



The Vetruns



No. 300 October 1998

Patron: Bill Hughes

President: Bob Schickert

Editor: Katrina Spilsbury 9313 3943

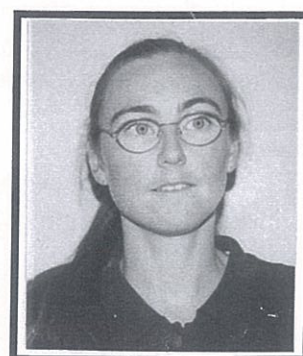
Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158



Top left: From the Wellington Mills Weekend away left to right: Graham and Bev Thornton, Norm Millar, Morris Warren, Dorothy Whittam and Margaret Warren (photo Jeff Whittam).. Top right: Celebrating Arthur's 80th Birthday. See Jackies Run Jackie Billington, Arthur with Wendy Duncun lighting the candles Bottom left: This months Running Mates, David Brown and Jill Midolo. Bottom right: So you know who I am photo of Katrina Spilsbury

Inside this Issue

Running Mates	2
Editor Who?	2
Club News	3
Social News	3
Letters	4
Jackies Run	4
Hester Park Run	5
Track and Field	6
Age-graded Run	7
Changing times	8
Birthdays	8



RUNNING MATES

by Joan Pellier

This months running mates meet Jill Midolo and David Brown. Jill was born in Geraldton, David in Townsville. Jill hated sport at school, David played cricket, hockey and basketball but was never a champion, just a trier. Jill and David lived in the same street in Geraldton and went to the same school but never really spoke to one another-this was in 1962. Their paths crossed again in 1990 whilst Jill was selling Real Estate and David was looking at some property. He saw Jill, gave her a call, and took her out to the theatre to see Funny Girl. Jill says David is the only man to buy her flowers. Jill started running when the Vets were looking for female members (her first husband, Eric, was a member of the Vets) When I joined the Vets in 1980 Jill was one of the top runners and was fourth lady in the People's Marathon in 1982 with a time of 3.37. It was while training for the Veteran World Marathon in 1987 in Melbourne she injured her knee and has hardly been able to run since.

Occupation

Jill-teacher librarian with Education Dept., David- Civil engineer manager with Main Roads

How they heard about the Vets

Jill- Eric in 1978, the club wanted women to join, David- Through Jill in 1994

What you like about the Vets

Jill-Not only champion runners but in other activities like theatre, pictures, restaurants etc., David-Just a bunch of nice people.

Any changes?

Jill-No, good format but would like to see more young people joining, David-None

Favourite run

Jill-Walliston Whallop, David-Bridges run

Favourite Distance

Jill-the marathon, David-10K

Most pleasing performance

Jill-People's Marathon, David-1997 Mill point road Champs.

Favourite Food

Jill-soup, potatoes, bananas, chocolate, David- grilled fish

Other hobbies

Jill-cycling, WA judge for the Children's Book Council (book of the year awards), gardening, friend of Kings Park and Kings Park guide, David- cycling, watching cricket and football.

Favourite TV

Jill-none, likes the radio, David-News and sport

Favourite film

Jill-Klute, David-likes the oldies like the Keystone Cops.

Ambition in Running

Jill-like to get fit and walk the Bibilmun Track and take David to Nepal, David- to stay competitive as long as possible

WHO?

As the new editor of the Vetrune I have been asked (or should I say, badgered!) by Joan Pellier to introduce myself for those members who have no idea who I am. As I only joined the club in October last year there are probably lots of you out there. If you saw a fairly tall woman running at the back of the field on some of the shorter Sunday morning runs this winter who had a bemused 'what am I doing here' expression on her face, it was most likely me! Thank goodness the Track and Field season has started with more civilised distances like 100m! I am totally in awe at all of you who actually find pleasure in running those longer distances. As a scientist, I tell myself that it is all in the genes and that I inherited lots of fast twitch muscles from my parents while all you Sunday morning runners inherited more slow twitch muscles. It's a good excuse anyway!

