



July 2002

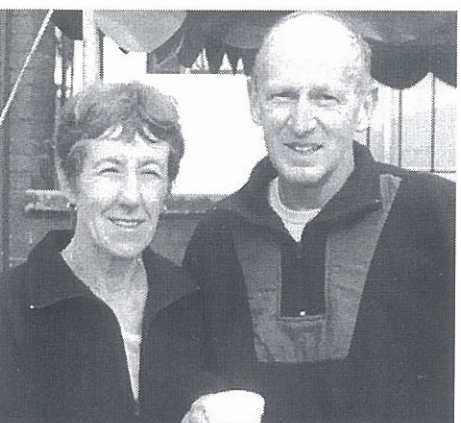
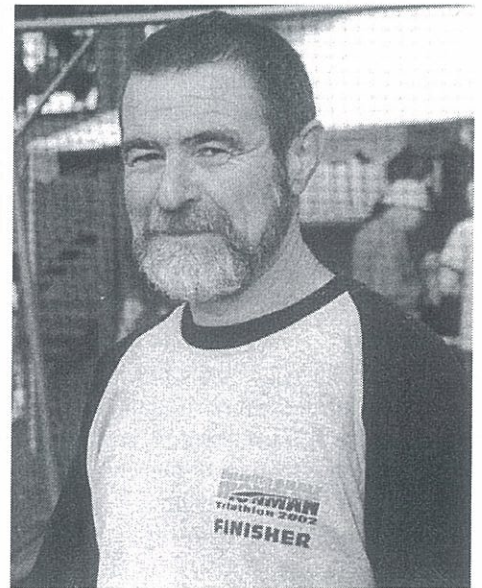
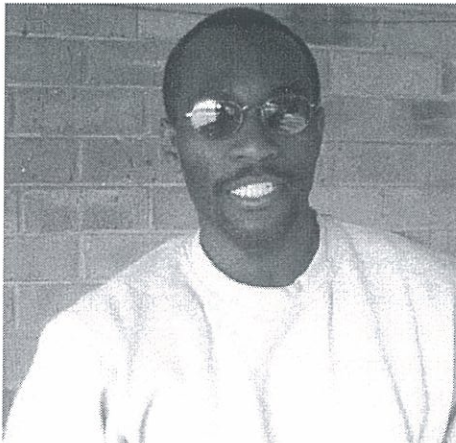
Number 342

VETRUN



THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

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



Results in this issue

Weir Run
Bardon Bash
Deepwater Point

Uni + Back
Joondalup

**Our Patron Bill Hughes
received an award in the
Queens Birthday Honors for
services to the wool
industry**

Order of Australia, on page 4 of
The Australian - Monday June 10 2002,
listed under Officer (AO) in the
General Division.

The award was for the above services as
well as benefactor to church, education,
cultural and social welfare groups.



What's in a name?

Long before Bob Schickert's letter (June Vetrin) about the time being right to change the club's name from Veterans to Masters, I'd heard a few arguments for and against the move.

As I was the new kid on the block and because I was hearing opinions from long-standing members, I decided that it probably was none of my business. I also wondered how important it really was. We are an athletic club that has its own unique ethos. Who cares about the name, I thought.

I also recognised a bond of mateship that had grown from many years of belonging, competing and organising events. These activities encouraged spouses, partners and friends to get together on Sunday mornings for a recreational good time.

Surely we could call ourselves what we liked. And besides all that, we have the name Vetrin - a clever name for a newsletter if ever I'd heard one. The word Vetrin is even used by a good few of our members to describe who we are: "G'day, I'm so-and-so of the Vetrins".

Over the last year I've had the opportunity as editor and committee member to understand the many aspects of our club. I can now start to see a much broader picture. Competitive road running, cross country, walking, track and field and our social activities are all fostered under one banner: The West Australian Veterans Athletic Club.

Track & Field, however, is the one activity that links us strongly to other state clubs, the national body (Australian Masters Athletics Inc.) and the rest of the world. At the end of this track & field season our club will be hosting the National Championships. A proud moment for a bunch of "Vetrins".

There has never been a better time to change the name, but the question is still being asked: "Why change?" Because the rest of the world has? Because it will make it easier to get sponsorships? Or is it because we need to attract younger members? All of the above are good reasons, so what's really in a name?

The dictionary describes a veteran as one who has seen long service in an occupation or office. We sympathise with war veterans who've survived the terrible ordeals and marvel at vehicles that have kept going for so many years.

The word master by comparison has much grander connotations: master strokes; master pieces; the one who has control; or the one who has qualifications and is able to teach apprentices.

I know which word sounds better to me.

I sometimes think that the change is inevitable, but if we're going to change then let's not just substitute the word Masters for Veterans, why not change completely. Masters Athletics WA, has a good ring to it. We could redesign the badge. Introduce new colours and a new strip. That would certainly go a long way to attract younger members.

Or would it? Lets hear your thoughts.

Rod

It's your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email:

tinniswoodr@sundaytimes.newsltd.com.au



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

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

Home phone: 9403 6353

Back issues of Vetrin

If there is a back issue of Vetrin that you desperately need, ask Jackie Halberg on Sunday mornings, or give her a call at home on 9364 4474.

She has kept some extras over the years and may be able to help you.

THE TRANS TASMAN MASTERS GAMES

The inaugural Trans Tasman Masters Games (TTMG) is to be held in Newcastle and the Hunter from 22nd to 29th March, 2003.

The TTMG will be a world first for Masters Games in that the Games will be held alternatively in two countries. The Newcastle and Hunter TTMG (the 1st TTMG) will be held in 2003, and the 2nd TTMG will be held in Auckland (NZ) in 2004. The 3rd TTMG will be held in the Hunter in 2005.

This exciting partnership between the Kiwis and Aussies will open many new opportunities and experiences for Masters Games competitors.

March each year features wonderful autumn weather and is an ideal time for "Serious Fun" on and off the competition fields and courts.

The 8th AMG, held in Newcastle and the Hunter in 2001, were said to be "the best AMG ever". Participants certainly had a marvellous time competing and partying. The Games Village was packed every night and was a great success.

The 1st TTMG will bring you all the successes, features and highlights of the 8th AMG and will build and even better Games for all participants.

You can participate in the following 43 sports:

- | | | | |
|-------------------|---------------|-------------------------------------|--------------------|
| • Archery | • Dragon Boat | • Petanque | • Surf Life Saving |
| • Athletics | • Equestrian | • Shooting - Pistol | • Swimming |
| • Badminton | • Golf | • Shooting - Small Bore & Air Rifle | |
| • Tae Kwon Do | • Baseball | • Gymnastics | • Rollersport |
| • Tennis | • Basketball | • Hockey | • Rowing |
| • Tenpin Bowling | • Canoeing | • Indoor Cricket | • Sailing |
| • Touch | • Cricket | • Indoor Netball | • Soccer |
| • Triathlon | • Cycling | • Indoor Rowing | • Softball |
| • Water Polo | • Dance | • Karting | • Sunset Sports |
| • Yachting | • Darts | • Lawn Bowls | • Surf Life Saving |
| • Disabled Sports | • Diving | • Mountain Bike Riding | • Netball |
| • Swimming | • Tae Kwon Do | | |

DON'T MISS OUT! Register your Expression of Interest (EOI) by contacting the Newcastle and Hunter Events Corporation on:

Phone: 1300 88 88 99 or (02) 4974 8774

Fax: (02) 4974 8778

Mail: PO Box 5199, Newcastle West. NSW 2302

Email: sparksc@nhevents.com.au

or log onto our Website: www.nhevents.com.au

Please note:

The website link for the Trans Tasman Masters Games (TTMG) is currently being built. It is proposed that the site will be completed by the end of July 2002.

