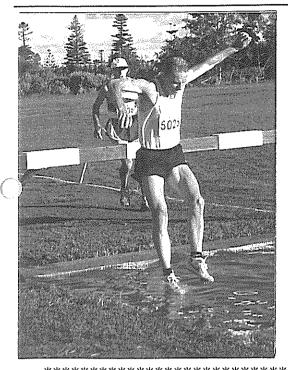
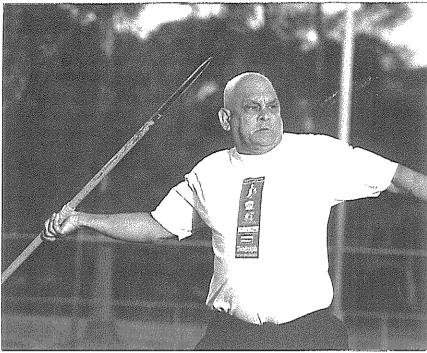


The Vetruns



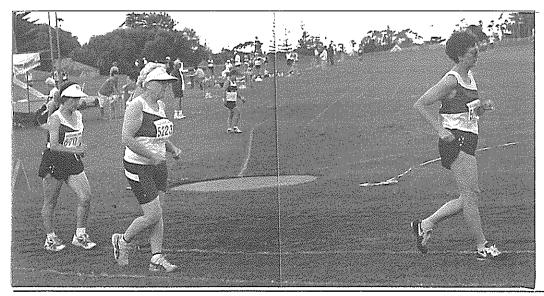
No. 316 February 2000 Patron: Bill Hughes President: Bob Schickert Editor: Katrina Spilsbury 9313 3943
Copy for The Vetrun: 3/7 Gerald St, Como WA 6152 or email: katrinas@cyllene.uwa.edu.au
Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158





Top left: Duncan McAuley competing in the 3km steeplechase at the Oceania games on Norfolk Island. (yes, that is Bob Schickert just behind him) Top right: Another one of Steve Parrishs' photos, this time John Sutton getting serious with a javelin. Below: Lynne Schickert just ahead of Michelle Mison and a competitor from Victoria in

Inside this Issue Club News 2 Letters 2 Reabold Hill CC 3 Oceania Games 4 Club Pentathlon 5 Deadly Medley Relay 6 Birthdays 6 State Championship Entry form 7



Next month

Results from Friendship run, Point Walter run, Carr-Shand Trophy. Also to be included is the provisional programme for next year and club membership form

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Club News

Congratulations

to those club members who where chosen to be part of the Olympic Torch Relay. They include Gary Clark, Lesley Romeo, Noela Medcalf, Lynne Choate, Robert Young, John Gilmour, Ross Parker, Barrie Kernaghan and Phyllis Head.

Helpers for March runs

5th March Hamer Park, Mt Lawley Race Director: Mike Rhodes 9271 3135 Helpers: M.Rosen, T.Robertson, L Romeo, L. Smith, W. Bates, F. McLinden and A. Jennings

12th March Lake Monger

Race Director: Bob Sammells 9309 2293 Helpers: P. Ainsworth, D. Moffatt, G. Salter, E.Reid, J. Fisher and A. Shaw

19th March Banks Run, McCallum Park Race Director: John Pressley 9332 6103 Helpers: M. Hale, B. Harrison, P. Hawks, I. Ferris, B. Wilson, B. Hunter and T. Frank

26th March- State Championships

2nd April Membership Run, MaCallum Park Race director: Brian Danby 9247 2326 Helpers: A.Giocomin, M. Rosen, V. Wheeler, F. Watson, J. Midolo, D. Brown and L. Lauchlan

Joondalup Fun Run

All sponsorship money raised will go to the 3 Boys Legacy Inc to raise money for research into children's brain cancer. This is the dream of club member Jon Wannberg come true. The 3 Boys Legacy was established in the memories of his son Ricky and his two friends who all succumbed to brain tumours. So if you are not competing, helping or a spectator in this years State Championships but are looking for a

run why not think about the Joondalup fun run. It will be held on Sunday 26th March with a 8.00am start over a 5km and 10km course. The Marathon Club is conducting the race and there are lots of prizes. Contact Jon Wannberg or Runners World for more information.

Bunbury Runners

If the Record claim forms that Sandra Smith keeps sending me are anything to go by, veterans athletics is alive and well in Bunbury.

Stalwart Phyllis Head has moved up to the W80 age group and has recently set State records for the 100m, 200m, 400m, Long Jump and Hammer Throw. What an inspiration!

