



The Vetrunk

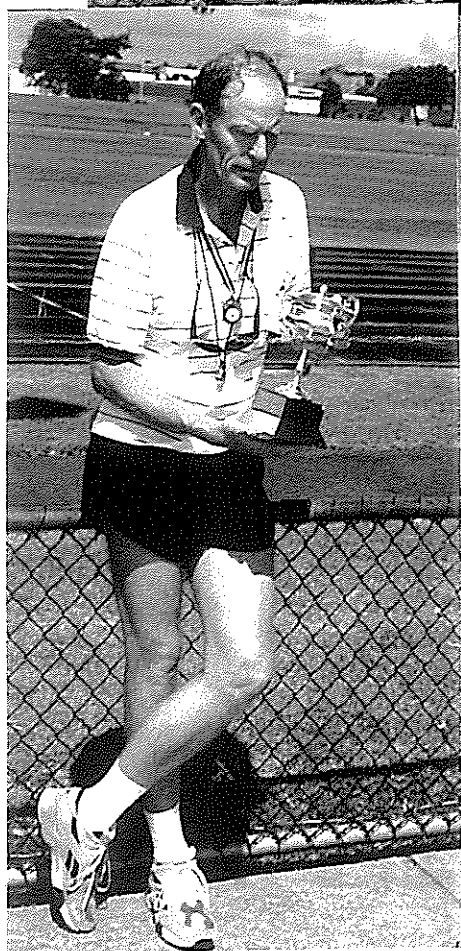
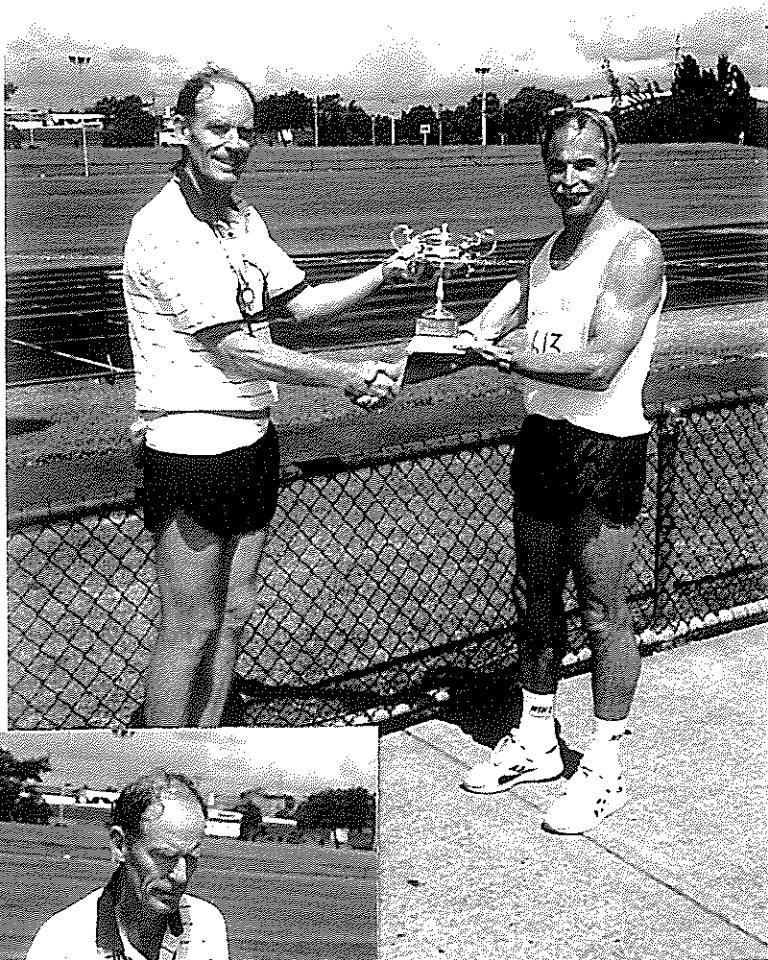


NO. 283 APRIL, 1997 PATRON: W.J. Hughes PRESIDENT: Brian Foley EDITOR: Richard Harris 457 6102

Failure is not the worst thing in the world. The very worst is not to try

DAVID CLIVE - ATHLETE OF THE MEET

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Brian Foley pictured left - wonders if he could ever win the Athlete of the Meet Trophy.

RUNNING MATES SUE AND MERV JONES



REABOLD HILL

5 January 1997

The first event of the year was the cross country run through the shady lower slopes of Reabold Hill, with the walking events conducted around the adjacent Perry Lakes paths.

There was good participation with 82 runners and 17 walkers. The weather was kind, leading to some very good performances, with Jim Langford and Ross Parker changing the lead on several occasions, and Jim showing his strength over the last lap to win the event. Heather Sanderson won the Womens 7km and Ann Shaw the 10km. This was The last run for Heather and Tony before their departure overseas.

Thanks to those who helped on the day, as cross country needs more officials and they are not able to compete themselves (Jim Shaw, Mary Heppell, Jackie Halberg, Vic Waters, John Pressley, Arnold Jenkins and our dear friend Ted Maslen, who was always willing to help, and will be remembered by us all).

Brian Foley

10km run

Jim Langford	M50	34:45
Ross Parker	M45	35:02
Jim Klinge	M50	37:27
Anne Shaw	W45	38:13
Bob Schickert	M55	38:50
Warren Gee	M45	38:53
Ralph Henderson	M45	39:09
David Muir	M50	39:27
Gareth Brunt	M45	39:42
Gary Fisher	M40	39:52
Joe Skrypnuk	M45	40:04
Brian Danby	M45	40:47
Peter Sanders	M50	41:06
Ivan Brown	M50	41:26
Don Caplin	M55	42:02
Vicente Carrero	M50	42:15
Alec Holm	M50	42:18
Mark Rosen	M45	42:23
Robin King	W35	42:30
John Bell	M50	42:55
Goeff Mullins	M50	43:09
Jan Kelly	W40	43:47
Steve Barrie	M60	44:27
John Pellier	M55	45:13
Bill Crane	M55	45:14
Kath Noodyk	W50	46:45
Brian Bennett	M45	46:56
Kevin Corton	M50	47:10
Helen Lysaght	W40	47:25
Frank Smith	M50	47:27
Carol Broderick	W40	47:38
Peter Hill	M45	48:18
Richard Harris	M60	48:33

Stan Lockwood	M65	48:43
Robert Reece	M50	49:25
Merv Moyle	M70	50:24
Vic Beaumont	M65	50:27
John Barrett	M55	51:10
John Adams	M45	52:20
Peter Davies	M65	51:51
Brenda Mathews	W40	52:58
Tony Speechley	M50	53:01
Maxine Santich	W40	53:02
David Bishop	M40	53:44
Aldo Giacomini	M60	54:07
Ron Sutton	M55	55:16
Brian Smith	M55	56:10
John Russell	M60	57:46
Jim Barnes	W45	57:49
Shorty Turner	M60	59:36
Theresa Howe	W45	59:36

6.8km run

Dave Willmer	M40	26:57
Dave Roberts	M50	27:08
Terry Keesing	M35	29:54
Mike Rhodes	M50	30:03
Bob Sammells	M55	31:01
John Spencer	M55	32:29
Paul Kelly	M40	33:05
Heather Sanderson	W45	33:15
Merv Jones	M55	34:22
John Stone	M40	35:30
Ann Turner	W60	36:53
Sheila Maslen	W55	48:03
Arthur Leggett	M75	48:09
Ron Spencer	M55	51:02

3.5 km run

Kirt Johnson	M65	17:32
Norm Miller	M65	18:38
Wendy Clements	W50	19:09
Joan Pellier	W55	19:54
Suzanne Brand	W50	21:21
Pat Miller	W55	21:28
Garnet Morgan	M70	23:55
Glenice Shanahan	W70	26:35

6 km walk

David Brown	M45	39:54
Jill Midolo	W45	45:40
Ray Hall	M60	45:44
Allen Tyson	M70	46:30
Barrie Thomsett	M55	48:24
Lynne Schickert	W55	49:21
Michele Mison	W45	49:21
Ernie Moyle	M70	49:00
Brian Palmer	M45	49:04
Jeff Whittam	M55	49:24
Val Wheeler	W65	49:24
Pamela Smith	W55	50:52
Denise Lancaster	W45	52:54
Margaret Ward	W55	52:54
Tina Carrero	W50 1 lap	18:41
Lorna Lauchlan	W55 2 lap	31:01
Fred Watson	M75 2 lap	39:06

NEW ZEALAND INVASION

Ninety Kiwis will pass through Perth on their way to Durban for the World Trials and Field Championships.

On Saturday 12th July they will compete in an informal competition at Coker Park. Our club members are invited to compete or assist. We expect other Australians entered for Durban to join in. Many of the visitors will be at the 25 km RRC (or 10km) 13th July.

Here is a chance to run with Ron Robertson. In February he ran 1500m 4:12.5, 3000m in 8:57.6 and 5000m in 15:41. Age? M55.

WHO'S FOR DURBAN?

With entries closing about the time this edition goes to press, the likely team is: John Gilmour, Erica Mercer, John Molloy, Bob Sammells, David Carr, Patricia Carr, Lynne Choate, David Clive and Norm Richards.

Peter Gare and Cecil Walkley are among others who might go.

TRAINING

Australians will be competing out of season and are looking for some regular training sessions and partners. After Easter we will meet at Perry Lakes each Saturday at 9 00a.m. All welcome. Dave Wyatt has agreed to coach and set and supervise training programmes. The regular Tuesday morning sessions at Perry Lakes continue. The Rockingham Game will be part of this build up, particularly the programme on Saturday 26th April.

AUSTRALLAN CHAMPIONSHIPS MELBOURNE

At Easter our club will be represented by Bob and Lynne Schickert, Brian Foley, David Carr, Val Prescott, Roseanne (Rosie) Kemp and John Molloy. Barrie Thomsett entered but withdrew. Rosie has had an excellent buildup and should do well.

