



The Vetruns



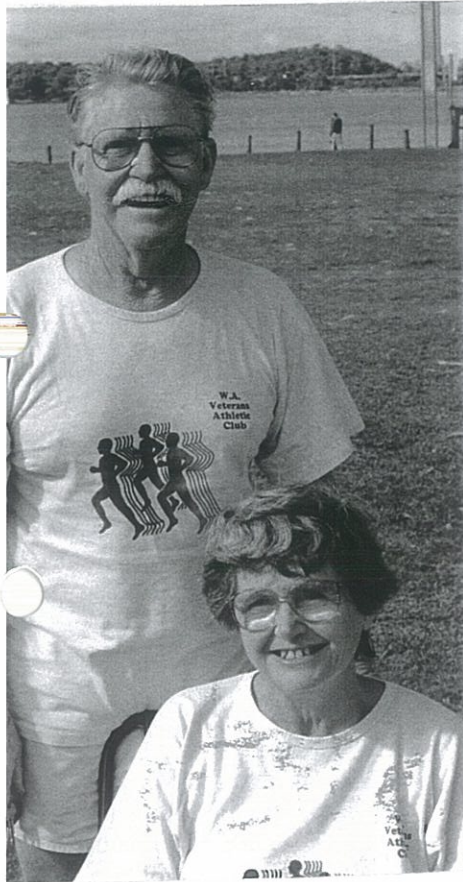
NO. 277 NOVEMBER 1996

PATRON: W.J. Hughes

PRESIDENT: Brian Foley

EDITOR: Richard Harris 457 61021

RUNNING MATES ANN & SHORTY TURNER



Meet this month's mates in running - Ann and Cedric (Shorty) Turner. Shorty was born in Kingswood NSW, Ann in Sleaford, Lincoln UK.

Ann, a nurse, came to Australia in 1959 on a two year working holiday and was doing her midwifery at King Edward Hospital. Ann and Shorty met at a rollerskating rink in Perth but two-timing Shorty was in the Australian Army and taking out two nurses, he says he married Ann because he owed her thirty pounds and couldn't afford to pay her back. They have four sons and four beautiful grandchildren.

At school, Ann wasn't very sporty and didn't like being hit on the legs at hockey and when she was captain of the netball team, forgot to turn up for a match. Shorty ran the 100 metres and - wait for it! "High Jump".

Shorty was in the army 21 years, 15 with the SAS and he served in Borneo, Vietnam, New Guinea, England and

IVAN BROWN GRIM REAPER



Victoria which he hated so he volunteered for Vietnam. After leaving the army Shorty worked for the King's Park Board.

Ann and Shorty are both retired although Shorty says he is looking for a job for Ann!!

Joan Pellier

How did they hear about the Vets?

Both - Through Joe Stickle's

Favourite Distance?

Both - 10K

Favourite Run?

Shorty - Bridges run

Ann - Hester Park

What they like about the Vets?

Shorty - No talk of work and if you are unlucky you could be running with John Pellier

Ann - Camaraderie

Any changes to the Vets?

Shorty - Why change a good thing

Ann - Stay as it is

Favourite Food?

Shorty - Roast chicken

Ann - Italian pasta

Greatest running pleasure?

Shorty - Running the 25K

Ann - City to Surf - Ann won her age group for the past few years

Other interests?

Shorty - Making wooden toys for charity, collecting blue Vasline glass

Ann - Crosswords and logic puzzles

Both - Cycling they did an 11 day tour of Tasmania a few years ago

Pet hate?

Both - None

FEELING GOOD IS MORE IMPORTANT

When Ivan Brown finished this year's Perth Marathon, there were those who thought he didn't look too good. But as this photograph shows, looks aren't everything - only your earth suit. It's your spirit and training that really count and in any case, Ivan now feels good and running the Marathon has given him an edge.

Looks can work the other way - you can look really good and yet feel slightly off and run poorly in relation to your customary form.

For instance, one of my favourite runs is the Garvey Gallop, a relatively new event, covering 10km, starting at Garvey Park, Belmont, and following the river south to cross over the Garratt Road Bridge. You then push further south before making the turn and then coming back along the same route.

I have some associations with the area which enable me to enjoy a special relationship with this run, though the last time I ran it, I had a monumental hangover from the Glorious 12th dinner at the Hyatt the previous night.

Arthur Leggett is the race director for the event - very appropriate. He is a man with a good understanding of horses and this area is used by trainers to swim horses to refresh them - near the Redcliffe Bridge. Many Vets will remember the day at a Darlington Dash when a riderless horse came running towards us, pursued by a police motor-cyclist. Arthur stopped running, signalled the policeman to

stop, and caught the horse and calmed it. He then took it back along the track to its owner, a young girl who had given her friend, another girl, a spell in the saddle. It was a cool morning and the horse had coughed, the girl got a fright and fell off, the horse spooked and ran away, and the motorcyclist frightened it.

