



# The Vetruns



NO. 273 JULY 1996

PATRON: W.J. Hughes

PRESIDENT: Brian Foley

EDITOR: Richard Harris

323 4387  
457 6102

## WINNERS

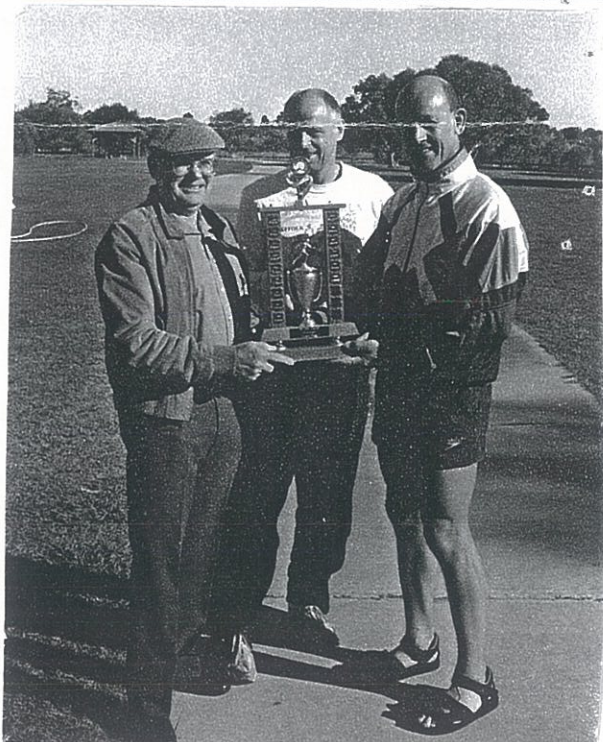
Merv Moyle, left and Heather Sanderson did well in the Andy Wright Memorial Run at Aquinas College and receive their trophies from Leo Hassam.

(photo Vic Beaumont - See story page 7)



## JIM BARNES RUN

John West, right, receives the John Tarrant (ghost runner) trophy at the Jim Barnes run. Ask Jim about the fascinating story behind this award. Results in the June Vetrun) (photo by Vic Beaumont)



## RUNNING MATES

### ROB AND PHYLLIS FARRELL



## RUNNING MATES

This month meet our running mates from the Emerald Isle - Rob and Phyllis Farrell, both born in Dublin and came to Australia 25 years ago. They went to live in Melbourne where they married and stayed for two and a half years before settling in the West.

Rob and Phyllis met at the Dublin Judo Club, where Rob attained 2nd Dan Black Belt, and represented Ireland in many events in Britain and Europe. Rob was also Kata Champion of Ireland (which is judo movements in slow motion) he is also a Judo referee. Phyllis didn't reach the top of the ladder although she was Irish Champion. In those bygone days women didn't do much contact sport, and as she says "it wasn't considered lady like."

Rob is no longer able to run owing to arthritis in the hip, but has run four marathons with a best time of 3hrs 22min. Phyllis's time for the marathon is 3hrs 58mins but is not too keen to spend months doing nothing but run, work, eat and sleep as she did training for her marathon.

Rob has been Club Treasurer for two years, Phyllis did computer work for four years and says "behind the scene people are the backbone of any club."

Joan Pellier

### Occupation:

Rob - Technician

Phyllis - Computer Operator

### How did they hear about the Vets?

Rob: Saw Jim Barnes home run on a Sunday morning - they use to live in the same street.

### What they enjoy about the Vets?

Both - Social and no pressure to run more than you want to.

### Favourite distance?

Both - Half marathon when fit.



### Any changes to the Vets?

Both - None.

### Favourite hobbies?

Rob -CAPD French Chess.

Phyllis - Reading, Cats and gardening.

### Ambitions in running?

Phyllis - To get back to 60K a week training and be able to run 5 minutes a kilometre pace again.

### Favourite run?

Brockwell run.

### Favourite food?

"See Food"

**Greatest pleasure in running?** Bob - Atmosphere of a social run which I miss now because of my hip.

Phyllis - My best time in the half marathon 1:40:18 although I hate that 18 seconds.

Now that Rob is unable to run, Phyllis would like to find a group of runners who are very early risers, who live near Wilson, Kent Street Weir area at around 5.30am or Curtin Uni area around 6.00am to train approximately three times a week maybe Monday, Wednesday and Friday for 50 minutes to an hour.

## MURDOCH CROSS COUNTRY 28.4.1996

This run had been organised by John Spencer, however in his absence, Patrick Guiton and I marked the course and co-opted volunteers at the last minute. With the growth of the University, the limestone tracks have been replaced by roads and carparks, and Patrick will investigate new paths for next year. Some of the earlier finishers had a free shower as sprinklers kept popping up at random. Helpers at the finish line were taking bets on where the next drenching would come from.. Thanks to Michele and John Mison, Leo Hassam, Pat and David Carr, Sue Jones, Dick Blom and Rob Davis.

Jackie Halberg.

### 5KM

Tom Clarke	M45	21.55
Brian Foley	M50	22.19
Vicente Carrero	M50	22.36
Doug Hazell	M40	22.39
Adrian Noordyk	M40	22.56
Robin Bonner	M60	23.04
Michael Anderson	M45	23.06
Simon Mort	M35	23.17
Dick Blom	M60	23.25
Don Caplin	M55	23.50

Heather Sanderson	W45	23.58
Peter Airey	M55	24.43
Ron Hillis	M50	25.00
Stu Parkinson	M45	25.33
Arnold Jenkins	M50	26.04
Dalton Moffett	M65	26.22
Ray Lawrence	M65	28.01
Keith Forden	M55	28.02
John Stone	M40	28.03
Norm Miller	M60	28.43
Wendy Clements	W50	29.20
Allen Tyson	M70	31.17
Margaret Warren	W60	31.53
Kirt Johnson	M65	31.53
Joan Pellier	W55	32.08
Pat Miller	W55	32.43
Lorna Lauchlan	W65	34.17
Marg Ward	W50	34.41
Jackie Billington	W50	37.55
Lynne Schickert	W50	40.42
Glenice Shanahan	W70	43.39
Tina Carrero	W50	44.05
Val Bonner	W50	44.19
Jim Lockyer	M55	44.22
Val Wheeler	W60	44.23
Fred Watson	M75	44.29

### 10KM

David Bishop	M35	38.41
Steve Burge	M35	39.29
Warren Gee	M45	39.42
Dave Roberts	M50	39.53
Ralph Henderson	M45	40.16
Paul O'Riordan	M40	40.42
Bob Schickert	M50	42.11
Blakeney Tindall	M35	42.24
John Pressley	M50	42.53
John Bell	M50	43.09
Gareth Brunt	M45	43.17
Ivan Brown	M50	43.38
Graham Thornton	M55	45.46
Robin King	W35	45.46
Jim Barnes	M50	45.56
Paul Martin	M50	45.59
Ted Maslen	M60	46.22
George Schaefer	M60	46.31
Hamish McGlashen	M55	46.59
Keith Atkinson	M35	47.48
Helen Lysaght	W40	47.54
Margaret Birks	W45	48.07
Richard Harris	M55	48.40
Evan McRae	M45	49.54
John Pellier	M55	49.56
Kath Noordyk	W45	49.58
Lyn Harrop	W40	49.58
Marge Forden	W50	50.47
Alan Chambers	M55	50.58
Merv Jones	M55	51.55
Vic Beaumont	M65	51.56
Brian Hunter	M50	52.06
Aldo Giacomini	M55	52.18
Jo Pearce	W45	53.35

Robert Sheehy	M50	53.49
Peter Davies	M65	54.40
Denise Lancaster	W45	55.10
Wendy Duncan	W45	59.16
John Russell	M60	59.17
Irene Ferris	W40	59.18
Lyn Boucher	W50	62.32
Sheila Maslen	W55	64.34

### VISITORS.

Max Thorley	5K	21.12
Ian Blair	5K	21.52
Terry Keesing	5K	25.18
Jenny Barnes	10K	62.46
Max Thorley	10K	62.46

### COPY FOR THE VETRAN

Results can be posted directly to Jackie Billington U5/8 Garnsworthy Place, Bassendean WA 6054. Ph. 279 8679  
Other copy items to Richard Harris at 30 Cosmelia Way, Lynwood WA 6147 Ph. 457 6102 or see at regular Sunday runs.

