



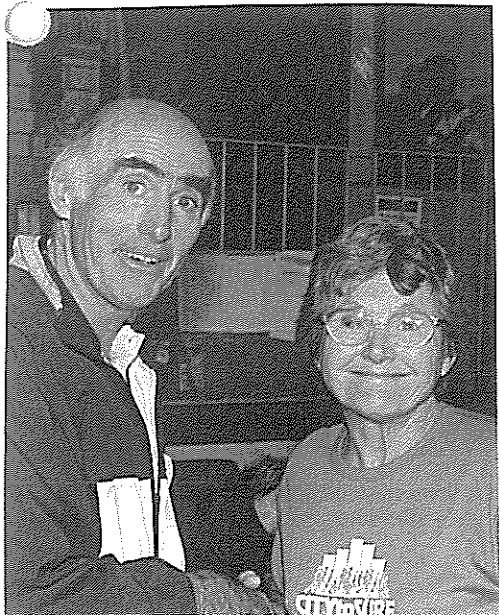
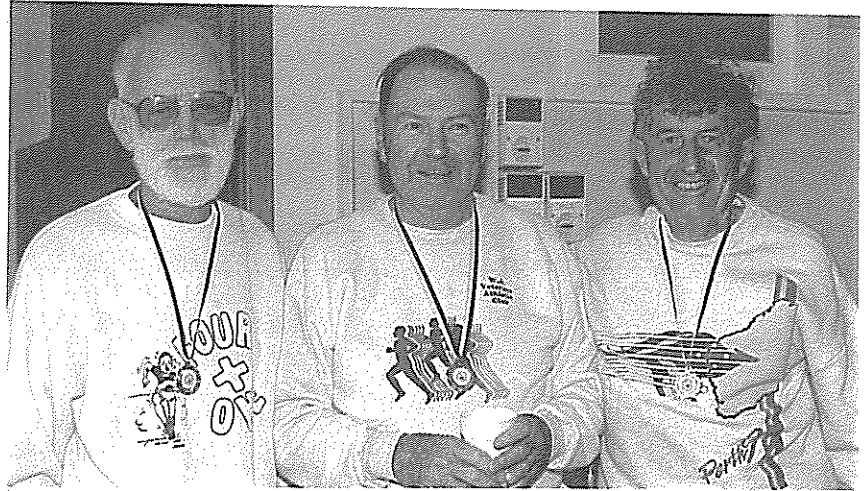
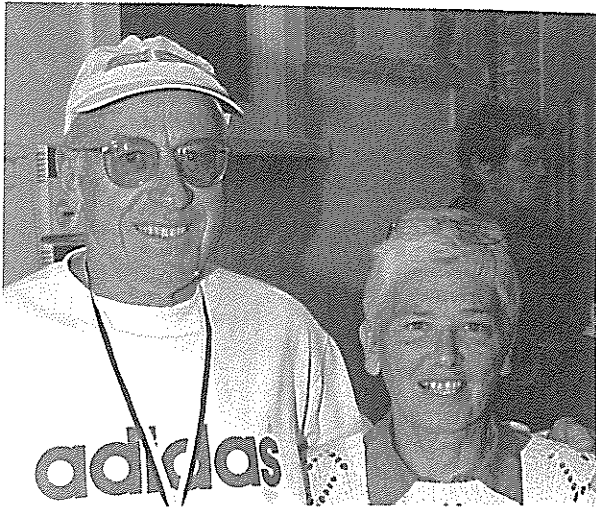
The Vetruns



No. 323 September 2000 Patron: Bill Hughes President: Bob Schickert Editor: Katrina Spilsbury 9313 3943
Copy for The Vetrun: 3/7 Gerald St, Como WA 6152 or email: skatrina@dph.uwa.edu.au
Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158



Inside this Issue	
Club News-----	2
Helpers List -----	2
T & F Helpers List-----	2
State Cross Country Champs. --	3
Applecross Jetty run-----	4
Club Half Marathon -----	5
Birthdays-----	5



