



Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158  
Editor: Rod Tinniswood. Copy for Vetrin: See panel page 2 • [www.netprojex.com.au/wavac](http://www.netprojex.com.au/wavac)

## Words from a winner

Many shared the moment of glory with Bob Sheehy, the winner of the Cliff Bould Handicap at McCallum Park on Sunday, September 23.

Bob's trophy acceptance speech suggested that he knew of the famed Cliff Bould.

In Bob's younger days, he trained for football on an oval in Melville. He and his team-mates were probably a bit reluctant to do the two lap warm-up expected of them. They marvelled at the grey haired figure jogging around the oval - no matter what the weather was like. Cliff Bould seemed to do ten times the task that Bob and his mates had been set.

Bob remembers Cliff as an ever-present example of persistency. He never expected a good result on the big day, without putting in the hard yards in preparation.

It was a proud moment for Bob and his family and friends on Sunday when he enjoyed his moment of recognition. The admirable thing was that Bob had the presence of mind to thank the organiser Ivan Brown and helpers for a fine run. Bob went on to thank Shorty Turner and his band of merry fellow training partners for their support and camaraderie. Few of us to train on our own and he let his



Ivan Brown (left) presents the Cliff Bould Handicap Trophy to Robert Sheehy (centre). David Carr, right mentioned how Cliff was one of the first WA Veteran runners to compete successfully overseas and was very helpful to other WA runners.

mates share with him his victory.

*This article was transcribed from an anonymous contribution for which the editor is thankful. And in the words of the anonymous contributor:*

**"In all respects, well done, well said, and well won!"**



## An inspiring athletic event, despite the squalls.

Notwithstanding a dismal Saturday morning with frequent rain showers and a strong Freo wind, this was a very successful inaugural Fremantle Masters event.

Our thanks to the great band of helpers - Bob Fergie (track marking and equipment), David Carr (line marker) and Jackie Halberg, Richard Harris, Katrina Spilsbury,

Jim Barnes, Bruce Wilson Debbie Burge, Doug Ashfield, Rod Tinniswood and Pat Carr who valiantly braved the weather to organise events and lap score. A number of the competing Vets also stepped in and helped at various times for which we were most grateful.

Bob and Lynne Schickert

**Results on page 6**

**Nothing in the world can take the place of persistence.**

**Talent will not; nothing is more common than the unsuccessful man with talent.**

**Genius will not; unrewarded genius is almost a proverb.**

**Education alone will not; the world is full of educated derelicts.**

**Persistence and determination alone are omnipotent.**

*Calvin Coolidge 1872-1933*

## In this Issue:

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Millers Run  
Garvey Gallop  
Bassendean  
Fremantle Masters Games
- New members
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**In a bid to step up security at the club, I have been asked to present my credentials for an identity check.**

It's true, that as a new chum, I have infiltrated the ranks and have tried to impose a mood of optimism and well-being through the medium of this newsletter. It is alleged that apart from the duties of presenting the race results on a monthly basis, I have presented propaganda with regard to the joy that results from participating in weekly club activities.

Six months down the track this subversive activity has finally been apprehended.

"Show us your goods, mate!" is the call. "Tell us who you are. We want to know just where you come from, what you've done and what your motivation is. Present your credentials if you please".

No worries. Here goes: I was born in Johannesburg on January 25, 1950.

At an early age I realised that I could run faster than my peers. It was a great feeling winning the running races at school. At high school I enjoyed success in the sprints - 100 yards, 220 yards, 110 yards hurdles (for which I held the record for some years) and also the long jump. I also played most other sports but concentrated on baseball, soccer and cycling.

There wasn't the opportunity where I lived to carry on with athletics after school. With tertiary education, marriage and family duties, athletic endeavours were relegated to the back-burner. When I relocated to Cape Town in my thirties, I participated in club level baseball and competitive cycling.

I have served on numerous sporting committees and initiated junior baseball at the club where I played. Through this volunteer work, I was awarded the position of manager of the provincial squad that competed at national level.

It was not until I turned 40 and returned to Johannesburg, that I took to longer distance running and joined the Rand Athletic Club. There was a big road running following in South Africa, which made it easy to progress. I moved quickly from 5 to 10kms. I then tried a 15 and was soon entering half-marathon events. I took time before I tried my first marathon, however, and treat marathons with great respect.

