



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



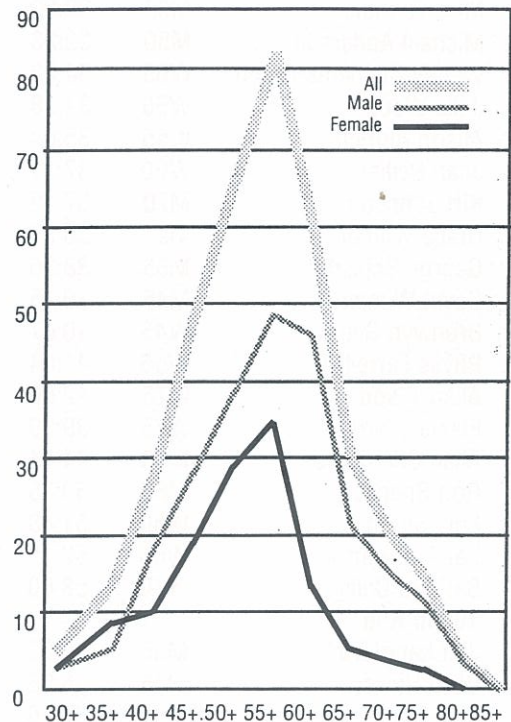
'There are a few down-hills on the course,' said Denise Lancaster at the Wireless Hill Run' **Results page 3**

The older we get the better we are.

At the AGM last month, Brian Foley presented a graph and it revealed that the age profile of our club is getting older. If you study the graph, alongside, you'll see that the membership numbers are highest in the 50 - 60 age bracket. The club is 27 years old and if you subtract that figure from 55, it's easy to assume that those runners must have been in their twenties when the running boom happened a quarter of a century ago.

In short, the club is getting older every year. Should we be alarmed. Yes! (Well, maybe). Those in the 50 - 60 bracket should be quite contented. Every Sunday of the year, there is an event to participate in at a level of their choice. Whether striving for a personal best, or just out for a good social time, the club caters for their needs. Happy, healthy activity - no worries. Why change a winning formula?

Newcomers of that age are happy as well. Some have come back to running after a lay-off with injuries, while others are starting to jog or walk for the first time. Many feel that they are mere toddlers in their age group, determined to loose a few kilos and improve their times. WAVAC is perfect for them.



But it would be irresponsible not to consider the future. Membership is available to men and women 30 years and over. In some cases the sons and daughters of some of the founder members will now be eligible.

Without changing the ethos of the club, there has never been a better time to appeal to would-be runners and serious athletes of that age.

It's encouraging to see how many new members have signed up (see page 4) and a good few more have made application, awaiting acceptance.

Members young and old are wearing their flash new singlets and those who ran in the Joondalup fun-run would have felt proud when all the WAMC marshals cheered encouragement to those flying the colours: "Go, Vets!"

We must be doing something right?

Rod Tinniswood

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

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 - Membership
 - 3 Ps
 - Wireless Hill
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- The Full 2001/2002 Program
- State champs results
- New members

Your New Look Newsletter

In the interest of presenting an up-to-date image to our present members and to attract new-comers to the club, the committee has agreed to some changes to the masthead. The old faithful masthead has served the club well and surely has a warm place in the hearts of the long-standing members.

There has been a revise of the typographical style, away from the plump letters, to a more athletic font and the loneliness of the (male) long-distance runner has been alleviated. He has found a lady friend to keep him company. The design is more in keeping with the ideals of the new millennium, don't you think?

Copy for Vetrun:

15 Fitzpatrick Way, Padbury WA 6025. Email: tinniswoodr@sundaytimes.newsltd.com.au

Contributions are welcome. 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.

Results



Membership Run

A pleasant day was had by all. Thank you to all my helpers.

Brian Danby

6.4 km Run

Ian Davies	M50	23:15
Peter Airey	M60	30:16
Mike Faungie	M60	30:32
Michael Anderson	M50	32:23
Wendy Clements-Green	W55	34:32
Julie Wood	W50	34:38
Alison Aldrich	W55	35:04
Joan Pellier	W60	37:11
Kirt Johnson	M70	37:12
Grace Wilmer	Vis	38:27
George Schaefer	M65	38:30
David Wilmer	M45	39:15
Bronwyn Gee	W45	40:07
Phylis Farrell	W55	41:04
Allan Tyson	M75	42:56
Elaine Ellard	W55	39:59
Allan Chambers	M60	44:04
Ron Spencer	M60	50:35
Lois Smith	W50	51:48
Pat Ainsworth	W65	52:19
Barbara Daley	W70	58:00

