



The Vetrunk



NO. 243 MARCH 1993

WA VETERANS AC - REGD BY
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CHAMPIONSHIPS ARE UNDER WAY

NEXT weekend the State Championships, followed by our AGM on Wednesday March 31. How do we keep up the pace? Because we're fitter than the average, of course - so no excuses accepted, be there!

First, the AGM. Reports and the agenda are printed in this issue. Please be at the Hockey Club rooms, Perry Lakes, by 7.30pm. Bring a plate; be prepared with any general business you wish to raise, and inform the secretary in advance of your point.

FEES: there will be no increase this year. A membership form is printed in this issue. Read it CAREFULLY - and send the correct fee, due on March 31. A \$5 penalty

by Vic Waters

applies to renewals after May 3.

Championships are already under way, but the main days are next weekend, March 27 and 28 at Coker Park. Help and support are always welcomed.

Events begin at 12.30 Saturday, 1pm Sunday. A BYO barbecue rounds off the fun on Sunday, with presentation to the Athlete of the Meet.

New uniforms on sale

GORGEOUS in green and gold, the lissom Brian Danby modelled the latest national Vets' T&F uniforms for us at the last committee meeting. (He is available for tupperware parties, hen nights and bar mitzvahs.) However, you can view the new gear by contacting secretary Brian Foley at any of

our meetings.

This kit seems to be re-designed for every Vets' world championships, but there's no law saying you can't wear it jogging around park. So, if you'd like passing joggers to think you're an Australian representative, call Brian.

In this issue...

DEADLY MEDLEY Relays P2
COKER 'LIGHTS ON' MEET .. P2

Notice Board P3
WELLINGTON MILLS report . P3

AGM AGENDA
REPORTS: President,
Secretary, Treasurer,
T&F, Editor P4/5

POINT WALTER Run P6
PAGODA RUN P6

MOSMAN PARK P7

TRACK and FIELD results P8
..... P10

BUNBURY NEWS P11

Birldays P12

Forthcoming Attractions

THIS race notes guide is intended to provide extra information on Sunday races scheduled for the next few weeks. Please read it carefully, as any changed arrangements will be listed here too.

VETS CHAMPIONSHIPS

March 27/ 28

Venue is Coker Park - Wharf Street, Cannington, a part of the Ern Halliday Athletic Centre. Saturday's first event is at 12.30; Sunday's, 1pm. Please arrive early and offer to help. Cheer loudly, if you're not competing; we need all the help we can get!

April 4

Halliday West Coast Run - 8am, meet at toilet block, Sorrento Quay, Hillary's. To avoid problems on the narrow and busy pedestrian/cycle path, this will probably operate as a group jog. Please watch for other path users, and don't block their way.

It's every competitor's responsibility to look where he/she is running/walking!

April 11

Yanchep Park Picnic Run - PLEASE NOTE 9am start. This is a good social one, beautiful surroundings, and the chance to relax after.

Barry Thomsett requires help with this one. Please call him on 276-6446.

April 21

10K Handicap, on the McGillivray track. Please enter asap, as Jeff Whittam has to work out your handicap. After the big turnout for the Championship 10K (which, as I write, finished just three hours ago!) we hope for a record field for the handicap. Conditions are likely to be great, as they were last year, cool and very comfortable for some good times.

RACE CHANGE

April 25 -

Brockwells Run now begins and ends at the grandstand on Trinity College oval, located in Nelson Crescent, East Perth. Time is still 8am. Park in Nelson Crescent. Race distances unchanged. Trophies, breakfast - and now, showers and toilets! What will the Brockwells add on next?

FOR a change, the weather was calm and reasonably cool, the numbers of participants was high for a long weekend and we had our usual posse of hardworking helpers - Phyllis and Rob Farrell, Joe Stickles, Fred Hagger, Leo Hassam, Arthur Leggett, Dick Horsley and countless, nameless runners and walkers who ran/walked the extra K to pick up flags.

As President Joan said, "Relays are an opportunity for members to meet other members." They are also a chance for us to see some of our best runners in action and also for our best runners to appreciate and applaud the efforts of the 'not to so fast' who run to the best of their ability - a feature of our club which we must always nurture.

And we did see some very quick movers when the first pack of 2 K runners took off and were led in by Duncan MacAulay and Graeme Bergersen in 6:23 and 6:25 respectively - an awesome effort! Mike Cousins, Dave Roberts, Vic Waters, David James and the ever-consistent Bob Schickert and Robin Bonner also came in with a rush.

Mike Cousins was well-supported by newcomers to the club, Rod Jurich and Barry Audsley and 'old-timer'

RUNNERS

1. M COUSINS, R JURICH
B. HARDY, B. AUDSLEY 44:32
2. D. McAULAY, J. HALBERG
D. WALLADGE 46:29
3. V. CARRERO, D. JAMES
T. MASLEN, J. BRENNAN 46:34
4. G. BERGERSON, M FORDEN
A. CHAMBERS 47:00
5. R. SAMMELLS, B. BENNETT
J. MERRIFIELD, J. PELLIER 47:05
6. V. WATERS, A. JENKINS
M. LOLY, T. GRIFFITHS 48:09

Deadly Medley Relays

November 31, 1993

Bryan Hardy to take first place on the day.

Jill Chambers, Maxine Santich and Carol Broderick performed exceptionally well and Marg Forden, still carrying an injury, was outstanding.

And, talking about injuries, we appreciated Ted Maslen's efforts in hobbling round the 1K course to ensure that we had a team which included our most senior runner for the day, Joe Brennan, who ran well again to finish third.

Also good to see improved performances from 'Our Joan' Peller, Alan Chambers, Margaret Birks and Wendy Clements.

Perhaps the highlight of the 1K runs, though, was the scintillating finish between Shorty Turner and Jan Johnson over the last 100 metres. We know Jan is a top flight sprinter who showed

7. J. CARPENTER, M. SANTICH
B. CHEEK, E. HEALEY 48:21
8. D. ROBERTS, K. BROWNLIE
A. TURNER, J. MIDOLO 49:13
9. J. BARNES, C. BRODERICK
M. BIRKS, W. CLEMENTS 49:16
10. J. BELL, J. CHAMBERS
J. BILLINGTON, R. HEALEY 49:46
11. R. BONNER, S. MORT
S. HODGE, S. TURNER 50:12
12. R. SCHICKERT, J. STONE
L. SCHICKERT, J. JOHNSON 50:13
13. D. CAPLIN, M. RHODES
T. FRANK, M. HEPPELL 52:24

great grit and speed two years ago to hold off a challenge over the last two hundred metres. But it was Shorty who took the honours this time with an amazing acceleration and sustained run to the finish. Well done both runners!

In the walking, the Hills were more than prominent with Peter leading the winning team (with Val Bonner) and Judy Hill backing up Paul Martin to take second.

