



The Vetrun



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MEMBERSHIP FORM INSIDE PAGE 4



Photos from Oceania Games: TOP: Peggy Macliver, John and Michelle Mison, Angela Guymer, Brian and Pam Smith, Lynne Schickert and Rob Macliver. BELOW: Brian Smith (6005) in the Half Marathon

Helpers List

2nd April Membership Run

McCallum Park *Director:* Brian Danby 92447 2326

Helpers: A. Giacomini, M. Rosen, V. Wheeler, F. Watson, J. Midolo, D. Brown and L. Lauchlan

9th April 3P's run

Point Walter *Director:* Val Millard 9330 7264

Helpers: L. Schickert, W&J. Spencer,

B&S Outhwaite, V&T Carrero

16th April Pagoda Run

McCallum Park *Director:* J. Halberg 9364 4474

Helpers: V. Wheeler, F. Watson, M. Heppell, J. Brambley, M. Taylor, B&J Slinger, K. Crellin

23rd April Wireless Hill

Applecross *Director:* Denise Lancaster 93073761

Helpers: J. Brambley, A. Giacomini,

W. Duncun, J. Davies, R. Loomans, A. Shaw

30th April Reabold Hill

Perry Lakes *Director:* Dick Blom 93377796

Helpers: G. Morgan, P&S Hughes, W. Bates, A. Browne, T. Brockwell, C. Kelly, A. Jennings

Club News

Early Morning Running Group.

I am trying to get a mixed group together for early morning runs between 6am - 7am at Kyle Ave in Curtin Uni. The toilet and showers are generally open. Cycle paths and back roads around Karawara, have some hill work, Waterford which is flat also Curtin grass track.

Tues/Wed/Thu mornings. I need to meet people and make an effort. I would like to get back or near to the 5min per 1km. See or phone Phyllis Farrell 9458-7363/9266-7525

10km Track Handicap

This event will be held on the 27th April 2000 at McGillivray Sports Ground starting at 7pm (under lights). It will be followed by a BYO barbecue. We usually have a fairly cool evening and very little wind so if you are looking for a fast time, why not give it a go! Entry fee is \$2 to be included with entry form (all bribes to be directed to the handicapper) Entries to Jeff Whittam by post or at Club events no later than 23rd April

10km Track Handicap Entry Form
27th April McGillivray Oval
7pm under lights

Name _____

Age Group _____

Best 10km time for 1999 _____

Name _____

Age Group _____

Best 10km time for 1999 _____

Entries to Jeff Whittam 49 Holland St,
Wembley 6014. Tel: 9876438
Entries close 23rd April.

New Members

David Muir
Gillian Young
Joe and Lillian Skrypniuk
Anthony Hinkley
Wal McKinnon

ANNUAL GENERAL MEETING

Monday 10 April 2000 at 7.00pm
Hockey Club Rooms, Perry Lakes Drive

AGENDA

1. Open and welcome
2. Members present
3. Apologies
4. Previous Minutes
5. Matters arising
6. Reports
 - President
 - Secretary
 - Treasurer
7. Presentation of trophies
8. Election of office bearers
9. Appointment of officials
10. Life Memberships
11. Notices of motion
12. General business

Nationals

Entry forms for the Australian Championships - Hobart, Tasmania see Bob Schickert or Brian Foley

Winter Cross Country

Programs for the inter club cross country in which the Vets have a team are available from Brian Foley. These events are held on a Saturday afternoon at many locations around Perth. If you can only run one or two runs you are welcome to run as part of our team or as a visitor. Competition begins 29th April. Contact David Carr for more info on 93398289

Letters

The Editor,
During 1999 Athletica (which took over from AAWA) conducted a Cross Country and Road Racing competition for clubs licensed by

Athletica. Our club does not have a license, as I understand the position, but is permitted to compete under our own name and club uniform.

The competition has all sorts of rules and a Champion Club trophy is awarded on a points system. As one of the Vets who has regularly competed and supported this competition I am disappointed that Athletica has not, to my knowledge, provided a written report to our Club as to the outcome of the winter competition. With two events to go the Vets, surprisingly, were neck and neck with the Mandurah club for the trophy- I still don't know the outcome and final placings or points scored.

The State Half Marathon Championship, which was conducted by the Marathon club this year on behalf of Athletica was a success except that the points scored by our Club members were apparently not counted. I fully recognise that we all run and compete for our own pleasure but if Athletica want Clubs to support such a programme they must provide regular feedback to Clubs and competitors.

My personal view, based on recent years experience, is that Athletica should consider canceling the whole winter 2000 programme and leave it to the Marathon Club which puts together an 'open' event almost every weekend. I will be away at the AGM in April but would like all members to consider instructing our delegate to Athletica to bring the suggestion to the notice of the Board of Athletica and its winter committee.

I would also like to suggest that the State Half Marathon be used as our Club half marathon. Bob Sammells has indicated that he would rather run the race this year than be Director. The decision is one for the Club Committee but some debate at the AGM would be worthwhile.

Ivan Brown
18th February 2000

1999-2000 : PRESIDENT'S REPORT

This report is very brief as most of the important items have been announced during the year. I would, however, like to take this opportunity of mentioning again several outstanding performances by club members, namely Ann Shaw who won the Open Women's section of the Perth Marathon last July and David Carr and Peggy MacLiver who won gold for their respective 800 m races at the World Veterans Athletics Championships at Gateshead UK. Peggy continued her winning form at Oceania with another 6 sprint gold medals.

A number of people have worked hard to make the club challenging and/or enjoyable for members and it is important to thank them all. Committee members, race directors and their helpers put in a lot of time. I would also like to make special mention of those members who are not listed in the program but who have taken on a number of other jobs:

Vetrun Distribution

Jackie Halberg

Membership List

Merv Jones

Track & Field Equipment

John Sutton

Regular Recorders

Bev Thornton and Maureen Pomery

Social Events:

Jorgenson's Brunch

Bev and Graham Thornton

Presentation Day Lunch

Anne and Shorty Turner

Tone River Weekend

Jan Jarvis

Annual Dinner Dance

Jacqueline Billington and Lorna Lauchlan

New Year's Eve

Jacqueline Billington, Sue Danby, Jan Jarvis, Sue Jones, Joan Pellier

Rottnest Weekend

Pat Ainsworth and Pat Miller

Now is the time for members to nominate for the various positions which need filling so that the club can keep

providing the things members are looking for — competition, companionship, training groups and social outings.

Thanks for electing me for the past year and I hope you are generally happy with the way the Club has been run.

Bob Schickert

MEMBERSHIP FEES

due 1 April 2000

Annual fees have been reviewed by the Committee and the new amounts are shown on the attached membership form. Factors considered include:

1. An increase in Public Liability Insurance from \$5 million to \$10 million as required by some councils before approval is given for a run.

