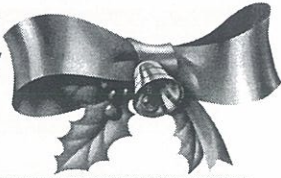




December 2002

Number 347

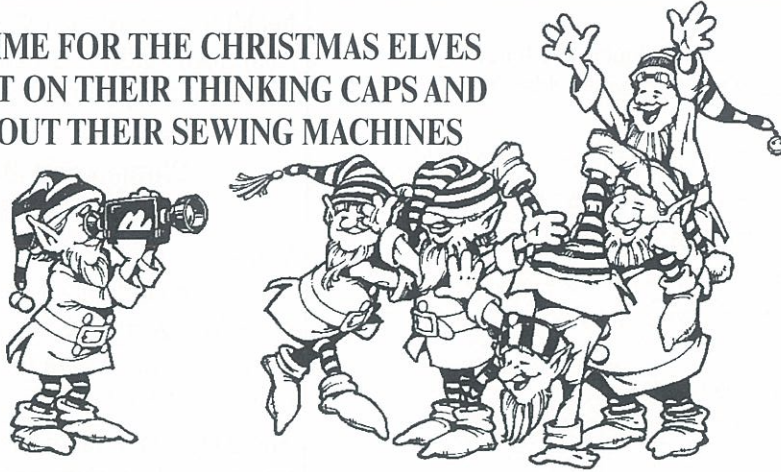
VETRUN



THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 11a Dandenong Rd, Attadale, WA 6156
Editor: Rod Tinniswood. Copy for Vetrune: See panel page 2 • Website: www.netprojex.com.au/wavac

IT'S TIME FOR THE CHRISTMAS ELVES
TO PUT ON THEIR THINKING CAPS AND
GET OUT THEIR SEWING MACHINES



Yes, Christmas is fast approaching
and the Christmas Gift Run, THE FUN
EVENT for the Vets, is not far away.

For those new members who have not experienced this run before, it is a time to exercise your creativity and come dressed in a Christmas outfit.

There are prizes for the best creations and we have previously seen Angels, Fairies, Wise Men of the East (or is it West?), presents in a box, Christmas puddings, Christmas trees, Santa and his reindeer and assorted Christmas decorations on running gear.

We do have a run (or try to in our gear) and then join together for presents under the tree whilst enjoying Christmas cake and coffee provided by the Club.

Members bring a gift to the value of 5.00, marked if necessary for male or female. These are then distributed in a random manner according to age groups. Because of the large number of members who attend this run, we ask that gifts are not brought for any children who attend as it is gift time for the members not the children.

As the Christmas Angel in charge of these festivities, I look forward to seeing how creative you have all been this year.

Lynne Schickert

George Lewkowski of Piano Gully Wines will be providing Christmas cheer as usual.



A good time was had by all at the annual dinner dance.



Jenny Barnes receives the Guess Your Own Time trophy from Keith A.

Telstra Australian Masters Athletics Championships Perth, 18-21 April 2003

Principal Sponsor



Local Supporters

BP Refinery (Kwinana) is located in WA's premier industrial centre 50km south of Perth. The refinery produces fuels including LPG, petrol, jet fuel and diesel, as well as bitumen. BP plays an active role in the community by supporting local schools, non-profit organisations and sporting groups. We are proud to support the 2003 Australian Masters Athletics Championships in Perth.

The 2003 Telstra Australian Masters Athletics Championships is also supported by Healthway to promote the BE ACTIVE EVERY DAY health message.

BE ACTIVE EVERY DAY



bp

IN THIS ISSUE:

- Safety Policy Pg 2
- AMA Entry Form Pg 3/4
- Results: Tompkins Park, Bibra Lake, Guess Time, Mosman Park, Track + Field



Doing the right thing.

Below is a copy of the Safety / Risk Management Policy drafted by Bob Schickert and approved by the committee, November 2002.

WA VETERANS ATHLETIC CLUB

SAFETY / RISK MANAGEMENT POLICY

December 2002

To protect participants in Club events, the Committee has adopted the following guidelines for safety and risk management. A copy will also be provided in each race director's kit.

- Race Directors to inspect course for hazards within the week before event held.
- All courses to be approved by committee before new program issued.
- All courses to be annually reviewed by committee regarding safety.
- Courses on roads with houses to be avoided. Bike paths / Parks preferred.
- Courses must not have intersections where streets cross and T-junctions are to be avoided.
- No road crossings except where very low traffic, eg Kings Park / Coode/Douglas Sts, Freeway North off-ramp / Mill Point Road near freeway.
- Crowded public access paths to be avoided.
- Members to avoid running/walking more than two or three abreast where this poses a hazard to other area users.
- All course marshals to wear vests provided.
- All road crossings must have a marshal.
- Finishing lines/areas to be located away from public-use roads / paths / tracks so competitors do not hinder non-club walkers, cyclists, joggers.
- Finish line to be adjacent to the big clock indicating the time elapsed in race.
- Drink stations to be provided at least each 5K when temperature at event time is 20 degrees or below. If over 20 degrees, at least each 3K.
- When temperature is above 20 degrees, a warning to be given to competitors by race director or club president, ie
 - note severe conditions
 - drink well before / during / after
 - back off if feeling heat
 - wear a hat.
- Warn competitors before event if rough underfoot, very hilly, or creek crossings, eg Jorgensen, Reabold.
- Advise inexperienced competitors or competitors who have had a break from athletics to gradually rather than suddenly increase training / racing to lessen chance of injury.
- Medical kits to be checked each three months and details recorded on checksheet.
- Morning tea equipment, eg urns, leads etc to be checked 6-monthly by committee and record kept of checks.
- Track competitors to be alerted to field events in progress.
- Jump pits to be raked and inspected for foreign matter before use.
- Throwing circles to be swept and inspected before use.
- Throwing cage to be used for hammer, heavy weight and discus events.

World Masters Athletics Championships Carolina, Puerto Rico 2-14 July 2003

Accommodation and airfare package details are now available and have been sent to club members who previously expressed an interest.

If you would like to get details, contact **Bob Schickert on 9330 3803**

FEELING OK TODAY?

Tell us about your health and well-being

Murdoch University researchers Ngaire Donaghue and Anne Pedersen want to make the relationships between work and health a focus of their Western Australian study, and want to hear about your day-to-day health experiences...

Women and Men aged 18 - 80

You will need a computer and the internet to complete a daily health diary for five weeks, and a few short questionnaires on the first and last days of the study.

The daily health diary will only take you a couple of minutes per day & you will receive a summary of the study results

PLUS You could win a \$200 shopping voucher!

Find out more - email Donna at:

hwbs@socs.murdoch.edu.au

or telephone 08) 9360 6629

Tell your family and friends in W.A.

- all welcome!

New Members

A warm welcome to the new members approved at the committee meeting on November 6, 2002.

John Doust (15/8/1947)

Beryle Doust (24/9/1948)

Chris Frampton (7/5/1965)

Brendan Kennedy (5/8/1968)

Wayne Vovill (M50)

It's your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email:

tinniswoodr@sundaytimes.newsltd.com.au

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

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

Home phone: 9403 6353

Back issues of Vetrin

If there is a back issue of Vetrin 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.



