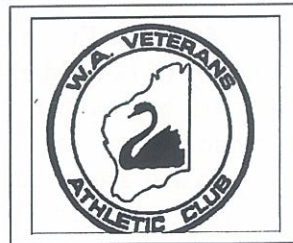


# The Vetruns



No. 304 February 1999

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President: Bob Schickert

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## Running Mates

Meet this month's Running Mates, two of our newer members, Eileen and Trevor Brown. Both were born in Heywood, Lancashire, England. At school, Trevor played soccer and cricket. Eileen didn't like sport that much although she did play rounders for a while. On leaving school Trevor had trials with Bolton Wonders, the English First Division Club. He also played opening batsman for the Lancaster League cricket (where lots of Aussies have played). Trevor and Eileen met at the local Palace Theatre where Frank Ifield was starring in the show. Eileen and Trevor came to Australia in 1974 and Trevor played soccer and first grade cricket for Wanneroo. Last week at Wanneroos 25th Anniversary Trevor was named in their 'super team'. Eileen and Trevor played pennant golf, again for Wanneroo. Eileen's youngest brother was part of the English Commonwealth Games Cycling team in the 70's but was tragically killed while training in Australia. It was another of her brothers who persuaded them to run. He lives in Townsville and has run the last two Peoples Marathon with a time

*Photos: Running Mates Eileen and Trevor Brown.*

*Celebration at Romas- Roma, Shirley, Ray, Irene and Jackie kicking up their heels.*





this year of 2hr 55. Eileen comes from a family of 12 children. Four of them and her mother live in Perth while Trevor is an only child. Eileen and Trevor have two children, a boy and a girl.

### Occupation

Trevor-purchasing officer, Eileen - ex cook, now loves looking after the grandchildren.

### How did they hear about the Vets

Rang Dept. of Sport who put them on to Brian Foley

### What they like about the Vets

Both - Everyone make you feel welcome

### Any changes

Both - not a thing

### Favourite Distance

Trevor - still not sure, I like them all, Eileen - anything long and slow

### Most Pleasing performance

Trevor - 50K Road Running Champs., Eileen - winning Carr/Shand trophy this year.

### Other Interests

Trevor - Run Run Run, Eileen - grandchildren and eating

### Favourite Food

Trevor - Eileen's Lasange, Eileen - Anything!

### Favourite TV

Trevor - Any sport, Eileen - English Dramas

### Favourite Film

Trevor - Genevieve, Eileen - Terms of Endearment

### Ambitions in Running

Both - To run a marathon in 1999

### Pet hate

Both - Smoking

## The First Vetrin

Forget the teaser in last month's Vetrin. Here we re-publish the real first edition. Astute readers of the last Vetrin knew that even we could not know of 1977 events in 1974. Members still have time to buy drinks for the editors!!

### NEWSLETTER

1st July, 1974

### OFFICE-BEARERS

President: KEITH MACDONALD. (Ph 691746)  
V/Pres. John Gilmour  
" David Carr (762885)  
" Jack Collins  
Sec/Treasurer: Cliff Bould.  
Assisted by Tony Morton.

CONGRATULATIONS to John Gilmour for his fine win in the Australian Veterans 1000 m Championship. He'll be unbeatable in Canada.

### VETERANS TRACK SEASON

Last Sunday's meeting produced some useful ideas on how we should operate in summer. Some alternatives raised were:

Meetings similar to our present set-up at McCallum.

Twilight meetings similar to those conducted at Perry Lakes by the Walkers.

Participation in present Grade races on Saturdays at Perry Lakes.

Special Veterans' events within the existing Saturday programme at Perry Lakes.

The last of these alternatives seemed the most popular. It was suggested that have a sprint and a distance race each week:

(Dick Horsley reports that W.A.A.A.A. is likely to co-operate when approached.)

nd out what is going on elsewhere in Australia. Order The Veteran Athlete from Cliff Bould.

Jack Collins, 60+, has at last stopped lapping the 1000m course in 5 mins. He did 4.19 last Sunday.

ok Horsley, 60+, walker, had 20 minutes to recover from his 1000m race, but could still laugh as he ran around the 400m track in 71.6 secs.

The following athletes have had a run recently:

Garry Bartram  
Cliff Bould  
Arthur Briggs  
David Carr  
George Cavill  
Jack Collins  
Jim Coventry  
John Gilmour  
Noel Goff  
Bob Hayres.  
Ross Johnson  
Dave Jones  
Peter Lower  
Norm Lowe  
John Lorimer  
Dulcie McDonald  
Keith McDonald  
Tony Morton  
Vic Nolan  
Jim Smith  
Frank Reginato.

(Tony has collected fees from nearly all.)

**The Champs.** World championships or records to Bould, Gilmour, Horsley.

**The Dads.** Several of us have children participating in athletics. (Noel Goff best sire; son Robbie is of decathlon fame.

**The coaches.** We have a wealth of coaching experience in men like Gilmour, Bould and Nolan.

**On the way back.** Watch George Cavill, former Victorian Junior half mile champion.

**The Administrators.** Mr Little Athletics in W.A. is Ross Johnson. W.A.A.A.A. President is Dick Horsley.

### PERFORMANCES.

All these runs were on a measured flat grassed surface.