The walkers also featured several new members in Joan Gilson, Jenny Milson, Tina Carrero, Amy Loly and Barry Weatherburn. Jeff and Dorothy Whittam gave us one of our closer finishes in the walk - but they were in opposing teams! Our closest finish, in fact, was the tussle between Lorna Lauchlan/Mary Robinson and Bob Fergie/Joan Gilson with Mary and Lorna squeezing in by five seconds! Good to see Peggy McLiver walking well, coached, no doubt, by her experienced team-mate Dick Horsley!

Thanks to Jeff Whittam for coordinating the walkers and also thanks to David Carr and Don Caplin who helped pick the teams.

Basil Worner

WALKERS

1. P. HILL, V. BONNER 35:31
2. P. MARTIN, J. HILL 36:12
3. B. WEATHERBURN,
M. JOHNSON 37:30
4. P. JOHNSON, O. COUSINS 37:48
5. R. STEWART, M. GIANATTI 38:33
6. L. ROMEO, A. LOLY 38:51
7. P. McLIVER, D. HORSLEY 39:49
8. D. WHITTAM, E. MOYLE 40:00
9. J. STONE, J. WHITTAM 40:09
10. L. LAUGHLAN, M. ROBINSON 41:16
11. B. FERGIE, J. GILSON 41:22
12. B. CHALMERS, J. MILSON 41:34
13. C. HOLLAND, T. CARRERO 45:12

COKER PARK LIGHTS-ON MEETING

TO mark the illumination of the Coker Park athletics track, a special evening meet has been arranged for April 2.

Special veterans' events are on the programme, as well as open, and West Coast Athletic League events for prizes. A \$2 entry fee at the gate covers all but the WCAL races.

The programme starts at 6.15pm with an open 3000M walk, for all ages and both sexes.

At 6.40 there's a Vets' 100m; at 7.50pm a Vets' 1,500M; and the Vets' 400m is scheduled for 9.05pm.

A 3,000M run, again for all ages/sexes, begins at 9.50pm.

Other track and field events, rang-

ing from U16 to Open, might appeal to some Vets.

In addition, the WCAL events are open to all.

These are 110M; 550M and 1,000M.

However, entry to these races, which involve handicapping, and which carry prizemoney, must be made in advance. Entry fee is \$5. Call Mr H. Winning, on 457 2572, for entry form and more details.

A full programme is available from Vets' secretary Brian Foley.

When the plan to light up Coker was first mooted, the WAVAC committee voted a small contribution towards the overall cost. It was felt that such a facility would add greatly to the flexibility of our own track and field calendar.

Now the lights are in, it would be good to see a strong veteran turn-out for this first meeting, which will include Little Athletes, Association clubs, and the Disabled Sport Association.

Cottesloe Quit Triathlon

If you were watching the Cottesloe Quit Triathlon this year you would have seen three of our members in action in the over 60 years team event.

The top team was Gordon Medcalf (swim) Merv Girdlestone (cycle) and Robbin Bonner (run). They fell over the line in first place just in front of Bruce Gaston (swim) Ken Ward (cycle) and Cecil Walkley (run). The distances were 1.5K swim, 40K cycle, 10K run.

Gordon Medcalf

Wellington Mills Camp

**Friday February 26 -
Monday March 1, 1993**

ATTENDED by 44 fortunate members who appreciate the outdoors. I say fortunate because we spent three wonderful days in an area blessed by nature. You couldn't but leave there healthier, fitter and mentally relaxed.

Time is your own at these running camps, but there is a basic daily format for those who want to take part.

Friday: most arrived late afternoon, early evening. A trio of ladies arrived very late, citing a lengthy stopover at a restaurant as the cause. A very low fuel gauge suggested otherwise.

A group was formed to eat pre-birthday cake, in honour of Irene Ferris' arrival on the planet on the 27th.

Saturday: each day you have a choice of run/walk distances. Pace is 1/2 to 3/4 (race) so for a while you can run with people whose speed usually distances them from you. This day, after reaching a TV tower the groups split, one lot running 12K, the other 20K. Some of the hills were so steep, some of us had to beware skinning the nose!

That afternoon Jeff Whittam led us on a pleasant walk through the forest to ease any aches from the run.

Evening saw us under the stars for a barbecue, another cake, and happy birthday sung to Irene. At the same time Jacqui and Vic Beaumont celebrated a wedding anniversary.

Sunday: early start, and four distance choices up to half-marathon. Many thanks to the Pelliers for placing water containers along the route. Later, most moved by car to a swimming area below the dam for lunch. President Joan offered \$1,000 for the first nudie into the water. Rob Davis had his camera out faster than Wyatt Earp. No takers, obviously all too well-heeled.

To complete a pleasant arvo volunteers drove the cars back, allowing the rest a pleasant walk return.

Other highlight - Sue Danby modelled her 'skort' (you work it out!)

The evening was quiet, after a day of exercise, until...

Now, Shorty Turner is clever. He provided music with his ghetto-blaster and CDs. And when he wanted to turn in played a yodelling disc. For two nights it worked; everyone said 'Oh dear' and went to bed. Anything to escape.

But there's one in every crowd. When Shorty got the wink from Ann, on went the yodel. Jacqui Billington felt

continues page 8

Notice Board

Welcome back..

and congratulations to Kar Wong, who's returned from South Africa with a sub-3 hour marathon behind him. Kar says that it's great to be running in Perth again, and he was going very well at Mike Rhodes' Hamer Park Run. He's enjoying running on the flat again; Jo'burg, he says, seems to be all hills.

His marathon time in SA was 2hrs 57mins.

ANOTHER BON VOYAGE...

...this time to Margaret Birks, who's posted to Kuala Lumpur for a year, and expects all Vets to visit her there! (She'll be sorry.)

So another co-director bites the dust.

Anyone interested in helping me with the Birkwater Run (assisting, in this sense, meaning doing most of it) please put up your hand. My number's on this page.

Vic Waters

Letters

Letter to:

Christine Stanton
4th Australian Masters Games
from Vic Younger,
22 Paradise St,
Gold Coast, Qld.4217
Dear Christine,

For last 7-8 years I have taken part in every Vet. Athletics Competition nationally. In the 75-79 age group I was holding seven Australian records.

Perhaps you can help me find a place overnight in Perth for 6 days, 24 April-1 May 1993 (billeting). In return, the kind person can stay at my place in Queensland. Or perhaps you know of some cheaper accommodation for about \$15 a night?

I am an 80 year old pensioner and find it difficult to manage the expenses of travelling, food, accommodation.

Yours in health,
Vic Younger

Chris has passed this request on to us for members' consideration. Ed

The Vetrunk

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

Patron: W.J. (Bill) Hughes

President: Joan Pellier
459 7782

Secretary: Brian Foley
339 2716

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 - April 19

CAMPING REVISITED

Overwhelming success of the Wellington Mills camp (see Rod Stewart's investigative journalism, elsewhere in the Vetrunk) has led to a re-booking. Date is March 4-7 1994.

Sooner, Rottnest camp is booked for the long, Queen's Birthday long weekend, in September this year.