Telstra Australian Masters Athletics Championships

Perth, 18-21 April 2003

ENTRY FORM

Program Schedule

Friday 18 April

10,000m
80/100/110 hurdles
800m
Pole vault
Long jump
Shot put
Javelin
Coaching forum

Saturday 19 April

✕ 5,000m walk
1,500m
300/400m hurdles
2k/3k steeplechase
✕ 100m
High jump
Discus
Hammer
Athletes forum

Sunday 20 April

5,000m
100m champions h/cap
200m
400m heats
Triple jump
Weight pentathlon
4 x 100m Relay
Dinner cruise and awards

Monday 21 April

✕ 10km/20km road walk
8km Cross country
400m finals
4 x 400m relay
Weight throw
Pentathlon
Throw champions h/cap

Venues

Track and field
Road walks
Cross country
Athletes forum
Dinner cruise and awards

Perry Lakes Stadium, Meagher Drive, Floreat. (7K West of Perth CBD)
Perry Lakes parklands, 500m from Stadium
Perry Lakes parklands, 200m from Stadium
Perry Lakes Stadium
MV James Stirling, Barrack St Jetty, (Old Perth Port), 6.30 for 7.00 pm. Return 10.00 pm.

Entry Closing Date Entries close on **Monday 24 March 2003.**

Sports Wear Sales

Championship merchandise of polo shirt or T-shirt can be ordered. Polo shirt: White and grey trim, T-shirt: Grey with 2 colour print.

Call for Officials Your assistance as an official when not competing would be much appreciated. Indicate availability on Entry Form.

General Conditions

Competition Rules

Competition will be conducted under IAAF, WAMA and AMA rules subject to any special rules laid down by the local organising committee. Entry signifies that each competitor will abide by the rules.

Age Groups

Competition will be conducted in the following five-year age groups for men and women:

30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+

In accordance with WAMA rules, competitors may only compete in the age group for which they qualify on the first day of the championships, which in this case being 18 April 2003.

Entry Rules

Financial members of the clubs affiliated with Australian Masters Athletics are eligible to compete in this competition. State uniform is to be worn. Athletes registered with overseas Veterans or Masters athletics clubs can compete on an invitational basis. For this Championship, non-registered athletes are also eligible to compete by taking out a temporary membership with the WA Veterans Athletic Club. Refer to details on the entry form.

Awards

The first three competitors in each event shall receive medallions. Overseas entrants who finish in the first three places shall receive the appropriate medallion, however they will not displace the eligible competitors.

Confirmation of Entry

All entrants will receive confirmation of their entry and events entered.

Full details of the program schedule will be in the Program of Events book that is supplied to all entrants and will be available for collection from Perry Lakes Stadium from 12 noon on Thursday 17 April 2003. Directions to Perry Lakes including bus timetables from Perth CBD will be included with confirmation letter for interstate and overseas registrants.

Results A results booklet will be posted to all entrants.

Privacy Statement

In this Privacy Statement, "personal information" has the same meaning as in the *Privacy Act 1988 (Cth)*. As a member of the Australian Masters Athletics Inc, which is an affiliate of Athletics Australia, the WA Veterans Athletic Club (WAVAC) is committed to protecting the privacy and security of the personal information it holds about you. The personal information provided to WAVAC in this Competition Entry form will be used by WAVAC to:

- Process your competition registration and temporary membership application where applicable;
- Provide you with competition program and results information;
- Provide you with information about future masters athletic events.

WAVAC may disclose the personal information that you provide in this form to external service providers to whom they have contracted out functions, such as printers, but only for the purpose of processing your competition registration. You have the right to access any personal information that WAVAC holds about you and you may request the correction of information that is inaccurate. Access and/or correction requests can be made to the WAVAC Secretary. For more information on the Athletics Australia Privacy Policy, visit their website at www.athletics.org.au.

Telstra Australian Masters Athletics Championships, Perth 18-21 April 2003
Official Entry Form

ENTRIES CLOSE MONDAY 24 MARCH 2003 - NO LATE ENTRIES ACCEPTED

Send entries to: Bob Schickert, WAVAC, 11A Dandenong Road, Attadale WA 6156

Enquiries: Ph: (08) 9330 3803 or email: schickertl@bigpond.com

Personal Details

Surname _____ First name _____ Sex (M/F) _____

Date of birth / / Registered with which State Masters/Veterans club*

Address	State	Postcode
---------	-------	----------

Contact number (____) _____ email: _____

Emergency contact number(_____)_____ Signature _____

Event Entry

Mark					Mark				
X	Code	Event	Eligible age groups	Expected Performance	X	Code	Event	Eligible age groups	
	100	100 metres	all			5000W	5000m track walk	all	
	200	200 metres	all			10000W	10 km road walk	W30+, M70+	
	400	400 metres	all			20000W	20 km road walk	M30-M69	
	800	800 metres	all			8000CC	8 km cross country	all	
	1500	1500 metres	all			LJ	Long jump	all	
	5000	5000 metres	all			TJ	Triple jump	all	
	10000	10000 metres	all			HJ	High jump	all	
	80H	80 metre hurdles	M70+, W40+			PV	Pole vault	all	
	100H	100 metre hurdles	M50-69, W30-39			SP	Shot put	all	
	110H	110 metre hurdles	M30-49			DT	Discus throw	all	
	300H	300 metre hurdles	M60+, W50+			JT	Javelin throw	all	
	400H	400 metre hurdles	M30-59, W30-49			HT	Hammer throw	all	
	2000S	2000m steeplechase	M60+, W30+			WT	Weight throw	all	
	3000S	3000m steeplechase	M30-59			OPENT	Pentathlon	all	
						WPENT	Weight pentathlon	all	

Payment Details

1	WAVAC administration fee	\$15
2	AMA administration fee	\$20
3	Temporary WAVAC membership Fee *@ \$10 (Only for athletes not registered with a State club)	
4	Event fees: Number of events _____ @ \$5 each	
5	Dinner and cruise (MV James Stirling) Number for dinner _____ @ \$48	
6	Merchandise order (circle size) Polo shirt @ \$25 S M L XL XXL T-Shirt @ \$20 S M L XL XXL	
		Total

Temporary Membership

*Non-registered athletes are eligible to compete by taking out temporary membership with the WAVAC.

Payment

Payment can be by cheque, money order or credit card (complete details below). Make cheques payable to WAVAC.

Privacy Statement

I acknowledge I have read the privacy statement listed under general conditions and agree to the conditions stated.

Credit Card Payment

Telstra Australian Masters Athletics Championships Entry

WAVAC ABN 42316168339

Please tick card type	Bankcard	Mastercard	Visa
Card Number 	Expiry Date _____/20____	Amount	
Name on Card	Signature		

Call for officials ☐ YES, I can assist as an official when not competing

Day/time	Preferred events
-----------------	-------------------------

HAPPY BIRTHDAY JANUARY MEMBERS

Fraser	Deanus	01.01.1940	63	remains M60
Dee	Campbell	02.01.1956	47	remains W45
Eileen	Hindle	02.01.1949	54	remains W50
David	Muir	02.01.1945	58	remains M55
Colin	Smith	02.01.1963	40	becomes M40
Barry	Audsley	03.01.1941	62	remains M60
Penny	Brown	03.01.1946	57	remains W55
Sheila	Maslen	06.01.1938	65	becomes W65
Keith	Miller	06.01.1949	54	remains M50
Robert	Sammells	06.01.1937	66	remains M65
Robert	Sheehy	09.01.1946	57	remains M55
Rose-Maree	Hollaway	11.01.1955	48	remains W45
Doug	Ashfield	13.01.1957	46	remains M45
Raymond	Attwell	13.01.1936	67	remains M65
Lynne	Choate	14.01.1953	50	becomes W50
Ruth	Johnson	14.01.1941	62	remains W60
Gary	Branche	15.01.1953	50	becomes M50
Christine	Wheeler	16.01.1954	49	remains W45
Blakeney	Tindall	17.01.1961	42	remains M40
Barry	Weatherburn	20.01.1943	60	becomes M60
Jeff	Lindhorst	21.01.1960	43	remains M40
Marg	Taylor	22.01.1951	52	remains W50
Graham	Lucas	23.01.1955	48	remains M45
Alison	Aldrich	24.01.1943	60	becomes W60
James	Barnes	25.01.1943	60	becomes M60
Rod	Tinniswood	25.01.1950	53	remains M50
Ross	Parker	27.01.1949	54	remains M50
Ann	Turner	27.01.1936	67	remains W65
Darry	Dahlstrom	28.01.1951	52	remains M50
Gill	Edmonds	28.01.1965	38	remains W35
Michael	Morrissey	28.01.1927	76	remains M75
Stephen	Toohey	30.01.1949	54	remains M50

