



The Vetruns



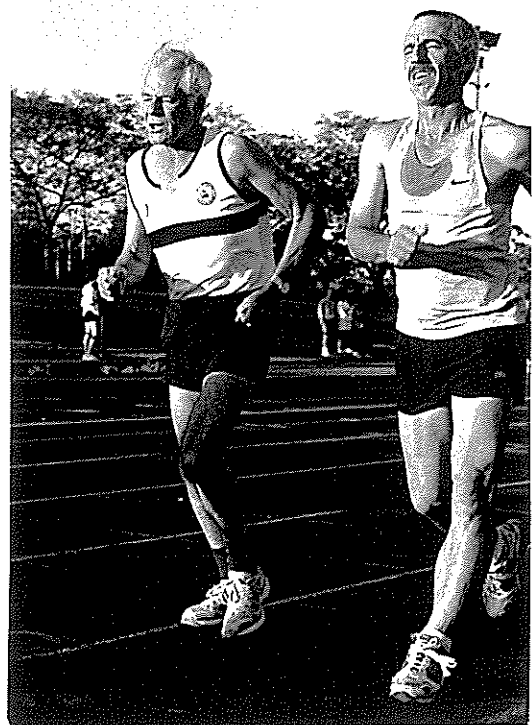
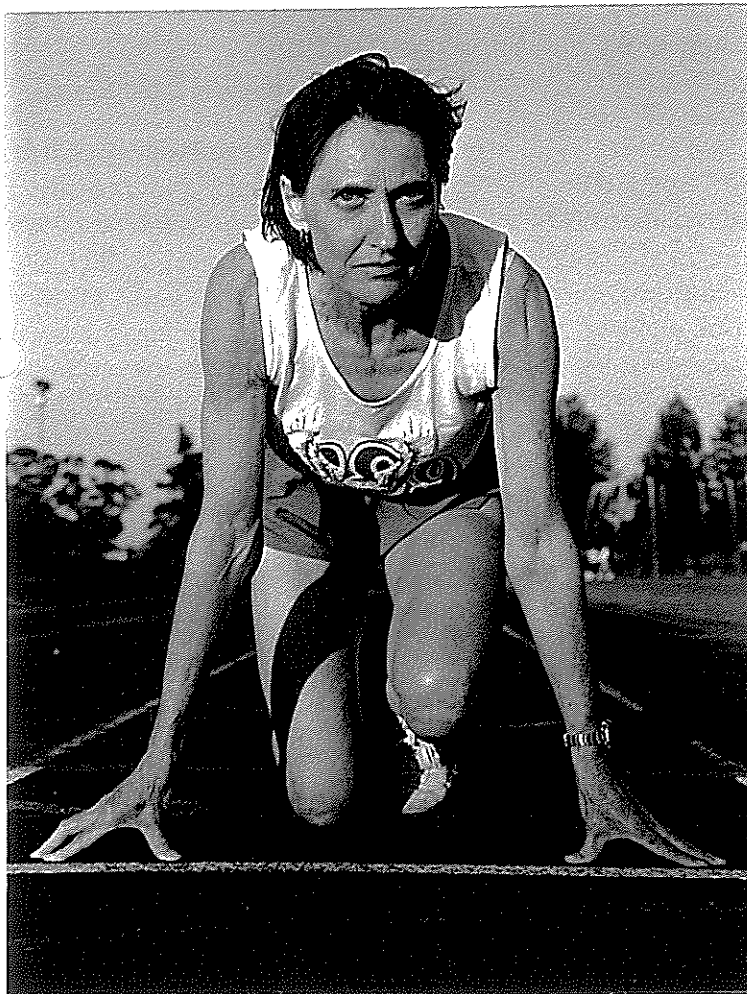
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Top: Santa and his reindeer helpers (see Christmas Gift Run page 2), Below: Peggy Macliver (see Around the Tracks) photo by Steve Perkins, Below right: Ray Hall and Tom Lenane in a walk at Coker Park (photo also by Steve Perkins) and Right: I have no idea but what a great disguise!!



Club News

New Year's Eve!

Thanks to Joan Pellier, her friends and helpers for organising the New Year function. All those who attended had a tremendous time.

New Members

Robert Colton
John and Elaine Ellard
David Brown

Helpers List

6th February

Deadley Medley Relay- Yokine Reserve- 7am

B.Tindall, N.Miller, F.Lester, J.Johanson, K.Whistler, T.Brown, M.Bucens, C.Shales

Race Director: Shorty Turner 92761539

13th February

Age Graded Handicap- McCallum Park -7am

K.Crellin, M. Cousins, G. Innes, S. Parkinson, R&R Barnett, R. Walsh

Race Director: David Carr 93398289

20th February

Woodmans Point- Coogee- 7am

B. Schicket, F. Lipscombe, K. Atkinson, J&V Beaumont, D. Hazell, R.Hall

Race Director: Jeff Spencer 94173662

27th February

Teddy Birds- Kings Park- 7am

S. Brand, V.Waters, L.Stoltz, T.Whittaker, W.Duncan, D. Scott, V&T Carrero, B. Palmer

Race Director: George Schaeffer 9474 1440

5th March

Mt Lawley circuit- Hamer Park, Mt Lawley- 7.30am

M.Rosen, T.Robertson, L. Romeo, L.Smith, W. Bates, F. McLinden, A. Jennings

Director: Mike Rhodes 92713135

Upcoming Events

Geraldton Marathon and Relay Marathon

13th August Contact Grant on 99234111

Bunbury Marathon and Half Marathon

21st May Contact Brian on 97959546 or Fiona on 97918080

Bankwest Grand Prix

Perry Lakes Stadium

Saturday 5th February 2000

As in previous years the Vets will have a run and this year it will be a Men and Women's handicapped 400m. So, come along to cheer them on. For more information on the Bankwest Grand Prix (part of the Optus Grand Prix) ring 9485 0444 or visit the Athletics Australia web site www.athletics.org.au/competition/gp1999-00/fs_perth.htm

National Track and Field

Championships

To be held in Hobart this year at Easter (21-24th April). We will let you know when the entry forms become available.

