



January 2003

Number 348

VETRUN



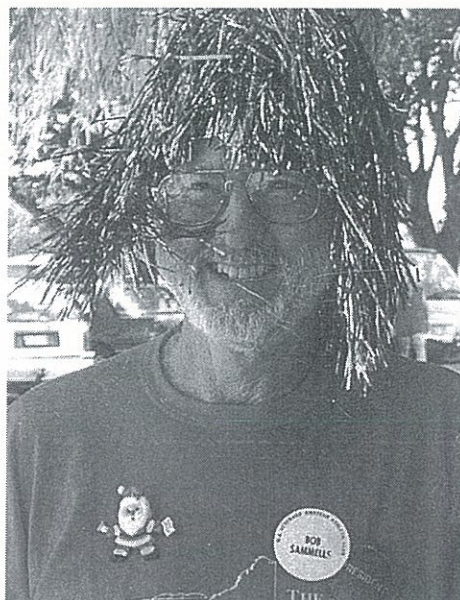
THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 11a Dandenong Rd, Attadale, WA 6156
Editor: Rod Tinniswood. Copy for Vetrunc: See panel page 2 • Website: www.netprojex.com.au/wavac



Top left.

Look what WAVAC got for Christmas.
A new loud-hailer. Whoo-hoo!!!



A festive time
was had by all at the
Christmas Gift Run



RESULTS IN THIS ISSUE:

- RIB Run
- Safety Bay
- Boxing Day
- Coogee Beach
- Canning Caper
- Lakes
- Track + Field

Helper's List

5th Jan - Reabold Cross Country

Director, Brian Foley 93392716

Helpers - Rex Bruce, Wendy Clements-Green, Arnold Jenkins, John Cresp, Glenda Lawrence, Bob Fergie, Garnett Morgan, Frank Smith, John Pressley, Graham Lucas, Rob Greenhaugh.

12th Jan - East Perth Run

Director, Jill Midolo 93815565

Helpers - Wayne Pantell, Bert & Bridget Carse, James Riddell, Wilf & Ellie Bamber, Jacqui Halberg, Fred Haggard, Jo Stewart.

19th Jan - Freindship Run

Director, Joan Pellier 94597782

Helpers - Margaret Taylor, Wendy Clements-Green, Merv Moyle, Don Caplin, Vince & Tina Carrero, Jo Stone, John & Beryl Doust, Barbara & Terry Humphrey.

26th Jan - Point Walter

Director, Dave Roberts 94720039

Helpers - Kerry James, Paul Ruckleby, David Muir, Gary Fisher, Jack & Barbara Bailey, Rob Roll, Paul Hughes, Robin King, Paul Martin.

2nd Feb - South Perth Fiesta Run

Director, Sue Bullen 94743718

Helpers - Keith Atkinson, Vic Waters, Ivan & Penny Brown, Val Millard, Robert Sheehy, Frances Cassalla, Ivan Pilton.

9th Feb - Age Graded

Director, David Carr 9338289

Helpers - Sue Bullen, George Innes, Mark Rosen, Gordon & Nola Medcalf, Gillian Young, Philip Hawkes, Steffi Heussi, Troy Lundgren.

HAPPY BIRTHDAY TO OUR FEBRUARY MEMBERS

Colin	Chisolm	01.02.1964	39	remains M35
Ann	Deanus	01.02.1940	63	remains W60
Adrian	Damiani	02.02.1950	53	remains M50
James	McMillan	02.02.1925	78	remains M75
Brian	Paxman	02.02.1930	73	remains M70
Noela	Medcalf	03.02.1935	68	remains W65
Elaine	Dance	04.02.1951	52	remains W50
Alan	Jennings	04.02.1940	63	remains M60
Vivien	Uren	04.02.1956	47	remains W45
David	Corben	06.02.1957	46	remains M45
Allen	Tyson	06.02.1925	78	remains M75
Mary	Young	06.02.1951	52	remains W50
Darryl	White	07.02.1959	44	remains M40
Janet	Jarvis	08.02.1945	58	remains W55
Valerie	Prescott	08.02.1944	59	remains W55
Denise	Lancaster	11.02.1950	53	remains W50
Beryl	Hamilton	12.02.1965	38	remains W35
Michael	Andrews	15.02.1963	40	becomes M40
Phil	Hawks	16.02.1959	44	remains M40
Wayne	Robinson	16.02.1955	48	remains M45
Katrina	Spilsbury	17.02.1966	37	remains W35
John	Bailey	18.02.1926	77	remains M75
Pat	Carr	18.02.1932	71	remains W70
Bronwyn	Gee	19.02.1952	51	remains W50
Tina	Carrero	20.02.1946	57	remains W55
Clive	Hicks	21.02.1953	50	becomes M50
Dennis	Miller	21.02.1940	63	remains M60
Jeff	Spencer	22.02.1941	62	remains M60
John	Smith	23.02.1935	68	remains M65
John	Cresp	24.02.1951	52	remains M50
Henri	Cortis	25.02.1946	57	remains M55
Rex	Bruce	26.02.1941	62	remains M60
David	Clive	27.02.1937	66	remains M65
Irene	Ferris	27.02.1952	51	remains W50
Mark	Rosen	29.02.1948	55	becomes M55

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.

RISK MANAGEMENT / SAFETY POLICY

At the December 2002 meeting, the WAVAC committee agreed that, after consultation with the President and/or Secretary on the day, a Race Director has the authority to delete the longer event if extreme weather conditions (eg heat, humidity, wind, dust) make that longer event hazardous to members health.

A recent example of this possibility was the Mosman Park 10K run which, with the heat and humidity combined with the exposed path (no shade and heat reflection off rocks) caused some distress. The race director cannot stop members from undertaking a run or walk over the longer distance but will encourage members to do the shorter event. Officials and timing facilities will not be provided for the longer event in the rare circumstances that this may occur.



For your safety and theirs.

Please remember: no dogs allowed during WAVAC events

ELECTRICIAN REQUIRED

As part of the Club's Risk Management/Safety Policy, the morning tea urns and leads are to be checked each six months and a record kept of those checks. Is there a member of the club qualified to do these checks. Please contact Bob Schickert on 9330 3803 or by email: schickertl@bigpond.com.

WORLD MASTERS ATHLETICS CHAMPIONSHIPS: PUERTO RICO, 1-13 July 2003

Entry Forms are now available from Bob Schickert for these Championships, **ph: 9330 3803, email: schickertl@bigpond.com**

Entries need to reach Colin Brown, AMAI Entries Clerk, by 28 February 2003 for certification and forwarding to the Championship Organising Committee.

ROB MACLIVER (28.5.1941 - 2.1.2003)

Rob and Peggy joined the club in 1986. Rob attended regularly early in his membership but then his health deteriorated and he left the athletic prowess to Peggy who, as we all know, has achieved outstanding results. Rob was an enthusiastic member of the WA group who travelled to Norfolk Island for the 2000 Oceania Games. All the group have fond memories of that trip.

New Members

A warm welcome to the new members approved at the committee meeting in December, 2002.

