



The Vetruns



No. 307 May 1999

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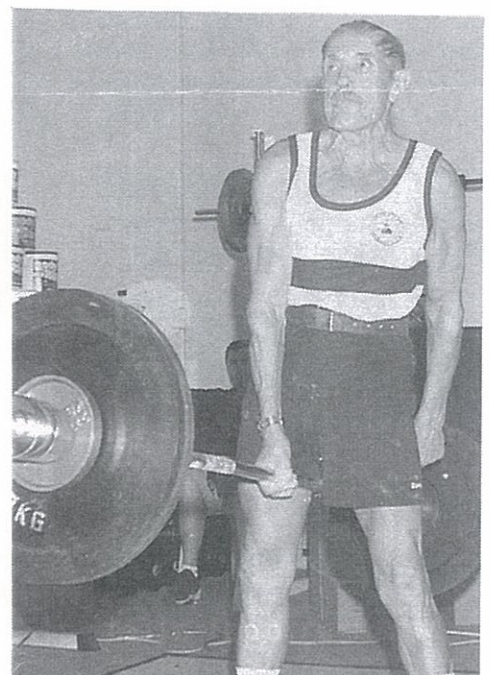
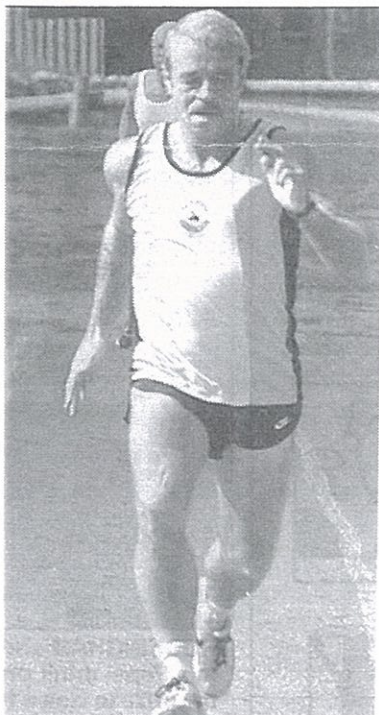
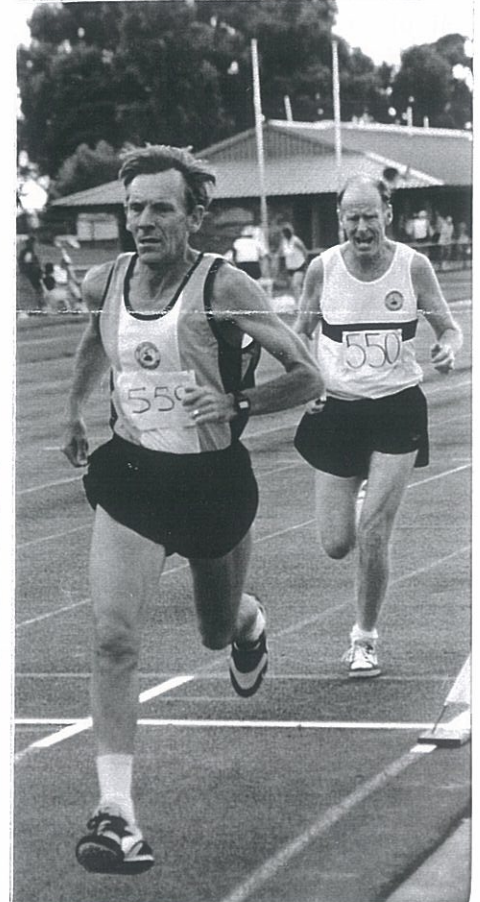
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Left: This month's Running Mates, Sue Vetten and John Bell, Right: Bert Carse leading Brian Foley in the 800m at the State Championships. At the bell, Brian Foley took the lead and held on for gold (photo Vic Beaumont). Below: Courtesy of the Sound Telegraph, photos from the Rockingham Mature Age Games. Norm Richards (what style, what grace!) in the 200m, Lynne Choate showing how the Shot Put is done and Ron Tompkins off the track and doing some weight lifting.



Running Mates

By Joan Pellier

This months running mates are Sue Vetten and John Bell. Both were born in South Africa; Sue in Johannesburg and John in Cape Town. Sue went to a convent school and played a bit of netball, fell off a trampoline and badly injured her elbows so preferred chasing the boys to playing sport. John was the opposite, he enjoyed sport a school such as running, mountain climbing, rugby, tennis, water skiing and sailing. John has sailed in about every class of boat and raced in the Sydney to Hobart, Trans Fast Cape to Rio and Fastnet. In 1971 he spent a year racing just about around the world in a 60ft boat and it was while on the boat he realised how unfit you get sitting on a boat. John's first run in Australia was as part of the hospital team in The Blackrock State race while in Port Hedland and he found he enjoyed the camaraderie. Sue started running after her husband died. She said that it changed her life and saved her sanity and she has met so many lovely people. Her first race was a half marathon, which gave her a stress fracture, so to stay fit she began swimming and Richard Sparks lent her a bike and she did some triathlons. She also enjoys kayaks and has paddled to Rottnest a couple of times in the Rottnest swim through. Another of her hobbies is bush walking and she has walked with Jim Langfords group in the Kimberley and Cape York. Although John and Sue have known each other for some time (their children went to the same school) they really met while running in Kings Park with Vince Caruso's group. Both Sue and John have three children. John came to Australia in 1978 and Sue in 1976

Occupation

Sue: bookkeeper,

John: orthopaedic surgeon

How did they hear about the Vets

Sue: From Jim Langford, *John:* through Barrie Slinger

What they like about the Vets

Sue: friendly people and the different venues and lots of encouragement, *John:* like a family

Any changes

Sue: No, *John:* Encourage younger people to help at the club & in walking as well as running.

