



# The Vetrunk



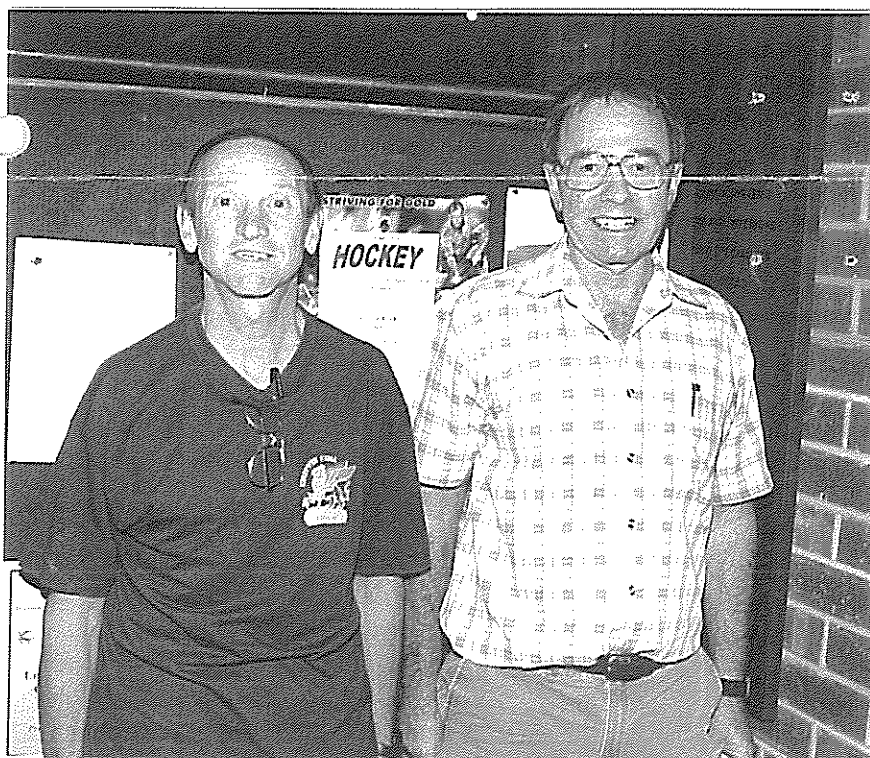
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| Inside this Issue         |        |
|---------------------------|--------|
| Club News                 | -----2 |
| Helpers List              | -----2 |
| Letters                   | -----4 |
| Veterans State Marathon   | -----5 |
| Lake Joondalup            | -----6 |
| Deepwater Point           | -----6 |
| Club Cross Country        | -----7 |
| Race Walking Championship | -----8 |
| Birthdays                 | -----8 |
| Track and Field Program   | -----9 |

*Photos: Top, Anne Shaw winning the Perth Marathon this July (under challenging conditions, see page 5); Below left, Merv Jones and Graham Thornton, new life members voted in at this years AGM (photo Vic Beaumont) and bottom right, Noela Medcalf, another club member with the honour of carrying the Olympic Torch along Marine Parade, Cottesloe with many Vets on hand to cheer her along (photo Vic Waters)*

\*\*\*\*\*  
 ★ Track and Field Program is here! See inside back page ★  
 ★  
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# Club News

## Anyone for a massage?

Malcolm Calcutt and his team of masseurs will be appearing at the following events:

Wildflower run (8.10), RIB (22.10), Guess your time (29.10), Herdsmen (5.11), Pelican Point (19.11), Cliff Bould (26/11) and Canning Caper (3.12).

## Records

State Statistician Bob Sammells has recently converted his dBase III-compatible Records system to an MS Excel worksheet. This is approximately 500K in size and contains State, National and World records.

Any members wanting a copy can have it downloaded via the Internet or supplied on diskette. Internet requests should be emailed to bobsammells@bigpond.com.au. For the diskette option, please send a blank diskette to Bob with a return stamped addressed envelope.

## Thanks

A big thanks to both Vic and Jackie Beaumont for offering to take on the job of providing the morning teas and to Alan Chambers for having done them over the last few years.

## Editor Position

Due to ever increasing work and study commitments I am finding it hard to devote enough time to producing the Vetrun. If anyone is interested in giving it a go, don't be shy in coming forward! Although it would be useful to have some computer skills and access to email, it is not essential as I can teach you the basics. The club supplies a computer with all the programs you need. If anyone is interested in finding out more please ring Katrina on 9380 8501 (w) or at the contact number / email above. You might be surprised learn how useful such skills come in handy. Editing the Vetrun helped me land my new job!!

## Helpers List

### 3rd September

Applecross Jetty, *Contact* Maggie Flanders 9314 7556

*Helpers:* Jane McCarthy, David Clive, B&T Carrero, Mike and Paula Karra and R. Loomans

### 10th September

Hester Park, *Director:* Merv and Sue Jones 9398 1157

*Helpers:* Toni Frank, S. Parkinson, Graham Thornton, Pat Miller, G. Brayshaw and Fred Hagger

### 17th September

Bassendean, *Director:* J. Billington 9279 8679

*Helpers:* Kirt Johnson, J. Jarvis, Mike Khan, Margaret Bennett, P. Hawkes, Denise Lancaster and Karin Thomson.

### 24th September

Garvey Gallop, *Director:* A. Leggett 9279 9340

*Helpers:* Kirt Johnson, Brian Smith, Lois Smith, John Smith, Ross Calnan, B. Tindall, R. Mair and Bill Chapman

### 1st October

Bibra Lake, *Director:* Doug Hazell 9414 1348

*Helpers:* Maggie Flanders, John Brambley, Jon Wannberg, B. Chalmers, D. McAuley, M. Robinson, B. Morrissey and J. McShane.