BETTER LATE THAN NEVER

In November 1985, Tessa Brockwell ran a 2hrs 54min 29sec marathon. With the establishment of National records for this event. Tessa's time has been ratified as an inaugural W30 record. Our congratulations Tessa

WOODMAN'S POINT RUN FEBRUARY 23, 1997

This was the inaugural run of the Woodman's Point event, conceived jointly by Bob Schickert and ourselves. Another opportunity for everyone to achieve a PB at an unusual setting which included a disused ammo dump buildings and ex-rail tracks.

We tested our luck by "ordering" a cool change and by 7.30am start time it was cool and cloudy with a strong breeze. Finally, it got quite cold after the event. Three days later it was 44.5°C!

There was a fair turnout of participants (65 runners/walkers plus additional helpers) and a good number stayed to for breakfast or a barbecue. Fast times were achieved by Ross Parker and two visitors.

Special thanks are extended to Merv Jones for his survey guidance of the 9 kilometre course. We appreciate all the helpers on the day including Sue Jones, Bev Thornton, Maureen Pommery, Bob Schickert, John Pressley, Jackie and Vic Beaumont, and Sue Danby.

Jeff & Wendy Spencer

9K RUN

Ross Parker	M45	32:06
Darry Dahlstrom	M45	35:16
Vicente Carrero	M50	37:02
Brian Danby	M45	37:21
Vic Waters	M50	38:03
Graham Thornton	M55	39:03
Frank Smith	M50	39:05
Brian Foley	M50	39:40
Keith Atkinson	M40	40:04
Stuart Parkinson	M45	40:43
Helen Lysaght	W40	41:11
Kevin Corten	M50	41:26
Peter Hill	M45	41:28
Eddy Hill	M50	41:34
Bob Sammells	M60	42:22
George Schaefer	M60	42:37
Harry Keesing	M35	42:42
Simon Mort	M40	42:49
Marg Forden	W55	43:06
Peggy MacIver	W50	43:50
Robert Reece	M50	44:24
Merv Moyle	M70	46:00
Dalton Moffett	M65	46:25
Alan Smith	M55	46:25
Merv Jones	M55	46:34
Brenda Matthews	W40	47:58
Keith Forden	M55	48:34
Val Millard	W50	48:55
Ann Turner	W60	49:02
Ron Sutton	M55	49:52
Jackie Halberg	W50	49:53
John Russell	M60	50:09

6.4 K RUN

Dick Blom	M60	28:28
Jackie Billington	W50	51:34
Denise Lancaster	W45	51:35

4.4 K RUN

Duncan McAuley	M40	14:53
David Carr	M60	17:09
John Stone	M40	20:09
Fiona McAuley	W45	20:46
Norm Miller	M65	26:24
Noela Medcalf	W60	26:26
Mary Heppell	W55	27:26
Sheila Maslen	W55	27:26
Lorna Lauchlan	W65	28:22
Gordon Medcalf	M65	31:13

9K WALK

Paul Martin	M55	50:19
David Brown	M45	58:40
Michele Mison	W45	64:34
Lynne Schickert	W55	67:23
Dorothy Whittam	W60	67:23

6.4K WALK

Ray Hall	M60	41:50
Jill Midolo	W45	47:29
Pamela Smith	W55	50:54
Ernie Moyle	M70	52:23
Brian Palmer	M45	52:23
Geoff Whittam	M60	55:35
Alan Pomery	M65	55:35

4.4K WALK

Tina Carrero	W50	38:52
Pat Miller	W55	38:53
Maggie Flanders	W60	38:54

VISITORS:

Jim White	9K	32:36
Steve Davies	9K	38:42
John Besonbley	4.4 K	19:02
Mark Maslen	4.4K	14:44
Graeme Scadden	4.4K	31:00

RUNNING MATES

Meet this months mates in running - Sue and Merv Jones. Merv was born in New Zealand, came to Australia in 1959. He stayed a while then drifted to England for a couple of years before heading back to New Zealand and finally settling in WA.

Sue was born in Wyalkatchem, her folks were farmers so apart from playing a bit of netball at school, she was too busy on the farm for sport. Merv played hockey at school but says he wasn't very good at it.

Merv and Sue met in a pub at Roebourne where Sue was working as a barmaid, her and a friend were on a two year working holiday around Australia.

The Jones's have two boys, one is working in Dallas Texas and Sue and Merv will be visiting him this year.

Sue is another one of the willing workers of the club and at present is the treasurer and is in charge of social events. She has handled the catering for the last six years or so for the State Track & Field Championships also the Nationals in 1996.

Merv has been on the committee a couple of times and was in charge of track and field this year.

Most of you would have noticed the huge amount of weight Sue has lost and it is with her blessing that I can tell you that she has been to Weight Watchers and has lost 16 kilos in the past year.

Joan Pellier

Occupation:

Merv - Computer technician for a surveyor and has worked for the same company for almost 30 years.

Sue - Clerical work at Ferndale Primary school for the last 19 years.

How did they hear about the Vets?

Through Jim Barnes, Sue worked with Pat Barnes and they met at social events where all Jim talked about was running. Merv's first run was with the Marathon Club.

What do they like about the Vets?

Merv - The WOMEN it's like being part of a family.

Sue - social side of club

Any Changes?

Merv - Very happy with the way it is.

Sue - No changes.

Favourite run?

Merv - Marathon Club 'King of the Mountain'

Sue - love any river run.

Favourite distance?

Merv - Half marathon

Other interests?

Merv - Messing house up with computer parts. Merv is a computer buff and loves taking them apart.

Sue - Traveling and patchwork quilting.

Biggest running pleasure

Merv - First marathon, has run three, Fremantle Half in 1:35.

Favourite food?

Merv - Cheese

Sue - Cheesecake, Sue has some as a special treat.

Ambition in running?

Merv - To get fit again

Sue - To start race walking again. Sue ran for a couple of years before she had a heart problem and doctors decided it was best if she did not run.

Favourite TV programme?

Merv - Third Rock from the Sun

Sue - Blue Heelers

Pet hates?

Merv - People who ask me dumb questions like "yours truly"

Sue - Tailgaters

PRESIDENT'S REPORT

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 major activities of the athletic year were the Club road and cross country events organized each Sunday morning by John Pressley and the individual race directors; the Thursday evening track and field time trials conducted by Merv Jones and our participation in the Athletic Association competitions. The State Championships were conducted over two weekends in early March, resulting in increased numbers from the last events in 1995, and a very successful competition. We should be most appreciative of the work done by the sub-committee of Bob Fergie, Bob Sammells, David Carr and regular committee members, Merv and Jackie. We appreciate the feedback from members in ways of improving the appeal of the championships to a wider group.

Our AAWA teams are always looking for new members to continue with the good performance after winning the B grade winter club competition this past season. Currently, the future of the AAWA does not look good, with mounting debts, lower numbers of competitors and the possibility of dissolution. Possibly the competition next season will follow a different format, with more evening and regional meetings, and less use of the expensive Perry Lakes Stadium.

Graham Thornton coordinated the social activities throughout the year, with a successful presentation day, annual dinner, quiz night and weekend camp. The quiz night was not planned as a fund raising event, but as an enjoyable night out, trying to answer Mike's vast array of questions. A very good attendance meant that both objectives were achieved. Margaret Ward assisted with the social programme and also handled the distribution of uniforms and Club clothing.

Jackie Halberg and Sue Jones have competently managed the Club's administration affairs so that all of our activities have ran smoothly. The Club is in a sound financial position, with new office and athletic equipment and a good outlook for the future.

The main communication medium for the Club - the Vetrin 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 this 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

SECRETARY'S REPORT.

In the aftermath of the National Championships last year, 1996/97 has been relatively quiet. A new committee was elected in April, with a number of hard working members standing down. Many thanks to Bob Fergie, Bob Sammells, Jackie Billington and Jan Jarvis. Congratulations to Jackie Billington who was elected a Life Member at the Annual General meeting. Jackie has not rested on her laurels and continues to work hard for your Club.

The Committee met regularly and the new members settled well into their positions

We welcomed 61 new members to the Club during the year, plus two very young "associate members", Hannah Stone and Oliver Burge.

Sadly two of our members died during the year, Dick Horsley and Ted Maslen.

Brian Foley and Jackie Halberg attended the Australian Association of Veterans Athletic Clubs AGM in Sydney. AAVAC is aiming to improve the image of Veterans athletics in Australia.

COMPETITION

Our Sunday runs continue to be well attended. Thanks to all race directors and helpers - don't forget we rely on YOU, the members, to make sure all our runs are safe and successful. Many of our members compete in events organized by other running groups, both in Perth and in country areas.

Track and field evenings have been popular this year, particularly the throws. The season ended with the State Championships. 107 athletes competed over the 4 days. Thanks to

those members who worked as officials - many were also competitors. Our aim is to encourage more competitors and helpers and the Committee will look at ways of doing this.

Some of our members will be traveling to Melbourne for the National Championships and to Durban, South Africa, for the World Veterans Championships in July. We wish them good luck..

SOCIAL.

We enjoyed our usual social activities again this year - weekend camps at Nanga Farm Cottages, presentation day at Rosie O'Grady's (thanks to Chris Brockwell), a fun quiz night and the Annual Dinner Dance - much quieter than usual - our DJ had an accident en route and could not make it.

Morning tea continues to be our most successful social gathering. If you haven't been able to stay and have a "cuppa" with us, please try to. Many of the problems of the world (the running world at least) are solved at the end of a Sunday run..

Jackie Halberg.
Secretary

TREASURER'S REPORT

The running of the very successful National Championships meant a big injection of money into Club funds. As a result the Committee was able to make purchases that wouldn't have been possible otherwise.

Amongst items purchased were - a new computer for Jackie Billington to do Vetrin on (\$2294.00), a set of heavy weights (\$979.00), another photocopier (\$1,000.00) and a new printing stop watch (\$550.00). Various other purchases of a smaller nature have also been made.

As in previous years the major costs associated with the normal running of the Club have been Vetrin printing/postage and capitation fees.

A full financial statement will be available at the AGM.