I joined the club in time to compete in last seasons Track and Field program which I enjoyed very much. So much so, that when I

heard that Richard Harris was ready to have a break from editing the Vetrune, I thought I would like to give it a try. I have always harboured a secret desire to edit something and here was a golden opportunity. (And I think Richard was pretty relieved as well.....) One of the best parts of doing this job is that it is a great way to meet fellow club members. However, I am still having trouble matching names to faces.... umm is that Lynne or is it Val?

I have done track and field on and off since I was kid starting with Little Athletics and progressing through to the senior competition in Sydney. I also took advantage of other sports and played netball, basketball and squash. It was all fun as I never had the desire to be really competitive. I left Australia for a three year position in France where somehow the desire to eat and make merry was stronger than that to do any exercise! So upon arriving in Perth two years ago to take up a research position (working on possible treatments for Age-related Macular Degeneration which is the leading cause of blindness in people over 65 years) I decided that it was time to do something about those extra kilos! I guessed that a Veterans Athletic club probably existed so I rang Athletics West and they were happy to give me a contact number and I have been enjoying myself ever since.

If you have any suggestions or opinions about your club, ideas for articles, photos or anything fellow club members would find interesting let me know. You can send it to 2/14 Leonora St, Como 6152 or email it to katrinas@cyllene.uwa.edu.au or give it to me on Thursday nights. Floppy disks and email attachments are greatly appreciated but if you are using Word8.0 please save the document as Word7.0 so I can read it on the club computer.

Katrina Spilsbury

CLUB NEWS

1998 City to Surf Fun Run

In response to members concerns about organisational aspects of the run, a letter has been forwarded to ACTIV.

Bob Schickert

Honda Games at Alice Springs

Among our members entered for the Honda Games (from 19.10.98) are Gordon Medcalf, Noela Medcalf, Bob Hayres, David Carr, Patricia Carr, Mary Heppell, Ron Spencer, Fred Watson and Val Wheeler. Good luck. We look forward to seeing the results!

Club Web Site

The club web site has been recently updated. The site now contains our Road Running and Track and Field programmes as well as State Records and links to overseas running sites. Of particular interest is our link to the European Vets web site that has results from the recent European Veterans Track and Field Championships

Our web site can be found at:
<http://www.geocities.com/Colosseum/Track/7850/>

John Stone

SUMMER PROMOTION NEEDS MEMBERS' SUPPORT

THIS summer our club aims to build membership and awareness of veteran athletics with a short series of promotional track and field meetings. The promotion has been financed with a government grant of \$5,500, as part of the International Year of Older Persons. This cash bonus was acquired on condition it will be used to improve awareness of veteran athletics, and increase participation in the State Championships. Money will be used for advertising and press relations, track hire, catering, special prizes

and certificates. It will also subsidise our State Championships meeting next March.

Even if you don't usually take part in T&F, we need your help and support for these special events.

A small working group has been established.

- *Bob Schickert is co-ordinating the whole campaign*

Please call Bob (9330 3803) with ideas, queries, suggestions - and to offer your help.

- *Brian Foley (9339 2716) is organising the four T&F meetings, and all related activity.*

Each meeting needs careful planning and organisation. At the track members will be needed to meet and greet visitors, shepherding, guiding and advising them on track and field procedures. The newcomers will take part in our events and may need coaching. Extra events may be organised to suit their needs. After each meet a social will be held, so there are catering needs too. As you can see, all this activity calls for extra members to be available on each of the four nights.

The meetings are dated:

November 19; and February 11 - Coker Park

December 10; and March 4 - McGillivray Oval.

- *Keith Atkinson (9313 1669) will be contacting other clubs and organisations, issuing personal invitations to likely visitors.*

Another big job, this requires telephone skills, tenacity and enthusiasm! Groups need to be chased up and persuaded to give T&F a try. Please contact Keith if you have ideas about approachable groups - and to help him make the contacts.

- *Vic Waters (9245-3169) is handling advertising and press relations.*

Community News?