Bev McPharlin	(23/8/1948),
Gerard Kennedy	(10/5/1972),
Simon Leonard	(14/6/1959),
Fenella Gill	(14/1/1963),
Rob Appleton	(5/1/1971),
Clare Munro	(6/9/1962),
Mike Edwards	(21/10/1956)

It's your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email: tinniswoodr@sundaytimes.newsld.com.au

(Note: Copy the address exactly. All the letters must be in lower case. Don't forget the 'r' after tinniswood)

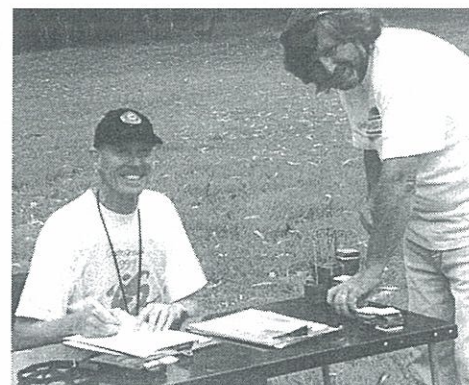
Electronic files can be emailed or saved to disc. Word or Text files are preferred and pictures can be presented as tiff, eps, or jpg files.

Home phone: 9403 6353

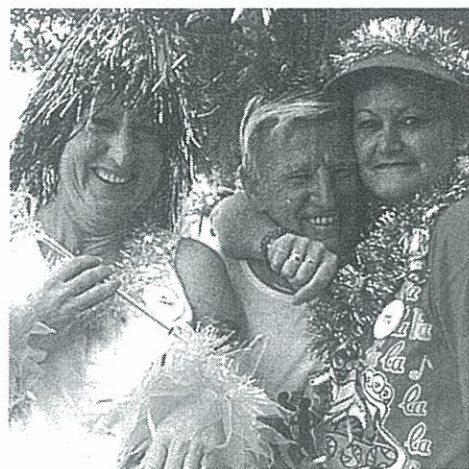
NATIONAL CHAMPIONSHIPS OFFICIALS TRAINING

For those club members who have offered to assist at the Championships next Easter a training session has been scheduled for Saturday 22 February 2003 at Perry Lakes at 9.00 am. Instruction will be given on basic requirements for operation of the various events being held.

Please advise David Carr (9339 8289) or Lynne Schickert (9330 3803 or email: schickertl@bigpond.com) if you will be attending.



Efficient admin at the Reabold cross country



Brian Smith - charmed?

WHY A MASSAGE? *By Shirley Bell*



Those who are highly motivated to be active, whether a recreational runner, or long distant runner, often subject their bodies to extraordinary stresses, strains, and demands. Competitive athletes, weekend warriors, and even participants in rigorous fitness programs are usually committed to maximum effort, faster times, and peak performance, which increase the number of strain and overuse injuries.

Active people need more blood and nutrients to nourish the muscles. Increased physical activity strengthens the body's circulatory mechanisms but can also be a source of dysfunction, as excessive repetitive motion can cause a tightening of muscles and soft tissues, blocking the normal circulatory flow of blood to that area. Additionally, metabolic wastes and toxins can become embedded in tissue, resulting in a state of toxicity that impedes peak performance.

Muscles often become excessively tight, and this can affect flexibility, relaxation and muscle balance. Tight muscles result from overuse, excessive stress, and the accumulative wear and tear on tissue that is unable to withstand continual overload, the conditions can disturb physical integrity and cause postural compensation that can result in chronic pain.

How a massage meets the needs of active people:

1. It improves the circulation of blood and lymph, helping to maintain the muscles and soft tissues in an optimum state of nutrition.
2. It reduces muscle tightness and restriction, creating improved tone, flexibility, and relaxation as well as promoting overall muscle balance.
3. It enables the recipient to recover more rapidly from injury and reduces the likelihood of further injury.
4. It reduces muscle soreness, enabling more consistent, higher level training and performance.
5. Cross-fibre massage effectively reduces adhesions and some degrees of scar tissue formation to the soft tissues. This allows for restoration of muscle integrity and full range of motion.
6. It reduces pain and promotes overall relaxation.
7. It helps to enhance body awareness assisting in fully expressive movement.
8. It provides a psychological boost and generates self-confidence.

I hope you are eager to incorporate a massage into your training routine.

For an appointment contact SHIRLEY BELL on (9371 6464)

ON THE MOVE: FAREWELL TO THE GEES

It is with regret the Club received news that Warren and Bronwyn Gee will shortly be relocating to the Sunshine Coast of Queensland. In his letter of resignation, Warren says

I have enjoyed my 15 years as a member of the club, especially the friendships and friendly rivalry that I have established with many of the members. There is no doubt that the WAVAC is a fantastic running club, with wonderful like-minded people who love to run and walk. The organization is fantastic and the event calendar is second to none. This happens only as a result of people who work tirelessly for the club. If I am back in WA in the future I will endeavour to join you all for a run. Best wishes to all the committee and members and keep up the good work.

Warren has been a great contributor to the Club both as a competitor and as race director for the State Cross Country Championships for many years. We wish Warren and Bronwyn well in their move across Australia and expect to see their names in Queensland Masters Athletics results in the future. Warren has provided contact details if anyone is visiting their area in the future.

Track+Field Results

UWA SPORTS GROUND

28/11/2002

200M

Brendan Kennedy	M30	26.5
Richard Parker	Vis	26.5
Campbell Till	M45	26.6
Graham Carroll	M45	26.6
Terry Collins	M35	27.1
Colin Smith	M35	27.2

Division 2

Rob Greenhalgh	M50	27.9
Peter Gare	M60	29.0
Gary Doyle	Vis	29.1
Ian Sanders	M40	30.1
Blakeney Tindall	M40	31.1
Warren Davey	M50	33.2

Division 3

Milton Mavrick	M45	31.2
Ross Calnan	M60	33.2
Don Caplin	M60	34.1
Jacqui Sanders	W35	35.0
Gillian Young	W55	36.7

100M

Brendan Kennedy	M30	12.5
Terry Collins	M35	12.8
Graham Carroll	M45	12.9
Richard Parker	Vis	12.9
Campbell Till	M45	13.0
Colin Smith	M35	13.1

Division 2

Craig McGowan	M35	13.2
Rob Greenhalgh	M50	13.3
Peter Gare	M60	13.8
Blakeney Tindall	M40	14.9
Warren Davey	M50	16.4

Division 3

Michael Watson	Vis	13.2
Gerard Kennedy	Vis	14.0
Mark Speechley	Vis	14.7
Ross Calnan	M60	15.1
Damien Hanson	M45	15.2

Division 4

Garry Doyle	Vis	13.8
Frank Gardiner	M50	15.6
Melissa Gardiner	Vis	16.2
Bob Schickert	M60	16.2
Jacqui Sanders	W35	16.6
Gillian Young	W55	17.6

800M

Michael Watson	Vis	2.20.4
Henri Cortis	M56	2.22.6
Rob Catterall	Vis	2.28.1
David Carr	M70	2.30.6
Bob Schickert	M61	2.31.4
Bernard Mangan	M48	2.33.9
Blakeney Tindall	M41	2.35.5
Brian Foley	M58	2.37.8
Ivan Brown	M57	2.40.5
Stephen Dunn	M37	2.40.9