10 km Run

Jim Langford	M55	36:03
Clive Hicks	M45	36:26
Bert Crase	M55	37:16
Warren Gee	M50	37:35
Chris Frampton	M35	37:36
Wally Crowley	M35	38:29
Neil McRae	M45	40:00
Wayne Robinson	M45	40:06
Bob Thomson	M50	40:16
John Davies	M55	40:59
Brian Bennett	M55	41:02
Vic Waters	M55	41:06
John Allen	M40	41:11
Mike Hale	M50	41:15
Simon Jawichre	M35	41:33
John Hagedoorn	M55	41:55
Jim Klinge	M50	42:11
Doug Ashfield	M40	42:29
Don Caplin	M60	43:43
Delia Hendrie	W45	43:44
Jim Barnes	M55	44:04
Simon Mort	M40	44:36
John Frost	M60	45:12
John Pellier	M60	46:29
Mike Flood	M45	46:41
Frances Casella	W50	46:41
Brian Foley	M55	46:49
Margaret Langford	W50	47:16
Helen Reece	W45	47:55
John Ellard	M55	47:58
Keith Atkinson	M40	48:15
Bob Sammells	M60	48:39
Dick Blom	M60	49:05
Gary Fisher	M45	49:25

Debbie Burge	W30	49:50
Robert Sheehy	M55	50:16
Jacki Halberg	W50	51:02
Rod Tinniswood	M50	51:21
David Carr	M65	52:27
Mitch Loly	M60	52:34
Vic Beaumont	M70	52:41
Greg Tower	M45	52:46
Paula Karra	W30	52:54
Richard Harris	M60	53:27
Ann Turner	W65	53:46
Merv Moyle	M70	54:04
Jeff Spencer	M60	55:39
John Smith	M65	55:39
Jenny Barnes	W45	55:44
Marg Warren	W65	56:10
Brian Aldrich	M70	56:41
Raymond Loly	Vis	56:46
Merv Jones	M60	57:15
Bob Fergie	M65	57:54
Sue Bullen	W40	58:57
Eileen Brown	W55	59:28
Ray Lawrence	M70	59:47
Val Millard	W50	55:55
Mary Heppell	W60	63:12
Sheila Maslen	W60	63:49
Shorty Turner	M65	64:58
Trevor Brown	M60	64:58
Pierre Viala	M50	65:01
Marg Bennett	W55	65:05
Denise Lancaster	W50	65:09
Christine Kirkness	W50	65:12
Ken Whistler	M65	74:48

4 km Walk

Ray Hall	M65	41:03
Lesley Romeo	W55	43:19
Rex Bruce	M60	46:02
Dorothy Whittam	W60	49:03
Patricia Hopkins	W55	53:18
Ernie Moyle	M75	56:09
Jeff Whittam	M65	58:00

10 km Walk

John Mison	M50	60:48
Paul Martin	M55	60:48
Jacqueline Billington	W55	70:33
Allan Jennings	M60	70:34
Lyn Schickert	W55	71:57
Michelle Mison	W50	72:29
Lorna Lauchlan	W70	74:42
Maggie Flanders	W60	84:52

3 P's Run - Point Walter

9 APRIL, 2001

74 runners and walkers turned out despite competition from the Bridges Fun Run the same day. The day was fine and cool, which made for good running conditions.

To the helpers – Lynne and Bob Schickert, Wendy and Jeff Spencer, Dick Blom, Barry Millard, Arthur Leggett, Merv Jones, the ever helpful recorder Maureen Pomery and Liz Khan – thank you all.

VALERIE MILLARD

16K RUN

Jim Klinge	M50	65.31
Gareth Brunt	M45	65.49
John Allen	M40	67.28
Graham Thornton	M60	68.50
Mike Hale	M50	70.12
Johann Hagedoorn	M55	70.26
Frank Smith	M55	70.31
Vic Waters	M55	70.44
Delia Hendrie	W45	71.20
John Bell	M55	72.17
Mike Flood	M45	72.44
Simon Mort	M40	74.05
Paul Hack	Vis	75.50
John Ellard	M55	77.38
John Frost	M60	78.14
Brian Smith	M60	78.18
Bob Harrison	M55	78.42
Helen Reece	W45	79.59
Robert Sheehy	M55	81.11
Milton Mavrick	M45	84.02
Keith Atkinson	M40	84.15
Rod Tinniswood	M50	85.26
Michael Anderson	M50	85.27
Michael Khan	M55	85.33
Jackie Halberg	W50	86.57
Gillian Young	W50	87.45
Mick Malone	W50	88.22
Glenda Schulze	W40	88.46
Wendy Duncan	W50	89.08
Ann Turner	W65	89.17
Merv Moyle	M70	1:32:47
Margaret Warren	W65	1:34:43
Sue Bullen	W40	1:39:52
Eileen Brown	W55	1:40:36
Joan Pellier	W60	1:44:44
Shorty Turner	M65	1:45:31
Trevor Brown	M60	1:45:32
Peter Ryan	Vis	2:02:17