Masters Entry

It's good to note that entries for the Masters' Games are coming in strongly now - not exactly a flood, but a steady stream. Should be enough for good competition, at the very least.

Your latest entries for track and field, and the half-marathon, must be in by April 10.

Burswood Casino fun run, last entries taken on April 30.

NEW MEMBERS

Welcome to

Carl Gianatti M60
Margaret Gianatti W55
John Carpenter M45
John Edwards M50
Robert Dees M40
Joan Gillson W40
Jenny Milson W40
Anne Catarinich W45
Adrian Wills M40
Hilary Wills W45
Jon Dartnall M45
Elizabeth Dartnall W40
Ruth Johnson W50
Sharon Moloney W30
Barry Audsley M50
Brian Hunter M45
Ronald V. Potter M60

**W.A. VETERANS
ATHLETIC CLUB**

**ANNUAL GENERAL
MEETING**

**7.00PM WEDNESDAY
MARCH 31, 1993**

**AT THE HOCKEY
PAVILION, PERRY LAKES**

AGENDA

1. PRESENT
As per AGM attendance book
2. APOLOGIES
As per AGM attendance book
3. MINUTES OF A.G.M.
HELD AT THE HOCKEY PAVILION 8TH APRIL, 1992 as published in April 1991 edition of *VESTRUN*. Limited copies available from Secretary.
4. BUSINESS ARISING FROM THE MINUTES
5. PRESIDENT'S REPORT
6. SECRETARY'S REPORT
7. TREASURER'S REPORT
8. WINNER OF PATRONS TROPHY
9. WINNER OF REG BRIGGS TROPHY
10. WINNER OF HANDICAP TROPHY
11. ELECTION OF OFFICE BEARERS
President, Vice President
Secretary, Treasurer
Four committee members
12. ANNOUNCEMENT OF OFFICIALS
Patron, Auditor, Statistician, Registrar: Summer/Winter, Equipment Officer, Handicapper, Librarian
Editor *Vestrun*
13. NOMINATIONS FOR LIFE MEMBERSHIP
14. GENERAL BUSINESS
1) Athletics Review

(To help progress of the A.G.M., would any member planning to raise items in general business please give notice to the secretary.)

AGM '92...AGM '92...AGM

PRESIDENT'S REPORT

THE AGM will see the end of my two year's as President.

During this time, although there has been a small decrease in total membership, it's been good to see an ever-increasing participation on Sunday mornings. Few runs attracted less than a hundred participants.

The increasing number of walkers is good to see, with the spouses of running members starting to compete.

I must thank all the committee members for the work they have done during the year; also thanks to the regular helpers, many of whom have been helping out for years.

One of the most encouraging things I can recall was the overwhelming response of members when a couple of race directors had to pull out because of illness. It's good to see that the spirit of the club, its greatest asset, is still so strong.

Overall standard of competition seems to be down on previous years, and this is partly due to injuries. But there were still some good individual improvements in form.

During the year participation in the social side of the club increased again, with a lot of members enjoying these events.

I have enjoyed my two years as President, and offer my very best wishes to the new committee.

Joan Pellier

TREASURER'S REPORT

THE club has maintained it's financial status, and will continue on this sound basis.

The largest single expenditure was the purchase of a computer (\$1570) which no doubt has helped Vic with the production of *Vestrun*.

The printing/postage cost of the *Vestrun* was \$4,000.00, while income from nominations and subscriptions amounted to \$6,700.00.

Full details of the 1992/93 Financial Year will be available at the A.G.M.

Eighty-eight new members joined the club. Current membership is 445.

I would like to take this opportunity to thank Bill Crellin on behalf of all the members for the excellent job he has done over the past years. To inherit

such meticulously kept records is a credit to Bill. Thank you.

I hope I can maintain the same high standards.

Irene Ferris,
Treasurer.

SECRETARY'S REPORT

THE administrative side of the club management has operated smoothly this year. Regular committee meetings have been held to organise road events, track and field, social activities, finance and communication through the *Vestrun*.

On the larger athletic scene, the club has assisted the new Athletic Federation in its formation. The advent of this new controlling body will cause only minor changes to our club - and these will probably be confined to track and field competition with the Athletic Association.

The Federation aims to set up regional T & F competition with Little Athletics, seniors and veterans competing in several zones around the metropolitan area.

Lights have been installed on the track at Coker Park and we have been part of the development committee there. Our opening athletic meeting will be Friday evening - April 2nd. We do not wish to get involved in further development of the grounds as it is a regional centre, and our club covers the whole Perth area.

The Masters Games will be here in late April and our club members are the basis of the organising committee, working with the AAWA. I hope that many of you will compete and assist with the programme to make the meeting successful.

On a note of caution I would like to emphasise the responsibility which we as runners have to the general public. With the increasing attendance at our Sunday events, our race directors and runners must consider other users of the roads and paths. We tend to obstruct others from free passage during the briefing before the event, and while running. If we wish to continue using public facilities we need to be more aware of our responsibilities towards others.

Finally, I have enjoyed the secretarial duties over the past two years and the interaction with our club members.
Brian Foley,
Secretary

AGM '92...AGM '92...AGM '92...AGM '92

TRACK AND FIELD REPORT

Wednesday Evenings: The committee decided that the Patron's Trophy should be conducted over the second half of the season, with the first half of the season providing a large number of events to cater for all interests.

The plan seemed to work effectively, with good participation and a fine spirit of competition and co-operation. We had about 1,200 entries into events and over a hundred athletes competing. No other athletic club in WA could attempt a programme of this magnitude. Many concentrated on their favourite area (jumps, throws, sprints, middle-distance, long-distance or walks). About twenty-two athletes recorded sufficient performances to earn contention for the Patron's Trophy. Results will be announced at the AGM. We had many helpers each evening. Special thanks to Val Bonner.

State Championships: Entries indicate that about 140 athletes will compete - the same as last year. Again we have had assistance from Canning Club, Association officials and our own club members.

Country members have again supported the championships.

Athletic Association: A small con-

tingent competed regularly at Perry Lakes. While numbers are never high, we have seen the small clubs come and go. We are still in there.

Track and field is all about going faster, further and higher, and this means recording and publishing figures. The *Vetrun* has provided the medium for displaying results. Bob Sammells as statistician has meticulously checked every performance and adjusted club records. Everyone is a winner in veterans' athletics, but the club can take particular pride in the Australian records of Antoinette Shaw (steeple), Paul Woo (pole vault) and David Carr (800m). Antoinette, John Molloy and Mike Edwards competed with Australia's best at the Quit meeting.

David Carr

EDITOR'S REPORT

VETRIN has published eleven times since my last report, in March 92. Our new computer system has proved successful, but has only worked because of the human input of Jacqui Billington, who keys most of the information into the electronic marvel. Thanks are also due to our profes-

sional typesetter Pam Fenton - who should be made an honorary Vet (were she not so young) for her services to the club! (That should keep the price down for another year.)

