



The Vetrunk



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In This Issue	
Helpers List.....	2
Minutes from the AGM.....	2
Letters.....	5
Sydney Marathon Results.....	6
Reabold Hill Cross Country.....	6
Herdsmen Lake Run.....	7
Membership Run.....	8
Bunbury Marathon.....	8
The Weir Run.....	9
July Birthdays.....	9

Photos from top: Marathon runners Chris Maher, Brian Danby, Su Prewitt, John Pellier and Graham Thornton at Bunbury just before the start. Winners of trophies presented at the AGM, Bert Carse, Peggy Macliver and David Carr; Committee members elected at the AGM, Arnold Jenkins, (Lynne Schickert is not supposed to be the photo!), Keith Atkinson, Bridget Carse, Katrina Spilsbury, Val Millard and Bob Schickert. Missing ~ Brian Foley and Sue Bullen. (all photos by Vic Beaumont)



Club News

Welcome New Members

John Spencer (renewing new member!)
Beamer Enz
Linda and Stuart Crockett

Thanks

The club would like to thank Maggie Flanders for donating a new noticeboard for Sunday runs. Make sure you check out what's happening!

Helpers List

25th June

25K RRC *Directors*: Frank and Gail Gardiner 9295 4246

Helpers: Frank Usher, Ian Davies, Merv Moyle, Jackie Halberg, Michelle and John Mison, M&M Warren, Bob Fergie, Doug Ashfield and Ray Attwell

2nd July

Sharks Run *Director*: Paul Martin 93391648

Helpers: Dick Blom, Jon Wannberg, James McCarthy, Richard Harris, P&S Hughes, Peggy Macliver and Ross Parker

9th July

Deepwater Point *Director*: Dalton Moffett 9310 6948

Helpers: Alan Chambers, John Pressley, David Clive, Jan Main, Ray Atwell, Leon Sander, Leo Hassam

16th July

Perth Marathon. *Helper coordinator* Keith Atkinson 9313 1669

Helpers: Alan Jennings, Warren Davey, Wally Crowley, Bob Hayres, Debbie Burge, Kirt Johnson, Brian Foley, Steve Barrie and Ernie Moyle

23rd July

Joondalup *Director*: Maurice Warren 93055194

Helpers: Jim Barnes, Jenny Barnes, Ann Turner, Ron Spencer, Mike Anderson, John Davies and Keith Miller

30th July

Mill Pt Rd Championships *Director*: Milton Maverick 92271559

Helpers: Alan Chambers, Barrie Slinger, Colin O'Sullivan, Mike Rhodes, Tony Heppener, R&D Davies

6th August

Club Cross Country-Jorgensen Park. Committee (contact Keith Atkinson 93131669)

Helpers: Alan Pomery, Daryl White, John Adams, Bridget Carse, Mike Anderson, John West, Mike O'Reilly

Lions Dryandra Woodlands Village

Friday 29th September to Monday 2nd October 2000

For the long weekend camp in September we have booked cottages (each sleeping 8 people) at Dryandra Woodlands Village which is situated in the heart of Dryandra Forest, approximately 26km NW of Narrogin. It is about one and half hours drive from Perth. Cost will be \$50 for the weekend and this includes hire of the hall and kitchen for our 'Saturday Night Casserole'.

There are wood fires in each hut, however collecting firewood from the woodlands is STRICTLY FORBIDDEN. Firewood is available at \$6 per bag or you can take your own. It is also suggested that someone in each group takes an electric toaster, as these are not supplied (they only supply the 'wire cage' type to be used over a gas flame!). Take sheets, pillowslips, sleeping bags/blankets and also take your own hot water bottle and/or dressing gown. It can get very cold down there! There is also a tennis court available for use. Note: Access to the huts is not available until 1pm of day of arrival to 11am on day of departure. Maps of the village and how to get there from Perth are available. Bookings will be taken by Pat Miller and Pat Ainsworth.

March long weekend 2001

at Donnelly River Holiday Village, near Bridgetown. Four cottages have been booked, eight beds per cottage - cost \$45 per person for three nights. Two cottages are already full, great running, walking trails, swimming and canoeing (BYO). Hall booked for Saturday evening - offers darts, pool and table tennis. Contact Bridget

Carse or Joan Pellier for more information.

MINUTES OF THE WA VETERANS ATHLETIC CLUB ANNUAL GENERAL MEETING MONDAY, 10 APRIL 2000

1 OPEN AND WELCOME

President Bob Schickert opened the meeting at 7:03pm and welcomed all members.

2 MEMBERS PRESENT AND APOLOGIES

47 members were present and 14 apologies received as per attendance book.

3 MINUTES OF PREVIOUS MEETING

The minutes of the previous AGM were circulated. Acceptance moved Valerie Millard, seconded Pat Hughes. PASSED

4 BUSINESS ARISING FROM THE MINUTES

Ray Hall queried why previous two years' minutes had not minuted discussion on the term deposits. As neither members present nor Committee recalled any previous discussion, the matter was deferred to general business for discussion.

