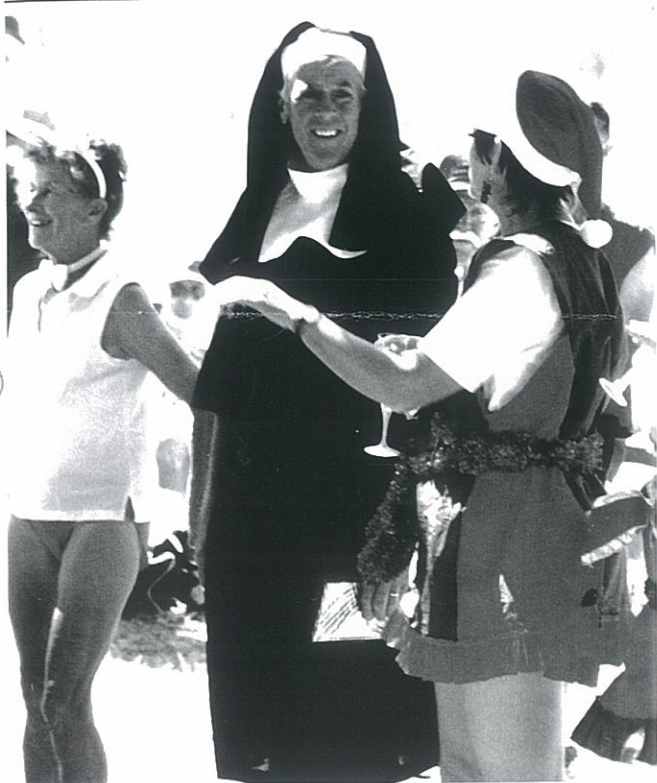




The Vetruns



No. 303 January 1999 Patron: Bill Hughes President: Bob Schickert Editor: Katrina Spilsbury 9313 3943
Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158



In this Issue

| | |
|------------------------------------|-----|
| Club News | 2 |
| Soy Milk article | 3 |
| Around the tracks | 4 |
| Track and Field trophy results | 5&6 |
| Friendship Run | 7 |
| Lake Leschenaultia Run | 7 |
| Round the Lakes Run | 8 |
| "I know what it is to be young" | 9 |
| Entry form for State Championships | 9 |
| February Birthdays | 10 |

★★★★★★★★★★★★★★★★★★★★
**State Championship Entry Forms
are in this Issue**
★★★★★★★★★★★★★★★★★★★★

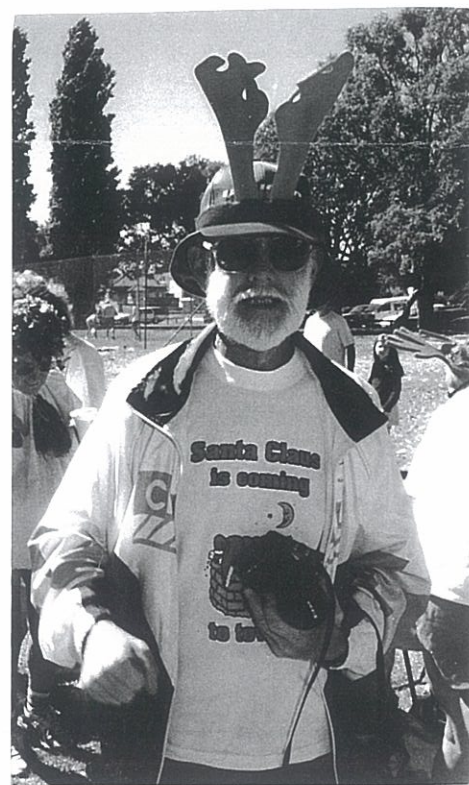
Please Note

It should have read in the December Vetrun that the wearing of Club Uniforms was compulsory and NOT optional at the ~~State and~~ National Championships.

Copy for Vetrun

Send to 2/14 Leonora St
Como 6152 or email
katrinas@cyllene.uwa.edu.au

Photographed by Jeff Spence at the Christmas Gift Run were an early Easter bunny, a Flying Nun and one of Santas helpers (top) while Robert Davies spotted more of Santas helpers, an odd looking Christmas tree, a walking cardboard box masquerading as a Christmas Gift, a plum pudding modelling for a food catalogue and a bashful sheik (below). Vic Beaumont was also caught, camera in hand, with his antlers showing!!



Club News

1999/2000 PROPOSED PROGRAM

If you have any suggestions please talk to Joan Pellier. The new event is the relay with the Marathon Club on the Ultra Marathon day (22/8). This year we will be asking members to nominate two runs on their membership form at which they are prepared to help.

Additional Race Directors are required. Please notify Joan Pellier if you are interested. We will provide assistance with equipment if needed.

- 2/5 Reabold
- 9/5 Weir
- 16/5 Tompkins
- 23/5 Darlington
- 30/5 Andy Wright
- 6/6 15K
- 13/6 Bardon
- 20/6 25K
- 27/6 Deepwater
- 4/7 Marathon
- 11/7 Sharks
- 18/7 Mill Pt
- 25/7 Joondalup
- 1/8 Club CC
- 8/8 Half Marathon
- 15/8 Hester Pk
- 22/8 Relays
- 29/8 Group Jog
- 5/9 Bassendean
- 12/9 State CC
- 19/9 Bibra Lake
- 26/9 Garvey
- 3/10 Wildflower
- 10/10 R I B
- 17/10 Dam to Dam
- 24/10 Birkwater
- 31/10 Herdsman
- 7/11 Safety Bay
- 14/11 Cliff Bould
- 21/11 Recovery
- 28/11 Canning
- 5/12 Mosman Pk
- 12/12 Round Lakes
- 19/12 Xmas Gift
- 26/12 Boxing Dy
- 2/1 Reabold
- 9/1 Friendship
- 16/1 Carr Shand

- 23/1 Group Jog
- 30/1 Pt Walter 6/2 Deadly Medley
- 13/2 Age Graded
- 20/2 Woodman Pt
- 27/2 Mt Lawley
- 5/3 Teddy Birds
- 12/3 Lake Monger
- 19/3 Membership
- 26/3 3 Ps
- 3/4 Pentathlon
- 9/4 Track & Field
- 16/4 Pagoda
- 23/4 Yanchep
- 27/4 10K Track Handicap
- 30/4 Reabold

Get Well Soon Vic!

