

2<sup>nd</sup> Last weekend Sept. - Fremantle notes



# The Vetruns

No. 327 April 2001 Patron: Bill Hughes President: Bob Schickert Editor: Tom Lenane  
Copy for the Vetrun: 129 Berehaven Ave, Thornlie 6108 or email: t.lenane@dme.wa.gov.au  
Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158

## Annual General Meeting

Western Australia Veteran's Athletic Club  
Monday April 9.  
YMCA Hockey Rooms, Perry Lakes at 7.00 pm

### AGENDA

- Open and Welcome
- Members present
- Apologies
- Minute of the Previous Meeting
- Matters Arising
- Reports
- Presentation of Trophies
- Election of Office Bearers
- Appointment of Officials
- Life Memberships
- Motion - Change to Constitution to delete Clause 34(b)

**Proposed Amendment** - to delete clause 34 (b).

Clause 34 (b) reads as follows:  
Honorary Membership: On reaching the age of seventy (70) years a member automatically receives an Honorary Membership irrespective of the length of membership of the club and will not be required to pay Club subscription fees.  
General Business

## President's Report

The club had a good year financially and most importantly members seem to enjoy the competition and social events. Many thanks to the committee, Keith Atkinson, Sue Bullen, Bridget Carse, Brian Foley, Arnold Jenkins, Valerie Millard, and Katrina Spilsbury. The club cannot operate without a hard working group of people like these. **HAVE YOU HAD YOUR TURN ON THE COMMITTEE? EVEN IF YOU HAVE JUST JOINED YOU WILL GET A LOT MORE SATISFACTION FROM THE CLUB IF YOU ARE ALSO WORKING FOR IT.**

Members mentioned on the program who also do a fine job are Graham Thornton (Handicaps), Bob Sammells (Statistician), Val Prescott and David Carr (Athletica Registrars) and John Mison (Auditor). Other members who must be mentioned are all the Race Directors, our social function organisers, Joan Pellier (New Years Eve and Donnelly River), Pat Miller and Pat Ainsworth (Dryandra), Jacqueline Billington and Lorna Lauchlan (Dinner Dance), Graham and Bev Thornton (Jorgensen), Jackie Halberg (Vetrun distribu-

tion) and Tom Lenane who took over the Editor's role recently. A special mention to Alan Chambers and Vic and Jacqui Beaumont for the morning tea organisation during the year.

During my three years as President one person in particular has shared the work with me without much official recognition for her very valuable contribution, Thanks Lynne.

The year ahead is very interesting with World Championships in Brisbane in July, Oceania in Geelong in January 2002 as well as Masters Games in Broome in May and in Fremantle in September. Lynne and I are organising the Athletics event for Fremantle and I think you know we are Team Managers for Brisbane.

Keep running (or walking, throwing or jumping)!  
**Bob Schickert - President 2000/1**

## Secretary's Report

The past year has been another successful one for the Club. Membership has remained strong, though there has been a measurable reduction in numbers from 408 members two years ago to 390 members now. The regular athletic events have been well attended, with Sunday runs, and the track and field events remaining popular as in past years.

The Sunday morning runs and walks continue to be well attended, with several new events on the calendar. Road safety considerations have been taken into account with the programme, with a view to eliminating all events where traffic interaction is a concern. The after-run breakfasts are an important part of our social activities, as the spirit and friendliness are important factors in attracting new members.

The track and field season culminated with the State Championships in March. This competition was well organised, was of a high standard and was appreciated by all who attended. It has maintained a steady number of around 120 competitors over the past few years, though the number of events entered has reduced by 0.9 per athlete.

The Club's administration has been very effective over the year, with routine monthly meetings and a well attended annual general meeting. The financial situation is sound and the Club equipment is in good condition. The Club was represented at the annual general meeting of the Australian Association of Veterans Athletic Clubs in Melbourne in

September. The major items discussed were the programme for national championships, and the formation of a national athletics federation, giving veterans a voice in funding for all athletics within Australia.

The WA Veterans competed in the AthleticA interclub cross-country season, where we came third in overall placing, level with the Rockingham Club, which is also well represented with Veteran members. However, there was only minimal participation in the Perry Lakes competition, though our club makes up a large proportion of the officials.

**Brian Foley - Secretary 2000/2001**

## Point Walter Run

28 January 2001

Race Director: David Roberts  
128 athletes turned up on this almost perfect morning. Although afterwards it was warm enough for the traditional swim to be enjoyed by several members. A big thankyou to the helpers: Sheila Maslen, Margaret Robinson, Ken Whistler, Jim Shaw, Paul Martin, Chris Coates, Paul Hughes, Jimmy Barnes, John West, Gary Fisher, Robin King.

### 6.2 run

Ian Davies	23:09
Bruce Wilson	24:27
Ken Dacre(VIS)	25:47
David Carr	26:00
Beamer Emz	26:29
Joyce Donachie(Vis)F	27:43
John Brambley	28:38
Jenny Spearman(Vis)	29:03
Margaret Langford	29:21
Michael Anderson	30:21
Frank Gardiner	30:24
Shirley Bell	30:27
Peter Airey	30:33
Jeanette Tiverios	30:44
Simon Tiverios	30:44
Arnold Jenkins	31:40
Brian Aldrich	31:51
John Smith	33:11
Roger Walsh	33:21
Heather Sanderson	33:38
Darren Robertson(Vis)	35:20
Ray Lawrie	35:23
Brad Robertson(Vis)	35:24
Julie McGrath	35:34
Kerry Conti(Vis)	35:34
Warren Edwards	36:19

Julie Wood	36:27
Alan Chambers	36:27
Norm Miller	36:35
Keith Forden	37:21
Chris Kirkness	37:51
Ron Mead	38:24
Phyllis Farrell	38:44
Alice Waldoock(Vis)	39:29
Elaine Ellard	40:52
Mary Heppell	41:41
Marg Taylor	51:03
Frank Usher	51:05
Glenice Shanahan	71:51

