



# The Vetrans



No. 288 September, 1997

Patron: Bill Hughes

President: Brian Foley

Editor: Richard Harris

## PAT CARR WINS GOLD AT DURBAN

David Carr's report of the World Games appears inside



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*This Month's word: Every Run is a Fun Run if you run with the Vets.*

### RUNNING MATES MAUREEN & ALAN POMERY

Meet this months mates in running who are Maureen and Alan Pomery. Maureen was born in York and Alan in Sydney.

Maureen went to a Catholic College where girls didn't participate in sport. Unfortunately Maureen contracted polio at a young age so sport for her was out of the question for a while. After finishing college she enjoyed playing squash, tennis and badminton. Maureen is another of our band of helpers and enjoys coming along to the runs.

Alan went to school in the Blue Mountains and played rugby league and did a lot of bush-walking. He came to Perth looking for a lady and met and married Maureen. Alan walked regularly to stay fit and decided to enter the Bridges Fun Run. At the start he had to run or get crushed in the rush so he kept running for the whole 10K which encouraged him to keep on running. A couple of years ago Alan was hit by a car AT WORK and is no



ABOVE: ALAN AND MAUREEN POMERY



longer able to run but he still walks. The Pomery's have two boys aged 28 and 30. Alan and Maureen are both retired - Alan was a gardener and Maureen worked for a solicitor.

Maureen entered hospital for surgery last month, we wish her all our best wishes for a speedy recovery.

**Joan Pellier**

#### How did they hear about the Vets?

After running the City to Surf in 1983, Alan saw a group of runners socialising and decided to join them and was invited to come along to a run.

#### Favourite distance?

16K

#### Favourite run?

Fremantle Harbour Run (Sharks Run)

#### Ambition in walking?

To complete the Road Walking Championship.

#### Most pleasing performance?

Winning age group in Bunbury Half Marathon in 1989.

#### What they like about the Vets?

Both - The social side and friendship.

#### Any changes?

Both - None

#### Other interests?

Both - Reading, movies, theatre and swimming.

#### Favourite food?

Alan - Pasta

Maureen - Chicken

#### Favourite TV show?

Both - Touch of Frost

#### Favourite movie?

Alan - Michael Collins

Maureen - Seven Brides for Seven Brothers.

operation offered by Maureen Pomery, Bev Thornton, Kirt Johnson, Ron Sutton, two charming ladies whose names I failed to record, and Richard Sloane at the Garrett Road Bridge. My appreciation to all of you.

**Arthur Leggett**

#### 10K

Tony Heppener	M45	34:47
Jim Langford	M50	36:33
Jim Klinge	M50	38:13
Ralph Henderson	M45	38:27
Warren Gee	M45	38:32
Bob Schickert	M55	39:28
Tessa Brockwell	W40	39:38
Vic Waters	M50	42:11
Frank Smith	M55	42:12
Don Caplin	M55	43:02
Kevin Corten	M50	43:25
Mike Khan	M50	43:32
John Pellier	M55	44:07
Bob Harrison	M55	44:12
Alan Jennings	M55	44:14
Mike Anderson	M45	44:43
Milton Mavrick	M40	44:48
Margaret Birks	W50	45:14
Graham Thornton	M55	46:02
Terry Keesing	M40	46:22
George Schaefer	M60	46:29
Brian Foley	M50	46:36
Paul Martin	M55	46:43
Simon Mort	M40	46:56
Helen Lysaght	W45	48:09
Phil Hawks	M35	49:17
Jim Riddell	M55	49:43
Dalton Moffett	M65	50:56
Arnold Jenkins	M50	50:08
Shirley Bell	W45	50:27
Mike Rhodes	M50	50:52
Craig Watson	M40	51:29
Robert Reece	M50	51:46
Peter Airey	M60	51:53
Peter Davies	M65	52:03
Ann Turner	W60	52:09
Merv Jones	M55	53:41
Brian Palmer	M50	54:46
Rosa Davis	W50	60:41
Sheila Maslen	W55	60:42
Phyllis Farrell	W50	60:42

#### 5K

Ian Lankester	M45	19:10
John Pressley	M50	19:32
Ian Davies	M50	20:58
John Stone	M40	23:25
Jeff Spencer	M55	23:57
Vic Beaumont	M65	24:06
Delia Baldock	W35	24:17
Joan Pellier	W55	25:10
Norm Miller	M65	25:18
Pat Miller	W55	32:29
Shorty Turner	M60	36:12

Frank Usher	M70	39:14
<b>10K W</b>		
Ernie Moyle	M70	82:32
<b>5K W</b>		
Alan Pomery	M65	42:09
Maggie Flanders	W60	43:46
<b>Visitors</b>		
Ann Wilson	10K	49:46

## 1998 OCEANIA GAMES - HASTINGS NZ.

All Australian Vets are again reminded that these games are being held in NZ from 17th to 24th January, 1998. Most events will be held at the Nelson Park Stadium in Hastings with the Cross Country held at Napier, 15kms away.

