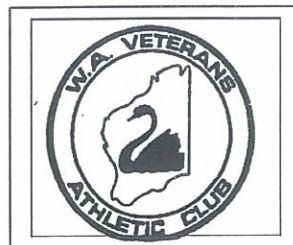


The Vetruns



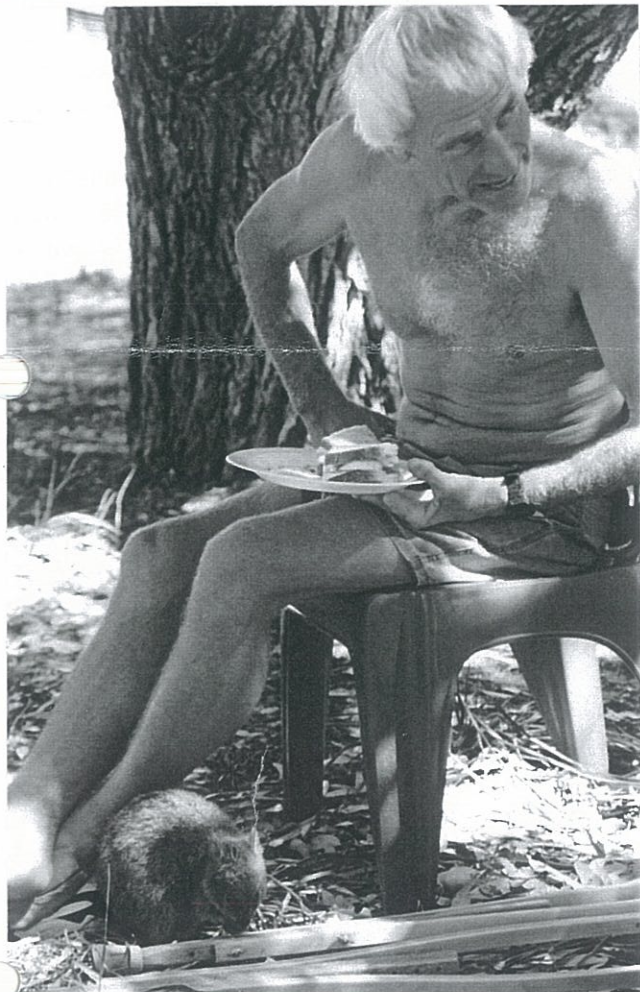
No. 305 March 1999

Patron: Bill Hughes

President: Bob Schickert

Editor: Katrina Spilsbury 9313 3943

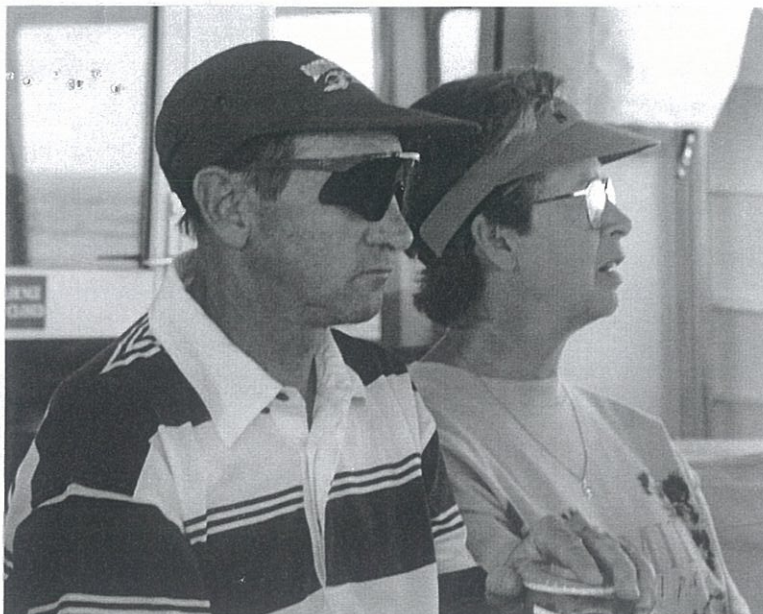
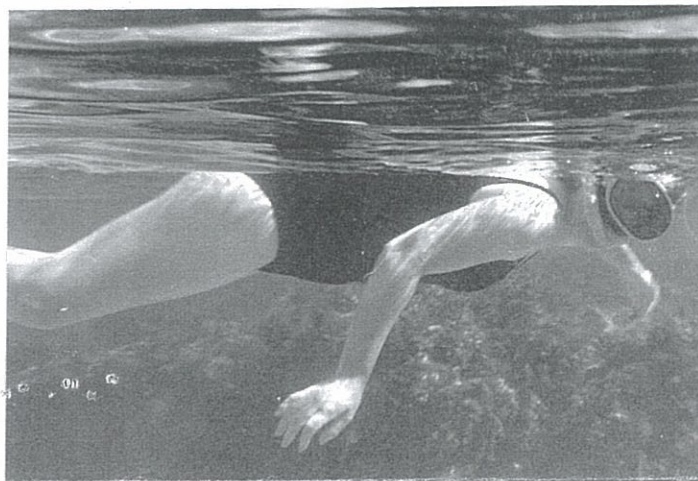
Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158



From the Rottnest Weekend: John Pellier with furry friend and crutches in tow; Jackie providing sandy service for Irene, the birthday girl; Sue Jones, thinking she was safe from Vic's camera in the water (!!); and on the ferry returning back to Perth, Graham Thornton and Pat Miller.

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Club News

Club 10km Track Handicap

22nd April 1999

This will be the 11th year this event has been run. We usually get a cool and fairly still evening which makes for fast times and who knows, YOU may have a twelve lap start over the backmarkers! After the race there will be a BYO barbecue and the prize presentation. Entry forms will be available from Jeff Whittam at most club runs at the Track and Field Championships. Closing date will be at the club AGM on the 19th April.

Entry form for Club 10km Track Handicap 22nd April at McGillivray Sports Ground (under lights) with a 7pm start. Entry fee is \$2.00 (with entry please)

Name: _____

Age Group: _____

Name _____

Age Group: _____

Helpers are needed as well. If you can help please contact Jeff.

