

Club News

Presentation Day

This year the Presentation Day was held at the Sportsmen's Association of Australia club rooms in Mt Lawley. Ninety-seven members attended and it was a most enjoyable afternoon. Our thanks are due to Val Millard for organising the medals, Ivan Brown for compering the day, Vic Beaumont for taking photos and the photo display, Trevor Brown for producing the tickets and Shirley Bell for photo display and City to Surf certificates.

Anne and Shorty Turner.



**WA Veterans
Athletic Club
Annual Dinner
Dance**

Saturday 20th
November, 1999

River Room, Sandringham Hotel
Cnr Gt Eastern Hwy & Belmont
Ave, Belmont
7.00pm till late
\$25.00 per person.

Tickets are available from either
Jackie Billington on 9279 8679 or
Lorna Lauchlan on 9383 1084.

Welcome New Members

John Allen
Jennie Adamson

Seen the Flags???

If anyone knows where the missing club flags are could they please contact a committee member.

AthleticA registration

If you would like to compete at Perry Lakes this season see David Carr (9339 8289) or Val Prescott for details on how to register.

New Year's Eve Supper Dance

Inter City Motel corner Great
Eastern Highway and Hardy Road
7.30pm to 12.30am \$30 B.Y.O

Hotel
accommodation
\$84 per room
See Joan Pellier
9459 7782



Important Notice

Venue Change for 5th December

The Mosman Park run organised by Paul and Sue Hughes will now start from Perrot Reserve, some 400m west on McCabe St, from the previous venue of the Mosman Park Tennis Club. Morning Tea will now NOT be available

Helpers for Sunday runs

7th November- Safety Bay

Race director: Duncan McAuley
9527 8303

Helpers: F. Lipscomb, K. Atkinson,
D&D Dahlstrom, J&V Beaumont
and S&V Davies

14th November- Cliff Bould

Trophy, McCallum Park

Helpers: Ivan Brown, B. Carse,
G. Brundt, S. Dunn, J&M Mison, J.
Cresp, M. Heppell, J. McGowan, D.
Miller.

21st November- Recovery Run,

Pelican Pt. Matilda Bay
Committee

28th November- Canning Caper,

Old Riverton Bridge Canning river
Director: K. Atkinson 9313 1669

Helpers: E. Moyle, F&G. Gardiner,
B. Hunter, G. Thomson, M. Flanders,
G. Fisher, J. Weatherburn, K. Crellin,
I. Davies

5th December- Mosman Park

Perrot Reserve

Director: Paul Hughes 9384 5737

Helpers: D. Blom, P. Martin,
S. Maslen, R. Loomans, G. Innes,
G. Schaeffer, D. Roberts, R. King

Missing Video Tapes:

Josh Naylor, Fell Runner

Trevor Brown and Bob Sammells have loaned their copies of Josh's epic run on his 60th birthday to several Club members and have now lost track of them.

Would members please check their tape libraries and return the missing tapes ASAP.

There is a waiting list!

Know your race director

Doug Hazel- Bibra Lake Run by Joan Pellier

Doug was born in Manchester, UK and is married with two boys, 14 and 17, and came to Australia in 1983. Doug has always been keen on running and was a schoolboy champion and represented his county in the 10,000-metre steeplechase. On leaving school, he ran for Stratford Athletic Club in the UK league. Later as a member of East Cheshire Harriers one of his best runs was a 10 miler in Barrow in Furness which he ran in 52 minutes. Nic Rose and Brendan Foster were also in the race. He has done a 2.36 marathon and held the clubs RRC fastest time of 3.46 min per km for many years. Doug's running was curtailed after being injured at work (as a postie) when he fell off his motorbike after the front wheel locked in the rain causing him to do the splits damaging his pubic bone (Ouch, makes your eyes water!). Since then he seems to be more injury prone. Doug says his good lung capacity comes from his mothers' family who were Scottish sprint champions. No longer able to run, Doug is learning to ballroom dance and enjoys playing the piano, his favourite food is lasagne, favourite TV The Bill, favourite movie A Wonderful Life and as for the Vets, he thinks we should advertise ourselves more.

