



# The Vetruns



NO. 278 DECEMBER 1996

PATRON: W.J. Hughes

PRESIDENT: Brian Foley

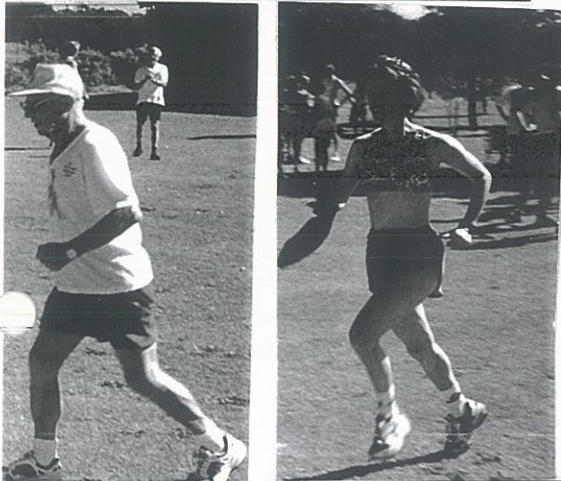
EDITOR: Richard Harris 457 61021

## RUNNING MATES PAT AND DAVID CARR



Right middle row - Robin King and daughter Whitney (see story page 3)

Mrs Rhonda Parker, MLA with Rob de Castella, John Gilmour and Dr Cecil Walkley at the WA Launch of the sixth Australian Masters Games see story page 2 (photo by Richard Harris)



Finishing strong and looking good - that's us, the Vets.



## MERRY CHRISTMAS DEAR READERS

On behalf of the WAVAC Committee, we wish all our readers - runners, walkers, gaspers and grunTERS - a Merry Christmas and a Happy New Year.

Jackie and I suggest you take some time off over Christmas and ponder your goals for the new year - what will be the NEW YOU in 1997? Whether you are going to be an Olympian, a bullet-proof weekend warrior, a regular competitor or a social/fun runner, nothing will happen unless YOU make it happen.

Please don't laugh at the word "Olympian" - may I draw your attention to the fact that one of our members, John Gilmour, achieved an Olympic qualifying time for the Marathon when he was 60. He was on pre-retirement sick leave at the time and had been training!!

The point is - you are in charge of you. Manage yourself. Work out regularly. Don't settle for less than your best because you know what you can do. Furthermore, Don Caplin has asked us to tell you this story-



Merry Christmas

THE VETRAN

December, 1996 Page 1



*In Africa every morning a gazelle awakens knowing that it must out-run the fastest lion if it wants to stay alive.*

*Every morning a lion wakes knowing that it must run faster than the slowest gazelle or it will starve to death.*

*It makes no difference whether you are a lion or a gazelle: When the sun comes up you had better be running.*

We want to take this opportunity to thank those readers who have contributed stories and photographs. Well done, thanks a million, especially Joan Pellier for her Running Mates column and Vic Beaumont for the photographs. We thank Jackie Halberg for her support with the distribution of the newsletter and Merv Jones for his work on labels and birthdays.

We thank Sue Jones for paying the bills, John Pressley for the running program he has developed most conscientiously - John is like that, a very good eye for detail - Graham Thornton for heroic efforts with the social calendar, and Margaret Ward for her work on clothing, especially that by Bear-e-Sensuals, which is very flattering.

May the Great Runner in the Sky pour down his blessing upon you, and keep your spirit refreshed in all events to come. And remember, do your training, take your vitamins, eat lots of fresh fruit and vegetables and keep on looking good. - Jackie Billington and Richard Harris.

## RUNNING MATES

**This month meet running mates Pat and David Carr, both born in WA. They have three children and two grand children.**

Both are now retired but were school teachers - Dave was Principal of Cannington High School.

Dave is one of the founder members of the club and is a life member and has held almost every position on the committee.

The Carr's children were in Little Athletics - Peta was first woman to finish in the first City to Surf and Terri fourth woman in the first Peoples Marathon.

David was introduced to track and field as a sixteen year old by Don Keane and joined Old Halethoneans and whilst in the navy between 1950-56 competed for the Albatross in Sydney where around 2,000 would compete on a Saturday. Dave was inspired by Frank McCaferly.

The Carr's spent some time in New Guinea where Dave was President of his club. Pat wasn't interested in competing as she says there were not many females competing back in those days - she "kind of tagged along" until the 1981 World Championships in New Zealand where she trained for 100m and 200m.

Pat and Dave are regular competitors in National and World Championship events and have competed in New Zealand 1981, Rome 1985, Melbourne 1989, Miyazaki 1993.

Dave currently holds the Australian record for M60 in the 400m in a time of 58:46 and 800m in 2:15.5. Pat W60 Triple Jump 8.32m, Pentathlon 3017 points.

**Joan Pellier**

### **Favourite distance?**

Dave - 400m and 800m

Pat - 100m

### **Favourite Run?**

Dave - A good 400m against unknown rivals.

Pat - Pentathlon, enjoys getting to know other athletes.

### **What they like about the Vets?**

Dave - Springboard for athletic and shared common interest in athletics.

Pat - Interesting life, travel and something to aim for.

### **Any changes to the Vets?**

Like to see younger members joining.

Pat - Just to keep going.

### **Other interests?**

Teaching, travel, caravanning.

Pat - Reading, travel, learning to swim and pool running.

### **Favourite food?**

Vegetables, fish, bread and Mars Bars.

Pat - Pasta.

### **Greatest pleasure in running?**

Dave - Melbourne 1989 - 2<sup>nd</sup> in the 800m Australian record 2:09.78

Pat - Melbourne 1987 World record in W55 Triple jump.

### **Ambition in running?**

Dave - To win 800m in Durban in 1997 and keep injury free.

Pat - To keep competing.

## **TRIATHLON RESULTS**

### **Shoalwater Sprint 3.11.96.**

Ivan Wiltshire 2nd in age group 50-59

Mitch Loly 3rd in age group 50-59

Pauline Wiltshire 1st in age group. 50-59

### **Fremantle Intermediate 10.11.96.**

Mitch Loly 1st in age group 55-59

Ivan Wiltshire 2nd in age group 55-59

### **Perth Olympic 17.11.96.**

Mitch Loly 4th in age group 55-59

Ivan Wiltshire 5th in age group 55-59

## **WA VETS HELP PERTH LAUNCH OF MASTERS GAMES**

**A WAVAC member, John Gilmour, participated with Marathon champion Robert de Castella at the West Australian launch of the Healthpact Sixth Australian Masters Games in Perth in November.**

And a group of Vets also attended to give support, including Dr Cecil Walkley, Jeff Whittam, Don Caplin, Bob Sammells, Jackie Halberg, John Pressley and Richard Harris.

John said he was already in training for the Masters Games in Canberra from October 24 to November 1 1997 and thoroughly recommended the event as a worthwhile goal for mature athletes.

He discussed highlights of his own career as an athlete, and said his determination to stay with a training program had been the major contribution to his success as a mature athlete.

Robert de Castella spoke about his own career as an athlete and the debt he owed to his father, who had always encouraged him and used to let him come in first when he was a boy and they were running together.

Mrs Rhonda Parker, MLA, Member for Helena and Parliamentary Secretary to the Minister for Sport and Recreation, spoke of the WA Government commitment to Masters Sport. She works out in the gym at Parliament House and jogs to keep fit.

