



The Vetruns



No. 289 October, 1997

Patron: Bill Hughes

President: Brian Foley

Editor: Richard Harris 9457 6102



TOP ATHLETES
 Medal winners at Rosie O'Grady's included from top left Wendy Duncan, Jenny Barnes, Val Millard; the magic Misons, John and Michelle; roving writer Joan Pellier; and dashing Steve Dunn and Milton Mavrick. Well done these top athletes.



PETUNG HASH HOUSE WARRIORS DEEPAVALI RUN



RUNNING MATES JIM LANGFORD & MARGARET BIRKS

Meet this month's mates in running - Jim Langford and the soon to be Mrs Langford - Margaret Birks.

Jim and Margaret marry in November and are going bush walking for their honeymoon along with Bob Fergie and a few friends they met on the Vets long weekend at Margaret River.

Margaret was born at King Edward and lived most of her life in Kalamunda. Jim, Canning Vale.

Because of asthma, Margaret did very little sport at school but later did some swimming to stay fit. Around 39 one of her friends told her she had the build to be a runner, so she tried a 4 km one dark night which was so painful, thought it could only get easier if she did more.

Although Jim ran a few cross countries at school and was pretty



fit as he cycled to school from Canning Vale to Kent Street every day, Jim didn't get into athletics until he was 17 when he joined Canning Districts and was coached by John Gilmour.

Jim has won 53 State titles and is the only person to have won seven in a year. In 1963 he ran in the Australian cross country at age 19 and came 7th. He represented Australia three times in cross country, at Limerick, Rabat and Dusseldorf and in 1965 won the Australian cross country, which included Ron Clarke. He also won the 1978 Australian Marathon in 2:18:35 on his 35th birthday.

While at Falls Creek for a group study on altitude training Jim ran 153 miles in a week. He also ran eight weeks of 200 km per week.

Jim's best marathon time is 2:18 at age 33. His best track times are 3:52:6 for 1500 metres; 5 km in 14:05 and 10 km in 29:10:6. He believes unlike many top class athletes he still runs because he runs for himself. He also runs every day.

MARGARET

Occupation: teacher

How did you hear about the Vets? Met John Pressley at a Marathon Club event. He suggested I go along.

What she likes about Vets: they are really supportive and friendly.

Any changes: Both said Vets are very successful and fine as is.

Favourite distance: 10 km

Favourite run: any cross country.

Most Pleasing performance: Bunbury half marathon in under 95 minutes, this year's club half marathon in 97 minutes (now I'm in W50s age group).

Other interests: reading, music bush walking, gardening.

Favourite food: curries and carrot cake "but not together."

Favourite TV program: both o busy to watch much TV.

Favourite movie: Both "The Castle."

Margaret's pet hates: mobile phones and panty hose.

JIM

Occupation: Information Systems officer

How did you hear about the Vets: was running before Vets were formed.

What you like about Vets: Not sure

Favourite distance: 5km and 10 km.

Favourite event: Garden Island cross country (WAMC event)

Most pleasing performance: Beating Ron Clarke in the 1965 Australian Cross Country.

Other interests: Bush walking, rogaining. Jim belongs to Men of the Trees and helps farmers plant trees.

Favourite food: not very discerning, eats anything. - Joan Pellier.

AUSTRALIAN MASTERS GAMES - CANBERRA

Good luck to any of our members going to Canberra for the Masters Games. We know of at least one member who will be proudly wearing the WA Vets colours - Geoff Brayshaw. Hope that extra training pays off, Geoff. Looking forward to a report for the Vetrun.

AWAY WITH THE KIWIS

If you are going to the Oceania Games in New Zealand in January, and you need a new Australian uniform, contact Jackie Halberg on 9364 4474 for details as orders must be placed before October 31.

1998 OCEANIA GAMES - HASTINGS NZ.

All Australian Vets are again reminded that these games are being held in NZ from 17th to 24th January, 1998. Most events will be held at the Nelson Park Stadium in Hastings with the Cross Country held at Napier, 15km away.

The NZ Organising Committee is very anxious that we send over a large group and has assured us that they will be putting on a top class meeting and look forward to some healthy competition from us.