### YOUR IDEAS NEEDED

The National Director of Competition Ray Callaghan needs your feedback on four matters associated with the National Championships -

1. HURDLERS - Do you want the international specifications retained? (yes or no).
2. WT PENTATHLETES - WHEN DO YOU WANT THE EVENT HELD? Number in your preferred order these options -  
Not at Easter but a Central Venue such as the ACT  
On the Thursday before Easter  
On the Tuesday after Easter  
On the Easter Monday with direct clash with Pentathlon.
3. 3/400 metre hurdlers/800 metre runners double. Should the 3/400 metres hurdles be held last on the Sunday? (yes or no).
4. WT THROWERS - Would the results from the Wt Pentathlon be acceptable for the individual awards of this event (3 throws only) (Yes/No).

Please only answer the questions that relate to your events. Write to Ray Callaghan at 6 Yvonne Ave, South Croydon Vic 3136 with your comment. Tell him your name, age and that you are from WA.



## KIRKMAN'S RUN 9.6.96

The advancement of the East Perth project, including the construction of a new footbridge over Claisebrook, enabled a return to the more traditional course out to Banks Reserve and back this year. 89 runners and walkers tackled the 9km and 6km distances on a fine winter's morning.

Jim Langford was a clear winner of the 9km run and Helen Lysaght similarly for the women. In the 6km Vic Waters and Jan Jarvis headed the field. As usual John Mison was a clear leader in the 9km walk, with Wendy Clements leading the ladies home.

Thanks to all my helpers, including my son Mark, Fred Haggard, Richard Harris, Kirt Johnson and Michele Mison.

John Pressley

### 9 KM RUN

Jim Langford	M50	32:30
John West	M40	33:47
Jim Klinger	M45	35:14
Gary Fisher	M40	35:52
Dave Reid	M45	36:50
Vincente Carrero	M50	36:57
Don Caplin	M55	37:35
Graham Thornton	M55	37:39
Brian Foley	M50	38:39
Mike Khan	M50	38:56
Joe Stickles	M55	39:16
Milton Maverick	M40	39:42
David James	M40	39:58
Bob Schickert	M50	40:31
Jim Barnes	M50	40:32
George Schaefer	M60	40:37
Wayne Brown	M45	40:38
Helen Lysaght	W40	40:56
Bill Crane	M55	41:07
Max Kelly	M45	41:47
Dick Blom	M60	41:51
Simon Mort	M35	42:06
Terry Keesing	M35	42:40
Bob Sammells	M55	42:46
Frank MacLinden	M65	43:25
Ron Hillis	M50	43:41
Peter Airey	M55	43:52
Robin Bonner	M60	44:13
Merv Jones	M55	44:39
Dalton Moffat	M65	45:05
Heather Sanderson	W45	45:06
Stan Lockwood	M65	45:19
Vic Beaumont	M65	45:51
Aldo Giacomini	M60	46:08
Tony Speechley	M50	46:17

Robert Reece	M45	47:06
Peter Davies	M65	47:21
Merv Moyle	M65	47:39
Denise Lancaster	W45	47:44
Robert Sheehy	M50	48:07
Jenny Barnes	W40	48:28
John Russell	M60	48:37
Roma Barnett	W45	49:27
John Smith	M60	49:33
Norm Millar	M60	49:40
Irene Ferris	W40	50:53
Ray Lawrence	M65	50:37
Jeff Spencer	M55	51:26
Valerie Millard	W45	52:58
Anita Brown	W50	54:22
Kirt Johnston	M65	54:24
Sheila Maslen	W55	56:03
Mary Heppell	W55	56:56
Margaret Ward	W50	59:29

### 6KM RUN

Vic Waters	M50	23:48
Mike Rhodes	M50	26:27
John Stone	M40	30:41
Brian Bennett	M45	32:29
Jan Jarvis	W50	32:48
Allen Tyson	M70	33:27
Rob Davis	M55	35:32
Clayton Gunning	Vis	36:17
Rosa Davis	W50	36:51
Arthur Leggett	M75	37:36
Garnet Morgan	M70	39:15
Frank Usher	M70	43:29
Glenice Shanahan	W70	54:17
Lyn Boucher	W50	56:07

### 9KM WALK

John Mison	M45	49:58
Paul Martin	M50	54:18
Barry Thomsett	M55	58:43
David Brown	M45	63:01
Bob Fergie	M60	63:02
Wendy Clements	W50	63:28
Jill Midolo	W45	66:21
Lorna Lauchlan	W65	66:24
Liz Stirling	W45	77:07
Wendy Spencer	W50	77:50
Jackie Beaumont	W55	77:51
Alan Pomery	M65	79:59

### 6KM WALK

Ernie Moyle	M70	51:21
Joan Hillis	W50	51:48
Tina Carrero	W50	51:49
Val Bonner	W50	52:03
George Masters	M60	53:08
Val Wheeler	W60	53:09
Lynne Schickert	W50	53:34
Fred Watson	M75	55:15
Jim Lockyer	M55	63:52

## RUNS COMING UP IN AUGUST

4 Aug:

**Deepwater Point** (Dalton Moffett)

Two picturesque courses to choose from, 16K & 7.2K. Basically Mt Henry Bridge to the Royal Perth Golf Club and return, using paths on both sides of the river. The short course turns at Canning Bridge.

11 Aug:

**Garvey Gallop** (Arthur Leggett)

A very pretty, flat, out-and-back course alongside the Swan River past Ascot Racecourse and crossing the Garratt Road Bridge. Also a 5K event

18 Aug:

**State Cross Country Championships**  
(Warren Gee & Ralph Henderson)

A challenging course that follows a 10K loop through Kings Park starting from Saw Avenue. There will be a few changes this year as Kings Park are closing some paths. Still mainly on grass and sand tracks. There is an alternative, easier 5.2K course and a 6K road course for the walkers.

25 Aug:

No club event; City to Surf.

1 Sept:

**Club Half-Marathon Championships**  
(Bob Sammells)

The course is basically twice around the bridges, anticlockwise, with an out-and-back section in Burswood Park on the first lap to bring up the distance. The short course is one lap.

Walkers start at 7:30 am and this is the final event in the Road Walking Championships.

## VIC BEAUMONT WINS STATE SERIES SPRINT TRIATHLON

Congratulations Vic on winning the State Series Sprint Distance Triathlon age group. He also won his age group in the Long Distance Triathlon. Well done Vic.



## NATIONAL'S POST SCRIPT

There are two corrections to the State records listed Vetrin 271. Keith Martin telephoned me to say that Wally Groom had run 63.11s for the M50 400m Hurdles in 1993, and Peggy MacLiver pointed out that she had set a W50 800m record.

So thanks, Keith, for your call, and humble apologies to Peggy. In running 2:33.60, Peggy beat her former Australian record time of 2:34.23 that she set when winning gold in the Nationals two years ago.

