



The Vetruns

No. 326 March 2001 Patron: Bill Hughes President: Bob Schickert Editor: Tom Lenane
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DEADLY MEDLEY RELAY

18th February 2001

It was a cool, cloudy morning—ideal running conditions. We had 11 teams of runners this year, which is the largest number of teams since we have been organising this event. There were 7 teams of walkers, ably managed by the dependable Jeff Whittam. All the competitors appeared to enjoy the event, with mighty efforts put in, and much screaming for their teams at the end.

Unfortunately, we are not able to give individual times for the running event this year, in spite of the sterling efforts of Margaret Bennett and Pat Miller, our recorders, and Norm Miller, our timer. The problem was, trying to keep lap finishers in the correct order for recording, but we will have the problem solved by next year.

This event is a good social occasion; fast and slow competitors get to know each other, and are running or walking for a team, not as individuals. And it's good fun!

We could not manage without our helpers, and as well as those already mentioned, we must thank John Davies of J.Y. Signs for printing our chest letters, and Kirt Johnson for helping with innumerable odd jobs, even though he was not officially listed to help.

Results- Runners

- 1st KEEN KOALAS 49:39
Lachlan Marr, Julie Wood, John Frost, Glenda Schulze.
2nd ANCIENT ATHLETES 50:25
Duncan McAuley, Maria Hart, Jim Stewart, Debbie Burge
3rd BLUNDERING BOUNCERS 50:29
Wally Crowley, Christine Kirkness, Arnold Jenkins, Jackie Halberg.
4th LEAPING LAGGARDS 50:48
Mike Flood, Brian Smith, George Schaefer, Gareth Hughes.
5th IDLE IMPS 52:04
Simon Jawichre, Jo Penkin, Wayne Bates, John Smith.
6th JOLLY JUMPERS 52:11
Johan Hagedoorn, Alan Chambers, Keith Atkinson, Val Millard.
7th CREEPING CODGERS 53:22
Trevor Robertson, Denise Lancaster, Rob Sheehy, Gillian Young.

8th HAPPY HARRIERS 53:40

Mike Hale, Pierre Viala, Bob Sammells, Fiona McAuley.

9th DODDERING DA WDLERS 56:00

Bob Schickert, Mary Heppell, Mike Faunge, Sue Bullen.

10th GERIATRIC GREYHOUNDS 56:02

Brian Bennett, Wal McKinnon, John Ellard, Grace Wilmer.

11th FABULOUS FOOTSLOGGERS 56:30

Beamer Emz, Sheila Maslen, Jack Penkin, Elaine Ellard.

Walkers

- 1st 2x2k lap John Mison 10:56 10:47
2x1k lap Patricia Hopkins 8:14 7:58 Team time 37:55
2nd 2x2k lap Dick Blom 13:17 12:45
2x1k lap Dorothy Whittam 6:58 7:35 Team time 40:35
3rd 2x2k lap Ray Hall 12:51 13:06
2x1k lap Pat Ainsworth 7:41 7:51 Team time 41:29
4th 2x2k lap Jaqueline Billington 12:41 13:06
2x1k lap Barbara Bailey 8:57 8:52 Team time 43:36
5th 2x2k lap Michelle Mison 13:58 13:52
2x1k lap Maggie Flanders 8:16 8:12 Team time 44:18
6th 2x2k lap Lorna Lauchlan 14:28 14:21
2x1k lap Val Wheeler 8:03 8:00 Team time 44:52
7th 2x2k lap Lynne Schickert 13:21 13:29
2x1k lap Jack Bailey 9:21 10:07 TEAM TIME 46:17

3rd BLUNDERING BOUNCERS
Ann & Shorty Turner

HEALTH & FITNESS TIPS FROM RUNNER'S WORLD NEWSLETTER

"It is unwise to suddenly add new cross-training activities during the pre-marathon taper. The whole purpose of the taper is to rest your muscles - all your muscles - by exercising significantly less."
From Hal Higdon, Marathon: The Ultimate Training Guide, page 95.

Words about marathons: "If you feel bad at 16 kilometres, you're in trouble. If you feel bad at 32 kilometres, you're normal. If you don't feel bad at 42 kilometres, you're abnormal."
Rob de Castella, Australian marathoner who won the gold medal in the 1983 World Championship race.

Western Australia Veteran's Athletic Club – Annual General Meeting

Monday April 9.

