



October 2002

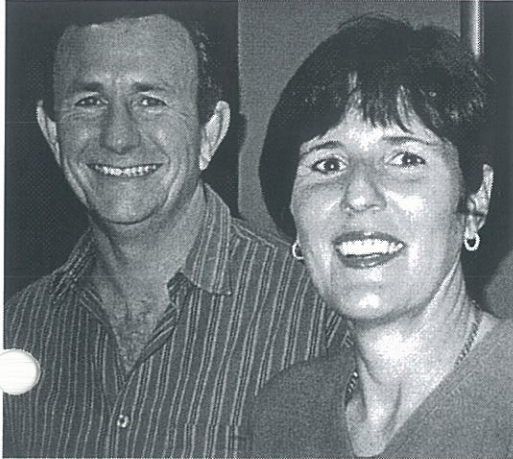
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VETRUN

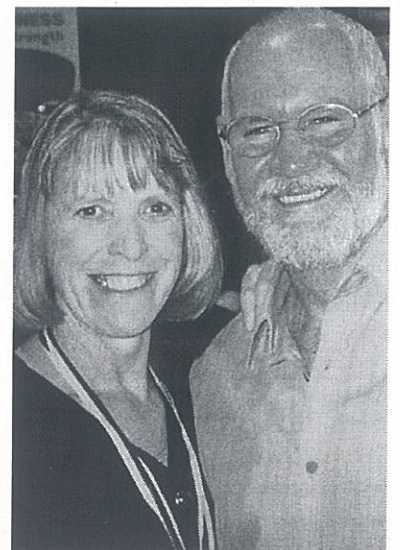
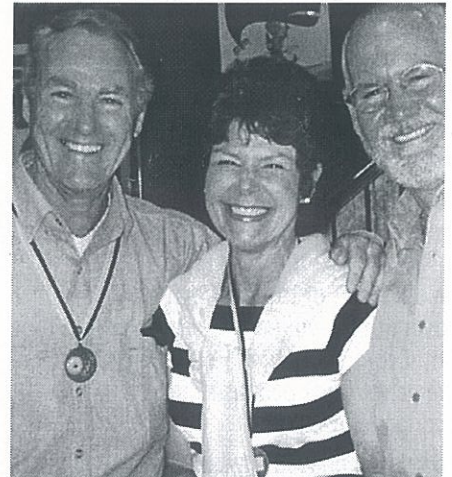
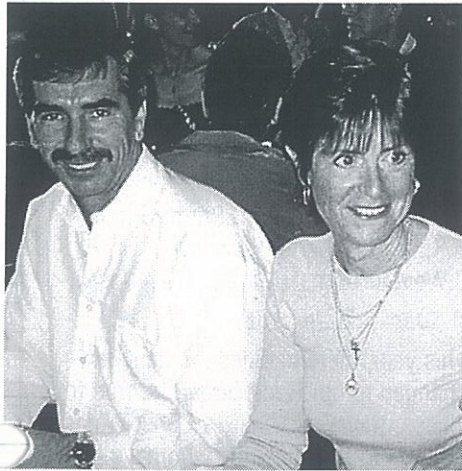


THE NEWSLETTER OF THE WA VETERANS ATHLETIC CLUB

Patron: Bill Hughes • President: Bob Sammells • Club Correspondence: The Secretary WAVAC, 11a Dandenong Rd, Attadale, WA 6156
Editor: Rod Tinniswood. Copy for Vetrun: See panel page 2 • Website: www.netprojex.com.au/wavac



The Presentation Lunch was a great success - more pictures page 3



Pictures by Richard Harris - Thanks Richard!

RESULTS IN THIS ISSUE: Miller's Run, Garvey Gallop, Bassendean

On the Run



Get Lost with Vic

Our annual 'Get Lost in the Park' run (shown on your programme as Guess Own Time CC) is coming up on October 20.

New members unfamiliar with this classic need to know that we compete for the Timeless Trophy, a priceless piece of artwork that is the club's only hand-crafted award. Another anomaly of this event is that you can win it without coming in first. All you need do is estimate your own finishing time.

Competition is fierce, of course, because everyone wants to have this unique treasure on the mantelpiece (despite the mounting cost of insurance, which is the winner's responsibility, of course.)

