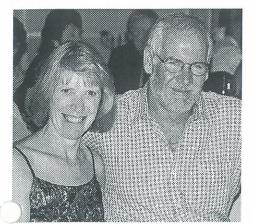
Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158 Editor: Rod Tinniswood. Copy for Vetrun: See panel page 2 • www.netprojex.com.au/wavac



Annual Dinner Dance





























In this Issue:

- All the results:
 Wild Flower Run
 Guess Own Time CC
 Herdsman Lake
 Track & Field
- New members
- Birthdays
- Helpers List for December

On the Run



This information was gathered as part of the life improvement programme My better Life. There are a wide variety of sources from well known and respected names such as Rosemary Stanton, Dr. Garry Egger (Gut Buster), Glen Cardwell and Henry Osieki.

Keen sports persons are always interested in achieving maximum output. Extracting the greatest possible nutrition from a sufficient amount of food without gaining extra weight is vitally important. Top longer-distance competitors are noticeably slim. Surplus body fat is an extra burden, but crash programmes to

shed surplus fat are dangerous according to many dietitians and authors.

For example Rosemary Stanton states, in **Diet Dilemma**: "It is impossible for the body to burn fat fast and the fast weight loss most people want is impossible without a loss of muscle. The

popular diets have also given rise to the widespread belief that carbohydrate food such as bread, rice, pasta and potatoes are fattening – they are not especially fattening at all. If the body tries to convert carbohydrates into body fat, it takes about four times as much energy to do so as it takes to convert the fat we eat to body fat."

Hmm, eat fat, get fat, eh?

Another valuable item: "Those who exercise often, and eat more carbohydrates, can store almost twice the usual level of glycogen in the muscles. This means that they can exercise for much longer periods without feeling tired."

Glen Cardwell in Gold Medal Nutrition claims: "Low carbohydrate diets restrict the very fuel your muscles need." Another startling reference is that only about ten percent of athletes eat enough carbohydrates. Some talk about 'having a power meal (because it includes pasta); the night before the big event. Just one meal on just one day! He also quotes scientists for the International Olympic Committee: "Vitamin supplements are not necessary for athletes eating a diet adequate in respect of quality and quantity."

In Hypernutritian For Sports Henry Osieki suggests supplementing with omega oils ...a combination of evening primrose oil, mustard seed oil and cod liver oil..." The label on mustard seed oil shows that at 5.5%, it is much lower in saturated fat than olive oil with 15%. Mustard seed oil has

Fat, fit or fast?

By Ray Hall

15% omega 3 as well.

In **Dietary Fibre and Health**, published by The Gut Foundation Research Institute, we read: "Foods that are good sources of fibre almost always contain a range of vitamins, minerals and other essential nutrients.

And what of salt? Well if you don't know what harm salt is doing, please see a doctor. Marion Stewart sums it up emphatically in **Zest For Life**: "Salt should not be used for cooking or at the table. Try flavouring with pepper or herbs instead of salt." After all, everytime you have (preferably the recommended types) tinned

fish your body is receiving salt. It is also in some other natural foods.

1000S.

'Only about

ten percent of

athletes eat

enough

carbohydrates'

If you want to strip off some of the floppy stuff, Vera Abriel in Woman's Total Reshape suggests: "Vigorous exercise in the morning after a twelve or thirteen hour fast, before you've had anything to eat...in the morning, is

one of the most important reducing tools." Don't panic. Your evening meal is usually more than 12 hours before breakfast. That's good for stripping body fat, but if you have an important event you'll need to have a good breakfast. We are told that you can still have a hearty but not fatty meal as long as it is at least one and a half hours before start time.

Oh, and give credit where it's due. Ladies, when you get that early morning tap on the shoulder, he is just trying to make the two of you more beautiful.

For detailed Credits list or a copy of My Better Life, contact R. W. Hall, P.O Box 406 Melville 6956

It's your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email:

tinniswoodr@sundaytimes.newsltd.com.au Electronic files can be emailed or saved to disc. Word or Text files are preferred and pictures can be presented as tiff, eps, or jpg files.

Home phone: 9403 6353

Back issues of Vetrun

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

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

HELPERS LIST

2 DEC - CANNING CAPER DIRECTOR - KEITH ATKINSON 93131669

HELPERS - Robert Thomson, Frank & Gail Gardiner, Ernie Moyle, Gary Fisher, Brian Hunter, Neil McRae, Greg Tower, Aldo & Audrey Giacomin, Gareth Brunt, Philip Hawkes.

9 DEC - MOSMAN PARK DIRECTOR - PAUL MARTIN 93845737

HELPERS - Dick Blom, Paul Martin, Sheila Maslin, Jeannette Tivarios, Peggy McLiver, George Innes, Peter & Sue Sanders, Paul & Carla Carr, Deborah Robinson, John Edwards.

16 DEC - LAKES AGE GRADED DIRECTOR - JOHN BELL 93866975

HELPERS - Sue Bullen, Alan Pomery, John Cresp, Cecil Walkley, Frank Smith, Judy Bonomelli, Dean Campbell, Colin Chisholm.

23 DEC - CHRISTMAS GIFT DIRECTOR - LYN SCHICKERT 93303803

HELPERS - None required.

26 DEC - BOXING DAY RUN DIRECTOR - BARRIE THOMSETT 92766446

HELPERS - Cecil Walkley, Stephen Dunn, Kevin Anderson, Adrian Damiani, Ian Davies, Frances Cassella, Jeff Lindhurst, Joanne Samer, Ellie & Wilf Bamber

30 DEC - CLYDESDALE RUN DIRECTORS - JOHN & MICHELE MISON 93682202

HELPERS - Roger Walsh, Trevor Robinson, Tony Heppener, Judi & Peter Hill, Brian Hunter, Chris Maher, Ivan & Penny Brown.

