

The Vetruns



No. 303 January 1999

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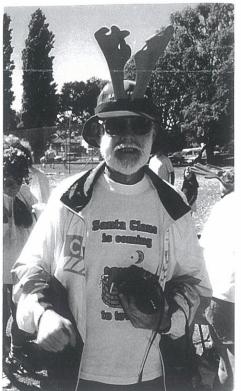
Please Note

It should have read in the December Vetrun that the wearing of Club Uniforms was compulsory and NOT optional at the State National Championships.

Copy for Vetrun Send to 2/14 Leonora St Como 6152 or email katrinas@cyllene.uwa.edu.au

Photographed by Jeff Spence at the Christmas Gift Run were an early Easter bunny, a Flying Nun and one of Santas helpers (top) while Robert Davies spotted more of Santas helpers, an odd looking Christmas tree, a walking cardboard box masquerading as a Christmas Gift, a plum pudding modelling for a food catalogue and a bashful sheik (below). Vic Beaumont was also caught, camera in hand, with his antlers showing!!





THE VETRUN

Club News

1999/2000 PROPOSED PROGRAM

If you have any suggestions please talk to Joan Pellier. The new event is the relay with the Marathon Club on the Ultra Marathon day (22/8). This year we will be asking members to nominate two runs on their membership form at which they are prepared to help.

Additional Race Directors are required. Please notify Joan Pellier if you are interested. We will provide assistance with equipment if needed.

23/1	Group Jog
30/1	Pt Walter6/2 Deadly
	Medley
13/2	Age Graded
20/2	Woodman Pt
27/2	Mt Lawley
5/3	Teddy Birds
12/3	Lake Monger
19/3	Membership
26/3	3 Ps
3/4	Pentathlon
9/4	Track & Field
16/4	Pagoda
23/4	Yanchep
27/4	10K Track Handicap
30/4	Reabold

Get Well Soon Vic!

We were all disappointed to hear that Vic Beaumont has had an accident while riding his bike on the cycleway near Kwinana. In the fall Vic cracked a bone near his hip. Unfortunately, this will put him out for 4 to 6 months. I know we all wish him a speedy recovery. In the meantime, we will miss his smiling face and positive attitude. Vic can be seen on page impersonating a reindeer at Christmas run. We don't often see photos of Vic because he is usually the one behind the camera. Thanks to Robert Davies for this one.

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16/5	Tompkins		1
23/5	Darlington		ľ
30/5	Andy Wright		
6/6	15K		
13/6	Bardon		
20/6	25K		
27/6	Deepwater		
4/7	Marathon		
11/7	Sharks		
18/7	Mill Pt		
25/7	Joondalup	**************	
1/8	Club CC		
8/8	Half Marathon		
15/8	Hester Pk		
22/8	Relays		
29/8	Group Jog		
	Bassendean		
12/9	State CC		
19/9	Bibra Lake		
26/9	Garvey		
3/10	Wildflower		
10/10	RIB		
17/10	Dam to Dam		
24/10	Birkwater		
31/10	Herdsman		
7/11	Safety Bay		
14/11	Cliff Bould		
21/11	Recovery		
28/11	U		
5/12			
12/12	Round Lakes		
19/12			
	Boxing Dy		
2/1	Reabold		
9/1	Friendship		
16/1	Carr Shand		

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The Club Newsletter is turning 25!
Below is a photocopy of the original newsletter from 1st July 1974 found
floating around in a drawer in the Whittam household.
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And Soy Say More of US

by Ray Hall

Hello there, this is that man again who John Bell called the 'grainmuncher'. However, this time I am not urging you to eat more muesli. tinned fish or whatever. You have probably noticed that these days supermarkets have allocated more space for Sov milks as well as featuring them more often in their advertised specials. Why? It must be because more of us are drinking it so they are stocking more! Why would we use soy instead of cows milk? The nutritional information panel on every brand or type, be it light, high calcium, low fat etc trumpets the fact that they have no cholesterol or lactose.