### 11km

Jim Langford	40:24
Bert Carse	41:16
Trevor Nash(Vis)	41:29
Ralph Henderson	41:59
Wally Crowley	42:03
Michael Lees(Vis)	43:26
Wayne Robinson(Vis)	43:28
Gareth Brunt	43:48
Jim Klinge	44:15
John Allen	44:48
Anne Shaw	44:57
Bob Schickert	45:51
Chris Reid	45:39
Frank Smith	45:50
Graham Thornton	45:59
Mike Hale	46:16
David Muir	46:59
Johan Hageoorn	47:01
Don Caplin	47:26
Simon Jawichre	47:30
John Wannberg	47:40
Lachlan Marr	47:58
Wayne Pantall	47:59
Mystery Person	48:04
Mike Karra	48:25
Michelle McGrath(Vis)	48:41
Peter Hill	48:45
Simon Mort	49:11
Brian Foley	49:56
Scott Gagen (Vis)	50:29
Paul Hak(Vis)	50:30
Delia Hendry	50:43
Dick Blom	50:50
Gareth Gorman	51:26
John Bell	51:34
John Frost	51:39
Mike Flood	52:01
Dennis Miller	52:07
Keith Atkinson	52:13
Brian Smith	52:17
Bob Sammells	52:55
Mystery Person	53:31
John Ellard	53:40
Reece Waldoock(Vis)	53:49
Cecil Walkley	53:49
Marge Forden	53:58
Mike Faunge	54:55
Stan Lockwood	54:57

Tony Speechley	55:03
Helen Reece	55:25
Robert Sheehy	55:38
Debbie Burge	56:18
Mitch Lolly	56:54
Sid Beer(Vis)	57:28
Aldo Giacomini	57:44
Richard Harris	58:00
Mick Malone(Vis)	58:17
Vic Beaumont	58:26
John Petterson(Vis)	58:41
Jackie Halberg	59:13
Neville Page(Vis)	59:13
Gary Harris(Vis)	59:34
Merv Moyle	61:45
Wendy Duncan	61:56
Irene Ferris	61:59
Paul Karra(Vis)	62:33
Roma Barnett	62:41
Jeff Spencer	62:43
Margaret Warren	62:56
Sue Bullen	64:06
Merv Jones	64:27
Genoa Schulze	66:36
John Pellier(later)	69:54
Wally McKinnon	70:10
Jo Penkin	70:26

### 6.2 Walk

Ray Hall	43:32
Jacqueline Billington	43:46
Lynne Schickert	44:46
Peter Davies	44:54
Alan Jennings	44:57
Pam Goggins(Vis)	47:12
Christine Wheeler	51:56
Val Wheeler	51:56
Maggie Flanders	52:55
Pat Miller	53:28
Rex Bruce	53:28
Gail Gardiner	54:26
Ernie Moyle	55:49
Barbara Bailey	59:21

## Memberships 2001 - 2002

Yes our membership fees are due again. The membership form was included in the last Vetrun - don't forget to rejoin and bring a new member with you if you can. Please remember to nominate the two dates that you are able to help with the Sunday runs when you fill out your form.

<del>6<sup>th</sup> JAN</del> WEIL RUN <del>Place</del>	
Date	Venue / Race
13 May 2001	Around Herdsman
20 May 2001	Tomkins
<del>27 May 2001</del>	15 K R/WC <del>RWC</del>
3 June 2001	Andy Wright

~~RWC~~

10 June 2001	Darlington
17 June 2001	25 K R/WC
24 June 2001	Bardon
1 July 2001	Deepwater <i>AWC</i>
8 July 2001	Perth Mar
15 July 2001	Sharks
22 July 2001	Joondalup
29 July 2001	Mill Pt Rd <i>AWC</i>
5 August 2001	Jorgenson
12 August 2001	1/2 Marathon
19 August 2001	State Cross C
26 August 2001	City to Surf
2 September 2001	Millers
9 September 2001	Garvey Park
16 September 2001	Bassendean
23 September 2001	Cliff Bould
30 September 2001	Dam to Dam
7 October 2001	Bibra Lake
14 October 2001	Wildflower
21 October 2001	Guess Own Time
28 October 2001	Herdsmen
4 November 2001	RIB
11 November 2001	Safety Bay
18 November 2001	Pelican Point
25 November 2001	Centenary Park
2 December 2001	Canning Caper
9 December 2001	Mosman Park
16 December 2001	Lakes Age Grade
23 December 2001	Christmas Gift
26 December 2001	Boxing Day
30 December 2001	Clydesdale Park
6 January 2002	Reabold 3 Laps
13 January 2002	Carr - Shand
20 January 2002	Friendship
26 January 2002	Aust Day Grp Jog
27 January 2002	Point Walter
3 February 2002	Banks
10 February 2002	Age Graded
17 February 2002	Deadly Medley
24 February 2002	Teddy Birds
3 March 2002	Mt Lawley
10 March 2002	Applecross Jetty
14 March 2002	Track & Field Champs.
17 March 2002	Track & Field Champs.
24 March 2002	Lake Monger
31 March 2002	Wireless Hill
7 April 2002	Membership
14 April 2002	3 P's
21 April 2002	Pagoda
28 April 2002	10 K Handicap
28 May 2002	Reabold Hill

## Australian Sports Medal

Congratulations to Seph Lazarakis, Fred Napier, and John Davies for the Australian Sports they have received from the Australian Government in recognition of their contributions over a long time to Australian sport. A

prestigious award and clearly well deserved.

## Lake Monger Run

18 March 2001

What a morning for a run – was it perfect or what? I certainly hope everyone's run matched the conditions. Thanks to my wonderful helpers – Bob Sammells, Bob Harrison, Pat Ainsworth and Denise Lancaster. Special thanks to Barry Thomsett for measuring the course (three times). See you all next year.