5 REPORTS

President - as per the Vetrin, and circulated at the meeting. Bob Schickert thanked the committee for their efforts during the year. Bob Schickert also thanked the organising committee led by David Carr, for the State Veterans Track & Field Championships. Moved Bob Schickert, seconded Vic Waters, that the President's report be accepted. PASSED.

Secretary - in his absence, the secretary's report was read by Valerie Millard and circulated at the meeting. Moved Valerie Millard, seconded Lynne Schickert that the Secretary's report be accepted. PASSED.

Treasurer - the treasurer's report was circulated and the auditor's certification read out by Bob Schickert. Dorothy Whittam queried the shortfall on the Jorgensen Park brunch. The

helps. In his view, for the good of running, the Club should try to help where possible. Vic Waters and Bob Schickert recounted last year's experiences and lack of co-operation from the WAMC and concluded the relay required too much effort for too little return. Margaret Langford expressed reservations at the cost and no facilities at Raffles.

Bunbury Marathon

After discussion from the floor (and dissent from Cecil Walkley that the date of the Bunbury Marathon was too early for the State Veterans' marathon) the members voted by a show of hands to accept Bunbury Running Club's invitation to run the State Veterans' Marathon in conjunction with the Bunbury Running Club's 20th Marathon on 21 May 2001.

Club's Half Marathon

Members voted by a show of hands to retain the half marathon within the Club's program as a separate event from the Perth Half Marathon and agreed with Vic Waters' comments that gives runners two chances to compete.

AthleticA/Marathon Club

Organisational changes in AthleticA's and WAMC's programmes were briefly discussed and no position taken as the issues did not directly affect the Club.

Track and Field Programme

Problems were experienced last season transporting equipment between 2 venues. Enquires were being made on what storage was available. Members views were sought on the possibility of having track and field at one venue only. General opinion was that McGillvray was better for longer distances because of grass but Coker had better facilities for some field events. Lorna Lauchlan suggested split the equipment and store some in each place. Motion put forward to continue with the 2 venues with heavier events to be held at Coker and storage to be further investigated. Motion carried.

Club Social Events

The following members volunteered:

Dryandra Weekend -Pat Miller

Rottnest Long Weekend -Joan Pellier

Presentation Day -Lynne Schickert and Margaret Bennett

Jorgensen Park Brunch -Graham and Bev Thornton

Dinner Dance-Jacqueline Billington and Lorna Lauchlan

New Year's Eve (tentatively) -Joan Pellier

Courier Distribution/Membership Lists

Currently AAVAC has a list of members' names and addresses, requested for mailing purposes for the Courier and provided by the club. National Body now wants further detailed information for statistical purposes including ages, etc. Club secretary provided statistics of general nature, eg, the number of members in each age group. Members were asked to vote on whether the Club should provide the detailed information as requested to the national body. Discussion from the floor indicated members were afraid this information would be used for unrelated marketing

purposes and that until the national body clearly sets out the reason for requiring that detailed information, and their policy on the confidentiality of that information, the members are not in a position to vote on agreeing to provide the information or otherwise. Original reason for requesting the membership list appears no longer to exist now that copies of the Courier are despatched to the Club for distribution.

Term Deposits

Ray Hall queried why the Club held approximately \$15,000 in term deposit when in his view that money should go back into the Club to upgrade and replace aging equipment. Bob Schickert advised that the Club needs a reserve to continue running. Views on the cost of replacing the clock, the feasibility of a trailer to transport equipment and duplicating track and field equipment were canvassed. While it was generally agreed that some equipment was in need of replacement, John Mison cautioned against indiscriminate spending and advised that the Club must come up with a sensible proposal first. Mike Rhodes queried what outlay was estimated for the Nationals and what amount did the Club need in reserve to cover the cost? Warren Davey estimated about \$18,000. Moved David Carr, seconded Barry Thomsett that the amount held in term deposit and the need to upgrade and replace equipment be referred to the Committee for consideration.

Generally

Geraldton marathon has been revived and will be held 13 August 2000

Bob Sammells has had discussions with John Stone considering proposals for automating Sunday runs and has provided details to Brian Foley.

Nationals - Adelaide has requested 2002, with natural progression, we should be 2003.

Jeff Whittam advised 20K walk has been included in programme

A number of members requested the programme be printed on card/hard paper. The editor to investigate the feasibility of printing with the Vetrin. Otherwise a number can be photocopied onto card on request.