Sue Jones
Treasurer

REMINDER
ANNUAL GENERAL MEETING
TUESDAY APRIL 15 AT 7.00PM
RUGBY CLUB ROOMS
PERRY LAKES
PLEASE BRING A PLATE OF SUPPER

PATRON'S TROPHY

1996-97 Track and Field Points Score Competition

Each summer the club conducts a Points Score competition for the track and field devotees. The competition consists of sixteen events for which points are allocated on a basis of 0 to 1000. The contest is age graded. Each contestant has his or her best ten scores added to achieve a final score. Trophies are presented at the AGM to the highest scoring man and woman.

A total of sixty-three athletes competed in this season's Patron's Trophy competition. Seven competed in ten or more events.

The top ten point scorers this year were:

	Pts	Events Competed
Dorothy Whittam	7356	10
David Carr	6532	14
Keith Martin	6479	12
Pat Carr	6138	11
Brian Foley	4524	11
Jim Langford	3966	5
Robin King	3636	5
Peggy MacLiver	3489	6
Allen Tyson	3409	12
Ian Sanders	3328	11

Congratulations to Dorothy and Dave on their winning performances, and to all who took part

I spent a lot of time analysing the results of this competition and poring over the points tables used. These, I am told were based on the bronze medal winning performances at some long since past National Veterans Championships. This performance was set equal to 1000 points in our tables. There are some obvious imbalances in this and this is recognized by the practise of reducing any calculated score in excess of 1000 points to 1000. So a very good performance is in fact penalized in some events, but not in others depending entirely on the strength of the field in a particular event at those long-gone championships. Conversely some quite good performances went down the scale are not good enough to even make the start of the tables. Once again this has been recognized by giving 20 points to anyone who fails to score.

I have proposed and the Committee has agreed, that next year a new scoring system based on the WAVA Age Graded Tables be introduced. Final details have still to be worked out, but as actual ages,

and not age groups, will be used the major difference as far as the competitors are concerned is that ACTUAL age needs to be shown on the entry-form.

A partial recalculation of the current year's results using the most probable method of application of the Age Graded Tables produced the same two trophy winners (Thank God!), but closed up the midfield scores considerably in a way which I hope will produce some interesting battles at all levels of competition.

Merv Jones

Track & Field Coordinator

Coker Park February 27 1997

100m

Mike Edwards	M40(Vis)	11.7
Richard Parker	M40(Vis)	12.1
Phil Hawks	M35	12.1
Shane Nangle	M35(Vis)	12.2
Dave Wyatt	M45	12.7
Ian Sanders	M35	12.8
Mike O'Reilly	M55	13.4
Snow McSwain	W35	14.1
Delia Baldock	W35	14.5
Pat Carr	W65	15.3
Rae Ballantyne	(Vis)	15.8

Triple Jump

Mike Edwards	M40(Vis)	10.95
Dave Wyatt	M45	10.26
Snow McSwain	W35	9.34
Pat Carr	W65	7.53
Fred Watson	M75	4.77

Heavy Weight

Bob Fergie	M60	11.60
Ron Tompkins	M70	8.67
Kath Holland	W55	6.73
Eileen Hindle	W45	6.40
Merv Jones	M55	5.69
Mary Patullo	Vis	5.56
Fred Watson	M75	5.31

Discus

Bob Fergie	M60	29.78
Mike O'Reilly	M55	25.62
Kath Holland	W55	20.38
Eileen Hindle	W45	19.98
Ron Tompkins	M70	18.72
Phil Hawks	M35	17.22
Snow McSwain	W35	16.24
Mary Patullo	Vis	10.82
Fred Watson	M75	10.70

400m

Mike Edwards	M40(Vis)	54.5
Richard Parker	M40(Vis)	57.1
Shane Nangle	M35(Vis)	59.9
David Carr	M60	62.6
Jim White	M45(Vis)	62.6
Phil Hawks	M35	62.9
Ian Sanders	M35	63.2

Brian Foley	M50	63.9
Milton Mavrick	M40	65.6
Snow McSwain	W35	67.2
Mike O'Reilly	M55	68.3
Delia Baldock	W35	71.6
Rae Ballantyne	Vis	78.5
Margaret Robinson	W55	96.0

2000m Walk

Barrie Thomsett	M55	11:30
Ray Hall	M60	12:21
Lesley Romeo	W50	12:29
Michelle Mison	W45	12:57
Jackie Billington	W50	13:07
Robin King	W35	13:50
Lynne Schickert	W55	13:55
Val Wheeler	W65	16:02
Elaine Wilson	Vis	16:27

3000m

Jim White	M45(Vis)	09:46.3
Jim Langford	M50	09:47.8
David Reid	M45	10:17.6
Alan Thurlow	M40(Vis)	10:19.3
Bob Schickert	M55	10:31.1
Anne Shaw	W45	10:42.3
Milton Mavrick	M40	11:00.6
Ivan Brown	M50	11:09.7
Robin King	W35	11:22.3
Tessa Brockwell	W40	11:41.0
David Carr	M60	12:52.3
Ian Sanders	M35	12:53.1
Erica Mercer	W50	14:12.2
Merv Jones	M55	14:28.8
Margaret Robinson	W55	14:42.9
Jackie Billington	W50	18:34.7

McGillivray Oval March 6 1997

200m

Richard Parker	M40(Vis)	26.6
Shane Nangle	M35(Vis)	26.9
Barrie Kernaghan	M55	26.9
David Clive	M60	27.6
Ian Sanders	M35	27.9
Norm Richards	M55	28.1
Phil Hawks	M35	28.1
Garry Doyle	M45	28.4
David Carr	M60	29.3
Delia Baldock	W35	32.0
Ivan Brown	M50	32.6
Pat Carr	W65	35.1
Val Prescott	W50	38.2

Javelin

Bob Fergie	M60	29.76m
Rob Shand	M60	27.64m
David Carr	M60	27.62m
Jim McMillan	M70	25.00m
Ron Tompkins	M70	19.92m
Dorothy Whittam	W60	19.28m
Rae McMillan	W65	18.14m
Ian Sanders	M35	16.14m
Pat Carr	W65	14.92m
Fred Watson	M75	10.86m

Discus

Jim McMillan	M70	28.94m
Rob Shand	M60	25.98m
Rae McMillan	W65	18.94m
Ron Tompkins	M70	16.28m
Phil Hawks	M35	15.16m
Fred Watson	M75	10.92m
Mary Patullo	Vis	9.68m

1500m

David Reid	M45	04:40.8
Jim Langford	M50	04:41.1
Brian Foley	M50	04:55.8
Bob Schickert	M55	04:59.8
Frank Smith	M55	05:02.7
Anne Shaw	W45	05:07.0
David Carr	M60	05:12.2
David Roberts	M50	05:19.9
Ivan Brown	M50	05:20.1
Robin King	W35	05:21.7
Tessa Brockwell	W40	05:34.3
Alan Jennings	M55	05:52.9
Ian Sanders	M35	06:04.0
Phil Hawks	M35	06:16.8
Delia Baldock	W35	07:09.6
Val Millard	W50	07:25.8
Jackie Billington	W50	08:23.4
Lynne Schickert	W55	09:14.5

1500m Walk

Bob Fergie	M60	09:07.2
Ray Hall	M60	09:18.3
Robin King	W35	09:43.4
Jackie Billington	W50	09:44.7
Val Millard	W50	09:57.2
Dorothy Whittam	W60	10:01.0
Lynne Schickert	W55	10:23.7
Val Wheeler	W65	11:53.5

Letters to the Editors

COST BARRIER

Thank you to the organisers of the Veteran State Championships held a few weeks ago. You did an excellent job. I do, however, wish to make some constructive criticisms.

Firstly, considering the membership numbers in the club, the turnout was somewhat disappointing. This should be the highlight of the year for many athletes so why did they stay away?

I think it can be agreed that the club consists mainly of distance runners and those runners might enter a maximum of three events (10K, 5K and steeplechase) - they might only enter one event. It therefore seems far too costly to be expected to pay \$18 for one event and I believe this is why many athletes simply don't bother. The sprinters and field events competitors can take full advantage of their entry fee by competing in many events as their recovery times are much shorter.

It has been said to me that the cost of hiring Coker Park is not cheap and that may be the case. However, think of the extra revenue that could be generated if those "missing" athletes could be persuaded to enter. My suggestion is as follows:

- a maximum entry fee of \$5 per event be charged for the 10K, 5K and steeplechase.

- more use could be made of McGillivray Oval, maybe the previous Wednesday could stage the 10K, the Friday area stages the steeplechase, and the 5K could be the first event on the Sunday morning.

Please don't think I'm whingeing but I do think the Championships are not reaching their full potential - food for thought maybe??

Doug Hazell

PROGRAMME CHANGES 1997/98 Programme

The end of the 1996/97 programme contains a provisional programme for the first four weeks of the 1997/98 season. **Could all members please note that,** the provisional programme is now confirmed as follows, (which is different to that shown):

4 May

Bank's Run/Walk - 9K/6K
(old Kirkman's) McCallum Park 8.00am

11 May

Shark's Run/Walk 10K/5K
John Tonkin Oval 8.00am

18 May

Andy Wright Run/Walk 10K/5K
Aquinas College 8.00am

25 May

Jim Barnes RRC & RWC - 10k/5K
Kent St, Wilson 8.00am

All events for the 1997/98 season will be in the programme available early May.

John Pressley

CLUB 10K TRACK HANDICAP

24 APRIL, 1997 AT 7.00PM - MCGILLIVRAY OVAL

The Club Track Handicap this year will be held on the 24 April at McGillivray Oval, as usual. As this is the evening before Anzac Day you will be able to have a lay in the next morning, so there is no excuse for not entering. This is usually an opportunity to get a good time as the evening is generally cool and still and there is always someone in front of you to chase. There will be a BYO barbeque afterwards.

Jeff Whittam

ENTRY FORM FOR THE CLUB 10K TRACK HANDICAP.

