



The Vetrun



No. 321 July 2000

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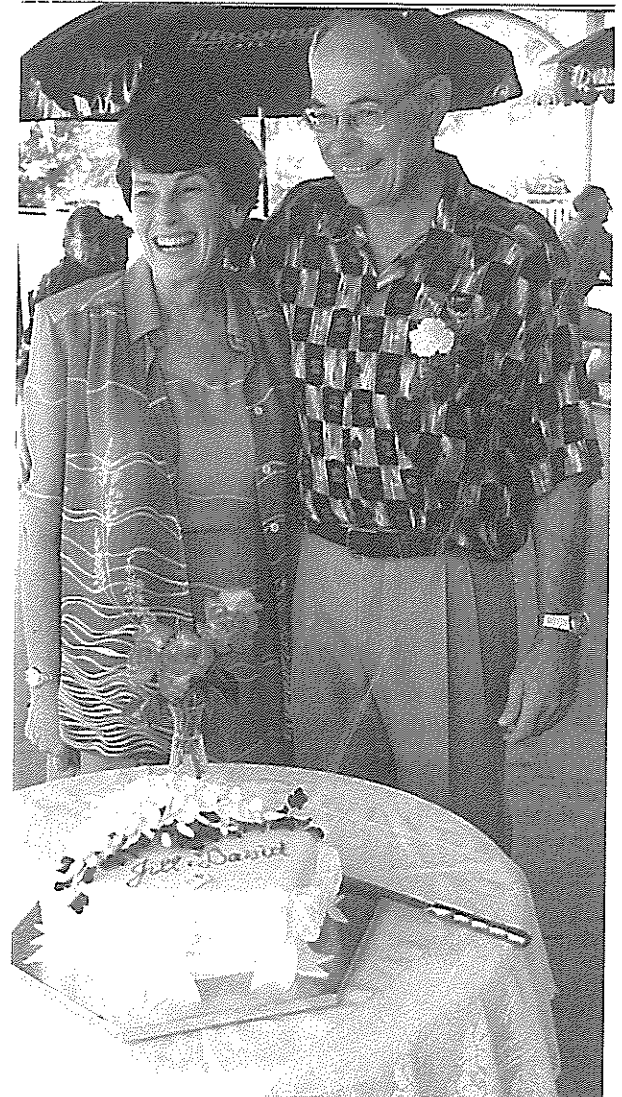
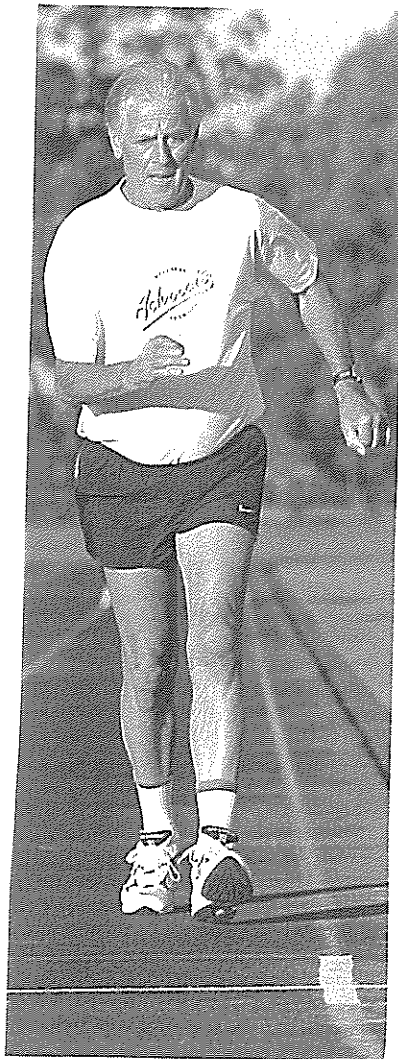
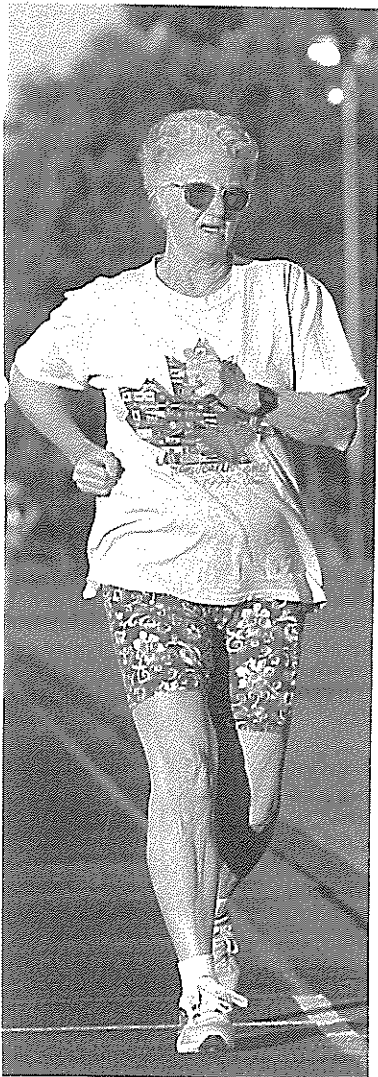
Photos

Left: Club member, David Clive with the Olympic Torch (and a support runner with a very cheeky grin), (photo Leon Sander)

Below left: Walking styles shown by Dorothy Whittam and Dick Blom (photo Steve Parrish) and club members Jill Midolo and David Brown on their wedding day in Kings Park earlier this year