Although I completed two ultra-marathons (Two Oceans in Cape Town - 56kms), I never felt that I wanted to do the

## Show us your goods, mate.

Comrades Marathon (approx 90kms).

When I immigrated to Australia in 1995 I had a few set-backs. Determined to run again, I have worked through some aches and pains and have learned how to manage my equipment to make it to the start-line on Sundays.

The best thing that I have done is to join the Vets. I like the idea of having a low cost event every Sunday and find the format perfect to allow me to see how I feel on the day and make the most of it. I will always want to do the best I can, but am not driven by doing a good time every Sunday.

My son and daughter who are in their mid twenties still live at home, but sadly none of my family share my love for running.

**Best 10km** 47:19 June '95

**Best Marathon** 3:58:21 Feb '95

**Best City to Surf** 59:23 Aug '01

**Goals:** To keep at it and slowly improve 10 km times. I'd like to have a go at some Track & Field this Summer.



*Rod in Rand Athletic Club gear, finishing his first marathon in Johannesburg 1993.*

**14 OCT - WILDFLOWER RUN - DIRECTOR-WENDY DUNCAN, DAVE WILMER 9302 2998**

**HELPERS** - Brian & Alison Aldrich, Diane York, Warren Davey, Rod Tinniswood, John Molloy, Peter Simmons, Keith Miller, Wayne Robinson, Liz Duffield.

**21ST OCT - GUESS YOUR OWN TIME - DIRECTOR - VIC WATERS 9341 3464**

**HELPERS** - Jim&Margaret Langford, John Davies, John&Elaine Ellard, John Bell, Colin O'Sullivan, Gillian Young, Pat Canning, Simon Mort, Frances Cassella, Morland Smith.

**28TH OCT - HERDSMANS LAKE - DIRECTORS - GEOFF & DOROTHY WHITTAM 938 76438**

**HELPERS** - Noela&Gordon Medcalf, Val Wheeler, Fred Watson, Nora&Mike Berry, Barry Thompsett, Glenice Shanahan, Pat Hopkins, Peter & Susan Sanders.

**4TH NOV - RIB RUN DIRECTOR - ROMA BARNETT 9246 4881**

**HELPERS** - Brian Danby, Mike Faunge, Irene Ferris, Jan Jarvis, Blakeney Tindall, Johan Hagerdoorn, Julie Wood, John Cresp, Judy Bonomelli, Jayne Mitchell.

**11TH NOV - SAFETY BAY DIRECTOR - DUNCAN MCCAULEY - 9527 8303**

**HELPERS** - Vic & Jacqui Beaumont, Eileen Hindle, Graham Lucas, Dennis Miller, Mitch Loly, Ray Attwell, John & Elaine Dance, Stephen & Pamela Toohey, Bob Chalmers, Trevor Scott, Murray Tolbert, Jo Kelly-Wilson, Tony Brown,

**When you reach for the stars you may not quite get one, but you won't come up with a handful of mud either.**

*Leo Burnett*

### 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.

### It's your newsletter

*Contributions are welcome.*

15 Fitzpatrick Way, Padbury WA 6025, or email:

tinniswoodr@sundaytimes.news1td.com.au  
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.



## NOTICE BOARD



### Tracky Days

*Sing along to the tune of  
"Happy Days"*

Tracky days are here again  
The skies above are clear again  
So let's sing a song of cheer again  
"Tracky days are here again."

All together shout it now  
There's no one here can doubt it now  
Let's sing a song about it now  
"Tracky days are here again."

*Please note changes on the track & field program on page 9*

### NEW ZEALAND MASTERS GAMES 2ND FEB 2002

If anybody is interested in competing in Dunedin New Zealand early next year, then call Keith on 9313 1669, as I have some extra copies of the program, and list of events.

Which includes Athletics, Road Running, Orienteering, Recreational Walks, Cycling, Triathlon, Duathlon, Swimming and many other sports.

Dear Rod

Just a few lines to thank you for the nice article in the recent Vetrin about me and my book, plus the percentage tables by Bob Sammells.

Rod you are doing a great job with Vetrin and I look forward to receiving it.

Best of luck and kind regards

John Gilmour

### Rotto Long Weekend

March 2002

Bookings are now being taken for Kingston Barracks, Rottneest for March 1, 2, 3, 2002.