8K RUN

Trevor Nash	M35	29.51
Ian Davies	M50	30.08
Wally Crowley	M45	30.30
Brian Foley	M55	36.57
Gary Fisher	M45	38.26
Debbie Burge	W30	38.52
Bob Sammells	M60	39.18
George Schaefer	M65	43.22
Arnold Jenkins	M55	44.23
Ray Hall	M65	44.34
Wendy Clements-Green	W55	44.37
Phyllis Farrell	W55	48.16
Elaine Ellard	W55	51.09
Kirt Johnson	M70	51.09
Sheila Maslen	W60	51.19
Mary Heppell	W60	51.19
Alan Chambers	M60	51.36
Wal McKinnon	M60	52.41

5K RUN

David Carr	M60	20.53
Julie Wood	W50	31.13
Christine Kirkness	W50	31.13
Allan Tyson	M75	40.31
Glenys Shannahan	W75	57.33

16K walk results continue on next page

3 P's Run - Point Walter continued

16K WALK

John Mison	M50	1:37:35
Paul Martin	M55	1:37:35
Michele Mison	W50	2:01:57
Christine Wheeler	W45	2:21:20
Val Wheeler	W65	2:27:32
Alan Pomery	M65	2:27:33
Maggie Flanders	W60	2:27:55

8K WALK

Alan Jennings	M60	55.58
Jacqueline Billington	W55	56.01
Lorna Lauchlan	W70	59.15
Dorothy Whittam	W60	63.55
Pat Ainsworth	W65	67.43
Jackie Musk	Vis	70.56
Rex Bruce	M60	74.11
Leo Hassam	M70	74.12
Pat Canning	Vis	80.47

5K WALK

Pat Miller	W60	44.36
off Whittam	M65	45.17
Norm Miller	M65	50.21
Fred Watson (?Distance)	M80	42.38

Wireless Hill Run

Well what a beautiful morning and a great turn out of people, including several new members and visitors. We had a feed of hot cross buns and Easter eggs as usual and everyone enjoyed all the down hill running, someone even remarked "this is heaven" on the way through for his second lap. A very big thank you to all my special helpers, namely Pierre Viala, Margaret and Brian Bennett, Pat and Norm Miller, Jacqueline Billington, Elaine, Christine Kirkness. *Denise Lancaster*

5km.

Davies	M50	17.54
John Cresp	M50	18.07
Nicholas Gardiner	vis	19.22
Dave Roberts	M55	19.55
Brad Robertson	vis	21.41
Richard Harris	M60	23.10
Lauren Gardiner	vis	24.03
Syd Beer	vis	24.11
Darren Robertson	vis	24.13
Mike Anderson	M50	24.18
Jackie Halberg	W55	24.57
Liz Duffield	W45	25.44
Arnold Jenkins	M55	26.00
Ray Hall	M65	26.11
Henry Cortis	M55	26.13
Brian Aldrich	M70	26.17
Kent Johnson	M50	27.20
Alison Aldrich	W55	27.27
John Stene	M45	27.31
Sue Bullen	W40	27.33
Jenny Barnes	W45	27.40
Merv Jones	M60	27.45
Ray Lawrence	M70	28.07
Steve Toohey	vis	29.28

Robyn Watts	W45	29.31
Bronwyn Rees	W45	29.33
Pam Toohey	vis	29.47
Alan Chambers	M60	30.37
Julie Wood	W50	31.11
Trevor Brown	M60	32.20
Ruth Willmer	vis	33.45
Allan Tyson	M75	37.21
Lorna Lauchlan {walk}	W70	38.41
Dorothy Whittam {walk}	W60	38.17
Kerry Miller {walk}	vis	40.41
Rex Bruce {walk}	M60	42.08
Leo Hassam {walk }	M70	42.09
Jeff Whittam {walk}	M65	42.36
Barbara Bailey {walk}	W70	45.57
Genevieve Canowsin {walk}	vis	46.01
Jackie Musk {walk}	W55	47.31
Pat Canning {walk}	W55	47.32
Glenice Shanahan	W75	53.51