The NZ Organising Committee is very anxious that we send over a large group and has assured us that they will be putting on a top class meeting and look forward to some healthy competition from us.

The AAVAC travel agent, JC Travel now has accommodation and air flight packages available and can quote for any travel arrangements that you may require.

If you are thinking of going please phone Karen Hearn on 08 8231 5399 or write to her at JCT Travel, Level 3, 45 Grenfell St, Adelaide 5000 and let Karen know what you need, including any other travel within NZ before or after the Games.

Entries for these games close on 7th November, 1997. Entry forms are available from Jackie Halberg, phone 9364 4474

## THE GARVEY GALLOP

10/8/97

The sun, after a stormy night, arose to spread rainbow-hued colours across the sparkling grass amidst the trees from whence came the songs of warbling magpies to echo across the peaceful River Swan.

It was a beaut day and 57 members turned out for the event which ran along the riverbanks and, except for some rough patches around Tonkin Highway Bridge, presented few hazards.

The smooth presentation of the run was due to the time and co-

## CORK RECYCLING

Did you know that the Girl Guides collect corks for recycling?

The corks are transported to Melbourne where they are made in factory flooring, gaskets etc. In WA the profits from this project are going towards updating and extending the state camping and training centre in Lesmurdie. You can give your corks to Noela Medcalf at any Sunday run. Thanks to those who already help, and to every one else...DRINK UP!!!



## WELLINGTON MILLS LONG WEEKEND 26 - 29 September

**Highlights:** Plenty of places to run with lots of hills and shade.

**Wellington Dam** close by with BBQ and swimming facilities.

**Winery** within 10k, Shops and Pub approx 15K (AFL Grand Final)

**Accommodation:** organised for 40 people Eight per cottage

**Cost:** approx \$36 for the 3 nights.

**Catering:** This can be arranged but we need at least 30 people to participate (works out at approx \$6 per meal)

We need to have confirmed numbers and payment by the end of August so that our club is not the loser.

**Contact:** Graham Thornton at runs or phone (H) 9293 3027, or other committee members.

## FRED HAGGER AWARD

An award will be made to a Club Member who shows strength of character, determination and courage. We call for

applications from members stating the reasons for nomination but the person selected will be notified before the presentation to make sure he/she is willing to receive the award. All nominations will remain confidential. Selection will be made by the Committee in consultation with Fred Hagger. The award will be made at the presentation day at Rosie O'Grady's. Nominations please to Jackie Halberg by the end of the month.

## VETS ANNUAL DINNER DANCE

Our Annual Diner Dance will be held at the Freeway Hotel, South Perth on Saturday, November 15<sup>th</sup> and tickets will be on sale at \$27 from committee members soon. Please make a note of this event in your diary.

Contact Graham Thornton at runs or phone (H) 9293 3027 or any member of the committee.

## ROSIE O'GRADY'S SUNDAY 12 OCTOBER

Club Trophy and Medal  
Presentation

Lunch cost approx \$12-\$13 Menu yet to be finalised.

Members interested please advise Graham Thornton phone (H) 9293 3027 or any member of the committee.

## SOCIAL SECURITY CHANGES TO THE ASSESSMENT OF ROLLOVERS AND SUPERANNUATION

A short time with us could help clarify the changes for you.

### Find out about:

- Investments which will be assessed
- Why hasty action could be unwise
- Ideas for early retirees

Call Alison or Brian Aldrich  
on 9355 0123 or 019 180 821

Alison & Associates  
East Vic Park, 6101

## GRANDPARENTS MISSED!!

We missed another set of grandparents. - Peggy and Macliver are also grandparents for the first time with the birth of their son's baby Callum

## COPY FOR THE VETRUM

Results and copy items can be posted directly to Richard Harris at 30 Cosmelia Way, Parkwood WA 6147 Ph: 9457 6102 or see at regular Sunday runs.



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## STATE CROSS COUNTRY CHAMPIONSHIPS KING'S PARK AUGUST 17, 1997.

It was real "runny nose" weather; a cold but beautiful morning of 3 degrees, with no wind. An ideal morning for 103 runners and walkers to enjoy a tramp through King's Park.

The winner of the 5.2K run was Terry Keesing, with Jo Pearce the first lady. The 6K walk saw John Mison finishing with the 5.2K runners; in a fantastic time. Michele Mison made it a family double being first lady walker. In the main race, the 10K run, Tony Heppener finished in front of Duncan McAuley and the leading ladies were Janet Kelly and Sue Zlnay a visitor, from Kath Noordyk.

A large thankyou to Milton Mavrick, Dave Bishop and Ryan Gee, for helping with the flagging on Saturday afternoon. Thanks also to Jackie Halberg, Frank Smith, Mike Rhodes, Arthur Leggett and Lynsey Gee, for assisting at the event. Look forward to doing it next year.