I would like to hear your suggestions for good veterans' stories that will help our press campaign, which will be aimed primarily at local press covering the catchment areas of Coker and McGillivray. Of course we'll be trying for the West and Sunday Times also. Anyone with special contacts, and/or knowledge of specialised publications serving the senior market - please let me know.

So, even if you're not a T&F fan, remember this is for the good of the club as well as the sport. There's something for everyone to do in this campaign. You don't need special skills - just the will to put something back into the club that does so much for all of us.

Vic Waters

Vale

Phyllis Bould

A long time association with the club ended recently. Our sincere sympathy to Cliff, one of our founding members, and family.

New members

We welcome one new member this month.

Christopher Coates

SOCIAL NEWS

Christmas Dinner Dance

Tickets on Sale for the Christmas Dinner Dance.

Venue: The All Seasons Freeway Motel, The Park Room, Mill Point Road, South Perth.

\$26 For tickets see Lorna Lauchlan

LETTERS

Dear Editor,

In case you haven't made a note of it- this is the poem that Heather Thurland, winner of the Commonwealth Games Women's Marathon, wrote out for herself, to keep motivated:-

*"I'm strong and I'm prepared to hurt
I'm fresh and I've done the work
I am relaxed and ready to endure the
Journey"*

What an inspirational performance!
Alison Aldrich

Capitation fees

Any proposal for a two-tiered membership fee needs very serious consideration by club members. AAVAC, our national body, has been integral to our club for 24 years. We have always had representation on its committee. The capitation fees it seeks and needs are quite small compared to those of any comparable body.

The club offers a full range of social, competitive, and administrative opportunities for its members. We chose our activities. We could form all sorts of divisions (road, track, social, Sunday, Thursday). They are just that - divisions.

We appreciate the work of our state committee and take an interest in our state magazine. It is in the clubs' interest for us to support the Australian body.

David Carr

These pleas follow my observations during the weekend of 1st and 2nd August 1988. On the Saturday I was one of the 6-7 WA Veteran athletes who set the course, organised marshals, timing and results for the State Cross Country Championships held at Jorgensen Park, Kalamunda. The event ran smoothly and a few

parents and friends cheered the runners across in each race and went home.

The next day the WA Veterans Athletic Club held its annual club Cross Country Championships on the same course at 9am. Over 100 runners had completed the 8km course within 1 hour and they and their friends adjourned to the nearby clubrooms (Jorgensen park was once a golf course). After a sit down meal, drinks and presentation of trophies everyone was on their way home.

I suggest that these two events could be combined next year. The Vets are a lively and supportive group- all dedicated to running and walking. What better group to act as spectators, supporters and helpers for the State Open Cross Country Championships if they were scheduled for a 10am start on Sunday. I think many of the parents, the junior and some of the senior open age runners would be pleasantly surprised at the volume of mature age runners involved in veteran athletics. It may even be possible for AthleticA to hold the medal presentation on the day combined with the Veterans Club.

While I am on the subject of change, AthleticA could request the WAMC to conduct the State 10km and 15km open road race championships on its behalf. Instead of 10-12 runners you would have up to 100 runners (male and female) to make it a memorable running event. Over to the respective executives.

My final plea is for all distance runners to support the John Gilmour 10,000m track race (13 November) as a tribute to our own living legend.

Ivan G Brown

RESULTS

JACKIE'S RUN 13/9/98

What a beautiful morning for my inaugural run. 76 people came along and either did the 10K, 7K or 5K distance.

Ralph Henderson and Marge Forden were first in the 10K, David Willmer in the 7K and Ian Davies and Joan Pellier in the 5K.

In the 10K walk John Mison and Paul Martin equal first in the men and Michele Mison and Lynne Schickert equal first in the women. Rosemary Holloway and Rex Bruce in the 7K and Judy Lankester and Phil Holloway in the 5K.

