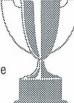
Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 8 Habgood St, East Fremantle WA 6158 Editor: Rod Tinniswood. Copy for Vetrun: See panel page 2 • www.netprojex.com.au/wavac

# It's back to Rosie's for presentation day

Por newer members, Presentation
Day is the occasion when medals
and trophies are awarded for those
events in the Club programme coded
RRC, RWC, C and T. Whether you have
won anything or not, all are invited to
what will be a great afternoon.



Rosie O'Grady's, Northbridge, is having a Cabaret Bar built that will seat some 100 people. So, for the first time, we shall all be in the same room and this should enhance everyone's enjoyment.

see menu 🖙

# 4th World Veterans' Athletics Championships

Brisbane. 4 - 14 July, 2001

In October, 1994, Brisbane hosted the World Masters Games. With over 23,000 competitors and 40 plus sports, it was, and still is, the largest sporting event ever held in Australia. It was a great success. But with 6,000 competitors from 79 Countries for this Meet, could they do it again?

The athletics were held at six different venues. Track and Field was at the ANZ Stadium, the State Athletics Centre in the Stadium complex, and at the University of Queensland. Cross Country was at a Golf Club near the University.

Road Walks were at West End, just two kilometres from the City Centre, while the arathon start and finish were at South

Bank, which is one kilometre from the City Centre.

Frequent Bus services ran between the City and most venues and these were supplemented by coaches and buses when needed. These were generally more than adequate to transport competitors, officials and spectators to and from venues.

The athletics programme ran to a very tight schedule and the logistics of getting equipment, officials and competitors in place at the right times must have been nightmarish. But the planning was spot-on and the daily programmes largely ran on schedule. Certainly, there were no significant delays.

The ceremonial side also went well. The Welcoming Ceremony went to plan on an extremely cold evening, and the short, sharp Closing Ceremony on the South Bank was well done. The final fire-works wrapped the Championships up on just

the right note.

Even the Party Night was a winner. This is a notoriously difficult function to organise well but the many food outlets and bars serving non-stop during the evening meant that queues were minimal. Buses delivered revellers to the venue and collected them afterwards. What more could be asked?

There were many volunteers at bus terminals and elsewhere doing their bit to make sure that visitors ended up where they wanted to go. The officials, too, were a special breed of volunteers without whom the Championships could not have been held. Our thanks go to all of these, but particularly Western Australians Bob Chalmers, Brian Foley, Kevan Hook, and Bruce Wilson who made a solid contribution.

But did Brisbane do it again? You bet they did. These Championships must rate among the best ever.

Thank you Brisbane. Bob Sammells

# AUSTRALIAN VETERANS ATHLETICS CHAMPIONSHIPS 2003

Perth, 18-21 April 2003

A committee has been set up to organise the National Championships in 2003 which will be hosted by WAVAC on behalf of AAVAC.

Members are Lynne Schickert (Chair), Dave Wyatt (Secretary), David Carr, Bob Fergie, Brian Foley, Paul Martin, Katrina Spilsbury, Jackie Halberg, Arnold Jenkins and John Ventris as the South West liaison member.

Perry Lakes has been booked with the cooperation of AthleticA and sponsorship is being sought. If you have any sponsorship contacts who could assist, please contact Lynne Schickert or Dave Wyatt.

# PRESENTATION DAY

# NOON, SUNDAY, 9th SEPTEMBER, 2001

Menu:

### ENTREE

Pumpkin and Ginger Soup With sour cream and chives

#### SALADS

Nicoise Thai Beef

Mixed spinach, Pumpkin and Feta Salad

#### FILLERS

Pilaf Rice

Scalloped Potatoes

### MAINS

Tortellini

With pesto, bacon and mushroom in a garlic cream sauce

Mediterranean Fish With Ratatouille in tomato sauce

Crumbed Parmesan & Herb Chicken

#### DESSERTS

Fruit Platter

Cheesecake

Mini Apple Strudels

Beverages: Cash Bar

#### Entertainment: Tony Henry.

Cost: \$18.00 per person. Cheques to be made payable to WA Veterans AC. A small surcharge will apply to credit card payments.

Please make payments to Bob Sammells, Bob Schickert or Shirley Bell as soon as possible.

# In this Issue:

Rresults:

Bardon Bash Deepwater Point Sharks 50 Km RR Champs WA World Champs

- New members
- Birthdays
- Helpers List for Aug/Sept
- Track & Field Program

K

# On the Run



By Rod Tinniswood

# Turning back the clock for prime time



What is it that keeps us coming back? Week after week, year after year we return to an activity that most of our friends think is outrageously quirky, ridiculously early and uncomfortably punishing. We weather the heat, the

cold, the squalls and the ridicule, just to simply have a go on Sunday mornings. Often we fight aches and pains and other personal struggles to get to the start line.

And yet, there is no finish line. (Thanks Nike). If we don't win this time, we can come back next week to have a better go, do a better time, or have a more comfortable run or walk. Or maybe even have some scintillating conversation with our fellow lunatics.

