



May 2002

Number 340

# VETRUN



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 Vetrur: See panel page 2 • [www.netprojex.com.au/wavac](http://www.netprojex.com.au/wavac)



David Carr, Rod Tinniswood, Lynne Schickert and Sue Bullen with their respective trophies, presented on the night of the AGM.



## Thanks for all you've done Brian.

Brian Foley steps down from the WAVAC Committee after 15 years of service. Brian is a life member and has been with the club since 1981. President for 5 years, Vice President for 3 years, Secretary for 5 years, looked after track and field time trials for about 6 years, and was on the organising committee for three Australian Championships.

Brian is continuing as secretary of the Australian Masters Athletics organisation, and has been on their Board for 9 years.

Brian has helped build the membership up to 430 and helped to improve safety standards in the road racing courses. His biggest challenge now is to encourage younger members, as the average age is gradually getting older.

All the best Brian.

## Results in this Issue

- Lake Monger • 3 Ps
- Wireless Hill • Track & Field
- Membership Run

## Highlights of the AGM

With 52 members present, the meeting started promptly at 7pm and Bob Sammells and Brian Foley moved through the business end quite swiftly. (Brian Foley is not standing on the committee this year after a long service of 15 years). It was disappointing to see very few younger faces and a general lack of willingness to serve on the committee. The office bearers and officials were duly elected and are listed on the 2002 - 2003 program in this issue.

### Trophies

The Patron's Trophy was awarded to David Carr and Lynne Schickert. Sue Bullen gracefully accepted The Reg Briggs Trophy, and it was an honour to have John Gilmour there to present his Trophy to David Carr. Our handicapper Graham Thornton kept everyone in suspense by not disclosing the winner of the Handicap Trophy until later in the proceedings and announced that Rod Tinniswood would be the one to take it home.

### Life Members

It was raised at the AGM that members should be able to identify the club's life members. What better way to start than to present the honorary list in the Vetrur:

Jacqueline	Billington
David	Carr
Brian	Danby
Bob	Fergie
Brian	Foley
John	Gilmour
Jackie	Halberg
Robert	Hayres
William	Hughes
Kirt	Johnson
Merv	Jones
Joan	Pellier
Valerie	Prescott
Robert	Sammells
Robert	Schickert
Robert	Shand
Barrie	Slinger
Graham	Thornton
Jeffrey	Whittam
Dorothy	Whittam
Basil	Worner
Cliff	Bould

### Motions

After some confusion, the dog motion was finally understood and voted on. The first one: *That members be allowed to bring their dogs to club events*; and the second: *That members be suspended for seven days for bringing their dogs to club events*. The result is that the meeting voted in favour of members bringing dogs to the venue and voted against the suspension.

Members would have to indemnify the club from any legal implications, should they arise. Clearly dogs should not be allowed to run in the races.

### General Business

The subject of faulty equipment was quickly put right by Bob Schickert who pointed out that nine times out of ten it was human error.

There was a short discussion about start times in April and members being caught unawares by un-seasonally hot weather. The personal responsibility of hydration raised by Nick Miletic was the commonsense view and was generally accepted. The mood of the meeting was that start times in 2003/04 would be as now.



## Win or Lose?

**The problem: bunched finishes; time and placing recording anomalies.**

I received an email from a concerned member who pointed out a problem he recognised with bunched finishes in two recent handicap events. One race had 14 incidents where contestants came over the line 10 seconds apart and in the other, 35 runners crossed the line only 5 seconds apart. He feels that he puts so much effort into trying to beat his rival that it is disappointing not to have an accurate time and position recorded.

He elaborated further that when the handicapper does a good job, theoretically everyone could finish at the same time. It is unlikely to happen, but even if we get close to that situation, it would be an impossible task for our volunteer dependent system.

I explained that if our concerned member read the race directors' reports over the last year, he would see that time keeping and place keeping in general is often a problem. On some occasions the time keeping gear has been faulty, but in most instances it is human error. More often than not there is a volunteer doing a new job for the first time, or at least for the first time in a long time.

These problems were raised at a committee meeting on the 13 March 2002. The committee, acknowledged the problem, but with too few people available to run the races, rather than run *in* the races, the problem is likely to recur. As it was the last meeting of the out-going committee, it was decided that it would be an issue for the new committee to deal with.

### So what can be done about it?

Maybe there is someone out there who we could call on to fulfill a position in the club, to make sure the time/place keeping system is in order for the day. Bob Schickert would happily hand over to a dedicated equipment manager, but has taken on the job because of the above mentioned problems.

It's quite possible that a time-keeping sub committee be set up to see to the gear, apply for funding and train up newcomers in order to draw up a roster. In that way we will always have experienced time-keeping and place-keeping personnel, and they could have a regular run as well.

With the club growing in membership the way it is and the competitive spirit as keen

as ever, maybe the time has come to tidy up on a few aspects of our events, but from where I run it seems that too few are doing too much. The events coordinator's job is an awesome task and I've seen some of our club stalwarts lugging clocks and timing gear from Thursday's Track & Field meeting to the Sunday runs and back again. My worry is that we will lose those that do so much if we don't do a little to lighten their load.

### New Developments

It is probably a little too early to announce it, but a computer program is being developed that will eliminate much of the hand work. It will be a lot more efficient in terms of recording the names, position and age groups accurately. But this will still not help traffic the contestants in the right order in the bunched finish scenario. Ideally a long comprehensive finishing chute as used by the Marathon Club may be required. This requires more gear and more work to set up and will impact on the race director's duties and inconvenience the general users of the public venue.

### The K.I.S.S. alternative

The system in place at the moment is simple, has evolved over the last 28 years and is quite adequate. It works. It's user friendly and it might just be a case of making sure it all happens correctly on the day. Any volunteers?

