



# The Vetrunk

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*Merry Christmas  
and  
Happy New Year*

Welcome to another edition of VETRUM. I hope this finds you all well and still getting P.B.'s. I wish you all a Merry Christmas and a Safe and Happy New Year - I'm sure all your fellow competitors will be wishing you the same. Not as much news as the last one but it's nice to get another edition before Christmas. While I'm gathering plenty of Happy Snaps of many of you in action I haven't been able to include any in the VETRUM yet (something about space and time). Hopefully some will be appearing in coming editions.

## Road Walking Championship

There has been some confusion about the basis of scoring for this Championship, which is held over four events during the middle of the year. The committee has reaffirmed that the winners will be the first male and first female with the **LOWEST AGGREGATE TIME**. An age-graded basis will not be used.

An age-graded trophy will be awarded for the 10K Walk on the day of the 25K run. It is to be kindly donated by Michele and John Mison and will be called the "Dick Horsley Memorial Trophy".

## Annual Dinner Dance

The Annual Dinner Dance was a very enjoyable function and the committee. Thanks Mike Flood for providing Piano Gully Wines and Jacqui Beaumont for a lovely pottery jug which were donated as door prizes.

## Christmas Gift Run

24 December

Lynne and her expert panel of judges are looking forward to having lots of interesting and creative costumes to award prizes to again this year. Join in the fun and make this a memorable start to Christmas.

## New Members

Steve Payne  
George Audley (welcome back)  
Brian Paxman (welcome back)

I think these people made it into the last newsletter but welcome again anyway - Ed.

## Thanks

The club would like to thank both Rex Bruce for fixing the urn and Allen Tyson for arranging 'Have a go day'. Your efforts are very much appreciated!

## Congratulations

The Australian Sports Industry (Telstra awards) has decided that the best Veteran team performance in all sports was the world record breaking 4 x 400m W55 relay at the Gateshead World Championships of which our own 800m world champion, Peggy Macliver, was a member. Congratulations Peggy!

## Cycling the outback

The following account is of a cycle ride into the Flinders Range in South Australia in July of this year. I thought it might be of some interest to members of the O/55 CLUB as they were most generous in donating to the Flying Doctor Service during our April club ride from Busselton.

My journey started out in no unusual circumstance, a morning flight to Adelaide, my bike packed in its own special carry bag, a gift from the family of the late Tim Fry, and something I value very much, as it had travelled with Tim across the world. An evening with a fellow member of the Broken Hill ride, and then the following day sharing driving duties of a hire truck, we were delivering to the ride organisers. In general, the tour followed much the same pattern, as did the O/55 trip, with perhaps a couple of differences; (a). We saw only sheep stations for the next five days, and not an inch of bitumen in over 300 Kilometers (b) we had 70 people to feed hot meals, & provide "hot" showers for.

This was done by having a very experienced State Emergency service that came from White Cliff opal field not far from Broken Hill., and their marvelous mobile oven. The hot shower was from the various shearer's quarters, and generally the first 15 or 20 were lucky. [to get hot water], particularly as in most cases the showers were unisex, with raucous comments emanating and bare arms stretching out for towels, and everyone trying to be on their best behaviour. Accommodation was a tent on the red dirt, or if you were again lucky or generous to the Flying Doctor a bed in the shearer's quarters

Day one started after a wonderful evening meal at the local Broken Hill Backpackers, cooked by our crew then presentation of identification badges, made of local silver in part, and long flag to be carried at the rear of our bikes as a safety factor. Remembering the dust, strong winds and of course the hills and winding roads of the Gammon and Flinders Ranges. I won't go into much detail of the next 5 days, other than to say (a) day one started at Yunta, about 200 kms west of "B.H", after a two hour coach journey, time spent reassembling bikes and an early lunch at the local road house (b) The following 60 kms took five and a half hours of raging head winds and spine jarring corrugations, followed by a cold shower, a very cold beer and the most enormous hot three course meal, wonderful company, then the regular instructions for the following day. Finally came the fines for indiscretions committed (generally \$2) such as in my case getting up at a ridiculous hour i.e. 5am. Gee, I could not sleep and a day of dirt, bone jarring roads and creek crossings full of fist size rocks beckoned, and of course the coffee and cake, at a cost to you know who, with the proceeds to the Flying Doctor. This organisation was on a winner for sure, but who can begrudge them?

