



November 2002

Number 346

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 Vetrun: See panel page 2 • Website: www.netprojex.com.au/wavac

Telstra Australian Masters Athletics Championships Perth, 18-21 April 2003

The full entry form for the forthcoming Championships will be available in the next edition of the Vetrun. It will also be posted on the club's website: www.netprojex.com.au/wavac. To assist members who have offered help during the championships we provide the following details on the program.

Program Schedule

Friday 18 April	Saturday 19 April	Sunday 20 April	Monday 21 April
10,000m	5,000m Walk	5,000m	10km/20km Road Walk
50/100/110 Hurdles	1,500m	100m Champions H/Cap	8km Cross Country
800m	300/400m Hurdles	200m	400m Finals
Pole Vault	2k/3k Steeplechase	400m Heats	4 x 400m Relay
Long Jump	100m	Triple Jump	Throw Champions H/Cap
Shot Put	High Jump	Weight Pentathlon	Weight Throw
Javelin	Discus	4 x 100m Relay	Pentathlon
Coaching Forum	Hammer	Dinner Cruise and Awards	
	Athletes Forum		

Venues

Track and Field	Perry Lakes Stadium, Meagher Drive, Floreat. (7K West of Perth CBD)
Road Walks	Perry Lakes Parklands, 500m from Stadium
Cross Country	Perry Lakes Parklands, 200m from Stadium
Athletes Forum	Perry Lakes Stadium
Dinner Cruise and Awards	MV James Stirling, Barrack St Jetty, (Old Perth Port), 6.30 for 7.00 pm. Return 10.00 pm.

Two highlights of the program are the Coaching Forum and the Athletes Forum which are open to all competitors and officials to attend.

The one-hour Coaching Forum will have 3-4 speakers who will provide an overview on training strategies for sprints, middle distance or throws, eg. how to run faster, training periodisation, starting techniques, peaking, specific strength training, speed through the circle, jumping for power etc. Other subjects such as nutrition, mental

conditioning and motivation may also be discussed.

The Athletes Forum provides an opportunity for competitors to hear and participate in discussion on masters athletics issues and receive information on forthcoming major events.

The Dinner Cruise on Sunday evening will be a great opportunity for WAVAC members to meet interstate and overseas competitors.

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• Herdsman's Lake • Dam To Dam
• Wildflower Run

RACE RESULTS RECORDING SYSTEM

Earlier this year the Club purchased a laptop for use in next year's National Championships. It was trialled successfully at our State Championships in March and has since been used to record finishers and times at some of our Sunday morning events.

The objects of this Excel-based system are to

1. reduce queuing times at the recording table with a simplified and shorter recording operation,
2. improve Vetrun quality with accurate reporting of members' names and age groups in consistent report layouts, and
3. reduce handling times for the Vetrun Editor.

As many members now know, membership numbers are an integral feature of the system. These have not been published in the Vetrun as the list would run to five pages, a waste of valuable space. Nor have chest numbers been issued as it was felt that wearing them may have impaired the free-and-easy atmosphere that we all enjoy each Sunday. Instead, we ask that you find out what your number is and remember it.

The membership list is available at the recording table every Sunday. Reference the list, preferably before the event, and remember your number, scribble it on a palm, or whatever.

Finally, the laptop will only be used when there is a rostered helper who is familiar with the recording system. Many copies have already been issued and anyone else interested should supply Bob Sammells with a diskette or contact him at bobsammells@bigpond.com.au to receive a copy via email.

Principal Sponsor



Local Supporters

BP Refinery (Kwinana) is located in WA's premier industrial centre 50km south of Perth. The refinery produces fuels including LPG, petrol, jet fuel and diesel, as well as bitumen. BP plays an active role in the community by supporting local schools, non-profit organisations and sporting groups. We are proud to support the 2003 Australian Masters Athletics Championships in Perth.



The 2003 Telstra Australian Masters Athletics Championships is also supported by Healthway to promote the BE ACTIVE EVERY DAY health message.

BE ACTIVE EVERY DAY



On the Run



The role of the Club Statistician is to keep Club and State records as up to date as possible and to ensure that claims made by Western Australians for Australian and World Records are lodged with the correct organisations. Club members may not be aware that the WAVAC keeps records for a wide variety of events as listed below. However, with such a long list of events and over 350 members competing at different venues and changing age groups, it is a difficult job for the statistician to keep all records up to date without the help of those record-breaking club members. If you think you might be a potential record breaker the best thing to do for

Sunday morning events:

1. Get hold of the current records for your event and age group. I can send anyone a copy of the records broken down by specific events and age groups.
2. Warn officials that you think you might have a chance at breaking the record for your event. This gives the officials a chance to get a second watch started for you just in case something goes wrong with the big clock.
3. If you do think you have broken the record the best thing to do is to send a letter or email me with the date, age group, time (both watches if possible), event name, race director and where it was held. Alternatively, you could ring me to let me know and I will keep a special look out for your event in the Vetrin.
4. Be aware that records are only accepted if the event is known to have an accurately measured race distance.

Track and Field Events:

1. As above
2. As above and for Australian and World records be aware that wind gauges, time keepers lap scorer sheets and steel measuring tapes may be needed.
3. If you think you have broken a Club or State record you can send a letter detailing the time, place, record as above for Sunday morning events. If

How to Claim a Record

By Katrina Spilsbury

you think you may have broken an Australian or World Record you need to ensure that an official record claiming form is completed and signed by relevant officials and forwarded to me. Record claiming sheets will be available at Thursday evening track and field competitions and can be made available to individuals if requested.

Katrina Spilsbury

Club Statistician

3/7 Gerald St, Como WA 6152

email: skatrina@dph.uwa.edu.au

ph: 9313 3943(h) 9380 8501(w)

Events for which records are kept by WAVAC include:

60 Metres	3000 Metres Walk
1 Mile	3000m
1 Mile Walk	35 Kilometres Road Walk
10 Kilometres Road Run	4 x 100 Metres Relay
10 Kilometres Road Walk	4 x 200 Metres Relay
10 Miles Road Run	4 x 400 Metres Relay
10 Miles Road Walk	4 x 800 Metres Relay
10,000 Metres	40 Miles Road Run
10,000m Walk	400 Metres
100 Kilometres	48 Hours
100 Kilometres Walk	50 Kilometres
100 Metres	50 Kilometres Road Walk
100 Miles	50 Miles
100 Miles Walk	50 Miles Walk
1000 Metres	500 Kilometres
1000m Walk	500 Miles
12 Hours	5000 Metres
15 Kilometres Road Run	5000 Metres Walk
15 Kilometres Road Walk	6 Days
15 Miles Road Run	8 Kilometres Road Walk
15,000m	800 Metres
150 Kilometres	8000m Walk
150 Kilometres Walk	Decathlon
1500 Metres	Discus
1500m Walk	Half Marathon Road Run
16 Kilometres Road Run	Hammer
16 Kilometres Road Walk	Heavy Weight Throw
16,000m Walk	Heptathlon
20 Kilometres Road Run	High Jump
20 Kilometres Road Walk	Hurdles
20 Miles Road Run	Javelin
20 Miles Road Walk	Long Jump
200 Kilometres	Marathon
200 Metres	One Hour
200 Miles	One Hour Walk
2000 Metres Walk	Pentathlon
24 Hours	Pole Vault
24 Hours Relay	Shot Put
24 Hours Walk	Steeplechase
25 Kilometres Road Run	Triple Jump
25 Kilometres Road Walk	Two Hours Walk
250 Kilometres	Weight Pentathlon
30 Kilometres Road Walk	
300 Kilometres	

Back issues of Vetrin

If there is a back issue of Vetrin 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.