### 3.2 km

Ian Davies	M50	11:32
Don Caplin	M60	12:58
Peter Airey	M60	15:31
Dick Blom	M65	16:11
Liz Duffield	Vis	16:18
Brian Aldrich	M70	16:41
Ray Hall	M65	17:32
Wendy Clements-Green	W55	17:50
Pam Tooney	Vis	18:28
Norm Miller	M65	18:33
Kirt Johnson	M70	18:42
Steve Todhey	Vis	18:59
Bronwyn Gee	W45	19:09
Pierre Viala	M50	19:28
Unknown		20:07
Ruth Willmer	W70	22:33
David Willmer	M45	22:34
Peter Simmons	M50	24:00
Audrey Giacomini	Vis	25:12
Lois Smith	W45	27:10
Grace Willmer	W12	30:25
Par Miller (Walk)	W60	30:28
Glenice Shanahan	W75	36:21
Fred Watson	M80	38:37

### 6.6 km

Duncan McAuley	M50	25:10
Margaret Langford	W50	31:00
Jim Stewart	M50	32:04
Dave Scott	M50	32:47
Glenda Schulze	W40	33:20
Aldo Giacomini	M60	33:27
Andy Peasley	Vis	35:16
Jack Penkin	M40	35:47
Raymond Loly	M9	36:16
Alison Aldrich	W55	37:47
Fiona McAuley	W50	37:57
Julie Wood	W50	38:17
Ray Lawrence	M70	39:08
Mike Prentice	Vis	42:10
Barry Weatherburn (W)	M55	42:39
Elaine Ellard	W55	42:44
Joane Robinson	Vis	43:11
Leslie Romeo	W55	48:53
Michelle Mison	W50	48:53

Rex Bruce	M60	50:01
Frank Usher	M75	54:30
Barrie Thomsett	M60	55:55
Patricia Hopkins	W55	57:41
Ken Whistler	M65	60:10
Barbara Bailey	W70	65:44

### 10 km

Jim Langford	M55	36:28
Jenny Barnes	W45	36:56
Bert Carse	M55	37:04
Chris Maher	Vis	37:11
Warren Gee	M50	38:02
John Cresp	M50	38:07
Wally Crowley	M45	38:34
Paul Hughes	M45	39:52
Lachlan Marr	M40	40:15
Frank Smith	M55	40:18
Simon Jawichre	M35	40:58
Mike Hale	M50	41:22
Brian Bennett	M50	41:41
Johan Hagedoorn	M55	42:29
Doug Ashfield	M40	42:36
David James	M45	44:42
Jim Barnes	M55	44:51
Mike Flood	M45	45:45
Bob Schickert	M55	45:54
Vic Waters	M55	45:54
Jeff Saunders	Vis	46:51
Renette Clemenson	Vis	47:10
Neil McRae	M45	47:26
Mike Faunge	M60	47:51
John Ellard	M55	47:51
Keith Atkinson	M40	47:58
Joe Stickers	M60	48:41
Tony Speechley	M55	49:15
Jeanene Tiverios	W40	51:11
Neville Scott	Vis	51:11
Leon Van Erp	M50	51:14
Rod Timmiswood	M50	52:18
Brian Hunter	M55	53:18
Wendy Duncan	W55	53:37
Merv Moyle	M70	53:42
Mitch Loly	M60	55:24
John Smith	M65	55:30
Ann Turner	W65	55:40
Margaret Warren	W65	56:37
Sue Bullen	W40	57:09
Val Millard	W50	58:19
Gillian Young	W50	59:59
Paul Martin (Walk)	M55	60:12
John Mison (Walk)	M50	60:12
Mary Heppell	M60	63:29
Shorty Turner	M65	66:03
Sheila Maslen	W60	68:02
Allen Tysom (Walk)	M75	73:25
Alan Jennings (Walk)	M60	73:35
Lorna Lauchlan	W70	74:05
Christine Wheeler	W45	85:20
Val Wheeler	W65	85:22
Maggie Flanders	W60	88:33
Alan Pomery	M65	88:35

# State Track & Field Championships

Congratulations to all the athletes who recently took part in the State Track & Field Championships. Personal Bests and State records were the order of the day. Injuries appear to have been kept to a minimum although there would have been many sore and tired bodies by the end of it all. Best wishes go to Jo Kelly Wilson who sustained cruciate ligament damage in the Women's Pentathlon. We all wish a speedy recovery and look forward to seeing back in action next season

Several times over the duration of the Championships I heard the comment as to how well and smoothly the competition was running. The credit for such a well run competition must go to the WAVAC and Championship committee and the large group of hard working officials. Believe it or not it was difficult to find a job that needed doing as they were all filled and well in advance of each event. A big thank you to you all from the competitors.

While many records and PB's were set over the competition, the standout performance was that of Lyn Ventris in the 2km, 3km and 5 km Walks. Her Australian standard performances won her Athlete of the Meet.

A welcome sight at the competition was the 13 competitors who traveled from Bunbury to compete. The quality of their performances indicates an enthusiastic and dedicated group of athletes who will travel long distances to enjoy their sport.

