



April 2003

Number 351

VETRUN



THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 11a Dandenong Rd, Attadale, WA 6156
Editor: Rod Tinniswood. Copy for Vetrin: See panel page 2 • Website: www.netprojex.com.au/wavac



See what you missed
on the 'Wild Weekend
at Wellington Mill'
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PRESIDENT'S AGM REPORT

Once again it is my privilege to report upon what has been another tremendous year for our Club. Our numbers keep growing and it certainly seems that we are meeting members' competitive, recreational and social needs.

Club Administration

Committee meetings were held monthly and non-attendance was rare. Meetings continued to focus on the key areas of prudent financial management, on-going improvements in the conduct of programmed events, and safety and risk management.

Public Liability insurance and new Privacy legislation were also dealt with, as was the planning of the programme for 2003/04, which, timewise, was akin to the gestation period of an elephant.

Membership

As in previous years, the retention of existing members was as important as attracting new ones. We opened the year with 427 members and closed with 460. While some members were lost, these were more than offset by new members, who were joining in unprecedented numbers in recent months.

For many years the average age has been climbing and is now about 54 years. But that of new members this year has been 46.

It seems that the web-site, our community events (Wildflower and South Perth Fiesta) and the National Championships have been major factors in this. Friendliness and minimal formalities are others. But it is fair to say that the future success of the Club depends upon this downward age trend being continued.

Telstra Australian Masters Athletic Championships, Easter, 2003

Lynne Schickert and her organising committee have been planning and preparing for these for almost two years. They have done a remarkable job and I am confident that the quality of these Championships will

exceed that the four highly-successful ones previously held in Perth.

I cannot thank them enough.

Other Championships

Many members took the opportunity to compete elsewhere and, from the medal counts, did so successfully. The 2002 National Masters Championships, the Alice Springs Masters and the World Masters Games were the main Meets.

Australian Masters Athletics Inc

Lynne and Bob Shickert represented the Club at our National body's AGM in August. Brian Foley also attended in his capacity of National Secretary.

AthleticA

Many of our members support AthleticA's programmes both as officials and competitors. In so doing they benefit themselves, the sport generally, and our Club. Long may this win-win-win situation continue.

Our Many Helpers

Unlike most Clubs, where a small core of people do everything, we rely upon dozens of members to be Race Directors and all members to help. If everyone helped when asked we could all enjoy sufficient water stations and marshals every week. Any member not helping almost guarantees inadequate support when he or she wishes to compete.

Morning tea.

For many years now, Jackie and Vic Beaumont have been providing this popular service to members. I thank them both on behalf of the Club.

Outgoing Committee

Our Club has a history of industrious, harmonious committees and this year's was no exception. Both its office bearers and those of the National Championships organising committee have worked tremendously hard for you over the last 12 months.

If you think that they have done a good job then why not tell them? Give them a pat on the back. They've earned it.

Bob Sammells

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SECRETARY'S AGM REPORT

Annual General Meeting 28 April 2003

The President will report on many items in relation to the running of the Club during 2002-2003. The Constitution requires a report from the WAVAC Secretary and I will mention a number of activities which have occupied me in a very busy year.

- Strong Growth in Club Membership to over 450
- Track and Field management with 60-70 competitors each week
- Role as Equipment Officer
- National Championships arrangements and entries
- Privacy Act considerations
- Public Liability insurance
- Maintaining the membership database and allocation of membership numbers
- Risk Management and Safety Policy issues

Thanks for the opportunity to be Club Secretary.

BOB SCHICKERT

Secretary WAVAC

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RESULTS

- | | |
|---------------|---------------|
| • Age Graded | • 3 Ps |
| • Mt Lawley | • Teddy Birds |
| • Lake Monger | • Track+Field |

WA VETERANS ATHLETIC CLUB ANNUAL GENERAL MEETING

Monday 28 April 2003

Agenda

1. WELCOME

2. ATTENDANCE / APOLOGIES

3. MINUTES OF 2002 AGM - CONFIRMATION

4. MATTERS ARISING

5. REPORTS

- President
- Secretary
- Treasurer

6. PRESENTATION OF TROPHIES

- | | | |
|-----------------------|-----|------------------------|
| - Patron's Trophy | for | Track and Field, M & W |
| - Handicap Trophy | | |
| - Reg Briggs Trophy | for | Most Improved |
| - John Gilmour Trophy | for | Best Performance |

7. ELECTION OF OFFICE BEARERS

- President
- Vice President
- Secretary
- Treasurer
- Committee Members (4)

8. APPOINTMENT OF OFFICIALS

- Patron
- Editor
- Handicapper
- Auditor
- Statistician
- Registrars for AthleticA competition, summer/winter

9. LIFE MEMBERSHIP NOMINATION

10. GENERAL BUSINESS

Notices of Motion to Change Constitution

- Deletion of clause 34(b) "Honorary Membership"
- Change of club name to "Masters" by amending clause 1

Other general business

CHAMPIONSHIP UPDATE

The countdown is on! The entries are in and being processed and final organisation is taking place. A very big thank you to all our members offering to assist as helpers across the weekend. You will shortly be receiving confirmation of what task you have been given.



The committee would also like to express its thanks to Alcoa for providing sponsorship of a number of shade tents for use by competitors and officials. Together with our sponsorship from Telstra, Healthway, BP Refinery, and support from Athletics Australia,

AthleticA, JY Signs Screen Printers, CA Management Services Pty Ltd, Emerald Hotels and the Perth Convention Bureau, we have been able to organize what we hope will be a great competitive but friendly championships. We would also like to thank Milton Mavrick of Custom Signs for his assistance with signage at the stadium.

There are still a few spaces available for the dinner cruise if you wish to attend.

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The committee would like to thank all club members for their generous support of the championships with offers to help. If, by the time the championships start you have not received a letter nominating you for a specific task, could you please report to the Information Desk when available between events to see where you can be allocated duties.

We are very pleased with the final entry numbers which indicate we will have some excellent competition across the weekend. This has made necessary slight changes to the program and you should check your event time in the programme as it may be different to that indicated on your letter of confirmation.

Lynne Schickert

BE ACTIVE EVERY DAY

Healthway



A new program for the year is about to commence.

We hope you have studied your new program and decided where and when you will help. We also have a few new events, new venues and courses, along with some old favourites. Our thanks go to the race directors who have given us their time and effort to provide well run events. Thanks to our new Race Directors as well for eagerly taking on the challenge.

You will notice that Lachlan has a new course along the banks of the Southern River from Gosnells. Gary will conduct the Uni and Back run from a new venue, that goes in a new direction from Nedlands. Jacqueline B will start the Bassendean Run from a new venue - just up the river from the previous spot. Wayne has a new run from McCallum involving the Town of Vic Park, called the Mattagarup Run. Mike, and Johan have a 5, or 13k (a change from the printed program). Maggie, and Pat will take us in a different direction from Deepwater Point, but starting at the same venue. We are maintaining the Deadly Medley as a relay with a run as an option. Last time those that did the run were sorry they didn't do the relay, as looked like so much fun. So next year don't miss out, you can do the relay too.

The Events Coordinator is ready to put together next year's helpers list. All we need is for you to get your membership forms in promptly, with payment, and your offers of help. We must supply helpers names to Race Directors ASAP, as the new program starts in May. - Keith Atkinson

How to get material to 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



For your safety and theirs.

Please remember: no dogs allowed during WAVAC events

Back issues of Vetrin

If there is a back issue of Vetrin 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.

Age-Graded Run and Walk - 9 Feb 03 Mc Callum Park. D and P Carr

Three less competitors than last year.
(We interviewed them; hot weather got the blame)

Hours of maths produce a percentage, which puts some perspective on our performances. Jim, Ann and Bert are outstanding for their age. What of our youngsters, those under 50 years? We can attract them Thursdays, but not Sundays.

Do the Thermos flasks and deck chairs turn them off?

George Innes again set out the course and collected all the flags. As promised last year, we eliminated the long queues by using two recording tables (Patricia, and Sue Bullen) and an interviewing officer (Barbara Blurton). She asked things like: "Yes, I know you are hot and had a good

run in spite of your sore leg, but where is your place card, what is your name and exact age, and you are at the wrong table".

Thank you Gillian Young and Phil Hawkes (water), Noela Medcalf, Allen Tyson, Troy Lundgren and Henri Cortis (marshals, judges, timekeepers)

Suggestions for improvements are welcome. *David and Patricia Carr*

Don Caplin	M63	38:20	69.7
Mark Sivyer	M54	36:26	67.6
John Allan	M45	34:43	65.9
Rob Sheehy	M57	37:09	67.9
Mal Vernon	M48	35:20	66.3
Mike Khan	M58	37:34	67.7
Milton Mavrick	M49	35:58	66.2
Brian Bennett	M55	37:20	66.4
Margaret Robinson	W64	44:04	70.9
Gary Fisher	M50	36:43	64.8
John Ellard	M61	39:15	66.7
Ann Turner	W67	46:19	70.0
Mike Karra	M38	36:41	59.3
Dee Cambell	W47	41:26	63.4
Graham Thornton	M62	41:51	63.2
Steven Roby	M40	37:32	55.8
Brian Smith	M64	42:28	63.6
Nick Miletic	M52	39:50	60.7
Adrian Damien	M53	40:16	60.5
Bob Sammells	M66	44:00	62.6
Mike Anderson	M54	41:32	59.1
Julie Keeley	W36	40:49	58.4
Gillian Lees	W40	41:54	59.0
Jim Riddell	M63	44:00	60.7
Richard Harris	M66	45:30	60.6
Keith Atkinson	M64	41:04	56.1
Doug Ashfield	M46	41:19	55.8
John Smith	M67	46:25	60.0
Roger Walsh	M59	44:18	58.0
Mike Faunge	M64	45:42	59.0
Sandy Crossman	W37	43:50	55.0
Simon Jawichre	M38	41:28	52.5
Paul Lewis	M56	44:55	55.7
Joan Osborne	W54	48:00	58.4
Wendy Clements-Green	W60	49:52	59.8
Merv Jones	M63	46:58	56.9
Jackie Halberg	W57	49:57	58.8
Steven Dunn	M36	42:52	50.0
John Sims	M62	48:14	54.8
Rhod Wright	M53	56:12	43.4
Mary Chan	W51	50:16	54.1
Christine Rompotis	W44	48:39	52.2
Ken Whistler	M71	53:27	54.7
Mike Rhodes	M57	49:51	50.6
Julie Wood	W54	53:25	52.4
Denise Lancaster	W52	52:00	52.9
Jo Richardson	W51	52:52	51.4
Laune Collett	M71	56:00	52.1
Sheila Maslen	W65	59:07	53.4
Mary Young	W52	56:44	48.4
Graeme Neill	M42	51:39	43.3
Arnold Jenkins	M58	57:21	44.6
Margaret Bennett	W61	62:06	48.6
Costa Tsmendis	M51	61:18	39.1

