



VETR^{11/12/14 02}UN³³⁸

THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158
Editor: Rod Tinniswood. Copy for Vetr^{11/12/14 02}un³³⁸: See panel page 11 • www.netprojex.com.au/wavac



Our gorgeous, galloping great grandmother, Shirley Bell seen with canoe ready to support in the Rottnest swim event.

Pics by Jim Barnes



Vetr^{11/12/14 02}un³³⁸ now in colour on the World Wide Web

Check it out on www.netprojex.com.au/wavac



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- All the results:
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Track + Field
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NOTICE BOARD

Relay For Life

The Cancer Foundation 24 hour Relay for Life is happening again this year on April 13/14. It is a really good social weekend and is enjoyed by all who enter. Why not get a team together and raise some money for a good cause. Contact Lorri Carroll at the Foundation on Lorri@cancerwa.asn.au

Melville City Council Hire Fees

This issue, reported in last month's Vetrin, has been resolved. Keith Atkinson and Bob Schickert had both attempted to have Melville reduce its fees from \$200 per event to a more acceptable figure. In Keith's absence, Bob met again with the Council and succeeded in negotiating a base fee of \$60 for the first event and a 10% discount on succeeding ones. So our six events in the City in 2002/03 will cost the Club \$330.

While this may seem like a win for the Club it is not. The programme for next year had been drawn up by Keith in conjunction with that of the WA Marathon Club. Given that our new year starts on 1 April, there was no time for him to plan alternative events and venues. The agreed fee was also our upper limit so maybe we did have a small win there.

The State Government body referred to previously was the Seniors Recreation Council of WA, to which we are affiliated. It never replied to our letter seeking advice and guidance on the issue. The Office of Seniors Interests, that had been sent a copy of the letter, responded in a supportive manner.

Our concern now is that other councils will jump on the Melville bandwagon. Not only would our costs increase, the net may be widened to catch other Seniors groups using the venues.

For these reasons I wrote again to the SRC urging that they take up this issue and offered to meet with them. They accepted and we shall meeting some time in March.

Bob Sammells

Athletica State Championships

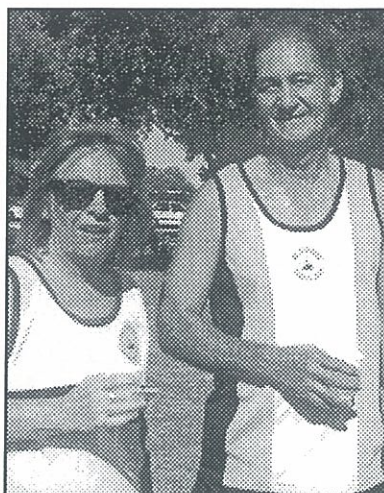
3000m Steeplechase Mens Open

1st	Bert Carse	M60	11:50
2nd	Bruce Wilson	M55	12:07
3rd	Bob Schickert	M60	12:33

5000m Run Mens Open

3rd	Bert Carse	M60	18:05
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Profile #4: John and Elaine Ellard - M60 & W60 (13/03)



Refugees from Hills Hash House Harriers, the Ellards joined the club about 2 years ago. After about 400 runs with Hills HHH they now take their running a little more seriously, but still seem to be having fun.

They live in Sawyers Valley. Elaine was born in Sydney and likes Thai cooking and classical music, while John who was born in Perth prefers pasta and country music. They both agree that climbing Mt Kinabalu (4094m) and doing the endurance walks was their most enjoyable experience

Personal Bests:	Elaine	John
	5km 29 mins	21.1 1hr 45
	10 km 65 mins	42.2 3hr 50
Favourite Run:	McCallum	Wireless Hill (Not!)
Favourite Sport:	Equestrian	Horse Racing, Footy
Best sports-person:	Kieran Perkins	Deek
Best achievement:	Walking Milford Track	Hiking the Himalayas

The Ellards part time work allows them to keep fit for their running and hiking. John clocks up between 30 and 40km a week, while Elaine trains about 5km three times a week.

★ New Members

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

Shirley Milligan	Jennifer Shillington
Jo Stewart	Stan Selby

Hi Rod

Subject: First aid for car theft

This is a follow-up to your notices. As you are aware I lost a wallet with my cards and mobile phone, and the youthful Delia lost an overnight bag, at the Kings Park Friendship Run.

Well most of these items were recovered minus especially the money of course.

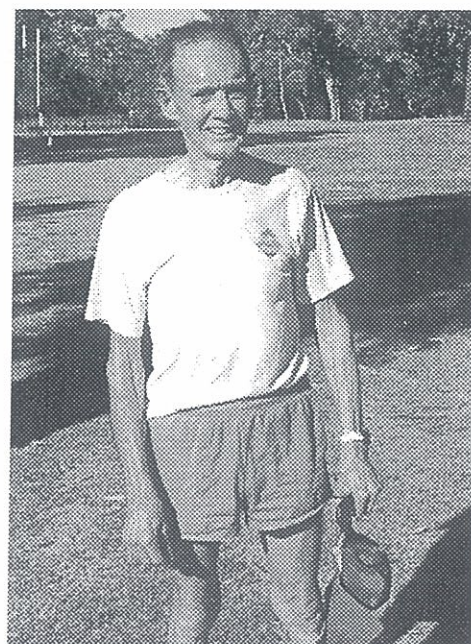
There is a certain gentleman who runs a business in Myaree and walks his son's dog to the bank in Booragoon. The dog took a particular interest in some deep thicket and the gentleman, failing to deter the dog, released it and it dived into the bush in pursuit, just to emerge with the aforementioned bag. It may never have been found for a long time. Apparently their was a perfume in there similar to the one used by the son's girlfriend. On later checking the bag they got my wallet which led them to 'phone me after looking my number up in the white pages.

Simon J

Garnet Morgan cracks Masters Degree at 77

Everyone knows Garnet, I'm told. It's not surprising as he's been a member of the club since 1974. But not everyone knows that he has just completed his Masters Degree in Engineering. It's a great achievement and an inspiration to those of us who may think it's too late.

Garnet arrived in Melbourne from South Africa in 1961 and moved to Perth in '62.



Garnet Morgan at the Friendship Run 20/1/02



The Boxing Day Race Report was left off the results in the last issue. Apologies to Barrie Thomset.

Here it is:

Boxing Day Run

At last, having two fingered my way through the results, I get to the really nice "bit" of thanking all the helpers. Without them, there would be no Boxing Day event.

They came; they willingly did all the work (even looked after my dog); and I thank them so much.

To Brian and Shirley, who ran and then helped collect flags: thank you.

I am terrible at remembering names, so please, helpers forgive me, you know who you are, and so do the competitors.

A "mention in dispatches" for Shorty Turner, who drove all of 1.5km to drop off Ann, then left to retire to a lounge chair. If you were a horse Shorty, it would be the Knackery for you, old son.

Joe and Mike Stone, made their annual pilgrimage to the Vets (yes Joe pays her annual dues just to get to the "Vetrun"). So good to see you both.

The B.B.Q was the usual, a truly social event, with all the left overs, (runners and food) from the previous day. We enjoyed a mild evening and impressed the visitors. As usual this was a social, no frills event. Times taken, Runners and Walkers alike choosing their distance and no distinction or places shown.

Look forward to seeing many more next year. All the best for 2002.

