



The Vetruns

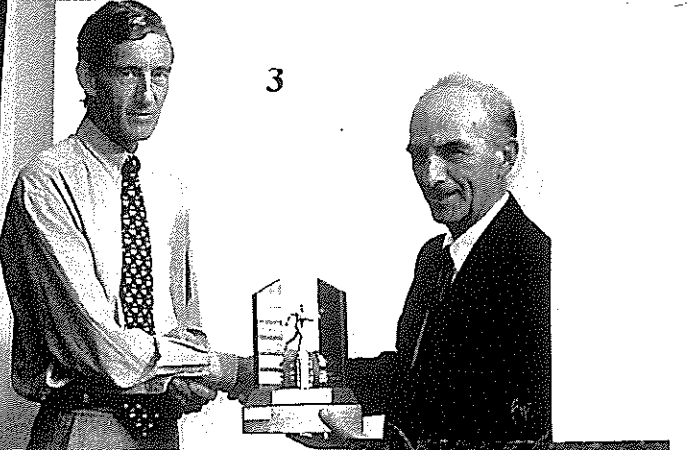
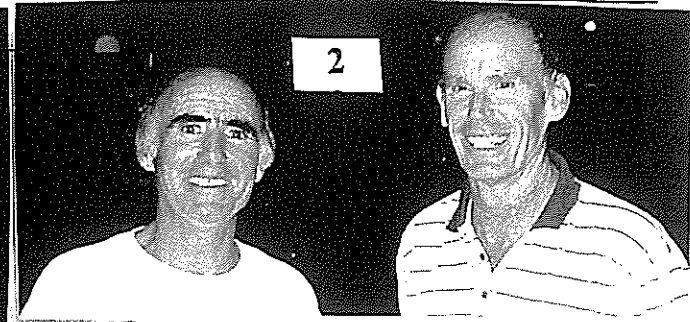


No. 296 June 1998

Patron: Bill Hughes

President: Bob Schickert

Editor: Katrina Spilsbury 9 313 3943



Key to pics – page 2

KEY TO PICS - PAGE ONE

1 Robin King (left) receives Reg Briggs trophy for Most Improved Athlete from Dorothy Whittam. (photo J.Halberg)

2 Latest life members – Bob Schickert and Brian Foley.

3 Alan Jennings (left) receives Handicap Trophy from Richard Harris.

4 Among those at Bunbury, from left Denise Lancaster, Brian Bennett, Wendy Duncan, Jo Pearce, Val Millard.

5. At Bunbury Jan Jarvis, Ray Barnett and Trevor Brown.

6 Glenice Shanahan in Cross Country at Albany

7 Unsung heroines of the club, supportive wives – Penny Brown, Sue Jones, Jackie Beaumont, Bev Thornton, Sue Danby.

8 Running mates Wendy and Jeff Spencer.

big thank you to all who assisted including John Gillies, Jackie Billington, Brian Danby, Kirt Johnson and Margaret Bennett - Denise Lancaster

Results

5.4K

Eileen Brown	W50	31.09
Bernie Zaehner	W35	35.39

5K walk

Dorothy Whittam	W60	46.28
Jeff Whittam	M50	46.28

8K

Chris Maher	M45	31.37
Wally Crowther	M45	31.44
Brian Danby	M45	32.29
Brian Bennett	M45	34.00
Keith Atkinson	M40	36.00
Arnold Jenkins	M50	41.25
Margaret Warren	W60	43.54
Don Caplin	M55	43.55
Trevor Brown	M55	45.00
Kirt Johnson	M65	48.20
Brian Holmes	M60	48.38
Jeremy Short	Vis	35.48
Sue Johanson	Vis	48.38

Running Mates - Wendy and Jeff Spencer

This months running mates meet Wendy and Jeff Spencer. Jeff was born in Freemantle and Wendy in Midland. The Spencers have two girls, one boy and as yet only one grandson. Both enjoyed sport at school with sprinting being Jeff's favourite, Wendy's swimming. Jeff played social footy for Jandakot and was also a soccer referee which he gave away when one of his referee mates was attacked by a spectator. Wendy and Jeff met at Canterbury Court, both were keen dancers. Most of their married life has been spent around the Jandakot area, or as Wendy says "out with the bush snakes and kangaroo paws", both are greenies and love planting trees, although Jeff says Wendy's a petrol head and enjoys motor car racing. Jeff's a keen Glory and Docker's supporter.

How did they hear about the Vets? Through someone in the Marathon club, first run being Walliston Whallop.

What do they like about the Vets? Jeff- salt of the earth and good quality people.

Wendy- everyone mixes.

Any changes? Jeff-Better course for the Club half marathon.

Wendy-none.

Favourite run: Jeff-'Round the houses' Lorna's old run. Wendy-Darlington Dash

Favourite distance: Jeff- Half marathon Wendy-enjoys any walk

Most pleasing performance: Jeff-Bunbury Half in late 80's with a time of 1.30. Wendy- City to Surf

Other Interests: Jeff-Tai Chi, fishing, golf, bushwalking and photography. Wendy- golf bushwalking and woodwork.

Favourite food:Jeff-Bread and butter pudding Wendy-Fish, potatoes, chips

Favourite film: Jeff- Hunt for Red October (big Harrison Ford fan)

Wendy-Nell

TV programmes: Jeff-English comedy and Pie in the sky Wendy: McCallum and Wildside.

Ambitions in running: Jeff to get fit and run a good 10K Wendy: Very happy as is!