RESULTS

Bassendean Run

19/9/99

In perfect conditions, seventy one Vets turned up for the second running of the course by the river at Bassendean. The course was modified slightly but still a choice of doing either a 5K, 7K or 10K distance. Also to the delight of the few walkers that turned up, a new bitumen surface had been laid to what was a "bit wet" underfoot last year.

No records were broken this year which I thought could have happened due to the new surface in places - perhaps next year?

To my helpers many thanks again to Kirt who willingly marked the course and marshalled, Irene Ferris and Roma Barnett at the finish line, and my marshals on the course namely Margaret Bennett, Fred Hagger, Mike Khan and David James and of course Maureen and Bev at the recording desk - thank you all very much.

See you all again next year and hopefully, third time lucky, that the weather is just perfect yet again.

Jackie Billington

5K

Ian Davis	M50	21:34
Tessa Brockwell	W40	22:03
Keith Atkinson	M40	28:58
Joan Pellier	W55	29:45
Patricia Carr	W65	40:26
Glenice Shanahan	W75	52:49

7K

Peter Airey	M60	35:56
Ray Hall	M65	36:42
Sue Bullen	W40	45:16
Suzan Brand	W50	45:41
Peter Simmons	M50	50:28

10K

Gary Fisher	M45	40:18
Darryl White	M40	40:26
Chris Coates	M45	40:30
Jim Klinge	M50	40:57

David Willmer	M45	40:30
Bob Schickert	M55	44:07
John Bell	M50	44:42
Graham Thornton	M55	44:52
Vic Waters	M55	45:21
Jim Barnes	M55	46:09
John Waite	M55	46:14
David Carr	M65	48:04
Brian Bennett	M50	48:07
Simon Mort	M40	48:33
Mike Anderson	M50	48:36
Wayne Bates	M50	49:20
Mike Rhodes	M50	49:21
Bob Sammells	M60	50:18
Mike Karra	M30	50:52
George Schaefer	M65	50:55
Brian Smith	M60	51:12
Shirley Bell	W50	51:22
Robert Sheehy	M50	52:47
John Pellier	M55	54:39
Robert Mair	M50	54:45
Stuart Parkinson	M50	55:00
Dalton Moffett	M65	56:24
Wendy Duncan	W45	56:35
Sue Vetten	W45	56:37
Ann Turner	W60	57:42
Merv Jones	M60	57:46
Arnold Jenkins	M55	58:42
Val Millard	W50	59:36
Jeff Spencer	M55	59:37
Eileen Brown	W50	60:00
Norm Miller	M65	60:28
Frank Gardiner	M45	63:23
Shorty Turner	M60	64:55
Trevor Brown	M55	68:10
Phyllis Farrell	W50	76:31
Ray Lawrence	M70	76:32

5K Walk

Barry Lunn	M60	41:04
Fred Watson	M80	54:23

7K Walk

Pat Ainsworth	W60	58:15
Val Wheeler	W65	58:15
Alan Pomery	M65	58:15
Barrie Thomsett	M55	58:24
Gail Gardiner	W45	63:24
Leo Hassam	M65	63:29
Pat Miller	W60	68:55

10K Walk

Lynne Schickert	W55	76:32
Peter Davies	M70	79:51

Visitors

Lauren Gardiner	5K	28:04
Nyala Millar	5K	29:11
Nicholas Gardiner	7K	34:37
Geoff Curtis	10K	51:02
Paula Karra	10K	58:02
Gwyneth Davies	7KW	68:56
Chris Willetts	10KW	88:26
Sharon Lambert	10KW	88:28

Bibra Lake Run

5th September 1999

A bright sunny day, cool with little or no wind - perfect for running. Conditions must have been similar at the Marathon Club's event except they had the lure of pancakes and I didn't! Father's Day, and the noon start of the Presentation Lunch also kept the number of starters down this year.

