



# The Vetrun



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### NEXT MONTH

Minutes of the AGM  
 Results from the State Track and  
 Field Championships  
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 Mt Lawley Run results



### Photos

*Top: Mary Heppell enjoying lunch at the Rottneest weekend away (see Spotlight page 3)*  
*Middle: David Carr making a splash in the 2km State (Swim!) Steeplechase Championships*  
*Bottom left: Club members enjoying fantastic weather on the Rottneest weekend.*  
*Bottom right: Lorna Lauchlan celebrating her 70th Birthday with daughter, Bronwyn and grandson, Rhys*



# Club News

## Welcome New Members

Derry Foley  
Wilma Borgmeyer

## Congratulations

to David Carr and Bruce Wilson who were made life members of Athletica and to Brian Foley and Jackie Halberg who received certificates of appreciation for all the hard work they do.

Congratulations also to David Clive and Mary Heppell who were chosen as Olympic torchbearers in the 2<sup>nd</sup> round of selections.

## Helpers List

### 30<sup>th</sup> April

Perry Lakes Race *Director*-Dick Blom 9337 7796

*Helpers*: G. Morgan, P&S Hughes, W.Bates, A. Browne, T. Brockwell, C.Kelly, A.Jennings

### 7<sup>th</sup> May

Floreat Run, Ponyclub Herdsman Lake *Directors*: Jim and Margaret Langford 9387 6347

*Helpers*: R.Bruce, B. Sammells, S. Bell, R.Spencer, K. Nordyk, D. Scott

### 14<sup>th</sup> May

Darlington Dash *Director*: David James 9299 7594

*Helpers*: J. Klinge, M.Khan, R.Hall, P&N Miller, S. Parkinson

### 21<sup>st</sup> May

Andy Wright, Aquinas *Director*: Leo Hassam

*Helpers*: R.Lawrence, E.Moyle, F. Smith, J&D Whittam, B.Height

### 28<sup>th</sup> May

Weir Run, Wilson *Director*: Phyllis Farrell 9458 7363

*Helpers*: G. Brunt, R&H Reece, G.Shanahan, A.Tyson, P&S Sanders

## JOHN GILMOUR TROPHY, 2000

The Australian Championships in Canberra, the World Championships in Gateshead, and our own State Championships, all provided opportunities for World-class performances. And so it turned out with those listed being set at these meets.

Once again, David Carr and David Clive were neck-and-neck on percentages, with the former reversing last year's result by almost the narrowest of margins. Congratulations to him and the other ninety percenters.

### Bob Sammells

				%
David Carr	67	800m	2:23.08	95.54
David Clive	62	200m	25.55	95.34
David Clive	62	400m	58.13	93.96
David Clive	62	100m	12.84	93.38
David Carr	66	800m	2:25.55	92.87
David Carr	67	400m	62.01	92.53

Anne Shaw	52	10,000m	37:31.90	92.38
Pat Carr	68	Triple Jump	7.96	92.12
David Carr	67	800m	2:29.40	91.49
Pat Carr	67	Triple Jump	8.03	91.45
Peggy Macliver	55	800m	2:32.29	91.33
David Carr	66	400m	62.26	91.19
David Carr	66	400m	62.96	91.13
David Clive	62	100m	13.18	90.97
David Simmonds	65	3000m S/C	8:08.60	90.60
Lyn Ventris	43	5000m W	24:32.50	90.18
Peggy Macliver	55	400m	65.00	90.09

## STATE TRACK AND FIELD CHAMPIONSHIPS ATHLETE OF THE MEET TROPHY

This was awarded to Anne Shaw, the first time that a distance runner has won the trophy since the Club adopted age-graded tables for rating performances. World-class performances were:

1. Anne Shaw (52)	10,000m	37:31.9 AR	92.38%
2. Pat Carr (68)	Triple Jump	7.96	92.12%
2. David Carr (67)	800m	2:29.4	91.49%
3. David Simmonds (65)	2000m S/C	8:08.6 AR	90.60%
4. Lyn Ventris (43)	5000m W	24:32.5 AR	90.18%
5. Peggy Macliver (55)	400m	65.0 SR	90.09%

## REG BRIGGS TROPHY, 2000

The winner this year was Bert Carse.

