



The Vetruns



No. 297 July 1998

Patron: Bill Hughes

President: Bob Schickert

Editor: Katrina Spilsbury 9 313 3943

Programme Change

Dam to Dam run will now be held on the **20th September** and the **Wildflower** run in King's Park will now be held on the **4th October**. This change of programme is due to unavailability of King's Park on the previously scheduled date.



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*Left: This months Running Mates, Karen and Des Gooby.
Below left: Fred Hagger presenting the Fred Hagger
Trophy to Anne Shaw and Chris Maher after Uni and Back.
Below right: Bob Schickert finishing the Perth marathon so
fast he's a blur. (Vic Beaumont)*



Running Mates

Meet this months running mates, Bunbury's Karen and Des Gooby. Karen was born in Bunbury, Des in Kojonup, they met in High School and started dating when Karen was 15 and Des 17. Karen always loved sport and played hockey and ran while at school. Des is a footy fan and played for Bunbury and was captain of the reserve grade until ankle and nose problems curtailed him playing at 33. Karen was an A grade hockey player and retired in 1978 when she had her first baby. It was Brian Kennedy who persuaded Karen to run again, one of her boys was interested in cross-country, so whilst waiting around for him, she thought she would give it a go, her first run was 8km which she ran and walked. The turning point for Karen was, with Des and a group of Bunbury runners trekking in Nepal she lost a lot of weight and her 5km time went to 18.13 with hardly any training. Brian and Hank Stoffers suggested she train for a marathon and she ran 2h43, she then got a call from the National Body who offered her a scholarship which meant giving up work and training 6 hours a day. Karen missed by 1 minute to qualify for the Barcelona Olympic Marathon but went to Ngoya in Japan to try again but broke down with a foot injury. While unable to run Des and Karen cycled around Tasmania and when they returned she ran 73.52 to qualify to represent Australia in the World Half Marathon championships in Britain. She also won the National Championships in Sydney but again had foot problems so was happy to retire for two years. Last year she was told that she may never run again but after an operation is back running with a different perspective and is very happy to take what comes. Karen and Des are going to the Gold Coast next month where Karen will run the marathon, and

with a time of around 79 minutes for last weeks Fremantle Half looks like she is in good form.

Des has always been a great support for Karen and on her long training runs always follows on his bike with drink and lollies. He does a bit of running himself although enjoys cycling and did well at the Oceanic Games in New Zealand a few years ago, he also came third in his age group at a triathlon. Des is an Eagles fan. Karen and Des have two boys.

Occupation

Karen - Senior employment consultant

Des - Foreman fitter welder for Bunnings

How did they hear about the Vets

Through Hank Stoffers

What they like about the Vets

Friendliness and others older than Des

Favourite distance

Karen - Half marathon

Des - 5K

Favourite run

Karen - Loves them all

Des - Thursday nights at Bunbury Runners Club

Hobbies

Karen - Playing the piano, gardening, sewing

Des - Restoring cars and motorbikes

Biggest thrill in running

Karen - Mita Marathon Perth 1990 in a time of 2.43

Des - Completing half marathon

Ambitions in running

Karen - To run Boston and London marathon

Des - To run a marathon

Favourite food

Karen - Any good wholesome food

Des - Good BBQ

Favourite TV

Karen - Good News Week

Des - AFL

Favourite film

Karen - Pretty Woman

Des - The Anzacs

Pet Hate Both Smoking

WITH SINCERE THANKS

Thank you for your expression of sympathy and kind thoughts following Robert's recent death. I was very touched that most were able to come to the services and/or back to house afterwards. Robert always believed in a Wake and I'd say that he would have enjoyed his own. Thank you all for being there in thought or person. Thank you all for making it happen.

Phyllis (Farrell)

WA Vets have donated \$50 to the Kidney Foundation in memory Rob Farrell.

World and Australian Records

This is an extract from a letter received from Colin Browne, AAVAC.

'Here is the latest update of the Australian and World records containing Pete Mundle's World Records as at April 1998. That is all we will hear for 12 months. It also contains records from most 1998 State championships and from the Nationals in Brisbane. With State championships it is best if each state applies for any records rather than expecting me to notice them. I might miss them. Certificates are due to many members. It is a big job, and I am well behind on it but hope to catch up soon.'

If you would like a copy of the records you can either send \$3 to Colin Browne 4 Victory St, Mitcham VIC 3132 who will send you a copy or you can make your own copy of the one I have. Alternatively, I can send you the file as an Excel document via email or download it onto a disk. - **Katrina**

Congratulations!

While still on the subject of records, Bob Sammells has received notification that the following records have been ratified.

- David Clive's M60 Long Jump of 5.33m in February
- All records set during our State Championships
- David Carr's M65 Pentathlon point score of 3461 set during the Nationals

WHAT'S ON

SOCIAL EVENTS

Lunch at Jorgenson Park

Kalamunda August 2nd

Tickets available

Wellington Mills Long Weekend

September 25th-28th. Enjoy a three day weekend with early morning runs or walks, lay around relaxing, perhaps take a winery tour and a BBQ at Honeymoon Pool with other club members. Please let Joan Pellier or Lorna Lauchlan know if you are interested as they need numbers.