Arthur got the girl back into the saddle and then continued his run. He didn't win the race, of course, but he finished strongly.

The Garratt Road Bridge is actually two bridges and I well remember the difficulties the project engineer had in building the second bridge. It was the last major timber bridge constructed in the metropolitan area and there was a problem getting broadaxemen with requisite skills to undertake the work. In those days, non-payment of maintenance or failure to pay maintenance would land an ex husband in gaol. We were able to arrange the broadaxeman's release and the act was later changed.

Also, along the route there is some special African grass which flourishes on a parcel of land currently owned by Main Roads. This particular grass is a favourite with elephants and the zoo has been given permission to harvest it for them.

All this potpourri of information was running through my mind when I was running this event, plus residual effects from the semillon, chardonnay, cabernet sauvignon and the special port I had the night before. Already I couldn't remember whether I preferred the '93 Cab Sav to the '94 Cab Sav, despite all I'd been told by the winemaker against a backdrop of Scotch mist created by an atmosphere machine, girls doing the highland fling, a fake castle against the wall, a knobby-knee competition won by a little bald guy in a kilt who swore he was steroid free and wished to thank his Mum.

I was rather late home and had arranged for an early morning call. You can imagine what I felt like - I took a disprin, a berocca, ate a banana and went off to run the 10km in 47:29. A friend called to me as I finished "Did you have the handbrake on?" My heart wasn't really in the run but it had been a fabulous night. While I might have looked good, that was not how it felt from the inside.

Richard Harris

LETTERS TO THE EDITOR

I would like to thank the many Veteran walkers, especially Dick Horsley who had some time ago worked a training schedule out for me to train as a race walker. Although I failed in my selected race (20K) in the Veteran Championships, I am happy to announce that on the weekend of October 5-6 I competed in the 100 mile (162K) 24 hour "Centurion" event held here in Melbourne at the Collingwood Athletic field and was successful in finishing the event in 23:45.15, and in doing so became the eldest person to do so and also the 30th in Australia and became Australian Champion for the 65+.

Thank you to all and special thanks to Dick Horsley.

Merv Lockyer, - 3/209 Lonsdale St, Ballarat, Vic 3350.

PS: Could you also send me an entry form to rejoin the WA Vets as I have full intention of competing again in your State Championships.

NEW MEMBERS DAY

Don Caplin has suggested to the Committee that a New Members Day should be introduced to the Vets annual program:

He jotted down these ideas for consideration -

- * Wildflower run through Kings Park would be good - central location, good terrain, a testing course but not too tough
- * It could be advertised at the City to Surf (by flyer) - maybe also in shopping centres, local newspapers, "Have a Go" news, could target say 30s to 40s age groups?
- * BYO BBQ - the club could buy some sausages and rolls for visitors/New Members, and/or have some BBQ packs available at nominal cost.
- * People will be more comfortable coming along if they expect other first timers.

Downside - clashes with Perth Half Marathon.

Worth a try??

Write to the Vetrin if you have any comments about this suggestion - Editor Vetrin, 30 Cosmelia Way, Parkwood, 6147.

RUNNING ON THE INTERNET

by John Stone

50 year old smashes 800 record

The 1996 highlight of the Dutch masters track and field season was certainly the 800 m performance of Ronald Mercellina. This 50 year old track star (who ran 10 years ago 1:51.5 at the age of 40) ran in a solo race, without any help from rabbits, a stunning 1:59.45 at the Dutch National Masters championships on June 16 1996 at Barendrecht. This is a new world record M50 and he is the first 50 + male athlete to break the two minute barrier. Ronald's 800 is equivalent to an open mark of 1:4.11. The previous M50 record was 2:00.40 by Britain's Alan Bradford in 1989.

1997 Vets World Championships Web Site Unveiled

For the first time in history, a WAVA world veterans championships will have its own Internet Web site, and this one's a beaut! The organisers in Durban, South Africa, have ambitious plans, including a searchable database of all events, a database of participants, an interactive discussion forum and complete meet results. The site also promises Internet access for competitors at trackside and in certain hotels!

For further information on these, or other running topics on the Internet, contact John Stone at any Vets gathering.

GET WELL SOON SYD

Syd Coleman one of our club octogenarians has been in hospital - all the Vets wish you a speedy recovery Syd.

COPY FOR THE VETRIN

Results can be posted directly to Jackie Billington U5/8 Garnsworthy Plac Bassendean WA 6054. Ph: 279 8679
Other copy items to Richard Harris at 30 Cosmelia Way, Lynwood WA 6147 Ph: 457 6102 or see at regular Sunday runs.