The reassuring thing about being a Vet member (over thirty) is that we can compete within our own age group. The young guns are firing, but we don't have to do that. That's not our race. We can kick back a little and be more selective.

So what's in it for us? We'll see how we feel on the day. Take it as it comes. Go out and have a nice run and if it doesn't stack up, we can catch up with some good natured banter later over morning tea.

But what really keeps us coming back is the exhilirating opportunity to be athletes again. A chance to go out and give it all we've got and then even have a surge at the end, wherever we're placed.

Some of us devise our own system of recording personal best times and before long we start to wonder just how well we're really doing. How wise is it to try to beat time? Surely as we ripen in years, we will get slower. Time in the end will beat us, and yet.....

There is a chance to be champions again, however. Here is a way to see our times differently. The World Association of Veteran Athletics produced Age-Graded Tables. These tables compare world class athletes in their 20s and 30s with older age group records and yield a percentage figure for each event, age group and gender. If you multiply your time by this four-digit figure in the tables you will (theoretically) get what you would have run in your prime years (20-34). See the tables above.

Age M	5k	10k	21.1k	42.2k
20-30	1.000	1.000	1.000	1.000
M35	.9963	1.000	1.000	1.000
M40	.9624	.9679	.9751	.9835
M45	.9281	.9333	.9404	.9486
M50	.8931	.8980	.9050	.9130
M55	.8570	.8616	.8685	.8763
M60	.8193	.8236	.8304	.8380
M65	.7794	.7834	.7901	.7975
M70	.7366	.7403	.7469	.7541
M75	.6901	.6935	.7000	.7070
M80	.6388	.6419	.6483	.6551
-				

Age W	5k	10k	21.1k	42.2k
20-30	1.000	1.000	1.000	1.000
W35	.9913	.9974	1.000	1.000
W40	.9525	.9585	.9657	.9745
W45	.9133	.9192	.9263	.9351
W50	.8734	.8792	.8862	.8950
W55	.8324	.8381	.8450	.8538
W60	.7898	.7954	.8022	.8110
W65	.7450	.7505	.7572	.7660
W70	.6973	.7027	.7093	.7181
W75	.6459	.6512	.6577	.6665
W80	.5897	.5949	.6013	.6101

Adapted from Age Graded Tables.
Compiled by the World Association of
Veteran Athletes and published by
National Masters News

Okay, let's have a theoretical 10km race. I've selected some real times from our regularly published results, but haven't mentioned any names. Let's take one of our favourite M70s and put him together with one of the many average looking M50s. We should allow a well respected W65 to have a go as well. To make a race of it, let's select a swift M40 and a W30. We then multiply their times listed in the second column below by the grading factor in the tables above to get the age-graded time for each age group.

M70	57  mins  x .7403 = 42.19	2nd
M50	49  mins  x .8980 = 44.00	3rd
W65	53  mins  x.7505 = 39.77	1st
M40	$45 \text{ mins } \times .9679 = 43.55$	4th
W30	$48 \text{ mins } \times 1.000 = 48.00$	5th

Compare your times with the table above to see for yourself how the adjustment factor works.

Relative Champions, all of us. However, this is meant as a bit of fun and the club recognises *performance percentages* as the only real way of assessing individual performances at competition level.

For more information about percentages speak to Bob Sammells, or Katrina Spilsbury, our club statistician. I might even include some info in future newsletters.

GOOD READ - Better Runs, by Joe Henderson.
Joe also has a column in Runner's World magazine.
There is a section in his book that deals with Age Graded
Times

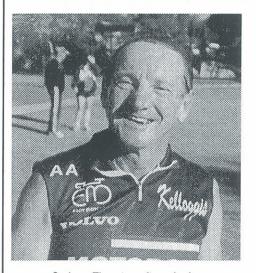
# **Happy Snaps**



Mike Hale and Doug Ashfield at Joondalup



Simon Jawichre, Ian Davies and David Willmer at Joondalup



Graham Thornton after winning Perth Marathon M60

Pictures by Jim Barnes

# **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 936 44974.

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

# It's your newsletter

Contributions are welcome.

15 Fitzpatrick Way, Padbury WA 6025, or email:

tinniswoodr@sundaytimes.newsltd.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.

# **Perth Marathon**





### The Dream Team.

Winners of the Womens Team Marathon Relay.

From left to right: Sara Kennedy, Judy Bonomelli, Wendy Duncan and Shirley Bell.

Time: 3:34:29

# Thanks for your help and support in the Perth Marathon

Hello Rod.

Through 'Vetrun', could I thank the members (who braved the worst Sunday morning weather for some time!). for either working on the drink stations, or just cheering us on in the Perth Marathon. I am sure all the members who ran appreciated the support and encouragement.

Regards Chris Coates

The gang seen at the WAMC club rooms before the Perth marathon

Pictures by Shirley Bell

# TRACK AND FIELD PROGRAM 2001/2002 - THURSDAY EVENINGS

## C = COKER PARK CANNINGTON ( synthetic ) M= MCGILLIVRAY OVAL MT CLAREMONT (grass )

The first two weeks are intended as an easy lead in to the Patrons Trophy which commences on 18/10. 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 will commence at 5.30 pm. From November to March starting time is 6.00pm. Events will be in order as shown below in two sections, track/jumps and separately throws. There is a fee payable for each night. Last season it was \$2.per competitor.

