



The Vetruns



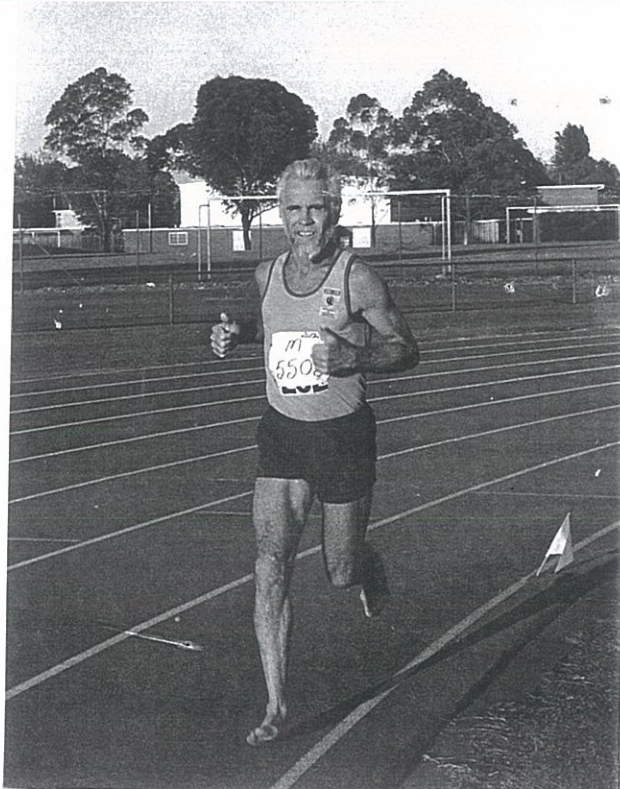
NO. 282 MARCH, 1997 PATRON: W.J. Hughes PRESIDENT: Brian Foley EDITOR: Richard Harris 457 6102

Failure is not the worst thing in the world. The very worst is not to try

RUNNING MATES BEV & GRAHAM THORNTON



FAREWELL TED MASLEN



TED

Ted - tough as teak,
who could forget those feet
pounding out rhythms of street and track

Ted - mind crystal sharp
splitting structures by his art
teasing out secret rhythms pattern from
the dark

Ted - heart so big
it broke

*Written by Grahame Young, who used to
run with Ted in Uni Athletics Club in the
late 60's and early 70's.*

31 Roebuck Drive,
Salter Point WA 6152

Dear Fellow Club-members,

I have been overwhelmed by the enormous support given to me and my family since Ted's death. There have been many visits, flowers, cards and phone calls, every one of which I have appreciated. It was wonderful to see so many of you at the rosary, mass and funeral also.

Running with the Vets was an important part of Ted's life, and he particularly enjoyed his battles within the M60's.

I had expected my return to the club to be difficult, but everyone welcomes me so warmly that I felt at ease straight away.

Thank you all - I'm going to need you in the coming months.

Sheila Maslen

TED MASLEN 1935-1997

Ted Maslen collapsed and died of heart failure during the Point Walter run on February 2.

We lost a fine runner and a good friend.

Ted was an elite athlete. Two memorable performances were his M40 3000M steeplechase in 9.44, and his defeat of Albie Thomas to win an Australian Veterans 1500M championship. He had a long association with University AC and the Athletic Association. He was a life member of UAC.

His running reflected his life in that he took more interest in the endeavours of others than in his own success. He recruited many to the sport, including most of his family.

Committed though he was to athletics, this was a minor part of his life.

A brilliant academic career started with the Rhodes Scholarship in 1956 (the award was delayed while Ted fought off a tetanus attack). He studied at Oxford (and rowed for Oxford) and returned to UWA in 1960. He became head of the physics department, a founding director of WA's crystallography centre, was world renowned in his field, and was recently admitted to the Australian Academy of Science.

Ted had a strong sense of community. He was guild president at UWA, a South Perth councillor for 22 years, worked for environmental groups, and was active in church affairs.

He was a loving and wise father to eight children, some of them known well to our club members.

We extend our sympathy and respect to his wife Sheila and to Patrick, Frances, Barbara, Kate, Rebecca, Nicola, Daniel and Mark.

See him now.

*Riding an old bike to work,
running barefoot on the road,
giving all, asking little.*

David Carr.

TED MASLEN

The headline of the West Australian said it all. "University loses man of integrity." I knew little of Ted Maslen the physicist who was greatly admired and respected in WA academic circles.

The Ted Maslen I knew was the most unique character I have met in the WA Vets Athletic Club.

My first encounter with Ted was as a young 35 year old midway through a Vets race in 1985. I could hear the most awful sounds getting closer and closer to me. Someone was obviously trying to catch me and go past.

What I saw almost stopped me in my tracks!!

Here was a barefoot man of about 50 wearing thick glasses, looking totally dishevelled and breathing like a bull. I decided that he couldn't possibly maintain that pace and it was only a matter of time before he collapsed in a heap!! I felt like saying "Don't you realise that the glass and prickles can cause major damage to your feet. In his eyes I am sure those \$150 accessories which I proudly wore on my feet, were a complete waste of money.

In the years to come I was to witness many of Ted's famous finishes. At the end of a race one could usually find Ted prostrate on the ground and gasping for air. We, of course, would always rush over and check that he was all right. In fact, I sometimes felt guilty. I mean I was never able to push myself to that extent and experience that level of pain in a race.

In retrospect, was it just that Ted gave too much of himself in each race? We'll never know.

Ted was obviously a man of superior intellect and yet one to whom material possessions played no part. His family, his work at UWA and his running were his life.

When Ted spoke to me he would always enter my personal space, that one metre or so that surround you. He would peer down those thick lens glasses, give a rundown of the race, enquire after the family and then he'd be gone. I would have felt uncomfortable with anyone else except Ted talking that close to me but with Ted it just seemed appropriate.

As I haven't raced for several years, Tess would always tell me of her conversations with Ted. They were almost often preceded by a warm

embrace and as with me questions about the family.

We have met only Pat, Mark and K but it is quite clear that they have the father's integrity and qualities.

To Sheila and family, we again express our deepest sympathy at your loss. Just be reassured it is not just your loss but a most significant one for the WA Vets. Although Ted may no longer be with us, his memory will always endure and his presence will be felt in many of our future races.

