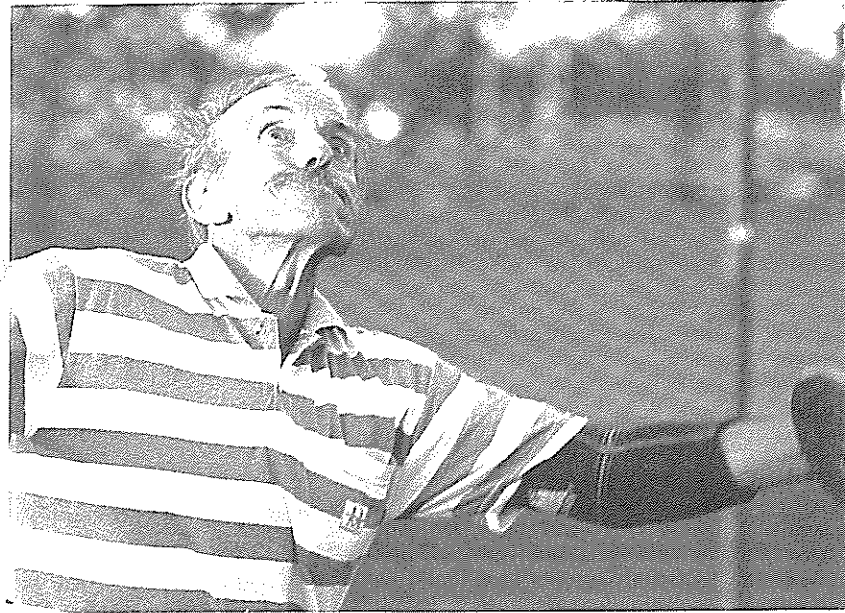




The Vetrun



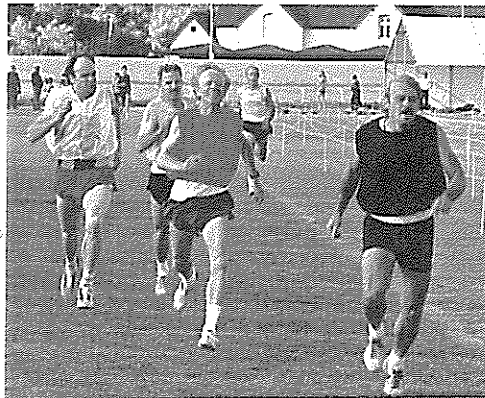
No. 314 December 1999 Patron: Bill Hughes President: Bob Schickert Editor: Katrina Spilsbury 9313 3943
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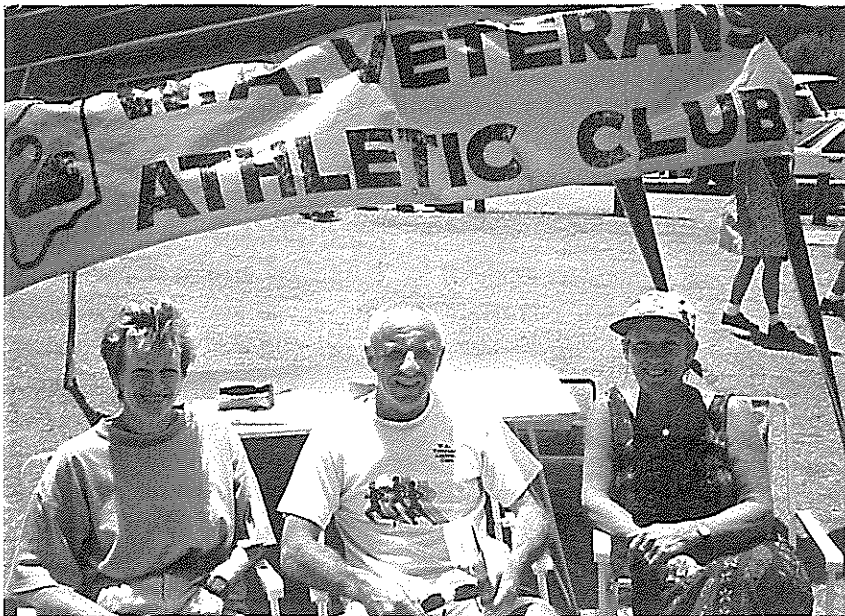
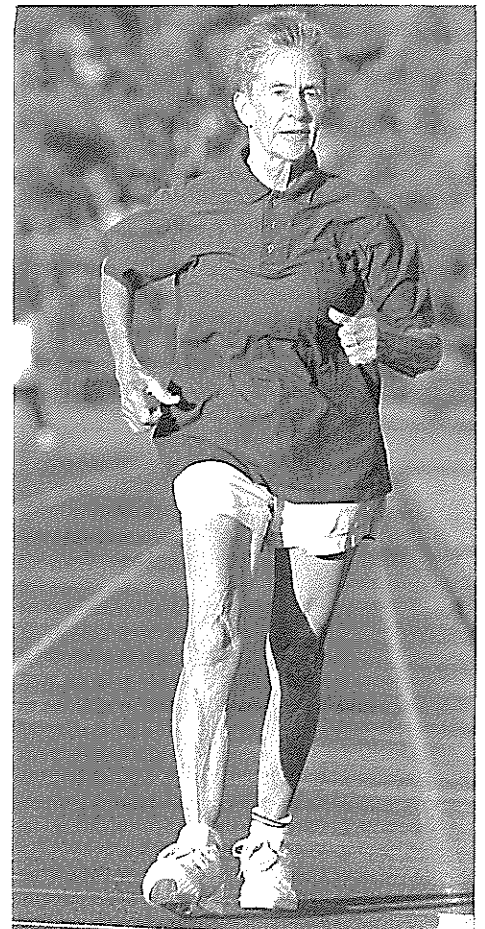
*Merry
 Christmas
 and a Happy
 Year 2000*

