



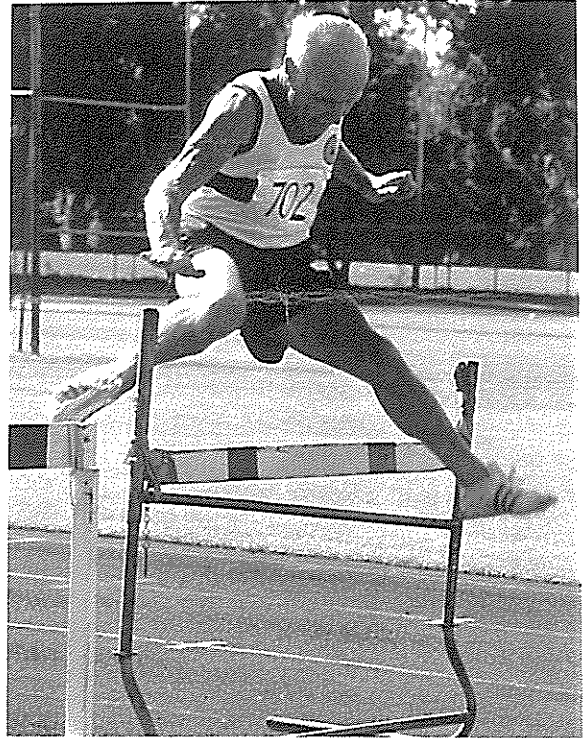
The Vetruns



No. 319 May 2000 Patron: Bill Hughes President: Bob Schickert Editor: Katrina Spilsbury 9313 3943
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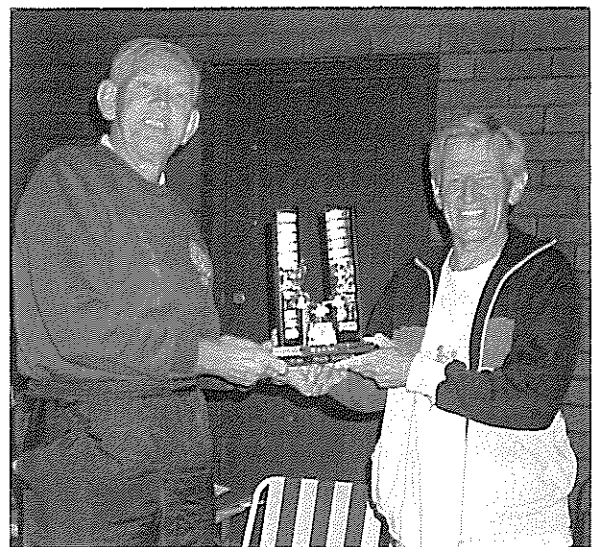
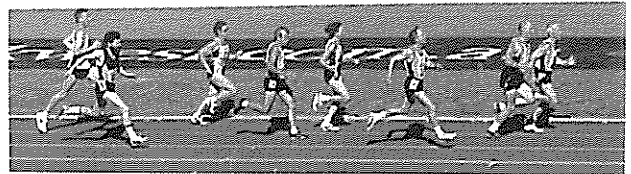
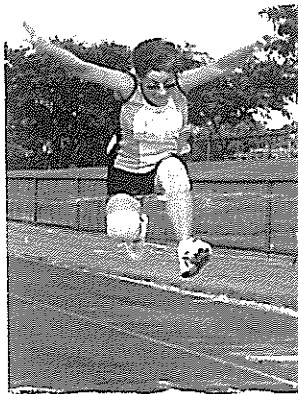
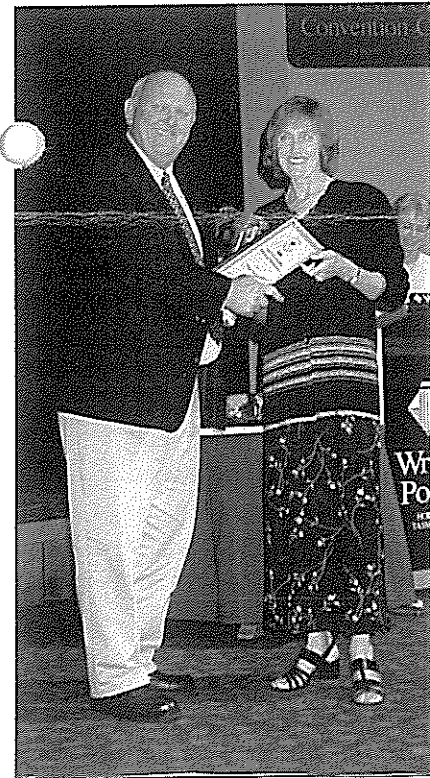
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Clockwise from left: Dennis Miller competing in the CC at the Albany Masters; Gordon Medcalf testing out a new style of hurdle at the State Champs, finish of the Vets Handicap 400m at the Grand Prix, Jeff Whittam presenting the 10km track handicap trophy to Brian Smith, Pat Carr flying (literally) in the Long Jump, Luella Jenkins in the Shot Peggy Macliver receiving the 1999 Most Outstanding Individual Performance Award from Stan Perkins, AAVAC President in Hobart.

 * **Have you paid your membership fees? If not, this will be your last Vetrun!** *
 * * * * *



Club News

Welcome New Members

Julie Wood
Jeff Lindhorst
Glenn Stephens
Bruce Wilson (from Albany)
John Frost
Steffi Heussi
Barry Millard

Club Tracksuits

Members are reminded that Margaret Bennett is now taking orders for Club Tracksuits. There are two styles, both in Black and Gold, and the cost is \$100. Please contact Margaret at a Sunday run to place your order.

Jorgensen Park Club Run & Lunch

6th August 2000

Cost Approx. \$9 more details in next issue of VETRUN

Presentation Day

Please note that the Presentation Day for RRC, RWC and Millpoint Road will now be held in conjunction with the Jorgensen Park Lunch. Presentation for the Club Half Marathon and State Cross Country will be at the events.

Helpers List

28th May

Weir run- Wilson

Director: Phyllis Farrell 94587363

Helpers: Robert and Helen Reece, Glenice Shanahan, Peter and Sue Sanders, John Smith, Brian and Alison Aldrich

4th June

Tompkins Park- Ardross

Director: Peter Airey 93898378

Helpers: John Brambley, Bernadette Height, Ray Hall, Val Millard, John West

11th June

Uni and Back - McCallum Park

Director: Gary Fisher 94727062

Helpers: Debbie Burge, Merv Moyle, Warren Davey, Ann and Brian Holmes, Mike Hale, Syliva and Joe Brennan.

18th June

Bardon Bash- Maylands

Director: Eileen and Trevor Brown

Helpers: Daryl White, Brian Smith, Wendy Clements, Brian Bennett, Ann and Shorty Turner, Phillip Hawkes

25th June

25K RRC - McCallum Park

Directors: Frank and Gail Gardiner 92954246

Helpers: Frank Usher, Ian Davies, Merv Moyle, Jackie Halberg, M&J Mison, M&M Warren, Bob Fergie, Doug Ashfield, Ray Atwell.

2nd July

Sharks Run - East Fremantle

Director: Paul Martin 93391648

Helpers: Dick Blom, Jon Wannberg, James McCarthy, Richard Harris, Paul and Sue Hughes, Peggy Macliver, Ross Parker.

Melbourne 2002 World Masters Games 5 -13 October 2002

If you are interested in receiving information over the next two years about these games contact Katrina on 9313 3943 for Expression of Interest cards. Otherwise we will keep you up to date as it gets closer. The web site address is:

www.2002worldmasters.org

Letters

Fallen Comrade

Fallen Comrade Cross Country - in association with Albany Masters.