<b>Event 1 Pentathlon M30+ W 30+</b>	Carey Dickason	W50	19.39	Bob Schickert	M55	39.43.5			
Murray Tolbert	M50	3024	Jean Campbell-Brown	W55	19.88	Jim Langford	M55	36.09.9	
Henri Cortis	M55	2471	Luella Jenkins	W55	15.45	Frank Smith	M55	38.55.2	
Arnold Jenkins	M55	1909	Ruth Johnson	W60	19.17	John Davies	M55	42.31.1	
David Clive	M60	2779	Phillis Head	W80	4.36	Lyle James	M60	49.05.8	
Peter Gare	M60	3227				John Frost	M60	44.40.1	
Bob Fergie	M65	2059	<b>Event 5 Hammer M30+</b>			Henk Stoffers	M60	39.34.0	
David Carr	M65	2771	Murray Tolbert	M50	26.35	Richard Harris	M60	47.39.0	
Rob Shand	M65	2195	Ron Spencer	M60	19.85				
Gordon Medcalf	M70	1716	Jim Turnbull	M60	17.15	Delia Hendrie	W45	41.34.1	
Jennifer Parker	W30	2170	Ed Carroll	M60	24.85	Jackie Halberg	W50	48.32.3	
Katrina Spilsbury	W35	1898	John Sutton	M65	18.00	Margaret Bennett	W55	62.12.3	
Jo Kelly-Wilson	W35	1760	Bob Fergie	M65	24.19	Ann Turner	W60	53.34.8	
Lynne Choate	W45	2688	Jeff Whittam	M65	19.37				
Peggy Macliver	W55	3271	Alex Cummings	M70	37.58	<b>Event 8 Wt Pentathlon M30+</b>			
Lynne Schickert	W55	973	Bill Chapman	M75	27.94	Murray Tolbert	M50	2576	
Luella Jenkins	W55	1802	Fred Watson	M80	5.69	Arnold Jenkins	M55	1942	
Ruth Johnson	W60	2360				John Sutton	M65	2254	
Noela Medcalf	W65	1971	<b>Event 6 5000m Walk</b>			Bob Fergie	M65	2905	
Pat Carr	W65	2482	Tom Lenane	M40	32.02.8	Jeff Whittam	M65	1906	
			John Davies	M55	29.26.0	Alex Cummings	M70	2567	
<b>Event 2 2000m Steeple M60+ W30+</b>	Alan Jennings	M60	35.20.8	Bill Chapman	M75	3020			
Lyle James	M60	9.41.5	Jim Turnbull	M60	36.42.5	Fred Watson	M80	714	
Don Caplin	M60	7.54.1	Frank Hansford Miller	M80	53.41.2				
David Carr	M65	8.45.9				<b>Event 8 Wt Pentathlon W30+</b>			
Cecil Walkley	M70	10.09.3	Lyn Ventris	W40	23.24.5	Sandra Smith	W40	2036	
Frank Hansford Miller	M80	24.49.7	Rose-Maree Hollaway	W45	29.51.0	Eileen Hindle	W50	2121	
Antoinette Shaw	W50	8.49.9	Valerie Millard	W50	35.01.2	Carey Dickason	W50	1670	
Lynne Schickert	W55	13.24.3	Lynne Schickert	W55	35.21.0	Jean Campbell-Brown	W55	1660	
Margaret Robinson	W60	11.04.6	Jacqueline Billington	W55	33.49.0	Luella Jenkins	W55	1973	
			Luella Jenkins	W55	34.37.3	Ruth Johnson	W60	1987	
<b>Event 3 3000m Steeple M30-55</b>	Maggie Flanders	W60	41.54.4	Lorna Lauchlan	W70	2576			
Stephen Dunn	M30	12.32.8	Val Wheeler	W65	40.39.9	Rae McMillan	W70	3186	
Blakeney Tindall	M40	12.56.1	Lorna Lauchlan	W70	36.48.0	Phillis Head	W80	1306	
Lachlan Marr	M40	12.59.5							
John Vesnaver	M45	12.18.2	<b>Event 7 10000m</b>						
Bjorn Dybdahl	M45	11.41.5	Stephen Dunn	M30	36.45.8	<b>Event 9 High Jump M60+</b>			
David Reid	M50	11.54.7	Jon Wannberg	M30	39.56.3	Ron Spencer	M60	1.20	
Bob Schickert	M55	12.41.9	Doug Ashfield	M40	40.08.8	John Sutton	M65	0.85	
Bruce Wilson	M55	12.56.4	Keith Atkinson	M40	47.51.3	Bob Fergie	M65	1.20	
			Darryl White	M40	37.56.3	Alex Cummings	M70	1.15	
<b>Event 4 Hammer W30+</b>	John Allen	M40	40.03.2	John Allen	M40	40.03.2	Derry Foley	M70	1.15
Sandra Smith	W40	21.53	Bjorn Dybdahl	M45	36.43.1	Gordon Medcalf	M70	1.05	
Eileen Hindle	W50	24.40	Frank Gardiner	M50	41.33.2				

**Event 10 Long Jump W45+**

Lynne Choate	W45	4.53
Diane York	W45	3.86
Carey Dickason	W50	3.10
Lynne Schickert	W55	2.70
Luella Jenkins	W55	2.99
Ruth Johnson	W60	3.09
Pat Carr	W65	3.64
Phyllis Head	W80	0.87

**Event 11 1500m W30+**

Niamh Keane	W35	5.12.4
Antoinette Shaw	W50	5.24.9
Carey Dickason	W50	7.06.2
Val Prescott	W55	8.06.3
Ruth Johnson	W60	6.46.2
Margaret Robinson	W60	6.54.5

**Event 12 1500m M60+**

Lyle James	M60	6.03.3
Robert Sammells	M60	5.57.5
Michael O'Reilly	M60	5.34.9
Brian Paxman	M70	6.11.2
Cecil Walkley	M70	6.14.7

**Event 13 1500m M55**

Brian Foley	M55	5.07.1
Ivan Brown	M55	5.14.0
Bert Carse	M55	4.42.4
Bruce Wilson	M55	5.02.3

**Event 14 1500m M40-50**

Blakeney Tindall	M40	4.59.6
Doug Ashfield	M40	5.15.5
John Vesnaver	M45	4.59.4
David Reid	M50	4.56.8

**Event 15 1500m M30-35**

Stephen Dunn	M30	4.41.9
Jon Wannberg	M30	4.58.4
Micheal Watson	M35	4.38.1

**Event 16 High Jump M30-55**

Greg Vander Sanden	M40	1.45
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Campbell Till	M40	1.40
Dave Wyatt	M45	1.55
Bruce Cornish	M50	1.33
Keith Martin	M55	1.44

**Event 17 Javelin W30-50**

Sandra Smith	W40	19.71
Lynne Choate	W45	15.98
Eileen Hindle	W50	13.16
Carey Dickason	W50	10.80

**Event 18 Long Jump M60+**

Ron Spencer	M60	2.37
John Sutton	M65	2.72
Derry Foley	M70	3.18
Fred Watson	M80	1.47

**Event 19 100m W30-35**

Heather Atkinson	W35	13.7
Katrina Spilsbury	W35	14.1
Jayne Mitchell	W35	13.4
Rosanne Kemp	W35	14.7

**Event 20 100m M30-40**

Stephen Smith	M35	14.1
Greg Vander Sanden	M40	12.1
Steve Payne	M40	12.6
Campbell Till	M40	12.3
Michael Edwards	M40	11.8

**Event 21 100m W40-55**

Sandra Smith	W40	15.8
Lynne Choate	W45	13.5
Carey Dickason	W50	17.6
Peggy Macliver	W55	14.8
Lynne Schickert	W55	20.6
Luella Jenkins	W55	17.9

**Event 22 100m W60+**

Ruth Johnson	W60	17.8
Kath Holland	W60	17.2
Noela Medcalf	W65	19.8
Pat Carr	W65	16.8
Phyllis Head	W80	34.7

**Event 23 Javelin M30-55**

Steve Payne	M40	29.71
Michael Edwards	M40	32.12
Bruce Cornish	M50	31.74
Murray Tolbert	M50	34.22
Arnold Jenkins	M55	26.43

**Event 24 100m M45**

John Vesnaver	M45	14.9
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**Event 25 100m M50-55**

