



The Vetruns



No. 310 August 1999

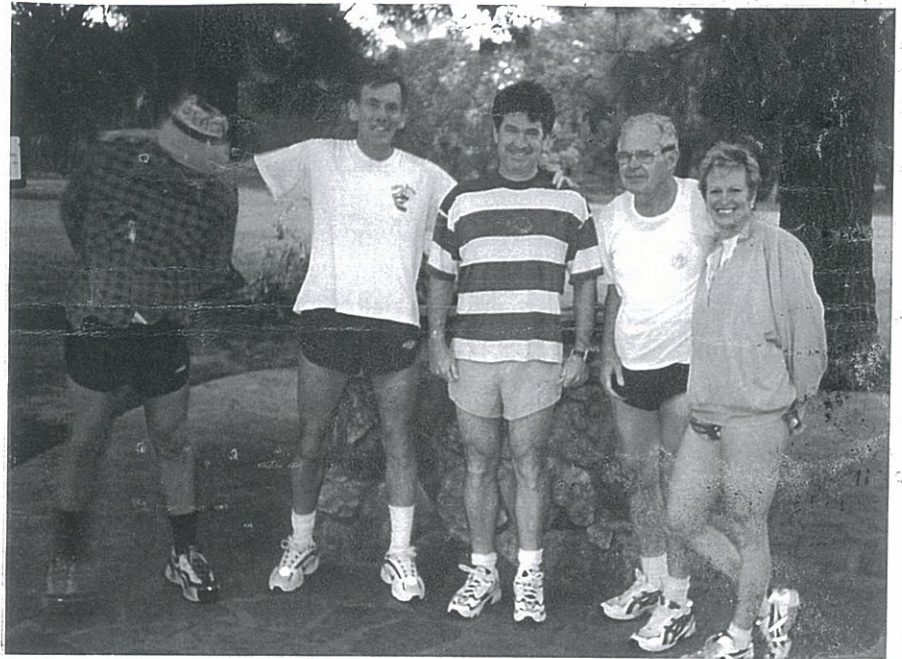
Patron: Bill Hughes

President: Bob Schickert

Editor: Katrina Spilsbury 9313 3943

Copy for The Vetrun: 2/14 Leonora St, Como WA 6152

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

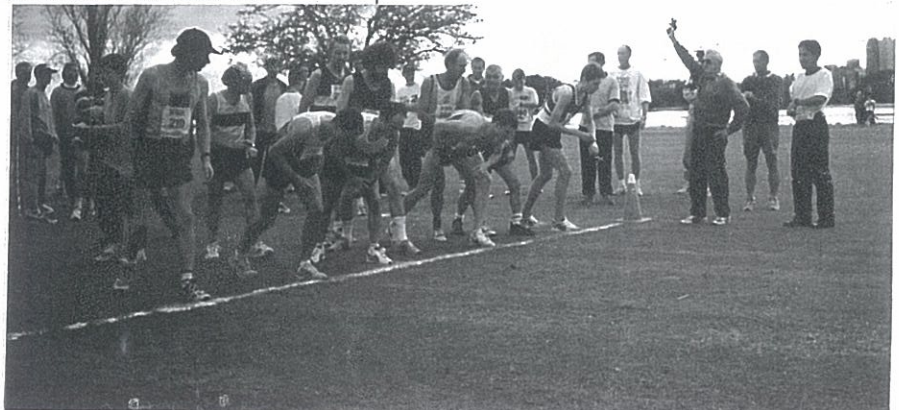
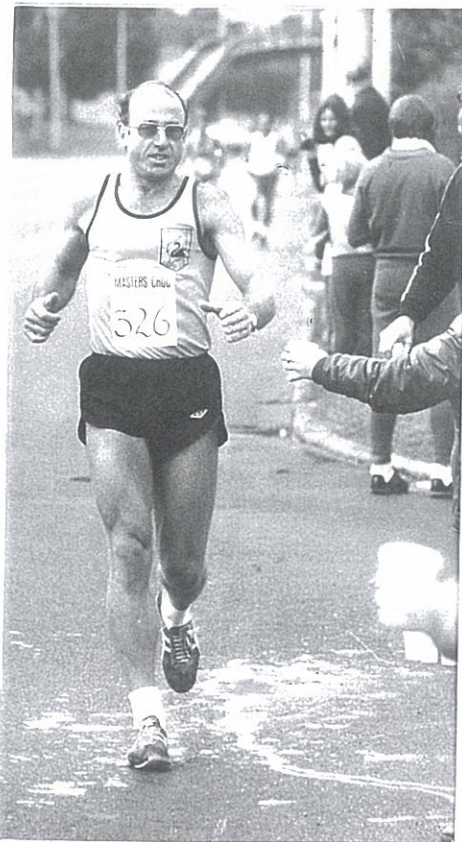


1999/2000 Track and Field Programme Inside

(left to right) Family trio: Eileen Brown, brother John and daughter Jill Paice at the Perth Marathon (see page 2). Kings Park Tuesday night training group- David James, Bert Carse, Milton Mavrack, Kirt Johnson and Shirley Bell. Recognise a youthful Don Caplin running the Perth Marathon in the 80's!! Athletica relay with Tony Heppner and Dave Roberts starting for the Vets. John Gilmour is the starter.