Warren Gee and Ralph Henderson.

### 10K

### M30

Stephen Dunn	39:56
Mike Khan	46:10

### M35

Steve Burge	41:12
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### M40

Milton Mavrick	46:34
Steven Davies	47:10
Paul Kelly	47:47



Simon Mort	49:19
Keith Atkinson	52:02
Craig Whatson	57:47
<b>M45</b>	
Tony Heppener	38:27
Duncan McAuley	39:43
John Cresp	39:59
Gareth Brunt	41:29
Gary Fisher	41:35
Ian Lankester	44:33
Mark Rosen	44:50
Brian Bennett	47:54
Michael Anderson	49:43
<b>M50</b>	
Jim Klinge	41:23
Dave Roberts	43:16
Ivan Brown	44:17
Vic Waters	45:18
Alec Holm	46:23
John Pressley	46:46
Brian Foley	46:53
Kevin Corten	46:59
Mike Hale	52:01
Robert Reece	53:39
Arnold Jenkins	53:51
Brian Palmer	62:14
<b>M55</b>	
Bob Schickert	42:24
Don Caplin	43:48
Dennis Miller	44:50
Paul Martin	47:33
Bob Harrison	47:49
John Pellier	48:55
Morris Warren	56:18
<b>M60</b>	
David Bird	47:18
Richard Harris	49:24
George Schaefer	49:41
John Russell	64:18
<b>M65</b>	
Cecil Walkley	49:52
Stan Lockwood	50:06
Dalton Moffett	53:50
Norm Miller	60:46
Ken Whistler	61:26
<b>M70</b>	
Merv Moyle	60:19
<b>W35</b>	
Noelle O'Riordan	51:58
<b>W40</b>	
Janet Kelly	43:18
<b>W45</b>	
Fiona McAuley	52:27
Helen Lysaght	53:33
Wendy Duncan	53:45
Shirley Bell	56:13
Denise Lancaster	73:10
<b>W50</b>	
Kath Noordyk	50:00
Peggy Macliver	51:48
Anne Wilson	53:49
Val Millard	58:32

Rosa Davis	72:43
<b>W55</b>	
Joan Pellier	62:27
Sheila Maslen	72:45
<b>W60</b>	
Ann Turner	58:43
Margaret Warren	61:18
Noela Medcalf	65:01

<b>5.2K</b>	
<b>M40</b>	
Terry Keesing	24:49
John Stone	29:10
<b>M45</b>	
Doug Hazell	31:17
<b>M55</b>	
John Brambley	24:59
Merv Jones	28:43
<b>M60</b>	
Peter Airey	25:56
Shorty Turner	26:23
<b>M65</b>	
Dave Carr	29:09
Kirt Johnson	29:49
Ray Lawrence	31:49
<b>W35</b>	
Delia Baldock	29:05
<b>W45</b>	
Jo Pearce	28:24
Jenny Holm	29:21
Roma Barnett	31:48
Irene Ferris	33:37
<b>W55</b>	
Margaret Bennett	36:22
<b>W60</b>	
Mary Heppell 6K	37:47
<b>6K Walk</b>	
<b>M50</b>	
John Mison	32:26
David Brown	37:30
<b>M60</b>	
Ray Hall	37:31
Jeff Whittam	58:10
<b>M70</b>	
Ernie Moyle	48:46
<b>M75</b>	
Fred Watson	52:13
<b>W45</b>	
Michele Mison	40:10
Marg Taylor	47:17
<b>W55</b>	
Lynne Schickert	48:04
Maureen Wilson	62:12
<b>W60</b>	
Dorothy Whittam	44:41
Pat Ainsworth	46:02
Maggie Flanders	52:05
<b>W65</b>	
Lorna Lauchlan	44:40
Val Wheeler	48:09
<b>Visitors</b>	
Brendon Phillips	39:44

Helen Gilbey	44:06
Sue Zlnay	44:34
Syd Beer	50:32
Margaret Rafferty	61:32
Mike Szalek	61:32
Tom Leitchman	61:33

## WINTERING IN BROOME

How to keep fit when spending the winter in Broome? Half an hour lapping up and down the town's 25 metre heated pool, catching a few waves at Cable Beach and running along the beach three or four mornings a week are all pleasant, but nothing really to put any pressure on a very relaxed lifestyle.

The answer presented itself on notice board at the pool one day:

*Hash House Club meet at the Town Beach car park this Friday at 5.15 pm  
Running Trail and Walking Trail  
All welcome.*

So we went along to find out about and discovered a very friendly group, who made us welcome for the time that we were there. They run and walk every Friday evening, throughout the year, at different venues, the hares running about 7-8 km and the tortoises about 5-6 km. After the run and walk is a social hour with a sausage sizzle or similar. The runs are at your own pace, while the walks are enjoyed by non-runners, dogs on leads or prams and pushers. Participants number about 20 in all, quite often people passing through the town who have read the notice at the pool, or heard it on the local radio. While we were there Hash House members and others from Kununurra, Perth, Sydney and Hong Kong ran with us at different times. It's a great way to meet people from other Australian and overseas clubs.

