



April 2002

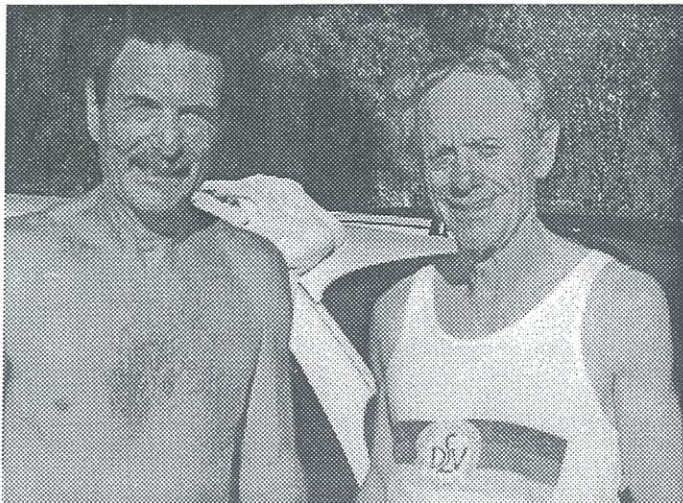
Number 339

VETRUN



THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158
Editor: Rod Tinniswood. Copy for Vetrin: See panel page 2 • www.netprojex.com.au/wavac



More happy smiling faces at our Sunday runs

***Don't Miss Out!* WAVAC ANNUAL GENERAL MEETING.
MONDAY 15 APRIL 2002 AT 7.00PM
HOCKEY CLUB ROOMS, PERRY LAKES**

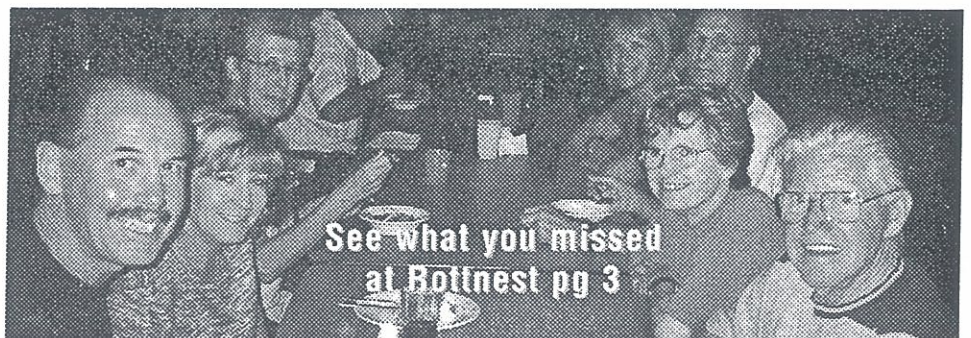
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GENERAL MEETING
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**All the results: • Carr-Shand
• Mt Lawley • Age Graded**



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at Rottnest pg 3**

Track + Field State Championships Results



PRESIDENT'S REPORT

It is my privilege to be able to report upon what has been another successful

year for our Club. Its comprehensive programme of events and Championships was implemented as planned, the social events went very well, and, importantly, the wishes of the membership appear to have been met.

Administration.

Committee meetings were held monthly and were well-attended. The main subject areas were financial, safety, progress reporting and fine-tuning, and future planning.

I wish to thank all Committee members for their hard work, team-work and support during the year.

I also wish to recognise the service to the Club those who will not be re-nominating next year. These are Valerie Millard (1998 - 2002) and Brian Foley (1987 - 2002).

Valerie's enthusiasm and efficiency were just tremendous and will be missed.

Brian's past Committee positions included President, Vice-President and Secretary, and his past guidance and influence helped to shape the Club that we all enjoy today. Brian will continue to be Secretary of our National body.

Membership.

This has risen from 390 a year ago to 427. The South Perth Fiesta Run, Athletics participation at two of our Sunday events, Fremantle Masters Games and the Wildflower Run, all gave the Club wider exposure to the exercising public and new members were gained as a result. Many of these are in the younger age groups and it is probable that this trend will continue.

Vetrun.

This is the Club's lifeline to its members and the Editor's role has always been regarded as a key activity. Vic Waters, some years ago, set new standards for quality and layout. These have been maintained since then and continued by Rod Tinniswood.

Rod, like previous Editors, has brought his own ideas to the Vetrun and the result has been excellent. In my view, it continues to be the best Veterans Athletics newsletter in Australia.

Web-Site.

John Stone has developed, and continues to upgrade, an excellent site for the Club. It averages between 50 and 100 'hits' each week and has led to many membership enquiries and some new members.

Enquiries have been mainly from those in the younger age groups.

World Championships, Brisbane, 2001.

Some 60 Club members were part of the 1,300-strong Australian team and all acquitted themselves well. Lynne and Bob Schickert were Team Managers and Brian Foley, Bruce Wilson and Bob Chalmers were officials. A great all-round effort.

Australian T&F Championships, Perth, Easter, 2003.

The Organising Committee had its inaugural meeting in May, 2001, with Lynne Schickert elected to the Chair. Progress since then has been excellent and the Committee is on track to stage a superb Meet.

Automation is an essential component of any modern Meet. To this end, the Club obtained requisite software and Katrina Spilsbury assumed responsibility for its implementation and operation. At the time of writing, it is being trialled successfully during the State T&F Championships.

AthleticA.

Many of our members competed and officiated during AthleticA's Winter and Summer competitions, and the Telstra Series A Grand Prix, and so assisted the development of athletics in the State. The major benefit of this to our Club is that experienced AthleticA officials reciprocate by supporting us at our State Championships each year. More importantly, we can also look forward to their support at the 2003 Nationals.

I am the Club's delegate on the Presidents Council.

Veterans v Masters.

In anticipation of improved sponsorship opportunities, both the World and National controlling bodies of our sport have replaced the word Veterans with Masters in their titles. There have been no proposals from within our Club that we should do the same.

The coming year.

This promises to be an exciting one. Let's all pull together and make it the best ever!

Bob Sammells

WAVAC ANNUAL GENERAL MEETING MONDAY 15 APRIL 2002 AT 7.00PM HOCKEY CLUB ROOMS, PERRY LAKES

AGENDA

1. Open and Welcome
2. Members present
3. Apologies
4. Minutes of the previous meeting
5. Matters arising
6. Reports
7. Presentation of Trophies
 - (a) Patron's Trophies
 - (b) Handicap Trophy
 - (c) Reg Briggs Trophy
 - (d) John Gilmour Trophy
8. Election of Office Bearers
 - (a) President
 - (b) Vice-President
 - (c) Secretary
 - (d) Treasurer
 - (e) Committee members - 4
9. Appointment of Officials
 - (a) Patron
 - (b) Editor
 - (c) Handicapper
 - (d) Auditor
 - (e) Statistician
 - (f) Registrars
10. Life Memberships
11. Motions

"to allow or not allow dogs at club events"
12. General Business

State Championships Thank You

Over fifty club members helped at the state championships. Some worked on the five days; others gave an hour or two between their events.

It adds up to hundreds of hours.

Thank you to all who helped, cheerfully and efficiently, to make the championships a success.

It's your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email:

tinniswoodr@sundaytimes.newsltd.com.au

(Note: Copy the address exactly. All the letters must be in lower case. Don't forget the 'r' after **tinniswood**)

Electronic files can be emailed or saved to disc. Word or Text files are preferred and pictures can be presented as tiff, eps, or jpg files.

Home phone: 9403 6353

Back issues of Vetrun

If there is a back issue of Vetrun that you desperately need, ask Jackie Halberg on Sunday mornings, or give her a call at home on 9364 4474.

She has kept some extras over the years and may be able to help you.



