



The Vetrun

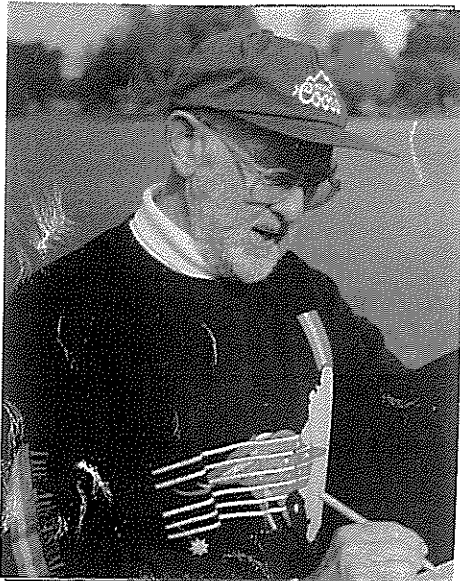


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Photos: Top, the girls having a good time at casserole night down at Tone River. See article inside. Left: Know your race director Bob Sammells (photo Vic Beaumont) Below: Bob Schickert, Bob Sammells (again!), Graham Thornton, Brian Bennett and Norm Miller doing the dishes at



New Address

Copy for the Vetrun can now be sent to 3/7 Gerald St, Como WA 6152



Club News

New Members

Brad and Michelle Robertson
Chris Devries
John McShane
Glen Gillet

Coat Found

Found at Coker Park last State Champs: Ladies size 14 shower-proof jacket, "New Edition", khaki or olive green. Probably belongs to dog-owning forgetful official. Please see David Carr.

Easter at Hobart

The Australian Veterans Track and Field Championships will be held in Hobart next Easter. It is time to make plans. Air tickets and accommodation are best arranged as early as possible. Training starts today. Among those going are Bob and Lynne Schickert, Brian Foley, Keith Martin, Pat and David Carr and Katrina Spilsbury (maybe!)

Helpers List

5th December

Mosman Park, Perrrot Reserve, McCabe St Mosman Park. Race director Paul Hughes 9384 5737
Helpers: D.Blom, P.Martin, S. Maslen, R.King, G.Innes, G.Schaeffer, R.Loomans and D.Roberts

12th December

Age Graded Handicap, Hockey Club Rooms off Perry Lakes Drive, near Oceanic Drive, City Beach. Race Director John Bell 9386 6975
Helpers: C.Walkley, F.Gardiner, G.Gardiner, A. Pomery, B. Outhwaite, S. Outhwaite, S.Mort, R. Walsh, P. Sanders, S. Sanders.

19th December

Christmas Gift- McCallum Park, Taylor St, Vic Park. Committee - 9313 1669, 9330 3803
Helpers: J.Barnes, J.Barnes, S.Dunn, C. Walkley, J.Davies.

26th December Boxing Day Run, Lake Leschenaultia off Rosedale Road Chidlow. Race director Barrie Thomsett 9276 6446
Helpers: Volunteers needed. This is a lovely evening run and the water in the lake afterwards is great!

2nd January 2000 Reabold Hill, Perry Lakes Drive, near Oceanic Drive, City Beach. Race director: Brian Foley 9339 2716
Helpers: M. Moyle, N. Miller, A.Jenkins, B. Johnston, A. Johnston, D.Scott, P. Slyth, and M. Slyth.

Congratulations!

Club member, Ron Tompkins (77) won Gold in the following classes at the 1999 World All-Round Weightlifting Championships. Left Hand Dumbell Swing- 20kg, Clean and Press- 40kg (a world record!), Right Hand Dead Lift- 105kg (a world best), Two Hand Dumbell Press- 35kg, Clean and Jerk-45kg and Left Hand Snatch- 27.5kg (another world best)

Congratulations are also due to the Vets Open Mens team which came 2nd to Mandurah in the Athletica winter series and to Brian Foley who will be an official in the starting area at the Paraolympics next year.

Rottneest Weekend 3-6th March 2000

\$45 per person with BYO food. Evening meal available at \$6 per meal. Ferry price is NOT included. See Pat Miller or Pat Ainsworth for more information.



Thanks to John Allen for fixing the loudspeaker

AAVAC Records and Rankings 1998-1999

This monumental effort by Russ Haines, editor of "Courier", the AAVAC magazine is a must-have for all competing veteran athletes. It contains the records and rankings for the year July 1998 to June 1999. The data has been collected from many sources including masters games, State and National championships, grand-prix events, interclub, special meets and even venue meetings. If you competed in a State or National championship, a Masters game or even at a venue, you might find your ranking for the year in this booklet. Another section in the book shows existing records for all track and field events in five year age groups at the following levels: World, Australia, Qld, Vic, NSW, WA, SA, ACT and Tas. It is a fascinating book and great value at \$6. If you are interested in getting a copy contact Russ Haines, 11 Ripley Court, Ringwood, Vic 3134. Work 03 9632 4077 Home: 03 9876 4367 or email AAVAC_Editor@bigpond.com