YMCA Hockey Rooms, Perry Lakes at 7.00 pm

AGENDA

Open and Welcome
Members present
Apologies
Minute of the Previous Meeting
Matters Arising
Reports
Presentation of Trophies
Election of Office Bearers
Appointment of Officials
Life Memberships
Motion - Change to Constitution to delete Clause 34(b)
General Business

The notice of motion is: Moved R Schickert: "That clause 34(b) of the constitution be deleted." This clause is for the classification of Honorary Member, where at 70 years members no longer pay registration fees.

Vets Friendship Run 12.2km

21st January 2001 7am.

On a humid, but not too hot morning 227 competitors assembled in Kings Park for this annual event. Jim Langford won the 6.1km race in the good time of 22.01. The first lady was Marathon Club member, Jaimie Fearnley in 26.12. Marathon Club's Tony Stahl led the runner's home in the 12.2km in 46.16, followed by Vet Ross Parker in 46.34. The Stahl's did the double when Danielle Stahl was first lady in 49.27.

Course Records for the 12.2 are: -

Men 43.02 Frank Smith
Ladies 47.52 Ann Shaw

We would like to thank all of our helpers, and also all the Marathon Club Members who rang during the previous week to offer their help.

Joan & John Pellier

12.2 km Run

Place	Time	Name
1	46:16	STAHL, Tony
2	46:34	PARKER, Ross
3	47:37	CARSE, Bert
4	48:08	HAEDERLE, Mike
5	48:36	SULLIVAN, Peter
6	48:37	HENDERSON, Robert
7	48:58	CROWLEY, Walter
8	49:27	STAHL, Danielle
9	50:52	KLINGE, Jim
10	51:04	SCHICKERT, Bob

11	51:15	REID, Chris
12	51:18	BRUNT, Gareth
13	51:35	MAZZUCHELLI, Trevor
14	51:39	THOMPSON, Robert
15	51:56	FRAMPTON, Chris*
16	51:57	ADAMS, Eddy*
17	52:05	SHAW, Antoinette
18	52:14	ALLEN, John
19	52:21	SZALEK, Mike*
20	52:41	HANNA, Neesha
21	53:00	SMITH, Frank
22	53:44	FISHER, Gary
23	54:34	ASHFIELD, Doug
224	54:3	TWIGGER, Liam
25	54:38	WANNBERG, Jon
26	54:53	BENNETT, Brian Garth
27	55:05	DANBY, Brian
28	55:25	HANNA, Mark
29	55:31	MCGRATH, Stephen
30	55:44	HAGEDOORN, Johannes
31	55:49	GIMI, Raymond
32	55:52	PREWETT, Su
33	55:55	MALLON, Desmond
34	56:02	HAWLEY, Malcolm
35	56:26	PANTALL, Wayne
36	56:33	MORTIMORE, Steve
37	56:54	KHAN, Michael
38	57:32	HENDRIE, David
39	57:42	BARNES, Jim
40	57:52	NEVIN, Lawrie
41	57:56	KELLY, Janet
42	59:45	GYARMATHY, Akos
43	59:46	BISHOP, Leonard
44	59:59	SMITH, Brian
45	1:00:20	DOCKERILL, Andrew
46	1:00:33	WATKINS, Martin
47	1:00:35	CASELLA, Frances
48	1:00:52	FROST, John
49	1:00:57	RUSSELL, Richard*
50	1:00:59	MILLER, Dennis
51	1:01:21	WIRTH, Silvio
52	1:01:26	ATKINSON, Keith
53	1:01:34	FORDEN, Margery
54	1:02:15	SINGER, William*
55	1:02:18	ELLARD, John
56	1:02:24	STICKLES, Joe
57	1:03:15	SAMMELLS, Bob
58	1:03:21	LAURIE, Ian
59	1:03:36	FAUNGE, Michael
60	1:03:39	ORMSBY, Joanne*
61	1:03:42	THURLOW, Brian
62	1:04:08	LOCKWOOD, Stanley
63	1:04:12	SPEECHLEY, Anthony
64	1:04:47	BEECK, Unknown
65	1:05:00	UNKNOWN, 6950
66	1:06:02	LOLY, Mitch
67	1:06:37	BURTON, Unknown
68	1:06:37	HALBERG, Jacqueline
69	1:07:13	BEAUMONT, Victor
70	1:07:30	REECE, Helen
71	1:08:12	DAY, Alan
72	1:09:15	SCOTT, Neville
73	1:09:27	ADAMS, John

