



# The Vetruns



No. 287 August 1997

Patron: Bill Hughes

President: Brian Foley

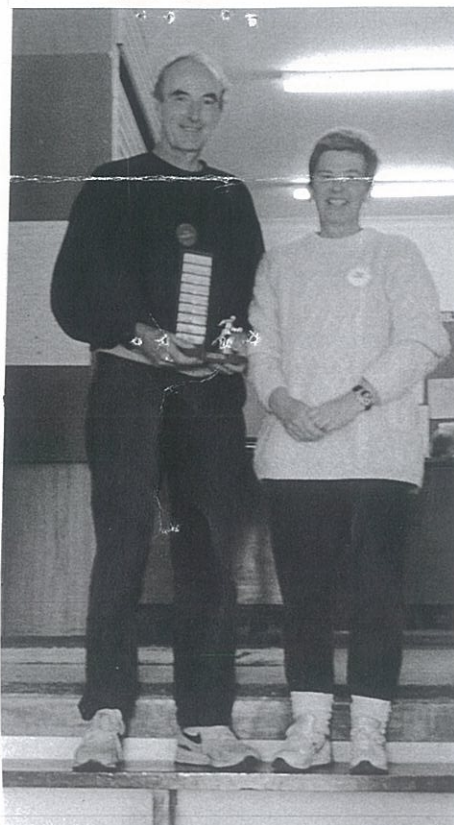
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## 1997 PERTH MARATHON WINNERS RAY BROWN AND ANNE SHAW



**RUNNING MATES  
MIKE AND LIZ KHAN**

Richard Harris winner of the new Ted Maslen trophy presented by Sheila Maslen at Jorgensen Park (see page 3)



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### MAGNIFICENT MAIDEN MARATHON

Antoinette Shaw made an excellent entrance to the Perth marathon scene at the People's Marathon in July when she ran her maiden marathon in 3 hr 01 min 19 sec. Ann was the first woman home, 19th overall and a clear winner of the gold medal in the W45 bracket.

She had been running about 85 km per week in training, including speed sessions and four hours of water running for strengthening purposes.

Her longest training runs were 21 km.

Ann told The Vetrun that she approached the run firmly convinced that the key to success was to run within herself and not blow it away with too fast a pace in the early stages. She had no bad moments and finished comfortably but the next morning was so stiff she could barely put on her socks. Ann spent the post-marathon day doing housework and cleaning windows, to give herself a recovery break.

Other Vets who won gold in their age brackets were Janet Kelly (W40) in



3 hr 07 min 57 sec; and Cecil Walkley (M65) in 3 hr 52 min 34 sec.

Other club members to be congratulated for heroic performances were:

Prabuddha Nicol	(M40)	2:59:00
Wayne Robinson	(M40)	3:05:52
Gareth Brunt	(M45)	3:11:12
Susan Prewett	(W40)	3:12:35
Jim Barnes	(M50)	3:23:10
Dennis Miller	(M55)	3:26:00
John Pellier	(M55)	3:27:11
Lawrie Nevin	(M55)	3:30:13
Desmond Mallon	(M45)	3:35:00
Wendy Duncan	(W45)	3:53:01
Mick Malone	(M45)	3:58:15
Susan Sanders	(W40)	3:59:32
Peter Sanders	(M50)	4:18:51
Bob Schickert	(M55)	4:25:27
Arnold Jenkins	(M50)	4:39:09
Lyn Boucher	(W50)	5:02:42

Robert Braid, from Runners World, completed yet another marathon - he's done every one since they started. He finished in 5:16:50 and plans to see us all at the start- and the finish - next year. Runners World supplied us with the results.

Congratulations to all those who ran. Through The Vetrin, The Club salutes you. Well done.

**Richard Harris.**

*Footnote from Jackie Halberg*

### Marathon helpers

The Vets manned two drink stations. Thanks to Pat and Norm Miller and Ann and Shorty Turner at the Strand at Applecross, Dick Blom, Richard Harris, Jenny Barnes, Ernie Moyle and Brian Palmer at the South Perth foreshore.

Brian Foley set up a clock at the halfway mark, and Jackie Halberg started two watches at the Relay start and delivered one to the Raffles change-over area, and the other to Point Walter.

Brian also presented medals to the winners of the Veterans categories at the after- race function.

### WELCOME NEW MEMBERS

Mike Hale	M50	23..4.47
Dave Howard	M30	16.8.66.

## RUNNING MATES

**Meet this month's mates in running Mike and Liz Khan. Liz was born in Cleadon Village, Country Durham and Mike in Sheffield, UK.**

Liz went to a private school where girls didn't play sport, the only exercise being jumping over the washing line in the back yard. Mike played soccer and cricket and ran for two years with Sheffield United Harriers.

Liz came to Australia in 1971 with a friend for a two year working holiday and went to Melbourne. Mike left the UK in 1972 but went to New Zealand.

They met in Port Hedland Hospital when Liz was working her way around Australia and Mike was painting at the hospital.

The Khan's have two children a boy 21 and a girl 18. They joined the Vets in 1981.

**Joan Pellier**

#### Occupation:

Mike - Painter

Liz - Nurse. (Since the age of ten Liz had always wanted to be a nurse).

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

Mike - Dereck Hoye had put a notice about the Vets on the notice board of the Midland Railway Station.

#### What they like about the Vets:

Mike - The lay back attitude and the comederie.

Liz - The friendship.

#### Favourite distance:

Mike - 10K and Half Marathon

#### Any changes to the Vets:

Mike - Need to attract some younger runners and would like to see more of the newer members helping.

Liz - None

#### Favourite run:

Mike - Enjoys all the runs.

Liz - Any McCallum Park run where Liz can bring their dog. The dog is also Mike's training/running mate.

#### Favourite food:

Mike - Fish and chips.

Liz - Roast dinner

#### Ambition in running:

To stay fit.

#### Most pleasing performance:

Mike - 83mins for the Club Half Marathon a few years ago.

#### Hobbies:

Mike - Cricket umpire in local competition.

Liz - Reading and sewing.

#### Favourite TV programme:

Mike - Any sport

Liz - All Creatures Great and Small.

#### Favourite movie:

Mike - Star Wars or any adventure film

Liz - Gone With the Wind.

## DARLINGTON DASH 8/6/97

**The day dawned a rainy one so it was pleasing to have 53 runners up in the hills for the annual "Husband and Wife" Dick Horsley trophy Darlington Dash.**

It was made easier for the helpers with the use of the Darlington Hall for shelter. Many thanks to Kylie James and Olive (for help with the scones) and Mike Cousins, nice to see him again also Liz and Mike Khan, Milton Maverick, Joe Stickles and Fred Hagger, Sascha James and to the gentleman who helped with the timing when the machine decided to go on strike! A special thanks to Pat Miller for once again looking after the water stop, Mahogany Creek.

Congratulations to Jan and Paul Kelly on winning the event in a combined time of 1:40:23, second was Joan and John Pellier with a time of 2:01:11 and third was Margaret and Brian Bennett in 2:08:16 with Ann and Shorty Turner coming in fourth with a time of 2:39:02.