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Club News

Helpers List

30th July

Mill Point Rd *Director:* Milton
Maverick 9227 1559

Helpers: A. Chambers, B. Slinger,
C. O'Sullivan, M.Rhodes, T.
Heppener, R&D Davies, D.Reid

6th August

Jorgensen Park *Co-ordinator:* Keith
Atkinson 9313 1669

Helpers: A. Pomery, D. White, J.
Adams, B.Carse, M. Anderson, J.
West, M. O'Reilly, S. Bond

13th August

Half Marathon *Directors:* P&N
Miller 9293 3433

Helpers: I. Davies, W. Crowley, G.
Shanahan, B.Tindall, K. Miller,
R.Bruce, P. Ainsworth, P.Slyth

20th August

Cross Country Kings Park, *Director:*
Warren Gee 9448 7587 *Helpers:* A
& B Aldrich, F. McLinden, M.
Creagh, S. Bullen, K. Anderson, B.
Hunter, P. Slyth

3rd September

Applecross Jetty run - New - From
Deepwater Point
Director: M. Flanders 9314 7556
Helpers: J. McCarthy, D. Clive,
V&T Carrero, M&P Karra

Cross Country Championships - Jorgensen Park, Kalamunda

6th August 2000

Buffet Lunch at 11am. Members
cost \$10. Tickets available from
Graham Thornton. Book and pay as
limited to 90. Phone: 9293 3027

Lions Dryandra Woodlands Village Amendment

Please note that the costs of the
Dryandra weekend of 29th
September to 2nd October were
estimated without considering GST.
Therefore, the adjusted price will be
\$55.00 per person.

Change of email address

Please note that copy for the Vetrin
can be sent to my new email address
at skatrina@dph.uwa.edu.au. (The
old address will still work for a few
months during a change over
period).

Web sites

The program for the World Veterans
T&F Championships to be held in
Brisbane next year is available
online at

www.worldvac2001.com.au

Alternatively, a copy is up on the
notice board at Sunday runs.

The official web site for the World
Masters games to be held in
Melbourne in 2002 is:

www.2002worldmasters.org

Letters

RACE WALKING

by Warren Davey

During the 1999/00 track season, a
number of race-walking events were
conducted with sufficient Walk
Judges enabling correct judging
procedures to be applied. For many
race walkers this was the first
occasion that they had been exposed
to the full rules, and many were
surprised when they were nominated
by the judges present as infringing
the rules that apply to the race
walking event.

It was apparent to many of the
judges that some competitors had
never had the rules explained or
applied to them. Subsequent races,
particularly the State
Championships, saw a dramatic
improvement in the technique used
by many WAveterans race walkers
and a large decrease in the number
of rule infringements occurring. This
was particularly pleasing when it is
considered that some of these
competitors were considering
continuing their involvement at
National Championships level.

It is one thing to be penalised at the
local level, but heartbreaking to be
disqualified at the national level

when you have not been sufficiently
informed at the local competition
level.

To help all those veterans race-
walkers and aspiring race-walkers, I
would like to clarify the rules in this
article so that you can be fully
informed prior to your next event.

The International Amateur Athletics
Federation (IAAF) Rule Book 2000-
2001 Edition, which is the
international standard that all
athletics organisations throughout
the world abide by, states in Rule
230:

Paragraph Number:

Definition of Race Walking

"1. Race Walking is a progression
of steps so taken that the walker
makes contact with the ground,
that no visible (to the human eye),
loss of contact occurs. The
advancing leg shall be straightened
(i.e. not bent at the knee) from the
moment of first contact with the
ground until the vertical plane
position."

Caution

"3. Competitors shall be cautioned
when, by their mode of progression,
they are in danger of failing to
comply with paragraph 1 above.
They are not entitled to a second
caution from the same Judge for the
same offence. Having cautioned a
competitor, the Judge shall inform
the Chief Judge of his action after
the competition"

Warning and Disqualification

"4. (a) Each Judge's proposal for
disqualification is called a
warning. Competitors shall be
given warnings when, by their
mode of progression, they fail
to comply with paragraph 1
above by exhibiting visible loss
of contact or a bent knee during
any part of the competition.

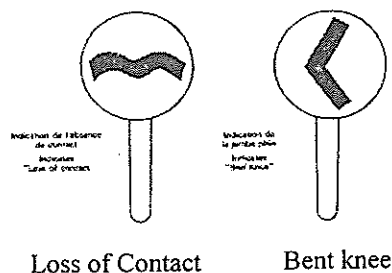
(d) When a competitor receives a
warning from three different
Judges, the competitor shall be
disqualified and informed of
this disqualification by the
Chief Judge.

(e) If it is impractical to inform
the competitor of the
disqualification during the race,

disqualification shall be given immediately after the competitor has finished.

(f) A white sign with the symbol of the offence on each side, shall be shown to the competitor, when a caution is given. The red sign symbolises the disqualification of the competitor. The latter may only be used by the Chief Judge.”

symbol ‘Bent Knee’ displayed below may be shown to the competitor.



Should a competitor in the process of race walking loose contact entirely with the ground, i.e. at least one leg has maintained contact with the ground, the Walk Judge will determine that a ‘Loss of Contact’ has occurred. The Walk Judge may show to the competitor the symbol ‘Loss Of Contact’ as displayed above.

What is the difference between a CAUTION and a WARNING? A Walk Judge would much rather orally caution (or advise) a competitor that they are in danger of infringing one of the two conditions described above, i.e. Loss of Contact or Bent Knee. This is not a disqualification type notification to the competitor but only advising them of the incorrect race walking action. The same Judge is not permitted to caution the same athlete twice for the same offence. If you are cautioned then you should make every attempt to conform to the correct race-walk technique so that you do not receive a warning the next time a Judge observes you.