Price is \$16 per night for 4 beds. This weekend promises lots of fun in the sun, running and cycling.

For more information contact Joan Pellier on 9459 7782

### Annual Dinner November 17

To be held at the Sandringham Hotel as per last year, so book a date in your diaries now.

Further details to follow.

### Missing Signs

The directional signs made specially for the Wildflower Run last year by David Wilmer have gone missing.

If anyone knows where they are, please contact David on 9405 3804



Dear Rod

Enclosed is a photo of Larra Lauchlan and Jacqueline Billington visiting the Barmer Reef after coming in the world track and field championships in Brisbane. I hope you think it is suitable for the Vetrin.

Yours Faithfully,  
Bery Keppell.



### Running Tall

Merv Moyle M70 (75 in November) is not an unfamiliar figure at our Sunday runs. He ran his 25th City to Surf this year in a time of 66 mins 8 seconds. His best time was 50 mins 10 secs in 1984.

Merv played football and tennis when he was younger and only started running when he was near retirement.



# Results



## Apology

There was an error in the State Championship Cross Country report in the results of September Vetrin. Due to gremlins in the computer, last year's report was inadvertently used. The results were correct, however.

## Miller's Run

(New Name: Windan Run)

September 2, 2001

Thankyou to the 85 runners and walkers who came to our inaugural Windan Run. We apologise for not putting flags out near Trinity. Next year will be better.

Although rain was promised, apart from a 5 minute shower, the weather turned out pretty good.

A real big special thankyou to our helpers, without whom we could not have put on the run: Anne and Shorty Turner, Margaret and Brian Bennett, Aldo and Audrey Giacomini, Wayne Bates, Brian Smith, Pierre Viala, Jim Barnes, Bob Sammells and Sue Bullen.

A special thanks to Dave who dragged himself out of his sickbed to offer his help. We'll put your name down for next year.

### 6km Run

Ian Davies	M50	22:31
Bruce Wilson	M55	23:09
Dave Roberts	M55	24:28
Sally-Anne Bramley	Vis	26:38
Henry Cortis	M55	26:44
Debbie Burge	W30	27:37
Irwin Barret-Leonard	M70	28:30
Simon Mort	M45	28:53
John Bramley	M55	28:57
David Knowles	M30	29:05
Joe Stickles	M60	30:41
Liz Duffield	W45	30:51
Rod Tinniswood	M50	31:42
Wendy Clements-Green	W55	32:16
Bob Fergie	M65	32:31
John Smith	M65	32:44
Arnold Jenkins	M55	33:59
Val Millard	W50	34:06
Kirt Johnson	M70	34:07
Jenny Barnes	W45	34:20
Steve Toohey	M50	34:55
Ruth Willmer	Vis	36:11
David Willmer	M45	36:12
Keith Forden	M60	37:17

Mary Hepple  
Elaine Ellard  
Grace Willmer  
Morris Warren

W60 39:40  
W55 43:14  
Vis 43:36  
M60 44:46

### 6km Walk

Jaqueline Billington  
John Frost  
Rex Bruce  
Lynne Schickert  
Lorna Lauchlan  
Dorothy Whittam  
Ray Hall  
Val Wheeler  
Patricia Hopkins  
Maggie Flanders  
Jeff Whittam  
Barbara Bailey

W55 40:09  
M60 40:50  
M60 42:32  
W55 42:56  
W70 44:45  
W65 46:46  
M65 49:27  
W70 50:00  
W55 50:08  
W65 50:25  
M65 58:34  
W70 58:50

### 14 Km Run

Lochlan Marr  
Jim Klinger  
Bob Schickert  
John Allen  
Jeff Lindhorst  
Doug Ashfield  
Frank Smith  
Mike Hale  
Graham Thornton  
Brian Danby  
Sid Beer  
David Corben  
Brian Foley  
John Mack  
Mike Kahan  
John Pellier  
Keith Atkinson  
Keith Rimmer  
Marge Forden  
Rob Sheay  
Mike Faunge  
John Ellard  
Roxanne Corben  
Gillian Young  
Heather Jones  
Jim Halliday  
George Schaefer  
John Dance  
Teresa Lees  
Merv Moyle  
Merv Jones  
Margaret Warren  
Ron Mead  
Pam Toohey  
Graham Lees  
Elaine Dance  
Joan Pellier  
Irene Ferris  
Phyllis Farrell