Favourite Run

Sue: Any in Kings Park, *John:* Teddy Birds

Favourite Distance

Sue: Marathon, *John:* 21K

Most Pleasing Performance

Sue: Finishing 1st Marathon and winning 50K road running championships, *John:* Breaking 3 hours in marathons, 2 in Bunbury and 1 in Perth.

Hobbies:

Sue: Cycling, swimming, playing bridge and cooking, *John:* share market, cycling, reading into healthy lifestyles and both enjoy the movies.

Favourite TV

Sue: I always fall asleep if I watch it!, *John:* Foreign Correspondent

Favourite Food

Sue: Chocolate and Spinach Salad, *John:* apples

Favourite film

Sue: Life is Beautiful, *John:* Dead Poets Society

Pet Hate

Sue: Cruelty to animals, *John:* none

Club News

Social Events- Can you help?

This year we are trying a different way of organising the social events. Instead of one person having to do all of the work each event will be organised separately. We have been offered help from some enthusiastic club members

willing to help out at some of the events. However, we are still looking for some more helpers. So if you can give some time to the club we would appreciate your help. Contact Bob Schickert, Val Millard or Keith Atkinson.

Jorgensen Park Run and Lunch

The annual club cross-country championships held at Jorgensen Park Kalamunda will also include a catered lunch at a cost of \$9 per person. (Put your name down) Tickets are available from Graham Thornton or other committee members. Tel 9293 3027 Run at 9am, Lunch at 11.00

Welcome, New Members!!

Dianne Ashfield
Bronwyn Gee
Roy Furnell
John Ventris
Peter Simmons
Kevin Thomas
Trevor Scott
Chrissie Sarikas
Beverley Morrisey

Any Ideas?

The committee is seeking thoughts and feedback on the track and field season just finished. If you have any suggestions concerning the events held or the scheduling we would be interested in hearing from you soon as we are looking to start planning the events for next season. Similarly if you have any thoughts about the State Championships. In particular we would like to know if members would prefer to have the 10km a week earlier, that is, on the same day as the pentathlon. We appreciate this may not suit some country members so please let us know. Contact Bob Schickert on 9330 3803 or write to the club secretary, Brian Foley, 8 Habgood St, East Fremantle WA 6158

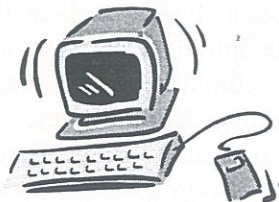
Club Clothing Sale

Old style white club singlets and old style yellow singlets are now only \$8. Winter is coming so if you want long sleeve T-shirts or windcheaters with the club logo they are now available. For all club clothing see Sue Bullen and Bob Schickert.

WHO'S GOING TO GATESHEAD?

When entries closed, the following competitors had nominated for the World Track and Field Championships at Gateshead at the end of July. It will be very hard to earn a medal at these games, but we have a strong team, seven of whom have won medals at previous World Championships. Dave Wyatt is coaching many of this group, and others, at Perry Lakes every Saturday morning.

Barbara Atkinson,
John Bell
Jackie Billington
David Carr
Pat Carr
Bert Carse
Bridget Carse
Lynne Choate
Gary Clark
Roy Fearnall
Margaret Flanders
Brian Foley
Richard Harris
Mary Heppell
Terry Humphrey
Lorna Lauchlan
Peggy Macliver
John Molloy
Mike O'Reilly
Valerie Prescott
Norm Richards
Bob Schickert
Lynne Schickert
Trevor Scott
John Ventris
Lyn Ventris
Sue Vetten
Dorothy Whittam
Diane York



Check out the updated Club Web site at

<http://members.xoom.com/WAVAC>

Maintained by John Stone, it now contains all State Championship results and some photos

UPCOMING RUNS

6th June

University and Back, 8 and 15km, McCallum Park, Taylor St Vic. Park. *Race director:* Gary Fisher *Helpers:* J. Halberg, R. Colton, W. Pontall, K. Anderson, G. Vander Sanden

13th June

Bardon Bash, 5 and 10km, Bardon Park, Bardon St, Maylands. *Race directors:* M & B Bennett *Helpers:* S. Lloyd, P. Ainsworth, B. Smith, P. Smith, W. Clements, A. Turner, S. Turner.

20th June

25Km RRC, 10 and 25km, McCallum Park, Taylor St, Vic. Park *Race Director:* Barry Thomsett *Helpers:* B. Carse, J. Mison, M. Mison, A. Tyson, R. Spencer, A. Holm, J. Holm.

27th June

Deepwater Point, 7.2 and 16km, The Esplanade Mt Pleasant. *Race director:* Dalton Moffett *Helpers:* L. Hassam, D. Reid, M. Faunge, R. Reece, H. Lysaght, M. Smith, T. Robertson

4th July

Marathon

11th July

Sharks Run, *Race director:* Paul Martin *Helpers:* D. Blom, R. Thomson, P. Hughes, S. Hughes, R. Loomans, P. Macliver, I. Lankester, J. Lankester.

NATIONAL CHAMPIONSHIPS - 1999

A short update to Lynne Choate's report in the April Vetrin.

Lyn Ventris set new State records in her two walk events, and I've also logged as W30 records both of the relays.

The 4x100m team (54.03 seconds) actually broke the Australian record of 54.29 seconds, a pretty remarkable effort considering the oldest runner, Bunbury's Ruth Johnson was 58 years old. However, as one of the two teams who finished ahead of them had a W30 member, I won't bother to claim it.

Well done, ladies.

Bob Sammells

WA's ULTRA DISTANCE STAR

The Ultra Distance events are not everyone's cup of tea but Albany boasts one of Australia's, and the World's best practitioners. Former member George Audley is still taking on Australia's best and setting National age group records.

