

OCT / NOV 2000



# The Vetruns

No. 322 November 2000 Patron: Bill Hughes President: Bob Schickert Editor: Tom Lenane  
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Welcome to another Vetrun. I hope this edition finds you fit and well and keen to take part in the track and field season as well as the other WAVAC events that are already going on.

Yes - you now have a new editor. If you have any articles and photos for the Vetrun do not hesitate to send them to the new postal or E-Mail address.

Before going into the news of the last couple of weeks I would like to thank Katrina Spilsbury for her efforts in producing the Vetrun in the past seasons and wish her a happy retirement as editor. It should allow her more time to train and possibly discover that there is a thing called leisure time.

*Here's a letter I have recently received from that well published author Anon. (of Fremantle). Not being around Vet's for very long I have no idea who it might be but maybe some of you will.*

Dear Editor

As many of my long time running friends will have noticed - I'm back again for a while. The ability to meet up with so many long standing friends is always a pleasure and makes my "to-ing and fro-ing" so much more enjoyable. If you think readers might be interested here is a brief summary of John Spencer.

1950

Started running in Sheffield aged 14 because he couldn't play cricket or soccer - the only alternative in those days. Became addicted to Cross Country. The addiction remains!

1955 - 60

Ran for Sheffield University Cross Country team and for Sheffield Hallamshire Harriers. Gordon Pirie and Ken Wood idols.

1961 - 63

Member of the Racing Club de France - a recently formed Government sponsored club after France's disappointing performance in the 1960 Olympics.

1976 (approximately)

Joined W.A. Veterans. Since then been a regular member, particularly in the Cross Country season. Completed two marathons, lost count of half marathons. Organiser of several health related fun runs in particular the Heathcote Hospital (now closed). Co-founder (with Patrick Guiton ? -

sorry hard to read - Ed.) of the annual Murdoch 5 and 10 K, now discontinued due to conversion to car parks and students residence.

1996 to present

Continues to run (much more slowly now) in the English Cross country and Fell races and with Vets when in W.A.

Ambition

Too late to try for cricket or soccer and too impatient for golf. Just to keep running, enjoy grandfatherhood and work in between times!

## World Veterans Championships

Brisbane July 2001

Officials are needed. Accommodation expenses will be paid but not travel costs to Brisbane. See Bob Schickert for application form.

Several Team Manager positions are available.

Contact Bob Schickert or Brian Foley for a job description. Applications close 4 December 2000.

## Dryandra Weekend

If you didn't come to our Dryandra weekend, you missed a treat. 22 people stayed in 3 houses. The weather was fine, but a bit nippy in the mornings. We all enjoyed the runs and walks on good roads and tracks, which were well signposted. Shorty drove out on Saturday evening and measured runs for Sunday morning. On Saturday evening we had a buffet meal in the communal dining hall, everyone providing a dish. After this, several of us, armed with torches, went on a woylie spotting hunt. Everyone was talking at top volume and crashing through the bush, so of course we didn't see any. Any self-respecting woylie was long gone. However, we did see one on Sunday evening; it paid us a visit at our BBQ

Over the weekend we walked several tracks. The wildflowers were in great profusion, and Lyn Schickert (she of the sharp eye) spotted them from afar and named them for us. Many thanks to Pat Miller for arranging the weekend, and especially for organising the buffet meal. We all had such a good time that we have booked the venue for next year. So do consider coming when we advertise Dryandra Weekend again-you won't regret it!

Ann and Shorty

## Another View

Friday night, six adventurous souls decided to take the relatively short drive to Narrogin to imbibe at the nearest watering hole. But we were driven by Bob Schickert (yes, our illustrious leader) who, by the way, drives his bus on the CIRCULAR route each day of the week, and could not change his habits. Yes, we went on the circular route, but happily we all ended up at our destination, and a very friendly publican opened the dining room just for us, and we enjoyed a smoke free meal. It must have been something in the air; people were seen doing very strange things. We had the unique door-closer, made by one of our more inventive members who shall remain nameless[another use for a running shoe]-photos to follow and patent is pending. Not to mention the homemade clothes line which kept on mysteriously moving. The Olympic spirit (or some kind of spirit) affected two of our hut dwellers, who have devised a new event for the Olympics-Kangaroo Jumping, and were willing to give demonstrations. The same two(Kangaroo Jumpers) were observed showering together. Well, we know the weekends do encourage togetherness, but really, some people take this to the extreme. Denise was in her element, keeping the woodstove burning, bringing back memories of her childhood days. Some people are accused of bringing everything except the kitchen sink-how about a bread maker? Yes, some people really need their home comforts. Pat Miller made the mistake of asking if anyone wanted anything on Saturday morning at the shops in Narrogin and with list she received, was sorry she asked.

As you can see, we always enjoy these weekends. What with the early morning running, bush walking, wildflower spotting and good company, we always come home totally refreshed-well, most of us, anyway.

Margaret Bennett.

## Wildflower Run Kings Park

8 October 2000

We had a wonderful turnout for the Wildflower Run, it was quite chilly to start with but everyone soon warmed up. Except for a few problems with people getting lost and myself running out of timing tape which as you will notice I was unable to give times to anyone who came in after the 75th position. David Willmer will be putting out more flags next year so we will know exactly where to run and I will make sure I have enough tape to record the times for everyone.

I must thank all the people who kindly gave up the opportunity to run so that they could help us.

The masseurs were very well attended as we all know how nice it is to get a good rub down after a hard run or walk.

### 5KM Men

|                    |       |
|--------------------|-------|
| 1 Ian Davies       | 18.56 |
| 2 Paul Viljokainen | 20.16 |
| 3 Dave Roberts     | 20.19 |
| 4 Ivan Brown       | 20.21 |
| 5 Don Caplin       | 20.28 |

|                       |       |
|-----------------------|-------|
| 6 Ray Hall (lost)     | 23.47 |
| 7 Vic Beaumont (lost) | 23.52 |
| 8 Jeff Spencer        | 25.15 |
| 9 Raymond Loly        | 27.30 |
| 10 Johan Hagedosin    | 27.55 |
| 11 Ray Lawrence       | 29.38 |
| 12 Pierre Viali       | 34.24 |
| 13 Peter Simmons      | 35.19 |
| 14 Keith Forden       | 37.56 |

### 5km Ladies

|                    |       |
|--------------------|-------|
| 1 Jackie Halberg   | 25.10 |
| 2 Julie Wood       | 27.30 |
| 3 Wendy Clements   | 29.11 |
| 4 Jan Jarvis       | 29.15 |
| 5 Sue Bullen       | 29.34 |
| 6 Susan Brand      | 34.21 |
| 7 Denise Lancaster | 34.22 |
| 8 Elaine Ellard    | 34.53 |
| 9 Phyllis Farrell  | 36.10 |
| 10 Toni Frank      | 38.17 |
| 11 Marg Taylor     | 39.17 |

### 5Km Walk Ladies

|                   |       |
|-------------------|-------|
| 1 Lesley Romeo    | 35.46 |
| 2 Shirley Bell    | 38.47 |
| 3 Val Millard     | 38.48 |
| 4 Val Wheeler     | 41.57 |
| 5 Maggie Flanders | 42.06 |
| 6 Judy Hill       | 43.49 |
| 7 Gail Gardiner   |       |
| 8 Lynne Schickert |       |
| 9 Pat Ainsworth   |       |

### 5Km

|                  |       |
|------------------|-------|
| 1 Keith Atkinson | 38.49 |
| 2 Frank Usher    | 41.47 |
| 3 Alan Pomery    | 42.08 |
| 4 Ernie Moyle    | 43.41 |
| 5 Jeff Whittam   | 44.00 |
| 6 Barrie Tomsett |       |

### 10km Men Run

|                     |       |
|---------------------|-------|
| 1 Chris Maher       | 38.07 |
| 2 Bert Carse        | 38.22 |
| 3 Wally Crowley     | 38.46 |
| 4 Warren Gee        | 39.01 |
| 5 Ralph Henderson   | 39.07 |
| 6 John Cresp        | 40.12 |
| 7 Bob Schickert     | 40.41 |
| 8 Mike Karra        | 41.26 |
| 9 John Davies       | 41.40 |
| 10 Jim Klinge       | 41.43 |
| 11 John Allen       | 41.51 |
| 12 Paul Carr        | 41.55 |
| 13 Gareth Brunt     | 42.31 |
| 14 Blakeney Tindall | 42.46 |
| 15 Mike Hale        | 43.08 |
| 16 David Muir       | 43.09 |
| 17 Peter Hill       | 43.16 |
| 18 Brian Danby      | 43.25 |
| 19 John Bell        | 43.32 |
| 20 Mark Rosen       |       |

|                     |         |
|---------------------|---------|
| 21 Paul Hughes      |         |
| 22 Jon Wannberg     |         |
| 23 Mike Khan        |         |
| 24 Garry Fisher     |         |
| 25 Simon Mart       |         |
| 26 Brian Foley      |         |
| 27 Wayne Bates      |         |
| 28 Beamer Ern       |         |
| 29 Bryan Hardey     |         |
| 30 Stan Lockwood    |         |
| 31 Ken Brownlie     |         |
| 32 Jim Barnes       |         |
| 33 Vic Waters       |         |
| 34 Dick Blom        |         |
| 35 Joe Stickles     |         |
| 36 Mike Rhodes      |         |
| 37 Jeff Lindhorst   |         |
| 38 Michael Anderson |         |
| 39 John Mison       |         |
| 40 Peter Airey      |         |
| 41 Mike Faunge      |         |
| 42 Brian Bennett    |         |
| 43 John Brambley    |         |
| 44 Arnold Jenkins   |         |
| 45 Paul Martin      |         |
| 46 Robert Sheehy    |         |
| 47 Aids Giacomini   |         |
| 48 John Ellard      |         |
| 49 Mitch Loly       |         |
| 50 Merv Moyle       |         |
| 51 Bob Fergie       |         |
| 52 Norm Miller      |         |
| 53 Merv Jones       |         |
| 54 Stuart Parkinson | 59.18   |
| 55 Trevor Brown     | 1.00.02 |
| 56 Wal McKinnon     | 1.00.06 |
| 57 Shorty Turner    | 1.00.07 |

#### 10km Womens Run

|                     |         |
|---------------------|---------|
| 1 Ann Shaw          | 41.07   |
| 2 Robin King        | 43.50   |
| 3 Margaret Langford |         |
| 4 Carol Broderick   |         |
| 5 Margery Forden    |         |
| 6 Sandy Bond        |         |
| 7 Deborah Burge     |         |
| 8 Gillian Young     |         |
| 9 Ann Turner        |         |
| 10 Lynn Harrop      |         |
| 11 Steffi Heussi    |         |
| 12 Jenny Barnes     |         |
| 13 Margaret Warren  |         |
| 14 Helen Reece      | 59.31   |
| 15 Irene Ferris     | 1.00.00 |
| 16 Sheila Maslen    | 1.00.05 |
| 17 Mary Heppell     | 1.00.06 |