M40 55:26  
M50 56:57  
M55 59:26  
M40 60:00  
M40 60:22  
M40 60:27  
M55 60:30  
M50 61:39  
M60 61:52  
M50 62:49  
M55 63:37  
M40 63:56  
M55 63:58  
M60 64:14  
M55 64:23  
M60 67:51  
M40 68:08  
M55 68:55  
W60 69:42  
M55 69:49  
M60 69:56  
M55 70:03  
Vis 70:37  
W50 71:28  
Vis 71:36  
M55 75:13  
M65 75:41  
M50 76:24  
Vis 76:26  
M70 76:51  
M60 81:15  
W65 81:27  
M45 82:46  
W55 83:22  
Vis 84:26  
W50 88:01  
W60 88:18  
W45 88:19  
W55 95:40

### 14km Walk

Paul Martin  
John Mison  
Alan Jennings  
Michele Mison  
Alan Pomery

M60 86:41  
M50 86:41  
M60 101:47  
W50 105:37  
M70 116:46

### 12km Run

Dick Blom

M65 64:27

## Garvey Gallop

SEPT 9, 2001

A total of 62 runners, and walkers, reported back to the recording tent after completing their event. More may have started, but it is possible that some were swept away in the rain squalls.

Due to these conditions the paper in the time recorder became saturated, and despite Bill Chapman's efforts, the paper got soaked and consequently the paper jammed after the 44th competitor. So we only have times for the first 44. Apologies for this.

The weather was so atrocious that everyone had gone home before I could announce the placegetters. Well, everyone except for Shorty Turner who demanded to know his place in the run, but fortunately another rain squall forced him back to his car, and he drove off into the hazy distance.

My thanks for the assistance of Shirley Bell, Kirt Johnson, Ron Sutton, Brian Smith, Bill Chapman and Arthur Leggett.

### 6K RUN

Bert Carse	M60	22.07
Ian Davies	M50	22.38
Daryl White	M40	23.21
Simon Jawichre	M35	24.39
Dave Roberts	M55	25.05
Jim Langford	M55	29.02
Bob Sammells	M60	29.49
John Dance	M50	34.15
Joan Pellier	W60	34.57
Bronwyn Gee	W45	35.00
Ruth Wilmer	Vis	37.22
David Wilmer	M45	37.30
Norm Miller	M65	38.57
Phyllis Farrell	W55	39.29
Pierre Vialla	M55	41.42
Elaine Ellard	W55	42.01
Sheila Maslin	W60	42.26
Grace Wilmer	Vis	43.10

### 6K WALK

Rex Bruce	M60	43.59
Michelle Mison	W50	44.20
Barrie Thompsett	M60	48.25
Jeff Whittam	M65	
Alan Pomery	M70	

### 10K RUN

Warren Gee	M50	38.38
Wally Crowley	M45	39.17
Ralph Henderson	M50	40.08
Jim Klinge	M50	41.41
Bob Schickert	M55	43.00
Ivan Pilton	M55	45.08
Gary Fisher	M45	45.17
Syd Beer	M55	45.28
Johannes Hagerdoorn	M55	45.58



Brian Foley	M55	45.59
Bryan Hardy	M55	46.01
Margaret Langford	W55	46.35
Debbie Burge	W30	47.08
John Ellard	M55	48.15
Wayne Bates	M55	48.42
Brian Bennett	M50	49.24
David Knowles	M30	50.12
George Schaeffer	M65	50.15
Rod Tinniswood	M50	50.21
Gillian Young	W50	50.21
Roger Walsh	M55	50.21
Jenny Barnes	W45	50.52
Mike Sprout	Vis	51.23
Bernadette Height	W45	
Merv Moyle	M70	
Sue Bullen	W40	
Ann Turner	W65	
Bob Fergie	M65	
Steve Toohey	M50	
Pam Toohey	W55	
Elaine Dance	W50	
Millard	W50	
Laurie Collitt	Vis	
Margaret Bennett	W55	
Shorty Turner	M65	

#### 10K WALK

John Mison	M50	
Alan Jennings	M60	
John Frost	M60	
Jacqueline Billington	W55	
Joan Pellier	W60	34.57

### BASSENDAN RUN 16/9/01

Ninety runners and 15 walkers did the Bassendean Run in weather that was overcast at first which made it very humid. The mosquitoes were having a ball biting everybody - they especially liked the blue blooded pommies. Margaret Bennett at water station, had to move to the top of the steps because they were nearly carrying her into the river!