See revised birthdays pg 7

CHAMPIONSHIPS REPORT

It is here at last. This edition of the Vetrin includes the Entry Form for our Championships and the committee looks forward to seeing ALL club members compete at some stage of the program. Judging on the championships in Adelaide at Easter this year, we can expect to see some great competition among all age groups in Perth.

The Committee has been very pleased at the number of responses received from club members offering to assist at the Championships next Easter. However, WE NEED MORE and we will be making personal approaches from now on. Indications are that many interstate athletes are taking the opportunity to visit Perth next year rather than plan overseas holidays which will be good for our entry numbers. So, your assistance would be appreciated even if it is only for one afternoon or a morning on one or two days when you are not competing.

I would also like to thank club members who have offered their services or goods for the championships. In particular

- John Davies of JY Signs who will provide our competition bib numbers and is also arranging the production of the championship merchandise.
- Sue Bullen and her husband Colin who have offered computer equipment for recording and producing competition results.
- Brian Foley has arranged sponsorship from Alcoa of Australia for a shade tent for the cross country course.
- Val Prescott has arranged a special accommodation offer for interstate and regional competitors at the Emerald Hotel in Perth.
- Richard Harris for arranging to insert our Entry form in the WA Marathon Club newsletter to gain additional publicity.

Keep up the training and we look forward to receiving your entries soon.

Lynne Schickert

2003 National Championships Committee

Helpers List - December

1st Dec - Canning Caper

Director, Keith Atkinson 9313 1669

Helpers - G.Fisher, J.Spencer, R.Roll, G.Brunst, N.McRae, E.Moyle, C.Walkely, B.Hunter, C.Chisholm, L.Nixon, J.Barnes.

8th Dec - Lakes Age Graded

Director, John Bell 9386 6975

Helpers - L.Maher, G.Lucas, C.Wheeler, G.Gorman, E&P.Barrett-Leonard, E.Chandler, C.Tsesmelis.

15th Dec - Coogee Beach

Director, Ray Hall 9434 4406

Helpers - P.Phillips, M.Flanders, D.Haines, M.Jones, D.Miller, A&A.Giacomin, P&J.Lewis.

22nd Dec - Christmas Gift Run

Director, Lynn Schickert 9330 3806

Helpers - Elves, Rudolph, Prancer, Dancer, Blitzen, and the mob. No other helpers are necessary.

26th Dec - Boxing Day Run

Director, Barry Thomsett 9276 6446 Evening Run 6.00pm.

Helpers - N.Miletic, C.Turner, J.Wannberg, J.Barnes, I.Pilton.

29th Dec - Banks Run

Directors - Mike & Paula Karra 9472 6994

Helpers - J&P.Hill, C.Maher, S.Mort, B.Hunter, C.Wheeler, G.Gorman, K.Mahony, A.Shaw, T.Collins, J.Main.

5th Jan - Reabod Cross Country

Director, Brian Foley 9339 2716

Helpers - R.Bruce, W.Clements-Green, A.Jenkins, J.Cresp, R.Fergie, G.Morgan, G.Lawrence, J.Pressley, G.Lucas, R.Greenhalgh.

12 Jan - East Perth Run

Directors Jill Midolo & David Brown 9381 5565

Helpers - W.Pantell, B&B.Carse, J.Riddell, W&E.Bamber, J.Halberg, J.Stewart, F.Hagger.

CALL FOR HELP

Telstra Australian Masters Athletics Championships, Perth, 18-21 April 2003

☐ Yes, I am available to help/act as an official at the championships

Preferred area of assistance (eg Walk Judge, Lap Scorer, assist at Jumps etc)

Preferred dates

☐ Friday 18 April 2003

☐ Saturday 19 April 2003

☐ Sunday 20 April 2003

☐ Monday 21 April 2003

For those members not familiar with the operation of some events, training sessions will be held in the New Year. You may also like to come to Thursday night Track and Field sessions at either McGillivray Oval, Mt Claremont or Coker Park, Cannington and learn the procedures there.

NAME _____

Address _____

Post Code _____

Phone _____

email _____

Please return to Lynne and Bob Schickert,
11A Dandenong Road, Attadale 6156
or advise us by email: schickertl@bigpond.com.

Tomkins Park 19-May-02 Lachlan Marr

Apologies for the delay in publication of these results and for the lack of handicaps and adjusted times.

A couple of points. Firstly, it appears from his time that Ross Parker may have started at the "gun", in which case Jim Langford would be the winner on handicap for the 9K Run. Secondly, members' times only are listed.

5K Run

Bernard Mangan	M45	19:27
Michael Barton	M30	19:45
Ian Davies	M50	19:48
Jim Klinge	M55	20:22
John Cresp	M50	21:56
Simon Jawichre	M35	22:10
John Frost	M60	24:50
Damien Hanson	M45	25:23
Henri Cortis	M55	26:07
Barry Audsley	M60	28:14
Sue Lake	W35	29:51
Alison Aldrich	W55	31:26
Julie Wood	W50	31:48
Merv Moyle	M75	31:56
Ray Lawrence	M70	31:57
Brian Aldrich	M70	32:04
Jo Stewart	W50	34:46
Rosa Wallis	W55	34:47
Elaine Ellard	W60	40:07
Francis Usher	M75	44:06
George Schaefer	M65	47:05

9K Run

Ross Parker	M50	43:06
Jim Langford	M55	1:01:03
Chris Frampton	M35	1:01:26
Ray Hall	M65	1:01:45
Dick Blom	M65	1:01:51
Malcolm Vernon	M45	1:01:54
Neil McRae	M45	1:01:56
Margaret Robinson	W60	1:02:00
Geoff Mullins	M55	1:02:05
Johannes Hagedoorn	M55	1:02:10
Peter Airey	M65	1:02:17
David Scott	M50	1:02:19
Wendy Clements-Green	W55	1:02:33
Keith Martin	M55	1:02:36
Christina Rompotis	W40	1:02:38
John Bell	M55	1:02:52
Brian Hunter	M55	1:02:56
Arnold Jenkins	M55	1:03:03
Robert Sammells	M65	1:03:06
Sheila Maslen	W60	1:03:16
Stanley Lockwood	M70	1:03:21
David Carr	M65	1:03:22
Brian Foley	M55	1:03:28
Paula Karra	W30	1:03:36
Paul Hughes	M50	1:03:40
John Mack	M60	1:03:45
John Smith	M65	1:03:47
Wilf Bamber	M40	1:03:48
Margaret Warren	W65	1:03:49
Gillian Young	W50	1:03:51
Morris Warren	M60	1:04:16
Sean Keane	M35	1:04:47
Mary Heppell	W60	1:05:31
Mike Spratt	M55	1:05:37
Mike Rhodes	M55	1:06:30
Kathy Avery	W45	1:08:05
Mitch Loly	M60	1:08:17
Dee Haines	W40	1:10:19
Doug Ashfield	M45	1:10:21
James Barnes	M55	1:12:30

