



August 2002

Number 343

VETRUN

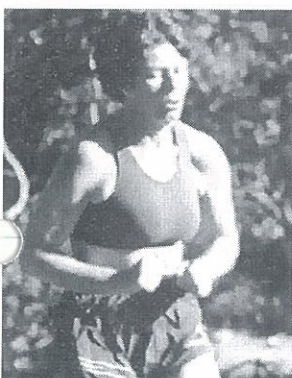


THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

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



A fine day at the Club Cross Country Championships - Jorgensen Park



Lachlan Marr M40 finished 10th in the Perth Marathon. He was also the first WAVAC member to finish ahead of 13 others. Richard Harris was 1st M65.

Results (Vets only) on page 6



In this issue

Around Herdsman

25 km RRC + 10km

Darlington Dash

50km RRC

Track + Field Program 02-03

On the Run

by Vic Waters



Masters v Veterans What's in a name?

**For impact on potential recruits,
not much, I suggest.**

But leave that for a moment.

First, consider accuracy in describing our club and its members. With very few exceptions, we cannot claim to be 'masters' of our sport. This term should apply to athletes who have reached the heights, represented their country, or State maybe, in open competition. I know of only two vets who have reached Olympic standard - Keith Wheeler and Murray Tolbert. John Gilmour should have done so, in happier circumstances. To the select band could be added some exceptional current performers such as Antoinette Shaw and Bert Carse. Sorry if I've missed anyone - but it's only a few like these who might fairly be called masters. The rest of us have no exceptional talent or ability. Virtually anyone in the wider community could match us - if they cared to train.

Veterans', however, is an accurate term. It leaves little doubt - this is a group of older people, who run and walk. Some of them also occasionally jump and throw things.

Our club name has been discussed intermittently before. It's been suggested that 'Athletic Club' scares off people. The Marathon Club has been through similar soul searching. There, some people think 'Marathon' too narrow a description of the wide range of running they offer.

Masters imparts no information of course, unless it's linked to 'running', 'athletics' or some such. (Or milk; is this a devious scheme for a dairy to sponsor the championships!)

Recruitment. How much effect will a name change have on recruitment? If 'Athletic Club' deters people, wouldn't Masters? I believe that our numbers have hovered between 350 and 450 people for some years. We lose some, we gain some. My impression is that most new members join through personal contact, word of mouth. Some have seen our (fairly low-key) promotional efforts. If we are to get serious about recruitment let's start by surveying the current membership.

Knowing how and why each person first came to the Vets would be useful in directing our efforts. If my impression is

right, however, then the name is immaterial. They would have joined whatever we were called

Perth runners. Change for its own sake is pointless. Changing to join the national trend is a consideration, of course.

Personally I prefer individuality. So, here's a possibility. Keep WAVAC, and register the 'trade name' of Perth Runners.

Why? Our potential recruits are runners, in Perth. They are not involved in athletics, or other clubs. They're like us, ordinary people, probably trotting around to lose weight and maybe get a little fitter. Catch their attention with well-placed small ads and promotions such as:

Join Perth Runners.

Running is easier in company!

The Problem. Increasing membership is a double-edged sword. More members equals more income, and helpers. It also makes more work, for race directors and helpers; for Vetrun production and distribution; for treasurer; programme organiser. At some point, voluntary help stops coping, and paid help is needed. That means office facilities are also required. Next, a clubhouse. The organisation is totally changed. Possibly, the small, matey atmosphere dissipates.

Assuming Perth is big enough for two such organisations, do we want that? Shortly after joining the Vets in 1989, I edited the Vetrun. Impressed by such a fine club, I wrote a piece asking 'Do we want to keep this great thing a secret.' I was surprised when many members said 'Yes'.

I'm beginning to see their point.

Vic Waters

It's your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email:
tinniswoodr@sundaytimes.newsld.com.au



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

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

Home phone: 9403 6353

Back issues of Vetrun

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

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

Rod, the article in the July Vetrun with regard to Masters and Veterans should trigger a good response.

One point that members should, perhaps, be made aware of is that WAVAC can organise Masters Championships. So, theoretically, we could attract sponsorship monies without changing the Club's name.

Another thought that I've had is that, again, we could set up a State controlling body with the word Masters in its title for sponsorship reasons (sponsors much prefer to deal with State bodies rather than individual clubs) and, again, we could continue as a Veterans club under it's umbrella.

I'm not really in favour of either of these options as I believe that we, as a Club, should be committed to a single name only.

I would really like to see all the options available put before members before an EGM.

Also, after the WAVA change last year, I gathered that most Europeans preferred to stay with Veterans but were out-voted. One old Portuguese (former Head of Portugal Olympic Committee) bloke told me that, if he was still alive when the World Champs are held in San Antonio in 2005, then, if Masters had not been proved to attract sponsorship money, he would be proposing a reversion to Veterans.

Bob Sammells

Hi Rod

What's in a name?

The suggestion that we should change from Veterans to Masters Athletic Club makes me put my hands on my hips and eyes towards heaven. Preserve us from these 'move-with-the-times runners'. We endure that ninety percent of this club is classified as track runners and pay a levy to the Australian Masters Athletic Association. It seems we are taken over by these few athletic track members.