Contributions for The Courier

As you know, The Courier is the official journal of the AAVAC. They are looking for contributions from a wider range of their membership. If you have an article that you feel would be of interest to readers in other States I will be happy to pass it on. They are also looking for an editor or editor's assistant....interested? Katrina

Yanchep Picnic Run 12th April

A beautiful morning at the lake, kangaroos and bird life in abundance. It really is a most picturesque place. A small (but elite) group of people attended the run, enjoying good company, cold hot cross buns and easter eggs. A

Team Officials Wanted for Gateshead 1999

The AAVAC is looking to appoint officials for the World Championships. They invite interested people to send a nomination and summary of their relevant experience for the positions of:

Managers (men and women's teams),
Doctor
Physiotherapist
Masseur

to Brian Foley, Secretary
AAVAC, 8 Habgood St, East
Fremantle, WA 6158

Currently there is some debate over the exact numbers of officials required and methods of funding. If sufficient numbers of athletes and their families travel with the AAVAC

WA State Masters Games 24th -26th April Albany

Duncan McAuley and Barbara Wilson were the outstanding athletes at the Albany Masters Games. Duncan held off challenges from much younger athletes to win the Masters Mile in 5:16.1 from Albany's Chris Fry. Barbara won the women's trophy convincingly in 6:12. The awards (huge cups) were made by games patron Shirley Delahunty in front of hundreds of athletes and dignitaries. The two stars must have thought the spectacular fireworks display was just for them.

Duncan also won the 200m, 400m and 3000m. On the final day, he led the 6000m cross country event until overtaken on the last hill by Albany runner Richard Dunn. Barbara won the women's 5000m in 21:39 and the cross country event. She also did a lot of the administrative work for the games.

Fields were generally small, however, two events, the shot and discus, drew some of our best athletes. Outstanding puts came from Ed Carroll (M55) 10.30m, John Cochrane (M60) 10.00m, Alan Stone (M65) 8.88m, Bill Chapman (M70) 9.24m and Rob Young (M50) 9.63m Ed's 35.37m was the best discus throw.

Jason Johansson (M30), who added injury to injury during the State Championships, was into everything in spectacular style! He did the 2000mW, long jumped 5.09m, then ran 12.9 for the 100m, 61.1 for 400m, 27.7 for the 200m and finished the mile in 5:50. He threw well too.

Other noteworthy performances came from Norm Richards (M60) 100m in 13.4, Mike O'Reilly (M50) 100m in 14.0 and Stan Lockwood (M65) 5000m in 22:23. Elsewhere in Albany, the Medcalfs, Rob Shand swam, Brian Paxman played chess and cycled and Bill Chapman lifted weights and swam.

About 30 of our members travelled to the games. Most voted it a great weekend of good food and wine set in a beautiful town bathed in warm sunshine. They will be back in two years time. -David Carr

Results

2000mW

Jason Johansson	M30	13:14.57
Ken Calton	M35	13:30.90
Jeff Whittam	M60	15:30.86

Valerie Davies	W50	14:33.16
Dorothy Whittam	W60	13:43.46
Glenice Shanahan	W70	17:27.43

100m

Jason Johansson	M30	12.87
Ken Calton	M35	13.38
Duncan McAuley	M45	13.33
Arthur Tonkin		13.80
Jon Palmer		14.31
Mike O'Reilly	M55	13.95
Ed Carroll		15.25
Norm Richards	M60	13.38
John Boyce		15.41
David Carr	M65	16.32
Gordon Medcalf		16.40
Stanley Lockwood		17.58
Allen Tyson	M70	17.54

Pixie Doore	W50	16.02
Noela Medcalf	W60	17.71
Patricia Carr	W65	16.78
Glenice Shanahan	W70	26.26

200m

Jason Johansson	M30	27.66
Ken Calton	M35	28.11
Stephen Davies	M40	33.50
Duncan McAuley	M45	27.16
Arthur Tonkin		29.69
Mike O'Reilly	M55	29.32
Dennis Miller		32.85
Gerald Chase		39.16
Norm Richards	M60	28.83
David Carr	M65	35.20
Stanley Lockwood		36.41
Gordon Medcalf		37.31
Allen Tyson	M70	36.86

Fiona McAuley	W45	42.48
Pixie Doore	W50	36.90
Noela Medcalf	W60	38.91
Patricia Carr	W65	35.86
Glenice Shanahan	W70	57.26

400m

Jason Johansson	M30	61.05
-----------------	-----	-------

Ken Calton	M35	64.07
Stephen Davies	M40	73.85
Duncan McAuley	M45	59.20
Mike O'Reilly	M55	66.78
Dennis Miller		74.27
Norm Richards	M60	84.80
David Carr	M65	66.78
Allen Tyson	M70	92.73

Fiona McAuley	W45	92.72
Noela Medcalf	W60	90.98
Patricia Carr	W65	93.40
Glenice Shanahan	W70	132.6

Discus

Jason Johansson	M30	23.30
Grant Hicks	M35	27.05
Ken Calton		19.18
Rob Young	M50	30.79
Ed Carroll	M55	35.37
Mike O'Reilly		24.39
John Cochrane	M60	30.28
Norm Richards		24.02
Jeff Whittam		20.38
Alan Stone	M65	30.76
Rob Shand		26.62
Gordon Medcalf		23.92
David Carr		22.46
Bill Chapman	M70	27.22
Allen Tyson		18.25

June Streeter	W45	14.54
Pixie Doore	W50	17.26
Noela Medcalf	W60	16.75
Dorothy Whittam		16.02
Patricia Carr	W65	16.69