We were all disappointed to hear that Vic Beaumont has had an accident while riding his bike on the cycleway near Kwinana. In the fall Vic cracked a bone near his hip. Unfortunately, this will put him out for 4 to 6 months. I know we all wish him a speedy recovery. In the meantime, we will miss his smiling face and positive attitude. Vic can be seen on page one impersonating a reindeer at the Christmas run. We don't often see photos of Vic because he is usually the one behind the camera. Thanks to Robert Davies for this one.

The Club Newsletter is turning 25!

Below is a photocopy of the original newsletter from 1st July 1974 found floating around in a drawer in the Whittam household.

1974

The Club's first newsletter dated 1st July 74 listed members of Club leaders at McCallie Oval on 19th May including that the Club was joined about April 1974 with Keith McDonald & Mrs. John Collins, Jack Collins & Dave Carr as v.p. & Cliff Prodd as secretary.

The date of joining of Arthur Collins 1.4.74
Carr & Wood
Hendy, Jennie

however ~~Arthur~~ Cliff was participant at 53 years of age
- San Diego c 1969 & again c USW 14 1970
In 71 Cliff & J.C. again participated in RS but
a club joined (Hendy, John Sault, Col Baker, Cliff, John
Col Jones, Dave Carr.) c 72
Merritt

| | |
|----------|----------|
| Hendy | 19.5.74 |
| D Jones | 19.5.74 |
| Merritt | 75 |
| Glenn | 2.11.75 |
| Hogles | 16.2.75 |
| Mues | 30.11.75 |
| Laebwood | 18.12.75 |
| Woyke | 22.12.75 |
| Woyke | 23.2.75 |

| | |
|--------|--------|
| Rege | 8.1.77 |
| Hammou | 2-3-77 |

ML48 p5

And Soy Say More of US

by Ray Hall

Hello there, this is that man again who John Bell called the 'grain-muncher'. However, this time I am not urging you to eat more muesli, tinned fish or whatever. You have probably noticed that these days supermarkets have allocated more space for Soy milks as well as featuring them more often in their advertised specials. Why? It must be because more of us are drinking it so they are stocking more! Why would we use soy instead of cows milk? The nutritional information panel on every brand or type, be it light, high calcium, low fat etc trumpets the fact that they have no cholesterol or lactose.

Not all soy milks have the same energy because in the table you will find that this varies from 717kJ to as low as 250kJ in the ones that I have checked. A newspaper naturopath urges us to consume soy in anyway we can find such as soy breads, soy yoghurts, dried soy beans, soy bean sprouts, soy bean ice cream and tofu. Another newspaper article states that the mighty Food and Drug Administration in the USA " .. has concluded that a diet

with at least 25g of soy protein a day can lower cholesterol levels." In order to give you a comparison between different products you will see I have included one brand of lactose-free cows milk and also goat, oat and rice milk. All comparisons have been standardised to 250ml.

Although people such as Deek say that fat is an important energy source, some of you make still be wary at seeing most soy drinks appear to have high levels. This is due the addition of vegetable oils which are lower in saturated fatty acids than the animal fats such as found in cow's milk.

If we want to calculate how much saturated fat this would amount to 11-14% of the total fat so let's say 12.5% of 7.5g means less than one gram per serve. The remainder being good fat.

Now to be more specific and satisfy those who demand really pure foods (Hi Jo, how are things at Murrin-Murrin?) **Vitalife** states whole soy beans no soy isolate and high in dietary fibre. **Goodlife** says that the fat content is from sunflower oil of which 14% is saturated fatty acids. **So-Good** contains sunflower oil which has 11% saturated fats and contains soy protein. **Carnation** claims to

have 40% less fat than standard soy drinks. **Vitasoy** uses organic whole soy beans and calcium sulphate. **So-Natural** uses whole soy beans free from genetically modified beans and soy protein isolate. **Oat milk** contains whole oats, canola oil and soy lecithin. **Rice milk** is made from brown rice and canola oil.

I have not included every type of soy milk. For example, I excluded all of the flavoured soy drinks as I believe that the extra added sugar is too unhealthy. So what would I look for in a soy milk? Maximum energy, protein, fat, carbohydrates and potassium. Minimum sugars and sodium. Not too concerned about calcium because I would be getting ample from tinned fish etc. Naturally price would come into consideration as would organic purity and let's not forget taste. So which one/ones are for you?

Well must away: not to a half eaten sticky bun, probably more likely to be a bowl of yummy muesli containing those essential grains to munch plus chopped dates, sesame seeds etc. Of course soaked overnight in which ever brand of soy milk I am using and warmed of course. Such bliss!

