



# The Vetrans



NO. 262 AUGUST 1995

PATRON: W.J. Hughes

PRESIDENT: Brian Foley

EDITOR: Richard Harris

## 25K ROAD RUNNING CHAMPIONSHIPS 25.6.95.

Another day of cold wet miserable windy weather greeted yours truly at 5.15am on Mt Henry Bridge, and my first thoughts were for the poor devils that had to struggle all the way from Taylor Street a few hours later.

After securely attaching as many flags as I thought Bob Fergie and Barry Weatherburn could possibly untangle, I hot footed off down the path before I could get mugged by some of Perth's finer citizens.

The struggle to erect the shelter was led by Kirt Johnson and ably assisted by Geoff Spencer, Bob Sammells and John Mison, while Michele Mison sat huddled in the tent ready to record results.

My sincere thanks to you all, and apologies to any I have forgotten.

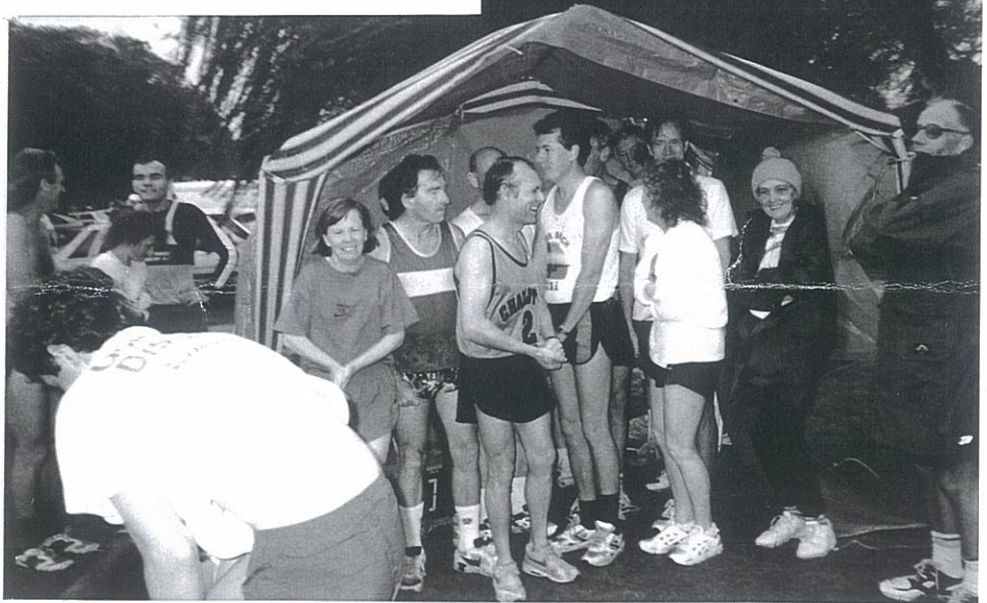
To the runners and walkers who were so forgiving for the lousy weather I was blamed for providing, thank you for your understanding and patience.

I did not announce the results as to who the hell wanted to stand around when a hot shower was far more attractive.

Beside, I was far more occupied admiring our Presidents new car...not bad for some eh!  
Barrie Thomsett

<b>M35</b>	
Keith Atkinson	2:00:30
<b>M40</b>	
Gareth Brunt	1:42:05
Duncan McAuley	1:43:39
Brian Danby	2:06:29
David Walladge	2:17:12
<b>M50</b>	
Jim Barnes	1:53:57
Graham Thornton	1:54:53
Vic Waters	2:03:10
<b>M55</b>	
Joe Stickles	1:53:46
Ted Maslin	1:56:24
John Pellier	2:08:16
Shorty Turner	2:30:01
<b>M60</b>	
Mick Cousins	1:41:43
Dick Blom	1:51:30
John Russell	2:25:05
<b>M65</b>	
Merv Moyle	2:19:07
Peter Davies	2:32:25
<b>W40</b>	
Sue Prewett	1:58:34
Helen Lysaght	2:02:57

## DEDICATED ATHLETES



Wind-frozen Vets hug the tent at the start of the 25K event.  
Photo by Jeff Spencer

<b>W45</b>	
Jill Chambers	1:46:04
Roma Bettles	2:22:24
<b>W50</b>	
Marge Forden	2:08:21
<b>W55</b>	
Ann Turner	2:21:52
Joan Pellier *	2:43:10
<b>10K WALK</b>	
Paul Martin	M50 58:55
<b>10KRUN</b>	
Francis Lipscombe	W35 48:05
Jim Klinge	M45 39:02
Vicente Carrero	M50 42:37
Brian Foley	M50 45:39
Robin Bonner	M60 46:41
Peter Airey	M55 47:18
Dalton Moffett	M60 47:50
Simon Mort	M35 48:03
Maurice Johnston	M55 49:20
Vic Beaumont	M65 52:26
Sheila Maslen	W55 59:50
<b>10K WALK</b>	
Dorothy Whittam	W55 72:12
Lorna Lauchlan	W65 79:08
Stuart Parkinson	M45 50:53
<b>5K WALK</b>	results only after some arm twisting by Jackie Billington...and such lousy weather...yea I'm an old softy.
<b>BT</b>	
Kirt Johnson	M65 29:40
Jackie Billington	W50 38:40
Jeff Whittam	M60 38:40

## IN VETRAN THIS MONTH

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## MEMBERSHIP OCCUPATIONS

The occupations of the club members for 1992/93 season were collated and the occupations distribution obtained is given below.

%	
	Clerical/Secretarial 14.4
	Retired 13.2
	Professional 11.8 (doctors, engineers, accountants, solicitors)
	Trades/Technicians 10.4
	Education 9.8 (teachers, lecturers)
	Home Duties 6.7
	Labourers 5.7
	Proprietors/Self Employed 5.6
	Managers 5.5
	Sales 5.2
	Health Workers 4.0
	Police/Fire/Security 2.5
	Process Operators 2.5
	Miscellaneous 2.7

## MINUTES WAVAC AGM APRIL 11, 1995

Held at the Hockey Club Rooms,  
Perry lakes

1. The meeting opened at 7.07pm
2. Members as per Attendance Register (41)
3. Apologies as per Attendance Register (13)
4. Minutes of the 1994 AGM. Acceptance moved E Moyle, seconded B Foley. Carried
5. Matters arising from the Minutes. Problems arising from the changes to the age grades, National Championship qualifying ages and Associate membership were discussed at length. It was decided to call a general meeting to discuss this matter in a few weeks time.
6. Reports as published in Vetrin March 1995.  
President  
Secretary  
Treasurer

- Acceptance moved B Danby, seconded B Foley, Carried.
7. Trophies  
Patrons Trophy Ann Shaw and Keith Martin  
Reg Briggs Trophy  
Noela Medcalf  
Handicap Trophy  
Milton Mavrick
  8. Election of Office Bearers  
The following were elected unopposed -  
President Brian Foley  
V/President Richard Harris  
Secretary Bob Fergie  
Treasurer Janet Jarvis  
Committee Jackie Halberg  
Jackie Billington  
Bob Sammells

The remaining vacancy to be filled by the Committee

9. Appointment of Officials  
Patron W Hughes  
Editor Richard Harris  
Handicapper Bob Schickert  
Auditor Ray Lawrence  
Statistician Bob Sammells  
AAWA Registrars  
Val Prescott (Summer)  
David Carr (Winter)  
Equipment Brian Danby  
Librarian Brian Danby  
A vote of thanks was made to Jeff and Dorothy Whittam for their long and dedicated service looking after the Library.
10. Life Membership  
Kirt Johnson was nominated by Dick Horsley, Bob Sammells and Jeff Whittam.  
Basil Worner was nominated by Bob Schickert, Lynne Schickert and Vic Waters.  
Both members were accepted with acclaim and thanked for their long and dedicated service to the Club over many years.
11. Motion of Motion  
Moved Joan Pellier, Seconded Dorothy Whittam that After the two free years affiliated with Athletics West, any further affiliation be discussed and voted on by the members of the WA Veterans Athletic Club. Carried.
12. General Business  
a. It was suggested that a budget be presented to the AGM each year.