## Drink! Drink! Drink!

Quite a few members have given me press clippings from the Wednesday's West Australian **HEALTH+MEDICINE** section. Of particular interest to WA athletes is the February 27, 2002 article titled '*Hot tips for performance*' which outlines what happens to the body in high temperatures and how easy it is to dehydrate.

The information is vital to high performance athletes and just as relevant to lesser performers. The article is too comprehensive to include in the Vetrun, so here is the key information:

**"In the hour before taking part in a sporting event, drink about a litre of water and 300-400ml just before the start, to reduce dehydration"**



### It's your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email: [tinniswoodr@sundaytimes.newsld.com.au](mailto:tinniswoodr@sundaytimes.newsld.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

## Profile #4: Running Mates



Personality profiles  
compiled by  
Jim Barnes

Born:  
Home:  
Children:  
Occupation:  
Personal Bests:  
  
Training:  
Favourite Run:  
Favourite Sportsperson:  
Food:  
Best Read:  
Best Achievement:  
Most Admired:  
Pet Hates:

Garry Fisher  
Fremantle 14/4/52  
Vic Park  
Boy & Girl  
Accountant  
10km = 37:32  
16km = 62  
  
50km/week  
City to Surf

Kieran Perkins  
Prepared by someone else  
Wilber Smith, Tom Clancy  
Raising 2 kids  
None  
Dishonesty

Gareth Brunt  
Wales 21/4/51  
Ferndale  
2 boys  
Driver  
10km = 38:50  
16km = 63  
Marathon = 3:00:08  
70km/week + track  
Runs in Kings Park

Barry John, Pele  
Pasta  
Autobiographies - David Niven  
Finishing first marathon  
Nelson Mandela  
Inconsiderate Drivers  
Selfish people

## 2002 Australian Championships • Adelaide

Event	Age group	Name	Place	Perform	Event	Age group	Name	Place	Perform
100m	M60	Norm Richards	4	13.64	5000m	M55	Brian Foley	3	20.16.16
	W70	Pat Carr	2	17.11			Bert Carse	2	17.23.49
200m	M55	Henri Cortis	4	26.67	100m hurdles	M60	Bob Schickert	3	19.07.82
	M60	Norm Richards	2	28.20			Norm Richards	5	21.97
	M65	David Carr	4	29.52	300m hurdles	M60	Norm Richards	4	58.64
400m	W70	Pat Carr	2	37.14	2000m steeple	M60	Bert Carse	1	7.32
	M55	Henri Cortis	3	58.25	5000m walk	W60	Lynne Schickert	1	12.46
	M65	David Carr	2	63.0			Lynne Schickert	4	33.45.9
800m	M55	Henri Cortis	2	2.18.26	10km walk	W60	Lynne Schickert	3	72.47
	M55	Brian Foley	4	2.29.16	Long Jump	W60	Lynne Schickert	4	2.47
	M60	Bob Schickert	2	2.27.46	Triple Jump	W70	Pat Carr	1	2.94
1500m	M65	David Carr	2	2.26.16			Lynne Schickert	3	6.07
	M55	Henri Cortis	2	4.53.58	Discus	W70	Pat Carr	1	6.47
	M55	Brian Foley	6	5.14.30			Pat Carr	2	14.75
1500m	M60	Bert Carse	1	4.40.11	8km Cross Country	M55	Brian Foley	5	38.38
	M60	Bob Schickert	3	5.02.12		M60	Bert Carse	2	31.20
	M65	David Carr	1	5.30.13			Bob Schickert	3	33.19

### Lake Monger 17 March 2002

Welcome to another Lake Monger Run. We were greeted with an overcast morning, which soon turned humid, much to the discomfort of the runners. Hope you all had a good run and are happy wth your times.

I would like to thank my helpers Bob sammells, Pat Ainsworth, Wally Crowley, Kirt Johnson, Bob Gavin and Bob Thomset.

Hope to see you all again soon.

Trevor Robertson

#### 3Km Run

Liz Duffield	W45	14.30	Maurice Warren	M60	42.46	<b>6Km Walk</b>	Age Group	Time
Peter Airey	M65	14.53	Sheila Maslin	W60	43.53	Michel Mison	W50	43.31
Ellen Avericr	Vis	16.18	Mary Heppell	W60	43.56	Jennie Shillington	W40	50.39
Kirt Johnson	M70	16.54	Patricia Hopkins	W55	56.07	Barry Thomsett	M60	56.07
David Carr	M65	17.35	Frank Usher 5K Run	M75	53.39	Maggie Flanders	W65	56.22
Carl Jarvis	W55	18.13	<b>10 Km Run</b>			George Schaefer	M65	58.59
Joanne Stewart	W50	18.38	Stephen Dunn	M35	37.24	Jacqueline Billington	W55	66.41
Brian Olrich	M70	18.51	Ralph Henderson	M50	37.29	Lorna Laughlan	W70	66.42
Garnet Morgan	M75	21.51	Simon Janichre	M35	39.50	<b>10Km Walk</b>	Age Group	Time
Marg Taylor	W50	32.48	Frank Smith	M60	40.01	John Misson	M50	57.37