Finally, Colin Browne, National Statistician, has sent lists of National and Australian records as at June, 1996, to all State Statisticians. His accompanying letter includes the comment that "Perth's results book was excellent, a very conscientious job."

What more can one say?

Bob Sammells

## UNIVERSITY & BACK 16 JUNE 1996

Well, somebody up there must love us. After a wild, wet night the rain stopped just in time to give very pleasant conditions. 99 runners and walkers competed, including the "late as usual" John Bell, who thought he would give everybody a start.

John West easily took out the 15km run in a smart time and similarly Duncan McAuley the 8km. New member Marilyn Blair showed the ladies, and most of the men, a clean pair of heels in the 8km, with Robin King taking out the 15km. In the walk John Mison didn't have everything his own way, being hard pressed by Paul Martin. Michele completed the usual Mison double.

Without a Race Director this was a real club effort. Thanks to Jackie Halberg, Brian Foley, Sue Jones and Fred Hagger at the finish, Joan Hillis at the turn, Dick Horsley and Merv Moyle at the drink station.

John Pressley

### 15KRUN

John West	M45	53:55
Darry Dahlstrom	M45	57:16
Frank Smith	M50	57:25
Jim Klinge	M50	57:39
Dave Roberts	M50	57:56

Garry Fisher	M40	58:22
Bob Schickert	M50	58:26
Ralph Henderson	M45	58:29
Warren Gee	M45	58:31
Gareth Brunt	M45	59:26
John Pressley	M50	60:10
Graham Thornton	M55	61:36
Vic Waters	M50	61:50
Ivan Brown	M50	61:51
Paul Kelly	M40	61:56
Don Caplin	M55	63:07
Robin King	W35	64:01
David James	M40	64:43
Jan Kelly	W40	65:15
Milton Mavrick	M40	65:23
Mike Khan	M50	65:58
Sue Prewett	W40	66:42
George Schaefer	M60	66:51
Mitch Loly	M55	66:56
Bill Crane	M55	67:57
Cecil Walkley	M65	68:13
Michael Anderson	M45	68:14
Keith Atkinson	M35	68:48
Bob Sammells	M55	68:54
Simon Mort	M35	68:57
Richard Harris	M55	69:40
Wayne Browne	M45	70:02
Frank McLinden	M65	70:09
Heather Sanderson	W45	70:48
Rick Thornhill	M45	70:57
Robin Bonner	M60	71:45
Ron Hillis	M50	71:59
Gerry Prewett	M40	72:56
Merv Moyle	M65	73:06
Tony Speechley	M50	73:24
John Bell	M50	73:49
Vic Beaumont	M65	74:23
Stan Lockwood	M65	74:45
Merv Jones	M55	75:14
Dalton Moffett	M65	75:29
Morris Warren	M55	76:11
Donna Dahlstrom	W40	76:18
Fiona McAuley	W45	76:19
Aldo Giacomini	M60	76:25
Peter Davies	M65	79:50
Ron Sutton	M55	80:53
Jenny Barnes	W40	81:40
John Russell	M60	81:41
Roma Barnett	W45	84:01
Wendy Duncan	W45	84:50
Irene Ferris	W40	85:02
Alan Chambers	M55	87:32
Sheila Maslen	W55	1:38:24
Mary Heppell	W55	1:42:59

### 8KRUN

Duncan McAuley	M45	30:27
Marilyn Blair	W35	34:36
Mike Rhodes	M50	34:52
H W Flecher ???	M55	35:25
Terry Keesing	M35	36:43
Frances Lipscombe	W35	37:08
John Stone	M40	39:56

Stu Parkinson	M45	40:56
Lynn Fraser	W40	42:50
Kirt Johnson	M65	45:05
Val Millard	W45	46:02
Margaret Warren	W60	46:17
Jan Jarvis	W50	47:33
Ray Lawrence	M65	47:34
Anita Browne	W50	47:59
Jean Fisher	W45	48:01
Garnet Morgan	M70	49:05
Phyllis Farrell	W50	51:06
Frank Usher	M70	51:07

### 15KWALK

John Mison	M45	83:08
Paul Martin	M50	83:10
Barrie Thomsett	M50	1:34:52
Bob Fergie	M60	1:35:08
Michele Mison	W45	1:39:55
David Brown	M45	1:39:48
Wendy Clements	W50	1:44:48
Jill Midolo	W45	1:50:58
Alan Pomery	M60	2:05:07

### 8K WALK

Lynne Schickert	W50	61:54
Wendy Spencer	W50	62:42
Pam Piercy	W50	62:48
Val Bonner	W50	65:01

### 12K walk (just to be different!!)

Lorna Lauchlan	W60	91:08
----------------	-----	-------

### VISITORS

Lee Halliday	15K	60:43
David Howard	15K	68:34
Peter Speechley	15K	74:15
Gerry Harris	15K	76:22
Paul Anthony	15K	78:59
Peter Wichery	8K	39:11
Peter Zaveski	8K	44:25

## LAND FOR SALE Lot 270 Onslow Street Chidlow WA 6556

For various reasons, Mick and Olive Cousins have decided to subdivide their property in Chidlow into five one acre blocks. If anyone is interested they are more than welcome to come and have a look.

If you are just curious and would like to come up for a run in different surroundings for one weekend, we would be delighted for you to use our place as a starting and finishing point.

Even if you are neither interested or curious but still would like to come up for a run through the bush - just give us a ring on 572 3225, we'll be pleased to see you.

Mick and Olive Cousins.



## SHARKS RUN

The third running of this event was notable for both being a beautiful autumn day and producing an overall 10K record by the evergreen Ross Parker. Considering the degree of difficulty on the second part of the course there were many outstanding performances.

Thank you to all my helpers - Paul and William Hughes, Vic Waters, John Carpenter, Dave Roberts, Dick Blom and Rob Farrell.

Paul Martin

### 10K

Ross Parker	M45	NR	35:41
Dave Bishop	M35	NR	37:19
Dave Reid	M45		38:08
Frank Smith	M50	NR	38:28
Jim Klinge	M45		38:59
Gary Fisher	M40		39:19
Gareth Brunt	M45		40:19
John Pressley	M50		40:21
John Bell	M50		41:23
Graham Thornton	M55		41:29
Milton Mavrick	M40		44:10
Dave James	M40		44:28
Dennis Miller	M55		44:30
Don Caplin	M55		44:33
Jim Barnes	M50		44:41
Helen Lysaght	W40	NR	44:42
Max Kelly	M45		45:35
Allan Jennings	M55		45:50
Ted Maslen	M60		46:42
Morris Warren	M55		47:13
Bob Schickert	M50		47:20
Hamish McGlashen	M55		48:09
Ron Hillis	M50		48:51
Bob Sheehy	M50		49:05
Stuart Parkinson	M45		49:10
Frank McLinden	M65		49:23
Merv Moyle	M65		49:44
Merv Jones	M55		50:04
Jo Pearce	W45		50:04
Dalton Moffett	M65		50:37
Alan Chambers	M55		52:22
Denise Lancaster	W45		54:55
Jackie Halberg	W50		55:36
Jenny Barnes	W40		55:49
Norm Miller	M60		56:36
Wendy Duncan	W45		57:29
Val Millard	W45		57:38
Mary Murphy	W50		62:12
Patsy Hallen	W50		62:13
Pat Miller	W55		63:04
Stuart Hicks	M70		64:38
Phyllis Farrell	W50		64:39
Sheila Maslen	W55		66:17
Frank Usher	M70		70:01
Margaret Warren	W60	NR	71:38