#### David James

#### 8K

Paul Kelly	M40	33:04
Hugh Kirkman	M55	34:25
Frank Gardiner	M55	34:59
Jim Riddell	M55	39:20
Peter Airey	M60	40:01
Shirley Bell	W45	43:02
Delia Baldock	W35	43:03
Joan Pellier	W55	45:07
Kirt Johnson	M65	45:08
Ray Lawrence	M65	48:18
Suzan Brand	W50	48:37
Mary Heppell	W55	53:27
Margaret Bennett	W55	53:35
Shorty Turner	M60	69:13

#### 16K

David Bishop	M40	60:24
John West	M45	60:59
Tim Bromhead	M35	62:49
Ann Shaw	W45	63:41
Jim Klinge	M50	64:55
Gary Fisher	M45	66:19
Gareth Brunt	M45	66:21
Jan Kelly	W40	67:19
Dave Roberts	M50	67:38



Vicente Carrero	M50	67:54
Don Caplin	M55	68:50
Byn King	W35	70:17
Ian Lankester	M45	71:34
John Carpenter	M50	71:50
Robert Mair	M45	72:12
Bob Sammells	M60	72:51
Mitch Loly	M55	73:00
Brian Foley	M50	73:08
Keith Atkinson	M40	73:22
Kevin Corten	M50	73:33
Brian Bennett	M45	74:41
John Pellier	M55	76:04
Graham Thornton	M55	76:13
Simon Mort	M40	81:28
Dalton Moffett	M65	83:29
Richard Harris	M60	84:15
Vic Beaumont	M65	84:19
Jenny Barnes	W45	84:28
Barbara Atkinson	W45	87:19
Merv Jones	M55	87:19
John Russell	M60	88:01
Norm Miller	M65	88:35
Ann Turner	W60	89:49
Jackie Halberg	W50	94:16
<b>8K Walk</b>		
Pat Ainsworth	W60	65:40
Alan Pomery	M65	66:01
<b>Visitor</b>		
David Howard	8K	38:58
Vivien Lok	8K	60:11
Michael Hall	16K	72:51

## OF COURSES & DISTANCES

I copped a bit of flack at the recent Uni & Back 15 km event from people who were upset that I had altered the course from previous years, so I thought I had better put down my reasons and see what feedback I get.

I measure courses using my bike computer. I have calibrated this against WAMC marks for the Perth Marathon, the "standard" round the bridges 10 km and two 16 km cycling time trial courses. It is within fractions of 1% for all. I always recheck before measuring a course, and I always measure twice. I am therefore fairly confident in my measurements.

For the Uni & Back I measured the course carefully and reckoned it was 500m short. As this is an out-and-back specific distance event (and part of the Road Racing Championship) and 300 m is a considerable distance in 15 km (1:12 at 4 min pace, 1:30 at 5 min etc), I felt that having the correct distance was important and lengthened the course accordingly. However, a

number of members were annoyed, as they like to compare times over the years on the same course to see if they are successfully fighting off the ravages of Father Time.

Really I think there is room for both points of view. Some "traditional" courses should be retained as they are, eg Teddy Birds, Friendship, Danby's, Cliff Bould etc; and others should be accurate, eg championship events, specific distance out and backs, even if it means some changes to existing courses.

Well, what is your opinion?? Bail me (or any committee member) up any Sunday am and gives us your opinion, so we can do what the majority want.

**John Pressley**  
Events' Co-ordinator

## RUN TO PARADISE

Some time ago a group called the choirboys released a song with the above title. It had a driving beat with words ideal for runners who like to hum a song while they run (I'm one of them). I guess we are all, in some sense, involved in a run to paradise.

Between 24 April - 24 June 1997, I travelled to USA and Canada with Penny and my daughter Sarah (19). Some places brought me as close to paradise as I'm likely to get, here is my best experience.

We arrived at Lake Louise, Alberta State, in Canada at about 5.00pm on an overcast day after a drive through the Rocky Mountains. The scenery was simply too spectacular for words. Snow still scattered on the road side and fir trees in the foreground were covered by rugged snow-clad mountains. We were lucky to get accommodation at "Paradise Bungalows", just 2K from Lake Louise.

My run for the next three mornings was a steep 2K climb by road to the lake, thread my way past tourists at the hotel which is on the edge of the lake, then continue around lake on earthen pathway; turned at 20 minutes to return via a higher trail which was muddy due to melting snow - moss covered fir trees provided a canopy overhead. It was

exhilarating to run on fresh snow and feel the crunch as my shoes touched down - (yes, I was flying!).

On the final 2K downhill on the roadside I would wave to the tour buses - what they thought of a skinny bloke in singlet and shorts, when it was 6°, it anyone's guess. A hot shower, relaxed breakfast in our cosy cabin and the feeling was - this is paradise.

**Ivan Brown**

## CLUB CROSS COUNTRY CHAMPIONSHIPS JORGENSEN PARK 20 JULY 1997

The committee organised the very successful cross country Club Championships over the testing course through Jorgensen Park in Kalamunda, followed by a hearty meal and social gathering, where close on 90 members and friends enjoyed a roast lunch.

The course was marked early Sunday morning by several of the committee, while Graham and Bev prepared the club rooms for the caterer.

The run follows the fairways of an old golf course, along several pathways leading down and across a creek, before climbing back to the start. There were three laps of a 2.9 km course for the race. The course had previously been modified to miss out on the steep winding track which had proved to be dangerous. However this also meant that the creek crossing was changed to a shallower site and was not as spectacular, nor as wet as in previous years.

Greg Vander Sanden led throughout the course and was a comfortable winner in an age record time of 30 minutes, 5 seconds. Anne Shaw won the women's section, also in a record time of 34:34, while other records were set by Ann Turner and Bob Schickert.

A special trophy presentation by Sheila Maslen was made to Richard Harris, the M60 winner. This trophy is in memory of Ted, who had many rivals in that age group, especially in cross country events, and will be competed for annually.

After recovering and cleaning up from the event, all enjoyed morning tea around the fire place, to be followed by the roast meal. Having the food prepared and served by a caterer allowed the normally hard working club members to relax more and enjoy the cross country as well as the social activities. I would like to thank all



the committee members and friends who helped to make this one of the highlights of the Club's calendar.

