Nationals	1200.00	
Refund for Nationals S'Ship	500.00	
Total	**31155.43**	**22434.07**

RECEIPTS

	1995/96	1994/95
Subscriptions	14253.00	7140.00
Champs Entry Fees	1296.55	
Clothing	3687.10	1678.55
M Tea/Visitors Fees	997.30	886.40
T & Field Ground Hire	1237.50	932.21
Myalup	115.50	96.00
Assoc.Registrations	226.00	192.00
Donations	76.50	
Social	1575.80	1596.65
Lewana	504.00	
Annual Dinner	2575.00	2400.00
Proc. AAWA Raffle	90.00	
Misc.	39.00	854.00
S/Ship for Nat Champs.	500.00	
Interest	405.52	465.2
Refund Nat Advance	1200.00	
Margaret River	2570.00	
Advtg	100.00	
Nanga Dell Farm	150.00	
Rottnest Island		1957.00
Well Mills		43.0
Canteen Profit		284.40
Total	**31598.77**	**18525.42**

TREASURERS REPORT 1995/96
BANK RECONCILLIATION STATEMENTS
PERIOD 01/03/1995 TO 31/03/1996

BALANCE BROUGHT FORWARD 1/3/1995	8270.95
RECEIPTS	31598.77
PAYMENTS	31155.43
BALANCE AS PER CASH BOOK	8714.29
UNPRESENTED CHEQUES	2307.73
BALANCE AS PER BANK STATEMENT 31/3/1996	**11022.02**
CHEQUE A/C 8022.02	
FIXED TERM DEP 3000.00	
11022.02	

The Godfrey Pembroke View

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Financial Consultants & Investment Advisers

No. 5 - *Changing Times*

The Government made a number of legislative changes in 1995 affecting the financial affairs of individuals, particularly retirees and those preparing for retirement. This is a brief summary of the most significant changes.

Allocated Pensions

Retirees who took out an allocated pension prior to major tax rule changes on 1 July 1994 will *now be able to move* from investment managers without losing the significant tax advantages applying to their schemes.

Many people retired before July 1994 to take advantage of the favourable tax rules which applied then. The tax -free status of the pre '83 component of a retirement payout was particularly attractive.

This status can now be kept when moving funds so many people are now taking the opportunity to transfer to self-managed super funds. This gives the best of both worlds: the 'old' tax treatment *plus* investment control and flexibility.

Social Security Deeming

The complex and confusing system for calculating returns on investments for social security purposes will be replaced by a new two - tiered deeming system from July 1996.

Under the new rules financial investment will be assessed as earning either 5% (for financial investments up to $30,000 for single pensioners and $50,000 for couples) or 7% a year, irrespective of the actual return on the investment.

The challenge for pensioners will be to invest their money to earn returns in excess of these deeming rates because the excess will not count in the income test.

Self - Managed Super

Another change on 1 July will be the requirement for do-it-yourself super funds to have a *documented* investment strategy.

"Excluded" funds, which have less than five members, had been exempted from setting out their strategy for investing members' contributions, but from July they must have a strategy which addresses issues such as liquidity and diversification.

Free Financial Reports

Godfrey Pembroke has several easy to read reports available free to readers of Vetrun. They are:

- *Financial Planning in Retirement*
- *Discretionary Family Trusts*
- *Coping with Redundancy*
- *Investing in Shares*
- *Financial Planning for Redundancy*

If you would like us to send you a copy of any of these please phone Aya on 481 4711.

If you would like a free appraisal of your investments or financial strategy then call Bowen Llewellyn*.

481 4711

*Bowen Llewellyn AFPA
Senior Consultant &
Authorised Representative of
Godfrey Pembroke Limited.

COLIN COOPER DIES

Friends of Colin Cooper might like to know of his passing away on March 22, 1996.

Colin, from South Australia, will be sadly missed by athletes who travelled to the World Veteran Championships. He was responsible for the excellent travel arrangements. As well as being a very competitive athlete, he was also an accomplished coach. Condolences to his wife, Ann.