Bert re-joined the Club in 1993 and made gradual improvements over a range of distances up to 1998. He improved still further this year over distances from 1500m on the track to the marathon. He contested the National Championships in 1999 at a very high standard and maintained this at other Championships, including the World, throughout the year. His improved performances were clearly in evidence at the Club's Sunday runs.

## SECRETARY'S REPORT 2000

This last year was another successful year for the WA Veterans Athletic Club. The hard working members of the committee efficiently carried out the administrative work of the Club. The club membership remained relatively constant at around 400 members, however the average age is slowly increasing, showing that there is a need for encouraging younger members to join in order to have a viable club 10 years from now.

The creation of the position of Club Registrar, with Val Millard ably handling all aspects of membership, greatly evened out the workload on the committee.

The Club was represented at the annual conference in Melbourne in August by Bob Schickert and Keith Atkinson where the main topics for discussion were preparations for the next World Championships in Brisbane 2001, the Oceania Championships in Geelong 2002 and the World Masters Games in Melbourne also in 2002.

The Club's activities in the interclub competitions were more successful in the winter cross country events

than at the Perry Lakes track and field season, where we have more officials organising the programme than athletes. Our winter team scored more points than any other club did in the open men's competition. We were neck to neck with the Mandurah-Rockingham team over the season, which also has a large number of veteran members in their team.

The track and field Thursday competition continued to be well attended after the previous year's publicity from the government sponsored programme. The State Championships were well organised and conducted by the small group, coordinated by David Carr. There were 118 competitors this year, compared with the 124 the previous year, and several Australian and many State records were set during the championships.

I would like to say that it is always a pleasure to work with the committee members and friendly club members to see the continued positive development of the Veterans Club.  
**Brian Foley.- Secretary WAVAC.**

## Spotlight on...

Mary Heppell

Mary Heppell has been a member of the Vets since 1992 although she had been running for many years prior, mainly in fun runs and for stress relief. Although she is now, what I call a mad runner (anyone who runs more than 5km in one go and actually enjoys it!) Mary got into running by accident when her 9-year-old daughter needed a companion to run in a fun run in Wodonga, VIC. Mary decided to give it a go, was coached by her 13 year old son and realised that running was actually fun!

Her favourite distance is 10km particularly when near water and she can often be seen doing the Bridges during the week. She also competes on the track and is pretty handy with a javelin. She competed in the recent World Championships in Gateshead in the 10km cross country, the javelin and the 5km and has plans to go to the

Honda Masters Games in Alice Spring this year for the 4<sup>th</sup> time and of course the World Championships in Brisbane next year. She is also very chuffed to have been selected to carry the Olympic Torch on 6<sup>th</sup> July in Henderson.

What one has to admire about Mary is her fortitude and spirit since being diagnosed in 1990 with Age-Related Macular Degeneration (AMD). Mary is legally blind and has less than 10% vision. As she described it, "It is like painting a black circle on the centre of your sunglasses and smearing Vaseline all around it." What she had found most frustrating about her condition is having to give up driving and losing her independence. Not to mention the problems in running Cross-Country events! Needless to say she prefers the hard surfaces to run on and is especially appreciative of big bright coloured flags during Sunday runs and marshals for crossing roads (although if none are available, she stands and listens until it is all clear). Since giving up driving, Mary has had to rely a lot more on other means of transport. To get to Perry Lakes for Tuesday training she brings her javelin in a taxi and then carries it home again on a bus. This often raises a few eyebrows and questions from people wanting to know if she is going fishing or spear hunting!

