



March 2003

Number 350

VETRUN



THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 11a Dandenong Rd, Attadale, WA 6156
Editor: Rod Tinniswood. Copy for Vetrunc: See panel page 2 • Website: www.netprojex.com.au/wavac



CHAMPIONSHIP UPDATE

Entries are now coming in steadily and our championships are set for great competition balanced by a relaxed evening of socializing as we cruise the Perth waters. All club members are invited to join the athletes on the dinner cruise on Sunday 20 April. It's 6.30 for 7.00pm departure on the MV James Stirling from Barrack Street Jetty, returning by 10.00pm. A buffet dinner and a DJ to entertain us are included in the cost of \$48 per head.

Samples of the championship polo shirt (\$25) and t-shirt (\$20) are now available and will be on display at Sunday morning runs and at track and field sessions on Thursday night. Our thanks to John Davies of JY Signs Screen Printers for production of these shirts.

You don't have to be a competitor to buy a souvenir shirt or come on the cruise. For tickets to the dinner cruise or to order a shirt, contact Lynne or Bob Schickert, 9330 3803 or use the entry form published in the December Vetrunc or included in the recently distributed AMA Handbook.

A big thank you to the 25 or so club members who attended a very informative officials training morning at Perry Lakes on 22 February to learn some of the finer points relating to competition rules and protocols. Our thanks to Warren Davey and Jeanette Robertson for their valued contribution by running this session.

All club members who have volunteered to assist at the championships will receive a letter of confirmation as to days, times and events to which they have been allocated. Letters will be forwarded by 1 April. If you have volunteered and do not receive a letter shortly after that date, please call David Carr on 9339 8289 or mobile: 041 995 3467 and he will include you on the roster. Many members have offered their services verbally at Sunday runs or track and field nights and we may not have recorded all the offers.

Lynne Schickert



Telstra A-Series, Perth - 8/02/03

Perry Lakes Stadium Mixed 400m Masters (WA)

Ian Sanders	50.12
Tony Heppener	50.14
Barabara Blurton	50:32
Colin Smith	50.63
Campbel Till	51.34
Henri Cortis	51.34
Alan Deans	51.60
David Carr	51.60
Michael Edwards	51.99
Neil Morfitt	52.62
Barrie Kernaghan	52.75
Lyn Choate	53.07
Greg Vandersan	53.55

IN THIS ISSUE:

Membership Application Form 03-04 Program

RESULTS

- Reabold CC
- Banks
- Deadly Medley
- Applecross
- Track + Field



There's never been a better time to put up your hand.

The AGM is not far off now and this year more than ever, new blood will be welcomed on the committee, as portfolios take on new meanings.

We will see new opportunities for committee members and office bearers with our membership increasing in leaps and bounds. We have seen 84 new members join between April 02 and February 03. Last month 24 new members signed up and the average age of the new members has dropped (now 46). This was a real concern only two years ago.

There is also an exciting buzz in our club lately as we prepare to host the National Championships over Easter. It is already evident that the big event will be very well organised and certain to be a great success. For a national event of this nature to run smoothly many duties and responsibilities are attracted beyond the comfort zone of our friendly local club.

For instance privacy statements and safety policies have had to be instigated. Legal implications have had to be considered, sponsorships applied for, and top level negotiations made. This all requires a coordinated public relation effort and communication strategies. While this is in good hands at present, there will be opportunities in future for members with the relevant knowledge and skills and who would like to get involved.

We have also seen a website develop over the last two years and most of our new younger members have joined as a result of finding club information on the net. The club is seen to be keeping up with the times.

A nomination will be made to change the name and by now most members have had time to think about it and define their own opinions. The possibility of a change of name has made some members feel uncomfortable, but on the night it will be the member's vote and the consensus will carry.

The times are a-changing indeed and with these changes, it will become important to maintain the friendly social atmosphere – that in itself will provide an opportunity for new ideas for our social calendar.

It is true of many clubs that most of the work is done by very few members and

the risk of burn-out is high, but we are lucky. The low-key way we do things, allows the workload to be spread, making it part of the fun.

No doubt the same faces will be standing by to step in at the AGM, but wouldn't it be a good sign of the times to see a contest when it comes to the election of office bearers.

- Rod T

Editor Opportunity

- Some clubs (WA Marathon Club for one) have a policy that no member should stand on the committee for longer than two years. The reason for this is good. It keeps new ideas coming through and prevents positions being monopolised by certain personalities.

- In the spirit of this ideal, I am happy to stand down as editor. If there is someone else keen to have a go, I will support and assist if necessary.
- However, I am willing to continue if no one else nominates. - Rod T

IMPORTANT

PRE-ANNUAL GENERAL MEETING FORUM

This informal forum will be held on Sunday, 6th April, at Wireless Hill, immediately following that morning's events, and will last for a maximum of 30 minutes.

Its aim is to put before members some of the topics that the Committee has had to face during the year and to generate some public discussion. For new members in particular, it is hoped that the views expressed will enable them to formulate opinions that will permit their full participation at the AGM.

Over the last 12 months, new members in the younger age groups have been joining the Club at an unprecedented rate. While all members should attend the AGM, I specifically urge our newer members to take this opportunity to alert the incoming Committee to any issues that need attention.

Bob Sammells

Nomination Form

I
nominate.....
for the position of
Proposed by:
Seconded by:
I am willing to stand for the above position.
Signed Date

How to nominate for committee

Use the form above if you wish to nominate someone to fill the positions on the committee and hand it to a committee member before 7.00 pm on Monday 28 April 2003. The AGM is at the Hockey Club rooms, Perry Lakes. Don't be shy to nominate yourself if you feel you can make a contribution.

ps: Why not photocopy this form, rather than cut up your Vetrun?

How to get material to your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email:
tinniswoodr@sundaytimes.news1td.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

TRACK AND FIELD SURVEY

A survey has recently been issued by Bob Schickert at Thursday night meetings seeking feedback so we can plan for next season. If you would like input into the planning and have not yet received a survey form please contact Bob or Lynne on 9330 3803, or by email schickertlr@bigpond.com



For your safety and theirs.