SAFETY WAS OF PARAMOUNT IMPORTANCE... When we left to ride for the day we collected our ride number, and returned it on arrival at camp site. Failure to do so incurred a \$10 fine. In such remote areas, I often found myself out of

sight of fellow riders. The morning of day four and second last days ride (for me), has memories of an early 7.15am start, and just myself to please as to what pace I set. During the morning I met up with two of our riders, and joined them for a short while, and agreed to join them on a four wheel tour of the ranges during our two day break starting the day after next.

Well, the best laid plans of mice and men etc...we were camped at Arkaroola Station, 5kms south of the resort of same name. So my two fellow companions and I rode into the resort after lunch, brought the odd luxury like soap, tooth paste, and a very cold beer, and paid for the 4wd tour to start next afternoon, and to last four hours. Ah well dream on, for five minutes later I was engulfed by enormous back pain, and so ended my plans of cycling the Flinders. Yes we had been following roads some distance east of the ranges until Balcanooka station the previous evening. We had turned west the following morning, then north to Arkaroola 30kms away. We were actually in the Gammon ranges and only about 60km south of the Strzelecki Track and near the western edge of Lake Frome. We were to see the lake in the distance from the only small hill as we neared Balcanooka.

My cycle journey ends, but to recount the following events in brief.

**RADIO SCHEDULE FLYING DOCTOR.** Pick up at Balcanooka one very sore and unable to walk cyclist, after we transport him to airstrip, in back of support van. Only 30kms over some terrible corrugated roads  
The rest of day is blur of a flight laying flat on back in what seemed a very small plane, the emergency section of Broken Hill hospital. A few days of body temperature around 39 degrees, Morphine to control pain, and doctors who insisted my bowels were in a terrible state, and proceeded to perform tests, and clean out same with regular monotony, not nice, when walking at the best was extremely painful After a week of such "kindness", I decided it was time to return home,. Yet while I lay in hospital, the rest of the riders spent the week, and I'm told the most lovely part of the ride, enjoying the beauty of the ranges. On the up side, the treatment by all staff at the very new hospital was fantastic, and I owe them a great deal of thanks.

After a flight from Broken Hill, and the past seven weeks of rather unpleasant inactivity made much easier by help and visits from members of both the 0/55 Cycle and the Veteran A.C clubs I am about to start riding again. Yes, a trapped nerve in the lower spine and arthritis in same area is not a nice way to end a bike trip.

Message: Shockies are not "generally "necessary on bitumen roads and city riding, but are an absolute necessity off the bitumen roads in the Australian out back. I was riding a Giant Inova without shockies and paid a dreadful price. Even shockies in seat and head stem would have made a considerable difference. Particularly the Head Stem, as the vibrations through my arms and neck were really terrible. Despite all this the bike suffered no damage, and it is not for sale.

FOOT NOTE... Yes I did at a later date pay fines plus some considerable extra, Hell, how could I not, after so much kindness. Besides I didn't want your generosity used up so early - Be warned when booking cheap return flights, pay the extra \$30 flight insurance, I did, and am now glad of it

THANK YOU ALL ON BEHALF OF THE R.F.D.S. FOR YOUR GENEROSITY  
Barrie Thomsett.

## Health Tips

From "Runner's World" newsletter

When you run in a swimming pool, the water's resistance creates a full-body workout, while the buoyancy eliminates the impact on your legs.

**Lift for Life:** Older adults can reap the benefits of a strength-training program. As we grow older, muscle fibres and the connecting tissue between nerves and muscles decrease. Strength training can preserve muscles and can contribute maintaining bone density. The result of the training makes everyday actions such as walking, cooking, and reaching for the oat bran easier. The key, according to the American College of Sports Medicine, is to stay with the program once you have started. To maintain the benefits, make sure you pick a program that that feels safe and comfortable.