As a researcher at the Lions Eye Institute looking at different ways of treating AMD, I have only admiration for Mary and her way of getting on with the things she loves doing (including chasing burglars down the street!). AMD is the leading cause of blindness in people over 60 in western countries.

Unfortunately we don't really know what causes this disease and there is no cure although it can sometimes be slowed down with laser treatment. It may be linked to environment (such as diet or smoking) and/or a family history. In this disease, the very special cells at the back of the eye that convert images to an electrical signal that

then goes to the brain, start to break down and die. This happens in the macular region of the eye, which is crucial for central vision. Peripheral vision is less affected which is why it looks like Mary is looking at you from the corner of her eye.

Although a very modest person, Mary is an inspiration to her friends and running companions and I think she embodies the true meaning of courage and perseverance. There is a photo of Mary on page 1 sizing up a massive sandwich during the recent Rottneest weekend (see Letters).

## Letters

### CLUB ROLES AND RESPONSIBILITIES - TIME FOR CHANGE

Barrie Kernaghan raised the issue of veteran-aged members of Karrinyup AC at the AGM. This led to an explanation of the dual responsibilities that the Club has. Many members may be unaware of these, hence this article.

The AAVAC rules, as I understand them to be, are that there may only be one Veterans Athletic Club in each State. It follows that each Club has firstly, as the controlling body, the responsibility to develop the sport in its State. Secondly it should conduct a programme of events for its members and look after their athletic interests.

With regard to WA, it is the second of these that over the years has dominated the time and efforts of successive Committees. Planning, implementation and management of athletics, social events, the Vetrun and finances have left little time for anything else.

Yet the development responsibility has not been disregarded. Our State Championships are open to everyone of veteran age whether they belong to an Athletic Club or not. Possibly uniquely in Australia we maintain Open State records. Last year the Committee publicised the Time Trials

so as to attract participation from the public.

Nevertheless, as Brian Foley reported at the AGM, membership numbers were about the same as last year and the average age of members is over 50. So the Club has a problem.

Clearly, the first priority in the future development of the sport here must be that of the recruitment and retention of younger members, although not at the expense of the other Clubs. I respectfully suggest that this should be an ongoing task for all future Committees.

Perhaps too, we should question whether one Club per State is a valid concept. It could well be retarding the development of the sport by limiting participation. Certainly, it is absurd to expect our Club to be responsible for the development of veterans athletics throughout Western Australia.

So why not a Karrinyup Veterans AC? Why not Veterans ACs in Country WA? Then we could create a small controlling body that would be able to commit itself exclusively to the development of the sport statewide.

**Bob Sammells**

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### **Jacked off**

Jacqueline Billington, nay Jackie, has reverted to earlier days if not exactly childhood. Good on her for coming out, and clearing any possible confusion about her sexuality. She is definitely looking younger too.

Interesting what effect a name can have.

Parents should think carefully.

In his best-selling *Catch 22*, Joseph Heller highlighted the problem.

A US army man, whose family name was Major, had 'witty' parents who christened him Major. *Catch 22* is set in WW11. Major Major attains the rank of Major, and stops there, as Major Major Major.

On the other hand, how much easier life would be for anyone christened 'Sir'. Promotion and high office would surely be automatic.

Given choice, many of us would like

a different name. Black American jazz musicians didn't mess about, just grabbed royal prefixes - Duke, Count, Earl, etc.

Naming kids after the rich and famous - or inventing new tags - didn't begin with rock and roll either. Long before Frank Zappa cursed his kids with 'Dweezle' and 'Moon Unit', folks on Grand Cayman, in the West Indies were calling boys 'Crosby' (after Bing, kids) or 'Sonny Boy' (an Al Jolson hit.)

And, I promise this is true, one Caymanian produced a lovely baby daughter, and named her Vagina.

Which reminds me - resist the urge to re-name your friends.

As many of them know, the abundance of Veteran Mikes is becoming confusing. I have been considering acceptable pseudonyms. The trouble is, the really good one's are bloody rude, and lose you a friend (ie, Hairy, Breather, Genghis, etc). And the flattering ones are just too sycophantic (Big, Quick, Handsome etc.)