Chris and Tessa Brockwell.

THE LATE DR TED MASLEN

One of the peculiarities - and many would say the attractions - of the Vet's Athletic Club is the fact that as club members we come to accept each other as runners, admired for performing at whatever our level of ability, and not for the details of our private lives or the work we do.

The downside of this is that when we lose someone like Ted Maslen, we have little idea of how significant a person was in the life of the wider community. For this reason I intend to focus my remarks about Ted on those aspects of his life and work with which we are likely to be less familiar.

Born in Kalgoorlie on 8 August, 1935, Ted was the second child in his family, having an older brother, Victor and a younger sister, Sue. Both have survived him. In 1947 his family moved to Geraldton, and Ted's education was gained at St Patrick's College, where he showed himself to be a very talented student gaining a General Exhibition to UWA in his final year. But he was no bookworm. He was even then keen on games and athletics, and his own mother said of him in those days "he always got into things, and you didn't know what he'd be up to next!" I doubt if that changed at all throughout his life.

At University he pursued everything with maximum energy - studies, sport, student affairs. In his final undergraduate year in Science (1956) he was also President of the Guild of Undergraduates, and at the end of that year he was awarded a Rhodes Scholarship that took him to Oxford University for post-graduate study in Physics.

But Ted made the public stage in another way that year. As Guild President he gave a strong lead to an appeal to raise

funds for a new Medical School at UWA by competing in a special athletics meet. He accidentally spiked himself and was admitted to Royal Perth Hospital with a serious bout of tetanus which threatened his life. His case made front page news, especially on account of the fact that in order to give him a better chance of survival, all traffic was diverted from around the hospital to eliminate loud noise.

At Oxford Ted continued to live university life to the full and completed his D. Phil in the minimum time. But there are two aspects of this period in Oxford that are specially significant. One of these was his introduction to research into molecular structure - a field that would occupy much of his attention for the rest of his professional life. The other was meeting of Sheila Robinson who was also studying at Oxford. Ted and Sheila were married just before returning to Australia in 1960, when Ted took up a lectureship in the Physics Department, and with his accustomed energy began to re-vitalize it with fresh ideas.

Though a very talented researcher, Ted regarded his teaching role as every bit as important, and his students revered him (and were often amused by his off-beat style) not just because of his professional brilliance, but even more on account of the personal interest he showed in their progress and the amount of time he was prepared to give them. For his own research he published widely both in Australia and overseas, and became an internationally respected expert in his field of crystallography. He became Head of Physics at UWA in 1993, having served on almost every decision-making body there in his 37 years of service. Perhaps his highest professional recognition came when in 1996 he was made a Fellow of the Australian Academy, a title held by only a few scientists in the state.

But University was only one part of Ted's life. His colleagues admired the fact that he did not allow the demands of his career to interfere with his family life with Sheila and their eight children; and he found time to devote as well to church and community affairs - both on a generous scale. He was particularly interested in local government, and was elected on three occasions to the South Perth Council - 22 years service in all.

All his life Ted was a man of energy, who dedicated himself wholeheartedly to whatever he was engaged in. He seemed to be able to pack more into a

day than most people, and a lot of what he did was for others.

This is of necessity a very inadequate insight into the greatness of Ted Maslen whom we have known and loved as a fellow runner. We will miss him sorely, and we offer to Sheila and her family the comfort of our love and friendship.

Leo Hassam

RUNNING MATES

One of the important parts of any club is the helpers, the Vets are lucky to have many willing workers, so this month meet one of them - mates Bev and Graham Thornton.

Both born in Subiaco. Bev played netball at school, Graham has always been a great sports fan and played footie and cricket. He was school captain of the swimming team and cycled at Midland where he was a professional at 10 years of age.

The Thorntons have three children and one grandchild, plus a cat. Graham did some running while their children were in Little Aths, and at the end of each meet there was a parents race.

Bev is a great fan of the Eagles and never misses a home game. She is a very vocal supporter and often arrives home with a hoarse throat.

Bev and Graham met at the drive-in, Bev recalls that it was a "Cowboys and Indians" film.

Graham is a member of this year's Vets committee.-

Joan Pellier

Occupation:

Graham: Financial systems accountant with Main Roads Department.

Bev: Home duties.

How did they hear about the Vets:

Graham: Graham ran in the fun runs and met some of the Vets members. He thinks it was Jeff Whittam who invited him along.

What they like about the Vets:

Graham: Competition, friendly rivalry, social atmosphere, gave cycling away because Vets were more friendly.

Bev: All the friendship.

Favourite run:

Graham: Darlington Dash, Friendship Run and Tuesday night run in King's Park.

Bev: Bev enjoys coming to the runs and says that she would not know what to do with herself on Sundays if Graham didn't run.

Any Changes:

Graham: Like to see more 30 year old people join the club, but they seem to be tied up with young families these days.

Bev: None

Other interests:

Graham: Cycling, snow skiing and car racing.

Bev: Eagles supporter and gardening.

Favourite food:

Graham: "Food" plus cream cakes.

Bev: Chinese food.

Ambitions in rubbing:

Graham: Still like to break four minute pace.

Bev: Stay healthy.

Greatest pleasure in running:

Graham: Running 2:51 for marathon in 1985.

Favourite TV programme:

Graham: Sienfeld, The Fugitive, Deep Space

Bev: Mask, but any comedy.

Pet hate:

Graham: Arrogant people.

Bev: Mobile phones should be banned in cars.

PROGRAMME CHANGES 1997/98

The end of the 1996/97 programme contains a provisional programme for the first four weeks of the 1997/98 season.

Could all members please note that, this provisional programme is now confirmed as follows, (which is different to that shown):

4 May	Bank's Run/Walk (old Kirkman's) McCallum Park	8.00am
	9K/6K	
11 May	Shark's Run/Walk John Tonkin Oval	8.00am
18 May	Andy Wright Run/Walk Aquinas College	8.00am
	10K/5K	
25 May	Jim Barnes Road Racing & Walking Champs Kent St, Wilson	8.00am
	10K/5K	

All events for the 1997/98 season will be in the programme available early May.

Also, don't forget that I am still looking for volunteers for Race Directors for next season.