Athletica Season

Club members are invited to register with Athletica. All track meetings are at Perry Lakes Stadium. The fee of \$55 also covers the winter cross country and Road events. There is also a fee for each competition day.

Athletes should find the Athletica programme a valuable part of their preparation for the Telstra Australian Masters next Easter.

If you are unsure, take advantage of Athletica's "bring-a-buddy" policy. Registered athletes can bring a friend along to one meeting.

THE FIRST FOUR DAYS ARE:

Sunday 27 October 9am-10am

Sunday 10 Nov 9am - 10am

Saturday 16 Nov 3pm-6pm

Friday 22 Nov 5pm-6pm

Chest numbers will be issued on Oct 27

Athletica is always in need of officials and helpers. This would be good practice for the many Vets who are assisting at Easter.

Contact David Carr (93398298) for Athletica matters.

Telstra A Series (Formerly Grand Prix) Saturday 8th February

The programme will again include a 400m handicap for men 40+ or Women 35+. This is a very popular event with competitors and spectators. Competitors receive entrance ticket and meal.

Expressions of interest to Bob Schickert or David Carr.

It's 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

New Members

A warm welcome to the new members approved at the committee meeting on October 16, 2002.

Craig McGowan	6/9/1968
Christine Petersen	22/3/1953
Michael Andrews	15/2/1963
Lil Heatly	8/6/1928
Beryl Hamilton	12/2/1965
Wayne Taylor	22/4/1959
Troy Lundgren	7/12/1952

On behalf of the Australian Masters Athletics Association Inc, Queensland Masters Athletics will conduct the second National Multi Event Championships during the 2002/2003 summer season.

AUSTRALIAN CHAMPIONSHIPS DECATHLON AND HEPTATHLON

For registered masters/veterans athletes 30 years plus

WHERE: State Athletics Centre, Kessels Road, Nathan, Brisbane
WHEN: 22nd/23rd February, 2003
COST: \$35.00 (Cost includes daily ground fees (2 x \$5.00), lunch (2 x \$5.00), QMA administrative fee \$5.00, National levy \$5.00 and medal cost/presentation \$5.00)
EQUIPMENT: A number of poles will be available for use. Size of spikes: 7mm for track and horizontal jumps. 9mm for high jump and javelin

ENTRY: Entries to be sent to Queensland Masters Athletics, P.O.Box 564, Rochedale, Queensland 4123

Entries close on 7th February 2003.

Email: secretary@mastersathletics.com.au

Website: www.mastersathletics.com.au

TIME: 8.30am Men sign in by 8.00am Saturday 22nd February
9.00am Women sign in by 8.30am Saturday 22nd February

DAY ONE:	<u>Decathlon</u> 100m Long Jump Shot High Jump 400m	<u>Heptathlon</u> Sprint Hurdles High Jump Shot 200m
DAY TWO:	Sprint Hurdles Discus Pole Vault Javelin 1500m	Long Jump Javelin 800m

ACCOMMODATION

Robertson Gardens Plaza Hotel & Villas
281 Kessels Road, Robertson
Ph: (07) 3875 1999
E-mail: robguard@powerup.com.au

Dress Circle Mobile Village
10 Holmead Road, Eight Mile Plains 4113
Ph: (07) 3341 6133

Sunnybank Hotel
275 McCullough Street, Sunnybank
Ph: (07) 3345 1081

Sunnybank Star Motel
223 Padstow Road, Eight Mile Plains 4113
Ph: (07) 3341 7488

Several Queensland Masters Athletics members have offered to provide accommodation at \$20.00 per night. Contact Wilma (07) 3273 5792 or Judy (07) 3341 2251

ENTRY:

Name _____
Age Group _____ Date of Birth _____ Association/Club of Registration _____
Address _____
Post Code _____
Phone _____ Email _____
Payment Details: I enclose a cheque for \$ _____ OR a money order
for \$ _____ OR debit my card \$ _____ Bankcard / Master Card / Visa.
(Please circle appropriate card.)
Cardholder's name _____
Card Number _____ Expiry Date _____
Signature _____
Post to: Multi Events QMA, PO Box 564, Rochedale, Qld. 4123

Busselton Jets Fun Run - Sunday 19 January 2003

Start and finish: base of the Busselton Jetty, in sunny Busselton.

Start time: 7:30 am (all events)

Distances: 10 km run - 5 km run - 5 km walk

Entry Forms: Available by mail or email. (see contact details below).

Course: utilises approximately 3.5 km of road and beachfront footpath along Geographe Bay in Busselton. 5 km runners and walkers travel 2.5 km out on road and return to the start on beachfront footpath. 10 km runners travel out 3.5 km on road and return on beachfront footpath - then go out for another 1.5 km on road finally returning last 1.5 km on footpath.

Course Features: There is probably no prettier sight than Geographe Bay on a calm sunny summer morning. The problems are the distractions of dolphins playing in the sea close to the beach. But for runners the course is flat. In Busselton all courses are flat and this one is the flattest. This gives runners an excellent opportunity to achieve an excellent time. The course has been measured accurately so the times achieved are genuine. A great course for a PB.

Categories: Junior, Open and veteran in both Male and Female. Medallions presented to category winners.

Teams: Perpetual trophy for the LARGEST team - most participants across all categories. Any group wishing to enter as a team is especially welcome. (Get a team together - wear matching T-shirts and show Busselton how good you are.)

Spot prizes donated by local businesses will be drawn immediately following the event. You must be there to win.

Race Director: Ian Watson, Busselton Jets Inc, PO Box 806, Busselton WA 6280 - entry forms available by mail or email

Phone contact: 9752 1853 or mobile 0427 407 305

Email contact: idwatson@netserv.net.au - entry forms available by email

Bunbury Runners Club: The Busselton Jets Fun Run is a Bunbury Runners Club event.

