



# The Vetruns



No. 293 February 1998

Patron: Bill Hughes

President: Brian Foley

Editor: Richard Harris 9 457 6102



*David Carr presents the Carr-Shand trophy to Lynne Schickert and George Innes. George is in serious Training for the Firemen's Games.*

*Running mates, Brian and Sue Danby*



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## RUNNING MATES Sue and Brian Danby

Meet this month's mates in running, Sue and Brian Danby, both born in Leeds, UK. Brian came to Australia with his family when four and spent his younger years in Narrogin. He's always loved sport and played footy, cricket, did a lot of swimming while at school. Later he played hockey, then Lacrosse for Wanneroo.

Sue played shintie (hockey) and netball at school, was a Tawny Owl, and Captain in the Guides, won an award for working with juniors and did voluntary work with disabled children in the UK. Sue and Brian (who are cousins) met when Brian went to run the London marathon in 1985. Later, Sue came to Australia where they married. Sue has a boy and girl, Brian two boys. Brian has run 26 marathons and is a life member of the Vets.

**Occupation, Brian:** cemetery co-ordinator. **Sue:** curtain and dressmaker.

**How did they hear about the Vets?**

Met Bob Sammells at a party.

**What they like about the Vets:**

Voluntary camaraderie and members camaraderie. They talk in general and only about running.

**Any changes?** 7.30 am starts please.

Sue doesn't like 7 am starts. Although



she is not a runner, she still has to get up with Brian.

**Favourite run, Brian:** Any cross country but the marathon is the most challenging. **Sue:** Any river walk.

**Favourite distance, Brian:** 10 km and 16 km. **Sue:** 5 km

**Hobbies, Brian:** squash, yachting, cycling and sleeping. **Sue:** Paper tole, cake decorating, and looking after her chooks.

**Favourite food, Brian:** Sue's corned beef hash and her chicken tonight.

**Sue:** Fish and chocolate.

**Most pleasing performance, Brian:** 2 hr 50 min 10 secs in Albany Marathon 1983; 33 min 36 secs in 10 km track. **Sue:** still waiting.

**Ambition in running, Brian:** still to be able to get near 40 min for 10 km. **Sue:** would like to be able to race walk again.

**Pet hates, Brian:** waiting for Sue to get ready, especially Sundays. **Sue:** Brian always sleeping.

**Favourite TV, Brian:** Any old films. **Sue:** Any sport, and most British programs.

**Favourite music, Brian:** Pink Floyd. **Sue:** Cliff Richards.

PS Last month's mates in running, did you notice Vic Beaumont's headwear – he's a Perth Glory fan and never misses a home game. He loves the atmosphere "from the shed". He also supports South Fremantle and the Fremantle "Dorkers." – Joan Pellier.

## COPY FOR VETRUM

Results and copy items can be posted directly to Richard Harris at 30 Cosmelia Way, Parkwood WA 6147, ph 9457 6102 or see at the Sunday runs. If you do it on disk, please supply a hard copy. Alternatively, you could e-mail it to me as an attached document to richard.harris@mrwa.wa.gov.au - Richard.

## Track & Field Results

Joint Meeting with Canning Districts  
4 Dec 1997

3000m Walk (Points Score)  
Sponsored by Graham Hambley BiLo

%

John Mison	M50	15:18	80.8
Lorna Lauchlan	W67	21:17	75.6
Dorothy Whittam	W61	20:36	73.1
Ray Hall	M64	19:05	72.0
Michele Mison	W50	19:06	71.0
Peggy MacLiver	W53	19:53	70.1
Pat Carr	W65	22:53	68.8
Lynne Schickert	W56	20:52	68.7
Robin King	W39	19:11	64.8
Dawn Styles	W62	24:18	62.7

100 yards

Sponsored by John Hughes

Heat 1

David Clive	M60	11.5
Dave Wyatt	M45	11.6
Norm Richards	M60	11.7
David Newland	M40	11.7
Arnold Jenkins	M50	No time
David Carr	M65	No time

Heat 2

Lynne Choate	W40	11.9
Eileen Hindle	W45	13.0
Snow McSwain	W35	13.2
Allen Tyson	M70	15.7
Glenice Shanahan	W70	22.5

Heat 3

S. Serret	Mopen	10.1
C. Burns	Mopen	10.7
R. Fradale	M u20	11.4
Eric Hayward	Mopen	11.5
D. Gebhard	Mopen	11.7

Heat 4

B. Mooney	M u16	10.9
Adam Kroll	M u18	No time
R. Gwynne	M u16	12.3
B. McSwain	M u16	12.6

Heat 5

C. McRae	W u18	12.1
Melissa Sinclair	W u16	12.1
Catherine Calanni	W u18	12.3

One Mile

Sponsored by Cliff Houghton

Heat 1

Denise McMorrow	Wopen	05:36.9
Robin King	W35	05:57.5
Erica Mercer	W50	07:01.2
Margaret Robinson	W55	07:14.6
Allen Tyson	M70	08:34.6
Michele Mison	W50	08:57.0
Lynne Schickert	W55	10:10.0
Glenice Shanahan	W70	10:13.3

Heat 2

Troy Kelly	Mopen	04:32.4
Chris Fradale	Mopen	04:46.1
B. Mooney	M u16	04:55.4

Joel Burns	Mopen	05:01.9
Shane Nangle	Mopen	05:10.0
Brian Foley	M50	05:23.2
Bob Schickert	M55	05:36.1
Milton Mavrick	M40	05:43.3
David Carr	M65	05:45.7
Adam Kroll	M u18	05:55.0
Nick Bailey	Mopen	05:59.2
Arnold Jenkins	M50	06:16.3
Mark McDowell	M u16	07:05.4
Greg McDowell	M40	07:12.8

Shot Put

Alex Cummings	M65	8.45m
Ron Tompkins	M75	7.83m
Eileen Hindle	W45	6.73m
Pat Carr	W65	6.19m

Triple Jump

Melissa Sinclair	W u16	10.95m
Dave Wyatt	M45	10.88m

3000m

Sponsored by Austin Langford

Troy Kelly	Mopen	08:54.8
Jim Langford	M50	09:43.5
Ian Davies	M50	10:16.4
Denise McMorrow	Wopen	10:45.8
Anne Shaw	W50	10:49.7
Jon Wannberg	Mopen	11:00.1
Robin King	W35	11:32.5
B. Mooney	M u16	11:37.9
Milton Mavrick	M40	11:41.0
Alan Jennings	M55	11:59.0
Arnold Jenkins	M50	13:15.5
Snow McSwain	W35	13:45.3
Margaret Robinson	W55	13:55.3
Allen Tyson	M70	17:26.3
Glenice Shanahan	W70	20:53.3

60m

Heat 1

David Clive	M60	7.8
Dave Wyatt	M45	7.9
Lynne Choate	W40	7.9
Norm Richards	M60	7.9
David Newlands	M40	7.9

(Timekeeper's nightmare!!)

