



The Vetruns



No. 302 December 1998

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The WAVAC committee wishes all members a

Merry Christmas

and may you have a prosperous New Year (and faster times!).



oops!

Copy for Vetrun

Send to 2/14 Leonora St

Como 6152 or email to

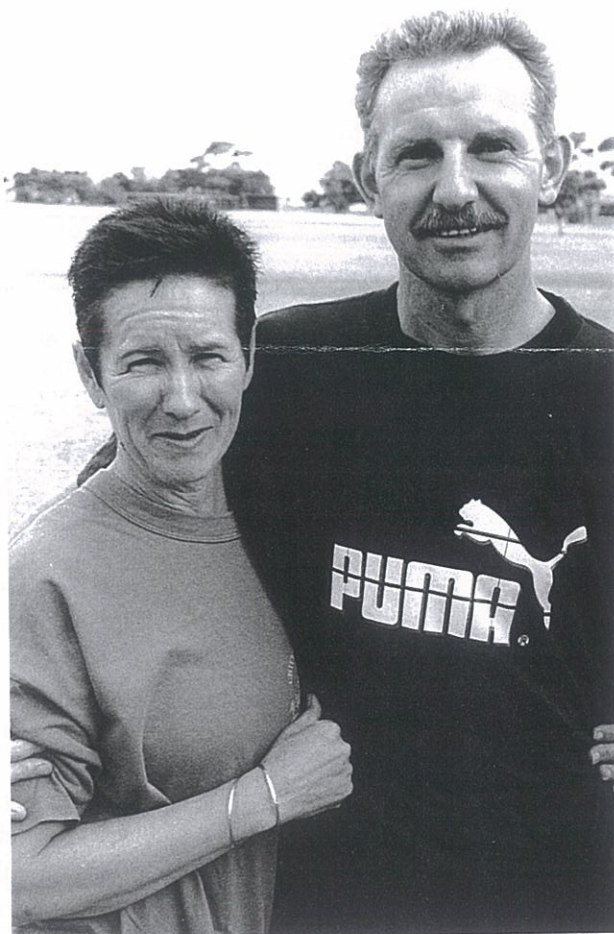
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Bottom left: Congratulations to Peter Airey (member since 1986) who made it to the West Australian (12.12.98) for winning an Award for Engineering Excellence. Right: This months running mates Fiona and Duncan McAuley (photo: Vic Beaumont)

See page 11 for Australia Day Group Run



Running Mates

by Joan Pellier

Meet this months running mates, Fiona and Duncan McAuley. Both were born in Glasgow, Scotland, they came to Australia in 1980 and live in Shoalwater Bay. Fiona swam and played netball at school. Duncan played golf, soccer and was in the school cross country team. Duncan played soccer until he was 21 but decided to return to running and joined a famous Scots club, Vic Park in Glasgow and ran track and cross country. Last year Fiona and Duncan returned to Glasgow for a holiday and to visit family and Duncan enjoyed having a run with some old running mates. He says 'that like him all were going grey and a bit slower at running' and he also caught up with Jimmy White who runs with the Vets when in Perth. Fiona and Duncan met at Tiffany Dance Ballroom in Glasgow, they have two children David (20) and Helen (17). When the McAuleys came to Perth, Duncan joined the Uni Athletic Club and competed for them in the AAWA events on Saturday. Fiona has only been running three and half years and with help and guidance from Duncan is really enjoying it and wishes she started years ago. Duncan help set up Mandurah/Rockingham Athletic Club and is cross country coach and helps plan some of the members training. The club started with just a couple of members but now has around 30 with ages ranging from 14 to 50 years.

Occupation

Both run a TV business and workshop

How did they hear about the Vets

Brian Foley and David Carr at Perry Lakes

What they like about the Vets

Both like the friendly people and relaxing company and wish they could run more events.

Any changes

Fiona: Don't change a good thing, Duncan: No it great.

Favourite run

Fiona: Jorgensen Park cross country, Duncan: Jorgensen and Kings Park

Favourite Distance

Fiona: 10K, Duncan: 800m and cross country

Most Pleasing Performance

Fiona: Running the 1998 Road Running Championships, Duncan: winning 1 mile at Albany in 1997 and first in the 800m at Urban Highland Games in 1975.

Favourite Food

Fiona: Chocolate (*alright!! Ed.*)
Duncan: Potatoes

Hobbies

Fiona: Learning shorthand, Duncan: gardening and golf when he has time.

Favourite TV:

Fiona: Friends, Duncan: Foreign Correspondent

Favourite Film

Fiona: Deer Hunter, Duncan: High Noon

Club News

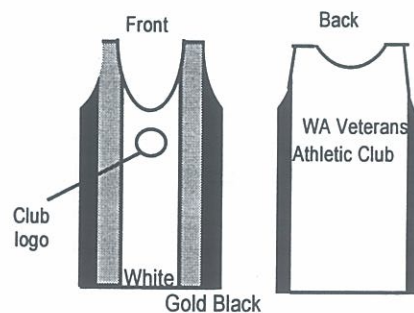
New Design - Club Singlets

As you may be aware the committee has been seeking feedback from members on style, colour and design for a new WA Vets Club Singlet.

We are now in the position to offer these to all members (see diagram below). Bob and Lynne Schickert will be modeling the top over the next few weeks. It is made from a material designed to breathe, stay cooler and drier. Cost will be \$25 or less if we can order large numbers.

Why a new singlet design? Currently the club has two singlets. One is trimmed in black for state championships and the other a gold singlet trimmed in black for national competitions.

However the gold singlet cannot be worn at AthleticA competitions as it clashes with another clubs' colours. So we set out to do a number of things. First, reduce the cost as the new singlets can be worn at all events, secondly, the colours are more modern and attractive, thirdly, the new materials are lighter and cooler and lastly there is a design for women, shaped in all the right places. Although wearing of the club colours is not compulsory, it does make an attractive sight at the State and National Championships if we all wear them. Interested members can approach Lorna Lauchlan to order the new top. Men and Womens in sizes S,M,L,XL. Crop tops also available for women.



To Order

Name: _____

Men / Womens (circle one)

Chest size (cm) _____

Return Lorna Lauchlan by hand or post to

27 Chessington Gardens

Mt Claremont 6010

Include \$25 payment

Initial Orders close 6.1.99 (at the track) or Sunday run 10.1.99 for delivery about four weeks later. If you have already ordered, send \$25 to Lorna or give it to Bob Schickert.

