



June 2002

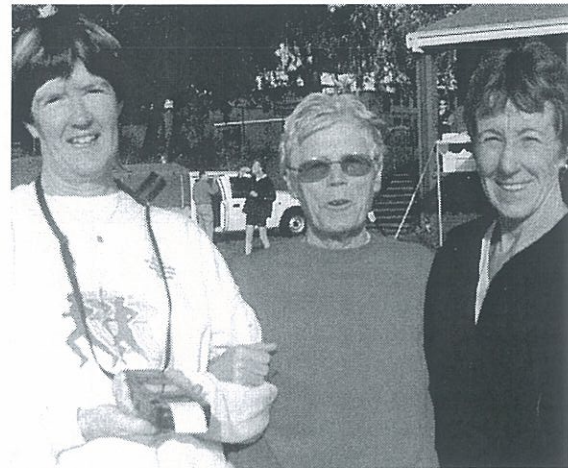
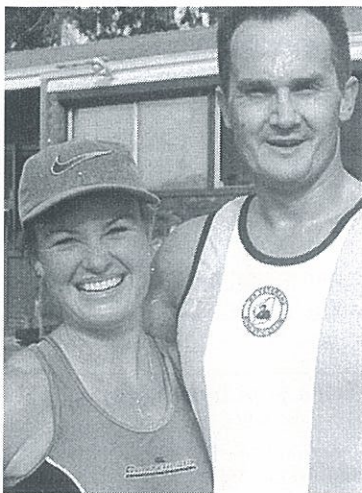
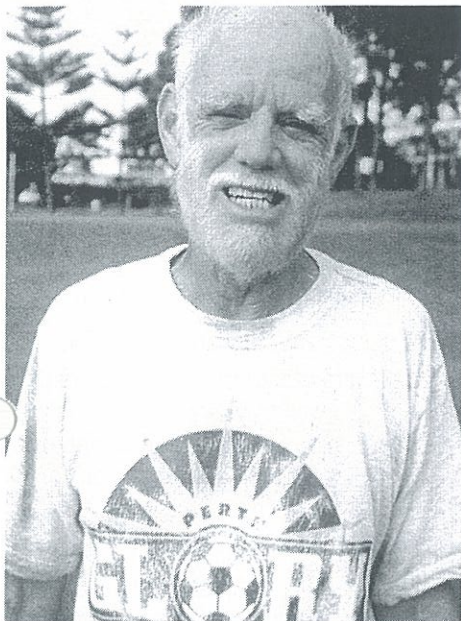
Number 341

# VETRUN

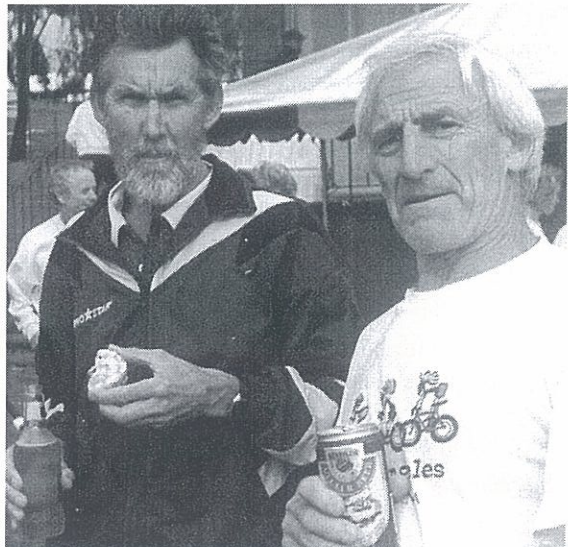


THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 11a Dandenong Rd, Attadale, WA 6158  
Editor: Rod Tinniswood. Copy for Vetrin: See panel page 2 • [www.netprojex.com.au/wavac](http://www.netprojex.com.au/wavac)

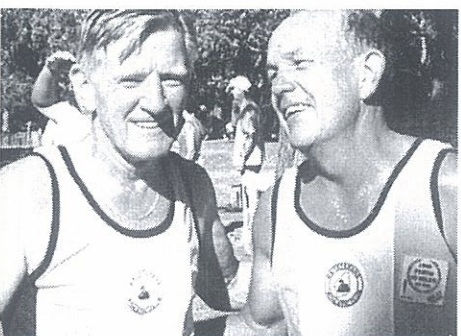


The heavens smiled  
favourably on the Aquinas  
Run. And the members  
smiled back



## Results in this issue

- Pagaoda
- 10km Track Handicap
- Reabold Hill
- Andy Wright
- Bunbury







## The award that encourages every member.

At the Annual General Meeting when I received the Achievement Award I stammered my way through a bit of a thankyou. I would be grateful to you now if I could put a more considered response on paper to publish in the Vetrune. As I said on the night I was pretty chuffed to receive my trophy as I had never in my wildest dreams thought that someone like me could receive such an award. It is no secret that I am an ordinary runner - not built for speed - but I love to run and I have had a great deal of enjoyment from both running and being a member of the Vets. I therefore thank the club very much for having an award that encourages every member.

I would also like to thank the members of the Vets. Since the very first day of my association with the club I have marvelled at the support and generosity of the members. On every run I receive words of encouragement from everyone - the runners in front of me and the runners (few that they are) that I happen to pass. I think that the support given to runners as they come through the finish line is terrific and enhances the joy of finishing. But my biggest thank you has to go to all the runners in the Friday & Monday morning and Tuesday evening training groups. The runners in these groups are fantastic - there is always someone to run with regardless of how far or fast we want to go and plenty of encouragement to improve or to just keep at it! There is always someone with a good story or a joke just when required and my day is so much improved by being with these people.