No matter, the reaction of many people was that they enjoyed the race and my efforts were appreciated. I appreciated the efforts of my helpers, namely, Bob Sammells, Mitch Loly, John Smith, Rosa Davis and Jim Klinge. See you next year.

Doug Hazell

6Km RUN

John Wannberg	M30	23.32
Bill Jones	Vis	23.59
Ivan Brown	M50	24.36
Hyrem Mainsell-Paea	M35	24.57
John Bramley	M55	26.10
Jim Barnes	M55	26.28
Alan Jennings	M55	26.53
Brian Bennett	M50	27.28
Mike Rhodes	M50	28.33
Stuart Parkinson	M50	29.22
Jeff Spencer	M55	29.31
Peter Airey	M60	29.32
Warren Davey	M45	29.33
Clinton Turner	Vis	32.03
Kirt Johnson	M70	32.08
Sheila Maslen	W60	38.29
Suzan Brand	W50	39.04
Noila Medcalf	W60	39.04
Phyllis Farrell	W50	39.30
Peter Simmons	M50	44.57

12Km. RUN

Chris Coates	M45	47.40
Bob Schickert	M55	48.58
John MacIpwany ?	M45	50.25
Mike Karra	M30	51.18
Vic Waters	M55	51.45
Mike Hale	M50	51.46
Johann Hagedoorn	M55	52.49
Brian Foley	M55	54.38
Milton Maverick	M55	54.49
David James	M45	56.25
Dvid Carr	M65	56.48
John Pellier	M55	58.41
Shirley Bell	W50	58.45
Geoff Curtis	Vis	59.56
Robert Sheehy	M50	62.36
George Schaefer	M65	62.37
Merv Jones	M60	64.56
Graham Thornton	M55	64.57
Merv Moyle	M70	65.15
Margaret Warren	W60	65.52
Ann Turner	W60	66.15
Ray Hall	M65	66.30
Val Millard	W50	70.43
John Mison	M50	70.44
Margaret Bennett	W55	75.26
Alan Chambers	M60	75.27
Lil Heatley	Vis	94.05

6Km. WALK

Barry Thomsett	M55	44.20
Lynne Schickert	W55	45.59
Michelle Mison	W50	45.59
Val Wheeler	W65	49.16
Pat Ainsworth	W60	49.54
Leo Hassam	M65	54.28
Fred Watson	M80	71.33

State Cross Country Championships

King's Park

September 12th 1999

It was an ideal morning and the wildflowers were just magnificent in King's Park.

There were 84 runners and walkers who enjoyed the conditions. The numbers were down from previous years, as there was a clash with the WAMC Half Marathon champs.

Because of changes to access through some tracks we altered the course a little, to ensure that the distance was as close to 10K as

possible. Unfortunately we were the victims of saboteurs with a strange sense of humour, who altered as many as three of the corners we had marked with striped tape. This caused all sorts of confusion with some runners (even those who know the course well), taking wrong turns and having to back-track, and some returned via incorrect routes. Many runners recorded much slower times than previous years. It makes one wonder what satisfaction, the idiots gain out of mucking up our organised runs.

The winner of the 5.2K run was David Willmer with Sue Bullen the first lady. In the 6K walk Michelle Mison was first. In the main race, the 10K run, Steve Dunn was first man with leading lady being Bev Morrissey.

It seemed like everybody appreciated the massages that were made available by the visiting masseurs. They had plenty of volunteers. As this event was held the week after the annual presentation day, we presented medals to age group and sex, placegetters. There were a couple of medals presented incorrectly. Our apologies for that. Those names marked with an asterisk below, are owed medals. A large thank you to the many helpers, who included, Barrie Thomsett, Garnet Morgan, Eileen Brown, Robert Mair, Wendy White and Bronwyn & Lynsey Warren Gee and Ralph Henderson.