Not to be outdone, Lyn Ventris started the New Year by lowering her W40 Australian 3000m Walk record by an astounding 11.9 seconds in recording 15m 04.4s. Lyn did this on *1st January*. Sounds like Guinness Book of Records material to me.

and more records.....

From Bob Fergie's Pentathlon report in this issue you can see that Peggy Macliver set a W55 Australian record in it. With Lyn's that two Australian records in this T&F season.

Peggy has also had her Gateshead performances in the W55 800m and the 4x400m ratified as Australian records.

Bob Sammells

Letters

RUNNING IN THE KIMBERLEY

Strolling along Cable Beach in Broome some time ago, I noticed a figure running towards me. Even at a great distance he looked familiar: elbows out, shoulders still, cap on head, relentless rapid leg speed. It must be Don Caplin...and it was. What a blast from the past, and to

recognise him at such a distance and after so long!...and coming towards me, a view I never had unless it was an "out and back". This set me thinking about the running scene in Derby (where I now reside). This would not fill a line apart from an event last April.

The town decided celebrate "High Tide Day". We have 10 metre tides, the highest in the Southern Hemisphere and as part of the celebrations for the highest tide of the year, Rotary decided to sponsor a fun run. As I have been seen jogging out to the wharf (the dog needs the exercise) I was asked if I would advise on organisation. (Rosemary is the local secretary of that august institution s I could not refuse!).

"We thought of having the finish to coincide with the high tide around 3.30 p.m.".

"No, said I, at a likely 35C too hot, danger of death."

"Well what about at low tide, 10.30 in the morning".

"Could be even worse. No later than 7.00 am." (Even then could be just below 30C).

We compromised at 7.30. am. I advised on a drink station, marshals for the cross roads (there are no traffic lights in the Kimberley), police, ambulance, measured the course "Woolies to Wharf", just over 5ks. and "there must be special prize for the first male finisher over the age of 60". They just smiled.

When the day came, the start was delayed to give a chance for those who had had a late night at the Spini, Boab or Sporties to put in an appearance. They did not. As I surveyed the motley entrants paying their entrance fees (gold coin for adults, silver for children), I fancied my chances, though admittedly my training schedule had not been ideal having returned the day before from a month of vinyard visiting and gentle walking in the forests of the south coast of New Zealand. At the gun, I strode to the front, soon settling into a long smooth rhythm. It

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is important to impress ones ability and authority on ones opponents from the start. After 200 metres I was joined by a younger person of the female gender and we strode out together. After another 200 metres it became necessary for me to revert to my more usual shuffle and as I watched her forge ahead I was able to measure the increasing distance between us by the number of telegraph posts. The course was dead straight all the way.

High Tide Day was a great success, the whole town and many visitors enjoying the spectacle of the tide to the accompaniment of our excellent local bands. I was proud to see my success noted in both the Boab Babbler and Broome times; First Male Over 50, Hamish McGlashan. I was disappointed that they did not also note that I was the first Male Finisher irrespective of age.

But pleased that they did not mention what was also true: last male finisher!

Hamish McGlashan

Hamish also mentioned that this years High tide Day will be held on Sunday 7th May although it doesn't look there there will be a fun run at this stage. However, if there is, Hamish assured me that he won't be there this year to give others a go at winning!

Olympic Torch Relay

Dear Katrina.

Just a quick note to let you know that I have been selected to carry the Olympic Torch in my area, Willeton on July 7th. What a great thrill and good to see our Veterans Club will get a mention. I don't know how far I will have to run but I doing plenty of jogging but I am not back to racing pace as yet though I do have my fingers crossed. Wishing all members a great and successful 2000 Sincerely,

John Gilmour

Results

REABOLD HILL CROSS COUNTRY2-1-2000

The first Club event for the New Year (millenium!) was the Reabold Hill cross country run and walk at Perry Lakes. There was a significant change from previous years, as the Kings Park Board now manages the park and they were unsure of the conditions of the paths and grounds. Consequently thev placed restrictions on the course, requiring us to remain on the paths and carpark areas. This meant that the course was shorter than in previous vears. However, all of the 70 runners and 21 walkers who competed, found that the course was a good one with a large amount of shade. Another advantage was that the walkers were closer to the running course than had been in the past.

Thanks to Merve Moyle, David Scott, Jim Shaw, Norm Miller, and Arthur Leggett for assistance with the run, and Arnold Jenkins who helped Jeff Whittam with the walkers.