### 10K Walk

John Mison	M45	NR	54:25
Michele Mison	W45	NR	65:00
Bob Fergie	M60	NR	66:49
Barrie Thomsett	M55	NR	66:52

### 5K

Bruce Wilson	M50		18:58
Brian Foley	M50		21:40
Cecil Walkley	M65	NR	21:52
Terry Keesing	M35	NR	21:54
Heather Sanderson	W45	NR	22:09
Peter Airey	M55	NR	22:30
Peggy MacLiver	W50	NR	23:22
Maurice Johnston	M55		23:35
Bob Sammells	M55		24:05
John Stone	M40	NR	24:16
Tony Speechley	M50		24:46
Robin Bonner	M60		25:28
Roma Barnett	W45		25:46
Kirt Johnson	M65		26:14
Irene Ferris	W40	NR	27:00
Wendy Clements	W50		27:16
Noela Medcalf	W60	NR	28:00
Allen Tyson	M70	NR	28:15
Rob Davis	M55		28:27
George Schaefer	M60		29:30
Brian Bennett	M45		29:44
Rosa Davis	W50		30:37
Garnet Morgan	M70		30:44
Margaret Ward	W50		31:27
Jackie Billington	W50		34:46
Lorna Lauchlan	W65		34:46

### 5K Walk

Joan Hillis	W50		36:11
Pat Ainsworth	W60		38:43
Wendy Spencer	W50		38:55
Pam Piercy	W50		38:56
Jim Lockyer	M55		39:18
Val Wheeler	W60		39:44
Val Bonner	W50		39:54
Debbie Rocke	W35	NR	41:33
Liz Stirling	W35		43:08
Geoff Mullins	M50		43:09
Margaret Miller	W50		43:43
Maggie Flanders	W55		44:29
Lynne Schickert	W50		45:37
Alan Pomery	M65		45:38
Fred Watson	M75		45:46

### VISITOR

Lee Halliday	10K		40:00
Shirley McClelland	10K		57:28
Michelle MacLiver	5K		24:09
John Murphy	5KW		39:40

## AAVAC

The Australian Association of Veterans' Athletic Clubs is a limited company registered in Queensland, with honorary officers and board members elected annually. The president is Len Childs from the ACT and I recently became the secretary, taking over from Dot Browne at Easter.

The main activities of AAVAC are the co-ordination of track and field championships and technical aspects of athletics. We are also being encouraged by our members and to the government to further develop the sport for the benefit of mature aged athletes and people who would like to join the organisation for fitness and social activities.

The Association also organises the participation in international competition - the regional carnival will be held in Tahiti this month, and the World Championships in Durban, South Africa next July. We send team managers and a doctor to the world competition.

Travel is arranged through our official agent JCT Travel where we can each receive a modest discount for all interstate and overseas air fares.

With the assistance of the Australian Sports Commission a development plan was prepared at the AGM in 1994 and this has since been published and adopted. The aim will be to increase participation and to make athletics available to a wider cross section of the community to improve publicity and communication for the association it has been proposed to employ a part-time development officer. This position will be funded from sponsorship, however it has been difficult to extract a firm grant from the government during their present financial situation.

There have also been proposals to change the association name to include "Masters" and to hold the Australian championships predominantly in Melbourne and Sydney - to allow for greater participation. The WA Vets do not agree with these moves.

I will keep you informed of developments.

Brian Foley



# BROCKWELL'S RUN

21/4/96

The 8th running of our race from Trinity College saw the emergency of new overall winners.

In the 6K event, Anne Shaw lowered Jacki Lishman's 1994 record by 1min 44sec. with a fantastic time of 23:01. Tom Savin was overall winner in the men's event in a time of 22:03 just 3 seconds slower than the M50 age group record but outside Dave Reid's 1994 time of 24:01.

Robin King was the overall female winner in the 13K in the excellent time of 53:27, a W35 age record and the second fastest time ever but still 49 seconds outside Jill Chambers 1993 record.

Jim Langford was the overall male 13K winner and also set a new M50 record of 45:45. This was still 1 minute 27 seconds outside Frank Smith's overall 1989 record of 44:18, which reinforces what an amazing time Frank ran that year.

Apart from Jim's M50 record and Robin's record no other age division records fell in the 13K race.

This was not the case in the 6K race with seven record falling. New age division times were set as follows:

Name	Age	Time	Margin
Don Caplin	M55	22:49	1:19
Dalton Moffett	M65	29:12	2:32
Maxine Santich	W40	25:11	2:12
Anne Shaw	W45	23:01	3:16
Peggy MacLiver	W50	28:27	4:04
Lorna Lauchlan	W65	37:36	2:38
Glenice Shanahan	W70	49:08	Inaug

We hope that you enjoyed the facilities at the race, the course and the catering. Perpetual trophies (including age divisions) have been inscribed with each winners name and time. These are available for collection from our home at 3 Constitution Street, East Perth. Alternatively, please contact me on 325 5774 and I will arrange for their delivery.

A number of people have asked if they can have duplicate trophies made up, at their own cost to keep themselves. Please let me know if this applies to you.

Our sincere thanks to June Strachan, Pat Savin, Bev Thornton and Saul Brockwell for their invaluable help and assistance.

I hope you all enjoyed the race. See you next year for the 9th running!  
Chris and Tessa Brockwell

## 13K

Jim Langford	M50	45:45
Dave Reid	M45	48:46
Dave Roberts	M50	48:55
Frank Smith	M50	49:19
Pra Nicol	M35	49:25
Warren Gee	M45	49:28
Peter O'Riorden	M40	49:32
Ray Henderson	M45	50:00
Peter Priest	M40	50:19
Gary Fisher	M40	50:21
Jim Klinge	M45	51:00
Bob Schickert	M50	51:00
Ray Milligan	M40	51:15
Gareth Brunt	M45	52:03
Steve Barrie	M60	52:50
Robin King	W35	53:27
Maurice Creagh	M45	53:28
Graham Thornton	M55	53:39
Brian Foley	M50	55:05
Robin Bonner	M60	55:14
Sue Prewett	W40	55:22
Milton Mavrick	M40	56:20
Jim Barnes	M50	56:26
Mike Khan	M50	56:30
Alex Holm	M50	57:08
Ted Maslen	M60	57:54
Joe Stickles	M55	57:55
John Pellier	M50	58:23
George Schaefer	M60	58:29
Doug Hazell	M40	58:37
Richard Harris	M55	58:41
Kath Noordyk	W45	58:44
Alan Jennings	M55	58:47
Jan Kelly	W40	58:53
Simon Mort	M35	58:56
Hamish McGlashen	M55	59:00
Keith Atkinson	M35	59:05
Cecil Walkley	M65	60:15
Evan McCrae	M45	60:20
Margaret Birks	W45	60:23
Gerry Prewett	M40	60:24
Jon Dartnall	M45	60:42
Marg Forden	W50	60:47
Fraser Deanus	M55	62:15
Dan O'Donnell	M45	62:21
Morris Warren	M55	62:48
John Bell	M50	63:11
Merv Jones	M55	63:26
Vic Beaumont	M65	64:08
Brian Hunter	M50	64:18
Ray Sheehy	M50	64:20
Glen Harris	M35	64:34
Jo Pearce	W45	65:39
Aldo Giacomini	M55	65:41
Brian Aldrich	M65	66:20
Stan Lockwood	M65	67:13
Tony Speechley	M50	67:27