74	1:09:41	BRINKWORTH, Anne
75	1:09:56	FERRIS, Irene
76	1:10:10	PENKIN, Jack
77	1:10:35	BEER, Samantha
78	1:11:36	TURNER, Ann
79	1:11:37	BERRY, Mike
80	1:12:24	ALDRICH, Brian
81	1:12:33	PENNEFATHER, Sharon
82	1:13:12	GRIMSHAW, Trudy
83	1:13:57	BRANCHE, Gary
84	1:14:31	WARREN, Morris
85	1:14:48	KENNEDY, Sara
86	1:14:48	DUNCAN, Wendy
87	1:15:26	WARREN, Margaret
88	1:15:32	HOWE, Daryl
89	1:16:12	SUTTON, Ronald
90	1:17:07	MEADMORE, Richard
91	1:20:08	BULLEN, Sue
92	1:20:16	MACKINNON, Wal
93	1:20:25	BENNETT, Margaret
94	1:25:24	BRAID, Robert

6.1km

Place	Time	Name
1	22:01	LANGFORD, Jim
2	22:55	DAVIES, Ian
3	23:24	CATTRALL, Robert*
4	23:28	DALTON, Clive
5	23:39	SCHMITT, Clemens
6	23:47	SHENTON, Chris
7	23:53	MACAULEY, Duncan
8	24:21	GRIFFITHS, Bryan*
9	24:44	HUGHES, Paul
10	24:56	LEWIS, Stephen*
11	25:15	O'DONNELL, Manus
12	25:20	ROBERTS, David
13	25:25	WATERS, Victor
14	25:25	MARR, Lachlan
15	25:36	WEBB, Philip
16	26:08	THORNTON, Graham
17	26:12	FEARNLEY, Jaimie
18	26:14	BEGGS, Unknown
19	26:15	MURPHY, Unknown
20	26:26	STEVENSON, Unknown
21	27:01	FOLEY, Brian
22	27:06	CARR, David
23	27:10	ROBINSON, Deborah
24	27:18	JENNINGS, Philip
25	27:28	HANSON, Paula
26	27:35	HICKEY, John
27	27:42	MORT, Simon James
28	27:50	BARRIE, Steve*
29	28:18	BATEMAN, Raymond
30	28:25	HICKS, Owen
31	28:33	MCNAMARA, Bob
32	28:46	DAWSON, Glenn*
33	28:48	MAYRHOFER, Debra
34	29:00	MCCARTHY, Carl
35	29:00	BLUM, D
36	29:16	BRAMBLEY, John
37	29:27	FEARNLEY, Sarah
38	29:34	BARRETT-LENNARD, Irwin*
39	29:34	COLLIS, Anthony

40	29:35	GREENHILL, Terry
41	24:41	MCLIVER, Peggy
42	29:55	BILLINNESS, Jan*
43	30:02	WALKLEY, Cecil
44	330:00	SPEARMAN, Jennifer
45	30:13	WALDOCK, Reece*
46	30:17	ANDERSON, Michael
47	30:35	NEVIN, Paul
48	30:42	LUCITS, G
49	30:43	NEIL, Bradley
50	31:07	BELL, Shirley
51	31:13	ATTWELL, Raymond
52	31:16	STEWART, James
55	31:21	TIVERIOS, Jeanette
54	31:24	HAYRES, Bob
55	31:24	FEARNLEY, Ashley
56	31:32	BURGE, Debie
57	31:34	FEARNLEY, Susan
58	32:01	GIACOMIN, Aldo
59	32:05	HARRIS, Richard
60	32:22	SCHAEFER, George
61	32:28	AIREY, Peter
62	33:01	WARD, Unknown
63	33:08	SCHULZE, Glenda
64	33:12	HAYES, Douglas*
65	33:14	GILLICAN, Unknown
66	33:22	COLLIS, Unknown
67	33:41	HADDOW, Don
68	33:52	JENKINS, Arnold
69	34:09	SANDERSON, Heather
77	34:47	MCAULEY, Fiona
71	35:16	BARNES, Jenny
72	35:40	BARNETT, Roma
73	36:18	LAWRENCE, Ray
74	36:22	WOOD, Jim
75	36:31	MILLARD, Valerie
76	36:37	JONES, Kathleen
77	36:57	SHILLINGLAW, Loretta
78	37:06	ROBERTSON, Unknown
79	37:08	BROWN, Trevor
80	37:11	ROBERTSON, Unknown
81	37:28	MILLER, Norm
82	37:43	ALDRICH, Alison
83	38:00	KIRKNESS, Christine
84	38:01	VIALA, Pierre
85	38:25	FARRELL, Phyllis
86	38:27	ROWLEY, Susan
87	38:28	PREWETT, Gerry*
88	38:48	LOWE, M
89	39:19	FORDEN, Keith
90	39:39	BROWN, Eileen
91	39:50	HEPPELL, Mary
92	39:51	JONES, Merv
93	40:07	SPENCER, J
94	40:08	SPENCER, Jeffrey
95	40:12	MASLEN, Sheila
96	40:28	BILLINGTON, Jackie
97	40:33	ELLARD, Elaine
98	40:57	MEDCALF, Noela
99	43:53	LOLY, Raymond
100	44:28	HANLON, Unknown
101	49:20	MCRAE, Neil
102	49:55	WILMER, Ruth