# WOULD ANYONE BE INTERESTED IN TRAINING THROUGH APRIL TO SEPTEMBER?

PERHAPS EACH 2ND SATURDAY MORNING AT 9.00AM?

LET BOB SCHICKERT KNOW (9330 3803)

OC	TOBE	R						
4	M	100	1000w	L/J	1000	Disc	Shot	
11	C	60	2000w	T/J	1500	HW	Jav	
18	M	200	L/J	1500w	3000*	Shot	Disc	
25	C	2000w	400*	T/J	1500	Ham	Jav*	
NO	VEMB	ER						
1	M	100	5000*	L/J	2000w	Shot	Disc*	
8	C	100*	800	T/J	3000w*	3000	Jav	H W
15	M	200	1000w	10000*	L/.J	400	Shot	Disc
22	C	T/J *	200	2000w	1500 *	Disc	Jav	
29	M	200	T/J	*008	2000w	5000	Disc	Shot*
DE	CEMB	ER						
6	C	100y	1 mile	L/J	400	3 miles	Jav	Disc
13	M	200*	800	1500w*	T/J	3000	Disc	Shot
20	C	100	2000w	L/J*	1500	Ham*	Jav	
JAN	IUAR							
3	M	200	1500w	400	T/J	5000	Shot	Disc
10	C	Pentathl	on Plus 1	00 and 150	00			
17	M	100	2000w	L/J	400	3000	Disc	Shot
24	C	100	T/J	800	1500w	5000	Jav	Ham
31	M	200	1500	L/J	2000w	3000	Shot	Disc
FEB	RUAR	Υ						
7	C	200	800	T/J	3000w	3000	Ham	Jav
14	M	100	800	L/J	2000w	5000	Disc	Shot
21	C	200	1500w	T/J	400	5000	Jav	Ham
28 [	VI	400	L/J	5000w	60	1500	Shot	Disc
MAI	RCH							
7	С	100	800	2000w	T/J	3000	HW	Jav



# WA VETERANS ATHLETIC CLUB

Public Invitation Run

# Join us on the WildFlower Run

A 5km or 10km run/walk through Kings Park Sunday 14 October, 2001. 8am Hale Oval, Kings Park

# All Welcome



Philippa Nikulinsky's Wrens and Kurara from her book Wildflowers in Watercolour, by kind permission of Fremantle Arts Centre Press

WA Vets hold a run every Sunday morning in and around Perth, catering for all levels. Visitors are welcome, although to become a member you have to be over 30.

Upcoming events include: 02 Sep Millers Run 14W8k McCallum Park 16 Sep Bassendean 10W7k Point Reserve 09 Sep Garvey 23 Sep Cliff Bould 10.4k McCallum Pk Hardinge Park 30 Sep Dam-to-Dam 8k 07 Oct Bibra Lake 12k/6k Progress Drive WA Vets also hold a track and field competition during the summer months, starting in October, 2001. Why not try some shorter distances, or jumps or throws?

> For more information and a complete program, contact Valerie Millard on 9330 72641 or Bob Schickert on 9330 3803

# Lend a hand for hand-outs

If you don't intend running the City To Surf this year, the committee needs a hand on the day. We need a few helpers to hand out these flyers as the runners finish.

The aim of the flyers is to promote the club and to encourage runners to participate in the event.

If you can help, please phone Bob Schickert on 9330 3803, Val Millard on 9330 7264, or Bob Sammells on 9309 2293.

# Results Just



# **BARDON BASH**

24th June 2001

RUN

On a fine, cool & sunny June morning 94 Athletes turned up for the annual Bardon Bash.

From comments received everyone enjoyed this beautiful course and guite a few PB's were recorded, amongst them Sue Bullen & Shirley Bell, well done all of you!

Many Thanks to our helpers :- Anne & Shorty Turner, Margaret & Brian Bennett, Pam & Brian Smith, Norm & Pat Miller & Fred Haggert, A special thanks to my old mate Shorty who made the directional arrows. Thank you once again

Trevor & Eileen Brown

#### Garry Smith M30 37:56 Wally Crowley M45 37:58 Lochlan Marr M40 38:16 Darryl White M40 38:25 Gareth Brunt M50 38:58 Chris Reid M35 39.02 Jim Klinge M50 39:16 **Bob Schickert** M55 39.30 **Graham Thornton** M60 39:39 Paul Hughes M45 40:55 Neil McRae M45 41:08 Mike Flood M45 41:26 Mike Hale M50 41:49 Johan Hagerdoorn M55 42:14 Blakeny Tindall M40 42:31 Mike Karra M35 43:13 Jim Barnes 43:23 M55 Colin Chisholm M35 43:34 √ Waters M55 44:28 Frank Smith M55 44:29 Garry Fisher M45 44:29 Ivan Pilton M55 44:47 Brian Danby M50 45:06 Brian Foley M55 45:08 Wayne Bates M55 45:20 Keith Atkinson M40 45:55 Simon Mort M40 46:51 John Ellard M55 47:01 Shirley Bell W50 47:16 Debbie Burge W30 47:21 Mike Faunge M60 47:40 Rob Sheehv M55 47:46 **Bob Sammells** M60 49:00 Rod Tinniswood M50 49:12 Raymond Loly VIS 50:00 Judy Bonomelli W50 50:01

