



The Vetruns



No. 311 September 1999

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From top to bottom, left to right:

Gateshead 10K road walk WA team; Dorothy Whittam, Barbara Atkinson, Lyn Ventris, Lynne Schickert, Lorna Laughlan and Jackie Billington.

Gateshead 10K cross country WA team; Jackie Billington, Bridget Carse, Val Prescott and Lynne Schickert.

Gateshead Australian Bronze medal winning W50/W55 4 x 400m relay team; Ann Lang, Noreen Parrish, Anne Stobbaus and WA vet Peggy Macliver.

CLUB NEWS

New Members

Jack Williamson
Tia Stone
Keith Miller
John Allen

Finish line problems in the City to Surf

For those of you that had a problem crossing the finish line at the City to Surf this year, Bob Schickert, on behalf of the committee and club, has talked to the organisers regarding the clog at the finish line. Hopefully the feedback will improve things for next year.

Helpers for Upcoming Runs

3rd October Wildflower Run

S.Barrie, M.Flood, G.Morgan, J. Adams, L. Annan, S. Lockwood, C.Branche, T.Frank and F. McLinden

10th October RIB Run

R. O'Brian, B.Sammells, B.Height, R.Parker, G. Salter, C.Maher, J. Jarvis, D. Caplin and J.Fisher.

17th October Dam to Dam Run

B.Carse, C.Coates, M.Creagh, I.Freeis, E & D Crowther, J.Klinge and B. Palmer

24th October Birkwater Run

L. Hassam, P.Davies, F. Smith, M. Faunge, J. Langford, E. Brown, P&M Slyth, L.Harrop, D. Bishop and S. Mort

31st October Herdsman Run

A.Giociamo, G&M Metcalf, J. Tivenos, R.Calnan, K. Kappler and R. Davies

AUSTRALIAN ASSOCIATION OF VETERANS' ATHLETIC CLUBS (AAVAC) ANNUAL MEETING REPORT

Further details will appear in *The Courier* magazine. The following are items that I thought may be of particular interest to WAVAC members.

Attendees: At the meeting held in Melbourne 11 and 12 September 1999, Brian Foley attended as AAVAC Secretary, Keith Atkinson and Bob Schickert as WAVAC delegates. Stan Perkins was re-elected as President and Brian Foley as secretary.

Oceania Games: Bob Schickert to be an AAVAC delegate at Norfolk Island in January 2000.

AAVAC Marathon: The 2000 championship to be held with the Olympic Course marathon on 30th April 2000. In recent years it has been held in conjunction with the Canberra marathon.

Pentathlon: Discus is to replace Shot Put. No Pentathlon in current Australian Championship program.

Walks (Men): In future there will be no 10K Road Walk at National championships. All men to walk 20K as with World Championships.

National Championship Heats/Finals: Heats to be on same day as finals, eg 100m, 200m, 400m. This will apply in Hobart, Easter 2000.

National Track Championship Venue: NSW was appointed to arrange championships in 2001. With rotation system, SA was due to hold them but are unable to do so. WA has followed NSW in the rotation system. We should know by Easter 2000 if we are to have the

championships in 2002.

Technical Changes: The WAVA Assembly in Gateshead approved a number of changes that are to be introduced from October this year.

Javelin

introduction of 700gm for M50-59
continuation of 600 gm for M60-69
introduction of 500 gm for M70-79
introduction of 400 gm for M80+
introduction of 500 gm for W50-59
continuation of 400 gm for W60+

Hurdles

reduction in height to 68.6 cm (27") of the 300m hurdles for W60+ and M80+
the sprint hurdle height for W60+ and M80+ reduced to 68.6 cm
the sprint hurdles for M60-69 to have a 16 m run in to the first hurdle, 8 m between hurdles with a 12 m run to the finish line (thus 100 m with 10 hurdles, height 84 cm)

Capitation Fees: No \$1.00 increase for current year. Therefore this fee remains at \$7.00 per member.

Australian Uniforms: You need to order now if you want uniforms for Norfolk Island. I have order forms.