Barry Kernaghan advised that Karrinyup Club have an older group interested in sprinting and are considering the feasibility of generating a vets section within their Club. He queried whether there would be any conflict with the WA Veterans Athletic Club. Opinion was that they would be veteran members of Karrinyup Club and would be eligible to compete in the State Veteran's events, which are organised by the WA Veterans Athletic Club. Every state is allowed to have 1 Veteran's club, according to the AAVAC rules, which is the WAVAC. The Karrinyup vets would be veteran members of the Karrinyup Club, eligible to compete in the State Veteran's events, which are organised by the WAVAC, but would not be able to affiliate as a veteran's club in their own right. It was noted that many athletes compete in track and field without being a WAVAC member and the Club welcomes all active veterans.

Jeff Whittam reminded members of the 10K track handicap on 27 April 2000.

Bob Sammells thanked the Committee on behalf of the members. The meeting closed at 8.55pm Secretary

Letters

Running Wounded

Tompkins Park, Melville. Bob Schickert and another passed me with ease not long after the start. A short time later I saw him crash to the pavement, get up and carry on out of sight. Asked him at the finish if had rabbit in him and he said no but if he had turned back he would have felt sore and cold so carried on. Well run Bob, I hope your injuries don't hold you back! **Wayne Bates**

Dear Secretary,

I do not want to be one of those person who just fade away from the Vets without a final gesture of appreciation. It was some time in 1979/1980 that I joined the Vets, I had run my first City to Surf and I think I picked up a membership form at the end of the run. This was the start of a great relationship culminating in running the 1985 Broadlands People's Marathon. To any new members reading this note, the physical and mental support given by members of the Club while attempting a marathon is beyond belief. I think I ran at least 7 or 8 half marathons all with same support. The comradeship extended by the club is something I shall never forget.

About October 98, I picked up an injury to do with inflammation of the symphysis pubis, this necessitated a break from running for 12 months - a real shock to a person who considered running part of everyday life. The break has continued to the present day. The shock is now just a memory. I walk/wander a few kilometres each week and now ride a bike again. It's not running but it has to do.

So, it is with regret that I tender my resignation from the Club. I wish you all many happy years of running and jogging

Yours sincerely,
Selby W Munsie

Thank you for your support and kind words Selby, we wish you all the best.

A Horror Story for Pentathletes

Once upon a time lots of happy Pentathletes contested a simple multi-event called the Pentathlon. For many years this comprised the Long Jump, Javelin Throw, 200 metres, Discus Throw and, depending upon gender, the 800 or 1500 metres. Of particular interest were the javelins for the age groups M50-59 (800g), M70+ (600g) and W50-59 (400g), as you will see.

In late 1996, the Shot Put replaced the Discus and, more significantly, the system of scoring changed. Future calculations would be based upon the 1994 WAVA Age-Graded Tables (AGT) and the 1996 WAVA/IAAF International Scoring Tables. Inaugural State and National records were then set in 1997.

For three years all went well until September, 1999, when WAVA approved the following javelin changes and the AAVAC accepted them.

M50-59 (700g), M60-69 (600g), M70-79 (500g), M80+ (400g), W50-59 (500g) and W60+ (400g).

Now while these were fine for individual events, their affect on the Pentathlon and Weight Pentathlon (which includes the javelin) was disastrous for those in the age groups in paragraph one.

The AGT covered their old weights but not the new ones. Consequently, using the new implements meant that their point scores could not be calculated. Neither could they set new records.

This change also coincided with the reversion to the original format, with the Discus replacing the Shot. This seemed fairly innocuous until it was realised that the scoring system had changed in the meantime and that the old records had gone the way of the Dodo.

It is clear that WAVA and the AAVAC need to resolve this issue

ASAP given next year's World Championships in Brisbane and the 2001 State and National Championships.

There are several options available, the simplest of which would be to update the AGT. Failing that, as a guide, perhaps, they may wish to follow the practice that WA adopted in our State Championships this year. We used the WAVA implements in the Javelin Throw events and the AGT ones in the two Pentathlons. A compromise, certainly, and one that was acceptable to the athletes. I doubt, however, that this would be acceptable at a World Championships.

In the meantime, I have recalculated State Record point scores, where full results available in past Vetrans, and re-instituted records for the M50-59 700g Javelin.

But will the Pentathletes live happily ever after? We shall have to wait and see.

Bob Sammells
State Statistician

My Sydney Marathon

-an experience that will be with me forever-
by Anne Shaw

This is a true story.

Some 5,578 runners and wheelchair athletes competed in the Sydney Marathon on the Olympic course, the hardest one ever to be run in Olympic history because of the hills. There were about 110 runners from WA and for most of us it was like going to the Olympic games. It was a great experience for me. The night before the marathon I went to bed nice and early. I slept quite well but every time I woke up all I could think about was the race. At 3am I had to get up and eat, so I had a banana, went back to bed but couldn't sleep. At 3.45am I got up again, had a long hot shower and some hot chocolate, woke Jim up and got him organised. At 5am I met up with Robin King and we both went to the starting place together. It was a beautiful morning, no wind and bit of a chill in the air. Ideal conditions for a marathon. Met up with a few runners from Perth and everyone was excited.

