



VETRUN

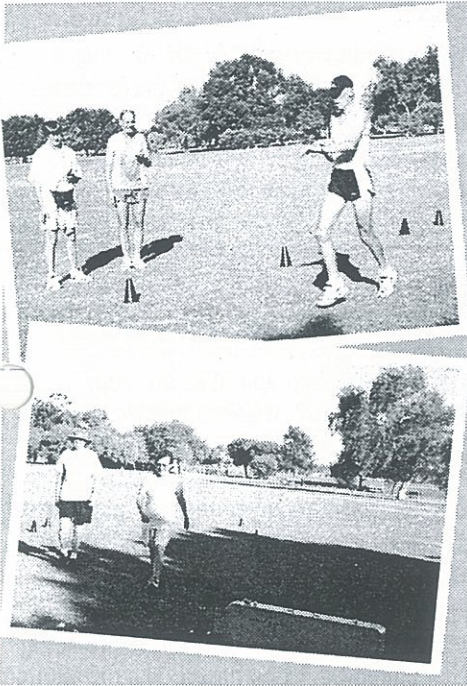


THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158
Editor: Rod Tinniswood. Copy for Vetrun: See panel below

The Year Ahead - 2001-2002

A message from the president



Liz, a new member happened to have her camera handy at the Pagoda run.
See page 6

I doubt whether there has ever been a better time to be the incoming President of our Club. Finances are sound, there are well-proven, established procedures for administering our annual programme of events, and the Vetrun, our Club's lifeline to members, is in good hands.

On top of these, there is a tremendous spirit in our Club. There seems to be a heightened sense of excitement and camaraderie in the air every Sunday morning. One of the reasons for these, I am sure, is the expectation that everyone will help with an event during the year. By helping others we help ourselves.

We haven't arrived at this point by chance.

We have had a succession of selfless, hard-working Committees and officers since the foundation of our Club in 1974 and all have been committed to meeting the needs of the membership.

‘We shall work hard - and we shall have fun!’

The incoming Committee will plan to at least maintain the high standards set by the previous one and will be alert to any opportunities for improvement.

I can promise two things that the new Committee will do and that I hope all of the members will do as well. We shall work hard - and we shall HAVE FUN!

Bob Sammells 20 April, 2001

It's your newsletter

Contributions are welcome.

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Electronic files can be emailed or saved to disc. Word or Text files are preferred and pictures can be presented as tiff, eps, jpg or pdf files.

In the last issue of Vetrun the club's ageing was presented as a possible problem.

Read this article by Vic Waters. It'll put your mind at rest.

as our own 8k State Championship. Our run is at 9am, followed by lunch as usual. The AthleticA events begin at 1.40pm - just in time for a merry band of post-prandial vets to stagger out of the clubrooms and cheer them on.

Why is all this happening? AthleticA winter competition has never drawn great numbers. The Vets take part, and have often been the biggest contingent. By incorporating Vets and WAMC events AthleticA gives younger athletes the chance to be part of bigger, more vital races. It also saves itself having to oversee so many events, for such a small turnout of runners.

Of course, there may be rumblings of discontent from some members, and not without some justification. Perhaps we should all withhold judgement until we see how well this latest system works. Having the youngsters run with us will not take much extra organisation. I'll be in touch with the race directors concerned about recording, and a visitors list. All non - Vets will pay visitors fees.

Vic Waters

In this Issue:

- All the results:
 - 10 Km Track Handicap
 - Reabold Hill Cross Country
 - Kent Street Weir RRC
 - Around Herdsman CC
- State Weight Pentathlon Championship results
- New members
- Birthdays
- Helpers List for July

More Visitors Expected

An influx of fit young competition should excite extra interest in three of our club cross-country events this season. AthleticA, the body controlling WA State athletics, has reorganised its winter programme to make use of Vets and Marathon Club events.

For us, it means fields at the Floreat Run (May 13) and the Kings Park 10k Championship (August 19) will probably have 20 or 30 visiting runners. At Jorgensen (August 5), we will be organising the AthleticA State Championships, as well

Safety first, on the scenic routes

It only takes a few runs with WAVAC to realise that the venues and routes for the events have been well chosen. From Darlington to Point Walter, Coogee to Joondalup, you can always be assured of a fine outing.

One of the pluses of the nomadic nature of our club is that you get to enjoy much of what Perth has to offer: excellent picnic spots with well-maintained amenities and paved foot-paths, away from the traffic. Most often the course is along a stretch of water, with an abundance of wildlife. Every week takes us to a different venue in the metropolitan area and while



most of the events are annual fixtures on the calendar there is always a new experience.