#### 6Km Run

Gary Fisher	M45	28.30	Stephen Dunn	M35	37.24	<b>10Km Walk</b>	Age Group	Time
Dave Scott	M50	29.00	Ralph Henderson	M50	37.29	John Misson	M50	57.37
Gavin Gildersleve	Vis	30.56	Simon Janichre	M35	39.50	Lynne Schickert	W60	72.25
Roger Walsh	M55	31.24	Frank Smith	M60	40.01	Allan Jennings	M60	72.26
Dick Blom	M65	32.09	Neil McRay	M45	40.27	Ray Bruce	M60	75.23
Mike Johns	Vis	33.19	Doug Ashfield	M45	41.48	Allen Pomery	M70	82.18
Kerry Jones	W45	33.20	Ivan Pilton	M55	41.49	Glyn Genin	Vis	84.20
Helen Reece	W45	34.13	Brian Damby	M50	42.20	Hilary Genin	Vis	89.31
Wendy Clements-Green	W55	34.15	Seamus Gernon	Vis	43.15	<b>CREDIT CARD PAYMENTS</b>		
Colin Smith	M35	34.49	Wayne Bates	M65	44.18	Please note that after discussions with BankWest we have withdrawn the 5% fee for payment by credit card.		
Justin Magarath	Vis	37.38	Alen James	Vis	44.26			
Bob Fergie	M65	37.53	Raymond Loly	Vis	44.37			
Arnold Jenkins	M55	38.43	Cameron Seaton	Vis	45.28			
Ray Lawrence	M70	39.26	Vic Waters	M55	45.33			
Phylis Farrell	W55	42.07	Bob Schickert	M60	45.36			
Pierre Viala	M55	42.27	Debbie Burge	W35	46.06			
			Milton Maverick	M45	46.47			
			Brian Foley	M55	47.04			
			Rosa Wallice	W55	47.05			
			Wilf Bamber	M40	47.07			
			Bob Harrison	M60	49.05			
			John Frost	M60	49.27			
			Mitch Loly	M60	51.14			
			Mike Faunge	M60	51.21			
			Margaret Robinson	W60	51.31			
			Brian Hunter	M55	53.53			
			Ann Turner	W65	55.18			
			Jacki Halberg	W55	55.27			
			Margaret Warren	W65	56.41			
			John Smith	M65	56.41			
			Ron Mead	M45	57.48			
			Ken Whistler	M70	61.19			
			Val Millard	W55	61.22			
			Denise Lancaster	W50	62.41			
			Margaret Bennet	W60	64.39			
			Shorty Turner	M65	64.40			