And finally I must say a special thank you to Kirt - who has taught me so much and is just such a great person. I have special permission to speak for Kirt's Friday morning girls and we can't say enough nice things about Kirt. Kirt so often sacrifices his own run to help someone else. He is always positive about our abilities and wise in his advice but mostly he just doesn't let us slack off!

Thanks Rod for the opportunity to express my thoughts and congratulations to you for winning the Handicap Trophy. All the best and good running.

Sue Bullen

## Path Safety

One of our members was having a run around the Bridges many years ago when he had the misfortune to collide with a cyclist. I didn't hear how the cyclist fared but our guy suffered a broken jaw.

In the last few months there have been a couple of contacts between club members and the public on foot/cycle paths when our people have been running in groups. The Committee will do its part to minimise bunching at Race Starts but can do little once races are under way.

We do ask, therefore, everyone makes an individual effort to be aware of other path users at all times, whether with the club or not. If you are in a group and you perceive a threat then call out to the others.

There's little point in risking causing injury to others or oneself for the sake of a few seconds. If other people are behaving inconsiderately then get off the path and run around them. And if someone gets out of your way then how about a smile and a "Thank You"? It will make both of your days.

So please remember; be alert. As we all know, the World needs Lerts.

Bob Sammells

### It's your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email: [tinniswoodr@sundaytimes.news1td.com.au](mailto:tinniswoodr@sundaytimes.news1td.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

## BETTER BE SAFE THAN SORRY



### Safety Bs for Path Users

#### Behold

Look where you're going. Observe what's happening around you.

#### Beware

Be aware of the danger to other path users, as well as yourself. Look out at intersections. Look ahead at who or what is coming towards you.

#### Behave

Behave in a predictable manner. Keep to the left of the foot path. Try not to run abreast. Take note that in some sections paths are for cyclists only.

Concentrate. Don't get lost in thought or conversation and become oblivious to others around you.

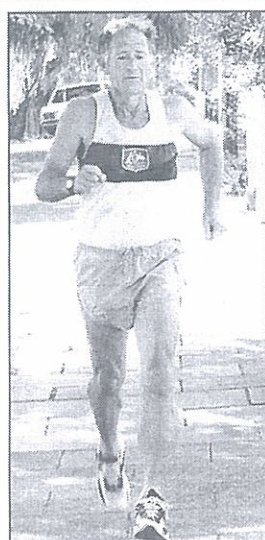
#### Be courteous

Give way if you have to. Thank other users for giving way. Encourage cyclists to ring their bell.

**Be a good ambassador for your club and your sport. Be safe.**

Torn from Community Sport. Thanks Keith A.

## Community Sport



David Reid pounds the pavement.

## Veteran runner back on track for titles

DAVID Reid should be a familiar sight to most Victoria Park residents.

The 51-year-old has been running along local streets for almost 25 years now and has no plans of stopping any time soon.

In fact, after recovering from a near-fatal fall from a roof in January, the builder is on the road to recovery and starting his campaign to reach the World Veterans' Athletics Championships in Spain in three years time.

No stranger to the international limelight, Reid has represented Australia four times in international events as a guide for blind runners.

He was a guide runner and coach for the Australian team at the 1984 and 1992 Paralympics as well as at two world championships.

As a guide runner his job was to run next to or behind the vision-impaired athlete, who he was attached to by a short rope.

Already an accomplished soccer player and athlete, Reid put his athletic career on hold to be part of the team until injury temporarily forced him off the track in the late 1990s.

A recent volunteer's award from the Town of Victoria Park has brought the memories flooding back for Reid, who got an enormous thrill out of representing his country.

"Just to be involved was fantastic but there are a lot of people who do not get recognised for it," he said.

"Seeing the blind person get a thrill out of it was great but even for me it was a thrill to be selected."



# WA VETERANS ATHLETIC CLUB

## MINUTES of ANNUAL GENERAL MEETING - 15 APRIL, 2002.

**MEETING OPENED:** 7.00 pm, at Hockey Club Rooms.

**ATTENDANCE:** 52 members present, and 12 apologies, as per the attendance book.

**MINUTES:** The minutes of the 2001 AGM were read. They were accepted as read, moved Jeff Whittam, seconded Paul Hughes.

### MATTERS ARISING:

At the 2001 meeting a request had been made for the list of Life Members to be made available. The list was compiled, but needs publishing in the Vetrin.

Credit card charges will not incur a cost of 4% for individual members, as had previously been advertised.

### REPORTS:

**PRESIDENT.** The Presidents report had been published in the last Vetrin, and was summarised by Bob. Bob outlined the club's progress during the year, and thanked the outgoing committee for their hard work. There were no questions so the report was accepted. Moved Cecil Walkley, seconded Rod Tinniswood.

**REASURER.** The audited financial report was distributed to the meeting attendees. The report shows a sound financial position. There were questions on the money raised for morning teas, and the not paring travel costs for Australian Masters Athletics AGM, as no account has yet been received.

Report accepted. Moved Dorothy Whittam, seconded Norm Miller.

### TROPHIES:

**Patron's Trophy.** This was awarded for the track and field points competition.

**men:** David Carr.

**women:** Lynne Schickert.

**Handicap trophy:** Rod Tinniswood.

### Most Improved Athlete

(formerly Reg Briggs): Sue Bullen.

**John Gilmour trophy.** For most outstanding performance: David Carr

for 800m at World Championships: (97%).