Entries to Jeff Whittam, 49 Holland St, Wembley 6014 Tel: 93876438

Andy Wright Handicap

The Walkers Handicap will revert to the 10km event as most walkers seem to prefer this distance. Only five walkers walked the 5km last year with 12 doing the 10km.

President's Report

What did we achieve this year? I think the main thing is that our

members continued to enjoy the competition and social benefits provided by the club. There are great benefits for people, no matter where they are in the results lists, from World or National Champion to the person who comes along for a stroll. Two significant things this year were the increase in Track and Field participation following the Government sponsorship under the Year of the Older Person grants and the production of our new club singlet which has been well received.

Many thanks to all the people who made the club run. The committee deserve special attention, Brian, Joan, Lorna, Keith, Milton, Ray and Valerie as well as many others too numerous to list individually.

When you fill in your renewal of membership form this year you are asked to nominate two days on which you will help. If you don't do this, the committee will nominate two dates for you. In the Year of the Older Person Photographic exhibition currently displayed in Fremantle (and soon to be in Perth) we have a member caught throwing a javelin (who is it??). The slogan we nominated for it is 'Up, up and away with Veterans Athletics'. Go for it and enjoy the lifestyle, I do!

Bob Shickert

Secretary's Report 1998-99

The past year has been another successful one for the Club. Membership has remained strong, with 410 members, and the regular athletic events have been well attended.

This year is the International Year of Aged Persons. Consequently, we have promoted ourselves strongly in the community, with a view to encouraging more participation in health and fitness

activities. The government Office for Seniors' Interests has sponsored our track and field season and has underwritten the cost of our championships. These have attracted a 10% increase in entries and have been a successful event, with several State and Australian records set. A warm vote of thanks to the sub committee who organised the Championships.

The Sunday morning runs and walks continue to be well attended, with several new events on the calendar. Road safety considerations have been taken into account with the programme with a view to eliminating all events where traffic interaction is a concern. The after-run breakfasts are an important part of our social activities, as the spirit and friendliness are important factors in attracting new members.

The Club's administration has been very effective over the year, with routine monthly meetings and a well attended annual general meeting. The financial situation is sound and the Club equipment is in good condition. The major administrative activity has been related to membership, where Val Millard took on the role of Membership Secretary, and her hard work has been reflected in the efficient administration.

There has been a push to change the name of the Australian Association from Veterans to Masters, with a view to increasing sponsorship. This was recently voted on, but not supported by the required majority. As there will probably be another attempt for the name change in the future, if it should occur, there would be no need for our Club to change its name accordingly.

The WA Veterans were well represented in the AthleticA interclub cross country season,

where we came fourth in overall placing, level with the Rockingham Club, which is also well represented with Veteran members. However, there was only minimal participation in the Perry Lakes competition, though our club makes up a large proportion of the officials.

Brian Foley
Secretary, WAVAC.

Agenda for the WAVAC Annual General Meeting

Hockey Clubrooms, Perry Lakes,
Monday 19th April 1999 at
7.00pm

1. Present Apologies
3. Minutes of the previous AGM held 22nd April 1998.
4. Business arising from previous minutes
5. President's Report
6. Secretary's Report
7. Treasurer's Report
8. Election of Office Bearers and Committee
9. Presentation of Trophies
10. General Business. Paul Hughes has nominated that the 7.00am start time for the Sunday Runs be extended until the end of March.

Going to Gateshead?

Training sessions will be held at Perry Lakes stadium on Saturday mornings 9.00am starting from the 24th April. Contact Dave Wyatt on 9310 2736 for more information if you are interested.

May Events

Here is listing of the Programme events to be held May in case not everyone receives their printed programmes by these dates.

- 2nd May** Reabold Hill
9th May Kent St Weir Run (was Jim Barnes run)
16th May Tompkins Park
23rd May Darlington Dash

30th May Andy Wright Run

Letters

(Definitions from Roget's
Thesaurus)

VETERAN: Old man, seer, patriarch, greybeard, dugout, grand-father, grand-sire, grandam, beldam, gaffer, gammer, hag, crone, pantaloons, sexage, octage, nonage, centarian, old stager, dotard....etc etc

MASTER: Various terms for leader. Also under Skill and Proficient. (ace, adept, dab hand, doyen, expert, genius, pro, virtuoso, wizard, masterly, proficient, skilful.

I wanna be a Master!

It would appear that there has been a lot of lobbying going on with such different results between the ACT and Queensland referendum on the vote to change to Masters.

Allen Tyson

Good Laud Lorna

At the end of a recent event, the organiser announced that the winning lady had just broken a record held by Lorna Lauchlan for 16 years. Good work, to do have achieved what no other could do in all that time. Let us also laud Lorna's awesome ability, to have established such a record. Are you (as I was) unaware of the truly astounding tally of successes listed against this true lady's name?

Thank goodness for Bob Sammell's dedication in initiating such a listing as well as updating as time goes by. We shall clearly point out those results which this truly laudable athlete even now still holds. For example the W50 20km road run set in 1981 in a time of 1:45:51. And what about her contribution to the W35 world record 24 hour relay (298.883km) at the age of 51, winning the silver

medal at the World Championships in Oregon for the 10km track walk and the bronze for the 5km track walk, at what about.....

Ray Hall

Rottnest Weekend FEB/MARCH 1999

(See photos on Page 1)

We had four cottages booked at the Kingstown Barracks on Rottnest Island, and hot weather was forecast.

Quite a few fortunate members, were able to travel to Rottnest on the Friday enabling them to settle in early and start relaxing.

There were the "tree dwellers" a group comprising, the Beaumonts, Thorntons, Jones etc, who had a large tree at the front of their cottage, and were frequently seen sitting around under the tree socialising with various other members from the camp.

The "single, or un-attached ladies" commonly referred to as the "Old Boilers", old, being a bit of an exaggeration, were joined by relatives of Jaquie Billington and Bob Sammells who bravely faced the constant queue outside the bathroom.