Numerous sports will be part of the Masters Games calendar and of particular interest to WAVAC members will be Athletics (minimum age 30), Canoeing (min age 30) and Cycling (min age 35).

Minimum age is determined as of October 24 1997.

There is a compulsory games registration fee of \$70 for all competitors and levies for the various individual sports. Athletics has a sport levy of \$25 per person.

The track and field is from October 25 - 29; off track highlights are October 24 - 5km fun run/walk; October 26 - 8 km cross country, 10 km road walk; October 30 - Masters Street Mile; November Half Marathon. Age group categories are in five year brackets from 30-34 to 95+ for Male and Female.

For further information about the forthcoming Masters Games, you can call the Games Hotline on phone 06 207 9097. Ask for Information leaflet; registration information booklet; Master Facts (Games Newsletter); Sport Specific brochure (Please specify which sport/s). Or you can fax them on 06 207 9197



## MARATHON MANIA

I always knew that I could go and go and go. At school lapathons the teachers always had to tell me to stop. Some friends have nicknamed me "Forrest". I won most of the school cross country runs in the days when most girls weren't interested in running. I didn't even know what a marathon was until Julie Mullins enlightened me when I was 22!

I used to do the "fun run circuit". I was pre-trained. IN 1981, I worked nightshift at KEMH and ran the City to Surf with no training and no sleep. I even ran a half marathon with no training and I finished last in 2hrs 15min and the marathon winner finished 5 minutes later!

I joined the Marathon Club just prior to going up north in 1982 and I spent 12 years in the Pilbara and Gascoyne areas. I must have been reasonably fit before becoming a wife and mother because I found an old certificate for 10K fun run which I won in Karratha in a time of 42:40 - funny that I can't remember much about it! I met a lot of interesting runners and did a lot of interesting runs including the Whim Creek cross country, the King of the Mountain (from Python Pool up the Chichester Ranges), the Hurrup to Samson Relay and the Black Rock Stakes. There is nothing like running in the Pilbara after the rains come - shiny, dark redness of the earth and rocks and the green 'furry' spinifex! I can remember running the 20K from Wickham to Cossack and back for training with Jenni Arts. I always said I would do a marathon - ONE DAY! I was envious of Jenni - she did her first one at Roebourne when I had other commitments.

When I returned to Perth I was struggling to do 5min/K. A couple of health problems sorted and energy regained I knocked 5 minutes off my 10K time at Shoalwater Bay - As Dalton remembers ("Check that clock"). I then decided that this would be the year I would do 'my' marathon. The training trimmed my times over other distances (like 15 minutes off last City to Surf and

20 minutes off last Perth Half Marathon). Some people have been asking me what 'my secret' is? No great secret really, just planning, patience and persistence, (and the other thing too - Heather!) It's really about getting the recipe right on the day.

I have done an aerobic/stretching/weight program every for the last five years. I consider it for life. I try to look after my diet, I rarely drink alcohol and carbo load virtually all the time.

### What I have learnt

- It's better to run with a group - less chance of giving up, (even if you can't keep up!)
- It's better to be running, albeit slower, than not to be running at all due to injury.
- Beware of post-race endorphin euphoria - you can go out and do silly things and get injured! (Like you think you're superwoman or something!)
- Endorphin effects must be like alcohol addiction in that if you continually have the "hair-of-the-dog" you never get a hang over.

### I have a few people to thank for my progress

I have to thank Dave Eltringham and my training group for their support and encouragement. Also, thanks to Dave Roberts for his support and encouragement and, of course, the Vets Club for all the many many people who have given me advice (albeit conflicting at time), wisdom and encouragement. Never before have I met a nicer bunch of people in one place at one time. Lastly I have to thank the creators of cordial, Turkish delights, emu oil, strapping tape and the greatest CREATOR of all. (All part of getting the recipe right).

Bunbury was my first marathon, and at the end I didn't say my last, so I went for seconds in 1996 by doing Rottneest. If anyone told me that I would do one marathon in 1996 let alone two, I would have said, "liar, liar" - I still find it hard to believe myself.

It's my kind of run - I love it.

**Robin King**

## LETTERS TO THE EDITOR

### A BIG THANK YOU

Dear Brian,

Please accept my thanks for the help that you and several club mates gave me at the time of a recent mishap during the "Cliff Bould" Handicap. Specifically, I am indebted to Ken Whistler and David Carr who picked up the pieces, to Dorothy Whittam who rounded up a rescue party to sort out the mess, to Pat Miller who helped keep my anatomy together, to both Heather Sanderson and Tony Speechley who convoyed my car back home, and not least, Mary Murphy who carted the remains to the Royal Perth Hospital and who, from her able medical expertise, knew which buttons to press for prompt action. Mary also co-opted my daughter to take me to her home for well-executed TLC for the next fortnight. (One small mercy : the Council haven't been in touch with me for unauthorised bull-dozing of their Island - yet!).

Apologies are due to David and Ken for ruining their race, but as David would have put it "lucky I wasn't followed by a herd of elephants! And special thanks to the President for the Get Well card on behalf of the Club. Finally, I understand that several members tried to contact me on the phone without success - my thanks for their kind thoughts.

Hoping to put both best feet forward soon.

Sincerely,

Garnet Morgan.





## DANBY'S RUN

8.9.96.

The sixteenth running of our run was well attended with 109 competitors.

It was a "lurvvelly" spring day, my thanks to my helpers Tom Savin, Heather Sanderson and Sue's helper Pat Savin along with everyone else who helped make it great. A good time was had by all celebrating the birthdays of Heather, Roma, Jackie Beaumont and Arthur Leggett.

See you next year.

Brian Danby

### 12K

David Bishop	M35	54:27
John West	M45	54:48
Chris Maher	M40	55:15
Pra Nichol	M35	56:23
Dave Roberts	M50	57:02
Bob Schickert	M50	57:24
Ralph Henderson	M45	57:39
Don Caplin	M55	58:24
John Bell	M50	58:41
Anne Shaw	W45	58:47
Paul O'Riordan	M40	59:21
Ivan Brown	M50	61:47
Jan Kelly	W40	61:49
Jim Barnes	M50	61:59
Brian Danby	M45	63:54
Heiner Huring	M40	63:56
Robin Bonner	M65	65:00
Sue Prewett	W40	65:41
Bob Sammells	M55	65:42
Paul Kelly	M40	65:58
Keith Atkinson	M35	67:36
John Pellier	M55	68:37
Brian Bennett	M45	68:39
Paul Martin	M55	69:22
Ted Maslen	M60	70:18
Milton Mavrick	M40	71:23
Richard Harris	M55	72:30
Gerry Prewett	M40	73:34
Vic Beaumont	M65	75:58
Peter Davies	M65	77:06
Marge Forden	W55	77:19
Dalton Moffett	M65	77:19
John Russell	M60	82:00
Ron Sutton	M55	82:19

### 8.4K

Tony Heppener	M40	32:44
Warren Gee	M45	36:23
Marilyn Blair	W35	38:59
Brian Foley	M50	39:54
Mike Khan	M50	40:51
Frank Gardiner	M45	41:00
Graham Thornton	M55	41:34
Terry Keesing	M35	41:38
Joe Stickles	M55	42:00
Mike Rhodes	M50	42:13
Mike Anderson	M45	42:30
Doug Hazell	M40	45:01