Amazingly, most years the winner has estimated his/her own time within seconds. This can become boring, of course, so each year I try to incorporate minor obstacles. I can't hope to repeat the 2000 coup which made all estimates invalid, and resulted in the winner covering only around 5kms of the 8kms course - but let's just hope for the best.

The Kings Park Board have entered into the spirit, by making subtle changes to the trails we have traditionally used. As a result, most of the park can only be covered by swinging through the tree tops. So, forget everything you've learned over the years (ha!) because the course is changed yet again.

To help in guessing your time, please note: some uphill are now down; and vice versa. Some of the harder bits are much easier, and some are not, while some of the really easy sections are both. (I hope this helps, because as usual we will probably be short of flags.)

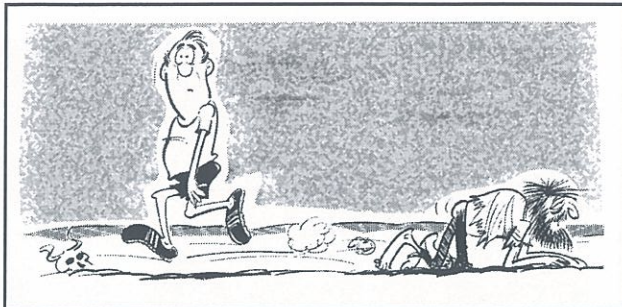
We do want to keep the Board happy, so kindly follow these simple rules:

1/ When you fall over, please do not land on endangered species (including other Vets.)

2/ If running with another Vet, please keep him/her on a lead at all times.

3/ If stopped and questioned by a Ranger, say you're with the Marathon Club.

Vic Waters



Hi Rod,

Master's or Vets, why change? Athletics in Australia and world wide is having difficulty attracting and holding on to young athletes. The vets are not immune to this, most members joined by word of mouth not because of a name. I agree wholeheartedly with Vic Waters recent comments. If we are to change names lets all vote, say in next years registration form, Vets or Masters, tick one box.

Finally before attracting new members shouldn't we make sure we do not lose those existing members, lets not alienate members who for various reasons, for example illness, injury, work are not on the scene for a while.

Run for Life

Duncan McAuley

Merit Award

Presented at the ANNUAL GENERAL MEETING - AUSTRALIAN MASTERS ATHLETICS INC. Melbourne 31 August - 1 September 2002

Brian Foley received a Merit Award from the National Board in recognition of his services to AAVAC/AMA Inc. Certificate presented by President, Stan Perkins.

Contributions to Vetrin.

15 Fitzpatrick Way, Padbury WA 6025, or email: tinniswoodr@sundaytimes.newsltd.com.au

Annual Dinner

Saturday, 16 November, 2002

7.30 pm to Midnight

Sandringham by the River

88 Great Eastern Highway

Belmont

100 Tickets: \$35.00 each

HELPERS LIST

6 OCT - DAM TO DAM

DIRECTOR - Chris Coates 92561004

HELPERS: L.Duffield, D.Haines, M.O'Reilly, M.Colquitt, M.Sivyer, A&A.Giacomin.

13 OCT - WILDFLOWER RUN

DIRECTOR - Rod Tinniswood 94036353

HELPERS: A.Damiani, L.Romeo, J.Smith, S.Bell, D.Scott, S.Jawichre, T.Heppener, H.Cortis, C.Rompotis, R.Greenhaugh.

20 OCT - Guess Your Own Time

DIRECTOR - Vic Waters 93413464

HELPERS: J&L.Langford, M.Rhodes, J&R.McMillan, S.Mort, W.Robinson, C.Walkely, K&M.Forden, C.Chisholm.

27 OCT - BIBRA LAKE -

DIRECTOR - Robert Sheehy 94141928

HELPERS: J.Shillington, M.Flanders, J.Brambley, J&E.Dance, F&D.McAuley P&S.Toohy, J.Davies.

3 NOV - RIB RUN

DIRECTOR - Roma, Irene, and Brian 92464881

HELPERS: - D.McMorrow, T.Robertson, R.Walsh, M.Faunge, J.Hagerdoorn, J.Wood, Bob Harrison, J.Jarvis, M.Young, G.Neill.