### T&F Championships,

**Athlete of the meet.** David Carr.

### ELECTION OF OFFICE BEARERS:

	<u>Nominee</u>	<u>Nominated</u>	<u>Seconded</u>
<b>President</b>	Bob Sammells	B Schickert	B Foley
<b>Vice President</b>	Lynne Schickert	D Whittam	M Flanders
<b>Secretary</b>	Bob Schickert	B Sammells	M Flanders
<b>Treasurer</b>	Paul Hughes	K Martin	V Prescott
<b>Committee</b>	Maggie Flanders	B Schickert	B Foley
	Keith Atkinson	B Sammells	B Foley
	Rod Tinniswood	K Atkinson	B Sammells
	John Smith	P Miller	P Hughes.

All of the office bearers were elected unopposed.

The Treasurer co-opted Margaret Bennett and Doug Ashfield to be assistant treasurers, handling money at club activities.

### APPOINTMENT OF OFFICIALS:

The following people were appointed to these positions by the meeting.

**Patron** Bill Hughes

**Editor** Rod Tinniswood

**Handicapper**

Graham Thornton

**Auditor**

John Mison

**Statistician**

Katrina Spillsbury

**Registrar, AthleticA summer**

Val Prescott

**Registrar, AthleticA winter**

David Carr

### MOTIONS:

There were two motions put which had been sent to the committee for discussion at the meeting. They were:

**Motion 1:** *That members be permitted to bring dogs to club fixtures.* Moved David Carr, seconded Allen Tyson.

There was much discussion, and tabling of an amendment, which was subsequently withdrawn. A clarification was made that this did not permit members to allow dogs to be involved in the running events, only allowed at the venues.

Motion carried.

**Motion 2:** *That a seven day suspension be placed on a member bringing a dog to a club fixture.* Moved David Carr, seconded Allen Tyson.

Motion lost.

**Subsequent motion:** That any member who brings a dog to a club event will indemnify the Club and its members from any liability so caused. Moved Brian Bennett, seconded Rex Bruce.

Motion carried.

### GENERAL BUSINESS:

A question was asked about the practicality in adding morning tea monies to membership fees. This was not supported.

The start time of 7.30 am for April was discussed, and resolved that the Committee would consider it. Need for water stations on all runs was emphasised.

A question on the name of Masters for the club and if it would be a committee decision. Such a change would be a constitutional change, where all members would have input at a general meeting.

Question on visitors fees and do many pay. Answer, generally yes.

The printer hand watch needs maintenance.

Discussion on combining the club half marathon with The Marathon Club. The members were not in favour of a combined event.

The 2003 National Championships will be organised by WA at Perry Lakes at Easter. We will be publicising the event, and will need assistance from a wide range of members on the various sub-committees, eg officials.

The Club has a portable computer for use at the Nationals, and also the Sunday events. The Hytek programme was successfully trialed at the State Championships.

### MEETING CLOSED:

As there was no more business, the President thanked the members for their contribution and closed the meeting at 8.40 pm.

**Brian Foley**

*Secretary, WA Veterans Athletic Club Inc.*



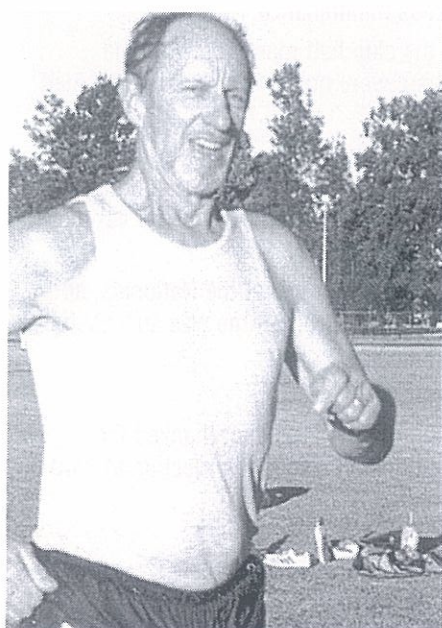
## Candid Camera



*Pat Carr crossing the line at Coker Park on her 70th Birthday. Many happy returns Pat.*



*Liz D and Debbie B pause from their post race chat to pose for the camera*



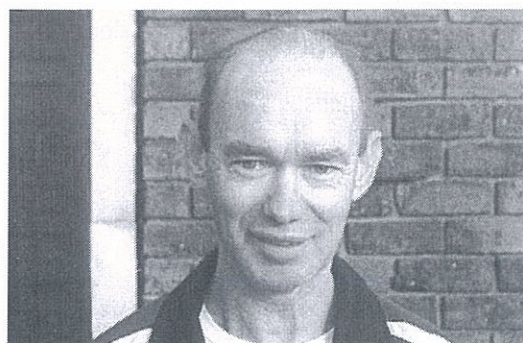
*Good to see John Frost looking strong and back running after injury. John M60 finished the membership run in 54:07*

## Birthdays

### Happy Birthday to our June Members

Christopher	Coates	01.06.1953	49	remains M45
Ian	Davies	03.06.1947	55	becomes M55
Kevin	Davis	03.06.1948	54	remains M50
Carla	Carr	04.06.1961	41	remains W40
Jim	Turnbull	05.06.1936	66	remains M65
Helen	Reece	07.06.1952	50	becomes W50
Maurice	Creagh	11.06.1946	56	remains M55
David	Carr	15.06.1932	70	becomes M70
Toni	Frank	15.06.1945	57	remains W55
Margaret	Spratt	15.06.1947	55	becomes W55
Colin	Junner	16.06.1922	80	becomes M80
Kerry	Miller	17.06.1962	40	becomes W40
Barrie	Thomsett	17.06.1940	62	remains M60
Rod	Davies	22.06.1941	61	remains M60
Ken	Whistler	23.06.1931	71	remains M70
John	Mack	24.06.1941	61	remains M60
Ian	Sanders	24.06.1958	44	remains M40
Wendy	Clements-Green	26.06.1942	60	becomes W60
David	Reid	26.06.1950	52	remains M50
Brad	Dunbar	28.06.1956	46	remains M45
John	Davies	29.06.1944	58	remains M55
Frederick	Hagger	29.06.1925	77	remains M75
Jacqueline	Sanders	29.06.1966	36	remains W35