John Pressley

HELP RACE DIRECTORS

WANTED NO REWARD

We require a further seven (5) Race Directors for the 97/98 programme. Specifically, race directors are required for the following events:

4/5/97	Bank's Run (old Kirkman's Run)
15/6/97	Uni & Back
29/6/97	Mill Pt Rd Champs
21/12/97	Xmas Gift
22/3/98	Parlauf Relay

Could all volunteers please form a queue in front of John Pressley, who will then make a selection. If too shy to show yourself, ring on 332 6103 **NOW**.

STATE CHAMPIONSHIPS

Our State Championships are held over two weekends, beginning with the Pentathlon on Sunday 9 March at Coker Park, followed by the Steeplechase at McGillivray Oval on Thursday 13 March. Long distance walks and runs and the hammer throw on Friday 14 March and the main track and field programme on Saturday and Sunday 15/16 March, all at Coker Park, Cannington.

If you have not already offered to help, please speak to David Carr. Come along and encourage your fellow athletes. You'll be assured of some great performances.

A BYO barbecue will be held at the end of the programme on Sunday.

PT. WALTER RUN

Proving to be popular again, around one hundred participants tackled the 6.2km walk/run and the 11km run in spartan conditions.

Thank you all for turning up. Thanks to helpers John Carpenter, Paul Martin, John Pressley, Paul Hughes, Pat Savin, Robin King and Whitney Richards. Apologies from Robin for the acopia at the 3km drink stop - the decent of the avalanche of thirsty gladiators upon her was unexpected. Thank you for your patience.

The event was marred by the passing on of a very popular and determined member - Ted Maslen. He will be greatly missed. Our thoughts are with you Sheila and your family. Thank you to the members who had no hesitation at rushing to the scene when asked to help, especially John Bell and Jackie Halberg. **Dave Roberts**

11K RUN

Dave BISHOP	M40	42:57
Frank SMITH	M50	43:41
Jim KLINGE	M50	43:49
Dave MUIR	M50	44:32
Tom SAVIN	M50	44:40
Dave WILLMER	M45	46:43
Vicente CARERRO	M50	46:54
Steve BURGE	M35	48:43
Bob SCHICKERT	M55	49:31
Brian DANBY	M45	50:31
David JAMES	M40	51:10
Mitch LOLLY	M55	51:16
John PELLIER	M55	51:21
Graham THORNTON	M55	51:49
Helen LYSAGHT	W40	52:28
George SCHAEFER	M50	52:28
Marg FORDEN	W55	55:01
Stan LOCKWOOD	M65	56:12
Vic BEAUMONT	M65	59:59
Kirt JOHNSON	M65	68:35
6.2KM WALK		
Ray HALL	M60	40:35
Bob FERGIE	M60	43:11
David BROWN	M45	43:12
Barry THOMSETT	M55	43:12
Jill MIDOLO	W45	48:15
Lorna LAUCLAN	W65	48:37
Lynne SCHICKERT	W55	49:06
Jackie BILLINGTON	W50	49:13
Ernie MOYLE	M70	49:34
Phyllis FARRELL	W50	49:45
Pat AINSWORTH	W65	51:34
Val WHEELER	W65	52:06
Pamela SMITH	W55	52:06
Maggie FLANDERS	W60	57:17
Judy HILL	W45	57:52
Fred WATSON	M75	60:58

VISITORS

Ben CHARLES	6.2 R	24:19
Dean McCANN	6.2 R	26:16
Rae HASSELL	6.2 R	35:56
Paul ODAM	11 R	41:01
Mark PRESSLEY	11 R	44:13
Mike HALE	11 R	53:46

6.2K RUN

Prabuddah NICOL	M45	21:07
Gary FISHER	M40	24:19
Don CAPLIN	M55	25:02
Vic WATERS	M50	25:19
Dave CARR	M60	26:04
Ivan BROWN	M50	26:24
Peter SANDERS	M50	26:40
Kevin CORTEN	M50	28:08
Frank GARDINER	M45	28:08
Margaret BIRKS	W50	28:43
Stuart PARKINSON	M45	28:48
Max KELLY	M50	29:26
Simon MORT	M40	29:27
John BRAMBLEY	M50	29:31
Terry KEESING	M35	29:35
Peter HILL	M45	29:36
Keith ATKINSON	M40	30:22
Peggy MacLIVER	W50	30:39
Brian BENNETT	M45	30:40
Carol BRODERICK	W40	30:48
Ken BROWNLIE	M50	30:48
Sue SANDERS	W40	30:55
Robert REECE	M50	31:40
Brian HUNTER	M50	31:43
Merv JONES	M55	31:46
Dalton MOFFETT	M65	31:52
Richard HARRIS	M60	31:56
Jennie BARNES	W45	31:57
Jackie HALBERG	W50	32:06
Clive FROST	M50	32:17
Arnold JENKINS	M50	32:31
Merv MOYLE	M70	32:57
Val MILLARD	W50	33:09
Brian SMITH	M55	33:10
Ann TURNER	W60	33:37
Keith FORDEN	M55	33:47
Doug HAZELL	M40	33:47
Jo PEARCE	W45	34:14
Ron SUTTON	M55	34:45
Allen TYSON	M70	35:40
Joan PELLIER	W55	35:43
Shorty TURNER	M60	35:56
Irene FERRIS	W40	36:42
John STONE	M40	37:54
Jacqueline McMANUS	W50	38:46
Robert SHEEHY	M50	38:48
Norman MILLER	M65	38:57
Pauline KELLY	W50	40:11
Mary HEPPELL	W55	40:53
Rosa DAVIS	W50	44:11
Sheila MASLEN	W55	44:12
Susan BRAND	W50	44:20
Marg WARD	W55	50:52
Denise LANCASTER	W45	50:52
Garnet MORGAN	M70	70:00
Late start		

Deadly Medley Relay - 9 February 1997

A good role up of 60 members (11/4 person running teams and 8/2 person walking) on a beautiful morning for this annual event. For those not in the know; the running event is 12km, comprising 4x2km and 4x1km loops and each person runs twice (ie 2-1-2-1 twice); the walkers similarly do 6km on the same course (ie 2-1 twice). Teams are allocated on the day, based on the skill, expertise (and whim) of the organiser. It is a great event for sharpening up your speed and also socialising between laps.

