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# VETRUN



THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

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Editor: Rod Tinniswood. Copy for Vetrin: See panel page 2 • [www.netprojex.com.au/wavac](http://www.netprojex.com.au/wavac)



The Golden Gang from Oceania Games. Left: from left, Bert Carse, John Mison, Ivan Brown, Lynne Schickert, Michele Mison, Bob Schickert.  
Right: Bert and Bob flash their gold.

See WA results on page 6

## Good old Vets

As a relative newcomer to the club, I am still finding out to my amazement how many members, apart from the appointed office bearers, who do so much for the club in their own quiet way. At first, to me it seemed that the club format was so well evolved that it was self-perpetuating.

It appeared that the committee ran the business end of the club, race directors ran the events and the appointed helpers helped to keep it simple and efficient by giving up two of their runs a year.

This is true, but that's not where it ends. When I looked a little deeper, or attended a few more events (like track and field for instance) I found that apart from the high profile doers, there are many others who silently get on with it. These quiet achievers assume responsibility for those small but vital functions and they don't expect any thanks for what they do.  
*Good on y'all.*

For my part, I would like thank all those who have helped me over the last ten months by making contributions to the newsletter. It certainly has made the job easier and it's a good way to find out what members want from their Vetrin.

With the AGM coming up on April 15 someone handed me a poem (included below) and suggested that I might consider it for the newsletter. I have to admit that when I read it I felt that there weren't too many in our club that would say 'No!' when asked. What you think?

Rod

**Some members keep a club so strong**

**While others join in just to belong**

**Some dig in, some serve with pride**

**Some go along just for the ride**

**Some volunteer to do their share**

**While some sit back and just don't care**

**Some do their best, some help, some make**

**Some do nought but only take**

**Some help a club to grow and grow**

**When asked to help they don't say 'no!'**

**Some greet new members with a smile**

**And make their coming more worthwhile**

**While some go on their merry way**

**Neither a kind word nor greeting say**

**Some pull, some drag, some don't, some do**  
**Ponder over which one of these is you.**

Anon

"The highest reward for a person's toil is not what they get for it, but what they become by it."

John Ruskin

## Annual General Meeting

The Annual General Meeting of the WA Veterans Athletic Club will be held on Monday 15 April 2002 at 7.00pm at the YMCA Hockey Club Rooms, Perry Lakes Drive, Perry Lakes.

Any notices of motion must be made in writing to the Club secretary at least 30 days before the date of the AGM, for inclusion in the Agenda.

Nominations for life memberships to be given in writing to the Committee by 15 March 2002.

## In this Issue:

- All the results:  
Mosman Park  
Clydesdale  
Boxing day  
Track + Field
- New members • Birthdays
- Helpers List for Jan/Feb





## Jon W. - Running for Life

**J**ON WANNBERG of Jandakot has been run off his feet again this last year to raise funds for brain cancer research in children. Jon started running to deal with his grief after losing his son to a brain tumour in 1996.

Last year's fund raising activities started with Jon shaving his head for the Me-No-Hair-Day on February 28. He then started a 24 week marathon training schedule on March 5 (Labour Day). He was already doing 60km/wk. The programme included Wednesday evening training runs with the Marathon Club, as well as our Thursday evening track and field sessions and Sunday morning club runs. The programme peaked at 145km/wk.

Jon was involved with the organising of the annual Joondalup Festival Fun Run on March 25, where sponsorship, donations and proceeds go to the 3 Boys' Legacy.

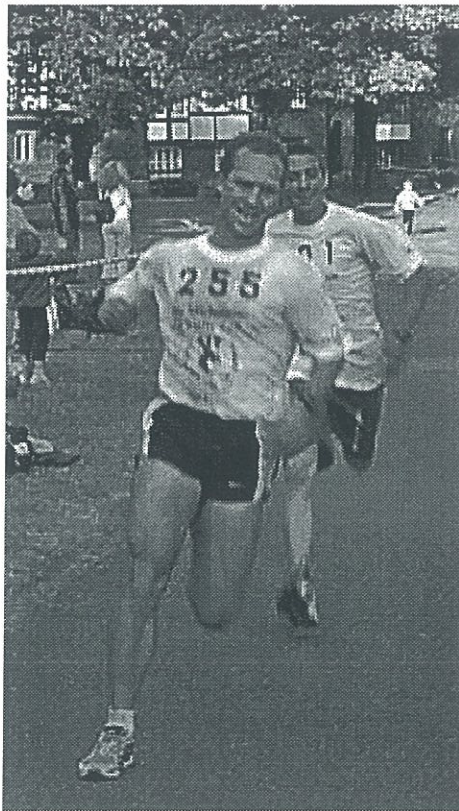
April 4, marked the day when Jon's son, Ricky, had been dead as long as he was alive before he had to give up his fight against cancer. Jon celebrated the memory of Ricky by breaking 40mins (39'32) over 10km again. Jon had returned to good form partly thanks to iron supplements to overcome tiredness. His training now averaging 100km/wk.

Jon then took long service leave on May 28, to further his training and his 'Fund Run Raising' in England and Sweden. On June 13, he was placed 7th in the 5km Michelmores Charity Run to raise a few pounds for the Exeter Leukaemia Fund by achieving a new road race PB of 18'55.

Further funds and publicity was achieved through one of Jon's best runs to date; the Torbay Half Marathon in 1.25'47. This event was dubbed a Microwave Marathon as the thermometer soared to a scorching 100 degrees plus (Fahrenheit). More than 1000 runners took to the streets of Paignton, Churston and Brixham in South Devon. The winner Erick Kiplagat (1.07'47) of Kenya seemed to revel in the hot conditions around the hilly course. He was so far ahead, he was in a race of his own.

Once in Sweden, Jon took revenge on 'his Grandma's backyard' - the 'Flora Lake Get Around' by improving his 1997 time by more than 3 minutes to finish the hilly 11.6km in 46'03 and finishing 4th.

Jon's pre-Marathon preparation in Sweden included a 12.8km 'Strawberry Race', an 8km cross country race, a 40km 'distance



*Jon Wannberg finishing the Exeter race*

test run', a 9.3km cross country race and a 6.2km fun run.

Jon celebrated his 35th birthday by running his old hometown Marathon ('the Herring Marathon'), finishing 14th in 3.19'29 - a PB by almost 26mins. Jon liaised with the local Children's Cancer Research Foundation, who initiated a Kilometre Sponsorship to raise funds from local businesses. Jon's run raised 12470SKR (approx \$2500) to support children with cancer in the local community. For Jon, this was a dream come true.

Jon found his way back to life through his running after having had his life shattered when his son, Ricky, was diagnosed with a terminal brain tumour at the age of 3. It took 9 weeks to reach the final diagnosis. The doctors thought it was something to do with his digestion at first due to 'morning sickness' like symptoms. Ricky fought bravely for over two years through operations, chemo therapy, radio therapy and more, before he succumbed to the diabolical disease.

Ricky was such a happy go lucky little boy and he was a huge fan of Mickey Mouse. Through the Make A Wish Foundation he got to meet his big idol. Early one morning a Fire Engine came to pick Ricky up and took him to the airport. The family flew to Adelaide where a limousine was waiting to take Ricky to a Mickey Mouse show. When Ricky relapsed after a brief remission the family decided to

take him to Disneyland in Los Angeles. He had the time of his life but collapsed at the Sydney airport on the way back. After a day at the Prince of Wales Hospital for Children, he was flown to Perth and connected to an oxygen tank. The doctors had not expected him to survive the trip.

From December 1995, every night was a struggle. Jon asked Ricky once if he felt like giving up. Yeah Dad, I feel like getting up - came his reply. Ricky passed away on 17 March 1996. He was only five years of age.