- b. It was proposed that an open day, by invitation, be extended to members of other veteran organisations. Referred to Committee.
  - c. Delegates to the Mature Age Sport Committee.  
Cecil Walkley represents the Marathon Club  
Bob Sammells has been nominated by WAVAC.
  - d. It was noted that three of the six positions on the AAWA Winter Committee were WAVAC members.
  - e. AAVAC Working Group for the development of Mature Sports. Cecil Walkley was nominated.
  - f. A vote of thanks was given to the outgoing Committee.
  - g. A limit on the amount of subsidy given to Club activities was suggested. It was decided to leave this to the Committee.
  - h. It was noted that bookings had not yet been made for the end of year weekend camp. This will be done by the new Committee.
  - i. The AAWA Winter season was now starting for interested members.
  - j. Athletics West have set up two working groups - Road Running and Cross Country, Bob Sammells to liaise. Track and Field, no nomination. Anyone interested to see Brian Foley later.
  - k. WAVA Championships at Buffalo close on April 15.
  - l. The Yanchepe run was a 9.00am start
13. The meeting closed at 8.55pm.

## LAUGHTER

Laughter is like changing a baby's nappy - it doesn't solve any problems permanently. But it makes things more acceptable for a while.

## MT LAWLEY CIRCUIT 5.3.95.

Once again the weather was reasonable, probably because it was a long weekend. The race itself went smoothly for the final handicap of the year. Milton Mavrick only had to start to give him the overall trophy. One certain runner faltered mid year and was unable to maintain the challenge. As has become the custom the run was finished off with bread, jam and cream.

### Mike Rhodes

*Footnote: The "certain runner" was Mike Rhodes. This is our last remaining "home run" and Vetrun salute Mike and Linda Rhodes for their hospitality in their garden at Mt Lawley.*

7.5K	Age	Clock	H/C	E/Time
Theresa Howe	W40	41:32	4:00	37:32
Margaret Birks	W45	43:18	9:50	33:28
Tony Speechley	M50	43:27	9:30	33:57
Peter Hill	M45	43:38	13:10	30:18
John Russell	M60	43:57	6:10	37:47
Stan Lockwood	M65	44:04	9:05	32:59
Bill Crane	M55	44:20	13:10	31:10
Richard Matthews	M40	44:37	10:15	34:22
Ivan Brown	M40	44:45	14:35	30:10
Jim Klinge	M45	44:51	16:45	28:06
Vic Waters	M50	44:54	14:45	30:09
Carol Broderick	W40	44:58	8:55	36:03
Ray Lawrence	M65	44:59	6:35	38:24
Rob West	M40	44:59	12:00	32:59
Frank Smith	M50	45:00	17:05	27:55
Simon Mort	M35	45:01	12:25	32:36
Peter Airey	M55	45:04	10:35	34:29
Brian Foley	M50	45:05	14:35	30:30
Rod Davies	M50	45:06	13:10	31:56
David Carr	M60	45:09	14:10	30:59
Bob Schickert	M50	45:13	16:25	28:48
Roger Walsh	M50	45:14	12:25	33:54
David Muir	M50	45:16	16:15	29:01
Ken Brownlie	M45	45:19	12:25	33:54
Robin Bonner	M60	45:24	12:25	32:59
Garnet Morgan	M70	45:25	5:05	40:20
Cathryn Holland	W35	45:27	4:40	40:47
Vince Carruthers	M50	45:34	14:10	31:24

Dalton Moffett	M60	45:37	11:00	34:37
Evan McRae	M45	45:40	16:15	29:25
Sheila Maslen	W55	45:48	0:35	45:13
Bob Harrison	M50	45:51	15:40	30:11
Milton Mavrick	M40	45:53	14:10	31:43
Noela Medcalf	W60	45:57	2:55	43:02
Gareth Brunt	M40	46:02	15:55	30:07
Doug Hazell	M40	46:10	15:30	30:40
Max Kelly	M45	46:15	13:10	33:05
Ted Maslen	M55	46:18	13:30	32:48
Brian Hunter	M50	46:32	10:15	36:17
George Schaefer	M60	46:38	13:10	33:28
Mary Heppell	W55	47:05	0:25	46:40
Denise Davies	W50	47:09	10:15	36:54
Stewart Hicks	M70	47:10	3:15	43:55
Jeff Spencer	M50	48:05	10:15	37:50
Allen Tyson	M70	48:19	7:35	40:44
Lynn Farrelly	M50	48:40	8:45	37:55
Jackie Halberg	W45	49:39	8:10	41:29
Heather Sanderson	W45	50:12	7:15	42:57
Merv Moyle	M65	50:13	8:45	41:28
John Stone	M40	50:25	8:20	42:05
Toni Frank	W45	51:27	0:00	51:27
David Hall	M45	56:08	10:00	46:08
Keith Webster	M50	44:40	-	44:43
Roger Whalan	M50	50:49	-	50:49
<b>7.5K Walk</b>				
John Mison	M45	64:43	25:30	39:13
Peter Johnstone	M45	64:49	22:45	42:04
Jill Midolo	W45	66:04	14:00	52:04
Paul Martin	M50	66:35	25:30	41:05
Michele Mison	W45	69:48	15:30	54:18
Lynne Schickert	W50	70:36	11:30	59:06
Bob Fergie	M55	71:21	12:15	59:06
Dick Horsley	M80	77:70	0:00	77:20
David Brown	M45	49:22	-	49:22
Lesley Romeo	W50	49:39	-	49:39
Pat Ainsworth	W55	67:01	-	67:01
Tina Carrero	W45	77:19	-	77:19
<b>VISITORS</b>				
Ian Davies		44:43		
Robert Reece		55:49		
Joan Merryfield		53:18		
Lois Smith W		61:34		