Not only are the venues chosen for their scenic value, but with membership swelling the way it is, parking and toilet facilities have to be considered as well. However, the most important consideration is now that of safety. With the progress that is being made in the metropolitan area, we have seen some of our classic runs scarred by unsightly road-works. Committee members and race organisers have to be vigilant to ensure a hazard free run and take the trouble to arrange safe

deviations, or as in some instances, even change the length of the course. Other clubs or activities often choose to use the same venue, or a venue that is part of our route, so last minute adjustments have to be made.

I'm told that, from time to time, the subject of club rooms comes up. While it would make us all proud to have our own headquarters, the question of cost and that of a suitable location will always invite debate.

What would worry me is that we might also have to forfeit some of those friendly post-race picnics. *Rod Tinniswood*

Please feel free to write letters to the editor, or forward suggestions through a committee member.

On the Run



Helpers List

24 JUNE - BARDON BASH - RACE DIRECTOR - TREVOR & EILEEN BROWN

HELPERS - Ann & Shorty Turner, Brian Smith, Fred Hagger, Shirley Bell, Wayne Bates, Clive Hicks, Peter Davies, Gary Smith

1 JULY - DEEPWATER POINT - RACE DIRECTOR - DALTON MOFFAT 93106948

HELPERS - Ray Lawrence, Leo Hassam, Helen Reece, Peter Airey, Enid & Derek Crowther, Keith Rimmer, Stephen & Pamela Toohey, Ron Mead.

8 JULY - PERTH MARATHON

HELPERS - Debbie Burge, Wayne Robinson.

Traditionally we help the Marathon Club with their run, so if you would like to help call Keith on 93131669

15 JULY - SHARKS RUN - RACE DIRECTOR - PAUL MARTIN 93391648

HELPERS - Robert Thompson, Dick Blom, Peggy MacLiver Paul Hughes, Michael Watson.

22 JULY - JOONDALUP - DIRECTORS - MARGARET & MORRIS WARREN 93055194

HELPERS - Don Caplin, Bronwyn & Warren Gee, Ann Turner, Robert Harrison, Johan Hagerdoorn, Julie Wood, Wally Crowley.

29 JULY - MILL PT CHAMPS - RACE DIRECTOR - MILTON MAVRICK 92271559

HELPERS - Merv Moyle, Irwine & Berwine Barret-Leonard, Jenny Barnes, Mike & Paula Karra, Kevin Anderson, Jacqueline Musk.

The helpers list.

Where does it come from?

Remember when you filled out your members form? It asked for two dates at which you could help. To those who filled in this section, thank you. For those who did not, I assumed you did not mind when, or where you helped, as *not* helping was not an option.

As often as possible I allocated a race as close as possible to your home, providing that suited the clubs needs. The process of allotting helpers to runs for the year takes conservatively 15 hours.

If you are unhappy with your allotted run, don't get cranky with the Race Director. They are only trying to do their job, putting on runs for us. Instead remember to fill out your own helpers section next year. Without helpers our runs don't happen.

If you need to change your date, please be proactive, and first try to swap with one of your buddies, or let the Race Director know.

If you still have a problem, let me know.
Keith Atkinson - Events Coordinator
93131669.

State Weight Pentathlon Championships

		Hammer		Shot Put		Discus		Javelin		Weight		Total Points
		Dist	Pts	Dist	Pts	Dist	Pts	Dist	Pts	Dist	Pts	
M50	1 Murray Tolbert	26.10	389	10.12	612	28.68	483	32.22	530	10.93	571	2585
M55	1 Arnold Jenkins	19.45	300	7.52	487	18.64	318	22.91	384	8.52	463	1952
M65	1 Bob Fergie	24.50	479	9.18	728	27.61	551	24.44	486	11.20	678	2914
	2 John Sutton	17.02	293	7.54	569	26.19	516	21.14	405	8.38	479	2262
	3 Jeff Whittam	24.50	356	6.33	459	19.60	356	15.36	255	8.52	488	1914
M70	1 Alex Cummings	30.77	633	6.79	499	19.01	394	12.19	207	13.98	843	2576
M75	1 Bill Chapman	28.30	649	8.79	772	24.44	621	16.10	355	9.90	617	3014
M80	1 Pred Watson	5.99	61	3.43	273	7.19	134	5.74	74	4.22	186	728
W40	1 Sandra Smith	21.46	362	7.74	417	21.67	332	18.31	368	7.99	566	2045
W50	1 Eileen Hindle	24.85	477	6.87	423	17.27	339	14.72	315	8.75	577	2131
	2 Carey Dickson	18.85	326	6.64	405	14.06	260	12.7	261	6.86	427	1679
W55	1 Luella Jenkins	17.80	346	6.31	452	15.07	333	16.30	419	6.43	432	1982
	1 Jean Campbell-Brown	19.88	404	5.42	371	12.55	263	8.71	185	6.55	442	1665
W60	1 Ruth Johnson	18.30	413	5.32	433	11.99	291	12.92	368	8.19	492	1997
W70	1 Raema McMillan	16.91	486	6.50	773	17.96	647	17.14	697	8.25	594	3197 SR
	2 Lorna Lanchlan	13.84	370	6.14	723	11.76	386	15.54	623	6.96	482	2584
W80	1 Phyllis Head	4.57	70	3.41	494	6.71	258	6.44	292	3.11	199	1313