Beneficiaries: The Busselton Jets Fun Run is in aid of local charities. In 2003 the beneficiaries are the State Emergency Service and a local wildlife carer.

Additional Information: The 2002 Fun Run raised \$1,860. Half this money was donated to the Busselton District Hospital to assist them to purchase a foetal heart monitoring unit. The other half was donated to the Activ Foundation to assist with a Special Need Arts Project that enabled local Activ service recipients to create works of art with the guidance of a local artist. I was proud to be invited to the resulting art exhibition and to see such pleasure and achievement in the eyes of the new artists.

Ian Watson

Busselton Jets Fun Run

Date - Sunday 19th January 2003.

Time - 7:30 a.m.

Start - Busselton Jetty - Nautical Lady.

Ph: 9752 1853 mobile: 0427 407 305

email: idwatson@netserv.net.au

Herdsman Lake - 10km and 5km

22/09/02 Jeff & Dorothy Whittam

Once again there was good weather, and cloudy. There were 139 competitors and a few of the regulars who did not want a recorded time.

Our thanks to Vic and Jacqui for arranging the morning tea, and also to those who helped with the rub.

Sorry about the clock, but it ran out of power, even though it was checked before the start.

Fortunately the watch printed out O.K.

The Helpers were Sheila Maslen - Recording, Mike Faunge, Barrie Thomsett - Stop Watch, Nola Metcalf - Drinks, Gordon Metcalf, John Cresp, Bernard Mangan, Stan Lockwood - Numbers, Keith Miller

My thanks to Barrie for typing results (*my Pleasure Jeff, so any mistakes, please forgive, they are not Jeff's mistakes - Barry*)

5Km Run

Bert Carse	1st M	M60	18:24
Ian Davies	2ND M	M55	19:31
Dave Roberts	3rd-M-C/R	M55	20:03
Blakeney Tindall		M40	20:50
Henry Cortis		M55	21:14
Don Caplin		M60	21:50
Simon Mort		M45	22:44
Rod Tinniswood		M50	23:21
Paul Blackley		M50	24:04
Steve Barrie		M60	24:11
John Brambley		M60	24:21
Marg Forden	1stW-C/R	W60	24:23
David Car	C/R	M70	24:33
Shirley Bell	2ndW	W50	24:35
Margar et Langford	3rdW-C/R	W55	24:37
Richard Harris		M65	24:41
John Frost		M65	24:45
Dee Haines		W40	24:47
Robert Sheey		M55	25:00
Bob Cavin		M45	25:35
John Pellier		M60	25:57
Michael Anderson		M50	26:12
W.Clemments Green		W60	26:14
Graeme Neill		M40	26:38
Damien Hanson		M45	26:43
Arnold Jenkins		M55	28:13
Bob Fergie		M65	28:47
Aldo Giacomini		M65	28:52
Merv Jones		M60	29:05
Bronwyn Gee		W50	30:16
Vic Beaumont		M70	30:48
Elaine Dance		W50	31:43
Mary Young		W50	32:32
Jan Jarvis		W55	32:38
Chriss Pattinson		W45	33:21
Rosa Wallis		W55	33:44
Phillis Farrell		W55	36:57
Margaret Taylor		W50	39:17
Frank Usher		M75	43:35
George Shaefar		M65	43:36

Pierre Viala

5Km Walk

David Brown	1st M
Alan Jennings	
Val Millard	1st W
Michelle Mison	
Nola Bending	
Maggie Flanders	
Rex Bruce	
Kylie Mahony	C/R
Leo Hassam	
Ernie Moyle	
Pat Miller	
Liz Chandler	C/R
Pat Ainsworth	
Barbara Bailey	
Jack Bailey	
Norm Miller	
Fred Hagar	

10 Km Run

Chris Frampton	M-C/R
Chris Maher	
Warren Gee	
Bjorn Dyboahl	
Jim Langford	
John Pentecost	
Jim Klinge	
Gareth Brunt	
Bob Schickert	
Frank Smith	
Doug Ashfield	
John Davies	
Rob Roll	
Mike Hale	
Simon Jawichre	
John Pressley	
Mike Karra	
Vic Waters	
Mark Rosen	
Garry Fisher	
Debbie Burge	1st W
John Mack	
Keith Atkinson	
Geoff Mullins	
Wayne Bates	
Keith Miller	
Brian Bennet	
Nick Miletic	
Adrian Damiani	
Brian Foley	
Brian Smith	
Jim Barnes	
Paul Lewis	
Bob Sammells	
Christina Rampotis	
Roger Walsh	
John Dance	
Dan Bending	
Michael Andrews	
4Mike Rhodes	
Laurie Collet	
Rod Wright	
Ann Turner	C/R
Paula Karra	

M55 46:28

M55	34:28
M60	34:30
W55	38:04
W55	38:14
W50	43:07
W65	43:16
M60	43:18
W35	44:56
M70	45:35
M75	46:11
W60	46:24
W30	46:25
W65	46:27
W70	47:06
M75	47:08
M70	47:24
M75	47:47

M35	37:01
M45	37:40
M50	38:20
M45	38:31
M55	38:56
M40	40:21
M55	40:33
M50	41:16
M60	41:59
M60	42:14
M45	42:40
M55	43:40
M55	43:59
M55	43:23
M35	44:49
M55	44:54
M35	44:59
M55	45:06
M50	45:28
M50	45:38
W35	45:47
M60	46:08
M45	46:15
M55	46:34
M55	46:36
M50	47:27
M55	47:36
M50	48:08
M50	48:10
M55	48:26
M60	49:46
M55	50:54
M55	51:20
M65	51:25
W40	51:33
M55	52:19
M50	62:46
M55	53:50
M35	54:41
M55	55:26
M70	55:60
M50	56:10
W65	56:31
W30	57:54

Denise Lancaster	W50	57:56
Pam Toohey	W55	58:25
Sue Lake	W35	59:03
Don Pattinson	M45	1:00:07
Ken Whistler	M70	1:03:38
Margaret Bennett	W60	1:06:28
Shorty Turner	M65	1:06:29
Roma Barnett	W50	1:06:33
Irene Ferris	W50	1:07:05
Jacqueline Billington	W55	1:07:24

10 km Walk

1. Lynne Schickert	C/R	W60	1:14:28
2. Jenny Shillington	C/R	W40	1:21:09

Visitors 5Km Run

Chris Gillard	21:01
Marie Ryan	25:44
Marcia Bargh	27:44
Rebecca Newell	27:46
Mike Prentice	30:11
John Smith	33:53
Amina Ahmed	42:49

Visitors 10 Km Run

Peter Collins	43:10
John Doust	43:40
Sally-Anne Brambley	43:50
Mark Hanna	44:08
Akos Ggyarmathy	45:22
Paul Morris	47:33
Wayne Taylor	48:18
Sian Morris	48:21
Sandra Cloughsy	49:37
Martin Flahive	49:13
Amanda Panizza	50:20
Hilton Swann	50:22
Kym McCoy	50:37
Greg Birch	56:04
John Talbot	1:01:17
Mike Malone	1:02:17
Beryl Doust	1:21:10
Lil Heatley	1:40:00

Ever wondered what Richard Harris is on?

