



# The Vetruns



NO. 274 AUGUST 1996

PATRON: W.J. Hughes

PRESIDENT: Brian Foley

EDITOR: Richard Harris 457 61021

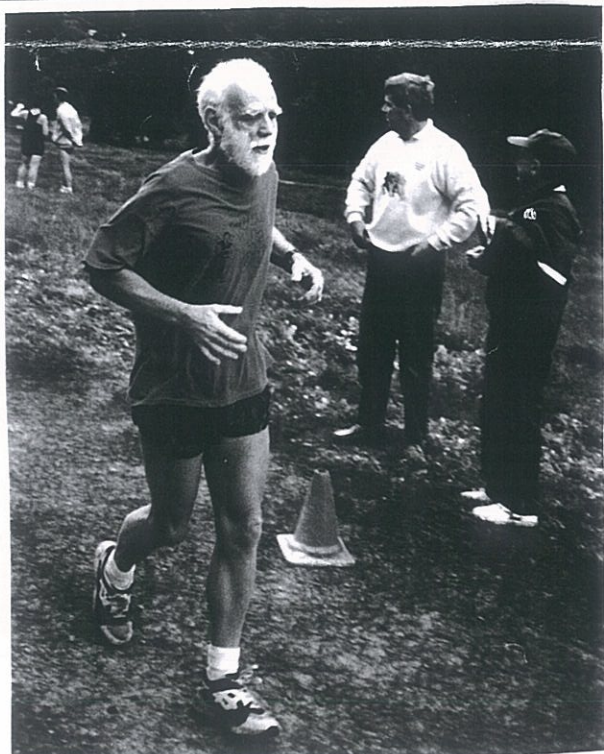
## RUNNING MATES

Rob and Rosa Davis

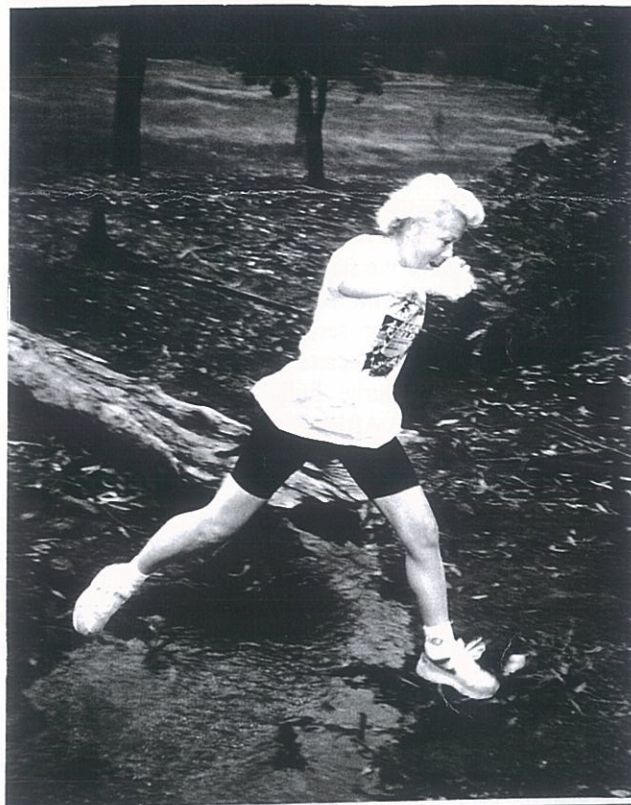
(photo by Vic Beaumont)



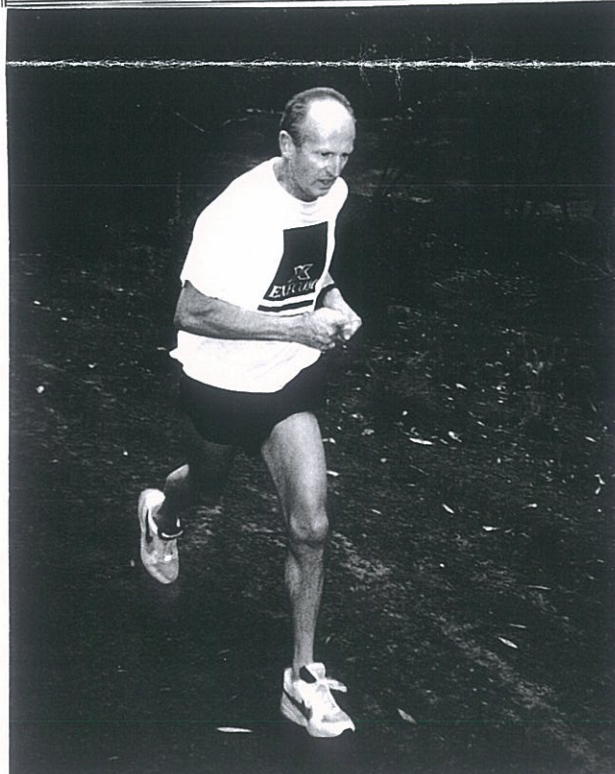
Vic Beaumont is snapped at the finish by Jeff Whittam, who took these great pictures at Jorgensen Park Cross Country Championship for the Vetrun



Michele Boyle - Is she lifting?



Jim Langford is hard to beat in Cross Country - Just ask Ron Clarke.





## RUNNING MATES

Meet this months running mates Rob and Rosa Davis. Rosa was born in the Goldfields, Rob in Pennsylvania but lived mostly in Texas.

