



The Vetrunk

No. 325 December 2000 Patron: Bill Hughes President: Bob Schickert Editor: Tom Lenane
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International Year of the Volunteer

As you may be aware this year is the "International Year of the Volunteer". The Western Australian Veteran's Athletic Club like many sporting organizations are rely heavily on the work of its volunteers. As well as your involvement with WAVAC as an athlete and volunteer, many of you are also involved with the many other sporting bodies. Your efforts are greatly appreciated and received – keep up the good work. Remember – a work load shared by many makes for less work for all and without your efforts the many sporting events going on around this state would not happen.

Australian Sports Medal

In light of the previous comments regarding volunteers the Australian Sports Medal has been presented to some of our members in recognition of their services as volunteers and servants to their sport. Congratulations go to Bob Schickert and Jacquie Halberg as recipients of the A.S.M for their efforts for athletics and WAVAC as a result of their nominations by the WAVAC special committee. Other members also to receive recognition (through other sporting bodies) are Leslie Romeo, John Gilmour, Jim Langford and Gordon Metcalf (swimming). In line with all Australian Government awards they are entitled to include A.S.M. as part of their title – reflecting the merit of this award. Congratulations to all. As I become aware of any other WAVAC members who have been presented with this award, I'll keep you all informed and give the well-deserved recognition that goes with this award in the VETRUNK.

State Track & Field Championships

In this VETRUNK you will find the program and nomination form for the Western Australia Veterans State Championships. Don't delay in getting your nomination forms back to The earlier you get your nominations back the easier the job for the organisers.

Broome Masters Games

4 – 12 May 2001

If you were looking for an excuse to enjoy the North West in the dry season, the Broome Masters Games would be as good an excuse as any. For those of you who enjoy the longer distances, a run along Cable Beach as part of these games is organized. For further information contact P.O. Box 5570, Cable Beach, W.A. 6276.

Weekend at Donnelly River

Here are the details for the long weekend of 2 March 2001 at Donnelly River. The cost for the weekend (3 nights) is \$45 per person (8 people per cottage). Cottages are equipped with a microwave (and probably other stuff as well but that's all the info I was given). There are great walking / running trails available as well as swimming and canoeing (BYOC – Bring Your Own Canoe) available for those so inclined. A hall has been booked for Saturday night and offers darts, pool and table tennis as well as a great opportunity to socialise. A BBQ has been organised for Sunday evening. It sound like lots of fun is to be had. If you're interested get in contact with Joan Pellier (phone 9459 7782). To avoid disappointment – get in early.

Shillington Shuffle

12 November 2000

Barton in the Clay is an appropriate name for the village of the start and finish of the event. Recently there has been much rain in Britain and this Bedfordshire village resembled the Lake District – a mass of flooded fields. Peter, a former WAMC member living near London and a serial marathoner, Dave Lewis invited me to take part. A heavily detailed set of instructions and maps were given along with a check-in card at the start – four spot check-ins were positioned along the way, where food and drinks were available. For those who preferred to have an ale along the way some attractive pubs were only a couple of steps off the course.

The course is hard and interesting but you don't have to run your guts out. Starting off with some very steep hills up and down much variety of surfaces is encountered. Bridal paths, waterlogged tracks, hedgerows, flooded fields, woodlands and heath lands and a small amount of sealed roads. Also about 30 stiles had to be negotiated. The biggest hazard I found to be the mud and the temptation to take on the food available. After 26 miles and 365 yards of carrying all the clay the legs become very weary. Hot mince pies were my downfall and were almost my undoing at about 21 miles.

In places the paddocks were ploughed and the mud was above the ankle so if you think you would skite about a sub 3 you were in for a shock. At 20 miles thoughts were on calling it a day but hot tea loaded heavy with sugar rejuvenated my body to keep going.

In all I must say it was a great experience and brilliantly organized with one flag on the course. Fastest time of the day was 4 hours 20 minutes.

Jim Barnes

Mosman Park Run

10th December 2000

87 starters tackled the course, which was hit by the "VW" virus last year, however everything ran smoothly with favorable comments from runners and walkers, particular ones who loved the couple of small hills. Thank you to Paul Martin, Robin King, daughter Whitney, David Roberts, George Innes, Peggy Macliver, Sheila Maslem, Heather Sanderson, Alan Jennings and Bill Hughes. See you all next year.

Paul and Sue Hughes

10 km Men's Run

Jim White (Vis)	37.30
Wally Crowley	38.26
Ralph Henderson	38.39
Warren Gee	39.10
Bob Schickert	41.55
Frank Smith	42.11
Lauchlan Marr	42.46
Vic Waters	42.48
Johan Hagedoorn	42.55
John Bell	43.44
Simon Jawichre	44.00
Mark Rosen	44.10
David Muir	44.19
Brian Bennett	46.08
Mike Flood	46.15
John Frost	47.26
Wayne Bates	47.35
Keith Atkinson	47.52
Sid Beer (Vis)	47.56
John Ellard	48.43
John Pellier	49.33
Bob Sammells	49.47
Mitch Loly	53.41
Vic Beaumont	54.07
Arnold Jenkins	55.03
Brian Aldrich	55.25
John Smith	55.58
Merve Moyle	58.29
Ron Mead (Vis)	61.15
Shorty Turner	67.14

10 km Women's Run

Debbie Burge	51.49
Julie Young	52.59
Jackie Halberg	53.43
Anna Turner	56.30
Margaret Bennett	66.14
Denise Lancaster	67.16

10 km Men's Walk

John Mison	61.54
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10 km Women's Walk

Michelle Mison	75.48
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4.5 km Men's Run

Ian Davies	16.27
Ivan Brown	17.25
Brian Foley	19.30
Cecil Walkely	24.23
Norm Miller	25.21
Steve Toohey (Vis)	25.37
David Carr	25.45
Pierre Viela	25.56
Kirt Johnson	26.41
Reece Walcock (Vis)	26.43
Peter Davies	27.04
Ray Hall	31.50
Garath Gorman (Vis)	33.40
Frank Usher	34.38
Raymond Loly	42.35

4.5 km Women's Run

Frances Casella	20.33
Jeanette Tiverios (Vis)	22.28
Clare Walkely (Vis)	24.23
Pam Toohey (Vis)	24.25
Wendy Clements	25.12
Julie Wood	25.24
Fran Ingram (Vis)	25.27
Alison Aldrich	25.49
Joan Pellier	26.37
Alys Waldock	26.43
Christine Kirkness	27.12
Rosa Wallis	27.52
Ruth Willmer	28.25
Elaine Ellard	29.06
Grace Willmer (Vis)	42.39

4.5 km Men's Walk

Barry Thomsett	34.25
Bob Fergie	34.27
Jeff Whittam	38.53
Ernie Moyle	39.37
Fred Watson	50.59
Fred Hagger	51.01

4.5 km Women's Walk

Jacquiline Billington	31.43
Lorna Lauchlan	33.42
Dorothy Whittam	35.06
Pat Hopkins	39.55
Christine Poyton (Vis)	40.39
Pat Miller	40.41
Maggie Flanders	40.50
Glennis Shannahan	45.40

Bibra Lake 2000

Well, it didn't get off to a good start to the day. I had planned to use my motorbike to mark out the course, which would have saved a great deal of time. However, my bike broke down on the way. My trusty helpers, namely, John Brambley, Jon Wanberg, Beverly Morrissey, John McShane, Bob Chalmers, Duncan and Fiona McAuley came to my rescue

and with their help all went smoothly. I send them my thanks. The cool and still conditions must have helped the good turnout (80) and the faster times by most people. Judging by the feedback, I think most people enjoyed the event but I may change the finish for next year as the grassy finish did not suit the walkers.