It was now around 6am and I had already been to the toilet about 6 times! But I am feeling good and must stay relaxed, instructions I get from Glenice Shanahan. Only minutes to go now and everyone is moving to the starting line. Bang, and we are all off and running. Down the hill we go, I had a great start and feeling good. I get to my first drink station, drank my Powerade, still feeling good, see the first clock, 39.41, am I going too fast? I feel good so still OK, next drink stop I take Powerade again. Now we are through Centennial Park and my problems start coming, I need a toilet, too many people, where can I go? Too late! Just keep going it will go away, but it didn't, I could feel it down my legs. What can I do? Not even half way yet and I can't pull out as we paid all that money to come to Sydney. All I could think of was that the onlookers could see it. It made me run fast, when I got to the 21K I grabbed up these wet sponges and cleaned myself up as best as I could. I said to myself that if Rob DeCostello can do it, so can I. Now I was happy again, lost a bit of time but at least I looked clean. I pulled myself back together again. I stopped taking the Powerade, just stuck to water and Jelly Beans. Now I was much happier and ran nice and steady for a while. With about 8km to go I felt sick but I had a drink and fresh Jelly Bean. Now I really feel good. The last 4km to go, lots of people walking up the last hills. Now I see the tunnel. I had no idea of my time as I saw no more clocks along the way, I thought all my chances of a medal were gone. But when I saw the blue seats and set foot on the track and saw the clock I was so happy as my time of 3.05 was great as I only had 400m to go. I am going to make it, yes I finished the Sydney Marthon in 3.06.53. I was so happy and it just goes to show that anything can happen in a marathon, you just have to be mentally steady and just hang in and you will make it.

Now all I need is a hot shower but not one around. I walked all around the back of the stadium and I have still to find my husband. Finally, I found a nice medical officer who took my bag

and said 'you need a shower, don't you'. Yes, I sure do. He found me this little place and told me to keep it quiet, otherwise there will be 500 people wanting to use it. I am now nice and clean and go and find everybody. Still takes me another half hour to find Jim, my husband, who was happy and proud of me as I had won 2 medals. But then I heard about poor Ivan Brown, he needed a shower as bad as me but I couldn't remember where the secret place was so poor Ivan had to wait until he got home. Sorry Ivan, maybe we should have a portable shower in our bags next time! Now, as for you, Dr John Bell, I hope that you didn't stand in it. Have you looked under your running shoes lately? I hope that Robin Bell does well. Thanks to Robin King, for making me walk miles and miles as she just loves shopping and catching trains. Also thanks to Robin and Jane for giving me a beautiful meal after the marathon. See you all in the Perth marathon!

Results

Sydney Marathon Results

Finishers from WA Vets

Pos	Time	Name
354	3.06.17	John Davies
370	3.06.53	Antoinette Shaw
558	3.15.27	Stephen Dunn
639	3.18.34	Robin King
671	3.19.37	Nick Miller
1023	3.29.23	Eric Emmett
1110	3.31.48	Jane Thompson
1166	3.33.14	Ivan Brown
1353	3.37.19	Paul Hughes
1760	3.46.08	Susan Vetten
2015	3.51.00	Su Prewett
2041	3.51.37	John Bell
3111	4.13.38	Reece Waldock
3464	4.22.38	Cecil Walkley
3748	4.29.07	Gerry Prewett
3907	4.33.09	Jeanette Tiverios

Individual Age Group Medal Winners

John Davies - Silver
Antoinette Shaw - Gold, and Bronze
State Team Medal
Cecil Walkley - Gold

Reabold Hill Cross Country 30th April 2000

It turned out to be a great day for our run, cool but sunny. Seventy runners and 15 walkers attacked the hills. I would like to thank all my helpers, who made it such a successful run. My special thanks to Kirt Johnson who manned the old start to send any forgetful runners to the new venue, but forgot the time and missed the start!

Dick Blom

6km run

Bob Thompson	M50	22.06
Chris Reid	M35	23.05
John Reed	M40	24.03
Nick Gardiner	Vis	25.39
Brian Foley	M55	26.20
Peter Airey	M60	27.23
Mike Rhodes	M50	28.58
Suzan Brand	W50	35.22
Shorty Turner	M60	36.08
Norm Miller	M65	36.09
Julie Hagedoorn	W50	36.15
Nancy Reed	W40	36.16
Ray Lawrence	M70	37.35
Allen Tyson	M75	43.39
Frank Usher	M75	45.15
Glenice Shanahan	W75	48.14