Albany Vet Basil Warner did not master the winding gravel and granite tracks. He fell twice and bled copiously from arm and leg. Asked to comment and not one to say the bleeding obvious:

"I'm pulling out." (Just after a heavy fall and just before a very heavy fall.)

"I didn't know this was a contact sport, or even a blood sport."

"Should have been sent off with the blood rule."

"Twice? Just missed a PB - I fell three times recently."

"Fallen Comrades - I took it literally."

Full results of the Masters games are in the mail and will include Allen Tyson as swimming gold medalist, Ron Tompkins lifting John-Suttons' weight with one hand, Shirley Delahunty promising to take up masters competition in a sport other than athletics and a host of other exertions.

David Carr

10K Track Handicap April 2000

(see results sections)

JUDGED on turnout, this first handicap of the new season must be one of our smallest meetings. A field of about 20 is averaged, I think. Some runners dislike handicaps. Some dislike the track. But this event, nobly administered year after year by Geoff and Dorothy really deserves more runners. Why do so few vets take the chance to run consistently, over a guaranteed 10 kilometres? There's no sign of the 'track butterflies' that some of us suffer. (Could that be because we don't build up the adrenalin, tense and waiting for the dreaded starting shot?) Conditions are usually perfect, still and cool. This year there was a little headwind off the last bend, but not powerful enough to substantially hinder performance.

Brian Smith's victory was a good run from a bloke who's battled more than his share of adversity, yet managed to stay fit and well. His running is definitely improving (as I'm sure the handicapper will note. On trouble with winning the first handicap of the year, you will definitely be nicely stitched up by Graham for all the rest.) Other good performances came from Bruce Wilson, who would have been fastest runner on the night had Bert Carse not chosen this night to test his recovery from recent calf injury. Good to see Bert back.

Interesting how well some runners can go in this kind of handicap - perhaps because there's always someone ahead to chase. John Pressley and I, off the same handicap, both ran quicker than we had expected. Brian Danby, preparing to tackle three marathons this year, took it easy to

start and then began to enjoy himself and speed up after 8kms or so!

It was a fun night when everyone seemed happy with performances. David Wilmer missed his 40 minutes target by only 15 seconds. Allen Tyson claimed an M75 10k record. Jackie Halberg looked grimly determined for 25 laps.

But Ray Hall probably had the most interesting race. (Personally, I saw him finish three times - there might have been more.) First he stopped for a stroll after a couple of k's; and very gamely re-started a little later. His next finish, a much more spectacular affair, came when the clock registered 50 minutes. "I run 2 minute laps, so after 50 minutes, I thought that meant I had finished 25 laps," he said. Fortunately, the 10kms Track Handicap always draws plenty of pers. God bless the lap-scorers. "No, Ray," they hollered, "five to go." So he set off once more. I witnessed his third flying finish ten minutes or so later, when he zoomed down the home straight like a sprinter.

Vic Waters

SYDNEY HOST CITY MARATHON "CELEBRATING SPORT 2000" 30 APRIL

We pitched up 9 days early to check out Sydney and the whitewater-canoeing course where Robin Bell is destined for gold in Sept 2000.

On Sunday we found a crowd of 20 "tattersalls" runners in Hyde Park -- they showed hospitality with a capital "H" and neat moves thru the side gate of Sydney Hospital and over the roof of a gallery.

They run Groups from various venues, mostly Bondi Junction according to distance and pace. Hills everywhere -- I was pleased to find a route around the West Side of Woollomooloo (named after a kangaroo -- Coogee we heard is named after the smell of rotting sea weed) all the way around Farm Cove, Opera House, Rocks, Darling Harbour around 10 K of flat country.

I was marched off to the zoo

reluctantly. Surprise. What a change since I was last there in 1971. The "Bird Show" was an experience -- they train birds to do clever tricks and fly around in the open. Not many cages. 10 out of 10.

At Penrith there's a flat 6 K around the bridges -- brilliant autumn colours.

Friday 28th registration in Sydney was about "haven't we met somewhere?" as 104 WA souls had entered. 5578 entries, 4792 finished, and around 2000 were running their first marathon. Heaps of newspaper exposure.

Wakeup 4am on the day. The train supposed to be 4:50 came on time at 5:16 as I'd heard the times wrong. Waiting in darkness at Sydney Central Platform 16 was bizarre -- at least 200 on the platform!! The train was crowded with runners and supporters --packed. Then we loaded more aboard at 2 more stations before easing out at North Sydney Station. Many decided to line up at the 4 loos. After waiting as no 30 in line, a lady exited from the girls loos opposite, punched the air with a fist, and yelled "VICTORY" seeing no queue at their side and such a long one at ours!!!! Memorable!

Then a 20 min walk UP A HUGE HILL to the start. No one running. Some walked very briskly. The ambience at the start was amazing in the dark dawn light -- it was very warm. The logistics surprised. Heaps of loos though never enough. Trucks to take the gear to the finish. Designated meeting places. I was so excited I didn't drink sufficient before and only had 2 mandarins to eat. Drink before, drink during, and drink after is my suggested mantra. Urologists say that if you hold up a glass of your own urine next to a glass of tap water and it's the same colour -- then you're drinking enough! Bananas at the start, and fruit at the finish would have made it even more perfect. Excitement in the air and weirdly like a hotbox with so many packed bodies waiting for the start. Clear day.

Unlike the Worlds at Gateshead it was difficult to make out nationalities

and ages. I think the National Uniforms and age designation helps the chatter to develop. I spoke once to a Japanese "Hi Japan. How are you going?" and received a withering look -- probably he was Chinese or Korean.

After the start we had Silvio's OLE OLE OLE with a Swiss flag held high for 300 metres on a staff. Around half way back we crossed the start at 77 secs. Downhill to the bridge. What a dawn on the bridge, pity those speedy souls who can't gape for the sake of pace. Breath of fresh air was the park at 7 K. The tree that I decided to anoint had already 4 wiping the dew off their lily. We could almost see it grow ½ metre as we watched. Very few mobile loos on the track. As we went into Centennial Park there were the leaders blistering out.

Half Way 110mins. Rich Russell and John Farrell went passed as if in a trance "This is just Comrades Training" whereas for me its serious stuff. Jo and Graham from Canberra went by -- and a lot of other familiar faces on the run and Ngaire, Rob as spectators from the 99 Worlds at Gateshead.

Struggled to pass a gent who didn't look too comfortable at 23 K. He answered my query about age with 82! Finished at 4 Hrs 1 Min! Great stuff. What are you planning to do when you're 82?

Then SEEDY SEEDY SEEDY spectacle in Darlinghurst with the leather and chains brigade staggering out of the clubs. BAD BAD BAD. Impossible to describe with any semblance of political correctness!

As we ran back into town we could see armies of volunteers raking up the sponges and paper cups, and trucks with council workers picking up barricades --- so efficient you'd have thought Peter Cosgrove or Bob Braid was in charge.

Anzac Bridge and twists and turns -- I did value the shade of a few trees, buildings etc. Hot day when you're out there for 3hrs 51min. From 28 K many are reduced to walking apart from the reasonable drink stop walks. Pretty suburbia areas with

overweight unfits shaking their heads as they enjoy the pain from foldaway chairs. Road works areas. Then big wide motorway near the finish – magnificent the way they stopped Sydney traffic for the run – hardly saw a car.

