



The Vetruns



NO. 276 OCTOBER 1996

PATRON: W.J. Hughes

PRESIDENT: Brian Foley

EDITOR: Richard Harris 457 61021

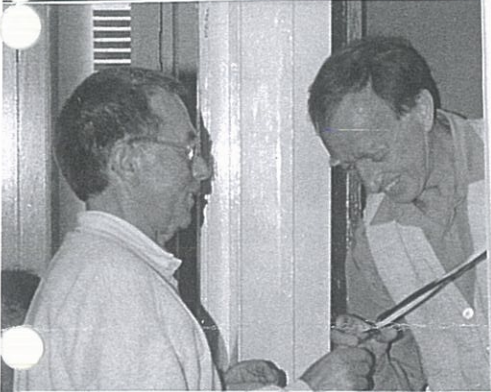
RUNNING MATES JOAN AND RON HILLIS



Ivan Brown presents trophy to Roy Fearnall on winning the Athlete of the Meet from the State Championships held at Easter this year



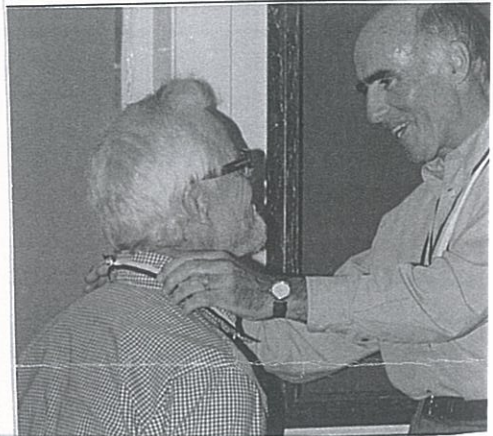
Merv Jones receives his medal for competing in the RRC from Morris Warren.



Robin King receiving the Womens RRC trophy from Morris Warren.



Bob Schickert presents medal to Ted Maslen



Richard Harris presenting medal to Anne Shaw



Dorothy Whittam with Wendy Clements receiving her trophy. in the Womens RWC



Mary Heppell receives her medal from Bob Schickert.



Dennis Miller receives his medal from Richard Harris



RUNNING MATES

This months mates are Joan and Ron Hillis. Both born in Vancouver Island, Canada. They have two children, one in Toronto and one in New Guinea plus two grandchildren.

Ron and Joan were high school sweethearts they met when Ron was in Grade 12 Joan in Grade 11.

Neither excelled in sport at school although Joan enjoyed shot put and discus. One of the "high highs" of their travels was a six month cycle through Hawaii, Fiji, New Zealand and Australia.

Ron is an Environmental Manager with BHP whom he has worked for some twenty five years and was transferred to WA six years ago. His previous position was in North Manitoba, Canada so they went from polar bears to 100 degrees in Perth.

Owing to visa problems Ron and Joan will be leaving Perth shortly for San Francisco where Ron will be taking a position with BHP covering South America and America. The day Ron was in San Francisco signing his contract, he was granted a Residence Visa by the Australian Government.

All the Vets wish Ron and Joan bon voyage, we will miss them especially at the Christmas Gift Run where they always put in so much work we hope their travels will bring them back to WA.

Joan Pellier

How did they hear about the Vets?

From Rob Davis who also worked for BHP.

They were in the Marathon Club for a year before they heard about the Vets.

Favourite Run?

Both - City to Surf

Favourite Distance?

Ron - 10K Joan 6K

What they like about the Vets?

Both - Vets are their family away from home.

Any Changes?

Ron - More new people to go away on Vets long weekends.

Joan - None

Other Interests?

Ron - Perth festival, people's culture, swimming and loves WA beaches.

Joan - Ron, gardening and grandchildren.

My spies tell me Ron and Joan love our wineries and have sampled almost all of WA wines from WA wineries.

Favourite food?

Ron - potato wedges, cashew nuts

Joan - chocolates and caramel plus plus plus

Ambitions in running?

Ron - To run in as many fun runs as possible in as many countries.

Joan - Keep fit and stay alive.

Greatest running pleasure?

Ron - First marathon in 1985 in Vancouver

Joan - Olympic course triathlon in 1985 - Ron gave her great support.