We were asked to set the trail for our last Friday evening before leaving home, which we enjoyed doing. We did quite well - only lost about five people!

Definitely recommended for any who happen to be in Broome.  
Noela and Gordon Medcalf

## WELCOME NEW MEMBERS

Stephen Davies M40 27.12.53.



Val Davies	W50	03.03.44.
Brian Holmes	M60	26.09.36.
Noelle O'Riordan	W35	13.09.60.
Anne Wilson	W50	15.04.46.
Marg Taylor	W45	22.01.51.

### TOMPKIN'S PARK HANDICAP JUNE 1, 1997

As we drove toward Tompkin's Park, the sky to the south and west was dark and ominous with lightening flickering against a dark background. With frantic haste, the recorder's tent was erected and equipment for the run arranged. Then it poured!

Kirt Johnson was marooned in his car after helping with gear. The rain was so heavy that it looked as if cancellation of the event was on the cards. Then the rain stopped. Kirt swam to the kerb and the small field of "assembled faithful" emerged from shelter, left on time and ran or walked the event in excellent conditions.

The run, an open handicap, was won by John Russell with Margaret Birks displaying excellent form being the first lady home. The walk, a sealed handicap, was won by Barry Thomsett one pace in front of Bob Fergie. The winning lady walker was Michele Mison.

Our thanks to our many helpers on the day and particularly to Diane Airey who did the recording job. My apologies to all for the belated report which was delayed by our absence in Malaysia, Italy, France and Great Britain.

**Peter Airey**

#### 8K Run

John Russell	M60	50:37
Ian Davies	M45	50:46
Norm Miller	M65	50:51
Kevin Corten	M50	51:21
Garry Fisher	M45	51:23
Vic Beaumont	M65	51:41
Vicente Carrero	M55	51:42
Jim Klinge	M50	51:54
Craig Watson	M40	51:58
Margaret Birks	W50	52:08
Jacki Halberg	W50	52:17
Alan Jennings	M55	52:34
Bill Crane	M55	52:52
Jenny Barnes	W45	53:04
Richard Harris	M60	53:06
Bob Sammells	M60	53:06
Peter Davies	M65	53:09
Shirley Bell	W45	53:14

John Bramley	M55	53:18
Ian Lankester	M45	53:34
Frank McLinden	M65	53:40
Wendy Clements	W50	53:46
Ann Turner	W60	53:50
Terry Keesing	M35	53:58
Stuart Parkinson	M50	54:11
Brian Foley	M50	54:21
Brian Bennett	M45	54:36
Dalton Moffett	M65	54:46
Denise Lancaster	M45	54:49
Merv Moyle	M70	54:50
Delia Baldock	W35	55:52
Bob Schickert	M55	56:10
George Schaefer	M60	56:24
Graham Thornton	M55	56:47
Sheila Maslen	W55	59:58
Lorna Lauchlan	W65	62:05
Pat Miller	W55	62:05
Morris Warren	M55	63:47
Margaret Warren	W60	63:05
<b>Visitor</b>		
Chris Reid	8K	51:47

#### 8K Walk

Barrie Thomsett	M55	57:12	19:00	76:12
Bob Fergie	M60	57:13	19:00	76:13
David Brown	M50	57:39	21:00	77:39
Michele Mison	W45	06:55	16:00	82:55
Geoff Whittam	M60	15:02	10:00	85:02
John Mison	M50	56:02	30:00	86:02
Paul Martin	M55	56:03	30:00	86:03
Jill Midolo	W45	12:13	14:45	86:58
Lynne Schickert	W55	12:10	15:30	87:40

### BRISBANE

*Beautiful one day perfect the next*

### QUEENSLAND VETERANS ATHLETIC CLUB HOSTING THE 1998

### AUSTRALIAN ASSOCIATION OF VETERANS ATHLETIC CLUBS TRACK & FIELD CHAMPIONSHIPS

**VENUE: STATE ATHLETIC  
CENTRE  
QEII STADIUM, NATHAN**  
**DATE: APRIL 1998**

*SEE YOU IN QUEENSLAND*



### CLUB HALF MARATHON CHAMPIONSHIPS 24.8.97.

????