We thank you for your patience.

NOTICE BOARD

New Members

A warm welcome to the new members approved at the committee meeting on June 10, 2002.

John & Donna Bocian

Liz Chandler

Vivien Uren

Paul & June Lewis

Bernard Mangan

Barry Audsley

Rhod Wright

Ed and Penny Barrett-Lennard

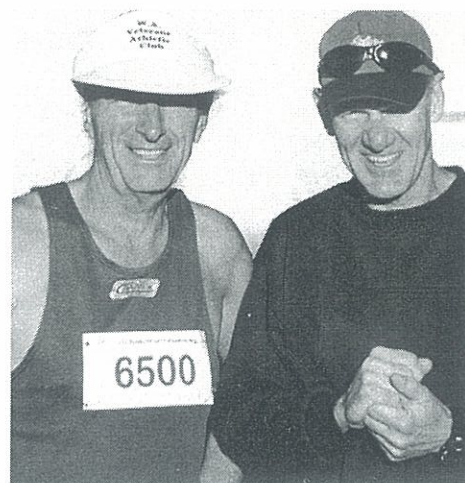
Ed's apology to JANIS MALIN, not MAKIN as in June issue New Members

For Your Diary SOCIAL NEWS

JORGENSEN - Sunday 28 July - 9.00 am Cross Country run, 11.00 am Lunch at Kalamunda Agricultural Hall. Tickets now on sale @ \$12.50 per head. See Bob or Lynne Schickert or ring them on 9330 3803 and pay by credit card.

PRESENTATION DAY - Sunday 8 September 2002 - Lunch at Rosie O'Grady's, Northbridge

DINNER DANCE - Saturday 16 November 2002 - Sandringham by the River, Great Eastern Highway, Belmont



Ed². Richard Harris, editor of the Marathon Club Newsletter (ed on the left) before the Bunbury Half Marathon in May this year. Richard was first in his age group M65. Ed on the right looking cold.

Email directory?

Rod,

Would there be any value in publishing (in the Vetrin) a directory of club member's email addresses?

I've often wanted to email someone and not known their address.

There could be notice about it in the Vetrin with a note to say that is was purely voluntary and those who wanted to be listed could email their address to you for inclusion in the directory.

John Stone

Good Idea John. Anyone interested?



Reminder to dog owners.

Dogs are not allowed at certain venues. Pt Walter, Neil Hawkins Park (Joondalup), Hardinge Park (Bickley Brook) and Kings Park.

Dear Rod,

As memberships are now due I have decided not to renew this year. Thanks to my back problems I am no longer able to run - walking and bike riding are my only forms of exercise now. So to the members I have not seen for some time, enjoy your running while you can. To those members that are happy to see the back of me, it is not that easy, I will still be at Perry Lakes as an official and sign on with the Vets, and hope to be with you all at the championships for several years to come. Best Wishes To Everyone

Yours In Running,

Charlie Spare.

Family Business

Val Millard W55 looking pleased with her Bunbury Half walk, a PB and 1st overall.

Lynne Schickert W60 did a PB to come 2nd. Bob Schickert 1st M60 in the 21.1 run.



Birthdays

Happy Birthday to our July Members

Bob	Fergie	03.07.35	67	remains M65
Lyle	James	03.07.40	62	remains M60
Bob	Cavin	05.07.53	49	remains M45
John	Bell	06.07.45	57	remains M55
Mike	Berry	06.07.31	71	remains M70
Greg	Vander Sanden	07.07.58	44	remains M40
Stanley	Green	09.07.14	88	remains M85
Bridget	Carse	10.07.43	59	remains W55
Dorothy	Whittam	10.07.36	66	remains W65
Donna	Dahlstrom	11.07.53	49	remains W45
Greg	Tower	11.07.55	47	remains M45
Joan	Slinger	12.07.41	61	remains W60
Shirley	Bell	15.07.48	54	remains W50
John	Najar	15.07.53	49	remains M45
Robert	Chalmers	16.07.38	64	remains M60
Mary	Heppell	16.07.37	65	becomes W65
Dean	Campbell	17.07.61	41	remains M40
Paul	Martin	18.07.41	61	remains M60
Merv	Jones	21.07.39	63	remains M60
Jackie	Musk	21.07.44	58	remains W55
Gillian	Young	21.07.47	55	becomes W55
Clive	Choate	25.07.51	51	remains M50
Enid	Crowther	26.07.42	60	becomes W60
Margery	Forden	29.07.41	61	remains W60
Val	Wheeler	29.07.31	71	remains W70
Ernest	Moyle	30.07.25	77	remains M75
Campbell	Till	30.07.57	45	becomes M45
Brian	Waldhuter	31.07.40	62	remains M60

NEW AUSTRALIAN, WORLD & AUSTRALIAN CHAMPIONSHIP RECORDS

Age	Event	Name	State	Performance	%Std	Date	Location
Pending World Records:							
W60	Hammer	Helen Searle	Qld	46.09m	113%	29-9-01	Canberra
W90	Javelin	Ruth Frith	Qld	10.00m	63%	1-10-01	Canberra
M95	Long Jump	Alex Pittendrich	Qld	1.67m	58%	7-10-01	Maryborough
M95	Triple Jump	Alex Pittendrich	Qld	3.55m	54%	6-10-01	Maryborough
W90	Javelin	Ruth Frith	Qld	10.09m	68%	14-1-02	Geelong
W90	Javelin	Ruth Frith	Qld	10.51m	71%	15-1-02	Geelong
M80	400m	Mike Johnston	Vic	74.5s	91%	16-3-02	Aberfeldie, Vic
W45	Pole Vault	Dawn Hartigan	Vic	3.50m	99%	19-3-02	Olympic Park
M80	400m	Mike Johnston	Vic	72.85s	93%	1-4-02	Adelaide

World Records superseded, or not yet recognized, by WAVA:

W75	Weight Pent	Gwen Davidson	Vic	4,041 pts	69%	23-8-98	Murrumbena
W75	High Jump	Gwen Davidson	Vic	1.12m	96%	26-9-99	Adelaide
M75	Hammer	Roy Foley	Vic	40.88m	84%	5-4-92	Murrumbena
M75	Hammer	Roy Foley	Vic	43.10m	88%	11-4-92	Murrumbena
M80	Hammer	John Fraser	Vic	37.18m	91%	23-3-96	Murrumbena
M85	Hammer	John Fraser	Vic	27.51m	74%	12-12-99	Murrumbena

Australian Records:

M35	3k Walk	David Smith	Qld	11m 34.1s	97%	10-9-94	QEII, Brisbane
M35	Weight Pent	Jeff Hailey	NSW	3,193 pts	57%	21-8-99	Sydney
W30	100m	Melissa Medlicott	NSW	11.70s	92%	24-2-00	Sydney
W30	200m	Melissa Medlicott	NSW	23.70s	91%	24-3-00	Sydney
M45	High Jump	Clayton Tompkins	NSW	1.83m	92%	4-2-01	Sydney
W60	800m	Anne Stobaus	Vic	2m 40.28s	91%	9-7-01	Brisbane
W85	100m	Margaret Russell	Qld	27.22s	67%	6-10-01	Newcastle
W85	200m	Margaret Russell	Qld	70.48s	54%	6-10-01	Newcastle
W85	400m	Margaret Russell	Qld	2m 35.47s	58%	6-10-01	Newcastle
W85	800m	Margaret Russell	Qld	6m 58.9s	53%	6-10-01	Newcastle
W85	1500m	Margaret Russell	Qld	13m 06.6s	57%	6-10-01	Newcastle
W85	5k	Margaret Russell	Qld	50m 13.07s	54%	6-10-01	Newcastle
M95	400m	Alex Pittendrich	Qld	2m 50.1s	60%	6-10-01	Maryborough
W70	Marathon	Shirley Young	Vic	4h 3m 52s	80%	14-10-01	Melbourne
W50	Discus	Chris Schultz	Vic	40.94m	77%	28-10-01	Murrumbena
M75	High Jump	Rudi Hochreiter	Vic	1.20m (=)	80%	3-11-01	Geelong
W60	5k	Theresia Baird	Vic	19m 21.3s	94%	28-11-01	Noble Park
W60	Half Mara	Theresia Baird	Vic	86m 16s	95%	12-12-01	Knox, Vic
M75	Discus	Rudi Hochreiter	Vic	35.77m	78%	15-12-01	Geelong
M75	Pentathlon	Fred O'Connor	NSW	3,240 pts	70%	5-1-02	Sydney
M35	Shot Put	Stuart Gyngell	NSW	17.27m	78%	5-1-02	Sydney
M35	Shot Put	Stuart Gyngell	NSW	17.29m	79%	6-1-02	Sydney
M65	Weight Pent	Tom Hancock	Vic	4,750 pts	77%	6-1-02	Murrumbena
M65	Discus	Tom Hancock	Vic	46.79m	82%	12-1-02	Box Hill
M35	Shot Put	Stuart Gyngell	NSW	17.87m	82%	12-1-02	Sydney
W75	5k	Shirley Brasher	Tas	30m 26.17s	73%	12-1-02	Geelong
W75	800m	Shirley Brasher	Tas	4m 10.79s	72%	14-1-02	Geelong
M75	High Jump	Rudi Hochreiter	Vic	1.23m	82%	18-1-02	Geelong
M80	400m	Mike Johnston	Vic	75.64s	90%	18-1-02	Geelong
W75	1500m	Shirley Brasher	Tas	8m 44.03s	70%	18-1-02	Geelong
W80	400m	Marion Skarratt	Tas	2m 15.6s	60%	30-1-02	Hobart
W40	High Jump	Deann Mayfield	Qld	1.65m	91%	16-2-02	QEII, Brisbane
M70	Weight Throw	Wim van Weenen	Vic	17.27m	84%	17-	17-
2-02 Murrumbena							
W75	5k Walk	Lorna Thompson	Qld	36m 16.16s	85%	10-3-02	QEII, Brisbane
M80	100m	Mike Johnston	Vic	15.1s	95%	16-3-02	Aberfeldie, Vic
W75	5k Walk	Jean Knox	Vic	35m 29s	87%	16-3-02	Aberfeldie, Vic
M65	High Jump	Tom Hancock	Vic	1.47m (=)	88%	16-3-02	Aberfeldie, Vic
M30	Pole Vault	Warren Evans	Qld	4.45m	72%	17-3-02	Gold Coast
M30	Pole Vault	Warren Evans	Qld	4.50m	73%	18-3-02	Gold Coast
W75	5k Walk	Lorna Thompson	Qld	35m 18.2s	87%	23-3-02	QEII, Brisbane
W70	Long Jump	Pat Carr	WA	3.51m (=)	83%	23-3-02	Perth
M80	800m	Mike Johnston	Vic	3m 05.6s	88%	24-3-02	Murrumbena
M70	Weight Throw	Wim Van Weenen	Vic	17.96m	87%	24-	24-
3-02 Murrumbena							
W70	Triple Jump	Pat Carr	WA	7.64m	91%	24-3-02	Perth
W75	10k	Helen Agostini	SA	61m 58.50s	75%	29-3-02	Adelaide
W75	800m	Helen Agostini	SA	4m 05.10s	75%	29-3-02	Adelaide
W75	1500m	Helen Agostini	SA	8m 06.78s	76%	30-3-02	Adelaide
W75	5k	Helen Agostini	SA	28m 56.29s	78%	31-3-02	Adelaide
W50	5k	Bronwen Cardy	Vic	17m 44.75s	93%	31-3-02	Adelaide
M80	200m	Mike Johnston	Vic	31.82s	93%	31-3-02	Adelaide
W35	Weight Throw	Jayne Hardy	ACT	13.56m	97%	1-4-	1-4-
02 Adelaide							
M35	Weight Throw	Stuart Gyngell	NSW	14.96m	64%	1-4-	1-4-
02 Adelaide							
M35	Weight Pent	Stuart Gyngell	NSW	3,592 pts	63%	1-4-02	Adelaide
M30	Pole Vault	Howard Arbutnot	Qld	4.60m	79%	8-4-02	Gold Coast

Correction from last report: Syd Elks (Vic) ran the M75 4 x 100 Relay, not Max McKay (NSW), and Sheila Abrahams (Qld) ran the W65 4 x 400 Relay, not Anna Zeiten-van der Burg (Tas).

New Australian Veterans Championship Records, in addition to the above World and Australian records from Adelaide 2002:

M30	100m	Dave Creasey	NSW	11.41s
M80	100m	Mike Johnston	Vic	15.79s
M35	400m	Robert McCubbin	Vic	49.46s
M80	800m	Mike Johnston	Vic	3m 10.00s
M60	1500m	Bert Carse	WA	4m 40.11s
M30	5k	Paul Wilson	Vic	15m 08.60s
M30	10k	Paul Wilson	Vic	31m 50.16s
M60	300m Hurdles	Richard Trembath	Vic	46.89s
M35	Shot Put	Stuart Gyngell	NSW	17.43m
M75	Shot Put	Rudi Hochreiter	Vic	10.79m
M35	Discus	Stuart Gyngell	NSW	48.31m
M70	Hammer	Wim Van Weenen	Vic	46.82m
M75	Javelin	Rudi Hochreiter	Vic	28.22m
M70	Weight Throw	Wim Van Weenen	Vic	16.73m
W75	100m	Gwen Davidson	Vic	19.52s
W70	200m	Ann Cooper	SA	33.81s
W75	200m	Helen Agostini	SA	47.26s
W60	400m	Anne Stobaus	Vic	68.02s
W75	400m	Helen Agostini	SA	1m 44.34s
W50	1500m	Bronwen Cardy	Vic	5m 08.30s
W35	Pole Vault	Vivian Potiris	Vic	2.80m
W70	Triple Jump	Patricia Carr	WA	7.47m
W50	Shot Put	Chris Schultz	Vic	12.96m
W60	Hammer	Helen Searle	Qld	42.85m
W50	Javelin	Chris Schultz	Vic	28.96m
W90	Javelin	Ruth Frith	Qld	9.64m
W40	Weight Throw	Sharon Gibbons	ACT	12.07m
W30	Pentathlon	Lynette Smith	NSW	2,916 pts
W35	Weight Pent	Jayne Hardy	ACT	3,593 pts

Important Notice to All - Before and After a Record

1. Please be aware that you may need to alert track managers to the possibility of your breaking a record, so that three time keepers can be organised, wind gauge operated if required, and if the event is 3k & over, a lap scorers sheet filled out. Note that for field events, throwing implements need to be weighed, and distances checked with a steel tape.