Pet hate?

Ron - back seat drivers

Joan - inconsiderate people. WA need yellow lines on highways.

RUNS COMING UP

20 Oct Bibra Lake (Doug Hazell)

A flat, loop course on the foot/cycle paths around the lake. Once around for 6K, twice for 12K. Nobody could possibly get lost on this one!

27 Oct Birkwater Cross Country (Margaret Birks)

This really is the race that anyone can win. Dreamt up by Margaret Birks and Vic Waters, who also handcrafted the elegant "Timeless Trophy". The idea is to guess how long it will take you to cover the course. Best guess wins. Oh, and needless to say, watches are NOT allowed.

Anyway, it is a vary pleasant 8K run on the trails in Kings Park, so winning the Trophy is a bonus.

For the walkers there are 12k & 6K events on the road, starting at 7:30am.

3 Nov Herdsman Lake (Jeff & Dorothy Whittam)

An old event resurrected, but it seems to change every year with all the work going on around the lake. 10K and 5K events on flat paths around the lake, starting and finishing at the Pony Club.

10 Nov RIB Run (No, not the Rottnest Island Board, but Roma, Irene & Brian)

A new event last year, 9K and 5K events, mostly on paths around Lake Gwelup.

17 Nov Recovery Run (Whoever is capable!)

A chance to recover from the vigours of the Club's Annual Dinner and Dance. Starting and finishing at Pelican Point; either a gentle 5K along the river and back, or, if you have really got to punish yourself, a more vigorous 7K, adding in the climb up to Sunset Hospital.

CLUB HALF MARATHON

The results of the Club ½ Marathon, published in last month's *Vetrun*, and the subsequent presentations at Rosie's, deserve some explanation.

John West was a clear winner, both overall (by 2:47), and in the M45's (by 8:56). However, on the first lap he did not follow the correct course in the area around Sir James Mitchell Park. When he realised his mistake, John followed the correct course on the second lap, and informed the race director, Bob Sammells, as soon as he had finished, fully expecting to be disqualified.

The committee took the view that:

- John at no time tried to hide his error;
- he was a long way in front of the next person in his age-group; and
- the Club was partly at fault, as the area in question was not marked as well as usual, since Bob's flagging of the night before had been removed, and he had to quickly reflag it that morning.

Therefore it was decided to award two first places in the M45's, John and the second finisher, and upgrade the third and fourth finishers to second and third.

We trust this is acceptable to the Club.

TWO JETTIES FUN RUN

In Adelaide for Christmas? Why not join in the Al Digance Two Jetties Fun Run on Thursday 26 December, 1996, from Glenelg Jetty. Distance is 8.4K and there are categories for Veteran age athletes. See notice board for entry forms or contact secretary Jackie Halberg (3644474).

RACE MARSHALLING

Further to the above, I think it is perhaps a good time to make some comment on the marking of Club courses, and in particular the use of marshals.

As a general rule the Club tries to minimise the number of marshals used on its courses. We rely instead on:

- good flagging of the course by the Race Director;
- the course briefing before the start;
- course maps, where available; and
- regularly using the same courses, so that a good number of entrants know their way around.

The only alternative would be to make it obligatory for members to marshal at a set number of runs per year, (as the Marathon Club). We do not do this because we believe most of our members want to run, not marshal.

There are bound to be occasional problems, as in the ½ Marathon, but we still believe our approach is the best one. I hope members agree. The Committee would be happy to hear members' opinions, but all complaints should be accompanied by a list of events you are volunteering to marshal!

John Pressley
Events Co-ordinator

ASSOCIATION SEASON REGISTRATIONS

Club members are invited to run with the WA Athletic Association. The summer season starts on Saturday 19 October at Perry Lakes. A year's registration includes the next winter season.

Members are also invited to be officials, either for the season, or just to help out for a couple of days. In December WA will host the Pacific School Games, with 3000 athletes competing, so plenty of officials will be needed.

Fees? \$73.00 per year. Country members \$43.00. Officials nil.

Registration forms and more information from David Carr (339 8289) or Valerie Prescott (321 8585).