Glenda Lawrence

Gillian Young

Roger Walsh

Brian Hunter

Wendy Duncan

	1775	Market Control
John Dance Mitch Loly Irene Ferris Merv Moyle Margaret Warren Bernadette Height Jackie Halberg Ron Mead Sue Bullen Arnold Jenkins Merv Jones Pam Toohey Ray Hall Elaine Dance Julie Wood Denise Lancaster Val Millard Phyllis Farrell  5K RUN	M50 M60 W45 M70 M65 W40 W55 M45 W40 W55 M60 W55 W50 W50 W50 W50	52:08 52:09 52:34 53:40 54:06 54:24 54:55 56:12 56:24 56:37 57:04 57:22 57:22 61:36 61:58 63:52
Bert Carse Ivan Brown Stuart Airey Margaret Langford Richard Harris Peter Airey Mike Anderson Liz Duffield Phil Hawks Paula Karra Kirt Johnson Ray Lawrence Steve Toohey Pierre Viala Wal McKinnon Allen Tyson	M55 M55 VIS W50 M60 M60 M50 W45 M40 W30 M70 M50 M50 M60 M75	17:38 19:53 21:34 22:46 23:19 23:36 24:09 25:23 26:31 27:51 27:52 28:58 30:10 31:01 33:54 34:09
John Mison Alan Jennings Jacqueline Billington Rex Bruce Lynne Shickert Lorna Lauchlan Michelle Mison Barry Thomsett	M50 M60 W55 M60 W55 W70 W50 M60	58:23 67:10 67:14 69:12 71:01 71:37 71:57 73:28
5K WALK John Trust Alan Pomery Elaine Allard Val Wheeler Pat Ainsworth Maggie Flanders Barbara Bailey Catherine Hamilton Leo Hassam	M60 M70 W55 W65 W65 W60 W70 VIS M70	34:54 40:14 41:43 41:57 41:58 42:14 46:49 47:56 47:56

# **DEEP WATER POINT** July 1, 2001

An early shower reminded the 105 starters that this was the annual Deep Water Point Event on the Mt Pleasant shores of the Canning river. The event incorporated two running distances: 7.2km and 16km and a Road Walking Championship event over the 7.2 course.

John Mison and Jaqueline Billington led the walkers home in their respective categories.

With the Brisbane World Veterans Championships starting the following week and the Perth Marathon on the following Sunday, many athletes were fine tuning their fitness. Some good performances were recorded.

Our visitors ran well and two were first home in the running events, but by only .01 of a second in each case. (Club members were obviously doing the right thing) Special thanks to Ray Lawrence, Peter Airey, Steve & Pamela Toohey, who were out on the course. Special thanks also to Maureen Pomery, Maryg Talor, Ron Mead, Sue Danby & Keith Rimmer at the finish

and many others including Kirt Johnson

who willingly helped out when needed.

#### 7 2km Run

7.2km Run		
Randy Hobbs	Vis	28.19
lan Davies	M50	28.20
Lachlan Marr	M40	28.48
Bruce Wilson	M55	29.07
Emma Tullet	Vis	29.46
Bill Jones	Vis	30.02
Tim Bosworth	Vis	32.02
Nicholas Gardiner	Vis	33.17
Brian Danby	M50	33.26
Nick Miller	M35	33.58
Don Caplin	M60	34.12
John Pressley	M55	34.26
Ivan Brown	M55	35.41
Debbie Burge	W30	36.01
John Bromley	M55	36.43
Dick Blom	M65	36.48
Al;do Giocomin	M65	37.46
Roger Walsh	M55	38.05
Arnold Jenkins	M55	39.47
Rod Tinniswood	M50	39.49
Ray Hall	M65	40.27
Bob Sammells	M60	40.29
John Smith	M65	40.45
Wendy Clemens-Green	W55	40.49
BobFergie	M65	41.07
Kirt Johnson	M70	42.04
Roma Barnett	W50	42.40
Julie Wood	W50	42.46
Keith Forden	M60	43.59
Phyllis Farrell	W55	47.12
Trevor Brown	M60	48.21
Shorty Turner	M65	48.22
Sheila Maslen	W60	52.24
Frank Usher	M75	59.55