Lunch at Rosie O'Grady's

Northbridge September 6th

Come along for Club Trophy Presentations.

\$15 for lunch (main meal and dessert) plus drinks

For more information on these social events or tickets contact Joan Pellier ph 9459 7782 or Lorna Lauchlan ph 9383 1084

★★ Track and Field ★★

Not far away now!

Commencing October 1st at McGillvray Oval. Every second week at Coker Park. Competition will start 5.30pm in October and from 6.00pm from 5th November. Everyone is welcome. Come along for some fun. Throw, walk, jump, run or watch!

Club address for correspondence:

Secretary WAVAC
8 Hapgood St
East Fremantle, WA, 6158

How Wendy Clements fractured her knee!

'twas a Saturday morning in May,
she was running out Hillarys way.

A log fence she espied;

'I'll jump it!' she cried.

She missed - it just wasn't her day!

New Members

We welcome the following new members to our club:

Susan Rowe

Ann Breeze

Nick Miller

Marion Bucens

Michael Cousins

Rebecca Cook

Paul Lewis

Barbara Outhwaite

Looking Good in Vets Gear!

Singlets

Club: Black and white with club

badge on left side \$15

To be worn at State Championships

State: Gold with black trim and club

badge left side \$15

To be worn at National

Championships

T-Shirts

Grey with the three colour runner club logo on the front

Short sleeves \$16

Long sleeves \$18

Fleecy Windcheaters

Grey with three colour runner club logo on the front \$22

Caps/Visors- range of colours \$7

New stock has arrived in all sizes so

order yours now. Contact Lorna Lauchlan on 9383 1084

Fun and games with names

Members of this club appear a little shy about my recent attempts to revive the Aussie tradition of using nicknames rather than proper names. Most of those over 40 can recall their schoolyard mates who went by names derived from Aussie slang (as in Bruiser, Snowy and Bluey) or their physical, sporting or intellectual abilities as in Shorty Turner. My nickname was 'Skinny' Brown- how lacking in imagination can you get? I would have preferred 'Muscles' Brown! In more recent years I have got Ivan Skvinski (from the old bawdy song involving Abdul the Bull Bull da mere) I often answer the phone with this name - usually causing confusion or 'sorry, wrong number'.

My running exploits during the past 7 years have led my workmates to bestow upon me the name 'Abebe' after the double Olympic marathon gold medallist from Ethiopia - a very high honour indeed!

So what of my running mates? Milton Maverick is not keen to be known as Jessie James but I reckon it could be an improvement. Dave James becomes Billy the Kid due to his youthful looks. The Pelliers could be JP. 1 and JP. 2 just like B1 and B2 on the ABC (Bananas in Pyjamas for those who don't watch kids TV!) Jon Wannberg always reminds me of Hungry Jacks so 'Whopper Wannberg' it is. I'm not game to tackle the ladies- I'll leave that to my friend Amanta Hugandkiss.

Other club members, with sharper wits than mine, will no doubt have better suggestions which can be referred to my agent, Shaun Backensides.

Abebe (Muscles) Brown

RESULTS

Andy Wright Memorial Handicap 31st May 1998

As had been promised by the Race Director (I probably should burn for this!!) conditions for this year's Andy Wright Run were well-nigh perfect. Perhaps the only thing lacking for some was a cooling breeze.

Eighty runners and walkers tackled the course, which was the same as in recent years, starting and finishing at the Aquinas College Hockey Pavilion.

Before the start Bob Schickert made reference to the recent untimely death of Bob Farrell, and all observed a minute's silence as a mark of respect to his memory. My thanks to those who helped conduct the event so smoothly:-

Dalton Moffett, Ernie Moyle, Jackie Halberg, Maggie Flanders, Peggy McLiver, Lorna Lauchlan, Frank Smith and John West. Thanks to those who brought 'goodies' for morning tea, and also to Sue Danby for seeing it was all ready for us after the race.

My special thanks to Brian and Sue Danby, and John and Fran West who vacuumed up all the cut grass that we brought into the hall on our shoes.

Results:

10 K Handicap:

First Man — Keith Atkinson

Second — John Adams

Third — John Brambley

First Woman — Margaret Warren (her third time!)