10 km

Jim Langford	M55	35.38
Chris Frampton	vis	36.28
Warren Gee	M50	36.38
Chris Coates	M45	36.47
Wally Crowther	M45	37.38
Neil McRae	M45	38.46
James McCarthy	M40	39.48
Wayne Robinson	M45	40.25
John Allen	M40	40.29
Johan Hagedoorn	M55	41.57
Simon Beaumont	vis	42.00
Ric Miller	M35	42.40
Jim Barnes	M55	42.51
Robyn King	W40	43.06
David Muir	M55	44.02
John Bell	M55	44.58
John Frost	M60	45.17
Mike Khan	M55	46.12
John Ellard	M55	46.53
Margaret Langford	W50	47.05
Mile Faunge	M60	47.15
Keith Atkinson	M40	47.18
Bob Sammells	M60	48.00
Debbie Burge	W30	48.41
Gary Fisher	M45	49.19
Simon Jawichne	M35	49.22
Rob Sheehy	M55	50.11
Keith Rimmer	M55	51.19
Gillian Young	W50	51.49
Margaret Robinson	W60	52.07
Rod Tinniswood	M50	52.29
Vic Beaumont	M70	53.19
Malcolm Reid	vis	54.01
Frank Gardiner	M50	54.14
John Dance	M50	54.56
Ann Turner	W65	55.00
Mitch Lolly	M60	55.32
Merv Moyle	M70	55.43
Margaret Warren	W65	56.56
Eileen Brown	W55	58.59
Paul Martin {walk}	M55	60.02
John Mison {walk}	M50	60.04
David Willmer	M45	60.34
Shorty Turner	M65	65.04
Elaine Ellard	W55	68.46

Michelle Mison {walk}	W50	70.18
Maggie Flanders {walk}	W60	87.02
Val Wheeler {walk}	W65	87.02
Alan Pomery {walk}	M65	87.02

Pagoda Run - 22.4.2001

This year we were able to run the true Pagoda Run, as road conditions under the Narrows Bridge were much safer. The day was perfect at the start, but out on the course it was hot. Apologies to those runners who were looking for a drink station at the 16km turn around (the jelly beans didn't quite substitute). Next year I will rectify that -rain, hail or shine! Amongst the 119 runners and walkers were 8 walkers who completed the 16km. Well done to everyone who participated. Many thanks to my helpers - Leo Hassam, Jeff Whittam, Mary Heppell, Henri Cortis, Barrie Thomsett, Diane York, Marg Taylor, Bev Thornton and Kirt Johnson (always there to help set up) *Jackie Halberg.*

5km Run

Ian Davies	M50	18:31
Wally Crowley	M45	18:41
Xavier Jennings	VIS	19:56
Don Caplin	M60	22:27
Liz Duffield	W45	23:54
Graham Lucas	M45	24:40
Lauren Gardner	VIS	24:57
Dick Blom	M65	25:12
Arnold Jenkins	M55	26:04
Kirt Johnson	M70	28:39
Joanne Pearce	W50	28:55
Ray Hall	M65	31:24
Keith Forden	M60	31:34
Alan Chambers	M60	31:35

5Km Walk

Jackie Musk	W55	44:02
Pat Canning	W55	44:04
Norm Miller	M65	46:20
Pat Miller	W60	47:41
Gail Gardner	W50	47:43
Ernie Moyle	M75	48:46
B Barrett-Lennard	M70	53:41

10Km Run

Jim Klinge	M50	39:57
Paul Hughes	M45	40:37
Bill Jones	VIS	41:52
Simon Beaumont	VIS	43:03
David Muir	M55	43:05
Jim Barnes	M55	45:41
Brian Foley	M55	46:18
Brian Danby	M50	48:05
Gary Fisher	M45	48:20
Margaret Langford	W50	48:23
Debbie Burge	W30	50:21
Adrian Damiani	M50	50:26
Peter Airey	M60	50:55
Michael Anderson	M50	51:33
Aldo Giacomini	M60	52:18
Keith Rimmer	M55	52:20

Continued from page 3

Vic Beaumont	M70	91:29
Mitch Loly	M60	92:22
Margaret Warren	W65	92:60
Paula Karra	W30	94:08
Roma Barnett	W50	96:26
Jeff Spencer	M60	96:27
Merv Jones	M60	98:34
Brian Aldrich	M70	100:26
Val Millard	W50	100:52
Eileen Brown	W55	102:33
Margaret Bennett	W55	107:02
Shorty Turner	M65	107:49
16Km Walk		
John Mison	M50	99:52
Paul Martin	M55	99:52
Michele Mison	W50	120:23
Peter Davies	M70	120:28
Christine Wheeler	W45	142:55
Gareth Gorman	M50	142:55
Val Wheeler	W65	149:41
Maggie Flanders	W60	149:41
10Km Walk		
Alan Jennings	M60	70:35
Jacqueline Billington	W55	71:48
Rex Bruce	M60	75:40
Lorna Lauchlan	W70	76:11
Dorothy Whittam	W60	84:53
Lynne Schickert	W55	84:54