The AAVAC travel agent, JCT Travel now has accommodation and air flight packages available and can quote for any travel

arrangements that you may require.

If you are thinking of going please phone Karen Hearn on 08 8231 5399 or write to her at JCT Travel, Level 3, 45 Grenfell St, Adelaide 5000 and let Karen know what you need, including any other travel within NZ before or after the Games.

Entries for these games close on 7th November, 1997. Entry forms are available from Jackie Halberg, 9364 4474

NATIONAL MUTUAL NEW ZEALAND MASTERS GAMES

I have received notification that these games are being held in Dunedin from January 31 to February 8, 1998. Some Vets members might like to combine this event with the Oceania Games. For further information contact The National Mutual New Zealand Masters Games, PO Box 5845, Dunedin, New Zealand. Phone 03-474-1429.

THE GREAT FLAG HUNT

Flags are becoming an endangered species. Would race directors and helpers please check car boots, garages and other likely places where flags may be lurking. If any are found, please bring along to a Sunday run and give to a Committee member.

VETS ANNUAL DINNER DANCE

Our Annual Diner Dance will be held at the Freeway Hotel, South Perth on Saturday, November 15th and tickets will be on sale at \$27 from committee members soon. Please make a note of this event in your diary.

Contact Graham Thornton at runs or phone (H) 9293 3027 or any member of the committee.

GYPSY SIREN SONG

Hi, to all our running mates from the Geriatric Gypsies.

This is coming to you from Port Douglas in Far North Queensland as we travel in our caravan around Australia over the next months.

We travelled across the top of Australia, after a month fishing on the Ningaloo Reef, through Kimberley and Kakadu, and the last month or so in the Tropics. Life on the beaches up here is very easy to take, brown as berries, keeping fit swimming and walking. Sun, sand and surf, tropical fruit and fish are very enjoyable.

Will keep you informed as we travel south towards Tasmania, then home across the South of Oz.

Regards to all. - Val and Robin Bonner.

COPY FOR THE VETRUN

Jackie Billington has retired from the job of assistant editor of The Vetrin. She has undertaken this task for many years. This year she has not enjoyed good health and needs a break. We thank her for her efforts on our behalf in the past and wish her well in the future.

All results and copy items should be posted directly to Richard Harris at 30 Cosmelia Way, Parkwood WA 6147

Ph: 9457 6102 or see at regular Sunday runs.

HESTER PARK

Sept 21 1997

With the race directors of the Hester Park run, Merv and Sue Jones, winging their way over America, requests were made for a volunteer to take over the event...without even moving my lips I found that I had the position. Aren't wives wonderful?

Inspection of the track a week or so before the race found two sections of the cycle way had been dug up, which caused me a little concern. The weather forecast was for fine weather and that really worried me!! However, the boys in the weather bureau had got it right and whilst marking out the track early that morning

I was relieved to find that the sections of track had been relaid.

88 competitors set off for the 6 and 12km events and 88 returned.

Many thanks to those who helped with recording, the drinks and the general organisation. We look forward to seeing you all at Hester Park next year...especially Merv and Sue. - Gareth Brunt.

12 km run

Dave Eltringham	M40	42.07
Jim Langford	M50	42.11
John West	M45	44.40
Ann Shaw	W45	46.37
Gary Fisher	M45	47.45
Evan McRae	M45	49.16
Ian Lankester	M45	49.37
Brian Danby	M45	50.21
Jim Barnes	M50	51.09
Brian Bennett	M50	52.33
Frank Gardiner	M45	53.34
Alan Jennings	M55	53.47
Margaret Birks	W50	53.55
Bob Sammells	M60	55.22
Mike Anderson	M45	55.30
John Pellier	M55	56.15
Stan Lockwood	M60	56.23
George Schaefer	M60	56.35
Graham Thornton	M55	56.59
Bob Schickert	M55	57.39
Marge Forden	W55	57.54
Lyn Harrop	W45	58.40
Stuart Parkinson	M50	62.23
Dalton Moffett	M65	62.23
Aldo Garcimin	M60	62.41
Margaret Robinson	W55	63.04
Brian Smith	M55	63.23
Jenny Barnes	W45	64.31
Richard Harris	M60	64.31
John Russell	M60	64.54
Val Millardq	W50	65.01
Brian Palmer	M50	65.13
Merv Moyle	M70	66.23
Roma Barnett	W45	68.16
Irene Ferris	W45	69.54
Trevor Brown	M50	71.31
Shorty Turner	M60	73.27