Following Ricky's death, Jon lost 20kg, his marriage broke down, he suffered anxiety and struggled to cope. He had two options. Either live miserable ever after or work hard to find another way back to life. Only when he put on his running shoes and hit the road for a few kilometres at a time did he feel some comfort. He felt closer to his son.

Jon's motivation slowly returned through running. He founded the 3 Boys' Legacy in memory of Ricky and his two friends who died from the same type of cancer within a month of each other.

3BL has established a research arm to work alongside the successful Leukaemia research team at the TVW Telethon Institute for Child Health Research in WA. 3BL is a small and highly motivated group, but the research can only be successful if substantial fundraising occurs. All community support is greatly appreciated and it will help raise the survival rates of children with brain cancer, thereby removing the unnecessary burden placed upon these children, their families, the medical system and society.

*This year's 3 Boys' Legacy run is on Sunday 24 March which unfortunately clashes with the State Track and Field Championships' Sunday morning program*

### It's your newsletter

*Contributions are welcome.*

15 Fitzpatrick Way, Padbury WA 6025, or email:

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

**Home phone: 9403 6353**

### Back issues of Vetrin

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

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



## NOTICE BOARD

### Reunion

Former members of the the Melville Districts Athletics Club are organising a reunion of past and present member athletes, coaches and officials in February/ March 2002. Any one who knows the whereabouts of members or ex-members can contact Paul Hughes on wk (08)94305557, (fax wk) 0894305990, (h)0893845737, 0412513348 or hgapl@bigpond.com or write to PO Box 797, Fremantle.WA.6959.

### FREE PROGRAM. Results and Calculators

I Have put together a little database that allows you to enter your running program and results. It also has a Time/Distance calculator and an Age-graded performance calculator. You need a computer that has Microsoft Access (version 2000 or 97) installed to run it.

*If you are interested see Ian Davies to get your free copy.*

### Run with the Stars

Tourists can experience Hollywood's twin passions - celebrity and fitness - on a Stars of the Silver Screen running tour around Los Angeles' celebrity neighbourhoods.

Off'n Running offers weekly 6-to-10-km runs past the estates of celebrities like actress Diane Keaton, singer Rod Stewart and producer Aaron Spelling, as well as Hugh Hefner's Playboy Mansion. Tours last about 90 minutes and cost from \$23, including a souvenir T-shirt and bagel breakfast. Individual runs are also available.

To book, e-mail Cheryl Anker at run2tour@aol.com Simon J

### Lost numbers

Many of the plastic placing numbers given out at the finish line have gone missing.

Not everyone goes directly to the recording table at the end of the race. Please do so, as it makes it easier for the place recorders and avoids the possibility of the the number being dropped or inadvertently pocketed or thrown into a kit bag.

Please check if you have any of the club's numbers and return a.s.a.p.

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## Profile #3: Peter and Judy Hill - M54 and W54



**D**o you remember the Dam-to-Dam run? Well, you can blame Peter and Judy for that.

They joined the club in 1988. Peter then a smoker, wanted to get fit. Judy is a customer service officer at KIC, while Peter works for the Agricultural Department as an advisor and crop inspector.

With a country home in Huntingdale, it's no wonder they are also very involved with orienteering as a sport

Personal Bests:	Peter	Judy
5km	19.something	40.something
21.1km	87 mins	2:45
<b>Favourite Run:</b>	Wildflower Run	Darlington Dash
<b>Favourite Sport:</b>	Orienteering	Triathlon
<b>Best sports-person:</b>	Rob deCastella	John Gilmour
<b>Long term goal:</b>	Win Age Group event	Simply to finish club events

The Hills enjoy a healthy country lifestyle and enjoy helping others. Judy likes volunteer work with her clubs' activities and Peter gets great satisfaction from helping farmers in his work. Both their sons now live away from home

### New Members

A warm welcome to the new members approved at the committee meeting on January 9, 2002.

Michael Lord	Geoff Mullins
Helen Lord	Graham Carroll
James Jackson	Malcolm Vernon
Craig Owens	Bill Harrison

### First Aid for car theft

Three member's cars were broken into and their possessions stolen at the Kings Park Friendship Run. Sadly, this is likely to happen more often. Here's what to do.

- Bring only the minimum of items of value on Sundays
- Place possessions well out of sight before leaving home, so as not to attract attention at the venue.
- Leave keys or other items at the official's table.
- Keep a look-out for suspicious behaviour and alert others.
- Phone police on 9222 111 or 131 444 for local station.

### Why Carry Cash?



For all club items and activities, payment by cheque or credit card is preferred please.  
Treasurer

### Rising cost of events

#### Melville City Council Hire Fees.

It has been the club's practice for many years to obtain approval from our local councils for our Sunday events. No fees were levied, presumably because we only used the car park and toilet facilities that were already free of charge to the public.

In recent years this has changed and councils are now imposing small fees. The Kings Park Board, for example, charges us \$55 for each event held there. Our draft programme for 2002/03 includes several events in the Melville area and the Council proposes to charge us \$200 each time.

Repeated attempts by Keith Atkinson and Bob Schickert to persuade the Council to reduce this to an acceptable level have failed and a letter has now been sent to a State Government body, with copies to others, seeking advice and guidance on the issue.

The Committee will advise the outcome in due course.

Bob Sammells

### Get well soon Val

We would like to wish Val Wheeler our very best wishes for a full and speedy recovery.



# Results



## Clydesdale Run/Walk

4K / 8K Run / Walk 30, December 2001

Well again the last run of the year turned out to be a good one & the weather was also made to order. There were 130 runners / walkers which was fantastic, considering so many people are still on holidays (wish all the other path users had gone away for the day!)

Being mere humans there were a few minor problems. Some people went to Clydesdale Park & luckily John was there to redirect (hope we did not miss anyone). The other problem, I hope we have sorted, but if not we can only apologise as there is not much else we can do – some of the finish tickets were a little out of order, but we have done our best and think the results are OK. There may still be a few out of order placings – sorry!

Bert Carse and Robyn King were first in the 8K run & Stephen Dunn and Joanne Samer were first in the 4K run. In the walk Jeff Whitam and Leslie Romeo were the first in the 4K, while John Davies and Lynne Schickert were winners in the 8K.

Our thanks to our helpers, Penny & Ivan Brown, Judy & Peter Hill, Barry Thomsett, Irene Ferris, Roger Walsh, Ross Parker & Chris Maker.

### 8K run

Bert Carse	29.25
Trevor Robertson	29.58
Wally Crowley	30.57
Ralph Henderson	30.59
Neil McRae	31.06
Jim Kalinge	31.10
Gareth Brunt	31.27
John Allen	32.13
Bob Schickert	32.22
James McCarthy	32.27
Richard Russell (Vis)	32.31
Jeff Lindhorst	33.10
Doug Ashfield	33.54
Ivan Pilton	34.55
Brian Danby	35.07
Gary Fisher	35.18
John Presley	35.31
Cameron Seaton (Vis)	35.54
Stephen Thomas (Vis)	35.58
Robyn King	36.09
Keith Atkinson	36.15
Mike Khan	36.22
Debbie Burge	36.25
M. Vernon (Vis)	36.34
John Mack	36.28
Wayne Bates	36.36