I wrote to 63 year-old George last year to find out what he had been up to lately and he sent me a list of his Australian records. Among them was his M60 distance of 816.8km in the 1996 Six Day event at Colac. In 1997 he only covered 728km, seemingly a lesser performance. But let's hear it from George.

"In 1997 my distance at Colac of 728k's was a fantastic run for me not for the 6 days but the 48 hrs. After 48 hrs I was 20 k's in front of the field and had broken George Perdon's 60-64 yrs age World Record."

The legendary Perdon's record was 198 miles. George ran 177.2km on Day1 and 143.2km on Day2 to total 320.4km. Isn't this just mind-boggling? George was still leading the race at the end of

Day3 and eventually finished 4th. But he had his World Record.

George's last chance to break the M60 Six Day record of 841km is this coming November. But before then he plans to celebrate his 64th birthday on 20 August by running the 178km from Jerramungup to Albany.

We'll wish you a Happy Birthday in advance, George. We shall all be with you but in spirit only, I'm afraid, not body!

Bob Sammells

**MINUTES FROM THE WA
VETERANS ATHLETIC CLUB
ANNUAL GENERAL
MEETING Monday 19th April
1999 Held at the YMCA Hockey**

Clubrooms, Perry Lakes

1. Open and welcome

President Bob Schickert opened the meeting at 7.01pm and welcomed all members

2. Members present

As per the attendance book.

3. Apologies

As per the attendance book.

4. Minutes of the previous meeting

The minutes of the previous meeting were circulated. Acceptance moved Dorothy Whittam, seconded Ray Lawrence.

Passed

5. Business arising from the minutes

Nil

6. Reports

President – as per the Vetrin, and circulated at the meeting. Bob Schickert thanked the committee and the retiring committee members, Joan Pellier, Lorna Lauchlan, Ray Hall and Milton Mavrick for their efforts during the year. Bob Schickert thanked the organising committee for the State Championships, particularly David Carr, Brian Foley and Alan Jennings. Also the officials and those helping in the Canteen, particularly Sue Danby. For the Year of the Older Persons

promotion, thanks to Ivan Brown for the initial submission and to the sub committee comprising Bob Sammells, Brian Foley, Keith Atkinson and Bob Schickert. Thanks also to other members and officials of the Club, without whose efforts the Club would not have run so well; our Auditor Ray Lawrence, retiring after 18 years of much appreciated service, the race directors, Merv Jones for keeping the membership lists current, and Jackie Halberg for distributing the Vetrin. Moved Bob Schickert, seconded Vic Waters that the report be accepted.

Passed

Secretary- Brian Foley read his report and it was circulated at the meeting. Brian also announced that Anne Shaw, who broke two Australian records during the year, won the Australian Association Trophy for middle distance and steeplechase. Moved Brian Foley, seconded Jeff Whittam that the report be accepted. **Passed**

Treasurer- The report was circulated. Ivan Brown queried whether funds received from the YOP grant had been used. As to capitation fees, approximately 20 renewals had said that they did not want to be part of the track and field programme. It was suggested that a more detailed explanation on capitation fees be placed in the Vetrin. Ray Hall thanked the retiring auditor, Ray Lawrence, for his help. Moved Ray Hall, seconded Paul Hughes that the report be accepted. **Passed**

7. Presentation of trophies

Patrons trophy – Brian Foley and Peggy MacIver

Handicap trophy – Keith Atkinson

Reg Briggs Trophy – Milton Mavrick

John Gilmour Trophy – David Clive

8. Election of Office Bearers

The following were elected unopposed:

President:

Bob Schickert Moved Valerie Millard
Seconded Ray Hall

Vice President

Keith Atkinson Moved Bob Schickert
Seconded Ray Hall

Secretary:

Brian Foley Moved Bob Schickert
Seconded Ivan Brown

Treasurer:

Arnold Jenkins Moved Ray Hall
Seconded K. Atkinson

Committee:

Valerie Millard Moved Bob Schickert
Seconded A. Chambers

Alan Chambers Moved Bob Schickert
Seconded Val Millard

Sue Bullen Moved Bob Schickert
Seconded K. Atkinson

(social) Vacant

9. Appointment of Officials

Patron: Bill Hughes

Editor Katrina Spilsbury

Handicapper: Graham Thornton

Auditor: John Mison

Statistician: Bob Sammells

Registrars: David Carr,
Valerie Prescott

10. Life Memberships

There were no nominations for Life Memberships of the Club.

11. Motion

It was moved by Paul Hughes that there be a change in the start times of runs in March from 7.30am to 7.00am. The argument for the motion was put by Paul Hughes, with opposition to the motion put by Mike Rhodes. The motion was lost with a show of hands.

12. General Business

With the committee social position vacant, Graham Thornton suggested each of the Clubs five major social activities be organised by individuals or small sub-committees.

Graham volunteered to organise Jorgenson Park, Lorna Lauchlan and Jackie Billington volunteered for the Annual Dinner Dance. Organisers are required for the Presentation Day (at Rosie O'Grady's), Tone river and Rottnest. Graham Thornton commented that participation in handicap events was low, with no one competing in all this years races. Graham requested rescheduling the programme to avoid handicap races clashing with other events

and long weekends. Bob Sammells proposed that the committee look at presenting our record-breaking athletes with a Certificate, similar to that presented by the Victorians. Barry Kernaghan commented on the inconsistency in timing track and field events. It was agreed that at next years State Championships the wind gauge will be manned and athletes trying for records to let the timekeepers know prior to the event. Bob Schickert reported on excellent sales of the Club's new singlet. Richard Harris thanked the Committee, the Editor and the Handicapper.

The meeting closed at 8.16pm.