Should a Walk Judge observe that a competitor is definitely infringing one of these rules, they will warn the competitor accordingly. This warning is also conveyed to the Chief Judge, who after receiving a warning report for a competitor from three different judges will disqualify that competitor from the race. Remember the three warnings may be for different infringements. Each Judge is only entitled to make one warning report against a particular competitor.

Walk Judges should always attempt to judge from the outside lane, not be influenced by external sources or

other Walk Judges, nor intimate competitors by running alongside them, Judging should always be from the immediate front or direct sideway view of the competitor. A good Walks Judge will not attempt to put in as many warning reports on different competitors, but would rather assist competitors to finish the event by the use of cautions. It is also taught that the more senior-in-age competitors, just by their developing years sometimes have difficulty in maintaining a straight leg action; here it is important that it is considered if the competitor has bent their leg during the race walking action or whether it is their natural body shape.

We have had difficulty in the past providing enough qualified Walk Judges at our club activities, but it is proposed to conduct a special training session on Saturday 29th July which hopefully will correct this situation. Jacqui Cattermole, who is one the few Australians appointed as a Walk Judge to the 2000 Olympics, will be conducting the course. The course details are as follows:

Saturday 29th July 2000

Venue – Bayswater Little Ath’s at Noranda facility, off Wylde Road, Morley.

Time – 2 pm to 5 pm.

Bring- \$1 coin, chair, pen.

The course will involve a formal examination consisting of 25 specific Walks type question and 25 Athletics General type questions, and will include a practical tuition session. After successfully passing the examination, and receiving practical assessments during the following athletics season, each candidate will receive an Athletics Australia Level C Officials accreditation rating. I encourage as many veterans members as possible to take advantage of this rare opportunity to further your involvement in the sport.

Should you be interested in being involved in this officials training course, then please contact Jacqui Cattermole on Tel 92798664, or

So what does that all mean in everyday language, you may well ask. I have only shown the relevant paragraphs, which I believe competitors need to be aware of. I have shown the correct paragraph numbering as they appear in the IAAF Rulebook. O.K. then, a bit of everyday explanation for you non-officials type people.

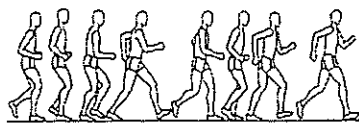
Firstly I include some diagrams, which I believe clearly demonstrates what a Walks Judge is looking for. Remember that a judgement is made with the aid of the human eye only, and such things as video evidence is not used by Walk Judges in their instantaneous decisions during the race walk event.



Technique correcte - Correct technique



Absence de contact - Loss of contact



Jambe pliée - Bent knee

A Walk Judge is determining that a competitor, when they progress through the walking motion, will place their leading leg on the ground and keep this leg straightened from the point of first contact with the ground until it is immediately underneath the competitors body in the vertical plane. If a competitor does not conform to this rule, it is described as a ‘Bent Knee’ infringement. If this occurs the

myself Warren Davey on Tel 94093213 ASAP.

I wish you all the best in future race walking events and hope this article has clarified the race walking judging process to many members.

Sex and faster marathons?

The combination of a healthy diet, stringent training and inherited talent have long been espoused as the secret of athletic success. However, it now seems that what happens off the track may have an important role! A survey of 2,000 competitors in the 1999 London marathon showed that a healthy number believed that sex improved their times, adding a new twist to the debate of whether sex affects athletic performance.

The results of the London marathon survey were analysed by Peter Marsh at the Social Issues Research Centre in Oxford and they showed that 30% of runners on the 42 mile trek from Greenwich to the Mall expected to run the distance an average of 14 minutes faster if they had sex the night before. It was determined that the average time for those who had sex the night before completed the race in an average of 3hr51min, while those who didn't took 3hr56min. "It is always believed that sexual activity damages performance. However, our survey seems to show a slight trend in the opposite direction."

Yet these results did not impress Khalid Khannouchi, the Moroccan marathon runner and his wife and coach, Sandra. She said "We do not have sexual relations for five days before a race." Such restraint may well work with Khannouchi setting the world record of 2hr5min42sec last year in Chicago.

This is a summary of an article by John Goodbody from the London Times sent in by Wendy Clements

Results

UNI & BACK

11.06.2000

This year's run would be more apply named the Claytons Run because as you all realised we went nowhere near the Uni. Hopefully next year the construction that disrupted the course will be completed and all runner's can admire?? The Bell Tower along the way.

Congratulations to Anne Shaw and Bert Carse, this years winners of the Fred Hagers Trophy and to all the other competitors who took part.

No event can be run successfully without a group of willing helpers and this is no exception. Without naming them all individually, to you all, my sincere thanks.