Richard's ROCKET FUEL FOR RUNNERS



2/3 cup of water
1 tspn chicken stock
1 tspn super yeast (or brewers yeast)
dash of hot chilli powder
dash of turmeric
1small panel of chopped red capsicum
1 small piece of chopped celery
1 chopped spring onion
dash of black pepper
tspn of celtic salt (sea salt)
**1/2 tspn butter
Seethe (boil) all this then add 1/3 cup of coarse polenta
Add it gradually and stir
It will thicken and solidify in about 2 mins
**Then add the butter

Dam to Dam *Bickley Brook*

6 October 2002 *Chris Coates*

Proof again, that the Good Lord looks after the righteous. After wild weather on the Saturday and early Sunday, conditions tamed remarkably for the time the 46 runners were out on the course.

Thanks to my many helpers on the day, and all the committee members and club members for the sound advice and encouragement. *Chris Coates*

8.25K Run

Jim Langford	M55	33:37
Alan Thurlow	M45	36:18
Michael Karra	M35	37:39
David Reid	M50	38:01
Mike Hale	M55	39:25
Geoff Mullins	M55	40:17
John Bell	M55	40:25
Wayne Taylor	M40	40:38
Deborah Burge	W35	40:46
Keith Atkinson	M45	41:17
Julie Keeley	W35	41:28
Robert Sheehy	M55	41:54
Graham Thornton	M60	42:12
Adrian Damiani	M50	42:48
John Frost	M65	42:49
Bob Cavin	M45	43:21
Nick Miletic	M50	43:28
Margaret Langford	W55	43:39
Troy Lundgren	M45	43:44
Barry Audsley	M60	44:28
Colin Smith	M35	44:29
Paul Lewis	M55	44:51
Richard Harris	M65	45:17
Dee Campbell	W45	45:25
Rod Tinniswood	M50	45:41
Christina Rompotis	W40	45:48
John Dance	M50	47:25
Mike Rhodes	M55	48:03
John Ellard	M60	48:51
Paula Karra	W30	49:24
Rhod Wright	M50	50:27
Kristin Adrian	W30	50:50
Pamela Toohey	W55	51:25
Michael Andrews	M35	52:32
Sue Lake	W35	53:7
Valerie Millard	W55	53:11
Jackie Halberg	W55	55:11
Elaine Dance	W50	57:20
Jacqueline Billington	W55	59:11
Sheila Maslen	W60	64:43
Costa Tsesmelis	M50	68:24

8.25K Walk

Ray Hall	M65	65:32
Elaine Ellard	W60	75:45

Apology to Doug Ashfield

In the Personality Profile (October Vetrun) I erroneously quoted Doug as having two 'pet hates'. This is not true as it was a failure on my part to delete a line from a previous profile. *Rod*

Cliff Bould Trophy Race

A virtually perfect morning for the annual Cliff Bould Trophy race, the club's premier handicap event. A good crowd as well, especially considering it was a long weekend. A total of 125 starters, members and visitors, with 75 opting for the main event.

Ivan Brown, the usual race director was away, so I filled in, but the job was made easier as Ivan had got everything organised before he went. There were the usual moans about the handicaps of course, including threats on the life and doubts cast on the parentage of the handicapper! (To no avail though, Graham was at the Donnelly River Camp for the long weekend). He didn't do too bad a job though, the majority of runners finished within 5 min of each other.

The clear winner was Rhod Wright, a comparatively new member, congratulations Rhod.

The results are courtesy of Bob Sammells new computerised recording system. One of its first tryouts, and came through with flying colours (ably operated by Adam Dance, the son of Elaine & John), dealt with people very quickly, which is always a problem, especially in handicap races with everybody finishing close together. It also means that if anything goes wrong now, we can blame the computer! In line with current practice, visitors' times are not reported. I also haven't produced actual times for the 5.2km run event, as some people started on their handicap, and some on scratch (well, either that or I want some of whatever Henri and David are on, as they are faster than the speed of light!!).

No such problems with the walkers, for the 5.2km walk, ably organised by Jeff Whittam, as usual. First home was Elaine Ellard, congratulations Elaine. And again pretty good handicapping, with most finishing within 5 mins.

And last, but by no means least, thanks to the helpers: Mary, Ed, Wayne, James, Alan, and especially Jim Shaw, who stopped in the middle of his walk to help out at the water stop, and Christine Petersen, who finished her event, and then leapt in to help the recorders, and she is not even a member! Join soon, we need more like you!

John Pressley

The Wildflower Run.

13 October 2002. *Hale Oval, Kings Park.*

The Wildflower Run is the only public invitation event on our calendar. It is meant to be the showpiece for the club - the one event of the year that really needs to run smoothly.

Promotional flyers are handed out at City to Surf in the hope that we can attract new members. Our club has a deliberately relaxed way of doing things. We have a no-hype approach that requires a minimal amount of gear. The race director from the previous week hands over a car boot load of paraphernalia to the race director for the following week, and in that way we share the load and have a good run every Sunday of the year. These events are run by volunteers who are often doing a job for the first time, or at least for the first time in a long time. There is no point in presenting false evidence to our prospective members on the Wildflower day. That's how we do things.

Yet in that simple format things can still go wrong, no matter how hard we try.

We were blessed with a lovely spring day that encouraged over 50 visitors and a total of nearly 200 contestants. The course was safe, simple and easy to manage. It was well marked and marshalled, and there was drinking water in abundance.

Thanks as always to all the helpers, and a special mention should go to my wife Christine who backed me up all the way and mopped up after me in the background. Christina Rompotis took control of the new computer system with Bob Sammells, who also forfeited his run to help me lay out the flags and ensure that the computer placing ran smoothly. Richard Harris was also not rostered, but willingly made himself available to be the designated First Aid Officer and then doubled as a marshal. Heather Sanderson was 'dobbed in' by Wendy Duncan, both of whom were not rostered to help but took on the responsibility of the clock timing and place numbers.

We had a hiccup with the hand-held watch but thanks to Brian Foley, Keith Atkinson and Jackie Halberg, some of the lost times were salvaged.