Lovely crowds along the way and 17,000 in Stadium Australia to greet us at the finish. I did hear that there were heaps less than London or New York. The Stadium is SO BIG we could see it from around 37 K and it came closer ever so slowly. Fascinating the way the 4 1/2-hour runners often sprint at the finish. Having 600 Metres to run on the track was hard- it didn't feel like victory until I'd lain in the shade for 10 minutes with a worried looking lady medic scrutinizing – with that "Crazy Idiots" look. The \$700 million Stadium had the 2 massive screens going with images of the finishing runners and a replay for the presentation -- what a scene. Grabbed me a T shirt and that with the huge medal felt like value.

Now NOBODY and I mean nobody ask Antionette how powerade affects her. Just know that she blitzed so fast they're smoothing the blistered bitumen with angle grinders for Mona.

Take care,
John D.H. Bell,
 email: jono.bell@usa.net

Results

REPORT ON AUSTRALIAN CHAMPIONSHIPS:

Hobart 21-24 April 2000

WA Veterans won a total of 41 medals for the Championships: 25 Gold, 6 Silver, 10 Bronze between 12 athletes.

Allen Berry	M30
100m (G)	12.4
200m (G)	25.2
400m (G)	58.0
David Carr	M65
200m (S)	30.9
400m (G)	66.6
800m (G)	2.30
1500m (S)	5.26

Pat Carr	W65
100m (G)	16.3
200m (G)	36.4
400m (S)	90.5
TJump (G)	7.85m
LJump (G)	3.57

Brian Foley	M55
200m (4 th)	31.1
400m (4 th)	63.8
800m (B)	2.20
1500m (B)	4.57

Rosanne Kemp	W35
100m (G)	12.8
200m (G)	26.0
400m (G)	58.8
100m H/Cap (2 nd)	

Stan Lockwood	M70
5K (S)	22.12
10K (G)	46.16
10K CC (G)	47.14

Peggy Macliver	W55
100m (G)	14.48
200m (G)	29.8
400m (G)	66.9
800m (G)	2.36
1500m (G)	5.40
100m H/Cap (5 th)	

Val Prescott	W55
1500m (5 th)	7.36
5K (B)	24.31
Javelin (5 th)	16.81m

Bob Schickert	M55
3K Steeple (G)	12.17
10K (B)	38.29
10K CC (G)	39.39

Lynne Schickert	W55
2K Steeple (G)	13.43
5K Walk (4 th)	35.55
10K Walk (4 th)	73.48
Long Jump (B)	2.59m
Triple Jump (S)	5.94m

Dave Simmonds	M65
2K Steeple (G)	8.12
5K (S)	20.04
10K CC (B)	43.30
Lyn Ventris	W40
5K Walk (G)	24.21 (AR)
10K Walk (G)	51.17

4 x 400m Relay Men (Bronze)	4.47:
David Carr, Brian Foley, Bob Schickert, Dave Simmonds	
4 x 100m Relay Women (5 th)	59.72:
Pat Carr, Peggy Macliver, Rosanne Kemp, Lyn Ventris	
4 x 400m Relay Women (4 th)	5.04:
Rosanne Kemp, Peggy Macliver, Val	

Prescott, Lyn Ventris
Highlights: Lyn Ventris set a new Australian record of 24.21 in her 5K track walk; Peggy Macliver won 5 gold medals against top opponents and each WA competitor won a medal. Peggy also received the 1999 AAVAC Award for Most Outstanding Individual Performance. The award was based on her efforts at Gateshead where she ran 10 races including heats and finals of 200m, 400m and 800m, and the 4 x 100m and 4 x 400m relays, for which she collected 2 gold, 1 silver and 3 bronze medals.

We all had a great time both on the track and socially. The day of the 10K track events had a maximum temperature of 9 degrees. You did not read incorrectly when, to your surprise, you saw a bronze medal in the 4 x 400m relay to longer distance runners Bob Schickert and Dave Simmonds.

Bob Schickert

WA State Track and Field Championships 2000

Coker Park 23-26 March

2000m Steeplechase	
Dennis Miller	M60 9.16.2
Brian Smith	M60 9.27.2
David Carr	M65 8.53.0
David Simmonds	M65 8.08.6
Cecil Walkley	M70 9.46.6
Allen Tyson	M75 13.01.6
Lynne Schickert	W55 14.01.1
Margaret Robinson	W60 10.52.0

3000m Steeplechase	
Stephen Dunn	M30 12.02.7
Blakeney Tindall	M35 13.22.2
John Vesnaver	M45 11.56.6
David Reid	M45 12.03.3
Bruce Wilson	M50 12.14.6
Arnold Jenkins	M55 14.29.9
Bob Schickert	M55 12.35.6
Lyle James	M55 14.48.7

Hammer	
Eileen Hindle	W50 26.65
Jean Campbell-Brown	W50 21.07
Luella Jenkins	W55 15.90
Dorothy Whittam	W60 23.06
Noela Medcalf	W65 18.04
Lorna Lauchlan	W70 12.60
Phillis Head	W80 4.82

