



September 2002

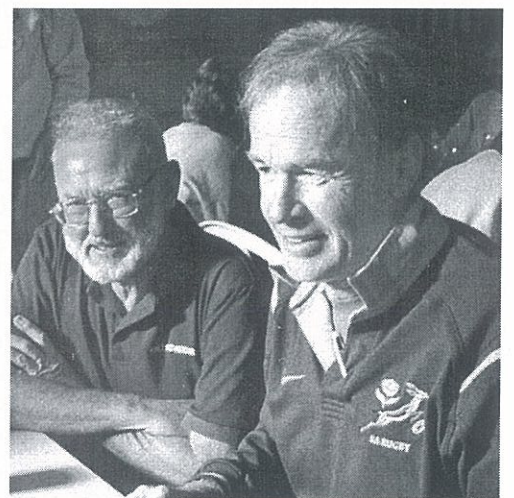
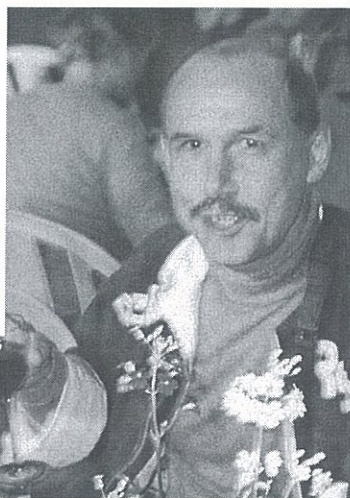
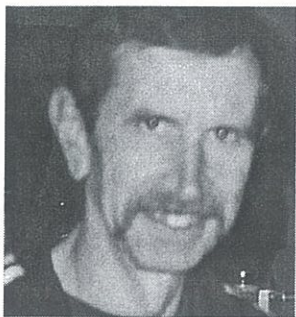
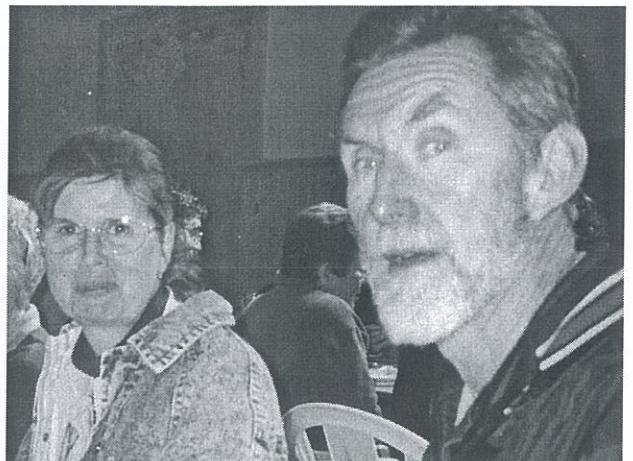
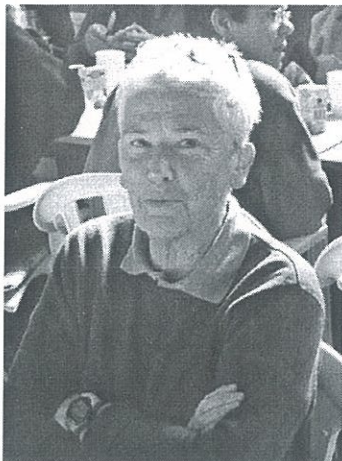
Number 344

VETR^{UN}

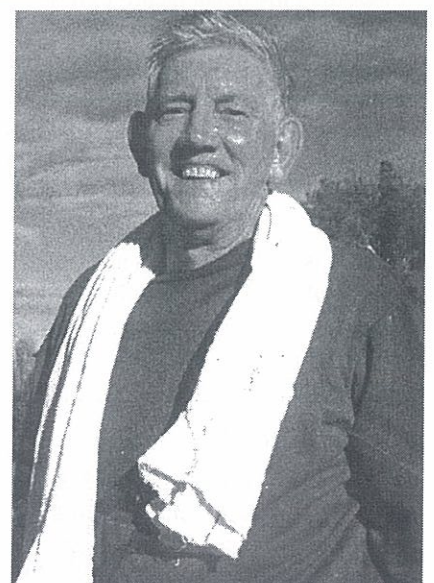
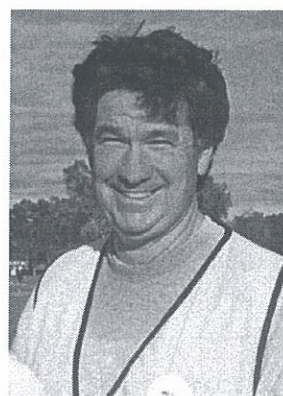
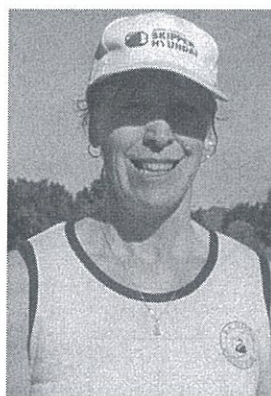
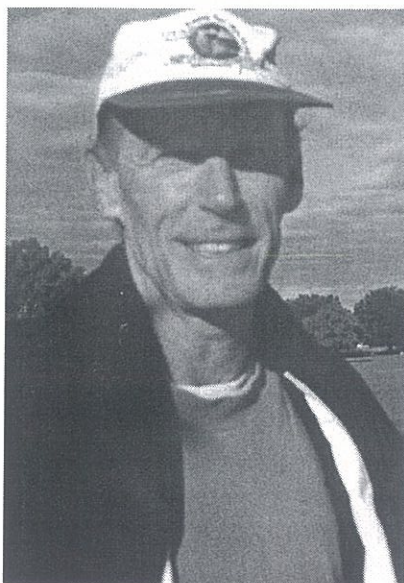


THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 11a Dandenong Rd, Attadale, WA 6156
Editor: Rod Tinniswood. Copy for Vetr^{un}: See panel page 2 • Website: www.netprojex.com.au/wavac



The lucky ones selected at random
from the pics taken by
Richard Harris at the
Jorgensen Lunch



Jim Barnes captured these smiles at
Mill Point Road Championships held at
McCallum Park

IN THIS ISSUE: Club Cross Country Championships • Club Half Marathon • State Cross Country Championships • Road Walking Championships • Australian Masters Athletics Championships Info.



Happy Family

When I joined the Veterans in January 2001 I had never before been a member of an athletic club and I was overwhelmed, yet extremely touched by the welcome and the friendly nature of all members.

The feeling of belonging to a big happy family has not diminished over the months. In fact I am sometimes chastised like a naughty girl because I have missed either a training session or a Sunday run (I still don't think of it as a race, apart from the relay in February when one might let your family down by not running harder....).

The paternal concerns have been demonstrated by several of my "Fathers" offering their sons to me! (What do you mean they were joking) and anyway, their sons are much too young. Typically, even some of my "brothers" have been less than subtle with their enquiries about "is that car really yours?" and without so much as a pause, "are you single?" !!!

My "sisters" have welcomed me into their arms with much love and many a tear or laugh has been shared. I have often been reminded that as runners we know more about one another's "personal habits" than our partners do!!! We find out a lot about one another runner in 60mins especially if Wendy D is doing the talking.

And so I guess it should have come as no surprise when a few weekends ago, one of my siblings decided that it was time for me to actually run at a pace I am capable of, rather than my usual desire to have a pleasant Sunday stroll enjoying the sunshine and a chat. Thank you Rod for getting me so close to that fanaticised time and I still got to enjoy the sunshine, the view and the conversation. It's just a shame I had to do my (im)famous "pit" stop...

Now where is that brochure I started writing about Pit stops in Perth...

by Glenda Lawrence

New Members

A warm welcome to the new members approved at the committee meeting on August 13, 2002.

Chris Shenton (M)
Graham Jacobs
Kathryn Jacobs

World Championships: Puerto Rico - 2-13 July 2003

Are you considering competing? If you are, please contact Bob Schickert (ph: 9330 3803) by 1 October. He is trying to gauge interest so that planning can be done by the Australian Masters Athletics Committee regarding Team Doctor/Physio and Team Manager requirements. Please also advise Bob if you are interested in applying for any of these team official positions.

Dear Rod

Having founded the club, I would just like to say that at the time, Veteran was the name used by most associations, except in America where it was Masters. I can assure you that if Masters was being used by other associations, our club would have chosen Masters.

All I wanted to do was run in my retirement and I'm sure that goes for all our serious members. You do what you enjoy doing no matter what the name is. What about WA Veteran Masters' Athletic Club?
Sincerely John Gilmour

Hello Rod,

This was sent to me by a friend who's wife works for one of the weight loss organisations. It wouldn't apply to most of our members, but it is worth passing on.

Chris Coates

"Research shows that eating negative-kilojoule foods can reduce weight 3 times faster than no food at all ! This is because certain foods require more energy to eat and metabolise than the energy they supply.

They are:

Veggies: Artichoke, tomato, broccoli, cauliflower, carrot, eggplant, beetroot, green beans, mushroom, snow peas.

Fruit: Apple, banana, blueberries, cherries, grapes, mango, oranges, pineapple, strawberries.

Nuts: Almond, hazelnut, macadamia, pistachio, walnut".

It's your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email:
tinniswoodr@sundaytimes.news1td.com.au

(Note: Copy the address exactly. All the letters must be in lower case. Don't forget the 'r' after tinniswood)

Electronic files can be emailed or saved to disc. Word or Text files are preferred and pictures can be presented as tiff, eps, or jpg files.

Home phone: 9403 6353

Hi Rod

As one of the younger members, I am in favour of the proposed name change to Masters Athletics. I took up running only late last year, and after building up to 30 minutes of very slow jogging, I decided it might be nice to join a club. Athletica gave me a number for one in my area.