#### 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.

# Track&Field

21-Feb

**200m**

Steve Payne M42 26.9

Campbell Till M44 25.1

Greg Vander Sanden M40 25.1

Richard Parker M45 26.2

Ian Davies M53 29.3

Henry Cortis M55 26.5

Barrie Kernaghan M61 26.1

Bob Schickert M60 30.5

David Carr M69 30.5

Ray Hall M67 36.3

Derry Foley M72 34.7

Jayne Payne W41 32.1

Gillian Young W54 34.5

Lynne Schickert W60 46.5

28-Feb

**400m**

Ian Sanders M42 70.9

Campbell Till M44 57.8

Craig Owens M45 61.3

Henry Cortis M55 59.9

Peter Gare M60 64.9

Barrie Kernaghan M61 60.5

Bob Schickert M60 67.9

David Carr M69 67.5

Gillian Young W54 81.6

**5000m W**

Ivan Brown M56 37.20.1

John Davies M57 29.25.8

John Frost M63 33.50.8

Alan Jennings M62 34.19.1

Ray Hall M67 31.56.4

Derry Foley M71 37.18.3

**60m**

Ian Sanders M42 8.6

Campbell Till M44 8.0

Craig Owens M45 8.0

Warren Davey M51 9.6

Rob Greenhaigh M51 8.3

Henry Cortis M55 8.6

Ros Calnan M60 9.3

Barrie Kernaghan M61 8.6

Jacqui Sanders W35 10.1

Gillian Young W54 10.6

Pat Carr W69 10.6

**1500m**

Jon Wannberg M35 5.22.1

Doug Ashfield M43 5.27.2

Randy Hobbs M40 4.43.9

Ian Sanders M42 7.19.7

David Wilmer M45 5.29.5

Ivan Brown M56 6.49.7

Henry Cortis M55 5.23.5

Henry Cortis M59 5.13.5

Frank Smith M63 6.36.6

John Frost M60 5.10.0

Bob Schickert M69 5.42.7

David Carr W36 6.47.5

Gill Edmonds W35 7.05.6

Jacqui Sanders W54 6.45.3

**5000m**

Jon Wannberg M35 20.57.4

Randy Hobbs M40 18.07.5

Ian Sanders M40 18.29.7

Geoff Gee M45 18.48.7

Warren Davey M51 19.19.7

Murray Tolbert M55 19.04.0

Ed Carroll M60 21.50.5

Peter Gare M60 17.38.6

Robyn Watts W48 23.04.3

Bob Schickert M60 19.11.5

Gillian Young W54 23.57.1

Jackie Halberg W55 24.51.1

Margaret Robinson W63 25.58.7

**Shot**

Ian Sanders M42 6.39

Geoff Gee M45 10.85

Warren Davey M51 8.27

Murray Tolbert M55 10.1

Ed Carroll M60 11.21

Peter Gare M60 9.41

Robyn Watts W48 5.4

**Discus**

Ian Sanders M42 19.05

Geoff Gee M45 31.22

Warren Davey M51 25.51

Murray Tolbert M55 26.49

Murray Tolbert M60 37.83

Ed Carroll M60 38.33

Allen Tyson M75 15.59

Robyn Watts W48 12.88

Pat Carr W69 14.07

**Hammer**

Ed Carroll M42 28.35

Peter Gare M60 15.68

Allen Tyson M75 9.33

Robyn Watts W52 17.74

Robyn Watts W60 12.46

Pat Carr M42 24.39

**100m**

Colin Smith M38 13.7

Steve Payne M42 12.6

Ian Sanders M42 14.3

7-Mar

Greg Vander Sanden

M40 12.1

Craig Owens

M45 12

Warren Davey

M51 14.7

John Davies

M57 16.5

Ray Hall

M67 17.2

Derry Foley

M72 16.7

Jacqui Sanders

W35 15.8

Jayne Payne

W41 15.1

Robyn Watts

W48 17.9

Joanne Stewart

W50 16.6

Gillian Young

W54 16.5

Pat Carr

W69 16.4

**800m**

Colin Smith

M38 3.03.7

Jon Wannberg

M35 2.31.2

Ian Sanders

M42 3.02.1

Ian Davies

M53 2.17.7

Frank Gardiner

M51 3.08.1

Henry Cortis

M55 2.19.9

Jim Riddell

M60 3.36.5

Bob Schickert

M60 2.27.0

**2000m W**

Tom Lenane

M45 12.09.8

John Davies

M57 11.25.7

Barbara Blurton

W50 2.19.1

Gillian Young

W54 3.08.3

**Triple J**

Steve Payne

M42 10.63

Ray Hall

M67 12.24.5

Allen Tyson

M75 16.43.1

Gill Edmonds

W60 13.41.4

Robyn Watts

W71 14.16.9

**Triple J**

Steve Payne

M42 10.63

John Davies

M57 7.52

Derry Foley

M72 6.99

Gill Edmonds

W36 8.46

Robyn Watts

W48 6.05

Lynne Schickert

W60 5.64

Pat Carr

W69 6.2

**3000m**

Jon Wannberg

M35 11.45.9

Doug Ashfield

M43 11.19.4

Darryl White

M40 10.30.8

Darryl White

M45 9.55.1

Clive Hicks

M49 10.58

Neil McRae

M50 11.06.8

Gareth Brunt

M53 13.25.9

Ian Davies

M53 10.32.0

Frank Gardiner

M51 12.30.3

Ivan Brown

M56 11.46.8

Frank Smith

M59 10.59.9

Bert Carse

M60 9.55.8

Gill Edmonds

W36 15.02.3

Jacqui Sanders

W35 15.07.4

Gillian Young

W54 13.34.5

Jackie Halberg

W55 14.07.7

**Javelin**

Colin Smith

M38 16.38

Steve Payne

M42 24.51

Geoff Gee

M45 34.41

Warren Davey

M51 25.36

Murray Tolbert

M55 37.44

Bill Harrison

M62 14.56

Bob Fergie

M65 26.71

Derry Foley

M72 12.54

Robyn Watts

W48 8.88

Eileen Hindle

W52 15.58

Lynne Schickert

W60 10.31

Pat Carr

W69 15.46

## Deepwater to Applecross

10/3/02

My first task is to thank all those who helped with this event. As Barrie is typing this little bit of prose he can only remember that he and Pat Ainsworth put out the flags, water etc. The etc meaning unfortunately 2.5 km marker was at 2km mark, or there about. Woops, sorry about that., but at least

Barrie got a rare good time for 5Km. He saw lots of very willing helpers and can not for the life of him remember all their names. So thank you all so much, you have truly not been forgotten.

*Maggie Flanders* (golly, hasn't Maggie got a lovely way with words)

### 5 km Run (aprox)

1 Ian Davies	M50	15.21
2 John Brambley	M60	19.10
3 Paul Buckley	Vis	21.06
4 Helen Reece	W45	21.38
5 Kirt Johnson	M70	22.19
6 Bridgette Carse	W55	22.48
7 Janet Jarvis	W55	25.02
8 Ray Lawrence	M70	25.04
9 Jo Stewart	W50	26.48
10 Mary Heppell	W60	26.57
11 Sue Sweeney	W50	29.41
12 Marg Taylor	W50	29.52
13 Keith Forden	M60	29.54
14 Frank Usher	M75	32.39

11. Keith Atkinson

M45	35.19	76. Jim Sweeney	M55	53.14
M55	35.23	77. Elaine Dance	W50	55.06
M60	35.42	78. Sheila Maslem	W60	55.45
M55	35.49	79. John Bell	M55	1:00:38
M45	35.55	<b>WALK</b>		
M45	36.09	1. John Mison	M50	47.56
vis	36.23	2. Michelle Mison	W50	1:00:39

### WIRELESS HILL 31/3/02

What a great morning it turned out after a little rain during the night. We had a record number of competitors, which was great to see, 105 in all.

A very big thank you to all my dear helpers - Margaret and Brian Bennett, Jacqueline Billington, Dalton Moffett, Bob Cavin, Bob Fergie, Vic Waters, Dorothy Whittam, Pat Ainsworth, Norm and Pat Miller, Rosemary Sheehy and Sue Jones on the hot cross buns and Pierre Viala. Couldn't be done without you.