Warren Davey	M45	15.63	Diane York	W45	3.89	Ivan Brown	M55	1.30
Murray Tolbert	M50	25.59	Eileen Hindle	W50	3.95	Keith Martin	M55	1.35
Rob Young	M55	23.73	Valerie Millard	W50	2.88	Eileen Hindle	W50	1.20
Arnold Jenkins	M55	21.07	Lynne Schickert	W55	2.57	Erica Mercer	W55	1.07
Ed Carroll	M55	22.00	Luella Jenkins	W55	3.1	Jennifer Parker	W30	1.40
John Sutton	M60	19.23	Noela Medcalf	W65	2.69	Gill Edmonds	W35	1.35
Bob Fergie	M60	29.86	Pat Carr	W65	3.56	Sandra Smith	W40	1.25
Ron Spencer	M60	20.84	Glenice Shanahan	W75	1.45			
Alex Cummings	M65	31.52	Phillis Head	W80	0.88	Javelin		
Jeff Whittam	M65	19.92	Stephen Dunn	M30	4.50	Sandra Smith	W40	20.90
Allen Tyson	M75	19.22	Greg Vander Sanden	M40	4.99	Lynne Choate	W45	17.67
Fred Watson	M80	5.93	Campbell Till	M40	5.11	Eileen Hindle	W50	17.10
			Leon Sander	M60	4.24	Valerie Millard	W50	11.66
5000 km Walk			Ron Spencer	M60	2.52	Lynne Schickert	W55	9.19
Rose-maree Holloway	W40	28.35.1	John Sutton	M60	2.78	Erica Mercer	W55	15.80
Lyn Ventris	W45	24.32.5	Alex Cummings	M65	3.54	Luella Jenkins	W55	14.09
Lesley Romeo	W55	33.56.6	Derry Foley	M70	3.59	Val Prescott	W55	17.45
Lynne Schickert	W55	35.52.3	Gorden Medcalf	M70	3.09	Dorothy Whittam	W60	18.13
Luella Jenkins	W55	34.45.4	Ron Tompkins	M75	2.83	Noela Medcalf	W65	13.02
Dorothy Whittam	W60	35.09.2	Fred Watson	M80	1.64	Pat Carr	W65	16.07
Val Wheeler	W65	40.02.5	Murray Tolbert	M50	5.91	Lorna Lauchlan	W70	17.54
Lorna Lauchlan	W70	35.56.7	John Ventris	M50	4.41	Rae McMillan	W70	16.26
Glenice Shanahan	W75	42.14.9	Keith Martin	M55	4.84	Phillis Head	W80	6.88
Tom Lenane	M40	31.06.9				Murray Tolbert	M50	36.47
Bruce Cornish	M50	30.55.8	1500m			Rob Young	M55	22.03
Barrie Thomsett	M55	34.42.3	Francine Rosel	W40	5.27.2	Arnold Jenkins	M55	25.42
Robert Sammells	M60	36.26.5	Jackie Halberg	W50	6.23.9	Lyle James	M55	19.14
Ray Hall	M65	30.17.1	Antoinette Shaw	W50	5.07.4	Greg Vander Sanden	M40	29.81
Dick Blom	M65	28.47.4	Peggy MacLiver	W55	5.29.3	Michael Edwards	M40	34.05
			Val Prescott	W55	7.41.2	Tom Lenane	M40	29.82
10,000m			Margaret Robinson	W60	7.11.2	Warren Davey	M45	25.06
Margaret Langford	W50	45.59.4	Alan Jennings	M60	5.34.5	John Sutton	M60	22.59
Valerie Millard	W50	54.12.0	Dennis Miller	M60	5.49.8	Leon Sander	M60	24.73
Antoinette Shaw	W50	37.31.9	Michael O'Reilly	M60	5.33.3	Bob Fergie	M60	27.03
Ann Turner	W60	51.58.2	David Carr	M65	5.15.7	Ron Spencer	M60	19.57
Stephen Dunn	M30	37.14.9	David Simmonds	M65	5.24.4	Alex Cummings	M65	20.81
Jon Wannberg	M30	41.32.0	Cecil Walkley	M70	5.55.9	Jeff Whittam	M65	14.68
Brad Robertson	M30	38.55.6	Brian Foley	M55	4.55.6	Derry Foley	M70	15.95
Doug Ashfield	M40	40.15.8	Ivan Brown	M55	5.15.7	Gorden Medcalf	M70	19.95
Keith Atkinson	M40	45.08.1	Arnold Jenkins	M55	5.41.5	Jim McMillan	M75	20.70
David Wilmer	M45	38.35.9	Bob Schickert	M55	4.58.6	Ron Tompkins	M75	20.89
Frank Gardiner	M50	41.43.8	Lyle James	M55	7.04.3	Bill Chapman	M75	21.83
Ivan Brown	M55	41.29.0	Doug Ashfield	M40	5.05.3	Fred Watson	M80	7.90
Lyle James	M55	52.24.6	John Vesnaver	M45	4.58.3	Carlo Baumann	M85	13.21
Henk Stoffers	M55	39.02.3	John Molloy	M45	4.24.4			
Jim Langford	M55	36.26.1	Tony Heppener	M45	4.23.6	100m		
John Davies	M55	40.15.2	Bruce Wilson	M50	5.00.4	Jennifer Parker	W30	13.8
Dennis Miller	M60	44.00.3	Duncan McAuley	M50	4.43.9	Simone Solomon	W30	14.0
Brian Smith	M60	46.25.0	Stephen Dunn	M30	4.44.6	Rosanne Kemp	W35	12.6
George Innes	M65	47.06.1	Jon Wannberg	M30	4.56.9	Sandra Smith	W40	2nd
Stan Lockwood	M70	46.21.1	Micheal Watson	M30	4.39.2	Francine Rosel	W40	14.6
			Glen Gillett	M30	5.10.7	Lynne Choate	W45	13.6
Long Jump						Diane York	W45	15.3
Jennifer Parker	W30	4.93	High Jump			Eileen Hindle	W50	15.5
Gill Edmonds	W35	4.34	Greg Vander Sanden	M40	1.58	Peggy MacLiver	W55	14.4
Sandra Smith	W40	3.60	Michael Edwards	M40	1.50	Luella Jenkins	W55	18.0
Francine Rosel	W40	4.22	Campbell Till	M40	1.50	Noela Medcalf	W65	18.5

Pat Carr	W65	16.6	David Carr	M65	63.8	Margaret Robinson	W60	25.38.0
Glenice Shanahan	W75	26.9	Derry Foley	M70	87.4	Ann Turner	W60	25.43.8
Phillis Head	W80	39.6	Cecil Walkley	M70	79.2			
Alan Berry	M30	12.4	Allen Tyson	M75	93.3	Discus		
Glen Gillett	M30	13.9				Alex Cummings	M65	32.54
Greg Vander Sanden	M40	11.8 1st	80m Hurdles			Jeff Whittam	M65	19.76
Michael Edwards	M40	11.8 2nd	Sandra Smith	W40	18.0	Derry Foley	M70	18.34
Campbell Till	M40	12.7	Gorden Medcalf	M70	21.8	Gorden Medcalf	M70	22.87
Warren Davey	M45	14.1	Gill Edmonds	W35	19.4	Jim McMillan	M75	21.00
John Vesnaver	M45	14.7	Norm Richards	M60	23.1	Allen Tyson	M75	19.72
Henri Cortis	M50	13.5				Ron Tompkins	M75	24.27
Murray Tolbert	M50	12.3	110m Hurdles			Bill Chapman	M75	27.03
Duncan McAuley	M50	13.6	Greg Vander Sanden	M40	20.6	Fred Watson	M80	7.84
John Ventris	M50	14.0				Carlo Baumann	M85	13.24
Clive Purser	M55	13.2	3000m Walk			Garry Parker	M35	26.03
Arnold Jenkins	M55	14.5	Tom Lenane	M40	18.15.1	Greg Vander Sanden	M40	23.12
Keith Martin	M55	12.7	John Vesnaver	M45	26.09.3	Michael Edwards	M40	22.17
Norm Richards	M60	13.4	Robert Sammells	M60	22.27.0	Warren Davey	M45	21.96
Leon Sander	M60	13.8	R Hall	M65	D	Murray Tolbert	M50	29.47
Ron Spencer	M60	14.7	Dick Blom	M65	D	Bruce Cornish	M50	34.16
Derry Foley	M70	17.1	Lyn Ventris	W40	14.41.7	Brian Foley	M55	18.92
Stan Lockwood	M70	17.1	Rose-maree Hollaway	W45	16.34.0	Rob Young	M55	31.25
Gorden Medcalf	M70	16.3	Valerie Millard	W50	21.04.4	Ed Carroll	M55	37.21
Allen Tyson	M75	19.1	Lesley Romeo	W55	20.02.2	Lyle James	M55	13.12
Fred Watson	M80	31.1	Lynne Schickert	W55	21.30.5	John Sutton	M60	26.98
			Luella Jenkins	W55	21.00.8	Leon Sander	M60	24.47
400m			Dorothy Whittam	W60	20.32.9	Bob Fergie	M60	27.35
Noela Medcalf	W65	1.30.1	Val Wheeler	W65	25.19.1	Michael O'Reilly	M60	23.35
Pat Carr	W65	1.30.2	Lorna Lauchlan	W70	21.39.8	Jennifer Parker	W30	25.52
Glenice Shanahan	W75	2.13.4	Glenice Shanahan	W75	26.09.3	Sandra Smith	W40	22.08
Phillis Head	W80	3.34.9				Lynne Choate	W45	21.11
Jennifer Parker	W30	63.5	5000m			Eileen Hindle	W50	11.82
Simone Solomon	W30	65.1	Stephen Dunn	M30	17.53.0	Valerie Millard	W50	14.17
Rosanne Kemp	W35	59.1	Doug Ashfield	M40	19.21.7	Lynne Schickert	W55	10.41
Francine Rosel	W40	71.6	Keith Atkinson	M40	22.05.0	Erica Mercer	W55	10.85
Lynne Choate	W45	65.8	John Vesnaver	M45	19.36.6	Luella Jenkins	W55	14.39
Val Millard	W50	1.41.6	Tony Heppener	M45	17.40.4	Val Prescott	W55	16.93
Peggy MacLiver	W55	65.0	John Bell	M50	20.41.3	Noela Medcalf	W65	15.03
Alan Berry	M30	58.2	Duncan McAuley	M50	18.17.2	Pat Carr	W65	16.20
Micheal Watson	M30	57.5	Bob Schickert	M55	18.28.1	Lorna Lauchlan	W70	14.69
Glen Gillett	M30	65.8	John Ellard	M55	22.22.0	Rae McMillan	W70	15.15
Anthony Hinkley	M35	53.7	Lyle James	M55	27.54.6	Phillis Head	W80	7.30
Greg Vander Sanden	M40	52.0	Henk Stoffers	M55	19.12.2			
Campbell Till	M40	59.2	Charlie Spare	M60	24.08.8	Triple Jump		
Warren Davey	M45	68.0	Dennis Miller	M60	21.45.8	Greg Vander Sanden	M40	9.58
John Vesnaver	M45	63.1	Brian Smith	M60	22.27.9	Campbell Till	M40	10.21
Alan Deans	M45	66.4	George Innes	M65	21.45.3	Leon Sander	M60	9.09
Henri Cortis	M50	62.9	Ray Hall	M65	25.03.2	Ron Spencer	M60	4.70
Duncan McAuley	M50	59.9	David Simmonds	M65	20.12.9	Alex Cummings	M65	7.04
Brian Foley	M55	66.2	Stan Lockwood	M70	22.56.0	Derry Foley	M70	7.47
Ivan Brown	M55	73.3	Cecil Walkley	M70	22.01.2	Gorden Medcalf	M70	6.07
Arnold Jenkins	M55	65.6	Sue Bullen	W40	27.11.7	Ron Tompkins	M75	6.19
Lyle James	M55	88.2	Valerie Millard	W50	26.51.9	Fred Watson	M80	3.31
Keith Martin	M55	59.9	Jackie Halberg	W50	24.15.9	Murray Tolbert	M50	11.75
Alan Jennings	M60	73.9	Antoinette Shaw	W50	18.38.9	Brian Foley	M55	8.11
Norm Richards	M60	64.0	Gillian Young	W50	23.36.3	Jennifer Parker	W30	9.74
Leon Sander	M60	63.9	Elaine Ellard	W55	29.57.1	Simone Solomon	W30	6.12