19.5.74.	3000m	2.6.74	3000m HANDICAP.
10 min 39	J.Gilmour.	J.Collins	14.59 FIRST.
11 31	C.Bould		
11 58	G.Bartram	D.Carr	12.34
12 6	D.Horsley	N.Goff	15.48
12 15	J.Coventry	T.Morton	17.27
12 59	K.McDonald	K.McDonald	13. 9
13 28	D.Carr	G.Bartram	11.40
13 35	B.Johnson	D.Jones	13.26
14 54	D.Jones	J.Coventry	14.53
15 9	G.Cavill	C.Bould	11.47
15 53	N.Goff	J.Lorimer	21.20
16 23	A.Briggs		
16 24	R.Hayres	Dulcie McDonald	15.10 (2000m)

7 min 32	Garry Bartram	J.Collins	
7 39	J.Coventry		
7 42	D.Carr	Event won by J.Collins. Actual times were:	
7 50	D.Horsley	T.Morton	29min 6
8 43	G.Cavill	J.Collins	25 20
9 21	D.Jones	D.Jones	23 37
9 50	R. Hayres	G.Cavill	22 29
10 13	T.Morton	D.Carr	20 32
10 45	F.Reginato.	V.Nolan	21 51
		K.McDonald	22 57
		J.Coventry	20 14
		G.Bartram	20 62
		(Dulcie McDonald 14min 6 sec for 2000m)	

30.6.74.	1000m	A 400m time trial run after the 1000m
D.Carr	3.19	Carr 70.5 sec
J.Coventry	3.20	Cavill 74.5
D.Horsley	3.31	Jones 71.5
G.Cavill	3.33	Gould 84.0
J.Smith	3.39	Goff 73.5
K.McDonald	3.44	Collins 79.0
C.Bould	3.49	Norton 95.5
J.Collins	4.9	Lewer 95.5
N.Goff	4.10	McDonald 73.6
R.Hayres	4.21	Smith 71.5
P.Lower	4.48	Horsley 71.6
T.Morton	4.55	

NEXT Sunday : 3000m HANDICAP

D.Carr, 37 Malba Crescent, Dianella, W.A. ph 762885.



# CLUB NEWS

## ATHLETICA IN WINTER

Athletica (the Athletic Association) commences the winter season on April 24<sup>th</sup> with the Karrinyup relays. The Club has always done well in this competition. We score points for attendance and consistent performances, and, less often, for speed. Women are particularly welcome. The season fee is \$25. See David Carr or Brian Foley.

## HELP!

Helpers needed for the Championships! -14<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> March  
Can you help? We treat our volunteer officials and helpers with drinks and a sausage sizzle lunch and of course with our gratitude. To help with the planning, please return this form to the State Championship Committee members, Alan Jennings, David Carr, Brian Foley or Bob Sammells.

✂-----✂-----

Name \_\_\_\_\_

Phone \_\_\_\_\_

Where can you help? In track, field, administration or food preparation? \_\_\_\_\_

Which day?

14<sup>th</sup> \_\_\_\_\_

19<sup>th</sup> \_\_\_\_\_

20<sup>th</sup> \_\_\_\_\_

21<sup>st</sup> \_\_\_\_\_

Put in specific times if you like. Even a few hours helps!

✂-----✂-----



## OUR WEB SITE HAS MOVED

The WAVAC web site has been moved to a faster server and can now be found at

<http://members.xoom.com/WAVAC/>

It now contains all of the current Veteran State Records. Any questions about the Web Site, please contact John Stone. Email [isurf@bigpond.com](mailto:isurf@bigpond.com).



## New Book Released

WA Veterans Athletic Club member, Richard Harris, has recently published a book on the great West Australian runner, John Gilmour.

All In My Stride (Hesperian Press, Perth, February 1999), John Gilmour's story, is a message of hope to runners of all ages everywhere to keep going, and to take setbacks in their stride.

It is more than a book about running. It is about the strength of the human spirit when adversity is shared, the support provided by friends, how a little bit of hope can take you a long way, and of how small acts of kindness from strangers can be of value beyond measure.

The book tells of John's early days living in a group settlement in the South West of Western Australia, the struggle for survival during the Great Depression, enlistment in the Army as a fit young man, and his coming to terms with major damage to his eyesight through malnutrition in Changi gaol. Worse was to come - nightmare years as a slave labourer in Japan.

He was repatriated to Western Australia as a six stone weakling but rehabilitated himself to better every world record in the veterans

category from 800 metres to the Marathon.

When he returned to Japan after the war as a veteran athlete, he dominated his age group in the distance events and the authorities gave him gold medals as big as frying pans. Japanese athletes stopped to bow to him to show their respect during the cross country when he was on the return leg and they were still going out.

John Gilmour's story is a great read and an inspiration to all.

How to buy it: cost is \$A20, plus 0.95c for packaging and \$A2.65 postage within

Australia ( but only \$2 postage in Western Australia). For overseas buyers, postage

to USA is \$A9; to UK \$A10; and to Singapore \$6.50. Send your order to the author,

**Richard Harris at 30 Cosmelia Way, Parkwood 6147.**

Phone is 08 9457 6102, or e-mail [rharris@abacus.com.au](mailto:rharris@abacus.com.au)

## WE WELCOME NEW MEMBERS

Clive Purser  
Warren Davey  
Michael Fauner  
Sarah Carter  
Robert Sheehy  
Carole Shales

## GET WELL SOON JOHN!

John Pellier was seen on crutches last weekend. It turns out that he had taken a tumble off a ladder at work. Result is a broken hip and 3 to 6 months out of action.