Division 2

Natalie Godfrey	Vis	2.35.9
Mark Speechley	Vis	2.41.9
Milton Mavrick	M49	2.51.2
Ian Sanders	M44	2.57.6
Brian Paxman	M72	3.05.9
Frank Gardiner	M52	3.06.7
Damien Hanson	M49	3.10.6
Melissa Gardiner	Vis	3.11.2
Jacqui Sanders	W36	3.14.1

Gill Edmonds	W37	3.14.9
John Ellard	M60	3.19.4
Gillian Young	W55	3.30.6
Lynne Schickert	W61	4.15.3

LES BECKHAM LONG JUMP

Terry Collins	M35	4.67
Brendan Kennedy	M30	4.17
Gill Edmonds	W35	4.00

SHOT

Geoff Gee	M49	10.74m
Warren Davey	M52	8.50
Rob Shand	M70	8.33
Gerard Kennedy	Vis	7.97
David Carr	M70	7.05
Henri Cortis	M56	7.04
Ian Sanders	M44	6.89
Ivan Brown	M57	6.27
Damien Hanson	M49	6.12
Brian Foley	M58	5.69
Lynne Schickert	W61	5.43
Jacqui Sanders	W36	5.37

DISCUS

Peter Gare	M60	35.07m
Rob Shand	M70	25.63
Warren Davey	M50	23.02
Ross Calnan	M60	22.63
Brendan Kennedy	M30	22.04
Gerard Kennedy	Vis	17.94
Damien Hanson	M45	13.74

5000M

Clemen Schmitt	Vis	16.57
Nick Gardiner	Vis	1:8.02
Nick Miller	M40	18.26
Rob Catterall	Vis	19.09
Carl Ciccarelli	Vis	19.52
Doug Ashfield	M45	19.54
Mark Speechley	Vis	20.16
Rob Greenhalgh	M50	20.19
Denise McMorrow	W35	20.21
Blakeney Tindall	M41	20.31
Ivan Brown	M55	20.34
Don Caplin	M60	20.44
Frank Gardiner	M50	20.55
Stephen Dunn	M35	21.52
Milton Mavrick	M45	22.21
John Hurstfield	Vis	22.42
Nick Bailey	Vis	23.09
Melissa Gardiner	Vis	23.11
Brian Paxman	M70	23.30
John Ellard	M60	23.43
Gillian Young	W55	24.59

2000M WALK

Lynne Schickert	W60	13.57
Alan Tyson	M75	16.49

DASH FOR CASH 5/12/02

Combined WAVAC and CDAC night held Coker Park

100yds

Men 30-39		
1st Brendan Kennedy		11.2
2nd Terry Collins		11.3
3rd Colin Smith		11.5
4th Craig McGowan		11.6
5th Gerard Kennedy		12.3
40-49		
1st Michael Edwards		11.0

2nd Campbell Till	11.3
3rd Steve Payne	11.5
4th Ian Sanders	12.7
50-59	
1st Henry Cortis	11.9
2nd Frank Gardiner	13.5
3rd Warren Davey	14.3
60-69	
1st David Clive	12.1

100yds

Women 50-59

1st Gillian Young	15.2
60-69	
1st Lynne Schickert	19.0
70-79	
1st Lil Heatly	26.8

1mile Run

Men 30-39

1st Michael Watson	5.15.4
2nd Joel Burns	5.26.0

40-49

1st Trevor Scott	4.54.0
2nd Rob Cattrell	5.21.1
3rd Blakney Tindall	5.37.8
4th Carl Cicarelli	5.59.9
5th Milton Mavrick	6.02.7

50-59

1st Ivan Brown	5.46.8
2nd Gareth Brunt	5.50.2
3rd Frank Gardiner	6.24.6

60-69

1st Bob Schickert	5.32.5
2nd Don Caplin	5.49.1
3rd John Ellard	6.55.3

70-79

1st David Carr	5.45.6
? Aust	

Record

1mile Run

Females 30-39

1st Sonya Low	5.35.4
2nd Denise McMorrow	5.57.13
3rd Michelle McGrath	6.09.43
4th Toni Phillips	6.49.42
5th Gill Edmonds	7.18.43
6th Katrina Spilsbury	8.09.67

40-49

1st Claire Munroe	7.16.56
50-59	
1st Gillian Young	7.17.23

60-69

1st Margaret Robinson	7.07.13
2nd Julie McGrath	8.30.90

1mile Walk

Males 40-49

1st Tom Lenane	8.11.64
70-79	
1st Allen Tyson	14.08.58

1mile Walk

Females 60-69

1st Lynne Schickert	10.58.98
2nd Elaine Ellard	11.19.00
70-79	
1st Lil Heatly	14.37.91

3mile Run

Males 30-39

1st Joel Burns	18.40.64
2nd Michael Watson	20.06.09

40-49

1st Trevor Scott	15.21.12
2nd Nick Miller	18.47.4
3rd Carl Cicarelli	18.51.79
4th Doug Ashfield	19.34.41
5th Milton Mavrick	21.22.98

50-59

1st David Reid	18.59.54
2nd Neil McRae	19.16.90
3rd Ivan Brown	19.36.68
4th Gareth Brunt	19.43.86

60-69

1st Bob Schickert	19.21.19
2nd Don Caplin	20.00.45

70-79

1st Brian Paxman	23.50.10
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3mile Run

Females 30-39

1st Denise McMorrow	19.42.55
2nd Michelle McGrath	21.01.45

60-69

1st Margaret Robinson	29.20.64
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400M

Mike Edwards	M45	55.6
Campbell Till	M45	56.3
Steve Boud	Vis	57.1
Henri Cortis	M55	59.1
Nic Millar	M40	59.2

Division 2

Lauren Gardiner	Vis	1.06.0
Michelle McGrath	Vis	1.17.7
Gillian Young	W55	1.27.7
Katrina Spilsbury	W35	1.33.7

Division 3

Michael Watson	Vis	1.00.3
Colin Smith	M35	1.01.7
Blakeney Tindall	M40	1.05.5
Frank Gardiner	M50	1.09.7
Ian Sanders	M40	1.10.5
Doug Ashfield	M40	1.11.0

LES BECKHAM LONG JUMP

Steve Payne	M40	4.86m
Terry Collins	M35	4.65
Gerard Kennedy	M30	4.00
Gill Edmonds	W35	3.94
Brendan Kennedy	M30	3.80
Clare Munro	W40	3.61
Lynne Schickert	W60	2.40

DISCUS

Geoff Gee	M45	32.93m
Alex Cummings	M70	27.41
Rob Shand	M70	24.38
Warren Davey	M50	23.36
Brendan Kennedy	M30	22.68
Katrina Spilsbury	W35	21.35
Ian Sanders	M30	19.98
Gerard Kennedy	M30	19.95
Steve Payne	M40	19.25