*Photos from the top. Hungry horde waiting for lunch at Jorgensen Park; Don Caplin with Sheila Maslen; Vic Beaumont (2nd), Leo Hassam (3rd) and Cecil Walkley (1st); Bob Schickert congratulating Ann Turner; Stephen Dunn. Winner of the Men's Road Racing Championships 10k-15k-25k
Photos by Vic Beaumont (except the one with him in it!)*

Club News

Helpers List

1st October Bibra Lake

Director: Doug Hazell 9414 1348

Helpers: Maggie Flanders, John Brambley, Jon Wannberg, Bob Chalmers, Duncan McAuley, Margaret Robinson, Beverley Morrissey, John McShane

8th Oct Wildflower run Kings Pk

Director: Wendy Duncan

Helpers: David Wilmer, Shirley Bell, David Scott, Barrie Slinger, Roma and Ray Barnett, Mike Flood, Ian Lankaster, Adrian Damiani

15th Oct. Dam to Dam Bickley Res

Director: Judy and Peter Hill

Helpers: Frank Usher, Jim Klinge, John Adams, Carol Broderick, Ken Brownlie, Chris Coates, Peter Simmons, Nick Miller

22nd Oct RIB run Lake Gwelup

Director: Roma Barnett

Helpers: Jan Jarvis, Ann and Brian Holmes, Ross Parker, John Davies, Tony Heppener and Wayne Bates

29th Oct. Guess your time-Kings Pk

Director: Vic Waters

Helpers: Steve Barrie, Barrie Thomsett, Peter and Sue Sanders, Mike and Nola Berry, Sandy Bond, Simon Mort

5th November Pony Club Herdsmen Lake

Director: Jeff Whittam

Helpers: Gordon and Noela Medcalf, Val Wheeler, Fred Watson, Maurice Creagh, Suzanne Brand, Carol Broderick, Ken Brownlie

Track & Field Program Corrections

Note that there should be an asterix on the 1500mW on the 14th December as it is included as one of the events for the point scoring competition.

After consultation with Canning Districts Athletic club the date of the combined meet with them has changed. It will now be held on 23rd November, Coker Park. The events previously scheduled for the 23rd

November will now be held on the 7th December at Coker Park.

Another Correction!

Apologies to Cecil Walkley for incorrectly stating last month that he was retiring after running 10 marathons. It should have read 10 Perth Marathons! He has actually completed 21 marathons in total plus the 90km Comrades event in South Africa.

2001 - 2002 Program

Work will begin shortly on the planning of this program. If any one would like to suggest changes, have ideas for new runs or wants to try their hand at being a race director, let a committee member know.

Anyone lose a City to Surf Medal?

Bob Schickert ended up with two City to Surf medals in his bag after the event. Did anyone lose theirs?

Australian Veterans Athletic Champs. 2001

The Championships will be held next year over Easter, Friday 13th to Monday 16th April 2001 in Sydney. The venue is unsure at this time and we will keep you posted. The web site address is <http://www.athletics.org.au/nswvets/index.htm>

Christmas Dinner

18th November 2000 at the Sandringham Hotel. Tickets will be available from Jaqueline Billington, Lorna Lauchlan, and Bridget Carse. Tickets: \$30

TRACK & FIELD HELPERS LIST

A list based on last year's participants follows. Brian Foley and Bob Schickert will organise and start the events. Jackie Halberg will probably be hard to hold back from being recording coordinator. The regular throwers Alec Cummings, John Sutton and Ron Tompkins have been excluded on the

assumption that they will look after the throws. Where there is a throw for points an extra helper has been added.

5/10	D Whittam
12/10	R Hall
19/10	A Tyson, G Shanahan
26/10	D Carr, D Clive, A Jenkins
2/11	D Ashfield, D Foley, H Cortis
9/11	T Lenane, B Tindall
16/11	N Richards, P Carr
23/11	W Davey, K Spilsbury
30/11	F Gardiner, R King, J McShane
7/12	C Till, J Billington
14/12	I Brown, L Lauchlan
21/12	M Tolbert, N Bailey, J Barnes
4/1	J Stone, S Bell
11/1	B Fergie, B & B Carse
18/1	A Jennings, L Schickert
25/1	K Martin, B Robertson
1/2	L Sander, J Wanburg
8/2	L Choate, G Clark
15/2	D Stone, R Colton
22/2	A Shaw, V Millard
1/3	D James, P MacLiver
8/3	M Watson
15/3	V Prescott