Inside this Issue

Club News	2
Track and Field Programme	3
50K Road Running Championships	4
Road Walking Championships	4
Deepwater Point	5
Jorgensen Park Cross Country	5
Club Half Marathon	6
Hester Park Run	7
Birthdays	8



Club News

Missing...

Rosa Davis is going to Canada for the World Airline RRC in October and would like to look up former club members, Ron and Joan Hillas. Does anyone have a contact number or address for them? Please phone Rosa on 9337 4413 or see during a Sunday run.

Reminder

Presentation Day

This will be held 12pm-4pm on September 5th. It is also Father's Day- A double celebration!

The venue this year is the Sportsmen's Association of Australia, Stancliffe St, Mt Lawley (enter from the end of Woodsome St) Tickets are \$12.50 per head for lunch and drinks will be available at the bar. There will also be a Crayfish Raffle and a 'Runners Wheel'. So mark the date on your calendar and obtain your tickets from Ann or Shorty Turner. For more information contact the Turners on 92761539.

See you there!!

A Family Affair

A delighted Sheila Maslen is happy to report that her daughter Kate was the 4th woman and 2nd Australian woman to finish the Gold Coast Marathon, held in July this year. Kate, who is 31 years old, ran a PB of 2hrs 46mins 10secs.

John West (M45) also competed and told our roving Vetrún reporter, Bob Sammells, that, despite being a bit 'under the weather', he ran it in about 3 hours and Ross Parker (M50) ran about 2 hrs 52mins.



Another Family Affair.....

Although Ivan Brown apologised for missing any member in the People's Marathon results, I thought I would mention one of the newer members he missed - Jill Paice who ran her first marathon in 4.33. Jill has only been running for a year and she also enjoys going to the gym and karate. Jill is the daughter of members Trevor and Eileen Brown. Eileen was also running her first marathon and making up a trio of the Brown family was Eileen's brother John who came over from Townsville to run the event (see photo). Congratulations to them, I know that Eileen can't wait until next years event!

Joan Pellier

Helpers for Runs

5th September

Picnic Area, Progress Drive, Bibra Lake: Bob Sammells, R. Bruce, S. Bell, M. Loly, G.McCrae, J. Smith, R.Davis, J.Klinge

12th September

Saw Avenue, Kings Park
R. Sheehy, A & J. Holm, J. Stewart, Jenny Barnes * Importantly could R.Mair, S. Carter, and E. Brown contact race director, Ralph on 94013115 as we don't have your phone numbers.

19th September

Point Reserve, Surrey St, Bassandean
M.Khan, K. Johnson, D. James, K. Noordyk, R.Cook, J.Jarvis, D. Lancaster, K. Whistler.

26th September

Garvey Park, Fauntleroy Ave. Redcliffe
P.Ainsworth, R. Thomson, P & B Smith, B. Tindall, K. Johnson, M. Hale, R. Mair, D.Caplin

3rd October

Wildflower Run, Hale Oval Kings Park Tennis club off Kings Park Rd
S. Barrie, M. Flood, G. Morgan, J.Adams, L. Annan, S. Lockwood, G.Branche, T.Franke, F. McLinden

Any Ideas??

Do you have any ideas for a new run venue? We have a vacancy in next year's calendar, so we are looking for someone to take over a run or as always, we are open to suggestions for new venues. See Bob Schickert or Keith Atkinson as they will be planning the next calendar soon.

Helpers List for the 1999/2000 Track and Field Programme

The following is a provisional list of helpers for the track and field programme. We would greatly appreciate if you could help on these days. If the date doesn't suit please let the club know so we can fit you in on a more convenient date. If your name is not on the list and you would like to help out you will be most welcome!