Barrie Thomsett

Athletica State Championships

3000m Steeplechase Mens Open

1st	Bert Carse	M60	11:50
2nd	Bruce Wilson	M55	12:07
3rd	Bob Schickert	M60	12:33

5000m Run Mens Open

3rd	Bert Carse	M60	18:05
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Club Pentathlon Results: Men

	200	JT	LJ	DT	1500	Total
M35						
Jawichre, Simon	28.94	20.18m	4.56m	18.62m	4:57.10	
Age-Graded Mark:	28.45	21.72m	4.80m	18.62m	4:51.67	
Age-Graded Percent:	69.35%	22.63%	53.65%	26.18%	71.21%	
	(347)	(185)	(345)	(246)	(609)	1732
Wannberg, Jon	31.44	20.99m	3.43m	15.22m	5:14.70	
Age-Graded Mark:	30.90	22.59m	3.61m	15.22m	5:08.95	
Age-Graded Percent:	63.84%	23.54%	40.35%	21.4%	67.23%	
	(202)	(196)	(146)	(184)	(509)	1237
M40						
Till, Campbell	26.84	27.64m	5.06m	19.09m	5:01.60	
Age-Graded Mark:	25.47	32.69m	5.70m	19.09m	4:45.89	
Age-Graded Percent:	77.42%	34.06%	63.73%	26.84%	72.65%	
	(567)	(337)	(523)	(255)	(644)	2326*
Payne, Steve	27.84	26.65m	4.41m	20.56m	6:28.60	
Age-Graded Mark:	26.42	31.52m	4.96m	20.56m	6:08.36	
Age-Graded Percent:	74.64%	32.84%	55.54%	28.91%	56.39%	
	(491)	(321)	(375)	(283)	(231)	1701
Sanders, Ian	31.54	21.80m	3.96m	19.05m	6:58.20	
Age-Graded Mark:	29.93	25.78m	4.46m	19.05m	6:36.42	
Age-Graded Percent:	65.88%	26.86%	49.87%	26.79%	52.4%	
	(255)	(240)	(283)	(254)	(135)	1167
M50						
Davey, Warren	31.14	26.43m	3.32m	26.44m	6:42.60	
Age-Graded Mark:	27.53	37.75m	4.27m	28.52m	5:53.81	
Age-Graded Percent:	71.64%	39.33%	47.84%	40.1%	58.71%	
	(409)	(410)	(250)	(435)	(290)	1794
M55						
Cortis, Henri	28.54	23.62m	3.41m	19.07m	5:15.00	
Age-Graded Mark:	24.35	37.07m	4.70m	22.93m	4:25.49	
Age-Graded Percent:	81.01%	38.63%	52.54%	32.25%	78.23%	
	(662)	(400)	(326)	(327)	(774)	2489
M60						
O'Reilly, Mike	32.04	20.32m	2.84m	23.61m	5:57.90	
Age-Graded Mark:	26.36	32.29m	4.18m	26.38m	4:48.19	
Age-Graded Percent:	74.81%	33.64%	46.79%	37.09%	72.07%	
	(496)	(332)	(235)	(394)	(630)	2087
M65						
Carr, David	30.44	22.19m	3.75m	20.79m	5:40.20	
Age-Graded Mark:	24.04	38.75m	5.91m	25.89m	4:20.39	
Age-Graded Percent:	82.06%	40.37%	66.14%	36.42%	79.76%	
	(689)	(424)	(567)	(384)	(809)	2873
2 Fergie, Bob	44.44	26.36m	2.87m	23.02m		
Age-Graded Mark:	35.09	46.03m	4.52m	28.67m		
Age-Graded Percent:	56.21%	47.95%	50.62%	40.32%		
	(40)	(530)	(294)	(438)	(0)	1302
M70						
1 Foley, Derry	36.94	13.87m	3.30m	20.05m	7:45.10	
Age-Graded Mark:	27.80	26.61m	5.56m	27.84m	5:36.13	
Age-Graded Percent:	70.95%	27.73%	62.26%	39.15%	61.79%	
	(390)	(252)	(494)	(422)	(370)	1928

Pt Walter 27.01.02

A cool and windy day was felt in direct contrast with previous hot steamy years. However, this course still proves popular with 114 people turning out for it. Thankyou very much to the helpers: Sheila Maslen, Paul Martin, Gary Fisher, Paul Hughes, John Brambley, Frances Lipscombe, Darry Dahlstrom and Jim Shaw.

David Roberts

6.2km Run

Brendan Dimmer	Vis	22:44
Lachlan Marr 1	M40	23:06
Frank Smith 2	M60	24:13
Jon Wannberg 3	M35	25:22
Chris Elliott	Vis	25:52
Don Caplin	M60	26:06
Liz Neville	Vis	26:53
David Scott	M50	27:34
Steve Pringle	Vis	27:43
Brian Foley	M55	28:06
Margaret Langford 1	W55	29:09
John Frost	M60	29:15
Bob Cavin	M45	29:50
Liz Duffield 2	W45	30:16
Jim Barnes	M55	30:38
Tony Speechley	M55	30:56
Roger Walsh	M55	31:01
David Carr	M65	31:44
Mike Faunge	M60	31:46
Bob Sammells	M65	31:48
Damien Hanson	M45	32:47
Wendy Clements-Green 3	W55	32:56
Vic Beaumont	M70	33:07
Steffi Hausse	W55	33:49
Alan Day	M50	34:31
Steve Toohey	M50	34:31
Margaret Warren	W65	34:50
Pam Toohey	W55	34:56
Joan Pellier	W60	35:08
Kirt Johnson	M70	35:09
Arnold Jenkins	M55	35:55
Val Millard	W55	35:56
Aldo Giacomini	M65	36:20
Ray Lawrance	M70	38:06
Kris Adiran	Vis	38:08
Gillian Wood	W50	38:13
Jeff Spencer	M60	38:16
Lois West	Vis	40:43
Phillis Farrell	W55	40:44
Morris Warren	M60	40:49
Pierre Viala	M50	41:16
Jo Stewart	W50	41:16
Elaine Dance	W50	42:59
Mary Heppell	W60	52:36

6.2 Walk

John Mison 1	M50	36:03
Ray Hall 2	M65	41:01
Lynne Schickert 1	W60	45:29
Michelle Mison 2	W50	45:30
Lorna Lauchlan 3	W50	45:56
Christine Wheeler	W45	49:13
Jenny Shillington	W40	49:18
Pat Ainsworth	W65	50:27

Club Pentathlon Results: Women

	200	JT	LJ	DT	800	Points
W35						
Edmonds, Gill	36.34	15.00m	4.02m	16.17m	3:38.60	
Age-Graded Mark:	35.56	17.48m	4.32m	16.17m	3:31.35	
Age-Graded Percent:	60.87%	21.85%	57.43%	21.89%	53.41%	
	(166)	(242)	(384)	(210)	(129)	1131
W40						
Sanders, Jacqueline	35.04	12.72m	3.10m	15.99m	3:18.00	
Age-Graded Mark:	34.29	14.82m	3.33m	15.99m	3:11.43	
Age-Graded Percent:	63.13%	18.53%	44.29%	21.65%	58.97%	
	(225)	(193)	(167)	(207)	(266)	1058
W40						
Payne, Jayne	33.64	16.64m	3.71m	19.63m	4:28.00	
Age-Graded Mark:	31.62	22.03m	4.28m	20.80m	4:08.95	
Age-Graded Percent:	68.43%	27.55%	56.99%	28.16%	45.34%	
	(375)	(327)	(374)	(292)	(2)	1370
W60						
Schickert, Lynne		8.48m	2.38m			
Age-Graded Mark:		15.92m	3.66m			
Age-Graded Percent:		19.91%	48.77%			
	(0)	(214)	(233)	(0)	(0)	447
W65						
Carr, Pat	37.64	14.96m	3.39m	16.57m	4:24.50	
Age-Graded Mark:	28.55	31.93m	5.61m	32.34m	3:12.01	
Age-Graded Percent:	75.8%	39.91%	74.67%	43.79%	58.79%	
	(588)	(513)	(732)	(507)	(262)	2602