### HAPPY BIRTHDAY TO OUR OCTOBER MEMBERS

AIREY, PETER	01/10/36	59 remains M55
SLADE, JANE	03/10/48	47 remains W45
NICHOLAIDIS, DOROTHY	04/10/38	57 remains W55
COUSINS, MICHAEL	05/10/33	62 remains M60
MORGAN, GARNET	06/10/24	71 remains M70
WALDOCK, REECE	06/10/52	43 remains M40
THORNTON, GRAHAM	08/10/40	55 becomes M55
MALONE, MICK	09/10/50	45 becomes M45
KLINGE, JIM	10/10/46	49 remains M45
TOMASICH,	13/10/53	42 remains W40
FARRELL, PHYLLIS	13/10/44	51 remains W50
SAVIN, TOM	13/10/45	50 becomes M50
BAUMANN, CARLO	15/10/14	81 remains M80
STEWART, MAUREEN	15/10/39	56 remains W55
GREENFIELD, NENA	15/10/54	41 remains W40
WATSON, FRED	16/10/18	77 remains M75

BARNETT, RAY	17/10/43	52 remains M50
FISHER, LAWRENCE	17/10/35	60 becomes M60
ROMEO, LESLEY	17/10/44	51 remains W50
SCHICKERT, LYNNE	18/10/41	54 remains W50
REECE, ROBERT	08/10/46	49 remains M45
WEST, ROBERT	19/10/51	44 remains M40
PEET, GEORGE	19/10/33	62 remains M60
PEART, BILL	22/10/42	53 remains M50
BOCIAN, JOHN	22/10/50	45 becomes M45
PELLIER, JOHN	22/10/39	56 remains M55
POMERY, MAUREEN	24/10/39	56 remains W55
WALKER, JOHN	24/10/49	46 remains M45
SCHICKERT, ROBERT	26/10/41	54 remains M50
ROBERTS, DAVID	27/10/42	53 remains M50
HUNTER, BRIAN	28/10/44	51 remains M50
MULLINS, GEOFF	29/10/43	52 remains M50
PRIOR, GARY	31/10/57	38 remains M35

**SHARKS RUN/WALK 10K/5K**  
11.6.95

The lowest temperature on record did not deter the 76 Vets from competing in the second running of this run.

Some excellent achievements included 21 new records. One other interesting statistic was the number of walkers - nearly one third of all those competing in the event. My thanks to Paul Hughes, Dick Blom, Richard Harris, John Russell, Dave Roberts and John Carpenter, all of whom made my job as Race Director extremely easy.

Paul Martin

**10K RUN**

I Carson *	M40	37:33
Frank Smith *	M50	39:51
Lewis Arndt *	M45	41:16
David Carr *	M60	42:17
Don Caplin	M55	42:38
Vic Water	M50	42:39
Bill Crane	M55	42:54
Brian Foley	M50	43:18
Graham Thornton	M50	43:33
Dennis Miller	M55	43:46
Bob Schickert	M50	44:16
Bob Sammells	M55	44:22
Ted Maslen	M55	45:03
Robin Bonner	M60	45:07
George Schaefer	M60	45:11
Keith Atkinson*	M35	45:35
Dalton Moffett	M60	45:55
Cecil Walkley *	M65	45:57
T McCarver	M55	46:05
R Waldock	M40	46:11
Helen Lysaght *	W40	46:35
Ian Passmore	M50	46:59
J Dartnell	M45	47:21
Margaret Birks	W45	48:49
Ron Hillis	M50	49:22
Merv Moyle	M65	49:48
Merv Jones	M55	50:52
Lynn Farrelly	M50	51:04
Lisa Dartnell	W40	51:09
Denise Lancaster	W45	51:28
George Peet	M60	52:03
Arnold Jenkins	M50	52:08
Stuart Parkinson	M45	52:40
Ann Turner	W55	52:59
Aldo Giacomini	M55	53:18
Ray Lawrence	M65	55:04
Vic Beaumont	M65	55:11

Jackie Halberg	W45	57:05
Phyllis Farrell	W50	61:23
Selby Munsie	M60	61:24
Sheila Maslen	W55	62:03
Mary Heppell	W55	65:29

**5K RUN**

Peter Airey *	M55	22:42
Peggy Macliver*	W50	24:01
John Stone *	M40	24:33
Robert Reece	M45	24:42
Ros Banyard	W45	24:44
Brian Aldrich	M60	25:07
Geoff Spencer	M55	25:22
M Hewett	M40	26:02
B Sheedy	M45	26:46
Janet Jarvis	W50	27:11
Jeff Spencer	M50	27:25
Val Millard	W45	28:10
Lorna Lauchlan*	W65	30:31
Alison Aldrich	W50	32:09
Patricia Carr *	W60	32:35

**10K WALK**

John Mison *	M45	55:18
David Brown	M45	68:18
Bob Fergie *	M55	69:04
Jill Midolo *	W45	76:12
Michele Boyle	W45	76:12

**5KWALK**

Joan Hillis *	W45	34:38
Dorothy Whittam*	W55	35:32
Wendy Clements*	W50	35:38
Jackie Billington	W50	39:00
Lynne Schickert	W50	40:28
Kirt Johnson *	M65	40:41
Ernie Moyle	M65	40:43
Gillian Peet	W55	40:44
Val Wheeler *	W60	41:38
Fred Watson *	M75	43:44
Elise Stonehill	W45	47:36
Val Bonner	W50	52:49
Dick Horsley	M80	52:51

\* RECORD

**LETTERS TO THE EDITOR**

**CECIL THE LEGEND**

Dear Richard

In the UK recently on "holidays" (well actually life is one long holiday when one is retired) read the following item.

I assume the Cecil Walkley referred to is "our" Cecil. Thought you might be interested, as the event was of some significance.

For myself, haven't run for a long time. I'd had a fair number of injury problems notably chronically sore knees.

Cycled across Australia couple of years ago and was inspired to begin racing (in veteran company). No injury worries apart from a dislocated C-bone and losing some 'bark' in race falls.

Have carelessly allowed my 'Vets' membership to lapse, however am attending to that and hope to return in T&F season maybe do some sprints and "chucking".

Regards

Brian Paxman

**"LEGENDARY ATHLETES  
ADD LUSTRE TO OXFORD  
CELEBRATION  
by John Goodbody**

IFFLEY Road, Oxford, scene of the first sub-four minute mile, was the venue yesterday for celebrations of the centenary of the first athletics match between Oxford and Cambridge and the combined strength of Harvard and Yale.

Sir Roger Bannister, who ran in the 1949 match, was among the spectators as his two four-minute mile pace-makers, Chris Brasher and Sir Chris Chataway, took part in the veterans' one-mile handicap.

**CECIL WALKLEY WINS**

Chataway, running in a mile event on the Oxford Track for the first time since he helped Bannister to make sporting history, recorded 5min 48sec at the age of 64 and Brasher two years older ran 6min 34sec. On handicap the race was won by Cecil Walkley 66 of Cambridge, in 6min 15.8sec.

The American universities finished ahead in an enthralling match yesterday that went to the last relay, the men's 4 x 400 metres, won by Harvard and Yale. They took the match by 19 points to 18."

## REABOLD HILL 7.5.95

48 runners turned up on this beautiful sunny but cold morning to battle the hills. Greg Salter, a visitor, ran a very good time of 39:23 for this difficult course, with Warren Gee second in 40:37. Jill Chambers was the first woman in an excellent time of 44:13.

In the 5K, Jackie Halberg came in as first woman and Harry Holland was first man.