## CLUB DINNER DANCE

The Club Dinner Dance is on at the Sandringham Hotel, Great Western Highway, Belomont on Saturday 20<sup>th</sup> November. More details later in the year.



## CLUB SINGLETS

The Club singlets are ready and will be handed out at coming events. See Bob Schickert.

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## AGM

The WAVAC AGM will be held at the Pery Lakes Hockey Stadium Clubrooms on Monday 19th April. There will be some vacancies on the committee so if you are interested in contributing some time to our club we would like to hear from you. The committee is also calling for nominations for Life Members to be put to the AGM in April.

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## COPY FOR VETRUM

Thank you to all those people who have contributed to the Vetrin. Whether your contributions arrive using the latest whiz bang computer technology or via the post written by hand on paper, it is much appreciated! However, over the last year I have accumulated a few articles, computer disks and photos with no name. It would be very helpful if you make sure you sign any letters or articles and mark whether you would like to have your photos returned (to save me cutting them up to fit on the front page!) As I haven't been in the Club all that long, I need help identifying people in the photos so please write their names on the back and the name of the person who took the photo (if they want to be credited). Thank you, **Katrina**

Send copy to: 2/14 Leonora St, Como, 6152 or email to [katrinas@cyllene.uwa.edu.au](mailto:katrinas@cyllene.uwa.edu.au)

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## STATE CHAMPIONSHIPS

Entries are still being taken for the State Championships. Entry form was in last months Vetrin or see Brian Foley.

# LETTERS

## Thank you

Since my accident we have had many cards and calls wishing me well. May I say thank you to all that contacted us, it is most thoughtful of you, and much appreciated. Progress has been good and I am able to swim already. Running will take a little longer. My recovery is in good hands with John 'Superdoc' Bell keeping an eye on things also. With care it will not be too long before I can chase Merv and Trevor again. Watch out for bike riders! Say fit

**Vic Beaumont**

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## Soy Milk

Not being impartial to a drop of Soy milk I read with interest Ray Hall's article on the claimed benefits of drinking it. Being keen on a healthy diet without additional vitamins and supplements I am always sceptical of reports of wonder foods.

So let us look at an article in "Choice", the official magazine of the Australian Consumers Association. They looked at an analysis of 38 scientific studies from around the world and their conclusions were:-

Yes, Soy protein can be good for your health.

Yes, it could lower cholesterol levels but only in people with very high levels to start with, 8.7 mmol/L. There was no significant drop among people whose original level was 6.6 mmol/L or less (below 5.6 mmol/L is considered normal).

To get any significant drop in cholesterol you would have to drink around one litre per day. If you are overweight drinking this amount could even increase levels of cholesterol.

Changing from low fat cow's milk to low fat Soy had no significant effect on cholesterol levels. So

perhaps the old 'extract de Moo Moo' isn't all bad.

Choice also warns of some Soy products being high in fat, for example Soy crisps contain similar levels of fat to regular potato crisps.

Another article in Choice stated Monsanto is genetically engineering Soya beans to enable their herbicide Roundup to be used to control weeds. There is no legislation in place for food companies to state this on their packaging so you never know Ray, it may be the Roundup that gives your Muesli its yummy flavour!

Also on ABC News recently a report from UK said that scientists have found that rats fed genetically modified foods had their immune system damaged. The findings have been disputed.

**HO HUM**

## EXERCISE DAILY

**EAT WISELY**

**DIE ANYWAY!**

[From Over 60's Jokes]

**Mike Berry.**

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## CHRISTMAS CELEBRATIONS AT ROMA'S

(See photo on Page 1)

It started off as our usual 7.00am girls run with a special breakfast afterwards to celebrate Christmas.

Marg and Keith popped in to say hi (while out on their bike ride) Keith commented that it looked like we were having a good time and decided they had better leave as they still had some cycling to do.

After we wished each other a Merry Christmas and opened out presents somebody suggested a champagne would be nice and we all agreed.

Anita Brown had already left to entertain overseas visitors, Jean Fisher (who lives two doors away) had to rush home to organise Christmas lunch for her family and



Wendy was running late for her crucial nail appointment.

Everybody was enjoying themselves when Ray called in (while he was supposed to be at work) and couldn't resist joining in the fun.. By this stage Christmas carols were taken over by Elvis Presley and other rock and roll favourites.

Heather and Jan decided to take time out in the spa while watching Roma, Shirley, Ray, Irene and Jackie kick their heels up.

PS: Breakfast concluded at 6.00pm and a great time was had by all.

Shirley Bell

## Around the Tracks

### Norm Shines on Night of Stars

Morley-Swans annual Night of the Stars Meeting featured the 50+ 400m Handicap. Norm Richards produced his best time as a veteran. He used his early speed to get to the front and hung on while back markers tried to squeeze through the field (no lanes).

	H'cap	Time	400m
Norm Richards	41m	55.8	62.17
Brian Foley	39m	56.5	62.60
Ivan Brown	43	56.8	63.64
Bruce Wilson	42.5	57.2	64.00
Leon Sanders	42	57.6	64.36
Alan Jennings	42	58.2	65.03
David Clive	5	58.7	59.44
David Carr	27	59.0	63.27
Arnold Jenkins	38	59.4	65.64
Mike O'Reilly	37	61.5	67.77
Bert Carse	30	61.8	66.81

### TRAINING ADVICE FOR RUNNERS, THROWERS AND JUMPERS

This is the second article in a series taken from an American Masters Athletics Coaching Newsletter.

