



VETRUN



THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158
Editor: Rod Tinniswood. Copy for Vetrunc: See panel page 2 • www.netprojex.com.au/wavac



A proud moment as Lynne Schickert shakes John Gilmour's hand in Brisbane. The moment is shared by Bob Schickert, Lorna Lauchlan, Jacqueline Billington and Bob Sammells

Pic by Steffi Heussi

Performance Level Percentages: The Race of Truth

Last month's article in *On the Run*, presented Age Graded Tables and took us back to what could have been. It allowed us to indulge in a nice warm feeling about how well we would have done if age didn't take its toll on our performances. The truth is that we are an athletic club and as such, have to employ a current standard so that our champions can be recognised. Performance Level Percentages (PL%) is the only way to do it.

Every year we need to identify the Athlete of the Meet at our State T&F Championships as well as the best performance by an individual in any event for the John Gilmour Trophy.

The tables included in the Vetrunc this month allow us to derive Performance Level percentages (PL%) for all events and ages for men and women. They enable us to make an objective comparison between, say, a W53 High Jump, an M48 1500m and a W75 Hammer Throw, and thereby identify the most meritorious.

The tables consist of lists of notional age world records by event. For the distance events, these are stored as Standard Times in seconds. The PL% calculation is Standard Time divided by Actual Time in seconds multiplied by 100. i.e: $\frac{ST}{AT} \times 100$

As an approximate guide:

World Record level is	100%
World Class is	90%+ ,
National Class	80%+ ,
Regional Class	70%+ ,
Local Class	60%+ .

Now let's see how they are mainly used within the Club. Take last month's examples.

M70	57 minutes = 63.92%
(Standard Time is 2186.1 seconds. 57 minutes is 3420 seconds.)	
M50	49 minutes = 61.29%
W65	53 minutes = 75.21%
M40	45 minutes = 61.92%
W30	48 minutes = 62.32%

You'll notice that the W65 performance still comes out on top.

Grab a calculator and check the PL% for yourself. Everyone can check their own performances over the years with these tables. If five years ago you had a PL% of 65.2% for an event and now, with slower times, you find you have done 66.2%, would that make you feel good? It should!

Tables - page 3 and 4. See how you fare.

This material and tables have been prepared by Bob Sammells from the original WAVA tables.

In this Issue:

- **Results: Lake Joondalup Jorgenson X Country Club Half Marathon Road Walking Champ**
- **New members**
- **Birthdays**
- **Helpers List Sept/October**
- **Age Graded Tables (PL%)**



By Rod Tinniswood

Rubbing shoulders with real champions

When everyone was preparing to leave for Brisbane in July, for the World Veteran Athletic Championships, I became aware of how many champions we had in our club.

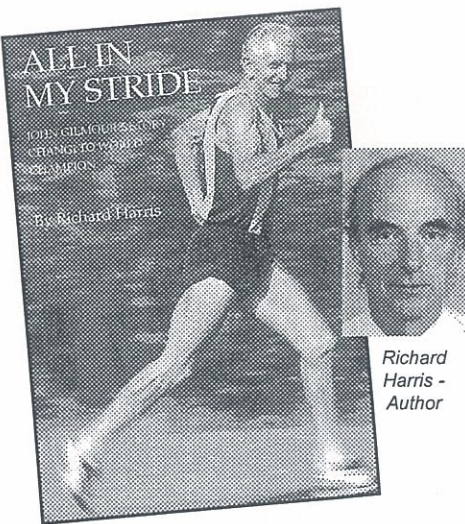
One of the good things about being the editor is that I'm the first to get the race results. While I feel privileged to rub shoulders with real champions: past, present and future, I'm able to see my own performance in perfect perspective. Being a Vet member allows me to see real champion performances, not as a siren for me to stop running, but as an inspiration to keep going.

All in my stride

It was not by accident that I came across a book entitled 'All In My Stride'. It is a book about John Gilmour's story: Changi to World Champion by Richard Harris. Yes, that's right, our Richard Harris (a Vet member and a champion in his own right) has written a book about our world champion, John Gilmour (M80).

I had recently tabled the results of The John Gilmour Trophy winners in the Vetrun. Without knowing there was a book written about him, I'd set out in search of an inspirational read. And there it was to my amazement on the bookshelf. When I saw the book I knew then that I had to read it. Only Twenty Dollars. Cash if you please, available at Runner's World.*

Richard Harris has written the story of a man of distinguished valour in the first person. He tells the story like it was John Gilmour talking. Richard covers the hardships and atrocities of John's war-time



imprisonment like one would run a marathon. Endure. Enjoy. Endure, then triumph. It takes someone who has run many marathons to write it like that. Consistent to the end in style and pace he portrays the determination of a champion athlete who overcomes the temporary hardships, so that he could run again.

It was tempting at times to skip the accounts of ugliness and cruelty of the Japanese prison camps. I was eager to get to the juicy bits - the running. But the tough race was not over for John Gilmour even when the war was over. Physically weakened and having lost most of his eyesight through malnutrition, John still had some difficulties to overcome.

Dear fellow Vet member, do yourself a favour and buy the book. Read all of it, or read part of it. At anytime that you feel you'd like to give up (at anything), turn to the back pages and study the endless list of impressive wins that John Gilmour has achieved.

See also the August Vetrun for the impressive list of medals that were won at the World Championships.

*You can also get a copy from John Gilmour himself or from Richard Harris

Back issues of Vetrun

If there is a back issue of Vetrun that you desperately need, ask Jackie Halberg on Sunday mornings, or give her a call at home on 9364 4474.

She has kept some extras over the years and may be able to help you.

Apology: The telephone number in August Vetrun was incorrect

It's your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email: tinniswoodr@sundaytimes.newsld.com.au
Electronic files can be emailed or saved to disc. Word or Text files are preferred and pictures can be presented as tiff, eps, or jpg files.