10km run

Jim Langford	M55	39.18
Wally Crawley	M45	41.54
Ralph Henderdson	M50	42.32
Gary Fisher	M45	42.41
Warren Gee	M45	43.11
David Willmer	M45	43.39
Jim Klinge	M50	44.02
Darryl White	M40	44.18
John Allen	M40	44.40
Gareth Brunt	M45	44.56
Jon Wannberg	M30	45.52
Don Caplin	M60	47.13
Bob Schickert	M55	47.15
Johan Hagerdoorn	M55	47.37
Doug Ashfield	M55	47.44
Vic Waters	M55	48.00
Vincent Carrero	M55	48.26
Mike Flood	M45	49.45
Brian Emst	Vis	50.02
John Frost	Vis	50.09
Wayne Bates	M55	50.10
Keith Atkinson	M40	50.16
Simon Mort	M40	50.36
Margaret Langford	W50	50.47
Frank Gardiner	M50	51.21
Blakeney Tindall	M35	51.58

Stan Lockwood	M70	52.12
John Ellard	M55	52.20
Mike Anderson	M50	52.52
Bob Sammells	M60	53.00
Brian Smith	M60	53.55
Shirley Bell	W50	53.57
John Mison	M50	54.10
Bev Morrissey	W50	54.32
Mike Faunge	M60	55.14
Deborah Burge	W30	55.50
Sandy Bond	W35	56.38
Richard Harris	M60	56.54
George Schaefer	M65	57.11
Ann Turner	W60	60.09
Bob Fergie	M60	60.14
Gillian Young	W50	60.27
Merv Jones	M60	61.36
Margaret Warren	W60	61.47
Arnold Jenkins	M55	61.48
Jackie Halberg	W50	62.09
Val Millard	W50	62.24
Tommy Barnes	W45	63.01
Wendy Clements	W55	64.56
Margaret Bennett	W55	65.12
Sue Bullen	W40	66.03
Alan Chambers	M60	67.04
Wal McKinnon	M60	69.12

4km Walk

Fred Hagger	46.46
Red Watson	46.46

6km Walk

Rex Bruce	44.13
Elaine Ellard	48.18
Tina Carrero	53.09
Pat Ainsworth	50.04
Val Wheeler	50.04
Maggie Flanders	50.20
Gail Gardiner	50.31

Pat Miller	53.09
Leo Hassam	53.12

8km walk

Michelle Mison	58.12
Lynne Schickert	60.17

10km walk

Barry Thomsett	78.54
Dorothy Whittam	78.54

Herdsman Lake Run

Sunday 4 May 2000

This was the inaugural Round Herdsman Lake Run scheduled for a time of the year that we hoped would be tiger snake free. There were no reported sightings on the run though we did see a large one when measuring the course.

Comments on the Sunday suggested that people enjoyed the scenery and the bird life but we would like some feedback for next year.

Our thoughts are to:

- scrap the 5km run since only three people ran the short distance
- give the runners the choice of one lap or two, i.e. 8km or 16km
- organise an 8km walk so that it follows the footpaths and cycle ways. This year people walked 5km, 8km and 10km.

Could we please have your comments while the event is still fresh in your minds? Otherwise we will make an executive decision and go for the above (with the permission of the committee of course!) We thank the helpers: Bob Sammells, Shirley Bell, Ron Spencer, Sue Vetten, Jim Shaw, John Cresp, Maureen Pomery and Bev Thornton

Margaret and Jim

5 km Run

Warren Davey	M45	27:18
Noela Medcalf	W65	33:58
Julie Wood	W50	33:58
Frank Usher	M75	39:09

8 km Run

John Cresp	M45	30:04
Bert Carse	M55	30:26
Gary Fisher	M45	30:29
Wally Crowley	M45	30:35
Warren Gee	M45	30:52
Ian Davies	M50	30:04
David Willmer	M45	31:12
Ralph Henderson	M50	31:19
Daryl White	M40	31:43
Jim Klinge	M50	31:56
Bob Schickert	M55	32:10
Gareth Brunt	M45	32:23
Ann Shaw	W50	32:37
John Allen	M40	32:37
Brian Danby	M50	32:38
Frank Smith	M55	33:01
Dave Roberts	M55	33:13
Darry Dahlestrom	M45	33:22
Jon Wannberg	M30	33:38
Denise McMorro	W35	33:43
Doug Ashfield	M40	33:45
Ivan Brown	M55	33:59
Vic Waters	M55	34:18
John Bell	M50	34:25
Steve Barrie	M60	34:30
Mike Hale	M50	34:49
Beamer Emz	Vis	35:14