Helen Lysaght	W40	45:41
George Schaefer	M60	46:38
Pat Miller (short)	W55	47:59
Phil Hawks	M35	48:28
John Stone	M40	49:23
Arnold Jenkins	M50	50:03
Bernadette Height	W35	50:07
George Peet	M60	51:22
Jenny Barnes	W40	51:50
Jackie Halberg	W50	52:22
Shorty Turner	M60	52:43
Norm Miller	M60	53:29
Allen Tyson	M70	53:51
Ann Turner	W60	53:59
Margaret Warren	W60	54:06
Kirt Johnson	M65	55:25
Denise Lancaster	W45	61:21
Jackie Billington	W50	61:21
Brian Smith	M55	61:21
Margaret Ward	M50	65:10
Arthur Leggett	M75	65:11

### 4K

Joanne Pearce	W45	19:57
Mitch Loly	M55	20:24
Keith Forden	M55	21:19
Roma Barnett	W45	21:20
Noela Medcalf	W60	22:33
Mary Murphy	W50	23:11
Wendy Clements	W50	23:17
Joan Pellier	W55	25:27
Glenice Shanahan	W70	27:24
Lynne Schickert	W50	29:32
Faye Walton	W50	29:37
Ray Barnett	M50	29:38
Val Bonner	W55	32:32

### 6K Walk

John Mison	M45	32:40
Lesley Romeo	W50	37:37
Barry Weatherburn	M50	38:01
David Brown	M45	39:43
Jill Midolo	W45	43:05
Pat Ainsworth	W6-	44:25
Dorothy Whittam	W60	46:44
Val Wheeler	W65	46:52
Ernie Moyle	M70	46:53
Jeff Whittam	M60	47:16
Gillian Peet	W55	49:36
Fred Watson	M75	50:06

### VISITORS

Ian Lancaster	4K	16:28
David Howard	4K	16:50
Lindsay Gee	4K	19:06
Ryan Gee	4K	19:30
Mike Prentice	4K	21:42
Bill Shand	8.4K	35:52
Ray Hall	6K Walk	40:04
Julie Rubie	8.4K	45:06
Rob Ferguson	8.4K	45:26
David Ryder	8.4K	46:09
Diane De Jonge	8.4K	49:06
Mick Bloore	8.4K	49:08
Wayne Robinson	12.8K	55:24
Martin Watkins	12.8K	67:36
Doug Hayes	12.8K	69:46

David Walladge 12.8K 81:31

### RECORDS IN TACT ARE

M35	Wayne Robinson	53:53
M40	Chris Maher	51:36
M45	Tom Savin	52:53
M50	Bert Carse	56:26
M60	Dalton Moffett	64:50
W35	Liz Helliwell	61:15
W40	Jan Kelly	57:42
W45	Anne Shaw	59:50
W50	Marge Forden	74:57

### NEW RECORDS

M55	Don Caplin	58:24
M65	Robin Bonner	65:00
W55	Marge Forden	77:19

### BEST OF LUCK .....

....to Vets stalwarts Rob Farrell and Dick Horsley. Sorry to hear you were not well. You are in our thoughts and in our prayers. Good wishes to you both from all your running pals at the club.

### COPY FOR THE VETRAN

Results can be posted directly to Jackie Billington U5/8 Garnsworthy P 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.



## 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



## HERDSMAN LAKE RUN & WALK 3.11.96.

The morning was cool with quite a strong wind blowing at the start, fortunately this was only felt on the exposed areas of the run, namely on the cycle track. Before the start we were a bit worried that we would lose some competitors in the area of the wild oats that seemed to have grown to an enormous height, the fears proved groundless fortunately. The only things to get lost was the computer off my bike as I was flagging the course. I think everyone observed the track rule "snakes have right of way" as we had no adverse reports.

First runner back in the 10K run was Ross Parker and first woman Sue Prewett. In the 5K Vic Waters was first man and Anne Shaw first woman.

The 5K walk was a bit of a mix-up as some returned along the cycle path, we had not put the walk along the path to avoid confusion, although this would have been better for the walkers. First man back was John Mison and first woman Lesley Romeo.

We would like to thank our helpers on the day, they were Judy Hill, Margaret Ward, Brian Bennett, Barrie Thomsett, Bob Sammells, Fred Hagger and Ted Maslen. We would also like to thank the Perth Pony Club for the use of their facilities for morning tea and the toilets.

See you again next year.

**Dorothy and Jeff Whittam**

### 10K

Ross Parker	M45	* 36:01
Steven Burge	M35	* 37:45
Bob Schickert	M55	* 38:42
Gary Fisher	M40	* 39:10
David Bishop	M35	39:23
Ralph Henderson	M45	39:43
Gareth Brunt	M45	39:46
Dave Roberts	M50	* 40:24
Frank Smith	M50	40:54
John Bell	M50	41:01
Don Caplin	M55	41:08
Brian Danby	M45	41:38
Dave Muir	M50	41:40
Brian Foley	M50	42:22
Peter Sanders	M50	43:38
Milton Mavrick	M40	43:54
David Carr	M60	* 43:57
Sue Prewett	W40	* 44:00

Stuart Parkinson	M45	44:30
John Pellier	M55	45:03
Mike Anderson	M45	45:28
Keith Atkinson	M35	45:54
George Schaefer	M60	45:59
Kath Noordyk	W45	* 46:16
Colin Watts	M45	46:40
Helen Lysaght	W40	47:04
Stan Lockwood	M65	* 48:55
Gerry Prewett	M40	48:47
Robin King	W35	* 50:21
Merv Moyle	M65	50:49
Aldo Giacomini	M60	51:16
Tony Speechley	M50	51:25
Jim Barrett	M55	51:40
Sue Sanders	W40	52:52
Margaret Warren	W60	54:33
Morris Warren	M55	54:58
Fraser Deanus	M55	54:59
Ann Turner	W60	* 56:31
Roma Barnett	W45	58:26
Wendy Duncan	W45	58:40
Brian Smith	M55	58:41
Irene Ferris	W40	61:11
Alan Chambers	M55	66:17

### 5K

Vic Waters	M50	* 19:40
Anne Shaw	W45	* 19:42
Tessa Brockwell	W40	* 20:00
Ian Blair	M35	* 21:10
Mike Rhodes	M50	21:18
Paul Martin	M55	* 21:26
Alan Jennings	M55	21:32
Terry Keesing	M35	21:45
Dick Blom	M60	* 21:54
Maxine Santich	W40	22:04
Heather Sanderson	W45	22:11
Peter Hill	M45	* 22:50
John Stone	M40	23:05
Sue Zlnay	W35	23:08
Peter Airey	M60	23:36
Simon Mort	M40	23:41
David Willmer	M40	23:54
Arnold Jenkins	M50	24:27
Norm Miller	M60	25:51
Kirt Johnson	M65	* 26:21
Joan Pellier	W55	26:41
George Peet	M60	27:06
Brian Aldrich	M65	27:19
Noela Medcalf	W60	27:26
Pat Miller	W55	27:59
Ray Barnett	M50	28:08
Phyllis Farrell	W50	28:48
Jackie Billington	W50	29:01
Sheila Maslen	W55	31:23
Lynne Schickert	W50	33:22
Patricia Carr	W60	35:37
Gordon Medcalf	M65	38:20

### 5K Walk

John Mison	M45	26:31
David Brown	M45	30:46
Lesley Romeo	W50	30:56
Michele Mison	W45	31:02

Wendy Clements	W50	32:01
Peter Davies	M65	33:17
Ray Hall	M60	* 34:25
Jill Midolo	W45	35:08
Lyn Turner	W50	36:15
Jim Lockyer	M55	39:50
Lois Smith	W45	40:51
Val Wheeler	W65	41:00
Ernie Moyle	M70	41:00
Pam Swain	W55	44:26
Gillian Peet	W55	44:29
Fred Watson	M75	45:18

### VISITORS

Kaj Peterson	10K	38:12
Jacqueline McMannus	10K	62:27
David Howard	5K	21:00
Raymond Gimi	5K	24:13
Suzanne Brand	5K	35:59

\* First in each age group in the run set that set an inaugural record. In the walk if those who walked the marked course through the bush let me know, I will put their times as records.