Shot Put

Jason Johansson	M30	9.98
Grant Hicks	M35	9.19
Ken Calton		9.01
Rob Young	M50	9.63
Ed Carroll	M55	10.30
Mike O'Reilly		7.23
Gerald Chase		5.67
John Cochrane	M60	10.00
Norm Richards		8.48
Jeff Whittam		6.30
Alan Stone	M65	8.88
Rob Shand		7.70
David Carr		7.07
Gordon Medcalf		5.02
Bill Chapman	M70	9.24
Allen Tyson		7.72

Pixie Doore	W50	7.74
Dorothy Whittam	W60	7.83
Noela Medcalf		6.29
Patricia Carr	W65	6.34

Long Jump		
Jason Johansson	M30	5.09
Ken Calton	M35	5.10
Grant Hicks		4.97
John Palmer	M45	4.34
Norm Richards	M60	4.15
John Boyles		3.70
David Carr	M65	3.82
Gordon Medcalf		3.18

June Streeter	W45	2.17
Pixie Doore	W50	3.00
Dorothy Whittam	W60	2.90
Noela Medcalf		2.57
Patricia Carr	W65	3.35
Glenice Shanahan	W70	1.42

3K		
Chris Fry	M40	11.22
Stephen Davies		12.48
Duncan McAuley	M45	10.54
Gerald Chase	M55	12.59
Stephen Barrie	M60	12.42
David Carr	M65	12.37
Allen Tyson	M70	16.37

Lucy Wellstead	W30	14.29
Fiona McAuley	W45	14.26
Valerie Davies	W50	19.05
Glenice Shanahan	W70	21.49
Margaret Feldman		21.52

5K		
Richard Dunn	M40	19.03
Rick Fenny	M45	23.13
Robert Mair	M50	20.49
Dennis Miller	M55	21.01
Stanley Lockwood	M65	22.23
Merv Moyle	M70	26.14

Paula Hewett	W40	30.25
Barbara Wilson	W45	21.39

4K Cross country		
Joanne Lucas	W40	24.24
Rick Fenny	M45	21.36
Gerald Chase	M55	21.07
Ken Taylor		25.29
Allen Tyson	M70	22.06
Glenice Shanahan	W70	42.54

5K Cross country		
Sarita Dutoit	W35	31.43
Richard Dunn	M40	25.41
Stephen Davies		32.54
Carmel Moran	W40	34.19
Duncan McAuley	M45	25.59
Barbara Wilson	W45	30.10
Fiona McAuley		34.01
Laurie Naylor	M50	27.35
Robert Mair		28.40
Lyris Taylor	W50	34.50

Dennis Miller	M55	30.07
David Carr	M65	29.07
Stanley Lockwood		32.13
Merv Moyle	M70	31.36

Jim McCann Memorial Mile

Note: 10 year age groups

Duncan McAuley	M40	5.16.08
Chris Fry	M40	5.21.36
Mark Luscombe	M30	5.21.?
Tim Bond	M30	5.25
Robert Gillard	M30	5.47
Richard Dunn	M40	5.37
Laurie Naylor	M50	5.49
Jason Johansson	M30	5.50
Robert Mair	M50	5.53
David Carr	M65	6.03
Ken Carlton	M30	6.08
Steve Barrie	M60	6.10
Barbara Wilson	W40	6.12
Dennis Miller	M50	6.13
Rick Fenny	M40	6.17
Mike Roznoczny	M60	6.20
Stephen Davies	M40	6.21
Mike O'Reilly	M50	6.35
Gerald Chase	M50	6.37
Lucy Wellstead	W30	6.38
Carmel Moran	W40	6.46
Paul Cowcher	M30	6.55
Paul Barkley	M40	7.00
Darcy Smith	M40	7.02
Irwin Parker	M40	7.04
Mike Andrews	M40	7.07
Lyris Taylor	W50	7.11
Don Perfrement	M40	7.24
Ken Taylor	M50	7.25
Fiona McAuley	W40	7.28
Merv Moyle	M70	7.33
Paula Hewett	W40	8.33
Allen Tyson	M70	8.44
Gus Schussler	M60	8.44.45
Noela Medcalf	W60	9.13
Kathy Moir	W60	10.02
Valerie Davies	W50	10.20
Thelma Sharp	W60	10.27
Marg Feldman	W70	10.59
Glenice Shanahan	W70	11.00
Linda Foard	W50	11.26
Dorothy Whittam	W60	11.33
Norma Freebury	W60	13.31
Elaine Claminson	W50	13.32
John McBreaty	M70	14.27
Bonnie Smith	W80	17.57
Peter Hau	M30	17.58
Merle Hicks	W70	18.26
Keith Hicks	M60	18.27

PAGODA RUN- APRIL 26

76 runners and walkers set out on an overcast morning, but by the time they arrived back it was a sunny, humid day. Those runners who ran the 16KM received a 'sugar boost' at the half-way mark from Maxine Santich, and it wasn't just her sweet smile. Don Caplin tells me the distance is accurate. Next year, I'll move the start point 50m back to avoid the potential trouble spot at the 8KM mark. Many thanks to my helpers - Sue Jones and Marg Taylor at the finish line, Bev Thornton and Arthur Leggett at the recording table, Mary Heppell and Kirt Johnson at the drink station and Maxine at the turn-around point. - Jackie Halberg

