



# The Vetruns



No. 298 August 1998

Patron: Bill Hughes

President: Bob Schickert

Editor: Katrina Spilsbury 9 313 3943

Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158

\*\*\*\*\*

## Programme Change

**Dam to Dam** run will now be held on the **20<sup>th</sup> September** and the **Wildflower run** in King's Park will now be held on the **4<sup>th</sup> October**. This change of programme is due to unavailability of King's Park on the previously scheduled date.

\*\*\*\*\*

### Inside this Issue

Running Mates -----	1
Tompkins Park H'cap -----	3
50K Road Running Champs. -----	3
Lake Joondalup Run/Walk -----	4
Mill Point Rd Champs. -----	5
Deepwater Point Run -----	6
Garvey Gallop -----	6
Detailed results from the State	
Pentathlon -----	7
Weight Pentathlon -----	8
1998 WAVAC General meeting: Minutes -----	8
Treasurers Report -----	9
Birthdays -----	10



*Paul and Jan Kelly with daughter Claire*

*Robin King, Ivan Brown, Judy Lankaster (and friend) and Anne Shaw after the Jorgensen Park Cross Country (photo P. Brown)*



## Running Mates

This months running mates meet **Paul and Jan Kelly**. Jan was born in Swansea, UK and Paul in Cheltenham UK. At school Jan loved sport and was school champion in the javelin, Paul enjoyed playing soccer and represented his school in cross country running. The Kelly's met at a disco. Paul and Jan started running to exercise their dog and later joined Gloucester Athletics Club. Jan was selected for Wales in the Veterans National Cross Country team. In 1990 she was 66th in the World Ladies Marathon Championship at Luton, UK in a time of 2-48. Jan has won the Welsh Vets Ladies half marathon championship, has won marathons in Sheffield twice, Gloucester, Leeds, Portland USA and 4th in Majorca. She was selected for her county Gloucester in the Veterans National County 10K Challenge which her county won, her time being 35.37. In 1992 she was selected to run for Wales in the International Home Counties Division of the London Marathon and ran 2-51. Paul's PB is 1-23 for the half marathon and 3-04 for a marathon. After coming to live in Perth Paul learnt to swim and has entered in two Fosters



Ironman competitions with a PB of 12hrs 11min. The Kelly's won the husband and wife division of the City to Surf in 1994. They came to Australia in 1993 and have one daughter Claire, our "adopted" granddaughter.- **Joan Pellier**

#### Occupation

Paul-Manufacturing Engineer Jan-  
Archivist with the Ministry

#### How they heard about the Vets

From the Pelliers at a Marathon Club event

#### What do they like about the Vets

Paul-general relaxed atmosphere Jan-  
very easy going

#### Any changes

Both-None

#### Favourite run

Paul-Any I finish! Jan Danbys Run

#### Favourite distance

Paul-Half marathon Jan-15K and up

#### Most pleasing Performance

Paul-first Ironman Jan-Winning her first Welsh vest.

#### Other interests

Paul-golf and relaxing Jan-cooking,  
reading, walking on the beach

#### Favourite food

Paul-Seafood Jan-Lasagne Toasted  
banana and egg sandwiches

#### Favourite Movie

Paul-One flew over the cuckoos nest  
Jan- To kill a mockingbird

#### Favourite TV

Paul-None Jan-Third Rock from the Sun

#### Ambition in running

Paul- Sub 3hr marathon Jan-keep injury  
free and break 40min 10K again

#### Pet hate

Paul-time wasters Jan-people who are  
late

## Letters

Thanks to every Vet who turned out on the Perth Marathon day and for your support. You were there at every turn. I never felt alone. This is what makes running locally worth while.

In answer to 'Muscles' Brown, I was called Rockin' Robin at age 13, this becoming Rocky, then just plain

Roc- a name that still sticks in my home town. Sometimes I got Robin Queen and sometimes the unflattering names of Banana Nose and Jimmy Durante. However, in latter years I have been dubbed as Forrest.

A ladies man could be Adame Tefechancarry? Perhaps at the 1997 Perth Marathon 'Muscles' Brown would have been better known as Ivan the Terrible or Ivor Nuff!

Eagerly awaiting further creativity,

#### Robin King (alias Roc)

Would you please publish my appreciation to the members of the Vets for their kind concern and get well wishes during my recent stay in hospital for a knee replacement.

I am looking forward to coming back to the club soon,

#### Maureen Pomery

I was wondering if it possible to get the full results of the last Championships Pentathlon and Weight Pentathlon. Last year they sent out copies but so far not for this year.

#### Ron Tompkins

*Here they are Ron, on pages 7 & 8*

## Reminder

#### Wellington Mills Long Weekend September 25th-28th.

Enjoy a three day weekend with early morning runs or walks, lay around relaxing, perhaps take a winery tour and a BBQ at Honeymoon Pool with other club

members. Please let Joan Pellier or Lorna Lauchlan know if you are interested as they need numbers.

#### Lunch at Rosie O'Grady's Northbridge September 6<sup>th</sup>

Come along for Club Trophy Presentations. Only a few tickets left \$15 for lunch (main meal and dessert) plus drinks

For more information on these social events or tickets contact Joan Pellier ph 9459 7782 or Lorna Lauchlan ph 9383 1084

## News

Congratulations to Karen Gobby who won the Ladies division and came third overall in the Townsville Marathon in a time of 2-48. Jim Barnes finished on 3-33.

\*Welcome this months only new member, **Mike Flood\***

#### !!NEW!! JACKIE'S RUN 13/9/98

This is a new run on the Vets calendar and my run starts at Point Reserve on North Road, Bassendean. I think runs along the river are very popular, there is always something to look at along the way, birds, boats, water skiers, rowers or just people fishing. The course is along North Street which is parallel to the river before you turn left into West Road and meet up with the river bank at Sandy Beach (which isn't sandy by the way!). The toilets at Sandy Beach are the turn around point if you want to do a 5K run. You then run along a well compacted dirt track, across a boardwalk on the mud flats listening to the different types of frogs croaking and follow the river until the path stops at a steep bank. You then climb a few steps to reach the road for a short



distance until you reach the river again and the boat launching ramp near the new Redcliffe Bridge. There is an island in the middle of the car-park which is the turn around point for the 10K and then you are on your way home.