16Km Run		
Jim Langford	M55	60:46
Chris Maher	M45	61:39
Chris Coates	M45	63:49
Wayne Robinson	M45	65:49
Graham Thornton	M60	71:13
Bob Schickert	M55	71:37
Paul Carr	M50	71:45
Doug Ashfield	M40	72:03
Mike Hale	M50	72:23
Johan Hagedoorn	M55	72:27
Brian Bennett	M50	73:27
Mike Flood	M45	74:39
John Bell	M55	75:20
Wayne Bates	M55	75:55
Nicholas Gardner	VIS	76:16
Mike Khan	M55	76:27
John Pellier	M60	76:32
Frank Gardner	M50	78:20
Milton Mavrick	M45	78:54
Simon Mort	M40	79:34
John Ellard	M55	79:46
Marge Forden	W55	79:49
Bob Sammells	M60	80:51
Helen Reece	W45	80:58
Simon Jawichre	M35	81:28
Richard Harris	M60	81:32
Bob Harrison	M55	81:48
Shirley Bell	W50	82:29
Rod Tinniswood	M50	83:19
Keith Atkinson	M40	83:20
Mike Faunge	M60	84:18
Syd Beer	VIS	84:24
Irwin Barrett-Lennard	M70	85:08
Robert Sheehy	M55	85:10
Gillian Young	W50	89:45
Irene Ferris	W45	90:56
Wendy Duncan	W50	90:56
John Dance	M50	91:02
Ann Turner	W65	91:06
MEN		
M45		
Clive Choate		
High Jump	1.35m	1st
Javelin	28.77m	2nd
Pentathlon	1594pts	2nd
Triple Jump	8.60	4th
Long Jump	4.03	4th
Shot Put	7.43	5th
Discus	20.72	7th
M50		
John Ventris		
100m heat	13.95	6th
100m hurdles	21.00	7th
M55		
Bert Carse		
1500m	4.36.15	1st
10k C/C	39.50	2nd
5000m	18.01.81	3rd
Brian Foley		
800m	2.25.14	2nd
1500m	5.09.15	6th
5000m	20.46.27	10th
10k C/C	51.05	12th
Roy Fearnall		
400m	57.87	2nd
100m	12.81	5th
200m	26.02	5th
Bob Schickert		
3000m Steeple	12.29.07	1st
10000m	40.55.14	5th
10k C/C	43.15	5th
M65		
David Carr		
800m	2.28.57	1st
1500m	5.14.21	1st
400m	63.67	2nd
200m	29.63	4th

New Members

A warm welcome to the new members approved at the committee meeting on 14 March 2001.

Don Frearson
Dean Campbell
Maria Hart
Trevor Scott
Eoin Rothery
Frank Hansford-Miller
Kevin Martin
Garry Smith
Jo Kelly-Wilson
Rod Tinniswood
Wayne Robinson
Heather Atkinson
Jayne Mitchell
Micheal Watson
Jim Turnbull

W.A. RESULTS - 2001 NATIONAL CHAMPIONSHIPS

Crest Athletics Track, Bankstown, NSW

WOMEN

W40

Lyn Ventris		
5000m Walk	23.55.50	1st
10k Road Walk	47.25	1st

(Aust Rec to be confirmed)

W45

Lynne Choate		
100m	13.15	1st
200m	28.09	1st
Champion of Champions	11.8h	=1st
400m	69.17	2nd
Triple Jump	8.30	2nd
Long Jump	4.33	3rd
Shot Put	6.65	5th
Discus	19.09	6th

W55

Val Prescott		
5000m	29.54.99	2nd
1500m	7.51.23	3rd
Javelin	15.21	6th
Discus	15.82	6th

Lynne Schickert		
2000m Steeple	13.46.39	2nd
Triple Jump	6.04	2nd
Long Jump	2.72	3rd
10k Walk	1.18.30	4th
5k Walk	--	4th

W65

Pat Carr		
100m	16.25	1st
200m	37.08	1st
Triple Jump	7.75	1st
Long Jump	3.57	1st
Discus	16.84	5th

Birthdays for May?
See previous issue



Training Groups

Mondays	18.00	Point Walter (WAMC)
Tuesdays	08.00	Perry Lakes Stadium
Tuesdays	17.00	Saw Avenue, Kings Park

Track and Field

Held each Thursday, October-March, starting at 17.30 in October and 18.00 from November to March. A range of events will be held each week.