5000m RUN

		AGE-GRADE	
		ACTUAL	%
Jim Langford	M58	29:27	86.4
Ann Shaw	W55	33:28	84.6
Bert Carse	M61	31:58	81.9
Bjorn Dybdahl	M49	30:00	78.7
Paul Hughes	M50	30:19	78.5
Jim Klinge	M56	32:10	77.7
Ian Davies	M55	32:30	76.3
Ivan Pilton	M60	34:15	75.7
Neil McRae	M50	33:17	71.5
Ivan Brown	M58	35:04	72.6
John Hagadoorn	M59	35:44	71.9
David Baird	M59	35:44	71.9
Gareth Brunt	M51	34:03	70.4
Amanda Walker	W37	34:19	70.2
Mike Hale	M55	35:17	70.2
Jphn Bell	M57	35:53	70.3
John Doust	M55	35:28	69.9
Bob Schickert	M61	37:07	70.5
John Mack	M61	37:10	70.4
Shirley Bell	W54	39:08	71.6
Hamish McGlashan	M65	38:24	71.0

5000m WALK

		AGE	
		ACTUAL	GRADE %
Leslie Romeo	W58	34:27	73.2
Ray Hall	M69	37:39	67.2
Rod Tinniswood	M53	34:25	62.2
Rex Bruce	M61	36:47	62.5
Elaine Ellard	W60	41:16	62.6
Beryl Doust	W54	40:13	60.4
Lois Smith	W51	39:36	59.7
Christine Wheeler	W49	39:52	58.3
Maggie Flanders	W67	46:20	60.0
Jenny Shillington	W45	41:03	54.7
Fenella Gill	W40	40:14	53.8
Alan Pomery	M71	44:18	50.9
Steve Hill	M51	40:53	50.8
Ernie Moyle	M77	49:11	55.9
Leo Hassam	M72	47:33	54.3
Jack Bailey	M76	48:56	55.4
Noella Bending	W54	47:09	51.5
Dan Bending	M57	45:04	49.2
George Schaefer	M70	48:15	52.3
Pat Miller	W64	50:11	53.5
Christine Tinniswood	W53	47:58	50.2
Glenys Shanahan	W78	64:07	50.7

3Ps 16-Mar-03

After the heat the week before, we were fortunate to have a reasonably cool morning for the 3P's run at Pt Walter on 16 March 2003. Over 100 runners and walkers competed in 16K, 8K and 5K distances. The new start and finish point proved popular. Many thanks to those who helped make the run so successful: Norm & Pat Miller, Jeff Spencer, Kathy & Graham Avery, Wayne Thomas, Kerry Jones, Hamish McGlashan and most particularly Vic Waters and Mike Hale, who did the recording despite some difficulties.

Val Millard

5K Run

Dee Campbell	W45	22:46
John Brambley	M60	23:03
Barry Audsley	M60	26:07
John Stone	M50	27:48
Kirt Johnson	M70	28:27
Aldo Giacomini	M65	28:59
Roma Barnett	W50	31:27
Tanya Burke	W30	32:13
Phyllis Farrell	W55	35:19
Ray Lawrence	M70	35:20
Marg Taylor	W50	37:02
Lil Heatly	W70	40:27
Frank Usher	M75	42:33

8K Run

Jim Klinge	M55	32:14
Paul Burke	M30	34:25
Ivan Pilton	M60	34:43
Barry Jones	M45	37:17
Simon Mort	M45	38:13
Dee Haines	W40	38:22
Geoff Mullins	M55	39:04
Alan Thurlow	M45	39:18
Fenella Gill	W40	39:23
Adrian Damiani	M50	40:21
Mike Anderson	M50	40:47
Bob Sammells	M65	42:57
Margaret Robinson	W60	43:18
Mike Rhodes	M55	46:03
Kris Adrian	W30	46:12
John Smith	M65	46:29
Jackie Halberg	W55	47:01
Sue Lake	W40	47:43
Arnold Jenkins	M55	48:49
Irene Ferris	W50	48:55
Merv Moyle	M75	50:41
Vic Beaumont	M70	50:47
Laurie Collett	M70	54:53
Sheila Maslen	W65	55:33
Morris Warren	M65	55:34
Costa Tsesselis	M50	58:17
Margaret Warren	W65	1:04:09

16K Run

Bjorn Dybdahl	M45	1:03:00
Wayne Robinson	M45	1:08:42
David Baird	M55	1:10:11
Brian Danby	M50	1:10:39
John Allen	M45	1:11:30
Neil McRae	M50	1:12:16
Michael Karra	M35	1:12:50
Gareth Brunt	M50	1:13:00
David Muir	M55	1:14:33
Milton Mavrick	M45	1:15:53
Bob Schickert	M60	1:16:33
Gary Fisher	M50	1:17:00
John Doust	M55	1:17:35
Keith Atkinson	M45	1:20:58
Mike Khan	M55	1:21:22
Troy Lundgren	M50	1:27:47
Brian Bennett	M55	1:29:05
Joe Stickles	M60	1:29:14
Fraser Deanus	M60	1:30:50
Ann Turner	W65	1:33:12
Liz Chandler	W30	1:34:46
Paula Karra	W30	1:39:01
Merv Jones	M60	1:42:12
Joan Osborne	W50	1:43:42
Jo Richardson	W50	1:46:42
Margaret Bennett	W60	1:53:10

5K Walk

Michele Mison	W55	38:42
Wendy Clements-Green	W60	42:03
Pat Ainsworth	W65	42:24
Patrica Hopkins	W60	43:37
Maggie Flanders	W65	43:39
Dorothy Whittam	W65	43:41
Kylie Mahony	W30	44:31
Rosa Wallis	W55	46:53
Barbara Bailey	W70	48:25
John Bailey	M75	48:27
Ernie Moyle	M75	49:29
Rex Bruce	M60	49:30
Jeff Whittam	M65	49:35
Jacqueline Billington	W60	49:59
Glenice Shanahan	W75	1:03:38

8K Walk

David Brown	M55	57:48
Lynne Schickert	W60	59:15
Lorna Lauchlan	W70	1:03:52
Beryle Doust	W50	1:04:08
Christine Wheeler	W45	1:04:19
Alan Pomery	M70	1:11:39
Leo Hassam	M70	1:20:35
George Schaefer	M70	1:20:35

New Members

518	Clifton	Sue	31/01/1953	(F)
519	Hall	Michael	14/12/1936	(M)
520	Lopes	Lorraine	01/01/1940	(F)
521	Brooker	Andrew	20/01/1969	(M)
522	Goffroy	Nathalie	20/03/1973	(F)

Why not have a go at the 50km chapionships?

Contribution by Joan Pellier

The 50km Road Running Championship was started in 1987 by Morris Warren. It is run over 3 events:

Weir Run	4 May
10km	
Burswood Park	8 June
25km	
Uni Run	22 June
15km	

The times are taken of each member who competes in all three events, added together and then divided by three to give an overall average time (min/km). Medals are presented to all who compete in all three events and there is a trophy for the fastest male and female.

For instance:

Anne Shaw				
10k	15k	25k		= 50
38:23	59:22	1:45:08		4:06
Frank Smith				
34:43	53:28	1:31:07		3:34

Ann Turner has run the series 9 times and Bob Schickert 11 times

Thriller to Ian Sanders

Front Marker shows the way in Telstra A

The big crowd cheered as the field closed in on Sanders in the Telstra masters 400m handicap. Barbara Blurton got within a metre of him, only to be passed on the line by a desperate Tony Heppener. Tony finished just twenty centimetres behind Ian.

(Cathy Freeman chose to run in the other 400m)

400m rate			
Ian Sanders	(79m)	50.12	62.45
Tony Heppener	(50m)	50.14	57.30
Barbara Blurton	(62m)	50.32	59.55
Colin Smith	(46m)	51.34	58.01
Cambell Till	(25m)	51.34	54.76
Henri Cortis	(44m)	51.34	57.68
Alan Deans	(75m)	51.60	63.51
David Carr	(62m)	51.60	61.06
Mike Edwards	(21m)	51.99	54.87
Neil Morfitt	(21m)	52.62	55.53
Barrie Kernaghan	(45m)	52.75	59.44
Lynne Choate	(75m)	53.70	66.09
Greg van der Sanden	(00m)	53.15	53.15

MT LAWLEY CIRCUIT

2 March 2003

7.5km Handicap Run and Walk

The weather was kind to us this year with hot but not extreme temperatures. It was definitely ladies day with all of the podium places in the handicap filled by the fairer sex.

As in past years morning tea of jam and cream on fresh bread was served to add back the kilojoules so laboriously lost in the run. Thank you to Linda again for organising this side of the event.