6 km Run

Ian Davies	M50	21.51
Duncan McAuley	M50	22.03
David Boyes	Vis	22.50
Jim Klinge	M50	23.09
Bill Jones	Vis	23.19
Bob Thomson	M50	23.33
David Willmer	M45	24.06
Shane Loseby	Vis	25.00
Jon Wannberg	M30	25.30
Brian Foley	M55	25.50
Mike Rhodes	M50	26.27
Nicolas Gardiner	Vis	26.37
Mike Loseby	M45	27.10
Irwin Barrett-Lennard	Vis	28.05
Dick Blom	M65	28.46
Lauren Gardiner	Vis	31.24
Stuart Parkinson	M50	31.54
Sandy Bond	W35	32.15
Ray Hall	M65	33.38
Raymond Loly	Vis	33.47
Warren Edwards	M50	34.12
Ray Lawrence	M75	34.33
Julie Wood	W50	37.06
Kirt Johnson	M70	37.06
Christopher Wilkins	Vis	37.43
Alan Chambers	M60	38.00
Keith Forden	M60	39.10
Chris Kirkness	Vis	45.09
Frank Usher	M75	47.30
Tanya Wayne	Vis	49.20
Julie Wayne	Vis	49.22

12 km Run

Paul Odam	M40	44.37
Chris Coates	M45	45.01
Graham Maier	Vis	48.56
John Allen	M40	49.52
Gareth Brunt	M45	49.53
David Muir	M55	50.54
Johan Hagedoorn	M55	51.01
Peter Hills	M50	51.25
Mike Hale	M50	52.10
Tessa Brockwell	W40	52.54
John Bell	M55	53.08
John Pressley	M55	53.28
Clyde England	M40	53.51
Colin Bolt	M60	54.18
Mike Khan	M55	54.32
Wayne Bates	M55	55.14
Jim Barnes	M55	56.36
Jeff Lindnord	M40	57.00
Kaye Turner	Vis	57.17
Mike Karra	M35	58.23
Mike Flood	M45	58.23
Marge Forden	W55	59.30

Arnold Jenkins	M55	62.04
Aldo Giacomini	M60	62.41
Merv Moyle	M70	66.32
Paula Karra	Vis	67.06
Brian Aldrich	M70	67.09
Merv Jones	M60	67.37
Malcolm Reid	Vis	68.19
Margaret Warren	W60	68.38
Sheila Maslen	W60	77.47
Mary Heppell	W60	81.30

6 km Walk

John Mison	M50	35.08
Paul Martin	M55	35.09
Barry Weatherburn	M55	39.57
Michelle Mison	W50	42.41
Mitch Loly	M60	46.12
Dorothy Whittam	W60	47.01
Val Wheeler	W65	52.24
Ernie Moyle	M75	52.51
Judy Hill	W50	53.03
Jeff Whittam	M65	53.04
Gail Gardiner	W50	53.30
Cathy Boyes	Vis	55.33
Julie Dobbs	Vis	55.33
Rosa Wallis	W55	59.29
Phyllis Farrell	W55	59.03
Fred Watson	M80	71.29
Jenny Keaughran	Vis	108.05 (12 km)

BANKS

4 February 2001

Many thanks to helpers, Arthur Leggett, Dalton Moffett, Barbara & Jack Bailey, Christine Wheeler, Rex Bruce, Rob Sheehy and Henri Cortis. With the unavailability of John Pressley due to work pressures I stepped in this year. Thank you John for organising the run over the past few years. Next year Heather and Tony will do the organising.
Bob Schickert

6.4K Run

Dave Roberts	M55	26:53
Ivan Brown	M55	27:06
John Davies	M55	28:22
David James	M45	28:51
Michael Anderson	M55	31:39
Shirley Bell	W50	32:34
Jim Stewart	M55	32:40
Peter Airey	M60	33:40
Dave Scott	M50	36:37
Bob Fergie	M65	37:37
Wendy Clements	W55	38:17
Julie Wood	W50	38:21
Chris Kirkness	W50	39:36
Kurt Johnson	M70	39:39
Norm Miller	M65	40:19
Ray Lawrence	M70	41:26
Denise Lancaster	W50	42:31
Shorty Turner	M65	43:05
Joan Pellier	W60	43:56
Frank Usher	M75	51:09
David Willmer	M45	54:54

6.4K Walk

Barry Weatherburn	M55	43:03
Lesley Romeo	W55	44:52
Ray Hall	M65	44:54
Pat Ainsworth	W60	54:55
Val Wheeler	W65	54:57
Barry Thomsett	M60	56:38
Leo Hassam	M70	57:22
Pat Hopkins	W55	57:53
Jeff Whittam	M65	58:33
Joan Soulsbury	VIS	59:01
Maggie Flanders	W60	59:02
Fred Watson**	M80	32:03
Fred Hagger**	M75	32:03

**distance not recorded

9.3K Run

Jim Langford	M55	33:46
Bert Carse	M55	34:26
Ralph Henderson	M50	35:21
Wally Crowley	M45	35:30
Warren Gee	M50	35:57
Neil McRae	M45	35:57
Jim Klinge	M50	36:40
Paul Hughes	M45	36:52
Gary Fisher	M45	37:12
John Allen	M40	37:26
Frank Smith	M55	37:45
Graham Thornton	M60	37:48
Vic Waters	M55	38:20
Doug Ashfield	M40	38:31
Simon Jawichre	M35	38:48
Brian Bennett	M50	38:59
Johan Hagedoorn	M55	39:05
Wayne Pantall	M45	39:56
Delia Hendrie	W45	40:37
Mike Khan	M55	41:34
Simon Mort	M40	42:12
Mike Flood	M45	42:28
Mike Karra	M35	42:30
John Bell	M55	42:37
John Frost	M60	42:41
Don Caplin	M60	43:00
John Pellier	M60	43:26
Brian Smith	M60	43:43
Keith Atkinson	M40	44:21
Bob Sammells	M60	44:27
Frances Casella	W45	44:34
Neville Page	M55	45:18
Mike Faunge	M60	45:19
Joe Stickles	M60	45:20
Marge Forden	W55	45:22
Irwin Barrett-Leonard	M70	45:31
Margaret Langford	W50	46:12
Debbie Burge	W30	46:31
Ray Attwell	M65	46:42
John Brambley	M55	47:49
George Schaefer	M65	48:22
Jackie Halberg	W50	48:50
Julie Keeley	W30	49:06
Brian Hunter	M55	49:33
Glenda Schulze	W40	50:26
Jack Penkin	M40	50:27