W55

W55

51:36

51:36

Pat Canning

Jackie Musk

W40

W50

W50

M55

M55

50:58

51:02

51:18

51:37

51:52

Deep Water Point Continu	ued		Elaine Ellard	W55	61.33	Keith Rimmer	M55	48.09
16 Run			Pat Ainsworth	W65	61.38	Debbie Burge	W30	*48.19
Shaun Edwards	Vis	60.57	Val Wheeler	W60	62.39	Irwin Barrett-Lennard	M70	48.27
Chris Maher	M45	60.58	Dorothy Whittam	W60	62.40	Robert Sheehy	M55	48.29
Trevor Robertson	M45	61.14	Maggie Flanders	W60	65.14	Mike Faunge	M60	49.40
Warren Gee	M50	61.15	Barbara Bailey	W70	66.52	Rod Tinniswood	M50	49.45
Chris Coates	M45	61.31	Ernie Moyle	M75	68.07	John Pellier	M60	49.56
JimKlinge	M50	65.43	Catherine Hamilton	Vis	72.02	Delia Hendrie	W45	50.05
Gareth Brunt	M50	65.58	Jeff Whittam	M65	72.02	Stan Lockwood	M70	50.14
Neil McRae	M45	69.35	Et.			. Gillian Young	W50	51.05
Frank Smith	M55	69.53	011451/0			Scott Gagen	Vis	51.13
Mike Hale	M50	70.17	SHARKS 15 July 20	01		George Schaefer	M65	51.22
Joahan Hagedoorn	M55	71.32	The 8th running of this ev	vent was	blessed	Simon Mort	M40	51.24
David Muir	M55	71.33	by a fine sunny day and S			Aldo Giacomin	M65	51.40
John Davies	M55	72.21	records.Congratulations t		egorv	John Brambley	M55	51.52
	M55	73.24	winners , Warren Gee, De			Erica Lorimer	Vis	52.16
Jim Barnes		73.24	Davies, Liz Duffield, Rex B			Joanne Samer	W40	52.47
Simon Jawichre	M35		Whittam and John and M			Claire Walkley	Visi	52.47
David James	M45	73.32	Thanks to my ever willing			Cecil Walkley	M70	52.47
Gary Fisher	M45	74.47	Blom,Paul Hughes,Bob T			John Dance		52.57
Mike Khan	M55	76.40	Watson, Val Millard, Norm				M50	/=/
Wayne Bates	M55	77.15				Vic Beaumont	M70	53.37
Syd Beer	M55	78.31	Jawichre. Without them t			Ann Turner	W65	*54.39
John Pellier	M60	78.36	not be possible.	Paul Ma	arun	Merv Moyle	M70	54.51
Margery Forden	W55	78.58	Ek Dun			Bob Fergie	M65	55.09
Keith Atkinson	M40	79.44	5k Run	Vio	10.15	Arnold Jenkins	M55	55.21
Peter Sanders	M55	80.25	Randy Hobbs	Vis	18.15	Jackie Halberg	W55	55.25
John Ellard	M55	80.52	Ian Davies	M50	18.30	Sue Bullen	W40	55.57
Brian Smith	M60	81.27	Rick Pilkington	Vis	19.56	Merv Jones	M60	58.04
Mike Faunge	M60	81.51	David Carr	M65	22.06	Eileen Brown	W55	58.11
Robert Sheehy	M55	82.17	Peter Airey	M60	23.56	Pam Toohey	W55	59.03
Sue Sanders	W45	83.03	Liz Duffield	W45	25.12	Elaine Dance	W50	59.18
Geoff Sanders	Vis	85.32	Wendy Clements-Green	W55	*26.59	Steve Toohey	M50	62.12
Richard Harris	M60	87.31	Kirt Johnson	M60	*27.33	Ray Lawrence	M70	63.06
Gillian Young	W50	87.43	Ruth Willmer	Vis	27.43	Ken Whistler	M70	63.08
Jenny Barnes	W45	87.47	Dave Willmer	M45	27.56	Trevor Brown	M60	64.51
John Dance	M50	88.31	Joan Pellier	W60	29.14	Phyllis Farrell	W55	66.54
Mitch Loly	M60	88.32	Josh Mott	Vis	29.53	Denise Lancaster	W50	66.57
Jackie Halberg	W55	90.07	Carol Harrison	Vis	32.18	Shorty Turner	M65	66.59
Merve Moyle	M70	90.24	Bronwyn Gee	W45	32.18	Margaret Bennett	W55	67.07
Frank Gardiner	M50	90.41	Pierre Viala	M50	33.50	g		
Melissa Gardiner	Vis	90.42	Shiela Maslen	W60	34.13	5k Walk		
Wendy Duncan	W50	91.13	Aldo Jawichre	Vis	35.51	Rex Bruce	M60	*36.34
Irene Ferris	W45	91.14	Grace Willmer	Vis	37.33	Barrie Thomsett	M60	38.55
	M60	96.39	Frank Usher	M75	*46.00	Dorothy Whittam	M65	*39.27
Merve Jones		91.55				Alan Pomery	M70	41.44
Maree Creighton	Vis	92.00	10k Run			Elaine Ellard	W55	41.48
Ann Turner	W60		Warren Gee	M50	37.19	Val Wheeler	W65	41.49
Victor Beaumont	M70	92.09	Wally Crowley	M45	38.08	Pat Hopkins	W55	42.23
Sue Bullen	W40	93.43	Ralph Henderson	M50	39.54	Maggie Flanders	W60	43.27
Elaine Dance	W50	101.50	Gareth Brunt	M50	39.57	Jeff Whittam	M65	44.26
Joan Pellier	W60	105.09	Jim Klinge	M50	40.11	Pat Miller	W60	48.23
7.2 Walk		10.10	John Allen	M40	40.16			
John Misson	M50	43.43	Jeff Lindhorst	M40	41.13	Barbara Bailey	W70	*48.24
Alan Jennings	M60	50.34	Brian Smith	M55	41.36	10k Walk		
Jaqueline Billington	W55	50.52	Graham Thornton	M60	42.44		BACO	FO 00
John Frost	M60	51.12				John Mison	M50	59.33
Paul Martin	M55	53.00	David Muir	M55	43.09	Ray Hall	M65	*67.13
Val Millard	W50	52.46	Mike Hale	M50	44.24	Alan Jennings	M60	68.42
Rex Bruce	M60	53.29	Mike Karra	M35	44.25	John Frost	M60	69.28
Michelle Misson	W50	54.26	Gary Fisher	M45	44.30	Michelle Mison	W50	75.07
Barrie Thomsett	M60	54.39	John Pressley	M55	45.13			Records
Lorna Lauchlan	M70	54.40	John Mack	M60	45.51	Flash the ba	- enhi	
Alan Pomery	M70	59.00	Keith Atkinson	M40	46.07	H TUU TE THROW about t		
Christine Wheeler	W45	61.20	Syd Beer	Vis	46.09	why not take off your badge	r name is spe	tt.
Gareth Gorman	M55	61.21	Dant Giacomin	Vis	47.48	7	Propries	.000000000E
- si oui Goillian			John Ellard	M55	48.04	They'll be grateful and will	lave a hone	/