John Gilmour (left) going strong with fellow M80 5000m competitors in Brisbane.

Pic by Steffi Heussi

Helpers List

2 SEPT - MILLERS RUN - DIRECTORS - PAT & NORM MILLER 92933433

HELPERS - A&S.Turner, B.Sammells, Jim Barnes, W.Bates, B&M.Bennett, A&A.Giocomin, L.Barnes.

9 SEPT - GARVEY GALLOP - DIRECTOR - ARTHUR LEGGETT 9279.8679

HELPERS - Bill Chapman, Kirt Johnson, Brian Smith, Henri Cortis, Shirley Bell, Chris Maher, Simon Jawichre.

16 SEPT - BASSANDEAN - DIRECTOR - JACQUELINE BILLINGTON 92798679

HELPERS - Mike Khan, Jan Jarvis, Kirt Johnson, Denise Lancaster, Pierre Vialli, George Schaeffer, Wendy Duncan, Phillip Hawks.

23 SEPT - CLIFF BOULD TROPHY - DIRECTOR - IVAN BROWN

HELPERS - Mary Heppel, Ray Lawrence, John&Michelle Mison, Stephen Dunn, Helen Reece, Jenny Barnes, Arthur Leggett, Stan Lockwood, Bernadette Height, Anna Brindall.

30 SEPT - DAM TO DAM - DIRECTORS - JUDI & PETER HILL 93986798

HELPERS - Toni Frank, Bert & Bridget Carse, Jim Klinge, Maria Hart, Nick & Kerri Miller, John West, Chris Coates, Ivan Pilton.

7 OCT - BIBRA LAKE - DIRECTOR - ROSA WALLIS 93374413

HELPERS - Robert Sheehy, Maggie Flanders, Alan Chambers, Duncan & Fiona McAuley, Dennis Miller, John Brambley, Keith Rimmer, Margaret Robinson, Bob Chalmers.

14 OCT - WILDFLOWER RUN - DIRECTOR-WENDY DUNCAN, DAVE WILMER 93022998

HELPERS - Brian & Alison Aldrich, Diane York, Warren Davey, Rod Tinniswood, John Molloy, Peter Simmons, Keith Miller, Wayne Robinson, Liz Duffield.

*Walking is the exercise that needs no gym.
It is the prescription without the medicine;
The weight control without the diet;
The cosmetic found in no pharmacy.
It is the tranquilliser without the pill;
The therapy without the psycho-analyst;
The fountain of youth that is no legend.
A walk is the get-away that doesn't cost a cent.*

Anonymous

Alice Springs marathon

Two WA vets ran well at the Alice Springs marathon (Aug 18). Steve Dunn(M30) was first in 3hrs 03, not his best marathon time but his first win. John Davies (M55) was 4th in 3hrs 11min.

The Alice marathon started off in darkness and an hour into the run it was still minus 2.5 degrees.

Performance Level Percentage Age Graded Tables • WOMEN

AGE	10K	15K	10 Miles	20K	H Mar	25K	Mar	10KW	15KW	20KW	25KW
30	1795.0	2751	2963	3730	3948	4730	8331	2516	3922	5376	6945
31	1795.0	2751	2963	3730	3948	4730	8331	2516	3922	5376	6945
32	1795.0	2751	2963	3730	3948	4730	8331	2516	3922	5376	6945
33	1795.0	2751	2963	3730	3948	4730	8331	2521	3922	5376	6945
34	1795.0	2751	2963	3730	3948	4730	8331	2537	3925	5376	6945
35	1799.7	2751	2963	3730	3948	4730	8331	2554	3951	5385	6947
36	1813.8	2769	2981	3744	3960	4736	8331	2571	3979	5424	6998
37	1828.2	2791	3004	3773	3992	4773	8349	2589	4007	5463	7049
38	1842.8	2813	3028	3803	4023	4811	8414	2608	4036	5502	7101
39	1857.6	2836	3052	3834	4055	4849	8481	2626	4065	5542	7154
40	1872.7	2859	3077	3865	4088	4888	8549	2645	4094	5583	7207
41	1888.2	2882	3102	3897	4122	4929	8619	2665	4126	5626	7264
42	1903.9	2906	3128	3929	4156	4969	8690	2685	4157	5670	7322
43	1920.0	2931	3154	3962	4191	5011	8762	2705	4190	5715	7380
44	1936.2	2955	3181	3995	4226	5053	8835	2726	4222	5760	7440
45	1952.8	2980	3208	4029	4262	5096	8909	2747	4256	5806	7500
46	1969.9	3007	3236	4065	4299	5140	8986	2769	4291	5854	7564
47	1987.4	3033	3264	4100	4337	5185	9065	2792	4327	5904	7629
48	2005.1	3060	3293	4137	4376	5231	9144	2815	4363	5954	7695
49	2023.2	3088	3323	4174	4415	5278	9226	2839	4400	6005	7762
50	2041.6	3116	3353	4212	4455	5326	9308	2862	4438	6057	7831
51	2060.9	3145	3384	4251	4497	5376	9395	2888	4477	6112	7903
52	2080.5	3175	3417	4292	4539	5427	9483	2913	4518	6168	7977
53	2100.5	3205	3449	4333	4583	5478	9573	2939	4559	6225	8052
54	2120.9	3236	3483	4375	4627	5531	9664	2966	4601	6283	8128
55	2141.7	3268	3516	4417	4672	5585	9758	2993	4644	6342	8206
56	2163.8	3301	3553	4463	4720	5642	9856	3022	4689	6404	8289
57	2186.3	3335	3589	4509	4769	5700	9957	3051	4736	6468	8373
58	2209.3	3370	3627	4556	4819	5760	10060	3081	4783	6533	8459
59	2232.8	3406	3665	4604	4870	5820	10165	3111	4831	6600	8546
60	2256.7	3442	3704	4653	4921	5882	10273	3142	4880	6667	8636
61	2282.5	3481	3746	4706	4977	5949	10388	3175	4932	6739	8731
62	2308.9	3521	3789	4760	5034	6017	10506	3209	4985	6812	8827
63	2335.8	3562	3833	4815	5093	6087	10626	3243	5039	6887	8926
64	2363.5	3604	3878	4872	5153	6158	10750	3278	5094	6964	9027
65	2391.7	3647	3925	4930	5214	6231	10876	3314	5151	7042	9131
66	2422.6	3694	3975	4993	5281	6311	11014	3351	5211	7125	9241
67	2454.3	3742	4026	5058	5349	6392	11155	3390	5272	7210	9353
68	2486.8	3791	4079	5125	5420	6476	11300	3430	5335	7297	9468
69	2520.1	3842	4134	5193	5492	6562	11449	3470	5400	7386	9586
70	2554.4	3894	4190	5263	5566	6651	11601	3512	5465	7477	9706
71	2592.4	3951	4252	5341	5648	6749	11771	3556	5535	7574	9835
72	2631.6	4011	4315	5421	5733	6850	11945	3601	5607	7673	9966
73	2671.9	4072	4381	5504	5820	6953	12124	3648	5681	7775	10101
74	2713.5	4135	4449	5589	5910	7061	12309	3695	5756	7879	10240
75	2756.4	4200	4519	5676	6003	7171	12500	3744	5834	7987	10383
76	2805.0	4273	4598	5776	6107	7296	12715	3797	5917	8103	10537
77	2855.2	4350	4680	5878	6216	7425	12938	3851	6004	8222	10695
78	2907.3	4428	4764	5985	6328	7559	13168	3907	6093	8345	10859
79	2961.3	4510	4852	6095	6445	7698	13407	3964	6184	8472	11028
80	3017.3	4595	4943	6209	6566	7842	13655	4024	6278	8603	11202