Adelia Hendry	36.38
Jeff Mullins	37.08
Sue Sanders	37.09
Margaret Robinson	37.54
John Dunce	38.34
Mike Faunge	38.34
Jackie Halberg	38.38
Brian Smith	38.56
Simon Mort	39.16
Paul Martin	39.19
Neville Scott	39.32
Gavin Gilderstone	39.34
Brian Foley	39.38
Jim Barnes	39.54
Raymond Loly	39.59
Rod Tinniswood	40.20
Gillian Young	40.20
Margery Forden	40.42
Rob Sheehy	40.44
Syd Beer	40.51
David Carr	40.52
Nick Meletic	41.06
Stan Lockwood	41.24
John Duffy	41.26
Alan Day	41.42
Jenny Barnes	41.46
Jeff Spencer	42.38
Merve Moyle	42.46
Sue Bullen	42.54
Ann Turner	43.40
Mitch Loly	44.10
Wendy Duncan	44.20
Rod Dugall (Vis)	44.21
Ray Hall	45.03
Val Millard	45.42
Pam Toohey	46.55
Arnold Jenkins	46.56
Laurie Collett	49.49
Denise Lancaster	52.48
Maurice Warren	52.49
Elaine Dance	55.03
Sheila Maslen	55.05
Margaret Bennett	55.06

### 4K run

Stephen Dunn	14.19
Mike Leary	15.24
Jon Wannberg	15.36
Ian Davies	15.47
Colin Chisholm	15.58
Dave Roberts	16.01
John Najjar	16.58
Henry Cortis	17.22
Dave Scott	18.25
Peter Sanders	18.58
Dick Blom	19.07
Joanne Samer	19.09
Milton Maverick	19.34
Michael Anderson	19.36

Graham Lucas	19.37
Liz Duffield	19.42
Richard Harris	19.48
Glenda Laurence	19.54
W. Clemments-Green	20.17
John Pellier	20.28
Vic Beaumont	21.04
Heather Sanderson	21.16
Bob Sammells	21.47
Kirt Johnson	22.14
Mike Prentice	22.40
Joan Pellier	23.29
Allison Aldridge	24.04
Ray Lawrence	24.07
Brian Aldridge	24.23
Bronwyn Gee	24.43
Sue Vetten	17.49
John Brambley	17.50
Mike Rhodes	18.18
Dick Blom	18.31
Joe Stickles	18.54
Michael Anderson	18.59
Glen Stephen	19.19
Arnold Jenkins	19.30
Richard Harris	20.02
Peggy McLiver	20.13
Heather Sanderson	21.02
Bob Fergie	21.53
Joan Pellier	22.04
George Schaefer	22.29
Ray Hall	22.39
Julie Wood	22.46
Allison Alrich	22.47
Ray Lawrence	23.04
Pierre Viala	23.05
Christine Kirkness	23.26
Denise Lancaster	24.18
Kirt Johnson	24.19
Peter Davies	24.25
Peter Airey	24.33
Mary Hepple	26.09
Nola Metcalf	26.10
Rosa Wallis	26.16
Ron Spencer	30.47

### 8K Walk

John Davies	49.56
Lynne Schickert	57.59

### 4K Walk

Lesley Romeo	
Dorothy Whittam	30.31
Christine Wheeler	32.30
Val Wheeler	32.30
Alan Pomery	32.33
Pat Ainsworth	37.04
Pat Hopkins	34.46
Jeff Whittam	35.01
Rex Bruce	37.24
Ernie Moyle	37.26
Jill Midolo	39.42
Annette Marshall	41.00

When we have done our best, we  
should await the results in peace.

J Lubbock



## Mosman Park

10.00km & 4.5km run / walk held on 9th December 2001

Conditions were cooler on the course this year and ninety five runners and walkers enjoyed the scenic run between Mosman Park and Fremantle. Problems encountered were the wind blowing over the time clock, the small hand-held recorder not printing clearly and as a result your times maybe incorrect.

Thank you to Paul Martin, Dick Blom, Robin King, David Roberts, George Innes, Peggy McLiver, Shelia Maslem, Bill Hughes, Paul and Carla Carr and Allan Tyson. See you all next year.

Paul & Sue Hughes

### Men's 5km run

Bob Schikert	19.00
Eddy Groughan (visitor)	19.19
John Najar	19.43
Garry Cortis	20.03
David Carr	20.14
Vic Waters	20.20
Peter Hill	22.25
Raymond Loly	23.47
Leon Sander	23.44
Roger Walsh	24.15
Peter Airey	24.27
David Willmer	25.26
Arnold Jenkins	25.46
Vic Beaumont	27.13
Kirt Johnson	27.17
Pierre Vialar	33.03
Frank Usher	39.36

### Women's 5km Run

Liz Duffield	23.49
Ruth Willmer (vis)	25.17
Val Millard	26.05
Pamela Toohey	26.50
Morey (vis)	27.16
Grace Willmer	28.52
Julie Wood	29.15
Elaine Ellard	33.01
Mary Heppell	33.35
Ellie Bamber	34.34
Phyllis Farrell	50.24
Glenice Shanahan	49.16

### Men's 5km walk

Barrie Thomsett	40.39
Jeff Whittam	42.39
Rex Bruce	44.53
Leo Hassam	44.54
Ernie Moyle	45.13

### Women's 5km walk

Lorna Lauchlan	35.55
Dorothy Whittam	39.57
Rosa Wallis	39.58
Judy Hill	40.35
Pat Ainsworth	40.37
Maggie Flanders	40.49
Christine Wheeler	40.53

### Appologies to Paul and Sue Hughes

The Mosman Park results were emailed to me on the night of the run. I carefully put them aside for the next Vetrun and they got left behind with the excitement of the silly season. - Rod

Val Wheeler	40.55
Barbara Bailey	41.04

### 10Km Men's Run

Warren Gee	38.46
Ralph Henderson	40.09
Wally Crowley	40.40
Frank Smith	41.17
John Allen	41.24
Michael Barton	42.44
David Muir	45.06
Mark Rosen	45.17
Cameron Seaton( Vis)	46.07
Garry Fisher	46.20
John Bell	46.26
Johan Hagedoorn	46.37
Syd Beer	46.41
John Mack	47.13
Brian Foley	47.13
Peter Sanders	47.50
Keith Atkinson	48.22
Wilf Bamber	48.50
John Ellard	48.53
Gavin Gildersleeve (vis)	49.12
Nick Miletic	49.53
Robert Sheehy	52.03
Jim Halliday	52.57
John Duffy (vis)	53.05
Brian Hunter	55.47
Mitch Loly	56.03
John Dance	56.08
Merve Moyle	57.07
Ray Hall	59.10
John Smith	59.28
Merve Jones	60.52
Jeff Spencer	60.54

### Women's 10km Run

Debbie Burge	47.06
Delia Hendrie	48.13
Shirley Bell	49.43
Gillian Young	49.53
Moiria Lenaghan	50.55
Jenny Barnes	52.55
Sue Sanders	54.23
Margaret Robinson	54.32
Jackie Halberg	55.19
Sue Bullen	57.34
Jeanette Tiverios	57.57
Christine Rompotis	59.22

### Men's 10kmn Walk

John Mison	61.01
George Schaeffer	61.04
John Frost	61.22

### Women's 10km Walk

Lynne Schickert	61.14
Michelle Mison	61.15
Elaine Dance	61.16
Helen Lord(vis)	61.22
Michael Lord ( vis)	61.23