Jackie Halberg	W50	68:56
George Peet	M60	70:07
Irene Ferris	W40	70:10
Joan Pellier	W55	70:29
Kirt Johnson	M65	70:32
Alan Chambers	M55	73:36
John Russell	M60	73:51
Val Millard	W45	73:53
Wendy Duncan	W45	74:53
Sheila Maslen	W55	77:08
Ron Spencer	M55	81:13

## 13K WALK

John Mison	M45	67:44
Michele Mison	W45	83:57

## 6K

Tom Savin	M50	22:03
Vic Waters	M50	22:40
Don Caplin	M55	22:50
Anne Shaw	W45	23:01
Vicente Carrero	M50	23:09
Wal Welyky	M45	25:10
Maxine Santich	W40	25:11
Mike Anderson	M45	25:30
Paul Martin	M50	25:43
Helen Lysaght	W40	25:54
Mike Rhodes	M50	26:55
Peter Airey	M55	27:19
Heather Sanderson	W45	27:20
Stuart Parkinson	M45	28:06
Peggy MacLiver	W50	28:27
Dalton Moffett	M65	29:12
Jeff Spencer	M55	29:12
Ron Sutton	M55	29:33
Arnold Jenkins	M50	29:40
Adrian Noordyk	M40	30:22
Keith Forden	M55	30:24
Ray Lawrence	M65	30:50
Norm Miller	M60	31:00
Wendy Clements	W50	33:02
Allen Tyson	M70	33:15
David Carr	M60	33:20
Margaret Warren	W60	34:09
Brigitte Cheek	W35	34:23
Rod Davies	M50	35:09
Pat Miller	W55	35:21
Phyllis Farrell	W50	35:48
Sandi Hodge	W45	36:34
Arthur Leggett	M75	37:00
Margaret Ward	W50	37:10
Lorna Lauchlan	W65	37:36
Patricia Carr	W60	49:04
Glenice Shanahan	W70	49:08
<b>6K Walk</b>		
David Brown	M45	41:30
Jackie Billington	W50	42:50
Brian Bennett	M45	43:28
Jill Midolo	W45	43:30
Tina Carrero	W50	43:39
Lynne Schickert	W50	45:03
Pat Ainsworth	W60	46:30
Wendy Spencer	W50	47:07
Peggy Airey	W50	47:08



Val Wheeler	W60	47:55
Jim Lockyer	M55	48:22
Val Bonner	W50	48:40
Gillian Peet	W55	48:42
Fred Watson	M75	54:30
<b>VISITOR</b>		
Simon Keane	13K	64:08

## FROM THE EDITOR

At a recent Vets run, somebody passed a cutting to me from a Perth newspaper from about 40 years ago, "He's still at it!" by Austin Robertson - that's Austin Robertson Senior, by the way. The story began:

*Just 25 years ago, a tall, dark-skinned well-built athlete won the State mile championship at Leederville Oval.*

*Last Saturday that same athlete, 44 year old Dick Horsley, won the two mile State walking championship, and I reckon that's a record which will take a lot of beating - winning State titles over a span of 25 years.*

*Dick Horsley could be well named the grand old man of West Australian Athletics. For years he has been the life blood of the YMCA Club, replacing injured and absent runners in any event from 100 yards to a mile. Dick has rarely missed a Saturday at Leederville since the inauguration of the WAAAA, and sets a wonderful example to everyone competing there.*

As a footnote, 40 years later, we might add "He's still at it!" - just a little further down life's track, still looking like a champ and full of reams of good advice and encouragement to other athletes. - R.H.

## NEED A PHOTOGRAPHER???

Club member Rob Davis can assist you with your photographic needs.

He is experienced in sports photography, general portraiture, weddings and other commercial areas of photography.

Let Rob handle your photography and receive a Vets Club discount.

Details from Rob at the club runs or phone on 314 7464 or fax 337 4413.

## DOWNUNDER PHOTOGRAPHY

## ANDY WRIGHT MEMORIAL HANDICAP 19.5.96.

A crowd of over 90 runners and walkers turned out to honour the memory of the late Andy Wright, together with a band of willing helpers.

As had been promised by the Race Director, the weather was perfect - no wind, fine and cool. So pleasant was it, that some of the 5K runners decided that 5K was really not enough, and took in a tour of the college grounds as well. The Vets have always been an innovative group!

The guys had responded well in providing for morning tea, so not only was it a good run; but the social gathering in the pavilion afterwards was most enjoyable. Once again, our thanks to Aquinas College, and to the Old Aquinians Hockey Club for making their facilities available to us without charge.

In the major event, the 10K handicap, the winners were:

1st woman: Heather Sanderson

2nd woman: Denise Lancaster

1st man: Merv Moyle

2nd Man Robert Sheehey

In the 10K Walk

1st woman: Michele Mison

1st man Barrie Thomsett

In the 5K

1st woman: Peggy MacLiver

1st man: John Walker

In the 5K Walk

1st woman: Lynne Schickert

1st man: Barry Weatherburn

My sincere thanks to the following who offered to assist:

Ernie Moyle, Margaret Ward, Rob Farrell, Jackie Halberg, Vic Waters, Maxine Santich, Bob Schickert, Fred Hagger, Bev Thornton, Maureen Pomery, Dalton Moffett, Pat Ainsworth and Jim Barnes.

See you in the brilliant sunshine next year.

**Leo Hassam**

**10K**

Heather Sanderson W45 55:03 9:45

Merv Moyle M65 56:06 9:00

Robert Sheehey M50 56:50 9:00

Ron Hillis M50 57:31 11:00

Denise Lancaster W45 57:32 7:15

Jo Pearce W45 57:37 9:30

Margaret Birks W45 57:54 14:30

Morris Warren M55 58:24 12:00

Gary Fisher M40 58:41 -

Stuart Parkinson	M45	58:52	12:00
Garham Thornton	M55	58:58	18:30
Ross Parker **	M45	59:00	24:00
Peter Airey	M55	59:08	12:30
Sheila Maslen	W55	59:13	2:00
Wendy Duncan	W45	59:15	5:00
Irene Ferris	W40	59:16	7:30
John West	M45	59:26	24:00
Merv Jones	M55	59:47	11:45
Alan Chambers	M55	59:56	12:00
Val Millard	W45	60:00	4:15
Ted Maslen	M60	60:01	16:15
Ron Sutton	M55	60:06	9:00
Jenny Barnes	W40	60:08	5:00
Helen Lysaght	W40	60:10	15:00
Geoff Mullins	M50	60:12	19:30
Aldo Giacomini	M60	60:13	12:00
Bernadette Height	W35	60:15	11:00
Arnold Jenkins	M50	60:16	10:00
Keith Atkinson	M35	60:20	16:00
Roma Barnett	W45	60:21	8:30
Anita Brown	W45	60:30	4:00
Brian Hunter	M50	60:38	13:30
Pra Nicol	M35	60:40	-
Vic Beaumont	M60	60:42	12:00
Jean Fisher	W45	60:44	4:00
David Muir	M50	60:45	22:15
Bob Schickert	M50	60:54	22:00
Milton Mavrick	M40	60:58	18:00
Jim Klinge	M45	61:00	22:45
John Russell	M60	61:05	9:00
Jim Barnes	M50	61:10	18:45
Richard Harris	M55	61:12	15:00
Margaret Warren	W60	61:18	4:00
Kirt Johnson	M65	61:21	7:15
Mike Khan	M50	61:22	18:30
David Carr	M60	61:37	19:15
Brian Foley	M50	61:52	19:45
Ray Lawrence	M65	62:16	10:00
Simon Mort	M35	62:17	17:00
Rosa Davis	W50	62:24	1:45
Alan Jennings	M55	62:35	17:30
David James	M40	62:42	22:00
John Bell	M50	62:46	21:00
Mike Anderson	M45	62:49	18:30
Mitch Loly	M55	63:27	18:00
Dick Blom	M60	63:31	18:30
Bill Crane	M55	63:43	18:30
Jim Langford	M50	64:11	25:45
Paul Martin	M50	64:15	20:30
Evan McRae	M45	66:02	23:00
Stuart Hicks	M70	66:36	4:00
Mary Heppell	W55	69:58	0:30