Rosa has a long family history in the Australian Royal Air Force, she also joined and it was while in the Air Force she obtained her pilots licence.

Rosa still enjoys playing hockey. Whilst living in Port Hedland she ran in the Blackwood Stakes (or should I say pushed the barrel). Her other claim to fame was when she was a contestant on the TV quiz show 'Sale of the Century' where she won a thousand dollars.

Rob came to WA some twenty years ago to look us over and says he stayed because he couldn't save the fare home. Rob did a bit of jogging while living in San Francisco. Rob as also served on the Vets committee as Club Secretary.

Rob and Rosa's favourite holiday spot is the Game Parks in Africa where Rob celebrated his 50th birthday. He is also a great 'DOCKER' fan (please note Tony S!!).

**Joan Pellier**

### Occupation:

Rosa - Travel consultant with Qantas

Rob - Freelance photographer

### How did they hear about the Vets:

Both - Saw Vets Sundowner run at Curtin Uni in newspaper. Rob won a pair of socks finishing at the back of the pack.

### What they like about the Vets:

Rosa - Comaraderie - Good committee members which do a lot of work.

Rob - Cater for all levels, make lots of friends.

### Any changes:

Both - No - by the popularity we must be doing it right.

### Favourite Distance:

Rosa - 10K

Christmas run - lots of fun and social

Rob - Half Marathon

any flat run near river.

### Other Interests:

Rosa - Flying when she can afford it.

Music and gardening.

Rob - Photography, cycling and gym work.

### Ambitions in Running:

Rosa - to get back to 5:30 pace and run half marathon under 2 hours.

Rob - Glad to be able to run again. Rob had knee problems.

### Greatest thrill in Running:

Rosa - Breaking 55 min in Jim Barnes run.

Rob - World Vets Marathon in Melbourne running into Olympic Park gave him a real buzz.

### Favourite Food:

Rosa - Thai and Italian

Rob - Spaghetti and chilli

### Pet Hate:

Rosa - Wait for it Ivan!! - Yuppie phones

Rob - Inconsiderate people

## PERTH MARATHON

Two hundred and twenty seven runners finished the 1996 Perth Marathon in July and members of the WA Veterans' Athletic Club were prominent among them.

The first male runner across the line was Ross Parker, M45, in 2.41.28. However, the outright winner on a corrected time was Ray Brown, in 2.34.36. Ray had run the first leg of the marathon relay, which had a later start, and went on to complete the full marathon.

Ross was given a rousing cheer from Vets manning the last drink station who noticed he looked as cool as he did earlier in the year when he won the 10 000 metres at the national games at Perry Lakes. He was well ahead of the field.

Veteran women ran heroically, with Karen Gobby, W40, first in 2.54.32; Sue Prewett, W40, second in 3.17.22; and Janet Kelly, W40, fourth in 3.24.21.

Other veteran women to complete the event included Joanne Pearce, W45, in 4.07.46; and Wendy Duncan, W45 in 4.08.13.

Overall, the marathon age group open champions were -

W30	Angela Bonser,	3.19.12;
W35	Barbara Prince	3.28.16;
W40	Karen Gobby	2.54.32;
W45	Sheila Cluley,	3.53.43;
W50	Pat Kingsep,	4.21.56.
M30	Murray Drummond,	2.46.34;
M35	David Dye,	2.48.33;
M40	Ray Brown,	2.34.36;
M45	Ross Parker,	2.41.28;
M50	Laurie Naylor,	3.01.33;
M55	Bob Frost,	3.22.37;
M60	Terry Hilder,	3.35.22;
M65	Cecil Walkley,	4.16.52.

Vetrun wishes to compliment the following WAVAC members on their successful completion of the event :  
Ross Parker  
Karen Gobby

Prabuddha Nicol (M40 3.00.06),  
Gareth Brunt (M45 3.11.10),  
Darry Dahlstrom (M45 3.13.15),  
John Bell (M50 3.14.00),  
Bob Schickert (M50 3.16.49),  
Sue Prewett, Janet Kelly,  
Ivan Brown (M50 3.26.57),  
Mark Rosen (M45 3.29.16),  
Dennis Miller (M55 3.35.04),  
Jim Barnes running his 50th Marathon (M50 3.35.31),  
Paul Kelly (M40 3.43.12),  
David Walladge (M45 3.57.12),  
Daniel O'Donnell (M45 3.58.23),  
Joanne Pearce, Wendy Duncan,  
John Pellier (M55 4.10.58),  
Cecil Walkley,  
Keith Atkinson (M35 5.02.42).

*Well done. You all ran with great courage to tackle this event and the club is proud of you. Hugs all round - Richard Harris and Jackie Billington.*

### THE ORIGINAL AND STILL THE ONLY AUTHENTIC TRIATHLON STORE IN WA

Bob and Jan have a wealth of experience in fitting running shoes gained over 17 years. Bob has completed each of the 17 Perth Marathons without any injury problems - he must be doing something right!

Phil's years of triathlon experience (including the ultimate - the Hawaii Ironman) and being an accredited Level 1 Triathlon Coach ensure correct bike setup and training advice.

For any of your triathlon requirements, remember - **Runner's World** genuine "old fashion" service.