I would like to take this opportunity to thank all my helpers, but a special thanks to Kirt Johnson who offered up his Saturday afternoon to mark the course.

Dick Blom

### 10K

Warren Gee	M40	40:37
Jim Klinge	M45	41:54
Bob Thomson	M45	42:24
Jill Chambers	W45	44:13
John Bell	M45	46:47
Bob Sammells	M55	47:30
Mitch Loly	M55	47:43
Milton Mavrick	M40	49:07
Richard Harris	M55	49:14
Dalton Moffett	M60	49:56
Peter Airey	M55	50:43
Ted Maslen	M55	51:08
Robin Bonner	M60	51:37
Jane Slade	W35	53:20
Aldo Giacomini	M55	53:35
Morris Warren	M55	54:05
Merv Moyle	M65	54:38
Lynn Farrelly	M50	55:58
Rob Reece	M45	56:43
Helen Lysaght	W40	56:45
George Peet	M60	58:10
Tom Stewart	M55	59:13
Ray Lawrence	M65	60:32
David Hough	M60	62:10
Alan Chambers	M55	62:12
Peter Davies	M65	63:00
Selby Munsie	M60	63:41

### 5K

Harry Holland	M50	22:57
David Wallmer	M40	23:35
Mike Rhodes	M45	28:17
John Spencer	M55	30:00
Stuart Parkinson	M45	30:23
Les Slode	M50	31:55
Jackie Halberg	W45	32:15

Garnet Morgan	M70	33:33
Noela Medcalf	W60	36:00
Margaret Warren	W55	36:52
Kirt Johnson	M65	38:03
Sheila Maslen	W55	38:34
Cathryn Holland	W35	39:26
Toni Frank	W50	39:55

### VISITORS

Greg Salter	10K	39:23
Bill Shand	10K	41:24
Blakency Tinduli	10K	42:11
Max Thorley	10K	44:20
Tom Ayres	10K	47:48
Patti McCarthy	5K	38:59

## EASTERN GATEWAY PROJECT

On Thursday evening, 16 June 1995, at the invitation of a PR firm, I attended a "Focus" meeting on the above at the Park Recreation Centre, Victoria Park.

This was one of three meetings held that week on the subject of "Vision for Victoria Park", which has the aim of beautifying the approaches to the City of Perth. Invitations had been extended to representatives of all users of facilities in the Study Site to voice their views.

The Study Site encompassed McCallum Park, Heirisson Island, Patterson Park, Kagoshima Park, Burswood Park, Trinity College foreshore, Causeway, Great Eastern Highway, Shepperton Road and Albany Highway.

I gave a history of the Club, growth in membership numbers, and our historic and current usage of the site with emphasis on McCallum.

Given the opportunity to voice a wish-list, I requested the following four actions.

1. Safety. Separate cycling and pedestrian pathways. Failing these, widened cycle/pedestrian paths with lane markings.
2. Accommodation. Provision of a set of Club Rooms for the shared use of the many clubs that use McCallum Park. This would permit clubs to hold meetings,

store equipment, display trophies, etc.

The Club has sought this kind of facility in the past but has been denied building permission. Sole use was desired in the past but we would have been prepared to share.

The need for rooms had also been recognised by two dog clubs who use the Park. They added that a covered area to provide shelter from sun and rain should be attached to the rooms.

3. Car Parking. No reduction of existing parking as members had to park on grass verges on Sundays at present.
4. Vermin. Measure to eliminate rabbit population on Heirisson Island. Was told that subject had been raised but poisoning prohibited because of threat to the River. Left to local foxes for time being.

### Report

The project is at the consultation stage at present and the PR firm is due to produce a draft report by the end of July 1995. The public will be able to comment on this draft once published.

This will provide members with the opportunity to support the four items that I raised together with other they may come to mind.

### Other Parties

Involved in the Project are the BMA, Town of Victoria Park, City of Perth and the Capital Cities Committee. (all States have one of these, similarly committed to improving city approached for tourists, etc).

Laraine Ryan and Peter Lawless were from the PR firm, whose name I never discovered.

Bob Sammells

## Letter to the Editor

### FAYE BROKE DISCUS RECORD

I am writing to you on behalf of the Western Australian Cerebral Palsy Sport & Recreation Association (Inc) to thank your club for providing us with the necessary information in support of a claim

made by Faye Waldie, a member of our club, for a Cerebral Palsy Australian All Comers Record in the discus event at the WA Veterans State Championships.

Faye will be receiving a certificate for the record. This record, however, has since been broken by Kim Newenkirchen of Sydney. Kim has qualified for the A Standard Australian Paralympic Federation team for Atlanta. Faye is now in the B Development Squad for Atlanta and will receive funding to attend any training camps.

Once again, I would like to extend the thanks of our club for your support in enabling Faye to gain recognition for her performance. I remain,

Yours sincerely

Daphne Silvester,  
Club Secretary,  
WA Cerebral Palsy Sport &  
Recreation Association Inc.

**VETS DO WELL  
IN OPEN COMPANY**

The Cross Country and Road Running Season conducted by AAWA this year includes the ATHLETICS WEST Cross Country League in which prize money of \$3,000 is available to Clubs who compete in the six nominated events.

Our open mens team has performed well (6 registered members required in a team). Sadly after finishing fifth in the first event (Karrinyup Relay) we were disqualified because Vic, our last runner became ill at the last moment.

Like true veterans we took it on the chin and thankfully our second team was able to score points for the Club.

As at 17.6.95. we were in fifth position for the overall club championship; ahead of University and just behind Melville. This is a great achievement and our "image" would be further improved if we had more vets running at AAWA events - it costs only \$27.00 to register and interested members should contact

Duncan McAuley as soon as possible - the winter season continues until September 9, 1995.

Ivan Brown

**THE AGE GROUP PROBLEM**

The age of entry to the WAVAC was set at the 1994 AGM at 35 years old for men and women. The Committee was also given the power to accept associate members.

Problems with the application of these direction were discussed at the 1995 AGM. It was decided that a special general meeting would be convened to finalize the matter. The problems raised are outlined below so that all members can have the opportunity to express an opinion before the decisions are made.

In 1994 the ages for membership for men and women were set at minimum of 35 years. This eliminated the previous discrepancy between men and women. The terms for Associate Membership were not defined and with the passage of time the reasons for the creation of this category have become unclear, with some mutually exclusive ones. It is not possible now to confirm or contradict any of them.

Problems have arisen because entry to the national Championships is open to 30 to 40 year old men and women, but membership of a veterans club is necessary. In WA we have athletes in these age groups who wish to compete in the Nationals. This year the Committee used the Associate category of membership to allow the entry of a 30 to 34 year old to enable them to compete Nationally.

This raises the conflict with the age eligibility laid down at the AGM though the Committee acted in good faith assuming that the Associate Membership was created as an escape mechanism for just this eventuality.

As we have problems with the interpretation of this section of the Constitution it must be sorted out and in such a way that its meaning is quite clear, and the intentions not open to different interpretations. As

it costs \$70 to \$80 each time the Constitution is altered we need to get it right this time.