David Carr

MY FAVOURITE RUN

John Pressley, Neil Douglas and others are notable for running to work, but to me the run home from work gives me the greatest pleasure, particularly after a hard day.

My run home involves a 'warm up' of 1500m from Central Law Courts via the Supreme Court Gardens to Barrack Street jetty. The "official start" is on the bike path at Barrack Street. The total distance to home at Claremont is 9.3kms; mainly on bike path and footpaths to reduce danger from cars etc.

Why is it my favourite? Firstly, it involves a conscious decision to 'not take any work home' and then getting stripped in the office is the second step in the winding down process. Once needs to ignore the raised eyebrows of admin staff and security officers as I slip out into the street after a few stretching exercises in the underground carpark.

By the time the run officially starts my thoughts are a mixture of runners concerns (wind direction, breathing and leg niggles, and work worries. Should I really have imprisoned that fellow for his third breach of restraining order? how is it possible that

police witnesses and defence witnesses have such different recollections of what happened in the case I heard that afternoon?)

After heading west at a solid pace my breathing is at a good work rate as I pass under the narrows. On past the old brewery with its memories of protesters and assault charges; move politely to the Multinova camera on Mounts Bay Road ... that reminds me of the many applications for extra-ordinary licences due to loss of demerit points! At the Uni boat shed I check my watch, 16 minutes is the PB. By then it's almost halfway - work is forgotten.

By running on the grass around Matilda Bay foreshore my legs and mind relax - past the law school building with its happy memories and I'm working hard to maintain pace into the usual headwind. Focus on leg speed now requires total concentration.

Enter Princess Road from Hackett Drive, cross Broadway carefully and it's due west to home. This section involves two steep hills which really bite - hamstrings stretching - arms pumping. It's a real grunt to the top - float down hill using the bike lane on the road due to its smooth surface. Charge up the second hill and run at steady pace to my street - Goldsworthy.

By the time I stagger to the gate no sign of any work frustration remain. A glass of water, settle down with a cold beer after a shower - what more could I want? "Don't just sit there Ivan - take the dog for a walk or bring the washing in" says Penny - "Yes dear - as soon as I've noted my running diary".

Ivan Brown

WORLD CHAMPIONSHIPS DURBAN

The World Veterans Championships are on next year in Durban, South Africa.

Anyone interested in going MUST contact Frank Rogers, Travel Director, at 10 Swaine Avenue, Toorak Gardens, SA 6055. Phone him on (08) 332 8815; or fax him on (08) 267 2770.

Also, you must send him \$10.00 as non-refundable expression of interest. This way you will get on his mailing list for quick advice about the tour.

NATIONAL CHAMPIONSHIPS MELBOURNE, EASTER 1997

We have more details about the National Championships to be held in Melbourne over the Easter weekend (March 28-31), including a provisional programme, details of venues and accommodation. Collect a leaflet from the notice board on a Sunday run, or at Thursday's track and field night. Entry forms will be out later in the year.

THE VETRUN

Don't forget the Dinner Dance
16 November, 1996
Metro Inn, South Perth
Tickets \$27.00

See Graham Thornton
Ph. 293 3027 (H) or 323 4266 (W)

AGED GRADED RUN AND WALK - MCCALLUM PARK 29.9.96.

The walkers went along the river to the Burswood golf course. The runners continued on to cross the river on the new railway bridge and return the same way. A scenic delight. Athletes were handicapped on their exact age, using the age-graded tables. Afterwards, age graded percentages were calculated.

Remember that after the half marathon. Bob Sammells calculated performance level percentages (P-L %). Frank Smith started with 82%.

Before we started, the general opinion was that Antoinette Shaw, Robin Bonner and John Mison would be prominent. They were, but Jim Klinge was up there too. Perhaps we are slow to appreciate Jim's talent.

We look forward to conducting the vent next year with helpers as efficient as Dick Blom, Gordon Medcalf, Ray Lawrence, Rob Shand and Ivan Brown.

