

Vetrin

The magazine of Masters Athletics WA

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24-HOUR RECORDS

AFTER reading the article about 'getting some good runners in the club now' – what about the ladies? We had some great ones.

I joined in 1980 when there were only half a dozen of us running. Within five years there were around 50, and most would run sub-45mins for 10K.

The most exciting weekend of all would have been October 21-22, 1984, when two women's teams – over 35 and over 40 – ran a 24-hour relay at Gary Archer track in Belmont. The guys said we'd never raise two teams, but we did, and broke two world records (the over-35s by an hour.)



We trained together for nine months, with Don Caplin training us at the track for the last three months. We all ran faster than we thought we could.

Talking of training, back in the 'good old days' we trained hard, raced hard, and boy, did we party hard! My weekly average was 80-100kms, and John's was well over 100kms. Of our group, the only ones left running are Marge Forden, Brian Danby, Graham Thornton and John Pellier – the rest of us are 'old crocks'! But would we change those days – no way!

Joan Pellier



Start of last Sunday's Canning Caper handicap, with winner Rhod Wright inset. Full results: page 4.

NEWEST State Records... ... and a pending AR

M45 Hammer - John Everard
37.79m
W75 Hammer Rae McMillan
16.92m
W75 Discus Rae McMillan
16.02m
M85 5000m Peter Kennedy
52:43.5
W60 Discus Bev Hamilton
23.02m
M30 800m Cameron Yorke
2:04.43

Correction

Mullaloo Magic Run (Vetrin 393) race distances were 5K, 8K and 13K - NOT 10K, as printed. And Ray Lawrence - maybe you're listed in the wrong event? Otherwise, handicapper please note!

M30 400mH Cameron Yorke
55.46
(pending AR)

Also of note to sprinters, I have been notified by the National Statistician that the 60 metre event is now being recognised in the Australian Record list. I have submitted our State Records and four women have had times acknowledged as Australian Records. They are:

W30 Pauline Dawson 8.0 (1988)
W30 Roseanne Kemp 8.0 (1996)
W35 Kath Holland 7.4 (1978)
W45 Lynne Choate 8.0 (1998)

Cheers (and an early Merry Christmas)
Campbell Till

You write...

Hi Vic,

I'm enjoying the Marathon series but I noticed the absence of any of our current lady members in the sub-3 article. Perhaps a list of our Masters State Marathon records would be of interest and restore the balance somewhat. Among the ladies, Karen Gobby and Tessa Brockwell would have outstanding times.

Cheers, Bob Sammells

Thanks Bob,

We have added several more names to the honour roll, including Karen, Tessa and Anne Shaw – see page 2. I'm sure there are many more, among members past and present, so please let's have them!

(More readers letters also appear on page 2.) VW

You write

Paper Talk

Hi Vic,

You have probably never heard of me, but I've been a member of the Vets/MAWA since about 1988 and only appear once a year at the State Champs. The reason for contacting you is that I am appearing in the local paper and you would be rather puzzled if you read it! To quote it:

'Chapman said he started All Round Weightlifting with the Veterans Athletic Club when he was 70 and had not looked back.' Obviously I never said this, so you must put it down to literary license – or never letting the facts get in the way of a good story!

(Bill obviously has a good grasp of modern journalism! VW)

What I DID say is that when I started jogging and joined the Vets, I competed in the City To Surf. When I was at the halfway mark I met Rob Shand and five or six others coming back, which made me think I wasn't going to be a star runner.

The reason for the local newspaper story is that I had just returned from competing in the World All Round Weightlifting Champs in Glasgow – and when you are approaching 83 it's a bit of an oddity to be still doing this!

I thought I'd better explain?

Kind Regards

Wilf (Bill) Chapman

January Birthdays

Aldrich	Alison	W60
Allgrove	Cath	W50
Arora	Maria	W40
Ashfield	Doug	M50
Attwell	Ray	M70
Bariolo	Wayne	M35
Barnes	Jim	M60
Beckham	Les	M70
Blurton	Richard	M55
Brown	Penny	W60
Choate	Lynne	W50
Coates	Simon	M35
Edmonds	Gill	W40
Engels	Christine	W50
Gill	Fenella	W40
Griffiths	Leon	M60
Hindle	Eileen	W55
Hollaway	Rose-Maree	W50
Humphrey	Barb	W55
Johnson	Ruth	W65
Langford	Anne	W55
Lopes	Lorraine	W65
Maslen	Sheila	W65
Menon	Kathy	W40



Vic,

Got the No 393 issue of Vetrun, with Bob Fergie's out-of-frame doughnut throw – plus the other pictures, good throughout, add a lot to the magazine. (I'm thinking back to the type-writer and Gestetner production days, followed by delivering magazines on-the-run while training for the marathon!)

Good article on the marathon – 10K next?

It is probably of no importance, but I did my first marathon, aged 44, with a 3:04:05 on 19 June 1976. I took a year to recover (!!!) then managed 3:01:21 on 17 September '78; then my best - 2:52:07 on 24 June 1979.

This was followed not long after at Herne Hill (I think that it was the nationals) with 2:56:11. The final marathon was in 1981, a 3:05:12 – was getting too slow by then, at 49, so gave it up!

Enough of reminiscing, cheers

Rob Shand

Makes you sick, doesn't it? 3:05 too slow!

But thanks Rob, we want to gather all these sub-3hrs performances for the record. Jim Barnes did a great job assembling the list, but there will be many other marathon performances worthy of note. (See information from Campbell Till – this page.)

As for 10K performances, where do you set the benchmark? Sub-40mins? Half the club would be on that list. Sub-35mins – a bit harsh? I would welcome comments. VW

Miller	Keith	M55
Muir	David	M60
Parker	Ross	M55
Pilton	Ivan	M60
Puglisi	John	M55
Ryan	Peter	M55
Sammells	Bob	M70
Sheehy	Robert	M60
Smith	Colin	M40
Tindall	Blakeney	M45
Toohey	Steve	M55
Turner	Ann	W70
Tuttle	Jon	M45
Valenti	Karen	W40

MORE SUB-3hr MARATHONS

I BELIEVE members would be interested in all great performances, whether or not they are by current members. Campbell Till has provided the following. He writes:

'I've searched the archives and here are some additions to the sub-3hr list. This won't be exhaustive as the database is for progressive State Records, also the times mentioned may not be the individuals PB's.

'Also, I'm sure Arnold Jenkins has done a 2:59:xx. Col Junner probably was sub-3, needs to be confirmed.

'Hope this helps.'

...and more

I'm pleased that more members are calling in with their best marathon times. Doug Hazell, who also holds the overall record for our 50K Road Race Championship, was a very fine runner in his early UK days.

His best 'official' time of 2:36:25 was set on June 30, 1978, but a year earlier Doug ran 2:32:17 on an un-certified course.

Steve Barrie, another top runner, was shown in last month's list but his time should read 2:40:45, dated 2-7-90. He was 54 years old at the time, and suggests we show the age of each runner when they made their mark. It's a good point, and when the list is complete perhaps we'll run it again with full information.

VW

John Butts	2:57:59	19/6/76
Jeff Joyce	2:34:57	25/6/78
Brian Paxman	2:58:01	25/6/78
Phil Wall	2:33:31	12/8/79
Maurice Smith	2:39:33	12/8/79
Derek Hoyer	2:40:34	12/8/79
Allen Tyson	2:56:22	12/8/79
Tessa Brockwell	2:54:29	17/11/85
Hank Stoffers	2:30:43	1/12/87
Karen Gobby	2:36:40	21/7/91
Murray Drummond	2:46:34	21/7/96
Anne Shaw	2:57:06	5/7/98

MOBILE PHONES

THIS was discussed again at the committee meeting last evening (December). Agreement could not be reached in relation to aspects such as need, number of phones, location on course, how provided and maintained and a policy for dealing with an emergency. If there is one phone what good is it if a person collapses out on the course 4 or 5K away?

If there are two phones provided and a person collapsed out on the course (hopefully near where a phone is) does the helper out on the course have the authority to ring for an ambulance, or do they ring the race director? How then does the race director decide? Is he or she required to get the authority from a committee member? One suggestion which would protect competitors is for a 'tail end Charlie' with a phone to follow the last runner, perhaps on a bike. But who provides and looks after the bike and what happens with CC courses?

I am not trying to make it difficult but the more you look at it the more complicated it becomes. Track events are simple with all competitors being at one place.

It is suggested that the matter be brought up at the next

AGM when a broader range of opinion can be obtained.

Bob Schickert

Comment:

I believe a protocol could be established to answer all the queries, and I am sure the committee would welcome input from members.

My own principal concern is that the club meets its 'duty of care.' Of course, we are all adult enough to look out for ourselves; we don't need a 'nanny' system. But the club has to ensure it meets its moral/legal responsibilities, in the event of some extreme event. VW

New Members – Welcome!

338 Joel Burns M30
500 Kathy Menon W30
503 Prakash Menon M35
505 Maria Arora W40

9.1K RUN

Lachlan Marr	M45	33:58
Ralph Henderson	M55	36:59
Chris Frampton	M35	37:33
Bob Schickert	M65	39:34
Ivan Lazarus	M35	40:50
Doug Ashfield	M45	40:56
John Doust	M50	41:48
Bruce Mathieson	M60	41:52
Wayne Taylor	M40	42:16
Johan Hagedoorn	M60	42:17
Helen Lysaght	W50	42:29
John Bell	M60	43:46
Barry Jones	M40	44:05
Charlie Chan	M45	44:10
Irwin Barrett-Lennard	M75	44:14
Keith Atkinson	M50	44:38
Mike Khan	M60	44:49

Lake Gwelup

November 19, 2006

Director: Jim Klinge



A FINE day with a light breeze made for superb running conditions. Most of the run was on a concrete and limestone tracks, but it was possible for runners to run on the grass alongside the tracks. The course was easy to follow thanks to the well-flagged tracks and large team of road marshals at the track intersections. Thanks to all of you who competed and especially thanks to the large team of volunteer helpers whose efforts made

this a very enjoyable morning. Also thanks to my wife Helen, who helped me measure the course the previous day. The two lap course was measured accurately as 9.10 km, one lap is 4.85 km.

This was my last time as a race director for this run. Next year I will be the race director for the Half Marathon, in August. See you all again in 2007?

Cheers, Jim Klinge



Some of the middle-order just after the Lake Gwelup start

Paula Karra	W35	46:06
Jacqui Halberg	W60	46:26
Terry Manford	M45	46:44
Graham Thornton	M65	48:35
John Smith	M70	49:22
Vis 3		49:29
Brian Smith	M65	49:45
Mike Rhodes	M60	51:15
David Busher	M50	52:53
Merv Jones	M65	52:20
John Dance	M55	52:35
Rhod Wright	M35	52:52
Vic Beaumont	M75	53:16
Steve Toohey	M55	55:25
Arnold Jenkins	M60	57:08
Pierre Viala	M40	57:34
Denise Viala	W55	57:36

4.9K RUN

Stephen Dunn	M40	18:24
Vis 4		20:30
John Collier	M35	20:31
Neil McRae	M50	20:56
Syd Beer	M50	21:30
John Oldfield	M60	21:50
John Willmott	M40	22:03
Gary Fisher	M50	23:27
John Brambley	M60	23:40
Leonie Jones	W45	23:54
Hamish McGlashan	M65	24:18
Carol Bowman	W45	24:37
Delia Baldock	W35	25:08
Vis 5		25:56
Graham Ainsworth	M45	26:05
David Walsh	M35	26:54
Penny Ingram	W55	26:59
Richard Harris	M65	27:55
Christine Oldfield	W60	28:01
Stan Lockwood	M75	28:10
Pamela Toohey	W60	28:38

Vis 2		29:38
Julie Wood	W55	30:23
Debbie Dance	W45	30:30
Bob Fergie	M70	30:40
Elaine Dance	W55	31:26
Sheila Walsh	W40	34:14
Ray Lawrence	M75	36:23
Dalton Moffett	M75	36:33
Jeni Shillington	W45	36:42
Mary Young	W50	36:42
Linda Rhodes	W60	37:09
Mary Heppell	W65	37:11
Toni Frank	W60	40:35

4.9K WALK

David Brown	M55	32:14
Ray Hall	M70	34:33
Beryle Doust	W55	35:55
Lynne Schickert	W65	36:52
Michele Mison	W55	37:27
Jeff Whittam	M70	38:54
Kirt Johnson	M75	39:32



One of our newer walkers, Victor Ratana

Victor Ratana	M70	39:53
Mark Sivyer	M35	40:11
Lorna Lauchlan	W75	42:44
Pat Ainsworth	W70	42:45
Leo Hassam	M75	43:27
Maggie Flanders	W70	44:07

9.1 K WALK

Val Millard	W55	61:57
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Safety Bay

WEATHER was kind to us (as usual) for our Safety Bay run, and 65 members and visitors participated in the 5km and 10km run/walk. First timers found the course somewhat challenging and more than one person was heard asking where did those hills come from? This was supposed to be a flat course! We had a few hiccoughs with the change-rooms/toilets before the run and many thanks to Elaine Ellard for a superb job of marshalling

Directors: Pam and Steve Toohey
(Full results appeared in December, Vetrun 393)

and helping to avoid any embarrassing moments and a big thanks to all of our other helpers on the day.

The post-run sausage sizzle was a success with \$110 being raised for the Cancer Foundation. Thanks to Woolworths Mandurah for donating the buns and sausages; and thanks to Brian Bennet for ensuring that nothing went to waste! Hope to see you all again next year.

Steve and Pam Toohey



Great handicapping produced many fast, close finishes in the 10K.

10K HANDICAP RUN

Rhod Wright	M55	64:39
V1		65:31
Brian Bennett	M55	66:45
Milton Mavrick	M50	66:54
Chris Frampton	M40	66:59
Gillian Young	W55	67:12
Jim Langford	M60	67:17
Grace Hollin	W45	67:19
Ivan Pilton	M60	67:23
Peter Sullivan	M45	67:24
Mark Sivyer	M55	67:35
V8		67:43
Jim Klinge	M60	67:45
Patrick Smith	M40	67:52
Charlie Chan	M50	67:59
Lachlan Marr	M45	68:02
Brian Danby	M55	68:19
Pamela Toohey	W60	68:21
Michael Karra	M40	68:28
Bjorn Dybdahl	M50	68:30
John Pentecost	M45	68:33
Brett Roach	M35	68:39
Karen March	W45	68:48
Simon Coates	M35	68:50
Troy Lundgren	M50	68:52
Bob Schickert	M65	68:57
Maurice Creagh	M60	68:58
Neil McRae	M50	69:06
Roger Walsh	M60	69:19
V7		69:22
John Pellier	M65	69:25
Wendy ClementsGreen	W60	69:33
Vic Beaumont	M75	69:51
Doug Ashfield	M45	69:55

2007 CHAMPIONSHIPS

OUR State championships will be held at the Ern Clark Athletic Centre Coker Park, Cannington over four days from the evening of Friday March 16 to Sunday March 25. Entry forms and details will appear in the February Vetrun.

As steeples and pole vault facilities are not available at Coker Park we have asked AthleticA if these events can be held with the Perry Lakes programme on the afternoon of Saturday, February 10.

Bob Schickert

Canning Caper

December 17, 2006

Director: Keith Atkinson

Paula Karra	W35	70:05
David Baird	M60	70:08
Lorraine Lopes	W65	70:23
Christine Oldfield	W60	70:24
John Oldfield	M60	70:25
Wayne Taylor	M45	70:46
V3		70:50
John Mack	M65	71:00
John Doust	M55	71:00
Irwin BarrettLennard	M75	71:09
V6		71:14
Viv Lok	W45	71:19
Mike Hale	M55	71:49
Margaret Bennett	W65	71:55
John Smith	M70	72:02
Robin King	W45	72:23
John Dance	M55	72:36
John Allen	M45	72:49
Johan Hagedoorn	M60	73:00
Jim Barnes	M60	73:15
V4		74:38
V2		74:39
Jane Elton	W35	75:01
Arnold Jenkins	M60	81:02
Margaret Warren	W70	82:42
Morris Warren	M65	84:08

6K RUN

Stephen Dunn	M40	22:57
Bjorn Dybdahl	M50	23:21
John Pentecost	M45	23:26
John Allen	M45	23:54
Paul Burke	M35	25:46
Syd Beer	M60	26:03
Vic Waters	M60	27:51
Frank Smith	M60	28:53
John Brambley	M60	29:18
Carol Bowman	W50	29:23
Peggy Macliver	W60	30:11
Delia Baldock	W40	31:35
Mike Anderson	M55	34:00
V5		35:00
Damien Hanson	M50	35:48
Tanya Burke	W35	37:49
Aldo Giacomini	M70	39:53
Jo Richardson	W50	40:56
Jeni Shillington	W45	45:37
Dalton Moffett	M75	45:38

10K WALK

Val Millard	W60	72:01
Pat Ainsworth	W70	90:49
Ann Turner	W70	90:50

6K WALK

David Brown	M55	40:38
Ray Hall	M70	43:39
Beryle Doust	W55	43:31
Joan Pellier	W65	44:10
Lynne Schickert	W65	45:01
John Frost	M65	45:07
Michele Mison	W55	45:56
Jeff Whittam	M70	47:32
Kirt Johnson	M75	49:25
Patricia Hopkins	W60	49:55
Lorna Lauchlan	W75	51:11
Maggie Flanders	W70	55:08
Pat Miller	W65	55:09
Norm Miller	M75	60:31
Leo Hassam	M75	60:32

Mosman Park

3 December, 2006

Directors: Paul and Sue Hughes

IN a significant day for Western Australian (the introduction of day light saving) 101 runners and walkers enjoyed the scenery and hills in Mosman Park, despite very hot conditions. Special thanks to our helpers: Rob Sheehy, Dick Blom, Paul Martin, Richard Danks, John Frost, Robin and David, Sheila Maslen, Jeanette Tiverios and Pam and Steve Toohey.

Finishing times: people who finished near Bob Fergie, please note there may be small discrepancies in times recorded.

See you all next year,

Paul and Sue Hughes

8.7K RUN

Peter Sullivan	M45	34:06
Jim Langford	M60	34:21
Lachlan Marr	M45	34:49
John Pentecost	M45	35:00
Bert Carse	M65	35:12
John Allen	M45	35:30
V2		35:34
Chris Frampton	M40	36:02
Gary McLean	M40	36:22
Bruce Wilson	M60	36:38
Ralph Henderson	M55	36:43
Vis		37:17
David Baird	M50	38:01
Neil McRae	M50	38:46
Doug Ashfield	M45	38:54
Bob Schickert	M65	39:04
V4		39:15
Brian Bennett	M55	39:24
Michael Karra	M40	39:33
John Mack	M65	41:22
V5		41:34
Bruce Mathieson	M60	41:43
John Bell	M60	41:50
Gillian Young	W55	41:53
Johan Hagedoorn	M60	42:07
Wayne Taylor	M45	42:48
Helen Lysaght	W50	43:01
Sean Keane	M40	43:35
Maurice Creagh	M60	44:18
Irwin Barrett-Lennard	M75	44:50
Keith Atkinson	M50	44:56
Karen March	W45	45:29
Charlie Chan	M50	45:54
Nick Miletic	M55	46:04
Claire Walkley	W40	46:05
John Ellard	M60	46:15
Paula Karra	W35	46:44
Frank Gardiner	M55	47:12
John Smith	M70	48:19



Christine Engels	W50	48:21
Graham Thornton	M65	48:37
John Pellier	M65	48:44
V3		49:41
Jacqui Halberg	W60	50:04
Brian Smith	M65	50:36
John Dance	M55	50:54
Mike Rhodes	M60	51:00
Grace Hollin	W45	51:53
Mike Polkinghorne	M55	52:18
Berni Scott	W45	52:31
Rhod Wright	M55	52:48
Merv Jones	M65	53:05
Denise Viala	W55	56:31
Arnold Jenkins	M60	60:20
Jo Richardson	W55	63:39
Elaine Dance	W55	63:41

5.25K RUN

Stephen Dunn	M40	20:28
Christopher Coates	M50	20:59
Paul Burke	M35	22:52
Syd Beer	M60	23:31
Colin Smith	M40	24:31
Ivan Brown	M60	24:33
David Carr	M70	25:12
Hamish McGlashan	M65	26:26
Carol Bowman	W50	27:20
Peggy Macliver	W60	27:22
V1		27:23
John Brambley	M60	27:54
Graeme Neill	M45	28:00
Bob Sammells	M65	29:25
Wendy Clements-Green	W60	29:56
Roger Walsh	M60	30:17
David Walsh	M35	30:21
Vic Waters	M60	30:35
Lorraine Lopes	W65	30:49
Richard Harris	M70	32:20
Tanya Burke	W35	32:56
Vic Beaumont	M75	32:57
Debbie Dance	W35	33:11
Bridget Carse	W60	33:52
Bob Fergie	M70	35:29
Aldo Giacomini	M70	36:12
Mary Young	W55	36:23
Sheila Walsh	W55	37:35
Mary Heppell	W65	38:17
Linda Rhodes	W60	41:06
Margaret Bennett	W65	41:56
Dalton Moffett	M75	41:58
Shorty Turner	M70	46:45

8.7K WALK

Val Millard	W55	61:10
Lynne Schickert	W65	66:30

5.25K WALK

Ray Hall	M70	38:59
Michele Mison	W55	41:33
Kirt Johnson	M75	43:04
Victor Ratana	M70	43:20
Patricia Hopkins	W60	45:41
Ann Turner	W70	47:06
Leo Hassam	M75	48:35
Mitch Loly	M65	51:07
V6		62:13
Jim Klinge	M60	62:15

On facing page, Brian Smith welcomes back the long-absent Simon Mort; right, two of our newer members - top, Charlie Chan; below, Berni Scott, who was previously with the Albany club.

Perry Lakes

11 December, 2006

Director: John Bell

Conditions: fine

YOUR excitement, your passion, your bliss become contagious.... It is a fine bunch of folk who make these Sun am events. It's not just the designated marshals who did a fine job as usual - one just a few days post-stroke! Bob with the electric devices, Jacqui who sorts out the keys to open toilets, Jacqui & Vic who not only drag in the heavy stuff for refreshments, they also cut and arrange the fruit ... wasn't it amazing how small the banana pieces were this year for a big country with a big economy!

It is also the participants who provide the legs and try so hard and stimulate the rest of the legs around them. Thank you all. It's over 20 years now that I have been director and it's been a total pleasure, there's such a team to carry me along. (obviously needs editing, the man's over the top again)

John Bell

8.15K RUN

Stephen Dunn	M40	31:22
John Allen	M45	31:50
John Pentecost	M45	31:51
Jim Klinge	M60	32:48
Ralph Henderson	M55	33:08



David Baird	M60	34:29
V1		34:31
Neil McRae	M50	34:57
Mark Sivyer	M55	35:15
John Doust	M55	35:16
John Oldfield	M60	35:20
Brian Bennett	M55	35:28
V4		35:30
Syd Beer	M60	35:35
Doug Ashfield	M45	35:49
Mal Vernon	M50	35:52
Bob Schickert	M65	36:43
Wayne Taylor	M45	36:57
Johan Hagedoorn	M60	37:02
John Mack	M65	37:18
Gillian Young	W55	37:33
Martin Watkins	M55	37:35
David Muir	M60	37:53
Maurice Creagh	M60	38:32
Vic Waters	M60	39:01
Barry Jones	M45	39:12
Charlie Chan	M50	39:26
Irwin Barrett-Lennard	M75	39:46
Shirley Bell	W55	40:46
John Brambley	M60	41:07
John Ellard	M60	41:09
Mike Hale	M55	41:21
Robert Sheehy	M60	41:25
Paul Martin	M65	41:27
Joe Stickles	M65	41:41
John Pellier	M65	41:42
Jacqui Halberg	W60	41:43
John Smith	M70	41:21
David Carr	M70	42:25
Graham Ainsworth	M50	43:21
Mark Rosen	M55	43:26
Brian Smith	M65	43:45
Roger Walsh	M60	43:53
Theresa Howe	W55	44:15
Bob Sammells	M65	44:20
John Dance	M55	44:35
Mike Rhodes	M60	44:39
Berni Scott	W45	44:54
Grace Hollin	W45	45:11
Brian Hunter	M60	46:07
Wendy Clements-Green	W60	46:09
Christine Oldfield	W60	46:27
Stan Lockwood	M75	47:50
Arnold Jenkins	M60	48:46
Vic Beaumont	M75	49:14
Jeff Spencer	M65	49:16
Richard Harris	M70	49:21
John Talbot	M60	50:26
Pamela Toohey	W60	52:35
Elaine Dance	W55	52:38
Margaret Bennett	W65	56:12
Jo Richardson	W50	56:14
Rhod Wright	M55	56:15
Mary Heppell	W65	57:49
Margaret Warren	W70	61:01

4.4K RUN

Bryan Hardy	M60	20:52
Leonie Jones	W45	21:14
Peggy Macliver	W60	21:57
Nick Miletic	M55	22:05
Jim Riddell	M65	22:51
Mike Anderson	M55	23:46
Carol Bowman	W50	24:20
V3		25:06
V2		26:28
Ray Hall	M70	27:41
Bob Fergie	M70	28:20
Pierre Viala	M55	30:14
Julie Wood	W55	30:15
Linda Rhodes	W60	31:58



Perry Lakes director John Bell, off the leash at Mosman as he passes Gillian Young.

Joan Pellier	W65	33:22
Toni Frank	W60	33:52
Dalton Moffett	M75	36:39
Lorraine Lopes	W65	46:20
Mary Young	W55	46:21

8.15K WALK

Shorty Turner	M70	74:00
Morris Warren	M65	74:00

6K WALK

David Brown	M55	41:24
Val Millard	W60	41:28
Beryle Doust	W55	44:33
Lynne Schickert	W65	45:09
Richard Danks	M60	45:40
Jeff Whittam	M70	47:45
Kirt Johnson	M75	48:54
Patricia Hopkins	W60	50:57
Jeni Shillington	W45	50:59
Ann Turner	W70	54:12
Pat Ainsworth	W70	54:13
Mitch Loly	M65	54:32

4.4K WALK

Michele Mison	W55	31:56
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PATRON'S TROPHY

COKER PARK November 23, 2006

1500M		
David Solomon	M40	4:55.6
Campbell Till	M45	4:56.4
Bjorn Dybdahl	M50	5:05.4
Bert Carse	M65	5:12.9
Bob Schickert	M65	5:23.6
John Collier	M40	5:25.5
Lee Holliday	M50	5:26.6
Colin Smith	M40	5:32.4
David Carr	M70	5:39.7
John Dennehy	M45	5:53.8
John Oldfield	M60	5:54.6
Carl Ciccarelli	M45	5:34.8
Deb Gardner	W35	5:36.6
Frank Gardiner	M55	6:14.0
Gillian Young	W55	6:14.9
Maurice Creagh	M60	6:15.5
Peggy Macliver	W60/6:34.0 (SR)	
John Ellard	M60	6:37.1
Toni Phillips	W30	6:39.1
Tom Lenane	M50	6:42.7
Nick Miletic	M55	6:55.9
Carol Bowman	W50	7:11.3
Val Millard	W55	8:14.8
Lynne Schickert	W65	9:27.8
Elaine Ellard	W60	10:22.2

LONG JUMP

Peggy Macliver	W60	3.45
----------------	-----	------

David Carr	M70	3.16
Campbell Till	M45	5.40
John Dennehy	M45	3.71
Bjorn Dybdahl	M50	4.30
John Ellard	M60	2.70
Elaine Ellard	W60	1.78
Bob Schickert	M65	3.01
Lynne Schickert	W65	2.65
Bev Hamilton	W60	2.66
Lee Holliday	M50	4.49
Colin Smith	M40	4.50
Val Millard	W55	2.30
Tom Lenane	M50	4.08
Gillian Young	W55	2.73
Maurice Creagh	M60	2.33

UWA November 28, 2006

RECORDS SET

The hardy few battled through atrocious conditions being buffeted by the wind and stung by the swirling sand and leaves. The promised front went through precisely during the 1500M making it hard going.

Trophy events were 1500m and long jump – but we also had two State hammer records (tbc.)

Christine Oldfield

HAMMER

(non-Patron's event)

John Everard	M45 37.79 (SR)
Kate Glass	W55 38.49
Raema McMillan	W75 16.92 (SR)
Byrony Glass	Vis 50.44

"IT WAS good to see so many people taking part in this year's Trophy event," said Barbara Blurton. "Slight change in rules encouraged some new competitors and the finishing order reflects this.

"Next year we hope to bring back a walks event which will be conducted under the watchful eyes of accredited judges.

"Congratulations to all those who took part and especially to the two winners, Peggy Macliver and David Carr."

FINAL PATRON'S TROPHY PLACES

	10000m	3000m	400m	5000m	100m	1500m	800m	200m	Shot	Javelin	Discus	Hammer	LJ	TJ	TOTAL OF BEST ELIGIBLE EVENTS
Peggy Macliver	79.49	82.28	88.44	80.72	90.76	82.85	85.79	91.02	50.70	43.50	37.89		69.14	73.93	795.63
Gillian Young	82.21	83.77	78.54	83.90	77.53	83.32	74.47		43.94	27.98	22.05		52.10		687.76
Delia Baldock		63.75	75.51	62.33	74.17	65.24	68.18	73.97			18.30		64.87	68.80	635.12
Val Millard	64.61	62.33	54.69	64.47	60.42	63.13	54.87	58.96	36.02	22.60	21.95		43.89	43.43	552.13
Lynne Schickert			52.51		59.85	60.20	57.42	58.39	39.34	28.40	24.90		55.97	63.09	500.07
Elaine Ellard		54.74	46.68		53.84	54.09		48.00	32.93		17.15		36.93	42.66	387.02
David Carr	84.45	88.09	92.87	83.19	77.59	89.24	92.95	87.70	34.96	38.65	38.12		64.25		759.51
Campbell Till		73.39	85.84	72.65	84.53	80.56	83.96	85.92	34.40	35.57	28.95		74.75	67.89	745.06
Bjorn Dybdahl	81.98	79.12	75.74	79.97	75.62	81.00	79.50		39.04	28.83	24.94		62.73	64.59	719.29
Lee Holliday	70.25	70.46	75.88	70.59	79.49	74.43	74.93	77.56	43.68	40.64	36.08		63.78	60.63	691.43
Bob Schickert	82.46		71.58	78.37	76.34	84.47	82.64	76.28	39.60		28.94		52.36		673.04
John Ellard	67.17	66.57	63.32	66.99	68.50	68.28	63.92	61.12	36.71	18.00	22.31		46.23	42.61	590.30
Colin Smith			84.08		84.44	67.93	77.79	82.87	26.69	24.17	22.51		57.86	56.20	584.54
John Dennehy		60.94	67.75	61.85	68.10	66.26	68.61	70.30	24.33	15.41	16.61		50.07		554.82
Maurice Creagh	71.33	70.79	60.09	68.59		69.93			37.27	19.29	19.89		37.52	40.08	494.78
Tom Lenane				58.14	73.19	59.85	59.89	71.39	36.26	33.17	23.35		57.21		472.45
John Everard			45.82		69.44				46.16		38.94	54.60	38.27		293.23



*Loneliness of the long-distance jumper?
Ross Wickham usually has the pit all to
himself at out UWA meetings.*

LONG JUMP

John Everard	M45	2.80
Peggy Macliver	W60	3.41
Christine Oldfield	W60	2.23

1500M

Alan Gower	M50	5:09.2
Bjorn Dybdahl	M50	5:32.0
John Collier	M40	5:32.4
Bruce Wilson	M60	5:41.5
Deb Gardner	W35	5:50.1
Keith Edmonds	M35	6:29.6
Karyn Gower	W45	6:32.4
Delia Baldock	W40	6:34.0
Toni Phillips	W30	6:52.9
Christine Oldfield	W60	7:59.9
Val Prescott	W?	10:22.1
Peter Kennedy	M85	13:19.8

COKER PARK

November 30

(St Andrew's Day), 2006

While a huge number of athletes competed at Coker I was getting my exercise from jigs and reels with Kalamunda Scottish Dancing group. I'm not sure which is the more energetic!

Christine Oldfield

800M

Campbell Till	M45	2:17.3
Colin Smith	M40	2:20.5
David Solomon	M40	2:20.9
Christian Wakeling	M30	2:22.7
Chris Neale	M35	2:23.1
Bjorn Dybdahl	M50	2:30.0
David Carr	M70	2:38.5
Bob Schickert	M65	2:38.8
Joel Burns	Vis	2:35.5
Lee Holliday	M50	2:36.5
John Dennehy	M45	2:45.1

Peggy Macliver	W60	2:56.7
Delia Baldock	W40	2:57.0
John Oldfield	M60	2:59.0
Toni Phillips	W30	3:07.5
Gillian Young	W55	3:12.9
Tom Lenane	M50	3:14.2
John Ellard	M60	3:23.7
Ruth Johnson	W65	3:28.3
Carol Bowman	W50	3:35.1
Val Millard	W55	4:21.8
Lynne Schickert	W65	4:40.7

LONG JUMP

Delia Baldock	W40	4.21
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TRIPLE JUMP

Lynne Schickert	W65	6.00
Campbell Till	M45	10.36
Don Chambers	M65	8.57
Peggy Macliver	W60	7.40
Bjorn Dybdahl	M50	9.34
Ruth Johnson	W65	6.90
Delia Baldock	W40	8.93
Val Millard	W55	4.56
Elaine Ellard	W60	4.13
Maurice Creagh	M60	5.23
Kathy Menon	Vis	9.43
Colin Smith	M40	9.25
Lee Holliday	M50	9.01
John Ellard	M60	5.22

UWA

December 5, 2006

800M

Duncan McAuley	M55	2:28.8
Chris Neale	M35	2:28.9
John Collier	M40	2:51.1
Keith Edmonds	M35	2:52.0
Toni Phillips	W30	3:01.9
Peggy Macliver	W60	3:04.4
Leonie Jones	W45	3:08.9
Barry Jones	M45	3:21.2
Christine Oldfield	W60	3:59.6

TRIPLE JUMP

Ross Wickham	M40	12.12
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COKER PARK

December 7, 2006

A State Record in the discus.

DISCUS

Toni Phillips	W30	21.70
Bev Hamilton	W60	23.02 (SR)
Lee Holliday	M50	26.35
Mark Hamilton	M35	37.21
Garry Ralston	M50	22.43

200M

Colin Smith	M40	25.7
Campbell Till	M45	25.9
David Solomon	M40	27.2
Roy Fearnall	M60	27.8
Lee Holliday	M50	29.1
Kathy Menon	W30	30.8
Tony Segall	Vis	30.9
Mike O'Reilly	M65	32.1
John Dennehy	M45	31.2
David Carr	M70	31.3
Peggy Macliver	W60	31.7
Delia Baldock	W40	32.1
Tom Lenane	M50	31.4
Bob Schickert	M65	32.5
Carl Ciccarelli	M45	33.9
Jim Riddell	M65	36.5
Ivan Brown	M60	36.0



*Record-setter Rae McMillan, pictured here
with the heavy weight, is one of our most
stylish and consistent throwers with all
implements.*



Frank Gardiner	M55	40.2
John Ellard	M60	40.3
Carol Bowman	W50	41.4
Val Millard	W55	47.5
Lynne Schickert	W65	50.9
Elaine Ellard	W60	61.3

UWA

December 12, 2006

200M

Garry Ralston	M50	26.6
Chris Neale	M35	27.1
Barrie Kernaghan	M65	27.6
Duncan McAuley	M55	28.0

Mathew Walker	Vis	28.0
Peter Gare	M65	30.0
Peggy Macliver	W60	33.1
Christine Oldfield	W60	47.0
Lynne Schickert	W65	55.8

HAMMER

John Everard	M45	37.65
Bob Fergie	M70	35.03
Rae McMillan	W75	18.20 (SR)
Damien Hanson	M50	23.17

TRACK and FIELD

Patron's Trophy is now finished, but meetings continue at both Coker and UWA. Events start at 6pm, in order as printed in Vetrin 391.

FEBRUARY 4 FRIENDSHIP

Director: Jim Barnes – 9459 2617

COMING EVENTS and helpers list

All helpers: you MUST contact your director and confirm whether you are available. If you are NOT, ALSO contact Bob Schickert to be allocated another event.

Barbara & Jack Bailey, Kay & Sandy Burt, Don Caplin, Chris Coates, Wendy Clements-Green, Janet Gibbons, Myra Hind, Hamish McGlashen, Christine & John Oldfield, Joan & John Pellier, John Talbot, Karen Valenti.

FEBRUARY 11

DEADLY MEDLEY

Director: Bob Schickert – 9330 3803

Doug Ashfield, Stephen Dunn, Margaret Langford, Karen & Mike Polkinghorne, Mary Young.

FEBRUARY 18

MCCALLUM LAKES

Director: Sue Bullen – 9474 3718

Keith Atkinson, Jim Langford, Duncan & Fiona McAuley, Noel McKenney, Joan Pellier, Chris Shenton, Ron Sutton, John Talbot, Blakeney Tindall, Peter Woods, Rhod Wright.

FEBRUARY 25

PK

Directors: Elaine & John Dance – 9593 4706

Geoff Barrett, John & Beryl Doust, Ray Hall, Paul Lewis, Mitch Loly, Pam & Steve Toohey.

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Vetrun

The magazine of Masters Athletics WA

FEBRUARY
2007
No. 395



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New webmaster needed

JOHN Stone, the track runner, computer whiz and all-round nice guy who set up the club's website is leaving for pastures greener (and colder!)

Sadly, John and his family are returning to his native New Zealand. He takes with him the heartfelt thanks and good wishes of Masters.

"We send our best wishes to you and your family, and a big thank-you for all the work you have done for the club with the website," writes Bob Schickert, on behalf of members. "Hope you keep up your contact with Masters athletics over there."

Now, we have to find someone else with the talent to manage our club website.

John Stone points out that experience in website design and maintenance is required. "Its definitely NOT the sort of

thing that someone could be easily trained up to do," he says.

"They would need experience with 'Microsoft Frontpage' or 'Dreamweaver' software, and would need such software on their own computer.

If you have the capacity and are interested in taking on the website task – or know someone who might be able – please contact Bob Schickert, or Vetrun.

Make these dates...

OUR Annual General Meeting – Monday April 16, 2007. Formal notice will be in March Vetrun.

■ **Canberra and Australian Masters Athletics Marathon Championships – Sunday April 15. Bob Schickert has entry forms –**
TEL: 9330 3803 or email rschicke@bigpond.net.au

■ **Bunbury's 'City V Country Challenge' – Saturday February 17, at Payne Park, Albert Rd, Bunbury. 2pm start, track and field events.**

■ **Australian team managers and masseur are required for**

turn to P3

CLUB WEEKEND – MARCH 2007

OVER Labour Day weekend (Friday 2nd to Monday 5th March, inc.) we have booked seven chalets at the Dwellingup Caravan Park.

Dwellingup is in jarrah forest 100km from Perth, with the Murray River nearby at Lane Poole Reserve, suitable for swimming. Also, the Forest Heritage Centre is worth a visit, and the Bibbulmun and Mundi Bindi trails pass though Dwellingup.

Chalets have two bedrooms, each with a double bed and triple

bunk beds. Because the bunk beds are quite small, we suggest they're only suitable for one person. This means each chalet would comfortably take six people. Therefore the cost is a little more than usual – at \$80 each for the three-night weekend.

Please let me know as soon as possible if you intend coming along. Call:

Margaret Bennett 9275 0169, or see me, or Elaine Dance, on any Sunday.

MORE RECORDS SET IN '06

2006 ended with another swag of State Records, making a total of 10 for December and an even 100 for 2006. In addition, seven Australian Records were achieved in the year. New marks are:

M85 5000m	Peter Kennedy 52:43.5
M85 Mile	Peter Kennedy 14:35.9 (inaugural AR)
W60 Mile	Peggy MacIver 7:20.5 then later 7:11.0
W60 Discus	Bev Hamilton 23.02m then later 23.37m
W55 Discus	Kate Glass 26.71m
W65 High Jump	Ruth Johnson 1.03m
W75 Hammer	Rae McMillan 18.20m
W75 Discus	Rae McMillan 16.29m

Age-graded winners

COLIN Smith leads the 5km field at McCallum (last Sunday, Jan 28) and stayed in front to the finish. Julie Wood was first woman. In the longer, 8km handicap events, Jim Langford was supreme and Shirley Bell was first female home.

The men's 5km walk was won by Stan Jones, and the women's by Val Millard. Full results will appear in the March Vetrun.



Bright and early at Ashfield



Brilliant early-morning sunshine was in the eyes of the Ashfield starters, and soon turned to trying heat. Full report and results – page 5.

Birthdays in February

Bailey	John	M80
Baldock	Delia	W45
Bariolo	Michelle	W30
Baxter	Janet	W60
Bruce	Rex	M65
Carr	Pat	W75
Cheney	Anthea	W50
Chisholm	Colin	M40
Clive	David	M70
Cortis	Henri	M60
Cresp	John	M55
Dance	Elaine	W55
Drinkwater	Pete	M55
Ferris	Irene	W55
Gower	Karyn	W45
Hicks	Clive	M50
Jarvis	Jan	W60
Jones	Barry	M50
Jones	Leonie	W45
McMillan	Jim	M80
Medcalf	Noela	W70
Miller	Dennis	M65
Oswald	Franz	M60
Paxman	Brian	M75
Richardson	Jo	W55
Rosen	Mark	M55
Smith	John	M70
Spencer	Jeff	M65
Thorniley	Alan	M50
Tyson	Allen	M80
Viala	Denise	W55
White	Darryl	M45
Young	Mary	W55
Prescott	Val	W60

You write...



Bob Fergie

Dear Vic,

I've recently found an interesting website, www.masterathletics.net from AUSTRALIA (but in perfect English!)

It's still under development but has a huge array of information on one location; annual rankings, all-time rankings, national title-holders and other records and so on from all around the world. Worth a look.

*Cheers,
Campbell Till*

Hi Vic,

For those interested the complete results of all 12 Veterans/Masters World Championships are now available online. It's all on the Masterstrack website: precise address is www.masterstrack.com/blog/001185.html #more.

Until very recently many of these results were not easily available.

Cheers, Campbell Till

Great day in Bunbury

Dear Vic,

I have just returned from the City vs Country Challenge and would like to thank the Bunbury Club for a most enjoyable afternoon's competition and for their hospitality after the event. The programme is arranged so that you can compete in just about everything, if you wish, and is a good opportunity to try events you would not normally attempt. All for the good of your team!

The country team put us to shame in this respect. Unfortunately the City team was only three-strong, which seemed a great pity. This is the ideal chance to join with our country members on their home ground for a change.

Next time

There is another chance to do this on February 17 – so put this date on your calendar, for a good afternoon's competition, whatever level you're at.

My thanks to Rob Antonioli for all his efforts in keeping us going; the country members for their friendly spirit of competition; and to Lyn Ventris for her generous presentation.

Finally - I have not the least idea how the challenge ended, so I shall have to leave others to report. And as I shall to be able to attend in February it will be up to some others to help carry the City flag.

Bob Fergie

Boxing Day BBQ Run

December 26, 2006

Director: Barrie Thomsett

IT was with trepidation that I listened to the weather forecast for Boxing Day, and sure enough a forecast of 38 degrees was not a happy one. But after a blazing hot day, a roaring sea breeze made just beautiful conditions for an evening under the trees.

Bryan Hardy and I realised it was too late to put the start time back an hour, and the dreaded Daylight Saving had caught us out. Just before the start a discussion with Bob Schickert – about making



Barrie Thomsett

future events a breakfast one - led to a show of hands from those attending. 100% were for leaving the event as is.

So with no flags being put out, let 'em find their own way attitude, only the club clock, no times taken, and a call to be back for dinner before the hour was out, about 25 souls meandered into the distance. Their drink station was water fountain near the start/finish.

The following sociable gathering seemed to be thoroughly enjoyed by one and all, with Xmas left-overs being handed about with a will.

It was about 9pm that I sort-of discovered that the club banner was not in the boot of my car.

However, next day our Hon' Pres' suggested that the Oliver family had rescued said banner. Yep, there it was at Ivan's on NYE, the following Sunday.

My thanks to those souls who defied nature, and a wish that next year with a 7pm start, many more will make my small contribution to the club calendar a larger event. I believe this must be our oldest event, even if it has changed hands and places a time or two.

Barrie Thomsett

Any more for the Sub-3hr club?

OUR list of club members who have bettered the three-hour marathons mark is lengthening. Additions are:

Maurice Johnston - 2:43:25, on 17 September 1978.

Bob McNamara ran 2:51:45, in Rotorua (circa 1979) when he was 42.

Bob Harrison - 2:40:07. (He doesn't know the date that he did that time, but it was in the same Perth Marathon that Steve Barry did his 2:40:10 because he remembers passing Steve just before the finish!) (* Steve says his best is 2:40:45 - on 2-7-1990).

Arnold Jenkins best was 2:59:52 in 1984 - when aged 40. Other names, (research needed) are Chris Brockwell, Tom Savin, Kevin Anderson, and Bob Argyle.

Finally, Barrie Robinson, in the 1984 Perth event (August 5), ran 2:52:35 when aged 44.

I hope that Jim Barnes may provide more information on the above.

When we have as complete a list as possible, Campbell Till may be able to provide a definitive, age-graded list of performances.

New members – Welcome!

WE'RE approaching another record - in membership numbers. A handful more will take us above 488, the old record for the Vets/Masters. So, it's the right time to bring along a few, new friends!

509 Kerriann Presser W35
511 Eldon George M35
516 Saskia Letham W30
517 Mike Hanretty M40
519 Chris Hanretty W40
521 Cheryl van der Spuy W50
522 Cyril Robinson-Goodwin M60
356 Alan Deans M55
527 Jevier Bouzada M35
529 Helen Klinge W55
530 Peter Hopper M60
531 Steve Giles M45
532 Mirella Tarulli W40
348 June Tilson W65

BIG CROWD CHEERS BARRIE'S 400m

by David Carr

MOST came to see the world's best pole vaulters, but there was tremendous support for the Masters' 400m handicap at the Drug-Free Classic (Perry Lakes, January 7th.)

With good form and a generous handicap, the rapidly improving Kathy Menon was regarded as certainty before the race. But the front-runner said she could hear the footsteps of "a herd" as she neared the line. Barrie Kernaghan and then Rob Antonelli caught her as she desperately tried to hold on.

Barrie was a noted handicap runner in younger times. He regularly uses handicap sessions with a partner in his training.



All the Masters are pictured, excepting Colin Smith (who was still making up his scratch position!) Photography was by Clive and Lynne Choate.

Barrie Kernaghan (63m)	50.84	Bob Schickert (75m)	55.08
Rob Antonelli (58m)	51.98	Peggy MacIver (80m)	55.45
Kathy Menon (81m)	52.35	David Carr (68m)	55.49
Norm Richards (77m)	52.62	Cambell Till (6m)	55.84
John Dennehy (67m)	52.99	Brett Roach (26m)	56.52
Duncan McAuley (40m)	53.33	Colin Smith (00)	56.62
Bjorn Dybdahl (67m)	53.66		

'Why I Run' – runner's stories wanted

Hi,

My name is Denis Bernicky and I am the webmaster for Club des coureurs Phoenix Runners (<http://www.club-phoenix.org>)

We have been collecting stories from runners entitled 'Why I Run' and was wondering if you could let your membership know about our desire to post their stories.

If they want to check out the existing stories on the website they can be found at

<http://www.club-phoenix.org/listreviews.php?rev=running>

We really would like to grow this into a group of stories and photos from runners all over the world. All stories will include the name of the club the runner runs for and

where that club is located. If the club has a website a link back to that club's website will be part of the story.

Thank you for taking the time to consider this email.

Sincerely,

Denis Bernicky

Laurie's book should make you think!

ANOTHER Master's member is a published author - but on a different track. Laurie Green's 'WRONG WAY GO BACK' is not an athletics guide. 'Random comments on contemporary society' is its sub-title. as he explains in his preface, the book is a collection of thoughts and reactions about life today; reactions to the explicit teachings of Christian churches; and the

implicit teachings or morés of our society.

"I am attempting to draw people's attention to aspects of contemporary life that would profit from a closer scrutiny...that may perhaps not only help us to take another step on the evolutionary ladder, but...help all suffering humanity....we may be heading down the wrong road!

To see the book, contact Wendy Clements-Green at any Sunday run.

Make these dates... (from front page)

WMA Championships in Riccione, Italy September 2007. Applications close 15 March: details November 2006 Vetrin.

■ MAWA steeplechase and pole vault championships – Saturday afternoon, 10 February – with Athletics program D at Perry Lakes.



THE Point Walter Run is always a poignant one for club members who knew the redoubtable Ted Maslen. A man of enormous talent and worth, Ted was a prominent citizen in many fields. A rugged runner, he pushed himself to the limit, and met it on the Point Walter run ten years ago.

A while after her tragic loss, Sheila Maslen presented Ted's club singlet to Bob Schickert. He wore it as a quiet tribute at this year's event.

Alderbury Park, Perry Lakes X/C

December 31, 2006

Race Director: Ivan Brown

FINE and mild conditions helped to make this event enjoyable for 79 runners and 12 walkers. My thanks to all helpers, especially Bob and Sue who collected the flags. Things ran smoothly on the day. Steve Dunn won the 4km and Peter Sullivan ran strongly to win the 8km.

It was sad to recall that this course was designed by Brian Foley. He is missed very much by club members.

Ivan Brown



Start of the Alderbury 4K/8K runs

8K RUN

Peter Sullivan	M45	30:45
John Pentecost	M45	31:45
John Allen	M45	32:05
Jim Klinge	M60	32:11
Chris Frampton	M40	33:00
V6		33:07
Doug Ashfield	M45	33:26
Saskia Letham	W30	33:43
Bruce Wilson	M60	33:51
Bob Schickert	M65	34:14
John Collier	M40	34:36
Brian Bennett	M55	34:57
Neil McRae	M50	35:01
V3		35:07
Michael Karra	M40	35:34
Blakeney Tindall	M45	36:09
Brian Danby	M55	36:15
Ivan Pilton	M60	36:55
John Bell	M60	37:42
Peter March	M45	37:52
Gillian Young	W55	38:05
Irwin BarrettLennard	M75	38:27
Helen Lysaght	W50	38:41
Johan Hagedoorn	M60	39:51
Shirley Bell	W55	39:52
Karen March	W45	39:55
Nick Miletic	M55	40:27
Keith Atkinson	M50	40:29
Charlie Chan	M50	41:00
Paula Karra	W35	41:11

V4		41:55
Frank Gardiner	M55	41:57
John Ellard	M65	42:01
Terry Humphrey	M55	42:14
Vic Waters	M60	42:17
Terry Manford	M65	42:43
John Smith	M70	43:27
Cheryl van der Spuy	W50	43:30
Roger Walsh	M60	43:34
Jim Barnes	M60	43:34
Lorraine Lopes	W65	43:54
Bob Sammells	M65	44:16
V7		44:41
Brian Smith	M65	45:08
Berni Scott	W45	45:37
Grace Hollin	W45	46:08
Brian Hunter	M60	47:06
Pamela Toohey	W60	47:19
Christine Oldfield	W60	47:27
V8		49:55
Richard Danks	M60	51:03
Vic Beaumont	M75	51:27
Val Millard	W60	51:49
Julie Wood	W55	59:33
Margaret Bennett	W65	59:34

4K RUN

Stephen Dunn	M40	14:55
Bjorn Dybdahl	M50	16:43
Duncan McAuley	M55	16:45
John Oldfield	M60	17:17
Bryan Hardy	M60	19:17

Fenella Gill	W40	19:29
Gary Fisher	M50	19:35
Carol Bowman	M60	20:01
Toni Phillips	W30	20:41
Jim Riddell	M65	21:05
Mike Anderson	M55	21:34
Wendy ClementsGreen	W60	22:29
Richard Harris	M70	23:10
John Talbot	M60	23:30
Mary Young	W55	23:40
Fiona McAuley	W55	23:41
V1		24:33
Jacqui Halberg	W60	25:22
Bob Fergie	M70	26:20
Steve Toohey	M55	26:44
V2		27:35
Ray Lawrence	M75	30:22
Dalton Moffett	M75	30:23
Shorty Turner	M70	30:50

8K WALK

Ray Hall	M70	43:15
Lynne Schickert	W65	44:16
Stan Delandgrafft	M80	48:23
Jeff Whittam	M70	48:23
Kirt Johnson	M75	50:26
Patricia Hopkins	W60	51:44
Vis		53:06
Sue Hughes	W55	56:32
Simon Mort	M50	56:33
Ron Sutton	M65	57:33

		Clock	H/cap	Run Time
7.2K RUN				
Jane Elton	W40	42:07	06:24	35:43
Mick Hanretty	M45	43:33	13:40	29:53
Jevier Bouzada	M35	45:43	11:00	34:43
Pamela Toohey	W60	45:45	6:12	39:33
Denise Viala	W55	45:48	3:18	42:30
Grace Hollin	W50	45:57	7:48	38:09
Richard Harris	M70	46:16	5:24	40:52
Bryan Hardy	M60	46:17	14:06	32:11
Hamish McGlashan	M70	46:27	11:30	34:57
Ivan Pilton	M60	46:33	15:12	31:21
Brian Bennett	M60	46:33	17:18	29:15
Troy Lundgren	M55	46:36	10:48	35:48
Chris Frampton	M40	46:37	19:06	27:31
John Oldfield	M60	46:39	16:30	30:09
Roger Walsh	M60	46:48	10:30	36:18
Michael Karra	M40	47:02	16:48	30:14
Mike Khan	M60	47:08	12:30	34:38
Lorraine Lopes	W65	47:10	9:06	38:04
Greg Vander Sanden	M45	47:13	20:00	27:13
Terry Manford	M65	47:15	10:54	36:21

January 7, 2007 East Perth Handicap McCallum Park

Directors: Jill Midolo, David Brown

Maurice Creagh	M60	47:15	13:42	33:33
Martin Watkins	M60	47:17	14:30	32:47
Brian Smith	M65	47:19	9:30	37:49
John Pentecost	M45	47:19	19:42	27:37
Carol Bowman	W50	47:20	11:48	35:32
John Collier	M40	47:21	17:06	30:15
Ally Flynn	W35	47:24	5:18	42:06
Graeme Neill	M45	47:25	14:30	32:55
John Allen	M50	47:27	19:54	27:33
Gary Fisher	M55	47:29	12:12	35:17
Joe Stickles	M65	47:31	11:06	36:25
Brian Hunter	M60	47:32	6:54	40:38
Lachlan Marr	M45	47:33	21:06	26:27
Paula Karra	W35	47:35	12:48	34:47
Saskia Letham	W35	47:37	17:54	29:43

John Talbot	M60	47:39	5:48	41:51
Tanya Burke	W35	47:40	5:18	42:22
Mark Sivry	M55	47:42	16:48	30:54
David Baird	M60	47:43	17:36	30:07
Wendy ClementsGreen	W65	47:48	6:54	40:54
Aldo Giacomini	M70	47:50	0:06	47:44
Doug Ashfield	M50	47:57	18:48	29:09
Jim Klinge	M60	48:00	19:36	28:24
Robin King	W45	48:02	15:00	33:02
Jim Langford	M60	48:07	21:00	27:07
Brian Danby	M55	48:12	16:24	31:48
Christine Oldfield	W60	48:12	6:36	41:36
Terry Humphrey	M55	48:30	11:06	37:24
Irwin BarrettLennard	M75	48:32	14:12	34:20
John Brambley	M65	48:35	12:24	36:11
Bert Carse	M65	48:41	19:30	29:11
Neil McRae	M55	48:58	18:24	30:34
John Dance	M55	48:59	9:36	39:23
Jeff Spencer	M65	49:00	10:12	38:48
Theresa Howe	W55	49:03	11:00	38:03
Wayne Taylor	M45	49:16	16:48	32:28
John Mack	M65	49:21	16:00	33:21
Vic Beaumont	M75	49:27	5:48	43:39

Ashfield Run

January 14, 2007

Director: Denise Viala

Conditions: hot

THIS was our second year at Katanning Street and it was great to see the new carpark being constructed. The earlier start, caused by daylight saving, was better for our runners and walkers, as it was quite hot. Although for us, getting set up in the dark, it was not easier! Huge thanks to our many helpers, without whom the run would not be possible: Jervia, Shorty & Ann, Johan & Julie, Kirt, Alan, Dalton, Telsey, Brian & Pam, Pat&Norm, Syd and Pierre.