10K

M30

Stephen Dunn	42:18
Mike Karra	48:36 *

M35

Blakeney Tindall	45:26
Malcolm Reid	57:55

M40

Darryl White	42:28
James McCarthy	45:00 *
Doug Ashfield	45:31
Wally Crowley	45:35
John Allen	46:00

Simon Mort	50:00
Paul Kelly	48:00

M45

Trevor Robertson	42:44 *
Garry Fisher	43:49 *
Mike Flood	48:37 *
Adrian Damian	52:00

M50

Jim Klinge	42:40
Ralph Henderson	43:13
Mark Rosen	47:13 *
Mike Khan	47:51
Brian Bennett	49:51
Mike Rhodes	51:18
John Mison	52:00
Stuart Parkinson	56:04

M55

Dave Roberts	43:16
Vic Waters	45:29
Johan Hagedoorn	47:21
Paul Martin	52:00
Arnold Jenkins	62:00

M60

Bob Sammells	48:40
Joe Stickles	49:04
Brian Smith	52:22 *
Richard Harris	52:54
Aldo Giacomini	54:50
Mike Faunge	55:15
George Innis	55:21
Alan Chambers	66:23
Shorty Turner	67:47

M65

Stan Lockwood	50:45
Ray Hall	53:51
George Schaefer	53:54
Dalton Moffett	58:58
Vic Beaumont	67:02

M70

Merv Moyle	58:29
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W45

Lori Carroll	69:01
Denise Isaacs	69:02

W50

Bev Morrissey	52:55
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W55

Peggy Macliver	55:11
Margaret Bennett	67:49
Rosa Davis	71:56
Lynne Schickert	No time

W60

Anne Turner	59:14
Margaret Warren	59:31
Sheila Maslen	72:07

W70

Glenice Shanahan	1:44:30
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Visitors 10K

Dave Muir 45:36
 Paula Karra 66:13

5.2k

David Willmer M45 22:41
 Ian Davies M50 23:32
 Chris Reid M35 23:38
 Hyrem Maunsell-Paea M35
 23:48

Alan Jennings M55 24:47
 Lynsey Gee Vis 25:10
 Michael Anderson M50 26:12
 Debbie Burge Vis 27:42
 Cecil Walkley M70 27:45
 Clinton Turner Vis 29:27
 Warren Davey M45 28:31
 Sue Bullen W40 34:34
 Trevor Brown M55 34:39
 Noela Metcalf W60 37:00
 Ken Whistler M65 37:00
 Jan Jarvis W50 40:47
 Suzan Brand W50 40:48
 Peter Simmons M50 41:00

6K Walk

Michelle Mison W50 42:36
 Lesley Romeo W50 42:38
 Peter Davies M70 42:39
 Barry Lunn M60 48:23
 Val Wheeler W65 48:31
 Alan Pomery M65 54:52
 Pat Ainsworth W60 54:53
 Carol-Anne Lunn W35 57:06
 Marg Taylor W45 57:08
 Fred Watson M80 69:26
 Fred Hagger M70 69:28

RIB RUN 10/10/99

After the heavy rains and winds experienced in the days previous to the run, Sunday morning turned out perfect. Conditions of the run seem to get better each year, as paths get upgraded. A record number of 17 visitors made up the 121 finishers. (should this be an invitation run for the future??) as at least 6 people had read about this run in the paper. One for the northern suburbs!!

Do we need more northern suburbs run?? Any ideas?
 Thanks to all our helpers especially Bernadette Height and Greg Salter

who turned up without us even having to contact them. What a turn up for the book – some people do read their Vetrin in detail. Also a last minute helper who rang to offer his services, Ivan Brown – a delight for Race Directors. Lastly all the other helpers, Jean Fisher, Bob Sammells, Jan Jarvis, Ray Barnett and of course the recording ladies Maureen and Bev who have got this job well under control.