#### 10km Ladies Walk

|                  |  |
|------------------|--|
| 1 Michelle Mison |  |
|------------------|--|

#### 10km Mens Walk

|              |  |
|--------------|--|
| 1 Rex Bruce  |  |
| 2 Leo Hassam |  |

|                    |       |
|--------------------|-------|
| <b>Visitors</b>    |       |
| Nicholas Gardiner  | 22.24 |
| Graham Lucas       | 23.46 |
| Terry Kane         | 24.30 |
| Jim Stewart        | 26.29 |
| Raymond Loly       | 27.30 |
| Penny Dufty        | 28.39 |
| Lois West          |       |
| Christine Kirkness | 34.33 |
| Mike Prentice      | 36.31 |
| Chris Frampton     | 38.35 |
| Brian Dybdahl      | 38.46 |
| Diane Ware         | 38.58 |
| Bernard Mangun     | 39.28 |
| Wesley Hudson      | 40.04 |
| George Pampacos    | 40.22 |
| Katau Yoshizaa     | 41.02 |
| Ruth Willmer       | 41.19 |
| Craig Starcwick    | 41.45 |
| Jenny Keaughran    | 41.48 |
| Phillip Edmiston   | 43.31 |
| Rosemary Johnson   | 43.35 |
| Tony Hawkes        |       |
| Martina Murphy     |       |
| Colin Bolt         |       |
| Dave Turner        |       |
| Grace Willmer      |       |
| Kay Turner         |       |
| Jeanne Lawler      |       |
| Siobhan Cherry     |       |
| Jude Ewen          |       |
| Rob West           |       |
| Phil Dufty         |       |
| Simon Jawichre     |       |
| Syd Beer           |       |
| Alan Day           |       |
| Julie Keeley       |       |
| Bevan Lawler       |       |
| Paula Karra        |       |
| David Spooner      |       |
| Ron Sutton         |       |

#### New Members

|                |                            |
|----------------|----------------------------|
| Warren Edwards | Christine Kirkness         |
| Lance Shearer  | Sherree Rylands            |
| Paul Carr      | Ian Sanders (welcome back) |
| Carla Carr     | Jacqueline Sanders         |
| Robyn Watts    | Simon Jawichre             |
| Kate Gillies J | ames Stewart               |
| Keith Durrans  | Frances Casella            |

### Australian Veterans Athletics Championships 2001 Sydney

The championships will be held next year over Easter,  
Friday 13 to Monday 16 April 2001.

The venue for the Nationals next year is now at Bankstown  
(Bass Hill) and not at Campbelltown as originally planned.  
Nationals program, which is in the latest edition of the

Courier, has since been modified. Now the 400m will be held on Day 4 (Monday) and the 800m on Day 1 (Friday).

The WAVAC has been nominated in the exceptional organisation category for the 2000 WA Seniors Award. Winners will be notified 4th November. Keep your fingers crossed. Thanks to Lynne Schickert for putting our case forward.

## Helpers List

19th November

Pelican Point- Matilda Bay

Directors: The committee

Helper: Mike Faunge

26th November

Cliff Bould McCallum Park

Director: Ivan Brown

Helpers: Gareth Brunt, Mary Heppell, John and Michelle Mison, Stan Lockwood, Stephen Dunn, Warren Gee and Joe Stickle

3rd December

Canning Caper- Old Riverton Bridge

Director: Keith Atkinson 9313 1669

Helpers: Ernie Moyle, F and G Gardiner, H and R Reece, Richard Harris, Aldo Giacomini, Rosemarie Loomans, Brian Hunter and Gary Fisher

10 December - Mosman Park - Perrot Reserve

Race Director - Paul Hughes 9384 5737

Helpers - Sheila Maitland, Paul Marsden, Robin King, Dave Roberts, Dick Blom, Alan Jennings, Peggy Macliver, Tony Speechley, Heather Sanderson

17 December - Lakes Age Graded - Perry Lakes Hockey Pavilion

Race Director - John Bell 9386 6975

Helpers - Sue Bullen, Frank Smith, Alan Pomery, Kath Nordyk, Cecil Walkley, Vince and Tina Carrero, Trevor Robertson, Geoff Brayshaw

24 December - Christmas Gift - McCallum Park

Director - Lynne and Bob Schickert 9333 803

Helpers - Jim Barnes, Stan Lockwood, Steve Dunn, Hyrem Mansell

26 December - Yokine Reserve - evening run 6 PM

Director - Barry Thomsett 9276 6446

Helpers - Brian Hardy, Jane Robley, Peter Simmons, Adrian Damiani, Hyrem Mansell

31 December - Clydesdale Run, McCallum Park

Directors - John and Michelle Mison 92682202

Helpers - Tony Frank, Marge and Keith Forden, Derry Foley, Cecil Walkley, Milton Mavrick, Roger Walsh, Ivan Brown

7 January - Reabold Park - Perry Lakes

Director - Brian Foley 9339 2716

Helpers - Colin O'Sullivan, Margaret and Jim Langford, Jeff and Dorothy Whittam, Wilma Borgmeyer, Blakeney Tindall, Norm Miller, Arnold Jenkins, Tony Speechley, Heather Sanderson

## Hester Park Run

10 September 2000

Despite the counter attraction of the Perth Half Marathon, there was a good turnout for this event.

The weather remained fine, though the grassed area at the start/finish was a little soggy from the preceding few days rain. 80 plus competitors took part over the 6km and 12km courses, some obviously struggling bravely to control their emotions as they learned that this was the final year that Merv Jones was to be Race Director.

This year Sue Jones had a previous commitment, so Merv had to look for a replacement co-director.

The indefatigable and ubiquitous Jackie Halberg stepped in to handle the timing. Unfortunately Jackie lacks the many years of experience that Sue has acquired in preventing Merv from doing stupid things, and allowed him to take possession of the recording sheets - which he lost.

BUT good news - he found them again, three weeks later in his garden shed. Well, nobody works in the garden every weekend, do they?

Thanks go to the other helpers.

Stuart Parkinson, Jeff Spencer, Wendy Spencer, Maureen Pomery, Bev Thornton and Pat Barnes.

### 6km run

|                       |     |         |
|-----------------------|-----|---------|
| Wally Crowley         | M45 | 0:21:59 |
| Ian Davies            | M50 | 0:22:19 |
| David Willmer         | M45 | 0:23:43 |
| Blakeney Tindall      | M35 | 0:24:32 |
| John Mack             | Vis | 0:26:31 |
| Stephen Smith         | Vis | 0:26:37 |
| Mike Adams            | Vis | 0:28:58 |
| Shirley Bell          | W50 | 0:30:19 |
| Stuart Parkinson      | M50 | 0:31:00 |
| Ray Hall              | M65 | 0:31:13 |
| Gillian Young         | W50 | 0:31:29 |
| Debbie Burge          | W30 | 0:31:38 |
| Paula Karra           | Vis | 0:33:43 |
| Val Millard           | W50 | 0:34:06 |
| Jacqueline Billington | W50 | 0:35:07 |
| Julie Wood            | W50 | 0:36:22 |
| Suzan Brand           | W50 | 0:36:28 |
| Raymond Loly          | Kid | 0:36:36 |
| Ray Lawrence          | M70 | 0:36:44 |
| Sue Bullen            | W40 | 0:37:10 |
| Roma Barnett          | W50 | 0:39:24 |
| Jan Jarvis            | W55 | 0:39:24 |
| Elaine Ellard         | W55 | 0:40:50 |
| Peter Simmons         | M50 | 0:43:24 |
| Denise Lancaster      | W50 | 0:44:06 |
| Pierre Viala          | M50 | 0:44:07 |
| Allen Tyson           | M75 | 0:45:13 |
| Shorty Turner         | M65 | 0:45:29 |
| Marg Taylor           | W45 | 0:48:07 |
| Frank Usher           | M75 | 0:48:14 |
| Glenice Shanahan      | W75 | 1:00:13 |

### 6km walk

|              |     |         |
|--------------|-----|---------|
| Lesley Romeo | W55 | 0:42:04 |
|--------------|-----|---------|

|                 |     |         |
|-----------------|-----|---------|
| Lynn Schickert  | W55 | 0:45:44 |
| Lorna Lauchlan  | W70 | 0:45:46 |
| Audrey Giacom   | Vis | 0:46:43 |
| Rex Bruce       | M55 | 0:49:20 |
| Pat Ainsworth   | W60 | 0:50:59 |
| Maggie Flanders | W60 | 0:51:21 |
| Leo Hassam      | M70 | 0:51:22 |

#### 12km run

|                    |     |         |
|--------------------|-----|---------|
| Bert Carse         | M55 | 0:44:38 |
| Chris Coates       | M45 | 0:45:15 |
| Ralph Henderson    | M50 | 0:46:12 |
| Warren Gee         | M45 | 0:46:42 |
| Dave Reid          | M50 | 0:49:52 |
| Johannes Hagedoorn | M55 | 0:50:44 |
| Mike Hale          | M50 | 0:51:37 |
| Don Caplin         | M60 | 0:52:12 |
| Vince Carrero      | M55 | 0:52:25 |
| Wayne Bates        | M55 | 0:54:31 |
| John Cummins       | Vis | 0:54:54 |
| David Carr         | M65 | 0:56:03 |
| Jeff Lindhorst     | M40 | 0:56:08 |
| Mike Karra         | M35 | 0:56:14 |
| Mike Flood         | M45 | 0:56:18 |
| Brian Bennett      | M50 | 0:57:02 |
| Margaret Langford  | W50 | 0:57:17 |
| John Ellard        | M55 | 0:59:16 |
| Michael Anderson   | Vis | 0:59:19 |
| Mark Faithfull     | Vis | 0:59:56 |
| Arnold Jenkins     | M55 | 1:00:34 |
| John Mison         | M50 | 1:01:12 |
| Paul Martin        | M55 | 1:01:13 |
| Robert Sheehy      | M50 | 1:02:04 |
| Aldo Giacom        | M60 | 1:02:31 |
| George Schaeffer   | M65 | 1:02:55 |
| Mitch Loly         | M60 | 1:03:11 |
| Victor Beaumont    | M70 | 1:03:28 |
| Norm Miller        | M65 | 1:03:41 |
| Bob Fergie         | M65 | 1:03:48 |
| Ann Turner         | W60 | 1:03:54 |
| Merv Moyle         | M70 | 1:09:50 |
| Irene Ferris       | W45 | 1:09:50 |
| Brian Aldrich      | M65 | 1:11:49 |
| Phillip Ruegger    | Vis | 1:11:49 |
| Alan Jennings      | M60 | 1:12:43 |
| Graham Thornton    | M55 | 1:12:44 |
| Trevor Brown       | M60 | 1:14:13 |
| Margaret Bennett   | W55 | 1:15:48 |
| Kirt Johnson       | M70 | 1:15:49 |
| Mary Heppell       | W60 | 1:19:22 |
| Alan Chambers      | M60 | 1:19:23 |
| Phyllis Farrell    | W55 | 1:27:19 |

#### 12km walk

|                |     |         |
|----------------|-----|---------|
| Michelle Mison | W50 | 1:27:45 |
| Alan Pomery    | M65 | 1:38:52 |

## BASSENDAN RUN

17 September 2000

Yet another beautiful morning and perfect conditions for the third running of my run along the river. 86 people came along and either did the 10K, 7K or 5K distance. More runners did the 10K distance this year and challenged the

upgraded embankment steps.