Heat 2

R. Fradale	M u20	7.7
D. Gebhard	Mopen	7.9
Eileen Hindle	W45	8.6
Arnold Jenkins	M50	8.7
Snow McSwain	W35	9.0



Heat 3			
Melissa Sinclair	W u16	8.2	
Catherine Calanni	W u18	8.3	
McRae	W u18	8.3	
R. Gwynne	W u16	8.6	
Ron Tompkins	M75	10.6	

## Track & Field Results Dec 11 1997 McGillivray

### 100m (Points Score)

			%
Lynne Choate	W44	12.7	92.3
Norm Richards	M60	12.8	92.3
Barrie Kernaghan	M57	12.6	91.8
Pat Carr	W65	16.0	86.8
David Carr	M65	14.3	85.8
Peter Gare	M57	13.7	84.5
Dorothy Whittam	W61	15.9	84.3
Dave Wyatt	M46	12.8	84.0
Peggy MacLiver	W53	15.0	83.7
John Stone	M45	12.8	83.4
oss Calnan	M55	14.7	78.7
Noela Medcalf	W62	17.4	77.7
Phil Hawks	M38	13.2	77.3
Katrina Spilsbury	W31	14.2	75.8
Ian Sanders	M39	13.7	74.9
Milton Mavrick	M45	14.3	74.2
Delia Baldock	W35	14.9	73.5
Allen Tyson	M72	18.0	72.7
Brian Foley	M53	15.5	72.6
Leon Sander	M60	16.6	71.1
Ray Hall	M64	17.4	69.9
Robin King	W39	16.7	67.6
Glenice Shanahan	W73	24.2	62.6
Michele Mison	W50	21.4	57.4
Lynne Schickert	W56	22.9	56.2

Long Jump			
Dave Wyatt	M45	5.18m	
Katrina Spilsbury	W31	4.52m	
Norm Richards	M60	4.44m	
Lynne Choate	W44	3.93m	
Pat Carr	W65	3.51m	

200m			
Brendan Phillips	M30	02:08.1	
Ian Davies	M50	02:13.0	
John Molloy	M45	02:16.8	
Brian Foley	M50	02:22.4	
Milton Mavrick	M45	02:37.8	
Nick Bailey	Vis	02:39.3	
Barrie Kernaghan	M55	02:41.1	
Phil Hawks	M35	02:42.1	
Robin King	W35	02:45.8	
Ian Sanders	M35	02:47.5	
Brian Gale	M50	02:51.3	
Peter Gare	M55	02:53.3	
Delia Baldock	W35	02:59.8	

5000m			
David Willmer	M40	18:01.0	
Frank Smith	M55	18:36.4	
Anne Shaw	W50	18:36.4	
Bob Schickert	M55	18:52.1	
Bruce Wilson	M50	19:04.4	
Jon Wannberg	Vis	19:14.6	

Doug Ashfield	M40	19:35.6	
Ivan Brown	M50	19:38.7	
Dave Roberts	M55	20:03.9	
Doug Hazell	M45	20:05.1	
David Carr	M65	20:26.5	
Robin King	W35	20:58.4	
Milton Mavrick	M45	21:11.4	
Barrie Kernaghan	M55	22:21.8	
Ken Whistler	M65	24:25.9	
Jackie Halberg	W50	24:49.5	
Allen Tyson	M70	26:28.1	

### 2000m Walk

John Mison	M50	10:12.9	
Greg McDowell	M40	10:39.5	
Bruce Wilson	M50	12:16.1	
Ray Hall	M60	12:30.3	
Robin King	W35	12:45.4	
Michele Mison	W50	12:50.9	
Lynne Schickert	W55	13:52.0	
Alex Cummings	M65	13:54.4	
Jill Midolo	W50	13:56.6	
Lorna Lauchlan	W65	13:59.6	
Dawn Styles	W60	15:47.2	
Glenice Shanahan	W70	16:42.9	

### Discus

Peter Gare	M55	33.08m	
Rob Young	M50	30.64m	
Alex Cummings	M65	28.00m	
Ken Whistler	M65	24.86m	
Ron Tompkins	M75	24.82m	
Katrina Spilsbury	W30	22.94m	
Allen Tyson	M70	19.54m	
Noela Medcalf	W60	18.40m	
Greg McDowell	M40	16.94m	

### Shot Put (Points Score)

			%
Dorothy Whittam	W61	7.96m	61.2
Lorna Lauchlan	W67	6.27m	56.8
Alex Cummings	M66	8.16m	56.8
Ken Whistler	M66	8.15m	56.7
Ron Tompkins	M75	7.46m	56.4
Peter Gare	M57	8.88m	55.7
Rob Young	M53	9.46m	54.5
Allen Tyson	M72	7.57m	53.7
Pat Carr	W65	6.25m	53.5
Noela Medcalf	W62	6.75m	53.4
Norm Richards	M60	7.72m	47.2
Glenice Shanahan	W73	4.16m	44.4
Katrina Spilsbury	W31	8.30m	38.7
Lynne Choate	W44	6.53m	36.4
Brian Foley	M53	6.12m	35.2
Greg McDowell	M43	6.75m	34.4
Ian Sanders	M39	7.14m	33.4
Michele Mison	W50	5.16m	29.3
Robin King	W39	5.70m	27.7