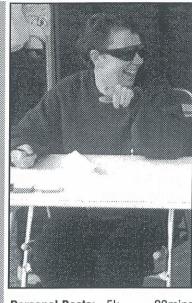
6 JAN - REABOLD HILL DIRECTOR - BRIAN FOLEY 93392716

HELPERS - Wendy Clements-Green, Blakeney Tindall, Barry Weatherburn, John Cresp, Arnold Jenkins, Jeff Lindhorst, Paul & Carla Carr, Joanne Samer.

It does not matter how slowly you go, so long as you do not stop.

Confucius

NOTICE BOARD



Profile #1: Debbie Burge W35

Talk to Debbie Burge after a Sunday run and she's all smiles. Not because she's just cracked another PB, but because her main ambition is just to be happy. Debbie, born in Coventry (UK) in 1966, now lives happily at home in Edgewater with her husband and two dogs. She joined the club in 1999 and is arguably one of the most improved performers over the last few years.

Apart from the Sunday runs with the club, Debbie keeps fit with circuit training and rides her bike home from work (26kms) three times a week.

Personal Bests: 5k

5k

23mins

10k 46:15

Favourite Run: Bardon Bash, but any run with no hills. So many to choose

from

Best Food: Vegetarian, curries

Most admired: Nelson Mandella, Madam Currie, Anita Roddick. **Best Read:** Autobiographies, historical crime, 'who-dun-its'.

Debbie's other interests include arts and crafts - she does a bit of cross-

stitching and her favourite artist is Monet.

Breaks in training can revive you both mentally and physically...plan your breaks as carefully as you do your strenuous training.

Owen Anderson, Ph.D.

As a result of the changes to the State Track & Field Championships program and unforeseen clashes with other activities, some of our events have changed.

PROGRAM CHANGES TAKE SPECIAL NOTE

- Sunday 3rd Feb 2002, Now becomes the South Perth Fiesta Event, 5/10k. Start is at 7.00am, from Ellam St South Perth. However you can still park at Taylor St, McCallum Park if you want to, as morning tea will be there after the event.
- **Sunday 17th March 2002** Now becomes Lake Monger Event, from Dodd St, Glendalough, starting 7.30am.
- 23rd,and 24th March 2002 Now State Track and Field Champs. Still at Coker Track. Please note the 10k on the track will still be held on Friday night 15th April as originally planned. Also the Steeplechase is still on Thursday evening 14th April.
- **Sunday 7th April 2002** Membership Event, is from Burswood Park, off Resort Dve, Burswood, commencing at 8.00am.

Please make these changes to your programs. We try to keep our program as originally published, but this year we have had a chain of events, or opportunities, which have caused some changes.

Thank you to the Race Directors who have been good enough to agree to keep their events on for our members to enjoy. I know we all appreciate it.

Vets at Perry Lakes

About 20 of our club members are registered with Athletica. A few run with other clubs, but most compete for WAVAC, in summer, winter, or both. See David Carr for more information.

November 4, 2001

100m

Heather Atkinson	14.61	wind -2.8
Barrie Kernighan	13.71	-3.2
Warren Davey	15.44	-3.2
200m		
Warren Davey	31.26	-3.2
Heather Atkinson	29.62	-2.8
Barrie Kernighan	27.71	-3.1

2000 steeple

Bob Schickert 7:53.9 New record M60 record of 7:54.1, held by Don Caplin, has been beaten

Also showing early season form are Henri Cortis and Dave Wyatt. David Carr

RON TOMPKINS

Sadly, Ron passed away on 14 November 2001 aged 79.

We have not see him lately on the track due to his illness but until last track season he was a regular, initially catching the train or bus each Thursday night. More recently his good friend John Sutton brought him by car to cut out the long walk on the way home.

Ron's expertise was the throwing events such as shot, discus and hammer but he could not get past the great Syd Coleman to claim State records. However he holds the M75 high jump record set in March 2000.

His other sporting interest was weightlifting and he holds a WORLD M70 division record.

Bob Schickert

Our worst fear is not that we are inadequate: our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that frightens us. We ask ourselves: "Who am I to be brilliant, gorgeous, talented and fabulous?

Actually, who are you not to be? You are a child of God; your playing small doesn't serve the world. There is nothing enlightened about shrinking, so that other people won't feel insecure around you.

We were born to make manifest the glory of God within us. It is not just in some of us, it is in everyone and as we let our light shine we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.

Marianne Williamson

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Wild Flower Run

14 October 2001

Firstly thanks to our visitors. We had over 70 and hope you enjoyed it. We would like to see you back at all our races soon.

I would also like to thank the designated helpers. Without you the race would not have run as smoothly as it did. In particular the following people who were not on the helper's list willingly gave up their time: Simon Jawichre, Carrieanne Jawichre, Michael Otieno, Bridget Carse, Brian Foley, Dick Blom, Amy Loly, Chris Shaw, Kirt Johnson . Most of these people came forward without me asking them. True Vets spirit. Simon J, my old school-mate from Kenya, helped me put out flags for over 2 hours.

Congratulations to all the winners. See you all next year.