103 50:09 WILLIAMS, Keith*
 104 50:38 ROBINSON, Wayne
 105 1:15:58 SHANAHAN, Glenice
 106 1:17:34 WILLMER, Grace
 107 DNF WHISTLER, Ken

6 1km Walk

1 37:56 MARTIN, Paul
 2 39:41 WEATHERBURN, Barrie
 3 39:42 BROWN, David
 4 44:16 MISON, Michele
 5 44:26 HALL, Ray
 6 45:09 SCHICKERT, Lynne
 7 45:21 JENNINGS, Alan
 8 49:18 LAUHLAN, Lorna
 9 49:30 WHITTAM, Dorothy
 10 52:51 AINSWORTH, Pat
 11 52:52 WHEELER, Val
 12 53:37 MILLER, Pat
 13 53:39 HOPKINS, P
 14 53:53 BRUCE, Rex
 15 53:55 FLANDERS, Maggie
 16 55:47 MIDOLO, Jill
 17 55:57 MOYLE, Ernest
 18 55:59 WHITTAM, Jeff
 19 57:42 POMERY, Alan
 20 58:50 BAILEY, Rona
 21 58:52 BAILEY, J
 22 1:12:44 JOHNSTON, Unknown

Dear All

At the last WAVA Board Meeting, it was decided to extend the deadline for Australian Entries to Friday 20 April 2001. This is due to the following reasons:

* A change in registration procedures which now allows the WAVA Brisbane Team more time to register all entries from Australia. All registrations will be input in Brisbane and not by AAVAC as previously decided. All entries still need to be sent to AAVAC for validation before being sent to Brisbane for registration.

* We do not need to enter Australians as early as internationals as there is no issues with visas/air flights etc.

* A recent influx of enquiries from Australian athletes to enter the Championships. This includes an amazing number of athletes who have not competed in these Championships before.

* The opportunity to allow those athletes who compete at the National Championships in Sydney at Easter, a final chance to enter the Championships if they have not previously.

This will be the final entry date - no entry from any athlete will be accepted after this date.

For further information, please do not hesitate to contact us at the Championships office.

Kind regards
 JACEY OCTIGAN
 Event Manager
 14th WAVA World Veterans' Athletics Championships
 4 - 14 July 2001, BRISBANE, AUSTRALIA

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? Run

The weather has been consistent each year for this event - hot and humid.

Thanks are extended to helpers on the day - Nora & Mike Berry (drinks) Mary

Ann Marr (recording), Sue Jones and Arnold Jenkins (timing) and to the marshals, David Willmer, Anne, Leticia, Anton, Xavier and Felice Jennings.

Numbers were down because of the usual long weekend camp at Donnelly River and also some runners were competing later in the day in the Grand Prix meeting at Perry Lakes.

Special thanks also to Linda Rhodes who again opened her home and provided an excellent morning tea (Mike is away working in Mexico). Morning teas in members' homes started 25 years ago and this is the last remaining event.

There is a possibility that Mike and Linda might both be away next year. I have offered to be race Director again next year and also offered to put on the morning tea, as it would be a sad loss to the club to let this tradition fall away. (I live in the street behind Mike).

Alan Jennings

I'm not sure whether the results for this event are but I'll include when we track them down - Ed.

Dear friends

Merry Xmas & Happy New Year

I am sooooo sorry I have not been in touch earlier. Xmas came/went far too quickly and it is now March!! The year 2000 was as busy a year as ever. January I returned home for 10 days to see my folks and check on my house in Palmy. April I went to the US for a conference. I had time to catch up with friends/family on my way to/from Perth via NZ (Auckland) and the US. Had a few days first in San Fran with a friend (ultra-runner). We drove down and spent the night in Carmel, and south again to San Louis Obispo and from there I caught a bus to Santa Barbara.