*Denise Lancaster*

### 4.8K

Darryl White M40 17:17

Lochlan Marr M40 18:38

Ian Davies M50 18:54

Ivan Brown M55 19:59

John Najar M45 20:08

Denise McMorrow W35 20:28

Dave Scott M50 21:41

Simon Mort M45 22:30

Grant Owens M40 22:49

John Ellard M60 23:01

John Brambley M60 23:23

Glenda Laurence W45 24:25

Peter Airey M65 24:39

Paul Buckley M50 24:50

Mike Anderson M50 25:15

Mike Rhodes M55 25:27

Graig Owens M45 26:01

Ray Hall M65 26:25

Sue Bullen W40 27:39

Kirt Johnson M70 28:15

Brigid Carse W55 28:18

Bronwyn Gee W50 28:24

Julie Wood W50 31:51

Lorna Lauchlan W70 37:46

Keith Forden M60 38:09

Merv Moyle M75 43:51

Frank Usher M75 44:39

Glenice Shanahan W75 57:48

### 4.8K Walk

Rex Bruce M60 35:53

Jenny Shillington W40 38:07

Alan Pomery M70 39:54

Patricia Hopkins W55 42:20

Elaine Ellard W60 43:56

Maggie Flanders W65 44:41

Penny Brown W55 44:44

Jeff Whittam M65 45:09

Ernie Moyle M75 48:48

### 5km Walk-(aprox)

1 Allan Jennings	M60	27.53
2 Rex Bruce	M60	39.05
3 Jenny Shillington	W40	30.07
4 Lorna Lauchlan	W70	30.10
5 Jacqueline Billington	W55	30.41
6 Dorothy Whittam	W65	31.26
7 Alan Pomery	M70	32.43
8 Patricia Hopkins	W55	33.47
9 Christine Pattinson	W45	34.18
10 Jeff Whittam	M65	36.08
11 Barrie Thomsett	M60	36.10
12 Ernie Moyle	M75	37.46
13 Judy Hill	M50	38.02
14 Merv Moyle	M75	39.06
15 George Schaefer	M65	39.07
16 Gareth Gorman	M55	50.22

48. Don Pattinson

49. Brian Danby

50. John Dance.

51. Christina Rampotos

52. Irene Ferris

53. Kerry Jones

54. Vic Beaumont

55. Ray Hall

56. Sue Bullen

57. Wendy Duncan

58. Sara Kenedy

59. Ann Turner

60. Paul Martin

61. Bob Sammells

62. Vioc Waters

63. Ron Mead

64. Pam Toohey

65. Val Millard

66. Laurie Collett

67. Joan Pellier

68. Roma Barnett

69. Denise Lancaster

70. Kris Adrian

71. Arnold Jenkins

72. Ivan Pilton

73. Shorty Turner

74. Margaret Bennett

75. Phyllis Farrell

### 8km RUN & WALK (exactly)

1 Bert Carse	M60	30.28
2 Trevor Robertson	M45	30.38
3 Jim Langford	M55	31.45
4 Chris Shenton	vis	32.13
5 Neil McRae	M45	32.19
6 Fayaz Jamal	vis	32.29
7 Simon Jawichre	M35	33.07
8 Cameron Seaton	vis	34.36
9. John Najar	M45	34.39
10. Frank Smith	M60	34.47