Gary Fisher

15K

Bert Carse	M55	58:14
Stephen Dunn	M30	58:39
Anne Shaw	W50	59:22
Jim Klinge	M50	60:00
David Reid	M45	61:36
Bob Schickert	M55	62:18
Vic Waters	M55	62:52
John Allen	M40	62:58
Graham Thornton	M55	63:29
Nick Miller	M35	63:46
Brian Danby	M50	64:14
Frank Smith	M55	65:14
Vincent Cerrero	M55	65:21
Dave James	M45	65:27
Doug Ashfield	M40	65:52
Glenn Stephens	M45	67:27
Mark Rosen	M50	67:40
Simon Mort	M40	68:50
John Pellier	M60	69:11
Margaret Langford	W50	69:58
Dennis Miller	M60	70:07
Keith Atkinson	M40	70:15
John Bell	M50	70:55
Stan Lockwood	M70	71:07
David Carr	M65	72:15
John Ellard	M55	72:18
Cecil Walkley	M70	73:15
Margery Forden	W55	74:10
Brian Smith	M60	74:11
Mike Khan	M55	74:59

Robert Sheehy	M50	77:27
Mike Faunge	M60	78:15
Arnold Jenkins	M55	79:14
Ray Hall	M65	79:18
Ann Turner	W60	83:27
Norm Miller	M65	85:35
Merv Jones	M60	86:35
Val Millard	W50	87:00
Wendy Duncan	W50	87:00
Karin Thomson	W35	88:49
Irene Ferris	W45	88:49
Eileen Brown	W50	89:20
Margaret Bennet	W55	1:36:44
Trevor Brown	M60	1:36:45
Mary Heppell	W60	1:40:31

8K

David Willmer	M45	30:43
Blakeney Tindall	M35	34:01
Paul Hughes	M45	34:57
John Bramley	M55	36:49
Brian Bennet	M50	36:53
Henry Cortis	M50	37:21
John Frost	M60	37:37
Sue Vetten	W45	37:41
Peter Airey	M60	38:01
Joe Stickles	M60	38:21
Frank Gardiner	M50	39:03
Alan Jennings	M60	39:05
Mike Rhodes	M50	39:34
Peggy Macliver	W55	40:26
Jim Barnes	M55	40:32
John Smith	M65	40:35
Sandy Bond	W35	40:45
Paul Martin	M55	40:47
Mitch Lolly	M60	40:51
Gillian Young	W50	41:12
Bob Fergie	M60	41:57
Linda Crockett	W30	42:06
Vic Beaumont	M70	42:41
Jeff Spencer	M55	45:03
Joan Pellier	W60	46:42
Kirt Johnson	M70	47:59
Ray Lawrence	M70	48:17
Roma Barnett	W50	48:19
Susan Brand	W50	49:39
Sheila Maslen	W60	51:42
Phyllis Farrell	W55	54:35

7K

Bob Sammells	M60	33:02
Marg Taylor	W45	55:52
Frank Usher	M75	55:52

8K Walk

Ernie Moyle	M70	69:23
Lorna Lauchlan	W70	1:37:26
Jacqueline Billington	W55	1:37:26

15K Walk		
Dick Blom	M65	1:37:32
Barry Weatherburn	M55	1:47:00
Michelle Mison	W50	1:48:58
Rex Bruce	M55	1:51:20
Barry Thomsett	M55	1:52:12
Dorothy Whittam	W60	1:56:00
Allen Pomery	M65	1:59:16
Val Wheeler	W65	2:07:58
Maggie Flanders	W60	2:10:52
Pat Miller	W60	2:15:47
Jeff Whittam	M65	2:17:33

Visitors

8K Run

Bill Jones	31:17
Nicholas Gardiner	35:44
Mark Faithfull	40:24

Wireless Hill

23rd April 2000

This was the first Easter run held at Wireless Hill after many years at Yanchep. Obviously the venue was more convenient to the majority of members as we had at total of 73 competitors which is twice as much previous years. It was a lovely morning and those that stayed had a feed of Hot Cross buns and Easter eggs. A very big thank you to my enthusiastic helpers: Margaret and Brian Bennett, Margaret Taylor, Jim Barnes, Dalton Moffett, Pat and Norm Miller, John Brambley, Bob Sammells and anyone else I missed.

Denise Lancaster

10K

Wally Crawley	M45	37.55
Bob Thomson	M50	37.59
Gary Fisher	M45	38.09
John Allen	M40	40.18
Don Caplin	M60	40.31
John Davies	M55	40.41
Darry Dahlstorm	M45	40.46
Mike Karra	M35	41.02
Glen Stephens	M40	41.52
John Pressley	M55	42.02
Frank Smith	M55	42.14
Johann Hagerdoorn	M55	42.30
Mike Khan	M55	43.28
Mike Hale	M50	43.30
Vincent Carrero	M55	43.46
Mike Faunge	M60	48.29

Brian Smith	M60	48.31
Sandy Bond	W35	49.44
David Costin	M35	49.45
Mike Rhodes	M50	50.29
Frank Gardiner	M50	50.47
Aldo Giacomini	M60	52.16
Vic Beaumont	M70	53.22
Merv Jones	M60	54.33
Margaret Warren	W60	56.05

5km

David Wilmer	M45	18.19
Ian Davies	M50	18.34
Vic Waters	M55	20.04
Simon Mort	M40	21.44
Michael Anderson	M50	22.36
Peter Airey	M60	22.41
Debbie Burge	W30	23.10
Robert Sheehy	M50	23.21
Ray Hall	M65	24.52
Arnold Jenkins	M55	24.56
Maurice Smith	M65	25.00
Bob Fergie	M60	25.15
Francis Lipscombe	M40	25.27
Norm Miller	M65	26.57
Wendy Clements	W55	27.09
Kirt Johnson	M70	28.00
Sue Bullen	W40	28.24
Alan Chambers	M60	30.04
Julie Wood	W50	30.45
Wal McKinnon	M60	30.46
Phyllis Farrell	W55	32.48
Ray Lawrence	M70	35.17
Allen Tyson	M75	35.37
Glenice Shanahan	W75	39.16