Second — Jenny Holm (last year's winner)

Third — Eileen Brown

5K Run:

	Man	Woman
First	David Wilmer	Alison Aldrich
Second	Bruce Wilson	Pat Miller
Third	Norm Miller	Delia Baldock

5K Handicap Walk:

	Man	Woman
First	Fred Watson	Val Wheeler
Second	Jeff Whittam	Karen Crellin

Times:

10 K Handicap: [NL means no handicap time listed]

		Clock	H'cap	Actual
1	Tony Kingdom	M50	54:42	NL 54:42
2	Margaret Warren	W60	58:17	7:00 51:17
3	Keith Atkinson	M40	58:25	15:00 43:25
4	Jenny Holm	W45	58:34	10:30 48:04
5	John Adams	M45	58:37	10:00 48:37
6	John Brambley	M55	59:22	15:00 44:22
7	Jeremy Short	M45	59:35	15:00 44:35
8	Shorty Turner	M60	59:41	4:00 55:41
9	Kirt Johnson	M65	59:43	5:00 54:43
10	Trevor Brown	M55	59:48	9:00 50:48

11	Simon Mort	M40	59:49	15:00 44:49
12	Paul Lewis	M50	60:00	13:00 47:00
13	Eileen Brown	W50	60:06	3:00 57:06
14	Jenny Barnes	W45	60:14	9:30 50:44
15	Garry Fisher	M45	60:15	21:30 38:45
16	Aldo Giacomini	M60	60:26	10:00 50:26
17	Richard Harris	M60	60:28	13:30 46:58
18	Brian Holmes	M60	60:28	11:15 49:13
19	Vic Waters	M50	60:31	19:00 41:31
20	Brian Danby	M45	60:38	20:30 40:08
21	Barbara Outhwaite	W40	60:43	3:00 57:43
22	Mike Rhodes	M50	60:47	14:15 46:32
23	Margaret Bennett	W55	61:02	00:00 61:02
24	David James	M45	61:09	20:45 40:24
25	Craig Watson	M40	61:10	16:00 45:10
26	John Pressley	M50	61:11	20:00 41:11
27	Peter Airey	M60	61:14	13:00 48:14
28	Brian Foley	M50	61:36	19:00 42:36
29	Ann Turner	W60	61:38	8:45 52:53
30	John Smith	M60	61:38	8:30 53:08
31	Jim Klinge	M50	61:40	22:30 39:10
32	Val Millard	W50	61:58	8:00 53:58
33	George Schaefer	M65	62:00	14:15 47:45
34	Joan Pellier	W55	62:09	6:45 55:24
35	Bob Schickert	M55	62:21	21:15 41:06
36	Bob Sammells	M60	62:23	15:45 46:38
37	Vincent Carrero	M55	62:37	NL ??
38	Mike Karra	M30	62:42	20:45 41:57
39	Brian Aldrich	M65	63:09	6:00 57:09
40	Leonie Annan	W40	63:18	NL ??
41	Roma Barnett	W45	63:25	11:00 52:25
42	Mike Flood	M45	63:48	17:45 46:03
43	Milton Maverick	M40	64:31	20:15 44:16
44	Mary Heppell	W60	64:38	00:00 64:38
45	Mike Khan	M50	64:49	17:15 47:34
46	Mike Hale	M50	64:57	18:00 46:57
47	Ken Whistler	M65	65:13	12:30 52:43
48	Brian Bennett	M50	65:24	19:00 46:24
49	Mitch Loly	M55	61:51	17:00 48:51
50	John Russell	M65	66:31	6:00 60:31
51	Allen Tyson	M70	67:16	2:00 65:16
52	Joe Stickles	M60	67:18	17:00 50:18
53	Rosemarie Loomans	W45	68:33	3:00 65:33
54	Maurice Warren	M60	70:54	8:00 62:54
55	Phyllis Farrell	W50	70:56	1:30 69:26
56	Glenice Shanahan	W70	84:19	00:00 84:19

5K Handicap Walk:

1	Peter Davies	M65	35:25	NL
2	Fred Watson	M75	43:29	0:00 43:29
3	Jeff Whittam	M60	47:46	5:00 42:46
4	Val Wheeler	W65	48:43	5:15 43:28
5	Karen Crellin	W55	53:31	4:00 49:31

5K Run (from scratch)

1	David Wilmer	M40	19:05
2	Bruce Wilson	M55	20:54
3	Norm Miller	M65	28:06
4	John Stone	M45	28:51

5 Alison Aldrich	W55	30:40
6 Pat Miller	W60	35:20
7 Delia Baldock	W35	37:05

10K Walk: (from scratch)

1 John Mison	M50	59:31
2 Paul Martin	M55	59:32
3 David Brown	M50	64:04
4 Michelle Mison	W50	70:25
5 Dorothy Whittam	W60	74:02
6 Lyn Schickert	W55	74:05
7 Jill Midolo	W50	75:58
8 Maureen Vine	W40	90:00
9 Sue Rowe	W40	90:04

See you all again in 1999. I'm sure the weather will be just great! — **Leo Hassam.**

BARDON PARK RUN **Sunday 14 June 1998**

We were fortunate to have a perfect morning, with no rain on Sunday. 74 participants enjoyed the conditions and the course, which proved to be a favourite for some. I admit to being a bit biased in saying that it must be one of the best. It turned out to be a bit of a family affair, with Jim & Margaret Langford taking out the first man & woman in the 10km run, and John & Michelle Mison the first man & woman in the 10km walk.