Know your race director

by Joan Pellier

Race director of the Club Half Marathon - **Bob Sammells**. Bob was born in London and came to Australia in 1975. Married to Maureen, he has four children and five grandchildren. Bob played rugby, soccer and swam at school and did some athletics while doing National Service in Germany. He is also a fan of Arsenal Soccer Club and worked for BankWest as a computer auditor. Bob joined the Vets in 1977, is a life member and has held just about every position on the committee and has been a race director since 1980. He heard about the running scene in Perth from Jeff

Joyce but Bob Harrison told him about the Vets. Bob's favourite run is the Darlington Dash, likes 10Ks and 10 miles. His most pleasing performance was to complete this years 50K RRC. Bob likes the camaraderie of the Vets, and loves seeing the members "do the best with what they have got" each week. As for the future of the Vets, he would like to see it continue to grow and to bring in new young members with new ideas. Bob's hobbies are family, computing, stock-market, chess and gardening. He is not fussy and likes any food, likes documentaries on TV and says the greatest movie ever made was the 1936 Olympic Games.

Tone River Weekend September 1999

The weekend at Tone River Cottages proved to be very enjoyable for all those who traveled down through the beautiful southwest countryside. Three days shared with good company, what more could one ask for?

Wendy Clements & Don Caplin had some bad luck on the way down, with a punctured petrol tank, but returned home and set off again early Saturday morning, in another vehicle, and arrived safely.

The Pellier's cottage was very quiet, Joan said "our rowdy days are over", they must be getting old!

It was nice to see Jill Chambers,(she has not lost her easy running style) Alan Chambers, who was expected to come also, had unfortunately broken his arm while on holiday in Bali, hope he makes a speedy recovery, I will be missing someone to talk to while running at the rear of the Sunday morning runs.

We were very fortunate to have really good weather, fine and mild, we even had our shorts on during the day, and only had the fire going on one night.

The usual early morning runs/walks started at 7:30am, and everyone was up and raring to go,(well almost everyone). The running tracks were

all well sign posted, and not many people got lost, except if one was talking and not paying attention.

The weekend followed the usual pattern, the football followers went into Manjimup to watch the game on the big screen. However, Roma and Wendy Duncan decided to ride their bikes into town (not realising that it was UPHILL most of the way), and their frantic distressed waving for help to the rest of the crew, who were following in their vehicles, was misinterpreted and they sailed past them, happily waving back. The luckless duo arrived at Manjimup some hours later, exhausted and in need of resuscitation.

Others less energetic went walking in search of wildflowers, of which there were few to be seen, and lazed around reading, sleeping etc ready for the big night.

Saturday evening being the traditional casserole night get together, the hungry crowd took no time in getting through the mountain of food provided, and the men did a very good job in the kitchen, (see photographic evidence) cleaning the dishes. Roma's birthday party photos provided a little light entertainment.

Sunday: the lengths some people will go to, to satisfy their craving for a Cappuccino!

Four such ladies drove to the coffee shop in ALBANY. Others went touring to various local spots to enjoy the beauty of the tall trees.

Sunday night being BBQ night, we retreated indoors as a cool wind had chilled our enthusiasm to stay outdoors.

A word for the Scrabble enthusiasts....

Ref: The New Shorter Oxford Dictionary (volume 2)

Roof/ruf/ n&v Pl. **roofs, rooves**

The outside upper covering of a building, esp. a house: the framing structure on top of a building supporting this.

We reluctantly took our leave on Monday morning, returning home refreshed and relaxed.

Thanks to Jan Jarvis for organising the weekend.

See you next year.

Margaret Bennett

Results

Finally some Gateshead performances.....

	Time	Pos.
Gary Clark M50		
1500m	4.38.51	19
3000m St/chase	11.36.12	9
John Bell M50		
10,000m CC	43.36	73
Bert Carse M55		
10,000m CC	36.20.00	12
10,000m	36.11.21	11
5,000m	17.39.60	8
Bob Schickert M55		
10,000m CC	39.32.00	35
10,000m	40.20.64	28
3000m St/chase	12.42.98	15
Brian Foley M55		
10,000m CC	44.23.00	63
1500m	4.58.23	19
800m	2.22.35	17
Mike O'Reilly M55		
1500m	5.45.96	35
200m	28.80	40
Roy Fearnall M55		
400m	59.48	18
200m	26.10	18
Richard Harris M60		
10,000m CC	54.13	63
David Carr M65		
800m	2.23.08	1
400m	62.01	4
Norm Richards M60		
100m	13.41	22
Trevor Scott M40		
10,000m CC	31.37	3
10,000m	31.49	5
Dorothy Whittam W60		
Weight Pent.	2778pts	10
Triple Jump	7.83	6
5Km Walk	34:35.68	10
Mary Heppell W60		
10,000m CC	64.28	25
5000m	29.46.42	23
Javelin	?	
Valerie Prescott W55		
Javelin	17.55	20
Discus	17.46	27
10,000m CC	63.32	31
5,000m	29.37.2	24