Explored at length my health issues that manifested as high blood pressure. Did the 8-week liver-cleansing diet, went to an allergist, Chinese herbalist etc. My running is pathetic...just getting slower by the day.... Been doing PWs at

10km distances (50 mins). The Chinese herbalist I saw advised to stay fit but not stress the body so half marathons were out of the question. He said all my internal organs were weak and my internal system was working like that of a 70 year old! Time to listen to my body...Managed to get down from 3 drugs to just 1 for my high blood pressure through negotiation with my cardiologist so at least that was getting under control (has been on the rise since November 2000).

Had Richard from Scotland (Edinburgh) visit in May, a girlfriend (Lisa) from NZ in July another NZ girlfriend (Jocelyn) in August and my sister in October which was really nice. Socially I went to a few dance/ballets. Saw the musicals "The Boy from Oz", "Fame", the WA ballet company production, Odyssey etc. I had 4 weeks in Europe in September: a conference in London, and caught up with loads of friends: (Edinburgh (Richard, John & Kareen; Alan and Angi and Jane), Arundel (Jenny & Peter), London (Craig and his new wife Avril, Linda), Cambridge (Ali & Tim)) most now with young families. Managed a week on Crete/Santorini as a present to myself for having finished my PhD (submitted once I got back to Perth)! October I was hit by a car when cycling home from the gym but sustained only deep grazes/bruises and whip lash. A week later I had 4 days touring up to Monkey Mia, Kalbarri National Park, Pinnacles desert etc. staying under the stars in swags at night. Beautiful scenery in north-west WA!

On the job front there was a massive repositioning process at Massey (major staff losses). I was not promoted to Senior lecturer as I had applied for (based on getting the PhD). Meanwhile I was offered a position at Auckland Uni that I was interviewed for in NZ in July. I gave Massey every opportunity to match the offer but to no avail and so resigned and accepted Auckland's position. Meanwhile, the Massey University Property Foundation got involved and attempted to get Massey to match the Auckland offer. Again, to no avail!

Early December was busy preparing the final copy of my PhD after getting the examiners reports back; selling my car and furniture; and preparing for the move back to NZ. I came back to NZ on 8 December and had 4 days in the Sounds with

a friend from Perth (on his way to have Xmas in the US with his family) and my parents. It was then back to Palmerston North to find tenants for my house (to no avail), pack up and get quotes for moving furniture I had in storage there. Back to the Sounds for Xmas with my folks then back to Palmy to interview more tenants. To Lake Taupo for New Year with friends, then back to Palmy again for more interviews and 4 days to Auckland to find a flat, fridge and car. It took 4 sets of interviews to find the right tenant for my house. I had finally found one, they signed up but then pulled out 2 days after I had moved to Auckland in early January!!! Have since found a good replacement...but talk about stress!!

Have a small 2-bedroom flat in St Heliers, 1km from the beach. However, this had a makeshift ensuite in the master bedroom which needed removing before I could move in, so this involved me with arranging plumbers and builders etc as the owner lives in Japan!

Had 2 days at work before returning to Oz for the Pacific Rim Real Estate Society conference in Adelaide. I had arranged a 4-day overland trip from Melbourne to Adelaide beforehand. This included the Great Ocean Rd and Grampians National Park. Also, got to the Borrossa wine region and Mt Lofty and Handorf with a colleague prior to the conference. During the conference I was elected as secretary of PRRES and won the best paper award but left the banquet dinner early so wasn't there when they announced this!!

I have found a great new car: another red MX5:-). It's a 1994 red NZ new 55000kms, no soft top but has A/C, electric windows, alarm, mono power steering. However, due to a major bike accident 2 weeks ago I am not allowed to drive it for 6 weeks!!

I went out on the 18th Feb with a cycling group but don't know what happened as was knocked out/concussed for 4 minutes. Ended up in intensive care to be told I have a broken collar bone, cracked ribs and brain injury...not nice....but at least I can walk!! I was in hospital for a week and now at home as my mum has come up to stay with me. My mother is very patient with me as I am tempted to do too much and get tired and grumpy easily. So much for



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starting a new job as I have hardly been here. Also little time to settle in yet!! Hence my delay in writing to you all with my annual newsletter.

Hope all is well you end.

Lots of love

Sandy Bond

2-169 Long Drive ,St Heliers, Auckland, NZ

Phone: 64 9 585 0540 Work: 373 7599 x 8898

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Superstitious

For those of you who are superstitious the 13th Running of the 10km Handicap will be held at McGilvray Oval on the 26th of April 2001 at 7pm under lights. (00:00 off) It will be followed by a B.Y.O Barbecue.