2. **NO APPLICATION FORM - NO RECORD** You need to apply for a record by completing and sending a record application form to your State Record Officer 94(which is myself in Victoria). If the performance relates to an Australian or World record, the State Record Officer will check it and forward it to me, so that you receive a Record Certificate, and receive recognition in the Australian Masters magazine.

Please be aware that World Records may be proclaimed from result books and magazines, even newspaper articles, but they will never be accepted by WMA, unless an application form is carefully prepared and forwarded to WMA.

The State Records Officers are as follows:

ACT	Quentin Anthony, 17 Hawkesbury Crescent, Farrer ACT 2607 Tel: 02 6286 3885
NSW	John Dennehy, 7/45 Gordon Street, Brighton-Le-Sands NSW 2216
QLD	Heather Doherty, 14 Rennie Street, Indooroopilly Qld 4068 Tel: 07 3870 1736
SA	John Hill, 42 Glenunga Avenue, Glenunga SA 5064 Tel: 08 8379 5178
TAS	Alan Coleman, 91 Hilton Road, Claremont Tas 7011 Tel: 03 6249 3413
VIC	Clyde Riddoch, 5/38 Bank Street, South Melbourne Vic 3205 Tel: 03 9690 2903
WA	Katrina Spilsbury, 3/7 Gerald Street, Como WA 6152 Tel: 08 9313 3943

3. Official Record application forms are not absolutely necessary to claim a record, but if they are not used, there is a far greater chance that important information will be omitted, such as wind readings, date of birth, telephone number. Please ask your State Records Officer for forms.

4. Please be aware that organisers of events not run by AMA or Vet club's, may not be as careful about correct results and records as we are. You may also need to be much more proactive in forewarning organisers (eg insist on 3 timekeepers), or in obtaining satisfactory documentation.

Missing Certificates and Unrecognised Records

If you require a Record Certificate for any past Australian or World record, please contact me. Similarly, if you believe a performance was never recognised as a record, and should have been, please write or email me with as much detail of the performance as possible, and include your address and telephone number.

New Event Record (or Best on Record)

Australian records are being compiled for events which WMA/WAVA have already established with records: 3k, Mile & Hour. I will also compile records for other events already established around our States, such as the Half Marathon & 1500 Walk.

New Address

Rose, Eleanor, new baby daughter Kathryn and I have moved apartment to 5/38 Bank Street, South Melbourne Vic 3205. However, all applications for new records should be sent direct to your State Records Officer (listed above).

Clyde Riddoch

Vic Vets & AMA Records Officer

5/38 Bank Street, South Melbourne Vic 3205

Telephone 03 9204 7085(B), 03 9690 2903(H), Fax 03 9204 5354, Email

clyder@netspace.net.au

The Weir Run - RRC RWC

May 5, 2002

A beautiful morning and 119 members at the start. With all the compliments I received you would think I was the one to have the new paths completed. Yes, it is a better surface now. Thanks to all my helpers and for the extra ones who offered. Still a bit of a problem around the big tree spot so will try to fix that for next year. Although if 100% of the group listened to the organiser before any run maybe it would help.

Thanks to Canning Shire and Calm for allowing us to use the facilities. We should get our \$300 back as everything was in ship shape when we finished. We didn't bruise a blade of grass and we left the toilets as they are as we always do.

Glad you enjoyed. Thanks for coming

Phyllis Farrell and Garrett Brunt.

5KM RUN	Age	Time	m/km
Ian Davies	M50	18:37	3:43
Henri Cortis	M55	22:23	4:29
Jodi White	Vis	22:45	4:33
Peter Airey	M65	23:57	4:47
Roger Walsh	M55	24:01	4:48
Damien Hanson	M45	24:55	4:59
Dee Haines	W40	25:07	5:01
Liz Duffield	W45	25:19	5:04
Michael Anderson	M50	26:04	5:13
Barry Audsley	Vis	26:05	5:13
Barnes Jim	M55	27:22	5:28
Paul Lewis	Vis	28:07	5:37
Idget Carse	W55	28:09	5:38
Julie Wood	W50	28:31	5:42
Merv Moyle	M75	28:31	5:42
Keith Forden	M60	29:45	5:57
Kirt Johnson	M70	30:14	6:03
Aldo Giacomini	M65	31:04	6:13
Jan Jarvis	W55	31:08	6:14
Morris Warren	M60	31:43	6:21
Pierre Viala	M50	31:55	6:23
Julie Stewart	Vis	32:48	6:34
Joanne Stewart	Vis	32:50	6:34
Shirley Milligan	W60	34:03	6:49
Mary Hepple	W60	34:04	6:49
Bob Fergie	M65	34:13	6:51
Alan Chambers	M60	34:39	6:56
Brian Aldrich	M70	35:26	7:05
Frank Usher	M75	40:07	8:01
Glenys Shanahan	W75	66:19	13:16

10KM RUN

Chris Maher	M45	35:49	3:35
Bert Carse	M60	38:38	3:52
Neil Mc Rae	M50	39:26	3:57
Darryl White	M40	39:31	3:57
John Allen	M40	39:46	3:59
Bob Schickert	M60	40:37	4:04
Colin Chisholm	M35	40:38	4:04
Jim Klinge	M55	40:48	4:05
Doug Ashfield	M45	41:53	4:11
Ivan Brown	M55	41:55	4:12
Mike Karra	M35	42:30	4:15
Brian Danby	M50	43:04	4:18
David Muir	Vis	44:03	4:24
Mark Rosen	M50	44:35	4:28
Keith Atkinson	M45	45:01	4:30
David Scott	M50	45:11	4:31
Vic Waters	M55	45:16	4:32
Debbie Burge	W35	45:32	4:33
Brian Foley	M55	45:37	4:34
Dennis Miller	M60	46:02	4:36
Robert Sheehy	M55	46:27	4:39
Mike Khan	M55	46:47	4:41
Johan Hagedoorn	M55	47:15	4:44
Graeme Scaddon	Vis	47:20	4:44
Rod Tinniswood	M50	47:25	4:45
Richard Harris	M60	47:36	4:46
John Pellier	M60	47:44	4:46
Julie Kelly	W35	47:55	4:47
Irwin Barrett-Lennard	M45	48:00	4:48
Marge Forden	W55	48:08	4:49
Shirley Bell	W50	48:25	4:50
Nick Meletic	M50	48:33	4:51
John Brambley	M60	48:54	4:53
Bob Sammells	M65	50:07	5:01
Jim Halliday	M55	50:19	5:02
Wilf Bamber	M40	51:10	5:07
Cecil Walkley	M70	51:40	5:10
Don Pattinson	M45	51:43	5:10
Kerry Jones	W45	51:46	5:11
Glenda Lawrence	W45	51:50	5:11
John Dance	M50	51:55	5:12
Christina Rompotis	W40	52:19	5:14
Wendy Duncan	W50	52:26	5:15
Margaret Robinson	W60	52:30	5:15
Stan Lockwood	M70	52:38	5:16
Brian Hunter	M55	52:53	5:17
Graham Thornton	M60	53:49	5:23
Wendy Clements-Green	W55	54:28	5:27
Brian Bennettt	M50	55:00	5:30
John Bell	M55	55:01	5:30
Ray Hall	M65	55:44	5:34
Paula Karra	W30	55:48	5:35
John Smith	M65	55:58	5:36
Margaret Warren	W65	56:43	5:40
Pam Toohey	W55	56:44	5:40
Denise Lancaster	W50	58:19	5:50
Joan Pellier	W60	58:41	5:52
Irene Ferris	W45	60:00	6:00
Elaine Dance	W50	62:20	6:14
Rod Wright	Vis	63:07	6:19
Margaret Bennett	W60	63:59	6:24
Sheila Maslen	W60	68:38	6:52