These tables consist of lists of age-category world records by event. For the distance events, these are stored as Standard Times in seconds. The PL% calculation is Standard Time divided by Actual Time in seconds multiplied by 100. i.e:

$$\frac{ST \times 100}{AT}$$

An approximate guide:

World Record level is	100%
World Class is	90%+,
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Performance Level Percentage Age Graded Tables • MEN

AGE	10K	15K	10 Miles	20K	H Mar	25K	Mar	5KW	10KW	15KW	20KW	25KW
30	1618.4	2486	2680	3380	3579	4296	7610	1095	2282	3502	4715	6009
31	1618.4	2486	2680	3380	3579	4296	7610	1099	2282	3502	4715	6009
32	1618.4	2486	2680	3380	3579	4296	7610	1106	2282	3502	4715	6009
33	1618.4	2486	2680	3380	3579	4296	7610	1113	2288	3502	4715	6009
34	1618.4	2486	2680	3380	3579	4296	7610	1120	2302	3506	4715	6009
35	1618.4	2486	2680	3380	3579	4296	7610	1127	2316	3528	4723	6011
36	1626.1	2489	2681	3380	3579	4296	7610	1134	2331	3551	4755	6051
37	1637.3	2506	2699	3397	3595	4307	7610	1141	2346	3574	4786	6092
38	1648.7	2523	2718	3420	3619	4337	7631	1149	2361	3598	4819	6134
39	1660.3	2541	2737	3444	3645	4367	7684	1156	2377	3622	4851	6176
40	1672.1	2559	2757	3468	3670	4398	7738	1164	2393	3646	4884	6219
41	1684.1	2577	2776	3493	3697	4430	7793	1172	2409	3672	4919	6265
42	1696.3	2596	2797	3519	3723	4462	7849	1181	2426	3698	4955	6311
43	1708.7	2615	2817	3544	3750	4494	7906	1189	2443	3725	4991	6357
44	1721.3	2634	2838	3570	3778	4527	7964	1198	2461	3752	5028	6405
45	1734.0	2654	2859	3597	3806	4561	8022	1206	2478	3779	5065	6453
46	1747.3	2674	2880	3624	3835	4595	8083	1215	2497	3808	5104	6504
47	1760.7	2694	2903	3652	3864	4630	8145	1225	2516	3838	5144	6556
48	1774.3	2715	2925	3680	3894	4666	8207	1234	2535	3868	5185	6608
49	1788.1	2736	2948	3708	3924	4702	8271	1244	2555	3898	5226	6662
50	1802.2	2758	2971	3737	3965	4739	8335	1253	2575	3929	5268	6716
51	1816.9	2780	2995	3768	3987	4778	8403	1264	2596	3962	5312	6774
52	1831.9	2803	3020	3799	4020	4817	8471	1274	2617	3995	5357	6832
53	1847.1	2827	3045	3830	4053	4857	8541	1285	2639	4029	5403	6892
54	1862.6	2850	3070	3862	4087	4897	8612	1296	2661	4063	5450	6952
55	1878.3	2874	3096	3894	4121	4938	8684	1307	2684	4098	5497	7014
56	1895.1	2900	3124	3929	4157	4982	8671	1318	2708	4135	5548	7079
57	1912.1	2926	3152	3964	4195	5027	8839	1330	2732	4173	5599	7146
58	1929.4	2952	3180	4000	4232	5072	8918	1342	2757	4212	5651	7214
59	1947.0	2979	3209	4036	4271	5118	8999	1355	2782	4251	5704	7283
60	1956.0	3007	3239	4073	4310	5165	9081	1367	2808	4291	5759	7353
61	1984.4	3036	3271	4113	4352	5216	9170	1380	2835	4333	5816	7428
62	2004.1	3067	3303	4154	4395	5268	9260	1394	2863	4376	5875	7504
63	2024.3	3097	3336	4196	4439	5320	9352	1408	2891	4420	5934	7581
64	2044.9	3129	3370	4238	4484	5374	9446	1422	2920	4465	5995	7661
65	2065.8	3161	3404	4281	4530	5429	9542	1436	2949	4511	6058	7742
66	2088.8	3196	3442	4329	4580	5489	9647	1451	2980	4559	6123	7827
67	2112.3	3232	3481	4377	4631	5551	9755	1466	3012	4609	6191	7915
68	2136.4	3269	3520	4427	4683	5613	9864	1482	3045	4659	6260	8005
69	2161.0	3306	3561	4477	4737	5678	9977	1498	3078	4711	6330	8096
70	2186.1	3345	3602	4529	4792	5743	10091	1515	3112	4764	6402	8190
71	2214.1	3387	3648	4587	4853	5816	10219	1532	3148	4820	6479	8289
72	2242.8	3431	3695	4646	4915	5891	10350	1550	3185	4878	6557	8391
73	2272.3	3476	3744	4706	4979	5968	10484	1569	3223	4936	6637	8496
74	2302.6	3522	3793	4769	5045	6047	10622	1587	3261	4997	6719	8603
75	2333.6	3570	3844	4833	5113	6128	10764	1607	3301	5059	6803	8712
76	2368.9	3624	3902	4905	5190	6220	10924	1627	3344	5125	6894	8831
77	2405.2	3679	3962	4980	5269	6315	11089	1649	3388	5194	6987	8953
78	2442.7	3736	4024	5057	5350	6413	11260	1670	3433	5264	7083	9078
79	2481.3	3795	4087	5136	5434	6513	11435	1693	3479	5337	7182	9207
80	2521.2	3856	4152	5218	5521	6617	11617	1716	3527	5411	7283	9339