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Top: Ron Tompkins throwing a discus (Steve Perkins) Middle: Norm Richards, David Carr, Greg Vander Sanden and David Clive at the York races earlier this year. Bottom: Shirley Bell, Trevor and Eileen Brown promoting the club at the recent 'Intergenerational' Walk held by the Lions Club at Dianella. Right: Glenice Shanahan competing in the walk at Coker Park. (Steve Perkins)



Club News

Deadly Medley Relay

This event takes place on 6th February 2000 and is 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 even as possible we ask members to enter before 6th 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

Walkers

Forms go to Jeff Whittam, who has kindly agreed to coordinate the walking teams, as usual.

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

Yokine Reserve, Wordsworth Avenue, Yokine. (Entry near Chaucer St) You can enter on the day but we would much prefer you to do so beforehand

Deadly Medley Entry Form

Name: _____

running / walking (circle one)

Name: _____

running / walking (circle one)

Post to: Turners, 75 Byron Road, Yokine 6060 or hand it to them on a Sunday Run or ring Ann or Shorty on 92761539

Welcome New Members

Naomi Blake
Henri Cortis
Campbell Till
Prabuddha Nicol
Deborah Burge
Gill Edmonds
Micheal Watson

Change of Venue

This might be a bit late.... But the Boxing Day run will now be held 6pm at Yokine Reserve, Menora and NOT at Lake Leschenaultia. An 8K and 4K from where the Deadly Medley starts with a BBQ afterwards.

Thanks

The club thanks members Dave Wyatt for making a long jump spike and Rex Bruce for fixing the urn.

FOR SALE

Nike Air Pegasus Mens running shoes Size 9 - New/Never worn (Purchased overseas) \$70 Contact or Phone Robert Mair on 9477 1997

Advertising

Do you have a service or product that would benefit from advertising in the Vetrin? If so, ring me (Katrina 9313 3943) and we can discuss rates!

Helpers List

9.1.00 Friendship Run-Kings Park
Director: Joan Pellier 9459 7782
S.Brand, W. Clements, K&M Forden, M.Taylor, J.Klinge, M.Flood, G. Branche, S&P Sanders.

16.1.00 Carr Shand Trophy-McCallum Park
Director: J. Midolo 9381 5565
B.Carse, J. Halberg, D.Brown, L.Lauchlan, J.Webb, R.Henderson, B&A Aldridge

23.1.00 Clydesdale - Douglas Avenue South Perth
Director: Brian Foley 9339 2716
P.Miller, F.Smith, S.Bullen,

L.Carroll, E&D Crowther, B&J Slinger

30.1.00 Point Walter- Bicton

Director: D. Robers

P&S Hughes, S.Maslen, R.King, G.Fisher, B.Wilson, A&B Holmes

MY GATESHEAD TRIUMPH

by Richard Harris (M60)

I was born in Gateshead and have dozens of kin there as far away from each other as you can chuck a lump of coal. Not that there's much coal around there now, all the 400 Durham mines are closed. And certainly you are not allowed to burn coal any more - have to use natural gas for your central heating.

I've a cousin working on the old coalfield as a ski instructor - they use artificial grass on a contoured slope that used to be known as the pit heap.

I went to Gateshead to run but shortly before I left Perth I caught a really heavy infection - bronchitis with a barking cough. The doctor gave me some antibiotics for it and decided I would run anyway, having entered for the Marathon, the 10k track, 5 k track and the 10 k cross country. I barked and bulged all through the flight across to the UK and noted at least one other person on the plane with my cough - a German girl who had been on a backpacking holiday and had caught her cough in Perth.