Not all soy milks have the same energy because in the table you will find that this varies from 717kJ to as low as 250kJ in the ones that I have checked. A newspaper naturopath urges us to consume soy in anyway we can find such as soy breads, soy yoghurts, dried soy beans, soy bean sprouts, soy bean ice cream and tofu. Another newspaper article states that the mighty Food and Drug Administration in the USA ".. has concluded that a diet

with at least 25g of soy protein a day can lower cholesterol levels." In order to give you a comparison between different products you will see I have included one brand of lactose-free cows milk and also goat, oat and rice milk. All comparisons have been standardised to 250ml.

Although people such as Deek say that fat is an important energy source, some of you make still be wary at seeing most soy drinks appear to have high levels. This is due the addition of vegetable oils which are lower in saturated fatty acids than the animal fats such as found in cow's milk.

If we want to calculate how much saturated fat this would amount to 11-14% of the total fat so let's say 12.5% of 7.5g means less than one gram per serve. The remainder being good fat.

Now to be more specific and satisfy those who demand really pure foods (Hi Jo, how are things at Murrin-Murrin?) Vitalife states whole soy beans no soy isolate and high in dietary fibre. Goodlife says that the fat content is from sunflower oil of which 14% is saturated fatty acids. So-Good contains sunflower oil which has 11% saturated fats and contains soy protein. Carnation claims to

have 40% less fat than standard soy drinks. Vitasoy uses organic whole soy beans and calcium sulphate. So-Natural uses whole soy beans free from genetically modified beans and soy protein isolate. Oat milk contains whole oats, canola oil and soy lecithin. Rice milk is made from brown rice and canola oil.

I have not included every type of soy milk. For example, I excluded all of the

flavoured soy drinks as I believe that the extra added sugar is too unhealthy. So what would I look for in a soy milk? Maximum energy, protein, fat, carbohydrates and potassium. Minimum sugars and sodium. Not too concerned about calcium because I would be getting ample from tinned fish etc. Naturally price would come into consideration as would organic purity and let's not forget taste. So which one/ones are for you?

Well must away: not to a half eaten sticky bun, probably more likely to be a bowl of yummy muesli containing those essential grains to munch plus chopped dates, sesame seeds etc. Of course soaked overnight in which ever brand of soy milk I am using and warmed of course. Such bliss!

Brand	Energy	Protein	Fat	Carbol	nydrates	Sodium	Potassium	Calcium
	kj	g	g	g	integrate i	mg	mg	mg
		7		total	sugars			
Vitalife	645	4.8	7	18.5	5.3	225	284	51
Goodlife	675	8.5	8.5	, 12.5	5	325	375	300
Goodlife-lite	450	8.5	2.25	12.5	15	325	375	300
Goodlife-low fat	440	8.5	2.25	12.5	5	162	375	313
So Good	680	8.5	8.5	13	4.8	113	575	300
So Good-lite	500	8.8	1.3	18	5.3	123	585	300
So Natural	666	5	7.25	18.5	5.25	225	225	N/A
So Natural -calciforte	717	7.75	7.25	18.75	5.75	233	288	300
Vitasoy-calciplus	702	8	7.5	17	11.5	180	375	300
Vitasoy-lite	250	4	2	16.5	11.25	100	125	N/A
Carnation Soy powder	465	8	4.3	10	6.5	85	425	300
Liddells lactose-free milk	665	8	8.8	12	12	88	375	300
Liddells lactose free milk- low fat	438	8.3	2.5	12	12	88	383	308
Oat milk	448	3.5	2	14.75	1	75	225	N/A
Goat milk*	580	8	8	9.25	9	165	475	275
Rice milk	750	2.5	3.8	32.5	6.5	140	425	N/A

Around the Tracks

TRAINING ADVICE FOR RUNNERS, THROWERS AND JUMPERS

This is the first in a series of articles from an American Masters Athletics Coaching Newsletter. John Stone has arranged to reproduce the articles in Vetrun with permission from the author, Ross Dunton.

DRILLS FOR FOOT & CALF MUSCLES

At some point in their training lives, most runners have problems with their lower leg and feet muscles, usually in the form of shin splints, plantar fasciitis or Achilles tendonitis. Following are several specific drills which, when done on a regular basis, will go a long way toward the prevention of these common running problems.