Patricia and David Carr

8K

Antoinette Shaw	W48	39:09	7:17	32:52	83%	Bernadette Height	W39	50:19	9:14	41:05	60%
Jim Klinge	M45	40:57	10:10	30:47	79%	Noela Medcalf	W61	50:30	3:36	46:54	64%
Stephen Dunn	M30	41:19	12:27	28:52	74%	Mary Heppell	W59	52:18	4:16	48:02	61%
Robin Bonner	M65	41:46	6:30	35:16	77%	Robin King	W38	52:19	9:26	42:53	57%
Brian Foley	M52	42:49	9:35	33:14	73%	Arnold Jenkins	M51	52:49	9:47	43:02	56%
George Schaefer	M63	42:55	7:03	35:52	74%	Wendy Clements	W54	52:54	5:45	47:09	59%
Geoff Mullins	M52	43:03	9:35	33:28	72%	Sheila Maslen	W58	53:56	4:35	49:21	59%
Kath Noordyk	W49	43:33	7:02	36:31	73%	Garnet Morgan	M72	55:49	4:33	51:15	57%
Mike Rhodes	M50	43:42	9:59	33:43	70%						
Ivan Brown	M51	43:54	9:47	34:07	70%						
Brian Danby	M48	44:15	10:21	33:54	69%	5K Walk					
Ted Maslen	M61	44:24	7:35	36:49	71%	John Mison	M49	34:27	8:03	26:24	78%
Mike Khan	M51	45:10	9:47	35:23	68%	Lesley Romeo	W51	38:02	5:09	32:53	72%
Merv Moyle	M69	45:20	5:15	40:15	71%	Roy Hall	M62	41:23	5:33	35:30	65%
Hiner Huning	M40	45:25	11:42	33:43	65%	David Brown	M49	41:36	8:03	33:33	62%
Alan Jennings	M56	46:10	8:45	37:25	67%	Val Bonner	W55	43:12	4:16	38:56	63%
Tom Greenwood	M48	47:26	10:21	36:05	65%	Val Wheeler	W65	43:28	1:39	41:49	65%
Mike Anderson	M48	46:27	10:21	36:06	65%	Alan Pomery	M65	44:51	4:51	40:00	60%
Stuart Parkinson	M49	46:28	10:10	36:18	65%	Ernie Moyle	M71	45:59	3:15	42:44	60%
Terry Keesing	M39	47:19	11:51	35:28	61%	Fred Watson	M77	45:02	1:18	43:44	65%
David Wilmer	M42	47:50	13:15	34:35	65%	Michele Mison	W49	46:18	5:33	40:45	57%
Peter Davies	M67	47:55	5:54	42:01	66%	Jill Midolo	W49	46:19	5:33	40:46	57%
Aldo Giacomini	M60	48:18	7:52	40:26	65%						
Morris Warren	M60	48:37	3:53	44:50	66%	VISITORS					
David Roberts	M50	48:47	9:59	38:48	61%	Ken Whistler	M65	52:44	6:30	44:14	62%
John Pressley	M51	49:24	9:47	39:27	60%	Lesley Percz	W32	49:02	10:06	48:56	48%
Liz Stirling	W38	49:28	9:26	39:58	61%	Claire Langdon	W34	59:09	10:06	48:58	48%
John Stone	M44	50:09	11:03	39:09	58%						

(Note that this handicap can disadvantage older competitors. The percentages are correct.)

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

T'IS SPRING

I like Spring.

I like the way Spring announces its imminent arrival by infusing a gentle sense of warmth into the cool morning breeze.

I like the way the sun climbs earlier above the distant hills and into a cloudless, blue sky as though to proclaim:- "Behold! the day is beautiful!"

I like the way globules of dew sparkle on the lawn's green grass before evaporating into the atmosphere.

I like the way Spring's unpolluted, early morning air allows far away objects to be seen with unexpected clarity.

I like the way gardens and fields bestir themselves in response to Spring's encouraging caresses.

I like the way hues appear everywhere as though some giant has flung a massive bucketful of colour all over the land.

I like the way birds welcome Spring with their songs, the sudden flutter of wings, the swoop of colour between trees, the domestic squabbling as territories are established and nest building commences.

I like the way Spring combines all these wonders to inform me I have managed to live through another bloody winter.

Arthur Leggett

(Arthur says while a young man's fancy turns to love in Spring, for the M75s the outlook is more likely to be hay fever.)