Roger Walsh	M55	51:00
Merv Moyle	M70	51:59
Jeff Spencer	M55	52:06
John Smith	M65	52:07
Ann Turner	W65	52:23
Gary Branche	M45	52:43
Paula Karra	W30	54:52
Gillian Young	W50	53:22
Merv Jones	M60	55:11
Ron Mead	M45	55:11
Val Millard	W50	57:13
Allan Chambers	M60	57:18
Sid Beer	Vis	59:31
Margaret Bennett	W55	60:12
Wal McKinnon	M60	60:14
Phyllis Farrell	W55	62:38
Sheila Maslen	W60	63:01
Mary Heppell	W60	64:29

9:3K Walk

Paul Martin	M55	54:36
David Brown	M50	61:57
Lynne Schickert	W55	69:53
Jacqueline Billington	W55	72:01
Lorna Lauchlan	W70	72:02
Dorothy Whittam	W60	73:35
Alan Pomery	M65	75:22
Jill Midolo	W50	81:19

Happy Birthday

Bailey	John	18.02.1926	75 becomes M75
Bruce	Rex	26.02.1941	60 becomes M60
Carr	Pat	18.02.1932	69 remains W65
Carrero	Tina	20.02.1946	55 becomes W55
Clive	David	27.02.1937	64 remains M60
Cortis	Henri	25.02.1946	55 becomes M55
Damiani	Adrian	02.02.1950	51 remains M50
Ferris	Irene	27.02.1952	49 remains W45
Gee	Bronwyn	19.02.1952	49 remains W45
Hawks	Phil	16.02.1959	42 remains M40
Jarvis	Janet	08.02.1945	56 remains W55
Jennings	Alan	04.02.1940	61 remains M60
Lancaster	Denise	11.02.1950	51 remains W50
Mair	Robert	11.02.1948	53 remains M50
McMillan	James	02.02.1925	76 remains M75
Medcalf	Noela	03.02.1935	66 remains W65
Miller	Dennis	21.02.1940	61 remains M60
Paxman	Brian	02.02.1930	71 remains M70
Penkin	Jack	14.02.1960	41 remains M40
Prescott	Valerie	08.02.1944	57 remains W55
Rosen	Mark	29.02.1948	53 remains M50
Smith	John	23.02.1935	66 remains M65
Spencer	Jeff	22.02.1941	60 becomes M60
Spilsbury	Katrina	17.02.1966	35 becomes W35
Thornton	Beverley	23.02.1943	58 remains W55
Tyson	Allen	06.02.1925	76 remains M75
White	Darryl	07.02.1959	42 remains M40

Annual General Meeting

The A.G.M. of the Western Australian Veterans Athletic Club will be held on Monday 9th April 2001 at the Hockey

Club Rooms. A notice of motion to amend the constitution is to be brought before the meeting and voted on.

The notice of motion is:

Moved R Schickert: "That clause 34(b) of the constitution be deleted."

This clause is for the classification of Honorary Member, where at 70 years members no longer pay registration fees.

New Members

Patricia Hopkins, Lachlan Marr, John and Barbara Bailey, David Charlton, Ron Mead, Glenda Shulze, Jo and Jack Perkin, Christine Wheeler and Gareth Gorman

Letter

20/12/00

Dear Committee and Athletes,

We, the Committee and members of the Canning Districts Athletic Club wish to thank you for your assistance and participation in our 'Houghton's, Hambley, Camperworld and Langford's Dash for Cash' night on Thursday 23 Nov 2000.

We apologise for the delays due to high numbers of people doing the 100yds and also the awards that were given out. We appreciate that the 3milers were standing around getting cold while waiting for their race. We also apologise to the runners who did not get their prize on the night.

Despite all that, we hope that everyone enjoyed competing and won't be deterred from competing next year.

We also propose that the John Gilmour 10000m will not be in the same week so as not to dampen either event, as what seemed to happen this year, especially in the longer distance.

Thanks again for your cooperation and participation,

Yours faithfully,

Robin King (acting secretary), Mike Edwards (president)
Canning Districts Athletic Club

Boxing Day Event

Yokine Reserve

I have listed runners/walkers as they finished. So many different distances were completed, I would have half a dozen or more categories if I did otherwise.

As the weather was hot and humid, some runners actually both walked and ran, and took short water breaks during the event. Also, as this was to be a social event, no visitors fees were asked (with agreement of EI-Presidente) so in the spirit of Xmas goodwill, no distinction is made in the results

O.K so I did not have a water station, but as all passed the finish/start line every 1 or 2 kilometers and there was a drinking fountain nearby, I did not think it necessary. Yes I forgot to hand out Icy Poles until the B,B,Q, They were meant for the finish line, I forgot they were in the Esky. They were brought for my grandchildren many moons ago, and never used, taking up space in the freezer Ah well, best of intentions etc.

Forty runners/walkers took part, and most stayed back to socialize, and relax after a hectic Christmas, also present were some friends and relations of competitors, and very welcome This is becoming the place to be on Boxing Day, so bring the family next year and enjoy the B.B.Q, even if you don't do anything strenuous.

This run originated at least 20 years ago, by Rob Shand and Bob Hayres, and then by Barry Robinson at Lake Leschenaultia, and then carried on by the Hill family & Toni Frank, until Toni moved to East Perth, This was one of the few events my late wife attended (Fay definitely no Athlete nor cyclist), encouraged my participation, and enjoyed the social side, so I am reluctant to see the event disappear from the Calendar.

The numbers attending are again starting to increase, after a large attendance in the early years. Lets be honest, the sand around the lake in mid summer was not much fun.

My thanks to Bryan Hardy, who put out flags and Jane Robley, Jim Shaw on the Start /finish, Brian Smith, Shirley Bell, and many whose names I have forgotten, who collected



SPORTS MASSAGE

- ✓ Prevention and management of muscular injuries
- ✓ Deep Tissue/Myofascial Release
- ✓ Trigger point therapy
- ✓ Reduce post event/training pain and stiffness.

Manuel Rodriguez
Massage Therapist
For bookings ring 9381 1697
140 Cambridge St West Leederville.



the flags. Our stalwart helper and collector of old sausages, Shorty Turner failed to appear (a sufferer of "dickyback syndrome") and was missed. Get well Shorty. The feed back from those who attended indicates they enjoyed the format of this event, and I was delighted that about 95 % stayed for the BBQ, yes it was very pleasant, thank you all so very much.
Barrie Thomsett