5KM WALK

John Mison	M50	30:49	6:10
Paul Martin	M50	30:50	6:10
Jean Albury	Vis	32:53	6:35
Alan Jennings	M60	33:10	6:38
Lynne Schickert	W60	35:10	7:02
Val Millard	W55	35:36	7:07
Tom Albury	Vis	35:59	7:12
Michelle Mison	W50	36:46	7:21
David Brown	M50	36:47	7:21
Jenny Shillington	W40	38:32	7:42
Dorothy Whittam	W60	39:06	7:49
Jacqueline Billington	W55	41:00	8:12
Alan Pomery	M70	41:01	8:12
Pat Ainsworth	W65	41:50	8:22
Nola Bending	W50	42:05	8:25
Dan Bending	M55	42:06	8:25
Maggie Flanders	W65	42:45	8:33
Barr Thomsett	M60	44:47	8:57
Jeff Whittam	M65	44:48	8:58
Barbara Bailey	W70	47:46	9:33
Norm Miller	M70	47:48	9:34
Jack Bailey	M75	47:56	9:35
Pat Miller	W60	47:57	9:35
Rosa Wallis	W55	47:59	9:36
Leo Hassam	M70	48:41	9:44
Ernie Moyle	M75	48:42	9:44

ATHLETICA Results

Dianella Run 15/6

3K

Henri Cortis	13.26
Dee Campbell	14.02

6K

Bruce Wilson	24.33
Anne Shaw	24.36

9K

Bert Carse	34.29
Duncan McAuley	36.36

Murdoch Cross Country 4/5

3.8K

Stephen Dunn	13.02
Ian Davies	13.47
David Carr	15.42

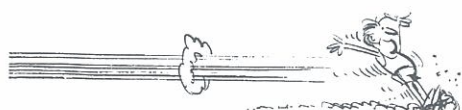
7.6K

Duncan McAuley	30.15
Bruce Wilson	31.33
Anne Shaw	32.11

Why Running Is Better Than Sex

- At least, with running, you get to do it every day.
- If ever you do get to have sex, you can still think about running.
- It's OK to be seen running in public
- You can also run on your own if you want to.
- There's nothing stopping you having more than one running partner.
- You can go all the way on the first outing
- When you run, you move and the earth stands still.
- You don't have to fake a personal best.

Rod T.



UNIVERSITY 15 KM CHAMPS

MAY 26 2002

The weather for this year's 'Best of Perth' run was perfect with clear skies and a cool breeze which was enjoyed by an enthusiastic field of 128. The real workers on the day were Phyllis Farrell, Frank Usher, Ron Spencer, Denise Davies, Joanne Samer, Jeff Lindhurst, Jo Stewart, Marg Taylor, Gillian Young and Moira Frost. Barry Thomsett wore out 3 cycle computers remeasuring the course and turning the 15 km toilers and Jim Barnes did all the hard work and running around. Special thanks to Bjorn Dibdahl (2nd in the 15 km run - his fruit diet obviously works) who supplied the apples and persimmons from his orchard. Many thanks also to Vic and Jaqui Beaumont whose coffee, tea and biscuits ensured that the run ended on a fulfilling note.

John Frost.

8Km Run

Ian Davies	M50	31.57
Jim Langford	M55	31.59
Dave Roberts	M55	35.12
Jim Klinge	M55	36.10
Denise McMurrow	W35	36.37
Raymond Loly	Vis	37.25
Henry Cortis	M55	37.25
Barbara Blurton	W50	37.36
Debbie Burge	W35	38.03
Sean Keane	Vis	40.14
Peter Airey	M65	41.04
Dick Blom	M65	41.08
Colin Smith	M35	42.16
Margaret Langford	W55	42.38
Margaret Robinson	W60	43.03
Joe Stickles	M60	43.29
Mike Rhodes	M55	44.15
Mike Anderson	M50	44.30
George Schaefer	M65	45.03
Mike Faunge	M60	45.30
Barry Audsley	M60	45.49
Jeff Spencer	M60	46.30
Mitch Loly	M60	46.30
Vic Beaumont	M70	46.57
Liz Duffield	W45	46.59
Marion Mc D.-Jones	Vis	47.42
Sue Lake	Vis	47.47
Arnold Jenkins	M55	50.09
Alison Aldridge	W55	52.36
Merv Moyle	M75	53.02
Ray Lawrence	M70	53.02
Julie Wood	W50	53.15
Kris Adrian	W30	54.15
Liz Chandler	Vis	54.15
Sheila Maslen	W60	54.57
Mary Heppell	W60	55.21
Brian Aldrich	M70	59.31
Jackie Halberg	W55	1.07.10
Brian Bennett	M50	1.08.10

