

## YOU DESERVE A NEW SHIRT!

\*(Remember - club singlets must be worn at our State Championships)  
Running singlets and club tee-shirts are now available.  
Tee-shirts are gold with black trim, and the club badge on left breast.  
Style is three stud fastening, with collar. Sizes 10-24 (unisex)— Price \$16 each.  
Also available are the black and white singlets, size 10-24 at \$13 each\*.  
Car stickers cost \$2 a piece; likewise iron-on badges for windcheater, etc.  
Why not get the full set?

### ORDER FORM

PLEASE SUPPLY

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.....QUANTITY.....SIZE.....

.....QUANTITY.....SIZE.....

Post to: Brian Danby, PO Box 362, Hillarys

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### HAPPY BIRTHDAY TO OUR AUGUST MEMBERS

WOODS, COLIN	03/08/37	56 remains M55	MEDCALF, GORDON	19/08/29	64 remains M60
WHITTAM, JEFFREY	05/08/34	59 remains M55	TURNER, CEDRIC	19/08/35	58 remains M55
MORT, SIMON	06/08/56	37 remains M35	BRENNAN, SYLVIA	20/08/24	69 remains W65
HENDERSON, RALPH	07/08/48	45 becomes M45	MARTIN, KEITH	21/08/43	50 becomes M50
DANBY, BRIAN	08/08/48	45 becomes M45	BENNETT, BRIAN	28/08/47	46 remains M45
MASLEN, TED	08/08/35	58 remains M55	NAPIER, FREDERICK	28/08/25	68 remains M65
LLOYD, GEOFFREY	13/08/47	46 remains M45	RICHARDS, NORMAN	29/08/37	56 remains M55
HUGHES, WILLIAM	15/08/27	66 remains M65	BAUMANN, BETTY	30/08/12	81 remains W80
KELLY, MAX	15/08/46	47 remains M45	STINGEMORE, ANN	31/08/52	41 remains W40
WALDHUTER, GLENYS	17/08/43	50 becomes W50			



NO. 246 JUNE/JULY 1993

# The Vetrunk



WA VETERANS AC - REGD BY  
AUSTRALIA POST PUBN 0370

## CELEBRATE 20 YEARS OF THE VETS!

TWENTY years of veterans' athletics in WA will be celebrated at our annual dinner and dance in November. In the early 70s a small group of athletes formed WAVAC. This year we want to celebrate their foresight, and the creation of a club that has given so much companionship, competition and incentive to hundreds of athletes over two decades.

How to go about it?

Well, let's have your suggestions!

The committee has made a start, by booking the Silver Room at the Quality Langley Hotel, for Friday November 5. Fireworks guaranteed.

It's going to be a GRAND night - so perhaps it's worth renovating that 25-years old dinner jacket, and treating her indoors to a flash new dress?

You'll be able to afford it, because the club is subsidising a superb buffet dinner, and keeping the price to a very reasonable \$25 per head. Music will follow, of course.

You'll have all day Saturday to recover - but if you would like to avoid

transport costs or driving, and stay on at the hotel, we have negotiated a reduced rate of \$92 per double room. (This is a saving of \$50. Book in advance with the reservations clerk, and tell them you're with the Vets.)

WAVAC would like to make this a very special dinner. Dressing up is one possibility. A sporting guest speaker is another - and perhaps we'll persuade one of our own old-timers to recall some of the club's highlights.

We would welcome your thoughts on how to make this a year to remember. Please think about it, talk to other club members, and let the committee hear from you.

All of the following, and more, will be on our buffet menu:

Prawn cocktail; sugar-baked ham, beef in red wine and mushroom sauce, chicken forestiere, baby schnapper with lemon butter; sliced turkey with cranberry sauce, leg ham with pineapple, roast beef with horseradish, sliced pork, continental salamis, relishes and dressings; eight salads, including Waldorf, lettuce mimosa, coleslaw etc; chocolate mousse, Black Forest cake, etc; cheeseboard; coffee and mints.

### ROTTNEST IS FULL

A reserve list is being compiled, in the unlikely event that anyone drops out of the next Rottnest camp. If you want to be on standby, contact Sandi or Brigitte. If you are going, don't forget you must book and pay for your own ferry trip.

### WHO IS NON-FINANCIAL?

If you're reading this, your very own copy of the Vetrunk, you've paid your subs.

If you know a member who has not - please give him/her a nudge! At the last committee meeting, it was apparent that ONE THIRD of the members, around 150 people, were non-financial.

Subscriptions are due every year, at the end of March. This year, we gave everyone until May 31 to renew.

It's a big job, chasing up subs, and one the busy treasurer could do without. Our fees are very reasonable, so it's unlikely that financial hardship causes people to delay payment.

Most just forget. Non-receipt of the Vetrunk is one way of reminding them.

So, if anyone tells you they have not seen the magazine, point them towards the treasurer! Her address appears on the back page.

### Forthcoming Attractions

#### RACE NOTES

### HELP!

Seven or eight people are required to help with the Kings Park 10K Cross-Country on August 8. Please call director Warren Gee (448 7587) or Barry Thomsett (276 6446).

Also in August...

Deepwater Point's 16K on August 1 is a good continuation of your distance build-up, ready for the Club Half-Marathon on August 15 at McCallum.

The Kings Park 10K is a testing cross-country. If you haven't run it before - save yourself for the 1K hill-climb near the end!

The Garvey Gallop, one of our newest runs (Aug 22) begins in Redcliffe and follows the river towards the city. Last Sunday of the month offers a group jog at Perry Lakes, for those not involved in the City to Surf.

#### MORE RECORDS

A few new WA State records were omitted from our April issue (no. 244). Thanks to the indefatigable Bob Sammells for bringing us up to date once more.