Needless to say fast times were run by the top runners. Bert Carse in the 5K just pipped the winner from last year Ian Davies. Only five did the 7K (avoiding the steps, no doubt). Chris Maher winner of the 10K in a really fast time of 36:41, 22 seconds ahead of John West. Debbie Burge, first lady home, just pipped Margaret Langford - a good race there.

Many thanks to my helpers with particular thanks to Kirt who gives me so much help on my run. Thanks to Denise, Pierre, Lorna, Margaret, Arthur, Glenda, Brian Toohey, Mike Khan and of course the neatest writer of names and times, Maureen Pomery.

See you all again next year. *Jacqueline*

#### 5K

Bert Carse	
Ian Davies	
Frank Smith	
Ivan Brown	
Simon Jawichie	
Joe Stickles	
Mike Anderson	
Dave Scott	
Joan Pellier	
Ray Lawrence	
Keith Forden	
Julie Wood	
Christine Kirkness	
Anita Browne	
Norm Miller	
Wal McKinnon	
Elaine Ellard	
Sheila Maslen	
Frank Usher	
Glenice Shanahan	

#### 7K

David Muir	
Roma Barnett	
Mary Heppell	
Shorty Turner	

#### 10K

Chris Maher	
John West	
Jim Langford	
Bob Schickert	
Daryl White	
Garth Brunt	
John Allen	
Colin Chisholm	
Dave Roberts	
Doug Ashfield	
Graham Thornton	
Nick Miller	
Brian Danby	
Ivan Pilton	
Gary Fisher	
Syd Beer	
Robert Roll	
Johan Hagedoorn	
John Mack	
Brian Foley	
Keith Atkinson	
Debbie Burge	
Brian Bennett	
Margaret Langford	
Wayne Bates	
Adrian Damiani	
Keith Rimmer	
John Ellard	
Mick Cousins	
Simon Mort	
Robert Sheehy	
Bob Sammel	
Vic Waters	
Gillian Young	
John Pellier	
Margery Forden	
Mike Faunge	

M60	18:41
M50	18:43
M55	20:19
M55	20:54
M35	21:24
M60	25:41
M50	26:32
M50	27:25
W60	29:31
M70	30:34
M60	30:39
W50	31:59
W50	31:59
W55	32:21
M65	33:05
M60	34:02
W55	34:22
W60	37:13
M75	42:15
W75	54:19

M55	33:00
W50	44:28
W60	47:24
M65	47:24

M45	36:41
M50	37:03

M55	38:28
M55	39:59
M40	40:18
M50	40:23
M40	40:59
M35	41:45
M55	41:50
M40	41:55
M60	42:19
M35	43:26
M50	43:33
M55	43:39
M45	44:16
M55	44:30
M55	44:46
M55	44:53
M60	45:20
M55	45:35
M40	45:45
W30	46:09
M50	46:29
W55	46:39
M55	46:40
M50	46:53
M55	46:59
M55	47:29
M65	47:39
M45	48:30
M55	48:39
M60	48:42
M55	48:43
W50	48:59
M60	49:07
W60	49:12
M60	49:14

George Schafer	
Rod Tinniswood	
Julie Keeley	
Glenn Keay	
Jackie Halberg	
Jim Halliday	
George Innes	
Ann Turner	
Merv Moyle	
Jenny Barnes	
Jo Pearce	
Wendy Duncan	
Irene Ferris	
Sue Bullen	
Bob Fergie	
John Dance	
Ron Mead	
Pam Toohey	
Brian Smith	
Merv Jones	
Arnold Jenkins	
Alan Chambers	
Elaine Dance	
Jo Penkin	
Visitors	
Allan Colthart	
Jasper Borbas	
Michelle Smith	
Laurie Collett	

#### 5K Walk

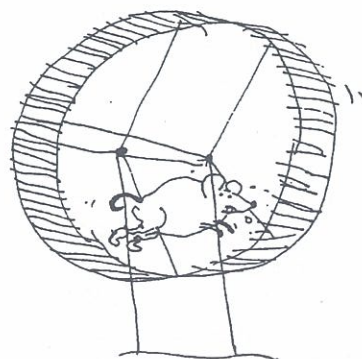
John Frost	M60	34:49
Jeff Whittam	M65	48:11
Allen Tyson	M75	48:12