When I called, the man I spoke to told me I would be out of place in his club, and that perhaps I'd better call the Veterans!

I remember being more than a little taken aback at the thought.

While I knew "Masters" referred to something like 35+, I assumed that "Veterans" would be a considerably older group (maybe 60+?).

I feel that the name "Masters" could well help to attract younger members.

Kris Adrian (W30)

Morning Tea A Gentle Reminder

The Club, in general, tries to operate as efficiently as possible while imposing the minimum of suffocating and restrictive rules upon its members.

One area in particular where this applies is the honour system of paying 50 cents for morning tea. Our visitors pay \$5 to participate in our events and this includes morning tea when it is provided by Jacqui and Vic Beamont. Members, however, are expected to pay.

For some time now, receipts have not covered the costs of the provisions. So, if you enjoy a relaxing tea and bikkie or whatever after an event, make Jacqui and Vic's day - pay for it!

Healthy Living

Contribution by Wendy Duncan

Here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting medical studies.

The Japanese eat very little fat and suffer fewer heart attacks than the Australians, British or Americans.

The French eat a lot of fat and also suffer fewer heart attacks than the Australians, British or Americans.

The Japanese drink very little red wine and suffer fewer heart attacks than the Australians, British or Americans.

The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the Australians, British or Americans.

CONCLUSION:

Eat and drink what you like. Speaking English is apparently what kills you.

Club Cross Country

Championships 28 July 2002

A good-sized field enjoyed crisp, clear conditions and helped runners to some very good times. Congratulations go to our new Club Champions and medallists, and to Bert Carse, who, as M60 winner, was also awarded the Ted Maslen Trophy.

The traditional brunch was enjoyed by some 128 members and friends at the Kalamunda Agricultural Hall. This met our needs very well and may be hired again for 2003.

Thanks must go to the Committee and to the many members who assisted them in making this another memorable Jorgensen Day. *Bob Sammells*

Championship Events

8.7K

M35

Michael Karra	0:39:11
Jon Jawichre	0:39:41
Sean Keane	0:42:24

M40

Lachlan Marr	0:33:56
John Allen	0:37:32
Blakeney Tindall	0:38:55

M45

Bjorn Dybdahl	0:33:31
Milton Mavrick	0:43:27
Don Pattinson	0:47:51

M50

Ralph Henderson	0:33:34
Warren Gee	0:33:59
Paul Hughes	0:35:57
Duncan McAuley	0:36:37
Brian Danby	0:38:36
Mark Sivy	0:41:40
Rod Tinniswood	0:43:10
Nick Miletic	0:43:14
Brian Bennett	0:43:42
John Dance	0:47:57

M55

David Roberts	0:37:56
David Muir	0:38:12
Johannes Hagedoorn	0:39:39
Henri Cortis	0:41:44
Michael Khan	0:42:57
John Mison	0:46:34
Paul Lewis	0:47:46
Brian Foley	0:49:14
Arnold Jenkins	0:57:21

M60

Albert Carse	0:33:46
Robert Schickert	0:37:20
John Mack	0:41:25
Graham Thornton	0:43:08
John Frost	0:44:45
Paul Martin	0:44:53
Barry Audsley	0:45:09
Jeff Spencer	0:47:45
Brian Smith	0:47:55

Mitch Loly	0:48:56
Jim Riddell	0:50:05
Rex Bruce	0:58:37

M65

Richard Harris	0:45:16
Dick Blom	0:45:33
Robert Sammells	0:51:13
John Smith	0:51:41
Cedric Turner	0:59:56

M70

David Carr	0:41:53
Irwin Barrett-Lennard	0:43:19
Stanley Lockwood	0:46:21
Laurie Collett	0:54:16

W30

Paula Karra	0:51:28
Kristin Adrian	0:54:46

W35

Julie Keeley	0:42:10
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W40

Sue Bullen	0:46:33
Robin King	0:47:01

W45

Jeanette Tiverios	0:47:00
Robyn Watts	0:51:32
Chris Pattinson	1:01:13

W50

Anne Shaw	0:37:41
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W60

Wendy Clements-Green	0:48:00
Margaret Bennett	0:57:43
Lynne Schickert	1:08:08

W65

Ann Turner	0:51:11
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2.9K Run

Colin Chisolm	M35	0:11:38
Jackie Halberg	W55	0:20:25
Michele Mison	W50	0:22:05
Allen Tyson	M75	0:29:48
Glenice Shanahan	W75	0:35:41

5.8K Run

Darryl White	M40	0:27:54
Deborah Burge	W35	0:28:44
Ray Hall	M65	0:33:15
Kerry Jones	W45	0:34:49
Julie Wood	W50	0:38:11
June Lewis	W50	0:39:31
Bronwyn Gee	W50	0:40:36

2.9K Walk

Heather Sanderson	W50	0:38:46
Roma Barnett	W50	0:38:47

8.7K Walk

Leo Hassam	M70	1:22:08
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Thanks

Many thanks to Mary Heppell who has donated about 60 flags to the Club which she and her family made.