## Australian Sports Medal

The government is awarding a special medal called the Australian Sports medal. The intention is for a high proportion of these to go to unsung heroes and heroines of sport, not necessarily those of outstanding athletic ability. AthleticA was allocated a limit to the number of nominations they could to put forward. From this allocation WA Vets can put forward two nominations.

A committee was formed, comprising of Lorna Lauchlan, Ann Turner, Brian Danby, Merv Jones and myself (Jeff Whittam). A list of potential nominees was drawn up and each was asked to submit a resume detailing their involvement in sport, either in an administrative, coaching

and/or competitive role. After reading through all the resumes, all of the committee were very surprised about how little we knew about each nominees involvements in sport, athletics or other. The nominees, in alphabetical order were David Carr, Bob Fergie, Brian Foley, Jackie Halberg, Bob Sammells, Bob Schickert and Basil Worner.

After reading all the resumes and a great deal of debate and several rounds of voting the final choice of the committee for nomination were Jackie Halberg and Bob Schickert. Although the votes for all were close it was these names forwarded to AthleticA. Our main criteria for selection was based on what the nominees had done for Vets Athletics. There is always the possibility that some nominees may also get put forward by another organisation (eg Little Athletics or another sport) or by the general public.

We thought that the resumes of the nominees were very interesting and with the permission of the owners, will be published in the Vetrun over the next couple of months for all to see.

**Jeff Whittam**

*This month Bob Schickert and Bob Sammells kindly submitted their resumes electronically and they make very interesting reading!*

## Bob Schickert

Extensive athletics experience competitor and administrator in both Victoria and Western Australia. Joined the Victorian Veterans Athletic Club in 1977 following 20+ years as athlete and official with Ivanhoe Harriers (Club Registrar), Victorian Marathon Club (Statistician) and Waverley Harriers (committee member).

Veterans Club representative on Nunawading City Council committee organising construction of the East Burwood Athletic Track. On completion of the venue, organised the inaugural East Burwood fun run which attracted approximately 200

participants: veterans, open and little athletes.

Also initiated, promoted and managed Veterans competition at this track for 3 years. Membership grew from zero to 200 with 50-60 members attending weekly competition on Thursday nights and this venue remains a strong segment of the Victorian Veterans Athletics system. The opening of the venue brought back to athletic competition a considerable number of local former open athletics participants.

When Melbourne was allocated the 1987 World Veterans Athletics Championships, was the initial East Burwood representative on the working party set up to arrange administration. Assisted as an official at these Championships prior to departure for Perth.

Involved in coaching and mentoring other runners. For example, for over 10 years from my home on Saturdays or Sundays, organised a group of mainly veteran athletes training for long distance events. Also coached a district junior football team when playing for Swan Districts in 1964.

A member of the crew for the Sydney to Melbourne Westfield run in 1985 for Margaret Smith, first Australian woman and veteran to complete distance of approx 900 km. Seven days of 21 hour days feeding, clothing, running with and encouraging.

In late 1980s, the Victorian Vets awarded a small number of plaques "in appreciation of dedicated service to the club": recipient of one of these awards.

Joined the Western Australian Veterans Athletic Club (WAVAC) in January 1988. Made Life Member in 1998. Involvement has included:  
Member of committee which organised 1989 Australian Veterans Athletics Championships in Perth.  
President of WAVAC 1989-1991.  
Handicapper from 1992 to 1998

which included membership of Reg Briggs Trophy selection committee. President 1998 to 2001.

Australian Association of Veteran Athletic Clubs delegate to Oceania Games, Norfolk Island, January 2000.

Announcer at Vets State Track and Field Championships for last 7 years.

Announcer at 1993 Australian Masters Games in Perth and 1996 Australian Veterans Championship in Perth.

Joint organiser of Summer Track and Field meetings for past two years.

Current Sunday program includes seven runs initiated by me: 3Ps, Canning Caper, Wireless Hill, Clydesdale, Mosman Park and Woodman Point.

In the "Running Mates" segment of the WAVAC newsletter *Vetrun* of June 1996, the author commented "Bob must be a committee member's dream as he is always the first to volunteer when help is needed.

### **ROBERT E. SAMMELLS**

#### **SERVICES TO VETERANS ATHLETICS**

Joined WA Veterans Athletic Club 8th January, 1978.

##### **1. Committee Positions**

Treasurer 1978/79  
1979/80  
1980/81  
President 1981/82  
1982/83  
Member 1983/84  
1985/86  
1986/87  
1994/95  
1995/96

2. Handicapper 1985/86

3. Statistician 1988/89 to date

4. National Championships  
Chaired the Organising Committee for the 1982 Championships held in Perth.

Member of the Organising Committee for the 1989 Championships held in Perth.

##### **5. State Championships**

Have been involved in organisational and planning roles in most of these since they were first conducted (jointly with the National Championships) in 1982.

Have also served on Athlete of the Meet sub-Committees on many occasions.

##### **6. Race Director**

Have been responsible for an event for most years that I have been a Club member. Events include the State Cross Country Championship (once) and the Club Half Marathon Championships (many times).

##### **7. Reg Briggs Trophy sub-Committee**

Have served on this on several occasions.

##### **8. John Gilmour Trophy**

Have determined the annual winner since the inception of the award.

##### **9. Age-Graded Tables**

Have promoted the value of these to all Club members and used them to identify elite performances

10. Australian Association of Veterans Athletic Clubs  
President 1982

This was an *ex officio* appointment as I was President of the State hosting the National Championships in that year.