5K Walk

Jennifer Shillington	W40	41:04
Gareth Gorman	M55	45:28
Christine Wheeler	W45	45:29
Jeffrey Whittam	M65	47:29
Leo Hassam	M70	51:34
Ernest Moyle	M75	51:53

9K Walk

John Mison	M50	1:01:06
Paul Martin	M60	1:01:06
Alan Jennings	M60	1:07:14
Michele Mison	W50	1:14:59
Dorothy Whittam	W65	1:18:10
Lorna Lauchlan	W70	1:18:11
Patrica Hopkins	W60	1:21:43

Bibra Lake 27 October 2002

What a great day for a run. A bit overcast and a bit windy. We had 92 club members and 10 visitors. Its a great course a real nature trail; the magpies are friendly; there is the odd snake; and heaps of other bird life.

As my first time as race director, I realised that you certainly have to watch what you say to the runners before the run. There are some very sharp minds in our group. I must thank all of the helpers: Jenny Shillington, John Brambley, John & Diane Dance, Fiona & Duncan Mc Auley, John Davies, Pam & Steve Toohey. Dick Blom was not rostered but helped out. All these people made it a pleasure to be a race director thank you all. *Robert Sheehy*

6K Run

Troy Kelly	M30	21:09
Ian Davies	M55	22:30
Denise McMorro	W35	25:20
Ed Barrett-Lennard	M45	26:17
Johannes Hagedoorn	M55	28:04
Bob Cavin	M45	28:06
Rod Tinniswood	M50	28:28
Brian Foley	M55	28:40
John Frost	M65	28:47
Colin Smith	M35	28:50
Shirley Bell	W50	28:51
Dee Campbell	W45	28:52
Irwin Barrett-Lennard	M70	29:00
Barry Audsley	M60	29:19
Dee Haines	W40	29:43
Paul Buckley	M50	30:11
Michael Anderson	M50	30:23
Mike Rhodes	M55	30:47
Don Pattinson	M45	31:10
Robert Sammells	M65	31:38
Mitch Loly	M60	31:45
Roger Walsh	M55	31:47
Richard Harris	M65	33:21
Aldo Giacomini	M65	34:27
Ray Hall	M65	34:42
Margaret Warren	W65	35:09
Merv Moyle	M75	36:47
Victor Beaumont	M70	37:14
Kirt Johnson	M70	38:25

Chris Pattinson	W45	39:11
Irene Ferris	W50	39:52
Ray Lawrence	M70	40:46
Janet Jarvis	W55	40:52
Roma Barnett	W50	40:54
Julie Wood	W50	41:54
Elaine Ellard	W60	41:56
Keith Forden	M60	42:53
Costa Tsismelis	M50	44:00
Roma Barnett	W50	44:59
Toni Frank	W55	51:12
Audrey Giacomini	W65	51:19
Allen Tyson	M75	51:48
Lil Heatly	W70	52:13

12K Run

Albert Carse	M60	48:12
Gareth Brunt	M50	50:34
Brian Danby	M50	51:38
Mike Hale	M55	52:08
Michael Karra	M35	52:57
Robert Schickert	M60	54:11
Ivan Pilton	M55	54:20
John Bell	M55	55:08
Gary Fisher	M50	55:20
Graham Thornton	M60	56:38
Victor Waters	M55	56:51
John Mack	M60	57:50
Milton Mavrick	M45	58:19
Mark Sivyer	M50	58:36
Nick Miletic	M50	58:56
Margery Forden	W60	61:28
Adrian Damiani	M50	61:31
Brian Smith	M60	62:16
John Dance	M50	63:11
Fraser Deamus	M60	63:29
Jim Halliday	M55	63:44
John Ellard	M60	65:04
Michael Andrews	M35	66:26
Liz Chandler	W30	67:18
Gillian Young	W55	67:22
Ann Turner	W65	68:01
Paula Karra	W30	70:54
John Smith	M65	70:51
Merv Jones	M60	71:01
Sue Lake	W35	72:36
Brian Bennett	M55	74:50
Cedric Turner	M65	80:15

6K Walk

Lesley Romeo	W55	39:57
Rex Bruce	M60	43:19
Lorna Lauchlan	W70	45:57
Lynne Schickert	W60	46:22
Michele Mison	W55	46:23
Marg Taylor	W50	48:07
Phyllis Farrell	W55	48:10
Christine Peterson	W45	52:43
Ernest Moyle	M75	58:16
John Bailey	M75	58:21
Barbara Bailey	W70	58:34
Patricia Miller	W60	58:35
Glenice Shanahan	W75	79:32

12K Walk

John Mison	M55	74:49
Valerie Millard	W55	88:29

GUESS YOUR TIME RUN

by Vic Waters

10.4K X-Country and road walks

Kings Park. October 20, 2001

Conditions: fine, warm

SOME things never change.

The course was different, the turnout was down, the stalwart band of helpers was fresh. But predictably, runners got lost. This time it wasn't my fault! The same vandal who disrupted Warren Gee's club 10k championship run in the park (and who obviously lives in the bushes near the children's lake) is to blame.

Next year we'll set a trap for him/her/it. Every year, lessons are learned.

Major course changes were forced on us by the Kings Park board. Their long-term plan seems to involve everyone sticking to the black-top. Avoiding the sealed paths, and wanting to avoid repeat circuits, we set the new course as two separate 'out-d-backs.'

It meant every step of the 10.4km was different. However it was too far for several runners, who bailed out at the 5km mark.

New Trophy

Biggest cheer of the day came when I announced my resignation as race director. Ten years of abuse is enough, I reckon. But as everyone seemed so happy at my departure, I have decided to stay on. What's more, next year there will be some improvements - and another trophy!

Walkers

Many's the sleepless night I have spent worrying about the walkers. (Haven't we all?) It does seem unfair that they can't take part in the fun of the guess your time event. Also, now the main event is longer, we need an official short distance run too.

So, next year I shall present a second trophy, to be contested by the walkers, and the 5km runners. This will be known as the Wimps and Walkers Trophy.

It has been suggested that it's too easy for walkers to estimate their times, especially on regular surfaces. However, I know some are concerned at the danger of walking the park roads. Perhaps shifting to the concrete and slab paths that traverse the park might eliminate the risk and make guessing time harder?

Results

Our marvellous record of close estimates was dashed this year, partly due to the bit of vandalism that added distance. Maybe many runners also forget to add on something for difficulty of terrain? Only one runner (John Ellard) came in

under his estimate.

Winner was Jenny Barnes, who guessed 72 minutes and ran 73:36.

Jim Langford has provided the results table, as a penance. In his and Margaret's absence, a great band of helpers made the run work.

Thanks to marshals Keith Forden, Vic Beaumont, Wayne Robinson, Colin Chisham; to Kris Adrian, Maxine Santich, Gareth Brunt, Josh Mort for their gungadin duties; Frank and Anne Smith for timing; Mike Rhodes and Maxine for recording and handling the estimates; and to all the members, like Arthur and Paul, who showed up and offered help on the day.

Finally, I should point out that Simon Mort was equally responsible for the whole day. Why should I take all the flak?