Australian Sports Medal Nominees

As mentioned in last months Vetrun the nominees of the WAVACs Australian Sports Medal submission will have their resumes printed here for all to see. This month it is

Brian Foley

Tasmanian Athletics: Member of three athletics clubs in Tasmania in the 60's. Captain of the University Club and President for several years. Member of the organising committee for Hobart competitions, and 1970 Inter University Championships

Canadian Athletics: Competed in New Brunswick and Quebec from 1971 to 1977. President of rugby club competing in cross-country season.

WA Little Athletics: Board member of Melville Little Athletics Centre in the WA Association, from 1981-1987. President of the Centre for two years. Melville had 10 clubs with a combined membership of 300 athletes. Coach (and life member) of

the Attadale Little Athletics Club for 3 years.

WA Marathon Club: Member since 1980, assisting with organisation of the Perth Marathon annually.

WA Veterans Athletic Club: Member of the club for 19 years and committee member for 13 years. President of the Club for five years and vice President or Secretary for six years.

Achievements:

Prepared development plan for club with emphasis on publicity and competition safety and legal responsibilities.

Cross country team captain for 5 years and Association delegate for longer. The team won the B Grade competition on three occasions and was first in the open men's competition in 1999.

Organised the committee which ran the very successful Australian Championships in 1996

Australian Association of Veterans Athletics Clubs. The Association was formed as a legal entity in 1989, and I have been a Board member since then, and I am the longest serving member, and the Secretary for the past four years.

WA Masters Games. Member of the organising committee for the athletics competition during the 1991 Masters Games.

Athletic Association WA, AthleticA. An official for the Saturday Interclub competition for the past 7 years (Athletics Australia B grade level). Start Marshall or Starter for the past five Perth Grand Prix competitions. Coordinator of officials for AthleticA.

Coker Park Regional Athletics.

Member of the organising committee which installed lighting at the track and ran a Friday night regional competition for two years.

Disabled Athletics. Official for the WA disabled athletics competitions for two years and official at the 2000 Australian Disabled Championships in Canberra.

Para-olympics. Track official at the 2000 Para-Olympics, Sydney in October.

Double-Dipping Dick

First claim on The John Pellier 'Get Your Money's-Worth' Award this year must go to Dick Blom. At the Kings Park 10k X/C Championships (August 20) Dick contrived to contest both the cross-country, and the road walk. Haring off in typical style, he managed to overhaul David Carr just before the first road crossing, at around 3km. This is just about Dick's running limit nowadays, due to a chronic injury in a sensitive area. Reaching the road, he spotted walker John Mison, and promptly bailed out of the run and into the walk.

Good luck to organisers Warren Gee (run) and Jeff Whittam (walk) as they deliberate over who will claim him in the results/report. I suggest:

10k run

Dick Blom DNF

6k Walk

Dick Blom DNS

Vic Waters

Results

**State Cross Country Champs
King's Park
August 20th 2000**

There were 112 runners and walkers who enjoyed the conditions. Unlike previous years when we have had difficulty with saboteurs, we had many people remark how well the course was marked. We appreciate the comments, as a lot of time and work goes into flagging this course and ensuring that everything is just right. The winner of the 5.2K run was Henry Cortis with Wendy Clements the first lady. In the 6K walk Michelle Mison was first. In the main race, the 10K run, Tony Heppener was first man with leading lady being the irrepressible Antoinette Shaw. As this event was the State Cross Country Championships, we presented medals to age group and sex, placegetters. Those names marked with an asterisk below, are owed medals, and can pick them up from the Bob our president. A large thank you to the many helpers, who included, Kevin Anderson, Brian Aldrich, Sue Bullen,

Bev Thornton, Maureen Pomery, David James, Allen Tyson, Tina (I missed her second name) and Bronwyn Gee.

Warren Gee and Ralph Henderson.