This is going to be a very special run as in addition to being a new run, Arthur Leggett also turns 80 on that day. We are planning to have a little bit of entertainment in the way of Arthur doing his recitations of poems, stories etc. We plan to have the jetty at Point Reserve as his stage. I would love to see as many people as possible be there to celebrate his birthday with him. You can have a barbecue or a picnic and bring along your chairs so you can sit and enjoy Arthur's renditions.

I look forward to seeing you all there and let us pray that we have glorious weather - you could even go for a swim if it really gets hot!! **Jackie Billington**

# Results

## Tompkins Park Handicap 17th May 1998

For years the Tompkins Park Handicap has been run through rain, hail, heavy winds and occasional sleet. The shift in the calendar was a divine intervention. The event was run in ideal cool conditions with persistent sunshine and very little wind. With the exception of two bolters, twenty five runners arrived within two minutes which suggests pretty good handicapping. The run was won by John Cresp with Margaret Langford first lady home. Despite an impressive arrival ahead of everybody Paul Martin lowered his colours to Dick Blom first walker and Jill Midolo was first lady for the walkers.

Thank you to all helpers who included Jeff Spencer, Diane Airey and Jackie Halberg.

**Peter Airey**

### Runners

Pos.	Name	Age	Clock	H'cap	Actual
1	John Cresp	M45	52.12	19.32	32.40
2	David Willmer	M40	52.39	19.32	33.07
3	Ray Hall	M60	53.15	10.30	42.45
4	Stan Lockwood	M65	53.19	12.36	40.43
5	Frank Smith	M55	53.22	19.19	34.03
6	Mike Rhodes	M50	53.31	10.05	43.26
7	Jim Langford	M50	53.40	21.00	32.40
8	Mike Faunge	M60	Vis	53.45	N/H
9	Gary Fisher	M45	53.46	18.04	35.42
10	John Brambley	M55	53.47	12.36	41.11
11	Simon Mort	M40	53.49	12.36	41.13
12	Margaret Langford	W50	53.53	13.26	40.27
13	Liz Kingdon	W45	54.04	N/H	

14	David Carr	M65	54.07	15.20	38.47
15	Bob Thomson	M50	54.10	17.51	36.29
16	Jim Klinge	M50	54.12	19.07	35.05
17	Margaret Warden	W60	54.14	5.53	48.21
18	Ian Davies	M50	54.23	18.16	36.07
19	Peggy Macliver	W50	54.25	8.34	45.51
20	George Schaefer	M65	54.26	10.55	43.34
21	Ian Lankester	M50	54.27	17.13	37.14
22	Brian Holmes	M60	54.36	8.24	46.12
23	Tony Kingdon	M50	54.39	N/H	
24	Alan Jennings	M55	54.43	14.42	40.01
25	Brian Foley	M50	54.49	15.58	38.51
26	Vic Waters	M50	54.50	15.58	38.52
27	Mike Anderson	M55	55.11	13.52	41.19
28	Brian Aldrich	M65	55.50	5.02	50.48
29	Arnold Jenkins	M50	55.54	8.24	47.30
30	Bob Sammells	M60	55.59	12.49	43.10
31	Aldo Giacoma	M60	56.02	8.24	47.38
32	Brian Hunter	M50	56.11	10.05	46.06
33	Ray Lawrence	M70	56.49	6.18	50.31
34	Shirley Bell	W45	57.14	9.52	47.22
35	Allen Tyson	M70	57.42	1.41	56.01
36	Maurice Creagh	M50	58.04	17.38	40.26
37	Dalton Moffett	M65	58.41	6.43	51.58
38	Milton Mavrick	M40	59.55	17.01	42.54
39	Rosa Davis	W50	61.03	00.25	60.38
40	Leonie Annan	W40	61.38	N/H	
41	Fred Watson	M75	63.38	N/H	
42	Morris Warren	M60	63.47	6.43	57.04
43	Su Lloyd	W45	68.37	2.19	66.18
44	Ron Spencer	M55	69.49	0.00	69.49
45	Glenice Shanaham	W70	76.39	0.00	76.39

### Walkers

Pos.	Name	Age	Clock	H'cap	Actual
1	Paul Martin	M55W	51.08	28.00	79.08
2	David Brown	M50W	61.24	20.00	81.24
3	Dick Blom	M60W	61.25	15.00	76.25
4	Rex Bruce	M55W	70.15	12.00	82.15
5	Jill Midolo	W50W	71.15	11.00	82.15
6	Rob Davis	M55W	72.05	7.00	79.05
7	Pat Ainsworth	W60W	79.40	10.00	89.40
8	Ernie Moyle	M70W	79.42	5.15	84.57
9	Val Wheeler	W65W	82.06	5.45	87.51
10	Maggie Flinders	W60W	82.19	4.00	86.19
11	Leo Hassam	M65W	85.28	N/H	

## 50K ROAD RACING CHAMPIONSHIPS - 1998

Dear members,

I have ended up in Charlie Gairdner's just as I was about to work out the results of the 50K Road Racing Championships. So I needed help. I called Bob Sammells and "no bother" says Bob. I remember 15 years ago I was a race director and was in trouble. I called Bob and he took over the race for me. What a great Club man he is.

A big thank you to this year's three race directors; Jimmy Barnes (10K), Gary Fisher (15K) and Jackie



Halberg(25K). It has been a good year too as 37 members, more than ever before, completed the three events, especially our ladies or lasses - an 800% improvement on last year, showing the men the way. Last year I picked Ann Turner and Dennis Miller as the consistent runners in the 50K. This year I have picked Joan Pellier and "Dave the Carr", the 800m flyer. This is just a personal thing; to try to pick THE runners in the Championships.