Thank you to all the helpers, apart from a slight hiccup when the recorder would not print the times, the team were able to carry on in a most efficient manner, and the times (I hope) are recorded correctly.

Thank you Shorty and Anne Turner, Fred Haggard, Denise Lancaster, David Willmar, Pat Ainsworth, and Wendy Clements.

Brian and Margaret Bennett.

5 KM RUN

Ian Davies	M50	18:30
Don Caplin	M55	21:07
Bob Sammells	M60	23:03
Trevor Brown	M55	24:08
Ray Hall	M60	24:09
Joan Pellier	W55	25:30
Robin Bonner	M65	25:40
John Stone	M45	25:54

Merv Moyle	M70	26:00
Kirt Johnson	M65	26:24
Eileen Brown	W50	27:03
Delia Baldock	W35	27:09
Ray Lawrence	M70	31:29
Allen Tyson	M70	31:29
Glenise Shanahan	W70	38:10

5KM WALK

David Brown	M50	35:15
Jill Midolo	W50	38:21
Lorna Lauchlan	W65	38:22
Val Wheeler	W65	41:19
Ernie Moyle	M70	41:21
Lorri Carroll	W45	41:28
Marion Vucems	W55	41:28
Rex Bruce	M55	45:33
Alan Pomery	M65	45:34
Sue Rowe	W45	48:33
Leo Hassam	M65	48:34
Fred Watson	M75	51:15
Jeff Whittam	M60	51:15

10KM RUN

Jim Langford	M50	35:26
Greg Salter	M40	36:35
Ralph Henderson	M45	37:56
Gary Fisher	M45	38:00
Bob Schickert	M55	39:34
David Bishop	M40	39:34
David James	M45	40:09
Frank Smith	M55	40:22
Jim Klinger	M50	40:31
Graham Thornton	M50	41:59
Johan Hagedoorn	M50V	42:13
Bob Harrison	M55	42:35
Mike Flood	M45	42:40
Jeremy Short	M45	43:17
Mike Khan	M50	43:27
Alan Jennings	M55	43:45
Mike Hale	M50	44:14
Margaret Langford	W50	44:21
Michael Anderson	M50	44:54
Mike Rhodes	M50	45:01
Simon Mort	M40	45:39
Phil Edmiston	M40V	46:38
Lynn Harrop	M40	47:13
John Pellier	M55	47:24
Mick Cousins	M60	47:59
Peter Airey	M60	49:20
Fred Landon	M40V	51:09
Jackie Halberg	W50	52:17
Brian Holmes	M60	52:18
Margaret Warren	W60	53:12
Val Millard	W50	54:16
Arnold Jenkins	M50	54:17
Craig Watson	M40	56:57
Dalton Moffatt	M65	57:14
Morris Warren	M60	57:16
Leonie Annan	W40	61:25
Suzanne Brand	W50	66:17
Jackie Billington	W55	67:28

Phyllis Farrell	W50	72:44
Shiela Maslen	W60	72:44

10KM WALK

John Mison	M50	57:14
Paul Martin	M55	57:14
Dick Blom	M60	68:34
Michelle Mison	W50	70:04
Dorothy Whittam	W60	74:12
Lynne Schickert	W55	74:13

10km handicap **April 23 1998** **McGillvray Oval**

After forecasts of rain and wind, we were once again lucky as neither materialised. Our thanks to those ladies and gentlemen who came along and lap scored, and thank you Bev for recording.

Thank you to the runners for turning up and making the evening a success.

Dorothy & Jeff

Results

Pos	Name	Age	Clock	H'Cap	Adjusted Pos.
1	Hall Ray	M60	56:52	9:00	47:52 18
2	Sanders Ian	M35	58:35	11:30	47:05 17
3	Harrison Bob	M55	59:09	18:00	41:09 8
4	Pellier John	M55	59:22	15:00	44:22 16
5	Thornton Graham	M55	59:38	18:00	41:38 11
6	Mc Linden Frank	M65	60:18	10:00	50:18 19
7	Davies Ian	M50	60:25	21:30	38:55 2
8	Wilmer David	M40	60:32	23:15	37:17 1
9	Chambers Alan	M60	60:38	8:30	52:08 20
10	Innes George	M60	60:47	18:00	42:47 12
11	Miller Nick	Vis	61:12	17:00	44:12 14
12	Carse Bert	M55	62:23	21:30	39:53 4
13	Danby Brian	M45	61:24	20:30	40:54 5
14	Maverick Milton	M40	61:28	20:15	41:13 9
15	Pressley John	M50	61:28	20:00	41:28 10
16	Carr David	M65	61:30	18:15	43:15 13
17	Millard Valerie	W50	62:22	8:30	53:52 22
18	Wellberg Jon	Vis	61:34	20:30	41:04 7
19	Schickert Bob	M55	64:18	21:30	42:48 6
20	Smith Frank	M55	62:24	23:00	39:24 3
21	Bell John	M50	64:44	20:30	44:14 15
22	Whistler Ken	M65	64:51	12:30	52:21 21
	Gardiner Frank	M45	DNS	18:45	00:00
	Dunn Stephen	M30	DNS	24:00	00:00

25km RUN- 21 June 1998

The morning dawned clear and crisp with hardly a cloud to be seen. There was much celebration from both runners and helpers, as this run is often held under terrible conditions.