24 APRIL, 1997 AT 7.00PM AT MCGILLIVRAY OVAL (UNDER LIGHTS) ENTRY FEE \$2.00 WITH ENTRY

NAME: AGE GROUP:

NAME: AGE GROUP:

If you have not run for some time please show your best time for 10K over the past year:

ENTRIES TO: JEFF WHITTAM, 49 HOLLAND STREET, WEMBLEY WA 6014
ENTRIES CLOSE 20 APRIL, 1997 (HANDICAP OPEN TO CLUB MEMBERS ONLY)
DON'T FORGET BYO BARBEQUE AFTERWARDS.

MT LAWLEY CIRCUIT - 2 March 1997

The run was again the deciding event for the handicap trophy, with the two main contenders Stuart Parkinson and Milton Mavrick fighting all the way. Fastest on the day in a course record of 26:13 was Jim Langford.

The Gremlins got to the race numbers as those who received numbers in the 90's would have realised. Working out the correct places was a little tricky, so if you finished between about 30th and 40th and think you beat the person listed before you, you probably did. The times will not be too far out as there was only 30 secs between all the places. Sorry about that.

Thanks to all the helpers, and it will be back for jam and cream next year.

Mike Rhodes

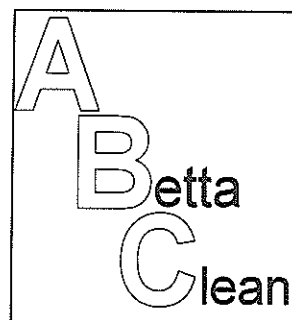
RUNNERS

Name	Age	Clock	H/Cap	Actual
Roma Barnett	W45	41:50	5:45	36:05
Brian Smith	M55	42:18	5:05	37:13
Joan Pellier	W55	43:22	3:05	40:17
Arnold Jenkins	M50	43:28	5:25	38:03
Vic Beaumont	M65	43:55	7:35	36:20
Frank Smith	M50	44:09	16:25	27:44
John Cresp	M45	44:13	16:55	27:18
Kevin Corten	M50	44:14	11:00	33:14
Ron Sutton	M55	44:27	5:05	39:22
Stuart Parkinson	M45	44:35	11:30	34:05
Norm Miller	M65	44:41	3:15	41:26
Peter Davis	M65	44:45	7:15	37:30
Milton Mavrick	M40	44:46	14:45	30:01
David Carr	M60	44:47	13:20	31:27
Anne Shaw	W45	44:50	16:05	28:45
John Pellier	M55	44:56	12:00	32:56
Jim Langford	M50	44:58	18:45	26:13
Stan Lockwood	M65	45:02	9:50	35:12
Robert Reece	M50	45:04	8:55	36:09
Bill Crane	M55	45:05	12:00	33:05
Bob Schickert	M55	45:15	16:05	29:10
Brian Bennett	M45	45:16	12:25	32:51
Don Caplin	M55	45:18	14:55	30:23
Shorty Turner	M60	45:19	2:45	42:34
Morris Warren	M55	45:20	7:50	37:30
Helen Lysaght	W40	45:26	11:00	34:26
Brian Danby	M45	45:28	14:45	30:43
John Stone	M40	45:32	8:20	37:12
Jareth Blunt	M45	45:38	15:40	29:49
Gary Fisher	M40	45:39	15:50	29:49
Margaret Warren	W60	45:40	3:40	42:00
Ann Turner	W60	45:46	5:50	39:56
Keith Forden	M55	45:50	6:00	39:50
Graham Thornton	M55	45:54	13:20	32:34
Marg Forden	W55	45:57	10:15	35:42
Margaret Birks	W50	45:58	11:10	34:48
Vendy Duncan	W45	46:01	3:40	42:21
erry Keesing	M35	46:02	12:00	34:02
Bob Sammells	M60	46:08	12:00	34:08
David Muir	M50	46:09	16:05	30:04
Merv Moyle	M70	46:12	7:35	38:37
Michael Anderson	M45	46:30	12:15	34:15
Brian Hunter	M50	46:42	8:45	37:57
Brian Foley	M50	46:46	14:00	32:46
Dennis Miller	M55	46:52	14:00	32:52
Tony Speechley	M50	46:57	9:30	37:27

John Russell	M60	47:02	4:20	42:44
Alan Jennings	M55	47:24	12:00	35:24
Dalton Moffett	M65	47:31	8:45	38:46
Mary Heppell	W55	47:33	0:20	47:13
Aldo Giacomo	M60	47:54	8:00	39:54
Teresa Howe	W45	48:07	5:50	42:17
Joe Stickles	M55	48:27	13:10	35:17
Arthur Leggett	M75	48:29	0:35	47:54
Richard Harris	M60	48:30	10:50	37:40
Rosa Davies	W50	48:41	0:20	48:21
Vic Waters	M50	49:42	14:45	34:57
Teresa Brockwell	W45	49:43	14:25	35:18
Frank McLinden	M65	50:54	11:40	39:14
Suzan Brand	W50	51:40	0:20	51:20
Joe Brennan	M75	59:44	4:00	55:44

WALKERS

Name	Age	Clock	H/Cap	Actual
Paul Martin	M55	41:10	20:45	61:55
Ray Hall	M60	50:14	15:00	65:14
Lynne Schickert	W55	55:09	11:00	66:09
Bob Fergie	M60	50:17	16:15	66:32
David Brown	M45	49:45	17:00	66:45
Michele Mison	W45	53:45	13:30	67:15
Ernie Moyle	M70	60:58	6:30	67:28
Jeff Whittam	M60	62:05	6:00	68:05
Val Wheeler	W65	62:04	6:30	68:34
Pamela Smith	W55	64:44	5:30	70:14
Alan Pomery	M65	64:43	7:00	71:43
Jill Midolo	W45	78:00	12:00	90:00
Fred Hagger	M70	63:50	No Hcp	



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POLE VAULT with AAWA

M409 EDWARDS MIKE	1st	2.50m
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WOMENS PENTATHLON ALL AGES

W353 McSWAIN SNOW	1st	2145
W403 CHOATE LYNNE	1st	2426
W452 HINDLE EILEEN	1st	2767
W518 DOORE PIXIE	1st	2041
W557 HOLLAND KATHLEEN	1st	2609
W563 JOHNSON RUTH	2nd	2404
W603 WHITTAM DOROTHY	1st	3150
W607 MEDCALF NOELA	2nd	2614
W654 CARR PATRICIA	1st	3444

MENS PENTATHLON ALL AGES

M360 VANDER SANDEN GREG	1st	2752
M358 STEWART JOE	2nd	2549
M351 SANDERS IAN	3rd	1645
M453 BRAYSHAW GEOFFREY	1st	1991
M503 MARTIN KEITH	1st	3002
M508 JENKINS ARNOLD	2nd	2002
M565 GARE PETER	1st	3225
M559 O'REILLY MIKE	2nd	2683
M554 RICHARDS NORM	3rd	2615
M608 CARR DAVID	1st	3051
M605 SANDER LEON	2nd	2338
M601 FERGIE BOB	3rd	2278
M751 WATSON FRED	1st	863

**2,000M STEEPLECHASE
M60+ ALL WOMEN**

W454 SHAW ANTOINETTE	1st	8:14:2
W509 MERCER ERICA	1st	10:36:5
M609 SIMMONDS DAVID	1st	8:17:4
M653 WALKLEY CECIL	1st	9:56:3
M656 McLINDEN FRANK	2nd	10:21:2

3,000M STEEPLECHASE M30 to M55

M301 DUNN STEPHEN	1st	12:13:9
M354 HAWKS PHILLIP	1st	13:28:3
M351 SANDERS IAN	2nd	14:22:8
M410 MAHER CHRIS	1st	11:53:6
M463 REID DAVID	1st	11:06:1
M457 VESNAVER JOHN	2nd	11:31:2
M508 JENKINS ARNOLD	1st	15:17:8
M566 MILLER DENNIS	1st	15:03:4

HAMMER WOMEN ALL AGES

W402 YORK DIANE	1st	15.74
W452 HINDLE EILEEN +	1st	22.12
W514 JENKINS LUELLA	1st	14.82

W563 JOHNSON RUTH	1st	15.84
W557 HOLLAND KATHLEEN	2nd	15.04
W603 WHITTAM DOROTHY +	1st	22.86
W607 MEDCALF NOELA	2nd	20.50

HAMMER MEN ALL AGES

M354 HAWKS PHILLIP	1st	16.34
M506 YOUNG ROB	1st	22.32
M508 JENKINS ARNOLD	2nd	21.76
M558 NEIMANIS ED	1st	28.08
M556 CARROLL ED	2nd	22.14
M601 FERGIE BOB	1st	35.08
M602 WHITTAM JEFFREY	2nd	19.68
M703 CHAPMAN BILL	1st	30.62
M704 TOMKINS RONALD	2nd	18.74
M751 WATSON FRED	1st	11.80

5,000M WALK WOMEN & MEN ALL AGES

W405 HOLLOWAY ROSE-MAREE +	1st	27:06.1
W459 ATKINSON BARBARA	1st	30:39.7
W461 MISON MICHELE	2nd	33:08.7
W505 ROMEO LESLEY +	1st	31:55.2
W501 MILLARD VALERIE	2nd	33:22.7
W519 BILLINGTON JACKIE	3rd	33:31.5
W514 JENKINS LUELLA	4th	33:42.7
W552 SCHICKERT LYNNE	1st	35:38.1
W651 WHEELER VAL	1st	40:46.6
W706 SHANAHAN GLENICE	1st	45:14.8
M356 HASTIE GARRY	1st	28:02.4
M411 McDOWELL GREG	1st	29:32.5
M462 MISON JOHN	1st	25:57.3
M555 THOMSETT BARRIE	1st	30:29.5
M705 TYSON ALLEN	1st	37:42.8

10,000M WOMEN & MEN ALL AGES

W352 KING ROBIN	1st	39:54.7
W408 BROCKWELL TESSA	dnf	
W564 STEWART MAUREEN	1st	46:32.7
M301 DUNN STEPHEN	1st	36:29.4
M410 MAHER CHRIS	1st	36:10.2
M413 JAMES DAVID	2nd	38:44.8
M407 MAVRICK MILTON	3rd	39:13.6
M464 WHITE JAMES	1st	34:57.5
M457 VESNAVER JOHN	2nd	38:33.3
M515 LANGFORD JIM	1st	34:55.0
M511 ROBERTS DAVID	2nd	38:39.1
M567 SMITH FRANK	1st	36:44.0
M551 SCHICKERT BOB	2nd	37:54.5
M566 MILLER DENNIS	3rd	42:41.4
M561 LYLE JAMES	4th	42:52.1
M606 BARRIE STEVE	1st	42:10.4