2. Extra funding required for use of venues. The Club must now pay for almost all venues used including McCallum, Kings Park and Bold Park. As an example, the recent Clydesdale run cost \$60.

3. Extra costs for name badges which are now approximately \$10.00 each.

4. With the advent of the GST from 1 July 2000, some of the Club's costs will increase and some will decrease. The Club is below the \$100,000 registration figure.

5. Capitation fees will not be increased by AAVAC from the current amount of \$7.00 per member.

6. There was no increase in WAVAC annual fees last year.

7. No further International Year of the Older Persons funding for track and field.

8. The aging of club members means a larger proportion being in the over 70 category.

Bob Schickert

PROGRAM 2000/2001

7/5 Bold Park
14/5 Darlington Dash
21/5 Andy Wright
28/5 Weir RRC RWC
4/6 Tompkins Park
11/6 15K RRC

18/6 Bardon Park
25/6 25K RRC
2/7 Sharks
9/7 Deepwater Pt
16/7 Marathon
23/7 Joondalup
30/7 Mill Pt Rd
6/8 Jorgenson Park
13/8 Club ½ Marathon
20/8 State Cross Country
27/8 City to Surf
3/9 Applecross Jetty
10/9 Hester Park
17/9 Bassendean
26/9 Garvey Park
1/10 Bibra Lake
8/10 Wildflower Run
15/10 Dam to Dam
22/10 RIB
29/10 NOT (was Birkwater)
5/11 Herdsman
12/11 Safety Bay
19/11 Recovery
26/11 Cliff Bould
3/12 Canning Caper
10/12 Mosman Park
17/12 Lakes Age Graded
24/12 Christmas Gift
26/12 Boxing Day
31/12 Clydesdale Park
7/1/01 Reabold 3 laps
14/1 Carr-Shand
21/1 Friendship
26/1 Aust Day Group Jog
28/1 Point Walter
4/2 Banks
11/2 Age Graded
18/2 Deadly Medley
25/2 Teddy Birds
4/3 Mt Lawley
11/3 Woodmans Point
18/3 Lake Monger
(22/3 Track & Field Championships
25/3)
1/4 Membership
8/4 VJM (was 3 Ps)
15/4 Wireless Hill
22/4 Pagoda
26/4 10K Track Hcp
29/4 Reabold

Results

Point Walter Run

The Pt Walter jaunt was held again in very sultry conditions. It is good to see people taking it easy in these difficult conditions. A great turn out again of 108 people. Everything seems to have run smoothly. I didn't hear of anybody getting lost. It is great to see a number of visitors. We hope they enjoyed the run. The two Freds brought up the rear, but not before stopping for a bit of a gossip at Robin's drink stop. (Turns out that she knows Fred Hagger's son and daughter-in-law from Pilbara days). Thank you to all the helpers: Gary Fisher, Robin King, Whitney Richards, Jeanette Tiveros, Paul Martin, Sheila Maslen, Ann Holmes, and Brian Holmes. The spot prize of a \$30 meal voucher for Happy Meals, Vic Park, was won by Frank Smith. (Random number selected by Sheila.) See you all next year. **Dave Roberts**

6.2 km run

Order	NAME	AGE	TIME
M-1	Ian Davies	M50	23.14
M-2	Jim Klinge	M50	23.37
F	Lilian Skrypniuk	VIS	26.25
M-3	David Carr	M65	27.16
	John Foster	VIS	27.17
	Frank Gardiner	M50	27.24
	John Brambley	M55	27.28
	Robert Mair	M50	28.19
	Peter Hill	M50	28.27
	David Brown	M50	28.39
	Keiran Boothman	M50	28.48
	Michael Anderson	M50	28.56
	Mike Rhodes	M50	29.03
	Cecil Walkley	M70	29.23
	Ken Brownlie	M55	29.40
F-1	Carol Broderick	W45	29.41
	Clive Frost	M50	30.08
	Bob Schickert	M55	30.25
	Peter Airey	M60	30.28
	John Smith	M60	32.03
	Bob Fergie	M60	32.08
	Arnold Jenkins	M55	32.27
	Jeff Spencer	M55	32.45
	Vic Beaumont	M70	32.46
	Malcolm Reid	VIS	32.57

F	Gillian Young	VIS	33.56
	Brian Hunter	M50	33.57
	Brian Aldrich	M65	34.08
F-2	Joan Pellier	W60	34.13
F-3	Val Millard	W50	34.14
	Merv Jones	M60	34.19
	Ray Hall	M65	34.25
	Norm Miller	M65	34.40
F	Eileen Brown	W50	34.54
F	Alison Aldrich	W55	36.11
F	Irene Ferris	W45	36.36
F	Sue Bullen	W40	36.43
	Graham Dowson	M45	37.03
	Bob Samuels	M60	37.14
	Ray Lawrence	M70	38.13
F	Rosa Davis	W55	38.15
F	Phyllis Farrell	W55	38.45
	Wal McKinna	M60	38.54
F	Lyn Stolze	W45	39.54
	Keith Forden	M60	41.33
F	Elaine Ellard	W55	41.48
	Trevor Brown	M60	42.30
F	Mary Heppell	W60	45.52
F	Glenice Shanahan	W75	58.35

11 km run

M-1	Chris Maher	M45	38.41
M-2	Ross Parker	M50	39.27
M-3	Bert Carse	M55	40.33
	Ralph Henderson	M50	44.16
	James McCarthy	M40	44.42
	Brian Danby	M50	45.35
	Gareth Brunt	M45	45.40
	Ivan Brown	M55	46.14
	Tony Whittaker	M45	46.22
	Joe Skrypniuk	VIS	46.39
	Frank Smith	M55	46.44
	Don Caplin	M60	47.04
	John Allen	M40	47.32
	Jim Barnes	M55	49.04
	Mike Hale	M50	49.44
	David James	M45	50.02
	Graham Thornton	M55	50.29
	Keith Atkinson	M40	51.08
	Vince Carrero	M55	51.34
	David Muir	M55	52.04
	John Pellier	M60	52.42
	John Ellard	M55	53.03
F-1	Sandy Bond	W35	53.28
	Stan Lockwood	M70	55.08
	Michael Adams	VIS	55.51
F-2	Marge Forden	W55	56.08
	Mitch Loly	M55	57.18
	Mike Faunge	M60	57.58
	Aldo Glacomin	M60	58.44
	Robert Sheehy	M50	60.31