The majority of Vets run on the road and hopefully don't want to be called masters. I write from the heart when I say I am master of little or nothing, but I am a veteran runner (coming up 20 years)

Let's get what we want and want what we get with the naming of our club.

Margaret Warren 3.07.02

Thanks Margaret. Bob Schickert has answered this in a letter on the next page

"Veterans" or "Masters"

In answer to Margaret Warren's letter.

It is good to see the debate under way. Hopefully we can have members fully informed before any vote.

Margaret Warren's letter gives the impression there is some burden or "extra" paid by road and cross country members because the Club also has Track and Field members. In my view THIS IS NOT CORRECT. Recently I researched the costs for Morris Warren and the results clearly showed that there is not an extra burden on road and cross country members. I refer Margaret to that document.

WAVAC pays an annual capitation fee to the Australian Masters Athletics Association (AMA) of \$7.00 per member. This is paid for over 95% of our members. The members not included have been the "non-active" members who in some cases have paid a lower membership fee to WAVAC.

I believe membership of AMA helps EVERY member of every section of our club (road, cross country, race walking, track and field) through promotion in Australia and internationally of MASTERS ATHLETICS through their association with Athletics Australia. I also believe the survival of our club depends on the marketing of all sections of our great sport. AMA does this.

My proposal to change from "Veterans" to "Masters" was put forward as I believe a change of name is better for our future. Masters is seen to be more acceptable when marketing to younger athletes in the 30 - 40 age group. I say that even though I think "Veterans" better describes what we are. Without younger recruits our great club will wither away.

Over to you.

Bob Schickert

New Members

A warm welcome to the new members approved at the committee meeting on July 9, 2002.

Margot Colquitt (F)
Costa Tsesmelis (M)
Kylie Mahony (F)
Mark Sivyer (M)
Sean Keane (M)
Gail Yorkshire (F)



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Tel: 9355 0123.

*To: STATE, TERRITORY ASSOCIATIONS
From: Stan Perkins, President, AMA*

THE COURIER MAGAZINE (Alternately the Masters Athlete Magazine)

This information is being provided to you to make you aware of various discussions that have taken place within the Australian Masters Athletics Board meetings in recent months, related to the Courier Magazine.

At the outset it should be stated that the Board has always been supportive of a national publication to ensure that all members of our sport throughout Australia were kept aware of what was happening within our sport. There had been several years of effort that led to the eventual development of the Courier, however in the last year the ability to continue to maintain the publication, and indeed to ensure its continued relevance, has demanded our attention.

The issues can be summarised as follows:

1. Is the Courier the best way to communicate with the membership?
2. Are the costs of preparing, printing and distribution justified?
3. Can the Association continue to justify the publication of the Courier?
4. If the answers to above are NO, what alternatives are available?

The Board has come to the following conclusions -

1. Whilst the Courier has been an effective communication tool, the most effective method of communication still remains the newsletters issued by each State/Territory Association. The Courier in many ways has been a duplication of these newsletters.
2. The costs of the Courier, based on four issues per annum, was budgeted at

\$15,000 per annum. However recent estimates indicate that the expected costs will exceed \$20,000 per annum. This figure exceeds the total income from capitation fees per annum. Distribution has also been a problem.

3. To continue to produce this publication at the rate of 4 issues per annum would require an increase in capitation fees, just to meet present costs. The alternative would be to delve into accumulated funds and over time this would severely deplete our financial reserves.

4. There are several alternatives under consideration. These include -

- A one or two page news release to each Association for inclusion in their monthly newsletter
- The development of an Association Handbook on an annual basis that will be issued to every registered member. This Handbook will contain all the important information about our Association, championships, rules, uniforms, contacts, etcetera.
- The development of a website through the Australian Athletics Federation that will provide on-going, up to date information
- Inclusion of information in Athletics Australia publications - with plans for a whole of sport information service.

Summary: The decision not to authorise any further publication was not taken lightly and it is subject to the considerations and final decision of the Council (that is your representatives) at the Annual General Meeting in August. It is appropriate that each State/Territory Association considers the action taken by the Board and clearly advise their delegates to the AGM in this matter.

Hi Rod,

would you put a short message in the next Vetrin ... something like this:

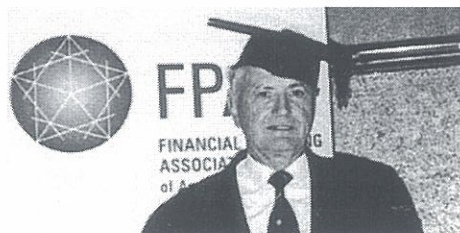
PHOTOS FOR CLUB WEBSITE

Members, if you have any photos of any of our club events that you think would go well on our club website, please send them to John Stone or email them to:

johnstone@netprojex.com.au

Please get permission from those in the photos first.

Thanks, John



*Brian Aldridge graduated with the Diploma of Financial Planning, a highly prestigious and Internationally recognised award.
Goodonya Brian.*

Email Directory

If you would like to be included in this directory, please let me know - Rod

John Stone johnstone@netprojex.com.au

Rod Tinniswood tinniswoodr@sundaytimes.newsltd.com.au

Around Herdsman 23 June 2002

The joy of setting a run during the winter solstice is that you get to put out flags at 6am in the dark using a torch, with mist rising from the lake and the temperature in single digits. Vic covered the northern and eastern sides of the lake and I did the southern and western bits. Thanks to the lack of rain, the tracks were neither submerged nor muddy, allowing for a speedy run and some impressive times.