| Brand | Energy kj | Protein g | Fat g | Carbohydrates g | | Sodium mg | Potassium mg | Calcium mg |
|------------------------------------|--------------|--------------|----------|--------------------|--------|--------------|-----------------|---------------|
| | | | | total | sugars | | | |
| Vitalife | 645 | 4.8 | 7 | 18.5 | 5.3 | 225 | 284 | 51 |
| Goodlife | 675 | 8.5 | 8.5 | 12.5 | 5 | 325 | 375 | 300 |
| Goodlife-lite | 450 | 8.5 | 2.25 | 12.5 | 5 | 325 | 375 | 300 |
| Goodlife-low fat | 440 | 8.5 | 2.25 | 12.5 | 5 | 162 | 375 | 313 |
| So Good | 680 | 8.5 | 8.5 | 13 | 4.8 | 113 | 575 | 300 |
| So Good-lite | 500 | 8.8 | 1.3 | 18 | 5.3 | 123 | 585 | 300 |
| So Natural | 666 | 5 | 7.25 | 18.5 | 5.25 | 225 | 225 | N/A |
| So Natural -calciforte | 717 | 7.75 | 7.25 | 18.75 | 5.75 | 233 | 288 | 300 |
| Vitasoy-calcipus | 702 | 8 | 7.5 | 17 | 11.5 | 180 | 375 | 300 |
| Vitasoy-lite | 250 | 4 | 2 | 16.5 | 11.25 | 100 | 125 | N/A |
| Carnation Soy powder | 465 | 8 | 4.3 | 10 | 6.5 | 85 | 425 | 300 |
| Liddells lactose-free milk | 665 | 8 | 8.8 | 12 | 12 | 88 | 375 | 300 |
| Liddells lactose free milk-low fat | 438 | 8.3 | 2.5 | 12 | 12 | 88 | 383 | 308 |
| Oat milk | 448 | 3.5 | 2 | 14.75 | 1 | 75 | 225 | N/A |
| Goat milk* | 580 | 8 | 8 | 9.25 | 9 | 165 | 475 | 275 |
| Rice milk | 750 | 2.5 | 3.8 | 32.5 | 6.5 | 140 | 425 | N/A |

* plus 220 phosphorous

Around the Tracks

TRAINING ADVICE FOR RUNNERS, THROWERS AND JUMPERS

This is the first in a series of articles from an American Masters Athletics Coaching Newsletter.

John Stone has arranged to reproduce the articles in Vetrun with permission from the author, Ross Dunton.

DRILLS FOR FOOT & CALF MUSCLES

At some point in their training lives, most runners have problems with their lower leg and feet muscles, usually in the form of shin splints, plantar fasciitis or Achilles tendonitis. Following are several specific drills which, when done on a regular basis, will go a long way toward the prevention of these common running problems.

One good training exercise is to use a wobble board. Using this on a regular basis will help to strengthen the muscles in the lower leg and foot. You can either buy one or make your own. To make one, start with a 16" square board, such as 3/4" plywood. Next, cut off the four corners at a 45 degree angle. The cut should start about 4 1/2 inches from the corner. This will leave eight sides of about equal length. Next, cut a 1 1/2" diameter hole in the center.

Place the hole over a baseball, stand on the board and spend a few minutes "wobbling" around getting each of the eight sides down to the ground.

The next set of drills is to be performed while walking either barefoot or in stocking feet. There are six different foot positions to be used and the athlete should walk from 15 to 20 metres with the

feet in each of the positions. These positions are: outside edge of the foot while on the toes, inside edge on the toes, outside edge on the heels, inside edge on the heels, flat footed with the toes pointed out and flat footed with the toes pointed in.

Our Quiet Achiever

A tribute to Eileen Hindle
by Alan Tyson

Eileen Hindle is a member of our club with outstanding achievements. Eileen was born in England but at 9 months of age her parents emigrated to Australia. She grew up in Collie where she began her life long association with Athletics at age 9. As a junior, she set State records in the long jump in 1964, 1965 and 1966 and in the senior competition she broke the high jump record while still a junior. Moving into Open Competition Eileen has held records in the 100m and 200m hurdles and represented Western Australia 21 times in track and field and once in Cross Country. She has won the Shirley Strickland hurdles an amazing 13 times. Eileen joined the Vets in 1981 as W30 and had immediate success in the 100m, 200m, 400m and high jump at the State and National levels. In the World Championships she won the long jump and triple jump as W30 and W40. Then followed the 80m and 100m hurdles as a W40 at the Nationals and in 1989 she came second in the 80m hurdles at the World Championships. She has won our Pentathlon as W35, W40 and W45. While overcoming a serious knee injury from 3 years ago, Eileen moved into the throwing events and competes in the javelin and the heavy weight and the Weight Pentathlon. Eileen thrives on competition and has travelled around the world to Rome, Oregon, Finland and

Melbourne for World Championships. She says that her most pleasing performance was qualifying in the Long Jump for the Munich Olympics in 1972. Her current long term goals are to return to the events she loves without incurring further injuries. Eileen's parents, Phyllis and Arthur have been her greatest supporters as well as assisting other Vets at Perry Lakes and Coker Park.

New State Records

Following new records, subject to confirmation, were set in the Time Trials up to 26 November and the Canning Districts meeting.

| | |
|------------------------|----------|
| M60 60m | |
| David Clive | 7.80 |
| W65 60m | |
| Pat Carr | 9.80 |
| W30 1000m | |
| Simone Solomon | 3:33.90 |
| W50 1000m | |
| Anne Shaw | 3:21.10 |
| W45 Hammer | |
| Eileen Hindle | 23.89 |
| M60 200m | |
| David Clive | 25.80 |
| W60 3000m | |
| Margaret Robinson | 13:10.90 |
| W40 1000m Walk | |
| Robin King | 5:10.40 |
| W30 1 Mile Walk | |
| Katrina Spilsbury | 11:21.50 |
| W35 1 Mile Walk | |
| Snow McSwain | 10:26.30 |
| W40 1 Mile Walk | |
| Robin King | 8:45.80 |
| W60 1 Mile Walk | |
| Dorothy Whittam | 10:41.90 |
| W65 1 Mile | |
| Pat Carr | 8:53.20 |
| M30 1 Mile | |
| Brad Robertson | 5:20.00 |
| M50 1 Mile Walk | |
| John Mison | 7:54.60 |
| M65 1000m Walk | |
| Dick Blom | 6:09.00 |
| M30 Shot Put | |
| David Keane | 8.88 |