New Members

This month we have two new members

Graham MacKellar

Franco Ernesto

1999 Australian Veterans

Athletics Championships

Pamphlets detailing the events to be held in Canberra April 2-5 are available from Brian Foley. The program is also available on the Canberra Vets Website

Vale

David Bird

Sadly, David passed away recently. He joined the Vets in early 1997 with his wife Wendy after moving to Perth from Albany. David was well known for his Ultra Marathon performances having competed in the Perth to Albany run, but he also showed that he had some 'toe' with his performances in the 1998 State Track and Field Championships. He was second in both the M60 1500m (5.37) and 5K (20.50). Our sincere sympathy to Wendy and family.

Deadly Medley Relay Entry deadline-4th February

A teams race for runners and walkers and one of the clubs main teams event for the year. We have teams of four so to help us get the teams as even as possible we ask members to enter before the 4th February.

How to enter: Runners

Please fill out the form below and post to the Turners at 75 Byron Road, Yokine 6060 or hand it to them on a Sunday run or ring Ann or Shorty on 92761539 before 4th February

Walkers: Forms go to Jeff Whittam who has kindly agreed to coordinate the walking teams.

The race: Runners. A team consists of four. Two runners run 2km and two run 1km with each runner running twice over the same distance.

Walkers: A team consists of two. One walker walks 2km and one walks 1km with each one walking twice.

The Venue: To be held 7th February, 7am at Yokine Reserve, Wordsworth Avenue, Coolbinia (entry near Chaucer street)

You can enter on the day but will NOT be eligible to win a prize.

Deadly Medley Entry Form

Name: _____

running/walking(circle one)

Name: _____

running/walking

Post to 75 Byron Road, Yokine 6060

Letters

Merry Christmas

There is only one person, in my opinion, who had the right idea about Christmas. His name was Scrooge and he said,

"Christmas! Bah! Humbug!" Retail shops extol the joys of Christmas months before it is due to arrive and, obviously the one requirement to make it a Merry Christmas is money. Yet, The Saviour, whose birthday we are celebrating, told us,

"The love of money is the root of all evil." I must be an evil person because, when my family assembles and hands around expensive presents, I find myself mentally calculating how much it all cost. Eileen looks at it from the opposite direction, "Aren't we lucky to be able to buy all these things!" I notice that she

uses the word 'buy' instead of 'afford'.

"For you" says my great-grand daughter, "From Farver Chissmuss."

"No" I reply, "It's not from Father Christmas. It's from you."

"No" she answers, "From Farver Chissmuss." So I accept a present from Father Christmas and think back to when the child's grandmother was born and I softly say:-

"Merry Christmas"

Arthur Leggett

Some people think that they may be too old to run. There is really no age at which a person can't become a runner. Running efficiently has only to do with your level of fitness. Remember there are people out there running marathon at the age of seventy or eighty. And do you know something? They aren't coming in last!

From 'Running to the top' Derek Clayton, 1980

Jam Pot (psst, I know who you are!)

Farewell David

Many members of the Vets will have heard recently of the death of David Bird, I can well realise that many will not know who he was as he had not been a member for very long, but for me he had been a running mate for many years. We both started running marathons, the people, Albany and Bunbury, the gentle warm ups and after race post-mortems, either plenty of excuses; the wind, the rain or the hills but on good days how pleased Deek would have been with such a run. We both moved on to run the Mandaring to York on several occasions and I will long remember the first few gently miles when we would have a group of us chatting away. After the run we would all have a picnic down by the Avon where I

managed to persuade Dave that Fremantle Steam Beer was better than his English stuff. We also ran several 24 hour races and no matter how tough the run became Dave always had a smile on his face and a word of encouragement for everyone as they passed. During these runs I seemed to spend a lot of time being sick at the side of the track and Dave would always appear, put a hand on my shoulder and say 'let's walk a bit'-he certainly helped me through the tough parts. From here we both decided, while cold sober, to run the inaugural Perth to Albany and Dave managed to get a group of work mates, most who weren't runners, to give up a week of holidays to crew for him which shows the respect people had for him. We were the last two to make it into Albany but bigger names didn't make it all. At the presentation we shared several stouts and I like to think we earned them. My memories of Dave are happy and to Wendy, a member of the Vets, and family, you are not the only people who will miss him greatly.

Charlie Spare

Foot Massaging

A story by Arthur Leggett

Oft times, when massaging feminine feet on the eve of the Bunbury Marathon, I am asked, "Is that a special lotion you are using?" After much soul-searching and deliberation I now reveal the story behind Moey's Magic Massaging Mixture.

We were campaigning through the Kyber Pass at the time. I was attached to Ordinance and stationed in a village where I was endeavouring to ascertain the amount of damage done by The Argyle and Sutherland Highlanders, who had been billeted there for a few days during

the previous week, when I came across this Indian chappie in a stall by the roadside. He claimed to be the Lord High Chancellor of the Rajah of Okolopoo, whose domain was nearby. It appears the Rajah was having a run of bad luck at the gambling tables of the local casino and was attempting to replenish his coffers by selling an aphrodisiac in shapely bottles and, as an added sales incentive, with every shapely bottle came a shapely woman. I could see myself making a quick quid here so I promptly ordered a 44 gallon drum of the stuff.

This brought about an unexpected complication as the Lord High Chancellor maintained that as I had ordered a 44 gallon drum I was obliged to accept a woman in the shape of a 44 gallon drum. A somewhat animated discussion followed and a crowd quickly gathered. (You know how quickly crowds gather in India). Voices were raised, heated arguments broke out, an occasional blow was struck and it looked as though a riot could break out at any time. Fortunately the Lord High Chancellor realised the seriousness of the situation and agreed to dispatch the 44 gallon drum to a nominated laboratory in Perth providing I threw the woman to the mob. This amicable arrangement seemed to please everyone and so I continued on my way.

My term of office eventually expired and I returned to Perth where I rented a small apartment in the exclusive suburb of Eden Hill and proceeded to the local supermarket to restock my larder. Imagine my amazement when I saw my lotion on the supermarket shelves! I dropped everything, dashed out of the building, mounted my camel and galloped off to the laboratory to confront the management. The firm's principals informed me that they had analysed the mixture and separated the active aphrodisiac

from the dormant components in accordance to my instructions. In order to recoup some of their expenses (as I had neglected to send them any money) they were selling the dormant components as a massage lotion with the added sales incentive of leaving the aphrodisiac in one out of every thousand bottles!

Furthermore, they informed me that they were making plans to market the aphrodisiac under the trade name of Viagra and as I wasn't on the newly formed Board of Directors would I kindly remove my camel from the front lawn as it was pooping everywhere and eating the flowers.

So, you see me today, disillusioned old man ranging far and wide throughout the country massaging female feet and gradually working my way through the thousand bottles stashed under the bed of the little apartment in the exclusive suburb of Eden Hill within the boundaries of the beautiful city of Perth on the banks of the River Swan.

Around the Tracks

Congratulations!