Roy Fearnell

LONG WEEKEND SEPTEMBER 27-30 (INC.) NANGA DELL FARM COTTAGES (1.1/2 HOURS DRIVE SOUTH OF PERTH)

The weekend will be fully catered from dinner on the Friday night to lunch on the Monday inclusive. This will include breakfast, morning tea, lunch, afternoon tea, dinner and supper. Most meals will be serve yourself and breakfast will be spread over a period of time to suit runs over various distances. Accommodation is in four cottages and a communal hall for meals etc. Joan Hillis has all the details and a sample menu - vegetarians catered for. The cost will be $75 per person for the full weekend. Supply your own bed linen, nibbles, drinks etc. To make your reservations contact Joan Hillis or Jackie Billington. MAXIMUM NUMBER WILL BE 40 PERSONS - SO FIRST COME FIRST SERVED with full payment in advance please.

LORNA'S RUN

It was a fantastic day weatherwise to have the run - cooler and gently sunny. The river and surrounds looked their best. Hundreds of darters (cormorant type birds) sped down river and just above it to draw our attention, such a large flock hadn't been seen before by many. The new portion of the run in East Perth was appreciated by some who hadn't seen the interesting developments there. Those that needed more directional flags might have missed some of it. Next year, if the project is complete, we hope to extend the run in that area, along safe paths towards Perth and back to the river and McCallum Park.

Those at the finish witnessed a sorry scene. A nameless (not blameless) male runner stormed in to finish and soon after was handed his sweaty singlet by an innocent female runner, she had carried it for him on the run - unbelievable!

Thank you to all the helpers who prearranged the run and those who came up trumps on the day (thank goodness because the course needed a lot of marshals) namely Jill Midolo, David Brown, Heather Sanderson, Bev Thornton, Patricia Carr, Dick Horsley, John Russell, Dalton Moffett, Bob Farrell, Jackie Halberg, Val Wheeler, Fred Watson and Barrie Thomsett.

Lorna Lauchlan

10.5K

Ross Parker	M45	38:55
David Bishop	M35	40:40
John West	M45	40:50
David Reid	M40	41:50
Frank Smith	M50	41:50
David James	M40	41:56
Robert Mair	M45	42:26
Vicente Carrero	M50	42:51
Brian Danby	M45	43:17
Graham Thornton	M55	43:24
Jim Klinge	M45	43:40
Brian Foley	M50	43:48
Joe Stickles	M55	43:52
Don Caplin	M55	44:46
Robin Bonner	M60	44:53
Bill Crane	M55	45:03
Gareth Brunt	M40	45:32
Bob Schickert	M50	45:32
Ted Maslen	M60	46:31
Alec Holm	M50	46:34
Brian Bennett	M45	46:39
John Bell	M50	46:53
Bob Sammells	M55	46:57
Mitch Loly	M55	47:17
Milton Mavrick	M40	47:24
John Pellier	M55	47:44
Fraser Deanus	M55	47:47
Jim Barnes	M50	47:56
Margaret Birks	W45	48:33
Keith Atkinson	M35	48:45
Janet Kelly	W40	48:59
John Dartnell	M45	49:27
Helen Lysaght	W40	49:47
Stan Lockwood	M65	49:59
John Adams	M45	50:21
Marge Forden	W50	50:45
Brian Hunter	M50	50:55
Ron Hillis	M50	51:16
Merv Jones	M55	51:59
Vic Beaumont	M65	52:08
Merv Moyle	M65	52:30
Stuart Parkinson	M45	52:37
Brian Aldrich	M65	52:56
Peter Davies	M65	53:15
Roma Bettles	W45	53:46
Jeff Spencer	M55	53:47
Morris Warren	M55	53:51
Aldo Giacomin	M55	53:59
Gary Branchie	M40	54:40
Robert Sheehy	M50	54:49
Arnold Jenkins	M50	55:08
Alan Chambers	M55	55:17
Brian Devine	M50	55:18
Denise Lancaster	W45	57:14
George Peet	M60	58:00
Ray Lawrence	M65	58:17
Val Miller	W45	58:17
Wendy Duncan	W45	58:23
Joan Pellier	W55	59:14
Kirt Johnson	M65	59:14
Sheila Maslen	W55	73:53
Mary Heppell	W55	76:22