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World Class is	90%+,
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Local Class	60%+.

Results



Help us to get your name right

If you're fussy about how your name is spelt, why not take off your badge while in the queue and hand it to the place recorder. They'll be grateful and will have a better chance of getting it right.

Lake Joondalup Run

22.7.01

We were very lucky with the weather. Not very cold, with a light wind and lots of sunshine.

There was a great improvement this year in the surface of the course - crushed limestone for two thirds of the way. Thanks to the authorities.

The numbers were up - we had 78 competitors compared to 62 last year. With the improved surface, there were some faster times. Although everyone is at different stages of their training program, some of the improvements were:

- A faster winning time and a different competitor.
 - Bob Schickert ran two minutes faster this year and came 4th, compared to 2nd last year
 - Blakeney Tindall improved his time by over 1.5 minutes.
 - Graham Thornton improved by 3 minutes.
 - Marj Forden improved by almost 2 minutes.
 - Merv Jones was consistent.
 - Irene Ferris ran just a little faster.
- Walkers benefited as well and some of the noteworthy performances were:
- Dorothy Whittam almost a minute faster
 - Val Wheeler 25 seconds faster
 - Jeff Whittam almost 3 minutes faster

In summary, we have a very good, fast cross country course at lake Joondalup, that will be even better once the pathway is completed. As always the main stars were the helpers with thanks to Ann Turner, Don Caplin, Wally Crowley, Bronwyn Gee and Mike Anderson. Many thanks. See you all next year.

Margaret and Morris Warren.

VISITORS

5km Run

Simon Beaumont	21:26
Ruth Willmer	26:46
Grace Willmer	30:01

11.2km Run

Scott Loraine	50:01
Gerald Hanna	52:54
Tony Weston	53:46
Des Phillipson	58:48
Cherene Johns	73:13
John McAvan	76:38

TOTAL 9 Visitors

5km

Ian Davies	M50	18:48
Jim Barnes	M55	21:55
Peter Airey	M60	24:15
Liz Duffield	W45	24:49
Ross Parker	M50	25:10
Monique Pulman	W45	25:11
Bob Sammells	M60	25:23
Wendy Clements-Green	W55	26:22
Roma Barnett	W50	26:49
Kirt Johnston	M70	27:31
Jacqueline Billington	W55	28:48
Val Millard	W50	28:52
Joan Pellier	W60	28:55
Sue Bullen	W40	29:18
Keith Forden	M60	29:46
David Willmer	M45	30:08
Mike Pulham	M60	31:22
Pierre Viala	M50	32:42
Lynne Schickert	W55	32:42
Frank Usher	M75	40:23

TOTAL 20 Runners

11.2km Run

Stephen Dunn	M30	45:29
Ralph Henderson	M50	45:47
Lachlan Marr	M40	46:28
Bob Schickert	M55	47:53
John Davies	M55	48:12
Graham Thornton	M60	48:21
Mike Hale	M50	49:08
Doug Ashfield	M40	49:20

Blakeney Tindall	M40	49:59
Simon Jawichre	M35	50:38
Brian Danby	M50	51:01
Vic Waters	M55	52:46
Frank Smith	M55	52:52
Brian Foley	M55	52:55
John Mack	M60	53:11
Syd Beer	M55	53:14
Keith Atkinson	M40	53:36
John Pellier	M60	55:16
John Ellard	M55	55:35
Marj Forden	W55	55:43
Debbie Burge	W30	56:05
Richard Harris	M60	58:25
Rod Tinniswood	M50	58:50
Gillian Young	W50	60:18
George Schaefer	M65	61:19
John Dance	M50	62:40
Merv Moyle	M70	63:20
Wendy Duncan	W50	64:00
Vic Beaumont	M70	64:02
Arnold Jenkins	M55	65:09
Bob Fergie	M65	66:05
Merv Jones	M60	66:52
Irene Ferris	W45	67:03
Pam Toohey	W45	67:18
Elaine Dance	W55	69:55
Keith Rimmer	M55	73:44
Stan Lockwood	M70	73:50
Shorty Turner	M65	81:15
Denise Lancaster	W50	81:16