In the running event Ralph, Fiona, Warren and Ryan were clear winners, (I will not be so easily influenced by youthful looks next time!), with Fred and Paul leading home the walkers. All the split times are given, so you can compare your times between laps.

Thanks to my helpers, especially Bob Sammells and Margaret Ward, and Geoff Whittam for organising the walkers, and a special thank-you to David Willmer for sacrificing his own run to walk with visually impaired member John Henshaw. Roll on next year, as I have got this fiendish handicapping system worked out, based on age, sex, star sign, colour of eyes, height, weight, size of feet, and magnitude of bribe!

John Pressley

Team Eta 1st 44:37

Ralph Henderson	(M45)	2km	7:00	7:00
Fiona McAuley	(W45)	1km	4:17	4:20
Warren Gee	(M45)	2km	6:55	6:50
Ryan Gee	(M10!!)	1km	4:04	4:11

Team Zeta 2nd 45:28

Duncan McAuley	(M45)	2km	6:30	6:50
Penny Bates	(W45)	1km	5:15	5:27
Frank Gardiner	(M45)	2/1km	7:45	4:35
David Bishop	(M40)	1/2km	3:18	6:48

Team Beta 3rd 45:35

Bob Schickert	(M55)	2km	6:50	7:03
Lorraine Sherwood	(W40)	1km	4:57	4:49
Gary Fisher	(M40)	2km	7:25	7:26
Alan Jenkins	(M55)	1km	3:33	3:32

Team Gamma 4th 46:25

Stephen Dunn	(M30)	2km	6:34	6:42
Rae Hazell	(W35)	1km	4:37	4:32
Max Kelly	(M50)	2km	7:47	7:07
John Stone	(M40)	1km	3:52	4:04

Team Delta 5th 46:37

Jim Klinge	(M50)	2km	6:57	7:02
Jackie Halberg	(W50)	1km	4:15	4:16
Terry Keesing	(M35)	2km	7:58	9:29
Steve Burgess	(M35)	1km	3:18	3:16

Team Epsilon 6th 47:22

Doug Hazell	(M40)	2km	8:08	7:55
Claire Burgess	(W35)	1km	4:52	4:40
Jim Langford	(M50)	2km	6:32	6:34
John Bates	(M50)	2km	4:18	4:23

Team Iota 7th 48:23

Gareth Brunt	(M45)	2km	7:22	7:24
Ann Turner	(W60)	1km	5:11	5:07
Vic Waters	(M50)	2km	7:23	7:32
Brian Smith	(M55)	1km	4:15	4:07

Team Kappa 8th 49:39

Ross Parker	(M45)	2km	7:18	7:44
Helen Lysaght	(W40)	1km	4:20	4:12
Mike Rhodes	(M50)	2km	7:53	8:00
Allen Tyson	(M70)	1km	5:03	5:09

Team Theta 9th 49:47

David Carr	(M60)	2km	7:29	7:22
Shorty Turner	(M60)	1km	5:01	5:03
Kevin Corten	(M50)	2km	8:37	8:30
Robert Reece	(M50)	1km	3:48	4:02

Team Lambda 10th 50:42

Robin King	(W35)	2km	7:27	7:33
Arthur Leggett	(M75)	1km	5:36	5:30
George Schaefer	(M60)	2km	8:27	8:15
Janet Kelly	(W40)	1km	3:57	3:57

Team Alpha 11th 53:02

Ivan Brown	(M50)	2km	7:36	8:18
Arnold Jenkins	(M50)	1km	3:42	3:53
Frank McLinden	(M65)	2km	9:22	9:13
Mary Heppell	(W55)	1km	5:22	5:26

Walk

Team Xi 1st 38:14

Paul Martin	(M55)	2km	10:37	11:05
Fred Watson	(M75)	1km	7:27	9:09

Team Rho 2nd 38:55

Ray Hall	(M60)	2km	12:36	12:33
Lois Smith	(W45)	1km	6:54	6:52

Team Tau 3rd 40:33

Leslie Romeo	(W50)	2km	12:43	12:38
Pam Smith	(W?)	1km	7:41	7:31

Team Pi 4th 40:46

Lynne Schickert	(W55)	2km	13:44	13:56
Dorothy Whittam	(W60)	1km	6:26	6:40

Team Nu 5th 42:14

Michelle Mison ((W45)	2km	13:17	13:06
Val Wheeler	(W65)	1km	7:53	7:58

Team Phi 6th 42:50

Pauline Kelly	(W45)	2km	13:44	14:48
Pat Ainsworth	(W60)	1km	7:06	7:12

Team Chi 7th 45:44

Brian Bennett	(M45)	2km	13:44	15:04
Mary Patullo	(W?)	1km	8:28	8:28

Team Sigma 8th 49:36

Barrie Thomsett	(M55)	2km	12:20	12:46
John Henshaw/	(M?)	1km	12:52	11:38
David Willmer				

**Track & Field Results
McGillivray Oval
23 January 1997**

Javelin

Peter Gare	M55	31.14m
Ed Carroll	M55	29.90m
Bob Fergie	M60	29.12m
David Carr	M60	27.02m
Ross Calnan	M55	26.77m
Rob Shand	M60	26.53m
Arnold Jenkins	M50	23.32m
Gordon Medcalf	M65	20.17m
Ron Tompkins	M70	19.04m
Leon Sander	M55	18.25m
Rae McMillan	W65	17.48m
Noela Medcalf	W60	13.63m

Discus

Ed Carroll	M55	36.90m
Peter Gare	M55	33.27m
Bob Fergie	M60	30.92m
Rob Shand	M60	26.95m
Gordon Medcalf	M65	24.24m
Leon Sander	M55	19.78m
Ron Tompkins	M70	17.67m
Noela Medcalf	W60	15.30m
Rae McMillan	W65	13.22m

Triple Jump

Dave Wyatt	M45	10.20m
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2000m Walk

John Mison	M45	10:09.3
Barrie Thomsett	M55	12:03.8
Bob Fergie	M60	12:19.5
Michele Mison	W45	13:14.4
Val Millard	W50	13:36.5
Lynne Schickert	W55	14:12.4