CHRISTMAS GIFT RUN -

Sunday 19 December 1999

To the strain of "Jingle Bells" we had Father Christmas arrive with his bevy of beautiful reindeer setting the tone for what was a wonderful morning of fun and, for some, a bit of semi-serious running. Everyone got right into the Christmas spirit this year and the costumes were eye-catching to say the least! Celebrating his 70th birthday, Vic Beaumont was guarded by his reindeer: Jackie Billington, Denise Lancaster, Wendy Duncan, Irene Ferris, Shirley Bell, Sue Danby, Heather Sanderson Jan Jarvis and Roma Barnett (see photo). We also had 3 Wise Women (Sheila Maslen, Pat Ainsworth and Margaret Bennett) along with Father Christmas, an angel, a fairy, a Christmas Card and her present in a

stocking, a shepherd and a wise man from the East. Other members came in a variety of assorted Christmas apparel which made for a very colourful and festive event.

Mince pies and Christmas cake and a sample of fine Pemberton wines added to our enjoyment and my thanks go to Jim Barnes and Sue Bullen for acting as course marshals and to Alan Chambers for arranging morning tea.

To all our members and their families, Merry Christmas and best wishes for the new year/new century/millennium - I hope the new year has lots of "fizz" in it and many more miles in the legs.

Lynne Schickert

* **Position Wanted** *
* Reception and/or office duties. *
* Experienced in sales/consultancy areas and have computer and accounting (trial to balance) skills, love dealing with people and telephones. Have Certificate 3 in Business Office Studies. Please Contact Shirley Bell on 9376 1896 *

Canning Districts Athletic Club 50th Anniversary Celebration

Canning Districts Athletic Club celebrates its 50th year in 2000. We want you to be part of our celebrations by attending the John Gilmour Testimonial dinner/dance on Saturday May 13th 2000 at Novotel-Langley, Perth.

Tickets cost \$55 and include pre-dinner drinks, a sumptuous three-course meal followed by tea, coffee and chocolates. First round drink on the table. A live band will play popular dance music from the '50s to the present. **Early Bird Special: Book and pay for a table of 10 before January 31st for \$500**

Do you have any documented history of the Club? We will be putting together a commemorative booklet of club history so please send any

contributions to Mike Edwards, 10 Chipper Close, Bedfordale WA 6112. Please be sure to mark all contribution with name and return address so we can get them back to you!

To reserve your tickets or for more information please phone Linda on 08 9355 5555 or fax on 08 9355 5558 or email on llinda@starwon.com.au

To purchase tickets please make cheques payable to Canning Districts Athletics Club and send to Canning Districts Athletics Club, Suite C, 441 Albany Hwy, Victoria Park, WA 6100

Around the Tracks

Spotlight on Peggy Macliver

Following prompting from Joan Pellier (again), I ventured out with my pen and pad to interview our track and field star Peggy Macliver. In fact, this interview was conducted right 'at the scene' while we were both competing in the Long Jump last Thursday evening! Peggy is a good choice to interview because she is one of those rare species who do both the Sunday runs and the track and field programme, so most people would know who she is. In case you don't, there is a great photo on Page 1 taken by Steve Perkins. Peggy was mentioned a few Vetrans ago along with all other Gateshead competitors at the World Championships and she did very well, winning 5 medals. So where does Peggy's story start....

"I started running at age 14 at school and with the Applecross women's club. No such thing as boys and girls running for the same club in those days. I only began running because my brother wanted to and our mother wouldn't let him skip church on Sundays. However, with both of us begging she agreed to let us go. Shirley Strickland was my coach back then and my first event was a X-country run in which, at 14, I beat the club champion. My fate was sealed as everyone decided that I was to be a middle distance runner. In

those days women couldn't run the mile as it was considered too hard for them and you had to be 17 years old before you could run the 440 yards! Anyway, I made it to the Empire Games trials (what is now the Commonwealth games for you young ones) for the 880 yards but bombed out due a bad case of nerves. This was such a bad experience for me I retired at that ripe old age of 19 to focus on my family. Twenty years and 3 children later, after hearing about the Vets from my boss, I returned to running in 1986."

Peggy has been very busy on the track and has run in the Nationals many times and in two World Championships. ("And the rest of us W55 are flapping along behind"-an aside from Lynne Schickert who is also competing in the Long Jump and is listening in on our conversation!) So, I asked, what has been the highlight of her running career since joining the Vets but there was not just one!

"It was great running for Australia in the World Championships in Japan. What made it extra special was my brother, who also still runs, was representing the USA and here we were, both together again on a track. Other great memories include breaking the Australian W50 800m record in Canberra and winning the gold medal in the W55 800m last year in Gateshead (actually, I didn't remember much of that race until I saw it on video afterwards). I really love going to events representing the Vets. It is a great feeling having friends encouraging you and cheering you on (specially Jeff Whittam who is an expert at cheering and Murray Tolbert whose booming voice in Canberra I will never forget)."

So what does Peggy do in the way of training?

"I do interval running with the Marathon club which I do for fitness

but I have to say that I really think that the technique training by Dave Wyatt and John Stone (club members who are Level 1 coaches) has helped enormously."

And what does Peggy's family think of all this running?

"Well, the merits of individual sports like running versus team sports has always been a bone of contention in my family. My husband used to play hockey. None of my children took up running although my eldest daughter is an A grade netballer. Recently, when telling my mother about a race I had won she said 'I thought you would have grown out of that by now.' But my brother still runs and one of his sons is an excellent runner."

With such a successful athletic career you would be surprised to learn that Peggy actually hates competition. She says she still gets lots of nerves before a race and has even mentioned the word retirement a few times. We all hope not as we would miss her friendly face around the track!

Letters

I would like to share with you some thoughts that I find very interesting. I was inspired by lots of reading and in particular by Terry Orlick and his book 'In the Pursuit of Excellence'. What is success? It is to live your life in your own way, to reach for the goals that you have set for yourself and to be the you that you want to be. That is success.

The pursuit of excellence is both demanding and fulfilling. It has risk, intensity and beautiful moments. Does your life lack this intensity of feeling? Experience the excitement and let it work for you. Competition is fearful for some people but it need not be once we gain control of our inner world. Competition is a unique opportunity. Use it to reach your

goals, enhance performance, test self-control, extend your limits and be stimulated by others. When you keep sport in perspective you can almost always emerge better from the experience.