Officially we scheduled a 5km walk, a 5km run and an 8km run. Unofficially a handful of non-conformists did an 8km walk - an excellent idea given that the route around the lake was so pretty and it gave them the chance to enjoy the wildlife and the scenery.

Thanks to: Ray Hall who directed runners and walkers and doubled up as a parking official, Stan Lockwood for manning the gate, Julie Keeley who did a crash course on how to use the clock five minutes before the run started and coped admirably, Simon Jawichre for handing out the numbers, Shirley Bell and Krista Adrain for recording, Ross Parker for turning people around at the 2.5km mark. Norm Miller for collecting a bundle of flags even though he wasn't an official helper, and especially to Vic Waters for stepping in as co-race director and doing all the things that race directors do.

May I suggest to the committee that before planning next year's program, they consult the lunar calendar so that the timing of our run does not coincide with the full moon. This is not as daft as it sounds, you see rogaines are set on weekends nearest the full moon and Jim would NEVER miss a rogaïne. This meant he was unavailable to help set the run so poor Vic was conscripted. Now Vic doesn't owe me any more favours so I will need Jim to help set next year's run.

Margaret Langford

5Km Run

1	22:30	Henry Cortis	M55
2	22:31	Debra Burge	W35
4	22:32	Peter Airey	M65
5	31:48	Mary Heppell	W60
6	31:56	Rosa Wallis	W55
7	33:35	Shirley Milligan	W65
8	35:23	Elaine Ellard	W60
9	39:17	Mary Taylor	W50
10	41:06	Frank Usher	M75
11	46:27	Steve Toohey	M50

8km Walk

1	1:13:18	Rex Bruce	M60
2	1:13:19	Leo Hassam	M70
3	1:13:24	Norm Miller	M70

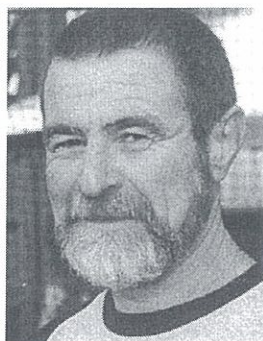
8km Run

1	22:33	Tony Heppener	M50
2	29:08	Bert Carse	M60
3	29:47	Byorn Dybdahl	M45
4	29:58	Daryl White	M40
5	30:16	Ian Davies	M55
6	31:15	Chris Shenton	M35
7	31:19	Jim Klinge	M55
8	31:55	Paul Hughes	M55
9	32:04	John Allan	M40
10	32:18	Bob Schickert	M60
11	32:31	Gareth Brunt	M50
12	32:41	Dave Roberts	M55
13	33:02	Mike Kara	M35
14	33:03	Blakeney Tindall	M40
15	33:10	Lauren Gardiner	VIS
16	33:27	Dave Scott	M50
17	34:17	Mal Vernon	M45
18	34:52	Wilf Bamber	M40
19	35:37	Frank Gardiner	M50
20	35:52	Johan Hagerdorn	M55
21	35:53	Simon Mort	M45
22	36:04	Rob Sheahy	M55
23	36:20	Mark Sivy	M50
24	37:00	Milton Maverick	M45
25	37:09	Sean Keane	M35
26	37:16	Rod Tinniswood	M50
27	37:31	Irwin Barrett	M70
28	37:34	Nick Miletic	M50
29	37:45	John Frost	M60
30	37:48	Adrian Damiani	M50
31	37:55	John Pellier	M60
32	38:09	John Bell	M55
33	38:16	Brian Bennett	M50
34	38:30	Roger Walsh	M55
35	38:30	Jim Halliday	M55
36	38:32	Mellisa Gardiner	VIS
37	38:49	Dee Haines	W40
38	38:55	Gillian Young	W50
39	38:59	Bob Sammells	M65
40	39:14	Jim Barnes	M55
41	39:15	Barry Audsley	M60
42	39:37	Maurice Creagh	M55
43	39:38	Bruce Horstead	M35
44	39:59	Damien Hanson	M45
45	40:20	John Dance	M50

46	40:41	Mike Rhodes	M55
47	41:21	Mike Forge	M60
48	41:23	Sue Bullen	W40
49	41:48	Dan Bending	M55
50	41:54	Wendy Clements-Green	W55
51	41:59	Mitch Loly	M60
52	42:04	Paula Karra	W30
53	42:49	John Smith	M65
54	43:12	Ann Turner	W65
55	43:33	Merv Jones	M60
56	43:39	Laurie Collett	M70
57	43:40	Brian Smith	M60
58	43:50	Margaret Warren	W65
59	44:21	George Schaefer	M65
60	44:38	Rod Wright	M50
61	44:56	Merv Moyle	M75
62	44:59	Pam Toohey	W55
63	46:09	Arnold Jenkins	M55
64	50:05	Margaret Bennett	W60
65	50:13	Brian Aldridge	M70
66	50:19	Alison Aldrich	W55
67	51:47	Ray Lawrence	M70
68	53:15	Julie Woods	W50
69	53:16	Elaine Dance	W50
70	53:25	Jackie Halberg	W55
71	54:56	Shorty Turner	M65
72	54:57	Maurice Warren	M60
73	00:24	Costa Tsesselis	M50