So that's the end of that game.

Finally, resist the urge to give any kind of name to the handicapper. Don't even think about it. Otherwise you'll join me, starting a minute behind Bob Schickert!

**Vic Waters**

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Dear editor,

I refer to the photo in *Vetrun* No. 316 February 2000. This photo was taken of race walkers on Norfolk Island at the 2000 Oceanic Games. The photo of Lynne Schickert in action is a classic photo of a race walker with a correct action. Note the forward leg straight, both feet in contact with the ground and upright torso position. Her head is held straight allowing maximum oxygen uptake and her arms giving forward momentum. Well done Lynne.

Sadly, many walkers do not even try to achieve this walking style. They sacrifice all resemblance of a correct action for fast times and national rankings. With a shortage of walking judges, this has been

allowed to continue and will continue to do so. My message to race walkers in the WA Vets is this. As it is not possible to have judges on our Sunday events, just enjoy your walk but beware that you may be breaking the rules. When you finish do not claim any record etc. Even list yourself as a runner and perhaps have a quick sprint or a slow jog to the finish line but be honest with yourself and others. On the track, slow down and make the effort to conform to the rules before claiming fast times or records. Ask others to assess your style and listen to their advice.

Yes, in Australia we do make allowances for Vets, but be honest. Don't abuse this latitude. This letter was written because the criticism of walkers is taking away the pure enjoyment of the sport. I write this knowing my time as a competitive walker may well be over. Arthritis is fast making walk training very unpleasant. However, flattery gets you everywhere and Brian Foley did just that at Lake Monger. So, I've entered the State Championships - what a "Snow Job". But gee I felt good. Yes, my action was fairly reasonable and I felt good being told so. Isn't that what Vets is all about?

**Barrie Thomsett**

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### **Weekend at Rottnest**

The March Weekend at Rottnest was a real success. There was as always, good company, good running, walking and plenty of swimming and relaxing. Jeff Whittam partnered Mary Heppell on the tandem cycle around the island, just one example of the support and camaraderie given to one another by all the 'Vets'. This year John Pellier found it a lot easier to get into the water without the aid of his crutches. The meals provided at the Barracks were greatly improved and for the price were quite substantial. The cottages have been booked for next year, numbers will be limited so get in early if you want to join in the fun.

**Margaret Bennett**

# Results

## BANK'S RUN

19/3/2000

The annual running of the Banks' Run to Banks' Reserve in East Perth took place successfully on a nice fine Sunday morning, (OK I realise some people missed the 6km turn **again**. I'll put a trip wire, or a marshal, there next year!)

79 starters toed the line, a bit down on last year's 98, probably due to the Pentathlon being on the same day, but still a healthy turnout. Unfortunately, as evidenced by this event, the club as a body is going the same way as its members, ie getting older and slower! Average age this year was 57, as against 53 last year, and winning time in the 9km 35.02, compared with 32.43. Still, what we lose in pace we make up for in enthusiasm!

Thanks to all my helpers. Bob Harrison on the turn; Brian Hunter at the drink station; and Irene Ferris and Arthur Legget at the finish.

### 6km Run

Ian Davies	M50	24.09
Peter Airey	M60	26.49
Rosalie Main	Visitor	31.32
Mike Faunge	M60	31.33
Ray Hall	M65	33.23
Kirt Johnson	M70	35.37
Joan Pellier	W60	35.52
Susanne Brand	W50	37.08
Ray Lawrence	M70	37.38
Sheila Maslen	W60	38.47
Alan Chambers	M60	45.33
Frank Spencer	M75	48.03
Toni Frank	W50	49.20

### (late start)

### 6km Walk

Greg McDowell	M45	37.49
Maggie Flanders	W60	51.28
Lois Smith	W50	53.00
Ernie Moyle	M70	54.04
Pat Miller	W60	54.26
Judy Hill	W50	54.27
Ann Turner	W60	54.31
Fred Hagger	M70	61.47
Fred Watson	M80	62.15