N.B. SR = State Record

Running Shorts

Club facilitates funds for 'Flying Fossil'

WAVAC assisted George Audley in acquiring the grant from the Ministry of Sport for his Colak 6 Day run, as well as his Cross Australia Endeavour.

Thank you Peter

Thanks to Peter Davies for his donation to the club.



10 km Track Handicap.

26 April 2001, at McGillivray Oval

We were once again blessed with good weather for the event, with a perfect evening and a temperature of about 17°. The breeze that was about at the start of the run, died away before the last runner set off.

We had, I think the closest finish that there has ever been in this run with Rod Tinniswood just beating Margaret Bennet and Brian Danby just behind. Then three sprinting in for fourth place.

We would like to thank all those who came along to lap score. Without you, we would not be able to run this event. They were: Lorna.

Jacqueline, Lynne, Val, Jan, Liz, Barrie, Shorty, Bob and Vic. Thanks also to Brian Danby, for once again bringing the barbecue for the small group who stayed behind.

Dorothy and Jeff.

Results

Results		Age	Clock	H'cap	Actual	Psn	
1	Rod Tinniswood	M50	63:31	14:00	49:31	14	
2	Margaret Bennett	W55	63:34	2:48	60:46	18	
3	Brian Danby	M50	63:40	19:00	44:40	10	
4	Jon Wanberg	M30	64:14	25:04	39:10	1	
5	John Pellier	M60	64:15	19:00	45:15	11	
6	Graham Thornton	M60	64:17	23:00	41:17	5	
7	Jim Barnes	M55	64:43	20:09	44:34	9	
8	Ann Turner	W65	65:00	11:26	53:34*	16	State Record
9	Gareth Brunt	M50	65:12	25:11	40:01	4	
10	Bob Schickert	M55	65:16	29:00	39:16	2	
11	Milton Mavrick	M45	65:37	20:00	45:37	12	
12	Grank Gardner	M50	65:40	23:00	42:40	7	
13	Bruce Wilson	M55	65:43	26:00	39:43	3	
14	John Bell	M55	66:19	22:38	43:41	8	
15	Doug Ashfield	M40	66:30	24:52	41:38	6	
16	Bob Sammells	M60	66:34	19:15	47:19	13	
17	Alan Chambers	M60	67:22	11:00	56:22	17	
18	Jackie Halberg	W55	67:25	17:00	50:25	15	
	Frank Smith 15 Laps	M55	49:31	26:00	23:41	DNF	
	David Carr, John Frost, Ray Hall					DNS	

9.23 km

1	Wally Crowley	M45	37.32
2	Bob Schickert	M55	38.55
3	Bob Thompson	M50	39.09
4	Jim Klinger	M50	39.37
5	Neil Mc Rae	M45	39.56
6	Brian Bennett	M55	40.33
7	Jeff Lindhorst	M40	40.50
8	David Roberts	M55	41.48
9	Frank Smith	M55	41.49
10	Doug Ashfield	M40	42.15
11	Christine Uren	W30	42.16
12	Johan Hagedoorn	M55	42.19
13	Michael Flood	M45	43.27
14	Blakeney Tindall	M40	44.22
15	Ron Spence	M60	45.30
16	Simon Mort	M40	46.03
17	Keith Atkinson	M40	46.25
18	Brian Foley	M55	46.57
19	Bob Sammells	M60	47.27
20	Marg Langford	W50	48.00
21	John Ellard	M55	48.04
22	Mike Founge	M60	48.13
23	Judy Bonomelli	W50	48.22
24	Debbie Burge	W30	48.26
25	Brian Smith	M60	48.53
26	Keith Rimmer	M55	50.56
27	Glenda Lawrence-Schulce	W40	52.09
28	John Dance	M50	53.48
29	Jackie Halberg	W55	53.50
30	George Schaefer	M65	54.15
31	Ann Turner	W65	54.36
32	Merv Moyle	M70	55.23
33	Mitch Loly	M60	55.52
34	Robyn Watts	W45	58.34
35	Arnold Jenkins	M55	59.20
36	Elaine Dance	W50	59.29
37	Val Millard	W50	59.35
38	Sue Bullen	W40	64.39
39	Margaret Bennett	W55	64.41
40	Wal McKinnon	M60	66.35
41	Denise Lancaster	W50	66.35
42	Shorty Turner	M65	66.36
43	Elaine Ellard	W55	69.37