Alan Deans	M50	14.6
Bruce Cornish	M50	14.0
John Ventris	M50	13.7
Henri Cortis	M55	13.3
John Davies	M55	15.5

**Event 26 100m M60**

Norm Richards	M60	13.7
Jim Riddell	M60	16.5

**Event 27 100m M65+**

John Sutton	M65	18.2
Derry Foley	M70	16.3
Gordon Medcalf	M70	16.0
Fred Watson	M80	32.5

**Event 28 High Jump W30+**

Katrina Spilsbury	W35	1.40
Gill Edmonds	W35	1.40
Sandra Smith	W40	1.20
Erica Mercer	W55	1.05

**Event 29 Long Jump W30-40**

Katrina Spilsbury	W35	4.97
Gill Edmonds	W35	4.13

**Event 30 Javelin W55**

Lynne Schickert	W55	9.04
Erica Mercer	W55	16.25
Luella Jenkins	W55	15.80
Val Prescott	W55	15.72



## SPORTS MASSAGE

- ✓ Prevention and management of muscular injuries
- ✓ Deep Tissue/Myofascial Release
- ✓ Trigger point therapy
- ✓ Reduce post event/training pain and stiffness.

**Manuel Rodriguez**

Massage Therapist

For bookings ring 9381 1697

140 Cambridge St West Leederville.



Ruth Johnson	W60	12.83	John Sutton	M65	21.04	John Vesnaver	M45	21.13.4
Kath Holland	W60	20.56	Bob Fergie	M65	25.54	David Charlton	M50	18.17.8
Lorna Lauchlan	W70	14.71	Rob Shand	M65	30.69	Ivan Brown	M55	19.34.2
Rae McMillan	W70	17.50	Jeff Whittam	M65	14.7	Bob Schickert	M55	18.25.0
Phillis Head	W80	7.36	Fred Watson	M80	7.47	Bert Carse	M55	17.33.6
						Frank Smith	M55	18.38.5
<b>Event 31 400m W60+</b>			<b>Event 41 80m hurdle W40+ M70+</b>			Jim Barnes	M55	21.30.9
Ruth Johnson	W60	1.23.5				John Bell	M55	20.40.0
Noela Medcalf	W65	1.32.8	<b>Event 42 100m hurdles W30 35 M50-65</b>					
Pat Carr	W65	1.28.4	Gill Edmonds	W35	19.9	<b>Event 48 Discus W30-50</b>		
Phillis Head	W80	3.12.4	John Ventris	M50	20.9	Katrina Spilsbury	W35	21.82
			Norm Richards	M60	24.7	Sandra Smith	W40	21.26
<b>Event 32 400m W30-55</b>						Eileen Hindle	W50	18.31
Lynne Choate	W45	1.08.7	<b>Event 43 110m hurdles M30-45</b>			Valerie Millard	W50	14.23
Antoinette Shaw	W50	1.12.3	Michael Edwards	M40	19.7	Carey Dickason	W50	15.75
Carey Dickason	W50	1.31.3						
Peggy Macliver	W55	1.07.2	<b>Event 44 3000m Walk M30+ W30+</b>			<b>Event 49 Shot M65+</b>		
Val Prescott	W55	1.44.8	Tom Lenane	M40	18.36.3	John Sutton	M65	7.58
			Bruce Cornish	M50	18.25.1	Bob Fergie	M65	9.12
<b>Event 33 Long Jump M50-55</b>			Paul Martin	M55		Jeff Whittam	M65	6.63
Bruce Cornish	M50	4.11	John Davies	M55	17.26.4	Derry Foley	M70	6.78
Keith Martin	M55	4.84	Bruce Wilson	M55	16.49.6	Bill Chapman	M75	9.10
			Alan Jennings	M60	20.17.6	Fred Watson	M80	3.96
<b>Event 34 400m M30-40</b>			Jim Turnbull	M60	21.59.3			
Micheal Watson	M35	58.6	Frank Hansford Miller	M80	31.06.2	<b>Event 50 Triple Jump W50+</b>		
Simon Jawichre	M35	60.5				Valerie Millard	W50	5.93
Greg Vander Sanden	M40	53.5	Lyn Ventris	W40	14.05.7	Carey Dickason	W50	6.71
Campbell Till	M40	56.5	Robin King	W40	15.39.4	Lynne Schickert	W55	4.84
Michael Edwards	M40	55.0	Rose-Maree Hollaway	W45	17.24.7	Ruth Johnson	W60	7.08
			Valerie Millard	W50	20.00.7	Pat Carr	W65	7.10
<b>Event 35 400m M45-50</b>			Lynne Schickert	W55	20.35.3			
John Vesnaver	M45	64.1	Jacqueline Billington	W55	19.37.2	<b>Event 51 400H M55</b>		
Alan Deans	M50	65.2	Luella Jenkins	W55	20.48.5	<b>Event 52 Shot M50-60</b>		
David Charlton	M50	60.5	Val Wheeler	W65	24.17.5	Henri Cortis	M55	8.30
Bruce Cornish	M50	64.3	Lorna Lauchlan	W70	22.08.9	Arnold Jenkins	M55	7.63
Duncan McAuley	M50	58.3				Michael O'Reilly	M60	7.92
			<b>Event 46 5000m W30+ M60+</b>			Ron Spencer	M60	7.90
<b>Event 36 400m M55</b>			Lyle James	M60		Ed Carroll	M60	10.93
Brian Foley	M55	64.1	23.07.1			Steve Eldridge	M60	10.65
Henri Cortis	M55	61.1	John Frost	M60	21.31.7			
Roy Fearnall	M55	58.4	Henk Stoffers	M60	19.31.4	<b>Event 53 300H M60+</b>		
Bruce Wilson	M55	64.3	Don Caplin	M60	19.27.1	Norm Richards	M60	55.1
			Richars Harris	M60	23.11.0	Gordon Medcalf	M70	1.11.2
<b>Event 37 400m M60</b>			Robert Sammells	M60	22.19.2			
Lyle James	M60	1.18.0	David Simmonds	M65	20.27.9	<b>Event 54 Triple Jump M60+</b>		
Norm Richards	M60	1.06.3	Cecil Walkley	M70	22.22.3	John Sutton	M65	5.43
			Allen Tyson	M75	33.33.8	Alex Cummings	M70	7.02
<b>Event 38 400m M65+</b>			Sue Bullen	W40	26.22.5	Derry Foley	M70	7.69
Cecil Walkley	M70	1.23.3	Valerie Millard	W50	27.40.0			
Allen Tyson	M75	1.39.1	Jackie Halberg	W50	23.18.4	<b>Event 55 200m W30-40</b>		
			Antoinette Shaw	W50	20.08.4	Katrina Spilsbury	W35	28.6
<b>Event 39 Long Jump M30-45</b>			Margaret Bennett	W55	29.15.4	Rosanne Kemp	W35	30.6
Stephen Dunn	M30	4.26	Margaret Robinson	W60	24.34.9	Sandra Smith	W40	33.4
Campbell Till	M40	5.31	Ann Turner	W65	26.05.6			
Michael Edwards	M40	5.39				<b>Event 56 200m W45-55</b>		
Dave Wyatt	M45	5.05	<b>Event 47 5000m M30-M55</b>			Lynne Choate	W45	28.0
			Stephen Dunn	M30	18.04.2	Carey Dickason	W50	37.2
<b>Event 40 Javelin M60+</b>			Doug Ashfield	M40	19.33.5	Peggy Macliver	W55	30.0
Lyle James	M60	16.44	Keith Atkinson	M40	23.38.3	Luella Jenkins	W55	38.5
Ron Spencer	M60	21.19	Darryl White	M40	19.00.4			
Jim Turnbull	M60	16.96				<b>Event 57 Shot W30-50</b>		
						Katrina Spilsbury	W35	8.32