6km run

Ian Davies	M50	22.57
Bruce Wilson	M50	23.47
John Pressley	M50	24.25
Bob Thomson	M50	24.27
Kevin Corton	M50	26.57
Mike Rhodes	M50	27.45
Peter Airey	M60	28.16
Doug Hazell	M45	29.16
Jo Pearce	W45	29.25
Phil Hookes	M45	29.28
Shirley Bell	W45	30.44

Jackie Halberg	W50	31.25
Keith Forden	M55	31.45
Ann Turner	W60	32.09
David Carr	M60	33.05
Brian Aldrich	M65	34.40
Mary Heppell	W60	36.59
Rosa Davis	W50	36.59
Marg Bennett	W55	37.28
Jackie Billington	W50	37.30
Allen Tyson	M70	37.31
Frank Usher	M70	42.49
Mike Johnson	M45	43.21
Kirt Johnson	M65	43.21
Marg Taylor	W45	47.12
Glenis Shanahan	W70	50.57

6km walk

Wints Hough	M45	32.23
Ray Hall	M60	38.45
Lesley Romeo	W50	44.08
Judy Lankester	W45	46.00
Pat Ainsworth	W60	47.44
Lois Smith	W45	47.49
Ree Ng	W40	48.30
Val Wheeler	W65	49.48
Ernie Moyl	m70	50.22
Rex Bruce	M55	57.18
Maureen Wilson	W55	57.31
Fred Watson	M75	62.19
Alan Parne	M65	62.20

12km walk

John Mison	M50	66.58
Bob Fergi	m60	75.00
Greg McDowell	M40	76.13
Rosemary Holloway	W40	77.40
David Brown	M50	78.42
Michelle Mison	W50	85.20
Jill Midolo	W50	91.46

Visitors

Sonya Lawrie	6km	24.37
Bill Smith	6km	27.02
Sandra Smith	6km	33.53
Paul Odam	12km	44.37
Nick Gardiner	12km	53.34

DAM TO DAM

Sunday October 5 1997

This was our first event and it was set in the valley at the Bickley Dam, Orange Grove.

The weather forecast was for a very warm day but instead we had a dreaded easterly blowing up the valley making conditions a little unpleasant but keeping the temperature down.

The run started from Bickley, followed the river up for about 2 km to a bridge that was used as part of the railway line bringing timber down from Bartons Mill

at the turn of the century. It then turned right and followed another stream up to the site of the old Victoria Dam. This site has now undergone a change with the addition of the new Victoria Dam wall. It has been landscaped, toilets and picnic facilities have been added, making it a great place to run through. It was then up to the wall to take full advantage of the view over the dam and look back down the valley to Perth in the distance. The run then retraced the track back to the Bickley Dam for breakfast and morning tea at Harding Park.

I would like to thank the following people who helped on the day - Ray Hall, Shayne Hill, Damian West, Lois West, Pat Barnes and Keith Forden, who helped at the finish when the printer would not work on the timekeepers clock. We had to resort to the good old fashioned way of recording, with pen and paper.

RESULTS

8.25 km run

Jim Klinge	M50	35.01
Ian Davies	M50	35.26
Dave Roberts	M50	36.07
Ian Lankester	M45	36.15
Ivan Brown	M50	36.16
Frank Smith	M55	36.42
Brian Bennett	M50	37.08
Janet Kelly	W40	37.14
Hugh Kirkman	M55	37.20
Jim Barnes	M50	37.39
Blakeney Tindall	M35	38.14
John Bell	M50	38.51
Paul Kelly	M40	39.11
John Pressley	M50	39.23
Milton Mavrick	M40	39.25
Alan Jennings	M55	39.26
Mike Khan	M50	39.41
Bob Sammells	M60	39.53
David Carr	M65	40.29
Sue Vetten	W45	40.35
Graham Thornton	M55	40.40
Keith Atkinson	M40	40.58
John Pellier	M55	41.27