M653 WALKLEY CECIL	1st	47:00.5
M656 McLINDEN FRANK	2nd	51:59
M702 MOYLE MERV	1st	49:00.8

WEIGHT PENTATHLON MEN ALL AGES

M506 YOUNG ROB	1st	2111
M508 JENKINS ARNOLD	2nd	1616
M601 FERGIE BOB	1st	2720
M611 SHAND ROB	2nd	2052
M602 WHITTAM JEFFREY	3rd	1588
M703 CHAPMAN BILL	1st	3143
M751 WATSON FRED	1st	1179

WEIGHT PENTATHLON WOMEN ALL AGES

W361 SMITH SANDRA	1st	1890
W452 HINDLE EILEEN	1st	20
W514 JENKINS LUELLA	1st	1605
W557 HOLLAND KATHLEEN	1st	2222
W563 JOHNSON RUTH	2nd	1849
W603 WHITTAM DOROTHY	1st	2985
W607 MEDCALF NOELA	2nd	2182
W652 McMILLAN RAEMA	1st	2843
W754 HEAD PHYLLIS	1st	156

HIGH JUMP MEN ALL AGES

M303 DEVRIES CHRIS	1st	1.50
M360 VANDER SANDEN GREG	1st	1.60
M356 HASTIE GARRY	2nd	1.50
M409 EDWARDS MIKE	1st	1.50
M451 WYATT DAVID	1st	1.40
M503 MARTIN KEITH	1st	1.4
M510 TOLBERT MURRAY	2nd	1.40
M554 RICHARDS NORM	1st	1.25
M601 FERGIE BOB	1st	1.25

1,500M WOMEN ALL AGES

W305 KEANE NIAMH	1st	4:52.3
W352 KING ROBIN	1st	5:21
W454 SHAW ANTOINETTE	1st	5:00.8
W456 McAULEY FIONA	2nd	6:39.8
W509 MERCER ERICA	1st	6:19.3
W501 MILLARD VALERIE	2nd	7:05.0
W563 JOHNSON RUTH	1st	6:46.4
W560 ROBINSON MARGARET	2nd	6:49

1,500M M60 +

M608 CARR DAVID	1st	5:13.1
M609 SIMMONDS DAVID	2nd	5:13.8
M606 BARRIE STEVE	3rd	5:27.5
M612 SAMMELLS BOB	4th	5:45.6
M653 WALKLEY CECIL	1st	6:00.2
M702 MOYLE MERVYN	1st	6:12.6

1,500M M50 & M55

M515 LANGFORD JIM	1st	4:34.2
M512 FOLEY BRIAN	2nd	4:53.2
M504 BROWN IVAN	3rd	5:05.9
M508 JENKINS ARNOLD	4th	5:43.4
M551 SCHICKERT BOB	1st	4:57.4
M553 JENNINGS ALAN	2nd	5:21.9
M559 O'REILLY MIKE	3rd	5:35.6
M561 JAMES LYLE	4th	7:08.2

LONG JUMP W30 to W40

W353 McSWAIN SNOW	1st	4.66
W361 SMITH SANDRA	2nd	3.57
W403 CHOATE LYNNE	1st	4.31
W402 YORK DIANE	2nd	4.20

JAVELIN W45 +

W452 HINDLE EILEEN	1st	17.14
W518 DOORE PIXIE	1st	22.18
W509 MERCER ERICA	2nd	19.28
W514 JENKINS LUELLA	3rd	17.02
W507 PRESCOTT VALERIE	4th	15.94
W557 HOLLAND KATHLEEN	1st	17.72
W563 JOHNSON RUTH	2nd	11.80
W603 WHITTAM DOROTHY	1st	17.48
W607 MEDCALF NOELA	2nd	13.82
W652 McMILLAN RAEMA	1st	17.74
W754 HEAD PHYLLIS	1st	7.14

1,500M M30 to M45

M304 MORGAN PHIL	1st	4:12.1
M301 DUNN STEPHEN	2nd	4:41.1
M360 VANDER SANDEN GREG	1st	4:15.4
M351 SANDERS IAN	2nd	5:29.8
M464 WHITE JAMES	1st	4:36.7
M463 REID DAVID	2nd	4:44.0
M457 VESNAVER JOHN	3rd	4:56.2

LONG JUMP M60 +

M605 SANDER LEON	1st	4.49
M608 CARR DAVID	2nd	4.24
M751 WATSON FRED	1st	2.14

JAVELIN M50 & M55

M510 TOLBERT MURRAY +	1st	37.66
M508 JENKINS ARNOLD	2nd	23.52
M506 YOUNG ROB	3rd	20.64

M565 GARE PETER	1st	32.94
M554 RICHARDS NORM	2nd	26.78
M561 JAMES LYLE	3rd	17.74

100M M30 to M45

M306 BERRY ALAN +	1st	11.4
M303 DEVRIES CHRIS	2nd	13.4
M358 STEWART JOE	1st	11.5
M360 VANDER SANDEN GREG	2nd	11.8
M355 NANGLE SHANE	3rd	12.1
M351 SANDERS IAN	4th	12.8
M354 HAWKS PHILLIP	5th	13.2

M409 EDWARDS MIKE	1st	11.6
M401 PARKER RICHARD	2nd	12.0
M406 STONE JOHN	3rd	12.7

M455 McAULEY DUNCAN	1st	12.5
M451 WYATT DAVE	2nd	12.7
M458 DOYLE GARRY	3rd	13.0

100M W45 +

W452 HINDLE EILEEN	1st	13.8
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W518 DOORE PIXIE	1st	15.4
W514 JENKINS LUELLA	2nd	17.5

W563 JOHNSON RUTH	1st	16.2
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W603 WHITTAM DOROTHY	+ 1st	15.3
W607 MEDCALF NOELA	2nd	17.2

W654 CARR PATRICIA +	1st	15.5
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W706 SHANAHAN GLENICE	1st	35.7
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W754 HEAD PHYLLIS	1st	33.3
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100M W30 to W40

W302 KEMP ROSANNE	1st	12.5
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W353 McSWAIN SNOW	1st	13.9
W359 BALDOCK DELIA	2nd	14.4

W403 CHOATE LYNNE	1st	12.9
W402 YORK DIANE	2nd	15.0

LONG JUMP W45 +

W452 HINDLE EILEEN	1st	4.85
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W518 DOORE PIXIE	1st	3.59
W509 MERCER ERICA	2nd	3.19
W514 JENKINS LUELLA	3rd	2.86

W563 JOHNSON RUTH	1st	3.54
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W603 WHITTAM DOROTHY	+ 1st	3.87
W607 MEDCALF NOELA	2nd	2.85

W654 CARR PATRICIA +	1st	3.61
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W706 SHANAHAN GLENICE	1st	1.28
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W754 HEAD PHYLLIS	1st	.97
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JAVELIN M30 to M45

M303 DEVRIES CHRIS	1st	25.36
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M356 HASTIE GARRY	1st	39.86
M360 VANDER SANDEN GREG	2nd	30.58
M351 SANDERS IAN	3rd	16.38

100M M50 & M55

M503 MARTIN KEITH	1st	12.3
M508 JENKINS ARNOLD	2nd	14.2
M513 OLIVER BERNARD	3rd	14.7

M568 KERNAGHAN BARRIE	1st	12.3
M554 RICHARDS NORM	2nd	12.7
M565 GARE PETER	3rd	13.2
M561 JAMES LYLE	4th	16.0

100M M60+

M613 CLIVE DAVID +	1st	12.5
M605 SANDER LEON	2nd	13.9

M608 CARR DAVID	3rd	14.8
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M702 MOYLE MERVYN	1st	16.1
M705 TYSON ALLEN	2nd	17.3
M704 TOMKINS RONALD	3rd	17.8

M751 WATSON FRED	1st	26.4
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400M W30 to W40

W302 KEMP ROSANNE	1st	1:00.0
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W353 McSWAIN SNOW	1st	1:04.6
W359 BALDOCK DELIA	2nd	1:11.4

W403 CHOATE LYNNE	1st	1:09.2
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LONG JUMP M50 & M55

M510 TOLBERT MURRAY +	1st	5.79
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M503 MARTIN KEITH	2nd	5.04
M508 JENKINS ARNOLD	3rd	3.43

M565 GARE PETER	1st	4.77
M554 RICHARDS NORM	2nd	4.63
M561 JAMES LYLE	3rd	2.81

400M W45 +

W454 SHAW ANTOINETTE	1st	1:07.0
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W507 PRESCOTT VALERIE	1st	1:22.9
W501 MILLARD VALERIE	2nd	1:37.6

W563 JOHNSON RUTH	1st	1:25.9
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W607 MEDCALF NOELA	1st	1:24.7
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JAVELIN W30 TO W40

W353 McSWAIN SNOW	1st	18.88
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W403 CHOATE LYNNE	1st	17.60
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HIGH JUMP W45 +

W509 MERCER ERICA	1st	1.07
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W563 JOHNSON RUTH	1st	1.07
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400M M60 +

M613 CLIVE DAVID	1st	1:00.5
M605 SANDER LEON	2nd	1:12.4
M608 CARR DAVID	3rd	1:01.8

M655 LOCKWOOD STAN	dnc	
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M702 MOYLE MERVYN	1st	1:17.3
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400M M30 to M45

M306 BERRY ALAN	1st	52.7
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M358 STEWART JOE	1st	52.2
M360 VANDER SANDEN GREG	2nd	53.2
M355 NANGLE SHANE	3rd	58.2
M354 HAWKS PHILLIP	4th	1:02.3