I had not been able to train for a couple of weeks, was finishing off my second course of antibiotics and by the time I arrived at Newcastle airport knew that I was unlikely to be able to complete a marathon and the track events so I settled for the cross country and ran it in fine style - but towards the rear of the pack. This suited me because I had to stop three times to clear mucous from my

throat. I noted several of the men fell in the cross country - they weren't lifting their knees on an uneven grass or gravel surface. In case anyone thinks they missed anything, our Vets cross country courses in Kings Park, Reabold Hill and Jorgensen Park are infinitely more interesting.

One of the things I missed most at Gateshead were the birds - I saw only a few starlings, sparrows, the odd seagull, stray pigeons and very occasionally, a blackbird or a mistlethrush.

Where I live in Perth, near the Canning River regional park, we see many large birds, apart from the pelicans roosting on the light standards along the Kwinana Freeway, you are always seeing a white ibis with a black bill, Senegal doves, western wattle birds, parrots, pink and grey galahs, white faced heron, black faced cuckoo shrike, and lots of honey eaters.

Running round the regional park early in December, I felt something wriggling underfoot and saw a most indignant little dugite making a hasty exit off the path. I'm not sure who was most surprised, me or the snake.

I have a heavy footfall and snakes usually get out of the way when I'm coming.

Anyway at Gateshead I trained in the back streets and was joined by lots of enthusiastic young boys, bored with school holidays during their summer heat wave. I explained carbohydrate loading to them, gave them each a party size Mars bar and off we'd go. I'd take them through an easy warm up, ten minutes of tempo, then a few fast stride outs. Then we'd return to my brother's house and I'd rehydrate them with juice, water, Diet Coke or whatever.

The kids thought I was great and wanted to come back to Perth with me. To them I was clearly a world class athlete and they were around all the time wanting to train with me.

One day I ran past my Aunt Sadie's hair dressing salon. Sadie is 85 and still works - she has to do something to keep herself occupied - and also makes lunches for her daughter, Pat, who is the district nurse, my brother, Fred, and sometimes Pat's offsider and also her daughter, Jayne.

I also had lunch with her daily. The day I ran past, I stopped and entered - all these elderly ladies were sitting there under dryers, they had been going to Sadie's for years.

One of the customers I noticed on another visit was soon engaged in an animated deep and meaningful conversation with my brother Fred, a retired police chief, who has recycled his scene of the crime expertise from the CID to retrieval of information in marine archaeology sites.

The old girl talking with him had tremendous vitality and a lovely clear spirit aura about her. She had apparently recovered from cancer and had a wonderful free and open manner. She was telling Fred about her girlhood at Lindisfarne, the holy island off the Northumbrian coast.

As a girl she used to collect sea shells known as St Cuthbert's buttons for sale to tourists. ~~The~~ My brother and I have always been interested in this approach because we were feral children during the World War 2, when folk also had to learn to make do.

Another time we were driving around North West Durham and my brother stopped near an old farmhouse. He pointed out that some of the dressed stones were probably taken from an old Roman fort nearby. He asked me what I made of a ledge near the roof. I hadn't a clue but he thought he had read somewhere that it was the practice in the 17th century to leave

ledges like that as a convenience to witches flying by. The witches appreciated this courtesy and spared the residents from harm. It was as good an explanation as any other.

I must say, I get a lot out of my running. I find it fascinating. Gateshead was a triumph. The kids thought I was heroic. Oh, by the way, I came 63rd in the Cross Country. I would have been 62nd if the old buffer in front of me hadn't got up and kept going after he had tripped and fallen.

Results

Stirling Swans Night of the Stars

50-Plus Handicap
This twilight meeting is held annually on a good grass track at Noranda. The Swans run a smooth programme lasting one and half hours and have a sausage sizzle afterwards.

	Time	Handicap
Bruce Wilson	59.1	29m
Brian Foley	59.6	23m
Barry Kernaghan	60.1	0m
Alan Jennings	60.0	36m
David Carr	61.4	24m
Rob McBeth	62.4	30m

Bruce's dash earned him a \$15 cheque. Brian, narrowly beaten last year as well, received a tension relieving ball.

More Gateshead results...

Womens 10K road walking results from Gateshead which were missing from last months Vetrun.....