## Boxing Day Run 2001

Aldo Giacomani	M65	2KM	13:04
Brian Aldrich	M70	2KM	13:06
Audrey Giacomani	W65	2KM	13:37
Anne Turner	W65	3KM	17:06
Henry Cortis	M55	4KM	18:01
Dave Scott	M55	4KM	18:30
Bronwyn Gee	W45	4KM	22:30
Steve Toohey	M50	4KM	22:54
Pamela Toohey	W55	4KM	22:56
John Davies	M55	4KM	23:21
Allison Aldridge	W55	4KM	23:23
Brooks Newman	M20	4KM	24:27
Peter Sanders	M55	5KM	24:37
Rex Bruce	M60	4KM	24:46
Christina Rompoas	W40	5KM	27:18
Sue Sanders	W45	5KM	27:26
Jeff Mullins	M55	6KM	27:56
Merv Jones	M60	5KM	28:42
Glenda Lawrence	W45	6KM	31:30
Ray Hall	M65	4KM	33:08
John Allen	M40	8KM	34:22
Elaine Ellard	W55	5KM	34:56
Ralph Henderson	M50	9KM	35:10
Ivan Pilton	M55	8KM	35:13
Richard Harris	M65	6KM	35:25
Jenny Barnes	W50	6KM	35:30
Jeff Whittam	M65	4KM	37:03
Bob Schickert	M60	8KM	37:05
John Bell	M55	8KM	37:10
John Mack	M60	8KM	37:12
Garry Fisher	M45	8KM	37:20
Terresa Lees	W45	8KM	37:51
Stephen Dunn	M35	10KM	38:04
Warren Gee	M50	10KM	38:07
Keith Atkinson	M45	8KM	38:32
Tom Ellard	M60	8KM	38:55
Carol Broderick	W45	8KM	39:30
Ken Brownlie	M55	8KM	39:52
Dorothy Whittam	W65	5KM	40:48
Gillian Young	W50	8KM	40:54
Nick Miletic	M50	8KM	40:56
Shirley Bell	W50	8KM	42:03
Brian Smith	M60	8KM	42:04
Lynn Schickert	W60	6KM	42:30

Joe Stone

Mike Stone



It was reported that our editor, having survived New Year's eve, was attacked by a Rottweiler on his early morning run on January 1, 2002.

The Rotweiler is recovering well.



## Reabold Hill 6 January 2002

The first event of the year was the cross country run through the shady lower slopes of Reabold Hill, with the walking events conducted around the adjacent Perry Lakes paths.

There was excellent participation with 83 runners and 18 walkers. The weather was cool and kind, an improvement over last year's humidity. Lauchlan Marr ran strongly with the lead group, going on to win the 10 km event by 25 seconds from Colin Chisolm. A consistent Debbie Burge won the Women's 10km from Margaret Langford.

Thanks to those who helped on the day, as cross country needs more officials and they are not able to compete themselves. Jeff Whittam and Arnold Jenkins organised the walk event while Arthur Leggett, Wendy Clements-Green, John Cresp, Blakney Tindall, Brian Bennett and Alan Tyson assisted on the hill.

Brian Foley

### 3.4km

1	Henri Cortis	M55	15.38
2	John Mack	M60	15.47
3	David Scott	M50	15.59
4	Graham Lucas	M45	16.53
5	Ray Loly	Vis	17.24
6	John Woolhouse	M60	19.48
7	Mary Chan	W	21.36
8	Kris Adrian	W30	22.37
9	Jo Stewart	W50	22.39
10	Elaine Ellard	W55	25.04
11	Glennys Shannahan	W75	40.23

### 6.7 km

1	Jim Langford	M55	25.31
2	Alan Thurlow	M45	25.38
3	David Roberts	M55	27.50
4	David Wilmer	M45	28.41
5	Ellie Bamber	W30	30.09
6	David Carr	M65	30.18
7	Peter Hill	M50	32.29
8	Shirley Bell	W50	33.02
9	Dick Blom	M65	33.08
10	Roselle Main		33.53
11	Rod Tinniswood	M50	33.55
12	Paul Lewis	vis	35.06
13	Bob Sammells	M60	35.08
14	Mike Faunge		35.17
15	Peter Airey	M60	35.21
16	Roger Walsh	M60	35.29
17	Liz Duffield	W45	35.30
18	Jack Duffy		35.54
19	Ray Hall	M65	37.46
20	Merv Jones	M60	38.38
21	Vic Beaumont	M70	38.38
22	Colin Chisolm	M35	39.12
23	Heather Sanderson	W50	40.00
24	Kirt Johnson	M70	43.27
25	Ray Lawrence	M70	43.31
26	Pierre Viala	M50	47.40
27	Elaine Ellard	W50	47.40

### 10 km

1	Lauchlan Marr	M35	39.12
2	Colin Chisolm	M35	39.21
3	Darryl White	M40	39.23
4	Wally Crowley	M	39.33
5	Jim Klinge	M55	40.22
6	Paul Leach	Vis	40.37
7	Neil Macrae	M45	41.07
8	Bob Schickert	M60	41.22
9	Simon Jawichre	M35	41.47
10	John Allen	M40	41.50
11	Paul Hughes	M45	41.58
12			42.08
13	Brian Danby	M50	43.18
14	Doug Ashfield	M40	43.20
15	Stephen Thomas	M35	46.01
16	Vic Waters	M55	46.10
17	Debbie Burge	W35	46.44
18	Keith Atkinson	M45	47.04
19	Wayne Bates	M55	47.10
20	Jeff Mullins	M55	48.49
21	John Ellard	M60	49.15
22	Nic Royale	M45	49.24
23	Margaret Langford	W55	49.32
24	Nic Birks	Vis	49.33
26	Nic Miller	M50	49.59
27	Gillian Young	W50	50.02
28	Brian Smith	M60	50.03
29	Paul Martin	M60	51.02
30	J Duffy	M45	51.11
31	Jenny Barnes	W50	52.59
32			53.16
33	Margaret Robinson	W60	53.30
34	John Dance	M50	54.43
35	Jackie Halberg	W55	56.02
36	Mitch Loly	M60	56.51
37	Ann Turner	W65	57.07
38	Merv Moyle	M75	57.32
39	Stephen Toohey	M50	59.40
40	John Smith	M65	59.47
41	Val Millard	W55	60.54
42	Margaret Bennett	W60	71.10
43	Denise Lancaster	W50	71.15

### 2km Walk.

1	Bryan Bennett	M50	22.15
2	Fred Hagger	M75	22.35

### 4 km Walk

1	Pat Miller	W60	34.36
2	Jack Bailey	M75	43.23
3	Rex Bruce	M60	43.41
4	Shorty Turner	M65	43.42

### 6 km Walk

1	Lesley Romeo	W50	40.25
2	Lyn Schickert	W60	41.36
3	Michelle Mison	W50	42.58
4	Lorna Lauchlan	W70	43.53
5	Dorothy Whittam	W65	46.43
6	Lois Smith	W50	47.27
7	Alan Pommery	M70	49.20
8	Patricia Hopkins	W55	50.39
9	Maggie Flanders	W65	51.46
10	Barbara Bailey	W70	54.16
11	Jeff Whittam	M65	55.54
12	John Mison	M50	

## OCEANIA VETERANS ATHLETIC CHAMPIONSHIPS:

GEELONG, Victoria – 12-19 January 2002

Although only a small contingent represented WA Vets at the recent Oceania Games, we enjoyed the competition at another well organized event and came home with a total of 14 medals. Mild summer weather helped competitors in the distance events and Bert Carse scooped the pool in the M60 section with 6 gold medals to his credit.

Geelong is a very picturesque area with many historic buildings and with daylight saving, there was time to explore the attractions of the city including the Bay area and the Botanic Gardens. Catching buses and trains to Melbourne were highlights of our stay in Geelong too. A most enjoyable event, catching up with friends and making new ones.