1. Anne Turner	W60	3K	17:36
2. Judy Hill	W50	2K-W	17:60
3. Pat Hopkins	W35	2K-W	18:01
4. John frost	M60	4K	18:49
5. Brian Aldridge	M70	4K	21:31
6. Robin Watts	W45	4K	24:16
7. Stephen Dunn	M30	6K	25:05
8. Bryan Hardy	M55	5K	25:08
9. Joe Penkin	W35	4K	25:43
10. Tina Bojarski	W35	4K	26:06
11. Peter Hill	M50	6K	26:40
12. Richard Harris	M60	5K	26:51
13. Alison Aldridge	W55	4K	27:01
14. Lois West	W50	3K-W	27:29
15. Jeff Whittam	M65	3K-W	28:06
16. Dorothy Whittam	W60	3K-W	28:06
17. Pat Millar	W60	2K-W	29:04
18. Arnold Jenkins	M65	4K	29:06
19. John Smith	M65	5K	29:58
20. John Rischerter	M25	8K	34:40
21. John Allen	M40	8K	34:43
22. Simon Jawichre	M35	8K	34:50
23. Anne Shaw	W50	8K	34:52
24. Toni Frank**	W55	4K-W	36:06
25. Bob Schickert	M55	8K	37:59
26. Graeme Uren	M30	8K	38:44
27. Rob West	M50	8K	39:20
28. John Wannburg	M30	5K	40:10
29. John Bell	M55	8K	40:57
30. Lynne Schickert	W55	5K-W	41:09
31. Michelle Mison	W50	5K-W	41:09
32. Frances Cacella	W45	8K	41:22
33. Delia Hendrie	W45	8K	41:58
34. Robert Sheehy	M50	8K	42:51
35. Shirley Bell	W50	8K	42:37
36. Brian Smith	M60	8K	42:46
37. Allan Jennings	M60	6K-W	45:36
38. John Misson	M50	7K-W/R	45:42
39. Keith Atkins	M40	5K-W	50:18
40. Gail Gardener	W50	6K	52:32

** started 5 min late

CLYDESDALE RUN

4K / 8K Run / Walk
31, December 2000

Well, the last run of the year turned out to be pretty good. There were 103 runners / walkers which was fantastic, considering so many people are on holidays during this period. We could not have had better weather if we had gone to church the night before. Many of the members stated they had not been around the lakes previously and some people (Jill and David) went back

for a chat to the wildlife after the run. Bert Carse and Frances Casella were first in the 8K run & Bruce Wilson and Sue Vetton were first in the 4K run. In the walk David Brown and Lyn Schickert were the first in the 4K while Paul Martin and Lorna Lachlan were winners in the 8K. Our thanks to our helpers, Ivan Brown, Toni Frank, Keith & Marge Forden on the drinks, Roger Walsh, Derry Foley and our volunteer recorder on the day, Arthur Leggett.

8K run

Bert Carse	29.08
Trevor Robertson	29.59
Wally Crowley	30.01
Ralph Henderson	30.23
Gareth Brunt	31.28
Jim Kalinge	31.47
James McCarthy	32.22
Wayne Robinson	32.23
Mike Hale	32.50
Vic Waters	33.02
Frank Smith	33.11
Blakeney Tindall	33.22
Doug Ashfield	33.23
David Muir	33.38
Brian Danby	33.51
Peter Edwards	34.05
Brian Bennett	34.08
Johan Hagedoorn	34.33
Bob Schickert	34.40
Graham Thornton	35.18
Beamer Emz	35.35
John Davies	35.54
Simon Jawichre	36.04
Brian Foley	36.10
John Frost	36.25
John Pressley	36.47
John Bell	37.20
Jim Barnes	37.25
Bob Harrison	37.29
John Pellier	37.43
Francis Casella	37.55
Julie Lawler	38.12 (Vis)
Syd Beer	38.27 (Vis)
Mike Faunge	39.01
Bob Sammells	39.17
David Carr	39.12
Brian Fish Smith	39.25
Jeff Spencer	40.35
Debbie Burge	40.36
Vic Beaumont	40.54
Helen Reece	41.25
Aldo Giacomini	41.56
Robert Sheehy	42.36
Merve Moyle	42.45
Brian Alrich	42.50
Anne Turner	44.42
Jeff Johnson	44.42
Ken Whistler	47.24
Ron Mead	47.55
Wal McKinnon	49.48
Sheila Maslen	50.13
Sue Bullen	50.37
Margaret Bennett	50.38

4K run

Bruce Wilson	15.28
Sue Vetten	17.49
John Brambley	17.50
Mike Rhodes	18.18
Dick Blom	18.31
Joe Stickle	18.54
Michael Anderson	18.59
Glen Stephen	19.19
Arnold Jenkins	19.30
Richard Harris	20.02
Peggy McLiver	20.13
Heather Sanderson	21.02
Bob Fergie	21.53
Joan Pellier	22.04
George Schaefer	22.29
Ray Hall	22.39
Julie Wood	22.46
Allison Alrich	22.47
Ray Lawrence	23.04
Pierre Viala	23.05

8K Walk

Paul Martin	48.09
Alan Jennings	59.51
Lorna Lachlan	60.18
Barry Thomsett	60.19

4K Walk

David Brown	26.51
Lynne Schickert	29.42
Dorothy Whittam	30.31
Christine Wheeler	32.30
Val Wheeler	32.30
Alan Pomery	32.33
Pat Ainsworth	37.04
Pat Hopkins	34.46
Jeff Whittam	35.01
Rex Bruce	37.24
Ernie Moyle	37.26
Jill Midolo	39.42
Annette Marshall	41.00 (Vis)
Fred Watson	45.09
Fred Hagger	45.11
Glynis Shannahan	48.35

4k Run

Christine Kirkness	23.26
Denise Lancaster	24.18
Kurt Johnson	24.19
Peter Davies	24.25
Peter Airey	24.33
Mary Hepple	26.09
Nola Metcalf	26.10
Rosa Wallis	26.16
Ron Spencer	30.47

Dear All

There are a few events taking place in the next few months to bring some attention to the Children's Cancer Research

efforts. I am sending this to you in the hope that you may be able to (or you may know someone who can) assist in some way with obtaining grants and donations to further the research into the disease. To start the whole thing off, I am having my hair shaved off on Me No Hair Day (1/3/01) to support the Cancer Foundation.

2001 Joondalup Festival Fun Run;
5km & 10km Run, Jog or Walk.
Sunday 25th March 2001, Start 8.00am

Proceeds to 3 Boys Legacy Inc; for research into brain cancer in children.

Event sponsored by: Ansett Australia, BC The Body Club, Community Newspaper Group, Lakeside Joondalup Shopping City, Brooks, and Runner's World. and organised by the West Australian Marathon Club.

Start/Finish: at Market Square (adjacent to Joondalup Train Station), Corner Collier Pass & Grand Boulevard. Parking at Lakeside Joondalup Shopping City.

Entry forms (with all the details on the event) are now available at: Runners World, 5 Fitzgerald Street, Perth - Ph: 92277281 or Lakeside Joondalup Shopping City Information Kiosk

Prizes: Everyone who submits an entry will be eligible to win airfares for two to Broome courtesy of Ansett Australia (Certain restrictions can apply). The winner will be drawn at the Awards Ceremony after the event and if the winner is not present they will be notified in writing. Other prizes include BC The Body Club memberships and Brooks running shoes. All Fun Run finishers will receive a special finisher's certificate to commemorate their achievement.