## Track & Field Results Dec 18 1997 Coker Park

### 1500m Walk

John Mison	M50	07:23.0	
Greg McDowell	M40	08:03.6	
Mark McDowell	Vis	08:03.8	
Michele Mison	W50	09:36.3	
Val Millard	W50	09:50.5	
Arnold Jenkins	M50	09:52.7	
Lynne Schickert	W55	10:23.1	

Allen Tyson	M70	11:42.8	
Dawn Styles	W60	11:53.6	
Glenice Shanahan	W70	12:20.6	

### Hammer (POINTS SCORE)

			%
Dorothy Whittam	W61	23.30m	57.0
Alex Cummings	M66	28.48m	54.2
Noela Medcalf	W62	17.92m	44.7
Ron Tompkins	M75	21.10m	43.3
Allen Tyson	M72	19.62m	37.9
Arnold Jenkins	M53	20.90m	33.2
Lynne Choate	W44	12.56m	25.3
Brian Foley	M53	15.66m	24.9
Michele Mison	W50	12.66m	24.8
Ray Hall	M64	13.34m	24.3
Val Millard	W51	11.76m	23.6
Lynne Schickert	W56	10.46m	23.2
Phil Hawks	M38	15.72m	20.1
Ian Sanders	M39	13.96m	18.2
Greg McDowell	M43	10.96m	15.6
Glenice Shanahan	W73	4.82m	15.0

### 60m

Mike Edwards	Vis	7.7	
John Stone	M45	8.1	
Stephen Baird	Vis	8.2	
Dave Wyatt	M45	8.2	
Phil Hawks	M35	8.2	
Norm Richards	M60	8.2	
Dave Newland	M40	8.3	
Lynne Choate	W40	8.4	
Ian Sanders	M35	8.5	
Chris Edwards	Vis	8.6	
Katrina Spilsbury	W30	9.0	
Arnold Jenkins	M50	9.2	
David Carr	M65	9.3	
Snow McSwain	W35	9.5	
Pat Carr	W65	10.1	
Gordon Medcalf	M65	10.2	
Ron Tompkins	M75	10.9	

### Long Jump

Mike Edwards	Vis	5.47m	
Dave Wyatt	M45	5.28m	
Katrina Spilsbury	W30	4.50m	
Snow McSwain	W35	4.21m	
Norm Richards	M60	4.18m	
Erica Mercer	W50	3.16m	
Gordon Medcalf	M65	3.11m	

### 3000m

Ian Davies	M50	10:04.5	
Shane Nangle	Vis	10:20.5	
Dave Willmer	M40	10:24.5	
Bob Schickert	M55	10:43.7	



Anne Shaw	W50	10:44.3
Frank Smith	M55	10:52.9
Brian Foley	M50	11:03.0
Doug Ashfield	M40	11:14.0
Ivan Brown	M50	11:19.4
David Carr	M65	11:26.3
Frank Gardiner	M45	11:41.3
John Mison	M50	12:30.4
Phil Hawks	M35	13:01.1
Arnold Jenkins	M50	13:09.3
Erica Mercer	W50	13:49.9
Margaret Robinson	W55	13:57.8
Jackie Halberg	W50	14:01.8
Joan Pellier	W55	14:55.5
John Pellier	M55	14:55.5
Val Millard	W50	15:03.9
Glenice Shanahan	W73	20:56.5

## PENTATHLON

After a change of date and venue, the Pentathlon was held at Coker Park on the evening of January 15. The large number of competitors shows that this was a popular change.

There were a number of fine performances, Murray Tolbert and Pat Carr excelling in the Long Jump and Javelin. Dorothy Whittam and Alex Cummings had the best shot putting. David Clive and Lynne Choate led in the 200 metres, with Pat Carr showing good form in the 800 m and David Carr in the 1500m.

Thanks must go to the band of willing helpers, with Rob Shand organising the ladies event and Jeff Whittam the mens. Merv and Sue Jones and Jackie Halberg organised the equipment and the track events.

The increased competition this year is reflected in the large number of records set, three Australian and seven State –

### Australian Records

Pat Carr	W65	3385 points
Murray Tolbert	M50	3422 points
Murray Tolbert		Long jump 5.86m

### State Records

Katrina Spilsbury	W30	1803 points
Glenice Shanahan	W70	1020 points
Dave Wyatt	M45	2226 points
Murray Tolbert	M50	3422 points

Norm Richards	M60	3060 points
David Carr	M65	2888 points
Allen Tyson	M70	1693 points

### Results –

(Women's events –Long jump, Javelin, 200m, shot putt, 800m –distance or time, followed by points)

W30 1 Katrina Spilsbury: 4.67m; 19.12 ; 30.7; 8.35 ; 3.18.8. Total points 1803.

W45 1 Lynne Choate: 4.08 ; 17.34 ; 28.2 ; 6.97; 4.8.5 . Total 2719.

W50 1 Pixie Doore: 3.44 ; 16.68 ; 35.8; 7.97 ; 4.34.9. Total 1752.

W50 2 Michele Mison: 2.36; 10.48; 44.7; 5.67; 4.1.7. Total 870.

W55 1 Margaret Robinson: 2.41; 8.28; 41.9; 4.42; 3.28.6. Total 1301.

W55 2 Lynne Schickert: 2.32; 8.08; 50.8; 4.39; 4.25.9. Total 716.

W60 1 Dorothy Whittam: 3.74; 17.90; 35.5; 7.76; DNF. Total 2600.

W65 1 Pat Carr: 3.76; 17.12; 35.1; 6.18; 3.45.9. Total 3385.

W70 1 Glenice Shanahan: 1.86; 8.50; 57.5; 4.04; 5.12.1. Total 1025.

(Men's events, Long jump, javelin, 200m, shot putt, 1500 m. total points)

M35 1 Ian Sanders: 3.95; 23.20; 28.8; 7.25; DNF. Total points 1117.

M45 1 Dave Wyatt: 5.30; 23.04; 26.4; 7.29; 6.52.0. Total 2226.

M50 1 Murray Tolbert: 5.86; 40.68; 25.7; 9.62; 6.13.4. Total 3422.