Guess Your Time Results

20/10/2002

Name	Guess	Act.	Diff.	Sec
Ellard, John	68:00	64:03	-237	
Barns, Jenny	72:00	73:36	96	
Barrett-Leonard, Edward	56:22	58:00	98	
Hill, Peter	54:22	56:52	150	
Lundgren, Troy	57:00	60:04	184	
Burge, Deborah	53:42	57:07	205	
Sammells, Robert	59:59	64:26	267	
Schickert, Robert	52:00	56:31	271	
Clements-, Wendy	64:50	69:43	293	
Ashfield, Doug	48:00	53:01	301	
Sheehy, Robert	52:32	57:55	323	
Brown, Ivan	44:51	50:28	337	
Henderson, Ralph	42:00	48:00	360	
Nash, Trevor	40:15	46:36	381	
Bullen, Sue	56:48	63:12	384	
Loly, Mitch	56:21	62:46	385	
Khan, Michael	52:36	59:06	390	
Ferris, Irene	65:42	72:15	393	
Toohey, Stephen	69:10	75:59	409	
Gee, Warren	41:00	48:02	422	
Stickles, Joe	55:37	62:42	425	
Karra, Paula	62:00	69:16	436	
Dance, Elaine	68:37	76:10	453	
Frampton, Chris	38:45	46:20	455	
Mangan, Bernard	39:20	47:00	460	
White, Darryl	40:25	48:05	460	
Lewis, Paul	56:10	64:07	477	
Buckley, Paul	55:35	63:33	478	
Walsh, Roger	55:00	63:12	492	
Davies, Ian	46:52	55:06	494	
Gardiner, Frank	49:31	57:45	494	
Karra, Michael	45:01	53:24	503	
Wilson, Bruce	43:00	51:37	517	
Hunter, Brian	56:48	65:27	519	
Tindall, Blakeney	44:30	53:10	520	
Campbell, Dee	50:00	59:00	540	
Fisher, Gary	48:00	57:00	540	
Mack, John	47:30	56:44	554	

Pattinson, Don	60:00	69:20	560
Maslen, Sheila	72:00	81:58	598
Hale, Mike	45:05	55:04	599
Warren, Margaret	65:20	75:20	600
Doust, John	46:00	56:00	600
Dance, John	54:00	64:06	606
Miletic, Nick	48:16	58:22	606
Sivyer, Mark	49:00	59:06	606
Attwell, Raymond	49:50	60:07	617
Mavrick, Milton	48:30	59:33	663
Johnson, Kirt	64:50	76:00	670
Young, Gillian	53:00	65:32	752
Caprez, Ricardo	53:00	65:32	752
Moyle, Merv	69:20	81:59	759
Miller, Nick	41:15	54:02	767
Lake, Sue	60:00	73:36	816
Jawichre, Simon	44:30	58:43	853
Roll, Robert	45:00	59:15	855
Toohey, Pamela	59:20	74:04	884
Jenkins, Arnold	58:16	73:05	889
Andrews, Michael	49:30	65:28	958
Loly, Raymond	45:20	62:30	1030
Smith, John	52:00	69:18	1038

Airey, Peter	62:39
Anderson, Michael	53:36
Foley, Brian	49:00
Hall, Ray	57:30
Halliday, Jim	51:02
Height, Bernadette	63:00
Lawrence, Ray	58:18
Neill, Graeme	57:00
Schaefer, George	61:05
Gardiner, Lauren	54:00

6 Km Walk

Romeo, Leslie	40:10:00
Malin, Janice	45:28:00
Bruce, Rex	45:29:00
Doust, Beryl	48:27:00
Smith, Lois	49:22:00
Hopkins, Pat	50:02:00
Petersen, Christine	54:44:00

12 Km walk

Mison, John	1:10:34
Jennings, Alan	1:22:57
Millard, Val	1:25:24
Mison, Michelle	1:28:52
Patinson, Chris	1:29:08
Shillington, Jenni	1:29:09

Birthday Blues

We had a few gremlins with the birthdays last month:

Jacqueline Billington, 19.11.1943
turned 60
becomes W60

Julie Keeley, 11.12.1966
turned 36,
remains W35

Sorry!!

**Please notify secretary if your
DOB is incorrect.**

Mosman Park

10.00km & 4.5km run / walk held on 10th November 2002

Weather conditions this year were very hot, humid with no wind and 115 runners and walkers (a record number for the run) found it tough going, but like all true veterans/ masters runners took it in their stride and enjoyed the scenic run between Mosman Park and North Fremantle. Thank you to Paul & Jasman Martin, Shelia Maslin, Sue Jones, Robin King, David Roberts, George Innes, Peggy McLiver, Jeanette Tiverios and Barry Weatherburn. As November and December weather is unpredictable in temperature we will introduce an extra drink station at North Fremantle for 2003.

See you all next year Paul & Sue Hughes

Men's 4.5km run

Simon Leonard (visitor)	16.48
Bjorn Dybdahi	17.25
Bob Schickert	18.39
Ivan Brown	19.07
Brian Foley	21.47
Johan Hagedoon	22.11
Barry Audsley	22.45
Michael Anderson	22.56
Graeme Neill	23.07
Bob Sammells	23.44
Peter Airey	24.07
Paul Lewis	24.13
Keith Atkinson	24.30
Mike Faunge	24.52
George Schaefer	25.01
Mike Rhodes	25.06
Arnold Jenkins	26.34
Ray Hall	27.07
John Stone	28.22
Vic Beaumont	28.29
Pierre Viala	29.27
Chris Pattinson	30.03
Kirt Johnson	31.21
Robert Sheehy	34.18
Ron Spencer	37.01

Women's 4.5km Run

Rosemary Johnson(visitor)	18.56
Margaret Langford	21.19
Dee Campbell	21.42
Frances Casella	22.34
Sue Bullen	25.14
Ella Maverick (visitor)	25.32
Denise Lancaster	26.52
Pam Toohey	27.28
Fiona McAuley	28.40
Julie Wood	30.00
Tanya Wood	31.17
Elaine Ellard	35.07

Men's 4.5km walk

David Brown	32.01
Jack Bailey	42.50

Jeff Whittam	43.34
Norm Miller	45.29
Allan Tyson	45.44
Rex Bruce	44.35
Ernie Moyle	47.36

Women's 4. 5km walk

Lyn Schickert	34.36
Michelle Mison	35.07
Lorna Lauchlan	36.56
Dorothy Whittam	38.19
Rachael Bending (visitor)	39.21
Nola Bending(visitor)	39.32
Patricia Hopkins	40.16
Maggie Flanders	41.09
Penny Brown	41.54
Christine Peterson	42.26
Barbara Bailey	42.49
Pat Miller	43.00
Kylie Mahony	45.37
Glenice Shanahan	53.43

10Km Men's Run

Simon McPhee (visitor)	39.02
Jim Langford	40.25
Jim Klinge	41.27
Michael Barton	42.13
Frank Smith	42.56
John Conte (visitor)	43.00
Duncan McAulay	43.39
Garath Brunt	43.51
Doug Ashfield	43.56
Ivan Pitton	44.06
Mike Hale	44.06
Mike Karra	44.25
Geoff Mullins	45.37
John Bell	45.49
Mark Rosen	45.55
Robert Roll	48.03
Milton Maverick	48.55
John Mack	49.56
Mark Sivyver	50.21
Nick Miletic	50.39
Adrian Damiana	50.53
Troy Lundgren	51.43
Rod Tinniswood	51.43
Syd Beer	52.02
Wayne Taylor	52.18
Michael Andrews	52.23
Paul Buckley	53.16
Ron Hillis (visitor)	53.24
John Ellard	54.00
John Brambley	54.10
Robert Appleton	54.14
Mitch Loly	54.50
Raymond Loly	54.50
Sean Keane	55.02
Roger Walsh	55.30
John Frost	56.09
Dan Bending	57.12
John Dance	58.16
John Smith	58.59
Don Pattinson	59.40
Merv Jones	61.01