Please remember: no dogs allowed during WAVAC events

Back issues of Vetrun

If there is a back issue of Vetrun that you desperately need, ask Jackie Halberg on Sunday mornings, or give her a call at home on 9364 4474. She has kept some extras over the years and may be able to help you.

Reabold Park CC

Perry Lakes Reserve - January 5, 2003

Our first run and walk of the new year was a well attended event, with favourable weather. 91 competitors completed the run around the new cross country course in the reserve between the stadium and Reabold Hill, while 14 took part in the walk over the traditional course around the lakes. The courses will be used for the Australian Masters Championships at Easter.

We missed marking with a enough flags along the southern leg, so a few runners took an easier route along the paved road. However, as this was a trial cross country run we have highlighted the area for increased marking.

Jim Langford and Robin King were the first male and female in the 4 km run, while Bjorn Dybdahl and Amanda Walker were the winners of the 8 km event. The leading walkers were John Mison and Jenny Shillington.

Many thanks to the helpers, Jim Shaw, Graham Lucas, John Pressley, Arnold Jenkins, Rex Bruce, Wendy Clemments Green, Bob Fergie and Frank Smith.

Brian Foley.

8km Run (Cross Country Run)

Bjorn Dybdahl	M45	30:38
Paul Hughes	M50	30:41
Darryl White	M40	31:51
Ralph Henderson	M50	32:13
Jim Klinge	M55	32:29
Mike Hale	M55	33:60
I Carson	M45	33:80
Robert Schickert	M60	33:24
Neil McRae	M50	33:31
C Chisolm	M35	33:40
David Roberts	M60	33:47
Michael Karra	M35	33:52
John Allen	M45	33:54
Blakeney Tindall	M40	34:7
Ivan Pilton	M55	34:8
A Walker	W35	34:33
P Burke	M30	35:31
Anne Shaw	W55	35:31
J Hagedoorn	M55	35:47
Gary Fisher	M50	34:56
M Vernon	M45	35:57
John Mack	M60	35:57
Mark Sivyier	M50	36:32
Milton Mavrick	M45	36:58
Simon Jawichre	M35	37:30
S Keane	M35	37:50
Keith Atkinson	M45	37:53
S Gernon	M35	37:55
Michael Khan	M55	37:58
Nick Miletic	M50	38:16
Graham Thornton	M60	38:56
J Keeley	W35	39:21
S Beer	M55	39:30

Deborah Burge	W35	39:34
F Gill	W35	40:90
J Stickles	M60	40:12
Brian Bennett	M55	40:18
P Buckley	M50	40:39
Hamish McGlashan	M65	40:44
Brian Smith	M60	40:51
Gillian Young	W55	41:20
Jeff Spencer	M60	41:25
P Lewis	M55	41:25
John Dance	M50	41:38
John Ellard	M60	41:59
D Pattinson	M45	42:00
Fraser Deanus	M60	42:34
R Appleton	M30	42:39
L Harrop	W45	43:10
Paula Karra	W30	43:13
Michael Faunge	M60	43:19
John Smith	M65	43:20
M Andrews	M35	44:90
Mike Rhodes	M55	44:59
L Chandler	W30	45:35
Ann Turner	W65	45:42
Denise Lancaster	W50	46:24
J McAvan	M45	47:45
Ken Whistler	M70	50:21
Jackie Halberg	W55	50:37
Victor Beaumont	M70	50:58
Merv Moyle	M75	53:23
Rhod Wright	M50	55:80
Cedric Turner	M65	57:30
Sheila Maslen	W60	57:3
Margaret Bennett	W60	57:3

4km Run

Jim Langford	M55	15:37
Robin King	W40	18:6
Victor Waters	M55	18:38
C Smith	M40	18:44
G Neill	M40	18:49
Peter Sanders	M55	19:47
Dick Blom	M65	19:49
D Hansen	M45	19:55

Robert Sammells	M65	21:23
Kristin Adrian	W30	22:10
Susan Hughes	W50	22:46
Merv Jones	M60	23:70
Pamela Toohey	W55	23:42
Valerie Millard	W55	23:43
Ray Hall	M65	23:44
S Toohey	M50	24:00
Kirt Johnson	M70	24:20
S Lake	W40	24:90
M Young	W50	24:18
Alan Chambers	M65	25:57
Elaine Dance	W50	25:57
J Wood	W50	25:58
George Schaefer	M70	26:29
Pierre Viala	M55	28:50
Elaine Ellard	W60	28:32

6km Walk ?

J Mison		37:4
David Brown	M55	40:42
J Shillington		45:18
Lorna Lauchlan	W70	45:15
Dorothy Whittam	W65	46:36
Rosa Wallis	W55	55:44
Margaret Flanders	W65	53:47
L Cameron		36:43
R Mead		36:48

4Km Walk ?

K Mahoney		36:43
J Bailey		40:13
B Bailey		40:13
Mary Heppell	W65	35:17
Jeffrey Whittam	M65	

VALERIE TYSON

23.5.1921 – 16.2.2003

Always bright, always friendly,
Val would light up any gathering.
What a wonderful walker she was.
She still has many State records.
She will be sadly missed.

15th 10km Track Handicap. 1 May 2003, 7:30pm. Under Lights

The 15th running of the 10km Track Handicap will be held at McGillivray Oval on the 1st May 2003, with the first runner off at 7 pm.

Entry fee \$2.00 (with entry form). Use the one below or forms will be available at club runs. There will be a BYO barbeque after the event. Anyone who can help lap-score on the night, would you please let Dorothy or Jeff Whittam know - beforehand if possible.

If you want an accurate time for a 10km, this is the event to do it in. You may even do a PB, as the weather is **usually** cool with very little wind. The track provides consistency and is a good surface to run on. Entries close 27 April '03 *Dorothy + Jeff Whittam*

ONLY PRE-ENTRIES ELIGIBLE FOR TROPHY

Entry Form 10km Track Handicap. 1 May, 2003. 7pm

McGillivray Sports Ground (under Lights) Entry Fee \$2.00 with Entry

Name Age Group

Best 10km Time (in last year, if no handicap)

Entries close 27 April 2003.

