

Vetr run

The magazine of Masters Athletics WA

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Enter Easter Nationals ONLINE

ONLINE entry form is now up and running. If you entered online for Adelaide you should find this much more user-friendly as it has been designed specifically for us by one of the NSW members.

Go to the AMA website – australianmastersathletics.org.au and you will find a button labelled online entry.

I would encourage you all to use this method of entry as it does eliminate human error in processing. You will receive an automatic confirmation.

Hope to receive your entry soon. Remember there are no late entries!

Barbara Blurton

T&F starts remain 6pm

AFTER surveying members who attend club track nights, the committee has considered the results decided that start times at UWA on Tuesdays and ECAC on Thursdays will remain at 6pm.

Exception

On Thursdays March 25 and April 15 only, start time of ALL events will be delayed until 6.15pm due to another booking at ECAC on those days.

Championships

When the AMA Championships are held this Easter in Perth our own meetings will NOT be held on the Thursdays 1 April and 8 April.

Descriptions?

LACK of space means we have omitted some course descriptions this month.

Sorry – just do as usual, follow the leader!

Throwers age-graded competition

IN January there's an age-graded competition for throwing events (as last year) with certificates of performance awarded to people making all five throws.

Dates are – Thursday at ECAC:

7 Jan	weight throw + javelin
14 Jan	hammer + shot
28 Jan	discus

At UWA – Tuesdays:

12 Jan	weight throw + javelin
19 Jan	shot
2 Feb	discus

This is a club event providing practice and preparation for the National relay competition at ECAC in February.

Relay events will be discus, hammer and shot on 11, 18, 25 February respectively, with three people making a team.

Please see John Oldfield or Barbara Blurton to sign up for the relays during January.

PATRONS' TROPHY RESULTS



Sunday runs, like this one at Perry Lakes, remain integral to the training regime that brings David Carr such track success.

Peggy and David win again

PEGGY Macliver and David Carr proved once more that they are the club's two most outstanding all-round athletes by winning the Patron's Trophy yet again. It was Peggy's 12th title and even David has lost count of how many times he has held the trophy aloft.

Peggy's victory was clinched with two weeks still to go, but David was pushed further by a sterling chase from 2008 winner Campbell Till and also Alan Gower, clinching the title only on the last Thursday at Coker Park.

John Oldfield

(For a fuller, chronological report on how the trophy was won, go to John Oldfield's T&F newsletter, which is available from him by email.)

Final points totals:

Peggy Macliver	809.97	David Carr	772.04
Sarah Ladwig	602.60	Campbell Till	745.25
Christine Oldfield	601.34	Alan Gower	736.24
Lynne Schickert	596.14	Colin Smith	675.47
Carol Bowman	580.10	Bob Schickert	652.07
		John Oldfield	628.05
		Ivan Brown	623.86
		Kim Thomas	609.76
		Nick Miletic	584.08
		Maurice Creagh	580.65
		Grant Schofield	562.80
		John Dennehy	555.05
		Peter Hopper	550.62
		Rob Antonioli	351.72

Is your chest bare?

WHY not fill it with a new cloth number? This can be arranged: cost \$4. Contact Bob Schickert rschicke@bigpond.net.au or 9330 3803 before 31 January.

You write...

SUPER updates in Vetrun news.

The efforts of all concerned is much appreciated.

Sylvia (Byers)

Greetings Vic!

THANK you for the couple of paragraphs in Vetrun titled "Vale Eileen Leggett". They are greatly appreciated by my family and myself.

Incidentally I returned home, after a hip replacement, last Wednesday (2/12/09) so I'll see you in the coming year.

Wishing you an enjoyable Christmas.

Arthur

VETRUN EXTRA

More medical gems from John

ALL you need or want to know about knees is up on the club website, courtesy of John Bell. He's also been seeking some worthwhile websites, and has placed some of Dr John Tickell's observations on our site. It's all in Vetrun Extra. You can't afford to miss it if you want to stay fit and well!

Resolutions?

THERE'S also some guidance on how to keep your health and fitness promises this year.



Kerriann Bresser



Rochelle Airey

Time is on your side

ANOTHER year gone and goodbye to the noughties. That's good, because it's probably the most appalling collective noun of all time. We can now return to the unsullied word, spelled correctly – noughties – an entrancing suggestion of forbidden delights.

But I digress.

Don't mourn the passing of another year, even though they seem to be accelerating past as you go ever slower. Instead, be inspired by our older members who are setting new records.

Peggy, Cecil, David and Irwin are taking improved performances into the upper age groups. They have stayed fitter and healthier than their predecessors and are better able to challenge past athletes performances. Even records set by the great John Gilmour in his later years are vulnerable.

What about us?

Most of our members are



My View...

by

Vic Waters

not record-breakers...or are we?

I suggest that on average the Masters member is hugely healthier and fitter than non-sporting people.

Over the 20 years since I joined the Vets/Masters the grim reaper has scythed up very few of us. I haven't kept score, but I'd guess less than one person a year has died, out of a regular 400 or so active members.

And if you still hanker for personal glory and records, there's plenty of time. Bear in mind the words of one of our 90-year old members "If I can't beat them, I'll outlive them."

How to meet the \$5 limit

DID you have trouble finding a Christmas gift for under a fiver?

Here's a tip for next year. Give money. A \$5 note is easy to wrap, and always welcome, if it doesn't blow away.

Another good wheeze is to buy a large bottle of scotch, gin, cognac – whatever you prefer. Drink it, leaving about two fingers in the bottom. Wrap it tight and watch the scramble, especially if it's a distinctive shape – like Hennessy XO.

Last year was embarrassing. Nobody wanted the mug I brought, wrapped so badly it looked like a dosser's discard. This year was an all-time high though: many thanks to whoever made the Grand Marnier marmalade and Strawberry and Champagne jam. That was well-worth a fiver!

Happy Birthday – all JANUARY Members!

Airey	Rochelle	W40	MacLennan	Lorraine	W45
Adrich	Alison	W65	Maslen	Sheila	W70
Attwell	Ray	M70	McCabe	Wal	M75
Barnes	Jim	M65	Metham	Russell	M35
Beckham	Les	M75	Miller	Keith	M60
Blurton	Richard	M60	Muir	David	M65
Bresser	Kerriann	W40	Parker	Ross	M60
Brooker	Andrew	M40	Ryan	Peter	M60
Choate	Lynne	W55	Bob	Bob	M70
Edmonds	Gill	W45	Shillinglaw	Loretta	W65
Farr	Trisha	W35	Smith	Colin	M45
Gallagher	Ian	M55	Smith	Les	M50
Hindle	Eileen	W60	Taylor	Allan	M65
Hopper	Peter	M65	Thomas	Corey	M30
Hossack	Steve	M45	Thomas	Kim	M35
Humphrey	Barb	W55	Tindall	Blakeney	M45
Hurring	Dianna	W35	Toohey	Steve	M60
Hynds	Kevin	M40	Turner	Ann	W70
Jones	Diane	W60	Wyatt	Gay	W55
Langford	Ross	M30	Young	Melissa	W30
Lopes	Lorraine	W70	Zlnay	Sue	W50
MacLennan	Iain	M50			

Grumpy? Yes, and itchy too!

THIS month – labels – scratchy, itchy labels.

I have one, new, bestest-most-favourite tee-shirt (from Galleries Lafayette, bought en Paris, of course.)

Its label doesn't scratch.

How clever must you be, to realise that non-scratch labels won't need to be razored out?

Isn't that a better ad for your tatty rag than tell-tale holes in the back?

"Oh yeah, look, he shops at (Target, Myer, any of them) – you can tell by the hole at the back, where the label used to be."

Mind, even the frogs aren't perfect. No washing instructions on my new, bestest tee-shirt. Just a label that says – 'Keep away from fire.'

So – how far away? Alright, don't lay it across the coals.

If I walk into a boiler room, will it burst into flames? What if I want to just check the burnt offering on the barbie? Towering inferno time?



Keep your shorts on

HERE'S another sartorial tip: keep your coloured shorts alive.

Sew 'em, elasticate them, replace the inners – for they're an endangered species.

Being a flamboyant bloke, I have searched Europe, Australia and UK for a colour that isn't black or navy blue. Nix. One Adelaide shop-dummy said "If people asked for them we'd stock them."

Well I asked. But it's cobblers. Manufacturers all have a Henry Ford complex. Running shorts are not fashion items, so boring black and blue will do.

Maybe the club could raise a bulk order and have some made? There were plenty of red shorts at the December gift run, so we don't need those. I suggest lurid yellow.



Santas swelter in silly suits!

RED faces matched the hats this year: heat, not embarrassment! One 90-year old said: "I suppose we've run in hotter weather – but I can't remember when!" Personally, I was glad to be in my shark-bite special shirt, with gaping hole. Others went troppo, actually walking in seasonal suits, hats and even a Christmas box. PS: to the perennial potential new member (right) who says Bob and I are always all over Vetrun – here we are! VW



New members – welcome!

911 FOSTER Melissa W30
912 MASLEN Nicola W35
913 VAN WAARDENBURG
Craig M50
914 JONI Lajos M50 from
NSWMA
915 MILLER Brian M50
916 FOLEY Paul M40
917 TAMBLIN Scott M30
918 TITTEL Chris M80
919 MEMBREY Harold M55
920 SHILLINGLAW Loretta
W65
921 LETTE Vanessa W35

Insurance for under-80s

AS mentioned (October '09 Vetrun) members up to 80 years can be part of the Athletics Australia Personal Accident Insurance Cover scheme up to September 30, 2010 for only \$10. Register online at www.waathletics.org.au or contact Bob Schickert – 9330 3803 – if you do not have computer access.

Our members competing in AWA competition must wear the MAWA singlet.

Read VETRUN before it's printed!

UP-TO-DATE results can now be seen on our website very promptly, but many members also have an emailed Vetrun instead of a printed copy. Please advise Bob – rschicke@bigpond.net.au if you would like to join them.

Tuesday – not Monday

APRIL 20 Hockey Club Rooms, Perry Lakes, 7pm. Please put it in your diary. It's a Tuesday.

Boxing Day BBQ

December 26, 2009

Director: Barrie Thomsett

AS usual just a few members turned up, but this event is enjoyed by those regulars.

With the Alderbury Reserve event following the next morning, it was only those who enjoyed the social activity of the BBQ who came for a pleasant jog/walk in rather mild weather.

Next December (that's 2010) Joondalup will be held on Monday the 27th. However, Yokine will be held as usual, on Sunday the 26th. A chance to work off some of the Xmas pudding, before getting serious again at Joondalup.

My thanks to those who helped me moving my chair etc to the BBQ area.

Barrie

RUN

2k Margaret Bennett W65 15:00
2k Arnold Jenkins M65 15:00
2k Toni Fran W60 17:30
4k Margaret Saunders W55 20:29
4k Stephen Dunn M40 20:30
4k Toni Phillips W35 24:20
4k Brian Bennett M60 34:50

6k Maurice Creagh M60 30:20
6k Bryan Hardy M65 37:07
8k Vs 1 36:48

WALK

3k Dorothy Whittam W70 28:00
3.5k Denise Viala W55 32:00
3.5k Pierre Viala M60 32:00
4k Jeff Whittam M75 37:07

MAWA and Vetrun Contacts

Secretary MAWA
11A Dandenong Rd
Attadale WA 6156
9330 3803

Editor:
Vic Waters
Ph/fax: 9341 3464
vicwaters@iprimus.com.au

Website:
www.mastersathleticswa.org

Email:
enquiries@mastersathleticswa.org

Club uniforms:
Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

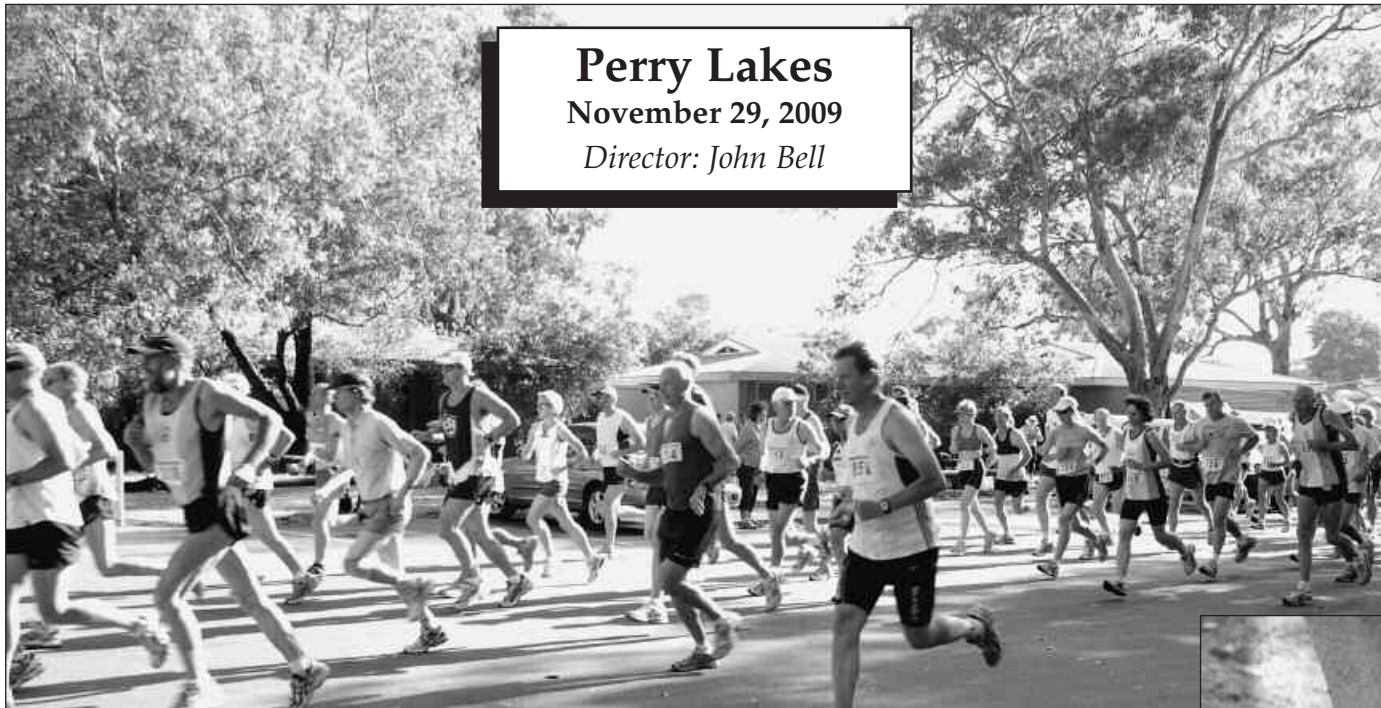
President:
Barbara Blurton

Patron:
John Gilmour

Perry Lakes

November 29, 2009

Director: John Bell



Starters at Perry Lakes: after this Frank Smith took over the camera and all other pics are his.

8K RUN

Andrew Brooker	M40	31:15
Rod Hamilton	M45	31:33
Kim Thomas	M35	33:05
Chris Frampton	M40	33:27
Grahak Cunningham	M30	34:04
Chris Reid	M45	34:18
Kaj Dewens	M60	34:44
Peter March	M50	35:15
David Baird	M65	35:27
Prabuddha Nicol	M50	35:51
Michael Karra	M45	36:06
Maurice Creagh	M60	36:13
Neil McRae	M55	37:25
Mark Hewitt	M55	38:13
Sean Keane	M45	38:57
Mike Hale	M60	40:37
Johan Hagedoorn	M65	40:48
Shirley Bell	W60	41:00
V3		41:16
Bruce Mathieson	M65	41:24
Paula Karra	W35	43:02
Barry Jones	M50	43:13
Alan Thorniley	M55	43:35
Terry Humphrey	M55	43:46
Graham Thornton	M65	44:18
Anne Jones	W55	44:22
V2		44:49
Melissa Young	W30	45:45
John Byrne	M50	46:32
Sarah Ladwig	W60	46:39
John Dance	M60	46:41
Richard Danks	M65	46:41
Karl Stockman	M50	46:59
Val Millard	W60	47:55
Barb Humphrey	W55	48:08
Brian Bennett	M60	48:33
Vic Waters	M65	48:34
Janet Jiang	W40	49:59
Bernadette Height	W50	51:59
Vic Beaumont	M75	52:30
Denise Viala	W55	54:41
Mike Rhodes	M60	56:11
Neil Davis	M65	57:05
Jo Richardson	W55	61:26
Elaine Dance	W55	61:26

4K RUN

Greg Vander Sanden	M50	16:24
V1		17:06
Paul Hughes	M55	17:44
Tom Tralau	M35	18:14
Raymond Gimi	M45	19:13
Sandra Stockman	W40	19:18
Nicola Maslen	W35	19:23
Frank Gardiner	M55	19:35
Ivan Brown	M65	19:58
Gary Fisher	M55	20:02
Margaret Saunders	W55	20:13
Ian Cotton	M45	20:25
Dee Haines	W50	20:31
Wayne Taylor	M50	21:00
David Carr	M75	21:02
Gavin Howard	M45	21:06
Ross Keane	M45	21:07
John Mack	M65	21:16
Nick Miletic	M55	21:33
Bob Schickert	M65	22:03
Delia Baldock	W45	22:19
Lorraine MacLennan	W40	22:37
John Brambley	M65	22:43
Toni Phillips	W35	22:44
Ray Attwell	M70	23:31
Gillian Young	W60	24:14
Mark Sivyier	M60	24:14
Genevieve Spiro	W40	24:53
Mike Anderson	M60	25:11
Aldo Giacomini	M70	26:23
Christine Oldfield	W65	26:35
John Ellard	M65	26:39
Pierre Viala	M60	27:15
V4		27:23
Wendy Clements	W65	27:32
Stan Lockwood	M80	28:00
Merv Jones	M70	28:22
Berni Scott	W45	29:06
Julie Wood	W60	29:08
Bronwyn Smith	W35	29:55
Brian Smith	M70	29:55
V5		30:05
Margaret Bennett	W65	32:29
Sheila Maslen	W70	35:21
Elaine Ellard	W65	36:29
Toni Frank	W60	37:36

OUR own health guru, race director John Bell, has never been given enough credit for the excellent fruity repast he always provides at Perry Lakes. This year a bonus – a demo of rare 'five-fingers shoes'. "They feel really barefoot" says John, who found them at the City to Surf expo. They're available at Mountain Designs in Perth. More – info@fivefingers.com.au



Grahak Cunningham leading Chris Reid.

6K WALK

Lynne Schickert	M70	46:06
Bryan Hardy	M65	47:38
Bob Fergie	M70	50:03
Jeff Whittam	M75	50:04
John Smith	M70	50:05
Lorna Lauchlan	W75	52:16
Dorothy Whittam	W70	53:34
Jennie Lee	W55	55:28
Leo Hassam	M75	60:49

4K WALK

Ray Hall	M75	31:21
Kirt Johnson	M80	33:28
Jim Klinge	M60	38:18
Margaret Warren	W70	38:55
Sharline Davis	W60	38:55
Morris Warren	M70	46:58

FIRST run of the summer programme starting at 7am produced hot weather conditions for the testing but scenic run around Mosman Park. A total of 78 runners and walkers enjoyed the run, but numbers were disappointing, probably due to the Ironman being run in Busselton as well as hot conditions and the early start.

Thanks to our helpers: Dick Blom, Tony Bart, Paul Martin, Karen and Peter March, Dee Haines, Garry Fisher, Kevin Howe, David Roberts and Shelia Maslen

8.7K RUN

Blake Stevenson	M35	33:56
Peter Sullivan	M50	34:22
Bjorn Dybdahl	M55	35:03
John Allen	M50	37:59
V6		38:37
David Baird	M65	39:30
Michael Karra	M45	40:14
Brian Danby	M60	40:56
Maurice Creagh	M60	41:02
Neil McRae	M55	43:43
Sean Keane	M45	44:14
John Mack	M65	45:17
Johan Hagedoorn	M65	45:53
Bruce Mathieson	M65	45:34
Nick Miletic	M55	46:44
Elaine Ellard	W65	47:23
Paula Karra	W35	47:25
Mark Rosen	W50	47:30
Keith Atkinson	M50	48:10
Claire Walkley	W40	49:16
Barry Jones	M50	50:03
Melissa Young	W30	51:27
Mike Hale	M60	51:35
Sarah Ladwig	W60	51:59
Graham Thornton	M65	52:36
John Pellier	M70	52:51
John Ellard	M65	53:05
John Byrne	M60	53:56
Theresa Howe	W55	54:56
John Dance	M60	55:42

Mosman Park

December 6, 2009

Director: Paul Hughes

and Barry our illustrious results man – plus members of the Saturday morning group who assisted as some scheduled helpers were not available.

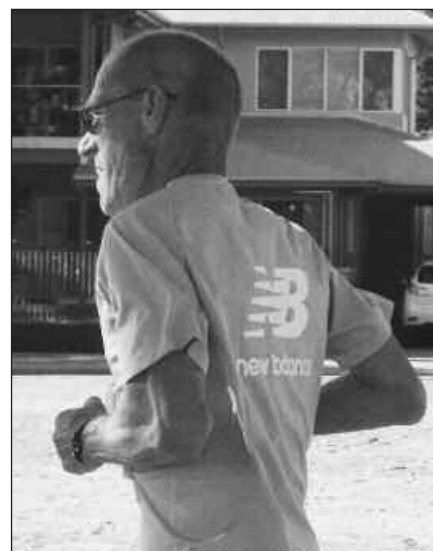
See you all next year,

Paul & Sue Hughes

Cecil Walkley	M80	56:22
Barb Humphrey	W55	56:55
Denise Viala	W55	60:56
Mike Rhodes	M60	62:32

5.25K RUN

Kaj Dewens	M60	22:37
Tom Tralau	M35	22:57
Chris Reid	M45	23:02
Raymond Gimi	M45	23:49
Garry Ogden	M50	24:40
Mark Hewitt	M55	25:04
Bob Schickert	M65	25:24
Margaret Saunders	W55	25:46
V3		26:01
Kerrie Stevenson	W35	26:32
Jim Klinge	M60	27:00
Gillian Young	W60	27:28
Wayne Taylor	M50	27:30
Carol Bowman	W55	27:38
Graeme Dahl	M60	27:41
Ross Keane	M45	27:44
V1		28:28
David Carr	M75	28:31
Alan Thorniley	M55	28:52
Peggy Macliver	W65	29:19
V4		29:38
Roger Walsh	M65	30:16
V2		31:07
Terry Manford	M70	31:18
Maree Brown	W45	31:28



Making a stir in the M60s, short-race winner Kaj Dewens, picture by John Oldfield at Canning Caper.

Val Millard	W60	32:16
Bernadette Height	W50	32:23
Janet Jiang	W40	33:19
Aldo Giacomini	M70	33:54
Wendy Clements	W65	35:10
Merv Jones	M70	35:37
Stan Lockwood	M80	36:02
Kevin Hynds	M40	36:10
Jackie Halberg	W60	39:11
Julie Wood	W60	41:53

5.25K WALK

David Brown	M60	38:53
Lynne Schickert	W65	42:42
Elaine Dance	W55	42:44
V5		43:38
Bob Fergie	M70	44:38
Patricia Hopkins	W65	48:34
Pat Ainsworth	W70	53:55
Mary Heppell	W70	61:29
Leo Hassam	M75	61:30

More of our newer members at Perry Lakes: below, Gary Brooker; right, Neil Davis and Anne Jones.



CLEAN-UP AT BIBRA LAKE

COCKBURN Council decided to surprise us on this run by ripping up our usual start track. After this, we found they had covered another section of the path with a fair amount of sand.

So, best on ground Irwin Barrett-Lennard jumped to the rescue – armed with only a rake and a broom.

I told him he had 10 minutes before the race stomped all over him. He goes “No problem, I’ll do it in three.”

And he managed to clear it (just before the first turn?) with time to spare!

Thanks to all the other helpers, Rochelle, Berwine, Maree, Elaine, Maggie, Dennis, Margaret, Peter Ryan and Peter Bath.

Thanks to all the competitors too; may have to get the barby fired up next year.

Cheers

Paul and Tanya Burke

WE had a return to warmer conditions for the Canning Caper. We moved the event a number of years ago to be earlier and avoid some of the hot conditions experienced a number of times for this event. After doing that, the next three or so years it was cool, in fact raining one year while Helen and I were setting the course in the morning.

Nearly 100 hardy souls were under-terred by the warmth, and set out for 6, or 10k. The 6k walk was a handicap, and was a close event with only about a minute between the first ladies, and first gents. Well done to Joan Pellier who layed down the gauntlet to others, with Lynne Schickert, and Elaine Ellard accepting the challenge. For the men Bob Fergie, Geoff Whittam, and Kirt Johnson had a good tussle. Although not as close as the ladies race, they were in sight of each other at the end. This year no one did the 10k walk.

Given the warmer day a few more

Canning Caper

December 13, 2009

Director: Keith Atkinson

than usual did the 6k run. Well done to Kim Thomas, Kaj Dewens, Mark Hewitt, Margaret Saunders, Peggy McLiver, and Carol Bowman.

For the 10k handicap run. There was Heiner Hinning leading the way. Not bad since he won the handicap the other week. I think the handicapper will certainly catch up with you now. Rod Hamilton at the end looked like he really gave it everything to catch Heiner but fell short by a little, and then John Pellier making it a pretty good day out for the Pelliers. In the ladies it was a bit of a family affair with the Youngs, Michelle, and Gillian, taking the first two places. Michelle showing a clean pair of heels,

with her improvement in performances giving a well deserved victory. In third nice to see Sarah also showing her improved performances to come in third.

Thanks to my team of helpers who make the event a success for you. Ivan, Brian, Chris, Viv, Claire, Cecil, Gary, Alison, Dante, and Helen.

The little kiosk in the reserve has been a familiar sight at the run for years, and the ladies who run it have added to the event by being open earlier than they usually would. Unfortunatley this was the last we will see of them as the structure is to be pulled down and rebuilt, and tendered out. so coffees, and cakes will be dearer next time. Which we hope will be completed before the next event here.

We hope you had a good event, and look forward to seeing you next year.

Keith



Canning Caper starters: thanks to Frank Smith and John Oldfield for their pictures.
Right: Heiner beat the handicapper again!



Above, Sarah Ladwig happy despite the heat; below, Graeme Dahl and John Mack coming back to form.



TimeH/Cap Actual

10K RUN

Heiner Huning	M50	66:53	13:40	53:13	Johan Hagedoorn	M65	71:00	17:55	53:05
Vis 1		67:34	11:56	55:38	Tanya Burke	W35	71:03	10:44	60:19
Rod Hamilton	M45	67:36	27:32	40:04	Neil McRae	M55	71:04	22:18	48:46
John Pellier	M70	67:45	10:05	57:40	Sarah Ladwig	W60	71:09	11:18	59:51
Tom Tralau	M35	67:50	23:41	44:09	Gavin Howard	M45	71:13	16:41	54:32
Brett Roach	M40	68:08	31:37	36:31	Sandra Stockman	W40	71:18	22:20	48:58
Nick Moletic	M55	68:16	17:33	50:43	Val Millard	W60	71:27	10:27	61:00
John Mack	M65	68:23	18:30	49:53	Barry Jones	M50	71:56	16:42	55:14
Peter March	M50	68:28	23:24	45:04	Theresa Howe	W55	72:08	12:12	59:56
Maurice Creagh	M60	68:38	22:03	46:35	Mike Hale	M60	72:22	20:42	51:40
John Allen	M50	68:58	26:06	42:52	Greg Vander Sanden	M50	72:38	27:00	45:38
Melissa Young	W30	69:01	11:56	57:05	John Ellard	M65	72:45	11:41	61:04
Richard Danks	M65	69:20	08:47	60:33	Maree Brown	W45	72:45	10:45	62:00
Brian Danby	M60	69:28	22:45	46:43	John Byrne	M60	73:52	11:07	62:45
Roger Walsh	M65	69:32	11:08	58:24	Vic Beaumont	M75	74:05	01:26	72:39
Paul Hughes	M55	69:36	26:02	43:34	Paul Burke	M35	74:19	23:44	50:35
Gillian Young	W60	69:41	18:50	50:51	Denise Viala	W55	74:46	01:04	73:42
Bruce Mathieson	M65	69:49	18:58	50:51	Brian Smith	M70	75:18	07:17	68:01
Graham Thornton	M65	69:59	13:49	56:10	Peter Bath	M65	75:28	16:10	59:18
Hamish McGlashan	M70	70:04	17:12	52:52	Merv Jones	M70	75:43	01:55	73:48
Mike Khan	M65	70:05	17:08	52:57	Berni Scott	W45	78:31	00:00	78:31
Vis 7		70:17	0:00	70:17	Wayne Taylor	M50	79:08	23:01	56:07
Brian Bennett	M60	70:33	23:44	46:49	Karl Stockman	M50	79:26	12:16	67:10
Chris Reid	M45	70:50	25:46	45:04	David Carr	M75	80:18	18:19	61:59
Graeme Dahl	M60	70:51	20:08	50:43	Mary Young	W55	83:41	10:36	73:05



Joan Pellier - walking well to win the handicap.

6K WALK

Vis 4		57:13	10:50	46:23
Vis 2		57:14	10:50	46:24
Joan Pellier	W70	57:37	08:11	49:26
Lynne Schickert	W65	59:15	14:36	44:39
Elaine Ellard	W65	59:20	07:46	51:34
Michele Mison	W60	59:30	14:46	44:44
Bob Fergie	M70	59:43	11:43	48:00
Lorna Lauchlan	W75	60:17	09:23	50:54
Jeff Whittam	M75	60:28	10:38	49:50
Kirt Johnson	M80	60:58	10:53	50:05
Ray Hall	M75	60:59	16:10	44:49
Peter Hopper	M60	61:35	15:07	46:28
John Smith	M70	61:52	12:44	49:08
Rosa Wallis	W65	61:59	08:51	53:08
Maggie Flanders	W70	62:04	01:30	60:34
Jennie Lee	W55	62:20	05:37	56:43
Sylvia Szabo	W50	62:35	06:35	56:00
Dorothy Whittam	W70	62:59	6:31	56:28
Patricia Hopkins	W65	63:40	09:46	53:54

6K RUN

Kim Thomas	M35	24:16
Kaj Dewens	M60	25:09
Mark Hewitt	M55	28:06
Bob Schickert	M65	28:26
Ian Cotton	M45	28:57
Margaret Saunders	W55	29:35
Vis 5		29:53
Ross Keane	M45	30:19
Jim Klinge	M60	30:37
Peggy Macliver	W65	31:15
Carol Bowman	W55	31:29
Richard Blurton	M55	32:00
John Brambley	M65	32:31
Irwin BarrettLennard	M80	33:34
Vis 6		34:47
Cathy Elms	W40	34:53
Jim Riddell	M70	35:35
Mike Anderson	M60	35:52
Aldo Giacomini	M70	38:06
Jane Stanbrook	W40	39:13
Christine Oldfield	W65	40:00
Arnold Jenkins	M65	42:30
Jackie Halberg	W60	42:38
Bronwyn Smith	W35	46:26
Kathy Burr	W70	49:55
Shirley Bell	W60	53:07
TBA		53:45
Vis 3		56:20
Margaret Bennett	W65	56:22
Ray Lawrence	M80	57:00

Alderbury Reserve

December 27, 2009

Director: Wayne Taylor

4K RUN

Bjorn Dybdahl	M55	15:07
V1		15:41
Ross Parker	M60	16:28
Paul Burke	M35	16:50
Tom Tralau	M35	16:57
Ivan Brown	M65	18:25
Margaret Saunders	W55	18:44
David Carr	M75	19:30
Peggy Macliver	W65	20:38
V7		21:21
Raymond Gimi	M45	22:57
Bernadette Height	W50	22:58
Karl Stockman	M50	23:00
John Ellard	M65	23:06
Mark Sivyer	M60	23:07
Trish Knox	W35	23:29
V8		24:14
Christine Oldfield	W65	24:26
V6		24:28
Aldo Giacomini	M70	25:08
Merv Jones	M70	26:13
Kevin Hynds	M40	27:47
Pierre Viala	M60	28:23
Kathy Burr	W70	28:30
V3		30:53
Margaret Bennett	W65	30:54
Ray Lawrence	M80	32:39
Sheila Maslen	W70	32:42
Toni Frank	W60	35:20

8K RUN

Peter Sullivan	M50	30:45
Chris Maher	M55	31:24
John Allen	M50	34:26
Fayaz Jamal	M55	35:00
Peter March	M50	35:05
Kim Thomas	M35	35:21
Michael Karra	M45	35:55
Brian Danby	M60	36:07
Maurice Creagh	M60	36:12
Amanda Walker	W40	36:13
Chris Reid	M45	36:18

Garry Ogden	M50	36:26
Neil McRae	M55	37:58
Sandra Stockman	W40	38:30
Gary Fisher	M55	39:00
Bob Schickert	M65	39:48
Jim Klinge	M60	39:58
Bruce Mathieson	M65	40:11
Martin Watkins	M60	40:15
Sean Keane	M45	40:19
John Oldfield	M65	40:27
Mike Hale	M60	40:40
Nick Miletic	M55	40:55
Hamish McGlashan	M70	41:21
Mike Khan	M65	42:18
Barry Jones	M50	42:26
Kevin Howe	M50	42:30
Carol Bowman	W55	42:39
V2		43:03
Paula Karra	W35	43:41
Sarah Ladwig	W60	45:35
John Pellier	M70	46:07
V4		46:11
Melissa Young	W30	46:19
Roger Walsh	M65	46:37
Lorraine Lopes	W65	47:14
Richard Danks	M65	47:34
Tanya Burke	W35	50:09
Val Millard	W60	50:19
John Dance	M60	50:20
Jim Barnes	M65	51:11
Cecil Walkley	M80	52:26
Jackie Halberg	W60	55:57
Denise Viala	W55	58:10

4K WALK

Elaine Dance	W55	32:51
Patricia Hopkins	W65	36:28
Dorothy Whittam	W70	37:34
Elaine Ellard	W65	40:58

6K WALK

V5		43:42
Peter Hopper	M60	45:00
Bryan Hardy	M65	45:02
Lynne Schickert	W65	45:12
Joan Pellier	W70	48:59
John Smith	M70	49:01
Bob Fergie	M70	51:53
Jeff Whittam	M75	51:54
Brian Bennett	M60	52:50
Lorna Lauchlan	W75	52:52
Kirt Johnson	M80	52:53

RECORDS SET BY OLD AND NEW

THE latest State records set by new members are:

W40 Discus

Louise Oswald 30.08m (27/10/09)

W40 Javelin

Louise Oswald 26.02m (10/11/09)

M50 Discus

Tom Gravestock 41.03m (1/12/09)

M50 Heavy Weight Throw

Lajos Joni threw 15.30 metres (just pipping Geoff Gee's 15.27m) on 17/12/09. Also, established performers Peggy Macliver and Cecil Walkley have set a range of new marks.

Peggy capped an incredibly productive 2009 with a new W65 mile record in a time of 7:30.0. Including relays, this established her 16th record in one calendar year, more than likely a record of records!

The M80 bracket has seen even more action with the combined efforts of Irwin Barrett-Lennard and Cecil Walkley.

Thinking Cec had set an inaugural M80 Mile record, I checked and found Irwin had set a time of 7:44.3 on 2nd July in his preparation for Lahti. This prolific pair have now amassed no less than 23 new M80 records between them. A remarkable year!

Campbell Till

Cecil:

At WAAS:

2000m Steeplechase
M80 12:35.6
November 27, 2009

At ECAC:

1500m
M80 7:54.7
December 3, 2009

Peggy:

At ECAC

3000m
W65 14:20.7
October 22, 2009

5000m
W65 24:14.9
November 11, 2009

800m
W65 3:06.7
December 12, 2009

1500m
W65 6:29.5
December 3, 2009

1 mile
W65 7:30.0
December 17, 2009

1500m
W65 6:29.5
December 3, 2009

COMING EVENTS - DESCRIPTIONS and HELPERS

JANUARY 17

POINT WALTER

Director: David Roberts – 08 9472 0039

David Brown, Maree Creighton, Wendy Duncan, Irene Ferris, Gary Fisher, Paul Hughes, Robin King, Paul Martin, Jill Midolo, David Muir, Graeme Uren

Bike path to Troy Park and return. About 500m before start/finish long event takes brick path up hill. Take path to Blackwall Reach and return down brick path then left to finish. Watch out for

bikes on winding section after crossing Pt Walter Rd.

JANUARY 24

AGE GRADED EVENTS

Directors: Mark Sivyver & Gillian Young – 08 9572 1895 & 08 9295 1754

Sue Bullen, Maurice Creagh, Stephen Dunn, Ray Hall, Rod Hamilton, Kevin Hynds, Mike & Paula Karra, Duncan & Fiona McAuley, Keith Miller, Linda & Mike Rhodes, Berni Scott, Jennifer Shillington, Rhod Wright, Melissa Young

JANUARY 31

PINEY LAKES

Director: John Frost – 0415 232 420

Phyllis Farrell, Steve Hossack, Brian Hunter, Alan James, Jennie Lee, Basia Lis, Ron Mead, Val Millard, John Smith

FEBRUARY 7

FRIENDSHIP

Director: Jim Barnes – 08 9459 2617

Kathleen Burt, Wendy Clements, Chris Coates, Mark Dawson, Frank

Gardiner, Daniel Groenwald, Ruth Jamieson, Vivien Lok, Hamish McGlashan, Graeme Neill, Joan & John Pellier, Helen Shield, Genevieve Spiro, Mary Young

FEBRUARY 14

MCCALLUM LAKES

Director: Sue Bullen

Keith Atkinson, Toni Frank, Jim Langford, Helen Lysaght, Duncan & Fiona McAuley, Nick Miletic, Joan Pellier, Blakeney Tindall

MASTERS ATHLETICS WA



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AUSTRALIA**

Australian Masters Athletics Championships, Perth 2010

PLANNING is well under way for next year's AMA Track and Field Championships to be held here in Perth at the new WA Athletics Stadium, Mt Claremont. For those of our members who are unable to travel interstate each Easter to compete, they now have an opportunity to challenge themselves against their peers.

Come to Track and Field competition each Tuesday and Thursday and/or Sunday distance runs and walks to help with your training program. Entry forms have now been mailed to everyone in the 2009/10 AMA Handbook,

which was produced here in Perth.