Irene Ferris celebrated her birthday with a party, and was surprised by a very ingenious birthday cake, put together by Joan Pellier.

The many talented Joan Pellier was seen pushing John Pellier in a WHEELCHAIR. John was seen on the beach enjoying a swim, having devised a very unique method of getting in and out of the water, with the aid of crutches. David Muir and his wife, together with his crew of Brian and Sue Danby arrived on Saturday by sail, and anyone who could swim out to their moorings, were invited to afternoon tea. Vic Beaumont, who

by the way is making a remarkable recover from his recent accident, was one who made the swim, and he was unaware on his return, that he was on a collision course with two Dolphins, being watched by us on the beach.

Most of us walked or ran at approximately 6 am each day, (some were a little later, depending on the previous night's activities). The weather being very humid, it was decided that an early start, followed by a refreshing swim was the best plan. The rest of the day was spent by most, reading, sitting around, finding a good spot to snorkel or swim, or taking a nap.

The two cafes in the settlement were frequented for capaccino and the Rottnest hotel had live bands Saturday & Sunday nights for those wishing to be a bit more active. The Island bus proved popular for those not wishing to ride a bike, in getting to a good location for swimming etc, and the serious bike riders, did the tour of the island.

I think that I speak for the majority, when I say it was a most enjoyable weekend, and we have made a booking for same time next year, see you there.

Margaret Bennett

P.S. Who left their car keys hanging on the end of the bed in the hut? Fortunately the boat we were on had not yet left the island and the 'forgetful' one was able to leap off and retrieve the keys!! Meanwhile his fellow travellers, the three 'damsels' went on to Rous Head to await the arrival of the next ferry carrying our fellow traveller with car keys held safely in hand!

Results

Lake Monger Run 14.2.99

An excellent roll up of 135 runners and walkers on Valentine's Day including 16 visitors. A cool southeast breeze blew across the lake making conditions pleasant for runners but a bit chilly for my helpers, Ray Hall, Elaine Bateman, Pat Ainsworth, Maggie Flanders, Rosa Davies, and of course my good wife Judy. Thank you all. Everyone enjoyed their run or walk and some fast times were recorded. This was my first time as race director and I'm looking forward to next year's event. **Ian**

Lankester

10km run

1 Jim Langford	M50	36.21
2 Chris Coates	M45	38.02
3 Ralph Henderson	M50	38.15
Trevor Robertson	M45	38.20
Gary Fisher	M45	38.22
Bob Schickert	M55	39.14
Wally Crowley	M40	39.40
David Jones	M45	40.32
Robert Mair	M50	40.53
Pra Buddha	M40	40.58
Graham Thornton	M55	41.06
Brian Danby	M50	41.17
David Wilmer	M40	41.46
Tony Whittaker	M45	41.55
Gareth Brunt	M45	42.00
Doug Ashfield	M40	42.05
John Davies	M50	42.09
Peter Sanders	M50	42.11
John Pressley	M50	42.34
John Bell	M50	42.40
Mike Flood	M45	43.10
Brian Bennett	M55	43.24
Don Caplin	M55	43.33
Brian Foley	M50	44.03
Keith Atkinson	M40	44.17
Mike Hale	M50	44.19
Mike Rhodes	M50	44.37
1 Jan Kelly	W40	44.44
Wayne Bates	M50	44.50
Maurice Creagh	M50	45.30
Jim Barnes	M55	45.52
Bob Harrison	M55	46.01
Bob Sammells	M60	46.11
Allan Jennings	M55	46.19

Milton Maverick	M45	46.48
Mick Cousins	M65	46.51
2 Margaret Langford	W50	47.08
3 Sandy Bond	W35	47.45
Simon Mort	M40	47.55
Margery Forden	W55	48.48
Shirley Bell	W50	48.59
Richard Harris	M60	49.40
Jenny Barnes	W45	49.42
Sue Sanders	W45	51.33
Mike Faunge	M60	51.37
Dalton Moffett	M65	51.41
John Smith	M60	52.02
Jackie Halberg	W50	52.03
Merv Moyle	M70	53.01
Robert Sheehy	M50	53.16
Brian Hunter	M50	53.30
Margaret Warren	W60	53.53
Eileen Brown	W50	54.00
Brian Smith	M60	54.12
Arnold Jenkins	M50	55.12
Ann Turner	W60	55.13
Craig Watson	M40	55.33
Trevor Brown	M55	57.30
Mary Heppell	W60	57.55
Kirt Johnson	M65	60.13
Shorty Turner	M60	60.13
Anita Browne	W50	60.55
Margaret Bennett	W55	60.56
Glenn Stephens	Vis	41.50
Chris Kowalski	Vis	42.37
Bruce Haustead	Vis	43.55
Paul Robertson	Vis	49.22
Jeanette Tiverios	Vis	53.43
Ron Sutton	Vis	53.43

10km Walk

1 John Mison	M50	54.14
1 Barbara Atkinson	W45	62.20
2 Terry Humphrey	M45	64.38
2 Sheila Maslen	W60	64.39
3 Dick Blom	M65	66.13
Barry Thomsett	M55	68.34
George Schaefer	M65	69.06
3 Michelle Mison	W50	69.14
Lynne Schickert	W55	69.54

6.6km run

1 Stephen Dunn	M30	24.00
2 Jim Klinge	M50	25.26
3 Paul Kelly	M45	28.45
M. Anderson	M50	30.45
John Brambley	M55	30.20
1 Peggy Macliver	W50	31.52
Peter Airey	M60	32.38
Jeff Spence	M55	33.45
Lionel Hendry	M40	34.52
2 Sue Hughes	W45	34.56

³ Kath Penton	W55	35.01
Val Millard	W50	35.07
Ray Lawrence	M70	36.29
Merv Jones	M55	37.44
Irene Ferris	W45	38.31
Denise Lancaster	W45	39.58
Phyllis Farrell	W50	43.13
Suzan Brand	W50	46.05
Ray Bateman	Vis	31.52
Jim Middleton	Vis	33.47
Sue Bullen	Vis	39.56
Lorraine Brown	Vis	40.11