State Records-10,000m

Ann Shaw W50 39.22.0

Marg Robinson W60 51.33.5

Coker Park 13.11.98 in heavy rain

Spotlight on Snow McSwain

Poor Snow, she was railroaded into this exposé but she definitely qualifies as a track only runner because she has never run a Sunday run since joining the Vets four years ago! This is not to say that she wouldn't be capable of running the distance but that the weekends are spent looking after the interests of her six kids. Yes, can you believe that this fit and active woman has six kids ranging in ages from 8 to 17, finds time to work as a School Officer,

coordinates the programming and helps run Gosnells Little Athletics, exercises five days a week, and keeps an immaculate 'House & Garden' type house (seen with my own eyes!). Snow told me that she did athletics at school and spent a short time as a sub-junior member of Canning Districts Athletics club while John Gilmour was still coaching. She then took a 23 year break before venturing back onto the track four years ago. The first year back she competed competitively in the National Veterans Championship in Perth (a pretty brave thing to do!) in a wide variety of events. She found this very inspiring and decided to continue in track and field. Her favourite event is the 400m with a best time of 1.04.5. (I didn't think it was possible for the 400m to be anyone's favourite event but I guess someone has to do it!) She also enjoys a good competitive 800m and has a go at every thing else. Snow still has ties with Canning Districts Athletics Club through her training group run by Mike Edwards but takes every second Thursday off to run with the Vets at Coker Park. Her goals in track running are to compete at another National event or possibly World event sometime in the near future. For those of you who don't know who Snow is I did take a photo but it is still in the camera.....so maybe next issue!



Just a few Track and Field Results!

15-Oct at McGilivray

200m

David Keane	M34	30.3
Milton Mavrick	M40	30.8

Trevor Robertson	M46	29.3
David Wyatt	M47	26.6
Ian Davies	M51	27.5
John Pressley	M53	35.1
Ros Calnan	M57	32.2
Norm Richards	M61	27.1
Leon Sander	M61	29.3
Gordon Medcalf	M69	38.3
Ron Tompkins	M76	38
Katrina Spilsbury	W32	30.4
Pat Carr	W66	36

1500mW

Robin King	W40	8.08
Dorothy Whittam	W62	10.18
Lorna Laughlan	W68	10.5
Glenice Shanahan	W74	12.34

Long Jump

Jon Wannberg	M32	4.34
Trevor Robertson	M46	3.46
David Wyatt	M47	4.82
Brian Foley	M54	3.44
Ros Calnan	M57	3.43
David Clive	M61	4.94
Ray Hall	M64	2.94
Leon Sander	M61	3.65
David Carr	M66	3.34
Gordon Medcalf	M69	2.82
Ron Tompkins	M76	2.68
Katrina Spilsbury	W32	4.04
Peggy McLiver	W54	3.37
Noela Medcalf	W63	2.17
Dorothy Whittam	W62	3.1
Pat Carr	W66	3.48
Lorna Laughlan	W68	2.1
Glenice Shanahan	W74	1.6

3000m

Mike Karra	M30	10.57.4
Jon Wannberg	M32	11.11.3
Doug Ashfield	M41	11.31.2
Milton Mavrick	M40	12.27.9
David Wilmer	M40	10.32.9
David James	M45	11.12.8
Trevor Robertson	M46	10.54.3
Nick Bailey	M50	12.16.3
Ivan Brown	M53	11.10.3
Maurice Creagh	M52	12.22.9
Ian Davies	M51	10.27.1
Brian Foley	M54	11.04.8
Jim Langford	M54	10.12.5
John Pressley	M53	12.08.9
Bert Carse	M57	10.29.6
Keith Forden	M59	13.26.5
Alan Jennings	M58	12.03.8
Frank Smith	M55	11.00.4

Steve Barrie	M62	12.29.2
Ray Hall	M64	13.44.6
Leon Sander	M61	13.41.2
David Carr	M66	13.40.2
Paula Karra	W28	14.26.2
Tessa Brockwell	W40	11.34.4
Robin King	W40	12.08.3
Jane Thompson	W40	14.11.6
Jackie Halberg	W52	14.41.1
Peggy McLiver	W54	13.45.4
Val Prescott	W54	17.26.1
Anne Shaw	W50	10.57.9
Margery Forden	W57	13.57.4
Lorna Laughlan	W68	18.55.3
Glenice Shanahan	W74	21.41.6

Discus

David Keane	M34	23.66
Trevor Robertson	M46	23.22
Ros Calnan	M57	23.27
Ed Carrol	M57	36.01
Leon Sander	M61	27.63
Gordon Medcalf	M69	22.95
Robert Shand	M65	27.37
Ron Tompkins	M76	24.65
Noela Medcalf	W63	17

400m

David Keane	M34	83.2
Milton Mavrick	M40	68.6
Trevor Robertson	M46	66.1
Ian Davies	M51	65.7
John Pressley	M53	77.1
David Clive	M61	61.7
Norm Richards	M61	67.1
David Carr	M66	67.1
Katrina Spilsbury	W32	75.6
Noela Medcalf	W63	90.8

22-Oct at Coker Park

2000mW

John Mison	M50	10.09
Alan Tyson	M73	14.43
Robin King	W40	10.51
Michelle Mison	W50	13.41
Valerie Millard	W51	13.12
Lynne Schickert	W57	13.49
Glenice Shanahan	W74	16.35

400m

Brad Robertson	M31	61.2
Jon Wannberg	M32	62.4
Trevor Robertson	M46	63.8
Brian Foley	M54	64.1
Mike O'Riley	M59	67.6
Ray Hall	M64	80.1
Leon Sander	M61	65.9

Ron Tompkins M76 1.40.1
 Katrina Spilsbury W32 68.7
 Snow McSwain W39 70
 Michelle Mison W50 2.27.7
 Valerie Millard W51 1.42.4
 Peggy McLiver W54 70.4
 Lynne Schickert W57 1.50.9
 Dorothy Whittam W62 87.8
 Lorna Laughlan W68 2.09.5
 Glenice Shanahan W74 2.13.9

Javelin

David Keane M34 30.52
 Jon Wannberg M32 20.02
 Trevor Robertson M46 25.45
 Brian Foley M54 18.78
 David Clive M61 20.65
 Leon Sander M61 20.54
 Alex Cummings M65 12.22
 Alan Tyson M73 17.37
 Ron Tompkins M76 20.68
 Katrina Spilsbury W32 19.58
 Snow McSwain W39 13.28
 Robin King W40 15.69
 Eileen Hindle W49 15.76
 Pat Lloyd W50 6.78
 Michelle Mison W50 9.83
 Valerie Millard W51 10.74
 Peggy McLiver W54 16.49
 Lynne Schickert W57 9.54
 Dorothy Whittam W62 18.11
 Lorna Laughlan W68 14.55
 Glenice Shanahan W74 5.47