World Games: Brisbane, July 2001. Lots of work being done in preparation. Kuala Lumpur bid for 2003 now in some doubt.

Bob Schickert



GATESHEAD 99

X111 World Veterans Athletics Championships - July 29th to Aug 8th

WA Vets featured well in the World Veterans Championships at Gateshead. There were some outstanding results headed by gold medals to Peggy MacLiver and David Carr. Everyone enjoyed the challenge of competition against and comradeship with over 6,000 athletes from 70 countries.

WAVAC Medal Winners

Peggy MacLiver

800m: Gold

400m: Silver

200m: Bronze

4x100m relay: Bronze

4x400m relay: Bronze

David Carr

800m: Gold

Patricia Carr

Triple Jump: Bronze

4x100m relay: Bronze

Lynne Choate

4x100 relay: Bronze

Trevor Scott

10K Cross Country: Bronze

Lyn Ventriss

5K Walk: Bronze

Barbara Atkinson

10K Road Walk team: Silver

Dorothy Whittam

10K Road Walk team: Bronze

Lorna Lachlan

10K Road Walk team: Bronze

Bob Schickert

Hopefully we will have a list of all WA vets performances at Gateshead in next months issue.

Gateshead 99 - Perspectives from The No. 2 Australian Team Doctor.

by John Bell

14 July - Left Perth - shockin' rainsqualls.

4 of team from WA arrived in KL and met up with 30 from Vic & SA - drama. Richo the Vic sprinter lost the lot - ticket, passport, money. Passed the hat around - he had to overnight in KL and pay heaps for temp passport etc.

15 July - arrived in Edinburgh - shockin' rainsqualls. Huge bus to the '70 Comm Games Village now Uni residences.

3 km walk to Meadowbank Stadium past Arthur's Seat and Salisbury Craggs to the British Nationals where 68 Australians, around 30 Kiwis, and 5 Americans joined 600 Brits for British National Veterans Athletics Champs on 17 & 18 July.

I ran 25 * around on a track 10K in 42 mins rather slow though it turned out OK with a Kiwi running at my elbow all way around and he flew past me on the last straight - much backslapping afterward, enjoyed the camaraderie.

Notable - was our Vic racewalker Heather McDonald who FLEW around the track and I was surprised that she only came 5th in the Worlds. There's a lot of style in racewalking and there seems to be a lot less injury than running.

- was Colin aged 63 from Warrnambool who seemed to have entered every event in Edinburgh and in Gateshead! Tells 'em hes a Mexican from "South of the Border" - I never knew Vics like I do now! In the 10 km track they miscounted his 25 laps and made him run 27! Horrors! Soon after they counted him a lap SHORT in the 5 km! He took it so well I

couldn't believe it - he was immediately endeared to us. Participatory rather than competitive - great stuff. Most athletes would be throwing spasms and tantrums.

- Ken from Vic who thought he was complimenting Sue telling her she has "Discus thighs".

-- Stormin' Norman from WA who tore a thigh muscle at the finish of a 200M and had all the colours of the rainbow erupt in his thigh - still ran a few 100M races 2 weeks later.

-- Legendary 72 years young Shirl who participated in heaps (she ran the '97 Worlds 42km marathon, fell and cut her face, finished, then made up a relay sprint team, then had her face stitched!)

19 July we rented a car and headed for Fort William to walk around Ben Nevis and the pine forests for 9 days - difficult to run as it rained.

28 July - registered at digs. Uni of Newcastle residence. 800 athletes staying and only half seemed to speak English. 150 Aussies, 40 or so Kiwis, 20 Americans. Lots of South Americans. I heard the receptionist saying to a Columbian "No, it's not a good idea that you put petrol in your diesel hired car. Give me the key and I'll have them come and fix it" and he keeps saying "key, key, key," meaning of course "Que, Que, Que". The staff were so good. They couldn't do enough for you if you spoke English. Training on the nearby moors was great - we had to remember to keep right on the paths as the others training were nearly all from the Americas and Europe. The smog was bad and they told us it was "seafret" as the word is out to encourage tourism - industry is bleak.