66. Laurie Collett

67. Joan Pellier

68. Roma Barnett

69. Denise Lancaster

70. Kris Adrian

71. Arnold Jenkins

72. Ivan Pilton

73. Shorty Turner

74. Margaret Bennett

75. Phyllis Farrell

Continued on next page

9.5K	(Wireless Hill continued)		3P's Run 14 April 2002		Vis	46.56	
Chris Maher	M45	36:09	A warm and sunny day saw 114 runners	Marion Jones	M55	48.38	
Chris Frampton	M35	36:21	and walkers do the Point Walter to	Arnold Jenkins	M60	48.55	
Trevor Robertson	M45	36:57	Applecross Tennis Club 16k, 8k and 5k	Bob Fergie	W50	52.29	
Warren Gee	M50	37:06	course. Ian Davies (M50) and Bridget Carse	Julie Wood	W55	52.30	
Bjorn Dybdahl	M45	37:30	(W55) were the 5k winners. Troy Kelly	Phyllis Farrell	Ray Lawrence	53.15	
Ralph Henderson	M50	37:37	(M30) and Denise McMorrow (W35) were	Tom Albury	Vis	59.03	
Jim Klinge	M55	39:21	the 8k winners and Trevor Robertson (M45)	Sheila Maslen	W60	60.04	
John Allen	M40	39:36	and Irene Ferris (W50) were the 16k	<b>16K Run</b>			
Colin Chisholm	M35	39:51	winners. Of the walkers, Lesley Romeo and	Trevor Robertson	M45	63.40	
Neil McRae	M50	39:52	Barrie Thomsett were the 5k winners, Paul	Bert Carse	M60	65.00	
Gareth Brunt	M50	40:31	Martin (M60) and Jenny Shillington were	Warren Gee	M50	67.15	
Simon Jawichre	M35	40:37	the 8k winners and John and Michele	Chris Frampton	Vis	65.56	
Ivan Pilton	M55	41:16	Mison were the 16k winners.	Jim Klinge	M55	67.23	
Bob Thomson	M50	41:45	Congratulations all. Many thanks to my	Lachlan Marr	M40	67.51	
David Muir	M55	41:57	helpers: Jeff Spencer, Bev Thornton, Mike	Gareth Brunt	M50	69.20	
Brian Danby	M50	42:18	Spratt, Bob Schickert, Barry Millard, Gill	John Pressley	M55	69.42	
Keith Atkinson	M45	43:25	Edmonds, Kathy Avery, Brian Foley, Lynne	Wayne Robinson	M45	71.56	
Johan Hagerdoorn	M55	43:48	Schickert and especially Maureen Pomery	David Muir	M55	74.01	
Gary Fisher	M45	44:30	for recording.	Brian Danby	M50	74.01	
John Mack	M60	45:07		Akos Gyarmathy	Vis	77.42	
Debbie Burge	W35	45:16	<b>5K Run</b>		Johan Hagedoorn	M55	78.39
Gillian Young	W50	46:39	Ian Davies	M50	18.43		
Bob Sheehy	M55	46:48	John Najar	M45	20.56		
Rod Tinniswood	M50	47:50	Dave Scott	M50	21.55		
Syd Beer	M55	47:58	John Frost	M60	23.03		
Mick Miletic	M50	48:21	Henry Cortis	M55	23.25		
Delia Hendrie	W45	48:27	John Brambley	M60	23.34		
Geoff Mullins	M55	48:28	Peter Airey	M65	24.18		
John Frost	M60	48:56	Barry Audsley	Vis	26.44		
Mitch Loly	M60	49:12	Simon Cummerford	Vis	27.26		
Julie Keeley	W35	49:13	Jim Barnes	M55	27.59		
Bob Sammells	M65	49:18	Bridget Carse	W55	28.45		
Shirley Bell	W50	49:55	Alison Aldrich	W55	30.19		
Brian Smith	M60	49:58	Bronwyn Gee	W50	31.23		
John Dance	M50	50:27	Kirt Johnson	M70	32.08		
Paul Lewis	M55	51:15	John Stone	M45	32.08		
Roger Walsh	M55	51:39	Janet Jarvis	W55	33.01		
Don Pattinson	M45	52:50	Brian Aldrich	M70	34.00		
Margaret Robinson	W60	53:56	Merv Moyle	M75	34.21		
John Smith	M65	55:14	Keith Forden	M60	34.22		
Jeff Spencer	M60	55:15	Rosa Wallis	W55	34.42		
Vic Beaumont	M70	55:45	Mary Heppell	W60	35.14		
Christina Rompotis	W40	55:55	Glenice Shanahan	W75	62.48		
Jackie Halberg	W55	55:59	<b>8K Run</b>		Joan Pellerier	W60	1:47.22
Margaret Warren	W65	56:12	Troy Kelly	M30	29.00		
Wendy Duncan	W50	56:22	Jim Langford	M55	30.08		
Merv Jones	M60	56:33	Bernard Mangan	Vis	30.52		
Ron Mead	M45	58:05	Darryl White	M40	31.03		
Pam Toohey	W55	58:58	Colin Chisholm	M35	32.31		
John Bell	M55	61:25	Denise McMorrow	W35	35.06		
Val Millard	W55	61:41	Robert Roll	M55	35.10		
Elaine Dance	W50	65:56	Alan James	Vis	36.12		
<b>9.5K Walk</b>			John Mack	M60	36.23		
John Mison	M50	64:50	David Corben	M45	36.31		
Paul Martin	M60	64:52	John McShane	Vis	36.59		
Michelle Mison	W50	74:31	Debbie Burge	W35	37.33		
Chris Pattinson	W45	82:30	Gillian Young	W50	39.17		
<b>Visitors</b>			Anthea Cumferford	Vis	39.44		
Phil Bailey	4.8K	22:24	Roxanne Corbin	W35	40.16		
Troy Kelly	4.8K	17:17	Bob Sammells	M65	40.42		
Linda Sullivan	4.8K	22:42	Dee Hains	Vis	41.21		
Alan James	4.8K	23:31	John Ellard	M60	42.55		
Paul Odim	9.6K	36:07	Margaret Robinson	W60	43.18		
Paul Leach	9.6K	38:14	Damien Hanson	M45	43.25		
Edward Nugent	9.6K	41:49	Christina Rompotis	W40	43.34		
Raymond Loly	9.6K	43:06	Michael Anderson	M50	43.56		
Robert Roll	9.6K	44:00	Mike Rhodes	M55	44.48		
Phillip Francke	9.6K	49:02	Steffi Huessi	W55	45.49		
Sara Kennedy	9.6K	56:24	Jackie Halberg	W55	45.52		
Dorothy Blake	4.8KW	57:58	Stan Lockwood	M70	46.38		

## MEMBERSHIP RUN

7/4/02

Weather ideal with light rain and no wind. A new course which everyone seemed to like so we will stay with it.

77 took part and enjoyed a dry breakfast under the pergola.

Thanks to my helpers, Christine and Bob Pattinson, Jacqueline Billington, Val Wheeler, Sue Danby, Kevin and Marie.

See you all next year. *Brian Danby*

### 5.3K Run

Ian Davies	M50	19:58
Dave Scott	M50	22:47
Brian Foley	M55	24:45
Adrian Damiani	M50	25:09
Peter Airey	M65	25:56
John Ellard	M60	26:19
Liz Duffield	W45	27:08
Wendy Clements-Green	W55	27:25
Mike Anderson	M50	27:35
Ray Hall	M65	28:32
Hold Jenkins	M55	29:20
Bob Fergie	M65	29:29
Brigid Carse	W55	29:42
Jo Stewart	W50	35:28
Rosa Wallis	W55	37:50
Marg Taylor	W50	42:06
Frank Usher	M75	47:29

### 5.3K Walk

Michele Mison	W50	39:32
Jenny Shillington	W40	42:48
Elaine Ellard	W60	46:04
Patricia Hopkins	W55	46:10
Maggie Flanders	W65	46:26
Jeff Whittam	M65	48:59
Ernie Moyle	M75	51:35
Rex Bruce	M60	51:37
Norm Miller	M70	56:04

### 11K Run

St Carse	M60	42:37
Darryl White	M40	42:58
Jim Langford	M55	43:28
John Allen	M40	44:25
Neil McRae	M50	44:45
Colin Chisholm	M35	44:46
Gareth Brunt	M50	44:48
John Najar	M45	47:25
Mike Karra	M35	48:06
David Muir	M55	48:14
Robert Roll	M50	48:29
Vic Waters	M55	49:21
Gary Fisher	M45	49:31
Johan Hagedoorn	M55	49:43
Geoff Mullins	M55	50:11
John Mack	M60	50:45
Debbie Burge	W35	51:28
Milton Maverick	M45	51:39
Mike Khan	M55	51:48
John Pellier	M60	52:14
Gillian Young	W50	52:33
Simon Mort	M45	52:35
Grant Owens	M40	52:59