	Merv Moyle	M70	61.08
F-3	Ann Turner	W60	61.54
	Gary Branche	M45	63.00
F	Jackie Halberg	W50	63.05
F	Wendy Duncan	W50	63.34
F	Sara Kenndy	VIS	63.34
F	Margaret Warren	W60	63.39
F	Margaret Bennett	W55	71.45
	Brian Bennett	M50	72.16
F	Denise Lancaster	W45	74.25

6.2 km Walk

M-1	John Mison	M50	35.00
M-2	Dick Blom	M65	37.36
F-1	Michelle Mison	W55	44.19
F-2	Lynn Schickert	W55	44.42
F-3	Roma Barnett	W50	44.52
	Lorna Lauchlan	W65	44.54
M-3	Rex Bruce	M55	45.11
	Dorothy Whittam	W60	45.28
F	Tina Frost	VIS	50.41
F	Gail Gardiner	W50	50.50
F	Pat Ainsworth	W60	53.08
F	Val Wheeler	W65	53.08
F	Maggie Flanders	W60	53.10
	Alan Pomery	M65	53.11
F	Pat Miller	W60	55.14
	Jeff Whittam	M65	55.18
	Leo Hassam	M65	62.14
	Fred Watson	M80	75.54
	Fred Hagger	M70	75.54

Friendship Run 9th January 2000

Once again, another big turnout for the run in overcast but humid conditions. Congratulations to the winners in each event. Many thanks to all our helpers, namely Bev and Maureen, Wendy Clements, Suzanne Brand, Marg Taylor, Sue Sanders, Don Caplin, Keith Forden. Thanks also to Marg Forden, Jim Klinge, Peter Sanders and Mike Flood who were down to help but were not needed. **Joan and John Pellier**

6km

David Wilmer	M45	23.37
Wall Crowley	M40	23.39
Paul Hughes	M45	24.07
Ian Davies	M50	24.26
Vic Waters	M55	25.44
Glen Stephens	Vis	27.10
David James	M45	27.13
John Pressley	M50	27.22

John Foster	Vis	27.25
David Carr	M65	27.48
Graham Thornton	M55	28.00
Mark Rosen	M50	28.34
Simon Mort	M40	28.41
Bryan Hardey	M55	28.49
Shirley Bell	W50	29.35
Mike Rhodes	M50	29.59
Joe Stickle	M60	30.06
Michael Anderson	M55	30.07
Adrian Damiani	M45	30.18
John Mison	M50	30.20
Sandi Bond	W35	30.41
Beverley Morrissey	W50	30.55
George Innes	M60	31.34
Peter Airey	M60	31.35
Johan Hagerdoorn	M55	31.56
Sue Vetten	W45	32.09
Stuart Parkinson	M50	33.02
Ray Hall	M65	33.26
Debbie Burge	W30	33.57
John Smith	M60	34.14
Arnold Jenkins	M55	34.23
Jeff Spencer	M55	34.30
Victor Beaumont	M70	34.46
Ann Turner	W60	35.18
Margaret Warren	W60	36.04
Bridget Carse	W55	36.10
Brian Aldrich	M65	36.12
Norm Miller	M65	36.13
Paula Karra	Vis	36.39
Sue Bullen	W40	38.05
Ray Lawrence	M70	39.05
Jackie Billington	W55	39.25
Denise Lancaster	W45	39.26
Alison Aldrich	W55	39.28
Lyn Stolze	W45	39.45
Rosa Davis	W55	40.26
Sheila Maslen	W60	41.41
Mary Heppell	W60	42.10
Elaine Ellard	W55	43.22
Alan Chambers	M60	43.41
Phyllis Farrell	W55	43.58
Jane Robley	W40	44.46
Natalie Selman	Vis	46.52

6km Walk

Dick Blom	M65	39.42
Lesley Romeo	W55	43.40
David Brown	M50	45.32
Michelle Mison	W50	45.43
Fred Watson 4km	M80	45.52
Lynne Schickert	W55	46.51
Barrie Thomsett	M55	46.52
Lorna Lauchlan	W65	46.59
Dorothy Whittam	W60	48.27
Rex Bruce	M55	50.48

Val Wheeler	W65	51.46
Lois Smith	W45	52.20
Bob Sammells	M60	52.21
Glenice Shanahan	W75	53.04
Maggie Flanders	W60	53.36
Jeff Whittam	M65	54.31
Wilma Layton	Vis	55.01
Alan Pomery	M55	55.01
Janette Sherry	Vis	60.19

12km run

Bert Carse	M55	46.50
Ralph Henderson	M50	48.27
Trevor Robertson	M50	50.15
Jim Klinge	M50	52.44
Tony Whittaker	M45	53.10
James McCarthy	M40	53.15
Bob Schickert	M55	53.33
Frank Smith	M55	54.02
Brian Danby	M50	54.08
John Bell	M50	56.07
Mike Khan	M55	56.19
John Davies	M55	57.04
Jim Barnes	M55	57.38
Mike Hale	M50	57.43
Peter Sanders	M50	57.56
Mike Karra	M35	58.09
Mike Flood	M45	59.10
Dave Norman	M30	59.21
John Ellard	M55	60.46
Keith Atkinson	M40	60.48
David Muir	M55	61.07
Brian Smith	M60	61.10
Stan Lockwood	M70	61.58
Robert Mair	M50	63.06
Margery Forgen	W55	64.09
Richard Harris	M60	66.10
Mike Faunge	M60	67.38
Robert Sheehy	M50	67.45
Karen Thompson	W30	71.02
Brian Bennett	M50	71.52
Eileen Brown	W50	72.01
Jenny Barnes	W45	72.34
Bob Fergie	M60	72.57
Chris Kelly	M45	73.40
Paul Freestone	Vis	74.58
Merv Moyle	M70	75.53
Margaret Bennett	W55	82.18
Shorty Turner	M60	82.18

Paul Freestone joined in along the run. Visiting from Melbourne he and his wife ran from the Duxton hotel before joining in!

Woodman's Point Run February 20, 2000



We had only 49 starters compared to 68 last year. The average number of starters over four years is 60 - below average compared to centrally located events.

We enjoyed a cool, windy start to the race. Gusty east winds buffeted runners going north on the first leg and played havoc with recording and equipment. Numerous jelly fish stifled thoughts of swimming.

Many derelict industrial buildings along the northern leg of the event had been demolished and the running route was in its best shape. Planned future residential and mariner development could enhance it in the future.

Bob Schickert easily won the 9 kilometre men's section in 36:55 from Brian Danby. Shirley Bell won the woman's 9 kilometre in 46:04. The 6.4 kilometre men's section was won by Ian Davies from Darry Dahlstrom. Allison Aldrich and Susan Brand won the women's short run.