M409 EDWARDS MIKE	1st	52.6
M401 PARKER RICHARD	2nd	1:01.3

M455 McAULEY DUNCAN	1st	56.0
M458 DOYLE GARRY	2nd	1:04.0
M457 VESNAVER JOHN	3rd	1:05.3

LONG JUMP M30 to M45

M303 DEVRIES CHRIS	1st	4.57
M301 DUNN STEPHEN	2nd	4.20

M358 STEWART JOE	1st	5.38
M360 VANDER SANDEN GREG	2nd	5.21
M356 HASTIE GARRY	3rd	5.04

M453 BRAYSHAW GEOFFREY	1st	5.12
M451 WYATT DAVE	2nd	5.10

400M M50 & M55

M503 MARTIN KEITH	1st	57.5
M512 FOLEY BRIAN	2nd	1:03.3
M504 BROWN IVAN	3rd	1:05.3
M508 JENKINS ARNOLD	4th	1:05.6
M516 GALE BRIAN	5th	1:07.4

M568 KERNAGHAN BARRIE	1st	57.9
M553 JENNINGS ALAN	2nd	1:07.1

JAVELIN M60+

M601 FERGIE BOB	1st	26.74
M608 CARR DAVID	2nd	25.04
M611 SHAND ROB	3rd	24.50
M605 SANDER LEON	4th	19.08
M602 WHITTAM JEFFREY	5th	17.36

M701 McMILLAN JAMES	1st	25.38
M704 TOMKINS RONALD	2nd	19.28
M705 TYSON ALLEN	3rd	19.28
M703 CHAPMAN BILL	4th	18.58

M751 WATSON FRED	1st	9.02
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100M HURDLES W30 to W35

W353 McSWAIN SNOW	1st	19.9
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100M HURDLES M50 to M65

M503 MARTIN KEITH	1st	18.7
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M554 RICHARDS NORM	1st	25.4
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110M HURDLES M30 to M45

M358 STEWART JOE	1st	17.3
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M409 EDWARDS MIKE	1st	20.0
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3,000M WALK WOMEN & MEN ALL AGES

W405 HOLLAWAY ROSE-MAREE	1st	15:56.6
W404 VENTRIS LYN	2nd	15:58.9

W459 ATKINSON BARB	1st	18:40.8
W461 MISON MICHELE	2nd	19:47.7

W505 ROMEO LESLEY	1st	19:01.7
W501 MILLARD VAL	2nd	19:40.4
W514 JENKINS LUELLA	3rd	20:31.1
W519 BILLINGTON JACKIE	4th	21:21.8

W552 SCHICKERT LYNNE	1st	21:41.4
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W651 WHEELER VALERIE	1st	24:59.6
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W706 SHANAHAN GLENICE	1st	27:02.6
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M356 HASTIE GARRY	1st	17:35.0
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M411 McDOWELL GREG	1st	17:23.0
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M462 MISON JOHN	1st	15:38.2
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M562 MARTIN PAUL +	1st	15:29.9
M555 THOMSETT BARRIE	2nd	17:53.7

M610 HALL RAY	1st	18:30.2
M602 WHITTAM JEFFREY	2nd	22:49.2

5,000M WOMEN ALL AGES M50 +

W352 KING ROBIN	1st	19:30.6
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W408 BROCKWELL TESSA	1st	21:08.5
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W454 SHAW ANTOINETTE	1st	18:36.1
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W501 MILLARD VALERIE	1st	25:57.7
W517 BRAND SUZAN	2nd	29:45.3

W564 STEWART MAUREEN	1st	22:47.0
W560 ROBINSON MARGARET	2nd	24:48.4

M515 LANGFORD JIM	1st	16:56.2
M511 ROBERTS DAVID	2nd	18:58.2
M504 BROWN IVAN	3rd	19:41.2

M567 SMITH FRANK	1st	18:08.8
M551 SCHICKERT BOB	2nd	18:27.5
M566 MILLER DENNIS	3rd	20:56.9
M562 MARTIN PAUL	4th	21:16.2
M561 JAMES LYLE	5th	24:53.9

M609 SIMMONDS DAVID	1st	19:29.7
M606 BARRIE STEVE	2nd	20:17.7
M612 SAMMELLS BOB	3rd	21:05.4

M653 WALKLEY CECIL	1st	22:14.3
M656 McLINDEN FRANK	2nd	24:26.6

M702 MOYLE MERVYN	1st	23:55.1
M705 TYSON ALLEN	2nd	29:15.5

DISCUS W30 to W40

W353 McSWAIN SNOW	1st	19.56
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W403 CHOATE LYNNE	1st	19.12
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5,000M M30 to M45

M304 MORGAN PHIL	1st	15:57.32
M301 DUNN STEPHEN	2nd	17:03.83

M357 LEONARD SIMON	1st	16:46.03
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M413 JAMES DAVID	1st	18:51.43
M407 MAVRICK MILTON	2nd	19:02.63

M464 WHITE JAMES	1st	16:54.03
M463 REID DAVID	2nd	17:29.69
M460 DAHLSTROM DARRY	3rd	18:11.22
M457 VESNAVER JOHN	4th	19:19.34

TRIPLE JUMP W45 +

W452 HINDLE EILEEN	1st	9.48
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W509 MERCER ERICA	1st	6.42
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W563 JOHNSON RUTH	1st	7.65
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W603 WHITTAM DOROTHY	1st	7.92
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W654 CARR PATRICIA *	1st	8.03
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SHOT PUT M60 +

M601 FERGIE BOB	1st	9.43
M611 SHAND ROB	2nd	7.43
M602 WHITTAM JEFFREY	3rd	6.19

M703 CHAPMAN BILL	1st	10.22
M701 McMILLAN JAMES	2nd	8.26
M705 TYSON ALLEN	3rd	7.6
M704 TOMKINS RONALD	4th	7.5

M751 WATSON FRED	1st	4.95
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DISCUS M30 to M45

M360 VANDER SANDEN GREG	1st	24.12
M351 SANDERS IAN	2nd	22.88
M354 HAWKS PHILLIP	3rd	15.64

400M HURDLES W30 to W45

W353 McSWAIN SNOW	1st	1:18.4
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400M HURDLES M30 to M55

M358 STEWART JOE	1st	58.8
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M503 MARTIN KEITH	1st	1:08.4
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M554 RICHARDS NORM	1st	1:30
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300M HURDLES W50 + & M60 +

W509 MERCER ERICA	1st	1:14.5
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TRIPLE JUMP M60 +

M605 SANDER LEON +	1st	9.43
M608 CARR DAVID	2nd	7.95

M751 WATSON FRED	1st	4.5
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SHOT PUT M50 & M55

M506 YOUNG ROB	1st	9.93
M510 TOLBERT MURRAY	2nd	9.36
M508 JENKINS ARNOLD	3rd	7.64

M556 CARROLL ED +	1st	10.93
M558 NEIMANIS ED	2nd	8.95
M559 O'REILLY MIKE	3rd	7.82

200M W30 to W40

W302 KEMP ROSANNE	1st	26.8
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W353 McSWAIN SNOW	1st	30.0
M359 BALDOCK DELIA	2nd	31.5

W403 CHOATE LYNNE	1st	28.7
W402 YORK DIANE	2nd	32.5

SHOT PUT W30 to W40

W353 McSWAIN SNOW	1st	6.8
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W403 CHOATE LYNNE	1st	6.83
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200M M30 to M45

M306 BERRY ALAN	1st	24.6
M303 DEVRIES CHRIS	2nd	30.4

M358 STEWART JOE	1st	24.5
M360 VANDER SANDEN GREG	2nd	24.5
M355 NANGLE SHANE	3rd	26.0
M351 SANDERS IAN	4th	27.7
M354 HAWKS PHILLIP	5th	28.0

M401 PARKER RICHARD	1st	25.8
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M455 McAULEY DUNCAN	1st	26.4
M451 WYATT DAVE	2nd	27.6
M458 DOYLE GARRY	3rd	27.9

200M M50 & M55

M508 JENKINS ARNOLD	1st	30.4
W513 OLIVER BERNARD	2nd	31.8
W504 BROWN IVAN	3rd	32.6
M503 MARTIN KEITH	4th	39.1

M568 KERNAGHAN BARRIE	1st	26.4
M554 RICHARDS NORM	2nd	28.1
M559 O'REILLY MIKE	3rd	29.9

DISCUS M50 & M55

M506 YOUNG ROB	1st	30.48
M510 TOLBERT MURRAY	2nd	29.80
M512 FOLEY BRIAN	3rd	21.44
M508 JENKINS ARNOLD	4th	19.88

M556 CARROLL ED	1st	35.88
M558 NEIMANIS ED	2nd	28.86
M559 O'REILLY MIKE	3rd	25.36
M554 RICHARDS NORM	4th	20.80
M561 JAMES LYLE	5th	14.44

TRIPLE JUMP M30 to M45

M303 DEVRIES CHRIS	1st	9.54
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W358 STEWART JOE	1st	11.41
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M451 WYATT DAVE	1st	10.62
M453 BRAYSHAW GEOFFREY	2nd	10.08

200M M60 +

W513 CLIVE DAVID	1st	26.6
W505 SANDER LEON	2nd	29.7
W608 CARR DAVID	3rd	30.0

M702 MOYLE MERVYN	1st	35.7
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200M W45 +

W452 HINDLE EILEEN	1st	29.7
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W518 DOORE PIXIE	1st	34.2
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W563 JOHNSON RUTH	1st	35.9
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W607 MEDCALF NOELA	1st	35.7
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W654 CARR PATRICIA	1st	35.3
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W706 SHANAHAN GLENICE	dnc	
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W754 HEAD PHYLLIS	1st	1:15.2
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SHOT PUT W45 +

W452 HINDLE EILEEN	1st	6.94
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W518 DOORE PIXIE	1st	8.27
W514 JENKINS LUELLA	2nd	6.41
W509 MERCER ERICA	3rd	6.11