I would to thank everybody who helped including those who assisted after finishing a short run. Helpers are always a problem on a long weekend and the help is greatly appreciated. *Mike Rhodes*

ACTUAL	HANDICAP	RUN	TIME	TIME
Mary Young	W50	44:59	1:30	43:29
Jan Osborne	W50	46:39	4:30	42:09
Margaret Robinson	W60	46:53	7:45	39:08
Hamish McGlashan	M65	46:58	11:30	35:28
Mark Sivyer	M50	47:18	14:30	32:48
Paul Hughes	M50	47:25	20:15	27:10
Irene Ferris	W50	47:41	5:45	41:56
Milton Mavrick	M45	47:48	15:15	32:33
Michael Karra	M35	47:55	17:15	30:40
Dee Haines	W40	48:00	12:22	35:38
Gillian Young	W55	48:01	11:42	36:19
Brian Danby	M50	48:06	17:52	30:14
John Smith	M65	48:07	6:45	41:22
Jim Klinge	M55	48:11	18:41	29:30
Bob Sammells	M65	48:12	9:00	39:12
Christina Rompotis	W40	48:13	8:04	40:09
Anne Shaw	W55	48:18	18:22	29:56
Keith Atkinson	M45	48:22	15:00	33:22
Adrian Damiani	M50	48:37	13:07	35:30
Graeme Neill	M40	48:42	12:45	35:57
Brian Hunter	M55	48:47	9:00	39:47
Bert Carse	M60	48:49	20:24	28:25
Merv Jones	M60	48:52	5:26	43:26
Margaret Langford	W55	48:54	13:21	35:33
Jim Langford	M55	48:55	21:00	27:55
Paula Karra	W30	48:56	9:40	39:16
Wayne Taylor	M40	49:00	15:00	33:60
Mike Khan	M55	49:01	14:07	34:54
Tanya Burke	W30	49:08	2:21	46:47
Doug Ashfield	M45	49:09	17:49	31:20
Sandi Crossman	W35	49:10	9:45	39:25
Kris Adrian	W30	49:17	7:30	41:47
John Mack	M60	49:18	16:10	33:08
Stephen Dunn	M35	49:19	19:30	29:49
Mike Hale	M55	49:21	18:45	30:36
Dee Campbell	W45	49:23	14:15	35:08
Denise McMorrow	W35	49:27	18:04	31:23
Simon Mort	M45	49:33	13:52	35:41
Liz Chandler	W30	49:34	9:00	40:34
Bernard Mangan	M45	49:35	20:41	28:54
Gary Fisher	M50	49:37	16:15	33:22
John Allen	M45	49:38	18:07	31:31
Nick Miletic	M50	49:50	13:41	36:09
Irwin Barrett-Lennard	M70	49:57	13:48	36:09
Ivan Pilton	M60	50:01	18:45	31:16
Ian Davies	M55	50:02	19:52	30:10
Joe Stickles	M60	50:22	12:03	38:19
Gareth Brunt	M50	50:33	18:09	32:24

John Cresp	M50	51:09	18:04	33:05
Margaret Warren	W65	51:40	6:00	45:40
Michael Faunge	M60	51:45	8:45	42:60
Sheila Maslen	W65	51:47	0:00	51:47
Morris Warren	M65	51:49	0:56	50:53
Bob Schickert	M60	51:51	18:54	32:57
Ivan Brown	M55	51:52	18:45	33:07
Rosa Wallis	W55	52:10	0:56	51:14
Chris Frampton	M35	52:39	20:15	32:24
Jim Barnes	M60	52:59	11:37	41:22
Merv Moyle	M75	53:21	3:45	49:36
David Carr	M70	54:15	15:45	38:30
Costa Tsesmelis	M50	55:10	0:00	55:10
Toni Frank	W55	1:01:10	0:00	1:01:10
Sue Clifton	VIS	45:53	5:00	40:53
Raymond Gimi	VIS	49:30	N/A	49:30
Jackson Wong	VIS	49:49	N/A	49:49

WALK HANDICAP

		ACT	HCAP	TOTAL
Dorothy Whittam	W65	58:28	9:00	1:07:28
Rod Tinniswood	M50	53:15	14:45	1:08:00
Patrica Hopkins	W60	1:03:47	4:50	1:08:37
Jenny Binns	W50	1:02:47	5:55	1:08:42
Leo Hassam	M70	1:09:34	1:15	1:10:49
Jenni Shillington	W45	57:56	14:00	1:11:56
George Schaefer	M70	1:09:35	4:00	1:13:35
Christine Tinniswood	W50	1:09:58	14:00	1:23:58

WELLINGTON MILL CAMP

What do you do if you want to go on a relaxing getaway? DON'T go to the Veterans' Athletic Club summer camp. However, if it's a physical, fun and entertaining weekend you have in mind then this is just the ticket!

This year over 40 members of the club attended the lively Labor Day weekend camp (Friday 28 February – Monday 3 March) at Wellington Mill, Collie.

Saturday morning the tone for the weekend was set with a 14km run at 7am. A few of us drove to the Wellington Dam area at lunchtime to grab a bite to eat. John Bell found an alternative way to do some sightseeing whilst saving petrol when he took to his bike. Honeymoon Pool proved too inviting for an intrepid few who were seen taking a dip, including Val Millard with her bandaged wrist held aloft!

The buffet casserole evening was a culinary delight thanks to Pat Ainsworth, Shirley Bell and many other helpers who did a great job in the kitchen. Lorna Lauchlan and Jacqueline Billington contributed to a

fascinating evening with the games they organized. The questionnaire was both thought provoking and interesting.

Another early start on Sunday with a half marathon (for some!) organised by John Pellier. John took out the honours with a great effort – mind you, he knew exactly where the turnaround marker was!! A few missed the marker and carried on. The drink station ran dry so Elaine Ellard and myself drove back to replenish supplied.

We look in lunch at Wansborough Winery and had a pleasant time relaxing in the surrounding gardens in the afternoon. A group visiting Gnomesville later had to rescue Rob Sheehy as he was invited by the Gnomes to stay and be their granddaddy.

Our final evening at Wellington Mill consisted of a BBQ dinner and the odd drop of wine whilst contemplating the superb weekend we had all just enjoyed (despite those unwelcome March flies).

Monday saw another 7am start for the runners. Then our final breakfast before cleaning up, moving out and heading home. Thanks to all those who contributed to make this weekend the fun weekend it was. Even our new friends – the very tame kangaroos – wanted to be a part of it, inviting themselves into all of our houses. *Julie Wood*



Photos by Rex Bruce, Elaine Ellard



The runners assembling on Saturday morning for the 10k event. Photo by Rex Bruce



Saturday arvo picnic at Wellington dam. Photo by Rex Bruce

Teddy Birds Picnic

9-Mar-03

7.8K Run

Bernard Mangan	M45	30:08
Neil McRae	M50	31:42
Martina Murphy	W40	31:50
Lachlan Marr	M40	32:18
Bjorn Dybdahl	M45	32:32
Mike Hale	M55	32:36
Ivan Pilton	M60	32:43
Stephen Dunn	M35	32:51
Brian Danby	M50	33:05
Dave Roberts	M60	33:10
Blakeney Tindall	M40	33:13
Jim Klinge	M55	33:19
John Bell	M55	33:43
Bob Schickert	M60	33:47
Gareth Brunt	M50	33:59
David Baird	M55	34:02
David Muir	M55	34:37
Paul Burke	M30	34:48
Ivan Brown	M55	35:08
Amanda Walker	W35	35:17
John Mack	M60	35:18
John Doust	M55	35:23
Johannes Hagedoorn	M55	35:25
Mark Rosen	M55	35:46
Gary Fisher	M50	36:45
John Frost	M65	36:50
Robert Sheehy	M55	37:15
Mal Vernon	M45	37:17
Wayne Taylor	M40	37:29
Simon Jawichre	M35	37:35
John Ellard	M60	37:40
Mike Khan	M55	37:47
Shirley Bell	W50	37:52
Dee Campbell	W45	37:56
W		37:58
Brian Bennett	M55	38:02
Margaret Langford	W55	38:15
Nick Miletic	M50	38:23
Adrian Damiani	M50	38:24
Simon Mort	M45	38:33
John Pellier	M60	38:53
Irwin Barrett-Lennard	M70	39:02
Graham Thornton	M60	39:19
Keith Atkinson	M45	39:35
Frances Casella	W50	39:37
Fenella Gill	W40	39:54
Mike Anderson	M50	40:02
Marg Forden	W60	40:13
John Pressley	M55	40:14
Don Pattinson	M45	40:19
Steve Barrie	M65	40:29
Troy Lundgren	M50	40:35
John Brambley	M60	41:22
Bob Sammells	M65	41:28
Dick Blom	M65	41:57
Margaret Robinson	W60	42:21
Joe Stickles	M60	42:22
Peggy MacIver	W55	42:27
Brian Hunter	M55	42:49
Jim Barnes	M60	43:25

Paul Lewis	M55	43:36
John Dance	M50	43:37
Richard Harris	M65	43:46
Sandi Crossman	W35	43:52
John Smith	M65	44:03
X		44:26
Ann Turner	W65	45:19
Sue Clifton	W50	45:33
Glenda Lawrence	W45	46:08
Robin King	W40	46:09
Robyn Watts	W45	46:35
Denise Lancaster	W50	47:00
Kris Adrian	W30	48:29
Mitch Loly	M60	48:32
Irene Ferris	W50	48:37
Y		48:42
Roger Walsh	M55	48:52
Mike Rhodes	M55	49:10
Pamela Toohey	W55	49:22
Joan Osborne	W50	50:27
Margaret Warren	W65	51:05
Arnold Jenkins	M55	52:00
Keith Forden	M60	53:05
Rhod Wright	M50	53:59
Morris Warren	M65	54:15
Mary Young	W50	54:24
Vic Beaumont	M70	54:51
Merv Moyle	M75	55:06
Jeff Spencer	M60	55:07
Margaret Bennett	W60	55:22
Shorty Turner	M65	55:23
Pierre Viala	M55	56:02
Julie Wood	W50	56:21
Elaine Dance	W50	56:22
Tanya Burke	W30	57:44
Ray Lawrence	M70	59:28
Sheila Maslen	W65	62:14
Costa Tsesselis	M50	62:31
Glenice Shanahan	W75	66:33

5K Walk

Lesley Romeo	W55	33:52
David Brown	M55	33:53
Ray Hall	M65	35:21
Lynne Schickert	W60	36:36
Chris Pattinson	W45	37:50
Jenni Shillington	W45	38:32
Dorothy Whittam	W65	40:57
Lois Smith	W50	44:25
Margaret Flanders	W65	45:48
Patricia Hopkins	W60	45:49
Pat Miller	W60	50:40
Jacqueline Billington	W60	50:41
Barrie Thomsett	M60	50:58
Ernie Moyle	M75	53:12
Norm Miller	M70	79:45

9.75K Walk

Jenny Binns	W50	68:31
Val Millard	W55	69:16
Z		72:25
Rex Bruce	M60	72:27
Alan Pomery	M70	79:48

Athletics Newsletter

No 1 February 2003



Who is conducting the athletics program?