**Brian Foley**

**MEN 35**

Greg Vander Sanden R 30:05  
Blakeney Tindall 36:56

**MEN 40**

Keith Atkinson 40:32

**MEN 45**

Duncan McAuley 33:18  
Ian Lankester 38:44  
Brian Danby 39:39  
Brian Bennett 40:47  
Michael Anderson 41:43

**MEN 50**

Ivan Brown 37:16  
Jim Barnes 38:40  
Vic Waters 39:50  
Mike Khan 40:02  
Kevin Corten 40:24  
Arnold Jenkins 44:51  
Robert Reece 46:41  
Brian Palmer 49:06

**MEN 55**

Bob Schickert R 34:56  
Don Caplin 36:20  
Mitch Loly 40:13  
John Pellier 40:41  
Graham Thornton 43:28  
Mike O'Reilly 45:08  
Brian Smith 47:34  
Morris Warren 47:56  
Merv Jones 48:04

**MEN 60**

Richard Harris 43:40

**MEN 65**

Vic Beaumont 45:59  
Ken Whistler 46:37  
Norm Miller 50:00

**WOMEN 35**

Delia Baldock 52:24

**WOMEN 45**

Anne Shaw R 34:34  
Fiona McAuley 45:26  
Helen Lysaght 45:54  
Shirley Bell 47:34  
Wendy Duncan 48:44  
Jo Pearce 50:42  
Denise Lancaster 53:16  
Theresa Howe 54:07

**WOMEN 50**

Val Millard 49:07

**WOMEN 55**

Joan Pellier 52:42  
Pat Miller 58:01  
Margaret Bennett 60:17  
Lynne Schickert 64:38

**WOMEN 60**

Anne Turner R 49:33  
Margaret Warren 52:16

**1 LAP**

Sheila Maslen W55 21:47  
Lorna Lauchlan W65 21:55  
Jill Midolo W45 22:06  
Ernie Moyle M70Walk26:08  
Maureen Wilson W55Walk31:54

**2 LAPS**

Jeff Spencer M55 20:38  
Pamela Smith M55 Walk53:05  
Pat Ainsworth W60Walk 53:05

**3 LAPS WALK**

Ray Hall M60 53:57  
Maureen Vine W40

**VISITORS**

Richard MacPherson 33:26  
Ian Carr 2 laps 63:00

**AGE GROUP RECORDS AND HOLDERS**

M35 Greg Vander Sanden 30:05 (1997)  
M40 David Reid 32:02 (1994)  
M45 David Reid 32:45 (1995)  
M50 Jim Langford 30:29 (1996)  
M55 Bob Schickert 34:56 (1997)  
M60 Mick Cousins 33:33 (1995)  
M65 Robin Bonner 40:00 (1996)  
M70 Allen Tyson 55:17 (1996)  
M75 Arthur Leggett 50:33 (1995)  
W35 Marilyn Blair 37:56 (1996)  
W40 Barbara Wilson 38:27 (1995)  
W45 Anne Shaw 34:34 (1997)  
W50 Peggy MacLiver 43:36 (1995)  
W55 Anne Turner 47:52 (1995)  
W60 Anne Turner 49:33 (1997)  
W65 Lorna Lauchlan 55:39 (1995)

**TRACK AND FIELD MEETING  
Coker Park  
Saturday 12 July, 1997.**

A special meeting was held for New Zealand athletes who stopped off in Perth on their way to Durban for the World Veterans Championships. Organised by David Carr and Dave Wyatt, the event was a friendly affair. Some of our members took advantage of the off-season competition.

We hope the New Zealanders felt at home. At least the weather tried hard to make them feel welcome. It was a very chilly morning, and there was much stamping of feet among the officials to keep warm. Thanks to our members who were there to help, and to the New Zealanders, who, in true Vet spirit, lent a hand.

Special congratulations to Margaret Orman, who set a new New Zealand record in the W55 800 metres of 2:32.6. - Jackie Halberg

**100 metres**

Colin O'Brien M65 15.8  
Patricia Carr W65 16.1  
Marcia Petley W65 17.4

Hugh Coogan M60 12.6  
Norm Richards M55 12.7  
Lynne Choate W40 13.0  
David Newland M40 13.1

Laurie Malcolmson M45 11.4  
Mike Edwards M40 12.2  
Arnold Jenkins M50 14.3

**200 metres**

Laurie Malcolmson M45 24.3  
Hugh Coogan M60 26.9  
David Newland M40 28.6

Norm Richards M55 27.4  
Lynne Choate W40 27.6  
David Carr M65 28.7

Arnold Jenkins M50 30.3  
Colin O'Brien M65 33.3  
Marcia Petley W65 38.5

**400 metres**

Greg Vander Sanden M35 55.5  
Mike Edwards M40 55.6  
Arnold Jenkins M50 67.3

Hugh Coogan M60 59.7  
David Carr M65 61.6  
Margaret Orman W55 69.1  
Brian Keown M65 88.8

**800 metres**

Margaret Orman W55NZ R2:32.6  
Allan Gardiner M50 2:34.4  
Ivan Brown M50 2:37.4  
Arnold Jenkins M50 2:39.3  
Neville Wagner M55 2:42.0  
Bruce Perry M65 2:54.0  
Roy Skuse M55 2:55.3

Greg Vander Sanden M35 2:10.0  
Ron Robertson M55 2:11.7  
Joe Casey M40 2:16.2  
Brian Foley M50 2:22.8  
Hanare Vickridge M40 2:27.0  
Jack Taylor M45 2:27.3  
Derek Turnbull M70 2:35.1

**1500 metres walk**

Dave Reid M55 8:06  
Peter Tearle M70 9:46  
Noleen Perry W65 9:52  
Linda Devlin W45 10:09



### 3000 metres

Joe Casey	M40	9:21.3
Don Robertson	M55	9:25.7
Gary Clark	M50	9:53.4
Jack Taylor	M45	10:34.1
Derek Turnbull	M70	11:24.1
Neville Wagner	M60	11:34.0
Neil Fleming	M60	11:42.0
Ivan Brown	M50	11:44.2
Brian Danby	M45	11:52.6
Allan Gardiner	M50	11:57.3
Nick Bailey		12:12.5
Bruce Perry	M65	12:15.1
Don Melrose	M65	12:21.4
Tiare Lund	W50	13:25.3
Jim Tobin	M60	13:32.5
June Miles	W60	14:08.7
Jan Fleming	W55	14:32.7
Jim Miles	M65	14:40.1
Judy Chandler	W55	14:57.1
Helen Tobin	W50	16:00.3

### Javelin

Colleena Blair	W65	19.14
Wini Pepene	W65	24.40
Laurie Devlin	M60	27.94
Ed Carroll	M55	28.12
Rob Shand	M65	29.74
Dorothy Whittam	W60	19.58

### Discus

Colleena Blair	W65	15.64
Wini Perene	W65	16.80
Colin O'Brien	M65	21.32
Rob Shand	M65	29.14
Arnold Jenkins	M50	18.42
Rob Young	M50	28.34
Ed Carroll	M55	34.14
Roy Skuse	M55	26.10
Laurie Devlin	M60	35.10
Max Carr	M75	21.62

### High Jump

Roy Skuse	M55	1.25
Colin O'Brien	M65	1.20
Wini Pepene	W65	.95

### Long Jump

David Newland	M40	4.56
Colin O'Brien	M65	3.77

### Triple Jump

Patricia Carr	W65	7.49
Dave Newland	M40	9.28
Colin O'Brien	M65	7.95
Marcia Petley	W65	6.87
Mike Edwards	M40	10.53

### Shot

Arnold Jenkins	M50	7.63
Ed Carroll	M55	10.71
Roy Skuse	M55	8.06
Colleena Blair	W65	6.64
Wini Pepene	W65	6.99
Rob Shand	M65	7.36
Max Carr	M75	8.42
Rob Young	M50	9.64
Laurie Devlin	M60	9.97

### Weight

Dorothy Whittam	W60	8.58
Rob Young	M50	8.26
Colleena Blair	W65	9.01
Wini Pepene	W65	9.08
Max Carr	M75	15.04
Ed Carroll	M55	9.49
Laurie Devlin	M60	16.15

## PINNAROO FINALE 7 SEPTEMBER

**Yes folks - this year is your last chance to run our race and conquer the hill.**

Owing to office expansion we have to leave our house.