During the night I heard the rain pelting down on my tin roof and I was thinking to myself that Arthur would have done his recitations under the carport at my home which is only two minutes away but hooray! I awoke to a glorious day and Arthur certainly entertained us down by the river reciting poems written by himself and also one by Banjo Patterson - thank you Arthur. Brian and Margaret Bennett who first suggested the idea of celebrating Arthur's 80th birthday had asked me to present a gift to him from them as they were away at Rottneest. Roma Barnett kindly brought a huge birthday cake along which everybody enjoyed. Roma said it was to thank Arthur for all the foot massages he had given her and all the other lady vets who go down to Bunbury to run the marathon or half marathon - Happy Birthday Arthur I'm sure you had a lovely day.

Many thanks to Kirt Johnson who kindly marked all the course and marshalled, Jan Jarvis who came extra early as we had intentions of marking half the course but Kirt did the lot. Lorna Lauchlan and Sue Danby at the finish, Morris Warren, Mike Khan and my neighbours Les

and Joyce for marshalling and last but by no means least Maureen Pomery and Bev Thornton at the recording desk.

I had very good feedback that everybody enjoyed the course and the venue a perfect spot, so with those comments I will see you all again next year.

Jackie Billington

10K

Ralph Henderson	M50	38:38
Gary Fisher	M45	39:09
Jim Klinge	M50	40:03
Brian Danby	M50	40:13
Bert Carse	M55	41:13
Mike Flood	M45	42:43
Frank Smith	M55	42:47
Graham Thornton	M55	43:00
Bob Schickert	M55	43:30
Vic Waters	M50	43:30
Milton Mavrick	M40	43:39
Alan Jennings	M55	43:54
Jim Barnes	M55	44:07
Keith Atkinson	M40	44:52
Ian Lankester	M50	45:44
Simon Mort	M40	46:03
David Carr	M65	46:14
Bob Sammells	M60	46:29
John Pellier	M55	48:19
Margery Forden	W55	48:30
Mike Rhodes	M50	49:31
Helen Lysaght	W45	49:58
Shirley Bell	W50	50:23
Stuart Parkinson	M50	50:52
Keith Forden	M55	50:54
Jeremy Short	M45	51:15
Robin Bonner	M65	51:29
Wendy Duncan	W45	52:47
Margaret Robinson	W60	53:31
Robert Reece	M50	53:42
Jenny Barnes	W45	54:01
Richard Harris	M60	54:02
Dalton Moffett	M65	54:15
Craig Watson	M40	54:20
Brian Holmes	M60	54:25
Arnold Jenkins	M50	55:38
George Schaefer	M65	57:08
Merv Jones	M55	58:09
John Russell	M65	58:34
Shorty Turner	M60	59:46
Anita Brown	W50	59:47
Sheila Maslen	W60	69:36
Phyllis Farrell	W50	70:35
Mary Heppell	W60	70:35

7K

David Willmer	M40	27:30
Don Caplin	M55	31:31
Peter Airey	M60	35:09

5K

Ian Davies	M50	18:53
Joe Stickles	M60	23:16
Ray Hall	M60	26:47
Joan Pellier	W55	27:36
Merv Moyle	M70	27:37
Norm Miller	M65	29:24
Allen Tyson	M70	31:56
Jan Jarvis	W50	32:11
Pat Carr	W65	36:41
Margaret Warren	W60	36:51
Glenice Shanahan	W75	43:20

10K Walk

John Mison	M50	59:42
Paul Martin	M55	59:42
Lynne Schickert	W55	79:58
Michele Mison	W50	79:58

7K Walk

Rosemary Holloway	W45	45:08
Rebecca Cook	W30	56:54
Anne Breeze	W50	57:53
Rex Bruce	M55	57:55

5K Walk

Judy Lankester	W45	37:31
Phil Holloway	M45	43:19
Maggie Flanders	W60	44:24
Jeff Whittam	M60	46:19
Leo Hassam	M65	51:30

VISITORS

Barry Ault	10K	44:09
John Kissack	10K	50:05
Ron Sutton	7K	41:11
Paul Carse	5K	30:27

Hester Park Run September 6 1998

We had a fine spring morning for the Hester Park event this year. Seventy plus runners and walkers turned up on the day. Numbers were down a little, we suspect the Marathon Club pancakes may have tempted a few. Thank you to all who took part and to our helpers - Wendy and Jeff Spencer on the drink station, Pat Miller and Bev Thornton at the recording table and Jackie Beaumont handing out the finishing numbers.