Joy Sanger W45		
Triple Jump	8.26	7
Long Jump	3.79	14
400m	73.6	20
200m	31.73	22

Diane York W45		
Triple Jump	8.01	9
Long Jump	3.71	15

Lynne Choate W45		
200m	27.33	5
100m	13.33	5

Sue Vetten W45		
10,000m CC	50.02	24

Lynne Schickert W55		
Triple Jump	5.64	10
10,000m CC	69.36	35
5Km walk	36:01.15	24

Bridget Carse W55		
10,000m CC	59.00	29

Jackie Billington W55		
10,000m CC	63.00	30
5Km Walk	33.31.58	17

Peggy Macliver W55		
200m	29.28	3
400m	65.52	2
800m	2.32.29	1

Pat Carr W65		
Triple Jump	8.03	3
100m	16.62	11
200m	35.15	13
Long Jump	3.57	5

Lorna Lauchlan W65		
Shot Put	5.88	12
5Km Walk	35.27.35	7

W40 Lyn Ventris		
5Km Walk	25:36.26	3

W45 Barbara Atkinson		
5Km Walk	28:53.13	6

Unfortunately, Terry Humphries and Maggie Flanders were disqualified in their walks

Records set at Gateshead:

W55 Peggy Macliver:

Peggy broke Dorothy Whittam's 200m State mark in the heat, semi and final of the 200m. Sadly, all were wind assisted so I cannot accept them.

In the 400m Peggy set a new State record of 67.56s in the semi, and another of 65.52 in the final.

In the 800m she ran 2:39.75 for a new record in the semi, then 2:32.29 in the final for new State and

Australian records.

W65 Pat Carr
Pat equaled her own State and Australian record of 8.03m in the Triple Jump.

W40 Lyn Ventris
Lyn improved her own State record with a time of 25:36.26 in the 5000m Walk.

W45 Barbara Atkinson
Barbara also improved her own State record with 28:53.13 in the 5000m Walk.

M40 Trevor Scott
Trevor took Clive Hicks 10,000m State record with his time of 31:49.32.

compiled by Bob Sammells

Dam to Dam Run 17.10.99

It was a perfect morning for a run, there were lots of wildflowers out and water across the road just before Victoria dam, making the course very interesting for all those that competed. We had 56 runners and walkers, which was a good turn out considering all the other events on that weekend. I would like to thank all the helpers, Toni Frank, Carol Broderick, Ken Brownlie, Bert Carse, Chris Coates and our son Shayne for their support on the day.

Judy and Peter Hill

Jim Lanford	M55	32.22
Craig Duffy	Vis	33.12
Ralph Henderson	M50	33.48
David Willmer	M45	35.00
Bob Schickert	M55	35.49
Jon Wannberg	M30	35.52
David James	M45	36.07
Tony Whittaker	M45	36.43
John Allen	M40	37.30
Evan McRae	M50	37.40
Vic Waters	M55	37.52
Chris Gillard	Vis	39.59
Phil Duffy	M55	40.28
Bryan Hardy	M55	40.34
Bob Sammells	M60	40.47
Rachel West	Vis	41.05
Simon Mort	M40	41.50
George Innes	M60	41.57
Adrian Damien	M45	42.25

Margaret Langford	W50	42.42
John Pellier	M55	43.05
John Mison	M50	43.09
Shirley Bell	W50	44.20
Clinton Turner	Vis	44.22
Aldo Giacomini	M60	44.27
Keith Atkinson	M40	45.59
Ray Hall	M65	47.37
Ron Sutton	Vis	47.50
Jeff Spencer	M55	49.50
Norm Miller	M65	49.52
Eileen Brown	W50	50.16
Merv Jones	M60	50.33
Ann Turner	W60	51.01
Val Millard	W50	51.25
Jackie Billington	W55	52.49
Kirt Johnson	M70	53.42
Margaret Warren	W60	53.59
Trevor Brown	M55	54.06
Joan Pellier	W55	54.16
Margaret Bennett	W55	55.12
Sue Bullen	W55	55.12
Brian Bennett	M50	56.23
Shorty Turner	M60	56.45
Greg McDowell	M45	57.47
Suzan Brand	W50	58.23
Lyn Stolze	W45	59.10
Dick Blom walk	M65	59.43
Phyllis Farrell	W55	62.55
Michele Mison walk	W50	64.15
Peter Simmons	M50	65.52
Denise Lancaster	W45	68.52
Lorna Lauchlan	W65	68.52
Ann Breeze walk	W50	73.01
Brian Holmes walk	M60	73.02
Val Wheeler walk	W65	74.39
Glenice Shanahan	W75	80.32

Herdsmen Run 31st October 1999

There was panic at the start, morning tea was scheduled but the power point was without power. The lynch mob were muttering but the lone stranger was at hand with a cry of Hey Ho Suzuki, was away to sons to borrow a generator which saved the day. The exhausted runners would have their tea after all. Our thanks to those who arrived early and helped clear away the broken glass and rubbish from the previous evenings party so we would have somewhere to have our tea and the physios would have a place to put up their tables so

they could minister to our aching muscles. Our thanks to those who helped put on the run with us: Jackie Halberg, Patricia Carr, Noela and Gordon Medcalf, Nora and Mike Berry, Val Wheeler, Fred Watson, Kurt Kappeler and Aldo Giacomini who was on standby. We hope that you all enjoyed the run. There were nine records set this year, our congratulations to those who set them and to the winners of the various distances. Ninety-seven people ran or walked the course this year. Thank you, **Dorothy and Jeff.**