Lyn Ventris	W40	54.50	5th
Barbara Atkinson	W45	62.91	9th
Jackie Billington	W55	70.38	23rd
Lynne Schickert	W55	73.41	26th
Dorothy Whittam	W60	72.41	13th
Lorna Lauchlan	W65	73.43	7th

Cliff Bould Handicap 14th November 1999

This year two gate-keepers on Herrison Island (Michelle Mison and Mary Heppell) were needed to let the runners through and to keep the inquisitive kangaroos in. No complaints from runners or roos! Thanks also to Bert Carse, Steve Dunn, Penny Brown, John Mison and those who helped with morning tea. John Gilmour again spoke of Cliff's life. Popular winner of the trophy was Brian Smith with back marker Jim Langford second home after a great run. Brian Aldrich was third. See you next year. **Ivan Brown**

5.2K run off scratch

Wally Crowley	M40	20.25		
Bob Thomson	M50	20.53		
David Muir	M50	25.30		
Mick Cousins	M65	25.32		
Norm Miller	M65	28.57		
Joan Pellier	W60	29.26		
Jackie Halberg	W50	29.33		
Bridget Carse	W55	31.10		
Sue Bullen	W40	32.02		
Lyn Stoltze	W45	34.05		
Sheila Maslen	W60	35.12		
Jane Robley	W40	37.06		
Ray Hall	M65	40.53		
Marg Taylor	W45	44.31		
Frank Usher	M75	44.35		
Johan Hagerdoorn	M55	44.40		
Glenice Shanahan	W75	47.54		
Fred Watson	M80	40.33	(short)	

5.2K Walk Handicap

Alan Pomery	M65	51.53	11.30	40.23
Dick Blom	M65	51.38	20.00	31.28
Val Wheeler	W65	52.03	9.00	43.03
Barry Lunn	M60	52.12	11.30	40.42
Lynne Schickert	W55	52.22	15.00	37.22
Lorna Lauchlan	W65	52.26	14.15	38.11
Maggie Flanders	W60	53.14	8.45	44.29
Jeff Whittam	M65	53.16	8.00	45.16
Lois Smith	W45	53.18	10.15	43.03
Lesley Romero	W55	53.26	16.00	37.26
Dorothy Whittam	W60	54.38	14.45	39.53
Rex Bruce	M55	55.00	14.15	40.45
Jackie Billington	W55	56.02	-	-
Diane Ashfield	W45	56.04	-	-
Ernie Moyle	M70	57.08	8.00	49.07
Leo Hassam	M65	57.16	0.45	56.31
George Schaeffer	M65	57.20	-	-
Janette Sherry	VIS	59.08	8.00	51.08

10.4K Handicap Race

Brian Smith	M60	62.41	11.16	51.25
Jim Langford	M55	62.56	25.08	37.48

Brian Aldrich	M65	64.07	3.07	61.00
Mike Faunge	M60	64.16	10.40	53.36
Prabuddha Nicol	M40	64.29	Vis	
Graham Thornton	M55	64.36	19.04	45.32
John Bell	M50	64.41	19.14	45.27
James McCarthey	M40	64.44	21.50	42.54
Garry Fisher	M45	64.50	23.24	41.26
Jim Klinge	M50	64.56	23.40	41.16
Karen Thompson	W30	65.05	5.12	59.53
Tony Whittaker	M45	65.17	21.19	43.58
Paul Hughes	M45	65.22	21.50	43.22
Bruce Wilson	M50	65.25	22.06	43.19
Mike Flood	M45	65.30	18.54	46.36
Richard Harris	M60	65.44	12.29	53.15
Doug Ashfield	M40	65.47	21.35	44.01
John Bramley	M55	65.52	16.38	49.14
Brian Hardy	M55	66.01	15.00	51.01
Bob Sammells	M60	66.15	16.59	49.16
Peter Airey	M60	66.24	12.29	53.55
Cecil Walkley	M70	66.36	14.49	51.47
Merv Jones	M60	66.45	6.14	60.31
Bob Schickert	M55	66.52	22.32	44.20
Robert Mair	M50	66.56	19.46	47.10
Michael Anderson	M50	67.04	16.38	50.26
Robert Sheehy	M50	67.27	11.16	56.11
Irene Ferris	W55	67.28	4.10	63.18
David Roberts	M55	67.33	23.34	43.59
Mike Khan	M50	67.43	18.43	49.00
Val Millard	W50	68.05	6.46	51.19
Sandy Bond	W35	68.11	16.38	51.33
Shirley Bell	W50	68.19	13.00	55.19
John Pellier	M60	68.28	15.36	52.52
Arnold Jenkins	M55	70.05	10.40	59.25
Stuart Parkinson	M50	70.48	16.07	54.41
Brian Danby	M50	71.08	20.17	50.51
Mike Rhodes	M50	71.24	16.38	54.46
Robin King	W40	71.32	21.09	50.21
Jim Barnes	M55	72.19	19.35	52.44
Keith Atkinson	M40	73.15	18.43	54.32
David Carr	M65	73.58	18.43	55.15
Roma Barnett	W50	74.22	7.48	66.34
Trevor Brown	M55	74.23	7.48	66.35
Sue Vetten	W45	75.11	18.12	56.59