One good training exercise is to use a wobble board. Using this on a regular basis will help to strengthen the muscles in the lower leg and foot. You can either buy one or make your own. To make one, start with a 16" square board, such as 3/4" plywood. Next, cut off the four corners at a 45 degree angle. The cut should start about 4 1/2 inches from the corner. This will leave eight sides of about equal length. Next, cut a 1 1/2" diameter hole in the center.

Place the hole over a baseball, stand on the board and spend a few minutes "wobbling" around getting each of the eight sides down to the ground.

The next set of drills is to be performed while walking either barefoot or in stocking feet. There are six different foot positions to be used and the athlete should walk from 15 to 20 metres with the

feet in each of the positions. These positions are: outside edge of the foot while on the toes, inside edge on the toes, outside edge on the heels, inside edge on the heels, flat footed with the toes pointed out and flat footed with the toes pointed in.

Our Quiet Achiever

A tribute to Eileen Hindle by Alan Tyson

Eileen Hindle is a member of our club with outstanding achievements. Eileen was born in England but at 9 months of age her parents emigrated to Australia. She grew up in Collie where she began her life long association with Athletics at age 9. As a junior, she set State records in the long jump in 1964, 1965 and 1966 and in the senior competition she broke the high jump record while still a junior. Moving into Open Competition Eileen has held records in the 100m and 200m hurdles and represented Western Australia 21 times in track and field and once in Cross Country. She has won the Shirley Strickland hurdles an amazing 13 times. Eileen joined the Vets in 1981 as W30 and had immediate success in the 100m, 200m, 400m and high jump at the State and National levels. In the World Championships she won the long jump and triple jump as W30 and W40. Then followed the 80m and 100m hurdles as a W40 at the Nationals and in 1989 she came second in the 80m hurdles at the World Championships. She has won our Pentathlon as W35, W40 and W45. While overcoming a serious knee injury from 3 years ago, Eileen moved into the throwing events and competes in the javelin and the heavy weight and the Weight Pentathlon. Eileen thrives on competition and has travelled around the world to Rome, Oregon, Finland and

Melbourne for World Championships. She says that her most pleasing performance was qualifying in the Long Jump for the Munich Olympics in 1972. Her current long term goals are to return to the events she loves without incurring further injuries. Eileens parents, Phyllis and Arthur have been her greatest supporters as well as assisting other Vets at Perry Lakes and Coker Park.

New State Records

Following new records, subject to confirmation, were set in the Time Trials up to 26 November and the Canning Districts meeting.

	0
M60 60m	
	7.80
W65 60m	
Pat Carr	9.80
W30 1000m	
Simone Solomon	3:33.90
W50 1000m	
Anne Shaw	3:21.10
W45 Hammer	
Eileen Hindle	23.89
M60 200m	
David Clive	25.80
W60 3000m	
Margaret Robinson	
W40 1000m Wal	
Robin King	5:10.40
W30 1 Mile Wal	
Katrina Spilsbury	
W35 1 Mile Wal	
Snow McSwain	
W40 1 Mile Wall	
Robin King	8:45.80
W60 1 Mile Wall	
Dorothy Whittam	10:41.90
W65 1 Mile	
Pat Carr	8:53.20
M30 1 Mile	
Brad Robertson	
M50 1 Mile Wall	
	7:54.60
M65 1000m Wal	
	6:09.00
M30 Shot Put	
David Keane	8.88

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Sunday Results

Friendship Run 10/1/99

Cool and overcast conditions for this years Friendship Run. Congratulations to the winners John West and Jan Kelly in the 12.2km, Ian Davies and Peggy McLiver in the 6.1km and Terry Humphery and Barbara Atkinson in the walk. Many thanks to our helpers. Bev and Maureen. Margaret Taylor, Don Caplin, Bob Harrison, Frank Smith and Jim Barnes. Joan and John Pellier

6.1km		
Ian Davies	M50	24.21
Jim Klinge	M50	24.32
Paul Martin	M55	27.19
Alan Jennings	M55	27.51
Michael Anderson	M50	28.24
David Carr	M65	29.06
Stuart Parkinson	M50	29.08