10 NOV - MOSMAN PARK

DIRECTOR - Paul Hughes 93845737

HELPERS: S.Maslin, D.Blom, G.Innes, R.King, D.Roberts, P.Macliver, B.Weatherburn, P.Martin, J.Tiverios

A Special Thank You -

This year, there has been quite a few changes to our Race Directors. Due to illness, travel, or other reasons. We are grateful to these people who have agreed (some at very short notice) to step in to run our events, for you, the members.

So I would like to give these people my, and the members appreciation for stepping in to help.

Darryl White - Deadly Medley. Robert Sheehy - Bibra Lake. Chris Coates - Dam to Dam. John Pressley - Cliff Bould. M.O'Reilly - Jorgenson. Paula & Mike Karra - Banks Run. John Frost - Uni & Back.

Apologies if I missed anyone - Keith Atkinson

New Members

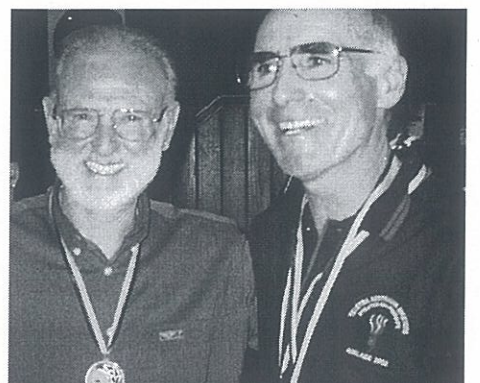
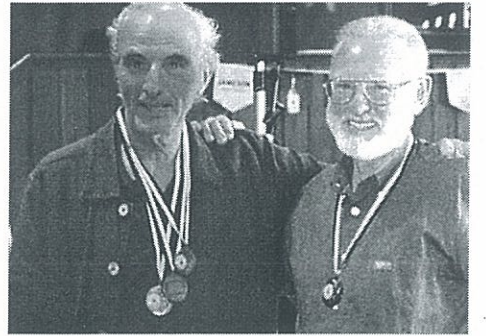
A warm welcome to the new members approved at the committee meeting on September 10, 2002.

459 David Wilson (M) 24/09/1957

460 MaryYoung (F) 06/02/1957

461 Graeme Neill (M) 24/06/1960

462 Terry Collins (M) 11/09/1966



Millers' Run

1 September, 2002

Firstly, a big thank you to all our helpers who turned up despite the promised torrential downpour - Liz Chandler, Irwin Barret-Leonard, Bob Sammells, Bob Cavin, Pierre Viala, Denise Lancaster, Ann and Shorty Turner, Maragaret and Brian Bennett.

54 Walkers and runners braved the weather and enjoyed the 14km run. We did hear that a few of the 6km runners complained about the rain. (Don't true runners always enjoy any run?)

Evidently a visitor got lost and probably ran half a marathon, but thoroughly enjoyed it. He and his partner are coming back next week. We have to admit that the weather was appalling with gale force winds out and back, so thanks to all for turning up and making a go of it.

And to all those who stayed in bed under the pretence of Father's day... it's a bad excuse.

14K Run

Bjorn Dybdahl	M45	55:56
Jim Klinge	M55	59:58
Johannes Hagedoorn	M55	1:03:45
Victor Waters	M55	1:05:15
Malcolm Vernon	M45	1:05:26
Mike Hale	M55	1:05:36
John Mack	M60	1:09:00
Keith Atkinson	M45	1:09:36
Rod Tinniswood	M50	1:10:17
Simon Mort	M45	1:10:23
Nick Miletic	M50	1:10:44
James Barnes	M55	1:15:33
Paul Lewis	M55	1:16:03
Adrian Damiani	M50	1:16:41
John Dance	M50	1:18:04
Shirley Bell	W50	1:19:55
Michael Andrews	M35	1:35:39