Simon Mort	M40	41.36
Mitch Loly	M55	41.50
Mike Anderson	M45	42.11
Brian Foley	M50	42.50
Gareth Cox	M35	42.52
Peter Airey	M60	43.06
Marge Forden	W55	43.39
Stuart Parkinson	M50	43.59
Doug Hazell	M45	44.51
Jim Riddell	M55	44.53
Arnold Jenkins	M50	45.58
Morris Warren	M60	46.36
Merv Moyle	M70	47.38
Brian Hunter	M50	47.47
Margaret Warren	W60	48.02
Val Millard	W50	48.57
Brian Palmer	M50	48.58
Dalton Moffett	M65	50.30
Irene Ferris	W40	50.33
Wendy Clements	W55	50.51
Kirt Johnson	M65	51.57
Joan Pellier	W55	52.26
Roma Barnett	W45	52.35
Jackie Halberg	W50	53.20
Noela Metcalf	W60	54.19
Janet Jarvis	W50	55.27
Wendy Duncan	W45	57.50
Susan Brand	W50	58.19
Marg Bennett	W55	59.43
Lorna Laughlan	W65	60.05
Jackie Billington	W50	61.49
Denise Lancaster	W45	61.58
Michael Johnson	M45	67.01
Judy Lancaster	W45	67.20
Marg Taylor	W45	68.46
Frank Usher	M70	68.52

WALK

John Mison	M50	51.56
Rosemarie Holloway	W40	54.51
Michelle Mison	W50	60.27
Bob Chalmers	M55	60.58
Pat Ainsworth	W60	73.31
Val Wheeler	W65	75.55
Jeff Whittam	M60	75.56
Alan Pomery	M65	88.16

Visitors

Run: Andrew Rowcroft	34.45
Walk: R Mcpherson	47.27; Jenny
Benjamin	88.16

REPORT BY PETER AND JUDY HILL.

Track and Field

Coker Park 9.10.97

Our first meeting at Coker Park was held in blustery, cool conditions. Sprinters enjoyed the down-wind conditions but walkers and distance

A LIFE ON THE RUN

An Autobiography by Jack Pennington (Editor *The Veteran Athlete* 1971-79)

- The Alternative to Lydiard
- How the Champions train
- A history of veteran athletics
- Cerutti versus Stampf
- Who trained the Chinese Women in Canberra 1985
- An Experience in WW2

For Coaches, Sports Science Students and Runners.
Only from the Author - Now \$12.

Orders to 24 Alberga St, Kaleen, ACT 2617.

runners battled the strong headwinds. Good to see some of our Sunday runners testing themselves on the track.

200 metres		
Richard Parker	M40	24.9
David Clive	M60	25.6
Paul Covich	M35	26.2
John Stone	M45	26.5
Garry Doyle	M50	26.7
Dave Newland	M40	28.6
Milton Mavrick	M40	28.7
David Carr	M60	31.5
John Pellier	M55	32.9
Richard Harris	M60	36.5
Ray Hall	M60	39.0

Lynne Choate	W40	27.2
Eileen Hindle	W45	29.1
Delia Baldock	W35	30.7
Peggy Macliver	W50	31.2
Pat Carr	W65	34.4
Shirley Bell	W45	39.2
Glenice Shanahan	W70	55.9

1000 metres walk		
Ray Hall	M60	5:52.9
Allen Tyson	M70	6:56.9
Fred Watson	M75	8:05.3
Shirley Bell	W45	

FINGERNAILS - are simply another form of skin, formed by a hardened protein, keratin, which has a high sulphur content. Calcium content in nails is low.