The 2000-2001 program was held alternate weeks at the UWA Sports Park Oval, McGillivray Rd, Mt Claremont and Coker Park, Wharf St, Cannington. Separate program to be issued in Vetrun in August or September 2001. A fee of \$2.00 per person per night will be payable.

National Track and Field Championships

Adelaide, South Australia, Easter 2002

Club web site: <http://www.netprojex.com.au/wavac>

2001-2002 Program of Events

Office Bearers

Patron	Bill Hughes	
President	Bob Sammells	9309 2293
Vice President	Keith Atkinson	9313 1669
Secretary	Brian Foley	9339 2716
Treasurer	Bob Schickert	9330 3803
Committee	Val Millard	9330 7264
Committee	Maggie Flanders	9314 7556
Committee	(Vacant)	
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Statistician	Katrina Spilsbury	9313 3934
AAWA Registrars	Val Prescott	9321 8585
	David Carr	9339 8289
Auditor	John Mison	

Symbol Codes

B	BBQ (BYO)
M	Morning Tea Provided
	NB 50 cents donation please
H	Handicap Event
T	Trophy Event
C	Club Medal Event
RRC	Road Running Championships
RWC	Road Walking Championships
CC	Cross Country Event

Please check your Vetrun for late Program changes. Visitors welcome to all events. Visitors fee \$4.00.