**PS:** I forgot to thank Peter Hill and Ernie Moyle for patiently standing by whilst the urns filled ever so slowly.

### THE ORIC STII

### AUTHE S

Bob and Jan h.

in fitting running  
years. Bob has con.

**Perth Marathons** v  
problems - he mu.

something rig.

Phil's years of triathlon e.

(including the ultimate - the  
**Ironman**) and being an accredited.

Triathlon Coach ensure correct t  
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**



**TRACK & FIELD**  
**McGILLIVRAY OVAL**  
**31.10.96**

**Long Jump**

Dave Wyatt	M45	5.01
Jan Main	W45	3.53
Jenny Barnard	Vis	3.23

**Discus**

Peter Gare	M55	33.25
Bob Fergie	M60	31.42
Rob Shand	M60	29.23
Ian Sanders	M35	21.95
Allen Tyson	M70	19.90
Peggy MacLiver	W50	19.07
Phil Hawks	M35	17.48
Jan Main	W45	16.91
Dorothy Whittam	W60	16.90

**Shot Put (for points)**

Peter Gare	M55	9.10
Bob Fergie	M60	8.92
Dorothy Whittam	W60	8.82
Allen Tyson	M70	8.50
Ross Calnan	M55	8.10
Ron Tompkins	Vis	7.86
Brian Foley	M50	7.61
Keith Martin	M50	7.47
Ian Sanders	M35	7.12
Peggy MacLiver	W50	7.09
Rob Shand	M60	7.05
Jan Main	W45	6.16
Pat Carr	W60	6.06
David Carr	M60	5.95

**100 metres**

Keith Martin	M50	12.8
Dave Wyatt	M45	13.1
Norm Richards	M55	13.3
Peter Gare	M55	13.4
Ian Sanders	M35	13.6
Phil Hawks	M35	14.6
Ross Calnan	M55	15.0
Nick Bailey	Vis	15.5
Jan Main	W45	15.7
Don Caplin	M55	15.9
Jim Barrett	M55	16.0
Jenny Barnard	Vis	16.6
Pat Carr	W60	16.7
Allen Tyson	M70	18.1
Wendy Clements	W50	18.2
Ron Tompkins	Vis	20.1

**1500m Walk (for points)**

Brian Foley	M50	08:39
David Carr	M60	08:52
Keith Martin	M50	09:27
Peggy MacLiver	W50	09:40
Wendy Clements	W50	09:41
Dorothy Whittam	W60	09:46
Jackie Billington	W50	09:48
Bob Fergie	M60	10:04

Ian Sanders	M35	10:07
Pat Carr	W60	10:45
Edna Wallace	Vis	11:03
Jan Main	W45	11:09
Margaret Ward	W55	11:24
Allen Tyson	M70	12:00
Glenice Shanahan	W70	12:39

**5000 metres**

Hany El Salah	Vis	16:48
Stephen Dunn	M30	16:51
David Willmer	M40	18:57
David Roberts	M50	19:03
Tessa Brockwell	W40	19:05
Don Caplin	M55	19:18
Vic Waters	M50	19:20
Paul Covich	Vis	19:34
Brian Foley	M50	19:40
Ivan Brown	M50	19:50
Mike Thompson	Vis	20:23
Alan Chambers	M55	22:50
Phil Hawks	M35	23:22
Fraser Deanus	M55	24:50
Jackie Billington	W50	28:30
Margaret Ward	W55	31:34

**TRACK & FIELD**  
**COKER PARK 07.11.96**

**Long Jump**

Dave Wyatt	M45	5.02
David Clive	M55	4.63
Margaret Robinson	W55	2.39

**Discus**

Mike O'Reilly	M55	23.18
Leon Sander	M55	22.78
Ian Sanders	M35	20.50
Snow McSwain	W35	19.54
Allen Tyson	M70	19.10
Kath Holland	W55	18.16
Eileen Hindle	W45	16.12

**Javelin (for points)**

Keith Martin	M50	27.68
David Carr	M60	23.64
Ian Sanders	M35	21.34
Allen Tyson	M70	21.20
Leon Sander	M55	19.66
Peggy MacLiver	W50	18.90
Dorothy Whittam	W60	18.04
Kath Holland	W55	16.72
Pat Carr	W60	16.36
Eileen Hindle	W45	15.16
Snow McSwain	W35	14.50

**3000m Walk**

Lesley Romeo	W50	18:48
Robin King	W35	19:31
Ray Hall	M60	19:45
Dorothy Whittam	W60	20:06
Glenice Shanahan	W70	25:03
Pene Conway	Vis	25:44

**400m (for points)**

Greg Vander Sanden	M35	54.4
Keith Martin	M50	59.3
David Carr	M60	63.7
Ian Sanders	M35	64.0
David Clive	M55	64.2
Garry Doyle	M45	64.5
Snow McSwain	W35	67.9
Milton Mavrick	M40	70.5
Peggy MacLiver	W50	71.0
Allen Tyson	M70	80.6
Pat Carr	W60	87.4
Leon Sander	M55	91.8

**1500 metres**

Dave Reid	M45	4:39.6
Jim Langford	M50	4:47.7
Anne Shaw	W45	5:02.4
Tessa Brockwell	W40	5:12.2
Milton Mavrick	M40	5:16.6
Robin King	W35	5:24.1
Mike O'Reilly	M55	5:37.1
Alan Chambers	M55	6:21.9
Margaret Robinson	W55	6:52.3

**COMBINED TWILIGHT  
MEETING  
(UNDER LIGHTS)  
CANNING DISTRICTS AND  
WA VETERANS' CLUBS  
THURSDAY COKER PARK  
DECEMBER 19, 1996  
CASH AND PRIZES**

**Featuring:**

Cliff Houghton 1 Mile  
John Hughes 100 Yards  
Graham Hambley Bi-Lo 3K

**PROGRAM**

6.00pm	5K Walk
	Shot
6.05pm	100 Yard Heats
6.20pm	60m Sprints
6.40pm	1Mile Run (all ages)
6.50pm	100 Yards Final (all ages)
7.00pm	Triple Jump
7.30pm	3K Run

Bring your own BBQ tea. Coffee and tea provided by Canning Districts Club.