On-line entry is now available on the AMA website:
www.australianmastersathletics.org.au

Remember – entries close on Friday 5 March and late entries will not be accepted.

Masters Athletics WA and the 2010 National Championship committee welcomes the support of Black Swan Event Financial Planning as our major sponsor for the 2010 AMA Championships. Members are invited to contact John Cameron, Principal of BSEFP for

financial planning advice. John has over 25 years experience in financial planning, and relevant prior experience in stockbroking, fixed interest dealing and financial journalism. ph: 08 9322 7818 or email: john@blackswanevent.com.au

Members whose companies would also like to be involved at any level with the championships should contact Championship Convenor Richard Blurton by ph: 9293 0190 or email: r.blurton@optusnet.com.au. Naming rights for specific events is a great way to promote your business.



Black Swan Event
FINANCIAL PLANNING

Vetrun

The magazine of Masters Athletics WA

FEBRUARY
2010
No. 431



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AGM NOTICE

by Bob Schickert
Secretary MAWA

OUR club's annual general meeting will be held on Tuesday 20 April, 2010, 7pm at the Perry Lakes Hockey Club rooms (the hall where the Perry Lakes events start). All members are invited to attend.

Committee nominations

Nominations are called for the committee for 2010-2011. The positions are:

President
Vice-President
Secretary
Treasurer
Committee Members (4)

Nominations are also called for positions of:

Editor
Handicapper
Statistician
Auditor

Nomination Forms are available from club Secretary Bob Schickert.

Proposed changes to the Constitution must be lodged with him (contacts: 11A Dandenong Road, Attadale 6156 or rschicke@bigpond.net.au) by 21 MARCH 2010.)

More – all about Life Membership, turn to page 2.



Practice your jumps

MEMBERS wishing to practice high jump or even to learn new techniques have the chance in coming weeks.

To assist those wishing to compete in the AMA Championships, qualified coach and MAWA member Dave Wyatt will provide coaching, followed by competition, at ECAC from 6pm on Thursdays March 4 and 18.

Also, the H/J facility will also be set up on February 18, but Dave is not available.

Relay sign-on essential

For the relay competition in

February, John Oldfield has the sign-in book at UWA McGillivray on Tuesday nights. Few from UWA have signed up yet – and please remember you to do so at least a week before each one (i.e. Feb 4th had to entered for by Jan 28, Feb 11 by Feb 4, etc.)

This is so teams can be arranged. So if you want to run, please get on to it asap.

Oh, the power of the press! These good-natured athletes agreed to start the wrong way round, into the sun, at East Perth. Results, page 5.

Jill's last shout!



MANY thanks to Jill Midolo and David Brown for their work as race directors for many years. Jill has done the job for more than 20 years and David about 15. This year was their last but they will still be there helping John Smith, the new director.

ATHLETICS WA State Open 10K Walk

Championships January 20
Gold - Garry Hastie 58:01
Silver - David Smyth 66:22

Coming events....

DWELLINGUP WEEKEND AWAY

Three nights 26/2, 27/2, 28/2. Running, walking, eating, etc. Cost \$85 per person. Contact Denise Viala 9307 1249. gumtree.p.d@australiaonline.net.au

ALBANY – STATE MASTERS GAMES 17-26 APRIL

Saturday 24th April 8am track & field, Sunday 25th April 9:15am cross-country; Jim McCann Memorial Mile Saturday 24th April 5:30pm; ASMG social function info is on registration form.

More – P2

AGM – Tuesday April 20

WHO spotted the page 2 teaser last month? For those without ESP, Vetrin can now reveal that the all-important Tuesday is the date of our AGM.

Life Membership

Nominations for Life Membership should be forwarded to Bob by 21 March 2010. These must be approved by the Committee before the AGM. A nomination must come from at least three members.

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

Current Life Members are:

Jim Barnes
Jacqi Beaumont
Vic Beaumont
Jacqueline Billington
David Carr
Brian Danby
Bob Fergie
John Gilmour
Jackie Halberg
Robert Hayres
Kirt Johnson
Merv Jones
Valerie Millard
Joan Pellier
Valerie Prescott
Robert Sammells
Bob Schickert
Lynne Schickert
Robert Shand
Barrie Slinger
Barrie Thomsett
Graham Thornton
Morris Warren
Vic Waters
Dorothy Whittam
Jeff Whittam
Basil Worner

Albany... from P1

Contact long-time MAWA member Barb Wilson - AH 08 9841 5728 – PO BOX 553 ALBANY 6331 or email dwoosie@bigpond.com

Entry forms available soon.
For accommodation – Albany Visitors Centre on (08) 9841 9377 or visit www.amazingalbany.com

2010 – new records already!

TWO Australian records – and another pending – are listed in WA this year, so far together with many WA records.

MEN

200m M30 Cam Yorke
22.63 8/1/10
(22.89, Brett Blanco, 2005)

800m M30 Scott
Tamblin 1:55.11 22/1/10
AR
(1:55.43, Cam Yorke, 2009)

400mH M30 Cam Yorke
54.29 22/1/10 AR
(54.43, Cam Yorke, 2009)

2000m SC M80 Cec
Walkley 12:24.4 15/1/10
(12:35.6, Cec Walkley, 2009)

Hammer M50 Lajos Joni
44.35m 8/1/10
(44.32, Lajos Joni, 2009)

WOMEN

800m W70 Lorraine
Lopes 3:49.0 12/1/10
Lorraine Lopes
3:37.3 21/1/10
(4:22.5, Glenice Shanahan, 1995)

1500m W70 Lorraine
Lopes 7:09.6 21/1/10
(9:27.9, Glenice Shanahan, 1997)

3000m W70 Lorraine
Lopes 15:27.4 12/1/10
(20:53.3, Glenice Shanahan, 1997)

Javelin W40 Louise
Oswald 26.60m 8/1/10
(26.02, Louise Oswald, 2009)

Javelin W80 Rae
McMillan 15.27m
12/1/10 AR
(14.93, Rae McMillan, 2008)

Heavy Weight W40
Louise Oswald 8.30m
12/1/10
(8.25, Sandra Smith, 1998)

Pentathlon W30 Melissa
Foster 1788pts 21/1/10
(inaugural)

Pentathlon W40 Simone
Solomon 1532pts 21/1/10
(inaugural)

Pentathlon W55 Carol
Bowman 1575pts 21/1/10
(inaugural)

Pentathlon W65 Peggy
Macliver 3778pts 21/1/10

[unofficial AR]
(2888pts, Ruth Johnson, 2009)

HANDICAP REPORTS CHANGE

ONLY club members who have competed in at least three Sunday events in the same discipline during the six months preceding a handicap event are eligible for a trophy.

People whose names are not on the handicap list (such as new members, or athletes who have been out of the running, perhaps through injury)

can request an on-the-spot handicap on the day of the event.

However, in the past we have not shown their handicap time or their actual finishing time against their result in the Vetrin.

In an effort to provide these competitors – and everybody else – with better information on their performances, Vetrin results will now show their handicap time and their actual finishing time, in the same way that eligible competitors are recorded.

Their ineligibility status will be clearly explained to them at the time the handicap is given, and will also be indicated in Vetrin with an asterisk against the name plus an explanatory note – as follows.

Helpers – from P8

MARCH 14 NEDLANDS

Director: Frank Gardiner - 9295 4246

David Baird, Micky Ellis, Ross Langford, Iain & Lorraine MacLennan, Mark Rosen, Joanne Richardson, David Smyth, Blake & Kerrie Stevenson, Graeme Uren, Rhod Wright

Out in a westerly direction and back either once for 5k or twice for 10k on bike path. Flat fast course. Path may be crowded.

You write...

From a very happy British Masters visitor!

Dear Bob, Lynne and Barbara,

Many, many thanks to you and all the members who attended last night's session for making my visit so memorable, even though the 'ladies' we met in 1999 in Gateshead did not attend!

You and your members made my wife and I feel so much at home, so to speak, with such a wonderful welcome. We are so grateful and would like to wish you and the members every success in the future, even though we may be adversaries at some venues!

I was very pleased with my performances, especially considering my circumstances, only a week out of Fremantle hospital after my freak accident and the previous travelling (five flights) from UK via India, notwithstanding the fact that I had not trained or competed since the beginning of last October!

And there were the Xmas and New Year celebrations in between! My 70-year old brother back in Manchester, UK would emphasise again how bonkers he thinks I am, still competing in athletics, but hey, what does he know outside of a golf course!

I was most pleased with my weight throw of 13.23m, which is only 0.65m below my PB and my javelin throw of 35.21m all achieved in the wrong footwear as I had only brought training shoes from UK.

Anyway once again many, many thanks, and especially for the lift from and to the railway station at Canning Bridge.

Our very best wishes and I'm sure Maurice (Maurice Creggan of BMAF) will reiterate our gratitude.

David and Eileen Kuester

*** Competitor has not fulfilled eligibility requirements for this event, and therefore does not qualify for a formal place in the club results, or for a trophy.**

Alzheimer's: can exercise prevent memory loss?

M65s top the poll



My View...

by
Vic Waters

CAN exercise prevent memory loss and improve cognitive function? The answer comes from Ronald Petersen, M.D. – Mayo Clinic Alzheimer's disease specialist.

Exercise has many known benefits, including reducing the risk of cardiovascular disease and diabetes, strengthening the bones and muscles, and reducing stress. It also appears that regular physical activity benefits the brain. Studies show that people who are physically active are less likely to experience a decline in their mental function and have a lowered risk of developing Alzheimer's disease.

Exercise

Exercising several times a week for 30 to 60 minutes may:

- Keep thinking, reasoning and learning skills sharp for healthy individuals.

from
John Bell

- Improve memory, reasoning, judgment and thinking skills (cognitive function) for people with mild Alzheimer's disease or mild cognitive impairment.

- Delay the start of Alzheimer's for people at risk of developing the disease

Physical activity seems to help the brain by keeping your blood flowing. Exercise also increases chemicals that protect the brain and aids in the development of new brain cells.

More research is needed to know to what degree adding physical activity improves memory or slows the progression of cognitive decline. Nonetheless, regular exercise is important to stay physically and mentally fit.

IT's always interesting to know how many people you're up against in a Masters' race. Our numbers are growing steadily, and as I write this there are 190 women and 334 members in MAWA – total 524.

Years ago, the late Brian Foley did some similar research and said we should be more active in encouraging younger people to the join the club.

Well, the lower age groups are healthy, and increasing.

There are 49 members under 40 – that's about 10 per cent of the club. Those aged between 40 to 45 comprise another 10 per cent, approx.

Members by age group (at January 18, 2010)

Women		Men	
80	3	95	1
75	4	90	2
70	16	85	5
65	23	80	12
60	30	75	19
55	26	70	30
50	24	65	51
45	14	60	47
40	23	55	44
35	17	50	44
30	10	45	29
total	190	40	28
		35	13
		30	9
		total	334

Average age of women - 54 years. (Total years 10,410)

Average age of men - is 59 years. (Total years 19,748)



M50 Kevin Howe: at No 503 he broke the membership record.

Arguably, the most competitive age groups are those with the biggest numbers.

Wouldn't you know it – M65s are the most numerous! (Well, it gives me another good excuse for failing to excel.)

Thanks to Peggy MacLiver for her help in producing these figures. I have used them to make a rough calculation of our average ages.

(To do this I have assumed that we are all just two years into our age groups.)

The result is (approx) 54 years for women; 59 for men.

Live long and prosper!

Our high average age is due to the longevity of athletes. The older ones are staying on, and on, and on.....!

Next month I hope to have a breakdown of new members who have joined in the past couple of years. It will be interesting to know if, overall, MAWA is attracting younger people.

Happy Birthday – February Members!



Denise
Viala

Baldock	Delia	W45
Bruce	Alan	M55
Bruce	Rex	M65
Carr	Pat	W75
Cheney	Anthea	W50
Clive	David	M70
Cortis	Henri	M60
Cresp	John	M55
Crouch	Regina	W40
Dance	Elaine	W55
Drew	Chris	M55
Eastwood	Karen	W40
Elms	Mark	M40
Ferris	Irene	W55
Glass	Kate	W60
Gower	Karyn	W50
Green	Linda	W55
Hicks	Clive	M55
Imbert	Mark	M40
Jackson	Tony	M60
Jarvis	Jan	W65
Jones	Barry	M50
Jones	Leonie	W50
Kennedy	Shane	M55
Kirsch	Lisa	W55
Klicker	Dirk	M35
Mathewson	Sakkie	M40

Medcalf	Noela	W75
Miller	Dennis	M70
Paxman	Brian	M80
Prescott	Val	W65
Richardson	Jo	W55
Rosen	Mark	M60
Smith	John	M75
Spencer	Jeff	M65
Thorniley	Alan	M55
Viala	Denise	W60
Walter	Janet	W60
White	Darryl	M50
Young	Mary	W55

NEW MEMBERS – Welcome!

922 MCDONNELL Roscoe M50
(from QMA)
923 ELLIS Mickey W50
924 CLARK-MURPHY Joe M60
925 CLARK-MURPHY Ursula W55

926 ADAMS Kate W30
927 TROLIO Maria W35
928 ROURKE Sandra W40
929 DICKASON Carey W55
930 DICKASON John M55
931 CAMPBELL Martin M45
932 WARDELL Julia W30
933 DREYER Tea W45
934 VAN EEDEN Rene W40
944 DAVID Sean M40

MAWA and Vetrun Contacts

Secretary MAWA
11A Dandenong Rd
Attadale WA 6156
9330 3803

Editor:
Vic Waters
Ph/fax: 9341 3464
vicwaters@iprimus.com.au

Website:
www.mastersathleticswa.org

Email:
enquiries@mastersathleticswa.org

Club uniforms:
Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

President:
Barbara Blurton

Patron:
John Gilmour



FRANK Smith's camera only takes pics of females, he says. A couple of blokes crept in though. Right, Carl Stockman shadows Marg Forden; above, Alan Pomery tracks Margaret Warren and Elaine Ellard (disguised as a bush). Ivan Brown also wore disguise (below) but Fiona Winn (below) couldn't avoid Frank's lens.



5K WALK

V1		36:04
Lynne Schickert	W65	39:05
Joan Pellier	W70	41:52
Ross Keane	M45	42:58
Lorna Lauchlan	W75	43:30
Patricia Hopkins	W65	44:46
Rosa Wallis	W65	44:47
Jeff Whittam	M75	46:31

10K WALK

Mike Rhodes	M60	75:18
Bob Fergie	M70	81:57
John Smith	M70	81:59

Ashfield

January 3, 2010

Directors: Denise & Pierre Viala

IT WAS a very warm morning, 24 degrees prior to starting with the temperature rising rapidly. It was great to see everyone for the first run of the year. We had a good number of regulars and 14 visitors, which was marvellous.

A huge thankyou to my wonderful helpers, Brian and Pam, Bronwyn, Julie and Johan, Kirt, Norm, Margaret and Brian, Pat, Shorty and Ann, Trish, Lorraine, Alan, Dalton and last but not least Pierre, who did a perfect job of marking the course.

We had a malfunction of the printer of the clock in the initial stages, so the first ten times may not be precise.

Denise

10K RUN

Peter Sullivan	M50	37:41
Lachlan Marr	M45	41:01
John Allen	M50	42:19
Chris Reid	M45	43:57
Peter March	M50	44:05
Tristan Bell	M40	44:09
Tom Tralau	M35	44:34
David Baird	M65	45:17
Garry Ogden	M50	45:19
Sandra Stockman	W40	46:44
Michael Karra	M45	46:49
Brian Danby	M60	47:15
Neil McRae	M55	47:26
Maurice Creagh	M60	47:28
Mike Hale	M60	47:54
Gary Fisher	M55	48:06
V6		48:39
Wayne Taylor	M50	49:58
Raymond Gimi	M45	50:11
Nick Miletic	M55	50:13
Nicola Maslen	W35	50:43
Bruce Mathieson	M65	51:12
John Oldfield	M65	52:06
Scott Winn	M40	52:07
Mike Khan	M65	52:28
Keith Atkinson	M50	53:17
Frank Gardiner	M60	54:11
V11		54:12
Paula Karra	W35	54:39
V5		55:23
Kevin Howe	M50	56:51
Sarah Ladwig	W60	57:37
John Pellier	M70	57:54
Richard Danks	M65	58:43
Kim Ribbink	W40	58:51
Melissa Young	W30	59:07
Claire Walkley	W40	59:11
Jane Elton	W40	59:12
V8		59:14
Roger Walsh	M65	60:12
John Dance	M60	61:19
Theresa Howe	W55	61:58
Val Millard	W60	62:14
Cheryl van der Spuy	W55	63:24
Cecil Walkley	M80	63:40
Jim Barnes	M65	65:00
Steve Clark	M65	66:05
Kevin Hynds	M40	67:43
Jackie Halberg	W60	67:47
Stan Lockwood	M80	71:58



5K RUN

Bjorn Dybdahl	M55	19:15
Roscoe McDonnell	M50	19:17
Kim Thomas	M35	20:43
Kaj Dewens	M60	21:04
Ross Parker	M60	21:20
V13		21:30
V10		21:40
Eldon George	M40	22:00
Dante Giacomini		M40
22:17		
Bob Schickert	M65	22:35
Ivan Brown	M65	23:01
David Carr	M75	23:32
Margaret Saunders	W55	23:58
Trisha Farr	W35	25:01
Bryan Hardy	M65	25:41
V3		26:00
V4		26:34
V12		27:05
Karen March	W45	27:31
Mark Sivyer	M60	27:35
V2		28:11
Delia Baldock	W45	28:22
V15		28:41
Mike Anderson	M60	29:57
John Ellard	M65	30:35
Christine Oldfield	W65	31:28
Karl Stockman	M50	31:54
Aldo Giacomini	M70	32:09
Marg Forden	W65	32:18
Peter Hopper	M60	32:48
Rochelle Airey	W40	32:56
Merv Jones	M70	33:30
V7		33:33
V9		33:34
V14		33:42
Vic Beaumont	M80	33:54
Ray Hall	M75	35:52
Linda Rhodes	W60	37:11
Fiona Cousins	W35	38:31
Sheila Maslen	W70	39:01
Regina Crouch	W40	39:21
Graham Thornton	M65	41:15
Toni Frank	W60	42:35
Ray Lawrence	M80	43:34
Mary Heppell	W70	46:36



EXCITING finishes are the mark of handicap runs. They're nearly as much fun as checking the list and finding your handicap has dropped ten minutes. Right, Bruce Wilson and Wayne Taylor; above, Brett Roach couldn't quite overhaul Mike Karra. Below, from top pic down: Aldo Giacomini and Hamish McGlashan; Neil McRae checking his pulse for signs of life; and Vic Beaumont leading a charge for the line.



East Perth Handicap

January 10, 2010

Directors: David Brown & Jill Midolo

* See note - page 2

7K RUN

		Clock	H/Cp	Actual
V1		38:39	00:00	38:39
John Oldfield	M65	42:39	11:02	31:37
Mike Rhodes	M60	43:14	02:25	40:49
•Tony Jackson	M60	44:08	10:00	34:08
V5		44:52	00:00	44:52
Graham Thornton	M65	45:13	09:22	35:51
John Doust	M60	45:49	12:08	33:41
Vic Waters	M65	45:51	09:37	36:14
V3		45:55	00:00	45:55
Paula Karra	W35	46:12	09:56	36:16
V4		46:15	00:00	46:15
Sean Keane	M45	46:19	13:36	32:43
Kaj Dewens	M60	46:22	17:07	29:15
V2		46:24	00:00	46:24
Joe ClarkMurphy	M60	46:26	00:00	46:26
Christine Oldfield	W65	46:35	02:30	44:05
Mike Hale	M60	46:42	14:21	32:21
Richard Danks	M65	46:43	06:04	40:39
Theresa Howe	W55	46:47	07:31	39:16
Maurice Creagh	M60	46:49	15:33	31:16
John Bell	M60	46:53	14:37	32:16
Johan Hagedoorn	M65	46:59	12:26	34:33
Sandra Stockman	W40	46:59	14:55	32:04
Roscoe McDonnell	M50	47:01	18:35	28:26
V8		47:03	00:00	47:03
Michael Karra	M45	47:08	15:54	31:14
Brett Roach	M40	47:09	22:01	25:08
Martin Watkins	M60	47:18	12:52	34:26
Lorraine Lopes	W70	47:32	09:31	38:01
John Mack	M65	47:34	13:07	34:27
Heiner Huning	M50	47:35	11:05	36:30
Bob Schickert	M65	47:41	13:56	33:45
Jane Stanbrook	W40	47:42	00:47	46:55
David Baird	M65	47:47	16:41	31:06
Neil McRae	M55	48:00	15:28	32:32
Brian Hunter	M65	48:02	00:00	48:02
Peggy MacIver	W65	48:06	10:33	37:33
Peter March	M50	48:07	16:21	31:46
Karl Stockman	M50	48:10	08:07	40:03
Berni Scott	W45	48:11	00:00	48:11
Aldo Giacomini	M70	48:13	04:07	44:06
Hamish McGlashan	M70	48:13	11:42	36:31
Merv Jones	M70	48:16	01:00	47:16
Les Smith	M50	48:20	05:50	42:30
John Dance	M60	48:27	07:12	41:15
Gary Fisher	M55	48:29	14:14	34:15
Margaret Saunders	W55	48:29	13:29	35:00
Carol Bowman	W55	48:31	10:39	37:52
Mark Hewitt	M55	48:32	15:09	33:23
Roger Walsh	M65	48:48	07:47	41:01
David Carr	M75	48:55	12:43	36:12
Shirley Bell	W60	48:58	12:49	36:09
Mike Khan	M65	49:00	11:53	37:07
John Brambley	M65	49:04	09:57	39:07
Ray Attwell	M70	49:20	10:22	38:58
Vic Beaumont	M80	49:32	01:00	48:32
Di Jones	W60	49:32	00:00	49:32
Val Millard	W60	49:34	07:15	42:19
Denise Viala	W55	49:37	00:38	48:59
Bruce Wilson	M60	49:38	17:20	32:18
Wayne Taylor	M50	49:39	14:35	35:04
Steve Clark	M65	49:39	06:07	43:32
John Byrne	M60	50:01	07:42	42:19
Brian Smith	M70	50:34	04:42	45:52



Arnold Jenkins	M65	50:47	01:45	49:02
Pierre Viala	M60	51:17	00:00	51:17
Julie Wood	W60	51:20	00:00	51:20
Raymond Gimi	M45	51:31	15:29	36:02
Richard Blurton	M55	52:20	12:42	39:38
Margaret Bennett	W65	52:51	00:00	52:51
Brian Bennett	M60	52:57	16:28	36:29
Elaine Dance	W55	54:10	00:00	54:10
Jo Richardson	W55	54:11	00:00	54:11
Bronwyn Smith	W35	54:22	04:48	49:34
Kathy Burr	W70	55:25	00:00	55:25
Mary Heppell	W70	59:04	00:00	59:04

7K WALK

This being a 'sealed handicap' a walker's handicap is added to the 'actual' time to produce the total result.

		Actual	H/Cap	Result
Bryan Hardy	M65	51:13	15:53	67:06
Ray Hall	M75	52:10	19:31	71:41
Beryle Doust	W60	54:55	13:47	68:42
John Smith	M70	54:55	14:56	69:51
Jeni Shillington	W50	58:39	14:11	72:50
Bob Fergie	M70	59:43	13:58	73:41
Jeff Whittam	M75	59:43	12:50	72:33
Rosa Wallis	W65	60:04	10:41	70:45
Kirt Johnson	M80	61:30	13:08	74:38
Ross Keane	M45	64:18	07:19	71:37
Dorothy Whittam	W70	64:34	06:49	71:23
Margaret Warren	W70	65:33	09:04	74:37
Pat Ainsworth	W70	67:10	03:53	71:03
Jennie Lee	W55	67:10	06:00	73:10
Sylvia Szabo	W50	67:36	07:17	74:53
V6		67:36	00:00	67:36

4K RUN

Tom Tralau	M35	17:30
Dante Giacomini	M40	17:33
Bernard Mangan	M55	18:56
Delia Baldock	W45	20:53
Mickey Ellis	W50	23:21
Wendy Clements	W65	24:09
Ursula ClarkMurphy	W55	24:51
Peter Hopper	M60	26:25
Paul Martin	M65	27:01
Linda Rhodes	W60	28:06
V9		31:13
Sheila Maslen	W70	31:16
Ray Lawrence	M80	33:59

4K WALK

Charlie Chan	M55	39:22
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11K RUN

Peter Sullivan	M50	41:52
V10		46:42
John Allen	M50	48:26
David Baird	M65	49:12
Joe ClarkMurphy	M60	50:11
Sandra Stockman	W40	50:58
Maurice Creagh	M60	51:02
Neil McRae	M55	51:03
Jim Klinge	M60	52:37
Don Pattinson	M55	52:49
Chris Pattinson	W50	53:54
Sean Keane	M45	54:01
Danny Sheehan	M55	54:10
Brian Danby	M60	54:49
Raymond Gimi	M45	55:44
V11		56:00
Brian Bennett	M60	56:26
Wayne Taylor	M50	56:47
Johan Hagedoorn	M65	57:18
Nick Miletic	M55	57:24
Heiner Huning	M50	58:13
Rob MacBeth	M55	59:02
Keith Atkinson	M50	59:05
Peter Bath	M65	59:30
Graham Thornton	M65	60:07
Mike Hale	M60	62:18
V6		63:55
Jane Elton	W40	63:55
John Pellier	M70	64:19
Claire Walkley	W40	64:42
V5		64:42
Melissa Young	W30	66:03
John Dance	M60	69:08
Steve Clark	M65	71:42
Jim Barnes	M65	71:48
Cecil Walkley	M80	71:48
Mickey Ellis	W50	71:49
Theresa Howe	W55	73:44

6.2K RUN

Bjorn Dybdahl	M55	22:59
Rod Hamilton	M45	23:02
V2		24:58
Kaj Dewens	M60	25:26
Bruce Wilson	M60	26:26
Margaret Saunders	W55	28:10
Mark Hewitt	M55	28:11
Ivan Brown	M65	28:29
V4		28:50
Bob Schickert	M65	29:29
Karen March	W45	29:42
John Mack	M65	30:19

Point Walter**January 17, 2010***Director: Dave Roberts*

Gillian Young	W60	30:27
Hamish McGlashan	M70	30:46
Vic Waters	M65	31:01
Carol Bowman	W55	31:35
Peggy MacLIVER	W65	31:40
Richard Blurton	M55	31:55
Barry Jones	M50	31:57
Ross Keane	M45	32:13
Delia Baldock	W45	32:18
Michael Courtis	M50	32:34
John Brambley	M65	32:39
Sandra Rourke	W40	33:35
Sarah Ladwig	W60	33:49
Damien Hanson	M55	33:56
David Carr	M75	34:14
Karl Stockman	M50	34:30
Roger Walsh	M65	34:39
John Byrne	M60	34:51
Di Jones	W60	35:10
Mike Rhodes	M60	35:32
Aldo Giacomini	M70	37:16
John Ellard	M65	37:39
Mark Sivy	M60	37:39
Janet Jiang	W45	37:41
Ursula ClarkMurphy	W55	37:53
Marg Forden	W65	37:58
Stan Lockwood	M80	38:15
Alan Thorniley	M55	38:16
Kevin Hynds	M40	38:36
Vic Beaumont	M80	40:14
V7		40:36
V8		40:37
Arnold Jenkins	M65	41:02
Merv Jones	M70	41:27
Steve Toohey	M60	43:38
V9		43:42
V1		44:18
Linda Rhodes	W60	44:35
Sheila Maslen	W70	45:51
Mary Heppell	W70	49:04
6.2K WALK		
Ray Hall	M75	45:51
Peter Hopper	M65	46:11
Joan Pellier	W70	48:59
Jeni Shillington	W50	50:30



Peter Sullivan flying home in the 11k. Despite being blasted by winds from all directions, we were all well looked after by Dave and his merry band of helpers. Thanks.

Kirt Johnson	M80	50:39
Jeff Whittam	M75	50:39
Bob Fergie	M70	50:40
Lorna Lauchlan	W75	52:30
Patricia Hopkins	W65	52:42
Charlie Chan	M55	52:43
Debbie Wolfenden	W45	54:39
Ray Lawrence	M80	55:44
Dorothy Whittam	W70	55:52
Maggie Flanders	W70	59:25
Phyllis Farrell	W65	59:26

11K WALK

V3		75:36
Lynne Schickert	W65	86:17
Peter Ryan	M60	86:28
John Smith	M70	93:54

Age Graded Handicaps**January 24, 2010***Directors: Gillian Young & Mark Sivy***8K RUN**

	Age	Clock	H/Cap	Actual
V1		43:23	00:00	43:23
Jim Langford	65	44:25	12:26	31:59
Brett Roach	40	46:05	17:34	28:31
Lorraine Lopes	70	46:11	03:19	42:52
Kaj Dewens	63	46:22	12:55	33:27
David Baird	66	47:43	12:10	35:33
Bruce Wilson	64	47:51	12:41	35:10
Roscoe McDonnell	51	47:56	15:33	32:23
Paul Hughes	57	49:03	14:18	34:45

NOTE the runner in third spot: when you're hot...etc.

Maybe turning 70 was the stimulus for Lorraine, pushing her to establish new track records as well as lifting her Sunday performances.

Peggy MacLIVER reported:

Ralph Henderson	61	49:15	13:24	35:51
Maurice Creagh	63	49:21	12:55	36:26
Blake Stevenson	39	49:43	17:44	31:59
Jim Klinge	63	49:49	12:55	36:54
Peter March	50	50:24	15:45	34:39
Margaret Saunders	56	50:59	10:14	40:45
Neil McRae	57	51:08	14:18	36:50
Ivan Brown	65	51:18	12:26	38:52
Julia Wardell	31	51:40	15:53	35:47
John Mack	68	51:43	11:39	40:04
Chris Reid	46	52:02	16:31	35:31
Garry Ogden	51	52:18	15:33	36:45

"Lorraine Lopes competed in her first T&F (at McGillivray, January) and set new State Records in the W70 800m and 3000m runs. Hopefully this will be the start of many more track meets for Lorraine and more State records."

Gary Fisher	57	52:24	14:18	38:06
Frank Gardiner	60	52:34	13:38	38:56
Johan Hagedoorn	66	52:39	12:10	40:29
Mike Khan	65	52:48	12:26	40:22
Bruce Mathieson	65	52:59	12:26	40:33
Mark Hewitt	57	53:17	14:18	38:59
Karen March	48	53:37	13:08	40:29
Ray Attwell	74	53:40	09:22	44:18
Paul Burke	39	53:42	17:44	35:58
Sarah Ladwig	60	54:00	08:32	45:28
Nicola Maslen	38	54:04	15:20	38:44
Carol Bowman	55	54:10	10:38	43:32

4K RUN

Bjorn Dybdahl	M55	14:47
Lachlan Marr	M45	15:16
V3		15:46
Paul Burke	M35	16:01
Tom Tralau	M35	16:45
Margaret Saunders	W55	17:32
Dante Giacomini	M40	17:37
John Oldfield	M65	17:42
V2		18:02
Bruce Mathieson	M65	18:59
Shirley Bell	W60	19:35
Dave Roberts	M65	19:38
Carol Bowman	W55	19:51
Bryan Hardy	M65	20:04
Bob Schickert	M65	20:18
Peggy MacIver	W65	20:22
Sarah Ladwig	W60	20:29
John Brambley	M65	20:44
Delia Baldock	W45	20:47
V9		21:11
V1		21:26
Tea Dreyer	W45	21:52
Damien Hanson	M55	22:12
V7		22:19
Mickey Ellis	W50	22:40
John Byrne	M60	22:57
Jackie Halberg	W60	23:16
Christine Oldfield	W65	23:46
Ursula Clark-Murphy	W55	23:56
Aldo Giacomini	M70	23:58
Janet Jiang	W45	24:08
Arnold Jenkins	M65	24:34
Barry Jones	M50	25:15
Rochelle Airey	W40	25:33
Julie Wood	W60	25:23
Linda Rhodes	W60	27:55
Pam Toohey	W60	29:04
Debbie Wolfenden	W45	31:51
Toni Frank	W60	32:02
Mary Heppell	W70	32:23
Jan Jarvis	W60	32:52

8K RUN

Peter Sullivan	M50	30:09
V5		30:59
Peter March	M50	33:14
Paul Hughes	M55	33:44
David Baird	M65	34:13
V6		34:18

Piney Lakes

January 31, 2010

Director: John Frost



Debbie Wolfenden says we won't often see her running – but she's looking so good, let's hope she perseveres!

Tristan Bell	M40	34:22
Maurice Creagh	M60	34:37
Chris Reid	M45	34:52
Sandra Stockman	W40	35:30
Neil McRae	M55	35:34
Brett Roach	M40	35:47
Gary Fisher	M55	37:17
Brian Bennett	M60	37:39
Wayne Taylor	M50	37:51
Karen March	W45	37:59
Gillian Young	W60	39:14
Johan Hagedoorn	M65	39:49
Hamish McGlashan	M70	40:07
Paula Karra	W35	40:11
V8		40:15
Mike Khan	M65	40:32
Ross Keane	M45	40:57
V4		41:39
Claire Walkley	W40	41:39
Heiner Huning	M50	41:52
Lorraine Lopes	W70	43:13

Karl Stockman	M50	43:36
John Pellier	M70	43:52
Melissa Young	W30	44:07
Julia Wardell	W30	44:27
Tanya Burke	W35	44:37
Maree Brown	W45	44:48
Richard Danks	M65	45:25
Roger Walsh	M65	45:35
John Dance	M60	46:56
Val Millard	W60	47:15
David Carr	M75	47:16
Mike Rhodes	M60	47:25
Jim Barnes	M65	47:38
Cecil Walkley	M80	47:39
John Ellard	M65	48:36
Mark Sivyer	M60	48:37
Steve Clark	M65	48:51
Kevin Hynds	M40	49:46
Denise Viala	W55	50:42
Paul Martin	M65	51:00
Pierre Viala	M60	51:00
Steve Toohey	M60	53:22
Vic Beaumont	M80	55:53
Jo Richardson	W55	57:58
Elaine Dance	W55	57:59
Sheila Maslen	W70	59:04
Regina Crouch	W40	61:07

4K WALK

Michele Mison	W60	29:57
Joan Pellier	W70	31:27
Jeni Shillington	W50	31:49
Ray Lawrence	M80	31:50
Charlie Chan	M55	33:41
Patricia Hopkins	W65	34:27
Maggie Flanders	W70	38:21
Elaine Ellard	W65	41:21
Pat Ainsworth	W70	41:49
Leo Hassam	M75	41:50
Ann Turner	W70	44:41
Shorty Turner	M70	44:42

8K WALK

Irwin Barrett-Lennard	M80	58:31
Ray Hall	M75	59:55
Lynne Schickert	W65	60:14
Peter Ryan	M60	63:03
Jeff Whittam	M75	66:04
Bob Fergie	M70	66:04
Dorothy Whittam	W70	71:54

Bob Schickert	68	54:34	11:39	42:55
Richard Blurton	60	54:48	13:38	41:10
Kerrie Stevenson	39	54:55	15:12	39:43
David Scott	62	55:16	13:10	42:06
Tom Tralau	36	55:34	18:12	37:22
Di Jones	61	55:42	08:05	47:37
Raymond Gimi	45	56:00	16:42	39:18
Nick Miletic	58	56:16	14:05	42:11
Wayne Taylor	50	57:13	15:45	41:28
John Oldfield	66	57:35	12:10	45:25
Scott Winn	40	57:41	17:34	40:07
Alan Thorniley	56	57:42	14:31	43:11
Gavin Howard	49	58:19	15:57	42:22
John Brambley	67	58:25	11:55	46:30
Richard Danks	67	59:28	11:55	47:33
Peter Bath	68	59:57	11:39	48:18
Christine Oldfield	65	60:09	06:08	54:01
Ross Keane	48	60:20	16:08	44:12
Sandra Rourke	42	60:31	14:41	45:50
John Ellard	68	60:35	11:39	48:56
John Dance	60	61:30	13:38	47:52
Mike Anderson	61	61:32	13:24	48:08
David Carr	77	62:10	07:40	54:30
Steve Clark	67	62:51	11:55	50:56
Mickey Ellis	52	63:11	15:21	47:50

Tanya Burke	38	63:23	15:20	48:03
Vic Beaumont	80	64:14	05:27	58:47
Sheila Maslen	72	64:33	02:04	62:29
Denise Viala	59	65:15	08:59	51:23
Jackie Halberg	63	65:38	07:08	58:30
Mary Heppell	72	66:41	02:04	64:37
Merv Jones	70	66:44	11:02	55:42
René Van Eeden	44	67:44	14:15	53:29
Jo Richardson	57	70:14	09:50	60:24
Elaine Dance	58	70:15	09:25	60:50
Steve Toohey	61	70:55	13:24	57:31
Arnold Jenkins	65	73:12	12:26	60:46
John Byrne	62	79:49	13:10	66:39

5K WALK

	Age	Time	H/Cap	Actual
Lorna Lauchlan	79	46:19	04:26	41:53
Lynne Schickert	68	46:53	09:53	37:00
Phyllis Farrell	65	49:07	10:58	38:09
Bryan Hardy	66	49:52	13:21	36:31
Bob Fergie	74	50:44	10:53	39:51
Kirt Johnson	80	51:56	08:29	43:27
Jeff Whittam	75	52:17	10:31	41:46
John Smith	74	52:23	10:53	41:30
Patricia Hopkins	67	53:32	10:15	43:17

Dorothy Whittam	73	55:25	07:44	47:41
Norm Miller	78	56:17	00:00	56:17
Maggie Flanders	73	57:03	07:44	49:19
V2		57:24	00:00	57:24
Sylvia Szabo	52	60:02	14:31	45:31
George Schaefer	77	60:54	09:45	51:09
Margaret Warren	74	63:20	07:14	56:06

5K RUN

Dante Giacomini	M40	22:01
Delia Baldock	W45	26:36
V3		29:53
Janet Jiang	W45	30:00
Aldo Giacomini	M70	30:14
Pierre Viala	M60	33:24
Paul Martin	M65	33:26
V4		37:33
Irwin Barrett-Lennard	M80	38:55
V5		39:36
Julie Wood	W60	39:37
Ray Lawrence	M80	42:16

8K WALK

Peter Ryan	M60	73:52
Regina Crouch	W40	74:42
V6		74:43

COMING EVENTS - DESCRIPTIONS and HELPERS

FEBRUARY 14 MCCALLUM LAKES

Director: Sue Bullen –
9474 3718

Keith Atkinson, Toni Frank, Jim Langford, Helen Lysaght, Duncan & Fiona McAuley, Nick Miletic, Joan Pellier, Blakeney Tindall, Rhod Wright

From McCallum Park follow river edge footpath to Coode St, then across lake twice to rejoin river path near Hurlingham St. When Ellam St is reached go along path on western side to crossing then stay on grass to finish.

