



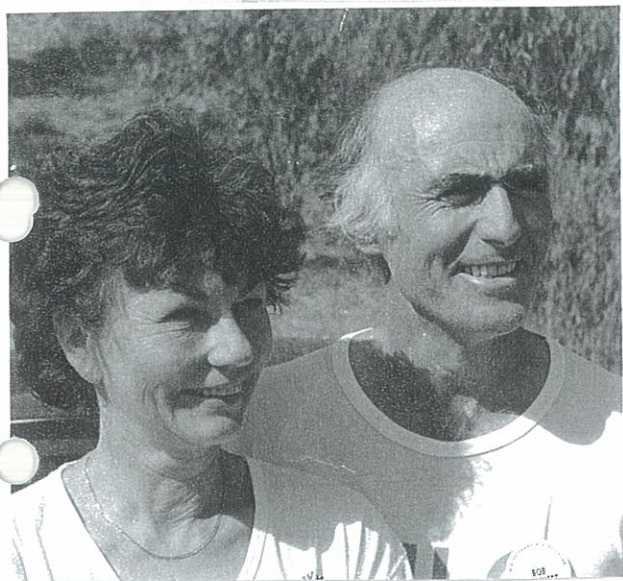
# The Vetruns



NO. 272 JUNE 1996 PATRON: W.J. Hughes PRESIDENT: Brian Foley EDITOR: Richard Harris 323 4387 or 457 6102

## RUNNING MATES LYNNE & BOB SCHICKERT

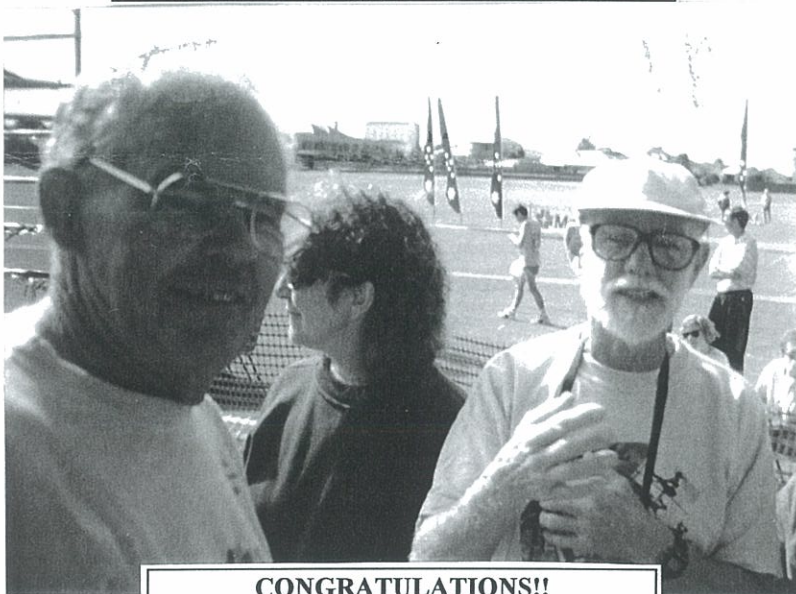
(photo by Vic Beaumont)



All smiles after the Bunbury Half Marathon - Roma Barnett, Denise Lancaster, Kirt Johnson (Coach), Irene Ferris and Wendy Duncan (photo by Ray Barnett)

## BUNBURY HALF MARATHON

Vic Beaumont & Kirt Johnson with Jackie Beaumont after the finish. (Photo Jeff Spencer)



## CONGRATULATIONS!!

To Roma and Ray Barnett who celebrated their wedding on April 20. I've heard that a merry group of Vets (not naming any names) had a few toasts! that afternoon.





## RUNNING MATES

It would take all the newsletter to write on the contributions this months running mates have made to athletics - so meet Lynne and Bob Schickert. Bob must be a committee member's dream as he is always the first to volunteer when help is needed.