HESTER PARK RUN September 22 1996

We changed this run from July to September in an effort to avoid the wet weather and flooded start/finish area we had to contend with last year. As a reward it rained heavily nearly all night, which resulted in only marginally better conditions.

78 competitors turned up on the day to contest the 12km and 6km runs and walks. Some early morning sunshine made running more of a pleasure once the blood actually began circulating.

Thanks to our helpers - Jeff and Wendy Spencer, Bev Thornton, Pat Barnes and Doreen .

Merv and Sue Jones

6 km Run

Ivan Brown	M50	24:10
Terry Keesing	M35	25:35
David Carr	M60	26:34
Dennis Miller	M55	26:43
John Pressley	M50	27:41
Phil Hawks	M35	28:21
Peter Airey	M55	28:35
John Stone	M40	28:48
Doug Hazell	M40	29:07
Robert Sheehy	M50	30:02
Arnold Jenkins	M50	30:32
John Smith	M60	32:04
Valerie Millard	W45	32:25
Keith Forden	M55	33:14
Roma Barnett	W45	33:46
Joan Pellier	W55	33:54
Kirt Johnson	M65	33:56
Jan Jarvis	W50	34:25
Alison Aldrich	W50	35:05
Lyn Boucher	W50	36:09
Rosa Davis	W50	36:23
Jackie Billington	W50	36:29
Rob Davis	M55	37:48
Brian Aldrich	M65	38:08
Sheila Maslen	W55	38:59
Margaret Ward	W50	39:41
Margaret Warren	W60	45:47

12km Run

David Eltringham	M40	44:12
Frank Smith	M50	45:48
Jim Klinge	M45	46:18
Bob Schickert	M50	47:41
Bob Thomson	M45	48:12
Jim Barnes	M50	49:34
Marilyn Blair	W35	49:36
Brian Danby	M45	50:27
Brian Foley	M50	51:23
Mike Khan	M50	52:15
Graham Thornton	M55	52:44
Mike Rhodes	M50	53:19
Robin Bonner	M65	53:44
John Pellier	M55	54:23
George Schaefer	M60	54:56
Milton Mavrick	M40	55:21
Stuart Parkinson	M45	55:48
Ted Maslen	M60	56:29
Heather Sanderson	W45	56:30
Richard Harris	M55	57:05
Evan McRae	M45	57:34
Tony Speechley	M50	58:40
Marge Forden	W55	59:02
Dalton Moffett	M60	59:04
Merv Moyle	M65	59:40
Vic Beaumont	M65	60:18
Aldo Giacomini	M60	60:51
Jackie Halberg	W50	61:09
Margaret Robinson	W55	62:29
Alan Chambers	M55	64:58
Ann Turner	W60	66:57
Norm Miller	M60	68:03
Shorty Turner	M60	69:39
Mary Heppell	W55	70:36

Pat Miller	W55	75:22
Phyllis Farrell	W50	81:26

6km Walk

John Mison	M45	32:08
Dorothy Whittam	W60	44:47
Joan Hillis	W50	44:51
Pat Ainsworth	W60	46:24
Valerie Bonner	W55	49:09
Ernie Moyle	M70	50:11
Mary Murphy	W50	51:30
John Murphy	M50	51:31
Alan Stone	M60	54:42

12km Walk

Bob Fergie	M60	74:36
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Visitors

David Howard	6KR	24:58
John Brambley	6KR	29:13
Ray Hall	6KW	43:16
Chris McGonnell	12KR	42:59
Neil McRae	12KR	50:45
Gary Sanford	12KR	53:57

YOUNGEST VET

Congratulations to Claire and Steve Burge on the arrival of a little brother Oliver, for their daughter Helen.

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 17 years. Bob has completed each of the 17

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.

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AAVAC NEWS

Australian Association of Veterans
Athletic Clubs, Ltd. October 1996

AAVAC 1996

Annual General Meeting.

The AGM and Council Meeting for the Australian Association was held in Sydney on the Weekend of August 17/18. The AGM is open to all member athletes, while the Council is the place for policy discussion and decision from the State delegates.