Weekend at Rottnest 2002

40 members were booked to spend the weekend at the Kingstown Barracks cottages for the long weekend, and went armed with bicycles, bathers and various other essential items.....wine, beer.....

Those of us, who were in the cottages in the Governors Circle, want to know how to get to the (former Hospital) up on the hill, with the three bathrooms, and the million dollar views of Thompson Bay. The residents in that establishment came to gloat. It was so good, that I am told John Pellier was in bed at 8:15PM. Is that a sign of ageing?

However, we were all pleased with the new beds, they were very comfortable, and new curtains, fly screens and chairs. The cottages were in need of a touch up, and they are much improved. The locality is excellent, with just a short walk over the sand dunes for swim, and less than 2 km to the townsite, with a free shuttle bus leaving twice every hour for those who want to take the easy option.

We opted for the evening meals in the barracks dining room and for \$7-50 each, was very good value.

The weather was great, for all those outdoor experiences, running, cycling, swimming etc.

What did Jan do to her friend, who was heard to say, (as he lay on the sand at the beach) the next time he was getting on a bike, was when he rode down to the boat to go home.

Mal was spotted running with the group of single young ladies, why did he leave early? Did he lose his patients?

Only two of our party had to leave the weekend early, on Sunday, we don't know why?

Anne Turner, was unable to run during the weekend, due to a collision with a coffee table during the week, and she read a record number of novels during the weekend and was waited on hand and foot by her (un)complaining husband Shorty. She told us she would prefer to be running, I wonder!

Brian Bennett, who is still on the unfit list, together with Jacqueline, took water out to the runners on the long distance run on Sunday, (25kms I am told) and it was most appreciated.

Jacqueline Billington and Wendy Duncan had the unfortunate experience of their luggage going missing on the way home, however, it was found to be still at Rottnest and was returned to them on Tuesday.

All in all a great time was had by all, and we are looking forward to another visit to Rottnest. *M. Bennett*



21st WAVAC State Track and Field Championships, 2002

This years championships saw 215 Gold, 99 Silver and 44 Bronze medals distributed amongst 108 athletes, of which only 31 were women compared with 77 men. Each athlete entered an average of 3.5 events, ranging from 1 event up to 14 events. State records were broken or set in 9% of womens events and in 4% of mens events - a total of 29. Record setters are indicated by * in the results list. Two Australian records will be claimed - both by Pat Carr for the W70 Long and Triple Jump.

100m

W35		
1 Heather Atkinson	W39	14.00
W45		
1 Lynne Choate	W49	13.70
2 Robyn Watts	W48	18.30
W50		
1 Barbara Wilson	W50	16.70
2 Carey Dickason	W51	17.30
W55		
1 Luella Jenkins	W59	17.80
W60		
1 Ruth Johnson	W61	17.90
2 Lynne Schickert	W60	23.30
W70		
1 Pat Carr	W70	17.20*
W80		
1 Phyllis Head	W82	37.40
M35		
1 Colin Smith	M39	13.90
2 Glen Gillett	M35	14.20
M40		
1 Greg Vander Sande	M43	12.60
2 Campbell Till	M44	12.90
M45		
1 Mike Edwards	M45	12.10
2 Graham Carroll	M47	12.90
M50		
1 John Ventris	M53	14.50
2 Bruce Cornish	M53	14.90
3 Warren Davey	M51	15.30
M55		
1 Henri Cortis	M56	13.50
2 Keith Martin	M58	13.80
3 John Davies	M57	15.50
M60		
1 Barrie Kernaghan	M61	13.30
2 Peter Gare	M61	13.70
3 Peter Doye	M61	14.80
M65		
1 Bob Fergie	M66	17.70
M70		
1 Derry Foley	M72	17.40
M80		
1 Donald Frearson	M81	20.30*

200m

W35		
1 Jacqueline Sanders	W35	32.60
W45		
1 Lynne Choate	W49	29.10
W50		
1 Barbara Wilson	W50	33.50
2 Gillian Young	W54	34.70
3 Carey Dickason	W51	37.80
W55		
1 Luella Jenkins	W59	38.50
2 Valerie Prescott	W58	43.10
W60		
1 Ruth Johnson	W61	35.50
2 Lynne Schickert	W60	46.70
W70		
1 Pat Carr	W70	35.90*
W80		
1 Phyllis Head	W82	1:23.60
M35		
1 Colin Smith	M39	29.50
2 Glen Gillett	M35	30.00
M45		
1 Graham Carroll	M47	26.50
M50		
1 John Vesnaver	M50	29.60
2 Bruce Cornish	M53	30.20
3 John Ventris	M53	31.20
4 Warren Davey	M51	32.50
M55		
1 Henri Cortis	M56	27.30
2 Keith Martin	M58	30.60
3 Ivan Brown	M57	33.80
M60		
1 Barrie Kernaghan	M61	26.60
2 Peter Gare	M61	28.10
3 Peter Doye	M61	30.60
4 Lyle James	M62	35.80
M65		
1 Bob Fergie	M66	38.40
M70		
1 Derry Foley	M72	50.00
M80		
1 Donald Frearson	M81	42.10*

400m Hurdles

M35		
1 Glen Gillett	M35	1:35.20
M55		
1 Keith Martin	M58	1:14.10

80m Hurdles

W55		
1 Luella Jenkins	W59	21.21
100m Hurdles		
W35		
1 Gill Edmonds	W37	23.90
M50		
1 John Ventris	M53	24.70
110m Hurdles		
M35		
--- Glen Gillett	M35	DQ
M45		
1 Mike Edwards	M45	20.80

800m

W35		
1 Jacqueline Sanders	W35	3:11.50
W50		
1 Barbara Blurton	W51	2:37.70
2 Anne Shaw	W54	2:45.00
3 Barbara Wilson	W50	2:56.30
4 Gillian Young	W54	3:05.60
5 Carey Dickason	W51	3:40.20
W60		
1 Ruth Johnson	W61	3:23.40
2 Margaret Robinson	W63	3:31.10
M35		
1 Chris Shenton	M35	2:15.40
2 Simon Jawichre	M37	2:21.40
3 Glen Gillett	M35	2:44.30
M40		
1 Ian Sanders	M43	3:05.10
--- Randy Hobbs	M42	DNF
M50		
1 Tony Heppener	M50	2:13.60
2 Ian Davies	M54	2:15.60
3 John Vesnaver	M50	2:30.50
4 John Dickason	M51	3:04.60
M55		
1 Henri Cortis	M56	2:26.40
2 Brian Foley	M57	2:32.80
M60		
1 Albert Carse	M60	2:22.40
2 Robert Schickert	M60	2:27.70
3 Mike O'Reilly	M62	2:41.80
4 Lyle James	M62	3:54.70
M65		
1 David Carr	M69	2:25.20

400m

W45		
1 Lynne Choate	W49	1:10.10
W50		
1 Anne Shaw	W54	1:14.30
2 Carey Dickason	W51	1:32.90
W55		
1 Valerie Prescott	W58	1:47.80
W60		
1 Ruth Johnson	W61	1:27.18
W80		
1 Phyllis Head	W82	3:19.20
M35		
1 Chris Shenton	M35	1:00.40
2 Glen Gillett	M35	1:06.20
M40		
1 Greg Vander Sande	M43	56.70
2 Campbell Till	M44	58.40
M45		
1 Mike Edwards	M45	55.80
M50		
1 John Vesnaver	M50	1:04.40
2 John Ventris	M53	1:13.80
3 Warren Davey	M51	1:15.80
4 John Dickason	M51	1:20.90
M55		
1 Henri Cortis	M56	1:01.70
2 Brian Foley	M57	1:10.10
3 Ivan Brown	M57	1:11.00
M60		
1 Barrie Kernaghan	M61	1:00.20
2 Peter Gare	M61	1:02.90
3 Robert Schickert	M60	1:08.60
4 Lyle James	M62	1:33.90