John Stone has arranged to reproduce the articles in Vetrun with kind permission from the author, Ross Dunton.

### ANXIETY CONTROL AND RELAXATION

Anxiety can be a major problem for a competitive athlete. Anxiety can interfere with relaxation, the development of imagery, concentration and performance. Learning to control anxiety through relaxation is a major step forward in the enhancement of performance.

In technical terms, there are two forms of anxiety. One is **somatic anxiety** and the other is **cognitive anxiety**.

**Somatic anxiety** is the physiological arousal or excitement in anticipation of an upcoming event (eg sweating, butterflies).

**Cognitive anxiety** is the mental component that involves fear and worry about an upcoming event.

Studies of athletic performance have shown that the lower the level of **cognitive anxiety**, the better the performance. A moderate level of **somatic anxiety** produced the best performance. Putting it simply, the greater your fear and doubt, the poorer your performance. No excitement or extreme excitement over the event will probably produce poorer results.

Your level of self-confidence controls **cognitive anxiety**. You control your level of cognitive anxiety by developing your self-confidence.

**Somatic anxiety** is controlled by your ability to relax on command. You can learn how to train your body to relax on command.

#### LEARNING TO RELAX

Start by learning to breathe in a relaxed manner. Learn to relax the nose, mouth and diaphragm when breathing. Lie on the floor and slowly breathe in and out using the diaphragm. Each breathing cycle

should take about six seconds, three on the in and three on the out phase. Continue this for about five minutes. Repeat this procedure until you are able to relax your breathing on command.

#### PROGRESSIVE RELAXATION

Progressive relaxation is the tensing and the relaxing of a specific muscle group. To initiate the process, inhale, hold the breath and tense a specific muscle group. Hold this group tense for about five seconds and then concentrate on relaxing that muscle group. Repeat two more times. To completely relax, you need to involve the whole body. To learn to do this, start with one hand by making a fist and relaxing it. Next do the lower arm and then do the upper arm. Then move on to the other hand and arm. Then to the head and neck, followed by the chest, stomach and abdomen muscles. Then move the process down to one leg, starting at the hip and working your way to the toes. Then switch to the other leg.

By repeating this procedure, you are teaching your body to relax on command. Gradually include more of the body in each cycle so that eventually you relax the entire body on command. Your body will learn that it can relax under any set of conditions. At the start of every training session and every competition, you should practice relaxing the entire body.

#### SITUATION REHEARSAL

You must be prepared for other than ideal conditions on competition day. You must prepare in advance for the "what ifs". What if it rains or the runway is rough or you are about 200 runners back in the pack at the starting line or there is a 25-knot wind? What if----? Anticipate these potential obstacles in advance and prepare your response. This should be done on an on-going basis so that you are mentally prepared when the situation arises.



If you get caught in a pack and knocked down on the third lap, are you going to lie on the track and think about what tough luck you have or are you going to get up and continue the race? When you get up, are you going to sprint ahead to catch the leaders or are you going to consider that you have another 600 meters in which to make up that lost distance?

What if you get caught in a traffic jam on the day of your event at the nationals and when you get there you have less than three minutes till you are up? What is the worst thing that could happen? Review these situations in advance and prepare your response so that you are mentally prepared.

**The keys successful competition:**

**A goal, a positive mental attitude, a training plan designed to meet your goal, the commitment to do the work required by your plan, the ability to relax in pressure situations, and the will to do it.**

## TRACK AND FIELD RESULTS

### 7-Jan

#### 200m

Greg V. Sanden	M40	25.7
John Stone	M45	27.6
David Wyatt	M47	27.2
Arnold Jenkins	M54	30.8
Bob Sheehy	M52	31.5
Ros Calnan	M57	32.4
Peter Gare	M58	28.3
David Clive	M61	26.5
Norm Richards	M61	27.9
Leon Sander	M61	32
David Carr	M66	29.8
Katrina Spilsbury	W32	30.5
Lynne Choate	W46	29.4
Peggy McLiver	W54	31.5
Pat Carr	W66	37.6
Glenice Shanahan	W74	59.3

#### Discus

Ian Sanders	M40	21.35
Peter Gare	M58	30.39
Leon Sander	M61	26.77
John Sutton	M63	25.6
Alex Cummings	M65	33.35
Robert Shand	M65	29.06

Katrina Spilsbury	W32	22.01
Rae McMillan	W71	18.17

#### Long Jump

Jon Wannberg	M32	4.16
David Wyatt	M47	4.66
Ros Calnan	M57	3.31
Leon Sander	M61	3.9
John Sutton	M63	2.97
David Carr	M66	3.43
Katrina Spilsbury	W32	4.59
Michelle Mison	W50	1.99
Peggy McLiver	W54	3.55
Lynne Schickert	W57	2.42
Pat Carr	W66	3.42

#### 1500mW

Bob Sheehy	M52	9.59.2
Bruce Wilson	M53	8.31.0
Merv Jones	M55	13.51.2
Ray Hall	M64	9.03.8
Dick Blom	M65	9.18.5
Robin King	W40	7.30.7
Michelle Mison	W50	10.33.5
Jackie Billington	W55	9.44.9
Bridget Carse	W55	13.51.2
Lynne Schickert	W57	10.33.5
Dorothy Whittam	W62	9.56.6
Lorna Laughlan	W68	10.45.2
Glenice Shanahan	W74	12.40.0