An inspiration to the Club. Two new members, first-time runners Eileen and "Tearaway" Brown. Since they started last November until now, they have not done a short run on a Sunday. It makes you think what the rest of us are doing. They are an inspiration to us all. Good luck Eileen and Trevor. This is the longest letter I have written in my life. Since the first 50K in 1987 members were a bit slow to participate. Five or six years later, Joan Pellier, Jackie Halberg, Bob and others brought in the idea of medals and a presentation lunch. From all members we say thank you.

Well, I am the mystery man of Charlie's. It is two weeks today I have been here and have had the best of every facility going to help me. But the doctors still don't know what is wrong. I am coming good but have not run since 12/7/98. That is the longest time off since I started with the Club in April, 1979. This year, on the drink stations of the three events, I watched Dave the Carr go through and back, and I thought when I start running and could catch up with him, I'll give him some coaching about his arms and upper body movement (although it seems to work very well for him!).

I miss you all. See you Sunday.

**Morris Warren** 6 August, 1998

This is the first compilation of records for the Championship since it was first held in 1987; congratulations to the holders for some sterling efforts. The event is Morris Warren's baby so any queries should be addressed to him. He will be pleased only too pleased to sort them out. Two further points. Firstly, add the 10K and 15K times and compare with those for the 25K. Interesting? Secondly, Frank Smith set the inaugural M45 record in 1987, averaging 3:35 min/k (34:43,53:28,1:31:07, 2:59:18). Given that Chris was almost certainly unaware of this, he certainly cut things a bit fine! **Bob Sammells**

### Results

		10K	15K	25K	TOTAL	AV	
Stephen Dunn	M30	38:21	56:49	1:34:46	3:09:56	3:48	✓
David Willmer	M40	36:38	56:21	1:36:39	3:09:38	3:48	✓
Milton Mavrick	M40	41:56	63:36	1:46:50	3:32:22	4:15	✓
Keith Atkinson	M40	46:41	79:31	1:58:28	4:04:40	4:54	✓
Chris Maher	M45	35:15	53:26	1:29:29	2:58:10	3:34	✓
Gareth Brunt	M45	38:53	61:32	1:41:05	3:21:30	4:02	✓
Brian Danby	M45	40:45	64:59	1:49:51	3:35:35	4:19	✓
Mark Rosen	M50	42:33	66:52	1:52:15	3:41:40	4:26	✓
Vic Waters	M50	43:18	66:11	1:59:32	3:49:01	4:35	✓

Mike Khan	M50	43:49	70:05	1:58:44	3:52:38	4:39	✓
Michael Anderson	M50	45:33	71:23	2:01:38	3:58:34	4:46	✓
Mike Rhodes	M50	46:49	76:59	2:08:51	4:12:39	5:03	✓
Clive Frost	M50	49:48	83:14	2:10:09	4:23:11	5:16	✓
Bob Schickert	M55	39:55	62:38	1:48:53	3:31:26	4:14	✓
Graham Thornton	M55	42:24	65:18	1:53:20	3:41:02	4:25	✓
John Pellier	M55	46:14	71:19	1:57:24	3:54:57	4:42	✓
Merv Jones	M55	52:14	83:34	2:26:51	4:42:39	5:40	✓
Trevor Brown	M55	52:05	86:07	2:33:47	4:51:59	5:50	✓
Richard Harris	M60	47:12	77:31	2:10:58	4:15:41	5:07	✓
Brian Holmes	M60	49:35	79:35	2:16:02	4:25:12	5:18	✓
Shorty Turner	M60	56:32	89:46	2:49:59	5:16:17	6:20	✓
David Carr	M65	42:38	72:32	1:59:53	3:55:03	4:42	✓
Cecil Walkley	M65	49:00	73:07	2:08:23	4:10:30	5:01	✓
Vic Beaumont	M65	49:38	79:06	2:18:03	4:26:47	5:20	✓
Sue Vetten	W45	46:58	72:38	1:59:56	3:59:32	4:47	✓
Fiona McAuley	W45	47:22	73:01	2:03:26	4:03:49	4:53	✓
Jo Pearce	W45	48:30	74:43	2:08:24	4:11:37	5:02	✓
Wendy Duncan	W45	49:26	77:01	2:13:23	4:19:50	5:12	✓
Shirley Bell	W45	50:38	78:29	2:15:37	4:24:44	5:18	✓
Roma Barnett	W45	55:47	82:10	2:23:24	4:41:21	5:38	✓
Val Millard	W45	54:24	86:24	2:24:05	4:44:53	5:42	✓
Denise Lancaster	W45	57:24	90:30	2:49:59	5:17:53	6:21	✓
Barbara Outhwaite	W45	58:14	90:22	2:50:08	5:18:44	6:22	✓
Eileen Brown	W50	58:53	90:54	2:48:31	5:18:18	6:22	✓
Joan Pellier	W55	55:42	88:40	2:34:45	4:59:07	5:59	✓
Margaret Bennett	W55	63:02	99:10	2:50:06	5:32:18	6:39	✓
Ann Turner	W60	51:40	82:16	2:19:32	4:33:28	5:28	✓