Rob Greenhalgh was assisted by his wife at one of the water tables and Lesley Romeo brought her friend, Lois Smith (not rostered) to help her. Glenda Lawrence was also a willing non-rostered helper and reported dutifully to me on her mobile on the progress of the Magpie terror attacks.

Henri Cortis was a stalwart, as was Adrian Damiani, Simon Jawichre, Tony Heppener and David Scott. Marg Taylor (not rostered) kindly offered her assistance if I needed it, and Arthur Leggett (not rostered) assisted at the admin table.

I'm deeply grateful to all of you for a successful day.

Rod Tinniswood

Cliff Bould Trophy Race 10.4km

Name	Age	Clock	H'cap	Act	Name	Age	Clock	H'cap	Act
Rhod Wright	M45	64:57	4:10	60:47	Elaine Ellard	W60	45:12	3:00	42:12
Paul Buckley	M50	66:20	None	-	Lesley Romeo	W55	46:54	11:00	35:54
Nick Miller	M40	66:54	23:55	42:59	Francis Usher	M75	47:06	None	-
Arnold Jenkins	M55	67:54	5:33	62:21	Lorna Lauchlan	W70	47:26	7:30	39:56
Brian Bennett	M55	68:02	18:43	49:19	Dorothy Whittam	W65	48:51	7:00	41:51
Christina Rompotis	W40	68:26	13:26	55:00	John Bailey	M75	49:32	0:30	49:02
Cedric Turner	M65	68:48	2:36	66:12	Barbara Bailey	W70	49:45	1:00	48:45
Sue Lake	W35	69:07	None	-	Margaret Flanders	W65	49:51	3:00	46:31
Clive Choate	M50	69:15	20:48	48:27	Jeffrey Whittam	M65	49:54	0:30	49:24
Jim Klinge	M55	69:18	26:10	43:08	Ernest Moyle	M75	50:08	0:00	50:08
Darryl White	M40	69:21	27:13	42:08	Alan Jennings	M60	50:46	14:00	36:46
Gary Fisher	M50	69:31	21:30	48:01	Patricia Miller	W60	51:33	3:00	48:33
Michael Anderson	M50	69:40	13:21	56:19	Jennifer Shillington	W40	51:45	10:00	41:45
Laurie Collett	M70	69:45	11:26	58:19	Barrie Thomsett	M60	52:23	6:00	46:23
Nick Miletic	M50	69:47	17:56	51:51	Glenice Shanahan	W75	76:37	0:00	76:37
Denise Lancaster	W50	69:50	6:56	62:54					
Liz Chandler	W30	70:00	9:22	60:38					
Michael Khan	M55	70:02	19:20	50:42					
Adrian Damiani	M50	70:05	19:46	50:19					
Albert Carse	M60	70:06	28:46	41:20					
Mark Rosen	M50	70:16	22:53	47:23					
June Lewis	W50	70:21	7:17	63:04					
Geoff Mullins	M55	70:22	22:37	47:45					
Keith Atkinson	M45	70:27	21:35	48:52					
Michael Andrews	M35	70:29	None	-					
Jim Halliday	M55	70:40	16:38	54:02					
John Dance	M50	70:46	13:52	56:54					
Colin Chisolm	M35	70:48	26:00	44:48					
Mike Hale	M55	70:56	24:58	45:58					
Michael Karra	M35	71:03	24:26	46:37					
Bernard Mangan	M45	71:05	29:07	41:58					
Julie Keeley	W35	71:05	19:30	51:35					
Robin King	W40	71:21	23:55	47:26					
Maree Creighton	W50	71:22	None	-					
Paul Lewis	M55	71:22	16:38	54:44					
Robert Schickert	M60	71:28	26:00	45:28					
Wendy Clements-Green	W60	71:30	12:50	58:40					
James Barnes	M55	71:35	19:46	51:49					
Brian Foley	M55	71:41	20:17	51:24					
Mitch Loly	M60	71:53	15:36	56:17					
Brian Smith	M60	72:01	17:25	54:36					
Gareth Brunt	M50	72:07	26:10	45:57					
Jim Langford	M55	72:11	29:07	43:04					
Bob Cavin	M45	72:20	18:43	53:37					
Blakeney Tindall	M40	72:45	24:47	47:58					
Anne Shaw	W50	72:51	25:29	47:22					
John Frost	M65	73:43	20:01	53:42					
Rod Tinniswood	M50	74:09	20:38	53:31					
Lachlan Marr	M40	74:19	27:44	46:35					
Paula Karra	W30	74:30	13:00	61:30					
Lyn Nixon	W40	74:34	20:06	54:28					
Frank Gardiner	M50	74:35	21:30	53:05					
Irene Ferris	W50	75:09	8:50	66:19					
Margaret Bennett	W60	75:12	6:14	68:58					
Simon Jawichre	M35	75:13	25:44	49:29					
John Davies	M55	75:23	26:10	49:13					
John Pellier	M60	75:42	18:43	56:59					
Margaret Warren	W65	75:59	9:42	66:17					
Elaine Dance	W50	77:02	2:36	74:28					
Mike Rhodes	M55	81:13	16:38	64:35					
Ken Whistler	M70	88:45	11:42	77:03					
5.2km Walk									

5.2km Run

Name	Age	Clock	H'cap	Act
Henri Cortis	M55	0:22:55	22:59	
David Wilson	M45	0:22:56	26:00	
Colin Smith	M35	0:25:23	13:31	
Barry Audsley	M60	0:27:14	13:47	
Dee Haines	W40	0:27:15	19:46	
David Carr	M70	0:27:56	20:48	
Michael Faunge	M60	0:28:32	15:36	
John Ellard	M60	0:30:56	19:04	
Aldo Giacomini	M65	0:31:39	12:29	
Alison Aldrich	W55	0:33:24	1:02	
Rosa Wallis	W55	0:34:37	3:07	
Sheila Maslen	W60	0:36:49	00:00	
Roma Barnett	W50	0:36:54	5:43	
Merv Moyle	M75	0:37:15	12:13	
Ray Lawrence	M70	0:37:16	3:59	
Costa Tsesmelis	M50	0:38:20	1:02	
Phyllis Farrell	W55	0:38:20	00:42	
Pierre Viala	M55	0:38:22	1:02	
Kristin Adrian	W30	0:40:38	9:22	
Marg Taylor	W50	0:41:07	00:00	
Brian Aldrich	M70	0:41:21	11:58	
Dick Blom	M65	0:41:38	15:36	
Robert Sheehy	M55	0:43:33	18:33	
Damien Hanson	M45	0:44:06	16:11	
Richard Harris	M65	0:45:35	19:25	
Ronald Spencer	M60	0:46:24	5:12	
Donald Caplin	M60	0:47:17	24:06	

WHO'S IN THE PHOTOGRAPHY BUSINESS?