11. 4<sup>th</sup> Australian Masters Games - 1993

Member of Organising Committee and Race Director of the Half Marathon.

12. Police Games - 1993: competition was in age groups  
Served as an official.

13. World Firefighters Games - 1995 (?)  
Served as an official.

14. Mature Age Sport Advisory

Committee

This Committee operates under and reports to the WA Sports Federation. I became a member in June, 1995, just after its inception.

It was formed to prepare a specific report on mature-aged sport in WA. Having done so, in mid-1996, it now meets only to consider and advise upon specific issues as they arise.

15. AAWA Council

Served, with Val Prescott, for two years when Club President. AAWA was later re-named AthleticA.

## Letters

### My Haemochromatosis Story By Margaret Stone

I was diagnosed with Haemochromatosis (*a disorder involving excessive iron deposition into the tissues*) at the age of 49 by a rheumatologist. For about 10 years before, I had been plagued with various aches and pains in my joints. I always seemed to be hurting somewhere but in a vague fashion and hard to pinpoint. The exercises suggested by chiropractors and physiotherapists did little to help. Life seemed to be a continuous struggle, as though I was living under a heavy black cloud. I kept running out of steam. *Why?* I looked around for answers. I was teaching full time, on the school council, had two teenagers. Maybe anyone in my position would feel this way. *It didn't make sense.* I enjoyed my work, my kids were doing OK, I had a good marriage and a comfortable home. *Why did I feel so terrible?* I worked hard to fulfil my commitments and maintain a cheerful facade, but at a price. There came a time when I would cry for absolutely no reason. *Why did I feel this way?* I was not depressed but ashamed that I was falling apart.

Eventually I went to the doctor. He questioned me about my marriage. I said it was fine – through tears – and

he wrote me a prescription for Serapax as if it were quite normal. *Join the other suburban neurotics!* The tablets did actually help. I drifted into a glorious sleep that I wanted to last forever. I thought that if I could just sleep long enough I'd wake up and everything would be all right again. Of course it doesn't work like that.

I tried everything to make myself better. Acupuncture. Chinese medicine. I remember one doctor looking at me questioningly. *"Why are you angry?"* His suction caps to remove my "anger" just bruised me all over. A naturopath put me on a Vitamin C-rich cleansing diet. *Oh dear,* I didn't know then that Vitamin C enhances iron absorption. Perhaps mental stimulation was what I needed? I studied two nights a week for two years and passed my Uni course but it didn't help. Finally, I decided that long service leave would be the answer. Drive around Australia, recapture the old days, freedom, sleeping under the stars.... Well, I could hardly climb into the Land Rover, let alone put up a tent, the holiday was like an endurance trial. Eating out in those little outback towns meant steak every night and with the benefit of hindsight, no wonder I didn't feel any better!

I didn't go to my GP often, fearing being 'labelled' a hypochondriac. Once I'd complained of feeling tired only to be told that he did too! I had all the tests, some twice, for rheumatoid arthritis but with negative results. So I had no expectations except perhaps a patronising "Nothing wrong with you, dear" when I saw a rheumatologist. I didn't even bother to ring for my test results so imagine my surprise when the good doctor rang me at home and told me it was Haemochromatosis. Heama..what?

I wasn't the only one who had never heard of it and there seemed to be a dearth of information. Fortunately I was put onto the haemochromatosis

Society in Qld which was a real lifeline. It still took a long time for the information to sink in. Tissue typing revealed that my sister also had it but was asymptomatic. Our mother, living in England, was not interested in being tested. Her response was that we must have got it from our father! Before the genetic test was developed, a liver biopsy was required for confirmation.

In hospital I saw a man waiting for a liver transplant. Seeing him was an eye opener for me – I'd never given a moment's thought to what a liver did before! I quickly gained new respect for livers.

Now that I knew what was wrong with me and that it wasn't all in my head I felt very optimistic and impatient to get rid of all that excess stored iron through venesection (*the drawing of blood*). However, I didn't grasp the full implications of how exhausting it would be! I decided to work part time, have Fridays off for the venesection and recover over the weekend. Well, I lasted one term before I gave away teaching altogether. It is a very draining experience (excuse the pun) having weekly venesection and trying to live normally. I think I slept more than I was awake for the next 18 months.

Thank goodness I had an understanding husband, family and friends. Not everyone is so lucky. I had weekly venesection for close on two years, which was reduced to fortnightly and now every 2-3 months. My serum ferritin (*a measure of iron status*) levels seemed to stay high for weeks at a time. When the readings started to fall it was like seeing a light at the end of the tunnel.

How much better if I'd known about this condition years earlier and dealt with it then. I spent about 10 years slowly rusting away and struggling against the unknown, followed by intensive venesection and the loss of my job. And I am one of the lucky

ones. Although I don't yet have the stamina I would like and have the continuing legacy of osteoarthritis (including a hip replacement) I have no organ damage.

I feel that there is a real need for a greater awareness about Haemochromatosis in medical and quasi-medical circles. I am horrified by the amount of ignorance out there. Every GP should be made aware of all the information regarding iron status. *(It is one of the most common inherited genetic disorders in people of European origin.)* It is not just a haemoglobin test. Tiredness doesn't necessarily mean you are anaemic and need iron. Depression doesn't mean that you are neurotic. Everyone knows about the need for iron thanks to the Meat Board. When is going to be the education about the dangers of too much iron?

Haemochromatosis can be suspected from a single blood test. It only becomes life threatening when you don't know you have it and the iron is allowed to accumulate and do its damage.