Reabold Hill Cross Country

29-04-01

A beautiful day, great support, 81 runners and 20 walkers made this run a successful event. We had to alter our course again, due to work done to certain tracks in the park. But I think that we finished up with a better course than before, I only hope that we can keep it this way. I would like to thank my helpers on the day, Pat Carr at the drinktable, Robert Sheehy as our track marshall and as usual, reliable Paul Martin and Paul Hughes at the finish.

Great work!!!! Hope to see you all again next year!

Dick Blom

5.185 km.

1	Stephen Dunn	M30	20.32
2	Ivan Brown	M55	22.03
3	Don Caplin	M60	22.27
4	David Carr	M65	23.02
5	Brian Danby	M50	25.42
6	Cris Barnes	Vis	25.48
7	Jim Stewart	M50	26.03
8	Peter Airey	M60	26.51
9	Micheal Anderson	M50	26.56
10	Irwin Barrett Iennard	M70	27.09
11	Rod Tinniswood	M50	27.11
12	David Scott	M50	29.21
13	Liz Duffield	W45	29.23
14	Raymond Loly	M10	30.08
15	Merve Jones	M60	30.24
16	Wendy Clements Green	W55	30.25
17	Margaret Warren	W65	31.28
18	Bob Fergie	M65	31.29
19	Ron Mean	M45	32.30
20	Pam Twoohey	W55	32.33
21	Ray Hall	M65	33.01
22	Steve Twoohey	M50	34.33
23	Rau Lawrance	M70	34.33
24	Ruth Willmer	W7	35.00
25	David Willmer	M45	35.04
26	Kirt Johnson	M70	35.33
27	Joe Penkin	W35	36.47
28	Allen Chambers	M60	36.47
29	Norm Miller	M65	37.19
30	Julie Wood	W50	38.00
31	Pierre Viala	M55	38.00
32	Louise Barnes	Vis	40.17
33	Allen Tyson	M75	44.06
34	Ron Spence	M60	45.30
35	Ernie Moyle (walk)	M75	54.23
36	Leo Hassam (walk)	M70	55.01
37	Rex Bruce	M60	55.02
38	Grace Willmer	W12	57.54
39	Glenice Shanahan	W75	59.11

4Km Walk

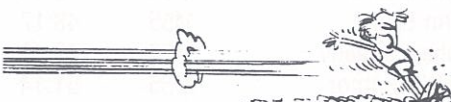
1	Dorothy Whittam	W60	30.25
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6km Walk

1	Lynne Schickert	W55	44.33
2	Michele Mison	W50	44.33
3	Maggie Flanders	W60	51.59
4	Jack Bailey	M75	59.02
5	Barbara Bailey	W70	61.19

8km Walk

1	John Mison	M50	45.32
2	Lorna Lauchlan	W70	57.44
3	Barrie Chapple M55	Vis.	60.51
4	Patricia Hopkins	W60	69.08



The Weir Run (RRC)

May 6, 2001

The first rain of the year, at long last. Not that it stopped 99 members turning up to enjoy the 10/5 km run and walk.

Thank you to all my helpers, as there would be no runs without you.

I forgot to get back the 2 trophies the week before, so I do apologise to the winners, Margery Forden and Chris Maher, and to Jim Barnes who was the instigator.

The trophy's are only for the 10km Weir Run and not the 50km RRC.

The men's trophy was named after John Tarrent, who was a distance runner from the 1950-70's. He was known as the ghost runner, as he took part in road races without a number. He was disqualified to run for his country in his younger years.

The women's trophy is the Dot Browne trophy. Dot is still active in Veteran and Ultra Distance circles and is a well known holder of Australian distance records.

The 10km bridge will be open next year. However, the one way (twice) wasn't a real problem. The rain probably kept the neighbourhood dog walkers at home just for our convenience. Thank you rain.