When you begin to see big competitions in a positive way you start to enjoy them. Of course if you have prepared well you will feel confident during the competition. But once you are at the competition site, you have done everything you can do so why not just relax and enjoy the experience. To achieve our most flowing performances we need freedom from those thoughts like 'have to' or 'should have'.

If you find yourself questioning the value of your competition or life, it maybe because you are not appreciating the good things that you do have. Focusing on the negative pushes away the positive. The good is there, why not open your heart to the good and value in your life. Let the sun shine through the good and bad times. Allow yourself to live life to the fullest.

We all set goals and have dreams but don't forget to enjoy the journey towards them! The real trip is in the experience of reaching your goals. Become immersed in your current experiences and really enjoy them or your dreams will remain dreams, or worse yet, explode and fizzle away.

Live the now. Only what you are experiencing at this very moment is real. Don't live for the moment, live *the* moment. When you are eating, eat. When you are loving, love. When you are talking to someone, talk. When you look at a flower, look. Feel the beauty in life.

As for change, it is inevitable. Feelings change, attitudes change, desires, change, people change, love changes. We cannot stop change although we can influence it. Change directed towards love and self-

realisation is always good.

You must keep in mind that a path is only that, a path. If you want to follow it or take a different route, listen to your heart. There is no affront to yourself or others in changing paths if that is what your heart tells you. Look at every path closely and deliberately. Look as many times as you think necessary but then ask yourself 'Does this path have a heart?'. Who know where your path will take you, but it makes for a joyful journey if you choose the right one. The other will make you curse your life. One makes you strong, and the other weakens you.

I used to think that the path to excellence was work, work, work and work, to shut out the rest of your life and to live only for the future. I was wrong! You do have to work extremely hard, but you don't have to shut out the rest of your life and you don't have to live only for the future. You can achieve the highest levels of excellence and still have a balanced and happy life in the here and now. This is the path to personal excellence, the path with a heart.

Occasionally I need a reminder, that everything you desire in life is yours for the asking, to take chances if it feels right and do the things you want to do. Listen to your gut feeling, your instinct, it never fails you, even if at the moment it doesn't seem right. We can't just see it right now.

Shirley Bell.

On a lighter note.....

Some of you just better rethink those new years resolutions...

The following is an actual excerpt from this month's *Forbes* Magazine: A herd of buffalo can only move as fast as the slowest buffalo, and when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole,

because the general speed and health of the whole is maintained or even improved by the regular culling of the weakest members.

In much the same way, the human brain can operate only as fast as the slowest brain cells through which the electrical signals pass. Recent epidemiological studies have shown that while excessive intake of alcohol kills off brain cells, it attacks the slowest and weakest brain cells first. Thus, regular consumption of beer, wine etc., helps eliminate the weaker cells, constantly making the brain a faster and more efficient machine. The result of this in-depth study verifies and validates the causal link between all-weekend parties and job related performance.

It also explains why, after a few short years of leaving a university and getting married, most professionals cannot keep up with the performance of the new graduates.

Only those few that stick to the strict regimen of voracious alcoholic consumption can maintain the intellectual levels that they achieve during their college years.

So, this is a call to arms. As our country is losing its technological edge, we cannot shudder in our homes. Get back into the bars. Down that pint. Your company and country need you to be at your peak, and you shouldn't deny yourself the career that you could have. Take life by the bottle and be all that you can be!

John Bell

Results

Boxing Day Run 26th December 1999

Weather-HOT, course-flat and under trees most of the way. Social-relaxed-the silly season. Competitive nature-who cares! Distance-anything you liked as long as you finished by 7pm. So having tried to understand my instructions 26 Vets and visitors disappeared to do whatever runners and walkers do under trees. My thanks to all 26 who stayed for the

BBQ, and for making it such a pleasant social event. Would the owner of one black and disgusting left over sausage please confess to Shorty Turner so he can save it from the bin! There are the helpers to thank and I do this with pleasure- Shorty and Ann of Katoomba and New Zealand (well, that's where I seem to meet them most) Brian Hardy for putting out the flags in very hot conditions and to Jim Shaw for recording times. My apologies to a couple of runners who turned up early for the 6pm start. And finally thanks to the person who typed this report - Isn't delegation great!- Thanks Jeff
Barrie Thomsett

2km			
David Carr	M65	11.29	
3km			
Patricia Carr	W65	23.27	
Paul Greene Armitire	Vis	34.19w	
Sue Vetten	W45	34.19w	
Linda Rhodes+dog	W50	38.07w	
Maryliss Greene Armitire	Vis	38.09w	
4km			
Desmond Wilkinson	Vis	22.47	
Alan Chambers	M60	27.53	
Dorothy Whittam	W60	30.49w	
Jeff Whittam	M65	36.37w	
Glenice Shanahan	W75	39.52	
Distance and Time unknwn			
Allen Tyson	M70	??!??	
5km			
Keith Atkinson	M40	22.48	

Mike Rhodes	M50	26.04	
Richard Harris	M60	30.39	
Michelle Mison	W50	37.07w	
6km			
Garry Fisher	M45	25.17	
Stephen Dunn	M30	25.18	
Vic (get lost)Waters	M55	29.50	
7km			
Shirley Bell	W50	35.01	
8km			
David Wilmer	M45	31.34	
Brian Hardy	M55	36.06	
John Bell	M50	37.32	
Brian Smith	M60	44.53	
Sharon Turner	Vis	45.34	
9km			
Anne Shaw	W50	37.56	
Note W= walk, stroll, talk etc.....			

**Canning Caper
 28.11.99**

While marking the course nice and early I was thinking what a terrific morning, however, by race time it was getting hot. Nevertheless, many enjoyed the picturesque course. This was the first time this race was run as a handicap and some terrific performances were noted. However, no times are available and only the finishing order is listed below. Thanks to helpers, E Moyle, the Gardiners, B. Hunter, M. Flanders, G. Fisher, J McGowan, I Davies, G Thomson and one other whose name escapes me.