#### 7K Walk

Ray Hall	M65	46:23
Rex Bruce	M60	52:39
Dorothy Whittam	W65	56:38
Patricia Hopkins	W55	60:00
Kerry Miller	W35	61:29
Gail Gardiner	W50	61:30
Val Wheeler	W70	61:57
Alan Pomery	M70	61:57

#### 10K Walk

John Mison	M50	56:32
Alan Jennings	M60	71:34
Lynne Schickert	W55	76:12
Michelle Mison	W50	76:12



Nothing is more terrible than  
activity without insight.  
*Thomas Carlyle*



## FREMANTLE MASTERS ATHLETICS

Saturday 22 September 2001

### 100 m Women

W35	Heather Atkinson	14:49	1
W35	Jacqui Sanders	16:52	2
W50	Carey Dickason	17:92	1
W50	Valerie Millard	21:51	2
W55	Peggy MacLiver	15:24	1
W55	Luella Jenkins	15:37	2
W55	Ronys Horn	19:23	3
W55	Lynne Schickert	21:72	4
W60	Ruth Johnson	17:52	1
W65	Dorothy Whittam	17:69	1
W65	Patricia Carr	18:07	2
W65	Noela Medcalfe	19:61	3
W65	Nelleck Jol Jacoby	19:75	4
W75	Glenice Shanahan	30:18	1

### 100 m Men

M50	Rob Greenhalgh	14:13	1
M50	Warren Davey	14:97	2
M50	Terry Allen	15:08	3
M55	John Davies	15:13	1
M55	Arnold Jenkins	15:40	2
M55	David Plowman	15:90	3
M60	Eddie Abrahams	18:41	1
M60	Bill Harrison	20:66	2
M65	David Carr	16:72	1
M65	John Boyes	16:81	2
M65	Bob Fergie	17:24	3
M70	Gordon Medcalfe	17:90	1
M80	Don Frearson	19:29	1
M80	Fred Watson	35:07	2

### 200 m Women

W35	Jacqui Sanders	39:02	1
W50	Carey Dickason	41:34	1
W50	Valerie Millard	51:88	2
W55	Peggy MacLiver	34:31	1
W55	Lynne Schickert	51:46	2
W60	Ruth Johnson	39:23	1
W65	Nelleck Jol Jacoby	45:91	3

### 200 m Men

M50	Rob Greenhalgh	30:97	1
M50	Warren Davey	34:82	2
M55	Arnold Jenkins	33:28	1
M65	David Carr	37:65	1
M65	John Boyes	40:30	2
M70	Gordon Medcalfe	40:30	1
M80	Don Frearson	48:77	1

### 800 m Women

W35	Jacqui Sanders	3:34:2	1
W50	Carey Dickason	3:49:3	1
W50	Valerie Millard	4:26:7	2
W55	Peggy MacLiver	3:15:3	1
W60	Ruth Johnson	3:40:9	1
W65	Nelleck Jol Jacoby	3:52:6	1
W65	Noela Medcalfe	4:19:9	2

### 800 m Men

M30	Dante Giacomini	3:17:3	1
M35	Jon Wannberg	2:33:5	1

M35	Stephen Dunn	2:39:6	2
M45	Damien Hanson	3:24:8	1
M50	Rob Greenhalgh	2:47:0	1
M55	Bob Schickert	2:51:2	1
M55	Arnold Jenkins	3:13:7	2
M60	Bert Carse	2:33:1	1
M65	David Carr	3:02:0	1
M70	Cecil Walkley	3:35:8	1

### 3000 m Women

W35	Jacqui Sanders	15:54	1
W50	Tricia Miller	15:11	1
W50	Valerie Millard	16:54	2
W55	Lynne Schickert	19:53	1
W65	Nelleck Jol Jacoby	15:35	1

### 3000 m Men

M30	Dante Giacomini	14:07	1
M35	Stephen Dunn	10:48	1
M40	Darryl White	11:19	1
M50	Duncan McAuley	11:41	1
M50	Rob Greenhalgh	12:04	2
M55	Bob Schickert	11:27	1
M55	Ivan Brown	11:58	2
M55	John Bell	13:35	3
M60	Bert Carse	10:36	1
M65	David Carr	14:05	1
M65	Dick Blom	14:11	2
M65	Bob Fergie	16:10	3
M70	Irwin Barrett-Lennard	14:19	1
M70	Cecil Walkley	14:31	2
M70	Vic Beaumont	16:23	3