The records are:

**2,000M Walk**  
M80 Dick Horsley 14:55.90

**Hammer (5Kg)**  
M60-65 Fred Napier 21.72m

**Discus (1Kg)**  
W65 Raema McMillan 17.80m  
W70 Val Tyson 12.80m  
W80 Betty Baumann 9.42m

**In this  
issue...?  
see page 3**



RESULTS

10K RUN

Dave Hough	55:04
Mary Robinson	56:00
Rob Davis	56:36
Alan Tyson	57:07
Mitch Loly	57:13
Heather Sanderson	57:23
George Peet	57:35
Wendy Clements	57:38
Pat Miller	57:46
Duncan Strachan	58:02
Kevin Anderson	58:44
Ann Turner	58:45
Keith Forden	58:46
Lynn Farrelly	59:06
Rob Shand	59:10
John Pellier	59:15
Pauline Wiltshire	59:22
Margaret Warren	59:26
June Strachan	59:30
Marge Forden	59:31
George Schaefer	59:32
Phil Drayson	59:33
Ivan Wiltshire	59:34
Stuart Hicks	59:35
David Bryant	59:40
Stuart Parkinson	59:43
Wayne Robinson	59:50
Ted Maslen	59:53
Sheila Maslen	60:01
Graham Thornton	60:08
Vic Waters	60:09
David James	60:12
Merv Jones	60:13
Hugh Kirkman	60:15
Barry Harwood	60:24
Ron Hillis	60:25
Frank McLinden	60:28
Roma Bettles	60:32
Merv Moyle	60:33
Michael Carey	60:45
Warren Gee	60:45
Basil Worner	60:49
Geoff Tite	60:50
Jill Chambers	61:00
Bob Schickert	61:11
John Ferris	61:17
Ken Brownlie	61:25
Joan Pellier	61:26
Norm Miller	61:30
Brian Danby	61:40
Bob Harrison	61:47
Dave Scott	61:48
Brigitte Cheek	61:52
Vic Beaumont	62:00
Estelle Rogers	62:08
Shorty Turner	62:10
Dave Carr	62:16
Robin Bonner	62:17
Michael Anderson	62:22
Kath Penton	62:25
Dalton Moffett	62:38
Sue Lekias	62:47
Sandi Hodge	62:59
Alan Chambers	63:30
Rosa Davis	63:56
Mary Heppell	63:59
Alan Croxford	65:07
Brian Bennett	65:50

Andy Wright Memorial Handicap

May 23, 1993

CONDITIONS: ideal for running, cool, fine and no wind.

It's time for a new venue

THE weather brought out the runners again this year. There were a total of 89 who were clocked in at the finish, and there were others who didn't walk or run officially.

Thanks again to all who turned out to honour the memory of the late Andy Wright. Thanks, too, to Margaret Ward, Jackie Halberg, Fred Haggard, Bob Sammells, Ray Lawrence, Dalton Moffett, Arthur Leggett who helped with the run, and to Sue Danby and those who helped her with the catering side. Guys, you outdid yourselves with the morning tea.

I know you did it all unaided, so take a bow!

Because of the increasing congestion at Carine, and the on-going hassles we experience in sharing facilities with the Junior Football Club canteen, the race director intends exploring a possible alternative venue for future Andy Wright runs. He will make a recommendation to the Committee in the near future.

So, wherever it is - see you all next year!

Leo Hassam

This year's winners are:

10K Handicap

First Woman: Mary Robinson  
First Man: Dave Hough

10 K Walk

First Woman: Dorothy Whittam  
First Man: Ernie Moyle

5K Run:

Hugh Kirkman	21:06
Barry Kernaghan	21:09
Norm Richards	24:31
Jim Riddell	27:13
Pat Carr	31:00
Ray Barnett	33:48
Ron Spencer	35:09
Lynne Schickert	35:51
Barry Munyard	38:32
Simon Mort	39:01

10K Walk

(sealed handicap)

	Clock	H/c	Adj
Ernie Moyle	74:41	13:00	87:41
Jeff Whittam	74:52	13:00	87:52
Barrie Weatherburn	63:03	26:30	89:33
Barrie Thomsett	67:36	23:00	90:36
Dorothy Whittam	69:47	21:15	91:02
Peter Johnson	60:26	31:15	91:41
5K Walk:			
Joan Gillson			42:10
Jenny Milson			44:05
Val Bonner			48:34

WHEEL RIGHT

IT'S always good to see newer club members chipping in with help, and sometimes their own brand of expertise.

So, thanks to Simon Mort for putting his skill to work on the club's behalf, renovating and repairing the old measuring wheel, which is now back in service.

David James had some input to the same piece of equipment. He used it to measure the Darlington Dash, which he and wife Dale took over most effectively (thanks to the whole James family!)

Unfortunately, a lump fell off. Metal fatigue? Dave promptly had the piece welded. With care, this wheel should roll on forever!

HOW'S YOUR BONE DENSITY?

FEMALES over 50 are in demand - specifically by Sir Charles Gairdner.

The hospital is conducting a survey on bone density in women, and needs more subjects, over 50, who have NOT been on hormone replacement therapy.

The testing is painless, conducted by X-ray. It's free, of course, and you will be given the results of your own test. This knowledge might be of particular value to active women like the Vets.

If you're interested, call Joan Brayshaw, on 389 2228.

(Many thanks to Gordon Medcalf, who supplied this information to Vetrun.)

PAXMAN'S MOVE

Brian Paxman, fresh from his Masters Games chess exertions, set out to cycle across Australia.

As promised, he reports, from Gundagai NSW:

Dear Vic

I hope our epic journey (Noel Purves' and mine) is not a total yawn. Anyhow, the story so far:

We left Perth on May 1, reached Border Village (SA border) May 15.

Saw and heard the dingos across the Nullarbor, not to mention the mice, which are in plague proportions and had fun running races across our tent.

In general we pitched tent, either at caravan parks, or in bush when necessary (as it was a few times). Some headwinds a couple of days either side of the border.

Bypassing Adelaide we went through Clare - lovely country - and then Nuriootpa (try saying that after a few drinks. We did.) Beautiful tailwinds down into Victoria, which we reached May 31.

Weather deteriorated, cold and showery. Downhill run into Melbourne most pleasant, then 1,000 traffic lights on our way over to South Dalkeith, June 4, where we stayed a few days. Took exactly five weeks from Perth, 3,500kms in 35 days.

After Clare we had stayed in pubs, tenting became very uncomfortable, due to cold and showers.

[Brian and Noel split up at South Dalkeith, Noel riding to Mt Beauty (Falls Creek area) to visit his daughter; while Brian headed for Canberra via Juring, where he wrote his next episode.]

Friday: rain and cold all day, and a fairly unpleasant ride. Saturday: worse!

Strong west winds (tailwinds fortunately, which blew me over some big hills) with showers of rain, sleet - even some snow! Made only one stop during the day, at Yass, as it was so cold. Feet and hands like ice blocks. The rest OK.

Anyway, no real trouble getting to Canberra, and in retrospect glad to have experienced these conditions.

[Brian stayed with his son in Canberra, where he was joined by wife Judy, who flew from WA.]

He concludes:

I'm looking forward to returning - which will not be by bicycle. Not that I wouldn't have done the trip, but future cycle touring will be on a more modest scale!