JAVELIN

Rob Shand	M70	30.73m
? State Record		
Mike Edwards	M45	31.70
Steve Payne	M40	29.32
Gerard Kennedy	M30	29.24
Brendan Kennedy	M30	25.51
Warren Davey	M50	24.25
Terry Collins	M35	22.78

Track+Field Results

UWA SPORTS 12/12/2002

200M	POINTS	SCORE	%
Campbell Till M45	26.2	82.1	
Richard Parker Vis	26.3		
Brendan Kennedy M34	26.3	75.7	
Graham Carroll M45	26.4	81.5	
Gerard Kennedy M30	28.9	68.2	
<u>Division 2</u>			
Henri Cortis M56	28.4	84.9	
Barrie Kernaghan M62	27.5	88.5	
Peter Gare M62	28.6	85.1	
David Carr M70	29.8	87.9	
Blakeney Tindall M41	30.0	69.7	
<u>Division 3</u>			
Rob Greenhalgh M52	27.7	81.6	
Toni Phillips Vis	29.1		
Ian Sanders M44	29.9	71.5	
Damien Hanson M49	31.6	70.0	
Bob Schickert M61	31.8	76.0	
Ross Calnan M62	32.0	76.1	
<u>Division 4</u>			
Ivan Brown M58	34.2	69.0	
Jacqui Sanders W36	35.3	63.1	
Ray Hall M69	36.4	71.2	
John Ellard M60	36.5	65.6	
Pat Carr W70	38.6	78.2	
Lynne Schickert W61	47.0	58.4	
Elaine Ellard W60	49.0	55.4	
800M			
Tony Heppener M50	2.11.9		
Andrew Brooker Vis	2.12.3		
Ian Davies M55	2.14.8		
Trevor Nash M40	2.17.5		
Clemens Schmitt Vis	2.21.2		
Henri Cortis M55	2.29.3		
Blakeney Tindall M49	2.33.8		
Mark Speechley Vis	2.35.7		
Brian Foley M55	2.40.0		
<u>Division 2</u>			
Rob Colton M35	2.31.8		
Rob Greenhalgh M50	2.36.5		
Don Caplin M60	2.42.7		
Doug Ashfield M45	2.46.7		
Jave Roberts M60	2.48.2		
Nic Bailey M50	2.57.3		
Frank Gardiner M50	2.57.6		
Anne Shaw W55	2.59.8		
Brian Paxman M70	3.04.2		
Ian Sanders M40	3.07.1		
Toni Phillips Vis	3.08.8		
John Ellard M60	3.09.4		
Melissa Gardiner Vis	3.10.7		
Karen Gower Vis	3.14.6		
1500M WALK			
Robin King W40	8.09.9	74.7	
Bob Schickert M61	8.23.8	77.5	
Brian Foley M58	8.49.7	71.7	
David Carr M70	9.46.4	73.1	
Ray Hall M69	9.51.0	71.7	
Lynne Schickert W61	9.51.2	74.5	
Damien Hanson M49	9.58.2	58.8	
Simon Jawichre M35	10.10.2	52.2	
Ivan Brown M58	10.10.4	62.2	
Dorothy Whittam W66	10.40.2	72.7	
Elaine Ellard W60	10.41.5	67.9	
Ian Sanders M44	10.42.0	52.8	
Lorna Lauchlan W72	11.14.7	74.2	

Jacqui Sanders W36	11.18.6	52.4	
Alan Tyson M77	12.45.0	60.2	
LES BECKHAM TRIPLE JUMP			
Andrew Booker Vis	10.80m		
Gill Edmonds W35	8.16		
SHOT			
Geoff Gee M45	10.47m		
Peter Gare M60	9.18		
Gerard Kennedy M30	7.83		
Brendan Kennedy M30	7.13		
Toni Phillips Vis	7.10		
DISCUS			
Peter Gare M60	34.98m		
Geoff Gee M45	33.82		
Ross Calnan M60	24.90		
Gerard Kennedy M30	23.53		
Gerard Kennedy M30	20.68		
Ian Sanders M40	19.28		
3000M			
Clemen Schmitt Vis	9.54		
Tony Heppener M50	10.11		
Trevor Nash M40	10.15		
Andrew Brooker Vis	10.21		
Rob Colton M35	10.52		
Allen Gower Vis	11.15		
Mark Speechley Vis	11.23		
Campbell Till M45	11.42		
Blakeney Tindall M40	11.47		
Gareth Brunt M50	11.54		
Doug Ashfield M45	11.57		
Don Caplin M60	11.58		
Frank Gardiner M50	12.11		
Simon Jawichre M35	12.29		
Gerard Kennedy M30	13.03		
Anne Shaw W55	13.13		
Brian Paxman M70	13.16		
John Ellard M60	13.29		
Melissa Gardiner Vis	13.33		
Karen Gower Vis	13.50		
Gill Edmonds W35	14.51		
Jackie Halberg W55	15.44		
David Carr M70	15.45		
Val Prescott W55	20.27		

COKER PARK 19/12/2002

1500 RUN OR WALK

Nick Gardiner Vis	4.43.7
Ian Davies M55	4.43.9
Trevor Nash M40	4.44.2
Rob Catrall vis	4.57.3
Henri Cortis M55	5.01.2
Michael Watson Vis	5.03.9
Tony Hinkley Vis	5.27.7
Doug Ashfield M45	5.30.9
Gareth Brunt M50	5.31.4
Simon Jawichre M35	5.52.7
Blakeney Tindall M40	6.03.5
<u>Division 2</u>	
Frank Gardiner M50	5.29.9
Neil McCrae M50	5.34.2
Anne Shaw W55	5.51.6
David Carr M70	6.10.6
Nick Bailey Vis	6.16.4
John Ellard M60	6.20.6
Nick Miletic M50	6.30.6

Jacqui Sanders W35	7.19.5		
Gill Edmonds W35	7.44.3		
Elaine Ellard W60	9.23.3		
WALK			
Tom Lenane M45	7.48.4		
Bob Schickert M60	9.48.7		
Lynne Schickert W60	10.28.0		
Lil Heatly W70	14.03.1		
200 METRES			
Greg van der Sanden M40	24.3		
Brendan Kennedy M30	25.9		
Tony Hinkley Vis	26.3		
Colin Smith M35	27.2		
Gerard Kennedy M30	27.2		
Steve Payne M40	28.5		
<u>Division 2</u>			
Michael Watson Vis	25.8		
Toni Phillips Vis	28.5		
Ian Sanders M40	29.3		
Blakeney Tindall M40	31.5		
Damien Hanson M45	32.01		
Don Caplin M60	32.2		
Warren Davey M50	32.3		
<u>Division 3</u>			
Jacqui Sanders W35	33.8		
Nick Miletic M50	36.0		
Ray Hall M65	36.0		
John Ellard M60	37.4		
Lil Heatly W70	80.2		
2000M RUN/WALK			
Clemens Schmitt Vis	6.20.8		
Trevor Nash M40	6.34.8		
Michael Glory Vis	7.07.5		
Bob Schickert M60	7.14.2		
Gareth Brunt M50	7.25.9		
Simon Jawichre M35	7.31.8		
Doug Ashfield M45	7.32.0		
Ivan Brown M55	7.32.3		
Don Caplin M60	7.39.8		
Blakeney Tindall M40	8.05.0		
Frank Gardiner M50	8.42.3		
Nick Miletic M50	8.44.0		
John Ellard M60	8.44.3		
WALK			
Brian Foley M55	11.43.4		
Ray Hall M65	13.56.1		
Elaine Ellard W60	14.40.4		
Lil Heatly W70	16.50.5		
LES BECKHAM LONG JUMP			
	POINTS	SCORE	%
Tony Hinkley Vis	4.95m		
Steve Payne M44	4.86	64.5	
Katrina Spilsbury W36	4.20	60.9	
Brendan Kennedy M34	4.10	47.6	
Gerard Kennedy M30	4.06	45.3	
Gill Edmonds W37	4.01	59.0	
Toni Phillips Vis	3.86		
Ian Sanders M44	3.74	49.6	
Henri Cortis M56	3.61	56.4	
Damien Hanson M49	3.45	49.0	
David Carr M70	3.32	62.6	
Jacqui Sanders W36	3.26	47.3	
Blakeney Tindall M41	3.03	38.6	
Pat Carr W70	2.85	67.5	
Lynne Schickert W61	2.52	52.3	
Elaine Ellard W60	1.93	39.5	