| | | Track & Field Trophy, 1998-99 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|-----|-------------------------------|---------|---------|------|------|---------|-------|--------|-------|-------|------|------|------|--------|--------|-------|--------|--------|-------|-------|------|-------|------|--------|-------|-------------|-----|-------|-----|----|-------|----|-----|
| | | Long | 3K | Pt | 400m | Pt | Javelin | Pt | Discus | Pt | 3K W | Pt | Shot | Pt | 800m | Pt | 1500m | Pt | 10K | Pt | 200m | Pt | 1500W | Pt | Hammer | Pt | Total Point | No | Place | | | | | |
| Mike Karra | M30 | | 10:57.4 | 68 | | | | | | | | | | | | | | | | | | | | | | | 68 | 1 | 68 | | | | | |
| David Keane | M34 | | | | | | 30.52 | 34 | 20:45 | 29 | | | | | | | | | | | | | | | | | 62 | 2 | 62 | | | | | |
| Brad Robertson | M31 | | | | 61:2 | 71 | | | | | | | | | | | | | | | | | | | | | 142 | 2 | 142 | | | | | |
| Jon Wannberg | M32 | 4:34 | 49 | 11.11.3 | 67 | 62:4 | 70 | 20.02 | 21 | | 22.33 | 62 | 5:42 | 24 | 2.23.5 | 72 | 8:11 | 45 | 4:51.9 | 71 | 40:46 | 66 | 29.6 | 67 | 10:44 | 49 | 800 | 14 | 660 | 4 | | | | |
| Robert Colton | M35 | | | | | | | | | | | | | | | | | | | | | | | | | | 72 | 1 | 72 | | | | | |
| Nick Miller | M36 | | | | | | | | | | | | | | | | | | | | | | | | | | 64 | 1 | 64 | | | | | |
| Blakeney Tindall | M35 | | | | | | | | | | | | | | | | | | | | | | | | | | 64 | 1 | 64 | | | | | |
| Keith Atkinson | M42 | | | | | | | | | | | | | | | | | | | | | | | | | | 69 | 1 | 69 | | | | | |
| Doug Ashfield | M41 | | | 11:31.2 | 68 | | | | | | | | | | | | | | | | | | | | | | 256 | 4 | 258 | | | | | |
| Milton Mavrick | M40 | | | 12:27.9 | 63 | | | | | | | | | | | | | | | | | | | | | | 276 | 4 | 276 | | | | | |
| Ian Sanders | M40 | | | | | | | | | | | | | | | | | | | | | | | | | | 63 | 1 | 63 | | | | | |
| David Wilmer | M40 | | | 10:32.9 | 74 | | | | | | | | | | | | | | | | | | | | 15.03 | 20 | 188 | 4 | 188 | | | | | |
| Chris Coates | M45 | | | | | | | | | | | | | | | | | | | | | | | | | | 222 | 3 | 222 | | | | | |
| Frank Gardiner | M48 | | | | | | | | | | | | | | | | | | | | | | | | | | 80 | 1 | 80 | | | | | |
| Tony Heppener | M45 | | | | | | | | | | | | | | | | | | | | | | | | | | 136 | 2 | 136 | | | | | |
| David James | M45 | | | 11:12.8 | 72 | | | | | | | | | | | | | | | | | | | | | | 162 | 2 | 162 | | | | | |
| Trevor Robertson | M46 | 3:46 | 47 | 10:54.3 | 74 | 63:8 | 75 | 25.45 | 34 | 18:06 | 28 | 18.2 | 77 | 7:45 | 40 | 2.29.1 | 75 | 4:49.9 | 78 | 37:33 | 78 | | | | | | 144 | 2 | 144 | | | | | |
| Tony Whittaker | M45 | | | | | | | | | | | | | | | | | | | | | | | | | | 606 | 10 | 606 | | | | | |
| David Wyatt | M47 | 4:82 | 67 | | | | | | | | | | | | | | | | | | | | | | | | 495 | 8 | 495 | | | | | |
| Barry Ault | M52 | | | | | | | | | | | | | | | | | | | | | | | | | | 226 | 3 | 226 | | | | | |
| Nick Bailey | M50 | | | 12:16.3 | 69 | | | | | | | | | | | | | | | | | | | | | | 72 | 1 | 72 | | | | | |
| Ivan Brown | M53 | | | 11:10.3 | 77 | | | | | | | | | | | | | | | | | | | | | | 142 | 3 | 142 | | | | | |
| Maurice Creagh | M52 | | | 12:22.9 | 69 | | | | | | | | | | | | | | | | | | | | | | 613 | 10 | 613 | | | | | |
| Brian Danby | M50 | | | | | | | | | | | | | | | | | | | | | | | | | | 286 | 4 | 286 | | | | | |
| Ian Davies | M51 | | | 10:27.1 | 81 | | | | | | | | | | | | | | | | | | | | | | 150 | 2 | 150 | | | | | |
| Garry Doyle | M51 | | | | | | | | | | | | | | | | | | | | | | | | | | 327 | 4 | 327 | | | | | |
| Brian Foley | M54 | 3:44 | 52 | 11:04.8 | 79 | 64:1 | 80 | 18.78 | 30 | 19:39 | 32 | 19.3 | 77 | 6:86 | 40 | 2.22.7 | 85 | 4:54.8 | 83 | 42:35 | 73 | 30.3 | 76 | 8:36 | 67 | 15.54 | 25 | 995 | 16 | 758 | 1 | | | |
| Arnold Jenkins | M54 | | | | | | | | | | | | | | | | | | | | | | | | | | 36.6 | 63 | 10:24 | 3 | 59 | 21.28 | 35 | 455 |
| Jim Langford | M54 | | | 10:12.5 | 85 | | | | | | | | | | | | | | | | | | | | | | 171 | 2 | 171 | | | | | |
| John Mison | M50 | | | | | | | | | | | | | | | | | | | | | | | | | | 157 | 2 | 157 | | | | | |
| John Pressley | M53 | | | 12:08.9 | 71 | | | | | | | | | | | | | | | | | | | | | | 71 | 1 | 71 | | | | | |
| Bob Sheehy | M52 | | | | | | | | | | | | | | | | | | | | | | | | | | 69 | 1 | 69 | | | | | |
| Murray Tolbert | M52 | | | | | | | | | | | | | | | | | | | | | | | | | | 81 | 2 | 81 | | | | | |
| Bruce Wilson | M53 | | | | | | | | | | | | | | | | | | | | | | | | | | 155 | 2 | 155 | | | | | |
| Jim Barnes | M55 | | | | | | | | | | | | | | | | | | | | | | | | | | 143 | 2 | 143 | | | | | |
| Ros Calnan | M57 | 3:43 | 54 | | | | | | | | | | | | | | | | | | | | | | | | 54 | 1 | 54 | | | | | |
| Ed Carrol | M57 | | | | | | | | | | | | | | | | | | | | | | | | | | 59 | 1 | 59 | | | | | |
| Bert Carse | M57 | | | 10:29.6 | 85 | | | | | | | | | | | | | | | | | | | | | | 255 | 3 | 255 | | | | | |
| Keith Forden | M59 | | | 13:26.5 | 68 | | | | | | | | | | | | | | | | | | | | | | 68 | 1 | 68 | | | | | |
| Alan Jennings | M58 | | | 12:03.8 | 75 | | | | | | | | | | | | | | | | | | | | | | 235 | 3 | 235 | | | | | |
| Keith Martin | M55 | | | | | | | | | | | | | | | | | | | | | | | | | | 68 | 1 | 68 | | | | | |
| Mike O'Rilley | M59 | | | | | | | | | | | | | | | | | | | | | | | | | | 400 | 5 | 400 | | | | | |