Michael Anderson	M50	28.24	
David Carr	M65	29.06	
Stuart Parkinson	M50	29.08	
Mick Cousins	M65	29.30	
Richard Harris	M60	29.55	
Simon Tiverios	Vis	30.17	
Peggy McLiver	W50	30.20	
Peter Airey	M60	30.26	
Simon Mort	M40	30.46	
Roger Walsh	M55	31.13	

Ray Hall

Brian Hunter

Norm Miller

Brian Holmes

T CC C

Arnold Jenkins	M50	33.04
Sue Hughes	W45	33.09
Jeanette Tiverios	Vis	33.15
John Smith	M60	33.20
Ken Sheldrick	Vis	34.25

M65

M60 36.01

34.49

M65 31.47

M50 32.09

M55	34.50
M65	34.54
W60	34.58
W60	35.01
	M65 W60

Ray Lawrence	M70	36.58
Margaret Bennett	W55	37.33

6.1km Walk Terry Humphery M45 37.55

rong maniphony	14147	51.55
Barbara Atkinson	W45	37.55
Dick Blom	M65	41.30

Barrie Thomsett	M55	43.45
Lesley Romeo	W55	44.38
Michele Mison	W50	44.38
Darothy Whittom	WIGO	1156

Dorothy willtain	WOU	44.30
Jackie Billington	W55	45.04
Bob Chalmers	M60	45.20
Lynne Schickert	W55	45.29
Lorna Lauchlan	W65	46.16

Lyllie Schickert	VV 33	43.27
Lorna Lauchlan	W65	46.16
Anne Breeze	W50	46.30
Elaine Sillery	Vis	52.10
Alan Pomery	M65	52.27
Val Wheeler	W65	52.49

rtian i omery	14103	22.21
Val Wheeler	W65	52.49
Lois Smith	W45	52.49
Jeff Whittam	M60	53.24
Rob Davies	M60	53.25
Maggie Flanders	W60	54.20

Maggie Flanders	W60	54.20
Ernie Moyle	M70	54.30
Leo Hassam	M65	57.50
Pat Miller	W60	57 53

Judy Hill	W50	59.57
Helen Anderson	W50	61.33

12km Walk George Schaefer M65 90.17

12.2km

John West	M45	46.45
Bert Carse	M55	46.58
Bob Schickert	M55	49.57
Paul Hughes	M45	51.48
Pra Buddaha	Vis	52.10
David James	M45	52.29
Brian Danby	M50	52.35
Tony Whittaker	Vis	52.40
Johan Hagerdhorn	M55	52.48
John McGowan	M45	53.11

John McGowan_	M45	53.11
Brian Bennett	M50	54.01
Nick Miller	M35	54.10
Mike Flood	M45	55.24
Jan Kelly	M40	56.48
Graham Thornton	M55	56.58
John Pellier	M55	57.31
James Barnes	M55	57.47

John Pellier	8	M55	57.31
James Barnes		M55	57.47
Mike Hale		M50	57.52
John Pressley		M50	58.04
Mike Khan		M50	58.41
Peter Hill		M50	58.54
Mike Rhodes		M50	59.16
Bob Sammells		M60	59.24

Keith Atkinson	M40	62.13
Jenny Barnes	W45	63.16
Jackie Halberg	W50	65.38
Trevor Brown	M55	66.13

Trevor Brown	M55	66.13
Merv Moyle	M70	66.53
Dalton Moffett	M65	69.31

Eileen Brown	W50	69.48
Paula Kara	Vis	70.04
Rob Sheehey	M50	73.12
Ken Whistler	M65	74.20
John Russell	M65	75.43
Alan Chambers	M60	80.20
Mary Heppell	W60	80.29
Shorty Turner	M60	80.59