5km Walk

1	35:26	Lyn Schickert	W60
2	35:29	Val Millard	W55
3	36:14	Michelle Mison	W50
4	37:06	Janis Malin	W50
5	37:19	Keith Atkinson	M45
6	39:07	Dorothy Whittam	W65
7	41:11	Pat Hopkins	W60
8	43:20	Pat Miller	W60
9	43:21	Pat Ainsworth	W65
10	43:32	Maggie Flanders	W65
11	44:31	Barbara Bailey	W70
12	46:32	Jeff Whittam	M65
13	46:36	Jack Bailey	M70
14	48:11	Ernie Moyle	M75
15	52:16	Bernine Barret-Lennard	W70



Profile

Profile #7

Compiled by Jim Barnes

John Pressley

John in prior years has been a well respected runner. Three times winner of Mundaring to York (40 miler). He also represented the State in the Marathon

Born: Sheffield UK 17/05/45
Home: Bull Creek
Children: 2
Occupation: Engineer
Personal Bests: 10km = 34:30
 Half Marathon = 75
 Marathon = 2:33

Favourite Run: Teddy Birds
Favourite Sport: Running, Triathlon
Interests: Work
Reading: Novels, Travel, Harry Potter
Pet Hates: Religious biggots, loud music
Best Achievement: Bringing up 2 kids

VETS 25kms and 10kms runs and 10 kms walk

McCallum Park 30 June 2002

A clear blue sky, no wind, smiling faces, satisfied ambitions, a healthy breakfast, a chat with friends. All in all, a typical Sunday morning at the Vets. Perhaps one special mention is in order. Stan Lockwood (M70) cruised the 25kms in 2.10.18 and looked as though he could have gone round again - that's the sign of a man in top shape. Thanks, of course, to all the helpers.

Frank & Gail

10 kms run

Bert Carse	M60	37.03
Warren Gee	M50	37.28
Ralph Henderson	M50	37.40
Darryl White	M40	38.24
Ian Davies	M55	38.31
Jim Klinge	M55	40.02
He Shaw	W50	40.28
Colin Chisholm	M35	41.18
Doug Ashfield	M45	41.40
Geoff Mullins	M55	43.18
Bill Jones	M50	43.22
David Roberts	M55	43.52
Dave Scott	M50	44.55
Gary Fisher	M50	45.42
Simon Mort	M45	46.40
Simon Jawichre	M35	46.51
Mal Vernon	M45	46.52
John Frost	M60	48.22
Scott Gagen	M35	48.29
Brian Foley	M55	48.44
Robin King	W40	48.44
Claire Walkley	W35	49.18
Graham Griffin	M35	49.18
Erica Lorimer	W35	49.53
Bob Sammells	M60	50.01
Amien Hanson	M45	50.06
Sean Keane	M35	50.09
Barry Audsley	M60	50.28
Ray Attwell	M65	50.38
Peter Airey	M65	50.44
Roger Walsh	M55	50.49
Paul Buckley	M50	51.06
Sue Bullen	W40	51.47
Mitch Loly	M60	52.33
Margaret Robertson	W60	53.12
John Smith	M65	53.51
Dan Bending	M55	54.06
Mike Rhodes	M55	54.22
Mike Anderson	M50	54.28
Rhys Waldock	M50	54.54
Robyn Watts	W45	55.07
Mike Faunge	M60	55.57
Liz Chandler	W30	56.38
Kris Adrian	W30	57.05
Arnold Jenkins	M55	1.00.03
Julie Wood	W50	1.04.43
Sheila Maslen	W60	1.04.47
Alison Aldrich	W55	1.06.29
Elaine Dance	W50	1.06.36

Brian Aldrich
Ray Lawrence

10 kms walk

Paul Martin	M60	56.56
Ray Hall	M65	1.08.41
Teresa Lees	W45	1.08.58
David Brown	M55	1.09.24
Shirley Milligan	W65	1.10.04
Rex Bruce	M60	1.11.28
Lynne Schickert	W60	1.14.38
Janis Malin	W50	1.17.35
Christine Pattinson	W45	1.17.36
Jenny Shillington	W40	1.17.36
Dorothy Whittam	W65	1.19.18
Alan Pomery	M70	1.24.20
Maggie Flanders	W65	1.30.51
Pat Miller	W60	1.33.29
Don Pattinson	M45	1.33.29
Norm Miller	M70	1.34.35
Leo Hassam	M70	1.35.27
George Schaefer	M65	1.35.28
Ernie Moyle	M75	1.35.30

25 kms run

Lachlan Marr	M40	1.38.49
Fayaz Jamal	M45	1.42.03
Wayne Robinson	M45	1.42.39
Graham Myer	M45	1.44.00
Gareth Brunt	M50	1.49.49
John Allen	M40	1.50.03
Ivan Brown	M55	1.52.59
Bob De La Motte	M40	1.53.00
Bob Schickert	M60	1.56.25
Mike Karra	M35	1.56.46
Brian Danby	M50	1.59.10
Dennis Miller	M60	1.59.41
Vic Waters	M55	2.00.57