Walking records were broken by 2 Bunbury members. Greg McDowell took just over one minute of the previous 6.4 kilometre walk record. Rosemary Holloway smashed the women's 6.4 kilometre walk time. The 9 kilometre men's walk was won by John Mison at 50:46 - less than one minute behind the event's record of 49:56 in 1998. Michelle Mison was also close to the previous best time for the 9 kilometre women's walk (64:28 compared to 63:44 in 1999 which was also her time).

The club's new system of arranging helpers worked particularly well. We appreciate the assistance of all including Sue Jones, Sue Danby, Jackie and Vic Beaumont, David Brown, Keith Atkinson, Ray Hall, Bev Thornton, Maureen Pomery and Francis Lipscombe.

WENDY & JEFF SPENCER

9K RUN

Bob Schickert	M50	36:55
Brian Danby	M50	38:24
Glen Stephens Vis	M50	39:13
Vincent Carrerro	M55	42:33
David Muir	M55	43:26
Brian Smith	M60	43:38
Shirley Bell	W50	46:04
Robert Sheehy	M50	46:15
Arnold Jenkins	M55	46:52
Jackie Halberg	W50	46:55
John Smith	M60	47:01
Merv Moyle	M70	48:13
John McShane	M35	48:23
Aldo Giacomo	M60	48:45
Ann Turner	W60	49:25
Val Millard	W50	50:01
Merv Jones	M60	50:10
Shorty Turner	M60	55:40
Sue Bullen	W40	55:40

6.4K RUN

Ian Davies	M50	25:27
Darry Dahlstrom	M45	26:19
Mike Rhodes	M50	31:09
Kurt Johnson	M70	36:51
Brian Aldrich	M65	37:16
Allison Aldrich	W55	37:23
Susan Brand	W50	39:52
Denise Lancaster	W50	40:54
Mary Hepple	W60	44:34
George Schaffer	M65	46:10
Alan Chambers	M60	46:32
Barbara Darling	W50	54:54

We commiserate with Barbara Darling who inadvertently took a wrong turn and covered a considerable extra distance.

9K WALK

John Missan	M50	50:46
Dick Blom	M65	55:43
Michelle Missan	W50	64:28
Alan Pomery	M65	77:56

6.4K WALK

Greg McDowell	M45	39:41
Rosemary Holloway	W45	39:48
Rebecca Cook	W30	45:03
Dorothy Whittan	W60	47:51
Barrie Thomsett	M55	47:53
Bob Sammuells	M60	48:41
Rex Bruce	M55	51:23
Val Wheeler	W65	55:18
Maggie Flanders	W60	55:53
Jeff Whittan	M65	55:53
Pat Miller	W60	56:14
David Brown	M50	56:14

Track and Field**27th January 2000****100m**

Robert Colton	M36	14.4
Tom Lenane	M43	14
Warren Davey	M49	14
John Stone	M45	13
Murray Tolbert	M53	12
Arnold Jenkins	M55	14.4
Keith Martin	M55	12.8
Bob Schickert	M58	16.1
David Clive	M62	12.5
Ray Hall	M66	16.5
Norm Richards	M61	13.3
Leon Sander	M62	13.7
David Carr	M67	14.8
Derry Foley	M70	16.6
Alan Tyson	M75	17.4
Lynne Choate	W46	13.2
Peggy McLiver	W55	14.1
Lynne Schickert	W58	13.8
Pat Carr	W67	16
Glenice Shanahan	W75	27.3
Robert Colton	M36	14.4
Tom Lenane	M43	14
Warren Davey	M49	14
John Stone	M45	13
Murray Tolbert	M53	12
Arnold Jenkins	M55	14.4
Keith Martin	M55	12.8
Bob Schickert	M58	16.1
David Clive	M62	12.5
Ray Hall	M66	16.5
Norm Richards	M61	13.3
Leon Sander	M62	13.7
David Carr	M67	14.8
Derry Foley	M70	16.6
Alan Tyson	M75	17.4
Lynne Choate	W46	13.2
Peggy McLiver	W55	14.1
Lynne Schickert	W58	13.8
Pat Carr	W67	16
Glenice Shanahan	W75	27.3

1500m W

Tom Lenane	M43	8.36
Greg McDowell	M45	7.29
Alan Chambers	M55	12.04
Ray Hall	M66	8.11
Don Stone	M70	9.44
Valerie Millard	W52	9.04
Leslie Romeo	W55	9.5
Lynne Schickert	W58	10.12
Glenice Shanahan	W75	12.39

Discus

Alan Thurlow	M44	19.81
Murray Tolbert	M53	28.4

Arnold Jenkins	M55	20.09
Bob Fergie	M64	28.98
Leon Sander	M62	29.46
John Sutton	M64	24.12
Alex Cummings	M65	32.97
Alan Tyson	M75	17.25
Bill Chapman	M75	27.17
Eileen Hindle	W51	16.3
Valerie Millard	W52	13.86
Lynne Schickert	W58	11.3
Pat Carr	W67	16.58

800m

Brad Robertson	M32	2.47.5
Jon Wannberg	M33	2.27.3
Micheal Watson	M34	2.15.3
Robert Colton	M36	2.15.0
Blakeney Tindall	M39	2.40.3
Arnold Jenkins	M55	2.43.3
Keith Martin	M55	2.59.4
Bob Schickert	M58	2.33.2
Leon Sander	M62	2.44.2
David Carr	M67	2.29.9
Lynne Choate	W46	3.16.7
Peggy McLiver	W55	2.41.4
Margaret Robinson	W61	3.46.9

Triple J

Keith Martin	M55	10.18
David Clive	M62	9.34
Leon Sander	M62	7.82
Derry Foley	M70	6.82
Gill Edmonds	W34	8.17
Katrina Spilsbury	W33	9.77
Valerie Millard	W52	5.21
Lynne Schickert	W58	5.73
Pat Carr	W67	7.42

Hammer

Murray Tolbert	M53	28.74
Arnold Jenkins	M55	22.02
Bob Fergie	M64	32.54
John Sutton	M64	15.65
Alex Cummings	M65	34.81
Alan Tyson	M75	21.91
Bill Chapman	M75	27.47
Eileen Hindle	W51	25.52
Valerie Millard	W52	11.51
Lynne Schickert	W58	12.74

5000m

Brad Robertson	M32	19.17
Jon Wannberg	M33	19.54
Robert Colton	M36	19.15
Blakeney Tindall	M39	21.15
Doug Ashfield	M42	19.47
Alan Thurlow	M44	18.41
Nick Bailey	M50	21.46
Ivan Brown	M55	19.29
Jim Barnes	M57	21.39
Bert Carse	M58	17.22