An independent group from the ACT athletics community, with combined experience from having organised major national events such as the Telstra A Series, National Veterans Athletics Championships and national cross country and road running events.

Announcing the inclusion of athletics in the Healthpact 9th Australian Masters Games, General Manager Lachlan Clark strongly endorsed the athletics management group. 'We have to have confidence in the people running this, and we certainly do with this group', he told The Canberra Times.

The group's program (see over) has been adopted for the Games and is published in the Registration Booklet.

The management group has plans to restructure within an incorporated body, to create an entity for contracts, insurance and other business dealings.

Members of the athletics management group have volunteered their services and will claim no personal reward.

Eligibility to participate

Membership of an athletics club is not a requirement. Any person aged 30 or over at 31 October 2003 is eligible to participate. Please tell your friends.

Athletics 'sport fee'

A sport fee of \$33 entitles participants to nominate for any number of events. Participants in non-stadium events only may pay just \$11 per event. Sport fees are additional to the \$88 Games Registration Fee.

Assistance

The management group is encouraged by numerous offers of assistance from members of the ACT Veterans Athletic Club, ACT Cross Country Club, ACT Race Walking Club and ACT Athletics. It has begun exploring with ACT specialist clubs the possibility that they provide a management team for specific non-stadium events.

If you would like to offer your help we would be pleased to hear from you.

Athletics contacts:

By email: amg03athletics@bigpond.com

By phone:

Geoff Sims 02 6255 2444

(after hours preferred)

Registrations: Online via website:

www.amg2003.com

Phone enquiries: 02 6232 5266

Early bird registrations close 31 March

Lake Monger 23-Mar-03

You were all welcome at another great Lake Monger run. We were greeted with a lovely morning for running. It was a little humid, but remained comfortable for the competitors. Hopefully, you all enjoyed it and were happy with your times.

I would like to thank Pat Ainsworth, Pat Hopkins, Blakeny Tindall, Clive Hicks, Julie Keeley, Bernard Mangan, Mary Young, Graeme Neill and Paul Burk.

We would all like to see you again next year.

Trevor Robinson

3.49K Run

Neil Morfitt	M45	12:39
Paul Burke	M30	13:58
Simon Jawichre	M35	14:26
Henri Cortis	M55	14:39
Dee Campbell	W45	15:14
David James	M45	15:42
John Frost	M65	16:27
Graham Lucas	M45	16:39
Barry Audsley	M60	17:13
John Stone	M50	17:58
Sue Bullen	W40	17:59
Keith Forden	M60	19:08
Kirt Johnson	M70	19:26
Aldo Giacomini	M65	19:26
Bob Fergie	M65	19:58
Vic Beaumont	M70	20:54
Alison Aldrich	W60	21:08
Michael Faunge	M65	22:08
Pierre Viala	M55	22:28
Steve Toohey	M50	44:50

6.98K Run

Stephen Dunn	M35	27:42
Bert Roll	M55	31:28
Brian Bennett	M55	32:53
Dick Blom	M65	36:23
Mike Rhodes	M55	37:30
Bob Sammells	M65	37:31
Kris Adrian	W30	39:00
Arnold Jenkins	M55	41:14
Julie Wood	W50	45:04
Ray Lawrence	M70	45:32
Phyllis Farrell	W55	45:45
Rosa Wallis	W55	49:28
Sheila Maslen	W65	49:29
Mary Heppell	W65	1:02:16
Frank Usher	M75	1:02:17

10.5K Run

Chris Maher	M50	37:40
Bjorn Dybdahl	M45	39:44
Bert Carse	M60	41:47
Jim Klinge	M55	42:04
Neil McRae	M50	42:05
Brian Danby	M50	43:20

Bob Schickert	M60	43:31
David Baird	M55	43:34
Doug Ashfield	M45	43:35
John Crespo	M50	43:45
Ivan Pilton	M60	43:50
David Reid	M50	44:14
John Allen	M45	44:16
Mark Speechly	M35	44:17
John Bell	M55	45:02
Johannes Hagedoorn	M55	45:22
Gareth Brunt	M50	45:48
John Doust	M55	45:49
Mark Sivyver	M50	47:10
Frank Smith	M60	47:20
Mike Hale	M55	47:30
Wayne Taylor	M40	48:02
Keith Atkinson	M45	48:33
Hamish McGlashan	M65	48:56
John Mack	M60	49:45
John Ellard	M60	49:46
John Pellier	M60	50:19
Fenella Gill	W40	50:54
Simon Mort	M45	50:58
Nick Miletic	M50	52:21
Marg Forden	W60	53:28
Gillian Young	W55	54:22
Jim Barnes	M60	55:56
Paul Buckley	M50	56:01
John Dance	M50	56:15
Phil Bailey	M45	57:16
Brian Hunter	M55	58:00
Sandi Crossman	W35	58:21
Denise Lancaster	W50	59:17
Jackie Halberg	W55	1:00:22
Jo Richardson	W50	1:04:15
Elaine Dance	W50	1:05:06
Merv Moyle	M75	1:09:19
Tanya Burke	W30	1:09:30
Margaret Bennett	W60	1:09:31

3.49K Walk

Dorothy Whittam	W65	28:01
Wendy Clements-Green	W60	28:37
Jeff Whittam	M65	33:43
Allen Tyson	M75	34:08
Barrie Thomsett	M60	36:06
Norm Miller	M70	36:31
Jill Midolo	W55	36:31
Pat Miller	W60	36:46

6.98K Walk

Rod Tinniswood	M50	46:54
Ray Hall	M65	53:36
Michele Mison	W55	54:02
Jenni Shillington	W45	54:34
Rex Bruce	M60	54:35
Lois Smith	W50	56:21
Beryle Doust	W50	56:25
Lorraine Lopes	W60	56:40
Jenny Binns	W50	57:29
Kylie Mahony	W30	1:01:58
Maggie Flanders	W65	1:03:46

Alan Pomery	M70	1:03:48
Leo Hassam	M70	1:04:57
Ernie Moyle	M75	1:07:54

10.5K Walk

Lesley Romeo	W55	1:11:35
Val Millard	W55	1:11:54
Lynne Schickert	W60	1:14:13
Alan Jennings	M60	1:17:20
Elaine Ellard	W60	1:26:00

CLUB TROPHY AND MEDAL EVENTS

New members will notice a number of symbols against the runs in the program for Sunday runs which has just been released for the forthcoming year. These indicate events which have either a trophy for the winner/s or medals if they are championships races. Many of the trophy events are named in recognition of club members who have been great athletes or who have made an outstanding contribution to the club over the years. There are also a number of runs listed which form the road running championship and the road walking championships. Presentations to winners are done either on the day after the event, or at the Presentation Day function held mid-September. It should be noted that the handicap trophy has special criteria as listed below.

HANDICAP RULES

The Western Australian Veterans Athletic Club conducts a series of up to 7 handicap running races throughout their annual program of events.

Each event has individual winners (male/female) and at the completion of the series, a handicap trophy is awarded to the member who attains the overall best results for the series.

To be eligible to compete for race awards and the series trophy, competitors must be financial members of the WAVAC.

Handicaps are calculated by the club handicapper based on results published in the VETRAN for at least three (3) recent club running events.

New members and visitors may be given handicaps on the day to allow them to take part in the event, but will not be considered when declaring the handicap winners for that day.