**Keith Atkinson
 10km Walkers**

L. Schickert	W55
M.Mison	W50
6km runners	
A. Donachie	Vis
B. Carse	M55
W. Crawley	M40
V. Waters	M55

P. Hughes	M45
D. Roberts	M55
D. Hazell	M45
J. Donachie	Vis
J. Brambley	M55
A. Jennings	M55
R. Mair	M50
S. Mort	M40
P. Martin	M55
M. Cousins	M65
N. Gardiner	Vis
M. Laseby	M45
M. Rhodes	M50
N. Miller	qM65
V. Beaumont	M65
M. Robinson	W60
J. Spencer	M55
K. Forden	M60
C. Kelly	M45
P. Farrell	W55
J. Robley	W40
S. Brand	W50
A. Chambers	M60
F. Usher	M75
T. Frank	W50

10km runners

R. Roll	Vis
J. Frost	Vis
G. Thornton	M55
B. Fergie	M60
B. Danby	M50
J. Klinge	M50

M. Khan	M50
S. Bell	W50
A. Shaw	W50
B. Morrisey	W50
D. McCauley	M50
M. Jones	M60
K. Thomson	W30
B. Bowman	M40
J. Pellier	M60
S. Lockwood	M70
B. Sammells	M60
J. Hagedoorn	M55
A. Giacomini	M60
M. Forden	W55
B. Hardy	M55
M. Anderson	M50
J. Wannberg	M30
J. Bell	M50
D. Wilkinson	Vis
L. Coates	M45
J. Allen	M40
R. Sheehy	M50
B. Robertson	M30
M. Warren	M60
P. Airey	M60
E. Brown	W50
R. Harrison	M50
J. Stickle	M60
B. Schickert	M55
R. Hall	M65
G. Branche	M45
M. Haile	M50

J. Halberg	W50
A. Jenkins	M55
M. Bennett	W55
S. Turner	M60
J. Barnes	M55
S. Bullen	W40
B. Aldrich	M65
M. Loly	M55
M. Heppell	W60
M. Moyle	M70
A. Diamini	M45
6km walkers	
D. Blom	M65
L. Lauchlan	W65
B. Thomsett	M55
D. Whittam	W60
S. Vetten	W45
A. Pomery	M65
K. Burr	W60
P. Ainsworth	W60
V. Wheeler	W65
G. Shanahan	W75
J. Whittam	M65
J. Hill	W50
F. McCauley	W45
J. Sherry	W40
G. Schaeffer	M65
L. Hassam	M65

Age Graded Event Perry Lakes Sunday, December 12, 1999

Despite a cyclone around the Pilbara making it hot and steamy, Sue and I hope that everyone enjoyed the scene – cyclists and Little Aths in the background. It was good to see a reasonable turnout of 85 competitors, some feeling 4Km was enough. We were blessed with many able helpers – Thanks sooo much. This was the best help in 15 or so years that I've been race directing and we will have water for the walkers next year.

The age graded start times were given to me by David Carr and it seems to me from the change in position on % vs position across the line, that these figures can be better adjusted - Any ideas??? David warned me that there may be a change – and it be him wot's come 8th instead of 13th!!!!

Athletics Performance Calculator:

For the walkers I have used 5k walk figures, added 20% to make 6k, and used the photocopied 5k tables given to me to calculate from. For the 8k runners I have used a website sent to me by Bob Sammells.

www.rdg.ac.uk/~snsgrubb/athletics/runcalc.html

www.rdg.ac.uk/~snsgrubb/athletics/wavalookup.html

It has been set up by Howard Grubb email address: H.J.Grubb@reading.ac.uk and it is most helpful to use his calculator. It is in Java Script and easily saved offline. It gives 3 results for each competitor:

1) %WR (speed) -- calculates your performance as a percentage of the world record speed for any distance. Jim Langford rated 73.18% on this parameter.

2) %AGE – WR (speed) -- is calculated from age group WRs, using a simple model to provide a smooth summary of these. 100% is approximately the current age group WR. Jim Langford rated 88.26% on this parameter.

3)WAVA % AGE -- WAVA (World Association of Veteran Athletes) produces detailed tables of age-grading for each distance and age. We use these and the WAVA standards for each event to give a WAVA age-grading, as a percentage of what the WAVA factors consider to be equivalent age-group performances - note that these are faster than the current age group WRs for older runners at long distances, so the WAVA %AGE is lower. I've used this. It is only around 0.5 to 2% lower than 2) above. **Sue Vetten and John Bell.**

6000MWalk

	Clock	Handicap	Actual Time	PAL
79.9 Dick Blom	41:41	5:22 (M66)	36:19	1
75.83 Lorna Lauchlan	45:25	0:24 (W69)	45:01	2
71.64 Dorothy Whittam	47:10	2:40 (W63)	44:30	3
69.08 Leslie Romeo	47:42	5:07 (W55)	42:35	4
66.61 Lynne Schickert	49:17	5:07 (W55)	44:10	5
65.91 Michelle Mison	49:20	5:55 (W52)	43:25	6
65.82 Pat Ainsworth	51:06	2:40 (W63)	48:26	7
66.04 Val Wheeler	51:53	0:48 (W68)	51:05	8

58.95 Barrie Thompsett	53:24	7:26 (M59)	45:58	9
55.68 Lois Smith	56:44	6:40 (W49)	50:04	10
54.79 Jeff Whittam	58:13	5:48 (M65)	52:25	11
50.58 David Brown	59:25	9:03 (M52)	50:22	12
50.78 Jeanette Sherry	60:05	7:47 (Vis)	52:18	13