## Results

### VETERANS STATE MARATHON

Perth, July 26, 2000

by  
Vic Waters

THE FIRST Perth Marathon of a new decade, and first to start and finish at WAMC's new riverside HQ, drew a healthy field.

Well, they started healthy. Listening to moans, groans and a litany of accumulated ailments after the event, you have to question whether 42-odd kms is really conducive to 'wellness'. Anne Shaw did another fine job, especially considering her recent Sydney experience, to win her fourth consecutive Perth Marathon. The 3:07 was not her best, but neither was the

weather. Anne's latest technique is to vomit while running. While this may boost her power/weight ratio, it wouldn't add to spectator appeal of the race (but makes me a little more content to be so far behind the champ.)

Of course, the Perth event must have been run in worse conditions in the past. (Everything was bigger, better, or worse in the old days). Our only real drenching came two kilometres into the race, so we had 40km to dry out. Flooded footpaths were a nuisance, but we can all recall gustier gale conditions along the river. However, it's been suggested that the level of injuries might have been exacerbated because of the energy drained in keeping warm, once everyone was thoroughly soaked.

Sufferers included Brian Danby (knee); Robin King, Graham Thornton and Dennis Miller ('knackered'); Steve Dunn, Gareth Brunt (pulled muscles); Johannes Hagedoom, and me (cramp). I can only comment on my own pain of course. But someone at Raffles must be in charge of handing out cramps with the water. From that point I developed a new (to me) technique. Lift the feet no more than a centimetre off the ground; move in as straight a line as possible; run through every available puddle to cool the soles (which are heating up like rear wheel tyres in a long downhill skid.). The other thing that helps is plenty of swearing.

Fewer Vets' took part this year, I think. Bob Schickert thought better of it. Ivan Brown succumbed to a virus that weekend, which was a true blow, because he was feeling in the best form of his life. Cecil Walkley ran comfortably (I guess), secure in the knowledge that Mrs Walkley would be nagging him no longer to give it all away. Cec announced pre-race that this was his 10th, and last marathon. IF THAT'S REALLY SO, it was a fair old swan song. As the oldest runner he was winner in the M70 category.

Our club's only other age group champions this year are John Davies M55, Marge Forden F55, and Anne

Shaw W50.

As with all our State Championship events, this marathon is open to all-comers who meet the age requirements. So the detailed results produced by Marathon Club organisers make very interesting reading. For one thing, they confirm that without veteran runners most marathons would be very lonesome affairs. Of 260 entrants, 195 were aged between 30 and 71 years (Cecil, of course, the grand old man of this particular race.). For another thing, it shows there's a huge amount of potential Vets' members in WA.

I have listed only the club members involved, showing their individual age group positions.

*Comment by Bob Schickert*

*Very wet but the relay runners missed the deluge about ten minutes after the marathon start. Many club members were officials including Keith Atkinson, Katrina Spilsbury, Margaret & Maurice Warren, Norm & Pat Miller, Debbie Burge, Bob & Lynne Schickert, Warren Davey Allan Jennings, Ernie Moyle, Bob Hayres, Steve Barrie, Anne Shaw was first woman overall. John Davies and Cecil Walkley won age group gold medals. Shorty's Sheilas, Margaret Bennett, Sheila Maslin, Ann Turner and Sue Bullen ran strongly in the relay.*

### WAVAC MEMBERS - IN FINISHING ORDER

|                 |                   |                      |         |
|-----------------|-------------------|----------------------|---------|
| 19              | Antoinette Shaw   | 1st W50              | 3:07:58 |
| (* 1st female)  |                   |                      |         |
| 22              | Pra Nicol         | 5 <sup>th</sup> M40  | 3:10.03 |
| 28              | John Davies       | 1st M55              | 3:14:13 |
| 68              | Gareth Brunt      | 10th M45             | 3:28:40 |
| 79              | Vic Waters        | 2nd M55              | 3:32:27 |
| 87              | John Pellier      | 2nd M60              | 3:36:46 |
| 89              | Robin King        | 2nd F40              | 3:37:38 |
| (* 12th female) |                   |                      |         |
| 93              | Graham Thornton   | 3rd M55              | 3:39:01 |
| 96              | Joe Skrypniuk     | 14 <sup>th</sup> M45 | 3:41.00 |
| 104             | Brian Danby       | 8th M50              | 3:46:34 |
| 118             | Dennis Miller     | 3rd M60              | 3:49:19 |
| 120             | Johannes Hagedoom | 4th M55              | 3:49:26 |
| 122             | Jon Wannberg      | 13th M30             | 3:49:51 |
| 126             | Marge Forden      | 1st F55              | 3:51:18 |
| (* 19th female) |                   |                      |         |
| 133             | Lillian Skrypniuk | 4 <sup>th</sup> W45  | 3:54.39 |
| 134             | Steve Dunn        | 15th M30             | 3:54:41 |
| 171             | Darryl White      | 28 <sup>th</sup> M40 | 4:11.51 |

|     |                   |                     |         |
|-----|-------------------|---------------------|---------|
| 173 | Richard Harris    | 6th M60             | 4:13:15 |
| 197 | Cecil Walkley     | 1st M70             | 4:25:39 |
| 203 | Arnold Jenkins    | 9th M55             | 4:28:40 |
| 205 | Bernadette Height | 7 <sup>th</sup> W40 | 4.29.27 |
| 238 | Leonie Annan      | 7 <sup>th</sup> W45 | 5.20.26 |

## Lake Joondalup Run/Walk 23<sup>rd</sup> July 2000

We were expecting the worst with the weather but were pleasantly surprised by a fine, dry and mild morning with no wind. Sixty-two hardy souls turned up and most enjoyed the experience. Some runners do not hang about after the run so they missed out on a super jar of homemade marmalade big deal! We do not get a lot of feedback from runners about the other runners but Lorna Lauchlan was happy to report that she won the walk because Dorothy had to make a pit stop! However, we see she won the next weeks event so some talent must be required. Sincere thanks to our helpers on the day: Ann Turner, Jim Barnes, Ron Spencer, Mike Anderson, John Davies, and Keith Miller who all kept the runners on track for their fast times.