ENTRIES CLOSE 22nd April {Pagoda Run}.

Anyone who can help lap-score please let Jeff or Dorothy Whittam know.

See you there

ENTRY FORM

Club 10 km Track Handicap

26th April at 7.00 p.m.

McGilvray Oval (under lights)

Best 10km time over last year ,if you have no handicap

Entry Fee - \$2-00 Please pay with entry form

Name

AGE GROUP

Name

AGE GROUP

Entries to

Jeff Whittam, 49 Holland St Wembley 6014 Tel 3876438

Entries close 22 April 2001.

Australian Sports Medal

I have just received a note from David Reid letting me know he was also awarded the ASM recently. In a brief summary of his career his track record is impressive with involvement with blind athletes, 1984 & 1992 Para Olympics, 1986 South Pacific Games, 1990 World Championships being amongst his highlights. A well-earned Australian Sports Medal indeed.

Weekend at Donnelly River

It was a hot weekend anywhere this weekend, however the evenings were pleasant.

We ran through the forest each morning, distances varying from 5 km to 20 km or thereabouts, which is what these weekends away are all about. Good running, good company and plenty of food and drink. Two Bibbulmun track enthusiasts (not named here) took a group on a 10 km walk on Saturday afternoon, but could only get one taker the following day, wonder why? I wonder why some people either

forget their running shoes or bring two left feet?

The cottages were frequented by kangaroos and friendly bird life including very tame kookaburras and parrots who came each day for a handout.

We continued in the tradition of having Saturday night together with everyone bringing a dish (savoury or dessert) and this was followed by games organized by Lorna and Jacqueline which proved very entertaining to say the least. We really see our fellow competitors in a very different light. Our young single contingent really let their hair down and danced the night away.

Swimming in the lake was a very popular way to cool off especially on Monday morning after the run when some runners bared all . . .

Sunday night was the BBQ and then a crowd gathered at one of the cottages to finish off Graham's legendary carrot cake and the left over desserts from Saturday evening and generally had a good time.

Nannup was the scene of a folk music festival at the weekend and a few groups went there to mix it with the "ferals" and take in the atmosphere.

It seemed there was something in the air concerning motor vehicles with more than one having an irresistible attraction to a steel reinforced pole. One vehicle locked itself with the keys inside and caused some agitation before being rescued by a friendly bus driver who happened along.

Apart from a few mishaps, I believe everyone enjoyed the weekend away as always, being a great way to get together and enjoy what we all like doing – keeping fit and socializing.

M. Bennett

Vets at the Gand Prix

Perth's annual Grand Prix is show time for athletics in W.A. This year it was sponsored by Telstra and televised by Channel 9 and Foxtel. The results are available on the Web.

We had 14 starters in the Veterans 400 m handicap. The race is run without lanes, which makes for an interesting congestion at the top of the straight. David Clive finished 5 metres clear-the biggest gap in the field.

1. David Clive 56 m Handicap 49.55
1. Cambell Till 40 m handicap 50.37
3. Roy Fearnall 49 m handicap 50.58

Lyn Ventris is in sparkling form. She has twice recently broken the Australian 5000 m walk record. Her Grand Prix performance was outstanding. How many of our women can run at this pace?

- | | | | |
|-------------|----|-------------|----------|
| 3000 m walk | 3. | Lyn Ventris | 14:19.75 |
| | 6. | Robin King | 15:48.06 |

Training for Brisbane

After the State Championships those going to Brisbane for

the World Veterans Track and Field Championships will be looking for some training and competition. We hope other members can join in to provide support. For those interested get in contact with Bob Schickert or David Carr

Raffle

The recent Heart Foundation raffle of a car was won by Mr bill Fenqwick. Having a heart condition, it wasn't hard to sell him a ticket. The heart Foundation thanks all those who bought tickets.

Woodman's Point Run

March 11, 2001

Coogee Beach Reserve was the venue fo the run on this occasion because the usual starting area at Woodman Point was made difficult due to a large event known as the "Jetty to Jetty Swim".

The run had to be improvised and shortened but turned out to be very pleasant and reasonably successful. Mild autumn conditions and a wealth of volunteers resulted in the good event.

Bob Schickert won the men's run in 28:14 and Anne Turner won the ladies race. The walk events was won by Paul Martin and John Missen respectively.