Results

Rockingham Mature Age Games

16 to 18 April 1999

Many of our club members competed in these games and congratulations to the many medal winners. For those who did not attend, why not have a go at the next W.A.State Masters Games in Albany April 14 to 16 2000. Organisers and competitors enjoyed the happy spirit and camaraderie of the events. Thank you to the Sound Telegraph for permission to use their photographs not to mention their sponsorship of the Games.

Keith Atkinson and Rob Shand

Women

3km walk

Rebecca Cook	W30	20.08
RosemarieHollaway	W40	16.29
Lois Smith	W45	23.35
Lesley Romeo	W50	19.35
Pauline Gilchrist	W50	24.12
Lynne Schickert	W55	25.27
Dorothy Whittam	W60	20.18
Daphne Beckett	W65	24.10
Glenice Shanahan	W70	25.50
Wendy Gilmour	W70	DNF

5km

Helen Edwards	W30	27.37
Donna Dahlstrom	W45	29.18

100m

Lynne Choate	W45	13.57
Valerie Millard	W50	19.81
Lynne Schickert	W55	20.28
Dorothy Whittam	W60	16.06
Noela Medcalf	W60	18.95
Glenice Shanahan	W70	25.23

200m

Lynne Choate	W45	28.88
Valerie Millard	W50	43.44
Lynne Schickert	W55	45.91
Noela Medcalf	W60	39.35
Glenice Shanahan	W70	54.11

800m

Lynne Choate	W45	3.16.73
Valerie Millard	W50	3.43.59
Lynne Schickert	W55	4.25.71
Noela Medcalf	W60	3.44.50
Glenice Shanahan	W70	5.10.80

Long Jump

June Streeter	W45	2.54
Valerie Millard	W50	2.36
Lynne Schickert	W55	2.57
Dorothy Whittam	W60	3.58
Noela Medcalf	W60	2.83
Glenice Shanahan	W70	1.31

Shot Put

Lynne Choate	W45	6.71
June Streeter	W45	5.80
Valerie Millard	W50	6.12
Lynne Schickert	W55	5.60
Dorothy Whittam	W60	8.10
Noela Medcalf	W60	6.02

Javelin

Lynne Choate	W45	16.01
June Streeter	W45	12.27
Valerie Millard	W50	13.70
Lynne Schickert	W55	9.15
Dorothy Whittam	W60	18.93
Noela Medcalf	W60	11.93
Wendy Gilmour	W70	12.54

5km Cross Country

Donna Dahlstrom	W45	30.45
Glenice Shanahan	W70	48.52

Men

3km Walk

Kim Alcorn	M55	24.43
Bob Chalmers	M60	21.19
Jeff Whitam	M60	24.12
Roy Beckett	M60	25.51

5km

Reg Edwards	M30	18.24
Jason Johansson	M30	19.05
Trevor Scott	M35	16.48
Andrew Pickering	M35	20.38

Duncun McAuley	M45	17.54
Chris Kiley	M45	18.00
Bjorn Dyhdahl	M45	18.26
David Reid	M45	19.03
Darry Dahlstrom	M45	19.32
Clive Choate	M45	21.28
Stephen Davies	M45	22.44
Peter Ranford	M50	21.22
Paul Tye	M50	22.20
Bob Schickert	M55	19.16
Dennis Miller	M55	21.39
Mitch Loly	M55	23.03
Bob Sammells	M60	21.47
David Carr	M65	21.02
Vic Beaumont	M65	29.22
Richard Savage	M65	29.29
Allen Tyson	M70	33.36

100m

Allan Berry	M30	12.24
Jason Johansson	M30	12.91
Reg Edwards	M30	13.33
Stephen Smith	M35	13.78
Duncan McAuley	M45	14.39
Darry Dahlstrom	M45	15.12
Stephen Davies	M45	16.68
Murray Tolbert	M50	12.42
Arnie Jenkins	M50	15.40
Mike O'Reilly	M55	14.91
Dennis Miller	M55	16.54
Norm Richards	M60	13.49
John Sutton	M60	18.02
Ray Harris	M65	14.28
David Carr	M65	15.71
Gordon Medcalf	M65	16.29
Richard Savage	M65	18.61
Allen Tyson	M70	18.64
Don Frearson	M75	19.88
Fred Watson	M80	30.13

200m

Allan Berry	M30	24.77
Jason Johansson	M30	26.68
Reg Edwards	M30	26.68
Stephen Smith	M35	29.10
John Foster	M40	30.90
Duncan McAuley	M45	27.51
Chris Kiley	M45	28.16
Darry Dahlstrom	M45	30.40
Stephen Davies	M45	35.04
Murray Tolbert	M50	26.96
Arnie Jenkins	M50	30.59
Mike O'Reilly	M55	30.04
Dennis Miller	M55	34.78
Norm Richards	M60	28.10
David Carr	M65	31.21
Ray Harris	M65	33.10
Richard Savage	M65	43.08

Allen Tyson	M70	41.34
Don Frearson	M75	41.34

800m

Reg Edwards	M30	2.23.99
Jon Wannberg	M30	2.28.40
Jason Johansson	M30	2.36.27
Stephen Smith	M35	2.51.08
John Foster	M40	2.47.37
Duncan McAuley	M45	2.17.16
Chris Riley	M45	2.24.81
David Reid	M45	2.31.43
Darry Dahlstrom	M45	2.34.53
Stephen Davies	M45	3.06.99
Arnie Jenkins	M50	2.44.72
Mike O'Reilly	M55	2.44.72
Dennis Miller	M55	3.02.94
Norm Richards	M60	3.06.23
David Carr	M65	2.39.97
Ray Harris	M65	3.07.75
Richard Savage	M65	3.49.55
Allen Tyson	M70	4.08.05