29 July - Nearly 6,000 athletes from 74 countries. Games start. Events every day for 10 days at 3 stadiums a few km apart with 2 rest

days.

Bus to Chester - Le - Street, which they call "Chesley Street" as they don't want it to sound French.

10 km Cross country races all day as most ages have a separate race. That meant a lot of us ran in very hot conditions and some flaked out including one Australian lady. Just as I started my race with 130 other 50 to 54 year youngs. The other team Dr fortunately took charge and kept an eye on her in hospital where they had to be nudged to put her on a drip. She recovered well. Australia had the 4th greatest no of competitors - 234 with 56 accompanying partners so there was a lot of "Go Aussie Go! ". Great to experience. One obvious Aussie voice as I was half way yelled out "Any slower and you'll be in the next race". So kind. We watched an 82 year young step onto the podium for his medal with no assistance, easy, and it was a very high step. And he gave Sue a huge hug as he sprang down beaming like a 12 year old. There were 2 over 90, 2 over 85, and 10 over 80!

Across the River Wear was an imposing Castle - tremendous dramatic venue somewhat mollified by the much appreciated port-a-loos.

Sunday 1st August - Road Race Walks 10 km ladies 20 km blokes. There was supposed to be a 95 yo South African competing, he didn't show. Fair enough, at that age!

There were 21 women over age 70 and the least young was 88.

There were 54 blokes over age 70 and the least young was 87.

The races were in the heat of the day. Our leading 53 year old who happens to be a surgeon passed out 2km from the finish and woke up in the First Aid tent. Near the end I caught an 87 yo Brit as he subsided onto the road - he looked done for - we stretched him out in the shade and before oxygen arrived, he came

to and calmed us - tremendous 'with it' bloke. So gracious in his defeat. The two others in his age group were both Germans. Then I helped catch an 81yo Greek South African 150 metres from the finish as he stumbled and nearly passed out with pace and heat. He shook me and the cigarette smoking anaesthetist off, pushed us away, charged ahead into the barriers, did a U-turn, and over the line he went with unbelievable determination. What are we trying to prove at 81?!!

We ran medical clinics 0700 to 0800 and 1900 to 2000. Great to treat such motivated people. My least young patient was 92 and he may have crushed a vertebra doing long jump so he was somewhat slowed in high jump and 400 metres. Word traveled and I had a demanding Russian and his lady demanding treatment for a sore knee. No interpreter and if I'd found one and prescribed trimming down and less vodka I think I'd have been lynched. Whilst I was attending to a 75 year young steeplechaser from Wollongong, a huge Bulgarian shotputter and 5 of his team burst into the room and he started massage on our couch which we had especially arranged in a big room marked "Medical Clinic." The crossfrictions to buttocks were completed by the time I'd found a German to explain to him "shove off". He was most apologetic, gave me bear hugs whenever he saw me, and I then wrote "Australian Medical Clinic". Didn't stop a top Spanish 45yo distance runner from begging us to give him an injection of Spanish ampoule, which he ad with him. Goodness knows what was in it!

The Uni pub was hot as the windows hardly open on occasional hot days - lots of other pubs around and the local ale is only bottled so it tended to be acceptably cold if drunk from bottle.

We all had small green Australia badges with name, and easily spotted running gear and track suits - great to be part of OZ and not just WA. We seemed popular everywhere as the next games are July 2001 in Brisbane. Often I was asked could I put them up for the 2001 games - in Perth!

A swarthy Brazilian lady kept trying to sell Brazil shirts and hats on the buses. She danced and sang and whistled to promote her products. A Russian was selling wooden dolls on the footpath outside the stadium.

The events were great to watch and we saw Alan Bradford of Qld break a world 60yo record in 800 M. Notable also was a Canadian 70yo who broke the world 800 M record.