7/10	B. Schickert, A. Jennings K.Martin
14/10	W. Davey, R.Hall B.Foley
21/10	I. Sanders, L. Lauchlan K. Spilsbury
28/10	N. Richards, A.Shaw G. McDowell
4/11	D. Ashfield, M. Mison D. Wilmer
11/11	M. O'Reilly, J. Mison R. Tompkins
18/11	J. Wannberg, V. Millard A. Cummings
25/11	P. Macliver, V. Prescott R.King
2/12	M. Robinson, A. Jenkins P.Carr
9/12	T. Brockwell, M. Jones L.Schickert
16/12	R. Kemp, B.Carse B.Carse
23/12	D. McMorro, R. Calnan F. Gardiner
6/1	E.Hindle, L. Sander

(Continued on page 4)

TRACK AND FIELD PROGRAM 1999/2000

This year we are again holding our track and field events on Thursday evenings. The first week is intended as an easy lead into the competitive season which begins on Thursday, October 14, with the Patron's Trophy competition conducted over ten weeks from that date.

PATRON'S TROPHY

In the programme below, those events marked * are point-scoring events. Athletes compete in a maximum of sixteen events and points from their ten best performances are added to achieve a total score. The contest is age graded and favours athletes who have a go at everything. This year we are using the WAVA Age-Graded Tables. An athlete's score will be his/her calculated percentage level. Copies of the tables for the appropriate events have been printed and will be available to competitors - with instructions.

START TIMES AND VENUES

Meetings in OCTOBER begin at 5.30pm. From NOVEMBER to MARCH start time is 6.00pm. Generally, for 6pm start days, the walk is first at 6pm and the longest distance race at approx 6.40pm except for the 10,000m on 25/11 and 24/2 which will start at 6.15pm

C = Coker Park, Cannington (synthetic) M = McGillivray Oval, Mt Claremont (grass)

A fee of \$2.00 will be charged.

OCTOBER

7 C	60m	1000mW	1500m	T/J	Heavy Wt	Discus	
14 M	200m	1500mW	L/J	*3000m	Discus	400m	
21 C	2000mW	*400m	L/J	*Javelin	1500m	Hammer	
28 M	100m	1500mW	*Discus	T/J	*5000m	Shot	

NOVEMBER

4 C	*100m	T/J	Javelin	*3000mW	3000m	Heavy Wt	
11 M	200m	L/J	1000mW	*800m	*Shot	5000m	
18 C	200m	2000mW	Javelin	*T/J	Discus	*1500m	
25 M	100m	1000mW	Shot	400m	T/J	*10000m	

DECEMBER

2 C	Joint meeting with Canning Districts – last year was a 100yards, 1 mile and 3000m						
9 M	800m	*1500mW	*200m	Discus	Shot	L/J	3000m
16 C	1500mW	*Hammer	*L/J	5000m	800m	200m	
23 M	100m	1500mW	1000m	L/J	Javelin	Shot	

Christmas Break

JANUARY

6 M	200m	Discus	L/J	1500mW	400m	Javelin	5000m
13 C	Club Pentathlon Championships + selected events (60m and 1500m?)						
20 M	100m	2000mW	Discus	T/J	1000m	Shot	3000m
27 C	1500mW	100m	Javelin	800m	T/J	Hammer	5000m

FEBRUARY

3 M	3000mW	200m	Shot	L/J	Discus	1500m	
10 C	2000mW	200m	L/J	Hammer	800m	Discus	3000m
17 M	100m	3000mW	T/J	Discus	800m	Heavy Wt	5000m
24 C	1500mW	100m	Javelin	T/J	Shot	10000m	

MARCH

2 M	60m	Javelin	400m	5000mW	1500mW	L/J	
9 C	100m	3000m	T/J	2000mW	Hammer	400m	
16 M	1500mW	200m	Discus	1500m	L/J		

STATE VETERANS TRACK AND FIELD CHAMPIONSHIPS

19 C	Sun	Pentathlon
23 M	Thurs	Steeplechase Championship Events PLUS 200m for anyone interested
24 C	Friday	Evening (In 1999 Hammer was 5.30pm, 5kW at 7. pm, 10k at 8pm)
25 C	Saturday	
26 C	Sunday	

distance running who achieved first place with a fast kilometre time of 3.41. These Championships, held every year, are ideal for planning your running for the year and are a good lead up to a marathon distance. Hope to see you all next year.

Morris Warren.