16KM RUN

John Cresp	M45	59:55
Frank Smith	M55	64:18
Bert Carse	M55	65:14
Trevor Robertson	VIS	65:28
Bill Jones	VIS	66:13
Brian Danby	M45	67:59
Ian Lankester	M50	71:11
Mark Rosen	M50	73:58
Mike Khan	M50	74:09
Alan Jennings	M55	75:57
Bob Schickert	M55	76:41
Mike Hale	M55	76:42
Noelle O'Riordan	W35	78:41
Simon Mort	M40	81:28
Jenny Barnes	W45	83:38
Wendy Duncan	W45	84:04
Richard Harris	M60	84:25
Vic Beaumont	M65	84:52
Anne Turner	W60	86:05
Brian Holmes	M60	86:51
Craig Watson	M40	89:59
Wendy Clements	W55	90:42
Aldo Giacomini	M60	90:42
Brian Smith	M55	92:14
Merv Jones	M55	92:54
Trevor Brown	M55	96:33
Maurice Warren	M60	96:34
Shorty Turner	M60	99:35
Tony Speechley	M50	99:35
Denice Lancaster	W45	99:44
Eileen Brown	W50	100:28
Jean Fisher	W50	101:08

Heather Sanderson W45 110:09

10KM RUN

Warren Gee M45 37:54
David Willmer M40 38:47
Ralph Henderson M50 39:17
Jim Klinge M50 39:42
Richard McPherson VIS 39:42
Garry Fisher M45 40:23
Doug Ashfield M40 42:20
Paul Hughes M45 44:37
Brian Foley M50 44:37
Margaret Langford W50 46:50
Peter Airey M60 49:13
Mike Rhodes M50 49:30
Ray Hall M60 51:14
Jim Langford M50 51:14
Margaret Warren W60 53:53
Arnold Jenkins M50 55:55
Ray Lawrence M65 59:33
Norm Miller M65 60:27
Sheila Maslen W60 65:39
Suzan Brand W50 69:50
Jill Midolo W50 75:47

5KM RUN

Ian Davies M50 18:29
John Brambly M55 21:45
Maurice Creagh M50 23:15
Stuart Parkinson M50 24:17
Brian Aldrich M65 26:38
Sue Vetten W45 27:09
Dalton Moffett M65 29:60
Frank McLinden M65 30:00
Frank Usher M70 36:19
Grace Willmer VIS 50:49

16KM WALK

Paul Martin M55 96:16
John Mison M50 98:50
Dick Blom M60 111:39

Lynne Schickert W55

131:48

Michele Mison W50

131:48

10KM WALK

David Brown M50 70:11
Ernie Moyle M70 85:49
Maureen Vine W40 86:03
Pat Ainsworth W60 86:05

5KM WALK

Val Wheeler W65 43:17
Maggie Flanders W60 43:53

Pamela Smith W55 48:13

AGE GROUP RECORDS 1998

M30 Stephen Dunn 61:46 1997
M35 Pra Nicol 61:28 1996
M40 Greg Salter 59:25 1996
M45 Ross Parker 57:50 1996
M50 John Pressley 62:28 1996
M55 Frank Smith 64:18 1998
M60 Ted Maslen 72:26 1996
M65 Cecil Walkley 75:27 1996
M70 Merv Moyle 83:00 1997
M75 Arthur Leggett 100:50 1997
W35 Robin King 69:51 1996
W40 Helen Lysaght 76:26 1997
W45 Sue Vetten 77:18 1997
W55 Marge Forden 78:28 1997
W60 Anne Turner 86:05 1998

16KM WALK

M45 John Mison 87:39 1996
M55 Paul Martin 1:36:16 1998
W45 Michele Mison 1:49:05 1996
W50 Michele Mison 1:41:48 1998
W55 Lynne Schickert 1:41:48 1998
W60 Dorothy Whittam 2:04:31 1996
W65 Lorna Lauchlan 2:05:24 1997

10KM RUN

M35 Terry Keesing 48:21 1997
M40 Wally Crowley 40:52 1997
M45 Warren Gee 37:54 1998
M50 David Roberts 37:55 1996
M55 Joe Stickles 42:12 1996
M60 Dick Blom 47:30 1996
M65 Vic Beaumont 48:29 1997
M70 Stewart Hicks 65:07 1996
W45 Heather Sanderson 48:13 1997
W50 Margaret Langford 46:50 1998
W55 Sheila Maslen 59:53 1996
W60 Margaret Warren 53:53 1998

10KM WALK

M50 Paul Martin 64:13 1996
M60 Ray Hall 65:07 1997
M65 Alan Pomery 79:07 1997
M70 Ernie Moyle 85:49 1998
W40 Linda Mark 79:17 1996
W45 Jill Midolo 75:11 1996
W50 Leslie Romeo 68:48 1996
W55 Lynne Schickert 73:40 1997
W60 Pat Ainsworth 86:03 1998
W65 Lorna Lauchlan 75:10 1996

5KM RUN

M40 Doug Hazell 20:07 1996
M50 Ian Davies 18:29 1998
M55 DonCaplin 19:30 1996
M60 Maurice Johnson 23:44 1996
M65 Brian Aldrich 26:38 1998
M70 Frank Usher 36:19 1998
W35 Delia Baldock 26:58 1997
W40 Maxine Santich 20:49 1996
W45 Theresa Howe 26:12 1996
W50 Rosa Davis 28:12 1996
W55 Alison Aldrich 28:12 1996
W60 Noela Medcalf 29:17 1997

5KM WALK

M50 Geoff Mullins 44:41 1996
M55 Rob Davis 43:27 1996
M70 Ernie Moyle 43:28 1996
M75 Fred Watson 40:35 1997
W40 Maureen Vine 40:26 1997
W50 Wendy Clements 1997
Val Bonner 46:10 1996
W60 Maggie Flanders 40:34 1997
W65 Val Wheeler 43:17 1998
W70 Glenice Shanahan 48:03 1997