Come along - all welcome.

**Brian and Sue Danby**

## MULTI-MARATHON RUNNER WENDY DUNCAN

**Wendy joined the Vets in March 1996 (her first run being Lorna's Run) after arriving to permanently live in WA from South Africa.**

John Bell introduced Wendy to the Vets and the Marathon Club at the same time, however she has run most of her runs with the Vets, enjoying the Vets friendly environment. As we became familiar with Wendy, (she does like a chat as she runs, as we all know!) it was truly amazing to learn of her past achievements in less than ten years of running.

Wendy started running in May 1986 and by November 1987 had completed her first Marathon in 4:14. This was to be the first of many big "M's". Less than five months later, she completed a 56K run called "Two Oceans" in Capetown which runs from the Atlantic Ocean around the Cape to the Indian Ocean. Totally obsessed by then and less than two months later she participated in her first Comrades Marathon, 90K in 9:51, well within the 11 hour cut-off period. Wendy described this as her most rewarding running achievement.

Another training lead-up to Comrades in May 1989 identified a shin stress fracture which prevented Wendy running for five weeks prior to the big event. She completed this one in 10:16, but at a huge cost for she was not to run for another 12 months!

Not to become a "couch potatoe",

Wendy took up cycling and since then has completed in excess of seven 100K cycle races.

Back to running by May 1990, she has participated in more than 50 42.2K marathons (three in WA), 20 Ultra Marathons, including two more Comrades in 1993 and 1995. All this as well as social organiser of her club for four years and working full time!! One wonders what challenges lie ahead for Wendy.

**Jo Pearce**

## NEW GRANDPARENTS

Congratulations to Joan and John Pellier becoming grandparents yet again. Their daughter has just given birth to another baby girl Christie. Dean, their son is carrying on the Pellier name with the birth a couple of weeks ago of his son Corey. John said there's to be no more as he can't afford the pocket money - four is enough!!

Jackie and Vic Beaumont also became grandparents for the first time. Their son Matthew is the father of a baby girl Morgan Jessica.

Also, Sheila Maslen a grandmother again. Her daughter Barbara giving birth to her second baby, a little girl Samantha Kate.

And not to be forgotten is Jan Jarvis whose eldest daughter Cherie gave birth to her seventh baby, a son Damian - that makes Jan a grandmother ten times now!!

## NEIL HAWKINS PARK JOONDALUP RUN

**A change in the date of the event bought about a change in the weather, as it was winter it rained for more than half the race. Consequently the numbers were down from previous years with no walkers taking part.**

This year we remeasured the 11.5K run as we had changed the paths and taken out the climb and yet surprisingly the times were still two minutes slower for the faster runners than previously. Maybe a bit more sand underfoot was the reason? The 5K course remained the same.

The rain affected the officials more than the runners, as it gets miserable standing about, but the runners didn't seem to mind (That is my experience from both sides of the fence).

After saying that - my sincere thanks to all helpers especially at this run, namely Ann Turner, Fred Haggart, Barrie



## BORN TO RUN

Thomsett, Mike Anderson and Peter Davies who helped Morris put out and collect flags on the course. Also Sue and Merv Jones who coaxed recorded times out of the little machine and to all other helpers who set up at the start.

Special mention to Wendy Clements who ran the 11.5K and did a very good time.

Hope to see you all next year.

**Margaret and Morris Warren**

### 11.5K

Steve Burge	M35	45:16
Ralph Henderson	M45	46:33
Don Caplin	M55	49:48
Ian Lankester	M45	50:27
Blakeney Tindall	M35	50:56
Brian Danby	M45	52:55
Sue Prewett	W40	53:29
John Pellier	M55	53:56
Simon Mort	M40	55:16
Doug Hazell	M45	56:45
Gerry Prewett	M40	58:03
Jenny Barnes	W45	59:38
Richard Harris	M60	59:39
Arnold Jenkins	M50	60:14
Brian Smith	M55	61:18
Wendy Duncan	W45	62:27
Merv Jones	M55	62:28
Norm Miller	M65	65:19
Wendy Clements	W55	66:03
Jackie Halberg	W50	67:31
Brian Palmer	M50	67:32

### 5K

Ian Davies	M50	18:54
Wally Crawley	M40	19:54
Dave Carr	M65	21:44
Bob Sammells	M60	21:45
Dalton Moffett	M65	24:36
Lyn Harrop	W40	24:58
Dave Bishop	M40	24:59
Joan Pellier	W50	26:23
Kirt Johnson	M65	26:23
Irene Ferris	W45	28:09
Pat Miller	W55	29:51
Suzan Brand	W50	30:22
Margaret Bennett	W55	32:42
Mary Heppell	W55	32:43
Sheila Maslen	W55	34:20
Phyllis Farrell	W50	34:21
Sue Lloyd	W40	35:34
Frank Usher	M70	39:41

### VISITORS

Richard McPherson	11.5K	47:15
Joel Knox	11.5K	58:02
Doug Robinson	11.5K	63:05
Brian Holmes	11.5K	64:28
Ian Barker	5K	18:18
Hyreh Maunsell-Paga	5K	22:13
Brian Hardy	5K	24:16
Mike Prentice	5K	27:01

**"It's my hobby." These words come from the lips of marathon runner extraordinaire Jim Barnes (54), a veteran of 56 marathons.**

Jim recently returned from a month in Europe where he successfully competed in a staggering three marathons.

In Stockholm, Sweden, he became dehydrated running the gruelling 42 km in 3hr 23 min in a sweltering 33 degree heatwave.

A week later at Stoke on Trent, England, his time was 3 hr 17 min.

At Tromso, Norway, the land of the Midnight Sun, 28 nationalities attended this popular marathon which started at 10 pm - Jim heard the strains of "Waltzing Matilda" as he ran for 3 hr 17 min in complete daylight! Camaraderie among the competitors was electric.

Back in Perth, he was in time for the People's Marathon, which he ran in 3 hr 23 min.

"A few screws loose" has reached Jim's ears many times but this marathon man will not lie down and die - "Why? I'm still young," he says.

Jim Barnes has been a member of the WA Veterans Athletic Club for 19 years and expresses glowing admiration for the support and encouragement from "a tough breed of men."