\*\* Fastest elapsed time of 35:00 for the 10K

**10K Walk**

Michele Mison W45 70:38

Barrie Thomsett M55 73:47

Bob Fergie M60 75:23

David Brown M45 76:44

Jill Midolo W45 85:09

Alan Pomery M65 92:35



## 5K

Peggy MacLiver	W50	31:51
John Walker	M45	31:54
Pauline Wiltshire	W50	32:21
Pat Miller	W55	32:49
Phyllis Farrell	W50	33:17
John Stone	M40	33:24
Ivan Wiltshire	M50	33:56
Mick Cousins	M60	35:38
Norm Miller	M60	35:41
Wendy Clements	W50	35:45
Noela Medcalf	W60	37:55
Ron Spencer	M55	40:45
Rob Davis	M55	41:03
Frank Usher	M70	45:01
Brian Bennett	M45	52:20
Bob Sammells	M55	52:22

## 5K Walk

Barry Watherburn	M50	41:57
Lynne Schickert	W50	48:03
Wendy Spencer	W50	48:49
Pam Piercy	W50	48:50
Jim Lockyer	M55	50:13
Val Wheeler	W60	52:32

## VISITORS

Peter Hickey	10k	55:04	9:30
Patrick Sweeney	10K	57:28	-
Tony Shanahan	10K	57:49	10:00

## HOW JENNY CAME TO RUN WITH VETS

Well, what a frisky lot you are - I didn't know old people could run so fast! The young spring chicken as I am had to get into training so as not to come last every week.

Good ol' Maurice Warren was an omen, I'm sure, bumping into him one day a couple of months back. There I was, minding my own business on a little trot around my neighbourhood and this bloke .....STRANGER DANGER..... started chatting flat out about some veteran's running club (If he stopped breathing so hard I might have been able to hear more.) Didn't give me enough info tho' - had to make a thousand phone calls to track you lot down.

Do you know what knocked me dead the first day I came to a run? THE LEGS!! I have never in my life seen so many gorgeous legs in one hit. Couldn't take my eyes off them. Being this also my first ever mixed club I'd ever joined, you guys don't beat around the bush, do you! You might as well wear a sign around your necks. I'll tell you something tho' - wild horses wouldn't keep me away....I just love it, love it to

death. Sunday doesn't come fast enough for me.

Something I see behind the friendliness in you lot, which I admire immensely, is the discipline, dedication and passion. It's drawing and enveloping and you can ride on the high all week - well, if nobody rattles your cage (like a husband).

Do you know something I love doing the best? - beating the men ....well, one or two men only. So what if he is injured or 91 years old!

My passion is the great outdoors - the sun, the rain, the wind - I feel like a deer ....springing, springing, springing. Put me in a room and close the windows and I'll be screaming.

Other people and their lives absolutely fascinate me so maybe you'll be fascinated for a couple of secs while I tell you about my training. Foodwise - I graze. You know, like cows....little but often. I eat what I call clean foods. Nothing processed, packaged or fat food. Well, 80% of the time. Runs are four times a week including Sunday - no more no less. Good discipline here otherwise I'm dead meat. I do a fast (like lightning - you should see this girl move) 5.3 km to the Marina Blvd shops return, a 6.3 km to Burns Beach, return up and down a path thru' sand dunes (that's where I met the man in the kilt), a 10- 14 km to Mullaloo Beach and beyond and, of course, Sunday.

Do you know what I reckon, even if you are light hearted and see life thru' playful eyes I think most humans would say life can get rough - bloody rough. To me this Vets Club is a Godsend - it's the best thing that could have happened in my life at this time. I think of you all most fondly -

Jenny Barnes.

## HEATHER'S RUN 23.6.96

Sunday morning dawned, 23 June, 1996 for the inaugural run from Bardon Park in Maylands. The sky looked dark and threatening but the rain at least held off until all finishers were home - then the heavens opened!

Apart from one or two people taking a trip through the car park rather than running over the grass by Garratt Road Bridge and the unforeseen earthworks at the 5K turn, the run appeared to go well.

One or two of the walkers took a slight detour to have a look around

Tranby House but I do understand that it was not defective marking of the course which caused the detour!

All events were closely contended and mementos were given for the various winners. The 10K run male and female winners were presented with a small paper weight showing the "Inaugural Bradon Prk 10K Race" all other male and female winners of the 5K run and walk and 10K walk were presented with a small medal.

In two of the races, choosing a winner was very difficult. The mens 10K walk was, as usual, hotly contended by John Mison and Paul Martin, both coming in together but the stop watch showing 44/100th of a second difference in time in favour of John. The womens 10K run had three ladies coming in absolutely together, unfortunately one of the runners missed the chute and lost a couple of seconds and the honours went to Jackie Halberg on this occasion. Well done all runners and walkers.

My grateful thanks to all the helpers who put up with the cold miserable weather to erect tents, flag the course, take finishers and timekeep. Some of those helping, but by no means all, were Leo Hassam, Kirt Johnson, Barrie Thomsett, Bev Thornton, Pat Savin and Tony Speechley. Thank you to all my helpers.

Heather Sanderson

## 10K

John West	M45	36:45
Tom Savin	M50	37:08
Frank Smith	M50	37:36
Jim Klinge	M45	37:44
Gareth Brunt	M45	38:54
John Pressley	M50	40:17
Don Caplin	M66	40:33
Graham Thornton	M55	41:13
David James	M40	41:32
Brian Foley	M50	42:26
Mike Khan	M50	42:40
Milton Mavrick	M40	43:01
Dennis Miller	M55	43:13
John Bell	M50	43:23
George Schaefer	M60	43:01
Bob Schickert	M50	44:01
Jim Barnes	M50	44:01
Mitch Loly	M55	44:23
Simon Mort	M35	44:30
Bill Crane	M55	44:32
Ted Maslen	M60	45:08
Brian Bennett	M45	45:22
Bob Sammells	M55	45:43
Robin Bonner	M65	46:43
Merv Moyle	M65	47:00



Merv Jones	M55	47:46
Robert Sheehy	M50	47:54
Morris Warren	M55	48:14
Dalton Moffett	M65	48:39
Vic Beaumont	M65	48:39
Stan Lockwood	M65	48:49
Aldo Giacomini	M60	49:31
Stuart Parkinson	M45	50:08
Ron Sutton	M55	50:28
Jeff Spencer	M55	50:29
Jackie Halberg	W50	51:16
Jenny Barnes	W40	51:21
Bernadette Height	W35	51:25
Alan Chambers	M55	51:29
John Russell	M60	52:44
Irene Ferris	W40	53:16
Ray Lawrence	M65	55:11
Allen Tyson	M70	56:14
Margaret Warren	W60	58:38
Kirt Johnson	M65	58:39
Mary Murphy	W50	61:56
Arthur Leggett	M75	62:25
Keith Atkinson	M35	64:12
Norm Miller	M60	65:56
Frank Usher	M70	67:30
Mary Heppell	W55	70:07
<b>5K</b>		
an Blair	M35	19:49
Ferry Keesing	M35	21:17
Mike Anderson	M45	21:26
Peter Airey	M55	22:41
John Stone	M40	22:46
Phil Hawks	M35	23:20
Roma Barnett	W45	24:45
Jan Jarvis	W50	26:28
Lorna Lauchlan	W65	31:05
Pat Miller	W55	31:08
Glenice Shanahan	W70	40:55