Whittaker

Stoltz

M. Creagh

nden

McRae

Tolbert

. Brown

Shand

Solomon

Spare

olland

hales

ockwood

apman

uties:

ge

Name	Age	25k	15k	10k	Average
Margaret Langford	W50	2.03.58	72.33	46.29	4.50 ✓
Shirley Bell	W50	2.05.17	76.58	49.07	5.00 ✓
Jenny Barnes	W45	2.08.53	80.43	49.51	5.10 ✓
Marg Forden	W55	2.14.44	78.37	55.51	5.21 ✓
Ann Turner	W60	2.28.59	82.48	55.03	5.43 ✓
Valerie Millard	W50	2.30.25	82.38	55.01	5.45 ✓
Joan Pellier	W55	2.33.51	88.54	56.31	5.58 ✓
Eileen Brown	W50	2.39.20	88.20	56.16	6.04 ✓
Margaret Bennett	W55	2.57.23	94.45	64.57	6.43 ✓
Denise Lacaster	W45	2.57.23	94.41	64.58	6.43 ✓
Bert Carse	M55	1.33.29	54.45	36.50	3.41 ✓
Stephen Dunn	M30	1.38.47	56.48	37.26	3.50 ✓
Gareth Brunt	M45	1.45.57	61.35	39.38	4.07 ✓
Bob Schickert	M55	1.48.34	59.35	39.20	4.08 ✓
Ivan Brown	M50	1.46.31	64.22	40.53	4.13 ✓
Brian Danby	M50	1.53.48	64.15	41.13	4.22 ✓
Mike Karra	M30	1.50.44	67.23	41.21	4.22 ✓
Mark Rosen	M50	1.55.09	69.00	45.18	4.35 ✓
Keith Atkinson	M40	1.59.07	69.46	45.45	4.40 ✓
Mike Kahn	M50	2.07.18	67.39	44.26	4.46 ✓
Bob Sammells	M60	2.04.19	70.04	47.46	4.50 ✓
Cecil Walkley	M70	2.05.26	71.50	47.14	4.52 ✓
Richard Harris	M60	2.05.35	71.38	48.21	4.53 ✓
Brian Smith	M60	2.22.22	79.26	49.43	5.25 ✓
George Schaeffer	M65	2.26.43	76.55	52.05	5.30 ✓
Merve Moyle	M70	2.24.44	80.23	54.04	5.32 ✓
John Pellier	M55	2.18.49	77.18	62.29	5.33 ✓

Road Walking Championships 1999

Its

Race

s 1999

year of the

ships. This

ampionship

we had 27

d the three

nd 17 men-

ord was the

. Ten years

minutes per

years later

50 minutes

onsistent is

se to long

Name	Age	Total time for 37.2km	average km rate	% over 37.2km	Pos
Michelle Mison	W50	4.17.46	6.55.7	70.00	1
Lynne Schickert	W55	4.31.18	7.17.5	70.26	1
Jacqui Billington	W55	4.44.17	7.38.4	68.58	2
Dorothy Whittam	W60	4.32.27	7.19.3	73.88	1
Maggie Flanders	W60	5.15.03	8.28.0	64.57	2
Val Wheeler	W65	5.13.22	8.25.3	68.03	1
Paul Martin	M55	3.29.08	5.36.0	81.03	1
Rex Bruce	M55	4.41.02	7.33.6	61.14	2
Jeff Whittam	M60	5.23.16	8.41.3	55.68	1
Dick Blom	M65	3.41.22	5.57.0	82.68	1
Alan Pomery	M65	5.06.26	8.14.2	62.37	2

Best Woman on % Dorothy Whittam with 73.88%

Best Man on % Dick Blom with 82.68%

Percentages are based on actual age year at start of the competition.

Jeff Whittam

Deepwater Point

June 27th 1999

A record 112 runners and walkers gathered on the grassy slopes of the Canning River at Mt Pleasant for this popular event. With low cloud and little wind, running conditions were ideal and Tessa Brockwell broke her course record for the 7.2K with a smart 29.34. With the marathon only a week away, many used the 10 miler (16km) to fine-tune their fitness for the big event. Garry Fisher again won the 16k and was under his time for last year. The walkers had a big field for their Championship event and Dick Blom (aware of local conditions) smashed his time of last year by almost 6 minutes without the aid of his pacing mate, David Brown. Out around the course, Leo Hassam, Trevor Robertson, Mike Faunge, Dave Reid and Marg Taylor guided runners, while back at the finishing area we also thank Maureen Pomery, Bev Thornton, Jackie Halberg, Sue Danby and many others for their excellent help. To finish off the morning, many stayed on to enjoy cappuccinos and breakfast at the café nearby.