### Margaret and Morris Warren

#### 5km run

|                      |     |       |
|----------------------|-----|-------|
| Ian Davies           | M50 | 18.54 |
| Henry Cortis         | M50 | 21.51 |
| Simon Mort           | M40 | 22.24 |
| Peter Airey          | M60 | 22.58 |
| Warren Davey         | M45 | 25.53 |
| Kirt Johnson         | M70 | 28.01 |
| Brian Aldrich        | M65 | 29.11 |
| Joan Pellier         | W60 | 29.20 |
| Trevor Brown         | M60 | 30.24 |
| Suzan Brand          | W50 | 30.38 |
| Jan Jarvis           | W55 | 31.09 |
| Jaqueline Billington | W55 | 31.19 |
| Keith Forden         | M60 | 31.56 |
| John Frost           | M60 | 35.06 |
| Peter Simmons        | M50 | 39.35 |
| Rosalie Main         | Vis | 24.56 |
| Paula Karra          | Vis | 29.33 |
| Mike Prentice        | Vis | 37.16 |

#### 5km Walk

|                 |     |       |
|-----------------|-----|-------|
| Dick Blom       | M65 | 35.04 |
| Lorna Lauchlan  | W70 | 39.23 |
| Dorothy Whittam | W60 | 41.43 |
| Val Wheeler     | W65 | 42.54 |
| Pat Miller      | W60 | 42.54 |

|              |     |       |
|--------------|-----|-------|
| Leo Hassam   | M70 | 46.06 |
| Jeff Whittam | M65 | 48.53 |

#### 11.2km Run

|                   |     |       |
|-------------------|-----|-------|
| Steve Burge       | M40 | 46.00 |
| Bob Schickert     | M55 | 49.51 |
| Don Caplin        | M60 | 50.01 |
| Mike Hale         | M60 | 50.12 |
| Johann Hagerdoorn | M50 | 50.33 |
| Blakeney Tindall  | M35 | 51.05 |
| Graham Thornton   | M55 | 51.20 |
| Beamer Enz        | M40 | 51.34 |
| Wayne Bates       | M55 | 53.57 |
| Mike Flood        | M45 | 53.57 |
| Mike Karra        | M35 | 54.17 |
| John Pellier      | M60 | 54.20 |
| Sue Prewitt       | W45 | 55.12 |
| Keith Atkinson    | M40 | 55.17 |
| Brian Smith       | M60 | 55.35 |
| Adrian Domani     | M50 | 56.22 |
| Bob Sammells      | M60 | 56.29 |
| Marg Forden       | W55 | 57.32 |
| Mike Faunge       | M60 | 58.53 |
| Debbie Burge      | W30 | 59.41 |
| Mike Rhodes       | M50 | 59.54 |
| George Schaefer   | M65 | 59.57 |
| Mitch Loly        | M60 | 62.23 |
| Shirley Bell      | W50 | 64.03 |
| Milton Maverick   | M45 | 64.33 |
| Merv Moyle        | M70 | 64.54 |
| Arnold Jenkins    | M55 | 64.55 |
| Norm Miller       | M65 | 65.38 |
| Bob Fergie        | M65 | 66.16 |
| Merv Jones        | M60 | 66.41 |
| Irene Ferris      | W45 | 67.46 |
| Val Millard       | W50 | 69.49 |
| Wal McKinnon      | M60 | 75.46 |
| Alan Chambers     | M60 | 78.42 |
| Chris Kowalski    | Vis | 52.57 |
| Bill Taylor       | Vis | 53.30 |
| Lynne Coffey      | Vis | 61.03 |

## Deepwater Point 9 July 2000

The winter sun, with some cloud, greeted 92 athletes on the Mt Pleasant shores of the Canning river for the start of this long standing event, incorporating a "10 miler".

The 7.2K Road Walking Championships attracted 18 walkers and John and Michelle Mison led the walkers home in their respective events.

With the Perth Marathon only a

week away, some runners were fine tuning their fitness in the 16K run. Anne Shaw, surprised herself in this event (but no one else!) and Ray Lawrence took the credit for taking her drinks down to the last crossover bridge. With more officials along the course everyone did the full course this year!

Special thanks to Leo Hassam, Mike Faunge, Leon Sander, David Clive, Ray, Alan Chambers, Ray Atwell all out on the course and Jacqueline Billington, Bev Thornton, Tina Carrero and Allen Tyson at the finish.