Lynne was born in Perth, Bob in Melbourne - and they met when Bob, who worked for MLC Insurance was transferred to Perth. Lynne also worked for MLC. It wasn't love at first sight for the Schickerts, and Lynn made the first move and asked Bob to a dance. They married in Perth and they have two married daughters. The Schickerts went to Tasmania to work. Bob was the only senior athlete in Tassie NW Club. In the 1960's most seniors ran professional races, it was in Tasmania where Bob ran his first marathon in 1967 with a time of 3:22.0. Bob was thirteen when he won his first race, a mile and still has his training manual from the late 50's. To date his fastest marathon is 2:44.00 and he has run 60 marathons: 9 x 24 hours runs: 7 x 50 milers and one 36 mile race since 1967. His total running kilometres are 121,673ks.

In 1985 Bob and Lynne crewed for Margaret Smith in the Sydney to Melbourne Race where for eight days they got very little sleep.

They joined the Victoria Vets in 1977 and founded the East Burwood Vets in 1983. They were transferred back to Perth in 1987.

Bob played footie for Swan District Reserves when they won the reserves final in 1964.

Lynne and her girls did callisthenics where she was President, dressmaker and chief bottle washer. She is currently the President of the Institute of Professional Secretaries & Administrators (Australia).

Bob was the Club's Handicapper for a few years and was President of the Club in 1990-91.

Joan Pellier

### Occupation:

Bob - Bus Driver

Lynne - Personal Assistant to the CEO at Ministry of Planning Department.

### Favourite running distance:

Bob - 15K

Lynne - Up to 10K

### Favourite run:

Bob - Darlington Dash

Lynne - King's Park

### How they heard about the Vets:

Bob - knew from running in Victoria.

### What they like about the Vets:

The feeling of familyship and camaraderie.

### Any changes:

No, we're just all getting older.

### Other interests:

Lynne and the girls - Wildflower gardening.

Lynne - Collecting shells

### Favourite food:

Bob - Spaghetti and Pavlova

Lynne - Stir fry, fruit and vegetables.

### Greatest running pleasure:

Bob - A 10K track run at Victoria Vets in 1984, ran so hard doesn't remember last lap.

Lynne - 10K track run in 49:49 in Victoria.

### Ambition in running:

Bob - Run 40 minutes for 10K when 60.

Lynne - To keep competing for as long as possible.

### Pet hate:

Bob likes everything. (including Lynne)

Lynne - Incorrect spelling on billboards (God that's me) JP

## JIM BARNES RUN WILSON PARK 12.5.96.

Weather was wonderful for Mother's Day. Many thanks to Ron Ford for speaking about John Tarrant. I suggest you read the book about his life, it makes very interesting reading. Also thank you to helpers Rob and Phyllis Farrell, Sue Jones, Bev Thornton, Anne Smith, John Pressley

and Syd Bowler. Congratulations to the winners.

### Jim Barnes

#### 10K

John West	M45	35:41
David Bishop	M35	36:12
Chris Maher	M40	36:59
Steve Burgh	M35	37:09
Warren Gee	M45	37:14
Paul O'Riordan	M40	37:21
Darry Dahlstrom	M45	37:27
Dave Roberts	M50	37:53
Bob Schickert	M50	38:14
Frank Smith	M50	38:20
Gareth Brunt	M45	38:26
Duncan McAuley	M45	38:43
Bob Thomson	M45	39:02
Jim Klinge	M45	39:03
Ivan Brown	M50	39:48
Maurice Creagh	M45	40:24
John Bell	M50	40:25
Brian Foley	M50	41:26
Vicente Carrero	M50	41:37
Robin King	W35	41:40
Graham Thornton	M55	41:43
Sue Prewett	W40	41:52
Dennis Miller	M55	43:12
Milton Mavrick	M40	43:14
David Carr	M60	43:24
George Schaefer	M60	43:49
Robin Bonner	M60	43:48
Paul Martin	M50	43:56
Hamish McGlashan	M55	44:01
Helen Lysaght	W40	44:14
Richard Harris	M55	44:24
Keith Atkinson	M35	44:41
Mike Khan	M50	44:43
Cecil Walkley	M65	44:43
Heather Sanderson	W45	45:04
Mitch Loly	M55	45:10
Gerry Prewett	M40	45:31
Simon Mort	M40	45:42
Frances Lipscombe	W35	45:53
Ron Hillis	M50	46:17
Margaret Birks	W45	46:20
Morris Warren	M55	46:55
Lynn Harrop	W40	47:05
Chris Kelly	M40	47:14
Stan Lockwood	M65	47:20
Frank McLinden	M65	47:59
Stuart Parkinson	M45	48:06
Merv Jones	M55	48:10
Ron Sheehy	M50	48:14
Jo Pearce	W45	48:28
Brian Hunter	M50	48:52
Merv Moyle	M65	49:02
Dalton Moffett	M65	49:12