WINTER REPORT ON AAWA CROSS COUNTRY SEASON 1996

Bruce Wilson, Brian Foley, Vic Waters, Dennis Miller, Duncan McAuley, Ivan Brown, David Carr, Darry Dahlstrom, John Pressley, Maxine Santich.

Athletes listed above all competed, on various Saturdays, at a variety of venues in the AAWA Cross Country and Road Winter competition. I think I speak for everyone in that we had a very enjoyable and mutually beneficial season.

Our highlight, I believe, was the team of Brian, Dennis, Vic and myself placing 2nd Veteran team and 13th team overall in the highly competitive Port to Court Relay with over 120 teams.

A team of Brian, Vic, Darry Dahlstrom and myself attempted to repeat our success of last year in the Half Marathon Relay but were upstaged by the youngsters finishing a very creditable 3rd overall.

We again successfully organised the State Cross Country Championships over a new course at Jorgensen Park marked by Brian, Ivan and Vic. Thanks to Maxine, John Pressley we even managed to compete in the open 12K championships.

The season wound up at Bold Park over a testing and enjoyable 8K Cross Country course with the George Skeels Sealed Handicap incorporated - Ivan finished very close behind his son Marcus on handicap.

We unfortunately missed Bruce Wilson due to illness, recovering well, David Carr due to extended holidays but filled a team whenever possible.

The events range from 2.5K to 15K. I urge any Vets interested to join us next winter for fun in the country.

Duncan McAuley (filling in the gaps for David)

RUNNING WHEN YOU'RE 70

Richard Harris asked what it is like running when you're an M70? It is bloody hard and getting harder. One time I use to run with the first 20, then for a long time I was in the middle of the field now it is the rear echelon - trying to keep up and wondering how everyone has improved so much. I could handle the 100 mile event 11 years ago but at present I want to stop at 2K. That's deterioration!

It is a pleasure being a member of the Vets and I enjoy seeing others do so well. It is great having John Gilmour in our club and his remarkable results are a great incentive. His suggestion to me that I do the State Championships was appreciated.

The first contact I had with our competition was watching the 1977 Nationals from the comfort of the grandstand at Perry Lakes and was shamed watching a man with an artificial leg running a 100 metres. I joined WAVAC soon after.

In 1962 it was interesting watching the excavation for the building of the Perry Lakes stadium, my children were probably the first to run on the track but of course at the age of 37, I did not consider doing that.

Age is a relative thing and at 16 years old I would marvel at my fellow Home Guards who were able to run through the bush near Bold Park carrying a rifle. Some of them had been at the Boer War and were 60 years old! I think of those days when running along Challenger Drive where we erected barbed wire entanglements on Sunday in 1942.

Being in my age group I meet others who missed most of their teen years by being in the services but are now pursuing an activity that they missed out on 50 years ago.

Last Easter I was speaking to one of my NSW competitors and learned that he was also in England in the RAAF. I remarked that our squadron had a bit of rivalry with his squadron. He pointed out Werner, who was throwing the discus - we had more rivalry with him - he was in the Luftwaffe.

Having run in all Australian State and the ACT and five other countries, I get invitations to stay with people in their homes and also have them stay with me when they are here. On one

occasion I was taken for a joy ride over Canberra in a Cessna by a man I beat in the State Championships (sometimes he beats me!).

So I guess it's worth running as an M70, M75, M80, etc.
Allen Tyson

NEED A PHOTOGRAPHER

???

Club member Rob Davis can assist you with your photographic needs.

He is experienced in sports photography, general portraiture, weddings and other commercial areas of photography.

Let Rob handle your photography and receive a Vets Club discount.

Details from Rob at the club runs or phone on 314 7464 or fax 337 4413.

DOWNUNDER PHOTOGRAPHY

COMBINED TWILIGHT MEETING (UNDER LIGHTS) CANNING DISTRICTS AND WA VETERANS' CLUBS THURSDAY DECEMBER 19 COKER PARK CASH AND PRIZES

Featuring:

Cliff Houghton	1 Mile
John Hughes	100 Yards
Graham Hambley Bi-Lo	3000M

PROGRAM

6.00pm	5K Walk
	Shot
6.05pm	100 Yard Heats
6.20pm	60m Sprints
6.40pm	1 Mile Run (all ages)
6.50pm	100 Yards Final (all ages)
7.00pm	Triple Jump
7.30pm	3000M Run

Bring your own barbecue tea
Tea and coffee provided by the
Canning Districts Athletic Club.

**CONGRATULATIONS
FRED WATSON!
WINNER OF SPORT &
RECREATION AWARD
SENIOR WEEK 1996**

Congratulations Fred on being named Senior of the Year.