| Place | Best 10 | Total Point | No | Hammer | 1500W | 200m | 10K | 1500m | Triple | 800m | Shot | 3K W | 100m | 5K | Discus | Javelin | 400m | 3K | Long J | M59 |
|-------------------|---------|-------------|----|--------|-------|------|-----|-------|--------|------|------|------|------|----|--------|---------|------|----|--------|-----|
| John Pellier | M59 | | | | | | | | | | | | | | | | | | | |
| David Roberts | M55 | | | | | | | | | | | | | | | | | | | |
| Frank Smith | M55 | | | | | | | | | | | | | | | | | | | |
| Bob Schickert | M57 | | | | | | | | | | | | | | | | | | | |
| Steve Barrie | M62 | | | | | | | | | | | | | | | | | | | |
| David Clive | M61 | | | | | | | | | | | | | | | | | | | |
| Ray Hall | M64 | | | | | | | | | | | | | | | | | | | |
| Leon Sander | M61 | | | | | | | | | | | | | | | | | | | |
| Dick Blom | M65 | | | | | | | | | | | | | | | | | | | |
| David Carr | M66 | | | | | | | | | | | | | | | | | | | |
| Alex Cummings | M65 | | | | | | | | | | | | | | | | | | | |
| Gordon Medcaif | M69 | | | | | | | | | | | | | | | | | | | |
| Robert Shand | M65 | | | | | | | | | | | | | | | | | | | |
| Alan Tyson | M73 | | | | | | | | | | | | | | | | | | | |
| Ron Tompkins | M76 | | | | | | | | | | | | | | | | | | | |
| Paula Karra | W28 | | | | | | | | | | | | | | | | | | | |
| Denise McMorro | W34 | | | | | | | | | | | | | | | | | | | |
| Katrina Spilsbur | W32 | | | | | | | | | | | | | | | | | | | |
| Snow McSwain | W39 | | | | | | | | | | | | | | | | | | | |
| Tessa Brockwell | W40 | | | | | | | | | | | | | | | | | | | |
| Robin King | W40 | | | | | | | | | | | | | | | | | | | |
| Jane Thompson | W40 | | | | | | | | | | | | | | | | | | | |
| Eileen Hindle | W49 | | | | | | | | | | | | | | | | | | | |
| Jackie Halberg | W62 | | | | | | | | | | | | | | | | | | | |
| Pat Lloyd | W50 | | | | | | | | | | | | | | | | | | | |
| Colleen Milbourn | W50 | | | | | | | | | | | | | | | | | | | |
| Michelle Mison | W50 | | | | | | | | | | | | | | | | | | | |
| Valerie Millard | W51 | | | | | | | | | | | | | | | | | | | |
| Peggy McLiver | W54 | | | | | | | | | | | | | | | | | | | |
| Vai Prescott | W54 | | | | | | | | | | | | | | | | | | | |
| Anne Shaw | W50 | | | | | | | | | | | | | | | | | | | |
| Jackie Billington | W55 | | | | | | | | | | | | | | | | | | | |
| Margery Forden | W57 | | | | | | | | | | | | | | | | | | | |
| Ruth Johnson | W57 | | | | | | | | | | | | | | | | | | | |
| Erica Mercer | W55 | | | | | | | | | | | | | | | | | | | |
| Lynne Schickert | W57 | | | | | | | | | | | | | | | | | | | |
| Noela Medcaif | W63 | | | | | | | | | | | | | | | | | | | |
| Margaret Robins | W60 | | | | | | | | | | | | | | | | | | | |
| Dorothy Whittam | W62 | | | | | | | | | | | | | | | | | | | |
| Pat Carr | W66 | | | | | | | | | | | | | | | | | | | |
| Lorna Laughlan | W68 | | | | | | | | | | | | | | | | | | | |
| Elaine Sillery | W66 | | | | | | | | | | | | | | | | | | | |
| Glencie Shanah | W74 | | | | | | | | | | | | | | | | | | | |

Sunday Results

Friendship Run 10/1/99

Cool and overcast conditions for this years Friendship Run. Congratulations to the winners John West and Jan Kelly in the 12.2km, Ian Davies and Peggy McLiver in the 6.1km and Terry Humphery and Barbara Atkinson in the walk. Many thanks to our helpers, Bev and Maureen, Margaret Taylor, Don Caplin, Bob Harrison, Frank Smith and Jim Barnes. **Joan and John Pellier**