6.4K

Greg Salter	M40	22:43
Morris Smith	M60	25:49
Vic Waters	M50	26:13
Mike Rhodes	M50	27:28
Mike Anderson	M45	27:33
Maxine Santich	W40	28:10
Simon Mort	M35	29:49
Mick Cousins	M60	31:24
Lynn Farrelly	M55	32:36
Keith Forden	M55	38:41
Rosa Davis	W50	39:47
Margaret Warren	W60	40:05
Pat Miller	W55	40:06
Margaret Ward	W50	41:17

WALKERS

10.5K

John Mison	M45	55:25
Paul Martin	M50	59:33
Michele Mison	W45	71:48
Barrie Thomsett	M55	71:49

6.4K

Lesley Romeo	W50	41:42
Bob Chalmers	M55	44:10
David Brown	M45	44:15
Lynne Schickert	W50	46:47
Dorothy Whittam	W55	47:39
Joan Hillis	W50	47:49
Linda Mark	W40	48:24
Pat Ainsworth	W60	48:51
Lois Smith	W45	48:51
Ernie Moyle	M70	52:20
Jim Lockyer	M55	52:21
Rob Davis	M55	53:50
Jeff Whittam	M60	53:51
Tina Carrero	W50	53:58
Val Bonner	W50	53:59
Gillian Peet	W55	54:04
Marge Flanders	W50	56:54

VISITORS

Paul O'Riordan	10.5K	42:09
Mary Murphy	10.5k	74:11

TRACK & FIELD RESULTS
COKER PARK 29.2.96.

1500m Walk

M50	Brian Foley	8:32
M55	Barrie Thomsett	8:35
M75	Fred Watson	12:23
W50	Lesley Romeo	9:11
W60	Val Wheeler	11:47
W65	Lorna Lauchlan	10:09
W70	Glenice Shanahan	11:59

400m

W35	Snow McSwain	1:16.2
W50	Peggy Macliver	1:09.4
M35	Ian Sanders	1:15.1
M45	John Walker	1:03.2
M45	Doug Cornish	1:06.7
M45	Lewis Arndt	1:16.2
M50	Brian Foley	1:04.0
M50	Arnold Jenkins	1:06.7
M55	Graham Thornton	1:09.0
M60	David Carr	1:03.3

Long Jump

M35	Ian Sanders	4.29m
M40	Dave Wyatt	5.08m
M60	David Carr	4.18m

200m

W35	Snow McSwain	30.6
W50	Peggy Macliver	30.0
W60	Glenice Shanahan	57.9
M35	Ian Sanders	28.6
M40	Dave Wyatt	26.4
M45	Doug Cornish	28.1
M45	Lewis Arndt	34.5
M50	Arnold Jenkins	29.7
M50	John Pressley	33.1
M60	David Carr	28.5
M70	Allen Tyson	35.5

10,000m

W35	Robin King	43:04
W40	Tessa Brockwell	40:52
W45	Anne Shaw	38:02
M40	Alan Thurlow	36:50
M45	John West	37:38
M45	David Reid	37:49
M45	Robert Mair	39:00
M45	Maurice Creagh	39:13
M45	Mike Thompson	41:56
M45	Lewis Arndt	43:49
M50	John Pressley	37:54
M50	Bert Carse	38:22
M50	Vicente Carrero	40:10
M50	Ivan Brown	41:23
M55	Graham Thornton	43:05

Javelin

W45	Eileen Hindle	14.40m
W60	Patricia Carr	19.20m
W65	Lorna Lauchlan	17.84m
M35	Ian Sanders	18.86m
M40	Alan Thurlow	19.22m
M45	Doug Cornish	20.92m
M50	Arnold Jenkins	23.30m
M55	Mike O'Reilly	22.18m
M60	Bob Fergie	27.68m
M60	David Carr	20.86m
M70	Allen Tyson	19.34m
M75	Fred Watson	11.52m

Discus

W45	Eileen Hindle	17.76m
W60	Patricia Carr	14.42m
M35	Ian Sanders	18.60m
M35	Phil Hawks	15.86m
M45	Doug Cornish	22.96m
M50	Arnold Jenkins	18.80m
M55	Mike O'Reilly	23.74m
M60	Bob Fergie	27.58m
M60	David Carr	21.78m
M70	Allen Tyson	17.56m
M75	Fred Watson	9.46m

McGILLIVRAY 7.3.96.