# The Godfrey Pembroke View

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Financial Consultants & Investment Advisers

## No.11 - DSS Rules Tighten - Will your entitlement be squeezed?

*The 1996 Federal Budget introduced a number of changes for social security recipients. Included in these changes was the removal of the superannuation social security means test exemption for people aged between 55 and age pension age. Although the announced changes will not come into effect until September 1997, it is imperative that people currently receiving income support payments immediately review their financial situation to reduce any adverse impact that the change may cause.*

### Current exemptions

Under the current rules, assets held in superannuation and rollover funds are exempt under the Social Security income and assets test for people below age pension age. Once this age is reached, amounts held are assessable under the extended deeming rules for the purposes of the income test, and are assessed as assets under the assets test.

### Changes

From 20 September 1997, this will change. Super assets will begin to be assessed for people aged between 55 years and age pension age, when income support has been paid for nine months after reaching age 55.

This means that from the first DSS payday after 20 September 1997, allowance recipients will have their superannuation funds assessed if they:

- ◆ are aged at least 55 and nine months at 20 September 1997, and
- ◆ have been in receipt of an allowance for a period of nine months since turning age 55.

### How much?

However, the assessment of superannuation assets under the income and assets tests will not necessarily mean a reduction in social security benefits. This is because income up to a certain amount is permitted before payment is effected.

Currently, under the assets test, a single homeowner can have up to \$124,000 assets and a couple up to \$176,000 assets before losing the allowance entitlement. Under the income test, a person can earn up to \$60 per fortnight before it effects their allowance entitlement.

### The Good News

The good news for current social security recipients and those about to register for benefits is that strategies are available to continue receiving Job Search or Mature Age Allowances even with more than \$176,000 of assets (\$124,000 if single). You should act immediately however to consult with your financial planner to review your affairs.



## 481 4755

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



# BIRKWATER RUN

27 October 1996

It was a photo finish in the Birkwater Classic this year with Jackie Billington and Robyn King both finishing within a second of their estimated times for the 8km event. Judges Sammells, Smith and Langford deliberated at length over the results and eventually declared Jackie B the winner, having nudged Robyn out of first place by .04 of a second.

So Jackie B is the proud holder of the Timeless Trophy until this time next year!

Eighty seven runners and 13 walkers participated in the event and this year only two got lost - probably a record. A frenzied flag making session the day before the race and a 5am dash from one side of Perth to other on the Sunday morning to collect the flags contributed to most people being able to follow the highly convoluted (but very interesting) course. We had 150 flags, 170 would have been just the right number....

Thanks to so many willing helpers; Simon Mort, Dave Howard, Jim Langford, Steve Barrie, Bob Sammells, Denise Davies, Frank Smith, Fred Hagger and Ray Lawrence.

**Margaret Birks**

Bob Thompson (lost)	M45	27:48
Stephen Dunn	M30	31:33
David Bishop	M35	31:50
Steve Burge	M35	33:07
Ralph Henderson	M45	33:17
Ann Shaw	W40	33:24
Bob Schickert	M55	35:35
Brian Danby	M45	35:52
Marilyn Blair	W35	35:58
David Carr	M60	36:38
Ivan Brown	M50	36:39
Graeme Thornton	M55	37:08
Dave Roberts	M59	37:57
Mike Khan	M50	37:59
Joe Stickles	M55	38:06
John Pellier	M55	38:09
Stuart Parkinson	M45	38:23
Mike Rhodes	M50	38:32
Mike Anderson	M45	38:34
Paul Martin	M55	38:39
George Schaefer	M60	38:39
Dick Blom	M60	38:51
Terry Keesing	M35	39:39
Brian Bennett	M45	40:52
Kath Noordyk	W45	40:57
Richard Harris	M55	41:04

Kevin Corten	M50	41:54
Marge Forden	W55	41:59
Peter Airey	M60	42:16
Doug Hazell	M40	42:30
Robert Reece	M50	42:47
Helen Lysaght	W40	42:47
Ron Hillis	M50	42:49
Robin King	W35	43:11
Ted Maslen	M60	43:23
Vic Beaumont	M65	44:09
Fraser Deanus	M55	44:32
Bernadette Height	W35	44:45
Merv Jones	M55	44:49
Jim Garrett	M55	45:12
Alan Chambers	M55	45:12
John Russell	M60	45:37
Arnold Jenkins	M50	45:50
John Stone	M40	47:08
George Peet	M60	47:09
Margaret Warren	W60	47:10
Brian Smith	M55	48:28
Roma Barnett	W45	49:03
Keith Forden	M55	49:34
Jenny Barnes	W40	49:53
Clive Frost (last start)	M45	51:29
Norm Miller	M60	52:28
Pat Miller	W55	53:13
Joan Pellier	W55	53:34
Morris Warren	M55	54:50
Jackie Billington	W50	55:39
Irene Ferris	W40	56:41
Lorna Lauchlan	W65	57:05
Sheila Maslen	W55	58:18
Margaret Ward	W55	66:32
Lynne Schickert	W55	66:32

## VISITORS

Kaj Peterson	M50	31:40
Gary Sandord	M45	37:10
Garth Berge	M45	37:34
Steve McCarthy	M35	37:58
Eddie Hill	M50	45:24
Bruce Smith (lost)	M45	52:47
Suzanne Brand (lost)	W50	66:31

## MARATHON AND RELAY RECORDS

Many members, over the years, have asked me what the Australian Marathon record was for their age group. They then looked at me in disbelief when I told them that records were not maintained for this major event. Ask no more.

The latest list of Australian Veterans records now includes best times for the Marathon and records for the 4 x 100m and 4 x 400m Relays. The Marathon details are:

M35 Gary Hand	ACT	2:20:15	1985
M40 Gary Hand	ACT	2:19:00	1987
M45 Bill Raimond	NSW	2:25:51	1982
M50 Peter Kallio	ACT	2:30:52	1987
M55 George McGrath	NSW	2:40:44	1975
M60 John Gilmour	WA	2:34:45	1981
M65 John Gilmour	WA	2:57:59	1986
M70 John Gilmour	WA	3:05:34	1990

W35 Karen Gobby	WA	2:36:42	1991
W40 Dot Browne	VIC	2:41:25	1983
W45 Lavinia Petrie	VIC	2:58:25	1991
W50 Lavinia Petrie	VIC	3:03:36	1993
W55 Jean Albury	VIC	3:09:14	1984
W60 Shirley Young	VIC	3:27:44	1992
W65 Shirley Young	VIC	3:39:43	1995

My records show that John has had the following World best times approved by WAVA:

- M55 2:38:19 in 1978
- M60 2:41:07 in 1981
- M70 3:03:04 in 1989,

and that Karen ran 2:36:40 in just missing selection for the Barcelona Olympics. Would John and Karen confirm with me, please?

Note that one has to be a member of an Australian veterans athletic club to hold a National record. There are M30, M35, M40, W30, W35 and W45 times set by non-members that are better than the above. (The WAV does not have this restriction.)

Eight of our members are in teams that hold relay records, all of which were set in World Veterans Championships.