5000m			10000m			1500m		
W40			M35			W50		
1 Sue Bullen	W42	25:44.50	1 Stephen Dunn	M35	37:40.40	1 Anne Shaw	W54	5:34.40
W50			2 Simon Jawichre	M37	40:21.40	2 Barbara Wilson	W50	5:55.60
1 Anne Shaw	W54	20:22.00	3 Jon Wannberg	M35	41:15.70	3 Carey Dickason	W51	7:19.80
2 Gillian Young	W54	22:59.30	M40			W55		
3 Denise Lancaster	W52	27:40.30	1 Randy Hobbs	M42	42:07.20	1 Jackie Halberg	W55	6:25.70
W55			M45			2 Bridget Carse	W58	7:14.60
1 Jackie Halberg	W55	24:10.70	1 Clive Hicks	M49	36:17.60	3 Valerie Prescott	W58	8:41.80
2 Bridget Carse	W58	27:17.00	2 Bjorn Dybdahl	M48	38:19.30	W60		
3 Valerie Millard	W55	28:15.40	3 Doug Ashfield	M45	40:57.80	1 Ruth Johnson	W61	6:53.20
W60			4 Keith Atkinson	M45	43:42.70	2 Margaret Robinson	W63	7:01.00
1 Margaret Robinson	W63	24:22.90*	M50			M35		
2 Margaret Bennett	W60	28:29.60	1 Tony Heppener	M50	35:47.30	1 Simon Jawichre	M37	4:46.00
W65			2 Gareth Brunt	M50	40:24.70	2 Chris Shenton	M35	4:47.20
1 Ann Turner	W66	26:42.40	3 John Bocian	M51	42:01.40	3 Stephen Dunn	M35	4:51.10
M35			4 Frank Gardiner	M52	44:48.30	4 Jon Wannberg	M35	5:02.70
1 Stephen Dunn	M35	17:56.40	W50			5 Glen Gillett	M35	5:12.30
2 Simon Jawichre	M37	18:46.70	1 Anne Shaw	W54	42:39.10	M40		
3 Glen Gillett	M35	20:13.40	M55			1 Randy Hobbs	M42	4:42.10
M40			1 Jim Langford	M57	38:06.50	M45		
1 Randy Hobbs	M42	18:48.80	2 John Pressley	M56	41:18.20	1 Bjorn Dybdahl	M48	4:52.00
M45			3 Ivan Brown	M57	41:45.00	2 Doug Ashfield	M45	5:12.90
1 Clive Hicks	M49	16:56.10	W55			M50		
2 Doug Ashfield	M45	19:38.30	1 Jackie Halberg	W55	51:33.70	1 Tony Heppener	M50	4:30.40
Keith Atkinson	M45	21:08.00	M60			2 Ian Davies	M54	4:46.80
M50			1 Albert Carse	M60	36:53.10	3 John Vesnaver	M50	4:57.30
1 Tony Heppener	M50	16:41.40	2 Frank Smith	M60	39:30.60	4 John Dickason	M51	6:01.40
2 Gareth Brunt	M50	19:09.50	W60			M55		
3 John Dickason	M51	21:51.20	1 Margaret Bennett	W60	1:02:51.80	1 Henri Cortis	M56	5:00.80
4 John Dance	M52	24:26.10	M65			2 Brian Foley	M57	5:16.20
5 Pierre Viala	M54	31:38.00	1 Dave Simmonds	M67	46:04.50	3 Ivan Brown	M57	5:19.60
M55			2 George Innes	M67	47:36.70	M60		
1 David Roberts	M59	19:45.80	3 Richard Harris	M65	48:52.20	1 Albert Carse	M60	4:47.40
2 Ivan Brown	M57	19:53.40	--- Robert Sammells	M65	DNF	2 Robert Schickert	M60	4:59.60
M60			W65			3 Lyle James	M62	6:20.50
1 Albert Carse	M60	17:43.40	--- Ann Turner	W66	DNF	M65		
2 Lyle James	M62	25:27.70				1 David Carr	M69	5:17.70
M65						M70		
1 Dave Simmonds	M67	22:12.60				1 Cecil Walkley	M72	6:22.80
2 George Innes	M67	22:32.60						
3 Richard Harris	M65	23:02.80						
4 Robert Sammells	M65	23:48.20						
M70								
1 Cecil Walkley	M72	23:18.20						
2 Irwin Barrett-Lenn	M72	23:45.80						