15Km Run

Darren Jenkins	Vis	55.52
Ross Parker	M50	57.01
Bjorn Dybdahl	M45	58.35
Darryl White	M40	1.00.52
Lachlan Marr	M40	1.01.07
John Allen	M40	1.02.58
Gareth Brunt	M50	1.04.03
Bob Schickert	M60	1.05.42
John Pressley	M55	1.06.03
Mike Karra	M35	1.06.23
David Muir	M55	1.06.31
Brian Danby	M50	1.06.38
Johan Hagedoorn	M55	1.09.18
Mal Vernon	M45	1.09.52
Vic Waters	M55	1.10.19
Dennis Miller	M60	1.10.26
Graham Thornton	M60	1.11.02
John Bocian	M50	1.12.04
Keith Atkinson	M45	1.12.08
John Mack	M60	1.12.11
Rod Tinniswood	M50	1.12.19
Robert Sheehy	M55	1.12.42
David Carr	M65	1.12.42
Dave Scott	M50	1.12.48
Brian Foley	M55	1.12.59
Mike Khan	M55	1.13.08
John Pellier	M60	1.13.33
Richard Harris	M65	1.14.14
Shirley Bell	W50	1.14.26
Nick Miletic	M50	1.14.27
John Bell	M55	1.17.37
Milton Mavrick	M45	1.17.44
Roger Walsh	M55	1.17.56
Simon Jawichre	M35	1.19.41
Julie Keeley	W35	1.19.42
Don Pattinson	M45	1.19.42
Erica Lorimer	Vis	1.20.33
Scott Gagen	Vis	1.20.37
Paul Lewis	M55	1.20.37
Glenda Lawrence	W45	1.20.37
Mike Spratt	M55	1.20.44
John Dance	M50	1.21.07
Adrian Damiani	M50	1.21.21
Wilf Bamber	M40	1.21.23
Clare Walkley	Vis	1.21.45
Cecil Walkley	M70	1.21.51
Karen Riley	Vis	1.21.52
Wendy Duncan	W50	1.22.36
Marie Creighton	W50	1.23.46
Neil Van Graan	Vis	1.23.47
John Smith	M65	1.24.50
Wendy C-Green	W55	1.25.01
Paula Karra	W30	1.25.02
Christina Rompotis	W40	1.25.22
Irene Ferris	W50	1.26.23
Visitor		1.26.35
Sue Bullen	W40	1.26.52
Merv Jones	M60	1.27.55
Visitor		1.28.36
Laurie Collett	M70	1.28.57
Brian Smith	M60	1.28.59
Margaret Warren	W65	1.29.01

Rod Wright	M50	1.31.04
Pam Toohey	W55	1.31.32
Joan Pellier	W60	1.39.59
Ken Whistler	M70	1.33.47
Denise Lancaster	W50	1.37.02
Margaret Bennett	W60	1.38.36
Elaine Dance	W50	1.39.22

8Km Walk

David Brown	M55	57.46
Janis Malin	W50	1.05.49
Jenny Shillington	W40	1.05.49
Pat Ainsworth	W65	1.13.45
Lorna Lachlan	W70	1.13.45
Leo Hassam	M70	1.18.16
Jef Whittam	M65	1.19.65
Pat Miller	W60	1.19.26
Norm Miller	M70	1.26.36

15Km Walk

Paul Martin	M60	1.34.52
John Mison	M50	1.34.52
Alan Jennings	M60	1.47.57
Val Millard	W55	1.48.50
Ray Hall	M65	1.49.38
Rex Bruce	M60	1.50.21
Lynne Schickert	W60	1.52.13
Michelle Mison	W50	1.53.27
Christine Pattinson	W45	2.01.42
Dorothy Whittam	W65	2.05.12
Alan Pomery	M70	2.05.44

Bardon Bash 02 June 02

We had our first taste of winter weather, however, with the shelter erected by our ever-present helpers, the records were kept dry. Thanks to you all.

In all 98 competitors lined up and enjoyed a few cold showers along the way.

Special thanks to helpers: Brian Bennett, Shorty and Ann Turner, Rob and Rosemary Sheehy, Denise Lancaster, Pierre Viala, Pat and Norm Miller.

Margaret Bennet

5 km Walk

Rex Bruce	M60	37:28
Barry Thomset	M60	43:12
Dorothy Whittam	W65	43:13
Alan Pomery	M70	43:56
Jeff Whittam	M55	45:33

10 km Walk

Paul Martin	M60	1:01:08
John Mison	M55	1:01:08
Alan Jennings	M60	1:09:53
Valerie Millard	W55	1:10:15
Lynne Schickert	W60	1:10:53
Michelle Mison	W50	1:13:47
Lorna Lochlan	W70	1:18:44
Jenny Shillington	W60	1:18:45
Patricia Hopkins	W6-	1:24:01

Continues next page

Bardon Bash continued

5 km			10 km					
Simon Leonard	Vis	17:41	Jim Langford	M55	37:25	Adrian Damiani	M50	48:24
Ian Davies	M50	18:28	Chris Coates	M45	38:06	John Davies	M55	48:31
John Cresp	M50	21:14	Darryl White	M40	39:22	Wilf Bamber	M40	48:53
Dave Scott	M50	21:45	Neil McRae	M50	40:02	Gillian Young	W50	49:09
Ed Barret Leonard	Vis	22:04	John Allen	M40	40:52	Mark Sivyver	Vis	49:09
Brian Foley	M55	22:06	Jim Klinge	M55	41:22	Stan Lockwood	M70	49:43
Henry Cortis	M55	22:22	Gareth Brunt	M50	41:41	Frances Casella	W50	49:56
John Brambly	M60	22:28	Blakeny Tindall	M40	42:39	John Bell	M55	50:26
Peter Sanders	M55	23:24	Mike Karra	M35	42:52	Neville Scott	M50	50:30
John Frost	M60	23:25	Bob Schickert	M60	43:33	Margaret Langford	W55	50:43
Peter Airey	M65	24:23	Johan Hagedoorn	M55	43:43	Julie Keeley	W35	50:52
Darren Hamson	M45	24:28	Vic Waters	M55	44:19	Dick Blom	M65	51:04
Liz Duffied	1	W45	Raymond Loly	Vis	44:23	Jim Barnes	M55	52:07
Mike Rhodes	M55	25:42	Mal Vernon	M45	44:25	John Dance	M50	52:22
Mike Anderson	M50	26:10	Simon Jawichre	M35	45:12	Paul Lewis	M55	52:27
Liz Chandler	2	W30	Geoff Mullins	M55	45:18	Mitch Loly	M60	52:52
Kris Adrian	3	W30	John Mack	M60	45:35	Wendy Clements-Green	W55	52:54
Ray Hall	M65	29:37	Keith Atkinson	M45	45:44	John Smith	M60	54:01
Jackie Halberg	W55	29:50	David Carr	M65	46:26	Gary Fisher	M50	54:10
Elaine Dance	W50	30:18	Mike Khan	M55	46:43	Paula Karra	W30	54:32
Julie Wood	W50	30:19	Sean Keane	M35	46:52	Sue Bullen	W40	55:06
Shirley Milligan	W60	33:14	Shirley Bell	W50	47:05	James Ridell	W40	56:08
Stewart	W50	37:23	Erwin Barrett-Leonard	M70	47:22	Pam Toohey	W55	57:00
Marg Taylor	W50	38:47	Nick Miletic	M50	47:43	Margaret Warren	W65	57:11
Costa Tsesmelis	Vis	38:48	John Pelier	M60	47:43	Joan Pellier	W60	58:48
Frank Usher	M75	42:00	Milton Maverick	M45	47:54	Ray Lawrence	M70	1:04:51
Berwin Barret-Leonard	W70		Simon Mort	M45	47:55	Rod Wright	M50	1:04:51
			Roger Walsh	M55	48:13	Mary Heppel	W60	
						Mike Prentice	M55	1:12:08

Joondalup 09 June 02

The weather was cold, very cold and sunny - a great morning for a run in the park. The course had to be altered again as a gate at the bottom end of the park had been removed. The entire 11km were inside the park. Some limestone paths are great for running the firebreak paths not so good. On the whole the feedback was favourable and not much alteration do we foresee in the future. But...if anyone has comments not already heard let us know.