The WA results follow:

### 5K Run

M60	Bert Carse	1st	17:38.31
M60	Bob Schickert	3rd	18:53.77
M55	Ivan Brown	4th	19:59.8

### 8K Cross Country

M60	Bert Carse	1st	30:03.0
M60	Bob Schickert	3rd	32:35.0
M50	John Mison		41:59.0
M50+	Bert Carse (Australia)	1st(Team event)	

### 1500M

M60	Bert Carse	1st	4:43.05
M60	Bob Schickert	5th	5:12.05

### 800M

M60	Bob Schickert	2nd	2:29.80
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### 2K Steeplechase

M60	Bob Schickert	1st	7:59:87
W60	Lynne Schickert	2nd	13:14.69

### 5K Walk

W60	Lynne Schickert	4th	33:38.82
W50	Michele Mison	4th	35:35.91

### 10K Road Walk

M50	John Mison	2nd	57:02
W60	Lynne Schickert	3rd	70:18
W50	Michele Mison	3rd	72:29

### Half Marathon

M60	Bert Carse	1st	1:20:39
M50+	Bert Carse (Australia)	1st(Team event)	

### Triple Jump

W60	Lynne Schickert	4th	6.24m (PB)
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### Long Jump

W60	Lynne Schickert	4th	2.35m
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### The Clem Green 1500 Trophy

Bert Carse with his result of 91.13% was also awarded the Clem Green 1500 Trophy for the best age-graded performance in any veteran grade in the 1500m events. This trophy symbolizes the intersocial cooperation of veteran athletes of various ethnic groups in the Oceania region and is awarded at each Oceania Championships.

Congratulations again, Bert on your outstanding results at these games.

Lynne Schickert



# Track and Field to Dec 20, 2001

22-Nov

## Triple J

Jon Wannberg	M35	7.38
Steve Payne	M42	10.25
Neil McRae	M49	8.39
Henry Cortis	M55	7.21
John Davies	M57	7.92
Brian Foley	M57	6.70
Murray Tolbert	M55	10.04
David Clive	M64	9.19
Barrie Kernaghan	M61	8.41
Derry Foley	M72	7.24
Gill Edmonds	W36	8.37
Robyn Watts	W48	6.04
Gillian Young	W54	6.22
Lynne Schickert	W60	5.80

## 200m

Simon Jawiche	M35	28.6
Colin Smith	M38	29.6
Phil Hawkes	M40	29.5
Steve Payne	M42	27.6
Blakeney Tindall	M40	30.2
Warren Davey	M51	31.9
Rod Tinniswood	M51	32.9
Henry Cortis	M55	27.7
Murray Tolbert	M55	28.5
David Clive	M64	27.7
Barrie Kernaghan	M61	27.4
Jayne Payne	W41	34.5
Robyn Watts	W48	42.5
Gillian Young	W54	38.6

## 2000mW

Tom Lenane	M45	12.27.6
John Davies	M57	12.16.5
Jim Turnbull	M65	13.07.3
Rosmarie Holloway	W45	10.24.2
Maggie Joss	W50	19.59.3
Lynne Schickert	W60	12.40.6
Dorothy Whittam	W64	12.45.7
Lorna Laughlan	W71	14.02.5

## 1500m

Dante Giacomini	M33	6.26.0
Simon Jawiche	M35	5.02.0
Colin Smith	M38	6.36.3
Jon Wannberg	M35	5.01.4
Micheal Watson	M36	4.56.9
Phil Hawkes	M40	6.57.4
Steve Payne	M42	7.24.0
Campbell Till	M44	4.59.5
Blakeney Tindall	M40	5.15.5
Darryl White	M40	4.56.2
Tom Lenane	M45	7.02.4
Neil McRae	M49	5.08.3
Gareth Brunt	M50	5.19.7
Rod Tinniswood	M51	6.17.9
Henry Cortis	M55	5.23.9
John Davies	M57	5.52.5
Brian Foley	M57	5.17.7
Frank Smith	M59	5.13.1
Bert Carse	M60	4.48.0
Bob Schickert	M60	5.05.2
David Carr	M69	5.26.1
Derry Foley	M72	7.58.4
Gill Edmonds	W36	6.51.4
Kathy Avery	W44	6.12.5
Sue Bullen	W42	7.01.0
Gillian Young	W54	6.50.2
Margaret Robinson	W63	6.59.5
Lynne Schickert	W60	8.41.0

## Discus

Warren Davey	M51	22.58
Lenny Flykt	M59	18.31
Murray Tolbert	M55	29.27
Bill Harrison	M62	20.11
Jim Turnbull	M65	23.36
Kathy Avery	W44	14.96
Eileen Hindle	W52	16.75
Maggie Joss	W50	9.86

## Javelin

Steve Payne	M42	25.03
Tom Lenane	M45	26.00
Warren Davey	M51	25.56
Lenny Flykt	M59	22.09
Murray Tolbert	M55	33.65
Bill Harrison	M62	13.53
Jim Turnbull	M65	19.31
Kathy Avery	W44	16.17
Eileen Hindle	W52	13.80
Maggie Joss	W50	9.38

29-Nov

## 200m

Ian Sanders	M42	30.8
Warren Davey	M51	30.9
Rob Greenhaigh	M51	27.3
Henry Cortis	M55	27.3
Ros Calnan	M60	32.4
Peter Gare	M60	30.5
Norm Richards	M60	30.3
Ray Hall	M67	38.1
Derry Foley	M72	35.4
Jacqui Sanders	W35	34.3
Gillian Young	W54	36.3
Pat Carr	W69	37.8

## 800m

Jon Wannberg	M35	2.34.2
Micheal Watson	M36	2.21.3
Ian Sanders	M42	3.20.7
Campbell Till	M44	2.23.0
Tom Hindmarsh	M45	2.46.5
Gareth Brunt	M50	2.43.5
Nick Bailey	M53	3.02.8
Tony Heppener	M50	2.14.9
Henry Cortis	M55	2.35.7
Brian Foley	M57	2.30.9
Barrie Kernaghan	M61	2.46.2
Norm Richards	M60	3.16.6
Bob Schickert	M60	2.32.0
David Carr	M69	2.37.8
Derry Foley	M72	3.44.6
Brian Paxman	M71	3.14.0
Jacqui Sanders	W35	3.31.2
Kathy Avery	W44	3.03.1
Gillian Young	W54	3.22.9
Lynne Schickert	W60	3.59.3

## Shot

Jon Wannberg	M35	6.64
Tom Hindmarsh	M45	6.12
Warren Davey	M51	8.35
Henry Cortis	M55	7.33
Brian Foley	M57	5.65
Peter Gare	M60	9.1
Barrie Kernaghan	M61	8.24
John Sutton	M65	7.72
Alex Cummings	M70	7.65
Derry Foley	M72	6.92
Kathy Avery	W44	5.42
Robyn Watts	W48	4.41
Gillian Young	W54	5.21
Lorna Laughlan	W71	6.21

## Discus

Warren Davey	M51	26.32
Peter Gare	M60	37.3
John Sutton	M65	26.22
Pat Carr	W69	15.29

## 2000mW

Simon Jawiche	M35	13.35.3
John Davies	M57	11.22.4
Ray Hall	M67	13.35.3
Valerie Millard	W54	13.49.7
Lynne Schickert	W60	13.46.0
Lorna Laughlan	W71	14.11.3

## 5000m

Simon Jawiche	M35	20.05
Jon Wannberg	M35	20.41
Micheal Watson	M36	20.26
Doug Ashfield	M43	20.06
Prabuddah Nichol	M45	19.30
Gareth Brunt	M50	19.34
Rob Greenhaigh	M51	20.41
Tony Heppener	M50	17.38
John Davies	M57	24.29
Frank Smith	M59	19.47
Bert Carse	M60	17.57
David Carr	M69	24.37
Gillian Young	W54	24.35
Jackie Halberg	W55	25.19

6-Dec

## 1 mile

Dante Giacomini	M33	6.34.7
Colin Smith	M38	6.31.1
Jon Wannberg	M35	5.36.2
Micheal Watson	M36	5.22.6
Carl Ciccarelli	M40	5.53.1
Ian Sanders	M42	7.16.0
Greg Vander Sanden	M40	5.22.1
Gareth Brunt	M50	5.44.1
Bert Carse	M60	5.04.6
David Carr	M69	6.15.8
Sonya Lawry	W34	5.51.0
Gill Edmonds	W36	7.09.0
Jacqui Sanders	W35	7.44.0
Kathy Avery	W44	6.33.0
Margaret Robinson	W63	7.30.0