* State record

Alan Pomery 3	M70	50:36	Wayne Bates	M55	50:39
Gareth Gorman	M55	51:37	Rob West	Vis	50:46
Christine Pattinson	Vis	53:10	Debbie Burge 2	W35	50:49
Barrie Thomsett	M60	53:20	Johan Hageboorn	M55	51:01
Pat Miller	W60	53:48	Peter Hill	M55	51:28
Rosa Davis	W55	53:48	Paul Hak	Vis	51:33
Maggie Flanders	W65	54:11	Syd Beer	M55	51:37
Dorothy Whittam	W65	54:11	Mal Vernon	M45	53:01
Jeff Whittam	M65	56:18	John Ellard	M60	53:06
Norm Miller	M70	62:13	John Pellier	M60	53:09
Ernie Moyle	M75	62:25	Nick Miletic	M50	53:22
Leo Hassam	M70	62:26	Neville Scott	Vis	54:05
George Schaefer	M65	62:26	Gillian Young 3	W50	54:07
11km Run					
Warren Gee 1	M50	41:08	Robert Sheehy	M55	54:24
Ralph Henderson 2	M50	41:26	John Duffy	Vis	56:11
Michael Barton 3	M30	43:22	Sue Sanders	W45	56:38
Neil McRae	M45	43:32	Scott Gagan	Vis	56:54
Shayne Dimmer	Vis	44:02	Cecil Walkley	M70	56:54
Gareth Brunt	M50	44:03	Glenda Lawrance	W45	57:07
John Allen	M40	44:45	Rod Tinniswood	M50	57:18
Bob Schickert	M60	45:46	John Dance	M50	58:35
Fayaz Jamal	Vis	45:49	Unknown		58:37
Ivan Pilton	M55	46:08	Mitch Loly	M60	60:10
Anne Shaw 1	W50	46:24	Christina Rompotis	W40	60:30
Mike Slavin	Vis	46:48	Merv Jones	M60	60:39
David Muir	M55	47:21	Ann Turner	W65	61:17
Ivan Brown	M55	47:40	Don Pattinson	Vis	61:22
Brad Dunbar	M45	48:06	Merv Moyle	M75	61:53
Robert Roll	Vis	48:06	John Smith	M65	65:27
John Davies	M57	48:45	Margaret Bennett	W60	73:29
Brain Danby	M50	49:22	Denise Lancaster	W50	73:29

Rib Run 4 November 2001

It was a beautiful morning - just perfect conditions for the running of the fifth RIB run with 93 runners/ walkers participating.

It was good to see John Bell arrive on time to be able to listen to the pre-race instructions so that he only did the 9K course instead of 13K, which he did the previous year.

Arch rivals Ralph Henderson and Warren Gee fought it out yet again, this time with results in reverse from the previous year.

Sorry for the delay in producing the results, due to computer problems (well that's my excuse anyway).

Many thanks to all our helpers namely result writer Maureen Pomery, Bev Thornton, Jean Fisher, Anita Browne, Mike Faunge, Julie Wood, Johan Hagedoorn, Judy Bonomelli and Blakeney Tindall.

Hope to see you all again next year.

Norma - Irene - Brian (RIB)

9K

Warren Gee	M50	34:48
Ralph Henderson	M50	35:34
Jim Klinge	M55	35:36
Wally Crowley	M45	35:51
John Allen	M40	36:41
Gareth Brunt	M50	36:46
Graham Thornton	M60	37:11
Doug Ashfield	M40	37:38
Brian Danby	M50	39:06
John Mack	M60	40:25
Wilf Bambury	M40	41:04
John Bell	M55	41:05
Mike Khan	M55	41:23
Debbie Burge	W35	41:34
Brian Foley	M55	41:41
Bob Cavin	M45	42:07
Keith Rimmer	M55	42:25
Bob Harrison	M55	42:34
Wayne Bates	M55	42:36
John Pellier	M60	42:50
Peter Sanders	M55	43:06
John Ellard	M55	43:54
Shirley Bell	W50	43:58
Robert Sheehy	M55	44:19
Stan Lockwood	M70	44:50
Gillian Young	W50	44:17
Brian Smith	M60	44:18
Roger Walsh	M55	46:39
George Innes	M60	47:38
Margaret Robinson	W60	47:53
Sue Sanders	W45	48:14
John Dance	M50	48:57
Ann Turner	W65	50:50
Margaret Warren	W65	50:57
Margaret Bennett	W60	64:50
Shorty Turner	M65	64:51
Morris Warren	M60	64:52

5K

Tony Heppener	M50	17:40
Duncan McAuley	M50	18:33
Frank Smith	M55	19:06
Ivan Brown	M55	20:19
John Najjar	M45	21:02
Jimmy Barnes	M55	21:45
Margery Forden	W60	23:46
John Brambley	M55	24:00
Mike Anderson	M50	24:01
Vic Waters	M55	24:07
Liz Duffield	W45	24:16
Rod Tinniswood	M50	24:53
Wendy Clements-Green	W55	25:32
Glenda Lawrence	W45	25:33
Sue Bullen	W40	26:36
David Willmer	M45	26:51
Arnold Jenkins	M55	27:11
Kirt Johnson	M70	27:25
Vic Beaumont	W70	28:18
Fiona McAuley	W50	28:42
Joan Pellier	W60	30:24
Keith Forden	M60	33:15
Elaine Ellard	W55	33:54
Sheila Maslen	W60	34:07
Mary Heppell	W60	34:08
Ellie Bamber	W30	37:05
Glenice Shanahan	W75	57:30

9K Walk

Paul Martin	M60	55:43
John Mison	M50	55:43
Michelle Mison	W50	66:21
Lorna Lauchlan	W70	67:32

5K Walk

Rex Bruce	M60	35:35
Lynne Schickert	W60	36:30
Keith Atkinson	M40	36:31
Dorothy Whittam	W65	39:19
Maggie Flanders	W65	42:31
Pat Hopkins	W55	43:24
Val Wheeler	W70	43:48
Alan Pomery	M70	43:48
Jeff Whittam	M65	44:48
Fred Hagger	M75	60:58
Fred Watson	M80	62:11

Visitors

Ruth Willmer	5K	26:50
Mike Prentice	5K	29:09
Marie Hillis	5K	34:52
Jacinta Hillis	5K	35:20
Geoff Lamont-Smith	9K	35:47
Michael Barton	9K	36:34
Paul Leach	9K	39:06
Cameron Seaton	9K	39:32
Robert Roll	9K	39:49
Gavin Gildersleeve	9K	43:55
Grace Willmer	5K	44:35
Mal Vernon	9K	44:37
Christina Rompotis	OK	51:46
Pam McManus	9K	60:59

Deadly Medley 17 February 2002

It was a fine, cool morning at Yokine Reserve. Apart from that, the gods were not kind to us. The wrong event was put in the paper, so Keith had to go to Lake Monger to redirect anyone who turned up there. The loudhailer was a dud, as was the stopwatch printer. Pat Hopkins, who was in the winning walking team last year, got lost and arrived too late to be in any team.