M70 1.08.39
M70 1.08.39

M60	56.56
M65	1.08.41
W45	1.08.58
M55	1.09.24
W65	1.10.04
M60	1.11.28
W60	1.14.38
W50	1.17.35
W45	1.17.36
W40	1.17.36
W65	1.19.18
M70	1.24.20
W65	1.30.51
W60	1.33.29
M45	1.33.29
M70	1.34.35
M70	1.35.27
M65	1.35.28
M75	1.35.30

John Davies
Sue Vetten
Johan Hagedoorn
John Pellier
Milton Mavrick
Mike Khan
Bob Sheehy
Richard Harris
Jim Barnes
Shirley Bell
Stan Lockwood
Nick Miletic
Rod Tinniswood
Graham Thornton
Silvio Wirth
Julie Keeley
Margery Forden
Jeanette Tiverios
David Carr
Cecil Walkley
Graham Lees
Glenda Lawrence
Karen Riley
John Dance
Maree Creighton
Wendy Duncan
Merv Jones
Wendy Clem-Green
Paula Karra
John Bell
Anne Turner
Wilf Bambee
Irene Ferris
Christine Rombotis
Joan Pellier
Margaret Bennett
Pam Toohey

M55 2.02.24
W50 2.02.50
M55 2.03.25
M60 2.03.36
M45 2.05.13
M55 2.06.04
M55 2.07.11
M65 2.08.19
M55 2.08.31
W50 2.09.26
M70 2.10.18
M50 2.10.60
M50 2.15.04
M60 2.16.56
M50 2.16.57
W35 2.17.25
W60 2.18.55
W45 2.20.26
M70 2.20.43
M70 2.20.47
M50 2.22.07
W45 2.23.26
W35 2.23.28
M50 2.25.02
W50 2.25.25
W50 2.25.27
M60 2.25.36
W60 2.28.09
W30 2.28.52
M55 2.29.55
W65 2.29.48
M40 2.33.42
W50 2.35.35
W40 2.38.55
W60 2.39.50
W60 2.41.02
W55 2.43.36

August Birthdays

John	West	03.08.1949	53	remains	M50
Jeffrey	Whittam	05.08.1934	68	remains	M65
Stephen	Dunn	06.08.1966	36	remains	M35
Simon	Mort	06.08.1956	46	remains	M45
Ralph	Henderson	07.08.1948	54	remains	M50
Albert	Carse	08.08.1941	61	remains	M60
Brian	Danby	08.08.1948	54	remains	M50
Bjorn	Dybdahl	12.08.1953	49	remains	M45
Jim	Langford	12.08.1944	58	remains	M55
William	Hughes	15.08.1927	75	becomes	M75
Glenda	Lawrence	17.08.1956	46	remains	W45
Gordon	Medcalf	19.08.1929	73	remains	M70
Cedric	Turner	19.08.1935	67	remains	M65
Jon	Wannberg	19.08.1966	36	remains	M35
John	Dance	20.08.1949	53	remains	M50
Margaret	Flanders	21.08.1936	66	remains	W65
Keith	Martin	21.08.1943	59	remains	M55
Jim	Halliday	22.08.1943	59	remains	M55
Bob	Neville	23.08.1953	49	remains	M45
Michele	Mison	24.08.1947	55	becomes	W55
Julie	Wood	24.08.1948	54	remains	W50
Peter	Davies	26.08.1929	73	remains	M70
Brian	Bennett	28.08.1947	55	becomes	M55
Neil	McRae	28.08.1952	50	becomes	M50
Norman	Richards	29.08.1937	65	becomes	M65
Susan	Sanders	29.08.1953	49	remains	W45

Darlington Dash July 7 '02

A very pleasant morning up in the hills greeted the 80 runners for the most picturesque and enjoyable run on the vet calendar!

The winner of this year's Dick Horsley Trophy for the quickest couple over a combined 16 and 8 km run went to Jill and Johan in 119.41, the Schickert's were second in 122.00 and the Pellier's third in 125.08. Congratulations to all the competitors.

Many thanks to Mike & Liz Khan, Pat & Norm Miller, Joe Stickles, John & Elaine Ellard, John West, John, and any I may have missed. And a big thankyou to my morning tea assistants in the kitchen. This all contributed to the very smooth running of the event - must have been a good run as I had no complaints!

I hope you enjoyed the run and the morning tea. See you all back next year. *David James*

8km

Daryl White	M40	30:07
Colin Chisolm	M35	32:40
Dave Roberts	M55	34:06
Frank Gardiner	M50	35:25
Lauren Gardiner	Vis	35:25
Phil Bailey	M45	37:39
Debbie Burge	1 W35	38:52
Darry Dahlstrom	M50	39:00
Barry Audsley	M60	41:21
Ray Hall	M65	42:21
Mike Anderson	M50	42:33
Brian Bennett	M50	42:43
Jim Riddell	M60	43:16
Robyn King	2 W40	43:27
John Mison	M55	43:28
Sean Keane	M35	44:52
Arnold Jenkins	M55	45:27
Julie Wood	3 W50	45:41
Val Millard	W55	45:56
Joan Pellier	W60	46:12
Kirt Johnson	M70	46:29
Frances Lipscombe	W40	46:32
Kris Adrian	W30	47:34
Liz Chandler	W30	47:36
Clinton Turner	Vis	50:59
Shorty Turner	M65	51:00
Ray Lawrence	M70	52:00
Lynne Schickert	W60	54:07
Elaine Dance	W50	54:32
Denise Lancaster	W50	54:33
Michelle Mison	W50	55:53
Shirley Milligan	W65	56:35