Seniors Minister, Cheryl Edwardes said Fred was an excellent role model for older people because he pursued a healthy lifestyle.

**TRACK AND FIELD
COKER PARK 10.10.96.**

It felt more like winter than spring for our second track and field evening. With a biting wind and passing showers, numbers were down, however there were good performances from Jim Langford, John Mison and Alan Chambers who ran a PB for the 3000m. The heavy weight was thrown for the first time. After some experimentation with technique, our throwers warmed to the task and produced some solid first-up performances. Good to see Eileen Hindle and Keith Martin on the track again after injuries.

100m

W45	Eileen Hindle	13.9
W60	Dorothy Whittam	16.1
	Patricia Carr	17.1
	Noela Medclaf	21.5
M35	Ian Sanders	13.1
M45	Dave Wyatt	12.4
M50	Keith Martin	12.2
	Bernard Oliver	15.1
M65	Gordon Medcalf	16.5

2000m Walk

W45	Michele Mison	13:59.3
W50	Lesley Romeo	12:28.1
M45	John Mison	9:56.7

3000m

W35	Robin King	11:17.9
W40	Tessa Brockwell	10:58.3
W45	Anne Shaw	10:47.0
W55	Margaret Robinson	14:03.2
M35	Brendan Hill	10:19.7
M40	David Willmer	10:59.7
	Milton Mavrick	11:28.4
M45	Frank Gardiner	11:39.3
M50	Jim Langford	9:43.6
	Brian Foley	10:51.7
	Dave Roberts	11:13.6
M55	Alan Chambers	13:21.8
M60	David Carr	12:29.9
Vis	Todd Ingraham	9:39.2

Heavy Weight

W45	Eileen Hindle	6.92
W55	Mary Heppell	5.74

W60	Dorothy Whittam	9.37
	Noela Medcalf	7.19
M65	Gordon Medcalf	6.78

**TRACK and FIELD
McGILLIVRAY OVAL
17.10.96**

Long Jump

Dave Wyatt	M45	5.12
------------	-----	------

Discus

Ed Carroll	M55	37.16
Rob Shand	M60	28.10
David Carr	M60	20.34
Allen Tyson	M70	20.08
Phil Hawks	M35	18.94
Pat Carr	W60	16.86
Doug Cornish	Vis	22.74

Shot Put

Ed Carroll	M55	10.93
Dorothy Whittam	W60	7.87
Rob Shand	M60	7.23
Pat Carr	W60	6.14
Ron Tompkins	Vis	7.19
Doug Cornish	Vis	6.86

100 metres (for points)

Keith Martin	M50	13.0
Dave Wyatt	M45	13.3
Norm Richards	M55	13.7
Ian Sanders	M35	13.8
Blakeney Tindall	M35	14.3
Janet Jarvis	W50	14.5
David Carr	M60	14.8
Milton Mavrick	M40	14.8
Brian Foley	M50	14.9
Jim Barrett	M55	15.2
Don Caplin	M55	15.6
Dorothy Whittam	W60	15.9
Pat Carr	W60	17.0
Heather Sanderson	W45	17.5
Allen Tyson	M70	17.9
Ron Tompkins	Vis	21.5
Glenice Shanahan	W70	24.9
Jenny Barnard	Vis	17.3

1500 metres Walk

John Mison	M45	07:27.0
Michelle Mison	W45	09:49.5
Jackie Billington	W50	09:50.3
Ray Hall	M60	10:01.0
Allen Tyson	M70	10:46.0
Glenice Shanahan	W70	12:27.1
Ron Tompkins	Vis	13:16.4
John Brown	Vis	13:20.9

1500 metres

Greg Vander Sanden	M35	04:38.6
Jim Langford	M50	04:49.7
Brian Foley	M50	05:00.4
Blakeney Tindall	M35	05:03.0
Don Caplin	M55	05:14.0
Anne Shaw	W35	05:16.0
Milton Mavrick	M40	05:21.5
Tessa Brockwell	W40	05:23.1
David Carr	M60	05:24.2
Ivan Brown	M50	05:28.2

Alan Jennings	M55	05:31.7
Robin King	W35	05:40.9
Ian Sanders	M35	05:57.4
Phil Hawks	M35	06:13.8
Alan Chambers	M55	06:15.6
Fraser Deanus	M55	06:21.6
Jim Barrett	M55	07:06.7
Glenice Shanahan	W70	09:42.9
Paul Covich	Vis	05:03.8
Doug Cornish	Vis	05:34.3

**TRACK and FIELD
COKER PARK 24.10.96**

Hammer

Bob Fergie	M60	33.58
Allen Tyson	M70	21.14
Eileen Hindle	W45	18.50
Phil Hawks	M35	15.58
Ian Sanders	M35	13.96