Denise

10K RUN

Brett Roach	M35	36:39
Jim Langford	M60	38:19
Peter Sullivan	M45	38:57
Chris Frampton	M40	39:37
John Pentecost	M45	39:40
Chris Maher	M50	40:21
John Allen	M50	40:36
Mike Hanretty	M45	43:10
Mirella Tarulli	W40	43:32
David Baird	M60	43:54
Neil McRae	M55	44:20
Mark Sivyer	M55	44:53
Eldon George	M35	44:53
Mike Hale	M60	45:31
Frank Smith	M65	45:43
Brian Danby	M55	45:55
Bob Schickert	M65	46:07
John Oldfield	M60	46:20
Mal Vernon	M50	46:44
Ivan Pilton	M60	47:05
Bob McNamara	M65	47:17
John Mack	M65	47:29
Gillian Young	W60	47:45
Helen Lysaght	W55	48:22
Charlie Chan	M55	49:14
Keith Atkinson	M50	49:22
Su Oliver	W50	49:56
Irwin Barrett-Lennard	M75	50:08
Vic Waters	M60	50:23

(h/cap - 30 secs)

Gary Fisher	M55	50:27	Bob Sammells	M70	27:15
Karen March	W45	50:40	Mike Anderson	M55	27:56
Peter March	M45	50:40	John Byrne	M60	28:17
Wayne Taylor	M45	51:23	Arnold Jenkins	M60	28:29
Hamish McGlashan	M70	51:26	Wendy Clements-Green	W65	28:36
Silvio Wirth	M55	51:27	Richard Harris	M70	28:47
Carol Bowman	W50	51:33	John Talbot	M60	28:57
Nick Miletic	M55	51:54	Christine Oldfield	W60	28:59
Robin King	W45	52:10	Stan Lockwood	M75	29:18
John Brambley	M65	52:55	Cyril Robinson-Goodwin	M60	32:08
Christine Engels	W50	52:57	Bob Fergie	M70	32:09
Gary McLean	M40	52:58	Chris Hanretty	W40	33:26
John Pellier	M65	53:55	Margaret Warren	W70	34:37
John Smith	M70	55:18	Morris Warren	M70	35:28
Jim Barnes	M60	55:43	Joan Pellier	W65	35:42
Milton Mavrick	M50	56:33	Ray Lawrence	M75	37:24
Roger Walsh	M60	57:17	Mary Heppell	W70	37:28
Graham Thornton	M65	57:28	Keith Forden	M65	37:42
John Dance	M55	57:29	Simon Mort	M50	37:42
Vis 1	#N/A	57:36	Karen Valenti	W40	40:04
Vis	#N/A	57:59	Myra Hind	W40	40:04
Berni Scott	W45	58:30	Linda Rhodes	W60	40:43
Grace Hollin	W50	58:54			
Rhod Wright	M55	59:26			
Viv Lok	W45	60:15			
Mike Rhodes	M60	63:22			
Vic Beaumont	M75	67:19			
Jo Richardson	W55	69:38			
Mary Young	W55	69:44			

5K RUN

Stephen Dunn	M40	19:04
Paul Burke	M35	20:47
Raymond Gimi	M40	22:33
Barbara Blurton	W55	23:23
Bruce Mathieson	M60	24:01
Peggy MacIver	W60	24:58
Maurice Creagh	M60	24:59
Delia Baldock	M60	25:30
Jacqui Halberg	W60	26:34

10K WALK

Val Millard	W60	69:48
Ray Hall	M70	72:23
Richard Danks	M65	72:56
Lynne Schickert	W65	75:25
Jeff Whittam	M70	80:30

5K WALK

Michele Mison	W60	38:28
Patricia Hopkins	W65	42:02
Victor Ratana	M70	42:05
Lorna Lauchlan	W75	43:58
Maggie Flanders	W70	44:50
Leo Hassam	M75	47:38
George Schaefer	M75	47:38
Josephine Schaefer	W60	47:59
Helen Klinge	W55	54:20
Jim Klinge	M60	54:21

EAST PERTH

WALK H/cap Trophy – Women

7K WALK

Lynne Schickert	W65	52:19	21:24	73:43
Val Millard	W60	48:40	26:00	74:40
Ann Turner	W70	61:18	14:30	75:48
Pat Ainsworth	W70	61:17	14:42	75:59

Walk Handicap Trophy – Men

7K WALK

Jeff Whittam	M70	55:17	19:12
Ron Sutton	M65	64:30	3:36
Leo Hassam	M75	68:50	8:12
George Schaefer	M75	68:51	n/h



Handicap winner Jane Elton

John Pellier	M65	49:34	11:36	37:58
Dennis Miller	M65	49:51	10:30	39:21
Margaret Warren	W70	50:00	0:00	50:00
Frank Gardiner	M55	50:03	17:00	33:03
Arnold Jenkins	M60	50:23	8:30	41:53
Margaret Bennett	W65	50:45	0:30	50:15
Jo Richardson	W55	50:45	1:12	49:33
Elaine Dance	W55	50:46	1:12	49:34
Stephen Dunn	M40	50:49	20:54	29:55
Mary Heppell	W70	50:51	0:00	50:51
Mike Hale	M60	50:59	18:42	32:17
Cheryl van der Spuy	W50	51:00	12:40	38:20
David Willmer	M50	51:14	20:42	30:32
Mike Anderson	M55	51:15	11:00	40:15
Mike Rhodes	M60	52:02	11:24	40:38
John Bell	M60	52:03	15:36	36:27
Gillian Young	W60	52:19	21:06	31:13
Jim Barnes	M60	52:23	17:12	35:11
John Smith	M70	57:11	13:06	44:05
Shorty Turner	M70	57:30	0:00	57:30
Pierre Viala	M60	57:30	3:00	54:30
Ron Spencer	M65	61:48	0:00	61:48

4K RUN

Alan James	M55	16:42
Peter Airey	M70	21:59
V3		23:35
Bob Fergie	M70	25:13
V7		25:16
Myra Hind	W40	25:18
Chris Hanretty	W40	28:00
Delia Baldock	M60	28:11
Karen Valenti	W40	28:21
Joan Pellier	W65	28:40
Ray Lawrence	M75	30:32

4K WALK

Lesley Romeo	W60	29:19
Michele Mison	W60	30:48
Kirt Johnson	M75	33:31
Pat Miller	W65	34:48
Maggie Flanders	W70	35:49
Sheila Maslen	W65	38:50
Mitch Loly	M65	39:33
Helen Klinge	W55	42:40

January 21, 2007 Point Walter

Director: Dave Roberts

11K RUN

Brett Roach	M35	41:28
John Allen	M50	44:35
Jim Klinge	M60	45:10
V3		45:33
Doug Ashfield	M50	46:44
Brian Bennett	M60	47:27
V4		47:50
Bob Schickert	M65	49:20
Michael Karra	M40	49:37
Frank Smith	M60	49:58
John Doust	M60	51:28
Ivan Pilton	M60	51:29
Gillian Young	W60	51:44
Keith Atkinson	M50	51:50
Helen Lysaght	W55	52:28
David Carr	M75	53:49
Jevier Bouzada	M35	53:51
Johan Hagedoorn	M60	54:00
Nick Miletic	M55	54:04
Maurice Creagh	M60	54:28
Charlie Chan	M55	54:49
Wayne Taylor	M45	55:34
Troy Lundgren	M55	55:38
Hamish McGlashan	M70	55:44
Silvio Wirth	M55	56:59
Paula Karra	W35	57:28
Mike Hale	M60	57:52
Milton Mavrick	M50	58:34
John Ellard	M65	59:13
Rhod Wright	M55	61:30
Roger Walsh	M60	61:45
John Dance	M55	62:24
Jeff Spencer	M65	62:29
Bob Sammells	M70	62:49
Jacqui Halberg	W60	63:13
Berni Scott	W45	64:04
V6		65:50
John Talbot	M60	66:17
Christine Oldfield	W60	66:37
Viv Lok	W45	67:30
Pamela Toohey	W60	67:35
Denise Viala	W55	67:57
Richard Harris	M70	69:00
Elaine Dance	W55	73:41
Jo Richardson	W55	78:13

6.2K RUN

Alan James	M55	24:43
Saskia Letham	W35	24:56
Bruce Wilson	M60	25:00
Paul Burke	M35	25:12
Syd Parke	M55	25:16
Peter Bull	M50	25:22
Syd Beer	M60	25:33
Kay Burt	M60	28:02
Vic Waters	M60	28:11
John Mack	M65	28:18
Barry Jones	M50	28:39
Bruce Mathieson	M60	28:45
Leonie Jones	W45	29:45
Irwin BarrettLennard	M75	29:57
Carol Bowman	W50	30:31
Su Oliver	W50	30:32
Bob McNamara	M60	30:33
Mike Rhodes	M60	31:23
Peggy Macliver	W60	31:45
Graham Ainsworth	M50	32:25
Mary Young	W55	33:29
Arnold Jenkins	M60	33:49
Simon Mort	M50	33:56
Wendy ClementsGreen	W65	34:05
Mike Anderson	M55	34:13
Doug Hazell	M55	34:18
Stan Lockwood	M75	34:41
Peter Airey	M70	34:46
Raymond Gimi	M40	35:27
Damien Hanson	M50	35:34



Brett Roach - winner at Point Walter and Ashfield

Myra Hind	W40	36:22
Debbie Dance	W35	37:01
Vic Beaumont	M75	37:19
Tanya Burke	W35	37:21
Steve Toohey	M55	38:48
V7		38:57
Bob Fergie	M70	39:22
Sheila Maslen	M70	41:31
Morris Warren	M70	41:56

Ray Lawrence	M75	42:51
Margaret Bennett	W65	42:58
Karen Valenti	W40	43:40
Jeni Shillington	W50	44:38
Dalton Moffett	M75	44:38
Vis		50:06
Christina Wirth	W40	51:53
V2		51:53
Mary Heppell	W70	55:13
Linda Rhodes	W60	55:13

11K WALK

Val Millard	W60	77:51
Richard Danks	M65	82:27
Lynne Schickert	W65	84:30

6.2K WALK

David Brown	M60	40:51
Ray Hall	M70	46:15
Beryle Doust	W55	47:02
Jeff Whittam	M70	47:26
Kirt Johnson	M75	50:44
Patricia Hopkins	W65	50:59
V1		51:49
John Oldfield	M60	52:57
Pat Ainsworth	W70	52:58
Ann Turner	W70	53:09
Pat Miller	W65	53:18
Norm Miller	M75	56:49
Maggie Flanders	W70	57:35

TRACK AND FIELD

Patron's Trophy events have finished now, but track and field continues, and the records keep tumbling.

Coker Park

December 14, 2006

* two state records Mile and Discus

1 MILE

Simon Coates	M 35	4:58.4
Christian Wakeling	M30	5:23.6
Rob Cattrall	M45	5:29.8
Joel Burns	M30	5:46.1
Warren Thorne	Vis	6:14.7
John Oldfield	M60	6:24.7
Maurice Creagh	M60	6:50.0
Gillian Young	W55	6:57.5
David Carr	M70	6:58.2
Toni Phillips	W30	6:59.3
John Ellard	M60	7:06.6
Delia Baldock	W40	7:14.6
* Peggy Macliver	W60	7:20.5 (SR)

DISCUS

Lee Holliday	M50	26.97
Colin Smith	M40	16.83
* Bev Hamilton	W60	23.37 (SR)

UWA

December 19, 2006

* records - in the Mile and Shot
(Peter's are inaugural)

1 MILE

Rob Cattrall	M45	5:30.9
Bruce Wilson	M60	5:49.5
John Collier	M40	5:59.8
Bob Schickert	M65	6:07.1
Blakeney Tindall	M45	6:22.4
Jack Gare	Vis	6:48.9
Keith Edmonds	M35	6:57.8
Barry Jones	M45	6:59.5
Garry Ralston	M50	7:07.2
*Peggy Macliver	W60	7:11.0 (SR)
Carol Bowman	W50	7:39.0
Christine Oldfield	W60	8:31.9
Lynne Schickert	W65	10:14.9
*Peter Kennedy	M85	14:35.9 (SR/AR)

SHOT

*Rae McMillan	W75	16.29 (SR)
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Coker

January 18, 2007

* two records - Peggy in the 1000m and Carolyn Wills from Bunbury in the Javelin

1000M

Carolyn Wills	W35	3:53.9
Kerriann Bresser	W35	3:54.4
*Peggy Macliver	W60	3:56.4 (SR)
Maurice Creagh	M60	3:57.7
Gillian Young	W55	4:00.4
Delia Baldock	W40	4:06.8
Barry Newell	M50	4:14.7
Catherine Bresser	Vis	4:40.4

JAVELIN

Kevin Webster	M35	32.13
Luke Webster	Vis	38.37
*Carolyn Wills	W35	26.68 (SR)

UWA

January 23, 2007

Another inaugural state record for Peter Kennedy in the 1000M.
Peggy's time in the 60m looked like a record - but can't be counted since the start line was not properly marked!

1000M

Alan Gower	M50	3:04.1
Rob Cattrall	Vis	3:07.0
Duncan McAuley	M55	3:11.0
John Collier	M40	3:13.0
Bjorn Dybdahl	M50	3:16.4
Bruce Wilson	M60	3:18.3
Keith Edmonds	M35	3:26.5
Eldon George	M35	3:28.4
Bob Schickert	M65	3:37.7
Rob Greenhalgh	M55	3:31.6
Peggy Macliver	W60	4:05.9
Christine Oldfield	W60	5:00.2
Val Prescott	W60	5:56.2
Lynne Schickert	W65	6:10.0
*Peter Kennedy	M85	8:31.0 (SR)

60M

Barrie Kernaghan	M65	8.8
David Clive	M65	8.8
Norm Richards	M65	8.9
Lynne Choate	W50	9.0
Keith Edmonds	M35	9.1
Damien Hanson	M50	9.4
*Peggy Macliver	W60	9.4

MASTERS ATHLETICS WA STATE CHAMPIONSHIPS



March 2007
at Ern Clark Athletic Centre (Coker Park)
Wharf Street, Cannington

Times shown are based on last year's programme.
Actual times will depend on number of entries
received.

Competition takes place on four separate dates in
March - Friday 16th - Sunday 18th - Saturday 24th
- Sunday 25th

* Competitors should arrive at least 20 minutes before event is due to begin.

Friday March 16

TRACK

6.30pm 5000M Walk
7.30pm 10,000M
* 8.30pm - further 10,000M,
for M30-54, if made necessary
by large number of entries.

Sunday March 18

8.00am W30 +PENTATHLON
8.45am M30+ PENTATHLON

Saturday March 24

TRACK

12 noon 1500M
12.45pm 100M
2.05pm 400M
2.50pm 3000M Walk
3.15pm 80/100/110M
Hurdles

FIELD

8.00am Weight Pentathlon
Noon High Jump
Long Jump
Javelin
12.30pm Hammer

Sunday March 25

TRACK

8am 5000M
9.30am 200M
10.15am 1500M Walk
10.35am 800M
11.15am 300/400 Hurdles

FIELD

8am Discus
Shot
Triple Jump
Weight Throw

GENERAL CONDITIONS

Competition Rules

Competition will be conducted under IAAF and WMA rules subject to any special rules laid down by the local organising committee. Entry signifies that each competitor will abide by the rules.

SPIKES:

ONLY THE FOLLOWING SPIKES MAY BE USED ON THE MONDO TRACK:

- * 7mm cone/pyramids or xmax trees and 9mm cone/pyramids for high jump and javelin
- * 12mm cone/pyramids for starting blocks.

Age Groups

Competition will be conducted in the following five-year age groups for men and women:

30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+

The age group for each competitor is determined by his/her age on the first day of the championships – 16 March, 2007.

Entry Rules

Financial members of Masters Athletics WA are eligible to compete in this competition. Club uniform is to be worn. Athletes registered with other Veterans or Masters athletics clubs can compete on an invitation basis. For this championship, non-registered athletes are also eligible to compete by taking out a temporary membership with Masters Athletics WA. Refer to registration details on the entry form.

Awards and Results

Medals presented to the first three competitors in each event. Results will be published in Vetrin and on website.

Entry Forms available with this edition of Vetrin – or from:

Barbara Blurton - 9293 0190
vetrunners@optusnet.com.au

Bob Schickert 9330 3803
rschicke@bigpond.net.au

MAWA website: www.mastersathleticswa.org

TRACK and FIELD

UWA, Tuesday and Coker
Park, Thursday; all at 6pm.

MARCH 4 LAKE MONGER

Director:

John Oldfield - 9352
8958

Carol Bowman, Dee
Haines, Mike & Jean
Howe, Jim & Helen
Klinge, Gary McLean &
Chris Engles, Ross
Parker, Morland Smith,
Blakeney Tindall.

COMING EVENTS and helpers list

All helpers: you MUST contact your director and confirm
whether you are available. If you are NOT, ALSO contact
Bob Schickert to be allocated another event.

MARCH 11

TEDDY BIRDS

Director: David Muir - 9330 9749

Ray Attwell, Toni Frank, Fenella Gill, Mike Hale, Leo
Hassam, Pat Hopkins, Anne Jones, Michael Harvey,
Genevieve Spiro, Wayne Taylor, Victor Ratana, Jan &
Mike Walter.

MARCH 18

KALAMUNDA

Directors:

Bert & Bridget Carse -
9293 4934

Peter & Karen March,
Leslie Romeo, Graham
Thornton, David &
Sheila Walsh, Bob & Liz
Neville.

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9446 4452

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enquiries@mastersathleticswa.org



President:

Val Millard

Patron:

Bill Hughes

Vetrun

The magazine of Masters Athletics WA

MARCH
2007
No. 396



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Friends run in Kings Park

Almost 200 entrants made the Friendship Run our biggest event of the year. Full results of Masters entrants, and pictures, are on Page 4.

Track event for road runners

THE 19th Track Handicap will be held at McGillivray oval (under lights) on the 26th April 2007. Usually the weather is cool, with little or no wind, so if you are looking for a good time over 10Km, get your entry in.

Entry forms will also be available at the State Champs and Sunday club runs. BYO barbecue follow the race.

Entry Form for the Track Handicap – see page 2.

How close was that?

THE Bunbury City vs Country Challenge on Saturday 17 February was a great event with the City winning by .005 points. Many thanks again to President Rob Antonioli and the other Bunbury people for the competition and hospitality.

Renew on April 1st

MEMBERSHIP FEES are due on April 1 and a membership form is enclosed with this Vetrun.

Also, the new Sunday race programme for 2007/8 is included – see page 7.

Increased costs mean the club has to raise fees – for the

first time in five years. For the past few years we have organised a special 'Membership Run' – on April 1. As usual, a committee member will be on

duty that day to collect renewals. Alternatively, members can renew prior to that date, by hand or post. Credit cards are accepted.

NOTICE OF CLUB ANNUAL GENERAL MEETING

Nominations are also called for positions of:

Editor
Handicapper
Statistician
Auditor

Nomination Forms are available from the Club Secretary.

Proposed changes to the Constitution must be lodged with the Club Secretary 11A Dandenong Road, Attadale 6156 or rschicke@bigpond.net.au by 17 MARCH 2007.

MAWA's annual general meeting is on Monday 16 April 2007, 7pm at the Perry Lakes Hockey Club rooms. (For new members – this is the building where the Perry Lakes event on 10 December, and Alderbury Park CC on 31 December, started). All members are invited to attend.

Committee Nominations
Nominations are called for the committee for 2007-2008:

President
Vice-President
Secretary
Treasurer
Committee Members (4)

Life Membership

Recommendations for Life Membership should be forwarded to the Club Secretary by 17 March 2007. Nominations need to be approved by the Committee before the AGM. A recommendation needs to come from at least three (3) members.

Before a member can be elected as a Life Member they must have had active and continuous membership for at least ten (10) years and have substantially contributed to progress in the club. No more than two (2) Life Members can be elected in any one year. *cont. P3*

You write... Training for the Comrades

Hi Vic,

I only started running at the age of 37 but as South Africa's distance running scene is dominated by the Comrades, we used to do standard marathons as training runs at the weekend races during the first half of the year.

I managed five sub-3 hour marathons before I was 42, the best being 2:54:45 in February 1979 (on a steep and undulating course – those were the days!)

Thanks for your great job with the Vetrin,

Regards, John Frost

Consistent?

Hi Vic

In 1993 I ran 2:55:34 at the Perth Marathon, aged 34; and in 2005 I ran exactly the same time 2:55:34 at the Melbourne Marathon, aged 46.

Cheers,

Peter Sullivan

When 'e were a lad!

Hi Vic

If record times can include when "I were a lad" (age 29) recollections, I ran the London Marathon (April 1983) in 2:51:38.

Incidentally, Jim Barnes told me has achieved marathon times for every minute between his best time (2:43:23) up to 3hrs.

As your original article showed, some members have had some excellent running careers that the 'youngsters' don't get within a bulls roar of achieving!

Regards, Chris Coates

Not bad Chris, but I think when Campbell finally prepares the table of best runs, we'll have to include only those achieved at Australian veteran age and older. VW

Any more for the Sub-3hr club?

Yes!

OUR list of club members who have bettered the three-hour marathons mark is still lengthening; see this month's letters. Additions are Chris Coates, Peter Sullivan and John Frost. Incidentally, John mentioned a while back how much he admired the way WA Masters retains such spirit and efficiency, without the benefit of a clubroom/base. In South Africa John was part of a similar group, known as the Doorstep Club, because it had no home!

Rome recalled

Correction...

David Carr points out a website address error from last month. Correct address is www.mastersathletics.net (Note the 's' in the middle.)

His unsuccessful attempt to find world champs history at the other site mentioned last month (www.masterstrack.com) also stirred some memories.

'My memory of Rome is that all results were available as duplicated sheets the morning after the event. So about a thousand athletes would go to the hall and take as many copies as they wanted.

I believe a cigarette company sponsored this exercise. After a few days, the system collapsed under weight of people and paper. So we waited for a results book. In fact we are still waiting.

'If the magic of the net can deliver those results, they will be appreciated.

'A loosely related detail is that the relays were run after the marathon start. A couple of hours later the marathon finishers were close to the stadium and heading for their final lap on the track.

'Rest of the relays were cancelled. There I was in my spikes and nowhere to go.'

David Carr

Members nominated for National Awards

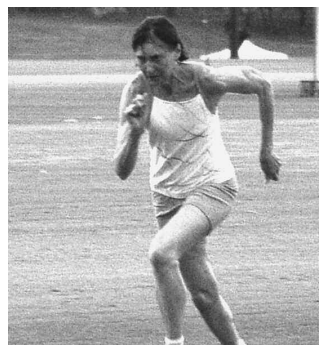
CONGRATULATIONS to all our members who have won nomination for AMA's 2006 awards. In the list, 'AMA' indicates performances in the National Championships (Easter 2006) and 'MAWA' indicates WA State Championships in 2006.

SPRINTS/HURDLES

Peggy MacLIVER W62

60m 9.6 (91.41%)

200m 31.7 (90.34%)



Sprint nominee Peggy MacLIVER

David Carr M73

400m 66.96 AMA (91.77%)

MIDDLE DISTANCE/ STEEPLECHASE

Eric Hope M55

800m 2:11.46 AMA (92.51%)

1500m 4:32.4 MAWA (92.4%)

David Carr M74

3000m 12:01.5(89.5%)

DISTANCE

Jim Langford M62

12km 45:31(90.3%)

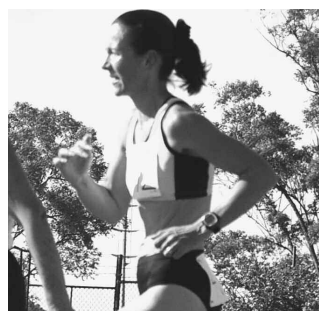
WALKS

Lyn Ventris W49

5000m W AMA 23:51 (97.39%)

10k R/W AMA 48:34 (97.41%)

3000m W MAWA 14:08 (91.57%)



'Outstanding' – Lyn Ventris

THROWS

Kate Glass W56

Weight Throw AMA 12.79m (94.95%)

MULTI EVENTS/RELAYS

Peggy MacLIVER W62

Pentathlon MAWA 3253 pts (AR) (LJ 3.59, Jav. 18.83, 200m 31.9, Dcs 16.22, 800m 3:06.0)

MOST OUTSTANDING MALE ATHLETE

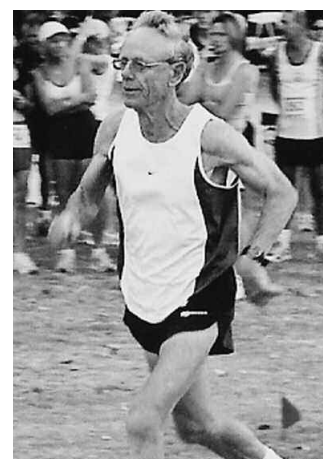
David Carr

MOST OUTSTANDING FEMALE ATHLETE

Lyn Ventris

MOST OUTSTANDING INDIVIDUAL PERFORMANCE

Lyn Ventris



'Outstanding' – David Carr

COME RUN WITH ME

by
Richard Harris

On a bell clear day
the bush loud with bees,
scents of mown hay,
sweat runs to my knees.
I run slick and sleek
down to a small lake
by the full creek
my goal time to make
It's great to be here
to run wild and free
the land bare and sere
no cares there for me.

Entry Form 10km Track Handicap McGillivray Oval 26th April 2007, at 7pm

Entry fee \$3 (with entry)
to:

Jeff Whittam,
49 Holland St,
Wembley 6014
Ph: 9387 6438

Name

Age Grp.....

Name

Age Grp.....

* If you are NOT on the club
handicap list (unlikely, unless
you are a new member, or a T&F
only athlete, please indicate
your most recent 10Km time
.....)

Run 24hrs in Albany

ALBANY'S 24hr Relay For Life starts on Saturday April 21, 3pm, at North Albany Football Club. Basil Worner would love to hear from Masters who will take part in this important inaugural event.

Probably every one of us has been touched in some way by cancer, and can appreciate the WA Cancer Council's services and research. "Teams of 10-15 members carry the baton around a track on the oval by running, walking, crawling or pushing a wheel-chair," he says!

"There's a \$15 entry fee per head, and the Council hopes that each entrant will also raise \$100 in sponsorship."

Teams can camp on the oval; there's free breakfast for entrants and groups provide entertainment. Basil can be contacted on 9844 1306; or e-mail bworner1@bigpond.com, or contact Vetrun.

AGM: cont. from P1

Current Life Members are:

Jim Barnes
Jacqueline Billington
David Carr
Brian Danby
Bob Fergie
John Gilmour
Jackie Halberg
Robert Hayres
Bill Hughes
Kirt Johnson

Merv Jones
Valerie Millard
Joan Pellier
Valerie Prescott
Robert Sammells
Bob Schickert
Lynne Schickert
Robert Shand
Barrie Slinger
Graham Thornton
Dorothy Whittam
Jeff Whittam
Basil Worner

AthleticA

PATRICK Smith has agreed to be the contact person for MAWA for the 2007 AthleticA Cross Country Season. Thanks to Patrick, whose contact details are:

Ph: 0418 921 848 (or email smithp@iinet.net.au)

The Saturday AthleticA programme will be available soon.

Computer Ageing

RECENT results in Vetrun for Sunday events have shown incorrect age groups for members that Father Time has shunted up a group. (NOT my fault - VW!)

Apologies to those competitors. Fortunately we have something to blame - the computer! The problem was an incorrect adjustment of our results computer programme which meant the year of birth only (rather than the day, month and year) was being picked up for the age group. The boffins are at work; it should be alright now.

Teddy's stretched

AT the Teddy Birds Picnic event, March 11, distances are 16k and 8k, a bit longer than last year. (Presumably the committee have arranged this so we get better value for our increased fees! John Pellier will approve. VW)

There is also a 5K walk.

'Are you being served?'

AUSTRALIAN Masters Association, our national body, needs someone to handle the AMA clothing ordering and sales. If you are interested in assisting or taking this on, please contact AMA Secretary Hazel McDonnell - Ph: 07 3206 3243 (H); or email her at mcdonnellh@bigpond.com.au

RULES OF ATHLETIC INVOLVEMENT

ALL members of MAWA when acting as officials in any capacity are volunteers, therefore for MAWA to function efficiently and effectively, individuals must accept responsibility for their own actions. To prevent injury to MAWA members and the general community and to avoid claims of negligence and limit liability on the part of MAWA we require all members and visitors to observe the following rules.

General

◊Competitors must ensure they have an adequate level of fitness to compete.

◊Any athletic activity involves inherent risks and may lead to over exertion, sprains, strains and even fractures. Competitors should compete with possible adverse outcomes in mind and take all reasonable precautions to avoid them.

Competitors must supply an emergency contact phone number.

Competitors should take notice of the MAWA Hot Weather Policy.

◊If a competitor sustains an injury or illness while participating, they authorise officials to organise medical attention as deemed necessary. Competitors are personally responsible for any expenses incurred as a result including transportation, hospitalisation etc.

Competitors and officials must not engage in any activities that may lead to harassment or discrimination.

Sunday programme

In inclement wintry weather precautions should be taken to avoid getting wet and cold when not competing.

◊In extreme heat, competitors should drink well prior to and during event and should compete at a lower than maximum effort to allow for conditions.

Competitors should take part in events with an awareness of the course conditions regarding any slippery areas, sections of uneven ground or possible traffic on a road circuit.

◊When competing on footpaths competitors should

- share the footpaths safely with other users including pedestrians, cyclists, roller-bladers, prams etc

- be aware of dogs and do nothing to antagonise them
- at some venues, be aware that snakes may be present

◊Precautions should be taken near the morning tea hot water urns.

Track and Field

◊Due care should be taken when crossing the track; both directions should be checked for competing athletes.

◊Competitors going to other areas of the track should not cross throwing areas in use.

◊Competitors in races conducted in lanes should not cross out of their lane at the end of the race, until it is safe to do so.

◊After competing in a race, competitors should move out of the path of those still competing.

◊Javelins, discus, shot, weights and hammers can be dangerous projectiles and competitors should only use them as directed and also after having checked that the throwing area is free of people.

New members – Welcome!

537 BRADLEY, Donald M40
543 ESAU, Rachel W45

Correction from last month: new member no 509 is Kerriann Bresser (W35), not Presser, as published.

March Birthdays

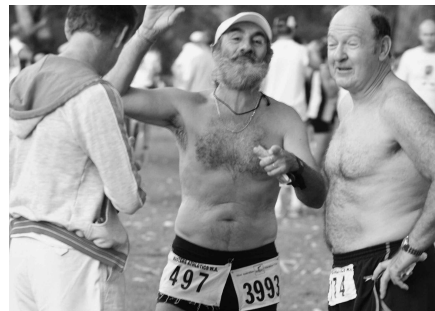
Adrian	Kris	W35
Ainsworth	Pat	W70
Bailey	Barbara	W75
Baird	David	M60
Bending	Dan	M60
Blurton	Barbara	W55
Bocian	Donna	W45
Bowen	Jeff	M65
Brambley	John	M65
Busher	David	M50
Caplin	Don	M65
Carlton	Gary	M50
Carroll	Ed	M65
Ellard	Elaine	W65
Faunge	Mike	M65
Flynn	Ally	W35
Gimi	Raymond	M40
Greenhalgh	Rob	M55
Hanretty	Mick	M45
Hatwell	Telsey	W70
Hazell	Doug	M55
Hind	Kelly	W30
James	Alan	M55
Johnson	Kirt	M75
Karra	Paula	W35
Keane	Sean	M40
Kernaghan	Barrie	M65
Lauchlan	Lorna	W75
Loly	Mitch	M65
MacLiver	Peggy	W60
Mawuli	Efo	M40
McAuley	Fiona	W55
McRae	Neil	M55
Miletic	Nick	M55
Neale	Chris	M35
Phillips	Toni	W35
Sander	Leon	M70
Sanders	Peter	M60
Scott	Berni	W45
Shand	Rob	M75
Smith	Frank	M65
Spencer	Wendy	W60
Stockman	Sandra	W40
Stone	Jo	W60
Watkins	Martin	M60
Wickham	Ross	M40
Woods	Peter	M45



Race Director Jim Barnes

Friendship Run **KINGS PARK** **MAWA - WAMC** **COMBINED EVENT** **February 4, 2007**

Director: Jim Barnes



Silvio Wirth sums up the Friendship Run - two clubs, two numbers, great mateship.

11K RUN

Brett Roach	M35	39:40
Lachlan Marr	M45	41:47
Bjorn Dybdahl	M50	43:07
V5		43:29
John Allen	M45	43:41
Bert Carse	M65	44:00
Alan Gower	M50	44:10
Jim Klinge	M60	43:35
Paul Hughes	M50	44:57
John Pentecost	M45	45:13
Jim Langford	M60	45:32
V19		45:50
V10		46:02
Doug Ashfield	M50	46:12
V4		46:20
V3		47:01
V8		47:07
Patrick Smith	M40	47:43
Neil McRae	M50	47:48
Bob Schickert	M65	49:06
Mark Sivyer	M55	49:13
Frank Smith	M60	50:16
Mike Hale	M55	50:30
John Bell	M60	50:32
Gillian Young	W55	51:39
Don Pattinson	M50	51:43
Ivan Pilton	M60	51:45
John Doust	M55	52:46
Nick Miletic	M55	53:16
Bruce Mathieson	M60	53:44
V7		53:49
Maurice Creagh	M60	53:56
Chris Pattinson	W50	54:09
V18		54:10
David Carr	M70	55:04
Mike Khan	M60	55:08
Shirley Bell	W55	56:22
Kevin Payne	M45	57:31
Silvio Wirth	M55	57:45
Joe Stickles	M65	57:56
Milton Mavrick	M50	58:04
John Smith	M70	59:10
Terry Manford	M65	59:18
Graham Thornton	M65	59:22
John Ellard	M65	60:07
Viv Lok	W45	60:59
Theresa Howe	W55	62:36
Jacqui Halberg	W60	63:34
Bob Sammells	M70	63:52
Berni Scott	W45	64:01
Rhod Wright	M55	64:40
V11		66:20
Pamela Toohey	W60	67:18
Denise Viala	W55	68:44
Jo Richardson	W50	74:47

5.6K RUN

Peter Bull	M45	22:10
Saskia Letham	W30	22:37
Syd Parke	M55	23:01
Brian Bennett	M55	23:04
Paul Burke	M35	23:17
Duncan McAuley	M55	23:29

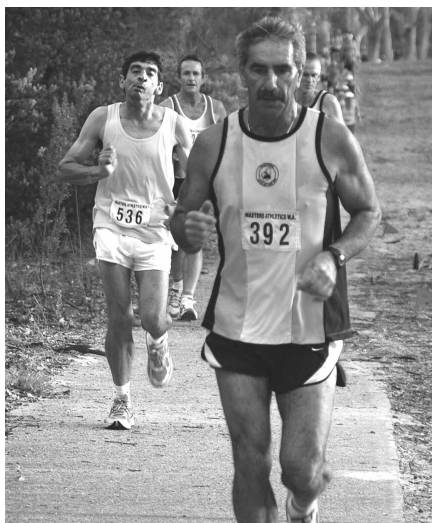
Vic,

You might like to mention the large number of visitors the MAWA/WAMC event attracted. I have just checked, and there were 19. All finished, and were credited as competing with Masters. It was a good effort by the recorders, considering many runners belonged to both clubs. So If any complaints by members, we have done our best, with 196 entrants overall.

Barrie Thomsett



Above: Brian Bennett - in great form again over 5km; below, Nick Miletic leading Ray Gimi.



Raymond Gimi	M40	26:02
Barry Jones	M45	26:12
Bryan Hardy	M60	26:23
V2		26:27
V17		26:29
V9		27:04
Carol Bowman	W50	27:41
John Brambley	M60	27:48
John Willmott	M40	28:02

Paul Martin	M65	28:04
Jeanette Tiverios	W45	28:04
Delia Baldock	W40	28:05
Leonie Jones	W45	28:06
Karyn Gower	W45	28:11
Peggy Macliver	W60	28:31
Mike Rhodes	M60	28:33
V1		29:28
Jeff Spencer	M65	29:45
Grace Hollin	W45	30:26
Jim Riddell	M65	30:59
John Dance	M55	31:23
Roger Walsh	M60	31:28
Mike Anderson	M55	31:30
Brian Hunter	M60	31:33
Mike Polkinghorne	M55	31:52
Genevieve Spiro	W35	32:05
V6		32:31
Richard Harris	M70	32:49
V15		33:07
Richard Danks	M60	33:09
Fiona McAuley	W55	33:22
Simon Mort	M50	33:22
Vic Beaumont	M75	33:49
Tanya Burke	W35	34:21
Cecil Walkley	M75	34:24
Elaine Dance	W55	34:58
Arnold Jenkins	M60	35:10
Pierre Viala	M55	35:25
Val Millard	W60	35:56
Debbie Dance	W35	35:58
V16		36:15
Bob Fergie	M70	36:48
Aldo Giacomini	M70	37:35
Margaret Warren	W70	37:48
Steve Toohey	M55	37:49
V12		38:45
V13		38:48
Margaret Bennett	W65	38:50
Ray Lawrence	M75	39:31
Dalton Moffett	M75	40:06
Linda Rhodes	W60	42:16
Mary Heppell	W65	43:06
Toni Frank	W60	44:46
George Schaefer	M70	46:41

5.6K WALK

David Brown	M55	36:47
Lynne Schickert	W65	40:16
Ray Hall	M70	40:16
Michele Mison	W55	42:05
John Frost	M65	42:08
Beryle Doust	W55	43:19
Jeff Whittam	M70	43:26
Jeni Shillington	W45	45:04
Kirt Johnson	M75	45:22
Debbie Wolfenden	W40	45:26
V14		46:33
Patricia Hopkins	W60	46:54
Ann Turner	W70	47:37
Maggie Flanders	W70	50:29
Norm Miller	M75	53:10
Mitch Loly	M65	54:13

12K RELAY RUN

Team A	51.11	
Eldon George	8.03	33.33
Peggy MacLiver	12.43	38.15
Nick Miletic	21.40	47.10
John Collier	25.18	

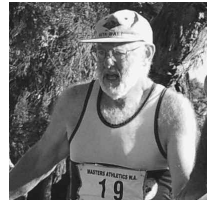
Team D	51.11	
Saskia Letham	7.35	33.39
Toni Phillips	12.11	37.56
Barry Jones	20.54	46.27
Bob Sammells	25.50	

Team E	53.41	
Jim Klinge	7.29	34.39
Berni Scott	12.17	35.33
Jackie Halberg	21.58	48.57
Genevieve Spiro	27.00	

Team C	54.11	
Brett Roach	6.44	33.28
Ray Lawrence	12.58	40.01
Milton Mavrick	21.50	49.12
Theresa Howe	26.52	

Team F	54.19	
Paula Karra	9.25	36.27
Leonie Jones	13.47	40.50
Maurice Creagh	22.40	49.42
Carol Bowman	27.12	

Many thanks to helpers, Doug Ashfield, Stephen Dunn, Margaret Langford and Karen and Mike Polkinghorne. Good weather, and competitors enjoyed the event, but as has become usual, disappointing attendance. Team A won in a photo finish from Team D. Other times listed are hand-over times. **BS**



John Collier (left) and Bob Sammells helped their teams to a photo-finish.

Team B	54.50	
Peter Bull	7.10	34.27
Dalton Moffett	13.17	40.27
Bruce Mathieson	21.50	49.28
Christine Oldfield	27.17	

Team G	56.30	
Mike Karra	7.43	35.49
Toni Frank	14.27	42.53
Hamish McGlashen	23.45	52.05
Delia Baldock	28.06	

Deadly Medley

February 11, 2007

6K RELAY WALK

Team K	40.47	
Mike Rhodes	13.10	33.22
Linda Rhodes	20.50	

Team I	41.38	
Lynne Schickert	13.53	34.22
Michele Mison	20.50	

Team J	42.25	
Val Millard	13.08	34.19
Pat Miller	20.40	
Team H	42.36	
Ray Hall	13.23	34.50
Jeff Whittam	20.53	

8K RUN

Brian Bennett	M55	35.39
Ivan Pilton	M60	36.44
John Oldfield	M60	37.06
Johan Hagedoorn	M60	38.53
Roger Walsh	M60	42.43
Rhod Wright	M55	46.00
John Talbot	M60	48.15



Shirley Bell, first woman home; and Jim Klinge, second only to Jim Langford.

10K RUN

Jim Langford	M60	38:07
Jim Klinge	M60	40:22
Brett Roach	M35	41:12
Bob Schickert	M65	41:27
David Carr	M70	42:08
Irwin Barrett-Lennard	M75	42:36
David Baird	M60	42:43
Frank Smith	M60	42:53
John Mack	M65	43:26
Ivan Pilton	M60	43:36
Mike Hale	M55	44:21
Peter Bull	M45	44:28
Neil McRae	M50	44:29
Shirley Bell	W55	44:38
Bryan Hardy	M60	45:15
Stephen Dunn	M40	45:18
Mick Hanretty	M40	45:20
V3		45:30
Johan Hagedoorn	M60	45:33
V2		45:38
Bruce Mathieson	M60	45:41
Mal Vernon	M50	45:56
Eldon George	M35	46:01
Kay Burt	W50	46:09
Hamish McGlashen	M65	46:25
Helen Lysaght	W50	46:32
Carol Bowman	W50	47:20
Mike Khan	M60	48:32

Age Graded Handicap

McCALLUM PARK

January 28, 2007

Directors: Mark Sivy, Gillian Young

Nick Miletic	M55	48:43
Keith Atkinson	M50	48:45
Graham Thornton	M65	49:12
Gary Fisher	M50	49:12
Jim Barnes	M60	49:14
Bob Sammells	M70	49:16
Theresa Howe	W55	49:20
Jacqui Halberg	W60	49:21
Kerriann Bresser	W35	49:23
John Smith	M70	49:37
Brian Smith	M65	49:38
Barry Jones	M45	49:41
Leonie Jones	W45	49:43
Silvio Wirth	M55	49:44
Milton Mavrick	M50	50:01
Sean Keane	M40	50:06
John Ellard	M65	50:12
Wendy Clements-Green	W60	50:32
Mike Rhodes	M60	50:42
Roger Walsh	M60	51:39
Christine Oldfield	W60	50:49
Rhod Wright	M55	51:57
Jevier Bouzada	M35	52:18
Richard Harris	M70	52:24
Merv Jones	M65	53:14
Viv Lok	W45	53:29
John Dance	M55	53:45
Vic Beaumont	M75	53:48
Brian Hunter	M60	54:06
Mike Anderson	M55	54:37
Denise Viala	W55	55:30
Richard Danks	M60	56:44
Elaine Dance	W55	57:32
John Oldfield	M60	57:49
V4		58:12

Ally Flynn	W35	59:17
Mary Heppell	W65	59:38
Margaret Warren	W70	60:02
Vic Waters	M60	60:12
Steve Giles	M45	60:52
Aldo Giacomini	M70	61:27

5K RUN

Colin Smith	M40	23:31
Raymond Gimi	M40	25:06
V1		26:40
Damien Hanson	M50	28:01
Julie Wood	W55	32:37
Chris Hanretty	W40	32:52
Karen Valenti	W40	34:32
Ray Lawrence	M75	37:21
Dalton Moffett	M75	37:23
Genevieve Spiro	W35	39:12



Stan Jones cleaned up the 5k walk.

5K WALK

Stan Jones	M80	35:15
Val Millard	W60	36:14
Lynne Schickert	W65	37:38
Pat Ainsworth	W70	41:03
Michele Mison	W55	41:42
Jeff Whittam	M70	41:51
Kirt Johnson	M75	42:21
Pat Miller	W65	42:54
Patricia Hopkins	W60	43:15
Maggie Flanders	W70	44:17
Linda Rhodes	W60	46:57
Mitch Loly	M65	53:24

TRACK AND FIELD

Patron's Trophy events have finished now, but track and field continues, and the records are still tumbling.

IT PAYS TO BE 85!

PETER Kennedy has racked up ten State M85 records this summer.

His latest are: 60m, in 13.6, on February 20; the Heavy Weight, with a throw of 5.27m; and the Shot putt, 5.77m, both on February 13.

In all, 20 new State records have been set in 2007 so far.

Also, David Carr's 800m, of 2:34.5 as an M74, was outstanding. Age-graded, this is 96.4% performance!

W50 Lyn Ventris did a 10k Track Walk in 54:32.9 (21/2/07); Bev Hamilton - W60 Discus 23.55m (22/2/07); Pat Carr, W75, ran 100m in 20.4 and 200m in 46.8 (22/2/07).

UWA

February 6, 2007

Lots of throwers this week - and a hammer record. Christine Oldfield

TRIPLE JUMP

Ross Wickham	M40	12.15
--------------	-----	-------

HAMMER

Mark Hamilton	M35	32.50
Geoff Gee	M50	34.35
John Everard	M45	39.09 (SR)
Rae McMillan	W75	17.29
Damien Hanson	M50	22.09
Bob Fergie	M70	32.79

JAVELIN

John Everard	M45	25.10
Rae McMillan	W75	14.30
Peter Hopper	M60	22.60
Rob Shand	M70	22.22
Ross Calnan	M65	24.77
Peggy Macliver	W60	16.56
Bob Fergie	M70	27.10
Mark Hamilton	M35	37.32
Geoff Gee	M50	35.00
Damien Hanson	M50	28.37
Rocky Cloete	M55	30.87
Val Prescott	W60	13.25

UWA

February 13, 2007

Another great night, in excellent conditions, with two possible State Records from Peter Kennedy in the Shot and the Weight. I think the Weight is inaugural but his Shot appears to have broken the previous record set in 2000 - which was probably with a heavier implement. Campbell will confirm.

Christine

100M

Garry Ralston	M50	12.3
Barrie Kernaghan	M65	13.5
Norm Richards	M65	14.1
Nick Miletic	M55	15.5

Peggy Macliver	W60	15.3
Ross Calnan	M65	16.9
Saskia Letham	W30	17.3
Carol Bowman	W50	18.1

Records were also set by W35 Carolyn Wills, with a Shot putt of 10.19m (13/2/07); W60 Val Millard, with a 5000m Walk of 33:31.3 (14/2/07); and M30 Cameron Yorke, with an 800m in 1:58.60 (18/2/07).

Cameron also recorded 51.42 seconds to improve the M30 400 metre record, (February 4, at Perry Lakes.) Also, John Everard has just made his sixth improvement in two years for the M45 Hammer. On February 6, John threw 39.09 metres.

Finally, details are still to come from AthleticA of Toni Phillips' W30 2k Steeplechase record on February 10.

Campbell Till

Bob Neville	M70	18.7
Christine Oldfield	W65	20.2

1000M

Neil Morfitt	M50	2:59.3
Alan Gower	M50	3:01.4
Chris Neale	M35	3:07.3
Duncan McAuley	M55	3:13.4
John Collier	M40	3:13.6
Peter Sullivan	M45	3:26.0
Blakeney Tindall	M45	3:26.2
Keith Edmonds	M35	3:36.3
Niamh Keane	Vis	3:37.0
Eldon George	M35	3:39.5
Lauren Gardiner	Vis	3:55.3
Frank Gardiner	M55	4:02.9
Karyn Gower	W45	4:04.8
Nick Miletic	M55	4:06.2
Carol Bowman	W50	4:29.8
Barry Jones	M45	4:37.5

400M

Garry Ralston	M50	61.5
Barrie Kernaghan	M65	64.2
Keith Edmonds	M35	68.0
Blakeney Tindall	M45	69.2
Nick Miletic	M55	81.1
Norm Richards	M65	73.6
Peggy Macliver	W60	74.7
Saskia Letham	W30	76.7

5000M

Peter Sullivan	M45	18:46.2
Alan Gower	M50	19:02.0
Lauren Gardiner	Vis	19:46.1
Frank Gardiner	M55	21:01.2
John Collier	M40	21:04.1
Keith Edmonds	M35	21:22.2
Frank Smith	M60	21:34.7
Duncan McAuley	M55	22:10.0
Barry Jones	M45	23:34.4
Karyn Gower	W45	23:40.5
Nick Miletic	M55	23:41.4
Christine Oldfield	W60	28:12.5
Fiona McAuley	W55	29:00.5

5000M WALK

Robin King	W45	30:14.3
Peter Hopper	M60	37:23.4

3000M

Carol Bowman	W50	14:25.6
--------------	-----	---------

3000M WALK

Bob Neville	M70	22:28.7
-------------	-----	---------

LONG JUMP

Peggy Macliver	W60	3.49
----------------	-----	------

McCallum Lakes

18 February, 2007

Director: Sue Bullen

FIRST up, a big thank you to the helpers designated for this event - there was a 100 per cent turn out. Fantastic! A full complement of helpers means the event can be organised smoothly and this was borne out by the many positive comments I received from competitors after the event.

Thanks also to those competitors who take time out to pass on positive feedback. My helpers were Keith Atkinson, Jim Langford, Duncan and Fiona McAuley, Noel McKenney, Joan Pellier, Chris Shenton, Ron Sutton, John Talbot, Blakeney Tindall, Peter Woods, Rhod Wright and Bob Schickert and Val Millard. Great work!

123 runners and walkers enjoyed the very cool morning and flat course to record some good times. The course was a bit longer than advertised - 8.4km was the consensus of those runners with GPS watches.

Thanks for your participation and I look forward to seeing you next year.

Sue Bullen

SHOT

Peter Kennedy	M855.77	(SR)
tb		
Geoffrey Gee	M50	12.68
Ed Carroll	M65	10.24
Rocky Cloete	M55	10.36
Rae McMillan	W75	5.98
Rob Shand	M70	7.05
Kate Glass	W55	9.59
Damien Hanson	M50	6.91

WEIGHT THROW

Peter Kennedy	M855.27	(SR)
tb		
Geoffrey Gee	M50	14.23
Mark Hamilton	M35	12.31
Ed Carroll	M65	10.77
Kate Glass	W55	11.32
Rocky Cloete	M55	8.02
Rae McMillan	W75	7.62
Damien Hanson	M50	8.15

Coker

February 22, 2007

200M

Barry Newell	M50	30.1
Roger Whalan	M65	31.0
Jim Riddell	M65	no time
Carol Bowman	W50	36.7
Pat Carr	W75	46.8 (SR)

100M

Jim Riddell	M65	17.5
Pat Carr	W7520.4	(SR)
tb		
Val Millard	W60	23.0
Lynne Schickert	W65	27.4

DISCUS

Toni Phillips	W30	20.34
Bev Hamilton	W60	23.55 (SR)
Mark Hamilton	M35	34.85
Bev Peterson	Vis	16.76

MAWA - 2007-8 PROGRAM

Date	Event - Distance	Venue	Start	Director	West Rd, Bassendean	16 Sep	Bibra Lake 12k/6k	Progress Drive Bibra Lake	8.30	R Harris	27 Jan	Age Graded Events 8kR /5kW	McCallum Park Taylor St, Vic Park	7.00	G Young & M Sivyer	
2007 6 May	Around 15k/7.5k /5k/wk Herdsmen 15k Walk	Pony Club Jon Sanders Dr	8.00 7.30	J & M Langford		23 Sept	Racecourse 10k/5k Age Graded Walk 10K	Burswood Park Resort Drive	8.00	G McLean C Engles	3 Feb	Friendship 11k/5.6k with WAMC	Saw Ave Kings Park	7.00	J Barnes	
13 May	Aquinas 10k/5k	Aquinas College Mt Henry Rd Salters Point	8.00	L Marr & N McRae H M T		30 Sept	Mattagarup Run 10k/5k	Burswood Park Resort Dr	8.00	W Pantall M	10 Feb	Lake Monger 10.5k/7k/3.5k	Dodd St Glendalough	7.00	J Richardson & D Baird	
20 May	City/Rail 10.7k/7.3k	Bardon Park Bardon Pl Maylands	8.00	L & M Rhodes		7 Oct	Wireless Hill 9.5/4.8k	Almondbury Rd Booragoon	8.00	B & L Jones	17 Feb	McCallum Lakes 8.4k/4.2k	McCallum Park Taylor St, Vic Park	7.00	S Bullen	
27 May	Weir 10k/5k RRC 10k; RWC 5k	Kent St/Weir Wilson	8.00	C Coates T		14 Oct	Lake Monger C 8k/4k Walk 7k/3.5k	Dodd St Glendalough	8.00	J & D Whittam M	24 Feb	P K 10k/ 5K	Bridport Point Port Kennedy	7.00	E & J Dance H	
3 Jun	Deepwater Pt 15k/7.5k RWC 7.5k	The Esplanade Mt Pleasant	8.00	M & P Karra		21 Oct	Guess Own Time 9.5k/6.3k	Hale School Cobb St Wembley Downs	8.00	V Waters T	2 Mar	Kalamunda Railway 8k/4k	Mundaring Weir & Railway/Rd Kalamunda	7.30	B & B Carse	
10 Jun	Uni RRC 15k RWC 10k 5k	J Abrahams Res Hackett Dr Nedlands	8.00	G Fisher T		28 Oct	Cliff Bould Trophy 10.4k Walk 5.2k	McCallum Park Taylor St Victoria Park	8.00	I Brown H M T	8/9 Mar (Sat/Sun)	State T&F Champs	Coker Park Cannington	8.00	Committee C	
17 Jun	Joondalup 10k/5k walk 9k	Neil Hawkins Park Boas Ave	8.00	M & M Warren		4 Nov	Garvey Gallop 10k/6k	Garvey Park Fauntleroy Ave Redcliffe	7.30	J & C Oldfield	14 Mar (Fri)	State T&F Champs 10k; 5k/Walk	Coker Park Cannington	18.00	Committee C	
24 Jun	25k RRC, 15k RWC 5k	Burswood Park Resort Dr	8.00	W Pantall M		11 Nov	Safety Bay 10k/5k	Foreshore Res Cnr Malibu/Safety Bay Rds	7.30	P & S Toohy	16 Mar	State T&F Champs Pentathlon	Coker Park Cannington	8.00	Committee C	
1 Jul	Bardon Bash 13k/7k 13k Walk	Bardon Park Bardon Pl Maylands	8.00 7.30	B & M Bennett		18 Nov	Recovery 7k/5.4 k	J Abrahams Res Hackett Dr Nedlands	7.30	F Gardiner	16 Mar	Teddy Birds Picnic 16k/8k Walk 5K 16k walk	Synergy Parklands May Dr Kings Park	7.30 7.00	D Muir	
8 Jul	Perth Marathon & Relay	WAMC Club Rooms Resort Dr Burswood		WAMC		25 Nov	Gwelup Lake 9.1k/4.9k	Huntriss Rd Karrinyup	7.30	R Danks	21-24 Mar AMA TIF Championships SYDNEY					J & J Smith
15 Jul	Darlington Dash 16k/8k	Darlington Park Pine Trc Darlington	8.00	D Baldock T M		2 Dec	Mosman Park 8.7k/5.2k	T J Perrott Resv McCabe St Mosman Park	7.00	P & S Hughes	23 Mar	Piney Lakes8k/4k	Murdoch Dr Winthrop	7.30		
22 Jul	Mill Point Rd Champs 10k/5k	Burswood Park Resort Dr	8.00	M Mavrick M C		9 Dec	Alderbury Pk CC. 8k/4k Walk 6k	Hockey Pavilion Off Perry Lakes Dr Floreat	7.00	W Taylor	30 Mar	Membership 11.6k/5k	Burswood Park	7.30	B Danby M	
29 Jul	Club Cross Country Champs 8k (Other races 5.4/2.7k)	Jorgensen Park Crescent Rd Kalamunda	9.00	Committee M C		16 Dec	Perry Lakes 8.1k/4.4k Walk 6k	Hockey Pavilion Off Perry Lakes Dr Floreat	7.00	J Bell M	6 Apr	Reabold Hill 10k/5k	Perry/Lakes Dr Floreat	8.00	F Smith	
5 Aug	Sharks 10k/5k	John Tonkin Park Riverside Rd E Fremantle	8.00	P Martin H		23 Dec	Christmas Gift 6k/4k or chosen distance	McCallum Park Victoria Park	7.30	L & B Schickert M	13 Apr	Pagoda 16k/10k/5k 16K Walk	Burswood Park Resort Dr	8.00 7.30	J Halberg M	
12 Aug	Club Half-Marathon 21.1k/10k/6k Walk 21.1k	Burswood Park Resort Dr	8.00 7.30	J Klinge M C		26 Dec	Boxing Day 8k/4k and relay ?	Yokine Reserve Wordsworth Ave Menora	18.00	B Thomsett B	20 Apr	Woodman Pt 7.5k/5k	Nyverburp Circuit Coogee	8.00	K & P March & H	
19 Aug	State Cross Country Champs 10k 5k run, 5.5k walk	Synergy Parklands May Dr Kings Park	8.00	R Henderson C		30 Dec	Canning Caper 10k/6k	Riverton Bridge Fern Rd Wilson	7.00	K Atkinson H	24 Apr (Thurs)	Track Handicap 10k	UWA Sports Park McGillivray Rd Mt Claremont	19.00	D & J Whittam B T H	
26 Aug	City to Surf					2008 6 Jan	East Perth 7k/4k	McCallum Park Taylor St Victoria Park	7.00	J Midolo, D Brown H M T (W)	27 Apr	3PS 16k/8k/5k 16K Walk	Pt Walter Bicton	8.00 7.30	V Millard	
2 Sept	Mullaloo Beach 13/8/5k 13k Walk	Tom Simpson Park Oceanside Prom	8.00 7.30	M Anderson & J Hagedoorn		13 Jan	Ashfield 10k/5k	Katanning Ave Claughton Reserve	7.00	D & P Viala	ENQUIRIES: BOB SCHICKERT email: rschicke@bigpond.net.au					

TRACK and FIELD

UWA, Tuesday and Coker
Park, Thursday; all at 6pm.

STATE CHAMPS

MARCH 16, 18, 24 & 25

APRIL 1 – MEMBERSHIP

Director: Brian Danby –
9247 2326

David Busher, Don Caplin,
Wendy Duncan, Eric Emmett,
Marie-Claire Foley, Dee
Haines, Doug Hazell, Barb &
Terry Humphrey, Penny
Ingram, Ivan Lazarus,
Lorraine Lopes, Lachlan
Marr, Simon Mort, Peter &
Sue Sanders, Sue Wells, John
Willmott

COMING EVENTS and helpers list

All helpers: you **MUST**
contact your director and
confirm whether you are
available. If you are **NOT**,
ALSO contact Bob
Schickert to be allocated
another event.

APRIL 8 – PINEY LAKES

Director: John Smith – 9310 1647
Alison & Brian Aldrich, David
Charlton, Maree Creighton,
John Frost, Eldon George, Alan
& Dawn James, Bill Jones, Craig
Owens, Jeff & Wendy Spencer

APRIL 15 – PAGODA

Director: Jacqui Halberg –
9364 4474

Ray & Roma Barnett, Chris
Frampton, Mary Heppell, Lee
Holliday, Ann Humphrey & Jon
Tuttle, Glenda Lawrence, Troy
Lundgren, Janis Malin, Neil
McRae, Merv Moyle, Ron
Spencer, Sandra Stockman, Jeff
Whittam

APRIL 22 –

WOODSMAN POINT

Directors: Karen & Peter March
– 9418 8770

Syd Beer, John Brambley, Paul
& Tanya Burke, Elaine and John

Ellard, Ally Flynn, Saskia
Letham, Jeannette Tiverous,
Cheryl van der Spuy, Rosa
Wallis.

APRIL 28 (Thursday) TRACK HANDICAP

Director: Jeff Whittam –
9387 6438

John Byrne, Gary & Geraldine
Carlton, Alan & Karyn Gower

APRIL 29 – 3P's

Director: Val Millard –
9367 9225

David Brown & Jill Midolo,
Peter Bull, Martin Creaghan,
Toni Frank, Leo Hassam,
Mike & Paula Karra, Joan
Osborne, John Pentecost &
Grace Hollin, Karen Sexton,
Jeff & Wendy Spencer, Reece
Waldock, Patricia Weston

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Val Millard

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Bill Hughes

Vetrun

The magazine of Masters Athletics WA

APRIL
2007
No. 397



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M65 200m start: Don Chambers, Barrie Kernaghan, Jim Riddell and Norm Richards.

MAY HELPERS? – No!

COURSE DETAILS? – Yes!

EACH year members use their renewal forms to indicate the events at which they will help. As we tie up this edition, most forms aren't in. So it's difficult to publish a comprehensive helpers list for May. Instead, helpers for May 6 and 13 will be contacted personally, and a helpers list including May 20 and 27 will be in the May Vetrun.

We have made use of the spare room on the back page to introduce a new feature – course descriptions. (We have avoided what David Carr calls the 'retrospective' approach – "same as last year"!) If members find the descriptions useful, the concept will continue in future editions. Please let the committee have your comments.

2007 WA STATE CHAMPIONSHIPS

ANOTHER excellent, well-supported, professionally produced WA Masters State Championships showcased the talent and expertise that is amassed in our club.

"On three beautiful sunny March days and one balmy evening, 133 competitors enjoyed a thoroughly successful Track and Field Championships," writes Barbara Blurton.