55 runners and walkers completed the 10km, and 57 runners toughed out the 25km. We welcomed visitors from the Deep South (Rockingham area) and the Far North (Joondalup). It must be very pleasing for Morris Warren to see such a large number of runners competing in the longer races – he is a driving force behind the Road Running Championship and would have liked to have been out there himself. No doubt he gave plenty of encouragement at the drink station. Looking at the closeness of many of the times it is obvious that the true Vet spirit is alive, with runners helping one another through. My thanks to all the helpers – Joe Stickles, Morris and Margaret Warren, Jeff and Dorothy Whittam, Allen Tyson, Glenice Shanahan, Pat Carr, Rex Bruce and Michele Mison. A special thanks to Barrie Thomsett who measured and marked the distances. **Jackie Halberg**

25km

Chris Maher	M45	1:29:29
Stephen Dunn	M30	1:34:46
Ross Parker	M45	1:35:10
David Willmer	M40	1:36:39
Daryl White	M35	1:40:38
Gareth Brunt	M45	1:41:05
Eric Emmett	M35	1:44:02
Ken Dacre	VIS	1:45:57
Hyrem Maunsell-Paea	VIS	1:46:42
Milton Mavrick	M40	1:46:50
Ivan Brown	M50	1:46:58
Bob Schickert	M55	1:48:53
David James	M45	1:49:23
Brian Danby	M45	1:49:51
Frank Gardiner	M45	1:50:04
Chris Kowalski	M40	1:50:17
Mark Rosen	M50	1:52:15
Graham Thornton	M55	1:53:20
Jan Kelly	W40	1:54:44

Paul Kelly	M40	1:55:55
John Pellier	M55	1:57:24
Keith Atkinson	M40	1:58:28
Mike Khan	M50	1:58:44
Vic Waters	M50	1:59:32
David Carr	M65	1:59:53
Sue Vetten	W45	1:59:56
Michael Anderson	M50	2:01:38
Mitch Loly	M55	2:01:38
Alan Jennings	M55	2:02:19
Roy Beckett	VIS	2:02:36
Fiona McAuley	W45	2:03:26
Noel Mitchinson	VIS	2:06:28
Glen Mitchinson	VIS	2:06:29
Paul Lewis	M50	2:07:48
Cecil Walkley	M65	2:08:23
Jo Pearce	W45	2:08:24
Mike Rhodes	M50	2:08:51
Clive Frost	M50	2:10:09
Richard Harris	M60	2:10:58
Wendy Duncan	W45	2:13:23
Rob Dougall	VIS	2:13:24
Shirley Bell	W45	2:15:37
Brian Holmes	M60	2:16:02
Vic Beaumont	M65	2:18:03
Ann Turner	W60	2:19:32
Gerry Prewett	M45	2:20:10
Rob Robartson	M35	2:20:11
Roma Barnett	W45	2:23:24
Val Millard	W45	2:24:05
Merv Jones	M55	2:26:51
Trevor Brown	M55	2:33:47
Joan Pellier	W55	2:34:45
Eileen Brown	W50	2:48:31
Denise Lancaster	W45	2:49:59
Shorty Turner	M60	2:49:59
Margaret Bennett	W55	2:50:06
Barbara Outhwaite	W45	2:50:08

10km Run

Jim Langford	M50	36:34
Warren Gee	M45	36:54
Gary Fisher	M45	38:27
Jim Klinge	M50	38:46
Dave Bishop	M40	39:12
Bob Thomson	M50	39:19
Frank Smith	M55	39:37
Blakeney Tindall	M35	41:32
Dave Roberts	M55	42:03
Nicholas Gardiner	VIS	42:51
Vince Carrero	M55	43:14
Brian Foley	M50	43:18
Don Caplin	M55	43:40
Su Prewett	W40	45:20
Margaret Langford	W50	45:30
Bob Sammells	M60	47:25
Peggy Macliver	W50	49:11
Peter Airey	M60	49:20
Aldo Giacomini	M60	49:52
Heather Sanderson	W45	50:10

Ray Hall	M60	51:37
Stuart Parkinson	M50	51:38
Tony Speechley	M50	51:46
Craig Watson	M40	53:35
Elizabeth Kingdon	W45	53:59
Tony Kingdon	M55	54:00
Arnold Jenkins	M50	54:40
Paula Karra	VIS	54:50
Dalton Moffett	M65	54:53
Jenny Barnes	W45	55:35
June Lewis	W50	60:23
Kirt Johnson	M65	60:23
Ray Lawrence	M70	65:36
John Russell	M65	65:37
Mary Heppell	W55	66:40
Suzan Brand	W50	67:11
Sheila Maslen	W60	68:23
Daphne Beckett	W60	82:00