Javelin

Bob Fergie	M60	28.76
David Carr	M60	21.88
John Stone	M40	20.84
Pat Carr	W60	18.24
Allen Tyson	M70	17.30
Kath Holland	W55	15.94
Robin King	W35	15.82
Eileen Hindle	W45	14.78
Peggy MacLiver	W50	13.82
Alan Thurlow	Vis	17.34

200 metres (Point Score)

Keith Martin	M50	25.9
Garry Doyle	M45	27.3
Ian Sanders	M35	28.0
Phil Hawks	M35	28.3
David Carr	M60	29.4
Brian Foley	M50	29.8
Ivan Brown	M50	29.9
Vic Waters	M50	30.0
Milton Mavrick	M40	30.3
Peggy MacLiver	W50	31.3
Dorothy Whittam	W60	32.2
Alan Chambers	M55	33.7
Pat Carr	W60	34.9
Glenice Shanahan	W70	53.9
Alan Thurlow	Vis	30.3

2000 metres Walk

Lesley Romeo	W50	12:23
Ray Hall	M60	13:29
Pra Nicol	M40	14:28
Allen Tyson	M70	15:54
Kath Holland	W55	16:04
Glenice Shanahan	W70	17:08
Pene Conway	Vis	17:15
Whitney Richards	Vis	17:18

Triple Jump (Point Score)

Keith Martin	M50	10.56
Garry Doyle	M45	9.78
Brian Foley	M50	8.22
Dorothy Whittam	W60	7.77
Peggy MacLiver	W50	7.68
Pat Carr	W60	7.24
David Carr	M60	7.19
Allen Tyson	M70	5.47

2 Mile Special Event

24/10/96

Sri Chinmoy Peace Race for the United Nations. Organized by Pra Nicol in association with the club. This was an Open Event, but we have shown age groups here for club purposes. Club Members' times are marked *.

Joe Skrypniuk	M40	11:26
Alan Thurlow	M40	11:36
Brian Foley	M50	11:40*
Anne Shaw	W45	11:42*
Dave Roberts	M50	11:54*
Vic Waters	M50	12:03*
Milton Mavrick	M40	12:07*
Robin King	W35	12:09*
Nicholas Gardiner	M13	12:11
Ivan Brown	M50	12:19*
Frank Gardiner	M45	12:26*
Mike Thompson	M45	12:41
David Carr	M60	12:44*
Alan Jennings	M55	13:00*
Phil Hawks	M35	13:58*
Alan Chambers	M55	14:31*
Margaret Robinson	W55	15:38*
Margaret Ward	W55	17:00*
Denise Lancaster	W45	17:04*
Jackie Billington	W50	17:19*
Glenice Shanahan	W70	22:25*

BIBRA LAKE RUN

20 OCTOBER 1996

A pretty good turn out of nearly 100 runners faced the starting line despite the Rottnest marathon and 10K fun run being on the same day. Temperatures were not conducive to running as it was the hottest October day for 15 years 21C at 8.00am) eventually reaching 37C.

The results speak for themselves but Jim Langford was unchallenged in the 6K whilst Frank Smith played a waiting game and made his move on the second lap of the 12K race to win from behind.

My thanks go out to my helpers but as I've said before being a Race Director is not such an onerous task. Please consider.

Doug Hazell.

12K

Frank Smith	M50	45:29
Alan Klinge	M50	46:41
David Bishop	M35	46:43
Pra Nicol	M40	47:14
Gareth Brunt	M45	49:39
Milton Mavrick	M40	51:58
Alan Thurlow	M40	52:30
Dennis Miller	M55	54:49
Ken Brownlie	M50	56:28

Kath Noordyk	W45	56:54
George Schaefer	M60	57:12
Helen Lysaght	W40	57:48
Margaret Birks	W50	57:54
Lillian Skrypniuh	W45	58:06
Mitch Loly	M55	59:14
Mike Rhodes	M50	59:35
John Pellier	M55	60:41
Tony Speechley	M50	61:17
Stan Lockwood	M65	61:45
Clive Frost	M45	61:48
Aldo Giacomini	M60	63:14
Alan Chambers	M55	67:04
Margaret Warren	W60	68:19
John Russell	M60	69:05
Shorty Turner	M60	72:55