16km Run

Bert Carse	M60	62:29
Warren Gee	M50	63:11
Ralph Henderson	M50	63:16
Chris Coates	M45	64:08
Dave Wilmer	M45	65:09
Palpuddha Nicol	Vis	67:06
Bob Shickert	M60	67:53
Gareth Brunt	M50	68:31
Anne Shaw	1 W50	69:12
Doug Ashfield	M45	72:24
Chris Frampton	M35	73:24
Mal Vernon	M45	73:51
Johan Hagedoorn	M55	74:00
Mike Cousins	M65	76:09
Gary Fisher	M50	78:00
Simon Jawichre	M35	78:43
John Pellier	M60	78:56
Graham Thornton	M60	79:11
Julie Keeley	2 W35	79:33

Wilf Bamber	M40	79:36
Nick Melitic	M50	79:58
John Bell	M55	80:51
Milton Maverick	M45	81:35
John Frost	M60	83:31
Stan Lockwood	M70	84:42
Roger Walsh	M55	85:19
Mitch Loly	M60	86:45
Raymond Loly	Vis	86:46
Bob Sammells	M65	88:06
Sue Bullen	3 W40	89:29
John Dance	M50	89:39
Jeff Spencer	M60	90:27
Alan Day	M55	91:21
Don Pattinson	M45	92:27
Anne Turner	W65	92:39
Merve Jones	M60	96:47
Pam Toohey	W55	97:20
Margaret Bennett	W60	108:54
Grace Wilmer (4km)	Vis	43:28
Ernie Moyle (5km walk)	M75	50:55

8km Walk

Rex Bruce	M60	57:45
Jenny Shilington	W40	63:43
Christine Pattinson	W45	63:43
Alan Pomery	M70	65:48
Dorothy Whittam	W65	68:04
Barrie Thomsett	M60	68:04
Leo Hassam	M70	75:02

Perth Marathon 2002

Not an official WAVAC race, however, there were a few 'Vets' finishers extracted from the WAMC results. Applologies if I missed anyone. *Rod T*

Lachlan Marr	10	M40	2:58:55
Bjorn Dybdahl	36	M45	3:21:02
Ivan Brown	42	M55	3:22:30
Gareth Brunt	48	M50	3:27:12
Vic Waters	74	M55	3:37:38
John Pellier	80	M60	3:40:10
Dennis Miller	101	M60	3:46:33
Jim Barnes	132	M55	3:55:23
Nick Miletic	145	M50	3:59:40
Rob Sheehy	152	M55	4:01:33
Rod Tinniswood	165	M50	4:06:13
Richard Harris*	181	M65	4:14:49
Don Pattinson	191	M45	4:20:02
Steve Dunn	192	M35	4:20:41

*1st M65

50km Road Running Championships

		10km	15km	25km	50km	m/km
W30	Paula Karra	55:48	1:25:02	2:28:52	4:49:02	5.49
W35	Julie Keeley	47:55	1:19:42	2:17:25	4:24:22	5.17
W40	Christina Rompotis	52:19	1:25:22	2:38:55	4:56:36	5.55
W45	Glenda Lawrence	51:50	1:20:37	2:23:26	4:25:30	5.18
W50	Shirley Bell	48:25	1:14:26	2:09:26	4:12:17	5.02
W50	Wendy Duncan	52:26	1:22:36	2:25:27	4:40:29	5.35
W50	Irene Ferris	60:00	1:26:23	2:35:35	5:01:58	6.01
W55	Pam Toohey	56:44	1:31:32	2:43:36	5:11:12	6.13
W60	Wendy Clements-Green	54:28	1:25:01	2:28:09	4:47:38	5.44
W60	Joan Pellier	58:41	1:31:10	2:39:50	5:09:01	6.10
W60	Maragaret Bennett	63:59	1:38:36	2:41:02	5:23:37	6.27
M35	Mike Karra	42:30	1:06:23	1:56:18	3:45:18	4.29
M40	John Allen	39:49	1:02:58	1:50:03	3:32:07	4.14
M40	Wilf Bamber	51:10	1:21:23	2:33:42	4:46:15	5.42
M50	Brian Danby	43:03	1:06:38	1:59:10	3:48:51	4.34
M50	Nick Miletic	48:33	1:14:27	2:11:00	4:12:06	5.03
M50	Rod Tinniswood	47:25	1:12:19	2:15:04	4:14:48	5.05
M50	John Dance	51:55	1:21:07	2:25:02	4:38:04	5.33
M55	Vic Waters	45:26	1:10:19	2:00:57	3:56:02	4.43
M55	Johan Hagedoorn	47:15	1:09:18	2:03:25	3:59:58	4.47
M55	Mike Khan	46:47	1:13:08	2:06:04	4:05:37	4.54
M55	Robert Sheehy	46:27	1:12:42	2:07:11	4:06:20	4.54
M55	John Bell	55:01	1:17:37	2:29:55	4:42:33	5.38
M60	Bob Schickert	40:37	1:05:42	1:56:25	3:42:04	4.26
M60	Dennis Miller	46:02	1:10:26	1:59:41	3:56:09	4.43
M60	John Pellier	47:44	1:13:33	2:03:36	4:02:13	4.52
M60	Graham Thornton	53:49	1:11:02	2:16:56	4:21:07	5.13
M65	Richard Harris	47:36	1:14:14	2:08:19	4:10:09	4.59
M70	Cecil Walkley	51:40	1:21:51	2:20:47	4:33:38	5.28