Lake Leschenaultia Run Boxing Day

The few members who turned up to the run enjoyed another night beautiful at Lake Leschenaultia. Anne Shaw enjoyed the run so much that she started off to do the circuit again, which caused some concern at the finish, when she didn't turn up as expected! Thanks again to Peter and Judy Hill for their help. As I am abandoning the idyllic peace of the Hills for the fleshpots of the city, this will be the last time that Peter, Judy and I will be setting the run. Next year it will be taken over by Barrie Thomsett. His son and daughter-in-law have moved up to Mt Helena and as he couldn't bear to see the run ending, offered to take it over rather than just cancelling it (particularly as so few people attend each year) Toni Frank

7km run

Jeff Whittam

Tony Whittaker	M45	30.07			
Brian Foley	M50	33.16			
Keith Atkinson	M40	34.13			
Ken Brownlie	M50	37.27			
Carol Broderick	W45	37.27			
Ian Thomsett	M30	37.27			
Peter Hill	M50	37.28			
(while collecting f	lags)				
Jackie Halberg	W50	39.29			
Anne Shaw	W50	42.37			
(ran extra distance!)					
John Russell	M65	43.12			
John Yates	M45	45.09			
5km run					
Lyn Stolze	W45	33.08			
5km walk					
Dorothy Whittam	W60	48.13			
Barrie Thomsett	Mold	!48.15			