8000m Run

Pos.	WAVA	%AGE	Clock	H/cap	Age	Actual	PAL*
1	86.45	Jim Langford	37:39	8:59	(M55)	28:40	1
2	85.18	Bert Carse	38:11	8:18	(M58)	29:53	2
3	77.65	Jim Klinge	40:46	9:23	(M53)	31:23	3
4	77.18	Bob Schickert	41:17	8:18	(M58)	32:59	4
5	75.65	Ian Davies	41:32	9:35	(M52)	31:57	5
7	74.42	Trevor Robertson	41:45	10:32	(M47)	31:13	6
6	75.59	G. Thornton	42:03	8:04	(M59)	33:59	7
12	72.64	Wally Crowley	42:19	11:03	(M44)	31:16	8
13	72.56	David Willmer	42:27	10:55	(M45)	31:32	9
17	70.50	A. Donachie	42:41	12:27	(M32)	30:14	10
10	73.25	Ivan Brown	42:49	8:59	(M55)	33:50	11
14	71.44	Paul Hughes	43:03	10:32	(M47)	32:31	12
8	73.88	David Carr	43:37	5:54	(M67)	37:43	13
9	73.52	Marg. Langford	43:43	6:01	(W53)	37:44	14
23	67.60	Stephen Dunn	43:59	12:27	(M33)	31:32	15
15	70.76	Johan Hagedoorn	44:05	8:45	(M56)	35:20	16
18	70.18	John Pressley	44:12	9:11	(M54)	35:01	17
11	72.71	Marge Forden	44:43	4:35	(W58)	40:08	18
19	68.87	Mike Khan	44:58	8:59	(M55)	35:59	19
29	65.07	John Allen	45:47	11:23	(M42)	34:24	20
20	68.74	Bob Sammells	45:47	7:19	(M62)	38:28	20
24	67.01	Brian Foley	45:58	8:59	(M55)	36:59	22
32	64.50	Doug Ashfield	46:05	11:23	(M42)	34:42	23
16	70.69	Marg. Robinson	46:15	3:36	(W61)	42:39	24
35	64.19	Mike Flood	46:37	10:42	(M46)	35:55	25
30	64.94	Mark Rosen	46:48	9:35	(M52)	37:13	26
33	64.59	Robert Mair	46:54	9:47	(M51)	37:07	27
25	66.30	John Pellier	46:56	7:50	(M60)	39:06	28
34	64.44	Peter Hill	46:59	9:47	(M51)	37:12	29
36	64.10	Mike Anderson	47:11	9:47	(M51)	37:24	30
27	65.33	Brian Smith	47:31	7:50	(M60)	39:41	31
39	63.49	Joyce Donachie	47:32	9:49	(W36)	37:43	32
28	65.20	Mike Faunge	47:44	7:35	(M61)	40:09	33
40	63.33	John Mison	47:45	9:35	(M52)	38:10	34
26	65.35	Peter Airey	47:55	7:03	(M63)	40:52	35
21	68.49	Margaret Warren	48:04	2:32	(W64)	45:35	36
31	64.79	Richard Harris	48:16	7:03	(M63)	41:13	37
22	67.74	Ann Turner	48:27	2:54	(W63)	45:33	38
46	61.53	Brian Bennett	48:52	9:35	(M52)	39:17	39
47	60.65	Mike Rhodes	49:34	9:23	(M53)	40:11	40
49	59.81	Damiani Ad??	49:37	10:10	(M49)	39:27	41
38	63.07	Jackie Halberg	50:00	6:01	(W53)	43:59	42
41	62.89	Ray Hall	50:01	6:12	(M66)	43:49	43
37	63.66	Vic Beaumont	50:02	5:15	(M69)	44:47	44
44	62.04	Bob Fergie	50:16	6:47	(M64)	43:29	45
50	59.59	R. Sheehy	50:17	9:23	(M53)	40:54	46
43	62.32	Val Millard	50:32	6:01	(W53)	44:31	47
42	62.47	Brian Aldrich	50:53	5:15	(M69)	45:38	48
45	61.58	Eileen Brown	51:04	6:01	(W53)	45:03	49
57	54.66	Keith Atkinson	52:28	11:13	(M43)	41:15	50
54	56.06	Stuart Parkinson	52:42	9:35	(M52)	43:07	51
52	56.28	Arnold Jenkins	53:01	8:59	(M55)	44:02	52
55	55.06	Debbie Burge	53:03	10:06	(W33)	42:57	53

48	59.96	Joan Pellier	53:40	3:57	(W60)	49:43	54	60	53.21	Shorty Turner	57:29	6:47	(M64)	50:42	60
52	56.28	Merv Jones	53:54	7:50	(M60)	46:04	55	58	54.11	Shiels Maslen	59:19	3:36	(W61)	55:43	61
51	57.12	Marg Bennett	55:40	4:35	(W58)	51:05	56	62	51.96	Mary Heppell	61:58	3:16	(W62)	58:42	62
59	53.72	Jeff Spencer	55:41	8:18	(M58)	47:23	57	63	36.99	G. Shanahan	95:49	-2:40	(W75)	98:29	63
56	55.51	Stephanie Heussi	55:47	6:17	(W52)	49:30	58								
60	53.21	Irene Ferris	57:06	7:58	(W45)	49:08	59								

*PAL = Position across line

Track and Field

2nd December

1 mile W

- Tom Lenane	M43	9.18
Ray Hall	M66	9.18
Dick Blom	M66	8.25
Don Stone	M70	8.57
Robin King	W41	8.02
Valerie Millard	W52	9.59
Leslie Romeo	W55	10.21
Lynne Schickert	W58	10.48
G. Shanahan	W75	13.05

100 yds

Greg Clark	M36	12.2
Robert Colton	M35	12.8
Mike Edwards	M43	11.3
Tom Lenane	M43	13.5
Campbell Till	M42	12.7
Warren Davey	M49	14.1
David Wyatt	M48	12.4
Arnold Jenkins	M55	13.9
Clive Purser	M?	12.4
John Sutton	M64	18
David Carr	M67	14.2
Alan Tyson	M74	17.4
Ron Tompkins	M77	20.2
K. Spilsbury	W33	13.8
Valerie Millard	W52	19.4
Bridget Carse	W55	17.7
Peggy Macliver	W55	14.2
Lynne Schickert	W58	19.4
D. Whittam	W63	15.4
Pat Carr	W67	15.4
G. Shanahan	W75	26.8

Javelin

Warren Davey	M49	26.3
John Sutton	M64	22
Alex Cummings	M65	21.3
Alan Tyson	M74	17.32
Bill Chapman	M75	21.12
Ron Tompkins	M77	21.28
Valerie Millard	W52	7.85

1 Mile

Micheal Watson	M34	5.08.4
Greg Clark	M36	7.00.4
Robert Colton	M35	5.31.3
Nick Miller	M35	5.32.0
D.Eltringham	M?	5.07.8
Greg V. Sanden	M40	4.48.9
Warren Davey	M49	6.45.9
Frank Gardiner	M45	6.21.0
David James	M46	6.08.5