Wed 4th August - 10 km track 25laps was an interesting one. Rumour has it that the top German said something to the top Spaniard 10 secs before the start "you touch me - you die" or words to that effect. Apparently they had bumped each other in previous races. The top 3 were a Kiwi, the German, the Spaniard. The 3 ran very close at the front with the Kiwi and the German sharing the lead. The Spaniard refused to do any work leading. The other two did Irish Jigs, sidestepped, almost stopped, waved their arms, and the Spaniard just stopped too. The crowd booed the Spaniard for the last 10 laps and over the line. I couldn't believe it - I've never heard booing in a track race before! On the last bend magnificent Ron the Kiwi passed the German. He took off too early on the last lap. Under 34 minutes. Who said distance runs on track are boring? The Aussies watching seemed divided - some saying he must share the lead, others including me saying it's his prerogative to refuse the lead if he

so desires. I don't think any Aussies booed. We were all barracking for our Perth policeman who ran 5th. The Spaniard who was 3rd left and wouldn't appear on the podium for the presentation.

8th August - 42 km Marathon. 700 competitors.

3 women over 70, the least young 74.

48 men over 70, the least young 85!

I don't know how many over 70 finished, I think most did. A bit cold with a touch of drizzle and wind - ideal conditions for a hilly course. We ran around the River Tyne. The course had been marked with a blue line for 3 days so we were able to investigate it beforehand.

There are lecterns on the riverfront telling the stories. 16 miles of port and industry along the Tyne was the world's premier factory strip at the turn of the century in 1900. Mr Armstrong, a solicitor, invented hydraulics there. Reinforced concrete is from the Tyne. Now there's hardly a factory. The many bridges are a great site. They're planning a new opening bridge just for foot and cycle.

The run was fun - I've never before run with so many nationalities.

Most run in their country's colours.

All have numbers showing age group. 60 and 65 year youngs surrounded me. The South African lady said we have to run on the blue line - but they were all running on the pavement. The Swedish lady ate my energy food that I passed her at 30 Km. Trusting! The Japanese man offered to come and stay with me in July 2001 when the next Games take place. "Where you from Italy?" "Roma gotta da crampa" was the reply. Everyone was helping everyone - the hurdle was the course.

I was embarrassed to be running so slow - 3hrs 38min in a world champ though I guess at 54 years young, being 4th Aussie home out of 20 finishers, one just needs to be

grateful to get around the course.

After staggering around 20 minutes after finishing I came across the 61 year young Swedish lady doing a lap of the track to warm down. "I do much better next day if I do this" she tells me!

In the gear tent they had massage tables. So funny listening to what people will do to wangle an amateur massage. A Londoner under massage proposed to Sue on the spot. "I'm in heaven". He was also rather rude as he couldn't understand Aussie accents especially Col's. Runners groaning and passing out - I felt reasonably high as I'd never been so pleasantly cool after a 42 km - it's so warm here in WA.

Interesting to mix with these oldies in good health. From my experience there my opinion remains:

enthusiastic & optimistic attitude

heaps of fruit and vegies

heaps of activity - an hours walking a day minimum.

LETTERS

We've been Splatzed

According to the West Australian (Aug 27, Today section) a certain Dr Platz has 'spent years researching the sexual needs of women.'

Lucky bugger, if I had known you could get paid, I wouldn't have been giving it away all these years. Still, it's far too late to do anything about it now, because according to the doc, blokes over 50 are no use to anyone.

His painstaking research concludes that 'really satisfying lovemaking between people of the same age is medically impossible.' He claims: Women of 20 need men aged 35-40. 30-years old females would be best with mid-20s men.

40-years old women (who are at the peak of their 'lust curve', says Splatz) should acquire a 30-year old stud.

And don't hold your breath - there's little consolation to come, men.

60 years (and older) women would fine their ideal lover to be - 45 to 50.

Which leaves sweet fanny adams for the M50s, and elders.

Pillars of the vets, maybe, but of little standing where it really counts.

I bring this vital information to your attention, not in a fit of pique, but because of the serious consequences for our club once word spreads amongst Perth's females. Demand for toyboys of 'a certain age' will be overwhelming, with devastating effect on standards of (athletic) performance. To save our male members from premature 'shagged-out' syndrome, the committee must take the following actions.