### 50K ROAD RACING CHAMPIONSHIPS - RECORDS

		10K	15K	25K	TOTAL	AV	
M30	Stephen Dunn	38:21	56:49	1:34:46	3:09:56	3:48	1998
M35	Dave Scott	34:53	55:18	1:30:25	3:00:36	3:37	1987
M40	John Pressley	37:20	54:43	1:32:35	3:04:38	3:42	1989
M45	Chris Maher	35:15	53:26	1:29:29	2:58:10	3:34	1998
M50	Derek Hoye	35:11	55:42	1:35:09	3:06:02	3:43	1990
M55	Frank McLinden	39:49	58:45	1:39:21	3:17:55	3:58	1987
M60	Mick Cousins	37:25	57:05	1:43:43	3:16:13	3:55	1995
M65	John Gilmour	37:50	56:09	1:38:49	3:12:48	3:51	1988
M70	John Gilmour	38:48	59:24	1:39:59	3:18:11	3:58	1990
W30	Tina Carmen	44:17	68:04	2:00:42	3:53:03	4:40	1987
W35	Robin King	41:40	64:01	1:49:37	3:35:18	4:18	1996
W40	Sue Prewett	41:52	66:42	1:51:30	3:40:04	4:24	1996
W45	Jill Chambers	38:59	61:13	1:46:04	3:26:16	4:07	1995
W50	Margery Forden	46:14	71:41	2:08:21	4:06:16	4:55	1995
W55	Ann Turner	50:49	74:55	2:09:38	4:15:22	5:06	1991
W60	Ann Turner	51:40	82:16	2:19:32	4:33:28	5:28	1998

### Lake Joondalup Run/Walk 12 July 1998

The weather was dull but at least there was no rain or wind during the event making for good running conditions. A bit more sunshine would have been good for the organisers and helpers! The course I am pleased to say, is the same as last year and will remain for the future. If you like cross country this is a great course. Ian Davies was a clear winner in the 5km run and Warren Gee first club runner home in the 11.6Km run. The first walker



home was Bob Fergie. Many of the marathon runners from the week before turned out and all competed well. Our sincere thanks to the helpers on the day, namely Trevor and Eileen Brown, Jim Shaw (he got the clock started for us!) and recorder Ann Turner. **Margaret and Morris Warren.**

#### 5km Run

Ian Davies	M50	18.34
Vic Waters	M50	19.56
Jon Wannberg	M30	20.00
Ivan Brown	M50	20.03
Don Caplin	M55	21.22
David Bird	M60	21.59
Mike Rhodes	M40	22.36
Jo Pearce	W45	24.29
Keith Forden	M55	25.39
Marge Forden	W55	25.54
Dalton Moffett	M65	26.39
Joan Pellier	W55	26.47
Ray Lawrence	M70	27.39
Katrina Spilsbury	W30	27.40
Brain Aldrich	M65	27.50
Jenny Barnes	W45	28.57
John Russell	M65	29.28
Kath Penton	W55	30.00
Barbara Outhwaite	W45	30.15
Leonie Annan	W40	31.37
Jean Fisher	W50	32.44
Mary Heppell	W60	33.35
Jackie Billington	W55	42.44

#### 11.6Km run

Warren Gee	M45	44.09
Trevor Robertson	M45	45.02
Steve Burge	M40	45.20
Anne Shaw	W50	48.17
Jan Kelly	W40	50.27
Chris Kawalski	M40	50.34
Doug Ashfield	M40	50.42
Brian Danby	M45	51.30
Graham Thornton	M55	51.43
Paul Kelly	M40	53.02
Alan Jennings	M55	53.53
Robin King	W35	53.59
Simon Mort	M40	55.31
Ian Lankester	M50	55.34
Sue Prewett	W40	55.58
Mitch Loly	M55	56.11
Bob Sammells	M60	56.44
Stan Lockwood	M65	57.48
John Pellier	M55	59.09
Richard Harris	M60	59.13
Peter Airey	M60	59.16
Shirley Bell	W45	60.34
Gerry Prewett	M45	61.13
Vic Beaumont	M65	61.28
Roma Barnett	W45	65.43
Brian Holmes	M60	66.13

Val Millard	W50	66.31
Brian Smith	M55	66.32
Norm Millar	M65	67.12
Merv Moyle	M70	67.45
Jackie Halberg	W50	68.04
Basil Worner	M65	68.12
Irene Ferris	W45	68.37
Arnold Jenkins	M50	68.37
Shorty Turner	M60	75.11
Sheila Maslen	W60	93.31

#### 5Km Walk

Bob Fergie	M60	32.25
Rex Bruce	M55	38.19
Wendy Clements	W55	38.59
Marion Bucens	W55	39.01
Val Wheeler	W65	42.58
Barry Tomsett	M55	43.07
Wendy Bird	W55	45.36
Fred Watson	M75	50.46

### ----- Mill Point Road Champs - 19<sup>th</sup> July, 1998

It's 5.00am and I have just been woken by that dreadful sound of the alarm. Remembering what yesterdays weather was like (very heavy showers), my first instinct was to prick my ears up like only I can, and true to form it was bucketing down. Every race director's nightmare! Had it not been for the willing and expert hand of Kurt, I think Sue and I would still be out there trying to erect the tent! For those runners and walkers, who upon hearing the rain just pulled their blankets further up around their ears, you missed out on what turned out to be superb conditions for racing. No rain (although I wish it had stopped 2 hours earlier than it did), no wind and mild conditions assisting Robin King, first lady home to run a PB, one of 81 starters whom I hope enjoyed the event. I would like to thank my helpers, Val Bonner, Sue Marr, John Russell, Craig Watson and Kurt for their very willing and competent assistance. **Dave Scott**

#### 10km Run

Ross Parker	M45	35.40
Stephen Dunn	M30	35.58
Warren Gee	M45	36.54
Ian Davies	M50	37.39
Gary Fisher	M45	37.46
Frank Smith	M55	38.26
Jim Klinger	M50	38.58