**Playing for speed:** You don't have to do repeats around the track to improve your performance. Find a gently rolling field or a smooth trail and play with your pace-run fast, run slow...pretend you're a kid again. Try to fit in one of these workouts a week. And if you're really having fun you can do a second (after a day or two of rest), but remember to limit yourself to two speed sessions a week

**An Apple a Day...** will keep the doctor away, but 365 apples a day will not keep the doc away for a whole year. A recent report by the Institute Of Medicine's Food & Nutrition Board says there is no evidence that mega doses of vitamins can prevent age related illness. In fact, large doses of Vitamin C and E and selenium may be harmful. Exceeding more than 1,000 IU's of vitamin E, 2,000 mg of vitamin C, or 400 mcg of selenium can have adverse affects on the body.

**Tall and Strong:** Are you worried that the demands of athletics may stunt your child's growth? A study by the University of Copenhagen, Denmark, will calm those fears. The researchers found that the sports had no effect on the height, weight, or stage of puberty in the children. In their sample of 184 prepubescent children, the type of sport and number of training hours had no impact on the size attained. The height your child will reach is still determined by genetics.

Running is a big question mark that's there each and every day. It asks you, "Are you going to be a wimp or are you going to be strong today?" - Peter Maher, Irish-Canadian Olympian and sub-2:12:00 marathoner.

# Cliff Bould Trophy Handicap Event

26 November 2000

Over 100 runners and walkers arrived for the 22<sup>nd</sup> running of this event, which recognizes the achievements, and contributions of one of our foundation members. Conditions were mild and many appreciated the extra water stop. A scenic course plus kangaroos and rabbits – it's like running through a zoo. Many thanks to Graham Thornton, our handicapper who also undertook to prepare the race results below due to his superior computer ability. My faithful helpers were the Bennetts, the Misons, Stan Lockwood, Fiona and Bert Carse, Jim Shaw and Mary Heppell. Thanks also to Geoff Whittam who again organized the walker's race and the handicaps. Congratulations to all place getters.

Race Director Ivan Brown

## 5.2 Km Run

Name	Age	Handicap	Clock	Actual
Willmer, David	M45	0:00:00	0:20:10	0:20:10
Roberts, Dave	M55	0:00:00	0:22:19	0:22:19
Mort, Simon	M40	0:00:00	0:24:10	0:24:10
Gardiner, Lauren	VIS	0:00:00	0:28:30	0:28:30
Halberg, Jackie	W50	0:00:00	0:28:41	0:28:41
Sanderson, Heather	W50	0:00:00	0:30:40	0:30:40
Speechley, Tony	M55	0:00:00	0:30:40	0:30:40
Viala, Pierre	M50	0:00:00	0:31:30	0:31:30
Billington, Jacqueline	W55	0:00:00	0:31:32	0:31:32
Pellier, Joan	W60	0:00:00	0:31:51	0:31:51
Aldrich, Alison	W55	0:00:00	0:32:13	0:32:13
Ellard, Eldine	W55	0:00:00	0:35:46	0:35:46
Farrell, Phyllis	W55	0:03:07	0:35:47	0:32:40
Wood, Julie	W50	0:06:14	0:38:14	0:32:00
Toohey, Steve	M50	0:06:00	0:40:42	0:34:42
Tyson, Allen	M75	0:01:02	0:41:27	0:41:27
Giacomin, Audrey	VIS	0:00:00	0:41:33	0:41:33
Frank, Toni	W55	0:00:00	0:42:45	0:42:45
Blom, Dick	M65	0:18:43	0:43:24	0:43:24
Spencer, Ron	M60	0:21:25	0:43:50	0:22:25
Harris, Richard	M60	0:18:12	0:44:26	0:26:14
Willmer, Ruth	VIS	0:00:00	0:44:43	0:44:43
Usher, Frank	M75	0:00:00	0:44:44	0:44:44
Wilmer, Grace	VIS	0:01:02	0:49:20	0:48:18
Shanahan, Glynis	W75	0:00:00	1:02:56	1:02:56