5km Walk

Dick Blom	M65	29.19
Val Wheeler	W65	35.56
Maggie Flanders	W60	36.04
Gail Gardiner	W50	36.43
Rex Bruce	M55	36.49
Leo Hassam	M65	36.50
Tina Carrero	W50	36.58
Jeff Whittam	M65	37.06
Ernie Moyle	M70	37.34
Dorothy Whittam	W60	40.16
Lorna Lauchlan	W70	40.17

10km Walk

Paul Martin	M55	62.17
John Mison	M50	62.17
Michelle Mison	W50	67.00
Alan Pommery	M65	75.55

Visitors

Dave Pressley	5km	19.28
Nicholas Gardiner	5km	22.00

Andrea Brown	5km	24.59
Paula Karra	5km	26.12
Joy Fuller	5km	33.07

25 Kms Road Racing Championship & 10 Kms Run & Walk 25/6/2000 - McCallum Park

Normally the results speak for themselves. However, we must explain that the 10 kms run turned out to be a 'variable distance' event, ranging from 9.6 kms to 15 kms. For this, the State Government (messing around with the Narrows Bridge) and the Race Directors (we'll get it right next year) share the blame. Aside from that, the highlights for us were:

- The smiling face of Glenice Shanahan in the finishing chute. More people should look happy when they finish.
- The tenacity of Eileen and Trevor Brown, who were out for a fair time in very tough conditions.
- Anne Shaw's comment that she 'felt like walking when running into the howling wind'. Even champs like Anne have limits!
- John Pellier's sprint finish to beat the 2 hour mark.
- The good-natured, expert assistance of Jackie Hallberg and Jim Shaw at the start/finish area.
- Mark Pressley, who stayed around to congratulate his 'old man' (John) after the run. A good family effort.

Thanks to all the helpers. We'll ensure both courses are re-measured before next year.

Gail and Frank Gardiner

25 Kms Run

Name	Age	Time
Mark Pressley	Vis	1.36.41
Bert Carse	M55	1.40.55
Trevor Robertson	M45	1.41.11
Stephen Dunn	M30	1.42.30
Anne Shaw	W50	1.45.08
Bob Schickert	M55	1.47.34
Gareth Brunt	M45	1.47.55

Jim Klinge	M50	1.48.17
Vic Waters	M55	1.50.35
John Pressley	M55	1.51.08
Ivan Brown	M55	1.53.14
Johan Hagedoorn	M55	1.55.01
John Allen	M40	1.56.01
Brian Danby	M50	1.56.42
Mark Rosen	M50	1.57.19
Graham Thornton	M55	1.57.32
David James	M45	1.57.36
Mike Khan	M55	1.59.14
Wayne Bates	M55	1.59.38
John Pellier	M60	1.59.46
Mike Flood	M45	2.00.08
Mike Karra	M35	2.00.27
Dennis Miller	M60	2.01.25
Hyrem Maunsell-Poea	M35	2.05.14
Simon Mort	?	2.05.54
John Ellard	M55	2.05.58
Brian Smith	M60	2.06.21
Marjory Forden	W55	2.06.48
Keith Atkinson	M40	2.07.11
Michael Anderson	M50	2.08.35
Adrian Damiani	M50	2.13.48
Cecil Walkley	M70	2.15.30
Richard Harris	M60	2.15.30
Robert Sheehy	M50	2.18.45
Shirley Bell	W50	2.22.49
Arnold Jenkins	M55	2.23.44
Anne Turner	W60	2.29.48
Graham Tassiker	M40	2.32.27
Wendy Duncan	W50	2.35.18
Val Millard	W50	2.35.19
Ray Hall	M65	2.37.02
Karen Thompson	W35	2.37.40
Irene Ferris	W45	2.43.05
Eileen Brown	W50	2.44.23
Trevor Brown	M60	2.58.22

10 Kms Run

Tessa Brockwell	W40	38.33
Vincent Carrero	M55	39.32
Gary Fisher	M45	39.56
David Muir	M55	41.13
Brian Foley	M55	41.28
Warren Gee	M45	41.42
Glenn Stephens	M40	41.52
Don Caplin	M60	43.19
Beamer Emz	M40	44.08
Alan Jennings	M60	44.26
Ralph Henderson	M50	44.44
Frances Casella	Vis	44.49
Bob Sammells	M60	45.02
Peter Airey	M60	45.11
Ian Davies	M55	45.33
Mike Faunge	M60	45.48
Debbie Burge	W30	46.10
Paul Martin	M55	47.36

Sandy Bond	W35	48.02
John Frost	M60	48.02
Malcolm Reid	Vis	48.24
Gillian Young	W50	48.33
Mike Rhodes	M50	48.52
George Schaeffer	M65	49.09
Norm Miller	M65	53.56
Wally Crowley	M35	55.49
Joan Pellier	W60	56.50
Kurt Johnson	M70	56.51
Ray Lawrence	M70	58.15
Sheila Maslen	W60	58.16
Janet Jarvis	W55	58.23
Alan Chambers	M60	58.38
Susan Brand	W50	59.12
Sue Bullen	W50	59.34
Margaret Bennett	W55	59.35
Wal McKinnon	M60	59.47
Mary Heppell	W60	60.20
Mitch Loly	M60	61.27
Glenice Shanahan	W75	83.47

10 Kms Walk

Dick Blom	M65	59.50
Barry Weatherburn	M55	66.40
Rex Bruce	M55	69.33
Barrie Thomsett	M60	70.06
Dorothy Whittam	W60	72.40
Lorna Lauchlan	W70	72.40
Lynne Schickert	W55	73.26
Elaine Ellard	W55	76.31
Val Wheeler	W65	78.57
Alan Pommery	M65	78.58
Leo Hassam	M70	80.09
Ernest Moyle	M70	82.00
Jeff Whittam	M65	82.18

BARDON BASH

18th June 2000

A cool, clear, fine morning greeted 101 Runners & Walkers for the annual Bardon Bash, a perfect day for running as shown by the excellent times recorded.