David Reid	M45	5.49.2
Ivan Brown	M53	5.43.3
G. Thompson	M52	8.00.6
Bert Carse	M58	5.07.8
Brian Foley	M55	5.30.5
Arnold Jenkins	M55	6.39.8
Richard Harris	M60	7.16.0
Alan Tyson	M74	9.00.2
M. McGrath	W32	6.08.3
Joyce Donachie	W36	6.07.9
D. McMorro	W35	5.44.5
Robin King	W41	6.12.7
Valerie Millard	W52	8.02.9
Bridget Carse	W55	8.21.3
Peggy Macliver	W55	6.20.0
Lynne Schickert	W58	9.23.2
Mary Heppell	W60	9.48.7
M.t Robinson	W60	7.52.7
G. Shanahan	W75	11.28.5
Brad Robertson	M32	17.29.8
Jon Wannberg	M33	18.40.0
Robert Colton	M35	19.16
Nick Miller	M35	19.12
Tom Lenane	M43	21.58
Alan Thurlow	M44	17.27.4
Greg V. Sanden	M40	16.25.8
Frank Gardiner	M45	19.57
David James	M46	19.40.0
David Reid	M45	17.50.1
Ivan Brown	M53	19.29
Robert Mair	M50	19.35
Bert Carse	M58	17.13.7
Bob Schickert	M58	17.45.7
Bob Fergie	M64	23.22
M. McGrath	W32	19.32
Joyce Donachie	W36	20.36
D. McMorro	W35	17.51.6
Robin King	W41	19.39
Jackie Halberg	W53	23.56
Anne Shaw	W51	17.58.8
M. Robinson	W60	24.57
Greg Clark	M36	4.07
Robert Colton	M35	4.59
Mike Edwards	M43	5.2
Campbell Till	M42	4.81
David Wyatt	M48	5.19
John Sutton	M64	2.66
David Carr	M67	3.27
Gill Edmonds	W34	3.99
K. Spilsbury	W33	4.55
Valerie Millard	W52	2.59
Peggy Macliver	W55	3.34
Lynne Schickert	W58	2.48

9 th December		
200m		
Brad Robertson	M32	26.7
Jon Wannberg	M33	30.4
Greg Clark	M36	26.8
Robert Colton	M35	27.5
David Wyatt	M48	26.8
Ivan Brown	M53	32.3
Henry Cortis	M53	28.5
Murray Tolbert	M53	26.4
Ros Calnan	M57	31.6
Brian Foley	M55	31.4
B. Kernaghan	M59	26.2
Bob Schickert	M58	32.2
Bob Fergie	M64	37
Norm Richards	M61	28.7
David Carr	M67	29.7
M. Robertson	W32	35.3
Peggy Macliver	W55	29.7

1500mW

Jon Wannberg	M33	10.29.2
Brian Foley	M55	7.58.0
Ray Hall	M66	8.17.6
David Carr	M67	9.18.2
Robin King	W41	7.39.3
Valerie Millard	W52	9.13.6
Peggy Macliver	W55	9.10.4
Lynne Schickert	W58	10.13.2
D. Whittam	W63	10.20.9
Pat Carr	W67	12.03.9
Lorna Lauchlan	W69	10.48.8
G. Shanahan	W75	12.38.8

Discus

Murray Tolbert	M53	26.98
Ed Carrol	M58	34.19
Bob Fergie	M64	26.68
John Sutton	M64	23.33
Alex Cummings	M65	33.56
Alan Tyson	M74	19.96
Bill Chapman	M75	26.76
Ron Tompkins	M77	18.94

800m

Brad Robertson	M32	2.30.2
Jon Wannberg	M33	2.37.3
Micheal Watson	M34	2.16.5
Robert Colton	M35	2.25.0
Keith Atkinson	M42	2.51.0
Campbell Till	M42	2.30.8
Frank Gardiner	M45	2.47.5
Ivan Brown	M53	2.42.6
B. Kernaghan	M59	2.59.5
Norm Richards	M61	3.12.1
M. Robinson	W60	3.47.6

Shot

Henry Cortis	M53	7.75
Murray Tolbert	M53	10.08
Ed Carrol	M58	10.03
Bob Fergie	M64	9.25
John Sutton	M64	6.83
Alex Cummings	M65	8.25
Alan Tyson	M74	7.94
Bill Chapman	M75	8.58
Ron Tompkins	M77	7.59

L Jump

Greg Clark	M36	3.95
Robert Colton	M35	4.52
Campbell Till	M42	5.06
Murray Tolbert	M53	5.66
Ron Tompkins	M77	2.88
M. Robertson	W32	4.05
Peggy Macliver	W55	3.91
Lynne Schickert	W58	2.68
Pat Carr	W67	3.62

3000m

Brad Robertson	M32	11.19.9
Jon Wannberg	M33	11.45.6
Micheal Watson	M34	11.44.2
Greg Clark	M36	14.18.1
Robert Colton	M35	10.39.7
Keith Atkinson	M42	13.42.8
Doug Ashfield	M42	11.21.2
John Cresp	M48	10.32.6
Frank Gardiner	M45	11.58.7
Nick Bailey	M50	12.36.9
Ian Davies	M52	10.48.3
D. McAuley	M50	10.07.5
John Ellard	M58	12.52.9
Brian Foley	M55	11.53.5
Arnold Jenkins	M55	13.47.1
Alan Jennings	M59	12.45.8
Bob Schickert	M58	10.56.7
Bob Fergie	M64	15.49.6
Norm Richards	M61	14.17.4
M. Robertson	W32	17.15.9
Robin King	W41	13.44.2
Jackie Halberg	W53	14.32.2
Val Prescott	W55	17.16.2
M. Robinson	W60	15.14.2
G. Shanahan	W75	23.46.0

16th December

1500mW		
Tom Lenane	M43	8.53
Ray Hall	M66	8.46
Robin King	W41	7.41
Valerie Millard	W52	9.07
Leslie Romeo	W55	9.39