Robert Reece and Helen Lysaght

#### 21.1K

David Eltringham	M40	1:16:15
John West	M45	1:19:59
Jim Klinge	M50	1:22:26
Gareth Brunt	M45	1:26:09
Ted Zgainski	M45	1:26:50
Bob Schickert	M55	1:29:12
Ian Lankester	M45	1:29:38
Jan Kelly	W40	1:29:40
Mark Rosen	M45	1:31:08
Dennis Miller	M55	1:32:04
Ivan Brown	M50	1:32:56
Robyn King	W35	1:33:02
Milton Mavrick	M40	1:34:13
Kevin Corten	M50	1:36:41
John Pellier	M55	1:36:34
Margaret Birks	W50	1:37:17
Paul Kelly	M40	1:38:29
Mike Anderson	M45	1:38:52
Richard Harris	M60	1:39:50
Allan Jennings	M55	1:40:04
Cecil Walkley	M65	1:40:07
Stan Lockwood	M65	1:40:41
Sue Prewitt	W40	1:43:29
Keith Atkinson	M40	1:45:09
Marge Forde	W55	1:49:42
Morris Warren	M55	1:52:39
Shirley Bell	W45	1:58:07
Merv Jones	M55	1:58:46
Brian Palmer	M50	2:01:01
Alan Chambers	M55	2:03:38
<b>Walkers</b>		
Bob Fergie	M60	1:47:28
Michele Mison	W45	2:05:53
Dorothy Whittam	W60	2:15:09
Lynne Schickert	W55	2:32:22
Alan Pomery	M65	2:32:27
<b>11K</b>		
Jim Langford	M50	41:55
Stephen Dunn	M30	42:39
Frank Smith	M55	42:57
Steve Burge	M35	42:59
Gary Fisher	M45	42:59
Ralph Henderson	M45	43:25
Dave Roberts	M50	43:34
Warren Gee	M45	44:17
Steve Lewis	M45	46:15
Don Caplin	M55	48:19
Brian Foley	M50	49:36
Brian Bennett	M45	49:54
Terry Keesing	M40	50:42
George Schaefer	M60	51:31
John Bramley	M55	51:44



Simon Mort	M40	52:08
Peter Airey	M60	54:43
Brian Danby	M45	54:53
Mike Rhodes	M50	55:35
Arnold Jenkins	M50	56:26
Dalton Moffett	M65	56:47
Anne Wilson	W50	56:59
Brian Holmes	M60	57:07
Margaret Warren	W60	59:21
David Carr	M65	62:38
Joan Pellier	W55	65:52
Kirt Johnson	M65	65:52
Ray Lawrence	M65	67:13
John Russell	M60	67:13
Denise Lancaster	W45	68:10
Irene Ferris	W45	68:10
Mary Heppell	W60	69:13
Sheila Maslen	W55	75:54
Margaret Bennett	W55	77:19

#### 12.5K Walkers

Val Wheeler	W65	76:16
Barrie Thomsett	M55	76:16
Jeff Whittam	M60	76:24
Ernie Moyle	M70	76:25

#### VISITORS

Marg Allan	21.1K	1:23:04
Bruce Haustead	21.1K	1:30:14
Chris Kowalski	21.1K	1:34:24
Scott Cagen	21.1K	1:40:07
Noel Mitchinson	21.1K	1:40:08
Joel Knox	21.1K	1:43:29
Peter Ryan	21.1K	1:49:14
Tom Leachman	21.1K	1:52:36
Dan O'Donnell	21.1K	1:53:12
Julie Rubie	11K	54:11
Graham Scadden	11K	56:52
Aileen Reid	11K	62:19
Margaret Rafferty	11K	62:38
Carey Dickison	11K	64:12

#### NEW MEMBERS

We welcome these new members:

Val Davies  
Steve Davies  
Brian Holmes  
Noelle O'Riordan  
Marg Taylor  
Anne Wilson  
Marie-Claire Foley  
Eric Emmett  
Sue Zlnay  
Joe Zlnay

#### BIBRA LAKE RUN

#### OCTOBER 19TH

Please note that the start and finish of the Bibra Lake run has been moved about 400 metres

south to take advantage of the fact that the Council have kindly placed km markers on the path. - **Doug Hazell.**

#### NEW UNIFORM NEEDED

If you are planning to compete in the 9th Oceania Veteran Games Hawkes Bay, New Zealand, 17th to 25th January 1998, you are reminded that a new uniform is required.  
For details - see Jackie Halberg.

#### WORLD TRACK AND FIELD : DURBAN

**The Champions:** There are some brilliant athletes who are almost guaranteed medals before they hit the track. Derick Turnbull, who gave us a fine display in the 800 and 3000m in Perth won about everything from 800 to the marathon with two world records. Phil Raschker (W50) flitted from sprints to hurdles to jumps to relays, winning about eight gold medals and several world records. Irene Obera W60 won her sprints by huge margins.

**The Pageant:** The flags, the national costumes, the sponsor's signs, the starters on the line, and the grace and grunt of the field athletes all contribute to the theatre of a big meeting like this. The spectacle is exciting from the stands, but doubly so for the athletes in the arena looking up to crowded grandstands and hearing enthusiastic support for their efforts. Not all the pageantry was athletics. A hundred teenage students came during the relays to chant African rhythms, and the opening ceremony featured native dancing and a historical tableau against a techno-lighting display

(albeit curtailed by an empty fuel tank in the generator.)