Mosman Park Run

10.00km & 4.5km run held on 5th December 1999

After meticulous planning for the event to cater for the new course, we were not prepared for the "VW" virus. The "VW" bug is a virus that strikes terror into the heart of every race director and is characterised by extreme hot weather, flags being removed or not being placed in the correct location or changed after being placed in the correct position and equipment malfunction. As a result of the combination most of the 10km runners took the wrong turn but fortunately the majority of the short

course runners were not affected. Thank you to Jeanette Tiverios, Shelia Maslen, Robin King, Dave Roberts, Bill Hughes, Paul Martin, Dick Blom, George Innes, George Schaeffer and Arthur who assisted me when the timing equipment malfunctioned which affected the recording of six times. Apologies to those concerned. See you all next year

Paul & Sue Hughes

10.00km men's run

Bert Carse	42.17
Chris Maher	42.41
Wally Crowley	42.47
Garry Fischer	42.58
Bob Schickert	43.55
David Willmer	44.16
Tony Whittaker	44.36
John Pressley	45.08
John Bell	45.58
Johann Hagedoorn	46.17
Graham Thornton	46.31
James McCarthy	46.46
Vic Walters	49.10
Mike Karra	49.58
Mike Flood	49.58
Bob Sammells	50.13
John Pellier	50.37
Simon Mort	51.21
Stan Lockwood	51.24
Brian Smith	53.14
Mike Faunge	53.57
John Mison	54.09
Richard Harris	56.21
Robert Sheehy	56.47
Arnold Jenkins	59.54
Brian Aldrich	60.55

10.00km women's run

Joyce Donache Vis	49.10
Peggy Mcliver	52.28
Debbie Burse	57.01
Jackie Halberg	59.54
Rosemarie Loomans	67.46

10.00 km women's walk

Michelle Mison	79.12
Lynne Schickert	79.12

4.5km men's run

Robert Mair	
Peter Hill	
Michael Anderson	
Jim Barnes	
Peter Airey	
Merv Jones	25.55

Ray Hall	26.04
Merv Moyle	26.18
Norma Miller	26.22
Shorty Turner	30.24
Allan chambers	35.23
Gordon Medcalf	37.25

Frank Usher	40.10
Fred Watson	52.00
Fred Hager	52.11

4.5km women's run

Shirley Bell	
Val Millard	25.29
Paula Karra Vis	26.31
Ann Turner	26.39
Sue Bullen	26.59
Joan Pellier	27.16
Irene Ferris	27.46
Bridget Carse	28.08
Lyn Carse	28.08
Noela Medcalf	32.04
Mary Heppell	32.55
Rosa Davies	33.20
Susan Brand	33.38
Toni Frank	37.14
Marg Taylor	40.10

men's 4.5km walk

Barrie Thompsett	37.55
Rex Bruce	37.36
Jeff Whitlam	40.00
Leo Hassam	45.10

women's 4.5km walk

Lorna Lauchlan	37.07
Dorothy Whittam	37.43
Christina Wheeler	38.00
Glenice Shanahan	40.03
Maggie Flanders	40.30
Roma Barnett	41.03
Judy Hall	41.27
Pat Miller	44.10

Track and Field

4-Nov

100m

Glen Gillett	M33	13.18
Brad Robertson	M32	12.71
Greg Clark	M36	12.75
John McShane	M35	13.79
Steve Payne	M40	12.7
Campbell Till	M42	12.9
Warren Davey	M49	14.24
John Stone	M45	12.53
Ivan Brown	M53	17.71
Murray Tolbert	M53	11.99
Brian Foley	M55	15.71

Keith Martin	M55	12.75
Bob Schickert	M57	16.81
Norm Richards	M61	13.54
Leon Sander	M62	13.86
David Carr	M67	16.5
Alan Tyson	M73	17.73
Ron Tompkins	M77	17.47
Katrina Spilsbury	W33	13.56
Eileen Hindle	W49	14.77
Jackie Billington	W56	17.06
Peggy Mcliver	W55	14.12
Lynne Schickert	W58	21
Dorothy Whittam	W63	15.95
Pat Carr	W67	16.06

Heavy Wt

Warren Davey	M49	5.87
Murray Tolbert	M53	10.81
Bob Fergie	M64	10.73
John Sutton	M64	8.86
Alex Cummings	M65	11.99
Bill Chapman	M75	11.52
Ron Tompkins	M77	9.04
Eileen Hindle	W49	9.55