Brian Foley	M55	35:25
Vincent Carrero	M55	35:27
John Frost	M60	35:31
Johan Hagedsorn	M55	35:54
David James	M45	36:07
Simon Mort	M40	36:15
Don Caplin	M60	36:21
John Pellier	M60	36:46
Wayne Bates	M55	36:59
John Allard	M55	37:21
Mike Karra	M35	37:26
Mike Flood	M45	37:27
Stan Lockwood	M70	37:33
John Brambley	M55	37:46
Alan Jennings	M60	37:54
Michael Anderson	M50	38:08
Peter Airey	M60	28:20
George Innes	M65	38:23
Brian Smith	M60	38:29
Marge Forden	W55	38:46
Bev Morrissey	W50	38:49
Brian Bennett	M50	38:51
Robert Sheehy	M50	39:20
George Schaefer	M65	39:21
Debbie Burge	W30	39:52
Ray Hall	M65	40:25
Rosalie Main	Vis	40:25
Mike Faunge	M60	40:31
Aldo Giacomini	M60	41:33
Richard Harris	M60	42:08
Sandy Bond	W35	42:16
Ann Turner	W60	42:30
Bob Fergie	M60	42:40
Gillian Young	W50	42:45
Frances Lipscombe	W40	43:25
Margaret Warren	W60	43:42
Merv Jones	M60	45:02
Val Millard	W50	45:14
Paula Karra	Vis	45:16
Norm Miller	M65	45:36
Wendy Clements	W55	46:03
John Spencer	Vis	46:40
Alison Aldrich	W55	46:50
Brian Aldrich	M65	48:19
Alan Chambers	M60	48:23
Irene Ferris	W45	49:19
Roma Barnett	W50	50:05
Ray Lawrence	M70	50:12
Trevor Brown	M60	51:28
Margaret Bennett	W55	51:29
Sheila Maslen	W60	57:02
Phyllis Farrell	W55	57:03

5 km Walk

Ann Holmes	W50	41:05
Brian Holmes	M60	41:06
Leo Hassam	M65	44:37
Val Wheeler	W65	44:38

Geoff Whittam	M65	44:40
Tina Carrerro	W50	57:35
Fred Watson	M80	57:35
10 km Walk		
Dick Blom	M65	No Time
Michelle Mison	W50	1:13:57
Lynne Schickert	W55	1:16:03
Barrie Thomsett	M55	1:16:05
Dorothy Whittam	W60	1:16:23
Alan Pomery	M60	
8 km Walk		
Graham Thornton	M55	1:17:00

MEMBERSHIP RUN

2nd APRIL 2000

To Silver City and Return

A great run & walk was had by all, along the New East Perth Inlet and stream passing by the Burswood Golf Course and a clear Swan River. Thanks to my helpers, Val & Fred, Jill & David, Maureen & Bev, Jacqueline, Lorna and Sue. See you all soon.

Brian Danby

10 km Run

M45 Gary Fisher	37.41
M45 Wally Crowley	37.51
M50 Jim Klinge	38.45
M55 Bob Schickert	39.42
M40 James McCarthy	39.47
M35 Rob Colton	39.48
M45 David Willmer	40.10
M45 Gareth Brunt	40.22
M40 John Allen	41.00
M55 Frank Smith	41.05
M55 Johan Hagedorn	41.44
M50 Brian Bennett	42.09
M55 David Muir	42.20
M45 Mike Flood	42.29
M55 Vic Waters	42.51
M35 Mike Karra	42.57
M55 Mike Khan	43.34
M50 Mike Hale	44.09
M55 Vincent Carrero	44.31
M50 Frank Gardiner	45.13
M40 Simon Mort	45.43
W50 Marg Langford	46.19
M70 Stan Lockwood	47.00
M60 Brian Smith	47.26
M50 Michael Anderson	47.33
M60 John Pellier	48.10
M65 George Schaefer	48.21
W50 Shirley Bell	48.35
M60 Mike Faunge	49.13
W30 Debbie Burge	49.50
M50 Robert Sheehy	51.22
M70 Victor Beaumont	51.23

W60 Ann Turner	52.23
W50 Jackie Halberg	52.55
M60 Bob Fergie	53.06
M55 Brian Hunter	53.10
M70 Merv Moyle	53.57
W60 Margaret Warren	54.44
M60 Merv Jones	55.14
M45 Gary Branche	55.37
W50 Val Millard	55.38
M60 Alan Jennings	55.39
M55 Arnold Jenkins	56.04
W45 Jenny Barnes	56.05
M65 Brian Aldrich	58.01
W55 Alison Aldrich	59.27
W40 Sue Bullen	59.51
M60 Shorty Turner	59.52
W60 Joan Pellier	60.32
M70 Kirt Johnson	65.00
W55 Jan Jarvis	65.01
W55 Phyllis Farrell	66.46
W60 Mary Hepple	66.48
W60 Sheila Maslen	66.49
M60 Alan Chambers	66.51
Vis Glen Stephens	42.00
Vis David Breen	42.45
Vis Lionel Hendry	44.39
Vis Heiner Huming	46.09
Vis Nick Gardiner	46.32

6 km Run

M50 Ian Davies	23.31
M40 Darryl White	25.31
M55 Brian Foley	26.44
M55 John Brambley	27.38
M60 Peter Airey	29.10
M55 Jim Barnes	29.48
M50 Mike Rhodes	30.12
M50 Stuart Parkinson	32.40
W55 Wendy Clements	35.10
M70 Ray Lawrence	37.34
M60 Keith Forden	37.36
M60 Wal McKinnon	39.49
M75 Frank Usher	41.01
M75 Alan Tyson	44.24
W50 Toni Frank	52.30
Vis Gareth Hughes	28.29
Vis Lauren Gardiner	29.27
Vis Jim Middleton	30.06