David Wilmer

David Carr

Svd Beer

Ann Shaw

Peter Hill

David James

Keith Atkinson

Adrian Mercuri

M65

Vis

M55

W50

M50

M45

M40

46:38

46:40

46:46

46:52

47:15

47:20

47:25

John Mack M60 47:39 Mick Cousins Vis 47:41 Mike Khan M55 47:43 Debbie Burge W35 47:59 Wilf Bamber M35 48:04 Johan Hagedoorn M55 48:08 Gary Fisher M45 48:31 John Bell M55 48:39 Adrian Damiani M50 48:51 57 00)1 3 2 10

				David	Wilmer.	Lyn Nixon	W40	48:57
- 1/ - D				2792		Hannah Ozturk	Vis	49:00
5 Km Run		10.10	Lily Sanders	Vis	54:22	Margaret Langford	W55	49:01
Bert Carse	M60		Hanna Toohey	Vis	54:38	Susan Andrews	Vis	49:03
Ivan Brown	M55	20:07	Bruce Harvey	Vis	55:48	John Pellier	M60	49:22
Dante Giacomin	Vis	23:49	Liz Harvey	Vis	55:50	Julie Keeley	W30	49:40
Lauren Gardner	Vis	24:10	Christine Tinniswood	Vis	55:51	Wayne Bates	M55	50:03
Dave Scott	M50	24:54	Liz Shaw	Vis	56:11	Bob Harrison	M55	50:0
Mitchell de Beer	Vis	25:13	Ros Webster	Vis	59:36	Robert Sheehey	M55	50:14
Anne Jones	Vis	25:13				Keith Rimmer	M55	50:17
Margaret Veal	Vis	25:22	10Km			John Ellard	M55	50:24
Gillian Degruchy-Alc	Vis	25:48	Alex Purttill	Vis	37:26	Raymond Loly	VIs	50:33
Damian Hanson	M45	25:58	Chris Maher	M45	37:38	Simon Mort	M45	50:37
Julie Wood	W50	28:09	Clive Hicks	M45	37:52	Bob Sammells	M60	50:41
Lynn Harrop	W45	28:15	Jim Langford	M55	38:31	Sean Macholo	Vis	51:22
Bronwyn Gee	W45	28:50	Chris Frampton	Vis	38:39	Kathy Avery	W40	51:30
Mike Prentis	Vis	29:27	Tony Heppener	M50	38:56	Richard Harris	M60	51:35
Ray Lawrence	M70	29:35	Warren Gee	M50	39:07	Joe Stickles	M60	51:40
Joan Pellier	W60	29:48	Mike Coote	Vis	39:16	Chris Millard	Vis	51:47
Pierre Viala	M50	31:52	Greg van der Sanden	M40	39:45	Ray Atwell	M65	52:03
Sheila Maslen	W60	33:26	Lachlan Marr	M40	46:06	Paul Hayes	Vis	52:29
Elaine Ellard	W55	35:59	Ralph Henderson	M50	40:30	Tom Webster	Vis	52:46
Andrew Giacomin	W60	36:32	Darryl White	M40	40:39	Gillian Young	W50	52:59
Marg Taylor	W50	38:45	Jim Klinge	M55	41:33	Tony Earle	Vis	53:00
Pat Carr	W65	38:55	Frank Falkerell	Vis	42:18	Jenny Barnes	W45	54:12
Ella Bamber	W30	39:03	Michael Barton	Vis	42:25	Bevan Lawler	Vis	54:20
Adam Dance	Vis	41:20	Keith Eva	Vis	42:38	Sean Murphy	Vis	54:3
Frank Usher	M75	41:59	Bob Thomson	M50	42:38	Paul Jenkyn	Vis	55:37
Debbie Dance	Vis	42:06	Colin Chisolm	M35	42:31	Stan Lockwood	M70	55:45
			Gareth Brunt	M50	42:46	Ken Collins	Vis	56:12
5 Km Walk			Dave Roberts	M55	42:46	Margaret Robinson	W60	56:35
John Frost	M60	33:06	Campbell Till	M40	43:08	John Dance	M50	57:01
Lesley Romeo	W55	33:18	David Bishop	Vis	43:24	Mitch Loly	M60	57:02
Dorothy Whittam	W65	40:29	Michele Ireland	Vis	43:25	Gillian Renton-Lees	Vis	57:02
Lois Smith	W50	42:07	Doug Ashfield	M40	43:30	Brian Hunter	M55	57:29
Christine Wheeler	W45	42:11	Graham Thornton	M60	44:00			
Val Wheeler	W70	42:11	Don Haddon	M50	44:07	Wendy Clemens-Green	W55	57:34
	W55	43:26	Ivan Pilton	M55	44:08	Susan Habbes	Vis	57:35
Pat Hopkins			Blakeney Tindall	M40	44:22	Ray Hall	M65	57:42
Maggie Flanders	W65	43:36	Maryann Nemeth	Vis	44:35	Ron Mead	M45	58:10
Alan Pomery	M70	43:38	Nicholas Gardner	Vis	44:37	Daryl Howe	Vis	58:16
Rosa Wallis	W55	43:44	Paul Leach	Vis	44:41	Irene Ferris	W45	58:22
Judy Hill	W50	43:46	David Muir	M55	44:50	Sue Bullen	W40	58:43
Jeff Whittam	M65	44:15		W40		Margaret Warren	W65	58:50
Marlene McDermott	Vis	46:08	Robyn King		45:34	Bernadette Height	W40	59:22
Gayle Gardiner	W50	47:24	Martina Murphy	Vis	45:35	Ken Whistler	M70	59:38
Ernie Moyle	M75	50:00	Brian Danby	M50	45:41	Maurice Warren	M60	59:41
Linda O'Donovan	Vis	53:16	John Majar Rich Boone	M45	45:45	Jackie Halberg	W55	59:56
Joy Spencer	Vis	53:17	DIVII DUVIIC	Vis	46:30	Brad Jeffery	Vis	60:36

Arnold Jenkins Val Millard Brent Meertens Michael George Pam Toohey Tammy Machoro Merve Moyle Elaine Dance Dom Matre Steve Toohey Diane Groves George Lenkyl Jim O'Donovan Keith Spencer Deb Wilkes	M55 W50 Vis Vis W55 Vis M50 Vis M50 Vis Vis Vis Vis	61:24 61:36 61:44 61:56 61:59 62:44 62:46 63:02 63:40 65:00 65:02 65:32 65:34 65:35 75:40
10Km Walk John Mison Paul Martin Rex Bruce Michele Mison Lorna Lauchlan Jary Heppell	M50 M60 M60 W50 W70 W60	64:19 64:21 74:06 77:01 80:23 80:24

6

7

8

Graham Thornton

John Major

Don Chaplin

Peter Hill

Herdsman Lake Run 28/10/01

Another beautiful morning, but with quite a strong Easterly wind blowing, which meant a tail wind back to the start.