This was our first run/walk as Race Directors and I hope everyone enjoyed the course, my Friday night dream that everyone got lost, fortunately didn't materialize (probably because Eileen didn't run) Thank you for your kind comments and suggestions and a special thanks to our helpers :- Anne & Shorty Turner, Margaret & Brian Bennett, Pam & Brian Smith, Denise

Lancaster, Wendy Clements & Fred Haggert.

Thank you once again

Trevor & Eileen Brown

10K RUN

Kevin Ireland	VIS	37:24
Bert Carse	M55	37:35
Wally Crowley	M45	37:52
John West	M50	38:06
Warren Gee	M45	38.13
David Wilmer	M45	38:39
Ralph Henderson	M50	38:55
Nigel Wake	VIS	39:09
David Bishop	VIS	39:11
Bob Schickert	M55	39:29
Gareth Brunt	M45	39:54
Jim Klinge	M50	39:58
Michelle Ireland	W35	40.46
Vic Waters	M55	40.59
Frank Smith	M55	41:01
David Kernohan	M40	41:52
Brian Danby	M50	42:10
David James	M45	42:41
Vince Carrero	M55	42:50
Peter Hill	M50	42:55
Frank Gardiner	M50	43:13
Steve Barry	M60	43:14
Mike Khan	M55	43:47
Simon Mort	M40	44:30
John Frost	M60	44:37
Johan Hagedoorn	M55	44.46
John Pellier	M60	45:23
Wayne Bates	M55	45:28
Keith Atkinson	M40	46:03
Stan Lockwood	M70	46:16
Mike Karra	M35	46:45
Mike Hale	M50	46:45
Mike Flood	M45	46:46
Richard Harris	M60	46:51
Andreas Kemper	VIS	46:56
John Ellard	M55	47:05
Margery Forden	W55	47:16
Michael Anderson	M50	47:38
Paul Martin	M55	49:02
Bob Sammells	M60	49.04
Robert Sheehy	M50	49:07
Shirley Bell	W50	49:08
Mike Faunge	M60	49.17
Debbie Burge	W50	49.34
Lynn Harrop	W45	49:39
Arnold Jenkins	M55	50:20
Joe Stickles	M60	50:39
Mike Rhodes	M50	50.43
Gillian Young	W50	52.16
Karen Thompson	W35	54:29
Margaret Warren	W60	54:34
Merv Jones	M60	55.05

Val Millard	W50	56:15
Jackie Halberg	W50	57:23
Irene Ferris	W45	58:43
Alan Chambers	M60	59:56
Suzanne Brand	W50	61:52
Sheila Maslen	W60	62:18
Mary Heppell	W60	63:01
Roma Barnett	W50	63:02

5K RUN

Ian Davies	M50	18:18
Stephen Dunn	M30	18:33
Ivan Brown	M55	19:52
Brian Foley	M55	21:18
Rob West	VIS	21:30
Henry Cortis	M50	21:55
John Brambley	M55	22:06
Lindsay Gee	VIS	22:59
Lauren Gardiner	VIS	22:59
Peter Airey	M60	23:22
Ray Hall	M65	24:47
Sandy Bond	W35	26:18
Sue Bullen	W40	27:56
Alison Aldrich	W55	28:24
Joan Pellier	W60	28:57
Ray Lawrence	M70	29:11
Brian Aldrich	M65	29:12
Jan Jarvis	W55	29:14
Julie Wood	W50	29:17
Kirt Johnson	M70	29:18
Jacqueline Billington	W55	31:14
Lois West	VIS	31:43
Ann Holmes	W50	36:15
Toni Frank	W55	37:29
Frank Usher	M75	38:58
Glenice Shanahan	W75	44:09

10K WALK

John Mison	M50	57:28
Dick Blom	M55	63:57
Michelle Mison	W50	71:33
Rex Bruce	M55	74:16
Dorothy Whittam	W60	77:32
Val Wheeler	W65	82:56
Alan Pomery	M65	82:57
George Schaefer	M65	82:58

5K WALK

Lynne Schickert	W55	39:09
Elaine Ellard	W55	40:11
Judy Hill	W50	42:40
Leo Hassam	M70	42:41
Pat Miller	W60	43:21
Jeff Whittam	M65	43:21
Fred Watson	M80	60:40

Andy Wright Handicap 21st May 2000

Once again we had a beautiful morning for this run - sunny, and practically no wind. Our numbers were down a little because a significant number of Vets had traveled to Bunbury for the event down there, but the sixty-one members and two visitors present had a great time. My thanks to a generous band of helpers: Pat Ainsworth, Pat Carr, John and Elaine Ellard, Gary Fisher, Alan Jennings, Ray Lawrence, Dalton Moffett and Ernie Moyle. There were also a few who pitched in and helped after finishing their run, whose names I didn't get recorded at the time. Thanks for you help. See you all for the new millenium Andy Wright in 2001

Leo Hassam

10K Handicap

1st. Ray Hall
2nd George Schaefer
3rd Vic Waters

1st. Gillian Young
2nd Margaret Warren
3rd Sheila Maslen

Clock Times

5K

David Wilmer	M45	19.32
Maurice Smith	M65	23.34
Henry Cortis	M50	28.22
Alison Aldrich	W55	28.55
Suzan Brand	W50	31.59
Julie Wood	W50	32.31
Wal McKinnon	W60	37.02