In spite of everything, 7 running teams and 6 walking teams set off at 7.15 am, giving their all for their teams, with much noisy encouragement.

Many thanks to all our hard-working helpers, who did a sterling job.

Ann and Shorty Turner.

1.ELEGANT ELEPHANTS

John Mack
Shirley Bell
Rob Sheehy
Mal Vernon

2.BUMBLING BOUNCERS

Simon Jawichre
Julie Wood
Dick Blom
Glenda Lawrence

3 HAPPY HARRIERS

John Frost
Wilf Bamber
Debbie Burge
Dan Bending

4 ANCIENT ATHLETES

Bob Schickert
Sheila Maslen
John Ellard
Liz Duffield

5 GERIATRIC GREYHOUNDS

Ivan Pilton
Val Millard
Nick Miletic
Sue Bullen

6 DODDERING DAUWDLERS

Johan Hagedoorn
Denise Lancaster
Brian Smith
Christina Rompotis

7 CREEPING CODGERS

Bob Cavin
Pierre Vialla
Bob Sammells
Kirt Johnson

WALKERS

1 John Mison
2 Lynne Schickert
3 Leslie Romeo
4 Michelle Mison, Nola Bending,
Maggie Flanders, Barbara Bailey,
Lois Smith
5 Dorothy Whittam
6 Rex Bruce, Jenny Shillington,
Pat Ainsworth.

SOUTH PERTH FIESTA RUN

3 February 2002

A new course on the South Perth parkland/waterways to coincide with the South Perth "FIESTA" gave a large group (97) of Vets plus (32) visitors (potential new members) a good workout prior to a healthy morning tea – paid for by a contribution by the City of South Perth!! Let's hope this trend continues rather than some councils charging WA Vets for use of public facilities.

The course had a 750 metre soft grass start/finish leg followed by a circuit of Clydesdale and Sir James Mitchell Parks on the cycle-ways. This gave a nice look at the lakes, bridges and abundant wildlife now living in this pleasant environment. Several people commented on how nice and flat the course is but a stiff easterly wind made the finishing stretch pretty tough – especially for the walkers on the soft grass.

Race results couldn't be announced at the finish due to a slight mix up. The paperwork was picked up and taken away with the equipment for the next week's run, but this was quickly rectified later in the day. Sincere thanks to my many helpers – both those scheduled for the run and quite a few currently injured members who all got up very early to help out on this "public" showing of our club. The results were as follows and are very creditable in the windy conditions.

Tony Speechley and Heather Sanderson

9.8K Run

Trevor Robertson	M45	37:42
Ralph Henderson	M50	37:48
Lachlan Marr	M40	37:58
Darryl White	M40	38:52
Jim Klinge	M40	39:06
Neil McRae	M45	39:08
Gareth Brunt	M50	40:11
Colin Chisholm	M35	40:47
Doug Ashfield	M45	41:23
Johan Hagedoorn	M55	44:29
Gary Fisher	M45	45:21
Wayne Bates	M55	45:36
Mike Khan	M55	45:59
Debbie Burge	W35	46:17
Geoff Mullins	M55	46:31
Brian Foley	M55	46:31
John Ellard	M60	47:27
Nick Miletic	M50	47:37
Bob Schickert	M60	48:10
Gillian Young	W50	48:18
John Mack	M60	48:19
John Pellier	M60	48:34
Dick Blom	M65	48:49
Shirley Bell	W50	49:13
Brian Smith	M60	49:16
Stan Lockwood	M70	49:24
Ray Attwell	M65	50:43

John Frost	M60	51:34
Wilf Bamber	M40	51:46
Roger Walsh	M55	53:45
John Dance	M50	54:11
Vic Beaumont	M70	54:30
Jeff Spencer	M60	54:30
Ann Turner	W65	55:18
Christina Rompotis	W40	55:39
Merv Jones	M60	55:40
Merv Moyle	M75	56:23
Sue Bullen	W40	56:23
Mitch Loly	M60	57:20
Laurie Collett	M70	58:47
John Smith	M65	59:44
Margaret Warren	W65	60:07
Ron Mead	M45	61:45
Denise Lancaster	W50	66:56
Morris Warren	M60	66:59
Margaret Bennett	W60	67:01
Sheila Maslen	W60	69:24

5.6 K Run

Wally Crowley	M45	22:00
Frank Smith	M55	22:16
Ian Davies	M55	22:43
Dave Roberts	M55	22:46
Ivan Brown	M55	23:29
John Najar	M45	23:39
Don Caplin	M60	24:30
Henry Cortis	M55	25:36
Margaret Langford	W55	26:27
Margery Forden	W60	27:52
Damien Hanson	M45	29:27
Bob Sammells	M65	29:36
George Innes	M65	29:57
Hamish McGlashan	M60	30:20
Mike Faunge	M60	30:31
Wendy Clements-Green	W55	31:05
Rod Tinniswood	M50	31:21
Bob Fergie	M65	32:22
Julie Wood	W50	33:42
Ray Lawrence	M70	34:16
Arnold Jenkins	M55	34:17
Joan Pellier	W60	34:36
Val Millard	W55	34:58
Joanne Stewart	W50	37:27
Kirt Johnson	M70	38:29
Ray Hall	M65	39:31
Phyllis Farrell	W55	40:07
Mary Heppell	W60	50:03
5.6K Walk		
Lesley Romeo	W55	38:35
Lynne Schickert	W60	41:10
Alan Jennings	M60	41:11
Michele Mison	W50	41:11
Lorna Lauchlan	W70	44:14
Elaine Dance	W50	47:14
Dorothy Whittam	W65	47:24
Alan Pomery	M70	47:26
Rosa Wallis	W55	47:38
Jenni Shillington	W40	47:38
Pat Miller	W60	49:06
Patricia Hopkins	W55	49:06
Maggie Flanders	W65	47:00
Elaine Ellard	W55	52:37
Jeff Whittam	M65	52:39

Ernie Moyle	M75	53:36
Rex Bruce	M60	53:38
George Schaefer	M65	56:08
Leo Hassam	M70	56:09
Norm Miller	M70	61:33
John Bell	M55	61:34

Visitors

Paul Leach	9K	39:13
Fiona Talbert	9K	42:33
Freddy Marie	9K	42:48
Bruce Taylor	9K	43:26
Robert Roll	9K	44:46
Takeshi Watanabe	9K	47:06
Mike Hara	9K	47:40
John Duffy	9K	48:56
Michael Courtis	9K	48:59
Mike Harte	9K	51:11
Roslyn Kilpatrick	9K	52:18
Leanda Prosser	9K	52:20
Ray Bailey	9K	52:29
John Talbot	9K	58:48
Natalie Avery	9K	60:06

5.6K

Chris Shenton	5.6K	21:38
Mark Seaborn	5.6K	22:39
Chris Elliott	5.6K	23:38
Alan James	5.6K	24:37
Alan Day	5.6K	29:33
Brian Cook	5.6K	32:44
Sandra Pritchard	5.6K	32:44
Sharon Bullen	5.6K	33:03
Leonie Harper	5.6K	34:05
Jurgen Furchow	5.6K	36:32

5.6k Walk

Bruce Robins	5.6KW	52:42
Vida Corbett	5.6KW	52:42
Deborah Phaceas	5.6KW	52:49
Julie Re	5.6KW	52:49
Liz Scott	5.6KW	54:44
Toru Naniwa	5.6KW	58:06
Tomomi Naniwa	5.6KW	58:07

Know these two blokes?