Regards, B.P.

Bearded Brian was given a warm welcome by his old club - the ACT Vets, of which he was a founder. His picture in their newsletter showed a hirsute Brian. But why were they so surprised that a 63-year old athlete could make such a trip! Have they never heard of Arthur Leggett? Ed.

RESULTS

16K RUN

Chris Maher	M40	58:38
Wayne Robinson	M35	59:07
John Ferris	M40	62:57
Jim Klinge	M45	63:53
Bob Schickert	M50	64:36
Hugh Kirkman	M50	64:51
Peter Hill	M45	67:42
Jill Chambers	W40	68:58
John Carpenter	M45	69:25
John Pellier	M50	69:28
Bob Sammells	M55	69:52
Robin Bonner	M60	70:28
Brian Foley	M45	72:28
Jim Barnes	M50	72:33
Mitch Loly	M50	73:33
Dalton Moffett	M60	78:57
Jeanette Howat	W35	79:05
Allen Tyson	M65	79:05
Jacqui Halberg	W45	81:28
Merv Jones	M50	83:09
Barry Robinson	M50	83:34
George Peet	M55	84:33
Dave Hough	M60	86:05
Ray Lawrence	M65	86:06
Stewart Hicks	M70	87:03
Jack Williamson	M50	89:30
Norm Miller	M60	1:30:44
Sandi Hodge	W45	1:31:59
Brigitte Cheek	W35	1:32:00
Pat Miller	W55	1:33:02
Frank Usher	M65	1:41:51

8K

Warren Gee	M40	30:46
Vic Waters	M45	33:05
Geoff Tite	M40	33:24
Simon Mort	M35	35:20
Marge Forden	W50	35:52
Basil Worner	M60	36:03
Don Caplin	M50	36:28
Keith Forden	M50	38:13
Jim Riddell	M50	39:56
Ron Sutton	M55	40:10
Wendy Clements	W50	40:11
John Stone	M40	40:25
Kirt Johnson	M60	42:26
Joan Pellier	W50	42:38
Keith Webster	M50	43:30
Estelle Rogers	W35	43:53
Duncan Strachan	M70	44:07
Irene Ferris	W40	44:08
Mary Robinson	W55	47:26
Pauline Kelly	W45	50:39
Syd Bowler	M70	54:37
Lyn Schickert	W50	55:13
Toni Frank	W45	58:06
Judy Hill	W45	59:05

6K WALK

Dick Horsley	M80	58:24
Gillian Peet	W55	58:26

8K WALK

Vicki Slater	W35	61:15
Maureen Gianatti	W55	65:51
Carl Gianatti	M60	65:51
Robin Slater	M35	65:53

Darlington Dash

June 20, 1993

Ferris and Ferris is a winning combination

CONDITIONS were chilly and there was a little rain, but not bad for a winter morning in the hills. Poms seemed to be scarce, except for John Pellier, who was full of excuses for his native cricket team.

It was great to have so many runners and walkers there, 64 in all.

The trophy for the fastest husband and wife team was presented by Dick Horsley to Irene and John Ferris, for the third year in a row. This will take a lot of beating, congratulations to them. John and Joan Pellier were second.

Our thanks to Liz and Mike Khan, Alan Chalmers, Fred Hagger (and anyone else we've forgotten to name!) plus our own daughters, Kylie and Sascha, for their help on the day.

Hope to see even more of you next year up in our neck of the woods.

Dale and David James

CARTOONS BY GEORGE

Long-standing Vets member George Boakes contacted Vetrun this month, with good news on two fronts. Most importantly, he's fit and well; and wife Catherine is also perking up. Acting as carer for Catherine has made things tough, but George, now an M80, still plans to get along to a club meet, once circumstances permit. (Dick Horsley and Syd Coleman better watch for him!)

However, George's other great love, cartooning, keeps him busy too.

Senior Citizens' Services has requested cartoons from George, and a poster for the 1993 Commonwealth Games.

Finally, George suggests that English cricket fans watch out for Tim Munton.

He's vice-captain of Warwickshire, fast bowler with the England A team, and George's grandson by marriage.







Fremantle Harbour Run

June 6, 1993

Fremantle weather—take a bow!

ANOTHER successful running of this event included four new age group records and many excellent performances. Possibly the greatest achievement was a PB by the weather.

A sunny, windless, day in Freo is indeed a rare occurrence.

My thanks to the helpers - Sue and Paul Hughes, Fred Hagger, Bob Schickert, Peggy Macliver, Don Caplin, Bev Thornton, Maureen Pomery, and my wife, Jasmine.

Paul Martin

\* = new record

10 MILE WALK		
Peter Johnson	M45	1:41:00

5.5K WALK		
Joan Hillis	W45	39:07
Bob Fergie	M55	39:12
Alan Pomery	M60	39:35
Tina Carrero	W45	45:53
Dick Horsley	M80	45:54
Amy Loly	W30	64:26

Visitors		
5.5K Walk		
Karen Jones		50:43
Yvonne Porter		50:45

5.5K RUN		
Bruce Wilson	M45	20:00
Gary Lynn	M45	21:37
Barry Harwood	M50	22:51
Mike Rhodes	M45	23:00
Bill Peart	M50	23:15
Rob Shand	M60	23:27
Keith Forden	M50	25:05
Stuart Parkinson	M45	25:33
John Smith	M55	26:56
Kirt Johnson	M60	27:57
Joan Pellier	W50	28:23
Ray Barnett	M45	29:10
Duncan Strachan	M70	29:48
Rosemary Maddox	W45	30:23
Jill Midolo	W45	30:29
Pauline Kelly	W45	30:34
June Strachan	W65	30:41
Rosa Davis	W45	30:47
Lorna Lauchlan	W60	30:51
Pat Carr	W60	31:05
Jacqui Billington	W50	31:15
Marg Ward	W50	34:13
Alison Aldrich	W50	34:14
Rob Davis	M50	34:32
Lynn Schickert	W50	40:57