The winners of the 8 km run were Chris Maher and Antoinette Shaw, while Paul Martin and Lynne Schickert were first in the 8 km walk.

Results:

2.9 km cross country.

I	Sue Hughes	W45	16:53
2	Joan Pellier	W60	18:43
3	Jan Jarvis	W50	18:45
4	Lyn Stoltze	W45	19:19
5	Noela Medcalf	W60	19:52
6	Elaine Ellard	W55	22:01
7	Gordon Medcalf	M70	25:49

5.4 km cross country

1	Graham Thornto	nM55	26:44
2	Warren Davey	M45	26:50
3	Bryan Hardy	M55	26:52
4	Michael Anderso	onM50	27:47
5	Debbie Burge	W30	31:02
6	Ray Hall	M65	31:09
7	Bob Fergie	M60	32:27
8	Mery Iones	M60	32-32

9	Eileen Brown	W50	32:51
10	Bridget Carse	W55	34:22
11	Sue Bullen	W40	37:48
12	Denise Lancaster	W45	37:51
13	Ray Lawrence	M70	39:34
14	Alan Chambers	M60	41:02
15	Glenice Shannaha	anW7:	548:47

M45 31:18

8.0 km cross country

1 Chris Maher

2	Bert Carse	M55	32:32
3	Wally Crowley	M40	32:54
4	Ralph Henderson	M50	32:57
5	Stephen Dunn	M30	34:09
6	Gary Fisher	M45	34:46
7	Antoinette Shaw	W50	35:12
8	Bob Schickert	M55	35:22
9	Paul Hughes	M50	35:23
10	Tony Whittaker	M45	35:37
11	Gareth Brunt	M45	35:48
12	Jon Wannberg	M30	35:54
13	John Allen	M40	36:04
14	Ivan Brown	M55	36:14
15	Johan Hagedorn	M55	37:18
16	Brian Danby	M50	38:35
17	Frank Smith	M55	38:36
18	Peter Sanders	M50	38:46
19	Mike Kahan	M55	39:04
20	Paul Kelly	M45	40:27
21	Sandy Bond	W35	40:57
22	Keith Atkinson	M40	40:59
23	John Ellard	M55	41:18
24	David Carr	M65	41:31
25	Bob Sammells	M60	41:32
26	John Pellier	M60	41:38
27	Stan Lockwood	M70	41:49
28	Adrian Damiani	M45	41:51
29	John Mison	M50	41:56
30	Brian Smith	M60	42:26
31	Jan Kelly	W45	43:21
32	Mitch Loly	M55	43:46
33	Shirley Bell	W50	43:59
34	Kathy Waters	W30	44:06
35	Vic Waters	M55	44:08
36	Richard Harris	M60	44:46
37	Mike Faunge	M60	44:50
38	John Davies	M55	44:56
39	Robert Sheehy	M50	45:19
40	Aldo Giacomin	M60	46:02
41	Mike Rhodes	M50	46:14
42	David Muir	M55	46:21
	Jeanette Tiverios		47:48
44	Jack Williamson	M55	49:05
45	Ann Turner	W60	49:33

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46 Sue Sanders

47 Margaret BennettW55 54:59

W45 51:39

48	Shorty Turner	M60	54:59								
2 k	m Walk										
1	Barry Lunn	M60	17:00								
4 k	4 km Walk										
1	Pat Miller	W	35:49								
2	Ernie Moyle	M70	39:14								
3	Rex Bruce	M55	39:14								
4	Carol Ann Lunn	W55	43:38								
5	Julie Wood	W50	43:38								
6	Fred Watson	M80	47:58								
7	Fred Hagger	M70	47:58								
8	Mary Heppel	run	35:49								
6 l	m Walk										
1	Paul Martin	M55	35:14								
2	Dick Blom	M60	37:00								
3	Bob Chalmers	M60	43:56								
4	David Brown	M	43:23								
5	Barrie Thomsett	M55	43:25								
6	Lynne Schickert	W55	45:08								
7	Michele Mison	W	45:10								
8	Dorothy Whittan	ı	W60								
		46:18									
9	Lorna Lauchlan	W65	46:18								
10	Jackie Billington	W55	46:18								

Brian Foley.