Reabold Hill Cross

Country Run

3rd May 1998

76 runners and 13 walkers turned up on this sunny and warm morning. Not a bad effort considering that the Marathon Club had their Cross Country at Garden Island. I must have done a better job of marking the course this year because no-one got lost! Stephen Dunn came first in the 5.3km, Bruce Wilson second and John Molloy third. Eileen Brown was the first lady in, Katrina Spilsbury second and Joan Pellier third. In the 10km, a visitor Darryl White came first in 40.29, followed by Warren Gee in 40.57 and David Willmer in 41.42. The first woman in the 10km was Robin King in 50.55, second was Sue Vetten in 51.39 and third Noelle O'Riorda in 53.23. I would like to thank all my helpers; I couldn't have done it without them. Hoping to see you all back next year. -Dick Blom

Results

5K

Stephen Dunn	M30	23.00
Bruce Wilson	M50	24.38
John Mollow	M45	24.46
Nick Gadiner	Vis	29.42
Peter Airey	M60	29.47
Eileen Brown	W50	34.42
Katrina Spilsbury	W30	34.44
Peter Davies	M65	35.11
Merv Moyle	M70	36.02
Joan Pellier	W55	36.51
Allen Tyson	M70	37.31
John Stone	M45	37.35
Leonie Annan	Vis	40.23
Suzan Brand	W50	42.08
Frank Usher	M70	45.30
Glenice Shanahan	W70	46.33

10K

Darryl White	Vis	40.29
Warren Gee	M45	40.57
David Willmer	M40	41.47
Richard McPherson	Vis	41.59
Ralph Henderson	M45	42.16
Wally Crawley	M40	43.39
Jim Klinger	M50	43.48
Gareth Brunt	M45	43.57
Bob Schickert	M55	44.43
Gary Fisher	M45	45.01
Blakney Tindall	M35	46.14
David Roberts	M55	46.17
Vic Waters	M50	46.49
Ivan Brown	M50	46.49
Peter Sanders	M50	47.13
Mark Rosen	M50	47.38
Milton Mavrick	M40	48.10
John Bell	M50	48.28
David Carr	M65	48.30
Frank Gardiner	M45	48.37
Allan Jennings	M55	48.45
John Davies	M50	49.06
Mike Carr	M50	49.46
Stan Lockwood	M65	49.48
George Innes	M60	50.44
Brian Foley	M50	50.44
Robin King	W35	50.55
Brian Bennett	M50	51.23
Sue Vetten	W45	51.39
Mike Anderson	M45	52.05
John Pellier	M55	53.05
Neolle O'Riorda	W50	53.23
Ray Hall	M60	53.23
Simon Mort	M40	53.50
George Schaefer	M65	55.15
Mike Rhodes	M50	55.44
Richard Harris	M60	56.04
Frank McLinden	M65	57.21
Sue Sanders	M40	57.30
Jenny Barnes	W45	57.38
Vic Beaumont	M65	57.57
Brian Holmes	M60	58.19

Aldo Giacomini	M60	58.27
Ann Turner	W60	59.15
Wendy Duncun	W45	59.33
Jo Pearce	W45	59.33
Valerie Millard	W50	60.31
Merv Jones	M55	61.22
Bernadette Height	W40	62.10
Kurt Johnson	M65	62.10
Ray Lawrence	M65	62.14
John Smith	M60	62.14
Shorty Turner	M60	64.33
Trevor Brown	M55	64.34
Ken Whistler	M65	67.20
Craig Watson	M40	69.27
John Russell	M65	70.23
Denise Lancaster	W45	71.01
Barbara Outhwaite	Vis	71.33
Jackie Halberg	W50	76.40

2K walk

Pat Ainsworth	32.07
Val Wheeler	33.54
Maggie Flanders	34.00
Fred Watson	38.42

6K walk

Gail Gardiner	44.06
Ernie Moyle	44.06
Rob Davies	51.30

8K walk

John Mison	45.54
David Brown	54.02
Michelle Mison	56.23
Dorothy Whittam	63.18
Lynne Schickert	63.19
Bob Fergie	69.47

10K walk

Lynne Schickert	79.17?
-----------------	--------

Shark's Run - 10th May

The weather blessed us with clear skies and a rare windless day. Top performances were achieved by 11 runners going under 40 minutes for a hard 10 km, Ian Davies smashing the 5 km best time and the walkers achieving 3 course records.

My thanks go to helpers, Lorna Lauchlan, Paul Hughes, Dick Blom, Dave Roberts and my wife Jasmine. One sobering thought when looking through the ages of competitors, only two were under 40 (including one visitor) and thirteen under 50.

The other seventy were all in the 50 - 75 age group. What's going to happen in 10 years time?