Shirley Bell	W45	6:33.9
Lorna Lauchlan	W65	6:49.8
Glenice Shanahan	W70	7:57.9
Val Wheeler	W65	7:59.9

1500 metres		
Jim Langford	M50	4:46.4
Paul Covich	M35	5:01.9
Frank Smith	M55	5:09.8
Milton Mavrick	M40	5:28.0
Alan Jennings	M55	5:35.2
John Pellier	M55	5:56.7
Richard Harris	M60	6:28.3

Anne Shaw	W45	5:10.5
Peggy Macliver	W50	6:13.4
Delia Baldock	W35	6:34.0
Shirley Bell	W45	6:55.3
Joan Pellier	W55	7:13.3
Lynne Choate	W45	7:18.7
Glenice Shanahan	W70	10:12.2

HEAVY WEIGHT

Allen Tyson	M70	8.74m
Fred Watson	M75	5.88m

Eileen Hindle	W45	7.86m
Lorna Lauchlan	W65	7.27m

TRIPLE JUMP

Dave Newland	M40	9.42m
David Carr	M65	6.22m
Fred Watson	M75	4.21m

Pat Carr	W65	7.14m
Peggy Macliver	W50	5.99m

AAVAC AGM Report.

This meeting was held in Melbourne on Saturday August 31. Our delegates were Jackie Halberg and Brian Foley who is also Secretary of AAVAC.

Reports from Office Bearers and Board Members were presented, together with reports from our Team Manager at the World Championships.

President Len Childs said, among other things, that he had not been able to obtain funding or grants for AAVAC to help in promoting and developing Veteran Athletics. In the light of this, the budget presented to the meeting contained an increase in Capitation fees of \$1 per year, each year to 2002. (\$6.00 this year). A fee of \$20 be added to National Championship fees, and \$5

LOVE THAT VETRUM

Letter to the editor

Just a short note to thank you and everyone concerned with the production of The Vetrum newsletter. It is an excellent job and I look forward to getting it and reading cover to cover as it seems to be my only connection with the wonderful vet movement of late. I am trying everything to get my knee back into shape after a work-related accident last

January. Swimming helps but doing those laps up and down a 25 metre pool is just not the same as a good run in the bush or along the beach or a good race at the annual track and field championships in Perth.

My best wishes to all the vets. - Brian Kennedy, 64 Knight St, Bunbury 6230. PS I think Henk and Margaret Stoffers would be good members to feature in the running mates segment, which I enjoy reading.

Editor: Good idea, Brian. Why not write a piece about them for us and send it with a photograph to 30 Cosmelia Way, Parkwood 6147. - Richard Harris.

be added to fees for AAVAC sanctioned events such as the Australian Veterans Marathon.

On the expenditure side, the Courier magazine will be posted directly to all members, a part-time Executive Officer will be appointed. It is hoped that this person will be able to raise the profile of Veteran Athletics, strengthen the movement, and obtain funding.

The new Constitution was approved. This is the first step in AAVAC becoming an incorporated body.

The following Officers and Board Members were elected:

Patron (appointed): Ron Clark
 President: Len Childs
 Vice President: Peter Crombie
 Treasurer: Peter Dunham
 Secretary: Brian Foley
 Technical Affairs: Wilma Perkins
 Competition/Championships: Stan Perkins

Memberships/Registrations: Colin Browne
 Development/Promotions: Tom Worrell
 Travel/Sponsorship: Frank Rogers
 Merchandising: Peta Bird

All reports and meeting minutes (when

received) will be available from Jackie Halberg if any members would like to read them.

THE HANDICAPPER

In handing out the handicaps

I'd need a clever brain
 I'd be quite strict with
 all the vets that never ever
 train

All the routes and laps
 and things I'd carefully
 explain

I'd spread them out like
 vegemite

So They'd finish all the same.

I'd made them learn
 false limps and sprains
 were totally in vain
 Calling out I'd say to them
 "Now run the course again"

I'd use the power of office
 to serve my selfish aim
 Sammels Carr and Harris
 I'd unreasonably restrain

Oh I'd rather be Bob Schickert
 than the King of Spain-

■ GEORGE SCHAEFER M60

FAVORITE RUN

Have you ever noticed how some runs really lift your spirits - even though you might have the blahs when you start?

One of mine is a run I do with a friend on Tuesday nights in Kings Park. A lot of vets are around at the time. I tuck my car key into the laces on my right shoe and off I go to enjoy a 10 km romp through the trees, wildflowers, parrots, magpies, ravens and wattle birds.

On a run recently, I took the wrong key, got back dripping with sweat to find I was locked out of my new car and starting to cool off rapidly. Veteran friends immediately lent me their aid. One

produced a mobile phoned and dialled the RAC. Another running past in only a pair of shorts, ran off to the Shenton Park Hotel and returned with half a dozen beers. He had been painting that day and had his second set of painters clothes in his van. He loaned these to me so that I didn't catch a chill.