6K

Jim Langford	M45	21:19
Anne Shaw	W45	23:28
Vic Waters	M50	24:07
Sue Cutten	W40	24:17
Paul Arthur	M35	24:18
Ivan Brown	M50	24:31
David Willmer	M40	24:52
Brian Foley	M50	25:25
Terry Keesing	M35	26:02
Alan Jennings	M55	26:03
John Walker	M45	26:06
Stuart Parkinson	M45	26:08
Mike Anderson	M45	26:18
Dick Blom	M60	26:28
Frank Gardiner	M45	26:41
Keith Atkinson	M35	26:43
Heather Sanderson	W45	26:44
Richard Harris	M55	27:46
Brian Bennett	M45	27:52
Carol Broderick	W40	28:06
Peter Hill	M45	28:09
Simon Mort	M40	28:25
Peter Airey	M60	28:35
Marg Forden	W55	29:06
Vic Beaumont	M65	29:20
Jeff Spencer	M55	29:21
Robert Reece	M50	29:31
Robert Sheehy	M50	29:41
Lynn Harrop	W40	30:15
Merv Jones	M55	30:35
David Carr	M60	31:17
John Stone	M40	31:18
Arnold Jenkins	M50	31:24
Norm Miller	M60	31:35
Denise Lancaster	W45	31:37
Ann Turner	W50	32:12
Val Millard	W45	32:48
Wendy Duncan	W45	32:49
Phyllis Farrell	W50	35:25
Joan Pellier	W55	35:39
Brian Smith	M55	35:46
Brian Aldrich	M65	35:55
Jackie Billington	W50	37:09
Stuart Hicks	M70	38:13
Lorna Lauchlan	W65	38:43
Sheila Maslen	W55	39:14
Daphnie Beckett	W50	39:44

Rosa Davis	W50	40:32
Frank Usher	M70	40:37
Keith Forden	M55	41:07

6K Walkers

Paul Martin	M55	31:58
Lesley Romeo	W50	39:17
Bob Chalmers	M55	40:33
Michele Mison	W45	41:10
Wendy Clements	W50	41:25
Dorothy Whittam	W60	44:00
Ray Hall	M60	47:08
Lois Smith	W45	48:29
Linda Mark	W45	48:29
Pat Ainsworth	W60	53:35
Margaret Flanders	W60	54:57
Judy Hill	W45	55:10
Margaret Miller	W50	57:53

VISITORS

David Howard	6K	24:31
Daniel Broderick	6K	25:35
Alan Beckett	6K	27:51
Scelly Mark	6KW	47:08
Bill Jones	12K	45:49
Joe Skrypniuh	12K	48:43
Pam Smith	6KW	53:35
Chris Harris	12K	57:36
Sharon Malek	6KW	59:52

THE ORIGINAL AND STILL THE ONLY AUTHENTIC TRIATHLON STORE IN WA

Bob and Jan have a wealth of experience in fitting running shoes gained over 15 years. Bob has completed each of the 15 Perth Marathons without any injury problems - he must be doing something right!

Phil's years of triathlon experience (including the ultimate - the Hawaii Ironman) and being an accredited Level 1 Triathlon Coach ensure correct bike setup and training advice.

For any of your triathlon requirements, remember - **Runner's World** genuine "old fashion" service.

NO GIMMICKS, just honest to goodness advice, based on priceless experience.

Perth's specialist running & triathlon store

Runner's World

OPEN 7 DAYS
5 Fitzgerald Street, Perth
227 7281

CLIFF BOULD TROPHY DAY

13 OCTOBER 1996

A perfect spring morning saw 98 runners and walkers present for the 19th running of this traditional club event. Two records were broken (Anne Shaw W45 and Robin King W35) plus some close finishes in various groups - thanks again to Bob Schickert for his work as Club Handicapper.

The perpetual trophy was presented to Stuart Parkinson (M45) by Cliff Bould himself after a few appropriate words by Dick Horsley who still holds the race record for the M65 from the inaugural event held in 1978.

My thanks to Brian Bennett and Margaret Ward who again helped me with this event. Lyn Boucher and Mary Heppell were great at directing speeding traffic. Thanks also to Dave and Pat Carr, Allen Tyson on water duty and Fred Haggar at the finish line.

It was exciting to see such a close tussle in the womens walk finish. Thanks to all who helped out with the injury to Garnet Morgan - the condition of the pathway in parts is of concern.