6 km Walk

M55 Paul Martin	39.51
M65 Dick Blom	39.54
W55 Lesley Romeo	43.03
M55 Rex Bruce	45.12
W60 Dorothy Whittam	46.18
M65 Alan Pomery	49.20
W60 Pat Ainsworth	49.41
W45 Lois Smith	49.42
M60 Bob Sammells	49.42

W60 Maggie Flanders	51.52
W50 Gail Gardiner	52.43
M70 Ernie Moyle	53.05
W55 Margaret Bennett	53.07
M55 Barrie Thomsett	53.07
M65 Jeff Whittam	53.08
10 km Walk	
W50 Michelle Mison	78.37
W55 Lynne Schickert	78.37

Bunbury Runners Club Marathon and Half

Marathon:

Sunday 21 May 2000

Great conditions: cool, fine and very little wind. About 50 Vets from Perth went down to Bunbury and a good time was had by all. Many thanks to John and Lyn Ventris for their hospitality and sponsorship of walk prizes.

Results of club members in order of finishing:

Marathon

1.	Chris Maher	2.43.42
6.	John Davies	3.01.13
10.	Gareth Brunt	3.10.06
14.	Janet Kelly	3.12.01
17.	Stephen Dunn	3.21.27
29.	Brian Danby	3.34.43
32.	Graham Thornton	3.37.36
35.	John Pellier	3.38.29
36.	Su Prewett	3.38.43
55.	Sandra Smith	4.53.36
56.	Lyle James	5.01.09

Half Marathon

3.	Jim Langford	1.17.55
7.	John West	1.21.55
10.	John Vesnaver	1.24.00
16.	David Bishop	1.25.17
20.	Heindrik Stoffers	1.28.23
24.	Bob Schickert	1.29.26
38.	Don Caplin	1.33.00
39.	Mike Slavin	1.33.22
44.	David James	1.34.30
45.	Frank Gardiner	1.34.37
48.	David Simmonds	1.34.52
58.	Chris Kowalski	1.36.08
59.	Paul Kelly	1.36.15
60.	Chris Gillard	1.36.52
69.	Margaret Langford	1.38.26
70.	Michael Khan	1.38.29
75.	John Frost	1.40.22
80.	Keith Atkinson	1.41.30
83.	Robert Nairn	1.41.44
91.	Brian Smith	1.43.05

91.	Brian Smith	1.43.05	Langford and the Dot Brown Trophy to	Sheehy R	M50 50:47:64	
93.	Judy Bonomelli	1.43.42	Ann Shaw. Apologies to Jim Barnes	Bell J	M50 53:31:51	
96.	Shirley Bell	1.44.06	for not presenting them at the finish	Langford J	M55 36:24:77	
102.	Susan Vetten	1.45.09	due to time constraints.	Schickert B	M55 40:35:12	
103.	John Mison	1.45.16	Phyllis Farrell, Garrett Brunt & All	Waters V	M55 40:44:22	
106.	Brian Bennett	1.45.37	Helpers	Smith F	M55 41:29:22	
109.	Cecil Walkeley	1.45.58	5km	Thornton G	M55 41:48:48	
111.	Richard Harris	1.46.11	Davies J	M50 18:12:81	Carrerro V	M55 42:48:37
112.	Margery Forden	1.46.16	Henry C	M50 27:51:66	Muir D	M55 43:33:06
124.	Gerry Prewett	1.51.54	Simmons P	M50 37:20:27	Hagedooin J	M55 43:54:02
125.	Bob Hayres	1.51.55	Spencer J	M55 26:42:23	Khan M	M55 44:48:21
133.	Robert Sheehy	1.55.31	Stickles J	M60 24:30:72	Foley B	M55 45:02:07
134.	Vic Beaumont	1.55.34	McKinnon W	M60 30:21:38	Ellard J	M55 47:40:00
135.	Ann Turner	1.55.46	Cousins M	M65 24:04:09	Jenkins A	M55 50:39:95
138.	Geoff Sanders	1.59.17	Usher F	M75 39:27:60	Speechley T	M55 53:31:19
144.	Ruth Johnson	2.05.44	Taylor M	W45 38:25:77	Hunter B	M55 53:46:71
147.	Valerie Millard	2.07.06	Duncan W	W50 28:42:08	Bates W	M55 *57:39:95
150.	Eileen Brown	2.11.02	Sanderson H	W50 28:42:31	Caplin D	M60 43:15:41
156.	Mike Berry	2.11.54	Wood J	W50 29:09:98	Frost J	M60 45:09:92
157.	Sue Bullen	2.18.03	Brand S	W50 29:39:80	Pellier J	M60 45:19:48
158.	Margaret Bennett	2.18.04	Clements W	W55 26:51:16	Miller D	M60 45:46:89
159.	Trevor Brown	2.18.05	Ellard E	W55 30:52:39	Airey P	M60 48:12:57
160.	Roma Barnett	2.20.26	Pellier J	W60 27:44:05	Harris R	M60 48:44:69