Rhod Wright	61.08
Steve Toohey	61.09
Costa Tsesmelis	61.20

Women's 10km Run

Debbie Burge	48.05
Fenella Gill	52.05
Gillian Young	55.20
Paula Karra	57.32
Ann Turner	58.59
Liz Chandler	61.01
Kris Adrian	61.02
Elaine Dance	61.12
Jenny Shillington	61.21

Men's 10kmn Walk

Laurie Collett	61.19
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Women's 10km Walk

Janis Malin	61.21
Emma - Kathryn Gepp	61.31
Robin Griffin	61.31

WORLD MASTERS GAMES - MELBOURNE

6-14 October 2002

The Games were great and Melbourne did a good job hosting them. There were over 20 competitors from WAVAC. We do not have the full results but these will be published shortly on the World Masters Games site:

www.2002worldmasters.org

Athletic highlights that we know of include Lyn Ventris' Gold in 5K Track and 10K Road Walks and we think a world record for the W45 5K walk. John Gilmour, Gold in 10K Road race, 8K cross country, 5000m and 1500m track. Barbara Blurton, Gold in 800m and 400m. Bert Carse, Gold in 1500m and 2K Steeplechase. David Carr, Gold in 800m and 1500m. Pat Carr, Gold in Long Jump, 100m and 200m.

Apologies for any omissions - it was difficult to catch up with everyone there.

Bob and Lynne Schickert

Athletica Season

Club members who wish to compete with Athletica need not register for the year. This change will suit members who just want to try the Perry Lakes track, get an electric time with wind gauge, hurdle, pole vault or steeple chase.

Just show up at any fixture. Club uniform is preferred and it will help to know your club number. Track fee is \$8 per day.

Contact David Carr (93398289) for Athletica matters.

Track+Field

COKER PARK 24/10/2002

100M

Steve Payne	M40	12.5
Brendan Kennedy	M30	12.8
Terry Collins	M35	12.9
Colin Smith	M35	13.1
Henri Cortis	M55	13.6
Ian Sanders	M40	14.4
Warren Davey	M50	15.3
Bob Schickert	M60	15.5
Clare Munro	W40	14.8
Frank Gardiner	M50	15.1
Jacqui Sanders	W35	16.1
Anne Shaw	W50	16.9
Beryl Hamilton	W35	18.2

400M POINTS

Henri Cortis	M56	59.9	86.5%
Terry Collins	M36	61.1	73.5
Colin Smith	M39	64.7	70.8
Ian Sanders	M44	69.7	68.0
Brian Foley	M58	70.4	74.8
Nick Miller	M40	62.0	74.4
Blakeney Tindall	M41	67.9	68.3
Bob Schickert	M60	68.2	78.6
Arnold Jenkins	M58	71.9	73.3
Damien Hanson	M49	77.8	63.0
Ivan Brown	M57	69.4	75.3
Natalie Godfrey	Vis	70.4	
Frank Gardiner	M52	72.0	69.7
Anne Shaw	W54	73.3	79.1
Don Caplin	M63	75.9	72.6
Gareth Brunt	M51	73.3	68.0
Doug Ashfield	M45	73.5	64.9
Clare Munro	W40	74.0	69.1
Beryl Hamilton	W37	93.2	53.7
Brian Paxman	M72	80.0	75.8
Jacqui Sanders	W36	81.1	61.6
John Ellard	M60	85.4	62.7
Elaine Ellard	W60	2.12.7	50.1

1500M

Campbell Till	M45	4.57
Michael Watson	M35	4.57
Nick Miller	M40	5.05
Blakeney Tindall	M40	5.24
Bob Schickert	M60	5.25
Gareth Brunt	M50	5.30
Don Caplin	M60	5.33
Anne Shaw	W54	5.33
Doug Ashfield	M45	5.34
Frank Gardiner	M50	5.57
Colin Smith	M35	6.37
John Ellard	M60	6.52
Jackie Halberg	W55	7.00
Jacqui Sanders	W35	7.19
Ian Sanders	M40	7.19
Margaret Robinson	W65	7.31
Katrina Spilsbury	W35	7.46
Beryl Hamilton	W35	8.27
Elaine Ellard	W60	DNF

LES BECKHAM TRIPLE JUMP

Steve Payne	M40	10.33
Terry Collins	M35	9.70

JAVELIN POINTS

Geoff Gee	M49	32.89	48.0%
Rob Shand	M70	28.97	57.9
Steve Payne	M43	27.93	36.4
Damien Hanson	M49	26.64	38.9
Brendan Kennedy	M30	25.47	26.5
Warren Davey	M50	24.25	36.0
Arnold Jenkins	M58	21.62	37.4
Ian Sanders	M44	21.50	28.7
Ivan Brown	M57	19.15	32.5
Beryl Hamilton	W37	16.82	25.8
Eileen Hindle	W53	15.37	33.1
Brian Foley	M58	15.02	26.0
Jacqui Sanders	W36	14.12	21.1
Alan Tyson	M75	12.60	27.6
Lynne Schickert	W61	9.61	22.5

2000 WALK

Tom Lenane	M45	10.51
Elaine Ellard	W60	15.00
Alan Tyson	M75	17.20

HAMMER

Alex Cummings	M70	29.82
Geoff Gee	M45	28.13
Eileen Hindle	W50	22.05
Warren Davey	M50	20.29
Arnold Jenkins	M55	18.70
Ian Sanders	M40	13.26
Damien Hansen	M45	10.78
Brendan Kennedy	M30	???

UWA SPORTS GROUND 31/10/2002

200M

Brendan Kennedy	M30	26.9
Campbell Till	M45	27.0
Terry Collins	M35	27.1
Peter Gare	M60	30.0
Michael Watson	M35	28.3
David Charlton	M50	30.7
David Carr	M70	30.9
Ian Sanders	M40	31.8
Snow McSwain	W45	33.9
Warren Davey	M50	36.9
Jacqui Sanders	W35	36.9
Patricia Carr	W70	38.2

100M

Terry Collins	M35	12.4
Campbell Till	M45	12.4
Brendan Kennedy	M30	12.6
Henri Cortis	M55	13.1
Peter Gare	M60	12.9
Ian Sanders	M40	14.0
David Carr	M70	15.2
Blakeney Tindall	M40	15.3
Warren Davey	M50	15.6
Jacqui Sanders	W35	16.2
Patricia Carr	W70	16.9
Richard Harris	M65	20.3
Wayne Vovil	M50	40.1

LES BECKHAM LONG JUMP

Terry Collins	M35	4.70
Brendan Kennedy	M30	3.36
Patricia Carr	W70	3.17

JAVELIN

Peter Gare	M60	30.77
Damien Hanson	M45	25.93
Warren Davey	M50	23.71
John Sutton	M65	20.55
Beryl Hamilton	W35	19.25
Brendan Kennedy	M30	17.72
Val Millard	W55	10.67