## Profile #5 Compiled by Jim Barnes



### David Scott

**Born:** New Plymouth NZ 12 09 1947  
**Home:** Yokine  
**Children:** 2 Girls  
**Occupation:** Musician. Embalmer  
**Joined Vets:** 1986  
**Personal Bests:** 5km = 14:19  
 10km = 29:??  
 Marathon = 2:23:00 (NZ trials 1972)  
 Reabold Hill

**Favourite Run:**  
**Favourite Sportsperson:** Peter Snell (former 1 mile world record holder)  
**Food:** Pasta  
**Best Read:** Sports Books and Magazines  
**Best Experience:** Attending Gallipoli 75 Anniversary  
**Most Admired:** Sir Edmund Hilary



## NOTICE BOARD

### New Members

A warm welcome to the new members approved at the committee meeting on May 6, 2002.

Janis Makin  
Troy Kelly

Robert Roll  
Patricia Walsh

### 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.

### LAST CHANCE FOR FREE VETRIN

If you haven't paid your club fees, this will be your last Vetrin.

Of course if you get your cheque in the mail soon, you can be assured of a good read for the rest of the season.

*Letter to the Editor*

### THE TIME HAS COME (in my opinion)

This letter is to advise members that I will propose a motion at the next AGM for constitutional change. The motion will be to change the constitution inserting the word "Masters" in place of the word "Veterans".

There is a lot of sentiment attached to "Veterans". I have plenty of that sentiment as I have been a member of a Veterans Athletic Club for about 25 years. Western Australia is now the only organisation of our kind in Australia with "Veterans" in the name. Every other State is now Masters Athletics, the national body is Masters Athletics as is the World body. "Masters" is a much better vehicle for promotion and sponsorship.

Some members argue that because we are more a road, cross country and Sunday social club than a track and field club we do not need to change. There is merit in that argument but I believe the advantages of "Masters" outweigh the sentiment attached to "Veterans". We could still keep our magazine as the "Vetrin".

This is expressed as a personal view not a committee view.

*Bob Schickert*

## 10 Km Track Handicap 25 April, 2002

Well it had to happen some time! We had rain on our parade. This is the first time that it's happened in the 14 years of running this event. So we must not grumble.

Our thanks go to out to the staunch bunch of lap scorers who sat or stood out in the pouring rain: Patricia Carr, Sue Danby, Jaqueline Billington, Lorna Lauchlan, Lynne Schickert, Christine Tinniswood, Jan Jarvis, Christine Pattinson, Don Pattinson, Brian Paxman, Bob Hayres, Barry Thomsett and Ray Hall, who was co-opted onto the printer watch. (Ray retired from the race, having done most of the distance).

The winner, showing a remarkable recovery after finishing near the back of the Pagoda Run the previous Sunday, was (roll of drums) John Bell. John galloped away to win by almost 6.5 minutes. I don't know what he's eating, but I'll have the same please.

John Pellier was 2nd with Milton Mavrick beating Vic Waters by 1 second, for third place followed by Rod Tinniswood 3 seconds behind Vic. Fastest time of the night was Ian Davies (39:20) in 6th place.

Thanks also to Sue and Brian Danby for brining along the barbeque, which few stalwarts stayed to enjoy after the event.  
*Jeff + Dorothy Whittam*

Place	Name	Age	Clock Time	Hcap	Act Time	Pos
1	John Bell	M55	58:08	07:00	51:08	19
2	John Pellier	M60	64:34	17:25	47:09	15
3	Milton Mavrick	M45	65:00	19:30	45:30	12
4	Vic Waters	M55	65:01	21:00	44:01	8
5	Rod Tinniswood	M50	65:04	18:00	47:04	14
6	Ian Davies	M50	65:20	26:00	39:20	1
7	David Scott	M50	65:34	21:00	44:34	9
8	Gareth Brunt	M50	65:35	25:20	40:15	2
9	Keith Atkinson	M45	65:41	21:05	44:36	10
10	Doug Ashfield	M45	65:46	24:00	41:46	5
11	Bob Sammells	M65	65:52	16:30	49:22	16
12	Bruce Wilson	M55	66:10	25:50	40:20	3
13	Brian Danby	M50	66:10	22:15	43:55	7
14	Frank Gardiner	M50	66:23	21:00	45:23	11
15	Nick Miletic	M50	66:50	17:20	49:30	17
16	Henri Cortis	M55	67:11	20:30	46:41	13
17	Bob Schickert	M60	67:35	26:00	41:35	4
18	Jackie Halberg	W55	67:44	13:50	53:54	20
19	Jon Wanberg	M35	67:52	24:45	43:07	6
20	David Carr	M65	71:46	21:10	50:36	18
	Ray Hall	DNF				

(John Pressley, Geoff Mullens, Robert Roll DNS)

## September long weekend 2002

We have booked the Donnelly River Cottages for Friday, September 27 through to Monday 30, for our weekend away this year.

If you have not been on one of our camps, this time is the the time to go.

**Picture** yourself in a natural bush setting. This time of year is perfect to be in the lovely Donnelly River area, which is near Bridgetown and Nannup.

**Experience** the early morning running/walking in the forrest.

Enjoy the company of friends.

**Relax** with a good book, a cold drink (or whatever takes your fancy) and put your feet up.

**Socialise** with our traditional Saturday evening casserole get-together at the club rooms.

**Visit** one of the wineries, or take in a morning tea at one of the many tourist attractions.

The options are endless.