## 10.4Km Handicap

Name	Age	Handicap	Clock	Actual
Jawichre, Simon	M35	0:19:56	1:07:05	0:47:09
Robertson, Trevor	M45	0:27:34	1:08:11	0:40:37
Frost, John	M65	0:16:49	1:08:20	0:51:31
Marr, Lachlan	M40	0:23:14	1:09:27	0:46:13
Schickert, Bob	M55	0:26:27	1:09:28	0:43:01
Miller, Nick	M35	0:24:11	1:09:31	0:45:20
Beer, Syd	M55	0:18:43	1:09:37	0:50:54
Crowley, Wall	M45	0:28:05	1:09:48	0:41:43
Sheehy, Robert	M50	0:15:05	1:10:15	0:55:10
Allen, John	M40	0:26:00	1:10:21	0:44:21
Langford, Margaret	W50	0:19:46	1:10:22	0:50:36
Faunge, Mike	M60	0:17:10	1:10:45	0:53:35
Rosen, Mark	M50	0:23:08	1:10:48	0:47:40
Barnes, Jenny	W45	0:11:58	1:10:50	0:58:52
Lenane, Tom	M40	0:12:29	1:10:52	0:58:23

Hale, Mike	M50	0:24:16	1:10:55	0:46:39
Mc Auley, Duncan	M50	0:29:07	1:10:55	0:41:48
Bell, John	M55	0:23:24	1:11:01	0:47:37
Hagedoorn, Johan	M55	0:24:58	1:11:06	0:46:08
Giacomin, Aldo	M60	0:16:38	1:11:07	0:54:29
Ashfield, Doug	M40	0:24:58	1:11:12	0:46:14
Fornden, Marge	W55	0:17:51	1:11:13	0:53:22
Aldrich, Brian	M70	0:12:29	1:11:18	0:58:49
Khan, Mike	M55	0:22:53	1:11:19	0:48:26
Danby, Brian	M50	0:24:11	1:11:21	0:47:10
Hughes, Paul	M45	0:25:50	1:11:27	0:45:37
Emz, Beamer	M40	0:24:58	1:11:33	0:46:35
Carr, David	M65	0:22:37	1:11:36	0:48:59
Bates, Wayne	M55	0:23:24	1:11:38	0:48:14
Mc Carthy, James	M40	0:26:31	1:11:39	0:45:08
Jones, Merv	M60	0:11:26	1:11:51	1:00:25
Shaw, Ann	W50	0:27:44	1:11:53	0:44:09
Davies, Ian	M50	0:27:34	1:11:54	0:44:20
Beaumont, Vic	M70	0:14:34	1:11:58	0:57:24
Smith, Brian	M60	0:18:12	1:12:02	0:53:50
Toohey, Pam	W50	0:06:00	1:12:06	1:06:06
Hardy, Brian	M55	0:20:27	1:12:12	0:51:45
Brunt, Gareth	M45	0:27:02	1:12:14	0:45:12
Pellier, John	M60	0:20:01	1:12:17	0:52:16
Karra, Paula	VIS	0:12:39	1:12:21	0:59:42
Mead, Ron	M45	0:06:00	1:12:29	1:06:29
Russell, Richard	M50	0:15:36	1:12:31	0:56:55
Anderson, Michael	M50	0:18:43	1:12:36	0:53:53
Whistler, Ken	M65	0:09:53	1:12:44	1:02:51
Stickles, Joe	M60	0:20:48	1:12:59	0:52:11
Flood, Mike	M45	0:23:55	1:13:21	0:49:26
Turner, Ann	W60	0:12:08	1:13:41	1:01:33
Wannberg, Jon	M30	0:25:44	1:13:42	0:47:58
Foley, Brian	M55	0:23:55	1:13:58	0:50:03
Jenkins, Arnold	M55	0:15:52	1:14:02	0:58:10
Ellard, John	M55	0:21:50	1:14:10	0:52:20
Turner, Shorty	M65	0:05:22	1:14:20	1:08:58
Sammells, Bob	M60	0:21:09	1:14:24	0:53:15
Bell, Shirley	W50	0:17:42	1:14:51	0:57:09
Atkinson, Keith	M40	0:23:55	1:14:54	0:50:59
Smith, Frank	M55	0:27:02	1:15:16	0:48:14
Smith, John	M65	0:14:34	1:15:33	1:00:59
Gardiner, Fank	M50	0:23:14	1:15:48	0:52:34
Martin, Paul	M55	0:24:06	1:16:33	0:52:27
Young, Giilian	W50	0:17:41	1:17:14	0:59:33
Waters, Vic	M55	0:25:29	1:17:41	0:52:12
Davies, John	M55	0:27:02	1:17:42	0:50:40
Lancaster, Denise	W50	0:06:14	1:20:51	1:14:37
King, Robyn	W40	0:26:01	1:21:00	0:54:59