"There were a large number of outstanding performances on the field and on the track, helped by a tail wind that just remained legal for most of the sprints!

"Performances included

two pending world records by Lyn Ventris (and a world-best in the 1500m), as well as Australian records by Pat Carr and numerous State records.

"I thank most warmly the many Club members who helped throughout the Championships. Without you it would be impossible to manage the event.

"Hope to see you all again next year."

MEMBERSHIP FEES

ANNUAL fees were due on April 1 and a membership renewal form was published with March Vetrun. Please contact treasurer Roger Walsh (9245 3669 rogerw@globaldial.com) or secretary Bob Schickert (9330 3803 rschicke@bigpond.net.au) if you need another form.

CANINES CANNED

Woodmans Point - April 22
CALM has advised that NO
DOGS ARE ALLOWED AT
WOODMANS POINT.

The form may also be on the club website (mastersathleticswa.org) but there has been a delay during the hand-over of the website, from John Stone to Mike Karra.

VOTE!

at the ANNUAL GENERAL MEETING

(Please retain this, and bring to the meeting.)

Monday 16 April, 2007; 7pm
Hockey Club Rooms, Perry
Lakes Drive, Floreat
(Start of Alderbury Park and
Perry Lakes events)

A G E N D A

1. WELCOME
2. ATTENDANCE / APOLOGIES
3. MINUTES OF 2006 AGM – CONFIRMATION
4. MATTERS ARISING
5. REPORTS
President
Secretary
Treasurer
6. PRESENTATION OF TROPHIES
Patron's Trophy (Track and Field, M & W)
Handicap Trophy
Achievement Award
John Gilmour Trophy (Best Performance)
7. ELECTION OF OFFICE BEARERS
President
Vice President
Secretary
Treasurer
Committee Members (4)
8. APPOINTMENT OF OFFICIALS
Patron
Editor
Handicapper
Auditor
Statistician
9. LIFE MEMBERSHIP NOMINATION/S
10. GENERAL BUSINESS

You write...

Hi Vic,

I noticed that the City V Country meet in February received a brief report in Vetrin. What I feel I need to let you know is that John and Lyn Ventris of Café Bean in Bunbury donated a \$20 voucher for the Athlete of the Meet. Unfortunately for we Country people both the December and February awards were won by City folk. In December Bob Fergie produced a winning effort (his long jump saw City take out this meet) and then the February winner was Peggy Macliver.

The February competition was very tight as the Country threw everything at the City

Sub 3 – 21 of 90

SOME members may recall *Athlete WA*, a magazine I produced for a short time in the 1990s. One of my promotional ideas was the Sub-3 club, with badges for athletes who ran a sub-three hour marathon. Many of you have those badges, but no-one has more than Steve Dunn. VW

Hi Vic,

Since buying badges for the 17 sub-3 marathons I had run at that stage, I've only managed to run under three hours another four times.

My original target was to run 100 marathons by the age of 40. I missed out due to ill health and my mother's death last year. However, I'm due to run my 100th at Rottne next year, when I shall be 42.

It looks like Jim Barnes will be the first to run 100 marathons in WA, and I will hopefully be the second (I'm currently three ahead of Mick Francis!)

I have now run 21 out of 90 Marathons under 3 hours.

My PB is 2.47.02 – but I was only 22 years old (SA State Championship – Westlakes 11/6/1989), so that doesn't count.

Best since becoming a member of the Vets/Masters is 2.51.11 (Melbourne Marathon 20/10/1996) as a 30 year old. Also of interest, perhaps – I won last years Geraldton Marathon on my 40th birthday.

*Thanks for your support,
Stephen Dunn*



Rob Antonioli

folk (long grass and strong winds) but they still failed to take the event. Peggy had a big influence on the outcome.

Lyn and John Ventris also provide an Athlete of the Week award for the Bunbury Club. I feel it is very important to recognise such generosity.

*Regards, Rob Antonioli
President BAAC*

New members – welcome!

549 CARDY, Gladys W75
734 Byrony Glass W40
489 Amanda Walker W40
357 Coby Wakeling W35

Australian Sports Awards

IN the Australian Sports Awards for 2006, Marie Kay of NSW won the Masters Individual Award. Marie competed at the World Indoor Championships last year where she won the pentathlon with a World and Australian record performance; and set 400m (World and Australian) and long jump (Australian) records.

Finalists in the Masters Team Award were the W50 team of Jeanette Flynn, Betty Menzies, Faye McNeill and Jean Hampson (all from Queensland) who broke the 4 x 1500m Australian and World Record in November at the QE11 Sports Complex, Brisbane. Their time of 23mins 24.5secs shattered the previous record, of 25min 06secs! (In addition, Jeanette Flynn also set a W55 World mile record in the same week.)

Congratulations to all of them – great ambassadors for our sport.

No times were recorded.

8.1K RUN

David Willmer	M50
Bjorn Dybdahl	M50
John Pentecost	M45
Eldon George	M35
Brian Bennett	M55
Mark Sivyry	M55
Bryan Hardy	M60
Ivan Pilton	M60
Bob Schickert	M65
Robin King	W45
Johan Hagedoorn	M60
Sean Keane	M40
Ivan Brown	M60
Charlie Chan	M50
John Doust	M55
Dee Haines	W45
Mike Khan	M60
Maurice Creagh	M60
Milton Mavrick	M50
Joe Stickles	M65
Carol Bowman	W50
Roger Walsh	M60
Jim Barnes	M60
John Pellier	M65
Graham Ainsworth	M50
Doug Hazell	M50
Mike Rhodes	M60
Grace Hollin	W45
Merv Jones	M65
Viv Lok	W45
Brian Smith	M65
Pamela Toohey	W60
Denise Viala	W55
Vic Beaumont	M75
Steve Toohey	M55
Margaret Bennett	W65
Julie Wood	W55
Pierre Viala	M55
Shorty Turner	M70
Dalton Moffett	M75

4.15K RUN

Dave Roberts	M60
Kerriann Bresser	W35
Jim Riddell	M65
Delia Baldock	W40
Christine Oldfield	W60
Helen Lysaght	W50
Keith Atkinson	M50

Kalamunda Rail

March 18, 2007

*Directors:
Bridget & Bert Carse*

MEMBERS who made the trip to Kalamunda had the experience of running or walking on gravel, over a course that was firm, level and shaded by trees. The morning was cool and free of motor vehicles; it was a good time to appreciate the joys of bush running. Competitors were able to follow the course that we had marked mostly with lime because of the hard surface. We thank our rostered helpers: Peter & Karen March, David & Sheila Walsh, Bob & Liz Neville; and volunteers Mike Hale, Lorraine Lopes and non-member Helen for their valued contribution to ensure that the run was held safely and without incident.

Bert Carse

Aldo Giacomini	M70
Richard Harris	M70
Linda Rhodes	W60
Joan Pellier	W65
Toni Frank	W60

8.1K WALK

Jeff Whittam	M70
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4.15K WALK

Patricia Hopkins	W60
Debbie Wolfenden	W40
Kirt Johnson	M75
Vis	
Pat Miller	W65
Pat Ainsworth	W70
Ann Turner	W70
Ron Sutton	M65
Helen Klinge	W55
Beryle Doust	W55

April Birthdays

Barrett-Lennard Irwin	M75	Lenane	Tom	M50
Blanco Brett	M35	Maher	Chris	M50
Bower Jill	W65	Marr	Lachlan	M45
Bowler Sid	M80	McGlashan	Hamish	M70
Chan Charlie	M55	McLean	Gary	M40
Chapman Bill	M80	McNamara	Su	W50
Cloete Rocky	M55	Moody	Sid	M65
Collier John	M40	Newell	Barry	M40
Deans Alan	M55	Shaw	Jim	M55
Dumolard Guito	M50	Smith	Pam	W65
Fisher Gary	M55	Stickles	Joe	M65
Foley Derry	M75	Sutton	Ron	M65
Halberg Jackie	W60	Taylor	Wayne	M45
Hale Mike	M60	Tiverios	Jeanette	W50
Hopkins Patrica	W65	Tolbert	Murray	M60
Howe Jean	W55	Walkley	Cecil	M75
Jeffrey Mark	M35	Yorke	Cameron	M30
Johnson Rosemary	W30	Young	Rob	M60
Kennedy Peter	M85			



Educating runners – John Cresp and John Bell ahead of John Bocian and Hamish McGlashan through UWA. Below, John Doust and Sean Keane meet the park dinosaurs.



Lyle James is a perennial performer at the State Championship. Every year he makes the trek from Bunbury and takes part with gusto. Lyle's after-race comments are often unrepeatable; but this year he would have been happy with his collection of M65 medals!

Teddy Birds Run KINGS PARK

March 11, 2007

Director: David Muir

AFTER record heat mid week, we were blessed with fine and mild conditions for this scenic but challenging run around UWA and Kings Park. This year the course had to be modified and simplified at the behest of the Kings Park authority – but the changes were regarded as an improvement on the old course for both runners and walkers.

A slightly longer course gave runners an 8km and (2 lap) 16km option, whilst walkers had a 5km; or an 8km option, following the runners. However, some chose a 2 lap, 10km option. The first loop down and around UWA and back was relatively flat but the 3.5 km loop through the park involved a long slow grind up to the DNA tower followed by a long run down the Broadwalk through the long grass.

Unfortunately some track markers near the toilet block near the DNA tower went missing overnight causing some confusion to lead runners, but common sense prevailed and no extra distance was involved to those that followed the road to the tower.

Thanks to Jan and Mike Walter who were kept busy on the drink station; and to Ray Attwell, Toni Frank, Fenella Gill, Mike Hale, Pat Hopkins, Anne Jones, Vic Ratana, and Genevieve Spiro who patiently acted as marshals/timekeepers and recorders. Finally, thanks to Arthur Leggett, who entertained and directed the troops on the finish table.

5K WALK

David Brown	M55	33:45
Lynne Schickert	W65	36:37
John Frost	M65	36:59
Peter Hopper	M60	38:53
Kirt Johnson	M75	41:21
V7		41:32
Rosa Wallis	W60	42:35
Lorna Lauchlan	W75	45:48
Maggie Flanders	W70	45:53
Beryle Doust	W55	60:30
Jill Midolo	W55	60:31
Stan Jones	M80	61:15

16K RUN

Brett Roach	M35	64:41
Ross Parker	M55	65:47
V8		70:30
Jim Klinge	M60	70:49
Brian Bennett	M55	74:00
Neil McRae	M50	74:33
V2		76:23
Paul Hughes	M50	76:33
Ivan Pilton	M60	77:11
John Doust	M55	81:20
Bruce Mathieson	M60	81:26
Charlie Chan	M50	81:34
John Bell	M60	85:17
Maurice Creagh	M60	85:37
V5		85:45
Shirley Bell	W55	91:14
John Smith	M70	95:52
Milton Mavrick	M50	1:41:23
Denise Viala	W55	1:43:56
Robert Sheehy	M60	1:43:57

8K RUN

John Collier	M40	34:21
Frank Smith	M65	36:33
Bob Schickert	M65	38:11
Wayne Taylor	M45	38:27
Bryan Hardy	M60	38:29
Raymond Gimi	M40	38:36
Hamish McGlashan	M65	38:54
David Carr	M70	39:57
John Bocian	M55	39:57
Ivan Brown	M60	40:14
John Cresp	M55	40:16
Sean Keane	M40	40:22
Irwin BarrettLennard	M75	41:05
Paul Martin	M65	42:17
Jeanette Tiverios	W45	42:31
John Brambley	M65	42:52
Jacqui Halberg	W60	42:57
V1		43:41
Roger Walsh	M60	43:44
V3		44:19
Joe Stickles	M65	44:30
Terry Manford	M65	44:37
Lee Holliday	M50	44:40
Mike Anderson	M55	46:03
V4		46:33
Michael Faunge	M65	48:27
Wendy ClementsGreen	W60	48:28
Mike Polkinghorne	M55	48:30
Doug Hazell	M50	48:46
Ken Whistler	M75	49:47
Vic Beaumont	M75	50:06
Arnold Jenkins	M60	51:16
Viv Lok	W45	51:57
Tanya Burke	W35	52:07
V9		56:05
Aldo Giacomini	M70	56:15
Jo Richardson	W55	56:50
Margaret Warren	W70	56:52
Jan Jarvis	W60	58:10
Richard Harris	M70	60:27
Morris Warren	M65	60:58
Linda Rhodes	W60	61:01
Jeni Shillington	W45	61:54
Margaret Bennett	W65	61:56
Ray Lawrence	M75	62:26
Dalton Moffett	M75	64:29
Mary Heppell	W65	66:07

10K WALK

Michele Mison	W55	79:42
Jeff Whittam	M70	79:42

8K WALK

Ray Hall	M70	60:36
Helen Lysaght	W50	80:40
Keith Atkinson	M50	80:41

THANK YOU, all those who came down to the PK run. We had about 50 runners and walkers who took the long journey south of the river. It was a good run and most people enjoyed a dip in the ocean afterwards. Rob Sheehy was very happy with the run as he came first in the 5k. A rare event for him, so he said! He will be back next year to defend his title.

Thankyou to all my helpers on the day; Ray, Beryl, John, Pam, Steve, Mitch, Elaine and Geoff (who actually ran the course twice, after doing the 10k turn for us.) Their work was very much appreciated.

Shorty was very disappointed that there was no sausage sizzle so we will rectify that for next year. John and I Hope to see more people come and enjoy the run next year.

Elaine

10K RUN

Jim Langford	M60	67:40	29:24
Richard Harris	M70	68:05	09:42
Saskia Letham	W30	68:18	25:48
Doug Ashfield	M50	68:36	26:06
V2	#N/A	68:42	N/H
Lachlan Marr	M45	68:50	29:54

8K RUN

Brett Roach	M35	29:43
Peter Sullivan	M45	31:18
Steve Giles	M45	31:29
John Allen	M45	31:47
Bjorn Dybdahl	M50	32:07
V2		32:24
Rosemary Johnson	W30	33:13
Vis		34:10
Doug Ashfield	M50	34:29
Eldon George	M35	34:58
Michael Karra	M40	35:18
Neil McRae	M50	35:41
Frank Smith	M60	36:00
Kay Burt	W50	37:08
Brian Danby	M55	37:17
David Muir	M60	37:20
Mike Hale	M55	37:38
Ivan Pilton	M60	37:49
John Bell	M60	37:56
Peter March	M45	37:57
Jevier Bouzada	M35	38:05
Johan Hagedoorn	M60	38:24
Charlie Chan	M50	38:39
John Doust	M55	38:53
Karen March	W45	39:05
Bruce Mathieson	M60	39:11
Nick Miletic	M55	39:25
Hamish McGlashan	M65	39:35
Maurice Creagh	M60	39:52
Troy Lundgren	M50	40:05
Barry Jones	M45	40:47
Bob Schickert	M65	40:49
Paula Karra	W35	41:04
Jim Barnes	M60	41:12
Mike Khan	M60	41:16
Shirley Bell	W55	41:43
V1		41:59
Carol Bowman	W50	42:18
John Pellier	M65	42:31
Roger Walsh	M60	43:01
V3	#N/A	43:06
Jeff Spencer	M65	43:36
Terry Manford	M65	43:40
Graham Ainsworth	M50	43:59
John Smith	M70	44:44

PK RUN

BRIDPORT POINT

PORT KENNEDY

February 25, 2007

Directors: Elaine & John Dance

John Oldfield	M60	68:55	24:42
Merv Jones	M65	69:18	9:18
John Willmott	M40	69:27	20:12
Bob Schickert	M65	69:40	24:30
Mark Sivy	M55	69:53	23:43
Charlie Chan	M50	70:04	18:12
Christine Oldfield	W60	70:07	09:18
Jim Barnes	M60	70:13	17:42
Keith Atkinson	M50	70:19	20:48
Carol Bowman	W50	70:23	17:12
Bruce Mathieson	M60	70:27	20:42
Maurice Creagh	M60	70:29	19:54
Gillian Young	W55	70:38	23:12
Brian Bennett	M55	70:48	26:00
Irwin Barrett-Lennard	M75	71:05	19:12
John Ellard	M65	71:44	16:30
Jevier Bouzada	M35	72:09	N/H
V3		72:33	N/H

Paul Burke	M35	74:05	25:12
V1		77:04	N/H
Margaret Bennett	W65	91:29	00:00
Shorty Turner	M70	91:30	00:00

5K RUN

Robert Sheehy	M60	25:28
Roger Walsh	M60	27:20
Bob Sammells	M70	28:23
Vic Beaumont	M75	28:54
Jeff Spencer	M65	28:55
Tanya Burke	W35	29:46
Dalton Moffett	M75	34:58
Jan Jarvis	W60	36:21
Linda Rhodes	W60	38:06
Toni Frank	W60	38:32

10K WALK

Val Millard	W60	69:46
Lynne Schickert	W65	79:49
Michele Mison	W55	81:44
Jeff Whittam	M70	81:44
Ann Turner	W70	94:16
Pat Ainsworth	W70	94:16

5K WALK

Pat Miller	W65	49:52	07:24
Wendy Spencer	W60	49:53	N/H
Patricia Hopkins	W60	52:10	10:18
Helen Lysaght	W50	60:34	N/H

McCallum Lakes

February 18, 2007

Director: Sue Bullen

Sue's report was in Vetrun 396, March 2007.

Bob Sammells	M70	45:09
Berni Scott	W45	45:35
Mike Polkinghorne	M55	46:23
Merv Jones	M65	46:34
Jane Elton	W35	47:02
Cheryl van der Spuy	W50	47:02
Christine Oldfield	W60	47:39
Theresa Howe	W55	48:34
Arnold Jenkins	M60	48:34
John Talbot	M60	49:06
Vic Beaumont	M75	51:21
Mary Young	W55	57:58
Jeni Shillington	W45	57:59
Margaret Bennett	W65	59:07
Elaine Dance	W55	59:08
Shorty Turner	M70	65:16

4K RUN

Gary McLean	M40	15:29
Paul Hughes	M50	15:39
Mick Hanretty	M40	16:22
Peter Bull	M45	16:29
Brian Bennett	M55	16:55
Dave Roberts	M60	16:57
Liz Neville	W55	18:21
John Oldfield	M60	18:37
Raymond Gimi	M40	18:43
Bryan Hardy	M60	19:20
Irwin Barrett-Lennard	M75	19:32
Leonie Jones	W45	19:38
Ivan Brown	M60	19:40
John Cresp	M55	19:41
Gary Fisher	M50	19:48
Wayne Taylor	M45	20:09
Mike Rhodes	M60	20:10
Joe Stickles	M65	21:23
Ray Attwell	M70	21:39
Richard Harris	M70	21:51

Peter Airey	M70	21:58
Jim Riddell	M65	22:04
Mike Anderson	M55	22:12
Wendy Clements-Green	W60	22:46
Myra Hind	W40	23:14
Dan Bending	M60	23:16
Chris Hanretty	W40	24:49
Michael Faunge	M65	24:54
Debbie Dance	W35	26:32
Karen Valenti	W40	26:59
Aldo Giacomini	M70	28:00
Ray Lawrence	M75	28:45
Sheila Maslen	W65	29:34
Su McNamara	W50	29:47
Mary Heppell	W65	30:17
Dalton Moffett	M75	31:20
Toni Frank	W60	31:21
Linda Rhodes	W60	33:21
Harry Oliver	M80	35:37

8K WALK

Val Millard	W60	56:59
Ray Hall	M70	61:14

4K WALK

David Brown	M55	27:52
John Frost	M65	30:06
Lynne Schickert	W65	30:07
Beryle Doust	W55	30:27
Bob Neville	M70	30:30
Michele Mison	W55	30:42
Jeff Whittam	M70	32:33
Kirt Johnson	M75	34:07
Debbie Wolfenden	W40	34:18
Patricia Hopkins	W60	34:28
Ann Turner	W70	34:49
Mitch Loly	M65	35:04
Lorna Lauchlan	W75	36:12
Maggie Flanders	W70	36:36
Rosa Wallis	W60	37:47
Norm Miller	M75	38:41
Leo Hassam	M75	39:06
George Schaefer	M70	39:07
Pat Ainsworth	W70	43:14
Helen Klinge	W55	43:55
Jim Klinge	M60	43:56



Steve Dunn, one-lap winner, sharpening up for the Rottneest Marathon.

10.5K RUN

Brett Roach	M35	38:12
Peter Sullivan	M45	40:02
John Allen	M45	41:48
Doug Ashfield	M50	43:03
Eldon George	M35	43:39
V1		45:20
John Collier	M40	45:41
Neil McRae	M50	46:12
Bob Schickert	M65	46:35
Frank Smith	M60	47:00
Peter March	M45	48:23
Keith Atkinson	M50	48:28
Ivan Pilton	M60	48:43
Charlie Chan	M50	50:54
Bruce Mathieson	M60	51:04
Nick Miletic	M55	51:05
Hamish McGlashan	M65	51:06
Keith Miller	M55	51:34
Irwin BarrettLennard	M75	52:49
Graham Thornton	M65	53:32
Jim Barnes	M60	53:35
Carol Bowman	W50	55:18
John Pellier	M65	55:54
Roger Walsh	M60	56:56
Viv Lok	W45	59:44
John Smith	M70	59:49
Merv Jones	M65	62:13
Christine Oldfield	W60	62:32
Vic Beaumont	M75	62:48
John Talbot	M60	64:40

7K RUN

Lee Holliday	M50	28:37
Bruce Wilson	M60	28:46
Mick Hanretty	M40	29:08
Chris Frampton	M40	30:51
Barry Jones	M50	32:41
Brian Danby	M55	33:22
Bryan Hardy	M60	33:26
Ivan Brown	M60	34:07
Maurice Creagh	M60	35:42
Graham Ainsworth	M50	36:30
Doug Hazell	M50	39:40
Jeff Spencer	M65	41:51
Arnold Jenkins	M60	42:03
Ken Whistler	M75	45:54
Aldo Giacomini	M70	46:13

Lake Monger

March 4, 2007

Director: John Oldfield

IT was a long weekend, with a number of regulars down at Dwellingup, so only around 80 ran or walked. Cool and breezy conditions meant a pleasant trip around the lake, with Brett Roach leading the way in the three-lap race. Thanks again to my helpers – Blakeney Tindall, Morland Smith, Dee Haines and Gary McLean.

John Oldfield

THE timing device went amuck at start, so first eight results could be a little messy, by just a few secs; so if anyone complains, sorry, but hired cheap help is hard to get.....

Barrie Thomsett

V3		47:43
Dalton Moffett	M75	51:18

3.5K RUN

V2		13:52
Stephen Dunn	M40	13:56
Paul Burke	M35	14:10
Raymond Gimi	M40	14:24
Barbara Blurton	W55	15:56
Leonie Jones	W45	16:11
John Dennehy	M45	16:33
Peggy MacLIVER	W60	17:35
Peter Drinkwater	M55	17:37
Toni Phillips	W35	18:56
Wendy ClementsGreen	W60	19:31
Michael Faunge	M65	20:29
Janet Walter	W55	21:27
Genevieve Spiro	W35	22:49
Linda Rhodes	W60	24:45
Sheila Walsh	W40	24:48
Joan Pellier	W65	25:11
Sheila Maslen	W65	25:39
Toni Frank	W60	26:35

10.5K WALK

Val Millard	W60	72:40
Ray Hall	M70	73:01
Lynne Schickert	W65	85:30

7K WALK

Michele Mison	W55	55:36
Jeff Whittam	M70	55:37
Victor Ratana	M70	56:02
Kirt Johnson	M75	56:59
Patricia Hopkins	W60	58:00

3.5K WALK

Rosa Wallis	W60	31:17
Maggie Flanders	W70	31:17
Michael Walter	M55	31:21
Lorna Lauchlan	W75	33:38
Noela Medcalf	W70	33:38
Helen Lysaght	W50	40:02
Karen March	W45	40:03

Records set at 2007 Championships



Pat Carr, left, and Peggy MacLIVER

This summary of State Records set at the Championships has been compiled by Campbell Till.

"THERE are 32 in total (a little more than average), also many near misses," he says. "Many familiar names appear but it's great to see some new ones, too. Also, a few State Records set either side of the Championships have made this a real purple patch for Pat Carr!"

Pat's recent successes are:

W75 60m 11.4
W75 100m 17.9
W75 200m 39.7

STATE RECORDS

– SET AT THE CHAMPS:

W75 100m	Pat Carr	18.0
W65 800m	Ruth Johnson	3:12.4
W60 1500m	Jackie Halberg	6:23.6
W30 2k S	Toni Phillips	9:59.4
W35 2k S	Kerriann Bresser	9:15.9
W65 80m H	Ruth Johnson	19.1
W50 1500m W	Lyn Ventris	6:45.8 (A)
W50 3000m W	Lyn Ventris	13:54.3 (A&W)
W50 5000m W	Lyn Ventris	24:32.8 (A&W)
W75 Long Jump	Pat Carr	3.23m (A)
W75 Triple Jump	Pat Carr	6.71m (A)
W60 Discus	Bev Hamilton	24.42m
W35 Javelin	Carolyn Wills	31.06m
W60 Pentathlon	Peggy MacLIVER	3367pts (A)
W75 Pentathlon	Pat Carr	2789pts (A)
M50 60m	Garry Ralston	7.4
M65 60m	Barrie Kernaghan	8.1
M70 100m	David Clive	13.9
M85 5000m	Peter Kennedy	48:17.5
M85 10000m	Peter Kennedy	120:58.1
M65 100m H	Don Chambers	20.2
M65 300m H	Don Chambers	55.8
M75 300m H	Gordon Medcalf	86.5
M55 400m H	Rob Antonioli	70.3
M40 High Jump	Donald Bradley	1.65m
M55 High Jump	Dave Wyatt	1.47m
M70 High Jump	Bob Fergie	1.17m
M70 Long Jump	David Clive	4.62m
M85 Hammer	Peter Kennedy	16.10m
M75 Javelin	Rob Shand	24.04m
M70 Pentathlon	Leon Sander	3365pts
M85 Pentathlon	Peter Kennedy	1153pts

Prior to the Championships, the following new marks were established.

W35 Javelin Carolyn Wills 28.11m (20/2/07)
W30 2k Steeple Toni Phillips 9:59.4 (10/2/07)
W55 Hammer Kate Glass 41.73m (27/2/07)
W60 Discus Bev Hamilton 23.55m (equal) (27/2/07)
M30 400m Cameron Yorke 50.63 (25/2/07)
W60 1500m Peggy MacLIVER 6:30.2 (1/3/07)
W60 Shot Bev Hamilton 9.13m (1/3/07)
M85 Shot Peter Kennedy 6.03m (1/3/07)
W75 100 m Pat Carr 19.5
W75 200m Pat Carr 43.4
W60 Shot Bev Hamilton 9.13m (equal)

www.bushverse.com

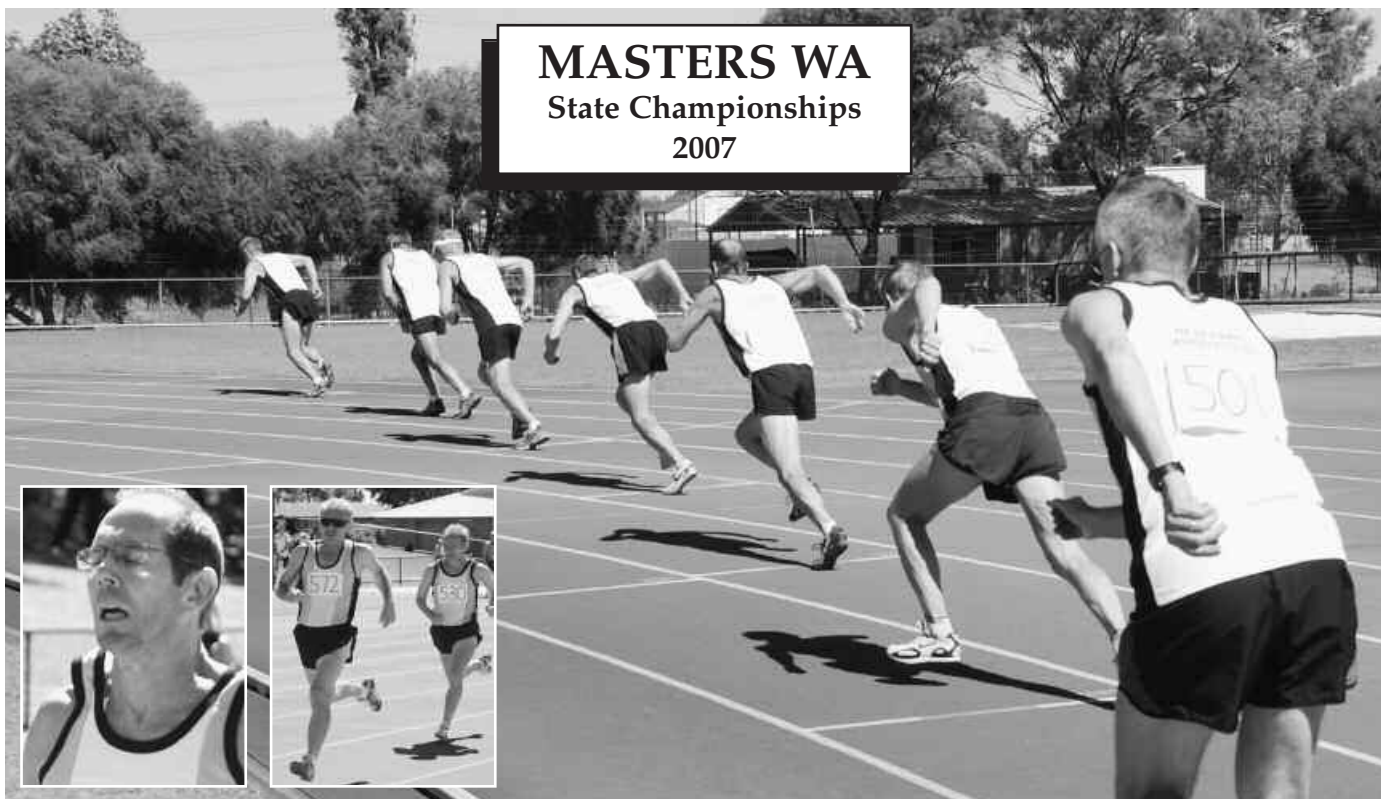
SPACE is limited in Vetrun so we're unable to use all members' contributions. Wayne Pantall, runner and bush poet, suffers more than most. That's because he writes more than most. Now Wayne's a good bloke, and never complains. Fortunately, you can now find his funny, colourful writing elsewhere, and very easily, at the site above.

Wayne is the currently featured 'poet of the month' and as well as some of his deathless verse, there's a witty biog of the man himself. Read it, it's good. VW

MASTERS WA

State Championships

2007



800m start for M50-59; inset, winner Neil Morfit, Duncan McCauley and Bjorn Dybdahl.

WOMEN

60M

W35			
1	Wills, Carolyn	W37	8.3

W40			
1	Moloney, Sharon	W44	9.2
2	Cox, Debra	W43	10.2
3	Wolfenden, Debbie	W43	10.4

W45			
1	Baldock, Delia	W45	9.4

W50			
1	Choate, Lynne	W54	8.8
2	Bowman, Carol	W52	10.7

W60			
1	Macliver, Peggy	W62	9.3
2	Jenkins, Luella	W64	10.5

W65			
1	Johnson, Ruth	W66	10.2
2	Schickert, Lynne	W65	14.5

W75			
1	Carr, Patrica	W75	10.7

100M

W35			
1	Wills, Carolyn	W37	13.3

W40			
1	Moloney, Sharon	W44	15.2
2	Cox, Debra	W43	17.0
3	Wolfenden, Debbie	W43	17.4

W45			
1	Baldock, Delia	W45	15.2
2	Jones, Leonie	W47	16.0

W50			
1	Choate, Lynne	W54	14.3
2	Bowman, Carol	W52	18.0

W60			
1	Macliver, Peggy	W62	15.0
2	Jenkins, Luella	W64	17.3

W65			
1	Johnson, Ruth	W66	16.4
2	Schickert, Lynne	W65	23.7

W75			
1	Carr, Patrica	W75	18.0

200M

W45			
1	Baldock, Delia	W45	31.3
2	Jones, Leonie	W47	33.0

W50			
1	Choate, Lynne	W54	29.9
2	Bowman, Carol	W52	37.3

W55			
1	Young, Gillian	W59	35.0

W60			
1	Macliver, Peggy	W62	31.1

W65			
1	Johnson, Ruth	W66	34.7

W75			
1	Carr, Patrica	W75	41.0

400M

W35			
1	Wills, Carolyn	W37	63.0
2	Phillips, Toni	W35	64.9
3	Bresser, Kerriann	W39	71.9

W45			
1	Baldock, Delia	W45	74.4
2	Jones, Leonie	W47	76.0

W50			
1	Choate, Lynne	W54	75.5
2	Bowman, Carol	W52	1:25.4

W55			
1	Blurton, Barbara	W56	70.2

W60			
1	Macliver, Peggy	W62	72.8
2	Prescott, Valerie	W63	1:50.3

W65			
1	Johnson, Ruth	W66	1:22.8

800M

W35			
1	Phillips, Toni	W35	2:45.7
2	Bresser, Kerriann	W39	2:46.6

W45

1	Gower, KarynSue	W47	3:00.5
2	Jones, Leonie	W47	3:07.1
3	Baldock, Delia	W45	3:08.3

W50			
1	Bowman, Carol	W52	3:26.8

W55			
1	Blurton, Barbara	W56	2:47.7
2	Young, Gillian	W59	3:08.8

W60			
1	Prescott, Valerie	W63	4:17.6

1500M

W35			
1	Bresser, Kerriann	W39	5:45.7

W40			
1	Keane, Niamh	W42	5:21.8
2	Keeley, Julie	W40	6:40.9

W45			
1	Gower, KarynSue	W47	6:08.7

W50			
1	Bowman, Carol	W52	6:46.8

W55			
1	Blurton, Barbara	W56	5:55.8

W60			
1	Halberg, Jackie	W60	6:23.6
2	Prescott, Valerie	W63	8:43.0

W65			
1	Johnson, Ruth	W66	6:42.0

5000M

W40			
1	Keane, Niamh	W42	20:40.3

W50			
1	Burt, Kay	W51	20:50.4
2	Bowman, Carol	W52	24:48.9

W55			
1	Young, Gillian	W59	22:16.8
2	Howe, Theresa	W56	26:04.5
3	McAuley, Fiona	W56	28:20.5

W60			
1	Halberg, Jackie	W60	23:50.3

10,000M

W40

1 Keeley, Julie W40 55:44.8

W45

1 Gower, KarynSue W47 49:17.4

W50

1 Burt, Kay W51 44:46.0

2 Bowman, Carol W52 52:47.9

W55

1 Young, Gillian W59 48:05.1

2 Howe, Theresa W56 56:34.4

3 McAuley, Fiona W56 59:06.8

W60

1 Halberg, Jackie W60 52:24.9

1500M WALK

W50

1 Ventris, Lyn W50 6:45.8

2 Hollaway, RoseMareeW52 9:14.3

W60

1 Jenkins, Luella W64 10:13.2

W65

1 Schickert, Lynne W65 10:18.6

W70

1 Medcalf, Noela W72 12:36.0

2 Flanders, Maggie W70 13:06.6

3000M WALK

W50

1 Ventris, Lyn W50 13:54.3

2 Hollaway, RoseMareeW52 19:30.4

W55

1 Neville, Liz W55 18:45.4

2 Mison, Michele W59 22:02.5

W60

1 Millard, Valerie W60 19:59.6

2 Jenkins, Luella W64 21:18.9

W65

1 Schickert, Lynne W65 21:07.9

5000M WALK

W50

1 Ventris, Lyn W50 24:32.8

2 Hollaway, RoseMareeW52 33:47.9

W55

1 Neville, Liz W55 32:11.0

2 Mison, Michele W59 38:45.6

W60

1 Millard, Valerie W60 34:52.3

W65

1 Schickert, Lynne W65 36:40.3

80M HURDLES

W45

1 Baldock, Delia W45 15.8

W65

1 Johnson, Ruth W66 19.1

100M HURDLES

W35

1 Phillips, Toni W35 17.0

2 Wills, Carolyn W37 17.7

400M HURDLES

W35

1 Phillips, Toni W35 1:17.1

2 Wills, Carolyn W37 1:21.4

W45

1 Baldock, Delia W45 1:27.3



Mixed field starts the 1500m walk, led by Lyn Ventris (below) who set a probable world-best time.



TRIPLE JUMP

W35

1 Wills, Carolyn W37 9.72m

W40

1 Cox, Debra W43 7.07m

W45

1 Baldock, Delia W45 8.60m

W65

1 Johnson, Ruth W66 7.15m

2 Schickert, Lynne W65 5.12m

W75

1 Carr, Patrica W75 6.71m

SHOT PUT

W35

1 Wills, Carolyn W37 9.28m

W40

1 Moloney, Sharon W44 7.81m

W50

1 Brown, Barbara W52 8.91m

W55

1 Glass, Kate W57 10.24m

2 Szczepanska, ElizabethW55 8.98m

3 Streeter, June W57 5.74m

W60

1 Hamilton, Beverley W61 8.90m

2 Jenkins, Luella W64 6.71m

W75 SHOT PUT

1 McMillan, Raema W79 6.74m

2000M STEEPLECHASE

W35

1 Bresser, Kerriann W39 9:15.9

2 Phillips, Toni W35 9:59.4

W45

1 Baldock, Delia W45 10:26.4

W65

1 Schickert, Lynne W65 13:32.1

HIGH JUMP

W45

1 Baldock, Delia W45 1.30m

LONG JUMP

W35

1 Wills, Carolyn W37 4.56m

W40

1 Edmonds, Gill W42 3.91m

2 Cox, Debra W43 3.41m

W45

1 Baldock, Delia W45 4.20m

W60

1 Macliver, Peggy W62 3.63m

2 Jenkins, Luella W64 2.71m

3 Hamilton, Beverley W61 2.52m

W65

1 Johnson, Ruth W66 3.39m

2 Schickert, Lynne W65 2.25m

W75

1 Carr, Patrica W75 3.23m

HAMMER

W40

1 Moloney, Sharon W44 21.32m

W50

1 Brown, Barbara W52 19.44m

W55

1 Glass, Kate W57 35.74m

2 Szczepanska, Elizabeth W55 32.73m

3 Streeter, June W57 16.84m

W60

1 Jenkins, Luella W64 16.82m

2 Hamilton, Beverley W61 15.56m

W65

1 Johnson, Ruth W66 19.15m

W75

1 McMillan, Raema W79 20.07m

DISCUS

W35
1 Wills, Carolyn W37 29.50m

W40
1 Moloney, Sharon W44 23.50m
2 Cox, Debra W43 16.12m

W50
1 Brown, Barbara W52 19.47m
2 Choate, Lynne W54 16.79m

W55
1 Glass, Kate W57 23.83m
2 Szczepanska, Elizabeth W55 20.72m
3 Streeter, June W57 13.18m

W60
1 Hamilton, Beverley W61 24.42m
2 Jenkins, Luella W64 17.55m
3 Prescott, Valerie W63 16.15m

W65
1 Johnson, Ruth W66 15.13m
2 Schickert, Lynne W65 12.13m

W70
1 Medcalf, Noela W72 14.33m

W75
1 McMillan, Raema W79 17.05m

JAVELIN

W35
1 Wills, Carolyn W37 31.06m

W40
1 Moloney, Sharon W44 19.89m

W50
1 Brown, Barbara W52 17.28m

W55
1 Glass, Kate W57 21.11m
2 Streeter, June W57 10.79m

W60
1 Jenkins, Luella W64 18.32m
2 Hamilton, Beverley W61 18.01m
3 Prescott, Valerie W63 14.97m

W70
1 Flanders, Maggie W70 10.87m

W75
1 McMillan, Raema W79 15.75m

WEIGHT THROW

W40
1 Moloney, Sharon W44 6.41m

W50
1 Brown, Barbara W52 7.95m

W55
1 Szczepanska, Elizabeth W55 12.31m
2 Glass, Kate W57 11.22m
3 Streeter, June W57 5.75m

W60
1 Jenkins, Luella W64 8.32m
2 Hamilton, Beverley W61 8.17m

W65
1 Johnson, Ruth W66 7.97m

W75
1 McMillan, Raema W79 9.28m

OUTDOOR PENTATHLON

W35
1 Wills, Carolyn W37 2537
2 Phillips, Toni W35 2141

W40
1 Moloney, Sharon W44 1460

W60
1 Macliver, Peggy W62 3367

W65
1 Johnson, Ruth W66 3078
2 Schickert, Lynne W65 802

W75
1 Carr, Patrica W75 2789



Sharon Moloney

MEN

OUTDOOR PENTATHLON

M30
1 Staunton, Matthew M33 2499

M35
1 Neale, Chris M38 2485
2 Burke, Paul M36 2130

M45
1 Till, Campbell M49 2757
2 Wills, Robert M48 1378
3 Dennehy, John M47 1237

M50
1 Holliday, Lee M52 2473

M55
1 Antonioli, Rob M55 2966
2 Cornish, Bruce M58 2410

M65
1 Richards, Norman M69 2305

M70
1 Sander, Leon M70 3365
2 Fergie, Bob M71 1313
3 Shand, Robert M74 1143

M85
1 Kennedy, Peter M86 1153

WEIGHT PENTATHLON

M30
1 Staunton, Matthew M33 2549

M35
1 Hamilton, Mark M36 2556

M45
1 Everard, John M48 2234
2 Wills, Robert M48 1356

M50
1 Gee, Geoffrey M53 2275

M55
1 Cornish, Bruce M58 2076

M60
1 Young, Rob M62 2359

M65
1 Chambers, Don M69 2559

M70
1 Fergie, Bob M71 3222

M71
2 Sutton, John M71 2061

M72
3 Whittam, Jeffrey M72 2049

WEIGHT PENTATHLON

W40
1 Moloney, Sharon W44 2073

W50
1 Brown, Barbara W52 2277

W55
1 Glass, Kate W57 3690
2 Szczepanska, Elizabeth W55 2251
3 Streeter, June W57 1574

W60
1 Hamilton, Beverley W61 2817
2 Jenkins, Luella W64 2470

W75
1 McMillan, Raema W79 4015

MEN

60M

M45
1 Phillips, David M45 8.0
2 Wills, Robert M48 9.5

M50
1 Ralston, Garry M51 7.4
2 Hanson, Damien M53 9.0

M55
1 Antonioli, Rob M55 8.3
2 Miletic, Nick M56 9.9

M60
1 Fearnall, Roy M63 8.3

M65
1 Kernaghan, Barrie M66 8.1
2 Richards, Norman M69 8.7
3 Chambers, Don M69 9.3
4 Riddell, Jim M67 10.1

M70
1 Sutton, John M71 10.4

100M

M35
1 Burke, Paul M36 12.4

M40
1 Jones, Nigel M44 12.3

M45
1 Till, Campbell M49 12.3
2 De Klerk, Peter M47 12.5
3 Phillips, David M45 12.8
4 Dennehy, John M47 14.6
5 Wills, Robert M48 15.4

M50
1 Ralston, Garry M51 12.2
2 Edwards, Michael M50 12.6
3 Dumolard, Guito M50 12.9
4 Newell, Barry M50 13.7
5 Holliday, Lee M52 14.0
6 Jones, Barry M50 15.1

M55
1 Antonioli, Rob M55 13.2
2 Miletic, Nick M56 15.6

M65
1 Kernaghan, Barrie M66 13.0
2 Richards, Norman M69 13.8
3 Chambers, Don M69 14.2
4 Riddell, Jim M67 16.9

M70
1 Clive, David M70 13.9
2 Sander, Leon M70 15.2
3 Sutton, John M71 17.6

200M

M35
1 Neale, Chris M38 24.9

M40
1 Colton, Robert M43 28.4

M45
1 Till, Campbell M49 25.3
2 De Klerk, Peter M47 25.6
3 Dennehy, John M47 30.0
4 Wills, Robert M48 31.6

M50
1 Ralston, Garry M51 24.9
2 Morfitt, Neil M51 25.9
3 Dumolard, Guito M50 26.9
4 Jones, Barry M50 32.0

M55
1 Antonioli, Rob M55 26.7
2 McAuley, Duncan M57 27.0
3 Cornish, Bruce M58 29.7
4 Miletic, Nick M56 33.9

M60		
1 Fearnall, Roy	M63	27.2
M65		
1 Kernaghan, Barrie	M66	26.6
2 Richards, Norman	M69	29.3
3 Chambers, Don	M69	30.2
4 Riddell, Jim	M67	35.3

400M

M35		
1 Neale, Chris	M38	57.2
2 Burke, Paul	M36	60.6

M40		
1 Collier, John	M40	61.5
2 Colton, Robert	M43	66.3

M45		
1 Till, Campbell	M49	56.0
2 De Klerk, Peter	M47	56.4
3 Dennehy, John	M47	67.2
4 Wills, Robert	M48	72.0

M50		
1 Morfitt, Neil	M51	58.3
2 Ralston, Garry	M51	63.7
3 Holliday, Lee	M52	68.1
4 Newell, Barry	M50	68.6
5 Jones, Barry	M50	71.3

M55		
1 McAuley, Duncan	M57	60.8
2 Antonioli, Rob	M55	61.3
3 Cornish, Bruce	M58	69.0
4 Miletic, Nick	M56	79.3

M60		
1 Fearnall, Roy	M63	63.0
2 Brown, Ivan	M62	76.1

M65		
1 Kernaghan, Barrie	M66	61.0
2 Whalan, Roger	M65	70.0
3 Richards, Norman	M69	74.0
4 James, Lyle	M66	1:33.6

M70		
1 Carr, David	M74	68.7

800M

M35		
1 Neale, Chris	M38	2:19.8
2 George, Eldon	M37	2:39.9

M40		
1 Bradley, Donald	M43	2:08.8
2 Smith, Patrick	M43	2:16.8
3 Collier, John	M40	2:26.4
4 Colton, Robert	M43	2:29.1

M45		
1 De Klerk, Peter	M47	2:19.4
2 Sullivan, Peter	M48	2:25.4
2 Tindall, Blakeney	M46	2:25.4
4 Dennehy, John	M47	2:45.7
5 Wills, Robert	M48	3:04.7

M50		
1 Morfitt, Neil	M51	2:14.4
2 Gower, Alan	M51	2:24.0
3 Dybdahl, Bjorn	M53	2:28.7
4 Jones, Barry	M50	3:06.4

M55		
1 McAuley, Duncan	M57	2:28.0
2 Cornish, Bruce	M58	2:53.5
3 Miletic, Nick	M56	3:11.4

M65		
1 Schickert, Bob	M65	2:46.1
2 McGlashan, Hamish	M69	3:13.2
3 James, Lyle	M66	3:48.6

M70		
1 Carr, David	M74	2:40.8
2 Sander, Leon	M70	3:14.4



John Dennehy

1500M

M35		
1 George, Eldon	M37	5:08.4

M40		
1 Bradley, Donald	M43	4:33.9
2 Smith, Patrick	M43	4:42.9
3 Collier, John	M40	5:01.4
4 Colton, Robert	M43	5:11.9

M45		
1 Sullivan, Peter	M48	4:56.4
2 Tindall, Blakeney	M46	5:00.0
3 Wills, Robert	M48	6:19.0

M50		
1 Gower, Alan	M51	4:35.8
2 Morfitt, Neil	M51	4:44.7
3 Dybdahl, Bjorn	M53	4:58.2
4 Jones, Barry	M50	5:59.3

M55		
1 Antonioli, Rob	M55	5:11.3
2 Lazarus, Ivan	M55	5:28.9
3 Miletic, Nick	M56	6:17.2

M60		
1 Langford, Jim	M62	5:07.9
2 Wilson, Bruce	M61	5:08.8
3 Brown, Ivan	M62	5:57.4
4 Creagh, Maurice	M60	6:10.4

M65		
1 Schickert, Bob	M65	5:20.9
2 James, Lyle	M66	6:58.2

M70		
1 Carr, David	M74	5:30.4
2 Harris, Richard	M70	7:49.3

M75		
1 Walkley, Cecil	M77	7:53.9

M85		
1 Kennedy, Peter	M86	13:30.2

5000M

M30		
1 Wakeling, Christian	M32	17:45.5

M35		
1 Mitchell, Paul	M36	15:34.0
2 George, Eldon	M37	19:25.2
3 Burke, Paul	M36	21:16.4

M40		
1 Solomon, David	M42	18:26.8
2 Dunn, Stephen	M40	19:58.4
3 Collier, John	M40	20:05.6
4 Gimi, Raymond	M42	22:08.3

M45		
1 Sullivan, Peter	M48	17:52.1
2 Marr, Lachlan	M46	18:03.6

M50		
1 Gower, Alan	M51	17:50.5
2 Maher, Christopher	M53	18:13.5
3 Dybdahl, Bjorn	M53	18:37.3
4 Ashfield, Doug	M50	19:29.1
5 Jones, Barry	M50	22:27.0

M55		
1 Lazarus, Ivan	M55	20:17.4
2 Miletic, Nick	M56	22:51.2

M60		
1 Langford, Jim	M62	18:11.6
2 Wilson, Bruce	M61	19:13.1
3 Brown, Ivan	M62	22:21.7
4 Creagh, Maurice	M60	22:41.5

M65		
1 Schickert, Bob	M65	20:32.9
2 James, Lyle	M66	25:33.5

M70		
1 Harris, Richard	M70	28:46.5

M85		
1 Kennedy, Peter	M86	48:17.5

10000M

M30		
1 Wakeling, Christian	M32	37:19.4

M35		
1 Mitchell, Paul	M36	32:54.1
2 Susanto, Widi	M35	39:50.1
3 George, Eldon	M37	42:29.9

M40		
1 Dunn, Stephen	M40	43:21.9
2 Collier, John	M40	47:04.5

M45		
1 Sullivan, Peter	M48	37:25.2
2 Marr, Lachlan	M46	37:48.1

M50		
1 Maher, Christopher	M53	37:32.4
2 Gower, Alan	M51	37:37.2
3 Dybdahl, Bjorn	M53	39:14.5
4 Ashfield, Doug	M50	41:07.1

M55		
1 Lazarus, Ivan	M55	43:32.9
2 Gardiner, Frank	M57	44:19.6
3 Parke, Syd	M55	44:59.7
4 Miletic, Nick	M56	50:07.0

M60		
1 Langford, Jim	M62	38:40.9
2 Oldfield, John	M63	44:44.0
3 Creagh, Maurice	M60	49:32.1

M65		
1 Schickert, Bob	M65	43:53.5

M70		
1 Harris, Richard	M70	1:05:44.4

M85		
1 Kennedy, Peter	M86	2:00:58.1

1500M WALK

M50		
1 Lenane, Tom	M50	9:38.2

M60		
1 Wilson, Bruce	M61	9:06.0

M65		
1 Doye, Peter	M66	9:10.2

M70		
1 Neville, Bob	M73	10:31.3
2 Whittam, Jeffrey	M72	11:12.5

M80		
1 Jones, Stanley	M81	10:03.4

3000M WALK

M50		
1 Lenane, Tom	M50	19:58.4

M55		
1 Cornish, Bruce	M58	19:56.3

M65		
1 Doye, Peter	M66	19:04.3

M70		
1 Neville, Bob	M73	21:58.5
2 Whittam, Jeffrey	M72	22:56.8

M80		
1 Jones, Stanley	M81	20:44.4

5000M WALK**M50**

1	Holliday, Lee	M52	32:18.8
2	Lenane, Tom	M50	33:35.0

M55

1	Brown, David	M59	33:25.7
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M60

1	Hopper, Peter	M62	35:50.1
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M65

1	Doye, Peter	M66	32:25.7
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M70

1	Neville, Bob	M73	37:58.5
2	Whittam, Jeffrey	M72	39:21.6

M80

1	Jones, Stanley	M81	35:51.7
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100M HURDLES**M50**

1	Ralston, Garry	M51	17.7
2	Holliday, Lee	M52	21.8

M65

1	Chambers, Don	M69	20.2
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300M HURDLES**M60**

1	Wilson, Bruce	M61	58.4
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M65

1	Chambers, Don	M69	55.8
2	Richards, Norman	M69	63.6

M75

1	Medcalf, Gordon	M77	1:26.5
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400M HURDLES**M40**

1	Collier, John	M40	78.5
2	Colton, Robert	M43	1:24.3

M55

1	Antoniolli, Rob	M55	70.3
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2000M STEEPLECHASE**M60**

1	Wilson, Bruce	M61	7:59.4
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M65

1	Schickert, Bob	M65	8:28.3
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3000M STEEPLECHASE**M35**

1	George, Eldon	M37	13:45.0
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M50

1	Dybdahl, Bjorn	M53	12:47.0
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HIGH JUMP**M40**

1	Bradley, Donald	M43	1.65m
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M45

1	Till, Campbell	M49	1.55m
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M50

1	Holliday, Lee	M52	1.30m
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M55

1	Wyatt, Dave	M55	1.47m
2	Antoniolli, Rob	M55	1.25m

M65

1	Chambers, Don	M69	1.15m
2	Chalmers, Bob	M68	1.00m

M70

1	Fergie, Bob	M71	1.17m
2	Sutton, John	M71	1.05m

POLE VAULT**M30**

1	Staunton, Matthew	M33	3.20m
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LONG JUMP**M30**

1	Staunton, Matthew	M33	2.80m
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M40

1	Colton, Robert	M43	4.52m
2	Jones, Michael	M44	4.09m

M45

1	Till, Campbell	M49	5.46m
2	Dennehy, John	M47	3.73m

M50

1	Ralston, Garry	M51	5.38m
2	Edwards, Michael	M50	4.54m
3	Hanson, Damien	M53	3.99m

M55

1	Antoniolli, Rob	M55	4.58m
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M60

1	Tolbert, Murray	M60	5.25m
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M65

1	Chambers, Don	M69	4.20m
2	Chalmers, Bob	M68	3.04m
3	James, Lyle	M66	1.74m

M70

1	Clive, David	M70	4.62m
2	Sutton, John	M71	2.85m

TRIPLE JUMP**M40**

1	Bradley, Donald	M43	11.41m
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M45

1	Phillips, David	M45	9.42m
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M55

1	Antoniolli, Rob	M55	8.84m
2	Cornish, Bruce	M58	8.69m

M65

1	Chambers, Don	M69	8.47m
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M70

1	Sutton, John	M71	5.75m
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SHOT PUT**M30**

1	Staunton, Matthew	M33	10.36m
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M35

1	Hamilton, Mark	M36	12.00m
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M45

1	Everard, John	M48	8.59m
2	Wills, Robert	M48	7.35m

M50

1	Gee, Geoffrey	M53	12.43m
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M60

1	Young, Rob	M62	9.68m
2	Selby, Stan	M61	9.19m
3	Creagh, Maurice	M60	6.74m

M65

1	Carroll, Ed	M66	10.22m
2	Chambers, Don	M69	8.86m
3	Chalmers, Bob	M68	7.60m

M70

1	Fergie, Bob	M71	9.11m
2	Sutton, John	M71	7.46m
3	Shand, Robert	M74	6.94m
4	Whittam, Jeffrey	M72	6.69m

M85

1	Kennedy, Peter	M86	5.35m
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DISCUS**M30**

1	Staunton, Matthew	M33	33.78m
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M35

1	Hamilton, Mark	M36	34.72m
2	Burke, Paul	M36	26.58m

M45

1	Wills, Robert	M48	19.63m
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M50

1	Hanson, Damien	M53	24.76m
2	Ralston, Garry	M51	24.38m

M55

1	Williams, Gary	M56	34.71m
2	Cornish, Bruce	M58	27.46m

M60

1	Selby, Stan	M61	32.64m
2	Young, Rob	M62	32.23m

M65

1	Carroll, Ed	M66	34.85m
2	Chambers, Don	M69	20.89m
3	Chalmers, Bob	M68	18.08m
4	James, Lyle	M66	10.05m

M70

1	Sander, Leon	M70	27.96m
2	Fergie, Bob	M71	25.16m
3	Sutton, John	M71	23.91m
4	Shand, Robert	M74	22.81m
5	Whittam, Jeffrey	M72	17.57m

M85

1	Kennedy, Peter	M86	11.88m
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HAMMER**M30**

1	Staunton, Matthew	M33	32.03m
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M35

1	Hamilton, Mark	M36	30.84m
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M45

1	Everard, John	M48	39.07m
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M50

1	Gee, Geoffrey	M53	32.27m
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M55

1	Cornish, Bruce	M58	21.70m
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M60

1	Selby, Stan	M61	25.22m
2	Young, Rob	M62	24.80m

M65

1	Chambers, Don	M69	20.33m
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M70

1	Fergie, Bob	M71	29.82m
2	Whittam, Jeffrey	M72	22.93m
3	Sutton, John	M71	16.89m

M85

1	Kennedy, Peter	M86	16.10m
---	----------------	-----	--------

JAVELIN**M30**

1	Staunton, Matthew	M33	41.44m
---	-------------------	-----	--------

M35

1	Hamilton, Mark	M36	38.26m
---	----------------	-----	--------

M45

1	Wills, Robert	M48	24.78m
2	Dennehy, John	M47	13.12m

M50

1	Hanson, Damien	M53	31.28m
---	----------------	-----	--------

M55

1	Cornish, Bruce	M58	25.33m
---	----------------	-----	--------

M60

1	Selby, Stan	M61	43.16m
---	-------------	-----	--------

M65

1	Chambers, Don	M69	25.47m
2	Chalmers, Bob	M68	20.78m
3	James, Lyle	M66	10.73m

M70

1	Sander, Leon	M70	26.83m
2	Fergie, Bob	M71	26.64m
3	Shand, Robert	M74	24.04m
4	Sutton, John	M71	18.56m
5	Whittam, Jeffrey	M72	12.71m

M85

1	Kennedy, Peter	M86	12.50m
---	----------------	-----	--------

WEIGHT THROW**M30**

1	Staunton, Matthew	M33	9.90m
---	-------------------	-----	-------

M35

1	Hamilton, Mark	M36	12.54m
---	----------------	-----	--------

M45

1	Everard, John	M48	9.43m
---	---------------	-----	-------

M50

1	Gee, Geoffrey	M53	13.35m
---	---------------	-----	--------

M55

1	Cornish, Bruce	M58	8.17m
---	----------------	-----	-------

M60

1	Young, Rob	M62	10.23m
---	------------	-----	--------

M65

1	Chambers, Don	M69	10.77m
2	Carroll, Ed	M66	10.42m

M70

1	Fergie, Bob	M71	11.87m
2	Whittam, Jeffrey	M72	9.13m
3	Sutton, John	M71	7.79m

HE had not expected to spend his 60th birthday in a hospital cardiac unit. RJ Turner, a commercial real estate broker from Frederick County, Va., had planned a robust celebration.

"I was going to finish my 10th marathon," Mr Turner said, "which isn't bad for a guy my age."