Paul Martin

10K run

Position	Age	Time
1 Clement Schmidt	M 30V	34.14*
2 John Cresp	M 45	36.27
3 Jim Langford	M 50	37.08*
4 Warren Gee	M 45	37.32
5 David Willmer	M 40	38.09
6 Ralph Henderson	M 45	38.27
7 Frank Smith	M 55	38.33
8 Jim Klinge	M 50	38.57
9 Bert Carse	M 55	39.13
10 Gareth Brunt	M 45	39.49
11 Kent Williams	M 50	39.52
12 Bob Schickert	M 55	42.31
13 Vic Waters	M 50	43.14
14 John Pressley	M 50	43.15
15 John Bell	M 50	43.45
16 Mike Flood	M 45	43.54
17 David Carr	M 65	44.01*
18 Brian Foley	M 50	44.25
19 Alan Jennings	M 55	44.33
20 Mike Khan	M 50	44.35
21 Brian Bennetts	M 50	44.41
22 Margaret Langford	M 50	45.13*
23 Peter Hill	M 50	45.19
24 Stan Lockwood	M 65	45.76
25 Keith Atkinson	M 40	45.30
26 Graham Thornton	M 55	46.16
27 Jeremy Short	M 45	46.37
28 John Feller	M 55	46.43
29 Simon Mort	M 40	46.44
30 Ray Hall	M 60	47.56
31 Mike Rhodes	M 50	47.59
32 Cecil Walkley	W 65	49.20
33 Reece Waldock	M 45	49.20
34 Peggy McCliver	W 50	50.41
35 Brian Holmes	M 60	51.36
36 Arnold Jenkins	M 50	51.50
37 Brian Smith	M 50	52.03
38 Vic Beaumont	M 65	52.09
39 Trevor Brown	M 55	52.39
40 Ann Turner	W 60	52.56*
41 Aldo Giacomini	M 60	53.24
42 Val Millard	M 50	53.36
43 Ray Lawrence	M 65	54.50
44 Merv Jones	M 55	54.51
45 Margaret Warren	W 60	55.58
46 Craig Watson	M 40	58.14
47 Shorty Turner	M 60	59.09

48 Jackie Billington	W 55	63.30
49 Margaret Bennetts	W 55	65.07
50 Mary Heppell	W 60	67.02
51 Suzanne Brand	W 50	67.43

10 Km Walk

Position	Age	Time
1 John Mison	M 50	75.23*
2 Lynne Schickert	W 55	75.48*
3 Barrie Thomsett	M 55	75.48
4 Dorothy Whittam	W 60	75.50

5 Km Run

Position	Age	Time
1 Ian Davies	M 50	17.53*
2 Bruce Wilson	M 50	19.21
3 Ian Lancaster	M 50	19.24
4 John Bramley	M 55	21.24*
5 Max Kelly	M 50	21.38
6 Mike Anderson	M 50	22.09
7 Bob Sammells	M 60	22.43
8 Peter Airey	M 60	23.05
9 Kirk Johnson	M 65	25.23
10 Katrina Spilsbury	W 30	26.04*
11 Jackie Halberg	W 50	26.07
12 Elizabeth Kingdon	W 45	26.17
13 Brian Aldrich	M 65	26.19
14 Dalton Moffett	M 65	26.50
15 Eileen Brown	M 50	27.31
16 Pauline Kelly	W 50	27.48
17 Jeff Spencer	M 55	28.07
18 Alan Tyson	M 70	30.50
19 Rosa Davies	W 50	31.14
20 Sue Lloyd	W 45	37.22
21 Frank Usher	M 70	38.22
22 Glenys Shanahan	W 70	39.55*
23 Toni Frank	M 50	42.06

5 Km Walk

Position	Age	Time
1 Mitch Loly	M 55	37.18*
2 Val Wheeler	W 65	41.04
3 Ernie Moyle	M 70	41.11
4 Rob Davis	M 55	41.11
5 Maggie Flanders	W 60	41.46
6 Jeff Whittam	M 60	41.51
7 Fred Watson	M 75	49.10

*New record

CONTRIBUTIONS TO VETRUNS

Please send all copy to Katrina Spilsbury 2/14 Leonora Street, Como WA 6152. Floppy disks will be much appreciated but please send a hard copy as well. Alternatively, send an attached document to katrinas@cyllene.uwa.edu.au

Bunbury Report

Veterans were very prominent in numbers and performances in the Full and Half Marathons and the 10 km events. We were made very welcome by Bunbury Runners Club President Ian Gibbs and the club members. Brian Kennedy who is also a WAVAC member did a great job as announcer. Some people mentioned a slight head wind over the concluding six kilometres.

Chris Maher, second overall, Wendy Duncan, and Jim Barnes were first in their age groups in the Marathon.

Karen Gobby, 11th overall, David James, David Roberts, Ivan Browne, Robin King, Cecil Walkley, Ann Turner, Val Millard, and Ruth Johnson won their age groups in the Half Marathon.

Marathon

CHRIS MAHER	M45	2.45.11
Gareth Brunt	M45	3.25.39
Stephen Dunn	M35	3.35.26
John Wannberg		3.52.52
WENDY DUNCAN	W45	3.54.10
JIM BARNES	M55	4.00.25
Graham Thornton	M55	4.02.17
John Pellier	M55	4.05.19
Lyall James	M55	4.59.52

Half Marathon

KAREN GOBBY	W45	1.24.56
DAVID JAMES	M45	1.30.49
DAVID ROBERTS	M55	1.31.18
IVAN BROWNE	M50	1.31.45
ROBIN KING	W35	1.33.08
Bob Schickert	M55	1.33.45
Brian Danby	M45	1.43.57
John Carpenter	M50	1.36.56
Keith Atkinson	M40	1.42.28
Brian Bennett	M50	1.44.27
Mitch Loly	M55	1.46.53
Sue Vetten	W45	1.46.59
Richard Harris	M60	1.49.48
CECIL WALKLEY	M65	1.50.23
Gerry Prewett	M45	1.52.35
Jo Pearce	W45	1.54.24
ANN TURNER	W60	1.56.43
Irene Ferris	W45	1.57.02
Vic Beaumont	M65	1.57.52
Jenny Barnes	W45	1.58.02
VAL MILLARD	W50	2.02.34
RUTH JOHNSON	W55	2.05.07
Merv Jones	M55	2.08.11
Shorty Turner	M60	2.08.54
Denise Lancaster	W45	2.15.05
Joan Pellier	W55	2.15.29

Lyn Boucher	W50	2.15.51
Eileen Browne	W50	2.16.17
Trevor Browne	M55	2.16.18
Roma Barnett	W45	2.17.52
Jan Jarvis	W50	2.26.11
Kirt Johnson	M65	2.26.12

Walkers

John Mison	M50	2.08.54
Barrie Thomsett	M55	2.37.18
Dorothy Whittam	W60	2.44.21
Michele Mison	W50	2.45.07
Lynne Schickert	W55	2.51.40

Note: Margaret Bennett and Susan Brand ran the 10 km but no times available – Bob Schickert.