WAVAC TRACK AND FIELD PROGRAM 2002/2003 - THURSDAY EVENINGS

The first two weeks are intended as an easy lead in to the Patrons Trophy which commences on 17 October 2002. Those events marked * are points scoring events. Athletes compete in a maximum of sixteen events and points from their best ten are added to achieve a total score. The contest is age graded and favours athletes who go in everything.

In October, meetings commence at 5.30 pm except for 31/10 WHICH WILL START AT 6.00pm. From November to April starting time is 6.00pm. Events will be in order as shown below in two sections, track/jumps and separately throws. There is a fee payable for each night. Fee \$2 club members \$3 visitors. r/w = run or walk

C = COKER PARK, CANNINGTON (synthetic)

M = MCGILLIVRAY OVAL, MT CLAREMONT (grass)

October 2002

03	M	100	1000r/w	L/J	200	2000r/w	Discus	Shot
11	C	200	2000r/w	T/J	100	1500r/w	H/Weight	Javelin
17	M	200	L/J	1500w	100	3000*	Shot	Discus
24	C	2000w	400*	T/J	100	1500	Hammer	Javelin*
31	M	100	5000*	L/J	2000w	200	Javelin	Discus*

November

07	C	100*	800	T/J	3000w*	3000	Shot	H/Weight
14	M	200	1000w	10000*	L/J		Javelin	Discus
21	C	T/J *	200	2000w	1500*	400	Discus	Shot
28	M	200	T/J	800*	100	2000w/5000r	Discus	Shot*

December

05	C	100y	1 mile	L/J	400	3 miles	Javelin	Discus
12	M	200*	800	1500w*	T/J	3000	Discus	Shot
19	C	100	2000r/w	L/J*	200	1500r/w	Hammer*	Javelin

January 2003

02	M	200	1500r/w	400	T/J	3000w/5000r	Shot	Discus
09	C	Pentathlon + 100, 400, 800 and 3000r/w. Throwers can go in any pentathlon event						
16	M	100	1500r/w	L/J	400	3000r/w	Discus	Shot
23	C	100	T/J	800	200	2000w/5000r	Javelin	Hammer
30	M	200	1500r/w	L/J	400	2000w/3000r	Shot	Discus

February

06	C	800	100	T/J	3000r/w	400	Hammer	Javelin
13	M	100	800	L/J	200	2000w /5000r	Discus	Shot
20	C	200	1500r/w	T /J	100	3000r/w	Javelin	Hammer
27	M	400	L/J	1500r/w	200	3000r/w	Shot	Discus

March

06	C	800	100	3000r/w	T/J	400	H/Weight	Javelin
13	M	200	1500r/w	400	L/J	3000w/5000r	Javelin	Discus
20	C	800	100	T/J	1500r/w	400	Hammer	Discus
27	M	200	1500r/w	L/J	100	3000r/w	Shot	Javelin

April

03	M	100	800	T/J	400	3000r/w	Discus	Shot
10	M	200	3000r/w	L/J	400	1500r/w	Javelin	Discus

18-21 Australian Masters Athletics Championships, Perry Lakes Phone 93303803

May 01 10K Track Handicap 7.00pm, McGillivray Oval Phone 93876438

TIME TRIALS TO CONTINUE AT PERRY LAKES 9.00am SATURDAY Ph 93303803

WAVAC TRACK AND FIELD HELPERS LIST 2002/03

3/10	Bob Schickert	Lynne Schickert			
10/10	Henri Cortis	Kathy Avery	(Brian Foley)		
17/10	Ross Calnan	Peggy MacLiver	Gill Edmunds		
24/10	Jon Wannberg	Ray Hall			
31/10	Rob Greenhalgh	Mike O'Reilly	Geoff Gee	Vivien Uren	5K
7/11	Darryl White	Eileen Hindle	James Jackson		
14/11	Pat Carr	Ian Sanders	Campbell Till	Val Prescott	
				Alan Tyson	10K
21/11	Robyn Watts	Bert Carse	Bridget Carse		
28/11	John Davies	Ian Davies	Derry Foley		
5/12	David Clive	Jackie Sanders			
12/12	Gareth Brunt	John Sutton	John Stone		
19/12	Steve Payne	Jayne Payne			
2/1	Ivan Brown	Peter Gare	Simon Jawichre		
9/1	Bob Fergie	Alan Jennings			
16/1	Jim Langford	Greg Van der Sanden			
23/1	Lynne Choate	Rosemarie Holloway	Nicholas Bailey		
30/1	Lachlan Marr	Keith Martin	Bill Harrison		
6/2	Val Millard	Neil McRae	Ed Carroll		
13/2	David Charlton	Craig Owens	Frank Smith		
20/2	Tom Lenane	Tom Hindmarsh	Brian Paxman		
27/2	Norm Richards	Barry Kernaghan			
6/3	Michael Watson	Colin Smith			
13/3	David Reid	Trevor Nash	Tony Heppener		
20/3	Margaret Robinson	Frank Gardiner			
27/3	Rob Shand	Ann Shaw			
3/4	Gillian Young	Jo Stewart			
10/4	Murray Tolbert	Doug Ashfield			
1/5	Dorothy Whittam	Jeff Whittam			