So the problems are:

- a) We have age group entry set at 35 for men and women,
- b) National Championship entry is set at 30 and required veterans club membership.
- c) We have an undefined membership category of Associate.

Possible solutions are:

1. Keep membership entry at 35, this will deny Western Australian 30 to 40 year old the chance to compete.
2. Lower membership entry to 30, this will raise the question of how low do you go and still remain a veteran.
3. Use the Associate category for those wishing to compete at Nationals only. This really is the same as 2 above.
4. Define what an Associate member is (I cannot help you here as I do not know).
5. Remove the Associate category.

What it boils down to really is a decision between 30 or 35. Your input and comment is sought so that we can make a reasoned decision when the General Meeting is convened.

To give focus to the discussion I already have a motion that the age qualification remains at 35. There is nothing yet on the Associate membership. - **Bob Fergie, Secretary.**

**DISTURBING NEWS FROM  
THE A.A.W.A. - AGM**

The sport of athletics in Western Australia has suffered a decline in the last 10 years and this is no more evident than in the reports given and tabled at the A.A.W.A. Annual General Meeting, held on 5th July 1995.

Graeme Wishart, the Association Treasurer, reported a deficit of \$46,630 for the season 1994/95 despite a better than expected return from the Optus Grand Prix and the

strategic measures implemented in an attempt to contain the deficit during this period. It appears that the deficit can be attributed to the lack of Government funding, an increasingly difficult sponsorship market and the static membership.

In addition, the unfilled positions on the Board of Management have created further administrative pressures in these difficult times.

The Association feels that it has reached the crossroads of its existence and can no longer consider running with any further deficit. Continuation of the management of the Association depends on a broad base of membership and statistics were presented to the delegates showing a gradual decline to the point where the total membership is at one of the lowest points in the history of the Association. A programme of drastic cost reductions is therefore to be considered together with a gradual increase in membership fees over the next few years.

The Association will address the problems associated with the lack of Government and Sponsorship funding. However, it is the individual Clubs which have been specifically requested to boost membership of the Association purely to increase funds. In return the Association is proposing a wider competition programme.

The message to the individual clubs from the Association is clear. -

It is a boost in membership that is required, quite simply, more members means more funds.

If you are thinking about registering then do it! If you are hesitating about re-registering again, please think carefully because it is proven that the membership drop can be partly attributed to the fact that 50% of athletes do not re-register for the next season.

As Vets, let us try and help with the temporary (hopefully) situation.

Speak to our A.A.W.A. Registrars, Val Prescott or David Carr. - Dave Wyatt, Delegate Nominee.

**AUSTRALIAN ASSOCIATION  
OF VETERANS ATHLETIC  
CLUBS  
TRACK & FIELD  
CHAMPIONSHIPS  
PERTH APRIL 5, 6, 7, 8, 1996**

The 1996 Championships will be conducted by the WA Veterans Athletic Club at the Perry Lakes Stadium and environs. All Veteran Athletes are invited to compete in this event and to visit and enjoy the many attractions in Perth and Western Australia.

Only Australian residents can win an Australian title. An overseas visitor will be given an appropriate award if they gain a place in an event. The first three Australian residents will receive the relevant positions and awards.

**Entries**

Entry forms will be available later this year from your State Secretary. Queries or requests for entry forms should be addressed to:

**WAVAC PO Box 1377  
Subiaco, WA 6008.**

A dinner dance will be held on Sunday April 7.

Details of accommodation, tours and sightseeing will be available later on request.

**LIST OF EVENTS**

**Women**

80m Hurdles W40+  
100m Hurdles W30-39  
300m Hurdles W50+  
400m Hurdles W30-49  
100m  
200m  
400m  
800m  
1500m  
5000m  
10,000m  
10,000m Cross Country  
2000m Steeplechase  
5000m Track Walk  
10,000m Road Walk  
Long Jump  
Triple Jump  
High Jump  
Pole Vault  
Shot Put

Discus Throw  
Javelin Throw  
Hammer Throw  
Pentathlon  
Weight Pentathlon  
**Men**

800m Hurdles M70+  
100m Hurdles M50-69  
110m Hurdles M30-49  
300m Hurdles M60+  
400m Hurdles M30-59  
100m  
200m  
400m  
800m  
1500m  
5000m  
10,000m  
10,000 Cross Country  
2000m Steeplechase M60+  
3000m Steeplechase M30-50  
5000m Track Walk  
10,000m Road Walk M60+  
20,000m Road Walk M30-59  
Long Jump  
Triple Jump  
High Jump  
Pole Vault  
Shot Put  
Discus Throw  
Javelin Throw  
Hammer Throw  
Pentathlon  
Weight Pentathlon

**ATTENTION ALL  
RACE DIRECTORS**

Could you please send to Bob Sammells a map of your course that you are organising.

The Club is currently looking at producing bound copies of all courses for members.

**ROSIE O'GRADY'S  
FUNCTION PRESENTATION**

September 24, 1995 12.30pm  
All tickets selling fast - see Jackie Billington if you would like to attend. Ph: 279 8679

**CLUB CROSS COUNTRY  
CHAMPIONSHIPS  
JORGENSEN PARK  
July 9, 1995**

Cool, clear, sunny weather and lack of any wind made for near-perfect conditions for this year's Championships. These, and some familiarity with the course, paved the way for some of the very good times that were recorded.

The Championships were run over last year's new course and, for the second year in a row, were accident-free.

Given the safety factor, and a course with a similar degree of difficulty to the old one, the Club would be wise to keep to this course for the next few years at least.

David Reid was the first man home overall. Second was Jacquie and Vic Beaumonts' son Simon, a visitor, and third, in another superb performance, Mike Cousins. For the women, Jill Chambers lead the way in followed by Barbara Wilson, Maxine Santich, and Margaret Birks, who seems to be on the comeback trail.

It was great to be able to welcome Barbara and others from Albany; John and Trudy Bocian with daughter Tracey, who ran one lap of the course, and Kath and Basil Worner. We hope to see a larger contingent next year.

I decided to take last year's winning times as inaugural course records. (See N/L 255.) As can be seen, quite a few were broken. If Dennis Miller had had another couple of cornflakes for breakfast, he might be the sole owner of the M55 mark, instead he shares it with Gerry Chase.

Our thanks to all who assisted the Committee with this event. Firstly, Maurice Johnston who kindly marked the course the night before and then checked that the flags were in place on Sunday morning. Then Jackie Halberg as Starter and helper at the Finish, Timekeeper Vic Beaumont, Fred Hagger on the place numbers, and Recorders Maureen Pomery and Pat Miller.

**Bob Sammells**

PS: Special thank you to Bev Thornton, Sue Danby and many others for helping

in the kitchen - also to all the men who helped with the washing up!