The only disadvantage with this northern run is that one southern visitor ended up at the Karrynyup Golf Course until his wife got him back on course.

See you all next year.

Roma, Irene, Brian (RIB)

5K

Bert Carse M55 17:53
 Stephen Dunn M30 17:56
 David Willmer M45 18:26
 John Molloy M45 19:10
 Wally Crowther M40 19:34
 Tessa Brockwell W40 19:41
 Don Caplin M60 20:05
 David James M45 20:10
 Gareth Brunt M45 20:41
 Peter Hill M50 20:59
 John Brambley M55 21:15
 Mike Anderson M50 21:40
 Alan Jennings M55 22:11
 Bryna Hardey M55 22:47
 Peter Airey M60 23:30
 Ray Hall M65 24:41
 Wendy Clements W55 26:45
 Norm Miller M65 27:39
 Kirt Johnson M70 28:12
 Vic Beaumont M65 28:32
 Joan Pellier W55 28:34
 Philip Dean M55 28:40
 Jackie Billington W55 28:45
 Sue Bullen W40 28:52
 Keith Forden M60 29:03
 Anita Browne W50 29:18
 Margaret Bennett W55 29:47
 Jane Robley W50 31:16
 Suzan Brand W50 31:19
 Mary Heppell W60 31:47
 Peter Simmons M50 34:03
 Denise Lancaster W45 35:00
 Toni Frank W50 39:19
 Marg Taylor W45 40:09
 Ann Breeze W50 41:59

Brian Holmes M60 42:00
 Glenice Shanahan W75 43:27

9K

Jim Langford M55 32:08
 John Crisp M45 33:49
 Jim Klinge M50 34:41
 John Davies M55 34:57
 Ralph Henderson M50 34:57
 Gary Fisher M45 35:15
 Ann Shaw W50 36:18
 John Allen M40 37:28
 Doug Ashfield M40 37:55
 Bob Schickert M55 38:23
 John Pressley M50 38:30
 Johan Hagedoorn M55 38:45
 Mike Flood M45 38:58
 Brian Foley M55 38:59
 Mike Khan M50 39:03
 Brian Danby M50 39:13
 Robert Mair M50 39:17
 Graham Thornton M55 39:23
 Vic Waters M55 39:44
 Ron Spencer M55 39:56
 Paul Martin M55 40:17
 Brian Bennett M50 40:25
 David Carr M65 41:19
 Mike Rhodes M50 41:26
 Margaret Langford W50 41:44
 Simon Mort M40 41:58
 Adrian Damiani M45 42:21
 John Bell M50 42:24
 Blakeney Tindall M35 43:21
 John Pellier M55 43:33
 Carol Broderick W45 43:44
 Ken Brownlie M50 43:45
 Brian Smith M60 43:46
 Shirley Bell W50 44:35
 Mike Faunge M60 45:35
 Richard Harris M60 46:30
 Margery Forden W55 46:43
 George Innes M60 46:43
 George Schaefer M65 48:05
 Dalton Moffett M65 48:43
 Jenny Barnes W45 48:47
 Bob Fergie M60 49:00
 Arnold Jenkins M55 49:09
 Merv Moyle M70 49:15
 Margaret Warren W60 49:24
 Ann Turner W65 49:24
 Eileen Brown W50 49:50
 John Mison M50 56:21
 Greg McDowell M45 56:22
 Trevor Brown M55 56:40
 Shorty Turner M60 57:15

5K Walk

Rosemary Holloway W40 30:01

Rebecca Cook	W30	34:11
Peter Davies	M70	35:20
Lorna Lauchlan	W65	39:19
Val Wheeler	W65	40:18
Pat Ainsworth	W60	40:18
Barry Lunn	M60	42:27
Alan Pomery	M65	42:27
Judy Hill	W50	43:06
Pat Miller	W60	44:00
Keith Atkinson	M40	44:00
Diane Ashfield	W45	44:04
Fred Watson	M80	56:44
Fred Hagger	M70	56:47