Jacqui Halberg makes up the team, handling distribution with her customary efficiency. She is aided by Merv Jones, keeper of the lists, and producer of the birthday honours. My thanks to them all. They leave me very little to do.

Costs have been held down by production of several eight-page issues. In each case, I believe quality has been maintained, and all essential information included.

On rare occasions, reports to hand have been held over, not to save money, but because magazines like *Vetrun* have to be produced in four-page modules.

Most race directors make their reports within two weeks, some are quicker, some much slower. In general, the standard of reports is high. A new race directors' guide, to be compiled by Barry Thomsett, will show all directors our preferred method of report writing.

I've enjoyed another year as editor; I hope readers have enjoyed their magazine.

Vic Waters

TRACK & FIELD

Coker Park 24.2.93

DISCUS

Richard Moore	M40	24.32 Metres
Keith Martin	M45	19.90
Brian Foley	M45	17.46
Peter Gare	M50	31.10
Norm Richards	M55	21.25
David Carr	M60	23.72
Gordon Medcalf	M60	20.95
Syd Coleman	M75	33.04
Lynne Choate	W40	21.22
Peggy Macdiver	W45	18.42
Erica Mercer	W45	16.00
Noela Medcalf	W55	18.92
Patricia Carr	W60	16.29

800 Metres

Adrian Wills	M40	2:19.7
John Puglisi	M40	2:22.0

John Stone	M40	2:40.8
Richard Moore	M40	2:46.1
Brian Foley	M45	2:15.3
Keith Martin	M45	2:22.8
Barry Kernaghan	M50	2:31.0
Peter Gare	M50	2:31.6
Vicente Carrero	M50	2:40.6
John Pellier	M50	2:42.0
Merv Jones	M50	3:01.7
Norm Richards	M55	2:47.4
Alan Chambers	M55	3:03.8
David Carr	M60	2:18.8
Frank McLinden	M60	2:41.4
Brian Paxman	M60	2:42.0
Robin Bonner	M60	2:45.7
Jill Cahmbers	W40	2:38.9
Erica Mercer	W45	2:47.4
Leslie Romeo	W45	3:20.0
Noela Medcalf	W55	3:12.5
Patricia Carr	W60	3:38.9

5000 Metres

John Puglisi	M40	18:17
John Pellier	M50	19:57
Vicente Carrero	M50	19:58
Mitch Loly	M50	21:33
Merv Jones	M50	23:21

Alan Chambers	M55	23:29
Robin Bonner	M60	19:47
Frank McLinden	M60	20:25
Jill Chambers	W40	19:41

100 Metres (wind assisted)

John Stone	M40	13.0
Richard Moore	M40	13.0
Adrian Wills	M40	13.5
Barry Kernaghan	M50	12.0 and 12.1
Norm Richards	M55	12.7 and 12.9
Brian Paxman	M60	15.4
Lynne Choate	W40	12.4 and 12.9
Erica Mercer	W45	16.2
Patricia Carr	W60	15.6

Long Jump

Norm Richards	M55	4.50 metres
David Carr	M60	3.77
Erica Mercer	W45	3.60
Patricia Carr	W60	3.76

1500 Walk

Mitch Loly	M50	10:57
Leslie Romeo	W45	8:17
Peggy Macdiver	W45	9:32
Margaret Gianatti	W55	11:35

Point Walter Run

January 24, 1993

114 runners and fourteen walkers battled the strong easterly winds producing some reasonably fast times for the conditions. First home in the 6.2K run was Bruce Wilson and first woman was Maxine Santich. In the 11K run Graeme Bergersen and Wayne Robinson had a close contest with Graeme finishing the faster over the last K. Jill Chambers was first woman and 15th overall. In a few months will some of the front runners have a woman to contend with? First to finish in the 6.2K walk was Peter Hill and first woman Peggy MacIver.

Many thanks to my helpers, Paul and William Hughes, Irene Ferris, Dale, Sacha, Kylie James and my wife Penny.
Dave Roberts

6.2K Run

Bruce Wilson	M45	22.56
Don Caplin	M50	23.42
Chris Gillard	M40	23.46
David James	M35	24.35
Brian Foley	M45	25.14
Vic Waters	M45	25.38
Joe Stickles	M50	25.45
Mike Rhodes	M45	25.52
Dick Blom	M55	26.06
Simon Mort	M35	26.25
Bill Crane	M50	26.56
Maxine Santich	W40	27.03
Rod Stewart	M50	27.13
Brian Hardy	M45	28.49
Mary Robinson	W50	29.14
Ray Lawrence	M60	29.19
Rebekah Healy	W30	29.21
Joe Trovato	M50	29.35
Margaret Birks	W45	30.05
Nena Greenfield	W35	30.36
Jan Johnson	W45	30.55
John Stone	M40	31.17
Joan Pellier	W50	31.20
Margaret Warren	W55	31.39
Wendy Clements	W50	31.45
Jenny Holm	W40	32.35
Neola Medcalf	W55	32.46
Jill Midolo	W45	33.18
Garnet Morgan	M65	33.19
Shorty Turner	M55	33.38
Joan Slinger	W50	33.40
Jackie Billington	W50	33.57
Brigitte Cheek	W35	34.05
Sandi Hodge	W45	34.15
June Strachan	W65	35.55
Esther Healy	W55	36.24
Phyllis Farrell	W45	36.47
Jim Whitehorn	M55	36.55
Gordon Medcalf	M60	36.57
Patricia Carr	W60	37.21
Bob Farrell	M50	37.42
Duncan Strachan	M70	37.43
Mary Heppell	W55	37.52
Margaret Ward	W50	37.56
Rob Davis	M50	40.07
Syd Bowler	M65	40.15

Rosa Davis	W45	41.46
Toni Frank	W45	43.04
Ernie Moyle	M65	43.20
Michele Johnson	W45	47.13
Koan Gillson	W40	48.30

11K Run

Graeme Bergerson	M40	40.49
Wayne Robinson	M35	41.01
Bob Schickert	M50	41.07
David Scott	M45	41.20
Bob Harrison	M50	41.24
David Reid	M40	41.32
David Muir	M45	42.32
Frank Smith	M50	42.33
Michael Cousins	M55	42.55
Robin Bonner	M60	44.21
John Carpenter	M45	44.28
John Bell	M45	45.38
J Burns	M45	45.50
Wal Welyky	M45	46.13
Jill Chambers	W40	46.13
Rod Jurich	M40	46.25
Brian Bennett	M45	46.53
Bob Sammells	M55	46.56
Vicente Carrero	M50	47.53
John Pellier	M50	48.10
Frank McLinden	M60	48.34
Arnold Jenkins	M45	48.59
Alec Holm	M45	49.02
Bill Peart	M50	49.06
Michael Carey	M35	49.24
John Yeates	M40	49.30
Ken Brownlie	M45	49.32
Barrie Slinger	M50	49.39
Jim Greenfield	M45	49.51
Stan Lockwood	M60	49.58
Doug Hazell	M40	50.16
Ken Taylor	M45	50.20
Cecil Walkley	M60	50.22
John Dartnall	M40	51.00
Mitch Loly	M50	51.17
Aldo Giacomini	M55	51.21
Marg Forden	W50	51.31
Ron Hillis	M45	51.48
Don Blair	M40	52.17
Carol Broderick	W40	52.18
Merv Moyle	M65	52.30
Richard Harris	M55	54.03
Helen Lysaght	W40	54.13
Keith Forden	M50	54.21
Merv Jones	M50	54.31
Jeff Spencer	M50	54.43
Jacqui Halberg	W45	55.01
Stuart Parkinson	M40	56.28
Alan Chambers	M55	61.47
Phil Dufty	M45	61.55
Nicholai Knappe	W30	67.37
John Russell	M60	67.38
John Smith	M55	67.39