Triple Jump

Steve Payne	M40	9.69
Campbell Till	M42	10.25
Murray Tolbert	M53	10.32
Keith Martin	M55	10.37
Leon Sander	M62	9.19
Gill Edwards	W30	8.18
Katrina Spilsbury	W33	9.62
Peggy Mcliver	W55	6.63
Lynne Schickert	W58	5.97
Pat Carr	W67	7.45

3000mW

Tom Lenane	M43	18.12
Ivan Brown	M53	20.4
Brian Foley	M55	18.23
Arnold Jenkins	M55	20.13
Ray Hall	M65	17.07
David Carr	M67	20.14
Jackie Billington	W56	19.11
Peggy Mcliver	W55	19.19
Leslie Romeo	W55	20.39
Lynne Schickert	W58	20.27
Dorothy Whittam	W63	21.5
Lorna Lauchlan	W69	21.2
Glenice Shanahan	W75	26

Javelin

Warren Davey	M49	26.3
Murray Tolbert	M53	35.24
Bob Fergie	M64	25.89
John Sutton	M64	22.64
Alex Cummings	M65	16.99
Alan Tyson	M73	16.38
Bill Chapman	M75	21.44

Ron Tompkins	M77	19.5	Glenice Shanahan	W75	8.25	John Cresp	M48	18.20.1
Robin King	W40	12.98	800m			Frank Gardiner	M45	21.14.7
Eileen Hindle	W49	17.77	Brad Robertson	M32	2.18.4	David James	M46	20.01.6
3000m			Micheal Watson	M34	2.18.1	Ian Davies	M52	18.46.1
Brad Robertson	M32	10.48.9	Greg Clark	M36	2.46.2	Bruce Wilson	M54	19.16.3
Micheal Watson	M34	10.35.1	Robert Colton	M35	2.27.3	Bert Carse	M58	17.48.8
Greg Clark	M36	13.22.0	John McShane	M35	2.46.8	Bob Fergie	M64	26.24.5
John McShane	M35	12.04.3	Prabuddha Nicol	M40	2.42.0	Robin King	W40	21.57.1
Tom Lenane	M43	14.19.7	Warren Davey	M49	2.56.5	Jackie Halberg	W53	27.55.8
Frank Gardiner	M45	11.58.5	Nick Bailey	M50	2.50.3	Anne Shaw	W51	19.28.2
David Reid	M45	10.38.1	Ian Davies	M52	2.23.9	Margaret Robinson	W60	26.22.5
David Wilmer	M45	11.38.5	Murray Tolbert	M53	3.13.2	18 Nov		
Nick Bailey	M50	12.34.3	Bruce Wilson	M54	2.32.1	2000mW		
Ivan Brown	M53	11.42.8	Brian Foley	M55	2.27.7	Tom Lenane	M43	11.46.2
Ian Davies	M52	10.22.9	Alan Jennings	M59	2.51.1	Ray Hall	M65	11.46.5
Robert Mair	M50	11.37.1	Barrie Kernaghan	M59	2.53.8	Dick Blom	M65	10.53.1
Bert Carse	M58	10.08.7	Bob Schickert	M57	2.33.8	Robin King	W40	11.05.6
Bob Schickert	M57	10.55.2	Vic Waters	M55	2.32.8	Rebecca Cook	W52	11.58.0
Vic Waters	M55	11.26.2	Bob Fergie	M64	3.42.9	Valerie Millard	W52	13.13.7
Alan Tyson	M73	18.55.3	Ray Hall	M65	3.41.9	Faye	W57	15.34.4
Robin King	W40	11.55.6	Norm Richards	M61	3.13.3	Leslie Romeo	W55	13.25.4
Anne Shaw	W51	11.14.9	David Carr	M67	2.35.5	Lynne Schickert	W58	13.19.6
Bridget Carse	W55	16.18.1	Naomi Blake	W30	3.28.9	Dorothy Whittam	W63	13.16.8
Margaret Robinson	W60	15.31.7	Robin King	W40	2.54.7	Lorna Lauchlan	W69	14.15.7
11-Nov			Valerie Millard	W52	3.55.9	Glenice Shanahan	W75	16.39.5
200m			Bridget Carse	W55	3.58.7	Triple Jump		
Greg Clark	M36	28.2	Peggy McLiver	W55	2.44.6	Jon Wannberg	M33	8.18
Robert Colton	M35	28	Lynne Schickert	W58	4.17.0	Robert Colton	M35	8.94
John McShane	M35	29.7	Margaret Robinson	W60	3.53.4	John McShane	M35	8.6
Campbell Till	M42	29.3	Pat Carr	W67	3.55.2	Steve Payne	M40	9.62
Warren Davey	M49	30.5	Glenice Shanahan	W75	5.28.2	Campbell Till	M42	10.66
David Wyatt	M48	28.6	Shot			David Wyatt	M48	10.64
Henry Cortis	M53	29.4	Warren Davey	M49	7.35	Ivan Brown	M53	6.52
Ros Calnan	M57	33.1	Henry Cortis	M53	7.91	Murray Tolbert	M53	11.21
Barrie Kernaghan	M59	27.4	Murray Tolbert	M53	9.37	Brian Foley	M55	7.42
Norm Richards	M61	29.8	Bruce Wilson	M54	5.45	Arnold Jenkins	M55	5.68
Alan Tyson	M73	39.2	Brian Foley	M55	6.66	David Carr	M67	6.84
Ron Tompkins	M77	39.2	Arnold Jenkins	M55	7.96	Katrina Spilsbury	W33	10.14
Long Jump			Bob Fergie	M64	8.65	Valerie Millard	W52	5.0
Campbell Till	M42	4.59	John Sutton	M64	6.96	Peggy McLiver	W55	7.55
David Wyatt	M48	4.83	Alex Cummings	M65	8.0	Lynne Schickert	W58	5.91
Murray Tolbert	M53	5.32	Alan Tyson	M73	7.8	Dorothy Whittam	W63	7.17
John Sutton	M64	2.69	Ron Tompkins	M77	7.58	Pat Carr	W67	7.6
David Carr	M67	3.5	Naomi Blake	W30	6.68	Lorna Lauchlan	W69	4.72
Ron Tompkins	M77	2.71	Valerie Millard	W52	6.01	200m		
Naomi Blake	W30	3.51	Peggy McLiver	W55	7.52	Robert Colton	M35	28.4
Valerie Millard	W52	2.23	Lynne Schickert	W58	5.95	Tom Lenane	M43	30.1
Peggy McLiver	W55	3.73	Dorothy Whittam	W63	7.68	Steve Payne	M40	27.8
Lynne Schickert	W58	2.49	Pat Carr	W67	5.79	Campbell Till	M42	28.4
1000m W			5000m			Murray Tolbert	M53	27
Bruce Wilson	M54	5.19	Glen Gillett	M33	19.42.9	Jim Riddell	M60	35.6
Ray Hall	M65	5.58	Brad Robertson	M32	21.14.4	Alan Tyson	M73	39.5
Don Stone	M70	6.16	Micheal Watson	M34	19.30.1	Eileen Hindle	W49	33.5
Valerie Millard	W52	6.32	Robert Colton	M35	19.44.7	Javelin		
Lynne Schickert	W58	6.03	Doug Ashfield	M42	19.56.9	Alan Thurlow	M44	17.65
Dorothy Whittam	W63	6.32	Prabuddha Nicol	M40	19.32.7	Murray Tolbert	M53	30.5