Sue and Merv Jones

RESULTS

12km walk

Rosemaree Hollaway	W40	1:15:24
Rebecca Cook	W30	1:24:21
Bob Fergie	M60	1:25:18

Barrie Thomsett	M55	1:25:27
Val Cook	vis	W55 1:31:33

6km walk

Lesley Romeo	W50	0:42:12
Rex Bruce	M55	0:43:54
Judy Lankester	W45	0:44:08
Lorna Lauchlan	W65	0:44:52
Dorothy Whittam	W60	0:45:58
Frank Usher	M70	0:47:15
Glenice Shanahan	W70	0:50:22
Ernie Moyle	M70	0:51:30
Jeff Whittam	M60	0:51:42
Val Wheeler	W65	0:52:05
Julie Hignett	vis	0:54:48
Lynn Scanlon	vis	0:54:48
Lois Smith	W45	1:01:50
Fred Watson	M75	1:03:34

12km run

Paul Odam	vis	M35	0:44:27
Brian Banby	M50		0:49:05
Graham Thornton	M55		0:51:36
Mike Flood	M45		0:53:45
Alan Jennings	M55		0:54:25
Keith Atkinson	M40		0:54:57
Bob Sammells	M60		0:55:13
John Pellier	M55		0:56:04
Brian Bennett	M50		0:56:35
David Carr	M65		0:58:10
Marge Forden	W55		0:58:13
Mike Rhodes	M50		0:58:22
Brian Smith	M55		0:59:24
Robin Bonner	M65		0:59:47
Keith Forden	M55		1:00:29
Jo Pearce	W45		1:01:36
Vic Beaumont	M65		1:01:54
Shirley Bell	W50		1:02:54
Wendy Duncan	W45		1:02:55
Trevor Brown	M55		1:03:01
Jenny Barnes	W45		1:03:23
Richard Harris	M60		1:03:24
Jackie Halberg	W50		1:03:46
Merv Moyle	M70		1:04:12
Craig Watson	M40		1:05:02
Brian Holmes	M60		1:05:13
Margaret Robinson	W60		1:05:25
Dalton Moffett	M65		1:07:32
John Russell	M65		1:10:40
Eileen Brown	W50		1:11:45
Margaret Bennett	W55		1:15:00
Leonie Annan	W40		1:15:48
Brian Aldrich	M65		1:16:50
Suzan Brand	W50		1:21:07
Mary Heppell	W60		1:21:52

6km run

Ian Davies	M50	0:22:26
Chris Coates	vis	M45 0:22:43
Tessa Brockwell	W40	0:23:54
Vic Waters	M50	0:24:14
Simon Mort	M40	0:27:58
Peter Airey	M60	0:28:24

Stuart Parkinson	M50	0:29:03	Ray Lawrence	M70	0:35:50	Jackie Billington	W50	0:38:34
Ray Hall	M60	0:29:18	Alison Aldrich	W55	0:35:51	Sheila Maslen	W60	0:39:35
Arnold Jenkins	M50	0:31:00	Val Millard	W50	0:36:56	Allen Tyson	M70	0:40:53
Kirt Johnson	M65	0:32:55	Paul Martin	M55	0:36:58	Lynne Schickert	W55	0:42:03
Norm Miller	M65	0:33:34	Phyllis Farrell	W50	0:37:41			