400m

Keith Martin	M50	59.2
Paul Covich	Vis	59.5
Peter Gare	M55	59.9
David Carr	M60	62.6
Ian Sanders	M35	63.5
Garry Doyle	M45	65.0
Arnold Jenkins	M50	67.0
Darrell Arnett	Vis	67.5
Delia Baldock	W30	76.0
Leon Sander	M55	80.1
Noela Medcalf	W60	89.0

100m

Keith Martin	M50	13.0
David Clive	M55	13.2
Paul Covich	Vis	13.3
Garry Doyle	M45	13.4
Dave Wyatt	M45	13.6
Ian Sanders	M35	13.6
Peter Gare	M55	13.7
David Carr	M60	15.0
Arnold Jenkins	M50	15.0
Ross Calnan	M55	15.1
Gordon Medcalf	M65	16.0
Peggy MacLiver	W55	16.1
Leon Sander	M55	16.2
Pat Carr	W60	16.9
Mandy Butler	Vis	17.8

Noela Medcalf	W60	18.3
3000m		
Jim Langford	M50	09:47.1
Jim White	Vis	10:10.7
Pra Nichol	M40	10:24.6
Bob Schickert	M55	10:41.3
Anne Shaw	W45	10:44.3
Vic Waters	M50	11:01.6
Ivan Brown	M50	11:15.2
Milton Mavrick	M40	11:26.4
Don Caplin	M55	11:48.0
Alan Jennings	M55	12:40.6
David Carr	M60	13:53.5
Arnold Jenkins	M50	14:38.0
Jackie Halberg	W50	14:38.7
Val Millard	W50	15:26.3
Delia Baldock	W30	17:28.9
Jackie Billington	W50	18:56.6
Lynne Schickert	W55	20:52.0

**Track & Field Results
Coker Park
30 January, 1997**

This was one of the best attended evenings we have had. The heavy weight throw is a relatively new event; it is good to see people developing another skill.

5000m

Jim Langford	M50	16:34.3
Bob Schickert	M50	17:50.0
Frank Smith	M50	18:04.0
Alan Thurlow	Vis	18:09.2
Anne Shaw	W45	18:30.6
Milton Mavrick	M40	19:24.4
Vicente Carrero	M50	19:41.4
Don Caplin	M55	19:47.5
Steve Barrie	M60	20:02.7
Robin King	W35	20:24.7
John Pellier	M55	21:16.9
Arnold Jenkins	M50	24:54.7
Margaret Robinson	W55	25:06.3
Allen Tyson	M70	26:45.0
Val Millard	W50	26:05.3

Javelin

Bob Fergie	M60	31.24
Arnold Jenkins	M50	25.90
David Carr	M60	21.96
Allen Tyson	M70	21.06
Ian Sanders	M35	20.52
Ton Tompkins	M70	19.94
Mike O'Reilly	M55	19.54
Kath Holland	W55	18.92
Leon Sander	M55	17.80
Eileen Hindle	W45	16.34
Fred Watson	M75	13.80

Long Jump

David Wyatt	M45	5.12
Snow McSwain	W35	4.15
Diane York	W40	3.92

Delia Baldock	W30	3.90
Leon Sander	M55	3.57
Ashleigh Creasey	Vis	3.2
Mandy Butler	W30	2.82
Fred Watson	M75	2.03

200m

Keith Martin	M50	25.6
Paul Covich	Vis	26.1
David Wyatt	M45	26.4
Mike O'Reilly	M55	27.2
Garry Doyle	M45	27.2
Ian Sanders	M35	27.3
Phil Hawks	M35	27.5
Arnold Jenkins	M50	29.8
Snow McSwain	W35	30.1
Leon Sander	M55	30.3
Delia Baldock	W30	31.2
Diane York	W40	31.5
John Pellier	M55	31.9
Robin King	W35	33.3
Patricia Carr	W60	33.5
Allen Tyson	M70	35.5
Mandy Butler	Vis	36.7

Heavy Weight

Bob Fergie	M60	13.20*
Kath Holland	W55	8.47*
Ron Tompkins	M70	7.69
Arnold Jenkins	M50	7.65
Eileen Hindle	W45	7.64*
Fred Watson	M75	6.1

*Provisional State Records

2000m Walk

John Mison	M45	9:46.3
Barrie Thomsett	M55	12:02.6
Lesley Romeo	W50	12:24.0
Ray Hall	M60	13:10.5
Michele Mison	W45	13:22.9
Val Millard	W50	14:29.1
Val Wheeler	W65	15:59.4
Glenice Shanahan	W70	16:45.0

400m

Shane Nagle	Vis	57.1
Paul Covich	Vis	60.0
David Carr	M60	63.8
Garry Doyle	M45	66.3
Ian Sanders	M35	62.9
Arnold Jenkins	M50	66.0
Snow McSwain	W35	67.7
Mike O'Reilly	M55	69.6
Mandy Butler	W30	91.1
Alan Thurlow	Vis	63.3
Delia Baldock	W30	74.6
John Pellier	M55	76.3
Leon Sander	M55	76.4
Ashleigh Creasey	Vis	82.4
Glenice Shanahan	W70	2:05.4

**Track & Field Results
McGillivray Oval
6 February, 1997**

Discus

Bob Fergie	M60	31.66m
Leon Sander	M55	27.54m

Rob Shand	M60	25.96m
Ron Tompkins	M70	18.80m
Allen Tyson	M70	18.46m
Rae McMillan	W65	17.66m
Fred Watson	M75	10.98m

100m

Paul Covich	Vis	13.0
Ian Sanders	M35	13.3
Dave Wyatt	M45	13.5
Garry Doyle	M45	13.5
Peter Gare	M55	13.6
Phil Hawks	M35	13.9
David Carr	M60	14.9
Ross Calnan	M55	15.0
Arnold Jenkins	M50	15.2
Leon Sander	M55	15.3
Delia Baldock	W30	15.5
Nick Bailey	Vis	15.7
Pat Carr	W60	16.7
Stan Lockwood	M65	16.9
Allen Tyson	M70	17.4

800m

Greg Vander Sanden	M35	02:07.8
Tony Heppener	M45	02:08.0
Paul Covich	Vis	02:21.9
Keith Martin	M50	02:26.1
Milton Mavrick	M40	02:31.2
Pra Nichol	M40	02:31.9
Alan Jennings	M55	02:35.7
Robin King	W35	02:38.5
Peter Gare	M55	02:39.3
Ian Sanders	M35	02:42.0
Phil Hawks	M35	02:43.4
Arnold Jenkins	M50	02:48.3
Delia Baldock	W30	03:07.9