M50 2 Arnold Jenkins: 3.70; 25.66; 29.6; 7.22; 5.48.7. Total 2148.

M50 3 Brian Foley: 3.68; 15.66; 31.0; 6.16; 5.1.0. Total 2029.

M55 1 Merv Jones 2.98; 11.64; 36.4; 5.93; 7.4.2. Total 1174.

M60 1 Norm Richards 4.33; 27.92; 27.2; 8.14; 6.23.5. Total 3054.

M60 2 David Clive 4.57; 22.88; 26.6; 7.61; DNF. Total 2513.

M60 3 Leon Sander 3.97; 19.46; 31.0; 6.21; 6.35.1. Total 2253.

M65 1 David Carr 3.62; 22.64; 30.2; 5.41; 5.28.1. Total 2888.

M65 2 Alex Cummings 3.15; 21.58; 42.1; 8.38; DNF. Total 1517.

M65 3 Rob Shand 2.00; 25.14; DNF; 6.77; DNF. Total 1082.

M70 1 Allen Tyseon 2.45; 17.92; 38.7; 6.82; 8.0.1. Total 1693.

M75 1 Ron Tompkin DNF; 20.46; DNF; DNF; DNF. Total 488.

Congratulations to all who participated. Well done.

## POINT WALTER

6-11 km Feb 1 1998

119 eager people set off on a somewhat cooler morning than last year (sigh of relief). A lot of people remarked on how they enjoy this run. It is a very scenic route following the river before entering the curving roller coaster grove of trees and finally back through suburbia. Many people remembered Ted Maslen by retracing his final run of last year – and we had a minute's silence for absent friends at the start. Thank you to all the helpers: Paul Martin, Paul Hughes, Gary Fisher, Michelle Mison, Fred Haggan, Sheila Maslen, Pat Miller, Whitney Richards, Victoria Scott and Robin King. Race director: David Roberts.

### 6km run

Ian Davies	M50	22.30
Doug Hazell	M45	24.42
Telmo Viais	Vis	24.50
Hugh Kirkman	M55	25.00
Vic Waters	M50	25.20
Blakeney Tindall	M35	26.00
Daniel Broderick	Vis	26.03
John Pressley	M50	26.09
David Carr	M65	26.12
Don Caplin	M55	26.58
Alan Jennings	M55	27.11
Nicholas Gardner	Vis	27.17
Margaret Langford	W50	27.24
John Brambley	M55	27.29
Mitch Loly	M55	27.32
Brian Hunter	M50	30.24
Vic Beaumont	M65	31.10
Val Millard	W50	31.28
Aldo Giacomini	M60	32.18
Gary Branche	M45	32.21
Wendy Clements	W55	32.23
Jackie Halberg	W50	32.25
John Smith	M60	32.56
Eileen Brown	W50	33.15
Ray Lawrence	M65	33.29
Brian Holmes	M60	33.37
Anne Turner	W60	33.39
Jan Jarvis	W50	34.20



Noela Medcalf	W60	36.07
Bill Meharry	M45	38.04
Phyllis Farrell	W50	38.24
Margaret Bennett	W55	38.45
Thorty Turner	M60	39.40
Mary Heppell	W60	39.40
Barry O'Sullivan	Vis	39.46
Rosa Davis	W50	39.47
Mike Johnson	M45	40.00
Suzan Brand	W50	40.40
Pat Miller	W55	40.54
Tony Whittaker	Vis	45.34
Glenice Shanahan	W70	48.24
Alan Pomery	M65	48.36
Toni Frank	W50	52.59

#### 11km run

Chris Maher	M40	38.38
Ross Parker	M45	39.52
Ian Carson	Vis	40.45
David Wilmer	M40	41.20
Frank Smith	M55	41.38
Jim Klinge	M50	42.21
Gareth Brunt	M45	44.08
Bob Schickert	M55	44.16
Brian Danby	M45	44.30
James McCarthy	Vis	45.05
Milton Mavrick	M40	45.10
Tony Whittaker	Vis	45.34
Greg Salter	M40	46.24
John Bell	M50	46.31
Ian Kelly	W40	46.35
Mike Flood	Vis	47.06
John Davies	Vis	47.06
Rob Dougall	Vis	47.24
Brian Bennett	M50	47.45
Bob Harrison	M55	48.17
Scott Gagen	Vis	49.17
Graham Thornton	M55	49.40
Mike Hale	M50	50.04
Stan Lockwood	M65	50.50
Paul Kelly	M40	51.20
John Pellier	M55	51.27
Frank Gardner	M45	52.09
Keith Atkinson	M40	52.13
George Schaefer	M65	52.32
Carol Broderick	W45	53.28
Ken Brownlie	M50	53.29
Stefan Frodsham	M40	53.38
Cecil Walkley	M65	53.39
Stuart Parkinson	M50	54.18
Marge Forden	W55	54.20
Simon Mort	M40	54.27
Frank McLinden	M65	54.40
Erica Lormier	Vis	54.56
Reece Waldock	M45	54.57
Richard Harris	M60	56.23
Jenny Barners	W45	56.24
Wendy Duncan	W45	57.16
Jo Pearce	W45	57.28
Arnold Jenkins	M50	57.29
Merv Jones	M55	58.29

Trevor Brown	M55	58.29
Morris Warren	M60	58.35
Paula Karra	Vis	59.08
Margaret Warren	W60	58.35
Roma Barnett	W45	60.30
Irene Ferris	W45	60.50
Merv Moyle	M70	61.45
Joan Pellier	W55	62.41
Craig Watson	M40	62.46
Ken Whistler	M65	65.59
Denise Lancaster	W45	68.02
Jackie Billington	W55	77.10

#### 6 km walk

John Mison	M50	33.00
Bob Fergie	M60	37.48
Greg McDowell	M40	38.42
Peter Hill	M45	39.48
Barrie Thomsett	M55	40.51
Dick Blom	M60	43.09
Lynne Schickert	W55	44.05
Dorothy Whittam	W60	44.18
Lorna Lauchlan	W65	45.28
Bob Sammells	M60	45.56
Dawn Styles	W60	49.13
Pat Ainsworth	W60	49.27
Ernie Moyle	M70	51.20
Allen Tyson	M70	51.21
Jeff Whittam	M60	51.25
Bernie Zachner	W35	53.30
Keith Forden	M55	55.17
Norm Miller	M65	58.15

### Canberra Marathon

The New Balance Canberra Marathon will again incorporate the Australian Veterans Championship, and will be held on April 19 1998 in Canberra.  
Details from -  
David Cundy  
PO Box 206  
Ettalong Beach NSW 2257

### New Members

Welcome to new members  
George Innes and Bill Meharry.