10K

M30

Peter Bauchop 39:37 (vis)

M35

Blakeney Tindall 44:36

Mike Karra 52:34 *

M40

Doug Ashfield 45:40

Simon Mort 47:01

Keith Atkinson 49:19

M45

Tony Heppener 37:33 *

Wally Crowley 39:12

Wayne Robertson 41:38 (vis) *

Trevor Robertson 42:06

Gareth Brunt 44:08

Garry Fisher 44:25

Mike Flood 52:25

Milton Mavrick 56:09

Gary Branch 59:30

M50

Bill Jones 41:14 (vis) *

Dave Reid 42:09

Bob Thomson 42:24 *

Peter Simmons 42:52

Steve Lewis 43:11 (vis)

Mark Rosen 46:04

Brian Danby 46:15

Adrian Damian 50:54

Robert French 52:04

John Mison 53:02

Robert Sheehy 54:40

Stuart Parkinson 61:22

M55

Bert Carse 39:03

Bob Schickert 41:54

Bruce Wilson 42:18

Vic Waters 43:29

Dave Roberts 44:27

Johan Hagedoorn 44:45

Ivan Brown 44:58

Graham Thornton 45:48

Vincent Carrero 46:42

John Bell 47:02

Brian Foley 48:28

Bob Harrison 49:01

Mike Khan 49:03

Wayne Bates 49:58

John Ellard 54:15

Arnold Jenkins 55:35

M60

Don Caplin 45:00

Dennis Miller 49:13

Brian Smith	50:00
Alan Jennings	50:46
John Pellier	51:21
Richard Harris	52:09
Mike Faunge	54:07
Aldo Giacomini	55:16
Merv Jones	60:53
Trevor Brown	63:11
Wal McKinnon	66:41
Alan Chambers	67:29
M65	
David Carr	49:29
Bob Fergie	57:06
Ray Hall	57:53
Norm Miller	58:14
Shorty Turner	70:07
M70	
Stan Lockwood	50:17 *
Cecil Walkely	52:23
Vic Beaumont	57:23
Merv Moyle	66:39
W35	
Sandy Bond	53:04
W40	
Debbie Robinson	48:56
W45	
Jenny Barnes	56:32
Irene Ferris	63:09
W50	
Anne Shaw	42:21 *
Shirley Bell	55:20
Jackie Halberg	58:23
Wendy Duncan	61:52
Eileen Brown	64:06
W55	
Margery Forden	52:55
Peggy Macliver	53:11
Margaret Bennett	68:59
Phyllis Farrell	79:13
W60	
Anne Turner	58:45
Margaret Warren	61:00
Sheila Maslen	68:00
Joan Pellier	68:05
W75	
Glenice Shanahan	87:31
Visitors 10K	
Helen Gilbey	46:02
5.2k	
Henry Cortis	M50 24:05
Dante Giacomini	vis 25:30
Michael Anderson	M50 25:43
Peter Airey	M60 25:48
Brett Robinson	Vis 29:15
John Spencer	M60 29:31
Kirt Johnson	M70 31:13
Wendy Clements	W55 32:50
Julie Wood	W50 33:57

Ray Lawrence	M70	33:59
Suzan Brand	W50	36:04
Elaine Ellard	W55	37:31
Peter Simmons	M50	42:52
Pierre Viale	vis	45:19
Denise Lankester	W50	45:39
6K Walk		
Michelle Mison	W50	43:50
Rex Bruce	M55	43:59
David Brown	M50	44:30
Lorna Lauchlan	W70	44:32
Dorothy Whittam	W60	46:36
Lynne Schickert	W55	49:11
Val Wheeler	W65	49:21
Alan Pomery	M65	49:26
Leo Hassam	M70	50:29
George Schaefer	M65	50:45
Maggie Flanders	W60	51:00
Fred Hagger	M75	51:13 (4k)
Ernie Moyle	M75	51:25
Fred Watson	M80	51:53 (4k)
Jeff Whittam	M65	52:49

Pierre Vials	M50	37.19
Denise Lancaster	W50	37.33
Shorty Turner	M65	41.05
Frank Usher	M75	41.06
Dante Giacomini	Vis	22.28
Merise Keating	Vis	26.49
Warren Edwards	Vis	33.06