But near the start of the Marine Corps Marathon on Oct 29, Mr Turner raised an arm to wave at bystanders, and "everything went black." Collapsing violently, he gashed his head, chipped a tooth and bit a deep hole in his bottom lip. Mr Turner, who had passed a stress test a year before, had just had a heart attack.

Season

This has been an unusual season for the cardiac health of marathoners. After years in which almost no deaths were attributed to heart attacks at this country's major marathons, at least six runners have died in 2006.

Two police officers, one 53, the other 60, died of heart attacks at the Los Angeles Marathon in March. The hearts of three runners in their early 40s gave out during marathons in Chicago in October, San Francisco in July and the Twin Cities in October. And at the same marathon where Mr Turner was felled, another man, 56, crumpled near the 17th mile, never to recover.

Sobering

This year's toll has sobered race directors and medical directors of marathons. But, as Rick Nealis, the director of the Marine Corps Marathon, said, "Statistically, maybe, it was inevitable."

Race fields have grown. In 2005, 382,000 people completed a marathon in the United States, an increase of more than 80,000 since 2000, according to marathonguide.com. Meanwhile, the risk of dying from a heart attack during a marathon is about 1 in 50,000 runners, said Dr Arthur Siegel, the director of internal medicine at McLean Hospital in Belmont, Mass., and an assistant professor of medicine at Harvard.

But some physicians, including Dr Siegel, an author of more than two dozen studies of racers at the Boston Marathon, wonder if there is more to the deaths than mathematical inevitability: Does

Is marathoning too much of a good thing for your heart?

THANKS, John Bell, for forwarding this article, which appeared in the New York Times (7 Dec 2006). His comment is 'a bit ordinary and poor in its direction'. However, I know that John is always ready and willing to discuss such matters with running colleagues, so if this raises any worries or queries, please ask John about them. VW

racing 26.2 miles put a heart at risk?

A new study by Dr Siegel and colleagues at Massachusetts General Hospital and other institutions is at least suggestive. Sixty entrants from the 2004 and 2005 Boston Marathon were tested before and after the race. Each was given an echocardiogram to find abnormalities in heart rhythm and was checked for blood markers of cardiac problems in particular for troponin, a protein found in cardiac muscle cells. If the heart is traumatised, troponin can show up in the blood. Its presence can determine whether there has been damage from a heart attack.

Normal

The runners (41 men, 19 women) had normal cardiac function before the marathon, with no signs of troponin in their blood. Twenty minutes after finishing, 60 percent of the group had elevated troponin levels, and 40 percent had levels high enough to indicate the destruction of heart muscle cells. Most also had noticeable changes in heart rhythms. **Those who had run less than 35 miles a week leading up to the race had the highest troponin levels and the most pronounced changes in heart rhythm.**

The findings, published in the Nov. 28 issue of *Circulation*, a journal of the American Heart Association, were a surprise, and not least to the runners. None had reported chest pains or shortness of breath at the finish. All had felt fine, Dr Siegel said (to the extent one can feel fine after pounding through 26.2 miles).

Within days, the abnormalities disappeared. But something seemed to have happened in the race. "Their hearts appeared to have been stunned," Dr Siegel said.

"Although the evidence is not conclusive, it does look like the Boston study is showing some effect on cardiac

muscle," said Dr Paul D. Thompson, 59, the director of cardiology at Hartford Hospital in Connecticut, and an author of an editorial that accompanied the study. "It's far too early to draw any conclusions," he added. "We'd be seeing lots more bodies piling up if there were real lingering long-term cardiac damage" caused by running marathons.

"Over all, the evidence is strongly in favour of the idea that endurance exercise is helpful in terms of cardiac health," said Dr Thompson, who has run more than 30 marathons.

But questions do remain. Another new study, this one out of the University of Duisburg-Essen in Germany, showed completely unexpected results in a group of experienced middle-aged male marathoners. In the study, the subjects, each of whom had completed at least five marathons, underwent an advanced type of heart screening called a spiral CT scan. Unlike echocardiograms or stress tests, spiral CTs show the level of calcium plaque build-up or atherosclerosis in the arteries.

Calcium

More than a third of the runners had significant calcium deposits, suggesting they were at relatively high risk for a heart attack. Only 22 percent of a control group of non-runners had a comparable build-up.

The researchers scrupulously avoided suggesting that marathoning had caused the men to develop heart disease. (After all, running may have kept them alive when they would otherwise have keeled over years earlier.) But neither did the authors rule out the possibility that in some baffling way distance running had contributed to the men's arterial gunk.

What worries Dr Siegel and some of his colleagues is that marathons present an opportunity for silent symptomless

heart disease to introduce itself abruptly. The pulsing excitement, the adrenaline, the unpleasant process of "hitting the wall" may trigger physiological changes that loosen arterial plaques, precipitating a heart attack, Dr Siegel said.

His advice to runners with any history of heart trouble is "train for the race, getting the cardiac benefits of endurance exercise," then watch the event on television.

The risk of going into cardiac arrest as a spectator, he said, is only about one in a million. Anyone considering joining the ranks of marathoners should undergo a full medical screening, with a visit to a cardiologist for those over 40, Dr Siegel said. Spiral CT scans are desirable.

Those with a family history of cardiac problems should be especially cautious. "You can't outrun your genes," Dr Siegel said, a reality that marathon medical experts call the Jim Fixx effect, after the author of "The Complete Book of Running," who died of a heart attack in 1984 at 52. His father had also died young.

Still, the majority of cardiologists remain avid fans of marathons. "It is an extraordinary event," said Dr Frederick C. Lough, the director of cardiac surgery at George Washington University Hospital in Washington. "But you have to respect that distance. It's not something everyone necessarily should attempt."

Dr Lough, 57, was less than a block behind Mr Turner when the older man collapsed. He interrupted his own race to help revive Mr Turner and accompany him to the hospital, before completing the marathon. "It was a vivid reminder that running does not make anyone immune to heart disease," Dr Lough said.

Experts familiar with the new cardiac studies of marathoners urge caution and perspective. The numbers of people studied were small, the findings unexplained, and results have not yet been replicated.

Don't use the studies, in other words, to justify parking yourself smugly on the couch. "There's not yet in my opinion cause for alarm," Dr Thompson said. "I would still tell people, run."

TRACK

Winter track programme at Coker Park, every Thursday, 6pm, has begun.

Events will be run in the order shown.

12th April 400/400H, 100, 1500, 60, 3k run/walk

19th April 200, 800, 60, 300, 5k run / 3k walk

26th April 60, 800, 100, 400, 1500

3rd May 60, 1 mile, 400, 3k run/walk, 200

MAY 6

AROUND HERDSMAN

Directors: Jim & Margaret Langford - 9387 6347

Course: once (7.5K) or twice (15K) around Herdsman Lake on limestone paths. A flat very

COMING EVENTS and helpers list

scenic course. The 5K walk is on a bitumen path next to Jon Sanders Dr.

MAY 13 AQUINAS

Directors: Lachlan Marr - 0413 881 960 and Neil McRae - 9332 4072

Course: from oval eastern side of Aquinas School around southern side of buildings, along Edgewater Rd, over footbridge, clockwise circuit of Mt Henry Bridge, Deepwater Pt, Canning Bridge back to footbridge and return same way you came out.

Hills back over footbridge and up Edgewater Rd are testing. The 5K is out and back on the same course with turn on Mt Henry Bridge.

MAY 20 CITY RAIL

Directors: Mike & Linda Rhodes - 0417 952 067

Course: a new event which starts at scenic Bardon Park (where July's Bardon Bash starts). This walk/run heads for the City along the freeway bike-path, over the bridge to Claisebrook station following the railway to the Pier

St turn at 3.65km. Returning, the long 10.7km run branches off north along the rail line to the Mt Lawley subway, coming back the same way, before turning towards the river.

MAY 27

WEIR

Director: Chris Coates - 9256 1004

Course: this is first of RRC (10k) and RWC (5k) events, beginning on northern side of Canning river about 1.5k, over footbridge, turn right, along southern side. 5k turn on bike-path near Lofeten Way, 10k turn just over footbridge in Adenia Rd. A few small hills but a fast course. Some bitumen, some concrete.

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Vetrin

MAY
2007
No. 398

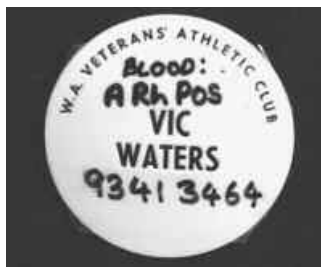


The magazine of Masters Athletics WA

TELL SOMEONE WHERE YOU'RE RUNNING

IT might save your life.

Last week, on the day world attention focused on campus slaughter in Virginia, my niece who lives in the area was fretting because her fiancé was missing. His dog returned from a run; the young man was out there, somewhere. At her insistence, police searched. Just before dark a helicopter crew saw him, pinned unconscious under a fallen tree. His injuries are grim, but he will survive. Had he lain there overnight he would almost certainly be dead.



Club badge – personal data added

ID YOURSELF

Message: always let someone know where you're running. Carry identification. The club badge would do the job. Use indelible ink to add your phone number, and blood group. You never know.

VW

THE camp at Dwellingup was a huge success, so much so that everyone voted to return next year. In spite of the previous bushfires in the area Dwellingup township was not affected. We were able to have our usual Saturday night get-together at a lovely winery (which we will be

World records set by Lyn Ventris

MAWA was represented extremely well in this year's Nationals, at Hobart, which were particularly well-organised by Tasmania Masters.

Our 26-strong team brought home 33 Gold, 26 Silver and eight Bronze medals.

Lyn Ventris set two World records, Byrony Glass established three Australian records. Five WA State records came from Pat Carr, Byrony Glass (two), Kate Glass and Peggy Macliver.

It was a great shame that Lynne Choate - the 2001 World 100m W45 Champion - was injured in the 60m on the first day of competition and was unable to run again.

In the 5,000m walks five of

the six MAWA competitors - Robyn King, Lyn Ventris, Val Millard, Lynne Schickert and Stan Jones - won gold. Four of them repeated the result in the 10,000m walk.

Robin King chose not to walk the 10k, instead running the 8km cross country and taking the gold medal. Finally, as well as competing the athletes enjoyed the social activities. Next Easter Sydney (Blacktown) is the venue for the Telstra AMA Championships at Easter.

Bob Schickert

Full Results – see page 6.



Doubled-up at Woodsman

JUST warming up - at Woodsman Point Bjorn Dybdahl, John Pentecost and John Allen ran the 5K while waiting for their handicaps to tick over, then took on the 7.5K. Full results – June Vetrin.

Happy campers at Dwellingup

revisiting) and the running/walking areas were well marked by Shorty Turner and Steve Toohey. It was refreshing to run in the peaceful bush, free from traffic. The next weekend, in September,

will be at Dryandra and I shall be taking expressions of interest for that camp anytime now. However, a deposit of \$40 will be required when making your booking, with the balance to be paid no later

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Lyn at the WA champs: in Hobart she set two more W50 world records, 5,000m in 23:37.78 and 10,000m in 48:27.

IS THIS YOUR LAST VETRIN?

IF you have NOT renewed, there's an 'N' on your address label – and this is the last Vetrin you will receive. Membership forms were issued with the March edition, and repeated on the website: www.mastersathleticswa.org

Queries: contact Treasurer Roger Walsh – 9245 3669, or email rogerw@globaldial.com; or Secretary Bob Schickert – 9330 3803, email rschicke@bigpond.net.au

than a fortnight before the camp. Total cost will be \$80 per person. The dates are Friday 28th September to Monday 1st October.

Margaret Bennett (tel: 9275 0169.)

* For a picture of the happy campers, see Vetrin Extra on the club website.

AGM MINUTES

MONDAY 16 APRIL 2007

HOCKEY CLUB

ROOMS, FLOREAT

THE meeting began at 7.02 pm. It was noted that the Agenda was in Vetrin, April 2007. There were 41 members present, and 14 made apologies for non-attendance.

MINUTES OF PREVIOUS MEETING

Moved Les Beckham seconded by Paul Hughes that the minutes of the 2006 Annual General Meeting as published in the May 2006 Vetrin be accepted as correct, following an amendment to the report of the club secretary. In the first sentence 2005 should read 2006. Carried.

There were no matters arising from those minutes.

REPORTS

President: Val Millard's report thanked the many members who had contributed to success over the year, as well as the committee and members who had been allocated other specific jobs, officials, race directors and helpers. Participation is high in all sections of club activities, Track and Field, Sunday events and Social events, and the financial position is very sound. Many club records are being set, some by new members, of varying ages.

The recent State and National Championships were very successful.

Membership

At 31 March, 2007, membership reached 484, a near record figure.

Secretary: Secretary Bob Schickert's report was presented to the meeting, moved by Bob, seconded by Paul Hughes and unanimously accepted.

Treasurer: Roger Walsh's report showing receipts for year \$43,851.39 and payments \$42,313.78 (an operating surplus of \$1,537.61) was presented along with the Auditor's report. The Treasurer provided a document giving details of allocation of membership subscriptions and reinforced the committee's intention that subscriptions cover operating expenditure; while the costs for other activities such as State Track and Field Championships and social events are at least covered by

From the President

EACH month during my term as club President I shall submit to the Vetrin editor a short note on matters of general interest to members. This month I simply want to place on public record my appreciation of the efforts of all the committee members who have served the club's interests since I joined in 1994 (I am member 194.)

Most of them are still club members. However, it's important that newer members be prepared to take on jobs – even for a single year. It's a way of sharing the voluntary workload.

I have met many truly nice people in this club; supportive, generous with advice



Ivan Brown, new club President

and 'entertaining' in most cases. Now, a request; I should like to hear from members whether Masters should try harder to promote/publicise itself. Please let me, or any committee member, hear your views.

Ivan

charges to members participating in those events. The committee implemented an 11 per cent increase in membership fees for 2007/8. Moved Roger Walsh, seconded Cecil Walkley, that the Treasurer's report be accepted. Carried.

TROPHIES

Presented by Paul Hughes, son of club patron Bill Hughes.

PATRON'S TROPHY

Awarded annually for the track and field points competition

Men: won by - David Carr.

Women: won by - Peggy Macliver.

HANDICAP TROPHY

Winner: Lachlan Marr

ACHIEVEMENT

AWARD

Nominees must meet the criteria of significant improvement in athletic performance and significant contribution to the administration of the club. Winner: Jacqui Halberg

JOHN GILMOUR TROPHY

Awarded for the most outstanding performance of the year.

Lyn Ventris W50 - 1500m Walk - 6:45.8, a 97.85% performance

ATHLETE OF THE MEET

WAMA Track & Field Championships

Lyn Ventris - as above - 97.85%

Over the past 12 months 104 State records were set.

Eleven Australian records set, one each by Lyn Ventris,

Patricia Carr, Peggy Macliver, Cameron York and Peter Kennedy.

Lyn Ventris also set two World records.

Thanks to Campbell Till, club statistician, for maintaining the records information and supplying this information throughout the year.

ELECTION OF OFFICE BEARERS

President

Ivan Brown

Vice President

Barbara Blurton

Secretary

Bob Schickert

Treasurer

Roger Walsh

Committee

Jackie Halberg

Damien Hanson

Peggy Macliver

John Oldfield

Nominations were accepted by all members present at meeting and all office bearers were elected unopposed.

APPOINTMENT OF OFFICIALS

Patron Bill Hughes

Vetrin production Vic Waters

Handicapper Mike Rhodes

Auditor Liz Tilmouth

Statistician Campbell Till

LIFE MEMBER

Barrie Thomsett was awarded life Membership for his outstanding contribution in varied capacities over many years.

NOTICES OF MOTION

No notices of motion were received to amend the Constitution.

THE 24 HOUR RELAY

"It's murder out there," the young girl cried. She'd been running track in Perry Lakes heat. Not a leaf rustled. Not a bird would sing. But we all ran on, lap, lap, upon lap. Hundreds jostled us, fighting for the space. To open their pace the Wesley boys flew, dogged Masters ran all in a good cause, a 24 hour race, the cancer relay. Candles by the track flickered for those gone, all rather moving for those who remain. We have to move on. Step it out, my son. Bring Mother next year, maybe Granny, too. It won't be so hot but don't count on it.

- Richard Harris

GENERAL BUSINESS

Bob Schickert sought feedback from members present on the trial, in the April Vetrin, of providing course descriptions. Members present were in favour.

Barrie Kernaghan enquired if there is any plan to change the magazine name from Vetrin as we are now 'Masters'. Meeting agreed the name should not change.

Mark Rosen enquired if March start times for Sunday events would change with the daylight saving trial. The incoming committee will have a look at this matter but it appears most members favour no change.

Jeff Whittam proposed a vote of thanks to the outgoing committee. Seconded by Ivan Brown, who also made a presentation to outgoing President Val Millard. Carried.

Lynne Schickert (AMA President) thanked Val Millard on behalf of Australian Masters Athletics for her contribution as MAWA President over three years.

The President thanked the members for their contribution and closed the meeting at 8.05pm.

Bob Schickert
Secretary

You write...

Living dangerously

Dear Vic

In response to John Bell's contribution (April Vetrin, P11).

As the Marathon season approaches, warnings over heart failure should be heeded. However, it should be noted that any intense physical activity can be hazardous to older men. For instance, risks associated with vigorous love-making are well documented, particularly when the wife finds out. For my part I will continue to tempt fate by doing what I enjoy most. I refer of course to marathon running.

John Smith

Regards from Mick Cousins

Hello once again Vic,

As you probably know by now I met up with Jim Barnes during the Canberra Marathon and as we caught up with news about the club he mentioned that you were not only still running, but enjoying it!

This was good news and brought back many of the wonderful memories that I still have of the few short years that I enjoyed with the club. To all those that still remember me, I would simply like to send my best wishes and thanks for those unfor-



gettable times – and the joy I found in running with you.

Standing and watching the end of the (Canberra) marathon was painful to say the least. How can one forget the special feeling that only comes at the end of a run where you have given your all?

At the moment I am not able to run due to knee problems, but I live in the hope that some day I may enjoy the experience at least one more time (not a marathon, just a jog). To those still running I can only say - "Savour each magic moment" - that's all.

Finally, thank you to everyone for the precious memories. Hope to meet again some time in the future.

Best wishes, and keep running

Mick Cousins

Great to hear that Mick is still alive and kicking. He was such a fine athlete, resetting so many age group records when here, and it's a great pity he is struggling to run now.

Bob Schickert

Medal Moments

JOHN Everard (pictured) shares some thoughts after the National Titles in Hobart.

THE gold medal moment for me was for comradeship. The group photo of the M30-54 weight pentathlon medal winners on the victory dais was the highlight of the meet. Competing together, we shared the hardest of the throwing events and in sharing that experience, our friendship grew stronger.

The silver medal moment for me has been the renewed friendships. It has been 30 years since I competed at a national level, returning to it were people that I recognised and thus friendships renewed.

The bronze medal moment is for personal achievement. Success that, I would not have achieved without the help and encouragement of the members of the club. I thank you for a wonderful time.

*Regards,
John Everard*

New members ...Welcome!

361 Nigel Prescott	M60
557 Sally-Anne Brambley	W30
559 Kerry Southerland	W40
565 Kathy Burr	W65
566 Ruth Jamieson	W45
568 Jane Stanbrook	W40

May Birthdays

Anderson Mike	M55
Brown David	M60
Burke Tanya	W35
Burt Kay	W50
Chambers Don	M70
Chisholm Darianne	W35
Creighan Martin	M35
Creighton Maree	W55
De Klerk Pieter	M55
Fearnall Roy	M60
Frampton Chris	M40
Gare Peter	M65
Giacomin Aldo	M70
Gilmour John	M85
Hanretty Chris	W40
Hardy Bryan	M60
Harvey Michael	M55
Hassam Leo	M75
Height Bernadette	W50
Hughes Paul	M55
Jenkins Arnold	M60
Johnston Ian	M55
Langford Fred	M60
Lawrence Ray	M75
Matheson Bruce	M60
Menon Prakash	M35
Miller Pat	W65
Mison John	M60
Oliver Harry	M80
O'Sullivan Colin	M50
Pomery Alan	M75
Prescott Nigel	M65
Pressley John	M60
Rhodes Linda	W60
Riddell Jim	M65
Roach Brett	M35
Scott Trevor	M45
Shanahan Glenice	W80
Slyth Paul	M65
Walsh Roger	M60
Waters Vic	M60
Wells Sue	W55
Willmer David	M50
Wilson Bruce	M60
Wirth Silvio	M55
Wyatt Dave	M55

THESE points are excerpts from 1-hour Larry King Live panel show aired on CNN. With interviewer King were Dr Deepak Chopra MD; Dr Sanjay Gupta MD, anti ageing doctor and author of best-seller 'Chasing Life'; Bob Greene, exercise physiologist, author of best-seller 'Best Life Diet' who also works with Oprah Winfrey; Lance Armstrong, elite cyclist, multiple Tour de France winner and cancer survivor.

Genetics is important, and there is a lot we can do to alter the interaction of genetics with the environment.

We know today how to stop most cancer, heart attacks, diabetes, arthritis.

Anti-Ageing Wellness Messages

Be Active... aerobic activity every single day - walk 1 hour per day, work out in gym, etc

Food:

Things we SHOULD Eat

- breakfast
- seven different colours of food daily; fibre;
- fruit & veg
- water rich foods
- food that lacks label or packaging
- less food from animal sources, including eggs and dairy

- lower the cholesterol the better, and
- avoid toxic foods.

Attitude

- Avoid toxic emotions
- Avoid toxic relationships
- Avoid toxic workplaces
- Avoid cutting down on sleep

Handling stress is the important issue.

- Pump up your endorphins – with optimism.
- Meditate.
- Develop a sense of purpose and meaning.

Thanks to John Bell for supplying this information, and for keeping a general watch for health stories of value to our club members. VW

Records online

THE records section on the website, with around 100 new marks, has been updated by Campbell Till and new webmaster Mike Karra.

Champs on video

AT the 2007 State Champs Patrick Smith took some digital photos (100m & 3000m walk) and videos (100m hurdles & 400m). He has placed it all on a CD, plus photos of the 2006 UWA race along the Nedlands foreshore. To borrow and view the CD, contact Bob Schickert.

Liz on time

JOHN Oldfield reports that Liz Neville finished the London Marathon in 3:48.

Coming events – course details

MAY 20 - CITY RAIL

BARDON PL, MAYLANDS

Bike-path towards city, over bridge to Claisebrook station, follow rail to Pier St; turn at 3.65km. On return, the 10.7K run branches north along rail line to Mt Lawley subway, returns same way, before turning towards finish at river.

MAY 27 - WEIR,

KENT ST, WILSON

RRC 10k and RWC 5k. Few small hills, a fast course, some bitumen, some concrete. App. 1.5K from start, turn rt over footbridge, then rt again. In 5K, turn on bike-path near Lofeten Way. In 10k, turn after footbridge in Adenia Rd.

JUNE 3 - DEEPWATER POINT

ESPLANADE, MT PLEASANT

Anti-clockwise circuit of Mt Henry and Canning Bridges. One lap 7.5k, 2 laps 15k. Take care with parking. 7.5k leg RWC.

JUNE 10 - UNI 15K RRC: 10K RWC

J H Abrahams Res., Hackett Dr. Nedlands

Downriver for 2.5k to Beaton Park and return; then head to city for 2.5k and return (for 10K event.) 15K runners - do not turn, continue to city, turning app. 200m after Narrows Bridge.

10,000M Handicap

MCGILLIVRAY OVAL

April 26, 2007

Directors: Jeff & Dorothy Whittam

ONCE again we had a perfect night for the event for which 28 entered, 20 started and 18 completed the 25 laps. Our thanks go to all our helpers. We think they almost outnumbered the runners this year. Also, thanks to Mike & Linda for the handicaps, to Bob and Lynne for the clocks, Barrie for the results. A good number stayed back for the BYO BBQ...and we hope to see you all next year for a special 20th Anniversary of the of this event. Dorothy & Jeff

(Runners are shown in finishing order. Figure at end of each line indicates position based on actual run time.)

		Clock	H'cap	Actual	
Frank Gardiner	M55	63:35	20:36	42:59	5
David Carr	M70	65:48	19:06	46:42	9
Eldon George	M35	66:05	25:30	40:35	4
Brett Roach	M35	66:10	31:42	34:28	1
John Pellier	M65	66:17	15:12	51:05	14
John Talbot	M60	67:00	8:18	58:42	18
Frank Smith	M65	67:09	23:06	44:03	7
Brian Danby	M55	67:34	22:24	45:10	8
Christian Wakeling	M30	67:47	31:00	36:47	2
Jim Barnes	M60	67:49	17:42	50:07	13
Merv Jones	M65	67:52	10:18	57:34	16
Maurice Creagh	M60	67:58	19:54	48:04	10
Bob Schickert	M65	68:26	24:30	43:56	6
Nick Miletic	M55	68:31	19:36	48:55	11
John Dance	M55	69:24	11:48	57:36	16
Vic Waters	M60	69:30	20:12	49:18	12
Carol Bowman	W50	69:32	17:12	52:20	15
Jeremy Ingram	Vis	69:44	30:30	39:14	3
Paull Simmons	Vis	DNF			
Doug Ashfield	M50	DNF			



Peter Sullivan (above) was the long event winner; Jim Klinge (below, right) who alternates leisurely strolls with blistering runs, took the 10K honours!

16K RUN

Peter Sullivan	M45	61:15
V6		62:21
Jim Langford	M60	63:13
John Allen	M45	65:31
V7		65:56
John Pentecost	M45	67:23
Doug Ashfield	M50	68:09
Alan James	M55	69:24
Amanda Walker	W40	70:44
Chris Maher	M50	70:54
Mick Hanretty	M45	72:08
Peter Woods	M45	75:41
Gillian Young	W55	77:15
Mark Sivyer	M55	77:16
Brian Danby	M55	77:41
Karen March	W45	78:04
Charlie Chan	M55	78:21
Johan Hagedoorn	M60	78:41
John Doust	M55	79:42
John Mack	M65	79:46
Mal Vernon	M50	79:46
Keith Miller	M55	80:39
John Bell	M60	82:34
Nick Miletic	M55	82:39
Keith Atkinson	M50	82:48
Maurice Creagh	M60	83:27
Helen Lysaght	W50	83:48
Graham Thornton	M65	85:23
John Pellier	M65	85:57
Carol Bowman	W50	86:33
Milton Mavrick	M50	86:59
Paula Karra	W35	88:00
Mike Khan	M60	1:32:00
Viv Lok	W45	1:33:37
John Smith	M70	1:33:38
Merv Jones	M65	1:36:34
Brian Smith	M65	1:36:42
Pamela Toohey	W60	1:36:44
Rhod Wright	M55	1:36:45
John Talbot	M60	1:40:03
Denise Viala	W55	1:41:26
Irene Ferris	W55	1:42:59
Tanya Burke	W35	1:44:07
Vic Beaumont	M75	1:45:31
Pierre Viala	M55	1:46:26

Pagoda Run

BURSWOOD PARK

April 15, 2007

Director: Jacqui Halberg

OVERCAST and humid conditions greeted competitors in the Pagoda Run. With a new start area, and a new course, this run no longer goes to the old Pagoda Ballroom. (Any suggestions for a new name?)

The rain held off, and 115 athletes completed the course. Many thanks to those who measured each distance with their GPS gadgets. The consensus is that they're all short, by varying lengths and I will try to rectify this next year. I believe the new course was a safer one, but there may be need for some refinement in the Coode Street area. I hope those athletes training for Bunbury had a successful run or walk.

It was good to see some of our long established members running with, and helping us, again - I hadn't seen them for a while! Thanks to my helpers Roma & Ray Barnett, Chris Frampton, Lee Holliday, Maria Arora, Ann Humphrey, Jon Tuttle, Glenda Lawrence, Troy Lundgren, Neil McRae, Merv Moyle, Ron Spencer, Sandra Stockman and the 'early birds' who helped set up the chute etc. Special thanks, again, to Mary Heppell who braves the dark to help mark the course. Many of the above have helped for a few years and their experience makes my job easier.

Jacqui Halberg



Jim Klinge

10K RUN

Jim Klinge	M60	41:54
Michael Karra	M40	45:31
Bryan Hardy	M60	47:50
V1		48:22
Hamish McGlashan	M65	48:24
V4		48:55
Terry Manford	M65	55:46
Theresa Howe	W55	56:54
Bob Schickert	M65	56:56
John Dance	M55	58:53
Richard Danks	M60	58:55
Mike Hale	M55	64:15
Cyril Robinson	Goodwin	65:12
Ally Flynn	W35	73:10

5K RUN

V2		19:07
Christopher Coates	M50	19:24
Paul Burke	M35	20:00
Bert Carse	M65	20:06
Duncan McAuley	M55	20:35



Super 60M starters at our recent State Championships are (above) Lynne Choate, Carol Bowman and Delia Baldock. As mentioned (page 1) Lynne was injured in the same event in Hobart.



60M men at the WA Championships (above, from left) are Nick Miletic, Rob Antonioli, Damien Hanson, Garry Ralston, Robert Wills and David Phillips.

Pagoda Run cont.

Frank Gardiner	M55	21:39
Stephen Dunn	M40	21:44
Raymond Gimi	M40	21:57
Darryl White	M45	22:27
Vic Waters	M60	23:09
Gary Fisher	M55	23:29
John Brambley	M65	23:41
SallyAnne Brambley	W30	24:48
Ray Attwell	M70	25:21
Roger Walsh	M60	26:25
Damien Hanson	M50	26:54
Mike Anderson	M55	27:13
Michael Faunge	M65	28:09
Graham Ainsworth	M50	28:20
Wendy ClementsGreen	W60	28:23
V3		28:58
Fiona McAuley	W55	28:59
Mike Polkinghorne	M55	29:33
Chris Hanretty	W40	30:47
Julie Wood	W55	31:37
Jeff Spencer	M65	31:48
Richard Harris	M70	32:03
Steve Toohey	M55	33:21
Margaret Warren	W70	33:32
Sheila Maslen	W65	34:00
Linda Rhodes	W60	35:06
Joan Pellier	W65	35:27
Dalton Moffett	M75	35:57
Ray Lawrence	M75	35:59
Keith Forden	M65	37:25

16K WALK

Michele Mison	W55	2:08:29
Elaine Dance	W55	2:08:29
Jeff Whittam	M70	2:09:01
Peter Hopper	M60	2:21:27
Ann Turner	W70	2:27:23
Margaret Bennett	W65	2:27:25

10K WALK

Val Millard	W60	70:50
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5K WALK

Lesley Romeo	W60	36:09
John Frost	M65	36:58
V5		36:59
Lynne Schickert	W65	38:17
Rosa Wallis	W60	39:21
Victor Ratana	M70	39:54
Kirt Johnson	M75	41:04
Beryle Doust	W55	41:04
Maggie Flanders	W70	45:06
Alan Pomery	M75	45:21
Pat Miller	W65	47:26
Pat Ainsworth	W70	47:27
Mitch Loly	M65	49:46
Allen Tyson	M80	53:13

Membership Run

BURSWOOD PARK

April 1, 2007

Director: Brian Danby

11.6K RUN

Paul Hughes	M50	46:06
Jim Klinge	M60	47:32
Mick Hanretty	M45	50:02
Syd Beer	M60	50:38
Neil McRae	M50	51:58
Frank Smith	M65	51:59
Frank Gardiner	M55	51:59
Kay Burt	W50	52:55
Ivan Pilton	M60	54:00
Gillian Young	W55	54:19
Michael Karra	M40	54:49
Charlie Chan	M50	54:56
Johan Hagedoorn	M60	55:00
Bryan Hardy	M60	55:25
John Bell	M60	56:17
Gary Fisher	M50	56:28
John Mack	M65	57:04
Karen March	W45	57:47
Jim Barnes	M60	59:18
Mike Khan	M60	59:23
Milton Mavrick	M50	59:45
David Carr	M70	60:46
Troy Lundgren	M50	60:50
Joe Stickles	M65	61:18
Vis 1		61:42
John Smith	M70	61:43
Shirley Bell	W55	63:10
Jacqui Halberg	W60	63:24
Vic Waters	M60	64:11
Julie Keeley	W40	64:40
Brian Smith	M65	65:03
Graham Ainsworth	M50	65:05
Viv Lok	W45	65:53
Rhod Wright	M55	66:51
Graeme Neill	M45	67:38
Merv Jones	M65	68:21
Pamela Toohey	W60	68:42
John Talbot	M60	69:48
Richard Danks	M60	73:10
Richard Harris	M70	73:42
Tanya Burke	W35	73:49
Debbie Dance	W35	79:33
Jo Richardson	W55	81:15
Mary Young	W55	81:15
Jeni Shillington	W45	82:46
Margaret Bennett	W65	82:46
Ray Hall	M70	84:26

* These pictures, and most others that appear in Vetrin, are on the club website in colour, and can be downloaded.

5K RUN

Paul Burke	M35	19:41
Bert Carse	M65	19:49
Dave Roberts	M60	20:06
Duncan McAuley	M55	20:24
Barry Jones	M50	22:48
Barbara Blurton	W55	23:59
Peter Sanders	M60	25:07
Mike Rhodes	M60	25:12
Su McNamara	W50	25:35
Bob McNamara	M60	25:36
Peggy Macliver	W60	26:07
Jim Riddell	M65	26:26
Richard Blurton	M55	26:40
Mike Anderson	M55	26:54
Michael Faunge	M65	27:22
Damien Hanson	M50	27:29
Wendy ClementsGreen	W60	28:04
Fiona McAuley	W55	28:37
John Dance	M55	28:57
Denise Viala	W55	29:30
Elaine Dance	W55	30:01
Julie Wood	W55	30:01
Mike Polkinghorne	M55	30:20
Cyril Robinson-Goodwin	M60	30:41
Janet Walter	W55	31:10
Chris Hanretty	W40	32:23
Steve Toohey	M55	32:42
Jan Jarvis	W60	33:13
Sheila Maslen	W65	33:35
Linda Rhodes	W60	33:44
Margaret Warren	W70	33:53
Ray Lawrence	M75	35:31
Dalton Moffett	M75	36:24
Mary Heppell	W65	37:07
Toni Frank	W60	37:49

5K WALK

Val Millard	W60	35:44
Irwin BarrettLennard	M75	36:42
Lynne Schickert	W65	37:02
John Frost	M65	37:23
Kirt Johnson	M75	39:32
Patricia Hopkins	W60	40:45
Jeff Whittam	M70	40:58
Beryle Doust	W55	40:59
Pat Ainsworth	W70	41:06
Michael Walter	M55	43:04
Maggie Flanders	W70	44:00
Alan Pomery	M75	47:53
Pat Miller	W65	47:55
George Schaefer	M70	47:55

MOST important is a sincere word of thanks to the band of helpers, including Jeff and Wendy Spencer, Craig Owens, Alison Aldrich, Dave Charlton, John Frost, Eldon George, Jennie Smith and Allan James. They all turned up in good time, cheerfully ignored my directions, and generally did a great job of organising the event.

Jacqui Halberg was a treasure. She made sure the timing was spot on, and handled all the administration tasks. Barrie Thomsett took good care of the results department. As you can gather I was not really required, and passed the time by running the first lap myself. This made me realise what a great little circuit it is, very scenic and minus the horrors of public roads and the dreaded cyclists.

8K RUN

Vis 7	28:47
Jim Langford	M60 29:39
John Allen	M45 30:55
John Pentecost	M45 31:26
Jim Klinge	M60 31:47
Doug Ashfield	M50 32:15
Vis	33:10
Frank Smith	M65 34:22
Neil McRae	M50 34:22
David Muir	M60 34:43
Kay Burt	W50 34:47
Brian Danby	M55 34:55
Michael Karra	M40 35:17
John Bell	M60 36:11
Gillian Young	W55 36:27
Johan Hagedoorn	M60 36:27
Wayne Taylor	M45 37:14
Hamish McGlashan	M65 37:16
Charlie Chan	M55 37:19
Nick Miletic	M55 37:45
Graham Thornton	M65 40:06
Peter Sanders	M60 40:13
Carol Bowman	W50 40:20
John Pellier	M65 40:34
Paula Karra	W35 41:40
Vis	42:49
Pamela Toohey	W60 42:30
Merv Jones	M65 44:36
Richard Danks	M60 45:27
Mike Hale	M55 45:58
John Talbot	M60 46:13
Denise Viala	W55 46:34
Vic Beaumont	M75 46:36
Tanya Burke	W35 50:56
Richard Harris	M70 50:57
Jo Richardson	W55 52:54
Elaine Dance	W55 52:54
Margaret Warren	W70 54:24
Sheila Maslen	W65 56:03
Jeni Shillington	W45 56:04
Vis 4	57:47

4K RUN

Vis 3	14:40
Lee Holliday	M50 15:23
John Collier	M40 15:42



John Collier

Piney Lakes

April 6, 2007

Directors: Jenny & John Smith

This was the second Piney Lakes event and the weather was a re-run of last year. All morning it threatened to rain, but never quite got around to it. That is until the last few competitors had straggled in, and then it hissed down. This coincided with my lap of honour when a very cold and bedraggled race director made sure there were no more flags to collect or walkers to chivvy home.

John Smith

Paul Burke	M35 15:45
Liz Neville	W55 17:02
Raymond Gimi	M40 17:18
Syd Beer	M60 17:36
Dee Haines	W45 17:40
Kerriann Bresser	W35 17:41
Ivan Brown	M60 17:42
Gary Fisher	M50 18:10
Vic Waters	M60 18:11
Bryan Hardy	M60 18:15
Doug Hazell	M55 19:20
Vis 6	19:29
Mike Rhodes	M60 19:43
Jim Riddell	M65 20:11
Mike Anderson	M55 20:50
Damien Hanson	M50 20:59
John Smith	M70 21:09
Grace Hollin	W45 21:19
Brian Smith	M65 21:43
Mike Polkinghorne	M55 21:44
Julie Wood	W55 23:40
Debbie Dance	W35 24:05



Debbie Dance

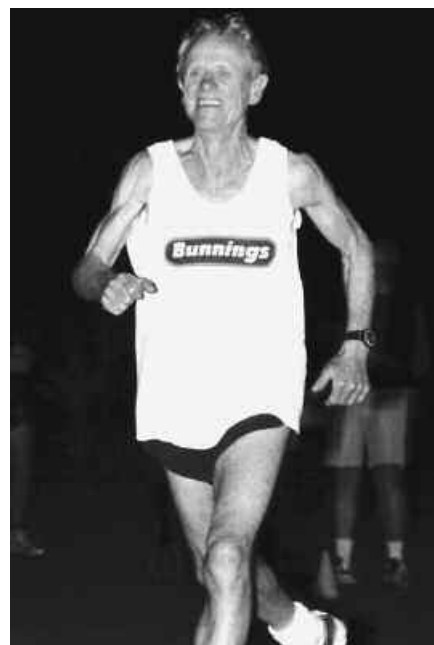
Steve Toohey	M55 25:13
Keith Forden	M65 26:30
Vis 4	26:46
Vis 2	26:54
Vis 1	26:55
Joan Pellier	W65 27:37
Ray Lawrence	M75 27:56
Dalton Moffett	M75 27:57
Linda Rhodes	W60 28:07
Mary Heppell	W65 28:43

8K WALK

Jeff Whittam	M70 62:52
Ann Turner	W70 67:26

4K WALK

Peter Hopper	M60 31:01
Kirt Johnson	M75 31:30
Rosa Wallis	W60 31:45
Patricia Hopkins	W60 32:31
Bob Neville	M70 32:48
Pat Ainsworth	W70 33:51
Vis 5	34:12
Colin O'Sullivan	M50 34:16
Maggie Flanders	W70 34:57
Ron Sutton	M65 36:45
Leo Hassam	M75 37:38
Mitch Loly	M65 38:04



Still hot from Hobart, David Carr maintained his own high standards in the 10K Track Handicap (see results, page 4). David's coaching and encouragement has also been instrumental in Jacqui Halberg's recent successes. Since training with David at Perry Lakes, Jacqui has won the club's 'Achievement' Trophy and set a State W60 5,000M record.

MASTERS NATIONAL RESULTS

COLUMNS indicate (from left) finishing position, or medal colour: event; time/distance; and percentage performance.

Rob Antonioli	M55		
7	60	8.58	87.18%
5	800	2:32.59	79.49%
B	L/J	4.68	70.16%
4	1500	5:17.31	79.35%
4	Disc	24.20	35.88%
7	200	27.95	83.04%
5	T/J	8.56	61.52%
Irwin Barrett-Lennard	M75		
S	5k	24:48.34	77.55%
S	8kCC	43:11	
David Carr	M70		
G	1500	5:29.63	91.97%
B	200	30.82	89.07%
S	400	67.79	94.01%
G	800	2:34.78	95.19%
Patricia Carr	W75		
S	60	10.99	93.72% SR
G	L/J	2.99	76.67%
S	100	18.48	85.88%
G	200	39.78	81.80%
Lynne Choate	W50		
S	60	9.20	90.54%
6	Disc	15.67	28.71%
Bjorn Dybdahl	M50		
S	10k	38:40.23	79.78%
5	1500	4:57.19	83.24%



Triple-jumper Ross Wickham took M40 gold – a great performance. Below, our golden gang of walkers: Robyn King (W45), Lyn Ventris (W50), Stan Jones (M80), Val Millard (W60) and Lynne Schickert (W65).



S	3kST	12:40.27	76.35%
4	5k	18:49.28	78.53%
5	8kCC	32.06	
John Everard	M45		
S	Shot	8.44	43.24%
G	Ham	38.20	55.39%
G	Wght	9.94	47.13%
G	W/PT	2180	
Byrony Glass	W30		
G	Ham	53.93	70.91% AR
G	Shot	12.03	53.16% SR
G	Wght	16.41	81.36% AR
G	Discus	37.79	49.21% SR
G	W/PT	3573	AR
4	Throw Champ (Shot)		

Kate Glass	W55		
S	Ham	35.73	66.41%
S	Shot	10.32	72.02%
B	Discus	25.68	49.94%
S	Jav	24.14	53.94% SR
S	Wght	12.42	74.46%
S	W/PT	3675	
Beverley Hamilton	W60		
G	Shot	9.26	70.15%
S	Discus	22.87	48.46%
4	Jav	17.77	43.44%
7	Wght	8.40	46.36%
B	L/J	2.42	47.73%
6	Ham	13.68	27.71%
6	W/PT	2695	

Ray Hall	M70		
4	10kW	1:12:36	
4	5kW	33:57.78	76.62%
Stan Jones	M80		
G	5kW	35:31.67	82.25%
G	10kW	1:11:44	
Robin King	W45		
G	10k	44:54.87	74.33%
G	5kW	26:41.68	82.13%
S	5k	21:19.48	76.42%
G	8kCC	37:39	
Peggy Macliver	W60		
G	800	2:58.03	86.88%
G	60	9.45	96.08%
G	100	15.22	91.46%
G	200	30.73	94.83% SR
S	400	71.17	91.30%
G	L/J	3.59	73.27%
5	100 Sprint Champs		
Sharon Moloney	W40		
6	60	9.81	76.45%
4	Shot	7.69	43.69%
4	Ham	23.46	44.72%
7	100	16.33	70.42%
5	Discus	25.22	38.71%
4	Jav	20.61	34.18%
4	Wght	7.08	45.65%
4	W/PT	2138	
5	PENT	1357	
Val Millard	W60		
G	5kW	34:03	72.57%
G	10kW	1:10:04	
Val Prescott	W60		
8	Discus	16.25	36.05%
8	5k	33:37.20	59.62%
8	Jav	14.35	36.68%
Dave Roberts	M60		
4	8kCC	36:07	
Leon Sander	M70		
S	60	9.72	84.75%
B	100	15.92	78.02%
4	200	31.12	82.90%
B	800	3:08.28	73.57%
S	L/J	3.63	68.62%
S	T/J	7.99	72.31%
S	Jav	26.10	46.28%
5	Discus	20.86	39.78%
G	PENT	3048	
Bob Schickert	M65		
S	10k	42:46.0	80.6%
S	2kST	8:29.43	85.49%
B	5k	20:49.38	78.77%
B	8kCC	35:26	
Lynne Schickert	W65		
S	60	13.41	68.98%
G	5kW	36:24.69	72.17%
G	10kW	1:15:28	
G	2kST	13:56.62	63.95%
G	T/J	5.30	55.73%
S	L/J	2.28	48.20%
David Solomon	M40		
S	5k	18:06.44	74.84%
Lyn Ventris	W50		
G	5kW	23:37.78	94.43% WR
G	10kW	48:27	WR
Roger Whalan	M65		
4	400	69.90	78.04%
Ross Wickham	M40		
G	T/J	12.39	75.27%
Deborah Wolfenden	W40		
7	60	11.09	66.91%
8	100	17.44	65.19%

Coker Park

April 19, 2007

A 5,000m W60 State record for Jacqui Halberg is pending.



Jacqui Halberg: she says 'thanks' to all the T&F competitors who have spurred her improvement (which couldn't happen to a finer lady.)

5000M

Christian Wakeling	M30	17:23.8
Donald Bradley	M40	17:45.2
Eldon George	M35	19:17.1
Doug Ashfield	M50	19:26.8
Bob Schickert	M65	22:30.6
David Carr	M70	22:44.6
Maurice Creagh	M60	22:45.8
Tanya Craig	(Vis)	23:44.2
Jackie Halberg	W60	23:46.9 (SR tbc)
Gillian Young	W55	23:47.4
Kerriann Bresser	W35	23:58.7
Coby Wakeling	W35	22:28.3

Our 90% + Athletes

THESE were the outstanding individual performances of the past financial year - April 1 2006 to March 31, 2007. In this period members set 104 State Records, 11 Australian Records (Lyn Ventris, Pat Carr, Peggy Macliver, Cameron Yorke, Peter Kennedy), and two World Records (Lyn Ventris).

Lyn Ventris	W50	1500m Walk	6:45.8	97.85%
Lyn Ventris	W50	3k Walk	13:54.2	97.59%
Lyn Ventris	W49	10k Road Walk	48:34	97.41%
Lyn Ventris	W49	5k Walk	23:51.0	97.39%
David Carr	M74	800m	2:34.5	95.36%
Barrie Kernaghan	M67	200m	26.6	93.84%
David Carr	M72	400m	68.7	92.54%
Eric Hope	M55	800m	2:11.46	92.27%
Barrie Kernaghan	M67	100m	13.0	92.16%
Peggy Macliver	W62	200m	31.1	92.07%
Barrie Kernaghan	M67	400m	61.0	92.0%
David Carr	M74	1500m	5:30.4	91.76%
Eric Hope	M55	1500m	4:36.98	90.91%
David Clive	M70	100m	13.9	90.71%
Peggy Macliver	W62	100m	15.0	90.52%
Garry Ralston	M51	100m	12.1	90.06%

TRACK

Winter track programme at Coker Park, every Thursday, 6pm, has begun. Events will be run in the order shown.

10 May 300m/300mH, 60m, 5k run/3k walk, 100m, 800m

17 May 200m, 1000m, 100m, 600m, 3k run/walk

24 May 200m/200mH, 2k run/walk, 100m, 300m, 800m

31 May 100m, 1000m, 200m, 600m, 5k run/3k walk

7 June 200m, 1500m, 60m, 400m, 3k run/walk

COMING EVENTS and helpers list

All helpers: you **MUST** contact your director and confirm whether you are available. If you are **NOT**, **ALSO** contact Bob Schickert to be allocated another event.

MAY 20

CITY RAIL

Directors: Linda & Mike Rhodes - 9228 9706

Delia Baldock, Sally-Anne Brambley, Maggie Flanders, Mike Hale, Mike Polkinghorne Patrick Smith

MAY 27

WEIR

Director: Chris Coates - 9256 1004

Jim Barnes, Sid Bowler, Bernadette Height, Sean Keane, Darryl White

JUNE 3

DEEPWATER PT

Directors: Mike and Paula Karra - 9472 6994
Kerriann Bresser, John Collier, Jane Elton, Aldo Giacomini, Leo Hassam, Dalton Moffett

JUNE 10

15K RRC, 10K RWC

Director: Gary Fisher - 9472 7062

Theresa Howe, George & Josephine Schaefer, Berni Scott, Genevieve Spiro, Ron Sutton.

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JUNE
2007
No. 399



The magazine of Masters Athletics WA

50K comes of age

MORRIS Warren instigated the club's 50km Road Race Championship in 1987. Twenty-one years on, the incorrigible long-distance man (and a cycle-racer in his Scottish youth) should be reasonably satisfied that his initiative has sustained. While marathon numbers, and performances, are a shadow of former glories, the 50km event attracts new entrants every year.

Good onya, Arthur!



Arthur the younger - in uniform

DID you see Arthur Leggett on the May 10 West Australian front page?

Great picture and a good story, but it missed one salient point.

Reading the piece, you might have thought Arthur's efforts to gain financial compensation for wartime suffering was self-centred.

In fact he has campaigned for years, lobbying government through ex-service organisations on behalf of all Australians who were held in Germany. They just wanted to be compensated in the same way as those who suffered in other camps and other countries.

There are only a few left to receive this belated payment, but widows will get the \$25,000. Arthur's diligent determination to win compensation is all the more notable when you consider he is one of our oldest active members.

VW

Morris and his wife Margaret have always been staunch club supporters. For many years Morris compiled the results of the RRC, while the Road Walk Championship, which started in 1989, was handled by Jeff Whittam, yet another member who has given enormous support to our club.

These distance events encourage all club members to get involved. Everyone completing all three RRC events (distance 50K) or all four RWC events (distance now 37.5K) is a winner. All receive an engraved medal.

Be in the 21st

In this anniversary year of Masters' biggest endurance test, it's interesting to look over some statistics.

Most Champs

THE 'Championships completed' table is topped by Bob Schickert, with 17. In fact he started in 19, but a couple of times he was injured and unable to run all three events. Other multiple performers are:

John Pellier	14
Marg Forden	11
Merv Moyle	11
Ann Turner	11
Vic Beaumont	9
Dorothy Whittam	9
Irene Ferris	8
Mike Khan	8
Val Millard	8
Paul Martin	8

Fastest Performances

This table is based on athlete's average rate per kilometre.

In the RRC, Frank Smith held top spot for an amazing 11 years, until Chris Maher beat his average – by just one second per km, in 1998!

Turn to page 2



Frank Smith topped the 50K for 11 years.

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Bunbury 2007 MASTERS' RESULTS



Bob Schickert: he's won every half-marathon age group.

SEVERAL performances stand out. Sheer persistence awards go to Jim Barnes and Steve Dunn – respectively completing 99 and 91 marathons with the Bunbury run.

Age group winners are to be expected among Masters; but Bob Schickert has now won the Bunbury Half Marathon as an M45 (in 1989), M50, M55, M60 and M65. An * indicates other age group winners.

In overall results: 50K runner Christine Pattinson was 2nd woman; Gary Carlton 3rd man. Chris Maher was 2nd in the Marathon; Karen March 3rd woman. Half Marathon: Peter Sullivan was 3rd man home.

* results: page 7

Helpers needed

THE Mill Point Road on July 22 needs at least four more helpers. If you can be available, please contact Bob Schickert – 9330 3803 rschicke@bigpond.net.au



Saskia Letham in an earlier AthleticA event, at Floreat beach.

AthleticA win by Masters

CONGRATULATIONS to Saskia Letham and Robin King on winning the open women division at the Carine Open Space Relay. Overall, our pair finished third, behind two teams of U20 women.

You can be in it...

There are three relay events remaining this winter season - to be held on 9 and 17 June, and 14 July. Contact Patrick (0418 921 848) if you would like to join the team.

Pictured are (from left) Patrick Smith, Dave Roberts, Campbell Till, Robin King, Duncan McAuley, Fiona McAuley, Saskia Letham, Anna Woodhouse, Kerriann Bresser. (Bruce Wilson (not pictured) is also a team member.)



NATIONAL MASTERS AWARDS, APPOINTMENT'S

APPOINTMENTS: For the 2007 World Championships in Riccione, Italy, Harry Giles and Judy Cooper (Qld) are appointed team managers and Bruce Farlow (Qld) appointed as team massage therapist. Wilma Perkins and Peter Crombie are appointed team relay selectors.

Once entries are finalised, Judy and Harry will provide competitors with their contact details and other relevant information, prior to departure for Riccione.

* On-line Entries: NSWMA will trial use of on-line entries for the 2008 AMA national championships to be held in Blacktown 21-24 March.

AMA 'Asics' Awards

Winners were announced at the annual Championships Dinner Dance. Finalists in the eleven categories are nominated by States and territory, and judging criteria includes consideration of all outstanding performances, not necessarily winning performances. Masters competition in the 2006 season included participation in the Athletics Australia Telstra A Series, AMA National Championships in Canberra, WMA Indoor Championships in Linz, Austria as well as State Masters Championships, the AMA Marathon, Winter

Throws and Multi Events Championships and the various club competitions.

2007 award winners are:

Sprints/Hurdles

Peter Crombie M60 NSW

Middle Distance/Steeplechase

Norm Pearce M80 Qld

Distance

Theresia Baird W65 Vic

Walks

Andrew Jamieson M60 Vic

Jumps

Irie Hill W35 Vic

Throws

Stuart Gingell M40 NSW

Multi Events/Relays

Julie Brims W40 Qld

Most Outstanding Individual Performance

Robin White M60 ACT

Most Outstanding Male Athlete

Hugh Coogan M70 Qld

Most Outstanding Female Athlete

Marie Kay W45 Qld

Administrator/

Official of the Year

Frank Rogers SA

WMA 2008 Indoors Championships

Clermont-Ferrand, France

Interested athletes should note a change: new dates - 17-22 March 2008.

50K comes of age

continues from P1

RRC

Chris Maher	3:34	1998
Frank Smith	3:35	1987
Dave Scott	3:37	1987
John Pressley	3:40	1989

Ann Shaw	4:06	2000
Jill Chambers	4:07	1995
Jill Chambers	4:08	1994
Sue McNamara	4:13	1994

John Mison has been fastest walker over the three events since 1990; and his 5:20 per/k set in 1991 is the record.

RWC

John Mison	5:20	1991
John Mison	5:30	1990
John Mison	5:31	1994
Paul Martin	5:36	1999

Val Millard	6:32	2004
Michel Mison	6:38	1997

* Margaret Stone	6:41	1989
(* longer distance)		
Lynne Schickert	6:42	2005

Most wins

RRC

Marg Forden	4
1988,89,93,2001	
Stephen Dunn	3
2000,04,06	
Bob Schickert	3
1988,92,93	

RWC

Paul Martin	6
1995,96,98,99,01,2002	
Dorothy Whittam	5
1991,92,93,94,95	
John Mison	4
1990,91,94,2003	
Michel Mison	4
1997,98,99,2000	
* Val Millard	4
2003,04,06	
(plus RRC 1997)	

You write . . .

Dear Vic,

Perhaps if John Bell got himself onto a decent diet and ate a few succulent sanguineous steaks, his speed and stamina would improve and he would not find himself passed so often by elderly gentlemen about the 7k mark.

Hamish (McGlashan)

I thought that a bit caustic: so of course, delighted to publish it! Event was the Herdsman Run, and even I managed to catch JB at the end of lap 1! VW

New Members - Welcome

575 Dianne Marriott W40
151 Sue Danby W55
592 Karin Peacock W35

Albany raises \$140,000 in first-time Relay for Life



Basil Worner, on one of his too-infrequent visits to Perth; with Michelle Mison, Morris Warren (just there, right!) and Paul Hughes (background) at the last Friendship Run.

Report by Masters' member Basil Worner, who was one of the principal organisers of the event.

A 'Virtual Vets' team ran 324 kilometres in Albany's first

24-hour Relay For Life over the weekend of April 21/22. The team set their sights on running further than the legendary George Xouris' solo effort some years ago. In fact they achieved this target easily, if not comfortably, and won themselves a bonus \$1000 from a local business to boost their fundraising.

They dedicated their feat to the late Jim McAulay and Mike Biddulph, two stalwarts of the Albany Athletics Club.

Vocal Master!

Masters Club member, John Bocian, irrepressible and ubiquitous during the long hours of darkness, won the 'Voice of The Relay' award and nearby tent dwellers presented him with a 15cm strip of electrical tape by for oral application.

As in the Perry Lakes Stadium event - which has set an Australian standard - teams of participants can run, walk, or even push a wheelchair. They create a veritable tentland around the track and non-stop entertainment helps

to generate a gala atmosphere.

The Albany Athletics Club team was the only group to run for the whole Relay. This is about a 23-hour stint, because another hour is given over to an emotionally-moving lap of honour by cancer survivors and their supporters.

For this part of the event the stadium is in darkness. Participants process quietly around the track which is ringed with candle-lit bags, each one a tribute to a relative or friend lost to cancer.

"It was a touching mixture of outright fun and enjoyment with a certain solemnity," said one.

In all, teams in the Albany Relay For Life raised \$140,000 to combat cancer - a record for a first-time regional centre.

June Birthdays

Carr	David	M75	Lysaght	Helen	W55
Clements-Green	Wendy	W65	Mack	John	M65
Coates	Chris	M50	Neill	Graeme	M45
Creagh	Maurice	M60	Osborne	Joan	W55
Danks	Richard	M65	Sivyer	Mark	M55
Elton	Jane	W40	Spiro	Genevieve	W35
Frank	Toni	W60	Streeter	June	W55
Howe	Theresa	W55	Talbot	John	M60
Jones	Anne	W50	Thomsett	Barrie	M65
Kelly	Chris	M55	Turnbull	Jim	M70

COMING EVENTS

Advance information on the courses and events programmed for the next few weeks.

JUNE 17 JOONDALUP 10K/5K AND 9K WALK

Start near car park, western end of Boas Ave next to Lake Joondalup. 5k Run course - 2.5k south and return; 10k runners continue further 2.5k north, then return. Mostly gravel/sandy paths; 5k event flat, 10k has moderate hills. 9k Walk: follows run course for almost 2.5k, then on flat concrete path out and back to Ocean Reef Rd.

JUNE 24 25K RRC - 15K RWC

New course: safer, no free-way fumes, (measured by Margaret Bennett -thanks Margaret.) From Burswood start, over rail bridge, past Banks Reserve and Bardon Park. 5k mark is at limestone fence near Maylands Rowing Club. Continue, turn right at Swan Bank Rd, past golf club, cross Clarkson Rd to RWC 7.5k turn, at Maylands Waterland. 25k continues past Tranby House, Swanview Tce, under Garratt Rd Bridge, along river path over wooden bridge to 12.5k turn at second memorial plaque (to Alexander Scott) on left hand side. Some hills.

JULY 1 BARDON BASH 13K/7K

Same course as 25k (see above) after start at Bardon Park, Maylands. 13k turn located after passing under Garratt Rd Bridge. 7k turn is before Tranby House.