6.6km Walk

¹ Bob Chalmers	M60	47.14
¹ Dorothy Whittam	W60	49.50
² Lorna Lauchlan	W65	59.51
² Rob Davies	M60	53.49
³ Rex Bruce	M55	53.50
³ Val Wheeler	W65	55.47
Ernie Moyle	M70	56.33
Jeff Whittam	M60	57.23
Alan Pomery	M65	61.03
Leo Hassam	M65	62.19
Wilma Layton	Vis	56.46

3.3km run

¹ Ian Davies	M50	11.20
² Vic Waters	M50	12.46
³ Warren Davey	M45	14.04
Stuart Parkinson	M50	14.54
George Innes	M60	15.53
Keith Forden	M60	16.32
¹ Wendy Clements	W55	17.06
² Jo Pearce	W45	17.10
³ Joan Pellier	W55	17.49
Lyn Stoltze	W45	18.49
Ella Maverick	Jun	19.00
Toni Frank	W50	24.47
Paul Hughes	M45	26.22
Alan Tyson	M70	27.27
Grace Wilmer	Jun	27.39
Glenice Shanahan	W70	27.47

3.3km Walk

¹ Jackie Billington	W55	25.52
Judy Hill	W50	29.06
¹ Fred Watson	M80	35.16
Fred Hagger	M70	35.18
Mike Coventry	Vis	31.10

Point Walter Run

Sunday 31 January was a great day for being outdoors and 125 people turned out to pound the pavements at Point Walter. Thank you to helpers: Sheila Maslen, Paul Hughes, Gary Fisher, Robin King, Paul Martin, Whitney Richards, Rachel Scott, Victoria Scott, Alan

Tyson, Jim Shaw, Maurice Warren, and Arthur Leggett.

6km

Jim Langford	M50	22.36
Ian Davies	M50	24.10
Jason Johansen	M30	24.28
Telmo Viias	M35	24.32
Brian Foley	M50	25.42
Ian Lankester	M50	25.52
Don Caplin	M55	26.06
Gareth Brunt	M45	26.15
David Carr	M65	26.23
Darrell McLaw	Vis	26.35
Alan Jennings	M55	27.27
Nick Gardner	Vis	27.56
John Brambley	M55	28.08
Michael Anderson	M50	28.23
Sue Vetten	W45	28.32
Simon Mort	M40	28.51
Erica Lorimer	Vis	29.24
David Irvine	Vis	29.28
Stuart Parkinson	M50	29.55
Peggy McIver	W50	30.20
Peter Airey	M60	30.31
Frank Gardner	M45	31.34
Keith Forden	M60	32.14
Ken Sheldrick	Vis	32.42
Kath Penton	W55	32.43
Basil Worner	M65	32.45
Jeff Spencer	M55	32.46
Brian Hunter	M50	32.49
Ray Hall	M65	33.09
Norm Miller	M65	33.16
Kathlyn McLaw	Vis	34.00
Ray Lawrence	M70	34.35
Kirt Johnson	M65	34.37
Sue Hughes	W45	34.46
Irene Ferris	W45	36.08
Denise Lancaster	W45	36.38
Rosa Davis	W55	37.07
Jan Jarvis	W50	37.17
Jacqueline McManu	W50	38.08
Lorraine Brown	Vis	38.17
Barbara Outhwaite	W45	40.19
Lyn Stoltze	W45	40.26
Dave Colloff	Vis	40.30
Susan Brand	W50	45.28
Frank Usher	M75	48.45

11km run

Ross Parker	M50	38.40
Paul Odam	Vis	41.13
Chris Coates	M45	41.49
Bert Carse	M55	42.37
Ralph Henderson	M50	42.51
Paul O'Riordan	M45	43.09
Bob Schickert	M55	44.00
Jim Klinge	M50	44.23

James McCarthy	M35	44.58
Johan Hagdoorn	M55	45.43
Brian Danby	M50	45.52
Ivan Brown	M50	45.54
John Davies	M50	46.10
John McGowan	M45	46.29
Ann Shaw	W50	46.37
John Bell	M50	46.58
Nick Miller	M35	47.02
Jim Barnes	M55	47.09
Dave Reid	M45	47.13
David Muir	M50	47.56
Tony Whittaker	M45	48.05
John Pressley	M50	48.51
Prabuddha Nicol	M40	49.02
Scott Gagen	Vis	49.19
Mike Ford	M45	49.41
Keith Atkinson	M45	49.55
Mike Hale	M50	50.28
Margaret Langford	W50	50.46
Graeme Thornton	M55	51.18
Mitch Loly	M55	52.18
Cecil Walkley	M65	52.30
Peter Hill	M50	52.37
Mike Rhodes	M50	53.36
John Pellier	M55	53.57
Marge Forden	W55	54.45
Richard Harris	M60	57.56
Craig Watson	M40	58.15
Aldo Giacomini	M60	58.39
Jackie Halberg	W50	59.29
Dalton Moffett	M65	59.31
Robert Sheehy	M50	59.47
Trevor Brown	M55	60.26
Merv Moyle	M70	60.33
Arnold Jenkins	M50	61.17
Val Millard	W50	61.31
Margaret Warren	W60	61.51
Eileen Brown	W50	61.52
Brian Smith	M60	61.58
Ann Turner	W60	62.17
Jenny Barnes	W45	62.18
Wendy Duncan	W45	62.46
Sara Kennedy	Vis	62.47
Paula Karra	Vis	64.10
Mike Karra	M30	64.13
Mary Heppell	W60	72.35

6km walk

John Mison	M50	34.01
Barbara Atkinson	W45	37.26
Terry Humphrey	M45	37.27
Dick Blom	M65	40.55
Fred Watson	M80	43.02
Barrie Thomsett	M55	43.04
Lynne Schickert	W35	43.13
George Schaefer	M65	43.19
Bob Chalmers	M60	43.50