Bob Schickert	M55	39.18
Robin King	W35	39.28
Brian Danby	M45	40.04
Ivan Brown	M50	40.09
Doug Ashfield	M40	40.16
Ian Lankester	M50	40.21
Milton Maverick	M40	40.38
Blakeney Tindall	M35	40.49
Vic Waters	M50	41.21
Scot Misom	Vis	41.24
Graham Thornton	M55	41.39
Don Caplin	M55	41.54
Johan Hagedoorn	Vis	42.02
Tessa Brockwell	W40	42.06
Mark Rosen	M50	42.08
Nick Miller	M35	42.12
Mike Karra	M30	42.43
Vincente Carrero	M55	43.10
Mike Khan	M50	43.25
Roy Beckett	M60	43.51
Alan Jennings	M55	43.55
Mike Flood	M45	44.07
Robert Weaver	Vis	44.11
Keith Atkinson	M40	44.31
Mike Rhodes	M50	44.56
Joe Stickles	M60	45.11
Maurice Creagh	M50	45.26
Bob Sammells	M60	45.37
David Bird	M60	45.52
Brian Foley	M50	46.17
Richard Harris	M60	47.56
Peggy Macliver	W50	48.31
Ray Hall	M60	48.42
Shirley Bell	W50	49.06
Peter Airey	M60	49.15
Brian Smith	M55	49.41
Marge Forden	W55	49.46
Jim Riddell	M55	49.49
Robin Bonner	M65	49.57
Stuart Parkinson	M50	50.15
Mitch Loly	M55	50.44
Vic Beaumont	M65	50.54
Keith Forden	M55	51.36
Damian Wilson	Vis	51.48
Merv Moyle	M70	52.00
Ann Turner	W60	52.43
Paula Karra	Vis	52.58
Basil Worner	M65	53.01
Trevor Brown	M55	53.31
Ray Lawrence	M70	53.47
Norm Miller	M65	53.53
Dalton Moffett	M65	54.17
Val Millard	W50	54.22
Eileen Brown	W50	56.53
Shorty Turner	M60	58.43
Leonie Annan	W40	64.27
Daphne Beckett	W60	64.58
Brian Holmes	M60	65.00
David Wilmer	M40	65.01
Sheila Maslen	W60	69.48
Phyllis Farrell	W50	69.50
Jackie Billington	W55	79.50
Glenice Shanahan	W70	83.03



**10km walk**

John Mison	M50	55.13
Paul Martin	M55	55.14
Bob Fergie	M60	62.39
David Brown	M50	63.58
Dick Blom	M60	66.08
Michelle Mison	W50	70.39
Lynne Schickert	W55	72.00
Jill Midolo	W50	72.14
Rex Bruce	M55	72.28
Marion Bucens	W55	72.33
Alan Pomery	M65	82.25

**DEEPWATER POINT RUN****26/7/98**

The forecast for showers and very cold South East winds was spot on! After having early rain, the skies cleared to greet 85 runners and walkers at the start. The 10 miler proved popular again this year and some good times recorded. Apologies for not having flags at the far end of the course, but we will be back to our full quota of officials next year. This is always a popular event for walkers and there were many close finishes into the wind!

The charming Val Millard was dispatched to the wilds of Como to set up a drink station (all on her own). However, It was not long before the locals came out to help and our membership secretary was signing up new members. Reports indicate that they were all males - funny thing that! Others who kept the show on the road and the blue tent from blowing into the river were Kirt Johnson, Pat Miller, Jackie Billington, Sue Danby and Leo Hassam at the base camp and Norm Miller out on the course.

**Dalton Moffett****16K**

Gary Fisher	M45	62:51
Gareth Brunt	M45	66:57
Frank Smith	M55	67:34
Bob Schickert	M55	67:49
Brian Danby	M45	67:57
Milton Mavrick	M40	68:43
Paul Kelly	M40	69:00
Jan Kelly	W40	69:52
Vicente Carrero	M55	71:49
Mark Rosen	M50	71:55
Nick Miller	M35	71:57

David Willmer	M40	75:42
Alan Jennings	M55	75:50
Simon Mort	M40	76:16
Bob Sammells	M60	76:25
Stan Lockwood	M65	77:06
Richard Harris	M60	79:14
Lynn Harrop	M45	80:48
David Bishop	M40	80:49
Brian Smith	M55	80:59
Paul lewis	M50	83:54
Shirley Bell	W50	83:56
Vic Beaumont	M65	86:27
Brian Holmes	M60	86:27
Jackie Halberg	W50	90:01
Trevor Brown	M55	92:09
Barbara Outhwaite	W45	93:43
Irene Ferris	W45	94:04
Shorty Turner	M60	1:03:35
Margaret Bennett	W55	1:03:35

**7.2K**

Paul Odam	M35	27:19
Jim Klinge	M50	27:20
Chris Wilson	M50	29:12
Don Caplin	M55	29:53
Ian Lankester	M50	31:24
Tessa Brockwell	W40	31:48
Brian Foley	M50	32:40
Peter Airey	M60	33:19
Simon Outhwaite	M40	35:41
Doug Hazell	M45	36:18
Marg Forden	W55	36:24
Robin Bonner	M65	37:10
Stuart Parkinson	M50	37:24
Keith Forden	M55	37:57
John Dartnell	M50	38:42
Merv Jones	M55	39:21
Arnold Jenkins	M50	39:48
Craig Whatson	M40	41:19
Jenny Barnes	W45	41:40
Ann Turner	W60	42:30
Ray Lawrence	M70	44:35
Roma Barnett	W45	45:33
Leonie Annan	W40	46:49
Rosa Davis	W50	47:43

**7K Walk**

Paul Martin	M55	40:19
John Mison	M50	40:19
David Brown	M50	48:03
Dick Blom	M60	48:04
Bob Fergie	M60	48:10
Michele Mison	W50	51:37
Rex Bruce	M55	54:15
Lynne Schickert	W55	54:26
MarionBucens	W55	54:31
Lorna Lauchlan	W65	56:46
Ann Breeze	W50	57:00
Pat Ainsworth	W60	59:27
Ernie Moyle	M70	64:29
Jill Midolo	W50	64:49
Leon Sander	M60	64:56
Maggie Flanders	W60	67:27
Alan Pomery	M65	70:18

**Visitors**

Kurt Kappeler	7.2K	40:33
Kit Brown	7.2KW	64:56
Hyrem Maunsell-Oaea	16K	68:23
Dale Wesley	16K	68:33
Brad Robertson	16K	69:20
Rob Dougall	16K	70:52
Johan Hagedoorn	16K	71:51
Tony Miller	16K	79:19