6.1km

| | | |
|-------------------|-----|-------|
| Ian Davies | M50 | 24.21 |
| Jim Klinge | M50 | 24.32 |
| Paul Martin | M55 | 27.19 |
| Alan Jennings | M55 | 27.51 |
| Michael Anderson | M50 | 28.24 |
| David Carr | M65 | 29.06 |
| Stuart Parkinson | M50 | 29.08 |
| Mick Cousins | M65 | 29.30 |
| Richard Harris | M60 | 29.55 |
| Simon Tiverios | Vis | 30.17 |
| Peggy McLiver | W50 | 30.20 |
| Peter Airey | M60 | 30.26 |
| Simon Mort | M40 | 30.46 |
| Roger Walsh | M55 | 31.13 |
| Ray Hall | M65 | 31.47 |
| Brian Hunter | M50 | 32.09 |
| Arnold Jenkins | M50 | 33.04 |
| Sue Hughes | W45 | 33.09 |
| Jeanette Tiverios | Vis | 33.15 |
| John Smith | M60 | 33.20 |
| Ken Sheldrick | Vis | 34.25 |
| Norm Miller | M65 | 34.49 |
| Jeff Spencer | M55 | 34.50 |
| Kirt Johnson | M65 | 34.54 |
| Margaret Warren | W60 | 34.58 |
| Anne Turner | W60 | 35.01 |
| Brian Holmes | M60 | 36.01 |
| Ray Lawrence | M70 | 36.58 |
| Margaret Bennett | W55 | 37.33 |

6.1km Walk

| | | |
|------------------|-----|-------|
| Terry Humphery | M45 | 37.55 |
| Barbara Atkinson | W45 | 37.55 |
| Dick Blom | M65 | 41.30 |

| | | |
|-------------------|-----|-------|
| Barrie Thomsett | M55 | 43.45 |
| Lesley Romeo | W55 | 44.38 |
| Michele Mison | W50 | 44.38 |
| Dorothy Whittam | W60 | 44.56 |
| Jackie Billington | W55 | 45.04 |
| Bob Chalmers | M60 | 45.20 |
| Lynne Schickert | W55 | 45.29 |
| Lorna Lauchlan | W65 | 46.16 |
| Anne Breeze | W50 | 46.30 |
| Elaine Sillery | Vis | 52.10 |
| Alan Pomery | M65 | 52.27 |
| Val Wheeler | W65 | 52.49 |
| Lois Smith | W45 | 52.49 |
| Jeff Whittam | M60 | 53.24 |
| Rob Davies | M60 | 53.25 |
| Maggie Flanders | W60 | 54.20 |
| Ernie Moyle | M70 | 54.30 |
| Leo Hassam | M65 | 57.50 |
| Pat Miller | W60 | 57.53 |
| Judy Hill | W50 | 59.57 |
| Helen Anderson | W50 | 61.33 |

12km Walk

| | | |
|-----------------|-----|-------|
| George Schaefer | M65 | 90.17 |
|-----------------|-----|-------|

12.2km

| | | |
|------------------|-----|-------|
| John West | M45 | 46.45 |
| Bert Carse | M55 | 46.58 |
| Bob Schickert | M55 | 49.57 |
| Paul Hughes | M45 | 51.48 |
| Pra Buddaha | Vis | 52.10 |
| David James | M45 | 52.29 |
| Brian Danby | M50 | 52.35 |
| Tony Whittaker | Vis | 52.40 |
| Johan Hagerdhorn | M55 | 52.48 |
| John McGowan | M45 | 53.11 |
| Brian Bennett | M50 | 54.01 |
| Nick Miller | M35 | 54.10 |
| Mike Flood | M45 | 55.24 |
| Jan Kelly | M40 | 56.48 |
| Graham Thornton | M55 | 56.58 |
| John Pellier | M55 | 57.31 |
| James Barnes | M55 | 57.47 |
| Mike Hale | M50 | 57.52 |
| John Pressley | M50 | 58.04 |
| Mike Khan | M50 | 58.41 |
| Peter Hill | M50 | 58.54 |
| Mike Rhodes | M50 | 59.16 |
| Bob Sammells | M60 | 59.24 |
| Keith Atkinson | M40 | 62.13 |
| Jenny Barnes | W45 | 63.16 |
| Jackie Halberg | W50 | 65.38 |
| Trevor Brown | M55 | 66.13 |
| Merv Moyle | M70 | 66.53 |
| Dalton Moffett | M65 | 69.31 |

| | | |
|---------------|-----|-------|
| Eileen Brown | W50 | 69.48 |
| Paula Kara | Vis | 70.04 |
| Rob Sheehey | M50 | 73.12 |
| Ken Whistler | M65 | 74.20 |
| John Russell | M65 | 75.43 |
| Alan Chambers | M60 | 80.20 |
| Mary Heppell | W60 | 80.29 |
| Shorty Turner | M60 | 80.59 |

Lake Leschenaultia Run

Boxing Day

The few members who turned up to the run enjoyed another beautiful night at Lake Leschenaultia. Anne Shaw enjoyed the run so much that she started off to do the circuit again, which caused some concern at the finish, when she didn't turn up as expected! Thanks again to Peter and Judy Hill for their help. As I am abandoning the idyllic peace of the Hills for the fleshpots of the city, this will be the last time that Peter, Judy and I will be setting the run. Next year it will be taken over by Barrie Thomsett. His son and daughter-in-law have moved up to Mt Helena and as he couldn't bear to see the run ending, offered to take it over rather than just cancelling it (particularly as so few people attend each year) **Toni Frank**

7km run

| | | |
|--------------------------|-----|-------|
| Tony Whittaker | M45 | 30.07 |
| Brian Foley | M50 | 33.16 |
| Keith Atkinson | M40 | 34.13 |
| Ken Brownlie | M50 | 37.27 |
| Carol Broderick | W45 | 37.27 |
| Ian Thomsett | M30 | 37.27 |
| Peter Hill | M50 | 37.28 |
| (while collecting flags) | | |
| Jackie Halberg | W50 | 39.29 |
| Anne Shaw | W50 | 42.37 |
| (ran extra distance!) | | |
| John Russell | M65 | 43.12 |
| John Yates | M45 | 45.09 |

5km run

| | | |
|------------|-----|-------|
| Lyn Stolze | W45 | 33.08 |
|------------|-----|-------|

5km walk

| | | |
|-----------------|-------|-------|
| Dorothy Whittam | W60 | 48.13 |
| Barrie Thomsett | Mold! | 48.15 |
| Jeff Whittam | M60 | 48.16 |

ROUND THE LAKES 6K WALK AND 8K RUN

13th December, 1998

“I will not let anyone walk through my mind with their dirty feet” -Mahatma Gandhi

and I suppose not to run either!