Michelle Mison	W50	43.50
Jackie Billington	W55	43.54
Dorothy Whittam	W60	44.13
Lorna Lauchlan	W65	45.51
Rex Bruce	M55	46.33
David Brown	M50	47.04
Maggie Flanders	W60	53.07
Val Wheeler	W65	53.07
Gail Gardner	W45	53.38
Pat Miller	W60	53.56
Joan Pellier	W55	53.57
Gwen Colloff	Vis	54.02
Jeff Whittam	M60	54.42
Ernie Moyle	M70	54.43
Leo Hassam	M65	58.29
Alan Pomery	M65	58.30

Reabold Hill Cross Country- 3-1-99

A pleasant summer's day greeted 116 competitors early in the morning at Reabold Hill for the first event of the year, with a 10km cross country run or a 6km road walk around Perry Lakes. Conditions were ideal, with a cycle race and vintage car parade adding to the festive atmosphere.

The first male runner was Ray Brown in a very good time of 36:44, with Ann Shaw winning the women's event in 43:50. The road walks were won by Barrie Thomsett in 40:48, and Jackie Billington in 42:09.

A special thanks to the Point Walter Brigade for their assistance with the organisation: Dick Blom, Paul Martin, Arnold Jenkins and Margaret Bennett, Stuart Parkinson, Jim Shaw and Fred Hagger.

Brian Foley

3.3 Km

1 Don Caplin	M55	13.31
2 Paula Hanson	W45	15.48
3 Lyndsey Gee	V	16.30
4 Shirley Bell	W50	16.47
5 Wendy Clements	W55	18.26
6 Kurt Johnson	M65	18.41
7 Alice Scott	V	19.12
8 Bridgit Carse	W55	20.22
9 Brian Holmes	M60	20.47
10 Norm Miller	M65	21.00
11 Lyn Stoltze	W45	21.42
12 Shiela Maslen	W60	25.04
13 Vic Waters	M50	29.57

14 Judy Hill W50 32.03

6.6 Km

1 Ian Lancaster	M50	28.30
2 Mark Rosen	M50	29.22
3 John Bramby	M55	31.58
4 Graham Thornton	M55	32.06
5 Mike Anderson	M50	32.15
6 Jim Barnes	M55	32.55
7 Peggy MacLiver	W50	34.09
8 David Carr	M65	34.20
9 Peter Airey	M60	34.24
10 Ray Hall	M60	34.25
11 Aldo Giacomini	M60	36.45
12 Penny Dufty	W50	36.57
13 Heather Sanderson	W45	37.04
14 Jeff Spencer	M55	37.30?
15 Robert Sheehy	M50	38.07
16 Paula Karra	V	38.49
17 Craig Dufty	V	39.46
18 Ray Lawrence	M70	41.50
19 Denise Lancaster	W45	42.49
20 Meng Chequer	V	51.40
21 Tony Speechley	M50	51.52
22 Frank Usher	M75	54.37
23 Glenice Shanahan	W70	59.38

10 Km

1 Ray Brown	M45	36.44
2 Stephen Dunn	M30	38.05
3 Bert Carse	M55	38.29
4 Warren Gee	M45	38.37
5 Craig Dufty	V	39.46
6 Gary Fisher	M45	40.00
7 Ralph Henderson	M50	40.01
8 Gareth Brunt	M45	40.38
9 Wally Crowley	M40	41.02
10 Paul Leach	V	41.14
11 Pra Nichol	M40	41.49
12 Bob Schickert	M55	42.18
13 Brian Danby	M50	42.35
14 Bob Frost	V	42.46
15 Tony Whittaker	M45	43.04
16 Johan Hagedoorn	M55	43.35
17 Sean Keane	V	43.36
18 John Bell	M50	43.46
19 Anne Shaw	W50	43.50
20 Peter Sanders	M50	44.36
21 Brian Bennett	M50	44.44
22 Jon Wannberg	M30	44.51
23 Phil Dufty	M55	45.54
24 Ken Brownlie	M50	46.09
25 Maurice Creagh	M50	46.32
26 John Davies	M50	46.49
27 Rob West	M45	46.58
28 Frank Gardner	M45	47.02
29 John Pellier	M55	47.08
30 Peter Hill	M50	47.11

31 Keith Atkinson	M40	47.13
32 Bob Sammells	M60	47.44
33 Margaret Langford	W50	47.55
34 Kath Noordyk	W50	48.50
35 Carol Broderick	W45	49.04
36 Mike Rhodes	M50	53.02
37 Jenny Barnes	W45	53.37
38 Richard Harris	M60	53.37
39 Sue Sanders	W45	54.29
40 Merv Moyle	M70	54.37
41 Dalton Moffet	M65	55.02
42 Vic Beaumont	M65	55.22
43 Craig Watson	M40	55.57
44 Ron Sutton	M60	55.58
45 Basil Worner	M65	56.04
46 Jackie Halberg	W50	56.20
47 David Wilmer	M40	56.31
48 Trevor Brown	M55	58.18
49 John Smith	M60	58.28
50 Eileen Brown	W50	61.20
51 John Russell	M65	62.20
52 David Wallace	M45	62.45
53 Ken Whistler	M65	64.37
54 Shorty Turner	M60	65.43
55 Alan Chalmers	M60	70.08

6Km Walk

1 Barrie Thomsett	M55	40.48
2 George Schaeffer	M60	41.34
3 Jackie Billington	W55	42.09
4 Bob Chalmers	M60	42.42
5 Lyn Schickert	W55	43.18
6 Dorothy Whittam	W60	43.29
7 Lorna Lauchlan	W65	43.49
8 Don Checker	V	43.58
9 Ann Brezee	W50	45.11
10 Rex Bruce	M55	45.11
11 Alan Pommery	M	48.12
12 Elaine	V	48.58
13 Kevin Thomas	V	49.10
14 Pat Ainsworth	W60	49.55
15 Val Wheeler	W65	49.55
16 Jeff Whittam	M60	52.22
17 Gail Gardner	W45	53.27
18 Val Scott	V	58.42

4 Km

Brian Jones	V	38.19
Glen		38.19

2 Km

Fred Watson		20.30
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TEDDY BIRDS PICNIC 7/3/99

The cream of Perth's enlightened one did hard yards in King's Park while the over indulgent and slothful sloop through the delightful morning.