Track and Field Results		October 1st McGilivray Oval					October 8th - Coker Park					
		100m	Javelin	Shot	1500W	1000m	60m	1000W	1500m	Heavy Wt	Discus	Triple J
Mike Karra	M30								4.52.3			
Jon Wannberg	M30					3.15.7	8.7		4.56.2			
Ian Sanders	M40	13.6	18.93			3.49.1	8.8		5.54.0		20.52	
Milton Mavrik	M40	14.3										
John Stone	M45						8.2					
David Wyatt	M45	12.9					8.1					10.39
Ian Davies	M50	14.5				2.59.6						
Brian Foley	M50								5.02.5			
Vic Waters	M50								5.05.0			
Ivan Brown	M50					3.20.3			5.05.2			
Nick Bailey	M50					3.29.2						
Bruce Wilson	M50	17.9				3.16.3						
Mike Anderson	M50	18		5.16		4.00.1						
John Mison	M50				7.33			4.45.7	5.59.4			
Morris Creagh	M50								5.48.8			
Brian Gale	M50					3.43.0						
Ros Calnan	M55	15.6	23.1									
Merv Jones	M55	18.6										
Rex Bruce	M55							6.42.4				
Bert Carse	M55					3.15.0			4.55.1			
Don Caplin	M55					3.24.1						
Frank Smith	M55					3.27.6			5.06.3			
Doug Ashfield						3.28.4			5.13.5			
Alan Jennings	M55					3.21.1			5.27.3			
Mike O'Rilley	M55								5.36.6			
David Clive	M60	12.6	20.4	7.52			7.9					9.01
R Tompkins			20.6	7.17								
Robert Shand	M65		25.18	6.57								
Ray Hall	M60				9.35							
Leon Sander	M60	12.8	21.43	7.21		3.52.7						
David Carr	M65	17.4	19.76		11.3	3.36.4			5.27.5			
Alex Cummings	M65									11.58	32.82	
Alan Tyson	M70	17.9	16.8	7.24	10.43					8	17.54	
Ron Tompkins	M75									9.02	24.3	
Dave Keane							9.3				24.66	
Simone Solomon	W30	14.6				3.33.9						
Katrina Spilsbury	W30	14.3	16.83	7.72								9.25
Snow McSwain	W35						9.3		6.20.1			8.79
Robin King	W40				8.22	3.45.0						
Jane Thompson	W40				9.09	4.11.8			6.12.2			
Eileen Hindle	W45									8.04	19.57	
Jan Jarvis	W50	15.1										
Shirley Bell	W50						11					
Peggy McLiver	W50	15.4				3.55.2			6.02.3			7.12
Jackie Billington	W55				10.02							
Pat Carr	W65	16.5	15.21				9.8					7.29
Bridget Carse	W55	19.3			10.46		11.5		6.04.8			
Jackie Halberg	W50								6.59.2			
Michelle Mison	W50				10.35		6.28.2					
Rebecca Cook							5.41.6					

		100m	Javelin	Shot	1500W	1000m	60m	1000W	1500m	Heavy Wt	Discus	Triple J
Anne Shaw	W50					3.21.1			5.04.6			
Margaret Robinson	W60								6.57.8			
Dorothy Whittam	W60							6.33.1		10.23		
Lorna Lauchlan	W65	24.7			10.5			6.59.5		7.34		
Glenice Shanahan	W70	28.2			12.3	6.34.4	15.2	8.15.5	10.06.2			

AGE GRADED EVENT McCallum Park 27.9.98

The long weekend, club social camp and stormy weather did not reduce the field. We had a record number of starters. It is very pleasing to have people phone or approach us with offers to assist. Thanks to Bridget and Bert Carse, Noela and Gordon Medcalf, Bob Sammells and Trevor Robertson for their help.

Gary Clark might have surprised a few. Based in Geraldton, he runs with us when he can. He injured himself last year while warming up for the State Championships, but won the steeple this year. He was 4th in the M50 steeple in the World Championships in Durban.

Competitors are handicapped on age. After the event the age-graded tables are used to establish percentages. This is the third running of the event and these are the top performers:

Antionette Shaw	83%	1996
Frank Smith	82.8%	1997
Gary Clark	80.6%	1998
Bob Schickert	79.3%	1998
Jim Klinge	79.0%	1996
John Mison	78.5%	1996
Paul Martin	78.3%	1998
Rose-Marie Hollaway	78.2%	1998

What has happened to the women? Ann Shaw, Robin King and Kath Noordyk are the only ones to have finished in the top ten runners in three years. How can we help?