Membership Run *Brian Danby* 5K Road Running Championships 30-03-03

M40

Simon Leonard	17:08
Greg Vander Sanden	18:21
Graeme Neill	23:19

M45

Chris Maher	17:31
Bjorn Dybdahl	17:54
Bernard Mangan	17:55
Keith Atkinson	21:29
Damien Hanson	25:19

M50

Paul Hughes	17:40
John Cresp	20:19
Gareth Brunt	20:44
Mike Anderson	24:42
John Stone	26:43
Steve Toohey	31:23

M55

Jim Langford	18:02
Jim Klinge	22:00
Brian Foley	23:29
Mike Rhodes	25:08
Roger Walsh	26:40
Arnold Jenkins	28:33
Pierre Viala	33:28

M60

Bert Carse	18:13
Bob Schickert	19:39
Dave Roberts	20:20
Graham Thornton	22:10
John Brambley	22:52

M65

Hamish McGlashan	22:19
Michael Hall	24:16
Ray Attwell	25:39
Bob Sammells	26:05
Aldo Giacomini	28:22
Michael Faunge	28:42
Bob Fergie	28:51

M70

Vic Beaumont	30:21
Laurie Collett	31:14

M75

Merv Moyle	29:24
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W30

Kris Adrian	25:22
Liz Chandler	26:16

W35

Amanda Walker	20:30
Sandi Crossman	25:33

W40

Robin King	21:19
Sue Bullen	25:48

W50

Mary Young	31:03
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W55

Jackie Halberg	26:49
Rosa Wallis	33:27

W60

Marg Forden	24:14
Wendy Clements-Green	27:47

Alison Aldrich	31:52
Lynne Schickert	32:27
W65	
Margaret Warren	28:43
Mary Heppell	34:42

11.6K Run

Darryl White	M40	45:35
Chris Frampton	M35	46:16
Lachlan Marr	M40	46:50
Ralph Henderson	M50	46:56
Colin Chisolm	M35	47:04
Chris Shenton	M35	47:32
David Baird	M55	47:46
Doug Ashfield	M45	48:35
Mike Hale	M55	48:58
Ivan Pilton	M60	49:35
Mal Vernon	M45	49:57
John Doust	M55	50:06
Johannes Hagedoorn	M55	51:19
John Mack	M60	52:54
Trevor Robertson	M50	53:02
Barry Jones	M45	53:03
Gary Fisher	M50	53:34
Clive Choate	M50	54:35
Wayne Bates	M55	55:00
Wayne Taylor	M40	56:28
John Ellard	M60	56:32
Brian Bennett	M55	56:33
Nick Miletic	M50	59:17
Troy Lundgren	M50	59:26
Fraser Deanus	M60	1:00:04
John Dance	M50	1:01:22
Joe Stickles	M60	1:02:03
Paul Buckley	M50	1:02:22
John Smith	M65	1:04:49
Ann Turner	W65	1:04:50
Pamela Toohey	W55	1:08:04
Jenny Barnes	W50	1:09:13
Merv Jones	M60	1:10:23
Elaine Dance	W50	1:14:06
Jo Richardson	W50	1:14:33
Sheila Maslen	W65	1:21:33
Shorty Turner	M65	1:21:34
Jeff Spencer	M60	1:21:35

5K Walk

Ray Hall	M65	33:03
Rod Tinniswood	M50	33:04
Jenni Shillington	W45	37:56
Rex Bruce	M60	37:59
Elaine Ellard	W60	40:53
Jenny Binns	W50	40:54
Patrica Hopkins	W60	42:02
Beryle Doust	W50	43:05
Lorraine Lopes	W60	43:06
Kylie Mahony	W30	44:25
Mitch Loly	M60	44:58
Christine Tinniswood	W50	48:32

11.6K Walk

Val Millard	W55	1:20:35
Alan Jennings	M60	1:22:38

To:
Bob Sammells
President
WA Veterans Athletic Club

cc: Lynne Schickert, Vice President. Bob Schickert, Secretary. Keith Atkinson, Committee Member. Rod Tinniswood, Committee Member / VetRun Newsletter Editor

Dear Bob,

I am writing to apologise to all the members (especially the ladies) who heard me shout and swear at one of the record keepers after the run at Bicton on 16th March. Most of the members who have met me since I joined the club last June will confirm I am a polite and mild mannered person, but today I let your record keeper get to me - and unfortunately I snapped.

English people I know have a particular problem trying to pronounce surnames that sound foreign to them. I accept this. What I will never accept however, is being mocked & sniggered at over my name by an anglo-saxon bullyboy. I didn't accept this at boarding school in England all those years ago, I have never accepted it throughout my life, and I will never accept it in the future either.

It is for this reason that I will not be able to join you again on Sundays, because if I see the individual who sniggered today, if he ever crosses my path again, my reaction will be exactly the same - I will be asking him again and again - to pronounce "Tsar", to pronounce "Tsetse-fly" - and the other Vet Club members don't need to re-experience today's events. It is an eternal struggle, as I shouted out today. Even in a million years it will be the same.

I have been very happy as a member of the Vets over the past year. Everyone has been very friendly to me, with lots of encouragement and support, and I will miss being with a great group of people on Sunday mornings.

With best regards

Constantine (Costa) Tsesselis.

16/03/03

**WHY NOT
FLASH YOUR BADGE
AT THE TIME KEEPERS?
THAT WAY YOU MAKE IT
EASIER FOR THEM AND
YOU'LL GET YOUR NAME
RIGHT IN THE RESULTS**

- EASY!

- Rod

UWA SPORTS OVAL 27.2.2003

DISCUS		
Ed Carroll	M60	37.63m
Peter Gare	M60	36.01
Mark Hamilton	M30	34.97
Geoff Gee	M45	31.25
Bob Fergie	M65	28.19
Warren Davey	M50	26.18
Rob Shand	M70	25.52
Dave Jansen	M40	24.10
Georgina Betts	W40	21.09
Ian Sanders	M40	19.85
Alan Tyson	M75	15.72
Damien Hanson	M45	14.30

SHOT		
Mark Hamilton	M30	11.71m
Geoff Gee	M45	11.38
(? State Record)		

Ed Carroll	M60	10.53
Bob Fergie	M65	8.51
Rob Shand	M70	8.08
Marg Taylor	W50	7.88
Warren Davey	M50	7.85
Dorothy Whittam	W65	7.45
Ian Sanders	M40	7.17
Lorna Lauchlan	W70	6.14

LES BECKHAM LONG JUMP

David Clive	M65	5.05m
Mark Hamilton	M30	4.63
Keith Martin	M55	4.55
Dave Jansen	M40	4.51
Mark Ruston	Vis	4.12
Damien Hanson	M45	3.62
Pat Carr	W70	3.35
Robyn Watts	W45	2.82

3000M RUN

Clive Hicks	M50	10.06
Alan Gower	Vis	10.28
Bert Carse	M60	10.45
Rob Catterall	Vis	11.00
Martina Murphy	W40	11.21
Bob Schickert	M60	11.25
Dave Reid	M50	11.33
Doug Ashfield	M45	11.59
Gareth Brunt	M50	11.59
Anne Shaw	W55	12.05
Ivan Brown	M55	12.09
Milton Mavrick	M45	12.34
Blakeney Tindall	M40	13.03
John Ellard	M60	13.10
Nick Bailey	M55	13.34
Karen Gower	Vis	14.02
David Carr	M70	14.12
Brian Paxman	M70	14.15
Gillian Young	W55	14.19
Kieran Botham	Vis	14.21
Ian Sanders	M40	14.49
Jacqui Sanders	W35	15.37
Robyn Watts	W45	17.00

3000M WALK

Robin King	W40	16.49
Rod Tinniswood	M50	19.42
Val Millard	W55	19.44
Lynne Schickert	W60	21.51
Dorothy Whittam	W65	22.19
Lorna Lauchlan	W70	22.28
Alan Tyson	M75	25.37

400M

Greg Vander Sanden	M40	55.1
Andrew Booker	Vis	55.2
Campbell Till	M45	56.8
Henri Cortis	M55	60.3
Peter Gare	M60	62.5
Barrie Kernaghan	M60	63.3

Division 2

Leo McGregor	Vis	63.4
Dave Jansen	M40	64.2
Blakeney Tindall	M40	64.6
Clive James	Vis	65.6
Toni Phillips	W30	65.6

Division 3

Rob Greenhalgh	M50	61.6
Keith Martin	M55	65.7
Milton Mavrick	M45	70.3
Anne Shaw	W55	74.5
David Carr	M70	75.5

Division 4

Snow McSwain	W40	74.3
Hamish McGlashan	M65	76.5
Gaby Jansen	W40	78.8
Anne Stingemore	W50	79.5
Jacqui Sanders	W35	81.5

1500M

Rob Catterall	Vis	4.46.8
Natalie Goffrey	Vis	4.59.7
Martina Murphy	W40	5.13.6
Dave Reid	M50	5.15.4
Mario Pearce	Vis	5.24.6
Don Caplin	M60	5.29.4
Doug Ashfield	M45	5.34.6
Gareth Brunt	M50	5.36.2
Denise McMorro	W35	5.38.5
Ivan Brown	M55	5.40.6
Robin King	W40	5.54.8
David Carr	M70	6.10.0
Nick Bailey	M55	6.11.4
John Ellard	M60	6.15.1
Mike O'Reilly	M60	6.17.3
Ian Sanders	M40	6.18.3
Brian Paxman	M70	6.35.5
Karen Gower	Vis	6.35.7
Gillian Young	W55	6.48.3
Jacqui Sanders	W35	7.14.6

1500M WALK

Rod Tinniswood	M50	9.21.0
Val Millard	W55	9.45.0
Lynne Schickert	W60	10.11.3
Ray Hall	M65	10.26.5
Lorna Lauchlan	W70	11.08.2
Elaine Ellard	W60	11.46.1

200M

Greg Vander Sanden	M40	24.7
Campbell Till	M45	25.8
Andrew Brooker	Vis	25.8
Craig Owens	M40	26.6
Rob Greenhalgh	M50	26.9
Barrie Kernaghan	M60	27.5

Division 2

David Clive	M65	27.2
Toni Phillips	W30	27.4
Peter Gare	M60	27.9
Dave Jansen	M40	28.4
Leo McGregor	Vis	29.2
Blakeney Tindall	M40	29.9

Division 3

Milton Mavrick	M45	30.6
Mike O'Reilly	M60	31.3
David Carr	M70	33.4
Anne Shaw	W55	33.6
Denise McMorro	W30	33.6

Division 4

Damien Hanson	M45	31.1
Snow McSwain	W40	31.5
Norm Richards	M65	31.6
Peggy MacIver	W55	31.7
Mark Ruston	Vis	31.9
Ray Hall	M65	36.3
Division 5		
Jacqui Sanders	W35	33.7
Denise McMorro	W30	34.5