Arnold Jenkins	M55	22.63	Margaret Robinson	W60	7.22.1	John Sutton	M64	7.09
Bob Fergie	M64	29	Pat Carr	W67	8.32.1	Alex Cummings	M65	8.38
John Sutton	M64	23.43	Glenice Shanahan	W75	11.31.7	Alan Tyson	M73	7.07
Alex Cummings	M65	16.43	Discus			Ron Tompkins	M77	7.56
Alan Tyson	M73	17.12	Murray Tolbert	M53	27.72	Katrina Spilsbury	W33	8.16
Bill Chapman	M75	20.45	John Sutton	M64	26.63	Dorothy Whittam	W63	7.63
Ron Tompkins	M77	17.8	Alex Cummings	M65	32.58	400m		
Eileen Hindle	W49	16.87	Alan Tyson	M73	19.82	Micheal Watson	M34	67.7
Mary Heppell	W60	12.15	Bill Chapman	M75	27.39	Greg Clark	M36	65.1
1500m			Ron Tompkins	M77	23.29	Robert Colton	M35	67.8
Brad Robertson	M32	4.49.9	Eileen Hindle	W49	18.39	Campbell Till	M42	63.9
Jon Wannberg	M33	5.02.3	Valerie Millard	W52	13.25	Henry Cortis	M53	65
Robert Colton	M35	5.28.7	Lynne Schickert	W58	9.9	Bruce Wilson	M54	79.6
John McShane	M35	5.32.9	25-Nov			Barrie Kernaghan	M59	61.9
Doug Ashfield	M42	5.19.9	100m			David Carr	M67	70.2
Tom Lenane	M43	6.17.3	Greg Clark	M36	13.2	Don Stone	M70	96
Alan Thurlow	M44	4.59.5	Robert Colton	M35	13.1	Triple Jump		
Campbell Till	M42	5.55.1	Campbell Till	M42	12.9	Robert Colton	M35	8.97
Darryl White	M40	4.54.9	Warren Davey	M49	14.3	David Wyatt	M48	10.14
Frank Gardiner	M45	5.46.0	David Wyatt	M48	12.9	John Sutton	M64	5.58
David James	M46	5.27.7	Henry Cortis	M53	13.1	David Carr	M67	7.24
David Reid	M45	4.52.9	Ros Calnan	M57	14.7	Alex Cummings	M65	6.99
Ivan Brown	M53	5.18.4	Arnold Jenkins	M55	15.3	Gill Edwards	W30	8.11
Ian Davies	M52	4.50.3	Barrie Kernaghan	M59	12.6	Katrina Spilsbury	W33	9.11
Jim Langford	M54	4.46.1	Norm Richards	M61	13.9	Lynne Schickert	W58	5.89
Brian Foley	M55	4.55.6	David Carr	M67	14.7	Pat Carr	W67	7.33
Arnold Jenkins	M55	6.03.1	Alan Tyson	M73	17.8	10000m		
Alan Jennings	M59	5.38.8	Katrina Spilsbury	W33	14.1	Brad Robertson	M32	40.13
Bob Schickert	M57	4.56.8	Peggy McLiver	W55	14.3	Micheal Watson	M34	42.43
Bob Fergie	M64	7.04.1	Pat Carr	W67	16.5	Robert Colton	M35	39.37
Ray Hall	M65	6.58.5	1000m W			Doug Ashfield	M42	42.21
David Carr	M67	5.27.1	Bruce Wilson	M54	5.22	Frank Gardiner	M45	45.02
Denise McMorro	W35	5.13.1	Dick Blom	M65	5.12	David James	M46	44.16
Robin King	W40	5.28.7	Don Stone	M70	6.08	David Wilmer	M45	39.16
Shirley Bell	W50	6.46.4	Robin King	W40	4.53	Ivan Brown	M53	44.15
Jackie Halberg	W53	7.04.5	Lynne Schickert	W58	6.27	Brian Danby	M50	42.53
Valerie Millard	W52	7.46.7	Dorothy Whittam	W63	6.26	Bruce Wilson	M54	40.21
Anne Shaw	W51	5.14.3	Lorna Lauchlan	W69	7	Brian Foley	M55	42.55
Peggy McLiver	W55	5.51.0	Shot			Arnold Jenkins	M55	52.02
Lynne Schickert	W58	8.46.1	Warren Davey	M49	7.33	Bob Schickert	M57	40.54
Mary Heppell	W60	8.38.5	Henry Cortis	M53	7.13	Valerie Millard	W52	58.21