9K Walk

Lynne Schickert	W55	68:37
Michelle Mison	W50	68:37

Visitors

Xavier Jennings	5K	19:21
Shane Loseby	5K	20:31
Jeff Lindhorst	5K	21:22
Mike Loseby	5K	22:34
Sharon Molloy	5K	24:18
Clinton Turner	5K	24:39
Bill Meharry	5K	28:19
Bruce Haustsead	9K	35:54
Ken Dacre	9K	37:29
Chris Kowalski	9K	37:37
John Griffiths	9K	40:00
Richard Russell	9K	40:15
Sue Prewett	9K	41:06
Angela Parker	5KW	43:07
Gerard De Sennerville	9K	45:15
Rod Wood	9K	47:21
Ron Sutton	9K	47:26

The Garvey Gallop

A pleasant day for running this picturesque course along the banks of the Swan river. A strong, cool tail wind assisted runners on the way out but, unfortunately, it turned into a head wind on the way back. We don't know how many runners started, or expired on the way, but 68 clocked in at the finish. First over the line in the 5K even was a visitor, 14 year old Xavier Jennings. The results were as follows:-

5K Runners

Ladies

1. Tessa Brockwell
2. Lynn Harrop
3. Sue Vetten

Gentlemen
Xavier Jennings
1. David Bishop
2. Hyrem Maunsell-Paea
3. Alan Jennings

5K walkers

Ladies

1. Leslie Romeo
2. Val Wheeler
3. Gail Gardiner

Gentlemen

1. Barrie Thomsett
2. Alan Pomery
3. Leo Hassam

10K runners

Ladies

1. Anne Shaw
2. Robin King
3. Michelle McGrath

Gentlemen

1. Chris Coates
2. Trevor Robertson
3. Gary Fisher

10Km walkers

The one and only Michelle Mison!!!

Sincere thanks are due to Kirt Johnson and Ron Sutton for marking out the course as well as Pam and Brian Smith, Blakeney Tindall, Mick Hale and Keith Atkinson for their valued assistance.

Arthur Leggett

5K Run

Xavier Jennings	Vis	18.26
Paul Bishop	M40	18.57
Tessa Brockwell	W40	19.26
Hyrem Mansell Paea	M35	19.54
Alan Jennings	M55	21.48
John McShane	M30	22.26
Stuart Parkinson	M50	23.23
Nicholas Gardiner	Vis	23.32
Lyn Harrop	W45	23.38
Warren Davey	M45	23.45
Sue Vetten	W45	25.51
Karen Harrop	W35	28.23
Sue Bullen	W40	28.29
Trevor Brown	M55	31.24

Jane Robley	W40	31.43
Lorna Lauclan	W65	33.23
Frank Usher	M75	37.58
Glenice Shanahan	W75	45.13
Fred Watson	M80	48.03

5K Walk

Lesley Romeo	W50	35.37
Barry Thomsett	M55	38.01
Alan Pomery	M65	38.04
Val Wheeler	W65	38.23
Leo Hassam	M65	43.32
Gail Gardiner	W50	46.12

10K Run

Chris Coates	M45	38.26
Trevor Robertson	M45	38.52
Gary Fisher	M45	39.25
David Willmer	M45	39.58
Anne Shaw	W50	40.17
John Davies	M55	41.10
Ian Davies	M50	41.46
Nick Miller	M35	41.48
Jon Wannberg	M30	41.52
John Allen	M40	42.06
John Bell	M50	42.48
Johannes Hagedoorn	M55	44.16
Mike Khan	M50	44.34
Robin King	W40	44.59
Brian Foley	M55	45.48
David Carr	M65	46.39
Phil Edmiston	M40	46.39
Mike Flood	M45	47.0
Bryan Hardy	M55	47.16
Paul Martin	M55	47.49
Mike Rhodes	M50	48.05
Adrian Damiani	M45	48.13
Michelle McGrath	Vis	48.17
Simon Mort	M40	48.43
Stan Lockwood	M65	48.56
John Peterson	M55	49.01
Shirley Bell	W50	49.46
George Schaefer	M65	50.18
Robin McBeth	M45	50.29
Mike Faunge	M60	51.11
Bob Fergie	M60	54.39
Frank Gardiner	M45	55.27
Merv Jones	M60	55.44
Julie McGrath	W60	56.02
Paula Karra	Vis	57.04
Arnold Jenkins	M55	57.36
Bernadette Height	W40	57.40
Eileen Brown	W50	58.40
Jill Fuller	Vis	59.20
Ray Hall	M65	59.29