DISCUS POINTS SCORE

		SCORE	%
Peter Gare	M62	33.32	54.75
Geoffrey Gee	M49	32.12	53.99
Warren Davey	M52	27.45	43.54
John Sutton	M67	26.12	47.85
Ian Sanders	M44	20.65	31.13
David Carr	M70	18.56	36.24
Beryl Hamilton	W37	18.23	24.67
Brian Foley	M58	18.00	32.53
Damien Hanson	M49	17.20	28.91
Ivan Brown	M57	16.17	28.59
Jacqui Sanders	W36	14.38	19.46
Lynne Schickert	W61	13.48	32.43
Wayne Vovil	M50	12.75	18.33
Val Millard	W55	12.53	25.93
Bruce Wilson	M57	11.61	20.53
Elaine Ellard	W60	9.11	21.30

5000M POINTS SCORE

		SCORE	%
David Charlton	M52	19.10.4	77.01
Bruce Wilson	M57	19.14.8	80.06
Lauren Gardiner	Vis	19.18.8	
Bob Schickert	M61	19.21.0	82.64
Gareth Brunt	M51	19.45.8	74.10
Henri Cortis	M56	19.52.1	76.86
Doug Ashfield	M45	19.54.0	70.24
Ivan Brown	M57	19.57.8	77.18
Michael Watson	Vis	20.39.5	
Blakeney Tindall	M41	20.47.6	65.29
Don Caplin	M63	21.06.3	77.29
Frank Gardiner	M52	21.36.4	68.34
Keith Edmonds	Vis	22.06.5	
David Carr	M70	22.33.7	78.06
Brian Foley	M58	22.39.5	68.62
Nick Bailey	Vis	24.08.7	
John Ellard	M60	24.32.6	64.52
Damian Hanson	M49	24.41.8	58.36
Richard Harris	M65	25.36.1	65.02
Snow McSwain	W43	25.40.0	60.37
Gill Edmonds	W37	24.49.1	57.14
Jackie Sanders	W36	25.49.5	56.67
Katrina Spilsbury	W36	28.50.3	50.75
Val Millard	W55	28.58.5	59.68
Beryl Hamilton	W37	30.15.7	48.75
Lynne Schickert	W61	33.29.1	55.05
Elaine Ellard	W60	35.11.2	51.80

COKER PARK 7/11/2002

100M	POINTS	WIND	ASSISTANCE	%
Brendan Kennedy	M34	11.97	82.96	
Colin Smith	M39	12.03	85.29	
Steve Payne	M43	12.06	87.40	
Henri Cortis	M56	12.50	91.92	
Dave Wyatt	M51	12.53	88.88	
David Clive	M65	13.46	91.16	
Greg van der Sanden	M44	11.77		
90.14				
Campbell Till	M45	12.68	84.23	
Ian Sanders	M44	13.50	78.59	
David Carr	M70	14.55	88.18	
Bob Schickert	M61	14.70	80.88	
Warren Davey	M52	15.66	71.46	
Peter Drzel	Vis	12.87		
Blakeney Tindall	M41	14.71	70.70	
Damien Hanson	M49	14.77	74.27	
Ivan Brown	M57	16.51	70.08	
Brian Foley	M58	16.56	70.35	
Ray Hall	M68	16.99	74.16	
Jacqui Sanders	W36	15.52	71.13	
Brian Paxman	M72	16.64	78.67	
Patricia Carr	W70	16.78	87.19	
Gillian Young	W55	17.18	74.27	
Lynne Schickert	W61	23.21	57.73	
Elaine Ellard	W60	26.64	49.85	

800M

Greg van der Sanden	M40	2.17.9	
Campbell Till	M45	2.18.4	
Michael Watson	Vis	2.20.2	
Henri Cortis	M55	2.20.9	
Barbara Blurton	W50	2.27.0	State Rec?
Blakeney Tindall	M40	2.34.1	
Fayaz Jamal	Vis	2.39.2	
Peter Drzel	Vis	2.41.7	
Jodie White	Vis	2.47.6	
Ivan Brown	M55	2.49.6	
Colin Smith	M35	2.41.5	
Gareth Brunt	M50	2.46.2	
Frank Gardiner	M50	2.46.8	
Nick Gardiner	Vis	2.47.0	
Doug Ashfield	M45	2.48.2	
Ian Sanders	M40	3.00.2	
Brian Paxman	M70	3.00.3	
Jacqui Sanders	W35	3.14.4	
John Ellard	M60	3.14.6	
Gill Edmonds	W35	3.15.4	
Gillian Young	W55	3.27.9	
Katrina Spilsbury	W35	3.46.2	
Lil Heatly	W70	6.06.7	

SHOT

Geoff Gee	M45	10.80m
John Sutton	M65	8.83
Warren Davey	M50	8.73
Brendon Kennedy	M30	7.75
Ian Sanders	M40	7.09
Eileen Hindle	W50	6.62
Damien Hanson	M45	6.50
Beryl Hamilton	W35	5.97

3000M WALK POINTS

%			
Tom Lenane	M46	16.40.0	70.40
John Davies	M58	17.16.3	75.07
Bob Schickert	M61	19.34.1	68.14
David Carr	M70	19.43.5	74.19
Ray Hall	M68	20.06.7	71.19
Lynne Schickert	W61	20.13.5	74.50
Damien Hanson	M49	21.33.3	55.75
Elaine Ellard	W60	22.18.6	66.86
Jacqui Sanders	W36	22.19.4	54.50
Beryl Hamilton	W37	22.46.3	53.79

LES BECKHAM TRIPLE JUMP

Steve Payne	M40	10.30m
Dave Wyatt	M50	10.08
Gill Edmonds	W35	8.37
Patricia Carr	W70	6.61
Damien Hanson	M45	6.46
John Sutton	M65	5.27

HEAVY WEIGHT

Geoff Gee	M45	10.69m
John Sutton	M65	8.54
Eileen Hindle	W50	8.41
Brendon Kennedy	M30	4.50

3000 M

Nick Gardiner	Vis	10.00.9
Darryl White	M40	10.26.9
Michael Watson	Vis	11.03.7
Lauchlan Marr	M40	11.05.8
Blakeney Tindall	M40	11.27.6
Doug Ashfield	M45	11.28.5
Gareth Brunt	M50	11.28.9
Neil McRae	M50	11.42.2
Frank Gardiner	M50	11.56.8
Brian Foley	M55	12.34.7
Brian Paxman	M70	13.09.0
Nick Bailey	Vis	13.37.7
John Ellard	M60	13.47.0
Gillian Young	W55	14.44.2
Gill Edmonds	W35	15.24.2
Katrina Spilsbury	W35	17.16.2
Beryl Hamilton	W35	17.49.2
Lil Heatly	W70	25.24.0

UWA SPORTS 14/11/02**200M**

Campbell Till	M45	25.6
Brendan Kennedy	M30	26.0
Stephen Baird	Vis	26.3
Henri Cortis	M55	26.5
Craig McGowan	M30	27.7
Peter Gare	M60	28.0
Toni Phillips	Vis	29.1
Ian Sanders	M40	29.9
Blakeney Tindall	M40	31.1
Warren Davey	M50	32.3
Snow McSwain	W40	31.7
Ross Calnan	M60	32.3
Jacqui Sanders	W35	35.6
Ray Hall	M65	38.2

1000M WALK

John Davies	M55	5.41.1
Lynne Schickert	W60	6.21.6
Ray Hall	M65	6.32.9
Val Millard	W55	6.33.7
Snow McSwain	W40	6.47.0
Ian Sanders	M40	6.55.8
Katrina Spilsbury	M35	7.01.4
Dorothy Whittam	W65	7.01.5
Elaine Ellard	W60	7.24.3
Lorna Lauchlan	W70	7.25.3
Allen Tyson	M75	8.28.3
Norm Richards	M65	9.49.7