10 MILE RUN		
Phil Drayson	M40	59:51
Wayne Robinson	M35	60:34*
David Bishop	M35	61:12
Dave Roberts	M50	63:00*
Hugh Kirkman	M50	63:31
Bob Harrison	M50	66:36
Frank Smith	M50	66:37
Derek Hoyer	M50	67:20
Vic Waters	M45	68:04
Peter Hill	M45	68:21
John Carpenter	M45	68:35
Tessa Brockwell	W35	68:45
Frank McLinden	M60	69:18
John Pellier	M50	69:27
George Schaefer	M60	70:02
Geoff Tite	M40	70:05
Jim Barnes	M50	70:18
Clive Choate	M40	70:31
Robin Bonner	M60	71:03
Mike Khan	M45	71:09
Kath Noordyk	W45	71:23*
Vince Carrero	M50	71:49
Lyn Harrop	W35	72:32
David Bryant	M45	72:52
Graham Thornton	M50	73:05
Morris Warren	M55	73:08
Marge Forden	W50	73:09
Adrian Noordyk	M40	73:56
Aldo Giacomini	M55	75:44
Fraser Deanus	M50	76:02
Dalton Moffett	M60	76:16
Mitch Loly	M50	76:52
David Carr	M60	77:48
Arnold Jenkins	M45	77:48
Brian Bennett	M45	78:04
Tricia Spain	W50	78:46
George Maddox	M45	79:39
Peter Airey	M55	79:41
Merv Jones	M50	80:09
Ron Hillis	M45	80:34
Allen Tyson	M65	80:38
Lynn Farrelly	M45	80:44
Jeanette Howat	W35	80:46
Brian Aldrich	M60	80:50
Jeff Spencer	M50	80:58
George Peet	M55	81:00
Jacqui Halberg	W45	81:08
Merv Moyle	M65	81:08
Don Blair	M40	83:02
Cecil Walkley	M60	83:04
Brenda Matthews	W40	83:47
John Russell	M60	84:36
Rebekah Healey	W30	84:36
Roma Bettles	W40	85:30
Wendy Clements	W50	87:17
Ray Lawrence	M65	89:11
Estelle Rogers	W35	1:31:52
Norm Miller	M60	1:34:43
Phyllis Farrell	W45	1:34:44
Pat Miller	W55	1:35:32
Mary Robinson	W55	1:36:11
Esther Healey	W55	1:38:36
Mary Hepple		1:50:15
Frank Usher	M65	1:50:15

Visitors		
10 mile Run		
Alan Croxford		69:53
Stephan Frodsham		76:17
David Walladge		78:27
Reece Walnock		83:03
Eddie Hill		83:47

UNI & BACK (8K & 15K)

May 30, 1993

A cold sunny morning saw the 7.30 start of our thirteen walkers, and at 8.00am sharp 117 runners toed the line in the same perfect conditions.

The river and its surrounds looked a treat and I believe the combination of ideal location and conditions enabled some good times to be recorded - even allowing for a detour around the Lord Mayors Cup revellers at the Barrack Street rowing club, who were also enjoying our beautiful river.

As the results indicate, a nice majority opted to do the full distance and this could indicate that the Morris Warren Advertising Agency is the place to go if you want to increase participants in the full 50K event - offers of a drink of water notwithstanding.

It was good to see such a good turnout for the event and especially good to see Dick Horsley out and about again - he managed a respectable 6K walk and also timed-in the majority of the walkers.

See you all again next year.

Fred Hagger

15K		
David Reid	M40	54:37
Frank Smith	M50	55:42
Bob Schickert	M50	56:28
Bob Harrison	M50	57:11
John Ferris	M40	57:28
Vance Mitsopoulos	M40	57:41
Dave Roberts	M50	57:46
Ian Colquhoun	M35	58:37
Hugh Kirkman	M50	59:28
Brian Danby	M40	61:19
Derek Hoyer	M50	61:56
Vic Waters	M45	62:10
Jill Chambers	W40	62:33
Ted Maslen	M55	62:49
John Bell	M45	62:51
Frank McLinden	M60	62:53
Laurie Nevin	M50	63:22
Graham Thornton	M50	63:24
Geoff Tite	M40	63:25
John Pellier	M50	63:36
Paul Martin	M50	63:43
Joe Stickle	M55	63:46
George Schaefer	M60	63:55
Mike Khan	M45	64:10
Bob Sammells	M55	64:33
Robin Bonner	M60	65:18
Jimmy Greenfield	M45	65:22
David James	M40	65:26
Stan Lockwood	M60	66:46
Leon Sander	M55	67:30
Mike Kerry	M35	67:39
Richard Harris	M55	68:03
Morris Warren	M55	68:13
Merv Moyle	M65	68:20

Club Cross-Country Championships

Jorgensen Park July 11, 1993

Championship Run 3 Laps (app 9K)

\* = age group champion

*Jim Langford	M45	32:03
*David Reid	M40	32:38
*Hank Stoffers	M50	34:23
Duncan McCauley	M40	34:41
Bruce Wilson	M45	35:35
John West	M40	37:19
John Ferris	M40	37:36
*Jill Chambers	W40	37:50
Dennis Miller	M50	38:35
Vic Waters	M45	38:38
Brian Danby	M40	38:49
Peter Hill	M45	39:09
Vincente Carrero	M50	39:28
John Pressley	M45	39:30
Jeff Mullins	M45	39:48
Brian Foley	M45	40:01
*Robin Bonner	M60	40:05
David Carr	M60	40:27
Rosa Davis	W45	41:04
David Bryant	M45	41:14
Basil Worner	M60	41:44
*Joe Stickle	M55	42:14
John Pellier	M50	42:43
*Merv Moyle	M65	43:35
Graham Thornton	M50	43:54
Arnold Jenkins	M45	44:36
Doug Hazell	M40	44:38
Mike Khan	M45	44:38
Ivan Wiltshire	M50	46:00
*Peggy Macliver	W45	46:15
Kevin Anderson	M50	46:32
Ron Hillis	M45	46:49
Allen Tyson	M65	46:55
Stuart Parkinson	M45	47:05
Margaret Birks	W45	47:23
Merv Jones	M50	47:49
Jacqui Halberg	W45	47:58
Mike O'Reilly	M50	48:05
George Peet	M55	48:53
John Stone	M40	48:55
Terry Foster	M50	49:20
*Pauline Wiltshire	W50	49:35
Jim Riddell	M50	49:55
David Hough	M60	50:42
Roma Bettles	W40	51:18
John Russell	M50	51:46
Alan Chambers	M55	52:20
*Pat Miller	W55	53:55
Joan Pellier	W50	54:34
*Duncan Strachan	M70	54:45
Keith Webster	M50	55:19
Barry Thomsett	M50	55:41
Irene Ferris	W40	58:59
Jill Midolo	W45	62:55

Conditions: heavy rain, mild

MY thanks must go first to Mary Robinson, who, on the preceding Saturday braved a very large 'hound' in thick bush while helping put out flags, and was still able to make me a cuppa when it was all over. (No, I'm not such a beast.)