#### 400m

Jon Wannberg	M32	64.9
Greg V. Sanden	M40	56.2
Arnold Jenkins	M54	67.6
Bob Sheehy	M52	78
Bruce Wilson	M53	71.9
Peter Gare	M58	64.2
David Clive	M61	60.8
Norm Richards	M61	66.7
Leon Sander	M61	70.4
David Carr	M66	66.9
Katrina Spilsbury	W32	77.3
Lynne Choate	W46	70.2
Peggy McLiver	W54	71.5
Pat Carr	W66	92.8

#### Javelin

Ian Sanders	M40	18.92
Arnold Jenkins	M54	22.12
Peter Gare	M58	32.73
Leon Sander	M61	23.78
John Sutton	M63	22.71
Alex Cummings	M65	18.63
Robert Shand	M65	25.71
Katrina Spilsbury	W32	20.47
Robin King	W40	17.3
Peggy McLiver	W54	18.06
Lynne Schickert	W57	8.98
Mary Heppell	W61	11.54
Dorothy Whittam	W62	17.61

Pat Carr	W66	18
Rae McMillan	W71	16

#### 5000m

Jon Wannberg	M32	20.25.0
Mike Hodgson	M37	20.15.0
Frank Gardiner	M48	20.26.0
David James	M45	20.56.0
Maurice Creagh	M52	20.28.0
Brian Foley	M54	19.24.1
John Mison	M50	22.17.0
Bruce Wilson	M53	18.42.8
Bert Carse	M57	17.57.6
Alan Jennings	M58	21.59.0
Bob Schickert	M57	18.51.0
Tessa Brockwell	W40	19.29.8
Robin King	W40	20.56.0
Jackie Halberg	W52	24.21.0
Mary Heppell	W61	30.14.0
Glenice Shanahan	W74	42.22.0

### 21-Jan

#### 100m

Warren Davey	M45	14.2
John Stone	M45	12.8
Arnold Jenkins	M54	14.4
Greg MacRaye	M50	13.4
Ros Calnan	M57	14.9
David Clive	M61	12.6
Norm Richards	M61	13.2
Leon Sander	M61	14
David Carr	M66	14.8
Alan Tyson	M73	17.6
Denise McMorrow	W34	15.7
Katrina Spilsbury	W32	14
Pam Raison	W44	18.3
Lynne Choate	W46	13.3
Peggy McLiver	W54	15.4
Pat Carr	W66	16.6

#### 2000mW

Greg McDowell	M45	10.29.6
Merv Jones	M55	17.25.3
Barrie Thomsett	M55	13.11.0
Dick Blom	M65	11.57.1
Robin King	W40	10.14.3
Michelle Mison	W50	13.22.2
Jackie Billington	W55	15.24.5
Lynne Schickert	W57	15.06.1
Dorothy Whittam	W62	13.37.0
Glenice Shanahan	W74	17.24.1

#### Discus

Murray Tolbert	M52	26.85
Leon Sander	M61	27.97
Alex Cummings	M65	31.55
Robert Shand	M65	29.48
Alan Tyson	M73	19.36
Ron Tompkins	M76	24.3
Katrina Spilsbury	W32	22.08



Rae McMillan	W71	17.19
<b>Triple Jump</b>		
Murray Tolbert	M52	11.8
Leon Sander	M61	8.37
David Carr	M66	6.74
Katrina Spilsbury	W32	9.85
Pam Raison	W44	4.98
Michelle Mison	W50	5.25
Lynne Schickert	W57	4.97
Pat Carr	W66	7.43

#### 1000m

Jon Wannberg	M32	3.09.5
David Wilmer	M40	3.25.2
Tony Heppener	M45	2.51.2
Greg McDowell	M45	4.32.6
John Stone	M45	4.21.6
Tony Whittaker	M45	3.17.1
Maurice Creagh	M52	3.39.7
Brian Foley	M54	3.08.2
Arnold Jenkins	M54	3.31.5
Bruce Wilson	M53	3.18.9
Norm Richards	M61	3.49.7
Leon Sander	M61	3.39.3
David Carr	M66	3.20.1
Denise McMorrow	W34	3.23.5
Lynne Choate	W46	4.35.2
Peggy McLiver	W54	3.54.9
Bridget Carse	W55	5.08.7

#### Shot

Warren Davey	M45	7.73
Arnold Jenkins	M54	7.85
Alex Cummings	M65	8.56
Robert Shand	M65	6.67
Alan Tyson	M73	7.49
Ron Tompkins	M76	7.43
Rae McMillan	W71	6.48

#### 5000m

Mike Hodgson	M37	11.30.2
Greg Kelley	M39	12.05.7
David Wilmer	M40	10.32.6
Frank Gardiner	M48	12.01.3
Nick Bailey	M50	12.17.1
Maurice Creagh	M52	12.22.7
John Mison	M50	12.34.3
Bruce Wilson	M53	10.45.8
Bert Carse	M57	10.18.3
Bob Schickert	M57	10.37.1
Robert Shand	M65	14.42.7
Alan Tyson	M73	18.11.8
Tessa Brockwell	W40	11.06.0
Robin King	W40	12.13.3
Jackie Halberg	W52	14.41.8
Val Prescott	W54	17.36.9
Lynne Schickert	W57	19.35.3
Mary Heppell	W61	17.33.2
Glenice Shanahan	W74	23.31.0