Aldo Giacomini	M55	49:28
Vic Beaumont	M65	49:51
Donna Dahlstrom	W40	50:12
Tony Speechley	M50	50:12
B Height	W35	51:40
Alan Chambers	M55	51:46
Arnold Jenkins	M50	52:03
Irene Ferris	W40	52:06
Ron Sutton	M55	52:15
Roma Barnett	W45	53:36
Jeff Spencer	M55	53:54
George Peet	M60	53:55
Jill Barnes	W40	55:00
Wendy Duncan	W45	56:05
Ray Lawrence	M65	58:59
John Russell	M60	60:26
Mary Murphy	W50	60:26
Margaret Warren	W60	62:48
Sheila Maslen	W55	63:03

#### 10K WALK

John Mison	M45	52:53
Barrie Thomsett	M55	63:26
Michele Mison	W45	63:32

#### 5K

Ian Blair	M35	19:54
Mike Rhodes	M50	20:39
Mike Anderson	M45	21:15
Terry Keesing	M35	22:20
Fiona McAuley	W45	23:57
John Stone	M40	27:00
Bob Sammells	M55	28:08
Wendy Clements	W50	28:28
Noela Medcalf	W60	29:40
Val Millard	W45	29:46
Rob Davis	M55	31:17
Phyllis Farrell	W50	31:35
M Ford	W50	31:43
Allen Tyson	M70	32:05
Jackie Billington	W50	32:49
Mary Heppell	M55	34:41
Frank Usher	M70	35:41
Glenice Shanahan	W70	41:33

#### 5K WALK

Lesley Romeo	W50	33:41
Lynn Schickert	W50	36:48
Barrie Weatherburn	M50	36:55
Linda Mark	W40	37:48
Fred Watson	M75	38:11
Joan Hillis	W50	38:59
Pat Miller	W55	39:00
Pat Ainsworth	W60	39:24
Val Wheeler	W60	39:24
Rosa Davis	W50	41:01

Val Bonner W50 41:11

#### VISITORS

Paul Odam	10K	36:01
D Howard	10K	44:27
L Holiday	5K	18:20

#### ASSOCIATION RELAYS

18.5.96.

The cross-country course is over 2.5K. Each of the five team members runs twice. Our first team was placed sixth.

#### David Carr

Bruce Wilson	9:29	9:36
Brian Foley	9:42	9:50
Ivan Brown	10:06	10:05
Duncan McAuley	9:12	9:22
David Carr	10:13	10:21
(1:37.5)		
Composite Team		
Nick Bailey	10:20	10:39
Vic Waters	9:44	10:04
Maxine Santich	10:31	10:33
David Edwards	11:31	12:46
Mike Edwards	11:07	11:47
(1:49.01)		

#### 1997 WORLD VETERANS CHAMPIONSHIPS DURBAN, SOUTH AFRICA THURSDAY JULY 17 - SUNDAY 27 JULY 1997

We have received preliminary information about the above championships. If you are even slightly interested please see Jackie Halberg (364 4474) to register that interest. There is no obligation but the AAVAC would like to make contact through a newsletter direct to interested athletes.

**Jackie Halberg**

## BUNBURY MARATHON

#### RESULTS

Pra Nicol	M39	3:05:64
Gareth Brunt	M45	3:13:27
John Bell	M50	3:20:03
Sue Prewett	W42	3:21:16
Robin King	W37	3:23:40
Jim Barnes	M53	3:30:19
Graham Thornton	M55	3:38:37
Marjorie Forden	W54	3:40:32
Max Kelly	M49	3:41:25
John Pellier	M56	3:49:37