TOTAL 39 Runners

5km Walk

John Frost	M60	35:14
Rex Bruce	M60	35:52
Dorothy Whittam	W65	40:17
Val Wheeler	W65	42:29
Patricia Hopkins	W55	42:31
Elaine Ellard	W55	43:11
Maggie Flanders	W60	43:24
Barbara Bailey	W70	45:43
Jeff Whittam	M65	45:45
Fred Hagger	M75	54:30

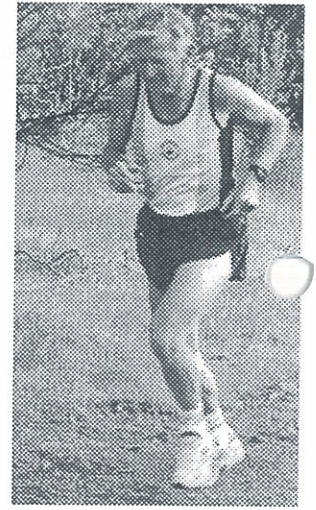
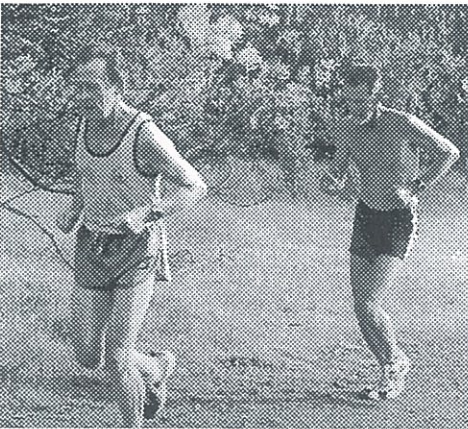
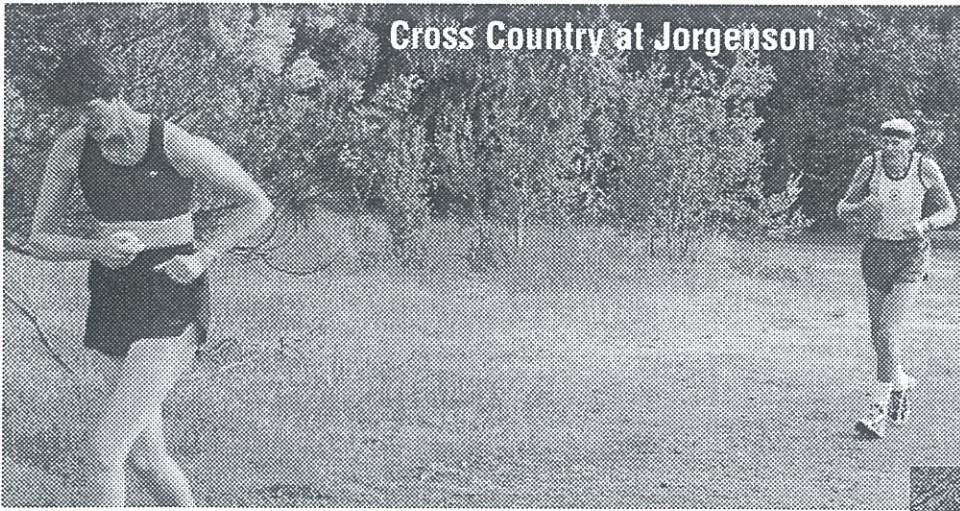
TOTAL 10 Walkers

OVERALL TOTAL 78 Competitors

Road Walking Championships

Age	Name	Weir	%	D/Watr	%	Uni+Bck	%	Mill Pnt	%	O/all	m/km	%	%psn	O/all	Age	psn
W54	Val Millard	35:18	68.7	52:46	67.5	115:00	69.0	69.41	70.9	272:45	7:15	68.4	3	2		1
W53	Michele Mison	36:14	66.4	54:26	64.8	112:00	67.8	71:13	68.7	273:53	7:20	66.9	4	3		2
W58	Jacqueline Billington	33:24	75.5	50:52	72.7	107:24	74.2	67:12	76.4	258:52	6:54	74.7	2	1		1
W71	Lorna Lauchlan	36:36	79.6	54:40	78.0	113:00	81.6	70:49	83.6	275:05	7:22	80.7	1	4		1
M59	Paul Martin	28:07	80.3	53:00	62.6	94:16	75.1	60:34	76.5	235:57	6:15	73.6	1	1		1
M61	Alan Jennings	34:13	67.2	50:34	66.9	109:58	65.6	67:55	69.5	262:40	6:59	67.3	2	2		1
M60	Rex Bruce	38:01	59.9	53:29	62.6	118:00	60.6	70:50	66.0	281:20	7:32	62.2	3	3		2
M69	Alan Pomery	42:15	59:00	59:00	62.2	117:00	67.1	78.43	65.1	296:58	8:04	63.3	4	4		1

Cross Country at Jorgenson



1. Merv Moyle chasing Jackie Halberg
2. Val Wheeler and Maggie Flanders
3. Vic Waters and Brian Danby
4. Cheer Squad
5. Vic Beaumont
6. Brian Smith
7. Milton Maverick and John Bell
8. Morris Warren and Lorna Lauchlan

Pics by Jeff Whittam

Club Cross Country Championships

5th August 2001

The weather was cool and overcast and the going was dry and firm. With ideal conditions for cross country, some good, accident-free, racing resulted over the demanding course. Medals were presented to age-group winners and place-getters during the social function that followed.