Long Jump			M40			3 Carey Dickason	W51	13.82m
W35			1 Ian Sanders	M43	7.44m	W55		
1 Gill Edmonds	W37	4.18m	M50			1 Luella Jenkins	W59	19.54m*
W45			1 Warren Davey	M51	8.76m	2 Valerie Prescott	W58	17.61m
1 Diane York	W48	3.71m	M55			3 Erica Mercer	W58	16.51m
2 Robyn Watts	W48	2.93m	1 Peter Phillips	M59	10.59m	W60		
W50			2 Murray Tolbert	M55	9.98m	1 Ruth Johnson	W61	11.81m
1 Barbara Wilson	W50	3.22m	3 Arnold Jenkins	M58	7.95m	W80		
2 Carey Dickason	W51	3.03m	4 Henri Cortis	M56	6.95m	1 Phyllis Head	W82	6.12m
W55			M60			M45		
1 Luella Jenkins	W59	2.99m	1 Ed Carroll	M61	10.86m	1 Mike Edwards	M45	31.55m
W60			2 Jeff Bowen	M60	9.27m	M50		
1 Ruth Johnson	W61	3.20m	M65			1 Bruce Cornish	M53	29.37m
2 Lynne Schickert	W60	2.52m	1 Bob Fergie	M66	8.07m	2 Warren Davey	M51	24.43m
W70			2 Jeffrey Whittam	M67	6.51m	M55		
1 Pat Carr	W70	3.51m*	Discus			1 Stan Selby	M56	40.30m
W80			W45			2 Arnold Jenkins	M58	23.67m
1 Phyllis Head	W82	0.73m	1 Lynne Choate	W49	17.63m	M60		
M35			2 Robyn Watts	W48	12.28m	1 Peter Gare	M61	32.87m
1 Colin Smith	M39	4.07m	W50			2 Jeff Bowen	M60	28.87m
M40			1 Eileen Hindle	W53	19.10m	3 Ed Carroll	M61	28.65m
1 Campbell Till	M44	5.23m	2 Barbara Wilson	W50	18.65m	4 Lyle James	M62	15.87m
2 Greg Vander Sande	M43	4.86m	3 Carey Dickason	W51	15.15m	M65		
M50			W55			1 Bob Fergie	M66	26.87m
1 Dave Wyatt	M50	5.04m	1 Valerie Prescott	W58	16.62m	2 Jeffrey Whittam	M67	14.20m
2 John Ventris	M53	4.18m	2 Luella Jenkins	W59	16.08m	M70		
M55			3 Erica Mercer	W58	12.71m	1 Robert Shand	M70	29.25m*
1 Keith Martin	M58	4.96m	W60			Pentathlon		
2 John Davies	M57	4.16m	1 Ruth Johnson	W61	13.45m	W35		
M65			W70			1 Jacqueline Sanders	W35	1101
1 Bob Fergie	M66	3.45m	1 Pat Carr	W70	15.84m	W45		
Triple Jump			2 Lorna Lauchlan	W72	14.09m	1 Lynne Choate	W49	2480
W35			W80			2 Robyn Watts	W48	934
1 Gill Edmonds	W37	8.43m	1 Phyllis Head	W82	6.76m	W60		
W45			M40			1 Ruth Johnson	W61	2262
1 Diane York	W48	8.10m	1 Ian Sanders	M43	20.51m	2 Lynne Schickert	W60	1095
2 Robyn Watts	W48	6.34m	M50			W70		
W50			1 Bruce Cornish	M53	29.25m	1 Pat Carr	W70	2407*
1 Barbara Wilson	W50	7.88m	2 Warren Davey	M51	24.42m	M40		
2 Carey Dickason	W51	6.65m	M55			1 Ian Sanders	M43	1218
W60			1 Murray Tolbert	M55	27.27m	M50		
1 Ruth Johnson	W61	6.82m	2 Brian Foley	M57	19.10m	1 Warren Davey	M51	1402
2 Lynne Schickert	W60	5.96m	M60			M55		
W70			1 Ed Carroll	M61	38.91m	1 Henri Cortis	M56	2623
1 Pat Carr	W70	7.64m*	2 Peter Gare	M61	37.22m	M65		
M35			3 Jeff Bowen	M60	33.17m	1 David Carr	M69	2762
1 Ross Wickham	M37	12.10m	4 Lyle James	M62	12.52m	2 Robert Shand	M70	1946
M40			M65			3 Bob Fergie	M66	1866
1 Steve Payne	M43	10.51m	1 Bob Fergie	M66	24.95m	M70		
M50			2 Jeffrey Whittam	M67	19.62m	1 Derry Foley	M72	2059
1 Dave Wyatt	M50	10.32m	M70			Weight Pentathlon		
M55			1 Robert Shand	M70	26.89m	W50		
1 Murray Tolbert	M55	11.49m	Hammer			1 Eileen Hindle	W53	2310*
2 John Davies	M57	8.35m	W50			2 Barbara Wilson	W50	1845
3 Brian Foley	M57	7.11m	1 Eileen Hindle	W53	24.70m	3 Carey Dickason	W51	1715
Shot Put			W65			W55		
W45			1 Dorothy Whittam	W65	23.81m*	1 Luella Jenkins	W59	2145
1 Lynne Choate	W49	6.47m	M45			W60		
W50			1 Geoffrey Gee	M48	24.51m	1 Ruth Johnson	W61	2045
1 Barbara Wilson	W50	7.52m	M55			W65		
2 Eileen Hindle	W53	7.20m	1 Rob Young	M57	22.95m	1 Dorothy Whittam	W65	3192*
3 Carey Dickason	W51	5.23m	M60			W80		
W55			1 Ed Carroll	M61	22.99m	2 Phyllis Head	W82	1301
1 Luella Jenkins	W59	6.65m	M65			M45		
2 Erica Mercer	W58	5.84m	1 Bob Fergie	M66	29.63m	1 Geoffrey Gee	M48	2467*
W60			2 Jeffrey Whittam	M67	19.33m	M55		
1 Ruth Johnson	W61	5.97m	Javelin			1 Murray Tolbert	M55	2921*
W70			W45			2 Arnold Jenkins	M58	1906
1 Lorna Lauchlan	W72	6.18m	1 Lynne Choate	W49	15.86m	M60		
W80			W50			1 Ed Carroll	M61	3061*
1 Phyllis Head	W82	3.32m	1 Barbara Wilson	W50	21.04m*	1 Bob Fergie	M66	2899
			2 Eileen Hindle	W53	16.88m	2 Jeffrey Whittam	M67	1822

2002 State Track and Field Championships

2000m Walk

W45		
1 Rose-Maree Hollaway	W47	10:25.00*
M45		
1 Tom Lenane	M45	11:55.20
M50		
1 Bruce Cornish	M53	11:54.90
M55		
1 John Davies	M57	10:56.40*
W55		
1 Lesley Romeo	W57	12:16.00
2 Luella Jenkins	W59	13:43.40
M60		
1 Alan Jennings	M62	12:56.30
W60		
1 Lynne Schickert	W60	12:57.90
2 Ruth Johnson	W61	14:17.90
M65		
1 Jeffrey Whittam	M67	16:14.90
W70		
1 Lorna Lauchlan	W72	14:18.40
M85		
1 Frank Hansford-Mil	M85	25:14.80*
3000m Walk		
W45		
1 Tom Lenane	M45	18:37.50
W45		
1 Rose-Maree Hollaway	W47	16:21.40*
W55		
1 Lesley Romeo	W57	19:03.10
2 Valerie Millard	W55	20:09.20
3 Luella Jenkins	W59	20:58.30
M55		
1 Bruce Wilson	M56	16:18.70
2 John Davies	M57	17:16.90
W60		
1 Lynne Schickert	W60	20:29.80
M60		
1 Alan Jennings	M62	19:32.50
W70		
1 Lorna Lauchlan	W72	21:54.30
M85		
1 Frank Hansford-Mil	M85	38:35.10*

2002 State Track and Field Championships

Athlete of the Meet

This trophy is awarded for the best performance during the State Championships. Age graded tables were used to calculate a percentage level performance and the athlete with the highest percentage performance of 96.31% was David Carr with his performance of 2:25.20 as M69 in the 800m. Congratulations David!

Other notable world-class performances during the five-day meet were:

Bert Carse(M60) with 92.27% for the 2km Steeplechase in a time of 7:28.70

Pat Carr (W70) with 91.28% for the Triple Jump with a leap of 7.64m, a new (when confirmed) Australian Record and

Barry Kernaghan (M61) with 90.86% for his 200m in 26.60 seconds.

7.5km MT LAWLEY CIRCUIT

(3 x 2.5km)3 MARCH 2002. RACE DIRECTOR: ALAN JENNINGS

A good turn up for a long weekend. Runners experienced warm but perfect conditions.

Thanks to all the helpers - Colin O'Sullivan, Barry Thomsett, John Najar, Siobhan Weston, Maggie Flanders, Linda Rhodes, Felice and Xavier Jennings. Special thanks to my wife Anne for hosting a most enjoyable morning tea, which gave members time to relax and enjoy each others company. It is good to be able to hang on to the last "Home" morning tea.

Unfortunately some competitors ran through the finishing chute after only completing one or two of the three laps which confused timing!!

1. Kerry Jones	W48	44.21	36. Gary Fisher	M45	49.09
2. Cameron Seaton	M25	46.31	37. Margaret Werear	W68	49.20
3. Keith Atkinson	M45	47.21	38. Peter Hill	M50	49.21
4. Irene Farris	W50	47.28	39. Arnold Jenkins	M55	49.21
5. David Carr	M65	47.30	40. Val Millard	W55	49.23
6. Gavin Gildersteve	M	47.40	41. John Dance	M50	49.42
7. Rod Tinniswood	M50	47.44	42. Richard Harris	M65	49.44
8. Milton Maverick	M45	47.47	43. Damien Hanson	M45	50.03
9. Peter Airey	M65	47.49	44. Jim Blaneifield	M55	50.05
10. Tony Speechley	M55	47.51	45. Mike Faunge	M60	50.07
11. Llachlan Marr	M40	47.53	46. Elaine Dance	W50	50.20
12. Ryan Hunter	M55	48.00	47. Blakenay Tindall	M40	50.23
13. Paul Martin	M60	48.06	48. Margaret Robinson	W60	50.33
14. Ann Shaw	W50	48.12	49. Jeff Mullins	M55	50.55
15. Mike Khan	M55	48.15	50. Shirley Bell	W50	50.58
16. John Allen	M40	48.19	51. Jon Wanberg	M35	51.07
17. Simon Jawiche	M35	48.20	52. Ray Hall	M65	51.11
18. Roll Robert	M55	48.23	53. Liz Duffield	W45	51.34
19. Denise McMurray	W35	48.24	54. Bob Harrison	M60	51.36
20. Wayne Beales	M55	48.26	55. Bob Schickert	M60	52.05
21. Wendy Clements Green	W55	48.32	56. Irwin Barret Lennard	M70	53.01
22. John Smith	M65	48.33	57. Jim Barnes	M55	55.38
23. Chris Frampton	M35	48.35	58. Lynn Schickert (W)	W60	55.46
24. John Smith	M65	48.36	59. Tim Sweeney	M55	59.48
25. John Ellard	M60	48.37	60. Lorna Lachlan(W)	W70	60.58
26. Jim Klinge	M55	48.39	61. Dorothy Whittam (W)	W65	62.47
27. Ivan Pilton	M55	48.41	62. Alan Pomery (W)	M70	62.54
28. Wilf Bamber	M40	48.43	62. Toni Frank	W55	62.55
29. Debby Burge	W35	48.44	63. John Bell	M55	66.50
30. Gareth Brunt	M50	48.47	64. Ron Spencer	M60	68.26
31. Doug Ashfield	M45	48.49			
32. Vic Waters	M55	48.59			
33. Roger Walsh	M55	49.01			
34. Bert Carse	M60	49.03			
35. Smith	M55	49.07			