Rosa Davis W55 64.51
Phyllis Farrell W50 71.56

10K Walk

Michelle Mison W50 74.16

Gordon Metcalf M70 31.19
Ron Spencer M55 31.41
Frank Usher M75 33.20
Marg Taylor W45 33.51
Glenyse Shanahan W75 39.46

Karen Thompson W30 51.10
Jeanette Tiveriss W40 51.16
Eileen Brown W50 52.43
Norm Miller M65 54.46
Val Millard W50 55.42
Margaret Bennett W55 57.17
Shorty Turner M60 1.00
Trevor Brown M55 1.01
Phyllis Farrell W50 1.04
Lynne Schickert W55 1.05
Denise Lancaster W45 1.12
Barbara Outhwaite W45 1.12

**Wildflower Run
3/10/99**

We had a really good turnout on a beautiful summers day. I think everyone will be happy with their times, unfortunately the course was a little short so if you compare your times with last year you will be able to see how you have improved or maybe not. Next year I will have the course measured, so you can compare.

The trainee masseurs were very welcome and were kept very busy as we all love a bit of pampering don't we.

Unfortunately my partner in crime Jo Pearce is having to work out of town so she was not able to help me but fortunately I had some wonderful help from Kirt, Merv, Alison, Brian,Sue, Shirley, Mike and of course Maureen and Bev.

Wendy Duncan

K

David Willmer M45 15.34
Don Caplin M60 17.52
Alan Jennings M55 18.17
Warren Davey M45 20.09
Joan Pellier W55 24.45
Lorri Carroll W45 24.53
Greg McDowell M45 24.54
Jackie Billington W55 25.21
Roma Barnett W50 25.30
Irene Ferris W45 25.34
Ann Breeze W50 25.48
Anita Brown W50 25.59
Suzan Brand W50 26.14
Brian Holmes M60 26.36
Jane Robley W40 27.07
Peter Simmons M50 27.35
Lorna Lachlan W65 29.37
Mary Heppell W60 29.38
Noela Metcalf W60 30.38
Patricia Carr W65 30.39

10K

Jim Langford M55 33.37
Bert Carse M55 35.28
Jim Klinge M50 35.32
Ralph Henderson M50 35.42
Bob Schickert M55 38.22
Paul Hughes M45 38.25
Ian Davies M50 38.35
Mike Karra M30 38.52
Blakeney Tindall M35 39.26
Brian Danby M50 39.29
John Bell M50 39.47
Doug Ashfield M40 39.47
Keith Atkinson M40 39.47
Johan Hagerdoorn M55 40.10
Mike Khan M50 40.27
David Carr M65 41.15
Brian Foley M55 41.17
Phil Edmiston M45 41.18
Mike Hale M50 41.22
Paul Martin M55 41.29
Peter Hill M50 41.37
Robert Mair M50 42.05
Graham Thornton M55 42.11
Brian Bennett M50 42.27
Michael Anderson M50 42.33
Bob Sammells M60 42.52
Margaret Langford W50 43.13
Adrian Damiani M45 43.30
Simon Mort M50 43.43
Stan Lockwood M70 43.53
Beverley Morrissey W50 44.24
Ray Attwell M60 44.35
Bryan Hardey M55 44.47
John Pellier M55 45.10
Mike Rhodes M50 45.33
Lynn Harrop W45 46.12
Richard Harris M60 46.24
Peter Airey M60 46.50
Mike Faunge M60 47.12
Robert Sheehy M50 47.44
Stuart Parkinson M50 48.29
Bernadette Height W40 48.55
Dalton Moffett M65 50.22
Bob Fergie M60 50.48
Merv Jones M60 50.49
Jenny Barnes W45 50.50
Ann Turner W60 50.53
Margaret Warren W60 51.02