Nick Bailey	M55	36.6
Gillian Young	W55	36.8
Gaby Jansen	W40	37.7
Pat Carr	W70	39.7
Jo Stewart	W50	43.3
Margaret Taylor	W50	43.8

COKER PARK 6/3/2003

100M

Greg Vander Sanden	M40	11.8
David Maris	Vis	12.4
David Clive	M65	12.7
Terry Collins	M35	12.8
Gerard Kennedy	M30	13.0
Barrie Kernaghan	M60	13.5

Division 2

Colin Smith	M40	13.0
Dave Wyatt	M50	13.3
Dave Jansen	M40	13.8
Sno McSwain	W40	14.9
Eileen Hindle	W50	15.7
Derry Foley	Vis	17.3

Division 3

Delia Baldock	W40	15.3
Jacqui Sanders	W35	15.8
Gillian Young	W55	16.3
Pat Carr	W70	16.8
Ray Hall	M65	17.1
John Sutton	M65	17.8

Division 4

Gaby Jansen	W40	15.8
Robyn Watts	W45	18.7
Lil Heatly	W70	28.3

3000M

Clive Hicks	M50	9.56
Rob Catterall	Vis	10.15
Blakeney Tindall	M40	11.10
Carl Ciccarella	Vis	11.13
Anne Shaw	W55	11.17
Doug Ashfield	M45	11.44
Gareth Brunt	M50	11.44
Frank Gardiner	M50	11.47
Milton Mavrick	M45	11.19
Ivan Brown	M55	12.07
John Ellard	M60	12.59
Nick Bailey	M55	13.01
Barry Jones	M45	14.00
Gillian Young	W55	14.05
Anna Brindal	W45	14.13
Ian Sanders	M40	14.34
Margaret Robinson	M60	14.48
Jackie Halberg	W55	14.54
Gill Edmonds	W35	15.00
Jacqui Sanders	W35	15.09
Pam Toohey	W55	16.30

3000M WALK

Robin King	W40	15.52
Larissa Bosher	Vis	16.04
Marie Decker	Vis	17.57
Tom Lenane	M45	18.02
Rod Tinniswood	M50	19.21
Stan Jones	M75	20.02
Lynne Schickert	W60	20.15
Ray Hall	M65	20.53
Lorna Lauchlan	W70	21.51
Elaine Ellard	W60	22.09
Alan Tyson	M75	25.15

800M

Greg Vander Sanden	M40	2.11.0
Neil Morfitt	M45	2.11.7
Campbell Till	M45	2.16.8
Henri Cortis	M55	2.22.2
Leo McGregor	Vis	2.28.7
David Carr	M70	2.29.4
Bob Schickert	M60	2.30.7
David Jansen	M40	2.37.7
Rob Catterall	Vis	2.43.6

Division 2

Bert Carse	M60	2.30.5
Keith Martin	M55	2.45.0
Doug Ashfield	M45	2.45.6
Gareth Brunt	M50	2.46.1
Nick Bailey	M55	2.50.5
Mike O'Reilly	M60	2.52.9
Ian Sanders	M40	2.58.1
Gaby Jansen	W40	3.02.6
John Ellard	M60	3.05.0
Sno McSwain	W40	3.05.6
Peggy MacIver	W55	3.06.4
Brian Paxman	M70	3.07.8
Frank Gardiner	M50	3.10.4
Delia Baldock	W40	3.11.8
Jacqui Sanders	W35	3.12.7
Gillian Young	W55	3.21.1
Barry Jones	M45	3.36.5
Margaret Robinson	W60	3.41.9
Lil Heatly	W70	5.52.7

400M

Greg Vander Sanden	M40	55.0
Neil Morfitt	M45	57.4
Henri Cortis	M55	60.3
David Clive	M65	61.9
Division 2		
Barrie Kernaghan	M60	61.4
Dave Jansen	M40	62.6
Toni Phillips	W30	63.7
David Carr	M70	64.3
Blakeney Tindall	M40	66.1

Division 3

Rob Catterall	Vis	66.1
Mike O'Reilly	M60	68.3
Bob Schickert	M60	69.1
Ian Sanders	M40	70.6
Milton Mavrick	M45	79.9

Division 4

Sno McSwain	W40	72.0
Peggy MacIver	W55	73.0
Delia Baldock	W40	79.2
Division 5		
Gaby Jansen	W40	76.8
Gillian Young	W55	85.4
Pat Carr	W70	1.47.9
Lil Heatly	W70	2.42.0

JAVELIN

Mark Hamilton	M30	35.44m
(? State Record)		
Rob Shand	M70	30.96
(? State Record)		
Bob Fergie	M65	24.76
Warren Davey	M50	24.31
John Sutton	M65	22.43
Katrina Spilsbury	W35	17.46
Eileen Hindle	W50	17.10

LES BECKHAM TRIPLE JUMP

Dave Wyatt	M50	10.00m
Keith Martin	M55	10.00
Gill Edmonds	W35	8.70
Derry Foley	Vis	6.58
Robyn Watts	W45	6.15
Lynne Schickert	W60	5.75

HEAVY WEIGHT

Alex Cummings	M70	13.32
Bob Fergie	M65	11.33
Mark Hamilton	M30	10.92
Geoff Gee	M45	10.67
Eileen Hindle	W50	8.65
John Sutton	M65	8.04
Ian Sanders	M40	6.04

UWA SPORTS OVAL 13/3/2003

200M		
Craig Owen	M45	25.7
Barrie Kernaghan	M60	27.2
Henri Cortis	M55	27.3
Gerard Kennedy	M30	27.6
Peter Gare	M60	27.6

Division 2

Greg Vander Sanden	M40	26.0
Rob Greenhalgh	M50	26.6
Dave Jansen	M40	27.4
Toni Phillips	W30	28.0
Keith Martin	M55	29.5

Division 3

Paul Burke	M30	28.4
Leo McGregor	Vis	29.4
Mark Speechley	M35	30.1
David Carr	M70	30.5
Mike O'Reilly	M60	30.6

Division 4

Ian Sanders	M40	29.6
Barry Newell	Vis	30.2
Norm Richards	M65	31.0
Milton Mavrick	M45	31.1
Ross Calnan	M60	32.3

Division 5

Anne Shaw	W55	33.4
Denise McMorrow	W35	33.6
Jacqui Sanders	W35	33.7
Georgina Betts	W40	34.3
Gaby Jansen	W40	35.2
Gillian Young	W55	36.1
Ray Hall	M65	36.6

1500M

Andrew Brooker	Vis	4.33.3
Rob Catterall	Vis	4.48.6
Bert Carse	M60	4.57.5
Blakeney Tindall	M40	5.03.4
Mark Speechley	M35	5.21.4
Brian Foley	M55	5.25.5

Division 2

Paul Burke	M30	5.24.8
Anne Shaw	W55	5.25.2
Mary Burke-Heydon	Vis	5.27.8
Denise McMorrow	W35	5.36.1
David Carr	M70	5.39.2
Gareth Brunt	M50	5.41.1
Steve McCarthy	Vis	5.54.8
Barry Jones	M45	6.10.8
Brian Paxman	M70	6.27.8
Karen Gower	Vis	6.31.7
Frank Gardiner	M50	6.38.1
Gillian Young	W55	6.44.0
Gill Edmunds	W35	6.50.8
Barry Newell	Vis	7.05.3
Jacqui Sanders	W35	7.12.2
Ray Hall	M65	7.48.4

1500M WALK

Rod Tinniswood	M50	9.07.8
Valerie Millard	W55	9.55.3
Lorna Lauchlan	M70	10.58.0

400M

Greg Vander Sanden	M40	64.0
Henri Cortis	M55	61.8
David Clive	M65	62.4
Dave Jansen	M40	63.7
Peter Gare	M60	64.3
Leo McGregor	Vis	66.6

Division 2

Rob Greenhalgh	M50	62.8
Toni Phillips	W30	63.7
Keith Martin	M55	63.7
David Carr	M70	67.8
Craig Owens	M45	69.3
Mike O'Reilly	M60	73.1

Division 3

Ian Sanders	M40	71.8
Anne Shaw	W55	72.3
Barry Newell	Vis	74.4
Mary Burke-Heydon	Vis	86.8

Division 4

Paul Burke	M30	72.4
Gaby Jansen	W40	74.8
Anne Stingemore	Vis	77.6
Jacqui Sanders	W35	80.3
Gillian Young	W55	83.5
Georgina Betts	W40	92.2

5000M

Clive Hicks	M50	17.06
Alan Gower	Vis	18.29
Bob Schickert	M60	19.35
Doug Ashfield	M45	19.57
Mark Speechley	M35	20.09
Gareth Brunt	M50	20.28
Brian Danby	M50	20.28
Ivan Brown	M55	20.30
Milton Mavrick	M45	21.01
Blakeney Tindall	M40	21.24
Barry Jones	M45	21.57
Nick Bailey	M55	22.45
John Ellard	M60	22.45
Gillian Young	W55	24.16
Mark Forden	W60	24.47
Jackie Halberg	W55	26.42
Keith Forden	M60	27.12

3000M WALK

Rod Tinniswood	M50	19.30
Valerie Millard	W55	19.35
Lynne Schickert	W60	20.45
Elaine Ellard	W60	22.27
Lorna Lauchlan	W70	22.31

LES BECKHAM LONG JUMP

David Clive	M65	4.92m
Paul Burke	W30	4.66
Gerard Kennedy	M30	4.32
Gill Edmunds	W35	4.10
Damien Hanson	M45	3.86
John Sutton	M65	2.99
Lynne Schickert	W60	2.60

JAVELIN

Dave Jansen	M40	33.35m
Peter Gare	M60	31.72
Bob Fergie	M65	23.70
John Sutton	M65	22.70
Paul Burke	M30	21.91
Warren Davey	M50	21.72
Georgina Betts	W40	18.71