**NO GIMMICKS**, just honest to goodness advice, based on priceless experience.

*Perth's specialist running  
& triathlon store*

# Runner's World

**OPEN 7 DAYS**  
5 Fitzgerald Street, Perth  
**227 7281**





# The Godfrey Pembroke View

Licensed Dealer in Securities ACN 002 336 254

Financial Consultants & Investment Advisers

## No. 8 - Coping with Low Inflation

It may be surprising to many people to realise that inflation in Australia has only averaged around 2.5 per cent in the last 5 years. This is in striking contrast to the averages of 10 per cent for the 1970's and 8 per cent for the 1980's.

### Don't Count the Dollars

There is now a growing acceptance among Australians that we have really broken the back of high price rises and are in a prolonged period of relatively low inflation.

The traditional Australian view of home ownership needs reconsideration given that the rate of increase in housing prices has slowed to match inflation, and wages are growing at a more modest rate than previously.

For instance - with an inflation rate of 3% a pay rise of 4% or 5% becomes an acceptable increase in real wages. This in turn helps to maintain low inflation.

### Count the Real Cash

For companies this is a competitive environment and the effort to grow profits for shareholders becomes more difficult in dollar terms compared to the 1970's and 1980's.

Under these circumstances some there is a need to focus very clearly on the concept of real returns - that is the investment returns over and above the inflation rate.

With inflation at 8% it is not unreasonable to expect returns well over 10% p.a. But when the inflation rate is only 3% a return of over 10% p.a. is extraordinarily good and probably unsustainable - particularly for moderately conservative investors.

We now need to start thinking about life without inflation propping up asset values and investment returns and plan our finances carefully.

### Call on Experience

Now, more than ever, there is a need to use the services of a financial planner to ensure that appropriate strategies, structures and investments are blended together to satisfy your financial objectives in a low inflation environment.

If you would like an appraisal of your investment or financial strategy then call VetAths member, Bowen Llewellyn.



## 481 4755

\*Bowen Llewellyn AFPA  
Senior Consultant &  
Authorised Representative of  
Godfrey Pembroke Limited.

PS Please call if you would like a copy of the Report noted in this weeks' BRW magazine - "Investing in Shares - the Long Term View"



## HEALTH:

### Addicted to running

#### Sky High

Is running addictive? I have noticed how running can make me feel exhilarated, euphoric and even a bit 'high' - particularly during and after a heavy training session.

I have also experienced the opposite effect of low moods and irritability when I have had several days off running.

Is this common? and can withdrawal symptoms be avoided?

'Runners high' is described as the feeling of euphoria and well-being during or after a run. The feeling of well-being is also accompanied by a reduced awareness of discomfort and even pain.

During exercise, several hormones are released including adrenalin, which increases the heart rate and the blood supply to exercising muscles and allows the body to respond to sudden stress, such as being chased by a sabre toothed tiger, or even run a 10K.

Other chemicals called endorphins and enkephalins are also released during hard physical activity. They are morphine like substances and can make you feel calm and happy and also block sensations of pain. It has been suggested that the endorphin fix, which masks the pain and reality of life, becomes as necessary to the running addict, as cocaine and heroin to a drug addict.

There is no doubt that runners get a psychological boost from their sport and suffer withdrawal symptoms if they have to be idle. Research has been carried out on volunteers and exercise-deprived groups experienced impaired sleep, loss of well-being and increased anxiety and depression.

There are runners who appear to be totally addicted to their sport and continue running despite injury or illness. Running becomes an obsession and they feel out of control if they are obliged to miss a day's run.

Injury or illness produce feelings of anxiety and perhaps a form of depression. This is particularly important to older runners, who may become depressed when sidelined by injury, feeling perhaps, that their age is catching up with them and the inevitable decline has begun.

These runners may well be suffering from a definite problem, which is more

likely to be psychological, than missing the endorphin fix.

My own feeling is that running, or indeed any hard physical exercise, does have a calming effect, and at the same time is improving physical health. Being in good physical health makes you feel happy. Exercise dependence and feeling deprived when denied the opportunity to exercise still seems more healthy than relying on cigarettes and alcohol. (extract from *Today's Runner*).

### 25K RRC 7/7/96

After reading a copy of last years report on this run I could not help but notice the contrast in the weather conditions, and certain other factors.

For instance, a fine day was a pleasant change, our President's car, no longer brand new, instead a pale shade of red dust, and yours truly has given the trusty mountain bike the flick. Also Bob Fergie was able to detach the flags from the side of the bridge with some ease.

My thanks again for all the help, as it was a long day for all concerned - namely Michele and John Mison, Fred Hagger, Arthur Leggett, Fred Watson, Val Wheeler and Denise Lancaster.

To all the runners/walkers, my thanks for your kind words and it really was a pleasure to be involved in this event, so will do again in 1997.

For the enlightenment of those who could not understand why I shortened the traditional 10K course to 8K, when the Port to Court did not start until 9.00am - well, simply, not wanting to have the slower or for that matter any 25K runners or officials on the Canning Bridge to Narrows section, along with any turn markers or flags that might still be left in to cause possible confusion (particularly to leave them there, the competitors would not be amused, and somewhat cold and hungry after a day or so). Also I hoped 8K might be popular, and so make the setting up of the event a great deal easier in years to come (are you now thoroughly confused? well I am!!) besides, what the committee decrees, you obey.