Send to: Jeff Whittam, 49 Holland Street, Wembley, WA6014. Tel 9387 6438

BANKS RUN

29.12.02

Mild but humid conditions met competitors for the scenic jaunt that is the Banks Run alongside the Swan River. Excessive xmas pudding leading up to the event was evident on the day, as many competitors were heard muttering to themselves at the half way turnarounds. The humidity was a factor not only for competitors, as our timing equipment had a short 'turn', resulting in a few finishing times not being recorded. The equipment soon recovered and times were once again recorded. Apologies to those competitors who failed to have their times recorded. Many thanks to all those who helped with the course and marshalling etc.

6.4 km RUN

B. Mangan	M45	24.49
B. Carse	M60	25.19
B. Tindall	M40	26.18
I. Browne	M55	26.33
C. Gillard	M50	27.54
P. Bourke	Vis	28.13
L. Gardner	Vis	28.24
F. Gardner	M50	28.30
V. Waters	M55	29.19
J. Brambley	M60	30.50
J. Cresp	M50	30.56
D. Campbell	W45	31.09
D. Haines	W40	31.55
D. Carr	M70	32.16
G. Lawrence	W45	32.17
M. Anderson	M50	32.22
G. Young	W55	32.57
C. Smith	M35	33.15
B. Foley	M55	33.34
J. Pressley	M55	33.45
B. Audsley	M60	33.49
M. Rhodes	M55	35.15
W. Clements-Green	W60	35.28
R. Harris	M65	35.46
R. Walsh	M55	36.26
R. Hall	M65	37.48
V. Beaumont	M70	40.24
S. Lake	W40	41.04
A. Flynn	Vis	42.08
T. Bourke	Vis	42.09
M. Moyle	M75	42.22
J. Wood	W50	42.28
H. Dance	W50	42.29
R. Lawrence	M70	42.55
P. Viala	M55	44.09
M. Taylor	W50	50.40
M. Heppell	W65	???

9.3km RUN

J. Langford	M55	34.29
R. Henderson	M50	37.08
B. Schickert	M60	38.07
M. Hale	M55	38.16
M. Leary	M60	38.26
G. Brunt	M50	38.34
I. Pilton	M55	38.45
B. Jones	M50	38.52

C. Chisholm	M35	39.06
D. Ashfield	M45	39.27
A. Walker	W35	40.19
A. Gyarmathy	Vis	40.20
R. Roll	M55	
J. Bell	M55	40.39
M. Vernon	M45	40.50
J. Hagerdoorn	M55	40.52
J. Mack	M60	41.36
G. Fisher	M50	41.49
M. Maverick	M45	42.02
V. Carrero	M60	42.24
B. Bennett	M55	42.43
S. Jawichre	M35	42.56
W. Bales	M55	43.00
M. Siuyer	M50	43.06
R. Shirley	M55	43.07
M. Cahan	M55	43.25
K. Atkinson	M45	43.34
D. Burge	M35	44.22
N. Miletic	M50	44.45
T. Lundgren	M50	44.49
J. Pellier	M60	45.19
S. Bell	W50	45.29
F. Gill	W35	45.43
P. Buckley	M50	46.09
J. Ellerd	M60	47.09
S. Beer	M55	47.19
F. Deamus	M65	47.25
M. Holy	M60	47.34
G. Thornton	M60	47.55
D. Blom	M65	48.03
S. Green	W30	48.09
P. Lewis	M55	48.09
D. Hanson	M45	48.30
S. Lockwood	M70	48.32
J. Spencer	W60	48.59
S. King	M35	49.03
T. Barnes	M55	49.15
R. Appleton	M30	49.18
K. Adrian	W30	50.16
J. Dance	M50	50.26
A. Day	M55	50.46
M. Faunge	M60	50.52
J. Smith	M65	51.14
A. Turner	W65	51.24
D. Lancaster	W50	51.26
P. Toohey	W55	53.31
J. Pellier	W60	???
K. Johnson	M70	???
S. Toohey	M50	???
A. Jenkins	M55	???
J. Halberg	W55	???
S. Turner	M65	65.35
S. Maslin	W60	65.35
M. Bennett	W60	65.35
C. Tsesmelis	M50	68.30

6.4km WALK

L. Romeo	W55	44.00
R. Bruce	M60	48.39
L. Schickert	W60	49.58
E. Ellard	W60	50.00
L. Smith	W50	50.34
P. Ainsworth	W65	???
P. Hopkins	W60	???

A. Pommery	M70	???
P. Miller	W60	???
T. Carrero	W55	???
B. Simmonells	M65	60.18
J. Whittam	M65	60.18
E. Moyle	M75	60.18

9.3km WALK

J. Mison	M55	60.20
P. Martin	M60	60.20
V. Millard	W55	67.00
P. Farrell	W55	68.30
J. Shillington	W45	73.00
L. Laughlan	W70	73.00
P. Ryan	Vis	86.00

Helpers List

2nd March - Mt Lawley Circuit

Directors: Mike Rhodes & Alan Jennings 92713135

Helpers - R.Harris, Jo Stone, Jan Main, M.Malone, P.Burke.

9th March - Teddy Birds Run

Director: George Schaefer 9386 1695

Helpers: R&C.Tinniswood, G.Morgan, K&M.Forden, B.Audsley, K.Mahoney, S.Huessi,

16th March - 3 P's

Director: Val Millard 9319 1046

Helpers: Kerry James, J.Spencer, R&L.Schickert, K.Avery, W.Taylor, H&R.McGlashon

23rd March - Lake Monger

Director: Trevor Robertson 9275 7485

Helpers: D.McMorrow, P.Ainsworth, P.Hopkins, B.Tindall, C.Hicks, J.Keeley, B.Mangan, Mary Young, G.Neill, P.Burke.

30th March - Membership Run

including 5k RRC

Director: Brian Danby 9247 2326

Helpers: Mark Rosen, D.Caplin, Sean Keane, D.Brown, J.Midolo, M&M.Pulham, F&A.Deanus, S&C.Wirth.