I announced a few weeks ago that Arthur Leggett would be coming along to recite some of his poems again, unfortunately he had a previous engagement on a houseboat down at Mandurah - how dare he!! - maybe next year Arthur? Fred Watson lost his wallet but fortunately after retracing his steps with Val, he found it. I hope he didn't have to do the whole 5K again.

My thanks to all the helpers namely Maureen Pomery and Bev Thornton, Margaret and Brian Bennett, Jan Jarvis, Mike Khan, Kirt Johnson, Denise Lancaster, Pierre Viala and Mark Faithfull.

See you all again next year (doesn't time fly??).

Jacqueline Billington

#### 10K

|                 |     |       |
|-----------------|-----|-------|
| Bert Carse      | M55 | 36:55 |
| Wally Crowley   | M45 | 37:11 |
| Daryl White     | M40 | 37:56 |
| John West       | M50 | 39:05 |
| Bob Schickert   | M55 | 39:10 |
| David Willmer   | M45 | 39:35 |
| Mike Karra      | M35 | 39:59 |
| Johan Hagedoorn | M55 | 41:05 |
| Dave Roberts    | M55 | 41:20 |
| John Allen      | M40 | 41:28 |
| Gareth Brunt    | M45 | 41:45 |
| Mike Hale       | M50 | 42:16 |
| Brian Danby     | M50 | 42:41 |
| Don Caplin      | M60 | 43:08 |
| David James     | M45 | 44:12 |
| Simon Mort      | M40 | 44:14 |
| Brian Foley     | M55 | 44:34 |
| Graham Thornton | M55 | 44:37 |
| Wayne Bates     | M55 | 45:43 |
| John Mison      | M50 | 46:00 |
| Adrian Damiani  | M50 | 46:32 |
| Jeff Lindhorst  | M40 | 46:56 |
| Jim Barnes      | M55 | 47:14 |
| Margery Forden  | W55 | 47:35 |
| Robin King      | W40 | 48:52 |
| Mike Faunge     | M60 | 48:59 |
| Robert Sheehy   | M50 | 49:00 |
| Keith Atkinson  | M40 | 49:22 |
| Arnold Jenkins  | M55 | 49:24 |
| George Schaefer | M65 | 50:42 |
| Mitch Loly      | M60 | 51:29 |
| Jackie Halberg  | W50 | 51:36 |
| Gillian Young   | W50 | 52:59 |
| Ann Turner      | W60 | 53:32 |
| Merv Moyle      | M70 | 53:52 |
| Merv Jones      | M60 | 55:14 |
| Margaret Warren | W60 | 55:25 |
| Brian Aldrich   | M65 | 57:45 |
| Irene Ferris    | W45 | 58:35 |
| Wendy Duncan    | W50 | 58:35 |
| Mary Heppell    | W60 | 64:30 |
| Phyllis Farrell | W55 | 67:49 |

#### 7K

|                   |     |       |
|-------------------|-----|-------|
| Margaret Langford | W50 | 32:14 |
| Debbie Burge      | W30 | 35:15 |
| Ray Hall          | M65 | 36:39 |

|             |     |       |
|-------------|-----|-------|
| Suzan Brand | W50 | 47:18 |
| Rosa Wallis | W55 | 41:24 |
| Frank Usher | M75 | 57:23 |

#### 5K

|                  |     |       |
|------------------|-----|-------|
| Ian Davies       | M50 | 19:09 |
| Shirley Bell     | W50 | 25:19 |
| Stuart Parkinson | M50 | 26:28 |
| Phillip Hawks    | M40 | 29:01 |
| Ray Lawrence     | M70 | 30:45 |
| Julie Wood       | W50 | 30:46 |
| Sue Bullen       | W40 | 31:16 |
| Keith Forden     | M60 | 31:55 |
| Shorty Turner    | M65 | 32:16 |

#### 10K Walk

|                 |     |       |
|-----------------|-----|-------|
| Michele Mison   | W50 | 72:20 |
| Lynne Schickert | W55 | 77:15 |
| Alan Pomery     | M65 | 84:40 |

#### 7K Walk

|                 |     |       |
|-----------------|-----|-------|
| Lorna Lauchlan  | W70 | 50:18 |
| Dorothy Whittam | W60 | 53:06 |
| Leo Hassam      | M70 | 58:48 |
| Pat Ainsworth   | W60 | 58:56 |
| Val Wheeler     | W65 | 58:56 |
| Maggie Flanders | W60 | 59:29 |

#### 5K Walk

|              |     |       |
|--------------|-----|-------|
| Pat Miller   | W60 | 45:01 |
| Jeff Whittam | M65 | 45:29 |
| Rex Bruce    | M55 | 45:31 |
| Fred Watson  | M80 | 58:44 |
| Fred Hagger  | M75 | 58:44 |

#### VISITORS

|                   |     |       |
|-------------------|-----|-------|
| John Mack         | 7K  | 29:55 |
| Stephen Smith     | 7K  | 30:51 |
| Mike Adams        | 7K  | 32:31 |
| Simon Roll        | 10K | 39:52 |
| Dave Turner       | 10K | 44:39 |
| Tony Hawkes       | 10K | 44:42 |
| Colin Bolt        | 10K | 44:55 |
| Pat Lauder        | 5KW | 45:02 |
| Robert Roll       | 10K | 45:35 |
| Kaye Turner       | 10K | 45:56 |
| Mark Faithfull    | 10K | 46:52 |
| Syd Beer          | 10K | 47:07 |
| Paula Karra       | 10K | 54:19 |
| Ron Sutton        | 10K | 57:16 |
| Richard Phillipps | 10K | 64:02 |

This book is available at a cost of \$8.00 with all profits being channelled back into the Veteran's Athletics movement. It makes for an interesting read between your competition events.

For those wishing to obtain a copy of this book send your order (Cheques payable to "AAVAC") to:

Russ Haines  
11 Ripley Court, Ringwood, Victoria 3134

## Garvey Gallop

24 September 2000

#### 5K

|                       |     |       |
|-----------------------|-----|-------|
| Ian Davies            | M50 | 17:36 |
| Blakeney Tindall      | M35 | 18:51 |
| David Roberts         | M55 | 19:31 |
| Henry Cortis          | M50 | 20:54 |
| Mike Rhodes           | M50 | 21:03 |
| Stuart Parkinson      | M50 | 21:53 |
| Ray Hall              | M65 | 25:43 |
| Norm Miller           | M65 | 25:50 |
| Wendy Clements        | W55 | 26:23 |
| Jacqueline Billington | W55 | 27:11 |
| Kieth Forden          | M60 | 27:48 |
| Julie Wood            | W50 | 28:08 |
| Jenny Barnes          | W45 | 28:49 |
| Suzan Brand           | W50 | 28:52 |
| Janet Jarvis          | W55 | 30:36 |
| Denise Lancaster      | W50 | 32:38 |
| Shorty Turner         | M65 | 32:39 |
| Pierre Viali          | M50 | 32:39 |
| Peter Simmons         | M50 | 34:11 |
| Frank Usher           | M75 | 37:40 |

#### 5 K Walk

|                 |     |       |
|-----------------|-----|-------|
| Shirley Bell    | W50 | 35:16 |
| Lorna Lauchlan  | W70 | 35:27 |
| Val Millard     | W50 | 37:57 |
| Val Wheeler     | W65 | 40:56 |
| Pat Ainsworth   | W60 | 40:56 |
| Maggie Flanders | W60 | 41:15 |
| Dorothy Whittam | W60 | 41:15 |
| Ernie Moyle     | M75 | 42:12 |
| Rex Bruce       | M55 | 42:36 |
| Jeff Whittam    | M65 | 42:37 |
| Fred Hager      | M75 | 54:15 |
| Fred Watson     | M80 | 54:18 |

#### 10 K

|                 |     |       |
|-----------------|-----|-------|
| Bert Carse      | M55 | 37:09 |
| Ralph Henderson | M50 | 38:16 |
| John West       | M50 | 38:36 |
| Warren Gee      | M45 | 38:45 |
| David Willmer   | M45 | 40:01 |
| Jim Klinge      | M50 | 40:31 |
| Mick Miller     | M35 | 40:36 |
| David Reid      | M50 | 40:55 |
| Gareth Brunt    | M45 | 41:04 |
| Johan Hagedoorn | M55 | 41:18 |
| John Allen      | M40 | 41:22 |

## Did you know ?

The idea of forming a W.A. Veteran's Athletic Club was discussed by Cliff Bould and John Gilmour in 1971. The club's first newsletter dated 1st July 1974, listed performances of Club members at McCallum Oval on the 19th May, indicating the club was formed about April 1974.