HEEZOFF AND EASEOFF

Heesoff and Easeoff, our old running mates, love a run with the club in the park. We must see them together to tell them apart. It's the same in the light, as it is in the dark. Often it's hard, to tell which one is which. Keep a watch on the one with the watch on. Often on off days, his watch will be on. But his watch will be on off often . Often Easeoff is off when they go. Heesoff may then ease off the pace. So if Easeoff sees Heesoff ease off, then it's on. Heesoff and Easeoff. What a race!

I Moff.

Thanks Wayne

Track & Field Results - 3 January 2002

200m

Graham Carroll	M47	26.5
Craig Owens	M45	26.4
Henry Cortis	M55	26.9
Ros Calnan	M60	33.4
Barrie Kernaghan	M61	26.8
Norm Richards	M60	30
Ray Hall	M67	38.1

1500 W

John Davies	M57	8.18
Jim Seymon	M60	8.25
Ray Hall	M67	9.56
Alex Cummings	M70	10.46
Valerie Millard	W54	9.58
Lynne Schickert	W60	9.43
Lorna Laughlan	W71	10.52

L Jump

Gill Edmonds	W36	3.32
Robyn Watts	W48	2.68
Valerie Millard	W54	2.4
Lynne Schickert	W60	2.46
Pat Carr	W69	2.87

400m

Keith Edmonds	M34	67.8
Grant Owens	M41	74.4
Campbell Till	M44	58.0
Craig Owens	M45	65.4
Gareth Brunt	M50	71.1
Henry Cortis	M55	61.8
Barrie Kernaghan	M61	64.2
Norm Richards	M60	71.3
David Carr	M69	65.4
Jim Jackson	M69	99.7

Shot

Ed Carroll	M60	11.1
Bob Fergie	M65	8.45
Alex Cummings	M70	8.39
Robyn Watts	W48	5.17
Lorna Laughlan	W71	5.9

Discus

Ed Carroll	M60	41.99
Bob Fergie	M65	28.26
Alex Cummings	M70	29.16
Robyn Watts	W48	14.08
Val Prescott	W57	16.76

5000m

Keith Edmonds	M34	22.17
Jon Wannberg	M35	20.27
Doug Ashfield	M43	20:00
Randy Hobbs	M40	18.37
Clive Hicks	M45	17.38
David Wilmer	M45	19.56
Gareth Brunt	M50	19.36
Ian Davies	M53	19.57
Ivan Brown	M56	20.14
John Davies	M57	27.18
Frank Smith	M59	19.30
Bert Carse	M60	17.51
Jim Seymon	M60	27.18
Bob Schickert	M60	19.11

10-Jan

100m

Steve Payne	M42	12.8
Graham Carroll	M47	12.3
Tom Lenane	M45	13.9
Craig Owens	M45	12.3
John Davies	M57	16.3
Brian Paxman	M71	6.34
Kathy Avery	W44	15.6
Jayne Payne	W41	15.5
Lynne Schickert	W60	21.8

1500m

Micheal Watson	M36	4.59
Neil McRae	M49	5.08
Ian Davies	M53	5.12
Kate Gilles	W36	7.25

Kathy Avery	W44	6.18
Margaret Robinson	W63	7.02
1500 W		
Tom Lenane	M45	8.42
John Davies	M57	8.16
Lynne Schickert	W60	9.35.6

17-January 2002

100m

Grant Owens	M41	14.6
Ian Sanders	M42	14.7
Campbell Till	M44	12.7
Craig Owens	M45	12.6
Rob Greenhaigh	M51	13.3
Henry Cortis	M55	13.3
Keith Martin	M57	13.6
Rex Bruce	M60	16.4
Ros Calnan	M60	14.9
Peter Gare	M60	14.1
Barrie Kernaghan	M61	12.7
Norm Richards	M60	13.6
David Carr	M69	15.6
Jacqui Sanders	W35	16
Lyn Choate	W49	13.7
Pat Carr	W69	17.2

400m

Simon Jawiche	M35	60.8
Phil Hawkes	M40	68.3
Grant Owens	M41	70.6
Ian Sanders	M42	74.1
Campbell Till	M44	57.6
Craig Owens	M45	64.5
Gareth Brunt	M50	71.2
Henry Cortis	M55	60.3
Keith Martin	M57	66.5
Peter Gare	M60	69.3
Barrie Kernaghan	M61	63.1
Norm Richards	M60	69.3
Jacqui Sanders	W35	86

Discus

Simon Jawiche	M35	18.82
Ian Sanders	M42	20.38
Peter Gare	M60	36.91
Bob Fergie	M65	24.58
Alex Cummings	M70	27.72
Katrina Spilsbury	W35	23.06
Val Prescott	W57	15.68
Pat Carr	W69	15.62

Shot

Peter Gare	M60	8.87
Bob Fergie	M65	8.4
Alex Cummings	M70	8.98
Katrina Spilsbury	W35	8.1

1500 W

John Davies	M57	8.29.7
Rex Bruce	M60	11.09.0
Lorna Laughlan	W71	10.56.8

3000m

Simon Jawiche	M35	11.25.7
Jon Wannberg	M35	11.19.8
Doug Ashfield	M43	11.29.2
Phil Hawkes	M40	17.13.6
Darryl White	M40	10.54.4
David Wilmer	M45	11.22.4
Gareth Brunt	M50	11.27.6
Nick Bailey	M53	15.32.6
Clive Choate	M50	12.43.0
Ian Davies	M53	11.02.7
Rob Greenhalgh	M51	11.28.6
Tony Heppener	M50	9.46.6
John Davies	M57	13.11.7
Brian Foley	M57	11.50.9
Frank Smith	M59	11.12.7
David Carr	M69	12.28.5
Gill Edmonds	W36	15.13.7
Jacqui Sanders	W35	15.45.4
Jackie Halberg	W55	13.59.2

Track & Field results

24-January 2002

100m

Colin Smith	M38	13.9
Craig Owens	M45	12.1
Ivan Brown	M56	16.6
John Davies	M57	16.1
Lyn Choate	W49	13.2
Gillian Young	W54	16.9
Lynne Schickert	W60	21.8
Pat Carr	W69	16.2

800m

Simon Jawiche	M35	2.22.0
Colin Smith	M38	3.02.2
Micheal Watson	M36	2.22.4
Russell Clarke	M40	2.24.8
Craig Owens	M45	2.57.2
Ian Davies	M53	2.36.7
Ivan Brown	M56	2.51.6
Henry Cortis	M55	2.25.3
Brian Foley	M57	2.29.5
David Carr	M69	2.31.5
Brian Paxman	M71	3.14.2
Gillian Young	W54	3.14.2