Gill Edmonds	W35	8.70
Sandra Smith	W40	7.79
Francine Rosel	W40	8.58
Diane York	W45	8.49
Valerie Millard	W50	5.45
Lynne Schickert	W55	5.70
Dorothy Whittam	W60	7.51
Pat Carr	W65	7.96

200m

Jennifer Parker	W30	28.7
Simone Solomon	W30	29.0
Rosanne Kemp	W35	26.5
Francine Rosel	W40	31.1
Lynne Choate	W45	27.5
Eileen Hindle	W50	32.4
Peggy MacLiver	W55	29.2
Noela Medcalf	W65	38.8
Pat Carr	W65	35.2
Glenice Shanahan	W75	57.7
Phillis Head	W80	84.5
Alan Berry	M30	25.3
Glen Gillett	M30	27.7
Anthony Hinkley	M35	25.0
Robert Colton	M35	27.4
Greg Vander Sanden	M40	23.9
Campbell Till	M40	26.4
Warren Davey	M45	29.4
John Vesnaver	M45	29.8
Henri Cortis	M50	27.7
Duncan McAuley	M50	27.4
Brian Foley	M55	32.1
Arnold Jenkins	M55	29.4
Lyle James	M55	40.6
Norm Richards	M60	28.1
Leon Sander	M60	29.3
Michael O'Reilly	M60	32.6
Ron Spencer	M60	48.1
Derry Foley	M70	35.3
Noela Medcalf	M70	34.7
Allen Tyson	M75	42.7

Shot Put

Jennifer Parker	W30	9.23
Sandra Smith	W40	7.42
Lynne Choate	W45	6.87
Eileen Hindle	W50	7.50
Valerie Millard	W50	6.09
Lynne Schickert	W55	5.65
Erica Mercer	W55	6.05
Luella Jenkins	W55	6.25
Dorothy Whittam	W60	7.78
Noela Medcalf	W65	6.19
Lorna Lauchlan	W70	6.97
Rae McMillan	W70	6.99
Phillis Head	W80	3.25
Garry Parker	M35	9.90

Greg Vander Sanden	M40	7.21
Warren Davey	M45	7.67
Alex Cummings	M65	8.64
Jeff Whittam	M65	6.28
Gorden Medcalf	M70	6.01
Jim McMillan	M75	6.88
Allen Tyson	M75	7.76
Ron Tompkins	M75	7.65
Bill Chapman	M75	9.00
Fred Watson	M80	3.64
Carlo Baumann	M85	5.34
Henri Cortis	M50	8.26
Murray Tolbert	M50	10.04
Bruce Cornish	M50	8.23
Rob Young	M55	9.70
Arnold Jenkins	M55	7.58
Ed Carroll	M55	9.90
John Sutton	M60	7.98
Bob Fergie	M60	8.50
Ron Spencer	M60	8.07

800m

Jennifer Parker	W30	2.47.7
Simone Solomon	W30	2.33.7
Francine Rosel	W40	2.44.2
Lynne Choate	W45	3.07.4
Val Millard	W50	3.52.6
Peggy MacLiver	W55	2.35.1
Val Prescott	W55	3.49.6
Margaret Robinson	W60	3.42.3
Noela Medcalf	W65	3.38.8
Glenice Shanahan	W75	5.25.0
Stephen Dunn	M30	2.25.1
Micheal Watson	M30	2.19.1
Glen Gillett	M30	2.46.5
Anthony Hinkley	M35	2.05.3
Robert Colton	M35	2.13.3
Greg Vander Sanden	M40	2.16.9
Warren Davey	M45	2.19.4
John Vesnaver	M45	2.32.6
Tony Heppener	M45	2.17.9
Duncan McAuley	M50	2.23.8
Brian Foley	M55	2.26.8
Arnold Jenkins	M55	2.41.9
Bob Schickert	M55	2.33.3
Lyle James	M55	4.08.8
Alan Jennings	M60	2.46.1
Leon Sander	M60	2.56.6
Michael O'Reilly	M60	2.42.9
David Carr	M65	2.29.4
Cecil Walkley	M70	3.04.4
Allen Tyson	M75	3.56.3

2000m Walk

Tom Lenane	M40	11.47.3
John Vesnaver	M45	16.20.5
Bruce Cornish	M50	11.52.5

Arnold Jenkins	M55	14.02.4
Jeff Whittam	M65	16.20.4
Dick Blom	M65	13.33.0
Lyn Ventris	W40	9.43.3
Valerie Millard	W50	14.04.5
Lesley Romeo	W55	13.03.4
Lynne Schickert	W55	14.13.6
Luella Jenkins	W55	13.18.4
Dorothy Whittam	W60	13.38.3
Val Wheeler	W65	16.15.0
Lorna Lauchlan	W70	14.22.9

400m Hurdles

Glen Gillett	M30	1.27.1
Greg Vander Sanden	M40	1.07.0
Keith Martin	M55	1.18.9

300m Hurdles

Norm Richards	M60	58.0
Gorden Medcalf	M70	69.9

PAGODA RUN 16.4.2000

This year this run should have been called the NOT THE PARGODA RUN. Bob Schickert and I checked out the pathway under the Narrows Bridge where the construction work is in full swing. We were both concerned with the safety aspects in this area, and so decided to finish the run at the end of the path before the bridge, 4km from the start. This meant runners doing the 16KM had to run the out-and-back course from McCallum Park twice, not an ideal situation. However I hope this is a once-only event. The numbers were fewer than in previous years, but there were some close finishes as the results show. We welcomed a member of the Somali Olympic team to our run. Saadiq Hashi is taking a break from team training in Sydney and visiting his family in Perth. Saadiq is a 1500m runner and has a fluent, seemingly effortless running style. It was good to see John West back running, also Warren Gee back from injury. Many thanks to my helpers, Maureen Pomery, Arthur Leggett, Mary Heppell, Marg Taylor, Merv Moyle, Joh Brambley and George Innes and Kirt Johnson for help in setting up.