Yes - this and more is recorded in Gloria Seymons' "A History of the Veterans' Athletic Movement in Australia".

|                  |     |       |
|------------------|-----|-------|
| David James      | M45 | 43:46 |
| Simon Mort       | M40 | 44:22 |
| Brian Foley      | M55 | 44:31 |
| Mike Hale        | M50 | 44:32 |
| Mike Flood       | M45 | 44:33 |
| Wayne Bates      | M55 | 45:32 |
| Mike Khan        | M55 | 45:33 |
| Jim Barnes       | M55 | 46:09 |
| John Mison       | M50 | 46:42 |
| Stan Lockwood    | M70 | 46:53 |
| Brian Bennett    | M50 | 46:55 |
| Margery Forden   | W55 | 47:58 |
| Arnold Jenkins   | M55 | 48:55 |
| Graham Thornton  | M55 | 49:12 |
| Jackie Halberg   | W50 | 50:45 |
| George Schaefer  | M65 | 51:16 |
| Frank Gardiner   | M50 | 51:21 |
| Sandy Bond       | W35 | 52:24 |
| Merv Moyle       | M70 | 52:25 |
| Bob Fergie       | M65 | 52:46 |
| Merv Jones       | M60 | 53:47 |
| Ann Turner       | W60 | 54:15 |
| Brian Aldrich    | M70 | 54:37 |
| Trevor Brown     | M60 | 55:30 |
| Eileen Brown     | W50 | 56:45 |
| Ray Lawrence     | M70 | 59:55 |
| Margaret Bennett | W55 | 60:01 |
| Sheila Maslen    | W60 | 62:02 |
| Mary Heppell     | W60 | 64:41 |

#### 10 K Walk

|                   |     |  |
|-------------------|-----|--|
| Barry Weatherburn | M55 |  |
| Michelle Mison    | W50 |  |

#### Visitors 10 K

|                   |      |       |
|-------------------|------|-------|
| Tony Hawkes       | 10 K | 44:14 |
| Syd Beers         | 10 K | 47:24 |
| Richard Phillips  | 10 K | 63:24 |
| Nicholas Gardiner | 5K   | 21:53 |

## Australian Sports Medal

Here are the resumes of Basil Worner and Bob Fergie as submitted by WAVAC with the nominations for the Australian Sports Medal. The resumes for Jackie Halberg and David Carr (Also nominees) will appear in a later newsletter.

### Basil Worner

**Coaching - Athletics :** Began coaching in 1948 in the last year of high school and have coached in an honorary capacity more or less since then. Head coach at Aquinas College for past ten years and coached the team to five successive Public School championships. Since then have coached veterans and school children.

**Football and Cricket:** At Aquinas College coached Darlot Cup cricket for eight years and Alcock Cup football with five championships in cricket and three in the latter.

**Participation -** Competed at junior level in athletics until interrupted by studies. Joined the WA Veterans Club in 1977 and served on the committee as newsletter editor and president. Still participate regularly in cross country running.

**Sports Development -** Joined the Community Recreation Council (now Ministry of Sport and Recreation) as State Development Officer for Hockey. Designed, piloted and implemented a form of modified hockey for children now known as Minkey. With a brief to promote hockey, introduced the concept of lunchtime entertainment at Test cricket matches at the WACA ground in 1976 by displaying Olympic medallist stars in six-a-side games.

**Coach Education -** an inaugural member of the Australian Coaching Council as WA Ministry's representative, helping to design the national coach accreditation system. Still working in this area as the Regional Coach Education Co-ordinator for the Great Southern Region. Accredited presenter of courses for coaches.

**Administrator Educator and Training -** Designed an education program for club and association administrators and lectured for many years for the Australian Society of Sports Administrators in Perth. Wrote a series of brochures on club administration, which I understand have been adapted and



## SPORTS MASSAGE

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- ✓ Trigger point therapy
- ✓ Reduce post event/training pain and stiffness.

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used, by the New Zealand Hillary Commission and the Tasmanian Department for Sport and Recreation. Served on a Federal Government Working Party on violence in sport (circ.1985) and was engaged by the WA Football Commission's Development Trust to run workshops on "zero tolerance of violence" in both Perth and two country centres. Junior Sport - Served on a Ministerial Committee in 1986 on junior sport and have produced manuals for beginner coaches of children with the emphasis on the development of appropriate attitudes for coaches and players. Have played a role as a facilitator of strategic planning workshops with the governing bodies of many major sports groups and was selected to work with the various elements of the soccer code to bring them together in 1990 under one umbrella.

## **A.R. (Bob) Fergie**

Little Athletics - Joined Hamersley Little Athletic Centre in 1971, its foundation year. Became Centre Secretary in 1972 until 1975 and Centre Chairman for 1975 - 76. During this time the new Centre was set up with equipment, event schedules, event recording and ranking procedures and routine administration. Active participation with the Centre continued until 1983. Throughout this period officiating at the weekly athletic events was ongoing, this also included all State and National Championships held in Western Australia at this time. In 1980 became a Life Member of the Centre and still attend Centre functions in this capacity. In 1996 drafted the 25-year history for the Centre.

Veterans Athletics - Joined the W.A. Veterans Athletic Club in 1977. Appointed Assistant Secretary in 1978 and continued in this post until 1983. Duties included the printing and distribution of the Club newsletter (Vetrun). 1983-84 served as a committee member. 1990-96 held the position of Club Secretary. (1991 part year only).

Special Activities - In the early 1980's involved in the setting up of the mid week track and field meetings. Drew up the original point score system and ran this for a number of years. In 1982 was event manager for the National Veterans Track and Field Championships in Perth, responsible for the organisation and running of the meeting. This meeting was also set up as the inaugural Veterans State Track and Field Championships. Acted as organiser for a number of subsequent State Championship meetings and have been on the organising Committee of most of the rest. On the organising Committee of the National Veterans Track and Field Championships held in Perth 1989. On the organising Committee of the Fourth Australian Masters Games (Athletics) Perth, 1983. Responsible for programming and registrations etc. Overall organiser for the Athletics meeting at the Third World Firefighter Games held in Perth 1994. Responsible for event programming, officials and event administration. On the organising Committee for the Veterans National Track and Field Championships Held in Perth 1996. Responsible for the programming, registrations etc. Introduced the Weight Pentathlon. During the 1990's officiated at Australian Athletics Association National Championships events held in Perth, the Police National Championships and the Australian Universities National Championships. Have organised the Club Pentathlon Championships since their introduction in the 1980's. Officiate as needed at Club events particularly the Track and Field. Awarded a Life Membership of the W.A. Veterans Athletic Club in 1982.

## **WAVAC on the Internet**

The Western Australia Veterans athletic Club has a new web site for those with access to the Internet.

It is at

<http://www.netprojex.com.au/wavac/>. For ideas on what might be included on this site or more information contact your committee or myself and we will get in contact with the designer. Thanks to John Stone for his efforts. In the near future the Vetrun will also be available through this site (hopefully).

## **OLYMPIC ADVENTURE**

**FIRST THOUGHTS.** Just over two years ago I read a newspaper article about volunteers for the Sydney Games. As I saw it, the idea of being a volunteer had a fair bit going for it. Having had a love affair with the Olympics Games since Helsinki in '52, the prospect of being part of the Sydney Games had an almost magnetic appeal. TV coverage would probably be the usual inadequate, frustrating mish-mash so no great loss there. But could I handle working at the Games and seeing no sport? 'Yes.' Decision made.

**FIRST STEPS.** I registered an interest in October, 1998 and in December, 1998, submitted a detailed application that covered work and recreational experience and preferred jobs and venues. The application also required personal details for security vetting.

**THINGS START TO HAPPEN.** In June, 2000, I was offered a position in Spectator Services. These volunteers could be located at airports, railway and bus stations, hotels, venues, anywhere, in fact, that visitors would need assistance. This seemed pretty good to me. I accepted and booked my flights.

In August, I received a letter advising that I would be a Host, Spectator Services, and would be deployed at the Olympic Stadium. A work roster was attached that showed that I would work there on the days leading up to and including the Opening Ceremony, on each day of the Athletics, the Soccer Final, and the Closing Ceremony. Total disbelief was a fair description of my state of mind when I read this. Shifts were nine or ten hours each, the earliest starting at 05.30 hrs, the latest finishing at 01.00 hrs. Ahem!

**ALL ROADS LEAD TO SYDNEY.** When I walked into the transit lounge at Perth Airport the reality of the Games struck home. Teams from Angola, Namibia and Zambia were waiting to re-board their flight from Jo'burg. Athletes in track-suits; officials in blazers and flannels. What a thrill. A training session in Ultimo. Accreditation and uniform collection in Redfern. I was raring to go.

**OLYMPIC STADIUM.** There were several hundred volunteers per shift and jobs were allocated at random to ensure variety. Each incoming shift had a motivational session first to get everyone laughing and cheering and eager to get started. These really worked. We were on our feet for the entire shifts but we coped. We were entitled to two ten-minute breaks and a meal-break per shift. Everyone fitted in a meal-break but we were all so busy



that other breaks were often missed. Few complaints, we were having too much fun!  
I worked on Media access control, vehicle access control, crowd marshalling, crowd control, spectator access on turnstiles, spectator seating, gate duties, IAAF Lounge access control, patrolling various areas and problem-solving for spectators in and around the Stadium. I also did access control at the warm-up track. All these brought me into contact with many IOC and National OC members, hundreds of athletes and Ceremony performers, and thousands of spectators.

One of the joys of the job was keeping the spectators and others happy. This wasn't hard. Everybody arriving at the Stadium was in a state of happy anticipation. When they left, they had enjoyed some good entertainment and were fairly contented.

They weren't the only ones. I was on a 'high' after every shift and couldn't wait for the next one to come around. Job satisfaction was excellent.

**THE VOLUNTEERS.** Over 45,000 turned out to help make the Games an outstanding success. All of those I saw, at all hours and in many different places, were unceasingly cheerful and helpful. They made the difference between success and failure. They were the human face of the Games.

**FINAL THOUGHTS ON VOLUNTEERING.** Many of us give our time to organisations, e.g. the Vets. However, volunteering is a two-way street between organisations and individuals and it is important that, for organisations to benefit, they put volunteers' skills to good use.

People considering volunteering should ask themselves two questions. One, will helping be rewarding for me? Two, will I be able to make a difference? If the answer to either is "No" then look for something else.

**Bob Sammells**

## **Herdsmen Run**

5/11/00

Another good morning, although the weather was forecast to be hot. Ninety Eight runners and walkers did either the 5k or 10 k. We had reports of a couple of falls, hope that you are recovering O.K. Our thanks to all our helpers. Maggie, Sue, Fred, Noela, & Gordon on the Drink stations, Jane on the Numbers, Barrie on the Watch, Val and Susan recording & Jackie on The Urn, and of course to the Masseurs who helped ease the pain after the run....

See you next year.

**Dorothy & Jeff**

P.S The typist? Sitting by phone, a picture of two figure concentration, had the wits frightend out of him by the phone. It was Jeff, requesting a thanks go into the article to the typist..O.K. mate - thanks - it's done, but not necessary - my pleasure..