THE VETRUN

M60 48.16

							13 Chris Coates	M45	49:11	19:12	29:59
ROUND THE LAKES 6K WALK AND 8K RUN				14 Dalton Moffett	M65	49:13	6:24	42:49			
13th December, 1998		A ALOIT		15 Vic Beaumont	M65	49:22	8:00	41:22			
15 December, 1970				16 Dave Roberts	M55	49:26	16:48	32:38			
(CT '11 1	(67 111 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4				17 Margaret Langford	W50	49:34	13:00	36:34		
	"I will not let anyone walk through my mind with their		with their		18 Brian Danby	M50	49:37	16:48	32:49		
	dirty feet"Mahatma Gandhi				19 Bert Carse	M55	49:41	18:48	30:53		
and I suppose no							20 Mary Heppell	W60	49:45	00:24	49:21
Mortality and m	orbidi	ty was	greatly	reduced	by having		21 John Mcgowan	M45	49:49	16:00	33:49
Alan Pomery di	irectin	g cars	hurtli	ng to a I	Little Aths		22 Peter Hill	M50	49:50	12:36	37:14
meet, and Treve	or at tl	ne wat	er stati	on. Susa	n the Fruit		23 John Hamczakowski	VisM40	0 49:55	?	?
AND Scribe ex	kpert.	Arth	ur did	the nun	ibers well		24 Brian Bennett	M50	49:56	15:12	`34:44
despite having t							25 Carol Broderick	W45	49:59	10:00	39:59
the finish line.							26 Richard Harris	M60	50:04	10:24	39:40
graded run in							27 Keith Atkinson	M40	50:07	14:24	35:43
	DCC	John .		rtiffcates	picase -		28 Doug Ashfield	M40	50:08	16:24	33:44
originals only.		John	Dell				29 Shirley Bell	W50	50:09	10:00	40:09
Results:	Ciula			Davis			30 Shorty Turner	M60	50:11	2:30	47:41
6K Handicap W First		Smith	Satre du	Boys Bob Fer	gio		31 Ken Brownlie	M50	50:17	13:36	36:41
Second		thy W		Dick Blo			32 Denise Lancaster	W45	50:24	2:24	48:00
Third		a Laug		George S			33 Nick Miller	M35	50:34	16:20	34:14
IIIIu	LUIII	a Laug	, iii ali	George	Schaeler		34 Alan Jennings	M55	50:38	14:24	36:14
8K Handicap	Girls			Boys			35 John Davies	M50	50:49	15:00	35:49
First		ie Halb	era	Jeff Sper	ncer		36 Marge Forden	W55	51:00	11:20	39:40
Second		Hans	_	Mike Flo			37 Robert Sheehy	M50	51:01	6:24	44:37
Third		dy Cler		Trevor I			38 Bob Sammells	M60	51:08	13:00	38:08
Timu	VV CII	dy Cici	inches	1100011	JI O WII		39 Val Millard	W50	51:11	6:24	44:47
6K Handicap Wa	ılk	Age	Clock	H'cap	Adjusted		40 Bob Schickert	M55	51:20	18:00	33:20
1 Bob Fergie		M60	37:40	15:45	53:25		41 Peter Airey	M60	51:28	11:12	40:16
2 Dick Blom		M65	38:05	16:45	54:48		42 Graham Thornton	M55	51:39	14:24	37:15
3 Louis Smith		W45	49:06	6:15	55:21		43 Brian Hunter	M50	51:47	9:36	42:11
4 Dorothy Whitta	m	W60	43:38	11:45	55:23		44 David Carr	M65	51:55	15:36	36:19
5 Lorna Laughlan		W65	44:27	11:15	55:42		45 Maurice Creagh	M50	51:58	16:48	35:10
6 George Schaefe		M65	42:45	13:45	56:30		46 Brian Foley	M50	52:09	15:12	36:57
7 Barry Thomsett		M55	41:56	15:15	57:11		47 Rosa Davis	W55	52:20	0:24	51:56
8 John Mison		M50	35:48	22:00	57:48		48 Ian Davies	M50	52:23	19:00	33:23
9 Paul Martin			35:50	22:00	57:50		49 Ann Turner	W60	52:42	6:48	45:54
10 Michele Mison	62360	W50	42:52	15:00	57:52		50 John Smith	M60	52:43	6:48	45:55
11 David Brown		M50	41:28	16:45	58:13		51 Don Caplin	M55	52:44	17:24	35:20
12 Val Wheeler		W65	51:59	6:30	58:29 🐴 👍	-	52 Bernie Mckensie Vis		52:46	14:00	38:46
13 Elaine Sillery		W65	51:54	6:45	58:39		53 Ellan Maverick Vis	?	53:14	?	?
14 Jeff Whittam		M60	52:38	6:15	58:53		54 Milton Maverick	M45	53:20	16:12	37:08
15 Lynne Schicker	rt	W55	45:52	14:15	60:07		55 Jan Kelly	W40	53:23	16:24	36:59
16 Bob Charmers		M60	42:53	17:15	60:08		56 Mike Rhodes 57 Sheila Maslen	M50	53:36	12:00	41:36
17 Ernie Moyle		M70	54:07	6:15	60:22			W60	53:55	0:00	53:55
18 Jill Midolo		W50	52:36	11:15	63:51	A.	58 Ian Lancaster	M50	54:13	17:36	36:37
19 Rex Bruce		M55	54:06	12:30	66:36		59 Ray Hall 60 Keith Forden	M65	54:18	10:30	43:48
8K Handicap Rui	n	Age	Clock	H'cap	Actual		61 Irene Ferris	M60	54:19	10:00	44:19
1 Jackie Halberg		W50	46:08	5:24	40:44			W45	54:24	6:24	48:00
2 Paula Hanson		W45	47:01	10:24	36:37		62 Suzan Brand63 Arnold Jenkins	W50	54:50	00:48	54:02
3 Jeff Spencer		M55	47:30	5:36	41:54		64 Alan Chambers	M50 M60	55:04 59:50	8:48	46:16
4 Wendy Clement	ts	W55	47:52	4:00	43:52		65 Ken Whistler	M65	67:24	10:24	49:26
5 Mike Flood		M45	48:07	14:00	34:07		66Glenice Shanahan	W70	75:09	10:00	57:24
6 Eileen Brown		W50	48:26	4:24	44:02		4K Run (from scratch		13.09	00:00	75:09
7 Trevor Brown		M55	48:27	6:00	42:27		1 Lyn Stoltze	W45	27:06		
8 Margaret Benne		W55	48:34	0:48	47:46		2 Allen Tyson	M70	30:26		
9 Tony Whittacke	r	M45	48:35	15:12	33:23		3 Toni Frank	W50	35:11		
10 Jim Langford		M50	48:52	20:00	28:52		4 Frank Usher	M75	35:11		
11 Johan Hagedoo	rn	M55	49:02	14:24	34:38		5 Fred Watson	M80	45:53		
12 Jenny Barnes		W45	49:10	7:36	41:34		6 Fred Hagger	M70	45:54		
W. J. W.		TRACE PARTY	10.110.00%				o i iou i iuggoi	141 / 0	75.54		

"I Know What It Is To Be Young (but you don't know what it is to be old)"

These are the words from a song sung by Orson Welles which were sent in by Don Stone and are dedicated with apologies to Jeff Whittam!!