1. Race programme amended:

Scrap the Uni and Back, and Teddy Birds, to deter the nubile undergrads lurking in the subway to ambush M35/40s.

Cross-country runs will all be re-routed, to eliminate blind corners, dense hrubbery, etc. Marshals to be stationed at 100 metre intervals, armed with buckets of cold water.

2. Membership applications should be rigorously checked to discriminate against 60-plus females, especially those equipped with pacemakers, replacement hip joints, or zimmer frames.

3. Club singlets will be over-printed 'No sex please, I'm in training'.

Sweatshirts will have more explicit wording, such as 'Sorry, I'd love to oblige, but I'm shagged out after the World Championships'; or 'No, mumsays I must be home for tea.'

What about M50s and other age-challenged categories?

Their future role will be that of morals police. As well as examining all would-be female applicants, we shall insist on less skimpy running attire, probably calling upon the Muslim fundamentalists for

inspiration.

And of course, we shall campaign vigorously under the banner 'Vets - just say no to Viagra'.

Vic Waters

RESULTS

Canberra Runner

The April, 1999 issue of this newsletter, which doubled as the Canberra Marathon souvenir race programme, has references to some of our vets.

John Gilmour still holds the M55 race record of 2:40:56 which he set in 1978.

Two of our vets were shown among this year's entrants. Jim Barnes was listed with his 1983 PB of 2:43:23, as was Dennis Miller with his PB of 3:13:37 set in 1987.

The newsletter also listed the Australian top Open 100 Women Marathon performances for 1998 and there in 24th place was (you've guessed it) Antoinette Shaw with 2:57:06. (Top of the list was Nicky Carroll who ran in the World Championships in Seville a few weeks ago) With some women listed more than once, Anne was ranked 18th woman. It's a pity that ages were not included in the list; Anne's achievement would have been seen for the exceptional effort that it was.

Sheila Maslen's daughter Kate was placed 15th and 11th woman with 2:50:42.

Listed in the top 100 performances for 10K Road in 1998 were:

Place	Ranking	Name	Time
45	34	Karen Gobby	36:41
58	44	Anne Shaw	37:16
83	64	Karen Gobby	38:15
97	74	Anne Shaw	38:33
98	74	Anne Shaw	38:34
100	75	Karen Gobby	38:36

In the top 100 for Mens' Half Marathon for 1998, Trevor Scott was placed 75th and ranked 60th with 1:12:43. For the women:

Place	Ranking	Name	Time
15	13	Karen Gobby	1:19:45
21	19	Anne Shaw	1:22:23
28	26	Karen Gobby	1:23:21
43		Karen Gobby	1:24:56
44		Anne Shaw	1:25:01
51		Anne Shaw	1:25:57
72	63	Robin King	1:28:23
93		Robin King	1:29:57
100	89	Tessa Brockwell	1:30:38

Finally, the Australian Half Marathon rankings for all time show Karen Gobby ranked 15th with 1:13:56 set 12 July, 1992.

Allen Tyson

Lake Joondalup Run 25.7.99

The weather was good for running, cool early on becoming sunny and eventually warm. We had a total of 77 runners and walkers. With the World Veteran Championships starting just after the run some members had already left and some came along for a final outing before they took off for England. Warren Gee was first in the 5km run and Eileen Brown was the first lady (well done after her first marathon). Tony Heppener and Anne Shaw were first home in the longer run. Graham Thornton left shortly afterwards for his gigantic super colossus bike ride in France. Let us all know how it went, Graham. Thank you all for turning up. It is great to see everyone enjoy the run. Special thanks to the helpers, namely Ann Turner who helps each year, Mike Anderson, Trevor Brown, John West and a new helper Bernadette Height. Good on ya! **Margaret and Morris Warren.**

5km walk

Peter Davies	M65	35.54
Rex Bruce	M55	38.00
Jo Brennan	M75	40.43

Barry Lunn	M60	40.45
Val Wheeer	W65	40.50
Philip Dean	M55	41.34
Pat Miller	W60	41.50
Ernie Moyle	M70	43.11
Jacqui Billington	W55	43.25
Carol-Ann Lunn	W55	43.47
Karen Crellin	W55	44.22
Fred Watson	M80	55.56
Fred Hagger	M70	55.58
Gayle Connell	Vis	41.39
Moya Ismay	Vis	41.40