### **5 km Run**

|                 |     |       |
|-----------------|-----|-------|
| Duncan McCaulay | M50 | 18:15 |
| Ian Davies      | M50 | 18:19 |
| Dave Roberts1   | M55 | 20:37 |
| Don Caplin      | M60 | 20:44 |
| David Jones     | M45 | 21:26 |

|                       |     |       |
|-----------------------|-----|-------|
| John Bell             | M55 | 21:55 |
| Bryan Hardy           | M55 | 22:37 |
| Brian Foley           | M55 | 22:40 |
| Henry Cortis          | M50 | 22:45 |
| Peter Airey           | M60 | 23:43 |
| Michael Andusan       | M50 | 23:52 |
| Bob Sammells          | M60 | 24:08 |
| Shirley Bell          | W50 | 24:50 |
| Aldo Ggiacomini       | M60 | 25:08 |
| Victor Beaumont       | M70 | 25:51 |
| Richard Harris        | M60 | 25:52 |
| Ray Hall              | M65 | 26:07 |
| Brian Aldrich         | M70 | 26:27 |
| George Innis          | M65 | 26:52 |
| Mitch Loly            | M60 | 27:16 |
| David Carr            | M65 | 27:18 |
| Fiona McCaulay        | W45 | 27:58 |
| Joan Pellier          | W60 | 28:48 |
| Julie Wood            | W50 | 29:43 |
| Jacqueline Billington | W55 | 30:48 |
| Norm Miller           | M65 | 31:04 |
| Pierre Viala          | M50 | 31:05 |
| Kirt Johnson          | M70 | 31:07 |
| Margaret Bennett      | W55 | 31:46 |
| Christine Kirhness    | W50 | 32:00 |
| Janet Jarvis          | W55 | 33:22 |
| Elaine Ellard         | W55 | 24:24 |
| Keith Forden          | M60 | 35:45 |
| Peter Simmons         | M50 | 35:50 |
| Allan Tyson           | M75 | 37:42 |
| Frank Usher           | M75 | 42:24 |
| Marg Taylor           | W45 | 44:02 |

### **10Km Run**

|                 |     |       |
|-----------------|-----|-------|
| Ralph Henderson | M50 | 38:51 |
| David Willmer   | M45 | 38:58 |
| Bob Schickert   | M55 | 40:25 |
| Warren Gee      | M45 | 40:35 |
| Gareth Brunt    | M45 | 40:56 |
| Blakney Tindall | M35 | 41:48 |
| John Allen      | M40 | 42:05 |
| Nick Miller     | M35 | 42:19 |
| Bob Carr        | M50 | 43:16 |
| James McCarthy  | M40 | 43:16 |
| Vic Watters     | M55 | 43:38 |
| Johan Hagedoom  | M55 | 43:55 |
| Mark Rosen      | M50 | 44:06 |
| Brian Danby     | M50 | 44:20 |
| Doug Ashfield   | M40 | 45:01 |
| Mike Flood      | M45 | 45:47 |
| Mike Kaira      | M35 | 45:47 |
| Graham Thornton | M60 | 46:34 |
| Brian Bennett   | M50 | 47:00 |
| Wayne Bates     | M55 | 47:10 |
| Simon Jawichne  | M35 | 47:12 |
| Frank Gardiner  | M50 | 48:06 |
| Keith Atkinson  | M40 | 48:21 |
| John Pellier    | M60 | 48:37 |
| Brian Smith     | M60 | 48:37 |
| Mike Faunge     | M60 | 49:56 |
| Mike Hale       | M50 | 50:21 |
| Marg Forden     | W55 | 50:51 |
| Robert Sheehy   | M50 | 51:11 |

|                |     |         |
|----------------|-----|---------|
| Debbie Bunge   | W30 | 51:25   |
| Sandy Bond     | W35 | 52:01   |
| Jeff Findhorst | M40 | 52:02   |
| John Allard    | M55 | 52:22   |
| Arnold Jenkins | M55 | 52:54   |
| Gillian Young  | W50 | 54:53   |
| Tony Speachley | M55 | 55:22   |
| John Missan    | M50 | 55:23   |
| Paul Martin    | M55 | 55:25   |
| Ann Turner     | W60 | 58:08   |
| Linda Crockett | W30 | 59:50   |
| Merv Moyle     | M70 | 1:00:50 |
| Ken Whistler   | M65 | 1:03:06 |
| Shorty Turner  | M65 | 1:04:04 |

#### 5Km Walk

|               |     |       |
|---------------|-----|-------|
| Rex Bruce     | M55 | 39:43 |
| Peter Davies  | M70 | 43:39 |
| Bob Fergie    | M65 | 43:41 |
| Lyn Schickert | W55 | 44:40 |
| Gale Gardiner | W50 | 45:24 |

#### 10Km Walk

|                |     |         |
|----------------|-----|---------|
| Michelle Mison | W50 | 1:12:54 |
| Lorna Lauchlan | W70 | 1:19:27 |

#### Visitors 5Km

|                   |       |
|-------------------|-------|
| Stephen Smith     | 23:27 |
| Nicholis Gardiner | 27:29 |
| Melisa Gardiner   | 27:31 |
| Raymond Loly      | 30:11 |
| Audrey Giacomini  | 38:50 |
| Robert Rigo       | 40:24 |
| Melinda Bate      | 44:41 |

#### Walk

|              |       |
|--------------|-------|
| Grace Wilmer | 44:51 |
| Ruth Wilmer  | 52:10 |

#### 10Km

|            |       |
|------------|-------|
| Paula Kara | 55:10 |
|------------|-------|

## Dear Bob

I am now in the 65-69 age bracket and to celebrate it did a run that I have at last been satisfied with. Remember Aug 20 It was one of Perth's coldest days and they had the 40 miler in Perth. Well I ran from Jerramungup to Albany. (178 K's) I had hoped to do it in 24 hrs but I was running into what the radio said was Gale force winds and they also issued a sheep weather alert Nothing about Mad Runners though. It took me 29 hours but considering the conditions I was really pleased. On the Track I would have another 19 hours left to run 70 k's which would break the world 48 hour 65-69 age record. Sunday two weeks later I ran another 43 k training run, so it looks as if it's all systems go for the Colac 6 Day on Nov 19. My Targets will be the 48 hour world record and to break Cliffy's World 6 day Track record of 669 k's (possibly in 5 days). Pass the news on about my birthday run and wish me luck for Colac.

**George the Road Runner.**

## BIRKWATER RUN

29 October 2000

Finishing times are shown this year, but they may differ by a second from the time that was shouted at you. This is because my mouth is quicker than Jim Shaw's trigger finger. The shouted time is the official one for claiming the Timeless Trophy. Times printed here have been taken from the recorder watch. (If that doesn't confuse you enough, wait til next year, and we'll try harder.)

Talking of time...an interesting discovery was made when comparing the recorder watch times, with the times CLAIMED by runners. Several people lost track (mis-remembered?...ha!) their actual finishing time, somewhere between the clock and Leo's table. Some of them got the minute wrong, some the seconds, some both. One was ten minutes out. Some remembered another runner's time.

This suggests a. infamy; b. idiocy; or c. exhausted runners can't hold a thought in their heads.

Lawyers, advising the club on safety and responsibility, have suggested that when organising a race we cannot assume runners to be normal, or rational. Perhaps some of our medical members can comment on whether oxygen deprivation causes short term memory loss?

Personally, I think a bit of infamy is quite acceptable, to liven up proceedings. It's some years now since Morris Warren jogged in slow circles in the chute, one eye on the clock, waiting for his time to come up. Disqualified of course, but it was a worthy effort.

Last year, of course, my own deliberate mistake became infamous. Unable to top that, Simon and I did manage to incorporate a particularly unpleasant stretch of bush (near the nurseries), which should have ruined a few estimates, while adding some scratches. Despite all that, the law of averages prevailed, and a few runners did manage to lucky-guess their way to 15 minutes of fame. Peter Hill was within ten seconds of his estimate; Frank Usher, six seconds; Debbie Burge, four seconds. Jim Langford almost pulled off an unlikely double - finishing first overall, in 30:18, but two seconds off his guess." Which means that once again, we have a winner who can estimate his pace, over eight kilometres of twisting and turning cross-country, within a second.

Kirt Johnson was the winner, estimating 51:50 and running 51:49. It's most fitting, for Kirt is a stalwart who has given so much time to the club. Invariably first to arrive at the Sunday runs, he obviously has no need of alarm clocks. The Timeless Trophy couldn't be in safer hands.

Thanks to Bev and Maureen, Barry, Margaret and Jim, Jim Shaw, Leo, Mike and Nora, and trailblazer Simon.

)Vic Waters

#### 10 k

|                 |     |          |
|-----------------|-----|----------|
| Jim Langford    | M55 | 30:18:00 |
| Chris Frampton  | Vis | 31:33:00 |
| Ralph Henderson | M50 | 32:05:00 |