**GARVEY GALLOP****9th August 1998**

Almost a perfect day for a run along the river. Brian Bennett volunteered to organise things. Many thanks to him and helpers, Ron Sutton, Pat Ainsworth, Shirley Bell, Fred Hagger, Jim Shaw and Kirt Johnson. **Bob**

**Schickert****5K RUN**

IAN DAVIS	M50	18:10
Ivan Brown	M50	19:06
Frank Gardiner	M45	19:36
Maurice Creagh	M50	22:15
SUE VETTEN	W45	22:40
Stuart Parkinson	M50	23:51
Kurt Kappler	M45	25:38
Anne Turner	W60	26:12
Joan Pellier	W55	26:28
Katrina Spilsbury	W30	26:28
Wendy Clements	W55	28:45
Jan Jarvis	W50	29:38
Marg Taylor	W45	41:54

**5K WALK**

REX BRUCE	M55	36:02
GAIL GARDINER	W45	37:44
Judy Lankaster	W45	38:58
Pat Miller	W60	38:59
Ernie Moyle	M70	42:05
Maggie Flanders	W60	42:29

**10K RUN**

WARREN GEE	M45	37:47
David Willmer	M40	38:04
Ralph Henderson	M50	38:10
ANNE SHAW	W50	39:00
Gary Fisher	M45	39:20
Gareth Brunt	M45	39:44
David Bishop	M40	39:51
Bob Schickert	M55	40:43
Dave Roberts	M55	40:51
Chris Gillard	M50	41:22
Milton Mavrick	M40	41:42
Ian Lankaster	M50	42:10
Ken Dacre	M40	42:33
Paul Kelly	M40	42:35



Jan Kelly	W40	43:31	George Innes	M60	50:21	Glynis Shanahan	W70	92:33
Vic Waters	M50	43:46	Peter Airey	M60	50:53			
Jeremy Short	M45	43:57	Aldo Giacomini	M60	51:49	<b>10K WALK</b>		
Nick Miller	M35	44:01	Helen Lysaght	W45	52:09	PAUL MARTIN	M55	53:49
John Bell	M50	44:10	Arnold Jenkins	M50	53:10	David Brown	M50	65:00
Alan Jennings	M55	44:34	Bernadette Height	W40	53:14	VAL COOK	W55	74:32
Mike Khan	M50	44:36	Jackie Halberg	W50	53:14	MARION BUCENS	W55	74:32
Brian Foley	M50	44:57	Merv Moyle	M70	53:29	Lynne Schickert	W55	77:20
Mick Cousins	M60	45:23	Wendy Duncan	W45	53:36	Lorna Lauchlan	W65	77:22
Phil Edmiston	M40	45:26	Craig Watson	M40	54:35	Ann Breeze	W50	77:22
Simon Mort	M40	46:01	Jenny Barnes	W45	54:37	Laurie Carroll	W45	84:14
John Pellier	M55	46:15	Brian Holmes	M60	54:44			
Keith Atkinson	M40	46:23	Dalton Moffett	M65	55:40	<b>VISITORS - 10K run</b>		
Brian Bennett	M50	46:36	Barbara Outhwaite	W45	57:51	Johan Haedoore	M50	43:37
Lyn Harrop	W45	46:43	Shorty Turner	M60	59:02	John Wannberg	M30	44:11
Bob Sammells	M60	46:52	Robert Reece	M50	59:02	Mike Faunge	M60	52:48
John Brambley	M55	48:14	Brian Aldrich	M65	59:12	Paula Karra	W	53:37
Mike Rhodes	M50	48:29	John Russell	M65	60:44			
Richard Harris	M60	49:17	Rosa Davis	W50	64:43			
Ray Hall	M60	49:31	Leonie Annan	W40	65:04			
Robin Bonner	M65	49:57	Mary Heppell	W60	65:45			
Graham Thornton	M55	50:21	Sheila Maslen	W60	66:42			
Marg Forden	W55	50:21	Jacque Billington	W55	76:32			

### WA Veterans State Track and Field Championships 1998 Pentathlon

Age	Name	Long Jump		Javelin		200m		Shot Put		800/1500		Total
		Dist	Points	Dist	Points	Time	Points	Dist	Points	Time	Points	
W30	K. Spilsbury	4.52	433	20.60	310	29.4	508	8.22	414	3.02.0	345 2	2010
W35	S McSwain	3.99	374	17.12	288	31.1	436	6.25	287	2.45.4	574	1959
W45	E. Hindle	4.31	657	16.44	377	30.2	672	7.13	447	3.06.8	502	2655
	L.Choate	3.23	310	16.03	366	28.2	826	6.95	432	3.01.7	552	2486
W50	P. Doore	3.27	393	22.05	516	36.1	384	8.14	524	4.18.5	84	1901
	V. Millard	2.32	122	14.39	306	44.8	47	6.04	357	3.35.4	334	1166
W55	K. Holland	2.98	371	19.47	518	33.7	614	7.05	519	3.27.2	483	2505
	R. Johnson	3.39	522	10.72	247	36.1	468	5.81	406	3.20.3	544	2187
	L. Schickert	2.27	151	10.95	254	48.3	21	5.29	359	4.07.0	199	984
W60	N. Medcalf	2.76	367	13.83	400	38.5	425	6.39	545	3.32.8	530	2267
W65	P.Carr	3.74	908	16.62	580	36.0	672	6.68	679	3.46.3	525	3364
M30	W.Bariolo	5.70	523	46.43	536	25.3	561	10.55	519	5.05.9	526	2665
	J.Johansson	5.33	447	32.32	332	26.5	467	8.58	401	5.03.5	540	2187
	S.Dunn	3.58	142	NT	0	29.3	278	5.21	203	4.38.4	690	1313
M35	I. Sanders	4.41	315	22.73	222	28.3	373	7.18	318	5.58.6	297	1525
M45	G Summerfield	4.68	508	30.93	445	28.4	505	7.75	435	5.07.9	672	2565
M50	M.Tolbert	6.05	1007	40.42	704	25.5	808	10.01	605	6.06.6	439	3563
	A.Jenkins	3.63	321	23.69	354	30.2	454	7.25	406	5.53.9	497	2032
M55	P.Gare	5.27	876	33.81	634	26.6	795	9.12	616	5.48.9	594	3515
	M. O'Reilly	3.68	396	18.90	294	28.7	632	7.04	448	5.38.5	647	2417
M60	N.Richards	4.40	693	27.01	485	27.6	794	8.22	554	6.20.2	525	3051
	R.Fergie	3.50	413	31.79	596	37.2	208	9.36	648	7.29.9	255	2120
M65	D. Carr	4.20	725	22.05	420	29.3	754	6.11	439	5.06.1	996	3334
	K.Whistler	2.72	254	22.00	419	37.2	277	7.82	595	6.36.6	539	2084
	G. Medcalf	2.94	313	18.83	340	33.9	451	5.07	346	8.17.5	186	1636
	R. Shand	2.64	232	24.00	470	FTF	0	6.65	488	FTF	0	1190
M70	A.Tyson	2.56	257	18.89	388	36.7	390	7.55	568	7.01.1	535	2138
M75	R.Tompkins	2.45	276	20.06	476	51.6	7	7.51	643	8.30.7	327	1729