See you in 2002 *Phyllis F. and Garrett B.*

10km Men : The Weir RRC

John Wannberg	M30	38:51
Trevor Nash	M35	37:00
John Allen	M40	41:07
John Allen	M40	41:07
Doug Ashfield	M40	41:39
Jeff Lindhorst	M40	41:58
Simon Mort	M40	44:54
Keith Atkinson	M40	46:57

Chris Maher	M45	36:22*
Trevor Robertson	M45	36:35
Paul Hughes	M45	40:21
Milton Mavrick	M45	45:12
Gary Fisher	M45	47:21

John West	M50	36:32
Mike Hale	M50	41:45
Brian Bennett	M50	42:26
Mark Rosen	M50	44:07
Frank Gardiner	M50	44:08
Brian Danby	M50	44:41
Rod Tinniswood	M50	50:07
John Dance	M50	52:10
Steve Toohey	M50	63:17

Bob Schickert	M55	40:04
Juan Brown	M55	42:08
John Hagedoun	M55	42:25
Jim Barnes	M55	43:44
John Davies	M55	43:44
John Ellard	M55	48:17
Robert Sheehy	M55	49:43
Keith Rimmer	M55	51:14

Brian Hunter	M55	53:04
Arnold Jenkins	M55	54:40
Wayne Bates	M55	55:13

Graham Thornton	M60	40:58
John Pellier	M60	45:49
Richard Harris	M60	46:56
Bob Sammells	M60	47:15
Brian Smith	M60	47:26
Mike Loly	M60	51:57
Jim Riddell	M60	53:00
Merv Jones	M60	56:30
Wal McKinnon	M60	63:49
Trevor Brown	M60	67:08
George Schaefer	M65	57:13
Shorty Turner	M65	65:01
Cecil Walkley	M70	49:57
Brian Aldrich	M70	52:09
Vic Beaumont	M70	53:39
Merv Moyle	M70	

10km Women : The Weir RRC

Debbie Burge	W30	49:16
Sue Bullen	W40	60:26
Jenny Barnes	W45	54:54
Irene Ferris	W45	55:53

Margaret Langford	W50	47:54
Shirley Bell	W50	48:46
Gillian Young	W50	52:06
Wendy Duncan	W50	52:25
Roma Barnett	W50	58:22
Elaine Dance	W50	60:17
Denise Lancaster	W50	63:49
Chris Kirkness	W50	64:11

Margery Forden*	W55	47:25
Jackie Hallberg	W55	49:44
W Clements-Green	W55	56:37
Eileen Brown	W55	57:34
Pam Toohey	W55	60:17
Margaret Bennett	W55	64:43

Sheila Maslen	W60	64:09
Mary Heppell	W60	64:40
Ann Turner	W65	55:05

Men 5km Run

Wally Crowley	M45	18:23
Ian Davies*	M50	18:09
Jim Klenge	M50	21:00
Michael Anderson	M50	24:46
Pierre Vinto	M50	31:52
Bert Carse	M55	18:11
Brian Foley	M55	22:43
Bob Fergie	M65	28:53

Women 5km Run

Liz Duffield*	W45	25:03
Joan Pellier	W60	28:52

Men 5km Walk

Paul Martin*	M55	28:07
Alan Jennings	M60	34:13
Rex Bruce	M60	38:01
Alan Pomery	M65	42:15
Jeff Whittam	M65	42:45

Women 5km Walk

Val Millard	W50	35:18
Michele Mison	W50	36:14
Gail Gardiner	W50	46:28
Jacqueline Billington*	W55	33:24
Lynne Schickert	W55	35:59
Patricia Hopkins	W55	41:37
Elaise Ellard	W55	46:27
Pat Miller	W60	46:33
Pat Ainsworth	W65	46:33
Lorna Lachlan	W70	36:36

Visitors 5km Run

Lauren Gardiner	Vis	34:39
Melissa Gardiner	Vis	24:47

Visitors 10km Run

Richard Waeley	Vis	44:03
Syd Beer	Vis	48:32

Around Herdsman results on next page ➡

Bunbury Marathon and Half Marathon, and Thompkins Park results in next issue.



CLEARANCE SALE
AT CRAZY PRICES!

Maggie's merchandise reduced to clear

Some older items and some odd sizes have been slow to sell, so in the interests of keeping the cash-flow positive, certain garments have been drastically reduced to clear.

Why not ask Maggie to show you her wares. There might be something you have been wanting for some time, now at a crazy low price.

Around Herdsman

13 May 2001

Two into one doesn't go and that is the problem we were faced with on arriving at the Pony Club on Sunday morning.

"Somebody" from the Pony Club hadn't noticed that our event was scheduled for the second Sunday in the month, which is when they also use the venue so there was a potential problem. A bit sticky for a while but thanks to Roger Walsh stepping in as a most competent parking official we kept the way clear for large trucks towing horse floats. In fact, owing to a combination of a very wet day on the Saturday and Mothers' Day, the turn up for the horse event was much smaller than expected. Runners on the other hand are a tough lot, nothing keeps them away and a total of 130 people ran, walked, jogged or otherwise propelled themselves along the 5km or 8km course.