|                    |     |          |                       |     |          |
|--------------------|-----|----------|-----------------------|-----|----------|
| Wally Crowley      | M45 | 32:18:00 | Ken Whistler          | M65 | 51:15:00 |
| John Cresp         | M45 | 32:37:00 | Kirt Johnson          | M70 | 51:50:00 |
| Stephen Dunn       | M30 | 32:39:00 | Roma Barnett          | W50 | 52:06:00 |
| Jim Klinge         | M50 | 32:50:00 | Morris Warren         | M60 | 52:07:00 |
| Warren Gee         | M45 | 33:31:00 | Norm Miller           | M65 | 52:21:00 |
| Ian Davies         | M50 | 33:43:00 | Trevor Brown          | M55 | 52:51:00 |
| James McCarthy     | M40 | 33:50:00 | Alan Cox              | Vis | 53:32:00 |
| David Bishop       | Vis | 34:04:00 | Ray Lawrence          | M70 | 53:33:00 |
| Nick Miller        | M35 | 34:07:00 | Phyllis Farrell       | W55 | 53:38:00 |
| Gareth Brunt       | M45 | 34:14:00 | Sue Bullen            | W40 | 53:41:00 |
| Antoinette Shaw    | W50 | 34:26:00 | Margaret Bennett      | W55 | 53:43:00 |
| Mike Hale          | M50 | 35:24:00 | Ruth Willmer          | Vis | 53:52:00 |
| Steve Lewis        | Vis | 35:27:00 | Jacqueline Billington | W55 | 54:05:00 |
| Bob Schickert      | M55 | 35:37:00 | Julie Wood            | W50 | 54:45:00 |
| Peter Hill         | M50 | 35:37:00 | Joan Pellier          | W60 | 54:47:00 |
| Andrew Dix         | Vis | 35:57:00 | Lois West             | Vis | 56:06:00 |
| Ivan Brown         | M55 | 36:00:00 | Wal McKinnon          | M60 | 56:14:00 |
| Doug Ashfield      | M40 | 36:12:00 | Noela Medcalfe        | W65 | 56:37:00 |
| John Davies        | M55 | 36:33:00 | Shorty Turner         | M65 | 62:12:00 |
| John Bell          | M55 | 36:46:00 | Denise Lancaster      | W50 | 62:13:00 |
| Johannes Hagedoorn | M55 | 36:58:00 | Toni Frank            | W55 | 66:15:00 |
| David Willmer      | M45 | 37:39:00 | Allen Tyson           | M75 | 66:15:00 |
| Nick Gardiner      | Vis | 37:55:00 | Frank Usher           | M75 | 70:06:00 |
| Lachlan Marr       | Vis | 37:57:00 | Judy Hill             | W50 | 70:41:00 |
| David Carr         | M65 | 38:15:00 |                       |     |          |
| Brian Bennett      | M50 | 38:20:00 | WALKERS 12K           |     |          |
| Simon Jawichre     | M35 | 38:22:00 | Alan Pomery           | M65 | 97:15:00 |
| Bryan Hardy        | M55 | 38:34:00 | Val Millard           | W50 | 99:43:00 |
| Rob West           | Vis | 39:42:00 |                       |     |          |
| Graham Thornton    | M55 | 40:18:00 | WALKERS 4K            |     |          |
| Jim Barnes         | M55 | 40:36:00 | Fred Hagger           | M75 | 56:01:00 |
| Joe Stickles       | M60 | 40:37:00 |                       |     |          |
| Frank Gardiner     | M50 | 41:00:00 | WALKERS 6K            |     |          |
| Debbie Robinson    | Vis | 41:09:00 | Lorna Lauchlan        | W65 | 45:18:00 |
| Keith Atkinson     | M40 | 41:24:00 | Rex Bruce             | M55 | 45:19:00 |
| Stan Lockwood      | M70 | 41:25:00 | Melinda Bate          | Vis | 50:34:00 |
| Frances Casella    | M45 | 41:27:00 | Lynne Schickert       | W55 | 50:35:00 |
| Mike Anderson      | M50 | 42:04:00 | Val WheelerÁ          | W65 | 50:55:00 |
| Brian Smith        | M60 | 42:10:00 | Pat Ainsworth         | W60 | 50:55:00 |
| Sandy Bond         | W35 | 42:24:00 | Maggie Flanders       | W60 | 51:14:00 |
| Jim Stewart        | M50 | 42:38:00 | Dorothy Whittam       | W60 | 51:14:00 |
| Robert Sheehy      | M50 | 42:50:00 | Jeff Whittam          | M60 | 51:24:00 |
| Bob Sammells       | M60 | 43:00:00 | Pat Miller            | W60 | 54:15:00 |
| John Pellier       | M60 | 43:17:00 | Gail Gardiner         | W60 | 54:23:00 |
| George Innes       | M65 | 43:33:00 |                       |     |          |
| Richard Harris     | M60 | 44:05:00 |                       |     |          |
| Debbie Burge       | W30 | 44:13:00 |                       |     |          |
| Arnold Jenkins     | M55 | 45:02:00 |                       |     |          |
| Jacqui Halberg     | W50 | 45:10:00 |                       |     |          |
| Mitch LolyÁ        | M60 | 45:29:00 |                       |     |          |
| Jeff Spencer       | M55 | 46:49:00 |                       |     |          |
| Lynn Harrop        | M45 | 47:16:00 |                       |     |          |
| Vic Beaumont       | M70 | 47:16:00 |                       |     |          |
| Lauren Gardiner    | Vis | 47:21:00 |                       |     |          |
| Ann Turner         | W60 | 47:36:00 |                       |     |          |
| Brian Hunter       | M55 | 47:58:00 |                       |     |          |
| Irene Ferris       | W45 | 48:24:00 |                       |     |          |
| Margaret Warren    | W60 | 48:30:00 |                       |     |          |
| Shirley Bell       | W50 | 48:34:00 |                       |     |          |
| Wendy Duncan       | W50 | 48:45:00 |                       |     |          |
| Jenny Barnes       | W45 | 48:46:00 |                       |     |          |
| Merv Jones         | M60 | 49:26:00 |                       |     |          |
| Eileen Brown       | W50 | 50:36:00 |                       |     |          |

## Age old problem

### ■ DARWIN

VETERAN athletes competing at the Masters Games are the targets of a safe sex message after Alice Springs ran short of condoms when it last hosted the event.

About 4000 competitors aged between 35 and 91 have converged on Alice Springs for the Masters Games, which started last night.

The Northern Territory Health Service sexual health clinic has been distributing condom parcels to hotels and motels with the message: Be Masters of Your Own Game -- Wear a Condom.

# Track & Field Results

## 5 October 2000

### 1000 m Walk

|                 |     |      |
|-----------------|-----|------|
| Greg McDowell   | M45 | 4.55 |
| Valerie Millard | W53 | 6.13 |
| Michele Mison   | W53 | 6.35 |
| Lynne Schickert | W59 | 6.46 |
| Dorothy Whittam | W64 | 6.54 |
| Elaine Ellard   | W58 | 7.37 |

### 1000 m

|                  |     |      |
|------------------|-----|------|
| Ian Davies       | M53 | 3.01 |
| Bert Carse       | M59 | 3.06 |
| Robert Colton    | M37 | 3.1  |
| Blakeney Tindall | M39 | 3.17 |
| Campbell Till    | M43 | 3.17 |
| Bob Schickert    | M59 | 3.18 |
| Jon Wannberg     | M34 | 3.22 |
| Anne Shaw        | W52 | 3.28 |
| Ivan Brown       | M55 | 3.34 |
| Roy Fearnall     | M55 | 3.47 |
| Peggy McLiver    | W56 | 3.53 |
| Norm Richards    | M63 | 3.54 |
| Arnold Jenkins   | M56 | 3.55 |
| David Carr       | M68 | 3.55 |
| John McShane     | M35 | 3.59 |
| John Ellard      | M58 | 4.04 |
| Bob Fergie       | M65 | 4.27 |
| Merv Jones       | M61 | 4.31 |
| Pat Carr         | W68 | 5.46 |

### Long Jump

|                   |     |      |
|-------------------|-----|------|
| Valerie Millard   | W53 | 5.11 |
| Katrina Spilsbury | W34 | 4.78 |
| Gill Edmonds      | W35 | 3.83 |
| David Carr        | M68 | 3.14 |
| Pat Carr          | W68 | 3.05 |
| Ron Tompkins      | M78 | 2.9  |
| Lynne Schickert   | W59 | 2.42 |

### Shot

|                   |     |      |
|-------------------|-----|------|
| Peter Gare        | M60 | 8.52 |
| Bob Fergie        | M65 | 8.36 |
| Jeff Bowen        | M58 | 8.14 |
| Katrina Spilsbury | W34 | 8.09 |
| Henry Cortis      | M53 | 7.44 |
| John Sutton       | M65 | 7.38 |
| Ron Tompkins      | M78 | 6.69 |
| David Carr        | M68 | 5.93 |

### Discus

|                 |     |       |
|-----------------|-----|-------|
| Peter Gare      | M60 | 37.95 |
| Bob Fergie      | M65 | 28.87 |
| John Sutton     | M65 | 26.08 |
| Jeff Bowen      | M58 | 24.18 |
| Ron Tompkins    | M78 | 22.53 |
| David Carr      | M68 | 20.96 |
| Peggy McLiver   | W56 | 17.55 |
| John Ellard     | M58 | 15.44 |
| Pat Carr        | W68 | 15.18 |
| Lynne Schickert | W59 | 11.5  |

### 100 m

|               |     |      |
|---------------|-----|------|
| Roy Fearnall  | M55 | 12.9 |
| John Stone    | M48 | 13.2 |
| Campbell Till | M43 | 13.3 |
| Henry Cortis  | M53 | 13.6 |
| Norm Richards | M63 | 13.6 |

|                   |     |      |
|-------------------|-----|------|
| Ian Davies        | M53 | 13.7 |
| Peter Gare        | M60 | 14.1 |
| Katrina Spilsbury | W34 | 14.2 |
| Arnold Jenkins    | M56 | 14.5 |
| Peggy McLiver     | W56 | 15.2 |
| Ros Calnan        | M59 | 16.2 |
| David Wyatt       | M49 | 16.5 |
| Pat Carr          | W68 | 17.5 |
| David Carr        | M68 | 18.1 |
| John Ellard       | M58 | 18.5 |
| Elaine Ellard     | W58 | 22.4 |

## 12 October 2000

### Javelin

|                 |     |       |
|-----------------|-----|-------|
| Murray Tolbert  | M54 | 28.9  |
| Jeff Bowen      | M58 | 27.14 |
| Bob Fergie      | M65 | 26.78 |
| Robert Shand    | M68 | 26.55 |
| Arnold Jenkins  | M56 | 24.87 |
| Henry Cortis    | M53 | 23.6  |
| Keith Durrans   | M50 | 22.58 |
| Alex Cummings   | M65 | 17.82 |
| Kath Holland    | W60 | 17.71 |
| Lorna Laughlan  | W70 | 16.73 |
| Eileen Hindle   | W51 | 15.42 |
| Pat Carr        | W68 | 15.24 |
| Alan Tyson      | M75 | 14.62 |
| Gillian Young   | W53 | 10.34 |
| Lynne Schickert | W59 | 9.48  |
| Elaine Ellard   | W58 | 8.19  |

### 60 m

|                   |     |      |
|-------------------|-----|------|
| John Stone        | M35 | 7.9  |
| Campbell Till     | M43 | 8.1  |
| Steve Payne       | M42 | 8.2  |
| Henry Cortis      | M53 | 8.6  |
| Ian Davies        | M53 | 9    |
| Katrina Spilsbury | W34 | 9    |
| Ian Sanders       | M42 | 9.2  |
| Arnold Jenkins    | M56 | 9.3  |
| Darryl White      | M41 | 9.5  |
| Alex Cummings     | M65 | 9.5  |
| Jim Riddell       | M60 | 10.1 |
| Derry Foley       | M71 | 10.3 |
| Jacqui Sanders    | W34 | 10.3 |
| David Carr        | M68 | 10.4 |
| Pat Carr          | W68 | 10.4 |
| Gillian Young     | W53 | 12.5 |

### 2000 m Walk

|                 |     |       |
|-----------------|-----|-------|
| Robin King      | W41 | 11.13 |
| Tom Lenane      | M44 | 12.17 |
| Lynne Schickert | W59 | 14.03 |
| Lorna Laughlan  | W70 | 14.22 |
| Rex Bruce       | M59 | 14.23 |