JULY 15 DARLINGTON DASH 16K/8K

Begins at Darlington Recreation reserve. A very

Lunching?

AT Jorgensen Park (Sunday 29 July) an early lunch will be available (at 11.30am). You need to book though, so please contact:

Peggy Macliver - robmacliver@bigpond.com or 9319 1451; or Jacqui Halberg - 9364 4474. Cost is \$18, for roast lunch, sweets and tea/coffee. BYO drinks.

scenic run or walk. Course is out and back through old railway cutting. Mainly up hill out, downhill back. Take care on loose stones and at road crossings. Dick Horsley trophy is awarded to fastest male/female teamed pair. One runs 8k, one 16k. Great morning tea follows!

JULY 22 MILL POINT RD 10K CHAMPIONSHIP

From Burswood Park, towards Narrows Bridge. Return via path on western side of Sir James Mitchell Park, close to Mill Pt Rd. There's also a 5k out/back event, with turn before Douglas St.

JULY 29 JORGENSEN PARK X/C CHAMPIONSHIP 8K

There's also a 2.7 (one-lap) or 5.4k (two-laps). Tough, very hilly and rough underfoot. Three laps for app. 8k and for those who like cross country this is a great course.

Early (11.30 am) lunch follows at Kalamunda Agricultural Hall and is a very enjoyable social event when medals are presented. Please book: contact Peggy Macliver 9319 1451 robmacliver@bigpond.com - or Jackie Halberg 9364 4474. Tickets \$18 each; BYO drinks.

AUGUST 5 SHARKS 10K/5K

Start at John Tonkin Park, Riverside Dr., E. Fremantle, opposite Leeuwin Barracks. Short event, flat path alongside river to Fremantle Bridge and return, plus app. 500m out and back. 10k event which continues out to eastern end of Blackwall Reach Parade, and back. Second half of 10k is hilly.

ANOTHER glorious day in paradise!

Conditions were a bit warm, according to some runners. From the directors' point of view it was perfect.

A big thank you to all our helpers, firstly Mike Rhodes, who did a great job with the handicaps and thanks to his wife Linda for bringing them down to the event.

Our other helpers were Cheryl and John Van der Spuy, Saskia Letham, John and Elaine Ellard, John Brambley, Syd Beer, Rosa Wallis; and a special thank you to David Baird. David was not one of our rostered helpers but volunteered when we were short. We couldn't have done it without you all. Thank you for making our first attempt as directors a

7.5K RUN

			Hcp
Terry Humphrey	M55	47:23	10:30
Graham Thornton	M65	48:15	11:42
Nick Miletic	M55	48:31	n/h
Vis		48:32	n/h
V5		48:38	n/h
Sandra Stockman	W40	48:43	n/h
David Muir	M60	48:46	15:42
Lee Holliday	M50	48:48	18:12
John Willmott	M40	49:00	14:36
Brett Roach	M35	49:01	22:54
Lachlan Marr	M45	49:06	21:36
V3		49:24	n/h
V4		49:28	n/h
V2		49:32	n/h
Brian Danby	M55	49:48	16:12
Neil McRae	M50	49:49	17:36
Paul Martin	M65	50:01	11:30
Keith Atkinson	M50	50:07	15:06
Debbie Dance	W35	50:19	4:00
Johan Hagedoorn	M60	50:21	15:30
Merv Jones	M65	50:37	7:24
Berni Scott	W45	50:38	8:18
Roger Walsh	M60	50:42	11:36

Nyyerbup Circuit

WOODMAN POINT

22 April 2007

Directors:

Peter and Karen March
Paul and Tanya Burke

pleasant one. Not forgetting my fellow directors' Paul and Tanya Burke and my darling husband Pete for putting up with me as I was pretty stressed!

I am glad the first one is over and now looking forward to next year.

Karen March

Maurice Creagh	M60	50:43	14:24
John Dance	M55	50:47	8:30
Ray Hall	M70	50:48	0:42
Julie Keeley	W40	50:51	8:00
Charlie Chan	M55	50:52	14:24
Vic Waters	M60	51:09	14:36
Gillian Young	W55	51:31	16:48
Wendy Clements-Green	W60	51:39	7:20
John Allen	M45	52:04	20:30
Steve Giles	M45	52:06	20:42
Elaine Dance	W55	52:07	3:12
Jeni Shillington	W45	53:19	n/h
John Bell	M60	53:25	15:54
Jeff Spencer	M65	53:38	10:00
Bob Schickert	M65	53:44	17:42
Jane Elton	W35	54:20	12:12
John Smith	M70	54:21	13:18
Linda Rhodes	W60	54:42	0:00
Dalton Moffett	M75	54:42	0:00
Steve Toohey	M55	55:08	4:12
Margaret Warren	W70	59:22	0:00
Vis		60:47	n/h

5K WALK

Irwin Barrett-Lennard	M75	36:42	0:00
Vis		47:48	n/h



Irwin Barrett-Lennard as we want to see him again – speeding home! In the meantime, he's a winning 5K walker.

Lorna Lauchlan	W75	49:26	7:42
Leo Hassam	M75	49:54	5:30
Kirt Johnson	M75	50:26	10:12
Val Millard	W60	50:33	17:30
Lynne Schickert	W65	50:54	14:42
Jeff Whittam	M70	51:57	12:54
Debbie Wolfenden	W40	53:10	10:12
Beryle Doust	W55	53:10	14:00
Mitch Loly	M65	54:20	7:12
Helen Klinge	W55	54:35	n/h
Jim Klinge	M60	54:36	n/h

5K RUN

Bjorn Dybdahl	M50	19:02
John Pentecost	M45	19:06
John Allen	M45	19:49
Genevieve Spiro	W35	25:59
Ivan Brown	M60	25:59
Colin Smith	M40	26:56
Damien Hanson	M50	26:57
Grace Hollin	W45	26:58
Barb Humphrey	W55	28:14
Julie Wood	W55	33:40

ONE hundred and thirteen runners and walkers set off in good weather for the 5k, 8K and 16K events, but fairly soon the weather deteriorated and the event turned into a biathlon, swimming through puddles an optional extra. Despite the weather (it's only rain!) there were some excellent times and the first three 16K finishers were within seconds of each other. Congratulations to all.

Thanks to all my helpers (David Brown, Peter, Leo, Mike & Paula, John & Grace, Jeff, Reece, David Baird); and

16K RUN

Ross Parker	M55	63:24
Paul Hughes	M50	64:06
John Allen	M45	64:26
Gary McLean	M40	65:49
Doug Ashfield	M50	68:27
Paul Burke	M35	71:49
Neil McRae	M50	73:10
Bob Schickert	M65	76:28
John Doust	M55	76:32
Sandra Stockman	W40	77:05
Frank Smith	M65	77:06
Johan Hagedoorn	M60	77:52
Charlie Chan	M55	78:30
Karen March	W45	79:28
Mal Vernon	M50	79:29

Point Walter

April 29, 2007

Director: Val Millard

particularly, Toni for recording under pretty ordinary conditions, Leo for the loan of the raincoat and Peter for sheltering me with the umbrella. See you all again next year?

Val Millard

John Bell	M60	81:16
Helen Lysaght	W50	81:29
Terry Humphrey	M55	81:35
Ruth Jamieson	W45	82:08
Keith Atkinson	M50	82:32
Troy Lundgren	M50	83:21
Maurice Creagh	M60	83:38
Christine Engels	W50	84:40
Jim Barnes	M60	84:41
Carol Bowman	W50	86:03
John Pellier	M65	86:49
Mike Khan	M60	87:11
Genevieve Spiro	W35	89:37
John Smith	M70	93:20
Vis 7		93:23
Jaqui Halberg	W60	95:43



Ross Parker - 16K winner, who also won the inaugural City Rail event (see page 7.)

David Carr	M70	95:48
Viv Lok	W45	96:34
Vis 10		96:35

15K RUN

Brett Roach	M35	54:14
Lachlan Marr	M45	57:12
Bjorn Dybdahl	M50	59:08
John Allen	M45	59:26
John Pentecost	M45	61:18
Neil McRae	M50	65:56
Peter Woods	M45	66:24
David Muir	M60	66:34
Brian Danby	M55	66:36
Vis 2		67:53
Frank Smith	M65	68:53
Bob Schickert	M65	69:59
Mark Sivyver	M55	70:00
Sandra Stockman	W40	70:27
Johan Hagedoorn	M60	72:00
Helen Lysaght	W50	72:53
David Carr	M70	74:33
Keith Atkinson	M50	74:39
John Doust	M55	75:27
John Bell	M60	76:09
Maurice Creagh	M60	76:14
Carol Bowman	W50	80:08
Jacqui Halberg	W60	80:33
Alan Thorniley	M50	82:52
Viv Lok	W45	85:51
John Smith	M70	85:54
Theresa Howe	W55	86:57
Pamela Toohey	W60	87:59
Richard Danks	M60	88:00
Grace Hollin	W45	88:30
John Talbot	M60	1:30:53
Irene Ferris	W55	1:32:09
Debbie Dance	W35	1:36:31
Jo Richardson	W55	1:44:28
Shorty Turner	M70	1:58:45

7.5K RUN

Chris Frampton	M40	29:18
Lee Holliday	M50	30:00
Jim Klinge	M60	30:07
Dave Roberts	M60	31:30
Syd Parke	M55	32:14
Blakeney Tindall	M45	32:25
Frank Gardiner	M55	32:27
Vic Waters	M60	34:35

AFTER eight years of organising this event, we think we've finally got it right. No one could say we aren't persistent! The option of a two lap circuit totalling 15kms was popular with both runners and walkers, perhaps because the weather was made-to-order. So no more changes, we'll leave the race as it is and hope next year our run won't coincide with the pony club's use of the facilities. We had great helpers – John Cresp who helped mark the course and collect the flags and Roger Walsh, our director of traffic, who managed to sort out Masters athletes from pony club people and send each group in the right direction while simultaneously keeping an eye on available parking spots. We also had great

Hamish McGlashan	M70	34:44
Ivan Brown	M60	34:59
Sean Keane	M40	35:38
Terry Humphrey	M55	36:41
Paul Martin	M65	37:00
Raymond Gimi	M40	38:15
Mike Hale	M60	38:21
Jeanette Tiverios	W50	38:22
Vis 1		38:29
Jim Barnes	M60	39:19
Dianne Marriott	W40	39:21
Mike Rhodes	M60	39:27
Delia Baldock	W40	39:36
Barb Humphrey	W55	40:36
Damien Hanson	M50	40:58
Mike Anderson	M55	41:29
Terry Manford	M65	41:29
Michael Faunge	M65	42:34
Berni Scott	W45	42:54
Ray Hall	M70	43:40
Stan Lockwood	M75	45:00
Richard Harris	M70	49:29
Steve Toohey	M55	50:26
Julie Wood	W55	51:09
Margaret Warren	W70	51:12
Dalton Moffett	M75	52:08
Linda Rhodes	W60	52:45
Jeni Shillington	W45	66:15

Herdsman Lake Run

May 6, 2007

Directors: Margaret and Jim Langford

support from Merv Jones on the clock, Ken Whistler on the chute, Julie Keeley, Barry Thomsett and Neil Chetkett who recorded the results and Christine and Don Pattinson on hydration duty.

Margaret and Jim



7.5K winner Chris Frampton

15K WALK

Michael Harvey	M55	1:46:09
Elaine Dance	W55	1:53:10
Peter Ryan	M55	1:55:41
Jeff Whittam	M70	1:59:45
Margaret Bennett	W65	2:19:16
Ann Turner	W70	2:19:17

5K WALK

David Brown	M55	32:28
Val Millard	W60	34:17
John Frost	M65	37:19
Maria Arora	W40	37:20
Lynne Schickert	W65	37:56
Kirt Johnson	M75	42:06
Beryle Doust	W55	42:07
Debbie Wolfenden	W40	42:07
Mary Heppell	W65	43:13
Lorna Lauchlan	W75	43:13
Mitch Loly	M65	45:18
Pat Miller	W65	51:58
Leo Hassam	M75	52:00

Berni Scott	W45	98:27
Wendy Duncan	W55	98:30
Richard Danks	M60	98:31
Merv Jones	M65	1:40:25
John Talbot	M60	1:40:35
Irene Ferris	W55	1:43:28
Debbie Dance	W35	1:44:12
Pamela Toohey	W60	1:46:36
Ally Flynn	W35	1:48:55
Richard Harris	M70	1:48:58
Tanya Burke	W35	1:49:05
Pierre Viala	M55	1:49:13
Shorty Turner	M70	2:06:36
Roma Barnett	W55	2:11:35

8K RUN

Vis 6		30:46
Vis 1		33:37
Vis 2		33:38
Syd Beer	M60	34:09
Syd Parke	M55	35:15
Hamish McGlashan	M70	38:24
Fenella Gill	W40	38:36
Gary Fisher	M55	38:42
John Bocian	M55	39:12
Nick Miletic	M55	41:44
Paul Martin	M65	43:18
Vic Waters	M60	43:19
Graham Ainsworth	M50	44:28
Roger Walsh	M60	44:34

Vis 9		45:32
Shirley Bell	W55	45:37
Mike Rhodes	M60	45:48
Michael Faunge	M65	46:00
John Dance	M55	46:33
Vic Beaumont	M75	49:19
Steve Toohey	M55	51:18
Vis 8		54:16
Simon Mort	M50	54:17
Jeni Shillington	W45	61:45
Dalton Moffett	M75	62:14

5K RUN

Vis		17:51
Vis 4		19:19
Lee Holliday	M50	20:35
Dave Roberts	M60	20:55
Kay Burt	W50	21:02
Ivan Brown	M60	24:30
John Brambley	M65	24:39
Sally-Anne Brambley	W30	24:57
Leonie Jones	W45	25:48
Margaret Langford	W60	26:02
Jim Riddell	M65	26:24
Delia Baldock	W40	26:37
Kerry Southerland	W40	26:50
Mike Anderson	M55	27:14
Vis 5		27:35
Damien Hanson	M50	27:44

Bob Sammells	M70	29:37
Stan Lockwood	M75	29:46
Ray Hall	M70	31:01
Maria Arora	W40	31:08
Jane Stanbrook	W35	31:59
Julie Wood	W55	32:47
Aldo Giacomini	M70	33:25
Sheila Maslen	W65	34:32
Linda Rhodes	W60	34:47
Joan Pellier	W65	35:46
Kathy Burr	W65	37:38
Ray Lawrence	M75	37:39

16K WALK

Lynne Schickert	W65	2:02:23
Elaine Dance	W55	2:02:44
Jeff Whittam	M70	2:09:07
Margaret Bennett	W65	2:28:24
Ann Turner	W70	2:28:24

8K WALK

Mike Hale	M60	65:27
Beryle Doust	W55	70:57

5K WALK

Kirt Johnson	M75	40:21
Victor Ratana	M70	41:31
Lorna Lauchlan	W75	43:17
Pat Miller	W65	50:31
Rosa Wallis	W60	50:32

Aquinas College Handicap

May 13, 2007

Directors: Lachlan Marr, Neil McRae

THANKS to the council deciding to upgrade the path on the Esplanade, the run was changed for this year but should be back to normal for next year. Only a couple of hiccups and nobody got lost so thanks to Bernard Mangan and Kevin Payne who both came along at a day's notice; the injured John – not sure of his surname, but he knows who I mean!; Maurice Creagh for for throwing his body on the line, where high speed cyclists threatened to mash our turning runners; Chris and Don Pattinson for the timekeeping; Lisa, who came to spectate and instead had a crash course in marshalling; Jim Langford for stepping in to help at a moment's notice; and Jacqui Halberg who



Startup for 5K, non-handicap runners and the walkers

controlled every other aspect.

Thanks also go to the members who bought the food along for the Mothers' Day celebration, and the ladies who set up all the canteen. Finally, thanks to Leo Hassam for opening the gates and pavillion. Do it all again same time next year!

Trophies

Special trophies are attached to the Aquinas event. The 10k Walks trophy went to Lynne Schickert; mens to Stan Jones. The runners' handicap trophy-winners were Debbie Dance and Alan Thornily.

Neil McRae and Lachlan Marr

AQUINAS 10K RUN

Vis 2		63:30	n/h
Alan Thorniley	M50	65:10	13:24
Debbie Dance	W35	65:46	5:36
Viv Lok	W45	65:51	12:42
David Carr	M70	66:08	20:18
Bruce Wilson	M60	66:26	25:48
Richard Danks	M60	66:27	10:10
Ray Attwell	M70	67:11	14:06
John Pellier	M65	67:19	15:54
Vic Waters	M60	67:19	20:18
Sandra Stockman	W40	67:26	21:24
John Talbot	M60	67:34	8:18
Merv Jones	M65	67:39	10:18
Graham Ainsworth	M50	67:40	13:42
Karen March	W45	67:47	19:36
Elaine Dance	W55	67:50	4:24
Hamish McGlashan	M70	67:58	20:06
Chris Frampton	M40	68:04	28:24
Johan Hagedoorn	M60	68:07	21:00
John Allen	M45	68:12	28:30
Frank Smith	M65	68:13	23:06
Charlie Chan	M55	68:18	19:54
Carol Bowman	W50	68:21	17:12
Paul Martin	M65	68:34	17:06
Syd Parke	M55	68:44	25:06
Jim Klinge	M60	68:46	28:12
Nick Miletic	M55	68:49	19:36
Margaret Warren	W70	68:52	00:00
Brian Hunter	M60	68:59	10:00
Bob Schickert	M65	69:03	24:30
Jim Barnes	M60	69:12	17:42
Ray Hall	M70	69:18	8:06
Pamela Toohey	W60	69:46	11:42
Peggy MacIver	W60	69:50	15:06
Berni Scott	W45	70:00	11:30
Frank Gardiner	M55	70:02	24:00
Bryan Hardy	M60	70:07	21:54
Syd Beer	M60	70:12	24:36
Bruce Mathieson	M60	70:21	20:42
John Brambley	M65	71:03	17:36
John Bell	M60	71:30	22:00
Richard Harris	M70	71:55	11:30
Mike Hale	M60	72:40	22:00
Mary Heppell	W65	75:57	00:00
Jeni Shillington	W45	75:58	00:00
Shorty Turner	M70	76:12	00:00

Vis 9		76:53	n/h
Vis 1		77:07	n/h

10K WALK

Lynne Schickert	W65	1:40:05	26:36
Val Millard	W60	1:40:20	31:54
Stan Jones	M80	1:39:56	30:00
Jeff Whittam	M70	1:40:03	22:30

5K RUN

John Allen	M45	19:35
Lee Holliday	M50	20:14
Paul Burke	M35	20:22
Kay Burt	W50	21:51
Syd Beer	M60	22:55
Margaret Langford	W60	24:45
Robert Antonioli	M55	25:34
Colin Smith	M40	25:34
Dianne Marriot	W40	26:25
Jim Riddell	M65	26:34
Genevieve Spiro	W35	26:40
Roger Walsh	M60	28:10
Sue Bullen	W45	28:17
Vis 7		28:27
Vis 6		28:27
Damien Hanson	M50	28:37
Tanya Burke	W35	29:05
Vis 8		29:39
Vis 5		29:41
Vic Beaumont	M75	29:46
Julie Wood	W55	33:26
Margaret Bennett	W65	33:26
Aldo Giacomini	M70	33:37
Sheila Maslen	W65	34:14
Ray Lawrence	M75	34:23
Dalton Moffett	M75	34:24
Linda Rhodes	W60	35:07
Joan Pellier	W65	35:09
Kathy Burr	W65	37:27
Vis 3		46:16

5K WALK

John Frost	M65	35:51
Maria Arora	W40	37:15
Beryl Doust	W55	38:21
Sally-Anne Brambley	W30	38:21
Kirt Johnson	M75	40:05
Victor Ratana	M70	40:14

Lorna Lauchlan	W75	41:15
Alan Pomery	M75	44:35
Pat Ainsworth	W70	45:04
Ann Turner	W70	45:05
Rosa Wallis	W60	45:17
Maggie Flanders	W70	45:18
Vis 4		48:47
Pat Miller	W65	50:06
Leo Hassam	M75	50:07
Dorothy Whittam	W70	57:01
Norm Miller	M75	57:02

You write . . .

...about Bunbury

Dear Vic

Just a short note to let you and all members know how very pleasing it was to once again welcome the Masters to Bunbury for our annual Marathon and Half Marathon last Sunday May 20. If it was not for the Masters coming to Bunbury each year our event would almost be a non-event!

Congratulations to those who started; to compete is to win. And an extra thank you to everyone who just came down here for the weekend. As (almost) always we turned on good weather and hopefully the road works will be completed by next year.

I hope and trust everyone has recovered and looking forward to your next challenge.

Regards and my very best wishes,
Brian Kennedy

and Barrie Thomsett writes:

G'DAY – sorry, no photos of Bunbury, bloody flat battery in camera..

Lets's start with Jim Barnes, ran his 99th Marathon, planning to run his 100th in Perth Marathon in July.

continues P7

Bunbury 2007 MASTERS' RESULTS



Chris Maher

50K Ultra Marathon

Overall position

3	Gary Carlton	M50	4:02:33
13	Christine Pattinson	W50	4:34:58
14	Don Pattinson	M50	4:34:58
27	Jane Elton	W35	5:17:13

Marathon

2	Chris Maher	M50	2:50:48 *
7	Geoff Barrett	M45	3:20:55
26	Karen March	W45	3:56:11 *
29	Jim Barnes	M60	3:58:54 *
36	John Smith	M70+	4:16:04 *
38	Stephen Dunn	M40	4:18:01
49	Lyle James	M65	5:52:22

Half Marathon

4	Peter Sullivan	M45	1:21:34 *
9	Steven Giles	M45	1:25:04
10	Bjorn Dybdahl	M50	1:25:30
21	Amanda Walker	W40	1:31:05 *
23	Rosemary Johnson	W30	1:32:15
30	Frank Gardiner	M55	1:37:13
40	Bob Schickert	M65	1:40:27 *
41	John Doust	M55	1:42:05
46	Brian Danby	M55	1:43:00
47	Johan Hagedoorn	M60	1:43:27
49	Robin King	W45	1:45:23 *
59	Helen Lysaght	W50	1:45:47 *
54	Terry Humphrey	M55	1:46:15
59	Maurice Creagh	M60	1:48:57
70	Nick Miletic	M55	1:51:29
92	Viv Lok	W45	1:59:08
97	Geraldine Carlton	W40	2:02:09
98	Julie Keeley	W40	2:04:20
100	Marg Forden	W65	2:05:20 *
106	Pam Toohey	W60	2:07:47 *
107	Rob Sheehy	M60	2:08:18
110	Irene Ferris	W55	2:10:36
115	Merv Jones	M65	2:12:10
119	Vic Beaumont	M70+	2:16:53 *
124	Bob Hayres	M70+	2:22:23
125	Debbie Dance	W35	2:24:17
131	Pierre Viala	M55	2:32:38

Half Marathon Walk

1	Lyn Ventris	1:51:36
4	Lynne Schickert	2:40:59
5	Elaine Dance	2:42:22
7	Barb Humphrey	2:47:25
8	Jeff Whittam	2:49:50
10	Wendy Spencer	2:50:55
14	Margaret Bennett	2:59:50
15	Anne Turner	3:04:28
20	Roma Barnett	3:21:58
21	Wendy Duncan	3:22:00

10.7K RUN

Ross Parker	M55	41:01
Paul Hughes	M55	41:42
John Allen	M45	42:03
Chris Frampton	M40	42:29
Vis 2		42:52
John Pentecost	M45	42:54
Bert Carse	M65	44:35
Doug Ashfield	M50	44:44
Mick Hanretty	M45	46:16
Syd Parke	M55	46:31
Frank Smith	M65	46:44
Vis ?		48:31
Bob McNamara	M60	48:59
David Muir	M60	49:49
John Bell	M60	50:10
Martin Watkins	M60	40:22
Hamish McGlashan	M70	50:43
Raymond Gimi	M40	52:46
Bruce Mathieson	M60	52:59
Su McNamara	W50	53:06
Silvio Wirth	M55	54:45
David Carr	M70	55:24
Charlie Chan	M55	56:15
Terry Manford	M65	56:25
Alan Thorniley	M50	56:46
Vis 6		56:47
Ray Attwell	M70	56:49
Grace Hollin	W45	58:33
Vis 5		60:18
Vis 7		60:54
John Talbot	M60	64:16
Richard Harris	M70	65:48
Jo Richardson	W55	72:58
Sheila Maslen	W65	77:45
Jeni Shillington	W45	77:46
Mary Heppell	W65	77:48

7.3 RUN

Vis 1		28:18
Christopher Coates	M50	28:23
Vis 4		29:00
Jim Klinge	M60	29:07
Darryl White	M45	32:20
Lee Holliday	M50	33:13
Vic Waters	M60	33:52
Wayne Taylor	M45	35:14
Ivan Brown	M60	35:18
Margaret Langford	W60	36:03
Gary Fisher	M55	36:05
Paul Martin	M65	36:34
Peggy Macliver	W60	38:42

Barrie's Bunbury cont.

Bob Schickert ensured he'll be sleeping in the guest room, after passing Lynne in the finishing chute.

John & Lyn Ventris cooked up a storm for close to 50 Masters in their Cafe Bean. I tasted Lyn Ventris's home made scones, am definitely going back for more next year...

It was great to see Bob Hayres finally get a start at Bunbury, after being injured each year just before the event. (Apparently he was paranoid about avoiding injury this year!)

My son (although not a Masters member, oh shame) set out to run 4hrs as a training run in preparation for the National Rogaine in the East McDonald Ranges in June (plus the Rotto later in year). He ran 3hrs 33mins.

Jeff Whittam almost flattened Dorothy

City Rail

BARDON PARK, MAYLANDS

May 20, 2007

Directors: Linda & Mike Rhodes

THE new run stayed on the rails thanks to the marshals and helpers performing admirably. If you're querying the odd distances, they were set to ensure the turn-rounds were at the safest locations. Although times were fast it appears that no one jumped a train from McIver to Mt Lawley!

Linda and Mike Rhodes



Chris Coates

Genevieve Spiro	W35	39:21
Roger Walsh	M60	39:39
Damien Hanson	M50	40:00
Vis 8		40:10
Mike Anderson	M55	40:20
Cyril Robinson-Goodwin	M60	45:15
Aldo Giacomini	M70	49:04
Vis 3		52:37
Dalton Moffett	M75	54:39
Mitch Loly	M65	68:05

7.3 WALK

Kirt Johnson	M75	58:38
Peter Hopper	M60	60:41
Rosa Wallis	W60	61:35
Lorna Lauchlan	W75	61:54

as he fell into her arms after completing the Half Marathon Walk. Poor Dorothy has been through enough this year without that!

Louts

I believe most of the patrons at the Lighthouse Inne were awakened at 1-40 am on Sunday as a group of louts staggered in much the worse for wear.

My phone rang and I received a ear full of drunken abuse as I would not identify myself. This caller identified himself as a Swan Districts footballer. (They played Peel on the weekend in Bunbury.) I rang the night manager and the noise suddenly eased off. The next morning we were asked to fill out a complaint form. The poor receptionist had been apologising since am.

My impressions of the event? Terrific, as usual, an event not to be missed; even a spectator has a great time.

Barrie Thomsett

TRACK

Coker Park, Thursdays at 6pm.

JUNE 17

JOONDALUP

Directors: Margaret & Morris Warren – 9304 1105

Mike Anderson, Keith & Marg Forden, Chris Maher, Amanda Walker, Martin Watkins

JUNE 24

25K RRC - 15K RWC

Director: Wayne Pantall – 9362 3715

Kerriann Bresser, Jacqui Halberg, Jim Riddell, Cyril Robinson-Goodwin, George & Josephine Schaefer, Frank Usher, Mal Vernon, Margaret & Morris Warren

COMING EVENTS and helpers list

JULY 1

BARDON BASH

Directors: Brian & Margaret Bennett - 9275 0169

Graham Ainsworth, Pat Ainsworth, Bjorn Dybdahl, Viv Lok, Norm & Pat Miller, Brian & Pam Smith, Ann & Shorty Turner, Denise & Pierre Viala, Deb Wolfenden

JULY 15

DARLINGTON DASH

Director: Delia Baldock – 9250 1650

Stan Delandgrafft, Mike Khan, John Mack, Norm & Pat Miller, Ivan Pilton, Graham Thornton

*** JULY 22**

MILL POINT RD

Director: Milton Mavrick – 9227 1559

Ruth Jamieson, Wayne Pantall, Jane Stanbrook, Sue Wells

* At least four more helpers required. Please contact Bob Schickert – 9330 3803
rschicke@bigpond.net.au

JULY 29

JORGENSEN - CLUB CROSS COUNTRY

Directors: Committee

Irwin Barrett-Lennard, David & Pat Carr, Margaret Bennett, Elaine & John Dance, Michael Harvey, Lorraine Lopes, Keith Martin, John Pellier, Barrie Thomsett, Darryl White

AUGUST 5

SHARKS RUN

Director: Paul Martin – 93361838

Charlie Chan, Dave Charlton, Bernadette Height, Paul & Sue Hughes, Anne Jones, Sean Keane, Peggy Macliver, Syd Parke, John Pressley, Dave Roberts, Reece Waldock.

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Ivan Brown

Patron:

Bill Hughes

Vetrun

JULY
2007
No. 400



The magazine of Masters Athletics WA

Vetrun is 400!

Vetrun No. 100
September 1980

10K Bridges Run

August 24, 1980

Bob Sammells	M40	39:33
Roger Walsh	M35	37:33
Dalton Moffett	M45	40:35
Brian Danby	M35	34:51
Arthur Leggett	M60	47:59

"David Carr arrived on foot from home, did a slow Bridges with Derek Walker and Rob Shand, then ran home again."

State Marathon

September 14, 1980 at Herne Hill had 41 starters; 24 were Vets members, and nine broke 3 hours.



*Dalton
Moffett*

Book now – for Dryandra and some wild life!

TIME marches on; it's time to put your names down and pay a deposit for the weekend at Dryandra Camp from Friday 28th September until Monday 1st October.

Cost is \$80 per person, and a deposit of 50 per cent is required. At present 40 places are available, so let me know as soon as possible.

Guided nocturnal tours by CALM officers to see the bilby, bandicoot, boodie and hare-wallabies are available too, on the Friday or Saturday evening between 6:30 to 8:30.

TO mark this 400th edition of the club magazine, President Ivan Brown has looked back through the centuries to review issues 100, 200 and 300. Check these selections of times; you might be surprised at some past performances by venerable, current members!

Vetrun No. 200
May 1989



Keith Forden

Bob Schickert had just replaced Keith Forden as President; the Nationals had been held in Perth and David/Pat Carr won the Patrons Trophy.

An M69 World record was set by John Gilmour (of course) who ran 37.47 in the

10K Track Handicap (conducted by the Whittams). Other times included:

M45	John Pellier	38:03
	Brian Foley	38:28
	Frank Smith	34:26
	Graham Thornton	37:42
W45	Joan Pellier	48:48
M50	Keith Forden	43:22
M55	David Carr	42:05
W55	Lorna Lauchlan	54:39

Vetrun No. 300
May 1998

Pictures included featured Arthur Leggett's 80th birthday cake and 'running mates' David Brown and Jill Midolo. John Stone had just set up the club website.

In Age Graded events at McCallum Park, 5K walker Paul Martin [M57 - 78.3%] narrowly defeated Bob Fergie [M62 - 77.6%] and Rosemary Holloway [W43 - 78.2%] was first woman. In the 8K run Bob Schickert [M56 - 79.3%] pipped Ian Davies [M51 - 78.1%].

Perth Marathon
2007

5	Brett Roach	M35	1	2:50:30
16	Peter Sullivan	M45	2	2:57:56
32	Bjorn Dybdahl	M50	1	3:14:44
42	Lachlan Marr	M45	7	3:22:57
52	John Doust	M55	2	3:25:09
67	Gary Carlton	M50	4	3:29:05
97	Don Pattinson	M50	6	3:39:07
123	Ruth Jamieson	W45	3	3:48:19
154	Karen March	W45	6	3:58:32
155	Claire Walkley	W40	5	3:58:57
199	John Pellier	M65	1	4:10:53
200	Gillian Young	W55	1	4:10:57
201	Mark Sivyier	M55	11	4:10:57
207	John Smith	M70	1	4:13:45

Cost is \$13-00, but for bookings of 20 or more there's 20 per cent discount. Let me know if you are interested in taking part, as bookings are essential.

Please call 9275 0169 or 0421997627, or speak to me on a Sunday morning.

Margaret Bennett

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JIM BARNES – CENTURION



AS hoped, the inveterate Jim completed this year's Perth Marathon to become the first runner in WA to ever run 100 marathons. It's an amazing feat, and Jim, who has fought considerable health problems in recent years, also wins the heartfelt praise of all of us for his determination and performance.

Another 22 club members finished the 2007 marathon, including seven age group winners - Brett, Bjorn, John P, Gillian, John S, Marge and Carol. Picture: by Frank Smith

210	Mal Vernon	M50	16	4:14:49
222	Marge Forden	W65	1	4:18:50
238	Nick Miletic	M55	12	4:22:47
243	Carol Bowman	W50	1	4:25:36
250	Viv Lok	W45	8	4:26:39
253	Jim Barnes	M60	2	4:27:43
254	John Davies	M60	3	4:28:07
277	Stephen Dunn	M40	29	4:38:58
305	Julie Keeley	W40	16	5:10:07

Bruce Wilson – man or Mountain Goat?



BRUCE Wilson (M60) repeated his 2006 win in this year's Telstra 2007 Australian Mountain Running Championships, at Mt Majura, Canberra.

Mountain races are mostly off-road, and can be either

ascents (mainly uphill races) or ascent/descent (starting and finishing at the same level.)

Bruce won the title in the 2006, 6k ascent; this year the race was an ascent/descent event of 4.4K.

Up he goes - Bruce Wilson at our own Champs mounting another obstacle.

Full results might be found at the AMR website - www.coolrunning.com.au/mountainrunning

You write...

The Oldfields back home

CHRISTINE Oldfield (W60) managed her best time since 1994 in the 10K Edinburgh Great Run (10km) with 58:35. John was her support team but reports a personal marathon PB (by just over 30 minutes) with 3:49 despite strong winds and hailstorm. (Ah, lovely, that northern hemisphere!)

"Now to get down to preparations for Riccione," he writes. "I have decided not to do the marathon in Italy, but will take my place in the 10000m instead. Too much hard work and too time consuming preparing for marathons! On to the interval training routine now. Look forward to October when we rejoin our friends in Perth."

GET BOUND UP

NEWER members... (or older ones!) do you know you can get your copies of VETRUM bound? Attractive hard cover binding in club colours, one year or two to a book. \$25 each.

Contact: Wendy Clements-Green (W65) at the Sunday runs - or on 9447 1146.



John Oldfield in Edinburgh, leaving the Royal Yacht Britannia in his wake.

Appointment

AMA President Lynne Schickert has become the Oceania region delegate to World Masters Athletics Womens Committee, replacing NZ's Helen Tobin.

Holiday home

"At the event on June 10 Trevor Scott offered a prize of four nights use of his holiday home at Walpole. Thanks, Trev.

"Johan Hagerdoorn was the winner of the draw. If anyone is interested in renting the place, please contact Trev by email at: scotty59@pcadvice.zzn.com" **Bob Schickert**

July Birthdays

Bell	John	M60	Manford	Terry	M65
Bell	Shirley	W55	March	Karen	W45
Cardy	Gladys	W75	Martin	Paul	M65
Carse	Bridget	W60	McNamara	Bob	M65
Chalmers	Bob	M65	Moyle	Ernie	M80
Choate	Clive	M55	Peacock	Karin	W35
De Leo	Michael	M65	Selby	Stan	M60
Fergie	Bob	M70	Solomon	Simone	W40
Forden	Marg	W65	Till	Campbell	M50
Gee	Geoff	M50	Waldhuter	Brian	M65
George	Eldon	M35	Walkley	Claire	W40
Gower	Alan	M50	Whittam	Dorothy	W70
Green	Stanley	M90	Williams	Gary	M55
Heppell	Mary	W70	Wolfenden	Debbie	W40
James	Lyle	M65	Young	Gillian	W60
Jones	Merv	M65			

WALKING AUSTRALIAN WALKING CHAMPIONSHIPS, CANBERRA

Open Women - 10 miles

Lyn Ventris - bronze - 1:22:31
Rose-Maree Hollaway - 14th - 1:49:54

(In the W50 category, Lyn took Gold and Rosemary was 5th.)



Rosemary (above) and Lyn (below) at our State Championships.

WA State Open Walking Championships - 20k

Lyn Ventris - gold - 1:42:28

(This surpasses Lyn's current W50 World Record by more than six minutes - but timing system was unsatisfactory for a world record.)



New Members – Welcome

737 BATE Melinda W40
735 JACKSON Peter M55
736 TECK Lim M45
602 COLLIS Anthony M35
624 DE LEO Michael M60

The Comrades is tough

YES, but it isn't difficult. Like any other human endeavour, from music to warfare, training is the key.

Anybody prepared to run 80 kms a week for five months, including spending Saturday mornings chasing up and down the Darlington hills, stands a good chance of finishing in the 12 hours.

The real buzz is waiting in the cold and dark for the starting gun: then it comes down to a day's hard work.

Comrades is like running two Bunbury Marathons, but travelling business class. At every two kilometres a drink station dispenses water and just about every sports drink available, and oranges and bananas and chocolates, and even baked potatoes. And read this, there are young ladies to massage those tired and aching legs. (My legs were not aching but us old men would be stupid to pass up chances like that.)

The plan

The game plan was simple; run like hell and get the first 40 kms over in 4 hours. That left 8 hours to cover 50, no difficult task, gave time to walk and chat to people, and to end up without too many aches and pains. In fact, I finished in

John Smith reports

under 11 which means I must have accidentally missed one or two drink stations and their attendant pleasures.

Encouragement comes from an awesome crowd that lines the whole route. Can you imagine being cheered on for 11 hours? That is a lifetime experience in itself. In my case the cry was "mballah" (or something like it) which is

2007 COMRADES 90K RESULTS

Gary Carlton	M50 7.48:23
Chris Pattinson	W50 9.20:24
Liz Neville	W55 9.41:03
Don Pattinson	M50 9.51:08
John Smith	M70 10.56:34
Jane Elton	W40 11.13:42
Shirley Bell	W55 11.28:58

Zulu for grandfather. There were a large number of burkah clad lady spectators urging on their Moslem heroes.

Comrades runners are something else and an amazing example of different people coming together. Most were black, and 15 per cent women. There is a tremen-

dous amount of encouragement and interaction as you overtake or fall behind different runners.

Tragedy

I guess the ultimate was reached in a little group that finished about the same time as myself. One collapsed just before crossing the line but was dragged over by fellow runners so he could receive his medal and get his name amongst the finishers. Sadly, they were not to know he had died. It was a dreadful tragedy because he was only 34 years old, with two children. His wife was there to watch him finish, his first and last event.

That low point was more than compensated for by a young English double amputee who bounded by on his 'Inspector Gadget' spring steel legs, and finished in 10 hours! That sort of thing puts one's own achievements into proper perspective.

Training started the article, and will finish it. Comrades training is one thing you cannot do by yourself. From our Masters Club Robby and Shirley gave solid support. The Marathon club welcomed us and made the whole programme an exciting journey to fitness levels I did not think were achievable.

Speeding Carr sets another Aus record

DAVID Carr turned M75 with an Australian mile record - 6:02.4 - on July 12 at Coker Park. He ripped more 23 seconds off the previous record, reports Campbell Till. "David was on World Record pace for the first two laps, but faded slightly," he says. Congratulations, mate; you're inspirational.



David Carr

probate applications, for very modest fees.

Finally, I am happy to give limited advice to club members who may have a problem.



Well recovered - John Smith in good form during the July Perth Marathon.

PRESENTATION DAY

IT'S August 26 at the Metro Inn. Great opportunity to send off club members going to Riccione!

Cost is \$27 per head. Please book with Elaine Dance (daniane@hotmail.com - or ph. 9593 4607); Pam Toohey (pamsteve2e@hotmail.com or ph. 9591 3767); Peggy MacIver (robmacIver@bigpond.com or ph. 9319 1451.)

Members for Riccione Club entrants for the World Championships number 28. They are:

BLURTON	BARBARA*
BOWMAN	CAROL
CARR	DAVID
CHAMBERS	DON
CLIVE	DAVID
CORTIS	HENRY*
DENNEHY	JOHN
DOUST	JOHN
DYBDAHL	BJORN
FEARNALL	ROY
GLASS	KATE
HALBERG	JACQUELINE
KERNAGHAN	BARRIE
LANGFORD	JIM
MACLIVER	PEGGY
MILETIC	NICK
NEALE	CHRIS
OLDFIELD	CHRISTINE
OLDFIELD	JOHN
PHILLIPS	TONI
RALSTON	GARRY
RICHARDS	NORMAN
SCHICKERT	BOB
SCHICKERT	LYNNE
VENTRIS	LYNETTE
WHALAN	ROGER
WICKHAM	ROSS
WOLFENDEN	DEBORAH

No more AthleticsA

THE State athletics body has changed name to ATHLETICS WA.

President's Message

Arthur's Biography

You may be aware that Arthur leggett published his biography last year (and it was reviewed by Vic in the November 2006 Vetrin.) Knowing Arthur as a man who always spins a good yarn I purchased a copy and read the story of his 87 years. Without a doubt, Arthur has captured the spirit of the Australian larrikin lad who survived four years as a prisoner of war. He took up running late in life, as many of us have.

This is not a 'runners' book, such as the excellent one ghosted by our own Richard Harris for the great John Gilmour. But it sure is a cred-



it to Arthur and those who supported his endeavour.

The law

Many people find themselves in need of legal advice at some stage of life. I am often asked: "Do you know a good lawyer?" and find it difficult to answer - because most charge fees which would scare club members.

The Citizens Advice Bureau does provide an excellent service. You can see a lawyer for basic advice for \$25. They also draft wills and process

13K RUN

Brett Roach	M35	48:01
Chris Frampton	M40	51:46
John Allen	M45	52:22
Bjorn Dybdahl	M50	54:44
Mick Hanretty	M45	55:03
Neil McRae	M50	58:47
Syd Parke	M55	60:48
David Muir	M60	61:26
Martin Watkins	M60	61:31
Gary Fisher	M55	62:09
Sean Keane	M40	62:23
Mike Hale	M60	62:36
Bruce Mathieson	M60	62:47
Johan Hagedoorn	M60	63:21
David Carr	M75	63:57
Karen March	W45	64:02
Gillian Young	W55	64:03
Eldon George	M35	65:11
Carol Bowman	W50	66:02
Frank Gardiner	M55	66:22
John Mack	M65	66:22
Nick Miletic	M55	66:59
Milton Mavrick	M50	68:02
Graham Thornton	M65	69:01
Peter Jackson	M55	71:23
Alan Thorniley	M50	71:24
Richard Danks	M65	75:38
Julie Keeley	W40	76:30
Merv Jones	M65	80:20
Vis1		83:34

7K RUN

Chris Coates	M50	28:28
Steve Dunn	M40	31:55
Bob Schickert	M65	34:22
Ivan Brown	M60	34:36
Margaret Langford	W60	34:56
Sue Bullen	W45	36:59
Peggy MacIver	W60	37:36
Kris Adrian	W35	38:24
Delia Baldock	W40	38:27
Michael Faunge	M65	39:16
Jacqui Halberg	W60	40:19
Bob Sammells	M70	41:49
Teck Lim	M50	42:37
Vis 2		44:33
Jo Richardson	W55	48:25
David Baird	M60	48:26
Steve Toohey	M55	48:56
Richard Harris	M70	49:35
Sheila Maslen	W65	49:43
Linda Rhodes	W60	49:47
Jan Jarvis	W60	50:17
Margaret Warren	W70	50:44
Morris Warren	M65	50:58
Ray Lawrence	M75	54:34
Dalton Moffett	M75	54:34

Gold Coast Half-Marathon

July 1, 2007

Helen Lysaght	W55	1:40*
Keith Atkinson	M50	1:41

* State Record

Adelaide Marathon

June 24, 2007

Paul Hughes	M55	3:23
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Bardon Park

July 1, 2007

Directors: Brian & Margaret Bennett

WELL, the winter weather really turned on this Sunday. It was a very wet day. Thanks to my loyal helpers who came prepared for the conditions and did not complain one bit about sitting/standing out in the downpour. I could not have managed without them – Brian, Bri and & Pam Smith, Pat & Norm Miller, Pat Ainsworth, Pam Toohey, Viv Lock, Denise and Pierre Viala, John Dance. Also, thanks to the men who assisted in erecting the shelter for the recorders and others who offered help.

A big thanks to all the competitors, too, who came and sheltered around the toilet block before the start of the race. I think most of them enjoyed the run despite the weather!

Margaret Bennett

13K WALK

Mike Rhodes	M60	90:28
Michael Harvey	M55	93:10
Lynne Schickert	W65	1:40:59
Elaine Dance	W55	1:41:00
Jeff Whittam	M70	1:43:16
Roger Walsh	M60	1:43:18
Debbie Wolfenden	W40	1:56:24

7K WALK

John Frost	M65	51:11
Ray Hall	M70	52:09



Above: Close finish in the Kent St 5K for Delia Baldock, just pipped by Peggy McIver.

Below: Chris Coates, director at Kent St, and short-course winner at Bardon Park.



Joondalup

June 17, 2007

Directors: Margaret & Morris Warren

10K RUN

John Allen	M45	39:31
Chris Frampton	M40	39:39
Jim Langford	M60	43:15
Sandra Stockman	W40	44:44
Blakeney Tindall	M45	45:32
Johan Hagedoorn	M60	46:12
Bob Schickert	M65	46:48
Wayne Taylor	M45	47:25
Mike Hale	M60	47:30
Nick Miletic	M55	49:04
Carol Bowman	W50	49:05
Brian Bennett	M55	49:07
Vis 3		49:11
Graham Thornton	M65	49:35
David Carr	M75	49:39
Alan Thorniley	M50	49:46
Jacqui Halberg	W60	50:00
Peter Jackson	M55	50:40
Milton Mavrick	M50	51:08
Bruce Mathieson	M60	53:31
Brian Smith	M65	56:15
Merv Jones	M65	57:05
Berni Scott	W45	57:26
Denise Viala	W55	59:17
Fiona McAuley	W55	59:19
Debbie Dance	W35	61:05
Jan Jarvis	W60	67:29
Jo Richardson	W55	70:39

5K RUN

Duncan McAuley	M55	20:30
Raymond Gimi	M40	22:37
Ivan Brown	M60	23:52
Margaret Langford	W60	24:22
Delia Baldock	W40	25:42
Michael Faunge	M65	27:57
Bob Sammells	M70	28:42
Arnold Jenkins	M60	29:58
Wendy ClementsGreen	W60	30:10
Cyril RobinsonGoodwin	M60	32:12
Sheila Maslen	W65	34:59
Dalton Moffett	M75	35:05
Ray Lawrence	M75	35:10
Linda Rhodes	W60	35:16
Sheila Walsh	W40	36:33
Michael De Leo	M60	36:34

8K WALK

Lynne Schickert	W65	57:44
Mike Rhodes	M60	57:45
Roger Walsh	M60	59:16
Jeff Whittam	M70	60:33
Patricia Hopkins	W65	65:58
Ann Turner	W70	68:05

5K WALK

Elaine Dance	W55	36:37
Kirt Johnson	M75	41:20
Vis 2		43:30
Dorothy Whittam	W70	44:46
Pat Miller	W65	49:19
Leo Hassam	M75	49:19
Norm Miller	M75	51:34
Steve Toohey	M55	52:09
Shorty Turner	M70	52:10

Kent St Weir RRC/RWC

May 27, 2007

Director: Chris Coates

10K RRC

Brett Roach	M35	35:45
Peter Sullivan	M45	36:56
Christian Wakeling	M30	36:59
Lachlan Marr	M45	37:01
Paul Hughes	M55	38:27
John Allen	M45	38:41
Bjorn Dybdahl	M50	39:00
Jim Klinge	M60	39:43
V3		40:21
Bruce Wilson	M60	40:32
Bert Carse	M65	40:48
Vis		40:53
Syd Beer	M60	41:50
Alan James	M55	41:54
John Cresp	M55	42:38
Eldon George	M35	42:41
Kay Burt	W50	42:50
Bob Schickert	M65	43:59
Stephen Dunn	M40	44:16
Michael Karra	M40	44:30
Mark Sivyer	M55	44:39
David Muir	M60	44:58
Raymond Gimi	M40	45:30
Sandra Stockman	W40	45:30
Johan Hagedoorn	M60	45:35
Martin Watkins	M60	45:49
Wayne Taylor	M45	46:02
Gillian Young	W55	46:03
Karen March	W45	46:10
Helen Lysaght	W50	46:24
Terry Humphrey	M55	46:54
Bruce Mathieson	M60	47:15
Maurice Creagh	M60	47:39
Charlie Chan	M55	48:30
Ivan Brown	M60	48:40
Paul Martin	M65	49:28
Nick Miletic	M55	49:29
John Brambley	M65	49:47
Mike Khan	M60	49:58
Paula Karra	W35	50:07
Frank Gardiner	M55	50:21
David Carr	M70	50:23
Mike Hale	M60	50:28
Carol Bowman	W50	51:17
V2		51:17
Silvio Wirth	M55	51:24
Terry Manford	M65	52:02
Mark Rosen	M55	52:22
Viv Lok	W45	53:22
Graham Ainsworth	M50	53:23
Sue Bullen	W45	53:54
Roger Walsh	M60	54:53
Richard Danks	M60	55:20
Marg Forden	W65	55:29
Graham Thornton	M65	55:46
Shirley Bell	W55	56:09
Irene Ferris	W55	56:15
Julie Keeley	W40	56:20
Merv Jones	M65	56:51
Vic Beaumont	M75	57:04
Stan Lockwood	M75	57:19
Berni Scott	W45	57:28
John Smith	M70	57:30
John Talbot	M60	58:23
Debbie Dance	W35	61:28
Brian Bennett	M55	62:31

ROAD RACE AND WALK CHAMPIONSHIPS

ALL the RRC/RRW results are here; summary of all finishers next edition. I reckon I know who was first walker overall though; lucky it's not a handicap event.

Picture below: Mike Rhodes.



John Bell	M60	62:32
Richard Harris	M70	62:49
Jane Thomson	W50	63:06
Cyril Robinson	GoodwinM60	65:00
Steve Giles	M45	66:44
Margaret Warren	W70	66:57
Morris Warren	M65	71:22
Mary Heppell	W65	71:23
Jeni Shillington	W45	71:38
Sheila Maslen	W65	71:48
Dalton Moffett	M75	75:14

5K RUN

Paul Burke	M35	21:26
Vic Waters	M60	22:58
Jim Riddell	M65	26:43
Barb Humphrey	W55	27:17
Mike Anderson	M55	27:43
Peggy Macliver	W60	29:26
Delia Baldock	W40	29:26
Tanya Burke	W35	29:31
V4		32:02
Julie Wood	W55	33:11
Simon Mort	M50	33:46
Kathy Burr	W65	35:58

5K RWC

Mike Rhodes	M60	34:32
Ray Hall	M70	35:51



By special request - of ace photographer Doug Hazell - your editor with an extra, pre-holiday burst at Kent St.

John Frost	M65	36:05
Lynne Schickert	W65	36:12
Elaine Dance	W55	36:43
Jeff Whittam	M70	39:05
Linda Rhodes	W60	39:38
Kirt Johnson	M75	40:54
Lorna Lauchlan	W75	40:55
Victor Ratana	M70	40:55
Patricia Hopkins	W65	41:50
Pat Ainsworth	W70	42:30
Debbie Wolfenden	W40	44:41
Rosa Wallis	W60	45:05
Margaret Bennett	W65	45:18
Maggie Flanders	W70	46:09
Mitch Loly	M65	46:48
Phyllis Farrell	W60	49:07
Leo Hassam	M75	49:07
Lorraine Lopes	W65	51:33
Pat Miller	W65	51:34
Merv Moyle	M80	51:49
Dorothy Whittam	W70	53:07
Norm Miller	M75	53:08

Deepwater Point - RWC

June 3, 2007

Directors: Mike & Paula Karra

A 7.5km or 15km distance was on offer on a fine but cool and windy day at Deepwater Point. Over 110 competitors woke up early enough to participate and compete in the 1 or 2 lap event, both of which were made more challenging by weather conditions. The strong headwind for the last 2km proved very popular with all! Footpath works caused a slight change of course, but no problems. The track will be ready for next year's event, a smooth and fast surface, perfect for your PB. Thank you to all helpers out on the course, John, Kerriann, Aldo, Leo, Dalton, Berni and Jane.

Mike and Paula

7.5K RWC

Mike Rhodes	M60	49:45
Michele Mison	W55	53:08
Lynne Schickert	W65	53:17
Ray Hall	M70	53:22
Elaine Dance	W55	53:35
John Frost	M65	55:11
Linda Rhodes	W60	57:18
Jeff Whittam	M70	57:43
Kirt Johnson	M75	60:42
Rosa Wallis	W60	62:16
Patricia Hopkins	W65	62:35
Lorna Lauchlan	W75	62:46
Margaret Bennett	W65	65:24
Ann Turner	W70	65:24
Pat Miller	W65	69:08
Mitch Loly	M65	69:12
Maggie Flanders	W70	70:30
Vis		72:14
Lorraine Lopes	W65	73:23
Steve Toohey	M55	73:24
V16		73:30
Shorty Turner	M70	82:19
Norm Miller	M75	82:20
Dorothy Whittam	W70	83:14

15K RRC

Trevor Scott	M45	54:32
Brett Roach	M35	54:40
Ross Parker	M55	58:13
Bjorn Dybdahl	M50	58:53
John Allen	M45	59:43
Chris Frampton	M40	59:50
Bert Carse	M65	62:37
Graeme Dahl(Qld)	M55	62:50
Doug Ashfield	M50	62:58
Bruce Wilson	M60	63:37
Mick Hanretty	M45	65:36
Michael Karra	M40	67:11
Kay Burt	W50	67:25
Brian Danby	M55	68:00
Bob Schickert	M65	68:34
Stephen Dunn	M40	69:38
Mark Sivyer	M55	69:54
Sandra Stockman	W40	70:12
Neil McRae	M50	70:36
Keith Atkinson	M50	70:40
Sean Keane	M40	70:49
Wayne Taylor	M45	71:22
Gillian Young	W55	71:25
Bruce Mathieson	M60	71:28
Karen March	W45	71:47
Maurice Creagh	M60	72:51
Brian Bennett	M55	73:34
Johan Hagedoorn	M60	73:52
Ivan Brown	M60	74:05
Charlie Chan	M55	74:14
Eldon George	M35	76:21
Carol Bowman	W50	76:37
Nick Miletic	M55	76:37
John Bocian	M55	77:05
Graham Thornton	M65	77:54
Paul Martin	M65	78:01
John Pellier	M65	78:21
Ray Attwell	M70	79:17
Paula Karra	W35	80:44
Mark Rosen	M55	80:55
John Bell	M60	81:01

Uni RRC/RWC**J. ABRAHAMS RESERVE****CRAWLEY****June 10, 2007***Director: Gary Fisher*

AN excellent turnout of competitors on what was a cool but sunny winter's

morning. The race went without incident for all, I hope, on what is a beautiful scenic course. Two more names, Kay Burt and Trevor Scott, can now be added to the impressive list of winners.

As always such events could not take place without the assistance of numerous helpers and I was fortunate to have an excellent group, plus some new members, and I thank them sincerely.

I hope we can all do it again next year.

Cheers, Gary

Alan Thorniley	M50	82:22
Milton Mavrick	M50	83:24
Terry Manford	M65	83:42
Sue Bullen	W45	84:00
Silvio Wirth	M55	84:01
John Smith	M70	85:07
Anne Jones	W50	85:09
Marg Forden	W65	85:17
Richard Danks	M60	85:43
Viv Lok	W45	87:30
Brian Smith	M65	87:44
Berni Scott	W45	87:47
Rhod Wright	M55	88:54
Merv Jones	M65	89:16
Shirley Bell	W55	89:18
Richard Harris	M70	89:42
Julie Keeley	W40	91:09



15K winner Trevor Scott, pictured at the last Racecourse Run.