Mortality and morbidity was greatly reduced by having Alan Pomery directing cars hurtling to a Little Aths meet, and Trevor at the water station. Susan the Fruit AND Scribe expert. Arthur did the numbers well despite having to run after those who can't brake on the finish line. Thanks so much. Look forward to age graded run in Dec 99. Birth Certificates please - originals only. **John Bell**

Results:

| | | |
|----------------------|------------------------|------------------------|
| 6K Handicap W | Girls | Boys |
| First | Louis Smith | Bob Fergie |
| Second | Dorothy Whittam | Dick Blom |
| Third | Lorna Laughlan | George Schaefer |

| | | |
|--------------------|-----------------------|---------------------|
| 8K Handicap | Girls | Boys |
| First | Jackie Halberg | Jeff Spencer |
| Second | Paula Hanson | Mike Flood |
| Third | Wendy Clements | Trevor Brown |

6K Handicap Walk

| | Age | Clock | H'cap | Adjusted |
|--------------------|-----|-------|-------|----------|
| 1 Bob Fergie | M60 | 37:40 | 15:45 | 53:25 |
| 2 Dick Blom | M65 | 38:05 | 16:45 | 54:48 |
| 3 Louis Smith | W45 | 49:06 | 6:15 | 55:21 |
| 4 Dorothy Whittam | W60 | 43:38 | 11:45 | 55:23 |
| 5 Lorna Laughlan | W65 | 44:27 | 11:15 | 55:42 |
| 6 George Schaefer | M65 | 42:45 | 13:45 | 56:30 |
| 7 Barry Thomsett | M55 | 41:56 | 15:15 | 57:11 |
| 8 John Mison | M50 | 35:48 | 22:00 | 57:48 |
| 9 Paul Martin | M55 | 35:50 | 22:00 | 57:50 |
| 10 Michele Mison | W50 | 42:52 | 15:00 | 57:52 |
| 11 David Brown | M50 | 41:28 | 16:45 | 58:13 |
| 12 Val Wheeler | W65 | 51:59 | 6:30 | 58:29 |
| 13 Elaine Sillery | W65 | 51:54 | 6:45 | 58:39 |
| 14 Jeff Whittam | M60 | 52:38 | 6:15 | 58:53 |
| 15 Lynne Schickert | W55 | 45:52 | 14:15 | 60:07 |
| 16 Bob Charmers | M60 | 42:53 | 17:15 | 60:08 |
| 17 Ernie Moyle | M70 | 54:07 | 6:15 | 60:22 |
| 18 Jill Midolo | W50 | 52:36 | 11:15 | 63:51 |
| 19 Rex Bruce | M55 | 54:06 | 12:30 | 66:36 |

8K Handicap Run

| | Age | Clock | H'cap | Actual |
|--------------------|-----|-------|-------|--------|
| 1 Jackie Halberg | W50 | 46:08 | 5:24 | 40:44 |
| 2 Paula Hanson | W45 | 47:01 | 10:24 | 36:37 |
| 3 Jeff Spencer | M55 | 47:30 | 5:36 | 41:54 |
| 4 Wendy Clements | W55 | 47:52 | 4:00 | 43:52 |
| 5 Mike Flood | M45 | 48:07 | 14:00 | 34:07 |
| 6 Eileen Brown | W50 | 48:26 | 4:24 | 44:02 |
| 7 Trevor Brown | M55 | 48:27 | 6:00 | 42:27 |
| 8 Margaret Bennet | W55 | 48:34 | 0:48 | 47:46 |
| 9 Tony Whittacker | M45 | 48:35 | 15:12 | 33:23 |
| 10 Jim Langford | M50 | 48:52 | 20:00 | 28:52 |
| 11 Johan Hagedoorn | M55 | 49:02 | 14:24 | 34:38 |
| 12 Jenny Barnes | W45 | 49:10 | 7:36 | 41:34 |