Long Jump

Jason Johansson	M30	5.03
Murray Tolbert	M50	5.58
Arnie Jenkins	M50	3.62
Norm Richards	M60	4.20
John Sutton	M60	2.86
Andre Guevorts	M60	2.79
David Carr	M65	3.57
Ray Harris	M65	3.21
Gordon Medcalf	M65	3.07
Richard Savage	M65	2.34
Fred Watson	M80	1.99

Shot Put

Jason Johansson	M30	8.68
Murray Tolbert	M50	10.03
Rob Young	M50	9.33
Arnie Jenkins	M50	7.40
Ed Carroll	M55	9.88
Mike O'Reilly	M55	6.93
Bob Fergie	M60	9.41
Bob Chalmers	M60	8.97
Norm Richards	M60	8.48
John Sutton	M60	8.22
Jeff Whittam	M60	6.67
Robert Shand	M65	7.48
David Carr	M65	6.87
Richard Savage	M65	5.88
Gordon Medcalf	M65	5.76
Bill Chapman	M70	9.42
Ronald Tompkins	M75	7.85
Fred Watson	M80	4.34

Javelin

Jason Johansson	M30	28.78
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Murray Tolbert	M50	37.76
Arnie Jenkins	M50	23.30
Rob Young	M50	20.41
Ed Carroll	M55	26.24
Mike O'Reilly	M55	21.98
Bob Fergie	M60	27.76
Andre Guevorts	M60	26.45
Bob Chalmers	M60	24.96
Norm Richards	M60	23.67
John Sutton	M60	21.71
Jeff Whittam	M60	15.73
Robert Shand	M65	26.03
David Carr	M65	22.50
Gordon Medcalf	M65	19.68
Fred Watson	M80	10.73

5km Cross Country

Reg Edwards	M30	19.03
Trevor Scott	M35	17.23
Andrew Pickering	M35	21.43
Stephen Smith	M35	23.46
Keith Atkinson	M40	21.48
Duncan McAuley	M45	18.34
Bjorn Dybdahl	M45	19.39
David Reid	M45	20.08
Darry Dahlstrom	M45	20.25
Stephen Davies	M45	24.14
Dennis Miller	M55	22.23
Bob Sammells	M60	23.43
Derek Pickering	M60	27.12
Vic Beaumont	M65	31.14
David Hough	M65	43.12
Allen Tyson	M70	39.09

Other results

Aquathon (300m swim, 3km run, 200m swim, 1km run)

Rob Shand	M65	29.12
Mitch Loly	M55	29.19
Vic Beaumont	M65	36.09

Swimming

Jason Johansson	M30
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5 gold

Gordon Medcalf	M65
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2 gold, 2 silver

Noela Medcalf	W65
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1 silver 2 bronze

Robert Shand	M65
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2 bronze

Weightlifting

Bill Champman

Ron Tompkins

Cycling

Jason Johansson

AthleticA Winter Season Opens

24th April 99

The Vets fielded three teams for the first match of the season. The event was the annual relay at Trigg. Each runner is in a team of five and runs the 2.5km twice. The terrain is grass, broken ground, limestone and sand with a few gentle slopes. Those slopes feel like big hills the second time!

Runner	(First run)		(Second run)	
	time	split	time	split
Tony Heppener	8.30	8.30	55.21	8.31
Chris Coates	17.15	9.27	64.33	9.12
Warren Gee	27.17	9.20	73.55	9.22
Bruce Wilson	37.06	10.09	83.40	9.45
Mike Karra	46.50	9.44	93.25	9.40

Vic Waters	10.21	10.21	63.22	10.35
Ivan Brown	20.37	10.16	73.48	10.26
David Carr	31.07	10.30	84.18	10.30
Alan Jennings	42.07	11.00	95.08	10.50
Frank Gardiner	52.47	10.40	105.47	10.39

Norm Richards	12.40	12.40	76.47	12.54
Brian Foley	23.56	11.16	87.38	10.51
Nicholas Bailey	35.14	11.18	98.42	11.04
Val Prescott	51.00	15.46	114.26	15.44
Evan McRae	63.53	12.53	126.36	12.10

Cross-Country 8th May 99

Star Swamp. Undulating, sand and limestone tracks. Tony Heppener was 4th overall- a fine run.

8000m

Ivan Brown	36.06
Bert Carse	31.34
Chris Coates	32.31
Brian Danby	36.36
Brian Foley	40.03
Warren Gee	33.12
Tony Heppener	30.10
David James	35.14

4000m

David Carr	17.59
Valerie Prescott	28.00

AthleticA results compiled by David Carr

BANK'S RUN 18.4.99

Well, it was a beautiful day for it. Bank's Run (McCallum Park to Bank's Reserve in East Perth/Maylands and back), used to be a regular run (Kirkman's Run), but of late it has become a "fill-in" event when there is a gap in the programme. Notwithstanding, it is a very pleasant run, flat and quiet, along the river for the most part, and enabling us to check out all the latest developments in East Perth, including the Brockwell's Mansion!!

A total of 89 members and 9 visitors faced the starter (Drats! 2 short of the century). The official results show that the winners were:

6km Run

Joan Pellier David Wilmer

6km Walk

Gail Gardiner Jeff Whittam

9km Run

Tony Heppener Jan Kelly

9km Walk

John Mison Michelle Mison

However, I think the run was more notable for the following momentous (?) events:

- 4 members of the Gardiner family competed - Nicholas (usually faster than his dad), Lauren, Frank & Gail;
- John Pellier ran 9km with a broken hip and crook shoulder - is that bloke superman, crazy, or is it just that he will do anything to work up a thirst??;
- Shorty Turner beat Ann home - OK, so she did 9 and he only did 6, but you take what you can nowadays don't you Shorty?;
- Fred Watson has the honour of bring the oldest competitor, at 80½ - good on yer Fred. I hope I am still going strong at that age;
- Marg Taylor was seen running, what next??;
- Alan Pomery finished last - OK, but he had already been out for a walk earlier as he intended to help

on this run, but found there were enough helpers, and his wife Maureen was on the finish table as well, so good-on-ya the Pomerys, true Club spirit.; and, finally

- Michelle Mison finished on her own. Struth, surely she never walked 9km without talking! (sorry M.).

and on a perhaps more worrying note, the average age of competitors was 53; mind you, the average sex was yes, so perhaps it is not too bad!