**Jenny Barnes\***

*No relation.*

## 25K RRC 13/7/97

**Another 25km champs and another very wet and cold day. What else is new? Sorry Joan Bellier, we should not have tempted fate by joshing about it last week. My congratulations and admiration to all starters in both distances.**

My thanks to all those who helped in so many ways. It was not a pleasant task to stand in the rain for so long. Thank you to Joe Stickles, Mary Heppell, Dorothy and Jeff Whittam, Michelle and John Mison, Ernie Moyle, Jackie Halberg, Pam Smith and my long suffering son, Ian, who climbed out of a warm bed in the wee small hours to help mark the

course and then went off to the Orienteering Association to help at their event. Also thanks to Arthur Leggett and Kirt Johnson for transporting and assembling the tent in such appalling weather.

**Barrie Thomsett**

### M30

Stephen Dunn	1:41:40
Mike Khan	1:49:29

### M40

David James	1:45:26
Paul Kelly	1:53:29
Keith Atkinson	2:02:35
Gerry Prewett	2:07:53
Simon Mort	2:14:00

### M45

John West	1:35:36
Gareth Brunt	1:46:45
Mark Rosen	1:52:31
Michael Anderson	2:00:18
Brian Bennett	2:12:34

### M50

Maurice Creagh	1:47:18
Kevin Corten	2:00:01

### M55

Bob Schickert	1:46:58
Dennis Miller	1:47:49
Mitch Loly	1:59:37
John Pellier	2:00:13
Alan Jennings	2:03:35
Brian Smith	2:19:07
Merv Jones	2:23:12

### M60

George Schaefer	2:04:26
Richard Harris	2:05:00

### M65

Cecil Walkley	2:02:25
Vic Beaumont	2:13:58
Norm Miller	2:25:44
Ken Whistler	2:30:10

### M70

Merv Moyle	2:33:19
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### W40

Sue Prewett	1:48:17
Jan Kelly	1:50:29

### W45

Wendy Duncan	2:21:55
Jenny Barnes	2:28:36

### W50

Val Millard	2:23:21
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### W60

Ann Turner	2:22:37
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### 10km Run

David Bishop	M40	38:08
Jim Klinge	M50	38:20
Steve Burge	M35	38:25
Gary Fisher	M45	39:15
Ralph Henderson	M45	39:18
Warren Gee	M45	39:49
Brian Foley	M50	43:43
Terry Keesing	M40	47:23



John Brambley	M55	47:30
Stuart Parkinson	M50	49:34
Mike Rhodes	M50	50:23
Stan Lockwood	M65	51:21
Dalton Moffett	M65	55:21
Brian Palmer	M50	56:39
Phyllis Farrell	W50	60:32
Sheila Maslen	W55	67:18
Pat Miller	W55	67:18
Margaret Bennett	W55	73:56

#### 10km Walk

Lynne Schickert	W55	83:29
Alan Pomery	M65	87:14

#### Visitors

Richard McPherson	10km	39:43
Paula Kara	10km	56:01
Rob Robinson	25km	1:59:33
Josh Knox	25km	2:03:04
Julie Rubie	25km	2:07:58
Garry Harris	25km	2:13:57
Brian Holmes	25km	2:28:24

### 1998 OCEANIA GAMES - HASTINGS NZ.

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

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

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

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

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

### WELLINGTON MILLS LONG WEEKEND 26 - 29 September

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

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

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

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

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

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

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

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

### THE GREAT FLAG HUNT

Flags are becoming an endangered species. Would race directors and helpers please check car boots, garages and other likely places where flags may be lurking. If any are found, please bring along to a Sunday run and give to a Committee member.

### ROSIE O'GRADY'S SUNDAY 12 OCTOBER

#### Club Trophy and Medal Presentation

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

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

### HAVE YOU ANY UNWANTED CLOTHING?

#### ROTARY CLUB OF MT LAWLEY

The Rotary Club of Mt Lawley, of whom Brian Bennett is a member, are collecting used, unwanted clothing to fill a container to be shipped to South Africa. If you have any clothes to donate, please contact Brian or Margaret on 9275 0169 and they will arrange collection. Or clothing may be brought to a Sunday morning event.

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

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

#### Find out about:

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

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



Alison & Associates  
10/885 Albany Hwy  
East Vic Park, 6101

### NATIONAL MUTUAL NEW ZEALAND MASTERS GAMES

I have received notification that these games are being held in Dunedin from January 31 to February 8, 1998. Some Vets members might like to combine this event with the Oceania Games. For further information contact The National Mutual New Zealand Masters Games, PO Box 5845, Dunedin, New Zealand. Phone 03-474-1429.

### VETS ANNUAL DINNER DANCE

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

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



## ROAD RACING CHAMPIONSHIPS

This is the eleventh Road Race Championship totalling 50K.

It was a close finish between four of our racing lassies - one of them a young grannie. Each one has a tale to tell.

Val Millard - "Well I just chased Wendy"

Wendy Duncan - "The 10K was too close to the Bunbury Marathon"

Jenny Barnes - "I had an injury in the 25K"

Grannie Turner - "If only I had known we were all so close"

Our every green John West took out the M45 again for the second year running (1996 - 3:41) and (1997 - 3:42). Well done John.

It is also worthy of note that it is the first time in eleven years that Dennis Miller has completed the three distances in a time of 4:13. Can anyone tell us what Margaret, his wife, puts in his sandwiches. Is it curried haggis or maybe Pal dog meat - Oh!! you are running well Dennis, keep it going.

Congratulations to all participants - hope to catch a few more next year.

### Morris Warren

Age	Name	10K	15K	25K	Min/Km
W45	Jenny Barnes	50:17	79:51	2:28:36	5:33✓
	Wendy Duncan	55:24	81:24	2:21:55	5:33✓
W50	Val Millard	51:30	81:17	2:23:21	5:30✓
W60	Ann Turner	52:44	81:49	2:22:37	5:31✓
M30	Stephen Dunn	36:42	61:57	1:41:40	3:59✓
M40	David James	38:22	60:41	1:45:26	4:04✓
	Keith Atkinson	43:17	68:25	2:02:35	4:40✓
M45	John West	35:25	54:55	1:35:36	3:42✓
M50	Kevin Corten	43:47	70:07	2:00:01	4:40✓
M55	Bob Schickert	38:02	65:26	1:46:58	4:11✓
	Dennis Miller	41:48	62:53	1:47:49	4:13✓
	Allan Jennings	43:36	69:44	2:03:35	4:43✓
	John Pellier	46:03	70:35	2:00:13	4:43✓
M60	Brian Smith	51:39	81:17	2:19:07	5:25✓
	Merv Jones	51:02	81:09	2:23:12	5:30✓
M60	Richard Harris	46:23	71:17	2:05:00	4:50✓
	George Schaefer	46:46	74:45	2:04:26	4:54✓
M65	Cecil Walkley	45:55	71:31	2:02:25	4:46✓
	Vic Beaumont	47:02	73:54	2:13:58	5:04✓
	Norm Miller	49:18	81:43	2:25:44	5:31✓
M70	Merv Moyle	46:53	85:12	2:33:19	5:41✓