**RESULTS**

**8.6K Run**

John Bocian	M40	35:15
Doug Hazel	M40	37:43
Greg Duncan	M40	42:58

David Reid	M45	32:45R
Bob Thomson	M45	36:50
Peter Hill	M45	38:28
Brian Danby	M45	42:16
Brian Bennett	M45	43:41
Stuart Parkinson	M45	45:45

Bert Carse	M50	34:40
Bob Schickert	M50	35:00
Ivan Brown	M50	35:57
Paul Martin	M50	40:37
Ron Hillis	M50	44:01
Tony Speechley	M50	44:41

Dennis Miller	M55	37:06=R
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Mitch Loly	M55	38:08
Bob Sammells	M55	38:44
Joe Stickdes	M55	39:34
Graham Thornton	M55	41:21
John Pellier	M55	42:26
Peter Airey	M55	43:19
Mike O'Reilly	M55	43:24
Merv Jones	M55	45:16
Alan Chambers	M55	45:39
Richard Harris	M55	46:18
Keith Forden	M55	48:26
Shorty Turner	M55	52:45

Mick Cousins	M60	33:33R
Dick Blom	M60	37:20
Robin Bonner	M60	40:04
Basil Worner	M60	41:00
John Russell	M60	49:02

Kirt Johnson	M65	51:31R
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Barbara Wilson	W40	38:27R
Maxine Santich	W40	39:17

Jill Chambers	W45	35:48R
Margaret Birks	W45	40:51

Peggy McLiver	W50	43:36R
Rosa Davis	W50	54:56

Ann Turner	W55	47:52R
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Simon Beaumont	VIS	33:22
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**2.87K Run**

Joan Pellier	W55	18:28
Judy Hill	W45	21:17
Margaret Ward	W50	22:57
Lynne Schickert	W50	24:19
Pat Ainsworth	W55	24:52
Tracey Bocian	VIS	14:56

**5.74K Run**

David James	M40	23:57
Vic Waters	M50	25:30
John Stone	M40	31:22
Heather Sanderson	W45	31:26
Norm Miller	M60	33:14
Cathrin Holland	W35	33:31
Lorna Lauchlan	W65	37:56
Rowena Narbey	VIS	28:36
Jim Thomas	VIS	30:10

**CHEATS OF LONDON CHASED**

**LONDON** Marathon organisers are still painstakingly sifting through "cheats" in search of the athletes who earned veterans' awards.

Unconfirmed reports suggest irregularities surrounding as many as 50 percent of those originally listed in provisional age group top 10's printed in *Athletics Weekly* immediately after the race.

A spokesman said last week: "When the full and ratified lists are published some age categories will be completely different for a number of reasons".

He cited:

- Men running with women's numbers and vice versa.
- Younger athletes running in older runners' numbers.
- Incorrect age or sex given on the entry forms, or incorrectly keyed by the race agency.
- Cheats who have not completed the full distance.

"The last category are the worst offenders," added the official. "They take more time to 'sort out' which is why we are only just completing our results.

"We'd like to make these presentations on the day of the race, but we think everyone will agree it's better that we present the awards to the real winners rather than the cheats."



## NORTHAM COMMUNITY GIFT

The Northam Gift will be held Sunday October 29 at the Northam Jubilee Oval and we would like to extend an invitation to you to join us at this event.

Further to your previous discussion with Robyn Larkin, we welcome the suggestion that you kindly agree to run a veterans athletics carnival as part of our celebrations.

We look forward to discussing this prospect with you and your further comments on this matter.

Yours sincerely

Diane Stockden

Secretary

PO Box 294

Northam WA 6401

*See Brian Foley as soon as possible if you would like to help organise or participate*

## THE ORIGINAL AND STILL THE ONLY AUTHENTIC TRIATHLON STORE IN WA

Bob and Jan have a wealth of experience in fitting running shoes, gained over 16 years. Bob has completed each of the 16 Perth Marathons without any injury problems - he must be doing something right!

Phil's years of triathlon experience (including the ultimate - the Hawaii Ironman) and being an accredited Level 1 Triathlon Coach ensures correct bike setup and training advice.

For any of your triathlon requirements, remember - **Runner's World** offers genuine "old fashion" service.

NO GIMMICKS, just honest to goodness advice, based on priceless experience.

*Perth's specialist running & triathlon store*

# Runner's World

**OPEN 7 DAYS**  
5 Fitzgerald Street, Perth  
227 7281

## WHAT MAKES ME TICK!

You may not believe this, but I have been asked to present a short article title "What makes me tick!"

Self Awareness!

That's what makes me tick!

Knowing who I am, what I am capable of doing - and doing it!

It isn't arrogance, conceit, vanity nor an attitude of mental or physical superiority.

It is "Self Awareness" and I recommend you to cultivate and apply its influence in your everyday life.

It means setting yourself attainable goals which are just beyond your present ability and slightly beyond the limits of the horizons which other people tend to set for you.

Goals of this nature demand commitment and dedication to attain. Therefore, you must make the effort and, in doing so, you become aware of yourself and your capabilities.

Success is defined as "The progressive realisation of a worthy ideal".

Set yourself worthy ideals, progressively work towards their attainment and you are immediately a successful person at peace with yourself within the aura of "Self Awareness".

Give yourself time in which to contemplate this assertion:- "We can control our thinking and we become what we think about."

What do you really think about?

The choice is yours!

Go for it!

Arthur Leggett

*We asked Arthur (M75) to write these notes on hearing he was training to take part in the Avon Descent in a kayak.*

Ed

"MOST people in their late 70's are usually making a weekly trip to the

senior citizens' club or playing a quiet game of lawn bowls.

But not Arthur. The sprightly 76-year old was in serious training for the Avon Descent, honing his white water skills and readying his canoe.

Arthur is expected to be the oldest competitor in this year's event and he will be competing as a member of Ascot Kayak Club. One of his colleagues is a 64-year old woman.

Arthur decided to get fit and stay that way after spending four years in a prisoner of war camp.

He recently completed the half-marathon at Bunbury, but because of knee trouble decided to concentrate on canoeing.

Arthur's eyes light up when he talks about being on the water. "I love kayaking, it's a buzz," he said. "But because I'm older I haven't got the skills of the younger people. I've had to develop my own techniques for white water which involve taking a deep breath screaming 'Geronimo!' paddling like hell and hoping I'll come out the other side in one piece."

Arthur hopes his story will encourage other mature-aged people to get involved in active leisure pursuits.

But said he was one of hundreds who deserved recognition for their efforts. "I'm not unique at all," he said.

"My philosophy in life is to keep aiming for goals which are just beyond your reach."

*Excerpt from local community newspaper*

## FRIENDS

Have you ever wondered why grandparents and grandchildren get along so well?

They share a common enemy.