DISCUS

Ed Carroll	M60	42.23
(? State Record)		
Peter Gare	M60	35.72
Paul Burke	M30	29.38
Bob Fergie	M65	27.65
John Sutton	M65	26.40
Warren Davey	M50	26.04
Gerard Kennedy	M30	23.25
Marg Taylor	W50	21.61
Dave Jansen	M40	21.48
Alan Tyson	M75	15.61

COKER PARK - 20/3/2003

1500M

Bjorn Dybdahl	M45	4.57.8
Sonya Lawry	Vis	5.02.1
Bert Carse	M60	5.03.0
David Reid	M50	5.04.6
David Carr	M70	5.05.1
(? Aust Record)		
Neil McRae	M50	5.06.6
Bob Schickert	M60	5.19.8

Division 2

Bert Carse	M60	5.16.0
Doug Ashfield	M45	5.29.3
Ivan Brown	M55	5.30.1
Gareth Brunt	M50	5.35.1
Barry Jones	M45	5.45.2
Nick Bailey	M55	5.54.4
John Ellard	M60	6.03.6
Mike O'Reilly	M60	6.25.6
Brian Paxman	M70	6.29.1
Gill Edmunds	W35	6.32.1
Gillian Young	W55	6.40.1
Pam Toohey	W55	7.39.7

1500M WALK

Tom Lenane	M45	8.13.4
Ray Hall	M65	9.27.5
Val Millard	W55	9.29.1
Stan Jones	M75	9.44.6
Lynne Schickert	W60	9.51.9
Jim Turnbull	M65	10.00.1
Elaine Ellard	W60	11.10.0
Alan Tyson	M75	12.28.2
Bev Sheard	Vis	12.56.7

100M

Craig Owens	M45	12.1
Greg van der Sanden	M40	12.2
Campbell Till	M45	12.2
Nigel Jones	Vis	12.4
Terry Collins	M30	12.7
Colin Smith	M40	12.8

Division 2

Mike Edwards	M45	12.2
Paul Burke	M30	12.7
Gerard Kennedy	M30	13.0
Lynne Choate	W50	13.3
Dave Jansen	M40	13.5
Rob Colton	M35	13.9

Division 3

Peggy Macliver	W55	14.9
Delia Baldock	W40	15.4
Gaby Jansen	W40	16.3
Derry Foley	M70	16.9
Ray Hall	M65	16.9

Division 4

Gillian Young	W55	16.5
Pat Carr	W70	16.6
Steve Toohey	M50	18.1
Jackie Halberg	W55	19.5
Pam Tookey	W55	21.2

800M

Greg van der Sanden	M40	2.09.1
Neil Morfitt	M45	2.09.6
Henri Cortis	M55	2.18.1
Blakeney Tindall	M40	2.20.3
Rob Colton	M35	2.29.0
Bjorn Dybdahl	M45	2.30.1
Paul Burke	M30	2.33.3
Brian Foley	M55	2.34.2
Anne Shaw	W55	2.35.5
Dave Jansen	M40	2.36.7
Mike O'Reilly	M60	2.48.0

Division 2

Neil McRae	M50	2.39.6
Doug Ashfield	M45	2.42.4

Gareth Brunt	M50	2.45.0
Nick Bailey	M55	2.51.5
Gaby Jansen	W40	2.58.1
John Ellard	M60	3.03.9
Delia Baldock	W40	3.06.5
Gillian Young	W55	3.20.0
Jackie Halberg	W55	3.24.4
Barry Jones	M45	3.27.0
Tanya Burke	W30	3.48.6

400M

Greg van der Sanden	M40	55.6
Campbell Till	M45	55.7
Colin Smith	M40	58.8
Henri Cortis	M55	60.0
David Clive	M65	60.8
Dave Jansen	M40	70.7

Division 2

Toni Phillips	W30	61.2
Leo McGregor	Vis	63.1
Blakeney Tindall	M40	63.5
Rob Colton	M35	65.5
Neil McRae	M50	70.0

Division 3

Paul Burke	M30	61.1
Lynne Choate	W50	69.5
Anne Shaw	W55	69.6
Peggy Macliver	W55	71.4
Nick Bailey	M55	74.0

Division 4

Barry Jones	M40	72.8
Gaby Jansen	W40	74.9
Delia Baldock	W40	75.8
Gillian Young	W55	82.8
Tanya Burke	W30	96.4
Pat Carr	W70	101.9

LES BECKHAM TRIPLE JUMP

Mark Hamilton	M30	9.98m
Paul Burke	M30	9.65
Katrina Spilsbury	W35	9.29
Gill Edmunds	W35	8.85
Pat Carr	W70	6.98
Derry Foley	M70	6.37
Lynne Schickert	W60	5.98
Tanya Burke	W30	5.72
John Sutton	M65	5.41

DISCUS

Mark Hamilton	M30	36.62m
Geoff Gee	M45	29.73
Paul Burke	M30	28.90
Alex Cummings	M70	28.00
John Sutton	M65	25.00
Gerard Kennedy	M30	24.38
Bob Fergie	M65	23.89
Margaret Taylor	W50	19.29
Eileen Hindle	W50	18.76

HAMMER

Alex Cummings	M70	34.48m
Bob Fergie	M65	30.53
Geoff Gee	M45	29.73
Mark Hamilton	M30	28.75
Steve Tookey	M50	19.39
Jim Turnbull	M65	17.83
John Sutton	M65	16.13
Paul Burke	M30	12.14

New Australian Records

Congratulations to both David Carr and Anne Shaw for their new Australian records:

Age	Event	Name	Perf.	AG%	Date
M70	1 Mile	David Carr	5:45.7	90%	05-12-02
W55	3000m	Antoinette Shaw	12:01.2	83%	09-01-03
M70	400m	David Carr	63.14	94%	15-01-03
M70	800m	David Carr	2:26.72	96%	23-02-03

UWA SPORTS OVAL - 27/3/2003

LES BECKHAM LONG JUMP

Campbell Till	M45	4.98m
Dave Wyatt	M50	4.80
Terry Collins	M35	4.74
Paul Burke	M30	4.19
Gerard Kennedy	M30	4.15
Katrina Spilsbury	W35	4.10
Ian Sanders	M40	4.03
Gill Edmunds	W35	4.02
Pat Carr	W70	3.11
Lynne Schickert	W60	2.43

200m

Greg van der Sanden	M40	25.2
Campbell Till	M45	25.8
Terry Collins	M30	26.8
Barry Kernaghan	M60	26.9
Gerard Kennedy	M30	26.9
Craig Owens	M45	27.3

Division 2

Neil Morfitt	M45	26.5
Paul Burke	M30	27.4
Peter Gare	M60	27.9
Ian Sanders	M40	29.9
Norm Richards	M65	30.4

Division 3

Paul Calnan	M60	32.1
Pauline Shaw	W55	33.6
Delia Baldock	W40	34.0
Jacqui Sanders	W35	34.5

Division 4

Nick Bailey	M55	34.4
Leonie Jones	W40	35.7
Gillian Young	W55	35.8
Ray Hall	M65	35.9
Pat Carr	W70	37.6

1500M

Greg van der Sanden	M40	4.44.9
Rob Catterall	Vis	4.45.5
Blakeney Tindall	M40	4.52.9
Niamh Keane	Vis	4.54.0
Bernard Mangan	M45	4.55.6
Bert Carse	M60	4.56.2
Bjorn Dybdahl	M45	5.00.1
Henri Cortis	M55	5.00.8
Martina Murphy	W40	5.08.3
Mark Speechley	M35	5.10.2
Anne Shaw	W55	5.16.6
Brian Foley	M55	5.26.4
Paul Burke-Heydon	W45	5.32.4
Seamus Gernon	Vis	5.35.3
Brian Danby	M50	5.51.1

Division 2

Doug Ashfield	M45	5.25.2
Denise McMorrow	W35	5.40.4
Barry Jones	M45	5.54.1
John Ellard	M60	5.55.2
Nick Bailey	M55	6.00.5
Mike O'Reilly	M60	6.01.3
Gillian Young	W55	6.27.4
Gill Edmunds	W35	6.28.5
Brian Paxman	M70	6.29.4
Jacqui Sanders	W35	6.40.2
Leonie Jones	W40	7.09.9
Val Prescott	W55	9.06.5

1500M WALK

Val Millard	W55	9.42.8
Lynne Schickert	W60	10.14.2
Elaine Ellard	W60	10.53.2

100M

Greg van der Sanden	M40	12.2
Craig Owens	M45	12.2
Neil Morfitt	M45	12.5
Terry Collins	M35	12.7

Gerard Kennedy	M30	13.0
Peter Gare	M60	13.4

Division 2

Paul Burke	M30	13.3
Ian Sanders	M40	13.9
Jacqui Sanders	W35	16.2
Gillian Young	W55	16.5
Leonie Jones	W40	16.8
Ray Hall	M65	16.8
Pat Carr	W70	17.3

3000M

Alan Gower	Vis	10.16.8
Bjorn Dybdahl	M45	10.33.3
Bert Carse	M60	10.36.3
Rob Catterall	Vis	10.41.3
Bernard Mangan	M45	10.50.4
Martina Murphy	W40	11.17.9
Mark Speechley	M35	11.20.5
Bob Schickert	M60	11.21.6
Mike Hodgson	Vis	11.25.3
Doug Ashfield	M45	11.42.2
Ivan Brown	M55	11.43.4
Blakeney Tindall	M40	11.58.9
Paul Burke	M30	12.08.1
Brian Danby	M50	12.09.1
Seamus Gernon	Vis	12.11.7
Barry Jones	M45	12.23.8
David Willmer	Vis	12.41.3
John Ellard	M60	12.49.8
Ian Sanders	M40	13.16.1
Karen Gower	Vis	13.24.8
Gillian Yung	W55	13.53.3
Brian Paxman	M70	14.13.7
Jacqui Sanders	W35	14.52.6
Gill Edmunds	W35	15.08.3
David Carr	M70	16.49.9
Katrina Spilsbury	W35	17.02.8