| | | | | |
|----------------------|--------|-------|-------|-------|
| 13 Chris Coates | M45 | 49:11 | 19:12 | 29:59 |
| 14 Dalton Moffett | M65 | 49:13 | 6:24 | 42:49 |
| 15 Vic Beaumont | M65 | 49:22 | 8:00 | 41:22 |
| 16 Dave Roberts | M55 | 49:26 | 16:48 | 32:38 |
| 17 Margaret Langford | W50 | 49:34 | 13:00 | 36:34 |
| 18 Brian Danby | M50 | 49:37 | 16:48 | 32:49 |
| 19 Bert Carse | M55 | 49:41 | 18:48 | 30:53 |
| 20 Mary Heppell | W60 | 49:45 | 00:24 | 49:21 |
| 21 John Mcgowan | M45 | 49:49 | 16:00 | 33:49 |
| 22 Peter Hill | M50 | 49:50 | 12:36 | 37:14 |
| 23 John Hamczakowski | VisM40 | 49:55 | ? | ? |
| 24 Brian Bennett | M50 | 49:56 | 15:12 | 34:44 |
| 25 Carol Broderick | W45 | 49:59 | 10:00 | 39:59 |
| 26 Richard Harris | M60 | 50:04 | 10:24 | 39:40 |
| 27 Keith Atkinson | M40 | 50:07 | 14:24 | 35:43 |
| 28 Doug Ashfield | M40 | 50:08 | 16:24 | 33:44 |
| 29 Shirley Bell | W50 | 50:09 | 10:00 | 40:09 |
| 30 Shorty Turner | M60 | 50:11 | 2:30 | 47:41 |
| 31 Ken Brownlie | M50 | 50:17 | 13:36 | 36:41 |
| 32 Denise Lancaster | W45 | 50:24 | 2:24 | 48:00 |
| 33 Nick Miller | M35 | 50:34 | 16:20 | 34:14 |
| 34 Alan Jennings | M55 | 50:38 | 14:24 | 36:14 |
| 35 John Davies | M50 | 50:49 | 15:00 | 35:49 |
| 36 Marge Forden | W55 | 51:00 | 11:20 | 39:40 |
| 37 Robert Sheehy | M50 | 51:01 | 6:24 | 44:37 |
| 38 Bob Sammells | M60 | 51:08 | 13:00 | 38:08 |
| 39 Val Millard | W50 | 51:11 | 6:24 | 44:47 |
| 40 Bob Schickert | M55 | 51:20 | 18:00 | 33:20 |
| 41 Peter Airey | M60 | 51:28 | 11:12 | 40:16 |
| 42 Graham Thornton | M55 | 51:39 | 14:24 | 37:15 |
| 43 Brian Hunter | M50 | 51:47 | 9:36 | 42:11 |
| 44 David Carr | M65 | 51:55 | 15:36 | 36:19 |
| 45 Maurice Creagh | M50 | 51:58 | 16:48 | 35:10 |
| 46 Brian Foley | M50 | 52:09 | 15:12 | 36:57 |
| 47 Rosa Davis | W55 | 52:20 | 0:24 | 51:56 |
| 48 Ian Davies | M50 | 52:23 | 19:00 | 33:23 |
| 49 Ann Turner | W60 | 52:42 | 6:48 | 45:54 |
| 50 John Smith | M60 | 52:43 | 6:48 | 45:55 |
| 51 Don Caplin | M55 | 52:44 | 17:24 | 35:20 |
| 52 Bernie Mckensie | VisM45 | 52:46 | 14:00 | 38:46 |
| 53 Ellan Maverick | Vis ? | 53:14 | ? | ? |
| 54 Milton Maverick | M45 | 53:20 | 16:12 | 37:08 |
| 55 Jan Kelly | W40 | 53:23 | 16:24 | 36:59 |
| 56 Mike Rhodes | M50 | 53:36 | 12:00 | 41:36 |
| 57 Sheila Maslen | W60 | 53:55 | 0:00 | 53:55 |
| 58 Ian Lancaster | M50 | 54:13 | 17:36 | 36:37 |
| 59 Ray Hall | M65 | 54:18 | 10:30 | 43:48 |
| 60 Keith Forden | M60 | 54:19 | 10:00 | 44:19 |
| 61 Irene Ferris | W45 | 54:24 | 6:24 | 48:00 |
| 62 Suzan Brand | W50 | 54:50 | 00:48 | 54:02 |
| 63 Arnold Jenkins | M50 | 55:04 | 8:48 | 46:16 |
| 64 Alan Chambers | M60 | 59:50 | 10:24 | 49:26 |
| 65 Ken Whistler | M65 | 67:24 | 10:00 | 57:24 |
| 66Glenice Shanahan | W70 | 75:09 | 00:00 | 75:09 |

4K Run (from scratch)

| | | |
|---------------|-----|-------|
| 1 Lyn Stoltze | W45 | 27:06 |
| 2 Allen Tyson | M70 | 30:26 |
| 3 Toni Frank | W50 | 35:11 |
| 4 Frank Usher | M75 | 35:14 |
| 5 Fred Watson | M80 | 45:53 |
| 6 Fred Hagger | M70 | 45:54 |

HAPPY BIRTHDAY TO OUR FEBRUARY MEMBERS

 McMillan, James 02/02/25 74 remains M70
 Medcalf, Noela 03/02/35 64 remains W60
 Jennings, Alan 04/02/40 59 remains M55
 Bird, Wendy 04/02/43 56 remains W55
 Tyson, Allen 06/02/25 74 remains M70
 McManus, Jacqueline 06/02/45 54 remains W50
 White, Darryl 07/02/59 40 becomes M40
 O'Riordan, Paul 08/02/54 45 becomes M45
 Jarvis, Janet 08/02/45 54 remains W50
 Prescott, Valerie 08/02/44 55 becomes W55
 Johnstone, Alison 09/02/47 52 remains W50
 Lancaster, Denise 11/02/50 49 remains W45
 Mair, Robert 11/02/48 51 remains M50
 McGowan, John 12/02/53 46 remains M45
 Hawks, Phil 16/02/59 40 becomes M40

Spilsbury, Katrina 17/02/66 33 remains W30
 Carr, Pat 18/02/32 67 remains W65
 Carrero, Tina 20/02/46 53 remains W50
 Catarinich, Anne 20/02/48 51 remains W50
 Miller, Dennis 21/02/40 59 remains M55
 Baldock, Delia 21/02/62 37 remains W35
 Spencer, Jeff 22/02/41 58 remains M55
 Smith, John 23/02/35 64 remains M60
 Thornton, Beverley 23/02/43 56 remains W55
 Whatson, Craig 23/02/56 43 remains M40
 Cresp, John 24/02/51 48 remains M45
 Boakes, George 25/02/13 86 remains M85
 Bruce, Rex 26/02/41 58 remains M55
 Clive, David 27/02/37 62 remains M60
 Ferris, Irene 27/02/52 47 remains W45
 Rosen, Mark 29/02/48 51 remains M50

PRINT POST APPROVAL

644113/00007

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



Mr R Hayres
 26 Jenkins Pl
 WEMBLEY DOWNS

WA 6019