Once again a very good turnout of 114 runners and walkers, with Bert Carse setting new Age & Course records This year there was a new section (The Swim Through) about 200m before the turn at 2.5 km. Who said it had been a dry winter?

Our thanks go once again to the Massage people who came along and helped ease the pain in many aching muscles.

nanks also to our helpers, Val and Nora, on recording, Noela, Gordon, Ken & Allen on drink stations, Mike, Barrie & Fred on timing and numbers, and Kirt and Dick for morning tea and helping set up. And an extra thanks to Barrie for doing the results and e-mailing them to the editor (Well thanks Jeff, but next year please find someone else to do the parking attendant job, far too dangerous for yours truly, Barrie)

Sorry about the Gremlins in the timing. We have tried to record as many finishing times as possible

Dorothy and Jeff

		Dorothy and bon
C =	Course Record	A = Age Record
5 ki	m Run	
1	Bert Carse	M60 17.42° A
2	Stephen Dunn	M35
3	Fank Smith	M55
4	Blakeney Tindall	M40
5	Simon Leonard	M40

9	Don Gnapiin	IVIDU		13 Sillion Jawiciii	
10	Lyn Nixon	W40	22.50	14 Ivan Wilson	M55
11	Henry Cortis	M55		15 Mark Rosen	M50
12		M50	23.23	16 John Davies	M55
13	Raymond Lolly	Vis		17 Marryanne Ner	meph Vis
14		M55		18 Garry Fisher	M45
15	Marge Forden	W60		19 John Mack	M60
16	Dick Blom	M65		20 Johan Hagedo	
17	Neil Miulalswtis	M35		21 John Bell	M55
18	Richard Harris	M60		22 Debbie Burge	W35
19	Michael Anderson	M50	24.55	23 Akes Gyarmath	
			24.00	24 Brian Bennett	M50
20	David Knowles	M30			
21	Liz Duffield	W45			M60
22	Ruth Willmer	Visitor		26 Bob Cabin	M45
23	David Willmer	M45		27 Simon Mort	M45
24	Jackie Halberg	W55		28 Keith Rimmer	M55
25	Wendy Clements-Green	W55		29 Wilf Bamber	M40
26	Tony Speechley	M55		30 Sid Beer	M55
27	Arnold Jenkins	M55		31 Wayne Bates	M55
28	Bernadotti Height	W40	27.58	32 Hannah Ozturk	
29	Mitch Lolly	M60		33 Susan Andrews	
30	Joan Pellier	W60		34 Stuart White	Vis
31	Mike Prentice	M55		35 Neville Scott	M50
32	Ray Lawrence	M60	31.11	36 Brian Foley	M55
33	Bronwyn Gee	W45		37 Julie Keeley	W30
34	Keith Forden	M60	32.14	38 Robert Sheehy	M55
35	Pam McManus	W50		39 Jim Barnes	M55
36	Mary Heppell	W60		40 George Schaefe	er M65
37	Jullie Wood	W50		41 Peter Sanders	M55
38	Pierre Nielle	M50		42 Rod Tinniswoo	
39	Margaret Bennett	W60		43 Stan Lockwood	
40	Heather Sanderson	W50	37.24	44 Jennie Barnes	W45
41	Wendy Duncan	W50	37.38	45 Roger Walsh	M55
42	Jacqueline Billington	W55	37.45	46 Sue Sanders	W45
43	Marie Hillis	Vis	00	47 Irene Ferris	W45
44	Jacinta Hillis	W45		48 John Smith	M65
45	Ellie Bamber	W30		49 Cherese Johns	W45
46	Glenice Shanahan	W75		50 Val Millard	W50
		**/ 0		51 Glenda Lawren	
	m Walk	14/55		52 Christina Romp	
1	Lesley Romeo	W55	05.074	53 Maurice Warre	
2	Lynne Schickert	W60	35.07*	54 Shorty Turner	M65
3	Rex Bruce	M60	35.22		10103
4	Lorna Lauchlan	W70	36.30^	10 Km Walk	
5	Judy Hill	W50	40.48	1 John Mison	M50
6	Pat Ainsworth	W65	42.59	2 Paul Martin	M60
7	Maggie Flanders	W65	42.59	3 Michelle Mison	W50
8	Pat Hopkins	W55	43.00		
9	Keith Atkinson	M40			
10	Margaret Spratt	W50		WCJ X	
11	Fred Hagar	M75		(GVIP)	- 1191
	45,0			111 - 1	
10	Km Run				
1	Ross Parker	M50	37.18 ^A	14	14
2	Chris Frampton	M35	38.33 ^A	1 1/1	7 //
3	Warren Gee	M50	39.04		~ ~
4	D. L. O. L. L. L.	14100	40.004		

M50

M45

M50

M60

42.12

42.59

43.28

42.23

44.21

44.40

45.25

46.32

46.49

47.03

47.07

47.21

47.23

47.37

47.45

47.49

47.52

48.04

48.314

48.50

49.52

50.14

50.43

50.48

50.634

52.43

53.29

56.42

56.55 56.55

60.41

61.03

71.10

71.15

62.25^{CA}

62.25^{CA}

71.30^{ca}

M45

Vis

M50

M35

Wavne Robinson

Paul Leach

13

Brian Danby

Simon Jawichre

M60

M50

M35

M40

M45

M40

40.304

41.17

Bob Schickert

Gareth Brunt

John Allen

Neil Mc Rae

Doug Ashfield

Colin Chisholm

5

6

7

8

9

Guess Your Time Kings Park

21 October 2001

The race director Vic Waters was so determined to avoid having to set this run that he planned an overseas trip and pressganged a few of his mates to fill in. Simon Mort, Frank Smith and I fell for Vic's charm and got landed with the job.