11 Val Wheeler

12 Pat Ainsworth

10th OCEANIA GAMES NORFOLK ISLAND ADVENTURES - 15-23 January 2000

W65 51:36

W

51:36

Fifteen members traveled from WA for competition, friendship and sightseeing and everyone had a great week. Rob Macliver, Fiona McAuley and Pam Smith did not compete but were very active social members. Highlights (or lowlights) included ticket problems for John and Michele Mison; an extended stay in Sydney due to bad weather on the island for Duncan and Fiona (and 100 other Australian nearly competitors) which meant Duncan missed his 100 m, 200 m and 800m Brian Bennett's competition injury and his near dive to oblivion over a cliff after standing in a mutton bird hole; the nightly suppers at Pine Valley Apartments; Michele "Imelda" and her shoe purchases and Brian (now "Fish" Smith to all of us) after his opening ceremony capers; and last but not least, the problems with the rough track. We also enjoyed the hospitality of Angela Guymer with whom Brian (Fish) and Pam (Chips) stayed.

In total, WA Vets collected 41 medals: 13 gold, 13 silver and 15 bronze - a pretty good effort. Peggy Macliver came home with six gold and new Games records in the 400 m and 800 m.

Norfolk Island is smaller than Rottnest but very green and hilly with marvelous coastal scenery. Honesty is taken for granted: keys are left in cars in the street - a very pleasant contrast to travelling in Europe. The next Oceania Games will be held in Geelong in January 2002. Hope to see you there.

Bob Schickert

Margaret Bennett W55
5K 28.50 4th
8K CC 52.03 6th
and Silver Teams Medal

Peggy Macliver W55

100 m14.7 1st
200 m30.13 1st
400 m67.0 1st
(Games record)
800 m2.39.41st
(Games record)
4 x 100 m relay 1st
Medley Relay (800 m leg) 1st
100 m Norfolk Island Gift 5th

Michele Mison W50 3K Walk 20.47 3rd 5K Walk 36.22 4th 10K Walk 1.12.51 3rd and Silver Teams Medal

 Lynne Schickert W55

 3K Walk
 21.46 2nd

 5K Walk
 36.33 2nd

 10K Walk
 1.19.42
 2nd

 2K Steeple
 15.06 3rd

 Long Jump
 2.39 m
 8th

 Triple Jump
 5.88 m
 6th

 Discus
 11.20 m 11th

Javelin 9.20 m 11th **Val Wheeler** W65

3K Walk 24.27 3rd

5K Walk DSQ

10K Walk 1.28.43 2nd

Brian Bennett M50 8K CC 36.22 7th

John Mison M50 8K CC 42.40 10th 10K Walk 58.38 1st and Gold Teams Medal

Duncan McAuley M50
400 m59.1 1st
1500 m 4.39 2nd
8KCC 33.03 4th
and Silver Teams Medal
3K Steeple 12.11 2nd
800 m Norfolk Island Gift 6th

 Bob Schickert
 M55

 800 m2.34
 4th

 1500 m
 5.10
 3rd

 5K
 18.54
 3rd

 8K CC
 34.27
 3rd

 and Silver Teams Medal

 3K Steeple
 13.09
 1st

Brian Smith M60
5K (ran lap short) DNF
8K CC 40.23 3rd
and Silver Teams Medal
Half Marathon 1.55.00 2nd
nd Silver Teams Medal

Fred Watson M80 100 m Long Jump 1.25 m 1 st Triple Jump 1st Discus 3rd 7.94 m Hammer 7.67 m 3^{rd} 3^{rd} Javelin 9.69 m Shot Put $3 \, \text{rd}$

Rob Young M55 3^{rd} Shot Put 10.24 m H/Weight 4^{th} 10.12 m (PB) 4th Discus 31.17 m 4^{th} Hammer 24.83 m 3rd Javelin 23.20 m (PB) Weight Penthalon 2640 pts includes PB in Hammer of 26.07 and overall PB by 400 points

Club Pentathlon 13th January 2000

Conditions this year were perfect for the Club Pentathlon, with the long runs being held by the light of a classic WA sunset, A field of 8 ladies and 17 men saw Peggy Macliver and David Carr emerge as winners after a hard evening's competition. The recent change from Shot back to Discus, and the use of the old weights Javelins meant that old records were applicable. resulted in Peggy Macliver setting a new Australian and State record for the W55. David Carr a State record in the M65, and keeping it in the

family, Pat Carr with a new State record in the W65.

Pat made an exceptional Long Jump with 908 points and David Clive and Mike Edwards were the best in the keenly contested men's long jump. Alec Cummings was clearly the best in the discus throw and Lorna Lauchlan the leading lady. Peggy Macliver showed her class in the 200m as did David Clive, Mike Edwards and Greg Vander Sanden all performing well. Pat Carr and Mike Edwards were the leading throwers. The iavelin performance of the evening was Peggy's 800m with 966 points. David Carr, Brian Foley and Greg

Vander Sanden all ran respectable 1500m.