Maree Creighton	W55	93:38
Irene Ferris	W55	93:38
Debbie Dance	W35	95:53
Vic Beaumont	M75	1:42:51
Jo Richardson	W55	1:44:38
Mary Heppell	W65	1:48:35

10K RUN

Genevieve Spiro	W35	63:25
V2		63:25
Morris Warren	M65	70:43

5K RUN

V3		21:19
Raymond Gimi	M40	22:04
Dee Haines	W45	22:42
Leonie Jones	W45	25:41
Barry Jones	M50	25:42
Jim Riddell	M65	25:46
Peggy MacIver	W60	26:25
Damien Hanson	M50	26:51
Mike Anderson	M55	27:21
Michael Faunge	M65	28:07
David Carr	M70	28:14

15K RUN

Brett Roach	M35	55:16
Peter Sullivan	M45	56:28
John Allen	M45	59:47
Bjorn Dybdahl	M50	60:46
Anthony Collis	M35	60:48
Chris Frampton	M40	62:01
Bert Carse	M65	62:28
Alan James	M55	63:03
Jim Klinge	M60	63:36
Syd Beer	M60	64:33
Eldon George	M35	65:22
Brian Danby	M55	68:57
Karen March	W45	71:16
Keith Atkinson	M50	71:33
Helen Lysaght	W50	71:34
Johan Hagedoorn	M60	71:42
Charlie Chan	M55	73:45
Maurice Creagh	M60	73:55
Gary Fisher	M55	74:34
V13		76:21
V3		76:30
Carol Bowman	W50	77:20
Nick Miletic	M55	77:21
Silvio Wirth	M55	78:38
Brian Bennett	M55	78:40
Bruce Mathieson	M60	78:42
Mike Khan	M60	78:44
Graham Thornton	M65	79:12
Paul Martin	M65	80:24
Milton Mavrick	M50	81:56
Terry Manford	M65	82:06

Alan Thorniley	M50	83:27
Richard Danks	M65	85:23
Sue Bullen	W45	87:46
Viv Lok	W45	88:25
John Talbot	M60	88:35
John Smith	M70	88:42
Irene Ferris	W55	89:49
Rhod Wright	M55	89:54
Debbie Dance	W35	93:43
Vic Beaumont	M75	1:41:30

7.5K RUN

Vis		29:07
Bruce Wilson	M60	29:52
Mick Hanretty	M45	30:31
V7		30:31
V12		31:28
Vis		31:30
V11		31:54
Ivan Lazarus	M55	32:36
Kay Burt	W50	32:42
Darryl White	M45	32:44
Frank Gardiner	M55	33:08
David Muir	M60	33:42
David Carr	M70	33:55
Wayne Taylor	M45	34:40
Sean Keane	M40	34:43
Ivan Brown	M60	35:06
Fenella Gill	W40	35:39
Raymond Gimi	M40	35:41
Mike Hale	M60	36:15
V1		36:34
Margaret Langford	W60	36:35

Peter March	M45	37:24
V6		37:29
John Brambley	M65	37:31
Bob Schickert	M65	37:52
V15		37:54
V14		37:55
V4		37:58
Ray Attwell	M70	38:14
V10		39:10
Peggy MacIver	W60	39:20
Grace Hollin	W45	40:35
Mike Anderson	M55	41:02
Dianne Marriott	W40	41:05
Michael Faunge	M65	41:34
Damien Hanson	M50	42:11
Merv Jones	M65	43:28
Mike Polkinghorne	M55	43:33
Stan Lockwood	M75	44:05
Richard Harris	M70	45:24
Jane Stanbrook	W40	45:39
V2		47:14
V8		47:15
Jim Langford	M60	47:19
Jacqui Halberg	W60	49:25
Margaret Warren	W70	50:07
Jo Richardson	W55	50:18
Jeff Spencer	M65	50:19
Morris Warren	M65	51:13
Genevieve Spiro	W35	51:36
Jeni Shillington	W45	53:11
Mary Heppell	W65	53:13
Kathy Burr	W65	54:41

Jane Stanbrook	W40	28:56
Jane Thomson	W50	29:04
Bob Sammells	M70	30:04
Wendy ClementsGreen	W60	31:29
Arnold Jenkins	M60	31:30
Jan Jarvis	W60	34:39
Julie Wood	W55	35:20
Dalton Moffett	M75	35:24
Joan Pellier	W65	35:40
Ray Lawrence	M75	36:36
Kathy Burr	W65	37:09

10K RWC

Mike Rhodes	M60	67:37
Lynne Schickert	W65	71:53
Ray Hall	M70	73:06
John Frost	M65	73:20
Elaine Dance	W55	73:48
Linda Rhodes	W60	75:07
Jeff Whittam	M70	77:21
Roger Walsh	M60	77:31
Pat Ainsworth	W70	83:55
Patricia Hopkins	W65	84:33
Lorraine Lopes	W65	85:00
Beryle Doust	W55	85:01
Debbie Wolfenden	W40	85:10
Lorna Lauchlan	W75	86:26
Margaret Bennett	W65	87:17
Steve Toohey	M55	87:17
Pat Miller	W65	94:57
Mitch Loly	M65	97:20

5K WALK

Leo Hassam	M75	47:36
Maggie Flanders	W70	48:58
Dorothy Whittam	W70	48:58
Helen Klinge	W55	56:03
Jim Klinge	M60	56:04



Paula and Mike Karra, directors of the Deepwater Point event. Mike is also in charge of the club's website.



Burswood RRC & RWC

June 24, 2007

Director: Wayne Pantall

25K RRC

Brett Roach	M35	95:15
Peter Sullivan	M45	99:45
V9		1:43:20
Bjorn Dybdahl	M50	1:44:05
John Allen	M45	1:45:35
Bert Carse	M65	1:48:53
V4		1:52:59
Alan James	M55	1:53:43
V3		1:54:08
Amanda Walker	W40	1:54:37
Chris Maher	M50	1:54:42
V5		1:55:08
V6		1:56:33
Frank Gardiner	M55	1:56:55
Peter Woods	M45	2:00:36
John Doust	M55	2:00:53
Brian Danby	M55	2:02:06
Mark Sivyer	M55	2:03:03
David Muir	M60	2:03:53
Gillian Young	W55	2:03:58
Karen March	W45	2:04:42
Brian Bennett	M55	2:06:32
Wayne Taylor	M45	2:07:47
Johan Hagedoorn	M60	2:07:55
Neil McRae	M50	2:09:08
Mike Hale	M60	2:11:19
Ruth Jamieson	W45	2:11:46
Ivan Brown	M60	2:13:59
Paula Karra	W35	2:15:33
Jim Barnes	M60	2:16:06
John Davies	M60	2:16:07
Nick Miletic	M55	2:16:52
Carol Bowman	W50	2:16:52
Milton Mavrick	M50	2:17:44
Paul Martin	M65	2:18:42
Kay Burt	W50	2:19:35
Stephen Dunn	M40	2:19:36
Mark Rosen	M55	2:21:01
Graham Thornton	M65	2:21:45
Silvio Wirth	M55	2:21:47
Terry Manford	M65	2:23:33
Marg Forde	W65	2:23:38
Viv Lok	W45	2:24:48
John Smith	M70	2:25:25
Sue Bullen	W45	2:29:07
Julie Keeley	W40	2:32:46
Brian Smith	M65	2:33:04
Merv Jones	M65	2:36:22
Richard Danks	M65	2:38:20
Berni Scott	W45	2:38:56
Irene Ferris	W55	2:44:16
Charlie Chan	M55	2:46:15
Bob Schickert	M65	2:49:28
V2		2:51:17
Debbie Dance	W35	2:58:37
Vic Beaumont	M75	2:59:34

15K RUN

Peter Jackson	M55	81:38
V8		81:46
Graham Ainsworth	M50	85:03
Rhod Wright	M55	92:12
Jo Richardson	W55	1:44:22

10K RUN

Jim Klinge	M60	40:59
Dave Roberts	M60	44:21

John Allen,
M45 –
strong
performances
in all three
RRC events



Gary Fisher	M55	47:21
Helen Lysaght	W55	47:33
Keith Atkinson	M50	47:44
Sean Keane	M40	49:46
John Brambley	M65	50:38
John Mack	M65	51:10
Mike Khan	M60	51:28
V1		52:55
David Carr	M75	53:14
Peggy MacIver	W60	53:34
Irwin BarrettLennard	M75	55:46
Mike Anderson	M55	58:43
Bob Sammells	M70	58:56
Arnold Jenkins	M60	65:31
Richard Harris	M70	69:07
Ken Whistler	M75	69:26
Sheila Maslen	W65	76:34
Michael De Leo	M60	80:49

5K RUN

Bernard Mangan	M50	24:34
Ray Lawrence	M75	61:49
Dalton Moffett	M75	61:50

15K RWC

Mike Rhodes	M60	1:43:12
Peter Ryan	M55	1:50:20
Lynne Schickert	W65	1:50:53
Elaine Dance	W55	1:51:18
John Frost	M65	1:52:35
Roger Walsh	M60	1:57:17
Linda Rhodes	W60	1:57:44
Jeff Whittam	M70	1:58:06
Lorraine Lopes	W65	2:07:30
Beryle Doust	W55	2:07:30
Margaret Bennett	W65	2:08:28
Steve Toohey	M55	2:08:29
Ann Turner	W70	2:09:31
Patricia Hopkins	W65	2:09:31

25K WALK

Michael Harvey	M55	3:04:55
----------------	-----	---------

10K WALK

Victor Ratana	M70	85:05
Pat Ainsworth	W70	88:32
Rosa Wallis	W60	90:43
Lorna Lauchlan	W75	90:43

5K WALK

Ray Hall	M70	35:55
Maggie Flanders	W70	60:09
Dorothy Whittam	W70	60:17
Norm Miller	M75	64:49

TRACK

**COKER PARK,
THURSDAYS
AT 6PM**

AUGUST 12

Half Marathon

Director:

Jim Klinge - 9294 4029

Chris Kelly, Helen Klinge,
Arthur Leggett, Janis Malin,
Peter & Sue Sanders, Bob
Schickert, Patrick Smith,
Sandra Stockman, Mike &
Janet Walter.

COMING EVENTS and helpers list

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

AUGUST 19

State X/C Championship

Director: Ralph Henderson -
9420 2623(W) 9401 3115(H)

Jeff Bowen, John Brambley,
John & Beryl Doust, Barb &
Terry Humphreys, Ivan
Lazarus, Bruce Matheson,
Kerry Southerland

Coming Events - course information

August 5, Sharks Run:
please note - 10K run and 5K
walk are handicaps.

August 12, the Club's Half
Marathon leads from
Burswood Park along south
side of river to Narrows
Bridge; across to east side of

bridge; through tunnels and
on to foreshore; west to
Hackett Drive; and return.
Turn for 10k event is just
before Mill Pt Rd. Take extra
care at Mill Pt Rd crossing,
and entrance to car parks at
Douglas St and Coode St.

Aug 19, our State Cross
Country in Kings Park has
two laps of 5k for 10k event.
From Synergy Parkland
course is cross shaped -
using Lovekin Drive and
both sides of the Broadwalk.
Challenging hills and soft
surface. Medals go to first
three finishers each age
group.

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Ivan Brown

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Bill Hughes

Vetrun

The magazine of Masters Athletics WA

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More Masters make marks

Now you know how these blokes run so fast; it's all in the cornering!



Jim Langford



Peter Sullivan



John Allen

NO WINTER hibernation for the Statistician this year with many people making impressive improvements on our State Records.

Highlight is Lyn Ventris' effort in the State Open Walking Championships where she improved the previous World Record by many minutes. Lyn's time unfortunately did not conform to the more exacting standards to be recognised as a World Record.

David Carr has just entered the M75 age division and although he has not made serious assaults on records in his pet events he nonetheless has made several other improvements. With the

World Championships imminent expect an escalation of activity.

(Oh, yes! see right) ►

Also of note, David Clive is sprinting with uncanny elan for a 70-year old. His latest 60 metre time of 8.3 is only a whisker off the Australian Record.

Finally thanks to Lorraine Lopes for identifying some records for herself and Lynne Schickert that I overlooked in 2005 and 2006.

Campbell Till

RECORDS

5000 metres W60

Jacqui Halberg 23:28.8
(previous, 23:46.9, Jacqui Halberg, 2007)

16k Road Run - W55

Gillian Young 1:17:15
(1:18:28, Marg Forden, 1997)

Half Marathon W55

Helen Lysaght 1:40:19
(1:46:16, Marg Forden, 2000)

20k Road Walk W50

Lyn Ventris 1:42:28
(inaugural) **UNOFFICIAL WORLD RECORD**

15k Road Run W65

Lorraine Lopes 1:18:08
(1:24:00, Ann Turner, 2003)

60 metres M70

David Clive 8.6
David Clive 8.3
(9.3, David Carr, 2005)

100 metres M70

David Clive 13.3
(13.9, David Clive, 2007)

200 metres M70

David Clive 28.7
(29.55, David Carr, 2003)

1000 metres M75

David Carr 4:02.4
(inaugural)

1500 metres M75

David Carr 6:33.7
(6:52.7, Cecil Walkley, 2005)

3000 metres M75

David Carr 14:06.0
(18:01.8, Allen Tyson, 2000)

5000 metres M75

David Carr 21:45.4
(22:59.5, John Gilmour, 1996)

'State Bests'

(Unjudged Walks)

10k Walk W60

Lynne Schickert 65:04

10k Walk W65

Lorraine Lopes 66:00

15k Walk W60

Lynne Schickert 1:42:52

MORE champagne for David Carr!



HE's done it again.

David Carr set a new World M75 800m record on Thursday 26 August at Coker Park, in 2:34.3.

The previous record was 2:36:28, by Canadian Earl Fee, and stood since 2005.

A week later David set Australian and State 1500m M75 records with 5:28.3. Cecil Walkley's previous SR was 6:52.7; Randall Hughes AR mark was 5:32.09. (World record is 5:22.7, by Miyauchi of Japan.)

I spoke to David after his Australian mile record (see Vetrun 400, July) asking if he would consider a paced attempt on the World Mile. He said that he would rather go for the Australian 800m, and 1500m, in the coming Thursday meetings at Coker. He believed the level of competition there would be sufficient to buoy him to strong performances.

So it has proved; except he's taken the world mark, from a man David described as 'outstanding'! So, what does that make DC?

Congratulations David, from all of us.

VW

You write...

BETTER LATE...

Hi Vic

How did the holiday go?
Hope I'm not too late with this!

I remember you telling me not to send anything until the 17th but I should have set myself a reminder.

(Yes Chris, in fact that was the 13th!)



Chris
Coates

Weir Run

Any way, about the Weir Run (Cannington, May 27.)

Well, another good turn out for the first of the three 50K medal races, and yet again the Good Lord gave us enough time (just!) to get the run done and all finished before the heavens opened.

Another new name for the trophy, and good to see Dorothy Whittam back and going well.

Thanks to Simone, Bernadette, Keith, Sean, Col, Daryl and Jim for their assistance (many of you at short notice) and making it easy for me.

Best Regards,
Chris Coates

Oldfields on the move

CHRISTINE and I are now settled into our new home in Nottingham, and also into our new running club here. We meet twice a week for friendly training runs, with irregular race nights as well. Some of them meet on four or five nights a week, but it's too much for us. Most are vets, although Masters Athletics as such does not really exist. There is a group meeting once a month about 100km away, but with the roads and traffic so busy here that is about two hours' drive (on a good day).

Jim's 100



JIM Barnes was presented with a tangible reminder of his magnificent marathon history at the Darlington Dash. The framed record of his 100 performances was prepared by Elaine Dance – a typically kind and thoughtful act by a lady who has become a club stalwart. "We would have liked to present it on the day of the Perth Marathon, but of course, had to wait and make sure it all went well, and to add that 100th time," she said.

THE weather was cold and sunny, warm by the time we finished. We had a good surface for the 8km walk and a new 10km out and back for the runners and 10 km course a 5km run/walk. A couple of runners preferred the old course so I would like to hear more feed-back from the 10km people. Our numbers were down this year as there was a long run in opposition. Duncan McAuley was first over the line in the Kim with our new president third. John Allen was fastest in the 10km with good old Jim Langford third. To keep the family tradition Margaret Langford won the 5km Delia Baldock 2nd and Wendy Clements-

We had a handicap race around the Holme Pierrepont rowing course last night - exactly three miles (4.93km). I was given 21 minutes as my target, and did 21:04. Since my best track in the last two seasons has been 21:41 for 5k I reckon I'm in pretty good shape for Riccione. Christine was also pleased with her time of 27:07.

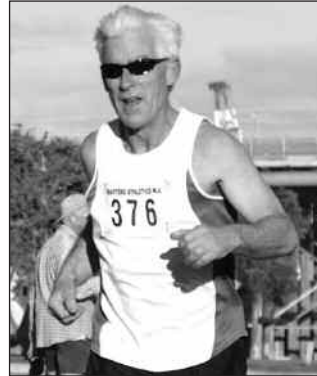
We do miss Perth, and are looking forward very much to being back there. Our flights are booked, arriving 11 October, but of course we will see many of you in Riccione in September.

Remember us to folk,

John

Fremantle Masters Games

REGISTRATION closes on August 20. Late entries will be taken until September 7 but will attract a late fee. Registration books are available at all club events or from Damien Hanson – on 9383 4406.



Damien Hanson

Lake Joondalup Run June 17 2007

Green 3rd. Sandra Stockman was fastest in the 10km. Lyn Schickert won the 8km walk. The race could not go ahead without our helpers namely Mike Anderson, Keith Forden, John Dance, Sean Keans and Pam Toohey; our thanks to these club members. Hope to see you all next year

Margaret and Morris
Warren

(Full results were in July Vetrun, no 400.)

Saskia in Australian X/C Championships



CONGRATULATIONS to Saskia Letham, selected to run for the open WA team in the national championships.

Gold for Val



CONGRATULATIONS on a good walk, Val Millard, and a W60 gold medal-winning time of 66.37, in the Victoria Masters 10k Championship, held at the Victoria Race Walking Club course in Middle Park. The race was held in conjunction with VRWC events on Saturday July 21.

August Birthdays

Beer	Syd	M60	Martin	Keith	M60
Bennett	Brian	M60	Medcalf	Gordon	M75
Bradley	Donald	M40	Midolo	Jill	W60
Carse	Bert	M65	Mison	Michele	W60
Danby	Brian	M55	Mort	Simon	M50
Dance	Debbie	W35	Neville	Bob	M70
Dance	John	M55	Pentecost	John	M45
Doust	John	M60	Ralston	Garry	M50
Dunn	Stephen	M40	Richards	Norm	M70
Dybdahl	Bjorn	M50	Sanders	Susan	W50
Flanders	Maggie	W70	Solomon	David	M40
Hanson	Damien	M50	Sullivan	Peter	M45
Hughes	Bill	M80	Szabo	Sylvia	W50
Jones	Stan	M80	Turner	Shorty	M70
Klinge	Helen	W55	Viala	Pierre	M60
Langford	Jim	M60	Whittam	Jeff	M70
Marriott	Dianne	W40	Wood	Julie	W55

Coming Event Descriptions

Sept 2 - Mullaloo Beach.

From Tom Simpson Park, Oceanside Prom., north along bike path towards Burns Beach and return. 5k turn near Ocean Reef Boat Harbour.

Sept 9 - Bassendean

Suggest you wear insect repellent for this one!

Bike path from Sandy Beach Res., West St, towards Perth City with 5k turn just near Tonkin Hwy bridge and 10K turn in Bayswater Gardens. Take extra care, and keep to river side of street, for the short distance on residential streets - Ashfield Dve, Moojebing St, Kenmure Ave and Katanning St. Also take extra care if you choose to go up and down the steps about 1.5k from start. Competitors can follow the bike path.

Sept 16 - Bibra Lake

Special start time of 8.30am, as event is part of Cockburn Council's 6K fun run. Members MUST complete an entry form and wear a special number (see Jeff Bowen) but the entry fee is waived because of the work done by us as officials. Be aware of small children and inexperienced entrants particularly at start. Skates and skate boards are no longer allowed in the event. MAWA members can do two laps of lake for 12k but Cockburn fun run is officially 6K.

Sept 23 - Racecourse

From Burswood Park upstream. 5k turn is about 400m after you pass below the train/road bridge and turn right. The racecourse is then on left, take care when crossing entrance road. From 3.5k to turn for 10K event take care as path has hills and curves.

New Members – Welcome!

BANNISTER Katy W40
SZABO Sylvia W45

RRC/RWC RESULTS

50K ROAD RUNNING CHAMPIONSHIP

CONDUCTED over three events Kent Street Weir Run (10KM), Uni and Back Run (15KM) and the Burswood 25KM Run. A total of 22 men and 12 women completed the 50KM Road Running Championship for 2007.

TROPHIES:

Fastest Woman:

Gillian Young
average: 4min 50sec

Fastest Man:

Brett Roach
average: 3min 42sec

MEDALS

Gillian Young W55 4:50
Karen March W45 4:51
Kay Burt W50 5:00
Carol Bowman W50 5:18
Paula Karra W35 5:20
Marg Forden W65 5:41
Viv Lok W45 5:43
Sue Bullen W45 5:44
Julie Keeley W40 6:00
Berni Scott W45 6:05
Irene Ferris W55 6:17
Debbie Dance W35 6:43

Brett Roach M35 3:42
Bjorn Dybdahl M50 4:02
John Allen M45 4:05
Bert Carse M65 4:15
Mark Sivyer M55 4:45
Wayne Taylor M45 4:54
Johan Hagedoorn M60 4:57
Stephen Dunn M40 5:04
Ivan Brown M60 5:08
Brian Bennett M55 5:15

Brett Roach



Gillian Young

Nick Miletic M55 5:17
Paul Martin M65 5:20
Mark Rosen M55 5:29
Graham Thornton M65 5:30
Silvio Wirth M55 5:32
Terry Manford M65 5:35
Bob Schickert M65 5:38
John Smith M70 5:46
Charlie Chan M55 5:47
Richard Danks M65 5:59
Merv Jones M65 6:03
Vic Beaumont M70 6:47

37.5K ROAD WALKING CHAMPIONSHIP

WALKED over four events Kent Street Weir Walk (5KM), Deepwater Point Walk (7.5KM), Uni and Back Walk (10KM) and Burswood 15KM Walk. A total of six women and three men completed the Road Walking Championship for 2007.

TROPHIES

Fastest Woman:

Lynne Schickert
average: 7:15
Fastest Man:
Mike Rhodes
average: 6:48

MEDALS

Lynne Schickert W65 7:15
Elaine Dance W55 7:20
Linda Rhodes W61 7:42
Patricia Hopkins W60 8:30
Margaret Bennett W65 8:41
Lorraine Lopes W65 9:00
Mike Rhodes M60 6:48
John Frost M65 7:23
Jeff Whittam M70 7:47

PLEASE NOTE...

BIBRA LAKE

OUR club members must fill out an entry form and receive a race number for this event, which is a shared public run. But no fee is payable, in response to the excellent work done by MAWA officials who ensure the event is properly organised and run.



Jovial Richard Harris: he leads the Masters' team that make Bibra Lake a smooth operation.

WOODMANS POINT

This run is on April 20 next year. Please amend your programme; distances to be 10k/5k.

Australian Road Walking Federation Adelaide

10K

July 29, 2007

Lyn Ventris W50 48:54
(third place open,
first Masters Athlete;
15 starters)

Pole-walkers in Europe

MOST pictures in this Vetrun were taken at last week's Sharks Run, because I missed several runs while abroad (UK and France.)

My bit of France – the mountainous Lot region – is not much cop for running, but abounds in pilgrims walking to Spain. Most of them use walking poles. John Bell has supplied some copy on these sticks, which are supposedly very therapeutic. (I'll try to include it in Vetrun soon, space permitting.)

The walkers in France were

very brave, considering the narrow country lanes and the ferocious local drivers. Didn't see any in sackcloth robes this year, but one group were almost biblical. A mixed bunch, about a dozen strong, they ranged from small children to healthy seniors, and were assisted by a donkey, loaded with all their gear!





16K winner Chris Frampton

16K RUN

V3		63:26
Chris Frampton	M40	65:17
Bert Carse	M65	65:27
John Allen	M45	66:19
Gary McLean	M40	66:30
V2		68:58
Jim Klinge	M60	69:21
Jim Langford	M60	71:15
Brian Bennett	M55	73:37
Neil McRae	M50	74:33
Mark Sivyer	M55	75:18
Frank Smith	M65	75:34
Don Pattinson	M50	75:52
Eldon George	M35	76:17
Keith Atkinson	M50	76:27
Helen Lysaght	W55	76:40
Johan Hagedoorn	M60	77:03
John Bell	M60	77:48
V5		77:53
Karen March	W45	77:59
Gillian Young	W55	78:40
Martin Watkins	M60	78:49
Bruce Mathieson	M60	79:04
V1		80:48
Mike Hale	M60	81:01

Lee Holliday, 8K winner, and also a keen T&F athlete



Darlington Dash Pine Terrace, Darlington

July 15, 2007

Director: Delia Baldock

Dash has elan, light poles apart

CONDITIONS were perfect for this year's Dash and I'm happy to report no calamities! I had to change the start (again) due to more council improvements – this time light poles conveniently placed in the middle of the footpath! This confused a few but most completed the uphill and back-down heritage trail course without mishap.

Thanks to my stalwart band of regular helpers; Stan Delandgrafft, Mike Khan, John Mack, Norm & Pat Miller, Ivan Pilton, Graham Thornton and Frank Gardiner for marking the turns. Thanks also to the extra volunteers who stepped in when I needed more; Ray Hall, Peter Ryan, Bob Schickert and Barrie Thomsett. Aren't they the greatest - as if the Committee doesn't do enough already! We then enjoyed freshly baked bread with jam and cream; special thanks to our morning tea helpers!

Congratulations to the Dick Horsley Trophy winners. This is contested by partners, one doing the 8k, the other the 16k; best combined time wins. Christine Engels and Gary McLean took the honours this year – and are also to be congratulated on their recent engagement.

Well done everybody.

Delia Baldock

DICK HORSLEY TROPHY

1:51.48 Christine Engels /Gary McLean
1:52.50 Margaret Langford/Jim Langford
2:12.50 Margaret Bennett/Brian Bennett
2:15.00 Julie Wood/Johan Hagedoorn

Milton Mavrick	M50	81:25
Silvio Wirth	M55	81:26
Chris Pattinson	W50	82:09
Nick Miletic	M55	82:47
Carol Bowman	W50	82:58
Peter Jackson	M55	84:27
Michael Karra	M40	84:44
Paula Karra	W35	84:45
Viv Lok	W45	86:31
V4		86:32
Sue Bullen	W45	86:48
John Pellier	M65	86:49
John Smith	M70	89:18
Merv Jones	M65	91:20
Julie Keeley	W40	96:10
Jacqui Halberg	W60	96:33
John Talbot	M60	97:51
V6		1:45:42

8 KM RUN

Lee Holliday	M50	36:51
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Dick Horsley Trophy winners – Chris Engels (above) and Gary McLean; two of the younger Masters already making a big contribution to the club.



Frank Gardiner	M55	37:13
Kay Burt	W50	37:38
Dee Haines	W45	38:17
Sean Keane	M40	38:22
David Baird	M60	41:27
Margaret Langford	W60	41:35
Peggy MacIver	W60	44:30
John Ellard	M65	45:10
Christine Engels	W50	45:18
Jim Barnes	M60	46:11
Jeff Spencer	M65	46:12
Denise Viala	W55	51:11
Vic Beaumont	M75	51:17
Charlie Chan	M55	51:39
Richard Harris	M70	52:02
Genevieve Spiro	W35	52:24
Arnold Jenkins	M60	52:26
V7		52:51
Julie Wood	W55	57:57
Pierre Viala	M55	57:58
Steve Toohey	M55	58:24
Jo Richardson	W55	59:12
Margaret Bennett	W65	59:13
Jan Jarvis	W60	59:40
Dalton Moffett	M75	62:21
Ray Lawrence	M75	63:11
Sheila Walsh	W40	66:09

16 KM WALK

Lynne Schickert	W65	2:05:50
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8KM WALK

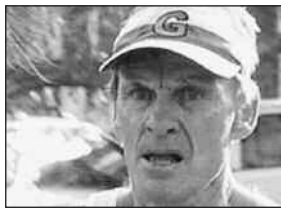
Bryan Hardy	M60	65:09
Jeff Whittam	M70	66:14
Patricia Hopkins	W65	72:47
Alan Pomery	M75	74:45
Maggie Flanders	W70	81:32
Mitch Loly	M65	92:54



Syd Beer, in terrific recent form, pictured at the Freo Sharks Run.

10K RUN

Trevor Scott	M45	36:37
Peter Sullivan	M45	37:37
Bert Carse	M65	40:08
Bjorn Dybdahl	M50	40:40
John Allen	M45	40:44
Syd Beer	M60	43:29
Vis 2		44:17
Frank Smith	M65	44:23
Kay Burt	W50	44:30
Michael Karra	M40	44:45
Carl Ciccarelli	M45	44:53
Vis		44:55
Vis		45:08
Paul Burke	M35	45:17
Eldon George	M35	46:16
Stephen Dunn	M40	46:22
Neil McRae	M50	46:33
Johan Hagedoorn	M60	46:56
Karen March	W45	47:44



David Baird - a well-earned return after injury.

David Baird	M60	47:44
Gary Fisher	M55	47:45
Mike Hale	M60	47:56
Wayne Taylor	M45	48:24
Dee Haines	W45	48:25
Vis		49:05
Vic Waters	M60	50:21
Peter Jackson	M55	50:28
Nick Miletic	M55	50:39
Paul Martin	M65	50:40
Bob Schickert	M65	50:50
David Carr	M75	50:58
Jacqui Halberg	W60	50:59
Irwin Barrett-Lennard	M75	51:44
John Brambley	M65	51:53
Mike Khan	M60	51:57
Carol Bowman	W50	52:01
Lee Holliday	M50	52:07

Mill Point Road Championship

July 22, 2007

Director: Milton Mavrick



Michele Mison, first woman in the 10K Walk

10K WALK

Mike Rhodes	M60	67:34
Michele Mison	W55	70:19
Lynne Schickert	W65	73:33
Peter Ryan	M55	74:17
Elaine Dance	W55	74:53
Jeff Whittam	M70	79:34
Roger Walsh	M60	79:34

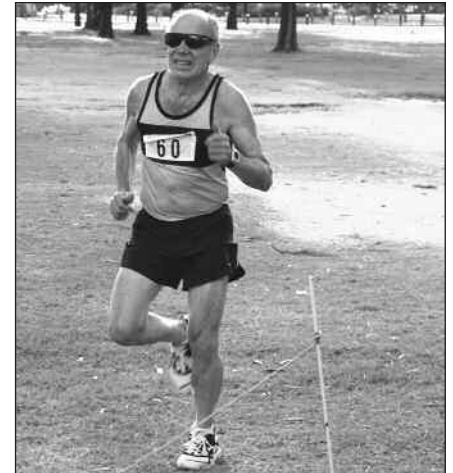
5K WALK

John Frost	M65	36:40
Maria Arora	W40	37:48
Patricia Hopkins	W65	42:18
Kirt Johnson	M75	42:19
Pat Ainsworth	W70	42:22
Katy Bannister	W40	45:08
Melinda Bate	W40	45:09
Debbie Wolfenden	W40	46:34
Maggie Flanders	W70	46:34

Sue Bullen	W45	52:07
Graham Thornton	M65	52:32
Paula Karra	W35	52:58
John Ellard	M65	53:11
Julie Keeley	W40	53:46
Terry Manford	M65	53:51
John Pellier	M65	55:11
Shirley Bell	W55	55:28
John Smith	M70	55:29
Marg Forden	W65	56:49
Merv Jones	M65	57:14
Vis		57:19
Bob Sammells	M70	57:26
Mike Anderson	M55	58:58
Teck Lim	M50	59:51
John Talbot	M60	60:07
Richard Harris	M70	60:22
Vic Beaumont	M75	60:46
Irene Ferris	W55	60:22
Tanya Burke	W35	61:01
Wendy Clements-Green	W65	62:46
Jo Richardson	W55	69:06
Sheila Walsh	W40	76:05
Sylvia Szabo	W45	1:41:00

5K RUN

Dave Roberts	M60	21:25
Don Caplin	M65	24:43
Delia Baldock	W40	25:45
Genevieve Spiro	W35	27:23
Jeff Spencer	M65	27:38
Vis		29:54
Arnold Jenkins	M60	30:26
Linda Rhodes	W60	34:14
Sheila Maslen	W65	35:39
Aldo Giacomini	M70	35:36
Michael De Leo	M60	36:01
Jeni Shillington	W45	36:30
Dalton Moffett	M75	36:31



Dave Roberts, 5K Run winner, pictured last year at Burswood (above) and John Frost, 5K Walk winner, at Freo.



Below, one of our newer members, Peter Jackson.





Jim Langford, three-times winner of the Ted Maslen Trophy

The hills were shrouded in mist when we arrived to mark the course and set up the finish line at Jorgensen Park. John Pellier and David Carr set off in different directions to plant those little red and yellow flags so we wouldn't be swallowed up in the gloom. One local dog-walker suggested that the mist may stay all morning, but it did lift and runners set off, some hesitantly, around the testing course.

Brett Roach ran strongly to take first place. Our first woman finisher was Saskia Letham who was 7th overall. The younger athletes did not have it their own way however, with Jim Langford (M60) finishing 4th and Bert Carse (M65) 8th.

Jim won the Ted Maslen Trophy for the 3rd year. After, many of us enjoyed lunch at the Kalamunda Hall, where medals were presented to the placegetters in each age group.

Club X/C Championships

JORGENSEN PARK

July 29, 2007

Director: Committee

Many thanks to our helpers, who had to be well rugged up against the elements: Margaret Bennett, Barbara and Richard Blurton, Patricia and David Carr, John Dance, Maggie Flanders, Lorraine Lopes, Keith Martin, John Pellier, Barrie Thomsett.

A special thanks to Jacqui and Vic Beaumont for their usual great efforts in organising tea and coffee and Ivan Pilton and Michael Harvey for setting out tables for lunch.

Jacqui Halberg

8K RUN

Brett Roach	M35	32:57
Christian Wakeling	M30	34:42
Patrick Smith	M40	34:53
Jim Langford	M60	35:33
Bernard Mangan	M50	35:54
Bjorn Dybdahl	M50	36:47
Saskia Letham	W30	37:03
Bert Carse	M65	37:42
Jim Klinge	M60	37:53
Duncan McAuley	M55	39:54
John Collier	M40	40:09
Brian Bennett	M55	40:28
Mark Sivyer	M55	41:05
Brian Danby	M55	41:23
Sean Keane	M40	42:26
Bruce Mathieson	M60	43:02
Neil McRae	M50	43:37
Johan Hagedoorn	M60	43:43
Peter Jackson	M55	43:45
Gillian Young	W60	44:32
Keith Atkinson	M50	45:12
Michael Karra	M40	45:28
Kerriann Bresser	W35	45:37
Bob Schickert	M65	45:53
Simone Solomon	W40	47:13
Paul Martin	M65	47:16
Mike Hale	M60	47:23
Nick Miletic	M55	47:48
Carol Bowman	W50	47:52
Delia Baldock	W40	47:53
Paula Karra	W35	48:30
Milton Mavrick	M50	48:34
Shirley Bell	W55	48:45
Jim Barnes	M60	49:01
Peggy Macliver	W60	49:10
Viv Lok	W45	50:03
Jacqui Halberg	W60	50:08
Bob Sammells	M70	50:39
Genevieve Spiro	W35	50:52
Julie Keeley	W40	51:12
Kris Adrian	W35	54:13
John Talbot	M60	54:37
Richard Harris	M70	54:40
Fiona McAuley	W55	54:45
Mike Rhodes	M60	55:11
Mike O'Reilly	M65	55:26
Mike Polkinghorne	M55	56:54
Ray Hall	M70	58:48
Arnold Jenkins	M60	60:02
Cyril Robinson-Goodwin	M60	60:04
Dalton Moffett	M75	64:44



Jeff Whittam walking well at Freo. But he's shrewd too. How do you ensure an 8K win? Be the only one in it!

8K WALK

Jeff Whittam	M70	72:13
--------------	-----	-------

5.4K WALK

John Frost	M65	45:15
Sylvia Szabo	W45	71:15
Vis 3		N/a
Vis 4		N/a
Vis 5		N/a

2.7K WALK

Vis 2		23:29
-------	--	-------

Great to see some younger competitors with the Masters! Christian Wakeling combines baby-sitting duties with his running (pictured at the Sharks Run.)



Bryan Hardy, two-lap winner

5.4K RUN

Bryan Hardy	M60	30:24
Frank Gardiner	M55	30:33
Graham Thornton	M65	34:16
Jane Stanbrook	W40	37:33
Julie Wood	W55	43:14
Vis 1		47:17
Roger Walsh	M60	47:49
Kathy Burr	W65	47:58



Tanya Burke, 10K handicap winner

10K RUN

Tanya Burke	W35	65:27
Margaret Langford	W60	65:38
John Doust	M55	66:11
David Carr	M75	66:28
Peter Jackson	M55	66:40
Jacqui Halberg	W60	66:49
John Mack	M65	66:57
Carl Ciccarelli	M45	66:58
Rhod Wright	M55	67:08
Karen March	W45	67:14
Peter Sullivan	M45	67:15
Irwin BarrettLennard	M75	67:38
Wayne Taylor	M	67:50
Gary Fisher	M55	67:51
Cyril RobinsonGoodwin	M60	67:55
Michael Karra	M40	67:58
Jane Stanbrook	W40	68:10
Brian Bennett	M55	68:13
Shirley Bell	W55	68:14
Mike Anderson	M55	68:19
Keith Atkinson	M50	68:20
Mark Sivyer	M55	68:31
John Talbot	M60	68:34
Neil McRae	M55	68:35
Frank Smith	M65	68:41
Jim Langford	M60	68:48
Milton Mavrick	M50	68:53
Paula Karra	W35	68:55
Graham Ainsworth	M50	68:56
John Allen	M45	69:01
John Bell	M60	69:07
John Pellier	M65	69:10
Gillian Young	W60	69:23
Bryan Hardy	M60	69:27
Brian Danby	M55	68:28
Richard Danks	M65	68:53
Carol Bowman	W50	70:01
Terry Manford	M65	70:15
Merv Jones	M65	70:26
Jeff Spencer	M65	68:28
Julie Keeley	W40	71:14
Christian Wakeling	M30	71:38
Syd Beer	M60	71:39
Viv Lok	W45	71:44
Doug Ashfield	M50	72:32
Jane Thomson	W50	73:12
Richard Harris	M70	74:42
Mary Heppell	W70	74:48
Sheila Maslen	W65	74:49
Mike Rhodes	M60	75:28
Kathy Burr	W65	76:35
Mike Khan	M60	79:42

5K RUN

Paul Burke	M35	20:24
Bruce Wilson	M60	20:32
Syd Beer	M60	21:00
Raymond Gimi	M40	22:06
John Brambley	M65	23:59
Delia Baldock	W45	24:38
Damien Hanson	M50	26:13

Sharks Run John Tonkin Park EAST FREMANTLE August 5, 2007

THANKS to all my helpers my wife Jasmine, Paul Hughes, Charlie Chan, Dave Charlton, Bernadette Height, Ann Jones, Sean Keane, Peggy MacIver, Syd Parke, John Pressley, Dave Roberts and last but not least Reece Waldock. Its great to have so many willing hands and most seem to come back every year I'm very lucky or maybe I am not a harsh enough taskmaster!

One other bonus this year was the weather what an improvement on some of the past years! Congratulations to the winners,

Paul Martin

THIS year Sharks became a handicap and presented all sorts of extra challenges for the organisers. The coped masterfully, despite timing problems, and need for a super-fast results turnaround to meet the Vetrin deadline. So, thanks Paul, Barrie, and Jacqui for all your co-operation.

We have been unable to show handicaps here - but the finishing order is the most important datum, and that's as good as we can make it. VW

Katy Bannister	M40	30:20
Linda Rhodes	W60	33:57
Joan Pellier	W65	34:27
Dalton Moffett	M75	35:08
Margaret Bennett	W65	35:16
Ray Lawrence	M75	35:32
Shorty Turner	M70	42:39

10K WALK

Peter Ryan	M55	80:05
------------	-----	-------

5K WALK

Peter Hopper	M60	46:48
Melinda Bate	W40	47:11
John Frost	M65	47:20
Michele Mison	W55	47:25
Pat Ainsworth	W70	47:34
Beryle Doust	W55	47:44
Lorna Lauchlan	W75	48:01



John Doust, first man home in the 10K handicap



Dorothy Whittam; it's great to see her walking so well again!

Patricia Hopkins	W65	48:01
Dorothy Whittam	W70	48:02
Maggie Flanders	W70	48:38
Vis 1	#N/A	48:50
George Schaefer	M70	48:51
Elaine Dance	W55	48:52
Roger Walsh	M60	48:53
Mitch Loly	M65	48:53
Jeff Whittam	M70	48:54
Ray Hall	M70	49:26
Ann Turner	W70	49:34
Lorraine Lopes	W65	50:34
Bob Fergie	M70	52:36
Lee Holliday	M50	53:36
Merv Moyle	M80	53:46
Vis 2	#N/A	53:46
Pamela Toohey	W60	55:55
Steve Toohey	M55	55:56

Start of the 5K events; Syd Beer (second from right) also ran the 10K; Paul Burke (far right) won the 5K Run.



TRACK

COKER PARK,
THURSDAYS
AT 6PM

SEPTEMBER 2

Mullaloo Beach

Directors: Mike Anderson -
0407 940 520

Johan Hagedoorn - 9401
3280

Keith & Marg Forden, Ray
Lawrence, Chris Maher, Jim
Roberts, Denise & Pierre
Viala, Amanda Walker,
Martin Watkins, Julie Wood

COMING EVENTS and helpers list

ALL HELPERS – contact your director and confirm if
you are available. If not, also call Bob Schickert to be
re-assigned.

SEPTEMBER 9

Bassendean

Director: Margaret Bennett -
9275 0169

Sally-Anne Brambley, Irene
Ferris, Jan Jarvis, Peter
Jackson, Mike Khan, John
Mack, Alan Pomery, Alan
Thornily

SEPTEMBER 16

Bibra Lake

* 8.30 START

Director: Richard Harris -
9457 6102

Syd Beer, Paul & Tanya Burke,
Aldo Giacomini, Elaine
Dance, Maggie Flanders,
Karen & Peter March, Dennis

& Margaret Miller, Bob
Sammells, Steve & Pam
Toohey

SEPTEMBER 23

Racecourse

Directors: Chris Engels &
Gary McLean - 9383 9161

David Baird, Jim Barnes,
Kay Burt, Michael De Leo,
John Frost, Mike Hale, Julie
Keeley, Jo Richardson, Jane
Thompson, Sue Wells

COURSE INFORMATION

See page 3

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Vetr^{un}

SEPTEMBER
2007
No. 402



The magazine of Masters Athletics WA

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MORE MEMBERS – ALWAYS WELCOME!

MASTERS club membership is at a healthy 418 currently - but new people must always be welcomed and encouraged. That was the message from President Ivan Brown, reporting some of the proceedings from the recent national Masters AGM.

Ivan pointed out that in New South Wales the organisation is struggling to build membership. In WA we have managed, for some years, to maintain a list of around 400-450 runners and walkers. There's no room for complacency though.

As Ivan suggested, everyone should be on the lookout for potential recruits. If you're out training and see a likely new member, invite them along. Point out that visitors are always welcome; and that our meetings are advertised every Saturday morning on the inside back cover of the West. Visitors often become full-time members, and we need fresh input for Masters to thrive.

New members

Welcomed this month are:
SAUNDERS Margaret W50
COTTIN Ian M40

PUSHERS AT MAWA EVENTS

WHEN I first saw this headline – submitted in all innocence by our revered club secretary – I thought the drug problem had really hit us. Not so. These pushers are baby-buggies. VW

THE August Vetr^{un} showed a photo (page 6) including a pusher. While we welcome younger members it is club policy for safety reasons that pushers (along with skates, skate boards, bikes and dogs) not be allowed in events.

Bob Schickert

Don't be a DNF

No number? You won't be recorded

THE Club committee has made an important decision regarding the wearing of CLUB CHEST NUMBERS.

It was resolved to advise members - through the Vetr^{un} and with announcements at events - that club numbers MUST be clearly displayed on your FRONT at Sunday events.

This isn't just a bit of nit-picking bureaucracy.

The task of recording competitors is bloody hard!

Painstaking

Every week, hours of work are entailed. Apart from the recording on the day, for 52 weeks of the year Barrie Thomsett painstakingly inputs all the details into a computer program.

Don't forget, that includes several separate events; runs and walks of varying distances most weeks.

Then his labours are double-checked by Bob, and Jackie, and finally by me before the Vetr^{un} is made-up.

Your bit?

You'll agree, it's a lot of



Check how you wear your number, so it can be clearly read in the chute.

work, to make the results as accurate as possible. And all you have to do, to make the job simpler, is wear your club number. Not too difficult, surely?

If you forget...

Blank cards, pins and a numbers list will be available at events. So there's no

excuse. Beginning on Sunday October 14, competitors who do not have a number clearly displayed will not have a time taken, will not be recorded and will not be included in the results.

So, don't become a non-person. Wear your number.

VW

AMA WINTER THROWING CHAMPIONSHIPS

SEPTEMBER 29 to October 1, Canberra.

Contact Jayne Hardy 0421 610 053, AMA website www.australianmastersathletics.org or see AMA handbook, page 36.

WHO'S WHO OF WA

JOHN Gilmour has been included in the inaugural edition following a nomination by the club committee. Congratulations, John.

You write...

BLOOD PRESSURES

Dear Vic,

Hi, my name is Peter Ryan and I've been a member for nearly three years now. I was a member of the Marathon club for about ten years prior to that and I have run nearly all my life. Have done two marathons and 40 or so half marathons plus many other events.

Due to a total hip replacement about five years ago I now power walk as it isn't as stressful on my joints. I do a lot of swimming and cycling also. I swim all year round and have made seven Rottneest crossings (in a team of 4) plus I have competed in many other swimming events: eg Busselton Jetty swim and Albany Harbour swim.

I have also done quite a few triathlons I guess you could call me bit of an exercise junkie! I must admit I do enjoy my training as it is my main hobby.

Despite my exercise programme I have an issue which bothers me. For several years now I've had hypertension and have to take medication. My doctor tells me very fit people can have high blood pressure too. I DO NOT like taking bp medication as the side effects (which are gener-



Peter Ryan

ally mild) sometimes affect my training, which is very annoying. I am working on losing a bit of weight and hopefully one day I can get off this stuff.

My hypertension is more than likely due to stress so I sometimes do meditation which helps. I thought I would share this story with you and I was wondering if there are any other runners out there who may have the same problem.

If I sat around and did nothing I could understand maybe having blood pressure but for someone who is very active like myself I find it hard to accept. I will always keep training though.

Next March I'm going up to Cocos to do about an 8K swim around the islands and I plan to powerwalk a half marathon later this year.

Thank you, and best wishes,

Peter Ryan (525)

Nordic Pole Walking versus Regular Walking...

WALKING with a pole in each hand is said to provide a whole body workout in one session. John Bell has passed on this information, and says he's happy to demonstrate. "It's great if you're looking for a quality cross-training activity," he says.

Cross-country skiing has long been recognised for building cardio-vascular fitness. With Nordic Pole Walking this can be achieved without the skis and the snow, anytime.

Health and Wellness Benefits

Burn more calories - between 20 and 40 per cent is the claim.

Increase oxygen consumption - 20 per cent on average.

Increase muscle, tendon and bone strength around your upper limbs and chest, without carrying extra weights.

Less impact on sore joints.

Finally, pole walking can make the exercise 'More fun, addictive.'



One of our best-ever distant runners, Tessa Brockwell, made a welcome return to club running at Burswood for the Half Marathon.

Below, Dave Hough as he looked in sub-3hr marathon days.

Picture is taken from his new, self-published biography.



sourced his (third) wedding breakfast from a supermarket dumpster! ("The best chickens I ever tasted.")

Bizarre

Copies of this bizarre biography might still be obtainable from Bob Sammells; or from Dave Hough (9 Craig Mews, Safety Bay 6169).

"It would be appreciated if you could send five dollars to defray costs, but you are not obliged to," Dave writes.

(Maybe you could just leave the money on top of your wheelie bin; Dave would probably find it.)

VW

BLOGGING ITALIAN

Hi Vic

I've set up a Riccione blog for the MAWA folk to use whilst away, and also for everyone who is interested to read back in Perth. There is just an initial message on it at the moment.

The web address is www.xanga.com The blog username is MAWAinItaly (no spaces), and the password is mawa for anyone who wants to add to the blog.

I hope that people will use it and find it interesting to keep in touch with everything that is going on in Riccione (well, perhaps not everything!)

John Oldfield

Bizarre – Life according to Hough

CLUB members keep breaking out in print. (Maybe it's connected with ageing?) Latest is Dave Hough, and though not a current member he has forwarded his mini-tome to some of us.

Though it's titled 'Observations of a Marathon Runner' there's precious little coverage of running, apart from a very brief list of Dave's better performances (including two sub-3hr marathons.)

Least expended

There's a bizarre fascination in this disjointed account of (mainly) life, and travels. It could be described as a 'How to' guidebook (how to do everything for the smallest outlay.)

You could learn how to:

- ride around Australia on the smallest, fuel-miserly scooter, and spend nil on accommodation;
- return from the USA with more dollars than you take. (Collect coins thrown into a hot pool, for luck, by tourists; plus aluminium cans for salvage);
- use bandages instead of shoes, to run the Perth Marathon;
- cut grocery bills by rummaging for supermarket throw-outs. Dave even

COMING EVENT DESCRIPTIONS

September 30, Mattagarup

10K is from Burswood Park to Windan Bridge, under, t/right - twice - and over bridge; along path to turn-back, opposite East Perth rail terminal. Back to riverside path and t/right, and go under bridge. Follow path beside river, t/right into Brown St, t/left and over footbridge, t/right and follow Claisebrook water to Royal St. Turn here, go back to footbridge - but DO NOT go over. Instead, continue on bike path to Causeway, pass under bridge, and then t/right over bridge. On north side of river, t/right, run under the bridge and back to Burswood.

5K

Please note; 5k runners continue towards racecourse and DO NOT turn right to go over Windan Bridge. YOUR turn-back is about 150m along path to racecourse, after the Windan Bridge.

October 7, Wireless Hill

One or two laps; beginning on road near museum on paths next to McCallum Cr. Through park, down Hickey St hill and up old access road, with circuit including paths next to Davy and Barnard St. Return to finish, down hill on old road, and up again on path from Hickey St.

Oct 14 Lake Monger CC Run

A new 4K circuit in the area between Gregory St and lake; start near Dodd St. Walk comprises circuits of lake (3.5K).

Oct 21 Guess Own Time

NO watches to be worn. Winners (there are two events) are those whose finish time is closest to pre-race estimate. Arrive early enough to get your guess recorded. Priceless, timeless, trophies to be won.

HALE PARKING

CIRCUIT is on Hale School grounds, a mix of mainly x/c, and playing fields. Please - PARKING AND ENTRANCE to grounds is in COBB ST, NOT HALE RD. A marshal at the Hale entrance will redirect anyone trying to enter there.

Jackie honoured



WA's Jackie Halberg was given the AMA Merit Award for services to Masters Athletics, along with Bob Banens ACT, Colin Browne VIC, Les Clark VIC, Peter Crombie NSW, Doug Fry ACT, and Ron O'Neill SA.

SEPTEMBER BIRTHDAYS



Happy birthday - Grace Hollin!

Barnett	Roma	W55
Beaumont	Jacqi	W70
Bennett	Margaret	M65
Bullen	Sue	W45
Doust	Beryle	W55
Edmonds	Keith	M40
Frost	John	M70
Hayres	Bob	M75
Hollin	Grace	W50
Kennedy	Brian	M70
King Robin	W45	
Langford	Margaret	W60
Leggett	Arthur	M85
Lockwood	Stan	M75
McAuley	Duncan	M55
Neville	Liz	W55
O'Reilly	Mike	M65
Pantall	Wayne	M55
Pattinson	Don	M50
Scott	David	M60
Sheard	Bev	W50
Usher	Frank	M80
Warren	Morris	M70
Whalan	Roger	M65
Wilson	Barbara	W55
Wilson	Bruce	M55
Worner	Basil	M75
Wright	Rhod	M55

Lynne elected at AMA AGM

THE ANNUAL meeting of Australian Masters Athletics was held in Melbourne last month, and attended by our own delegates, Ivan Brown and Bob Schickert, as well as Lynne Schickert, who was re-elected for another year as AMA President.

Also elected for 2007/8 were:

Vice President Wilma Perkins QLD
Secretary Hazel McDonnell QLD
Treasurer Peter Dunham SA
Judy Cooper QLD
Ray Green ACT
Peter Lyden TAS
Graeme Rose VIC
Bob Schickert WA
Richard Trembath VIC

Proceedings

Matters covered at the meeting included:

■ AMA Financial position - reported as sound

■ Drug testing - athletes may be drug tested at AMA Championships.

(Please refer to pages 44 to 46 of the current AMA handbook. AMA is to appoint a National Medical Officer for Therapeutic Use Exemption.)

■ AMA Championships program - possible changes. Details to follow soon

■ Ernie Leseburg (NSW) is now AMA website manager (<http://www.australianmastersathletics.org.au>)

■ National Achievement standards to be introduced.

Athletes who reach a performance level to be recognised. One suggestion was 90% of current Australian Record but this could be too severe. It was agreed that these standards must be set so that they are achievable by more athletes than just the few top elite performers.

■ National Postal Relays between states to be introduced.

This will be a February competition: events are 4x100,



Brian

Brian Foley Awards

Annual Brian Foley awards, for the best male and female Age Graded Performances in middle distance events (800 or 1500) will be decided at the AMA Championships, beginning in 2008.

Telstra sponsorship to Athletics Australia to discontinue. AA had passed \$10,000 to AMA.

Bob Banens ACT has retired from being AMA handbook editor. Yvonne Mullins from ANQ did volunteer but is now unable to do this job due to her other athletics commitments.

4x400, 4x800 run, 4x800walk, L/Jump, Shot, Hammer and Discus; contested in 10-year age groups.

A national data base will be set up to analyse trends in membership.

Hall of Fame project is proceeding. More details to follow.

The concept of the Australian Athletic Federation has failed.

AMA Governance documents review to be held.

Championship dates

Oceania Championships:

2008 - 27 July to 4 August, Townsville

2010 - Tahiti (July)

2012 - NZ 2012 (3 bids)

2014 - Bendigo

AMA Marathon Championship: to be concurrent with the Canberra Marathon for 2008 and 2009

AMA Multi Events Championships: to be held at Oceania, Townsville 2008

AMA Winter Throws Championships: Canberra October 2008 and 2009.

Negotiations continue between WMG Sydney 2009 and AMA re AMA involvement and financial arrangements.

AMA championships Blacktown Sydney Easter 2008 (March 21-24) suggested accommodation Holiday Inn website ichotelsgroup.com, email holidayinnrotyhill@ichotelsgroup.com 02 9382 3888 6 minute drive, 20 minute walk to track. Mention AMA Championships if booking.



Jim Klinge

* Please add 4 seconds to all times shown, due to a timer-watch glitch.

21.1K RUN

Brett Roach	M35	77:50
Peter Sullivan	M45	81:00
Simon Coates	M35	84:30
Bjorn Dybdahl	M50	86:15
John Allen	M45	86:16
Gary McLean	M40	88:12
Bert Carse	M65	90:42



M65 Bert Carse was 7th overall; but please note the ages of those ahead of him.

V8		97:31
Mick Hanretty	M45	97:54
Vis		98:01
David Muir	M60	98:44
Frank Smith	M65	99:07
Neil McRae	M55	99:08
Brian Danby	M55	1:40:25
Ivan Brown	M60	1:41:19
Karen March	W45	1:41:22
Keith Miller	M55	1:41:31
Keith Atkinson	M50	1:41:52
Johan Hagedoorn	M60	1:42:48
Gillian Young	W60	1:46:22
Mark Sivy	M55	1:46:22
Wayne Taylor	M45	1:49:45
Simone Solomon	W40	1:50:28
Peter Woods	M45	1:51:29
John Bell	M60	1:52:08
Jim Barnes	M60	1:52:28
Nick Miletic	M55	1:52:49
V3		1:53:10
Bruce Mathieson	M60	1:53:31
Lee Holliday	M50	1:55:01
Bryan Hardy	M60	1:55:41
John Pellier	M65	1:56:22

Club Half Marathon

BURSWOOD PARK

August 12, 2007

Director: Jim Klinge

A FINE cool day with only a light breeze made for perfect running conditions. The 6km, 10km and half-marathon turnarounds were well flagged and nobody had trouble locating them. There was only one slight hiccup, apparently a few runners took a wrong turn after crossing the Narrows Bridge and tried to cross Riverside drive through heavy traffic - instead of going through the tunnels, as instructed at the start of the run.

The run attracted well over 100 runners and walkers. Thanks to all of you who competed and especially thanks to the volunteer helpers whose efforts made this a very enjoyable morning. Also thanks to my wife Helen, who not only helped me layout the course, but also helped at the drink station at the last turn around.

Brett Roach ran strongly to take first place in the half-marathon. First half-marathon woman was Karen March; top half-marathon woman walker was Michele Mison and Mike Rhodes was first man.

Next year the club may change the course to avoid crossing Mills Point Road near the Narrows Bridge as the traffic there can be quite dangerous.

Cheers
Jim Klinge

Mark Rosen	M55	1:57:08
Richard Danks	M65	1:58:09
John Smith	M70	2:00:59
Graham Thornton	M65	2:02:12
Christine Engels	W50	2:02:28
John Talbot	M60	2:04:14
Merv Jones	M65	2:07:26
Brian Smith	M65	2:08:53
Jane Thomson	W50	2:08:54
Rhod Wright	M55	2:14:02
Richard Harris	M70	2:25:51

21.1K WALK

Mike Rhodes	M60	2:25:17
Michele Mison	W55	2:37:39
Lynne Schickert	W65	2:42:41
Jeff Whittam	M70	2:55:05
Lorraine Lopes	W65	2:55:06
Roger Walsh	M60	2:55:06

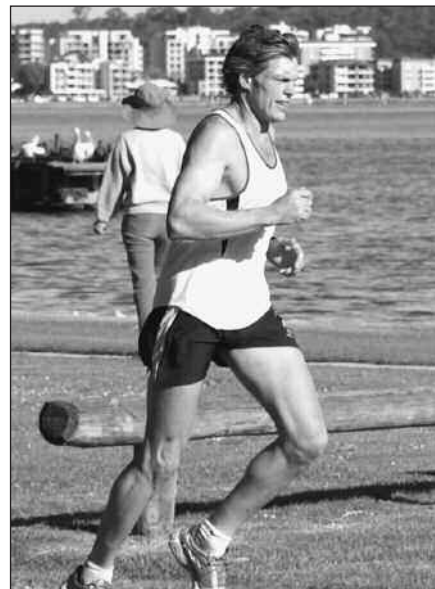
10K RUN

V7		40:21
V9		42:23
Syd Beer	M60	42:50
Dave Roberts	M60	43:28
Doug Ashfield	M50	44:02
Syd Parke	M55	44:09
Gary Fisher	M55	46:57
V10		49:06
Mal Vernon	M50	49:47
Hamish McGlashan	M70	50:21
John Brambley	M65	51:09



Maurice Creagh	M60	52:10
Peggy MacIver	W60	52:43
David Carr	M75	52:44
John Ellard	M65	52:50
John Mack	M65	52:51
Damien Hanson	M50	52:53
Mike Khan	M60	54:21
Frank Gardiner	M55	54:41
Teck Lim	M50	56:23
Jackie Halberg	W60	56:51
Katy Bannister	M40	57:48
Bob Sammells	M70	58:02
Berni Scott	W45	58:40
Mike Polkinghorne	M55	58:44
Fiona McAuley	W55	58:50
Tanya Burke	W35	59:01
V2		69:00
Margaret Bennett	W65	70:24
Jo Richardson	W55	70:24
Mary Heppell	W70	72:16
Kathy Burr	W65	76:59
Cyril Robinson-Goodwin	M60	81:24

Simon Coates: he ran well for 3rd overall position.





Good start for our club half-marathon, above. Right: August 26, members in the BankWest Half are (from top left) John Doust, Ray Attwell (City to Surf 12K), Johan Hagedoorn, Bjorn Dybdahl (42nd, 87:27), Peter Sullivan (35th, 86:51) and John Green (61st, 90:47).