1500m

Brad Robertson M31 5.09.1
 Jon Wannberg M32 5.26.1
 Ian Sanders M40 6.01.6
 Chris Coates M45 4.55.1
 Trevor Robertson M46 5.04.4
 Maurice Creagh M52 5.36.9
 Ian Davies M51 4.37.3
 Jim Langford M54 4.45.6
 John Mison M50 5.55.1
 Alan Jennings M58 5.26.9
 Mike O'Rilley M59 6.17.7
 Snow McSwain W39 6.27.9
 Jackie Halberg W52 6.50.6
 Peggy McLiver W54 6.38.2
 Anne Shaw W50 5.10.2
 Marg. Robinson W60 7.07.1
 Glenice Shanahan W74 10.12.1

Hammer

Ian Sanders M40 18.17
 Alex Cummings M65 30.04
 Alan Tyson M73 15.89

Ron Tompkins M76 21.17
 Eileen Hindle W49 23.89
 Pat Lloyd W50 9.6

29-Oct at McGilivray

100m

David Keane M34 15.1
 Tony Whittaker M45 14.9
 Ros Calnan M57 15.4
 Norm Richards M61 13.5
 Leon Sander M61 14.4
 David Carr M66 17.2
 Gordon Medcalf M69 17
 Ron Tompkins M76 17.5
 Katrina Spilsbury W32 14.4
 Jan Jarvis W50 15
 Peggy McLiver W54 15.7
 Lynne Schickert W57 21.8
 Noela Medcalf W63 18.9
 Pat Carr W66 17.2
 Glenice Shanahan W74 27.6

1500m W

Ray Hall M64 8.45
 Lynne Schickert W57 10.28
 Dorothy Whittam W62 10.13
 Glenice Shanahan W74 12.39

Discus

David Keane M34 20.45
 Trevor Robertson M46 18.06
 Tony Whittaker M45 15.60
 Ivan Brown M53 12.26
 Brian Foley M54 19.39
 Ed Carrol M57 33.44
 Leon Sander M61 26.43
 David Carr M66 21.33
 Alex Cummings M65 29.27
 Gordon Medcalf M69 21.67
 Robert Shand M65 29.09
 Alan Tyson M73 18.61
 Ron Tompkins M76 21.68
 Katrina Spilsbury W32 20.36
 Peggy McLiver W54 22.44
 Lynne Schickert W57 9.19
 Noela Medcalf W63 16.73
 Dorothy Whittam W62 16.10
 Pat Carr W66 16.76
 Glenice Shanahan W74 6.98

Shot

David Keane M34 8.88
 Trevor Robertson M46 7.21
 Ros Calnan M57 7.42
 Ed Carrol M57 10.5
 Alex Cummings M65 8.12
 Gordon Medcalf M69 5.8

Robert Shand M65 6.89
 Alan Tyson M73 7.26
 Ron Tompkins M76 7.41
 Katrina Spilsbury W32 8.4
 Lynne Schickert W57 4.32
 Noela Medcalf W63 5.88
 Dorothy Whittam W62 7.89
 Glenice Shanahan W74 3.68

5000m

Jon Wannberg M32 19.29.8
 Blakeney Tindall M35 18.50.3
 Doug Ashfield M41 19.41.5
 David Wilmer M40 18.28.2
 Frank Gardiner M48 20.51.7
 Tony Heppener M45 17.56.7
 Trevor Robertson M46 18.22.5
 Tony Whittaker M45 19.39.4
 Barry Ault M52 20.28.1
 Ivan Brown M53 18.57.8
 Maurice Creagh M52 20.53.2
 Brian Danby M50 19.38.4
 Brian Foley M54 19.31.2
 Bruce Wilson M53 18.57.1
 Bob Schickert M57 18.42.4
 Leon Sander M61 22.09.4
 David Carr M66 21.50.9
 Denise McMorroW34 18.51.0
 Robin King W40 19.24.4
 Peggy McLiver W54 23.17.6
 Anne Shaw W50 18.51.9
 Glenice Shanahan W74 38.42.6

100m

Jon Wannberg M32 13.90
 Robert Colton M35 13.80
 Keith Atkinson M42 14.50
 Ian Sanders M40 13.60
 Tony Whittaker M45 14.00
 David Wyatt M47 13.20
 Ivan Brown M53 16.30
 Ian Davies M51 13.90
 Brian Foley M54 16.20
 Arnold Jenkins M54 14.00
 Mike O'Rilley M59 13.70
 Ray Hall M64 16.80
 Leon Sander M61 13.90
 Ron Tompkins M76 18.10
 Katrina Spilsbury W32 13.80
 Eileen Hindle W49 14.60
 Michelle Mison W50 26.40
 Valerie Millard W51 23.30
 Peggy McLiver W54 15.20
 Lynne Schickert W57 21.20
 Dorothy Whittam W62 16.20
 Glenice Shanahan W74 26.80

5-Nov at Coker Park**3000mW**

Jon Wannberg	M32	22.33.9
Keith Atkinson	M42	20.28.3
Greg McDowell	M45	17.21.2
Brian Foley	M54	18.53.0
Arnold Jenkins	M54	20.27.9
John Mison	M50	15.30.0
Ray Hall	M64	17.51.5
Leon Sander	M61	20.58.9
Alan Tyson	M73	23.05.1
Robin King	W40	15.56.7
Lyn Stoltz	W45	24.43.7
Michelle Mison	W50	20.29.3
Valerie Millard	W51	20.33.4
Peggy McLiver	W54	18.56.9
Lynne Schickert	W57	20.45.6
Dorothy Whittam	W62	21.58.1
Glenice Shanahan	W74	25.02.2

Javelin

Robert Colton	M35	21.45
Ian Sanders	M40	21.1
Greg McDowell	M45	30.39
Tony Whittaker	M45	17.04
Leon Sander	M61	22.88
Alan Tyson	M73	18.4
Ron Tompkins	M76	16.35
Katrina Spilsbury	W32	20.15
Eileen Hindle	W49	17.52
Erica Mercer	W55	19.17

Triple Jump

Robert Colton	M35	8.8
Ian Sanders	M40	6.1
David Wyatt	M47	10.29
Alex Cummings	M65	12
Alan Tyson	M73	6.37
Ron Tompkins	M76	8.33
Katrina Spilsbury	W32	9.74
Eileen Hindle	W49	8.66
Peggy McLiver	W54	7.3
Lynne Schickert	W57	5.45