#### 28-Jan

##### Javelin

Ian Sanders	M40	18.04
Warren Davey	M45	26.98
Greg McDowell	M45	31.24
Arnold Jenkins	M54	26.2
Greg MacRaye	M50	30.48
John Sutton	M63	22.88
Alex Cummings	M65	21.38
Alan Tyson	M73	17.82
Ron Tompkins	M76	22.88
Robin King	W40	15.16
Eileen Hindle	W49	18.75
Michelle Mison	W50	10.82
Valerie Millard	W51	12.3
Lynne Schickert	W57	10.2
Mary Heppell	W61	12.3
Dorothy Whittam	W62	16.3
Pat Carr	W66	15.28
Lorna Laughlan	W68	15.08

##### 1500mW

Greg McDowell	M45	7.25.7
Bruce Wilson	M53	7.57.1
Merv Jones	M55	11.00.8
John Pellier	M59	9.39.6
Barrie Thomsett	M55	8.50.5
Ray Hall	M64	8.43.1
Dick Blom	M65	8.51.7
Robin King	W40	7.43.6
Michelle Mison	W50	9.54.6
Valerie Millard	W51	10.18.8
Lynne Schickert	W57	10.00.7
Dorothy Whittam	W62	9.48.9
Glenice Shanahan	W74	13.00.3

##### 100m

Ian Sanders	M40	14.4
Greg V. Sanden	M40	12.3
Warren Davey	M45	14.4
Paul McKeich	M45	15.7
John Stone	M45	12.7
David Wyatt	M47	13.3
Arnold Jenkins	M54	14.3
Greg MacRaye	M50	13.1
Clive Purser	M50	12.9
Mike O'Rilley	M59	14.2
Leon Sander	M61	16.9
Snow McSwain	W39	15.4
Eileen Hindle	W49	14.5
Pat Carr	W66	16.7

##### Triple Jump

David Wyatt	M47	10.25
John Sutton	M63	4.55
Ron Tompkins	M76	5.63
Katrina Spilsbury	W32	10.43
Michelle Mison	W50	5.07
Valerie Millard	W51	4.97
Lynne Schickert	W57	5.24

Pat Carr	W66	7.74
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##### Hammer

Ian Sanders	M40	15.04
Arnold Jenkins	M54	21.53
Ray Hall	M64	15.98
John Sutton	M63	16.35
Alex Cummings	M65	31.87
Ron Tompkins	M76	20.94
Eileen Hindle	W49	25.05
Dorothy Whittam	W62	21.37
Lorna Laughlan	W68	14.72

##### 5000m

Nick Miller	M36	19.48.7
David Wilmer	M40	19.43.0
Frank Gardiner	M48	21.26.3
Paul McKeich	M45	20.14.8
Maurice Creagh	M52	21.41.5
Robert Mair	M50	20.08.4
John Mison	M50	21.31.0
Bert Carse	M57	17.52.2
John Pellier	M59	21.29.1
Bob Schickert	M57	18.35.6
Robin King	W40	20.09.9
Jackie Halberg	W52	24.55.1
Valerie Millard	W51	28.12.6
Lynne Schickert	W57	33.52.8
Mary Heppell	W61	29.44.0
Marg. Robinson	W60	26.14.3

##### 800m

Jon Wannberg	M32	2.24.2
Greg V. Sanden	M40	2.09.6
David Wilmer	M40	2.37.1
Warren Davey	M45	2.44.3
John Stone	M45	3.07.9
Nick Bailey	M50	2.38.4
Maurice Creagh	M52	2.47.1
Brian Foley	M54	2.21.6
Arnold Jenkins	M54	2.35.9
Bruce Wilson	M53	2.33.4
Mike O'Rilley	M59	2.40.6
David Carr	M66	2.24.4
Snow McSwain	W39	2.42.4
Peggy McLiver	W54	2.41.8

#### 4-Feb

##### 200m

Ian Sanders	M40	31.4
Warren Davey	M45	30.2
John Stone	M45	28
Ivan Brown	M53	31.5
Greg MacRaye	M50	29.2
Ros Calnan	M57	32.3
Peter Gare	M58	27.9
Ray Hall	M64	36.3
Norm Richards	M61	28.6
David Carr	M66	30.3
Ron Tompkins	M76	39.5



Peggy McLiver	W54	32.3
Pat Carr	W66	36.3
<b>1500</b>		
Jon Wannberg	M32	5.05.0
Robert Colton	M35	4.55.8
Doug Ashfield	M41	5.34.8
Warren Davey	M45	6.12.3
Frank Gardiner	M48	5.39.3
Tony Heppener	M45	4.32.6
Nick Bailey	M50	5.43.5
Ivan Brown	M53	5.17.4
Maurice Creagh	M52	5.46.9
Brian Foley	M54	5.00.1
Bruce Wilson	M53	5.04.8
Bert Carse	M57	4.47.2
Bob Schickert	M57	5.13.8
David Carr	M66	5.24.4
Robin King	W40	5.39.6
Jackie Halberg	W52	6.49.5
Valerie Millard	W51	7.37.9
Peggy McLiver	W54	6.06.3
Lynne Schickert	W57	9.36.0
Mary Heppell	W61	8.37.8
Glenice Shanahan	W74	11.41.3
<b>3000W</b>		
Greg McDowell	M45	16.51.0
John Mison	M50	15.33.3
Bruce Wilson	M53	17.20.2
Barrie Thomsett	M55	21.17.6
Ray Hall	M64	18.55.8
Dick Blom	M65	18.00.8
Robin King	W40	16.02.9
Michelle Mison	W50	21.20.8
Valerie Millard	W51	20.34.7
Jackie Billington	W55	19.49.9
Lynne Schickert	W57	21.21.5
Dorothy Whittam	W62	20.30.1
Lorna Laughlan	W68	21.49.5
Glenice Shanahan	W74	25.21.6