To Arthur Leggett, Bob Sammells, Jeff Whittam and all the others who braved the elements on Sunday to help at the finish ...encourage ...photograph ...pick up flags, etc, etc... god bless you all.

I quote Vic Waters... "Please thank Sandi Hodge and all her girls of the kitchen harem for the terrific lunch" ...so, indeed, my thanks ladies, you are gorgeous as well as hard-working. To the guys in the kitchen (not so good looking, but still, thanks.)

On the course, I'm sorry I couldn't cut back all the overhanging foliage, but it would have been absolute vandalism, as well as impossible.

Sadly we may have to alter the course next year, or risk serious injury to runners. We were lucky this time. Rosa has recovered, and I'm assured that Norm Miller and Merv Moyle have pulled up alright after their mishaps.

Finally, I quote part of a conversation heard after the run, during lunch. "This kind of event is really good for the club."

I'm sure you would all agree, and look forward to 1994.

Barrie Thomsett

One lap runners		
Joan Hillis	W45	21:26
Judy Hill	W45	22:53

Two lap runners		
Norm Miller	M60	34:50
Ray Bartlett	M45	35:01
Hazel Corbett	W40	35:35
Pauline Kelly	W45	36:26
Cathrin Holland	W35	39:11
Karen Jones	W50	50:49

Visitors		
David McCauley	(1L)	15:40
Shayne Hill	(2L)	22:53
Mark Pressley	(3L)	31:41
Rachel West	(2L)	32:32
Chris Cochrane	(3L)	37:27
Stephen Hickey	(3L)	38:59
Gary Sanford	(3L)	42:10
Ross Davison	(3L)	42:34
Miranda Hickey	(3L)	43:50
Lois West	(2L)	44:16
Rob West	(3L)	45:45
Damien West	(3L)	53:38

From the Committee

SAFETY IS A CONCERN

Action on visitors

SAFETY has been under discussion, within the committee and elsewhere, for many months. High participation levels in Sunday runs, and the fact that we often use public areas, means we must examine very carefully the club's responsibility to members, marshals, and the general public.

Legal implications are being studied, so we can be sure WAVAC will proceed and develop in the best interests of all.

In the meantime, we have tried to tighten up our approach in certain areas.

Race starting is one such area. Directors are asked to reorganise where necessary to avoid masses of people hitting the footpath, or roadway, in a huge bunch. Road crossings are always a problem. We try to eliminate as many as possible, and ensure those remaining are marshalled, responsibly.

Of course, every club member must take responsibility too. Assuming that traffic will give way to you just because you're wearing a club singlet, or marshall's red jacket, is naive. Safety first is the way to think, in training, or racing.

Visitors continue to concern the committee.

We have ruled that it is now ESSENTIAL for race directors to exhort all visitors to sign in, and by so doing sign our disclaimer. They must ALL also pay the \$4 fee.

Visitors contribute nothing in terms of help or assistance. It's only reasonable that they should at least contribute to our finances.

Of course we want visitors, and we hope they will see the logic of becoming full members. Under-age visitors, especially when they are related to members, will continue to be welcomed provided their numbers remain manageable. In the case of very young children, we would expect their parents to take complete responsibility for them during the entire event.

Computerised Results

We're looking at the possibility of a computerised check in/ recording system for the Sunday results. This might entail a lap-top computer, and members being issued numbers. The advantage should be seen in less labour for recorders and race directors, and more accurate results returned to the Vetrin.

We're open to suggestions of course, at this very early stage.



# MANY WELCOME RETURNS

THERE were several good reasons to brave the coldest weekend of the year, and turn out for the Hester Park run.

Val Tyson graced us with a regal guest appearance. So did Margaret Birks, who found the weather quite invigorating after muggy Kuala Lumpur. Havings slept under the stars on a farm in York the previous Friday, when the low was 1 degree C, she's becoming acclimatised fast.

## Iron-man Jim

Jim Barnes made a welcome return to form, too, finishing well to the fore in the 12K run, and looking much more like his old self.

Ted Maslen has been fighting his way back from injury for many weeks, and is also looking more comfortable, in the association and Vets events.

## Frank's flying

But the most notable 'welcome back' is earned by Frank Smith. After years of lay-off and injury, he's running very fast again.

David Reid (M40), and other young blokes are the only runners who seem able to keep Frank company.

It's great to see such a fine athlete performing well again. Frank's a real club-man, and always supportive of we lesser runners. (Mind you, his rivals are probably less delighted to see him back on form!)

## Jone's keeping up the Millers

The sun warmed us nicely after the Hester Park race, and Merv Jones debut as director was marked by his unique manner of delivering the results (you had to be there to appreciate this to the full.) Well done to him and Sue, and our thanks to them for taking over the run. Mind you, the Millers didn't get a day off after all, helping with the water station.

\* Jim Barnes' return was almost catastrophic for me. Warming up before the run, stupidly I ran along the entry road, facing the traffic, but with bright, low sun behind me. Jim coldn't see me at all, and we almost collided. Worth remembering, when you're next out playing in the traffic. **VW**

## ALBANY DROPS MARATHON

There will be no Albany Marathon this year - but the half-marathon will take place, on Sunday October 17.

A fine but cold morning greeted 89 runners and walkers at Hester Park in Langford. A touch of white frost made the grass crunch underfoot as race-directors Sue and Merv Jones went about their early morning tasks.

By start time the sun was appearing over the eastern horizon, lending a little welcome warmth to the proceedings, but the chill could still be felt in the shady areas.

Numbers were slightly down compared to the most recent runs - perhaps some people stayed home to watch the Gold Coast Marathon on TV?

Thanks are due to all the helpers, Pat & Norm Miller, Maureen Pomery, Bev Thornton, Pat Barnes and Ted Maslin.