Walk Handicap

1 Lynn Schickert
2 Lorna Lachlan
3 Dorothy Whittam

NOTICE

10km Track Handicap.

NOTICE

The 14th running of th the 10km Track Handicap will be held at McGillivray Oval on the 25th April 2002, with the first runner off at 7 pm.

Entry fee \$2.00 (with entry form). Use the one below or forms will be available at club runs.

If you want an accurate time for a 10km, this is the event to do it. You may even do a PB. The weather is **usually** cool with very little wind. The track provides consistency and is a good surface to run on.

There will be a BYO barbeque after the run. We also need lap-scorers, please.

Dorothy + Jeff Whittam

Entry Form 10km Track Handicap. 25 April, 2002. 7pm

McGillivray Sports Ground (under Lights) Entry Fee \$2.00 with Entry

Name Age Group

Best 10km Time (in last year, if no handicap)

Entries close 21 April 2002.

Send to: Jeff Whittam, 49 Holland Street, Wembley, WA6014. Tel 9387 6438

CARR-SHAND TROPHY RUN

7km January 13, 2002

This year's turnout of 106 runners and walkers was 9 fewer than the 2001 record field for the Carr-Shand Trophy. On a cooler than usual morning, Graham Thornton's handicaps had 62 of 96 runners finishing in a three-minute period (44 to 46 minutes).

Congratulations to Glenda Lawrence and Keith Forden who are the 2002 Carr-Shand Trophy winners. Lorna Lauchlan won the Margaret and Alan Stone Women Walkers' trophy from Lesley Romeo. Fastest club members in the 7km run were: John Davies (Men) and Anne Shaw (Women). Thanks to all helpers, Jackie Halberg, Ralph Henderson, Rex Bruce, Darry Dahlstrom, Wal McKinnon, Jacqueline Billington and Dalton Moffett. Thanks also to the people who brought the morning tea. *Jill Midolo and David Brown*

RUN 7km (Open Handicap)

Name	Age	Clock	H/cap	Actual
Keith Forden	M60	40:45	2:13	38:32

First Man

Mal Vernon	M45	42:15	7:30	34:45
John Davies	M55	42:32	17:41	24:51

Fastest Man

Glenda Lawrence	W45	43:15	7:42	35:33
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First Woman

Merv Moyle	M75	43:34	6:25	37:09
Merv Jones	M60	43:42	5:36	38:06
Wilf Bamber	M40	43:59	11:54	32:05
Jeff Lindhorst	M40	44:02	16:06	27:56
Jeff Spencer	M60	44:13	7:21	36:52
Laurie Collett	M70	44:14	4:12	40:02
Bjorn Dybdahl	M45	44:16	18:37	25:39
Mike Anderson	M50	44:18	9:27	34:51
Mitch Loly	M60	44:21	8:24	35:57
Irene Ferris	W45	44:24	6:11	38:13
Shirley Bell	W50	44:28	11:05	33:23
John Smith	M65	44:39	6:18	38:21
Ivan Pilton	M55	44:42	16:06	28:36
Brian Hunter	M55	44:44	8:45	35:59
Vic Waters	M55	44:49	14:00	30:49
Rod Tinniswood	M50	44:50	10:58	33:52
Pam Toohey	M55	44:51	5:01	39:50
John Cresp	M50	44:56	18:12	26:44
Warren Gee	M50	45:01	19:01	26:00
John Ellard	M60	45:10	12:15	32:55
Vic Beaumont	M70	45:13	7:00	38:13
David Carr	M65	45:17	13:29	31:48
Lauchlan Marr	M40	45:19	18:37	26:42
Keith Atkinson	M45	45:21	13:39	31:42
Kathy Avery	W40	45:22	12:29	32:53
John Allen	M40	45:24	17:30	27:54
Wayne Bates	M55	45:25	13:53	31:32
Johan Hagedoorn	M55	45:31	14:31	31:00
Nick Miletic	M50	45:32	12:00	33:32
Margaret Langford	W55	45:32	12:57	33:35
Margaret Bennett	W60	45:34	0:00	45:34

Doug Ashfield	M45	45:38	16:41	28:57
Gillian Young	W50	45:42	11:47	33:55
Gary Fisher	M45	45:43	14:59	30:44
Jim Langford	M55	45:46	19:29	26:17
Gareth Brunt	M50	45:54	17:51	28:03
Julie Wood	W50	45:58	4:19	41:39
Simon Jawichre	M35	46:01	17:19	28:42
John Najar	M45	46:04	16:06	29:58
John Pellier	M60	46:05	12:25	33:40
John Dance	M50	46:07	9:06	37:01
Frank Smith	M55	46:09	18:33	27:36
Ann Turner	W65	46:11	7:28	38:43
Syd Beer	M55	46:17	14:42	31:35
David James	M45	46:22	15:24	30:58
Wendy Duncan	W50	46:29	8:24	38:05
Brian Smith	M60	46:29	11:54	34:25
Ray Hall	M65	46:33	7:35	38:58
Steve Toohey	M50	46:34	6:18	39:16
Phyllis Farrell	W55	46:37	0:00	46:37
Jim Barnes	M55	46:40	13:53	32:47
Wendy Clements-Green	W55	46:49	8:24	38:25
Chris Frampton	M35	46:59	18:58	28:01
Roma Barnett	W50	47:01	3:58	43:43
John Mack	M60	47:01	14:21	32:40
Delia Hendrie	W45	47:02	15:24	31:38
Marg Forden	W60	47:09	11:47	35:22
Don Caplin	M60	47:12	16:48	30:24
Liz Duffield	W45	47:26	11:12	36:14
Pierre Viala	M50	47:29	1:03	46:26
Ann Shaw	W50	47:29	17:23	30:06

Fastest Woman

Denise Lancaster	W50	47:32	1:03	46:29
Ian Davies	M50	47:37	18:58	28:39
Peter Hill	M50	47:42	14:42	33:00
Sheila Maslen	W60	47:47	0:21	47:26
Rob Sheehy	M55	48:01	11:54	36:07
Kirt Johnson	M70	48:04	6:18	41:46
Mike Faunge	M60	48:27	11:43	36:44
Geoff Mullins	M55	49:20	17:09	32:11
Joan Pellier	W60	49:53	5:36	44:17
Elaine Dance	W50	50:25	3:30	46:55
Mary Heppell	W60	51:20	0:00	51:20
Arnold Jenkins	M55	52:13	6:50	45:23
Jan Jarvis	W55	53:17	3:30	49:47
Ray Lawrence	M70	53:17	3:37	49:40
Damien Hanson	M45	54:50	14:42	40:08
Ellie Bamber	W30	55:51	0:00	55:51