Half Marathon Walkers

132.	Lyn Ventris	1.55.16
164.	Michelle Mison	2.36.56
165.	Barrie Thomsett	2.39.41
166.	Lynne Schickert	2.40.21
167.	Dorothy Whittam	2.44.35
168.	Barb Atkinson	2.55.14
169.	Terry Humphreys	2.55.15

Reid M	Vis	24.20.45
Coffey L	Vis	24.23.32

10km

Dunn S	M30	38:08:92
Karra M	M35	46:28:90
Allen J	M40	41:05:60
Emz B	M40	43:35:65
Atkinson K	M40	45:14:83
Mort S	M40	45:32:12
Robertson T	M45	38:18:49
Crawley W	M45	38:35:75
Coates C	M45	38:53:96
Brunt G	M45	40:11:77
James D	M45	45:01:46
Flood M	M45	46:30:56
Thomson B	M50	39:18:51
Klinge J	M50	39:58:38
Danby B	M50	42:59:09
Hale M	M50	43:27:16
Rosen M	M50	43:45:55

John Tarrant and Dot Brown Trophy

The Weir RRC/RWC
28th. May 2000

A great weather day for The Weir again this year. A great turnout again, 108 participants. I want to thank very much all my helpers both on the course and back at my house, couldn't have done it without you.

The John Tarrant Trophy went to John

Continued on back page

HAPPY BIRTHDAY JULY MEMBERS

Fergie, Bob	03/07/35	65	becomes	M65	Martin, Paul	18/07/41	59	remains	M55
James, Lyle	03/07/40	60	becomes	M60	Borgmeyer, Wilma	19/07/45	55	becomes	W55
Bell, John	06/07/45	55	becomes	M55	Jones, Merv	21/07/39	61	remains	M60
Berry, Mike	06/07/31	69	remains	M65	Young, Gillian	21/07/47	53	remains	W50
Green, Stanley	09/07/14	86	remains	M85	Crowther, Enid	26/07/42	58	remains	W55
Carse, Bridget	10/07/43	57	remains	W55	Stephens, Glenn	26/07/55	45	becomes	M45
Whittam, Dorothy	10/07/36	64	remains	W60	Forden, Margery	29/07/41	59	remains	W55
Dahlstrom, Donna	11/07/53	47	remains	W45	Wheeler, Val	29/07/31	69	remains	W65
Slinger, Joan	12/07/41	59	remains	W55	Broderick, Carol	30/07/52	48	remains	W45
Bell, Shirley	15/07/48	52	remains	W50	Moyle, Ernest	30/07/25	75	becomes	M75
Chalmers, Robert	16/07/38	62	remains	M60	Till, Campbell	30/07/57	43	remains	M40
Heppell, Mary	16/07/37	63	remains	W60	Waldhuter, Brian	31/07/40	60	becomes	M60

Club Clothing

Club Singlets

New Style Yellow/Black - \$25.00

Plenty of Mens and Womens in all Sizes

Old Club Singlets

White-Special \$8.00 until stock runs out
good range of sizes

T-Shirts, Short Sleeve \$18.00

Grey-All Sizes; White-some sizes

T-Shirts, Long Sleeve \$20.00

Grey All Sizes

Fleecy Wind cheater

\$25.00- all sizes available

Caps - White/Gray

Legionnaires Caps - White/Grey) All \$10.00

Visors - White/Grey/Some Black) One Size Fits All

Contact Sue Bullen for more information on 9474 3718 or

fax an order to 9470 9955 or see her after a Sunday run.

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continued from page 9

Young G W50 55:36:52
Millard V W50 55:47:78
Brown I W50 60:03:63
Forden M W55 47:45:96
Davis R W55 66:05:20
Turner A W60 54:57:29
Warren M W60 55:24:43
Maslen S W60 65:27:29
Heppell M W60 66:05:45
Jones B Vis 40.53.63

Karra P Vis 54.56.98
Oldfield C Vis 59.10.46
5km Walk
Mison J M50 28:48:80
Martin P M55 32:06:95
Weatherburn B M55 35:08:82
Thomsett B M55 35:26:75
Bruce R M55 35:55:52
Holmes B M60 41:05:24
Blom D M65 29:37:58
Pomery A M65 39:03:76

Whittam J M65 41:40:60
Moyle E M70 42:16:22
Hagger F M70 58:44:86
Watson F M80 58:44:56
Mison M W50 34:59:07
Holmes A W50 40:32:60
Billington J W55 51:46:86
Whittam D W60 37:12:41
Miller P W60 41:04:20
Wheeler V W65 40:47:32
Lachlan L W70 51:47:15