6K Run

Rosemary Johnson	VIS	25:24
David Roberts	M55	26:09
Michael Karra	M35	26:36
Henri Cortis	M55	26:46
Blakeney Tindall	M40	27:00
Vicente Carrero	M60	27:36
Deborah Burge	W35	27:42
Sean Keane	M35	27:49
David Carr	M70	28:16
Michael Khan	M55	28:18
Wayne Pantall	M45	29:02
Paul Buckley	M50	29:55
Barry Audsley	M60	31:11
Sue Bullen	W40	31:13
Joe Stickles	M60	32:35

Wendy Clements-Green	W60	32:49
Marion McDermott-Jones	VIS	33:11
Kristin Adrian	W30	33:20
Arnold Jenkins	M55	33:31
Sue Lake	W35	34:56
John Smith	M65	35:24
Paula Karra	W30	35:25
Jackie Halberg	W55	35:36
Joan Pellier	W60	36:32
Stephen Toohey	M50	38:55
Elaine Dance	W50	41:44
Costa Tsesmelis	M50	44:11
Zac Baker	VIS	45:45
Pamela Toohey	W55	45:50
Jaydon Baker	VIS	46:38

6K Walk

Paul Martin	M60	36:53
John Mison	M55	38:54
Alan Jennings	M60	42:47
Lorna Lauchlan	W70	46:40
Dorothy Whittam	W65	46:50
Patrica Hopkins	W60	49:55
Jeffrey Whittam	M65	56:26

WELL DONE, VALERIE MILLARD

Our records show that the 50K Road Running Championships started in 1987 and the Road Walking Championships in 1994. Trophies for each category are engraved with the winners each year. This year's results produced a significant milestone. Val Millard is the first person to have won both a road running and a road walking championship. She won the RRC in 1997 and the RWC in 2002. A fine performance which shows her versatility.

Well done, Val.

John Vesnaver

Sadly John was killed in an accident on 10 September. As he lived in Bunbury we saw him only once or twice a year but he was always very friendly and a great competitor. He will be missed at the Track and Field Championships and at the Bunbury Marathon.

Happy Birthday to our October Members

Peter Airey	01.10.1936	66	remains	M65
Dave Simmonds	01.10.1934	68	remains	M65
Berwine Barrett-Lennard	03.10.1928	74	remains	W70
Troy Kelly	04.10.1971	31	remains	M30
Sue Sweeney	04.10.1948	54	remains	W50
Garnet Morgan	06.10.1924	78	remains	M75
Jim Klinge	08.10.1946	56	remains	M55
Graham Thornton	08.10.1940	62	remains	M60
Malcolm Vernon	10.10.1954	48	remains	M45
Phyllis Farrell	13.10.1944	58	remains	W55
Paul Lewis	14.10.1946	56	remains	M55
Chris Shenton	14.10.1966	36	remains	M35
Ray Barnett	17.10.1943	59	remains	M55
Lesley Romeo	17.10.1944	58	remains	W55
Liz Duffield	18.10.1953	49	remains	W45
Lynne Schickert	18.10.1941	61	remains	W60
Wilf Bamber	20.10.1961	41	remains	M40
John Allen	21.10.1957	45	becomes	M45
Jennifer Shillington	21.10.1957	45	becomes	W45
John Bocian	22.10.1950	52	remains	M50
John Pellier	22.10.1939	63	remains	M60
Trevor Robertson	24.10.1952	50	becomes	M50
Dee Haines	25.10.1958	44	remains	W40
Bill Harrison	26.10.1939	63	remains	M60
Robert Schickert	26.10.1941	61	remains	M60
David Roberts	27.10.1942	60	becomes	M60
Brian Hunter	28.10.1944	58	remains	M55
Geoff Mullins	29.10.1943	59	remains	M55

Garvey Gallop 8 September 2002

One hundred runners and walkers fronted up on this delightful morning for a picturesque run along the banks of the beautiful Swan River. The joys of running were further enhanced by the attention displayed by the stewards along the course and our thanks must go to Christine Rompotis, Anne Shaw, Dorothy Blake, Rhod White, Doug Ashfield and Laurie Collett with a special "thank you" to Ron Sutton and Kirt Johnson who laid out the course despite Kirt's ill health from which we trust he will soon recover.