5K walk

Margaret Hickson	W60	42.21
Joan Fulford	W45	42.22
Tina Carrero	W50	42.41
Fred Watson	M80	57.20

10K

Gillian Young	W50	63.42
Margaret Warren	W60	64.27
Ray Hall	M65	65.18
George Schaefer	M65	65.26
Sheila Maslen	W60	65.31
Vic Waters	M55	65.32
Bryan Hardy	M55	65.43

Bob Fergie	M60	65.45
Bruce Wilson	M50	65.52
Beamer Emz	M40	65.57
Wally Crowley	M45	66.07
James McCarthy	M40	66.15
Peter Airey	M60	66.18
Stan Lockwood	M70	66.28
John Cresp	M45	66.39
Rosa Davis	W55	66.51
Geoff Fulford	Vis	66.53
Vincent Carrero	M50	67.03
Ian Davies	M50	67.14
Mike Flood	M45	67.21
Paula Karra	Vis	67.28
Mike Karra	M35	67.29
Aldo Giacomini	M60	67.34
Simon Mort	m40	67.48
John Allen	M40	67.52
Tessa Brockwell	W40	67.57
Mike Anderson	M55	68.09
Jim Klinge	M50	68.16
Johann Hagedoorn	M55	68.38
Brian Foley	M55	68.41
John Bell	M50	68.49
Mike Hale	M50	68.50
John Brambley	M55	69.00
Arnold Jenkins	M55	69.15
Darry Dahlstrom	M45	69.29
Brian Hunter	M55	69.37
Wayne Bates	M55	69.55
Malcolm Reid	M35	69.55
Phyllis Farrell	W55	70.03
Chris Coates	M45	70.14
Mary Heppell	W60	70.33
Dave Roberts	M55	71.09
John Ellard	M55	71.25
Frances Lipscombe	W40	71.56
John Adams	M50	75.03
David Carr	M65	75.05
Alan Chambers	M60	77.09

10K Walk

Dick Blom	M65	60.34
Rex Bruce	M55	73.21
Val Wheeler	W65	84.18
Maggie Flanders	W60	85.06

Deepwater Point 9 July 2000

The winter sun, with some cloud, greeted 92 athletes on the Mt Pleasant shores of the Canning river for the start of this long standing event, incorporating a "10 miler".

The 7.2K Road Walking Championships attracted 18 walkers

and John and Michelle Mison lead the walkers home in their respective events.

With the Perth Marathon only a week away, some runners were fine tuning their fitness in the 16K run. Anne Shaw, surprised herself in this event (but no one else!) and Ray Lawrence took the credit for taking her drinks down to the last crossover bridge. With more officials along the course everyone did the full course this year!

Special thanks to Leo Hassam, Mike Faunge, Leon Sander, David Clive, Ray, Alan Chambers, Ray Atwell all out on the course and Jacqueline Billington, Bev Thornton, Tina Carrero and Allan Tyson at the finish.

Dalton Moffett

16K

Chris Coates	M45	63:44
David Bishop	M40	65:31
Anne Shaw	W50	65:47
David Willmer	M45	65:53
Bob Schickert	M55	66:12
Gareth Brunt	M45	66:25
Vic Waters	M55	68:43
Mike Hale	M50	70:17
Brian Danby	M50	70:25
Vicente Carrero	M55	70:42
Johan Hagedoorn	M55	71:20
Mike Flood	M55	71:39
Mike Khan	M55	72:27
John Pellier	M60	72:40
Glenn Stephens	M40	73:48
Simon Mort	M40	74:03
Wayne Bates	M55	74:49
John Frost	M60	76:23
Henry Cortis	M50	76:58
Keith Atkinson	M40	78:04
Bob Sammells	M60	78:08
Marg Forden	M55	78:17
Jim Barnes	M55	78:49
Graham Thornton	M55	79:04
Richard Harris	M60	80:15
Mike Anderson	M50	80:24
Brian Bennett	M50	80:50
Bob Sheehy	M50	81:24
Mitch Loly	M60	82:33
Shirley Bell	W50	82:50
Arnold Jenkins	M55	84:04
Ann Turner	W60	88:58
Jackie Halberg	W50	89:00
Norm Miller	M65	89:03
Wendy Duncan	W50	91:38

Val Millard	W50	91:14
Merv Moyle	M70	95:43
Irene Ferris	W45	99:01
Sheila Maslin	W60	1:43:51
Mary Heppell	W60	1:43:54
Margaret Bennett	W55	1:45:21

7.2K

Ian Davies	M50	28:22
Jim Klinge	M50	29:16
Don Caplin	M60	30:46
David James	M45	32:01
Peter Airey	M60	34:58
Debbie Burge	W30	36:25
Mike Rhodes	M50	36:50
Ray Hall	M65	37:01
Lynn Harrop	W45	37:25
Peggy Macliver	W55	37:31
John Smith	M65	39:42
Jeff Spencer	M55	40:30
Vic Beaumont	M70	40:43
Margaret Warren	W60	40:47
Wendy Clements	W55	42:41
Trevor Brown	M60	43:26
Joan Pellier	W60	43:43
Sue Bullen	W40	45:13
Suzan Brand	W50	45:22
Julie wood	W50	48:18
Kirt Johnson	M70	48:19
Wal McKinnon	M60	48:35
Rosa Davis	W55	52:12
Phyllis Farrell	W55	57:19
Marg Taylor	W45	60:18
Frank Usher	M75	60:20
Glenice Shanahan	W75	66:19