10Km run

Bert Carse	M55	38.05*
Trevor Roberston	M45	38.16
Gary Fisher	M45	39.08
David Willmer	M45	40.03
Paul Hughes	M45	40.44
Bob Schickert	M55	41.26
Tony Whittaker	M45	41.32
Doug Ashfield	M40	42.28
Brian Danby	M50	42.51
John Allen	M40	42.57
John Bell	M50	43.37
Johan Hagedoorn	M55	43.49
Robert Mair	M50	45.15
Mark Rosen	M50	45.27
Mike Flood	M45	45.32
Mike Karra	M30	45.46
Bob Sammells	M60	45.56
David Muir	M50	47.40
Simon Mort	M40	48.03
Frank Gardiner	M45	48.26
Keith Atkinson	M40	48.52
Brian Smith	M60	49.10
John Pellier	M60	49.40
Shirley Bell	W50	49.55
Bev Morrissey	W50	49.56
Doug Hazell	M45	49.59
Aldo Giacomini	M60	50.56
Mike Faunge	M60	51.50
Bob Fergie	M60	55.12
Merv Moyle	M70	56.38
Karen Thompson	W30	56.41*
Brian Aldrich	M65	59.13
Val Millard	W50	59.40
Jackie Billington	W55	61.29
Irene Ferris	W45	63.55
Sue Bullen	W40	63.55
Brenda Mathews	Vis	54.26
Debbie Burge	Vis	55.33
Ron Sutton	Vis	57.26

5Km Walk

Dick Blom	M65	28.55*
Lynne Schickert	W55	37.08*
Arnold Jenkins	M55	39.38
Pat Ainsworth	W60	39.38
Maggie Flanders	W60	43.03
Alan Pomery	M65	43.04
Pat Miller	W60	43.35
Judy Hill	W50	44.01
Leo Hassam	M65	44.01
Gail Gardiner	W50	46.20
Carol Ann Lunn	W55	53.02
Lauren Gardiner	Vis	46.21

5km Run

Duncun McAuley	M50	18.42
Greg Salter	M45	18.49
Ian Davies	M50	18.52
Vic Waters	M55	20.33
Ivan Brown	M50	20.51
Graham Thornton	M55	21.24
Peter Hill	M50	21.25
Don Caplin	M60	21.50*
Jeff Lindhorst	M35	21.54
Michael Anderson	M50	22.25
Mike Rhodes	M50	22.28
Bryan Hardy	M55	23.09
Sandy Bond	W35	24.28
David Carr	M65	24.54
Robert Sheehy	M50	24.54
Ray Hall	M65	25.00
Peter Airey	M60	25.03
Margery Forden	W55	25.11*
Eddy Hill	M55	26.24
Tony Speechley	M55	26.32
Wendy Clements	W55	26.52
Merv Jones	M60	27.38
Norm Miller	M65	27.47
Margaret Warren	W60	27.48
Keith Forden	M60	28.03
Joan Pellier	W55	28.47
Ray Lawrence	M70	29.18*
Bridget Carse	W55	29.48
Marge Hazell	W45	30.56
Roma Barnett	W50	31.34
Jan Jarvis	W50	32.18
Anita Brown	W50	32.20
Lynne Stoltze	W45	32.36
Jane Robley	W40	33.11
Phyllis Farrell	W55	34.07
Mary Heppell	W60	35.47
Kirt Johnson	M70	40.21
Margaret Taylor	W45	40.44
Glenice Shanahan	W75	41.51*
Toni Frank	W50	42.23
Frank Usher	M75	44.20*
Chris Gillard	Vis	22.15

M. Prentice	Vis	30.42
Robyn Watts	Vis	32.17

* Denotes Record

Safety Bay - Waikiki Run

Fiona and I would like to thank all the Vets for attending our run and I hope everyone enjoyed the new "safe" venue. Weather was very pleasant with a light breeze (for Safety Bay!). Still too cool to swim except for Lynne Schickert! Thanks to all our helpers, Pat, Keith, Daryl, Vic, Jacqui and Laurie. Big cheer to Fred Watson, a young 80, it's a tough 5K. See everyone next year,

Fiona and Duncan.