3000m

Brad Robertson	M31	11.15.2
Jon Wannberg	M32	11.40.1
Robert Colton	M35	11.17.6
Keith Atkinson	M42	12.40.2
Doug Ashfield	M41	11.23.2
Chris Coates	M45	10.38.0
Frank Gardiner	M48	12.20.5
Tony Whittaker	M45	11.16.8
Nick Bailey	M50	12.16.0
Ivan Brown	M53	11.10.3
Maurice Creagh	M52	11.55.7
Ian Davies	M51	10.21.3

Brian Foley	M54	11.40.8
Arnold Jenkins	M54	13min
Alan Jennings	M58	11.53.8
Mike O'Rilley	M59	13.00.9
Bob Schickert	M57	10.50.7
Leon Sander	M61	13.40.9
Denise McMorro	W34	11.00.3
Robin King	W40	11.44.5
Jackie Halberg	W52	14min
Anne Shaw	W50	11.05.7
Marg. Robinson	W60	13.10.9
Glenice Shanahan	W74	16.19.0

12-Nov at McGilvary**1000mW**

Robin King	W40	5.10.4
Jane Thompson	W40	5.10.8
Valerie Millard	W51	7.02.1
Lynne Schickert	W57	6.25.2
Glenice Shanahan	W74	8.19.1

200m

Keith Atkinson	M42	31.1
Ian Sanders	M40	29.8
Trevor Robertson	M46	30.8
Tony Whittaker	M45	29.5
Murray Tolbert	M52	26.7
Ros Calnan	M57	31.8
Mike O'Rilley	M59	29.6
David Clive	M61	26.2
Leon Sander	M61	29.6
Ron Tompkins	M76	38.8
Katrina Spilsbury	W32	29.8
Peggy McLiver	W54	32.2
Noela Medcalf	W63	40.8
Pat Carr	W66	36.5

Shot

Jon Wannberg	M32	5.42
Ian Sanders	M40	7.28
Trevor Robertson	M46	7.45
Tony Whittaker	M45	6.13
Ivan Brown	M53	6.18
Brian Foley	M54	6.86
Arnold Jenkins	M54	7.37
Murray Tolbert	M52	10.39
David Clive	M61	7.38
Ray Hall	M64	5.95
Leon Sander	M61	7.2
Alex Cummings	M65	8.5
Gordon Medcalf	M69	4.9
Alan Tyson	M73	7.61
Ron Tompkins	M76	7.76
Katrina Spilsbury	W32	8.04
Valerie Millard	W51	5.59
Peggy McLiver	W54	7.12
Lynne Schickert	W57	5.14

Noela Medcalf	W63	6.3
Dorothy Whittam	W62	8.12
Glenice Shanahan	W74	3.93

800m

Jon Wannberg	M32	2.23.5
Keith Atkinson	M42	2.48.7
Ian Sanders	M40	3.10.5
Tony Heppener	M45	2.13.5
Trevor Robertson	M46	2.29.1
Tony Whittaker	M45	2.35.2
Nick Bailey	M50	2.38.7
Brian Foley	M54	2.22.7
Arnold Jenkins	M54	2.41.7
Bruce Wilson	M53	2.35.8
Alan Jennings	M58	2.34.2
Mike O'Rilley	M59	2.40.0
David Roberts	M55	2.36.4
Ray Hall	M64	3.23.4
Leon Sander	M61	2.52.2
Katrina Spilsbury	W32	3.46.1
Valerie Millard	W51	3.52.1
Peggy McLiver	W54	2.53.3
Lynne Schickert	W57	4.13.7
Glenice Shanahan	W74	5.13.1

Long Jump

Murray Tolbert	M52	5.64
Ros Calnan	M57	3.48
Gordon Medcalf	M69	2.89
Ron Tompkins	M76	2.66
Katrina Spilsbury	W32	4.14
Pat Carr	W66	3.54

5000m

Keith Atkinson	M42	22.10.8
Doug Ashfield	M41	19.52.6
Frank Gardiner	M48	21.18.8
David James	M45	19.49.9
Trevor Robertson	M46	18.45.4
Tony Whittaker	M45	20.14.3
Maurice Creagh	M52	20.07.6
Ian Davies	M51	18.24.7
Jim Langford	M54	17.10.7
Bruce Wilson	M53	18.34.6
Alan Jennings	M58	21.44.6
David Roberts	M55	20.41.3
Bob Schickert	M57	18.40.0
Tessa Brockwell	W40	20.04.7
Jackie Halberg	W52	25.32.3

19-Nov at Coker Park**200m**

Brad Robertson	M31	26.3
Keith Atkinson	M42	30.9
Mike Edwards	M40	24.3
Greg MacRaye	M50	28.2

Murray Tolbert	M52	26.1
David Clive	M61	25.8
Leon Sander	M61	28.9
David Carr	M66	29.1
Alan Tyson	M73	37.6
Denise McMorroW	W34	32.3
Katrina Spilsbury	W32	28.9
Snow McSwain	W39	30.7
Eileen Hindle	W49	30.4
Peggy McLiver	W54	30.7
Pat Carr	W66	34.7

2000mW

Greg McDowell	M45	10.58.8
Robin King	W40	10.10.4
Jane Thompson	W40	11.06.5
Valerie Millard	W51	13.21.6
Lynne Schickert	W57	13.35.9
Lorna Laughlan	W68	15.32.0
Elaine Sillery	W66	16.18.8
Glenice Shanahan	W74	17.19.6

Javelin

Greg McDowell	M45	29.08
Arnold Jenkins	M54	22.66
Murray Tolbert	M52	32.73
David Clive	M61	27.28
Alan Tyson	M73	17.02
Ron Tompkins	M76	17.08
Katrina Spilsbury	W32	16.21
Robin King	W40	18.11
Eileen Hindle	W49	16.67
Erica Mercer	W55	17.73
Dorothy Whittam	W62	17.47
Pat Carr	W66	14.82
Lorna Laughlan	W68	16.04

Triple Jump

Jon Wannberg	M32	8.11
Ivan Brown	M53	6.29
Brian Foley	M54	7.76
Arnold Jenkins	M54	5.36
Murray Tolbert	M52	11.36
Keith Martin	M55	9.18
David Clive	M61	9.73
Ray Hall	M64	5.2
Leon Sander	M61	8.59
David Carr	M66	6.93
Alan Tyson	M73	4.74
Ron Tompkins	M76	6.16
Katrina Spilsbury	W32	9.7
Snow McSwain	W39	8.52
Eileen Hindle	W49	8.76
Valerie Millard	W51	4.93
Peggy McLiver	W54	7.67
Lynne Schickert	W57	5.26
Dorothy Whittam	W62	7.67