### 9km Run

Wally Crowley	M40	35.02
Gary Fisher	M45	35.04

David Wilmer	M45	36.15
Jim Klinge	M50	36.31
Frank Smith	M55	37.09
Bob Schickert	M55	38.06
Vic Waters	M55	38.15
Brian Bennett	M50	38.22
Doug Ashfield	M40	38.58
Brian Danby	M50	38.04
Peter Hill	M50	39.26
Mike Kahn	M55	40.15
Mike Hale	M50	40.37
Vincento Carrera	M55	41.12
David Muir	M55	41.18
David James	M45	41.24
Margaret Langford	W50	42.11
John Ellard	M55	42.49
Simon Mort	M40	42.51
Stan Lockwood	M50	42.59
Gareth Hughes	Visitor	43.16
Mike Flood	M45	44.09
John Brambly	M55	44.30
Joe Stickles	M60	45.04
Brian Smith	M60	45.34
Shirley Bell	W55	45.50
Carol Broderick	W45	45.51
Ken Brownley	M60	45.52
Debbie Burge	W30	46.31
George Schaefer	M65	46.48
Paul Martin	M55	47.05
Sandy Bond	W35	47.12
Vic Beaumont	M70	47.40
Aldo Giacomini	M60	47.43
Mike Rhodes	M50	48.10
Jeff Spencer	M55	48.17
Merv Moyle	M70	48.25
Karen Thomson	W35	48.41
John Smith	M65	48.42
Gillian Young	W50	51.11
Margaret Warren	W60	51.12
Eileen Brown	W50	51.14
Norm Miller	M65	51.55
Merv Jones	M60	52.20
Alison Aldrich	W55	53.28
Brian Aldrich	M65	54.45
Sue Bullen	W40	56.30
Elaine Ellard	W55	56.53
Rosemarie Loomans	W50	57.05
Phyllis Farrell	W55	57.50
Margaret Bennett	W55	59.03
Shorty Turner	M60	59.04
Trevor Brown	M60	60.02
Mary Heppel	W60	63.37

### 9km Walk

Dick Blom	M65	55.17
Val Wheeler	W65	79.43
Alan Pommery	M65	79.44

## Lake Monger Run/Walk

12<sup>th</sup> March 2000

An overcast morning greeted runners and I am told that what I thought was a really light breeze was strong enough to prevent good times – or was that just an excuse! As this is my first try as a race director I was delighted that it all went smoothly. A very big thank you to Bob Sammells for his invaluable assistance and also thanks to helpers Allen Tyson, Pat Ainsworth, Val Wheeler and Wendy Clements. See you all next year

### Trevor Robertson

#### 3km run

Ian Davies	M50	12.10
David James	M45	13.30
David Carr	M65	13.39
Keith Forden	M60	17.53
Kirt Johnson	M70	18.51
Peter Davies	M70	19.20
Norm Miller	M65	19.25
Frank Usher	M75	25.27

Sue Vetten	W45	16.14
Katrina Brockwell	Vis	17.15
Lornal Laughlan	W70	23.41
Toni Frank	W50	25.31
Glenice Shanahan	W75	27.58
Ruth Wilmer	Vis	32.37
Patricia Weston	W60	32.55

#### 3km Walk

Fred Hagger	M70	39.03
Fred Watson	M80	38.05
Jane Robley	W40	28.05
Judy Hill	W50	29.04

#### 6km Run

Jim Klinge	M50	26.14
David Roberts	M55	26.42
Stuart Arie	Vis	29.17
Paul Hughes	M45	29.46
Brian Foley	M55	29.51
John Brambley	M55	30.34
Bryan Hardy	M55	30.54
Bruce Abbott	m50	31.09
Mike Anderson	M50	31.31
Peter Airey	M60	31.59
Adrian Damiani	M50	32.44
Ray Hall	M65	32.56
Brian Danby	M50	33.46
Paul Martin	M55	33.47
Mike Rhodes	M50	33.50
Aldo Giacomini	M60	34.48
George Schaefer	M65	36.12