6th April - Wireless Hill

Director: Denise Lancaster 9307 1249

Helpers: David Muir, N.Miletic, R.Fergie, P&N.Miller, B.Bennett, L.Nixon, M.Robinson, C.Shenton, L.Heatley.

13th April - Pagoda Run

Director: Jacqui Halberg 9364 4474

Helpers: M.Taylor, N.McRae, L.Hassam, M.Heppell, B.Thomsett, M&M.Pulham, T.Lundgren, Amanda Walker, W.Bates.

Deadly Medly Teams Relay

16-Feb-03

With the Race Director having to cancel a week or so before the event, the indefatigable Lynne and Bob Schickert leapt into the breach and got the races away on time.

Numbers were down this year with only three 12K Relay teams compared with last year's seven. This event clearly does need the sort of preparatory work that Ann and Shorty Turner have done in the past. It may be that offering non-relay events for the first time was also a factor. 6K Relay numbers were about the same.

Let's hope that both relays enjoy their usual numbers next year. They provide an excellent training opportunity for the State Championships.

Our thanks go to Simon Jawichre for donating chocolates to the winning Team Jeff Whittam for recording the walkers' results, and to helpers Milton Mavrick, Doug Ashfield, Ann Turner, Chris Frampton and Tanya Burke. *Bob Sammells*

Walk Relay - 6K

Team M

Rod Tinniswood	M50	
2K Lap 1		12:56
2K Lap 2		12:50
Elaine Ellard	W60	
1K Lap 1		7:20
1K Lap 2		6:59
Team Time		40:05

Team P

Valerie Millard	W55	
2K Lap 1		12:55
2K Lap 2		13:05
Dorothy Whittam	W65	
1K Lap 1		7:07
1K Lap 2		7:13
Team Time		40:20

Team Q

Lesley Romeo	W55	
2K Lap 1		12:40
2K Lap 2		12:46
Patricia Ainsworth	W65	
1K Lap 1		7:40
1K Lap 2		7:54
Team Time		41:00

Team O

Lynne Schickert	W60	
2K Lap 1		13:24
2K Lap 2		12:41
Patrica Hopkins	W60	
1K Lap 1		7:33
1K Lap 2		8:53
Team Time		42:31

Team R

Ray Hall	M65	
2K Lap 1		14:33
2K Lap 2		12:43
Lorna Lauchlan	W70	
1K Lap 1		7:52
1K Lap 2		7:32
Team Time		42:40

Team N

Alan Jennings	M60	
2K Lap 1		13:24
2K Lap 2		13:23
Margaret Flanders	W65	
1K Lap 1		8:28
1K Lap 2		8:27
Team Time		43:42

Run Relay - 12K

Team C

Simon Jawichre	M35	
Amanda Walker	W35	
Stephen Dunn	M35	
John Doust	M55	
Team Time		45:49

Team A

John Allen	M45	
Robert Sheehy	M55	
Jacqueline Sanders	W35	
Jackie Halberg	W55	
Team Time		50:39

Team B

Ian Sanders	M40	
Colin Smith	M40	
Graeme Neill	M40	
Troy Lundgren	M50	
Team Time		51:22

4K Run

Brian Bennett	M55	18:11
Dee Campbell	W45	18:13
Fenella Gill	W40	19:10
Gillian Lees	W40	19:17
Michael Anderson	M50	19:18
Gillian Young	W55	19:31
Barry Audsley	M60	19:52
Shirley Bell	W50	19:55
Leonie Jones	W40	19:58
Barry Jones	M45	20:02
Paul Buckley	M50	20:16
Mike Rhodes	M55	21:48
Paul Lewis	M55	21:49
Pamela Toohey	W55	23:19
Julie Wood	W50	23:27
Mary Chan	VIS	24:15
Elaine Dance	W50	24:45
Pierre Viala	M55	28:37

8K Run

Bjorn Dybdahl	M45	30:31
Neil McRae	M50	32:42
Ivan Pilton	M60	33:51
Paul Burke	M30	34:10
Denise McMorrow	W35	34:48
Johannes Hagedoorn	M55	35:02
Malcolm Vernon	M45	35:20
X		36:16

Mark Sivyer	M50	36:50
Wayne Taylor	M40	37:23
Sean Keane	M35	37:35
Nick Miletic	M50	38:32
John Ellard	M60	38:44
Adrian Damiani	M50	38:47
John Dance	M50	43:49
John Smith	M65	44:16
John Mack	M60	45:32
Denise Lancaster	W50	45:36
Arnold Jenkins	M55	48:25
Rhod Wright	M50	48:27
Sheila Maslen	W65	48:55
Margaret Bennett	W60	55:21
Costa Tsesselis	M50	58:41

8K Walk

Rex Bruce	M60	57:58
Jenny Binns	VIS	1:10:03
Christine Tinniswood	W50	1:15:41

New Members

490	Bariolo Wayne	07/01/1968 (M)
491	Jones Barry	20/02/1957 (M)
492	Jones Leonie	14/02/1960 (F)
493	Crossman Sandi	28/01/1966 (F)
494	Lees Gillian	30/06/1962 (F)
495	Burke Tanya	21/05/1971 (F)
496	Burke Paul	27/10/1970 (M)
497	Wirth Silvio	22/05/1948 (M)
498	Wirth Christine	08/06/1950 (F)
499	Tinniswood Christine	27/03/1949 (F)
500	Betts Georgina	23/01/2003 (F)
501	Morfitt Neil	16/10/1955 (M)
502	Phillips Toni	01/03/1972 (F)
503	Osborne Joan	23/06/1948 (F)
504	Jansen Dave	27/03/1961 (M)
505	Jansen Gaby	24/10/1961 (F)
506	Hamilton Mark	24/06/1970 (M)
507	Uren Graeme	23/09/1967 (M)
508	Uren Christine	25/07/1970 (F)
509	Greenwood Simone	08/03/1971 (F)
510	Baldock Delia	21/02/1962 (F)
511	Speechley Mark	12/02/1967 (M)
512	Baird David	18/03/1945 (M)
513	Richardson Jo	13/02/1952 (F)
514	Blake Dorothy	19/07/1950 (F)
515	Jones Stan	12/08/1925 (M)
516	Murphy Martina	02/08/1962 (F)
517	Binns Jennifer	14/12/1949 (F)

Puerto Rico

The Organising Committee for Puerto Rico 2003 authorized an extension in the due date for entries from March 31, 2003 to April 30, 2003 without penalties. Australian entries need to be with Colin Brown by 31 March instead of 28 February.