**MILL POINT ROAD  
CHAMPIONSHIP RACE -  
16.7.1995**

Beautiful day after all the rain and wind.  
Thanks to all helpers: Dick Horsley, Leo Hassam, Lyn and Barry Weatherburn, Bev Thornton, Maureen Pomery, Wayne Pantall, Fred Haggart and Roma Bettles  
*Lynne and Bob Schickert*

<b>M40</b>	
Warren GEE	37.09
David WILLMER	38.21
David JAMES	38.42
Milton MAVRICK	47.18
Dan O'DONNELL	53.28
<b>M45</b>	
Duncan McCAULAY	36.42
Ralph HENDERSON	36.55
Jim KLINGE	37.21
Lewis ARNDT	41.02
Brian DANBY	41.41
Michael ANDERSON	44.25
Michael BLOORE	45.53
Robert REECE	47.56
Stuart PARKINSON	49.35
<b>M50</b>	
Dave ROBERTS	39.07
Ivan BROWN	39.46
Graham THORNTON	41.08
Jim BARNES	41.48
Bob HARRISON	43.15
John BELL	44.12
John PRESSLEY	45.04
Roger WALSH	46.12
Ron HILLIS	46.27
Jim GREENFIELD	46.49
Tony SPEECHLEY	47.23
Arnold JENKINS	52.41
<b>M55</b>	
Don CAPLIN	40.55
Bob SAMMELLS	42.15
Bill CRANE	42.26
Joe STICKLES	43.08
John PELLIER	45.13
Peter AIREY	46.20
Maurice WARREN	48.46
Ron POTTER	48.52
Aldo GIACOMIN	49.06
Richard HARRIS	49.58
Alan CHAMBERS	50.02
Merv JONES	50.27
Keith FORDEN	51.15
Shorty TURNER	51.52
<b>M60</b>	
Dick BLOOM	41.22
Robin BONNER	43.54

John SMITH	50.43
George PEET	50.49
Dave HOUGH	52.36
John RUSSELL	55.19
Norm MILLER	57.49
<b>M65</b>	
Stan LOCKWOOD	45.30
Ray LAWRENCE	49.56
Vic BEAUMONT	50.11
Kirt JOHNSON	56.20
<b>W35</b>	
Tessa BROCKWELL	39.19
<b>W40</b>	
Nina GREENFIELD	46.47
Helen LYSAGHT	47.57
Irene FERRIS	52.40
<b>W45</b>	
Heather SANDERSON	52.40
Jackie HALBERG	57.11
Valerie MILLARD	57.46
<b>W50</b>	
Margery FORDEN	46.19
Peggy MacLIVER	47.59
Rosa DAVIS	59.46
Jackie BILLINGTON	63.41
Phyllis FARRELL	68.46
<b>W55</b>	
Ann TURNER	50.42
Joan PELLIER	56.51
Mary HEPPELL	65.03
<b>WALKERS</b>	
<b>M45</b>	
John MISON	58.55
Peter JOHNSON	59.29
David BROWN	64.31
<b>M50</b>	
Paul MARTIN	58.55
<b>M55</b>	
Barrie THOMSETT	68.36
<b>M60</b>	
Bob FERGIE	66.58
Alan POMERY	77.18
Jeff WHITTAM	81.52
<b>M75</b>	
Fred WATSON	84.55
<b>W45</b>	
Michelle MISON	73.38
Jill MIDOLO	73.38
<b>W50</b>	
Wendy CLEMENTS	71.51
<b>W55</b>	
Dorothy WHITTAM	71.50
Pat MILLER	78.55
<b>W60</b>	
Val WHEELER	82.26
<b>VISITORS</b>	
Alan JENNINGS	44.19
Paul ARTHUR	44.31

**REFLECTIONS ON  
'good old days'  
of contentment**

We met and married a long time ago,  
We worked for long hours when wages were low,  
No TV, no wireless, no bath, times were hard,  
Just a cold water tap, and a walk in the yard.

No holidays abroad, no carpets on floors,  
We had coal on the fire and we didn't lock doors,  
Our children arrived, no pill in those days,  
And we brought them up without state aids.

They were safe, going out to play in the park,  
And old folk could go for a walk in the dark,  
No valium, no drugs, and no LSD,  
We cured most of our ills with a good cup of tea.

No vandals, no muggings, there was nothing to rob,  
We felt we were rich with a couple of bob,  
We had contentment in so many ways,  
People were happier in those far-off days.

Milkman and paper boys would whistle and sing,  
A night at the pictures was our one mad fling,  
We all got our share of trouble and strife  
We'd just have to face it, that was the pattern of life.

Now I'm alone I think back through the years,  
I don't think of the bad times, the trouble, the tears,  
I remember the blessings, our honours and our love,  
And that we shared them together, I thank God above.

AN OLD TIMER

**WATER IT DOWN**

An average person requires 6 to 8 glasses of water a day to remain properly hydrated and at least 12 glasses when training.

## VETS DISTINGUISH THEMSELVES IN MARATHON

Many Veterans ran heroically to complete the 42.2K Perth Marathon on July 27. John Pellier (M55) completed his 15th marathon, 3:31:09, and immediately asked Keith Forden "Where's my beer?" Dennis Miller (M55) completed his tenth marathon, 3:25:19, and Ivan Brown (M50) completed his first, 3:28:56.

We mention these because Ivan won a pair of running shoes as a spot prize and John and Dennis won awards because of the number of marathons they have completed.

It wasn't all ecstasy. Vic Waters crossed the finishing line suffering from leg cramps. He was immediately transferred to the first aid tent, where lying on a camp bed, his wife holding his hand and Maxine Santich massaging his calves, he received the congratulations of friends in a silent agony.

John Bell lay outside on the grass while he mustered the strength to eat a piece of fruit. John (M50) ran a 3:34:18, which was a significant improvement on his times in the last two marathons.

Margery Forden (W50) once again demonstrated the benefits of steadfast effort, persistence and careful training to win gold in 3:40:52, despite a spectacular blister which occurred through sock creep and needed medical attention.

Joanne Ormsby (W45) won gold with 3:35:04; Sally Vaughan (W35) was the first woman home in 3:08:29, and Jennifer Chinnock (W40) won gold with 3:31:42.

Other achievers were Yiannis Kouros (M35) 2:42:56; Alan Gower (M40) 2:45:20; Ross Parker (M45) 2:41:07; John Davies (M50) 3:16:15; Takis Kovlis (M55) 3:03:03; and Robert Roberts (M70) 4:27:51.

After the dreadful weather conditions for our 25K a few weeks ago, everyone was eagerly waiting to see what marathon day would bring. The week leading up to it was wet and windy. But luck was with us as it gave way to cool and overcast skies.

Richard Harris attended the presentation function at the Marathon Club premises in the afternoon on behalf of the WAVAC. He congratulated all finishers and presented gold medals in the veterans age groups.

Outside in the carpark, he congratulated the mother of Andrea Sopolinski (W35), fourth woman home in 3:25:18, which was third in her age category. Andrea lives at Allanson, via Collie, and does most of her training solo. It was an excellent effort. Richard also congratulated the WA Marathon Club President Robert Braid (M45) who ran 3:48:12 on Robert's personal performance and for the excellent arrangements made by the Marathon Club for an event which is our Veterans Open State Championship Marathon. Robert has run all Perth's marathons. He was on his feet all afternoon - looking as fresh and as good natured as ever - chairing the presentation ceremony.

### RESULTS (Club Vets only)

Gareth Brunt	3:03:44
Mark Rosen	3:19:52
Dennis Miller	3:25:19
Jim Barnes	3:26:52
Ivan Brown	3:28:56
John Pellier	3:31:09
Raymond Attwell	3:33:20
John Bell	3:34:18
Paul Kelly	3:36:15
Bob Schickert	3:38:44
Margery Forden	3:40:52
Brian Danby	3:51:50
Vic Waters	3:55:50

### WHAT A GOOD IDEA!!

Dear Richard

Newsletter editors are always chasing members for articles, and I am sure that you will be no different, so how about this for an idea. start up a regular column of "My Favourite Run".