Our congratulations go to all of the medallists, and it was especially pleasing to see some of our newer members winning medals for the first time. These included John Mack, who, as the M60 age group winner, also won the Ted Maslen Trophy.

Our thanks go to those who helped us in various ways with the event and the brunch

in the Community Centre. These include local resident Thea, a friend of members Ed Carroll, Judy Hill, and others, who came to our rescue and opened the Centre for us. We shall try to remember to collect the key next year!

Club Committee

8.7K CLUB CC CHAMPIONSHIPS

M35

Simon Jawichre	37:03
Colin Chisholm	37:46
Mike Karra	38:50

M40

Lachlan Marr	34:47
John Allen	36:56
Blakeney Tindall	37:27

M45

Wally Crowley	34:17
Milton Mavrack	47:14

M50

Jim Klinge	36:00
David Reid	36:20
Mike Hale	38:45
Brian Danby	40:01
Rod Tinniswood	45:03
John Mison	46:12
John Dance	49:35

M55

Bob Schickert	35:51
Ivan Brown	37:12
David Roberts	38:30
Ivan Picton	38:51
Vic Waters	40:21
Brian Foley	41:14
Mike Khan	42:31
Johannes Hagedoorn	42:51
John Bell	45:00
Arnold Jenkins	51:26
John Ellard	55:07

M60		
John Mack	42:39	
Bob Sammells	43:08	
Richard Harris	44:16	
Brian Smith	46:36	
Jim Riddell	47:59	
Morris Warren	60:50	

M65		
David Carr	42:27	
Dick Blom	43:40	
Shorty Turner	60:24	

M70		
Stan Lockwood	45:01	
Merv Moyle	50:09	
Vic Beaumont	52:54	

W30		
Paula Karra	50:19	
W40		
Robin King	38:09	
Debbie Robinson	41:39	
Sue Bullen	50:47	

W50		
De Shaw	39:05	
Gillian Young	46:07	
Val Millard	55:04	
Elaine Dance	55:26	

W55		
Jackie Halberg	49:43	
Pat Toohey	55:12	
Margaret Bennett	60:12	
Lyn Schickert	60:41	

W65		
Anne Turner	52:12	
Margaret Warren	52:22	

W70		
Lorna Lauchlan	60:49	
Visitors		
Chris Frampton	33:40	
Julie Keeley	45:14	

2.9K Run		
Di White	VIS	12:59
Lina Mavrick	VIS	15:40
Kirt Johnson	M70	16:41
Ron Sutton	VIS	17:38
Julie Wood	W50	18:27

5.8K Run		
Ian Davies	M50	23:25
Bevan Lawler	VIS	30:12
Keith Rimmer	M55	30:27
Ray Hall	M65	32:53
Liz Duffield	W45	32:57
Merv Jones	M60	34:04
Stephen Toohey	M50	38:46
Brian Bennett		44:35

2.9K Walk		
Barbara Bailey	W70	28:51
Fred Hagger	M75	38:05

5.8K Walk		
Elaine Ellard	W55	51:23
Val Wheeler	W70	53:37
Maggie Flanders	W60	53:37
David Muir		56:51
Mary O'Connell	VIS	56:53

8.7K Walk		
Rex Bruce		64:49

Club Half-Marathon Championships

12 August 2001

All competitors enjoyed calm, cool conditions for this event, which was contested over the WA Marathon Club's course for the first time.

Three new Championship Records ("CR") were set and Margery Forden seems intent upon replacing Ann Turner's name in the W60 age group records by her own.

Congratulations to all new Club Champions and medallists.

Our thanks must go to John Pettersson, WAMC, for his time, assistance and advice in making these Championships a success. They must also go to my helpers on the day, namely, Debbie Burge, Anne and Jim Shaw, Ray Attwell, Jim Barnes, Rex Bruce, Merv Moyle and Keith Rimmer.

Bob Sammells

Half-Marathon Run PL%

M35				
Stephen Dunn	35	85:19	69.91	
Simon Jawichre	37	95:32	62.71	
Mike Karra	36	2:02:24	48.73	

M40				
Lachlan Marr	41	87:24	70.49	
John Allen	43	90:56	68.73	
Doug Ashfield	44	93:58	67.00	
Keith Atkinson	44	1:42:24	61.49	

M45				
Chris Maher	48	80:24	80.72	
Wayne Robinson	46	86:18	74.06	
David James	47	1:40:01	64.38	

M50				
John West	52	83:40	80.79	
Gareth Brunt	50	89:29	73.84	
Jim Klinge	54	90:45	75.05	
Mark Rosen	53	97:01	69.62	

Keith Miller	52	1:44:27	64.14	
Brian Danby	53	1:44:47	64.46	
John Dance	51	1:58:40	55.99	
Michael Anderson	53	1:58:57	56.78	

M55				
John Davies	57	90:48	77.00	
Bob Schickert	59	91:36	77.71	
Ivan Brown	56	96:11	72.03	
John Pressley	56	97:12	71.27	

Mike Khan	56	1:42:17	67.73	
Wayne Bates	56	1:46:58	64.77	
John Bell	56	1:52:29	61.59	
Bob Sheehy	55	2:05:47	54.60	

M60				
Graham Thornton	60	91:49	78.23	
John Pellier	61	1:45:31	68.74	
Brian Smith	62	1:49:12	67.07	
Richard Harris	64	1:52:37	66.36	

Mike Faunge	63	1:53:47	65.02	
Merv Jones	62	2:05:19	58.45	

M65				
David Carr	69	1:46:54	73.85	
Aldo Giacomini	65	1:55:25	65.41	
Dick Blom	65	1:57:09	64.44	
Shorty Turner	65	2:28:15	50.92	