10km Walk

Paul Martin	M55	55:57
John Mison	M50	55:58
Bob Fergie	M60	67:55
Dick Blom	M60	68:28
Lynne Schickert	W55	77:30
Lorna Lauchlan	W65	77:32
Val Cook	VIS	78:17
Barrie Thomsett	M55	78:18
Marion Bucens	W55	78:27
Pat Ainsworth	W60	78:28
Maureen Vine	W40	78:29
Alena Johnson	VIS	81:03
David Plowman	M55	81:51
Ernie Moyle	M70	85:09
Jo Kirkland	W35	85:11
Val Wheeler	W65	88:55

UNI & BACK 7.6.98

A fine winter's morning greeted 113 competitors for my 2nd attempt as race director. Chris Maher (3rd last year) and Anne Shaw (using the race as a training run - WOW) were the innagural winners of the Fred Hagger Trophy (see photo page 1). Many thanks to my helpers John Brambley, Fred Hagger, Jackie Halberg, Kirt Johnson, Jim Klinge, Pat Miller, Bob Sammells and Jim Shaw without whom the event would not have run as smooth and as enjoyable for all. I also extend

a thank you to Barrie Thomsett for meticulously measuring the course to resolve the doubts about the distance from last year. I did hear one report of some of the leading runners taking the road side of the brewery site instead of the cycle path. This would not have increased the distance but certainly the risk!!.

Next year 3rd time lucky with getting it all right. **Gary Fisher**

15K

Chris Maher	M40	53:26
John Cresp	M45	54:46
David Willmer	M40	56:21
Stephen Dunn	M30	56:49
Trevor Robertson	M45	57:56
Darryl White	M35	58:18
Eve Burge	M40	58:57
Ralph Henderson	M45	59:30
Anne Shaw	W50	60:13
James McCarthy	M35	61:29
Gareth Brunt	M45	61:32
Bob Schickert	M55	62:38
Ian Lankester	M50	63:04
Milton Mavrick	M40	63:36
Paul Kelly	M40	64:18
Brian Danby	M45	64:59
Blakeney Tindall	M35	65:05
Doug Ashfield	M40	65:09
Graham Thornton	M55	65:18
John Bell	M50	65:43
Vic Waters	M50	66:11
Mark Rosen	M50	66:52
Jim Barnes	M55	67:31
Evan McRae	W45	69:15
Alan Jennings	M55	69:48
Mike Khan	M50	70:05
John Pellier	M55	71:19
Michael Anderson	M50	71:23
Simon Mort	M40	71:44
Jeremy Short	M45	72:19
David Carr	M65	72:32
Sue Vetten	W45	72:38
Fiona McAuley	W45	73:01
Cecil Walkley	M65	73:07
Frank Gardiner	M45	73:53
Janet Kelly	W40	74:36
John Davies	M50	74:37
Jo Pearce	W45	74:43
Mike Rhodes	M50	76:59
Wendy Duncan	W45	77:01
Mitch Loly	M55	77:22
Richard Harris	M60	77:31
Jenny Barnes	W45	78:26
Shirley Bell	W45	78:29
Vic Beaumont	M65	79:06
Keith Atkinson	M40	79:31
Brian Holmes	M60	79:35

Aldo Giacomoni	M60	79:42
Roma Barnett	W45	82:10
Anne Turner	W60	82:16
Margaret Warren	W60	82:52
Clive Frost	M50	83:14
Merv Jones	M55	83:34
Tony Kingdom	M50	85:32
Trevor Brown	M55	86:07
Val Millard	W50	86:24
Joan Pellier	W55	88:40
Shorty Turner	M60	89:46
Barbara Outhwaite	W40	1:30:22
Maurice Warren	M60	1:30:25
Denise Atkinson	W45	1:30:30
Eileen Brown	W50	1:30:54
Leonie Annan	W40	1:38:20
Margaret Bennett	W55	1:39:10
Jean Fisher	W50	1:41:00
Mary Heppell	W60	1:43:21
Jackie Billington	W55	1:52:58

8K

Duncan McAuley	M45	29:51
Dave Roberts	M55	31:48
John Pressley	M50	32:41
Bruce Wilson	M50	33:14
Graeme Scaddon	M35	34:47
Brian Foley	M50	34:52
Maurice Creagh	M50	35:22
Joe Stickles	M60	37:18
Peter Airey	M60	39:22
Brian Aldrich	M65	44:43
Dalton Moffett	M65	47:08
Frank McLinden	M65	47:08
Allen Tyson	M70	48:59
John Russell	M65	52:26
Suzan Brand	W50	54:13
Bernie Zaehner	W35	55:48
Gail Gardiner	W45	63:50
Glenice Shanahan	W70	64:53
Ann Breeze	W50	68:57