## 5.2 Km Handicap Walk

Name	Age	Handicap	Clock	Actual
Thomsett, Barrie	M60	0:12:30	0:46:33	0:34:03
Watson, Fred	M80	0:00:00	0:48:15	0:48:15
Hagger, Fred	M75	0:00:00	0:48:22	0:48:22
Gardiner, Gail	W50	0:05:15	0:49:08	0:43:53
Schickert, Lynne	W55	0:11:30	0:49:30	0:38:30
Pomery, Alan	M65	0:10:45	0:51:00	0:40:15
Robley, Jane	W40	0:07:30	0:51:04	0:43:34
Wheeler, Val	W65	0:07:00	0:51:09	0:44:09
Whittam, Dorothy	W60	0:10:30	0:51:33	0:41:03
Whittam, Jeff	M65	0:05:00	0:51:49	0:46:49
Flanders, Maggie	W60	0:06:30	0:52:19	0:45:49

Moyle, Ernie	M75	0:05:15	0:52:54	0:47:39
Weatherburn, Barrie	M55	0:20:00	0:52:56	0:32:56
Hassam, Leo	M70	0:06:30	0:58:21	0:51:51
Bruce, Rex	M55	0:09:45	0:58:22	0:48:37
Hall, Ray	M65	0:18:00	1:00:44	0:42:44
Jennings, Alan	M55	No/H'cap	0:46:31	0:46:31
Fergie, Bob	M65	No/H'cap	0:46:32	0:46:32
Miller, Kerry	W35	No/H'cap	0:49:07	0:49:07
Bate Melinda	VIS	No/H'cap	0:49:13	0:49:13

Lorna Lauchlin led the distance walking events setting records for the Honda Games in getting Gold in the 5 km and 10km (W70) Road Walk. Val Wheeler was not to be denied either, claiming Silver for the 10 km Walk and Bronze for the 5 km Walk.

On the track Mary had some success in the 1500 m with bronze and silver in the 3000 m. Barbara Wilson also won bronze in her 1500 m.

## Computer Formats for VETRUN

When submitting computer files to the editor could you please provide them in an Office 97 / 2000 format as I am having trouble opening some of the other formats currently being delivered. If you are unable to provide the information in that format most software will allow you to export the data in a text file (\*.txt) format.

### W.A. Vets Strike Gold in Alice Springs

A number of Vets went to Alice Springs for the Honda Masters Games in late October including Gordon and Noela Metcalf, Richard Harris, Lorna Laughlin, Mary Heppell, Keith Atkinson, Val Wheeler, Fred Watson, and Barbara Watson.

Gordon and Noela were not only happy doing lots at the track – they had to do many events at the swimming. Gordon was also good enough to give his time adjudicating at the swimming. Well-done Gordon.

Starting from the first event on the very first day our members had success. Richard Harris won bronze in the Half Marathon, on a pretty course following the scarp of the McDonald Ranges, just out of Alice Springs. Other distance successes were Richard – Bronze (M60 5 km Cross Country, 10 km Road Run), Mary Heppell – Gold (10 km Road Run), Bronze (Miracle Mile) and Barbara Wilson – Silver (Masters Mile), Bronze (10 km road Run).