FEBRUARY 21 SAFETY BAY

Directors: Elaine & John Dance – 9593 4607

Ray Atwell, David Baird, Tristan Bell, Fiona Cousins, Ray Hall, Malcolm Hawley, Julie Keeley, Iain & Lorraine MacLennan, Joanne Richardson, Will Robe, Trevor Scott, Allan Taylor, Murray Tolbert, Scott Winn

Along bike path towards Port Kennedy straight out and back for both events. Snakes have been seen near path. Hills and curves.

FEBRUARY 28 LAKE MONGER

Director: Richard Danks –
9441 3672

Neil & Sharline Davis, Trisha Farr, Glenis Folk, Toni Frank, Sandy Johnstone, David Lewin, Sandra Rourke, Jennifer Shillington, Blakeney Tindall, Jeff & Dorothy Whittam

Anti clockwise circuit/s of lake on footpath. Each circuit is 3.5k.

**MORE –
See page 3**

MARCH 7 TEDDY BIRDS PICNIC

Director: David Muir –
9330 9794

Ray Attwell, John Byrne, Fiona Cousins, Richard Danks, Daniel Groenwald, Leo Hassam, Pat Hopkins, Anne Jones, Helen Shield, Genevieve Spiro, Wayne Taylor, Janet & Michael Walter, Scott Winn

5k UWA circuit, then 3.5K Kings Park circuit for the run. Distances walk 5k/10k, run 5k/8.5k/13.5k.

MASTERS ATHLETICS WA



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Australian Masters Athletics Championships, Perth 2010

PLANNING is well under way for the **AMA Track and Field Championships** to be held here in Perth at the new **WA Athletics Stadium, Mt Claremont**. For those of our members who are unable to travel interstate each Easter to compete, they now have an opportunity to challenge themselves against their peers.

Come to Track and Field competition each Tuesday and Thursday and/or Sunday distance runs and walks to help with your training program. Entry forms have now been mailed to everyone in the 2009/10 AMA Handbook,

which was produced here in Perth.

On-line entry is now available on the AMA website:
www.australianmastersathletics.org.au

Remember – entries close on Friday 5 March and late entries will not be accepted.

Masters Athletics WA and the 2010 National Championship committee welcomes the support of Black Swan Event Financial Planning as our major sponsor for the 2010 AMA Championships. Members are invited to contact John Cameron, Principal of BSEFP for

financial planning advice. John has over 25 years experience in financial planning, and relevant prior experience in stockbroking, fixed interest dealing and financial journalism. ph: 08 9322 7818 or email: john@blackswanevent.com.au

Members whose companies would also like to be involved at any level with the championships should contact Championship Convenor Richard Blurton by ph: 9293 0190 or email: r.blurton@optusnet.com.au. Naming rights for specific events is a great way to promote your business.



Black Swan Event
FINANCIAL PLANNING

Vetrun

The magazine of Masters Athletics WA

MARCH
2010
No. 432



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MEMBER FEES:

**No increase –
and decrease
for some!**

MAWA is holding membership dues at 2009 levels and offering a hefty reduction to members who take Vetrun via the internet.

Basic membership fees are unchanged. As last year, they are:

SINGLE: \$45 METRO / \$39 COUNTRY,

JOINT: \$61 METRO / \$48 COUNTRY.

If members do NOT take a printed Vetrun - but sign up to have it emailed, or to view it online, membership fees reduce by \$10 to:

SINGLE \$35 METRO, \$29 COUNTRY,

JOINT \$51 METRO, \$38 COUNTRY.

Cost of a printed Vetrun is more than \$10 a year, per member. So the club will benefit, 'electronic' members will benefit - and the environment will benefit as we cut our paper use!

All members (including LIFE MEMBERS) must complete a form for 2010-11 - BUT recent new members who took membership to March 31, 2011 do NOT need to complete another form.

Helping at events

Everyone has to help at two events a year. The draft programme (inside back cover of this Vetrun) will assist Sunday event members to choose their helping dates for the year. If you don't select dates, you will be allocated the same dates as in 2009-10.

OVER just fifteen days in February Stan Lockwood, Cecil Walkley, Irwin Barrett-Lennard and Vic Beaumont set a new M80 world record in the 4x800m relay, and broke the Australian records over 4x1500m and 4x400m. All the records – page 8



AGM REMINDER

IT'S on - Tuesday April 20, at the Hockey Club Rooms, Perry Lakes, at 7pm.

Club website is reborn

A REVITALISED club website is up and running, leading MAWA into the era of electronic communications.

Since it was established (by John Stone in the early 2000s) use of email and internet has grown inexorably among our membership.

All online

Almost all written contact is by email. The Vetrun is edited, written and produced entirely online. T&F athletes have their own electronic magazine, received by email.

This month all members are being offered the chance to save money – and trees! – by taking an electronic Vetrun in place of a paper one.

Colourful

Our website has always

**GO TO –
www.mastersathleticswa.org**

been eye-catching, with its appealing orange features and many athletics photographs. Together with Vetrun, we know it has drawn new members to the club.

Updating the site to meet today's needs has been handled by IT professional Scott Buckland, in consultation with our new webmaster John Oldfield.

The new site uses the latest design techniques and will be much easier to navigate. Drop-down menus allow the user to go anywhere within the site, from any page.

Current features remain. You can still download

Vetrun, the T&F newsletter, Sunday and T&F results, and both annual programmes.

New features include searchable photo galleries and extended news sections, which will be regularly updated. You will also find details of upcoming runs and profiles of members. More is to come and we're exploring the possibility of placing every Vetrun – from the very first edition – in an online archive.

Let us know

Your comments are welcomed; please contact John or any of the committee with suggestions. It is your website – please use it. Perhaps your input can make the new site even more effective.



Images from our website home page – see them there, in colour.

MARCH 2010 BIRTHDAYS

Adams	Mick	M50
Adrian	Kris	W35
Ainsworth	Pat	W70
Baird	David	M65
Blurton	Barbara	W60
Bowen	Jeff	M65
Brambley	John	M65
Caplin	Don	M70
Carlton	Gary	M50
Carroll	Ed	M65
Chisholm	Colin	M45
Cousins	Fiona	W35
Davis	Neil	M65
Dawson	Mark	M45
Ellard	Elaine	W65
Elms	Cathy	W40
Ford	Stephen	M30
Gartlan	Sean	M40
Gimi	Raymond	M45
Glass	Byrony	W30
Gravestock	Tom	M55
Greenhalgh	Rob	M60
Harrison	Ken	M40
Hodgson	Mike	M45
Howard	Mark	M40
James	Alan	M55
Johnson	Kirt	M80
Karra	Paula	W35
Keane	Niamh	W45
Keane	Sean	M45



MAWA challenges the young

A DOZEN hardy athletes turned out for Masters in the 2009 open cross-country season. Auspicious debuts for the club in cross-country competition were recorded by Ross Keane, Andrew Brooker, Simone Solomon and Ian Cotton. Other seasoned campaigners who braved the various challenging terrains included: Campbell Till, Kerriann Bresser, Bruce Wilson, Marg Saunders, Niamh Keane, Delia Baldock, and Jacqui Sanders.

Relays

As well as being represented by individual club members at various solo events, the club fielded at least one team in most of the relay events, usually against much

John Collier reviews the 2009 X/C season



younger, but not necessarily faster, opposition.

The squad was dealt a major blow during the summer season with the interstate re-location of our co-ordinator and team stalwart, Patrick Smith. Patrick's shoes proved hard to fill, both on and off the track.

Disaster struck on the eve of the season when one of our prized cross-country recruits, Mark Dawson, was ruled out for the season with osteitis pubis, a condition more commonly associated with young professional footballers. Mark's injury continues to plague him and he remains on the sidelines.

Among many courageous and meritorious efforts, the outstanding performances of the season came from middle-distance specialists Andrew Brooker, Niamh Keane and Marg Saunders, who continued their outstanding form from the Australian Championships in Adelaide.

In the relay events we fielded a particularly impressive women's team, who took it right up to their younger rivals.

Carine

Undoubtedly the most anticipated event of the season was the Carine Relays where our women's team went in search of their third consecutive 12km relay victory. Alas, in a field of rare quality it was not to be, despite Niamh and Marg's best efforts for a very creditable third place.

Several squad members were injured at various times over the season, the most curious injury of all being Ian's toe after a close encounter with a ferret, but you'll have to ask him about that!

Thanks to all club cross-country participants for your contribution and support over the season.

John Collier

Cross-Country co-ordinator

Erica's score in NZ

AT the MASTERS GAMES in DUNEDIN, New Zealand, Erica Mercer did well in her W65 events. A WA member for many years, Erica rejoined a few months ago.

HJ	1.00m Silver
2k Steeple	11:39.67 Gold
Javelin	14.18m Gold

Kernaghan	Barrie	M70
Lauchlan	Lorna	W80
Leseberg	Dan	M30
Lis	Basia	W45
Lloyd	Amanda	W30
Loly	Mitch	M70
Macliver	Peggy	W65
Mattison	Paul	M50
McAuley	Fiona	W55
McRae	Neil	M55
Miletic	Nick	M55
Neale	Chris	M40
O'Toole	Michael	M35
Phillips	Toni	W35
Sander	Leon	M70
Sanders	Peter	M65
Scott	Berni	W45
Shand	Rob	M75
Shield	Helen	W40
Smith	Frank	M65
Spencer	Wendy	W65
Stanger	Norman	M70
Stockman	Sandra	W45
Stone	Jo	W65
Tiwari	Alka	W35
Van Eeden	Rene	W45
Vander Kraats	Dennis	M50
Ward	Marcus	M35
Watkins	Martin	M60
Winn	Scott	M40



Black Swan Event FINANCIAL PLANNING

www.blackswanevent.com.au
Email perth@blackswanevent.com.au

or call (tel) 9322 7818 Fax 9481 5570
Office Level 11, 28 The Esplanade, Perth

Health and wealth

ONE of the key challenges of retirement is to make sure our income lasts as long as we do.

As an athletics master, you put a lot of time and effort into maintaining a healthy body. But is your financial situation equally healthy?

If you can be confident that your income will be ongoing, whatever happens in financial markets, then you can plan and act with

certainty and peace of mind, says John Cameron, Principal of Black Swan Event Financial Planning.

"In the 30 years I have been in financial planning and associated areas, many companies have tried various ways to provide that certainty of income – mostly without success," John says.

Lifetime guarantee

"Now, a major institution has come up with a radical

new solution which, for a reasonable cost, guarantees income for life. It is transparent and flexible, so you can make capital withdrawals (but they will affect your income), with no loss of capital on death."

If you would like more details or would like a free 'health check' of your finances, contact John Cameron or Petrese Ivey at Black Swan Event Financial Planning.

Worried about our ageing club?

SORRY. You are too late.

Recruit only babies and we need two per year to break even.

Recruit only 40-yr olds and we need about 30 per year to break even.

Die? Members tend to lapse before death.

Blame someone or something?

Initial planning? There was no plan.

Ongoing negative decisions

Honorary membership for 70-year olds; half-distance events; walks without judges; chairs and flasks; low fees.

The die is cast. The West Australian will run a story, with picture, on Easter Monday, featuring Ruth Frith, aged 100.

So, age gracefully, my club. There is fun to be had yet.

David Carr

Dave is a founder member, mathematician and now, philosopher. VW



David

Can you accommodate 'poles'?

WE have had the following request from an interstate female athlete:

"I am hoping to come to Perth for the Nationals and am looking for somewhere to stay. I wonder if there is a fellow athlete who wouldn't mind an extra athlete (with poles)."

Dawn is a pole vaulter so your car would have to be able to carry her poles! Please let me know if you are able to help.

Barbara Blurton

You write...

Two views on club demographics...

Hi Vic

Page 3 of February Vetrun, I quote:

"..... and as I write there are 190 women and 334 members in MAWA - total 524."

Your statement seems to suggest women aren't members. I know you don't mean this and it's just a tiny omission but maybe you should do a spot of grovelling to the ladies in the next issue.

cheers.

Margaret Langford



Margaret

I think 'Grovel' is the gossip columnist in Private Eye (UK satirical weekly).

So I can't do that, too close to plagiarism.

Excuses though, I'm good at those.

The error occurred when I hit a mental block while typing '190 women and 334 male members'. My in-built breeding and sense of political correctness prevented mention of male members.

Vic

NEW MEMBERS – Welcome!

935 PAINTER Brenda W65
936 HOUNQUEBIE Francis M50
937 HOUNQUEBIE Glynis W50
938 O'TOOLE Michael M35
939 THORNTON Lisa W35
940 EBSTEIN Mel M45
941 EBSTEIN Caryn W45
942 STIRLING Jane W50
943 BAGNALL Edwin M50
945 MOORE Stuart M50
946 MCGONIGLE Patrick M55
947 MCGONIGLE Yvonne W55
948 BULLEY Trevor M50
949 GRAY Marty M45
950 MITCHELL Paul M35
951 VAN RIJEN Xander M40

Bye-bye Birthdays?



My View...

by

Vic Waters

I KNOW, it's like rocking the Holy Grail – but should we carry on printing birthdays? After all, they're not precise any more (we have to protect privacy.) Now the membership is growing apace, the list gets longer every month, and I wonder if the space could be better used. Comments please, preferably not attached to a stiletto.

Shoe sale

RUNNING shoes for sale, Asics top-of-the-range Kayanos. Size 10 1/2 - never used. \$100 (new price \$260). See Neil – member 347 – at Sunday runs.

There's a secret formula to slow down ageing? Yeah, right.

IN an extract from their book, Kate Marie and Christopher Thomas tell us how to feel younger for longer. Some things should be taken slowly and ageing is one of them, they say.

Ageing involves gains and losses and complex physiological processes that can and should be managed so we age in optimal health.

Read the full extract in Vetrun Extra, on the club website.

(Thanks to John Bell for this, published in Body & Soul, Sunday Times on December 20, 2009.)

Calling calligraphers

OUTSTANDING athletes at the nationals will receive a hand-drawn certificate to mark their achievements. Now all we need is a skilled calligrapher to write about six certificates.

They would need to be done a week or so after the Champs, when the winners are known. We hope there might be someone in the club? If so, and you can help, please contact Jackie Halberg asap.

HELPERS

(from page 8)

Have you checked the lists?

APRIL 11 3PS

Directors: Carol Bowman – 9414 8561 & Nick Miletic – 9419 7890

Shirley Bell, Mike & Paula Karra, Ross Keane, Ron Mead, Bob & Lynne Schickert, Cheryl van der Spuy, Kim Thomas

From Pt Walter along river side path for either 4k or 8k and return. Short run turn just before Tompkins Park. Long run turn at Waylen Bay just past tennis club.

MAWA and Vetrun Contacts

Secretary MAWA
11A Dandenong Rd
Attadale WA 6156
9330 3803

Editor:
Vic Waters
Ph/fax: 9341 3464
vicwaters@iprimus.com.au

Website:
www.mastersathleticswa.org

Email:
enquiries@mastersathleticswa.org

Club uniforms:
Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

President:
Barbara Blurton

Patron:
John Gilmour

11K RUN

Brett Roach	M40	39:34
Thomas Waumsley	M35	43:08
V4		43:26
V1		45:02
Bob Lane	M60	45:24
John Allen	M50	45:37
Kim Thomas	M35	46:19
Peter March	M50	47:21
Chris Maher	M55	48:07
V32		48:19
David Baird	M65	48:51
Sandra Stockman	W40	49:04
Michael Karra	M45	49:07
Maurice Creagh	M60	49:24
V39		49:26
V7		49:38
Nicola Maslen	W35	50:46
Tristan Bell	M40	51:00
Neil McRae	M55	51:43
V17		51:50
David Willmer	M55	51:52
Karen March	W45	52:54
V35		53:02
Mike Hale	M60	54:18
Sean Keane	M45	54:42
Gillian Young	W60	55:36
Keith Miller	M60	55:59
V31		56:08
Keith Atkinson	M50	56:32
Paula Karra	W35	56:46
Shirley Bell	W60	56:52
Johan Hagedoorn	M65	56:58
Nick Miletic	M55	57:37
Gavin Howard	M45	58:38
Claire Walkley	W40	58:54
Raymond Gimi	M45	58:58
Lorraine Lopes	W70	59:13
Heiner Huning	M50	59:15
Anne Jones	W55	60:42
Melissa Young	W30	61:20
Sarah Ladwig	W60	61:26
Brian Bennett	M60	62:07
Mark Sivyer	M60	62:08
Julia Wardell	W30	63:46
Peter Bath	M65	63:57
Di Jones	W60	64:52
John Dance	M60	65:16
Tanya Burke	W35	66:53
Steve Barrie	M70	68:00
V38		69:14
Cecil Walkley	M80	69:19
Steve Clark	M65	69:49
Val Millard	W60	70:49
Denise Viala	W55	75:00
Steve Toohey	M60	74:01

5.6K RUN

Rod Hamilton	M45	21:00
Bjorn Dybdahl	M55	21:14
Jim Langford	M65	21:33
Greg Vander Sanden	M50	21:50
Lachlan Marr	M45	22:09
Bert Carse	M65	22:37
Kaj Dewens	M60	22:53
Chris Frampton	M40	22:57
Paul Burke	M35	23:13
Bruce Wilson	M60	23:32
Ralph Henderson	M60	23:48
Paul Hughes	M55	23:59
Jim Klinge	M60	24:04
V2		24:13
V37		24:21
Joe ClarkMurphy	M60	24:41
V10		24:48
Ian Cotton	M45	24:49
Tom Tralau	M35	25:09

Friendship Run

KINGS PARK

February 7, 2010

Director: Jim Barnes

236 finishers for the Friendship run makes (as far as I know) the greatest number we have had for this event. We were lucky to have such mild conditions on the day. In the 11km event a fast finishing Sam May (Marathon Club) just got the better of Brett Roach, with this pair finishing well ahead of the field. Much the same happened in the shorter distance, Steve Courtney and Steve Stockwell having a large lead over the rest of the runners. Many non-members took part in the walks.

My thanks go to all the officials who did a great job, with the Marathon Club members of great help too.

Jim Barnes

Neil's double?

11K RUN

With almost 300 runners in all, including dozens of visitors, it would be amazing if there wasn't at least one anomaly. So we had Neil McRae listed as winning the 11k, some 11 minutes ahead of Brett Roach.

As Neil appeared again just a little further down the list, we agreed that Brett is most probably the winner!

Thanks to Jim and his team for another great event.

VW		
V6		25:34
Gary Fisher	M55	25:35
V29		26:17
Ivan Brown	M65	26:18
David Carr	M75	26:59
Bruce Mathieson	M65	27:40
V25		27:44
John Mack	M65	27:49
V37		27:53
V14		28:09
John Bell	M60	28:17
V15		28:22
Graham Thornton	M65	28:28
Dave Roberts	M65	28:39
V26		29:05
Carol Bowman	W55	29:15
Peggy MacIver	W65	29:33
John Brambley	M65	29:40
Trisha Farr	W35	29:42
Delia Baldock	W45	29:47
Bob Schickert	M65	29:53
Bryan Hardy	M65	30:02
V34		30:22
V13		30:35
Sandra Rourke	W40	30:41
Ray Attwell	M70	30:45
Mike Rhodes	M60	30:51
Wayne Taylor	M50	31:59
Barry Jones	M50	32:00
V8		32:20
Jim Riddell	M70	32:30
Roger Walsh	M65	32:33
Tea Dreyer	W45	32:35



Bob Lane, M60, 5th in the 11km and so very competitive

Janet Jiang	W45	32:39
V11		32:46
V12		33:06
V40		33:09
Mike Anderson	M60	33:14
V28		33:16
Ursula ClarkMurphy	W55	33:37
Paul Martin	M65	34:08
Christine Oldfield	W65	34:09
Aldo Giacomini	M70	34:29
Sue Bullen	W50	34:35
Marg Forden	W65	35:05
John Byrne	M60	35:19
Charlie Chan	M55	35:20
Arnold Jenkins	M65	36:09
V42		36:16
Merv Jones	M70	36:26
Jackie Halberg	W60	36:40
V27		36:47
V41		38:18
V5		40:39
Linda Rhodes	W60	40:42
Vic Beaumont	M80	41:12
Julie Wood	W60	41:39
Pierre Viala	M60	41:40
Margaret Bennett	W65	43:23
Jan Jarvis	W60	45:11
Mary Heppell	W70	46:13
V43		46:35
V18		46:36
Shorty Turner	M70	50:23
Toni Frank	W60	51:17

5.6K WALK

Irwin BarrettLennard	M80	41:21
Lynne Schickert	W65	42:57
Michele Mison	W60	42:57
Ray Hall	M75	44:56
Bob Fergie	M70	46:00
Jeff Whittam	M75	46:00
John Frost	M70	46:25
John Smith	M70	46:27
Kirt Johnson	M80	47:09
Jennie Lee	W55	47:54
Ray Lawrence	M80	49:33
Rosa Wallis	W65	49:54
Elaine Sillery	W75	52:58
Pat Ainsworth	W70	55:48
Ann Turner	W70	56:19
Leo Hassam	M75	56:56



Rod Hamilton, solid performer, 1st in the 4.5km

McCallum Lakes

February 14, 2010

Director: Sue Bullen

MANY thanks to the loyal and dedicated band of race officials helping at this event – Duncan and Fiona McAuley, Blakeney Tindall, Jim Langford, Helen Lysaght, Rhod Wright, Val Millard and Joan Pellier. Special thanks must also go to Joan who flagged the course.

There were more than 100 runners and walkers taking part in the event this year in quite hot conditions.

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

Sue Bullen



They're making a habit of this battle: Ray Gimi and Sean Keane closing together at Lake Monger, as at McCallum Lakes.

4.2K RUN

Rod Hamilton	M45	15:48
Bernard Mangan	M55	16:30
Paul Burke	M35	16:52
Ross Parker	M60	17:09
Dante Giacomini	M40	17:49
Nicola Maslen	W35	18:35
Margaret Saunders	W55	18:42
Ivan Brown	M65	18:44
Ross Keane	M45	19:04
Steve Hossack	M45	19:08
Tom Tralau	M35	19:55
John Dickason	M55	19:58
Dave Roberts	M65	20:15
Ivan Lazarus	M55	20:19
Barbara Blurton	W55	20:59
Delia Baldock	W45	22:35
Roger Walsh	M65	22:52
Tea Dreyer	W45	22:54
Jim Riddell	M70	23:34
Mickey Ellis	W50	23:53
Basia Lis	W45	24:07
Vis 44	#N/A	24:13
Jackie Halberg	W60	24:26
Charlie Chan	M55	25:18
Paul Martin	M65	25:21
Kevin Hynds	M40	25:32
Aldo Giacomini	M70	26:47
Merv Jones	M70	27:30
Vis 46	#N/A	27:32
Vis 47	#N/A	29:13
Fiona Cousins	W35	30:01
Linda Rhodes	W60	30:09
Margaret Bennett	W65	31:12
Julie Wood	W60	34:21
Mike Hale	M60	39:12
Arnold Jenkins	M65	40:04
Vis 23	#N/A	40:03
Vis 20	#N/A	41:18

8.4KM RUN

Brett Roach	M40	31:23
Grahak Cunningham	M30	34:45
John Allen	M50	35:48
Vis 45	#N/A	36:03
Chris Reid	M45	36:13
Jim Klinge	M60	36:24
Ralph Henderson	M60	36:37
David Baird	M65	36:56
Maurice Creagh	M60	37:40
Neil McRae	M55	38:42
Gary Fisher	M55	39:49
Karen March	W45	39:50
Peter March	M50	40:02
Scott Winn	M40	41:19
Johan Hagedoorn	M65	41:46
Paula Karra	W35	41:48

Sean Keane	M45	42:04
Gillian Young	W60	42:42
Raymond Gimi	M45	43:05
Vis 19	#N/A	43:07
Mike Khan	M65	43:29
Bob Schickert	M65	44:57
Carey Dickason	W55	45:10
Graham Thornton	M65	46:04
Sarah Ladwig	W60	46:26
Maree Brown	W45	46:27
Sandra Rourke	W40	46:43
Vis 24	#N/A	46:44
Melissa Young	W30	46:45
Lorraine Lopes	W70	46:49
Vic Waters	M65	46:51
Mark Sivyer	M60	46:56
Frank Smith	M65	47:49
Julia Wardell	W30	48:53
John Dance	M60	48:56
Terry Manford	M70	49:13
Peter Bath	M65	49:45
Theresa Howe	W55	49:50
John Ellard	M65	50:04
Vis 21	#N/A	50:44
Tanya Burke	W35	52:19
Mike Rhodes	M60	55:44
Steve Toohey	M60	56:22
Pam Toohey	W60	59:13
Peter Ryan	M60	61:11
Elaine Dance	W55	61:20
Vic Beaumont	M80	61:52
Regina Crouch	W40	61:55
Jo Richardson	W55	62:32
Sheila Maslen	W70	63:29

4.2K WALK

Irwin BarrettLennard	M80	30:13
Ray Hall	M75	30:36
David Brown	M60	31:42
Rosa Wallis	W65	34:26
Ray Lawrence	M80	34:27
Jennie Lee	W55	36:51
Kirt Johnson	M80	36:40
Jeff Whittam	M75	34:59
Patricia Hopkins	W65	36:57
Vis 22	#N/A	38:54
Elaine Sillery	W75	39:19
Alan Pomery	M75	41:55
Norm Miller	M75	43:25
Pat Ainsworth	W70	46:06
Pat Miller	W70	46:07

8.4K WALK

Bryan Hardy	M65	63:30
Lynne Schickert	W65	64:32
Jeni Shillington	W50	69:54
John Smith	M70	69:54
Lorna Lauchlan	W75	75:04

WA nominations for AMA National Awards 2009

SPRINTS/HURDLES

David Carr	M77
Peggy Macliver	W65

MIDDLE DISTANCE/STEEPLECHASE

David Carr	M76
Bert Carse	M68

DISTANCE

Irwin Barrett-Lennard	M80
-----------------------	-----

WALKS

Lyn Ventris	W52
-------------	-----

JUMPS

David Clive	M72
-------------	-----

THROWS and also

MULTI EVENTS/RELAYS

Byrony Glass	W32
--------------	-----

MOST OUTSTANDING

MALE ATHLETE

David Carr	M76/7		
400m	67.67	(99.41%)	7/8/09
2kSC	9:01.98	(98.75%)	11/4/09
800m	2:38.53	(95.99%)	10/4/09
1500m	5:48.3	(89.67%)	21/3/09
Pentathlon	3275 points		21/3/09
(AMA Champs. 2009 - 4 gold)			
(WMA Champs. 2009 - 1 gold, 2 silver)			

MOST OUTSTANDING

FEMALE ATHLETE

Lyn Ventris			
5000m Track Walk	24:19.33	(93.46%)	11/4/09
10k Road Walk	51:35	(91.74%)	13/4/09
20k Road Walk	1:45.13	(91.54%)	6/8/09
3000m Track Walk	14:46.3	(89.91%)	28/3/09
(MAWA Champs. 2009 - 2 gold)			
(AMA Champs. 2009 - 2 gold)			
(WMA Champs. 2009 - 3 gold plus team gold)			
(WA State Open Champs. 2009 - 2 gold)			

MOST OUTSTANDING

INDIVIDUAL PERFORMANCE

David Carr	M77	
400m	67.67	(99.41%)
7/8/09 (WMA Champs 2009 Lahti - gold)		

turn to page 6 ►

Lake Monger

February 28, 2010

Director: Richard Danks

FULL results will appear next month – but are on the club website NOW plus pictures in colour!

What a great turnout this morning! We had over 100 people running and this is especially good, considering that many members were at the club weekend at Dwellingup.

What an exciting finish we had in the women's section of the 10.5K Run. Amanda Walker chose to run the longer distance, and spectators wondered where she was at the 7K mark, when Sandra Stockman was well ahead with no Amanda in sight.

Slowly and surely Amanda gradually closed the gap. But Sandra, with her usual fighting spirit, was not going to give an inch. They matched each other stride for stride in a sprint to the finish, Amanda just holding her lead to the end. Full credit to them both for a spectacular finish!

Congratulations to the winners in all the other segments. While the finishes were not as close as the above-mentioned ladies, if the recommended age percentages were applied, the results would be much closer. For example, the three leading men in the 10.5k Run would be neck-and-neck on an age basis.

Not to be outdone, the walkers had some very interesting finishes and close times.

While the course was easy to follow, the number car-park entries which we have to marshal present their own challenges to the helpers. I therefore extend a big thank you to all the helpers and congratulations to all the competitors.

Multi-race director, and handicapper, Richard Danks is fresh back from a well-earned holiday.



TEAM MANAGER:

CONGRATULATIONS to Chris Neale who has been appointed MAWA team manager for the Nationals at Easter. Chris will coordinate relay teams and try and solve any of your problems during the competition. I'm sure you will give Chris your full support.

from P5

ADMINISTRATION/OFFICIAL

Ernie Leseberg – NSWMA

AMA website manager

The primary reason for MAWA nominating Ernie Leseberg for Administrator of the Year is his outstanding work on the on-line entry system for the Perth 2010 Nationals. NSW and Adelaide had used a commercial system from the USA that proved to be both cumbersome and expensive.



Amanda leads Sandra into the last 100 metres of the 10.5km event.



Crunch in the chute? Almost, until Chris Maher found he was a lap short, and hurdled out of trouble!



Always welcome – Tessa Brockwell, though she was taking it easy this time!

Safety Bay

February 21, 2010

Directors: Elaine & John Dance

5K RUN

Trevor Scott	M50	17:13
Ross Keane	M45	21:15
V4		23:17
Nick Miletic	M55	24:18
Carol Bowman	W55	24:18
Sarah Ladwig	W60	25:42
Shirley Bell	W60	28:24

John
Byrne



John Byrne	M60	29:19
Charlie Chan	M55	30:38
Merv Jones	M70	30:58
Jackie Halberg	W60	33:30
Julie Wood	W60	33:50
Pierre Viala	M60	33:51
Margaret Bennett	W65	35:57
Gordon Medcalf	M80	55:35

10K RUN

Peter Sullivan	M50	38:26
V5		41:05
Kim Thomas	M35	43:11
Bruce Wilson	M60	44:48
Maurice Creagh	M60	44:51
Sandra Stockman	W40	45:08
Syd Parke	M55	45:35
David Baird	M65	45:40
Paul Burke	M35	46:41
Karen March	W45	49:21
Johan Hagedoorn	M65	49:52
Gillian Young	W60	50:16
Bob Schickert	M65	51:24
John Mack	M65	52:13
V1		52:29
Mark Sivyer	M60	52:42
Graham Thornton	M65	53:54
V2		54:24
Melissa Young	W30	56:55
John Pellier	M70	57:03
Richard Danks	M65	59:21
John Ellard	M65	60:32
Roger Walsh	M65	60:59
Jim Barnes	M65	61:14
V3		62:14
Tanya Burke	W35	63:12
Val Millard	W60	63:18
Kevin Hynds	M40	68:59
Denise Viala	W60	70:05
Vic Beaumont	M80	72:38

5K WALK

Joan Pellier	W70	38:47
Jeff Whittam	M75	39:38
Patricia Hopkins	W65	42:00
Maggie Flanders	W70	46:41
Ann Turner	W70	46:50
Pat Ainsworth	W70	46:50
Elaine Sillery	W75	51:10
Noela Medcalf	W75	51:12
Norm Miller	M75	53:58
Shorty Turner	M70	54:00

10K WALK

Graham Harrison	M65	66:34
Lynne Schickert	W65	77:46

MAWA 2010-11 DRAFT PROGRAM

Date	Event - Distance	Venue	Start	Director
2009				
2 May	Weir 10k/5k RRC 10k; RWC 5k	Kent St Weir Wilson	8.00	S Keane & N McRae T
9 May	Aquinas 10k/5k	Aquinas College Mt Henry Rd, Sallers Point	8.00	L Marr H M T
16 May	Group Jog-walk Reabold	Perry Lakes Park	8.00	
23 May	Around 15k/7.5k /5k/wk Herdsmen 15k Walk	Pony Club Jon Sanders Dr	8.00 7.30	J & M Langford
30 May	RRC 15k RWC 10k 5k	J Abrahams Res Hackett Dr Nedlands	8.00	G Fisher T
6 Jun	RRC 25k RWC 15k 5k	Burswood Park Resort Dr	8.00	W Pantall M
13 Jun	Deepwater Pt 14.2k/7.1k RWC 7.1k	The Esplanade Mt Pleasant	8.00	M & P Karra
20 Jun	Perth Marathon & Relay	WAMC Club Rooms Resort Dve Burswood		WAMC
27 Jun	Mill Point Rd Champs 10k/5k	Burswood Park Resort Dr	8.00	M Mavrick M C
4 Jul	City Rail 10.7k/7.3k	Bardon Park Bardon Pl Maylands	8.00	L & M Rhodes
11 Jul	Mattagarup Run 10k/5k	Burswood Park Resort Dr	8.00	W Pantall M
18 Jul	Sharks 10k/5k	John Tonkin Park Riverside Rd, E Fremantle	8.00	P Martin H
25 Jul	State Cross Country Champs 10k	Saw Ave Kings Park C	8.00 5k run, 6.7k, walk C	R Henderson
1 Aug	Club Half-Marathon 21.1k/10.5k/6k Walk 21.1k	Burswood Park Resort Dr	8.00 7.30	J Klinge M C
8 Aug	Bardon Bash 13k/7k 13k Walk	Bardon Park Bardon Pl, Maylands	8.00 7.30	J Smith B Bennett
15 Aug	Club Cross Country Champs 8k (Other races 5.4 /2.7k)	Jorgensen Park Crescent Rd Kalamunda	8.00	Committee M C
22 Aug	Racecourse 10k/5k	Burswood Park Resort Drive	8.00	B Mathieson
29 Aug	Group Jog -	McCallum Park Tallor St Vic Park	8.00	

5 Sept	Whiteman Park 10k/5k	Harrow St via Dulwich St Whiteman	8.00	B Hardy S S
12 Sept	Mullaloo Beach 13/8/5k 13k Walk	Tom Simpson Park Oceanside Prom	8.00 7.30	M Anderson & J Hagedoorn
19 Sept	Darlington Dash 14k/7k	Darlington Park Pine Tce Darlingsons	8.00	D Baldock M T
26 Sept	Nedlands 10k/5k	J Abrahams Res Hackett Dr Nedlands	8.00	F Gardiner
3 Oct	Wireless Hill 9.5/4.8k	Almondbury Rd Booragoon	8.00	B & L Jones
10 Oct	Bibra Lake 12k/6k	Progress Drive Bibra Lake	8.00	P & T Burke
17 Oct	Lake Monger C C 8k/4k Walk 7k/3.5k	Dodd St Glendalough	8.00	J & D Whittam
24 Oct	Cliff Bould Trophy 10.4k Walk 5.2k	McCallum Park Taylor St Victoria Park	8.00	I Brown H M T
31 Oct	Gwelup Lake 9.1k/4.9k	Huntriss Rd Karnup	8.00	R Danks
7 Nov	Guess Own Time 9.5k/6.3k	Hale School Cobb St Wembley Downs	7.30	V Waters T
14 Nov	Kalamunda Railway 8k/4k	Railway Rd, Kalamunda	7.30	B & B Carse
21 Nov	Garvey Gallop 10k/6k	Garvey Park Fauntleroy Av, Redcliffe	7.30	C & J Oldfield
28 Nov	Safety Bay 10k/5k	Foreshore Res Cnr Malibu/Safety Bay Rds	7.30	E & J Dance S S
5 Dec	Mosman Park 8.7k/5.2k	T J Perrott Resv McCabe St Mosman Park	7.00	P Hughes
12 Dec	Perry Lakes 8k/4k Walk 6k Judged	Hockey Pavilion Off Perry Lakes Dr Floreat	7.00	J Bell M T
19 Dec	Christmas Gift 6k/4k or chosen distance	McCallum Park Victoria Park	7.30	E & J Dance M
26 Dec	Boxing Day 8k/4k	Yokine Reserve Wordsworth Av, Menora	18.00	B Thomsett B
27 Dec	Alderbury Pk CC 8k/4k Walk 6k Judged	Hockey Pavilion Off Perry Lakes Dr Floreat	7.00	W Taylor T
2011 2 Jan	East Perth 7k/4k	McCallum Park Taylor St Victoria Park	7.00	John Smith H M T (W)

9 Jan	Joondalup 10k/5k	Neil Hawkins Park Boas Ave	7.00	Vacant	TBA
16 Jan	Age Graded Events 8kR /5kW	McCallum Park Taylor St, Vic Park	7.00	M Siwyer & G Young	
23 Jan	Ashfield 10k/5k	Katanning St Claughton Reserve	7.00	D & P Viala	
30 Jan	Point Walter 11k/6.2k	Point Walter Bicton	7.00	D Roberts	
6 Feb	Friendship 11k/5.6k with WAMC	Saw Ave Kings Park	7.00	J Barnes	
13 Feb	McCallum Lakes 8.4k/4.2k	McCallum Park Taylor St Vic Park	7.00	S Bullen M	
20 Feb	Woodman Pt 10k/5k	Nyverbup Circuit Coogee	7.00	K & P March H	
27 Feb	Canning Caper 10k/6k	Riverton Bridge Fern Rd, Wilson	7.00	K Atkinson H	
6 Mar	Piney Lakes 8k/4k	Murdoch Dr Winthrop	7.30	J Frost	
10 Mar	State T/F Champppionships 5k walk		19.00	Committee	
13 Mar	Teddy Birds Picnic 5/8.5/13.5k Walk 10k/5K	Synergy Parklands May Dr Kings Park	7.30	D Muir	
17 Mar	State T/F Championships 10k run ECAC Cannington		19.00	Committee	
20 Mar	Lake Monger 10.5k/7k/3.5k	Dodd St Glendalough	7.30	R Danks	
26-27 Mar	State T/F Championships ECAC Cannington			Committee	
3 Apr	Membership 11.6k/5k	Burswood Park	8.00	B Danby M	
10 Apr	3PS 16k/8k/5k 16K Walk	Pt Walter Bicton	8.00 7.30	C Bowman & N Miletic	
14 Apr (Thurs)	Track Handicap 10k	UWA Sports Park McGillivray Rd Mt Claremont	19.00	D & J Whittam B T H	
17 Apr or 24	Athletics WA Gallipoli Run	Synergy Pklands Kings Park	9.00	A WA ENTRY FEE	
21-24	Apr AMA T-F Championships Brisbane				
24 Apr or 17	X Pagoda 15k/10k/5k 15K Walk	Burswood Park Resort Drv	8.00 7.30	J Halberg M	

ENQUIRIES: BOB SCHICKERT 9330 3803 email: rschicke@bigpond.net.au

COMING EVENTS - DESCRIPTIONS and HELPERS

MARCH 14 NEDLANDS

Director: Frank Gardiner -
9295 4246

David Baird, Micky Ellis,
Ross Langford, Iain &
Lorraine MacLennan, Mark
Rosen, Joanne Richardson,
David Smyth, Blake &
Kerrie Stevenson, Graeme
Uren, Rhod Wright

*Out in a westerly direction
and back either once for 5k or
twice for 10k on bike path. Flat
fast course. Path may be crowd-
ed.*

MARCH 21 WOODMAN PT

Directors: Karen & Peter
March - 9418 8770

Rochelle Airey, Keith
Atkinson, Maree Brown,
Paul & Tanya Burke, John &
Elaine Dance, Ray Hall,
Saskia Letham, Helen
Lysaght, Dennis & Margaret
Miller, Sid Parke, Elaine
Sillery, Allan Taylor, Rosa
Wallis

*North towards Coogee Beach
and return. Then south and
return-take care crossing road
in to car park both ways.*

MARCH 28 MEMBERSHIP

Directors: Brian & Sue
Danby - 9247 2326

Kathleen Burr, Barbara &
Terry Humphrey, Heiner
Huning, Diana Hurring,
Anne Littlewood, Lachlan
Marr, Russell Metham,
Simon Mort, Lesley Romeo,
Peter & Susan Sanders, Jeff
& Wendy Spencer, Jane
Stanbrook

**MORE -
See page 3**

*Up-river from Burswood; 5k,
go under bridge, follow path
towards racecourse, turn is
app. 300m on.*

*11.6k - cross over bridge,
t/left down to river, t/right, and
right again into Brown St.
T/left to go over footbridge and
t/right following Claisebrook to
Royal St. Return to footbridge
and follow river path towards
Causeway. Anti-clockwise loop
just before Causeway; then back
to and over footbridge. (Do
NOT repeat Royal St leg on
return journey.) From foot-
bridge return on outward route.*

MASTERS ATHLETICS WA



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(from page 1)

Records are made – to be broken...