They'll be grateful and will have a better

chance of getting it right.

# 50K ROAD RACE CHAMPIONSHIPS - 2001

\* Hello again

There are thirty good runners in the club that completed the 2001 50K Road Race Championship (the 10K Weir Run, 15K Uni and Back and 25K Mt Henry and Back). They were all good

Just a wee bit of History of the Championships:

Congratulations to Margery Forden, fastest lady this year, for the 4th time.

1999 2000 2001 1995 1988 1989 1990 1993 \*4.38 4.55 5.21 4.57 \*4.57 \*4.35 \*4.38 4.35

How about that for consistent running! Well done, Margery.

This year, congratulations to John Allen who took out the mens, his second year running.

Now the History of the gun runners of the club:

Mery Moyle ran his first 50K RRC back in 1987:

1987 1990 1992 1993 1995 1996 1997 1999 2001 4.32 4.35 4.49 4.40 5.13 5.10 5.41 5.32 5.54

in his seventies and still going strong! Well done, Merv.

Vic Beaumont

1998 1990 1993 1994 1996 1997 1989 4.59 5.06 5.04 5.20 4.41 5.07 4.36

Has just finished running a marathon! Well done, Vic

**Brian Aldrich** 

1988 1990 1993 2001 4.23 4.32 5.07 6.08

Brian left the running scene for a few years, but has come back well. Well done, Brian.

Cecil Walkley started life as a miler, then became a real runner.

1998 1996 1997 1999 2000 2001 1991 4.52 5.20 4.42 4.46 5.01 5.06 4.51

Well done, Cecil.

When you look at these times, maybe we should sight their th certificates? (only kidding).

worris Warren

		10K	15K	25K	Time per km (50K average)
M40	John Allen	41.07	62.38	109.15	4 min 15 sec
M40	Simon Mort	44.54	69.23	123.54	4 min 44 sec
M40	Keith Atkinson	46.57	73.44	129.24	4 min 59 sec
M50	Brian Bennett	42.26	65.23	121.25	4 min 34 sec
M50	Mark Rosen	44.07	69.31	117.54	4 min 37 sec
M50	John Dance	52.10	82.00	149.34	5 min 40 sec
M50	Steve Toohey	63.17	94.00	184.04	6 min 49 sec
M55 M55 M55 M55 M55 M60 M60 M60 M65	Bob Schickert Jim Barnes Johan Hagedoorn Robert Sheehy Arnold Jenkins Graham Thornton Brian Smith Richard Harris George Schaefer Shorty Turner	49.43 54.40	64.40 71.00 61.38 76.41 90.00 61.49 76.58 73.29 83.00 95.00	112.32 119.39 129.40 140.09 173.14 114.35 126.45 135.18 154.21 173.13	4 min 20 sec 4 min 40 sec 4 min 45 sec 5 min 19 sec 6 min 21 sec 4 min 19 sec 5 min 00 sec 5 min 06 sec 5 min 53 sec 6 min 39 sec
M70	Cecil Walkley	49.52	79.32	138.57	5 min 20 sec
M70	Merv Moyle	51.11	87.00	157.22	5 min 54 sec
M70	Brian Aldrich	52.09	84.00	171.30	6 min 08 sec
W45	Jenny Barnes	54.54	79.00	139.51	5 min 27 sec
W45	Irene Ferris	55.53	81.00	145.22	5 min 28 sec
W50	Shirley Bell	48.46	80.07	130.00	5 min 10 sec
W50	Gillian Young	52.06	79.45	144.12	5 min 30 sec
W50	Wendy Duncan	52.25	80.00	145.21	5 min 32 sec
W50	Roma Barnett	58.22	93.00	159.56	6 min 12 sec
W50	Elaine Dance	60.17	92.00	167.51	6 min 23 sec
W55	Märgery Forden	47.25	74.08	126.50	4 min 57 sec
W55	Pam Toohey	60.17	91.00	166.01	6 min 20 sec
W65	Ann Turner	55.05	85.06	149.39	5 min 47 sec