The AGM elected office bearers and board members for the coming twelve months. The president is Len Childs (ACT), vice president - Peter Crombie (NSW), treasurer - Peter Dunham (SA), secretary - Brian Foley (WA).

The board members are: Ray Callaghan (Vic), Frank Rogers (SA), Wilma Perkins (Qld), Jean Thew (NSW), Colin Browne (Vic), Tom Worrell (Vic).

Ron Clarke was appointed as Patron after Pat Clohessy held that appointment for several years. Tom Hishon also retired after many hard working, and well appreciated years as treasurer.

There were three notices of motion accepted at the meeting.

- AAVAC recommends to the World Association that Men 50,55 throw the 700 gram javelin.
- Entry qualifications for World Championships were clarified to limit entry to club members.
- The AAVAC moves its legal status from a company structure to an incorporated association.

Those who were present would appreciate the complex and cumbersome procedures required by a limited company. By changing to an incorporated association the process should be more efficient and cost significantly less.

The Council meeting dealt with administration of the association and setting direction for our future. Matters discussed included:

A development plan has been in the formation stage for the past two years. This was initiated at the Search Conference held at the 1994 AGM in Melbourne. The plan was circulated to clubs earlier this year, and was adopted by the Council. The plan outlines activities to improve the management and set our direction in the period leading up to the Olympics.

One of the recommendations of the plan is the appointment of an administrative officer, when finances allow for it. Consequently we will be approaching Athletics Australia for financial assistance in this area.

- A budget had been prepared and this showed that, while we have a healthy balance in assets at present, forecast additional expenditure on administration, insurance and a magazine for communication to members, would require an increase in capitation fees. This had been accepted at the 1995 AGM, with an increase of \$2.00 to \$5.00, after the presentation of the budget at this year's meeting.
- There were several competition changes for the National Championships.
 - Multi event scoring will be from the WAVA age factor system.
 - Shot putt will replace discus in pentathlon.
 - W60 hurdle height is 65 cm.
 - The weight throw is an optional event for Nationals
 - The weight pentathlon will be a National title.
 - A national Winter Weight Throwers Titles will be conducted by ACT.
- A new uniform for Australian representation will be designed by a sub committee.
- Durban travel - JCT are progressing with air travel and accommodation for the 1997 World Championships in Durban, but are having difficulty with confirming accommodation details. When they are available, they will contact State Secretaries. As travel may not be via Perth, there will not be a pre championship competition arranged in WA

Brian Foley
Secretary, AAVAC.

JCT TRAVEL

Our National Travel organisation has branches in each state, with Veteran Athletics travel arranged through 45 Grenfell St, Adelaide, SA 5000

Tel. (08) 231 5399

Fax (08) 212 4468

Toll free 1800 150 122

NEXT ISSUE:

Athletic News and Views, by Vice President, Peter Crombie.

TIM FRY

Club members will be saddened to learn of the tragic death of Tim Fry. Tim was killed in Victoria cycling en route to Perth. Although not a club member for some years, he will be remembered by many as someone who loved running marathons. Rest in peace, Tim.

TRACK AND FIELD COMMENCES

More than 30 athletes competed on the first evening of club track and field. The women shone, with Anne Shaw continuing her fine form, and Janet Jarvis and Dorothy Whittam indicating a good season coming up.

1K Run

Tony Heppener	M45	2:49.1
Stephen Dunn	M30	3:03.6
Brian Foley	M50	3:09.8
Blakeney Tindall	M35	3:14.0
Ann Shaw	W45	3:24.0
Richard Parker	M35	3:24.4
Don Caplin	M55	3:26.0
Tess Brockwell	W40	3:28.8
Milton Mavrick	M40	3:29.4
Nicholas Bailey	M45	3:29.9
Robin King	W35	3:32.6
Alan Jennings	M55	3:35.0
David Carr	M60	3:30.0
Glenice Shanahan	W70	6:07.0
Bruce Haustead	Vis	3:22.0

1K Walk

John Mison	M45	4:53.0
Wendy Clements	W50	6:32.3
Bob Fergie	M60	6:34.0
Dorothy Whittam	W60	6:35.5
Allen Tyson	M70	6:59.6
Michele Mison	W45	7:02.3
Glenice Shanahan	W70	8:06.4
Fred Watson	M75	8:12.1
Cindy Solonec	Vis	8:12.1