W557 HOLLAND KATHLEEN	1st	7.76
W563 JOHNSON RUTH	2nd	6.49

W603 WHITTAM DOROTHY	1st	7.46
W607 MEDCALF NOELA	2nd	6.03

M657 LAUCHLAN LORNA +	1st	7.45
W652 McMILLAN RAEMA	2nd	7.07
W654 CARR PATRICIA	3rd	6.24

W752 TYSON VALERIE	1st	4.27
W754 HEAD PHYLLIS	2nd	3.49

DISCUS M60 +

M601 FERGIE BOB	1st	31.22
M605 SANDER LEON	2nd	27.10
M611 SHAND ROB	3rd	26.44
M602 WHITTAM JEFFREY	4th	20.38

M703 CHAPMAN BILL	1st	30.14
M701 McMILLAN JAMES	2nd	27.54
M704 TOMKINS RONALD	3rd	22.20
M705 TYSON ALLEN	4th	18.72

M751 WATSON FRED	1st	10.64
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800M M50 & M55

M512 FOLEY BRIAN	1st	2:26.4
M504 BROWN IVAN	2nd	2:37.6
M508 JENKINS ARNOLD	3rd	2:46.1

M551 SCHICKERT BOB	1st	2:28.8
M553 JENNINGS ALAN	2nd	2:32.0
M559 O'REILLY MIKE	3rd	2:46.0
M566 MILLER DENNIS	4th	2:58.9
M561 JAMES LYLE	5th	3:27.7

TRIPLE JUMP M50 & M55

M510 TOLBERT MURRAY	1st	11.71
M512 FOLEY BRIAN	2nd	8.11

M554 RICHARDS NORM	1st	8.38
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800M W30 TO W40

W305 KEANE NIAMH	1st	2:28.2
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W353 McSWAIN SNOW	1st	2:43.6
W359 BALDOCK DELIA	2nd	2:58.5

800M M30 to M45

M304 MORGAN PHIL	1st	2:12.4
M301 DUNN STEPHEN	2nd	2:23.2

M360 VANDER SANDEN GREG	1st	2:08.1
M351 SANDERS IAN	2nd	2:35.6
M354 HAWKS PHILLIP	3rd	2:40.4

M455 McAULEY DUNCAN	1st	2:14.8
M464 WHITE JAMES	2nd	2:17.8
M463 REID DAVID	3rd	2:19.0
M457 VESNAVER JOHN	4th	2:31.8

SHOT PUT M30 to M45

M360 VANDER SANDEN GREG	1st	7.97
M351 SANDERS IAN	2nd	7.00

800M W45 +

W454 SHAW ANTOINETTE	1st	2:29.4
W456 McAULEY FIONA	2nd	3:13.9

W509 MERCER ERICA	1st	3:18.2
W501 MILLARD VALERIE	2nd	3:44.9

W563 JOHNSON RUTH	1st	3:25.6
W560 ROBINSON MARGARET	2nd	3:30.4

W607 MEDCALF NOELA	1st	3:25.4
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DISCUS W45 +

W452 HINDLE EILEEN	1st	18.96
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W518 DOORE PIXIE	1st	20.60
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W507 PRESCOTT VALERIE	2nd	16.06
W509 MERCER ERICA	3rd	15.56
W514 JENKINS LUELLA	4th	15.18

W557 HOLLAND KATHLEEN +	1st	21.02
W563 JOHNSON RUTH	2nd	14.98

W607 MEDCALF NOELA	1st	18.64
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W652 McMILLAN RAEMA	1st	19.04
W654 CARR PATRICIA	2nd	17.48
W657 LAUCHLAN LORNA	3rd	14.04

W752 TYSON VALERIE	1st	10.76
W754 HEAD PHYLLIS	2nd	8.82

800M M60 +

M608 CARR DAVID	1st	2:34.2
M609 SIMMONDS DAVID	2nd	2:38.7
M606 BARRIE STEVE	3rd	2:49.0
M605 SANDER LEON	4th	3:08.0

M702 MOYLE MERVYN	1st	3:08.5
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TRIPLE JUMP W30 TO W40

W353 McSWAIN SNOW	1st	9.69
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W403 CHOATE LYNNE	1st	9.00
W402 YORK DIANE	2nd	8.77

**2,000M WALK WOMEN & MEN
ALL AGES**

W404 VENTRIS LYN +	1st	9:58.6
W405 HOLLAWAY ROSE-MAREE	2nd	10:35.6

W459 ATKINSON BARB	1st	12:04.8
W461 MISON MICHELE	2nd	12:37.9

W505 ROMEO LESLEY	1st	12:22.6
W519 BILLINGTON JACKIE	2nd	12:30.2
W514 JENKINS LUELLA	3rd	12:39.3
W501 MILLARD VALERIE	4th	12:46.7

W552 SCHICKERT LYNNE	1st	13:29.8
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W603 WHITTAM DOROTHY	1st	13:23.8
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W657 LAUCHLAN LORNA	1st	14:28.5
W651 WHEELER VALERIE	2nd	16:09.6

W706 SHANAHAN GLENICE	1st	17:06.8
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W754 HEAD PHYLLIS	1st	20:18.9
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M356 HASTIE GARRY	1st	10:19.0
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M462 MISON JOHN	1st	10:02.4
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M508 JENKINS ARNOLD	1st	13:24.8
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M555 THOMSETT BARRIE +	1st	11:25.2
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M610 HALL RAY	1st	12:06.0
M602 WHITTAM JEFFREY	2nd	14:58.1

* AUSTRALIAN RECORD

+ STATE RECORD

PARLAUF RELAY 9 MARCH 1997

A disappointingly small number of members turned up for the annual parlauf relay at Coker Park. For the uninitiated, a parlauf relay involves a small team running alternately, on a short course, for a set period of time. Teams are usually made up so as to give everyone an equal chance of winning. We hold one on this day, in conjunction with the Club Pentathlon Championships, for a number of reasons:

- to provide other athletes in the Club with an event, without having to organise at two separate venues;
- to get members along to help and cheer on our pentathletes;
- to add some variety to our programme;
- as a "sharpeners", a couple of weeks before the T&F Championships; and
- because relays are fun and give you a chance to meet different people.

We may have to rethink for next year, although everyone who went in this years had a great time and asked for it to be repeated.

In the event, we organised 3 person teams, 2 runners & a walker, and went for 40 minutes of laps around the track. The results were surprisingly even, with the leading team doing 9.195km.

TEAM A - 9.195km

Brian Foley	M50
Therasa Howe	W45
Ray Hall	M60

TEAM D - 9.169km

Kevin Corten	M50
Alan Jennings	M55
Lois Smith	W45

TEAM C - 8.965km

Peter Airey	M60
Milton Mavrick	M40
Jeff Whittam	M60

TEAM B - 8.565km

John Stone	M40
Paul Martin	M50
Leslie Romeo	W50

LORNA'S RUN MARCH 23, 1997

At last the East Perth development was sufficiently completed with paths, bridges, tunnels and waterways for me to have a run through the new area. When added to the shorter run the distance was exactly 10K and marking the course was much easier.

I am grateful as ever to all the people who helped, those who got up very early to mark the course and everyone else. Jill Midolo, David Brown, Val Wheeler, Fred Watson, Maureen Pomery, Bev Thornton, Jackie Billington and Tina Carrero.

After the run was over we had a surprise visit from a previous member Patricia Weston, here on a brief visit from Sydney. It was lovely to catch up with here again, even if she is not running any more. Her visit made complete what I hope was a very pleasant morning for everyone.

Lorna Lauchlan

10K

Ross Parker	M45	38:38
Frank Smith	M55	38:09
Greg Vander Sanden	M35	38:53
Warren Gee	M45	38:56
David Reid	M45	39:14
Bob Schickert	M55	42:17
Steve Burge	M35	42:18
Graham Thornton	M55	42:34
Don Caplin	M55	42:50
Alec Holm	M50	43:45
Mike Khan	M50	43:48
John Pellier	M55	44:23
Jim Barnes	M50	44:36
Michael Anderson	M45	45:01
Bill Crane	M55	45:03
Brian Bennett	M45	45:44
Joe Stickles	M55	46:12
Stuart Parkinson	M45	46:25
John Bell	M50	46:36
Kevin Corten	M50	46:39
George Schaefer	M60	46:46
Sue Vetten	W45	46:49
Bob Sammells	M60	47:02
Marg Forden	W55	47:13
Margaret Birks	W50	47:26
Merv Moyle	M70	48:39
Vic Beaumont	M65	49:19
10K Walk		
Paul Martin	M55	56:33
6.4K		
John Molloy	M45	24:44
Vic Waters		25:57
Brian Foley	M50	26:32
Hugh Kirkman	M55	26:37
Terry Keesing	M35	28:56
Mike Rhodes	M50	29:21

John Stone	M40	29:49
Peggy MacLiver	W50	30:22
David Carr	M60	30:27
Keith Forden	M55	32:53
Delia Baldock	W35	33:47
Teresa Howe	W45	35:55
Wendy Clements	W50	36:23
Jackie Halberg	W50	37:44
Suzan Brand	W50	39:11
Allen Tyson	M70	39:51
Ray Lawrence	M65	39:52
Phyllis Farrell	W50	40:01
Sheila Maslen	W55	40:01
Mary Heppell	W55	40:03
David James	M40	40:58
Margaret Bennett	W55	42:21
Denise Lancaster	W45	42:23
Ron Spencer	M55	45:02
Joe Brennan	M75	46:08
Brian Palmer	M45	49:37
Brian Hunter	M50	50:26
John Adams	M45	51:25
Roma Barnett	W45	51:41
Jeff Spencer	M55	52:02
Brian Smith	M55	52:03
Merv Jones	M55	52:35
Ken Whistler	M65	52:40
Arnold Jenkins	M50	52:41
Aldo Giacomini	M60	53:05
Ann Turner	W60	53:21
Margaret Warren	W60	53:31
Kirt Johnson	M65	53:40
Val Millard	W50	54:02
Norm Miller	M65	57:31
Rae Hasell	W40	57:32
Shorty Turner	M60	58:25
Arthur Leggett	M75	61:10
Brian Aldrich	M65	61:16
Irene Ferris	W45	61:38
6.4K Walkers		
Ray Hall	M60	40:37
Lesley Romeo	W50	41:05
Lynne Schickert	W55	49:13
Lois Smith	W45	49:36
Ernie Moyle	M70	49:38
Pamela Smith	W55	49:42
Rosa Davis	W50	52:13
Karen Crellin	W55	52:13
Jeff Whittam	M60	52:56
Maggie Flanders	W60	55:28
Alan Pomery	M65	55:31
Glenice Shanahan	W70	59:24
Pat Atkinson	W60	70:09
VISITORS		
John Brambley	6.4KR	27:43
Maureen Vine	6.4W	52:13
John Henshaw	6.4KW	70:09