Ross Parker led the way home comfortably in 56:10 minutes (68 seconds outside record). The rest had time to appreciate the acclaimed university landscaped grounds and think about the wisdom of doing a second lap as they ground their way up hill to the Broadwalk Tower.

First lady Jan Kelly (69:18) celebrated with first lap lady Jenny Barnes (40:47) while Dave Roberts (30:20) thought seriously about "How did Brian Marsland ever run the record 27:20 in 1988 without the assistance of Phil Coles or the timekeeper".

Walking wonder Paul Martin with classic stylist Jackie Billington were top placed in the 10K walk. Maggie Flanders and Barry Thomsett crossed the line with little daylight between them at the finish of the 5K walk.

Thanks to Keith Atkinson on the bike nobody got lost on the first lap. Due to my poor judgement the water station was dry for the second lap runners ...my apologies.

All my assistants Ivan Brown, Mark Rosen, Arthur Leggett, Keith Atkinson, Marg Taylor, Pat Carr approached me to volunteer their services for the day.

Thanks to 114 runners and these able assistants it was the start of another great day.

George Schaefer

15.6K Run

Ross Parker *	M50	56:10
John West	M45	60:10
Bert Carse *	M55	60:34
Gary Fisher	M45	63:52
Bob Schickert	M55	66:08
Gareth Brunt	M45	66:49
Steve Burge	M40	67:03
Brian Danby	M50	67:18
Graham Thornton	M55	67:34
Martin King	M50	67:46
Robert Mair	M50	68:24
Jan Kelly *	W40	69:18
Raymond Gimi	M30	69:35
John McGowan	M45	70:30
John Bell	M50	71:10
Mike Karra	M30	73:57
Mick Cousins *	M65	74:51
Evan McRae	M45	75:01
Vic Waters	M50	76:13
Frank Gardiner	M45	76:27
Bob Sammells	M60	76:36
Mike Hale	M50	77:01
Sandy Bold	W35	78:03
Milton Mavrick	M45	79:41

Mitch Loly	M55	81:27
Marg Forden	W55	81:35
Shirley Bell	W50	81:45
Paul Lewis	M50	83:07
Glen Mitchinson	M40	84:53
Wendy Duncan	W45	86:19
Dalton Moffett	M65	86:22
Craig Whatson	M40	90:32
Arnold Jenkins	M50	91:23
Ann Turner *	W60	91:34
Jackie Halberg	W50	91:34
Fraser Deanus	M55	94:45
Merv Moyle	M70	95:54
Ken Whistler	M65	96:54
Kirt Johnson	M65	97:16
Shorty Turner	M60	101:52
7.8k Run		
Dave Roberts	M55	30:20
Ian Davies	M50	30:33
Wally Crowley	M40	30:48
Ian Lancaster	M50	32:37
Doug Ashfield	M40	32:44
Don Caplin	M55	33:32
Brian Bennett	M50	34:02
Brian Foley	M50	34:04
Maurice Creagh	M50	34:11
David Carr *	M65	34:25
Mike Rhodes	M50	34:59
Mike Khan	M50	35:28
Dennis Miller	M55	35:34
Joe Stickles	M60	35:45
John Bramley	M55	35:57
Mike Flood	M45	36:25
Alan Jennings	M55	36:31
Mike Anderson	M50	36:35
Peter Airey	M60	37:25
Stuart Parkinson	M50	39:00
Richard Harris	M60	39:40
Lionel Hendry	M40	39:59
Robert Sheehy	M50	40:13
Mike Faulge	M60	40:16
Jenny Barnes	W45	40:47
Lois Smith	W45	41:29
Keith Forden	M60	41:49
Jim Middleton	M30	41:56
Brian Hunter	M50	42:07
Aldo Giacomini	M60	42:23
Sue Hughes	W45	42:53
Margaret Warren *	W60	42:56
Jeanette Tiberios	W40	45:08
Norm Miller	M65	45:22
Irene Ferris	W45	45:29
Merv Jones	M55	45:30
Jeff Spencer	M55	46:55
Ray Hall	M65	48:17
June Lewis	W50	50:26
Roma Barnett	W45	50:28

Jan Jarvis	W50	50:28
Sheila Maslen	W60	51:35
Sue Bullen	W35	51:38
Phyllis Farrell	W50	53:15
Anita Browne	W50	54:24
Jean Fisher	W50	54:28
Ray Barnett	M55	58:28
Frank Usher	M75	59:41
Toni Frank	W50	67:56
Judy Hill	W50	72:13

10K Walk

Paul Martin	M55	57:09
Dick Blom	M65	63:41
Jackie Billington	W55	70:20
Lynne Schickert	W55	70:30
Rex Bruce	M55	71:16
Bob Chalmers	M60	71:35
Lesley Romeo	W50	71:45
Lorna Lauchlan	W65	71:58
Dorothy Whittam	W60	71:58
Sue Vetten	W45	72:15
Judy Lankester	W45	84:59
Ernie Moyle	M70	85:56
Jeff Whittam	M60	85:59
Leo Hassam	M65	86:03
Pat Ainsworth	W60	86:06
Alan Pomery	M65	86:09

10K Run

Laurie Carroll	W45	70:01
5K Walk		
Maggie Flanders	W60	41:31
Barry Thomsett	M55	41:38

Visitors

Nicholas Gardiner	7.8K	36:59
Christie Spahr	15.6K	78:06
Noel Mitchinson	15.6K	84:56
Paula Karr	15.6K	95:44

*Denotes New Age Group Records Created On The Day.