The success of the evening was due in no small part to the efforts of the helpers. Thanks to all who assisted with special thanks to Barrie Thomsett and Jeff Whittam who organised their groups throughout the evening. Thanks are also due to Bob Schickert, Katrina Spilsbury, Jackie Halberg and Warren Davey who seemed to be helping all over the arena. Once again Bob Sammells and his trusty computer saw that the correct points were calculated and that the records were duly claimed. thanks Robert.

Bob Fergie

	Age	Long Ju	ımp	Discus		200m		Javelin		800m /	1500m	Total	Pos.
	Ť	distanc	point	distanc	point	time	points	distance	point	time	points		
Eileen Hindle	50	4.28	762	19.31	390	33.7	525	15.82	345	3.48.5	241	2263	4
Peggy Macliver	55	3.85	706	18.90	441	30.4	8.45	15.32	388	2.40.1	966	3346	1
Lynne Schickert	55	2.69	274	10.90	218	47.5	32	10.46	239	4.29.6	90	853	7
Dorothy Whittam	60	3.57	700	16.82	444	35.7	584	17.32	525	4.11.6	248	2501	3
Margaret Robinso	60	2.35	225	10.86	256	42.2	251	7.25	171	3.36.7	502	1405	5
Pat Carr	65	3.74	908	14.98	448	35.2	722	17.93	634	3.58.1	435	3147	2
Lorna Lauchlan	65	2.21	233	16.38	499	53.5	13	14.38	490	4.47.0	147	1382	6
Shane Nagle (vis)	30	0	0	13.08	146	29.00	296	0	0	5.08.8	510	952	17
Jon Wannberg	30	4.57	303	17.30	222	29.40	1	19.51	155	5.01.3	552	1504	12
Ian Savage	30	4.30	255	21.18	294	30.40		21.11	176	4.59.3	564	1505	11
Campbell Till	40	5.50	628	16.93	215	26.80		28.81	357	5.36.1	457	2208	6
Tom Lenane	40	4.37	367	16.38	205	30.20	318	30.73	389	6.37.1	201	1480	13
Mike Edwards	40	5.82	709	24.73	362	24.80	1	37.81	511	5.35.1	462	2759	2
G. Vander Sanden	ļ	5.03	514	22.82	325	24.70	723	29.65	371	4.36.5	797	2730	3
Dave Wyatt	45	5.34	682	19.27	293	27.00	610	27.43	379	ftf	0	1964	8
Arnold Jenkins	55	3.55	361	19.52	338	30.00	540	22.90	384	5.59.2	544	2167	7
Brian Foley	55	0	0	19.38	334	33.40	330	15.25	215	5.10.7	799	1678	10
Leon Sander	60	3.99	561	29.22	517	29.30	666	21.39	356	6.26.6	496	2596	4
David Clive	60	4.48	720	20.29	322	28.00	763	16.32	242	7.79.6	195	2242	5
John Sutton	60	2.66	193	25.49	435	54.30	0	23.67	408	0	0	1036	16
Bob Fergie	60	0	0	27.32	475	37.60	191	27.35	492	7.21.9	281	1439	14
Alex Cummings	65	2.91	304	32.95	686	48.30	0	19.06	346	0	0	1336	15
David Carr	65	3.56	504	22.87	435	30.00	704	22.01	420	5.29.6	865	2928	1
Allen Tyson	70	2.49	234	21.50	461	37.60	345	18.31	372	8.18.7	262	1679	9

Deadly Medley Relay 6th February 2000

It was a warm, breezy morning (as usual for this event). We had 32 runners and 18 walkers out there and the competition was tough! Our thanks to Jeff Whittam, who once again organised the walkers relay, and to our ef-

ficient team of helpers, Norm and Pat Miller, Margaret and Brian Bennett, and especially to Trevor Brown, who hopped around like a flea in a fit, try- D. McCauley 6.35 ing to give out numbers to competitors as they finished each lap!