5K Run

Ian Davies	M50	18.23
Ivan Brown	M50	20.15
Dennis Miller	M55	22.15
Alan Jennings	M55	22.24
Gerald Chase	M50	22.30
Peter Airey	M60	24.34
Ray Hall	M65	25.26
Norm Miller	M65	25.46
Arnold Jenkins	M55	26.40
Jackie Billington	W55	29.13
Bridget Carse	W55	29.15
Denise Lancaster	W45	31.22
Suzan Brand	W50	31.33
Lynne Stolze	W45	37.53
Allen Tyson	M70	40.06
Frank Usher	M75	40.26
Glenice Shanahan	W75	42.20

5Km Walk

Dick Blom	M65	29.35
(10km 62.04)		
Lynne Schickert	W55	34.45
Dorothy Whittam	W60	36.58
Val Wheeler	W65	40.05
Maggie Flanders	W60	40.49
Jeff Whittam	M65	43.15
Pat Miller	W60	40.26
Leo Hassam	M65	40.49
Alison Aldrich	W50	44.32
Fred Watson	M80	54.42

10Km

Jim Langford	M55	36.43
Bert Carse	M55	37.53
Chris Coates	M45	38.35
Bob Schickert	M55	42.01
John Allen	M40	43.03

Brian Danby	M50	43.27
John McShane	M35	47.40
Margaret Langford	W50	48.47
Tony Whittaker	M45	49.06
(late start-actual 42.56)		
Brian Foley	M55	52.09
Robert Sheehy	M50	54.13
Merv Moyle	M70	56.19
David Carr	M65	56.30
Brian Aldrich	M65	57.17
Margaret Bennett	W55	62.07
George Schaeffer	M65	57.27
(completed 7.5Km)		
Brain Bennett	M50	No time

Visitors

Mike Loseby	5km	22.17
Shane Loseby	5km	21.27
Christine Wheeler	5km	
Peter Harnett	10km	42.14
Sandy Wieggan	5kW	44.19
Mick Backshall	10km	46.55
Roy Beckett	10km	49.32
Gloria Stewart	10km	52.57
John Foster	5km	22.37

BIRKWATER RUN 8K X-Country October 24, 99

In the tradition of Kings Park, it had to happen one day.

Came the moment, came the man. I cannot tell a lie, it was me what done it.

To paraphrase Benjamin Franklin, for want of one flag, the whole field was lost.

Everyone missed the first turn. Not their fault. I forgot to flag it, vaguely assuming that 'everyone knows we turn right there'.

As I feebly explained after the event, a committee of enquiry has been set up. Joan Pellier has volunteered to take written complaints.

Evidence gathered so far:

1. We know that on reaching the memorial roundabout at the top of May Drive, the main pack turned on their heels and returned almost to the start, took the missed turn, and afterwards followed the well-marked course. So they probably ran about

10Km.

2. We know that one visitor, who reached the finish line in about 15 minutes, did a shorter distance (but then went off to run the proper course.)

3. We know that David Wilmer ran about 8k; and approached the finish from the wrong direction; that Brian Foley came in the right way, but ran some of the course the wrong way. Road marshals were also confused. Simon Mort, at the first road, was feeling very lonely until the entire pack rushed him at once. Mike Faunge (second road) couldn't figure out which way the race was being run, as Vets were coming from all directions.

Margaret Robinson (3rd road) had no problems, because she was in the wrong place.

Margaret Langford was very pleased that she was no longer race director, and enjoyed patrolling the road crossings to assess overall damage.

Once we realised what a total balls-up I had achieved, I bravely volunteered to go home before the angry mob returned, perhaps with a noose. Margaret wouldn't let me, and also refused to make the presentation announcements.

Time was of the essence, of course, and though all this year's cock-ups were untimely, we did have a winner.

David Wilmer, first club member in, ran exactly his predicted time of 31 minutes and 20 seconds. Of course we can't be sure how far he ran, but that's the least of our worries.

There were a few other problems involving time.

These include three runners who went home without their watches;

We also had a malfunctioning clock; and a stalwart helper, in charge of the recorder watch, who suffered paralysis of the index finger. He did shout the times at each finisher, but forgot to hit the lap button.

(Women say men can't do two things at once; could be right.)

So the results are:

David Wilmer - undisputed champion. Most people were lucky to be within ten minutes of their estimate.

Vic Waters - total ignominy.

Helpers - Simon, Leo, both Margarets, Bev, Maureen, Mike, Jim - I could never have done it without you. Next year you can do it without me.

Competitors - here's your finishing order:

Vic Waters

RUNNERS - IN FINISHING ORDER

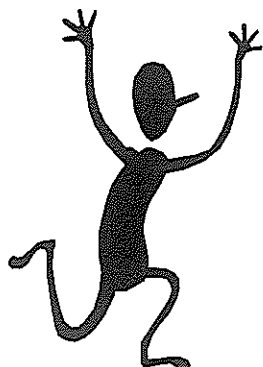
David Wilmer	M40
Brian Foley	M50
Duncan McAuley	M50
Bert Carse	M55
Ralph Henderson	M50
Jim Klinge	M50
Wally Crowley	M40
Paul Hughes	M45
Ian Davies	M50
Dave Roberts	M55
Gary Fisher	M45
Antoinette Shaw	W50
Bob Schickert	M55
Doug Ashfield	M40
John Bell	M50
Nick Miller	M35
John Pressley	M50
Blakeney Tindall	M35
Chris Kowalski	Vis
Graham Thornton	M55
Ivan Brown	M50
Robin King	W40
Johannes Hagedoorn	M50
John McGowan	M45
Mike Flood	M45
John Griffiths	Vis
Paul Martin	M55
Bob Sammells	M60
Bob Mair	M50
Mike Anderson	M50
Jeff Lindhurst	Vis
Brian Smith	M60
Adrian Damiani	M45
Stan Lockwood	M70
John Pellier	M60
Ray Hall	M65
George Innes	M60