A photographer is needed for the Telstra Australian Masters Championships next Easter (18-21 April 2003) at Perry Lakes stadium. The photographer is required over the four days to take action shots and medal presentation photos to sell to competitors. If you know of anyone who has the skills and would be interested, please contact Lynne or Bob Schickert on 9330 3803 or email: schickertl@bigpond.com

Wildflower Run

Kings Park 13 October 2002

Rod Tinniswood

4.9K Run

Ian Davies	M55	18:18
Gaidner Nicholas	VIS	19:09
Bruce Wilson	M55	19:28
Donald Caplin	M60	19:48
Paul Robinson	VIS	20:37
John Najar	M45	20:40
Loly Raymond	VIS	21:37
Colin Smith	M35	22:30
Bryan Hardy	VIS	22:36
Dee Haines	W40	23:17
Dick Blom	M65	23:18
Margery Forden	W60	23:45
Daniel Bending	M55	24:15
Damien Hanson	M45	24:19
John Frost	M65	24:24
Erick Meltzer	VIS	24:25
Michael Anderson	M50	24:26
James Barnes	M55	24:29
Graeme Neill	M40	24:36
Peter Airey	M65	24:54
Wendy Clements-Green	W60	25:10
Michael Faunge	M60	26:01
Ray Hall	M65	26:48
Merv Jones	M60	27:43
Phillip Patterson	VIS	27:47
Aldo Giacomini	M65	28:16
John Talbot	VIS	28:20
Margot Colquitt	W50	28:40
Mike Prentice	VIS	29:19
Bronwyn Gee	W50	29:24
Mary Young	W50	29:45
Alison Aldrich	W55	30:08
Jeff Spencer	M60	30:55
Victor Beaumont	M70	30:57
K Patterson	VIS	31:21
Kirt Johnson	M70	31:35
Elaine Ellard	W60	31:44
Rosa Wallis	W55	31:45
Ray Lawrence	M70	31:55
Rex Bruce	M60	33:45
Phyllis Farrell	W55	33:53
Jacqueline Billington	W55	33:57
Grace Wilmer	VIS	35:14
Keith Forden	M60	35:29
Marg Taylor	W50	37:02
Brian Aldrich	M70	38:52
Ronald Spencer	M60	40:22

9.8K Run

Chris Maher	M50	34:47
Chris Frampton	VIS	34:58
Michael Vujcich	VIS	35:02
Warren Gee	M50	35:49
Darryl White	M40	36:04
Christopher Coates	M45	36:26
Bernard Mangan	M45	36:48
Greg Vander Sanden	M40	37:12
Ralph Henderson	M50	47:15
David Willmer	M45	38:34
Colin Chisolm	M35	38:53
S Clanghessa	VIS	38:57

Gareth Brunt
Frank Smith
Mike Hale
Paul Leach
John Cresp
Michael Karra
Doug Ashfield
Chris Kowalski
Bob McNamara
Su Oliver
Geoff Reynolds
John Davies
Jim Langford
Anne Shaw
David Wilson
Blakeney Tindall
M Flallike
Geoff Mullins
Mark Rosen
Gary Fisher
Graham Thornton
Shane Fitzgerald
Frank Posterivo
Wayne Taylor
Deborah Burge
John Mack
Frank Gardiner
Hollie Marett
John Bell
Michael Khan
Robert Sheehy
Keith Atkinson
Bob Cavin
Nick Miletic
Brian Foley
S Clanghessa
Julie Keeley
Raymond Attwell
H Riddell
Dee Campbell
Frances Casella
Jim Halliday
Troy Lundgren
Kenny Tan
Milton Mavrick
Gill Finlay
George Innes
Mitch Loly
John Dance
Michael Andrews
Karen Riley
Maree Creighton
Paul Lewis
Roger Walsh
John Ellard
Mike Rhodes
Riccardo Caprez
Ann Turner
Paula Karra
Daryl Howe
C Bakeberg
R Bakeberg
John Collins
Don Pattinson
Liz Chandler
Pips Kumjlebew

M50	39:30
M60	39:32
M55	39:45
VIS	39:51
M50	39:55
M35	40:16
M45	40:24
VIS	40:30
VIS	40:36
VIS	40:57
VIS	41:01
M55	41:12
M55	41:17
W50	41:37
M45	41:51
M40	42:10
VIS	42:23
M55	42:24
M50	42:27
M50	42:30
M60	43:14
VIS	43:16
VIS	43:38
M40	
W35	
M60	
M50	
VIS	
M55	44:00
M55	
M55	44:50
M45	
M45	
M50	45:25
M55	45:30
VIS	
W35	
M65	
VIS	
W45	
W50	
M55	
M45	
VIS	
M45	
VIS	
M65	
M60	
M50	
M35	
VIS	
W50	
M55	
M60	
M55	
M55	
M60	
M55	
VIS	
W65	
W30	
VIS	
VIS	
VIS	
M45	
W30	
VIS	54:56

Sue Lake
Arnold Jenkins
Jackie Halberg
Kristin Adrian
Rhod Wright
Margaret Warren
Irene Ferris
Ken Whistler
Valerie Millard
Cedric Turner
Loretta Shillinglaw
Merv Moyle
Elaine Dance
Wietse Van Der Kooi
Shauna Sutherland

4.9K Walk

Vaniz Meltzer	VIS	36:32
Michele Mison	W55	37:06
Heather Patterson	VIS	38:47
Audrey Giacomini	W65	40:48
Patricia Ainsworth	W65	41:28
Liz Duffield	W45	41:29
Barrie Thomsett	M60	41:32
Peterson	VIS	41:42
Patricia Miller	W60	41:58
Margaret Flanders	W65	42:00
Visitor	VIS	42:37
Emile Mohammed	VIS	42:52
Visitor	VIS	43:08
Visitor	VIS	43:36
Mellisa	VIS	
Barbara Bailey	W70	
John Bailey	M75	
Kylie Mahony	W30	
Ernest Moyle	M75	
Jeffrey Whittam	M65	
Diane Lavercombe	VIS	
Norman Miller	M70	
Kate Patterson	VIS	
Visitor	VIS	
George Schaefer	M65	
Vera Gunawan	VIS	
Jennie Tan	VIS	
Visitor	VIS	
B Stuart	VIS	
Margaret Smith	VIS	
Barbara Adrian	VIS	