7.2K Walk

John Mison	M50	43:31
Dick Blom	M65	46:08
Barry Weatherburn	M55	52:31
Barry Thomsett	M60	53:21
Michelle Mison	W50	54:03
Rex Bruce	M55	54:22
Dorothy Whittam	W60	55:00
Lorna Lauchlan	W70	55:05
Alan Pomery	M65	56:49
Val Wheeler	W65	61:45
Pat Miller	W60	63:43
Maggie Flanders	W60	63:46
Pat Ainsworth	W60	64:52
Ernie Moyle	M70	65:06
Jeff Whittam	M65	65:29
Heather Sanderson	W50	65:30

Visitors

David Officen	7.2K	38:18
Kevin Ireland	16K	63:50
Bill Jones	16K	65:16

Nigel Wake	16K	65:32
Michelle Ireland	16K	72:04
Malcolm Reid	16K	84:23
Lynne Caffey	16K	87:29
Rob Dougall	16K	91:36

Club Clothing

Club Singlets:

New Style Yellow/Black - \$25.00
Plenty of Mens and Womens in all sizes

Old Club Singlets

White/Black all \$8.00 until stocks run out
Good range of sizes still available

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50km Road Racing Championships

The 50 km Road Racing Championship consists of the 10km Weir run, the 15km University run and the 25km McCallum/Mt Henry Bridge run. This year 26 runners completed the 3 runs of the Road Racing Championship, 6 women and 20 men. Fastest average times were Stephen Dunn M40 (3min 58sec) and Anne Shaw W50 (4min 06sec). It was great to see Cecil Walkley M70 still running strongly and Anne Turner W60 doing a good run. Newcomer John Allen M40 put in a good effort and Simon Mort M40 competed for the first time. Amazing John Pellier M60 recovered from a shattered hip earlier in the year and ran well, a case of mind over pain! Congratulations to all who competed and let's see more runners taking up the challenge next year.

Morris Warren

Name	Age	Weir 10km	Uni 15km	McCall .25km	Average per km
Irene Ferris	W45	59.23	88.45	2.43.05	6min 12sec
Anne Shaw	W50	38.23	59.22	1.45.08	4min 06sec
Valerie Millard	W50	55.47	87.00	2.35.19	5min 57sec
Eileen Brown	W50	60.03	89.20	2.44.23	6min 16sec
Marjory Forden	W55	47.45	74.10	2.06.48	4min 57sec
Anne Turner	W60	54.57	83.27	2.29.48	5min 44sec
Stephen Dunn	M30	38.08	58.39	1.42.30	3min 58sec
John Allen	M40	41.05	62.58	1.56.01	4min 23sec
Simon Mort	M40	45.32	68.50	2.05.54	4min 47sec
Keith Atkinson	M40	45.14	70.15	2.07.11	4min 50sec
David James	M45	45.01	65.27	1.57.36	4min 33sec
Jim Klinge	M50	39.58	60.00	1.48.17	4min 09sec
Brian Danby	M50	42.59	64.14	1.56.42	4min 27sec
Mark Rosen	M50	43.45	67.40	1.57.19	4min 33sec
Robert Sheehy	M50	50.47	77.27	2.18.45	5min 19sec
Bob Schickert	M55	40.35	62.18	1.47.34	4min 11sec
Vic Waters	M55	40.44	62.52	1.50.35	4min 15sec
Graham Thornton	M55	41.48	63.29	1.57.32	4min 26sec
Mike Khan	M55	44.48	74.59	1.59.14	4min 45sec
John Ellard	M55	47.40	72.18	2.05.58	4min 54sec
Arnold Jenkins	M55	49.01	79.14	2.23.44	5min 25sec
John Pellier	M60	45.19	69.11	1.59.46	4min 40sec
Dennis Miller	M60	45.46	70.07	2.01.25	4min 44sec
Trevor Brown	M60	60.53	96.45	2.58.22	6min 42sec
Ray Hall	M65	50.32	79.18	2.37.02	5min 43sec
Cecil Walkley	M70	47.15	73.15	2.15.30	5min 06sec

Happy Birthday August Members

West, John	03/08/49	51	remains	M50
Midolo, Jill	05/08/47	53	remains	W50
Whittam, Jeffrey	05/08/34	66	remains	M65
Mort, Simon	06/08/56	44	remains	M40
Dunn, Stephen	06/08/66	34	remains	M30
McCarthy, James	07/08/59	41	remains	M40
Henderson, Ralph	07/08/48	52	remains	M50
Danby, Brian	08/08/48	52	remains	M50
Carse, Albert	08/08/41	59	remains	M55
Langford, Jim	12/08/44	56	remains	M55
Miller, Nick	13/08/62	38	remains	M35
Davey, Warren	16/08/50	50	becomes	M50
Simmons, Peter	18/08/46	54	remains	M50
Wannberg, Jon	19/08/66	34	remains	M30
Medcalf, Gordon	19/08/29	71	remains	M70
Turner, Cedric	19/08/35	65	becomes	M65
Martin, Keith	21/08/43	57	remains	M55
Flanders, Margaret	21/08/36	64	remains	W60
Mison, Michele	24/08/47	53	remains	W50
Wood, Julie	24/08/48	52	remains	W50
Darling, Barbara	25/08/44	56	remains	W55
Adams, John	26/08/49	51	remains	M50
Colton, Robert	26/08/63	37	remains	M35
Davies, Peter	26/08/29	71	remains	M70
Bennett, Brian	28/08/47	53	remains	M50
Sanders, Susan	29/08/53	47	remains	W45
Sutton, John	30/08/35	65	becomes	M65



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