#### 10K Walk

John Mison	M45	56:46.02
Paul Martin	M50	56:46.46
Michele Mison	W45	65:31

#### 5K Walk

Wendy Clements	W50	33:48
Joan Hillis	W50	34:07
Jackie Billington	W50	34:29
Lynne Schickert	W50	38:13
John Murphy	M50	38:14
Wendy Spencer	W50	38:24
Pam Piercy	W50	38:26
Val Bonner	W50	38:53
Liz Stirling	W35	40:01
Debbie Rocke	W40	40:15
Val Wheeler	W60	40:16
Ernie Moyle	M70	41:23
Fred Watson	M75	44:26

#### VISITORS

John Hanczakowski	10K	37:28
Peter Hickey	10K	46:16
Christine Tinniswood	5KW	49:30
Rod Tinniswood	10K	50:07

#### CONFIRMED DATE FOR NATIONAL CHAMPIONSHIPS

1997 Vic	1998 Qld
1999 ACT	2000 Tas

#### Proposed Dates

2001 SA	2002 NSW
2003 Vic	2004 WA

The dates are set to ensure that high travel cost states such as WA, Qld, Tas are not holding titles during a World Titles year.

#### COMMITTEE NOTICE BOARD

#### MALANDA MASTERS GAMES

Fancy a trip to Queensland? How about the 1996 Malanda (Queensland) Masters Games from October 31 to November 3 1996?

Entries close 5 pm September 19. Minimum age is 30, with age determined as at October 26 1996.

Events include a 10 km cross country and a half marathon; a 5 000 metres and a 10 km roadwalk.

For entry forms and accommodation information contact the Games Office on 07 5581 6053 or by fax 07 5581 6766 or PO Box 5941 GCMC Bundall Queensland 4217.

For further information - Dusty Lewis on 07 5591 1405 in business hours.

#### PROPOSED NATIONAL COMPETITION CHANGES

The following recommendations will be made to the 1996 National Conference in August -

1. That all multi events scoring shall be by the WAVA Age Factored Scoring System
2. That the shot putt replace the discus in the Pentathlon.
3. That the 800 metres replace the 1500 metres for M60 plus in the Pentathlon.

We will be asked to vote on these matters, so if you have any comment, please contact either Brian Foley (339 2716) or Jackie Halberg (364 4474) as soon as possible.

#### NAME BADGES

Please wear your name badge. It really does help.

#### WORLD VETERAN'S CHAMPIONSHIPS -DURBAN 1997

The next World Veteran's Championships will be held in Durban, South Africa, from July 17 to 27 1997. People who have not directly contacted Jackie Halberg may like to go direct to Frank Rogers at 120 Swaine Ave, Toorak Gdns SA 5065 (08) 332 8815.

Frank is Travel Director AAVAC. Send him a note to include you on his priority listing for Durban 97 with your name, address, phone number and a \$10 "expression of interest" fee.

#### NEW MEMBERS

New members presented at the Committee meeting in June were

Jill Bower,  
Heiner Huning,  
Colin O'Sullivan,  
Dave Simmonds,  
Sandra Webb  
Robert Sheedy.

#### THE ORIGINAL AND STILL THE ONLY AUTHENTIC TRIATHLON STORE IN WA

Bob and Jan have a wealth of experience in fitting running shoes gained over 17 years. Bob has completed each of the 17 Perth Marathons without any injury problems - he must be doing something right!

Phil's years of triathlon experience (including the ultimate - the Hawaii Ironman) and being an accredited Level 1 Triathlon Coach ensure correct bike setup and training advice.

For any of your triathlon requirements, remember - **Runner's World** genuine "old fashion" service.

**NO GIMMICKS**, just honest to goodness advice, based on priceless experience.

Perth's specialist running  
& triathlon store

# Runner's World

**OPEN 7 DAYS**  
5 Fitzgerald Street, Perth  
**227 7281**



## THOUGHTS

These are some of the thoughts of a local runner whilst running around the Swan River.

Heirison Pelicans, graceful at night  
crispness, contrast, stark black and  
white,  
amber big broad bills, deft lunging  
probes,  
bridge light bonus, deep evening strobes,  
bobbing, gliding, trinity of grace  
inken limpopo, 'neath shimmering lace  
mystery propulsion, effortless ease,  
drift apart, pairing, upstream as three  
eddy etched spirals, adorning your moat  
sleek silent sentinels, vigil afloat  
from Beeliar, Beeloo, Midgegooroo's  
time,  
your world today shrinking, your shells  
crushed for lime,  
a fortress receded, with drawbridge six  
lanes,  
cancerous encroachment, cars, buses,  
planes,  
may the awe you exude, protect your  
island home,  
may you feel as I do, at peace, not alone.  
Wayne Pantall

## WHERE'S THAT BLOOMING FINISH LINE?

Some months after I joined the Vets in January, 1978, Dick Horsley casually remarked to me that he had covered 10,000 km in training since retirement from work.

I was pretty impressed by this and felt that it would be a good discipline for me to have a long-term goal in addition to the many short-term ones that we all set. Simply copying Dick didn't seem right but I couldn't think of anything better. Anyway, the idea rattled about in my mind for a few years (there was little else there) until sometime in 1982. Then I decided that I would run around the World as a veteran.

Only arithmetically of course and, before you ask, not non-stop. But at last a clear goal had been identified and the target distance of 40,076 km set. That was the easy part; the next was how to do it and then to actually knuckle down.

There's an expression "Yard by yard, it's hard. Inch by inch, it's a cinch." My

inches were to be an average of a rounded-up Marathon per week - 43 km. This was higher than I had been averaging until then but worth attempting. By including the distance covered since joining the Vets, I calculated that I should complete the journey during 1996.

Well, I finally broke the imaginary tape on the 4th July. The World's press were surprisingly absent but that's life. I'd done it.

But people are remarkable. In life and in sport they set goals and reach them. Then what? They set tougher ones and reach those, and so on. There is no finish line!

So what should I aim for next? Another long-term goal that will take over 18 years to achieve? Ideas are rattling around in my mind (nothing's changed there) but all of a sudden, copying Dick doesn't seem such a bad idea after all.

"Globetrotter"

## MILL POINT ROAD CHAMPIONSHIP 30 June 1996

Very windy but the flat course always produces good times. This year because of the wind most covered the second half much quicker than the first. To me the highlight of the day was to see the look of accomplishment on Val Bonner's face after finishing. She has previously run half marathons but set backs have greatly reduced her activities in recent years. She was so pleased when she said "I never thought I would be able to go around the bridges again" - BUT SHE DID

Many thanks to helpers Jim Klinge, Dick Horsley, Margaret Ward, Leo Hassam, Denise Lancaster, Jacki Beaumont, Jeff Spencer, Joan Hillis, Val Millard, Maureen Pomery, Rob Farrell, Bev Thornton, Alan Stone, Margaret Stone and last but not least, Lynne.