### 2K Walk Women

W40	Robin King	10:48	1
W50	Valerie Millard	13:40	1
W50	Catherine Plowman	16:37	2
W55	Lynne Schickert	13:44	1
W55	Luella Jenkins	13:48	2
W65	Nelleck Jol Jacoby	14:32	1
W65	Maggie Flanders	17:16	2
W70	Val Wheeler	16:34	1
W75	Glenice Shanahan	19:20	1

### 2K Walk Men

M55	John Davies	11:27	1
M55	Arnold Jenkins	14:10	2
M55	David Plowman	15:44	3
M60	Alan Jennings	13:11	1
M60	Bill Harrison	16:34	2
M65	Dick Blom	13:27	1
M65	Jeff Whittam	16:42	2
M70	Hennie Strydom	16:51	1
M75	Fred Kennie	15:59	1

### Long Jump Women

W50	Carey Dickason	2.62m	1
W50	Valerie Millard	2.18m	2
W50	June Streeter	1.84m	3
W55	Peggy MacLiver	3.06m	1
W55	Luella Jenkins	2.32m	2
W55	Lynne Schickert	1.98m	3
W60	Ruth Johnson	2.66m	1
W65	Joan Boyes	2.06m	1
W75	Glenice Shanahan	1.03m	1

### Long Jump Men

M35	Jon Wannberg	3.58m	1
M35	Stephen Dunn	2.85m	2
M50	Rob Greenhalgh	3.81m	1
M55	John Davies	3.05m	1
M65	David Carr	2.88m	1
M65	Bob Fergie	2.87m	2
M65	John Boyes	2.81m	3
M65	John Sutton	1.87m	4
M70	Gordon Medcalfe	2.03m	1
M80	Fred Watson	0.98m	1

### Shot Put Women

W35	Jacqui Sanders	5.82m	1
W50	Carey Dickason	6.38m	1
W50	June Streeter	6.07m	2
W50	Valerie Millard	5.67m	3
W55	Peggy MacLiver	6.70m	1
W55	Luella Jenkins	6.67m	2
W55	Lynne Schickert	5.10m	3
W60	Ruth Johnson	5.17m	1
W65	Dorothy Whittam	7.67m	1
W65	Noela Medcalfe	5.14m	1

### Shot Put Men

M50	Warren Davey	8.54m	1
M55	Rob Young	9.73m	1
M55	Arnold Jenkins	7.77m	2
M60	Ed Carroll	10.76m	1
M65	John Cochrane	10.38m	1
M65	Bob Fergie	9.07m	2
M65	John Sutton	7.49m	3
M65	David Carr	7.05m	4
M65	Jeff Whittam	6.38m	5
M70	Gordon Medcalfe	5.29m	1
M75	Bill Chapman	7.99m	1
M80	Fred Watson	3.43m	1

### Dear Rod

*Would you put this letter in the Vetrin, please? Ann and Shorty Turner*

Dear club members,

Thank you so much for the wonderful supply of stationery items for the children of East Timor.

I was very happily surprised by the quantity and quality of all the coloured pencils, sharpeners, pens, biros and markers etc. - they will be sent via the East Timor Caravan project to the child patients at Dili General Hospital, as well as to a small orphanage of 30 children aged between 7 and 12 years.

Stationery items are very expensive in Dili and are in short supply, so the children will be absolutely delighted when they open the boxes. It is also a great morale booster to their carers.

Yours sincerely,

**Jenny Kohlen**

*Editorial Office Manager  
The West Australian.*



## New Members

A warm welcome to the new members approved at the committee meeting on September 19, 2001.

Kathy Avery      Daniel Bending  
David Knowles      Nola Bending  
Jim Halliday

## Please note date changes on the track and field program

We have had to change two dates to avoid a clash with the Grand Prix Athletic meeting in Perth. They are:

**Saturday March, 16**  
**becomes Saturday March 23**  
**Sunday March, 17**  
**becomes Sunday March, 24**

The other dates, Sunday March, 10 (Pentathlon), Thursday March, 14 (Steeplechase) and Friday March 15, (10km Run and 5 km Walk) will remain as they are.