Sue Vetten	W45
Karen Crellin	W55
George Schaefer	M65
Peter Airey	M60
Jenny Barnes	W45
Richard Harris	M60
Robert Sheehy	M50
Stuart Parkinson	M50
Leon Sander	M60
David Carr	M65
Bob Fergie	M60
Eileen Brown	W50
Bruce Wilson	Vis
Merv Moyle	M70
Jeanette Tivieros	W40
Debbie Burge	Vis
Norm Miller	M65
Val Millard	W50
Ron Sutton	Vis
Vic Beaumont	M65
Jacqui Billington	W55
Merv Jones	M60
Arnold Jenkins	M55
Trevor Brown	M55
Margaret Bennett	W55
Sue Bullen	W40
Irene Ferris	W45
Lorna Laughlan	W65

WALKERS - 12K
Dick Blom M65 76:14

WALKERS - 6K		
Barry Lunn	M60	46:34
Lynne Schickert	W55	46:41
Dorothy Whittam	W60	47:25
Val Wheeler	W65	51:15
Alan Pomery	M65	51:19
Fred Watson	M80	51:54
(5km)		
Maggie Flanders	W60	51:56
Jeff Whittam	M60	52:16
Pat Miller	W60	57:01
Carol-Anne Lunn	W55	58:50
Pat Ainsworth	W60	59:38

Vic fleeing
the scene of
the crime!



Track and Field

7th October

60m

John Stone	M45	8.3
Arnold Jenkins	M55	8.6
David Carr	M67	9.9
Katrina Spilsbury	W33	8.5
Pat Carr	W67	10.3

1000W

Greg McDowell	M45	4.55
Don Stone	M70	6.38
Rebecca Cook	W52	5.53
Valerie Millard	W52	6.13
Lynne Schickert	W58	6.35

1500m

Glen Gillett	M33	5.36
Brad Robertson	M32	5.03
Jon Wannberg	M33	5.10
John McShane	M35	5.50
Doug Ashfield	M42	5.40
Greg Vander Sanden	M40	4.52
Brian Foley	M55	5.15
Arnold Jenkins	M55	6.16
David Carr	M67	6.16

Triple Jump

David Carr	M67	5.92
Katrina Spilsbury	W33	9.32
Valerie Millard	W52	5.11
Lynne Schickert	W58	5.49

Hvy Wt

Arnold Jenkins	M55	7.54
Bob Fergie	M64	11.61
Alex Cummings	M65	10.36

Discus

Keith Martin	M55	18.22
Bob Fergie	M64	27.3
David Carr	M67	18.34
Alex Cummings	M65	31.55
Katrina Spilsbury	W33	23.66
Valerie Millard	W52	11.16
Lynne Schickert	W58	9.42
Pat Carr	W67	14.21

14th October

200m

Campbell Till	M42	29.5
Ros Calnan	M57	36.4
Arnold Jenkins	M55	31.4
Norm Richards	M61	33.8
Leon Sander	M62	32.6
Alex Cummings	M65	34.6
Pat Carr	W67	37.4

1500W

Bruce Wilson	M53	8.18.8
Jackie Billington	W56	9.37.6
Lynne Schickert	W58	10.24.7
Lorna Laughlan	W69	11.07.9
Glenice Shanahan	W75	12.44.0

3000m

Glen Gillett	M33	11.26
Brad Robertson	M32	10.43
Jon Wannberg	M33	11.03
John McShane	M35	12.09
Doug Ashfield	M42	11.39
John Della Barca	M43	12.03
Bernard Mangan	M44	10.45
John Cresp	M48	10.32
Nick Bailey	M50	13.17
Ivan Brown	M53	11.38
Ian Davies	M52	10.43
Bruce Wilson	M53	11.25
Brian Foley	M55	11.21
Arnold Jenkins	M55	13.56
Alan Jennings	M59	12.51
Bob Schickert	M57	11.02
Bob Fergie	M64	15.33
Norm Richards	M61	15.18
Leon Sander	M62	13.19
David Carr	M67	12.25
Tessa Brockwell	W43	11.16
Peggy McLiver	W55	13.07
Val Prescott	W55	17.1
Anne Shaw	W51	11.33
Jackie Billington	W56	16.25
Lynne Schickert	W58	19.51
Lorna Laughlan	W69	19.24

Discus

Murray Tolbert	M53	28.9
Bob Fergie	M64	29.26
Leon Sander	M62	25.92
John Sutton	M64	25.32
Alex Cummings	M65	36.12
Robert Shand	M67	26.55
Peggy McLiver	W55	15.12
Val Prescott	W55	16.04
Lynne Schickert	W58	11.34
Pat Carr	W67	16.01
Lorna Laughlan	W69	13.64