### 6K RUN

Geoff Tite	M40	23:36
Paul Martin	M50	23:43
Gary Lynn	M45	23:50
Brian Foley	M45	24:11
Peter Airey	M55	26:25
John Stone	M40	27:01
David Carr	M60	27:07
John Smith	M55	28:20
Margaret Birks	W45	28:29
Ray Lawrence	M65	28:59
Brian Aldrich	M60	28:59
Harry Holland	M45	29:54
Jan Johnson	W45	30:07
Joan Pellier	W50	30:45
Kirt Johnson	M60	31:02
Duncan Strachan	M70	32:07
Ray Barnett	M45	32:50
Esther Healey	W55	32:55
Pauline Kelly	W35	33:30
Alison Aldrich	W50	33:58
Jacqui Billington	W50	34:48
Rosa Davis	W45	35:17
Pat Carr	W60	37:02
Cathrin Holland	W35	38:36

### 12K RUN

Frank Smith	M50	43:10
Dave Roberts	M50	45:51
Warren Gee	M40	46:13
John Pressley	M45	47:45
Jim Barnes	M50	48:09
Dennis Miller	M50	48:22
Vic Waters	M45	48:28
Brian Danby	M40	48:40
Vincente Carrero	M50	49:37
John Pellier	M50	50:10
Mike Khan	M45	50:24
Robin Bonner	M60	50:56
Jill Chambers	W40	51:23
David James	M40	51:23
Simon Mort	M35	51:48
Bob Sammells	M55	52:01
Mike Kerry	M35	52:11
Fraser Deanus	M50	52:18
Richard Harris	M55	52:33
Merv Moyle	M65	52:50
Arnold Jenkins	M45	53:16
Basil Worner	M60	54:08
Bill Peart	M50	54:40
Ron Potter	M50	55:25
Jeanette Howat	W35	55:28
John Woolhouse	M50	55:43
Aldo Giacomini	M55	56:05

## Hester Park Run

July 18, 1993

Jacqui Halberg	W45	56:44
Vic Beaumont	M60	56:50
Ray Jackson	M35	56:54
Ron Hillis	M45	57:48
George Peet	M55	58:05
Brian Hunter	M45	58:42
Rebekah Healey	W30	59:25
David Hough	M60	60:24
Ron Sutton	M55	60:32
Stuart Parkinson	M45	60:37
John Russell	M60	62:05
Roma Bettles	W40	63:18
Alan Chambers	M55	67:30
Hazel Corbett	W40	68:06
Phyllis Farrell	W45	69:54
Frank Usher	M65	70:52
Mary Hepple	W55	71:02
Sheila Maslen	W55	75:03

### 12km WALK

Pete Johnson	1:10:02
Graeme Myers	1:16:37
Dorothy Whittam	1:24:36
Bob Fergie	1:25:05
Joan Hillis	1:25:13
Mitch Loly	1:25:14
Jacquie Beaumont	1:36:35
Alan Pomery	1:42:54

### 8km WALK

George Shaeffer	45:56
Dick Horsley	55:20
George Masters	58:37
Barrie Thomsett	59:20
Jeff Whittam	1:00:00

Jill Midolo and Lorna Lauchlan showed a worrying streak of independence by walking 8km, and dead-heat-ing in 1:37:24, and a mysterious and enigmatic 'Lady in hat' had a time of 1:31:35 over an equally mysterious 10km.

## VETS RUN CAPEL TO COLLIE

A team of club members will run the Capel-to-Collie relay on August 22.

Merv Jones, Jeff Spencer, Ron Hillis, Graham Thornton and Vic Beaumont will divide up the 91.6K run, and no doubt be a credit to the club and themselves.

Anyone else wanting to take part can obtain an entry form from Merv.

We'll report their performance in the next Vetrin, together with news of our individual and team efforts in this year's Perth Marathon (July 25).

## WANT TO RUN FASTER?

During July, August and September a Vets group will be speed-working at Perry Lakes stadium each Saturday morning. The first week drew eight athletes, mostly training for Miyazaki - but we're all welcome to join in.

Please be there, warmed and stretched by 9am.

## THE DOC'S UP

GOOD to see Barrie Slinger up and about so soon after his recent heart by-pass operation.

Newer members may be surprised to know that the youthful-looking Doc Slinger is an active Vet (large v, please note) of long-standing. Life membership of the club was conferred on Barrie two years ago, in recognition of the enthusiastic service he has given in the past, especially while President.

Together with Steve Barrie, he can now form an exclusive 'club within a club'. It's a pity they didn't think ahead. With Barrie's connections, surely they could have arranged a wholesale, cut-price?

## 24 HOURS EVENT

ULTRA runners should note a projected date for a six, twelve and 24-hours event - at Coker Park on Saturday October 2nd.

Vets Charlie Spare and Bronwyn Salter are trying to organise the meet, in the absence this year of the Centurions club. Starting time would be 2pm, and the entry fee \$25.

Please contact Charlie if you're interested - phone 314 2913.

## PRINT POST WORKS FOR THE VETRIN

THIS is really news. The cost of posting Vetrin has gone down!

Australia Post is phasing out registered publications, which were always posted at below standard rates. The new system is Print Post.

When first announced it did not help us one bit. A minimum of 500 copies had to be posted, and we post around 350 maximum.

Public outcry has forced AusPost to back up, and reduce the minimum level.

Best of all, the rate charged is slightly less than for registered publications.

We were faced with paying standard postage of 45 cents per copy; the cost will now remain around the 30 cents mark.

Of course, we'll continue handing out as many copies as possible on Sunday mornings.

## Notice Board

### City to Surf

If you ran last year - plus one other time in the past - and your address hasn't changed, you'll receive an entry form by mail. Otherwise, pick up a form at our Sunday runs. No, I can't post you one!

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## BUNNING RELAYS

There is strong competition to get into our top Association team, which runs in the A-grade competition, but it is our D-grade team which is dominating their grade.

Our AA participation is a lot of fun, especially when the relay races are on.

### Bunning Relay

June 26, 1993

4 x 5,000M

A-team (6th place)

Duncan McCauley	19:00
Rob Raymen	20:05
Bruce Wilson	19:42
John Ferris	19:43

D-team (1st place)

Brian Danby	21:08
Brian Foley	21:13
David Carr	21:56
Geoff Tite	21:57

Composite team

John Tyrrell	25:00
John Stone	24:00
Norm Richards	26:00
David Reid	19:48

## The Vetrin

Vetrin is the club magazine of the WA Veterans Athletic Club.

Patron: W.J. (Bill) Hughes

President:	Brian Foley
	339 2716
Secretary:	Bob Fergie
	447 6898

COPY for the magazine should be submitted to editor Vic Waters at 47 Sulman Road, Wembley Downs, 6019.

Phone:	341 3464 (H)
Fax:	328 3891

DEADLINE:  
for next issue - August 17

## VERBIAGE IS POPULAR

THE last Vetrin drew several favourable comments from readers. Stuff like 'Best issue ever', 'Good reading', etc.

I was stunned. In the past three years I believe only one member has commented 'Good issue'. Most comments are made to point out errors.

However, enough sulking.

The last Vetrin featured a lot of good contributions from members. If that's what you like, we'll try to feature more.