WALKERS 7km (Sealed Handicap)

Name	Age	Clock	H/cap	Total
Lesley Romeo	W55	47:36	17:00	64:36

First Woman

Lorna Lauchlan	W70	52:12	12:00	64:12
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Handicap Winner

Alan Pomery	M65	56:58	12:00	68:58
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First Man

Pat Ainsworth	W60	57:47	8:30	66:17
Dorothy Whittam	W65	58:09	9:15	67:24
Patricia Hopkins	W55	60:00	6:00	66:00
Barrie Thomsett	M60	60:27	8:30	68:57
Rosa Wallis	W55	60:28	7:15	67:43
Louise Smith	W50	60:30	6:00	66:30
Judy Hill	W50	60:56	5:15	66:11
Maggie Flanders	W65	61:12	5:30	66:42
Jeff Whittam	M65	63:38	4:45	68:23

VISITORS – 7km Run/Walk

Grace Wilmer	30:10	[3.5Km]
Arcos Yarmathy	31:28	
Ruth Wilmer	37:28	0:54 36:34
David Wilmer	M45 37:28	0:54 36:34
Jim Seymon	M60 42:46	
Rosalie Main	44:29	10:30 33:59
Raymond Loly	44:48	11:54 32:54
Daryl Howe	45:35	8:24 37:11
Robert Roll	45:36	15:24 30:12
Mike Leary	45:51	18:00 27:51
Alan Day	46:12	10:30 35:42
Paul Lewis	48:01	14:00 34:01
Mike Prentice	M55 49:35	

Telstra 'A' Veterans 400m handicap

1 Mike Edwards	55.1	00	55.51
2 Barrie Kernaghan	55.92	24	59.49
3 Henri Cortis	56.20	20	59.16
4 Bob Schickert	56.96	52	65.47
5 David Carr	57.5	36	63.19
6 Alan Deans	57.62	44	64.74
7 Ian Sanders	58.00	56	67.44
8 Lynne Choate	60.98	44	68.52

Kathy Freeman was the main attraction but the veterans also put on a good show. The crowd was very supportive, cheering Mike on as he surged around the field. The race is run without lanes, making it difficult to pass the frontrunners.

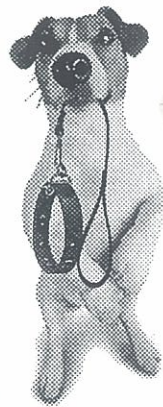
Twenty of our club members acted as officials during the day.

Dog Motion Begg Consideration

Like it or not a motion has been submitted for the AGM with regard to dogs at club events. Some of our members have been bringing their dogs for years. Sadly, times are changing and the motion could lead to an emotional debate. Here are some points for consideration:

- For safety reasons, dogs can't run in the race.
- Where does one leave them while running?
- Should well socialised, restrained dogs be allowed and who makes the distinction?
- It's a public venue. The onus is on the dog owner to pick up after the dog.
- Many venues don't allow dogs.
- The club shouldn't have to take responsibility for a member's dog.
- There is a risk of litigation or penalties with regard to bites or attacks.
- The race directors have enough to worry about without having to police dog behaviour.

Disclaimer: The above is not necessarily the editor's personal point of view



Age Graded Run + Walk 10 February 2002

With 107 starters, this is the best response the club has had to an age graded event. By now, most of us understand the system. We are handicapped for age and sex and our performances are compared to the international age-grade tables. Hence the percentages in the final column of the result list.

Once again Bert Carse showed us that he is the best distance runner in the club. That's not bad when you consider that his middle-distance performances are even better.

We had plenty of helpers. Particular thanks to George Innes who again transported gear, marked the course, manned the turn and collected the flags.

Improvements? Next year will have two recording points after the race, to avoid the long queue. *Patricia and David Carr*

5000 Metre AGE-GRADED WALK 10.2.02

John Mison	M54	36:01	7:11	28:50	74.9
Lynne Schickert	W60	37:54	3:03	34:51	73.9
Ray Hall	M68	40:08	4:05	36:03	68.5
John Frost	M64	40:09	5:05	35:04	67.6
Schelle Mison	W54	40:36	4:30	36:06	67.3
Pat Ainsworth	W65	42:28	1:39	40:32	67.0
Rex Bruce	M60	42:59	6:00	36:59	61.6
Pat Miller	W63	43:43	2:13	41:30	64.0
Christine Wheeler	W48	43:51	5:45	38:06	60.4
Elaine Dance	W51	44:24	5:09	39:15	60.2
Maggie Flanders	W65	44:52	1:39	43:13	62.9
Jeni Shillington	W44	45:54	6:29	39:25	56.6
Allen Tyson	M77	46:22	1:18	45:04	61.0
Barbara Bailey	W71	47:07	..00	47:06	61.9
Ernie Moyle	M76	48:20	1:40	46:40	58.1
Allan Pomery	M70	48:50	3:32	46:18	54.5
Leo Hassam	M71	50:45	3:15	47:30	54.6
George Schaeffer	M69	50:46	3:49	46:57	53.2
Brian Bennett	M54	59:48	7:11	52:37	41.1