HELPERS LIST

8TH SEPT - GARVEY PARK

Director - Arthur Legget 92799340

HELPERS - B.Smith, A.Pomery, D.Ashfield, K.Johnson, A.Shaw, J.Klinge, R.Wright, J.Tiverios, C.Rompotis.

15TH SEPT - BASSENDEAN

Director - Jacqueline Billington 92798679

HELPERS - M.Robinson, A.Leggett, C.Maher, S.Keane, M.Khan, J.Mack, B.Blurton, J.Jarvis, K.Johnson, L.Marr, I.Ferris, M.Bennett.

22ND SEPT - HERDSMAN LAKE

Director - J&D.Whittam 93876438

HELPERS - S.Maslin, J.Cresp, M.Faunge, P.Gare, S.Lockwood, B.Thomsett, K.Miller, V.Wheeler, G&N.Metcalf, B.Mangan.

29TH SEPT - CLIFF BOULD

Director - John Pressley 9332 6103

HELPERS - G.Branche, P.Davies, S.Dunn, M.Heppell, M.Mison, J.Riddell, P.Bailey, E&P.Barrett-Leonard.

6TH OCT - DAM TO DAM

Director - J&P.Hill 93986798

HELPERS - L.Duffield, D.Haines, C.Coates, M.O'Reilly, M.Colquitt, M.Sivyer, A&A.Giacomin.

13TH OCT - WILDFLOWER RUN

Director - Rod Tinniswood 9403 6353

HELPERS - A.Damiani, L.Romeo, J.Smith, S.Bell, D.Scott, S.Jawichre, T.Heppener, H.Cortis, C.Rompotis, R.Greenhaugh.

2001 Marathon Championships

Allen Tyson recently gave me the results for the Australian Veterans Athletic Association 2001 Marathon Championships. I have picked out the WA place-getters and listed them below.

The full list will be placed on the notice board.

	Pos		Age	Time	%
W40	1	Robyn King	42	3.28.12	69.56
W50	3	Margaret Langford	54	3.48.56	70.36
M45	3	Bjorn Dybahl	47	2.49.59	79.85
M50	2	Ross Parker	52	2.52.05	82.05
M75	1	Allen Tyson	76	6.04.08	50.00

Val Wheeler

You will be sadly missed Val
by all your friends at
WA Veterans Athletic Club.

Condolences to Fred, Christine and Gareth.

ROAD WALKING CHAMPIONSHIPS 2002

Age	Name	Weir Run 5 km			Uni & Back 15 km			Deepwater Point 7.2 km			Mill Point Road 10 km		
		Time	m/km	%	Time	m/km	%	Time	m/km	%	Time	m/km	%
W54	Michele Mison	36:46	7:21	66.04	1:53:27	7:33	67.59	54:55	7:37	64.88	1:13:37	7:21	67.14
W55	Val Millard	35:36	7:07	68.86	1:48:50	7:15	71.11	52:07	7:14	68.97	1:09:47	6:59	71.43
W60	Lynne Schickert	35:10	7:02	73.17	1:52:13	7:28	72.47	52:22	7:16	72.09	1:10:11	7:01	74.61
W65	Dorothy Whittam	39:06	7:49	69.43	2:05:12	8:20	68.57	59:44	8:17	66.60	1:18:43	7:52	70.16
M55	John Mison	30:49	6:10	70:68	1:34:52	6:19	71.99	45:06	6:15	71.06	1:03:42	6:22	70.22
M60	Paul Martin	30:50	6:10	73:89	1:34:52	6:19	73.38	45:06	6:15	74.31	1:03:45	6:22	73.41
M62	Alan Jennings	33:10	6:38	70.05	1:47:57	7:11	67.56	50:49	7:03	67.23	1:07:13	6:42	71.09
M70	Alan Pomery	41:01	8:12	61.53	2:05:44	8:22	63.14	1:01:16	8:30	60.59	1:22:09	8:12	63.13

Age	Name	Overall Time	Av. Time Km	%	Overall Pos.	Age Group Pos.
W54	Michele Mison	4:38:45	7:28	66.42	3	1
W55	Val Millard	4:26:20	7:09	70.10	1	1
W60	Lynne Schickert	4:29:56	7:12	73.09	2	1
W65	Dorothy Whittam	5:02:45	8:04	68.69	4	1
M55	John Mison	3:54:29	6:17	70.99	1	1
M60	Paul Martin	3:54:33	6:17	73.75	2	1
M62	Alan Jennings	4:19:09	6:54	68.99	3	2
M70	Alan Pomery	5:10:10	8:19	62:10	4	1



Eight completed all events, 4 did 3 events with 10 doing 2 events and 10 who did one event