Sandra Smith	W40	7.72	Bill Chapman	M75	25.40	Tom Lenane	M40	11.50.5
Lynne Choate	W45	6.59	Fred Watson	M80	7.91	Bruce Cornish	M50	11.56.4
Eileen Hindle	W50	7.04	<b>Event 67 800m W30-55</b>			Paul Martin	M55	11.45.1
Valerie Millard	W50	6.48	Antoinette Shaw	W50	2.41.6	John Davies	M55	11.24.3
Carey Dickason	W50	6.18	Carey Dickason	W50	3.38.7	Arnold Jenkins	M55	13.04.6
<b>Event 58 200m W65+</b>			Peggy Macliver	W55	2.39.6	Alan Jennings	M60	13.16.8
Ruth Johnson	W60	35.5	Val Prescott	W55	4.02.0	Jim Turnbull	M60	14.23.7
Pat Carr	W65	35.3	<b>Event 68 800m W60+</b>			Jeff Whittam	M65	16.03.9
Phyllis Head	W80	80.8	Ruth Johnson	W60	3.19.8	Frank Hansford Miller	M80	20.45.8
<b>Event 59 200m M30-45</b>			Margaret Robinson	W60	3.33.7	Lyn Ventris	W35	9.05.7
Stephen Smith	M35	29.0	Noela Medcalf	W65	3.56.7	Rose-Maree Hollaway	W45	10.58.0
Greg Vander Sanden	M40	24.5	<b>Event 69 800m M30-35</b>			Valerie Millard	W50	13.11.0
John Vesnaver	M45	31.1	Stephen Dunn	M30	2.24.8	Lynne Schickert	W55	13.38.5
<b>Event 60 200m M50-55</b>			Micheal Watson	M35	2.16.1	Luella Jenkins	W55	13.05.0
Bruce Cornish	M50	28.8	<b>Event 70 800m M40-45</b>			Maggie Flanders	W60	16.19.6
Duncan McAuley	M50	26.7	Blakeney Tindall	M40	2.23.7	Val Wheeler	W65	16.00.1
Henri Cortis	M55	26.9	Greg Vander Sanden	M40	2.07.3	The following members set new State records:		
Roy Fearnall	M55	25.9	Trevor Scott	M40	2.08.5	W35 Pentathlon	Katrina Spilsbury	
<b>Event 61 Discus M50-60</b>			Campbell Till	M40	2.18.5	W45 Pentathlon	Lynne Choate	
Bruce Cornish	M50	31.00	John Vesnaver	M45	2.30.1	M50 Pentathlon	Murray Tobert	
Brian Foley	M55	19.76	<b>Event 71 Triple Jump M50-55</b>			M60 Pentathlon	Peter Gare	
Lyle James	M60	15.06	Bruce Cornish	M50	9.23	M60 2000m S/C	Don Caplin	
Michael O'Reilly	M60	24.92	Brian Foley	M55	7.38	M80 2000m S/C	Frank Hansford-Miller	
Jim Turnbull	M60	20.18	Keith Martin	M55	10.23	W40 5000m Walk	Lynne Ventris	
Peter Gare	M60	25.25	John Davies	M55	8.93		Australian record	
Ed Carroll	M60	39.54	<b>Event 72 800m M50-55</b>			W80 400m	Phyllis Head	
<b>Event 62 200m M60</b>			Duncan McAuley	M50	2.13.7	W70 Wt Pentathlon	Raema McMillan	
Lyle James	M60	34.9	David Reid	M50	2.21.5	M65 High Jump	Bob Fergie	
Norm Richards	M60	27.6	Brian Foley	M55	2.22.8	M70 High Jump	Derr Foley	
Peter Gare	M60	27.7	Ivan Brown	M55	2.42.6		Alex Cummings	
<b>Event 63 Triple Jump M30-45</b>			Bob Schickert	M55	2.33.6	M55 High Jump	Keith Martin	
Steve Payne	M40	10.72	Roy Fearnall	M55	2.26.8	W80 100m	Phyllis Head	
Dave Wyatt	M45	10.17	<b>Event 73 800m M60+</b>			M70 100m	Gordon Medcalf	
<b>Event 64 200m M65+</b>			Lyle James	M60	3.05.7	W40 3000m Walk	Lynne Ventris	
Derry Foley	M70	34.4	Michael O'Reilly	M60	2.35.7		Australian Record	
Gordon Medcalf	M70	33.9	Ron Spencer	M60	5.03.4	M70 300m Hurdles	Gordon Medcalf	
Allen Tyson	M75	45.4	<b>Event 74 Discus W55+</b>			W80 200m	Phyllis Head	
<b>Event 65 Shot W55+</b>			Lynne Schickert	W55	11.48	M70 Triple Jump	Derry Foley	
Erica Mercer	W55	6.68	Erica Mercer	W55	13.37	W55 Javelin	Luella Jenkins	
Jean Campbell-Brown	W55	5.58	Jean Campbell-Brown	W55	13.43	M60 Javelin	Peter Gare	
Luella Jenkins	W55	6.43	Luella Jenkins	W55	15.63	M50 Heavy Wt	Murray Tolbert	
Ruth Johnson	W60	5.59	Val Prescott	W55	16.26	M70 Heavy Wt	Alex Cummings	
Kath Holland	W60	7.58	Ruth Johnson	W60	13.07	W60 5000m	Margaret Robinson	
Lorna Lauchlan	W70	6.64	Kath Holland	W60	17.22	W65 5000m	Ann Turner	
Rae McMillan	W70	6.86	Noela Medcalf	W65	15.41	W65 10,000m	Ann Turner	
Phyllis Head	W80	3.33	Pat Carr	W65	15.73	W40 2000m Walk	Lynne Ventris	
<b>Event 66 Discus M65+</b>			Lorna Lauchlan	W70	13.13			
John Sutton	M65	22.95	Rae McMillan	W70	16.79	<b>Mt Lawley Circuit –</b>		
Bob Fergie	M65	27.27	Phyllis Head	W80	6.92	<b>Sealed Handicap</b>		
Rob Shand	M65	28.25	<b>Event 75 Triple Jump W30-35</b>			4 March 2001		
Jeff Whittam	M65	19.94	Katrina Spilsbury	W35	10.45	The report for this race appeared in the		
Derry Foley	M70	19.98	Gill Edmonds	W35	9.11	last newsletter – here are the results		
Gordon Medcalf	M70	22.72	Diane York	W45	8.04	<b>Run</b>		
Allen Tyson	M75	16.95	<b>Event 76 2000 Walk M/W30+</b>			Nick Gardiner	Vis	44:45
						Sue Bullen	W40	45:05