### ALBANY MASTERS GAMES

The WA State Masters Games will be held in Albany from April 24-27, 1998. Entry

forms from Jackie Halberg (9364 4474) or the games office 211 North Rd, Albany 6330 (ph 08 9842 9339) after March 2<sup>nd</sup>. Entries close April 17<sup>th</sup>.

### ANOTHER REMINDER

Mike Rhodes' run, March 1<sup>st</sup>, starts at 8 am. Other runs in March start at 7.30 am.

### TRACK AND FIELD

#### Coker Park 15.1.98

\* State record

\*\* Australian record

#### 60 metres

Mike Edwards	M40	7.4*
John Stone	M45	7.8*
Lynne Choate	W45	8.0*
Clive Purser	Vis	8.1
Dave Newland	M40	8.1
Graham Thornton	M55	9.7

#### 1500 metres walk

John Mison	M50	7.35.0
Robin King	W35	9.01.8
Ray Hall	M60	9.37.8
Dawn Styles	W60	11.44.0

#### 1500 metres

John Wannberg	Vis	4.59.6
Bob Schickert	M55	5.04.5
Anne Shaw	W50	5.04.9**
Grhm Thornton	M55	5.34.3
Robin King	W35	5.34.5

### REABOLD HILL CROSS COUNTRY

#### January 4 1998

The first club run of the year was well attended by more than 100 competitors in the cross country run and road walk. The weather was pleasant, not too hot and plenty of shade. The run was slightly longer on each lap than the original course of 1989, due to running around the public car park not far from the finish.

Thanks to our helpers in making this a successful event. Arnold Jenkins and Dick Blom assisted in the course



marking and marshalling, while John Pressley was quite excited in starting organising the walk, when Jeff Whittam came along to lend a hand. Garnet and Don were not running and assisted with the start.

Kirt Johnson was the first male member in the 3.3 km run, while Paul Hughes won the 6.6 km and David Wilmer the 10 km. The corresponding women winners were Joan Pellier, Carol Broderick and Robin King. Paul Martin was the first male walker, however the ladies decided to test the judges when Lynne Schickert, Jill Midolo, Michele Mison and Dorothy Whittam all crossed the line together.

### 3 km cross country

P Kelly	M40	18.12
K Johnson	M65	18.21
E Hill	M55	18.48
J. Pellier	W55	19.04
V Beaumont	M65	19.11
N Metcalfe	W60	20.25
N Miller	M65	20.27
M Johnstone	M45	23.12
J. Billington	W55	24.49
P Carr	W65	24.07
A Leggett	M75	25.24
G Metcalfe	M65	25.29
P Miller	W55	25.58
K Forden	M55	26.01
S Maslen	W55	26.02
J Barnes	W45	35.41

### 7 km cross country

J Lankanster	Vis	25.58
P Hughes	M45	29.12
I Lankester	M50	29.36
D Broderick	Vis	31.54
H McGlashan	M60	32.14
M Anderson	M45	32.50
C Broderick	W45	33.25
I Thomsett	Vis	33.41
C Frost	M50	33.44
S Parkinson	M50	35.25
R Hall	M60	34.36
G Innes	M60	35.37
D Carr	M65	35.38
M Rhodes	M50	36.19
S Bell	W45	36.43
W Clements	W55	36.44
G Branche	M45	37.09

B Aldrich	M65	40.42
D Lancaster	W45	43.25
G Shanahan	W70	51.42
F Usher	M70	56.31

### 10 km cross country

I Carson	Vis	39.11
D Wilmer	M40	39.47
R Henderson	M45	39.53
J Klinge	M50	40.22
W Gee	M45	40.48
B Schickert	M55	41.08
G Brunt	M45	42.06
B Thomson	M50	42.13
D Roberts	M55	42.18
G Fisher	M45	42.22
T Hindmarsh	Vis	42.40
J Wannberg	Vis	42.40
P Sanders	M50	43.35
B Danby	M45	43.45
F Smith	M55	43.55
B Bennett	M50	44.19
D Ashfield	M40	44.29
W Pantall	M45	44.30
T Whittaker	Vis	44.37
M Rosen	M45	44.52
R King	W35	45.02
M Maverick	M40	45.25
V Waters	M50	45.41
J Kelly	W45	45.43
K Brownlie	M50	46.18
A Jennings	M55	46.40
B Harrison	M55	46.45
R West	M45	46.48
P Hill	M45	46.50
K Walsh	Vis	46.57
D Hazell	M45	48.15
B Tondall	M35	48.18
N Gardiner	Vis	48.37
F Gardiner	M45	48.38
G Carol	M35	48.56
G Thornton	M55	48.59
K Atkinson	M40	49.00
M Loly	M55	49.19
J Pellier	M55	50.17
B Smith	M55	50.30
M Forden	W55	51.16
F McClinden	M65	52.21
D King	Vis	53.20
R Harris	M60	53.30
B Mathews	Vis	54.52
B Hunter	M50	56.13
S Sanders	W40	56.16

M Jones	M55	56.45
T Brown	M55	58.11
I Ferris	W45	58.47
J Halberg	W50	59.07
E Brown	W50	63.47
B Meharry	M45	66.47
K Whistler	M65	58.11

### Perry Lakes Walk

P Martin	M55	33.44
J Mison	M50	37.18
R Fergie	M60	37.30
B Thomsett	M55	37.53
D Brown	M50	39.03
B Weatherburn	M?	40.16
L Schickert	W55	45.51
J Midolo	W50	45.51
M Mison	W50	45.51
D Whittam	W60	45.51
B Rex	M55	47.40
B Sammells	M60	47.41
L Stoltze	W45	47.45
D Styles	W?	48.50
E Moyle	M70	48.51
P Smith	W55	50.56
M Bennett	W55	50.56