6.2K Walk

Peter Hill	M40	32.37
Paul Martin	M50	34.34
Peter Johnson	M45	34.42
Barry Weatherburn	M50	37.20
Peggy MacIver	W45	41.03
Dorothy Whittam	W55	42.23
Bob Chalmers	M50	42.53
Bob Fergie	M55	46.45
Jeff Whittam	M55	46.46
Dick Horsley	M80	48.30
J Gianatta	W55	50.56
Carol Wood	W50	50.58
C Walker	W40	51.09
Judy Hill	W40	53.39

Pagoda Run

January 24, 1993

My thanks to my family for their help on the drink station and for allowing me to conscript them into picking up signs and flags.

To Maureen, George and Leo who kept the finish line from disintegrating, God bless.

Finally to Vic Waters who handed out finish numbers and informed all and sundry that I alone stuffed up the Healthways information...well done mate!

Actually I blew it...to any who may have been inconvenienced, please accept my sincere apologies.

Barrie Thomsett

5K Run

Alan Tyson	M65	25:01
Alison Aldrich	W50	30:05
Toni Frank	W45	34:44
Ernie Moyle	M65	35:48

5K Walk

Dick Horsley	M80	37:39 *
Judy Hill	W40	39:54
Alan Pomeroy	M60	39:55
Irene Vance	W50	39:56
Harry Vance	M60	40:00

* Record

8K Run

John Stone	M40	40:01
Stuart Parkinson	M45	40:15
Duncan Strachan	M70	49:43
Robert Farrell	M50	49:43

10K Run

Frank Smith	M50	40:02
Ralph Henderson	M40	40:27
Brian Foley	M45	44:35
Cecil Walkley	M60	46:30
Simon Mort	M35	47:00
Kath Penton	W50	47:03
Peter Airey	M55	47:07
Brian Jones	M65	47:18
Basil Worner	M60	48:16
Joe Trovato	M50	52:53
Lynn Farrelly	M45	54:20
Ray Lawrence	M60	55:26
Kirt Johnson	M60	55:48
June Strachan	W65	60:41
Penny Dufty	W45	62:04
Esther Healy	W55	62:40
Sheila Maslen	W50	65:23
Phyllis Farrell	W45	65:44

10K Walk

Paul Martin	M50	60:10
Peter Johnson	M45	61:50
Jo Stone	W45	78:54
Bob Fergie	M55	78:56

16K Run

Dave Roberts	M50	62:49
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4K Run

Vic Waters	M45	15.12
Rod Jurich	M40	16.41
Mike Rhodes	M45	17.08
Brian Bennett	M45	17.16
Rod Stewart	M50	17.34
Arnold Jenkins	M45	17.46
David Carr	M60	18.01
Kath Penton	W50	18.03
John Stone	M40	18.38
Rob Shand	M60	18.45
Peggy MacIver	W45	19.30
Stuart Parkinson	M40	19.40
Basil Worner	M60	19.50
Robert Sheehy	M45	19.53
Wendy Clements	W50	20.08
Vic Beaumont	M60	20.15
Roma Bettles	W40	21.15
Allen Tyson	M65	21.19
Jan Johnson	W45	21.23
Joan Pellier	W50	21.26
Bill Meharry	M40	21.38
Brigitte Cheek	W35	22.03
Joe Brennan	M70	22.16
Ray Barnett	M45	22.17
Shorty Turner	M55	22.55
Jill Midolo	W45	23.01
Esther Healy	W55	23.47
Rob Davis	M50	23.59
Patricia Carr	W60	24.07
Rosa Davis	W45	24.19
Pat Miller	W50	24.40
Jackie Billington	W50	24.42
Lorna Lauchlan	W60	24.44
Margaret Ward	W50	25.53
Syd Bowler	M65	26.40
Ernie Moyle	M65	30.09
Alison Aldrich	W50	30.51 *

4K Walk

Barry Weatherburn	M50	26.40
Lyn Schickert	W50	31.59
Alan Pomery	M60	32.01
Joan Gillson	W40	32.55

Pagoda Run

continues

John Puglisi	M40	63:16
Mick Cousins	M55	63:37
Dave Scott	M45	63:54
Robert Raymen	M50	64:32
Bob Harrison	M50	64:54
Chris Gillard	M40	65:02
John Pressley	M45	65:28
John Carpenter	M45	68:12
Robin Bonner	M60	68:44
Jill Chambers	W40	72:16
Joe Stickle	M50	72:27
Frank McLinden	M60	73:31
Bill Peart	M50	73:44
Laurie Nevin	M50	73:45
Ted Costello	M55	73:45
Maurice Johnston	M55	77:17
Merv Jones	M50	81:05
Jeff Spencer	M50	81:05
Bryan Hardy	M45	82:15
Brian Hunter	M45	82:55
Ron Potter	M50	83:20
John Russell	M60	89:35
Jacqui Halberg	W45	93:18
Alan Chambers	M55	93:22

Mosman Park Run

February 21, 1993

102 runners and walkers took part in the inaugural Mosman Park Run. Conditions were warm, the course was demanding, particularly for the 8KM runners and everyone enjoyed the scenic course.

Many thanks for all the helpers who made it a successful morning and a special appreciation to the Mosman Park Tennis Club for allowing us to use their club facilities.