The 3 Boys Legacy was established using the memories of Justin Ward, Matthew Webb and Ricky Wannberg as its impetus. These boys were brave and great mates who met because of an indiscriminate disease, which according to Princess Margaret Hospital statistics has much poorer survival rates than most other cancers. Unfortunately, they all succumbed to brain tumours about the same time and the Legacy hopes to ensure that other children do not meet under such unfortunate circumstances and if they do they have a greater chance of survival.

More information on 3 Boys Legacy can be found at <http://www.burkeair.com.au/3bl/index1.html>

This is an opportunity for you to collect sponsorship for this worthwhile cause from your family, friends and/or work-mates.

You may wish to issue a challenge to a friend; another club/school/gym/agency/organisation or you may just wish to join in the fun!

Jon Wannberg
'Running for Cancer Research'

Charity Quest in Memory of United Hero

The son-in-law of a Torquay United legend is hitting the roads of Sweden to raise cash to combat the killer disease, which claimed the Plainmoor hero. Jon Wannberg is planning to pound the streets of Soderhamn to make pounds for cancer research in memory of Ken Sandercock, inset. Jon, 34, is going the extra mile to commemorate his father-in-law three years after Ken's tragic death. Ken died aged 48 in 1997 after two spells with The Gulls in the 1960s and 70s.

He moved to Australia after his playing career where Jon met and married his daughter Leigh. But the race on August 19, Jon's 35th birthday, holds extra significance for the runner from Perth, Western Australia. The run will bring back painful memories of his son Ricky, who died from a brain tumour four years ago aged five. Social worker Jon started running to conquer his anguish and now works with parents of other child victims. He said: "After some time I realised the pain of my loss would never go away and I started running as part of dealing with my grief. "To go home and run the Soderhamn marathon on that day would be a dream come true."

Two of Ricky's friends died from a similar condition and Jon has teamed up with their parents to form the 3 Boys Legacy. The fundraising group also works with the leukemia team at the Institute for Child Health Research in Western Australia. Jon has run races in England and Sweden and plans a visit to Torquay before his big date in Soderhamn in August. He added: "I never had much success as a soccer player myself but I always knew how to keep trying my hardest. "I am a long way from my old hometown, but with the tickets booked to visit Torquay in June, it means the marathon training will be underway to gain more support for children's cancer research."

Source: Herald Express/South Devon Online, Torquay, England.

The Loneliness Of The Slow Runner

You know you are running slow when:

1. You are called by the walking umpire [Jeff Whittam] for lifting.
 2. You finish a run and the only clock you can see is on your wrist.
 3. You start first in a 10km handicap and finish last.
 4. You're in a 10km track event and are lapped every 1.5 circuits by Jim Langford.
 5. You do a night run under lights and the race director asks you to pay half the electricity bill.
 6. The president asks you to pay double fees because you are using twice as much time as any other club member.
 7. You do the 10km Bridges and Maureen and Bev [the recorders] ask you if you've been round twice.
- >Shorty Turner - Slow runners club

Helpers List

February 2001

25th February 2001 Teddy Birds, Children's Playground, Kings Park

Race Director: George Schaefer 93861695

Helpers: V. Waters, J. Pellier, G. Morgan, J. Sutton, R. Fearnell, D. & E. Crowther

4th March 2001 Mt Lawley Circuit, Hamer Park Mt Lawley

Race Director: Mike Rhodes 92713135

Helpers: M. & N. Berry, D. Willmer, E. & T. Brown

11 March Woodman Point

Race Director Jeff Spencer 9417 3662

Helpers M. Flanders, J. & V. Beaumont, K. Atkinson, M. Tolbert, F. Lipscombe, D. Miller, S & V. Davies

18 March Lake Monger

Race Director Trevor Robertson 9275 7485

Helpers P. Ainsworth, R. Sammels, R. Harrison, L. Annan, D. Lancaster, J. Robley, B. Hardy

24th 25th March Track & Field Championships

Officials and Helpers — can you help

Can you please indicate when you are able to help on the days of the Track and Field Championships

Sunday 18 March 2001 7:30 am

Friday 23 March 2001 5:00 pm

Friday 23 March 2001 6 30 pm

Saturday 24 March 2001 7:30 am

Saturday 24 March 2001 11:30 am

Sunday 25th March 2001 7:30am

Help is needed in Track, Field, Canteen and in preparing food. Please contact:

David Carr 46 Coldwells Street Bicton, 6157

phone 93398289 or E-mail davidcar@pielink.com

1 April Membership Run McCallum Park

Race Director Brian Danby 9247 2326

Helpers D. Caplin, M. Rosen, J. Midolo, D. Brown, V. Wheeler, F. Watson, A. Giacomini, M. Smith

8 April 3 P's Point Walter

Race Director Val Millard

Helpers R & L Schickert, M & S. Jones, J. & W. Spencer, G. Branche, B. Millard

15 April Wireless Hill

Race Director Denise Lancaster 9307 3761

Helpers L. Laughlin, B. Bennett, P. Miller, Maurice Smith, D. Moffat

22 April Pagoda Run McCallum Park

Race Director Jacqui Halberg 9364 4474

Helpers M. Heppel, B. Carse, Lois Smith, L. Hassam, H. Cortis, M. Taylor, D. York

29 April Reabold Hill
 Race Director D. Blom 93377796
 Helpers G. Morgan L. Annan, R. Fearnall, E. Emmett, M. Foley, R. Sheehy, Nick Miller
 If you can't help ring Race Director or Keith Atkinson
 93131669

News from Victory Athletic Club

It is not unusual for the Vets Club to have visitors. However it is unusual for them to be from overseas. Recently at the Canning Caper, we were visited by very nice guy from Portsmouth, England. John Gallagher really enjoyed his run with us, and asked me for me to send a copy of the Vetrun to him. John not long after this sent me a copy of the Victory Athletic Club newsletter which I will put on the notice board for those interested. John was such a generous guy he gave Fred Hagar his Victory Club singlet, which Fred has worn with pride a couple of times since. John Gallagher gives us all open invitation becoming run with his Victory Club any time you are in the Portsmouth area. His addresses 42A Sea Front, Hayling Island, Hants PO11 9 HL phone 023 9246 8076 or his Internet address is j-c.security@cwcom.net. They would love to see some Aussies over there.

Club Pentathlon

11 January 2001

The Club Pentathlon this year was almost a repeat of last years. Perfect conditions, a field of 9 ladies and 15 men with Peggy McLiver and David Carr the winners. Scoring and implement sizes were as for last year as there is still not a point score system for the new implement weights. Four records were set; Robert Colton (M35) inaugural 1879 points, Henri Cortis is (and 50) to 152., David Carr ((M50) 2152 points, David Carr (M65) 2978 points and Teresa Haber (W35) 174 points. Note that these records apply only to implement weights and scoring system used here. Other records apply where different apply where different combinations have been used. Confusing eh!

Once again Pat Carr made an exceptional Long Jump in with 816 points with Campbell Till and David Clive close in mens event. Alex Cummings was a clear leader in the mens discus with Pat Carr the best of the ladies. David Clive, Lynn Choates and Peggy McLiver all performed well in the 200 m. In the Javelin Warren Davey was a close second to David Carr with Dorothy Whittam making the best throw of the evening. Peggy McLiver again produced an outstanding 800 m however the best performance of the meet was David Carr's 1500 m with 886 points.