The course is about 200m shorter so maybe that is a plus. The quiet Jim Langford was first home in the long run and Ian Davies in the 5km run. Rex Bruce, who seems to be improving each week was fastest in the walk. Norm Miller thought the 5km event was a bit longer this year was assured it was not. A big thank you to our helpers, great club members, Debbie Burge came and helped because she is injured, Warren Gee helped and brought his two sons to run. Mike Anderson helps each year. Johan Hagedoorn, Julie Wood, Pat Hopkins and Peter Gare

The event should not go ahead without you. The Committee in the background also deserve our thanks for the work they do.

Morris and Margaret Warren

11km.Run								
Jim Langford	M55	44.19	Vic Beaumont	M70	27.32			
Lachlan Marr	M40	44.25	Arnold Jenkins	M55	27.55			
Ralph Henderson	M50	44.29	Kris Adrian	W30	27.58			
Chris Frampton	M35	44.34	Bob Fergie	M65	28.49			
Mark Hawkins	M35	44.36	Alison Aldrich	W55	30.20			
Anne Shaw	W50	48.15	Elaine Dance	W50	31.12			
Blakerely Tindall	M40	48.59	Merve Moyle	M75	31.12			
Bob Shickert	M60	49.22	Kurt Johnson	M70	31.17			
Doug Ashfield	M45	49.33	Ray Lawrence	M70	31.55			
Brian Danby	M50	49.41	Roma Barnett	W50	31.58			
Mal Vernon	M45	50.23	Brian Aldrich	M70	32.34			
Geoff Mullins	M55	52.09	Janet Jarvis	W55	32.53			
Simon Jawichre	M35	53.49	Pierre Viala	M50	33.37			
Nick Miletic	M50	55.05	Shirley Milligan	W65	34.24			
Wilf Barber	M40	55.44	Bromwyn Gee	W50	34.39			
Gillian Young	M50	56.17	Carol Harrison	W50	34.40			
Roger Walsh	M55	57.00	Elaine Ellard	W60	36.45			
Adrian Damian	M50	58.05	Frank Usher	M75	41.35			
John Dance	M50	61.32						
Mitch Loly	M60	62.10	5km Walk					
Wendy Clements-Green	W55	62.17	Rex Bruce	M60	36.26			
Brian Bennett	M50	62.23	Lynne Schickert	W60	37.42			
Sue Bullen	W40	65.19	Dorothy Whittam	W65	39.33			
Ann Turner	W65	65.43	Pat Hopkins	W60	42.35			
Pam Toohey	W55	67.20	Steve Toohey	M50	43.28			
Denise Lancaster	W60	74.42	Pat Miller	W60	44.22			
Margaret Bennett	W60	76.57	Geoff Whittam	M65	46.00			
Costa Tsesmelis	M50	91.19	Leo Hassam	M70	46.14			
			Ernie Moyle	M75	48.22			
			Norm Miller	M70	51.09			
5 km Run			Visitors 5km run					
Ian Davies	M55	18.39	Ryan Gee		20.44			
Henry Cortis	M55	23.00	Rosalie Main		24.24			
Peter Airey	M65	23.58	Lindsey Gee		24.54			
Graham Lucas	M45	24.24	Visitor 5km Walk					
Barry Audsley	M60	24.54	Kylie Mahony		43.27			
Mike Rhodes	M55	25.07	Visitors 11km run					
Maurice Creagh	M55	15.28	Jan Carson		45.11			
Mike Faunge	M60	26.18	Greg Harrison		47.17			
Haydon Osborne	M35	26.19	Mark Sivyver		54.59			
Ray Hall	M65	26.55	John Reed		55.44			

Deepwater Point 16-Jun-02 Dalton Moffet

A fine winters day greeted 118 starters on the banks of the Canning River for two running events of 7.2 kms and 16kms. Many visitors increased our numbers to what may well be a record. We almost had 30 walkers at this increasingly popular event.

In the 16 kms run, it was a case of "call for a photo" when three cool cats, Wendy, Maree and Sue all crossed the finish line together.

Ian Davies' 28.09 in the short event was a smart time as were many other times thanks in part to the ideal weather conditions.

As with all our Sunday mornings, officials are a vital part of the scene, but special thanks must go to Ray Lawrance, Peter Airey, Leo Hassam, Trevor Nash, Frances Lipscombe.

Marg Taylor, & Brian Smith on the course and Debbie Burge recording and keeping an "eagle eye" on lap top guru Adam Dance, while his parents were out running.

Rosa Wallis and Sue Danby were helping out at the finish with many others.

7.2K Run

Ian Davies	M55	28:09
Bjorn Dybdahl	M45	28:57
David Scott	M50	31:16
David Reid	M50	31:29
Simon Jawichre	M35	32:56
Raymond Loly	VIS	32:58
Bill Jones	VIS	33:17
Mark Sovyer	VIS	33:38
Darry Dahlstrom	M50	34:17
Peter Sanders	M55	34:30
Sean Keane	VIS	34:57
Phil Bailey	M45	35:00
Henri Cortis	M55	35:04
Adrian Damiani	M50	37:06
John Frost	M60	37:10
Damien Hanson	M45	37:40
Maurice Creagh	M55	37:47
Kerry Jones	W45	38:14
Joe Stickles	M60	38:22
Michael Faunge	M60	38:41
Margaret Robinson	W60	38:52
Jim Langford	M55	38:53
Marian McDermott Jones	VIS	39:22
Glenda Lawrence	W45	39:52
Victor Waters	M55	40:00
Jim Riddell	M60	40:38
Dick Blom	M65	40:40
George Schaefer	M65	41:39
Liz Chandler	W30	42:01
Kristin Adrian	W30	42:02
Victor Beaumont	M70	42:15
Kirt Johnson	M70	42:55
Arnold Jenkins	M55	43:37
Bob Fergie	M65	44:05
Irene Ferris	W50	44:34
Merv Moyle	M75	45:10
Christine Wetton	VIS	46:22
Alison Aldrich	W55	46:27
Brian Aldrich	M70	46:34
Roma Barnett	W50	46:36
Sheila Maslen	W60	47:47
Janet Jarvis	W55	47:53
Robert Jones	VIS	47:59
Mary Heppell	W60	48:02
Jackie Halberg	W55	48:11
Elaine Dance	W50	49:39
Julie Wood	W50	49:40

7.2K Walk

Paul Martin	M60	45:06
John Mison	M55	45:06
Alan Jennings	M60	50:49
Lesley Romeo	W55	50:53
Valerie Millard	W55	52:07
Lynne Schickert	W60	52:22
Costa Tsesmelis	VIS	54:40
Michele Mison	W50	54:55
Shirley Milligan	W65	55:09
Janis Malin	W50	55:19
Ray Hall	M65	56:23
Jennifer Shillington	W40	56:35
Rex Bruce	M60	56:36
Dorothy Whittam	W65	59:44
Alan Pomery	M70	1:01:16
Barrie Thomsett	M60	1:03:01
Pierre Viala	M50	1:03:02
Patrica Hopkins	W60	1:03:20
Patricia Ainsworth	W65	1:03:21
Stephen Toohey	M50	1:05:00
Kevin Davis	M50	1:05:00
Kylie Mahoney	VIS	1:08:29
Barbara Bailey	W70	1:08:36
Jeffrey Whittam	M65	1:08:37
John Bailey	M75	1:09:27
Ernest Moyle	M75	1:12:54
Norman Miller	M70	1:14:03