Anyway, such things aside, I hope everybody enjoyed the run. Sorry for those that missed the 6km turn, I just used the domes I had available; and also to those that finished together, but ended up with different times, the clock has to separate people. Also sorry for any mizspeltte naimz in the results.

Many thanks to my helpers, without whom the run would not have been possible; Aldo on the numbers, Maureen and Irene at the finish table, and my son Mark at the turn/drink station. See you next year at some variation or other of this run.

John Pressley

RESULTS

6km Run

David Willmer	M40	24.27
Nicholas Gardiner	Visitor	25.50
Peter Airey	M60	31.06
Lauren Gardiner	Visitor	31.24
John Smith	M60	31.26
Jeff Spencer	M55	31.49
Warren Davey	M45	32.15
George Schaefer	M65	32.57
Joan Pellier	W55	34.27
Arnold Jenkins	M50	35.23
Jan Jarvis	W50	36.49
Ron Spencer	M55	44.37
Shorty Turner	M60	48.20
Peter Simmons	Visitor	48.54
Maggie Flanders	W60	50.31
Lorri Carroll	W45	53.25
Marg Taylor	W45	53.27
Ella Mavrick	Visitor	56.52

6km Walk

Jeff Whittam	M60	51.05
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Kevin Thomas	M50	51.18
Ernie Moyle	M70	52.07
Gail Gardiner	W45	54.58
Fred Watson	M80	57.30

9km Run

Tony Heppner	M45	32.43
Jim Langford	M50	33.19
Chris Coates	M45	33.55
Darryl White	M40	34.41
Gary Fisher	M45	35.04
Dave Roberts	M55	35.08
Jim Klinge	M50	35.56
James McArthey	M35	35.24
Gareth Brunt	M45	37.21
Brian Danby	M50	37.56
Bob Schickert	M55	38.20
Robert Mair	M50	38.30
David James	M45	38.43
Frank Smith	M55	38.45
Paul Kelly	M45	39.04
Doug Ashfield	M40	39.10
Vic Waters	M50	39.19
Maurice Creagh	M50	39.58
Mike Khan	M50	40.01
Mike Flood	M45	40.16
Mike Karra	M30	40.17
Jan Kelly	W45	40.55
Mike Hale	M50	41.06
Joe Stickles	M60	42.26
Mike Rhodes	M50	42.30
Margaret Langford	W50	42.38
David Carr	M65	43.23
Frank Gardiner	M45	43.38
Lionel Hendry	M40	44.26
Brian Smith	M60	45.51
Mitch Loly	M55	46.15
Dimor Mont	M40	47.00
Jenny Barnes	W45	47.15
Richard Harris	M60	47.16
Dalton Moffet	M65	47.31
Merv Moyle	M70	48.03
Gary Harris	Visitor	48.18
Malcolm Reid	Visitor	48.27
Jackie Halberg	W50	48.50
Ray Barnett	M50	48.57
Paula Karra	Visito	48.59
Robert Sheehy	M50	49.43
Val Millard	W50	50.44
Craig Watson	M40	51.08
Ann Turner	W60	51.31
Kirt Johnson	M70	52.52
Eileen Brown	W50	52.58
John Pellier	M55	53.15
Ray Laurence	M70	55.41
Milton Maverick	M45	56.59
Denise Lancaster	W45	57.11

Bob Chambers	M65	57.12
Sue Bullen	W35	57.21
Sheila Maslen	W60	57.33
Mary Heppell	W60	57.39
Thomas Holly	Visitor	59.41
Roma Barnett	W45	61.57
Phylis Farrell	W50	62.14
Rosa Davis	W55	62.17
Suzan Brand	W50	62.49
Trevor Bown	M55	63.29
Frank Usher	M75	71.54

9km Walk

John Mison	M50	55.02
Paul Martin	M55	55.03
Dick Blom	M65	59.08
Michelle Mison	W50	64.42
Jackie Billington	W55	71.14
Lorna Lachlan	W65	71.15
Lynne Schickert	W55	71.27
Dorothy Whittam	W60	71.28
Philip Dean	Visitor	73.19
Rob Davis	M60	73.50
Pat Ainsworth	W60	78.30
Val Wheeler	W65	78.31
Alan Pomery	M65	78.32

Yanchep Picnic Run

Well, as usual a beautiful Sunday morning, kangaroos, birds, ducks, turtles etc enjoying our company. This was the last time that the Yanchep run was to be held. Several people asked why as it is a most pleasant run. However, the majority of people find it is a long way to travel and it costs \$8 per car entry and so it is not well patronised for those reasons. And of course, many people are away for the Easter weekend. Next Easter we will be at Wireless Hill which is a lovely venue for a run and the consuming of Easter eggs and hot cross buns. A big thank you my helpers, Biran and Sue Danby, Kirt Johnson, Jackie Billington, Mrs West and Bob Sammells. **Denise Lancaster**

Results

5.4K

Sue Zlnay	Vis	22.12
Ian Lankester	M50	23.27
Lynsey Gee	Vis	26.54
Gary Tuffin	Vis	27.32
Bronwyn Gee	W45	35.43

Kirt Johnson	M70	35.44
Ann Breeze	W50	37.36
Brian Holmes	M60	37.37
Jane Robley	W40	39.42
Peter Simmons	Vis	41.02
Barrie Thomsett	M55	41.48
Suzanne Brand	W50	43.11