Dalton Moffett

7.2km

Warren Gee	M45	27.56
Jim Klinge	M50	28.02
Dave Roberts	M55	28.31
Chris Coates	M45	29.11
David Willmer	M40	29.20
Frank Smith	M55	29.32
Tessa Brockwell	W40	29.34
Bob Thomson	M50	29.49
Vic Waters	M55	30.51
Glen Stephens	Vis	31.06
Nick Gardiner	Vis	31.47
Frank Gardiner	M45	32.01
Mike Rhodes	M50	32.05
Wayne Pantall	M45	31.12
Brian Danby	M50	32.33
Don caplin	M60	32.44
John Pressley	M50	33.17
Dominic Rotili	vis	33.33
Alan Jennings	M55	33.44
Brian Foley	M55	33.48
John Brambley	M55	34.05

Robin King	W40	34.30
Bryan Hardy	M55	34.40
Peggy Macliver	W55	35.39
David Carr	M65	35.40
George Schaefer	M65	36.55
Sue Vetten	W45	37.37
Margary Forden	W55	38.01
John Smith	M60	38.03
Ray Hall	M65	38.14
Wendy Clements	W55	39.34
Arnold Jenkins	M55	40.52
Paul Martin	m55	41.09
Ray Lawrence	M70	42.27
Stuart Parkinson	M50	43.42
Bridget Carse	W55	43.22
Jan Jarvis	W50	44.38
Kirt Johnson	M70	44.38
Denise Lancaster	W45	45.14
Brian Aldrich	M65	45.33
Brian Holmes	M60	45.42
Rosa Davis	W55	46.05
Suzan Brand	W50	48.26
Ann Breeze	W50	49.43
John Russell	M65	49.45
Lori Carroll	W45	49.53
Toni Frank	W50	58.58
Frank Usher	M75	59.18
Peter Simmons	M45	60.09

7.2K Walk

Paul Martin	M55	41.09
Dick Blom	M65	42.31
John Mison	M50	43.04
Barbara Atkinson	W45	47.54
Terry Humphries	M45	47.54
Jacqui Billington	W55	51.25
Michelle Mison	W50	51.28
Lynne Schickert	W55	53.45
Lorna Lauchlan	W65	53.53
Dorothy Whittam	W60	54.10
Rex Bruce	M55	55.29
Pat Ainsworth	W60	63.20
Val Wheeler	W65	63.20
Maggie Flanders	W60	63.28
Alan Pomery	M65	63.29
Ernie Moyle	M70	64.23
Jeff Whittam	M60	64.45
Glenice Shanahan	W75	66.53
Gail Gardiner	W45	66.57
Fred Hagger	M70	70.48
Fred Watson	M80	70.59

16km

Gary Fisher	M45	62.23
Ralph Henderson	M50	63.12
Anne Shaw	W50	63.36
Gareth Brunt	M45	65.27
Bert Carse	M50	68.41

Brad Robertson	Vis	70.26
Craig Watson	M40	70.58
John Bell	M50	71.19
Wendy Duncan	W45	71.49
Sara Kennedy	Vis	71.49
Ivan Brown	M50	72.30
John Pettersson	Vis	72.46
Richard Harris	M60	72.47
Jenny Barnes	W45	72.50
David James	M45	73.11
Ian Lankester	M50	73.44
Graham Thornton	M55	73.45
Mike Hale	M50	75.15
Robert Mair	M50	75.40
Johan Hagerdorn	M55	76.39
Michael Anderson	M50	76.43
Lawrence Wynne	Vis	77.00
Mitch Loly	M55	78.27
Bob Sammells	m60	79.06
Cecil Walkley	M70	79.22
Sandi Bond	W35	79.49
Kath Noordyk	W50	79.52
Syd Beer	Vis	80.08
Jeremy Short	M45	82.36
Adrian Damian	Vis	83.15
Brian Smith	M60	86.34
Shirley Bell	W50	87.15
Robert Sheehy	M50	89.10
John Pellier	M55	89.45
Merv Moyle	M70	89.53
Merv Jones	M55	94.36
Ann Turner	W60	95.09
Val Millard	W50	99.28
Eileen Brown	W50	103.20
Margaret Bennett	W55	103.58
Mary Heppell	W60	109.15
Sheila Maslen	W60	109.16
Alan Chambers	M60	110.37

Club Cross Country Championship

Jorgensen Park 1 August 1999

It was a perfect morning for the Club Cross Country Championship at Jorgensen Park on 1st August 1999. 50 members and visitors competed in the 3 lap 8km course, up hill and down dale, and thanks to John Pellier's marking of the course, no-one got lost. The conditions were good for the run, sunny and cool, the streams had little water and were easy to cross. Running up the hill past the hall to the start/finish line tested the runners but all appeared to enjoy

the run.

The run was followed by the Club's traditional Jorgensen Park lunch, which was well attended. Medal presentations followed the lunch and Sheila Malsen presented the Ted Maslen Trophy (for the 1st M60) to Bob Sammells for the second successive year.