100M

Greg van der Sanden M40	12.2
Brendan Kennedy M30	12.5
Colin Smith M35	12.5
Steve Payne M45	12.7
Henri Cortis M55	13.2

Division 2

Gerard Kennedy M30	13.1
Ian Sanders M40	13.8
Blakeney Tindall M40	14.1
Warren Davey M50	15.8
Nick Miletic M50	17.1

Division 3

Katrina Spilsbury W35	14.5
Jacqui Sanders W35	16.2
Pat Carr W70	18.0
Lil Heatly W70	30.1

HAMMER

POINTS	SCORE	%
Alec Cummings M71	30.07m	56.7
Geoffrey Gee M49	27.82	44.7
Gerard Kennedy M30	16.75	20.1
Ian Sanders M44	13.48	19.5
Damien Hanson M49	12.61	20.2
Brian Foley M58	12.39	18.3
Elaine Ellard W60	11.85	28.3
Jacqui Sanders W36	11.61	19.9

JAVELIN

Rob Shand M70	29.49m
Gerard Kennedy M30	27.11
Steve Payne M40	26.79
Warren Davey M50	25.04
Damien Hanson M45	23.39
Brendan Kennedy M30	22.55

PATRONS TRACK AND FIELD TROPHY RESULT

This trophy is contested over 16 events on an age graded points score basis with each competitor's best 10 events counting towards the trophy. The results were again in doubt until the last week. A full list of percentages scored is available from Bob Schickert. Leading scorers for their best 10 events:

Men

Bob Schickert M60/61	793.9
David Carr M70	788.8
Henri Cortis M56	768.7
Ivan Brown M57/58	607.2
Damien Hanson M49	604.4
Ian Sanders M44	530.7
Blakeney Tindall M41	581.1
(9 events)	
Brian Foley M58	478.8
(9 events)	

Women

Lynne Schickert W60/61	586.7
Jacqui Sanders W36	584.9
Elaine Ellard W60	506.7

Patron's Trophies for 2002 were won by Lynne Schickert (586.7 points) and Bob Schickert (793.9 points).

RIB RUN

3 November 2002

With Roma away on the Bike Tour down the south west it was almost the IB Run until Roma's husband stepped in to help, so it was once again the RIB Run.

The day was perfect, and as one of the race directors my biggest reward was the 'thanks for a great run' from lots of members. I went home glowing.

Thanks to Trevor Robertson at the finish line, Bob Harrison at the first turn into the bush, Roger Walsh and Mike Faunge on the tricky turns (they wanted time and half rate for the extra stress involved). Johan Hagerdoorn and Julie Woods on the water station (sorry you couldn't run Johan) and newcomers Mary Young and Graeme Neil who managed the recording. John West also became a marshal when the first couple of runners decided to take a short cut to the finish line.

See you all again next year.

Roma - Irene - Brian (RIB)

9K

Tony Heppener	M50	33:19
Jim Langford	M55	34:47
Ralph Henderson	M50	36:59
Michael Barton	M35	37:35
Frank Smith	M60	37:54
Colin Chisholm	M35	37:55
Gareth Brunt	M50	38:09
Doug Ashfield	M55	38:23
Mike Karra	M35	39:06
Bob Schickert	M60	39:08
John Doust	M55	39:34
Brian Danby	M50	39:45
Ivan Pilton	M55	40:01
Blakeney Tindall	M40	40:09
Seamus Gernon	M35	40:41
John Davies	M55	41:40
Wayne Taylor	M40	41:49
Bob Cairn	M45	41:51
Debbie Burge	W35	42:06
Keith Atkinson	M45	42:10
Mark Sivyer	M50	42:23
Mike Khan	M55	42:29
Robert Roll	M55	42:55
Simon Mort	M45	43:25
Brian Bennett	M55	43:43
Julie Keeley	W35	43:58
Adrien Domnia	M50	44:01
Troy Lundgren	M45	44:11
Nick Miletic	M50	44:32
John Bell	M55	45:39
Michael Andrews	M35	46:35
John Ellard	M60	47:07
John Dance	M50	47:40
Terry Humphrey	M50	48:34
Barbara Humphrey	W50	48:34
Gillian Young	W55	48:56
Dan Bending	M55	49:00

Paula Karra
Ann Turner
Liz Chandler
Kris Adrian
Don Pattinson
John Smith
Pam Toohey
Ray Hall
Merv Jones
Sue Lake
Merv Moyle
Denise Lancaster
Margaret Bennett
Shorty Turner
Sheila Maslen

5K

Ian Davies
Mario Percic
Vic Waters
John Najar
Ivan Brown
Brian Foley
Margaret Langford
Dee Haines
Michael Anderson
Wendy Clements-Green
Bob Sammells
Bernadette Height
Arnold Jenkins
Bob Fergie
Margot Colquitt
Vic Beaumont
John Stone
Steve Toohey
Chris Pattinson
Elaine Dance
Ray Lawrence
Kirt Johnson
Pierre Viala
Elaine Ellard
Frank Usher

9K Walk

Alan Jennings
Val Millard

5K Walk

David Brown
Lynne Schickert
Michele Mison
Jenny Shillington
Lorna Lauchlan
Beryl Doust
Dorothy Whittam
Pat Ainsworth
Pat Hopkins
Maggie Flanders
Nola Bending
Rex Bruce
Barbara Bailey
Jack Bailey
Jeff Whittam
Alan Pomeroy

W30 49:07
W65 50:07
W30 51:01
W30 51:08
M45 51:12
M65 52:42
W55 52:52
M65 52:59
M60 53:37
W40 53:40
M75 57:52
W50 59:35
W60 61:18
M65 61:20
W60 63:04