### 1 lap walk

F Haggar	M70	22.24
G Morgan	M70	22.24
R McGlashan	W?	22.31

Plus: M Taylor	W?	48.33
C Jenner	Vis	48.24
G Gardner	Vis	37.12

### Letter to the Editor

#### BACK AND LEG INJURIES

I refer to the very well written article "Back and Leg Injuries" on page 5 of the December 97 issue of The Courier, our national newsletter. Members may be interested to know there are very many research projects being undertaken by physiotherapists, particularly in Australia concerning the use of the trunk muscles as core stabilisers both for leg activities and arm function. If you would like more information as reading matter or are interested



in a practical demonstration out of interest or due to a particular running problem/injury, I would be happy to hear from you. – *Regards, fellow runner Claire Burge – professionally as Claire Hannan, Manipulative Physiotherapist, Woodvale Physiotherapy Centre ph 9309-3330.*

Editor: Thanks, Claire, would love to have a demo, with a reference to caring for the calf muscles. Could you do it on me at Kings Park, after the Teddy Birds Picnic Run on March 8? Runners who have had leg problems (calf) recently include in alphabetical order Jenny Barnes, Jim Barnes, Brian Bennett, and Bob Harrison. Thanks for your offer. Well done. Also, would love an article on this subject from you, under your own name. Please send it to me at 30 Cosmelia Way, Parkwood 6147 – Richard Harris.

## SUBS DAY

Club subscriptions become due on April 1 1998. Pay your subs at Lorna's Run, McCallum Park, March 15.

All members, including Life and Honorary Members (over 70 years) are to return the completed Membership form with appropriate fees (No Money orders please) in an envelope. Place it in the box at the recording table, or post to the Treasurer, 100 Matilda St, Huntingdale 6110.

**Reporting for the Vetrun**  
**Keep it short.**

**Get the names write.**

**Thank your helpers.**

If writing to a disk, work in a 5cm column and enclose a hard copy – in case we can't access it. Please save it as a word.doc. then send it to me at 30 Cosmelia Way, Parkwood, 6147. Thanks – Richard Harris.

## ANNUAL GENERAL MEETING

Tuesday April 21 1998 at 7pm  
Hockey Club Rooms, off Perry Lakes Drive

### NOTICES OF MOTION

Any notices of motions or agenda items to be sent to the Secretary, Jackie Halberg, 1/37 Bombard St, Ardross, before March 16.

### NOMINATIONS FOR THE COMMITTEE

All positions are declared vacant and nominations are called for the following positions: President, Vice President, Secretary, Treasurer and four members. Nominations are to be moved and seconded and signed by the nominee, and forwarded to Jackie Halberg before the AGM.

### LIFE MEMBERSHIPS

Nominations are called for Life memberships. To be eligible, a nominee must have been an active and continuous member for a minimum of ten years and have substantially contributed to the progress of the Club. Nominations must come from three members and should be forwarded to Jackie Halberg no later than March 16.

### STATE CHAMPS

March 22,26,27,28

Remember your entry must be in by March 9. As usual we will need lots of help. If you are not able to compete, but

can help on any of the days, please see David Carr or phone him on 9339 8289.

Sue Jones will be running the Canteen and would welcome cakes, slices, biscuits etc. Please see her or ANY committee member.

## VAL WHEELER

We wish Val Wheeler a speedy recovery from broken hip. Fred and Val were on their way home from England, when Val fell.

## Deadly Medley Relay February 8 1998

A warm, breezy morning. We had a smallish field of 20 runners and 18 walkers, but nevertheless those who took part enjoyed the event.

We had a few hiccups organising the event – one being that we sent the walkers off before the runners were ready! However, bear with us, folks – next year we promise a new, improved Deadly Medley, with many more eager entrants.

Our thanks to our helpers, Norm and Pat Miller, Fred Hagger and Kirt Johnson. And thanks to Jeff Whittam, who once again organised the walkers' relay. – Shorty and Ann Turner.

### 12 km relay –

Team 2, 2 x 2km lap,  
Bob Schickert 7.02; 7.18  
Dave Carr 7.50; 8.30  
2 x 1 km lap,  
Ken Brownlie 4.04; 4.04  
Carol Broderick 4.18; 4.20.  
Total time 47.26.

Team 5, 2 x 2 km lap,



Gary Fisher 7.37; 7.42  
 Ian Lankester 7.47; 7.42  
 2 x 1 km lap  
 Arnold Jenkins 3.44; 3.51  
 Kevin Thomas 4.58; 4.57  
 Total time 48.18.

Team 1, 2 x 2 km lap,  
 Greg Salter 6.44; 6.49  
 John Pressley 7.59; 7.57  
 2 x 1 km lap,  
 Craig Watson 4.36; 4.36  
 Val Millard 5.02; 5.48.  
 Total time 49.31.

Team 3, 2 x 2 km lap  
 Vic Waters 7.32; 7.40  
 Mike Hale 7.56; 8.19  
 2 x 1 km lap  
 Margaret Bennett 5.51; 5.05  
 Alan Jennings 3.32; 3.40  
 Total time 49.35

Team 4, 2x 2 km lap,  
 Milton Mavrick 7.36; 7.46  
 Shirley Bell 9.16; 9.18  
 2 x 1 km lap  
 Bill Meharry 4.15; 4.20  
 Brian Holmes 4.15; 4.10  
 Total time 50.56.

#### Walkers

A team consists of two walkers.  
 One walks 2 km, one walks 1  
 km, each walks twice.

Team 1, Peter Hill, Judy Hill;  
 35.59

Team 3, Greg McDowell, Jeff  
 Whittam, 36.45.

Team 4, Rex Bruce, Bob Fergie  
 36.46

Team 6, David Brown, Bob  
 Sammells 37.48.

Team 2, Ray Hall, Allen Tyson  
 38.05

Team 5, Barrie Thomsett, Dawn  
 Styles 39.56.

Team 8, Dorothy Whittam, Jill  
 Midolo 40.08.

Team 7, Lynne Schickert, Pat  
 Ainsworth 40.46.