16K Run

Albert Carse	M60	1:02:15
Warren Gee	M50	1:02:26
Ralph Henderson	M50	1:03:23
Darryl White	M40	1:03:24
Graham Maier	VIS	1:05:45
Jim Klinge	M55	1:06:16
Paul Hughes	M50	1:09:02
Robert Schickert	M60	1:09:17
John Pressley	M55	1:09:58
Michael Karra	M35	1:10:14
Brian Danby	M50	1:10:35
Stephen Dunkley	VIS	1:12:39
Geoff Mullins	M55	1:12:43
Malcolm Vernon	M45	1:13:16
Johannes Hagedoorn	M55	1:15:40
Michael Khan	M55	1:16:36
John Pellier	M60	1:16:48
Milton Mavrick	M45	1:17:22
Gillian Young	W50	1:18:29
Amanda Panizza	VIS	1:19:04
Hilton Swan	VIS	1:19:04
Wilf Bamber	M40	1:19:17
James Barnes	M55	1:21:03
John Bell	M55	1:21:40
Clive Lacy	VIS	1:21:42
Nick Miletic	M50	1:21:52
Julie Keeley	W35	1:22:13
John Dance	M50	1:24:30
Sylvio Pagnamenta	VIS	1:24:44
Wendy Clements-Green	W55	1:27:03
Mitch Loly	M60	1:27:04
Wendy Duncan	W50	1:29:37
Maree Creighton	W50	1:29:38
Sue Bullen	W40	1:29:39
John Smith	M65	1:30:19
Ann Turner	W65	1:30:31
Laurie Collett	M70	1:30:38
Merv Jones	M60	1:30:48
Paula Karra	W30	1:31:48
Pamela Toohey	W55	1:32:40
Rhod Wright	M45	1:34:19
Denise Lancaster	W50	1:47:00
Margaret Bennett	W60	1:47:06

Profile #6



Profile

Compiled by Jim Barnes

Daryl White

Born:	Perth 07 02 1959
Home:	Helena Valley
Children:	2
Occupation:	Storeman Dept. of Defence
Personal Bests:	5km = 15:03 10km = 35:02 Hal Marathon = 78:56 Marathon = 2:48 Darlington
Favourite Run:	
Favourite Sportsperson:	Steve Monagetti
Food:	Pasta, Fruit
Best Read:	Sports Magazines
Pet Hates:	Bad attitudes
Most Admired:	Joddi and Brandon (his kids)
Ambition:	Keep fit and healthy

HELPERS LIST

30 JUNE - 25k RRC

RACE DIRECTOR: Frank & Gail Gardiner
92954246

HELPERS

J&S.Sweeney, G.Shanahan, R.Hall,
J.Mison, I.Barrett-Leonard, P.Hawkes,
J.Halliday, J.Stickles, I.Davies,
M&M.Warren.

7th JULY - DARLINGTON DASH

RACE DIRECTOR: David James

HELPERS

J.Mack, M.Khan, J&E.Ellard, R.Hall,
J.Najar, J.West, J.Stickles.

14th JULY - MARATHON

RACE DIRECTOR: Evan Kolbe
041970668

HELPERS

J&E.Ellard, R.Hayres, J.Malin,
P&N.Miller, E.Moyle, I.Ferris,
M&M.Warren,
G.Lawrence, J.Halberg.

21st JULY - MILL POINT CHAMPS

RACE DIRECTOR: Milton Mavrick
92271559

HELPERS

P&M.Karra, P&S.Sanders, D&R.Corben,
D.Scott, T.Heppener, J.Shillington.

28th JULY - JORGENSEN - RACE

DIRECTOR: John West 92951180

HELPERS

M.Anderson, B.Blurton, J.Malin,
K.Martin, A.Pomery, J&E.Ellard,
J.Halliday, M.O'Reilly, R.Greenhalgh.

4th AUG - SHARKS RUN

DIRECTORS: Paul Martin 93391648

HELPERS

D.Blom, R.Harris, P.Hughes, R.King,
D.Roberts, P.MacLiver, P&J.Lewis.

**GROWING OLDER IS MANDATORY.
GROWING UP IS OPTIONAL**

BE ACTIVE EVERY DAY

Healthway

The 2003 Australian Masters
Athletic Championships is
proudly sponsored by
Healthway to promote the
BE ACTIVE EVERY DAY
health message.

Australian Masters Athletics National Championships, 18-21 April 2003

This year and it's our turn!
The WA Veterans Athletics Club
will be hosting the next AMA
National Championships in
Perth across Easter 2003.

We hope to have between 200 - 300
athletes from around Australia and New
Zealand competing with us. A full range
of track and field events will be scheduled
together with a cross country run, and
track and road walk events. Entry forms
will be available late in 2002.

As Masters Athletics provides a positive
image of healthy lifestyles we have been
fortunate in obtaining sponsorship from
Healthways.

If any club member has other contacts
who would also be interested in providing
sponsorship assistance either by financial
donation or in kind, please let us know.

Closer to the Championships next year,
your assistance would also be appreciated
to help stage the event. Complete the
attached form NOW and return to register
your interest in participating and/or
helping as an official. Thank you.

Lynne Schickert

2003 National Championships Committee
11A Dandenong Road, Attadale WA 6156
email: schickertl@bigpond.com

Register Your Interest

2003 Australian Masters Athletics Championships, 18-21 April 2003

☐ Yes, I intend to compete in the Championships at Easter 2003

NAME _____

Address _____ Post Code _____

Phone _____ email _____

☐ Yes, I am available to act as an Official / helper

☐ No, I am not available to act as an Official / helper

If Yes, please indicate preferred area of assistance (eg Lap Scorer, assisting officials at
Field event etc) _____

Preferred dates ☐ Friday 18 April 2003 ☐ Saturday 19 April 2003

☐ Sunday 20 April 2003 ☐ Monday 21 April 2003

Credit Card Payment

Please make this payment of \$.....for ☐ Clothing ☐ Membership ☐ Club Social Function

☐ Club Weekend Away ☐ Championship entry

by ☐ Visa ☐ Bank Card ☐ Mastercard

Card Number Expiry Date

Card Holder's Name.....

Signature.....



PURPOSE



The objective of the club is to encourage and promote veterans' athletics, general fitness and to provide training and competition within the jurisdiction of the Athletic Association of WA. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social

aspect is also important and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or social as they choose. Competition is in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

Print Post Approval 644113/00007

If unclaimed please return to:

1/37 Bombard Street, Ardross WA 6153.



**SURFACE
MAIL**

**POSTAGE
PAID
AUSTRALIA**

Running Gear



Club Clothing

Contact Maggie Flanders: 9314 7556

Club Singlets:

New Style Yellow/Black - \$25
(All sizes, Men's and Women's)

T-Shirts:

Short Sleeve \$18. Grey in all sizes, White in limited sizes.
Long Sleeve \$20. Grey in all sizes.

Fleecy Wind Cheaters. \$25 in all sizes.

Caps - White/Grey. Legionnaires Caps - White/Grey.
Sun Visors - White/Grey/Black. All \$10. One size fits all.