### Long Jump

Robert Colton	M35	5.11
John Sutton	M63	3.04
Ron Tompkins	M76	2.84
Valerie Millard	W51	2.23
Lynne Schickert	W57	2.5

### Discus

Ian Sanders	M40	19.81
Peter Gare	M58	32.19
John Sutton	M63	25.93
Alex Cummings	M65	30.53
Ron Tompkins	M76	23.13
Katrina Spilsbury	W32	18.65
Peggy McLiver	W54	17.32
Pat Carr	W66	16.99
Rae McMillan	W71	16.3

### Shot

Ian Sanders	M40	6.33
Warren Davey	M45	7.43
Peter Gare	M58	8.78
John Sutton	M63	6.52
Alex Cummings	M65	8.34
Alan Tyson	M73	7.56
Ron Tompkins	M76	7.46
Katrina Spilsbury	W32	7.65
Valerie Millard	W51	5.58
Lynne Schickert	W57	5.32
Pat Carr	W66	6.25
Rae McMillan	W71	6.64

## CLUB PENTATHLON

14th January 1999, Coker Park

A total of 25 contested the Club Pentathlon this year, 17 men and 8 women, in a very competitive and enjoyable event. The only major problem was the loss of one round

of the men's Javelin through a very inconsiderate nightfall! :Pat Carr won the women's event with outstanding performances across the board. Eileen Hindle starred in the Long Jump with Dorothy Whittam and Peggy MacLiver performing well in the Shot Put and 200m respectively. Murray Tolbert easily won the men's event with fine performances in the four events that he contested, particularly the Long Jump. Leon Sander came a very creditable second. Other notable efforts included Mike Edwards, Greg Vander Sanden and David Carr in the 200m, Alec Cummings in the Shot, Greg Vander Sanden and Brian Foley in the 1500m. My thanks to Jeff Whittam for looking after the ladies competition and to all those who assisted during the evening. **Bob Fergie**

### Other Results

#### 1500m

Maurice Creagh	M50	5.53.4
Bob Schickert	M55	5.18.9

#### 200m

David Clive	M60	29.2
Bob Schickert	M55	33.2
Ray Hall	M65	35.1

#### Shot

Bob Fergie	M60	9.09
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#### Javelin

Bob Fergie	M60	24.49
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Name	Age	Long Jump		Javelin		200m		Shot Put		800/1500m		Total	Place
		Dist	Pts	Dist	Pts	Time	Pts	Dist	Pts	Time	Pts		
S. McSwain	35	3.77	319	16.12	266	32.0	379	6.28	289	2.46.5	562	1815	6
K. Spilsbury	30	4.85	519	21.98	336	30.2	452	8.25	416	3.12.4	259	1982	5
E. Hindle	50	4.70	934	18.50	418	30.6	735	8.41	545	3.34.7	339	2971	2
P. MacLiver	50	3.85	595	16.58	365	31.5	671	7.01	434	2.47.0	794	2859	3
L. Schickert	55	2.50	216	9.75	217	47.9	26	5.23	354	4.20.4	129	942	7
D. Whittam	60	3.62	587	16.78	505	35.4	602	7.77	6.90	4.14.7	230	2614	4
P. Carr	65	3.69	883	15.70	543	34.9	740	6.50	659	3.59.7	423	3245	1
G. Shanahan	70	1.42	36	5.05	280	59.7	0	4.07	436	5.28.7	70	822	8
J. Wannberg	30	4.35	264	17.97	134	28.8	309	6.33	268	5.01.8	554	1529	15
S. Dunn	30	4.25	247	18.00	135	29.4	272	5.55	223	4.43.6	658	1535	14
M. Murray	35	4.57	346	30.16	334	29.1	321	7.87	359	6.25.8	193	1553	13
M. Edwards	40	5.20	554	35.37	469	24.5	741	7.65	372	5.38.2	447	2583	4
G. V Sanden	40	4.59	417	31.13	396	24.6	732	7.78	381	4.38.6	784	2710	3
W. Davey	45	3.40	179	24.49	285	29.2	381	7.95	392	5.37.8	355	1592	12



Name	Age	Long Jump		Javelin		200m		Shot Put		800/1500m		Total Place	
		Dist	Pts	Dist	Pts	Time	Pts	Dist	Pts	Time	Pts		
D. Wyatt	45	5.01	593	22.94	296	27.4	579	7.11	389	-	-	1857	9
G. Brunt	45	3.82	308	14.90	153	33.1	221	6.69	360	5.13.2	642	1684	10
B. Foley	50	3.28	242	17.68	233	33.3	272	6.89	378	506.8	747	1872	8
M. Tolbert	50	5.88	952	36.78	626	25.9	775	9.92	598	-	-	2951	1
A. Jenkins	50	3.21	227	14.32	167	31.6	367	7.64	434	6.01.3	463	1658	11
M. O'Reilly	55	3.51	350	17.28	259	28.7	632	7.16	458	5.48.0	599	2298	5
A. Jennings	55	3.72	405	15.08	211	31.8	423	6.46	403	-	-	1442	16
L. Sander	60	4.37	684	21.71	363	28.7	711	6.93	449	5.51.6	660	2867	2
D. Carr	65	3.77	574	21.05	395	30.0	704	6.69	492	-	-	2165	6
A. Cummings	65	3.06	348	-	-	-	-	8.20	629	-	-	977	17
R. Tomkins	70	2.26	330	18.70	434	39.6	353	7.02	593	8.30.0	329	2039	7