HAPPY BIRTHDAY TO OUR JANUARY MEMBERS

Hindle, Eileen	02/01/49	51	remains	W50	Branche, Gary	15/01/53	47	remains	M45
Brown, Penny	03/01/46	54	remains	W50	Tindall, Blakeney	17/01/61	39	remains	M35
Miller, Keith	06/01/49	51	remains	M50	Kappeler, Kurt	20/01/53	47	remains	M45
Maslen, Sheila	06/01/38	62	remains	W60	Weatherburn, Barry	20/01/43	57	remains	M55
Sammells, Robert	06/01/37	63	remains	M60	Taylor, Marg	22/01/51	49	remains	W45
Sheehy, Robert	09/01/46	54	remains	M50	Atkinson, Barbara	24/01/51	49	remains	W45
Stoltze, Lyn	09/01/52	48	remains	W45	Aldrich, Alison	24/01/43	57	remains	W55
Hollaway, Rose-Maree	11/01/55	45	becomes	W45	Wyatt, Gay	24/01/54	46	remains	W45
Devine, Brian	12/01/42	58	remains	M55	Barnes, James	25/01/43	57	remains	M55
Attwell, Raymond	13/01/36	64	remains	M60	Jones, Sue	25/01/49	51	remains	W50
Ashfield, Doug	13/01/57	43	remains	M40	Bond, Sandy	26/01/64	36	remains	W35
Carter, Sarah	13/01/61	39	remains	W35	Turner, Ann	27/01/36	64	remains	W60
Choate, Lynne	14/01/53	47	remains	W45	Parker, Ross	27/01/49	51	remains	M50
Johnson, Ruth	14/01/41	59	remains	W55	Morrissey, Michael	28/01/27	73	remains	M70
Kelly, Pauline	14/01/47	53	remains	W50	Dahlstrom, Darry	28/01/51	49	remains	M45
Douglas, Neil	15/01/56	44	remains	M40	Robertson, Michelle	30/01/67	33	remains	W30