Arthur Leggett

6K Run

Ian Davies	M55	22:41
Henri Cortis	M55	25:42
Ed Barrett-Lennard	M45	26:47
John Brambley	M60	28:15
Joe Stickles	M60	29:46
Bert Sammells	M65	29:47
Michael Anderson	M50	30:16
Stephen Toohey	M50	39:22
Francis Usher	M75	50:42
Mary Heppell	W65	54:42

10K Run

Alan Thurlow	M45	38:05
Albert Carse	M60	38:20
Bernard Mangan	M45	39:25
David Scott	M50	40:17
Frank Smith	M60	40:57
Darryl White	M40	41:04
Colin Chisolm	M35	41:12
Robert Schickert	M60	42:38
Johannes Hagedoorn	M55	42:59
Jim Langford	M55	43:01
John Cresp	M50	43:03
David Reid	M50	43:05
Mike Hale	M55	43:24
John Pressley	M55	44:17
Victor Waters	M55	44:22
Michael Karra	M35	44:23
Clive Choate	M50	44:48
Gary Fisher	M50	45:03
Michael Khan	M55	45:21
Keith Atkinson	M45	45:46
Deborah Burge	W35	45:52
John Mack	M60	46:38
Simon Mort	M45	46:49
Wilf Bamber	M40	47:40
Robert Sheehy	M55	47:47
John Frost	M60	48:15
Nick Miletic	M50	48:39
Adrian Damiani	M50	48:59
Brian Bennett	M55	49:02
John Pellier	M60	49:58
Dick Blom	M65	50:15
George Innes	M65	50:57
Shirley Bell	W50	51:29
Mitch Loly	M60	51:56
Daniel Bending	M55	52:20

Michael Andrews	M35	52:26
Damien Hanson	M45	52:37
Don Pattinson	M45	52:38
Bob Harrison	M60	53:07
Barry Audsley	M60	55:19
David Carr	M70	55:19
Ann Turner	W65	56:08
John Smith	M65	56:09
Pamela Toohey	W55	57:03
Liz Chandler	W30	57:05
Arnold Jenkins	M55	57:06
Paula Karra	W30	59:37
Sue Lake	W35	59:37
Jackie Halberg	W55	1:00:43
Valerie Millard	W55	1:02:36
Julie Wood	W50	1:05:36
Margaret Bennett	W60	1:05:36
Cedric Turner	M65	1:05:37
Costa Tsesmelis	M50	1:19:39

6K Walk

David Brown	M55	42:04
Jacqueline Billington	W55	42:57
Michele Mison	W55	44:15
Marg Taylor	W50	49:22
Margaret Flanders	W65	51:50
Nola Bending	W55	53:12
Merv Moyle	M75	53:13
Brian Aldrich	M70	53:29
Barrie Thomsett	M60	53:30
Rex Bruce	M60	56:40
Leo Hassam	M70	56:42
Jeffrey Whittam	M65	57:57
John Bailey	M75	57:59
Patricia Ainsworth	W65	58:45
Barbara Bailey	W70	58:47
Jo Stewart	W50	58:50
Rosa Wallis	W55	58:51

10K Walk

John Mison	M55	1:03:15
Paul Martin	M60	1:03:17
Alan Jennings	M60	1:11:29
Lynne Schickert	W60	1:15:56
Lorna Lauchlan	W70	1:17:10
Chris Pattinson	W45	1:17:29
Jennifer Shillington	W40	1:17:30
Dorothy Whittam	W65	1:19:58
Janis Malin	W50	1:21:57

*The ubiquitous Vets, reliable ever,
despite the untimely, despicable weather,
have risen with us, for a new annual run,
midst a carnival aimed at involvement and fun.*

*Our thanks go to you Bob, and of course all the crew,
for the selfless assistance, and although a gale blew,
you stood fast undaunted, clicking the clock,
showing the way, and guiding the flock.*

*As we line up next year, we'll assemble the tribe,
Praps an earlier time slot, for a ten and a five?
We have sponsors queued up now, that insurance is slain,
the commitment of council, and no wind and rain.*

Mattagarup Run

Sunday, 22 September, 2002

This 5K Fun Run was held as part of the celebrations commemorating the 50th Anniversary of the opening of the present Causeway bridge. Canning Districts Athletic Club had had an association with McCallum Park, where the celebrations were held, from that time and chose to organise the Run as their contribution to the day's events.