I was covered in these borrowed plumes plus a stiff layer of dry paint and through my first beer before the RAC arrived.

The officer quickly opened the car and by this stage we were considering dialling for delivery of a pizza. Instead we went into Subi, sat on a lawn in Rokeby Rd and scoffed two large, thin but crispy pizza supremes, discussing how to maximise Vitamin E intake, the relevance of blood grouping to diet, the tiny insulin response of ultra marathoners, whether you can run distance on marijuana (don't inhale) and whether sex is better with acid.

A trio of very young policemen came along to check us out but apparently saw nothing untoward. We adjourned to Little Lebanon, where one of the owners, noting the paint stains on the clothes and on one of my friends, asked for advice on how to paint the café. My friend immediately gave him chapter and verse plus a free quote. We sat under a fake bedouin tent, drinking Turkish coffee and eating *boorma* - a pastry rich with honey and stuffed with pistachios - and drinking rosewater.

What with the booze, the fat in the pizza, all the sugar in the coffee, pastry and ice cream, plus the runner's high, we were all in an extremely good humour. In fact, we were as high as kites.

Don't you just love a run which leaves you in that frame of mind - provided you don't get arrested, of course. - Richard Harris.

WILDFLOWER RUN KINGS PARK Sept 14 1997

A fine sunny day welcomed a record number of starters for the annual wild flower run.

We had to organise a new start and finish for the 97

AGE GRADED RUN AND WALK

28 Sept 1997

Competitors were handicapped on age, using the age graded tables. This provides a chance to race with no excuses for age or gender.

A refinement is that the result is also presented as an age graded per centage allowing a comparison with world class performances.

Frank and Rosemary won by big margins: note from the result list their percentages.

The walkers might like to vary the course or distance next year. Please give some feed back on this.

Some comparisons with last year's event:

Frank Smith pipped by Ann Shaw (1996) by 00.02%

RoseMarie Holloway 6% below John Mison (1996)

Only 17 athletes competed in both years. Participation up 20%.

Big improvers were Alan Jennings (up 5%), Margaret Warren (up 5%), and John Pressley (up 12%).

Thank you to the helpers, particularly the injured industrious Craig Wattson and sprint swimming legend Gordon Medcalf - David and Patricia Carr.

5000 metres walk	Age	Clock	H'cap	adjusted	%	pos
Rosemarie Holloway	W42	37.01	6.50	30.11	72.7	1
Barry O'Sullivan	M52	41.07	7.33	33.34	63.3	6
Bob Chalmers	M59	41.09	6.12	34.57	64.6	4
Pat Ainsworth	W61	41.31	2.46	38.45	67.1	2
Greg McDowell	M43	41.35	8.58	32.37	60.8	9
Ray Hall	M63	42.27	5.19	37.08	63.2	7
Lynne Schickert	W55	42.52	4.16	48.36	63.5	5
Val Wheeler	W66	43.02	1.19	41.43	65.9	3
Alan Pomery	M66	44.37	4.27	40.10	60.2	8
Fred Watson	M78	45.49	0.57	44.52	62.0	8