**The Bonds:** Six thousand came with a common purpose: athletics. The sport is said to be the most selfish, yet we see friendships being formed and renewed. Here is a place where everyone cares about the other's training, effort and attainment. We are away from the blank stares, the barely tolerant, the slightly amused. There is a warmth in veteran athletics seldom seen in other pursuits.

**The organisation:** The host country was well prepared. It was an enormous task to have several venues operating, with all the personnel and equipment involved. After some minor problems in the first two days (long waits in the holding room, crowded buses) the program ran smoothly. The officials were generally qualified and helpful. With a few exceptions, results were displayed in reasonable time after the events, though some athletes were inconvenienced by not knowing whether they had qualified for the next round. There were two stadiums, each with good synthetic surfaces and we set up sites for field events. Outside there was a grassed throwers' stadium which was adequate but really a training facility. Equipment was in good condition and delivered on time. There were lap-counting errors in spite of individual lap counters. Errors seemed to be caused by athletes over-riding the lap counter, casting doubt, then sprinting home on lap 24. Beneath the stands, there were holding rooms, medical centre, massage room, information offices, display boards, media centre, accreditation desk, officials registration, shops, and much more. Outside there



were about 50 shops, bars, stage for evening entertainment, camel rides and more.

**The West Australians:** John Gilmour has been battling injury for the last three years. He seemed to have the cross country won when a Japanese rushed past him to win by half a second. John had to withdraw from the 10 000m track after a few laps. He is now optimistic that he can resume training.

Barbara Atkinson was all smiles after PBs in placing seventh in the 5 000 and 10 000m walks.

Norm Richards qualified in his heat of the 100m, then eased off in the semi, mistaking an aerial for the finishing post, and missed a place in the final. To continue his frustration, he became ill and was off work and five kilos lighter. David Clive had a brilliant 100m heat win, 12.57, qualified in the semi and ran fourth in the final. He qualified in the 200m, withdrew with an injury but came back to earn a medal in the relay.

Bob Sammells was 28th in the cross country then ran the 1500m in 5:31, which was 14 seconds inside his target.

Eric Mercer, much travelled athlete, was inhibited in the 800 and steeple by an Achilles problem.

John Molloy, helped to the start line by last minute medical treatment, finished brilliantly for a silver medal in the 400 hurdles.

Gary Clark put in solid performances in the 5000 and steeple.

Diane York, sprints and horizontal jumps, had her best performance in the triple, 8.80m for 8th place.

Patricia Carr celebrated her new age group with four medals, including gold in the triple, 7.89m.

David Carr made it a double with a win in the 1500m.

Lynne Choate, at the top of her age group, faced stiff competition. She made the final of 100m and 200m. Her reward came with a medal in the relay.

## AWAY FROM THE COMPETITION

**The Dinner:** The "banquet" - US misnomer perpetuated at world championships - was a sit down affair for 2500. That was a big dining room. Food was plentiful. Entertainment was by young African singers and dancers. Dancing and drinking by the vets. It was good fun.

**The animals:** Most of us did some touring afterwards, particularly in Kruger Park. We saw the lions, impala, elephants, hyenas and more - mostly close up. Everything that was promised in the tourist brochures came true. This must be a first for the ad men.

**In summary:** Wonderful.

**Next:** Gateshead, UK, July 29 to August 8 1999.

Corrected results from Durban, for Pat Carr-

Long jump, 2nd, 3.68m

Triple jump, 1st, 7.89m

100m, 4th 16.29

400m, 2nd 1:21.90.

## HEALTH HAPPENINGS

### STAYING SHARP

Moderation and good common sense are two key factors in a healthy and long life.

STIMULATION is the word for

today - of our senses and our minds.

Listen to the West Australian newspaper, Sept 10 on dementia! - *Doing crossword puzzles, learning languages and keeping an active family and social life are the key to slowing the progression of diseases such as Alzheimer's.*

Professor Felix Crus-sanchez said people whose minds were highly stimulated showed slower progression of degenerative diseases. People were living longer because of advances in the prevention of heart disease, cancer and respiratory problems. As a result, the incidence of diseases such as Alzheimer's and other forms of dementia was increasing.

People whose brains were highly stimulated, with neurons sending lots of messages to each other, were less susceptible to brain disease and deterioration.

"Crosswords are very good," he said. "Learning languages, you must read, speak with other people. The important thing in ageing is isolation. You must not be isolated, you need to have activity with other people because we need to have many connections, one neuron with another." - *Jenny Barnes*

## MILL POINT ROAD CHAMPIONSHIP - 29/6/97

(Apologies for the late publication of these results. Blame it on the computer!!)