Every member must have one, (or more), so there are a few hundred potential articles out there for the asking. The run can be a training run or a race and I am sure the series would be of interest to all members, it might give people the idea for a new run of their own, or even encourage someone to try a new race.

To start the ball rolling, I attach a couple of favourites of my own, one training and one race, you can use as you see fit.

Happy running - John Pressley

### MY FAVOURITE TRAINING RUN

This was a hard one to pick with so many good, lightly trafficked routes available around Perth, but in the end I chose one which has a bit of everything. It is a lunchtime, (long lunch!), run from work in East Perth up into King's Park, and do combines the joys of the Swan River, King's Park and especially, a refreshing break from work!

The distance is anything from 13 to 17km, depending on the start/finish. From Main Roads in East Perth, by the Old Cemetery, the safest, and longest way is around the back of the WACA and Trinity, and so onto the cycle path. The reasonably safe, middle route is via the underpass by the WACA, over the Adelaide Terrace footbridge, and carefully across Riverside Drive. The short, kamikaze way is straight down Plain St and dice with death at all the traffic lights.

Anyway, the result is the same, a nice run along the cycle path by the river, around Union Jack Square, through the Narrow Interchange, over Mt Eliza footbridge, and...., up the dreaded Heart Attack Hill. Never mind, it is not very long, even though it is B#@\*!! steep. Turn left just before the top onto a nice level bitumen path. This takes us along to "The Guns", and chance for a drink, and to turn around if we really must get back to work.

Then follow the edge of the escarpment on a nice, rolling, but overall descending path. Grass first of all, then slabs. Almost down to Park Rd, then cut up right onto another slab path which takes us all the way up to the Broadwalk.

Very deceiving little path this, always seems longer than you remember it, but it has a good gradient if you feel like pushing it a bit.

This brings us out onto the Broadwalk, fairly near the top, just a last hard effort and you are there. Then it is along to the Pioneer Woman fountain, a bound down the grass, through picnicking children and canoodling couples and we rejoin our outwards route.

You can find your own way back now. Along through the gardens, down The Hill, (sometimes worse than coming up!), and back along the river, hopefully with a nice sea breeze to help you along and cool you off. The only bleak spot on the horizon is that then it is back to work!! - John Pressley

**YOU DESERVE A NEW SHIRT!**

(Remember - Club singlets must be worn at our State Championships)

Gold with black trim with the club badge on left side @ \$15.00.

Also the club black and white singlets with club badge on left side @ \$15.00.

Tee-shirts which are grey this year with the three colour runner club logo on the front @ \$14.00.

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

Plus caps, visors in a range of colours @ \$5.00 and in cordouroy @ \$7.00.

Car stickers and iron-on badges @ \$2.50

**ORDER FORM**

Please Supply:

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

Post to: Club Treasurer, U2/65 Campion Avenue, Balcatta WA 6020

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

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APPLECROSS WA 6153



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**HAPPY BIRTHDAY TO OUR AUGUST MEMBERS**

FISHER,	03/08/46	49 remains W45
WEST, JOHN	03/08/49	46 remains M45
MIDOLO, JILL	05/08/47	48 remains W45
WHITTAM, JEFFREY	05/08/34	61 remains M60
MORT, SIMON	06/08/56	39 remains M35
EYRES, TOM	07/08/46	49 remains M45
HENDERSON, RALPH	07/08/48	47 remains M45
McRAE, EVAN	07/08/49	46 remains M45
DANBY, BRIAN	08/08/48	47 remains M45
MASLEN, TED	08/08/35	60 becomes M60
CARSE, ALBERT	08/08/41	54 remains M50
LANGFORD, JAMES	12/08/44	51 remains M50
LLOYD, GEOFFREY	13/08/47	48 remains M45
HUGHES, WILLIAM	15/08/27	68 remains M65
KELLY, MAX	15/08/46	49 remains M45
STONE, MARGARET	17/08/42	53 remains W50
KELLY, PAUL	28/08/53	42 remains M40
BENNETT, BRIAN	28/08/47	48 remains M45
NAPIER, FREDERICK	28/08/25	70 becomes M70
RICHARDS, NORMAN	29/08/37	58 remains M55
SANDERS, SUSAN	29/08/53	42 remains W40
ARNDT, LEWIS	29/08/49	46 remains M45
BAUMANN, BETTY	30/08/12	83 remains W80
WALDHUTER, GLENYS	17/08/43	52 remains W50
MEDCALF, GORDON	19/08/29	66 remains M65
TURNER, CEDRIC	19/08/35	60 becomes M60
MARTIN, KEITH	21/08/43	52 remains M50
FLANDERS, MARGARET	21/08/36	59 remains W55
EVANS, PETER	23/08/51	44 remains M40
WALLADGE, DAVID	23/08/49	46 remains M45
MISON, MICHELE	24/08/47	48 remains W45
STINGEMORE, ANN	31/08/52	43 remains W40

**HAPPY BIRTHDAY TO OUR SEPTEMBER MEMBERS**

PETERS, RICHARD	03/09/39	56 remains M55
THOMSON, ROBERT	03/09/47	48 remains M45
WORNER, BASIL	04/09/31	64 remains M60
SANDERSON, HEATHER	04/09/49	46 remains W45
BETTLES, ROMA	06/09/49	46 remains W45
O'DONNELL, DAN	06/09/50	45 becomes M45
STONE, JOHN	07/09/52	43 remains M40
BEAUMONT, JACQUELINE	08/09/36	59 remains W55
LEGGETT, ARTHUR	08/09/18	77 remains M75
BIRKS, MARGARET	09/09/46	49 remains W45
DAVIS, ROBERT	11/09/38	57 remains M55
STOFFERS, MARGARET	11/09/43	52 remains W50
HOLLAND, CATHRIN	12/09/56	39 remains W35
SCOTT, DAVID	12/09/47	48 remains M45
KENNEDY, BRIAN	14/09/33	62 remains M60
ALDRICH, BRIAN	16/09/30	65 becomes M65
HAYRES, ROBERT	16/09/31	64 remains M60
BLOM, DICK	19/09/33	62 remains M60
PANTALL, WAYNE	19/09/52	43 remains M40
WILSON, BARBARA	19/09/51	44 remains W40
WHALAN, ROGER	20/09/41	54 remains M50
DAVIES, DENISE	23/09/43	52 remains W50
WARREN, MORRIS	24/09/37	58 remains M55
HOWAT, JEANETTE	24/09/54	41 remains W40
BANYARD, ROS	25/09/46	49 remains W45
SPENCER, JOHN	26/09/36	59 remains M55
McAULEY, DUNCAN	28/09/49	46 remains M45
WILTSHIRE, PAULINE	28/09/42	53 remains W50
WARD, MARG	28/09/41	54 remains W50
LOCKWOOD, STANLEY	29/09/29	66 remains M65
O'REILLY, MIKE	29/09/39	56 remains M55
USHER, FRANCIS	30/09/23	72 remains M70
CHAMBERS, ALAN	30/09/37	58 remains M55