The village has a small shop on site and there is a happy hour one evening. There are also excellent barbeque facilities.

Forty places have been booked, so get in early. Give your details to Margaret Bennett.

**The cost.** A very reasonable \$45 per person for the three nights. A deposit of \$20 per person is required by July, to secure the booking.



## PAGODA RUN 21.4.2002

The weather was a little cooler this year, and the course returned to that of a couple of years back. 114 runners and walkers completed the course. There were two incidents that occurred during the run. One of our members bumped into a woman walking with her husband, and continued on without stopping or offering an apology. We do not have sole rights to the path - we share with members of the public. This does not reflect well on our club. Another runner was nearly hit when he turned into the path of a cyclist travelling behind, despite a warning from a our member at the drink station. This particular danger is always present when we use dual use paths, and I will look into turning runners off to the side. However, this may not be possible when there is no room on the edge. The other option is to have a marshal at each turn to warn runners and hope that the runners take notice of the warning. This will add 3 extra helpers to this run, which already needed 13. Like many of our runs, it is a labour intensive exercise. Of course the other option is for all of us to be more accountable for our own safety. On a brighter note, one of your marshals was very impressed with the 'thanks' she received as you ran by. A big thank you to my helpers - Maureen Pomrey, Bev Thornton, Margaret Taylor, Leo Hassam, Merv Moyle, Christina Rompotis, Jeff Whittam, Mary Heppell, Sue and Jim Sweeney, Barrie Thomsett, Roxanne Corbon and Jim Barnes. *Jackie Halberg.*

### 5KM RUN

	Age	Time	m/km
Ian Davies	M50	18:25	3:41
David Roberts	M55	20:33	4:07
David Scott	M50	21:14	4:15
Henri Cortis	M55	21:47	4:21
Peter Sanders	M55	23:05	4:37
Peter Airey	M65	23:52	4:46
Damien Hanson	M45	24:23	4:53
Liz Duffield	W45	25:03	5:01
Joe Stickles	M60	25:14	5:03
Wendy Clements-Green	W55	26:24	5:17
Sue Sanders	W45	26:39	5:20
Bridget Carse	W55	27:49	5:34
Keith Forden	M60	31:08	6:14
Julie Wood	W50	31:15	6:15
Ray Lawrence	M70	31:16	6:15
Pierre Viala	M50	31:41	6:20
Jan Jarvis	W55	32:39	6:32
Shirley Milligan	W60	35:39	7:08
Kirt Johnson	M70	35:39	7:08
Glenys Shanahan	W75	63:27	12:41

### 10KM RUN

Jim Langford	M55	37:48	3:47
Bert Carse	M60	38:40	3:52
Ralph Henderson	M50	38:53	3:53
Colin Chisholm	M35	40:26	4:03

John Mack	M60	45:13	4:31
Gary Fisher	M50	45:27	4:33
Mark Hanna	Vis	45:41	4:34
Raymond Loly	Vis	46:13	4:37
Mal Vernon	M45	46:24	4:38
Brian Foley	M55	46:29	4:39
Debbie Burge	W35	46:52	4:41
Dee Haines	Vis	46:56	4:42
Gillian Young	W50	47:34	4:45
John Brambley	M60	49:28	4:57
Paul Martin	M60	50:55	5:06
Geoff Mullins	M55	50:55	5:06
Dick Blom	M65	52:24	5:14
Margaret Robinson	W60	54:01	5:24
Stan Lockwood	M70	54:10	5:25
Mike Rhodes	M55	54:27	5:27
John Smith	M65	57:45	5:47
Ray Hall	M65	58:27	5:51
Neil Mc Rae	M50	58:33	5:51
Arnold Jenkins	M55	63:16	6:20
Sheila Maslen	W60	69:20	6:56
Phyllis Farrell	W55	69:21	6:56

### 16KM RUN

Paul Odam	M40	62:16	3:54
Trevor Robinson	M45	62:28	3:54
Paul Robinson	Vis	64:13	4:01
Chris Coates	M45	65:07	4:04
John Allen	M40	66:50	4:11
Wayne Robinson	M45	69:49	4:22
Bob Schickert	M60	71:00	4:26
Doug Ashfield	M45	71:15	4:27
Mike Karra	M35	72:09	4:31
Brian Danby	M50	73:29	4:36
Akos Gyarmathy	Vis	74:27	4:39
Keith Atkinson	M45	74:57	4:41
Vic Waters	M55	75:57	4:45
Johan Hagedoorn	M55	76:00	4:45
Milton Mavrick	M45	76:56	4:48
Robert Sheehy	M55	77:14	4:50
Dennis Miller	M60	77:36	4:51
Mike Khan	M55	78:43	4:55
Richard Harris	M60	78:48	4:56
Simon Mort	M40	78:51	4:56
John Pellier	M60	79:19	4:57
Nick Miletic	M50	79:39	4:59
Frank Gardner	M50	80:07	5:00
Rod Tinniswood	M50	80:16	5:01
Brian Smith	M60	80:17	5:01
Bill Eggleton	Vis	80:26	5:02
John Frost	M60	80:36	5:02
Shirley Bell	W50	80:52	5:03
Marge Forden	W55	81:00	5:04
Graeme Scaddon	Vis	83:40	5:14
David Carr	M65	85:17	5:20
Don Pattinson	M45	85:18	5:20
Ray Attwell	M65	86:01	5:23
John Dance	M50	86:13	5:23
Paul Lewis	Vis	87:19	5:27
Mitch Loly	M60	87:31	5:28
Graham Thornton	M60	88:12	5:31
Brian Hunter	M55	90:57	5:41
Glenda Lawrence	W45	91:22	5:43
Michael Anderson	M50	91:33	5:43
Wendy Duncan	W50	91:40	5:44
Jeff Spencer	M60	92:28	5:47