100m

W30	Rosanne Kemp	12.5
W50	Val Prescott	18.1
W60	Patricia Carr	16.6
W70	Glenice Shanahan	25.3
M35	Greg Vander Sanden	13.2
?	Shane Nangle	13.2
M40	Dave Wyatt	13.0
M40	Chris Clark	13.5
M45	Doug Cornish	14.0
M50	John Pressley	16.3
M55	Barrie Kernaghan	12.8
M60	David Carr	15.8
M65	Gordon Medcalf	15.7
M70	Allen Tyson	17.3

2000m Walk

W45	Michele Mison	12:16
W55	Dorothy Whittam	13:14
W60	Val Wheeler	16:21
W65	Lorna Lauchlan	13:52
M45	John Mison	9:39
M55	Barrie Thomsett	12:02
M60	Bob Fergie	13:25
M65	Fred Watson	16:55

2000m Steeplechase

W45	Anne Shaw	8:05
W50	Erica Mercer	10:17
M60	David Carr	8:47
M70	Allen Tyson	10:34

3000m Steeplechase

M35	Pra Nicol	13:01
M35	Ian Sanders	15:44
M45	David Reid	11:16
M55	Dennis Miller	14:53

Discus

W60	Noela Medcalf	21.06m
W60	Patricia Carr	16.80m
M35	Phil Hawks	18.48m
M40	Alan Thurlow	17.86m
M45	John Walker	18.00m
M55	Ed Carrol	36.50m
M55	Peter Gare	32.00m
M60	Bob Fergie	28.68m
M60	David Carr	23.84m
M65	Gordon Medcalf	25.98m
M70	Allen Tyson	20.18m
M75	Fred Watson	10.40m

3000m

W35	Robin King	12:24
W40	Tessa Brockwell	11:31
W45	Wendy Duncan	16:33
M35	Pra Nicol	11:06
M35	Phil Hawks	15:10
M40	Alan Thurlow	9:54
M45	Mike Thompson	11:38
M45	John Walker	12:48
M50	Jim Langford	9:48
M50	Bruce Wilson	10:47
M50	John Pressley	11:13
M50	Ivan Brown	11:33
M50	John Bell	12:24
M50	Dave Roberts	?
M55	Merv Jones	13:57

COKER PARK 14.3.96.

60m

W35	Snow McSwain	8.8
W40	Lynne Choate	7.9
W45	Pixie Doore	9.8
W50	Jan Jarvis	8.6
W50	Peggy Macliver	8.8
W60	Noela Medcalf	11.3
W70	Glenice Shanahan	14.4
M35	Mike Edwards	7.5
M35	Ian Sanders	8.4
M40	Dave Wyatt	8.0
M50	Roy Fearnall	7.8
M50	Arnold Jenkins	9.1
M55	Barrie Kernaghan	7.7
M55	Mike O'Reilly	8.1
M65	Gordon Medcalf	9.4
M70	Allen Tyson	10.9

5000m Walk

W40	Rosemarie Hollaway	27:26
W45	Barbara Atkinson	30:42
W45	Michele Mison	31:17
W50	Lesley Romeo	32:55
W65	Lorna Lauchlan	35:02
M30	Garry Hastie	25:26
M45	John Mison	24:49
M55	Barrie Thomsett	30:34

100 yards

W35	Snow McSwain	13.2
W40	Lynne Choate	12.0
W45	Pixie Doore	14.5
W50	Jan Jarvis	13.0
W50	Peggy Macliver	13.5
W60	Noela Medcalf	17.2
W60	Glenice Shanahan	22.7
M35	Simon Leonard	12.9
M40	Dave Wyatt	11.8
M45	Doug Cornish	13.3
M50	Roy Fearnall	11.8
M50	Keith Martin	12.6
M50	Arnold Jenkins	13.6
M55	Barrie Kernaghan	12.1
M55	Mike O'Reilly	13.3
M65	Gordon Medcalf	16.5
M70	Allen Tyson	17.2