Shot Put

Ed Carroll	M55	10.05m
Bob Fergie	M60	9.61m
Peter Gare	M55	8.70m
Ross Calnan	M55	8.05m
Rob Shand	M60	7.01m
Ron Tompkins	M70	6.94m
Leon Sander	M55	6.68m
Rae McMillan	W65	6.28m
Pat Carr	W60	6.22m
Fred Watson	M75	5.98m

Triple Jump

Dave Wyatt	M45	10.26m
Keith Martin	M50	10.10m
Leon Sander	M55	8.11m
Pat Carr	W60	7.56m
Fred Watson	M75	4.74m

5000m Walk

Barrie Thomsett	M55	32:08.6
Ray Hall	M60	32:44.7
Val Millard	W50	34:57.5
Lynne Schickert	W55	35:52.2
Val Wheeler	W65	41:54.7
Glenice Shanahan	W70	47:41.2
Mary Patullo	Vis	47:41.2

3000m

Tony Heppener	M45	09:41.6
Jim Langford	M50	09:51.0
Greg Vander Sanden	M35	10:14.3
Stephen Dunn	M35	10:17.1
Bob Schickert	M55	10:40.4
Frank Smith	M50	10:48.7
David Roberts	M50	11:11.2
Don Caplin	M55	11:25.8
Ivan Brown	M50	11:30.4
David Carr	M60	11:30.6
Milton Mavrick	M40	11:34.5
Robin King	W35	11:45.8
Steve Barrie	M60	11:58.0
Alan Jennings	M55	13:22.5
Brian Gale	M50	13:39.4
Stan Lockwood	M65	13:56.9
Arnold Jenkins	M50	14:01.8
Phil Hawks	M35	14:28.5
Allen Tyson	M70	15:46.3
Marg Ward	W55	19:16.3

GOING DOWN SOUTH FOR A HOLIDAY?

Club members Derek Hoyer and his wife Rita has retired to Walpole and are now running a bed and breakfast establishment there. If you want to go running or just out for a bushwalk Derek has quite a few mapped out. If you feel like going give them a ring on (098) 401 386 or write to: Rita & Derek Hoyer, Lot 94, Vista Street, Walpole WA 6398.

VISTA Bed and Breakfast Old Style Country Hospitality "At its Best"

Centrally located overlook the Inlets. Full English style breakfast. Tea and coffee making facilities. Comfortable guest lounge, T.V, Wood fire, No smoking, No pets, Guest and boat parking, Great family atmosphere.

WORLD AND AUSTRALIAN RECORDS

The Australian Association of Veterans Athletic Clubs has published a booklet containing the current World and Australian Veterans Records. It is available NOW from Secretary Jackie Halberg at a cost of \$3.00.

AUSTRALIA VETERANS MARATHON CHAMPIONSHIPS

Canberra - Sunday April 13, 1997.
Entry forms from Jackie Halberg or Sunday run. Entries close March 24.

REMINDER

ANNUAL GENERAL MEETING
7.00pm Tuesday April 15, 1997
Hockey Club Rooms, Perry Lakes

Nominations for Life Membership and any notices of motion to reach the secretary, Jackie Halberg (1/37 Bombard Street, Ardross) no later than March 10, 1997.

During the evening, Club trophies will be presented. Join us at the end of formalities for a 'cuppa' (please bring a plate of supper).

Bunbury Marathon and Half Marathon 18 May, 1997

Entry forms available from the notice board at Sunday runs, or contact Michael Jennings on 097 911 416 or Steve Stone on 097 253 123..

WELCOME NEW MEMBERS

Geoffrey Brayshaw	26.10.49
Pixie Doore	20.12.46.
Rae Hasell	2.3.57.
Lorraine Sherwood	23.8.52

WANTED

Helpers to work in the canteen during the WA Veteran Athletic Club Championships. Main events held 15 and 16 March at Coker Park.

Also anyone who would be willing to do some baking and donate small cakes, muffins, slices, fruit loaves or similar.

If you can help please see Sue Jones at the next club run or phone 398 1157 after 6.30pm.

CARR-SHAND TROPHY RUN

January 19, 1997

The weather was again kind, but as always the hill and the handicapping caused some grumbles.

Ron Sutton and Val Millard were the winners of the Carr-Shand Trophy for 1997. (As this is Val's second year there was also some muttering about her relationship to the handicapper!) Lesley Romeo walked very well to win the Walkers' trophy. Anne Shaw, the fastest woman and fastest overall beat the fastest man, Bob Schickert, by two seconds. Congratulations Anne. Thanks to the regular band of helpers, including those who volunteered but were not needed: Lorna Lauchlan, Jackie Halberg, David Brown, Kirt Johnson, Merv Moyle, Ann Turner, Dalton Moffett, John Pressley, Barrie Thomsett (who took Dick Horsley's place at the top of the Causeway). Denise Lancaster and Fred Hagger were to help, but both had accidents that prevented them.

Thanks also to the people who brought the morning tea, and to Bev Thornton and Maureen Pomery who organised it for us.

Jill Midolo

Name	Age	Clock	H/cap	Actual
Ron Sutton	M55	39:36	4:05	35:31
Norm Miller	M65	40:33	2:45	37:48
Kirt Johnson	M65	41:20	4:05	37:15
Val Millard	W50	41:24	3:05	38:19
Arnold Jenkins	M50	41:38	5:05	36:33
Peggy MacLiver	W50	41:55	8:10	33:45
Vic Waters	M50	41:56	13:45	28:11
Bob Schickert	M55	41:59	14:55	27:04
Rob Reece	M50	42:01	8:20	33:41
Roma Barnett	W45	42:02	5:15	36:47
Carol Broderick	W40	42:04	8:20	33:44
Ann Shaw	W45	42:07	15:05	27:02
Brian Aldrich	M65	42:13	3:25	38:48
Max Thorley	M45	42:16	13:45	28:31
Jeff Spencer	M55	42:17	6:20	35:57
Grahame Bergersen	M45	42:23	?	
Kevin Corton	M50	42:25	9:30	32:55
Milton Mavrick	M40	42:28	13:45	28:43
Brian Danby	M45	42:32	13:45	28:48
Helen Lysaght	W40	42:35	0:10	32:25
Graham Thornton	M55	42:41	12:25	30:16
Dick Blom	M60	42:47	11:35	31:12
Vic Beaumont	M60	42:50	7:30	35:20
Mike Khan	M50	43:00	12:05	30:55
Stuart Parkinson	M45	43:07	10:40	32:27
Merv Jones	M55	43:21	7:30	35:51
Brian Foley	M50	43:30	13:05	30:25
Peter Airey	M55	43:31	8:30	35:01
Tony Heppener	M45	43:39	?	
Ken Brownlie	M50	43:40	11:35	32:05