THE M80s world record came on February 18 at Coker (Ern Clark Athletic Centre.) Spurred on by a huge crowd of fellow athletes and spectators, Vic Beaumont set them on course with a steady first leg. The baton passed to Stan Lockwood, whose sub-4 minute time was a good indication that something special was about to happen. Anticipation rose even higher with another sharp leg from captain Cecil Walkley and it was left to triple- world champion Irwin Barrett-Lennard to run the glory leg. He did it in style, sprinting to cross the line with the applause of his peers ringing in his ears.

Previously held by four Victorians, the

world record was reduced by no less than 83 seconds and now resides proudly in the MAWA history book.

So many records!

Apart from the relay records, it was a bumper month.

At time of printing we have:

Tom Gravestock M50 Discus 42.37m SR
Louise Oswald W40 Wt Throw 8.48m SR
Peggy Macliver W65 1000m 4:09.8 SR
Lorraine Lopes W70 1000m 4:24.0 SR
Lajos Joni M50 Wt Throw 16.24m SR
Cam Yorke M30 400m 49.05 SR
Louise Oswald W40 Javelin 28.00 SR
Scott Tamblin M30 800m 1:53.53 AR
Lynne Choate W55 60m 8.91 SR

John Oldfield



Lynne Choate



Lorraine Lopes

Vetrin

The magazine of Masters Athletics WA

APRIL
2010
No. 433



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Lure of the Golden West?

ENTRIES for the AMA National Championships totalled 527, more than 100 more than congregated in Adelaide last Easter.

Interestingly, although our own club membership is now at an all-time high, only about 30 of the Nationals' extras are from WA. So more athletes from the Eastern States chose to journey to the golden west than went to the closer Adelaide.

Records fall

FULL results are on the AMA website and MAWA results, reports and pictures on our own site – www.mastersathleticswa.org – thanks to John Oldfield.

"Numerous club members gave up their Easter to help at the Nationals and the organising committee thanks all of you. Your contribution ensured the huge success of these championships," said club President Barbara Blurton.

In the build-up to the Nationals in Perth WA record-setters were blossoming.

Lorraine Lopes broke the



Inevitably, media focused on our most senior Nationals' athletes – like this mob of 60m sprinters! WAMs are, left, M90 Peter Kennedy; right M80s Gordon Medcalf and Stan Lockwood.

W70 3000m AR on March 11 at ECAC. Her time of 14:47.5 eclipsed the previous record set by Victorian Rowena Barker in 2002. This is Lorraine's first individual Australian mark, although since becoming 70 she has set several state records, and two Australian relay marks with the W65 quartet.

Open

In the State Open Championships, MAWA's Cameron Yorke broke his M30 400m hurdles Australian record again, his time of 53.76s taking more than half a second off his previous best, set earlier this season. Also, Mark Jeffrey set a new M35 SR of 4.15m in the pole vault; and Bjorn Dybdahl set an M55 SR of 10:49.90 in the 3km steeplechase.

Relays

In the National Postal Relays, nine track, two jumps and two throws went to WA teams. The full results appear on AMA's website and there's a comprehensive report in our own TFNL, on the club website.

THE euphoria of Easter weekend was shattered for many of us by the tragic and untimely death of club stalwart Jill Midolo.

She became ill a few weeks ago following a cat-bite and died on April 5, despite heart surgery to fight the resulting infection.

"Jill joined MAWA, (WAVAC then, of course) in 1978, her club number being 25," said Bob Schickert.

"In her early years in the club Jill was a very good runner and did well in the Perth Marathon. She later became a race walker and completed the 37.5K Road Walking Championship in 2006."

Over recent years Jill suffered a number of setbacks to her health and fitness, including a fall and a broken ankle at one on the club weekends away.

"In the February 2010 Vetrin we mentioned that Jill and husband David (Brown) had finally retired as race directors of the East Perth event, after many years of service to club in that role," said Bob.

"Farewell Jill, your bright personality will be greatly missed."

Jill was active in many other fields, as attested by the many tributes published in the West Australian in her memory. Next month Vetrin will carry a feature on Jill and David, prepared by Joan Pellier.

VALE



Jill Midolo
1947 - 2010

Birthdays bite bullet

IT was agreed at the February committee meeting that, as suggested by Vic, birthdays will no longer be printed in Vetrin. With no actual dates shown, for privacy reasons, listing them is not as relevant and as Vic mentioned the space could be put to better use.

BS

Group jog on April 18 – Kings Park

BECAUSE Athletics WA have changed the SYNERGY GAL-LIPOLI RUN date to April 11 (from April 18) on April 18 MAWA will have a group jog. We will start at the Synergy Parklands in Kings Park at 8am. There will be no officials, drinks or clock provided. There will probably be a choice of routes – and there's no need to wear your club number.

**MASTERS ATHLETICS WA
ANNUAL GENERAL
MEETING**

Tuesday 20 April, 2010: 7pm

At the Hockey Club Rooms,
Perry Lakes Drive, Floreat
(this is where we start our
Alderbury Park and Perry
Lakes events)

AGENDA

Please retain and bring this
agenda with you to the
meeting.

1. WELCOME
2. ATTENDANCE /
APOLOGIES
3. MINUTES OF 2009 AGM
- CONFIRMATION
4. MATTERS ARISING
5. REPORTS - President -
Secretary - Treasurer

6. PRESENTATION OF
TROPHIES

Patron's Trophy
(for Track and Field, Men &
Women)
Handicap Trophy
Achievement Award
John Gilmour Trophy
(for Best Performance)

7. ELECTION OF OFFICE
BEARERS
- President
 - Vice President
 - Secretary
 - Treasurer
 - Committee Members (4)

8. APPOINTMENT OF
OFFICIALS

- Patron
- Editor
- Handicapper
- Auditor
- Statistician
- Registrar
- AWA Winter season
contact

9. LIFE MEMBERSHIP
NOMINATION/S

10. GENERAL BUSINESS

**New members
- Welcome!**

952 JENKINS Luella W65
(Member years ago)
953 BERRELL Bernadette
W50
954 SPENDIER Arthur M60
955 PHILLIPS Jon M35
956 BOYD Ray M40
957 NICOLLE Kay W50
958 WHITFORD Michael
W45
959 MATCHAM Mark M40
960 BLAKE Tim M35
961 EWENS Max M65



Memories are made of...pain?

by
Brian Bennett

WEEKS of mounting nerves culminate with the loud sound of the cannon at 7am. Instantly the nerves are gone and the muscles begin to work. The cold calm Lake Taupo is no longer cold or calm and suddenly the only sensation is of arms and legs thrashing as more than 1200 swimmers try to swim while avoiding others' limbs and heads.

At one time, I experienced the creepy feeling of someone trying to climb onto my back, before realising that he or she was only trying to go forward!

Cramp

About two kilometres into the swim I started to cramp, first in one and then in both calves. I was able to control this, as I had done in training, by bending the feet and toes up towards the knees. Although this slows one down, by creating drag, it's better than having to stop and I kept swimming until about 700m from the end: here the cramp increased suddenly and sharply.

I shouted out to the nearest support boat for help - without which I would have drowned. As it motored alongside me, I grabbed it and this then enabled me to throw my feet into the boat, while remaining in the water.

I shouted to one of the volunteers in the boat, begging him to bend the front of my feet upwards as hard as possible. He did this and it had the desired effect of easing the cramp.

DETERMINATION, guts and mag-phos. pushed Brian Bennett through his first Ironman event, in Taupo, NZ, on March 6.

Here are some of his most poignant memories of the event: read the full account in Vetrin Extra on the club website.

Brian finished third of 26 competitors in the M60-64 group, with times of:

swim 1.23.40

ride 6.18.28

run 4.34.23

Total including two transitions - 12.37.45

The course

Taupo is a delightful tourist town about the size of Busselton, right in the middle of the north island of NZ, on the northern shore of the freshwater Lake Taupo (which is the size of Singapore).

I was invited to get into the boat but I rejected the offer, knowing that it would result in disqualification. Fortunately, because I often cramp, I had anticipated the problem and carried a small pump-spray of 'Cramp-stop' (magnesium phosphate) in my wetsuit and was able to take a few puffs, just as an asthma sufferer does with a Ventolin puffer.

I also swallowed a few mag.phos. tablets.

After a couple of minutes of holding onto the boat I was able to start swimming again, tentatively at first. I continued, expecting the cramp to return but it didn't although the fear that it would caused me to forget to urinate in the last part of the swim and I had to waste a couple of minutes going the toilet at the swim/bike transition!

Transition 1

This transition, which includes an uphill run of about 400 metres from the end of the swim to where the bikes are, took me about 13 minutes (which I put down to inexperience). Other competitors took, on average, 7 mins 14 secs.

The ride went well at first with crisp air and a light tailwind but got harder as the end got nearer and the tailwind freshened and shifted between being a very strong crosswind to a headwind at places.

At about 168km into the ride, when I thought I was getting near to the top of what had been a long gentle climb of about 10km, my quads were starting to burn and

Bike ride goes north from Taupo to the tiny village of Reporoa (on the road to Rotarua, the hot springs tourist town). Reporoa is about 45 km from Taupo. You ride to Reporoa and back, twice.

The run goes east from Taupo, more or less along the north of the lake for about 10.5 km, before turning back to Taupo. You do this twice.

Both the ride and the run have a few hills, but no mountains.

threatening to go on strike. Shortly thereafter the gradient became noticeably steeper, forcing me into my lowest gear. I was down to walking pace and feared that, with feet in the cleats, falling off could spell the end of my race.

Anyone who hasn't ridden in cleats might not know that one needs to stop pedalling for a second or so to pull one's feet out of the cleats and that when on an uphill, going slowly, that will result in the bike stopping and, over you go, before you can get a foot onto the ground!

TBC in...

Vetrin Extra!

*The full, gruelling account of
Brian Bennett's first-ever
triathlon is on the website, with
pictures, in Vetrin Extra. Plus...*

This month - going bananas

READ all about the US professor who told a physiological psych class that the expression 'going bananas' is from the effects of bananas on the brain. 'Never, put your banana in the refrigerator' he says, without saying why. But there's a lot of factual info too - such as banana content of three natural sugars - sucrose, fructose and glucose - combined with fibre and so giving an instant, sustained and substantial boost of energy.

It's all online - reams of it, in Vetrin Extra.

You write...



I would like to thank all the people who took the trouble to come down to the Safety Bay run. We had about 50 people running and walking.

The weather was a little cooler than normal for that I am blaming Bob (Schickert)! He changed the run from November to February. Next time however the run has been put back to November.

I would also like to thank my helpers. Without them we would not be able to hold these runs.

Kings Park

It has come to my attention that a number of members arranged a run of their own at Kings Park instead of travelling down to Safety Bay.

Every week John and I travel numerous distances to the runs.

MAWA and Vetrun Contacts

Secretary MAWA

11A Dandenong Rd
Attadale WA 6156
9330 3803

Editor:

Vic Waters
Ph/fax: 9341 3464
vicwaters@iprimus.com.au

Website:

www.mastersathleticswa.org

Email:

enquiries@mastersathleticswa.org

Club uniforms:

Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

President:

Barbara Blurton

Patron:

John Gilmour

THANK you Bob and Lynne!

We really enjoyed our short stay in Perth and hope to be back in the future.

We will keep an eye on what is going on in MAWA and wish all your members a great championship and successful races in the future.

Best regards,

Karen and Tim Bowler

(By email from these UK visitors, living in USA, who ran at Safety Bay and T&F.)

We feel that when the race directors have gone out of their way to set the runs the least the members can do is to put themselves out occasionally to attend them.

It is not as though these runs occur every week.

To travel from Perth to Safety Bay is approx 40 mins. It is not that we are asking you to travel 100km.

John and I feel that it was very disrespectful to us for certain members to arrange a run of their own when our run was on the club's programme.

We do however thank the people who took the time and travelled from Ocean Reef, Mullaloo and the hills – to name but a few places.

Their support was very much appreciated.

We hope that in the future members may give more consideration to coming down to our run.

If not it is their loss that they are missing out on a challenging run along some beautiful coastline and the option of having a swim afterwards.

Elaine Dance

Thanks Elaine.

Unfortunately your report was too late for March edition (results were in March, though.)

I hope that with a move to November and a later start time you do attract more competitors. You may recall that some time last year I wrote a piece praising those who travel a long way every week to Perth for the club meetings. I still hold that view – but at the same time, accept that you must allow people freedom of choice!

There was once a run at Yanchep that never attracted more than 20 or so runners, and eventually that was abandoned. At one time, Basil Worner was of the opinion that if the club continued to grow, it might split into a north/south divide. I'm glad to say that has never eventuated.

Email bargain



My View...

by

Vic Waters

AROUND 120 Vetruns are now delivered to members by email or off the website. The special offer of reduced membership charges has stimulated extra interest in the concept.

Last month we emailed around 40 copies to members. This April edition will be emailed to around 120 addresses. Remember that some of those will be going to joint member households – so perhaps up to 200 Masters are now reading these words on their computer screens.

It's the way of the future of course. But we few who remember working with hot-

metal printing do get a little misty-eyed at the demise of print and paper.

Results

Remember, you can also look at the website for early results. Sometimes they will be up within days of the event. Of course, full T&F details appear on the new website very quickly after each meeting.

Steely resolve

BRIAN Bennett's first Ironman reminds us that Shirley Bell is a seasoned campaigner in the discipline. Her times, like Brian's, show up the inadequacy of a certain (much younger) braggadocio, politician.

Claire and Steve

Also, let's acknowledge Claire Walkley, who, under the expert coaching of her dad is preparing for the Comrades.

Our other African adventurer is Steve Dunn.

He loves to travel and run marathons, the latest being the one that ascends Mount Kilimanjaro in Kenya.

It's a walk-up mountain, I'm assured, but the walk can take days. Steve's finisher's

Claire



medal, which he was brandishing at the Nedlands run, in one of the most impressive I've seen. Biggest, too; lucky it wasn't a starter's medal as it would have imposed a severe weight handicap.

Public Service announcement!

G'day,

I've got a nugget of information to share with you!

I heard someone on the radio saying that if you've got smelly trainers, the thing to do is to put them in a plastic bag and leave them in the freezer overnight. Apparently, it's a bacteria that causes the shoes to smell, and a night in the freezer kills it off.

So I tried it last night, and can report that my shoes are now odour free!

Julius Waters

If it's good for shoes, why not all your clothes too? It means an end to washing machines.

Vic Waters

That is so gross. The smell probably migrates to your tray of ice cubes. Jim doesn't wear socks and after a few weeks his shoes are not fit to be in the house let alone the freezer so I will have none of this.

Margaret Langford

Lake Monger

February 28, 2010

Director: Richard Danks

* Report appeared in March Vetrun.

3.5K RUN

Greg Vander Sanden	M50	12:35
Paul Burke	M35	13:16
Ross Parker	M60	14:32
Ross Keane	M45	14:38
V4		14:59
Margaret Saunders	W55	15:21
Garry Ogden	M50	15:39
Barbara Blurton	W55	16:42
David Carr	M75	16:52
Dave Roberts	M65	16:54
Mark Hewitt	M55	17:25
John Dennehy	M50	17:43
Carol Bowman	W55	17:49
Delia Baldock	W45	17:52
Tea Dreyer	W45	18:03
Irwin Barrett-Lennard	M80	18:09
Lorraine MacLennan	W45	18:17
V5		18:36
Damien Hanson	M55	18:40
Barry Jones	M50	19:51
Genevieve Spiro	W40	21:26
Arnold Jenkins	M65	21:28
V21		21:32
V6		22:54
Julie Wood	W60	25:37
Linda Rhodes	W60	27:11
Sheila Maslen	W70	27:13
Gordon Medcalf	M80	32:46

7K RUN

Chris Frampton	M40	28:45
V12		28:50
Paul Hughes	M55	28:57
Prabuddha Nicol	M50	29:54
V10		30:09
Ralph Henderson	M60	30:13
Jim Klinge	M60	30:34
John Collier	M40	32:21
Gary Fisher	M55	32:23
Nick Miletic	M55	34:56
Keith Atkinson	M50	35:14
Vic Waters	M65	35:17
Frank Smith	M65	35:21
Shirley Bell	W60	36:04
Richard Blurton	M60	37:04
V7		37:17
Ray Attwell	M70	37:28
Paula Karra	W35	38:18
V8		38:39
Mike Rhodes	M60	38:49
Roger Walsh	M65	39:22
Karl Stockman	M50	39:48
Theresa Howe	W55	40:31
Terry Manford	M70	40:50
Paul Martin	M65	40:54
V9		41:26
Janet Jiang	W45	42:34
Christine Oldfield	W65	43:40
Jackie Halberg	W60	44:48
Merv Jones	M70	45:57
Vic Beaumont	M80	50:52
Mary Heppell	W70	59:06

10.5K RUN

Brett Roach	M40	37:44
Peter Sullivan	M50	39:39
Chris Maher	M55	41:28



Kim Thomas finishing the 13.5km run.

PERFECT conditions attracted 120-plus starters to Kings Park this year to enjoy one of the most varied courses on our calendar taking in river, University campus and bushland views on bitumen, concrete, grass and sand terrain from river level to close to the highest part of the Park.

This year, the course around the University remained the same, but the loop in Kings Park was changed to go up the Broadwalk and Lovekin Drive rather than May Drive to avoid several road crossings - which proved to work well.

It was decided to have only one loop of the park for the long course (13.5 km) because of the heat and lack of prior long-distance runs in February. The majority of runners preferred to do the 8.5 km course taking in the University and park loops while the walkers preferred one or two laps of the University section (5.0 km).

Unfortunately times of the the last 10 finishers had to be estimated when the timer jammed.

Because of all the twists and turns on the course, all the flags were deployed and several sets of marshals were needed at key turnings to ensure no one got lost.

Rod Hamilton	M45	41:41
Grahak Cunningham	M30	42:13
Bob Lane	M60	43:24
Chris Reid	M45	45:53
Tristan Bell	M40	46:11
Amanda Walker	W40	46:16
Sandra Stockman	W40	46:18
Michael Karra	M45	47:19
Maurice Creagh	M60	47:38
Neil McRae	M55	47:52
V13		48:58
Martin Watkins	M60	51:33
Raymond Gimi	M45	51:35
Sean Keane	M45	51:36
V11		51:44
V2		52:14
Wayne Taylor	M50	53:41
Johan Hagedoorn	M65	53:48
Frank Gardiner	M60	55:13
Mike Khan	M65	55:19

Teddy Birds Picnic Run

KINGS PARK

March 7, 2010

Director: David Muir

Thanks to all helpers and in particular to our regulars - Ray Atwell staked out in the tunnel, Janet/Michael Walter staked out in Kings Park, Pat Hopkins/Genevieve Spiro on the water table and Ann Jones/Leo Hassam on the recordings.

David

5K RUN

V12		17:53
Paul Hughes	M55	20:40
Tristan Bell	M40	20:43
V2		21:09
Joe Clark-Murphy	M60	21:25
Ivan Brown	M65	22:42
Gary Fisher	M55	23:02
Margaret Saunders	W55	22:52
Mark Hewitt	M55	23:02
Dave Roberts	M65	23:06
Nick Miletic	M55	24:44
Carol Bowman	W55	24:44
Delia Baldock	W45	26:32

Heiner Huning	M50	58:44
Maree Brown	W45	59:34
Tanya Burke	W35	61:07
V3		63:14
John Ellard	M65	65:01
Steve Clark	M65	65:52
Tessa Brockwell	W50	70:10

3.5K WALK

Kirt Johnson	M80	29:27
Patricia Hopkins	W65	30:19
Noela Medcalf	W75	32:11
Elaine Ellard	W65	33:28
Leo Hassam	M75	34:45
Maggie Flanders	W70	35:32

7K WALK

Ray Hall	M75	56:05
Bob Fergie	M70	57:05
Lorna Lauchlan	W75	59:04



What extra attraction made many linger at the water stop?



Peter March holding off Chris Reid over 13.5km.



John Allen

Sarah Ladwig	W60	26:45
Damien Hanson	M55	27:05
Irwin Barrett-Lennard	M80	27:13
Paul Martin	M65	28:05
V4		28:19
Mike Anderson	M60	28:42
Ursula Clark-Murphy	W55	30:02
Wendy Clements	W65	30:41
Aldo Giacomini	M70	30:53
Arnold Jenkins	M65	32:01
Merv Jones	M70	32:58
V3		33:58
V11		35:53
Linda Rhodes	W60	36:40
Caryn Ebstein	M45	38:32
Julie Wood	W60	39:14
Sheila Maslen	W70	39:15
Toni Frank	W60	40:45
Mary Heppell	W70	44:25

8.5K RUN

Rod Hamilton	M45	34:49
Jim Langford	M65	35:41
Chris Frampton	M40	36:28
Jim Klinge	M60	38:04
Paul Burke	M35	38:14
Sandra Stockman	W40	39:39
Ross Keane	M45	41:30
Tom Clarke	M60	42:27
Sean Keane	M45	43:41
David Carr	M75	44:20
Gavin Howard	M45	44:21
John Mack	M65	44:54
Vic Waters	M65	45:05
Lorraine MacLennan	W45	45:17
Brian Danby	M60	46:11
Frank Smith	M65	46:12
Keith Atkinson	M50	46:47
Maree Brown	W45	48:32

Sandra Rourke	W40	49:01
Tanya Burke	W35	49:54
Roger Walsh	M65	50:06
Terry Manford	M70	51:44
Mike Rhodes	M60	52:10
Richard Danks	M65	53:01
Theresa Howe	W55	53:12
Steve Clark	M65	53:58
Janet Jiang	W45	54:30
Charlie Chan	M55	55:05
Vic Beaumont	M80	69:45

13.5K RUN

Brett Roach	M40	51:15
Peter Sullivan	M50	53:18
V1		56:20
Grahak Cunningham	M30	56:45
Bob Lane	M60	57:09
John Allen	M50	59:03
V10		59:32
Kim Thomas	M35	59:34
Peter March	M50	60:02
Chris Reid	M45	60:06
David Baird	M65	61:04
Tom Tralau	M35	63:03
V5		63:29
Maurice Creagh	M60	63:16
Neil McRae	M55	64:19
Michael Karra	M45	64:32
V6		65:05
Frank Gardiner	M60	67:25
Karen March	W45	67:56
V8		67:27
V7		70:48
Johan Hagedoorn	M65	72:09
Keith Miller	M60	73:09
V9		73:32
Bob Schickert	M65	74:04
Lorraine Lopes	W70	74:43
Paula Karra	W35	74:57
Mike Khan	M65	75:24
Raymond Gimi	M45	75:58
Heiner Huning	M50	76:13
Mel Ebstein	M45	77:04
Claire Walkley	W40	77:05
Jane Elton	W40	77:06
Francis Hourquebie	M50	77:50
Graham Thornton	M65	79:04
John Dance	M60	??
John Ellard	M65	??
Steve Barrie	M70	??
Cecil Walkley	M80	??
Jim Barnes	M65	87:53
Denise Viala	W60	98:04
Pierre Viala	M60	98:05

5K WALK

David Brown	M60	37:53
Ray Hall	M75	39:38
John Frost	M70	39:39
Peter Hopper	M65	40:51
Sylvia Byers	W75	41:01
Ray Lawrence	M80	42:28
Jennie Lee	W55	43:37
Rosa Wallis	W65	44:48
Kirt Johnson	M80	44:49
Elaine Sillery	W75	45:43
Alan Pomery	M75	47:55
Maggie Flanders	W70	48:58
Pat Ainsworth	W70	48:59
Ann Turner	W70	49:00

10K WALK

Graham Harrison	M65	66:18
Lynne Schickert	W65	77:38
Bob Fergie	M70	??
Jeff Whittam	M75	??
Elaine Ellard	W65	93:39



AMA National Championships Perth 2010





Facing page – Lyn Ventris (top) had world-class competition from Andrew Jamieson; (centre) Delia Baldock in full flight; and Gillian Young sprinting to 5000m victory. Above, the brothers Thomas grinning through the steeplechase drenching; M60-74 5000m (M65 group won by Jim Langford, as was the M65 X/C). Right, Paul Mitchell's revenge, storming home in his 5000m. Far right, Lorna Lauchlan in the road walk.



Left, Charlie Spare (who's seen it all before) and Robyn King; right, Frank Smith and Neil McRae, a couple of rakes; far right, pee free-for-all while concierge Kevan Hookes sleeps. Below, Alan Gower and Greg Vander Sanden each had great championships, this 800m going to Greg. Below right, M65s all face massive competition at this level but Bert Carse triumphed in the steeplechase.



Nedlands

March 14, 2010

Director: Frank Gardiner

5K RUN

Jim Langford	M65	19:05
Ian Davies	M60	20:00
Brian Hewitt	M55	20:29
Paul Hughes	M55	20:44
Bruce Wilson	M60	20:57
Jim Klinge	M60	21:01
Ross Keane	M45	21:15
Dante Giacomini	M40	21:56
Graeme Dahl	M60	23:28
Dave Roberts	M65	23:45
Mark Hewitt	M55	23:47
Stephen Dunn	M40	23:57
Bruce Mathieson	M65	24:01
Gary Fisher	M55	24:09
Vic Waters	M65	24:24
Barbara Blurton	W55	25:06
Nick Miletic	M55	25:27
Carol Bowman	W55	25:29
Gavin Howard	M45	25:32
Richard Blurton	M60	26:05
Peggy MacIver	W65	26:16
Genevieve Spiro	W40	26:19
Damien Hanson	M55	26:45
Tea Dreyer	W45	26:56
Ray Attwell	M70	27:02
Delia Baldock	W45	27:02
Maree Brown	W45	27:20
Anne Jones	W55	27:23
Paul Martin	M65	27:35
V1		27:53
Irwin Barrett-Lennard	M80	28:01
Basia Lis	W45	28:30
John Byrne	M60	28:47
Keith Atkinson	M50	28:50
Terry Manford	M70	29:21
Mike Anderson	M60	29:29
Barry Jones	M50	29:41
Charlie Chan	M55	29:51
V2		31:46
Jackie Halberg	W60	31:47
Aldo Giacomini	M70	31:51
Mike Rhodes	M60	32:02
Merv Jones	M70	32:06
Lorraine Lopes	W70	33:57
Kathy Burr	W60	35:48
Linda Rhodes	W40	35:58
Regina Crouch	M40	36:54
Sheila Maslen	M75	37:14
Mary Heppell	W70	39:25
Toni Frank	W60	39:28
Jan Jarvis	W65	42:02

10K RUN

Brett Roach	M40	36:58
Chris Reid	M45	43:49
Ralph Henderson	M60	44:36
Steve Hossack	M45	44:56
Maurice Creagh	M60	45:38
Neil McRae	M55	46:28
Raymond Gimi	M45	47:48
Michael Whitford	M45	50:37
Shirley Bell	W60	50:56
V4		50:59
Bob Schickert	M65	51:25
Frank Smith	M65	51:26
Heiner Huning	M50	55:08
Julia Wardell	W30	57:21
Peter Bath	M65	57:53
John Brambley	M65	58:05

Woodman Point

March 21, 2010

Directors: Karen & Peter March

A CHANGE to the Woodman Point course to eliminate the Nyverbup circle road crossing seems to have been a success. We have had concerns about the number of road crossings involved with this run. The City of Cockburn has provided an alternative route, by opening a new foot/cycle path along the beach front.

We apologise for the technical glitch that meant the last six runners didn't have a recorded finish time.

Thanks to our helpers - who were not fazed by the changes. They are Rochelle Airey, Keith Atkinson, Maree Brown, Tanya Burke, Elaine Dance, Helen Lysaght, Dennis & Margaret Miller, Elaine Sillery, Allen Taylor, Rosa Willis and Barrie Thomsett. Thanks also to John Dance and Vic Beaumont, who helped set up the finish chute.

Karen

10K RUN

		Clock	H/Cp	Actual
Mel Ebstein	M45	53:33	9:00	44:33
Mark Sivyver	M60	62:06	13:19	48:47
Charlie Chan	M55	63:16	4:52	58:24
Janet Jiang	W45	66:25	7:04	59:21
Gillian Young	W60	66:58	18:40	48:18
John Pellier	M70	67:02	11:55	55:07
Graeme Uren	M40	67:04	21:00	56:04
Richard Danks	M65	67:31	9:53	57:38
Sandra Stockman	W45	67:38	23:07	44:31
David Baird	M65	67:54	24:58	42:56
Johan Hagedoorn	M65	67:58	18:56	49:02
Sarah Ladwig	W60	68:11	14:10	54:01
Sean Keane	M45	68:14	21:15	46:59

Tanya Burke	W35	58:33
Richard Danks	M65	58:38
Theresa Howe	W55	58:49
Janet Jiang	W45	61:56
Steve Clark	M65	63:06
Denise Viala	W60	68:18

5K WALK

Ray Hall	M75	37:25
Jeni Shillington	W50	40:53
Kirt Johnson	M80	41:20
Jeff Whittam	M75	41:21
Rosa Wallis	W65	41:47
Lorna Lauchlan	W80	41:59
Ray Lawrence	M80	42:15
Patricia Hopkins	W65	43:00
V3		48:31
Sylvia Szabo	W50	48:31
Pat Ainsworth	W70	49:34
Maggie Flanders	W70	48:59
Margaret Warren	W70	49:17
Ann Turner	W70	50:55
Morris Warren	M70	50:57
Shorty Turner	M70	50:59
Leo Hassam	M75	56:42
Pat Miller	W70	59:03

10K WALK

Lynne Schickert	W65	77:50
Bob Fergie	M70	81:42



Aldo Giacomini and Arnie Jenkins

Jim Barnes	M65	68:24	7:52	60:32
Bob Schickert	M65	68:31	20:34	47:57
Cecil Walkley	M80	68:46	6:46	62:00
Peter Bath	M65	68:50	14:23	54:27
Chris Reid	M45	69:07	26:25	42:42
John Dance	M60	69:12	10:07	59:05
Claire Walkley	W40	69:20	14:26	54:54
Maurice Creagh	M60	69:23	23:51	45:32
Neil McRae	M55	69:24	23:27	45:57
Paul Martin	M65	69:25	11:01	58:24
Denise Viala	W60	69:37	3:47	65:50
Lorraine Lopes	W70	69:47	14:42	55:05
Mark Hewitt	M55	70:05	23:03	47:02
Gary Fisher	M55	TBA	21:26	
John Mack	M65	70:20	19:57	50:23
Theresa Howe	W55	70:18	12:12	58:06
Heiner Huning	M50	TBA	16:06	
Steve Clark	M65	TBA	9:20	
Brian Bennett	M60	TBA	24:25	
Lorraine MacLennan	W45	TBA	20:05	
Jo Richardson	W55	TBA	0:00	
Karl Stockman	M50	72:19	12:09	60:10
Brian Danby	M60	72:27	23:35	48:52
Shirley Bell	W60	TBA	19:01	
Wayne Taylor	M50	74:47	19:30	55:17

5K WALK

Ann Turner	W70	45:50	2:30	43:20
Phyllis Farrell	W65	46:22	11:17	35:05
Irwin Barrett-Lennard	M80	47:27	12:09	35:18
Lynne Schickert	W65	47:51	12:20	35:31
Lorna Lauchlan	W80	48:08	8:14	39:54
Jeff Whittam	M75	48:08	8:35	39:33
Leo Hassam	M75	48:29	0:00	48:29
Maggie Flanders	W70	48:57	1:05	47:52
Bob Fergie	M70	48:58	9:36	39:22
Shorty Turner	M70	49:16	0:00	49:16
Patricia Hopkins	W65	49:57	8:18	41:39
Ray Hall	M75	51:04	13:15	37:49

5K RUN

Bjorn Dybdahl	M55	18:46
Paul Hughes	M55	19:29
Ross Keane	M45	20:30
Kim Thomas	M35	20:38
Dante Giacomini	M40	21:46
Dave Roberts	M65	23:08
V2		23:19
Graeme Dahl	M60	24:06
Ray Attwell	M70	26:34
Delia Baldock	W45	26:37
John Byrne	M60	29:40
Aldo Giacomini	M70	30:14
Pam Toohey	W60	30:47
V1		31:12
Christine Oldfield	W65	31:23
Vic Beaumont	M80	31:35
Steve Toohey	M60	31:39
Arnold Jenkins	M65	31:43
Kathy Burr	W70	34:56
Sheila Maslen	W70	36:44
Julie Wood	W60	36:44
Margaret Bennett	W65	36:50
Toni Frank	W60	40:58
Bruce Wilson	M60	45:56

COMING EVENTS - DESCRIPTIONS and HELPERS

APRIL 15

TRACK

HANDICAP

Directors: Jeff & Dorothy Whittam - 9387 6438

Jeff Bowen, Gary & Geraldine Carlton, John Collier, Alan & Karyn-Sue Gower, Dennis Kraats, Peter Sullivan

25 laps of UWA Sports 400m grass track. To be eligible for trophy you must enter before closing date. Contact Dorothy or Jeff Whittam 9387 6438. BYO BBQ follows event.

APRIL 18

GROUP JOG

As the Gallipoli Run date has been changed, we will now have a group jog from Synergy Parklands, Kings Park. There will not be a race or organised course, feel free to do a run together with a group, or do your own thing in the park. Any run in Kings Park is good so come along.

APRIL 25

X PAGODA

Director: Jackie Halberg — 9364 4474

Ray Attwell, Ray & Roma Barnett, Sylvia Byers, David & Patricia Carr, Grahak Cunningham, Garry Doyle, Mary Heppell, Neil McRae, Merv Moyle, Nicol Prabaddha, Les Smith, Kim Thomas

Up-river from Burswood Park to turn after going under bridge and go back to Burswood (makes 5km). Continue then down-river on path next to river to the

turn (about 200m before Narrows Bridge) and return.

MAY 2

WEIR

Neil McRae & Sean Keane — 9332 4072 & 0412 180 823

Jeff Bowen, Maggie Flanders, Don & Christine Pattinson

MAY 9

AQUINAS

Director: Lachlan Marr — 9398 6429

Peter Bath, Don & Christine Pattinson, Julia Wardell

MASTERS ATHLETICS WA



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Health and wealth

**Thanks
BSEFP!**

MAWA and the championships committee thanks John Cameron of Black Swan Event Financial Planning for the greatly appreciated sponsorship support provided for the AMA championships. This contributed greatly to organising the event for the higher than anticipated entry level.

ONE of the key challenges of retirement is to make sure our income lasts as long as we do.

As an athletics master, you put a lot of time and effort into maintaining a healthy body. But is your financial situation equally healthy?

If you can be confident that your income will be ongoing, whatever happens in financial markets, then you can plan and act with

certainty and peace of mind, says John Cameron, Principal of Black Swan Event Financial Planning.

"In the 30 years I have been in financial planning and associated areas, many companies have tried various ways to provide that certainty of income — mostly without success," John says.

Lifetime guarantee

"Now, a major institution has come up with a radical

new solution which, for a reasonable cost, guarantees income for life. It is transparent and flexible, so you can make capital withdrawals (but they will affect your income), with no loss of capital on death."

If you would like more details or would like a free 'health check' of your finances, contact John Cameron or Petrese Ivey at Black Swan Event Financial Planning.

Vetrun

The magazine of Masters Athletics WA

MAY
2010
No. 434



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YOUR LAST VETRUn?