Barrie Thomsett

#### M40

Paul O'Riordan	1:39:28
David James	1:52:35
Milton Mavrick	1:54:48

Gerry Prewett 2:03:51

#### M45

John West	1:34:16
Darry Dahlstrom	1:39:02
Gareth Brunt	1:45:14
Even McRae	2:02:16
Dan O'Donnell	2:08:38

#### M50

Dave Roberts	1:44:48
Bob Schickert	1:47:26
John Bell	1:50:33
Mike Khan	1:56:44

#### M55

Graeme Thornton	1:55:31
Bob Sammells	2:00:49
Merv Jones	2:04:43
Morris Warren	2:04:59
John Pellier	2:06:55
Alan Chambers	2:23:57

#### M60

Ted Maslen	1:56:26
George Schaefer	2:00:01
John Russell	2:34:05

#### M65

Cecil Walkley	2:02:10
Stan Lockwood	2:04:47
Vic Beaumont	2:11:03
Merv Moyle	2:16:22
Peter Davies	2:17:20

#### W35

Robyn King	1:49:37
------------	---------

#### W40

Sue Prewett	1:51:30
Jenny Barnes	2:37:11

#### W45

Heather Sanderson	2:04:34
Jo Pearce	2:23:58
Wendy Duncan	2:24:17

#### W50

Mary Murphy	2:37:11
-------------	---------

#### 8K Run

Frank Smith	M50	29:06
Steve Burge	M35	29:29
Gary Fisher	M40	30:23
Bob Thomson	M45	31:10
Geoff Mullins	M50	31:27
Mike Rhodes	M50	32:54
Ian Blair	M35	33:25
Paul Martin	M50	34:06
Michael Anderson	M45	34:28
Terry Keesing	M35	34:28
Robin Bonner	M65	36:09
Ron Hillis	M50	36:25
Margaret Birks	W45	36:42
Brian Bennett	M45	36:45
Basil Worner	M60	37:30
Peter Airey	M55	38:17
Robert Preece	M45	38:23
Jim Barnes	M50	38:41
Richard Harris	M55	38:44
Jeff Spencer	M55	38:46
Stuart Parkinson	M45	38:52
Jackie Halberg	W50	39:53
Aldo Giacomini	M60	40:52



Joan Pellier	W55	45:02
George Peet	M60	45:03
Doma Barnett	W45	46:51
Anita Browne	W50	46:51
Jan Fisher	W45	46:51
Mary Heppell	W55	47:22
Garnet Morgan	M70	47:57
Sheila Maslen	W55	48:11
Allen Tyson	M70	49:48
Kirt Johnson	M65	50:42
Phyllis Farrell	W50	50:42
Frank Usher	M70	51:28
Jackie Billington	W50	52:22
Ray Barnett	M50	53:25
Glenice Shanahan	W70	65:19
<b>12K</b>		
Lyn Boucher	W50	72:48
<b>8K Walk</b>		
Wendy Spencer	W50	64:06
Pam Piercy	W50	64:07
John Murphy	M50	64:07
Tom Lockyer	M55	65:39
John Ainsworth	W60	67:57
Gillian Peet	W55	67:57
<b>5K Walk</b>		
Wendy Clements	W50	39:20
Val Bonner	W50	46:30
<b>Visitor</b>		
Peter Hickey	8K	34:44

## JAVELIN RECORD

Recently I received my copy of Vetrun (May) and included in that issue is a new records list on Page 6. I believe that the M55 javelin record is held by Alan Stone (38.76m) according to records. However, that record is with a 700 gram javelin and from 1995 we were required to throw an 800gram javelin.

During the Australian Championships at Easter I threw 37.70m with the 800 gram javelin during the M55 Pentathlon on Monday 8 April. I would like to lay claim to 800 gram javelin record.

Many thanks to all Veteran members who organised and ran the championships.

Regards

Peter Gare

*Well done Peter; It's a record (Editor)*

## WELCOME NEW MEMBERS

Susanne Cutten	7.11.51.	W40
Gary Clark	11.11.45.	M50
Julie Clark	23.3.52.	W40

## NATIONALS 1997 MELBOURNE

Some early information regarding the 1997 National Championships to be held at Easter.

\* Entry form will be available around October/November

\* The venue will be the Duncan McKinnon track in Murrumbidgee

\* Cross Country at Collingwood

\* Road Walks almost certainly at Albert Park.

\* JCT Travel is the official travel agent for both our National and State bodies, and have given us the following air fare information for travel Perth-Melbourne \$539.00 per person next Easter. (Certain conditions apply). Veteran athletes over 60 qualify for even cheaper fares.

## BIRTHS

John (M40) and Tia (W35) Stone are delighted to announce the birth of their baby daughter (Hannah) born on July 2nd. (Congratulations Tia and John)

## HEALTHWAY TRIATHLON STATE SERIES

Congratulations to Mitch Loly on winning his age group 55-59 yrs and to Vic Beaumont winning in the 60+ yrs age group. Also in the female section honours to Barbara Wilson in the 40-44 yrs, Jan Billinness in the 45-49 yrs and Pauline Wiltshire in the 50-54 yr age group.

## 50TH MARATHON FOR JIM BARNES

When Jim Barnes, M50, came striding in to finish the Perth Marathon in July his time of 3.35.31 marked a momentous event - it was his 50th marathon in 17 years.

He ran his first in Perth in 1979 in 3.34.00

He ran his best in Melbourne in 1983 when he won the Victorian M40 Veterans Marathon title in 2.43.23.