5K Walk

Ray Hall M65 24.33
Dick Blom M65 26.48
Peter Davies M70 29.01
Lesley Romes W50 29.52
Val Wheeler W65 33.21
Lois Smith W45 33.22
Pat Ainsworth W60 34.28
Judy Hill W50 37.01
Barry Lunn M60 38.00
Alan Pomery M65 38.01
Barrie Thomsett M55 38.08
Keith Atkinson M40 39.47
Dianne Ashfield W45 40.19
Carol-Anne Lunn W55 42.03
Fred Watson M80 47.35
Fred Hagger M75 47.37

10K Walk

Michelle Mison W50 1.06

Visitors

Xavier Jennings 5K 16.11
Clinton Turner 5K 20.05
Katy Bishop 5K 23.16
Eldine Ellard 5K 29.46
Peter Woods 10K 37.02
Colm Gillem 10K 39.10
John Ellard 10K 42.38
Caroline Mills 10K 42.45
Malcolm Reid 10K 47.58
Paula Karra 10K 51.53

Gateshead Results

Sorry folks, couldn't fit them in this month!!

Happy Birthday to Our November Members

Emmett, Eric	02/11/59	40	becomes	M40	Hollaway, Philip	19/11/52	47	remains	M45
Munsie, Selby	03/11/33	66	remains	M65	Duncan, Wendy	19/11/49	50	becomes	W50
Calnan, Ross	04/11/40	59	remains	M55	Noordyk, Kathleen	19/11/46	53	remains	W50
Hoye, Derek	04/11/38	61	remains	M60	Oliver, Bernard	19/11/43	56	remains	M55
Johansson, Jason	06/11/66	33	remains	M30	Outhwaite, Simon	20/11/53	46	remains	M45
Pellier, Joan	08/11/39	60	becomes	W60	Anderson, Kevin	20/11/40	59	remains	M55
Main, Jan	08/11/49	50	becomes	W50	Mavrick, Milton	23/11/53	46	remains	M45
Hicks, Stewart	09/11/22	77	remains	M75	Atkinson, Keith	23/11/56	43	remains	M40
Brockwell, Tessa	10/11/55	44	remains	W40	Spencer, Ronald	23/11/39	60	becomes	M60
Williams, Ross	10/11/39	60	becomes	M60	Brand, Suzan	24/11/45	54	remains	W50
Clark, Gary	11/11/45	54	remains	M50	Forden, Keith	25/11/38	61	remains	M60
Karra, Michael	12/11/64	35	becomes	M35	HansfordMiller, Frank	26/11/16	83	remains	M80
Warren, Margaret	12/11/35	64	remains	W60	Crellin, Karen	27/11/41	58	remains	W55
Barnes, Jenny	12/11/51	48	remains	W45	Hall, Ray	27/11/33	66	remains	M65
McMillan, Raema	14/11/27	72	remains	W70	Miller, Norman	28/11/31	68	remains	M65
Ventris, John	15/11/48	51	remains	M50	Bishop, Dave	28/11/55	44	remains	M40
Rhodes, Michael	16/11/45	54	remains	M50	Brown, Ivan	29/11/44	55	becomes	M55
Stoffers, Henk	18/11/40	59	remains	M55	Hagedoorn, Johannes	29/11/43	56	remains	M55
Billington, Jackie	19/11/42	57	remains	W55	Miller, Margaret	29/11/42	57	remains	W55
					Moyle, Merv	29/11/26	73	remains	M70

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