#### HALF MARATHON

John West	M46	1:18:08
Karen Gobby	W43	1:19:07
Chris Maher	M43	1:23:09
David Muir	M51	1:24:58
Darry Dahlstrom	M45	1:25:07
Jill Chambers	W47	1:28:16
Ivan Brown	M51	1:28:24
Robin Bonner	M64	1:33:30
Keith Atkinson	M39	1:36:38
Richard Harris	M59	1:38:32
Margaret Birks	W49	1:40:15
Cecil Walkley	M67	1:40:21
Ron Hillis	M51	1:42:58
Rick Thornhill	M45	1:43:31
Vic Beaumont	M66	1:44:48
Merv Jones	M56	1:44:59
Gerry Prewett	M43	1:46:43
Bob Hayres	M64	1:50:54
Denise Lancaster	W46	2:00:18
Irene Ferris	W44	2:01:13
Wendy Duncan	W46	2:01:18
Kirt Johnson	M67	2:02:16
Lyn Boucher	W50	2:06:11
Roma Barnett	W46	2:06:57
Barrie Thomsett	M55	2:22:24

#### CONGRATULATIONS!!

Hank and Margaret Stoffers were made life members of Bunbury Athletic Club. Brian Kennedy who was the inaugural life member surprised them both when he announced it at the presentations at the Bunbury Marathon recently



## TELETHON FUN RUN

M40	Ray Brown
M45	Darry Dahlstrom
M50	David Roberts
M55	Graham Thornton
M60	Steve Barrie
M65	Cecil Walkley
M70	Ernest Pick
W35	Theresa Martin
W40	Helen Gilbey
W45	Anne Shaw
W50	Doreen Down
W55	Caria Langridge
W60	Laota Steenson

### SYDNEY MARATHON AUGUST 8, 1996 INCLUDES A 10K RUN AND 5K WALK

Entry form are obtainable from Jackie Halberg.

## From the Editor

### AS OTHERS SEE US

Are you interested in what other runners think about you, your club, how we run things? Well here is an extract from Vic Vets about the Nationals in Perth in April -

About 70 odd Vics visited Perth for the nationals, out of nearly 400 total. We had excellent weather, striking it lucky for a cool stretch on Friday and Saturday in between the normal 31 degree heat that the sandgropers experience at this time of year.

We were struck by the beauty and cleanliness of Perth, a remarkable achievement when you look at the scrubby dry sandy environment in parts where it is undeveloped. Amazing what a bit of watering will do. Perry Lakes was set in lovely parkland which enabled the walks and the cross country to be held in the same park as the track and field. A nice stadium, going back to the 1962 Commonwealth Games. Showing its age now a bit, but still very acceptable.

You will remember Bob Schickert, first manager of East Burwood. He is still running a hard honest race, putting everything into it. He and Lyn are well settled in the West, with two daughters married, and Lyn highly successful as an expert secretary.

Our throwers kept the Vic flag flying. We had given the West Australians a lot of help to get the weight pentathlon organised, even taking a set of heavy short hammers across in the plane for them. Dave Sheehan and I (Colin Browne) were lucky not to be charged excess luggage weight on them. The throwing events were well patronised and very successful. However at distance racing, we had to lower our colours to the West, who are very strong in large numbers at that. All that training in sand I suppose.

They had an excellent closing breakfast and presentation in a very attractive setting in the park. Plenty of cut fruit, muffins, fruit scones, tea, coffee and fruit drinks. Those of us thinking about the 1997 nationals in Melbourne were taking lots of mental notes. Their merchandising was popular, including sew on patches and T shirts specific to the event and the chance to buy the WA club uniform for a souvenir. Their social celebration was a river cruise from Perth to Fremantle, including a lovely meal, drinks and a lively dance, a really memorable event. The West can feel justly proud that they had organised a friendly and efficient games. We thank them wholeheartedly for their warm hospitality.

Richard Harris

### REABOLD HILL CROSS COUNTRY

Forty four runners turned up on this beautiful morning to tackle the sandtracks and hills. My apologies to all those runners who did the extra mileage, due to the fact that I had wrongly marked the course second time around, as the first markings were washed away by the overnight rain. Reading a map and marking a course in the dark are not recommended. Next year I will flag the course.

Mike Rhodes came first in the 5 km closely followed by Michael Anderson and Allan Jennings. Marilyn Blaire was the first female over the line.