Jim has had more than his share of worries with injuries, health and stress but he is determined to keep going and run some more marathons. He enjoys the challenge of the event, hates to pull out, and in his last marathon, he had trouble with his hamstring for most of the distance.

Apart from Perth, Albany, Bunbury, Collie, Herne Hill, Boyanup, Rottnest and Melbourne, Jim has run marathons in Adelaide, Boston, Hobart, Singapore, Sydney, Reykjavik, New Forest (UK), Humber Bridge (UK), Border (UK) and has a good feeling for the event.

He also gets strong support and encouragement from his wife, Pat, and his sister and brother in law, Joan and John Pellier.

Jim says running marathons has given him his greatest pleasures in his sporting life. He has tried carbohydrate loading but doesn't use the tactic now because he believes it can have negative long term effects on overall health.

Would he sleep with his wife the night before the big event? "Of course," said Jim. "To suggest that runners should abstain is based on a fallacy." - R.H.

## LETTERS TO EDITOR

John MacHugh  
2/7 Mercury Street, Wollongong, NSW  
2500.

### (1989 BADGE WANTED)

In 1989 I competed at Perry Lakes in the Vets National Titles with success. However, I greatly lament the fact that the cloth badge for that competition is the only one missing from my old track suit top.

If my memory is correct the badge featured a shot-putter and the Shot Put was the event in which I set new national figures in the M65 group.

If one of these badges still exists I would dearly love to purchase it or even a couple thereof.

I would be very grateful if you could check for me and, if available, post same to me with cost plus expenses for postage and your own time and trouble. I would then send my cheque by return mail.

Yours sincerely

John MacHugh

PS: My best wish to all WA Veterans.



## MORE ABOUT RESULTS

Galvanised into action by a suggestion from a club member that Vetrin results should be presented in age groups rather than strict finishing order, your intrepid committee member Merv Jones, acting alone with only his wits to guide him, undertook a random survey of members at two (count em 2!) recent Sunday runs. Members surveyed were given a choice of three answers.

Results follow (in strict finishing order) -

Strict Finishing Order:	32
Don't Care:	9
Age Groups:	8
Total:	49

There were a couple of interesting variations on Don't Care but we don't need that sort of language in our club magazine.

## CLUB CROSS COUNTRY JORGENSEN PARK 14 JULY 1996

The committee organised the very successful Cross Country Championships over the testing course through Jorgensen Park in Kalamunda, followed by a hearty meal and social gathering, where close to 100 members and friends enjoyed a roast lunch.

The course was marked on the Saturday evening by several of the committee, with Graham returning early the next morning to prepare the club rooms for the caterer.

The run follows the fairways of an old golf course, along several pathways leading down and across a creek, before climbing back to the start. There were three laps of a 2.9k course for the race. The course was modified last year to miss out on the steep winding track which had proved to be dangerous. However, this also meant that the creek crossing was changed to a shallower site and was not as spectacular, nor as wet as in previous years.

Greg Vander Sanden led for most of the first two laps, however Jim Langford's strength came through when he passed Greg on the steep climb to the finish area, and from there he extended his lead to win comfortably in a good time of 30:29.

After recovering and cleaning up from the event, all enjoyed morning tea around a roaring fire, to be followed by the roast meal. Having the food prepared and served by a caterer allowed the normally hard working club members to relax more and enjoy the cross country as well as the social activities. I would like to thank all the committee members and friends who helped to make this one of the highlights of the Club's calendar.

**Brian Foley**

### M35

Greg Vander Sanden	R 31:07
Blakeney Tindall	34:12
Ian Blair	36:20
Keith Atkinson	43:38

### M40

Milton Mavrick	38:45
David James	39:55
John Stone	47:40

### M45

David Reid	32:58
Duncan McAuley	33:30
Evan McRae	35:09
Brian Bennett	40:25
Michael Anderson	40:59
John Mison	41:35

### M50

Jim Langford	R 30:29
Bob Schickert	33:59
David Muir	34:37
Ivan Brown	36:51
Frank Smith	37:18
Mike Rhodes	38:25
Mike Khan	38:55
Ron Hillis	43:07

### M55

Don Caplin	R 36:03
Graham Thornton	37:41
Dennis Miller	38:08
Bob Sammells	38:38
John Pellier	41:21
Mike O'Reilly	42:42
Richard Harris	43:15
Merv Jones	43:40
Jeff Spencer	45:58
Ron Sutton	46:43
Jim Riddell	48:31
Barrie Thomsett	52:25

### M60

John Russell	49:13
--------------	-------

### M 65

Robin Bonner	R 40:00
Merv Moyle	43:46
Vic Beaumont	45:32

### M70

Allen Tyson	R 55:17
-------------	---------

### W35

Marilyn Blair	R 37:56
---------------	---------

### W40

Maxine Santich	45:53
----------------	-------

Jenny Barnes	49:14
<b>W45</b>	
Anne Shaw	R 35:30
Margaret Birks	41:33
Fiona McAuley	44:24
Heather Sanderson	45:50
Roma Barnett	50:26
Val Millard	51:37
Michele Mison	53:13
Jill Midolo	64:31