Paul and Sue Hughes

4K Run

First Male Vic Waters	15.12
First Female Kath Penton	18.03

8K Run

First Male David Reid	29.01
First Female Jill Chambers	33.14

4K Walk

First Male Barry Weatherburn	26.15
First Female Lyn Schickert	31.59

8K Walk

First Female Dorothy Whittam	59.16
First Males Jeff Whittam and Bob Fergie	62.18

Dick Horsley	M80	32.27
Harry Vance	M60	33.24
Judy Hill	W40	34.27
Jean Argyle	W45	35.46
Irene Vance	W50	35.46
Amy Loly	W30	36.50
Anne Catarinich	W45	44.16 *

8K Run

David Reid	M40	29.01
Bob Argyle	M45	29.15
John Puglisi	M40	29.49
Bob Schickert	M50	30.18
John Ferris	M40	31.13
Don Caplin	M50	31.40
Peter Sanders	M45	31.46
Doug Hazell	M40	32.18
Robin Bonner	M60	32.35
Peter Hill	M40	32.38
John Bell	M45	32.57
Joe Stickle	M50	32.58
Bob Sammells	M55	32.58
Jill Chambers	W40	33.14
Vicente Carrero	M50	33.35
Frank McLinden	M60	33.44
John Pellier	M50	33.49
Brian Foley	M45	34.20
Peter Airey	M55	35.19
Simon Mort	M35	35.31
Alex Holm	M45	35.46
Graham Thornton	M50	36.10
Mitch Loly	M50	36.30

Brenda Mathews	W40	36.42
Janice Rogers	W35	37.00
Lewis Arndt	M40	37.00
Carol Broderick	W40	37.07
Ken Brownlie	M45	37.07
Morris Warren	M55	38.53
Brian Hunter	M40	38.59
Helen Lysaght	W40	39.00
Eddie Hill	M50	40.05
Lynn Farrelly	M45	40.13
Margaret Birks	W45	41.22
Ray Lawrence	M60	41.32
John Russell	M60	41.45
Ann Turner	W55	42.00
John Smith	M55	43.00
Kirt Johnson	M60	43.25
David Hough	M60	43.39
Alan Chambers	M55	45.00
Sandi Hodge	W45	45.02
Norm Miller	M60	46.20
Irene Ferris	W40	47.57
Margaret Warren	W55	48.40
Mary Robinson	W55	48.44
Sheila Maslen	W55	49.00

8K Walk

Dorothy Whittam	W55	59.16
Jeff Whittam	M55	62.18
Bob Fergie	M55	62.18

Visitors

Michael Sanders	8K	30.54
Shayne Hill	8K	31.12
Peter Davis	8k	43.34

* Indicates late start

Entry Form for CLUB 10K TRACK HANDICAP

21st April 1993
Starting 7PM

At McGillivray Sport Ground
(Under lights)

Entry Fee \$2.00 with entry

Name _____

Age Group _____

Name _____

Age Group _____

If you have not run with the Club for some time please show your best time over 10K, over the past year on this entry form.

ENTRIES TO: Jeff Whittam, 49 Holland Street, Wembley 6014
Tel: 387 6438

ENTRIES CLOSE: 18th April 1993 (Open to Club members only) Followed by a B.Y.O. bar-becue.

Coker Park

January 27, 1993

(Some results of this meeting were published last month)

3000M

David Reid	M40	10:01
Brian Danby	M45	11:16
Brian Foley	M45	10:58
Vic Waters	M45	11:15
Don Caplin	M50	10:45
Vicente Carrero	M50	11:50
Mitch Loly	M50	13:00
Merv Jones	M50	13:38
Brian Devine	M50	15:06
Bob Sammells	M55	11:24
Alan Chambers	M55	13:40
Gordon Florence	M55	15:06
Robin Bonner	M60	11:15
Frank McLinden	M60	12:12
Basil Worner	M60	12:15
Joan Merrifield	W30	14:07
Jill Chambers	W40	11:21
Maxine Santich	W40	11:22
Erica Mercer	W45	12:51
Wendy Clements	W50	14:39

Wellington Mills Camp continues

a slosh coming on (the dance variety). It was contagious, and lasted several hours. Lorna Lauchlan did her party trick, assisted by Brigitte Cheek. She plays a wonderful concert piece on 'piano'. Nice try, Shorty!

Monday: fragmented groups run, walk, due to aches, stiffness, blisters etc. Breakfast, clean up the cottages, depart at your leisure.

In general, these camps are great for the club's camaraderie. Chinwag, cheese and biscuits with a drink. Watch the 'roos at close range. Rabbits come out at dusk. Runners saw a snake, and race-horse goannas. Bird life plentiful, particularly the pretty little blue wrens. Cameras always on hand to good effect. Reading was popular, as were crosswords. Really, I never heard a cross word spoken!

Nothing is perfect, of course. March flies as big as ravens! But they're slow. A circle of us killed 50 in short time. When we moved the maggots and wrens cleaned up. The warden thinks he's another kind of warden. Not gifted with a sense of humour.

Also, young pre-vet Roy Crowther took ill with a virus and had to leave for medical treatment. Hope the problem didn't linger.

Must mention Rosa Davis, good girl who wore her name badge. Wonderful place, great company, thanks to those who made the necessary organisation. As the Hash people say, on, on, Rottnest in September and October.

Rod Stewart

TRACK & FIELD RESULTS

3000 Metre Walk

Bob Fergie	M55	20:37
Jeff Whittam	M55	21:03
Leslie Romeo	W45	17:45
Dorothy Whittam	W55	19:44
Lorna Lauchlan	W60	20:40

* Records pending

This was a well attended meeting, with some spirited competition. David Clive was outstanding. Syd is recovering from injuries but could still out-throw the youngsters. David Jones scored his share of the points with the hammer.

McGillivray

February 3, 1993

3000 Metres

The 3,000M showed us the difference between racing and running. David Reid was a little better than the field, but Bruce, Don, Vic, John and Brian had a great battle for second. Bruce got there because he established a big break which the others thought they could not bridge. Actually, he was slowing badly, having just completed the walk event.

Don had given himself every chance, with some aggressive running early in the race. Vic, John and Brian exchanged positions several times and finished with less than a second covering them.

There are a lot of ways of making up half a second: run 7cm closer to the white line, avoid the pack at the start, shelter from the wind for 40 metres, start the final sprint 20 metres earlier. By far the most important one is confidence. Vic had it.

David Reid	M40	9:55.7
John Puglisi	M40	10:29.6
Rod Jurich	M40	11:27.5
Bruce Wilson	M45	10:24.4
Vic Waters	M45	10:29.1
Brian Foley	M45	10:29.4
Keith Martin	M45	12:25.0
Don Caplin	M50	10:36.4
David Roberts	M50	11:13.2
Mitch Loly	M50	12:44.7
Merv Jones	M50	13:12.3
Brian Devine	M50	13:58.0
Alan Chambers	M55	13:23.4
Gordon Florence	M55	14:58.3
David Carr	M60	10:58.1
Robin Bonner	M60	11:13.8
Frank McLinden	M60	12:09.5

Gordon Medcalf	M60	16:49.8
Alan Tyson	M65	14:19.2
Joan Merrifield	W30	13:15.6
Maxine Santich	W40	11:19.7
Jill Chambers	W40	11:32.5
Carol Broderick	W40	13:20.7
Jackie Halberg	W45	13:34.2
Wendy Clements		14:31.7
Jackie Billington	W50	17:33.5
Noela Medcalf	W55	15:18.5
Lorna Lauchlan	W60	17:23.8

Javelin

Keith Martin	M45	25.92
Brian Foley	M45	16.40
Peter Gare	M50	35.32
Brian Devine	M50	21.20
Merv Jones	M50	18.72
Bob Fergie	M55	28.50
Norm Richards	M55	23.92
Gordon Florence	M55	14.18
Rob Shand	M60	27.96
Gordon Medcalf	M60	18.32
Alan Tysen	M65	17.42
Syd Coleman	M75	20.56
Joan Merrifield	W30	18.42
Dorothy Whittam	W55	20.94
Noela Medcalf	W55	11.50
Lorna Lauchlan	W60	18.46
Patricia Carr	W60	15.80
Rae McMillan	W65	18.60 *

Triple Jump

Keith Martin	M45	10.64
Merv Jones	M50	6.79
Norm Richards	M55	9.04
David Carr	M60	8.04
Gordon Medcalf	M60	5.76
Christine Stanton	W30	11.36
Joan Merrifield	W30	7.99
Carol Broderick	W40	7.11
Patricia Carr	W60	7.22

Christine Stanton gave us a fine display of triple jumping, and some useful training tips. Many thanks.