Jackie Halberg	W53	25.24	Greg McDowell	M45	31.75	800m		
Anne Shaw	W52	18.54	Bob Fergie	M64	27.52	Robert Colton	M36	2.23.4
Margaret Bennett	W55	27.25	John Sutton	M64	23.36	Tony Hinkley	M35	2.10.2
Margaret Robinson	W61	26.09	Alex Cummings	M65	20.76	Greg Vander Sanden	M40	2.08.5
3-Feb			Derry Foley	M70	15.52	Warren Davey	M49	3.09.7
3000m W			Alan Tyson	M75	17.36	John Molloy	M45	2.09.5
Greg McDowell	M45	16.16.8	Ron Tompkins	M77	17.73	Arnold Jenkins	M55	2.38.9
Ray Hall	M66	16.27.6	Val Prescott	W56	15.62	Alan Jennings	M60	2.47.6
Barrie Thomsett	M60	20.44.5	Lynne Schickert	W58	9.19	Leon Sander	M62	3.12.2
Dick Blom	M66	17.24.9	Dorothy Whittam	W63	17.66	David Carr	M67	2.37.9
Lynne Schickert	W58	21.44.1	Pat Carr	W67	17.38	Alan Tyson	M75	3.53.7
Dorothy Whittam	W63	20.51.6	Lorna Laughlan	W69	14.36	Margaret Robinson	W61	3.45.6
Lorna Laughlan	W69	21.55.4	1500m			Long J		
Glenice Shanahan	W75	25.46.5	Chris Frampton	M34	5.20.5	Robert Colton	M36	4.44
200m			Jon Wannberg	M33	5.03.7	Steve Payne	M40	4.5
Albert Ullbricht	M30	27.7	Micheal Watson	M34	4.57.2	Campbell Till	M42	4.86
Robert Colton	M36	27.9	Robert Colton	M36	4.39.8	Murray Tolbert	M53	5.52
Warren Davey	M49	29.7	Blakeney Tindall	M39	5.11.3	Keith Martin	M55	4.58
Richard Parker	M	26.2	Doug Ashfield	M42	5.27.9	Leon Sander	M62	4.06
Henry Cortis	M53	28.3	Campbell Till	M42	5.19.8	John Sutton	M64	2.86
Jim Barnes	M57	34.6	John Molloy	M45	4.32.2	Alex Cummings	M65	3.06
Ros Calnan	M57	31.8	Ivan Brown	M55	5.20.9	Ron Tompkins	M77	2.75
Arnold Jenkins	M55	29.7	Bruce Wilson	M54	5.22.4	Tania Bingham	W31	3.58
Keith Martin	M55	26.7	Bert Carse	M58	4.42.7	Michelle Boyne	W	4.64
Ray Hall	M66	37.1	Alan Jennings	M60	5.46.7	Gill Edmonds	W34	3.92
Norm Richards	M61	28.5	Keith Martin	M55	6.08.7	Katrina Spilsbury	W33	4.13
David Carr	M67	29.7	David Carr	M67	5.28.8	Diane York	W46	3.74
Derry Foley	M70	37.1	Jackie Halberg	W53	6.42.2	Pat Carr	W67	3.33
Alan Tyson	M75	38	Anne Shaw	W52	5.18.1	Hammer		
Peggy McLiver	W55	30.2	Bridget Carse	W55	7.03.3	Warren Davey	M49	14.77
Margaret Robinson	W61	44.5	Peggy McLiver	W55	5.47.3	Murray Tolbert	M53	24.95
Pat Carr	W67	35.4	Val Prescott	W56	7.53.9	Arnold Jenkins	M55	21.35
Shot			Margaret Robinson	W61	7.23.9	John Sutton	M64	15.8
Albert Ullbricht	M30	8.81	2000m W			Alex Cummings	M65	35.29
Warren Davey	M49	7.4	Tom Lenane	M43	11.44	Alan Tyson	M75	21.21
Henry Cortis	M53	7.78	Ray Hall	M66	11.36	Ron Tompkins	M77	19.57
Arnold Jenkins	M55	7.39	Dorothy Whittam	W63	13.24	Dorothy Whittam	W63	22.88
Bob Fergie	M64	9.1	Lorna Laughlan	W69	14.21	Lorna Laughlan	W69	13.68
John Sutton	M64	7.39	Glenice Shanahan	W75	16.31	3000m		
Alex Cummings	M65	8.46	10-Feb			Brad Robertson	M32	10.52
Derry Foley	M70	6.6	200m			Jon Wannberg	M33	10.46
Alan Tyson	M75	7.64	Robert Colton	M36	27.1	Robert Colton	M36	11.32
Ron Tompkins	M77	8.04	Tony Hinkley	M35	25.6	Doug Ashfield	M42	11.22
Katrina Spilsbury	W33	7.48	Tom Lenane	M43	28.7	Nick Bailey	M50	12.5
Lynne Schickert	W58	5.81	Steve Payne	M40	26.3	Ivan Brown	M55	11.09
Dorothy Whittam	W63	7.53	Campbell Till	M42	26.2	Jim Barnes	M57	12.1
Lorna Laughlan	W69	6.87	Greg Vander Sanden	M40	23.7	Bert Carse	M58	9.59
Long J			Warren Davey	M49	30.9	Brian Foley	M55	11.48
Keith Martin	M55	4.91	Arnold Jenkins	M55	29.5	Arnold Jenkins	M55	14:00
John Sutton	M64	3.02	Norm Richards	M61	27.7	Alan Jennings	M60	13.35
Alex Cummings	M65	3.31	Jim Riddell	M60	33.1	Bob Schickert	M58	10.51
Derry Foley	M70	3.2	Leon Sander	M62	28.3	Alan Tyson	M75	19.46
Ron Tompkins	M77	3.08	David Carr	M67	30.1	Jackie Halberg	W53	14.05
Gill Edmonds	W34	3.88	Tania Bingham	W31	32.4	Anne Shaw	W52+	10.55
Lynne Schickert	W58	2.38	Michelle Boyne	W	26.5	Bridget Carse	W55	15.23
Pat Carr	W67	3.42	Katrina Spilsbury	W33	29.9	Margaret Robinson	W61	14.55
Javelin			Lynne Choate	W46	26.2			
Warren Davey	M49	27.46	Pat Carr	W67	35.6			