Javelin

W45	Eileen Hindle	14.22m
W60	Noela Medcalf	15.10m
M35	Greg Vander Sanden	29.70m
M35	Ian Sanders	22.32m
M40	David Eltringham	20.62m
M40	Alan Thurlow	19.89m
M45	Doug Cornish	26.12m
M50	Arnold Jenkins	23.11m
M55	Mike O'Reilly	18.00m
M60	David Carr	26.55m
M65	Gordon Medcalf	19.89m

Mile

W30	Debra Casey	5:6.5
W30	Janet Tyrell	5:45.5
W40	Tessa Brockwell	6:38.3
W45	Anne Shaw	5:18.6
W60	Glenice Shanahan	7:05.6
M35	Greg Vander Sanden	4:33.7
M35	Simon Leonard	4:51.7
M35	Pra Nicol	5:33.2
M35	Phil Hawks	6:21.5
M40	David Eltringham	4:57.5
M40	Alan Thurlow	4:59.8
M45	David Reid	5:18.3
M45	Robert Mair	5:24.0
M45	Maurice Creagh	5:38.6
M45	Doug Cornish	5:48.7
M50	Jim Langford	4:55.0
M50	Brian Foley	5:10.1
M50	Bert Carse	5:11.9
M50	Ivan Brown	5:39.1
M50	Mike Rhodes	6:08.0
M55	Graham Thornton	5:46.4
M55	Alan Jennings	5:46.7
M70	Allen Tyson	5:45.5

3000m

W30	Debra Casey	10:38
W30	Janet Tyrrell	11:03
W35	Robin King	11:58
W40	Tessa Brockwell	10:53
?	Margaret Allen	11:18
M40	David Eltringham	9:47
M45	Dave Reid	10:24
M45	Maurice Creagh	11:03
M45	Evan McRae	11:45
M45	Mike Thompson	11:52
M50	John Pressley	10:40
M50	Vicente Carrero	11:07
M60	Robin Bonner	12:03

McGILLIVRAY 21.3.96.

200m

W30	Rosanne Kemp	26.7
W50	Peggy Macliver	31.1
W70	Glenice Shanahan	53.4
M35	Ian Sanders	28.7
M45	Geoff Sims	26.2
M50	Ivan Brown	33.4
M50	John Pressley	33.7
M55	Ross Calnan	30.4
M65	Gordon Medcalf	34.9

3000m Walk

W65	Lorna Lauchlan	21:17
M55	Barrie Thomsett	19:10

Long Jump

M40	Alan Thurlow	3.96m

5000m

W35	Robin King	20:37
W40	Tessa Brockwell	19:07
W45	Elaine Wilson	25:16
M35	Phil Hawks	25:40
M40	Alan Thurlow	17:09
M45	David Reid	18:04
M45	Evan McRae	18:57
M45	Mike Thompson	20:12
M50	Jim Langford	16:28
M50	John Pressley	18:54
M50	Ivan Brown	19:36
M50	Mike Rhodes	21:05
M50	Brian Gale	23:48
M55	Graham Thornton	20:15
M55	Alan Jennings	20:26
M55	Bob Sammells	20:33
M60	Robin Bonner	20:58

800m

W35	Robin King	2:52.6
W40	Tessa Brockwell	2:30.8
W40	Anne Stingemore	2:40.6
W50	Peggy Macliver	2:46.2
M35	Greg Vander Sanden	2:13.6
M35	Phil Hawks	2:46.0
M35	Ian Sanders	2:54.7
M40	Bill Shand	2:14.6
M45	Geoff Sims	2:19.6
M50	Brian Foley	2:18.7
M50	Bruce Wilson	2:26.4
M55	Don Caplin	2:30.9
M55	Alan Jennings	2:33.0
M55	Graham Thornton	2:42.6
M55	Peter Gare	2:43.9
M60	Robin Bonner	2:48.0
M70	Allen Tyson	3:14.5

Javelin

W60	Patricia Carr	16.44m
W60	Noela Medcalf	14.56m
M35	Greg Vander Sanden	31.84m
M35	Ian Sanders	25.88m
M55	Peter Gare	32.36m
M60	David Carr	23.44m
M65	Gordon Medcalf	14.56m

Discus

W60	Noela Medcalf	20.64m
W60	Patricia Carr	17.74m
M35	Phil Hawks	18.28m
M40	Alan Thurlow	19.70m
M55	Ed Carroll R	37.24m
M55	Peter Gare	30.64m
M60	David Carr	23.46m
M65	Gordon Medcalf	25.64m
M70	Allen Tyson	21.02m

COKER PARK 28.3.96.