Ivan Brown

10.4K

Name	Age	time	h/c	actual
Stuart Parkinson	M45	59:52	12:15	47:37
Jeff Spencer	M55	61:25	8:30	52:55
Pra Nicol	M40	62:16	22:45	39:31
Gary Fisher	M40	62:23	21:30	40:53
Robin King	W35	62:37	19:15	43:22R
David Bishop	M35	62:51	23:45	39:06
Heather Sanderson	W45	62:57	19:00	43:57
Steve Burge	M35	62:58	23:00	39:58
Jim Klinge	M45	63:02	19:15	43:47
Mike Rhodes	M50	63:12	17:30	45:42
Margaret Warren	W60	63:14	4:00	59:14
Clive Frost	M45	63:22	?	?
Ross Parker	M45	63:24	24:30	38:54*
Jackie Halberg	W50	63:29	10:00	53:29
Don Caplin	M55	63:33	20:30	43:03
Bob Schickert	M50	63:38	22:00	41:38
Anne Shaw	W45	63:47	22:00	41:47R
John Pellier	M55	63:50	16:30	47:20
Frank Smith	M50	63:51	22:30	41:21
Terry Keesing	M35	63:57	15:30	48:27
Milton Mavrick	M40	64:12	18:45	45:27
Jenny Barnes	W40	64:46	7:00	57:46
Mark Rosen	M45	64:52	20:30	44:22
Mike Khan	M50	64:54	18:00	46:54
Ted Maslen	M60	65:01	17:00	48:01
George Schaefer	M60	65:07	17:00	48:07
Richard Harris	M55	65:11	15:00	50:11
Brian Foley	M50	65:19	19:30	44:49
Val Millard	W45	65:31	4:30	61:01
Helen Lysaght	W40	65:38	15:00	50:38
Graham Thornton	M55	65:56	18:30	47:26
John Russell	M60	65:59	7:45	58:14
Arnold Jenkins	M50	66:06	9:00	57:06
Paul Martin	M55	66:13	18:30	47:43
Alan Jennings	M55	66:18	17:00	49:18
Mike Anderson	M45	66:21	18:00	48:21
Kath Noordyk	W45	66:28	16:15	50:13

Dave Roberts	M50	66:34	22:15	44:19
Vic Waters	M50	66:51	20:15	46:36
Tony Speechley	M50	66:57	13:00	53:57
Pauline Wiltshire	W50	67:06	11:00	56:06
Roma Barnett	W45	67:09	7:45	59:24
Stan Lockwood	M65	67:23	14:30	52:53
Dennis Miller	M55	67:49	19:30	48:19
Lynn Harrop	W40	69:34	15:00	54:34
David Carr	M60	76:43	18:30	52:13
Alan Chambers	M55	79:10	13:00	66:10

5.2 Walk

John Mison	M45	42:58	15:00	27:58
David Brown	M45	34:58		34:58
Ray Hall	M60	44:31	9:00	35:31
Bob Chalmers	M55	45:28	10:00	35:28
Dorothy Whittam	W60	45:33	8:00	37:33
Lynne Schickert	W50	45:35	6:30	39:05
Lesley Romeo	W50	45:51	11:15	34:36
Pat Ainsworth	W60	46:25	6:30	39:55
Michele Mison	W45	48:05	10:00	38:05
Ernie Moyle	M70	49:56	6:00	43:56
Margaret Stone	W50	44:36		44:36
Alan Stone	M60	44:38		44:38
Alan Pomery	M65	52:03	6:00	46:03
Margaret Miller	W50	56:08	5:30	51:38

5.2K

David Willmer	M40	20:23		
Chris Gillard	M45	21:21		
David Howard	M30	22:01		
Frank Gardiner	M45	22:16		
Peter Airey	M60	25:34		
Robert Sheehy	M50	25:48		
John Stone	M40	26:16		
Robert Reece	M45	26:44		
Ivan Wiltshire	M55	27:58		
Brian Smith	M55	28:44		
Fraser Deanus	M55	29:00		
Doug Hazell	M40	29:14		
Norm Miller	M60	29:25		
Joan Pellier	W55	30:58		
Ray Barnett	M50	31:19		
Pat Miller	W55	31:44		
Jackie Billington	W50	33:27		
Lorna Lauchlan	W65	34:30		
Frank Usher	M70	36:49		
Anita Browne	W50	38:46		
Jean Fisher	W50	38:48		
Glenice Shanahan	W70	40:21		

VISITORS

Kaji Peterson	10.4K	62:32		
Jim Barrett	10.4K	64:33		
John Hanczakowski	10.4K	64:58		
Ken Whistler	10.4K	76:42		
Carl Casserley	5.2K	30:37		
Judy Rogan	5.2K	30:53		
Kelvin Poole	5.2K	35:19		
Kevin Corten	5.2K	37:36		
Sally Mark	5.2KW	46:48		
Lynda Mark	5.2KW	49:18		



The Godfrey Pembroke View

Licensed Dealer in Securities ACN 002 336 254

Financial Consultants & Investment Advisers

No.10 - A High Yielding Income Alternative !

Australians have always had a love affair with property. In fact during the 1970's and 1980's a large number of people made a lot of money gearing into residential property. Most of the growth on these properties was inflation driven. The 1990's however has heralded a period of sustained low inflation. This has meant that many investors in residential property have seen unspectacular returns on their investments, well below expectations. In fact most residential investors have seen their investments yield 3 - 4 % income with only modest capital growth.