17-Feb			Ron Tompkins	M77	25.14	Murray Tolbert	M53	10.34
100m			Valerie Millard	W52	13.49	John Sutton	M64	5.77
Robert Colton	M36	13.7	Val Prescott	W56	16.93	Alex Cummings	M65	6.49
Tony Hinkley	M35	12.9	800m-			Derry Foley	M70	6.81
Greg Vander Sanden	M40	12.1	Robert Colton	M36	2.15.7	Ron Tompkins	M77	6
Henry Cortis	M53	13.6	Tony Hinkley	M35	2.07.9	Gill Edmonds	W34	8.31
Ros Calnan	M57	16.7	Campbell Till	M42	2.26.5	Valerie Millard	W52	5.37
Arnold Jenkins	M55	15.1	Greg Vander Sanden	M40	2.07.6	5000m		
Norm Richards	M61	13.9	Tony Heppener	M45	2.15.1	Stephen Dunn	M33	18.02.0
Derry Foley	M70	17.2	Brian Foley	M55	2.25.2	Chris Frampton	M34	18.38.1
Stan Lockwood	M70	17.4	Arnold Jenkins	M55	2.39.4	Brad Robertson	M32	18.47.1
Cecil Walkley	M70	20.7	Alan Jennings	M60	2.40.6	Jon Wannberg	M33	19.14.9
Alan Tyson	M75	18.2	Ray Hall	M66	3.42.9	Micheal Watson	M34	18.54.2
Lynne Choate	W46	13.6	Stan Lockwood	M70	3.33.7	Robert Colton	M36	17.59.1
Peggy McLiver	W55	15	Cecil Walkley	M70	3.05.8	Blakeney Tindall	M39	20.29.6
Glenice Shanahan	W75	28	Peggy McLiver	W55	2.40.8	Doug Ashfield	M42	19.46.0
3000m W			Val Prescott	W56	4.06.1	Ivan Brown	M55	19.38.4
Ray Hall	M66	18.25	Margaret Robinson	W61	3.50.0	Jim Barnes	M57	21.30.8
Valerie Millard	W52	18.35	Heavy Wt			Alan Jennings	M60	23.03.7
Glenice Shanahan	W75	25.55	Murray Tolbert	M53	10.06	Bob Schickert	M58	18.46.7
Discus			Arnold Jenkins	M55	7.72	John Pellier	M60	22.11.1
Murray Tolbert	M53	30.4	Bob Fergie	M64	10.85	Brian Smith	M61	23.24.1
Arnold Jenkins	M55	20.08	John Sutton	M64	7.5	Jackie Halberg	W53	24.59.4
Bob Fergie	M64	27.93	Alex Cummings	M65	12.11	Anne Shaw	W52	18.59.3
John Sutton	M64	25.54	Ron Tompkins	M77	8.06	Val Prescott	W56	29.49.5
Alex Cummings	M65	33.4	Triple J			Margaret Robinson	W61	26.16.2
Derry Foley	M70	17.07	Campbell Till	M42	10.67			
Alan Tyson	M75	20.19	Tony Heppener	M45	19.20.1			

BIG FIELDS IN AGE-GRADED EVENTS

13.2.00

With 105 on the line, this would be the club's biggest field for a handicap. By now most of us are familiar with the age-graded system. The handicaps are (approximately) related to age and sex. The results show (exactly) each performance as a percentage of the WAVA standard for the athlete's age and sex. Bert's score is the best we have had since we have been using the tables- nearly 3% better than Jim Langford's at Perry Lakes in December (John Bell's run). George Innes was out on the course at 6am, Noela and Gordon Medcalf and Lauren Gardiner sorted the athletes from the cyclists, Alan Chambers did the timing, and Brian Smith helped with the recording. Thank you. **David and Patricia Carr**

8000m

Pos	%	Name	Clock	H/cap	Age	Actual	Pal
1	89.7	Bert Carse	36.40	8.18	M58	28.22	1
2	87.5	Jim Langford	37.19	8.59	M55	28.20	2
3	80.0	Bob Schickert	40.32	8.18	M58	32.14	3
4	78.5	Don Caplin	40.51	7.50	M60	33.01	4
5	77.9	Graham Thornton	41.02	8.04	M59	32.58	6
6	77.3	Jim Klinge	40.55	9.23	M53	31.32	5
7	76.6	Ralph Henderson	41.04	9.47	M51	31.17	7
8	76.3	Stan Lockwood	42.41	4.55	M70	37.46	12
9	75.1	Gary Fisher	41.31	10.32	M47	30.59	8
10	74.2	Cecil Walkley	43.45	4.55	M70	38.50	18

11	73.9	Ivan Brown	42.30	8.59	M55	33.31	11
12	73.8	Margaret Langford	43.35	6.01	W53	37.34	17
13	73.4	Wally Crowley	42.01	11.03	M44	30.58	9
14	72.6	John Allen	42.12	11.23	M42	30.49	10
15	72.5	Jim Barnes	43.18	8.32	M57	34.46	16
16	72.3	Michael Adams	44.17	6.12	M66	38.05	21
17	72.3	Marg Forden	44.57	4.35	W58	40.22	27
18	72.0	Paul Hughes	42.47	10.32	M47	32.15	13
19	72.0	Gareth Brunt	42.51	10.21	M48	32.30	14
20	71.6	Ann Turner	46.07	2.32	W64	43.35	36
21	71.4	Brian Danby	43.15	9.47	M51	33.28	15
22	71.4	Merv Moyle	45.44	3.45	M73	41.59	32
23	70.6	Johan Hagedoorn	44.11	8.45	M56	35.26	20
24	70.3	John Pellier	44.42	7.50	M60	36.52	25
25	70.1	Mike Khan	44.19	8.59	M55	35.20	22
26	70.0	Tony Whittaker	44.05	10.55	M45	33.10	19
27	69.4	Brian Bennett	44.24	9.35	M52	34.49	23
28	69.3	David Muir	44.45	8.59	M55	35.46	26
29	69.0	John Ellard	45.10	8.18	M58	36.52	29
30	68.5	Brian Smith	45.50	7.35	M61	38.15	33
31	68.1	Vic Beaumont	47.05	4.55	M70	42.10	41
32	67.8	Doug Ashfield	44.28	11.13	M43	33.15	24
33	67.4	Shirley Bell	46.54	6.33	W51	40.21	40
34	67.2	Peter Hill	45.26	9.47	M51	35.39	31
35	67.1	Brian Foley	45.56	8.59	M55	36.57	34
36	66.9	Joe Stickles	46.45	7.35	M61	39.10	39
37	66.8	Glen Stephens	45.02	11.03	M44	33.59	28
38	66.6	Ken Brownley	46.05	9.11	M54	36.54	35
39	66.6	Peter Airey	47.07	7.03	M63	40.04	42
40	66.4	Vince Carrero	46.31	8.32	M57	37.59	38
41	66.2	Mike Faunge	47.30	7.35	M61	39.55	46