## Weight Pentathlon

Age	Name	Hammer		Shot Put		Discus		Javelin		Weight		Total
		Dist	Points	Dist	Points	Dist	Points	Dist	Points	Dist	Points	
W40	S. Smith	22.04	376	7.85	425	21.96	337	18.89	382	8.25	603	2123
W45	E. Hindle	20.21	383	6.50	397	18.49	316	15.70	356	8.75	691	2143
W50	P.Doore	19.59	344	8.17	526	18.52	370	21.68	506	7.42	471	2217
W55	R.Johnson	19.89	404	5.56	384	13.24	282	9.88	221	6.56	443	1734
W60	D. Whittam	23.04	560	7.88	702	14.14	358	17.33	525	10.33	651	2796
W65	L. Lauchlan	13.99	326	6.86	700	14.23	421	15.64	541	7.86	512	2500
W75	P.Head	4.43	47	3.58	441	6.94	229	7.50	301	3.58	220	1238
M50	A.Jenkins	21.04	289	7.70	438	17.80	257	23.14	342	7.07	332	1658
	R. Young	18.11	231	9.96	601	29.33	497	21.27	305	8.99	450	2084
M60	B.Fergie	33.74	629	9.58	666	29.55	524	27.57	498	12.36	695	3012
	J. Whittam	19.24	300	6.28	397	16.30	239	14.81	209	7.09	352	1497
M65	G. Medcalf	10.85	143	4.74	317	20.21	370	20.71	387	6.10	320	1537
	A.Cummings	31.17	649	8.40	648	33.08	689	22.39	429	11.95	732	3147
	R.Shand	16.36	277	6.99	519	25.12	490	25.80	516	6.84	371	2173
M70	B.Chapman	30.22	619	9.35	733	29.24	674	19.00	391	12.05	710	3127
M75	R.Tomkins	21.24	452	7.39	630	21.79	538	18.43	435	8.74	531	2586
	F.Watson	8.84	117	4.10	300	9.96	188	9.06	149	4.50	225	979

### Minutes from the WAVAC Annual General Meeting

Tuesday April 21 1998

Held at the YMCA Hockey Clubrooms, Perry Lakes

#### 1. Open and Welcome

President Brian Foley opened the meeting at 7.10pm and welcomed all members and in particular John Pettersson, President of the WAMC.

#### 2. Members Present

Members present as per attendance book

#### 3. Apologies

Apologies as per the attendance book

#### 4. Minutes of the previous meeting

The minutes of the previous meeting were circulated. Acceptance moved Richard Harris, seconded Jeff Whittam. PASSED

#### 5. Business arising from the minutes

Nil

#### 6. Reports

President Brian Foley read his report. The role of the AAVAC executive officer was questioned. Brian reported that she has the responsibility for sponsorship, increasing membership, training officials. The increase in capitation fees was discussed. Brian again said that it was a situation that the Club will need to look at. Moved Brian Foley, seconded Paul Hughes that the report be accepted. PASSED

Secretary - as per Vetrin. Jackie commented that a number of hard working race directors had retired and that

there was a need for younger members to take on these positions. Margaret Warren suggested we act along the lines of the Marathon Club and charge members extra if they do not offer to help. A new committee may wish to look into that. Acceptance moved Jackie Halberg, seconded Graham Thornton. PASSED.

Treasurer - the report was circulated. It was noted that capitation fees were up by \$500 (due to \$1 increase). The Vetrin production was the largest expenditure item. Jill Midolo commented that the costs were very reasonable compared with other publications of a similar type. Moved Sue Jones, seconded Dorothy Whittam that the report be accepted. PASSED

#### 7. Presentation of Trophies

Patrons Trophy - David Carr, Peggy Macliver

Handicap Trophy - Alan Jennings

Reg Briggs Trophy - Robin King

John Gilmour Trophy - David Carr

#### 8. Election of office bearers

The following were elected unopposed.

President: Bob Schickert Moved Dorothy Whittam  
Seconded Pat Carr

Vice-President: Keith Atkinson Moved Bob Schickert  
Seconded Jackie Halberg

Secretary: Brian Foley Moved Jackie Halberg  
Seconded Sue Jones

Treasurer: Ray Hall Moved Bob Schickert  
Seconded Merv Jones



Committee: Lorna Lauchlan Moved Joan Pellier  
 Seconded Bob Schickert  
 Milton Maverick Moved Bob Schickert  
 Seconded Bob Sammells  
 Valerie Millard Moved Lynne Schickert  
 Seconded Bob Schickert  
 Joan Pellier Moved Bob Schickert  
 Seconded Jackie Halberg

### 9. Appointment of Officials

Patron: Bill Huges  
 Editor: Katrina Spilsbury  
 Handicapper: Graham Thornton  
 Auditor: Ray Lawrence  
 Statistician: Bob Sammells  
 Registrars: David Carr, Valerie Prescott

Jeff Whittam thanked the previous committee members.