September Birthdays

John	Stone	07.09.1952	50	becomes M50
Phillip	Bailey	08.09.1953	49	remains M45
Jacqueline	Beaumont	08.09.1936	66	remains W65
Arthur	Leggett	08.09.1918	84	remains M80
Bruce	Wilson	08.09.1950	52	remains M50
Kerry	Jones	09.09.1953	49	remains W45
Margaret	Langford	09.09.1946	56	remains W55
Rhod	Wright	11.09.1949	53	remains M50
David	Scott	12.09.1947	55	becomes M55
Brian	Aldrich	16.09.1930	72	remains M70
Robert	Hayres	16.09.1931	71	remains M70
Robin	King	17.09.1958	44	remains W40
Liz	Neville	18.09.1951	51	becomes W50
Dick	Blom	19.09.1933	69	remains M65
Wayne	Pantall	19.09.1952	50	remains M45
Barbara	Wilson	19.09.1951	51	becomes W50
Deborah	Burge	21.09.1966	36	becomes W35
Graham	Carroll	21.09.1954	48	remains M45
John	Frost	21.09.1937	65	remains M60
Denise	Davies	23.09.1943	59	remains W55
Tony	Heppener	24.09.1951	51	becomes M50
Morris	Warren	24.09.1937	65	remains M60
Gail	Gardiner	25.09.1949	53	remains W50
Joanne	Samer	27.09.1960	42	remains M40
Diane	York	27.09.1953	49	remains W45
Margaret	Bennett	28.09.1941	61	becomes W60
Duncan	McAuley	28.09.1949	53	remains M50
Stanley	Lockwood	29.09.1929	73	remains M70
Mike	O'Reilly	29.09.1939	63	remains M60
Francis	Usher	30.09.1923	79	remains M75

State Cross Country Championships King's Park

August 18th 2002

A total of 150 runners and walkers set off on a cool but very sunny Sunday morning, to enjoy a jaunt through our beautiful Kings Park.

We were host once again to 12 of the young athletes from AthleticA clubs. There are some very talented athletes among them. Unfortunately because of alterations to the Adventure playground area, we were forced to alter the course, after last years total reroute. We also decided to run in an anticlockwise direction. This made for some very fast downhill running for the last kilometre of each lap and produced some very fast times. The winner of the 5km was Aaron Patterson (SS), followed by Ben Tullet(Mel). Aleisha Anderson(UWA) was first lady only 3 secs behind Ben, with Lauren Gardiner(SS) the second placed lady. In the 10km race Greg VanDerSanden was first man. Peter Bauchop & Bjorn Dybdahl, engaged in a very exciting race to the line, to tie for second. First lady was Emma Tullett(Mel) from Debbie Burge. A large number of the 10km age / sex championship winners, did not remain behind for the presentation, so they will need to contact Bob Schickert, to receive their medals. A very big thank you to the following helpers; Liz Duffield, Rex Bruce, Keith Miller, Jim Klinge, Jeff Bowen, Wilf Bamber, Frances Casella, Dave Bishop and Bronwyn Gee, who all made the day a success. *Warren Gee & Ralph Henderson*

Results on following page

State Cross Country Championships King's Park

August 18th 2002.

10K

M35

Chris Shenton 38:33
Simon Jawichre 43:32

M40

Greg Van Der Sanden 35:43
Blakeney Tindall 41:56
David Wilson 42:17

M45

Bjorn Dybdahl 36:39
Davd Willmer 38:06
Wayne Robinson 40:56
Doug Ashfield 41:38
Mal Vernon 42:35
Keith Atkinson 44:44
Simon Mort 45:47
Ed Barrett-Lennard 46:36
Milton Mavrick 47:20
Don Pattinson 51:15

M50

Paul Hughes 39:13
Gareth Brunt 40:34
David Reid 40:53
Brian Danby 41:28
David Scott 42:48
Mark Rosen 43:10
Gary Fisher 45:23
Adrian Damiani 46:28
Nick Miletic 47:56
Brian Bennett 48:24
John Dance 52:03
Rod Bright 58:31
Kosta Tsesselis 71:45

M55

Jim Langford 38:07
Ian Davies 38:55
Ivan Brown 41:03
Bruce Wilson 41:13
Mike Waters 42:06
Mike Hale 42:15
Geoff Mullins 42:43
John Pressley 42:54
Johannes Hagedoorn 43:34
Mike Khan 45:31
Brian Foley 46:06
Roger Walsh 49:33
Paul Lewis 50:01
John Bell 50:35

M60

Bob Schickert 40:47
Frank Smith 42:08
John Mack 45:27
John Frost 46:55
Mitch Loly 49:12
John Pellier 49:31
Fraser Deanus 51:32
Joe Stickles 51:59
Geoff Spencer 54:23
Brian Smith 54:51
Merv Jones 56:44

M65

Steve Barrie 45:45
Richard Harris 46:27
Bob Sammells 48:35
John Smith 55:38
Shorty Turner 61:57