42	65.8	Carol Broderick	47.24	7.31	W47	39.53	44	17	54.4	Jeff Whittam	48.53	4.51	M65	44.02	17
43	65.4	Michael Anderson	46.24	9.47	M51	36.37	37	18	53.8	Celia Buamann	50.18	3.48	W57	46.30	19
44	65.0	John Petterson	48.23	8.32	M57	39.51	49	19	53.7	Leo Hassam	50.20	3.49	M69	46.31	20
45	64.9	Jackie Halberg	48.44	6.01	W53	42.43	50	20	53.1	Judy Hill	49.37	5.09	W51	44.28	18
46	64.8	Jon Wannberg	45.22	12.27	M33	32.55	30								
47	64.7	Barbara Darling	49.36	5.45	W54	43.51	54								
48	63.7	John Brambley	47.57	8.32	M57	39.25	47								
49	63.6	Frank Gardiner	47.22	9.47	M51	37.35	43								
50	62.9	John Smith	49.39	6.47	M64	42.52	55								
51	62.5	Bob Fergie	49.57	6.47	M64	43.10	56								
52	62.0	Norm Miller	51.48	5.34	M68	46.14	64								
53	61.9	Aldo Giacomini	50.14	7.03	M63	43.11	59								
54	61.5	Robert Sheehy	49.09	9.11	M54	39.58	52								
55	61.4	Eileen Brown	51.10	6.01	W53	45.09	62								
56	61.2	Manford Resch	47.26	12.09	M37	35.17	45								
57	61.2	Gillian Young	51.08	6.17	W52	44.51	61								
58	61.1	Clive Frost	49.14	9.23	M53	39.51	53								
59	60.7	Keith Atkinson	48.22	11.13	M43	37.09	48								
60	60.7	Barbara Height	50.03	8.37	W42	41.26	57								
61	60.5	Gareth Hughes	48.45	10.32	M47	38.23	51								
62	60.3	Arnold Jenkins	50.04	8.59	M55	41.05	58								
63	59.2	Stuart Parkinson	51.05	9.35	M52	41.30	60								
64	58.9	Shelia Maslen	54.59	3.16	W62	51.43	71								
65	58.5	Mitch Loly	51.56	8.04	M59	43.52	65								
66	58.5	Margaret Bennett	52.56	4.35	W58	48.21	66								
67	57.1	Debbie Burge	51.31	10.06	W33	41.25	63								
68	56.0	Shorty Turner	54.56	6.47	M64	48.09	70								
69	56.0	Rosa Davis	56.12	5.11	W56	51.01	73								
70	55.9	Denise Lancaster	54.56	6.44	W50	48.12	69								
71	55.9	Jeff Spencer	53.52	8.04	M59	45.48	68								
72	55.3	Elaine Ellard	57.06	4.53	W57	52.13	76								
73	53.7	Suzan Brand	57.54	5.45	W54	52.09	77								
74	53.6	Merv Jones	53.46	7.50	M60	45.56	67								
75	53.6	Wal McKinnon	56.25	7.35	M61	48.50	75								
76	53.5	Mary Heppell	59.38	3.57	W60	55.41	78								
77	52.3	Sue Bullen	56.19	9.02	W40	47.17	74								
78	51.6	Gary Branch	55.33	10.32	M47	45.01	72								
79	51.6	Allen Tyson	62.36	2.54	M75	59.42	79								
80	50.5	Glenice Shanahan	66.11	-6.00	W75	72.11	80								

PAL = position across the line

CARR-SHAND TROPHY RUN

January 17, 2000

The overnight rain threatened to cause major problems, but we were lucky that it fined up for the actual run. However, there were some grumbles about the humidity. With a large contingent of regulars disporting themselves on Norfolk Island, the finishers were down slightly to 82 this year. For those who complain about the handicaps, two thirds of the runners finished in a three-minute period (45 to 47 minutes). Bridget Carse and Merv Jones were the winners of the Carr-Shand Trophy for 2000. Congratulations to both.

Rosemary Holloway walked well to win the Walkers' trophy (donated by Margaret and Alan Stone) by a slim margin from Gail Gardiner. Fastest club members were: Paul Hughes (Men) and Marg Forden (Women). Thanks to the regular helpers, Lorna Lauchlan, Jackie Halberg, David Brown, as well as Alison and Brian Aldrich, Bert Carse and Ralph Henderson. Thanks also to the people who brought the morning tea. **Jill Midolo**

Name	Age	Clock	H/cap	Actual
Merv Jones	M60	43:40	05:06	38:34
Arnold Jenkins	M55	44:14	07:28	36:46
Bridget Carse	W55	44:26	03:55	40:31
Brian Hardy	M55	44:35	12:26	32:09
Marg Forden	W55	44:50	10:26	34:24
Vic Beaumont	M70	44:52	07:28	37:24
Paul Hughes	M45	44:54	17:24	27:30
Graham Thornton	M55	45:01	15:17	29:44
Mike Flood	M45	45:09	15:10	29:59
Eileen Brown	W50	45:13	06:45	38:28
Frank Gardiner	M50	45:19	14:27	30:52
Debbie Burge	W30	45:29	07:49	37:40
John Pellier	M60	45:32	12:19	33:13
Wally Crowley	M40	45:41	18:07	27:34
Bob Fergie	M60	45:46	07:07	38:39
Ann Turner	W60	45:50	06:31	39:19
David Carr	M65	45:54	14:41	31:13
Don Caplin	M60	45:54	15:31	30:23
Mike Khan	M55	46:00	14:48	31:12
Keith Atkinson	M40	46:08	14:48	31:20
Jeanette Tiverios	W40	46:08	09:22	36:46
Ivan Brown	M55	46:13	17:03	29:10
Brian Foley	M50	46:20	15:24	30:56
Jon Wannberg	M30	46:22	17:46	28:36
Jeff Spencer	M55	46:26	08:39	37:47
Norm Miller	M65	46:27	07:42	38:45
Richard Harris	M60	46:28	10:47	35:41
Mike Faunge	M60	46:28	10:26	36:02

Among the DNF were Toni Frank (run/walk), John Mison (8000mW), Fred Watson (fell) and John Bell and Mike Rhodes (looking after Fred).