A perfect morning, cool, cloudy and still, saw 80 members front up for the 10 km Mill Point Road Championship. This event used to live up to its title and use Mill Point Rd (and "the hill"), but now follows the basic Bridges course with a detour on the cyclepath adjacent to Mill Point Road to make up the 10 km.



A pity the event clashed with the WAMC Freeo ½ Marathon, but things get that crowded at this time of year that some clashes are unavoidable.

Tony Heppener led home the 10 km runners, and it was good to see Frank Smith back up there in 2<sup>nd</sup> spot. Kath Noordyk headed the ladies, with Jenny Barnes a good second, just in front of Maxine Santich.

In the walk, John Mison was in a class of his own again in 56:09, with Michelle the first lady in 69:43.

Thanks to all my helpers, especially Ivan, Vic, Bob, Arthur, and Bev & Maureen at the finish. You justified my faith, I didn't bother organising anything in advance, I just knew somebody would turn up!

The full results are presented in age groupings, as this is a championship event.

#### 10K RUN

Stephen Dunn	M30	37:32
David Howard	M30	51:17
David Willmer	M40	41:40
Terry Keesing	M40	46:00
Simon Mort	M40	46:50
Mark Roome	M40	54:31
Craig Watson	M40	55:07
Tony Heppner	M45	35:26
Ralph Henderson	M45	38:58
Brian Danby	M45	40:38
Ian Lankester	M45	41:54
Brian Bennett	M45	43:38
Michael Anderson	M45	44:24
Jim Klinge	M50	37:39
Dave Roberts	M50	39:57
Brian Foley	M50	42:59
Mike Khan	M50	43:45
Stuart Parkinson	M50	47:59
Mike Rhodes	M50	48:07
Arnold Jenkins	M50	49:44
Brian Palmer	M50	55:51
Frank Smith	M55	37:19
Don Caplin	M55	39:05
Bob Schickert	M55	39:49
Vicente Carrero	M55	41:36
John Pellier	M55	46:12
John Brambley	M55	46:19
Brian Smith	M55	52:10
Morris Warren	M55	53:56
David Bird	M60	44:30
George Schaefer	M60	46:03
Richard Harris	M60	46:26
Ray Attwell	M60	46:34

Dick Blom	M60	47:27
Ken Whistler	M60	58:33
Dalton Moffat	M65	49:28
Norm Miller	M65	54:54
Ray Lawrence	M65	63:05
Stewart Hicks	M70	62:03
Frank Usher	M70	76:49

Rae Hasell	W40	54:50
Jenny Barnes	W45	49:26
Maxine Santich	W45	49:27
Shirley Bell	W45	51:09
Irene Ferris	W45	55:20
Kath Noordyk	W50	45:01
Val Millard	W50	52:04
Jackie Halberg	W50	52:06
Phyllis Farrell	W50	58:30
Jackie Billington	W50	66:08
Wendy Clements	W55	54:52
Joan Pellier	W55	61:02
Shiela Maslen	W55	64:07
Mary Heppell	W55	64:08
Margaret Bennett	W55	68:51
Ann Turner	W60	51:56
Margaret Warren	W60	52:20

#### Visitors

Brendan Phillips	36:01
Richard McPherson	40:43
Graeme Scadden	45:42
Marilyn Denison	52:06
Bob Kestch	62:48

#### 10 Km WALK

John Mison	M50	56:09
David Brown	M50	62:06
Ray Hall	M60	66:14
Michelle Mison	W45	69:43
Jill Midolo	W45	71:26
Lynne Schickert	W55	72:42
Lorna Lachlan	W65	73:01
Alan Pommery	M65	81:24
Pat Ainsworth	W60	81:40
Jeff Whittam	M60	82:00

#### 5 Km RUN

Ian Davies	M50	19:18
Joe Stickles	M55	21:55
Pat Miller	W55	30:43

#### 5Km WALK

Pamela Smith	W55	40:26
Maggie Flanders	W60	44:25
Marg Taylor	Vis	44:28

#### ROAD RACE CHAMP CORRECTIONS

M45	Bob Schickert	3:25 1988
M65	John Gilmour	3:51 1988



## TRACK AND FIELD PROGRAM 1997/98

This year we are again holding our track and field events on Thursday evenings. The first two weeks are intended as an easy lead in to the competitive season which begins on Thursday, October 16, with the Patron's Trophy competition conducted over ten weeks from that date.

### PATRON'S TROPHY

In the program below, those events marked \* are point-scoring events. Athletes compete in a maximum of sixteen events, and points from their best ten performances are added to achieve a total score. The contest is age graded and favours athletes who have a go at everything. This year for the first time, we are using the WAVA Age-Graded Tables. An athlete's score will be his/her calculated percentage level. Copies of the tables for the appropriate events have been printed and will be available to competitors - with instructions.

### START TIMES AND VENUES

Meetings in OCTOBER begin at 5:30pm. From NOVEMBER to MARCH start time is 6:00pm.