At the track Gordon, Noela, Val and Lorna blitzed. Gordon won Gold (M70 100 m, 200 m, Pentathlon, Triple Jump), Silver (High Jump, Shot Put), Noela won Gold (W65 100 m, 1500 m, 200 m, 400 m, 800 m, Discus, Pentathlon) and Silver (Hammer, Javelin) and Lorna won Gold (W70 3 000 m, 3 000 m Walk, Discus, Hammer, Shot Put, Javelin). Val won Bronze (W65 3 000 m Walk) and Fred Gold (M80 Javelin, Long Jump, Triple Jump) and Silver (100 m, Discus, Hammer, Shot Put).

At this stage I have not mentioned the large tally of medals won in the swimming by Noela and Gordon Metcalf.

We made sure we were not competing all the time with balloon rides, Aboriginal Cultural tours, and tours to Kings Canyon, Ormiston Gorge, Old Glen Helen Station and other local landmarks.

The weather was great. While being cool for the Half Marathon with most days being 30 – 32 degrees.

For those interested the local club will be running their Marathon and Half Marathon on Sunday 19 August 2001 (Contact Ian 08 8952 4277).

The hospitality, support and friendliness of the local Alice Springs Runners and Walkers Club and the other competitors was wonderful and we can all recommend the Honda Masters to anyone. Just a great atmosphere. Put it in your diary for 2002.



## SPORTS MASSAGE

- ✓ Prevention and management of muscular injuries
- ✓ Deep Tissue/Myofascial Release
- ✓ Trigger point therapy
- ✓ Reduce post event/training pain and stiffness.

**Manuel Rodriguez**

Massage Therapist

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140 Cambridge St West Leederville.



## World Championships, Brisbane

Thought about going to Brisbane for the World Veteran' Championships Need a reason -- here are a few:

1. Dress in the Australian uniform
2. Compete as an Australian
3. Compete with elite athletes
4. Run along with the mob
5. See some spectacular finals
6. Meet new friends
7. Join your club mates
8. Get a fresh look at your sport
9. Get away from work
10. Avoid a lost opportunity

Note: There are no entry standards

If one or more of the above apply to you, reserve the date (July 4<sup>th</sup> to 12<sup>th</sup> 2001) and get an information book (accommodation and travel information, provisional program and entry form) from Brian Foley, Bob Schickert or David Carr. The entries must be in by 25 February 2001 but early entries will some of the pressure of the Entry Clerk.

There will be a Warm Up meeting in Brisbane on 1<sup>st</sup> July 2001.

## Canning Caper Handicap Run

3 rd December 2000

Riverton Bridge - Shelley and return

Another warm but lovely morning by the Riverton Bridge. I think that we all had a good time, we had again a number of visitors who had a great time also.

Thanks to my helpers Aldo, Richard, Arthur, Gail, Nick, Ernie and Brian. Hope to see you again next year.

Keith Atkinson.

### 6Km Run No Handicap

Name	Age	Clock	H'cap	Actual
Klinge, Jim	M50	0:25:24	N/A	0:25:24
Foley, Brian	M55	0:25:58	N/A	0:25:58
Caplin, Don	M60	0:26:44	N/A	0:26:44
Brambley, John	M55	0:27:33	N/A	0:27:33
Anderson, Mike	M50	0:28:25	N/A	0:28:25
Sammells, Bob	M60	0:28:33	N/A	0:28:33
Fergie, Bob	M65	0:32:51	N/A	0:32:51
Wood, Julie	W50	0:34:20	N/A	0:34:20
Johnson, Kirt	M70	0:34:21	N/A	0:34:21
Dufty, Penny	W55	0:34:36	N/A	0:34:36
Sanderson, Heather	W50	0:34:48	N/A	0:34:48
Lawrence, Ray	M70	0:34:55	N/A	0:34:55
Aldrich, Allison	W55	0:36:53	N/A	0:36:53
Viala, Perre	M50	0:37:15	N/A	0:37:15
Ellard, Elaine	W55	0:37:32	N/A	0:37:32
Davis, Peter	M70	0:37:45	N/A	0:37:45
Bullen, Sue	W40	0:38:09	N/A	0:38:09
Millard, Valerie	W50	0:38:11	N/A	0:38:11