Visitors, Mark McDowell,  
 Damian McDowell, 32.08.

NB Add 30 seconds to times  
 because of faulty start.

### 1998/99 PROGRAM

Program Director John  
 Pressley is still looking for  
 new race directors for next  
 year. Please see him at a  
 run or ring him on 9332  
 6103.

### Brockwell's Run

Brockwell's Run (April 19)  
 has had to be cancelled this  
 year. There will be a mob  
 run instead. Meet at the  
 large car park on the  
 foreshore in Nelson Ave just  
 upstream of Trinity College.

#### Letter to the editor

#### RE RECORDS

I hold the W50 300m Hurdles  
 for the Oceania Games set in  
 Tahiti July 1996, time 61.1secs.

Ref program for the 9<sup>th</sup> Oceania  
 Vet Games at Hastings Jan 98

#### Results-

Erica Mercer W50

Javelin 17.56m 5<sup>th</sup>

800m 3.08.29 4<sup>th</sup>

High jump 1.02 m 1<sup>st</sup>

400m 83.7 sec 3<sup>rd</sup>

2000m steeple 9.49.77 3<sup>rd</sup>

Erica Mercer

### 10 km Track Handicap

Jeff Whittam advises that the 10 km track  
 handicap event will be on Thursday  
 April 23 at McGillvray, 7 pm start.

### Track & Field Results Jan 22 1998 Coker Park

#### 1500 m Walk

John Mison	M50	07:26.4
Dorothy Whittam	W60	09:48.9
Val Millard	W50	09:56.2
Lynne Schickert	W55	10:11.2

#### 400m

David Clive	M60	61.6
David Carr	M65	64.5
Ian Sanders	M35	65.7
Leon Sander	M60	66.7
Arnold Jenkins	M55	68.0
Mike O'Reilly	M55	70.9
Delia Baldock	W35	74.3
Graham Thornton	M55	79.0
Margaret Robinson	W55	98.1

#### Discus

Alex Cummings	M65	31.08m
Bob Fergie	M60	29.42m
Ron Tompkins	M75	24.84m
Leon Sander	M60	23.20m
David Carr	M65	20.66m
Ian Sanders	M35	20.20m
Mike O'Reilly	M55	19.42m
Eileen Hindle	W45	18.68m
Katrina Spilsbury	W30	17.72m

#### Long Jump

David Clive	M60	5.08m
Dave Newland	M40	4.82m
Katrina Spilsbury	W30	4.64m
Ian Sanders	M35	4.28m
Pat Carr	W65	3.83m
Val Millard	W50	2.30m
Lynne Schickert	W55	2.15m

#### 200m

Norm Richards	M60	27.2
John Stone	M45	27.3
Ian Sanders	M35	28.4
Dave Newland	M40	28.9
David Carr	M65	29.3
Arnold Jenkins	M50	29.9
Leon Sander	M60	30.5
Delia Baldock	W35	33.4
Pat Carr	W65	33.9



Hammer		
Bob Fergie	M60	32.20m
Alex Cummings	M65	28.70m
Dorothy Whittam	W60	21.12m
Arnold Jenkins	M50	20.60m
Eileen Hindle	W45	20.42m
Ron Tompkins	M75	19.76m
Ian Sanders	M35	13.94m

#### 5000m

David Willmer	M40	17:54.9
Ian Davies	M50	18:03.6
Frank Smith	M55	18:10.6
Bob Schickert	M55	18:27.8
Anne Shaw	W50	18:34.9
Jon Wannberg	Vis	18:52.9
Doug Hazel	M45	18:58.3
Milton Mavrick	M40	19:33.0
Doug Ashfield	M40	19:33.8
Nicholas Gardiner	Vis	19:58.6
Frank Gardiner	M45	20:30.7
Tessa Brockwell	W40	20:39.4
Graham Thornton	M55	21:09.7
Alan Jennings	M55	21:19.7
John Mison	M50	21:34.5
David Carr	M65	22:26.7
Mke O'Reilly	M55	22:51.1
Lauren Gardiner	Vis	22:55.1
Margaret Robinson	Vis	24:23.9
Val Millard	W50	27:05.8
Lynne Schickert	W55	33:40.9

#### Track & Field Results

Jan 29 1998 - McGillvray

#### 3000m Walk

John Mison	M50	15:47.5
Greg McDowell	M40	17:52.2
Ray Hall	M60	18:06.5
Robin King	W35	18:21.0
Barrie Thomsett	M55	19:28.7
Dorothy Whittam	W60	20:53.4
Val Millard	W50	21:20.4
Lynne Schickert	W55	21:48.9
Lorna Lauchlan	W65	21:55.9
Allen Tyson	M70	22:09.5
Jackie Billington	W55	23:44.2
Glenice Shanahan	W70	25:28.4

#### 100m

Barrie Kernaghan	M55	12.9
David Clive	M60	13.0
Clive Purser	Vis	13.1
Dave Wyatt	M45	13.4
Norm Richards	M60	13.4
Paul Covich	Vis	13.8
Simone Solomon	W30	14.4
Katrina Spilsbury	W30	14.5
Leon Sander	M60	14.5
David Carr	M65	14.7
Arnold Jenkins	M55	14.9

Jon Wannberg	Vis	14.9
Brian Gale	M50	15.0
Ross Calnan	M55	15.1
Delia Baldock	W35	15.5
Pat Carr	W65	16.6
Ron Tompkins	M75	17.6

#### 800m

John Molloy	M45	02:09.9
Paul Covich	Vis	02:27.3
David Carr	M65	02:28.0
Jon Wannberg	Vis	02:28.5
Simone Solomon	W30	02:34.6
Nicholas Gardiner	Vis	02:35.7
Lauren Gardiner	Vis	02:38.7
Peter Gare	M55	02:39.0
Frank Gardiner	M45	02:40.4
Arnold Jenkins	M55	02:40.9
Barrie Kernaghan	M55	02:42.8
Nick Bailey	Vis	02:42.8
Phil Hawks	M35	02:43.2
Brian Gale	M50	02:48.0
Delia Baldock	W35	03:09.4