Again I must thank all of those that helped especially Jackie Halberg, Jeff Whittam and Bridget Carse. Special thanks to Bob Sammells for calculating the points and checking the results. Supporting events included 100 m, 200 m and a 1500 m with sub 5 minute efforts to David Reid and Darryl White and a fine 5:01.7 from Brian Foley.

Bob Fergie

Name	Age grade	Total Points	Place
Pauli Viljakainen	M30	1783	9
Jon Wannberg	M30	1172	13
Rob Colton	M35	1879	8

Ian Sanders	M40	1228	12
Steve Payne	M40	1939	7
Campbell Till	M40	2278	4
Tom Lenane	M40	1687	11
Warren Davey	M50	1695	10
Henry Cortis	M50	2152	5
David Clive	M60	2460	2
Mike O'Reilly	M60	2418	3
David Carr	M65	2978	1
Alex Cummings	M65	695	15
Allen Tyson	M75	790	14
Derry Foley	M70	1989	6
Katrina Spilsbury	W30	1889	5
Jaqui Sanders	W30	875	8
Teresa Haber	W35	174	9
Lynne Choate	W45	2469	3
Peggy McLiver	W55	3026	1
Lynne Schickert	W55	920	7
Margaret Robinson	W60	1445	6
Dorothy Whittam	W60	1965	4
Patricia Carr	W65	2818	2

Non Pentathlon Events

100 m	Richard Williams	M35	13.1
	Brad Robertson	M30	14.6
	Bob Schickert	M55	16.2
200 m	Bob Schickert	M55	33.0
	Ivan Brown	M55	33.7
1500 m	David Reid	M50	4:52.9
	Darryl White	M40	4:55.5
	Neil McRae	M45	5:00.6
	Brian Foley	M55	5:01.7
	Bob Schickert	M55	5:09.1
	Brad Robertson	M30	5:24.1
	Ann Shaw	W50	5:26.8
Ivor Brown	M55	5:29.8	

A full set of performances and points for the pentathletes will be available at the regular track & field competition.

Track & Field Results

The track & field results will be in two instalments as there are a lot of them - this edition and the March edition.

PS. The editor has not run a 10 000 m in 37 minutes in a very long time so all you long distance speedsters need not worry about be passed during one of these runs - I'm too busy trying to stay out of the way.

16 Nov

200 m		
John Stone	M48	26.90
Barrie Kernaghan	M60	27.00
Dean Campbell	M40	27.10
Robert Colton	M37	27.40
Campbell Till	M43	27.40
Peter Gare	M60	29.00
Katrina Spilsbury	W34	30.10
Arnold Jenkins	M56	30.80
Jacqui Sanders	W34	35.40
Robyn Watts	W47	41.60

1000 m Walk			Robert Colton	M37	28.4	Pat Carr	W68	14.63
Robin King	W42	5.07.0	Katrina Spilsbury	W34	30.2	Campbell Till	M43	18.01
Ray Hall	M67	6.01.0	Michael Watson	M35	30.8	Rex Bruce	M59	18.76
Jacqueline Billington	W58	6.12.2	Warren Davey	M50	31.5	Ian Sanders	M42	19.63
Ian Sanders	M42	6.25.1	Ros Calnan	M60	33.4	Ros Calnan	M60	23.88
Lynne Schickert	W59	6.30.5	John Davies	M56	33.6	Warren Davey	M50	24.89
Valerie Millard	W53	6.58.3	Peggy McLiver	W56	33.9	Jeff Bowen	M58	26.97
Lorna Laughlan	W70	7.05.4	Pat Carr	W68	37.7	Robert Shand	M68	27.79
Allen Tyson	M75	7.25.0	Kate Gilles	W36	39.2	Bob Fergie	M65	28.3
						Ed Carrol	M59	33.63
						Peter Gare	M60	35.38
10 000 m			Triple Jump			5000 m		
Tom Lenane	M44	37.59	Robyn Watts	W47	5.83	Ian Davies	M53	18.13.7
David Wilmer	M46	39.07	Pat Carr	W68	6.91	Darryl White	M41	18.16.8
Bob Schickert	M59	39.21	Derry Foley	M71	7.12	Bruce Wilson	M55	18.44.6
Robert Colton	M37	39.57	Peggy McLiver	W56	7.53	Bob Schickert	M59	19.28.2
Doug Ashfield	M43	41.51	Gill Edmonds	W35	8.46	John Allen	M43	19.35.7
Ivan Brown	M56	42.29	Robert Colton	M37	9.52	Doug Ashfield	M43	19.38.2
David James	M47	42.42				Dean Campbell	M40	20.10.1
Dean Campbell	M40	43.35	800 m			Frank Gardiner	M50	20.58.1
Frank Gardiner	M50	43.54	Greg Vander Sanden	M40	2.19.4	Ivan Brown	M56	22.12.6
David Carr	M68	44.49	Robert Colton	M37	2.19.8	Nick Bailey	M53	22.15.6
Brian Foley	M56	44.58	Campbell Till	M43	2.20.1	Mike O'Reilly	M61	23.28.1
Jon Wannberg	M34	46.33	Michael Watson	M35	2.22.0	John Ellard	M58	23.33.5
John Frost	M63	48.01	Dean Campbell	M40	2.25.7	Gillian Young	W53	24.05.6
Arnold Jenkins	M56	49.4	Brian Foley	M56	2.25.9	Jackie Halberg	W53	24.07.0
Mike O'Reilly	M61	50.14	Darryl White	M41	2.27.8	Brian Gale	M55	24.08.5
Shirley Bell	W52	50.51	Bruce Wilson	M55	2.28.7	Ian Sanders	M42	24.25.3
Keith Durrans	M50	54.01	John Allen	M43	2.29.3	Robyn Watts	W47	29.50.7
			David Carr	M68	2.30.0	Kate Gilles	W36	30.16.6
			Jon Wannberg	M34	2.30.4			
			Bob Schickert	M59	2.31.8	Shot		
			Arnold Jenkins	M56	2.37.8	Ray Hall	M67	5.12
			Anne Shaw	W53	2.38.7	Lynne Schickert	W59	5.65
			David Wilmer	M46	2.45.3	John Davies	M56	6.42
			John Davies	M56	2.45.7	Brian Foley	M56	6.56
			Mike O'Reilly	M61	2.46.8	Ivan Brown	M56	6.72
			Ivan Brown	M56	2.46.9	Derry Foley	M71	6.95
			Nick Bailey	M53	2.50.4	Jon Wannberg	M34	7.04
			Peggy McLiver	W56	2.50.5	Robert Shand	M68	7.22
			Brian Gale	M55	2.53.4	Peggy McLiver	W56	7.34
			Ian Sanders	M42	3.02.2	Arnold Jenkins	M56	7.37
			John Ellard	M58	3.03.0	Dorothy Whittam	W64	7.56
			Keith Durrans	M50	3.03.3	Henry Cortis	M53	7.61
			Brian Paxman	M70	3.07.3	Katrina Spilsbury	W34	8.05
			Barrie Kernaghan	M60	3.10.4	Warren Davey	M50	8.22
			Shirley Bell	W52	3.10.5	Bob Fergie	M65	8.58
			Gill Edmonds	W35	3.12.1	Dean Campbell	M40	8.89
			Gillian Young	W53	3.23.0	Ed Carrol	M59	9.97
			Ray Hall	M67	3.33.4	David Wyatt	M49	10.03
			Derry Foley	M71	3.33.5	Steve Payne	M42	10.06
			Lynne Schickert	W59	4.17.1			
			Elaine Ellard	W58	4.28.6			
						7 Dec		
			2000 m Walk			Triple Jump		
			John Davies	M56	11.41.9	Elaine Ellard	W58	4.71
			Ray Hall	M67	13.26.5	Valerie Millard	W53	5.16
			Lynne Schickert	W59	14.00.1	David Carr	M68	5.28
			Rex Bruce	M59	14.06.8	Lynne Schickert	W59	5.77
			Dorothy Whittam	W64	14.14.9	Gillian Young	W53	6
			Elaine Ellard	W58	15.57.1	John Ellard	M58	6.06
						John Davies	M56	6.93
			Discus			Peggy McLiver	W56	7.63
			Robyn Watts	W47	13.38			
30.Nov								
200 m								
Barrie Kernaghan	M60	27.2						
Henry Cortis	M53	27.3						