## Deadly Medley Relay February 7<sup>th</sup> 1999

The weather was fine but humid, with a cool easterly blowing. A total of 36 runners and 14 walkers competed in this years relay. Everyone thought that the new 1km lap was an improvement - now we all go in the same direction! Our thanks to our helpers, Eileen and Trevor Brown, Pat and Norm Miller, Margaret Bennett, Fred Hagger and Kirt Johnson (who started the clock and then competed). We would also like to thank Jeff Whittam for organising the walking teams and John Davies of J.Y. Signs, for donating his services by printing the team numbers. We must apologise for being unable to give individual times to the runners. Next year we will ensure that this is done. **Shorty and Ann Turner**

### Runners 12km Relay

1. Creeping Codgers - Total Time 46.32

Mike Hale, Wayne Bates, Alan Jennings, Ian Lankaster

2. Iron Iriots - Total Time 46.44

Dalton Moffett, Brian Bennett, Johan Hagerdoorn, Ray Hall

3. Gasping Greyhounds - Total Time 48.10

Bert Carse, Noela Medcalf, Vic Waters, Kath Penton

4. Eager Elders - Total time 48.56

Trevor Robertson, Barbara Outhwaite, John McGowan, Alan Chambers

5. Ancient Athletes - Total Time 50.34

Chris Coates, Stuart Parkinson, Sheila Maslen, Arnold Jenkins

6. Fabulous Footsloggers - Total Time 52.07

Bob Schickert, Marion Donachie, Tony Whittaker, Mary Heppell

7. Doddering Dawdlers -- Total time 54.19

Ralph Henderson, Simon Outhwaite, Bob Sammells, Toni Frank

8. Hobbling Hamstrings - Total time 55.48

Mike Faunge, Gordon Medcalf, Maurice Creagh, Basil Worner

9. Blundering Bouncers - Total time 58.45

Kirt Johnson, Mike Rhodes, Lyn Stoltze, Val Millard

### Walkers

1. John Mison 4km 20.14

Fred Watson 2km 17.18

2. Dick Blom 4km 23.05

Maggie Flanders 2km 15.54

3. Lynne Schickert 4km 26.55

Dorothy Whittam 2km 13.21

4. Jackie Billington 4km 25.40

Pat Ainsworth 2km 15.02

5. Michele Mison 4km 26.23

Lorna Lauchlan 2km 14.48

6. Leslie Romeo 4km 26.24

Val Wheeler 2km 16.13

7. Lois Smith 4km 35.35

Barrie Thomsett 2km 12.35

## HAPPY BIRTHDAY TO OUR MARCH MEMBERS

Carroll, Ed	01/03/41	58 remains	M55
Brown, Eileen	01/03/46	53 remains	W50
Bowen, Jeff	02/03/42	57 remains	M55
Brambley, John	02/03/42	57 remains	M55
Davies, Val	03/03/44	55 becomes	W55
Innes, George	03/03/35	64 remains	M60
Harrison, Bob	03/03/42	57 remains	M55
Smith, Lois	05/03/50	49 remains	W45
McAuley, Fiona	06/03/50	49 remains	W45
Smith, Frank	06/03/42	57 remains	M55
Stone, Jo	06/03/45	54 remains	W50
Sander, Leon	07/03/37	62 remains	M60

Lauchlan, Lorna	09/03/30	69 remains	W65
Foley, Brian	11/03/44	55 becomes	M55
Bould, Clifford	12/03/16	83 remains	M80
Santich, Maxine	13/03/52	47 remains	W45
Spencer, Wendy	13/03/45	54 remains	W50
Lipscombe, Frances	13/03/58	41 remains	W40
Johnson, Kirt	14/03/29	70 becomes	M70
Ainsworth, Patricia	15/03/36	63 remains	W60
Rogers, Estelle	17/03/56	43 remains	W40
Gobby, Karen	18/03/53	46 remains	W45
Loly, Mitch	20/03/40	59 remains	M55

Continued over



Sanders, Peter	20/03/45	54 remains	M50
Shand, Robert	20/03/32	67 remains	M65
Kernaghan, Barrie	20/03/40	59 remains	M55
Caplin, Donald	22/03/39	60 becomes	M60
Robinson, Margaret	22/03/38	61 remains	W60
Speechley, Anthony	23/03/44	55 becomes	M55
Cummings, Alex	23/03/31	68 remains	M65
Clark, Julie	24/03/52	47 remains	W45
Kelly, Janet	25/03/54	45 becomes	W45

Bucens, Marion	25/03/41	58 remains	W55
Hill, Peter	28/03/48	51 remains	M50
Hazell, Douglas	29/03/52	47 remains	M45
Crowley, Walter	29/03/55	44 remains	M40
MacLiver, Peggy	30/03/44	55 becomes	W55
Holland, Kathleen	31/03/40	59 remains	W55
McGlashan, Rosemary	31/03/39	60 becomes	W60
Jenkins, Luella	31/03/42	57 remains	W55

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