M55 David Carr	4 x 400m	3:55.11	1987
W35 Lynn Choate	4 x 400m	4:05.40	1995
M50 Roy Fearnall	4 x 100m	46.12	1995
M50 Roy Fearnall	4 x 400m	3:37.86	1995
M65 John Gilmour	4 x 400m	4:46.36	1993
W35 Eileen Hindle	4 x 100m	49.43	1987
W45 Kath Holland	4 x 100m	53.67	1991
M45 Barrie Kemaghan	4 x 400m	3:33.26	1987
M50 Keith Martin	4 x 400m	3:37.86	1995

Congratulations one and all.

## Bob Sammells

It is important for our members to know how their performances for road running compare with Australian times. Bob Sammells has been attempting to collate these times and, after a great deal of effort, the marathon ones are now available. It hoped that the Australian Association will be able to prepare the other records in the near future.

**Brian Foley.**

## GRAND PRIX

Veterans races during the Grand Prix January 19, 1997.

**Men:** 400 metres

**Women:** 200 metres

Anyone interested, please call Brian Foley on ph: 339 2716.



## TOMPKINS PARK 28 JULY 1996

The course was flagged on Saturday evening preceding the Sunday run in winds gusting to 35 knots but by Sunday morning the wind had died away, the clouds had dissipated and running conditions were welcoming rather than hostile.

The walk was a sealed handicap event with all walkers off ag 'go'. The first to return was Paul Martin who just pipped John Mison, the margin being one second. The handicap winner for the ladies walkers was Val Bonner.

The first runner to return was Peter Hickey who, immediately following the event proceeded to change his status from visitor to member, with some assistance from Jackie Halberg. Bob Sammells carried the flag for the men with a winning time of 51:29 (off a handicap of 13:10). Marilyn Blair lead the ladies home with an elapsed time of 51:53. Marilyn was off a handicap of 14:20, with 24 seconds separating her from Bob Sammells at the finish.

Congratulations are due to Bob Schickert for excellent handicap allocation with the first ten runners home within one minute and the first 35 within three minutes.

Particular thanks are due to Diane Airey who acted as recorder, the committee members who assisted with tent and equipment issues and, in particular, Kirt Johnson who repaired the damaged timing clock plug averting what could have been disaster. We would also like to thank John Pressley for setting up drinks and Jo Pearce for clocking in the walkers and runners. Dalton Moffett helped collect the equipment for the next weeks run. Those who had time and the inclination, were able to linger after the event, socialise and enjoy and after run chat in pleasant sunshine.

**Peter Airey**

Peter Hickey	M35	51:12
Bob Sammells	M55	51:29
Paul Arthur	M35	51:36
Geoff Mullins	M55	51:45
Marilyn Blair	W35	51:53
Jeff Spencer	M55	51:55
Brian Bennett	M45	51:58
Jenny Barnes	W40	52:09
John Bell	M50	52:17
Rob Sheehy	M50	52:18
Jackie Halberg	W50	52:35
John West	M45	52:37

Terry Keesing	M35	52:42
Milton Mavrick	M40	52:52
Val Millard	W45	53:02
Jim Klinge	M45	53:04
Keith Atkinson	M35	53:08
Stan Lockwood	M65	53:15
Ted Maslen	M60	53:18
Robin King	W35	53:18
Vic Waters	M50	53:28
Richard Harris	M55	53:34
Gareth Brunt	M45	53:38
Merv Jones	M55	53:41
Mike Rhodes	M50	53:42
John Russell	M60	53:42
Dave Bishop	M35	53:49
Vic Beaumont	M65	53:53
Sue Cutten	W40	53:55
Dave Roberts	M50	54:00
Brian Foley	M50	54:05
George Schaefer	M60	54:09
Peggy MacLIVER	W50	54:11
Frank Gardiner	M45	54:15
Wendy Duncan	W45	54:17
Jan Kelly	W40	54:17
Ivan Brown	M50	54:19
J Bonomelli	W45	54:49
Aldo Giacomini	M60	55:19
Stuart Parkinson	M45	55:35
Mary Heppell	W55	55:35
Robin Bonner	M65	55:39
Mike Anderson	M45	55:45
Dick Blom	M65	55:48
Brian Hunter	M50	55:52
Rosa Davis	W50	55:58
Noela Medcalf	WS60	56:13
Mitch Loly	M55	56:27
Jim Barnes	M50	56:38
Shorty Turner	M60	56:39
Alison Aldrich	W50	56:54
John Stone	M40	56:03
Bob Schickert	M50	57:17
John Pellier	M55	57:37
Peter Davies	M65	57:41
Dalton Moffett	M65	57:46
Kirt Johnson	M65	57:46
Alan Chambers	M55	58:07
Frank Usher	M70	58:44
Sheila Maslen	W55	59:01
Norm Miller	M60	59:02
Ann Turner	W60	59:27
Rob Davis	M55	60:02
Lynn Boucher	W50	60:26
Stuart Hicks	M70	60:43
Arnold Jenkins	M50	60:52
Clive Frost	M45	61:48
Wendy Clements	W50	61:50
Lorna Lauchlan	W65	62:30
Jackie Billington	W50	63:50

### WALKERS

Paul Martin	M55	52:21
John Mison	M45	52:22
Barrie Thomsett	M55	57:57

Bob Fergie	M60	58:01
Michele Mison	W45	61:25
Barrie Weatherburn	M50	62:16
Dorothy Whittam	W60	64:05
Lynne Schickert	W50	65:30
Pat Ainsworth	W60	68:00
Val Bonner	W55	69:20
Jeff Whittam	M60	71:50
Ernie Moyle	M70	72:10

### VISITORS

L Stirling	8KW	71:59
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## KING'S PARK WILDFLOWER RUN 15 SEPTEMBER, 1996

Conditions for the run were wet and windy but that did not dampen the enthusiasm of the 72 competitors.

Mike and I would like to apologise to the 5K runners and walkers who ended up doing only 3K.

Tony Heppener won the 9.6K and Margaret Birks won the ladies section.

We would like to thank all the helpers including Liz Khan, Gillian Peet for the recording and the course marshals, Eileen Stickles, George Peet, David James, Peter Davies, Gwen Davies, Fred Haggard and John Pressley.

Many thanks also to Sue Jones and her helpers for organising the sausage sizzle.

**Mike Khan and Joe Stickles**

### 9.6K

Tony Heppener	M40	34:46
Jim Langford	M50	35:17
Frank Smith	M50	36:15
George Fisher	M40	37:02
Jim Klinge	M45	37:27
Ralph Henderson	M45	37:54
Bob Schickert	M50	37:55
Dave Roberts	M50	38:51
Dave Muir	M50	39:41
Wayne Pantall	M40	40:17
Ray Milligan	M40	41:30
Paul Arthur	M35	41:44
Mike Rhodes	M50	41:50
Alec Holm	M50	42:23
Robin Bonner	M65	42:24
Paul Martin	M55	42:29
Brian Bennett	M45	42:51
Bob Sammells	M55	43:10
Ted Maslen	M60	44:23
Mike Anderson	M45	44:28
Stuart Parkinson	M45	44:45
Margaret Birks	W50	45:15
Milton Mavrick	M40	46:32
George Schaefer	M60	46:51
Richard Harris	M55	47:26
Brian Matthews	M40	47:41
Peter Airey	M55	48:09
Marge Forden	W55	48:38
Mitch Loly	M55	49:17