### 1500 m

|                    |     |        |
|--------------------|-----|--------|
| Greg Vander Sanden | M40 | 4.35.9 |
| Ian Davies         | M53 | 4.39.6 |
| Bert Carse         | M59 | 4.42.7 |
| Darryl White       | M41 | 4.54.2 |
| Bob Schickert      | M59 | 4.59.6 |
| Sonia Lawry        | W31 | 5.02.2 |
| Campbell Till      | M43 | 5.11.2 |
| Brian Foley        | M56 | 5.18.3 |
| Anne Shaw          | W52 | 5.19.0 |

|                   |     |        |
|-------------------|-----|--------|
| Jon Wannberg      | M34 | 5.21.9 |
| David Carr        | M68 | 5.39.2 |
| John McShane      | M35 | 5.56.5 |
| Arnold Jenkins    | M56 | 5.58.1 |
| Peggy McLiver     | W56 | 6.02.2 |
| Jackie Halberg    | W53 | 6.41.6 |
| Ian Sanders       | M42 | 6.41.9 |
| Merv Jones        | M61 | 7.03.9 |
| Jacqui Sanders    | W34 | 7.07.5 |
| Margaret Robinson | W62 | 7.13.3 |
| Kate Gilles       | W36 | 7.14.9 |
| Derry Foley       | M71 | 8.19.2 |
| Alan Tyson        | M75 | 9.10.3 |
| Elaine Ellard     | W58 | 9.14.3 |

### Triple Jump

|                |     |       |
|----------------|-----|-------|
| Keith Durrans  | M50 | 6.76  |
| John Ellard    | M58 | 5.78  |
| David Wyatt    | M49 | 4.80  |
| Heavy Weight   |     |       |
| Alex Cummings  | M65 | 12.46 |
| Bob Fergie     | M65 | 11.45 |
| Eileen Hindle  | W51 | 9.13  |
| Kath Holland   | W60 | 8.51  |
| Derry Foley    | M71 | 8.20  |
| Arnold Jenkins | M56 | 8.18  |
| Jeff Bowen     | M58 | 6.41  |

## 19 October 2000

### 200 m

|                |     |      |
|----------------|-----|------|
| John Stone     | M35 | 27.5 |
| Peter Gare     | M60 | 27.6 |
| Norm Richards  | M63 | 28.1 |
| Henry Cortis   | M53 | 28.4 |
| Keith Durrans  | M50 | 29.7 |
| Arnold Jenkins | M56 | 30   |
| Ian Sanders    | M42 | 30.6 |
| David Carr     | M68 | 31.2 |
| Ros Calnan     | M59 | 32.8 |
| Anne Shaw      | W52 | 33.4 |
| Ivan Brown     | M55 | 33.9 |
| Jacqui Sanders | W34 | 34.2 |
| Jim Riddell    | M60 | 34.4 |
| John Ellard    | M58 | 35.3 |
| Pat Carr       | W68 | 37.2 |
| Kate Gilles    | W36 | 38.5 |

### Long Jump

|                   |     |      |
|-------------------|-----|------|
| Robert Colton     | M37 | 4.87 |
| David Wyatt       | M49 | 4.78 |
| Katrina Spilsbury | W34 | 4.5  |
| Keith Durrans     | M50 | 4.34 |
| Gill Edmonds      | W35 | 3.92 |
| Peggy McLiver     | W56 | 3.78 |
| David Carr        | M68 | 3.33 |
| Pat Carr          | W68 | 3.33 |
| Kate Gilles       | W36 | 3.02 |
| Jacqui Sanders    | W34 | 2.97 |
| Lynne Schickert   | W59 | 2.42 |
| Robyn Watts       | W47 | 2.25 |
| Elaine Ellard     | W58 | 2.07 |

### 1500 m Walk

|                 |     |       |
|-----------------|-----|-------|
| Lynne Schickert | W59 | 10.56 |
| Lorna Laughlan  | W70 | 10.58 |
| Rex Bruce       | M59 | 10.59 |

**3000 m**

|                  |     |       |
|------------------|-----|-------|
| Tony Heppener    | M49 | 9.44  |
| Bert Carse       | M59 | 10.12 |
| Ian Davies       | M53 | 10.21 |
| Darryl White     | M41 | 10.37 |
| Bob Schickert    | M59 | 10.48 |
| Robert Colton    | M37 | 11.11 |
| Blakeney Tindall | M39 | 11.25 |
| Ivan Brown       | M55 | 11.26 |
| Anne Shaw        | W52 | 11.39 |
| Campbell Till    | M43 | 11.42 |
| Doug Ashfield    | M43 | 11.42 |
| Jon Wannberg     | M34 | 12.05 |
| David Carr       | M68 | 12.4  |
| Nick Bailey      | M50 | 12.52 |
| Peggy McLiver    | W56 | 13.1  |
| Norm Richards    | M63 | 13.16 |
| Arnold Jenkins   | M56 | 13.17 |
| John Ellard      | M58 | 13.18 |
| Alan Jennings    | M60 | 13.21 |
| Keith Durrans    | M50 | 14.54 |
| Gillian Young    | W53 | 14.58 |
| John Stone       | M48 | 15.04 |
| Ian Sanders      | M42 | 15.28 |
| Merv Jones       | M61 | 16.38 |
| Jacqui Sanders   | W34 | 17.29 |
| Kate Gilles      | W36 | 17.38 |
| Robyn Watts      | W47 | 18.44 |
| Elaine Ellard    | W58 | 20.11 |
| Lynne Schickert  | W59 | 21.07 |

**Shot**

|                |     |      |
|----------------|-----|------|
| Peter Gare     | M60 | 8.89 |
| John Sutton    | M65 | 7.55 |
| Arnold Jenkins | M56 | 7.47 |
| Ros Calnan     | M59 | 7.39 |
| Henry Cortis   | M53 | 7.36 |
| Lorna Laughlan | W70 | 6.1  |
| John Ellard    | M58 | 5.7  |
| Rex Bruce      | M59 | 5.54 |
| Gillian Young  | W53 | 4.89 |
| Elaine Ellard  | W58 | 4.26 |
| Robyn Watts    | W47 | 4.06 |

**Discus**

|                |     |       |
|----------------|-----|-------|
| Peter Gare     | M60 | 36.36 |
| John Sutton    | M65 | 25.39 |
| Keith Durrans  | M50 | 22.9  |
| Ian Sanders    | M42 | 18.42 |
| Pat Carr       | W68 | 16.42 |
| Rex Bruce      | M59 | 16.1  |
| Lorna Laughlan | W70 | 15.34 |
| John Ellard    | M58 | 14.86 |
| Gillian Young  | W53 | 11.71 |
| Robyn Watts    | W47 | 10.69 |
| Frith Mooney   | W45 | 9.79  |
| Derry Foley    | M71 | 8.4   |
| Elaine Ellard  | W58 | 7.73  |

**26-Oct-00****2000 m Walk**

|               |     |       |
|---------------|-----|-------|
| Robin King    | W41 | 12    |
| Tom Lenane    | M44 | 12.2  |
| Michele Mison | W53 | 13.42 |
| Ian Sanders   | M42 | 13.48 |

Lynne Schickert W59 14.26

**400 m**

|                   |     |     |
|-------------------|-----|-----|
| Robert Colton     | M37 | 62  |
| Steve Payne       | M42 | 62  |
| John Stone        | M35 | 63  |
| David Clive       | M63 | 63  |
| Darryl White      | M41 | 67  |
| Arnold Jenkins    | M56 | 67  |
| Jon Wannberg      | M34 | 68  |
| Keith Durrans     | M50 | 68  |
| Bob Schickert     | M59 | 68  |
| David Carr        | M68 | 70  |
| Peggy McLiver     | W56 | 70  |
| Anne Shaw         | W52 | 74  |
| John Ellard       | M58 | 77  |
| Katrina Spilsbury | W34 | 77  |
| Jacqui Sanders    | W34 | 83  |
| Merv Jones        | M61 | 85  |
| Ray Hall          | M66 | 87  |
| Kate Gilles       | W36 | 90  |
| Pat Carr          | W68 | 94  |
| Gillian Young     | W53 | 95  |
| Margaret Robinson | W62 | 99  |
| Robyn Watts       | W47 | 103 |
| Lynne Schickert   | W59 | 115 |
| Elaine Ellard     | W58 | 124 |

**Triple Jump**

|                   |     |       |
|-------------------|-----|-------|
| David Wyatt       | M49 | 10.05 |
| Katrina Spilsbury | W34 | 10.03 |
| Robert Colton     | M37 | 9.36  |
| Gill Edmonds      | W35 | 8.52  |
| Derry Foley       | M71 | 7.4   |
| Peggy McLiver     | W56 | 7.3   |
| Pat Carr          | W68 | 7.3   |
| Lynne Schickert   | W59 | 5.62  |
| Elaine Ellard     | W58 | 4.66  |

**1500 m**

|                   |     |      |
|-------------------|-----|------|
| Ian Davies        | M53 | 4:40 |
| Anne Shaw         | W52 | 5:30 |
| Robert Colton     | M37 | 5:40 |
| Bert Carse        | M59 | 4:42 |
| Bob Schickert     | M59 | 5:08 |
| Doug Ashfield     | M43 | 5:31 |
| Ivan Brown        | M55 | 5:32 |
| David Carr        | M68 | 5:44 |
| Robin King        | W41 | 5:46 |
| Peggy McLiver     | W56 | 6:37 |
| Ian Sanders       | M42 | 6:51 |
| John Stone        | M48 | 6:53 |
| Gill Edmonds      | W35 | 6:54 |
| Ray Hall          | M66 | 6:59 |
| Gillian Young     | W53 | 6:59 |
| Margaret Robinson | W62 | 7:17 |
| Merv Jones        | M61 | 7:37 |
| Jacqui Sanders    | W34 | 7:57 |
| Kate Gilles       | W36 | 7:57 |
| Robyn Watts       | W47 | 8:29 |
| Alan Tyson        | M75 | 9:21 |

**Hammer**

|                |     |       |
|----------------|-----|-------|
| Alex Cummings  | M65 | 28.64 |
| Eileen Hindle  | W51 | 24.14 |
| Arnold Jenkins | M56 | 20.53 |
| Alan Tyson     | M75 | 19.37 |

|                 |     |       |
|-----------------|-----|-------|
| Keith Durrans   | M50 | 15.55 |
| Kath Holland    | W60 | 15.11 |
| Ian Sanders     | M42 | 13.35 |
| <b>Javelin</b>  |     |       |
| Steve Payne     | M42 | 29.9  |
| Tom Lenane      | M44 | 28.23 |
| Keith Durrans   | M50 | 27.76 |
| Arnold Jenkins  | M56 | 21.96 |
| Jon Wannberg    | M34 | 21.26 |
| Ivan Brown      | M55 | 19    |
| David Carr      | M68 | 17.69 |
| Kath Holland    | W60 | 17.65 |
| Alan Tyson      | M75 | 16.88 |
| Derry Foley     | M71 | 16.4  |
| Peggy McLiver   | W56 | 16.17 |
| Ray Hall        | M66 | 15.53 |
| Shirley Bell    | W50 | 15.1  |
| Merv Jones      | M61 | 14.93 |
| Eileen Hindle   | W51 | 14.83 |
| Gillian Young   | W53 | 10.56 |
| Robyn Watts     | W47 | 8.75  |
| Lynne Schickert | W59 | 8.62  |
| Elaine Ellard   | W58 | 7.61  |