Vic Beaumont	M70	92:28	5:47
Paula Karra	W30	92:47	5:48
Irene Ferris	W45	94:36	5:55
Sue Bullen	W40	95:22	5:58
Melisa Gardiner	Vis	98:17	6:09
Joan Pellier	W60	100:26	6:17
Pam Toohey	W55	103:22	6:28
John Bell	M55	105:00	6:34
Elaine Dance	W50	109:28	6:50

### 5KM WALK

Maggie Flanders	W65	43:39	8:44
Pat Ainsworth	W65	43:39	8:44
Ernie Moyle	M75	47:30	9:30
Barbara Bailey	W70	47:48	9:34
Jack Bailey	M75	52:16	10:27
Norm Miller	M65	52:27	10:29

### 10KM WALK

Jean Albury	Vis	72:15	7:13
Lynne Schickert	W60	73:45	7:23
David Brown	M50	73:45	7:23
Tom Albury	Vis	76:34	7:39
Janis Malin	W50	81:22	8:08
Dorothy Whittam	W60	83:50	8:27
Chris Pattinson	W45	86:06	8:37
Patrica Hopkins	W60	86:17	8:38

### 16KM WALK

Alan Jennings	M60	128:02	8:00
Alan Pomery	M70	136:24	8:31

## Reabold Hill Cross Country

28-4-02

Weather great, condition perfect, everybody ready for a great cross-country run. One problem, a slight misunderstanding by one of the marshalls send everybody in the opposite direction, with the result that most runners got lost and ran more then the required kms. But as I've been told, all had a good run and enjoyed de views. I like to thank all my helpers on the day, Paul Martin organised the walk and was most probably the busiest of them all, no recording was done for the run. I hope to see you all again next year and I promise a better marked and marshalled course. *Dick Blom*

Here are the results from the walk:

### 4km

Patricia Hopkins	W60	34.13
Barbara Bailey	W75	39.43
Nola Bending	W55	39.43

### 6km

Maggie Flanders	W65	51.30
Margaret Spratt	W50	62.50

### 8km

Jean Albury	W70	55.29
Lynne Schickert	W60	58.37
Tom Albury	M70	58.46
Janis Malin	W50	63.01



## Andy Wright Handicap 12 May 2002

Once again heaven smiled on us, and we had an ideal day for this race in honour of the late Andy Wright. Despite the fact that we did not clash this year with the Bunbury events our numbers were down slightly on last year, but the fact that it was Mother's Day might have been the cause of that. The morning tea was well supplied (thanks guys). Special thanks to all my helpers: Maureen Pomery and Bev Thornton, Jackie Halberg and Pat Ainsworth, Sue and Peter Sanders, Ray Hall, Ernie Moyle, John Frost, Barrie Thomsett, Ray Lawrence, Dalton Moffett and Barbara Bailey. Thanks too to those who pitched in and helped after morning tea with cleaning up the hall. Thanks everyone for being there. See you all in 2003. *Leo Hassam.*

### 10 K Handicap:

1st Man -	Mike Rhodes
2nd -	Graham Thornton
3rd -	Michael Barton
1st Woman -	Margaret Bennett
2nd -	Paula Karra
3rd -	Shirley Bell

### 5K Run:

	Man	Woman
1st	Ian Davies	Debbie Burge
2nd	Simon Jawichne	Margaret Langford
3rd	Henry Cortis	Lyn Nixon

### 10K Handicap Walk:

	Man	Woman
1st	Rex Bruce	Val Millard
2nd	Alan Jennings	Lynne Schickert
3rd (tie)	Paul Martin & John Mison	Pat Hopkins

### 5K Walk:

	Man	Woman
1st	Jack Bailey	Maggie Flanders
2nd	Jeff Whittam	

### 5KM Run

	Actual	KM rate
DAVIES IAN	19:31	3:54
SHUTTLEWORTH AIMIE	20:50	4:10
JAWICHNE SIMON	21:35	4:19
CORTIS HENRI	22:42	4:32
BURGE DEBBIE	22:56	4:35
HANSON DAMIEN	25:07	5:01
LANGFORD MARGARET	25:13	5:03
AUDSLEY BARRY	26:01	5:12
SMITH COLIN	26:02	5:12
IXON LYN	26:36	5:19
MILLIGAN SHIRLEY	34:33	6:55
VIALA PIERRE	34:34	6:55
HEPPELL MARY	34:35	6:55
STEWART JO-ANNE	41:35	8:19
USHER FRANK	41:52	8:22
SCHAEFER GEORGE	47:11	9:26