1500W

John Davies	M57	8.24.2
John Frost	M63	9.51.2
Bill Harrison	M62	11.16.0
Lynne Schickert	W60	9.33.9

Javelin

Colin Smith	M38	17.24
Warren Davey	M51	21.81
Robert Kennelly	M50	21.07
Bill Harrison	M62	15.01
Robyn Watts	W48	9.3
Eileen Hindle	W52	16.68
Pat Carr	W69	16.41

Hammer

Rob Greenhaigh	M51	22.45
Bill Harrison	M62	18.27
Alex Cummings	M70	34.27
Robyn Watts	W48	5.36
Eileen Hindle	W52	23.65

Triple J

Colin Smith	M38	7.31
Alex Cummings	M70	6.84
Gill Edmonds	W36	8.53
Robyn Watts	W48	6.25
Lynne Schickert	W60	5.65
Pat Carr	W69	7.12

5000m

Simon Jawiche	M35	18.51.3
Jon Wannberg	M35	19.59.1
Micheal Watson	M36	19.50.5
Doug Ashfield	M43	19.39.9
Russell Clarke	M40	18.43.2
Neil McRae	M49	18.52.1
Gareth Brunt	M50	19.39.9
Nick Bailey	M53	25.15.1
Ian Davies	M53	18.55.6
Ivan Brown	M56	20.35.1
John Davies	M57	22.44.0
Frank Smith	M59	19.23.3
John Frost	M63	23.25.0
Gillian Young	W54	23.43.6
Jackie Halberg	W55	24.15.2
Margaret Robinson	W63	25.17.8

31-January 2002

200m

Colin Smith	M38	28.5
Phil Hawkes	M40	28.9
Grant Owens	M41	30.4
Ian Sanders	M42	31.8
Craig Owens	M45	25.2
Rob Greenhaigh	M51	27.5
Ros Calnan	M60	32.3
David Clive	M64	27.5
Ray Hall	M67	37.0
Brian Paxman	M71	36.5
Jacqui Sanders	W35	33.9
Lynne Schickert	W60	44.3
Pat Carr	W69	37.9

1500m

Simon Jawiche	M35	4.55.2
Phil Hawkes	M40	6.57.2
Grant Owens	M41	6.10.9
Ian Sanders	M42	7.41.3
Frank Gardiner	M51	6.23.6
Ivan Brown	M56	5.25.7
Henry Cortis	M55	5.10.7
Brian Foley	M57	5.20.4
Bob Schickert	M60	5.07.9
David Carr	M69	5.24.0
Brian Paxman	M71	6.24.1
Jacqui Sanders	W35	7.21.0

Long J

Colin Smith	M38	3.92
David Clive	M64	4.64
Gill Edmonds	W36	3.71
Robyn Watts	W48	2.74
Lynne Schickert	W60	2.42
Pat Carr	W69	3.26

2000mW

John Davies	M57	11.14.5
Brian Foley	M57	13.06.2
John Frost	M63	13.13.1
Ray Hall	M67	12.56.2
Liz Neville	W50	12.14.3
Lynne Schickert	W60	12.56.2
Lorna Laughlan	W71	14.15.0

Shot

Ian Sanders	M42	6.96
Alex Cummings	M70	8.97
Katrina Spilsbury	W35	8.01
Lorna Laughlan	W71	6.45

Discus

Simon Jawiche	M35	21.65
Colin Smith	M38	16.4
Ian Sanders	M42	20.39
Alex Cummings	M70	27.75
Katrina Spilsbury	W35	23.04
Robyn Watts	W48	11.64
Pat Carr	W69	15.64

3000m

Simon Jawiche	M35	11.01.5
Jon Wannberg	M35	11.21.5
Micheal Watson	M36	10.55.2
Doug Ashfield	M43	11.33.0
Phil Hawkes	M40	14.33.8
Ian Sanders	M42	16.10.1
Darryl White	M40	10.44.4
Gareth Brunt	M50	11.13.0
Ian Davies	M53	11.21.0
Frank Gardiner	M51	13.32.9
Rob Greenhaigh	M51	11.30.0
Ivan Brown	M56	12.17.0
Frank Smith	M59	10.57.4
John Frost	M63	13.44.6
David Carr	M69	13.39.2
Gill Edmonds	W36	14.56.2
Jacqui Sanders	W35	15.37.7
Jackie Halberg	W55	14.34.8
Val Prescott	W57	20.20.2

7-February 2002

200m

Colin Smith	M38	27.8
Steve Payne	M42	26.8

Ian Sanders	M42	29.8
Campbell Till	M44	25.3
Craig Owens	M45	24.9
Ian Davies	M53	29.9
Keith Martin	M57	27.4
David Clive	M64	25.9
Ray Hall	M67	37.4
Derry Foley	M72	35.2
Jacqui Sanders	W35	32.7
Jayne Payne	W41	32.9
Gillian Young	W54	35.7
Lynne Schickert	W60	44.3
Pat Carr	W69	37.6

800m

Simon Jawiche	M35	2.18.7
Colin Smith	M38	3.09.7
Jon Wannberg	M35	2.30.6
Micheal Watson	M36	2.17.3
Carl Ciccarella	M40	2.51.9
Ian Sanders	M42	3.23.6
Gareth Brunt	M50	2.44.9
Frank Gardiner	M51	3.26.6
Henry Cortis	M55	2.21.8
Keith Martin	M57	3.04.5
Bert Carse	M60	2.22.9
Bob Schickert	M60	2.27.1
David Carr	M69	2.27.8
Brian Paxman	M71	3.07.1
Sonya Lawry	W34	2.24.6
Jacqui Sanders	W35	3.31.2
Gillian Young	W54	3.18.5
Margaret Robinson	W63	3.40.8

Triple J

Steve Payne	M42	9.76
Keith Martin	M57	9.02
David Clive	M64	8.62
Alex Cummings	M70	6.61
Derry Foley	M72	6.86
Gill Edmonds	W36	8.62
Robyn Watts	W48	6.18
Lynne Schickert	W60	5.78
Pat Carr	W69	6.82

3000W

John Davies	M57	17.17.7
Alan Jennings	M62	19.33.3
Jim Turnbull	M65	21.00.6
Valerie Millard	W54	20.29.4
Lynne Schickert	W60	19.50.2

Hammer

Peter Phillips	M59	22.98
Murray Tolbert	M55	26.91
Bill Harrison	M62	15.88
Bob Fergie	M65	27.15
Jim Turnbull	M65	17.01
Alex Cummings	M70	34.58
Eileen Hindle	W52	24.65

Javelin

Colin Smith	M38	16.8
Steve Payne	M42	23.47
Ian Sanders	M42	18.01
Keith Martin	M57	20.03
Peter Phillips	M59	18.32
Murray Tolbert	M55	31.2
Bill Harrison	M62	13.85
Bob Fergie	M65	26.11
Jim Turnbull	M65	17.65
Derry Foley	M72	14.47
Robyn Watts	W48	12.06
Eileen Hindle	W52	15.48
Pat Carr	W69	15.25

3000m

Simon Jawiche	M35	10.53.9
Jon Wannberg	M35	11.47.8
Micheal Watson	M36	11.52.2
Doug Ashfield	M43	11.42.4
Carl Ciccarella	M40	11.49.8
Ian Sanders	M42	15.23.1
Campbell Till	M44	11.41.4
David Eltringham	M45	11.02.3
Gareth Brunt	M50	11.22.8