### Dalton Moffett

#### 16K

|                 |     |         |
|-----------------|-----|---------|
| Chris Coates    | M45 | 63:44   |
| David Bishop    | M40 | 65:31   |
| Anne Shaw       | W50 | 65:47   |
| David Willmer   | M45 | 65:53   |
| Bob Schickert   | M55 | 66:12   |
| Gareth Brunt    | M45 | 66:25   |
| Vic Waters      | M55 | 68:43   |
| Mike Hale       | M50 | 70:17   |
| Brian Danby     | M50 | 70:25   |
| Vicente Carrero | M55 | 70:42   |
| Johan Hagedoorn | M55 | 71:20   |
| Mike Flood      | M55 | 71:39   |
| Mike Khan       | M55 | 72:27   |
| John Pellier    | M60 | 72:40   |
| Glenn Stephens  | M40 | 73:48   |
| Simon Mort      | M40 | 74:03   |
| Wayne Bates     | M55 | 74:49   |
| John Frost      | M60 | 76:23   |
| Henry Cortis    | M50 | 76:58   |
| Keith Atkinson  | M40 | 78:04   |
| Bob Sammells    | M60 | 78:08   |
| Marg Forden     | M55 | 78:17   |
| Jim Barnes      | M55 | 78:49   |
| Graham Thornton | M55 | 79:04   |
| Richard Harris  | M60 | 80:15   |
| Mike Anderson   | M50 | 80:24   |
| Brian Bennett   | M50 | 80:50   |
| Bob Sheehy      | M50 | 81:24   |
| Mitch Loly      | M60 | 82:33   |
| Shirley Bell    | W50 | 82:50   |
| Arnold Jenkins  | M55 | 84:04   |
| Ann Turner      | W60 | 88:58   |
| Jackie Halberg  | W50 | 89:00   |
| Norm Miller     | M65 | 89:03   |
| Wendy Duncan    | W50 | 91:38   |
| Val Millard     | W50 | 91:14   |
| Merv Moyle      | M70 | 95:43   |
| Irene Ferris    | W45 | 99:01   |
| Sheila Maslin   | W60 | 1:43:51 |



Mary Heppell W60 1:43:54  
Margaret Bennett W55 1:45:21

Lynne Caffey 16K 87:29  
Rob Dougall 16K 91:36

Ann Turner 49.46  
Margaret Warren 51.49  
Pat Ainsworth 78.42

### 7.2K

Ian Davies M50 28:22  
Jim Klinge M50 29:16  
Don Caplin M60 30:46  
David James M45 32:01  
Peter Airey M60 34:58  
Debbie Burge W30 36:25  
Mike Rhodes M50 36:50  
Ray Hall M65 37:01  
Lynn Harrop W45 37:25  
Peggy Macliver W55 37:31  
John Smith M65 39:42  
Jeff Spencer M55 40:30  
Vic Beaumont M70 40:43  
Margaret Warren W60 40:47  
Wendy Clements W55 42:41  
Trevor Brown M60 43:26  
Joan Pellier W60 43:43  
Sue Bullen W40 45:13  
uzan Brand W50 45:22  
Julie wood W50 48:18  
Kirt Johnson M70 48:19  
Wal McKinnon M60 48:35  
Rosa Davis W55 52:12  
Phyllis Farrell W55 57:19  
Marg Taylor W45 60:18  
Frank Usher M75 60:20  
Glenice Shanahan W75 66:19

### 7.2K Walk

John Mison M50 43:31  
Dick Blom M65 46:08  
Barry Weatherburn M55 52:31  
Barry Thomsett M60 53:21  
Michelle Mison W50 54:03  
Rex Bruce M55 54:22  
Dorothy Whittam W60 55:00  
Lorna Lauchlan W70 55:05  
Alan Pomery M65 56:49  
Val Wheeler W65 61:45  
Pat Miller W60 63:43  
Maggie Flanders W60 63:46  
Pat Ainsworth W60 64:52  
Ernie Moyle M70 65:06  
Jeff Whittam M65 65:29  
Heather Sanderson W50 65:30

### Visitors

David Officen 7.2K 38:18  
Kevin Ireland 16K 63:50  
Bill Jones 16K 65:16  
Nigel Wake 16K 65:32  
Michelle Ireland 16K 72:04  
Malcolm Reid 16K 84:23

## 8KM CLUB CROSS COUNTRY CHAMPIONSHIPS

6th August 2000

Another great day at Jorgenson. There were many highlights including the first places by Stephen Dunn and Ann Shaw. Stephen was so confident of doing well that he brought his mother along to watch. Thanks to the many helpers for the run; Bev Thornton, Maureen Pomery, Sandy Bond, Daryl White, John West, Jim Shaw, Mike O'Riley, Bridget Carse and race director Keith Atkinson. Graham and Bev Thornton did a very good job again in organising the lunch. Valerie Millard organised the medals in her usual efficient manner and was assisted in the presentations with a sisterly effort by Lynne.

HOWEVER the day belonged to one man, Leo Hassam. Leo joined the club in 1984 and has given very good service as a race director for the Andy Wright run from Aquinas, but with many injuries, had not won a medal for a place in a championship. He not only took third spot in the M70, he won first prize in the raffle. Mike Flood of Piano Gully Wines donated the wine for the raffle. Thanks Mike.

### Bob Schickert

### Results

**W40**  
Robin King 38.14  
**W45**  
Fiona Mc Auley 52.31  
Jenny Barnes 52.42  
**W50**  
Ann Shaw 35.57  
Shirley Bell 47.19  
Jackie Halberg 51.37  
Val Millard 51.54  
Rosemarie Loomans 54.41  
Suzan Brand 56.34  
**W55**  
Marge Forden 44.51  
Margaret Bennett 58.13  
Rosa Davis 61.19  
**W60**