## Birthdays

### HAPPY BIRTHDAY TO OCTOBER MEMBERS

Peter	Airey	01.10.1936	65	becomes M65
Dave	Simmonds	01.10.1934	67	remains M65
Lyn	Ventris	02.10.1956	45	becomes W45
Borwine	Barrett-Lennard	03.10.1928	73	remains W70
Wayne	Bates	05.10.1944	57	remains M55
Garnet	Morgan	06.10.1924	77	remains M75
Jim	Klinge	08.10.1946	55	becomes M55
Graham	Thornton	08.10.1940	61	remains M60
Phyllis	Farrell	13.10.1944	57	remains W55
Fred	Watson	16.10.1918	83	remains M80
Ray	Barnett	17.10.1943	58	remains M55
Lesley	Romeo	17.10.1944	57	remains W55
Liz	Duffield	18.10.1953	48	remains W45
Lynne	Schickert	18.10.1941	60	becomes W60
John	Allen	21.10.1957	44	remains M40
John	Pellier	22.10.1939	62	remains M60
Maureen	Pomery	24.10.1939	62	remains W60
Trevor	Robertson	24.10.1952	49	remains M45
Robert	Schickert	26.10.1941	60	becomes M60
David	Roberts	27.10.1942	59	remains M55
Brian	Hunter	28.10.1944	57	remains M55



## Snippets From AAVAC

**Snippets From AAVAC, AGM, 23rd Sept, in Sydney, attended by Bob Sammells, and Keith Atkinson.**

● Those wishing to compete at Oceania Games 12th - 19th Jan 2002 in Geelong, Victoria will need to enter soon, as entries close on 1st November 2001. Entry Forms are in the last Courier on page 35, or can be obtained from Brian Foley, or Bob Schickert.

● At the Oceania Games the Australian Uniform is encouraged to be worn. These will be organised through Hazel McDonnell from Qld, tel (07) 3206 3243.

● Our National body is no longer called Australian Association of Veterans Athletic Clubs. At the recent AGM in Sydney, the name has been changed to Australian Masters Athletics.

● Australian Decathlon, and Heptathlon Championships will be held on the 9th and 10th of Feb 2002 at Qld's, QEII Stadium.

● National Masters Marathon (previously Veterans) championships will go back to Canberra for 2002. As previously it will be combined with the Canberra Marathon.

● Russ Haines, the editor of the Courier is compiling a history/list of all Australian Association of Veterans Athletic Clubs. So if you have any photo's, or can write down some details, please send it to him. Or give to Brian Foley.

● AAVAC will move a motion that the Heavy Throw be introduced at World Champs, and this will be discussed at the next World Masters meeting.

● Currently entries to the World Vets are not refundable at all.

## Athletic Equipment For Sale

**Shots, hammers, discus, javelin, start blocks**

*Rod,*

Our members may be interested in buying Athletics Australia equipment which AA no longer requires, having bought a lot of new gear for the 2000 Olympics.

Greg Gilbert is the Equipment Manager for AA, and is a really nice fellow. I am sure he will welcome enquires.

*Regards*

*Warren Davey*

*Thanks Warren*

*I ran out of space and could not include the inventory list*

*Rod*

Members can now pay for such items as clothing, social events, weekend camps and membership using Visa, Mastercard or Bankcard credit facilities. A 4% administration fee will apply.

To pay by phone simply phone the treasurer on 9330 3803

## Credit Card Payment

Please make this payment of \$.....for ☐ Clothing ☐ Membership ☐ Club Social Function

☐ Club Weekend Away ☐ Championship entry

by ☐ Visa ☐ Bank Card ☐ Mastercard

Card Number                 Expiry Date

Card Holder's Name.....

Signature.....







**PURPOSE**



The objective of the club is to encourage and promote veterans' athletics, general fitness and to provide training and competition within the jurisdiction of the Athletic Association of WA. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social

aspect is also important and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or social as they choose. Competition is in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

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If unclaimed please return to:

1/37 Bombard Street, Ardross WA 6153.



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### Club Clothing

#### Club Singlets:

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

Old Club Singlets White/Black all \$8 until stocks run out.  
Good range of sizes still available.

#### 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.

Contact Maggie Flanders: 9314 7556