Jackie Halberg

16KM RUN		
John West	M50	61:22
Trevor Robertson	M45	62:41
Gary Fisher	M45	62:43
David Willmer	M45	66:11
John Pressley	M50	69:03
Brian Danby	M50	69:40
Don Caplin	M60	71:10
Keith Atkinson	M40	74:06
Vincente Carrerro	M55	74:25
Mark Rosen	M50	75:29
Mike Khan	M55	75:32
Mike Hale	M50	76:13
John Pellier	M60	76:27
Wayne Bates	M55	77:58
Brian Smith	M60	78:11
Shirley Bell	W50	84:45
Ann Turner	W60	90:16
Val Millard	W50	99:22
Shorty Turner	M60	99:22

8KM RUN		
Saadiq Hashi	VIS	30:22
Wally Crowley	M45	30:54
Ralph Henderson	M50	30:56
Paul Hughes	M45	31:07
Jim Klinge	M50	31:24
Warren Gee	M45	31:32
Bob Schickert	M55	32:40
Bruce Wilson	M50	33:01
Chris Coates	M45	33:21
Doug Ashfield	M40	33:33
Vic Waters	M55	33:36
Glenn Stephens	M40	34:12
Peter Hill	M50	34:18
David Muir	M55	34:30
Brian Foley	M55	35:57
Peter Airey	M60	38:24
Ken Brownlie	M50	38:32
George Schaefer	M65	38:51
Richard Harris	M60	39:02
Deborah Burge	W30	39:08
Mike Faunge	M60	39:09
Rosalie Main	VIS	39:10
Bob Sammells	M60	39:15
Carol Broderick	W45	39:23
Alan Jennings	M60	40:10
Arnold Jenkins	M55	40:40
Mike Rhodes	M50	40:53
Robert Sheehy	M50	40:57
Joe Stickles	M60	42:06
John Smith	M65	43:07
Vic Beaumont	M70	44:42
Ray Hall	M65	44:49
Merv Jones	M60	45:25
Kirt Johnson	M70	47:23
Alan Chambers	M60	51:04

Wal McKinnon	M60	51:28
Ray Lawrence	M70	51:52
Phyllis Farrell	W55	52:24
Sheila Maslen	W60	52:39
Toni Frank	W50	63:48
Frank Usher	M75	65:42

8KM WALK		
Paul Martin	M55	50:00
Rex Bruce	M55	60:51
Lynne Schickert	W55	61:45
Alan Pomery	M65	65:04
Ernie Moyle	M70	70:26
Leo Hassam	M65	74:39

5KM RUN		
Ian Davies	M50	18:59
Stuart Parkinson	M50	25:23
Joan Pellier	W60	28:20
Keith Forden	M60	32:44
Pat Ainsworth	W60	42:00

5KM WALK		
Fred Hagger	M70	42:25
Tina Carrerro	W50	42:26
Maggie Flanders	W60	43:02
Judy Hill	W50	45:06

3P's Run - Point Walter

Bicton - 9 April 2000

Numbers at this year's run were a little down because of competition from the Bridges Fun Run, however, 59 runners and walkers competed on a course which followed the river from Point Walter to the Applecross tennis club and return, with a choice of 5K, 8K or 16K distances. The morning was reasonably warm with a cool breeze blowing off the river. Despite technical problems with both the big clock and the printer clock, all runners' and walkers' times were recorded and some good times were achieved. Bob Sammells is coming back into form with a clear win in the 5K, with Frances Lipscombe the only lady to run the 5K course. Paul Hughes was 1st man in the 8K and the welcome return of Jo Pearce secured her the honour of 1st woman in the 8K. Gary Fisher was 1st man in the 16K with Shirley Bell 1st woman. Congratulations all.

Many thanks to all the wonderful helpers, without whose help my first attempt at race directing might have been my last! Particular thanks to Jeff and Wendy Spencer and Barbara and Simon Outhwaite on the two drink stations, Jim Barnes, Wal MacKinnon, Stuart Parkinson and Barry Millard, the marshalls along the course, Pat Ainsworth and Margaret Bennett for recording the times under adverse conditions, Arthur Leggett for handing out the numbers and the ever helpful Maureen Pomery for recording with assistance from Sue Jones. Thank you all.

Val Millard

16K

Gary Fisher	M45	63:44
Jim Klinge	M50	66:25
Gareth Brunt	M45	66:44
John Pressley	M50	69:38
Frank Smith	M55	69:39
Brian Danby	M50	71:43
John Bell	M50	74:04
Mike Hale	M50	76:32
Brian Bennett	M50	77:54
Michal Anderson	M50	79:40
Michael Adams	Vis	80:49
Brian Smith	M60	81:59
Shirley Bell	W50	82:37
John Pellier	M60	84:25
Karen Thomson	W35	86:31
Victor Beaumont	M70	86:54
Robert Sheehy	M50	1:30:32
Jackie Halberg	W50	1:31:03
Merv Jones	M60	1:35:20
Mary Heppell	W60	1:59:50

8K

Paul Hughes	M45	32:08
Darry Dahlstrom	M45	32:58
Vic Waters	M55	33:38
Peter Airey	M60	38:21
John Ellard	M55	38:45
Alan Jennings	M60	39:10
George Schaefer	M65	40:12
Mike Rhodes	M50	40:54
Ray Hall	M65	41:56
Arnold Jenkins	M55	42:05
Jo Pearce	W50	42:06
David Carr	M45	47:33
Jan Jarvis	W55	50:55
Elaine Ellard	W55	51:47
Alan Chambers	M60	56:59
Sheila Maslen	W60	57:3

Frank Usher M75 64:31
5K
 Bob Sammells M60 25:54
 Frances Lipscomb W40 26:53
 Kirt Johnson M70 29:07

8K Walk

Dick Blom M65 50:09
 Paul Martin M55 50:09
 John Mison M50 50:09
 Michele Mison W50 58:27
 Lynne Schickert W55 59:17
 Lorna Lauchlan W70 59:34
 Dorothy Whittam W60 59:45
 Rex Bruce M55 61:39
 Ann Holmes W50 66:15
 Brian Holmes M60 66:15
 Jacqueline Billington W55 68:13
 Val Wheeler W65 70:03
 Maggie Flanders W60 70:04
 Alan Pomery M65 70:05
 Ernie Moyle M70 70:05
 Whittam M65 71:48

5K Walk

Fred Watson M80 59:38

TEDDY BIRDS PICNIC

Two laps through Kings Park and the University (UWA) 7.8km/lap One hundred and eight of Perth's finest citizens took to the road with gusto - in ideal running conditions through Kings Park and the University - road scholars one and all. Honours went to six record breakers - marked with an asterix *. All records were 50's plus. Are we improving with age? Support was unprecedented with volunteers and willing helpers at every turn. Many runners voiced their appreciation. Thank you all.