Coker Park, starting 8.00 am

Thursday 18/3 McGillivray (Perry Lakes), starting 6.00 pm

Verse

Sunday 14/3

When we are young age has no meaning I never gave it a second thought Until one day along came this old man And this is what he said to me **Chorus**I know what it is to be young

But you don't know what it is to be old
Someday you'll be saying the same thing
Time ticks away, so the story is told
I've asked so many questions
Of the wise men I met
Couldn't find all the answers
No one has yet
There'll be days to remember
Full of laughter and tears
After summer comes winter
And so go the years
So my friend, lets make music together
I'll play the old, while you sing me the new
In time, when your young days are over
There'll be someone sharing their time with you

1999 STATE VETERANS' ATHLETICS CHAMPIONSHIP

ENTRY FORM

Pentathlon

Steeplechase

Friday 19/3 Coker Park, starting 5.30 p	m Hammer, 5000mWalk, 10,000m
Saturday 20/3 Coker Park, starting 8.00 a	am. Weight Pentathlon, Javelin, High Jump, Long Jump, 100m,
400m, 1500m, 80/100m H	urdles, 3000mWalk
Sunday 21/3 Coker Park, starting 8.00	
200m, 800m, 5000m, 300/400m	m Hurdles, 2000mWalk
	,
ENTRY FEES \$5 for one event, \$10 for t	two, and \$15 for three or more events
CLOSING DATE March 10	, , , , , , , , , , , , , , , , , ,
ENTRIES TO Secretary WAVAC, 8 Hal	bgood St. East Fremantle, 6158
LATE ENTRIES By invitation only, w	
,	
**	XXXX
Name: Age	e group (at day of competition):
,	
Address:	Date of Birth:
Telephone number:	
Events:	
1 2	3
45	6
78	9 etc.

HAPPY BIRTHDAY TO OUR FEBRUARY MEMBERS

McMillan, James	02/02/25	74 remains	M70	
Medcalf, Noela	03/02/35	64 remains	W60	
Jennings, Alan	04/02/40	59 remains	M55	
Bird, Wendy	04/02/43	56 remains	W55	
Tyson, Allen	06/02/25	74 remains	M70	
McManus, Jacqueline	06/02/45	54 remains	W50	
White, Darryl	07/02/59	40 becomes	M40	
O'Riordan, Paul	08/02/54	45 becomes	M45	
Jarvis, Janet	08/02/45	54 remains	W50	
Prescott, Valerie	08/02/44	55 becomes	W55	
Johnstone, Alison	09/02/47	52 remains	W50	
Lancaster, Denise	11/02/50	49 remains	W45	
Mair, Robert	11/02/48	51 remains	M50	
McGowan, John	12/02/53	46 remains	M45	
Hawks, Phil	16/02/59	40 becomes	M40	

Spilsbury, Katrina	17/02/66	33 remains	W30
Carr, Pat	18/02/32	67 remains	W65
Carrero, Tina	20/02/46	53 remains	W50
Catarinich, Anne	20/02/48	51 remains	W50
Miller, Dennis	21/02/40	59 remains	M55
Baldock, Delia	21/02/62	37 remains	W35
Spencer, Jeff	22/02/41	58 remains	M55
Smith, John	23/02/35	64 remains	M60
Thornton, Beverley	23/02/43	56 remains	W55
Whatson, Craig	23/02/56	43 remains	M40
Cresp, John	24/02/51	48 remains	M45
Boakes, George	25/02/13	86 remains	M85
Bruce, Rex	26/02/41	58 remains	M55
Clive, David	27/02/37	62 remains	M60
Ferris, Irene	27/02/52	47 remains	W45
Rosen, Mark	29/02/48	51 remains	M50

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