Lynne Schickert	W58	10.25	Nick Miller	M35	18.57	Peggy Macliver	W55	17.96	Jon Wannberg	M33	19.16.8
D. Whittam	W63	9.47	Doug Ashfield	M42	19.29	Lynne Schickert	W58	13.16	Greg Clark	M36	25.40.9
Lorna Lauchlan	W69	10.41	Frank Gardiner	M45	20.59	D. Whittam	W63	18.48	Doug Ashfield	M42	20.14.3
Hammer			Nick Bailey	M50	22.27	Pat Carr	W67	16.46	Frank Gardiner	M45	20.34.9
Jon Wannberg	M33	12.3	Ivan Brown	M53	19.07	Lorna Lauchlan	W69	16.3	Ivan Brown	M53	19.51.9
Warren Davey	M49	11.54	John Ellard	M58	22.09	Shot			Bert Carse	M58	17.42.1
Murray Tolbert	M53	27.36	David Roberts	M57	19.31	Henry Cortis	M53	7.75	Bob Schickert	M58	19.11.6
Brian Foley	M55	14.39	Bob Schickert	M58	18.54	Bob Fergie	M64	8.97	Alan Chambers	M55	28.01.9
Arnold Jenkins	M55	20.53	Ray Hall	M66	25.15	John Sutton	M64	7.51	Margaret Bennett	W55	28.57.1
Bob Fergie	M64	29.8	David Carr	M67	22.26	Alex Cummings	M65	8.39	Bridget Carse	W55	27.31.1
Alex Cummings	M65	35.4	M. Robinson	W60	25.15	Robert Shand	M67	7.04	M. Robinson	W60	26.48.6
Alan Tyson	M74	19.63				Alan Tyson	M74	7.41	1500mW		
Bill Chapman	M75	27.07	23rd December			K. Spilsbury	W33	8.28	Robin King	W41	7.57
Eileen Hindle	W51	24.65	100m			Valerie Millard	W52	6.51	Lynne Schickert	W58	10.24
Valerie Millard	W52	11.68	Robert Colton	M35	13.5	Lynne Schickert	W58	6.03	D. Whittam	W63	9.57
D. Whittam	W63	23.38	Campbell Till	M42	12.97	D. Whittam	W63	7.86	Lorna Lauchlan	W69	11:00
Lorna Lauchlan	W69	12.25	Henry Cortis	M53	13.4	Pat Carr	W67	5.47	G. Shanahan	W75	12.42
L Jump			Ros Calnan	M57	14.7	Lorna Lauchlan	W69	6.13	400m		
Jon Wannberg	M33	4.02	Norm Richards	M61	13.9				Greg Clark	M36	66.4
Robert Colton	M35	4.44	David Carr	M67	14.7	6th January			Robert Colton	M35	60.5
Campbell Till	M42	4.63	Peggy Macliver	W55	14.1	200m			Tony Hinkley	M35	58.2
Ivan Brown	M53	3.07	Pat Carr	W67	16.9	Greg Clark	M36	27.00	John McShane	M35	68.5
Greg MacRaye	M50	4.97	1500mW			Robert Colton	M35	26.50	John Molloy	M45	58.2
Murray Tolbert	M53	5.39	Ray Hall	M66	8.21	Tony Hinkley	M35	26.20	Henry Cortis	M53	64.3
Brian Foley	M55	3.3	Valerie Millard	W52	8.51	Campbell Till	M42	26.10	Brian Foley	M55	66.7
Arnold Jenkins	M55	3.25	Lynne Schickert	W58	10.13	Warren Davey	M49	29.20	Arnold Jenkins	M55	70
David Carr	M67	3.44	D. Whittam	W63	9.56	John Molloy	M45	25.80	B. Kernaghan	M59	67.5
Derry Foley	M70	3.1	Lorna Lauchlan	W69	10.53	Henry Cortis	M53	27.20	Norm Richards	M61	73.1
Valerie Millard	W52	2.37	G. Shanahan	W75	12.52	Ros Calnan	M57	31.70	David Carr	M67	67
Peggy Macliver	W55	3.65	L/Jump			Arnold Jenkins	M55	31.10	Lynne Choate	W46	1.23.9
Lynne Schickert	W58	2.51	Jon Wannberg	M33	4.28	B. Kernaghan	M59	26.00	Peggy Macliver	W55	69
D. Whittam	W63	3.35	Robert Colton	M35	4.64	Norm Richards	M61	28.70	M. Robinson	W60	1.46.1
Pat Carr	W67	3.54	John Sutton	M64	3.01	David Carr	M67	29.90	Discus		
Lorna Lauchlan	W69	2.13	David Carr	M67	2.94	K. Spilsbury	W33	29.80	Warren Davey	M49	19.32
200m			Gill Edmonds	W34	3.86	Lynne Choate	W46	29.80	Bob Fergie	M64	29.12
Robert Colton	M35	27	K. Spilsbury	W33	4.4	Eileen Hindle	W51	31.30	John Sutton	M64	24.98
Tom Lenane	M43	28.2	Valerie Millard	W52	2.59	Peggy Macliver	W55	29.70	Alex Cummings	M65	34.85
Steve Payne	M40	26.1	Peggy Macliver	W55	3.73	Pat Carr	W67	35.60	Robert Shand	M67	28
Campbell Till	M42	26.6	Lynne Schickert	W58	2.64	Javelin			Alan Tyson	M74	19.68
Warren Davey	M49	29	Pat Carr	W67	3.24	Campbell Till	M42	24.42	K. Spilsbury	W33	20.4
Murray Tolbert	M53	25.4	1000m			Warren Davey	M49	24.62	Peggy Macliver	W55	17.38
Jim Riddell	M60	34.3	Jon Wannberg	M33	3.08.1	Arnold Jenkins	M55	20.31	Val Prescott	W55	17.78
David Carr	M67	29.1	Micheal Watson	M34	2.56.9	Bob Fergie	M64	28.67	Lynne Schickert	W58	11.8
Rosanne Kemp	W35	26.1	Robert Colton	M35	2.51.4	John Sutton	M64	21.01	D. Whittam	W63	16.08
Eileen Hindle	W51	31.8	Campbell Till	M42	3.20.0	Alex Cummings	M65	20.16	Pat Carr	W67	15.46
Peggy Macliver	W55	29.2	Nick Bailey	M50	3.41.7	Robert Shand	M67	27.33	Lorna Lauchlan	W69	15.06
Pat Carr	W67	35.1	Brian Foley	M55	3.10.1	Alan Tyson	M74	16.83			
800m			Bob Schickert	M58	3.15.5	K. Spilsbury	W33	22.36	20-Jan		
Glen Gillett	M33	2.43	David Carr	M67	3.20.0	Lynne Schickert	W58	12.01	90/100m		
Jon Wannberg	M33	2.24	Sharon Molloy	W45	3.44.4	D. Whittam	W63	14.62	Campbell Till	M42	11.9/13.3
Micheal Watson	M34	2.12	Peggy Macliver	W55	3.32.6	Lorna Lauchlan	W69	15.93	Warren Davey	M49	14.6
Robert Colton	M35	2.14	Javelin			L Jump			Henry Cortis	M53	12.6/13.6
Warren Davey	M49	2.51	Campbell Till	M42	22.6	Robert Colton	M35	4.49	G. Thompson	M52	17.4
Frank Gardiner	M45	3.12	Ros Calnan	M57	21.12	John McShane	M35	3.67	Ros Calnan	M57	15.4
Nick Bailey	M50	2.47	Bob Fergie	M64	28.4	Campbell Till	M42	5.3	Arnold Jenkins	M55	14.7
Bert Carse	M58	2.20.2	John Sutton	M64	23.45	David Clive	M62	4.69	Norm Richards	M61	12.8/-
Brian Foley	M55	2.20.2	Alex Cummings	M65	20.86	K. Spilsbury	W33	4.33	Leon Sander	M62	14.3
M. Robinson	W60	3.43	Robert Shand	M67	27.75	Peggy Macliver	W55	3.75	Alan Tyson	M74	18.2
5000m			Derry Foley	M70	15.36	Lynne Schickert	W58	2.37	K. Spilsbury	W33	14.7
Brad Robertson	M32	18.33	Alan Tyson	M74	15.66	Pat Carr	W67	3.53	Lynne Choate	W46	12.6/14.2
Robert Colton	M35	19.52	K. Spilsbury	W33	20.08	5000m			Pat Carr	W67	17.3
Mike Hodgson	M38	19.39	Valerie Millard	W52	11.3	Stephen Dunn	M33	18.17.2	G. Shanahan	W75	29