As anyone who has competed in this event will appreciate, it is HELL to set for the following reasons:

- The Kings Park Board keeps closing off paths so every year we have to re-plan the course.
- It has about 453 turns in the eight km course (give or take a few) and we have

calculated we need 140 flags to set it properly.

• We never have enough flags, consequently people always get lost.

This year the course was 8.4km which was a bit confusing for people who were relying on last year's time as a guide. We ran the wheel over the "new" course on Sat evening and discovered it was longer - unavoidable I'm afraid and entirely attributable to the KPB (see above).

So, enough of the preamble, on with the event. Blakeney Tindall is this year's winner of the coveted trophy, having estimated his time to the last second. Last year's winner Kirt Johnson handed the trophy over with good grace but understandable reluctance, it is truly a piece of superior craftsmanship! We need a bundle of helpers for this event

and thanks go to John Bell for organizing the times and confiscating watches, Frances Cassella and Hilary Birks for recording, Morland Smith and Nick Birks at the finishing line, our road officials John and Elaine Ellard and Gillian Young and Allan Tyson for being traffic warden. Special thanks also to Simon and Frank for their efforts in setting the run. In evitably people got lost but there is always a few, Jim Langford being one of them!

Just to keep you on your toes, we have broken with tradition in recording the results and not started with the fastest time. Instead we have started with the ultimate pessimists, moved through the realists and finished with the incurable optimists.

See if you can work it out!

Margaret Langford

Pla	ace	12		Guess	Actual	Diff.Sec	Pl	ace			Guess	Actual	Diff.Sec
35	Vis	Keeley	Julie	49:50	41:55	-475	64	W55	Clements-Gre	enWendv	47:45	49:30	105
71	Vis	Harrop	Lyn	58:50	51:18	-452	66			Ray	49:00	50:53	113
43	M65		George	49:40	43:46	-354	18			lan	36:43	38:39	116
86	M50		Pierre	64:32	59:35	-297	5	M55		Jim	32:27	34:31	124
33	M55		Wayne	46:41	41:54	-287	85	Vis	McMannus	Pam	57:00	59:11	131
50	M70		Stanley	50:00	45:52	-248	79	W55		Pamela	51:13	53:29	136
87	M65	Turner	Cedric	62:13	59:35	-158	39	M55		Bob	40:15	42:41	146
54	Vis	Guiton	Patrick	50:00	47:26	-154	29	Vis	Bamber	Wilf	39:00	41:31	151
32	M60	Pellier	John	44:02	41:46	-136	27	W35		Debbie	38:38	41:09	151
3	M45	Crowley	Walter	34:57	33:34	-83	9	M50	0	Warren	32:47	35:18	151
24	M55	Hagedoorn		41:23	40:10	-73	17	Vis	Leach	Paul	34:00	36:34	154
65	M45	Mead	Ron	50:59	49:52	-67	42	M70			40:25	43:04	159
95	M75	Usher	Francis	76:00	74:58	-62	57	M55		Roger	45:00	47:48	168
1	M40	Marr	Lachlan	33:45	32:53	-52	67	W65		Ann	48:02	50:54	172
81	W65	Warren	Margaret	54:28	53:45	-43	30	M40		Keith	38:40	41:36	176
7	M55	Klinge	Jim	35:45	35:09	-36	68	M55	Jenkins	Arnold	47:53	50:57	184
63	M65	Smith	John	50:00	49:29	-31	59	M60		Michael	45:05	48:12	187
6	Vis	Hobbs	Randy	35:00	34:48	-12	25	M55	Foley	Brian	37:10	40:17	187
22	M60	Mack	John	39:40	39:33	-7	56	M50	Tinniswood	Rod	44:30	47:44	194
46	M65	Blom	Dick	44:06	44:01	-5	21	Vis	Roll	Robert	36:00	39:15	195
11	M40	Tindall	Blakeney	36:20	36:20	0	92	W60		Sheila	60:30	63:50	200
47	W50	Bell	Shirley	44:06	44:13	7	28	M55	Sanders	Peter	38:00	41:24	204
13	M55	Pilton	Ivan	36:05	36:24	19	23	Vis	Beer	Syd	36:30	39:58	208
82	M70	Johnson	Kirt	55:20	55:44	24	48	Vis	Spratt	Mike	40:51	44:23	212
10	M50	Brunt	Gareth	35:30	35:58	28	60	M50	Dance	John	45:36	49:16	220
88	M60	Warren	Morris	59:03	59:36	33	34	M50	Damiani	Adrian	38:10	41:54	224
15	M40	Ashfield	Doug	35:50	36:29	39	73	Vis	Spencer	John	47:00	51:30	270
14	M55	Brown	Ivan	35:41	36:26	45	83	Vis	Rompotis	Christina	53:00	57:36	276
19	Vis	Najar	John	38:00	38:56	56	51	W45	Sanders	Susan	41:20	46:34	314
2	M60	Carse	Albert	32:00	33:01	61	91	Vis	Spencer	Pat	58:00	63:17	317
16	M35	Jawichre	Simon	35:30	36:32	62	52	Vis	Loly	Raymond	41:37	46:55	318
26	M50	Hill	Peter	39:21	40:28	67	58	W60	Robinson	Margaret	42:02	48:01	359
12	M55	Schickert	Robert	35:15	36:23	68	89	W50	Wood	Julie	53:00	60:23	443
8	M50	Henderson	Ralph	34:00	35:12	72	84	M40	Penkin	Jack	50:00	57:52	472
78	M50	Toohey	Stephen	52:10	53:29	79	77	Vis	Johns	Cherene	45:00	52:59	479
36	M45	James	David	41:03	42:24	81	90	W55		Bridget	52:00	60:24	504
49	W45	Barnes	Jenny	43:06	44:29	83	93	W55	Farrell	Phyllis	55:05	64:39	574
55		Duffield	Liz	46:20	47:43	83	96	M55	Simmons	Peter	58:00	81:18	1398
94		Spencer	Jeff	63:10	64:40	90	41	Vis	Andrews	Susan		42:49	
61	M60	Loly	Mitch	47:52	49:27	95	4	VIS	Bishop	Dave		34:13	
31	Vis	Cavin	Bob	40:00	41:38	98	37	Vis		Robert		42:31	
20	Vis	Muir	David	37:32	39:11	99	76	W50	,	Valerie		52:11	
62	W60	Bullen	Sue	47:45	49:28	103	40	Vis		Hannah		42:47	