15.6K

W35 Maxine Santich	69:25
W40 Jill Chambers 1994	65:05
W45 Marg Forden	71:48
W50 Marg Forden	77:15
W55 Ann Turner	84:12
W60 Ann Turner 1999	91:34
M35 Chris Brockwell	55:07
M40 Frank Smith	55:05
M45 Frank Smith	55:02
M50 Ross Parker 1999	56:10
M55 Bert Carse 1999	60:34
M60 Robin Bonner	65:34
M65 Mick Cousins 1999	74:51
M70 Merv Moyle 1997	79:24

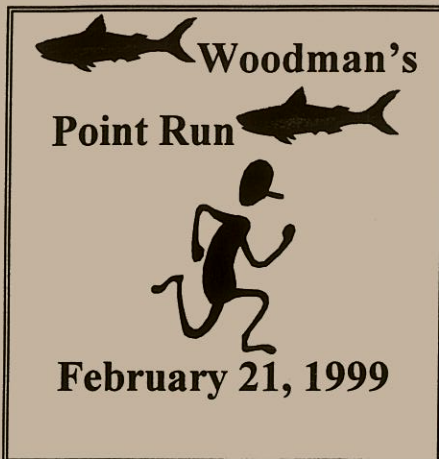
7.8K

W30 Tessa Brockwell	30:03
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W35 Maxine Santich 33:45
 W40 Gillian Roberts 32:58
 W45 Ann Shaw 1997 30:52
 W50 Kath Penton 34:08
 W55 Lorna Lauchlan 40:03

W60 Margaret Warren 1999 41:49
 W65 June Strachan 45:51
 M35 Brian Marsland 27:20
 M40 Tom Savin 27:58
 M45 Bob Schickert 28:45

M50 Dave Carr 29:56
 M55 Steve Barry 28:28
 M65 Dave Carr 1999 34:25
 M70 Dick Horsley 36:26
 M75 Arthur Leggett 199745:50



A comparatively cool morning with pleasant south east breezes greeted a record turnout of participants this year. The fish were not biting on the jetty but the ocean dip for some finishers was as good as ever. A few visitors joined us as usual.

Darry Dohlstrom got away from Brian Danby and Brian Bennett to win the 9 kilometre event in 36:35. Jacky Halberg won the ladies 9K and Brian Foley dashed well clear to win the men's 6.4K from Michael Anderson and Warren Darcy. The ladies 6.4K was won by Francis Lipscombe in a close to record time (for this run) of 31:53, followed by Lin Stoltze and Barbara Othwaite. John Missan won the men's 9K walk and Michelle Missan won the ladies 9K walk. The 6.4K walk went to Bob Chalmers and Dorothy Whittam respectively.

Despite the anticipated hazards of excess bees along one section, demolition activity near the 2K mark and the occasional snake, all survived. At this rate we will never use the resuscitator!

We particularly appreciated the efforts of our helpers including Sue Jones, Jacky and Vic Beaumont (accompanied by a dugite at the 5.5K mark - does Vic attract snakes?), Sue Danby, Bev Thorton, Bob Schickert, Jan and Fred. Rosa Davies,

WENDY & JEFF SPENCE

9K RUN:

Darry Dahlstrom	M45	36:35	Bob Sammuels	M60	43:24
Brian Danby	M50	37:41	David Carr	M65	44:56
Brian Bennett	M50	38:07	Mike Rhodes	M50	45:15
Martin King (visitor)	M50	38:13	Jacky Halberg	W50	46:34
Tony Whittaker	M45	38:44	Dalton Moffett	M65	47:32
Jim Barnes	M55	39:10	Arnold Jenkins	M50	47:37
Peter Sanders	M50	30:40	Robert Sheehy	M50	47:33
Daryl Macaw	M45	40:55	Brian Smith	M60	47:51
Dennis Miller	M55	41:07	Val Millard	W50	47:58
Graham Scadden	M35	41:19	Merv Moyle	M70	48:54
Graham Thornton	M55	41:39	Sue Sanders	W45	49:56
Peter Hill	M50	41:48	Eileen Brown	W50	50:21

Ann Turner	W60	50:51	Denise Lancaster	W45	55:44
Kert Jorgenson	M65	51:16	Marg Bennett	W55	55:51
Aldo Giacomini	M60	51:35	Alan Chambers	M60	57:55
Trevor Brown	M55	52:33	Sheila Maslin	W60	61:28
Shorty Turner	M60	55:43			

6.4K RUN

Brian Foley	M50	29:06	Sue Bullen (vis)	W35	39:21
Michael Anderson	M50	30:01	Lyn Stoltze	W45	39:41
Warren Darcy	M45	30:28	Barb Othwaite	W45	39:47
Steve Davies	M45	30:32	Susan Brand	W50	45:39
Mitch Loly	M55	30:33	Launa Lochlan	W65	48:43
Paul Lewis	M50	31:17	Marg Taylor	W45	51:52
Stuart Parkinson	M50	31:28	Frank Usher	M75	51:57
Pete Airey	M60	31:33	Peter Simonds (v)	M50	52:56
Francis Lipscombe	W40	31:53	Rob Davis	M60	54:08
Doug Hazell	M45	32:27	Margaret Miller	W55	53:30
Ray Hall	M65	33:50			
Merv Jones	M55	33:51			

6.4K WALK

			Bob Chalmers	M60	46:10
			Dorothy Whittam	W60	47:06
4K RUN:					
Fred Watson	M80	47:00	Lyn Schickert	W55	48:35
			Rex Bruce	M55	49:08
9K WALK:			Val Wheeler	W65	55:47
John Missan	M50	51:04	Maggie Flanders	W60	56:23
Dick Blom	M65	62:23	Jeff Whittam	M60	57:32
Michell Missan	W50	63:44			

MT LAWLEY CIRCUIT 28 FEBRUARY 1999 HANDICAP

The high temperature predicted for the day eased a little and the run was held in hot but not overbearing conditions. The run as usual was the last handicap race for the season and three of the top five contenders for the trophy contested the race with the outcome very close. Graham seems to be keeping people very honest! (The winner will be announced at the AGM).

Following tradition bread, jam and cream were consumed in copious quantities by all to replenish the lost kilojoules.