## 1 mile W

Ian Sanders	M42	11.35.2
Tom Lenane	M45	9.32.1
Ray Hall	M67	10.04.8
Alex Cummings	M70	11.37.1
Lynne Schickert	W60	10.16.2

## 100 yds

Dante Giacomini	M33	14.5
Colin Smith	M38	12.9
Phil Hawkes	M40	12.8
Steve Payne	M42	11.4
Ian Sanders	M42	12.9
Warren Davey	M51	13.5
Henry Cortis	M55	12.4
David Clive	M64	12.3
David Carr	M69	13.8
Derry Foley	M72	15.3
Jacqui Sanders	W35	14.5
Kathy Avery	W44	14.4
Jayne Payne	W41	13.7
Lynne Schickert	W60	17.0
Pat Carr	W69	15.8

Continued on next page



## Track and Field cont.

### 400m

Dante Giacomini	M33	91.4
Micheal Watson	M36	59.3
Doug Ashfield	M43	70.6
Steve Payne	M42	63.1
Ian Sanders	M42	84.7
Gareth Brunt	M50	72.0
Henry Cortis	M55	60.5
David Clive	M64	62.4
David Carr	M69	62.1
Jacqui Sanders	W35	86.8
Kathy Avery	W44	75.7

### Long J

Steve Payne	M42	4.76
David Clive	M64	3.75
John Sutton	M65	2.85
Alex Cummings	M70	2.93
Derry Foley	M72	3.23
Debbie Burge	W35	3.83
Jayne Payne	W41	3.58
Pat Carr	W69	3.09

### Discus

Steve Payne	M42	16.25
Warren Davey	M51	23.4
Bill Harrison	M62	17.25
John Sutton	M65	24.75
Alex Cummings	M70	22.04
Jayne Payne	W41	18.2
Eileen Hindle	W52	17.7

### Javelin

Steve Payne	M42	26.72
Tom Lenane	M45	25.62
Warren Davey	M51	29.16
Bill Harrison	M62	15.81
John Sutton	M65	23.85
Eileen Hindle	W52	16.11
Pat Carr	W69	14.33

### 3 miles

Doug Ashfield	M43	19.29
Carl Ciccarelli	M40	19.1
Gareth Brunt	M50	18.33
John Pellier	M62	21.29
Sonya Lawry	W34	18.58
Jackie Halberg	W55	22.52
Margaret Robinson	W63	23.34

13-Dec

### 200m

Simon Jawiche	M35	28.8
Jon Wannberg	M35	30.6
Ian Sanders	M42	30.9
Campbell Till	M44	27.1
Blakeney Tindall	M40	29.8
Graham Carroll	M47	27.2
Warren Davey	M51	31.5
Henry Cortis	M55	27.8
Brian Foley	M57	32.2
Murray Tolbert	M55	28
Ros Calnan	M60	31.9
Peter Gare	M60	29.5
Barrie Kernaghan	M61	27.4
Norm Richards	M60	30.9
Bob Schickert	M60	31.9
David Carr	M69	30.8
Ray Hall	M67	37.6
Derry Foley	M72	35.8
Brian Paxman	M71	37.7
Jacqui Sanders	W35	34.3
Kathy Avery	W44	33.1
Gillian Young	W54	37.8
Lynne Schickert	W60	44.6
Pat Carr	W69	38.3

### 800m

Simon Jawiche	M35	2.28.2
Jon Wannberg	M35	2.36.6
Micheal Watson	M36	2.19.5
Ian Sanders	M42	3.14.3
Blakeney Tindall	M40	2.32.8
Graham Carroll	M47	2.54.7
Gareth Brunt	M50	2.36.7
Tony Heppener	M50	2.15.1
Norm Richards	M60	3.10.0
Gill Edmonds	W36	3.18.9
Jacqui Sanders	W35	3.35.6
Kathy Avery	W44	3.02.3
Gillian Young	W54	3.16.8

### Triple J

Murray Tolbert	M55	10.19
John Sutton	M65	5.69
Alex Cummings	M70	6.65
Derry Foley	M72	6.89
Gill Edmonds	W36	8.18
Robyn Watts	W48	6.3
Valerie Millard	W54	4.99
Lynne Schickert	W60	5.98
Pat Carr	W69	6.79

### Discus

Warren Davey	M51	24.63
Murray Tolbert	M55	31.03
Peter Gare	M60	34.05
John Sutton	M65	22.26
Alex Cummings	M70	27.93
Derry Foley	M72	19.93
Robyn Watts	W48	13.69
Pat Carr	W69	15.26

### 1500mW

Simon Jawiche	M35	10.12.2
Jon Wannberg	M35	10.24.0
Henry Cortis	M55	10.24.9
Brian Foley	M57	8.16.1
John Frost	M63	9.54.9
Bob Schickert	M60	9.23.1
David Carr	M69	8.56.5
Ray Hall	M67	9.22.8
Derry Foley	M72	10.59.6
Valerie Millard	W54	9.13.7
Lynne Schickert	W60	9.23.5

### Shot

Warren Davey	M51	8.57
Murray Tolbert	M55	10.35
Peter Gare	M60	8.78
John Sutton	M65	7.11
Alex Cummings	M70	8.39

### 3000m

Simon Jawiche	M35	11.26
Jon Wannberg	M35	11.58
Doug Ashfield	M43	11.43
Ian Sanders	M42	15.20
Campbell Till	M44	11.25
Blakeney Tindall	M40	11.56
Gareth Brunt	M50	11.27
Nick Bailey	M53	14.31
Frank Gardiner	M51	14.09
Tony Heppener	M50	10.11
Brian Foley	M57	12.24
Frank Smith	M59	11.03
John Frost	M63	13.41
Bob Schickert	M60	12.16
Brian Paxman	M71	13.59
Jacqui Sanders	W35	15.20
Kathy Avery	W44	13.23
Gillian Young	W54	14.00

### 100m

Colin Smith	M38	13.7
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20-Dec

Ian Sanders	M42	14.2
Campbell Till	M44	12.4
Graham Carroll	M47	12.1
Warren Davey	M51	14.9
Henry Cortis	M55	13.2
Murray Tolbert	M55	12.5
Barrie Kernaghan	M61	12.8
Bob Schickert	M60	15.7
David Carr	M69	14.5
Alex Cummings	M70	20.1
Jacqui Sanders	W35	15.7
Pat Carr	W69	16.5

### Hammer

Mike Edwards	M45	17.84
Warren Davey	M51	18.53
Henry Cortis	M55	14.13
Brian Foley	M57	14.58
Murray Tolbert	M55	27.37
Bill Harrison	M62	10.57
John Sutton	M65	16.24
Jim Turnbull	M65	17.15
Alex Cummings	M70	36.65
Derry Foley	M72	14.95
Eileen Hindle	W52	23.21

### Long Jump

Colin Smith	M38	4.15
Campbell Till	M44	4.76
Neil McRae	M49	4.11
Warren Davey	M51	3.46
Henry Cortis	M55	3.57
Brian Foley	M57	3.33
Murray Tolbert	M55	4.59
Barrie Kernaghan	M61	3.86
Bob Schickert	M60	3.2
David Carr	M69	3.86
John Sutton	M65	2.53
Alex Cummings	M70	2.95
Derry Foley	M72	3.45
Gill Edmonds	W36	3.97
Lynne Schickert	W60	2.41
Pat Carr	W69	3.24