10K WALK

Ray Hall	M70	72:01
----------	-----	-------

6K RUN

Duncan McAuley	M55	24:38
Paul Burke	M35	25:14
Vic Waters	M60	29:26
Jeff Spencer	M65	31:53
Marg Forden	W65	33:07
Mike Anderson	M55	33:12
Pamela Toohey	W60	39:32
Elaine Dance	W55	39:33
V1		39:47
Linda Rhodes	W60	40:34
Sheila Maslen	W65	40:36
Aldo Giacomini	M70	41:24
Steve Toohey	M55	41:50
Julie Wood	W55	41:49
Jan Jarvis	W60	44:39
Ray Lawrence	M75	46:28
Dalton Moffett	M75	46:33

6K WALK

Victor Ratana	M70	48:00
Jeni Shillington	W45	49:07
Kirt Johnson	M75	49:08
Lorna Lauchlan	W75	50:38
Patricia Hopkins	W65	51:26
Dorothy Whittam	W70	52:14
Alan Pomery	M75	53:13
Melinda Bate	W40	53:21
Debbie Wolfenden	W40	53:53
Maggie Flanders	W70	54:47
V4		58:24
Merv Moyle	M80	62:52
Bob Fergie	M70	62:53
Sylvia Szabo	W45	63:37
V5		63:37



State Cross Country

KINGS PARK

August 19, 2007

Director: Ralph Henderson

10K RUN

M35

Brett Roach	M35	37:08
Eldon George	M35	45:48

M40

Chris Frampton	M40	40:36
John Collier	M40	46:20
Michael Karra	M40	47:25
Sean Keane	M40	49:02

M45

Peter Sullivan	M45	39:24
Lachlan Marr	M45	39:55
John Allen	M45	41:24
Nick Miller	M45	46:06
Wayne Taylor	M45	52:36

M50

Bjorn Dybdahl	M50	41:29
Bernard Mangan	M50	41:55
Doug Ashfield	M50	43:41
Keith Atkinson	M50	48:22
David Willmer	M50	52:39

M55

Neil McRae	M55	46:32
Syd Parke	M55	48:32
Keith Miller	M55	50:52
Peter Jackson	M55	51:57
Nick Miletic	M55	51:59
Mark Rosen	M55	53:55
Brian Bennett	M55	59:34

M60

Jim Langford	M60	39:26
Jim Klinge	M60	43:06
Dave Roberts	M60	46:03
David Muir	M60	47:45
Ivan Brown	M60	48:12
John Bell	M60	49:02
Johan Hagedoorn	M60	49:11
Jim Barnes	M60	54:25
John Talbot	M60	62:28
Mike Rhodes	M60	64:40
Cyril Robinson-Goodwin	M60	70:50

M65

Bob Schickert	M65	46:58
Bert Carse	M65	52:48
Paul Martin	M65	53:19
Graham Thornton	M65	55:19
John Pellier	M65	55:46
Jeff Spencer	M65	58:29
Michael Faunge	M65	59:58
Merv Jones	M65	61:36

M70

Bob Sammells	M70	58:30
John Smith	M70	60:09
Steve Barrie	M70	61:55
Richard Harris	M70	63:21

M75

David Carr	M75	51:58
Irwin Barrett-Lennard	M75	52:34
Cecil Walkley	M75	68:41

W35

Paula Karra	W35	55:37
Tanya Burke	W35	61:14



W40

Claire Walkley	W40	53:18
Julie Keeley	W40	56:53
Katy Bannister	W40	59:43

W45

Karen March	W45	49:08
Karyn Gower	W45	49:15
Delia Baldock	W45	56:07
Berni Scott	W45	62:03

W55

Shirley Bell	W55	52:57
Jo Richardson	W55	74:29

W60

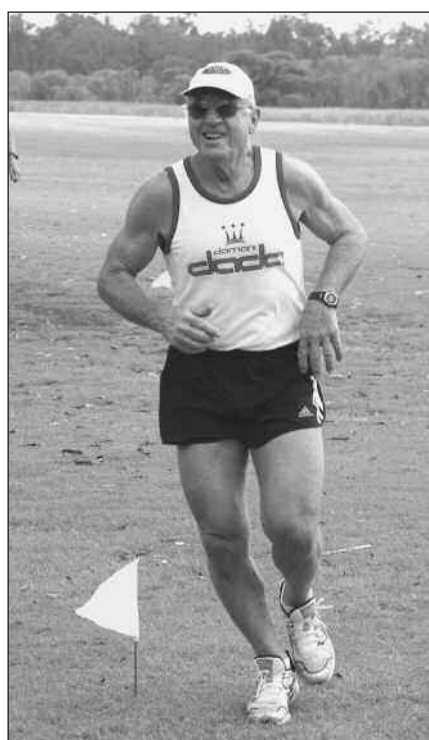
Gillian Young	W60	50:06
Margaret Langford	W60	50:47
Peggy MacIver	W60	55:41

W65

Margaret Bennett	W65	74:29
------------------	-----	-------

5K RUN

V2		19:10
Paul Burke	M35	21:49
Colin Smith	M40	22:12
Lee Holliday	M50	22:17



Frank Gardiner	M55	24:12
Vic Waters	M60	24:13
Don Caplin	M65	24:18
John Mack	M65	24:57
Gary Fisher	M55	25:20
Simone Solomon	W40	25:43
Graham Ainsworth	M50	28:20
Viv Lok	W45	28:36
Damien Hanson	M50	28:39
Mike Anderson	M55	28:54
Pamela Toohey	W60	34:23
Elaine Dance	W55	34:23
Julie Wood	W55	34:56
Aldo Giacomini	M70	35:07
Vic Beaumont	M75	36:00
Jan Jarvis	W60	36:56
Dalton Moffett	M75	37:14
Ray Lawrence	M75	38:32
Linda Rhodes	W60	40:16
Sheila Maslen	W65	40:16

5.7K WALK

Michele Mison	W55	38:44
Ray Hall	M70	39:03
John Frost	M65	40:50
Lynne Schickert	W65	41:00
Roger Walsh	M60	41:33
Peter Hopper	M60	41:51
Jeff Whittam	M70	44:47
Kirt Johnson	M75	44:47
Jeni Shillington	W45	44:51
Lorraine Lopes	W65	44:52
Pat Ainsworth	W70	47:19
Patricia Hopkins	W65	47:38
Melinda Bate	W40	47:54
Ann Turner	W70	48:28
Bob Fergie	M70	49:37
Alan Pomery	M75	51:23
Leo Hassam	M75	52:26
Dorothy Whittam	W70	52:29
Mitch Loly	M65	53:40
Charlie Chan	M55	54:28

Above: both finishing well, in their own events; Dalton Moffett lets Brett Roach through, just before the line!

Left, Don Caplin is another making a welcome return lately, although he's just cruising in the shorter races. Don is one of the Vets/Masters strongest competitors, and a past record-holder, so watch his progress.

MAWA TRACK AND FIELD PROGRAMME 2007/2008

TUESDAY 6pm UWA (grass) THURSDAY 6pm COKER PARK (mondo)

The Patron's Trophy commences on 18 October 2007. Those events marked * are points scoring events.

Athletes compete in a **maximum of 14 events** and points from their **best 10** are added to achieve a total score.

No event can count twice

eg. if you compete in the 100m for points at both venues only your best points score for 100m counts.

The contest is age-graded and favours athletes who enter everything. The walk will be judged by accredited judges.

The 10 events must include 3 field events, at least one of which is a jump.

Events will be in order shown below in two sections; track/jumps and throws. r/w = run or walk

There is a fee payable each night of \$3 for club members, \$5 for visitors.

[NB Tuesday 4 December will be held at Noranda Track (Wylde Rd, Noranda) not UWA]

	THURS	TUES	event 1	event 2	event 3	event 4	jump	field 1	field 2
<u>Oct-07</u>		2 (as 20/12)	400	1 mile	60	5000 r/w	TJ	discus	shot
	4	9	200	3000 r/w	60	800	LJ	hammer	discus
	11	16	100	2000	400	5000 r/w	TJ	shot	javelin
	18	23	60	400	200	3000 *	LJ	discus *	wt throw
	25	30	1500 r/w	100	10000 *		TJ	javelin	hammer
<u>Nov-07</u>									
	1	6	1000	60	3000 r/w	400 *	LJ	shot *	wt throw
	8	13	300	800	200	3000 walk *	TJ	javelin	discus
	15	20	100 *	1500 r/w	600	5000 r/w	LJ	discus	hammer *
	22	27	200	3000 r/w	60	800 *	TJ *	shot	javelin
	29		600	100	400	5000 *	LJ	discus	wt throw
<u>Dec-07</u>		4 (see NB)	600	100	400	5000 *	LJ	discus	wt throw
	6	11	1500 *	100	300	3000 r/w	TJ	shot	javelin *
	13	18	800	60	3000 r/w	200 *	LJ *	hammer	javelin
	20 (as 2/10)		400	1 mile	60	5000 r/w	TJ	shot	discus
<u>Jan-08</u>									
	3	8	100	800	200	3000 r/w	LJ	wt throw	javelin
	10	15	600	100	400	5000 r/w	TJ	hammer	shot
	17	22	Pentathlon + 60, 2000 also 200, 800, 1500 r/w and LJ, javelin, discus						
	24	29	100	1000	400	3000 r/w	TJ	discus	wt throw
	31		1 mile	100	600	3000 r/w	LJ	javelin	shot
<u>Feb-08</u>									
		5	1 mile	100	600	3000 r/w	LJ	javelin	shot
	7	12	60	800	200	5000 r/w	TJ	discus	wt throw
	14	19	400	1000	100	3000 r/w	LJ	hammer	javelin
	21	26	200	1500 r/w	60	3000 r/w	TJ	shot	wt throw
	28		60	800	300	5000 r/w	LJ	hammer	discus
<u>Mar-08</u>									
		4	60	800	300	5000 r/w	LJ	hammer	discus
	6	11	1500 r/w	100	3000 r/w	400	TJ	javelin	shot
	13	18	1000	60	200	3000 r/w	LJ	shot	wt throw
	20	25	400	1500	100	2000 r/w	TJ	discus	hammer
	27	to be the first night of the winter programme							

TRACK

COKER PARK,
THURSDAYS AT 6PM

SEPTEMBER 30 Mattagarup

Director:

Wayne Pantall - 9362 3715

Maria Arora, John Brambley, Anthony Collis, Henri Cortis, Brian Danby, Stan Delangrafft, Chris Frampton, Dee Haines, Chris Kelly, Lee Holliday, Michele Mison, Victor Ratana, Frank Usher, Darryl White, Peter Woods.

COMING EVENTS and helpers list

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

OCTOBER 7

Wireless Hill

Directors:

Barry & Leonie Jones -
9364 1857

Melinda Bate, Charlie Chan, Wendy Duncan, Bob Fergie, Alan James, Dalton Moffett, Rob Sheehy, Rosa Wallis.

OCTOBER 14

Lake Monger C/C

Directors:

Dorothy & Jeff Whittam -
9387 6438

Katy Bannister, John Cresp, Mike Faunge, Dee Haines, Lorna Lauchlan, Sheila Maslen, Morland Smith, Liz Tilmouth.

OCTOBER 21

Guess Own Time

Director:

Vic Waters - 9341 3464

Irwin Barrett-Lennard, Ian Cottin, Irene Ferris, Raymond Gimi, Kirt Johnson, Merv Jones, Helen Lysaght, Bernard Mangan, Simon Mort, Neil McRae, Frank Smith, Peter Sullivan.

COURSE INFORMATION

See page 3

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The magazine of Masters Athletics WA

OCTOBER
2007
No. 403



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Peggy McLiver (above) and Don Chambers (below, right) pictured at our State Championships. In Italy each shared team medals, and Peg won an individual 400m bronze.

RELAY MEDALS

SILVER medals galore, as this Australian team showed its depth. The W60 4x100 was anchored by Peggy McLiver; Toni Phillips, on a real high after a great 6th place in the 100m hurdles, led for the W35s; Norm Richards ran first leg for the M70s; Barrie Kernaghan anchored the M65 team to yet another silver; and Roy Fearnall led the M60s to a GOLD in the next race!

Next, 400m success. Don Chambers and Norm Richards helped the M70s to silver; Peggy struck gold, looking sublime as she crossed the line a long way ahead of the W60 field; and the final medal was for Roy Fearnall with silver in the M60.

Italian job brings back Gold

FOR the first time, club members at home in Perth were able to follow the progress of our athletes at the World Championships on a day-by-day basis. Thanks for the initiative, John Oldfield. He set up a dedicated online blog, and posted regular bulletins. Our report is gleaned from John's work, beginning with another great success for David Carr.

Detailed results will appear next month, but Campbell Till reports that four members set eight new State records. They are: Jackie Halberg W60 1500m (two) 6:13.30; then 5:55.03 David Clive M70 200m (two) 28.23, and 28.15 Don Chambers M70 300m/h (two) 55.39, and 54.63 Don Chambers M70 80m/h 15.53 Lynne Schickert W65 20k Walk 2:36:55. Also, several WA relay runners contributed to national records – to be confirmed by the National Statistician.

David's track double

DAVID Carr controlled his M75 800m final from the gun, determined to neutralise the renowned sprint finish of his main rival, Canadian Earl Fee.

Coming into the final straight David was two metres ahead and held off the former world record-holder all the way to the line. The third placed runner was some distance back. It was a superb performance, and to the delight of all his supporters in the stands David then waited on the line to shake the hand

of every competitor as they finished. He's a true sportsman and a great ambassador for Masters athletics.

The double

A few nights later David made it an 800/1500m double. In a tactical race, after half a lap there were only two in contention for gold. David



David Carr

followed on the heels of a Mexican for three laps, and it was obvious he was itching to go. With 200m left he went, and crossed the line 20 metres clear. Double gold for a great champion!

Jackie Halberg bags bronze

THE first day could hardly have started better. Jackie Halberg helped the Australian team to a bronze medal in the W60 X/C - 8k.

Right after this first race a tropical storm dumped 50cm of rain in just over an hour, postponing the remaining events to Saturday. Everyone's personal schedules went into a tailspin, with some pulling out of either the 5000m or the X/C, which now fall on consecutive days.

Blow for Lyn V.

(What a disappointment. If there was such a thing as a racing certainty, she would be named Lyn Ventris. But the judges must have marked her card, and our world record holder was handed three red



continues P2 ►

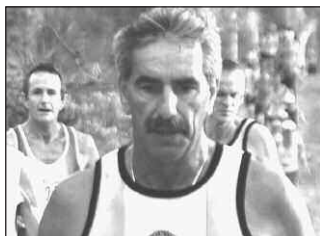
WORLD MASTERS – Riccione, Italy 2007

cards and disqualified in the 5000m track walk. VW)

She put aside DQ disappointment and racing well within the pace we have become used to, took no chances that judges here could fault her style. It was not enough for her usual gold, but she came through the 20km road walk safely and took a creditable silver medal.

A further highlight on the Misano promenade in the W65 was a bronze team medal for the Aussies, including our own Lynne Schickert, who was also – 21st out of 29 in the 5000m track walk.

Day three (Thursday) started well with a PB for Nick Miletic in the 100m, although he missed out on a semi-final berth.



Nick Miletic

Three sandgropers – Barrie Kernahan, Garry Ralston and Norm Richards – each came third in their 100m heats.

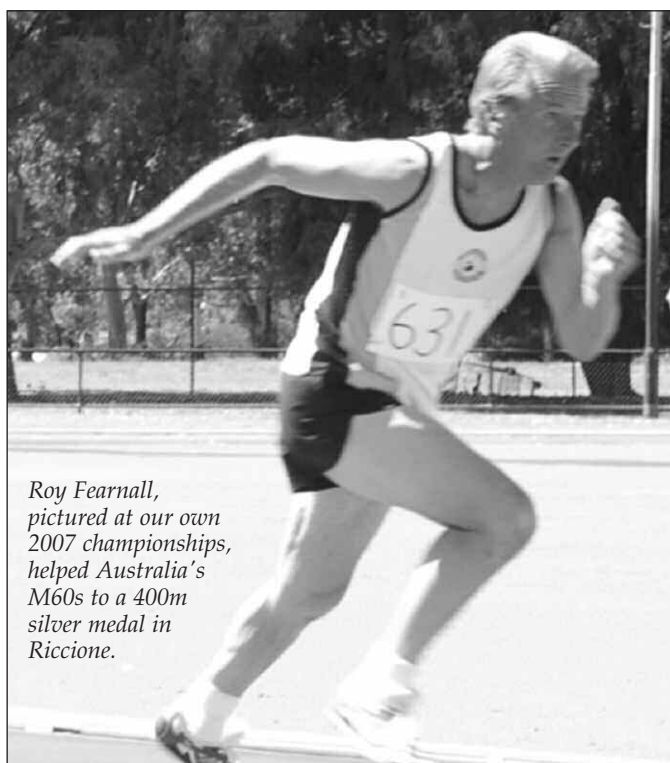


Norm Richards

In the triple jump, where the gold medallist broke the world record, Lynne Schickert followed up her walk with a 4th place, Chris Neale just missed out on a final place in the long jump, but Peggy MacLiver and David Carr eased into their 800m finals. (See front page!)

Vino, vino!

Everybody is having a good time, despite the stormy weather. The sun looks to be set now for the next few days, so we can start planning the rest of our training. Lots of wine is also being drunk, you'll be pleased to hear. The sangiovese in this region is cheap and good!



Roy Fearnall, pictured at our own 2007 championships, helped Australia's M60s to a 400m silver medal in Riccione.

This morning's events were centred on the 5000m women's races at the distant San Giovanni track. Jackie again was the star with the best performance of 21:59, just outside the State record she set last month in Perth. Barbara Blurton began her rehabilitation with a gentle, controlled 12.5 laps in 24:08, and has some reaction, but is feeling confident that her recovery process from the injuries of the last two years may have begun. Christine Oldfield, suffering from the heat of the direct sun, still managed a creditable 28:09.

Tomorrow (Saturday) is scheduled as a rest day, with many taking the opportunity of a bus trip to San Marino. However, for some of us it is the re-scheduled cross country day, despite the fact that 5000m races take place tonight or Sunday. Bob Schickert runs tonight, Nick Miletic, Jim Langford, myself (John Oldfield), and several others have to give up our day off for the glory!

X/C team medals

Bob Schickert, finishing in the top 15 with a great sprint finish helped the Aussies to the team event silver medal, beat the Swiss team by just one second! (Bob's performance was even more creditable considering he ran

5000m the previous night in a good 21:13.)

Among the M60s, Jim Langford was fourth individual but his run lifted the team to bronze medal place.

Bronze for David Clive

Highlight of Monday evening's racing was a wonderful run by David Clive, storming to a bronze medal in the M70s. Barrie Kernaghan was an easy 200m qualifier cruising into second place in his heat.

Throwers

Kate Glass (W55) was our only thrower (we think) and achieved a wonderful 6th place in the weight throw final (W55) with a very creditable 11.72m. She added 5th in the hammer (34.82m), 8th discus (22.45m), 6th shot

(10.03m) and 5th in the javelin (21.73m). These performances were all in the W55 finals against the best in the world, and it gave her an overall weight pentathlon 6th place of 3693 points. Brilliant!

In brief...

Debbie Wolfenden ran well in the 100m and 200m quarter finals; Bjorn's Dybdahl's 28:50 cross-country run in the M50 – a great performance in the heat. Chris Neale can be pleased with his quarter-final run in the 800m; Bob Schickert ran his socks off in the 1500m semi to record a 5:38 scorcher, but I'm afraid that even fast times like that are not enough for a berth in the final. What chance do mere mortals have, I wonder?

Barrie Kernaghan ran a wonderful 200m final 6th place in 27:56. I knocked almost a minute off my PB, with 43:25 and 5th in the B 10,000m final.

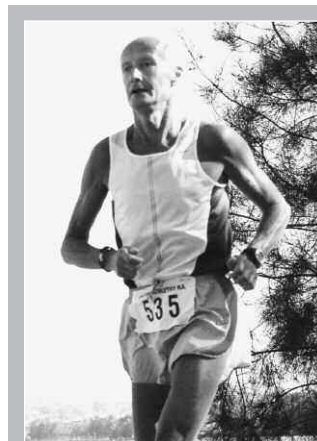
Peggy MacLiver, in her second champs final, cruised into a great third place for a bronze. The find of the season – Jackie Halberg, ran a superb 1500m final; a stunning 5:55 for 6th place and new SR.

Distance

Marathon and steeplechase were both very hard and hot, after a 9am start and thus noon sun. Bjorn was the first Australian home, but said himself that he really struggled in the second half of the race. Conditions were such that our potential leading runner, Jim Langford, had to pull out after 25km. John Doust battled on and came home in a very creditable time, but way outside that for which he had hoped. Similar problems in the steeplechase at the Santa Monica stadium. The Schickert partnership performed very gamely, with Lynne 5th and Bob 9th. ■

In Vetrin next month

MEET Les Presland, the new member who has shaken up the club's top order, starting at Mullaloo this month. His rivals won't be surprised to learn that this spare, tanned man is one of the best-credentialed runners, at open and veteran level, to ever appear in our lists. See November Vetrin for more!



COMING EVENTS DESCRIPTIONS

October 28, Cliff Bould

STARTING across the grass of McCallum Park, run to Causeway and halfway across to Heirisson Island. Go clockwise around island, return over Causeway and along pedestrian path (not grass) to finish. Two-laps equals 10.4k.

November 4, Garvey Gallop

BIKE path from the park alongside river eventually passes under Tonkin Hwy; take extra care passing houses in Thompson St. The 6k turn is before Garrett Rd bridge. 10k continues over east side of bridge, then back under bridge, and follows bike path to turning point in Swan View Tce – where extra care is also needed. Snakes have been seen in first kilometre of this event.

November 11, Safety Bay

FOLLOW bike path, which has hills and curves, towards Port Kennedy; it's a straight out and back for both events. Snakes have been seen near path.

November 18, Recovery Run

FOLLOW path towards Perth for about 600m to Australia II Drive, then make a U-turn to follow path down-river. The 5.4k turn near end of Esplanade; 7k run continues along path, then across a sandy section, about 200m after passing steps up to road. Make U-turn and return to start.



Mal Vernon - happy birthday!

You write...

THANKS to Simon Mort for sending through some samples of online articles from the UK-based organisation - www.pponline.co.uk

VW

COPS AVERT CAT-HASH- TROPHE

ACCORDING to the Sunday Times, a couple of hashers in New Haven, Connecticut, USA were lifted by the local cops for sprinkling flour to mark a club run through a furniture store car park. The store was evacuated, the police considering this a potential case of bio-terrorism. The kids are charged with breach of the peace - first degree, no less.

Presumably the flour was self-raising; raised hackles, raised an alert, raised the self-importance of the fuzz. The store owners were lucky; after the run, the Hash House Harriers (who describe themselves as drinkers with a running problem) would be likely to leave much more colourful deposits.

OCTOBER BIRTHDAYS

Allen	John	M50
Barnett	Ray	M60
Bocian	John	M55
Burke	Paul	M35
Dennehy	John	M45
Edwards	Mike	M50
Everard	John	M45
Farrell	Phyllis	W60
Haines	Dee	W45
Hunter	Brian	M60
Klinge	Jim	M60
March	Peter	M45
Morgan	Garnet	M80
Oldfield	John	M60
Parker	Richard	M50
Pellier	John	M65
Polkinghorne	Mike	M55
Roberts	Dave	M65
Romeo	Lesley	W60
Schickert	Bob	M65
Schickert	Lynne	W65
Shillington	Jenni	W50
Simmonds	Dave	M70
Thornton	Graham	M65
Ventris	Lyn	W50
Vernon	Mal	M50
Waldock	Reece	M55

RUNNERS TRAINING BULLETIN

Effects of face-cooling during hyperthermic exercise

THERE'S no doubt that effective cooling strategies can help improve sport performance in very hot conditions. However, effective cooling protocols are not always convenient or possible during match or race conditions.

Face-cooling (applying cold packs to the forehead) as a cooling strategy is easy to implement but how effective is it?

Uni study

That's the question scientists from the University of Birmingham in the UK have been trying to answer – in a study on cycling in hot conditions.

Ten fit but non heat-acclimatised males (average age 23 years, average VO2max 56mls per kg per min) exercised for 40 minutes on a cycle ergometer at 65% of their peak aerobic power in ambient temperatures of 33 degrees C and 27% relative humidity on 2 separate occasions with face-cooling and without face-cooling (the control condition).

In particular, the scientists were keen to see the effects of face-cooling on core temperature, heart rate, blood lactate, perceived rate of exertion (PRE), prolactin release (a measure of exercise stress) and subjective thermal comfort. The results were as follows:

Heart rates down

- With face-cooling, forehead temperature was maintained around 6 degrees C lower than with no face-cooling while the temperatures of other skin sites were similar or slightly higher;
- Core temperature increased equally in the face-cooling and control groups;
- Heart rates were significantly reduced with face-cooling as was blood lactate;
- Levels of prolactin remained fairly constant with face-cooling, whereas they rose in the control group, especially towards the end of the exercise bout;
- PRE was reduced with face-cooling, but only towards the end of the exercise bout;
- Subject comfort was (perhaps surprisingly) rated as

lower with face-cooling than in the control condition.

The researchers concluded that while face-cooling during exercise in hot conditions has a substantial (lowering) effect on the secretion of prolactin during hyperthermic exercise, it appears to make a relatively small contribution to the reduction of perception of effort when compared to the effect having of a cool total skin area (as occurs during exercise in cooler conditions), or whole body cooling strategies. More research is needed to investigate what performance benefits if any face-cooling may provide in hot conditions.

This article also included information on how to most effectively cool down or warm up.

Out-of-date?

Another article promises to reveal how some athletes suddenly improve their performance to world standards with the latest training procedures used by the world's top athletes and sports people to boost performance to international levels. It suggests:

- Drop those out-of-date exercise routines.
- Be specific! Why selective training techniques produce better results.
- Exploding the myth of 'hard training': don't rely on long, tough workouts to attain peak performance.
- Increase strength and power by altering the way your muscles are controlled by the nervous system.
- Improve your fitness, including your speed, endurance and work capacity, while at the same time having fun and introducing variety into your regular routine.

Runners Training Bulletin is published by Electric Word plc, 33-41 Dallington Street, London, EC1V 0BB, UK. Print subscriptions are only available in the US, Canada and EU. All other subscribers receive online versions.

Sandy Beach Reserve Bassendean

September 9, 2007

Director: Jacqueline Billington

OK, someone has to grizzle, and not being a Pom it might as well be me. It is appreciated that Jacqueline has done a great job in the past, and moved Bassendean event for all the good reasons.

But unfortunately, Sandy Beach is adjacent to a lot of marsh land, and the inevitable 'Mozzies'.

Even the locals were complaining. With Ross River Virus and its terrible effects, this event must be moved. It has been suggested to me that perhaps the large open space just east of Garret Road might be an alternative, but I fear that might have the same problem.

I complained to the 'powers that be' last year and was told to use a repellent, etc. Sorry, such was the problem, it was not effective...

So this year I delivered the paperwork and left the poor devils at the finish line to their fate.

Thanks Anne and Shorty for the cuppa and the results later on Sunday.

* Vic could you please print this in Vetrun - and to hell with sensitivities!

Barrie Thomsett

Done: and I support Barrie totally. It's bad enough for the competitors, but marshals and helpers really suffer here. VW

5K RUN

V1	#N/A	19:05
Paul Burke	M35	20:56
Lee Holliday	M50	22:54
Margaret Saunders	W50	26:13
Leonie Jones	W45	27:57
Mike Anderson	M55	28:47
Mike Rhodes	M60	28:55
Stan Lockwood	M75	30:24
Richard Harris	M70	30:33
Wendy Clements-Green	W65	30:37
Genevieve Spiro	W35	30:38
Katy Bannister	M40	30:38
Arnold Jenkins	M60	32:21
V3		32:38
Steve Toohey	M55	33:42
Julie Wood	W55	35:25
Linda Rhodes	W60	36:06
Vic Beaumont	M75	36:16
Joan Pellier	W65	37:23
Sheila Maslen	W65	39:39
Ray Lawrence	M75	39:56
Margaret Warren	W70	39:57

10K WALK

Michele Mison	W60	68:33
Roger Walsh	M60	77:05
Lorraine Lopes	W65	77:05
Jeff Whittam	M70	77:30
Victor Ratana	M70	77:54

10K RUN

Brett Roach	M35	36:12
Ross Parker	M55	37:43
John Allen	M45	39:01
Les Presland	M65	39:32
Doug Ashfield	M50	41:03
Frank Smith	M65	43:56
Brian Danby	M55	44:27
Karen March	W45	45:01
V2		45:01
Johan Hagedoorn	M60	45:02
Keith Atkinson	M50	45:04
Martin Watkins	M60	45:17
Michael Karra	M40	46:08
Peter Jackson	M55	46:21
Sean Keane	M40	46:26
Bruce Mathieson	M60	46:41
Terry Humphrey	M55	46:42
Vic Waters	M60	46:51
Gary Fisher	M55	47:16
Gillian Young	W60	47:29
David Baird	M60	47:31
Irwin Barrett-Lennard	M75	48:08
Hamish McGlashan	M70	48:14
John Bocian	M55	48:58
Paul Martin	M65	49:07
Jim Barnes	M60	49:13
Maurice Creagh	M60	49:45
Shirley Bell	W55	50:22
Paula Karra	W35	50:41
Julie Keeley	W40	51:38
Wayne Taylor	M45	51:53
John Pellier	M65	51:55
Terry Manford	M65	52:35
Simon Mort	M50	54:31
Barb Humphrey	W55	54:33
Michael Faunge	M65	55:06
Bob Sammells	M70	55:15
Neil McRae	M55	55:27
Merv Jones	M65	56:55
Berni Scott	W45	57:22
Pamela Toohey	W60	61:08
Jo Richardson	W55	68:01

5K WALK



5K Walk winner Peter Hopper

Peter Hopper	M60	38:01
John Frost	M65	38:19
Melinda Bate	W40	44:01
Bob Fergie	M70	44:35
Patricia Hopkins	W65	44:46
Dorothy Whittam	W70	47:53
Morris Warren	M65	47:55
Maggie Flanders	W70	48:05
Leo Hassam	M75	50:17
Helen Klinge	W55	59:48
Jim Klinge	M60	59:52



5K RUN

Vis 3		18:44
Duncan McAuley	M55	20:14
Dave Roberts	M60	20:40
Raymond Gimi	M40	22:08
Vic Waters	M60	22:56
Johan Hagedoorn	M60	23:52
Don Caplin	M65	24:05
Margaret Saunders	W50	24:46
Peter March	M45	24:54
Leonie Jones	W45	25:14
Barry Jones	M50	25:16
John Dance	M55	27:03
Mike Anderson	M55	27:04
Bob Sammells	M70	27:26
Wendy ClementsGreen	W65	28:01
Genevieve Spiro	W35	29:05
Arnold Jenkins	M60	29:07
Jeff Spencer	M65	29:08
John Ellard	M65	29:53
Pierre Viala	M60	32:45
Cyril RobinsonGoodwin	M60	33:35
Linda Rhodes	W60	33:40
Jan Jarvis	W60	33:56
Margaret Warren	W70	34:29
Margaret Bennett	W65	37:57
Jeni Shillington	W45	37:57
Mary Heppell	W70	37:58
Vic Beaumont	M75	38:05
Vis 1		44:34

10K RUN

Brett Roach	M35	37:34
Chris Maher	M50	39:22
John Allen	M45	40:14
Les Presland	M65	40:47
Jim Klinge	M60	40:49
Doug Ashfield	M50	41:18
Amanda Walker	W40	42:05
Michael Karra	M40	42:44
Vis 4		43:33
Ralph Henderson	M55	43:36
Brian Bennett	M60	43:55
Brian Danby	M55	44:10
Frank Smith	M65	44:34
Vis 2		44:49
Karen March	W45	44:56
John Bell	M60	46:29
Gary Fisher	M55	46:32
John Bocian	M55	47:01
Peter Jackson	M55	47:09
Gillian Young	W60	47:32
Maurice Creagh	M60	47:52
Keith Atkinson	M50	48:04
Sandra Stockman	W40	48:14
Hamish McGlashan	M70	49:01
Irwin BarrettLennard	M75	49:35
Jim Barnes	M60	49:43
Sean Keane	M40	50:16
Paul Martin	M65	50:27
Nick Miletic	M55	50:48
Paula Karra	W35	51:41
Graham Thornton	M65	52:00
John Pellier	M65	52:20



Terry Manford	M65	52:36
Katy Bannister	M40	52:56
Carol Bowman	W50	53:01
Mike Khan	M60	53:34
Jane Thomson	W50	54:31
Barb Humphrey	W55	54:32
Terry Humphrey	M55	54:35
Michael Faunge	M65	55:47
Merv Jones	M65	57:28
Fiona McAuley	W55	58:34
Berni Scott	W45	58:46
John Talbot	M60	59:19
Denise Viala	W55	61:36
Pamela Toohey	W60	65:45
Steve Toohey	M55	65:46
Vis 5		78:42

5K WALK

Peter Hopper	M60	35:15
Joan Pellier	W65	36:05
Ray Lawrence	M75	36:06
Kirt Johnson	M75	40:26
Patricia Hopkins	W65	41:11
Alan Pomery	M75	42:13
Melinda Bate	W40	42:34
Mitch Loly	M65	44:28
Leo Hassam	M75	45:29
Dorothy Whittam	W70	47:00
Phyllis Farrell	W60	47:01
Pat Miller	W65	47:23
Norm Miller	M75	47:24
Sylvia Szabo	W50	48:26

10KM WALK

			Age
			Graded %
Lee Holliday	M52	59:38	71.89
Mike Rhodes	M61	62:09	74.85
Michele Mison	W60	68:52	75.20
Roger Walsh	M64	77:15	62.13
Victor Ratana	M71	79:45	65.71
Jeff Whittam	M73	80:56	66.12
Lorraine Lopes	W67	85:12	66.86
Pat Ainsworth	W71	85:13	71.18
Charlie Chan	M55	85:23	51.52

Dick Horsley Trophy winners:
Women Michele Mison 75.20%
Men Mike Rhodes 74.85%



Joan Pellier seems to be leading this group in a sing-song!

Racecourse Run

September 23, 2007

Directors: Gary Mclean and Christine Engels

WEATHER turned out great for an event that managed to move exactly 100 runners and walkers to the start line. The day went very smoothly due to the diligence and help of your fellow club members. We had Delia Baldock and John Frost at the turn-a-round marks, David and Jo on the drink station (as usual), Julie Keeley under the bridges directing and Neil McCrae and Christine on the finishers table, with Jeff Bowen recording times.

Special thanks to Neil and Jeff, who were not rostered but chose to help on their own volition.

Big thankyou must also go to Jimmy Barnes who helps with the transportation of items required to make it all possible. Some good efforts, especially the personal best times set by Margaret Saunders, Barbara Humphrey, Mary Young and Peter March.

Good effort too by Vic Waters who took wide angle photos of the field after the start (see above) then ran back, dropped off his camera and began two minutes later. Good effort by all on a lovely spring morning.

Gary

Gary and Christine have made their mark on Masters in many ways, and their innovative approach to this event, with spot prizes and such, has added some fun too. Thanks for the lollies! VW



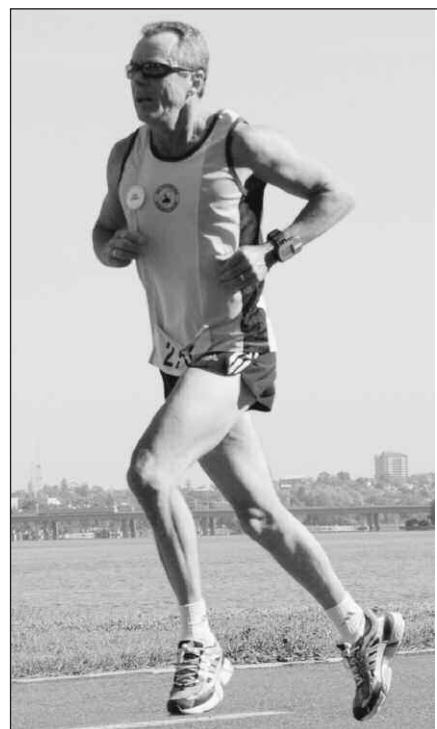
Vic Beaumont recovered from injury to finish in good company – with Jeni Shillington (409) and Marg Bennett.



Margaret Warren - celebrating Morris' birthday?



Cyril Robinson-Green



Doug Ashfield - with great style

6K

Brett Roach	M35	20:57
Lachlan Marr	M45	22:43
Gary McLean	M40	23:50
Les Presland	M65	24:01
Duncan McAuley	M55	25:18
Lee Holliday	M50	26:12
Vic Waters	M60	28:17
Maurice Creagh	M60	28:35
Gillian Young	W60	28:41
Paul Martin	M65	29:20
Julie Keeley	W40	30:51
Delia Baldock	W45	31:30
Pat Ainsworth	W70	31:56
Damien Hanson	M50	32:28
Mike Rhodes	M60	32:41
Grace Hollin	W50	32:51
Katy Bannister	M40	33:51
Genevieve Spiro	W35	33:51
Mike Anderson	M55	34:03
Denise Viala	W55	36:22
Pierre Viala	M60	36:23
Arnold Jenkins	M60	37:09
Jeff Spencer	M65	37:47
Vic Beaumont	M75	37:48
Linda Rhodes	W60	40:45
Morris Warren	M65	42:42
John Frost	M65	44:09
Peter Hopper	M60	44:17
Ray Lawrence	M75	45:05
Joan Pellier	W65	45:07
Michael Faunge	M65	46:43
Jeni Shillington	W45	47:21
Jeff Whittam	M70	49:43
Lorraine Lopes	W65	49:43
Patricia Hopkins	W65	50:36
John Pentecost	M45	51:06
Pat Ainsworth	W70	51:41
Melinda Bate	W40	51:48
Geoff Barrett	M45	52:36
Rosa Wallis	W60	53:53
Ann Turner	W70	53:55
Eldon George	M35	54:12
Brian Bennett	M60	54:27
David Muir	M60	54:30
Mitch Loly	M65	54:33
Frank Smith	M65	56:21
David Baird	M60	57:24
Pat Miller	W65	57:53
Margaret Warren	W70	57:54
Charlie Chan	M55	57:54
Dalton Moffett	M75	57:57

12K

Gary McLean	M40	50:32
Jim Klinge	M60	50:42
John Pentecost	M45	51:06
Geoff Barrett	M45	52:36
Eldon George	M35	54:12
Brian Bennett	M60	54:27
Frank Smith	M65	56:21
David Baird	M60	57:24
Keith Atkinson	M50	59:01
Bruce Mathieson	M60	60:53
Hamish McGlashan	M70	61:43
Jim Barnes	M60	62:30
Shirley Bell	W55	62:40
John Pellier	M65	65:32
Barb Humphrey	W55	67:09
Terry Humphrey	M55	67:10
Christine Engels	W50	68:52
Graham Thornton	M65	71:25
John Talbot	M60	70:27
Fiona McAuley	W55	73:27
Berni Scott	W45	74:00
John Smith	M70	78:01
Jane Thomson	W50	78:33
Jo Richardson	W55	80:22
Peter Ryan	M55	89:40

Bibra Lake Fun Run September 16, 2007

SOME excellent performances were turned in by Masters at the Bibra Lake Community Fun Run, organised jointly with Cockburn City Council. Some 250 runners and walkers participated.

It was a fast course, warm and dry with a good social climate. A lot of youngsters ran - especially pre-teens - in a supportive, tolerant atmosphere, which bodes well for the future of the event.

Brett Roach was a convincing overall winner, well clear of the field, as well as winner of the Master's Trophy in the 6km event. Lachlan Marr ran a heroic second, with David Willmer a creditable third. (Lachlan and David were both recovering from leg niggles at the time.)



Gillian Young

Gillian Young won the women's 6km, with Julie Keeley a strong second and Delia Baldock third.

12km run

Gary McLean dominated the men's 12km, with Jim Klinge second and John Pentecost third. For the ladies, Ironwoman Shirley Bell was unstoppable, with Barbara Humphreys second and Chris Engels third.

In the short walk, John Frost reaped the benefits from a lifetime of fitness, and looked very good coming in first - effortlessly - with Peter Hopper second and Geoff Whittam third, powering along on those new knees.



Lorraine Lopes



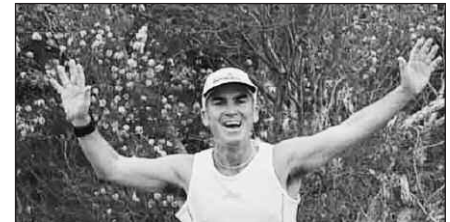
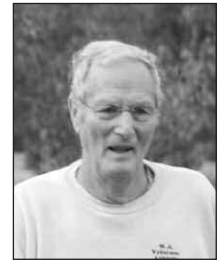
Pat Ainsworth

Lorraine Lopes, Pat Ainsworth and Pat Hopkins were the leaders in the women's short walk. This was a good effort by all three, especially Lorraine, who is recovering from a hip injury sustained in a bicycle accident.

Peter Ryan received well earned applause when he came in first in the men's long walk.

Many people worked hard to make this event a success. Jeff Bowen did all the pre-registering for members, so they

Also rans...



Double trouble? Top, John Bell and Norm Miller; and dualist Gary McLean.

John Bell made his standard, last-minute appearance and did at least one lap, maybe more. But we don't know for sure, because of a small hitch with the allocation of special numbers for this public event.

On the other hand, Norm Miller was recorded with a raw 6K time of 23:31. This is quite an improvement for M75 Norm, a walker, coming home just two places behind Brett Roach. I saw him walking the course when I drove up, about 30 minutes before the start, so we're assuming he was being mischievous (well, it was a fun run) by entering the chute after his stroll. Accordingly, he has been relegated to this 'also rans' section.

* Gary McLean: no error here, he did run in both events. Having taken a break for a minute or so after the 6K, he ran on to take first spot in the 12K!

VW

could enjoy a free run. Jim Barnes got there early and marked out the course. Syd Beer and Dennis Miller stopped the traffic, to enable a safe start, and Syd ran round afterwards to collect all the flags. Steve Toohey did an excellent job with the hand-held timer, and Baz Thomsett started the big clock on a pre-arranged tic-tac signal with Bob Sammells. Bob worked with Elaine Dance and Pam Toohey at the end of the chute to record finishers' names and identify prize winners in the various categories - Masters, Open, under 17 and under 12. Maggie Flanders also assisted at the front of the chute.

As Race Director, I noted this team of helpers went about their tasks meticulously, with patience and humour, and - as the man from Cockburn City Council told me at the finish - "we'd be lost without your people. See you next year."



Richard Harris

5K RUN

Bernard Mangan	M50	20:45
Vis 1		20:56
Les Presland	M65	21:11
Duncan McAuley	M55	23:26
Don Caplin	M65	25:45
Margaret Saunders	W50	27:37
Delia Baldock	W45	27:40
Vis 9		30:43
Bob Sammells	M70	31:07
Wendy Clements-Green	W65	31:40
Stan Lockwood	M75	33:22
Steve Toohey	M55	37:19
Linda Rhodes	W60	38:41
Toni Frank	W60	43:37

8K RUN

Ralph Henderson	M55	38:27
Bryan Hardy	M60	40:05
Irwin Barrett-Lennard	M75	40:47
Hamish McGlashan	M70	40:51
Vic Waters	M60	41:31
Shirley Bell	W55	41:55
Maurice Creagh	M60	42:05
Michael Faunge	M65	46:10
Mike Rhodes	M60	47:53
Fiona McAuley	W55	48:50
Pamela Toohey	W60	52:08
Cyril Robinson-Goodwin	M60	53:56

13K RUN

Peter Sullivan	M45	50:11
John Allen	M45	52:53
Vis		54:30
Jim Klinge	M60	55:01
John Pentecost	M45	56:02
Doug Ashfield	M50	58:05
Paul Burke	M35	58:42
Dalton Moffett	M75	59:36
Neil McRae	M55	60:42
Peter Jackson	M55	62:36
John Doust	M60	62:37
Gillian Young	W60	65:28
Brian Bennett	M60	75:05
David Baird	M60	75:05
Barb Humphrey	W55	76:09
Grace Hollin	W45	77:53
Tanya Burke	W35	78:54

5K WALK

Lee Holliday	M50	35:42
Dorothy Whittam	W70	47:05
Melinda Bate	W40	48:37
Katy Bannister	M40	48:38

8K WALK

Patricia Hopkins	W65	69:26
------------------	-----	-------

13K WALK

Roger Walsh	M60	1:43:36
Jeff Whittam	M70	1:44:59
Lorraine Lopes	W65	1:48:48
Beryle Doust	W55	1:48:48
Peter Hopper	M60	1:51:23
Ann Turner	W70	1:55:23
Margaret Bennett	W65	2:13:26
Jo Richardson	W55	2:13:26

Dance and Dine!

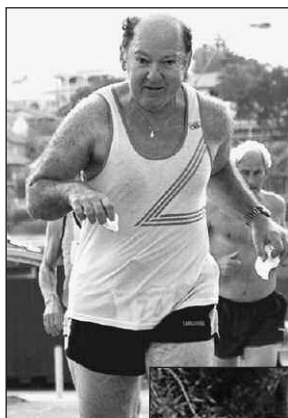
JOIN your clubmates – see how they scrub up! – at Frenchy's (Melville Parade, S. Perth) on Saturday November 17 for a fun night out. Entertainment, dancing, raffles and a three-course dinner – all for just \$44 each.

Please see Pam Toohey or Elaine Dance for tickets: or phone Elaine on 9593 4607. There are ONLY 50 places available – so get in early!

Mullaloo Beach

September 2, 2007

Directors: Mike Anderson and
Johan Hagedoorn



Mike
Anderson



Johan
Hagedoorn

Below: Fiona McCauley, Brian Bennett and
David Baird, pictured by Mike Anderson.



WELL, our hilly Mullaloo Beach Run isn't the easiest, but our money is on it's being the most scenically spectacular! And what perfect weather we had, cool, dry and okay admittedly, just a tad breezy.

We enjoyed good attendance this year I think, considering the counter-attractions of the Marathon Club's half-marathon, and Fathers' Day.

In case you're wondering, the 5, 8 and 13K options are quite accurate distances, the latter measurement being confirmed by a member running with one of those hi-tech, satellite dish thingos strapped to his wrist.

Our helpers got everything right again. So our thanks to you all: Julie, Martin, Denise and Pierre, Amanda and Chris, Keith and Margaret, and Ray. Elaine Dance not only helped on the desk but also considerably provided a yummy Fathers' Day cake.

Those who ran 8 or 13kms, will know that I took digital photos of you at the 4K turn. If you'd like your pic e-mailed to you, you're welcome to phone me (0407940520) with your electronic address and I'll dispatch your photo into the ether.

Well done to place winners of the running and walking events. But an equal well done to all who competed this year and adhere to our Masters' faith that being older doesn't have to imply infirmity.

See you next year!

Mike

Track and Field Meetings

* = Trophy event

Thursday - 6pm Coker Park

Tuesdays - 6pm UWA, McGilvray Oval

OCTOBER

Thursday 4th; Tuesday 9th
200m; 3000m r/w; 60m; 800m; LJ;
hammer; discus

Thursday 11th; Tuesday 16th
100m; 2000m; 400m; 5000m r/w; TJ;
shot; javelin

Thursday 18th; Tuesday 23rd
60m; 400m; 200m; 3000m *; LJ; discus*; wt throw

Thursday 25th; Tuesday 30th
1500m r/w; 100m; 10,000m *; TJ;
javelin; hammer

NOVEMBER

Thursday 1st; Tuesday 6th

1000m; 60m; 3000m r/w; 400m *; LJ;
shot *; wt throw

Thursday 8th; Tuesday 13th

300m; 800m; 200m; 3000 walk *; TJ;
javelin; discus

Thursday 15th; Tuesday 20th

100m *; 1500m r/w; 600m; 5000m
r/w; LJ; discus; hammer *

COMING EVENTS and helpers list

Track and Field See page 7

OCTOBER 28

Cliff Bould

Director:

*Ivan Brown -
9384 8582*

Bert & Bridget Carse, Simon
Coates, Jane Elton, Phyllis
Farrell, Raymond Gimi,
Mary Heppell, Tek Lim, Syd
Parke, Jim Riddell

ALL HELPERS – contact your director and confirm if
you are available. If not, also call Bob Schickert to be
re-assigned.

NOVEMBER 4

Garvey Gallop

Directors: John & Christine

Oldfield - tel: TBA

Pat Ainsworth, Jim Barnes,
Bjorn Dybdahl, Fenella Gill,
Arthur Leggett, Vivien Lok,
Terry Manford, Bruce
Matheson, Alan Pomery, Brett
Roach, Deb Wolfenden

NOVEMBER 11

Safety Bay

Directors:

*Pam & Steve Toohey -
9591 3767*

Ray Attwell, Geoff Barrett,
Debbie Dance, Elaine & John
Dance, Elaine & John Ellard,
Ray Hall, Mitch Loly, Dennis
& Margaret Miller

NOVEMBER 18

Recovery Run

Director:

*Frank Gardiner -
9295 4246*

Carol Bowman, Chris
Frampton, Peter Hopper,
Gordon & Nola Medcalf,
Nick Miletic, Mark Rosen

COURSE INFORMATION

See page 3

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Ivan Brown

Patron:

Bill Hughes

Vetrun

The magazine of Masters Athletics WA

NOVEMBER
2007
No. 404



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WA Masters shine in Adelaide

EIGHT WA masters members competed in the Australasian masters game in Adelaide (5th-14 October) and returned with nine golds, seven silvers and 10 bronze medals.

Rob Antonioli M55
1st open pentathlon
2nd 400m hurdles
3rd long jump

Bjorn Dybdahl M50
1st 3000m steeplechase
1st half marathon
2nd 1500m
2nd 5000m
2nd street mile
3rd 800m
3rd 8000m X/C

Matthew Staunton M30
1st discus
1st hammer throw
1st shot put
1st weight pentathlon
2nd javelin

Rob Young M60
1st shot put
2nd discus
2nd weight throw
3rd hammer throw
3rd weight pentathlon

Colin Smith M40
1st 800m
3rd 200m
3rd 400m
3rd open pentathlon

Susan Sanders W50
3rd 5000m
3rd half marathon

Deborah Wolfenden and Peter Sanders, not among the medals, but also produced good results.

*Report by
Colin Smith*

Also, Don Chambers (M70) who represented Victoria but is a member of MAWA had a good and busy four days. What a outstanding athlete!

1st 400m
1st 80m hurdles
1st 300m hurdles

1st long jumps
1st triple jumps
1st weight pentathlon
2nd 100m
2nd 200m
2nd javelin
2nd shot put
2nd hammer throw
2nd weight throw
2nd open pentathlon
3rd high jump
5th discus



Kerriann Bresser at the Rickman Delaney Relay: picture is by Patrick Smith, who reports on page 2.



Colin Smith, 100m start at our own championships in 2006.

Colin also submitted a photograph of wounded hero Rob Antonioli, nursing a (broken?) arm after 'giving it all to just miss out on the gold by 0.01 seconds in 400m hurdles final'! Unfortunately the pic quality didn't do justice to the all-round efforts of our team – sorry. VW

New Members – Welcome!

363 Gary Ogden M45
364 Doug Copley M35
743 Ross Keane M45
742 Andrew Brooker M35
744 Debra Mayrhofer W50
745 Mark Dawson M45
746 David Smyth M35
747 Brigitte Sieger W55
748 Brian Markus M70
749 Chris Ehlers M45

You write...

Dryandra delights

by
Marg Bennett

THREE lovely days were enjoyed by 29 members at the Dryandra Camp (Friday 28 Sept/ Monday 1 October.) We started off on Friday evening

attending a night tour at the 'Barnia Mia' (aboriginal name for Orphan Home) which is a sanctuary and breeding centre for endangered species from the Dryandra Area, conducted by members of the Department of Conservation and Land Management. It was very informative and interesting, seeing the nocturnal animals in their natural habitat, well worth a visit. Each morning at 7am everyone was out on the well-marked running/walking course.

30k runs

Water stops every 2.5km were provided by Steve and Shorty, and some long-distance runners were up earlier, clocking up 30 or more kms. Bush walks in the afternoon, or a visit to the local tavern/hotel to watch the football match, followed by the usual get-together casserole night. Sunday was lunch at the Cuballing Tavern and a great barbecue in the evening. The weather was great, the company excellent, and an opportunity to run on bush tracks and relax after a weekend not to be missed. The next weekend planned for March 2008 will again be held at Dwellingup, by popular choice.

Club enjoys a good XC season

OUR club was well represented in the open AWA cross-country events again this year, and we thank all the athletes that joined us at short notice to ensure we fielded full relay teams.

The women enjoyed great team success, winning several relay races, a perpetual trophy and some cash prizes; and Saskia Letham had individual success. She finished third in the Long Course State Championships (8km) and was chosen to represent WA at the National Championships.

The men also tasted success; we won the lucky dip prize at the Karrinyup relay!

Results

AWA's round-up of relay results is yet to come, but we estimate that our women finished third, out of seven

teams, behind the powerhouse schools Penrhos and St Hilda's. The men's team were fourth of seven, behind Stirling Swans, Canning Districts and West Track.

All our competing athletes for theseason are:

Peggy McIver, Fiona McAuley, Robin King, Kerriann Bresser, Saskia Latham, Anna Woodhouse, Georgia Wood, Theresa Howe, Duncan McAuley, Bert Carse, Patrick Smith, Peter Sullivan, Bruce Wilson, Campbell Till, Dave Roberts, Simon Coates, Eldon George.

Patrick Smith



Pictured at the Hale GOT run, President Ivan Brown presents David Carr with a shirtload of certificates for recent record performances.

Thanks for the typos...

PERHAPS most readers won't believe it, but the copy that appears in these pages is mostly checked, and sub-edited before printing. It's part of the noble calling of editor. It can be tedious at times, especially when tables of results need sorting. (Or double white spaces must be deleted after full stops. Any ears burning?)

However, there are compensations. Childish delight comes from some typos, and I'm almost happy that the writer didn't use a spell-checker.

Gilding their lilies?

This month's pleasures came with the announcement that WA athletes achieved 'nine gelds'. Seemed a bit harsh, considering they had just won their events. And the winners of the 'weight pantaloons' must have laboured under a mighty handicap.

VW

November Birthdays

Atkinson	Keith	M50
Billington	Jacqueline	W65
Bowman	Carol	W50
Brockwell	Tessa	W50
Brown	Ivan	M60
Burns	Joel	M35
Calnan	Ross	M65
Ciccarelli	Carl	M45
De Klerk	Maria	M40
Delandgraft	Stan	M80
Duncan	Wendy	W55
Forde	Keith	M65
Hagedoorn	Johan	M60
Hall	Ray	M70
Hollaway	Phil	M55
Karra	Mike	M40
Lazarus	Ivan	M55
Malin	Janis	W55
Mangan	Bernard	M50
Mavrick	Milton	M50
McMillan	Raema	W80
Miller	Margaret	W65
Miller	Norm	M75
Moyle	Merv	M80
Oldfield	Christine	W60
Oliver	Bernard	M60
Pellier	Joan	W65
Rhodes	Mike	M60
Smith	Morland	M70
Smith	Patrick	M40
Spencer	Ron	M65
Tilmouth	Liz	W35
Ventris	John	M55
Warren	Margaret	W70

Coming events descriptions

November 25 Gwelup Lake

Start on oval next to Huntriss Rd; either one or two laps along various paths, some gravel and concrete, around lake.

December 2 Mosman Park

Start on reserve then exit it downhill to path along river to hard left-turn; follow path

to boardwalk. Turn left again along Colonial Gardens for short distance and back the way you came. After climbing hill from river path, 8.7k runners do NOT go back in to reserve but repeat loop to boardwalk.

December 9 Alderbury Park

Two 4k loops around parklands, a few rises and a little

sand. Walk follows 2k loop on internal road.

December 16 Perry Lakes

Same start point, and same walk as Dec 9. Different run course. Two laps around outside of park on paths make up the 8.1k. Take care when crossing Meagher Drive, twice per lap.

WHILE Brett Roach likens the WA chapter to his hometown Hobart club, top UK runner Les Presland says where's nothing like us back in blighty.

"It's all much more serious, intense, with much less social side," he says.

He should know, after a running career that began as an eight-year old schoolboy, progressed to juniors with Surrey Athletic Club and onto the highly competitive Aldershot Farnham and District club. Les runs with the club still.

"I was lucky to be part of a very good squad," Les admits.

He made the most of his opportunities. Aged 24, in 1963, Les ranked 6th in the UK over 2 and 3 miles. That year he ran best times of 13:38 for 3 miles, and 8:48 for 2 miles.

Introduction of tartan tracks were Les' undoing though, causing a compound injury (as it did to many others at the time). Since then he has generally avoided track running, major events apart.

Bulletins from the front... runners

MOST of us have little truck with those characters out in front every Sunday. Not that we ignore them, of course. Just don't see much of them. So just in case you always wondered... here's some inside information on a couple of the pacesetters.

VW

TOP UK VETERAN RUNNING IN PERTH

Off-track

Road and cross-country events (Les' favourite, especially relays) replaced the 400m oval, and he moved on to represent Britain at open level. At age 35 he was pretty well unbeatable on the UK roads, with times under 25 minutes for 5 miles, 48 for 10 miles.

Invitations to European events that followed included

mountain races and introduced Les to long-distance runs.

"I was running for three hours or so, only 30K perhaps, but mountainous. And that led me to the marathon."

Marathons

His first (Harlow, Essex) resulted in 2:25. Representing the UK in France, he next ran a 2:22 and then a 2:24.

Les' best marathon came in 1983, aged 44, a 2:19. In 1985 he aimed for a 2:15 in London (after a 66 minute half the same year.)

"It all went wrong, I did another 2:25, and that was my last marathon!"

Veteran

Joining a good team of UK veterans Les travelled to Eugene, Oregon for the 1989 worlds, and encountered the great New Zealander Ron Robertson (as well as our own Frank Smith, in the 10K track run.)

Then 49, Les was 2nd to Robertson in the 10K road in 31:19; 3rd in the track 10K 32:08 and 3rd in the 10K X/C.

"I turned 50 in September after the games, and decided to target the 10K world record," he says.

"In 1989 I was successful, resetting the M50 mark to 31:58. That time stood until Turku, two years later, when Robertson reduced it again!"

Indoors

One record that has endured though is Les' 1990-set world 3000m indoor record of 8:49, which is still the UK and European best.

He has always kept training down to about 50k per week - quality, repeats, one long steady run on Sunday. Though he retired in 1996 Les



BRETT ROACH

by
Jim Barnes

JIM believes in keeping to the point - so here's his brief summary of the young man everyone is trying to catch.

Born - Hobart, 1969
Family - wife Cath, daughter Ali, dog, Milton!
Occupation - accountant
Schooled - Hobart
Favourite Sport - AFL, and triathlon
Interests - family, taking daily run
Favourite distance - 10k
Pbs - 10k 33min; half marathon 72min; marathon 2.50

What Brett likes about the WA Masters?

"Its much like my club in Hobart."

His ambition is simply to keep running & stay fit. And his most pleasing performance?

"That yet to come!"

still keeps the same training routine, 50kms per week.