Derry Foley	M71	7.73	Blakeney Tindall	M39	30.9	Robin King	W42	12.41.4
Gill Edmonds	W35	8.78	Warren Davey	M50	31.4	Nick Bailey	M53	12.57.5
Katrina Spilsbury	W34	9.47	Bob Schickert	M59	31.6	John Ellard	M58	13.11.6
			Peggy McLiver	W56	31.7	John Frost	M63	13.22.8
200 m			Bruce Wilson	M55	32.5	Brian Gale	M55	13.39.0
Steve Payne	M42	26.4	Brian Foley	M56	32.5	Shirley Bell	W52	13.39.5
David Clive	M63	26.4	David Carr	M68	32.6	Jackie Halberg	W53	13.59.6
Dean Campbell	M40	28.5	Ros Calnan	M60	33.2	Ian Sanders	M42	14.43.0
Michael Watson	M35	28.8	Anne Shaw	W53	33.4	Jacqui Sanders	W34	15.16.3
Tom Lenane	M44	29.1	Jacqui Sanders	W34	34.7	Robyn Watts	W47	16.24.5
Arnold Jenkins	M56	29.7	Shirley Bell	W52	35.2			
Warren Davey	M50	30.3	Derry Foley	M71	35.8	Discus		
Jacqui Sanders	W34	34.1	Rex Bruce	M59	37.3	Derry Foley	M71	15.04
Pat Carr	W68	34.8	Pat Carr	W68	37.4	Allen Tyson	M75	16.48
Gillian Young	W53	35.3	Ray Hall	M67	39.1	Pat Carr	W68	16.98
Ray Hall	M67	35.7	Lynne Schickert	W59	46.9	Katrina Spilsbury	W34	19.64
Allen Tyson	M75	41.3	Elaine Ellard	W58	49.9	Warren Davey	M50	23.63
						Alex Cummings	M65	30.36
2000 m Walk			800 m			Peter Gare	M60	35.4
Tom Lenane	M44	12.34.6	Tony Heppener	M49	2.13.2			
Ray Hall	M67	13.16.5	Michael Watson	M35	2.17.7	Shot		
Valerie Millard	W53	13.27.6	Campbell Till	M43	2.20.7	Dorothy Whittam	W64	6.83
Lynne Schickert	W59	13.49.8	Dave Charlton	M51	2.29.6	Derry Foley	M71	6.99
Rex Bruce	M59	13.54.9	Blakeney Tindall	M39	2.35.3	Alex Cummings	M65	7.06
			Bruce Wilson	M55	2.35.8	Warren Davey	M50	8.08
1500 m			John Allen	M43	2.39.2	Katrina Spilsbury	W34	8.15
John Frost	M63	6.13	Nick Bailey	M53	2.48.9	Peter Gare	M60	8.84
Ian Sanders	M42	6.16	Robin King	W42	2.52.3			
Shirley Bell	W52	6.16	Brian Gale	M55	2.52.3	21 Dec		
Jackie Halberg	W53	6.17	Ian Sanders	M42	2.53.0	Hammer		
Gillian Young	W53	6.21	Barrie Kernaghan	M60	2.54.4	Jon Wannberg	M34	13.53
Tom Lenane	M44	6.34	Norm Richards	M63	2.59.1	Ian Sanders	M42	14.86
Steve Payne	M42	6.49	John Ellard	M58	3.05.3	Ray Hall	M67	16.3
Margaret Robinson	W62	6.51	John Frost	M63	3.07.0	Brian Foley	M56	16.72
Jacqui Sanders	W34	6.56	Frank Gardiner	M50	3.12.0	Derry Foley	M71	17.92
Ray Hall	M67	7.11	Allen Tyson	M75	4.18.1	John Davies	M56	18.27
Derry Foley	M71	7.36				Arnold Jenkins	M56	22.57
Valerie Millard	W53	8.21	1500 m Walk			Eileen Hindle	W51	25.43
Elaine Ellard	W58	8.45	Lynne Schickert	W59	10.19.3	Murray Tolbert	M54	27.78
			Rex Bruce	M59	10.19.8	Bob Fergie	M65	30.56
Javelin			Dorothy Whittam	W64	10.32.6	Alex Cummings	M65	34.7
Elaine Ellard	W58	9.21	Jon Wannberg	M34	10.45.2			
Ivan Brown	M56	16.24	Lorna Laughlan	W70	10.57.5	Long Jump		
Pat Carr	W68	16.24	Elaine Ellard	W58	11.21.7	Lynne Schickert	W59	2.37
Allen Tyson	M75	17.2				Gillian Young	W53	2.45
David Clive	M63	19.43	Long Jump			Ivan Brown	M56	3.08
Ian Sanders	M42	20.63	Lynne Schickert	W59	2.78	Brian Foley	M56	3.38
Arnold Jenkins	M56	25.03	Derry Foley	M71	3.25	Arnold Jenkins	M56	3.53
Warren Davey	M50	28.72	David Clive	M63	4.93	Derry Foley	M71	3.54
Bob Fergie	M65	28.85				Pat Carr	W68	3.54
			3000 m			David Carr	M68	3.76
14 Dec			Tony Heppener	M49	10.01.1	John Davies	M56	3.91
200 m			John Davies	M56	10.38.2	Robert Weaver	M43	4
Barrie Kernaghan	M60	27	Dave Charlton	M51	10.57.8	Jon Wannberg	M34	4.33
David Clive	M63	27.1	Bob Schickert	M59	11.09.2	Katrina Spilsbury	W34	4.36
Norm Richards	M63	29.1	Bruce Wilson	M55	11.15.8	Steve Payne	M42	4.61
Katrina Spilsbury	W34	29.6	Don Caplin	M60	11.34.0	David Clive	M63	4.76
John Allen	M43	29.7	John Allen	M43	11.34.7	Campbell Till	M43	4.81
Arnold Jenkins	M56	29.8	David Carr	M68	11.36.3	Murray Tolbert	M54	5.76
Peter Gare	M60	30.1	Doug Ashfield	M43	11.42.4			
Jon Wannberg	M34	30.8	Frank Gardiner	M50	12.13.0	100 m		
Ian Davies	M53	30.9	Jon Wannberg	M34	12.16.2	Greg Vander Sanden	M40	12.3
Darryl White	M41	30.9	Brian Foley	M56	12.27.7	Steve Payne	M42	12.4