Tony Heppener was first in the 10 km with Warren Gee and Steve Burge not far behind him. I hope that everybody enjoyed themselves and I would like to thank my helpers for a job well done - Dick Blom.

No distance was specified for the walkers in the program so athletes agreed on a 6 km walk. John Mison came first in 30:52 followed by Michele Mison in 35:35.

#### 6K Walk

John Mison	M45	30:52
Michele Mison	W45	35:35
Lynne Schickert	M50	44:18
Linda Mark	W40	48:28
Jim Lockyer	M55	48:28
Gillian Peet	W55	50:12
Alan Pomery	M60	50:12

#### 5K Run

Mike Rhodes	M50	26:13
Mike Anderson	M45	26:23
Alan Jennings	M55	26:26
Marilyn Blaire	W35	27:17
Peter Airey	M55	28:18
Terry Keesing	M35	28:51
Peter Davies	M65	30:28
Norm Miller	M60	32:26
John Stone	M40	33:06
Val Millard	W45	34:14
Margaret Warren	W60	37:06
Noela Medcalf	W60	37:07
Pat Miller	W55	37:42
Sheila Maslen	W55	38:10
Ron Spencer	M55	39:07
Lorna Lauchlan	W65	39:44

#### 10 K Run

Tony Heppener	M40	43:04
Warren Gee	M45	43:31
Steve Burge	M35	44:55
Paul O'Riordan	M40	45:11
John Pressley	M50	45:29
Ralph Henderson	M45	45:32
B Thompson	M45	46:19
Peter Sanders	M50	47:11
Jan Kelly	W40	47:40
Blakeney Tindall	M35	48:23
George Schaefer	M60	49:29
Evan McRae	M45	50:24
Ron Milligan	M40	50:44
Stan Lockwood	M65	52:12
Ted Maslen	M60	54:02
Peggy MacLiver	W50	54:12
Rob Sheehy	M50	54:19
Aldo Giacomini	M55	54:48
Frank McLinden	M65	54:59
Merv Moyle	M65	55:47
Ron Sutton	M55	57:55
Sue Sanders	W40	61:32
J Vistor	W40	61:33
Arnold Jenkins	M50	61:33
John Russell	M60	61:42



## INSIDE TALK

Here are some issues the committee discussed at their May meeting at John Pressley's home in Bull Creek -

### SPITROAST:

A spitroast of succulent roast beef will be served with baby jacket potato, coleslaw, and various salads at the Club's Cross Country Championships at Jorgensen Park on July 14. The club will subsidise the meal. Cost will be \$8 a head. Dessert will be a choice of tortes or souffle. Book your place with Graham Thornton or Sue Jones. An alternative dish will be available for vegetarians. This will be a really good event with a fine meal to finish it off. The best part of the deal - the run - will be free. If you're not running, come for lunch anyway but you must book beforehand. Morning tea will be available at 9.30 am. Lunch will be served from 11.30 am.

### NAME BADGES:

Please wear your name badge to help our recorders. See Jackie Halberg if you don't have a badge.

### FIRST AID:

We need to have a first aid person at each run. For those who have the qualification, could you please advise John Pressley or the Race Director.

## SOCIAL EVENTS:

Jorgenson Park Cross Country Championships on the 14 July will include the a catered luncheon (a full descriptive menu will be available at the next run)

Rosie O'Gradys Annual Trophy Presentation and Lunch scheduled for 22 September. arrangements are proceeding with the menu and cost.

Nanga Dell Farm Long Weekend of 28/30 September. fully catered @ \$75 per person Approx limit of 40. (further details on the range of activities that may be undertaken) some spaces are still available contact G Thornton for bookings.

### March Long Weekend 1/3 March 1997

No firm commitment made to date however open to suggestions.

Previous Venues, Wellington Mills and Lewana Park are proving difficult to book as CALM is handing over their management to a private company which is not yet in operation, and are not prepared to take booking beyond 31/12/96.

Other considerations are Club Capricorn Two Rocks, Evedon Park Burekup, Mary Brook, Cowaramup, Glen Brook Margaret River.

### COPY FOR THE VETRUM

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.

## WELCOME TO NEW MEMBERS

Eight new members were presented to the meeting.