400m

Bruce Wilson	M53	73.9
Bob Schickert	M57	78.8
Jennie Adamson	W35	82.3

21st October

400m

Glen Gillett	M33	62.71
Brad Robertson	M32	59.37

Micheal Watson	M34	58.22				Lorna Laughlan	W69	10.47
John McShane	M35	65.49	1500m			Glenice Shanahan	W75	13.01.1
Blakeney Tindall	M38	65.07	Glen Gillett	M33	5.12.3	Discus		
John Della Barca	M43	71.60	Micheal Watson	M34	4.55.3	Jon Wannberg	M33	11.68
Greg Vander Sanden	M40	55.06	John McShane	M35	5.40.4	Warren Davey	M49	17.81
Warren Davey	M49	69.65	Blakeney Tindall	M38	5.18.4	Ivan Brown	M53	14.89
Brian Kowald	M50	67.60	Doug Ashfield	M42	5.23.2	Greg MacRaye	M50	23.53
Evan McRae	M50	79.90	John Della Barca	M43	5.36.5	Murray Tolbert	M53	30.03
Greg MacRaye	M50	65.30	David Reid	M45	4.56.7	Bruce Wilson	M53	12.29
Robert Mair	M50	73.49	Ian Davies	M52	4.54.9	Ed Carrol	M58	34.95
Brian Foley	M55	66.05	Brian Kowald	M50	5.47.0	Brian Foley	M55	19.03
Arnold Jenkins	M55	68.71	Jim Langford	M54	4.48.9	Arnold Jenkins	M55	17.25
Keith Martin	M55	64.57	Evan McRae	M50	5.23.8	Bob Schickert	M57	12.4
Bob Schickert	M57	74.00	Robert Mair	M50	5.30.2	Bob Fergie	M64	25.17
Bob Fergie	M64	86.10	Alan Jennings	M59	5.44.1	Leon Sander	M62	25.4
Ray Hall	M64	85.80	Bob Schickert	M57	5.08.9	John Sutton	M64	24.65
David Carr	M67	66.52	Alan Tyson	M73	9.03.0	David Carr	M67	20.56
Alex Cummings	M65	104.60	Tessa Brockwell	W43	5.13.5	Alex Cummings	M65	30.53
Peggy McLiver	W55	66.56	Anne Shaw	W51	5.15.3	Robert Shand	M67	25.3
Jackie Billington	W56	88.80	Margaret Robinson	W60	7.25.9	Alan Tyson	M73	17.77
Lynne Schickert	W58	112.40	Hammer			Bill Chapman	M75	27.26
Pat Carr	W67	90.00	Warren Davey	M49	13.46	Ron Tompkins	M77	21.17
Lorna Laughlan	W69	134.50	Greg MacRaye	M50	19.82	Valerie Millard	W52	13.59
Long Jump			Murray Tolbert	M53	24.63	Peggy McLiver	W55	15.97
Blakeney Tindall	M38	3.36	Arnold Jenkins	M55	21.02	Val Prescott	W55	15
David Wyatt	M48	4.80	Bob Fergie	M64	31.79	Jackie Billington	W56	12.29
Keith Martin	M55	4.55	John Sutton	M64	16	Lynne Schickert	W58	12.62
John Sutton	M64	2.70	Alex Cummings	M65	32.54	Dorothy Whittam	W63	15
Alex Cummings	M65	3.06	Ron Tompkins	M77	20.61	Pat Carr	W67	14.79
Ron Tompkins	M77	2.65	Eileen Hindle	W49	26.12	Lorna Laughlan	W69	12.91
Gill Edmonds	W30	3.89				Triple Jump		
Peggy McLiver	W55	3.43				David Wyatt	M48	10.33
Lynne Schickert	W58	2.38	28th October			Leon Sander	M62	8.82
Pat Carr	W67	3.37	100m			John Sutton	M64	5.42
Javelin			Glen Gillett	M33	13.99	Alex Cummings	M65	6.98
Brad Robertson	M32	15.10	Greg Clark	M36	13.58	Katrina Spilsbury	W33	9.8
Warren Davey	M49	23.79	Henry Cortis	M53	13.6	Shot		
Murray Tolbert	M53	35.66	Greg MacRaye	M50	14.21	Henry Cortis	M53	7.45
Brian Foley	M55	16.43	Robert Sheehy	M50	15.14	Murray Tolbert	M53	10.12
Arnold Jenkins	M55	22.13	Ros Calnan	M57	15.81	Ros Calnan	M57	7.43
Bob Schickert	M57	16.10	John Davies	M55	14.05	Ed Carrol	M58	10.43
Bob Fergie	M64	25.50	Barrie Kernaghan	M59	13.42	Bob Fergie	M64	8.53
John Sutton	M64	23.08	Norm Richards	M61	14.51	John Sutton	M64	6.99
David Carr	M67	21.70	Leon Sander	M62	14.61	Alex Cummings	M65	7.67
Alex Cummings	M65	18.08	Alan Tyson	M73	19.19	Alan Tyson	M73	7.24
Don Stone	M70	13.64	Katrina Spilsbury	W33	14.73	Bill Chapman	M75	9.04
Alan Tyson	M73	16.48	Jennie Adamson	W35	15.95	Ron Tompkins	M77	6.97
Ron Tompkins	M77	18.09	Peggy McLiver	W55	15.07	Pat Carr	W67	6.22
Robin King	W40	18.68	Pat Carr	W67	16.88	5000m		
Eileen Hindle	W49	16.90	1500W			Glen Gillett	M33	24.3
Peggy McLiver	W55	18.13	Greg MacRaye	M50	9.32	Brad Robertson	M32	18.49
Jackie Billington	W56	13.06	Dick Blom	M65	8.45	Jon Wannberg	M33	19.45
Lynne Schickert	W58	11.72	Valerie Millard	W52	10.01	John McShane	M35	21.2
Pat Carr	W67	14.80	Jackie Billington	W56	9.39	Nick Miller	M35	19.34
Lorna Laughlan	W69	14.62	Lynne Schickert	W58	10.07	Doug Ashfield	M42	19.47
			Dorothy Whittam	W63	10.02			