### 10KM Run Handicap

	H'cap	Clock	Actual	KM rate
BENNETT MARGARET	1:00	60:12	59:12	5:55
RHODES MIKE	11:50	61:11	49:21	4:56
THORNTON..GRAHAM	16:00	62:10	46:10	4:37
KARRA PAULA	9:30	62:13	52:43	5:16
BARTON MICHAEL	23:00	62:18	39:18	3:56
BELL JOHN	14:10	63:08	48:58	4:54
BELL SHIRLEY	16:45	63:37	46:52	4:41
TINNISWOOD ROD	18:12	63:40	45:28	4:33
BENNETT BRIAN	17:00	64:04	47:04	4:42
LEWIS PAUL	13:20	64:07	50:47	5:05
UNTER BRIAN	13:15	64:10	50:55	5:05
KARRA MIKE	22:50	64:11	41:21	4:08
PATTINSON DON	14:00	64:12	50:12	5:01
CLEMENTS-GREEN W	11:20	64:18	52:58	5:18
ATTWELL RAYMOND	14:50	64:20	49:30	4:57
LANGFORD JIM	27:30	64:21	36:51	3:41
FARRELL PHYLLIS	0:00	64:26	64:26	6:27
HAGEDOORN JOHAN	20:45	64:28	43:43	4:22
WRIGHT ROD	03:00	64:29	61:29	6:09
MCRAE NEIL	25:55	64:35	38:40	3:52
PELLIER JOHN	17:55	64:37	46:42	4:40
HALLIDAY JIM	15:30	64:39	49:09	4:55
ROBERTSON TREVOR	27:00	64:41	37:41	3:46
BRUNT GARETH	25:10	64:50	39:40	3:58
DANBY BRIAN	22:10	64:51	42:41	4:16
MARR LACHLAN	26:40	64:52	38:12	3:49
JONES MERV	10:40	64:53	54:13	5:25
WARREN MARGARET	9:00	64:54	55:54	5:35
COLLETT LAURIE	8:00	64:56	56:56	5:42
SMITH JOHN	10:15	65:07	54:52	5:29
BEAUMONT VIC	10:20	65:13	54:53	5:29
FOLEY BRIAN	19:30	65:14	45:44	4:34
ALLEN JOHN	25:25	65:19	39:54	3:59

WALSH ROGER	15:30	65:22	49:52	4:59
WATERS VIC	21:30	65:29	43:59	4:24
ASHFIELD DOUG	23:40	65:34	41:54	4:11
WARREN MORRIS	2:00	65:38	63:38	6:22
BRAMBLEY JOHN	16:50	65:39	48:49	4:53
KLINGE JIM	25:30	65:45	40:15	4:02
MILETIC NICK	17:15	65:50	48:35	4:52
LAWRENCE GLENDA	14:15	65:51	51:36	5:10
SAMMELLS BOB	16:25	65:55	49:30	4:57
JENKINS ARNOLD	5:20	65:57	60:37	6:04
AIREY PETER	15:40	65:58	50:18	5:02
SAMER JOANNE	17:00	66:00	49:00	4:54
LINDHORST JEFF	25:00	66:01	41:01	4:06
BULLEN SUE	11:00	66:04	55:04	5:30
ROBINSON MARGARET	13:40	66:08	52:28	5:15
DUNCAN WENDY	12:45	66:26	53:41	5:22
LOCKWOOD STAN	15:20	66:27	51:07	5:07
MULLINS GEOFF	22:00	67:07	45:07	4:31
BLOM DICK	16:00	67:09	51:09	5:07
SCHICKERT BOB	25:00	67:25	42:25	4:15
BAMBER WILF	19:05	67:26	48:21	4:50
ANDERSON MICHAEL	14:50	67:39	52:49	5:17
PRESSLEY JOHN	23:45	67:51	44:06	4:25
CARR DAVID	20:10	71:00	50:50	5:05
LANCASTER DENISE	7:00	72:49	65:49	6:35
PATTINSON CHRISTINE	16:40	78:02	61:22	6:08
SHEEHY ROBERT		47:46	47:46	4:47
MORRISEY BEVERLEY		49:57	49:57	5:00
FERGIE BOB		63:41	63:41	6:22
PURTILL ALEX		67:10	67:10	6:43
SANDERS GEOFF		66:22	66:22	6:38
MCDERMOTT-JONES M		67:50	67:50	6:47
MALIN JANIS	78:01	78:01	7:48	

### 5KM Walk

FLANDERS MAGGIE	00:00	43:43	43:43	8:45
BAILEY JACK	00:00	47:58	47:58	9:36
WHITTAM JEFF	00:00	47:58	47:58	9:36

### 10km Walk Sealed H'cap

MILLARD VALERIE	18:45	70:20	89:05	8:54
BROWN DAVID	19:00	70:21	89:21	8:56
BRUCE REX	19:00	70:51	89:51	8:59
JENNINGS ALAN	22:00	67:59	89:59	9:00
SCHICKERT LYNNE	19:00	71:41	90:41	9:04
MARTIN PAUL	29:00	61:50	90:50	6:11
MISON JOHN	29:00	61:50	90:50	6:11
HOPKINS PAT	9:15	81:50	91:05	9:07
SHILLINGTON JENNY	15:00	76:21	91:21	9:08
LAUCHLAN LORNA	15:15	76:44	91:59	9:12
WHITTAM DOROTHY	14:00	80:24	94:24	9:26
POMERY ALAN	19:00	82:16	101:16	10:08



## Bunbury Report

A superb morning. Everybody had a great time including the club members who did not take part in the runs or walk. PBs, first time completions and age group winners were highlights. The most notable performance being an Australian best time for M55, 50K run by John Davies. Apologies for any PBs not shown.

BOB SCHICKERT

### MARATHON AND 50K (50K time)

Name	Age	Time	Comments
Chris Maher	M45	2.45.28	3rd overall, 1st M45
Tony Heppener	M50	2.53.54	1st M50
Bjorn Dybdahl	M45	3.01.12	(3.39.34) 2nd overall 50K
Gareth Brunt	M50	3.13.07	
John Davies	M55	3.13.09	(3.51.53)
John Pellier	M60	3.44.13	1st M60, 19th Bunbury Marathon
Stephen Dunn	M35	3.50.41	(4.31.14)
Lyle James	M60	4.56.24	

### HALF MARATHON WALKERS

Val Millard	W55	2.36.12	PB, 1st overall
Lynne Schickert	W60	2.37.28	PB, 2nd "
Rex Bruce	M60	2.39.39	PB, 3rd "
Chris Pattinson	W45	2.53.53	PB
Alan Pomery	M70	2.58.16	Happy 71st Birthday
Sue Danby	W50	3.03.49	
Wendy Spencer	W55	3.03.53	
Jacqui Beaumont	W65	3.03.54	