HAVE YOU RENEWED your membership for 2010-11?

FEES were due April 1 and the renewal forms were issued with the March Vetrun (along with the draft Sunday programme for May 2010 to April 2011, so members involved in Sunday events could indicate at least two helping dates.)

If you need another form go to the club website mastersathleticswa.org or contact treasurer Roger Walsh – 9245 3669 – or rogerw@globadial.com or Bob Schickert – rschicke@bigpond.net.au – or 9330 3803.

More helpers needed

A GLANCE at the back page of this Vetrun shows that many more helpers are needed at some imminent events. This is caused, partly, because many members are still to send in their renewal forms – on which you state at which runs you will help. So please, if you're one of them – get on with it!

What 'Vets' do at weekends?



Maybe some will try this, at the Farm Stay camp at Quindanning – September 24/26! Not after Sunday lunch at the pub, though; or the Saturday night casse-role party; hands could be a trifle shaky. Oh – there's quite a lot of running too, a wild-flower tour, and Sunday night bbq.

Book with Denise Viala – soon!

Maurice Creagh (pictured in the recent Nationals cross-country by Frank Smith) is this year's winner of the club's Achievement award. Most of the other trophies were collected at the AGM by stalwart performers Peggy MacLiver and David Carr. Details – see page 2. President's report appears on page 6, and online, where you will also find the Secretary's report.



Congratulations Margaret and Byrony!

MARGARET Saunders on receiving Life Membership of AWA – and Byrony Glass for achieving a Commonwealth Games B Qualifier at the AA Champs with fourth place in the hammer, throwing 60.21m.

Interstate Masters events

GOLD Coast and Australian Masters Athletics Marathon is on July 4.

Go to this site www.goldcoastmarathon.com for entry forms or contact Bob Schickert – rschicke@bigpond.net.au or 9330 3803.

AMA 20K Walk Championship is on June 27 in Melbourne.

The Victorian Race Walking Club website – www.vrwc.org.au has information and the entry form.

New members – Welcome!

963 BROOK David M45
962 NEALE Davie M70
964 BONE Christian M30
965 SEARLE Lisa W35

Records are online

AT the AGM statistician Campbell Till reported that in past 12 months 134 State records were set.

Thirteen Australian records were set by seven individual athletes. They are: Scott Tamblin 4, Cameron York 2, Irwin Barrett-Lennard 2, Rae McMillan 2, Byrony Glass 1, Lorraine Lopes 1, and Peggy MacLiver 1.

Relay teams set another eight Australian records.

One world record – M80 4x800m – was established by Irwin Barrett-Lennard, Vic Beaumont, Stan Lockwood and Cecil Walkley.

90-plus % age-graded performances

A FULL list of these outstanding performances by club members over the past year, announced at the AGM, is now on the club website.

Also online – because they are far too numerous to print in Vetrun – are all the records set at the National Championships by WA athletes.

Campers? Tent for sale!

MANY of you would have seen the club tent which is very easy to erect and is ideal for camping. But MAWA have used it very sparingly since it was purchased for \$850-plus because it is difficult to transport in a car. The club will consider offers between \$400 and \$500.

Contact Roger Walsh or Bob Schickert to make an offer. Bob has a brochure giving details of the tent and inspection can be arranged.

Minutes of previous meeting

Moved Cecil Walkley, seconded Les Beckham, that the minutes of the 2009 AGM as published in the May 2009 Vetrun be accepted as correct. Carried.

There were no matters arising from minutes.

REPORTS

Secretary:

A written report was distributed at the meeting. In addition the Secretary gave congratulations to Byrony Glass, for achieving a Commonwealth B qualifier in the hammer throw at the recent Open Australian Championships; and to Margaret Saunders for being awarded a Life Membership of Athletics WA. Moved Bob Schickert, seconded Jeff Bowen that the report be accepted. Carried.

President:

The report was given verbally and included thanks to retiring Secretary Bob Schickert who has completed 14 years on the MAWA committee. This includes five years as President, eight years as Secretary and one year as Treasurer. Bob also had four or five years as handicapper when not on the committee.

Also given honourable mentions were John Oldfield for his large amount of quality work in upgrading the club website; Chairman Richard Blurton and the committee which organised the very successful Perth AMA Championships – with particular thanks to Damien Hanson for his outstanding efforts regarding throws equipment, and Jacqui Beaumont who organised the morning tea at the cross-country/walks. Moved Barbara Blurton, seconded Irwin Barrett Lennard that the report be accepted. Carried.

Treasurer:

The Treasurer's report showing general operating receipts for year of \$50,446.68 and payments of \$47,684.59 with an operating surplus of \$2,762.09 was presented along with the Auditor's report. The Treasurer explained the format showing income and expenditure in three categories, membership, events and other and details shown for two years.

He pointed out that the

MINUTES of ANNUAL GENERAL MEETING

Monday 20 April 2010

Hockey Club Rooms, Floreat

(These draft Minutes are subject to approval at the 2011 AGM.)

The meeting was opened at 7.03 pm by President Barbara Blurton.

It was noted that the Agenda was in the April Vetrun. There were 46 members present, and 15 apologies.

Committee will consider changes to Handicap Trophy

accounts showed receipts and payments for the National Championship separately to the operating section; and to 31 March 2010 there had been significantly more receipts than payments. During the club year to 31 March 2011 there will be more payments than receipts. It is forecast there will be a satisfactory surplus when all accounts are finalised. Moved Roger Walsh, seconded Mike Rhodes, that the report be accepted. Carried.

TROPHIES

Patron's Trophy

Trophies are presented to the top-performing man, and woman, in the track and field points competition. Winners again this year are David Carr and Peggy Macliver.

Handicap Trophy

Winner – Richard Danks

Achievement Award

(Nominees must meet the criteria of significant improvement of athletic performance and significant contribution to the administration of the club.)

Winner – Maurice Creagh
John Gilmour Trophy

For the most outstanding performance during 2009/10
Winner – David Carr
400m 67:67 (M77 99.41%)

The Anne Shaw Trophy

For athlete of the meet at the State Championships

Also won by David Carr for his M77 2000 Steeple 95.75%

Special mention was made of Bert Carse, M68, who achieved 95.66% in the 2000 Steeple.

ELECTION OF OFFICE BEARERS

President: Barbara Blurton

Vice President: Jackie

Halberg

Secretary: Sarah Ladwig

Treasurer: Roger Walsh

Committee: Richard Danks,

Damien Hanson, Chris

Neale, Bob Schickert

Nominations were accepted by the nominated members and office bearers elected unopposed.

* There was one additional nomination for the committee which could not be considered as the person was not a financial member of the club at the time of the AGM.

APPOINTMENT OF OFFICIALS

Patron: John Gilmour

Newsletter production

Victor Waters

Handicapper: Richard Danks

Auditor: Liz Tilmouth

Statistician: Campbell Till

Registrar: Peggy Macliver

Athletics WA

winter coordinator: John

Collier

LIFE MEMBERS

No nominations were brought forward by the committee.

NOTICES OF MOTION

No notices of motion to change the constitution.

GENERAL BUSINESS

Handicaps

Mike Rhodes suggested – in an endeavour to increase participation and reduce waiting time for faster athletes – there be changes to the handicap trophy running events, with some being the shorter event on the day.

Moved Brian Bennett, seconded Vic Waters:

"That four handicaps – Aquinas 10K, Cliff Bould 10.4K, 10K track and the East Perth 7k remain the same – with Sharks and Woodman Pt becoming 5k and Canning Caper 6k".

An amendment was proposed by Bob Schickert seconded by Margaret Saunders:

"That the words 'as a trial for the 2011/12 programme' be inserted at the start of the motion. Amendment carried, and becomes part of the motion which was then carried.

Sponsorship

It was agreed by a show of hands that Lynne Schickert be authorised to continue negotiations with Black Swan Event Financial Planning, regarding possible sponsorship of MAWA for the year and/or the 2011 MAWA State Championships, and report to the committee.

Hall of Fame

Lynne Schickert mentioned the AMA Hall of Fame presentation made to John Gilmour at the AMA Awards Dinner held with the Championships.

■ Graeme Dahl made a presentation of a photo journal of the AMA Championships to Richard and Barbara Blurton for their work in organising the AMA Championships.

■ Rae McMillan thanked the committee of the AMA Championships. It was noted that the winners of the Throws Champion Events were Rae McMillan and Mark Hamilton, both MAWA members.

■ John Gilmour moved a vote of thanks for the Nationals Committee. Carried by applause.

■ Jeff Whittam thanked the MAWA committee for their work during the year.

As there was no more business, the President thanked the members for their contributions and closed the meeting at 8.20 pm.

Bob Schickert
Secretary

You write...

Would these suit you?

Vic,

If you have a little space in the Vetrun could you please advertise that I have Masters track suits available – just \$75. My phone number is 9446 4452, or you can see me most Sunday mornings.

Thanks,
Pat Hopkins

Breakfast praise

Dear Vic

Many people have thanked me for the spread we put on during the Nationals' cross-country and walk on Easter Monday – but without the help of Elaine D, Sue J, Sue D, Berwin, Nola, and cousin Mary – plus donations from Debby (scones), Dorothy (cake) and David S (the muf-fin-man) – it would not have happened!

What a great team – which of course goes for the whole club.

Thanks,
Jacqui Beaumont



First-aider - and Bobtail Skink expert Bob - with his apprentice in the Ex-Pagoda Run. Pic: Graeme Dahl.

Dear Vic

I would just like to thank the two medicos who patched me up after a fall in the 16km walk at Bicton. Michelle Mison and Bob Fergie did a great job on my left hand and right knee so that I was able to drive home safely. They deserve thanks for coming to the aid of injured competitors. Eileen Dance was also treated by the medicos before I took her seat at the finish.

Peter Hopper

Want to run cross - country this year?

THE season began with the Synergy Gallipoli Fun Run at King's Park on April 11. Masters WA was well represented at this individual event, with many club members forming an unofficial 'Legacy' team and wearing Legacy singlets thanks to club member, Eldon George.

First of the X/C relays was the Sunset Coast 10km beginning at Floreat SLSC on Sunday May 2.

If you're interested in joining the club's teams for any cross country events later in the season, please contact me at:

jwcollier@bigpond.com.au or on 9204 5825.

The full programme is on the Athletics Western Australia website at www.waathletics.org.au.

John Collier

Masters X/C co-ordinator

JILL MIDOLO, who died last month, was a club member for almost 30 years. In a Vetrun Running Mates feature (no 300, October 1998) Joan Pellier wrote:

"Jill was one of the top female runners and was fourth lady in the 1982 peoples marathon with a time of 3:37. While training for the Veteran World Marathon she injured her knee and has hardly been able to run since". But Jill was of many parts.

A teacher/librarian she was especially well-respected in children's fiction, and became a Children's Book Council judge. She was also a Friend of, and guide to, Kings Park. She and David both cycled but walking became their main athletic pursuit with Masters.

"I want people to know what a fine and special per-

TRY IT IN COLOUR



My View...

by

Vic Waters

ABOUT fifty per cent of our members have now opted to receive Vetrun electronically. This month, in an attempt to 'add value' to the experience we have experimented sending the magazine to them with colour pictures.

This makes the file bigger, and slower to transmit.

It's just a test run, and if you have found it difficult to receive Vetrun in this form please let us know.

Colour printing is expensive and the printed Vetrun

will continue in black and white.

Members receiving the electronic version save \$10 a year on their membership, and the club benefits by around \$8 for every copy we do not have to print and post.

Who's for a Marathon team?

IF you want to be part of the Perth Marathon but are not up to the full distance, why not make a team? In past years we have fared very well in the team relays and given valuable support to WAMC's big event.

If you're interested contact me and I'll put you in touch with others.

VW



Jill with her partner, David Brown.

son Jill was," said Joan. "She was a role model for the women members in those days, when there were far fewer of us."

Lorna Lauchlan adds:

"Just a little more about Jill. When we were asked to think of a name for our magazine – a long time ago! – there were many suggestions. Jill came up with Vetrun and it took off immediately.

Vetrun sounded just right, the rest were rejected. Even though we are Masters now I hope we don't change this."

EVENTS & HELPERS from P8

JUNE 13

DEEPWATER POINT

* Includes RWC 7.5k leg.

Race Directors: Mike & Paula Karra – 08 9472 6994

Joe & Ursula Clark-Murphy, Aldo & Dante Giacomini, Leo Hassam, Dalton Moffett

Anti-clockwise circuit of Mt Henry and Canning Bridges. One lap 7.5k, two laps 15k. Take care with parking: and beware of cyclists along path next to freeway.

JUNE 20

PERTH MARATHON

Bob Schickert

Favourite misprint

(West Australian tv guide)

11.30pm, SBS1 Shadowless Sword (MARITAL arts, 2005, in Korean). As it was all about fighting and mayhem, surely it should be 'martial'? Then again...

MAWA and Vetrun Contacts

Secretary MAWA
11A Dandenong Rd
Attadale WA 6156
9330 3803

Editor:
Vic Waters
Ph/fax: 9341 3464
vicwaters@iprimus.com.au

Website:
www.mastersathleticswa.org

Email:
enquiries@mastersathleticswa.org

Club uniforms:
Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

President:
Barbara Blurton

Patron:
John Gilmour

5K RUN

Ross Keane	M45	19:38
Amanda Walker	W40	19:41
Jim Klinge	M60	19:55
Ross Parker	M60	20:17
V6		20:30
Frank Gardiner	M60	21:13
Dante Giacomini	M40	21:28
Ivan Brown	M65	21:43
Graeme Dahl	M60	22:15
Dave Roberts	M65	22:30
Trisha Farr	W35	22:32
Bob Schickert	M65	23:18
Gillian Young	W60	23:29
Lorraine MacLennan	W45	24:06
V3		24:10
Dee Haines	W50	24:17
Maxine Santich	W55	25:25
Sarah Ladwig	W60	25:30
Mike Rhodes	M60	25:52
Allan Taylor	M65	25:57
Delia Baldock	W45	25:58
John Oldfield	M65	26:41
Richard Danks	M65	26:52
Genevieve Spiro	W40	26:54
V7		27:06
V5		27:07
Steve Barrie	M70	27:26
Mickey Ellis	W50	27:33
John Byrne	M60	27:58
Mike Anderson	M60	28:04
Karl Stockman	M50	28:24
Wendy Clements	W65	29:23
Aldo Giacomini	M70	29:32
Yvonne McGonigle	M45	30:25
Patrick McGonigle	M45	30:26
Keith Atkinson	M50	32:03
Bronwyn Smith	W35	32:04
Linda Rhodes	W60	33:16
Christine Oldfield	W65	33:48
Roger Walsh	M65	34:08
Regina Crouch	W40	34:43
Sheila Maslen	W70	35:11
Cecil Walkley	M80	35:39
Vic Beaumont	M80	35:40
Fiona Cousins	W35	35:40
Margaret Bennett	W65	36:03
Julie Wood	W60	36:04

Membership Run

March 28, 2010

BURSWOOD PARK

Director: Brian Danby

11.6K RUN

Chris Maher	M55	45:06
Chris Reid	M45	48:51
David Baird	M65	49:25
V2		50:18
V1		50:53
Sandra Stockman	W45	51:06
Michael Karra	M45	51:56
Neil McRae	M55	52:08
Karen March	W45	52:34
Peter March	M50	52:35
Don Pattinson	M55	53:22
Wayne Taylor	M50	53:53
Maurice Creagh	M60	53:56
Mike Hale	M60	54:04
Raymond Gimi	M45	55:01
Gary Fisher	M55	55:05
Chris Pattinson	W50	55:42
Malcolm Hawley	M55	55:58
Sean Keane	M45	56:22
Mark Sivyer	M60	56:31
Scott Winn	M40	57:33
John Mack	M65	57:48
Johan Hagedoorn	M65	57:50
Shirley Bell	W60	59:43
Paula Karra	W35	60:02
Vic Waters	M65	60:02
Frank Smith	M65	60:03
Nick Miletic	M55	60:11
Carol Bowman	W55	60:12
Mike Khan	M65	60:47
Lorraine Lopes	W70	60:56
John Pellier	M70	64:29
V4		65:01
Kerriann Bresser	W40	65:31
Theresa Howe	W55	65:41
John Dance	M60	65:42
Paul Martin	M65	67:20
Charlie Chan	M55	67:44



Great to see 5km winner Ross Keane on form again

Janet Jiang	W45	69:32
Julie Keeley	W40	69:58
John Ellard	M65	70:46
Val Millard	W60	72:32
Steve Clark	M65	73:29
Brian Smith	M70	76:16

5K WALK

Lynne Schickert	W65	36:27
Toni Frank	W60	36:45
Ray Hall	M75	36:52
Joan Pellier	W70	39:16
Jeni Shillington	W50	39:17
Ray Lawrence	M80	39:18
Lorna Lauchlan	W80	39:33
Bob Fergie	M70	39:34
Kirt Johnson	M80	39:35
Jeff Whittam	M75	39:36
Rosa Wallis	W65	40:25
Patricia Hopkins	W65	40:55
Dorothy Whittam	W70	43:53
Elaine Sillery	W75	45:11
Alan Pomery	M75	45:12
Ann Turner	W70	46:31
Margaret Warren	W70	46:31
Shorty Turner	M70	55:27
Morris Warren	M70	55:29

5K RUN

Dave Roberts	M65	22:42
Ivan Brown	M65	22:50
Vis 1		24:09
Richard Blurton	M60	25:51
Delia Baldock	W45	26:17
Vis 8		27:00
John Brambley	M65	27:11
Vis 16		27:25
Mike Anderson	M60	28:16
Peggy MacIver	W65	29:04
Aldo Giacomini	M70	30:04
Wendy Clements	W65	31:09
Rochelle Airey	W40	31:13
Damien Hanson	M55	31:54
Linda Rhodes	W60	34:05
Vis 7		35:11
Julie Wood	W60	35:31
Toni Frank	W60	
Mary Heppell	W70	

8K RUN

Jim Langford	M65	32:26
Jim Klinge	M60	33:41
Margaret Saunders	W55	38:25
Mark Hewitt	M55	38:26

3Ps Run

April 11, 2010

Directors: Carol Bowman and Nick Miletic

WE would like to thank all who attended our run, and especially our helpers who helped make the run a success. They are Mike and Paula Karra, Shirley Bell, Ross Keane, Kim Thomas, Jackie Halberg and Toni Phillips (who jumped in when we needed an extra hand). We would also like to make a special mention of Lynne and Bob Schickert for their valuable help and advice. Until next year, happy running and walking!

Carol and Nick

Frank Smith	M65	38:27
Graeme Dahl	M60	
Sean Keane	M45	
Vic Waters	M65	39:40
Lorraine MacLennan	W45	
Kerriann Bresser	W40	

Ray Attwell	M70
Mike Rhodes	M60
Vis 13	
Vis 14	
Richard Danks	M65
Terry Manford	M70
Basia Lis	W45
Vis 12	
Vis 3	
Paul Martin	M65
Roger Walsh	M65
Charlie Chan	M55
Vis 15	
Vis 10	
Marg Forden	W65
Bronwyn Smith	W35
Jane Stanbrook	W40
Kathy Burr	W70
Vis 1	
Vis 2	
Regina Crouch	W40
Margaret Warren	W70

16K RUN

David Baird	M65
Vis 11	
Vis 19	

Point Walter – where the wind is always in your face

FOR 2010 we might rename it 'Deepmire Point'. Sparse results tell part of the story, the recorder watch succumbing to the deep mire. The wind was howling so loudly that the operator didn't notice it had stopped whirring. So it was too late to make a paper record, off the big clock (which has its own problems, of course.) To add to the confusion that cost Thomsett the egg-man the last of his hair, a few members walked or ran some extra distance.

The worst

This bizarre location with open stretches and riverside hills offers the worst of everything. Occasionally there's heart-breaking heat. There are always gusts to halt all but the most gutsy.

This year's fallers were treated in style by expert nurse Michelle Mison.

"I was just going to wash it in the ladies," protested Elaine Dance, as she was strapped into the operating chair and given a thorough medical. Amputation was ruled out and Elaine limped into the sunset.

By now the wind was warming up. So was Michelle, finding another client in Peter Hopper. As Peter had two operable points, Bob Fergie also masked up and leapt into the fray.

Ops-oops

Michelle, recovering from a six-week old fractured pelvis, had just completed her first post-prang exercise. Not so dramatic as her Jorgensen performance a couple of years ago – which won her a new hip – this hairline crack was caused by sitting down too quickly in a hard chair. There's a lesson here, but I can't quite pin it down.

However, crouching down before her patients, adopting her finest chairside manner while splashing the Mercurochrome about a bit, she ignored her doctor's instructions to 'go easy'.

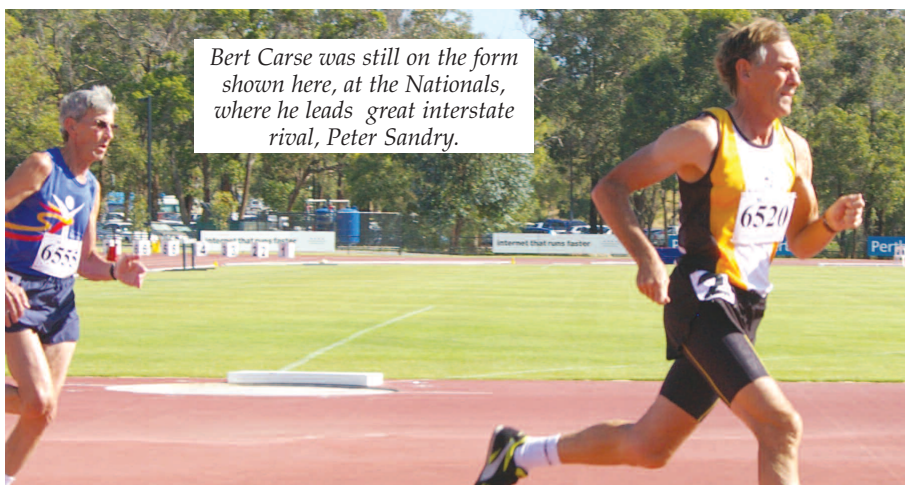
Bob Fergie was in good nick after his excellent walk at the Nationals. His year will be made all the better when the bob-tails return to his garden. Seriously - Bob and his wife usually have a pack of them, who come when called for dinner. Couldn't happen to a nicer bloke.

VW

Tristan Bell	M40
Tom Tralau	M35
Neil McRae	M55
Vis 4	
Mike Hale	M60
Raymond Gimi	M45
Gary Fisher	M55
Wayne Taylor	M50
Carl Ciccarelli	M45
Vis 6	
Vis 5	
Johan Hagedoorn	M65
Peter Bath	M65
Heiner Huning	M50
John Pellier	M70



Eldon George was first home, but like Sue Zlnay (below) has had two few races to qualify for a handicap trophy.



Bert Carse was still on the form shown here, at the Nationals, where he leads great interstate rival, Peter Sandry.

More – page 6

10km Track Handicap

MCGILVRAY OVAL

April 15, 2010

Directors: Dorothy and
Jeff Whittam

AFTER a very rainy day and black clouds on the way to the track, the gods smiled on us and the wind died away and the rain disappeared, leaving us with a beautiful calm clear night, with quite a heavy dew.

Eldon George returned to defend the trophy he won last year, but unfortunately was ineligible!

He ran so well too, finishing first, followed by Bert Carse and Jim Barnes. He has some consolation in being the only person first over the line in consecutive years.

Fastest on the night (actual time) was Bjorn Dybdahl; next was Roscoe McDonnell.

Our thanks go to all those who came along to help, despite trepidation about the weather. Some stayed after the event to enjoy a BYO barbecue.

Thanks to Bob and Lynne for the clocks etc, and Barrie for the results.

Thanks once again, helpers and runners. See you again next year,

Dorothy & Jeff

Janet Jiang W45
Vis 17

16K-PLUS

Steve Toohey M60
Pierre Viala M60
Denise Viala W60
Pam Toohey W60
Jo Richardson W55
Elaine Dance W55

5K WALK

Rosa Wallis W65
Ray Hall M75
Patricia Hopkins W65
Kirt Johnson M80
Ray Lawrence M80
Michele Mison W60

Alan Pomery M75
Margaret Warren W70
Maggie Flanders W70
Norm Miller M75
Morris Warren M70
Pat Miller W70

8K WALK

Jeni Shillington W50
Joan Pellier W70
Lorna Lauchlan W80 68:00
Jeff Whittam M75 68:00
Bob Fergie M70 68:00
Pat Ainsworth W70

16K-PLUS WALK

Peter Ryan M60
Peter Hopper M65

10km Track Handicap

Handicaps

As neither Eldon George (two runs) or Bert Carse (one run) were eligible for a handicap trophy under the club's rules, the winner is Jim Barnes, followed by John Pellier and Richard Danks.

		Clock	Time	H'cap	Time
* Eldon George	M40	64:16	21:46	42:30	
* Bert Carse	M65	65:01	24:36	40:25	
Jim Barnes	M65	65:09	07:52	57:17	
John Pellier	M70	65:49	12:15	53:34	
Richard Danks	M65	66:47	10:37	56:10	
Scott Winn	M40	66:57	18:31	48:26	
Irwin Barrett-Lennard	M80	67:08	15:33	51:35	
Roscoe McDonnell	M50	67:09	28:00	39:09	
Vic Waters	M65	67:37	16:35	51:02	
Graeme Dahl	M60	67:44	21:37	46:07	
* Sue Zlnay	W50	68:07	25:30	42:37	
Tristan Bell	M40	68:17	25:02	43:15	
Bjorn Dybdahl	M55	68:25	29:49	38:36	
Sandra Stockman	W45	68:28	23:44	44:44	
Ivan Brown	M65	68:35	21:58	46:37	
Lorraine MacLennan	W45	69:02	17:37	51:25	
Denise Viala	W60	69:19	03:47	65:32	
Bob Schickert	M65	69:31	20:34	48:57	
Brian Danby	M60	69:52	23:35	46:17	
Val Millard	W60	70:02	10:07	59:55	
Frank Smith	M65	70:40	23:27	47:13	
* Carl Ciccarella	M45	71:44	25:00	46:44	

Bert Carse was on startling form this night, coming off the recent Nationals. Towards the end he accelerated, making me lose count of the number of times I was lapped by him. At one time I hoped I might catch Denise as many times as Bert caught me, for some kind of equilibrium. His finishing spurt scotched that!

This is an excellent event, though, almost always calm and cool. This year was perfect. If you're ever going to hit a best 10km time it's here. (I did, years ago!) Give it a try in 2011.

VW

Fastest on the night – Bjorn Dybdahl, pictured here at the Nationals.



President pays tribute to Bob Schickert

MAWA 2009/10

PRESIDENT'S REPORT

The highlights of our 2009/10 activities are covered in the secretary's report which you have and I certainly endorse everything that Bob has written.

But I want in particular to thank all of the committee for their hard work and commitment during the year. Also I'd like to thank, from outside the committee, John Oldfield for taking on the difficult task of managing the website and being instrumental in updating it to make it even more attractive to our members and visitors alike.

My thanks must also go to my husband Richard for leading the team that so successfully organised and managed the Nationals. While everyone on the team did an amazing job, I would especially like to mention Damien Hanson for the work he did in organising the throws equipment. During the weekend Damien was hardly ever seen without implements under his arm running from site to site ensuring everything was in the right place at the right time. The praise from the interstate throwing community was indeed well earned. Also a highlight of the weekend was the amazing spread put on by Jacqui Beaumont and all her helpers. The breakfast after the x-country and road walk at Perry Lakes drew most complimentary remarks from far and wide.

I believe that our club is in great shape with a current record membership of 555. Numbers at track and field have climbed over the past couple of years and Sunday runs remain as popular as ever. It has indeed been an excellent year.

I would now like to make a special tribute to Bob Schickert who is stepping down from Secretary after 6 years in the job.

Bob has been committed to athletics all his life – from running as a schoolboy to being heavily involved in administration at Victorian, Western Australian, Oceania and World levels. His achievements are too great to mention in full here, but as far as we in MAWA are concerned here is a summary of how Bob has contributed to our club:

He has been on the committee for 14 years as President from 1989 to 1991 and from 1998 to 2001 as Treasurer in 2001/2002 and as Secretary from 2002 to the present day.

He was Club handicapper for 5 years in the mid 1990s.

He was the track & field competition coordinator for several years and promoted and organised the expansion of the summer track and field programme



'Spartan' it says on the singlet. It fits the wearer well. One of the toughest competitors you'll ever encounter, Bob Schickert doesn't understand what 'quit' means.

Run a marathon with a broken toe? "You don't use your big toe much in a marathon", he said.

Battle on through a boiling hot track 5,000m when you're almost a lap behind? "You never know, the others might stop."

He takes the same attitude into administration of athletics. Bob can't quit.

to 2 nights a week instead of 1.

He was on the organising committee for the Nationals in Perth in 1989 and 2003.

He has been Team Manager for Australia at World and Oceania championships 5 times in the past 9 years.

In addition, he has been an AMA Board member since 2007 with responsibility for publication of the handbook we all receive and in September last year was appointed Vice President of AMA.

I could go on, but even from this small extract, we can see how much Bob has contributed to the sport of athletics. He continues to give up a great deal of his time for this club and although not resting as Secretary would like to continue on the committee and guide our new Secretary through the job, at least for the first few months. I know that the new committee will continue to benefit from his vast knowledge and experience, as will all members of MAWA.

Thank you, Bob, for everything.

Barbara Blurton
President MAWA April 2010



First lady, and fourth overall in the 15km –
Amanda Walker.

Right, very happy walkers: John Smith and
Lynne Schickert.

Pictures are by Graeme Dahl.

5K RUN

V3		19:03
V5		19:03
Paul Hughes	M55	20:19
Ross Parker	M60	20:57
Dante Giacomini	M40	21:57
Dave Roberts	M65	22:27
Margaret Saunders	W55	22:58
Mark Hewitt	M55	22:59
Stephen Dunn	M40	23:28
Gillian Young	W60	23:46
Graeme Dahl	M60	24:19
Sean Keane	M45	25:31
Richard Blurton	M60	26:01
Peggy MacIver	W65	26:49
John Byrne	M60	27:13
Steve Barrie	M70	27:38
Roger Walsh	M65	27:54
Damien Hanson	M55	28:00
Terry Manford	M70	28:08
V4		28:31
Jim Riddell	M70	28:54
Aldo Giacomini	M70	29:33
Wendy Clements	W65	31:12
Keith Atkinson	M50	31:59
Julie Wood	W60	35:15

10K RUN

Tristan Bell	M40	42:55
Ross Keane	M45	56:54
Frank Smith	M65	49:46
Bruce Mathieson	M65	50:22
Shirley Bell	W60	51:07
Carol Bowman	W55	51:54
Irwin Barrett-Lennard	M80	53:20
Maree Brown	W45	54:02

A BEAUTIFUL morning greeted runners and walkers. Numbers were down on previous years, perhaps because of the long weekend.

When I checked the course on Wednesday, there were some path closures, while 'stuff' left from the air race was being removed. Although the signs indicated all paths would be opened by Saturday, there was a slight feeling of panic!

On Friday, some paths had been reopened and I was feeling more optimistic, and by Saturday afternoon, all was well. However the City of South Perth is putting in new paths and making them either pedestrian-only, or cyclist-only and this meant a deviation around the Coode Street area. It should lead to greater safety for runners. I couldn't do a final check of the measurement of the 15km course because of the

Ex-Pagoda

April 25, 2010

Director: Jackie Halberg

path changes, so the distance may not have been as accurate as I would have liked.

Many thanks to my helpers, Ray Atwell, Delia Baldock, Ray and Roma Barnett (good to see you both), Sylvia Byers, David and Pat Carr, Joe and Ursula Clark-Murphy, Janet Jiang, Neil McRae, Kim Thomas. Also thanks to the Warrens and Barrie Thomsett who answered my call for helpers. Special thanks as always to Mary Heppell who marks the course with me.

Jackie Halberg



V1		54:36	Theresa Howe	W55	85:49
Melissa Young	W30	56:02	John Dance	M60	85:51
Paul Martin	M65	56:04	John Pellier	M70	87:15
Charlie Chan	M55	56:33	Julie Keeley	W40	87:16
V2		60:14	Jim Barnes	M65	87:45
Kathy Burr	W70	70:19	Irene Ferris	W55	97:50
Vic Beaumont	M80	70:38	Elaine Dance	W55	1:54:20
Sheila Maslen	W70	76:38	Jo Richardson	W55	1:54:20

15K RUN

John Allen	M50	62:53
David Baird	M65	64:08
Chris Reid	M45	65:17
Amanda Walker	W45	65:24
Lisa Searle	W35	66:08
Karen March	W45	70:11
Brian Danby	M60	71:14
Ivan Brown	M65	73:11
Mark Sivyier	M60	75:51
Bob Schickert	M65	76:07
Nick Miletic	M55	76:34
Mike Khan	M65	77:33
Lorraine MacLennan	W45	77:53
David Lewin	M60	78:04
Johan Hagedoorn	M65	78:15
Vic Waters	M65	79:12
Heiner Huning	M50	81:10
Wayne Taylor	M50	83:23
Lorraine Lopes	W70	84:12

5K WALK

David Brown	M60	35:21
Barbara Blurton	W60	36:51
Kirt Johnson	M80	41:06
Patricia Hopkins	W65	41:39
Jennie Lee	W55	44:25
Ray Lawrence	M80	45:37
Margaret Warren	W70	46:07
Leo Hassam	M75	51:28
Morris Warren	M70	51:31

10K WALK

Bob Fergie	M70	79:35
Joan Pellier	W70	80:56

15K WALK

Peter Ryan	M60	1:54:12
Lynne Schickert	W65	1:54:42
John Smith	M75	1:54:44
Regina Crouch	W40	1:59:31
Ann Turner	W70	2:12:10

COMING EVENTS - DESCRIPTIONS and HELPERS

**MAY 16
GROUP
JOG**

Bernadette Height

From toilet block at southern end of Perry Lakes parklands. Run/walk in Reabold Hill reserve of your chosen distance. No marshals, no water. Take your own time. A car-key tray and attendant will be there.

MORE EVENTS
– see page 3

**MAY 23
AROUND
HERDSMAN**

Race Directors:
Jim & Margaret Langford –
08 9387 6347

John Cresp, Bernadette Height, David Scott, Morland Smith

One or two laps around lake on limestone/bitumen paths. A very flat scenic course. The 5k walk is on bitumen path next to Jon Sanders Drive.

**MAY 30
RRC 15km –
RWC 10km**

Race Director:
Gary Fisher – 08 9472 7062

Keith Atkinson, Mark Hewitt, Theresa Howe, Ann Jones, Helen Lysaght

From JH Abrahams Res. 15k is down river for 2.5k to Beaton Park and return and 5k up river and return with turn about 200m past Narrows Bridge. 10k is upriver only.

**JUNE 6
RRC 25km – RWC 15km**
Race Director: Wayne Pantall – 08 9362 3715

Mark Dawson, Jackie Halberg, Jim Riddell, Karl Stockman, Frank Usher

From Burswood over rail bridge past Banks and Bardon Parks turn right past golf club and cross Clarkson Rd to 7.5k turn at Maylands Waterland. 25k continues past Tranby house along Swanview Tce under Garrett Rd bridge to 12.5k turn.

MASTERS ATHLETICS WA



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Office Level 11, 28 The Esplanade, Perth

**You are invited to attend a free seminar –
'Secure Your Retirement Income'**

Date: Thursday 27 May 2010
Venue: University Club, University of WA, Crawley
Time: 7.30pm – refreshments to follow

Recent months have seen huge advances in retirement income planning.

It is now possible (with some conditions) to secure a guaranteed income for life, that:

- may rise over time, but will not fall, and is transparent and at reasonable cost

**Contact: John Cameron or
Petrese Ivey, 9322 7818**

- will pay for as long as you (or your spouse) are alive
- gives access to capital if needed, and no loss of capital on death.

Also covered will be:

- practical estate planning tips, and
- ways to give money to grandchildren while maintaining control.

Speakers: John Cameron, Principal of Black Swan Event Financial Planning and Rob Durey, lawyer with Talbot Olivier.

Attendance is free but please ring 9322 7818 during office hours to book a seat.

Vetrun

JUNE
2010
No. 435



Inside...

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Around Herdsman	P5
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Records set in Bunbury



State record-breakers in Bunbury were Lorraine Lopes and David Baird. Full Masters' results - Page 6.



Setting out our TENT

LAST month we set a price range of \$400 to \$500 but have not had any offers. Without a price range is any club member interested in making an offer? Contact Bob Schickert or Roger Walsh.

SINCE the 2010/11 Sunday programme was printed various local authorities and other organisations have informed the club of variations that now make it necessary for us to amend our programme.

This isn't simple - but Richard Danks and Bob Schickert have managed the following reorganisation.

"We're sorry about this; to have so many changes is unprecedented," said Bob. "With increasing demand for some venues we are having general difficulties in arranging hiring and rearranging events is also quite a task."

THIS is IMPORTANT!

PLEASE get out your Sunday programme and make these changes RIGHT NOW.

EVENT CHANGES - 2010

27 June	Sharks (was 18/7)
18 July	Mill Point (was 27/6)
17 October	Cliff Bould (was 31/10)
31 October	Lake Monger XC (was 17/10).

2011 changes

6 February - Friendship event - start time now 7.30 am as we are unable to get the toilet block open before 7am.

Get well soon

BEST wishes for a speedy recovery from surgery go to Richard Danks, from all club members. Despite his impending operation Richard recently added the extra burden of race events organisation to his handicapper's role.

Helpers needed to support our Masters Marathon

THE annual Perth Marathon includes the MASTERS MARATHON and as usual, our club will staff two drink stations - at Coode Street, South Perth, and on the Applecross foreshore on June 20.

Please contact Jackie Halberg (9364 4474) or any committee member if you can help.

"We would like 6-8 more helpers which means we can operate a roster system,

NEW MEMBERS - Welcome!

966 KELLY Troy M35
967 FAWCETT Carolyn W55

especially at the Coode Street station, said Jackie.

"Many of our members will be competing, as individuals or in relay teams, and helping on the day is a great way to give them some encouragement."

QUANDANING CAMP 2010



NO obvious link here to broken-down old crows, but Pierre thinks this image will lure you to the camp. Contact him and Denise to book for September 24/26. Why not take your own tent? (See above.)