M70				
Vic Beaumont	71	2:05:53	63.19	
Ken Whistler	70	2:13:51	59.66	

W30				
Paula Karra	30	2:02:23	53.76	

W40				
Glenda Lawrence	44	2:04:23	56.62	

W45				
Anna Brindle	45	1:59:02	59.67	

W50				
Frances Casella	50	1:48:00	68.75	
Gillian Young	54	1:53:37	67.87	
Wendy Duncan	51	1:58:04	63.48	
Elaine Dance	50	2:13:57	55.43	
Roma Barnett	51	2:17:20	54.57	

W55				
Jackie Halberg	55	1:58:41	65.60	
Pam Toohey	55	2:13:19	58.40	
Margaret Bennett		2:28:16	54.74	

W60				
Margery Forden	60	1:48:31	75.57CR	
Joan Pellier	61	2:21:00	58.82	

W65				
Ann Turner	65	2:01:19	71.63	

Visitors				
Paul Odam		80:23		
David Bishop		83:41		
Chris Frampton		84:05		
Shaun Edwards		84:37		
Bob Martin		86:26		
Phillip Edmiston		95:27		
Nigel Wake		95:48		
Steve Shalit		97:13		
Desmond Mallan		98:45		
Michelle McGrath		98:59		
Syd Beer		99:17		
Kurt Baur		1:43:49		
Dante Giacomini		1:46:36		
Rosalie Maine		1:53:44		
Darryl Howe		2:10:16		
Christine Wirth		2:18:52		
Peter Ryan		2:31:05		

Half-Marathon Walk

M50				
John Mison	54		2:14:43	

M60				
Paul Martin	60		2:14:43CR	
Alan Jennings	61		2:33:15	

M65				
Ray Hall	67		2:38:05CR	

W55				
Lynne Schickert	59		2:38:44	

10.2K Run

Warren Gee	M50	38:02
Ralph Henderson	M50	39:35
Ian Davies	M50	40:00
Dave Roberts	M55	42:37
Gary Fisher	M45	45:36
John Mack	M60	46:46
Mike Hale	M50	47:00
Brian Foley	M55	47:47
Shane Grimmick	VIS	48:10
Johannes Hagedoorn	M55	48:36
Shirley Bell	W50	50:05
John Ellard	M55	50:54
Rod Tinniswood	M50	51:07
George Schaefer	M65	51:53
Liz Duffield	M45	53:54
Arnold Jenkins	M55	54:52
Mitch Loly	M60	55:18
Wendy Clements-Green	W55	55:37
Irwin Barrett-Lennard (12.5K?)		56:41
Bob Fergie	M65	57:07
Sue Bullen	W40	57:20
Jo Pearce	W50	57:31
Phyllis Farrell	W55	66:44
Morris Warren	M60	66:45

10.2K Walk

John Frost	M60	73:47
Jacqueline Billington	W55	75:42
Lorna Lauchlan	W70	75:45

10K**M35**

Simon Jawichre	42:24
Mike Karra	43:28

M40

Lachlan Marr	39:38
John Allen	41:54
Doug Ashfield	42:47
Blakeney Tindall	43:36

M45

Wally Crowley	39:21
Neil McRae	40:33
Keith Atkinson	46:21
David James	47:18

M50

Ralph Henderson	39:28
Jim Klinge	40:55
Gareth Brunt	41:22
Bob Thomson	43:00
Brian Danby	44:43
Mark Rosen	44:48
Adrian Damiani	47:14
Clive Choate	47:21
Keith Miller	47:26
Evan McRae	50:42
Rod Tinniswood	50:46
John Dance	55:27
Steve Toohey	60:35

M55

Bruce Wilson	40:23
Bob Schickert	40:52
Ivan Brown	42:14
Dave Roberts	42:20
Jim Langford	43:41
Syd Beer	45:26
Jim Barnes	46:09
Johan Hagedoorn	46:24
Brian Foley	46:38
Vincent Carrero	46:48
John Bell	48:42
Mike Khan	49:24
Keith Rimmer	49:56
Wayne Bates	50:04
Robert Sheehy	50:57

M60

Graham Thornton	42:56
John Mack	46:46
Paul Martin	48:22
John Pellier	48:26
Richard Harris	48:57
Bob Sammells	49:21
Mike Faunge	51:03
Morris Warren	71:01

M65

David Carr	45:51
Steve Barrie	47:06
Aldo Giacomini	53:20
Bob Fergie	56:41
John Smith	58:16
Shorty Turner	65:51

M70

Cecil Walkely	52:15
Vic Beaumont	55:06

Merv Moyle	56:02
Ken Whistler	57:27

M75

Alan Tyson	88:52
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W30

Julie Keeley	48:13
Debbie Burge	48:37
Paula Karra	54:33

W40

Debbie Robinson	46:03
Kathy Avery	48:54
Sue Bullen	56:19
Jeanette Tiverios	58:38

W50

Margaret Langford	49:19
Shirley Bell	50:13
Gillian Young	50:30
Judy Bonomelli	52:13
Jo Pearce	58:31
Wendy Duncan	58:36
Elaine Dance	61:15
Val Millard	61:16

W55

Jackie Halberg	54:30
Wendy Clements-Green	55:57
Pam Toohey	61:03
Margaret Bennett	65:48
Margery Forden	52:55

W60

Margery Forden	49:58
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W65

Anne Turner	56:45
Margaret Warren	56:58

10km Visitors

Edward Nugent	43:26
Niamh Keane	44:03
Robert Roll	45:46
Ryan Gee	49:14
Charles Sullivan	51:49
Geoff Sanders	53:53

5 km Members & Visitors

Matthew Wong	vis	18:30
Tyson Popplestone	vis	18:31
Nick Gardiner	vis	18:35
Ian Davies	M50	19:14
Pippa Hendon	vis	19:49
Janelle Wong	vis	19:57
Brad Kitay	vis	20:01
Rick Pilkington	M30	20:16
David Willmer	M45	20:36
Jaimie Fearnley	vis	20:47
Lauren Gardiner	vis	21:25
Don Caplin	M60	22:19
Russell West	vis	22:42
Gary Fisher	M45	23:03
Jessica Sumner	vis	23:04
Henry Cortis	M55	23:09
Sue Vetten	W45	23:51
Sarah Fearnley	vis	24:07
Sue Fearnley	vis	24:57
Ashley Fearnley	vis	25:54
Monique Pulham	W45	26:09



State Cross Country Championships

King's Park August 19th 2001

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-Green 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.