8K

Jim Langford	M50	29.08
John West	M45	30.51
Warren Gee	M45	30.53
Paul O'Riordan	M45	31.38
Wally Crawley	M40	31.41
David Bishop	M40	33.19
Brian Danby	M50	33.48
John Allen	Vis	33.49
Margaret Langford	W50	37.05
Maurice Creagh	M50	37.06
Bryan Hardy	Vis	37.52
Mitch Loly	M55	39.17
Lynn Harrop	W45	40.22
Arnold Jenkins	M50	43.53
Eileen Brown	W50	46.26

5.4K Walk

Marion Bucens	W55	43.04
Judy Lankester	W45	44.36
Dorothy Whittam	W60	47.34
Ernie Moyle	M70	49.37
Jeff Whittam	M60	51.31

Lorna's Run

Weather: Beautiful but windy

Course: No hazards

Attendance: 107 plus 14 Visitors

Problems: None

Records: 6.4K 23.26 beaten by Tony Heppner in 21.47

6.4K

Tony Heppner	M45	21.47
Ian Davies	M50	23.27
John Bramley	M55	27.38
Allan Jennings	M55	28.00
Michael Anderson	M50	28.08
Sue Vetten	W45	28.50
Jackie Halberg	W50	30.00
Simon Mort	M40	30.23
George Schaefer	M65	30.27
David Carr	M65	30.38
Ray Hall	M65	32.58
Wendy Clements	M55	33.13
Merv Jones	M55	34.29
Sue Bullen	W35	35.38
Jeff Spencer	M55	35.45
Shorty Turner	M60	38.25

Lyn Stolze	W45	39.56
Ron Spencer	M55	45.12
Glenice Shanahan	W70	50.22
Marg Talyor	W45	51.26
John Pellier	M55	59.06

10K

Bert Carse	M55	35.48
Chris Coates	M45	37.57
Jim Klinge	M50	38.10
Gary Fisher	M45	38.19
Paul Hughes	M45	39.49
Mike Karra	M30	40.18
Brian Danby	M50	40.31
Robert Mair	M50	40.40
Douglas Ashfield	M40	40.46
Bob Schickert	M55	41.09
Tony Whittaker	M45	41.15
Graham Thornton	M55	41.39
John Bell	M50	41.57
Brian Bennett	M50	42.10
Mike Flood	M45	42.52
Mike Khan	M50	44.01
Vic Walters	M50	44.06
Mike Rhodes	M50	44.26
Maurice Creagh	M50	45.15
Frank Smith	M55	45.22
Frank Gardiner	M45	45.52
Bob Sammells	M60	46.09
Shirley Bell	W50	46.36*
Mitch Loly	M55	47.51
Milton Maverick	M45	49.03
Lionel Hendy	M45	50.38
Jim Middleton	M30	51.04
Aldo Giacomini	M60	52.11
John Smith	M60	52.17
Brian Hunter	M50	53.00
Dalton Moffett	M65	53.17
Norm Millar	M65	53.24
Val Millard	W50	53.36
Eileen Brown	W50	54.04
Ann Turner	W60	54.09
Margaret Warren	W60	54.48
Craig Watson	M40	57.04
Brian Smith	M60	57.34
Kirt Johnson	M70	59.09
Joan Pellier	W55	58.11
Ray Lawrence	M70	59.51
Margaret Bennett	W55	60.52
Denise Lancaster	W45	60.52
Alan Chambers	M60	60.59
Mary Heppell	W60	63.55
Rosa Davies	W55	66.36
Shelia Maslen	W60	66.36
Phyllis Farrel	W50	66.36
Suzan Brand	W50	68.58
Frank Usher	M75	76.41

6.4K Walk

Michelle Mison	W50	43.33
Lesley Romero	W50	43.34
Marion Bucens	W55	50.21
Pat Ainsworth	W60	50.23
Rex Bruce	M55	50.28
Kevin Thomas	M50	50.29
Alan Pomery	M65	50.58
Maggie Flanders	W60	51.12
Ernie Moyle	M70	52.08
Rob Davies	M60	54.59
Jeff Whittam	M60	55.00
Gail Gardiner	W45	55.27
Pat Miller	W60	56.04
Leo Hassam	M65	57.43

10K walk

John Mison	M50	57.45
Paul Martin	M55	57.46
Dick Blom	M65	65.32
Ferry Humphrey	M45	66.08
Barbara Atkinson	W45	66.09
Lynne Schickert	W55	77.04
Dorothy Whittam	W60	77.04

Visitors

6.4K

Michael Schaeffer	23.44
Nathan Doig	24.23
Peter Simmons	47.21

10K

Justin Lipton	35.24
Brendan Phillips	39.10
Randall Tapp	42.21
Nicholas Gardiner	44.05
Ken Wazny	46.12
Bob Raymond	48.17
Sandy Bond	48.35
Aula Karra	53.16
Malcolm Reid	53.53
Lil Heatly	75.12

Walk visitors

Phillip Dean	51.09
Chris King	56.04

Thanks to all the helpers who did all the work. **Lorna**

3Ps RUN RESULTS

8K RUN

Tony Heppener	M45	29.20
Vic Waters	M50	34.03
Frank Smith	M55	34.19
Ian Davies	M50	36.34
Michael Anderson	M50	37.32
Shirley Bell	W50	38.55
Clive Frost	M50	40.00
Peggy MacLiver	W55	40.06
Stuart Parkinson	M50	41.15

Ray Hall	M65	42.53
Norm Miller	M65	43.18
Arnold Jenkins	M50	44.24
Robert Sheehy	M50	46.31
Ray Lawrence	M70	50.41
Ann Breeze	W50	51.38
Brian Holmes	M60	51.38
Trevor Brown	M55	55.06
Suzan Brand	W50	56.13
John Pellier	M55	56.53
Peter Simmonds	M50	58.34
Marion Bucens	W55	59.03
Glenice Shanahan	W70	71.14