#### Javelin

Greg McDowell	M40	30.98m
Peter Gare	M55	30.70m
Bob Fergie	M60	26.44m
Rob Shand	M65	25.36m
Norma Richards	M60	24.76m
Ross Calnan	M55	23.66m
Ron Tompkins	M75	21.10m
Katrina Spilsbury	W30	19.26m
Allen Tyson	M75	17.26m
Pat Carr	W65	16.46m
Val Millard	W50	11.50m
Lynne Schickert	W55	7.70m

#### Shot Put

Bob Fergie	M60	8.93m
Peter Gare	M55	8.71m
Katrina Spilsbury	W30	8.47m
Norm Richards	M60	7.99m
Dorothy Whittam	W60	7.86m
Ron Tompkins	M75	7.56m
Allen Tyson	M70	7.15m
Lorna Lauchlan	W65	6.75m
Greg McDowell	M40	6.75m
Rob Shand	M65	6.68m
Val Prescott	W50	4.31m

#### Triple Jump

Dave Wyatt	M45	10.09m
David Clive	M60	9.66m
Leon Sander	M60	9.39m
Katrina Spilsbury	W30	8.93m
Pat Carr	W65	7.53m
David Carr	M65	7.01m
Merv Jones	M55	6.52m
Val Millard	W50	5.40m
Lynne Schickert	W55	4.73m

#### 1500m

Ian Davies	M50	04:45.1
Bob Schickert	M55	05:04.4
Frank Smith	M55	05:06.3
Anne Shaw	W50	05:07.7
Nicholas Gardiner	Vis	05:09.0
Milton Mavrick	M40	05:21.8
Paul Covich	Vis	05:29.3
Jon Wannberg	Vis	05:29.6
Robin King	W35	05:38.2
Ian Sanders	M35	05:47.0
Frank Gardiner	M45	06:01.8
Lauren Gardiner	Vis	06:03.0
John Mison	M50	06:09.3
Arnold Jenkins	M55	06:17.1
Phil Hawks	M35	06:21.2

Ray Hall	M60	06:43.1
Jackie Billington	W55	08:59.1
Glenice Shanahan	W70	10:26.7

## NATIONAL CHAMPS

Brisbane 9-13 1998

Entry forms and information from Jackie Halberg -please phone on 9364 4474. For schedule of events see Nov Vetrin.





### YOU DESERVE A NEW SHIRT!

State - Singlet - Gold with black trim with club badge on left side @ \$15.00.

(To be worn at National Championships)

Club - Singlet - Black and white with club badge on left side @ \$15.00.

(To be worn at State Championships)

Tee-shirts - Grey with the three colour runner club logo on the front @ \$16.00 short sleeve \$18.00 long sleeve.

Fleecy Windcheaters grey with three colour runner club logo @ \$22.00.

Plus caps, visors in a range of colours @ \$7.00. Car stickers and iron-on badges @ \$2.50

### ORDER FORM

Please Supply:

..... Qty..... Size .....

..... Qty..... Size .....

Post to: Club Treasurer, 100 Matilda Street, Huntingdale WA 6110

Cheque Payable to: WAVAC. If you require a postal delivery, please add \$4.50

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ARDROSS WA 6153

Mr R Hayres  
26 Jenkins Pl  
WEMBLEY DOWNS

WA 6019

### Happy Birthday to our March members

Newland, David	17.3.54	44	remainsM40	Carroll, Ed	1.3.41	57	remains M55
Loly, Mitch	20.3.40	58	remainsM55	Brown, Eileen	1.3.46	52	remains W50
Sanders, Peter	20.3.45	53	remainsM55	Bowen, Jeff	2.3.42	56	remains M55
Shand, Robert	20.3.32	66	remainsM65	Brambley, John	2.3.42	56	remains M55
Kernaghan, Barrie	20.3.40	58	remainsM55	Hasell, Rae	2.3.57	41	remains W40
Bocian, Donna	20.3.61	37	remainsW35	Davies, Val	3.3.44	54	remainsW50
Bonomelli, Judy	21.3.50	48	remainsW45	Innes, George	3.3.35	63	remainsM60
Caplin, Don	22.3.39	59	remainsM55	Harrison, Bob	3.3.42	56	remainsM55
Robinson, Margrt	22.3.38	60	becomes W60	Phillips, Maria	5.3.64	34	remainsW30
Thorley, Max	22.3.51	47	remainsM45	Smith, Lois	5.3.50	48	remainsW45
Corten, Kevin	23.3.46	52	remainsM50	McAuley, Fiona	6.3.50	48	remainsW45
Speechley, Anthony	23.3.44	54	remainsM50	Smith, Frank	6.3.42	56	remainsM55
Cummings, Alex	23.3.31	67	remainsM65	Stone, Jo	6.3.45	53	remainsW50
Clark, Julie	24.3.52	46	remainsW45	Molloy, John	6.3.51	47	remainsM45
Kelly, Janet	25.3.54	44	remainsW40	Sander, Leon	7.3.37	61	remainsM60
Hill, Peter	28.3.48	50	becomes M50	Lauchlan, Lorna	9.3.30	68	remainsW65
Hazell, Douglas	29.3.52	46	remainsM45	Foley, Brian	11.3.44	54	remainsM50
Ralph, Gabriella	29.3.50	48	remainsW45	Bould, Cliff	12.3.16	82	remainsM80
Crowley, Walter	29.3.55	43	remainsM40	Santich, Maxine	13.3.52	46	remainsW45
MacLiver, Peggy	30.3.44	54	remainsW50	Stone, Maxine	13.3.51	47	remainsW45
Lynn, Gary	30.3.44	54	remainsM50	Spencer, Wendy	13.3.45	53	remainsW50
Holland, Kathleen	31.3.40	58	remainsW55	Lipscombe, Frances	13.3.58	40	becomes W40
McGlashan, Rsmry	31.3.39	59	remainsW55	Johnson, Kirt	14.3.29	69	remainsM65
Jenkins, Luella	31.3.42	56	remainsW55	Ainsworth, Pat	15.3.36	62	remainsW60
				Rogers, Estelle	17.3.56	42	remainsW40

THE VETRUM