George Schaefer	M60	43:42	11:35	32:07
Brian Smith	M55	43:53	?	
Mike Rhodes	M50	43:56	11:55	32:01
John Russell	M60	43:57	4:45	39:12
Mary Heppell	W55	44:13	0:00	44:13
John Stone	M40	44:17	7:40	36:37
David James	M40	44:20	7:40	29:55
Rosa Davis	W50	45:07	0:55	44:12
Ted Maslen	M60	45:16	10:30	34:46
Sheila Maslen	W55	45:16	1:20	43:56
Suzan Brand	W50	45:41	0:35	45:06
John Smith	M60	46:00	5:25	40:35
Pat Miller	W55	46:04	0:45	45:19
Shorty Turner	M60	46:32	4:35	41:47
Brian Devine	M50	46:48	9:50	36:58
Keith Forden	M55	47:02	6:10	40:52
Peter Hill	M45	47:28	11:55	35:33
Lorna Lauchlan	W65	47:30	0:25	47:05
Jackie Billington	W50	47:52	0:25	47:32
Doug Hazell	M40	48:10	13:45	34:25
Irene Ferris	W40	48:37	4:45	43:52
Frank Usher	M70	54:21	0:00	54:21
Allen Tyson	M70	54:43	5:05	49:38
Glenys Shanahan	W70	57:30	?	
Brian Palmer	M45	58:33	?	

WALKERS (Sealed Handicap)

Name	Age	Clock	H/cap	Actual
Paul Martin	M55	42:06	20:00	1:02:06
John Mison	M45	42:06	20:15	1:02:21
Bob Fergie	M60	46:09	11:15	57:24
Ray Hall	M60	47:11	10:30	57:41
Lesley Romeo	W50	47:32	12:00	59:32
Michelle Mison	W45	49:41	10:15	59:56
Bob Chalmers	M55	50:31	10:00	1:00:31
Lynne Schickert	W50	52:20	8:00	1:00:20
Dorothy Whittam	W55	54:05	9:00	1:03:05
Alan Pomery	M65	57:13	6:00	1:03:13
Ernie Moyle	M70	58:33	7:00	1:05:33
Val Wheeler	W60	58:48	7:00	1:05:48
Pamela Smith	W55	58:49	5:00	1:03:49
Jeff Whittam	M60	59:37	7:00	1:06:37
Maggie Flanders	W60	1:05:58	0:00	1:05:58
Fred Watson	M75	1:05:58	0:00	1:05:58
Brian Bennett	M45	1:21:00		
John Henshaw	Vis	1:21:00		

VISITORS

John Brambley (Brumby)	Vis	38:17	3:25
Rae Hassell	Vis	42:03	1:00
Brendan Phillips	Vis	43:39	?
Lorraine Sherwood	Vis	43:55	0:00
Karen Giles	Vis	44:05	4:35
Grant Giles	Vis	44:06	17:00

CLUB 10K TRACK HANDICAP

24 APRIL, 1997 AT 7.00PM - MCGILLIVRAY OVAL

The Club Track Handicap this year will be held on the 24 April at McGillivray Oval, as usual. As this is the evening before Anzac Day you will be able to have a lay in the next morning, so there is no excuse for not entering. This is usually an opportunity to get a good time as the evening is generally cool and still and there is always someone in front of you to chase. There will be a BYO barbecue afterwards.

Jeff Whittam

ENTRY FORM FOR THE CLUB 10K TRACK HANDICAP.

24 APRIL, 1997 AT 7.00PM AT MCGILLIVRAY OVAL (UNDER LIGHTS) ENTRY FEE \$2.00 WITH ENTRY

NAME:..... AGE GROUP:

NAME:..... AGE GROUP:

If you have not run for some time please show your best time for 10K over the past year:

ENTRIES TO: JEFF WHITTAM, 40 HOLLAND STREET, WEMBLEY WA 6014

ENTRIES CLOSE 20 APRIL, 1997 (HANDICAP OPEN TO CLUB MEMBERS ONLY) DON'T FORGET BYO BARBECUE AFTERWARDS

LAKE MONGER RUN

Over 120 Vets participated in the Lake Monger Run this year. This is a record number for the event, which incidentally nearly didn't come to fruition but for my decision for Ray and I to pick up all the recording equipment etc for the race the night before. Bob Sammells had kindly offered to bring the equipment to the run on the Sunday but we declined - just as well because Bob had a flat tyre and was late to the run.

Congratulations are in order to Milton Mavrick on breaking the 40 minutes barrier for the 10K, nice to hear as there are not too many PB's of late considering the time of the year.

Many thanks to our helpers Bev, Maureen, Irene, Joan for a job well done no race can be complete without the helpers.

See you all again next year.