Track&Field Results - November 2001

_				4000					
2!	5-Oct			1500m	2002	27.00	Ray Hall	M67	24.47.3
	00W			Dante Giacomin	M33	6.09	Jacqui Sanders	W35	29.02.2
10.00		BAAE	10 10 1	Stephen Dunn	M35	4.54	Kathy Avery	W44	24.17.8
	m Lenane	M45	12.12.4	Glen Gillett	M35	5.25	Liz Duffield	W48	24.11.2
	hn Frost	M63	13.00.2	Greg Vander Sanden	M40	4.46.4	Gillian Young	W54	23.45.5
	osmarie Hollaway	W45	10.25.7	Tom Hindmarsh	M45	5.3	Jackie Halberg	W55	24.13.8
Le	sley Romeo	W55	12.50.1	Gareth Brunt	M50	5.21	Marg Forden	W60	23.47.9
Αu	ıdrey Giacomin	W64	16.04.0	Ivan Brown	M56	5.18	Ruth Johnson	W60	26.56.6
Ly	nne Schickert	W60	13.28.4	Jim Langford	M57	4.55	Lynne Schickert	W60	31.20.1
40	0m			Frank Smith	M59	5.06	5	******	01.20.1
	en Gillett	M35	61.9	Mike Spratt	M56	6.16	Discus		*********
	eve Payne	M42	61.9				Tom Hindmarsh	M45	15.31
	eg Vander Sanden	M40	59.6	Bert Carse	M60	4.47	Warren Davey	M51	25.19
	m Hindmarsh	M45	71.0	Gill Edmonds	W36	6.31	Ivan Brown	M56	15.41
				Kate Gilles	W36	7.11	Henry Cortis	M55	17.54
	reth Brunt	M50	73.3	Kathy Avery	W44	6.17	Brian Foley	M57	17.64
	arren Davey	M51	74.8	Maggie Joss	W50	13.48	Murray Tolbert	M55	28.92
	an Brown	M56	68.2	Gillian Young	W54	6.39	Barrie Kernaghan	M61	25.45
	nry Cortis	M55	60.6	Jackie Halberg	W55	6.57	David Carr	M69	20.4
	ian Foley	M57	66.5	Margaret Robinson	W63	6.58	Derry Foley	M72	18.73
	ke Spratt	M56	1.27.3				Kathy Avery	W44	14.46
l	vid Clive	M64	65.5	1-Nov			Robyn Watts	W48	11.82
Ва	rrie Kernaghan	M61	60.4				Gillian Young	W54	14.17
Во	b Schickert	M60	67.2	100m	N.4.4.0	110	Ruth Johnson	W60	12.81
Da	vid Carr	M69	67.6	lan Sanders	M42	14.6			
	rry Foley	M72	1.31.3	Blakeney Tindall	M40	14.6	Lynne Schickert	W60	11.76
	thy Avery	W44	1.19.3	Warren Davey	M51	14.2	Lorna Laughlan	W71	13.44
	smarie Hollaway	W45	1.21.5	Rod Tinniswood	M51	15.3	2000W		
	byn Watts	W48	1.37.8	Henry Cortis	M55	13.4	John Davies	M57	11.41
	lerie Millard	W54	1.48.5	Barrie Kernaghan	M61	13.2	Barrie Kernaghan	M61	13.58
	lian Young	W54	1.27.7	Derry Foley	M72	17.1	John Pellier	M62	13.53
	rgaret Robinson	W63	1.38.5	Jacqui Sanders	W35	16.1	Lynne Schickert	W60	13.38
	nne Schickert	W60	1.46.4	Robyn Watts	W48	19.3	Lorna Laughlan	W71	14.04
		VVOO	1.40.4	Gillian Young	W54	17.3			
	ple J			Ruth Johnson	W60	17.3	8-Nov		
	eve Payne	M42	10.41	Pat Carr	W69	17.3			
	rry Foley	M72	6.76	Shot			100m	1105	
Gill	l Edmonds	W36	8.39	Warren Davey	M51	8.66	Jon Wannberg	M35	14.1
Rol	byn Watts	W48	6.19	Murray Tolbert	M55	9.99	Steve Payne	M42	12.7
Val	erie Millard	W54	5.03	Derry Foley	M72	6.86	Ian Sanders	M42	14.2
Lyr	nne Schickert	W60	5.62				Blakeney Tindall	M40	14.2
al	mmer			Lorna Laughlan	W71	6.77	Tom Lenane	M45	14.4
	rray Tolbert	M55	26.51	5000m			Warren Davey	M51	14.4
	en Hindle	W52	23.45	Glen Gillett	M35	19.56.8	Rod Tinniswood	M51	15.2
		****	20.10	Jon Wannberg	M35	19.17.2	Ivan Brown	M56	16.5
	elin	1400	40.00	Doug Ashfield	M43	19.46.2	Henry Cortis	M55	13.2
	nte Giacomin	M33	12.69	Campbell Till	M44	19.21.5	John Davies	M57	14.9
	ve Payne	M42	29.90	Blakeney Tindall	M40	20.33.2	Brian Foley	M57	15.1
	n Hindmarsh	M45	19.80	Tom Hindmarsh	M45	20.06.7	David Clive	M64	12.6
	n Lenane	M45	26.74	Gareth Brunt	M50	19.30.6	Barrie Kernaghan	M61	12.6
Wai	rren Davey	M51	27.01	Nick Bailey	M54	21.45.8	Bob Schickert	M60	15.0
Hen	ry Cortis	M55	19.27	Tony Heppener	M50	17.01.5	David Carr	M69	16.1
Bria	n Foley	M57	13.20	Rod Tinniswood	M51	23.38.9	Derry Foley	M72	16.2
Mui	rray Tolbert	M55	38.20	Ivan Brown	M56	19.54.9	Jacqui Sanders	W35	15.9
Dav	rid Clive	M64	19.61	Henry Cortis	M55	21.44.5	Kathy Avery	W44	15.5
Barı	rie Kernaghan	M61	26.01	John Davies	M57	24.32.3	Sue Bullen	W42	20.5
	id Carr	M69	20.20						
	ry Foley	M72	15.61	Brian Foley	M57	20.47.8	Jayne Payne	W41	15.8
	ny Avery	W44	11.40	Jim Langford	M57	17.30.4	Robyn Watts	W48	18.2
	gie Joss	W50	7.30	Bert Carse	M60	17.42.4	Valerie Millard	W54	20.1
-	rie Millard	W54	9.51	Keith Forden	M63	27.54.9	Gillian Young	W54	16.7
	an Young	W54	12.31	John Pellier	M62	22.14.8	Lynne Schickert	W60	19.5
	rey Giacomin	W64	10.59	Bob Schickert	M60	18.47.6	Pat Carr	W69	16.7
	ne Schickert	W60	9.97	David Carr	M69	24.51.0			
-у 111	io Comoron	*****	5.57						