M70

David Carr 45:11
Stan Lockwood 47:48
Laurie Collett 54:06

M75

Allen Tyson 97:11

W30

Kris Adrian 56:11

W35

Debbie Burge 44:45
Julie Keeley 46:02

W40

Sue Bullen 50:43

W50

Denise Lancaster 58:49

W55

Pam Toohey 56:10
Val Millard 58:56
Jacqui Halberg 61:17

W60

Marj Forden 48:45
Wendy Clements-Green 52:09
Margaret Robinson 54:22
Margaret Bennett 61:58
Joan Pellier 63:23
Lynne Schickert 76:35

Visitors

Peter Bauchop 36:38
Emma Tullett 39:33
Mario Percic 40:31
Ryan Gee 44:33
Keith Woollard 45:17
Victoria Woollard 45:19
Ruth Willmer 48:33
Denis Sullivan 54:52

6km Walk

Dick Blom M65 39:23
Alan Jennings M60 39:26
David Brown M55 39:29
Janis Malin W50 44:32
Michele Mison W50 44:46
Jenny Shillington W40 44:56
Elaine Dance W50 44:57
Norm Miller M70 45:02
Dorothy Whittam W65 45:25
Jacqueline Billington W55 48:02
Lorna Lauchlan W70 48:03
Patricia Hopkins W60 48:18
Nola Bending W50 50:40
Maggie Flanders W65 50:46
Alan Pomery M70 51:13
Barrie Thomsett M60 51:14
Kylie Mahony W35 51:56
Pat Miller W60 52:17
Olga Bartolato Vis 52:18
Leo Hassam M70 54:19
George Schaeffer M65 54:21

Ernie Moyle M75 55:01
Barbara Bailey W70 55:52
Geoff Whittam M65 55:54
Jack Bailey M75 55:55

5km

M35

Colin Smith 28:47

M40

Graeme Neill 26:39

M45

Bob Cavin 23:41
Damien Hanson 25:13

M50

Frank Gardiner 20:43
Steve Toohey 39:15

M55

Dave Roberts 20:34
Henry Cortis 21:10
Dan Bending 24:59
Arnold Jenkins 27:15
Pierre Vala 39:16

M60

Don Caplin 21:46
Barry Audsley 23:37

M65

Bob Fergie 28:05

M70

Irwin Barrett-Lennard 23:54
Ray Lawrence 34:04
Brian Aldridge 38:22

W35

Denise McMorrow 21:55

W40

Christina Rompolis 27:33

W45

Christine Pattinson 32:40

W50

Julie Wood 31:30
Mary Young 35:06
Jo Stewart 40:03

W55

Alison Alridge 32:02
Rosa Wallis 32:20
Phyllis Farrell 35:05

W60

Sheila Maslen 32:34

Visitors

Aaron Patterson 16:34
Ben Tullett 17:38
Aleisha Anderson 17:41
Nick Gardiner 18:22
Lauren Gardiner 18:27
Jamie Fearnley 19:01
Alan Gower 19:08
Rosemary Johnson 19:50
Sarah Fearnley 20:49
Raymond Loly 21:54
Ashley Fearnley 22:39
Carl Dybdahl 23:11
Karen Gower 23:35
Ella Mavrick 26:20

Club Half-Marathon

Championships 12 August, 2002

This was the second year that the WAMC's course was used, the only difference being that the Start and Finish were re-located.

Both course and the different location suited members' needs admirably.

Weather conditions were ideal for runners and walkers. Despite these, and some head-to-head racing in the "Half", only one new Championship record was set this year - well done Anne Shaw. It's been a while since these records were published so they are appended to this report in the hope that competitors are spurred to even greater efforts in 2003!

For those new to the age grading concept and Performance Level percentages, the latter are provided to allow year-on-year comparisons.

My congratulations go to all the new Club Champions and medallists. Plus our thanks must go to those who made the event such a success. Marshalls Peter and Ian Davies; Peter Airey, Bob Cavin, Dave Reid and Arnold Jenkins on the drink stations; and timing and recording was handled by Pat Carr, Glenice Shanahan, Jim Shaw, Debbie Burge and Elaine Dance.

Bob Sammells Half-Marathon Run PL%

M35	
Stephen Dunn	1:30:22
Michael Karra	1:33:44
Simon Jawichre	1:48:33

M40	
Lachlan Marr	1:22:17
John Allen	1:32:49

M45	
Bjorn Dybdahl	1:21:33
Wayne Robinson	1:27:19
Neil McRae	1:31:52
Doug Ashfield	1:35:29
Milton Mavrick	1:40:12
Keith Atkinson	1:45:43
Don Pattinson	2:01:11

M50	
Ross Parker	1:23:29
Warren Gee	1:23:52
Ralph Henderson	1:23:58
Paul Hughes	1:28:04
Gareth Brunt	1:31:58
Frank Gardiner	1:34:36
Brian Danby	1:35:13
Keith Miller	1:40:03
Mark Rosen	1:40:55
Nick Miletic	1:47:15
Rod Tinniswood	1:50:56
John Dance	1:57:01