Nick Miletic	M50	53:22	Elaine Dance	W50	69:34
Keith Atkinson	M45	53:38	Val Millard	W55	69:59
Craig Owens	M45	53:48	Margaret Bennett	W60	71:30
John Frost	M60	54:05	Sheila Maslin	W60	76:54
Rod Tinniswood	M50	54:07	Phyllis Farrell	W55	76:55
Dick Blom	M65	54:41	<b>11.0K Walk</b>		
Graham Thornton	M60	55:23	Wendy Spencer	W55	101:23
Bob Sammells	M65	57:02	Jacqui Beaumont	W65	101:23
John Dance	M50	57:29	Alan Pomery	M70	101:23
Mike Spratt	M55	60:17	<b>9.0K ?Walk</b>		
Kerry Jones	W45	60:48	John Mison	M50	52:17
Vic Beaumont	M70	62:08	Paul Martin	M60	52:17
John Smith	M65	62:46	<b>Visitors</b>		
Sue Bullen	W40	62:50	Phil Bailey	5.3KR	24:27
Paula Karra	W30	63:28	Jenny Linton	5.3KW	42:49
Jeff Spencer	M60	63:39			
Pam Toohey	W55	69:22			

## BIRTHDAYS

### Happy Birthday to our May Members

Arnold	Jenkins	01.05.1944	58	remains M55
Maree	Creighton	02.05.1950	52	remains W50
John	Gilmour	03.05.1919	83	remains M80
Victor	Waters	03.05.1944	58	remains M55
Michael	Anderson	07.05.1948	54	remains M50
Patricia	Miller	07.05.1938	64	remains W60
Vicente	Carrero	11.05.1942	60	becomes M60
Mike	Spratt	11.05.1945	57	remains M55
Snow	McSwain	12.05.1959	43	remains W40
Bernadette	Height	13.05.1957	45	becomes W45
Colin	O'Sullivan	13.05.1955	47	remains M45
Aldo	Giacomin	14.05.1936	66	remains M65
Jo	Penkin	14.05.1963	39	remains W35
Ray	Lawrence	15.05.1928	74	remains M70
Jim	Riddell	15.05.1939	63	remains M60
Christine	Wheeler	16.05.1954	48	remains W45
Paul	Hughes	17.05.1952	50	becomes M50
John	Pressley	17.05.1945	57	remains M55
David	Brown	18.05.1947	55	becomes M55
Keith	Rimmer	18.05.1942	60	becomes M60
Stan	Latchford	19.05.1941	61	remains M60
Alan	Pomery	19.05.1931	71	remains M70
Glenice	Shanahan	20.05.1924	78	remains W75
Peter	Gare	21.05.1940	62	remains M60
Gareth	Gorman	22.05.1946	56	remains M55
Steffi	Heussi	22.05.1944	58	remains W55
Maria	Hart	23.05.1952	50	becomes W50
Valerie	Tyson	23.05.1921	81	remains W80
Dave	Wyatt	23.05.1951	51	remains M50
Judi	Hill	24.05.1948	54	remains W50
Leo	Hassam	25.05.1930	72	remains M70
Trevor	Scott	25.05.1959	43	remains M40
Mike	Flood	26.05.1953	49	remains M45
Joe	Brennan	27.05.1921	81	remains M80
David	Willmer	27.05.1954	48	remains M45
Robin	Maciver	28.05.1941	61	remains M60
John	Mison	28.05.1947	55	becomes M55
Paul	Slyth	29.05.1942	60	becomes M60
Roxanne	Corben	30.05.1962	40	becomes W40
Erica	Mercer	30.05.1943	59	remains W55
Roger	Walsh	30.05.1943	59	remains M55
Bruce	Wilson	31.05.1945	57	remains M55



**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

### Club Singlets:

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

Contact Maggie Flanders: 9314 7556

### 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.

## Symbol Codes

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



**Road Running Championships**  
**Road Walking Championships**  
**Cross Country Event**

## Training Groups

Saturdays	09.00	Perry Lakes Stadium from 27 Apr to 28 Sep Second and fourth of month only
Mondays	18.00	Point Walter (WAMC)
Tuesdays	08.00	Perry Lakes Stadium
Tuesdays	17.00	Saw Avenue, Kings Park

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## 2002-2003 Program of Events

Office Bearers	
Patron	Bill Hughes
President	Bob Sammells
Vice President	Lynne Schickert
Secretary	Bob Schickert
Treasurer	Paul Hughes
Committee	John Smith
Committee	Maggie Flanders
Committee	Keith Atkinson
Committee/Editor	Rod Tinniswood
	email: tinniswoodr@sundaytimes.newsld.com.au
Handicapper	Graham Thornton
Statistician	Katrina Spilsbury
AAWA Registrars	Val Prescott
Auditor	David Carr
	John Mison

## 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 will be held each week. The 2001-2002 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 Veteran in August or September 2002. A fee of \$2.00 per person per night will be payable.