George SCHAEFER

TEDDY BIRD PICNIC RUN RECORDS

W35 Maxine Santich 69.25
 W40 Jill Chambers 65.05 1994
 W45 Morgory Forden 71.48
 W50 Marg Langford 76.27 2000
 W55 Marg Forden 81.06 2000
 W60 Ann Turner 91.10 2000

W30 Tessa Brockwell 30.03
 W35 Maxine Santich 33.45
 W40 Gillian Roberts 32.58
 W45 Ann Shaw 30.52
 W50 Kath Penton 34.08

W55 Lorna Lauchlan 40.03
 W60 Margaret Warren 41.49
 W65 June Strachan 45.51
 W75 Glenis Shanahan 69.26

M35 Chris Brockwell 55.07
 M40 Frank Smith 55.05
 M45 Frank Smith 55.02
 M50 Ross Parker 56.10 1999
 M55 Bert Carse 59.26 2000
 M60 Robin Bonner 65.34
 M65 Mick Cousins 74.51 1999
 M70 Stan Lockwood 77.23 2000

M35 Brian Marsland 27.20
 M40 Tom Savin 25.58
 M45 Bob Schickert 28.45
 M50 Dave Carr 29.56
 M55 Steve Barry 28.28
 M60 David Carr 32.14 1997
 M65 David Carr 34.25 1999
 M70 Dick Horsley 36.26
 M75 Arthur Leggett 45.50 1997

WALK RESULTS

Men's Walk 9.75km

1. John Mison M50 56.40
 2. Dick Blom M65 59.56
 3. Barrie Tomsett M55 69.21
 4. Bob Sammers M60 74.53
 5. Alan Pomery M65 84.32
 6. Jeff Whittam M65 86.00
 7. Rex Bruce M55 89.58
 8. Bernie Moyle M70 90.01

Womens Walk 9.75km

1. Michelle Mison W50 72.04
 2. Lesley Romeo W55 72.06
 3. Dorothy Whittam W60 74.13
 4. Lorna Laughlan W65 74.02
 5. Lynne Schickert W55 77.52
 6. Pat Ainsworth W60 82.36
 7. Val Wheeler W65 84.31
 8. Maggie Flanders W60 84.40

Womens Walk 7.8km

Pat Miller W60 74.26

7.8 RUN-Women

1. Martina Murphy W35 34.54
 2. Debbie Burge W30 40.55
 3. Sue Sanders W45 44.07
 4. Gillian Young W50 44.40
 5. Wendy Clements W55 46.17
 6. Irene Ferris W45 46.32
 7. Sue Bullen W40 47.05
 8. Joan Pellier W60 49.18
 9. Elaine Ellard W55 51.35
 10. Roma Bennett W50 52.48
 11. Jacqueline Billington W55 52.58

12. Janet Jarvis W55 52.33
 13. Sheila Maslen W60 53.32
 14. Mary Heppen W60 55.45
 15. Phyllis Farrell W55 57.38
 16. Glenis Shanahan W75 69.26

15.6km RUN-Women

1* Margaret Langford W50 76.27
 2 Sandy Bond W35 80.24
 3* Marg Forden W55 81.06
 4. Shirley Bell W50 85.55
 5. Bev Morrissey W50 85.57
 6. Jenny Barnes W45 89.06
 7* Ann Turner W60 91.10
 8. Eileen Brown W50 95.57
 9. Val Millard W50 100.56
 10. Margaret Bennett W55 102.10

7.8km- Men

1. David Wilmer M45 30.43
 2. Jim Klinge M50 31.18
 3. Ian Davies M50 31.46
 4. David Roberts M55 32.15
 5. Frank Smith M55 32.49
 6. Don Caplin M60 33.36
 7. Doug Ashfield M40 33.39
 8. Brian Foley M53 35.44
 9. Jim Barnes M55 35.55
 10. John Ellard M55 36.39
 11. Frank Gardner M50 36.40
 12. Vic Waters M55 37.48
 13. Peter Sanders M50 37.52
 14. George Innes M60 38.27
 15. Peter Airey M60 39.12
 16. Simon Mort M40 39.17
 17. Gareth Hughes M45 39.19
 18. Mich Faunge M60 40.16
 19. Stuart Parkinson M55 40.50
 20. John Smith M65 40.56
 21. Ray Hall M65 40.59
 22. Aldo Giacomini M60 41.46
 23. Arnold Jenkins M55 41.49
 24. Sean Murphy M40 41.49
 25. Vic Beaumont M70 43.03
 26. Brian Hunter M55 43.41
 27. Merv Jones M60 44.28
 28. Kurt Johnston M70 45.10
 29. Norm Miller M65 46.20
 30. Graeme Dowson M45 46.55
 31. Ray Lawrence M70 48.54
 32. Wal McKinnon M60 49.38
 33. Trevor Brown M60 51.05
 34. Alan Chambers M60 53.22
 35. Frank Usher M75 64.43

15.6km-Men

1. * Bert Carse M55 59.26
 2. Kane Robinson M45 62.25
 3. Gary Fisher M45 62.33
 4. Paul Hughes M45 63.11

5. Stephen Dunn	M30	63.56	15. John Pressley	M50	72.17	25. Joe Stickles	M60	85.18
6. Ralph Henderson	M50	64.10	16. Bob Schickert	M55	73.02	26. Robert Sheeny	M50	85.59
7. John Allen	M40	68.35	17. Brian Bennett	M50	73.12	27. Richard Harris	M60	89.01
8. Gareth Bunt	M45	68.43	18. Mike Flood	M45	75.46	28. Merv Moyle	M70	92.18
9. Glen Stephens	M40	69.41	19. Keith Atkinson	M40	76.19	29. Garry Branche	M45	94.43
10. Brian Danby	M40	69.47	20*Stan Lockwood	M70	77.23	30.Shorty Turner	M60	1.42.10
11. Graham Thornton	M55	70.16	21. Vince Carrero	M55	78.40			
12. John Bell	M50	71.43	22. John Pellier	M60	78.55			
13. Rohan Hagedoorn	M55	71.51	23. Brian Smith	M60	79.21			
14. Mike Khan	M55	72.03	24. M. Anderson	M50	80.33			

The 12th Running of the 10km Track Handicap 27th April 2000

After a day with heavy showers, strong winds and black clouds on the horizon we thought we were in for the worst evening ever for this run. However, the clouds cleared or at least thinned out, the winds dropped and once again we finished up with a good night for the event. Quite a few people stayed on for the barbecue afterwards. The winner this year was Brian Smith who ran a relentless race urged on by his fan club at the finishing line (was his confidence aided by a large bribe to the handicapper!?) followed by visitor Glenn Holt and members Alan Chambers and Frank Gardiner in 2nd and 3rd places. Our thanks go to Janet, Pamela, Elaine, Bridget, Shirley, Shorty, Bob Sammells, Bob Hayres, Rob Shand and David Pressley (John's brother out with the British triathlon team as coach, I think), also to Brian Danby for once again bringing the barbecue and to any lap scorers we may have missed.

Dorothy and Jeff Whittam

		Age	Hcap Time	Hcap	Clock Time	Pos
1	Brian Smith	M60	57.16	10.50	46.26	11
2	Alan Chambers	M60	58.15	3.20	54.55	14
3	Frank Gardiner	M50	58.37	16.30	42.07	8
4	Don Caplin	M60	59.33	18.20	41.13	5
5	John Pressley	M50	59.45	19.00	40.45	4
6	Ann Turner	W60	60.27	5.20	55.07	15
7	Vic Waters	M55	60.28	19.00	41.28	6
8	Bruce Wilson	M50	60.47	20.50	39.57	2
9	Jackie Halberg	W50	60.55	9.00	51.55	12
10	Ray Hall	M65	61.41	9.40	52.01	13
11	Brian Danby	M50	61.43	19.00	42.43	9
12	Mark Rosen	M50	61.59	16.40	45.19	10
13	Bert Carse	M55	62.08	23.40	38.28	1
14	Jon Wannberg	M30	62.46	20.50	41.56	7
15	David Wilmer	M45	63.36	23.20	40.16	3
16	Allen Tyson	M75	68.50	00.00	68.50	16
	George Innes	M65	5.2km		24.53	
	Glenn Holt	Vis	57.32	6.00	51.32	

The following entered but did not start: Val Millard, Rob Colton, Ian Davies, Frank Smith and Duncan McAuley.