**2 November 2000****100 m**

|                   |     |      |
|-------------------|-----|------|
| David Wyatt       | M49 | 13.4 |
| Campbell Till     | M43 | 13.5 |
| Peter Gare        | M60 | 13.6 |
| Robert Colton     | M37 | 13.9 |
| Norm Richards     | M63 | 13.9 |
| Keith Durrans     | M50 | 14.3 |
| Katrina Spilsbury | W34 | 14.3 |
| Arnold Jenkins    | M56 | 14.5 |
| Ian Sanders       | M42 | 14.6 |
| Peggy McLiver     | W56 | 14.6 |
| Warren Davey      | M50 | 15.3 |
| Ros Calnan        | M59 | 15.4 |
| Keith Atkinson    | M43 | 16.5 |
| Jacqui Sanders    | W34 | 16.7 |
| Anne Shaw         | W52 | 16.8 |
| Derry Foley       | M71 | 16.9 |
| Pat Carr          | W68 | 17.2 |
| Gillian Young     | W53 | 19.2 |
| Alan Tyson        | M75 | 19.9 |

**5000 m**

|                |     |         |
|----------------|-----|---------|
| David Carr     | M68 | 20.56.6 |
| Frank Gardiner | M45 | 21.06.1 |
| Jon Wannberg   | M34 | 21.55.9 |
| Keith Atkinson | M43 | 22.18.8 |
| Nick Bailey    | M50 | 22.23.4 |
| Arnold Jenkins | M56 | 22.27.1 |
| Peggy McLiver  | W56 | 22.56.0 |
| Alan Jennings  | M60 | 23.23.1 |
| Brian Gale     |     | 23.51.3 |
| John Ellard    | M58 | 24.27.7 |
| Shirley Bell   | W50 | 24.33.6 |
| Norm Richards  | M63 | 24.49.4 |
| Keith Durrans  | M50 | 24.57.7 |
| Gillian Young  | W53 | 25.12.6 |
| Gill Edmonds   | W35 | 25.56.0 |
| Ian Sanders    | M42 | 26.35.0 |

|                   |     |         |
|-------------------|-----|---------|
| Jacqui Sanders    | W34 | 27.20.5 |
| Robyn Watts       | W47 | 29.33.2 |
| Elaine Ellard     | W58 | 32.30.5 |
| <b>Long Jump</b>  |     |         |
| David Wyatt       | M49 | 4.8     |
| Robert Colton     | M37 | 4.72    |
| Campbell Till     | M43 | 4.62    |
| Katrina Spilsbury | W34 | 4.54    |
| Keith Atkinson    | M43 | 3.31    |
| Derry Foley       | M71 | 3.3     |
| Pat Carr          | W68 | 3.15    |
| Lynne Schickert   | W59 | 2.4     |
| <b>Shot</b>       |     |         |
| Robert Shand      | M68 | 7.21    |
| <b>Discus</b>     |     |         |
| Peter Gare        | M60 | 36.31   |
| Robert Shand      | M68 | 28.45   |
| Warren Davey      | M50 | 25.87   |
| Keith Durrans     | M50 | 21      |
| Derry Foley       | M71 | 18.86   |
| Arnold Jenkins    | M56 | 18.69   |
| Brian Foley       | M56 | 18.07   |
| Henry Cortis      | M53 | 17.65   |
| Peggy McLiver     | W56 | 17.59   |
| Jon Wannberg      | M34 | 17.36   |
| Ray Hall          | M66 | 15.99   |
| Alan Tyson        | M75 | 15.97   |
| Dorothy Whittam   | W64 | 15.76   |
| John Ellard       | M58 | 14.9    |
| Lorna Laughlan    | W70 | 14.79   |
| Bruce Wilson      | M55 | 13.02   |
| Valerie Millard   | W53 | 12.91   |
| Gillian Young     | W53 | 11.45   |
| Lynne Schickert   | W59 | 11.17   |
| Robyn Watts       | W47 | 10.87   |
| Elaine Ellard     | W58 | 8.86    |

## 9 November 2000

### 100 m

|                   |     |      |
|-------------------|-----|------|
| Steve Payne       | M42 | 13.1 |
| John Stone        | M48 | 13.2 |
| David Wyatt       | M49 | 13.6 |
| Henry Cortis      | M53 | 14   |
| Katrina Spilsbury | W34 | 14.2 |
| Ian Sanders       | M42 | 14.7 |
| Tom Lenane        | M44 | 14.7 |
| Arnold Jenkins    | M56 | 14.7 |
| John Davies       | M56 | 14.7 |
| Warren Davey      | M50 | 14.9 |
| Peggy McLiver     | W56 | 14.9 |
| Jon Wannberg      | M34 | 15.2 |
| Darryl White      | M41 | 15.3 |
| Brian Foley       | M56 | 15.5 |
| Bob Schickert     | M59 | 16.1 |
| David Carr        | M68 | 16.4 |
| Jacqui Sanders    | W34 | 16.7 |
| Derry Foley       | M71 | 16.8 |
| Dorothy Whittam   | W64 | 16.8 |
| Anne Shaw         | W52 | 16.9 |
| Pat Carr          | W68 | 17   |
| Ivan Brown        | M55 | 17.1 |
| Merv Jones        | M61 | 17.8 |

|                    |     |         |
|--------------------|-----|---------|
| Gillian Young      | W53 | 18.4    |
| Kate Gilles        | W36 | 18.6    |
| Robyn Watts        | W47 | 18.6    |
| Shirley Bell       | W50 | 20.2    |
| Lynne Schickert    | W59 | 21.9    |
| <b>Triple Jump</b> |     |         |
| Steve Payne        | M42 | 10.09   |
| Gill Edmonds       | W35 | 8.12    |
| Derry Foley        | M71 | 7.55    |
| Peggy McLiver      | W56 | 7.4     |
| Pat Carr           | W68 | 7.18    |
| Robyn Watts        | W47 | 6.15    |
| Lynne Schickert    | W59 | 5.74    |
| <b>3000 m</b>      |     |         |
| Bert Carse         | M59 | 10.11.8 |
| Ian Davies         | M53 | 10.27.3 |
| Bruce Wilson       | M55 | 10.58.8 |
| Blakeney Tindall   | M39 | 11.01.3 |
| Anne Shaw          | W52 | 11.01.9 |
| John Allen         | M43 | 11.15.4 |
| Brian Foley        | M56 | 11.23.6 |
| John Davies        | M56 | 11.28.6 |
| Doug Ashfield      | M43 | 11.28.9 |
| Ivan Brown         | M55 | 11.29.4 |
| David James        | M45 | 11.49.4 |
| Frank Gardiner     | M45 | 11.50.3 |
| David Carr         | M68 | 12.04.7 |
| Jon Wannberg       | M34 | 12.37.7 |
| Nick Bailey        | M50 | 12.47.2 |
| Alan Jennings      | M60 | 13.25.3 |
| Brian Gale         |     | 13.34.3 |
| Jackie Halberg     | W53 | 13.46.0 |
| John Ellard        | M58 | 13.49.7 |
| Shirley Bell       | W50 | 14.06.3 |
| Gillian Young      | W53 | 14.21.5 |
| Gill Edmonds       | W35 | 14.33.4 |
| Margaret Robinson  | W62 | 14.50.7 |
| Ian Sanders        | M42 | 15.22.9 |
| Merv Jones         | M61 | 15.25.4 |
| John Stone         | M48 | 15.26.7 |
| Jacqui Sanders     | W34 | 15.53.9 |
| Kate Gilles        | W36 | 17.06.5 |
| Robyn Watts        | W47 | 17.10.4 |
| Alan Tyson         | M75 | 18.01.8 |
| <b>Javelin</b>     |     |         |
| Murray Tolbert     | M54 | 36.55   |
| Steve Payne        | M42 | 34.89   |
| Warren Davey       | M50 | 27.58   |
| Tom Lenane         | M44 | 25.59   |
| Henry Cortis       | M53 | 25.43   |
| Ian Sanders        | M42 | 17.9    |
| Rex Bruce          | M59 | 16.65   |
| Kath Holland       | W60 | 16.63   |
| Dorothy Whittam    | W64 | 16.03   |
| Pat Carr           | W68 | 15.84   |
| Peggy McLiver      | W56 | 15.39   |
| Eileen Hindle      | W51 | 14.93   |
| Shirley Bell       | W50 | 13.8    |
| Gillian Young      | W53 | 10.65   |
| Alan Tyson         | M75 | 10.58   |
| Valerie Millard    | W53 | 10.15   |
| Lynne Schickert    | W59 | 10.1    |

|                     |     |         |
|---------------------|-----|---------|
| Elaine Ellard       | W58 | 8.68    |
| <b>Heavy Weight</b> |     |         |
| Murray Tolbert      | M54 | 10.6    |
| Dorothy Whittam     | W64 | 10.24   |
| Eileen Hindle       | W51 | 9.29    |
| Kath Holland        | W60 | 7.7     |
| Rex Bruce           | M59 | 7.3     |
| <b>3000 m Walk</b>  |     |         |
| Bruce Wilson        | M55 | 16.52.4 |
| John Davies         | M56 | 18.24.9 |
| Brian Foley         | M56 | 19.00.7 |
| Ray Hall            | M66 | 19.03.3 |
| Tom Lenane          | M44 | 19.07.0 |
| Shirley Bell        | W50 | 19.31.5 |
| Peggy McLiver       | W56 | 20.09.7 |
| Arnold Jenkins      | M56 | 20.10.1 |
| Anne Shaw           | W52 | 20.12.7 |
| Bob Schickert       | M59 | 20.18.4 |
| Lesley Romeo        | W55 | 20.26.3 |
| Lynne Schickert     | W59 | 20.47.2 |
| Valerie Millard     | W53 | 21.26.2 |
| David James         | M45 | 21.29.6 |
| Rex Bruce           | M59 | 21.50.4 |
| Dorothy Whittam     | W64 | 22.04.1 |
| Ivan Brown          | M55 | 22.08.6 |
| Jon Wannberg        | M34 | 22.40.9 |
| Elaine Ellard       | W58 | 23.28.5 |
| Gillian Young       | W53 | 23.32.0 |
| Keith Durrans       | M50 | 24.19.5 |