We were pleased to welcome 21 visitors from Athletica and a novelty to see so many young, fast runners competing, particularly in the 5km event.

We had some great helpers - Jim Barnes and Stan Lockwood at the finish, Bev Thornton and Maureen Pomery recording the results, Vic Waters helping with the organization and keeping us all entertained at the finish line, Mike Faunge at the 2.5km turn, Roger as an official and parking inspector and Ken Whistler on stand-by. Finally special thanks to John Cresp who got up at 6am to help set the course, ran the 8kms then collected flags.

Jim and Margaret Langford

8km Run

Lee Bucking	Vis	27:43
Matt Shand	Vis	27:52
Michael Chandler	Vis	28:57
Tony Brown	Vis	29:36
Duncan McAuley	M50	29:52
Ian Davies	M50	30:02
Dave Bishop	M40	30:02
Wally Crawley	M45	30:41
Neil McRae	M45	30:57
Warren Gee	M50	31:06
John Cresp	M50	31:15
Chris Reid	Vis	31:19
Lachlan Marr	M40	31:36
Bob Schickert	M55	31:39
Gareth Brunt	M50	31:47
Jim Klinge	M50	32:07
John Allen	M40	32:26
Simon Jawiwchre	M35	32:48
Jeff Lindhorst	M40	32:49
Nigel		33:02
Paul Carr	M50	33:07
Mike Slavin	Vis	33:10
Mike Flood	M45	33:18
Brian Bennett	M50	33:19
Doug Ashfield	M40	33:23

Johan Hagedoorn	M55	33:44	Brad Kitay	Vis	18:55
Blakeney Tindall	M40	34:01	Matthew Wong	Vis	19:16
David Muir	M55	34:05	Janelle Wong	Vis	19:33
Dave Roberts	M55	34:14	Gemma Christie	Vis	19:51
Glyn Doyle	Vis	34:16	Ivan Brown	M55	19:53
Shane Loseley	Vis	34:18	Teleah Ellis	Vis	19:57
John Bell	M55	35:08	Steven Wong	Vis	20:24
Mike Loseley	Vis	35:19	Dimon Beaumont	Vis	20:29
Steve Barry	M65	35:34	Bevan Marr	Vis	21:43
Graham Thornton	M60	35:54	Keeley Ellis	Vis	21:55
Brian Foley	M55	35:55	Stephen Smith	Vis	21:57
Derek Marr	Vis	36:52	Henry Cortis	M55	22:24
Gary Fisher	M45	37:13	Peter Airey	M60	23:34
John Frost	M60	37:26	Karyn Gower	Vis	23:52
John Pellier	M60	37:33	Liz Duffield	W45	24:21
John Ellard	M55	37:41	Diane Loseley	Vis	24:29
Syd Beer	Vis	37:51	Dave Scott	M50	25:39
Adrian Damiani	M50	37:56	Mary Heppell	W60	30:31
Keith Atkinson	M40	38:04	Ray Hall	M65	31:50
Robert Sheehy	M55	39:00	Neil Gilchrist	Vis	32:45
Judy Bonomelli	W50	39:01	Louise Barnes	W45	32:56
Dante Gracomin	Vis	39:05	Peter Simmons	M50	40:58
Bob Sammells	M60	39:14			
Keith Rimmer	M55	39:20	5 km Walk		
Debbie Burge	W30	39:31	Paul Martin	M55	29:01
Malcolm Reid	Vis	39:42	John Mison	M50	29:02
Neville Scott	Vis	40:21	Jacqueline Billington	W55	32:59
Rod Tinniswood	M50	40:29	Alan Jennings	M60	33:53
Jackie Halberg	W55	40:29	Val Millard	W50	34:10
Lyn Harrop	W45	40:47	David Brown	M50	34:12
Dick Blom	M65	41:16	Michele Mison	W50	35:43
Glenda Lawrence	W40	41:25	Lynne Schickert	W55	36:21
John Dance	M50	41:29	Dorothy Whittam	W60	38:30
Michael Anderson	M50	41:32	Barrie Thomsett	M60	38:57
Aldo Giacomin	M60	41:37	Val Wheeler	W65	41:44
George Schaefer	M65	41:52	Pat Hopkins	W55	42:04
Wendy Duncan	W50	42:12	Maggie Flanders	W60	43:01
Arnold Jenkins	M55	42:13	Alan Pomery	M65	43:03
Mitch Loly	M60	42:39	Jeff Whittam	M65	43:08
Irene Ferris	W45	42:46	Rex Bruce	M60	43:09
Merv Moyle	M70	43:26	Jill Midolo	W50	45:27
Vic Beaumont	M70	44:16	Barbara Bailey	W70	45:46
Ann Turner	W65	44:32	Fred Hagger	M75	54:00
David Carr	M65	44:39			
Sue Bullen	W40	44:40			
Margaret Warren	W65	44:47			
Jo Pearce	W50	44:59			
Eileen Brown	W55	45:31			
Ron Mead	M45	46:40			
Ken Whistler	M65	46:49			
Julie Wood	W50	47:16			
Elaine Dance	W50	47:24			
Ray Lawrence	M70	47:43			
Roma Barnett	W50	47:44			
Kirt Johnson	M70	47:53			
Christine Kirkness	W50	47:55			
Shorty Turner	M65	52:06			
Trevor Brown	M60	52:06			
Margaret Bennett	W55	52:07			
Wal McKinnon	M60	52:14			
Alan Chambers	M60	52:25			
5km Run					
Allisha Anderson	Vis	17:54			
Tyson Popplestone	Vis	18:08			