Patricia and David Carr

5000m Walk

	Age	Clock	H/cap	Actual	Age Grade	Pos
Paul Martin	M57	34.43	6.37	28.07	78.3	1
Bob Fergie	M63	35.33	5.19	30.14	77.6	3
Ray Hall	M64	35.49	5.05	30.44	77.1	4
Rosemarie Holloway	W43	35.57	6.39	28.18	78.2	2
Dick Blom	M65	36.46	4.51	31.55	75.0	5
Lynne Schickert	W56	39.56	4.02	35.54	58.9	6
Rebecca Cook	W30	43.13	8.30	34.45	58.4	8
Maggie Flanders	W63	45.31	2.13	43.18	61.4	7
Ernie Moyle	M73	47.45	2.38	45.07	58.0	9
Rosa Davies	W54	52.57	4.30	48.27	50.2	11
Alan Pomery	M67	52.58	4.21	48.37	50.3	10

Barbara Greyling Visitor 70%

8000m run

Gary Clark	M53	39.38	9.23	30.15	80.6	1
Bob Schickert	M56	40.16	8.45	31.31	79.3	2
Ian Davies	M51	40.29	9.47	30.42	78.1	3
Warren Gee	M47	40.33	10.33	30.01	77.4	5
Ralph Henderson	M50	40.40	9.59	30.41	77.5	4
Jim Klinge	M51	40.42	9.47	30.55	77.5	4
Bill Jones (vis)	M50	41.31	9.59	31.32	75.4	7
Gary Fisher	M45	42.16	10.42	31.34	73.0	9
Gareth Blunt	M47	42.21	10.32	31.49	73.0	9
Vic Waters	M54	42.32	9.11	33.21	73.7	8
Paul Hughes	M46	44.05	10.42	33.23	69.1	13
Milton Maverick	M44	44.19	11.03	33.16	68.3	17
Mark Rosen	M50	44.33	9.59	34.34	68.8	16
Johan Hagdoorn	M54	44.52	9.11	35.41	68.9	15
Doug Ashfield	M41	45.04	11.32	33.26	66.5	22
John Bell	M53	45.05	9.23	35.42	66.7	17
Mike Flood	M45	45.12	10.55	34.19	66.7	20
Mike Karra	M34	45.15	12.27	32.48	65.0	28
Sue Vetten	W47	45.26	7.31	37.55	69.2	12
Robin Bonner	M67	45.36	5.54	39.42	70.2	11
David Roberts	M55	46.13	8.59	37.14	66.1	21
Peggy Macliver	W54	46.17	5.45	40.32	69.1	13
Maurice Creigh	M52	46.18	9.35	36.43	65.8	25
Mike Hale	M51	46.32	9.47	36.45	65.8	25
Mike Rhodes	M52	46.45	9.35	37.10	65.0	28
Mitch Loly	M58	46.50	8.18	38.32	66.0	24
Peter Airey	M61	46.58	7.35	39.23	66.5	22
Mike Khan	M53	47.12	9.23	37.49	64.5	30
Simon Mort	M40	47.25	11.42	35.43	61.8	35
Michael Anderson	M50	47.44	9.59	37.45	63.0	32
Shirley Bell	W50	47.50	6.48	41.04	65.7	27
Clive Frost	M51	48.07	9.47	38.20	62.5	34
Merv Moyle	M71	48.13	4.33	43.40	66.9	19
Mike Faunge	M60	48.30	7.50	40.40	63.7	31
Dalton Moffet	M67	50.17	5.54	44.13	63.0	32
Graham McKellar	M37	50.25	12.09	38.16	56.4	43
Jane Thompson	W43	50.26	8.24	42.02	61.8	35
Sean Murphy	M40	50.31	11.42	38.49	56.9	42
Stuart Parkinson	M51	50.44	9.47	40.57	58.5	39
Wendy Duncan	W48	52.28	7.17	45.11	58.6	37
Jo Pearce	W48	52.28	7.17	45.11	58.6	37
Merv Jones	M59	53.33	8.04	45.29	57.0	41
Brian Foley	M54	53.45	9.11	44.34	55.1	47
Bill Vardill (vis)	M55	53.46	8.59	44.47	55.3	46
Arnold Jenkins	M54	55.15	9.11	46.04	53.3	44
Mary Heppell	W61	55.59	3.36	52.23	57.6	40
Allen Tyson	M73	61.22	3.45	57.37	52.1	48
Suzanne Brand	W52	62.27	6.17	46.10	48.9	50
Glenice Shanahan	W73	69.21	0.00	69.21	50.9	49