Frank Gardiner	M45	20.5
Nick Bailey	M50	22.03
Ivan Brown	M53	20.03
Ian Davies	M52	18.27
Jim Langford	M54	17.17
Brian Kowald	M50	21.53
Robert Sheehy	M50	26.36
Bruce Wilson	M53	18.47
John Davies	M55	19.07
Brian Foley	M55	19.35
Bob Schickert	M57	18.55
Bob Fergie	M64	26.42
Ray Hall	M64	25.1
Leon Sander	M62	23.07
David Carr	M67	20.35
Robert Shand	M67	27.45
Jennie Adamson	W35	24.12
Shirley Bell	W50	23.03
Valerie Millard	W52	27.55
Peggy McLiver	W55	22.25
Val Prescott	W55	32.39
Anne Shaw	W51	19.2
Jackie Billington	W56	27.52
Lynne Schickert	W58	33.05
Margaret Robinson	W60	26.57
Lorna Laughlan	W69	32.06

HAPPY BIRTHDAY TO OUR DECEMBER MEMBERS

Harris, Richard	01/12/36	63	remains	M60
Khan, Michael	01/12/44	55	becomes	M55
Shaw, Anne	01/12/47	52	remains	W50
Davis, Rosa	02/12/43	56	remains	W55
Humphrey, Terry	04/12/51	48	remains	M45
Lankester, Ian	06/12/47	52	remains	M50
Short, Jeremy	07/12/50	49	remains	M45
Millard, Valerie	08/12/46	53	remains	W50
Gee, Warren	11/12/50	49	remains	M45
Russell, John	12/12/32	67	remains	M65
Penton, Kathleen	15/12/41	58	remains	W55
Zaehner, Bernie	16/12/58	41	remains	W40
Webb, John	17/12/44	55	becomes	M55
Berry, Nora	17/12/29	70	becomes	W70
Hughes, Susan	17/12/50	49	remains	W45
Gardiner, Frank	17/12/49	50	becomes	M50
O'Brien, Ross	17/12/51	48	remains	M45
Beaumont, Victor	19/12/29	70	becomes	M70
Doore, Pixie	20/12/46	53	remains	W50
Smith, Brian	20/12/38	61	remains	M60
Robley, Jane	22/12/56	43	remains	W40
Brown, Trevor	24/12/39	60	becomes	M60
Barrie, Stephen	25/12/35	64	remains	M60
Head, Phyllis	26/12/19	80	becomes	W80
Holland, Ross	26/12/37	62	remains	M60
Davies, Stephen	27/12/53	46	remains	M45
Moffett, Dalton	28/12/30	69	remains	M65
Schaefer, George	28/12/32	67	remains	M65
Crowther, Derek	29/12/41	58	remains	M55
Slinger, Barrie	29/12/39	60	becomes	M60

On a light note....

If you are familiar with modern computers then you will know that they all have spell checkers built into their typing programs. Of course this is very useful except there is one very frustrating problem....they only recognise words spelt wrong not whether it is the right word or not! Here is a poem highlighting this problem!

Com pewter Daze

Eye have a spelling chequer
 It came with my pea sea
 It plainly marques four my revue
 Miss steaks eye kin knot sea
 Eye strike a key and type a word
 And weight four it to say
 Weather eye am wrong or write
 It shows me strait a weigh
 as soon as a mist ache is maid
 it nose bee fore two long
 and eye can put the error write
 Its rare lea ever wrong.
 Eye have run this poem threw it
 I am shore your please two no
 Its letter perfect awl the weigh
 My chequer told me sew!

Poem by J. Lancaster

New Year's Eve Supper Dance

Inter City Motel corner Great
Eastern Highway and Hardy Road
7.30pm to 12.30am \$30 B.Y.O

Hotel
accommodation
\$84 per room
See Joan Pellier
9459 7782