### W50

Mary Murphy	55:22
Rosa Davis	55:38
Val Bonner	76:11

### W55

Joan Pellier	52:56
--------------	-------

### W65

Lorna Lauchlan	61:00 approx.
----------------	---------------

### 1 LAP

Ray Barnett	M50	18:05
Ernie Moyle	M70	25:43

### 2 LAPS

Terry Kessing	M35	25:36
Mitch Loly	M55	31:06
Rob Davis	M55	37:01
Jacqueline McManus	Vis	49:40
Glenice Shanahan	W70	52:32
Faye Walton	W50	55:05

### 3 LAPS WALK

David Brown	M45	61:23
-------------	-----	-------

## AGE GROUP RECORDS AND HOLDERS

### M35

Greg Vander Sanden	31:07 (1996)
--------------------	--------------

### M40

David Reid	32:02 (1994)
------------	--------------

### M45

David Reid	32:45 (1995)
------------	--------------

### M50

Jim Langford	30:29 (1996)
--------------	--------------

### M55

Don Caplin	36:03 (1996)
------------	--------------

### M60

Mick Cousins	33:33 (1995)
--------------	--------------

### M65

Robin Bonner	40:00 (1996)
--------------	--------------

### M70

Allen Tyson	55:17 (1996)
-------------	--------------

### M75

Arthur Leggett	50:33 (1995)
----------------	--------------

### W35

Marilyn Blair	37:56 (1996)
---------------	--------------

### W40

Barbara Wilson	38:27 (1995)
----------------	--------------

### W45

Anne Shaw	35:30 (1996)
-----------	--------------

### W50

Peggy MacLiver	43:36 (1995)
----------------	--------------

### W55

Ann Turner	47:52 (1995)
------------	--------------

### W65

Lorna Lauchlan	55:39 (1995)
----------------	--------------



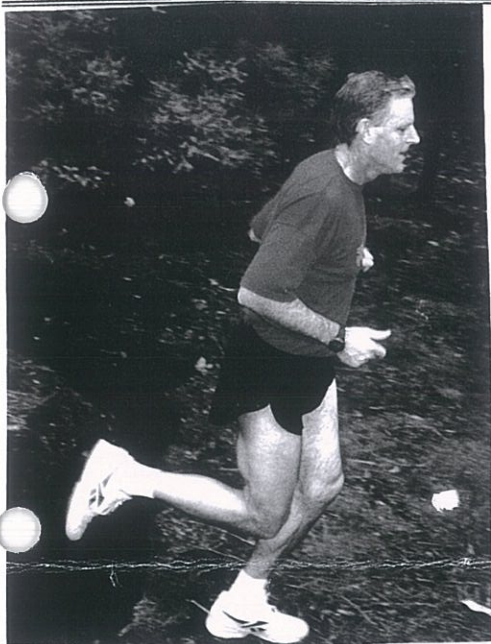
Anne Smith and Arthur Legget tuck into the spit roast provided at the Jorgensen Park Cross Country Championship recently.



Jenny Barnes on the way to winning a medal



Ron Hillis ran very strongly at Jorgensen Park

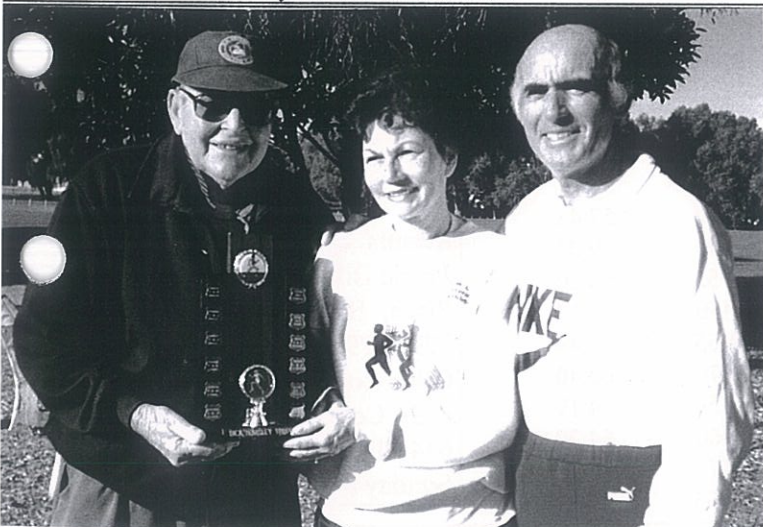


(Centre) Happy race walkers Jill Midolo & Lorna Lauchlan and (right) Sheila Maslen at Marathon Club Women's Run to raise funds for Breast Cancer Research. (photo Richard Harris)



### DICK HORSLEY TROPHY

Presented by Dick Horsley to Husband and Wife Team  
Lynne & Bob Schickert



Jackie Billington (assistant Editor, first time nanna) shows off kiwi grand-daughter Danielle at a Sunday run





## DEEPWATER POINT AUGUST 4, 1996

Overnight showers did not deter a good turn out for this popular river run over the Mt Henry and Canning Bridges.

A feature of this years events were some good performances and sprint finishes. Tessa Brockwell pushed Vic Waters to a smart time in the 7.2K and in the walk Paul Martin and John Mison decided a dead heat was in order. Frank Smith was back to his happy hunting ground in the 16K run, but not one got near his three age records.

The nature of this run demands many officials and special thanks is extended to all those who helped, including Diane Airey, Dick Blom, Sun Danby, Leo Hassam, Stuart Hicks, Jo Pearce, Bev Thornton and Maurice Smith.