### Javelin

Mike Edwards	M45	28.86
Warren Davey	M51	26.25
Murray Tolbert	M55	38.12
Bill Harrison	M62	14.04
John Sutton	M65	22.45
Jim Turnbull	M65	20.07
Eileen Hindle	W52	14.51
Pat Carr	W69	12.03

### 1500m

Simon Jawiche	M35	4.57.9
Jon Wannberg	M35	5.06.3
Ian Sanders	M42	7.02.6
Campbell Till	M44	4.59.8
Darryl White	M40	5.00.7
Graham Carroll	M47	5.36.9
Neil McRae	M49	5.10.9
Gareth Brunt	M50	5.18.2
Nick Bailey	M53	6.31.3
Henry Cortis	M55	5.17.6
John Davies	M57	6.09.5
Brian Foley	M57	5.11.2
Bert Carse	M60	4.53.6
John Frost	M63	6.20.7
Mike O'Reilly	M62	5.46.3
Bob Schickert	M60	5.06.2
Gill Edmonds	W36	6.31.9
Jacqui Sanders	W35	7.03.0
Jackie Halberg	W55	6.34.0
Margaret Bennett	W60	8.42.9
Margaret Robinson	W63	6.57.5





## PROGRAMME CHANGES

Two State Championship events were recently advertised in the Vetrun as being in April; the month should have March. In summary, this part of the programme now reads:

### Sun 10 March

Applecross Jetty  
State Pentathlon Championships  
Coker Park

### Thu 14 March

State Steeplechase Championships  
(Probably) Perry Lakes

### i 15 March

State 10,000m, 5000m Walk and  
Hammer Champs  
Coker Park

### Sun 17 March

Lake Monger Dodd St

### Sat 23 March

State T&F Championships  
Coker Park

### Sun 24 March

State T&F Championships  
Coker Park

## 2002 STATE VETERANS' ATHLETICS CHAMPIONSHIP SCHEDULE OF EVENTS

Sunday	10/3	Coker Park,	starting 8.00 am	Pentathlon
Thursday	14/3	Perry Lakes,	starting 6.00 pm	Steeplechase
Friday	15/3	Coker Park,	starting 5.30 pm	Hammer,
			7.00 pm	5000m Walk,
			8.00 pm	10,000m
Saturday	23/3	Coker Park,	starting 8.00 am	Weight Pentathlon,
			12.00 noon	Javelin, High Jump, Long Jump, 100m, 400m, 1500m, 80/100m Hurdles, 3000m Walk
Sunday	24/3	Coker Park,	starting 8.00 am	Discus, Shot, Triple Jump, 200m, 800m, 5000m, 300/400m Hurdles, 2000m Walk

**ENTRY FEES** \$10 registration, \$5 per event.

**CLOSING DATE** March 8

**ENTRIES TO** Treasurer WAVAC, 11A Dandenong Rd, Attadale, 6156.  
Tel. 9330-3803

**LATE ENTRIES** By invitation only, with a late fee of \$5.

## Officials and Helpers for State Championships

Members who are able to help at the state championships are asked to contact David Carr or Bob Sammells, or return the form below.

### Championships

Friday 15 (evening) ☐

Saturday 23 ☐

Sunday 24 ☐

Food Preparation ☐

Canteen ☐

Name

Phone

David Carr 93398289. 46a Coldwells  
St, Bicton 6157

## ENTRY FORM

Name:

Date of Birth:  Age group (at day of competition):

Address:

Post code

Telephone number:

### Events:

1  2  3   
4  5  6   
7  8  9  etc.

**Credit Card Payment:** \$ .00

Card type (tick) Visa ☐ Master Card ☐ Bank Card ☐

Credit Card number:

Expiry Date:

Card holder's name:

Card holder's signature:



Dear Rod

RE: VETRUM NEWSLETTER - OCEANIC GAMES, COOK ISLANDS,  
OCTOBER 2004

I am a member of WAVAC and, being interested in the proposed Oceanic Vetrum Athletics Championships at Rarotonga, Cook Islands, I contacted the Oceania Association who posted the following Vetrine extract.

This may interest members who participate in outside competitions. Wendy, my wife, and myself are attracted to the idea of participating in one or two Cook Islands events and then following through to NZ.

I thought the attached was possibly an item of interest for the newsletter.

Yours faithfully

  
JEFF SPENCER

# COOK ISLAND

By DAVID LOBB

## LATEST NEWS

Athletics Cook Islands will host the twelfth Oceania Veterans athletics championships on Rarotonga, Cook Islands in October 2004. The track and field events will be staged at the Tereora National Stadium that was constructed for the 1985 Mini Stadium that has hosted the last fifteen number of major sports events over the last years with the last major athletics competition being the 1995 Oceania Under 18 track and field championships. The stadium has lighting that will enable the championships to be held in the cooler parts of the day (the morning and in the evening).

The proposed dates for the championships are from Thursday 14 October to Wednesday 20 October 2004 or possibly one week later. Competition would be on the Thursday, Friday and Saturday, with a rest day on Sunday and further competition on Monday, Tuesday and Wednesday. Athletics Cook Islands normally hold their national championships over two evenings in the middle of October, so the possibility of this being held just prior to the Oceania championships (Monday and Tuesday 11 and 12<sup>th</sup> October) is being explored.

The annual Round Rarotonga Road Race, which will be staged for the 27th time in 2004, is normally held on the first Saturday in October. Athletics Cook Islands are also considering having this event after the Oceania championships i.e. Saturday 23 October.

The non-stadia events, the cross-country, half marathon and walks will all be staged in close proximity to the National Stadium.

The cross-country events will be held on the Rarotonga Golf Club course (the venue for the annual Cook Islands cross-country championships each March). The walks can be staged on a sealed flat road so as to start and finish in the stadium. The half marathon would probably be flat out and back course from the stadium generally on the coastal road.

## ACCOMMODATION

With tourism being the major part of the Cook Islands economy, there is a great range of hotels, motels, hostels and houses available for visitors. In addition, each outer island of the Cook group has a hostel in Avarua, the main town on Rarotonga that could provide cheaper accommodation. We will advise in Geelong the inbound operator(s) that we have appointed to handle all accommodation and other in country inquiries such as tours, transport etc. This would be similar to the arrangement that Geelong has had with Advance Tours and Travel.

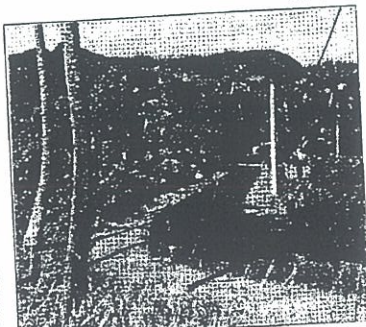
## TRAVEL

Rarotonga has direct connections with Auckland (six times a week), Fiji, Tahiti and Los Angeles with Air New Zealand.

## ORGANISING COMMITTEE

The organizing committee will include representatives from the private sector and government in addition to the Athletics Cook Islands personnel. We are fortunate that we have a good number of very capable administrators in the sports arena.

Photo - Jim Tobin



The proposed half marathon course fringed by palm trees.

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# AUSSIE

By JOHN WAITE

## LATEST NEWS

### OCEANIA CHAMPIONSHIPS - GEELONG

New Zealanders bound for the January 2002 Oceania Veterans Athletic Championships at the Landy Field, Geelong are in for a treat. For those not familiar with this fine Victorian City situated about an hour's drive from the heart of central Melbourne, be prepared for an abundance of above average temperatures and sunshine. Be aware that the natural salute is the constant swatting away of bush flies otherwise you may find dozens of them on your back.