Despite prior club warnings of a changed and shortened run event, we were pleased to see a comparatively strong turnout of 63 participants. Jacqueline Billington lead the way with a post-race swim, but there were very few to take her lead.

A visitor, Sally Anne Brambley completed the run in the good time of 32.43 minutes and a few finished a short run which we did not record.

Many thanks to our excellent helpers who were Maureen Pomery, Maggie Flanders, Bev Thornton, Sue Jones, Arthur Leggitt and Jacque and Vic Beaumont, Keith Nicholson, Francis Lipscome, Darry Dalstrom and Dennis Miller. The volunteer allocation system is great.

We are taking a break from race directing for a period – if anyone else wants to do it at Woodman's Point next year we would be pleased to assist.

Jeff & Wendy Spencer

Peter Hill	31:28	M50
Jim Barnes	32:19	M55
Brian Foley	32:36	M55
Sally Anne Brambley	32:43	(Vis)
Brian Smith	43:59	M60
John Brambley	34:09	M55
Bob Sammuells	35:00	M60
Robert Sheehy	35:53	M55
Richard Harris	36:38	M60
George Schaeffar	37:21	M65
Rob Tinniswood	37:40	M50
Aldo Giacomini	37:41	M60
Mitch Loly	38:48	M60
Anne Turner	40:20	W65
Ray Hall	41:02	M65
Merv Jones	41:03	M60
Paula Karrs	41.19	(Vis)
Arnold Jenkins	41.43	M55
Sue Bullen	41.51	W40
Allan Chambers	42.40	M60
Ron Mead	42.51	M45
Margaret Bennett	45.50	W55
Pierre Viala	45.51	M50
Dennise Landcaster	46.41	W50
Shorty Turner	46.42	M65
Shiela Maslen	46.47	W60
Mary Heppell	46.49	W60
Phillis Farrell	48.33	W55

7 km Walk		
Paul Martin	M55	43.34
John Missen	M50	43.34
Jacqueline Billington	W55	50.03
Lynn Schickert	W55	52.37
Michelle Mison	W50	52.56
Launa Lauchlan	W70	54.10
Barry Thomsett	M60	54.11
Allan Pommery	M65	57.43
Garath Gorman	M50	58.15
Frank Usher	M75	59.03
Christine Wheeler	W45	61.14
Patricia Hopkins	W55	61.23
Judy Hill	W50	63.29
Jeff Whittam	M65	65.52
Dorothy Whittam	W60	65.52
Leo Hassam	M70	66.34
Rex Bruce	M60	66.34
Pat Miller	W60	71.03
Barbara Bailey		71.09

McCallum Park – Age Graded

11 February 2001

This was the sixth running of this event. A huge field of 106 and a few informals took part. Most of us are now familiar with the age-graded tables which compare performance with top international standards. Bert Carse has previously scored 89.7%.

We all get slower with age. What is more important is whether we are slower "for our age". We need not be. A less technical measure is to allow yourself a 1% bonus every year.

7 km Run

Bob Schickert	28:14	M55
Lochlan Marr	28:21	M40
Paul Hughes	28:25	M45
Frank Smith	29:17	M55
Chris Coates	29:36	M45
James McCarthy	29:39	M40
Brian Bennett	29:40	M50
Johan Hagedoorn	30:07	M55
Graham Thornton	30:16	M60
David Muir	31:12	M55
Mike Flood	31:22	M45
Mike Karra	31:25	M35

David Muir has been using this system for years. It is a reasonable guide; or a self fulfilling prophecy?

Another person to set high standards is George Innes. He volunteered to help (again) a year ago, phoned twice to remind us, went over the course a week before the event, transported equipment, marked the course, marshaled at the turn, collected the flags and volunteered for next year. Then he was clear to have foot surgery a few days later.

Noela and Gordon Medcalf were ready to physically restrain the runner who tried to run off course – they should marshal every corner in Kings Park. Jackie Halberg served the drinks. Rex Bruce helped with the equipment. Jim Shaw timed and Pat Hopkins issued discs. Having quality help gives the race directors a very pleasant day.