### 10. Life Memberships

There were two nominations for Life Membership of the WA Veterans Athletic Club. Brian Foley was nominated by Bob Fergie, Jackie Halberg and Bob Sammells. Bob Schickert was nominated by Dorothy Whittam, Jackie Billington and Brian Foley. Both members were accepted with acclamation.

11. It was moved by Magaret Warren, seconded Keith Forden that start times be put forward to 7.30am for runs in December, January and February. Motion LOST.

### 12. General Business

On behalf of the members, Kirt Johnson thanked the outgoing committee for the work over the past year.

Brian Danby suggested that the club be divided into two groups so that the capitation fees are only paid by track and field competitors. A number of members spoke for and against, and the new committee will seek members opinion through the Vetrun. Such a move would need a constitutional change.

Paul Hughes commented on the lack of younger people joining the Club, and suggested that the name 'veterans' may be a factor in not attracting these runners. Bob Schickert reported that at the athletes forum held during the National Championships in Brisbane this topic was discussed.

Ray Hall appealed to members to help as much as possible.

Meeting closed at 8.30pm

## Treasurers Report 97/98 Statement of payments and receipts-1.04.97 to 31.03.98

RECEIPTS		PAYMENTS	
Subscriptions	10960.00	Vetrun - printing	3467.20
Visitors	972.35	Vetrun - postage	1004.56
Morning tea	378.35	Bank fees	67.15
Clothing	949.50	Clothing	-----
Track and field	2164.50	Track hire	2586.95
Equipment purchase	-----	Equipment purchase	1218.90
Association registration	200.00	Programmes	606.00
Canteen	450.60	Canteen	230.46
donations	155.00	Capitation fees	1845.00
Advertising	30.00	Medals/trophies	554.15
State championships	2188.00	State championships	225.00
Annual dinner	1701.00	Annual dinner	2216.07
Wellington Mills	608.00	Wellington Mills	720.00
Jorgensen Park	704.00	Jorgensen Park	1237.86
Rosies	1066.00	Rosie's	1066.00
Lewana	956.00	Lewana	860.00
Nanga	250.00	Name badges	504.50
Miscellaneous	105.00	Miscellaneous	1028.39
Interest	119.41	Petty cash advances	427.65
<b>TOTAL</b>	<b>23957.71</b>	Stamps, postage, telephone	17.10
		<b>TOTAL</b>	<b>19882.94</b>
<b>Opening statement</b>		<b>7986.12</b>	
Less outstanding cheques 1.04.97		607.65	7378.47
Plus receipts		23957.71	31,336.18
Less payments		19882.94	11453.24
Plus unpresented cheques 31.03.98 - (797:\$140.00,798:\$120.00, 801:\$140.28,802:\$198.00,804:\$30.00,805:\$17.65,806:\$97.51,792:\$52.40)		795.84	<u>12249.08</u>
Balance as per statement 31st March, 1998			12,249.08
Term deposit			7624.98
<b>Balance</b>			<b>19,874.06</b>



HAPPY BIRTHDAY TO OUR SEPTEMBER MEMBERS

-----  
 Thomson, Robert 03/09/47 51 remains M50  
 Worner, Basil 04/09/31 67 remains M65  
 Sanderson, Heather 04/09/49 49 remains W45  
 Barnett, Roma 06/09/49 49 remains W45  
 Stone, John 07/09/52 46 remains M45  
 Beaumont, Jacqueline 08/09/36 62 remains W60  
 Leggett, Arthur 08/09/18 80 becomes M80  
 Langford, Margaret 09/09/46 52 remains W50  
 Vetten, Susan 10/09/51 47 remains W45  
 Davis, Robert 11/09/38 60 becomes M60  
 Stoffers, Margaret 11/09/43 55 becomes W55  
 Scott, David 12/09/47 51 remains M50  
 O'Riordan, Noelle 13/09/60 38 remains W35  
 Kennedy, Brian 14/09/33 65 becomes M65  
 Aldrich, Brian 16/09/30 68 remains M65  
 Hayres, Robert 16/09/31 67 remains M65  
 McDowell, Gregory 16/09/54 44 remains M40  
 King, Robin 17/09/58 40 becomes W40

Blom, Dick 19/09/33 65 becomes M65  
 Wilson, Barbara 19/09/51 47 remains W45  
 Davies, Denise 23/09/43 55 becomes W55  
 Warren, Morris 24/09/37 61 remains M60  
 Heppener, Tony 24/09/51 47 remains M45  
 Johnson, Michael 24/09/49 49 remains M45  
 Holmes, Brian 26/09/36 62 remains M60  
 York, Diane 27/09/53 45 becomes W45  
 McAuley, Duncan 28/09/49 49 remains M45  
 Bennett, Marg 28/09/41 57 remains W55  
 Lockwood, Stanley 29/09/29 69 remains M65  
 O'Reilly, Mike 29/09/39 59 remains M55  
 Usher, Francis 30/09/23 75 becomes M75  
 Chambers, Alan 30/09/37 61 remains M60

**Copy for the Vetrun: Send to Katrina Spilsbury  
 2/14 Leonora St, Como, WA 6152**

**PRINT POST APPROVAL  
 644113/00007**



**SURFACE  
 MAIL**

**POSTAGE PAID  
 AUSTRALIA**

**IF UNCLAIMED PLEASE RETURN TO:  
 1/37 BOMBARD STREET  
 ARDROSS WA 6153**

Mr R Hayres  
 26 Jenkins Pl  
 WEMBLEY DOWNS

WA 6019