Reconsider Residential

With the inflation rate steady at 3% investors need to reconsider the merits of investing in residential property. Our recommended alternative is listed property.

These trusts are an attractive way of gaining exposure to property assets. They provide tax effective income and prospects of capital growth. Returns can be significantly better than those currently provided by the lower yielding residential property alternatives.

Listed Property

Quality property trusts offer access to a large range of well managed, securely tenanted properties with long leases, and good geographic spread.

They provide access to the commercial, industrial, retail and hospitality sectors.

They are traded on the sharemarket and so offer

liquidity which is not available to residential property investors.

Godfrey Pembroke believes commercial CBD properties and quality industrial properties in major capital cities will have the best potential for capital growth over a 3 to 5 year period.

Recent recommendations:

BT Hotel Group

The issue price was \$1.00 with the Group listing in June 1996. It is **currently trading at \$1.22*** - i.e. a **22% capital gain in four months.** The prospectus forecasts an **income yield of 9.1%** being **30% tax effective.**

Paladin Commercial Trust

When *Paladin Commercial Trust* was floated last year the issue price was \$1.00 with **a return of 10%pa and 100% tax free/deferred** for 18 months! These shares are

currently trading at \$1.09*!

Property Income Trust

We bought the rights issue for clients at **90 cents each on better than an 11% yield.**

Just a few months later and they are **trading at \$1.01 cents*** - i.e. an **11% capital gain.**

* All prices quoted are as at 23 October 1996

Godfrey Pembroke does extensive research on the listed property trust sector and can help you select the correct investment for your needs.



481 4755

*Bowen Llewellyn AFPA
Senior Consultant &
Authorised Representative of
Godfrey Pembroke Limited.

YOU DESERVE A NEW SHIRT!

State - Singlet - Gold with black trim with club badge on left side @ \$15.00.
(To be worn at National Championships)

Club - Singlet - Black and white with club badge on left side @ \$15.00.
(To be worn at State Championships)

Tee-shirts - Grey with the three colour runner club logo on the front @ \$16.00 short sleeve \$18.00 long sleeve.

Fleecy Windcheaters grey with three colour runner club logo @ \$22.00.

Plus caps, visors in a range of colours @ \$7.00. Car stickers and iron-on badges @ \$2.50

ORDER FORM

Please Supply:

..... Qty Size

..... Qty Size

Post to: Club Treasurer, 100 Matilda Street, Huntingdale WA 6110

Cheque Payable to: WAVAC. If you require a postal delivery, please add \$2.50

PRINT POST APPROVAL
644113/00007

**SURFACE
MAIL**

**POSTAGE
PAID
AUSTRALIA**

IF UNCLAIMED PLEASE RETURN TO:
1/37 BOMBARD STREET
ARDROSS WA 6153



Mr R Hayres
26 Jenkins Pl
WEMBLEY DOWNS WA 6019

HAPPY BIRTHDAY TO OUR DECEMBER MEMBERS

Harris, Richard	01/12/36	60 becomes	M60	Berry, Nora	17/12/29	67 remains	W65
Khan, Michael	01/12/44	52 remains	M50	Hughes, Susan	17/12/50	46 remains	W45
Shaw, Anne	01/12/47	49 remains	W45	Gardiner, Frank	17/12/49	47 remains	M45
Pearce, Joanne	01/12/49	47 remains	W45	Beaumont, Victor	19/12/29	67 remains	M65
Davis, Rosa	02/12/43	53 remains	W50	Smith, Brian	20/12/38	58 remains	M55
Carey, Michael	02/12/56	40 becomes	M40	Horsley, Richard	21/12/12	84 remains	M80
Clarke, Tom	07/12/46	50 becomes	M50	Barrie, Stephen	25/12/35	61 remains	M60
Millard, Valerie	08/12/46	50 becomes	W50	Head, Phyllis	26/12/19	77 remains	W75
Webster, Keith	09/12/41	55 becomes	M55	Holland, Ross	26/12/37	59 remains	M55
Gee, Warren	11/12/50	46 remains	M45	Moffett, Dalton	28/12/30	66 remains	M65
Russell, John	12/12/32	64 remains	M60	Schaefer, George	28/12/32	64 remains	M60
Hindle, Arthur	13/12/22	74 remains	M70	Webb, Sandra	28/12/40	56 remains	W55
Penton, Kathleen	15/12/41	55 becomes	W55	Crowther, Derek	29/12/41	55 becomes	M55
Webb, John	17/12/44	52 remains	M50	Slinger, Barrie	29/12/39	57 remains	M55