Jeanette (Snow) McSwain	W35
Liz Stirling	W35
Jenny Barnes,	W45
Mary Theresa Slyth	W55
Terry Keesing	M35
Garry Doyle	M45
Mario Surjan	M40
Arthur Hindle	M70

### 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.

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## My favourite run?

**Brockwells, of course, for so many reasons.**

Even before the run commences, I sense a feeling of anticipation among the top runners as they mill around greeting each other in that spirit of conviviality which permeates our gatherings; the course is accurate and flat, there is no danger of traffic, the run is out and back" so, at the turn around point, they get an idea of how they are running in comparison to others in their age group and this could be the day when that elusive PB is attained.

You contemplate any run in relation to your age group and your age group considerably influences your reflections upon that other event called "Life."

The run goes along the early morning banks of the River Swan. The lingering night mist tinting the water reflecting the city on the other bank; the defiant roar of a speed boat, the pattern of its wake along the smoothness; the flocks of birds skimming low as they go downriver; --- my river, my city, my country --- and I feel good about it all. I've been sailing and kayaking on this river for over sixty years now and I belong here.

But right now I'm busting my guts trying to go the distance. The fast runners are not aware of the lift they give me as they, on their way back, simply grunt my name as they pass. Just Arthur" they grunt, implying I am worthy of a greeting which lifts me (You didn't know that, did you, fellas?)

I hang in there knowing that Tessa and Chris have arranged an appetising scoff which further demonstrates the consideration to detail they have put into the event, thus further enhancing the

fellowship flowing throughout the assembly.

Then there are the trophies; impressive, quality trophies you are proud to put on your trophy shelf and point out to visitors.

Everyone in the club knows I have an intriguing technique for winning trophies. I don't outclass the competition: I simply outlive it.

I have a special feeling about Brockwell's trophies, which is vanity mixed with sentimentality -- but I'll confess it to you. There are numerous members of our club who will be running when they are M75 plus, and their times will probably be better than mine, but my name is at the top of both the 6 km and 13 km trophies and I most sincerely hope, in years to come, when runners are handed these trophies they will inwardly smile and say, "Ah yes. Old Arthur"--- then we shall share a pleasant moment together.

Yes, I like Brockwell's Run for so many reasons.

**Arthur Leggett.**

### RUNS TO LOOK FORWARD TO

A brief summary of Sunday events for the next month. Remember, if you are not running most race directors will welcome any help you can give. All events start at 8:00am, unless otherwise noted. Any queries contact the Events' Coordinator John Pressley on 3326103.

**23 Jun: Heather's Run/Walk** (Heather Sanderson)

A pleasant, mainly flat 10K/5K run/walk based at Bardon Park in

Maylands and going along a stretch of the Swan river we rarely visit.

**30 Jun: Mill Point Road Championships** (Bob Schickert)

Basically the round-the-bridges course, 10K from McCallum Park. An event in the Road Walking Championships.

**07 Jul: 25K Run/Walk** (Barry Thomsett)

The third leg of the Road Race Championship. A straightforward out and back course along the river from McCallum Park to the Mount Henry Bridge. There is also an alternative 10K event.

**14 Jul: Club X-Country Champs (9:00am start)**

Three laps around the old golf course at Jorgenson Park, Kalamunda (8K). Also one of the Club's social highlights with a leisurely brunch in the Community Centre after the run. **!!You must book & pay for the brunch in advance!!**

**21 Jul**

No Club event; Perth Marathon & Relay, incorporating State Veterans' Marathon Championship.  
**Volunteers wanted to assist.**

**28 Jul: Tompkins Park Run/Walk** (Peter Airey)

Basically an out-and-back, fastish flat 8.4 K course on foot/cycle paths alongside Alfred Cove, Lucky Bay and Melville Water. Based at Tompkins Park, Alfred Cove.





# The Godfrey Pembroke View

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## No. 6 - Get Ready to Live Longer!

In 1995 the Australian Government Actuary released new tables showing the life expectancy of Australians. They are worth a close look particularly for those building up wealth for retirement. The latest tables, based on data from 1990 to 1992, show an increase in average life expectancy for all ages - compared to the old tables which were calculated between 1985 and 1987.