8K Walk

Rex Bruce	M55	60:34
Maureen Vine	W40	65:21
Pat Ainsworth	W60	65:22
Lorri Carroll	W45	68:06
Ernie Moyle	M70	68:35
Sue Lloyd	W45	68:45
Val Wheeler	W65	69:47
Maggie Flanders	W60	71:18
Jeff Whittam	M60	71:45

15K Walk

Paul Martin	M55	1:32:25
John Mison	M50	1:32:25
David Brown	M50	1:38:53
Dick Blom	M60	1:41:16
Michele Mison	W50	1:47:39
Lynne Schickert	W55	1:52:22
Jill Midolo	W50	1:52:29
Dorothy Whittam	W60	1:54:45

Peter Davies	M65	1:54:52
Alan Pomery	M65	2:02:28
Walk		
Fred Watson	M75	Plain Street

Visitors

8K Run

Mike Faunge	40:31
Marion Bucens	68:46

15K Run

Rob Catrall	55:07
Tom Drury	60:23
Mike Flood	68:35
Rob Dougall	77:02
Peter Ryan	77:20

Perth Marathon 5th July

Very good conditions for the 20th running and once again the WAVAC was well represented. Some of our members won their age group, indicated by capital letters, some ran a personal best, PB, and there were a couple of first time marathoners. Anne Shaw was the first woman to finish and Robin King third. Thanks to helpers on the two drink stations, Pat and Norm Miller, Margaret and Morris Warren, Jackie Halberg, Craig Watson, Ernie Moyle, Brian Foley, Keith Atkinson, Joan Pellier, Lynne Schickert, Bob Hayres and Lorna Lauchlan. (sorry if I missed any names)

Bob Schickert

CHRIS MAHER	M45	2.37.04	4
Stephen Dunn	M30	2.54.34	16
ANNE SHAW	W50	2.57.06	19 PB
Gareth Brunt	M45	3.04.08	28
Darryl White	M35	3.06.15	30
ROBIN KING	W35	3.08.13	35 PB
Milton Mavrick	M45	3.20.38	57 PB
Ian Lankester	M50	3.20.54	58
Ivan Brown	M50	3.22.12	61
Graham Thornton	M55	3.25.13	68
Dennis Miller	M55	3.32.46	82
Noelle O'Riordan	W35	3.43.47	103*
Bob Schickert	M55	3.46.27	111
Jo Pearce	W45	3.54.25	134
Gerry Prewett	M45	4.01.05	151
Wendy Duncan	W45	4.03.50	157
Shirley Bell	W45	4.05.12	159*
Irene Ferris	W45	4.16.57	172*
CECIL WALKLEY	M65	4.18.48	177
John Pellier	M55	4.23.47	183
Arnold Jenkins	M50	4.56.59	203

*1st marathon

Marathon 98 Training or

1 & 1 & 1 & 1 - 1 = 4



SUPPORT.....it seems to be my regular topic for the newsletter - apologies for the repetition. The 1998 Perth Marathon has been and gone for another year.....

Four members of our regular ladies 'Saturday morning' training group made a decision late in 1997 to participate and subsequently train for the 1998 Marathon - Roma Barnett, Irene Ferris, Wendy Duncan (would be her 66th Marathon, or thereabouts) and myself, Jo Pearce. As it was to be Irene's first marathon, we wanted to especially lend our support; it was important for her to achieve this goal. For Roma and myself it would be our 4th and 3rd respectively. We started training seriously (as seriously as we can between Saturday morning gossip and cups of tea) early in the year, and support came from many other people, in most cases too numerous to mention, however special mention should be made of Joan Pellier's assistance, support and dedication to our goal. Joan was always there for all of us, in many ways, drawing on her years of experience and we all want to give a special *thank you* to

Joan. She was with us in spirit on Sunday 5th July!

As the months passed, and we pounded the pavement for many Saturday mornings, Tuesday nights in Kings Park and Wednesday nights with the Marathon Club, we shared lots of jokes, laughs, gossip (we always have plenty) and injuries. As only females can, we got to know every toilet in the metropolitan area (and gave them a 1 to 5 star rating) and every tap. We knew of every bush to hide a bottle of Powerade under pre-dawn on Saturday mornings, so we could drink it on the training run. Early May, Roma was making noises of maybe not making the marathon and of course we were all disappointed that our 4 would be soon 3..... (4 - 1 = 3), however along came Shirley Bell, just back from her holiday in NZ and Queensland, deciding with only 7 weeks to go, that she would like to join our group, so it was once again 4 (3 + 1 = 4). (It was to be Shirley's first marathon also). Roma, to her credit, stuck with us, trained with us on our long runs on Saturday mornings, as well as opening her and Ray's home for breakfast, sauna and spa after the run!

The end result, as you probably all know, the 4 made it over the finish line on 5th July - Roma maybe not have been there 'officially', however her unselfish nature saw her run the

last 10 km with Shirley and supported her to the finish line!

So, representing the Vets club, we had 4 + 1 women in the W45 age group - hopefully there will be more next year, (not me, I have retired) as we have proved it can be done, and that group support is not to be underestimated.