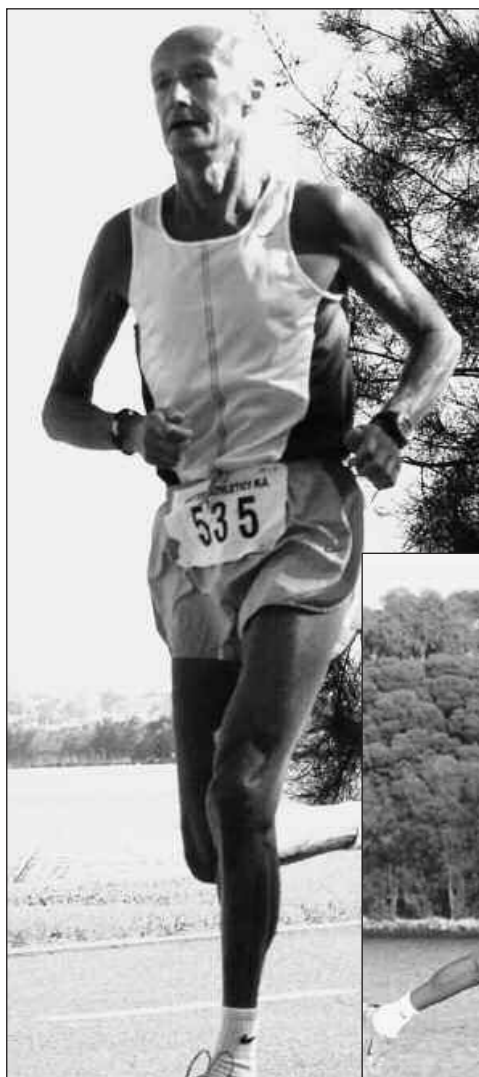
Last September he injured an achilles, and was just recovering in Perth over the past few months, unable to go to Riccione.

"Anyway, it's probably better to wait until next time, when I move into the M70s."

Now 68, Les Presland certainly has certainly stirred up our M65s - and many others! He will return to Perth again after Christmas, and hopes to spend another three months.

Now, isn't that good news - Bert, Bob, Frank...?!

VW



Les Presland in action; starting (below) and finishing (left) at the Racecourse Run in September.



PATRON'S TROPHY UWA

October 23, 2007

3000M

Alan Gower	M50	10:29.7
Mark Dawson	M45	11:15.3
Campbell Till	M50	11:19.9
John Collier	M40	11:37.9
Simon Ogden	Vis	11:38.4
Bruce Wilson	M60	11:40.3
Duncan McAuley	M55	12:12.2
Eldon George	M35	12:15.5
Bob Schickert	M65	12:26.9
Ivan Brown	M60	12:37.3
Rob Greenhalgh	M55	12:40.6
Keith Edmonds	M40	13:04.3
Karyn Gower	W45	13:26.5
John Oldfield	M60	13:30.2
Toni Phillips	W35	14:15.8
Christine Oldfield	W60	16:33.3
Fiona McAuley	W55	17:10.0
Natasha Stone	Vis	17:24.3

DISCUS

Rae McMillan	W75	17.93
Christine Oldfield	W65	6.78
Val Prescott	W60	13.80
Karyn Gower	W45	13.00
Toni Phillips	W35	17.04
Rob Shand	M75	22.92
Jeff Whittam	M70	16.45
Ivan Brown	M60	16.61
Bruce Wilson	M60	13.55
Campbell Till	M50	23.37
Alan Gower	M50	14.02
John Everard	M45	24.40
Gary Ogden	M45	17.16
Matt Staunton	M30	35.91

90m MARKS FREO GAMES FOREVER!

THE weather was perfect for this year's Fremantle Masters Games.

The numbers were down but we all had a great day. Many participants were new to athletics and some will now join our club.

Although the wind was not helpful for throwing, two State records were set with Bev Hamilton (W60) and Rob Shand (M75) setting new marks for the shot and javelin respectively.

We may never know who set the flags for the starting line, but there are some names that will now live on in history - as the inaugural, and probably never-to-be-matched - winners of the 90m dash.

Damien Hanson

CITY-COUNTRY CHALLENGE

THE annual Challenge hosted by Bunbury AC is on November 10th, organised by their President (and our very own) Rob Antonioli. Age graded points are awarded for each event and tallied for either team. An athlete of the meet is determined on points (previous winners include Peggy McLiver and Bob Fergie). The day finishes with a BBQ and refreshments. For more information - call 'Tolli' on 9754 1412.

GOT Run (GUESS-OWN-TIME) HALE SCHOOL, WEMBLEY DOWNS October 21, 2007

Director: Vic Waters

ESTIMATING your time over a cross-country course is difficult. That's why, when Kings Park was lost to us three years ago, Hale School's mixture of bush and fields was a reasonable alternative for this annual guessing game.

It's simpler to mark than the old park route, involving roughly a 3K circuit. Two trophies are offered - one for two-circuits, the other (the fabled Timeless Trophy) for the three-lapper.

Despite the difficulty of predicting your pace over varied going, we have had some remarkably accurate winners in the past. Some have been spot-on, to the second; most others have finished within a few seconds of their guessed time.

This year's best short-course performers included Maggie Flanders (5-secs out), Wendy Clements-Green (two secs) and winner Helen Lysaght. Helen hasn't run much for a while and didn't really want to take part. After having her arm severely twisted by Keith Atkinson and me, she estimated 33:02, and came in just one second adrift!

Metronome Man

The long race was won - for a record third time - by Bob Schickert, a bloke with a built-in timer. He really does have an uncanny ability to judge pace, as several members who Bob's helped hit targets will testify. When I first attempted the 800m, he agreed to pace me through 2mins:20, and did it, spot-on. Later, Bob admitted it was his first 800m in 15 years!

So smooth!

Despite all the omens, this year's GOT was one of the smoothest ever. Nobody was lost, hardly anybody complained, the loos were all available and the weather fine. It's a pity more members weren't there to enjoy a terrific venue.

Another advantage of this course is that we need fewer road marshals and only one water station. With some regular helpers unavailable, a new cast rose to the task magnificently. Neil McRae and Ray Gimi were marshals. (Neil loves pretending to be a cop, barring the Hale School entrance to all but the halt and lame!) Keith Atkinson doubled on clock, then water station with Kirt Johnson. John Oldfield and Merv Jones handled the estimates book and cooked it up to calculate winners. New member Ian Cottin learned the vagaries of recording finishers from Irwin Barrett-Lennard.

Frank Smith did everything else; propped me up and marked the course.

Thanks to you all.

VW



Above: everyone starts together in the GOT Run.

Below: Metronome Man Bob Schickert, three-times winner of the Timeless Trophy.



9.5K

Brett Roach	M35	35:36
Patrick Smith	M40	37:51
V4		40:03
Jim Klinge	M60	40:19
Brian Bennett	M60	42:35
Doug Ashfield	M50	42:42
Bob Schickert	M65	44:21
Carl Ciccarella	M45	44:36
Ivan Brown	M60	45:44
Mal Vernon	M50	46:07
Michael Karra	M40	46:59
Bruce Mathieson	M60	47:45
Bryan Hardy	M60	48:27
Maurice Creagh	M60	48:37
V1		48:51



David Carr	M75	48:52
Gary Fisher	M55	49:09
Paula Karra	W35	50:11
John Pellier	M65	50:50
Paul Martin	M65	50:56
Jackie Halberg	W60	51:48
V2		52:35
Terry Manford	M65	53:23
Barb Humphrey	W55	54:34
Terry Humphrey	M55	54:36
Michael Faunge	M65	55:55
John Dance	M55	56:26
Milton Mavrick	M50	57:29
John Smith	M70	57:59
John Talbot	M60	58:06
Roger Walsh	M60	58:07
Berni Scott	W45	58:44
Richard Harris	M70	64:58

6.3K

Paul Burke	M35	26:22
John Collier	M40	28:22
Blakeney Tindall	M45	30:55
Don Caplin	M65	31:46
Helen Lysaght	W55	33:02
Delia Baldock	W45	35:57
Katy Bannister	M40	37:28
Mike Anderson	M55	37:35
Wendy Clements-Green	W65	38:04



She didn't want to play the guessing game until pressured, but Helen Lysaght (centre) took home the short-course alarm-clock trophy.

Arnold Jenkins	M60	39:30
Christine Oldfield	W60	39:40
#N/A	#N/A	40:40
Michele Mison	W60	42:15
Steve Toohey	M55	45:10
Lynne Schickert	W65	46:57
Elaine Dance	W55	47:04
Pam Toohey	W60	47:04
Ray Lawrence	M75	48:00
Peter Hopper	M60	48:16
Ray Hall	M70	50:33
Sheila Maslen	W65	51:59
Melinda Bate	W40	53:09
Morris Warren	M70	54:37
Mike Hale	M60	54:52
Pat Ainsworth	W70	55:26
Margaret Warren	W70	56:04
Lorna Lauchlan	W75	56:35
Mary Heppell	W70	56:36
Patricia Hopkins	W65	56:54
Jeff Whittam	M70	56:58
Maggie Flanders	W70	60:38
Ron Spencer	M65	62:21



Wendy Clements-Green, above, and Maggie Flanders, left, were in close contention for the alarm-clock. Maggie was almost last to finish, and proved a point for Race Directors: you can't make announcements until everyone has finished!

8K RUN

Trevor Scott *	M45	29:05
Gary McLean *	M40	35:21
Brian Danby *	M55	36:31
Ralph Henderson	M55	36:32
Syd Parke	M55	36:35
Bob Schickert *	M65	37:49
Neil McRae	M55	38:06
David Baird *	M60	38:11
Doug Ashfield *	M50	38:16
Peter Jackson	M55	39:50
Sean Keane	M40	39:59
Bruce Mathieson	M60	40:06
Johan Hagedoorn	M60	40:21
Karen March *	W45	40:59
Ruth Jamieson	W45	41:10
Maurice Creagh	M60	41:13
Gillian Young *	W60	41:42
Jackie Halberg	W60	44:36
V1		44:44
David Carr *	M75	44:48
Carol Bowman *	W50	45:04
John Ellard	M65	45:39
Mike Khan	M60	45:46
Alan Thorniley	M50	45:57
Graham Ainsworth	M50	45:57
Graham Thornton	M65	47:56
Merv Jones	M65	49:33
Berni Scott	W45	50:48
Milton Mavrick	M50	51:54
John Talbot	M60	52:39
David Willmer	M50	52:57
Rhod Wright	M55	52:58
Richard Harris *	M70	58:11
Arnold Jenkins	M60	58:12
Jo Richardson *	W55	67:57
Julie Wood *	W55	67:57

4K RUN

Jim Klinge *	M60	16:47
V5		17:50
John Collier *	M40	18:14
V4		18:18
Stephen Dunn	M40	18:25
Raymond Gimi	M40	18:29
Ian Cottin	M40	18:55
Ivan Lazarus *	M55	18:56
Ivan Brown	M60	19:20
Don Caplin *	M65	19:35
Gary Fisher	M55	19:50
Barry Jones *	M50	19:54
Debra Mayrhofer *	W50	20:23
Peter March *	M45	20:26
Bryan Hardy	M60	20:28
V2		20:34
Margaret Saunders	W50	20:38
Fenella Gill *	W40	20:38
Irwin Barrett-Lennard *	M75	20:46
Leonie Jones *	W45	21:19
Damien Hanson	M50	21:22
John Dennehy	M45	22:00
Mike Hale	M60	22:26
John Dance	M55	23:17
Wendy Clements-Green *	W65	23:28
V3		23:30
Mike Anderson	M55	23:31
Mike Rhodes	M60	23:37
Jeff Spencer	M65	24:03
Genevieve Spiro *	W35	24:33
Maria Arora	W40	25:18
Christine Oldfield *	W60	25:56
Eldon George	M35	26:26
Pam Toohey	W60	28:57
Steve Toohey	M55	29:56
Linda Rhodes	W60	30:57
Shorty Turner *	M70	33:29

Lake Monger

October 14, 2007

Directors:

Dorothy and Jeff Whittam

WE would like to thank our helpers – Sheila, Lorna and John at finish; Noela & Gordon on drinks; Kathy, Liz, Jan, John, Mike, Mark, for marshalling and flag collection. Also, there's Lynne & Bob (equipment) Jacquie & Vic (morning tea) and Barrie (results).

Fortunately, the early 31 degrees forecast didn't materialise. It came a day early! A nice time to welcome Brigitte Sieger and Brian Martus to the club; they joined on the day.

The course.

After queries about the distance, next day it was re-measured with the wheel. One lap (start to finish) was within 20 meters of 4Km.

The second lap would add about 30 meters (finish to start). The course around the Lake is within 10 meters of 3.5Km.

We had more than 100 flags marking the course, plus arrows and six marshals; and there was a fairly comprehensive route explanation before the start. Yet some still went off course.

We apologise to those who found heaps of prunings on the course they followed. Our course fortunately didn't have them (they were done after we checked.)

We realise this is new ground to everyone. By and large it got the thumbs-up, so we hope to see you all there again next year.

We enjoyed setting it; sorry about the flies!

Dorothy & Jeff

* Indicates inaugural age-group record.

7K WALK

Lee Holliday *	M50	39:37
Peter Ryan *	M55	49:38
Ray Hall *	M70	50:32
Peter Hopper *	M60	50:33
Lorraine Lopes *	W65	51:02
John Frost	M70	51:07
Roger Walsh	M60	51:10
Kirt Johnson *	M75	57:48
Morris Warren	M70	57:49
Patricia Hopkins	W65	60:44
Margaret Warren *	W70	61:12
Ann Turner *	W70	61:12
Leo Hassam	M75	68:47

3.5K WALK

Lynne Schickert *	W65	25:33
Victor Ratana *	M70	28:56
Brian Martus	M70	29:17
Rosa Wallis *	W60	29:45
Alan Pomery *	M75	29:49
Brigitte Sieger *	W55	31:11
Pat Carr *	W75	31:31
Phyllis Farrell	W60	31:42
Maggie Flanders *	W70	31:46
Pat Miller	W65	33:37
Melinda Bate *	W40	36:34
Helen Klinge	W55	37:04

Mattagarup

BURSWOOD PARK

September 30, 2007

Director: Wayne Pantall

AN ideal morning this year saw a good field tackle the periphery of Mattagarup, in the 5km and 10km run and walk. Frank Usher celebrated his 84th birthday by shouting all a drink at the East Perth drink station. He was well assisted by a loyal band of selfless marshals and helpers around the course. We all thank you.

Wayne

WAYNE spent many hours reworking this course, which took us on an interesting and constantly changing route through the East Perth riverside. It's not an easy one to mark, but almost everybody managed to find their way. Three didn't; Brett Roach, Peter Sullivan and John Talbot ran a bit extra, so their times are accordingly a bit slower than normal.)

VW

5K RUN

Christopher Coates	M50	19:15
Les Presland	M65	19:20
Paul Burke	M35	19:44
Stephen Dunn	M40	20:39
Vis		20:40
Vis		20:55
Raymond Gimi	M40	21:22
Frank Gardiner	M55	21:23
Ivan Brown	M60	22:33
Robin King	W45	23:43
Margaret Saunders	W50	24:30
Leonie Jones	W45	24:45
Damien Hanson	M50	25:15
Michael Faunge	M65	26:06
Carol Bowman	W50	26:09
Mike Rhodes	M60	26:29
Mike Anderson	M55	26:56
Marg Forden	W65	27:14
Wendy Clements-Green	W65	27:41
Genevieve Spiro	W35	28:24
Arnold Jenkins	M60	28:25
Richard Danks	M65	28:30
Stan Lockwood	M75	28:40
Brett Roach	M35	31:20
Peter Sullivan	M45	32:22
Linda Rhodes	W60	32:58
Vic Beaumont	M75	32:58
Joan Pellier	W65	34:53
Jeni Shillington	W45	39:34

5K WALK

Lesley Romeo	W60	35:22
Kirt Johnson	M75	40:12
Patricia Hopkins	W65	41:15
Dorothy Whittam	W70	41:21
Margaret Warren	W70	43:20
Morris Warren	M70	43:51
Mitch Loly	M65	44:32
Pat Miller	W65	44:33
Charlie Chan	M55	45:01
Phyllis Farrell	W60	45:39
Norm Miller	M75	46:15

10K RUN

Patrick Smith	M40	38:15
John Allen	M45	40:02

Gary McLean	M40	40:40
David Willmer	M50	41:08
Jim Klinge	M60	41:31
Chris Maher	M50	42:24
Amanda Walker	W40	42:43
Michael Karra	M40	43:35
Ralph Henderson	M55	43:48
Vis		44:05
Frank Smith	M65	44:19
Vis		44:28
David Muir	M60	46:42
Bruce Mathieson	M60	46:43
Bob Schickert	M65	47:08
Peter Jackson	M55	47:23
Gary Fisher	M55	47:24
Vic Waters	M60	48:36
Johan Hagedoorn	M60	48:37
Sean Keane	M40	48:42
Vis		48:49
Troy Lundgren	M50	48:51
Jim Barnes	M60	49:02

Hamish McGlashan	M70	49:35
Irwin Barrett-Lennard	M75	49:57
Mark Rosen	M55	50:30
Nick Miletic	M55	50:45
Paul Martin	M65	50:56
Barry Jones	M50	51:02
Graham Thornton	M65	51:35
John Pellier	M65	52:09
Paula Karra	W35	52:45
Mike Khan	M60	53:10
Vis		53:14
Terry Humphrey	M55	53:59
Barb Humphrey	W55	54:17
Merv Jones	M65	58:39
Vis		60:31
John Talbot	M60	69:54
10K WALK		
Lynne Schickert	W65	74:50
Roger Walsh	M60	74:52
Jeff Whittam	M70	82:15
Alan Pomery	M75	92:57



Club stalwart Kirt Johnson went very well in the short Mattagarup walk.

9.5K RUN

Brett Roach	M35	34:41
Peter Sullivan	M45	37:17
Lachlan Marr	M45	38:18
Chris Frampton	M40	38:45
V7		39:17
John Pentecost	M45	39:37
John Allen	M50	40:37
Jim Klinge	M60	40:50
Eldon George	M35	42:36
Brian Danby	M55	42:54
Brian Bennett	M60	43:29
David Willmer	M50	43:56
V8		44:13
David Baird	M60	44:34
David Muir	M60	44:45
V2		45:14
Carl Ciccarelli	M45	45:28
V3		45:29
V1		45:40
Peter Jackson	M55	45:41
Mal Vernon	M50	45:49
Michael Karra	M40	46:14
Robin King	W45	46:59
Gary Fisher	M55	47:28
Frank Smith	M65	47:29
Gillian Young	W60	48:02
Johan Hagedoorn	M60	48:15
Debra Mayrhofer	W50	49:05
Shirley Bell	W55	49:25
Maurice Creagh	M60	49:40
Irwin Barrett-Lennard	M75	50:03
Paula Karra	W35	50:35
V5		50:44
Nick Miletic	M55	51:07
John Pellier	M65	52:35
Paul Martin	M65	53:20
John Ellard	M65	53:44
Jackie Halberg	W60	55:05
David Carr	M75	55:07
Michael Faunge	M65	55:27
John Dance	M55	56:02
Grace Hollin	W50	56:37
Merv Jones	M65	58:38
John Talbot	M60	59:19
Milton Mavrick	M50	60:34
Berni Scott	W45	61:39
Tanya Burke	W35	62:32
Jo Richardson	W55	68:20

4.8K RUN

Dirk Klicker	M30	17:39
Christopher Coates	M50	19:19

Wireless Hill

October 7, 2007

Directors:

Barry and Leonie Jones

Paul Burke	M35	19:45
Syd Beer	M60	20:21
Raymond Gimi	M40	21:41
Neil McRae	M55	21:42
John Mack	M65	23:33
Don Caplin	M65	23:35
John Brambley	M65	24:05
Ruth Jamieson	W45	24:09
Barb Humphrey	W55	25:33
Carol Bowman	W50	25:53
Damien Hanson	M50	26:31
Mike Rhodes	M60	27:20
Wendy Clements-Green	W65	27:33
Mike Anderson	M55	27:52
Mike Hale	M60	28:06
Arnold Jenkins	M60	30:56
Jeff Spencer	M65	30:57
Vic Beaumont	M75	31:52
Jane Stanbrook	W40	32:18
V10		32:46
V9		32:48
Genevieve Spiro	W35	32:58

Richard Harris	M70	33:18
Linda Rhodes	W60	34:22
Margaret Bennett	W65	35:42
Lee Holliday	M50	35:49
Maria Arora	W40	35:51
Kathy Burr	W65	38:52
Shorty Turner	M70	45:45

4.8K WALK

John Frost	M70	34:52
Lynne Schickert	W65	37:42
Peter Hooper	M60	37:49
Victor Ratana	M70	37:57
Lorraine Lopes	W65	39:55
Jeni Shillington	W50	39:56
Kirt Johnson	M75	41:03
Jeff Whittam	M70	41:04
Melinda Bate	W40	41:37
Dorothy Whittam	W70	42:16
Patricia Hopkins	W65	43:20
Mitch Loly	M65	44:14
Pat Ainsworth	W70	45:16
Ann Turner	W70	45:17
Maggie Flanders	W70	45:28
V4		46:23
Sheila Maslen	W65	47:55
Phyllis Farrell	W60	47:56
Pat Miller	W65	48:49
Norm Miller	M75	50:08
George Schaefer	M75	50:42
V6		50:43

Track and Field Meetings

* = Trophy event

Thursday - 6pm Coker Park

Tuesdays - 6pm UWA, McGilvray Oval

NOVEMBER

Thursday 8th; Tuesday 13th
300m; 800m; 200m; 3000 walk *; TJ;
javelin; discus
Thursday 15th; Tuesday 20th
100m *; 1500m r/w; 600m; 5000m r/w;
LJ; discus; hammer *
Thursday 22nd; Tuesday 27th
200m; 3000m r/w; 60m; 800m *; TJ *;
shot; javelin
Thursday 29th;
600m; 100m; 400m; 5000m *; LJ; discus;
wt throw

DECEMBER

Tuesday 4th;
600m; 100m; 400m; 5000m *; LJ; discus;
wt throw
Thursday 6th; Tuesday 11th
1500m *; 100m; 300m; 3000 r/w; TJ;
shot; javelin *
Thursday 13th; Tuesday 18th
800m; 60m; 3000 r/w; 200m *; LJ *;
hammer; javelin *

COMING EVENTS and helpers list

Track and Field See page 7

NOVEMBER 25

Gwelup Lake

Director: Richard Danks - 9355 1570

Carol Bowman, Wendy Clements-Green, Ian Cottin, Brian Hardy, Pat Hopkins, Helen & Jim Klinge, Ray Lawrence, Nick Miletic, Bob Sammells, David Scott, Roger Walsh

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

DECEMBER 2

Mosman Park

Directors: Paul & Sue Hughes - 9433 5737

Shirley Bell, Brian Bennett, Barry & Leonie Jones, Robin King, Paul Martin, Sheila Maslen, Peggy Macliver, Bernard & Maria Mangan, Karen & Peter March, Dave Roberts, Jeannette Tiveros

DECEMBER 9

Alderbury Park X/C

Director: Wayne Taylor - 9272 3705

Grace Hollin, Peter Hopper, Theresa Howe, Arnold Jenkins, Bob & Sue McNamara, Harry Oliver, John Pentecost, John Pressley, Frank Smith

DECEMBER 16

Perry Lakes

Director: John Bell - 9386 6975

Sue Bullen, Anne Jones, Terry Manford, Hamish McGlashen, Keith Miller, Graeme Neill, Ross Parker, Liz Tilmouth, Cecil Walkley, Claire Walkley, Mary Young

COURSE INFORMATION

See page 2

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Vetrun

The magazine of Masters Athletics WA

DECEMBER
2007
No. 405



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Merry Christmas and a Peaceful New Year - that's the seasonal wish to all members, family and friends from the club committee (and Vetrun!) Don't miss the Christmas Gift run on December 23 - the best fun run of the year!

Race directors retiring

IS Brian Bennett retiring, or just getting a pick-me-up from Doc Bell?

Below left, Ms Jacqueline, or I'll have you') Billington; and right, Brian's better half Margaret in great form during Sharks Run this year.



MANY thanks to long-term race directors Margaret and Brian Bennett (Bardon Bash) and Jacqueline Billington (Bassendean) for the work they have done, in varying weather conditions, to provide competition opportunities to so many people over the years.

Race directors make the Sunday events work. Please contact a committee member if you can volunteer to become a director.

BS



Ready for a 400m?

A Masters Athletics 400m handicap will again be part of this season's National Meet, on the afternoon of Saturday December 15. If you would like to be in the event please contact:

David Carr (9339 8289) davidcarr6@bigpond.com or Campbell Till 9448 6224 till-family@bigpond.com.

The full programme is on the Athletics WA website www.waathletics.org.au BS

ATHLETICS WA Drug-Free Track Classic

MARK Hamilton's M35 weight throw of 13.46 (Coker Park, Nov 1) is a pending State Record. Patron's Trophy T&F results – see P7.

GREAT MEMBERS' OFFERS – from Jan 1st

UNTIL the end of February, single club membership to the end of club financial year (31 March 2008) will cost just \$20.

Of this, \$7 of this goes to AMA. Joint metro fee for the period will be \$30, \$14 of which goes to AMA.

2008/09

From 1 March 2008, membership is offered for the MAWA 08/09 year – with no visitor payment required for the Sunday events and Tuesday and Thursday track and field. But the visitors sheet must be signed each time people taking this offer competes before 31 March 2008, and at T/F the normal

fee, currently \$3, must be paid.

Entry for the MAWA State T/F Championships will require payment of the \$10 temporary member fee for people who join under this offer from 1 March.

Bob Schickert (9330 3803 rchicke@bigpond.net.au) can supply a membership form; or go to the club website mastersathleticswa.org

Show this to a friend NOW! (Unfortunately there is no cash bonus to the recruiter.) BS

You write...

Vic,
After catching up with Henri Cortis last week at Perry Lakes in his

capacity as an Athletica official I was prompted to make some

investigations. Henri is currently on a long road of recuperation after a series of two knee operations.

Just prior to his injury he was in the form of his life during the

2005/6 season. A quick visit to www.mastersathletics.net revealed no less than three entries into world top ten rankings for 2006. I knew he was well accomplished but didn't realise just how high.

Hi Vic,

Club member John Dance has had a bad trot in recent months with an injury, forcing him to withdraw or not start. After your Hale Cross Country, I heard him say he'd never be able to make a name of himself, the way things are going. So I thought we should create a new class of legend - not all our legends are world champions or state winners etc - and seek your complicity as editor of Vetrin.

The new legend is of course the legend of John Dance. Whatever: if you like it, it could be fun to run it. As you know, he and his wife Elaine are great supporters of the club.

(Here's Richard's tribute: VW)

Profile - SEAN KEANE

by
Jim Barnes

SEAN was born in Kenya and schooled at Stoneyhurst College, Blackburn, UK. He works as a financial adviser and loves cricket and motorsports, in addition to running. Here he hopes to improve (don't we all?) and break 40 minutes for 10K and run a marathon. Plan is to run more quality kms in training, plus speedwork.

His favorite run is at Point Walter, and present PBs are 5k in 19mins and 10k in 44mins; half marathon 105mins.



Henri Cortis

The list is: # 2 for 800 metres in 2:17.4

6 for 1500 metres in 4:52.7
9 for 400 metres in 59.3

Recognition is a tad late but is well worthy of mention and we can only hope he makes a full comeback.

Cheers,
Campbell Till

A NEW LEGEND

John Dance is a marathon man

He runs with pride and glee
Sometimes he runs with wife Elaine
Sometimes he runs with me

From Ilkley to Port Kennedy
His name it grows apace
He speeds along the coastal dunes
By the Indian Sea

And forges through grass and orchids rare
In Vic Waters' Hale cross country
He wings it up the Kings Park hills
And flies down the descents

But how this lad became a legend
Was nought like many another
He goes to bed at half past eight
While others booze and dine out late
then dream of personal bests and more
in between the stream of snore.

John wins the lead with a good night's sleep
By four in t'morn, he's out the door.
Just catch him if you can,
John Dance, Master marathon man.

Richard Harris



Ivan Brown

PRESIDENT'S MESSAGE

AS we approach the end of 2007 it is a good time to plan ahead for your holidays in 2008, which could be combined with running events. In WA there will be athletics events at the Albany Masters' Games between 19-27 April 2008, including the Masters Mile and the Fallen Comrades Cross Country run.

After our own State Track and Field Championships are completed on the weekend of 15-16 March there will be the National Masters T&F Championships in Sydney. That's over the Easter weekend of 21-24 March, at the Blacktown Olympic Track.

Later in the year the Oceania Masters Athletics Championships will be held in Townsville, in August. The Oceania event will be incorporated into the well supported Townsville Running Festival which has been successful for many years.

A Merry Christmas to you all.

Ivan G. Brown

Run relays at Coker Park

TRACK athletes have been saying for some years that they never have an opportunity to practice relay running. Your chance is at hand!

On three successive Thursdays next February, in addition to the normal programme of races, there will be a 4x100 relay (February 7), 4x400 relay (February 21) and 4x800 relay (February 14).

Nationwide event

This is part of a nation-wide contest.

Our best results will be submitted to a national director and compared with those of fellow Masters athletes from other States.

Tuesday help needed

JOHN Oldfield has been running the Tuesday evening T&F meet for two seasons (October to March). For personal reasons he will need to hand this over next March.

To lighten the load, John says it's quite possible to break the job down into three sections, each carried out by a different person.

Equipment

One could look after equipment.

You would take it home and fetch to McGillivray each Tuesday. The kit goes into a small car easily. No throws or jumps equipment is involved, Damien Hansen looks after that.

ADMIN

Another member could look after admin, dealing

with all the paperwork (sign-in sheets, etc.) and results service. This entails putting results on computer, and emailing to competitors and Vetrin. This is presently handled by Christine Oldfield.

Race organisation

This entails ensuring track is ready for competition (barriers unlocked, track clear); race start, recording, lap scoring and timekeeping. There's usually plenty of willing helpers for these tasks.

You need to co-ordinate with other users of the grounds to ensure smooth running of events; and close-up barriers at the end of the evening.

If you can help to keep this meet running, from next March, please contact John.

Dates change for State Championships

Saturday March 15, 8am
main day's events

Sunday March 16, 8am
main day's events

All events except the
steeples will be at Ern
Clark Athletic Centre,
Coker Park, Cannington.

Sunday February 17,
steeples from 11.10 am
(subject to arrangement
with Athletics WA)

Thursday March 6, 7pm -
10k run. The 3000m event
programmed will not be
held.

Saturday March 8, 8am -
Pentathlon

Wednesday March 12, 5k
walk, time to be advised.

PICNIC - date change

THE Teddy Birds Picnic
event scheduled for
Sunday March 16 moves
to March 9. PLEASE
amend your race pro-
gramme.

ASSAULT ON THE GAMES

THE Australasian Masters
Games of 2007 were held in
Adelaide, during October, so
Laurie Collett (M76), Brian
Smith (M69) and my humble
self (M89) took our kayaks
2703 Kilometres across the
Nullarbor to give The Games
a bit of a nudge.

We all entered the 200
metres and 500 metres singles
kayak sprint as well as the
10K Marathon.

Laurie and Brian also
entered for the same distances
in the doubles kayak events.

Results

Laurie, three gold and three
silver medals

Brian, three silver and one
bronze

Me, three gold medals

A total of 13 medals, which
is not a bad effort for three old
blokes, I suppose.

A.L.

led by
Arthur Leggett

Arthur Leggett, left:
author, poet, runner,
walker, abseiler,
motorbiker, kayaker
and all-round good
bloke. (Watch for a
special effort when he
turns 90.)

Below, another great
bloke, Brian Smith.



Coming Events - notes to guide you

DECEMBER 23

Christmas Gift

From McCallum Park,
Victoria Park, along path past
Burswood and return. Very
informal, no timing. Many
people dress up in festive cos-
tumes to mark Christmas and
there are prizes for best out-
fits. 7.30am start.

Please bring a present
(value about \$5) if you wish
to take part in the 'random
swapping'!

DECEMBER 26

Boxing Day 6pm

Two courses, 1K and 2K,
and optional how many times
you go around. Relays could
be arranged. BYO barbecue
follows event.

DECEMBER 30

Canning Caper

Over Riverton Bridge,
along bike path and under
Shelley bridge, then out and
back on bike path. Handicap
event.

JANUARY 6

East Perth

Over, then under,
Causeway; take bike path
near Police HQ and
Gloucester Park. Up Nile St
hill, right at Trafalgar Rd,
right just before Claisebrook
and return via bike path and
Causeway. Short event turn is
at bottom of Nile St hill.

JANUARY 13

Ashfield

Under Tonkin Hwy and
follow bike path to 10K turn
near Tranby House. Take par-
ticular care along footpath of
Swan View Tce.

JANUARY 20

Pt Walter

Bike path to Troy Park and
return. About 500m before
from start/finish long event
takes brick path up hill.
Follow path to Blackwall
Reach and return, down brick
path then left to finish. Watch
out for bikes on winding sec-
tion after crossing Pt Walter
Rd.



Pam Toohey

Happy Birthday December Masters!

Ainsworth	Graham	M50	Keeley	Julie	W40
Antoniolli	Rob	M55	Khan	Mike	M60
Bailey	Nick	M60	Letham	Saskia	W35
Barrett	Geoff	M45	Lundgren	Troy	M55
Barrie	Steve	M70	Millard	Val	W60
Beaumont	Vic	M75	Moffett	Dalton	M75
Carlton	Geraldine	W40	Pattinson	Chris	W50
Charlton	David	M55	Penton	Kath	W65
Ellard	John	M65	Russell	John	M75
Frearson	Don	M85	Schaefer	George	M75
Gardiner	Frank	M55	Slinger	Barrie	M65
Hamilton	Bev	W60	Staunton	Matt	M30
Harris	Richard	M70	Thurlow	Alan	M50
Holliday	Lee	M50	Toohey	Pam	W60
Hughes	Sue	W55	Wallis	Rosa	W60
Humphrey	Terry	M55	Wills	Carolyn	W35

New Members - Welcome!

750 FROUDIST Michele W45
751 SHEEHAN Danny M50
752 LE PAGE Guy M40
753 SUMMERSCALES Chris
M55

WA Sportswomen of the Year awards

THE committee nominated
Peggy Macliver for the
Wendy Ey Masters award but
even with her outstanding
achievements over the year
Peggy did not win.
Congratulations Peggy on
your nomination - you are a
very worthy nominee.

BS

THE 30th running of this event was celebrated by 110 members who reportedly enjoyed the 'special morning tea' provided by the club and organised by Vic and Jackie Beaumont and Penny Brown. The weather was brilliant and many members saw the kangaroos on Herrison Island as well as a pod of dolphins in the river. My thanks to Jim Barnes for bringing John Gilmour along to speak of the club's origins and the debt we owe to Cliff Bould and others who started the club. Our regular gatekeepers were Phylis Farrell and Mary Heppell while Tek Lim and Jane Elton directed runners. Water was organised by Bert and Bridget Carse and Raymond

5.2K RUN

Brett Roach	M35	21:30
Bjorn Dybdahl	M50	21:32
John Pentecost	M45	21:33
Gary McLean	M40	22:19
Syd Beer	M60	22:22
Barry Jones	M50	25:03
Don Caplin	M65	25:12
Margaret Saunders	W50	25:40
Helen Lysaght	W55	25:46
David Baird	M60	26:20
Leonie Jones	W45	27:37
Bob Sammells	M70	28:55
Wendy Clements-Green	W65	29:38
Arnold Jenkins	M60	30:48
Richard Danks	M65	31:20
Jan Jarvis	W60	37:08
Steve Toohey	M55	37:13
Linda Rhodes	W60	38:07
Roma Barnett	W55	38:24
Ray Lawrence	M75	38:46

Cliff Bould Handicap

October 28, 2007

Director: Ivan Brown

Gimi. The handicap trophy went to a new member (invariably the outcome) Michele Froudish, who is the niece of Ron Spencer. My thanks also to club handicapper Mike Rhodes and Jeff Whittam who organised the walk handicaps.

Ivan Brown

Jo Richardson	W55	38:47
Margaret Bennett	W65	39:42
Julie Wood	W55	39:43
Pierre Viala	M60	39:47
Pam Toohey	W60	40:11
Elaine Dance	W55	40:15
Shorty Turner	M70	41:49
Ron Spencer	M65	51:09

5.2K Walk

Mike Hale	M60	43:05	Hcp	8:54
Margaret Warren	W70	50:16		5:36
Melinda Bate	W40	50:34		7:06
Morris Warren	M70	51:19		8:12
Roger Walsh	M60	51:40		13:12
George Schaefer	M75	51:42		0:00
Lorraine Lopes	W65	51:49		13:18
Keith Atkinson	M50	51:49	Nh	
V1		51:51	Nh	
Michele Mison	W60	52:05		16:24
Sylvia Szabo	W50	52:14		0:00



Mike Hale: we're more used to seeing him like this, but he ambushed the walkers at Cliff Bould's event.

V2		52:16	Nh
Debbie Wolfenden	W40	52:33	7:48
Ray Hall	M70	52:34	15:24
Lorna Lauchlan	W75	52:44	7:48



Neil Morfitt, one of the most stylish Masters runners

5.4K RUN

Neil Morfitt	M50	22:21
Raymond Gimi	M40	23:47
Margaret Saunders	W50	26:15
Mike Anderson	M55	29:37
Wendy Clements-Green	W65	30:41
Christine Oldfield	W60	31:43
Ivan Brown	M60	34:08
Bridget Carse	W60	34:35
Ray Lawrence	M75	39:55

Recovery Run

November 18, 2007

Director: Frank Gardner

7K RUN

Brett Roach	M35	24:59
Peter Sullivan	M45	26:32
John Pentecost	M45	27:36
Paul Burke	M35	28:01
Bert Carse	M65	29:27
Brian Bennett	M60	30:24
David Baird	M60	30:38
Eldon George	M35	31:32
Mal Vernon	M50	31:35
Robin King	W45	31:58
Bob Schickert	M65	32:28
Bruce Mathieson	M60	32:37
Johan Hagedoorn	M60	32:46
V3		34:07
V2		34:08
Maurice Creagh	M60	34:10
Irwin Barrett-Lennard	M75	34:40
Shirley Bell	W55	34:55
Peter Jackson	M55	34:56
Jim Barnes	M60	36:06
David Carr	M75	36:10
Ray Attwell	M70	36:23
Anne Jones	W50	36:38
Roger Walsh	M60	36:52
Terry Manford	M65	37:14
Michele Froudish	W45	37:16
Peggy Macliver	W60	37:53

Frank Gardner:
in charge of
hangover
relief down
by the
riverside.



Bob Sammells	M70	38:17
Grace Hollin	W50	39:04
John Talbot	M60	40:05
Merv Jones	M65	40:17
Richard Danks	M65	41:13
Berni Scott	W45	41:17
V1		41:49
Arnold Jenkins	M60	41:49
Margaret Warren	W70	52:54
Margaret Bennett	W65	53:26
Jeni Shillington	W50	53:27
Mary Heppell	W70	55:51
Sheila Maslen	W65	55:51

5.4K WALK

Ray Hall	M70	39:18
Melinda Bate	W40	44:14
Lynne Schickert	W65	44:15
Peter Kennedy	M85	51:46
Morris Warren	M70	52:12

7K WALK

Jeff Whittam	W40	56:47
Patricia Hopkins	W65	60:47
Lorraine Lopes	W65	61:15
Pat Ainsworth	W70	61:16

THIS was the first 7.30am run of the summer. As far as we know, it caught out only a couple of members – one helper and one runner. The combination of the earlier start and daylight saving meant that we had to start laying the course in the dark but it suited the participants (around ninety in all) by ensuring that they didn't become too hot.

We had a full complement of helpers and our thanks go (in no particular order) to Bjorn and Brett (at last someone else got a chance to come in at the front!), Pat, Debbie, Fenella, Sylvia, Alan, Arthur, Bruce, Terry and Jim. Kirt, who was not officially down to help, again organised the 2km water station, almost outside his front door. A brilliant job was done by all of them and contributed to

Garvey Gallop

4th November, 2007

Directors: John and
Christine Oldfield

everyone's enjoyment of the course. Thanks also to Bob who, each week, brings along the big clock, the printer watch and the loud hailer and trains the novices in their operation.

Congratulations to the podium finishers in all eight categories - too numerous to mention in this report.

JO & CO

10K RUN

Jim Langford	M60	38:43
John Pentacost	M45	39:35
Gary McLean	M40	40:30
John Allen	M50	41:17
Doug Ashfield	M50	42:50
Michael Karra	M40	43:23
David Baird	M60	43:34
Neil McRae	M55	44:56
Bob Schickert	M65	45:53
Karen March	W45	46:21
Johan Hagedoorn	M60	47:22
Gillian Young	W60	47:31
Maurice Creagh	M60	47:33
Peter March	M45	47:34
Helen Lysaght	W55	48:25
Peter Jackson	M55	48:27
Bryan Hardy	M60	40:01
Victor Ratana	M70	49:24
John Mack	M65	49:44
Nick Miletic	M55	49:50
Paul Martin	M65	50:59
John Pellier	M65	51:26
Katy Bannister	W40	51:35
Carol Bowman	W50	52:19
Terry Humphrey	M55	52:46
John Ellard	M65	53:00
Barb Humphrey	W55	54:21
Michele Froudast	W45	54:24
Christine Engels	W50	55:54
John Dance	M55	55:55
Grace Hollin	W50	56:19
John Smith	M70	56:50
Michael Faunge	M65	56:54
John Talbot	M60	58:52
Berni Scott	W45	59:40
Brian Martus	M70	62:04
Alan Thorniley	M50	64:37
Arnold Jenkins	M60	64:38
Mike Hale	M60	65:07
Denise Viala	W55	65:38
Brian Smith	M65	65:29
Richard Harris	M70	68:13
Jo Richardson	W55	71:05

5K RUN

David Willmer	M50	23:32
Paul Burke	M35	24:08
Jim Klinge	M60	24:47
Syd Beer	M60	26:02
Stephen Dunn	M40	26:49
Margaret Langford	W60	29:17
Margaret Saunders	W50	29:36
Barbara Blurton	W55	29:43
John Brambley	M65	30:15
Keith Atkinson	M50	30:50
Richard Blurton	M55	30:58



David Willmer, 5K winner of the Gallop

Mike Anderson	M55	33:08
Mike Khan	M60	33:09
Wendy Clements-Green	W65	34:06
Bob Sammells	M70	34:38
Mike Rhodes	M60	35:57
Tanya Burke	W35	36:17
Linda Rhodes	W60	42:39
Julie Wood	W55	42:40
Sheila Maslen	W65	42:40
Elaine Dance	W55	42:41
Margaret Warren	W70	43:12
V2		44:16
Joan Pellier	W65	46:13
Ray Lawrence	M75	49:28

10K WALK

Michele Mison	W60	68:40
Lynne Schickert	W65	74:28
Jeni Shillington	W50	80:23
Jeff Whittam	M70	80:28
Morris Warren	M70	82:39

5K WALK

Lesley Romeo	W60	43:54
Ray Hall	M70	48:22
Dorothy Whittam	W70	49:45
Patricia Hopkins	W65	49:48
Melinda Bate	W40	49:59
Lorna Lauchlan	W75	51:21
Rosa Wallis	W60	55:00
Bob Fergie	M70	55:00
Maggie Flanders	W70	55:42
Leo Hassam	M75	55:43
Brigitte Sieger	W55	58:35
Phyllis Farrell	W60	60:43
?	?	60:49
?	?	60:50
Pat Miller	W65	71:00
Merv Moyle	M80	71:00



The Oldfields, finishing at this year's
Canning Caper.

Safety Bay

November 11, 2007

Directors: Pam and Steve
Toohey

WE had 67 runners and walkers turn out for our annual run, once again we had beautiful weather and many enjoyed a swim after - despite reports of a white pointer in the area. We had a reasonable number of visitors notwithstanding the fact there was a fun run in the same area.

The sausage sizzle was a success raising \$100 for the MAKE A WISH FOUNDATION, thanks to kind donations from Woolworths Rockingham and Warnbro and Coles Rockingham.

We would like to thank all our helpers: Geoff Barrett, John, Elaine and Debbie Dance, John and Elaine Ellard, Ray Atwell, Ray Hall, Mitch Loly - and Vic Beaumont, who volunteered on the day.

See you all again next year

Pam and Steve

10K RUN

Jim Klinge	M60	41:31
Syd Parke	M55	44:18
V1		44:31
David Baird	M60	44:37
Brian Bennett	M60	46:42
Karen March	W45	46:57
V5		46:59
Bruce Mathieson	M60	47:08
Martin Watkins	M60	47:26
Gillian Young	W60	47:49
V6		48:15
Sean Keane	M40	48:49
Peter March	M45	49:00
Johan Hagedoorn	M60	49:27
Maurice Creagh	M60	49:46
Nick Miletic	M55	50:04
Helen Lysaght	W55	50:10
V2		50:24
V4		50:48
V7		52:46
John Brambley	M65	53:37
David Carr	M75	53:53
Jim Barnes	M60	53:57
Keith Atkinson	M50	54:21
Graham Ainsworth	M50	55:19
Graham Thornton	M65	56:38

WHAT an amazing place is Lake Gwelup. Perhaps because it's not a thoroughfare and no-one who visits the lake is actually going anywhere. Never in a hurry, people walk at a casual pace and soak up the tranquillity and peacefulness of the lake. Even the dogs whisper when they bark.

It was this relaxed atmosphere that greeted around 60 runners and walkers. The weather was perfect for running, cool with just a hint of refreshing breeze. The undulating course was never boring, providing a variety of surfaces.

Winner

The 10K run was won easily by a visitor. I commented to him that it was a pity that Brett Roach wasn't here as they would have had a close race. He said they do know each other and have the same trainer - and gracefully added Brett would have the edge on him.

The team of willing helpers ensured everything ran smoothly, making it an enjoyable and successful race. I'm sure all runners and walkers join with me in thanking the following helpers: Carol Bowman, Wendy Clements-Green, Ian

Jackie Halberg	W60	56:46
Bob Sammells	W40	56:55
Karin Peacock	W35	57:23
Brian Smith	M65	60:07
V3		63:25
Denise Viala	W55	63:54
Shorty Turner	M70	85:50

5K RUN

Vis		20:47
Ivan Brown	M60	22:26
Barry Jones	M50	23:56
Margaret Saunders	W50	23:56
Carol Bowman	W50	25:25
Leonie Jones	W45	25:46
Roger Walsh	M60	25:56
Jeff Spencer	M65	33:20
Pierre Viala	M60	34:53
Julie Wood	W55	34:54
Jan Jarvis	W60	34:57
Sheila Maslen	W65	35:15
Margaret Warren	W70	35:34
Margaret Bennett	W65	36:07
Mary Heppell	W70	37:20
Gordon Medcalf	M75	52:45

10K WALK

Michele Mison	W60	71:23
Lorraine Lopes	W65	83:34

5K WALK

Jeff Whittam	M70	40:40
Morris Warren	M70	41:52
Dorothy Whittam	W70	42:06
V9		43:39
V7		43:39
Pat Ainsworth	W70	45:27
Ann Turner	W70	45:27
Noela Medcalf	W70	45:42
Phyllis Farrell	W60	49:32
Pat Miller	W65	49:32
Merv Moyle	M80	55:51
V10		73:05
V11		73:06

November 25, 2007

Gwelup Lake

Director Richard Danks



New
director
Richard
Danks

Cottin, Brian Hardy, Pat Hopkins, Helen and Jim Klinge, Ray Lawrence, Nick Miletic, Bob Sammells, David Scott and Roger Walsh.

May I also take the opportunity to thank the Committee members, Bob, Ivan and others who regularly arrive early to set up the clock etc and ensure everything is running smoothly. A big thank you to all.

Richard Danks



Doug Ashfield, first Master in the 9.1K

9.1K RUN

V2		33:36
Doug Ashfield	M50	37:11
Ralph Henderson	M55	37:35
Brian Danby	M55	40:10
Karen March	W45	41:12
Peter March	M45	41:13
Mal Vernon	M50	41:31
Ivan Brown	M60	41:44
Gillian Young	W60	41:49
Bob Schickert	M65	42:31
Sean Keane	M40	42:35
Bruce Mathieson	M60	42:38
Martin Watkins	M60	42:47
V1		43:45
John Oldfield	M60	44:21
David Willmer	M50	45:07
Irwin Barrett-Lennard	M75	45:11
Terry Manford	M65	47:20
Troy Lundgren	M55	47:28
Michele Froudust	W45	48:33
Michael Faunge	M65	49:50
Merv Jones	M65	52:02
Graham Thornton	M65	55:59
Arnold Jenkins	M60	57:07
Margaret Warren	W70	66:46

9.1K WALK

Mike Rhodes	M60	61:44
Michele Mison	W60	63:00



Ian Davies, back where he belongs, heading the short runs.

4.9K RUN

Ian Davies	M60	18:22
V3		20:35
Paul Hughes	M55	20:36
Blakeney Tindall	M45	22:17
Maurice Creagh	M60	22:34
Paul Martin	M65	23:31
John Mack	M65	23:34
Hamish McGlashan	M70	23:36
John Brambley	M65	23:39
Shirley Bell	W55	23:51
Margaret Langford	W60	24:27
Graham Ainsworth	M50	24:56
Delia Baldock	W45	24:58
Mike Anderson	M55	26:13
John Dance	M55	26:43
Theresa Howe	W55	28:01
Christine Oldfield	W60	28:25
Berni Scott	W45	28:37
Dalton Moffett	M75	32:48
Sheila Maslen	W65	34:38
Joan Pellier	W65	35:09
Mary Heppell	W70	37:44



Lynne Schickert, 4.9K walk winner

4.9K WALK

Lynne Schickert	W65	37:05
Jeff Whittam	M70	38:39
Bob Fergie	M70	39:12
Kirt Johnson	M75	39:13
Ann Turner	W70	44:44
Pat Ainsworth	W70	44:45
Rosa Wallis	W60	45:20
Maggie Flanders	W70	45:21
Norm Miller	M75	46:25
Pat Miller	W65	49:18
Phyllis Farrell	W60	49:19
Morris Warren	M70	51:08

TRACK & FIELD

Patron's Trophy UWA

6 November 2007

400M

Matt Baker	M40	57.3
Campbell Till	M50	59.1
Alan Gower	M50	61.6
Duncan McAuley	M55	62.9

Paul Burke	M35	65.3
Keith Edmonds	M40	68.9
Peter Gare	M65	70.8
Mark Speechley	Vis	70.8

Matt Staunton	M30	64.2
Chris Ehlers	M45	67.6
John Collier	M40	67.6
Bruce Wilson	M60	70.3

Toni Phillips	W35	70.8
Gary Ogden	M45	72.3
Ivan Brown	M60	80.1
Karyn Gower	W45	87.3
Nick Miletic	M55	89.1
Carol Bowman	W50	90.5

SHOT

Matt Staunton	M30	11.49
Rocky Cloete	Vis	10.31
Gary Ogden	M45	7.54
Peter Hopper	M60	7.93
Bruce Wilson	M60	5.74
Jeff Whittam	M70	6.69
Dorothy Whittam	W70	6.47
Bob Fergie	M70	8.46
Rae McMillan	W75	6.65
Toni Phillips	W35	6.93
Karyn Gower	W45	4.53
Alan Gower	M50	6.43
Campbell Till	M50	6.86

13 November, 2007

3000M WALK

Robin King	W45	16:11.8
Eldon George	M35	19:52.7
Peter Hopper	M60	20:53.9
Jeff Whittam	M70	23:12.3
Dorothy Whittam	W70	23:43.8

20 November, 2007

100M

Garry Ralston	M50	12.2
Matt Staunton	M30	12.5
Campbell Till	M50	13.0
Matt Baker	M40	13.4
Nick Miletic	M55	15.5

Paul Burke	M35	13.4
Keith Martin	M60	14.8
Duncan McAuley	M55	14.8
Bjorn Dybdahl	M50	14.8
Chris Ehlers	M45	16.8

Alan Gower	M50	14.2
Toni Phillips	W35	14.5
Bob Schickert	M65	15.9

Peggy Macliver	W60	16.6
Ross Calnan	M65	17.9
Gary Ogden	M45	15.7
Ivan Brown	M60	17.9
Debbie Wolfenden	W40	17.9
Carol Bowman	W50	18.6
Christine Oldfield	W60	20.9
Lynne Schickert	W65	23.9

HAMMER

Toni Phillips	W35	12.95
Matt Staunton	M30	38.31
Jeff Whittam	M70	22.19
Dorothy Whittam	W70	18.95

Patron's Trophy Coker Park

October 25, 2007

* pending State record

10,000M

Brett Roach	M38	36:58.5	74.25
David Solomon	M43	37:31.5	75.95
Doug Ashfield	M50	41:57.2	71.76
Robin King	W49	45:53.2	73.64
*Gillian Young	W60	47:44.4	82.51
Maurice Creagh	M61	48:06.6	68.66
David Carr	M75	49:34.6	78.02
Carol Bowman	W52	54:18.7	64.72
Merv Jones	M68	57:44.5	60.98

November 1, 2007

400M - POINTS EVENT

Toni Phillips	W35	72.6	68.44
Peggy Macliver	W63	79.0	82.88
Carol Bowman	W52	88.2	67.19
Christine Oldfield	W62	1:41.5	63.95
Lynne Schickert	W66	2:00.4	56.18

John Dennehy	M48	70.0	69.78
David Carr	M75	71.0	91.55
Bob Schickert	M66	71.5	77.45
Delia Baldock	W45	73.8	74.98
Maurice Creagh	M61	1:32.3	57.64

Chris Neale	M38	57.0	79.82
Colin Smith	M44	57.3	82.92
Bjorn Dybdahl	M54	66.8	76.14
Gillian Young	W60	83.0	76.88

Nick Miletic	M56	87.8	58.69
Karen March	W46	89.7	62.30

SHOT

Mark Hamilton	M37	11.91	52.07
Chris Neale	M38	9.00	39.55
Bjorn Dybdahl	M54	7.02	37.84
Tom Lenane	M51	6.75	34.16
Peggy Macliver	W63	6.66	52.69
Toni Phillips	W35	6.55	30.56
David Carr	M75	6.32	41.12
Bob Schickert	M65	6.05	39.78
Colin Smith	M44	5.66	26.80
Gillian Young	W60	5.46	40.49
Carol Bowman	W52	5.32	33.80
Lynne Schickert	W66	5.24	44.44
Christine Oldfield	W62	3.56	27.55
Deb Wolfenden	W44	9.80	15.04

November 8, 2007

3000M WALK

Tom Lenane	M51	19:47.9	61.37
Peggy Macliver	W63	21:30.6	69.13
Eldon George	M38	21:30.7	50.85
Chris Neale	M38	23:27.4	46.63
Deb Wolfenden	W44	31:06.9	39.92

November 15, 2007

100M

Chris Neale	M38	12.6	80.23
Colin Smith	M44	14.5	72.72
Peter March	M48	16.1	67.28
David Carr	M75	18.9	69.84
Merv Jones	M68	19.6	62.63

Tom Lenane	M51	15.3	72.22
John Dennehy	M48	15.5	69.88
Delia Baldock	W45	16.2	71.79
Peggy Macliver	W63	16.4	84.89

Bob Schickert	M66	16.3	74.43
Gillian Young	W60	17.1	79.22
Carol Bowman	W53	18.9	66.89

Jacqui Sanders	W41	17.4	63.86
Karen March	W46	19.0	61.85
Lynne Schickert	W66	24.7	57.93

HAMMER

Mark Hamilton	M37	35.05	41.64
Bev Hamilton	W61	18.60	37.68
David Carr	M75	16.81	36.34
Merv Jones	M68	13.12	25.97
Carol Bowman	W53	8.50	14.59

Track and Field Meetings

* = Trophy event

Thursday - 6pm Coker Park

Tuesdays - 6pm UWA, McGilvray Oval

DECEMBER

Tuesday 4th;
600m; 100m; 400m; 5000m *; LJ;
discus; wt throw

Thursday 6th; Tuesday 11th
1500m *; 100m; 300m; 3000 r/w; TJ;
shot; javelin *

Thursday 13th; Tuesday 18th
800m; 60m; 3000 r/w; 200m *; LJ *;
hammer; javelin *

Thursday 20th
400m; 1 mile; 60m *; 5000 r/w; TJ *;
shot; discus

JANUARY

Thursday 3rd; Tuesday 8th
100m; 800m; 200m; 3000 r/w; LJ; wt throw;
javelin

Thursday 10th; Tuesday 15th
600m; 100m; 400; 5000 r/w; TJ; hammer; shot

Thursday 17th; Tuesday 22nd
Pentathlon + 60m, 2000m; also 200m, 800m,
1500r/w, LJ, javelin, discus

Thursday 24th; Tuesday 29th
100m; 1000m; 400; 3000 r/w; TJ; hammer; shot

Thursday 31st
1 mile; 100m; 600m; 3000 r/w; LJ; javelin; shot

COMING EVENTS and helpers list

Track and Field See page 7

DECEMBER 23

Christmas Gift

Directors:

Lynne Schickert - 9330 3803 and
Val Millard

DECEMBER 26

Boxing Day

Director: Barrie Thomsett - 9440
3820

Arnold Jenkins, Stephen Dunn,
Brian Hardy

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

DECEMBER 30

Canning Caper

Director: Keith Atkinson - 9313
1669

Chris Coates, Phyllis Farrell, Gary
Fisher, Frank Gardiner, Richard
Harris, Brian Hunter, Val Millard,
Mike Polkinghorne, Peter
Sullivan, Cecil Walkley, Claire
Walkley

JANUARY 6

East Perth

Directors: Jill Midolo & David
Brown - 9381 5565

Shirley Bell, Kay Burt, Richard
Danks, Jackie Halberg, Ralph
Henderson, Jan Jarvis, Stan
Lockwood, Lorna Lauchlan, Bob
& Su McNamara, Harry Oliver,
Dalton Moffett, Mark
Rosen, Mark Sivyver, Rhod Wright,
Gillian Young

JANUARY 13

Ashfield

Directors: Denise & Pierre Viala
- 9307 1249

Graham Ainsworth, Pat
Ainsworth, Brian Bennett,
Johan Hagerdoorn & Julie
Wood, Kurt Johnson, Lorraine
Lopes, Norm & Pat Miller,
Dalton Moffett, Brian & Pam
Smith, Alan Thornily, Ann &
Shorty Turner

JANUARY 20

Point Walter

Director: Dave Roberts -
9472 0039

Maree Creighton, Gary Fisher,
Mick & Chris Hanretty, Paul &
Sue Hughes, Robin King, Paul
Martin, David Muir, Rob
Sheehy

COURSE INFO

See page 3

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