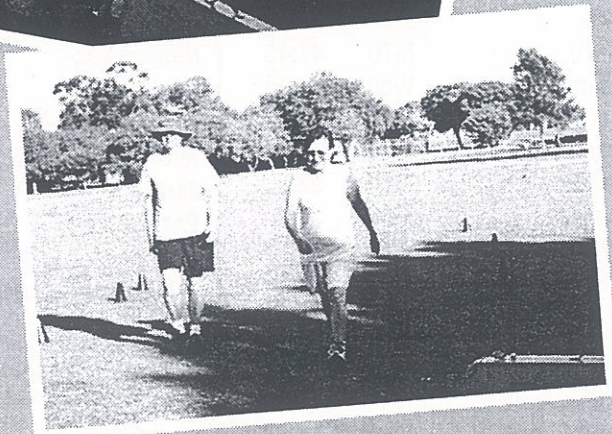
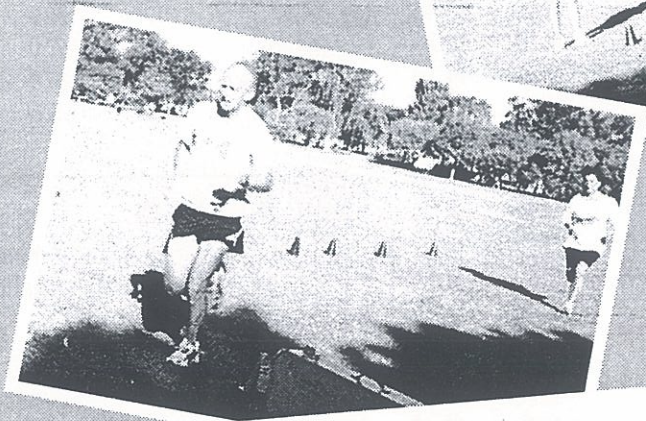
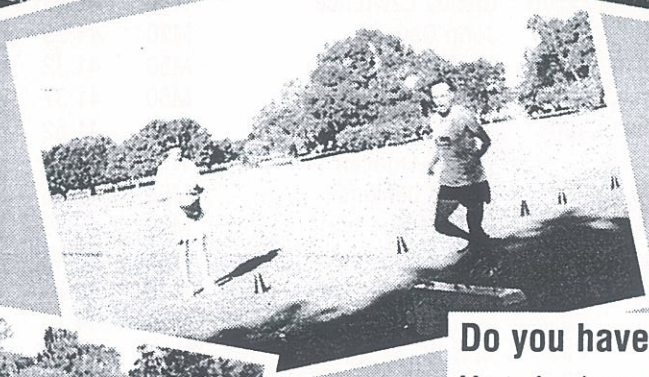
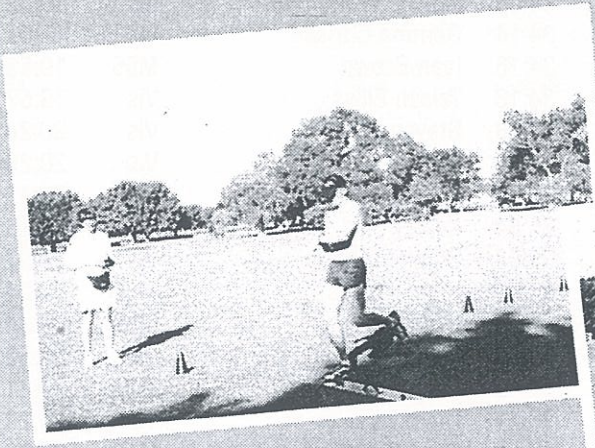
New Members

A warm welcome to the new members approved at the committee meeting on 2 May 2001.