Happy Birthday to our June Members

Strickland, Eddie	03/06/18	80 becomes M80
Davies, Ian	03/06/47	51 remains M50
Kessing, Terry	06/06/57	41 remains M40
Tompkins, Ron	06/06/22	76 remains M75
Holm, Jenny	07/06/49	49 remains W45
Kemp, Roseanne	07/06/64	34 remains W30
Lysaght, Helen	07/06/52	46 remains W45
Kelly, Christopher	10/06/52	46 remains M45
Creagh, Maurice	11/06/46	52 remains M50
Carr, David	15/06/32	66 remains M65
Delcanho, Maureen	15/06/49	49 remains W45
Frank, Toni	15/06/45	53 remains W50
Junner, Colin	16/06/22	76 remains M75
Howe, Theresa	16/06/50	48 remains W45
Thomsett, Barrie	17/06/40	58 remains M55
Bonner, Robin	18/06/31	67 remains M65
Drayson, Derek	19/06/23	75 becomes M75
Strachan, June	20/06/25	73 remains W70
Davies, Rod	22/06/41	57 remains M55
Whistler, Ken	23/06/31	67 remains M65
Sanders, Ian	24/06/58	40 becomes M40
Salter, Gregory	25/06/54	44 remains M40
Clements, Wendy	26/06/42	56 remains W55
Reid, David	26/06/50	48 remains M45
Hagger, Frederick	29/06/25	73 remains M70

JIM BARNES RUN

May 24 1998

Road Racing Championship

Results

5km

Duncan McAuley M45	20.34
Frances Lipscombe W40	24.00
Ray Hall M60	25.21
Peter Airey M60	25.24
Daniel Zaehner Vis	26.08
John West M45	26.34
Joshua Zaehner vis	26.37
Katrina Spilsbury W30	26.50
Robin Bonner M65	28.00
June Lewis Vis	29.19
Bernie Zaehner W35	29.39
Allen Tyson M70	30.12
Simon Outhwaite M40	31.35
Sue Lloyd W45	34.10
Barrie Thomsett M55	36.16
Rex Bruce M55	36.59
Margaret Taylor W45	38.08
Glenice Shanahan W70	39.08
Toni Frank W50	40.32
Grace Willmer Vis	51.00

10 km

Chris Maher M45	35.15
Paul Odam M35	35.28
John Cresp M45	35.28
Jim Langford M50	35.30
David Willmer M40	36.38
Stephen Dunn M30	38.21
Bill Jones M45	38.45
Gary Fisher M45	38.51
Gareth Brunt M45	38.53
Jim Klinger M50	39.05
Jim Seymon Vis(M60)	39.36
Bob Schickert M55	39.55
David James M45	40.19
Ivan Brown M50	40.26
Darry Dahlstrom M45	40.34
Brian Danby M45	40.45
Milton Mavrick M40	41.56
Brian Foley M50	42.13
Graham Thornton M55	42.24
Mark Rosen M50	42.33
David Carr M65	42.38
Mike Flood M45	43.00
Vic Waters M50	43.18
Mike Khan M50	43.49
Stan Lockwood M65	44.12
Robert Weaver M40	44.41
Dennis Miller M55	44.53
John Bell M50	45.26
Mike Anderson M50	45.33
Margaret Langford W50	45.41
George Schaefer M65	46.10
John Pellier M55	46.14
Brian Bennett M50	46.33
Nick Royle Vis(M40)	46.38

Bob Sammells M60	46.38
Keith Atkinson M40	46.41
Mike Rhodes M50	46.49
Sue Vetten W45	46.58
Richard Harris M60	47.12
Fiona McAuley W45	47.22
Paul Lewis Vis	48.06
Jo Pearce W45	48.30
Cecil Walkley M65	49.00
Peggy MacLiver W50	49.19
Wendy Duncan W45	49.26
Rob Dougall Vis	49.26
Brian Holmes M60	49.35
Vic Beaumont M65	49.38
Clive Frost M55	49.48
Shirley Bell W45	50.38
Aldo Giacomini M60	50.58
Ann Turner W60	51.40
Frank McLinden M65	51.59
Brian Hunter M50	52.01
Trevor Brown M55	52.05
Merv Jones M55	52.14
Jenny Barnes W45	53.01
Jackie Halberg W50	53.03
John Smith M60	53.11
Margaret Warren W60	53.27
Paula Karra Vis	53.54
Arnold Jenkins M50	54.09
Val Millard W50	54.24
Dalton Moffett M65	55.09
Craig Watson M40	55.11
Joan Pellier W55	55.42
Roma Barnett W45	55.47
Shorty Turner M60	56.32
Norman Miller M60	57.07
Denise Lancaster W45	57.24
Morris Warren M60	57.24
Barbara Outhwaite W40	58.14
Eileen Brown W50	58.53
John Russell M65	61.02
Jean Fisher W50	61.13
Margaret Bennett W55	63.02
Kirt Johnson M65	63.26
Jan Jarvis W50	63.30
Mary Heppell W60	64.29
Suzanne Brand W50	66.43
Jacqui Billington W55	68.09

Walkers

5 km

Rob Davis M55	39.23
Pat Ainsworth W60	39.47
Ernie Moyle M70	41.26
Jeff Whittam M60	42.33
Maggie Flanders W60	43.08
Lorna Laughlan W65	44.10
Pat Carr W65	44.10
Leo Hassam M65	51.22

10 km

John Mison M50	60.08
Paul Martin M55	60.09

David Brown M50	66.21
Dick Blom M60	66.21
Michelle Mison W50	72.33
Mitch Lolly M55	77.59
Lynne Schickert W55	78.46
Dorothy Whittam W60	79.47
Alan Pomery M65	84.20

THE ROAD RACING CHAMPIONSHIPS

This is just a short article to explain to members what the Road Racing Championship is about.