The Start and Finish of the Run were in the Park and our Club managed the Finish timing and recording.

It was a real Vets family affair. Wayne Pantall was on the Organising Committee for the celebrations and addressed the runners before the start. Prior to that, Jacqueline Billington had been assisting with the registration of entries.

John Gilmour, a founder member of CDAC as well as WAVAC, was the Official Starter, and Katrina Spilsbury, Gary Fisher, David Reid and I looked after the Finish. Jim Barnes was on the spot with his camera.

Lynne and Bob Schickert came along to help but, seeing that there were sufficient bodies around, decided to have a run instead. Pretty brave, I thought, as they had both contested the 10K events, walking and running, respectively, earlier that day. They were joined in the Run by Rose-Maree Hollaway, Simon Jawichre (and son), Ian Sanders, Trevor Scott and Cecil Walkley.

Rose-Maree's son, Scott, a State Walking Champion, won the race in the low 16 minutes. Perhaps he should stick to running!

John presented the major trophies. The Mayor of Victoria Park introduced him as John Gilmour, O.A.M., and went on to say that John had set more World records and won more gold medals than anyone. It was good to hear. Among the Vets, Trevor won the Over 40 trophy and Bob that for the Over 50s.

Elsewhere, hiding under a bush hat, was a non-athletic Arthur Leggett. He was one of the bush poets and storytellers who had entertained the crowd.

All told, it was a pretty good afternoon. Victoria Park are keen to make this an annual festival and, should this materialise, then the Fun Run will be upgraded to cater for a larger field. We'll wait and see.

Bob Sammells

BASSEDEAN RUN 15/9/02

Despite the stormy weather we had the previous day and evening, the morning turned out to be perfect for the run with 85 at the starting line (71 runners and 14 walkers). It was good to know that there were no trips or falls considering the amount of branches and debris that had fallen on the course during the previous day. Unfortunately the mosquitoes were just as bad as last year (that's the joy of being near the river!!). This year, Margaret Bennett had a water station at the bottom and top of the steps to cater for the 7K walkers as well as the 10K runners and she kept fit by running up and down the steps filling the cups whilst fanning herself to keep the blighters away! If you thought you did a PB for the 10K this year - forget it! the course was short, we missed the paths just under the bridge (approx half a kilometre), I know your handicaps will be affected - but never mind, I hope you enjoyed the run.

Many thanks to my helpers - Denise Lancaster, Lorna Lauchlan, Margaret Bennett, Margaret Robinson, Chris Maher, Arthur Leggett, Mike Khan, Irene Ferris, Roma Barnett and John Ellard. Also to the people who helped erect the shelter. Finally, Kirt Johnson who normally helps me every year with my run was sick with the flu, I hope he is now fit and well.

See you all again next year. *Jacqueline*

5K

Ivan Brown	M55	20:36
Dave Roberts	M55	20:53
Henry Cortis	M55	22:08
Dave Carr	M70	23:19
Colin Smith	M35	25:24
Jim Barnes	M55	27:14
Aldo Giacomini	M65	30:44
Vic Beaumont	M70	33:55
Pierre Viala	M55	34:36
Mary Young	W50	35:25
Elaine Ellard	W60	36:11
Merv Moyle	M75	43:28
Frank Usher	M75	43:30

7K

Mike Rhodes	M55	37:26
Bob Fergie	M65	41:00
Elaine Dance	W50	47:57

10K

Chris Coates	M45	35:32
Bert Carse	M60	35:53
Darryl White	M40	37:41
Gareth Brunt	M50	39:40
Dave Reid	M50	40:17
Bob Schickert	M60	40:47
Jim Klinge	M55	41:16
Mike Karra	M35	41:21