David Clive	M63	12.5	Ray Hall	M67	13.47	Jon Wannberg	M34	21.50.0
Campbell Till	M43	12.5	Lynne Schickert	W59	14.10	Brad Robertson	M32	21.50.2
Ian Davies	M53	13.1	Dorothy Whittam	W64	14.27	Pauli Vilijakainen	M30	22.12.0
Katrina Spilsbury	W34	13.6	Lorna Laughlan	W70	14.31	Brian Foley	M56	22.14.0
Arnold Jenkins	M56	14.1				Nick Bailey	M53	22.31.1
Tom Lenane	M44	14.2	400 m			John Frost	M63	22.55.7
Robert Weaver	M43	14.3	Michael Watson	M35	59.5	Jackie Halberg	W53	25.45.
Ian Sanders	M42	14.5	Campbell Till	M43	60.3			
Pat Carr	W68	15.7	Pauli Vilijakainen	M30	62.3			
Derry Foley	M71	16.1	Henry Cortis	M53	63.0			
Jacqui Sanders	W34	16.2	Barrie Kernaghan	M60	63.8			
Gillian Young	W53	18.1	David Carr	M68	65.6			
			Arnold Jenkins	M56	66.7			
2000 m Walk			Brian Foley	M56	67.8			
Ray Hall	M67	12:40	Peter Gare	M60	69.3			
John Davies	M56	11.18	Lee Holiday	M45	69.5			
Tom Lenane	M44	12.23	Norm Richards	M63	70.8			
Lynne Schickert	W59	14.3	Peggy McLiver	W56	73.8			
			Lynne Choate	W47	74.1			
1500 m			Ian Sanders	M42	75.7			
Greg Vander Sanden	M40	4.52.3	Warren Davey	M50	78.7			
Ian Davies	M53	4.52.9	John Frost	M63	79.8			
Darryl White	M41	4.55.0						
Bob Schickert	M59	5.03.1	Shot					
Campbell Till	M43	5.04.1	Allen Tyson	M75	7.04			
Brian Foley	M56	5.05.2	John Sutton	M65	7.35			
David Carr	M68	5.21.3	Eileen Hindle	W51	7.79			
Ivan Brown	M56	5.21.9	Katrina Spilsbury	W34	8.06			
Lachlan Marr	M40	5.30.3	Bob Fergie	M65	8.67			
Jon Wannberg	M34	5.46.2	Warren Davey	M50	9.12			
Robert Weaver	M43	5.52.8	Peter Gare	M60	9.24			
Mike O'Reilly	M61	5.59.9	Ed Carrol	M59	10.12			
Steve Payne	M42	6.03.9						
Nick Bailey	M53	6.03.9	Discus					
Ian Sanders	M42	6.14.0	Lynne Schickert	W59	12.71			
John Frost	M63	6.36.0	Lorna Laughlan	W70	07:40			
Tom Lenane	M44	6.54.8	Allen Tyson	M75	15.99			
			Pat Carr	W68	16.85			
4 Jan			Eileen Hindle	W51	19.44			
200 m			Campbell Till	M43	19.70			
Barrie Kernaghan	M60	26.8	Lee Holiday	M45	21.04			
Pauli Vilijakainen	M30	27.4	Katrina Spilsbury	W34	23.91			
Henry Cortis	M53	27.9	John Sutton	M65	25.40			
Norm Richards	M63	28.5	Warren Davey	M50	25.46			
Lee Holiday	M45	28.9	Bob Fergie	M65	28.95			
Lynne Choate	W47	28.9	Ed Carrol	M59	33.05			
Peter Gare	M60	29.7	Peter Gare	M60	36.82			
Arnold Jenkins	M56	29.8						
Katrina Spilsbury	W34	31.2	5000 m					
Peggy McLiver	W56	32.0	Bert Carse	M59	18.16.8			
David Carr	M68	32.7	Darryl White	M41	18.20.6			
Warren Davey	M50	32.8	Rob Cattrall	M43	18.26.0			
Ros Calnan	M60	34.2	Ian Davies	M53	18.27.7			
John Davies	M56	35.1	Bob Schickert	M59	19.22.8			
Ray Hall	M67	36.1	Dave Charlton	M51	19.33.9			
Pat Carr	W68	37.7	Bruce Wilson	M55	19.49.0			
Allen Tyson	M75	42.6	David Wilmer	M46	20.17.3			
Lynne Schickert	W59	46.3	Doug Ashfield	M43	20.18.2			
			Ivan Brown	M56	20.21.1			
2000 m Walk			Vic Waters	M56	20.26.3			
Lee Holiday	M45	10.47	Don Caplin	M60	20.3.6			
Bruce Wilson	M55	10.58	Frank Smith	M58	20.33.8			
John Davies	M56	11.48	Michael Watson	M35	20.6.2			

2001 STATE VETERANS' ATHLETICS CHAMPIONSHIP

ENTRY FORM

Sunday 18/3	Coker Park	starting 8.00 am	Pentathlon
Thursday 22/3	Perry Lakes	starting 6.00 pm	Steeplechase
Friday 23/3	Coker Park	starting 5.30 pm 7.00 pm 8.00 pm	Hammer, 5000mWalk, 10,000m
Saturday 24/3	Coker Park,	starting 8.00 am. 12.00 noon.	Weight Pentathlon, Javelin, High Jump, Long Jump, 100m, 400m, 1500m, 80/100m Hurdles, 3000mWalk
Sunday 25/3	Coker Park,	starting 8.00 am	5000m, 200m, 800m, Discus, Shot, Triple Jump, 300/400m Hurdles, 2000mWalk

ENTRY FEES \$10 registration, \$5 per event.
CLOSING DATE March 14
ENTRIES TO Secretary WAVAC, 8 Habgood St. East Fremantle, 6158.
Tel. 9339-2716
LATE ENTRIES By invitation only, with additional late fee of \$5.

Name: _____ **Age group (at day of competition):** _____

Address: _____ **Date of Birth:** _____

Telephone number: _____

Events:

1 _____ 2 _____ 3 _____

4 _____ 5 _____ 6 _____

7 _____ 8 _____ 9 _____

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White/Black all \$8.00 until stocks run out

Good range of sizes still available

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Short Sleeve \$18.00

Grey in all sizes; White in limited sizes

Long Sleeve \$20.00

Grey in all sizes

Fleecy Wind Cheaters

\$25.00 in all sizes

Caps - White/Grey

Legionnaires Caps - White/Grey

Sun Visors - White/Grey/Black