1500m Walk

W45	Michele Mison	8:50.3
W50	Lesley Romeo	9:14.9
W65	Lorna Lauchlan	10:33.5
M45	John Mison	6:48.7
M55	Barrie Thomsett	8:22.9

100m

W35	Snow McSwain	14.3
W40	Lynne Choate	12.3
W50	Peggy Macliver	14.1
W60	Patricia Carr	15.8
W70	Glenice Shanahan	24.6
M40	Dave Wyatt	12.2
M40	John Stone	12.7
M45	Doug Cornish	13.2
M45	Nick Bailey	14.8
M50	Arnold Jenkins	14.3
M50	John Pressley	15.8
M55	Mike O'Reilly	13.3
M65	Gordon Medcalf	15.7

400m

W30	Rosanne Kemp	60.0
W35	Snow McSwain	68.3
W35	Robin King	79.8
W50	Peggy Macliver	67.8
W70	Glenice Shanahan	2:01.2
M35	Greg Vander Sanden	53.5
M35	Phil Hawks	63.9
M40	John Stone	64.7
M45	John Molloy	55.6
M45	Doug Cornish	62.7
M45	John Walker	63.6
M45	Mick Bailey	69.5
M45	Maurice Creagh	72.8
M50	Arnold Jenkins	65.5
M50	Ivan Brown	66.0
M50	Vicente Carrero	71.3
M50	John Pressley	74.7
M55	Mike O'Reilly	66.8
M55	Graham Thornton	70.3

1500m

W35	Robin King	5:53.9
W40	Tessa Brockwell	5:05.0
W45	Anne Shaw	4:57.7
W50	Erica Mercer	6:15.4
W70	Glenice Shanahan	9:43.4
M35	Phil Hawks	6:21.1
M40	Alan Thurlow	4:36.9
M45	David Reid	4:46.4
M45	Maurice Creagh	5:09.4
M45	Nick Bailey	5:27.6
M45	Doug Cornish	5:28.2
M50	Jim Langford	4:29.7
M50	Brian Foley	4:48.9
M50	John Pressley	5:07.9
M50	Ivan Brown	5:16.5
M50	Vicente Carrero	5:19.2
M50	Arnold Jenkins	6:11.7
M55	Graham Thornton	5:16.2
M55	Alan Jennings	5:21.7

Triple Jump

M40	Dave Wyatt	10.60m

Shot

W50	Erica Mercer	5.82m
W60	Noela Medcalf	6.47m
M35	Phil Hawks	5.78m

M45	Doug Cornish	6.46m
M50	Arnold Jenkins	6.87m
M55	Mike O'Reilly	7.64m

Hammer

W50	Erica Mercer	13.32m
W60	Noela Medcalf	17.89m
M35	Phil Hawks	16.11m
M45	Doug Cornish	14.52m
M50	Arnold Jenkins	19.39m

TRACK & FIELD COMPETITION PATRON'S TROPHY

The Patron's Trophy is contested over eight weeks of track and field competition. Athletes can compete in a maximum of 16 weeks and the points allocated for their best ten performances are added to achieve a final score. Points are age graded.

This year, for a record seventh year, David Carr won the men's competition, and Peggy Macliver took the women's trophy for the fourth time - congratulations to you both.

Brian Foley deserves special mention for being the only athlete to compete in all 16 events - well done.