### Life Expectancy

For a "baby boomer" today the life expectancy is around 79 years for males and over 80 years for females. Compared to the previous tables these life expectancies have *increased by three years* for both males and females. However for people planning retirement these figures are irrelevant. What really counts is your life expectancy once you have reached retirement age.

Most people will continue to live to at least 60 years of age and beyond - especially VetAths members! The tables show that around 86% of males and 92% of females will live to at least three score years.

### Why is it so???

Of all males who reach 65, less than one-third of them will still be alive at 85. However for females the numbers are quite different. Almost one-half of women who reach 65 will still be alive at 85.

If we assume that 60 is a reasonable age to retire, it is sobering to think that males will on average need to support themselves for another 19 years and females for another 23 years.

Assuming an average inflation rate of 5% over a 20 year period, a lump sum of \$250,000 would drop in value to around \$95,000 in today's dollars. Similarly, income of \$25,000 a year would drop in value to around \$10,000 in today's dollars.

The message is a simple. There is a pressing need for anyone accumulating wealth for retirement to consider how much they will really need - and how to invest it.

The eroding forces of inflation and tax will not go away and their impact is quite dramatic over longer periods of time. As the demands of the post-war generation begins to put pressure on the Social Security system, we will

*inevitably see a further tightening of the eligibility requirements for the age pension.* The new Federal Government has said that they want to encourage people to self-fund for retirement.

The time to act is now. A well structured and disciplined financial plan is necessary to ensure the wealth accumulation process maximises the amount of funds available for retirement.

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:

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

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## HAPPY BIRTHDAY TO OUR JULY MEMBERS

Raymen Robert	01/07/42	54	remains	M50	Chisholm Gavin	16/07/42	54	remains	M50
Hewitt Mark	03/07/52	44	remains	M40	Heppell Mary	16/07/37	59	remains	W55
Fergie Bob	03/07/35	61	remains	M60	Martin Paul	18/07/41	55	becomes	M55
James Lyle	03/07/40	56	remains	M55	Browne Wayne	19/07/47	49	remains	M45
Dartnall Elizabeth	03/07/50	46	remains	W45	Llewellyn Bowen	19/07/49	47	remains	M45
Ferris John	04/07/50	46	remains	M45	Van Bockxmeer Maria	19/07/48	48	remains	W45
Leman Sue	05/07/46	50	becomes	W50	Stone Alan	20/07/32	64	remains	M60
Bell John	06/07/45	51	remains	M50	Jones Mervyn	21/07/39	57	remains	M55
Berry Mike	06/07/31	65	becomes	M65	Mair Christine	21/07/48	48	remains	W45
Vandersanden Greg	07/07/58	38	remains	M35	Pratt Charlie	24/07/30	66	remains	M65
Greenfield James	07/07/43	53	remains	M50	Choate Clive	25/07/51	45	becomes	M45
Harrop Lynn	07/07/53	43	remains	W40	Crowther Enid	26/07/42	54	remains	W50
Mark Linda	08/07/51	45	becomes	W45	West Thelma	27/07/49	47	remains	W45
Green Stanley	09/07/14	82	remains	M80	Thornhill Richard	27/07/50	46	remains	M45
Holm Alec	09/07/45	51	remains	M50	Cheek Brigitte	28/07/56	40	becomes	W40
Carse Bridget	10/07/43	53	remains	W50	Meyers Graeme	28/07/49	47	remains	M45
Welyky Wal	10/07/47	49	remains	M45	Bonner Val	28/07/41	55	becomes	W55
Whittam Dorothy	10/07/36	60	becomes	W60	Forde Margery	29/07/41	55	becomes	W55
Dahlstrom Donna	11/07/53	43	remains	W40	Wheeler Val	29/07/31	65	becomes	W65
Carpenter John	11/07/46	50	becomes	M50	Broderick Carol	30/07/52	44	remains	W40
Slinger Joan	12/07/41	55	becomes	W55	Moyle Ernest	30/07/25	71	remains	M70
Masters George	12/07/35	61	remains	M60	Rimington Richard	30/07/59	37	remains	M35
Trotter Rory	15/07/55	41	remains	M40	Hodge Sandi	31/07/46	50	becomes	W50
Chalmers Robert	16/07/38	58	remains	M55	Waldhuter Brian	31/07/40	56	remains	M55