1500M Walk

Peter Hill	M40	6:57.8
Bruce Wilson	M45	7:40.5
Rod Stewart	M50	8:28.0
Mitch Loly	M50	10:43.0
Bob Fergie	M55	9:40.3
Jackie Billington	W50	9:38.4
Lorna Lauchlan	W60	10:04.0

100 Metres

John Stone	M40	13.4
Bruce Wilson	M45	14.0
Peter Gare	M50	12.9
Brian Devine	M50	15.4
Merv Jones	M50	16.9
Norm Richards	M55	13.2
Bob Fergie	M55	16.3
John Sutton	M55	16.6
Gordon Florence	M55	18.2
Gordon Medcalf	M60	16.2
Robin Bonner	M60	16.8
Alan Tyson	M65	17.0
Syd Coleman	M75	18.9
Christine Stanton	W30	13.5
Joan Merrifield	W30	16.2
Carol Broderick	W40	16.2
Jackie Halberg	W45	17.4
Noela Medcalf	W55	16.5
Patricia Carr	W60	16.7

Announcing the 1993
Bunbury Full and Half
Marathon, presented by
Medibank Private.

Sunday May 9, 7am.

Your chance to do your
best against the best, on

this fast, interesting

Bunbury course. Entry forms
available from Medibank Private,
Centrepont Shopping
Centre, Bunbury;
Bunbury Runners Club;
metropolitan branches of
Medibank Private.

Enquiries: Brian Kennedy

Work: (097) 213 125.

A/Hrs: (097) 959 546.

 **Medibank Private**

/ feel better now.

Medibank Private is a registered Health Benefits Organisation.

Coker Park

February 10, 1993

1500 Metres

David Reid	M40	4:40
John Puglisi	M40	4:49.4
Adrian Wells	M40	5:07
John Stone	M40	6:12
Brian Foley	M45	4:45.1
Keith Martin	M45	5:14
John Pressley	M45	5:15.6
Vicente Carrero	M50	5:35
John Pellier	M50	5:40
Merv Jones	M50	5:58
Mitch Loly	M50	6:04
Brian Devine	M50	7:01
Bob Sammells	M55	5:23
Alan Chambers	M55	6:21
Gordon Florance	M55	7:01
David Carr	M60	5:14
Robin Bonner	M60	5:27
Frank McLinden	M60	5:34
Alan Tyson	M65	6:34
Jill Chambers	W40	5:27.3
Erica Mercer	W45	5:45
Jackie Halberg	W45	6:05
Wendy Clements	W50	6:44
Noela Medcalf	W55	6:47
Patricia Carr	W60	7:55

2000 Metre Walk

Peter Hill	M40	9:45.7
Brian Foley	M45	12:05.4
Mitch Loly	M50	14:21.5
Bob Fergie	M55	13:15.4
Leslie Romeo	W45	11:27.6
Margaret Gianatti	W55	15:43.8
Lorna Lauchlan	W60	13:40.6

5000 Metres

David Reid	M40	17:34.8
John Puglisi	M40	18:42.4
Rod Jurich	M40	19:50.8
Peter Hill	M40	20:50.0
Frank Smith	M50	18:43.4
Bob Harrison	M50	18:46.7
John Pellier	M50	19:52.9
Vicente Carrero	M50	20:29.2
Merv Jones	M50	23:27.7
Brian Devine	M50	24:46.0
Alan Chambers	M50	25:04.5
Gordon Florance	M55	25:24.1
Robin Bonner	M60	19:44.4
Frank McLinden	M60	20:26.2
Alan Tyson	M65	24:18.1
Jill Chambers	W40	20:13.0

Triple Jump

Mike Edwards	M35	12.00
Keith Martin	M45	10.24
David Carr	M60	8.10
Erica Mercer	W45	7.27
Noela Medcalf	W55	5.85
Patricia Carr	W60	7.17

Hammer Throw

Bob Fergie	M55	30.30
Alan Tyson	M65	20.34
Syd Coleman	M75	31.44
Erica Mercer	M45	17.38
Noela Medcalf	W55	12.88

TRACK & FIELD RESULTS

Following are the scores for athletes who have competed in at least four events (to 10.2.93.) in the Patron's Trophy.

Brian Foley	2694	points
Keith Martin	2588	
Mitch Loly	1223	
Merv Jones	441	
Gordon Florance	194	
David Carr	3992	
Gordon Medcalf	514	
Joan Merrifield	1610	
Carol Broderick	1379	
Noela Medcalf	2317	
Dorothy Whittam	1990	
Patricia Carr	2583	
Lorna Lauchlan	1534	

McGillivray

February 17, 1993

Long Jump

Keith Martin	M45	5.52 metres
Brian Foley	M45	3.76
Norm Richards	M55	4.46
David Carr	M60	4.02
Dorothy Whittam	W55	W55
3.62		
Noela Medcalf	W55	2.80
Patricia Carr	W60	3.22

Shot

R Moore	M40	8.35 Metres
Francis Leong	M45	9.04
Peter Gare	M50	9.60
Bob Fergie	M55	9.55
Norm Richards	M55	7.72
Jeff Whittam	M55	6.78
Rob Shand	M60	8.00
Allen Tyson	M65	7.91
Syd Coleman	M75	8.55
Joan Merrifield	W30	6.89
Lorna Lauchlan	W60	6.63

200 Metres

John Stone	M40	27.4 seconds
R Moore	M40	28.2
Adrian Wills	M40	28.6
Keith Martin	M45	26.0
Vic Waters	M45	29.8
Brian Foley	M45	30.3
Brian Danby	M45	33.7
John Pressley	M45	34.8
Peter Gare	M50	27.0
Ross Calnan	M50	29.5
Jeff Spencer	M50	31.2
Merv Jones	M50	37.1
Brian Devine	M50	33.5
Norm Richards	M55	27.8
Alan Chambers	M55	38.5
Gordon Florance	M55	39.3