### HALF MARATHON

Trevor Robertson	M45	1.22.21	7th overall, 1st M45
Alan Thurlow	M45	1.29.19	
Ivan Brown	M55	1.31.28	
Wayne Robinson	M45	1.31.35	
Lyn Ventris	W45	1.31.56	1st W45
Bob Schickert	M60	1.33.41	1st M60
Brian Danby	M50	1.34.08	
Kevin Martin	M55	1.36.04	
Frank Gardiner	M50	1.37.58	
Rob Roll	M55	1.38.35	
Graham Thornton	M60	1.39.13	
Mike Khan	M55	1.43.08	
Rob Sheehy	M55	1.44.14	PB by a long way
Keith Atkinson	M45	1.47.05	
Nick Miletic	M50	1.47.19	PB?
Richard Harris	M65	1.47.27	1st M65
Rod Tinniswood	M50	1.50.58	Best "half" as an Aussie
Cecil Walkley	M70	1.53.34	1st M70
Glenda Lawrence	W45	1.54.08	
Paul Lewis	M55	1.55.09	
John Dance	M50	1.58.20	
Wendy Duncan	W50	1.58.53	
Don Pattinson	M45	1.58.54	
Merv Jones	M60	2.00.10	
Vic Beaumont	M70	2.00.18	
Bob Hayres	M70	2.03.06	Val Millard John Davies without beard
Irene Ferris	W50	2.05.50	
Ruth Johnson	W60	2.05.58	1st W60
Brian Smith	M60	2.06.27	
Laurie Collett	M70	2.06.27	First half marathon
Sue Bullen	W40	2.07.27	PB
Pam Toohey	W55	2.10.01	
Mike Berry	M70	2.10.10	
Joan Pellier	W60	2.13.18	
Denise Lancaster	W50	2.17.50	
Margaret Bennett	W60	2.18.02	
Elaine Dance	W50	2.25.37	

## JORGENSEN PARK

### CROSS COUNTRY/EARLY LUNCH-28 JULY

Contrary to rumors we are still having a lunch BUT NOT AT THE HALL AT JORGENSEN PARK which is unavailable. The lunch which everyone enjoys after a challenging run is to be held at the Kalamunda Agricultural Hall, Canning Rd, Kalamunda at 11 am.

This hall is less than five minutes drive from the park and next door to Kalamunda Senior High School. When you book (and pay) with Lynne or Bob Schickert you will be given a map. Cost \$12.50 per person for the same menu as last year and this time we will have stainless steel cutlery in place of plastic. Cost is a little higher due to higher hall rental charge.

*Credit card payments can be made to Lynne or Bob on 93303803.*

## AUSTRALIAN ATHLETICS FAMILY MOURNS THE LOSS OF GRAEME BRIGGS, AM

The Australian Athletics Family acknowledges with sadness the passing of one of its most eminent members and contributors, Graeme Briggs, AM, who died on Saturday, 11th May after a period of illness.

It is almost impossible to chronicle Graeme's achievements in sport and his contribution to athletics, in particular.

Graeme will be fondly remembered by his sport as a man of enormous commitment, knowledge and dedication. He will be sadly missed. *Brian Roe*



### Reminder to dog owners.

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

### Betty Beaumann

Although not members for 2001-2002, Carlo and Betty Beaumann were club members for about 15 years and would be known to many long-time members.

Sadly Betty passed away recently aged 89. Our sympathy to Carlo and family.

### CREDIT CARD PAYMENTS

Please note that after discussions with BankWest we have withdrawn the 5% fee for payment by credit card.



# BE ACTIVE EVERY DAY



## Australian Masters Athletics National Championships, 18-21 April 2003

Adelaide staged a very well run meeting at Easter this year and it's our turn now! The WA Veterans Athletics Club will be hosting the next AMA National Championships in Perth across Easter 2003. Mark your diaries, encourage your mates to enter (even if only as temporary members) and start training! Considerable advertising has been done at recent interstate athletics events over the past twelve months and we hope to have between 200 - 300 athletes from around Australia and New Zealand competing against 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 the Vets 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

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

Being active every day is not difficult and doing some form of moderate physical activity has some great health benefits.

There is no need to sweat or strain yourself, examples of moderate physical activity include walking, taking the stairs, going for a bike ride, swimming and gardening.

Regular activity reduces your risk of major diseases such as heart disease and diabetes and it helps control your blood pressure, cholesterol and weight. It will also make you feel a whole lot better, physically and mentally! So Be Active Every Day.

## HELPERS LIST

**2nd June - Bardon Bash - Director - Margaret Bennett 92750169**

Helpers - L.Nixon, J.Shillington, B.Smith, JoStewart, P.Bailey.

**9th June - Joondalup Run - Director Margaret Warren 93055194**

Helpers - A.Damiani, M.Anderson, P.Gare, W.Gee, J.Hagerdoorn, J.Wood, Bob Harrison, B.Height, P.Hopkins.

**16th June - Deepwater Point - Director Dalton Moffett 93048116**

Helpers - P.Airey, R.Wallis, S&P.Sanders, R.Lawrence, Dee Campbell, L.Hassam, F.Lipscombe.

**23rd June - Around Herdsman - Director Margaret Langford 93876347**

Helpers - K.Adrian, J.Stickles, R.Hall, S.Lockwood, R.Parker.

**30th June - 25k RRC - Director Frank Gardiner 92954246.**

Helpers - J&S.Sweeney, G.Shanahan, J.Mison, J.Samer, J.Lindhorst

**7th July - Darlington Dash - Director David James**

Helpers - J.Mack, J.Keeley, M.Khan, J&E.Ellard, J.Najar, J.West

## 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**



### 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.