9.8K Walk

John Mison	M55	59:30
Alan Jennings	M60	1:07:35
Janis Malin	W50	1:13:46
Chris Pattinson	W45	1:13:47
Jennifer Shillington	W40	1:14:08
Lorna Lauchlan	W70	1:15:32
Dorothy Whittam	W65	1:16:45
Judi Chapman	VIS	1:26:05
Beverly Hunt	VIS	1:26:06
Olga Bortoloto	VIS	1:26:10
Soula Tsesmelis	VIS	1:26:11
Leo Hassam	M70	1:26:30
Robyn Griffin	VIS	1:28:40
Emma Kathryn	VIS	1:28:41
Lynn Downes	VIS	1:30:10
Pam Falike	VIS	1:30:11

UWA SPORTS 03/10/2002
100M

Heat One		
Terry Collins	M35	13.3
Dave Wyatt	M50	13.8
Ross Calnan	M60	15.5

HEAT TWO

Arnold Jenkins	M55	15.9
Pat Carr	W70	17.1
Beryl Hamilton	W35	17.8

200M

Terry Collins	M35	28.5
Dave Wyatt	M50	29.2

1000M

Heat One		
Richard Harris	M65	4.14
Gill Edmonds	W35	4.16
Brian Paxman	M70	4.18
Katrina Spilsbury	W35	5.00
Beryl Hamilton	W35	5.16

WALK

Jaqueline Billington	W55	6.21
Lynne Schickert	W60	6.22
Dorothy Whittam	W65	7.04
Lorna Lachlan	W70	7.14

HEAT TWO

Ian Davies	M55	3.02
Campbell Till	M45	3.03
Henri Cortis	M55	3.06
David Carr	M70	3.12
Bob Schickert	M60	3.17
Jim Langford	M55	3.17
Bruce Wilson	M55	3.22
Natalie Godfrey	Vis	3.26
Gareth Brunt	M50	3.29
Doug Ashfield	M45	3.30
Terry Collins	M35	3.56
John Davis	M55	4.06
Arnold Jenkins	M55	4.06

LES BECKHAM LONG JUMP

Ross Calnan	M60	3.77
Beryl Hamilton	W35	3.21
Patricia Carr	W70	3.07
Lynne Schickert	W60	2.55

DISCUS

Geoff Gee	M45	32.63
Rob Shand	M70	26.60
Arnold Jenkins	M55	19.00
Beryl Hamilton	W35	16.14
Dorothy Whittam	W65	15.42
Lorna Lachlan	W70	15.29
Damien Hanson	M45	14.02

SHOT

Geoff Gee	M45	10.82
Arnold Jenkins	M55	7.62
Rob Shand	M70	7.54
Dorothy Whittam	W65	7.14
Damien Hanson	M45	6.05
Lorna Lachlan	W70	5.42

2000M

Bruce Wilson	M55	7.22
Gareth Brunt	M50	7.27
Doug Ashfield	M45	7.48
Brian Paxman	M70	8.59
Jackie Halberg	W55	9.49

WALK

Robin King	W40	10.33
Lynne Schickert	W60	13.18
John Davis	M55	13.19
Val Millard	W55	13.19

COKER 10/10/2002
200M

Henri Cortis	M55	27.5
Colin Smith	M35	28.0
Brendan Kennedy	M30	28.0
Eileen Hindle	W50	33.4
Warren Davey	M50	33.8
Anne Shaw	W50	34.8
Ray Hall	M65	37.5

2000M

Gareth Brunt	M50	7.32
Doug Ashfield	M45	7.42
Anne Shaw	W50	8.01
Frank Gardiner	M50	8.10
Brian Paxman	M70	9.01

WALK

Tom Lenane	M45	11.03
Ray Hall	M65	13.30
Val Millard	W55	13.36
Lorna Lachlan	W70	14.32

100M

Colin Smith	M35	13.4
Brendan Kennedy	M30	13.4
Eileen Hindle	W50	15.7
Warren Davey	M50	16.4
Anne Shaw	W50	17.3

1500M

Ian Davies	M55	5.06
Henri Cortis	M55	5.12
Gareth Brunt	M50	5.31
Doug Ashfield	M45	5.40
Anne Shaw	W50	5.47
Frank Gardiner	M50	5.48
Gill Edmonds	W35	7.00
Katrina Spilsbury	W35	7.54

WALK

Tom Lenane	M45	8.00
Brian Foley	M55	9.25
Ray Hall	M65	12.09

TRIPLE JUMP

Gill Edmonds	W35	8.49
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JAVELIN

Geoff Gee	M45	36.77
Rob Shand	M70	30.44 SR?
Warren Davey	M50	27.51
Eileen Hindle	W50	15.80
Val Millard	W55	9.69

HEAVY WEIGHT

Geoff Gee	M45	10.67 SR?
Alex Cummings	M70	9.74
Eileen Hindle	W50	8.92
Warren Davey	M50	8.72

UWA SPORTS 17/10/2002
200M

Ian Davies	M55	28.5
Ian Sanders	M40	30.8
Jackie Sanders	W35	36.0
Ray Hall	M65	38.8
Brendan Kennedy	M30	27.7
Henri Cortis	M55	27.9
Rob Greenhalgh	M50	28.5

1500M WALK

Robin King	W40	7.57
Bruce Wilson	M55	8.16
Beryl Hamilton	W35	11.07

100M

Keith Edmonds	M35	17.09
Jackie Sanders	W35	17.55
Beryl Hamilton	W35	20.02
Brendan Kennedy	M30	13.28
Henri Cortis	M55	13.83
Rob Greenhalgh	M50	14.05
Ian Sanders	M40	14.31

LES BECKHAM LONG JUMP

Keith Edmonds	M35	4.18
Gill Edmonds	W35	3.92
Brendan Kennedy	M30	3.88
Beryl Hamilton	W35	2.87

DISCUS

Brendan Kennedy	M30	14.55
Beryl Hamilton	W35	13.50

3000M POINTS SCORE

Bernard Mangan	M47	10.46	76.4%.
Nick Miller	M40	11.40	70.0
Campbell till	M45	11.15	72.0
Bob Schickert	M60	11.19	81.1
Bruce Wilson	M57	11.40	76.6
Doug Ashfield	M45	11.53	68.2
Henri Cortis	M56	11.59	73.9
Blakeney Tindall	M41	12.02	65.4
Keith Edmonds	VIS	12.11	
Frank Gardiner	M52	12.49	66.8
Melissa Gardiner	VIS	12.58	
Robin King	W44	13.38	66.4
Nick Bailey	VIS	13.44	
Damien Hanson	M49	14.25	57.9
Gill Edmonds	W35	14.57	56.2
Jackie Halberg	W56	15.24	65.8
Ian Sanders	M44	15.29	51.9
Jackie Sanders	W36	16.10	52.4
Val Millard	W55	17.12	58.3

**World Masters Athletics
Championships
Carolina, Puerto Rico
2-14 July 2003**

Accommodation and airfare package details are now available and have been sent to club members who previously expressed an interest.