Track	&Field	Resu	lts - November	2001	
800m			Ivan Brown	M56	11.20
Stephen Dunn	M35	2.34.0	John Davies	M57	12.54
Jon Wannberg	M35	2.33.7	Brian Foley	M57	12.39
Carl Ciccarelli	M40	2.40.7	Frank Smith	M59	10.57
Lachlan Marr	M40	2.32.0	Mike Spratt	M56	12.56
Blakeney Tindall	M40	2.29.8	Bert Carse	M60	10.10
Greg Vander Sanden	M40	2.23.8	Michelle McGrath	W34	12.19
Gareth Brunt	M50	2.41.8	Gill Edmonds	W36	14.36
Rod Tinniswood	M51	3.10.9	Kathy Avery	W44	13.16
Mike Spratt	M56	3.05.5	Sue Bullen	W42	14.44
David Carr	M69	2.41.3	Robyn Watts	W48	16.13
Derry Foley	M72	3.43.2	Gillian Young	W54 W55	13.56 13.56
Brian Paxman	M70 W34	3.19.7 2.27.1	Jackie Halberg Margaret Robinson	W63	14.30
Sonya Lawry Michelle McGrath	W34	2.56.2		VV 0.5	14.50
Jacqui Sanders	W35	3.17.5	Heavy Wt	ME1	7 56
Sue Bullen	W42	3.24.6	Warren Davey	M51 M55	7.56 10.33
Gillian Young	W54	3.16.4	Murray Tolbert Eileen Hindle	W52	9.16
Margaret Robinson	W63	3.39.8	Lileeli i iiilule	VVJZ	3.10
Triple J			15-Nov		
Steve Payne	M42	10.31			
Derry Foley	M72	6.59	200m	NAC-1	20.0
Gill Edmonds	W36	8.54	Warren Davey	M51 M51	32.2 30.7
Jayne Payne	W41	6.38	Rob Greenhaigh Rod Tinniswood	M51	30.7
Robyn Watts	W48	6.16	Henry Cortis	M55	27.7
Lorna Laughlan	W71	6.89	Ros Calnan	M60	33.2
3000W			David Clive	M64	28.3
Jon Wannberg	M35	20.21.9	Barrie Kernaghan	M61	27.1
Tom Lenane	M45	19.02.2	1000W		
Henry Cortis	M55	21.35.0	John Davies	M57	6.11
John Davies	M57	16.45.3	Valerie Millard	W54	6.23
Brian Foley	M57	17.09.3	Lynne Schickert	W60	6.1
Barrie Kernaghan	M61	20.44.0	Lorna Laughlan	W71	6.55
Bob Schickert	M60 M65	20.06.1 20.14.4	L Jump		
Jim Turnbull Rosmarie Hollaway	W45	16.06.9	Henry Cortis	M55	61.8
Valerie Millard	W54	20.12.5	Barrie Kernaghan	M61	61.8
Lynne Schickert	W60	19.51.5	Shot		
Lorna Laughlan	W71	21.15.0	Warren Davey	M51	8.22
Javelin			John Sutton	M65	7.24
Steve Payne	M42	23.19	Lorna Laughlan	W71	6.04
Tom Lenane	M45	27.70	Discus		
Warren Davey	M51	26.41	Warren Davey	M51	13.42
Murray Tolbert	M55	35.73	John Sutton	M65	23.36
Jim Turnbull	M65	18.18	Lorna Laughlan	W71	21.46
Kathy Avery	W44	16.53	10000m		
Sue Bullen	W42	10.21	Rick Pilkington	M34	48.28
Jayne Payne	W41	12.20	Jon Wannberg	M35	41.48
Eileen Hindle	W52	16.18	Doug Ashfield	M43	41.55
Valerie Millard	W54	9.51	Gareth Brunt	M50	40.57
Pat Carr	W69	12.88	Brian Danby	M53	43.35
3000m		10.10	Rob Greenhaigh	M51	43.21
Rick Pilkington	M34	10.48	Rod Tinniswood	M51	49.07 42.44
Simon Jawiche	M35	11.10	John Davies Brian Foley	M57 M57	44.49
Jon Wannberg	M35	11.56 11.12	Frank Smith	M59	40.11
Doug Ashfield Lachlan Marr	M43 M40	10.36	Bert Carse	M60	36.27
Blakeney Tindall	M40	11.35	John Pellier	M62	45.42
Greg Vander Sanden	M40	10.47	Bob Schickert	M60	39.25
Darryl White	M40	10.32	David Carr	M69	45.34
Gareth Brunt	M50	11.12	Kathy Avery	W44	48.27
Rod Tinniswood	M51	13.34	Jackie Halberg	W55	50.28