Walkers 5K		
Pat Miller	W60	39.14
Jeff Whittam	M65	44.33
Ernie Moyle	M75	44.34
Dnys Bolton	Vis	57.14

8K		
Bert Carse	M55	29.30
Chris Coates	M45	30.06
Graham Thornton	M55	33.03
Vic Waters	M55	33.03
Johan Hagedoorn	M55	33.21
Blakeney Tindall	M35	33.52
Mike Karra	M35	34.07
Bob Schickert	M55	34.52
Simon Mort	M40	35.27
Mike Khan	M55	35.2
Mike Hale	M50	36.02
Mike Flood	M45	36.02
David Carr	M65	36.12
Wayne Bates	M55	36.16
Brian Foley	M55	36.22
Keith Atkinson	M40	36.39
Brian Hardy	M55	36.43
Jeff Lindhorst	M40	37.20
Margaret Langford	W50	37.37
Brian Smith	M60	38.15
John Ellard	M55	38.28
Brian Bennett	M50	38.42
Michael Anderson	M50	38.57
Alan Jennings	M60	39.20
John Mison	M50	39.41
Paul Martin	M55	39.42
Arnold Jenkins	M55	39.55
Mike Faunge	M60	40.1
Jackie Halberg	W50	40.49
Robert Sheehy	M50	40.50
Bob Fergie	M65	42.14
Ann Turner	W60	42.58
Victor Beaumont	M70	43.06
Gillian Young	W50	44.22
Merv Jones	M60	45.06
Val Millard	W50	45.43
Norm Miller	M65	45.44
Trevor Brown	M60	46.26
Brian Aldrich	M65	46.39
Eileen Brown	W50	47.43
Alan Chambers	M60	48.01
Margaret Bennett	W55	49.00
Kirt Johnston	M70	49.01
Ray Lawrence	M70	50.27
Sheila Maslen	W60	50.27

Deepwater Pt -Applecross Jetty 3.9.2000

A cloudy spring day for this event, and the rain conveniently held off, until almost everyone had had their morning tea. About 80 folk competed and hopefully enjoyed the eight or five kilometre course. Maggie, Pat and Rosa are grateful for the help from David Clive, Maureen Pomery, Bev Thornton, Bridget Carse, Lorna Laughlan, Vince and Tina Carrero (who braved all the cyclists at either end under the Canning Bridge), Val Wheeler, Fred Watson and Bob Schickert for his assistance with the clock and for typing up the results.

Maggie, Pat and Rosa

5K		
Ian Davies	M50	18.25
David Willmer	M45	19.47
Henry Cortis	M50	21.58
Dick Blom	M65	22.48
John Brambley	M55	23.18
Bob Sammells	M60	24.00
Jim Barnes	M55	24.35
Stuart Parkinson	M50	25.40
Shirley Bell	W50	25.51
Warren Davey	M50	25.56
Wendy Clements	W55	28.41
Julie Wood	W50	29.47
Sue Bullen	W40	31.23
Elaine Ellard	W55	32.54
Pat Carr	W65	37.06

Lene Bolton	W45	50.42	Frank Usher	M76	43.59	M55		
Margaret Warren	W60	50.42	Mary Heppell	W63	34.15	Bert Carse	86.11	82.59
Phyllis Farrell	W55	50.43	Marg Taylor	W49	43.57	Bob Schickert	88.37	79.59
Mary Heppell	W60	50.43	10.6km run			Vic Waters	89.58	77.01
Syd Bear	Vis	38.23	Gary Fisher	M48	44.02	Vince Carrero	1.36.24	71.25
Mike Adams	Vis	40.05	David Jones	M45	44.35	Ivan Brown	1.39.51	68.79
8K Walk			Doug Ashfield	M43	45.35	John Bell	1.40.42	68.20
Michele Mison	W50	59.25	David Roberts	M55	45.42	Wayne Bates	1.45.10	65.31
Alan Pomery	M65	62.21	Mike Khan	M55	46.45	Arnold Jenkins	1.56.41	59.38
Rex Bruce	M55	62.23	Glenn Stephens	M45	47.43	M60		
Lynne Schickert	W55	65.33	Simon Mort	M44	47.51	John Pellier	1.42.30	70.08
Dorothy Whittam	W60	65.33	David Carr	M68	51.17	Brian Smith	1.43.19	70.20