Ron Hillis	M50	49:39
Jeff Spencer	M55	49:40
Keith Atkinson	M35	49:42
Vic Beaumont	M60	49:53
E Hill	M50	50:41
Barry O'Connor	M50	50:47
Lynn Harrop	W40	51:08
Jackie Halberg	W50	51:34
David Carr	M60	52:41
Merv Moyle	M65	52:42
Ron Sutton	M55	53:07
Shorty Turner	M60	54:21
Ann Turner	W60	54:55
Kirt Johnson	M65	57:57
Denise Lancaster	W45	58:28
Jenny Barnes	W40	58:29
Margaret Warren	W60	59:03
Sheila Maslen	W50	66:57
Mary Heppell	W55	66:58

#### 5K Run

Ian Blair	M35	20:17
Jackie Billington	W50	37:38
Joan Hillis	W50	39:47
Val Bonner	W55	39:50

#### 5K Walk

Dorothy Whittam	W60	39:51
Jeff Whittam	M60	42:04
Bob Fergie	M60	42:05

#### 3K Run

David Willmer	M40	11:48
Ivan Brown	M50	11:51
Terry Keesing	M35	12:08
Maxine Santich	W40	12:09
John Stone	M40	13:44
Keith Forden	M55	15:18
Val Millard	W45	16:10
Joan Pellier	W55	16:46
Lynne Schickert	W50	22:14
Ray Hall	M60	22:16

#### VISITORS

D Howard	3K	11:50
M Prentice	3K	15:40
L Clarke	5KW	42:07
H Gilby	9.6K	39:45
D Brandis	9.6K	43:21
G Sandford	9.6K	43:52

#### CHRISTMAS GIFT RUN

Don't forget to bring a present to the value of \$5.00 for the Christmas Gift Run on Sunday 22 December. Also funny/fancy dress competition - mince pies and a cuppa.

## JOONDALUP NEIL HAWKINS PARK 6 OCTOBER 1996

The weather was really sunny and warm this year for the run at Neil Hawkins Park. It is a great spot to run and quite a few stayed after to have a barbecue. Nobody got lost this year as the second half of the course was much easier to follow and mark. Each year the course is altered by the roads and landscaping but I think that is all settled now. We might even get a path down to the far turn soon.

We had lots of runners and walkers and even a couple of winners but most importantly, hopefully the run and walk was enjoyed by all.

Grateful thanks to our helpers namely Keith Forden, Ann Turner, Bob Sammells and Fred Haggard and Morris for marking the course which I reckon was 11.6K and 5K.

#### Margaret Warren

#### 10K

Steve Burge	M35	43:06
Bob Schickert	M50	44:08
Ralph Henderson	M45	44:26
Don Caplin	M55	45:42
Blakeney Tindall	M35	46:01
Brian Foley	M50	49:23
Milton Mavrick	M40	49:57
Paul Kelly	M40	50:25
John Pellier	M55	50:29
Dave Carr	M60	51:33
Frank Smith	M50	51:57
Ted Maslen	M60	52:16
Graham Thornton	M55	52:29
George Schaefer	M60	53:21
Mike Anderson	M45	53:37
Mike Rhodes	M30	55:35
Helen Lysaght	W40	55:45
Merv Moyle	M65	55:49
Mitch Loly	M55	56:32
Marg Forden	W55	57:05
Jackie Halberg	W50	59:24
Bernadette Height	W35	60:43
Ivan Wiltshire	M55	62:55
Alan Chambers	M55	66:44
Denise Lancaster	W45	67:45
Shorty Turner	M60	67:46
Lyn Boucher	W50	70:54

#### 5K

David Willmer	M40	20:21
John Pressley	M50	21:17
Terry Keesing	M35	21:45
John Stone	M40	23:38
Jan Kelly	W40	23:43
Peeter Airey	M60	23:57
Simon Mort	M40	24:05
Arnold Jenkins	M50	24:50

Pauline Wiltshire	W50	24:59
Roma Barnett	W45	26:55
Joan Pellier	W55	27:09
Jan Jarvis	W50	27:11
Kirt Johnson	M65	27:22
Norm Miller	M60	27:30
Val Millard	W45	27:44
John Russell	M60	27:50
Wendy Clements	W50	28:31
Irene Ferris	W40	29:29
Pat Miller	W55	29:56
Jackie Billington	W50	30:36
Garnet Morgan	M70	30:54
Ray Barnett	M50	31:44
Mary Heppell	W55	32:05
Margaret Ward	W55	32:09
Sheila Maslen	W55	33:28
Glenice Shanahan	W70	36:03
Lynne Schickert	W50	36:44
Frank Usher	M70	38:20

#### WALKERS

Lesley Romeo	W50	32:37
Ray Hall	M60	37:03
Pat Ainsworth	W60	38:36
Lois Smith	W45	39:17
Val Wheeler	W65	41:26
Ernie Moyle	M70	41:33
Fred Watson	M75	49:23
Jeff Whittam	M60	49:46

#### VISITORS

David Howard	5K	20:20
Wally Crowley	5K	21:29
Len Hughes	5K	22:45
Kevin Courtney	5K	24:16
Hazel Corbett	5K	29:57
Anne Laird	5KW	49:05
Steve McCarthy	10K	54:36

#### OOP'S

On talking to Margaret Warren at Riverton Run on Sunday 1/12/96, she mentioned that the results of her run had not been published in the Vetrin. I distinctly remember typing them so on going home and checking - lo and behold they were along with Peter Airey's run and Mike Khan and Joe Stickles run.

I have no excuse other than they j vanished in the bowels of the computer for a while when I was preparing the November edition. My apologies for the delay but better late than never.

As I won't be here for the Christmas Run I would like to personally wish all the Vetrin Very Merry Christmas and hope you all have a Safe and Happy New Year. I will miss the fun with my friends on dressing up, eating mince pies and drinking champagne but I am sure I will be having a lovely time in New Zealand.

Jackie Billington



## RECIPE FOR MAKING THE MOST OF GROWING OLD

- **Don't smoke:** but if you enjoy alcohol have a drink at the end of the day, preferably on company. Cut down on sugar, salt and animal fats in your diet. End each meal with a piece of fresh fruit and drink plenty of water.
- **Five days** out of seven, walk briskly for at least a kilometre, or take some other congenial form of regular outdoor exercise. If you doctor agrees, jog or skip or run on the spot or dance aerobically, or do other vigorous exercise to the point where your breath quickens noticeably. Physically, what you don't use you lose.
- **Accept that** your sleep patterns change as you grow older and learn to relax or meditate if you find yourself lying awake, remember a
- glass of warm milk or some form of sexual expressions is a much better sedative than sleeping pills. Regard any sort of medication as a temporary measure and a last resort. Train your memory by deliberately learning something new each day and recalling it the next morning. Mentally, what you don't use, you lose.
- **Keep in touch** with all your old friends and endeavour to make new ones. Maintain a close relationship with at least one much younger person. Try to prepare yourself emotionally, financially and practically for inevitable bereavements. Learn to listen.
- **Don't give up** sex before you have to, interpret the meaning of "sexual expression" as widely as you feel comfortable with. Sexually, what you don't use, you lose.
- **Prepare yourself** for the possibilities in hearing, eyesight and mobility. Give a lot of thought to where you want to live. Taste and try before you buy. Check your home for hazards and have them fixed. Install grab-rails and ramps before you need them.
- **Find out** about your social service entitlements and make intelligent use of them when necessary. Find yourself a hobby. Keep up with the new. Learn to laugh at minor

matters that might once have annoyed you. Reminiscing is good for you, but ask people to tell you if you repeat yourself. Tape-record your memories and listen to them yourself.