Thanks to John and Joan Pellier for marking the course, the ever helpful Bev Thornton and Maureen Pomery for recording, Jim Shaw, Kirt Johnson, Alan Pomery for their help at the start/finish line, John Adams Mike Anderson and John West for directing the runners along the course and to anyone else I've forgotten amongst the big band of helpers.

Special thanks to Graham Thornton for organising the lunch and the good weather for sitting out on the verandah in the sunshine before and after the lunch.

Val Millard for the committee.

Results		laps	
Clinton Turner	Vis	1	14.09
Anne Breeze	W50	1	18.19
Brian Holmes	M60	1	18.22
Ernie Moyle	M70	1	26.55
Peter Airey	M60	2	31.00
Jeff Spencer	M55	2	31.31
Fred Hagger	M70	1	31.52
Jim Langford	M50	3	32.11
Duncan McAuley	M45	3	33.09
Trevor Roberston	M45	3	34.06
Blakeney Tindall	M35	3	36.05
Ann Shaw	W50	3	36.11
Chris Coates	M45	3	37.07
Brian Danby	M50	3	37.52
John Allen	Vis	3	38.48
Mike Hale	M50	3	38.54
Graham Thornton	M55	3	39.24
Mike Khan	M50	3	39.36
Denise Lancaster	W45	2	39.43
Trevor Brown	M55	2	39.46
Robin King	W40	3	40.28
Bob Sammells	M60	3	40.42
Milton Maverick	M45	3	41.31
Wayne Bates	M50	3	41.33
Peter Simmons	M50	2	41.47
Margaret Langford	W50	3	42.49
Margery Forden	W55	3	43.58
Phyllis Farrell	W50	2	44.51
Ray Hall	M65	3	45.27

Craig Watson	M40	3	47.23
Shirley Bell	W50	3	47.31
Dalton Moffett	M65	3	48.21
Merv Moyle	M70	3	48.31
Merv Jones	M60	3	50.09
John Pellier	M55	3	50.20
Ann Turner	W60	3	50.54
Daniel Bending	Vis	3	51.08
Paula Karra	Vis	3	51.23
Margaret Warren	W60	3	52.04
Norm Miller	M65	3	53.51
Eileen Brown	W50	3	54.18
Margaret Bennett	W55	3	55.26
Arnold Jenkiris	M55	3	56.42
Shorty Turner	M60	3	59.57
Rosa Davis	W55	3	60.33
Alan Chambers	M60	3	61.12
Suzan Brand	W50	3	61.57
Glenice Shanahan	W75	3	74.20
Pat Ainsworth	W60	3w	75.01

Club Half Marathon Championships McCallum Park 8th August, 1999

Cool conditions prevailed throughout the "Half" and probably contributed to slightly slower times overall. They didn't, however, prevent Stephen Dunn and Ann Turner from setting new Championship records. Stephen took 43 seconds off his own M30 record while Ann beat June Strachan's 12 year-old W60 record of 2hrs 4mins 16 secs by over four minutes.

Congratulations to our new Club Champions and to all others who completed the course. The shorter event seemed to be keenly contested judging by many of the finishing sprints. It's all good training, folks!

The performance level percentages have been reported in 1996, 1998 and again this year to enable members to judge their relative fitness levels over time. Have a peep at Newsletters Nos 275, 299 and this; there are a few pleasant surprises!

My heartfelt thanks go to my cheery band of officials. Marshals' Kirt Johnson, Keith Forden and Tony

Heppener; Dennis Miller, Vic Waters, Diane Airey and Morris Warren on drink stations, and Pat Miller, Trevor Brown and Ray Hall at the finish.