Pat Carr	W66	7.99
Glenice Shanahan	W74	3.32

Discus

Trevor Robertson	M46	17.94
Tony Whittaker	M45	15.59
Greg MacRaye	M50	21.18
Murray Tolbert	M52	28.77
Jeff Whittam	M64	19.82
Leon Sander	M61	28.09
Alex Cummings	M65	33.54
Alan Tyson	M73	17.54
Ron Tompkins	M76	24.15
Eileen Hindle	W49	18.34

1500m

Brad Robertson	M31	4.51.9
Jon Wannberg	M32	4.55.5
Keith Atkinson	M42	5.44.7
Doug Ashfield	M41	5.15.8
Chris Coates	M45	4.43.8
Trevor Robertson	M46	4.49.9
Tony Whittaker	M45	5.01.5
Ivan Brown	M53	5.02.7
Maurice Creagh	M52	5.25.1
Ian Davies	M51	4.39.7
Brian Foley	M54	4.54.8
Jim Langford	M54	4.45.8
Jim Barnes	M55	5.42.0
Bert Carse	M57	4.52.7
Alan Jennings	M58	5.20.6
Mike O'Rilley	M59	5.38.0
Bob Schickert	M57	5.00.3
Ray Hall	M64	6.32.9
Leon Sander	M61	5.44.1
David Carr	M66	5.33.7
Alan Tyson	M73	8.13.5
Ron Tompkins	M76	8.29.8
Denise McMorroW	W34	5.16.1
Snow McSwain	W39	6.29.8
Robin King	W40	5.35.0
Jane Thompson	W40	6.34.5
Jackie Halberg	W52	6.47.3
Colleen Milbourne	W50	8.13.9
Valerie Millard	W51	7.37.7
Peggy McLiver	W54	5.57.8
Anne Shaw	W50	5.03.0
Erica Mercer	W55	6.44.0
Lynne Schickert	W57	9.32.9
Marg. Robinson	W60	7.02.7
Glenice Shanahan	W74	10.42.9

26-Nov at McGilivary

100m

David Keane	M34	14.8
John Stone	M45	13.1
Bob Sheehy	M52	16.3
David Clive	M61	13.1

Alan Tyson	M73	17.7
Anne Heightman		14.4
Pat Carr	W66	16.9

1000mW

Dick Blom	M65	6.09
Robin King	W40	5.15
Michelle Mison	W50	6.36
Peggy McLiver	W54	6.16
Jackie Billington	W55	6.26
Lorna Laughlan	W68	7.01
Glenice Shanahan	W74	8.04

Shot

Arnold Jenkins	M54	7.81
Ed Carrol	M57	9.99
Alex Cummings	M65	8.37
Alan Tyson	M73	7.52
Ron Tompkins	M76	7.28
Peggy McLiver	W54	6.85

10000m

Jon Wannberg	M32	40.46
Nick Miller	M36	42.34
Doug Ashfield	M41	40.56
David Wilmer	M40	37.28
Frank Gardiner	M48	43.4
David James	M45	41.11
Trevor Robertson	M46	37.33
Tony Whittaker	M45	40.35
Ivan Brown	M53	39.4
Maurice Creagh	M52	42.29
Brian Danby	M50	39.55
Ian Davies	M51	37.25
Brian Foley	M54	42.35
Jim Barnes	M55	43.53
Bert Carse	M57	37.58
John Pellier	M59	44.23
Ray Hall	M64	49.59
Leon Sander	M61	46.54
Robin King	W40	39.52
Valerie Millard	W51	55.31
Lynne Schickert	W57	68.02

400m

Trevor Robertson	M46	72.5
Tony Whittaker	M45	70.5
David Clive	M61	61.5
David Carr	M66	65.4
Jackie Halberg	W52	91.7
Peggy McLiver	W54	73.4

3-Dec at Coker Park with Canning Districts

100 yds

Greg MacRaye	M50	12.4
Clive Purser	M50	11.6
Bob Sheehy	M52	13.2

Johan Hagedoorn	M55	12.9
Mike O'Rilley	M59	12.5
David Clive	M61	11.4
Norm Richards	M61	11.9
Leon Sander	M61	13
David Carr	M66	13.4
Alan Tyson	M73	15.8
Katrina Spilsbury	W32	12.5
Snow McSwain	W39	13.8
Eileen Hindle	W49	13.1
Michelle Mison	W50	18.6
Valerie Millard	W51	18.4
Lynne Schickert	W57	18.6
Dorothy Whittam	W62	14.6
Pat Carr	W66	14.5
Glenice Shanahan	W74	23.5

1 mile

Brad Robertson	M31	5.20.0
Jon Wannberg	M32	5.28.7
Keith Atkinson	M42	6.02.9
Chris Coates	M45	5.19.4
Frank Gardiner	M48	6.10.1
Tony Whittaker	M45	5.28.4
Ivan Brown	M53	5.31.2
Maurice Creagh	M52	5.57.0
Brian Foley	M54	5.22.4
Arnold Jenkins	M54	6.56.8
Greg MacRaye	M50	6.22.9
Bob Sheehy	M52	7.36.7
Jim Barnes	M55	6.05.5
Johan Hagedoorn	M55	5.42.6
Mike O'Rilley	M59	6.00.7
Bob Schickert	M57	5.27.2
Ray Hall	M64	6.59.7
Norm Richards	M61	6.39.8
David Carr	M66	5.54.1
Alan Tyson	M73	8.33.4
Denise McMorrow	W34	5.43.3
Snow McSwain	W39	6.37.5
Robin King	W40	5.45.1
Valerie Millard	W51	7.52.3
Lynne Schickert	W57	9.01.2
Pat Carr	W66	8.53.2
Glenice Shanahan	W74	10.50.8

1 mile W

Arnold Jenkins	M54	10.46.7
John Mison	M50	7.54.6
Bob Sheehy	M52	11.26.7
Ray Hall	M64	9.49.5
Leon Sander	M61	10.08.1
Dick Blom	M65	9.09.9
Katrina Spilsbury	W32	11.21.5
Snow McSwain	W39	10.26.3
Robin King	W40	8.45.8
Michelle Mison	W50	10.37.8

Valerie Millard	W51	10.29.6
Jackie Billington	W55	10.19.5
Lynne Schickert	W57	10.28.5
Dorothy Whittam	W62	10.41.9
Lorna Laughlan	W68	11.29.8
Glenice Shanahan	W74	13.40.0

3 miles

Brad Robertson	M31	18.39.4
Frank Gardiner	M48	20.31.1
Tony Whittaker	M45	18.57.1
Maurice Creagh	M52	20.08.9
Ian Davies	M51	17.00.5
Jim Barnes	M55	19.45.8
Bert Carse	M57	17.37.6
Johan Hagedoorn	M55	19.30.7
Alan Jennings	M58	19.55.8
Bob Schickert	M57	18.51.7
David Carr	M66	24.16.4
Denise McMorrow	W34	18.24.8
Tessa Brockwell	W40	18.42.9
Robin King	W40	19.12.9
Jackie Halberg	W52	24.17.1