Bob Schickert

### 10K RUN WOMEN

Marilyn Blair	W35	42:40
Jenny Barnes	W40	54:38
Kath Noordyk	W45	44:19
Heather Sanderson	W45	46:19
Margaret Birks	W45	47:12
Jackie Halberg	W50	50:37
Phyllis Farrell	W50	60:37
Lynn Boucher	W50	67:08
Mary Heppell	W55	64:12
Margaret Warren	W60	57:24

### 10K RUN MEN

Blakeney Tindal	M35	39:50
Simon Mort	M35	44:44
Terry Keesing	M35	45:53
Gary Fisher	M40	39:06
Milton Mavrick	M40	42:26
Ross Parker	M45	35:50
Duncan McCaulley	M45	37:33
Michael Anderson	M45	44:03
Brian Bennett	M45	44:52
Stuart Parkinson	M45	50:14
Frank Smith	M50	37:43
Tom Savin	M50	40:58
Vic Waters	M50	41:20
Brian Foley	M50	41:48
Ivan Brown	M50	42:01
Mike Rhodes	M50	43:08
Mike Khan	M50	46:03
Ron Hillis	M50	46:12
Brian Hunter	M50	49:55
Don Caplin	M55	40:38
Dennis Miller	M55	42:16
Bob Sammells	M55	43:55
Morris Warren	M55	46:58
Graham Thornton	M55	47:33
Peter Airey	M55	48:14
Ron Sutton	M55	50:50
Ted Maslen	M60	43:30
George Schaefer	M60	43:40
Dick Blom	M60	45:26
Dalton Moffatt	M60	49:21
John Russell	M60	54:37
George Peet	M60	56:11
Robin Bonner	M65	45:37
Stan Lockwood	M65	46:44
Frank McLinden	M65	46:53
Merv Moyle	M65	48:20
Vic Beaumont	M65	49:41
Peter Davies	M65	51:17
Kirt Johnson	M65	60:38
Garnet Morgan	M70	74:08
Arthur Leggett	M75	60:12

### 10K WALK WOMEN

Michelle Mison	W45	65:02
Jill Midolo	W45	72:20
Wendy Clements	W50	68:45
Jackie Billington	W50	72:24
Val Bonner	W50	81:33
Val Wheeler	W60	83:38
Pat Ainsworth	W60	83:39
Lorna Lauchlan	W65	72:49

### 10K WALK MEN

John Mison	M45	56:21
David Brown	M45	65:25
Paul Martin	M50	56:20
Barrie Thomsett	M55	61:38
Bob Fergie	M60	62:04
Alan Pomery	M65	79:48
Fred Watson	M75	1:31:28





# The Godfrey Pembroke View

Licensed Dealer in Securities ACN 002 336 254

Financial Consultants & Investment Advisers

## No. 7 - *A Balancing Act*

Many investors believe that the way to achieve high investment returns is to consistently pick the best performing investments or investment sectors. This is based on the perception that it is a fairly simple exercise to work out how investment markets will respond in the future by studying how historical forces have determined investment values in the past.

### Crystal Ball Gazing

There are plenty "experts" who suggest that they have insights not available to the ordinary investor which will enable them to make reliable forecasts with remarkable accuracy. The facts are quite the reverse.

A leading life insurance company in Australia, recently released some interesting research results on the theme of picking the best performing investment sectors. They worked out the returns on all the major investment sectors, both for Australia and overseas, from 1981 to 1996.

### Winners are Grinners

They then did a comparison over the period for two investors; the first invested each year in the investment sector *which performed the best in the previous year* - this is the investor who chases high returns.

The second investor invested each year *in the investment sector which*

*produced the lowest returns in the previous year.*

Not surprisingly the second investor produced a much better investment return than the "chaser".

Assuming \$100,000 invested from 1982 to 1995 the chaser's portfolio grew to just over \$ 200,000 in value while the second investor's portfolio grew to around \$785,000. (Neither calculation takes account of tax but both are adjusted for inflation.)

### History no Judge

The broad conclusion to be drawn from these results is that chasing high returns based on historical performance is fraught with danger. Investors need to have a balanced view of risk and return and understand what they are trying to achieve with their portfolio.

However both of the above types of investors fail to appreciate the benefits to be gained from diversification

of investment. A prudent investor knows that markets will be volatile, investment assets will fluctuate in value and at times returns will be disappointing. By having a balanced approach without unrealistic expectations these issues diminish in importance.

### Call on Experience

An experienced professional financial planner has a key role in helping to build an investment portfolio which has an appropriate balance between risk and return.

If you would like an appraisal of your investments or financial strategy then call VetAths member, Bowen Llewellyn\*



## 481 4755

\*Bowen Llewellyn AFPA  
Senior Consultant &  
Authorised Representative of  
Godfrey Pembroke Limited.



# YOU DESERVE A NEW SHIRT!

State - Singlet - Gold with black trim with club badge on left side @ \$15.00.

(To be worn at National Championships)

Club - Singlet - Black and white with club badge on left side @ \$15.00.

(To be worn at State Championships)

Tee-shirts - Grey with the three colour runner club logo on the front @ \$16.00 short sleeve \$18.00 long sleeve.

Fleecy Windcheaters grey with three colour runner club logo @ \$22.00.

Plus caps, visors in a range of colours @ \$7.00. Car stickers and iron-on badges @ \$2.50

## ORDER FORM

Please Supply:

..... Qty ..... Size .....  
 ..... Qty ..... Size .....

Post to: Club Treasurer, 100 Matilda Street, Huntingdale WA 6110

Cheque Payable to: WAVAC. If you require a postal delivery, please add \$2.50

PRINT POST APPROVAL  
644113/00007



SURFACE  
MAIL

POSTAGE  
PAID  
AUSTRALIA

IF UNCLAIMED PLEASE RETURN TO:  
1/37 BOMBARD STREET  
ARDROSS WA 6153

MR R HAYRES  
26 JENKINS PL  
WEMBLEY DOWNS

WA 6019

## HAPPY BIRTHDAY TO OUR <sup>August</sup> ~~JULY~~ MEMBERS

Fisher, Jean	03/08/46	50	becomes	W50	Stone, Margaret	17/08/42	54	remains	W50
West, John	03/08/49	47	remains	M45	Waldhuter, Glenys	17/08/43	53	remains	W50
Midolo, Jill	05/08/47	49	remains	W45	Medcalf, Gordon	19/08/29	67	remains	M65
Whittam, Jeffrey	05/08/34	62	remains	M60	Turner, Cedric	19/08/35	61	remains	M60
Mort, Simon	06/08/56	40	becomes	M40	Martin, Keith	21/08/43	53	remains	M50
Leeuwangh, Beverley	06/08/63	33	remains	W30	Flanders, Margaret	21/08/36	60	becomes	W60
Eyres, Tom	07/08/46	50	becomes	M50	Mison, Michele	24/08/47	49	remains	W45
Henderson, Ralph	07/08/48	48	remains	M45	Napier, Frederick	24/08/25	71	remains	M70
McRae, Evan	07/08/49	47	remains	M45	Adams, John	26/08/49	47	remains	M45
Danby, Brian	08/08/48	48	remains	M45	Davies, Peter	26/08/29	67	remains	M65
Maslen, Ted	08/08/35	61	remains	M60	Kelly, Paul	28/08/53	43	remains	M40
Carse, Albert	08/08/41	55	becomes	M55	Bennett, Brian	28/08/47	49	remains	M45
Dawson, Pauline	10/08/55	41	remains	W40	Richards, Norman	29/08/37	59	remains	M55
Langford, James	12/08/44	52	remains	M50	Sanders, Susan	29/08/53	43	remains	W40
Hughes, William	15/08/27	69	remains	M65	Arndt, Lewis	29/08/49	47	remains	M45
Kelly, Max	15/08/46	50	becomes	M50	Baumann, Betty	30/08/12	84	remains	W80
Boucher, Lynette	16/08/45	51	remains	W50	Stingemore, Ann	31/08/52	44	remains	W40