It is hoped that an extra month to submit the entry forms will help all athletes and accompanying persons make their travel arrangements.

Applecross Jetty

23-Feb-03

What a beautiful morning to go walking or running. A little cool but never find so after a few hiccups about one hundred and thirty of us took of to follow the river around to applecross jetty and return. a big thankyou to all the people that helped me as Pat Ainsworth went home sick (hope she is better now) That leaves CONGRATULATIONS to all winning folks and hope to see you next year

Maggie and Pat

5K Run

Dick Blom	M65	28:23
Colin Smith	M40	29:05
Mike Rhodes	M55	29:53
Barb Humphrey	W50	30:13
Terry Humphrey	M50	30:14
Sue Bullen	W40	30:36
Richard Harris	M65	31:15
James Barnes	M60	31:33
Kirt Johnson	M70	31:37
Joan Pellier	W60	31:45
Keith Forden	M60	32:20
Aldo Giacomini	M65	32:29
Irene Ferris	W50	33:57
Tanya Burke	W30	35:37
Heather Sanderson	W50	36:36
Jackie Halberg	W55	36:56
John Stone	M50	40:15
Cedric Turner	M65	43:42
Lil Heatly	W70	47:19

8K Run

Chris Maher	M50	29:06
Bjorn Dybdahl	M45	29:27
Jim Langford	M55	30:02
Jim Klinge	M55	31:48
Chris Shenton	M35	32:16
Duncan McAuley	M50	32:49
Neil McRae	M50	32:52
Michael Karra	M35	32:59
Brian Danby	M50	33:02
Ivan Pilton	M60	33:14
David Baird	M55	33:17
Paul Burke	M30	33:26
Doug Ashfield	M45	33:48
Mike Hale	M55	34:12
Robert Schickert	M60	34:40
John Doust	M55	34:51
Donald Caplin	M60	35:10
Milton Mavrick	M45	35:16
Mark Sivyer	M50	35:17
David Muir	M55	35:18
Gary Fisher	M50	35:19
Robin King	W40	35:32
Johannes Hagedoorn	M55	35:40
John Mack	M60	35:57
Robert Sheehy	M55	36:06
Brian Bennett	M55	36:15
Keith Atkinson	M45	36:48
Michael Khan	M55	36:50
Simon Mort	M45	36:58
Shirley Bell	W50	37:19

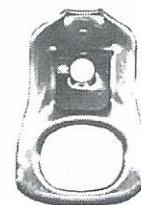
Hamish McGlashan	M65	37:35
Adrian Damiani	M50	37:48
Sean Keane	M35	38:04
Margaret Langford	W55	38:18
John Brambley	M60	38:20
Nick Miletic	M50	38:30
Rosa Wallis	W55	38:33
Troy Lundgren	M50	38:38
John Pellier	M60	38:51
Graeme Neill	M40	38:56
Irwin Barrett-Lennard	M70	39:09
Dee Haines	W40	39:13
Gillian Young	W55	39:22
Fenella Gill	W40	39:31
Ed Barrett-Lennard	M45	39:33
Margery Forden	W60	39:40
Michael Anderson	M50	39:54
Margaret Robinson	W60	41:22
Roger Walsh	M55	41:23
Rex Bruce	M60	41:31
Peggy MacIver	W55	41:33
Robert Sammells	M65	41:49
John Dance	M50	42:34
Graham Thornton	M60	42:45
Jo Stewart	W50	42:46
Jeff Spencer	M60	42:47
Marg Taylor	W50	42:50
Paula Karra	W30	43:17
Liz Chandler	W30	43:26
Denise Lancaster	W50	43:27
Ann Turner	W65	43:44
Kristin Adrian	W30	43:48
John Smith	M65	45:26
Fiona McAuley	W50	46:14
Merv Jones	M60	46:17
Sandi Crossman	W35	46:31
Bob Fergie	M65	47:09
Arnold Jenkins	M55	47:20
Mary Young	W50	47:52
Joan Osborne	W50	48:26
Jo Richardson	W50	48:58
Pamela Toohey	W55	50:18
Julie Wood	W50	50:50
Elaine Dance	W50	50:52
Sheila Maslen	W65	57:08
Pierre Viala	M55	57:09
Costa Tsismelis	M50	57:10

5K Walk

Rod Tinniswood	M50	40:16
David Brown	M55	40:16
Christine Wheeler	W45	50:01
Gareth Gorman	M55	50:34
Barbara Bailey	W70	52:01
John Bailey	M75	52:02
George Schaefer	M70	54:11
Leo Hassam	M70	54:12
Jeffrey Whittam	M65	54:19
Ernest Moyle	M75	56:30

8K Walk

Valerie Millard	W55	57:17
Lynne Schickert	W60	57:18
Beryle Doust	W50	64:05
Dorothy Whittam	W65	65:01
Lorna Lauchlan	W70	65:02



Ring Tabs For Limbs

Collect these ring tabs from your cold drink cans or beer tinnies and help the victims of landmines in Cambodia.

A Thai doctor has developed an artificial limb that is made up from recycled material. One kilogram of fused tabs will produce two artificial legs

Ivan Pilton is collecting these ring tabs that are manufactured from titanium, silicone and copper. Let's help him collect them and be happy that we are helping to rebuild someone's life.

See notice board for details.

Ivan Pilton 9352 8068

Echo Sport

Fax s



Mrs Elaine Ellard, of Sawyer's Valley.

Stepping into Nationals

Sawyer's Valley woman, Elaine Ellard, will be 61 when she competes at the Australian Masters Athletics Championships in Perth later this year.

The WA Veterans Club member says she will be happy just to finish the 5,000 metre track walk and 10 kilometre road walk without being disqualified.

The meet will be held at Perry Lakes Stadium during the Easter long weekend.