Doug Ashfield	M45	41:33
Gary Fisher	M50	42:25
Blakeney Tindall	M40	42:41
Robert Roll	M55	43:20
Debbie Burge	W35	43:26
John Bell	M55	44:24
Keith Atkinson	M45	44:53
Adrian Damiani	M50	44:58
Simon Mort	M45	45:05
Rob Sheehy	M55	45:15
Geoff Mullins	M55	45:21
Sean Keane	M35	45:22
John Frost	M60	45:32
Nick Miletic	M50	45:55
Brian Bennett	M55	47:06
Barry Audsley	M60	47:29
Graham Thornton	M60	47:45
John Pellier	M60	48:08
Rod Tinniswood	M50	48:31
Kerry Jones	W45	48:35
Joe Stickle	M60	48:46
Roger Walsh	M55	49:01
Brian Smith	M60	49:13
Dan Bending	M55	49:33
Bob Sammells	M65	49:43
John Dance	M50	50:02
Christina Rompotis	W40	51:13
Graeme Neill	M40	53:11
Brian Foley	M55	53:15
Ann Turner	W65	53:52
Paula Karra	W30	54:16
Liz Chandler	W30	54:31
Rod Wright	M50	55:01
Kris Adrian	W30	55:15
Sue Lake	W35	56:13
Arnold Jenkins	M55	56:14
Sheila Maslen	W60	65:19
Shorty Turner	M65	65:21
Costa Tsesmelis	M50	73:02

7K Walk

Barrie Thomsett	M60	61:53
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Have-A-Go Day
9am to 3pm, Tuesday, 29 October, 2002
Burswood Park
See Noticeboard for details



Profile
Profile #8
Compiled by Jim Barnes

Born:	Perth 13/01/57
Home:	Dun Craig
Children:	3
Occupation:	Delivery Driver
Training:	3 nights - 30 klms (approx)
Personal Bests:	5km = 19:05 10km = 39:58 Half Marathon = 94
Favourite Run:	Joondalup
Favourite Sports person:	Dennis Lillie
Favourite Sport:	Football
Favourite Food:	Pasta
Interests:	Garden, reading, entertaining
Reading:	Novels, Alistair McLean
Pet Hates:	Religious biggots, loud music
Best Runner:	Steve Monagethi

5K Walk

Rex Bruce	M60	39:35
Maggie Flanders	W65	44:45
Kylie Mahony	W35	48:40
Norm Miller	M70	49:28
Pat Miller	W60	49:31
Jeff Whittam	M65	49:32

10K Walk

Alan Jennings	M60	68:55
Val Millard	W55	74:25
Lynne Schickert	W60	74:26
Dorothy Whittam	W65	74:55
Jenny Shillington	W40	74:56
Janice Malin	W50	74:58

Visitors

Paul Odan	10K	35:35
Mario Percic	10K	38:40
John Doust	10K	42:55
Arkos Gyarmathy	10K	43:14
Wayne Taylor	10K	45:25
Paul Burke	10K	47:23
Michael Andrews	10K	51:46
Ally Ross	7K	65:20
Beryl Doust	10KW	75:54

The Editor, Vetrum.

I would like to express my very sincere appreciation to all those members who were such good friends to my mother, Val Wheeler, over the last difficult year. She really appreciated your companionship, your many kind words and gestures, and your goodwill.

Thanks too to all those members who gave me support during her illness and after her death.

I originally joined the Vets as a way of ensuring I saw my Mum regularly, and it will be a little while before I feel able to come back again, but I will be back among your smiling faces sometime.

Very best wishes, Christine Wheeler

Doug Ashfield



PURPOSE



The objective of the club is to encourage and promote veterans' athletics, general fitness and to provide training and competition within the jurisdiction of the Athletic Association of WA. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social

aspect is also important and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or social as they choose. Competition is in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

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**SURFACE
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**POSTAGE
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Running Gear



Club Clothing

Contact Maggie Flanders:
9314 7556

Club Singlets:

New Style Yellow/Black - \$25
(All sizes, Men's and Women's)

T-Shirts:

Short Sleeve \$18. Grey in all sizes, White in limited sizes.
Long Sleeve \$20. Grey in all sizes.

Fleecy Wind Cheaters. \$25 in all sizes.

Caps - White/Grey. Legionnaires Caps - ~~White/Grey.~~
Sun Visors - White/Grey/~~Black.~~ All \$10. One size fits all.

Australian Masters Uniforms

New supplies readily available from
Hazel McDonald in Queensland.
Lynne Schickert has order forms and
they will be available on notice board.