David Carr	M60	28.5
Robin Bonner	M60	35.0
Allen Tyson	M65	33.7
Syd Coleman	M75	37.7
Carol Broderick	W40	34.4
Wendy Clements	W50	37.9
Dorothy Whittam	W55	37.9
Noela Medcalf	W55	35.1
Patricia Carr	W60	34.4

SHOT

Richard Moore	M40	8.35 metres
Francis Leong	M45	9.04
Peter Gare	M50	9.60
Bob Fergie	M55	9.55
Norm Richards	M55	7.72
Jeff Whittam	M55	6.78
Rob Shand	M60	9.00
Allen Tyson	M65	7.91
Syd Coleman	M75	8.55
Joan Merrifield	W30	6.89
Lorna Lauchlan	W60	6.63

2000 Metre Walk

Rod Stewart	M50	11:34
Mitch Loly	M50	15:19
Bob Fergie	M55	13:30
Jeff Whittam	M55	13:41
Joan Merrifield	W30	13:08
Anne Catarinich	W40	14:10
Jackie Billington	W50	13:07

800 Metres

Duncan McAuley	M40	2:12.1
Adrian Wills	M40	2:22.3
John Puglisi	M40	2:23.2
John Stone	M40	2:49.3
Richard Moore	M40	3:09.2
Brian Foley	M45	2:15.9
Vic Waters	M45	2:19.6
Brian Danby	M45	2:43.9
John Pressley	M45	2:46.1
Peter Gare	M50	2:29.4
Rod Stewart	M50	2:53.1
Jeff Spencer	M50	3:06.9
Merv Jones	M50	3:08.9
Brian Devine	M50	3:52.4
Bob Sammell	M55	2:43.6
Norm Richards	M55	2:52.7
Gordon Florance	M55	3:52.6
David Carr	M60	2:19.3
Frank McLinden	M60	2:41.9
Robin Bonner	M60	2:42.2
Maxine Santich	W40	2:38.1
Carol Broderick	W40	3:13.2
Wendy Clements	W50	3:22.2

3000 Metres

Duncan McAuley	M40	10:37
John Puglisi	M40	10:52
Brian Danby	M45	11:18
Don Caplin	M50	11:08
Rod Jurich	M50	11:32
Rod Stewart	M50	12:56
Merv Jones	M50	13:16
Brian Devine	M50	13:22
Bob Sammells	M55	11:19
Alan Chambers	M55	13:13
Gordon Florance	M55	14:58
Robin Bonner	M60	11:36
Frank McLinden	M60	12:15
Allen Tyson	M65	13:26
Jill Chambers	W40	11:23
Lorna Lauchlan	W60	17:08



WA VETERANS' ATHLETIC CLUB

Affiliated to: Athletic Association of Western Australia; and the Australian Association of Veteran Athletic Clubs

MEMBERSHIP APPLICATION USE THIS FORM FOR RENEWALS, OR NEW MEMBER APPLICATIONS

I/we wish to apply for membership of the WA Veterans' Athletic Club and enclose the sum of \$_____ in consideration thereof.
Post to: Treasurer, I. Ferris, 4/18 Hastings Street, Scarborough. 6019

MEMBERS' DECLARATION

1. I, the undersigned, in consideration of and as a condition of acceptance of my membership with the WA Veterans' Athletic Club, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent

upon my entry and/or participation in any event organised by the WA Veterans' Athletic Club.

2. This waiver, release and discharge shall be, and operate separately, in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives, and officers of any of them.

IMPORTANT: this form must be signed by both applicants, in cases of joint membership

Signature 1 _____ (Date) _____ Signature 2 _____ (Date) _____

PLEASE PRINT:

1. Surname..... Given Names.....
(Preferred name for Badge - eg. Bill, Sue etc.).....

ADDRESS:

Street..... Phone No.
Suburb/Town..... Postcode.....
☐ Male ☐ Female Date of Birth

2. Surname..... Given Names.....
(Preferred name for Badge - eg. Bill, Sue etc.).....

ADDRESS:

Street..... Phone No.
Suburb/Town..... Postcode.....
☐ Male ☐ Female Date of Birth

* If you weren't a member last year, pay the NEW MEMBER rates!

NEW MEMBERS *		RENEWALS	
METRO	COUNTRY	METRO	COUNTRY
Single \$27	Single \$20	Single \$22	Single \$15
Joint \$38	Joint \$30	Joint \$28	Joint \$20

CLUB USE ONLY

APPLICATION: ☐ Accepted ☐ Declined

Date of Joining: / /

☐ Welcome Letter

☐ Name Badge

Receipt Number _____

☐ Programme

Amount Received _____

SECRETARY _____

Date / /

TREASURER _____

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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WA 6014

HAPPY BIRTHDAY TO OUR APRIL MEMBERS

MEHARRY, BILL	02/04/50	43 remains M40	HOUGH, DAVID	18/04/32	61 remains M60
BEACHAM, WANDA	05/04/43	50 becomes W50	PETTMAN, ROGER	18/04/43	50 becomes M50
MAHER, CHRISTOPHER	07/04/53	40 becomes M40	LANGFORD, ROSEMARY	19/04/50	43 remains W40
JOHNSTON, MAURICE	09/04/37	56 remains M55	SPARE, CHARLES	19/04/39	54 remains M50
HALBERG, JACKIE	10/04/46	47 remains W45	STICKLES, JOE	19/04/38	55 becomes M55
SUTTON, RONALD	10/04/38	55 becomes M55	PARKINSON, STU	20/04/47	46 remains M45
CHAMBERS, JILL	10/04/49	44 remains W40	YOUNG, ROB	21/04/44	49 remains M45
PAPALIA, SHONA	11/04/57	36 remains W35	MCDONNELL, KEVIN	24/04/53	40 becomes M40
GRAY, STUART	12/04/40	53 remains M50	MAY, JEFF	26/04/54	39 remains M35
JOHNSTONE, BOB	12/04/42	51 remains M50	SMITH, MAURICE	26/04/34	59 remains M55
SMITH, ALLEN	12/04/49	44 remains M40	ASHTON, DAVE	27/04/45	48 remains M45
JONES, DAVID	12/04/26	67 remains M65	BOWLER, SIDNEY	28/04/23	70 becomes M70
DeGRUCHY, REGINALD	14/04/26	67 remains M65	CRELLIN, WILLIAM	28/04/38	55 becomes M55
HEALEY, REBEKAH	05/04/62	31 remains W30	WALKLEY, CECIL	29/04/29	64 remains M60
DRAYSON, PHILIP	16/04/53	40 becomes M40	WILTSHIRE, IVAN	29/04/41	52 remains M50
McGLASHAN, HAMISH	16/04/37	56 remains M55	LOLY, AMY	30/04/62	31 remains W30
TROVATO, ANNA	16/04/45	48 remains W45	TIVERIOS, JEANETTE	30/04/57	36 remains W35
JAMES, DAVID	17/04/53	40 becomes M40			