The championship consists of three events, a 10 km, a 15 km and 25 km run, making 50 km in total.

Each person who completes all three events receives a medal.

The winner of the title will be the fastest time per km for the three events as totalled. Also, each men's ladies' and age category winners are extracted the same way as for the overall winner.

To win this title in your group carries great prestige, as it rewards the most consistent performance over the three distances.

So make sure you do the three races and get yourself a medal - you will have earned it.

X COUNTRY PROGRAM

The Athletic Association program for cross country is available from David Carr.

SOCIAL EVENTS

* Club Cross Country championships at Jorgensen park and presentations and lunch afterwards. Book and pay for your meal.

* Trip to Wellington Mills for the Long Weekend September 26-28.

----Bookings with Lorna Lachlan and Joan Pellier.

CHANGES TO HANDICAP CHAMPS

There are seven races concerned with the handicap championship. You can pick your best six performances. This allows you to help at a run, or be away for holidays for one of the seven, or just drop your worst performance.

MEMBERSHIP

Have all members paid their membership subscription? If not, it is well overdue. The Vetrin newsletter is only for paid up members.

WELCOME

Please say hello to these new members –

Trevor Robertson, John Davies, Simon Outhwaite, Daryl White, Elizabeth Kingdom, Tony Kingdom, Leonie Arran, Jeremy Short, Lorri Carroll.

DEEPEST SYMPATHY

On behalf of all members, we offer our deepest sympathy to Phyllis Farrell, on the loss of her husband Robert, and to Brian and Pam Smith, on the loss of their son, Shaun.

Rob and Phyllis joined the club on 15.11.98 and were regular competitors until the last few years when Rob was unable to compete. Rob served as Treasurer for some years. As mentioned in "Running Mates" in our July 1996 edition, Rob

was also a judo champion. Our deepest sympathy to Phyllis.

Acting editor: Rob was 58 and a fine athlete in his day. I first met him about 14 years ago in a Saturday afternoon State title event over ten miles. At the time I was running about 80 to 90 km per week in training – running alone in the evenings. Rob suggested I belonged with the Vets and should come along to their meetings. He then said he had better get moving and proceeded to run away from me. No effort at all. I was a 42 minute 10 km runner at the time. Recently, after he lost both legs, Robert continued to attend club events in a wheelchair, and then later was walking around with artificial limbs. He had a great spirit. Now that he has conquered the King of Terrors, he'll be running free and we'll all see him at the finish

I met Shaun Smith about three years ago when he overtook me in a Kings Park run. His father, Brian, said "That's my son. They have no respect these kids, do they?" Shaun ran away from us, no trouble at all. He was a mirror image of his Dad and Brian and Pam will miss him sorely. Shaun died in a fire in the engine room of the tanker HMAS Westralia off Rottnest on May 5. He was a Petty Officer and had only just joined her. When next you see Brian and Pam, please give them a hug.- R.H.

YOU HAVE MY RESPECT

When you are running competitively, how fast is fast?

This is an interesting question because one of the roles of the club is to identify age group champions and to this end we run numerous fixtures in the program, including state track and field championships, cross country titles, half marathon titles, an open marathon title and a road racing championship series.

You might think that a plodder like me, or a gasper like my mate, won't win anything but it

doesn't work like that. The first rule is to sit down and ask yourself what are you trying to achieve? What do you really want to do?

Auseful answer to these questions is: I want to run well and to run competently at a particular distance.

The next step is to set up a training program to deliver that outcome – and five runs a week for a cumulative total of about 60 km will suffice.

Running in my earth suit – 75 kg, aged 61 years, with a sedentary occupation – a 47 minute 10 km feels fast.

Taking a long term view, it may be worthwhile to train at a pace which is as comfortable as possible without compromising your gait. This way you will be able to run for years without getting into injuries. Putting this another way, to run fast when you are older, you may have to teach yourself to run slow. Does this sound boring? No. Not being able to run through chronic injuries is boring.

This reminds me of a conversation I had with Cliff Bould, a great athlete in his day.

I used to go to the John St Café in Cottesloe after Sunday morning runs, and eat a fabulous breakfast – two fried eggs, bacon, mushrooms, tomatoes, toast, orange juice then cappuccino. Once, before I left the Vets run, I saw a group of older athletes sitting together eating bring your own breakfasts. One, Cliff Bould, was eating a light muesli with skimmed milk.

"Don't you find that sort of food boring?" I asked.

"No, mate," said Cliff. "Having heart attacks is boring."

I guess I'm saying be careful what you do to yourself with words. Fact one is that you're a runner, like your friends. It's a great sport and you feel and look terrific as a result. Also, there is a valuable side benefit in the wonderful fellowship derived from running with friends of all ages and abilities. All merit respect for their achievements. – Richard Harris.