Merv Jones	M60	37.15	Wally Crawley	M40	39.21	Vic Beaumont	M70	52.46
Brian Hunter	M55	37.25	The Phantom		39.56	Arnold Jenkins	M55	53.15
Brian Aldrich	M65	38.14	David Wilmer	M45	40.34	Brian Smith	M65	53.34
Ray Lawrence	M70	42.44	Bob Schickert	M55	41.04	Bob Fergie	M60	54.30
Bev Morrissey	W50	33.16	Doug Ashfield	M40	41.44	Bob Sheehy	M50	54.37
Gillian Young	W50	37.10	Frank Smith	M55	41.48	Jeff Spencer	M55	55.16
Alison Aldrich	W55	38.12	Len Stephens	Vis	42.32	Shorty Turner	M60	62.59
Joan Pellier	W60	40.27	Brian Bennett	M50	42.36	Trevor Brown	M60	66.13
Jannette Jarvis	W55	41.46	Don Caplin	M60	42.55	Allan Chambers	M60	67.35
Suzanne Brand	W50	41.53	Johann Hagedoorn	M55	43.12	Martina Murphy	Vis	43.20
Phyllis Farrell	W55	43.31	John Bell	M50	44.17	Tessa Brockwell	W40	45.16
Sheila Maslen	W60	44.23	Mick Chan	M55	44.27	Margery Forden	W55	49.26
Mary Heppell	W60	44.24	Gavin Bennett	Vis	45.03	Cheryl Moore	Vis	49.53
Roma Barnett	W50	47.46	Jim Barnes	M55	45.09	Deborah Burse	W30	51.02
Wilma Layton	Vis	48.37	Keith Atkinson	M40	45.20	Anne Turner	W60	53.33
<b>6km walk</b>			Vince Carrero	M55	45.56	Jackie Halberg	W50	53.42
Rex Bruce	M55	49.33	Keith Miller	M50	46.07	Marg Warren	W60	54.52
Jeff Whittam	M65	60.02	John Pellier	M60	46.18	Eileen Brown	W50	55.30
Ernie Moyle	M70	60.04	Mick Hale	M50	47.47	Irene Ferris	W45	59.05
Graham Thornton	M55	62.04	Mick Flood	M45	47.48	Val Millard	W50	59.29
Leo Hassam	M65	64.50	George Innes	M65	48.21	Elaine Ellard	W55	61.50
Lesley Romeo	W55	46.56	John Ellard	M55	48.43	Sue Bullen	W40	62.29
Heather Miller	Vis	60.21	Michael Adams	Vis	48.54	Margaret Bennett	W55	62.58
Pat Miller	W60	62.03	Simon Mort	M40	49.10	<b>10km walk</b>		
<b>10km run</b>			Richard Hewitt	Vis	49.12	Barry Thomsett	M55	73.34
Jim Langford	M55	36.12	Gareth Hughes	Vis	49.17	Rosemaree Hollaway	W45	64.05
<b>(Record)</b>			Mitch Loly	M55	50.30	Lynne Schickert	W55	75.18
Gary Fisher	M45	38.47	Mick Faunge	M60	51.09	Dorothy Whittam	W60	76.21
			Richard Harris	M60	51.38			