1999/2000 Handicap Results-first 12 positions

	FINAL H'CAP	TRACK	TOMP- KINS	ANDY WRIGHT	CLIFF BOULD	CAN- NING	CARR SHAND	MT LAW- LEY	MINUS- WORST
	POINTS	pos	pos	pos	pos	pos	pos	pos	RESULT
THORNTON Gra- ham	79	15	44	5	6	1	8	51	-51
KLINGE Jim	81	15	8	14	10	4	30	51	-51
THOMPSON Karren	85	15	44	1	11	11	59	3	-59
KHAN Mike	87	15	44	11	30	5	19	7	-44
FAUNGE Mike	88	15	19	9	4	45	28	13	-45
JONES Merv	91	15	22	20	23	10	1	51	-51
FLOOD Mike	95	15	5	56	15	45	9	6	-56
SHEEHY Robert	98	15	12	3	27	23	59	18	-59
CARR David	105	12	13	10	42	45	17	11	-45
SAMMELLS Bob	120	4	18	13	20	14	59	51	-59
HARDY Brian	121	15	44	56	19	18	4	21	-56
FERGIE Bob	131	15	44	56	46	2	15	9	-56

MT LAWLEY CIRCUIT

5 March 2000

A pleasant morning greeted all, slightly cooler than for the past couple of years. Following with tradition, after the run, bread, jam and cream were served along with morning coffee and tea. Thanks to all the helpers for making life a little easier. **Mike Rhodes**

48	Paul Martin	M55	59:36	17:15	42:21
49	Alan Chambers	M60	61:16	10:00	51:16
50	Glenys Shannahan	W75	65:36	00:00	65:36

Visitors

Graham Dawson	42:29	0:00	42:29
Gareth Hughes	44:51	9:45	35:06
Tom Drury	49:14	20:00	29:14

RUNNERS	Age	Clock	H'cap	Run
	Group	Time		Time
1	Debbie Burge	W30	45:57	08:45 37:12
2	Arnold Jenkins	M55	46:48	10:15 36:33
3	Karen Thompson	W35	46:58	07:37 39:21
4	Margaret Langford	W50	47:03	13:45 33:18
5	Rosemarie Loomans	W50	47:24	01:15 46:09
6	Mike Flood	M45	47:44	16:52 30:52
7	Mike Khan	M55	48:04	16:07 31:57
8	Ken Brownlie	M50	48:16	14:45 33:31
9	Bob Fergie	M60	48:17	08:22 39:55
10	Jim Langford	M55	48:18	22:07 26:11
11	David Carr	M65	48:23	16:15 32:08
12	Bob Schickert	M55	48:24	18:45 29:39
13	Mike Faunge	M60	48:26	11:45 36:41
14	Margaret Warren	W60	48:27	07:30 40:57
15	Eileen Brown	W50	48:29	07:30 40:59
16	Peter Hill	M50	48:32	16:23 32:09
17	Ivan Brown	M55	48:35	18:30 30:05
18	Robert Sheehy	M50	48:41	11:22 37:19
19	Sue Bullen	W40	48:42	05:45 42:57
20	Wally Crowley	M40	48:44	20:00 28:44
21	Bryan Hardy	M55	48:48	15:00 33:48
22	Stan Lockwood	M70	48:55	13:45 35:10
23	Brian Foley	M55	49:06	16:52 32:14
24	Bruce Wilson	M50	49:25	19:30 29:55
25	Jim Barnes	M55	49:39	17:00 32:39
26	Shirley Bell	W50	49:45	12:07 37:38
27	Ray Hall	M65	49:46	11:15 38:31
28	Carol Broderick	W45	49:47	13:45 36:02
29	Clive Frost	M50	50:02	14:15 35:47
30	John Bell	M50	50:04	17:37 32:27
31	Frank Smith	M55	50:11	20:00 30:11
32	Sheila Maslen	W60	50:27	02:15 49:12
33	Blakeney Tindall	M35	50:55	19:30 31:25
34	Vic Waters	M55	51:01	19:00 32:01
35	Mike Hale	M50	51:08	18:07 33:01
36	Wal McKinnon	M60	51:16	04:08 47:08
37	Mike Karra	M35	51:21	19:22 31:59
38	David Wilmer	M45	51:47	21:30 30:17
39	George Schaefer	M65	51:15	12:00 39:15
40	George Innes	M65	52:20	15:45 36:35
41	Sue Vetten	W45	52:46	15:30 37:16
42	Merv Moyle	M70	52:58	09:15 43:43
43	Trevor Brown	M60	53:00	06:15 46:45
44	Frank Gardiner	M50	53:35	16:15 37:20
45	Brian Smith	M60	53:55	12:30 41:25
46	Ian Davis	M50	54:14	21:15 32:59
47	Toni Frank	W50	58:32	00:00 58:32

WALKERS	Age	Walk	H'cap	Total
			Sealed	Time
1	Alan Pomery	M65	56:09	15:30 71:39
2	Gail Gardiner	W50	59:59	13:00 72:58
3	Judy Hill	W50	64:58	8:15 73:13
4	Leo Hassam	M65	66:41	7:30 74:11
5	Greg McDowell	M45	47:54	27:15 75:09
6	Lynne Schickert	W55	57:25	18:00 75:25
7	Barrie Thomsett	M55	55:42	20:15 75:57
8	Rex Bruce	M55	58:51	17:30 76:21

Visitors

Paula Karra	64:21
Guy Deleo	69:22

HAPPY BIRTHDAY JUNE MEMBERS!

Coates, Christopher	01/06/53	47	remains	M45
Davies, Ian	03/06/47	53	remains	M50
Lewis, June	04/06/48	52	remains	W50
Tompkins, Ron	06/06/22	78	remains	M75
Holm, Jenny	07/06/49	51	remains	W50
Kemp, Rosanne	07/06/64	36	remains	W35
Reece, Helen	07/06/52	48	remains	W45
Outhwaite, Barbara	09/06/53	47	remains	W45
Kelly, Christopher	10/06/52	48	remains	M45
Paice, Jill	11/06/69	31	remains	W30
Creagh, Maurice	11/06/46	54	remains	M50
Carr, David	15/06/32	68	remains	M65
Frank, Toni	15/06/45	55	becomes	W55
Junner, Colin	16/06/22	78	remains	M75
Thomsett, Barrie	17/06/40	60	becomes	M60
Bonner, Robin	18/06/31	69	remains	M65
Nicol, Prabuddha	18/06/56	44	remains	M40
Davies, Rod	22/06/41	59	remains	M55
Whistler, Ken	23/06/31	69	remains	M65
Salter, Gregory	25/06/54	46	remains	M45
Reid, David	26/06/50	50	becomes	M50
Clements, Wendy	26/06/42	58	remains	W55
Morrissey, Bev	16/12/46	54	remains	W50
Davies, John	29/06/44	56	remains	M55
Hagger, Frederick	29/06/25	75	becomes	M75