### RECORDS

W35	Robyn King	1996	4:18
W40	Sue Prewett	1994	4:13
W45	Jill Chambers	1994	4:08
W50	Ann Turner	1991	5:06
W55	Ann Turner	1991	5:06
M35	Chris Brockwell	1989	3:49
M40	John Pressley	1989	3:40
M45	Frank Smith	1987	3:34
M50	Dave Roberts	1996	4:01
M55	Dave Carr	1990	4:02
	Dick Blom	1990	4:02
M60	Mick Cousins	1995	3:55
M65	Cecil Walkley	1996	4:42
M70	Merv Moyle	1997	5:41

## COPY FOR THE VETRUN

Results can be posted directly to Jackie Billington U5/8  
Garnsworthy Place, Bassendean WA 6054. Ph: 9279 8679

Other copy items to Richard Harris at 30 Cosmelia Way,  
Lynwood WA 6147 Ph: 9457 6102 or see at regular Sunday runs.



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## CLIFF HAS MOVED!

Cliff Bould is no longer in Fremantle hospital, he is settling nicely into Carinya Nursing Home in Bicton.

## SPEEDY RECOVERY

Those Vets who are running the City to Surf on Sunday 31 August in the hope of seeing Leo Hassam giving his regular support to runners along the route, will be disappointed, this year as Leo is convalescing after recently having knee reconstruction. All the Vets wish Leo a speedy recovery and hope to see him at Vet runs very soon.

## INTERNET

The Durban Championships Internet Site has all the results from every event on-line. The link to South Africa is a little slow, but if you want to look it up, the Internet address is:

<http://www.wava.org.za/results/>

Our club has its own Internet Site with some links to other running information on the Internet and the complete programme for the current season. The site is still under construction, but you can look it up at:

<http://www.multiline.com.au/~mjts/>



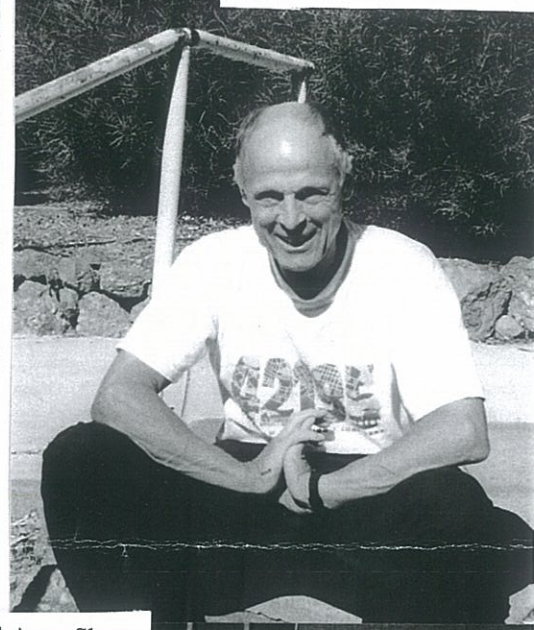
IVAN AND PENNY BROWN  
'RUN TO PARADISE'

(see story page 3)



JIM BARNES  
'BORN TO RUN'

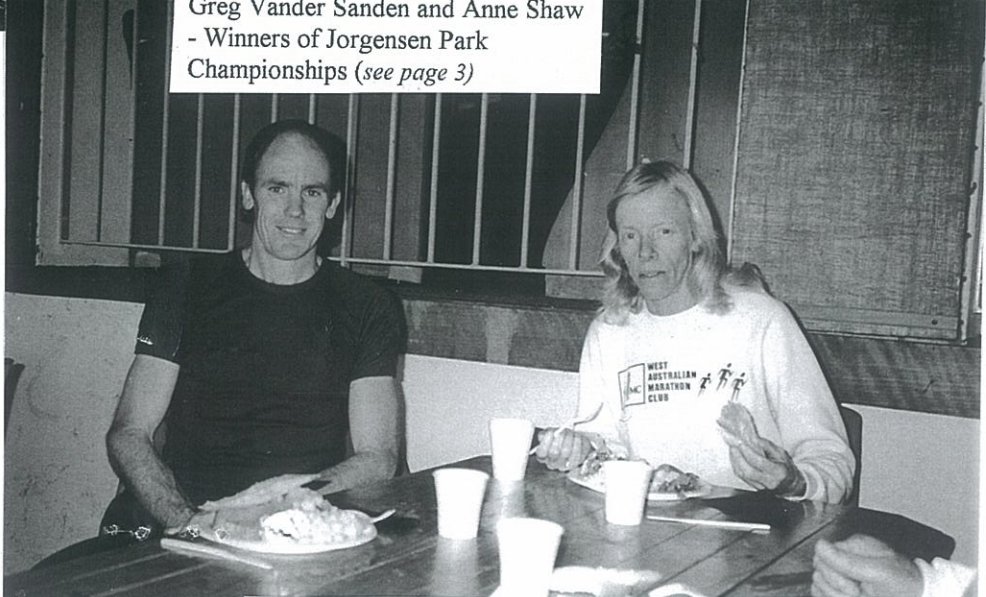
(see story page 6)



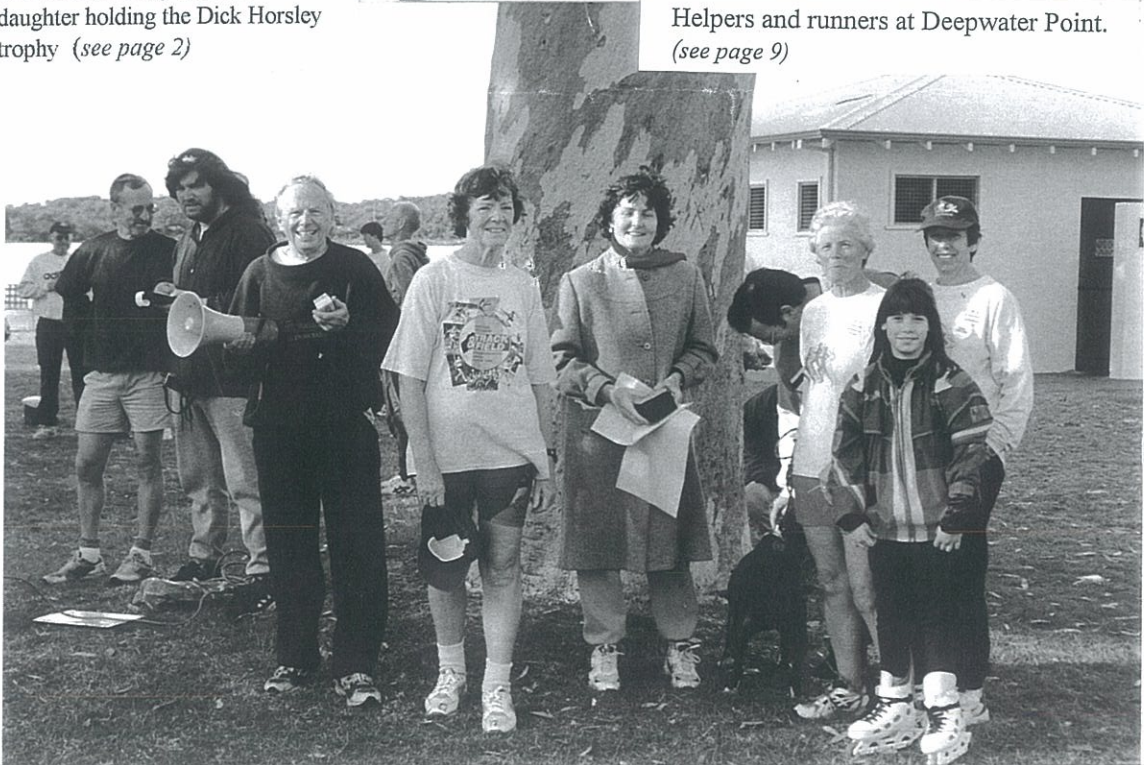
Greg Vander Sanden and Anne Shaw  
- Winners of Jorgensen Park  
Championships (see page 3)