# s Mass

Prevention and management of muscular injuries

Deep Tissue/Myofascial Release

Trigger point therapy

Reduce post event/training pain and stiffness.

Manuel Rodriguez Massage Therapist

Leederville Physio

658 Newcastle rd Leederville Ph 9227 8793 Mob 0412 816 072.

Grand Boulevard Chiro Centre

59 Grand Boulevard Joondalup Ph 93012300 Mob 0412 816 072.



WORLD VETERANS ATHLETICS CHAMPIONSHIPS  Brisbane 4-14 July 2001					
WA RESULTS - 31 me	dals (1	6 Gold, 7 Silver, 8	8 Bronze)		
David CARR	M65	800m	Gold		
Bert CARSE	M55	1,500m	Silver	4:33.70	(93.38%)
		3K Steeple	Bronze	11:28.25	(92.10%)
Lynne CHOATE	W45	100m	Gold	13.39	(90.29%)
		200m	Bronze	28.82	(88.32%)
		4x100m	Gold		
David CLIVE	M60	400m	Silver	59.65	(93.31%)
		4x400m	Gold		•
Bjorn DYBAHI					
(Bunbury)	M45	Marathon Team	Gold		
Peter GARE	M60	400m	Bronze	59.97	(90.25%)
		4x400m	Gold		
John GILMOUR	M80	800m	Silver	3:30.30	(80.56%)
Rosemary HOLLOWAY	W45	10K Walk Team	Gold		
Barry KERNAGHAN	M60	400m	Gold	58.86	(91.95%)
		4x400m	Gold		
Robin KING	W40	8K CC Team	Bronze		
y.		Marathon	Bronze	3:28:12.0h	
		Marathon Team	Gold		
Diane JONES					
(Bunbury)	W50	Marathon Team	Gold		
Margaret LANGFORD	W50	8K CC Team	Bronze		
		Marathon Team	Gold		
Peggy MACLIVER	W55	400m	Silver	65.83	(90.70%)
		4x100m	Silver		
		4x400m	Gold		
Ross PARKER	M50	Marathon Team	Silver		
Margaret ROBINSON	W60	2K Steeple	Bronze	10:26.15	(82.70%)
-5026		4x400m	Silver		
Trevor SCOTT	M40	8K CC Team	Bronze		
Lynette VENTRIS	W40	5K Walk	Gold	23:27.24	(95.07%)
		10K Road Walk	Gold	48:44.0h	(93.22%)
			Gold		
OTHER RESULTS: www.worldvac2001.com.au					

# Goodonya Jodii

I wish to thank all the Vet runners who ran and walked the Tompkins Park run on May 20, 2001.

My name is Darryl White and I was one of the helpers on the run. My 12 year old daughter Jodii asked if she could help out as well. Jodii stood on top of the hill and directed runners and walkers through the car park. Soon after the last runner had passed, Jodii ran over to me with a smile, delighted that everyone had thanked her. Jodii told me that she felt so proud to be doing something so simple as pointing people in the right direction and yet everyone was so thankful. She asked if she could help out next time.

It's amazing what the words "thank you" can mean to a child.

Furthermore, I would like to thank all the vets who have encouraged the young athletes who competed with us during the track session. My aim is to show the 8-15

year-olds that you can keep on running, jumping and throwing right to the age of 90. A special thanks to Anne Shaw, Bert Carse, Bob Schickert and Ray Hall who have passed on information to the athletes I coach, as well as to me.

# RELIEF FROM THE PAIN OF ARTHRITIS?

Heather Atkinson has some important facts about Osteoarthritis that she would like to share with her fellow Vets members and claims to have a safe and sure relief.

If you would like to take advantage of an offer to improve mobility and reduce your pain please contact Heather Atkinson on 93072140 (message) 0412185670 email: yes@starwon.com.au

Fremantle

MASTERS GAMES 2001
A great place to play

Inaugural
Fremantle Masters
Games

21-23 September 2001

# Note your diaries now

Register your Expression of Interest to Fremantle Masters Games, PO Box 807, Fremantle WA 6959.

The Athletics program will be held on Saturday morning 22 September 2001 at the Fremantle Reserve, Ellen Street, from 8.00 am.

The order of events will be:

3000M, 100M, 2000M Walk, Shot Put, Long Jump, 800M, 200M.

Medals will be presented to placegetters in 5-year age groups from 30 to 70, male and female.