Frank Gardiner	M51	12.57.6
Frank Smith	M59	10.49.2
Bert Carse	M60	10.13.7
Jim Riddell	M60	14.58.4
Bob Schickert	M60	12.14.1
David Carr	M69	13.24.3
Brian Paxman	M71	13.31.5
Jacqui Sanders	W35	15.21.5
Gillian Young	W54	13.41.1
Jackie Halberg	W55	13.56.7
Margaret Robinson	W63	14.05.5

14-February 2002

100m

Grant Owens	M41	14.4
Ian Sanders	M42	14.3
Craig Owens	M45	13.1
Rob Greenhaigh	M51	13.8
Henry Cortis	M55	13.7
John Davies	M57	15.9
Ros Calnan	M60	15.2
Peter Gare	M60	14.2
Barrie Kernaghan	M61	13.2
David Carr	M69	15
Ray Hall	M67	17.7
Lyn Choate	W49	14
Robyn Watts	W48	19.7
Gillian Young	W54	18
Lynne Schickert	W60	23.7
Pat Carr	W69	17.9

800m

Ian Sanders	M42	3.14.2
Campbell Till	M44	2.19.7
Frank Gardiner	M51	3.13.8
Rob Greenhaigh	M51	2.36.1
Henry Cortis	M55	2.25.5
Brian Foley	M57	2.30.0
Bert Carse	M60	2.26.2
Mike O'Reilly	M62	2.52.1
Bob Schickert	M60	2.36.8
David Carr	M69	2.32.1
Gillian Young	W54	3.23.4

Long J

Gill Edmonds	W36	3.82
Robyn Watts	W48	2.74
Lynne Schickert	W60	2.49

2000W

John Davies	M57	11.02.3
John Frost	M63	13.35.7
Lynne Schickert	W60	13.20.9

Discus

Simon Jawiche	M35	20.79
Ian Sanders	M42	19.38
Geoff Gee	M45	28.95
Ed Carroll	M60	40.51
Peter Gare	M60	37.33
Alex Cummings	M70	27.93
Robyn Watts	W48	13.5
Pat Carr	W69	15.15

Shot

Ian Sanders	M42	7.23
Geoff Gee	M45	11.23
Ed Carroll	M60	10.75
Alex Cummings	M70	8.6
Robyn Watts	W48	4.86

5000m

Simon Jawiche	M35	19.14.4
Jon Wannberg	M35	19.58.3
Doug Ashfield	M43	19.45.9
Randy Hobbs	M40	18.29.9
David Wilmer	M45	23.19.8
Gareth Brunt	M50	19.26.3
Ian Davies	M53	19.17.5
Frank Gardiner	M51	22.56.3
Ivan Brown	M56	20.23.3
Bert Carse	M60	18.02.6
John Frost	M63	25.20.5
Ray Hall	M67	28.09.0
Gillian Young	W54	24.06.5
Bridget Carse	W55	28.42.4



WA VETERANS ATHLETIC CLUB INC

Member of the Australian Masters Athletics Inc.

MEMBERSHIP APPLICATION FORM • 1 APRIL 2002 - 31 MARCH 2003

PLEASE PRINT

Surname: Surname:

Given Name: Given Name:

Address:

Suburb: Post Code: Phone:

CHANGE FROM LAST YEAR?

YES

NO

ANNUAL FEES SINGLE \$40.00 METRO • SINGLE \$35.00 COUNTRY • JOINT \$55.00 METRO • JOINT \$40.00 COUNTRY

*NEW MEMBER JOINING FEE \$10.00 FOR ADMINISTRATION PURPOSES

ALL TO COMPLETE: Please indicate TWO dates for helping:

See Program Outline in March Vetrun

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 any loss of life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or subsequent upon 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.

Signature1:

Signature 2:

***NEW MEMBERS ONLY TO COMPLETE BELOW**

Indicate Preferred Name for your Club Badge, eg: Bill, Sue.....

☐ Male ☐ Female Date of Birth ☐ Male ☐ Female Date of Birth

Names: 1 Names: 2

Make cheques payable to: WAVAC and post to: WAVAC, 11A Dandenong Road, Attadale, WA 6156

CLUB USE ONLY

Application: ☐ Accepted

☐ Program

Secretary:

Date of Joining

Amount

Date:

☐ Welcome Letter

☐ Name Badge

Receipt No

Treasurer:

Credit Card Payment

5% will be added by Treasurer to cover costs

Please make this payment of \$.....for ☐ Clothing ☐ Membership ☐ Club Social Function

☐ Club Weekend Away

☐ Championship entry

by

☐ Visa

☐ Bank Card

☐ Mastercard

Card Number Expiry Date

Card Holder's Name.....

Signature.....

Please select TWO dates from this list for helping

Schedule of Club Events

5	May	Around Herdsman
12	May	Andy Wright
19	May	Tompkins Park
26	May	Weir 10k RRC / RWC
2	June	Bardon Bash (Long Weekend)
9	June	Joondalup
16	June	Deepwater Point RWC
23	June	Darlington 8k/16k
30	June	15k Uni & Back RRC / RWC
7	July	25k RRC
14	July	Jorganson Cross Country
21	July	Mill Pt Champs & RWC
28	July	Perth Marathon (WAMC)
4	Aug	Sharks Run
11	Aug	Club 1/2 Marathon
18	Aug	Cross Country Champs Kings Park
25	Aug	City to Surf (WAMC)
1	Sept	Millers Run
8	Sept	Garvey Park
15	Sept	Bassendean
22	Sept	Herdsman
29	Sept	Cliff Bould Trophy (Long Weekend)
6	Oct	Dam To Dam
13	Oct	Wildflower Run
20	Oct	Guess Your Own Time
27	Oct	Bibra Lake
3	Nov	RIB Run
10	Nov	Mosman Park
17	Nov	Pelican Point
24	Nov	Safety Bay

1	Dec	Canning Caper
8	Dec	Lakes Age Graded
15	Dec	Coogee Beach Run
22	Dec	Christmas Gift
26	Dec	Boxing Day Run (evening)
29	Dec	Banks Run
5	Jan	Reabold CC
12	Jan	East Perth Run (previously Carr Shand)
19	Jan	Friendship
26	Jan	Point Walter
2	Feb	South Perth Fiesta Run
9	Feb	Age Graded
16	Feb	Deadley Medley
23	Feb	Applecross Jetty
2	March	Mt Lawley Circuit (Long Weekend)
9	March	Teddy Birds Run
16	March	3Ps
23	March	Lake Monger
30	March	Membership Run
6	April	Wireless Hill
13	April	Pagoda Run
18	April	National
19	April	Track
20	April	&
21	April	Field Champs
25	April	10K Track H/cap (FRI Long Weekend)
27	April	Reabold Hill

CASH / CHEQUE / CREDIT AND DEBIT FACILITIES

For security and administrative reasons we do not want to handle CASH for other than Visitors fees and morning tea. You can of course pay Members Fees etc by cheque or postal order.

Because of increases in Bank charges from 1 March 2003 we are introducing a 5% fee for payments by CREDIT card.

We are investigating a system by which members can make payments to the Club by using their card to DEBIT their account as is done with EFTPOS at a shop. THERE WILL BE NO ADDITIONAL CHARGE FOR PAYMENT BY DEBIT.