LES BECKHAM LONG JUMP

Toni Phillips	W30	4.19m
Snow McSwain	W40	3.85
Ian Sanders	M40	3.80
Brendan Kennedy	M30	3.45
Ross Calnan	M60	3.24
John Sutton	M65	2.88

JAVELIN

Peter Gare	M60	33.40m
Rob Shand	M70	29.41
Brendan Kennedy	M30	25.40
Ross Calnan	M60	24.67
Warren Davey	M50	23.35
John Sutton	M65	23.27
Campbell Till	M45	21.33
Ian Sanders	M40	20.76

DISCUS

Peter Gare	M60	35.61m
Geoff Gee	M45	33.50
Rob Shand	M70	28.01
Warren Davey	M50	26.59
John Sutton	M65	23.95
Beryl Hamilton	W35	16.43

10,000M POINTS - VERY HOT %

Rob Catrall	Vis	40.36.2	
Fayaz Jamal	Vis	40.53.7	
Bob Schickert	M61	41.22.5	79.94
Gareth Brunt	M51	41.44.6	72.54
Ivan Brown	M57	41.46.6	76.28
Carl Ciccarelli	Vis	41.57.2	
Doug Ashfield	M45	42.38.6	67.77
Blakeney Tindall	M41	43.33.6	64.44
Mark Speechly	Vis	43.44.0	
Henri Cortis	M56	44.37.4	70.78
Milton Mavrick	M48	45.23.9	65.14
John Bocian	M50	46.29.1	64.65
Alex Mavrick	Vis	47.50.4	
Nick Miletic	M51	49.24.1	61.30
David Carr	M70	49.29.2	73.63
John Ellard	M60	50.27.5	64.61
Rob Appleton	M31	51.41.4	52.18
Damien Hanson	M49	52.24.7	56.86
Jacqui Sanders	W36	56.23.0	53.62
Beryl Hamilton	W37	66.00.8	46.16

COKER PARK 21/112002

SHOT

Geoff Gee	M45	11.08m
Steve Payne	M40	8.48
Warren Davey	M50	8.26
Terry Collins	M30	8.14
Brendan Kennedy	M30	7.59
Alex Cummings	M70	7.46
John Sutton	M65	6.98
Eileen Hindle	W50	6.76
Val Millard	W55	6.23

DISCUS

Geoff Gee	M45	34.15
Alex Cummings	M70	26.45
John Sutton	M65	25.55
Warren Davey	M50	24.50
Brendan Kennedy	M30	21.22
Eileen Hindle	W50	16.26
Val Millard	W55	13.90
Lorna Lauchlan	W70	12.50

200M

Brendan Kennedy	M30	25.5	STATE REC?
David Clive	M65	26.3	
Colin Smith	M35	26.4	
Terry Collins	M35	26.4	
Henri Cortis	M55	26.5	
Steve Payne	M40	26.5	
Nick Miller	M40	27.0	
Dave Wyatt	M50	27.1	
Barbara Blurton	W50	28.0	
David Carr	M70	29.7	
Blakeney Tindall	M40	30.2	
Clare Munro	W40	30.35	
Keith Edmonds	Vis	29.6	
Milton Mavrick	M45	31.3	
Warren Davey	M50	32.4	
Don Caplin	M60	33.3	
Jackie Sanders	W35	34.0	
Gillian Young	W55	35.7	
Lil Heaty W70		70.2	

400M

Greg Van Der Sanden	M40	55.6	STATE REC?
Michael Watson	Vis	58.9	
Nick Miller	M40	60.2	
Colin Smith	M35	60.3	
Barbara Blurton	W50	62.0	
David Carr	M70	66.9	
Bob Schickert	M60	70.7	
Doug Ashfield	M45	72.0	
Clare Munro	W40	72.6	
Gareth Brunt	M50	73.2	

Blakeney Tindall	M40	67.1
Milton Mavrick	M45	75.1
John Ellard	M60	84.5
Katrina Spilsbury	W35	86.9
Gillian Young	W55	87.4
Elaine Ellard	W60	2.13.2

2000M WALK

Tom Lenane	M45	10.54
Val Millard	W55	13.53
Lorna Lauchlan	W70	14.56
Allen Tyson	M75	16.36
Lil Heatly	W70	17.23
Val Masiello	Vis	20.37

1500M POINTS

Ian Davies	M55	4.49.0	85.3%
Henri Cortis	M56	5.02.2	82.2
Rob Cottrell	Vis	5.05.3	
Bob Schickert	M61	5.07.7	84.6
Blakeney Tindall	M41	5.21.2	68.7
David Carr	M70	5.26.2	88.1
Doug Ashfield	M45	5.26.4	69.6
Don Caplin	M63	5.27.1	81.2
Keith Edmonds	Vis	5.27.8	
Gareth Brunt	M51	5.30.0	72.2
Milton Mavrick	M45	6.00.2	63.1

Brian Paxman	M72	6.15.2	78.6
John Ellard	M60	6.19.2	68.0
Jerry Pomlett	Vis	6.30.3	
Jacqui Sanders	W36	6.42.8	59.0
Gillian Young	W55	6.56.0	67.7
Gillian Edmonds	W37	6.57.2	57.4
Margaret Robinson	W64	7.28.3	69.4
Katrina Spilsbury	W36	8.07.6	48.7
Lynne Schickert	W61	8.27.1	59.2
Elaine Ellard	W60	9.41.2	51.1
Lil Heatly W74		12.40.9	47.1

LES BECKHAM TRIPLE JUMP POINTS

Steve Payne	M44	10.25m	65.1%
Dave Wyatt	M51	9.93	69.8
Terry Collins	M35	9.24	51.5
David Clive	M64	8.63	73.2
Gill Edmonds	W37	8.49	59.6
Mary Hawthorne	Vis	8.03	
Henri Cortis	M56	7.86	59.4
David Carr	M70	7.51	69.4
Alex Cummings	M71	6.37	59.8
Lynne Schickert	W61	5.71	59.0
John Sutton	M67	5.51	48.8
Elaine Ellard	W60	4.43	45.0

Alice Springs Masters

19th - 26th Oct 2002

By Keith Atkinson

All in all we had great fun, and I am sure many of us will return in two years to be part of the low key friendly games.

Here is a list of the medals won by the Vets.

I apologise if I missed anyone.

Jan Jarvis Gold in Triple Jump, Long Jump, 200, 100. Silver in the Shot

Keith Atkinson Bronze in the 10k walk.

Richard Harris Silver in the half marathon. Bronze in the Cross Country

Jeff Whittam Bronze in the Shotput, Hammer, Discus, and 3k walk.

Mary Heppell Bronze in the Masters Mile

Dorothy Whittam Gold in Shotput, Triple Jump, and Hammer Silver in Javelin, 5k walk, and 10k walk

Bronze in 3k walk.

Maggie Flanders Gold in the 3k walk

Barrie Thomsett Bronze in 5k walk Silver in 10k walk

Noela Medcalf Silver in 200 metres

Gordon Medcalf Gold in High Jump Silver in Discus, 200, 100. Bronze in Long Jump.

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PURPOSE



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

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

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

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

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

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Club Clothing

Contact Maggie Flanders:
9314 7556

Club Singlets:

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

T-Shirts:

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

Fleecy Wind Cheaters. \$25 in all sizes.

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

Australian Masters Uniforms

New supplies readily available from
Hazel McDonald in Queensland.
Lynne Schickert has order forms and
they will be available on notice board.