5km run

Warren Gee	M45	18.29
Bob Schickert	M55	19.08
Hyrem Mounsell-Paea	M35	20.52
Warren Davey	M45	26.13
Bob Fergie	M60	26.58
Eileen Brown	W50	27.17
Jim Barnes	M55	27.35
Merv Jones	M60	27.51
Arnold Jenkins	M55	27.29
Ray Lawrence	M70	27.53
Joan Pellier	W55	27.59
Bronwyn Gee	W45	29.44
Brian Holmes	M60	30.17
Ann Breeze	W50	30.51
Janet Jarvis	W50	30.55
Beryl Zaehner	W40	32.25
Sue Bullen	W35	32.51
Lynne Schickert	W55	33.21
Mary Heppell	W60	33.50
Alan Chambers	M60	33.52
Lynsey Gee	Vis	20.40
Lauren Gardiner	Vis	27.09
Melissa Gardiner	Vis	27.16
Mike Prentice	Vis	29.04
Carol Prentice	Vis	31.41

11.5km run

Tony Heppener	M45	42.12
Chris Maher	M45	42.13
Dave Roberts	M55	44.51
Wally Crowley	M40	44.52
Ralph Henderson	M50	44.58
Jim Klinge	M50	45.49
Ann Shaw	W50	47.50
Frank Smith	M55	48.01
Brian Danby	M50	49.18
Dave Ashfield	M40	49.21
Frank Gardiner	M45	50.14
David James	M45	50.56
John Pressley	M50	50.59
Graham Thornton	M55	51.28
Clive Choate	M45	52.12
Mike Hale	M50	52.41
Mike Flood	M45	54.20

Mike Karra	M30	54.22
Keith Atkinson	M40	55.21
Milton Maverick	M45	56.09
Mike Rhodes	M50	56.51
Simon Mort	M40	56.58
George Schaefer	M65	57.04
Stan Lockwood	M65	57.07
Shirley Bell	W50	58.02
Roger Walsh	M55	58.59
Marg Forden	W55	59.25
Ray Hall	M65	59.26
Mike Faunge	M60	60.42
Dalton Moffett	M65	60.53
John Pellier	M55	60.59
Brain Bennett	M50	63.44
Jenny Barnes	W45	67.58
Margaret Bennett	W55	75.10
Sheila Maslen	W60	79.09
Peter Hutchinson	Vis	55.20
Paula Karra	Vis	67.30

40 Mile Relay

McCallum Park August 22, 1999

A-TEAM SETS COURSE RECORD

conditions: fine, warming

FIVE VETS teams contested the WAMC-organised Perth 40-miler, which has replaced the Mundaring-York event on their calendar. We knew our ace team would have every chance of winning the relay – but two other factors added tension. Could they crack four hours? Would they overhaul the single racers, those attempting the full 40 miles and starting 45 minutes ahead of the relay.

Eleven ultra runners started from McCallum at 6.30 am, to follow the current Perth Marathon route, with a couple of additions to bulk out the distance. The race begins with an 8k loop from McCallum to Claisebrook and back. Next stage is along the Swan to Raffles, followed by another loop around Mt Henry Bridge and back to Raffles. Then it's Raffles - Pt Walter; return; another Mt Henry loop; then a welcome homeward leg to McCallum (into a refreshing headwind, of course.)

For the relay this 40 mile course is divided into seven legs.

Our club's intention was to work closely with the Marathon Club to make it a joint event. Unfortunately, cock-ups seem to be a tradition of WAVAC/WAMC co-operation.

With little advance consultation, we did extremely well to field five full teams. Earlier planning might have doubled the Vets contingent. Despite this our club did well, contributing five out of 15 teams entered. My own hope was to field the best Vets team available in hope of winning and possibly setting a course record. The A-Team achieved hit both targets.