Jacqui Sanders	W35	36 4
----------------	-----	------

2

COKER PARK 20/2/2003

3000M		
Clive Hicks	M45	10.04
Rob Catterall	Vis	10.23
Joel Burns	Vis	10.43
Bert Carse	M60	10.56
Blakeney Tindall	M40	11.04
Neil McRae	M50	11.07
Sonya Lawrie	Vis	11.09
Bob Schickert	M60	11.17
Carl Ciccarelli	Vis	11.21
Michelle McGrath	Vis	11.24
Anne Shaw	W55	11.35
Gareth Brunt	M50	11.42
Simon Jawichre	M35	11.51
Frank Gardiner	M50	11.59
Milton Maverick	M45	12.08
Doug Ashfield	M45	12.20
Steve McCarthy	Vis	12.47
Steve Anthony	Vis	12.50
Julian Anthony	Vis	12.58
John Ellard	M60	13.16
Nick Bailey	M55	13.30
Robin King	W40	13.53
Gillian Young	W55	14.32
Margaret Robinson	W60	14.56
David Carr	M70	14.57
Jacqui Sanders	W35	14.21
Jackie Halberg	W55	15.33
Katrina Spilsbury	W35	15.36

3000M WALK		
Rose-maree Holloway	W45	15.51
Tom Lenane	M45	18.11
Val Millard	W55	19.44
Lynne Schickert	W60	20.58
Elaine Ellard	W60	22.06
Lorna Lauchlan	W70	22.34

1500M		
Greg Vander Sanden	M40	4.41.8
Ian Davies	M55	4.42.0
Rob Catterall	Vis	4.47.6
Joel Burns	Vis	4.56.5
Henri Cortis	M55	5.07.2
Brian Foley	M55	5.19.6
Don Caplin	M60	5.24.3
Anne Shaw	W55	5.30.9
Frank Gardiner	M50	5.37.1
Division 2		
Neil McRae	M50	5.21.8
Denise McMorrow	W35	5.34.3
Steve McCarthy	Vis	5.43.0
David Carr	M70	5.44.1
Doug Ashfield	M45	5.46.3
Dee Campbell	W45	6.08.1
Nick Bailey	M55	6.09.0
John Ellard	M60	6.13.1
Ian Sanders	M40	6.18.8
Brian Paxman	M70	6.28.3
Gill Edmonds	W35	6.33.5
Jacqui Sanders	W35	6.34.1
Gillian Young	W55	6.42.6
Mark Ruston	Vis	6.44.1
Gaby Jansen	W40	7.10.1
Margaret Robinson	W60	7.12.7
Leon Sander	M65	7.14.4
Lil Heatly	W70	11.46.1

1500M WALK		
Robin King	W40	7.21.0
Tom Lenane	M45	7.57.7
Rose-maree Holloway	W45	8.34.3
Valerie Millard	W55	9.36.6
Stan Jones	M75	9.51.2
Lynne Schickert	W60	10.01.7

Jim Turnbull	M65	10.22.7
Lorna Lauchlan	W70	10.51.0
Elaine Ellard	W60	11.10.6
200M		
Greg Vander Sanden	M40	26.0
Campbell Till	M45	26.1
Colin Smith	M40	27.4
David Clive	M65	27.5
Gerard Kennedy	M30	27.8
Division 2		
David Maris	Vis	26.5
Terry Collins	M35	26.6
Toni Phillips	W30	27.7
David Carr	M70	29.2
Keith Martin	M55	29.3
Ian Sanders	M40	30.2
Division 3		
David Jansen	M40	29.2
Milton Mavrick	M45	31.6
Damien Hanson	M45	32.1
Delia Baldock	W40	33.9
Frank Gardiner	M50	33.9
Dee Campbell	W45	34.3
Division 4		
Vivien Uren	W45	30.6
Bob Schickert	M60	31.8
Anne Shaw	W55	32.7
Denise McMorrow	W35	33.3
Jacqui Sanders	W35	33.5
Leon Sander	M65	35.2
Division 5		
Georgina Betts	W40	34.1
Gillian Young	W55	36.1
Gaby Jansen	W40	36.2
Ray Hall	M65	37.4
Pat Carr	W70	37.7
Lynne Schickert	W60	46.4
Lil Heatly	W70	67.1

100M		
Greg Vander Sanden	M40	12.4
Campbell Till	M45	12.5
Terry Collins	M35	12.8
Colin Smith	M40	13.0
Gerard Kennedy	M30	13.6
Division 2		
David Clive	M65	13.4
Steve Anthony	Vis	13.8
David Jansen	M40	14.0
Ian Sanders	M40	14.2
Damien Hanson	M45	15.0
Division 3		
Vivienne Uren	W45	15.1
Georgina Betts	W40	15.6
Delia Baldock	W40	15.7
Jacqui Sanders	W35	16.4
Leon Sander	M65	16.4
Division 4		
Gillian Young	W55	17.2
Pat Carr	W70	17.4
Ray Hall	M65	17.7
Robin Watts	W50	19.2
Lil Heatly	W70	30.0

LES BECKHAM TRIPLE JUMP		
Mark Hamilton	M30	10.15m
Dave Jansen	M40	9.53
Keith Martin	M55	9.52
Gill Edmonds	W35	8.42
Damien Hanson	M45	7.48
Robin Watts	W50	6.36
Lynne Schickert	W60	6.12

HAMMER			JAVELIN		
Geoff Gee	M45	29.13m	Mark Hamilton	M30	35.08m
Bob Fergie	M65	28.59	Rob Shand	M70	30.24
Eileen Hindle	W50	25.41	Dave Jansen	M40	28.54
Mark Hamilton	M30	24.31	Bob Fergie	M65	26.16
Gerard Kennedy	M30	16.83	Leon Sander	M65	21.03
Ian Sanders	M40	14.21	Georgina Betts	W40	19.70
			Eileen Hindle	W50	15.81

Hi Bob

Just thought I'd send a quick dual purpose email. Firstly I'd like to let you know that I'm very glad that you let me join Veterans Athletics as I'm having a great time each Thursday night. Everybody I've come across so far on the throwing events and jumps, (Geoff Gee, Gerard Kennedy, Dave Jansen and Les to name a few) have gone out of their way to make me feel welcome and put in time to teach me some of the finer points in these events. (I feel sure I can learn a lot from these guys)

Secondly, I've put a great deal of thought into the Masters Athletics Championships in April, and decided it would be too good an opportunity to pass up as it's in Perth. I'm thinking about entering the throwing events and maybe Long and Triple Jump but I'm not sure what sort of minimum standards I need to reach before I can. If you could let me know what the minimum standards for these events are or pass my email address onto whoever will know, I would be greatly appreciative.