5000m Walk

Pos%	Name	Clock	H/cap	Age	Actual	PAL	
1	76.6	Lorna Lauchlan	37029	.20	W69	37.09	4
2	76.5	Ray Hall	36.23	4.27	M66	31.26	1
3	75.3	Dick Blom	36.33	4.27	M66	32.06	2
4	74.0	Rosemarie Holloway	36.41	6.19	W45	30.22	3
5	73.5	Dorothy Whittam	38.28	2.13	W63	36.15	5
6	67.0	Pat Ainsworth	41.51	2.13	W63	39.38	6
7	67.0	Val Wheeler	42.39	.40	W68	41.59	10
8	63.4	Michelle Mison	42.33	4.56	W52	37.37	9
9	63.3	Bob Sammells	42.24	5.19	M63	37.05	8
10	63.1	Maggie Flanders	44.18	2.13	W63	42.05	13
11	62.9	Rex Bruce	41.58	6.25	M58	35.33	7
12	59.6	Barry Thomsett	44.07	6.12	M59	37.55	12
13	58.7	Rebecca Cook	43.05	8.28	W31	34.37	11
14	58.6	Ernie Moyle	47.28	2.20	M74	45.08	16
15	58.2	Pat Miller	47.27	2.46	W61	44.41	15
16	57.9	Gail Gardiner	45.58	5.21	W50	40.37	147

Peter Airey	M60	46:30	11:01	35:29
Jim Klinge	M50	46:31	18:21	28:10
Ray Hall	M65	46:36	10:18	36:18
Vic Waters	M55	46:42	17:10	29:32
Ian Lankester	M50	46:45	17:10	29:35
Shorty Turner	M60	46:50	02:58	43:52
Stan Lockwood	M70	46:50	13:23	32:27
Shirley Bell	W50	46:52	11:08	35:44
Gareth Brunt	M45	46:54	17:46	29:08
Suzan Brand	W50	46:58	00:22	46:36
Jim Barnes	M55	47:21	15:45	31:36
Rosa Davis	W50	47:21	02:44	44:37
Mike Anderson	M50	47:25	13:51	33:34
Brian Hunter	M55	47:33	12:12	35:21
John Brambley	M55	47:34	14:48	32:46
Sue Bullen	W40	47:47	05:49	41:58
Joan Pellier	W60	47:49	06:17	41:32
John Smith	M60	47:53	09:07	38:46
Sheila Maslen	W60	48:06	02:01	46:05
Mike Rhodes	M50	48:07	13:02	35:05
Joe Stickles	M60	48:29	14:34	33:45
Peter Sanders	M50	48:53	16:28	32:25
Gary Fisher	M45	49:08	18:43	30:25
Wal McKinnon	M65	49:34	03:05	46:29
John Ellard	M55	49:37	16:13	33:24
Wayne Pantall	M45	49:57	17:10	32:47
John McGowan	M45	50:05	18:07	31:58
Kirt Johnson	M70	50:27	06:24	44:03
Mitch Loly	M55	50:50	14:06	36:44
David Muir	M55	50:59	15:59	35:00
Mary Heppell	W60	51:35	02:58	48:37
Sue Sanders	W45	51:39	11:15	40:24
Johan Hagedoorn	M55	51:41	15:45	35:56
Gary Branache	M45	51:53	10:33	41:20
Elaine Ellard	W55	51:56	03:12	48:44
Alan Chambers	M60	62:13	08:39	53:34

WALKERS (Sealed Handicap)

Name	Age	Clock	H/cap	Total
Paul Martin	M55	43:25	23:30	66:55
Dick Blom	M65	43:59	20:00	63:59
Rosemary Holloway	W45	45:28	21:00	66:28
Barrie Thomsett	M55	51:24	18:30	69:54
Dorothy Whittam	W60	53:48	16:45	70:33
Bob Sammells	M60	55:11		
Rex Bruce	M55	55:37	16:45	72:22
Gail Gardner	W50	58:17	08:15	66:32
Pat Ainsworth	W60	58:43	12:30	71:13
Maggie Flanders	W60	60:46	11:00	71:46
Jeff Whittam	M65	62:11	09:25	71:36
Ernie Moyle	M70	65:32	09:00	74:32
George Schaefer	M65	65:35		
Pat Miller	W60	65:36	11:00	76:36

VISITORS - RUN/WALK

Rosemary Johnson	W	29:41
Glen Stevens	M	46:59
Tania Holloway	W	47:52
Graeme Steadman	M	50:35

HAPPY BIRTHDAY TO OUR APRIL MEMBERS

Bower, Jill	03/04/38	62	remains	W60
Shales, Carole	04/04/61	39	remains	W35
Lenane, Tom	06/04/56	44	remains	M40
Maher, Christopher	07/04/53	47	remains	M45
Watson, Micheal	08/04/65	35	becomes	M35
Carroll, Lorri	09/04/51	49	remains	W45
Halberg, Jackie	10/04/46	54	remains	W50
Ackermans, Diana	10/04/49	51	remains	W50
Johnstone, Bob	12/04/42	58	remains	M55
Robertson, Brad	12/04/67	33	remains	M30
Fisher, Gary	14/04/52	48	remains	M45
McGlashan, Hamish	16/04/37	63	remains	M60
James, David	17/04/53	47	remains	M45
Chapman, Bill	19/04/24	76	remains	M75
Spare, Charles	19/04/39	61	remains	M60
Stickles, Joe	19/04/38	62	remains	M60
Parkinson, Stu	20/04/47	53	remains	M50
Young, Rob	21/04/44	56	remains	M55
Brunt, Gareth	21/04/51	49	remains	M45
Hale, Mike	23/04/47	53	remains	M50
Smith, Maurice	26/04/34	66	remains	M65
Smith, Pamela	26/04/39	61	remains	W60
Bowler, Sidney	28/04/23	77	remains	M75
Walkley, Cecil	29/04/29	71	remains	M70
Loly, Amy	30/04/62	38	remains	W35
Tiverios, Jeanette	30/04/57	43	remains	W40

Tips for Submitting Race Reports on Disk or email

Race reports nicely typed up on disk or sent by email are very much appreciated as they save me a lot of time and reduce the chance of typing errors. However, I do tend to run into trouble when trying to format the reports for the Vetrin so here are some suggestions to make it easier for me and you! Rule of thumb- keep it simple!

1. Set the tabs before you start typing the results (If you used Microsoft Word this is done under the Format menu. Go to Tabs... and then type in the tab stop position. Click set in between each tab stop position.) The problem with using the default tab setting (which is very small) is that you end up with more than one tab stop between columns and I have to remove all the extra ones.

2. Simple is best so try not to use indents, section breaks, page breaks or columns as I just have to remove them to fit the report into the publishing program I use.

Any queries don't hesitate to contact me and keep all those articles coming!!! **Katrina**

Can you help?

We are looking for donations to the canteen on the weekend of the State Championships (25th and 26th March). Any cakes, slices, sandwiches, or anything else you can whip up or have around the house that would be suitable for selling on the day would be much appreciated. For more details contact Jackie Halberg on 9364 4474. Alternatively, if you can't cook but would like to help during the Championships let David Carr know.

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Contact Sue Bullen for more information on 9474 3718 or
fax an order to 9470 9955 or see her after a Sunday run.