Email Vetrun boost

THIS month we have printed only 200 copies of Vetrun, as even more members opt to receive the magazine in electronic form.

Colour pictures were included for the first time last month. Email members received a low-resolution version and a higher quality Vetrun was placed on the website.

Everyone seems happy with the new approach so I shall continue using as much colour as possible, provided it doesn't make the email version too big to send.

VW

Is there a substitute for running?

by
Margaret Langford

THE short answer is "no" but I think I deserve credit for trying. I haven't run since April 2009 and have most reluctantly accepted that my running days are over, thanks to a recalcitrant hip problem. In the meantime I have been desperately seeking a substitute. These are my observations so far:

Swimming

For a start you have to get wet which is most unpleasant and possibly a health hazard. In addition, swimming is all about technique and I don't have any. Swimming in a pool is tedious, you follow a black line and become obsessed with counting laps but the alternative is swimming in the ocean which is positively dangerous, teeming with creatures that bite, sting and eat people.

Apart from the danger, I'd get lost because there's no black line to follow.

Cycling

Seemed like a good idea until I collided with a parked car, splattered on the road and cracked a rib after which I consigned cycling to the 'too dangerous' category.

My bike is also not feeling awfully well.

Walking

Yes, yes all very well but it takes twice as long as running for about half the effect.

Yoga

This is fantastic for strength, flexibility and balance but has zero benefit for fitness. In addition yoga and running are an oil and water combination, even for ex-runners which makes the poses so much more difficult.

Workout in the gym

Don't even suggest it, too boring to contemplate; 15 of this and 25 of that - ugh!

Tennis

Assumes an ability to get a racquet and ball in the same place at the same time which I do not have. Great style - and I even vaguely resemble Martina Navratilova - but the bat and ball just do not connect.



Well, at least she now has time to stop and smell the flowers.

Golf, hockey, squash and all other ball sports - see above but substitute racquet for club or stick. Even lawn bowls poses a problem, notwithstanding the size of the ball.

I suppose there are very few of us who will literally die with our running shoes on, as Ted Maslen and Ray Brown did. (Correction, Ted probably did not because he was a barefoot runner.) I had accepted that one day I would probably have to quit running but hadn't expected it to be quite so soon. What makes it even harder is being married to Jim who gets up every single morning to go for a run and never seems to have any injuries. It's tempting to kneecap him but I fear that would compromise my image as a decent sort who rejoices in the good fortune of others. So, I am open to suggestions.....?

Annual treat?

EVERY May, my birthday euphoria and wild partying is tempered by an impending date with the GP. Skin, blood and bum.

The first two are tolerable. Don't want any more melanomas lurking among the freckles, thanks. Blood test's a breeze. The prostate check is...well, less said.

The GP's receptionist and I agree; only way to cope is 'lie back, close your eyes and think of Australia.'

Small problem

It's really not so bad, blokes.

We already know many club members suffer prostate problems. The odds are you can be successfully treated if you're diagnosed early.

Awareness of prostate cancer is growing, and that's good. The doc says he recommends that men start checking, and have PSA blood testing, at 40 years. So don't put it off.



My View...

by
Vic Waters

Favourite misprint

THIS month, the Worst Australian's apology for a cock-up in an advertising travel feature (March 31) read:

'where the pilot has been decapitated' should have read 'where the pilot has been incapacitated'.

That really should have been a headline.

For whom the bell tolls

For me, hardly at all.

IN 76 minutes of running up and down the river in the 15km RRC I heard no more than half a dozen friendly tinkles. They're so rare, you say 'thanks'.

These knights of the footpath are outmatched by crazed racers, brains starved of oxygen by tight helmets. Their game is trying to skim past by the thickness of lycra. Some approach in pairs, daring you not to move over.

We have avoided running on roads and use the paths for safety's sake. Unless we're extra careful it's inevitable that someone will eventually tangle with a bike. The only consolation is - at that speed the lycra lout will probably suffer the worst injuries.

Rush-ian running - the bear facts

MIKE Rhodes has suggested we vary the distances of some handicap runs.

I've long thought that some events variety might be fun. Resting certain runs, just for a year, could present the chance of a try-out for new venues. Anyone with ideas for locations? Please let me know.

Mike recently found one, but it's not feasible for most of us. He was in Moscow and did a training run - twice round the Kremlin! It was an improvement on his previous trip, where locals warned him not to go running in the woods - because of bears!

MAWA and Vetrun Contacts

Secretary MAWA
11A Dandenong Rd
Attadale WA 6156
9330 3803

Editor:
Vic Waters
Ph/fax: 9341 3464
vicwaters@iprimus.com.au

Website:
www.mastersathleticswa.org

Email:
enquiries@mastersathleticswa.org

Club uniforms:
Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

President:
Barbara Blurton

Patron:
John Gilmour



From top: Mary Heppell and Jenni Shillington; Pierre and Denise Viala; a sit-down protest? – after the action; and left, Lorraine MacLennan.

10K WALK

Max Ewens	M65	73:54
Jeni Shillington	W50	80:20
Mary Hepple	W?	80:20

5K WALK

David Smyth	M40	28:36
Paul Martin	M65	33:33
Lynne Schickert	W65	36:27
Michelle Mison	W60	37:00
Joan Pellier	W70	37:32
Jeff Whittam	M75	39:33
John Smith	M75	39:34
Lorna Lauchlan	W80	40:04
Patricia Hopkins	W65	41:26
Kirt Johnson	M80	41:42
Bob Fergie	M70	51:43
Ann Turner	W70	43:03
Rosa Wallis	W65	43:19
Dorothy Whittam	W70	43:54
Ray Lawrence	M80	43:55
Margaret Warren	W70	44:30
Pat Ainsworth	W70	45:50
Jan Jarvis	W65	48:12
Margaret Bennett	W65	48:12
Sylvia Szabo	W50	48:20
Phyllis Farrell	W65	48:29
Leo Hassam	M75	49:54
Shorty Turner	M70	53:49
Morris Warren	M70	53:50

Kent St Weir

May 2, 2010

Directors: Sean Keane & Neil McRae

WE had a perfect day for the first of the 50km championship runs and walks. Thanks to all the marshals for your generous help.

During the previous week Neil and I re-marked the course with yellow paint, using the measuring wheel. We kept everything the same apart making the turning point for the 5km event closer to make it more accurate. We noticed that the council had recently been out and ground down some of the edges of the concrete pathway, which was encouraging.

The winners of the 10Km and 5km events were awarded the John Tarrant and Dot Brown trophies, and Jim Barnes gave us some background on the lives and achievements of Tarrant – 'the Ghost Runner' and Dot Brown.

Altogether it seemed to run smoothly.

Complaint?

There was one complaint that the marshals were unsympathetic. Apparently the marshal at the halfway turn refused to change places when asked to do so by a 10km runner!

Sean Keane

Pictures by Christine Pattinson

RRC – 10K RUN

Brett Roach	M40	34:13
Thomas Waumsley	M35	36:29
Troy Kelly	M35	37:44
Bjorn Dybdahl	M55	37:56
Peter Sullivan	M50	38:25
V8		38:29
Bert Carse	M65	39:59
John Allen	M50	40:29
Chris Reid	M45	41:36
David Baird	M65	41:50
Jim Klinge	M60	42:01
Tristan Bell	M40	42:08
Lisa Searle	W35	42:51
Sandra Stockman	W45	43:18
Steve Hossack	M45	43:18
Nicola Maslen	W35	43:45
Tom Tralau	M35	44:05
Lachlan Marr	M50	44:29
Karen March	W45	44:47
Raymond Gimi	M45	45:08
Ross Keane	M45	45:13
Graeme Dahl	M60	45:38
Wayne Taylor	M50	46:03
John Bell	M60	46:36
Bob Schickert	M65	46:41
Gary Fisher	M55	46:51
Mark Sivyer	M60	47:21
Frank Smith	M65	47:37
Frank Gardiner	M60	47:46
Margaret Saunders	W55	47:50
Lorraine MacLennan	W45	48:20
Vic Waters	M65	48:25
Scott Winn	M40	48:36
Ivan Brown	M65	48:31
Paula Karra	W35	48:48



Peter Sullivan and a shadow!

Michael Karra	M45	49:04
? ?		49:06
Bruce Mathieson	M65	49:30
Mike Khan	M65	50:19
Nick Miletic	M55	50:30
David Carr	M75	50:59
Heiner Huning	M50	51:05
Lorraine Lopes	W70	51:17
John Mack	M65	51:29
Carol Bowman	W55	51:31
Kerriann Bresser	W40	52:03
Eldon George	M40	52:18
Richard Blurton	M60	52:25
Irwin Barrett-Lennard	M80	52:37
Ray Attwell	M70	52:51
V2		52:53
Maree Brown	W45	53:25
John Pellier	M70	53:51
Julie Keeley	W40	54:09
Melissa Young	W30	54:39
Sandra Rourke	W40	54:57
John Brambley	M65	55:35
Tanya Burke	W35	55:39
Charlie Chan	M55	55:42
Jim Barnes	M65	55:53
John Dance	M60	56:17
Basia Lis	W45	56:46
Janet Jiang	W45	59:53
Val Millard	W60	60:21
Pierre Viala	M60	60:39
Fiona McAuley	W55	60:45
Denise Viala	W60	61:42
Irene Ferris	W55	61:49
Brian Smith	M70	62:12
Shirley Bell	W60	63:52
Bronwyn Smith	W35	63:52
Vic Beaumont	M80	71:30
Regina Crouch	W40	71:32
Jo Richardson	W55	72:05
Elaine Dance	W55	72:06
Sheila Maslen	W70	76:01
Fiona Cousins	W35	76:34
Mary Heppell	W70	?

5K RUN

Brian Hewitt	M55	19:44
Paul Hughes	M55	20:13
Bruce Wilson	M60	21:44
Duncan McAuley	M60	22:16
Dave Roberts	M65	22:52
Barbara Blurton	W60	25:00
Peggy MacIver	W65	26:23
Delia Baldock	W45	26:41
V5		27:52
V7		29:19
Aldo Giacomini	M70	29:53
Wendy Clements	W65	31:26
V1		32:01
V4		32:01
Linda Rhodes	W60	34:52
Toni Frank	W60	37:52
Debbie Wolfenden	W45	39:19



Aquinas Handicap

May 9, 2010

Director: Lachlan Marr

9.5K RUN

		Clock	H/Cp	Actual
V1		54:53	8:00	46:53
Paul Martin	M65	62:31	10:04	52:27
Theresa Howe	W55	62:46	10:55	51:51
Brian Smith	M70	62:48	3:30	59:18
Berni Scott	W45	62:58	0:00	62:58
Melissa Young	W30	63:33	12:14	45:07
Maree Brown	W45	63:41	13:00	50:40
Cecil Walkley	M80	63:52	6:34	57:17
Katrina Bolden	W30	63:53	13:00	57:17
John Byrne	M60	64:07	9:25	54:41
Wayne Taylor	M50	64:09	20:43	43:25
Tristan Bell	M40	64:11	24:46	39:25
Scott Winn	M40	64:16	18:16	46:00
Charlie Chan	M55	64:29	10:35	53:53
Shirley Bell	W60	64:44	16:37	48:06
Regina Crouch	W40	64:48	0:00	64:48
Vic Waters	M65	64:51	17:29	47:22
Ray Attwell	M70	64:54	13:45	51:08
Sandra Rourke	W40	64:58	11:39	53:18
Jim Barnes	M65	64:59	11:07	53:51
John Dance	M60	65:03	10:30	54:32
Chris Reid	M45	65:07	25:07	39:59
Heiner Huning	M50	65:16	15:52	49:23
Jim Klinge	M60	65:23	25:01	40:21
Irwin Barrett-Lennard	M80	65:28	14:44	50:44
V3		65:30	65:30	65:30
Sandra Stockman	W45	65:32	23:26	42:04
Steve Clark	M65	65:34	5:23	60:10
Graeme Dahl	M60	65:43	21:22	44:20
David Carr	M75	65:52	18:09	47:43
Paul Hughes	M55	66:02	25:55	40:06
Frank Smith	M65	66:05	19:16	46:48
John Pellier	M70	66:12	12:50	53:22
Bjorn Dybdahl	M55	66:21	29:03	37:18
Richard Blurton	M60	66:24	17:00	49:24
Irene Ferris	W55	66:29	5:11	61:18
Julie Keeley	W40	66:38	10:38	56:00
Karen March	W45	66:40	21:55	44:44
Johan Hagedoorn	M65	66:43	18:09	48:34
Vic Beaumont	M80	66:45	1:22	65:23
Jim Langford	M65	66:55	28:14	38:40
Bob Schickert	M65	67:05	20:10	46:55
Lorraine Lopes	W70	67:15	15:15	52:00
Tom Tralau	M35	67:28	24:20	43:08
Mike Rhodes	M60	67:31	10:56	56:35
Carol Bowman	W55	67:35	16:53	50:41
Peter Sullivan	M50	67:41	29:15	38:26
Raymond Gimi	M45	67:45	22:31	45:13

Q: How to make everyone grin? A: Cut the distance by 500m!

YES, the programme did call for 10km handicap, and 5km events. But just for some variety Lachy cleverly cut out 500m and made everyone feel good! Big smiles on happy little faces as we consulted our watches, held post-mortems and congratulated ourselves on PBs all round.

Good practice too, for next year's round of handicaps when some of the distances will be reduced to encourage more runners to have a go for the trophy.

Double runners

Well done Bjorn, and John Allen. They're keeping alive the game of going off scratch for the 5km, and running it fast enough to finish, take a short break, then go off on handicap, for the long run.

VW



No complaints from men's winner Paul Martin – he even thanked the handicapper!
Top of page – scratch and 4.5km starters.

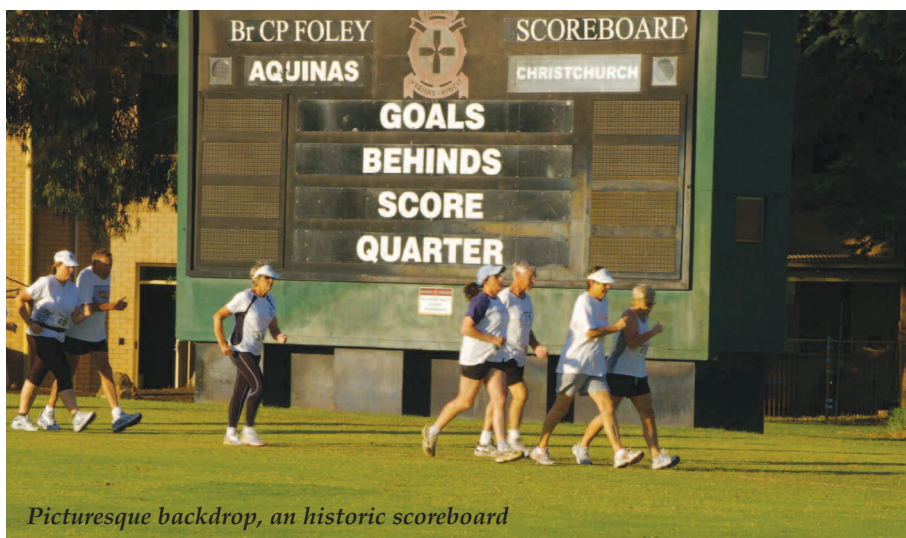
Kathy Burr	W70	67:45	0:00	67:45
John Brambley	M65	68:00	13:00	54:57
Nick Miletic	M55	68:19	17:47	50:32
John Allen	M50	68:49	26:11	42:37
Mike Hale	M60	69:00	21:09	47:51
Ross Keane	M45	69:29	24:57	44:31
Graham Thornton	M65	71:08	15:17	55:50
Claire Walkley	W40	71:26	14:00	57:25
Sheila Maslen	W70	73:11	0:00	73:11
Mary Heppell	W70	75:39	0:00	75:39



Walkers finishing the first circuit of the pitch.

9.5K WALK

		Clock	H/Cp	Actual
Lynne Schickert	W65	96:41	23:18	73:23
Jeni Shillington	W50	93:03	17:49	75:14
John Smith	M75	96:00	20:45	75:15
Bob Fergie	M70	93:41	18:01	75:40
Lorna Lauchlan	W80	96:24	16:12	80:12
Dorothy Whittam	W70	95:27	9:35	85:53



Picturesque backdrop, an historic scoreboard

4.5K RUN

Bjorn Dybdahl	M55	17:14
John Allen	M50	18:08
Jon Wannberg	M40	18:08
Ivan Brown	M65	19:49
Sean Keane	M45	19:54
Dave Roberts	M65	20:04
Mark Hewitt	M55	20:26
Barbara Blurton	W60	21:23
Delia Baldock	W45	22:59
Tanya Burke	W35	23:56
Roger Walsh	M65	25:02
Richard Danks	M65	25:54
Ursula Clark-Murphy	W55	26:08
Aldo Giacomini	M70	26:27
Kevin Hynds	M40	26:59
Alison Aldrich	W65	27:16
Jane Stanbrook	W40	28:52
Fiona Cousins	W35	29:44
Linda Rhodes	W60	29:54
Julie Wood	W60	31:06
Toni Frank	W60	33:55

4.5K WALK

David Brown	M60	30:20
Peter Hopper	M65	30:29
Max Ewen	M65	31:11
Rosa Wallis	W65	35:34
Joan Pellier	W70	36:55
Kirt Johnson	M80	36:56



I'm gonna go that way....

Margaret Warren	W70	38:20
Ray Lawrence	M80	38:21
Morris Warren	M70	45:51
Phyllis Farrell	W65	42:52
V2		43:15
Maggie Flanders	W70	43:16
Leo Hassam	M75	48:26
Alan Pomery	M75	48:27



*Above: The Thinker: There MUST be a way to get these b****y results right!*

Right: Yeah, the physio reckons sitting in front of downpipes makes your back like this...



Bunbury Marathons

May 16, 2010

Overall Position Time
Pos'n in age cat.

ULTRA MARATHON - 50km

8	David Baird	65	5:04:39	1
---	-------------	----	---------	---

(* new state record)

MARATHON - 42.2km

11	Rosemary Giles	W35	3:26:33	1
42	Stephen Dunn	M40	5:07:28	3

HALF MARATHON - 21.1km

11	Bjorn Dybdahl	M55	1:26:01	1
16	Pete Sullivan	M50	1:28:13	1
19	Bert Carse	M65	1:28:58	1
30	Tristan Bell	M40	1:36:04	4
40	Lachlan Marr	M50	1:41:05	3
45	Mark Sivyer	M60	1:43:16	2
46	Karen March	W45	1:43:17	2
48	Mike Hale	M60	1:43:49	3
50	Trisha Farr	W35	1:44:10	5
64	Wayne Taylor	M50	1:47:38	6
85	Paula Karra	W35	1:51:15	7
86	Mike Karra	M45	1:51:16	8
102	Bob Schickert	M65	1:54:56	3
108	Lorraine Lopes	W70	1:56:58	1

(* new state record)

123	Carey Dickason	W55	2:00:28	2
133	Claire Walkley	W40	2:06:15	4
135	Julie Keeley	W40	2:06:25	5
137	Jim Barnes	M65	2:08:26	4
144	John Dance	M55	2:11:14	9
150	Cecil Walkley	M80	2:14:51	1
153	Pierre Viala	M60	2:15:59	6
155	Val Millard	W60	2:17:30	2
157	Lyle James	M65	2:25:16	5
160	Loretta Shillinglaw	W65	2:28:31	2
162	Peter Ryan	M60	2:41:41	7

HALF MARATHON WALK - 21.1km

1	Gary Hastie	M45	2:04:12	1
2	Lynne Schickert	W65	2:50:45	1

I'VE decided that as co-race director, there's a definite advantage in stationing myself on the opposite side of the lake from the start and finish line; that is, complete ignorance of what is happening 'over there'.

Whilst runners and walkers were doing laps and coming in from both directions, I was serenely filling little plastic cups with water to hand out to the passing traffic.

There is an art to judging who will want a drink then releasing the cup at just the right nano-second into the outstretched sweaty palm.

Dogged help

We were short of helpers so I recruited Dougal the dog to assist but he is recovering from a cool \$5,000 worth of leg surgery (and please spare the quips about Corgis not having legs) and was of limited use apart from keeping me company. Since people were intent on completing the course, Dougal and I were spared both complaints and compliments apart from Joan Pellier's "great course Margaret" and the occasional thanks as people grabbed a cup in passing.

We had approx 80 runners and walkers. Numbers were down a bit, possibly

Around Herdsman

May 23, 2010

Directors: Jim & Margaret Langford

due to a fun run happening somewhere else in the city. By the time Dougal and I returned to the finish, it was just about all over but I gather the event was a success and thanks as always are due to our helpers - Bernadette Height, Richard Danks, the Thomsetts senior and junior, Morland Smith and John Cresp.

Only one request to convey to the committee and that is to provide a bigger tent for the recorders. There were comments that the tent looked rather like a dunny, which it did, and consequently could only accommodate one person at a time. Poor Bernadette had to stand for the duration of the run.

See you next year when hopefully we can organise another perfect day and I think I might resume drink-dispensing duties, hopefully with an able-bodied assistant.

Margaret Langford

Pictures by Graeme Dahl

15K RUN

Peter Sullivan	M50	60:24
Andrew Brooker	M40	61:23
Chris Reid	M45	65:00
David Baird	M65	65:03
Ross Keane	M45	70:34
Neil McRae	M55	70:41
Karen March	W45	71:54
??	??	72:18
Mark Sivyer	M60	72:29
Brian Danby	M60	72:59
Mike Hale	M60	74:22
Keith Miller	M60	75:11
Bob Schickert	M65	76:04
Vic Waters	M65	76:16
Nick Miletic	M55	76:35
John Bell	M60	77:56
David Carr	M75	78:14
V1		79:31
Irwin Barrett-Lennard	M80	79:57
Melissa Young	W30	82:44
Heiner Huning	M50	83:09
John Pellier	M70	83:56
Jim Barnes	M65	84:32
John Dance	M60	85:26
Theresa Howe	W55	86:55
Graham Thornton	M65	87:37
Elaine Dance	W55	115:43
Jo Richardson	W55	115:43
Irene Ferris ????	W55	1:38:55

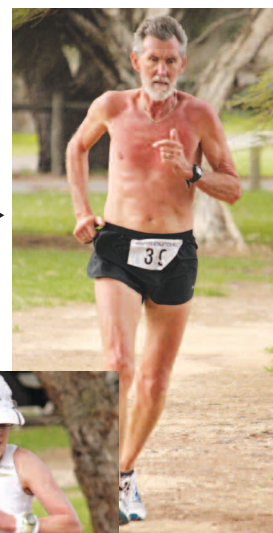
7.5K RUN

Jim Klinge	M60	30:51
Jon Wannberg	M40	32:19
Paul Hughes	M55	33:19
Graeme Dahl	M60	33:55
Frank Gardiner	M60	34:08
Dave Roberts	M65	34:19
Frank Smith	M65	34:30
V3		35:02
Ivan Brown	M65	35:05
Bruce Mathieson	M65	36:41
Barbara Blurton	W60	37:42
Sean Keane	M45	37:53

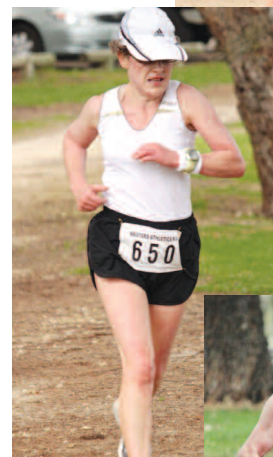


Andrew Brooker

Richard Blurton	M60	38:10
John Mack	M65	38:31
Bryan Hardy	M65	39:10
Peggy Macliver	W65	39:42
Ray Attwell	M70	39:47
V2		39:48
Lorraine Lopes	W70	40:52
Steve Barrie	M70	41:01
Delia Baldock	W45	41:47
Mike Rhodes	M60	42:04
Jackie Halberg	W60	43:57
Mike Anderson	M60	44:05
Janet Jiang	W45	45:46
Steve Clark	M65	45:47
Brian Smith	M70	47:13
Kevin Hynds	M40	47:23
Berni Scott	W45	48:00
Arnold Jenkins	M65	50:58



Brian Danby



Karen March



Neil McRae



Chris Reid

Vic Beaumont	M80	56:01
Sheila Maslen	W70	58:02
Margaret Bennett	W65	63:39

5K RUN

Dante Giacomini	M40	23:01
V5		28:48
V4		29:28
Aldo Giacomini	M70	30:09
Toni Frank	W60	38:01

15K WALK

Peter Ryan	M60	1:54:50
John Smith	M75	1:54:50
Bob Fergie	M70	2:06:39
Jeff Whittam	M75	2:06:40

7.5K WALK

Max Ewen	M65	51:18
Lynne Schickert	W65	58:04
Lorna Lauchlan	W80	61:51
Joan Pellier	W70	63:38
Dorothy Whittam	W70	66:25

5K WALK

David Brown	M60	36:05
Paul Martin	M65	36:05
Maggie Flanders	W70	48:03
Pat Ainsworth	W70	50:06
Elaine Sillery	W75	50:07
Shorty Turner	M70	53:12

RRC - 15K RUN

Brett Roach	M40	53:28
Bjorn Dybdahl	M55	58:41
Chris Maher	M55	58:43
Peter Sullivan	M50	60:58
Bert Carse	M65	61:26
John Allen	M50	62:58
Amanda Walker	W45	64:26
Jim Klinge	M60	64:33
David Baird	M65	64:42
Chris Reid	M45	65:09
Tom Tralau	M35	67:03
Tristan Bell	M40	67:06
Ross Keane	M45	68:54
Graeme Dahl	M60	69:26
Wayne Taylor	M50	70:47
Karen March	W45	70:52
Raymond Gimi	M45	71:13
Keith Miller	M60	71:26
Neil McRae	M55	71:49
David Carr	M75	76:20
Vic Waters	M65	76:22
Lorraine MacLennan	W45	77:31
Hilary Beck	W55	77:35
Paula Karra	W35	77:45
Mike Hale	M60	78:40
Nick Miletic	M55	79:14
Mike Khan	M65	79:31
Irwin BarrettLennard	M80	80:15
Lorraine Lopes	W70	80:19
Maree Brown	W45	80:20
Heiner Huning	M50	80:50
Melissa Young	W30	81:58
Shirley Bell	W60	82:29
Peter Bath	M65	83:28
Bob Schickert	M65	84:39
John Pellier	M70	84:55
Jim Barnes	M65	86:18
Julie Keeley	W40	86:24
Tanya Burke	W35	87:23
Graham Thornton	M65	87:35
John Dance	M60	87:42
Vis 4		87:45
Kerriann Bresser	W40	92:26
Cecil Walkley	M80	93:50
Janet Jiang	W45	94:06
Val Millard	W60	94:19
Fiona McAuley	W55	95:09
Irene Ferris	W55	98:50
Bronwyn Smith	W35	1:40:22
Brian Smith	M70	1:40:23
Berni Scott	W45	1:44:16
Vic Beaumont	M80	1:52:03
Jo Richardson	W55	1:52:07
Elaine Dance	W55	1:52:08

RWC - 10K WALK

David Smyth	M40	59:35
Paul Martin	M65	65:28
Lynne Schickert	W65	75:00
Michele Mison	W60	76:12
Jeni Shillington	W50	77:07
Peter Hopper	M65	77:44
Ray Hall	M75	78:47
Bob Fergie	M70	79:53
Joan Pellier	W70	80:54
Jeff Whittam	M75	81:24
Lorna Lauchlan	W80	84:54
Dorothy Whittam	W70	86:19
Ann Turner	W70	87:51
Ray Lawrence	M80	88:53
Margaret Warren	W70	95:10
Margaret Bennett	W65	96:57
Jan Jarvis	W65	96:59
Shorty Turner	M70	1:41:21
Morris Warren	M70	1:41:22

10K RUN

Jim Langford	M65	41:01
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RRC & RWC**May 30, 2010***J. Abrahams Reserve**Director: Gary Fisher*

OH, it is a long way up the river from Crawley to the city! With the wind in your face on the way out, and giving no benefit on the way back. Brilliant sunshine though, which made the cyclists' shadows visible, for the split-second before they pounced on you from behind. Maybe I couldn't hear their bells because of the wind? Fat chance.

VW

Frank Smith	M65	47:23
Tessa Brockwell	W50	49:34
Bryan Hardy	M65	51:40
Richard Blurton	M60	52:01
Carol Bowman	W55	52:23
Mike Rhodes	M60	55:02
John Brambley	M65	55:09
Francis Glynn	W55	56:40
John Mack	M65	57:41
Sandra Rourke	W40	54:36
Jackie Halberg	W60	63:16
Steve Clark	M65	64:20
Vis 6		64:25
Kathy Burr	W70	74:12
Sheila Maslen	W70	77:12
Mary Heppell	W70	77:13

5K RUN

Michael Karra	M45	21:19
Sean Keane	M45	22:12
Duncan McAuley	M60	22:24
Barbara Blurton	W60	24:30
Lisa Searle	W35	24:49
Bruce Wilson	M60	25:18
Peggy Macliver	W65	26:01
Delia Baldock	W45	26:30
Janice Mathews	W40	26:45
Damien Hanson	M55	27:06
Ray Attwell	M70	27:17
Jim Riddell	M70	29:12
Ursula ClarkMurphy	W55	30:52
Pierre Viala	M60	31:06
Arnold Jenkins	M65	31:24
Vis 5		31:35
Pam Toohey	W60	31:38
Wendy Clements	W65	31:43
Marg Forden	W65	31:51
Linda Rhodes	W60	33:27
Steve Toohey	M60	34:25
Vis 1		38:04
Debbie Wolfenden	W45	38:05
Toni Frank	W60	38:32

5K WALK

David Brown	M60	35:36
Rosa Wallis	W65	37:57
Vis 2		42:02
Kirt Johnson	M80	42:30
Vis 3		42:32
Patricia Hopkins	W65	42:52
Barbara Campbell		44:15
Vis 8		44:21
Vis 9		44:23
Pat Ainsworth	W70	47:04
Elaine Sillery	W75	47:20
Maggie Flanders	W70	47:48

15K WALK

Peter Ryan	M60	1:56:38
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Lynne Schickert and David Smyth - first woman and man in the RWC 10km. Both Road Championships - which were pioneered by Morris Warren last century! - conclude today, June 6, at Burswood with the 25K run and 15K walk.



COMING EVENTS - DESCRIPTIONS and HELPERS

JUNE 27

SHARKS

Director: Paul Martin - 9339 1648

Charle Chan, Paul Hughes, Merv Jones, Sean Keane, Helen Lysacht, Gary Ogden, David Roberts

All start along flat riverside path - not road - towards Freo. 5km is out and back; long run includes hills. Take care crossing Petra St, and note that parking is limited on start/finish reserve.

JULY 4

CITY RAIL

Directors: Linda & Mike Rhodes - 0417 952 067

Pat Ainsworth, Eldon George, Merv Jones, Bob Lane, Lorraine Lopes, Chris Maher & Amanda Walker, Karen & Peter March, Brett Roach & Catharine Hayes

Follows bike path towards Claisebrook Stn and turn at Pier St. On way back, long-runners divert towards Mt Lawley subway, then return to riverside path leading back to Bardon.

JULY 11

MATTAGARUP

Director: Wayne Pantall - 9362 3715

Brian & Sue Danby, Lorna Lauchlan, Val Millard, Michele Mison, Sylvia Szabo, Frank Usher, Roger Walsh.

JULY 18

MILL PT RD

Director: Milton Mavrick - 9227 1559

Delia Baldock, Irwin & Berwin Barrett-Lennard, Eldon George, Sarah Ladwig, Nicola Maslen, Denise McMorrow, Lisa Searle, Julia Wardell.

MASTERS ATHLETICS WA



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You are invited to attend a free seminar – 'Secure Your Retirement Income'

Date: Thursday 27 May 2010
Venue: University Club, University of WA, Crawley
Time: 7.30pm – refreshments to follow

Recent months have seen huge advances in retirement income planning.

It is now possible (with some conditions) to secure a guaranteed income for life, that:

- may rise over time, but will not fall, and is transparent and at reasonable cost

**Contact: John Cameron or
Petrese Ivey, 9322 7818**

- will pay for as long as you (or your spouse) are alive
- gives access to capital if needed, and no loss of capital on death.

Also covered will be:

- practical estate planning tips, and
- ways to give money to grandchildren while maintaining control.

Speakers: John Cameron, Principal of Black Swan Event Financial Planning and Rob Durey, lawyer with Talbot Olivier.

Attendance is free but please ring 9322 7818 during office hours to book a seat.

Vetrun

JULY
2010
No. 436



The magazine of Masters Athletics WA

Inside...

You write; My View...	P2
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Lorraine's new W70 records

LATEST W70 State Records by Lorraine Lopes were set in the 50km RRC.

On May 2 she recorded 51:17 for the 10k (and snuck into the 90 percenters with a 90.07%).

Then on May 30 she recorded 1:20:19 in the 15k RRC event.

This makes it ten SRs since entering the W70 bracket!

Campbell Till

Winter 10km on track?

WE have been asked to consider holding a 10km track run during the current winter programme and if there's enough interest it would probably happen in mid-August or September as part of a regular Thursday night meeting.

Please see Jackie Halberg and give her your comments - either at Sunday runs or Thursdays at ECAC.

Sarah's the Secretary now

JUST so people know how to contact me - my address is Ward Crescent, Kelmscott 6111.

Telephone: 9390 2056 or email felicity04@iinet.net.au

Cheers, Sarah

Relay 2010 was a real fun-run!



Left, some of our team starters; below, John Allen to Wayne Taylor; right, Sandra Rourke; below, he's on route for 23km and Mike Hale's still smiling!



THE 2010 Perth Marathon drew one of the best fields for years - and on another perfect day for running 124 teams helped us get our own back on towpath cyclists.

Team Langford - comprising Jim Langford, his son Ross, and two nephews (sons of Fred Langford) topped our list and were only seven minutes behind the winners.

I know many other Masters were involved in teams, but sorry, we don't have details. Below are the ones we can confirm.

Place			
Overall	Time	Bib No.	Team Name
4	2:42:52	7	TEAM LANGFORD
17	3:03:43	91	NO NAME 2
<i>John Allen ran two stages, assisted by Neil McRae and Wayne Taylor.</i>			
21	3:09:15	31	MIXED MASTERS
<i>Tristan Bell, Sandra Stockman, Ross Keane and Karen March named their team in honour of kitchen equipment.</i>			
60	3:34:03	63	ALSO-RANS
<i>Mike Hale did a great job running 23k-plus; Sarah Ladwig was invaluable in starting Mike's van; Vic Waters thought of the name (we know our place.)</i>			
63	3:35:58	88	MAWA D TEAM
<i>Inspirational - this quartet wasted no time, in thinking of a team name.</i>			
<i>Graeme Dahl, Sandra Rourke, Paul Martin and Theresa Howe.</i>			
65	3:36:25	90	MASTER BLASTERS
<i>Kerriann Bresser finally secured her all-girl line-up - with Lisa Searle, Simone Solomon and Jaquie Sanders. Their title was hopeful...but, better luck next year ladies!</i>			
120	4:26:42	89	PETITE 4

These sweet little things included Lorraine Lopes; the rest are anonymous.



New members - Welcome!

968 CAMPBELL Barbara W70
969 GLYNN Frances W55
970 BECK Hilary W55
971 MATTHEWS Janice W40
972 SENSENBERGER Ross M60
973 SENSENBERGER Veronika W60
974 WERREN Clare W60
975 WERREN Richard M60
976 HENSON Martin M50

You write...

Irwin's a kid at heart

Dear Vic,

I was the recipient of some very welcome assistance from a number of earlier runners at the end of the 25km on June 6th.

Of course I was only kidding - but most of all, I was (or had been) kidding myself.

My grateful thanks to all concerned.

Irwin B-L



Dear MAWA,

I would like to comment on two articles (Vetrun June, no. 435).

First - 'Is there a substitute for running?'

Margaret, have you ever considered having a partial hip replacement (which I had in 2002 aged 52)?

My hip joint was resurfaced and replaced with two titanium balls but the femur bone was left intact.

Its called the *Birmingham Hip* replacement and I can't run like I used to but I can 'shuffle' around without much difficulty. There are only a handful of orthopaedic surgeons in Australia who do this procedure. I had the bone resurfacing procedure done because later in my life if I need more surgery - 'revision' the doctor called it - it's easier as it isn't invasive.

Friends of mine have had it done and they are back running, cycling, playing tennis (like me really).

I also do heaps of swimming and I find it a fantastic exercise for aerobic fitness and its very easier on our aching joints.

I hope this information is of some assistance Margaret.

Next - 'For whom the bell tolls'

Vic, I read your note about cyclists not ringing their bells. I too did the 15k RRC and was very alarmed at the number of bikers who don't do this. I've heard a lot of these race

Danksy's daks drop



Dear Masters

You may be interested in the latest 'oops' moment in the life of Richard Danks.

My stomach has been very sore following my operation and I have been unable to wear anything with elastic against my stomach. I therefore cannot wear underpants nor a belt on my shorts. This necessitates me carefully holding up my shorts with my right hand.

One day I had the family round and my grandson brought his new girlfriend, a 17 year old Asian lass.

I stood up to welcome her, raised my right hand and down fell my shorts to my ankles exposing all.

Her jaw dropped and her faced turned a bright red.

It took at least five minutes to calm the girl down from shock, embarrassment and ultimately laughter.

Regards, Richard



Peter

bikers take off their bells when they buy a bike. If that's so why can't they just yell out "BIKE" when they approach us as we (runners and walkers) do have right of way.

Is it the law to ring bells when cyclists approach pedestrians? I am going to ask the Police. Often we can't hear them approaching and one day there will be a bad accident if there hasn't been already. I do heaps of cycling and I always ring my bell even if runners are running toward me. Once I asked a cyclist to please ring his bell as he roared past me and he got off his bike and called me every name under the sun. So what do you do?

I intend to speak to the Police about this matter. We should write into 'letters to the editor'. What do you reckon? Thanks Vic, Cheers

Peter (Ryan)

My View... by The Editor



Wayne's always in the pink

Vetrun Extra!

Bride's 10k on wedding day!

IF you would like to know more about a devoted runner who hitched up her gown (figuratively speaking) and refused to let something as trivial as her nuptials interfere with training - go to Vetrun Extra on the club's website!