8km run

Frank Smith	M55	38.55	8.59	29.56	82.8	1
Bob Schickert	M55	40.59	8.59	32.00	77.4	2
Ian Davies	M55	41.39	9.59	31.40	75.1	3
Steve Burge	M39	41.59	11.51	30.08	72.8	8
Ian Lankester	M49	42.08	10.10	31.58	73.8	4
Evan McRae	M48	42.20	10.21	31.59	73.2	6
Ted Zgainfki	M46	42.22	10.42	31.40	72.8	8
Jim Barnes	M54	42.50	9.11	33.39	73.0	7
John Pressley	M50	43.09	9.59	33.10	71.7	11
Alan Jennings	M57	43.20	8.32	34.48	72.5	10
George Schaefer	M64	43.26	6.47	36.39	73.7	5
Ken Brownlie	M52	44.19	9.35	34.44	69.6	14
Bob Sammells	M60	44.25	7.50	36.35	70.9	13
Carol Broderick	W45	45.02	7.58	37.04	69.6	14
Vic Waters	M53	45.19	9.23	35.56	67.8	18
Mike Khan	M52	45.26	9.35	35.51	67.4	19
John Brambley	M55	45.29	8.59	36.30	67.9	17
Doug Ashfield	M40	45.50	11.42	34.08	64.6	22
Margaret Warren	W61	45.51	3.36	42.15	71.4	12
Blakeney Tindall	M36	46.34	12.18	34.16	62.6	25
Kevin Corten	M51	46.50	9.47	37.03	64.7	21
Merv Moyle	M70	46.58	4.55	42.03	68.6	16
Maurice Warren	M60	48.34	7.50	40.44	63.6	24
Peter Hill	M49	48.44	10.10	38.34	61.2	27
Stuart Parkinson	M50	48.59	9.59	39.00	61.0	28
Arnold Jenkins	M53	49.23	9.23	40.00	60.9	30
Ron Holmes	M61	49.43	7.35	42.08	62.1	26
Mike Rhodes	M51	50.06	9.47	40.19	59.4	34
Brian Foley	M53	50.07	9.23	40.44	59.8	33
Richard Mathews	M45	50.17	10.55	39.22	58.1	37

runners and walkers because of alterations to Hale Oval, which turned out to be better for both runners and officials.

This year nobody got lost in either the 5km or 10km races.

Many helped, thanks to Liz Khan, Dale James, Craig Johnson, Dave James Frank Smith, Eileen Stickles, Bob Harrison, Anton and to the Committee members for the sausage sizzle which went off very well after an early hiccup with the BBQs - Joe Stickles and Mike Khan.

Noela Medcalf	W62	50.46	3.16	47.30	64.2	23
Jenny Barnes	W45	50.50	7.58	42.52	60.1	32
Richard Harris	M60	50.51	7.50	43.01	60.2	31
Brian Aldrich	M67	53.01	5.54	47.07	59.3	35
Theresa Howe	W47	53.36	7.31	46.05	56.9	38
Mary Heppell	W60	54.28	3.57	50.31	59.0	36
Rosa Davis	W55	55.26	6.01	49.25	56.1	39
Sheila Maslen	W59	58.01	4.16	53.45	54.9	41
Allen Tyson	M72	59.41	4.10	55.31	53.3	42
Suzan Brand	W51	59.47	6.33	53.14	51.1	43
Glenys Shanahan	W73	62.36	-1.0	63.36	55.5	40
Ron Spencer	M58	65.52	8.18	57.34	44.2	44

Visitor

Robert Weaver	M40	47.51	11.42	36.09	61.0	28
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John Mison, Richard McPherson (vis), Jill Midolo, David Brown and Michelle Mison walked the 8000 metre course. Margaret Taylor ran the 5000 metre course.

5km RUN

Name	Age Group	Time
Willmer	M40	18.45
J Davies	M50	19.19
W Crowley	M40	19.20
D Caplin	M55	20.43
J Bromley	M55	22.16
J Mison	M50	23.08
P Airey	M60	23.22
D Hazell	M45	25.19
D Baldock	W35	25.47
B O'Sullivan	Vis	26.17
Pellier	W55	27.03
W Hough	Vis	27.12
W Clements	W55	27.51
N Metcalf	W60	28.57
M Heppell	W60	32.05
S Maslen	W55	32.20
S Brand	W50	32.29
J Billington	W50	32.49
R Edwards	Vis	33.20
L Lochlan	W65	33.36
G Morgan	M70	34.19
F Usher	M70	36.57
J Walter	Vis	37.20
P Carr	W65	38.08
G Shanahan	W70	38.31
M Taylor	W45	38.53
B Nge	Vis	41.28