**W70**  
Lorna Lachlan 69.45  
**W75**  
Glenice Shanahan 88.04

**M30**  
Stephen Dunn 33.12  
Jon Wannberg 39.16

**M35**  
Mike Karra 38.46

**M40**  
John Allen 37.50

**M45**  
David Eltringham 33.43  
Warren Gee 33.55

David Wilmer 35.07  
David James 39.25

Mike Flood 39.34  
Milton Mavrick 48.08

**M50**

Duncan Mc Auley 33.38  
Brian Danby 41.49

Brian Bennett 43.37  
John Mison 45.32

**M55**

Bert Carse 33.29  
Bob Schickert 35.29

Johan Hagerdoorn 37.18  
Vic Waters 37.32

Ivan Brown 38.15  
Graham Thornton 38.27

John Bell 40.06  
Mike Khan 41.15

Arnold Jenkins 47.01  
Jeff Spencer 48.45

**M60**

Don Caplin 37.01  
Dennis Miller 41.31

John Pellier 42.20  
Mitch Loly 43.39

Richard Harris 46.28  
Merv Jones 51.36

Trevor Brown 52.58  
Wal Mc Kinnon 58.11

**M65**

Ray Hall 47.35  
Norm Miller 49.47

**M70**

Cecil Walkeley 44.56  
Vic Beaumont 51.04

LEO Hassam 87.53

|                |       |     |                  |       |     |                            |       |     |
|----------------|-------|-----|------------------|-------|-----|----------------------------|-------|-----|
| <b>M75</b>     |       |     | Maggie Flanders. | 37.29 | W60 | Michele Mison              | 41.04 | W50 |
| Allen Tyson    | 72.53 |     |                  |       |     | Peter Simmons              | 46.01 | M50 |
|                |       |     | <b>TWO LAPS</b>  |       |     | Ryan Gee                   | 28.34 | VIS |
| <b>ONE LAP</b> |       |     | Dave Roberts     | 25.10 | M55 |                            |       |     |
| Dick Blom      | 17.22 | M65 | Peter Airey      | 28.34 | M60 | <b>VISITORS THREE LAPS</b> |       |     |
| Ernie Moyle    | 27.56 | M70 | Browyn Gee       | 37.11 | W35 | Stephen Smith              | 41.10 |     |
| Fred Hagger    | 37.26 | M70 | Keith Forden     | 37.38 | M60 | Dan Bending                | 49.26 |     |

## Race Walking Championship Results for 2000

The overall winners based on the % results was Dorothy Whittam with a 71.25% at an average time of 7.36/km and the men, Dick Blom with a 79.10% at an average time of 6.17/km

|                     | Weir Run 5km |       |      | Uni and Back 15k |       |      | Deepwater 7.2km |       |      | Mill Pt Road |       |      | Overall |       |      |   |    |
|---------------------|--------------|-------|------|------------------|-------|------|-----------------|-------|------|--------------|-------|------|---------|-------|------|---|----|
|                     | Time         | %     | AvK  | Time             | %     | AvK  | Time            | %     | AvK  | Time         | %     | AvK  | Time    | %     | AvK  | P | AP |
| W52 Michelle Mison  | 2100         | 68.14 | 7.00 | 6538             | 69.10 | 7.16 | 3243            | 64.74 | 7.30 | 4288         | 67.93 | 7.09 | 4.29.29 | 67.47 | 7.14 | 3 | 1  |
| W62 Pat Miller      | 2465         | 63.97 | 8.13 | 8147             | 61.18 | 9.03 | 3823            | 60.50 | 8.50 | 5196         | 61.75 | 8.40 | 5.27.11 | 61.85 | 8.42 | 5 | 3  |
| W63 D. Whittam      | 2233         | 71.38 | 7.26 | 6960             | 72.39 | 7.44 | 3300            | 70.81 | 7.38 | 4614         | 70.28 | 7.36 | 4.45.07 | 71.25 | 7.36 | 1 | 1  |
| W63 Maggie Flanders | 2567         | 61.87 | 8.34 | 7852             | 64.17 | 8.43 | 3826            | 61.08 | 8.51 | 5120         | 63.33 | 8.32 | 5.22.45 | 62.61 | 8.40 | 4 | 2  |
| W68 Val Wheeler     | 2448         | 68.91 | 8.09 | 7678             | 69.48 | 8.39 | 3705            | 66.70 | 8.34 | 5020         | 68.32 | 8.22 | 5.14.11 | 68.35 | 8.26 | 2 | 2  |
| M57 B. Weatherburn  | 2109         | 63.06 | 7.02 | 6420             | 65.00 | 7.08 | 3151            | 62.10 | 7.17 | 4162         | 65.64 | 6.57 | 4.24.02 | 63.95 | 7.06 | 3 | 1  |
| M59 Rex Bruce       | 2156         | 62.84 | 7.12 | 6621             | 64.20 | 7.22 | 3265            | 61.04 | 7.33 | 4424         | 62.88 | 7.23 | 4.64.26 | 62.74 | 7.23 | 4 | 2  |
| M65 Jeff Whittam    | 2501         | 57.41 | 8.21 | 8255             | 54.64 | 9.11 | 3929            | 53.75 | 9.05 | 5175         | 56.76 | 8.40 | 5.31.20 | 55.64 | 8.50 | 5 | 3  |
| M66 Dick Blom       | 1778         | 81.60 | 5.56 | 5851             | 77.91 | 6.31 | 2768            | 77.09 | 6.24 | 3733         | 79.82 | 6.14 | 3.55.30 | 79.10 | 6.17 | 1 | 1  |
| M68 Alan Pomery     | 2344         | 63.22 | 7.47 | 7157             | 65.09 | 7.58 | 3409            | 63.94 | 7.53 | 4418         | 68.92 | 7.22 | 4.48.48 | 65.29 | 7.45 | 2 | 2  |

Please Note: Time for individual events is in seconds, P = position, AP = Age group position.