#### HAPPY BIRTHDAY TO OUR MAY MEMBERS

Jenkins, Arnold	01/05/44	56	remains	M55	Pomery, Alan	19/05/31	69	remains	M65
Gilmour, John	03/05/19	81	remains	M80	Fearnall, Roy	19/05/43	57	remains	M55
Waters, Victor	03/05/44	56	remains	M55	—Shanahan, Glenice	20/05/24	76	remains	W75
Palmer, Brian	04/05/47	53	remains	M50	Brownlie, Ken	21/05/45	55	becomes	M55
Cook, Rebecca	05/05/68	32	remains	W30	Gare, Peter	21/05/40	60	becomes	M60
McLinden, Frank	07/05/31	69	remains	M65	Stewart, Frederick	21/05/30	70	becomes	M70
Miller, Patricia	07/05/38	62	remains	W60	Brockwell, Chris	23/05/50	50	becomes	M50
Anderson, Michael	07/05/48	52	remains	M50	—Tyson, Valerie	23/05/21	79	remains	W75
Anderson, Helen	07/05/48	52	remains	W50	Purser, Clive	23/05/44	56	remains	M55
Whittaker, Tony	09/05/53	47	remains	M45	Wyatt, Dave	23/05/51	49	remains	M45
Thomas, Kevin	09/05/47	53	remains	M50	Hill, Judi	24/05/48	52	remains	W50
Carrero, Vicente	11/05/42	58	remains	M55	Scott, Trevor	24/05/59	41	remains	M40
Dartnall, Jon	11/05/48	52	remains	M50	Hassam, Leo	25/05/30	70	becomes	M70
McSwain, Snow	12/05/59	41	remains	W40	Flood, Mike	26/05/53	47	remains	M45
McRae, Greg	12/05/48	52	remains	M50	Hardy, Bryan	26/05/43	57	remains	M55
O'Sullivan, Colin	13/05/55	45	becomes	M45	Brennan, Joe	27/05/21	79	remains	M75
Height, Bernadette	13/05/57	43	remains	W40	Willmer, David	27/05/54	46	remains	M45
Giacomin, Aldo	14/05/36	64	remains	M60	Reid, Eric	27/05/41	59	remains	M55
Lawrence, Ray	15/05/28	72	remains	M70	Mison, John	28/05/47	53	remains	M50
Riddell, Jim	15/05/39	61	remains	M60	Macliver, Robin	28/05/41	59	remains	M55
Hughes, Paul	17/05/52	48	remains	M45	Browne, Anita	29/05/46	54	remains	W50
Pressley, John	17/05/45	55	becomes	M55	Slyth, Paul	29/05/42	58	remains	M55
Brown, David	18/05/47	53	remains	M50	Mercer, Erica	30/05/43	57	remains	W55
Williamson, Jack	18/05/43	57	remains	M55	Walsh, Roger	30/05/43	57	remains	M55
Latchford, Stan	19/05/41	59	remains	M55	Wilson, Bruce	31/05/45	55	becomes	M55