60m Run

Richard Parker	M35	7.9
Janet Jarvis	W50	8.8
Dorothy Whittam	W60	10.0
Gordon Medcalf	M65	10.3
Noela Medcalf	W60	10.4
David Carr	M60	10.8
Dorothy Nicholaidis	W55	10.9
Fred Watson	M75	13.0
Glenice Shanahan	W70	13.9
Val Wheeler	W65	18.0
Cindy Solonec	Vis	13.0

Long Jump

Janet Jarvis	W50	3.84m
Gordon Medcalf	M65	3.12m
Noela Medcalf	W60	2.22m
Fred Watson	M75	2.00m

Javelin

Peter Gare	M55	31.36m
Bob Fergie	M60	27.66m
Rob Shand	M60	22.20m
Gordon Medcalf	M65	19.54m
Dorothy Whittam	W60	19.06m
Allen Tyson	M70	18.62m
Dorothy Nicholaidis	W55	15.72m
Noela Medcalf	W60	13.12m



The Godfrey Pembroke View

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Crown Notes + Free Options	Aug 96	9.50%pa	+	14.00%	=	23.50%
Were's Notes	Aug 96	8.75%pa	+	3.60%	=	12.30%
Vision System convertible shares	July 96	11.5%pa	+	8.00%	=	18.50%
Paladin Commercial Property	Dec 95	9.20%pa	+	6.00%	=	15.20%
Property Income Trust	July 96	11.0%pa	+	8.90%	=	19.90%

1. Based on opening prices on Wednesday 28 August.

2. Based on assumption that existing capital gain to date is maintained and estimated yield is achieved. Does not include selling cost or capital gains tax liabilities which may arise on sale. Yield is before income tax. Income tax may be reduced by tax free/deferred elements in the property trusts.

** Bowen Llewellyn AFPA Senior Consultant & Authorised Representative of Godfrey Pembroke Limited ACN 002 336 254 Licensed Dealer in Securities

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

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

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HAPPY BIRTHDAY TO OUR NOVEMBER MEMBERS

Coleman, Sydney	03/11/15	81	remains	M80	Billington, Jackie	19/11/42	54	remains	W50
Munsie, Selby	03/11/33	63	remains	M60	Holloway, Philip	19/11/52	44	remains	M40
Calnan, Ross	04/11/40	56	remains	M55	Duncan, Wendy	19/11/49	47	remains	W45
Hoye, Derek	04/11/38	58	remains	M55	Noordyk, Kathleen	19/11/46	50	becomes	W50
Cutten, Susanne	07/11/51	45	becomes	W45	Oliver, Bernard	19/11/43	53	remains	M50
Pellier, Joan	08/11/39	57	remains	W55	Anderson, Kevin	20/11/40	56	remains	M55
Main, Jan	08/11/49	47	remains	W45	Mavrick, Milton	23/11/53	43	remains	M40
Hicks, Stewart	09/11/22	74	remains	M70	Atkinson, Keith	23/11/56	40	becomes	M40
Brockwell, Tessa	10/11/55	41	remains	W40	Spencer, Ronald	23/11/39	57	remains	M55
Williams, Ross	10/11/39	57	remains	M55	Fornden, Keith	25/11/38	58	remains	M55
Clark, Gary	11/11/45	51	remains	M50	Crellin, Karen	27/11/41	55	becomes	W55
Warren, Margaret	12/11/35	61	remains	W60	Kirkman, Hugh	27/11/41	55	becomes	M55
Barnes, Jenny	12/11/51	45	becomes	W45	Miller, Norman	28/11/31	65	becomes	M65
McMillan, Raema	14/11/27	69	remains	W65	Bishop, Dave	28/11/56	40	becomes	M40
Stingemore, Steve	16/11/53	43	remains	M40	Brown, Ivan	29/11/44	52	remains	M50
Rhodes, Michael	16/11/45	51	remains	M50	Miller, Margaret	29/11/42	54	remains	W50
Stoffers, Hank	18/11/40	56	remains	M55	Moyle, Merv	29/11/26	70	becomes	M70