HAPPY BIRTHDAY TO OUR NOVEMBER MEMBERS

Munsie, Selby	3.11.33	64	remains	M60
Calnan, Ross	4.11.40	57	remains	M55
Hoye, Derek	4.11.38	59	remains	M55
Pellier, Joan	8.11.39	58	remains	W55
Main, Jan	8.11.49	48	remains	W45
Hicks, Stewart	9.11.22	75	becomes	M75
Brockwell, Tessa	10.11.55	42	remains	W40
Williams, Ross	10.11.39	58	remains	M55
Clark, Gary	11.11.45	52	remains	M50
Karra, Michael	12.11.64	33	remains	M30
Warren, Margaret	12.11.35	62	remains	W60
Barnes, Jenny	12.11.51	46	remains	W45
McMillan, Raema	14.11.27	70	becomes	W70
Stingemore, Steve	16.11.53	44	remains	M40
Rhodes, Michael	16.11.45	52	remains	M50
Stoffers, Henk	18.11.40	57	remains	M55
Billington, Jackie	19.11.42	55	becomes	W55
Hollaway, Philip	19.11.52	45	becomes	M45
Duncan, Wendy	19.11.49	48	remains	W45
Noordyk, Kathleen	19.11.46	51	remains	W50
Oliver, Bernard	19.11.43	54	remains	M50
Anderson, Kevin	20.11.40	57	remains	M55
Mavrick, Milton	23.11.56	41	remains	M40
Spencer, Ronald	23.11.39	58	remains	M55
Brand, Suzan	24.11.45	52	remains	W50
Forden, Keith	25.11.38	59	remains	M55
Hansford-Miller, F	26.11.16	81	remains	M80
Crellin, Karen	27.11.41	56	remains	W55
Hall, Ray	27.11.33	64	remains	M60
Kirkman, Hugh	27.11.41	56	remains	M55
Miller, Norman	28.11.31	66	remains	M65
Bishop, Dave	28.11.55	42	remains	M40
Brown, Ivan	29.11.44	53	remains	M50
Miller, Margaret	29.11.42	55	becomes	W55
Moyle, Merv	29.11.26	71	remains	M70

10km Run

G Van Der Sanden	M35	33.18	D Carr	M60	43.18	M Rhodes	M50	50.18
B Mangan	Vis	34.41	G Thornton	M55	43.25	R Duggan	Vis	50.26
F Smith	M55	35.26	B Sammells	M60	43.31	S Bell	W45	50.34
S Burge	M35	36.09	M Birks	W50	43.44	P Hawkes	M35	50.43
G Fisher	M45	37.06	S Mort	M40	44.21	B Palmer	M50	51.39
R Henderson	M45	37.38	S Lockwood	M65	44.44	M Warren	M60	52.04
R McPherson	Vis	37.55	M Fordham	W55	45.09	J Russell	M60	52.05
P Thompson	Vis	39.31	G Schaffer	M60	45.49	K Fordam	M55	53.31
B Wilson	M50	39.37	L Harrap	W40	46.05	K Johnson	M65	54.09
I Lankester	M45	39.44	P Martin	M55	46.36	R Barnett	W45	55.29
T Zgainski	M45	39.46	D Blom	M60	46.52	T Brown	Vis	56.22
B Thopson	M50	39.52	S Parkinson	M50	47.16	J Barnes	W45	57.11
J Klinger	M50	40.06	R Harris	M60	47.52	B Allen	Vis	57.28
L Lankester	Vis	40.36	I Lee	Vis	48.02	I Ferris	W45	59.51
B Danby	M45	40.54	B Smith	M55	48.13	S Turner	M60	59.51
B Bennett	M50	41.06	M Warren	M55	49.11	T Lancaster	W45	59.52
A Jennings	M55	41.30	A Jenkins	M55	49.29	M Bennett	W55	66.34
B Foley	M50	42.04	R Sutton	Vis	49.42	P Farrell	W50	66.36
J Pressley	M50	42.41	J Pearce	W45	49.48	L Kahan	Vis	80.34
G Scaddan	Vis	42.41	A Giacomini	M60	49.52			

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5KM WALK

R Hall	M60	31.52
B Chalmers	M50	34.06
L Schickert	W55	39.39
M Mison	W50	39.41
D Whitham	W60	39.43
J Whitham	M60	42.25
B Fergie	M60	42.26
M Johnson	M45	42.26
P Smith	W55	42.28
V Wheeler	W65	42.28
A Tyson	M70	45.11

WILD FLOWER RUN
KINGS PARK
14TH SEPTEMBER 1997