## State Pentathlon and Weight Pentathlon Results

### PENTATHLON

			Long Jump		Javelin		200 m		Discus		1500m		Total	
			Dist	Pts	Dist	Pts	Time	Pts	Dist	Pts	Time	Pts	Pts	
M30	1	Wayne Bariolo	5.52	485	44.07	501	25.0	586	22.22	314	5:14.5	479	2365	SR
	2	John Wannberg	4.30	255	20.21	164	29.2	284	16.48	207	5:06.9	521	1431	
M40	1	Mike Edwards	5.76	693	34.93	461	23.8	803	24.02	348	05:29.4	491	2796	SR
M45	1	Warren Davey	3.49	239	27.02	372	29.1	457	18.40	275	5:58.4	412	1755	
M50	1	Henry Cortis	3.69	335	21.73	314	27.7	632	16.72	235	5:51.9	508	2024	SR
M55	1	Keith Martin	4.52	637	25.87	451	27.0	763	23.72	435	5:41.7	631	2917	
	2	Arnold Jenkins	3.47	341	22.29	370	29.7	560	16.35	266	5:48.8	595	2132	
M60	1	Leon Sander	4.00	563	26.27	468	28.6	717	25.50	435	6:08.1	581	2764	SR
	2	Bob Fergie	3.24	339	28.75	525	37.3	203	24.92	422	7:15.6	303	1792	
M65	1	David Carr	3.59	514	20.88	391	29.6	733	15.90	268	5:22.6	903	2809	
M75	1	Ron Tomkins	2.84	405	18.45	426	40.2	325	24.73	630	8:51.1	267	2053	
	2	Allen Tyson	2.40	261	17.34	393	39.4	363	19.02	453	8:34.4	316	1786	
											800m			
W30	1	Simone Solomon	3.78	259	13.62	178	28.6	565	13.50	163	2:38.0	596	1761	
W45	1	Lynne Choate	3.64	431	15.43	349	27.8	859	17.96	305	3:00.2	569	2513	SR
W50	1	Eileen Hindle	3.87	603	12.93	267	33.6	531	17.77	351	3:41.7	288	2040	SR
	2	Valerie Millard	2.50	167	8.58	151	42.9	96	11.14	190	3:42.9	279	883	
	3	J Campbell Brown	2.14	83	8.25	142	48.8	0	16.78	327	DNF	0	552	
W55	1	Peggy MacLiver	3.84	700	12.38	297	29.6	905	18.30	424	2:37.4	998	3324	AR
	2	Lynne Schickert	2.49	214	8.80	188	47.7	29	10.15	198	4:20.4	129	758	
W60	1	Dorothy Whittam	3.51	674	17.20	520	34.7	646	15.33	396	4:06.3	281	2517	
W65	1	Pat Carr	3.68	877	14.06	477	34.4	773	14.55	432	3:51.5	484	3043	
	2	Noela Medcalf	2.12	202	11.91	390	39.9	451	16.23	494	3:48.9	504	2041	

### WEIGHT PENTATHLON

			Hammer		Shot Put		Discus		Javelin		Heavy Weight		Total Points	
			Dist	Pts	Dist	Pts	Dist	Pts	Dist	Pts	Dist	Pts	Pts	
W40	1	Sandra Smith	19.02	305	7.59	406	20.11	301	19.81	405	7.96	564	1981	
W50	1	Eileen Hindle	25.31	489	7.13	443	18.83	378	15.68	341	8.91	589	2240	SR
	2	J.Campbell-Brown	22.34	329	5.62	325	NT	0	7.11	112	7.13	448	1214	
W55	1	Luella Jenkins	13.46	227	5.94	418	14.63	321	13.94	346	5.33	339	1651	
W60	1	Dorothy Whittam	22.27	536	7.18	627	15.47	401	17.27	523	10.06	631	2718	
W70	1	Raema McMillan	18.07	529	6.58	705	15.71	551	16.92	687	8.75	637	3109	SR
W80	1	Phyllis Head	5.31	102	3.45	501	7.44	295	6.51	296	3.24	212	1406	SR
M50	1	Murray Tolbert	25.97	387	10.22	620	30.32	518	37.78	647	9.90	506	2678	SR
	2	Bruce Cornish	21.71	302	7.76	443	30.60	524	28.40	450	8.55	422	2141	
M55	1	Rob Young	22.87	375	9.31	631	29.61	576	18.37	283	9.04	498	2363	SR
	2	Arnold Jenkins	20.95	333	7.50	485	17.89	300	20.89	339	7.63	404	1861	
M60	1	Bob Fergie	28.96	519	8.02	538	26.04	447	28.13	511	10.67	584	2599	
	2	John Sutton	17.20	255	7.08	461	23.08	382	22.46	380	8.43	438	1916	
M65	1	Alex Cummings	32.04	671	8.32	640	30.88	633	20.11	372	12.05	739	3055	
	2	Jeff Whittam	19.64	333	5.84	415	20.80	385	14.87	243	7.63	426	1802	
M75	1	Bill Chapman	24.03	529	9.00	793	24.43	620	19.18	449	10.13	634	3025	SR
	2	Ron Tomkins	16.93	333	7.59	649	22.12	548	18.23	420	8.66	526	2476	

N.B. AR = Australian Record SR = State Record