Frank Gardiner	M50	45:08	John Ellard	M55	48:12	Bob Schickert	M55	50:00
Jackie Halberg	W50	46:15	Delia Hendrie	W45	48:18	George Schaefer	m65	50:14
Mike Adams	Vis	46:26	Frank Smith	M55	48:20	Brian Aldrich	M70	50:15
Lachlan Marr	M40	46:47	Wayne Robinson	M45	48:20	Anne Shaw	W50	50:49
Simon Jawichre	M35	46:52	Jon Wannberg	M30	48:27	Bob Fergie	M65	50:50
Simon Mort	M40	46:54	Vic Waters	M55	48:29	Elaine Ellard	W55	51:20
John Bell	M55	47:14	Wally Crowley	M45	48:30	Peter Airey	M60	51:22
Beamer Emz	M45	47:15	Doug Ashfield	M40	48:40	Sheila Masler	W60	51:59
Tony Speechley	M55	47:26	Kirt Johnson	M70	48:51	Melissa Gardiner	Vis	52:00
David Carr	M65	47:33	Bob Sammells	M60	48:54	Nevile Scott	Vis	52:45
Waynes Bates	M55	47:34	Sadiq Hashi	M30	49:01	Brian Chambers	M40	53:23
Keith Atkinson	M40	47:45	Merv Moyle	M70	49:02	Gary Fisher	M45	54:58
Mike Hale	M50	47:47	Debbie Burge	W30	49:10	Allen Tyson	M75	55:24
Allan Chambers	M60	47:48	Dave Scott	M50	49:15	<b>Walk</b>		
Chris Frampton	M35	47:50	Gareth Brunt	M45	49:15	Barry Weatherburn	M55	1:10.03
John Hickey	Vis	47:51	Gillian Young	W50	49:29	Val Wheeler	W65	1:12.37
Brian Hunter	M55	48:00	Paul Martin	M55	49:48	Lynne Schickert	W55	1:12.56
Bert Carse	M55	48:07	Rob Tinniswood	Vis	49:56	Dorothy Whittam	W60	1:14.28

## Birthdays

Barrett-Lennard	Irwin	22/4/1929	72	remains	M70	Gare	Peter	21/5/1940	61	remains	M60
Bower	Jill	3/4/1938	63	remains	W60	Giacomin	Aldo	14/5/1936	65	becomes	M65
Bowler	Sidney	28/4/1923	78	remains	M75	Gilmour	John	3/5/1919	82	remains	M80
Brunt	Gareth	21/4/1951	50	becomes	M50	Gorman	Gareth	22/5/1946	55	becomes	M55
Chapman	Bill	19/4/1924	77	remains	M75	Hardy	Bryan	26/5/1943	58	remains	M55
Fisher	Gary	14/4/1952	49	remains	M45	Hart	Maria	23/5/1952	49	remains	W45
Foley	Derry	13/4/1929	72	remains	M70	Hassam	Leo	25/5/1930	71	remains	M70
Halberg	Jackie	10/4/1946	55	becomes	W55	Height	Bernadette	13/5/1957	44	remains	W40
Hale	Mike	23/4/1947	54	remains	M50	Heussi	Steffi	22/5/1944	57	remains	W55
Hopkins	Patrica	18/4/1942	59	remains	W55	Hill	Judi	24/5/1948	53	remains	W50
James	David	17/4/1953	48	remains	M45	Hughes	Paul	17/5/1952	49	remains	M45
Kirkness	Christine	30/4/1947	54	remains	W50	Jenkins	Arnold	1/5/1944	57	remains	M55
Lenane	Tom	6/4/1956	45	becomes	M45	Latchford	Stan	19/5/1941	60	becomes	M60
Loly	Amy	30/4/1962	39	remains	W35	Lawrence	Ray	15/5/1928	73	remains	M70
Marr	Lachlan	16/4/1960	41	remains	M40	Macliver	Robin	28/5/1941	60	becomes	M60
McGlashan	Hamish	16/4/1937	64	remains	M60	McLinden	Frank	7/5/1931	70	becomes	M70
Parkinson	Stu	20/4/1947	54	remains	M50	McSwain	Snow	12/5/1959	42	remains	W40
Shearer	Lancelot	4/4/1929	72	remains	M70	Mercer	Erica	30/5/1943	58	remains	W55
Smith	Maurice	26/4/1934	67	remains	M65	Miller	Patricia	7/5/1938	63	remains	W60
Smith	Pamela	26/4/1939	62	remains	W60	Mison	John	28/5/1947	54	remains	M50
Spare	Charles	19/4/1939	62	remains	M60	O'Sullivan	Colin	13/5/1955	46	remains	M45
Stickles	Joe	19/4/1938	63	remains	M60	Penkin	Jo	14/5/1963	38	remains	W35
Tiverios	Jeanette	30/4/1957	44	remains	W40	Pomery	Alan	19/5/1931	70	becomes	M70
Tolbert	Murray	7/4/1946	55	becomes	M55	Pressley	John	17/5/1945	56	remains	M55
Walkley	Cecil	29/4/1929	72	remains	M70	Purser	Clive	23/5/1944	57	remains	M55
Watson	Micheal	8/4/1965	36	remains	M35	Riddell	Jim	15/5/1939	62	remains	M60
Young	Rob	21/4/1944	57	remains	M55	Scott	Trevor	24/5/1959	42	remains	M40
						Shanahan	Glenice	20/5/1924	77	remains	W75
Anderson	Michael	7/5/1948	53	remains	M50	Slyth	Paul	29/5/1942	59	remains	M55
Brennan	Joe	27/5/1921	80	becomes	M80	Tyson	Valerie	23/5/1921	80	becomes	W80
Brown	David	18/5/1947	54	remains	M50	Walsh	Roger	30/5/1943	58	remains	M55
Brownlie	Ken	21/5/1945	56	remains	M55	Waters	Victor	3/5/1944	57	remains	M55
Carrero	Vicente	11/5/1942	59	remains	M55	Wheeler	Christine	16/5/1954	47	remains	W45
Crockett	Linda	28/5/1966	35	becomes	W35	Willmer	David	27/5/1954	47	remains	M45
Enz	Beamer	22/5/1955	46	remains	M45	Wilson	Bruce	31/5/1945	56	remains	M55
Fearnall	Roy	19/5/1943	58	remains	M55	Wyatt	Dave	23/5/1951	50	becomes	M50
Flood	Mike	26/5/1953	48	remains	M45						