THANKS to all the Vets who supported us through it all! You were all marvellous.

Jo Pearce
July 1998



HAPPY BIRTHDAY TO OUR JULY MEMBERS

Fergie, Bob	03/07/35	63	remains	M60
James, Lyle	03/07/40	58	remains	M55
Dartnall, Elizabeth	03/07/50	48	remains	W45
Bell, John	06/07/45	53	remains	M50
Berry, Mike	06/07/31	67	remains	M65
Harrop, Lynn	07/07/53	45	becomes	W45
Green, Stanley	09/07/14	84	remains	M80
Holm, Alec	09/07/45	53	remains	M50
Carse, Bridget	10/07/43	55	becomes	W55
Whittam, Dorothy	10/07/36	62	remains	W60
Dahlstrom, Donna	11/07/53	45	becomes	W45
Slinger, Joan	12/07/41	57	remains	W55
Bell, Shirley	15/07/48	50	becomes	W50
Chalmers, Robert	16/07/38	60	becomes	M60
Doyle, Garry	16/07/47	51	remains	M50
Heppell, Mary	16/07/37	61	remains	W60
VanBockxmeer, Maria	19/07/48	50	becomes	W50
Slyth, Mary	20/07/41	57	remains	W55
Jones, Merv	21/07/39	59	remains	M55
Mankester, Judy	22/07/50	48	remains	W45
Choate, Clive	25/07/51	47	remains	M45
Meyers, Graeme	28/07/49	49	remains	M45
Forden, Margery	29/07/41	57	remains	W55
Wheeler, Val	29/07/31	67	remains	W65
Broderick, Carol	30/07/52	46	remains	W45
Moyle, Ernest	30/07/25	73	remains	M70

HAPPY BIRTHDAY TO OUR AUGUST MEMBERS

Kingdon, Tony	03/08/46	52	remains	M50
Fisher, Jean	03/08/46	52	remains	W50
West, John	03/08/49	49	remains	M45
Midolo, Jill	05/08/47	51	remains	W50
Whittam, Jeffrey	05/08/34	64	remains	M60
Lloyd, Su	06/08/52	46	remains	W45
Dunn, Stephen	06/08/66	32	remains	M30
McCarthy, James	07/08/59	39	remains	M35
Henderson, Ralph	07/08/48	50	becomes	M50
Danby, Brian	08/08/48	50	becomes	M50
Carse, Albert	08/08/41	57	remains	M55
Langford, Jim	12/08/44	54	remains	M50
Miller, Nick	13/08/62	36	remains	M35
Hughes, William	15/08/27	71	remains	M70
Kelly, Max I	5/08/46	52	remains	M50
Medcalf, Gordon	19/08/29	69	remains	M65
Turner, Cedric	19/08/35	63	remains	M60
Martin, Keith	21/08/43	55	becomes	M55
Flanders, Margaret	21/08/36	62	remains	W60
Mison, Michele	24/08/47	51	remains	W50
Adams, John	26/08/49	49	remains	M45
Davies, Peter	26/08/29	69	remains	M65
Kelly, Paul	28/08/53	45	becomes	M45
Bennett, Brian	28/08/47	51	remains	M50
Richards, Norman	29/08/37	61	remains	M60
Sanders, Susan	29/08/53	45	becomes	W45
Loomans, Rosemarie	29/08/49	49	remains	W45
Baumann, Betty	30/08/12	86	remains	W85
Stingemore, Ann	31/08/52	46	remains	W45

Reminder.....

• 29th July to 8th August 1999
WAVA Track and Field Championships- Gateshead UK. If interested, register your interest now to receive all travel and competition details as they become available, including pre-meet competitions. Send your name and address to: Frank Rogers 2/316 Kensington Rd, Leabrook SA 5068
 Ph (08) 8332-8815
 Please include a non-refundable \$10 payment per mailing address. Cheques made out to 'Veteran Travel'

Team Officials Wanted for Gateshead 1999

The AAVAC is looking to appoint officials for the World Championships. They invite interested people to send a nomination and summary of their relevant experience for the positions of: Managers (men and women's teams), Doctor
 Physiotherapist
 Masseur
 to Brian Foley, Secretary AAVAC, 8 Habgood St, East Fremantle, WA 6158

Currently there is some debate over the exact numbers of officials required and methods of funding. If sufficient numbers of athletes and their families travel with the AAVAC sponsor, JCT travel, then one free ticket will be made available for officials per 20 travelers. Otherwise, the officials will need to be paid for by those who enter the championships.

★Programme Change!★

In case you missed the headline on the front page don't forget that the **Dam to Dam run** has been moved to the 20th of September and the **Wildflower Run** has been changed to 4th October



Copy for Vetrin

Please send to Katrina
 Spilsbury 2/14 Leonora St
 Como 6152. Floppy disks or email attachments to katrinas@cyllene.uwa.edu.au will be very welcome!