Long Jump

David Clive	M61	4.61
Leon Sander	M61	3.3
Katrina Spilsbury	W32	4.34

Discus

Leon Sander	M61	24.43
Alex Cummings	M65	29.88
Alan Tyson	M73	19.06
Ron Tompkins	M76	26.1
Eileen Hindle	W49	18.78
Pat Carr	W66	14.1

Sunday Run Results

Canning Caper 29.11.98

We were greeted with lovely morning, cool for this time of year. Our park area was shared with some canoeists who were also having a great time. The Canning Caper is one of our most scenic runs and fast courses. Ninety runners and walkers set out on the 6.8 and 10K event. This was the first running of the event for me and I was pleased to get some feedback from members to help make improvements for next year. Thank you to my helpers on the

day, Barry Thomsett, Maureen Pomery, Bev Thornton, Pat Ainsworth, Mark Rosen, Trevor and Wendy Spencer. Apologies if I missed anyone! Next year will be a handicap and I look forward to seeing you again. **Bob Schickert**

6.8K

Ian Davies	M50	23.22
Andrew Dunachie	Vis	23.32
Ivan Brown	M50	26.42
Don Caplin	M55	28.06
John Davies	M50	28.28
Joyce Ross	Vis	29.45
Stuart Parkinson	M50	32.26
Nicholas Gardiner	Vis	32.35
Frank Gardiner	M45	32.37
Peter Airey	M60	32.48
Ray Hall	M65	34.26
Joan Pellier	W55	35.03
Ann Turner	W60	37.04
Norm Miller	M65	37.18
Wendy Clements	W55	37.46
Ray Lawrence	M70	38.21
Kirt Johnson	M65	38.29
Shorty Turner	M60	38.34
Arnold Jenkins	M50	38.38
Merv Jones	M55	38.40
Rosa Davis	W50	42.44
Suzanne Brand	W50	43.03
Bridget Carse	W55	43.05
Lyn Stolze	W45	43.29
Jackie Billington	W55	49.38
Frank Usher	M75	51.54
Toni Frank	W50	56.01
Mary Taylor	W45	58.18
Glenice Shanahan	W70	59.02

6.8K Walk

Bob Chalmers	M60	47.59
Lynne Schickert	W55	49.38
Lorna Lachlan	W65	50.26
Maureen Vine	W40	50.32
Lesley Romeo	W50	52.48
Dorothy Whittam	W60	52.50
Lois Smith	W45	54.49
Val Wheeler	W65	57.36
Alan Pomery	M65	57.36
Sandie French	Vis	57.49
Elaine Sillary	Vis	58.43
Jeff Whittam	M60	59.13
Maggie Flanders	W60	59.30
Gail Gardiner	W45	61.10
Judy Hill	W50	63.48
Leo Hassam	M65	71.52
Fred Watson	M80	71.53

10K run

Bert Carse	M55	39.06
Gareth Brunt	M45	39.59
Robert Thompson	M50	40.15
Paul Hughes	M45	40.58
Brian Danby	M50	41.18
Tony Whittaker	M45	41.56
Johan Hagedoorn	M55	42.26
Blakney Tindall	M35	43.08
Maurice Creagh	M50	43.25
Graham Thornton	M55	43.33
Brian Bennett	M50	44.19
Alan Jennings	M55	44.38
Mike Khan	M50	44.51
Brian Foley	M50	44.56
Jim Barnes	M55	45.20
John Pellier	M55	46.19
Peter Hill	M50	46.26
Michael Anderson	M50	46.58
Bob Sammells	M60	47.45
David James	M45	48.49
John Adams	M45	50.06
Carol Broderick	W45	50.54
Ken Brownlie	M50	50.55
Mike Rhodes	M50	51.38
Aldo Giacomini	M60	51.47
Vic Beaumont	M65	51.59
Shirley Bell	W50	52.19
Merv Moyle	M70	52.52
Dalton Moffett	M60	53.16
Jenny Barnes	W45	53.24
Richard Harris	M60	53.24
Brian Smith	M65	53.40
Jackie Halberg	W50	54.54
John Smith	M60	56.45
Val Millard	W50	57.05
Trevor Brown	M55	57.46
Eileen Brown	W50	57.56
Robert Sheeny	Vis	58.31
Margaret Bennett	W55	62.30
John Russell	M55	63.47
Mary Heppell	W60	65.52
Sheila Maslin	W60	68.04

10K walk

Paul Martin	M55	58.52
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Shoalwater Bay 15.11.98

Weather fine with a nice cool breeze! Fiona and I would like to thank all our helpers, Vic Beaumont, Pat and David Carr, Gerry Chase, Frances Lipscombe, Dally Dahlstrom and Arnold Jenkins. Our thanks to all the Vets

for coming and hope you enjoyed your run or walk. I am planning a change of venue next year hoping to start and finish opposite Waikiki Hotel. Hope to see everyone again next year.

Duncan and Fiona McAuley

5km run (4.6km)

Ian Davies	M50	16.45
Don Caplin	M55	18.42
John Brambley	M55	20.25
Joan Pellier	W55	23.10
Wendy Clements	W55	23.59
Merv Jones	M55	24.18
Robert Sheehy	M50	25.27
Lyn Stoltze	W45	27.38
Norm Miller	M65	27.40
Noela Medcalf	W60	29.26
Allen Tyson	M70	32.15
Gordon Medcalf	M65	33.31
Toni Frank	W50	36.04
Frank Usher	M60	37.20
Glenice Shanahan	W70	38.02

5K Walk

Lynne Schickert	W55	31.41
Bob Chalmers	M60	31.53
Michele Mison	w50	32.15
Dorothy Whittam	W60	33.47
Val Wheeler	W65	38.57
Jeff Whittam	M60	39.00
Judy Hill	W50	42.51
Fred Watson	M80	48.33

7.5K Run

Ray Hall	M60	37.52
Jackie Halberg	W50	40.02
Val Millard	W50	40.49
Jeff Spencer	M55	42.50
Margaret Bennett	W55	44.18
Denise Lancaster	W45	60.5

7.5K Walk

Dick Blom	M65	41.19
Barry Thomsett	M55	53.10

10K Run

Chris Coates	M45	38.11
Brian Danby	M50	40.59
Bob Schickert	M55	42.02
Tony Whittaker	M45	42.22
Johan Hagedoorn	M50	42.57
Brian Bennett	M50	43.26
Graham Thornton	M55	44.24
Maurice Creagh	M50	44.51
Keith Atkinson	M40	44.57