Club Half Marathon 13th August 2000

A morning with dark threatening clouds and promised showers turned out to be a beautiful day for running. This was a new course due to the fact that at the moment it is too dangerous to run in the Bell Tower area. There were 76 competitors with 34 runners completing the full half-marathon and 3 walkers completing the 20km walk. A big thank you goes to our president, Bob Schickert, who spent considerable time and effort working out a safe new course and also measuring it. Also a thank you to all our helpers; without them we wouldn't be able to have our runs. Glenice Shanahan, Rex Bruce, Ian Davies, Blakeney Tindall, Denise Lancaster, Pierre Viala, Shorty Turner, Pat Ainsworth and Bob Sammells.

Norm and Pat Miller

5.6km run

Don Caplin	M61	25.11
Peter Airey	M63	26.15
Mike Anderson	M52	26.45
Alan Chambers	M60	33.13
Ken Whistler	M69	40.08

16.6km run

Graham Thornton	M59	83.30
-----------------	-----	-------

21.1km run

M40		
Eric Emmett	87.31	69.89
John Allen	94.12	65.87
Jeff Lindhorst	1.45.55	57.75
Keith Atkinson	1.46.52	58.48
M45		
Gareth Brunt	1.34.07	69.49
M50		
Ross Parker	79.12	83.90
David Reid	89.32	73.81
Mark Rosen	1.36.45	69.25
Keith Miller	1.45.43	62.85
John Mison	1.56.41	57.89

M70

Vic Beaumont	2.00.26	66.32
Merv Moyle	2.07.35	65.04
W55		
Marg Forden	1.46.34	76.16
W50		
Jackie Halberg	2.00.52	63.80
Val Millard	2.13.17	57.13
W60		
Ann Turner	2.03.13	69.70

5.6km walk

Lynne Schickert	W58	47.51
Ernie Moyle	M75	49.03

10.6km walk

Dorothy Whittam	W64	84.16
Lorna Lauchlan	W70	84.18
Leo Hassam	M70	91.04

20km walk

Dick Blom	2.09.33
Michelle Mison	2.26.59
Alan Pomery	2.44.24

Visitors- 21.1km

Mark Pressley	76.16
Mark Page	80.43
Marshall Howard	84.50
Steven Lewis	86.19
Syd Beer	1.48.09

10.6km

Mike Coote	40.54
------------	-------

October Birthdays

Dave	Simmonds	1/10/1934
Peter	Airey	1/10/1936
Telmo	Viais	3/10/1951
John	McShane	3/10/1964
Michael	Cousins	5/10/1933
Ernie	James	5/10/1940
Wayne	Bates	5/10/1944
Garnet	Morgan	6/10/1924
Donald	Stone	7/10/1929
Glen	Gillett	7/10/1966
Graham	Thornton	8/10/1940
Jim	Klinge	8/10/1946
Mick	Malone	9/10/1950

Steve	Burge	11/10/1957	Robert	Reece	18/10/1946
Claire	Burge	11/10/1961	Lyn	Ventris	2/10/1956
Phyllis	Farrell	13/10/1944	John	Allen	21/10/1957
Tom	Savin	13/10/1945	John	Pellier	22/10/1939
Ann	Holmes	13/10/1946	Maureen	Pomery	24/10/1939
Paul	Lewis	14/10/1946	Trevor	Robertson	24/10/1952
Carlo	Baumann	15/10/1914	Robert	Schickert	26/10/1941
Maureen	Stewart	15/10/1939	Geoffrey	Brayshaw	26/10/1949
Fred	Watson	16/10/1918	Hyrem	Maunsell-Paea	26/10/1960
Leonie	Annan	16/10/1953	David	Roberts	27/10/1942
Graham	MacKellar	16/10/1960	Marie-Claire	Foley	27/10/1959
Ray	Barnett	17/10/1943	Brian	Hunter	28/10/1944
Lesley	Romeo	17/10/1944	David	Eltringham	28/10/1954
Lynne	Schickert	18/10/1941	Lilian	Skrypniuk	29/10/1951