Jan and Paul Kelly with their  
daughter holding the Dick Horsley  
trophy (see page 2)



Helpers and runners at Deepwater Point.  
(see page 9)





## DEEPWATER POINT 3 AUGUST

It was a fine morning with high cloud and ideal winter running conditions. So good in fact, two course records were broken. Anne Shaw in the 16K and Tony Heppener in the 7.2K

Anne's was particularly outstanding as she had won the women's event in the Perth Marathon the previous Sunday.

One feature this year was the number of runners who moved up to the 16K event including Tessa Brockwell and Val Millard. We wish Tessa well in the Melbourne Marathon.

There were some very close finishes which added to a fun morning and most runners and walkers slipped round to the Point Café for a cappuccino afterwards.

One of the joys of a Race Director is to have so many club members helping and so willingly. I must mention a couple of Eagles supporters helping out at the recording desk, but their names escape me! Special thanks also to Stuart Hicks, Dick Blom, Maurice Smith, Steve Barrie, Bob Schickert and many others.

### Dalton Moffett

#### 16K

Frank Smith	M55	61:03
Jim Klinge	M50	62:33
Gary Fisher	M45	63:51
Anne Shaw	W45	64:06
Gareth Brunt	M45	66:52
Tessa Brockwell	W40	66:54
Jan Kelly	W40	67:31
Mark Rosen	M45	69:55
Robyn King	W35	70:22
Mike Khan	M50	72:38
John Pellier	M55	73:01
Mike Hale	M50	73:43
Mike Anderson	M45	73:59
Milton Mavrick	M40	75:22
Alan Jennings	M55	75:32
Graham Thornton	M55	77:19
Cecil Walkley	M65	77:43
David Howard	M30	78:18
Stan Lockwood	M65	79:14
Richard Harris	M60	81:32
Simon Mort	M40	81:47
Vic Beaumont	M65	82:05
Noelle O'Riordan	W35	84:09
Brian Smith	M55	86:11
Aldo Giacomini	M60	86:27
Merv Jones	M55	87:41
Ann Turner	W60	87:59
Val Millard	W50	88:50
Ken Whistler	M65	88:51
Peter Davies	M65	89:38
Morris Warren	M55	89:39
Merv Moyle	M70	93:02
Craig Watson	M40	94:43
<b>7.2K</b>		
Tony Heppener	M45	25:43
Ross Parker	M45	27:00
David James	M40	28:59
Dave Roberts	M50	29:29

Ian Lankester	M45	29:41
David Willmer	M40	30:29
John Bocian	M45	30:38
Don Caplin	M55	31:08
Blakeney Tindall	M35	31:09
Ivan Brown	M50	31:42
Brian Foley	M50	32:47
Frank Gardiner	M45	33:20
John Brambley	M55	33:30
Terry Keesing	M40	33:45
George Schaefer	M60	34:25
Bob Harrison	M55	34:27
Stuart Parkinson	M50	34:58
Brian Danby	M45	35:56
Arnold Jenkins	M50	35:56
Phil Hawks	M35	36:12
Mike Rhodes	M50	36:18
Paul Martin	M55	38:22
Wendy Duncan	W45	38:27
Jo Pearce	W45	38:27
Keith Atkinson	M40	38:34
Shirley Bell	W45	39:15
Delia Baldock	W35	39:17
Margaret Warren	W60	39:28
Jackie Halberg	W50	40:12
Norm Miller	M65	40:36
John Stone	M40	42:11
Kirt Johnson	M65	42:28
Denise Lancaster	W45	42:28
Joan Pellier	W55	42:34
Wendy Clements	W55	42:38
Mary Heppell	W60	45:24
Ian Davies	M50	47:10
Suzan Brand	W50	47:10
Rosa Davis	W50	48:15
Sheila Maslen	W55	48:16
Margaret Bennett	W55	50:27
Frank Usher	M70	56:10
<b>7.2K Walk</b>		
Ray Hall	M60	48:16
David Brown	M50	50:02
Michele Mison	W45	51:49
Jill Midolo	W45	56:14
Barrie Thomsett	M55	56:15
Lorna Lauchlan	W65	56:22
Lynne Schickert	W55	57:08
Dorothy Whittam	W60	57:25
Pamela Smith	W55	61:26
Jeff Whittam	M60	61:26
Val Wheeler	W65	61:30
Alan Pomery	M65	61:30
Ernie Moyle	M70	62:54
Gail Gardiner	W45	65:23
Maggie Flanders	W60	66:09
Fred Watson	M75	78:52
<b>Visitors</b>		
Syd Deer	7.2K	33:25
Julie Bird	7.2K	38:36
Margaret Taylor	7.2KW	61:07
Chris Reid	16K	61:31
Lauren Gardiner	7.2KW	65:23
Chris Kowalski	16K	70:30
Bruce Haustead	16K	70:30
Shirley Watson	7.2KW	70:45
Marie Pensini	7.2KW	70:46
Steve Lewis	16K	71:33
John Hickey	16K	72:48
Fred Watson Jnr	7.2KW	78:53
Dan O'Donnell	16K	80:25
Colin Silcock	16K	88:31

## WORLD VETERAN CHAMPS RESULTS FROM DURBAN

Here are some of the results from West Australian athletes who attended the Durban Championships.

Note that these results are incomplete and we apologize for any errors or omissions. If you competed in Durban, please provide the editors with an up to date list of your results for inclusion in the next edition of Vetrin.

### RESULTS FROM DURBAN

Here are some of the results from West Australian athletes who attended the Durban Championships.

Note that these results are incomplete and we apologize for any errors or omissions. If you competed in Durban, please provide the editors with an up to date list of your results for inclusion in the next edition of Vetrin.