## WAVAC Web Site

John Stone has been busy adding information to the WAVAC Internet site including the recently completed State Track & Field Championships. For those of you who have access to the Internet it's well worth a look. The site can be found at:

<http://www.netprojex.com.au/wavac/>

## Dr Pribut's Sport Page

For those of you who have access to Internet this site has a lot of good informatio for runner's. The site can be found at :

<http://www.clark.net/pub/pribut/spsport.html>

For those of you who do not have access to the Internet here are a couple of excerpts from this site

### Side Stitches

Side stitches are pains that occur usually just under the ribs when running. It seems that an unconditioned diaphragm is the cause of this pain more often than not. Some other causes for this pain include food allergies (often milk), "gas", or just having eaten before running. Either running a greater distance than usual or at a faster pace than usual will bring this pain on.

The diaphragm is a muscle that separates the chest cavity from the abdomen. It moves down when you inhale and moves up when you exhale. When it is subject to more or faster exercise than it is accustomed to it can "cramp" and cause pain.

Side stitches seem to occur most often on the right side of the body. It is possible that the liver may alter the motion of the diaphragm more on that side because of the larger right lobe.

#### Treatment

When it is caused by lack of conditioning a few strategies can be employed. First run slower and longer. Breathe fuller and try "belly breathing" where you allow your stomach to be "relaxed" and pushed out as you inhale and then contracted slightly as you exhale fully. Breathe rhythmically and make sure that you are not holding your breath. You can also try counting your breaths 6 in hold 3 out with a forceful exhalation for a 4 count or whatever seems to work best for you and your running rhythm.

Another breathing tactic that is tried is exhaling against resistance through pursed lips. This combined with belly breathing may be the best approach. To conditioning related stitches.

Also I suggest adding an abdominal strengthening exercise to your regimen such as "Crunches".

### Shoe Wearing & Buying Tips

A shoe's midsole only lasts so long. It degrades from use and the resultant useful life of a running shoe is 350 to 550 miles. This means that if you are running 20 miles a week, you should consider changing by approximately weeks 20 to 25. The shoe may still serve a useful purpose; casual wear for walking.

Sole wear does not necessarily reflect the loss of shock absorption by a shoe. Even with a new looking shoe,

adequate shock absorption may be lacking. Use the 350 to 550 mile guideline instead of trying to guess how worn your shoe should look.

Buy your shoes at the end of the day, when your feet are somewhat larger from the day's walking.

Make sure there is about a finger's width at the front of the shoe. This will help prevent runner's (black) toe. The shape and depth of the front of the shoe also have an effect on this problem.

If you have had no problems while running in a shoe, you should probably try to obtain another pair of the same make and model.

Don't even dream of running a marathon in a new pair of shoes. Your shoe should have at least 100 miles on it to be broken in well enough to run a marathon.

Make sure you carefully lace your shoe before running. Too tight a shoe may make parts of the top of your foot sore or squeeze your metatarsals too tightly. Too loose a shoe may make your foot move excessively and be less stable, resulting in more than normal pronation.

### Stretching

While many runners neglect stretching, some may overstretch. Surveys of runners have shown that there seem to be two types of runners who have reported more injuries than others. Those who do not stretch very much and those who spend an inordinate amount of time stretching both seem to have significantly more injuries. This is not necessarily a causal relationship. The fact that a survey has shown that an individual who spends much longer than his peers stretching responds to a survey question reporting many injuries might also imply that he is stretching in response to his injuries. But then again, too much of a good thing might not be good.

If you are currently injured, now is probably not a great time to start stretching. If your achilles tendon is sore don't start on a high level stretching program to try to improve it. You may end up contributing to the statistics which demonstrate that achilles tendonitis is frequently a long lasting, chronic problem. The reason you should not start stretching with an acutely sore body part is that your stretching will probably contribute to continuing to tear the muscle or tendon fibers during your stretching of it. One of the signs of this will be an increase in pain following your stretching. Let the darn thing heal a bit before trying to stretch it. First, use a heel lift, avoid hills, decrease your stride, and burn any shoes with any gaseous substance used for shock absorption in the heel. Decrease the intensity and duration of your training runs. Once you are feeling better, probably in about 3 to 6 weeks you can begin a light and easy stretching regimen. A similar rationale may be applied to other body parts that are injured.

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