Results for athletes who competed in n events or more:

Peggy Macliver	7377
Noela Medcalf	5799
David Carr	6488
Brian Foley	5807
Ivan Brown	5161
Allen Tyson	4397
Dave Wyatt	4086
Arnold Jenkins	3712
Ian Sanders	2242

TIME TRIALS

Our track and field evenings were very well attended particularly in the latter part of the season. We welcomed many new faces as athletes prepared for the National Championships, we hope that the enthusiasm generated by these championships will continue into next year and beyond.

There were about 130 new state records set between April 1995 and March 1996. Some of these are the 30 age records and we welcome athletes in this age group to the vets scene. Some notable performances are:

Paul Woo M40 - equal Australian pole vault record 4.00m

Anne Shaw W45 - New records 1500, 1 mile, 3000m, 5000m, 10000m and 2k steeplechase.

Noela Medcalf W60 New records 1500m, discus and hammer

My thanks to the many people who helped during the season.

Jackie Halberg.

WE WELCOME THE FOLLOWING NEW MEMBERS

Wendy Duncan	W45
Edward Groughan	M40
Ross Parker	M45
Christopher Clark	M40
Jane Thompson	W40
Pauline Dawson	W40

10 KM TRACK HANDICAP
24th April 1996 at 7pm

McGillivray Sports Ground Under Lights

The organiser this year will be Barrie Thomsett, standing in for Jeff Whittam who will be away. Come along and see if you can do a P.B. or even take home the trophy. The weather is usually cool with little or no wind. The run is followed by a bring your own barbecue. The handicaps will be by Bob Schickert (Handicapper Extraordinaire). Entry forms will be available at club runs and at the AGM. There is an entry fee of $2.00. If you are not running the 10K perhaps you could come along and help lap score we are needing helpers - let Barrie Thomsett know if you can help.

DEADLY MEDLEY TEAMS RELAY 4-2-1996

On a bright, warm February morning eight running teams and five walk teams competed over the 12 km (6 km walk) course around the Yokine reserve. The race was a combination of 2 km and 1 km legs, with each person running twice.

Members were assigned to teams as they arrived at the park, with an aim of having an even competition. This was nearly achieved as three teams finished in the middle of the field within three seconds. However, the pre-race favourites of Mike Rhodes, Robert Sheehy, Greg Salter and John Bell were too good for the others, running out winners by one and a half minutes. The walk teams were more closely chosen as Val Wheeler and Paul Martin beat Fred Watson and John Mison over the line by five seconds.

Team events do not attract large fields, however those who attended enjoyed the competition and the opportunity to run hard or walk hard over relatively short distances. This event is a good build-up to the track and field championships at Easter. Thanks to Bob Sammells, Ray Lawrence and Arthur Leggett for their assistance on the morning.

Brian Foley.

WALK

1	Paul Martin Val Wheeler	37:05
2	John Mison Fred Watson	37:10
3	Dorothy Whittam Leslie Romeo	38:09
4	Jeff Whittam Michele Mison	39:28
5	Jim Lockyer Sue Hughes	41:10

RUN

1	Mike Rhodes Robert Sheehy Greg Salter John Bell	43:56
2	Ivan Brown Noela Medcalf Bert Carse Bob Sammells	45:30
3	Ted Maslen Alan Jennings Lyn Boucher Paul Hughes	47:24
4	Milton Mavrick Sheila Maslen Pra Nicol John Russell	48:05
5	David Carr Robin King Ralph Henderson Cinnamon West	49:16
6	David James Robert Reece Lyndsey Gee Shorty Turner	49:19
7	Vic Waters Helen Lysaght Mary Heppell Robert Mair	49:20
8	George Schaefer Aldo Giacomin Warren Gee Ann Turner	49:53

The Nationals are over.

Easter 96 saw almost 400 veteran (over 30!) athletes engaged in competition at Perry Lakes Stadium. As the host our club members responded to the challenge and made the championships a memorable event for all. Some people do deserve a special mention.

Jacqie Halberg who organised our 1995 State Champs was again a key player. The task of assembling and co-ordinating 40 officials for each day has required charm, patience, persistence and the temprament of a saint. The visitors were full of praise for our cherry and obliging officials. Thank you Jacqie and all your helpers who gave their valuable time over the Easter weekend.