**Dalton Moffett**

### 16K

John West	M45	59:42
Frank Smith	M50	60:43
Pra Nicol	M40	65:38
Gareth Brunt	M45	66:00
Gary Fisher	M40	66:42
Bob Schickert	M50	66:30
Bill Jones	M45	67:02
Don Caplin	M55	67:02
Wayne Pantell	M40	67:05
Geoff Mullins	M50	67:28
Paul Kelly	M40	68:29
Mark Rosen	M45	70:07
Milton Mavrick	M40	70:23
Mike Khan	M50	70:53
Jan Kelly	W40	71:28
Frank Gardiner	M45	71:47
Ted Maslen	M60	71:56
Bob Sammells	M55	72:21
Heiner Huning	M40	73:14
Keith Atkinson	M35	75:19
Brian Bennett	M45	75:37
Alec Holm	M50	75:47
Stan Lockwood	M65	75:26
Brian Danby	M45	77:21
Cecil Walkley	M65	77:32
John Pellier	M55	77:47
Heather Sanderson	W45	77:49
Robert Sheehy	M50	80:02
Clive Frost	M45	80:19
Dan O'Donnell	M45	80:39
Vic Beaumont	M65	81:01
Richard Harris	M55	81:14

Aldo Giacomini	M60	82:50
Jackie Halberg	W50	84:38
Tony Speechley	M50	84:38
John Russell	M60	87:20
Peter Davies	M65	88:10
Ron Sutton	M55	89:23
Shorty Turner	M60	92:38
Norm Miller	M60	94:04
Ann Turner	W60	94:32
Wendy Duncan	W45	95:21
Joan Pellier	W55	95:21
Mary Murphy	W50	98:13
Phyllis Farrell	W50	98:36
Kirt Johnson	M65	98:37
Mary Heppell	W55	102:01
Lynette Boucher	W50	105:52
<b>7.2K</b>		
Vic Waters	M50	30:10
Tessa Brockwell	W40	30:27
Paul Arthur	M35	30:47
Ian Blair	M35	30:48
Brian Foley	M50	31:12
Mike Rhodes	M50	31:18
Maxine Santich	W40	33:08
Terry Keesing	M35	33:34
Robin Bonner	M65	35:03
Simon Mort	M35	35:28
Peter Hickey	M35	35:29
Peter Airey	M55	36:00
John Stone	M40	37:29
Stuart Parkinson	M45	38:06
Bernadette Height	W35	38:46
John Smith	M60	38:46
Arnold Jenkins	M50	40:41
Val Millard	W45	42:41
Roma Barnett	W45	44:57
Ray Barnett	M30	44:58
Pat Miller	W55	47:43
Frank Usher	M70	48:05
Sheila Maslen	W55	48:20
Margaret Ward	W50	49:15
Denise Lancaster	W45	49:16
Irene Ferris	W40	49:17
<b>7.2K Walk</b>		
Paul Martin	M55	41:18
John Mison	M45	41:18
Barrie Thomsett	M55	47:02
Bob Fergie	M60	48:14
Michele Mison	W45	48:59
Barry Weatherburn	M50	51:07
Wendy Clements	W50	51:15
Jackie Billington	W50	54:15
Dorothy Whittam	W60	55:27
Lynne Schickert	W50	57:27
Pat Ainsworth	W60	57:43
Jeff Whittam	M60	59:07
Val Bonner	W55	60:00
John Murphy	M50	61:34
Val Wheeler	W65	61:49
Ernie Moyle	M70	62:40
Gillian Peet	W55	64:19
George Peet	M60	64:20
Fred Watson	M75	67:27
Jackie Beaumont	W55	71:31

Alan Pomery	M65	71:31
<b>VISITOR</b>		
Sinead Leavy	7.2K	35

## REMINDER!!

### CLUB CHAMPIONSHIP PRESENTATIONS

**SUNDAY  
SEPTEMBER 22**

**AT ROSIE O'GRADY'S**

**See Graham Thornton for  
bookings**

## NANGA DELL FARM 20K East of Waroona

**LONG WEEKEND  
SEPTEMBER 27-30**

There are places still available for the long weekend September 27-30 at \$75.00 per person. This includes three nights accommodation and fully catered meals for the entire weekend. Contact Graham Thornton on 23027 for further details.

Activities - Horse riding, cross country cycling, canoeing, and the Biblumen Track is nearby for runners and walkers.

## COPY FOR THE VETRAN

Results can be posted directly Jackie Billington U5/8 Garnsworthy Place, Bassendean WA 6054. Ph: 279 8679

Other copy items to Richard Harris at 30 Cosmelia Way, Lynwood WA 6147 Ph: 457 6102 or see at regular Sunday runs.