M55 18:22
M45 19:13
M55 21:34
M45 22:43
M55 23:27
M55 23:29
W55 24:05
W40 24:14
M50 24:23
W60 25:58
M65 26:07
W45 27:13
M55 28:17
M65 28:37
W50 28:42
M70 30:12
M50 30:59
M50 31:18
W45 31:19
W50 31:23
M70 32:27
M70 32:48
M55 32:59
W60 35:56
M70 43:27

M60 64:07
W55 64:56

M55 35:13
W60 36:44
W55 37:43
W45 38:36
W70 38:37
W50 38:59
W65 40:02
W65 42:47
W60 43:10
W60 43:44
W50 45:08
M60 45:10
W70 46:02
M75 46:04
M65 46:09
M70 50:04

Visitors

Paul Burke 5K 24:47
Mike Prentice 5K 30:21
Tania Burke 5K 31:32
Alex Burtill 9K 33:00
Fenella Gill 9K 46:00
Robert Appleton 9K 46:18
Ron Hillis 9K 47:49



Great New 5k Championship Event

The committee is pleased to announce that our club is to conduct a Championship event over the 5k distance. Ian Davies made the suggestion that our club should have a Championship event for the shorter distances, as well as the longer distances. Our committee took this onboard, and decided that this was a great idea. The Membership Run was decided as an ideal course, and April was a good time of year to stage this event. Brian Danby (Race Director of Membership Run), has agreed to stage the event as part of the run on 30th March 2003.

This will be a great opportunity to have a good hit out, at the end of the Track season, and leading up to our Nationals, so you can benchmark where your form is at. Also for those who normally do the longer runs, it gives a competitive format to see just how fast you can do 5k, against some of our best.

Of course being a Championship Event, medals will be presented for the winners, and placegetters. We hope you enjoy it, and that there are heaps of you partaking in the event. *Keith Atkinson*

Mondays at Point Walter

20th Anniversary run at 6pm.
Old and new runners will be welcomed by Trevor and Dick. See you there.

Safety Bay

24-Nov-02
Fona McAuley

5K Run

Ian Davies	M55	18:50
John Doust	M55	21:30
Colin Smith	M35	21:59
David Carr	M70	24:37
Dick Blom	M65	24:52
Sue Bullen	W40	24:58
Robert Sammells	M65	25:55
Victor Beaumont	M70	28:03
June Lewis	W50	28:34
John Stone	M50	28:42
Julie Wood	W50	29:55
Kirt Johnson	M70	30:59
Pierre Viala	M55	31:16
Elaine Ellard	W60	35:44

10K Run

Tony Heppener	M50	37:11
Brian Danby	M50	39:42
Bjorn Dybdahl	M45	41:16
Christopher Coates	M45	41:59
Robert Schickert	M60	42:22
Mike Hale	M55	45:29
Wayne Taylor	M40	46:23
Keith Atkinson	M45	46:55
Mark Sivyer	M50	46:57
Johannes Hagedoorn	M55	47:01
Julie Keeley	W35	47:43
John Mack	M60	48:04
Robert Sheehy	M55	48:47
Brian Bennett	M55	49:06
Rod Tinniswood	M50	49:14
Nick Miletic	M50	49:23
Michael Andrews	M35	50:09
Robert Appleton	M30	50:09
Paul Buckley	M50	51:18
Shirley Bell	W50	51:29
John Brambley	M60	51:39
John Ellard	M60	52:04
John Frost	M65	52:07
Paul Lewis	M55	53:10
Gillian Young	W55	53:34
Don Pattinson	M45	53:39
Ann Turner	W65	55:53
Kristin Adrian	W30	56:46
Liz Chandler	W30	56:50
John Smith	M65	58:20
Rhod Wright	M50	58:35
Merv Jones	M60	59:10
Jeff Spencer	M60	59:10
Denise Lancaster	W50	1:03:26
Margaret Bennett	W60	1:07:38
Cedric Turner	M65	1:07:38
Chris Pattinson	W45	1:18:08

5K Walk

Lynne Schickert	W60	34:22
Rex Bruce	M60	35:21
Michele Mison	W55	36:19
Dorothy Whittam	W65	38:58
Beryle Doust	W50	39:34
Daniel Bending	M55	41:09
Nola Bending	W55	41:09

Duncan &

Christine Peterson	W45	41:22
Margaret Flanders	W65	43:35
Allen Tyson	M75	45:23
John Bailey	M75	46:10
Jeffrey Whittam	M65	46:43
Barrie Thomsett	M60	48:17
Ernest Moyle	M75	48:24
Glenice Shanahan	W75	1:03:58

10K Walk

Valerie Millard	W55	1:13:42
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Boxing Day 26/12/02

Yokine Open Space

My thanks to Jon, Shorty & Anne for helping out.

The numbers were down a little on last year, but, with the heat wave conditions, it is not surprising.

After giving Mike & Joe Stone such a big rap, after last year's event. I hope all is well, for they were missed.

So on with another calendar year of events. OK, so we still have the Banks run in 2002,

The following brave souls ran, walked, staggered around various distances. We did not distinguish between Runner, Walker, Man or Beast. All are faithfully recorded.

I took my little "mut", and she was used by some to feed meat scraps. Thank you. Just hope she was not a bother, but as this is a Vets Boxing Day BBQ, I encourage the not so normal. Even, some of the members. Please come next year and having said the above, perhaps bring the relatives. Even the "M.I.L."

Paul Burke	M30	4km	17:00
Shane Fitzgerald	M40	4km	17:18
Henri Cortis	M55	4Km	18:04
Norm Miller			
& friend	M70	2Km	22:4?
Shorty Turner	M65	2Km	23:4?
Margaret Bennet	W60	2Km	23:4?
Ann Turner	W65	2Km	23:4?
Pat Miller	W60	2Km	23:4?
John Smith	M65	2Km	23:4?

Well I did say Casual, at the start, didn't I? Even the times are all over the place, but that's how they presented themselves. No print-out. (Bob Schickert's idea,) "Let

them read clock" Great idea Bob...

Rex Bruce	M60	4Km	24:53
Ian Davies	M55	4Km	26:12
Rosemary Johnson Vis	6Km	26:06	
Stephen Dunn	M35	6Km	26:49
Tanya Burke	Vis	4Km	26:05
Alan Day	Vis	5Km	29:30
Dorothy Whittam	W65	3Km	25:00
Pat Ainsworth	W65	3Km	29:45
Jenny Smith	W45	3Km	29:45
Paul Buckley	M50	6km	30:30
Pat Hopkins	W60	3Km	27:05
Shirley Bell	W50	6Km	31:30
Julie Keeley	W35	7Km	35:34
John Bell	M55	8Km	36:11
Brian Bennett	M55	7Km	36:12
Geoff Mullins	M55	8Km	37:00
Jack Fisher	M50	8Km	37:00
Ivan Pilton	M55	8Km	34:31
Johan Hagedoon	M55	8Km	38:54
Adeian Damiani	M50	8Km	38:10
Keith Atkinson	M45	6Km	29:15
Jeff Whittam	M65	4Km	38:08
Bjorn Dybdahl	M45	10Km	39:50

(How Can any one run that time full of Xmas Pudding & on a hot day)?