Now - how about some contributions?

Let's hear about sports-related events in particular.

(Doug Hazell, and Joe Stickles, this is your reminder!)

## NEW MEMBERS

### Welcome to

Gillian Peet W50  
Peter Davies M50  
Robert Thomson M45  
Peter Muirden M40  
Jeanette Howatt W45  
Raymond Matthews M40  
Darryl Dahlstrom M40  
Margaret Lynch W55  
Karen Jones W45  
Roy Jackson M45



## 50K ROAD RACE CHAMPIONSHIPS

		10K	15K	25K	Average	
1.	*Bob Schickert	M50	37:18	56:28	1:41:39	3:54✓
2.	*Vic Waters	M45	40:06	62:10	1:48:42	4:13✓
3.	*Ted Maslen	M55	41:17	62:49	1:48:44	4:15✓
4.	John Pellier	M50	41:25	63:36	1:48:16	4:15✓
5.	*Robin Bonner	M60	43:00	65:18	1:51:52	4:24✓
6.	*Mike Casey	M35	44:06	67:39	1:57:01	4:34✓
7.	Morris Warren	M55	45:18	68:13	1:58:25	4:37✓
8.	*Marge Forden	W50	44:50	68:26	1:59:21	4:38✓
9.	*Merv Moyle	M65	44:01	68:20	2:01:44	4:40✓
10.	*Janette Howat	W35	47:14	70:40	2:06:00	4:52✓
11.	Merv Jones	M50	47:42	73:16	2:07:37	4:58✓
12.	Allen Tyson	M65	49:06	73:08	2:08:13	5:00✓
13.	David Hough	M60	47:17	75:34	2:09:01	4:59✓
14.	Vic Beaumont	M60	49:33	76:03	2:10:52	5:07✓
15.	Brian Aldrich	M60	47:50	73:50	2:14:46	5:07✓
16.	Wendy Clements	W50	51:30	79:23	2:21:36	5:26✓
17.	Joan Pellier	W50	52:51	84:37	2:23:27	5:34✓
18.	Estelle Rogers	W35	53:27	83:23	2:32:00	5:46✓
19.	*Phyllis Farrell	W45	54:24	86:45	2:33:11	5:53✓
20.	*Mary Robinson	W55	55:21	87:44	2:34:55	5:57✓

IT's a good event, the Road Race Championships, and this year twenty members completed the three events.

These are Jim Barnes 10K (May 16), Uni and Back 15K (May 30), and the 25K run from McCallum Park on June 13.

Special congratulations to the seven women competing, and particularly to Marge Forden, the fastest female.

Bob Schickert is one of our best runners, a good consistent performer. He was fastest overall in the Championships, repeating last year's victory. Bob's overall average was exactly the same as last year - 3:54 per K. How's that for consistency!

(Incidentally, fastest runner the year before, 1991, was Doug Hazell. An M35, his average was 3:46, which beat

Bob by just one second! Doug's been off-colour through a number of mishaps in the past year, and we look forward to seeing his true form again.)

Back to 1993, commiserations to a few runners, who for one reason or another did not complete the three distances. And to all members - think about it for next year.

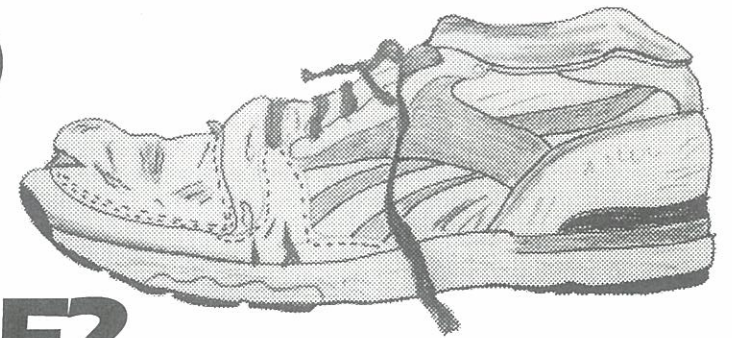
The committee is considering organising a training programme for those wanting to prepare for the event, or improve overall performance. Please get in touch with Vic Waters, asap, if you'd like to be in that.

**Morris (and Margaret) Warren**

## New Records set at Masters Games

MEN			
M40	10,000M	Clive Hicks	32:32.30
M45	3,000M	Peter Hill	14:56.50
M45	5,000M Walk	Peter Hill	25:51.90
M50	Pole Vault	Peter Gare	2.60
M50	300MH	Barry Kernaghan	46.20
(84cm) M50-M55			
M55	100M	David Clive	12.40
M55	High Jump	Norm Richards	1.40
M55	Hammer	Bob Fergie	33.10
(6kg) M50-M55			
M65	Hammer	Bill Chapman	24.46
(5kg) M60-M65			
M65	Javelin	James McMillan	32.10
(600g) M60+			
M65	Shot Putt	Bill Chapman	9.40
(5kg) M60-M65			
M75	5,000M	Frank Hansford-Miller	30:11.40
M75	10,000M	Frank Hansford-Miller	62:13.10
M75	Pole Vault	Sydney Coleman	1.85
(Australian record)			
WOMEN			
W30	Javelin	Sharon Moloney	29.06
(600g) W30-W45			
W35	Shot Putt	Lorraine Hastie	9.62
(4kg) W30-W45			
W40	Shot Putt	Lynne Meakins	9.92
(4kg) W30-W45			
W45	1500M	Anne Shaw	5:12.50
W45	5,000M	Anne Shaw	19:32.90
W45	5,000M Walk	Lesley Romeo	29:25.80
W55	200M	Dorothy Whittam	30.80
W55	5,000M	Jill Bowers	22:47.80
W55	10,000M	Jill Bowers	47:46.40
W60	5,000M Walk	Lorna Lauchlan	33:34.00
W60	100M	Patricia Carr	15.30
W60	200M	Patricia Carr	32.30
W60	Long Jump	Patricia Carr	3.70
W60	Triple Jump	Patricia Carr	7.63
W65	Discus (1kg)	Raema McMillan	18.54
W65	Hammer	Raema McMillan	17.24
(3kg) W50+			
W65	Shot Putt	Raema McMillan	6.89
(3kg) W50+			
Half Marathon			
W55		Jill Bowers	1:48:58
Pentathlon			
M55		Norm Richards	3042pts
W60		Pat Carr	3027pts

# DO I NEED A RACING SHOE?



This article was first printed in the newsletter of the Canberra ACT Veterans AC, and is written by Brian Wenn, of The Runner's Shop, in Canberra.