2001		2002				
2001	26 Aug City to Surf	02 Sep Millers Run	14K/8K	McCallum Park	08.00	N & P Miller
06 May Weir RRC RWC	10K/5K 10K 5K	09 Sep Garvey Gallop	10K/6K	Garvey Park Faulteroy Ave Redcliffe	08.00	A Leggett
13 May Around Herdsman	8K/4K	16 Sep Bassendean	10K/7K	Point Reserve North Rd, Bassendean	08.00	J Billington B
20 May Bunbury Marathon and State Veterans Championship - Bunbury		23 Sep Cliff Boulder Trophy Walk	10.4K 5.2K	McCallum Park Vic Park	08.00	I Brown H M T
20 May Tompkins Park	9K/5K	30 Sep Dam-to-Dam	8K	Hardinge Park Hardinge Rd, Bickley Brook	08.00	J & P Hill
27 May University & Back RRC RWC	15K/8K 15K	04 Oct Track & Field Commences		(See separate program in Vetrun)		
03 Jun Andy Wright	10K/5K	07 Oct Bibra Lake	12K/6K	Progress Drive Bibra Lake	08.00	R Wallis
10 Jun Darlington Dash	16K/8K	14 Oct Wild Flower (Public Invitation Run)	10K/5K	Hale Oval Kings Park	08.00	D Wilmer & W Duncan
17 Jun 25K RRC Age Graded Walk	25K/10K 10K	21 Oct Guess Own Time CC Road Walk	8K 6K 12K	Saw Avenue Kings Park	08.00	V Waters B T
24 Jun Bardon Bash	10K/5K	28 Oct Herdsman Lake	10K/5K	Pony Club Jon Sanders Dr Herdsman Lake	08.00	J & D Whittam M
01 Jul Deepwater Point RWC	16K/7.2K 7.2K	04 Nov RIB Run	9K/5K	Lake Gwelup Huntriss Rd Karrinyup	07.30	Roma, Irene and Brian
08 Jul Perth Marathon & Relay		11 Nov Safety Bay	10K/5K	Foreshore Reserve Cnr Mailbu Rd/Safety Bay Rd	07.30	D & F McAuley
15 Jul Sharks	10K/5K	18 Nov Pelican Point	7K/5K	Pelican Point Res Australia II D, Crawley	07.30	Committee
22 Jul Joondalup	11.2K/5K	25 Nov Centenary Park CC Walk	9K/6K/3K 6K/4K	Centenary Park Centenary Rd Wilson	07.30	B Schickert
29 Jul Mill Point Rd Championships RWC	10K 10K	02 Dec Canning Caper	10K/6K	Riverton Bridge Fern Rd, Wilson	07.00	K Atkinson H
05 Aug Club Cross Country Championships	8K	09 Dec Mosman Park	10K/5K	Perrott Reserve McCabe St	07.00	P & S Hughes
12 Aug Club Half-Marathon Walk	21.1K/11K	16 Dec Lakes Age Graded Walk	8K 6K	Hockey Pavilion Off Perry Lakes Dr Foreat	07.00	J Bell & S Vellen M
19 Aug State Cross Country Championships	10K/5.2K	23 Dec Christmas Gift	8K/4K	McCallum Park Vic Park	07.30	L Schickert M
		26 Dec Boxing Day	8K/4K	Yokine Reserve Wordsworth Ave Menora	18.00	B Thomsett B
		30 Dec Clydesdale Park	8K/4K	McCallum Park Vic Park	07.00	J & M Wilson
		06 Jan Reabold Park CC Walk	10K/6.6K 6K	Perry Lakes Dr Foreat	07.00	B Foley
		13 Jan Carr-Shand	7K	McCallum Park Vic Park	07.00	J Midolo H M T (R & W)
		20 Jan Friendship with WAMC	12.2K/ 6.1K	Saw Ave Kings Park	07.00	J & J Pellier
		26 Jan Australia Day Group Run/Walk		Saw Ave Kings Park	07.00	
		27 Jan Point Walter	11K/6.2K	Point Walter Bicton	07.00	D Roberts
		03 Feb Banks	9.3K/6.4K	McCallum Park Vic Park	07.00	H Sanderson & T Speechly
		10 Feb AgeGraded Event Walk	8K 5K	McCallum Park Vic Park	07.00	D & P Carr
		17 Feb Deadly Medley Teams Relay	12K	Yokine Res Wordsworth Ave Menora	07.00	A & S Turner
		24 Feb Teddy Birds Picnic Walk	15.6K/ 7.8K 9.75K/5K	Arthur Farrell Playground May Dr, Kings Park	07.00	G. Schaefer
		03 Mar Mt Lawley Circuit	7.5K	Hammer Park Woodsome St Mt Lawley	07.30	L & M Rhodes H M
		10 Mar Applecross Jetty	8K/5K	Deepwater Pt Mt Pleasant	07.30	M Flanders & P Ainsworth
		10 Mar State Pentathlon Championships		Coker Park Wharf St, Cannington	08.00	Committee
		14 Mar State Steeplechase Championships		TBA	18.00	Committee
		15 Mar (State) Track & Field		Coker Park Wharf St Cannington	07.30	Committee
		17 Mar Championships)		Dodd St Glendalough	07.30	T Robertson
		24 Mar Lake Monger	10K/6K/3K	Almondury Rd Booragoon	07.30	D Lancaster
		31 Mar Wireless Hill	10K/5K	McCallum Park Vic Park	08.00	B Danby
		07 Apr Membership	10K/6K	McCallum Park Vic Park	08.00	
		14 Apr 3Ps	16K/8K/5K	Point Walter Bicton	08.00	V Milliard
		21 Apr Pagoda Walk	16K/10K/5K 16K	McCullen Pk Vic Park	08.00	J Halberg M
		25 Apr Track Handicap	10K	UWA Sports Pk McGillivray Rd Mt Claremont	19.00	D & J Whittam B T
		28 Apr Reabold Hill CC Walk	8K/5K 6K/8K	Perry Lakes Dr Foreat	08.00	D Blom

Helpers List

06 May Weir Run

Race Director: Phyllis Farrell
9458 7363

Helpers: Brian & Alison Aldrich, John Frost, John Cresp, Robert Harrison, Fred Haggar, Alan Jennings

13 May Around Herdsman

Race Director: Margaret & Jim Langford
9387 6347

Helpers: Mike Faunge, Ken Whistler, Graham Lucas, Roger Walsh, David Willmer, Jim Barnes, Sue Vetten.

20 May Tompkins Park

Race Director: Lachlan Marr
9398 6429

Helpers: Daryl White, Ray Hall, Milton Mavrick, Lesley Romeo, Mitch Loly, Mike Flood.

27 May Uni and back

Race Director: Gary Fisher
72 7062

Helpers: Wayne Robinson, Mike Hale, Frank Usher, David Scott

03 Jun Andy Wright -Aquinas

Race Director: Leo Hassam
9365 2800

Helpers: Loma Laughlan, Merv Moyle, Pat Ainsworth, Glenice Shanahan, Glenda Schultz

10 Jun Darlington Dash

Race Director: David James

Helpers: Mike Khan, Pat Miller, Dianne York, John West, John & Elaine Ellard, Bridget & Bert Carse, Jim Klinge.

17 Jun 25k

Race Directors Frank & Gail Gardiner
9295 4246

Helpers: Doug Ashfield, Jackie Halberg, Morris & Margaret Warren, Bob Fergie, John & Michelle Wilson, Alan Chambers.