8000m Run

		CLOCK	H/CAP	ACTUAL	age %
Bert Carse	M60	38:17	7.50	30:27	85.1
Bob Schickert	M60	39:53	7:50	32:03	80.9
Frank Smith	M59	40:19	8:04	32:15	79.7
Ralph Henderson	M53	40:04	9:23	30:41	79.4
Bjorn Dybahl	M48	40:03	10:21	29:42	78.9
Jim Klinge	M55	41:15	8:59	32:16	76.8
David Roberts	M59	41:33	8:04	33:29	76.7
Ivan Pilton	M59	42:05	8:04	34:01	75.6
Margaret Langford	W55	43:14	5:28	37:46	74.9
Margery Forden	W60	44:14	3:57	40:17	74.1
Gareth Brunt	M50	42:30	9:59	32:31	73.1
Johan Hagedoorn	M58	43:10	8:18	34:52	73.0
Jillian Young	W54	44:33	5:45	38:48	72.2
David Muir	M57	43:37	8:32	35:05	72.0
Dick Blom	M68	44:45	5:34	39:11	71.9
John Pressley	M56	43:37	8:45	35:12	71.0
Ann Turner	W66	47:01	1:45	45:16	70.7
John Mack	M60	44:37	7:50	36:47	70.5
Vic Waters	M57	44:27	8:32	35:55	70.3
John Allen	M44	43:37	11:03	32:34	70.1
John Najor	M48	44:21	10:21	34:00	68.9
Richard Harris	M65	46:10	6:30	39:40	68.7
Doug Ashfield	M45	44:23	10:25	33:28	68.4
Wayne Bates	M57	45:26	8:32	36:54	68.4
Shirley Bell	W53	46:42	6:01	40:41	68.2
Mark Rosen	M54	45:17	9:11	36:06	68.1
John Ellard	M60	46:04	7:50	38:14	67.8
John Pellier	M62	46:37	7:17	39:20	67.2
Colin Chisholm	M37	44:34	12:09	32:25	66.6
Bob Sammells	M65	47:24	6:30	40:54	66.6
Simon Jawichre	M37	44:46	12:09	32:37	66.2
Peter Airey	M65	47:47	6:30	41:27	65.8
Wendy ClementsGreen	W59	49:14	4:16	44:58	65.6
Gary Fisher	M49	46:18	10:10	36:08	65.3
Christine Pattinson	vis	47:37	7:45	39:52	65.3
Mal Vernon	M47	46:11	10:32	35:39	65.2
Robert Sheehy	M56	47:24	8:45	38:39	64.7
Noella Bending	W53	49:49	6:01	43:48	63.3
Mike Kahn	M57	48:36	8:32	40:04	63.0
Simon Mort	M45	47:29	10:55	36:34	62.9
Tony Speechley	M57	48:46	8:32	40:14	62.7
Mike Faunge	M63	49:42	7:03	42:39	62.6
John Smith	M66	50:52	6:12	44:40	61.7
Kirt Johnson	M72	52:18	4:10	48:08	61.5
Joan Pellier	W62	52:55	3:16	49:39	61.4
Nick Miletic	M50	48:56	9:59	38:57	61.1
Debbie Burge	M35	49:00	10:00	39:00	60.9
Wendy Duncan	W52	51:37	6:17	45:19	60.6
Brian Hunter	M57	50:19	8:32	41:47	60.4
Jon Wanberg	M35	46:18	10:55	35:23	60.2
Milton Maverick	M48	49:30	10:21	39:09	59.8
Glenda Lawrence	W45	51:07	7:58	43:09	59.8
Pam Toohey	W56	52:59	5:11	47:48	59.8
Mitch Loly	M61	51:25	7:37	43:50	59.7
John Duffy	vis	49:43	10:42	39:01	59.1
Bridget Carse	W58	54:35	4:35	50:00	58.4
Val Millard	W55	54:04	5:28	48:36	58.2
Irene Ferris	W49	53:21	7:02	46:19	57.9
Nick Birks	vis	49:18	12:27	36:51	57.8
Ray Lawrence	M73	55:40	3:45	51:55	57.8
Allan Chambers	M64	54:00	6:47	47:13	57.1
Wilf Bamber	M40	50:23	11:42	38:43	57.0
Craig Owens	M45	51:16	10:55	40:21	56.7
John Dance	M52	52:26	9:35	42:51	56.4
Roma Barnett	W52	55:06	6:17	48:59	56.3
Dan Bending	M57	53:48	8:32	45:16	55.8
Margaret Bennett	W60	57:22	3:59	53:25	55.8
Sue Sanders	W48	48:28	7:17	41:11	55.3
Julie Wood	W53	55:45	6:01	49:44	55.1
Cameron Seaton	vis	51:16	12:27	38:49	54.9
Don Pattinson	vis	53:00	10:21	52:39	54.9
Gavin Gildersleeve	vis	52:03	12:27	39:36	54.1
Jim Langford	M57	56:27	8:32	47:55	52.7
Steve Toohey	M53	55:44	9:23	46:21	52.6
Denise Lancaster	W51	60:01	6:33	53:28	50.9
John Talbot	vis	58:34	8:59	49:35	50.0
John Bell	M56	59:48	8:45	51:03	49.0
Arnold Jenkins	M57	60:01	8:32	51:29	49.0
Frank Usher	M78	71:16	1:32	69:44	46.2
Pierre Viala	M54	63:34	9:11	54:23	45.2

2002 WINTER TRACK AND FIELD TRAINING/TIME TRIALS PROGRAM

Saturdays, April – September 2002,
9.00 am - Perry Lakes Stadium

Keep fit for the National Championships to be held here in Perth, April 2003.

You can enter more than once for any track event. Odd distances eg 60m, 150m, 300m, 1000m, 2000m can be held on request.

Program A: 100m, 1500m Run or Walk, 400m, Triple Jump, Discus, Shot

Program B: 200m, 3,000 Run or Walk, 800m, Long Jump, Javelin, Hammer

Dates: (Second and Fourth Saturdays each month)

27 April (A) 11 May (B)

25 May (A) 8 June (B)

22 June (A) 13 July (B)

27 July (A) 10 August (B)

24 August (A) 14 September (B)

28 September (A)

Contact: Bob Schickert 9330 3803

Teddy Bird's Picnic

Kings Park 24/02/02

In ideal conditions 110 Veteran Athletes enjoyed the double header of delights of the King's Park landscape and the running. Helpers manned every known trouble spot and guided the unwashed through the University course with various degrees of difficulty.

Ron Spencer arrived directly from night shift at 6am to mark the Uni loop and direct the runners through the undercroft for the next two hours. This is typical of the attitude of many of the helpers of the day (including the editor). Nothing is too much trouble.

Long may it last.

George Schaefer

7.8k

B.Schickert	M60	7.8	31.22
D.Roberts	M55	7.8	31.59
A.Shaw	W50	7.8	33.47
D.Carr	M65	7.8	34.19
J.Hagedoorn	M55	7.8	35.32
D.Burge	W35	7.8	35.54
R.Loloy	Vis	7.8	36.27
W.Pantall	M45	7.8	36.48
J.Mack	M60	7.8	37.34
C.Owens	M45	7.8	37.46
P.Martin	M60	7.8	38.08
D.Blom	M65	7.8	38.24
H.McGlashan	M60	7.8	38.48
G.Owens	M40	7.8	38.39
R.Walsh	M55	7.8	39.32
D.Airey	M65	7.8	39.50
T.Speechley	M55	7.8	40.23
B.Sammels	M65	7.8	40.24
D.Patterson	Vis	7.8	40.24
R.Willmer	Vis	7.8	40.52
R.Hunter	M55	7.8	41.01
A.Day	Vis	7.8	41.07
G.Lawrence	W45	7.8	41.17
M.Faunge	M60	7.8	41.18
S.Bullen	W40	7.8	42.20
V.Beaumont	M70	7.8	42.42
J.Barnes	W50	7.8	42.59
W.Clements-Green	W55	7.8	43.03
K.Jones	Vis	7.8	43.08
J.Halbeerg	W55	7.8	43.27
W.Duncan	W50	7.8	43.40
J.smith	M65	7.8	44.19
I.Ferris	W45	7.8	44.49
R.Mead	M45	7.8	45.43
E.Toohey	W55	7.8	46.11
V.Millard	W55	7.8	46.30
K.Johason	M70	7.8	48.34
J.Woods	W50	7.8	48.36
K.Mahony	Vis	7.8	50.08
K.Adrian	Vis	7.8	50.10
A.Jenkins	M55	7.8	50.40
R.Lawrence	M70	7.8	50.51
B.Meharry	Vis	7.8	50.52
P.Farrell	W55	7.8	52.22
E.Dance	W50	7.8	54.26

S.Maslen	W60	7.8	54.33
J.Bell	M55	7.8	57.01
J.Stewart	W50	7.8	62.11
M.Heppell	W60	7.8	62.18
S.Turner	M65	7.8	66.07
M.Taylor	W50	7.8	66.08
T.Frank	W55	7.8	66.21
F.Usher	M75	7.8	68.11
K.Whistler	M70	7.8	68.34

15.6k

R.Parker	M50	15.6	60.12
T.Robertson	M45	15.6	60.49
W.Gee	M50	15.6	61.26
P.Leach	Vis	15.6	63.34
D.White	M40	15.6	64.26
J.Allen	M40	15.6	65.28
F.Frampton	Vis	15.6	66.10
G.Bront	M50	15.6	66.29
I.Pilton	M55	15.6	68.02
W.Robertson	M45	15.6	68.06
D.Muir	M55	15.6	69.04
B.Danby	M50	15.6	69.05
S.Jarwishray	M35	15.6	70.01
J.Pressley	M55	15.6	72.27
C.Seaton	Vis	15.6	71.55
K.Atkinson	M45	15.6	73.16
M.Rosen	M50	15.6	73.52
J.Ellard	M60	15.6	76.21
V.Waters	M55	15.6	76.36
P.Hill	M50	15.6	76.37
G.Gildersleeve	Vis	15.6	76.57
G.Fisher	M45	15.6	77.03
S.Mort	M45	15.6	77.36
M.khan	M55	15.6	77.42
M.maverick	m45	15.6	78.13
R.Sheehy	M55	15.6	78.26
N.Miletic	M50	15.6	78.57
D.Willmer	M45	15.6	79.11
J.Barnes	M55	15.6	79.26
G.Young	W50	15.6	79.31
M.Forden	w60	15.6	80.06
J.pellier	M60	15.6	80.29
W.Bamber	M40	15.6	81.57
R.Harris	M65	15.6	82.27
J.Duffy	Vis	15.6	84.07
J.Dance	M50	15.6	88.07
D.Howe	Vis	15.6	88.58
M.Loly	M60	15.6	89.53
A.Turner	W65	15.6	90.42
M.Jones	M60	15.6	92.33
D.Bending	M55	15.6	96.12
M.Bennett	W60	15.6	109.13