M55	
Jim Klinge	1:29:26
John Davies	1:32:32
Ivan Brown	1:34:53

Victor Waters	1:38:27
Johannes Hagedoorn	1:42:23
James Barnes	1:44:39
Roger Walsh	1:50:57
John Bell	1:53:34

M60	
Robert Schickert	1:38:26
Dennis Miller	1:40:37
Graham Thornton	1:43:14
John Pellier	1:46:39
Brian Smith	1:59:10
Merv Jones	2:01:06

M65	
Richard Harris	1:46:46

M70	
Stanley Lockwood	1:44:44
Irwin Barrett-Lennard	1:47:10
Laurie Collett	1:59:09

W35	
Julie Keeley	1:53:10

W40	
Robin King	1:52:59
Sue Bullen	1:53:01

W45	
Jeanette Tiverios	1:53:00
Glenda Lawrence	1:54:59

W50	
Anne Shaw	1:31:35
Frances Casella	1:52:23
Maree Creighton	2:01:16
Wendy Duncan	2:01:18

W55	
Pamela Toohey	2:10:01

W60	
Margery Forden	1:51:17
Margaret Bennett	2:21:43
Joan Pellier	2:21:49

Half-Marathon Walk	
John Mison	2:16:27
Paul Martin	
Alan Jennings	2:36:54
Chris Pattinson	2:55:07
Janis Malin	2:41:07
Michele Mison	2:45:14
Valerie Millard	2:38:58
Lynne Schickert	2:41:00

10K Run	
Chris Shenton	39:36
Frank Smith	41:26
David Scott	42:40
David Roberts	43:53
Vicente Carrero	43:57
Geoff Mullins	44:27
Gary Fisher	44:30
Clive Choate	45:34
Wilf Bamber	46:35
Simon Mort	47:18
Mike Hale	47:29
Sean Keane	48:24
Adrian Damiani	48:30
John Frost	48:39
Damien Hanson	53:16
Brian Bennett	53:18
Paul Lewis	54:01

Wendy Clements-Green	54:18
John Smith	54:59
David Carr	56:26
Rhod Wright	58:26
Liz Chandler	
Jackie Halberg	1:03:29
Denise Lancaster	1:05:35
Cedric Turner	
Sheila Maslen	1:07:20
Costa Tsesmelis	1:18:49
W30	9:23
Kristin Adrian	59:27
Kirt Johnson	59:36

10K Walk	
Norman Miller	1:06:24
David Brown	1:12:05
Lorna Lauchlan W70	1:24:13
Rex Bruce	1:24:15
Patrica Hopkins	1:29:50
Alan Pomery	

Club Half-Marathon Championship Records

Walk			
M35	David James	2:38:20	1992
M40	Peter Hill	1:54:28	1992
M45	John Mison	2:01:27	1994
M50	Paul Martin	2:05:04	1995
M55	Paul Martin	2:00:34	1996
M60	Paul Martin	2:14:43	2001
M65	Alan Pomery	2:32:27	1997
M75	Jack Collins	2:37:56	1987
M80	Jack Collins	3:04:57	1992

W35	Joy Sanger	2:37:56	1987
W40	Michele Mison	2:31:43	1990
W45	Michele Mison	2:05:53	1997
W50	Wendy Clements-Green	2:32:13	1996
W55	Dorothy Whittam	2:27:55	1991
W60	Dorothy Whittam	2:15:09	1997

Run			
M30	Stephen Dunn	1:22:47	1999
M35	Tony O'Hare	1:14:32	1979
M40	Hank Stoffers	1:12:11	1984
M45	Hank Stoffers	1:12:56	1988
M50	Frank Smith	1:17:17	1993
M55	Mick Cousins	1:21:50	1991
M60	John Gilmour	1:20:10	1981
M65	John Gilmour	1:22:20	1987
M70	John Gilmour	1:25:47	1989
M75	Arthur Leggett	2:04:45	1994

W30	Colleen Milbourne	1:37:50	1981
W35	Jill Chambers	1:23:54	1984
W40	Jan Kelly	1:28:54	1994
W45	Margery Forden	1:37:10	1989
W50	Anne Shaw	1:31:35	2002
W55	Margery Forden	1:46:34	2000
W60	Margery Forden	1:48:31	2001
W65	June Strachan	2:01:15	1991

**Perry Lakes Stadium
and Environs,
Easter, 18-21 2003**

Telstra

TELSTRA AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

In addition to our local sponsor Healthway, the Australian Masters national body has secured a major sponsor for our forthcoming championships: TELSTRA. We are pleased to welcome their participation in making this event a success. Members should also be aware that there will no separate State Championships in 2003 as WAVAC is hosting the nationals. However State results will be acknowledged with a certificate listing places and times forwarded after Easter.

Organisation of the championships is well underway and the new 8K cross country course will be trialled at two runs in December and January prior to the Nationals.