Thank you to the helpers Jim, Maurice, Milton, Fred and Allen.

Mike Rhodes

Runners without official handicaps

Graham Scaddon	M35	46:10	12:45	33:25
Tony O'Hair	M55	48:06	00:00	48:06

Walkers

Position		Age	Clock	Handicap	Total
1	John Mison	M50	42:05	22:00	64:05
2	Michele Mison	W50	52:15	15:00	67:15
3	Lorna Lauchlan	W65	55:05	13:15	68:20
4	Dorothy Whittam	W60	54:43	13:45	68:28
5	George Schaefer	M60	53:22	16:15	69:37
6	Ernie Moyle	M70	65:27	5:15	70:42
7	Rex Bruce	M55	59:15	12:30	71:45
8	Jeff Whittam	M60	66:38	5:15	71:53

RUNNING, RUNNING, RUNNING

So, you thought running a 10K track race was hard work - all 25 laps of it!

The Australian Ultra Runners' Association has recently published a list of the Australian Rankings for 50 miles on the track - 50 miles on a track you say - well it's only 201 laps and 70 metres.

Of the 201 top male runners, Western Australia featured well with the following times and places.

37 RECORD, Joe	6:22:33	Olympic Pk, Melb.	8.4.90
51 FRANCIS, Mick	6:36:50	Bunbury	5.3.95
65 DUNN, Stephen	6:46:46	Salisbury, SA	16.7.89
75 SCHICKERT, Bob	6:56:33	Melbourne Uni	11.7.81
100 DEVINE, Alan	7:08:52	Perth	17.10.87
118 AUDLEY, George	7:18:11	Perth	18.10.87
151 SCOTT, Dave	7:39:10	Perth	27.5.89
156 PARKER, Ross	7:44:37	Perth	16.10.87
161 SMITH, Alan D.	7:46:57	Perth	27.5.89
174 THOMPSON, Mike	7:55:04	Coburg, Vic	10.3.90
180 PEARCE, Phil	7:58:09	Perth	26.5.90
181 SUTTON, Denis	7:58:11	Bunbury	3.4.94
194 PROSSER, Graham	8:12:20	Perth	27.5.89

It should be noted that Stephen Dunn and Bob Schickert ran for other States at the time they produced their records but we are happy to count them as Western Australians now.

Happy Birthday to Our April Memebers

Bower, Jill	03/04/38	61	remains	W60
Maher, Christopher	07/04/53	46	remains	M45
Johnston, Maurice	09/04/37	62	remains	M60
Carroll, Lorri	09/04/51	48	remains	W45
Cook, Val	09/04/41	58	remains	W55
Halberg, Jackie	10/04/46	53	remains	W50
Chambers, Jill	10/04/49	50	becomes	W50

Continued on back page.

Runners

Position		Age	Clock	Handicap	Run
1	Shirley Bell	W50	48:14	12:23	35:51
2	Arnold Jenkins	M50	48:17	10:41	37:36
3	Jim Barnes	M55	48:30	16:30	32:00
4	Ralph Henderson	M50	48:34	20:00	28:34
5	Keith Atkinson	M40	48:41	16:19	32:22
6	Dalton Moffet	M65	48:43	9:45	38:58
7	Mike Faunge	M60	48:45	10:41	38:04
8	Peter Airey	M60	48:50	11:22	37:28
9	Bob Schickert	M55	48:57	19:15	29:42
10	Gareth Brunt	M45	49:05	19:07	29:58
11	Wally Crowley	M40	49:27	19:22	30:05
12	Ian Lancaster	M50	49:32	18:30	31:02
13	Merv Moyle	M70	49:50	9:23	40:27
14	Mike Anderson	M50	49:53	15:00	34:53
15	Mike Hale	M50	49:55	16:30	33:25
16	Sheila Maslen	W60	50:03	00:45	49:18
17	Richard Harris	M60	50:08	12:45	37:23
18	Ann Turner	W60	50:10	8:37	41:33
19	Jon Wannberg	M30	50:12	18:15	31:57
20	David Willmer	M40	50:16	21:00	29:16
21	Vic Waters	M50	50:22	17:38	32:44
22	Trevor Brown	M55	50:46	8:37	42:09
23	Shorty Turner	M60	50:58	5:15	45:43
24	Ann Shaw	W50	51:32	20:15	31:17
25	Maurice Creagh	M50	51:52	18:00	33:52
26	Craig Whattson	M40	52:08	10:30	41:38
27	Margaret Warren	W60	52:31	9:45	42:46
28	Eilleen Brown	W50	52:32	9:15	43:17
29	George Innes	M60	53:36	16:30	37:06
30	Suzanne Brand	W50	53:43	00:00	53:43
31	Ivan Brown	M50	54:33	18:22	36:11
32	Ray Hall	M65	55:59	12:45	47:14
33	Frank Usher	M75	59:02	00:00	59:02

Johnstone, Bob	12/04/42	57	remains	M55	Young, Rob	21/04/44	55	becomes	M55
Summerfield, Garth	14/04/50	49	remains	M45	Brunt, Gareth	21/04/51	48	remains	M45
Fisher, Gary	14/04/52	47	remains	M45	Hale, Mike	23/04/47	52	remains	M50
McGlashan, Hamish	16/04/37	62	remains	M60	Smith, Maurice	26/04/34	65	becomes	M65
James, David	17/04/53	46	remains	M45	Smith, Pamela	26/04/39	60	becomes	W60
Muirden, Peter	17/04/58	41	remains	M40	Bowler, Sidney	28/04/23	76	remains	M75
Chapman, Bill	19/04/24	75	becomes	M75	Walkley, Cecil	29/04/29	70	becomes	M70
Spare, Charles	19/04/39	60	becomes	M60	Loly, Amy	30/04/62	37	remains	W35
Stickles, Joe	19/04/38	61	remains	M60	Tiverios, Jeanette	30/04/57	42	remains	W40
Parkinson, Stu	20/04/47	52	remains	M50					

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