## National Track and Field Championships

Perth, Western Australia, Easter 2003

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

## WA VETERANS ATHLETIC CLUB

## 2002-2003 PROGRAM

Visitors welcome to all events. Visitors fee \$5.00									
2002	Date	Event	Distance	Venue	Start	Director	01 Sep	Millers Run	14K/8K
05 May	Weir RRC RWC	10K/5K 10K 5K	Kent St Weir Wilson	08.00 P Farrell & G Brunt T	McCallum Park Vic Park	08.00 N & P Miller	05 Jan	Reabold Park CC10K/6.6K Walk	Perry Lakes Dr Floreat
12 May	Andy Wright	10K/5K	Aquinas College Mt Henry Rd, SALTERS PT	08.00 L Hassam H M	Garvey Park Fauntroy Ave, Redcliffe	08.00 A Leggett	12 Jan	East Perth	7K
19 May	Tompkins Park	9K/5K	Tompkins Park Dunkley Ave Alfred Cove	08.00 L Marr H	Point Reserve North Rd, Bassendean B	08.00 J Billington	19 Jan	Friendship with WAMC	12.2K/6.1K Kings Park
26 May	University & Back RRC RWC	15K/8K 15K	McCallum Pk Taylor St Vic Park	08.00 G Fisher T M	Pony Club Jon Sanders Dr, Herdsman Lake M	08.00 J & D Whittam	26 Jan	Point Walter	11K/6.2K Point Walter Bicton
02 Jun	Bardon Bash	10K/5K	Bardon Park Bardon Pl, Maylands	08.00 B & M Bennett	McCallum Pk	08.00 I Brown H M T	02 Feb	South Perth Fiesta 8K/4K Park, Esplanade, S Perth	07.00 J & M Mison M
09 Jun	Joondalup	11.2K/5K	Neil Hawkins Pk Boas Ave, Joondalup	08.00 M & M Warren	03-Oct Track & Field Commences (See separate program in Vetrus)		09 Feb	Age-Graded Event Walk	8K 5K
16 Jun	Deepwater Point RWC	16K/7.2K	Deepwater Pt The Esplanade, Mt Pleasant	08.00 D Moffett	06 Oct Dam-to-Dam	8K Hardinge Park 08.00 J & P Hill	16 Feb	Deadly Medley Teams Relay Run	8K/4K 12K
23 Jun	Around Herdsman	8K/4K	Pony Club Jon Sanders Dr, Herdsman Lake	08.00 J & M Langford F & G Gardiner M T (Walk)	13-Oct Wild Flower (Public Invitation Run)	10K/5K Hale Oval 08.00 D Willmer & R Timmswood	23 Feb	Applecross Jetty 8K/5K	Deepwater Pt Mt Pleasant
30 Jun	25K RRC	25K/10K	McCallum Pk Vic Park	08.00 D & D James T M	20 Oct Guess Own Time CC	8K Hardinge Rd, Bickley Brook	16 Mar	Deadly Medley Teams Relay Run	8K/4K 12K
07 Jul	Darlington Dash	16K/8K	Darlington Park Pine Toe, Darlington	08.00 D & D James	Road Walk	6K Kings Park 08.00 B T	02 Mar	Mt Lawley Circuit 7.5K	Yokine Res Wordsworth Ave, Menora
14 Jul	Perth Marathon & Relay	WAMC Club Rooms Resort Dr, Burswood	WAMC	08.00 M Maverick M C	Road Walk	12K Kings Park 08.00 V Waters	09 Mar	Teddy Birds Picnic 15.6K/7.8K Walk	07.00 M Flanders & P Ainsworth
21 Jul	Mill Point Road Championships RWC	10K	McCallum Pk Vic Park 10K	08.00 M Maverick M C	27 Oct Bibra Lake	12K/6K Progress Drive Bibra Lake	16 Mar	3Ps	07.00 M Flanders & P Ainsworth
28 Jul	Club Cross Country Championships	8K	Jorgensen Park Crescent Rd, Kalamunda	09.00 Committee M C	03 Nov RIB Run	9K/5K Lake Gwelup 07.30 Roma, Irene and Brian	16 Mar	10K/6K Hamer Park Woodsome St, Mt Lawley	07.30 A Jennings H M
04 Aug	Sharks	10K/5K	John Tonkin Pk Riverside Rd, East Fremantle	08.00 P Martin	10 Nov Mosman Park	10K/5K Perrott Reserve 07.30 P & S Hughes McCane St	23 Mar	Lake Monger 10K/6K/3K	07.30 T Robertson
11 Aug	Club Half-Marathon Walk	21.1K/11K	Burswood Park Resort Drive	08.00 B Sammells	17 Nov Pelican Point	7K/5K Pelican Point Res 07.30 Australia II Dr, Crawley	30 Mar	Membership 10K/6K Burswood	07.30 V Millard
18 Aug	State Cross Country Championships	10K/5.2K	Saw Avenue Kings Park 6K	08.00 W Gee & R Henderson C	24 Nov Safety Bay	10K/5K Foresore Reserve 07.30 Cnr Malibu Rd / Safety Bay Rd	06 Apr	Wireless Hill 10K/5K Almondbury Rd	08.00 D Lancaster
25 Aug	City to Surf				01 Dec Canning Caper	10K/6K Riverton Bridge 07.00 K Atkinson Fem Rd, Wilson H	13 Apr	Pagoda Walk 16K	08.00 J Halberg M
					08 Dec Lakes Age Graded	8K 6K Hockey Pavilion 07.00 J Bell Off Perry Lakes Dr, Floreat	18-21 Apr	Australian Masters National Track & Field Championships	08.00 J Halberg Committee
					15 Dec Coogee Beach	9K/5K Cockburn Rd 07.00 R Hall Coogee	27 Apr	Reabold Hill CC 8K/5K Walk	08.00 D Blom Floreat
					22 Dec Christmas Gift	6K/4K McCallum Pk Vic Park	01 May (Thurs)	Track Handicap 10K UWA Sports Pk Mt Claremont	19.00 D & J Whittam B T
					26 Dec Boxing Day	8K/4K Yokine Reserve 18.00 B Thomsett			
					29 Dec Banks	9.3K/6.4K McCallum Pk Vic Park			

Please check your Vetrun for late Program changes.