Brian sounds like a wise man to consult if you're ever forced to visit that delightful city. In the meantime, however, similar expert advice might be sought from Runners World, where Bob Braid is always happy to help the Vets. He also gives generous discounts to club members.

## "DO I need a racing shoe?"

I am often asked this question. There isn't a definitive response. It depends on the individual.

The more competitive you are the more likely you are to need a racing shoe. However, many triathletes and runners will benefit from racers right through the field.

If you weigh 100Kg and run the marathon in five hours you will be better off with heavier, more supportive shoes. But I do not agree with those who draw a line at, say, a 35 minutes 10K as the cut-off for racers. For me, it's to some extent a state of mind, like the difference between a runner and jogger.

If you feel good in a racer, particularly if you are reasonably light and biomechanically efficient, a racer can help you lower your times whether

you run 10K in 30 minutes or 50 minutes.

A well-fitted racing shoe has a light, responsive, feel and almost becomes part of your foot. You really get a lift after training and warming up in training shoes and then slipping on a lightweight racer.

## A second per mile per oz!

Racing shoes usually weigh in the range of 6-8oz (men's size 9 US) whereas a training shoe can be anything up to 14oz. It has been estimated that performance can be enhanced by about one second per mile per ounce with a lighter shoe. That means about 6 seconds per ounce over a 10K course.

Therefore, in theory a 6oz racer could save you 30 seconds compared with an 11oz trainer.

## Is there a catch?

There must be a catch I hear you say. There is!

The very lightness of racing shoes means less substantial materials which break down more quickly. You can expect only 300-500kms from a racing shoe, as opposed to 1,000kms in a trainer. However, you should only use the shoes for racing and speed work so

they will still last a reasonably long time by the calendar, if not by kilometres.

Racers will not provide the same level of cushioning and will be nowhere near as stable. You are therefore more injury prone in a racer, and should restrict their use (as indicated above).

## Alternatives to suit you

If you are not confident that racing shoes will be of benefit to you, or you're of heavier build, or have biomechanical problems, yet still want a lighter more performance-oriented shoe, there are many light racers that will probably suit.

As in many aspects of life, women are hard done by when it comes to racing shoes, particularly in Australia. The demand for specialist racing shoes is so low in overall terms that the Australian shoe companies are not prepared to distribute women's racers. Usually the smallest racing shoes available in Australia are men's size 7. However, there are some exceptions from time to time.

A men's size 7 equates to about size 8.5 US in a women's shoe so females with a less petite foot are more likely to find a suitable racer. Those with smaller feet, if they can't find any racers in 5-6.5, could consider a light trainer for their racing, as these shoes would also be very light in the smaller sizes.

## 12th Annual Bunbury Marathon

Kar Wong	M40	2:58:32.	Graham Thornton	M50	1:36:56	Irene Ferris	W40	2:01:17
John Pellier	M50	3:21:48 1st M50	Lyle James	M50	1:37:06	Sandi Hodge	W45	2:01:39
Cecil Walkley	M60	3:43:36 1st M60	Margery Forden	W50	1:37:10 1st W50	Estelle Rogers	W35	2:04:21
<b>Half Marathon</b>								
Chris Maher	M40	1:15:40 1st M40	Morris Warren	M55	1:37:44	Peter Hill	M45	2:04:29 W
Tom Savin	M45	1:18:28 1st M45	Merv Jones	M50	1:42:52	Mary Robinson	W55	2:07:35
John Ferris	M40	1:22:13	Vic Beaumont	M60	1:43:35	Shorty Turner	M55	2:10:20
Vance Mitsopoulos	M40	1:26:33	Ron Hillis	M45	1:45:46	Margaret Stone	W45	2:27:13 W
Jill Chambers 1st F	W40	1:26:47 1st W40	Ann Turner	W55	1:50:59 1st W55	Barrie Thomsett	M55	2:29:45 W
Brian Danby	M40	1:27:26	Alan Chambers	W55	1:53:14	Dorothy Whittam	W55	2:31:32 W
John Gilmour	M70	1:31:01 1st M70	Roma Bettles	W45	1:53:54	Jo Stone	W45	2:40:07 W
<b>World Record</b>								
Frank McLinden	M60	1:31:02 1st M60	Colleen Milbourne	W40	1:54:50	Robert Chalmers	M50	2:42:04 W
			Wendy Clements	W50	1:55:22	Jeff Whittam	M55	2:46:26 W
			Joan Pellier	W50	1:56:45	Judy Hill	W40	3:02:29 W
			Brigitte Cheek	W35	2:00:06			

## HAPPY BIRTHDAY TO OUR JULY MEMBERS

RAYMEN, ROBERT	01/07/42	51 remains M50	HEPPELL, MARY	16/07/37	56 remains W55
FERGIE, BOB	03/07/35	58 remains M55	TITE, GEOFFREY	18/07/51	42 remains M40
JAMES, LYLE	03/07/40	53 remains M50	WILLS, ADRIAN	20/07/50	43 remains M40
FERRIS, JOHN	04/07/50	43 remains M40	JONES, MERVYN	21/07/39	54 remains M50
LEMAN, SUE	05/07/46	47 remains W45	MAIR, CHRISTINE	21/07/48	45 becomes W45
GREENFIELD, JAMES	07/07/43	50 becomes M50	CHOATE, CLIVE	25/07/51	42 remains M40
GREEN, STANLEY	09/07/14	79 remains M75	CROWTHER, ENID	26/07/42	51 remains W50
HOLM, ALEC	09/07/45	48 remains M45	CHEEK, BRIGITTE	28/07/56	37 remains W35
MUNSIE, ALTHEA	10/07/38	55 becomes W55	MEYERS, GRAEME	28/07/49	44 remains M40
WELYKY, WAL	10/07/47	46 remains M45	BONNER, VAL	28/07/41	52 remains W50
WHITTAM, DOROTHY	10/07/36	57 remains W55	FORDEN, MARGERY	29/07/41	52 remains W50
CARPENTER, JOHN	11/07/46	47 remains M45	BRODERICK, CAROL	30/07/52	41 remains W40
SLINGER, JOAN	12/07/41	52 remains W50	MOYLE, ERNEST	30/07/25	68 remains M65
CHALMERS, ROBERT	16/07/38	55 becomes M55	HODGE, SANDI	31/07/46	47 remains W45
LYNN, MARGARET	16/07/40	53 remains W50	WALDHUTER, BRIAN	31/07/40	53 remains M50