## R R C RESULTS

Runner	Age Gr	10km	15km	25km	Total Time	Rate
King, Robin	W35	0:41:40	1:04:01	1:49:37	3:35:18	04:18✓
Prewett, Sue	W40	0:41:52	1:06:42	1:51:30	3:40:04	04:24✓
Barnes, Jenny	W40	0:55:00	1:21:40	2:37:11	4:53:51	05:53✓
Sanderson, Heather	W45	0:45:04	1:10:48	2:04:34	4:00:26	04:49✓
Duncan, Wendy	W45	0:56:05	1:24:50	2:24:17	4:45:12	05:42✓
Prewett, Gerry	M40	0:45:31	1:12:56	2:03:51	4:02:18	04:51✓
West, John	M45	0:35:41	0:53:55	1:34:16	3:03:52	03:41✓
Dahlstrom, Darry	M45	0:37:27	0:57:16	1:39:02	3:13:45	03:53✓
Brunt, Gareth	M45	0:38:26	0:59:26	1:45:14	3:23:06	04:04✓
Roberts, Dave	M50	0:37:53	0:57:56	1:44:48	3:20:37	04:01✓
Schickert, Bob	M50	0:38:14	0:58:26	1:47:26	3:24:06	04:05✓
Brown, Ivan	M50	0:39:48	1:01:51	1:50:33	3:32:12	04:15✓
Bell, John	M50	0:40:25	1:13:49	1:49:07	3:43:21	04:28✓
Khan, Mike	M50	0:44:43	1:05:58	1:56:44	3:47:25	04:33✓
Thornton, Graham	M55	0:41:43	1:01:36	1:55:31	3:38:50	04:23✓
Warren, Morris	M55	0:46:55	1:16:11	2:04:59	4:08:05	04:58✓
Jones, Merv	M55	0:48:10	1:15:14	2:04:43	4:08:07	04:58✓
Chambers, Alan	M55	0:51:46	1:27:32	2:23:57	4:43:15	05:40✓
Schaefer, George	M60	0:43:49	1:06:51	2:00:01	3:50:41	04:37✓
Russell, John	M60	1:00:26	1:21:41	2:34:05	4:56:12	05:55✓
Walkley, Cecil	M65	0:44:43	1:08:13	2:02:10	3:55:06	04:42✓
Lockwood, Stan	M65	0:47:20	1:14:45	2:04:47	4:06:52	04:56✓
Beaumont, Vic	M65	0:49:51	1:14:23	2:11:03	4:15:17	05:06✓
Moyle, Merv	M65	0:49:02	1:13:06	2:16:22	4:18:30	05:10✓

## NEED A PHOTOGRAPHER???

Club member Rob Davis can assist you with your photographic needs.

He is experienced in sports photography, general portraiture, weddings and other commercial areas of photography.

Let Rob handle your photography and receive a Vets Club discount.

Details from Rob at the club runs or phone on 314 7464 or fax 337 4413.

## DOWNUNDER PHOTOGRAPHY



# YOU DESERVE A NEW SHIRT!

State - Singlet - Gold with black trim with club badge on left side @ \$15.00.

(To be worn at National Championships)

Club - Singlet - Black and white with club badge on left side @ \$15.00.

(To be worn at State Championships)

Tee-shirts - Grey with the three colour runner club logo on the front @ \$16.00 short sleeve \$18.00 long sleeve.

Fleecy Windcheaters grey with three colour runner club logo @ \$22.00.

Plus caps, visors in a range of colours @ \$7.00. Car stickers and iron-on badges @ \$2.50

## ORDER FORM

Please Supply:

..... Qty ..... Size .....  
 ..... Qty ..... Size .....

Post to: Club Treasurer, 100 Matilda Street, Huntingdale WA 6110

Cheque Payable to: WAVAC. If you require a postal delivery, please add \$2.50

PRINT POST APPROVAL  
644113/00007

IF UNCLAIMED PLEASE RETURN TO:  
1/37 BOMBARD STREET  
ARDROSS WA 6153



SURFACE  
MAIL

POSTAGE  
PAID  
AUSTRALIA

Mr R Hayres  
26 Jenkins Pl  
WEMBLEY DOWNS

WA 6019

## HAPPY BIRTHDAY TO OUR SEPTEMBER MEMBERS

Thomson, Robert	03/09/47	49	remains	M45	King, Robin	17/09/58	38	remains	W35
Worner, Basil	04/09/31	65	becomes	M65	Blom, Dick	19/09/33	63	remains	M60
Sanderson, Heather	04/09/49	47	remains	W45	Pantall, Wayne	19/09/52	44	remains	M40
Blair, Marilyn	04/09/59	37	remains	W35	Wilson, Barbara	19/09/51	45	becomes	W45
Barnett, Roma	06/09/49	47	remains	W45	Whalan, Roger	20/09/41	55	becomes	M55
O'Donnell, Dan	06/09/50	46	remains	M45	Davies, Denise	23/09/43	53	remains	W50
Stone, John	07/09/52	44	remains	M40	Warren, Morris	24/09/37	59	remains	M55
Beaumont, Jacqueline	08/09/36	60	becomes	W60	Heppener, Tony	24/09/51	45	becomes	M45
Leggett, Arthur	08/09/18	78	remains	M75	Howat, Jeanette	24/09/54	42	remains	W40
Birks, Margaret	09/09/46	50	becomes	W50	McAuley, Duncan	28/09/49	47	remains	M45
Davis, Robert	11/09/38	58	remains	M55	Wiltshire, Pauline	28/09/42	54	remains	W50
Stoffers, Margaret	11/09/43	53	remains	W50	Ward, Marg	28/09/41	55	becomes	W55
Scott, David	12/09/47	49	remains	M45	Lockwood, Stanley	29/09/29	67	remains	M65
Kennedy, Brian	14/09/33	63	remains	M60	Fraser, Lynn	29/09/55	41	remains	W40
Aldrich, Brian	16/09/30	66	remains	M65	O'Reilly, Mike	29/09/39	57	remains	M55
Hayres, Robert	16/09/31	65	becomes	M65	Usher, Francis	30/09/23	73	remains	M70
					Chambers, Alan	30/09/37	59	remains	M55