#### Pat Carr (W65)

Long Jump	Silver 3.68m
Triple Jump	Gold 7.89m
400m	Gold
4 X 100 Relay	Gold

#### David Carr (M65)

800m	Bronze 2:22.17
1500m	Gold 5:05.1

#### John Gilmour (M75)

Cross/Country	Silver 49:15.2
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#### Bob Sammells (M60)

5000m	29th 20:58.00
1500m SF	16th 5:32.0

#### Barbara Atkinson (W45)

5000m Race Walk	7th 28:59.86
10000m Race Walk	7th 60:00.38

#### David Clive (M60)

100m	4th 12.71
4 X 100 Relay	Silver

#### Norm Richards (M55)

100m SF	13th 13.23
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#### Erica Mercer (W50)

Javelin	9th 19.6m
2000m Steeplechase	4th 10:00.8

#### Diane York (W40)

Long Jump	10th 4.21m
Triple Jump	8th 8.80m
100m Heats	5th 14.97

#### John Molloy (M45)

400m Hurdles	Silver 1:02.3
800m SF	4th 2:11.37

#### Lynne Choate (W40)

100m	8th 13.28
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The winner of this event set a new World Record)

200m	8th 27.56
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4 X 100 Relay	W35) Bronze
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4 X 400 Relay	Bronze
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#### Gary Clark (M50)

5000m	24th 17:41.0
3000m Steeplechase	4th 10:55.5

#### Barbara Blurton (W45)

400m	Gold
------	------

800m	Gold
------	------

4 X 100 Relay	Gold
---------------	------

4 X 400 Relay	Gold
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## HELPERS PLEASE

At the recent AGM a member made the suggestion that the Club should provide a form for members to offer their assistance at Sunday events, similar to the Marathon Club, although not compulsory!

The committee thought this was a great idea and will incorporate a pro-forma with the membership form next year.

In the interim I have prepared a form for the rest of this season and it is enclosed with this newsletter. If you feel able to help at any event then please:

1. complete the form and send to John
2. complete the form and hand in at any Sunday event;
3. ring John and register your interest
3. ring the particular race director
4. give any committee member the word!

The way we organise our events minimises the number of helpers required, but "many hands make light work" as someone more famous than me once said. So let's all nominate for 1 or 2 events.

Thank you.

**John Pressley**

Events' Co-ordinator

### WA VETERANS ATHLETIC CLUB - 1997/98 PROGRAMME

NAME:..... Phone: .....

I will help at the following runs, if required.

Date	Event	Director	Tick
3 Aug	Deepwater Point	Dalton Moffett	
10 Aug	Garvey Gallop	Arthur Leggett	
17 Aug	State X-C Champs	Warren Gee/Ralph Henderson	
24 Aug	Club ½ Mar	Helen Lysaght/Rob Reece	
7 Sept	Danby's	Brian & Sue Danby	
14 Sept	Wildflower (public invitation run)	Joe Stickles/Mike Khan + Committee	
21 Sept	Hester Park	Sue & Merv Jones	
28 Sept	Age Graded Event	Dave & Pat Carr	
5 Oct	Dam to Dam Run	Judi & Peter Hill	
12 Oct	Cliff Bould Trophy	Ivan Brown	
19 Oct	Bibra Lake	Doug Hazell	
26 Oct	Birkwater X-C	Margaret Birks	
2 Nov	Herdsmen Lake	Jeff & Dot Whittam	
9 Nov	RIB Run/Walk	Roma, Irene, Brian	
23 Nov	Shoalwater 10	Duncan McAuley	
30 Nov	Canning Caper	Bob Schickert	
7 Dec	Mosman Park R/W	Paul Hughes	
14 Dec	Round the Lakes	John Bell	
21 Dec	Xmas Gift	Lynne Schickert	
26 Dec	Boxing Day	Toni Frank	
4 Jan	Reabold Park X-C	Brian Foley	
4 Jan	Pentathlon	Bob Fergie	
11 Jan	Friendship	TBA	
18 Jan	Carr-Shand Trophy	Jill Midolo	
1 Feb	Pt Walter	Dave Roberts	
8 Feb	Deadly Medley	Ann & Shorty Turner	
15 Feb	Lake Monger R/W	Roma & Ray Barnett	
22 Feb	Woodman Point	Wendy/Jeff Spencer	
1 Mar	Mt Lawley R/W	Mike Rhodes	
8 Mar	Teddy Birds Picnic	George Schaefer	
15 Mar	Lorna's Run/Walk	Lorna Lauchlan	
22 Mar	Parlauf Relay	Committee	
22 Mar	Pentathlon	Committee	
29 Mar	State T&F Titles	Committee	
5 Apr	3 Ps	Bob Schickert	
12 Apr	Yanchep Picnic	Denise Lancaster	
19 Apr	Brockwell's R/W	Chris Brockwell	
23 Apr	Track Handicap	Jeff Whittam	
26 Apr	Pagoda	Jackie Halberg	



**YOU DESERVE A NEW SHIRT!**

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

**(To be worn at National Championships)**

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

**(To be worn at State Championships)**

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

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

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

**ORDER FORM**

Please Supply:

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

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



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**HAPPY BIRTHDAY TO OUR SEPTEMBER MEMBERS**

Thomson, Robert	03/09/47	50	becomes	M50	Hayres, Robert	16/09/31	66	remains	M65
Worner, Basil	04/09/31	66	remains	M65	King, Robin	17/09/58	39	remains	W35
Sanderson, Heather	04/09/49	48	remains	W45	Blom, Dick	19/09/33	64	remains	M60
Barnett, Roma	06/09/49	48	remains	W45	Pañtall, Wayne	19/09/52	45	becomes	M45
Stone, John	07/09/52	45	becomes	M45	Wilson, Barbara	19/09/51	46	remains	W45
Beaumont, Jackie	08/09/36	61	remains	W60	Henshaw, John	20/09/26	71	remains	M70
Leggett, Arthur	08/09/18	79	remains	M75	Davies, Denise	23/09/43	54	remains	W50
Birks, Margaret	09/09/46	51	remains	W50	Warren, Morris	24/09/37	60	becomes	M60
Windle, Chris	09/09/40	57	remains	M55	Heppener, Tony	24/09/51	46	remains	M45
Vetten, Susan	10/09/51	46	remains	W45	York, Diane	27/09/53	44	remains	W40
Davis, Robert	11/09/38	59	remains	M55	McAuley, Duncan	28/09/49	48	remains	M45
Stoffers, Margaret	11/09/43	54	remains	W50	Bennett, Marg	28/09/41	56	remains	W55
Scott, David	12/09/47	50	becomes	M50	Lockwood, Stanley	29/09/29	68	remains	M65
O'Riordan, Noelle	13/09/60	37	remains	W35	O'Reilly, Mike	29/09/39	58	remains	M55
James, Joan	13/09/41	56	remains	W55	Usher, Francis	30/09/23	74	remains	M70
Kennedy, Brian	14/09/33	64	remains	M60	Chambers, Alan	30/09/37	60	becomes	M60
Aldrich, Brian	16/09/30	67	remains	M65					