5k

D.Wittham	W65	5	39.54
N.Bending	W50	5	40.19
A.Tyson	M75	5	44.29
J.Wittham	M65	5	44.31
E.Moyle	M75	5	49.00
G.Shannahan	W75	5	57.18
J.Sweeney	Vis	5	66.45
S.Sweeney	Vis	5	66.44

9.7k

A.Jennings	M60	9.7	68.29
R.Bruce	M60	9.7	70.25

L.Schickert	W60	9.7	70.40
C.Pattinson	W45	9.7	72.14
L.lauchlan	W70	9.7	74.50
J.Shillington	M40	9.7	76.51

Snippets

Man beats horse

Five hours and forty five minutes was all it took for 42-year-old long-distance runner Tom Johnson to beat a leading endurance racehorse over 80km in the United Arab Emirates. Johnson beat his galloping four-legged opponent by about 10 seconds, surprising both runner and jockey.

Contribution by Ray Hall from The Australian Friday, February 8, 2002

□□□

Wilf and Ellie Bamber are expecting their first child. Congratulations. This is a significant event, as this is (we think) the first child born of a member. Lot's of grand children announced, but no children.

□□□

Rod Tinniswood is now an Aussie, with a certificate to prove it. On ya Rod.

□□□

Rosa Wallis was recently presented with her Bachelor of Arts from Murdoch Uni after completing successfully in 2001.

□□□

Tony Speechly and Heather Sanderson are to marry in April in England.

Athletica - Winter Season.

The club will again field a team in the Athletica winter season. Most events are on Saturdays, with road and cross country and relay fixtures. The season commences in May.

Members who were registered in summer pay no further registration fee. The fee for winter is only \$22.

Contact David Carr or Brian Foley.

World Masters Games, Melbourne, October 2002.

This carnival will be huge. Athletics is one of many sports programmed. If you are not on their mailing list, contact them for full information.

Phone: 03 8620 2002

Fax: 03 8620 2000

email: info@2002worldmasters.org

website: www.2002worldmasters.org

Birthdays

Happy Birthday to our April Members

Jill	Bower	03.04.1938	64	remains W60
Lancelot	Shearer	04.04.1929	73	remains M70
Chris	Maher	07.04.1952	50	becomes M50
Murray	Tolbert	07.04.1946	56	remains M55
Micheal	Watson	08.04.1965	37	remains M35
Jackie	Halberg	10.04.1946	56	remains W55
Derry	Foley	13.04.1929	73	remains M70
Gary	Fisher	14.04.1952	50	becomes M50
Kathy	Avery	16.04.1957	45	becomes W45
Lachlan	Marr	16.04.1960	42	remains M40
Hamish	McGlashan	16.04.1937	65	becomes M65
David	James	17.04.1953	49	remains M45
Patrica	Hopkins	18.04.1942	60	becomes W60
Bill	Chapman	19.04.1924	78	remains M75
Charles	Spare	19.04.1939	63	remains M60
Joe	Stickles	19.04.1938	64	remains M60
Gareth	Brunt	21.04.1951	51	remains M50
Rob	Young	21.04.1944	58	remains M55
Irwin	Barrett-Lennard	22.04.1929	73	remains M70
Mike	Hale	23.04.1947	55	becomes M55
Pamela	Smith	26.04.1939	63	remains W60
Sidney	Bowler	28.04.1923	79	remains M75
Cecil	Walkley	29.04.1929	73	remains M70
Christine	Kirkness	30.04.1947	55	becomes W55
Amy	Loly	30.04.1962	40	becomes W40
Jeanette	Tiverios	30.04.1957	45	becomes W45

Hi Rod

Nice to be congratulated on being 67, but sad to think that so many years ago 3hr:30 marathon and 4 minute kms were no problem.

Worn out knees and ankle tendons have taken their toll and 6 minute kilometres are not far away. Yet I still enjoy my running. The secret for me is to try for a PB at every run, but I base it on my previous outing. So if I have a bad week, the next run is almost bound to show improvement.

Try it. If nothing else it confuses the handicapper. *John Smith*

I know how you feel John. Have you read any of Joe Henderson's books? 'Better Runs' is a good one.



Vic Vets

COLIN BROWNE
4 Victory Street
Melburn 3122
Australia

Rod, you are doing a great job with your Vetrun. I have put you on our mailing list, Bl.

New Members

A warm welcome to the new members approved at the committee meeting on March 13, 2002.

Kristin Adrian	Denise McMorro
Kerry Jones	Peter Phillips
Jim Sweeney	Paul Buckley
Sue Sweeney	

HELPERS LIST

14th April - 3P's Run

Director Val Millard

Helpers - M.Jones, B&L.Schickert, G.Edmonds, a.Brindal, K.Avery, M&M.Spratt, W&J.Spencer.

21st April - Pagoda Run

Director Jacqui Halberg 93644474

Helpers - M.Heppell, L.Hassam, B.Thomsett, G.Branche, M.Taylor, R&D.Carbon, C.Rombotis.

28th April - Reabold Hill - Director

Dick Blom 93377796

Helpers - J&W.Spencer, N.Miller, P.Martin, K.Avery, J.Halliday, J.Edwards, N.Milletic.

Energy Drinks

This summary contributed by David Carr. Source: Fact Sheet from Sports Medicine Australia. For more information email: info@smawa.asn.au

Sports nutritionists have established that so-called energy drinks contain high levels of caffeine and sugar.

A big blast of caffeine might get you out of the blocks faster, but that's why it's banned. Other reactions include tremors, altered heart rhythm and dehydration.

We all know that too much sugar is not a good thing and apart from other negatives, it too can bring on dehydration.

Typical Australian diet is high in protein, so the protein ingredient is not likely to benefit either.

Sounds like more than just a waste of money, doesn't it.

CREDIT CARD PAYMENTS

Please note that after discussions with BankWest we have withdrawn the 5% fee for payment by credit card.

Credit Card Payment

Please make this payment of \$.....for ☐ Clothing ☐ Membership ☐ Club Social Function

☐ Club Weekend Away ☐ Championship entry

by ☐ Visa ☐ Bank Card ☐ Mastercard

Card Number Expiry Date

Card Holder's Name.....

Signature.....



PURPOSE



The objective of the club is to encourage and promote veterans' athletics, general fitness and to provide training and competition within the jurisdiction of the Athletic Association of WA. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social

aspect is also important and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or social as they choose. Competition is in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

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1/37 Bombard Street, Ardross WA 6153.



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Club Clothing

Contact Maggie Flanders: 9314 7556

Club Singlets:

New Style Yellow/Black - \$25
(All sizes, Men's and Women's)

T-Shirts:

Short Sleeve \$18. Grey in all sizes, White in limited sizes.
Long Sleeve \$20. Grey in all sizes.

Fleecy Wind Cheaters. \$25 in all sizes.

Caps - White/Grey. **Legionnaires Caps** - White/Grey.
Sun Visors - White/Grey/Black. All \$10. One size fits all.