Regular helpers as Timekeepers, Starters etc: David Carr, Brian Foley, Warren Davey, Jackie Halberg, Katrina Spilsbury, Jim Barnes.

All competitors should help as required when they are available.

Bob Schickert

HELPERS LIST

4th AUG - SHARKS RUN

RACE DIRECTOR - Paul Martin
93391648

HELPERS - D.Blom, R.Harris, P.Hughes,
R.King, D.Roberts, P.McLiver, P&J.Lewis,
R.Wright.

11th AUG - CLUB 1/2 MARATHON

RACE DIRECTOR - Bob Sammells
93092293

HELPERS - D.Reid, J&S.Sweeney,
G.Shanahan, P.Airey, W.Clements-Green,
D.Burge, A.Jenkins, R.Atwell, P.Davies,
M.Moyle, B.Audsley I.Davies, B.Cavin.

18th AUG - CROSS COUNTRY CHAMPS

RACE DIRECTOR Warren Gee 94487587

HELPERS - L.Duffield, J.Bowen,
L.Romeo, S&P.Sanders, K.Miller,
W&E.Bamber, J.Klinge,
R.Bruce,F.Cassalla.

5th AUG - CITY TO SURF

WE WOULD APPRECIATE VOLUNTEERS
WHO WOULD BE WILLING TO HAND
OUT OUR FLYERS PROMOTING THE
WILDFLOWER RUN AND OUR CLUB TO
FINISHERS

Contact Keith Atkinson 93131669 or Bob
Schickert 93303803

1st SEPT - MILLERS RUN

RACE DIRECTOR - Pat & Norm Miller
92933433

HELPERS - D.Lancaster, P.Vialla,
C&A.Turner, B.Cavin, D.James,
J.Lindhorst, J.Samer, B&M.Bennett,
I.Barrett-Leonard, L.Chandler.

8th SEPT - GARVEY PARK

DIRECTORS - Arthur Leggett 92799340

HELPERS - B.Smith, A.Pomery,
D.Ashfield, K.Johnson, A.Shaw, J.Klinge,
R.Wright, J.Tiverios, C.Rompotis

Presentation Day

Rosie O'Grady's, Northbridge, 8 September,
12 noon, Lunch, Light Entertainment, medal
presentation for road running & walking.

Contact Valerie Millard on 9319 1046.

Tickets \$19

BE ACTIVE EVERY DAY

Healthway

The 2003 Australian Masters
Athletic Championships is
proudly sponsored by
Healthway to promote the
BE ACTIVE EVERY DAY
health message.

Australian Masters Athletics National Championships, 18-21 April 2003

The Countdown Begins

The WA Veterans Athletics Club will be hosting the next AMA National Championships in Perth across Easter 2003.

We hope to have between 200 - 300
athletes from around Australia and New
Zealand competing with us. A full range
of track and field events will be scheduled
together with a cross country run, and
track and road walk events. Entry forms
will be available late in 2002.

As Masters Athletics provides a positive
image of healthy lifestyles we have been
fortunate in obtaining sponsorship from
Healthways.

If any club member has other contacts
who would also be interested in providing
sponsorship assistance either by financial
donation or in kind, please let us know.

Closer to the Championships next year,
your assistance would also be appreciated
to help stage the event. Complete the
attached form NOW and return to register
your interest in participating and/or
helping as an official. Thank you.

Lynne Schickert

2003 National Championships Committee
11A Dandenong Road, Attadale WA 6156
email: schickertl@bigpond.com

Register Your Interest

2003 Australian Masters Athletics Championships, 18-21 April 2003

☐ Yes, I intend to compete in the Championships at Easter 2003

NAME _____

Address _____ Post Code _____

Phone _____ email _____

☐ Yes, I am available to act as an Official / helper

☐ No, I am not available to act as an Official / helper

If Yes, please indicate preferred area of assistance (eg Lap Scorer, assisting officials at
Field event etc) _____

Preferred dates ☐ Friday 18 April 2003 ☐ Saturday 19 April 2003

☐ Sunday 20 April 2003 ☐ Monday 21 April 2003

Credit Card Payment

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

☐ Club Weekend Away ☐ Championship entry

by ☐ Visa ☐ Bank Card ☐ Mastercard

Card Number Expiry Date

Card Holder's Name.....

Signature.....



PURPOSE



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

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

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

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

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

Print Post Approval 644113/00007
If unclaimed please return to:
1/37 Bombard Street, Ardross WA 6153.



**SURFACE
MAIL**

**POSTAGE
PAID
AUSTRALIA**

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.