They led all the way from a good Marathon Club team, coming in 24 minutes clear. The time of 4:02:56 chopped twenty minutes off the 1998 winning mark (according to Marathon Club records) and sets the record. Although Tony Heppener made a valiant effort into the wind on the last Raffles/McCallum leg, he had too much to do. The 4-hours mark stands as a challenge for next year, perhaps?

Perhaps it was fitting that our best runners also just failed to catch single race winner Mick Francis - although he was fading fast at the finish. Another K and Tony would certainly have done it. (Mick's winning time was 4:45:23, and he was followed in by John Davies.)

Our Teams

Once the A-Team was selected, Joan Pellier, Margaret Langford and I did our best to produce balanced teams of roughly equal ability, with reasonable success.

Ray Hall's team 3 ran 4:56:21;
Merv Jones team 4 ran 5:03:45;
Vic Waters team 8 ran 5:06:04;
and the all-ladies team 2 ran 5:50:50.

(Team lists may not all be in race order. Competitors may be surprised to discover each team had a name. I decided they had enough

problems without the embarrassment of knowing these in advance.)

The A-Team - 4hrs 2mins 56 secs

Jim Klinge
Jim Langford
John Cresp
Gary Fisher
Chris Maher

Dave Roberts
Tony Heppener

Seven-down - 4:56:21

David James
Mike Hale
Mike Karra
Adrian Damiani
John Pellier
John Allen
Ray Hall

Seven-dipidy - 5:03:45

Trevor Robertson
Robert Sheehy
Mike Flood
Cecil Walkley
Alan Jennings
Merv Jones
Mike Rhodes

Seven Wonders - 5:06:04

David Carr
Ian Lankester
Margaret Langford
Vic Waters
Paul Martin
Mike Faunge
Richard Harris
Anne Turner
Paula Karra
Karin Thomson
Marg Warren
Eileen Brown
Val Millard
Shirley Bell

*** There's a sting in this tale!

All competitors - please contact Joan Pellier and give her \$7 entry fee.

This is a Marathon Club event - don't blame us!

Vic Waters

HAPPY BIRTHDAY TO OCTOBER MEMBERS

Airey, Peter 01/10/36 63 remains M60
 Simmonds, Dave 01/10/34 65 becomes M65
 Ventris, Lyn 02/10/56 43 remains W40
 Viais, Telmo 03/10/51 48 remains M45
 Cousins, Michael 05/10/33 66 remains M65
 Bates, Wayne 05/10/44 55 becomes M55
 Morgan, Garnet 06/10/24 75 becomes M75
 Stone, Donald 07/10/29 70 becomes M70
 Klinge, Jim 08/10/46 53 remains M50
 Thornton, Graham 08/10/40 59 remains M55
 Burge, Steve 11/10/57 42 remains M40
 Burge, Claire 11/10/61 38 remains W35
 Farrell, Phyllis 13/10/44 55 becomes W55
 Breeze, Ann 13/10/46 53 remains W50
 Lewis, Paul 14/10/46 53 remains M50

Baumann, Carlo 15/10/14 85 becomes M85
 Stewart, Maureen 15/10/39 60 becomes W60
 Watson, Fred 16/10/18 81 remains M80
 Annan, Leonie 16/10/53 46 remains W45
 Barnett, Ray 17/10/43 56 remains M55
 Romeo, Lesley 17/10/44 55 becomes W55
 Schickert, Lynne 18/10/41 58 remains W55
 Reece, Robert 18/10/46 53 remains M50
 Allen, John 21/10/57 42 remains M40
 Pellier, John 22/10/39 60 becomes M60
 Robertson, Trevor 24/10/52 47 remains M45
 Pomery, Maureen 24/10/39 60 becomes W60
 Maunsell-Paea, Hyrem 26/10/60 39 remains M35
 Schickert, Robert 26/10/41 58 remains M55
 Brayshaw, Geoffrey 26/10/49 50 becomes M50
 Foley, Marie-Claire 27/10/59 40 becomes W40
 Roberts, David 27/10/42 57 remains M55
 Hunter, Brian 28/10/44 55 becomes M55

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