8K WALK

Paul Martin	M55	46.36
John Mison	M50	46.36
Michele Mison	W50	55.37
Dorothy Whittam	W60	57.09
Jackie Billington	W55	58.00
Lorna Lachlan	W65	59.06
Bob Chalmers	M60	59.34
Rex Bruce	M55	61.24
Val Cook	W55	63.06
Val Wheeler	W65	67.08
Maggie Flanders	W60	68.00
Ernie Moyle	M70	69.24
Gail Gardiner	W45	71.37
David Brown	M50	72.20
Leo Hassam	M65	72.21
Jeff Whittam	M60	77.05
Alan Pomery	M65	77.06
Fred Watson	M80	84.04

16K RUN

Gareth Brunt	M45	66.41
Brian Danby	M50	69.53
Robert Mair	M50	71.09
John McGowan	M45	72.16
Jan Kelly	W45	72.19
Mike Flood	M45	73.46
John Bell	M50	75.22
Paul Kelly	M45	76.03
Bob Sammells	M60	77.23
Frank Gardiner	M45	77.38
Mike Hale	M50	77.44
Keith Atkinson	M40	78.55
Alan Jennings	M55	80.27
Cecil Walkley	M65	80.45
Jenny Barnes	W45	85.42
Richard Harris	M60	85.42
Jackie Halberg	W50	87.48
Aldo Giacomo	M60	91.23
Brian Smith	M60	91.43
Ann Turner	W60	94.01
Merv Moyle	M70	94.11
Eileen Brown	W50	99.42
Kirt Johnson	M70	99.44
Joan Pellier	W55	102.56

Denise Lancaster	W45	106.44
Alan Chambers	M60	106.44
Margaret Bennett	W55	106.44
Sheila Maslen	W60	117.37
Phyllis Farrell	W60	117.37
Mary Heppell	W60	11.737

5K WALK OR RUN (R or W)

Alan Tyson R	M70	32.26
Vic Beaumont R	M65	33.26
Pat Ainsworth W	W60	42.01
Pat Miller W	W60	44.09
Shorty Turner R	M60	44.10

Visitors

Reece Waldoock	8KR	38.35
Philip Dean	8KW	63.07
Tina Frost	8KW	71.36
Bev Morrissey	16KR	86.02
Malcolm Reid	16KR	88.24

RACE RECORDS

8K RUN

M45	Tony Heppener	1999	29.20
M50	Ian Davies	1998	30.39
M55	Frank Smith	1999	34.19
M60	Peter Airey	1998	39.43
M65	Ray Hall	1999	42.53
M70	Ray Lawrence	1999	50.41
W40	Sue Sanders	1998	41.48
W50	Shirley Bell	1999	38.55
W55	Peggy MacLiver	1999	40.06
W70	Glenice Shanahan	1999	71.14

8K WALK

M50	John Mison	1999	46.36
M55	Paul Martin	1999	46.36
M60	Bob Chalmers	1999	59.34
M65	Leo Hassam	1999	72.21
M80	Fred Watson	1999	84.04
W45	Gail Gardiner	1999	71.36
W50	Michele Mison	1999	55.37
W55	Jackie Billington	1999	58.00
W60	Dorothy Whittam	1999	57.09
W65	Lorna Lachlan	1999	59.06

16K RUN

M30	Mike Karra	1998	81.03
M40	Milton Mavrick	1998	68.36
M45	John West	1998	60.25
M50	John Bell	1998	70.52
M55	Frank Smith	1998	63.29
M60	Bob Sammells	1999	77.23
M65	Cecil Walkley	1999	80.45
M70	Merv Moyle	1999	94.11
W45	Jan Kelly	1999	72.19
W50	Jackie Halberg	1999	87.48
W55	Joan Pellier	1999	102.56
W60	Ann Turner	1998	93.15

Many thanks to helpers: Wendy and Jeff Spencer, Leonie Annan, Val Millard, Maureen Pomery, Lynne Schickert and Clare Kelly.
Bob Schicker

Happy Birthday to our June Members

Coates, Christopher	01/06/53	46	remains	M45
Davies, Ian	03/06/47	52	remains	M50
Lewis, June	04/06/48	51	remains	W50
Keesing, Terry	06/06/57	42	remains	M40
Tompkins, Ron	06/06/22	77	remains	M75
Holm, Jenny	07/06/49	50	becomes	W50
Kemp, Rosanne	07/06/64	35	becomes	W35
Lysaght, Helen	07/06/52	47	remains	W45
Outhwaite, Barbara	09/06/53	46	remains	W45
Kelly, Christopher	10/06/52	47	remains	M45
Creagh, Maurice	11/06/46	53	remains	M50
Carr, David	15/06/32	67	remains	M65
Frank, Toni	15/06/45	54	remains	W50
Delcanho, Maureen	15/06/49	50	becomes	W50

Junner, Colin	16/06/22	77	remains	M75
Thomsett, Barrie	17/06/40	59	remains	M55
Bonner, Robin	18/06/31	68	remains	M65
Drayson, Derek	19/06/23	76	remains	M75
Davies, Rod	22/06/41	58	remains	M55
Whistler, Ken	23/06/31	68	remains	M65
Sanders, Ian	24/06/58	41	remains	M40
Salter, Gregory	25/06/54	45	becomes	M45
Reid, David	26/06/50	49	remains	M45
Clements, Wendy	26/06/42	57	remains	W55
Morrissey, Bev	16/12/46	53	remains	W50
Davies, John	29/06/44	55	becomes	M55
Hagger, Frederick	29/06/25	74	remains	M70

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