John Gilmour Trophy 2001

Life member John Gilmour's Trophy is awarded to the Club member who achieves the best performance during the past year. Lyn Ventris set four Australian W40 records, listed below, in this period and the best of these won the Trophy for her.

Many congratulations to Lyn and to the others who recorded World-class performances.

				%
Lyn Ventris	44	5000m Walk	23:24.50	95.26
Lyn Ventris	44	5000m Walk	23:58.60	93.00
David Carr	68	800m	2:29.10	92.72
Lyn Ventris	44	5000m Walk	24:08.00	92.40
Lyn Ventris	44	3000m Walk	14:05.70	91.64
David Carr	67	800m	2:30.29	90.95
Pat Carr	68	Triple Jump	7.85	90.85
David Carr	68	800m	2:32.50	90.65
David Carr	68	1500m	5:09.70	90.65
Bert Carse	59	1500m	4:42.00	90.62
Lyn Ventris	43	5000m Walk	24:26.73	90.54
Bert Carse	59	1500m	4:42.40	90.49
Bert Carse	59	1500m	4:42.70	90.39

Bob Sammells

REG BRIGGS TROPHY, 2001

This trophy is awarded to the member who, in a third or subsequent year after joining the club, continues to improve on the performances set during the first two years. Qualifiers were Jackie Halberg, Lyn Schickert, Lyn Ventris (a two-week qualifying period), Gary Fisher, Brian Smith and Vic Waters.

The greatest achievements, both in quality and quantity, were achieved by Brian Smith. Brian trained very hard during the year and this award is a tangible recognition of the results of these efforts. We congratulate him on behalf of the club.

Dorothy Wittam, Graham Thornton
Bob Sammells
Reg Biggs Trophy Sub-Committee.

STATE PENTATHLON CHAMPIONSHIPS - 2001

			Long Jump		Javelin		200 m		Discus		1500m		Total
			Dist	Pts	Dist	Pts	Time	Pts	Dist	Pts	Time	Pts	
M50	1	Murray Tolbert	5.71	898	35.53	600	26.9	693	30.13	514	6 :35.0	319	3024 ★
M55	1	Henry Cortis	4.04	494	21.99	363	28.4	654	21.05	373	5 :50.3	587	2471
	2	Arnold Jenkins	3.23	281	21.17	345	30.8	486	19.18	330	6 :15.8	467	1909
M60	1	Peter Gare	4.55	743	34.91	670	28.6	717	34.75	641	6 :35.9	456	3227 ★
	2	David Clive	4.93	876	18.52	291	26.8	858	22.01	359	6 :51.0	395	2779
M65	1	David Carr	3.70	550	19.80	364	30.2	689	19.69	358	5 :39.9	810	2771
	2	Rob Shand	2.90	303	28.39	582	37.5	263	25.73	505	6 :35.9	542	2195
	3	Bob Fergie	3.36	439	25.65	512	37.3	272	26.43	522	7 :35.0	314	2059
M70	1	Gordon Medcalf	3.06	413	19.34	400	36.2	417	22.29	483	10 :48.8	3	1716
			Long Jump		Javelin		200m		Discus		800m		Total
			Dist	Pts	Dist	Pts	Time	Pts	Dist	Pts	Time	Pts	
W30	1	Jennifer Parker	4.57	446	18.76	275	29.2	522	28.43	433	2 :47.1	494	2170
W35	1	Katrina Spilsbury	4.54	524	11.74	173	29.2	568	24.42	358	3 :16.9	275	1898 ★
	2	Jo Kelly-Wilson	3.67	294	17.08	287	31.6	404	23.96	350	2 :59.7	425	1760
W45	1	Lynne Choate	4.24	631	16.96	392	28.5	802	19.78	345	3 : 5.1	518	2688 ★
W55	1	Peggy MacLiver	3.72	651	15.67	399	30.5	837	18.15	420	2 :40.2	964	3271
	2	Lueella Jenkins	2.74	290	18.34	482	39.7	283	16.03	360	3 :39.0	387	1802
	3	Lynne Schickert	2.56	235	9.40	206	45.4	78	11.8	242	4 : 4.7	212	973
W60	1	Ruth Johnson	3.17	527	13.26	380	37.0	508	13.40	335	3 :23.7	610	2360
W65	1	Pat Carr	3.46	768	15.69	543	35.8	684	16.05	487	DNF	0	2482
	2	Noela Medcalf	2.32	272	11.96	392	41.8	358	15.11	453	3 :50.0	496	1971

★ = New State Record

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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.