Frank Usher ran 5km and the woman who came in after Merv Moyle did not report in.

Changing times.....

Everything is further away than it used to be. It's twice as far to the corner, and I notice that they've added a hill. I have given up running for the bus, it leaves the stop faster than it used to. It seems to me that steps are steeper than they were in the old days. And have you noticed the smaller print in the newspapers and telephone

books? There is no point in asking anyone to read aloud - everyone speaks in such a low voice I can hardly hear them! Even people are changing: they are much younger than they used to be when I was their age. On the other hand, people my age are so much older than I am. I chanced to meet some old friends the other day and they had aged so much that they

didn't recognise me. I was still thinking about them as I was combing my hair this morning, and in doing so I glanced at my reflection and, would you believe it, they don't make good mirrors like they used to! (From the Whittams)

PRINT POST APPROVAL

644113/00007

IF UNCLAIMED PLEASE RETURN TO:
1/37 BOMBARD STREET
ARDROSS WA 6153



SURFACE
MAIL

POSTAGE
PAID
AUSTRALIA

Mr R Hayres
26 Jenkins Pl
WEMBLEY DOWNS

WA 6019

HAPPY BIRTHDAY TO NOVEMBER MEMBERS

Emmett, Eric	02/11/59	39	remains	M35
Munsie, Selby	03/11/33	65	becomes	M65
Calnan, Ross	04/11/40	58	remains	M55
Hoye, Derek	04/11/38	60	becomes	M60
Johansson, Jason	06/11/66	32	remains	M30
Pellier, Joan	08/11/39	59	remains	W55
Main, Jan	08/11/49	49	remains	W45
Brockwell, Tessa	10/11/55	43	remains	W40
Williams, Ross	10/11/39	59	remains	M55
Karra, Michael	12/11/64	34	remains	M30
Warren, Margaret	12/11/35	63	remains	W60
Barnes, Jenny	12/11/51	47	remains	W45
McMillan, Raema	14/11/27	71	remains	W70
Stingemore, Steve	16/11/53	45	becomes	M45
Rhodes, Michael	16/11/45	53	remains	M50
Hanson, Paula	17/11/53	45	becomes	W45
Stoffers, Henk	18/11/40	58	remains	M55
Billington, Jackie	19/11/42	56	remains	W55
Hollaway, Philip	19/11/52	46	remains	M45

Duncan, Wendy	19/11/49	49	remains	W45
Noordyk, Kathleen	19/11/46	52	remains	W50
Oliver, Bernard	19/11/43	55	becomes	M55
Outhwaite, Simon	20/11/53	45	becomes	M45
Anderson, Kevin	20/11/40	58	remains	M55
Mavrick, Milton	23/11/53	45	becomes	M45
Atkinson, Keith	23/11/56	42	remains	M40
Brand, Suzan	24/11/45	53	remains	W50
Forden, Keith	25/11/38	60	becomes	M60
HansfordMiller, Frank	26/11/16	82	remains	M80
Crellin, Karen	27/11/41	57	remains	W55
Hall, Ray	27/11/33	65	becomes	M65
Kirkman, Hugh	27/11/41	57	remains	M55
Miller, Norman	28/11/31	67	remains	M65
Bishop, Dave	28/11/55	43	remains	M40
Brown, Ivan	29/11/44	54	remains	M50
Hagedoorn, Johannes	29/11/43	55	becomes	M55
Miller, Margaret	29/11/42	56	remains	W55
Moyle, Merv	29/11/26	72	remains	M70