Bob Fergie and Jim Langford both did well as competitors and maybe there is a message there for us all. Their teamwork in processing the entries, getting numbers allocated and producing printed results for most events within 20 minutes was a fantastic effort. They both put in many hours of clerical/computing work before the event and it was a pleasure to see a track competitor joining with a field event/walker to produce such results.

Paul Martin used his considerable talents to design a logo plus the T-Shirts which sold out early. He also organised the printing of T-Shirts and the impressive 52 page programme. Paul is in business and trades as "Between-the Sheets", plastic laminating is his specialty - business phone 3361838.

Dave Wyatt as Secretary of the committee produced the best set of minutes I've seen for many years - his work as fund raiser and media contact was also of a high standard. John Mison joined the committtee as financial controller (on loan from Price Waterhouse) and it has been comforting to us all to have a person of John's standing in the accounting community in charge of our accounts.

Brian Foley was again a "man for all seasons'. He must have made 500 phone calls to help organise these championships. Val Prescott was pressed into the role of presentations co-ordinator and proved perfect in that role. John Bell was also co-opted to organise the medical team and we all benefited from his efforts. Bob and Dave were great announcers while Jackie B. and Joan H. sold ever bit of stock on hand.

Finally, if any one "made the difference" between Perth and other host cities it was Sue and Merv Jones and their large team who did the catering. Visitors were unanimous in their praise for the friendly service and reasonable prices. Sue also organised the welcome packs and the river cruise which was a great success - meal and music just right for the occasion.

My sincere thanks to all members who assisted and their families. Now let's get on with preparation for the Perth Marathon.

Ivan Brown

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

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HAPPY BIRTHDAY TO OUR MAY MEMBERS

JENKINS Arnold	01/05/44	52 remains M50	BROWNLIE Ken	21/05/45	51 remains M50
GILMOUR John	03/05/19	77 remains M75	EY Wendy	21/05/38	58 remains W55
WATERS Victor	03/05/44	52 remains M50	GARE Peter	21/05/40	56 remains M55
DANBY Susan	07/05/49	47 remains W45	STEWART Frederick	21/05/30	66 remains M65
McLINDEN Frank	07/05/31	65 becomes M65	BROCKWELL Chris	23/05/50	46 remains M45
MILLER Patricia	07/05/38	58 remains W55	SAVIN Pat	23/05/48	48 remains W45
ANDERSON Michael	07/05/48	48 remains M45	TYSON Valerie	23/05/21	75 becomes W75
SANDERS Johanna	08/05/18	78 remains W75	WYATT Dave	23/05/51	45 becomes M45
CARRERO Vicente	11/05/42	54 remains M50	HILL Judi	24/05/48	48 remains W45
DARTNALL Jon	11/05/48	48 remains M45	HASSAM Leo	25/05/30	66 remains M65
MALLON Des	13/05/52	44 remains M40	BRENNAN Joe	27/05/21	75 becomes M75
GIACOMIN Aldo	14/05/36	60 becomes M60	WILLMER David	27/05/54	42 remains M40
LAWRENCE Ray	15/05/28	68 remains M65	REID Eric	27/05/41	55 becomes M55
NOORDYK Adrian	15/05/52	44 remains M40	MISON John	28/05/47	49 remains M45
RIDDELL Jim	15/05/39	57 remains M55	MacLIVER Robin	28/05/41	55 becomes M55
HUGHES Paul	17/05/52	44 remains M40	BRYANT David	29/05/45	51 remains M50
PRESSLEY John	17/05/45	51 remains M50	BROWNE Anita	29/05/46	50 becomes W50
BROWN David	18/05/47	49 remains M45	SLYTH Paul	29/05/42	54 remains M50
PASSMORE Ian	18/05/44	52 remains M50	LEE Jennie	29/05/54	42 remains W40
LATCHFORD Stan	19/05/41	55 becomes M55	MERCER Erica	30/05/43	53 remains W50
POMERY Alan	19/05/31	65 becomes M65	WALSH Roger	30/05/43	53 remains M50
FEARNALL Roy	19/05/43	53 remains M50	WILSON Bruce	31/05/45	51 remains M50
SHANAHAN Glenice	20/05/24	72 remains W70			