This lady is a sucker for gadgetry to improve perform-

HAS anyone ever seen Wayne Pantall in need of a shave? He's always immaculate, face aglow from the rasp of hardened steel no matter the early hour. Even at the RRC/RRW event when he started the day in the dark, on his bike, with an armful of flags, Wayne had shaved.

Our poet/bricklayer-in-residence probably uses his favourite, sharpened trowel these days, but I reckon the habit is entrenched with his military background, due to shaving with a bayonet in a dug-out before reveille.

ance - and her article - which appeared in Newsweek last month, also catalogues the bizarre methods and devices to which runners resort.

Les will make UK comeback

OUR most ardent UK-based member is Les Presland and as he's still a 'real-letter' writer it's always a pleasure to hear from him.

After all, most Aus Post deliveries these days are final demands or financial offers.

Les' latest letter contained his subs for this year, and some totally unwarranted praise for my own running (though I loved the bit about

'beating that Smith at Lake Monger' - thanks mate!).

Most importantly, M70 Les reports that after a year of niggling setbacks (his best time for 5km being 'only' 20:35!) he is now training for the UK Nationals.

How's your Achilles?

Hello,

I am a physiotherapist (and also a runner myself) with a special interest in running injuries, specifically Achilles tendinopathy. Currently I am conducting a series of studies investigating the influence of Achilles tendon pain on the biomechanics running.

Would any of your members

- a) have Achilles tendon problems, and
- b) be prepared to participate in a study.

More - turn to back page ►

Dear Vic

Having once been a so-called 'lycra lout' or 'Lycra Lizard' myself I have my own solution to their mad antics. As a runner/walker I can advise a pedestrian to hold his ground, and if said cyclist doesn't either go bouncing over very rough grass or take a dive into the river, one simply puts your hands out in front, grab the offending han-

dle bars and actually throw the cyclist to side of path, followed by a nasty stream of bad language.

Then run like hell!

I was tail-end charlie in those days and puzzled why those runners in front were running in all different directions. This was my solution to the Lycra-whatever.

Regards,
Barrie Thomsett



Karen March was clear leader in the women's 50k RRC, averaging 4 mins 48 secs.

50km Road Running Championship 2010

THIS 24th staging of the championship was conducted over three events: 10km, 15km and 25km. 22 men and 11 women completed the 50km and it was good to see so many of our newer members taking part.

Brett Roach continued his run of success after his wins in 2007, 08 and 09 with a rate of 3:38 min/km, an identical time to last year.

Other noteworthy achievements are those of John Allen and Mike Khan, both completing the 50km for a tenth time.

Irwin Barrett-Lennard became the second 80-years plus athlete to complete, after Cecil Walkley last year.

Karen March backed up her win of last year with a rate of 4.48 min/km. Joan Pellier clocked up her tenth completion and Ann Turner her fourteenth. Apologies must go to Valerie Millard. Somehow she was overlooked last year when she completed her tenth event. Valerie has now run it 11 times and will be presented with her 10-year certificate at the Presentation Day (date tba).

Below, the figure on left indicates the number of championships completed. Everyone who completes receives a medal at Presentation Day.



Women's RWC champion - Lynne Schickert

37.5km Road Walking Championships

THIS was conducted over four events with a total of 37.5km, 400m having been added to the Deepwater Point event. David Smyth won his second RWC with a rate of 5:58 min/km. Jeff Whittam completed his tenth RWC and Michele Mison, Margaret Bennett and Shorty Turner are almost there!

Women RRC

		min/km
4	Karen March	W45 4:48
4	Paula Karra	W35 5:12
1	Lorraine MacLennan	W45 5:19
6	Lorraine Lopes	W70 5:31
8	Shirley Bell	W60 5:49
7	Julie Keeley	W40 6:07
1	Janet Jiang	W45 6:23
11	Valerie Millard	W60 6:27
12	Irene Ferris	W55 6:33
2	Fiona McAuley	W55 6:37
1	Bronwyn Smith	W35 7:01

Men RRC

		min/km
4	Brett Roach	M40 3:38
6	Bjorn Dybdahl	M55 4:00
1	Peter Sullivan	M50 4:08
4	Bert Carse	M65 4:12
10	John Allen	M50 4:17
4	David Baird	M65 4:23
2	Jim Klinge	M60 4:28
1	Tristan Bell	M40 4:33
3	Tom Tralau	M35 4:35

1	Ross Keane	M45 4:49
6	Wayne Taylor	M50 4:55
1	Raymond Gimi	M45 5:10
6	Vic Waters	M65 5:19
7	David Carr	M75 5:20
9	Nick Miletic	M55 5:28
10	Mike Khan	M65 5:28
1	Heiner Huning	M50 5:29
16	John Pellier	M70 5:40
21	Bob Schickert	M65 5:47
6	Irwin Barrett-Lennard	M80 5:55
7	John Dance	M60 6:04
4	Brian Smith	M70 6:59

Women RWC min/km

11	Lynne Schickert	W65 7:27
9	Michele Mison	W60 7:33
10	Joan Pellier	W70 8:18
11	Dorothy Whittam	W70 8:52
14	Ann Turner	W70 8:55
9	Margaret Bennett	W65 9:45
1	Jan Jarvis	W65 9:45

Men RWC

		min/km
2	David Smyth	M40 5:58
11	Paul Martin	M65 6:38
10	Jeff Whittam	M75 8:17
5	Bob Fergie	M70 8:31
9	Shorty Turner	M70 10:06



After a great 25k performance, Paula Karra was 2nd woman overall.



John Allen, averaging 4:17 in his tenth 50k showing.



First-timer Lorraine MacLennan, 3rd overall, with a promising future.



Great walking from Paul Martin - 25 years and 40 seconds behind the leader!



Genevieve Spiro

MAWA MEMBERS' RESULTS

* = Age group winner

Overall Position		Age Grp	Time
52	Tom Waumsley	M35	3:14:17
*55	Bob Lane	M60	3:15:26
60	Peter Sullivan	M50	3:17:22
67	Kim Thomas	M35	3:19:40
79	Bert Carse	M65	3:21:52
82	Joe Clark-Murphy	M60	3:22:28
98	David Baird	M65	3:25:11
190	Tom Tralau	M35	3:45:42
200	Trisha Farr	W35	3:47:44
254	Keith Miller	M60	3:58:56
306	Nick Miletic	M55	4:12:28
311	Genevieve Spiro	W40	4:17:13
326	Jane Elton	W40	4:23:06
*339	John Pellier	M70	4:27:06
353	Jonathon Phillips	M35	4:30:50
382	Julie Keeley	W40	4:49:55
392	Valerie Millard	W60	4:55:17
400	Stephen Dunn	M40	5:02:37

AGE-GRADED ORDER

Overall Position	Age	Age Grp	Time	%
79	Bert Carse	M65	3:21:52	82.35
98	David Baird	M65	3:25:11	80.17
82	Joe Clark-Murphy	M60	3:22:28	77.95
60	Peter Sullivan	M50	3:17:22	71.30
392	Valerie Millard	W60	4:55:17	65.20
254	Keith Miller	M60	3:58:56	64.74
52	Tom Waumsley	M35	3:14:17	64.36
339	John Pellier	M70*	4:27:06	63.60
67	Kim Thomas	M35	3:19:40	62.63
200	Trisha Farr	W35	3:47:44	61.42
306	Nick Miletic	M55	4:12:28	60.08
326	Jane Elton	W40	4:23:06	55.75
190	Tom Tralau	M35	3:45:42	55.57
311	Genevieve Spiro	W40	4:17:13	55.27
382	Julie Keeley	W40	4:49:55	50.59
353	Jonathon Phillips	M35	4:30:50	46.17
400	Stephen Dunn	M40	5:02:37	43.36

Masters boost Perth Marathon

MANY club members helped swell the Perth Marathon field, which this year was a reminder of the glory days of distance running `when everyone ran under three hours'!

Whether or not that's true, there were more sub-3hr runners this year - around 20, in a field of 400-plus.

Relay runners boosted the crowds too, around 130 teams drawing another 400-plus participants. Masters were part of about a dozen teams.

Trophy

Bert Carse won the Jim Barnes Trophy, as the best-performing Master on an age-graded basis, holding off fine challenges from Bob Lane and David Baird.

Helpers

Thanks go to our drink stations helpers - Sean Keane, Jeff Bowen, Chris Frampton, Tanya Burke, Mary Heppell, Berwine and Irwin Barrett-Lennard, Anne and Shorty Turner, Jan Jarvis, Delia Baldock, Brian Bennett and Barbara Blurton. Also, thanks to Bob Schickert at the half-way clock, and co-ordinator Jackie Halberg.



Marathon contrasts – Genevieve Spiro (left) – second marathon: John Pellier, above, in his 80th.

Marathon numbering mystery explained: John's gold label means he has run more than 25 Perth Marathons (29, in fact). The number 13 indicates that he was the 13th person to complete 20 Perth's.

Tom Tralau (right) checking his company. Right, Nick Miletic did well after less than perfect preparation.



David Carr (right) covered the course encouraging us all with pace reports! Below left, Julie Keeley (right) also overcame some ominous pre-race setbacks.



ALBANY 2010

* = winner, 10-year age group

HALF MARATHON

2	David Cane	M40	1:17:20
8	Steve Giles	M50	1:27:39
14	Rosemary Giles	W30	1:35:13
18	Mike Hodgson	M50	1:36:45
*27	Niamh Keane	W40	1:43:04
*31	Brian Danby	M60	1:46:53
43	Carey Dickason	W50	1:57:01
49	Stephen Dunn	M40	1:59:08
54	Kim Ribbink	W40	2:03:18
56	Graham Thornton	M60	2:04:01
*57	Cecil Walkley	M80	2:10:48
62	Loretta Shillinglaw	W60	2:25:38

10K

2	Greg van der Sanden	M50	38:33
*12	Jo Clarkson	W50	45:55
15	John Bocian	M60	49:06
27	Jeff Spencer	M60	58:14
38	Berni Scott	W40	63:51
*40	Vic Beaumont	M80	68:06
*47	Basil Worner	M70	77:42



Joe Clark-Murphy

25K RUN

Brett Roach	M40	94:06
Vis 4		97:31
Thomas Waumsley	M35	98:36
Chris Maher	M55	1:40:53
Bjorn Dybdahl	M55	1:43:39
Peter Sullivan	M50	1:47:38
Bert Carse	M65	1:48:41
John Allen	M50	1:50:35
Joe Clark-Murphy	M60	1:51:26
David Baird	M65	1:52:37
Jim Klinge	M60	1:56:53
Tom Tralau	M35	1:58:26
Tristan Bell	M40	1:58:32
Michael Karra	M45	2:00:02
Karen March	W45	2:04:20
Ross Keane	M45	2:06:30
Mike Hale	M60	2:08:22
Wayne Taylor	M50	2:08:47
Neil McRae	M55	2:08:50
Vis 7		2:09:42
Paula Karra	W35	2:13: 29



Cecil Walkley, centre, receives plaudits on his new PB from Brian Danby, Basil Worner and Graeme Thornton.

2010 COMRADES

ULTRA MARATHON 89.28K

4340 Mel Ebstien	M40	9:46:19
6100 Claire Walkley	W40	10:19:46
7228 Jane Elton	W40	10:37:54
9491 Francis Hourquebie	M50	10:59:52
9492 Glynis Hourquebie	W50	10:59:52

Left column is finish position.
Ten year age groups.

RRC-RWC

BURSWOOD PARK

June 6, 2010

Director: Wayne Pantall



Wayne and helpers prepare for darkest East Perth.

It's a long way to limp

25km – it's so long you can go in, and out, of form in the same race. It's so long that Heiner Huning had time to tell me his whole life-story. Personally, I ran really slowly so there was more time to enjoy the river views. It took only 22.5km to discover how to stop your calf muscles hurting (run flat-footed.)

I also had plenty of time to study the varying styles of runners ahead of me – such as David Carr, until he bolted for home. Interestingly though, David didn't catch Paula Karra, who had a great day.

She had no especial explanation for her form. But it was to be expected, after a half at Bunbury and a PB in the Weir 10km (alright, one second, but it's still a PB, right?).

Nursing

A few others nursed themselves along. Ray Gimi was one, Nick Miletic another, saving up his cold in readiness for the Perth Marathon.

Julie Keeley did well to recover and finish after a walk. Irwin gave us all a scare, and also needed a bit of nursing, but insists he was just joshing (see *You Write*, page 2.)

David Carr	M75	2:19:34
Lorraine MacLennan	W45	2:19:38
Vic Waters	M65	2:21:26
Raymond Gimi	M45	2:21:51
Heiner Huning	M50	2:22:02
Nick Miletic	M55	2:23:37
Mike Khan	M65	2:23:53
Shirley Bell	W60	2:24:04
John Pellier	M70	2:24:09
Lorraine Lopes	W70	2:24:35
Vis 8		2:29:50
Bob Schickert	M65	2:38:08
Peter Bath	M65	2:38:57
John Dance	M60	2:39:22
Irwin Barrett-Lennard	M80	2:43:22
Julie Keeley	W40	2:45:02

Director Wayne Pantall and his helpers did another superlative job. Four distances to mark (completely accurately, by the way) under cover of darkness is some task.

Wayne says:

"I would like to flag the course more, but it's our longest run of the year, close to the winter solstice. I can only do so much 'stop/starting' in the dark on a bike, and get the gear to Burswood in time to allocate tasks. That's why I must opt for fluoro green painted arrows."

Well-lubricated

And should you wonder why the water tasted so good at this event – "Liquid hailstones, courtesy of the race director's new rainwater tank was a major factor in the good times recorded this year," suggests Wayne.

Janet Jiang	W45	2:45:31
Irene Ferris	W55	2:46:26
Val Millard	W60	2:48:02
Fiona McAuley	W55	2:54:45
Bronwyn Smith	W35	3:06:14
Brian Smith	M70	3:06:14

5K RUN

Vis 6		19:14
Dave Roberts	M65	22:10
Bernard Mangan	M55	23:07
Paul Hughes	M55	23:13
Amanda Walker	W45	23:16
Peggy Macliver	W65	25:33
Delia Baldock	W45	26:10
John Brambley	M65	26:17



One of our newer runners, Gavin Howard

Deepwater Point RWC

June 13, 2010

Directors: Mike and Paula Karra

A SLIGHT lengthening of the course added to the overall enjoyment for all competitors this year. Superb weather conditions made a new PB a realistic goal for those willing to put the effort in and competing in such perfect conditions was a pleasure.

For this years event the course was adjusted to be an exact 7.5km single lap or 15km two lap course ensuring easy calculation for individual time per km pace. A field of approximately 100 took part with most opting for the shorter distance. The Perth Marathon the following weekend may have influenced some competitors decisions. My apologies to all those who had specifically trained for 7.1km and 14.2km respectively - I know there are a few of you out there!. The new distances will now apply every year.

Shortage of helpers leading up to the day was nullified by many willing to volunteer on the day to fill in the short-gap. This typifies the spirit and camaraderie evident within the club. Thanks very much to all those involved. Who knows, maybe next year will be the year for your PB over the distance?

Mike and Paula

Sandra Stockman	W45	34:12
Tessa Brockwell	W50	34:16
Sean Keane	M45	34:19
Dave Roberts	M65	34:37
Gary Fisher	M55	36:43
Shirley Bell	W60	37:19
Dee Haines	W50	37:20
Maree Brown	W45	37:31
Vic Waters	M65	37:35
Peggy Macliver	W65	38:28
Carol Bowman	W55	38:32
Wayne Taylor	M50	38:49
Nick Miletic	M55	39:08
Bob Schickert	M65	40:00
Janice Mathews	W40	40:06
Delia Baldock	W45	40:38
John Byrne	M60	41:26
Tanya Burke	W35	43:05
John Brambley	M65	43:12
Mike Anderson	M60	43:26
Roger Walsh	M65	43:34
Aldo Giacomini	M70	44:16
Sandra Rourke	W40	45:15
Vis 5		45:31
John Ellard	M65	45:41
Lorraine Lopes	W70	45:43
Dennis Hughes	M60	46:10
Jackie Halberg	W60	46:23
Karl Stockman	M50	46:25
David Carr	M75	46:35
Jane Stanbrook	W40	46:53
Cecil Walkley	M80	47:10
Vis 3		47:22
Vic Beaumont	M80	47:25
Vis 2		47:35
Bernadette Height	W50	48:04
Arnold Jenkins	M65	48:04
Julie Keeley	W40	48:46
Regina Crouch	W40	49:28
Brian Smith	M70	49:40
Bronwyn Smith	W35	49:41
Kathy Burr	W70	50:17
Linda Rhodes	W60	50:52
Sheila Maslen	W70	53:37
Mary Heppell	W70	53:38
Rosa Wallis	W65	57:18
Toni Frank	W60	68:33

7.5K WALK

David Smyth	M40	43:23
Paul Martin	M65	48:54
Lynne Schickert	W65	54:33
Ray Hall	M75	55:21
Michele Mison	W60	55:29

15K RUN

Chris Reid	M45	63:37
David Baird	M65	64:24
Tom Tralau	M35	67:30
Ross Keane	M45	67:57
Mike Hale	M60	69:27
Vis		69:43
Neil McRae	M55	70:16
Karen March	W45	70:54
Brian Danby	M60	71:50
Raymond Gimi	M45	72:00
Hilary Beck	W55	76:11
Gavin Howard	M45	78:03
Melissa Young	W30	78:54
Heiner Huning	M50	78:59
Graham Thornton	M65	81:24
Irwin Barrett-Lennard	M80	81:58
John Pellier	M70	82:05
John Dance	M60	85:38
Fran Glynn	W55	93:36
Irene Ferris	W55	95:29
Jo Richardson	W55	114:43

7.5K RUN

Vis 1		27:41
Brian Hewitt	M55	29:51
Jim Langford	M65	30:09

Bernard Mangan	M55	30:19
Paul Hughes	M55	30:27
Jim Klinge	M60	30:40
Kim Thomas	M35	30:58
Chris Neale	M40	31:08
Tristan Bell	M40	31:21
Graeme Dahl	M60	31:57
Lisa Searle	W35	32:09
Ross Keane	M45	32:25
Steve Hossack	M45	32:49
Jon Wannberg	M40	33:01
Paul Burke	M35	33:37
Frank Smith	M65	34:04

RRC-RWC continues

Mike Anderson	M60	27:59
Ursula Clark-Murphy	W55	29:16
Marg Forden	W65	30:52
Arnold Jenkins	M65	30:52
Linda Rhodes	W60	33:11
Sheila Maslen	W70	34:48
Debbie Wolfenden	W45	36:58

10K RUN

Frank Smith	M65	49:13
Gary Fisher	M55	53:29
Bryan Hardy	M65	54:04
Sandra Rourke	W40	55:20
Sarah Ladwig	W60	55:59
Mike Rhodes	M60	56:24
John Byrne	M60	57:44
Kevin Hynds	M40	67:07
Jo Richardson	W55	71:57
Jane Stanbrook	W40	73:16
Mary Heppell	W70	74:04

15K RUN

Vis 1		57:16
Graeme Dahl	M60	69:04
Sean Keane	M45	72:54
John Mack	M65	80:03
Melissa Young	W30	80:56
Vis 3		81:21
Theresa Howe	W55	88:21

5K WALK

David Brown	M60	35:04
Ray Hall	M75	37:01
Kirt Johnson	M80	42:36
Ray Lawrence	M80	44:52
Pat Ainsworth	W70	45:53
Jennie Lee	W55	45:54
Vis 2		46:16
Maggie Flanders	W70	49:16
Pat Miller	W70	51:38
Leo Hassam	M80	51:39

10K WALK

Jeni Shillington	W50	81:31
Patricia Hopkins	W65	90:59
Lorna Lauchlan	W80	90:59

15K WALK

David Smyth	M40	92:07
Paul Martin	M65	1:40:36
Lynne Schickert	W65	1:53:38
Michele Mison	W60	1:54:14
John Smith	M75	1:57:56
Regina Crouch	W40	2:03:06
Bob Fergie	M70	2:07:45
Jeff Whittam	M75	2:07:46
Roger Walsh	M65	2:07:48
Joan Pellier	W70	2:12:42
Dorothy Whittam	W70	2:17:24
Ann Turner	W70	2:17:25
Margaret Bennett	W65	2:28:05
Jan Jarvis	W65	2:28:06
Shorty Turner	M70	2:28:07



Sharks Handicap

June 27, 2010

Director: Paul Martin



Carl Ciccarelli

10K RUN

Graeme Dahl leading David Baird.

		Time	H/Cap	Actual
Janet Jiang	W45	65:38	07:14	58:24
Wayne Taylor	M50	65:58	20:51	45:07
Kerriann Bresser	W40	66:00	12:27	53:33
Michael Karra	M45	66:21	22:23	43:58
Lorraine MacLennan	W45	66:33	17:06	49:27
Bert Carse	M65	66:42	25:56	40:46
Sandra Rourke	W40	66:55	11:56	54:59
Heiner Huning	M50	67:19	15:22	51:57
Paula Karra	W35	67:26	17:06	50:20
Carl Ciccarelli	M45	67:40	18:55	48:45

Val Millard	W60	67:48	07:07	60:41
Brian Danby	M60	67:51	20:54	46:57
V1		67:53	10:00	57:53
Maree Brown	W45	68:05	14:31	53:34:
Jackie Halberg	W60	68:09	05:49	62:20
Irwin Barrett-Lennard	M80	68:14	14:09	54:05
John Pellier	M70	68:24	12:50	55:34
Jane Stanbrook	W40	68:34	01:42	66:52
Sarah Ladwig	W60	68:34	13:36	54:58
Neil McRae	M55	68:36	21:39	46:57
Lorraine Lopes	W70	68:36	14:57	53:39
Graeme Dahl	M60	68:46	22:02	46:44
David Baird	M65	68:46	24:25	44:21
Tristan Bell	M40	68:54	24:49	44:05
Peggy MacIver	W65	69:03	14:05	54:58
Karen March	W45	69:05	21:29	47:36
Ross Keane	M45	69:07	24:27	44:40
John Dance	M60	69:52	10:30	59:22
Melissa Young	W30	69:57	17:08	52:49
Graham Thornton	M65	70:24	14:57	55:27
Peter Bath	M65	71:25	12:23	59:02
Bruce Mathieson	M65	72:06	17:14	54:52
Kathy Burr	W70	73:01	00:00	73:01
Elaine Dance	W55	73:46	00:00	73:46
Raymond Gimi	M45	76:29	20:23	56:06

Breakfast will be served

THAT'S after the Club Cross Country Championships at Jorgensen Park Kalamunda on August 15.



Bert Carse leading.

Deepwater Point continues



Alan Pomery and Maggie Flanders

Jeni Shillington	W50	56:08
John Smith	M75	56:09
Bob Fergie	M70	59:49
Joan Pellier	W70	59:56
Lorna Lauchlan	W80	61:47
Kirt Johnson	M80	61:49
Jeff Whittam	M75	61:56
Dorothy Whittam	W70	64:37
Ann Turner	W70	66:06
Pat Ainsworth	W70	66:07
Margaret Warren	W70	66:07
Elaine Ellard	W65	68:21
Margaret Bennett	W65	72:10
Jan Jarvis	W65	72:12
Maggie Flanders	W70	73:36
Alan Pomery	M75	73:39
Shorty Turner	M70	75:28
Morris Warren	M70	75:30

15KM WALK

Peter Ryan	M60	1:57:21
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5K WALK

		Actual	H/Cap	Time
Bryan Hardy	M65	48:00	12:37	35:23
Jeni Shillington	W50	48:12	09:53	38:19
Jeff Whittam	M75	49:41	08:32	41:09
Lorna Lauchlan	W80	49:44	08:07	41:37
Dorothy Whittam	W70	49:48	04:59	44:49
Kirt Johnson	M80	49:54	07:39	42:15
John Smith	M75	50:02	10:59	39:03
Mike Rhodes	M60	50:22	0:00	50:22
Maggie Flanders	W70	50:28	01:33	48:55
Jennie Lee	W55	51:22	05:00	46:22
Lynne Schickert	W65	51:27	12:11	39:16
Patricia Hopkins	W65	51:50	06:45	45:05
Rosa Wallis	W65	52:34	08:32	44:02
Joan Pellier	W70	52:37	09:53	42:44
Ray Hall	M75	53:23	11:49	41:34

5K RUN

V4		18:23
Bernard Mangan	M55	20:41
Tom Tralau	M35	21:53
Bruce Wilson	M65	22:07
Tessa Brockwell	W50	22:46
Peter March	M50	22:52
Margaret Saunders	W55	23:23
Vic Waters	M65	23:46
V2		24:00
Delia Baldock	W45	26:19
Damien Hanson	M55	28:06



Bruce Mathieson leading.

John Brambley	M65	28:29
Jim Barnes	M65	29:03
Dennis Hughes	M60	29:58
Aldo Giacomini	M70	30:35
Rochelle Airey	W40	30:40
Vic Beaumont	M80	32:58
Linda Rhodes	W60	35:07
Toni Frank	W65	37:54
Sandra Hughes	W60	38:52
Jo Richardson	W55	38:59
Margaret Bennett	W65	38:59
Mary Heppell	W70	40:09
Jan Jarvis	W65	41:17
Regina Crouch	W40	42:18
V5		42:19
John Byrne	M60	46:31
Fran Glynn	W55	50:38

COMING EVENTS - DESCRIPTIONS and HELPERS

JULY 18

MILL PT RD

Director: Milton Mavrick - 08 9227 1559
Delia Baldock, Irwin & Berwin Barrett-Lennard, Sean Keane, Sarah Ladwig, Denise McMorrow, Gary Ogden

JULY 25

STATE X COUNTRY

Director: Ralph Henderson - 08 9401 3115

Mary Heppell, Mark Hewitt, Anne Jones, Bruce Mathieson, George Schaefer, Alan Thorniley, Michael Whitford

AUGUST 1

CLUB HALF MARATHON

Director: Jim Klinge - 08 9294 4029
Tessa Brockwell, Bert & Bridget Carse, Regina Crouch, Margaret Langford, Arthur Leggett, Chris Reid, Janet & Michael Walter

ALL helpers - you must contact the race director to confirm that you are available for the allocated event.

AUGUST 8

BARDON BASH

Directors: Brian Bennett & John Smith - 08 9275 0169 (BB) 0417 941 892 (JS)
Pat Ainsworth, Brian & Bronwyn Smith, Jeff & Wendy Spencer, Ann & Shorty Turner

AUGUST 15

CLUB X COUNTRY

Committee
Jim Barnes, Kathy Burr, John Dance, John & Elaine Ellard, Keith Martin, John Pellier, Alan Pomery, Jane Stanbrook, Darryl White

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from page 2

How's your Achilles?

By way of thanks, I would happily speak to your members (individually, or as a group) on any aspect of running injuries that may be of interest.

I trust you don't object to this unsolicited request and will happily discuss it in greater depth if required.

Kind regards,
James Debenham

Master of Manual Therapy
(UWA), BSc (Hons.) (King's
College London)
APA Musculoskeletal
Physiotherapist

Lecturer
Division of Physiotherapy
School of Health Sciences

University of Notre Dame
19 Mouat Street (PO Box 1225)
Fremantle, Western Australia
6959
Tel: +61 8 9433 0996
Mob: 0449 946 669
Fax: +61 8 9433 0210
Email: jdebenham@nd.edu.au
Internet: www.nd.edu.au

**MAWA
and**

**Vetrun
Contacts**

Secretary MAWA

11A Dandenong Rd
Attadale WA 6156
9330 3803

Editor:

Vic Waters
Ph/fax: 9341 3464
vicwaters@iprimus.com.au

Website:

www.mastersathleticswa.org

Email:

enquiries@mastersathleticswa.org

Club uniforms:

Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

President:

Barbara Blurton

Patron:

John Gilmour

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Vetrun

The magazine of Masters Athletics WA

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Celebrate our winter season

JOIN your fellow competitors and friends and celebrate your achievements in the Winter Cross Country, Road Running and Road Walking Championship events.

On Sunday 10 October, noon, at the Metro Inn, Canning Highway, South Perth it's Presentation Day. Tickets are on sale soon, for lunch at \$38 (drinks not included). To book, contact Elaine Dance – ph. 9593 4607, email danaine@hotmail.com

WE HAVE TWO OPEN CHAMPIONS

BOTH first places in WA's State 20km Walks went to MAWA members, with Lyn setting a possible W50 world best time.

20 Kilometre Walk
1 Lyn Ventris 1.35:04
(New W50 WORLD BEST?)
1 David Smyth 2.10:04

2010 OAMA CHAMPIONSHIPS, TAHITI

Bjorn Dybdhal M55

2 800m	2:28
1 1500m	5:01
1 2km/St	12:25
1 5000m	18:37
1 8km/XC	31:25
1 H/Mara	87:56

Bev Hamilton W60

1 Shot	8:91m
2 Discus	21:71
2 Hammer	25:15
3 Javelin	20:30
2 Wt/Throw	11:98
1 WP	3145?

Bob Schickert M65

2 800m	2:56
2 1500m	5:59
2 2km/St	9:51
5 5000m	23:43
4 8km/XC	40:39

Bob Schickert reports

ONLY four MAWA competitors this time: we hope there will be many more at the next championships in Tauranga NZ, 5-12 February 2012.

Very hot and humid conditions made longer racing very difficult but nearly 300 competitors from AUS, NZ, Cook Islands, Nauru, New Caledonia and Tahiti had a very enjoyable experience over seven days.

Full results are on the OAA website, www.athletics-oceania.com

The OAMA website is www.oceaniamastersathletics.org

Lynne Schickert W65

3 60m	13:46
3 100m	23:16
2 2km/St	15:29
1 3km/W	22:28

1 5km/W	38:30
1 10km/W	82:40
2 LJ	2:36
2 TJ	5:51

Don Chambers

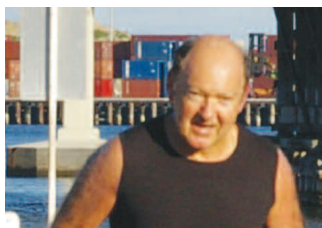
1/5 100m	14.65
1/7 200m	32.80
1/3 80m/h	14.81
1/3 300m/h	56.19
1/3 Lj	3.66
1/2 T/j	7.90
2/3 P/v	2.00
1/1 Dec	4564
1/3 Wt/pent	2511

New members – Welcome!

977 SOMMERVILLE Kate W35
978 MACKAY Rod M40
979 ODAM Paul M50
980 BOURN Sue W40

You write...

Bikers, Bells and Reverie!



I WONDER if I'm unique as a runner in that I've taken to often running on the right side of joint-use paths i.e. towards any biking traffic. This is 'cos I've had so many scares not only from bikers who don't ring their bells but also from ones who do. Reason being, I've found with a combination of age-related deafness and the sort of quasi-meditational reverie I sink into when running, that I just don't hear bikes coming at me from the rear, so it's seemed the safer choice given I can at least still see them and jump smartly to the right path edge and thus out of their way!

Mike Anderson

Sarah Ladwig is kitting-up for the club's biggest job and discovering...

BOB'S A HARD ACT TO FOLLOW!

BOB and Lynne approached me on the Dwellingup weekend and somehow I agreed with great trepidation to take on the club secretary role. Bob then sent me a 'duties list' and I almost passed out!

I agree with comments Vic made in a Vetrin that Bob has worked incredibly hard for our club and that it's definitely time for others to take some of the burden from him.

I joined the club early in 2008 after meeting a certain, tattooed runner (*who's that, Popeye, or the intrepid Arnold Jenkins? VW*) at a New Year's Eve party who approached my girlfriend and I with the unusual line "You look like runners!".

We had no idea what he meant! (*You should have run. VW*)

Mastering the Marathon relay



David Cane helped his team win the Perth marathon relay, running the second half in 1:06:44.

"Our overall time was 2:35:03. Not bad for a bunch of 43-46 year olds!" he says.

David (4513) is pictured here in the Nationals M45 800m, followed by Ian Cotton, where he ran 4th in 2:15:52, an age-graded 82.16%.



Sarah Ladwig

We came along to see of course and I remember clearly on my second or third run, as I struggled along breathlessly with the tattoo exhibition urging me forwards, another runner coming in the opposite direction remarking "I see you have acquired an anchor Arnie!"

Well..... that was it..... indignation and determination took over and I decided I would at least give it a go and become some sort of runner!

As many of you know, I have improved, love the club, enjoy the social side, feel a sense of achievement and

She wants your heads!

My View...
by
The Editor



HOW'S your short-term memory? Last June I asked you all to have your heads examined, to help a young student in her research project. Many members responded and she was delighted. So were the volunteers, pleased to discover that they still had functioning brains that worked reasonably well in sync with their hands.

If you missed out last time - here's another chance.

Call Jordana

Jordana Clark (on 0402 848 363 or email at 20475876@student.uwa.edu.au) would love to hear from you. She says:

"I'm at UWA, looking at the relationship between manual dexterity and the way the brain controls movement as we age.

"I really need people aged over 60 years of who are interested in helping in my research.

"You would complete a brief manual dexterity task and then participate in a trans-cranial magnetic stimulation (TMS) procedure. This is completely safe and non-invasive, used to activate the main area of the brain responsible for voluntary movement.

"It will take about an hour at UWA's motor control lab, at a time to suit you. You would be reimbursed \$10 for your travel costs.

Thanks

Thanks to Masters, my colleague last year was able to complete her research successfully, and I want to say thanks to the club for its help again this year."

So please give her a call. Just a couple of provisos, though: participants must be right-handed, not have any metal implants near the head area, be of sound mental and neurological health.

recognise the amazing friendship and support this Club offers.

I hope you will all be patient with me as I learn the Secretary's role. Bob has handed over a somewhat battered, brown bag and squeaky filing cabinet (donated in the eighties I gather). Maybe using these props will help me fill those very large shoes!

Sarah



THEY'RE not content with telling us men can't do two things at once. They have to demonstrate. Kerriann Bresser can run AND use a hanky; she's also a real good sport!

Blame Hamish

Although Hamish McGlashan's newly-acquired pacemaker is supposed to cut in only when his pulse reduces to about three beats a minute, I think we can safely blame it for making the timer watch seize-up at the Mill Point Championships (results, this edition.)

He's looking far too fit and well after a bit of surgery and a lay-off. The pacemaker is obviously an extra he'll never need (like all those things you could do with your mobile phone, if you could be bothered learning dozens of pages of Japanese.)

So the thing probably goes to default every so often and gives out a burst of microwaves just for the hell of it. This just happened to coincide with Hamish' arrival in the chute, freezing the watch. After recording his time the watch went on strike.

It's obvious really - the excuse we had to have; otherwise we have to sack director Milton.

MATTAGARUP is the traditional name for the region around which we conduct our annual event. It's the general area from about the western end of Heirisson Island and eastwards on both sides, and includes the river.

To the Derbel Yerrigan (Swan River) people, Mattagarup had major significance as the main crossing point for many centuries before white settlement in 1829, when the white newcomers began referring to the area as the 'Perth Flats'.

Mattagarup links Boorloo on the city side with Beeloo country on the south. (Much has changed in 180 years, as our older club members remember!)

The word effectively translates as 'Crossing point/thigh deep water', which should not surprise any of the competitors in this years 10 and 5km runs and walks.

This year the course was only ankle-to-knee deep, with added rain.

The inaugural Mattagarup event was September 2002 to celebrate the 50th birthday of the current concrete 'Causeway' as we now know it. It opened on September 19, 1952 (also my birthday, incidentally).

The Victoria Park Community Association organised a Carnival to celebrate the day, and as a founding member, runner, and student of Aboriginal and inter-cultural studies, I personally straddled several realms at the time.

With support by members of our club,

John is UK's raining champ

ALTHOUGH Britain has a real summer this year (no days lost at Wimbledon!) the Oldfields found five rainy days to hike the West Highland Way. It's OK though, John conditioned himself by wading in the water-jump to retain his British M65 2k steeple championship in 9:54.

Pic: BMAF photographer Tom Phillips.



Mattagarup

July 11, 2010

Director: Wayne Pantall

and Canning Districts AC, the Mattagarup has become an annual event. Canning Districts original track was developed on the reclaimed McCallum Park upon material dredged from the river in the construction of the 'Causeway'.

Former athlete and local identity John Gleeson, deserves mention for strongly supporting us, along with Vic Park Community Association and others.

Many Veterans/Masters events go back a long way and were based around this area. My maintaining this one, in this location, we have helped introduce the name 'Mattagarup' into the wider 'Wadjella' (white fella) consciousness - where it should be.

* As a wet footnote, Shorty Turner asked about Mattagarup, and was delighted to finally learn something which his good wife, Anne did not know! You're all full bottles now - right up there with Shorty.

Finally, the selflessness and bravery of our cold and wet volunteer helpers around Mattagarup, must be mentioned: and we thank you all.

*Cheers
Wayne*

10K RUN

V1		39:37
Jim Langford	M65	39:41
Bert Carse	M65	40:36
Lachlan Marr	M50	40:56
John Allen	M50	42:19
Jim Klinge	M60	42:22
David Baird	M65	44:16
Lisa Searle	W35	45:09
Mike Hale	M60	46:09
Karen March	W45	46:26
Frank Smith	M65	46:27
Wayne Taylor	M50	46:59
Neil McRae	M55	47:34
Sean Keane	M45	47:37
Malcolm Hawley	M55	47:59
Lorraine MacLennan	W45	48:00
Raymond Gimi	M45	48:13
Gary Fisher	M55	50:22
David Carr	M75	50:31
Bruce Mathieson	M65	51:10
Shirley Bell	W60	51:17
Terry Humphrey	M55	52:25
Melissa Hynds	W30	53:03
Mark Elms	M40	53:09
Mike Khan	M65	53:23
Sandra Rourke	W40	53:28
Graham Thornton	M65	53:35
Irwin Barrett-Lennard	M80	54:27
John Pellier	M70	55:13
Theresa Howe	W60	55:32
Sarah Ladwig	W60	57:17
Peter Bath	M65	57:35
John Dance	M60	57:41
Charlie Chan	M55	57:43
Jim Barnes	M65	57:49
Janet Jiang	W45	58:56



Speedy Ian Davies (M60) is back – and shaking up the contenders in the shorter runs.