Geelong has a shopping centre about the size of Wanganui or Tauranga. Like Wanganui it has a famous school with links to Prince Charles. Like Waikato's Hamilton the local population is fairly parochial, especially in football loyalties.

Geelong is an ideal stepping-stone to magnificent surf beaches, tourist attractions of the Great Ocean Road and Twelve Apostles. Veterans spending time in this State should consider a week either side of the championships to participate in one of the many Melbourne veteran track and field meetings that occur from Monday to Thursday.

### AUSTRALIAN VETERAN ATHLETICS

It's probably true to write that Australian Veteran Athletics has lost some of its impetus since the Brisbane World Championships with one or two significant exceptions. On a recent Saturday evening in perfect conditions, sixty-year old Theresa Baird ran a phenomenal 10,000m at a world best time of 29.21.1 with an age grade performance of 95.5%. At this Victorian Veterans 10,000m championship some 95 competitors raced over three divisions. This involvement indicates positive support for the veteran movement. Another athlete, Mike Johnston, now a sprightly 80-year old, is knocking over Australian records. Imagine running 400 metres in 73 seconds at 80 years of age!

Australia-wide major runs appear to have gained renewed popularity since the heady running boom of the 1970's & 80's. Fifty

thousand plus endured the City to Surf; two-thousand entered the Melbourne Marathon and fifteen-hundred marathoners recently ran the memorable Sydney Olympic Games 'blue line' Marathon course. Many of the participants were classified over forty-years of age. In conjunction with these two marathons, half marathon and 10km races attracted many more veteran runners.

Even Melbourne's fun runs have gained in popularity. Fifteen hundred on a recent Sunday sweated their way from sea level to the heights of Arthur's Seat, a bayside rise a little higher than Wellington's Mount Kau Kau. So exhausted were the local veterans it was necessary for them to be "rejuvenated" at a local veteran's "Collins Street" farmlet. Social activities are highly regarded by Victorians.

One strong veterans club, situated at the Melbourne suburb of Mentone, will move to a temporary synthetic track at nearby Sandringham as their unique track is replaced with the latest material available. Mentone is currently famous for having the cinder track transferred from the 1956 Olympic Games.

When the cinders disintegrated a plastic grass carpet overlaid with washed sand was laid. Now a decade old, this track material will become the

basis of a nearby Little Athletic track and Mentone's new track will be ready for use by late January 2002.

Kiwis coming to Melbourne should check the Victorian Veterans website before travelling. There is much to offer. Australian veterans will be pleased to assist you where we can.



John Waite in action at the Brisbane Cross Country

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## Birthdays



### Happy Birthday to our February Members

Colin	Chisolm	01.02.1964	38	remains M35
Adrian	Damiani	02.02.1950	52	remains M50
James	McMillan	02.02.1925	77	remains M75
Brian	Paxman	02.02.1930	72	remains M70
Noela	Medcalf	03.02.1935	67	remains W65
Elaine	Dance	04.02.1951	51	remains W50
Alan	Jennings	04.02.1940	62	remains M60
Tom	Hindmarsh	05.02.1956	46	remains M45
David	Corben	06.02.1957	45	becomes M45
Allen	Tyson	06.02.1925	77	remains M75
Darryl	White	07.02.1959	43	remains M40
Janet	Jarvis	08.02.1945	57	remains W55
Valerie	Prescott	08.02.1944	58	remains W55
Denise	Lancaster	11.02.1950	52	remains W50
Jack	Penkin	14.02.1960	42	remains M40
Deborah	Robinson	14.02.1958	44	remains W40
Phil	Hawks	16.02.1959	43	remains M40
Wayne	Robinson	16.02.1955	47	remains M45
Paul	Carr	17.02.1949	53	remains M50
Katrina	Spilsbury	17.02.1966	36	remains W35
John	Bailey	18.02.1926	76	remains M75
Pat	Carr	18.02.1932	70	becomes W70
Bronwyn	Gee	19.02.1952	50	becomes W50
Tina	Carrero	20.02.1946	56	remains W55
Clive	Hicks	21.02.1953	49	remains M45
Dennis	Miller	21.02.1940	62	remains M60
Jeff	Spencer	22.02.1941	61	remains M60
John	Smith	23.02.1935	67	remains M65
Beverley	Thornton	23.02.1943	59	remains W55
John	Cresp	24.02.1951	51	remains M50
Henri	Cortis	25.02.1946	56	remains M55
Rex	Bruce	26.02.1941	61	remains M60
David	Clive	27.02.1937	65	becomes M65
Irene	Ferris	27.02.1952	50	becomes W50
Mark	Rosen	29.02.1948	54	remains M50

### Missed Birthdays

...sure you will join me to thank Katrina Spilsbury for the preparation of the birthday list each month. It takes a lot of time to convert the list that Brian Foley gives her to the program she uses to calculate the birthdays. It has come to my notice that just lately there have been a few names left out. In most cases neither Brian nor Katrina have been at fault. It seems that there are a few members whose birth dates have not been given to Brian.

Diane Ashfield, Simon Jawichre, Michael and Monique Pulman and Pierre Viala are the names without birth dates over the January/February period. Please speak to Brian to make sure he has your birth date correct.  
Rod

## HELPERS LIST

### 17 Feb - Deadly Medly

Director: Ann Turner 9276 1539

HELPERS - D Ashfield, N&P Miller, E&T Brown, J Frost, G Lawrence, C Hicks, M&N Berry E&W Bamber, M Barton.

### 24 Feb - Teddy Birds.

Director: George Schaeffer 9386 2808

HELPERS - G Morgan, R Spencer, L Hassam, R Hall, N McRae, R Tinniswood, M Robinson, P Hopkins, C Chisholm, J Najar, C Rompotis, G Mullins.

### 3 March - Mt Lawley Circuit

Director: Alan Jennings 9271 1653

HELPERS - C O'Sullivan, B Thomsett, E Rothery, J Mack, D Knowles, J Najar, G Mullins.

### 10 March - Applecross Jetty

Director: Maggie Flanders 9314 7556

HELPERS - V Wheeler, F Watson, R Wallis, R Sheehy, L Romeo, J Stone, M&P Karra, J Keeley, B Dunbar.

### 17 March - Lake Monger

Director: Trevor Robertson 9275 7485

HELPERS - B Sammells, P Ainsworth, K Whistler, J Davies, W Crowley, M Flood, D Campbell, D Knowles.

### 24 March - State Champs

Coordinator: David Carr 9339 8289

HELPERS - J Bowen, H Atkinson, F Hansford-Miller, R Holloway, G van der Sanden, E Rothery, A Jenkins.

### 31 March - Wireless Hill

Director: Denise Lancaster 9307 3761

HELPERS - V Waters, R Fergie, B&M Bennett, D Moffat, N&K Miller, D&N Bending, R Cavin, N Miletic.

### 7 April - Membership run

(now from Burswood Park)

Director: Brian Danby 9247 2326

HELPERS - V Wheeler, F Watson, J Midolo, D Brown, C Junner, D Roberts, R King, M Crighton, K Davies, J Halliday.



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

## Credit Card Payment

Please make this payment of \$.....for ☐ Clothing ☐ Membership ☐ Club Social Function

☐ Club Weekend Away ☐ Championship entry

by ☐ Visa ☐ Bank Card ☐ Mastercard

Card Number                 Expiry Date

Card Holder's Name.....

Signature.....





**PURPOSE**



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

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

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

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

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

Print Post Approval 644113/00007

If unclaimed please return to:

1/37 Bombard Street, Ardross WA 6153.



**SURFACE  
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## Running Gear



### Club Clothing

Contact Maggie Flanders: 9314 7556

#### Club Singlets:

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

#### T-Shirts:

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

**Fleecy Wind Cheaters.** \$25 in all sizes.

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