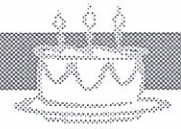
Warren Gee and Ralph Henderson.

Melissa Gardiner	vis	24:43
Glenda Lawrence	W45	24:53
John Brambley	M55	24:55
Sue Fearnley	vis	24:57
Ashley Fearnley	vis	25:54
Monique Pulham	W45	26:09
Tony Rodd	vis	26:26
Helen Kurz	vis	26:36
Joe Stickles	M60	25:64
Liz Duffield	W45	26:59
Michael Anderson	M50	27:20
Steffi Heussi	W55	27:21
Clive Frost	M50	27:42
Arnold Jenkins	M55	28:17
Lyn Harrap	W45	28:28
Roma Barnett	W50	28:59
Merv Jones	M60	29:40
Michael Pulham	M60	30:04
Ray Lawrence	M70	30:27
Julie Wood	W50	30:34
Keith Forden	M60	32:15
Sheila Maslen	W60	34:46
Gre Viala	M50	37:21
Denise Lancaster	W50	37:35
Phyllis Farrell	W55	37:44
Joanne Stewart	W55	39:02
Patricia Carr	W65	39:06
Marg Taylor	W50	43:28
Frank Usher	M75	43:34
Grace Willmer	vis	43:51
Akane Yakoo	vis	65:44
Penny Brown	W55	65:47

5 km Walk Members & Visitors

Alan Jennings	M60	33:58
Jacqueline Billington	W55	34:50
Rex Bruce	M60	35:00
Lynne Schickert	W55	37:09
Michele Mison	W50	37:17
Lorna Lauchlan	W70	37:31
Dorothy Whittam	W65	40:56
Barrie Thomsett	M60	40:58
Patricia Hopkins	W55	41:45
Maggie Flanders	W60	44:28
Alan Pomery	M70	44:44
Barbara Bailey	W70	46:43
Jeff Whittam	M65	46:45
Pat Miller	W60	48:51
Christine Tinniswood	Vis	48:56
Bev Brideson	Vis	63:41
Margaret Anthony	Vis	65:39

Birthdays



HAPPY BIRTHDAY TO SEPTEMBER MEMBERS

Robert Thomson	03.09.1947	54	remains M50
Sue Bullen	04.09.1959	42	remains W40
Heather Sanderson	04.09.1949	52	remains W50
Basil Worner	04.09.1931	70	becomes M70
Roma Barnett	06.09.1949	52	remains W50
John Stone	07.09.1952	49	remains M45
Jacqueline Beaumont	08.09.1936	65	becomes W65
Arthur Leggett	08.09.1918	83	remains M80
Bruce Wilson	08.09.1950	51	remains M50
Margaret Langford	09.09.1946	55	becomes W55
Susan Vetten	10.09.1951	50	becomes W50
David Brown	11.09.1945	56	remains M55
Richard Englehart	12.09.1952	49	remains M45
David Scott	12.09.1947	54	remains M50
Brian Aldrich	16.09.1930	71	remains M70
Robert Hayres	16.09.1931	70	becomes M70
Robin King	17.09.1958	43	remains W40
Dick Blom	19.09.1933	68	remains M65
Wayne Pantall	19.09.1952	49	remains M45
Barbara Wilson	19.09.1951	50	becomes W50
Deborah Burge	21.09.1966	35	becomes W35
John Frost	21.09.1937	64	remains M60
Garry Smith	21.09.1957	44	remains M40
Denise Davies	23.09.1943	58	remains W55
Tony Heppener	24.09.1951	50	becomes M50
Morris Warren	24.09.1937	64	remains M60
Gail Gardiner	25.09.1949	52	remains W50
Joanne Samer	27.09.1960	41	remains M40
Diane York	27.09.1953	48	remains W45
Margaret Bennett	28.09.1941	60	becomes W60
Duncan McAuley	28.09.1949	52	remains M50
Stan Lockwood	29.09.1929	72	remains M70
Mike O'Reilly	29.09.1939	62	remains M60
Alan Chambers	30.09.1937	64	remains M60
Francis Usher	30.09.1923	78	remains M75

 **Fremantle**
MASTERS GAMES 2001
A great place to play
21-23 September
Athletics Organisers:
Bob and Lynne Schickert
(ph: 9330 3803)

New Members

A warm welcome to the new member approved at the committee meeting on August 16, 2001.

Deborah Robinson



Members can now pay for such items as clothing, social events, weekend camps and membership using Visa, Mastercard or Bankcard credit facilities. A 4% administration fee will apply.

To pay by phone simply phone the treasurer on 9330 3803

Credit Card Payment

Please make this payment of \$.....for Clothing Membership Club Social Function
 Club Weekend Away Championship entry
by Visa Bank Card Mastercard

Card Number Expiry Date

Card Holder's Name.....

Signature.....



PURPOSE



The objective of the club is to encourage and promote veterans' athletics, general fitness and to provide training and competition within the jurisdiction of the Athletic Association of WA. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social

aspect is also important and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or social as they choose. Competition is in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

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1/37 Bombard Street, Ardross WA 6153.



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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.