Costa Tslsmkns	M50	6Km	48:48
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Barrie

Coogee Beach

Vic Waters and Dick Blom—mine was a bigger SNAFU than yours, should there be a trophy?

Just through flagging only 11 of the 12 turns, plus one marshal giving out incorrect instructions, Mr. Murphy and his Law had a field day.

Once again the competitors were comfortably tolerant and the beach-sand entrants enthused over their event, so on to a better next year.

Two runners doing 5k in 14 minutes; We wish!

I do so admire and thank my worried but earnest helpers such as Maggie Flanders, Paul Lewis, Dee Haines, Merv Jones, Dennis Miller, Aldo and Audrey Giacomini. The following were not even rostered on but jumped in to help; John and Elaine Ellard, our President Bob Sammells, Elaine and John Dance, Dee Campbell, Jeff Spencer and my own dear Elaine.

Ray Hall.



CANNING CAPER—6KM 01/12/02 1st Dec 2002 - Keith Atkinson

This is the second year we have started this event at 7.00am. to avoid the heat, and it's the second year we needn't have bothered. Yes, sunny, but the wind was very cold. Although the conditions were ideal for competitors. I am biased, but I think this is one of our nicest runs, it's a good view of the river, and city, during, and after the event. So if you missed it this year come along next year.

I must say that while doing the announcements before the event it looked like there was not a big turnout. Obviously some were still keeping out of the wind, because we had 112

competitors.

As always Graham Thornton did a great job on handicapping the 10k run. Well done to Kris, who had a P.B. for her run, so it's no wonder she got under the handicappers guard to win the event.

Other improved performances to show out were Denise Lancaster, Bob Cavin, Michael Anderson, Wayne Taylor, Rhod Wright, and Brian Bennett.

In the walks Jeff Whittam arranged the sealed handicap for the 6k event. However Jeff's handicap could not deter Lesley Romeo, who he

made backmarker, from still finishing first. Congratulations Lesley, that's a great effort. Lynne, Rex, Michelle, Pat, and Lorna finished within 25 secs after the handicap. With Lynne, and Michelle tying for 5th place.

Thanks to my team of helpers who made the event go so smoothly. Jim Barnes, Ernie Moyle, Brian Hunter, Neil McRae, Garry Fisher, Jeff Spencer, Colin Chisholm, and Robert Roll.

Hope to see you next year for more Canning Capers.

Keith Atkinson

10 km Handicap

Mem	H'cap	Clock	Act
VIS CROSSMAN SANDY	07:00	60:23	53:23
411 ADRIAN...KRISTIN	08:10	60:48	52:38
174 ANDERSON.MICHAEL	11:50	62:24	50:34
VIS THORNTON GRANT	15:00	62:35	47:35
199 LANCASTER.DENISE	06:30	62:57	56:27
468 TAYLOR WAYNE	19:00	63:23	44:23
175 BENNETT...BRIAN	18:05	63:26	45:21
VIS WILLIAMS JASON	19:00	63:38	44:38
106 HUGHES.PAUL	25:10	63:50	38:40
453 SIVYER...MARK	17:30	64:00	46:30
387 CAVIN...BOB	19:00	64:05	45:05
448 WRIGHT...RHOD	09:00	64:16	55:16
VIS REID...DARREN	23:00	64:21	41:21
265 BULLEN...SUE	14:15	64:24	50:09
351 TOOHEY...PAM	08:35	64:41	56:06
286 ELLARD...JOHN	15:20	64:43	49:23
276 DAMIANI ADRIAN	18:10	64:44	46:34
323 NASH...TREVOR	28:10	64:46	36:36
251 HALE...MIKE	23:15	64:47	41:32
74 BELL...JOHN	21:00	65:03	44:03
412 BUCKLEY...PAUL	15:10	65:09	49:59
47 PELLIER...JOAN	05:05	65:11	60:06
407 PATTINSON...DON	13:00	65:12	52:12
**** DOUST...JOHN	21:10	65:12	44:02
253 ASHFIELD...DOUG	23:55	65:13	41:18
39 DANBY...BRIAN	23:50	65:19	41:29
156 SMITH...JOHN	09:20	65:34	56:14
40 PELLIER.JOHN	16:00	65:43	49:43
49 KHAN.MIKE	19:00	65:45	46:45
290 FROST...JOHN	15:00	65:46	50:46
188 MILLARD VAL	06:00	65:46	59:46
250 KARRA...MIKE	23:55	65:47	41:52
**** LUNGREN...TROY	18:00	65:47	47:47
54 MASLEN...SHEILA	00:00	66:01	66:01
56 SHEEHY...ROBERT	19:40	66:04	46:24
VIS HARRIS...GARY	15:00	66:26	51:26
112 SCHICKERT...BOB	25:10	66:29	41:19
60 CARRERO.VINCENT	21:00	66:34	45:34
53 DANCE...ELAINE	02:00	66:40	64:40
66 JOHNSON...KIRT	06:30	66:48	60:18
362 MACK...JOHN	21:00	66:50	45:50
51 MILETIC...NICK	18:45	67:02	48:17
447 CHANDLER...LIZ	12:00	67:18	55:18
110 JONES.MERV	10:30	67:24	56:54
139 KLINGE...JIM	25:10	67:27	42:17
288 YOUNG...GILLIAN	16:00	67:30	51:30
193 MAVRICK...MILTON	20:40	67:35	46:55
437 LEWIS...PAUL	15:30	67:49	52:19
51 FOLEY...BRIAN	19:00	67:58	48:58
262 HAGEDOORN...JOHAN	21:40	68:22	46:42
VIS BEER...SYD	20:50	68:46	47:56
114 TURNER.ANN	13:00	69:23	56:23
340 DANCE...JOHN	16:00	69:25	53:25
345 KARRA...PAULA	13:30	69:31	56:01
175 BENNETT .MARGARET	03:00	69:52	66:52
37 LOLY...MITCH	16:00	70:39	54:39
7 LOCKWOOD...STAN	14:00	71:51	57:51

308 MARR...LACHLAN	23:04
Vis HOLLIDAY...LEE	27:17
244 BRAMBLEY...JOHN	28:33
413 CAMPBELL...DEE	28:47
393 SMITH...COLIN	29:31?
MCGLASHAN...HAMISH	29:47
442 HAINES...DEE	30:18
101 AIREY...PETER	31:18
445 RHODES...MIKE	32:04
463 LAKE...SUE	33:34
228 HEIGHT...BERNADETTE	34:00
173 STONE...JOHN	34:40
164 GIACOMIN...ALDO	35:17
11 FERGIE...BOB	35:18
10 MOYLE...MERV	37:38
149 HALBERG...JACKIE	37:38
Vis BURKE...TANYA	38:32
141 BARNETT...ROMA	38:53
295 WOOD...JULIE	38:55
428 VIALA...PIERRE	38:55
52 FARRELL...PHYLLIS	40:51
24 LAWRENCE...RAY	40:51
452 TSSEMLIS...COSTA	42:20
252 TAYLOR...MARGARET	45:58
16 USHER...FRANK	51:06
168 HEPPELL...MARY	55:00