- **Clarify your values** and maintain links with organisations that support them, but guard against ramming your beliefs down anybody else's throat.
- **Don't be a slave** to routine. Do the things you never had time for before. Go place. Take risks, contribute to your community.
- **Fight ageism in all its forms**

## RIB RUN 10.11.96

**It was a very hot day for the second RIB run and more than normal of the 95 runners chose the shorter course. This years course was less in distance due to the introduction of pathways completely around the reserve, but it was safer and more picturesque and some good times were recorded the winners being:**

In the women - In the 8.2K 1<sup>st</sup> Jan Kelly, 2<sup>nd</sup> Robin King and 3<sup>rd</sup> Carol Broderick, in the men - 1<sup>st</sup> Ross Parker, 2<sup>nd</sup> Frank Smith and 3<sup>rd</sup> Jim Klinge. In the 4.5K - 1<sup>st</sup> women Marilyn Blair, 2<sup>nd</sup> Sue Vetten and 3<sup>rd</sup> Ann Turner and in the men Vic Waters came 1<sup>st</sup>, 2<sup>nd</sup> Tom Savin and 3<sup>rd</sup> Alan Jennings.

The Walkers - Michele Mison was 1<sup>st</sup> in the 8.2K Walk, Paul Martin 1<sup>st</sup> man, 2<sup>nd</sup> John Mison and 3<sup>rd</sup> Bob Fergie/Barrie Thomsett.

4.5K Walk - 1<sup>st</sup> Wendy Clements, 2<sup>nd</sup> Jill Midolo and 3<sup>rd</sup> Dorothy Whittam. Bob Chalmers was 1<sup>st</sup> man, Ray Hall 2<sup>nd</sup> and Ernie Moyle 3<sup>rd</sup>.

Many thanks to the never ending volunteers who offered to help namely Heather Sanderson and Bev Thornton on recording, Sue Danby and Pat Savin at the turn around point and Bob Sammells at the drink station and the two girls who did a splendid job of picking up the discarded cups, their help was much appreciated by Bob.

Hope to see you all again next year.

**Roma, Irene, Brian (RIB)**

### 8.2K

Ross Parker	M45	29:43
Frank Smith	M50	30:57
Jim Klinge	M50	30:58
Warren Gee	M45	31:17
Gary Fisher	M40	31:28
Ralph Henderson	M45	31:34
Bob Schickert	M55	32:16

Dave Roberts	M50	32:50
Brian Danby	M45	32:54
Don Caplin	M55	33:31
John Bell	M50	34:13
Milton Mavrick	M40	34:26
Janet Kelly	W40	34:34
David Carr	M60	34:47
Robin King	W35	34:47
Graham Thornton	M55	35:56
John Pellier	M55	36:33

### 4.5K

Vic Waters	M50	17:30
Tom Savin	M50	17:50
Marilyn Blair	W35	18:14
Alan Jennings	M55	18:53
Terry Keesing	M35	19:06
Mike Rhodes	M50	19:10
Sue Vetten	W45	19:19
Mike Anderson	M45	20:14
Peter Hill	M45	20:38
Peter Airey	M60	21:00
John Stone	M40	21:06
Richard Harris	M55	21:42
Jeff Spencer	M55	22:02
Tony Speechley	M50	22:03
Bill Crane	M55	22:48
Allen Tyson	M70	23:19
Ann Turner	W60	24:24
Joan Pellier	W55	24:31
Kirt Johnson	M65	24:32
Teresa Howe	W45	25:02
Jenny Barnes	W40	25:16
Val Millard	W45	25:24
Shorty Turner	M60	26:06
Norm Miller	M60	26:07
Ray Barnett	M50	27:24
Jackie Billington	W50	28:31
Suzanne Brand	W50	32:29

### 8K Walk

Paul Martin	M55	48:25
John Mison	M45	48:26
Michele Mison	W45	57:11
Bob Fergie	M60	58:54
Barrie Thomsett	M55	58:54

### 4.5K Walk

Bob Chalmers	M55	30:36
Ray Hall	M60	31:22
Wendy Clements	W50	31:44
Jill Midolo	W45	33:02
Dorothy Whittam	W60	34:00
Lynn Turner	W50	34:39
Lynne Schickert	W55	34:39
Joan Hillis	W50	34:42
Pat Miller	W55	34:46
Linda Mark	W45	35:59
Brian Palmer	M45	36:38
Ernie Moyle	M70	36:39
Val Wheeler	W65	36:45
Jeff Whittam	M60	36:46

### VISITORS

Ian Thomsett	4.5K	19:01
Kevin Courten	4.5K	20:49



# YOU DESERVE A NEW SHIRT!

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*Merry Christmas*

Mr R Hayres  
26 Jenkins Pl  
WEMBLEY DOWNS

WA 6019

## HAPPY BIRTHDAY TO OUR JANUARY MEMBERS

Deanus, Fraser	01/01/40	57	remains	M55	Douglas, Neil	15/01/56	41	remains	M40
Hindle, Eileen	02/01/49	48	remains	W45	Branche, Gary	15/01/53	44	remains	M40
Muir, David	02/01/45	52	remains	M50	Barrett, James	06/01/37	60	becomes	M60
Brown, Penny	03/01/46	51	remains	W50	Tindall, Blakeney	17/01/61	36	remains	M35
Thompson, Jane	05/01/55	42	remains	W40	Gale, Brian	18/01/45	52	remains	M50
Frost, Clive	05/01/47	50	becomes	M50	Fletcher, Janet	20/01/46	51	remains	W50
Maslen, Sheila	06/01/38	59	remains	W55	Leman, Colin	20/01/46	51	remains	M50
Sammells, Robert	06/01/37	60	becomes	M60	Weatherburn, Barry	20/01/43	54	remains	M50
Sheehy, Robert	09/01/46	51	remains	M50	Atkinson, Barbara	24/01/51	46	remains	W45
Prewett, Gerald	09/01/53	44	remains	M40	Aldrich, Alison	24/01/43	54	remains	W50
Farrelly, Lynn	09/01/45	52	remains	M50	Farrell, Robert	24/01/40	57	remains	M55
Walton, Faye	09/01/42	55	becomes	W55	Wyatt, Gay	24/01/54	43	remains	W40
Holloway, Rose-Maree	11/01/55	42	remains	W40	Barnes, James	25/01/43	54	remains	M50
Devine, Brian	12/01/42	55	becomes	M55	Jones, Susan	25/01/49	48	remains	W45
Attwell, Raymond	13/01/36	61	remains	M60	Turner, Ann	27/01/36	61	remains	W60
Choate, Lynne	14/01/53	44	remains	W40	Parker, Ross	27/01/49	48	remains	M45
Johnson, Ruth	14/01/41	56	remains	W55	Morrissey, Michael	28/01/27	70	becomes	M70
Kelly, Pauline	14/01/47	50	becomes	W50	Dahlstrom, Darry	28/01/51	46	remains	M45

*Merry Christmas*

THE VETRAN