Jim Barnes	M55	45.43
Allen Jennings	M55	46.23
John Pellier	M55	46.47
Peter Hill	M50	47.37
Bob Sammells	M60	50.16
John Adams	M45	51.19
Trevor Brown	M55	56.39
Ann Turner	W60	56.58
Eileen Brown	W50	57.10
Shorty Turner	M60	60.47
Dalton Moffet	M65	60.50
Mary Heppell	W60	64.56

10K Walk

John Mison	M50	57.04
Paul Martin	M55	57.04

Visitors

Reg Edwards	5K	16.55
Andy Pickering	5K	19.29
Helen Edwards	5K	24.53
Steve Smith	7.5K	33.48
Mike Slavin	10K	42.56
Peter Millar	10K	44.15

Mosman Park Run/Walk

Eighty four runners and walkers lined up for the Mosman Park to North Fremantle and return event. The weather was ideal as it was unseasonally cool and we changed the course to include the new boardwalk around the river. The morning tea was enjoyed by all and the success of the run was due to the assistance of our helpers Paul martin, Dick Blom, David Roberts, Pat Carr, Shelia Carr, Jeanette Tiverios, Bill Hughes, Sue Brand, Robin King. See you all next year.

Paul & Sue Hughes

5.4 km Run

Wally Crowley	M40	21.25
Don Caplin	M55	21.37
Tessa Brockwell	W40	22.38
Michael Anderson	M50	24.53
John Brambley	M55	24.56
Peter Hill	M50	25.23
David Carr	M65	26.22
Francis Lipscomb	W40	26.33
Cecil Walkley	M65	26.59
Ray Hall	M65	27.57
Shirley Bell	W50	28.03
Aldo Giacomini	M60	28.45

Keith Forden	M60	28.51	Glenice Shanahan	W70	45.19	Keith Atkinson	M40	49.35
Wendy Clements	W55	29.14	Rex Bruce	M55	44.10	Brian Foley	M50	50.35
Peter Airey	M60	29.18	Elaine Sillery	W65	46.03	John Pellier	M55	50.58
Kirt Johnson	M65	29.48	Val Wheeler	W65	46.50	Garry Fischer	M45	51.21
Robert Sheehy	M50	29.51	Maggie Flanders	W60	47.27	John Bell	M50	51.24
Norm Miller	M65	30.06	Allen Tyson	M70	49.07	Alan Jennings	M55	51.38
Joan Pellier	W55	30.42	Jeff Whitam	M60	49.25	Rob West	Vis	53.09
Arnold Jenkins	M50	31.35	Rob Davis	M60	49.26	Bob Sammells	M60	53.55
Ray Lawrence	M70	33.16	Judy Hill	W50	51.11	Mike Rhodes	M50	54.20
Rosa Davis	W55	34.02	Ernie Moyle	M70	51.12	Marge Forden	W55	55.12
Phyllis Farrell	W50	34.21	Fred Watson	M70	61.42	Jenny Barnes	W45	56.44
Lynne Stoltze	W45	35.22	Fred Hagger	M70	61.43	Trevor Brown	M55	59.06
Ella Maverick	Vis	35.57	<u>10.8KM RUN</u>			Vic Beaumont	M65	59.11
Lois West	Vis	36.22	Warren Gee	M45	41.00	Dalton Moffett	M65	59.32
Frank Usher	M75	41.06	Gareth Blint	M45	44.20	Jackie Halberg	W50	59.49
Margaret Taylor	W45	43.04	James McCarthy	M35	44.53	Merve Moyle	M70	61.13
Glenice Shanahan	W70	45.19	Gareth Brunt	M45	44.20	Eileen Brown	W50	63.52
Toni Frank	W50	45.55	James McCarthy	M35	44.53	Ann Turner	W60	63.54
<u>5.4KM WALK</u>			Barry Dahlstrom	M45	45.32	Shorty Turner	M60	63.54
Barrie Thompson	M55	38.10	Bob Schickert	M55	45.32	John Russell	M65	67.39
Bob Chalmers	M60	38.38	Tony Whittaker	M45	46.20	Ken Whistler	M65	70.02
Jackie Billington	W55	39.12	Johann Hagedoorn	M55	47.13	Mary Heppell	W60	72.32
Lynne Schickert	W55	39.31	Doug Ashfield	M40	47.19	<u>10.8 KM WALK</u>		
Dorothy Whittam	W60	40.24	Milton Maverick	M45	48.23	John Mison	M50	63.55
Lorna Lauchlan	W65	41.29	Mark Rosen	M50	48.30	Michelle Mison	W50	79.37
Rex Bruce	M55	44.10	Brian Bennett	M50	49.11			

HAPPY BIRTHDAY TO OUR JANUARY MEMBERS

Hindle, Eileen	02/01/49	50 becomes	W50
Muir, David	02/01/45	54 remains	M50
Brown, Penny	03/01/46	53 remains	W50
Frost, Clive	05/01/47	52 remains	M50
Maslen, Sheila	06/01/38	61 remains	W60
Sammells, Robert	06/01/37	62 remains	M60
Stoltze, Lyn	09/01/52	47 remains	W45
Hollaway, Rose-Maree	11/01/55	44 remains	W40
Devine, Brian	12/01/42	57 remains	M55
Attwell, Raymond	13/01/36	63 remains	M60
Ashfield, Doug	13/01/57	42 remains	M40
Choate, Lynne	14/01/53	46 remains	W45
Johnson, Ruth	14/01/41	58 remains	W55
Kelly, Pauline	14/01/47	52 remains	W50
Douglas, Neil	15/01/56	43 remains	M40
Branche, Gary	15/01/53	46 remains	M45
Tindall, Blakeney	17/01/61	38 remains	M35
Gale, Brian	18/01/45	54 remains	M50
Fletcher, Janet	20/01/46	53 remains	W50
Kappeler, Kurt	20/01/53	46 remains	M45
Leman, Colin	20/01/46	53 remains	M50
Weatherburn, Barry	20/01/43	56 remains	M55
Taylor, Marg	22/01/51	48 remains	W45
Mainsbridge, Ray	23/01/54	45 becomes	M45
Atkinson, Barbara	24/01/51	48 remains	W45
Aldrich, Alison	24/01/43	56 remains	W55
Wyatt, Gay	24/01/54	45 becomes	W45

Barnes, James	25/01/43	56 remains	M55
Jones, Sue	25/01/49	50 becomes	W50
Turner, Ann	27/01/36	63 remains	W60
Parker, Ross	27/01/49	50 becomes	M50
Morrissey, Michael	28/01/27	72 remains	M70
Dahlstrom, Darry	28/01/51	48 remains	M45

Stop Press
Australia Day Group Run
To be held at Wireless Hill Reserve
Almonsbury Road Borraigoon at 7am