## September Birthdays

|          |            |            |           |          |            |
|----------|------------|------------|-----------|----------|------------|
| Leggett  | Arthur     | 8/09/1918  | Brown     | David    | 11/09/1945 |
| Usher    | Francis    | 30/09/1923 | Langford  | Margaret | 9/09/1946  |
| Lockwood | Stanley    | 29/09/1929 | Scott     | David    | 12/09/1947 |
| Aldrich  | Brian      | 16/09/1930 | Sanderson | Heather  | 4/09/1949  |
| Worner   | Basil      | 04/09/1931 | Barnett   | Roma     | 6/09/1949  |
| Hayres   | Robert     | 16/09/1931 | Gardiner  | Gail     | 25/09/1949 |
| Blom     | Dick       | 19/09/1933 | McAuley   | Duncan   | 28/09/1949 |
| Beaumont | Jacqueline | 8/09/1936  | Wilson    | Bruce    | 8/09/1950  |
| Spencer  | John       | 26/09/1936 | Vetten    | Susan    | 10/09/1951 |
| Holmes   | Brian      | 26/09/1936 | Wilson    | Barbara  | 19/09/1951 |
| Frost    | John       | 21/09/1937 | Heppener  | Tony     | 24/09/1951 |
| Warren   | Morris     | 24/09/1937 | Pantall   | Wayne    | 19/09/1952 |
| Chambers | Alan       | 30/09/1937 | Skrypniuk | Joe      | 8/09/1954  |
| O'Reilly | Mike       | 29/09/1939 | King      | Robin    | 17/09/1958 |
| Bennett  | Margaret   | 28/09/1941 | Bullen    | Sue      | 4/09/1959  |
| Davies   | Denise     | 23/09/1943 | Burge     | Deborah  | 21/09/1966 |



## TRACK AND FIELD PROGRAM 2000/2001 - THURSDAY EVENINGS

The first two weeks are intended as an easy lead in to the Patrons Trophy which commences on 19/10. Those events marked \* are points scoring events. Athletes compete in a maximum of sixteen events and points from their best ten are added to achieve a total score. The contest is age graded and favours athletes who go in everything.

In October meetings commence at 5.30 pm. From November to March starting time is 6.00 pm. Events will be held in the order shown below in two sections, track/jumps and the throws separately. There is a fee payable for each night. Last season it was \$2.00 per competitor.

C = COKER PARK CANNINGTON (synthetic)

M = MCGILLIVRAY OVAL MT CLAREMONT (grass)

### OCTOBER

|      |       |       |       |       |  |        |          |
|------|-------|-------|-------|-------|--|--------|----------|
| 7 M  | 100   | 1000w | L/J   | 1000  |  | Discus | Shot     |
| 12 C | 60    | 2000w | T/J   | 1500  |  | HW     | Javelin  |
| 19 M | 200   | L/J   | 1500w | 3000* |  | Shot   | Discus   |
| 26 C | 2000w | 400*  | T/J   | 1500  |  | Hammer | Javelin* |

### NOVEMBER

|      |      |       |        |        |      |         |         |
|------|------|-------|--------|--------|------|---------|---------|
| 2 M  | 100  | 5000* | L/J    | 2000w  |      | Shot    | Discus* |
| 9 C  | 100* | T/J   | 3000   | 3000w* |      | Javelin | HW      |
| 16 M | 200  | 1000w | 10000* | L/J    | 400  | Shot    | Discus  |
| 23 C | T/J* | 200   | 2000w  | 1500*  |      | Discus  | Javelin |
| 30 M | 200  | T/J   | 800*   | 2000w  | 5000 | Discus  | Shot*   |

### DECEMBER

|      |      |       |       |      |        |         |         |
|------|------|-------|-------|------|--------|---------|---------|
| 7C   | 100y | 1mile | L/J   | 400  | 3miles | Javelin | Discus  |
| 14 M | 200* | 800   | 1500w | T/J  | 3000   | Discus  | Shot    |
| 21C  | 100  | 2000w | L/J*  | 1500 |        | Javelin | Hammer* |

### JANUARY

|      |                              |       |     |       |      |         |        |
|------|------------------------------|-------|-----|-------|------|---------|--------|
| 4 M  | 200                          | 1500w | 400 | T/J   | 5000 | Shot    | Discus |
| 11C  | Pentathlon plus 100 and 1500 |       |     |       |      |         |        |
| 18 M | 100                          | 2000w | L/J | 400   | 3000 | Discus  | Shot   |
| 25 C | 100                          | T/J   | 800 | 1500w | 5000 | Javelin | Hammer |

### FEBRUARY

|      |     |       |     |       |      |         |         |
|------|-----|-------|-----|-------|------|---------|---------|
| 1 M  | 200 | 1500  | L/J | 2000w | 3000 | Shot    | Discus  |
| 8 C  | 200 | 800   | T/J | 3000w | 3000 | Hammer  | Javelin |
| 15 M | 100 | 800   | L/J | 2000w | 5000 | Discus  | Shot    |
| 22 C | 200 | 1500w | T/J | 400   | 5000 | Javelin | Hammer  |

### MARCH

|      |     |     |       |     |      |      |         |
|------|-----|-----|-------|-----|------|------|---------|
| 1 M  | 400 | L/J | 5000w | 60  | 1500 | Shot | Discus  |
| 8 C  | 100 | 800 | 2000w | T/J | 3000 | HW   | Javelin |
| 15 M | 200 | 500 | 1500w | L/J | 3000 | Shot | Discus  |

### STATE TRACK AND FIELD CHAMPIONSHIPS

18/3 C SUNDAY PENTATHLON

22/3? THURSDAY STEEPLECHASES 6.00pm

23/3 C FRIDAY EVENING (In 2000 HAMMER 5.30pm, 5KW 7.00pm 10K 8.00pm)

24/3 C SATURDAY

25/3 C SUNDAY