C = Coker Park, Cannington (synthetic)

M = McGillivray Oval, Mt Claremont (grass)

This year a fee of \$2.00 will be charged.

#### OCTOBER

2 M	100m	1500mW	1000m	LJ	Javelin		
9 C	200m	1000mW	1500m	T/J	Heavy Wt		
16 M	100m	1500mW	L/J	*3000m	Discus		
23 C	2000mW	*400m	L/J	*Javelin	1500m	Hammer	
30 M	200m	1500mW	*Discus	TJ	*5000m	Shot	

#### NOVEMBER

6 C	Javelin	*200m	TJ	*1500mW	3000m		
13 M	100m	*LJ	1000mW	*800m	Discus	5000m	
20 C	200m	2000mW	Javelin	*TJ	Hvy Wt	*1500m	
27 M	100m	1000mW	Shot	400m	TJ	*10000m	

#### DECEMBER

4 C	Joint Meeting with Canning Districts - Program will include *3000mW (Points!)						
11 M	800m	2000mW	*100m	Discus	*Shot	LJ	5000m
18 C	1500mW	*Hammer	LJ	3000m			

#### JANUARY

15 M	CANCELLED -- VENUE NOT AVAILABLE						
22 C	200m	Discus	LJ	*1500mW	400m	Hammer	5000m
29 M	100m	3000mW	TJ	Javelin	1500m	Shot	800m

#### FEBRUARY

5 C	200m	2000mW	Discus	TJ	1000m	Hvy Wt	3000m
12 M	1500mW	100m	Javelin	400m	LJ	Shot	5000m
19 C	3000mW	100m	Shot	200m	TJ	Discus	1500m
26 M	2000mW	200m	LJ	Javelin	800m	Discus	3000m

#### MARCH

5 C	100m	1500mW	T/J	Discus	400m	Hvy Wt	5000m
12 M	1500mW	200m	Javelin	LJ	Shot	10000m	
19 C	100m	Hammer	1500m	5000mW	400m		

### STATE VETERANS TRACK & FIELD CHAMPIONSHIPS

22 C	Sun	Pentathlon					
26 M	Thurs	Steeplechase Championship Events	PLUS	200m and 1mile events for anyone interested			
27 C	Fri	evening					
28 C	Sat						
29 C	Sun						



# YOU DESERVE A NEW SHIRT!

State - Singlet - Gold with black trim with club badge on left side @ \$15.00.

(To be worn at National Championships)

Club - Singlet - Black and white with club badge on left side @ \$15.00.

(To be worn at State Championships)

Tee-shirts - Grey with the three colour runner club logo on the front @ \$16.00 short sleeve \$18.00 long sleeve.

Fleecy Windcheaters grey with three colour runner club logo @ \$22.00.

Plus caps, visors in a range of colours @ \$7.00. Car stickers and iron-on badges @ \$2.50

## ORDER FORM

Please Supply:

..... Qty..... Size .....

..... Qty..... Size .....

Post to: Club Treasurer, 100 Matilda Street, Huntingdale WA 6110

Cheque Payable to: WAVAC. If you require a postal delivery, please add \$2.50

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26 Jenkins Pl  
WEMBLEY DOWN WA 6019

## HAPPY BIRTHDAY TO OUR SEPTEMBER MEMBERS

Airey, Peter	01/10/36	61	remains	M60	Watson, Fred	16/10/18	79	remains	M75
Simmonds, Dave	01/10/34	63	remains	M60	Barnett, Ray	17/10/43	54	remains	M50
James, Ernie	05/10/40	57	remains	M55	Fisher, Lawrence	17/10/35	62	remains	M60
Morgan, Garnet	06/10/24	73	remains	M70	Romeo, Lesley	17/10/44	53	remains	W50
Klinge, Jim	08/10/46	51	remains	M50	Schickert, Lynne	18/10/41	56	remains	W55
Thornton, Graham	08/10/40	57	remains	M55	Reece, Robert	18/10/46	51	remains	M50
Malone, Mick	09/10/50	47	remains	M45	Bocian, John	22/10/50	47	remains	M45
Burge, Steve	11/10/57	40	becomes	M40	Pellier, John	22/10/39	58	remains	M55
Burge, Claire	11/10/61	36	remains	W35	Pomery, Maureen	24/10/39	58	remains	W55
Farrell, Phyllis	13/10/44	53	remains	W50	Schickert, Robert	26/10/41	56	remains	M55
Savin, Tom	13/10/45	52	remains	M50	Brayshaw, Geoffrey	26/10/49	48	remains	M45
Baumann, Carlo	15/10/14	83	remains	M80	Roberts, David	27/10/42	55	becomes	M55
Stewart, Maureen	15/10/39	58	remains	W55	Eltringham, David	28/10/54	43	remains	M40
					Hunter, Brian	28/10/44	53	remains	M50