Ann and Shorty Turner

12km Relay 1st Geriatric Greyhounds 2 x 2km laps 7.35 J. Hagedoorn 7.54 8.35 2 x 1km laps G. Young 4.58 3.57

3.57

4.03

A. Jenkins

Total time 47.53 2nd Happy Harriers 2 x 2km laps	2 x 1km laps N. Medcalf 5.20 5.29 K. Johnson 4.58 4.52 Total time 53.09		6 th 2 x 2km laps Ray Hall 12.25 12.30 2 x 1km laps
D. Wilmer 7.00 7.08 M. Rhodes 8.18 8.49 2 x 1km laps	6^{th} Blundering Bouncers 2 x 2km laps	2 x 1km laps V. Wheeler 8.17 8.25	L. Boothman 8.58 8.27 <u>Total time</u> 42.20 7 th
G. Hughes 4.06 4.06 D. Lancaster 5.31 5.29 <u>Total time</u> 50.18	2 x 1km laps	2 x 2km laps	2 x 2km laps J. Mison 10.20 10.51 2 x 1km laps
3 rd Eager Elders 2 x 2km laps	S. Maslen 5.50 5.4 E. Brown 4.50 5.0 Total time 54.55	2 x 1km laps K . McCauley 8.38 8.05	F. Watson 10.57 10.25 <u>Total time</u> 42.33 8 th
J. Ellard 8.03 8.10 D. Carr 8.46 9.13 2 x 1km laps	7 th Doddering Dawdlers 2 x 2km laps	Total time 39.12 3 rd 2 x 2km laps	2 x 2km laps M. Mison 13.28 13.34 2 x 1km laps
A. Jennings 3.51 3.52 S. Bullen 5.04 5.00 Total time 52.01		7 2 x 1km laps L. Lauchlan 7.26 7.26	M. Flanders 8.06 8.02 Total time 43.10 Vis 2 x 2km laps
4 th Ancient Athletes 2 x 2km laps Bert Carse 6.29 6.33	K. Thomson 5.04 4.4 <u>Total time</u> 54.56	2 x 2km laps	M.McDowell 11.25 11.15 2 x 1km laps K.McDowell 7.24 7.29
Sue Hughes 9.31 9.50 2 x 1km laps G. Medcalf 6.02 5.50	8 th Fabulous Footslogger 2 x 2km laps	s 2 x 1km laps B. Sammells 7.53 7.03	Total time 37.33
D. Burge 4.15 4.16 <u>Total time</u> 52.46		5 th	
5 th Creeping Codgers 2 x 2km laps P. Hughes 7.05 7.1	B. Carse 5.02 5.2 <u>Total time</u> 56.09	D. Whittam 13.48 13.35 2 x 1km laps P. Ainsworth 7.31 7.24	
M. Faunge 9.14 9.0 HAPPY BIRTHDAY AL	L OUR MARCH MEMBER:	Total time 42,18 Lipscombe, Frances 13/	/03/58 42 remains W40
Carroll, Ed 0 Brown, Eileen 0	1/03/41 59 remains M55 1/03/46 54 remains W50 1/03/65 35 becomes W35	Ellard, Elaine 13, Johnson, Kirt 14,	703/42 58 remains W55 703/29 71 remains M70 703/36 64 remains W60
Brambley, John 0 Davies, Val 0	2/03/42 58 remains M55 2/03/42 58 remains M55 3/03/44 56 remains W55	Loly, Mitch 20/ Sanders, Peter 20/	/03/56 44 remains W40 /03/40 60 becomes M60 /03/45 55 becomes M55
Innes, George 0 Harrison, Bob 0	3/03/35 65 becomes M65 3/03/42 58 remains M55	Kernaghan, Barrie 20. Caplin, Donald 22.	/03/32 68 remains M65 /03/40 60 becomes M60 /03/39 61 remains M60
Smith, Lois 0 McAuley, Fiona 0	3/03/42 58 remains W55 5/03/50 50 becomes W50 5/03/51 49 remains W45 5/03/42 58 remains M55	Speechley, Anthony 23. Cummings, Alex 23.	/03/38 62 remains W60 /03/44 56 remains M55 /03/31 69 remains M65 /03/52 48 remains W45
Stone, Jo 0 Molloy, John 0	5/03/45 55 becomes W55 5/03/51 49 remains M45 5/03/38 62 remains M60	Kelly, Janet 25. Bucens, Marion 25.	/03/54 46 remains W45 /03/41 59 remains W55 /03/48 52 remains M50
Sander, Leon Con Lauchlan, Lorna Con	7/03/37 63 remains M60 9/03/30 70 becomes W70 1/03/44 56 remains M55	Hazell, Douglas 29. Crowley, Walter 29.	/03/52 48 remains M45 /03/55 45 becomes M45 /03/44 56 remains W55
Bould, Clifford 1	2/03/16 84 remains M80 3/03/45 55 becomes W55		/03/40 60 becomes W60

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