BobSammells@bigpond.com.au

Half Marathon Run			PL%
M30			
Stephen Dunn	33	1:22:47	72.05
John Wannberg	32	1:32:33	64.45
M35			
Eric Emmett	39	1:30:33	67.09
M40			
Stephen Burge	41	1:27:17	70.59
Keith Atkinson	42	1:39:17	62.49
M45			
Chris Maher	46	1:19:28	80.43
Trevor Robertson	46	1:21:56	78.01
Gareth Brunt	48	1:29:47	72.78
David James	46	1:29:49	71.16
Jeremy Short	48	1:45:26	61.55
Milton Mavrick	45	1:49:27	57.95
Adrian Damiani	49	1:49:54	59.50
M50			
John West	50	1:22:34	80.03
Ralph Henderson	51	1:25:57	77.31
John Pressley	54	1:32:32	73.61
Mark Rosen	51	1:37:54	71.41
Mike Khan	54	1:38:50	68.92
Wayne Bates	54	1:41:34	67.06
Mike Anderson	51	1:44:02	63.87
Robert Sheehy	53	1:58:31	56.99
M55			
Jim Barnes	56	1:37:47	70.85
Mitch Loly	59	1:39:48	71.32
Bob Harrison	57	1:40:07	69.83
John Pellier	59	1:55:39	61.55
M60			
Joe Stickle	61	1:47:15	67.63
Bob Fergie	64	2:01:37	61.44
Merv Jones	60	2:04:09	57.86
Alan Chambers	61	2:31:35	47.85
M65			
Stan Lockwood	69	1:46:36	74.06
M70			
Cecil Walkley	70	1:41:46	78.48
W30			
Karin Thomson	34	2:09:02	50.99
W35			
Sandy Bond	35	1:51:10	59.19
W50			
Shirley Bell	51	1:47:05	69.99
Val Millard	52	2:08:02	59.08
Eileen Brown	53	2:12:17	57.74
W55			
Margery Forden	58	1:50:22	72.77

W60				Reece Waldoc	54:18	Sue Bullen	W35	36:35
Ann Turner	63	2:00:02	70.71	Erica Lorimer	54:19	Alan Chambers	M60	36:38
Half Marathon Walk				Nick Gardiner	55:44	Roma Barnett	W45	38:29
M55				Paula Karra	1:01:28	Phyllis Farrell	W50	39:31
Paul Martin	58	2:03:38	80.37	Gerry Prewett	1:02:19	Rosemarie Loomens	W45	40:41
W50				Jon Carroll	1:13:13	Peter Simmons	M50	45:41
Michelle Mison	52	2:33:19	74.14	Half Marathon		Val Wheeler	W65	48:54
11.3K Run				Des Mallon	1:34:14	Ernie Moyle walk	M70	52:20
Jim Langford	M50	42:50		John Allen	1:34:53	Leo Hassam walk	M65	54:42
Gary Fisher	M45	43:11		Ken Dacre	1:36:52	12km		
Jim Klinge	M50	43:40*		Steve Lewis	1:37:44	Paul Odam	Vis	43:28
Ian Davies	M50	44:00*		Sue Prewett	1:38:04	Jim Langford	M55	43:32
Dave Roberts	M55	45:21		Scott Gagen	1:41:30	Gary Fisher	M45	46:03
Doug Ashfield	M40	47:44		Sid Beer	1:41:44	John West	M50	46:15
Ian Lankester	M50	47:45		Paul Hak	1:41:51	Jim Klinge	M50	46:17
Mike Hale	M50	49:10		Keith Miller	1:46:33	Gareth Brunt	M45	47:14
Mike Karra	M30	49:11		Greg Loucas	1:46:34	Chris Coates	M45	48:04
Don Caplin	M60	49:50		Kathy Baird	1:57:36	Barry Lunn	M60	48:50
Mike Flood	M45	49:51		Peter Ryan	2:03:45	John Allen	Vis	50:35
Marie-Claire Foley	W35	51:30				John McGowan	M45	50:59
Allan Jennings	M55	51:50				John Bell	M50	51:29
John Brambley	M55	52:18				Robert Mair	M50	51:36
Mike Rhodes	M50	55:42				David Muir	Vis	52:06
Frank Gardiner	M45	55:48				Mike Hale	M50	52:15
Margaret Langford	W50	55:53				Mike Karra	M30	53:05
Clive Frost	M50	56:18				Bob Harrison	M55	53:43
Bev Morrissey	W50	56:27				Mike Flood	M45	54:11
Mike Faunge	M60	56:51				Mike Khan	M50	54:27
Aldo Giacomini	M60	58:09				Paul Martin	M55	55:02
Peter Airey	M60	58:48				Joe Stickles	M60	55:22
Stuart Parkin	M50	59:53				Syd Beer	Vis	56:01
Dalton Moffett	M65	59:56				Bob Sammells	M60	56:10
John Smith	M60	59:58				Milton Mavrick	M45	56:16
Wendy Clements	W55	1:00:03				Wayne Bates	M50	56:44
Brian Aldrich	M65	1:02:03				Simon Mort	M40	58:42
Margaret Warren	W60	1:02:12				Vic Waters	M55	58:43
Johannes Hagedoorn	M55	1:02:18				Stan Lockwood	M65	58:57
Arnold Jenkins	M55	1:05:28				Alan Jennings	M55	59:22
Ray Lawrence	M70	1:08:02				Aldo Giacomini	M60	60:45
Vic Beaumont	M65	1:10:43				Brian Smith	M60	61:28
Jeff Spencer	M55	1:10:44				John Pellier	M55	61:54
Sheila Maslen	W60	1:15:06				Robert Sheehy	M50	63:18
Sue Bullen	W35	1:15:07				Merv Moyle	M70	64:42
Peter Simmons	M50	1:28:27				Bob Fergie	M60	65:14
Lil Heatley	W70	1:37:33				Paula Karra	Vis	65:51
Glenice Shanahan	W75	1:41:10				Malcolm Reid	Vis	66:08
* Estimated						Brian Aldrich	M65	66:54
11.3K Walk						Ann Turner	W60	67:09
Barrie Thomsett	M55	1:27:21				Ron Sutton	Vis	67:26
Peter Davies	M65	1:30:16				Jack Williamson	M55	74:01
Alan Pomery	M65	1:38:12				Rosa Davis	W55	77:32
Ernie Moyle	M70	1:41:21				Sheila Maslen	W60	79:20
Caroleann Munn	W55	1:50:13				Suzan Brand	W50	81:30
Visitors - 11.3K Run						Michele Mison	W50 walk	84:39
Greg Thompson		46:53				Barrie Thomsett	M55 walk	86:45
Glen Stephens		47:06				Alan Pomery walk	M65	1:42:13