Christmas Gift Run



The Club's Christmas Gift run on Sunday 23 December is another of the festivities in our busy calendar at this time of the year. As background for our new members, this run has traditionally been a "fun" morning with

members tackling whatever distance they feel up to, before the more serious task of enjoying morning tea and sharing gifts. We ask that each member brings a gift to the value of about \$5 and these are placed under our "tree" and distributed after the run. Because of the large number of members present, we would ask that gifts are not included for any children who attend as it is gift time for the members, not the children. Just remember too, if you don't bring a present don't expect to claim one!

Over the years members have created much comment from the public as they run along the river banks wearing reindeer ears and Christmas tee shirts and some very innovative "Christmas attire" such as angels, "presents", Christmas puddings, Wise women and men and Santas in kilts. So, come along this year in your award winning creation and join in the fun. Your creative outfit may even win a prize.

As coordinator of this mayhem, I look forward to enjoying a fun morning with you all.

Lynne Schickert

Busselton Jets Fun Run

Distance: 10 km run

5 km run 5 km walk

Date: Sunday 20th

January 2002.

Time: 7:30 a.m. (all events)

Start: Busselton Jetty

- Nautical Lady.

Ph: 9752 1853

mobile:

email: idwatson@netserv.net.au

0427 407 305

Why Carry Cash?

For all club items and activities,

payment by cheque or credit card is preferred please. *Treasurer*

A good drop

Good news for beer drinkers: drinking beer in moderation is good for you.

A recent article published by Men's Health reveals that 'drinking a moderate amount of standard alcohol beer increases the level of HDL (good) cholesterol and decreases the clotting factor in blood.' This according to Professor lan Pudley of the University Department of Medicine at Royal Perth Hospital.

'Professor Leon Simons of the Lipid
'esearch Department at Sydney's St
Incent's Hospital, conducted a 10-year
study on elderly people and found death
rates across the board were reduced for
those who had a beer or two a day.'

'The research also shows that those who drink in moderation live longer than those who do not drink.'

Too much of a good thing is often a bad thing, but as we are old and wise now we can make our own decisions about how much is too much.

New Members

A warm welcome to the new members approved at the committee meeting on November 14, 2001.

John Edwards Glen Gillett Jayne Payne Lyn Nixon Bob Cayin Bjorn Dybdahl Laurie Collett Christina Rompotis Brad Dunbar

Barbara Blurton

Birthdays

HAPPY BIRT	HDAY TO OUR D	ECEMBER MEN	MBERS	
Richard	Harris	01.12.36	65	becomes M65
Michael	Khan	01.12.44	57	remains M55
Joanne	Pearce	01.12.49	52	remains W50
Anne	Shaw	01.12.47	54	remains W50
Rosa	Wallis	02.12.43	58	remains W55
Denise	McMorrow	05.12.63	38	remains W35
lan	Lankester	06.12.47	54	remains M50
Valerie	Millard	08.12.46	55	becomes W55
Warren	Gee	11.12.50	51	remains M50
Jo-Anne	Kelly-Wilson	11.12.62	39	remains W35
John	Russell	12.12.32	69	remains M65
David	Charlton	15.12.49	52	remains M50
Kathleen	Penton	15.12.41	60	becomes W60
John	Ellard	16.12.41	60	becomes M60
Donald	Frearson	16.12.20	81	remains M80
Bev	Morrissey	16.12.46	55	becomes W55
Nora	Berry	17.12.29	72	remains W70
Frank	Gardiner	17.12.49	52	remains M50
Susan	Hughes	17.12.50	51	remains W50
Victor	Beaumont	19.12.29	72	remains M70
Brian	Smith	20.12.38	63	remains M60
Jane	Robley	22.12.56	45	becomes W45
Eoin	Rothery	22.12.56	45	becomes M45
Trevor	Brown	24.12.39	62	remains M60
Stephen	Barrie	25.12.35	66	remains M65
Ross	Holland	26.12.37	64	remains M60
Stephen	Davies	27.12.53	48	remains M45
Dalton	Moffett	28.12.30	71	remains M70
George	Schaefer	28.12.32	69	remains M65
Derek	Crowther	29.12.41	60	becomes M60
Barry	Millard	29.12.37	64	remains M60
Barrie	Slinger	29.12.39	62	remains M60



Members can now pay for such items as clothing, social events, weekend camps and membership using Visa, Mastercard or Bankcard credit facilitities. To pay by phone simply phone the treasurer on 9330 3803

-	Credit Card Payment
	Please make this payment of \$for Clothing Membership Club Social Function
	Club Weekend Away Championship entry
	by Visa Bank Card Mastercard
	Card Number Expiry Date
	Card Holder's Name
	Signature
	~ ·



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

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social aspect is also important and many members enjoy a picnic breakfast after the Sunday races.

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

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

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



SURFACE MAIL POSTAGE PAID AUSTRALIA



Club Clothing

Club Singlets:

New Style Yellow/Black - \$25 (All sizes, Men's and Women's)



Contact Maggie Flanders: 9314 7556

T-Shirts:

Short Sleeve \$18. Grey in all sizes, White in limited sizes. Long Sleeve \$20. Grey in all sizes.

Fleecy Wind Cheaters. \$25 in all sizes.

Caps - White/Grey. Legionnaires Caps - White/Grey. Sun Visors - White/Grey/Black. All \$10. One size fits all.