# HOPE TO SEE YOU THERE

Athletics Organisers: Bob and Lynne Schickert (ph: 9330 3803)

Anyone can complicate something simple, but only the wise can simplify something complicated

# **Bush Dance**

Saturday Sept 22Irish Club - Subiaco

Let's warm up prior to the Sunday morning run and kick up our heels at the Irish Club to the music of the "Heel and Toe" band. This year the band is playing at a fund raising function for the community Hospice - tickets just \$10. So why not organise a table with friends.

Many will recall dancing to them before and having a great night. They call the dances and play a variety of Folk, Irish, Scottish and Aussie music. The Irish Club has a large hall and bar facilities and caters for 400. Here's a chance to show the Vets Club banner.

David Muir has reserved 40 tickets for Vets who reply before August 26, in anticipation that we can get at least 5 tables of 8 and make our presence felt. More the merrier.

Contact David on 9339 6813 or david.muir@minerals.csiro.au

to get tickets or register your interest. Brian Danby also has tickets.

# **Helpers List**

12 AUG - 1/2 MARATHON - RACE DIRECTOR - BOB SAMMELLS 93092293

**HELPERS** - M.Moyle, D.Burge, R.Bruce, L.Smith, R.Atwell, K.Rimmer, A.Damiani.

19 AUG - STATE C/C1 - RACE DIRECTOR - WARREN GEE 94487587 HELPERS - M.Hale, D.Scott, S.Jawichre, C.Kirkness, R.Harrison, G.Smith. P.Simmons. R.Barnett.

26 AUG - CITY TO SURF HELPERS NEEDED- We use this event as our major membership drive. If you can help by handing out flyers at the end of the event Your club would like your help to help us grow. So if you're not participating call Bob Schickert on 93303803.

### 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.

# club gear for sale every Sunday

Maggie Flanders is the one to speak to for club gear. The merchandise is always available for sale on Sundays, but some days she isn't able to get it out of the car in time before a race.

Catch her after the race and she will be happy to kit you out for a few dollars.

# Birthdays

# HAPPY BIRTHDAY TO AUGUST MEMBERS

HALL DIN	IIDAI 10 ACGO	OI MEMBER	·	
VAR00001	SURNAME	DOB	AGE	AGE GR
John	West	03.08.1949	52	remains M50
Jill	Midolo	05.08.1947	54	remains W50
Jeffrey	Whittam	05.08.1934	67	remains M65
Stephen	Dunn	06.08.1966	35	becomes M35
Simon	Mort	06.08.1956	45	becomes M45
Ralph	Henderson	07.08.1948	53	remains M50
James	McCarthy	07.08.1959	42	remains M40
Albert	Carse	08.08.1941	60	becomes M60
Brian	Danby	08.08.1948	53	remains M50
Jim	Langford	12.08.1944	57	remains M55
Nick	Miller	13.08.1962	39	remains M35
William	Hughes	15.08.1927	74	remains M70
Warren	Davey	16.08.1950	51	remains M50
Glenda	Schulz	17.08.1956	45	becomes W45
Peter	Simmons	18.08.1946	55	becomes M55
Gordon	Medcalf	19.08.1929	72	remains M70
Cedric	Turner	19.08.1935	66	remains M65
Jon	Wannberg	19.08.1966	35	becomes M35
Sylvia	Brennan	20.08.1924	77	remains W75
Margaret	Flanders	21.08.1936	65	becomes W65
Keith	Martin	21.08.1943	58	remains M55
Michele	Mison	24.08.1947	54	remains W50
Julie	Wood	24.08.1948	53	remains W50
Barbara	Darling	25.08.1944	57	remains W55
John	Adams	26.08.1949	52	remains M50
Robert	Colton	26.08.1963	38	remains M35
Peter	Davies	26.08.1929	72	remains M70
Brian	Bennett	28.08.1947	54	remains M50
Rosemarie	Loomans	29.08.1949	52	remains W50
Norman	Richards	29.08.1937	64	remains M60
Susan	Sanders	29.08.1953	48	remains W45
John	Sutton	30.08.1935	66	remains M65a

# **New Members**

A warm welcome to the new members approved at the committee meeting on July 25, 2001.

Joanne Samer Colin Chisholm John Mack

Kevin Davis Michael Morrissey Sandra McKinnon

Maree Creighton



Athletics Organisers: Bob and Lynne Schickert (ph: 9330 3803)

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

Mamhare can

To pay by phone simply phone the treasurer on 9330 3903

Cr	edit	Card	Paym	ent
----	------	------	------	-----

orour oura raymon	9
Please make this payment of \$for Clouthing Membership Club S	Social Finction
Club Weekend Away Cham	iomship entry
by Visa Bank Card Maste	ercard
Card Number	Expiry Date
Card Holder's Name	
Signature	
olynature	



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.

Print Post Approval 644113/00007 If unclaimed please return to: 1/37 Bombard Street, Ardross WA 6153.



SURFACE MAIL

Contact Maggie Flanders: 9314 7556

POSTAGE PAID AUSTRALIA



# Club Clothing

**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.