2000mW

Arnold Jenkins	M55	14.25.5
Ray Hall	M66	11.26.1
D. Whittam	W63	13.34.0
Lorna Lauchlan	W69	14.25.0
G. Shanahan	W75	17.13.2

Discus

Warren Davey	M49	20.55
Ed Carol	M58	36.28
Bob Fergie	M64	29.48
John Sutton	M64	24.46
Alex Cummings	M65	32.55
Alan Tyson	M74	20.53
Val Prescott	W55	17.84
Pat Carr	W67	14.58

T Jump

Campbell Till	M42	10.31
Gill Edmonds	W34	8.19
Pat Carr	W67	7.25

1000m

Chris Frampton	M34	3.33.9
Jon Wannberg	M33	3.07.9

Clive Choate	M45	3.43.6
Warren Davey	M49	3.46.2
Nick Bailey	M50	3.44.1
Henry Cortis	M53	3.52.3
Bruce Wilson	M54	3.21.9
Bert Carse	M58	3.03.0
Brian Foley	M55	3.08.7
Arnold Jenkins	M55	3.55.4
Alan Jennings	M59	3.35.1
Norm Richards	M61	3.54.1
John Sutton	M64	3.48.7
K. Spilsbury	W33	4.42.6
D. McMorrow	W35	3.29.9
Val Prescott	W55	5.30.5
M. Robinson	W60	4.55.2

Shot

Warren Davey	M49	7.39
Henry Cortis	M53	7.44
G. Thompson	M52	6.16
Arnold Jenkins	M55	8.02
Bob Fergie	M64	8.92
John Sutton	M64	7.31

Alex Cummings	M65	8.74
Alan Tyson	M74	7.16
D. Whittam	W63	7.75
Lorna Lauchlan	W69	7.07

3000m

Stephen Dunn	M33	10.25.9
Chris Frampton	M34	11.27.7
Jon Wannberg	M33	11.58.5
Micheal Watson	M34	10.52.2
Doug Ashfield	M42	11.45.4
Nick Bailey	M50	13.15.1
Ivan Brown	M53	11.11.9
Bruce Wilson	M54	11.37.6
Bert Carse	M58	10.21.2
Alan Chambers	M55	16.00.1
Alan Jennings	M59	13.24.6
David Carr	M67	12.32.1
Alan Tyson	M74	19.31.9
Jackie Halberg	W53	15.14.9
Val Prescott	W55	17.42.0
M. Robinson	W60	15.41.3

Happy Birthday to Our February Members

McMillan, James	02/02/25	75	becomes	M75
Damiani, Adrian	02/02/50	50	becomes	M50
Medcalf, Noela	03/02/35	65	becomes	W65
Jennings, Alan	04/02/40	60	becomes	M60
Tyson, Allen	06/02/25	75	becomes	M75
White, Darryl	07/02/59	41	remains	M40
Jarvis, Janet	08/02/45	55	becomes	W55
Prescott, Valerie	08/02/44	56	remains	W55
Johnstone, Alison	09/02/47	53	remains	W50
Lancaster, Denise	11/02/50	50	becomes	W50
Mair, Robert	11/02/48	52	remains	M50
McGowan, John	12/02/53	47	remains	M45
Hawks, Phil	16/02/59	41	remains	M40
Spilsbury, Katrina	17/02/66	34	remains	W30
Carr, Pat	18/02/32	68	remains	W65

Gee, Bronwyn	19/02/52	48	remains	W45
Carrero, Tina	20/02/46	54	remains	W50
Catarinich, Anne	20/02/48	52	remains	W50
Miller, Dennis	21/02/40	60	becomes	M60
Spencer, Jeff	22/02/41	59	remains	M55
Smith, John	23/02/35	65	becomes	M65
Thornton, Beverley	23/02/43	57	remains	W55
Watson, Craig	23/02/56	44	remains	M40
Cresp, John	24/02/51	49	remains	M45
Boakes, George	25/02/13	87	remains	M85
Cortis, Henri	25/02/46	54	remains	M50
Bruce, Rex	26/02/41	59	remains	M55
Clive, David	27/02/37	63	remains	M60
Ferris, Irene	27/02/52	48	remains	W45
King, Martin	28/02/47	53	remains	M50
Rosen, Mark	29/02/48	52	remains	M50

 * Next month: *
 * Club Pentathlon Results *
 * Reabold Hill CC Results *
 * Entry form for State Championships *