Lancaster, Denise	W50	0:38:15	N/A	0:38:15
Kirkness, Christine	W50	0:38:20	N/A	0:38:20
Farrell, Phyllis	W55	0:38:49	N/A	0:38:49
Wallis, Rose	W55	0:38:55	N/A	0:38:55
Usher, Frank	M75	0:49:48	N/A	0:49:48

### 10Km Handicap

Name	Age	Clock	H'cap	Actual
Speechley, Tony	M55	1:00:13	0:10:00	0:50:13
Toohy, Pam	W50	1:02:50	0:03:00	0:59:50
White, Jim	M45	1:03:00	0:24:00	0:39:00
Frost, John	M60	1:04:33	0:16:30	0:48:03
Aldrich, Brian	M70	1:04:52	0:10:00	0:54:52
Hale, Mike	M50	1:04:54	0:22:40	0:42:14
Hughes, Paul	M45	1:05:09	0:23:00	0:42:09
Young, Gillian	W50	1:05:27	0:13:00	0:52:27
Turner, Ann	W60	1:05:38	0:09:40	0:55:58
Jawichre, Simon	M35	1:05:43	0:21:00	0:44:43
Blom, Dick	M65	1:05:45	0:18:00	0:47:45
Spencer, Jeff	M55	1:05:45	0:11:00	0:54:45
Sheehy, Robert	M50	1:05:51	0:14:10	0:51:41
Hagedoom, Johannes	M55	1:05:53	0:23:00	0:42:53
Mc Rae, Neil	M45	1:05:57	0:26:00	0:39:57
Bates, Wayne	M55	1:06:05	0:20:20	0:45:45
Schickert, Bob	M55	1:06:08	0:25:22	0:40:46
Bennett, Brian	M50	1:06:10	0:22:10	0:44:00
Smith, Brian	M60	1:06:12	0:17:00	0:49:12
Gallagher, John	M55	1:06:17	0:17:00	0:49:17
Beer, Syd	M55	1:06:22	0:17:48	0:48:34
Beaumont, Vic	M70	1:06:28	0:13:15	0:53:13
Brunt, Gareth	M45	1:06:30	0:25:00	0:41:30
Mead, Ron	M45	1:06:35	0:05:01	1:01:34
Ellard, John	M55	1:06:51	0:18:00	0:48:51
Danby, Brian	M50	1:06:57	0:22:30	0:44:27
Willmer, David	M45	1:07:10	0:26:21	0:40:49
Bell, Shirley	W50	1:07:14	0:15:30	0:51:44
Waters, Vic	M55	1:07:15	0:23:30	0:43:45
Toohy, Steve	M50	1:07:18	0:02:00	1:05:18
Halberg, Jackie	W50	1:07:26	0:14:00	0:53:26
Jones, Merv	M60	1:07:36	0:10:30	0:57:06
Dufty, Phil	M55	1:07:41	0:18:30	0:49:11
Pellier, John	M60	1:07:45	0:18:05	0:49:40
Burge, Debbie	W30	1:08:01	0:15:21	0:52:40
Barnes, Jenny	W45	1:08:24	0:09:15	0:59:09
James, David	M45	1:08:35	0:23:00	0:45:35
Smith, Frank	M55	1:08:38	0:24:45	0:43:53
Davies, John	M55	1:08:41	0:24:50	0:43:51
Bennett, Margaret	W55	1:08:50	0:03:48	1:05:02
Turner, Shorty	M65	1:08:50	0:04:30	1:04:20
Morrisey, Bev	W50	1:09:24	0:17:30	0:51:54
Lawler, Bevan	M50	1:09:47	0:17:00	0:52:47
Muir, David	M55	1:09:47	0:24:10	0:45:37
Flood, Mike	M45	1:09:52	0:22:00	0:47:52
Jenkins, Arnold	M55	1:09:55	0:15:00	0:54:55
Casella, Frances	W45	1:10:02	0:20:00	0:50:02
Moyle, Merv	M70	1:10:17	0:10:30	0:59:47
Karra, Paula	W30	1:10:50	0:11:00	0:59:50
Maslen, Sheila	W60	1:10:57	0:05:40	1:05:17
Carr, David	M65	1:12:44	0:21:15	0:51:29
Loly, Mitch	M60	1:13:23	0:16:00	0:57:23
Hepple, Mary	W60	1:15:18	0:05:00	1:10:18
Hall, Ray	M65	1:15:31	0:15:00	1:00:31