When completing a payment form, you will need to indicate whether the amount is to be by DEBIT to a cheque or savings account or by CREDIT in which case the Club will add 5% for bank charges.

We will advise members when the DEBIT system is available.

2002 WINTER TRACK AND FIELD TRAINING/TIME TRIALS PROGRAM

Saturdays, April – September 2002,
9.00 am - Perry Lakes Stadium

Keep fit for the National Championships to be held here in Perth, April 2003.

You can enter more than once for any track event. Odd distances eg 60m, 150m, 300m, 1000m, 2000m can be held on request.

Program A: 100m, 1500m Run or Walk, 400m, Triple Jump, Discus, Shot

Program B: 200m, 3,000 Run or Walk, 800m, Long Jump, Javelin, Hammer

Dates: (Second and Fourth Saturdays each month)

27 April	(A)	11 May	(B)
25 May	(A)	8 June	(B)
22 June	(A)	13 July	(B)
27 July	(A)	10 August	(B)
24 August	(A)	14 September	(B)
28 September	(A)		

Contact: Bob Schickert 9330 3803

Birthdays

Happy Birthday to our March Members

Eileen	Brown	01.03.1946	56	remains W55
Ed	Carroll	01.03.1941	61	remains M60
Jeff	Bowen	02.03.1942	60	becomes M60
John	Brambley	02.03.1942	60	becomes M60
Bob	Harrison	03.03.1942	60	becomes M60
George	Innes	03.03.1935	67	remains M65
Lois	Smith	05.03.1950	52	remains W50
Michael	Faunge	06.03.1938	64	remains M60
Fiona	McAuley	06.03.1951	51	remains W50
John	Molloy	06.03.1951	51	remains M50
Frank	Smith	06.03.1942	60	becomes M60
Jo	Stone	06.03.1945	57	remains W55
Leon	Sander	07.03.1937	65	becomes M65
Lorna	Lauchlan	09.03.1930	72	remains W70
Brian	Foley	11.03.1944	58	remains M55
Kevin	Martin	12.03.1947	55	becomes M55
Cliff	Bould	12.03.1916	86	remains M85
Elaine	Ellard	13.03.1942	60	becomes W60
Frances	Lipscombe	13.03.1958	44	remains W40
Wendy	Spencer	13.03.1945	57	remains W55
Kirt	Johnson	14.03.1929	73	remains M70
Patricia	Ainsworth	15.03.1936	66	remains W65
Louise	Barnes	17.03.1954	48	remains W45
Tony	Brown	17.03.1954	48	remains M45
Estelle	Rogers	17.03.1956	46	remains W45
Barbara	Blurton	19.03.1950	52	remains W50
Rob	Greenhalgh	19.03.1950	52	remains M50
Barrie	Kernaghan	20.03.1940	62	remains M60
Mitch	Loly	20.03.1940	62	remains M60
Peter	Sanders	20.03.1945	57	remains M55
Robert	Shand	20.03.1932	70	becomes M70
Judy	Bonomelli	21.03.1950	52	remains W50
Donald	Caplin	22.03.1939	63	remains M60
Margaret	Robinson	22.03.1938	64	remains W60
Frances	Casella	23.03.1951	51	remains W50
Anthony	Speechley	23.03.1944	58	remains M55
Nola	Bending	24.03.1945	57	remains W55
Julie	Clark	24.03.1952	50	becomes W50
Laurie	Collett	26.03.1931	71	remains M70
Barbara	Bailey	27.03.1930	72	remains W70
Peter	Hill	28.03.1948	54	remains M50
Walter	Crowley	29.03.1955	47	remains M45
Jayne	Mitchell	29.03.1963	39	remains W35
Paula	Karra	30.03.1971	31	remains W30
Peggy	MacIver	30.03.1944	58	remains W55
Kathleen	Holland	31.03.1940	62	remains W60
Rosemary	McGlashan	31.03.1939	63	remains W60
Robyn	Watts	31.03.1953	49	remains W45

Letter To The Editor of VETRIN. W A Veterans Athletic Club.

Rod, Maaate: In reply to your question regarding last month's front page (FEB 2002) article by Anon. "What do I think?"

"ME CLUB"

Ay, 'ang on Anon mate. It's me!
Yeah, the bloke you had ago at.
and you stuck it right across front page,
like a Serb might stick a Croat.
The pangs of guilt might wake me up,
and get me off me butt,
to help out as a marshal,
when I should run off me gut.

So, you want me to go to meetings,
instead of watching telly?
and greet new members who are
faster than me?
Not on your bloody Nelly.

If I help the club to grow and grow,
I'll finish right down the back.
Or be kind and volunteer and smile?
God help me, up yours Jack.
But I'll take the cuppa tea and bikkie,
and mingle with me clubmates
and tell how good I used to be.
I love our club, It's great!

C I Mokay (and S Elfish)

Thanks Maaate! - Rod

HELPERS LIST

14th April - 3P's Run

Director Val Millard

Helpers - M.Jones, B&L.Schickert,
G.Edmonds, a.Brindal, K.Avery,
M&M.Spratt, W&J.Spencer.

21st April - Pagoda Run

Director Jacqui Halberg 93644474

Helpers - M.Heppell, L.Hassam,
B.Thomsett, G.Branche, M.Taylor,
R&D.Corbon, C.Rombotis.

28th April - Reabold Hill - Director

Dick Blom 93377796

Helpers - J&W.Spencer, N.Miller,
P.Martin, K.Avery, J.Halliday, J.Edwards,
N.Milletic.

Deadly Medley

Ann and Shorty Turner have decided that after many years of organising the Deadly Medley that they would like to stand aside from Directing this race next year. The committee would like to thank them for their efforts in making the event a success.

This leaves an opportunity for someone else to step in and take over the event. So if you are interested please talk to Keith Atkinson, or Bob Schickert.

Although this event is a low key event, and draws a smaller field, the committee decided to maintain the event, as it provides an opportunity for people to have a fun team event, which adds to breadth of our program. However, alongside the team event we will provide a 8, or 10k run for those wanting a regular walk/run.

Vetrun 'chokkers' this month

Apologies to all those who submitted snippets, articles of interest and even some results that didn't make it this month.

Please bear with me. I'll have more space in the April issue, which promises to be a bumper issue.

It's your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email:

tinniswoodr@sundaytimes.newsltd.com.au

(Note: Copy the address exactly. All the letters must be in lower case. Don't forget the 'r' after tinniswood)

Electronic files can be emailed or saved to disc. Word or Text files are preferred and pictures can be presented as tiff, eps, or jpg files.

Home phone: 9403 6353



PURPOSE



The objective of the club is to encourage and promote veterans' athletics, general fitness and to provide training and competition within the jurisdiction of the Athletic Association of WA. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social

aspect is also important and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or social as they choose. Competition is in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

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Club Clothing

Contact Maggie Flanders: 9314 7556

Club Singlets:

New Style Yellow/Black - \$25
(All sizes, Men's and Women's)

T-Shirts:

Short Sleeve \$18. Grey in all sizes, White in limited sizes.
Long Sleeve \$20. Grey in all sizes.

Fleecy Wind Cheaters. \$25 in all sizes.

Caps - White/Grey. **Legionnaires Caps** - White/Grey.
Sun Visors - White/Grey/Black. All \$10. One size fits all.