STATE WEIGHT PENTATHLON CHAMPIONSHIPS

	Pos.	Name	Hammer		Shot Put		Discus		Javelin		Weight		Total
			Dist	Pts	Dist	Pts	Dist	Pts	Dist	Pts	Dist	Pts	Points
W35	1	Sandra Smith	22.14	329	8.11	406	22.48	323	18.14	310	8.15	522	1890
W45	1	Eileen Hindle	20.92	402	7.14	448	20.68	365	16.32	374	6.79	500	2089
W50	1	Luella Jenkins	15.84	251	6.64	454	14.96	282	15.64	340	5.05	278	1605
W55	1	Kath Holland	16.30	305	7.50	560	17.14	391	18.14	476	7.22	490	2222
	2	Ruth Johnson	17.24	331	6.24	445	14.52	317	12.92	314	6.65	442	1849
W60	1	Dorothy Whittam	23.20	565	8.03	718	17.06	452	19.62	607	10.34	643	2985
	2	Noela Medcalf	20.50	481	6.25	530	16.18	424	12.96	370	6.75	377	2182
W65	1	Raema McMillan	17.96	461	6.70	681	17.00	523	18.96	676	7.85	502	2843
W75	1	Phyllis Head	5.38	83	3.75	468	7.94	274	7.76	315	3.70	223	1363
	Pos.	Name	Hammer		Shot Put		Discus		Javelin		Weight		Total
			Dist	Pts	Dist	Pts	Dist	Pts	Dist	Pts	Dist	Pts	Points
M50	1	Rob Young	22.62	320	10.07	609	29.94	509	21.52	310	7.72	363	2111
	2	Arnold Jenkins	21.16	291	7.30	410	17.02	241	23.94	358	6.94	316	1616
M60	1	Bob Fergie	32.28	595	9.38	650	30.22	539	25.70	454	9.24	483	2721
	2	Rob Shand	14.44	195	7.65	508	26.18	450	28.74	525	7.56	374	2052
	3	Jeff Whittam	19.90	315	6.42	408	17.44	262	16.22	240	7.38	363	1588
M70	1	Bill Chapman	30.98	638	10.04	796	31.56	743	17.68	355	10.74	611	3143
M75	1	Fred Watson	11.84	196	4.91	380	9.00	161	9.64	166	5.33	276	1179

The State records for this event were almost completely re-written. Sandra, Eileen, Luella, Dorothy, Raema, Phyllis, Rob and Bill, all set new points totals. Rob also broke Arnold's Heavy Weight Throw record.

STATE PENTATHLON CHAMPIONSHIPS

	Pos.	Name	Long Jump		Javelin		200m		Shot Putt		800m		Total
			Dist	Pts	Dist	Pts	Time	Pts	Dist	Pts	Time	Pts	Points
W35	1	Snow McSwain	4.15	418	18.18	311	29.7	529	6.11	278	2:42.3	609	2145
W40	1	Lynne Choate	4.29	546	18.70	378	27.9	751	6.84	355	3:10.2	396	2426
W45	1	Eileen Hindle	4.54	738	17.26	400	28.7	785	7.01	438	3:17.2	406	2767
W50	1	Pixie Doore	3.37	426	18.74	424	33.5	529	7.82	498	4:01.4	164	2041
W55	1	Kath Holland	3.14	428	19.34	514	33.7	612	7.32	544	3:23.9	511	2609
	2 -	Ruth Johnson	3.24	464	14.14	352	34.5	559	6.06	429	3:14.3	600	2404
W60	1	Dorothy Whittam	3.56	694	21.10	660	33.1	742	7.97	711	3:56.9	343	3150
	2	Noela Medcalf	2.87	408	14.56	426	34.9	628	6.14	518	3:21.1	634	2614
W65	1	Pat Carr	3.47	771	18.56	660	33.6	820	6.16	616	3:39.8	577	3444
	Pos.	Name	Long Jump		Javelin		200m		Shot Putt		1500m		Total
			Dist	Pts	Dist	Pts	Time	Pts	Dist	Pts	Time	Pts	Points
M35	1	1 Greg Vander Sanden	5.30	498	30.88	345	23.5	753	7.56	340	4:24.1	816	2752
	2	2 Joe Stewart	5.31	500	26.94	285	23.7	735	8.40	390	4:51.9	639	2549
	3	3 Ian Sanders	4.62	356	19.56	175	27.1	452	7.03	309	5:33.9	410	1702
M45	1	1 Geoff Brayshaw	4.76	529	26.36	360	27.4	578	7.07	387	7:13.2	137	1991
M50	1	1 Keith Martin	4.93	664	29.80	479	25.7	782	7.12	397	5:18.7	680	3002
	2	2 Arnold Jenkins	3.30	247	22.76	335	29.8	475	7.54	427	5:49.8	518	2002
M55	1	1 Peter Gare	5.12	826	31.80	587	26.5	801	8.70	582	6:24.5	429	3225
	2	2 Mike O'Reilly	3.96	471	24.32	416	28.0	681	8.12	535	5:51.8	580	2683
	3	3 Norm Richards	4.29	567	24.52	420	27.1	744	7.84	513	6:38.5	371	2615
M60	1	1 David Carr	4.27	650	24.72	432	29.1	672	6.37	404	5:08.3	893	3051
	2	2 Leon Sander	3.91	535	14.92	212	30.2	594	6.74	434	6:11.9	563	2338
	3	3 Bob Fergie	3.62	447	27.90	505	34.9	315	9.31	644	6:58.1	367	2278
M75	1	1 Fred Watson	2.16	188	10.72	197	64.8	0	5.62	451	DNF	0	836

This was the second Pentathlon conducted by the Club under the new rules, namely that the Shot Putt replaced the Discus Throw, and the use of age-graded factors. All gold medallists set new State records with Pat also setting new records for the W65 Long Jump, 200m and 800m events.

Inaugural Australian records have been claimed on behalf of all gold medallists. Congratulations to all competitors, and thanks to Bob Fergie for calculating the point scores during breaks between his events.

STATE VETERANS CHAMPIONSHIPS ATHLETE OF THE MEET TROPHY

WAVA Age-graded tables, athletes' ages on competition dates and their performances were used to determine the best individual performance. These elicited the following four World-class (90% plus) performances, with the trophy going to David.

There were also many National-class (80% - 89.99%) performances with several in the high 80s. These included Pat Carr's W65 Triple Jump National record of 8.03m which rated 88.43%.

M60	David Clive	(60)	100m	12.5	94.48%
M55	Barrie Kernaghan	(56)	100m	12.3	93.41%
W40	Lynne Choate	(44)	100m	12.9	90.85%
M60	David Clive	(60)	200m	26.6	90.11%

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HAPPY BIRTHDAY TO OUR MAY MEMBERS

Jenkins, Arnold	01/05/44	53	remains	M50	Fearnall, Roy	19/05/43	54	remains	M50
Gilmour, John	03/05/19	78	remains	M75	Shanahan, Glenice	20/05/24	73	remains	W70
Waters, Victor	03/05/44	53	remains	M50	Brownlie, Ken	21/05/45	52	remains	M50
Palmer, Brian	04/05/47	50	becomes	M50	Gare, Peter	21/05/40	57	remains	M55
Danby, Susan	07/05/49	48	remains	W45	Stewart, Frederick	21/05/30	67	remains	M65
McLinden, Frank	07/05/31	66	remains	M65	Brockwell, Chris	23/05/50	47	remains	M45
Miller, Patricia	07/05/38	59	remains	W55	Tyson, Valerie	23/05/21	76	remains	W75
Anderson, Michael	07/05/48	49	remains	M45	Murphy, Mary	23/05/44	53	remains	W50
Sanders, Johanna	08/05/18	79	remains	W75	Wyatt, Dave	23/05/51	46	remains	M45
Greenwood, Tom	09/05/48	49	remains	M45	Hill, Judi	24/05/48	49	remains	W45
Carrero, Vicente	11/05/42	55	becomes	M55	Hassam, Leo	25/05/30	67	remains	M65
Dartnall, Jon	11/05/48	49	remains	M45	Brennan, Joe	27/05/21	76	remains	M75
McSwain, Snow	12/05/59	38	remains	W35	Willmer, David	27/05/54	43	remains	M40
O'Sullivan, Colin	13/05/55	42	remains	M40	Reid, Eric	27/05/41	56	remains	M55
Height, Bernadette	13/05/57	40	becomes	W40	Mison, John	28/05/47	50	becomes	M50
Mallon, Des	13/05/52	45	becomes	M45	Gobby, Des	28/05/50	47	remains	M45
Giacomin, Aldo	14/05/36	61	remains	M60	MacLiver, Robin	28/05/41	56	remains	M55
Lawrence, Ray	15/05/28	69	remains	M65	Browne, Anita	29/05/46	51	remains	W50
Noordyk, Adrian	15/05/52	45	becomes	M45	Slyth, Paul	29/05/42	55	becomes	M55
Riddell, Jim	15/05/39	58	remains	M55	Mercer, Erica	30/05/43	54	remains	W50
Hughes, Paul	17/05/52	45	becomes	M45	Walsh, Roger	30/05/43	54	remains	M50
Pressley, John	17/05/45	52	remains	M50	Wilson, Bruce	31/05/45	52	remains	M50
Brown, David	18/05/47	50	becomes	M50	Huning, Heiner	31/05/56	41	remains	M40
Latchford, Stan	19/05/41	56	remains	M55					
Pomery, Alan	19/05/31	66	remains	M65					