6Km Walk Sealed Handicap

Name	Age	Actual	H'cap	Clock
Weatherburn, Barrie	M55	0:40:10	0:16:00	0:56:10
Schickert, Lynne	W55	0:45:20	0:12:00	0:57:20
Mison, John	M50	0:36:47	0:22:00	0:58:47
Martin, Paul	M55	0:36:47	0:22:00	0:58:47
Romeo, Lesley	W55	0:42:20	0:18:00	1:00:20
Whittam, Jeff	M65	0:54:11	0:06:15	1:00:26
Ainsworth, Pat	W60	0:52:58	0:08:00	1:00:58
Flanders, Maggie	W60	0:57:39	0:07:45	1:05:24
Billington, Jacqueline	W55	0:52:58	0:15:00	1:07:58
Simmons, Peter	M50	0:45:22	NoH/cap0:45:22	
Jennings, Alan	M60	0:47:20	NoH/cap0:47:20	
Lawler, Jean	W50	0:54:11	NoH/cap0:54:11	

10Km Walk

Mison, Michelle	W50	1:16:34	N/A	1:16:34
Bruce, Rex	M55	1:17:42	N/A	1:17:42

More Health Tips

"Your downhill stride: Downhill running pounds the feet, stresses the hamstrings, and overuses the quadriceps muscles. Usually, your legs will feel sore for two days after a bout of running downhill. Will shortening your stride length reduce muscle soreness? According to a study by the University of Wales, it won't. Researchers found that there wasn't any change in muscle damage that would affect soreness. However, they did find that people who ran downhill more often were less sore than those who did it infrequently. Your best bet to prepare your legs for a downhill race is to train for it.

Cut the fat: In the United States, prostate cancer kills nearly as many men as breast cancer kills women. A case study in Barcelona, Spain found that animal fat intake is associated

with prostate cancer risk, but not total fat intake. The link is with a high intake of linolenic acid, which is found in red meats and dairy products. If your diet consists mainly of steak and eggs and little fruit and vegetables, than you are at a higher risk for the cancer. On a positive note, vitamin C was found to reduce the risk of prostate cancer.

DEADLY MEDLEY RELAY

To be held 18-2 01 at Yokine Reserve, Wordsworth Avenue, Coolbinia(near Chaucer Street)

This is a teams race for runners and walkers, and one of the club's main teams events for the year.

RUNNERS

There are teams of four, so to help us get the teams as even as possible we ask members to enter before the day. A team consists of four runners. Two run 2km and two run 1km with each runner running twice over the same distance. The first 2km runner starts the race.

WALKERS

A team consists of two walkers. One walker walks 2km and one walker walks 1km, with each one walking twice.

HOW TO ENTER: RUNNERS

Please fill out the form below and give it to Ann or Shorty, or phone us on 92761539. You may enter on the day, but are not guaranteed a place in a team. We will decide if you run the 2km or 1km leg.

WALKERS

Forms go to Jeff Whittam, who has kindly agreed to coordinate the walking teams again. Ann and Shorty Turner

DEADLY MEDLEY

18 February 2001

Yokine Reserve, Wordsworth Avenue, Coolbinia

ENTRY FORM

NAME .....  
Running / Walking  
[circle one]

NAME .....  
Running / Walking  
[circle one]