Hester Park Run 15 August 1999

Despite promises of a fine weekend Sunday morning was cloudy and menacing after a night of intermittent drizzle, but the gods belatedly smiled on us (well, sort of) by contenting themselves with a shower just before the start. A total of 69 competitors took part over the 6km and 12km courses.

Our thanks go to our helpers. Stuart Parkinson, Jeff Spencer Wendy Spencer, Jackie Beaumont Maureen Pomery, Bev Thornton Merv Moyle and Arnold Jenkins also made themselves available but we let them have a run as we had all the help we needed.

Merv & Sue Jones Race Directors

6km			
Ian Lankester	M50	24:18	
John Pressley	M50	24:57	
Tessa Brockwell	W40	25:09	
Jim Barnes	M55	26:25	
Ray Hall	M65	29:25	
Mick Cousins	M65	29:49	
Peter Airey	M60	30:28	
Arnold Jenkins	M55	33:01	
Joan Pellier	W55	33:28	
George Schaeffer	M65	34:10	
Ray Lawrence	M70	34:11	
Vic Beaumont	M65	35:09	
Ann Breeze	W50	36:20	
Brian Holmes	M60	36:21	
Jan Jarvis	W50	36:30	

HAPPY BIRTHDAY TO OUR SEPTEMBER MEMBERS

Thomson, Robert	03/09/47	52	remains	M50
Worner, Basil	04/09/31	68	remains	M65
Sanderson, Heather	04/09/49	50	becomes	W50
Bullen, Sue	04/09/59	40	becomes	W40
Barnett, Roma	06/09/49	50	becomes	W50
Beaumont, Jacqueline	08/09/36	63	remains	W60
Leggett, Arthur	08/09/18	81	remains	M80
Langford, Margaret	09/09/46	53	remains	W50
Vetten, Susan	10/09/51	48	remains	W45
Davis, Robert	11/09/38	61	remains	M60
Scott, David	12/09/47	52	remains	M50
Kennedy, Brian	14/09/33	66	remains	M65
Aldrich, Brian	16/09/30	69	remains	M65
Hayres, Robert	16/09/31	68	remains	M65
King, Robin	17/09/58	41	remains	W40

Blom, Dick	19/09/33	66	remains	M65
Pantall, Wayne	19/09/52	47	remains	M45
Wilson, Barbara	19/09/51	48	remains	W45
Davies, Denise	23/09/43	56	remains	W55
Warren, Morris	24/09/37	62	remains	M60
Heppener, Tony	24/09/51	48	remains	M45
Holmes, Brian	26/09/36	63	remains	M60
York, Diane	27/09/53	46	remains	W45
McAuley, Duncan	28/09/49	50	becomes	M50
Bennett, Marg	28/09/41	58	remains	W55
Lockwood, Stanley	29/09/29	70	becomes	M70
O'Reilly, Mike	29/09/39	60	becomes	M60
Thomson, Gavin	30/09/48	51	remains	M50
Usher, Francis	30/09/23	76	remains	M75
Chambers, Alan	30/09/37	62	remains	M60

PRINT POST APPROVAL 644113/00007

IF UNCLAIMED PLEASE RETURN TO
80 HAIG ROAD, ATTADALE WA 6156



POSTAGE PAID AUSTRALIA

SURFACE MAIL

Mr R Hayres
26 Jenkins Pl
WEMBLEY DOWNS

WA 6019