David & Patricia Carr

5000 m Walk	Age	Time	%
Lorna Lachlan	W70	36:52	78.1
Jacqueline Billington	W58	34:27	73.1
Lynne Schickert	W59	35:50	71.1
Allen Tyson	M76	38:35	70.3
Val Wheeler	W69	40:35	70.1
Dorothy Whittam	W64	38:34	69.6
Barrie Weatherburn	M58	32:46	68.3
Stan Lockwood	M71	40:01	63.8
Ray Hall	M67	38:43	63.1
Maggie Flanders	W64	42:59	62.5
Alan Jennings	M61	37:39	61.1
Ernie Moyle	M75	43:58	60.9
Alan Pomery	M69	41:11	60.6
Barbara Bailey	W70	47:45	59.4
Glenys Shanahan	W76	52:43	58.9
Leo Hassam	M70	43:10	58.5
John Bailey	M74	45:55	57.6
Rex Bruce	M59	40:30	55.8
Fred Hagger	M75	55:59	55.0
Jeff Whittam	M66	45:00	53.8
Gail Gardiner	W51	44:59	52.5
Fred Watson	M82	58:52	50.0

8000 m run	Age	Time	%
Bert Carse	M59	29:50	86.1
Anne Shaw	W53	32:57	84.2
Bob Schickert	M59	31:39	81.1
Graham Thornton	M60	32:37	79.5
Frank Smith	M58	32:29	78.3
Ian Davies	M53	31:25	77.6
Delia Hendry	W48	34:34	76.7
Jim Klinge	M54	32:02	76.7
Vic Waters	M56	32:41	76.5
Irwin Barrett-Lennard	M71	38:25	76.1
Don Caplin	M61	34:29	75.9
Johan Hagedoorn	M57	33:33	75.2
Neil McRae	M48	31:09	75.1
Marg Forden	W59	39:24	74.9
Wally Crowley	M45	30:37	74.8
Trevor Nash	M38	29:27	73.9
Gareth Brunt	M49	32:21	73.0
Brian Bennett	M52	33:28	72.2
Vic Beaumont	M71	40:25	72.0

Ivan Brown	M56	34:42	72.0
Margaret Langford	W50	37:53	71.2
Frances Castella	W39	35:06	69.9
Ann Turner	W65	45:27	69.5
Brian Foley	M56	36:07	69.2
George Schaefer	M68	40:56	68.9
John Pellier	M61	38:14	68.5
Shirley Bell	W52	40:15	68.3
Merv Moyle	M74	44:36	68.1
John Bell	M55	36:34	67.8
Mike Faunge	M62	39:05	67.6
James McCarthy	M41	32:54	67.5
John Allen	M43	33:26	67.4
Mike Hale	M53	36:09	67.4
John Ellard	M59	38:32	66.7
Bob Sammells	M64	39:52	67.7
Nick Miller	M38	32:38	66.6
John Brambley	M58	38:19	66.4
Brian Aldridge	M70	43:26	66.4
Lachlan Marr	M40	33:24	66.0
Beaner Enz	M45	35:00	65.3
Aldo Giacommin	M64	41:31	65.0
Mike Khan	M56	39:04	64.0
Tony Speechly	M56	39:24	63.5
Simon Jawichre	M36	33:43	63.6
Richard Harris	M64	43:07	62.6
Jon Wannberg	M34	34:42	61.4
Michael Anderson	M52	39:24	61.3
Kirt Johnson	M71	47:40	61.3
John Smith	M65	44:31	61.2
Ray Lawrence	M72	48:32	61.0
Gillian Young	W53	46:01	60.2
Robert Sheehy	M55	41:19	60.0
Val Millard	W54	46:59	59.6
Jenny Barnes	W49	45:21	59.0
Keith Atkinson	M44	38:41	58.9
Roger Walsh	M57	42:37	59.2
Debbie Burge	W34	40:41	58.1
Dave Scott	M53	43:30	56.0
Merv Jones	M61	46:55	55.8
Julie Wood	W52	49:17	55.8
Alison Aldridge	W58	49:37	55.6
Frank Gardiner	M51	43:18	55.5
Glenda Schulze	W44	45:58	55.5
Mary Heppell	W63	56:19	54.8
Keith Forden	M62	49:18	53.7
Allan Chambers	M63	49:44	53.7
Margaret Bennett	W59	53:07	53.4
Jeff Spencer	M59	48:35	52.9
Elaine Ellard	W58	55:10	52.9
Phyllis Farrell	W56	55:07	51.9
Shorty Turner	M65	52:55	51.5
Denise Lancaster	W51	52:55	51.4
Wal McKinnon	M62	52:07	50.7
Sue Bullen	W41	49:28	50.4
Pierre Viala	M53	49:03	49.7
Maria Hart	W48	55:43	47.5
Arnold Jenkins	M56	53:47	46.5
Jo Penkin	W37	52:34	45.9
Ron Mead	M48	51:51	45.1