6km Walk

No		Clock	H'cap	Actual
134	ROMEO...LESLEY	40:04	11.50	51.54
63	BILLINGTON JACQUELINE	41:42	10.15	51.57
248	BRUCE...REX	43:09	11.00	53.09
310	JACK BAILEY	53:32	0.35	54.07
111	LYNNE SCHICKERT	43:14	11.30	54.44
130	MICHELLE MISON	44:29	10.15	54.44
307	PAT HOPKINS	51:25	3.30	54.55
38	LORNA LACHLIN	45:59	9.00	54.59
31	DOROTHY WHITTAM	47:09	8.00	55.09
205	PAT AINSWORTH	53:38	5.15	55.53
75	LEO HASSAM	54:59	1.00	55.59
20	JEFF WHITTAM	55:42	0.20	56.02
210	MAGGIE FLANDERS	53:30	3.00	56.30
382	LAURIE COLLETT	46:41	10.15	56.56
203	DAVID BROWN	43:15	14.00	57.15
217	LOIS SMITH	47:01	10.15	57.16
285	ELAINE ELLARD	47:13	10.15	57.28
90	ROSA WALLIS	53:29	10.15	63.44
68	ALAN POMERY	53:03	11.00	64.03
76	BASIL WARNER	55:05	10.15	65.20
****	EVELYN WILLIAMS	55:52	10.15	66.07
309	BARBARA BAILEY	65:25	2.00	67.25
109	PAT MILLER...	65:16	3.00	68.16
108	NORM MILLER	61:46	10.15	72.01

10km

129	MISON...JOHN	59:39
406	PATTINSON...CHRISTINE	77:09
409	SHILLINGTON...JENNY	77:11
****	DOUST...BERYLE	81:38

ROUND THE LAKES 8 December 2002

Next year we plan to have this event as a normal run on the old course mainly bike path and road without age grading or handicap ... Any comments? It took a lot more time and energy than I expected to flag the new cross country course. We were pleased that a few ran some extra metres and disappointed that so many did lil ol' short cuts. There will be a re run of the course from the designated National's start at Brian's run 5 th Jan. Nobody seems to object to my "eat fruit and drink heaps" messages ... I enjoy putting in a nutrition plug.

Thanks so much top class helpers ... You all make race directing a total pleasure.

4KM

NO	NAME	AGE	ACT
110	JONES.MERV	63	23:18
160	YOUNG.MARY	51	26:36
28	VIALA...PIERRE	55	25:47
	BURKE TANYA	31	25:22
16	USHER.FRANK	79	37:03

8KM

53	LANGFORD.JIM	58	29:28
259	WHITE.DARRYL	43	30:34
441	MANGAN.BERNARD	48	31:36
178	HENDERSON.RALPH	54	32:40
112	SCHICKERT.ROBERT	61	33:04
251	HALE.MIKE	55	33:15
	SPEECHLEY MARK	35	33:24
347	MCRAE.NEIL	50	33:54
253	ASHFIELD.DOUG	45	33:58
196	BRUNT.GARETH	51	34:07
60	ROBERTS.DAVID	60	34:19
194	BROWN.IVAN	58	34:22
	WALKER AMANDA	37	34:23
144	SHAW.ANNE	55	34:47
38	GARDINER.FRANK	52	34:49
	GERNON SEAN	38	35:05
****	DOUST JOHN	55	35:19
223	ROSEN.MARK	54	35:40
227	FISHER.GARY	50	36:11
387	CAVIN.BOB	49	36:19

262	HAGEDOORN.JOHAN	59	36:23	448	WRIGHT...RHOD	53	45:02	445
468	TAYLOR.WAYNE	43	36:28		RHODES...MICHAEL	57	45:21	
167	CARRERO.VICENTE	60	36:30	351	TOOHEY...PAMELA	55	45:58	
175	BENNETT.BRIAN	55	36:39	114	TURNER...ANN	66	46:59	
362	MACK.JOHN	61	36:51	11	FERGIE...BOB	67	48:16	
198	ATKINSON.KEITH	46	37:03	47	PELLIER...JOAN	63	49:22	
2	CARR.DAVID	70	37:43	295	WOOD...JULIE	50	49:24	
49	KHAN.MICHAEL	58	38:09	10	MOYLE...MERV	76	50:42	
392	MILETIC.NICK	51	38:09	352	TOOHEY...STEPHEN	53	50:46	
276	DAMIANI.ADRIAN	52	38:23	149	HALBERG...JACKIE	56	51:02	
193	MAVRICK.MILTON	49	38:32	65	BEAUMONT...VICTOR	72	51:11	
51	FOLEY.BRIAN	58	39:05	339	DANCE...ELAINE	52	51:19	
412	BUCKLEY.PAUL	53	39:31	115	TURNER...SHORTY	67	54:19	
40	PELLIER.JOHN	63	39:48	59	MASLEN...SHEILA	64	55:37	
	GILL FERNELLA	39	39:49	176	BENNETT...MARGARET	61	56:36	
286	ELLARD.JOHN	60	40:04		4KM WALK			
247	BELL.SHIRLEY	54	40:21	109	MILLER...PATRICIA	64	37:03	
465	ANDREWS.MICHAEL	38	40:37		6KM WALK			
288	YOUNG.GILLIAN	55	40:58	129	MISON...JOHN	55	34:56	
64	BARRIE.STEPHEN	66	41:09	111	SCHICKERT...LYNNE	61	42:52	
174	ANDERSON.MICHAEL	54	41:11	188	MILLARD...VALERIE	56	43:56	
195	SMITH.BRIAN	63	41:12	336	TURNBULL...JIM	66	44:32	
136	WATERS.VICTOR	58	41:39	248	BRUCE...REX	60	45:20	
437	LEWIS.PAUL	56	42:12	38	LAUCHLAN...LORNA	72	45:52	
89	MARTIN.PAUL	61	42:20	431	MALIN...JANIS	54	45:59	
103	SCHAEFER.GEORGE	69	42:55	31	WHITTAM...DOROTHY	66	46:32	
461	NEILL.GRAEME	42	43:05	****	DOUST.BERYL	54	46:55	
340	DANCE.JOHN	53	43:07	285	ELLARD.ELAINE	60	47:16	
7	LOCKWOOD.STANLEY	73	43:16	242	HALL.RAY	69	51:57	
180	HUNTER.BRIAN	58	43:21	307	HOPKINS.PATRICA	60	52:39	
101	AIREY.PETER	65	43:39	75	HASSAM.LEO	72	56:20	
345	KARRA.PAULA	31	43:53		GEPP EMMA-KATHRYN	26	57:49	
	FERGIE MIKE	64	43:54	20	WHITTAM.JEFFREY	68	58:03	
156	SMITH...JOHN	67	44:13		GRIFFIN ROBYN	37	59:07	
19	SAMMELLS...ROBERT	65	44:25	62	MOYLE..ERNEST	77	61:07	
161	CLEMENTS-GREEN.WENDY	60	44:26	166	CARRERO...TINA	55	61:25	



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.

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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.

Australian Masters Uniforms

New supplies readily available from
Hazel McDonald in Queensland.
Lynne Schickert has order forms and
they will be available on notice board.