Clive Hicks	Liz Duffield
Greg Tower	John Dance
Neil McRae	Elaine Dance
Paula Karra	Keith Rimmer
Richard Englehart	Steve Toohey
Audrey Giacomin	Pamela Toohey
Jackie Musk	Morland Smith
Pat Canning	

Paula Karra has been running with the Club for a few years now, along with Husband Mike - but only as a visitor because of her age - She's now turned the big 30 and can be a member!!!!

Pagoda Run



Do you have a story to tell?

Most of us have a funny story to tell. Athletes, runners and walkers are a different breed and our activities take us into some strange situations at times.

Why not share it with us... Jot your story down, even if it's only a rough outline, and we can polish it up together.

Do you have a picture that we could use?

If you've had your camera handy and captured a special moment, we could feature the picture in the newsletter. Speak to me on Sunday after the race or see the front page for details of how to get it to me. *Rod*

Thanks Liz for these pictures.



**Fremantle
MASTERS GAMES 2001**
A great place to play

**Inaugural
Fremantle Masters
Games**

21-23 September 2001

Note your diaries now and register your Expression of Interest to Fremantle Masters Games, PO Box 807, Fremantle WA 6959.

The Athletics program will be held on Saturday morning 22 September 2001 at the Fremantle Reserve, Ellen Street, from 8.00 am.

The order of events will be:

3000M, 100M, 2000M Walk, Shot Put, Long Jump, 800M, 200M.

Medals will be presented to placegetters in 5 year age groups from 30 to 70, male and female.

HOPE TO SEE YOU THERE

Athletics Organisers: Bob and Lynne Schickert (ph: 9330 3803)

Letters

Hi Rod

I have just read your first newsletter and congratulate you and the club on the new format and masthead. One of the joys of being President of AAVAC is getting to read the newsletters from around the States, and I always enjoy a new editor because they bring new ideas and enthusiasm to their publications that invariably ensures a new level of readership for the members.

I also agree with your comments re the age of the membership.

Keep up the good work and welcome to the 'informative' side of our sport.

Regards

Stan Perkins ASM

President, Australian Association of Veterans' Athletic Clubs Inc.

Birthdays



HAPPY BIRTHDAY TO JUNE MEMBERS

Ron Tompkins	06-Jun-1922	79	remains M75
Colin Junner	16-Jun-1922	79	remains M75
Frederick Hagger	29-Jun-1925	76	remains M75
Ken Whistler	23-Jun-1931	70	becomes M70
David Carr	15-Jun-1932	69	remains M65
Jim Turnbull	05-Jun-1936	65	becomes M65
Barrie Thomsett	17-Jun-1940	61	remains M60
Rod Davies	22-Jun-1941	60	becomes M60
Wendy Clements-Green	26-Jun-1942	59	remains W55
John Davies	29-Jun-1944	57	remains M55
Toni Frank	15-Jun-1945	56	remains W55
Maurice Creagh	11-Jun-1946	55	becomes M55
Ian Davies	03-Jun-1947	54	remains M50
David Reid	26-Jun-1950	51	remains M50
Helen Reece	07-Jun-1952	49	remains W45
Christopher Coates	01-Jun-1953	48	remains M45
Ian Sanders	24-Jun-1958	43	remains M40
Carla Carr	04-Jun-1961	40	becomes W40
Roseanne Kemp	07-Jun-1964	37	remains W35
Jacqueline Sanders	29-Jun-1966	35	becomes W35

KISS, when stretching ?

Here are some guidelines to Keep it Simple, Stretching:

Warm up first.

Do your stretching after your run.

Be patient.

It takes time to be more flexible

Take it easy

Select easy exercisers when you begin stretching a muscle group.

Stop if it hurts.

Too much, too soon can lead to injury and lack of flexibility.

Do your thing.

Improve your flexibility, don't try to be more flexible than someone else.



SPORTS MASSAGE

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

Manuel Rodriguez

Massage Therapist

For bookings ring 9381 1697

140 Cambridge St West Leederville.





PURPOSE



The objective of the club is to encourage and promote veterans' athletics, general fitness and to provide training and competition within the jurisdiction of the Athletic Association of WA. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social

aspect is also important and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or social as they choose. Competition is in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

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Club Clothing

Contact Maggie Flanders: 9314 7556

Club Singlets:

New Style Yellow/Black - \$25
(All sizes, Men's and Women's)

Old Club Singlets White/Black all \$8 until stocks run out.
Good range of sizes still available.

T-Shirts:

Short Sleeve \$18. Grey in all sizes, White in limited sizes.
Long Sleeve \$20. Grey in all sizes.

Fleecy Wind Cheaters. \$25 in all sizes.

Caps - White/Grey. Legionnaires Caps - White/Grey.
Sun Visors - White/Grey/Black. All \$10. One size fits all.