3000M WALK

Val Millard	W55	19.36.6
Lynne Schickert	W60	20.44.3
Ray Hall	M65	20.45.6
Lorna Lauchlan	W70	22.00.9
Elaine Ellard	W60	22.03.1
Dorothy Whittam	W65	23.01.7

SHOT

Geoffrey Gee	M45	11.42m
	(? State Record)	
Mark Hamilton	M30	11.33
Ed Carroll	M60	10.60
Peter Gare	M60	9.20
Warren Davey	M50	8.60
Paul Burke	M30	8.58
Bob Fergie	M65	8.54
Gerard Kennedy	M30	8.11
Steve Toohey	M50	7.75
Dorothy Whittam	W65	7.36
Ian Sanders	M40	6.56
Rae McMillan	W75	6.32 (?)
State Record)		
Lorna Lauchlan	W70	6.10

JAVELIN

Mark Hamilton	M30	35.84m
	(? State Record)	
Peter Gare	M60	30.38
Warren Davey	M50	25.08
Paul Burke	M30	24.27
Bob Fergie	M65	23.99
Damien Hanson	M45	23.83
Steve Toohey	M50	19.71
Eileen Hindle	W50	15.88
Rae McMillan	W75	15.30

Happy Birthday to our May members

Arnold Jenkins	01.05.1944	59	remains M55
Maree Creighton	02.05.1950	53	remains W50
John Gilmour	03.05.1919	84	remains M80
Victor Waters	03.05.1944	59	remains M55
Michael Anderson	07.05.1948	55	becomes M55
Chris Frampton	07.05.1965	38	remains M35
Patricia Miller	07.05.1938	65	becomes W65
Vicente Carrero	11.05.1942	61	remains M60
Snow McSwain	12.05.1959	44	remains W40
Bernadette Height	13.05.1957	46	remains W45
Aldo Giacomini	14.05.1936	67	remains M65
Ray Lawrence	15.05.1928	75	becomes M75
Jim Riddell	15.05.1939	64	remains M60
Paul Hughes	17.05.1952	51	remains M50
John Pressley	17.05.1945	58	remains M55
David Brown	18.05.1947	56	remains M55
Roy Fearnall	19.05.1943	60	becomes M60
Gerard Kennedy	19.05.1972	31	remains M30
Stan Latchford	19.05.1941	62	remains M60
Alan Pomery	19.05.1931	72	remains M70
Glenice Shanahan	20.05.1924	79	remains W75
Tanya Burke	21.05.1971	32	remains W30
Peter Gare	21.05.1940	63	remains M60
Gareth Gorman	22.05.1946	57	remains M55
Steffi Heussi	22.05.1944	59	remains W55
Silvio Wirth	22.05.1948	55	becomes M55
Dave Wyatt	23.05.1951	52	remains M50
Judi Hill	24.05.1948	55	becomes W55
Wayne Vovil	24.05.1952	51	remains M50
Leo Hassam	25.05.1930	73	remains M70
Joe Brennan	27.05.1921	82	remains M80
Linda Rhodes	27.05.1946	57	remains W55
John Mison	28.05.1947	56	remains M55
Paul Slyth	29.05.1942	61	remains M60
Jim Sweeney	29.05.1946	57	remains M55
Roxanne Corben	30.05.1962	41	remains W40
Erica Mercer	30.05.1943	60	becomes W60
Roger Walsh	30.05.1943	60	becomes M60
Bruce Wilson	31.05.1945	58	remains M55

Helper's List

13th April - Pagoda Run - Director, Jacquie Halberg 93644474

Helpers : Margaret Taylor, Neil Mcrae, Leo Hassam, Marie Heppell, Barrie Thomsett, Michael & Monique Pulham, Troy Lundgren, Wayne Bates.

18 - 21st April - Nationals Championships at Perry Lakes Stadium.

27th April - Reabold Hill - Director, Dick Blom 93377796

Helpers - Frank Smith, Paul Martin, Kathy Avery, Lil Heatley, Fenella Gill, Bev McPharlan, Gillian Lees.

1st May, 19.00pm - 10k Track Handicap - Director Jeff & Dorothy Whittam 93876438

Jeff and Dorothy have a book available at the desk on Sunday Runs for you to register for the event. Although you can register on the day, and run on the grass track at McGillvray Oval.

Most importantly, at this event there is always a need to have lap counters for the competitors. So if you can come along, and give a hand, it will be much appreciated.

There is a BBQ after the event, so bring along a beverage, and stay for a chat, and a snag.

TELSTRA AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

Perry Lakes Stadium, 18-21 April 2003

GENERAL INFORMATION AND EVENT GUIDELINES



As a number of club members entered for the championships may have not previously attended national championships, which are conducted on a more structured level than state events, the following general information and event guidelines are provided. This information together with other guidelines will also be found in the Programme book.

GENERAL INFORMATION

Coaching Forum - Friday 18 April

A one-hour session chaired by AMAI Vice-President Peter Crombie with three successful coaches advising on training techniques and other relevant issues for various events. 4.30-5.30pm in the registration room at Perry Lakes Stadium.

Athletes Forum - Saturday 19 April

Chaired by AMAI Vice President Peter Crombie, this forum gives athletes the opportunity to discuss important issues with the Australian Masters Athletics Inc Board. 4.30-6.00pm in the registration room at Perry Lakes Stadium. Light refreshments will be served.

Dinner Cruise and Awards - Sunday 20 April

The Dinner Cruise on the MV James Stirling on Sunday evening will include a buffet meal and entertainment. AMAI awards for 2002 will be presented during the evening.

Photographer

Aussies in Action Sports Photography will be taking photographs during the championships. These will be displayed on their computer at the stadium shortly after they are taken. If you would like a specific photo taken - please ask. An order form will be available in your competition packet.

Engraver

An engraver will be available at Perry Lakes Stadium during competition hours to engrave athletes' medals. Cost is \$2.50 per medal.

Canteen

The Perry Lakes Stadium canteen will be open for business during competition hours for refreshments and a wide variety of light snacks.

Massage

Meredith McCarthy of Westcoast Massage Solutions will offer pre-event and post-event massages to all competitors at an extremely competitive rate - \$10.00 per 10 minutes. To make a booking visit her on-site during the championships or phone 041 3322594 or 08 95621245 for further post championship bookings.

First Aid/Medical

Emergency first aid will be provided by St John Ambulance Australia (WA) at Perry Lakes Stadium and at the non-stadia events during competition hours.

Merchandise Sales

For those members who have not pre-ordered, a supply of championship polo shirts (\$25) and T-shirts (\$20) will be available for purchase during competition hours.

EVENT CONDUCT

Competition Rules

Competition will be conducted under IAAF, WAMA and AMA rules subject to any special rules herein or laid down by the organising committee. Entry signifies that each competitor will abide by the rules.

Adverse Conditions

In the advent of adverse conditions the Arena Manager has the authority to halt, delay or cancel affected events.

Age Groups

Age groups for competition are in 5 year groupings, as specified in the entry form. The age group for a competitor is determined by his/her age on the first day of competition, 18 April 2003.

Uniform

Australian competitors must compete in the official uniform of their state masters/veterans club.

Competitors must wear the registration numbers supplied, back and front, except for high jump and pole vault where one number is acceptable. The numbers must be worn as supplied and must not be folded or creased in any way to obscure the number or the sponsor's details.

Please advise officials if you believe you have a chance of breaking a record. Record application forms can be obtained from the information desk at the sprint sign-in area. Ensure that implements used to achieve a record are re-checked at conclusion of event.

Any protest concerning an athlete's eligibility to compete must be lodged with the referee before the start of the relevant event. If the matter is not promptly resolved, the athlete in question shall be allowed to compete "under protest" pending subsequent decision. Any protest arising from competition shall be made to the referee not later than 30 minutes after the result of the relevant event has been announced. Any appeal against the referee's decision must be in writing to the Jury of Appeal and accompanied by a deposit of \$50.00 which will be forfeited if the appeal is without substance.

Confirming Your Intention to Start

Intending competitors in the 100m, 200m, 400m, short and long and hurdles **MUST** sign-in on the posted starting list at least one hour before the event is scheduled to start.

Intending competitors not signing in will not be permitted to start in that event. SIGNING IN FOR ALL OTHER EVENTS IS NOT REQUIRED.

All competitors must report to the marshal at the start point 20 minutes before the scheduled starting time for the event. When reporting, ensure that your intention to start is recorded by the marshal.

Lap scorers are required for all 5,000m and 10,000m track events and for road walks. Competitors are asked to obtain (if possible) their own lap scorers.

Depending on confirmed numbers of starters, heats may be run. Finalists shall be the first three places in each heat and the next two fastest times to make up the field for the final. Up to 16 competitors may start in the final of the 800m. If numbers are insufficient to require heats, the final will be run at the time scheduled for the final.

Crouch or block starts are not compulsory for this championship.

Spikes longer than 7mm are not permitted on the Perry Lakes Stadium track except for the javelin and high jump events where spikes up to 9mm are permitted.

Starting blocks will be provided. Personal starting blocks need to be checked before being used on the track. 12mm spikes are required.

A limited number of vaulting poles will be available.

Personal implements to be weighed and measured should be presented to the technical officer at least two (2) hours before your event.



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.

Print Post Approval 644113/00007

If unclaimed please return to:

1/37 Bombard Street, Ardross WA 6153.



**SURFACE
MAIL**

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Running Gear



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.

Australian Masters Uniforms

New supplies readily available from
Hazel McDonald in Queensland.
Lynne Schickert has order forms and
they will be available on notice board.