Mark Hamilton Member number 506

Mark was advised that there are no minimum requirements for entry into the championships and he is going from strength to strength, breaking State Records recently in the M30 Hammer Throw, Triple Jump and Javelin Throw.

Happy Birthday to our April members

Jill Bower	03.04.1938	65	becomes W65
Lancelot Shearer	04.04.1929	74	remains M70
Tom Lenane	06.04.1956	47	remains M45
Chris Maher	07.04.1952	51	remains M50
Murray Tolbert	07.04.1946	57	remains M55
Micheal Watson	08.04.1965	38	remains M35
Amanda Walker	09.04.1965	38	remains W35
Jackie Halberg	10.04.1946	57	remains W55
Gary Fisher	14.04.1952	51	remains M50
Kathy Avery	16.04.1957	46	remains W45
Lachlan Marr	16.04.1960	43	remains M40
Hamish McGlashan	16.04.1937	66	remains M65
David James	17.04.1953	50	becomes M50
Costa Tsesmelis	17.04.1951	52	remains M50
Paul Buckley	18.04.1949	54	remains M50
Patrica Hopkins	18.04.1942	61	remains W60
Bill Chapman	19.04.1924	79	remains M75
Joe Stickles	19.04.1938	65	becomes M65
Gareth Brunt	21.04.1951	52	remains M50
Rob Young	21.04.1944	59	remains M55
Irwin Barrett-Lennard	22.04.1929	74	remains M70
Helen Lord	22.04.1951	52	remains W50
Wayne Taylor	22.04.1959	44	remains M40
Mike Hale	23.04.1947	56	remains M55
Pamela Smith	26.04.1939	64	remains W60
Sidney Bowler	28.04.1923	80	becomes M80
Cecil Walkley	29.04.1929	74	remains M70
Christine Kirkness	30.04.1947	56	remains W55
Amy Loly	30.04.1962	41	remains W40
Jeanette Tiverios	30.04.1957	46	remains W45

Symbol Codes

H	Handicap Event
T	Trophy Event
C	Club Medal Event
RRC	Road Running Championships
RWC	Road Walking Championships
CC	Cross Country Event
B	BBQ (BYO)
M	Morning Tea Provided
<i>NB 50 cents donation please</i>	

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 program 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.



Informal Training Groups

(NOT organised by WAVAC)

Tuesdays	08.00	Perry Lakes Stadium
Tuesdays	17.00	Saw Avenue, Kings Park

Track and Field

Held each Thursday, October-March, starting at 17.30 in October and 18.00 from November to March. A range of events are held each week. The 2002-2003 program was held alternate weeks at the UWA Sports Park Oval, McGillivray Rd, Mt Claremont and Coker Park, Wharf St, Cannington. Separate program to be issued in Vetrun in August or September 2003. Fees payable: \$2.00 per member or \$3.00 per visitor per night.

National Track and Field Championships

Melbourne, Victoria, Easter 2004

Club web site: <http://www.netprojex.com.au/wavac>



2003-2004 Program of Events

Office Bearers

1111 AGM on 28 April 2003

Patron	Bill Hughes	9309 2293
President	Bob Sammells	9330 3803
Vice President	Lynne Schickert	9330 3803
Secretary	Bob Schickert	9384 5737
Treasurer	Paul Hughes	9314 7556
Committee	Maggie Flanders	9313 1669
Committee	Keith Atkinson	9403 6353
Committee/Editor	Rod Tinniswood	
email: tinniswood@sundaytimes.news1td.com.au		
Committee	Vacant	
Handicapper	Graham Thornton	9293 3027
Statistician	Katrina Spilsbury	9313 3934
AAWA Registrars	Val Prescott	9321 8585
	David Carr	9339 8289
Auditor	John Mison	

2003

Date	Event	Distance	Venue	Start	Director
04 May	Weir RRC RWC	10K/5K 10K 5K	Kent St Weir Wilson	08.00	C Coates T
11 May	Andy Wright	10K/5K	Aquinas College Mt Henry Rd, Salters Point	08.00	M Taylor, S Bell H M T
18 May	Around Herdsman	8K/4K	Pony Club Jon Sanders Dr, Herdsman Lake Wilkinson	08.00	J & M Langford
25 May	Southern River Solourn	8K/5K	Homestead Homestead Rd, Gosnells	08.00	L Marr
01 Jun	Deepwater Point RWC	16K/7.2K 7.2K	Deepwater Pt The Esplanade, Mt Pleasant	08.00	D Moffett
08 Jun	25K RRC Age Graded Walk	25K/10K 10K	Burswood Park Resort Dr, Burswood	08.00	F & G Gardiner M T(W)
15 Jun	Darlington Dash	16K/8K	Darlington Park Pine Ice, Darlington	08.00	D & D James T M
22 Jun	Uni 15K RRC RWC (New Venue)	15K/8K 15K	Cnr Broadway & Esplanade, Nedlands	08.00 07.30	G Fisher T M
29 Jun	Joondalup	11.2K/5K	Neil Hawkins Pk Boas Ave, Joondalup	08.00	M & M Warren
06 Jul	Perth Marathon & Relay		WAMC Club Rooms Resort Dr, Burswood		WAMC
13 Jul	Bardon Bash	13K/8.7K/5K	Bardon Park Bardon Pl, Maylands	08.00	B & M Bennett
20 Jul	Mill Point Road Championships RWC	10K 10K	Burswood Park Resort Drive Burswood	08.00	M Mavrick M C
27 Jul	Club Cross Country Championships (or)	8K 5.4/2.7K	Jorgensen Park Crescent Rd, Kalamunda	09.00	Committee M C
03 Aug	3Ps	16K/8K/5K	Pt Walter Bicton	08.00	V Millard
10 Aug	Club Half-Marathon Walk	21.1K/11K 21.1K	Burswood Park Resort Dr, Burswood	08.00 07.30	B Sammells MC
17 Aug	State Cross Country Championships Walk	10K/5K 6K	Saw Avenue Kings Park	08.00	R Henderson C
24 Aug	Bibra Lake	12K/6K	Progress Drive Bibra Lake	08.00	R Walls
31 Aug	City to Surf				