Roma & Ray Barnett

3.3K

Don Caplin	M55	12:06
Dick Blom	M60	14:04
John Stone	M40	14:39
Geoff Mullins	M50	14:44
Kevin Corten	M50	14:57
Kirt Johnson	M65	16:03
Wendy Clements	W50	18:11
Norm Miller	M65	18:49
Ray Lawrence	M65	19:21
Sheila Maslen	W55	21:07
Garnet Morgan	M70	22:47
Joe Brennan	M75	25:36
Toni Frank	W50	27:33
Faye Walton	W55	28:49

6.6K

Dave Roberts	M50	25:10
Steve Burge	M35	26:05
David James	M40	27:12
Ivan Brown	M50	27:25
Jim Langford	M50	27:27
Frank Gardiner	M45	28:18
Alan Jennings	M55	28:59
Jim Barnes	M50	29:16
Terry Keesing	M35	29:20
Ken Brownlie	M50	29:32
Tessa Brockwell	W40	29:39

Ray Attwell	M60	30:25	Marg Forden	W55	47:58
Margaret Birks	W50	30:46	Vic Beaumont	M65	48:26
Peter Hill	M45	30:51	Carol Broderick	W40	48:29
Mike Rhodes	M50	31:11	Morris Warren	M55	50:02
Maxine Santich	W40	31:22	Merv Moyle	M70	50:04
Bob Sammells	M60	32:08	Brenda Mathews	W40	50:09
Robert Reece	M50	33:03	Frank McLinden	M65	50:39
Arnold Jenkins	M50	33:27	Brian Smith	M55	52:18
Bernadette Height	W35	33:35	Dalton Moffett	M65	52:36
Brian Hunter	M50	34:05	Merv Jones	M55	53:12
Keith Forden	M55	34:23	Ann Turner	W60	53:20
Claire Burge	W35	34:41	Margaret Warren	W60	53:38
Jacqueline McManus	W50	36:12	Ron Sutton	M55	54:52
John Russell	M60	36:58	Jeff Spencer	M55	54:53
Teresa Howe	W45	38:49	Brian Aldrich	M65	55:20
Suzanne Brand	W50	42:05	Val Millard	W50	56:44
Mary Heppell	W55	42:30	Wendy Duncan	W45	56:45
Rosa Davis	W50	42:49	Ken Whistler	M65	58:15
Ron Spencer	M55	45:24	Shorty Turner	M60	59:00
Eddie Hill	M50	50:33	Peter Davies	M65	59:01
Denise Lancaster	W45	52:48			
Jackie Billington	W50	52:48			
Richard Harris	M60	53:26			
Fred Hagger	M70	71:05			

10K

Tony Heppell	M45	34:40	Peter Airey	M60	24:48
Ross Parker	M45	37:27	Val Wheeler	W65	25:53
Frank Smith	M50	37:38	Pat Ainsworth	W60	27:06
Jim Klinge	M50	37:55	Pamela Smith	W55	27:06
Bob Schickert	M55	38:12	Judy Hill	W45	29:18
Warren Gee	M45	38:13	Fred Watson	M75	36:22
Gary Fisher	M40	38:44			
Ralph Henderson	M45	38:47			
Milton Mavrick *	M40	39:48			
David Muir	M50	40:13			
Gareth Brunt	M45	41:00			
Peter Sanders	M50	41:23			
Vicente Carrero	M50	41:28			
Maurice Creagh	M50	41:50			
Mark Rosen	M45	43:15			
Graham Thornton	M55	43:42			
John Pellier	M55	43:53			
John Bell	M50	44:20			
Mike Khan	M50	44:32			
George Schaefer	M60	45:31			
Helen Lysaght	W40	45:41			
Stuart Parkinson	M45	46:12			
Brian Bennett	M45	46:26			
Vic Waters	M50	46:27			
Stan Lockwood	M65	47:35			

6.6K Walk

Ray Hall	M60	45:16
Lesley Romeo	W50	45:21
Alan Pomery	M65	52:35
Ernie Moyle	M70	52:58
Brian Palmer	M45	52:59
Jeff Whittam	M60	53:01
John Henshaw	M70	82:00

10K Walk

Paul Martin	M55	54:21
Bob Fergie	M60	63:18
Barrie Thomsett	M55	64:26
Michele Mison	W45	73:13
Jill Midolo	W45	74:18
Lynne Schickert	W55	75:08
Dorothy Whittam	W60	75:31

VISITORS

Lynsey Gee	3K	14:04
Ryan Gee	3K	15:48
Teresa Griffiths	3K	25:42
Annette Prike	3K	25:44
Patrick Maslen	10K	35:57
John Landmark	10K	46:24

YOU DESERVE A NEW SHIRT!

State - Singlet - Gold with black trim with club badge on left side @ \$15.00.

(To be worn at National Championships)

Club - Singlet - Black and white with club badge on left side @ \$15.00.

(To be worn at State Championships)

Tee-shirts - Grey with the three colour runner club logo on the front @ \$16.00 short sleeve \$18.00 long sleeve.

Fleecy Windcheaters grey with three colour runner club logo @ \$22.00.

Plus caps, visors in a range of colours @ \$7.00. Car stickers and iron-on badges @ \$2.50

ORDER FORM

Please Supply:

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HAPPY BIRTHDAY TO OUR APRIL MEMBERS

Arthur, Paul	01/04/61	36	remains	M35	Muirden, Peter	17/04/58	39	remains	M35
Bower, Jill	03/04/38	59	remains	W55	Chapman, Bill	19/04/24	73	remains	M70
Peet, Gillian	04/04/37	60	becomes	W60	Spare, Charles	19/04/39	58	remains	M55
Shearer, Lance	04/04/29	68	remains	M65	Stickles, Joe	19/04/38	59	remains	M55
Maher, Christopher	07/04/53	44	remains	M40	Parkinson, Stu	20/04/47	50	becomes	M50
Johnston, Maurice	09/04/37	60	becomes	M60	Young, Rob	21/04/44	53	remains	M50
Halberg, Jackie	10/04/46	51	remains	W50	Brunt, Gareth	21/04/51	46	remains	M45
Sutton, Ronald	10/04/38	59	remains	M55	Murphy, John	22/04/43	54	remains	M50
Chambers, Jill	10/04/49	48	remains	W45	Prewett, Susan	23/04/54	43	remains	W40
Johnstone, Bob	12/04/42	55	becomes	M55	Smith, Maurice	26/04/34	63	remains	M60
Jones, David	12/04/26	71	remains	M70	Smith, Pamela	26/04/39	58	remains	W55
Summerfield, Garth	14/04/50	47	remains	M45	Bowler, Sidney	28/04/23	74	remains	M70
DeGruchy, Jim	14/04/26	71	remains	M70	Walkley, Cecil	29/04/29	68	remains	M65
Tasker, Isabel	14/04/55	42	remains	W40	Wiltshire, Ivan	29/04/41	56	remains	M55
McGlashan, Hamish	16/04/37	60	becomes	M60	Loly, Amy	30/04/62	35	becomes	W35
James, David	17/04/53	44	remains	M40	Tiverios, Jeanette	30/04/57	40	becomes	W40