If you would like to get details, contact
Bob Schickert on 9330 3803

HAPPY BIRTHDAY TO OUR OCTOBER MEMBERS

Ross	Calnan	04.11.1940	62	remains M60
Graham	Jacobs	08.11.1949	53	remains M50
Jan	Main	08.11.1949	53	remains W50
Joan	Pellier	08.11.1939	63	remains W60
Ross	Williams	10.11.1939	63	remains M60
Gary	Clark	11.11.1945	57	remains M55
James	Jackson	11.11.1932	70	becomes M70
Jenny	Barnes	12.11.1951	51	remains W50
Michael	Karra	12.11.1964	38	remains M35
Steve	Payne	12.11.1958	44	remains M40
Margaret	Warren	12.11.1935	67	remains W65
Raema	McMillan	14.11.1927	75	becomes W75
Trevor	Nash	14.11.1962	40	becomes M40
Heather	Atkinson	15.11.1962	40	becomes W40
John	Ventris	15.11.1948	54	remains M50
Bernard	Mangan	16.11.1954	48	remains M45
Michael	Rhodes	16.11.1945	57	remains M55
Elizabeth	Chandler	17.11.1969	33	remains W30
Janis	Malin	17.11.1948	54	remains W50
Henk	Stoffers	18.11.1940	62	remains M60
Jacqueline	Billington	19.11.1943	59	remains W55
Wendy	Duncan	19.11.1949	53	remains W50
Philip	Hollaway	19.11.1952	50	becomes M50
Kathleen	Noordyk	19.11.1946	56	remains W55
Bernard	Oliver	19.11.1943	59	remains M55
Keith	Atkinson	23.11.1956	46	remains M45
Milton	Mavrick	23.11.1953	49	remains M45
Jayne	Payne	23.11.1959	43	remains W40
Ronald	Spencer	23.11.1939	63	remains M60
Keith	Forden	25.11.1938	64	remains M60
Frank	Hansford-Miller	26.11.1916	86	remains M85
Ray	Hall	27.11.1933	69	remains M65
Norman	Miller	28.11.1931	71	remains M70
Ivan	Brown	29.11.1944	58	remains M55
Johannes	Hagedoorn	29.11.1943	59	remains M55
Margaret	Miller	29.11.1942	60	becomes W60
Merv	Moyle	29.11.1926	76	remains M75

HAPPY BIRTHDAY DECEMBER MEMBERS

Richard	Harris	01.12.1936	66	remains M65
Michael	Khan	01.12.1944	58	remains M55
Anne	Shaw	01.12.1947	55	becomes W55
Christina	Rompotis	02.12.1958	44	remains W40
Rosa	Wallis	02.12.1943	59	remains W55
Ellie	Bamber	04.12.1968	34	remains W30
Denise	McMorrow	05.12.1963	39	remains W35
Chris	Pattinson	06.12.1955	47	remains W45
Audrey	Giacomin	07.12.1936	66	remains W65
Lyn	Nixon	07.12.1960	42	remains W40
Pamela	Toohy	07.12.1945	57	remains W55
Valerie	Millard	08.12.1946	56	remains W55
Alan	Thurlow	09.12.1954	48	remains M45
Warren	Gee	11.12.1950	52	remains M50
Julie	Keeley	11.12.1962	40	becomes W40
John	Russell	12.12.1932	70	becomes M70
David	Charlton	15.12.1949	53	remains M50
John	Ellard	16.12.1941	61	remains M60
Donald	Frearson	16.12.1920	82	remains M80
Frank	Gardiner	17.12.1949	53	remains M50
Susan	Hughes	17.12.1950	52	remains W50
Simon	Jawichre	18.12.1964	38	remains M35
Victor	Beaumont	19.12.1929	73	remains M70
Brian	Smith	20.12.1938	64	remains M60
Stephen	Barrie	25.12.1935	67	remains M65
Patricia	Walsh	25.12.1944	58	remains W55
Ross	Holland	26.12.1937	65	becomes M65
Edward	Barrett-Lennard	27.12.1953	49	remains M45
Dalton	Moffett	28.12.1930	72	remains M70
George	Schaefer	28.12.1932	70	becomes M70
Derek	Crowther	29.12.1941	61	remains M60
Barry	Millard	29.12.1937	65	becomes M65
Barrie	Slinger	29.12.1939	63	remains M60

Helpers List - November

3rd Nov - RIB Run

Director - Roma Barnett 9246 4881

Helpers - D. McMorrow, T. Robertson, R. Walsh, M. Faunge, J. Hagaerdoorn, J. Wood, R. Harrison, J. Jarvis, M. Young, G. Hill.

10th Nov - Mosman Park

Director - Paul Hughes 9384 5737

Helpers - S. Maslin, D. Blom, G. Innes, R. King, D. Roberts, P. McIvor, W. Robinson, B. Weatherburn, P. Martin, J. Tiverios

17th Nov - Recovery Run - Committee

No Helpers

24th Nov - Safety Bay

Director - Duncan McAuley 9527 8303

Helpers - P. Phillips, R. Attwell, D. Campbell, J&E. Dance, D. Miller, M. Tolbert, P&S. Toohey, M. Loly, C. Shenton.

1st Dec - Canning Caper

Director - Keith Atkinson 9313 1669

Helpers - G. Fisher, J. Spencer, R. Roll, G. Brunt, N. Mcrae, E. Moyle, C. Walkely, B. Hunter, C. Chisholm, L. Nixon, J. Barnes.

8th Dec - Lakes Age Graded

Director - John Bell 9386 6975

Helpers - S. Bullen, L. Maher, G. Lucas, L. Smith, C. Walker, G. Gorman, E&P. Barrett-Leonard, E. Chandler, C. Tsesselis, D. Hansen.

CALL FOR HELP

Telstra Australian Masters Athletics Championships, Perth, 18-21 April 2003

☐ Yes, I am available to help/act as an official at the championships

Preferred area of assistance (eg Walk Judge, Lap Scorer, assist at Jumps etc)

Preferred dates

☐ Friday 18 April 2003 ☐ Saturday 19 April 2003

☐ Sunday 20 April 2003 ☐ Monday 21 April 2003

For those members not familiar with the operation of some events, training sessions will be held in the New Year. You may also like to come to Thursday night Track and Field sessions at either McGillivray Oval, Mt Claremont or Coker Park, Cannington and learn the procedures there.

NAME _____

Address _____

_____ Post Code _____

Phone _____

email _____

Please return to Lynne and Bob Schickert,

11A Dandenong Road, Attadale 6156

or advise us by email: schickertl@bigpond.com.



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
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AUSTRALIA**

Running Gear



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.