2004

04 Jan	Alberrbury Park CC Walk	8K/4K 6K	Meagher Dr Foreat	07.00	B Foley
11 Jan	East Perth	7K/4K	McCallum Park Vic Park	07.00	J Midolo & D Brown H M T(W)
18 Jan	Friendship with WAMC	12K/6K	Saw Ave Kings Park	07.00	TBA
25 Jan	Point Walter	11K/6.2K	Point Walter Bicton	07.00	D Roberts
26 Jan	Group Jog		Saw Avenue Kings Park	07.00	
01 Feb	Age-Graded Event Walk	8K 5K	McCallum Park Vic Park	07.00	D & P Carr
08 Feb	South Perth Fiesta	8K/4K	Sir James Mitchell Park, Esplanade, S Perth	07.00	S Bullen M
15 Feb	Deadly Medley Run Teams Relay	8K/4K 12K	Yokine Res Wordsworth Ave, Menora	07.00	D White
22 Feb	Pleasant Run	8K/5K	Deepwater Pt Mt Pleasant	07.00	M Flinders & P Ainsworth
29 Feb	Mt Lawley Circuit	7.5K 5K/2.5K	Hammer Park Woodsome St, Mt Lawley	07.30	M Rhodes, A Jennings H M
07 Mar	Lake Monger	10K/6K/3K	Dodd St Glendalough	07.30	T Robertson
14 Mar	Sharks	10K/5K	John Tonkin Park Riverside Rd, E Fremantle	07.30	P Martin
19 Mar	State T & F Championships (Fri)	10K 5K Walk	Coker Park Cannington	18.00	Committee C
21 Mar	Teddy Birds Picnic Walk	15.6K/7.8K 9.75K/5K	Arthur Farrell Playground, May Dr, Kings Pk	07.30	G Schaefer
25 Mar	State T & F Championships (Thurs)	2K/3K Steeple	TBA	18.00	Committee C
27-28 Mar	State T & F (Sat-Sun) Championships		Coker Park Cannington	08.00	Committee C
04 Apr	Membership	10K 5K RRC	Burswood Park Resort Dr, Burswood	08.00	B Danby C
11 Apr	Wireless Hill	10K/5K	Almondbury Road Booragoon	08.00	D Lancaster
18 Apr	Pagoda Walk	16K/10K/5K 16K	McCallum Park Victoria Park	08.00 07.30	J Halberg M
25 Apr	Reabold Hill CC Walk	8K/5K 6K/8K	Perry Lakes Drive Foreat	08.00	D Blom
29 Apr	Track Handicap (Thurs)	10K	UWA Sports Park McGillivray Rd Mt Claremont	19.00	D & J Whittam B T

Please check your Vetrurn for late Program changes.



WA VETERANS ATHLETIC CLUB INC

Member of the Australian Masters Athletics Inc.

MEMBERSHIP APPLICATION FORM • 1 APRIL 2003 -31 MARCH 2004

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

* NAME BADGE FEE \$10.00 PER MEMBER (OPTIONAL)

ALL MEMBERS TO COMPLETE : Please indicate TWO dates for helping: either Sundays or Track and Field nights

See Program Outline in March Vetrin for Sunday dates and August Vetrin for Track and Field dates

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.
3. I agree to indemnify all club members against liability for losses caused or contributed to by any dog which I might take by myself or with any other person to any club run or event.

Signature 1: Signature 2:

* NEW MEMBERS ONLY TO COMPLETE BELOW

Name Badge Yes / No Indicate Preferred Name for your Badge, eg: Bill, Sue.....

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

Name: 1 Name: 2

Make cheques payable to: WAVAC and post to: WAVAC, P O Box 4013, Mosman Park South, 6012

PRIVACY ACT COLLECTION NOTICE

In this notice, "personal information" has the same meaning as in the Privacy Act 1988 (Cth). As a member of the Australian Masters Athletics Inc which is an affiliate of Athletics Australia, the WA Veterans Athletic Club (WAVAC) is committed to protecting the privacy and security of the personal information which it holds about you. The personal information which you provide us will be used by WAVAC to:

- Process your application for membership or renewal of membership subscription with WAVAC;
- Update your membership details and profile information and manage your membership of WAVAC;
- Provide event results information in the WAVAC newsletter "The Vetrin" and other athletics information sources;

- Process your competition registration and provide you with competition program and results information;
- Provide you with information about future masters athletic events.

WAVAC may disclose the personal information which you provide us in this form to external service providers to whom we have contracted out functions, such as printers and mailing houses, but only for the purposes acknowledged above. You have the right to access any personal information which WAVAC holds about you. You may also request the correction of information which is inaccurate. Access and/or correction requests can be made to the WAVAC Secretary. For more information on the Athletics Australia Privacy Policy, visit their website at www.athletics.org.au.

Application:	CLUB USE ONLY
Date of Joining	
Amount	
<input type="checkbox"/> Welcome Letter	<input type="checkbox"/> Name Badge
<input type="checkbox"/> Program	<input type="checkbox"/> AMA Book
<input type="checkbox"/> Membership No	
Secretary:..... Date.....	
Treasurer:..... Date.....	

CREDIT CARD PAYMENT

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.....



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.

Print Post Approval 644113/00007

If unclaimed please return to:

1/37 Bombard Street, Ardross WA 6153.



**SURFACE
MAIL**

**POSTAGE
PAID
AUSTRALIA**



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.

Australian Masters Uniforms

New supplies readily available from
Hazel McDonald in Queensland.
Lynne Schickert has order forms and
they will be available on notice board.