A strong interest has been shown by members interested in both competing and in assisting in the organisation of the championships. We need involvement by all members, even if only for a few hours before, during, or after the event. The organizing committee would also welcome assistance from your sons and daughters, mainly as runners between event areas - this is a great opportunity for them to see the benefits of continuing their own athletic involvement.

Many jobs can be done by competitors without prejudice to their event. A number of the tasks involved will be done before or after the championships. Sunday members will be invited to participate and to get you thinking of how and where you can help, here is a light-hearted look at some of the tasks on our lists. Please give some a tick and return to me for allocation.

- ☐ Yes, I know the championships are on
- ☐ I will be competing in the runs, jumps, throws, walks
- ☐ I will be attending the river trip/dinner on Sunday evening
- Also, I can
 - ☐ spend an evening stuffing competitors' envelopes ...
 - ☐ measure long jump ... or rake a pit ... or record ...
 - ☐ measure high jumps ... or record ... or replace the bar ...
 - ☐ measure throws ... or record ... or retrieve ...
 - ☐ hand time ... or judge ... watch for runners out of lanes ...
 - ☐ set up a drink station ... or hand out drinks ...
 - ☐ erect shard tents ... push equipment trolleys ... car equipment ...
 - ☐ make announcements ... call a race ...
 - ☐ conduct the medal ceremony ... assist medal organization ...
 - ☐ fetch and carry paper for the results areas ...

- ☐ check the toilets and change rooms for cleanliness ...
- ☐ conduct a merchandise stall ... help
- ☐ diagnose ... treat ... massage ... give first aid ...
- ☐ greet VIPs
- ☐ marshall or direct at cross-country or walk events ...
- ☐ hand out competitors' envelopes ...
- ☐ great and seat diners on the river cruise ...
- ☐ take a walk through the car park frequently ...
- ☐ operate wind gauge (instruction provided) ...
- ☐ man the mobile phone (call taxi, ambulance etc) ...
- ☐ stick results on a notice board ...
- ☐ transport equipment in my car ... ute ... truck
- ☐ direct the committee to a possible sponsor
- ☐ I wish to advertise my business in program and result book ...

I am available ☐ Friday 18 April 2003 ☐ Saturday 19 April 2003
☐ Sunday 20 April 2003 ☐ Monday 21 April 2003

NAME _____
 Address _____
 _____ Post Code _____
 Phone _____ Mobile: _____
 email _____

BE ACTIVE EVERY DAY

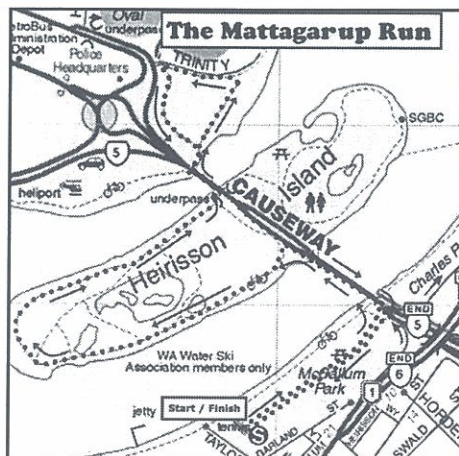
Healthway

The 2003 Telstra Australian Masters Athletics Championships is also supported by Healthway to promote the BE ACTIVE EVERY DAY health message.

Wild Flower Festival Run or Walk

4.5km or 9km run/walk
 through Kings Park
 Sunday 13 October, 2002. 8am
 Hale Oval, Kings Park
 Visitor registration from 7am

The two lap 4.5km course has been redesigned to cater for all levels. Participants can enjoy running or walking on safe, well defined cycle paths at any pace, while taking in the best that Kings Park can offer at that time of year.



The Mattagarup Run - 5km

Sunday 22 September 2002.
 McCallum Park. (Victoria Park near Causeway)
 Start: 1:00pm .
 Enquiries: David Reid 9362 3463
 Robin King 9472 0039

This inaugural run is part of the 50th Anniversary of the opening of the Causeway bridge, marked by the Causeway Spring Carnival.

Perpetual Trophy for 1st Male and Female with prizes for 1st, 2nd, 3rd Male and Female in Open and Junior as well as a Team Category.

**See Notice Board
for details**



PURPOSE



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

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

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

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

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

Print Post Approval 644113/00007
If unclaimed please return to:
1/37 Bombard Street, Ardross WA 6153.



**SURFACE
MAIL**

**POSTAGE
PAID
AUSTRALIA**



Club Clothing

Contact Maggie Flanders: 9314 7556

Club Singlets:

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

T-Shirts:

Short Sleeve \$18. Grey in all sizes, White in limited sizes.
Long Sleeve \$20. Grey in all sizes.

Fleecy Wind Cheaters. \$25 in all sizes.

Caps - White/Grey. Legionnaires Caps - White/Grey.
Sun Visors - White/Grey/Black. All \$10. One size fits all.