Dennis Hughes	M60	59:02
Regina Crouch	W40	65:32
V2		74:48
Elaine Dance	W55	77:40
Jo Richardson	W55	77:41

5K RUN

Paul Odam	M50	18:55
Bernard Mangan	M55	19:44
Ian Davies	M60	20:16
Tessa Brockwell	W50	22:14
Frank Gardiner	M60	22:27
Dave Roberts	M65	23:01
Vic Waters	M65	23:23
Bryan Hardy	M65	25:38
Peggy MacIver	W65	26:03
Tea Dreyer	W45	26:38
Hamish McGlashan	M70	26:41
Delia Baldock	W45	26:44
Damien Hanson	M55	27:41
John Byrne	M60	28:21
Jim Riddell	M70	28:47
Mike Anderson	M60	29:25
Linda Rhodes	W60	34:30
Vic Beaumont	M80	36:16
V6		36:46
Toni Frank	W65	37:36
Sheila Maslen	W70	39:43
V3		45:25

10K WALK

Paul Martin	M65	64:15
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5K WALK

Peter Hopper	M65	37:45
John Smith	M75	37:56
Bob Fergie	M75	40:09
Joan Pellier	W70	40:13
Jeff Whittam	M75	41:29
Patricia Hopkins	W65	42:47
Ann Turner	W70	43:22
Kirt Johnson	M80	43:23
V5		43:38
Jennie Lee	W55	43:42
Margaret Warren	W70	44:13
Ross Keane	M45	47:40

Mill Point Road Championships



Burswood Park

July 18, 2010

Director: Milton Mavrick

PERFECT morning, again, for a river-side run. But this week, no rain. So we can't blame the wet for a temporary problem with the timer watch that left some of you timeless.

It happened mostly to the 5km performers. Maybe Milton was overcome with emotion at seeing my time for the distance and paralysed with shock for a while.

Or - and this is much more likely - signals from Hamish McGlashan's new pacemaker jammed up the watch's electronics! VW



10K RUN

Brett Roach	M40	35:38
Chris Maher	M55	39:20
Bert Carse	M65	39:57
V7		39:57
Jim Klinge	M60	40:55
John Allen	M50	41:19
Kim Thomas	M35	41:40
Chris Reid	M45	42:39
Ross Keane	M45	43:03
Amanda Walker	W45	43:36
Tristan Bell	M40	43:56
Tom Tralau	M35	44:03
Sean Keane	M45	44:10
Lisa Searle	W35	44:25
Michael Karra	M45	44:32
Wayne Taylor	M50	44:50
Karen March	W45	44:57
Frank Gardiner	M60	45:01
Raymond Gimi	M45	45:24
Frank Smith	M65	45:41
Brian Danby	M60	45:47
David Carr	M75	48:38

Gary Fisher	M55	48:44
Dee Haines	W50	50:04
David Baird	M65	50:13
Shirley Bell	W60	50:16
Jane Elton	W40	50:20
Kerriann Bresser	W40	50:25
Neil McRae	M55	50:40
Melissa Hynds	W30	50:47
Paul Haylett	M45	51:00
Bruce Mathieson	M65	51:17
Glynis Hourquebie	W50	51:23
Janice Matthews	W40	51:59
Kate Sommerville	W35	52:00
Claire Walkley	W45	52:01
Lorraine Lopes	W70	52:05
Mike Khan	M65	52:07
Maree Brown	W45	52:19
V4		52:22
Paula Karra	W35	53:14
Nick Miletic	M55	53:23
Carol Bowman	W55	53:24
Graham Thornton	M65	53:37
Richard Blurton	M60	53:46



Top, Janice Matthews 10km finish, ahead of Kate Sommerville. Claire Walkley, Lorraine Lopes and Mike Khan; left, Lisa Searle, Mike Karra. Below, Amanda Walker, and below left, Karen March, Wayne Taylor and Frank Gardiner.





Maree Brown finishing her 10km.

John Pellier	M70	53:59
Sandra Rourke	W40	54:17
Bob Schickert	M65	55:24
Theresa Howe	W60	56:04
V3		56:07
Janet Jiang	W45	58:53
John Dance	M60	59:03
V8		59:31
V5		60:25
Jackie Halberg	W60	60:28
Cecil Walkley	M80	61:01
Irene Ferris	W55	61:02
Vic Beaumont	M80	66:05
Kevin Hynds	M40	66:49
Pam Toohey	W60	67:02
Jane Stanbrook	W40	67:59
Steve Toohey	M60	69:25
Kathy Burr	W70	71:00
Jo Richardson	W55	73:11
Elaine Dance	W55	73:12
Mary Heppell	W70	73:14
V6		81:00

5K RUN

Troy Kelly	M35	
Ian Davies	M60	
Paul Hughes	M55	20:55
V2		
Peter March	M50	
Dave Roberts	M65	22:56
Ralph Henderson	M60	22:58
Vic Waters	M65	23:00
V1		
Hamish McGlashan	M70	25:51
Damien Hanson	M55	
John Brambley	M65	
Johan Hagedoorn	M65	
John Byrne	M60	
Jim Riddell	M70	
Dennis Hughes	M60	
Mike Anderson	M60	
Aldo Giacomini	M70	
Linda Rhodes	W60	33:59
Sandra Hughes	W60	34:23
John Ellard	M65	35:33
Julie Wood	W60	36:25
Sheila Maslen	W70	37:17
Brian Bennett	M60	37:42
Rosa Wallis	W65	37:44
Jan Jarvis	W65	39:53
Kirt Johnson	M80	40:46

10K WALK

Val Millard	W60	71:23
Heiner Huning	M50	77:04
Paul Martin	M65	77:06
Lynne Schickert	W65	77:43
Regina Crouch	W40	77:51
Jeni Shillington	W50	78:30
John Smith	M75	78:31
Ray Hall	M75	79:30
Roger Walsh	M65	79:31
Bob Fergie	M75	80:32
Joan Pellier	W70	84:45
Ann Turner	W70	88:28

Top, Tom Tralau, Sean Keane; below, walkers Pat Hopkins and Lorna Lauchlan, and 5km runner Kirt Johnson.



Above, David Brown and Peter Hopper; below, Rosa Wallis and a recovering Brian Bennett.



5K WALK

David Brown	M60	35:43
Peter Hopper	M65	35:45
Patricia Hopkins	W65	40:40
Lorna Lauchlan	W80	40:41
Ray Lawrence	M80	44:29
Jennie Lee	W55	47:02
Barbara Campbell	W70	47:32
Pat Ainsworth	W70	47:34
Elaine Ellard	W65	49:35
Margaret Bennett	W65	50:31
Shorty Turner	M70	50:31
Richard Harris	M70	54:45

IT was an excellent morning, cold and clear, and although some members were in Tahiti and others obviously preferred a warm bed to an icy riverside, we had lots of company. This was due to the Marathon Club, whose hierarchy decided to change the route of their annual Women's Run.

VW

Thanks to Josh

A special thank you to our young American visitor, Josh Randall, who helped check the course for me then joined the run. As one of the first to arrive at the Children's Court turn, he realised that the marshall had not arrived and confusion was inevitable, so he sacrificed his run and stayed to direct the traffic.

Thanks to all our helpers, who not only braved some very cold weather but also contended with the onslaught of Marathon Club runners.

We learned of their changed plans quite late and there was little we could do to prevent some intermingling of runners. Some confusion arose as a result and a few of our members followed

City Rail

July 4, 2010

Directors: Mike & Linda Rhodes



them onto the bridge – although one Masters member admitted she went the wrong way simply because she was talking too much.

Jackie Halberg and Vic Waters gave me extra support in the absence of Mike – who is currently working in the wilds of Siberia where he is unable to go running, not only because he has two broken arms but also because there are wild bears roaming the town!

Linda

7.3K RUN

Ian Davies	M60	30:30
Kim Thomas	M35	32:41
Dave Roberts	M65	35:01
Margaret Saunders	W55	35:13
Gary Fisher	M55	35:26
Dee Haines	W50	35:44
V2		38:58
Janice Mathews	W40	39:14
Delia Baldock	W45	39:16
Sarah Ladwig	W60	39:29
John Byrne	M60	40:42
Dennis Hughes	M60	43:41
Karl Stockman	M50	43:58
Aldo Giacomini	M70	44:07
Mike Anderson	M60	44:16
Kevin Hynds	M40	45:36
Jane Stanbrook	W40	46:31
Barb Humphrey	W55	48:55
Kathy Burr	W70	51:15
Mary Heppell	W70	56:59
Sandra Hughes	W60	58:20
V3		62:06
Jan Jarvis	W65	66:45
Margaret Bennett	W65	66:45

10.7K RUN

V1		42:52
Chris Reid	M45	44:43
Jim Klinge	M60	44:49
Ross Keane	M45	45:16
Tom Tralau	M35	47:04
David Baird	M65	47:06
Sandra Stockman	W45	48:35
Wayne Taylor	M50	49:12
Neil McRae	M55	49:17
Mike Hale	M60	49:41
Frank Smith	M65	49:48
Martin Watkins	M60	50:55
Frank Gardiner	M60	51:07
John Bell	M60	51:44
Lorraine MacLennan	W45	51:50
Raymond Gimi	M45	53:10
John Mack	M65	53:30
Shirley Bell	W60	54:53
Melissa Hynds	W30	55:12
Bruce Mathieson	M65	55:45

Mike Khan	M65	56:19
Nick Miletic	M55	56:31
Carol Bowman	W55	56:36
Terry Humphrey	M55	56:38
Graham Thornton	M65	57:24
John Pellier	M70	58:41
Peter Bath	M65	58:58
Theresa Howe	W60	58:59
Paul Martin	M65	63:06
Vic Waters	M65	63:07
Janet Jiang	W45	63:15
Charlie Chan	M55	63:49
John Dance	M60	64:26
Cecil Walkley	M80	68:26
Regina Crouch	W40	79:53
Elaine Dance	M55	83:34
Jo Richardson	W55	83:34

7.3K WALK

David Brown	M60	56:47
Jeni Shillington	W50	59:00
John Smith	M75	59:06
Lorna Lauchlan	W80	59:33
Jeff Whittam	M75	59:34
Kirt Johnson	M80	59:41
Rosa Wallis	W65	60:57
Patricia Hopkins	W65	63:03
Peter Hopper	M65	64:07
Ann Turner	W70	64:30
Joan Pellier	W70	64:32
Ray Lawrence	M80	65:11
Ray Hall	M75	66:59
Dorothy Whittam	W70	68:55
Barbara Campbell	W70	69:29
Jennie Lee	W55	69:30
Sylvia Szabo	W50	70:46
V4		70:46
Maggie Flanders	W70	71:03
Shorty Turner	M70	79:17

10.7K WALK

Peter Ryan	M60	85:06
Bob Fergie	M75	86:53
Alan Pomery	M75	1:42:23

10K X/C CHAMPIONSHIP



Above, Janet Jiang; below, John Dance with new member Fran Glynn; bottom, enthusiastic Peter Hopper with Mick Cousin, long-time member and now a very welcome interstate visitor.



10K RUN

Women

Melissa Hynds	W30	54:55
V3-Monique Fountain	W35	58:11
Sandra Rourke	W40	56:40
Julie Keeley	W40	59:22
Regina Crouch	W40	69:41
Karen March	W45	49:28
Delia Baldock	W45	57:42
Janet Jiang	W45	61:29
Berni Scott	W45	70:01
Margaret Saunders	W55	49:56
Carol Bowman	W55	55:34
Irene Ferris	W55	65:56
Jo Richardson	W55	78:41
Elaine Dance	W55	78:42
Sarah Ladwig	W60	60:11
Val Millard	W60	61:38
Denise Viala	W60	69:30
Pam Toohey	W60	77:35

Men

Grahak Cunningham	M30	41:51
Thomas Waumsley	M35	38:54
Tom Tralau	M35	45:38
Ross Keane	M45	44:26
Sean Keane	M45	45:27
Gavin Howard	M45	51:07
Raymond Gimi	M45	53:00
Trevor Scott	M50	38:57
Lachlan Marr	M50	42:37
John Allen	M50	44:03
Darryl White	M50	46:54
Wayne Taylor	M50	51:30
Heiner Huning	M50	54:25
Bjorn Dybdahl	M55	41:00
V4-David Willmer	M55	43:19
Neil McRae	M55	50:00
Nick Miletic	M55	55:33
Charlie Chan	M55	62:28
Jim Klinge	M60	42:39
Keith Miller	M60	48:42
Mike Hale	M60	48:55
Frank Gardiner	M60	50:03
John Dance	M60	60:34
Bert Carse	M65	41:33
David Baird	M65	45:42
Dave Roberts	M65	52:34
Graham Thornton	M65	54:35
Bob Schickert	M65	54:53
Peter Bath	M65	59:35
John Pellier	M70	57:06
David Carr	M75	51:49
Cecil Walkley	M80	69:29
Vic Beaumont	M80	77:57

State XC Champs Kings Park July 25, 2010

Director: Ralph Henderson



Above, first 10k runner home was Tom Waumsley; above left, Dave Roberts, Aldo Giacomini and others start. Left, Elaine: "Never mind the race, how's my hair look?"

5K RUN

V7		20:45
Paul Hughes	M55	22:34
Peter March	M50	23:16
Vic Waters	M65	24:20
Kerriann Bresser	W40	24:44
Dante Giacomini	M40	25:19
Gary Fisher	M55	25:27
Johan Hagedoorn	M65	27:54
Hamish McGlashan	M70	27:59
Damien Hanson	M55	28:32

John Byrne	M60	28:42
V2		29:27
Dennis Hughes	M60	29:41
V5		30:19
V6		30:20
Fran Glynn	W55	30:25
Aldo Giacomini	M70	31:32
Brian Bennett	M60	33:11
V8		39:19
Steve Toohey	M60	41:12
Linda Rhodes	W60	41:32
Sheila Maslen	W70	42:35
V1		43:33
Margaret Bennett	W65	43:45

Winter T&F - August/September

Thursdays at ECAC - 6pm start

NB: Please note carefully the order of events

5-Aug	2k	600	60	3km	100
12-Aug	60	400	4km	200	1000
19-Aug	200	1500	100	5km	300
26-Aug	400	4km	200	1 mile	60
2-Sep	100	800	60	5km	300
9-Sep	100	3km	600	2km	200
16-Sep	400	60	5km	100	800
23-Sep	60	1500	200	300	3km
30-Sep	600	100	4km	200	1000

PLUS - Walks included, from 1000m to 4km.
(Tea/coffee & biscuits at end of evening)

6.7K WALK

David Brown	M60	50:21
Irwin Barrett-Lennard	M80	51:42
Lynne Schickert	W65	54:40
Peter Hopper	M65	56:24
Jeff Whittam	M75	58:08
John Smith	M75	58:10
Kirt Johnson	M80	58:52
Lorna Lauchlan	W80	58:53
Joan Pellier	W70	59:02
Ann Turner	W70	63:07
Jeni Shillington	W50	63:08
Ray Lawrence	M80	64:20
Barbara Campbell	W70	66:13
Alan Pomery	M75	69:13
Richard Harris	M70	74:12
Leo Hassam	M80	74:12

COMING EVENTS - DESCRIPTIONS and HELPERS

AUGUST 22 RACECOURSE

Race Director: Bruce Mathieson -
08 9359 0607

Tristan Bell, Tessa Brockwell, John
Frost, Gavin & Joan Howard, Heiner
Huning, Julie Keeley, Mal Vernon, Scott
Winn & Fiona Cousins

AUGUST 29 GROUP JOG McCallum Park

SEPTEMBER 5 WHITEMAN PARK

Race Director: Brian Hardy -
08 9342 7692

Mark Hewitt, Michael Khan, John
Mack, Ian & Lorraine MacLennan,
Sandra Rourke, Margaret Saunders,
Ross & Veronika Sensenberger, Alan
Thorniley

SEPTEMBER 12 MULLALOO BEACH

Race Directors: Mike Anderson &
Johannes Hagedoorn - 0407 940 520 or
08 9401 3280

Barbara & Michael Campbell, John
Collier, Janice Matthews, Dalton
Moffett, Denise & Pierre Viala, Martin
Watkins, Julie Wood

ALL helpers - you must contact the race director to confirm that you are
available for the allocated event.

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**MAWA
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**Vetrun
Contacts**

Secretary MAWA

Ward Crescent
Kelmscott WA 6111
9390 2056

Editor:

Vic Waters
Ph/fax: 9341 3464
vicwaters@iprimus.com.au

Patron:

John Gilmour

Website:

www.mastersathleticswa.org

Email:

enquiries@mastersathleticswa.org

Club uniforms:

Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

President:

Barbara Blurton

Vetrun

SEPTEMBER
2010
No. 438



The magazine of Masters Athletics WA

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Jorgensen 2010
results – page 4

Insure against accident with Athletics WA

MAWA members up to the age of 80 (85 for volunteer athletics helpers) can now be covered in the AWA membership/ personal accident insurance arrangement.

Cost is only \$10 for cover during the whole of the coming track season.

What's covered?

Insurance cover applies while members are involved in sanctioned Athletics Australia activities. This includes track and field events, official training, meetings and travel to and from these activities.

MAWA understands the scope of the accident cover includes:

- death up to \$100,000
- permanent injuries to \$175,000
- non-Medicare medical expenses up to \$1,500 (private hospital, dental, ambulance, chiropractic, physiotherapy, osteopathy) and,

- loss of income benefit of up to 80 per cent of net weekly earnings, with a maximum of \$600 per week for up to 12 weeks.

Entry fee on each Athletics WA competition day for MAWA members is \$5. It seems a good idea to join for the insurance cover even if you do not intend to compete with AWA.

It is very simple to join on-line. Go to www.waathletics.org.au and click On-line Registration / New Membership (or renewal if you were a member last year).

Select Masters Athletics WA as your club. Payment is to be made on-line using a credit card. Last year almost 100 MAWA members were AWA members.

Presentation Day – venue changed

DO NOT front up at the Metro on Sunday October 3, or you'll go hungry.

New venue is the MISS MAUD Restaurant (function room) at 97 Murray Street, Perth.

Arrangements: arrive at 12.30pm for 1pm; cost of the smorgasbord lunch is \$38, and there's a cash bar.

See Jackie or Elaine at Sunday runs; or phone Jackie on 9364 4474 before Wednesday 29 September.

Medals

Presentations are for all participants in the Road Running and Road Walking Championships; and age-group place getters in the Half-Marathon run/walk, Mill Point Road run /walk, and State Cross Country Championships.

Lasting the Distance

A NEW memoir by John Gilmour is about to be published.

See page 2 for important information.

New Members – Welcome!

981 BERRY: Allan M45
982 DAVIS: James M75

Summer T&F enclosed

THE new season's track and field programme is enclosed in this Vetrun.

Lasting the Distance

CLUB founder, our current Patron - and more to the point a runner extraordinaire - John Gilmour overcame the privations of wartime imprisonment in Singapore and Japan, to recover and become a world record-breaking veteran runner.

In his long and remarkable athletic life, not many people could go the distance with John Gilmour. But someone who has gone the distance, at least over the past two years, is John's friend and neighbour, Paul Collier.

This new book results from 'thousands of hours' of collaborative work by John and Paul, who is brother to club member John Collier, who told Vetrun:

"They have been working for the past two years to write John's running memoirs, and the result will soon be published by Hesperian Press in a limited edition."



John Gilmour with John Collier, and Vic Waters at this year's Nationals.

Deke speaks

'Lasting the Distance', with a foreword by Rob de Castella, runs to approximately 180 pages. In soft cover, the price is likely to be around \$25-\$30 and John will sign all copies.

Said John Collier:

"Focussing on his athletic career John recalls in incredible detail the various important races and incidents over a very long time in athletics. John also reveals the training methods that served him so well as a veteran athlete.

"The book is packed with anecdotes and details of races and could well become an important piece of Western Australian athletics history. Many current club members are mentioned in his reminiscences.

"As copies are strictly limited, anyone wishing to secure a copy of Lasting the Distance should reserve a copy now."

If you would like a copy, please contact John Collier at jwcollier@bigpond.com.au - or on 9204 5825; or by emailing Paul Collier at au_goldia@bigpond.com.

Please note that all payments are to be made by cash as they do not have credit card facilities.



John in 5,000m action at Box Hill in 1973; and below, with another champion, Frank Smith, who is one of the club members given a well-deserved mention in the new book.



Old Shep's gone



WE don't make a habit of pet-obits (so don't write to me about your goldfish) - but Shep was a bit special. She's been a Sunday morning visitor for many years, driving there in her big, black muscle-car and helped out in recent times by co-driver Neil McRae. As Elvis told us, old Shep's gone 'to a wonderful home.'

Sacre bleu! A Sacra-Saver

IF you are going to Sacramento for the WMA championships next year, or taking a holiday in the USA this online link will save you US\$14.

<https://esta.cbp.dhs.gov>

Act before 8 September to save the new US\$14 charge for the compulsory electronic visa.

You write...

Midwives circling Australia

Dear all

Yesterday I rode 120 kms with these ladies from Port Hedland to Whim Creek.

I had a fabulous day with crazy head winds and side winds for half the way and a tail wind to finish! (I even managed to get up to 35k/hr!)

Of course there was much traffic and many road trains passing us all the way, but all were very friendly and courteous. Margi and these ladies are inspirational and info on them can be found at

www.gogirlaustralia.net.au

So if you see them take care and give them a big cheer and join them for a ride somewhere in Aus as they are taking a year to go around. They started in Darwin in April this year. Look out for them in their bright lemon green shirts and 'Matilda' their white support van.

Regards
Robin King

That winter T and ? prog

Vic,

Stop calling it WINTER T&F when there is no FIELD.

Thanks
Rob Shand

Noted. I shall explain there is no F in winter.

However, I'm told that some people do a bit of long jump practice at Coker. Anyway, the new summer programme is out now, and is enclosed. Vic

Chute! Please behave

THERE has been much email correspondence this week from Bob and Jackie pointing out errors and omissions due to people going through the chute out of sequence.

Barry has asked me to request, that in the Vetrin, you remind participants to stay in order as they pass down the chute to the recorders' table.

My own opinion is that race directors should personally manage the process, or enlist a helper to marshal the finishers.

Richard Danks



VALE
Anne Smith

MANY club members attended the funeral of Anne Smith on August 25. They were there to support her husband, Frank, and remember a lady.

We don't often use the term 'lady' any more, but for Anne it's so appropriate.

Anne was one who would act kindly to everyone she encountered – and who never said a harsh word of anyone.

Anne and Frank came to Australia in the 1960s, having met and worked together in the UK. A devoted couple, they lived in Melbourne and toured much of Australia before settling in Perth.

During the early days of our club Anne was constantly on hand, helping at events in any way asked of her. Some newer members might not have met Anne, though she did occasionally attend events, espe-

cially the Christmas Gift meeting. It was especially gratifying to see many of those newer members at her funeral.

A passion for singing took precedence in recent years, after Anne joined the Perth Harmony Chorus.

Great success has been achieved by the Perth chorus and for Anne, and Frank, it meant lots more travelling, in Australia and abroad.

And such was the love and affection for Anne that a huge contingent of the singers, with their director, attended the funeral to perform a very moving rendition of a favourite song 'Candle on the Water.'

Old lesson is still relevant

from John Bell

IN 1978, George Sheehan wrote in Medical Advice For Runners:

Treat the reason, not the result.

Treat the cause, not the effect.

All we need to know is the fitness equation:

How fast? How far? How often?

Know how to impose stress that makes you better, how to minimise or avoid stress that is hostile to you.

You must listen to your body.

Run through annoyance and not through pain.

There is no disease that needs more advice and less medicine than heart disease.

Sweat cleanses from the inside.

It comes from places a shower will never reach.

'Strive to preserve your health, and in this you will the better succeed in proportion as you keep clear of the physicians'. (Leonardo da Vinci)

City to Surf

If you took part in any of the City to Surf events last weekend, please help us by sending in your results. Email to vicwaters@iprimus.com.au and we'll publish them all in the October Vetrin.

Picture of the Month

VIEW this picture – and lots more – in glorious colour at the club website!

It's on the home page and is the first in a new 'Picture of the Month' feature. So if you take a special photo, that you would like the world to see, please get in touch.



Club Cross Country Championships

August 15, 2010

Directors: Committee



8K RUN

MEN

Thomas Waumsley	M35	31:47
Tristan Bell	M40	39:46
Kevin Hynds	M40	58:57
Chris Reid	M45	38:43
Ross Keane	M45	39:09
Trevor Scott	M50	32:04
Peter March	M50	40:31
Wayne Taylor	M50	42:11
Heiner Huning	M50	46:26
Bjorn Dybdahl	M55	35:28
Nick Miletic	M55	47:36
Charlie Chan	M55	53:13
Jim Klinge	M60	37:48
Mike Hale	M60	43:24
Richard Blurton	M60	48:33
John Byrne	M60	52:14
Jim Langford	M65	35:58
David Baird	M65	39:28
Bert Carse	M65	40:12
Bruce Mathieson	M65	45:36
Mike Khan	M65	49:15
Bob Schickert	M65	53:37
Steve Clark	M65	56:10
Richard Danks	M65	59:28
Bryan Hardy	M65	60:07
Arnold Jenkins	M65	65:22
John Pellier	M70	50:28
David Carr	M75	52:03
Ray Hall	M75	70:54
John Smith	M75	75:56
Jeff Whittam	M75	75:57
Irwin Barrett-Lennard	M80	51:16
Vic Beaumont	M80	75:45

WOMEN

Melissa Hynds	W30	49:06
Trisha Farr	W35	43:10
Sandra Rourke	W40	49:41
Regina Crouch	W40	61:34
Karen March	W45	42:20
Sandra Stockman	W45	43:49
Lorraine MacLennan	W45	44:22
Delia Baldock	W45	48:59

Margaret Saunders	W55	44:07
Carol Bowman	W55	48:06
Jo Richardson	W55	65:24
Sarah Ladwig	W60	52:16
Val Millard	W60	58:02
Peggy MacIver	W65	52:20
Lynne Schickert	W65	75:17
Lorraine Lopes	W70	50:47
V1		37:17
V2		48:49

2.7K RUN

V3		12:57
V6		15:29
V5		15:30
Jim Riddell	M70	17:39
V4		19:23
Richard Harris	M70	30:46
Mung Hong Ow	M70	31:12

5.4K RUN

Colin Smith	M45	27:34
Mark Hewitt	M55	28:55
Dante Giacomini	M40	29:10
Brian Bennett	M60	29:25
John Mack	M65	31:48
Dennis Hughes	M60	37:32
Aldo Giacomini	M70	37:51
Sandra Hughes	W60	42:26
Pierre Viala	M60	44:04

ANOTHER magnificent morning at Jorgensen. The course is still very rough under foot and the hills seem to be getting steeper each year. However all the tiredness from the hills soon disappears when competitors get to the great breakfast provided by Jacqui and Vic Beaumont and Elaine Dance - with assistance of others including Berwine Barret-Lennard and Valerie Millard. The rostered helpers all arrived and we had a couple of extras who decided not to run and offered their services. Many thanks to Elaine and John Ellard, Darryl White, Alan Pomery, Jim Barnes, Kathy Burr, Jane Stanbrook, John Dance, Keith Martin, John Pellier, Kerriann Bresser, Frank Smith and Maurice Creagh.

Barbara Blurton and Sarah Ladwig did a great job arranging the prompt medal presentation and Ross Keane brought the clocks.

Bob Schickert

Margaret Bennett	W65	51:04
Kirt Johnson	M80	52:21
Jennie Lee	W55	54:23
Sylvia Szabo	W50	59:37
V7		59:38





Top: Another hill - but not as tough as the one to the finish line!

Above, Jim Langford revels in cross-country; below Aldo Giacomini and Tom Waumsley.



Bardon Bash

August 8, 2010

Directors: John Smith and Brian Bennett

DEPENDING which side of the bed you got out of, the weather was either "Brisk and Bracing" or "Bloody Cold". In fact, with clear skies and a flat calm, it was an ideal day for running and walking.

Margaret and Brian Bennet have developed this event to be one of the best. The Sunday runs seem to be attracting more and more visitors and this time they must have been impressed with the scenic and straightforward in-out course on smooth paths.

The old hands were also impressed with the new high tech toilets. First-time users, who tended to be apprehensive as the electronic door slid shut and self locked, were relieved in more ways than one when they emerged.

John Smith

Welcome back!

'RECALCITRANTS Return' might be an alternative title for this year's Bash.

Richard Danks had a jog, his first since the op.

Maxine Santich managed to stay sober the night before, and made her first appearance since rejoining the club at the Membership Run in April.

Simon Mort, barred from running by his latest physio and rehab counsellor, walked again.

Mike Rhodes, still with Russian snow on his boots, won the short walk after eight weeks of nil training.

VW



George Schaeffer and Simon Mort.

13K RUN

Brett Roach	M40	46:22
Chris Reid	M45	55:17
Paul Hughes	M55	55:27
Ross Keane	M45	57:55
Frank Gardiner	M60	60:03
Martin Watkins	M60	61:22
Garry Ogden	M50	61:39
Lorraine MacLennan	W45	61:42
Gary Fisher	M55	61:55
David Carr	M75	63:15
Bob Schickert	M65	64:37
Gavin Howard	M45	65:05
Maree Brown	W45	65:51
Heiner Huning	M50	67:19
Richard Blurton	M60	67:50
Carol Bowman	W55	67:56

Bruce Mathieson	M65	69:42
Terry Humphrey	M55	70:03
V4		70:05
Lorraine Lopes	W70	70:17
Sandra Rourke	W40	70:27
Maxine Santich	W55	70:44
Raymond Gimi	M45	72:43
Sarah Ladwig	W60	73:01
Janet Jiang	W45	76:54
Charlie Chan	M55	76:56
Val Millard	W60	78:00
Paul Martin	M65	81:20
Barb Humphrey	W55	83:17
Berni Scott	W45	85:38

7K RUN

Ian Davies	M60	28:40
Tom Tralau	M35	30:11
Ralph Henderson	M60	30:19
Chris Frampton	M45	31:18
Frank Smith	M65	33:41
Mark Hewitt	M55	34:20
Dee Haines	W50	34:52
Dave Roberts	M65	34:55
Hamish McGlashan	M70	36:42
V2		37:14
Maurice Creagh	M60	37:17
Delia Baldock	W45	37:28
Shirley Bell	W60	37:58
John Byrne	M60	38:09
Johan Hagedoorn	M65	38:15
Neil McRae	M55	38:27
V1		39:37
Barry Jones	M50	39:46
V7		40:35
Dennis Hughes	M60	41:06
Theresa Howe	W60	41:26
V3		41:28
Tanya Burke	W35	42:12
Jim Barnes	M65	42:19
Rochelle Airey	W40	43:07
Richard Danks	M65	43:08
Steve Clark	M65	43:30
Bernadette Height	W50	43:36
John Ellard	M65	45:32
V6		48:18
Sandra Hughes	W60	49:15
Mary Heppell	W70	52:25
Sheila Maslen	W70	52:26
Rosa Wallis	W65	54:32
Linda Rhodes	W60	55:59
Jan Jarvis	W65	57:21

13K WALK

David Smyth	M40	80:55
Michele Mison	W60	95:29
Peter Hopper	M65	98:59
Lynne Schickert	W65	99:25
Regina Crouch	W40	99:46
Peter Ryan	M60	101:12
Roger Walsh	M65	101:32
Jeff Whittam	M75	109:35

7K WALK

Mike Rhodes	M60	47:17
Bryan Hardy	M65	49:14
Kirt Johnson	M80	58:47
Jeni Shillington	W50	58:48
Simon Mort	M50	59:58
Lachlan Marr	M50	60:20
Ray Lawrence	M80	64:14
Barbara Campbell	W70	65:46
Dorothy Whittam	W70	65:47
V5		69:33
Sylvia Szabo	W50	69:36
Richard Harris	M70	79:21
Leo Hassam	M80	79:22

21.1K RUN

MEN

Grahak Cunningham	M30	85:10
Thomas Waumsley	M35	79:14
Tristan Bell	M40	98:09
Mark Dawson	M45	93:58
Ross Keane	M45	94:14
Carl Ciccarelli	M45	1:43:15



Lachlan Marr	M50	88:06
Darryl White	M50	95:32
Prabuddha Nicol	M50	99:01
Wayne Taylor	M50	1:50:11
Heiner Huning	M50	2:02:31
Bjorn Dybdahl	M55	84:02
Chris Maher	M55	84:15
Neil McRae	M55	1:42:52
Nick Miletic	M55	1:55:18



Frank Gardiner	M60	96:07
Keith Miller	M60	98:13
Mike Hale	M60	1:43:06
John Dance	M60	2:06:18
David Baird	M65	93:57
Bruce Mathieson	M65	1:52:12
Bob Schickert	M65	1:58:17
Vic Waters	M65	1:58:19
Peter Bath	M65	2:01:27
John Pellier	M70	2:00:25
David Carr	M75	1:50:19

WOMEN

Lisa Searle	W35	94:52
Rosemary Giles	W35	98:54
Trisha Farr	W35	1:45:06
Julie Keeley	W40	2:07:32
Karen March	W45	98:09
Lorraine MacLennan	W45	1:49:52
Janet Jiang	W45	2:08:19
Theresa Howe	W60	2:02:24
Sarah Ladwig	W60	2:04:25
Val Millard	W60	2:07:21

SUNDAY morning turned into a perfect day, sunny but cool with only a light breeze and perfect running conditions. The 6km and half-marathon turn-arounds were well flagged and nobody had trouble locating them. All kilometre intervals were clearly marked. The run attracted 110 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. Thomas Waumsley ran strongly to take first place in half-marathon. The first half-marathon female runner was Lisa Searle. The top half-marathon female walker was Regina Crouch and the top half-marathon male walker was David Smyth. The championship medals will

10.5K RUN

Paul Hughes	M55	45:26
Michael Karra	M45	45:45
Peter March	M50	47:42
Garry Ogden	M50	50:05
Gary Fisher	M55	50:19
Sean Keane	M45	53:14
Melissa Hynds	W30	54:16
Richard Blurton	M60	54:22
Maree Brown	W45	54:38
V16		56:43
Sandra Rourke	W40	56:45
Mike Khan	M65	57:02
V5		58:13
Hamish McGlashan	M70	58:29
Barbara Campbell	W70	58:33
Johan Hagedoorn	M65	59:32
John Brambley	M65	59:38
Paul Martin	M65	63:45
Cecil Walkley	M80	68:52
Denise Viala	W60	71:59
Kevin Hynds	M40	75:16
Mary Heppell	W70	78:57

6K RUN

Amanda Walker	W45	25:13
Chris Frampton	M45	25:21
Ralph Henderson	M60	27:36
Dante Giacomini	M40	28:00
Margaret Saunders	W55	28:28
Shirley Bell	W60	30:26
Delia Baldock	W45	32:28
Damien Hanson	M55	33:25
John Byrne	M60	33:43
John Dennehy	M50	33:55
Dennis Hughes	M60	34:32
Jim Riddell	M70	34:41
Mike Anderson	M60	35:00
Brian Bennett	M60	35:21
Aldo Giacomini	M70	35:30
Vic Beaumont	M80	40:56
V4		41:02
Sandra Hughes	W60	42:17

VISITORS

V1	82:38
V9	87:45
V6	89:52
V8	90:24
V13	97:46
V12	99:29
V2	1:43:39
V15	1:46:45
V3	1:54:40
V10	1:55:38
V7	2:01:53

Club Half Marathon Championships

August 1, 2010

Director: Jim Klinge

be given out at the Presentation Lunch in September, so check the results here to see if you have won a place in your age group and come along to receive your medal. Hope to see you all again next year.

Jim Klinge

21.1K WALK

David Smyth	M40	2:19:31
John Smith	M75	2:43:04
Regina Crouch	W40	2:44:00
Michele Mison	W60	2:44:44
Peter Hopper	M65	3:09:16



David Smyth
(pic: John Oldfield)

Sheila Maslen	W70	46:45
Julie Wood	W60	46:46
Debbie Wolfenden	W45	51:24
Margaret Bennett	W65	56:57

10.5K WALK

Bryan Hardy	M65	79:35
V14		86:16
Lynne Schickert	W65	86:16
Simon Mort	M50	90:50
Jeff Whittam	M75	91:35
Patricia Hopkins	W65	91:35
Ann Turner	W70	97:42
Jennie Lee	W55	97:43

6K WALK

Barbara Blurton	W60	46:20
Joan Pellier	W70	49:46
Rosa Wallis	W65	50:07
Kirt Johnson	M80	50:47
Ray Lawrence	M80	52:52
Dorothy Whittam	W70	53:08
Maggie Flanders	W70	58:46
Sylvia Szabo	W50	59:15
V11		59:16
Pat Miller	W70	67:36



Top, Paul Hughes; centre Sue Bourn; left Shirley Bell and Carol Bowman. Below, Barbara Campbell and Dorothy Whittam; right Mark Hewitt and Lorraine MacLennan. Pics by Graeme Dahl.



Racecourse

August 22, 2010

Director: Bruce Mathieson

10K RUN

Trevor Scott	M50	38:41
V3		41:16
Paul Hughes	M55	41:49
Joe Clark-Murphy	M60	41:52
John Allen	M50	42:06
Ross Keane	M45	42:09
Peter March	M50	43:22
David Baird	M65	43:43
Michael Karra	M45	43:59
Sandra Stockman	W45	45:26
Karen March	W45	46:05
Sue Bourn	W40	46:19
Mark Hewitt	M55	46:19
Lorraine MacLennan	W45	46:42
V6		47:54
David Carr	M75	47:55
Brian Bennett	M60	49:23
V2		50:05
Richard Blurton	M60	50:41
Gillian Young	W60	50:51
Lorraine Lopes	W70	51:06
Paula Karra	W35	51:26
Mike Khan	M65	52:11
Carol Bowman	W55	52:26
Bob Schickert	M65	53:58
Wayne Taylor	M50	54:04
Vic Waters	M65	54:04
V7		54:08
Maxine Santich	W55	54:17
Sandra Rourke	W40	54:59
Melissa Hynds	W30	55:16
John Pellier	M70	55:35
Val Millard	W60	57:32
John Dance	M60	57:35
Theresa Howe	W60	57:44
Janet Jiang	W45	58:42
Mark Sivyver	M60	59:24
Milton Mavrick	M55	59:41
Charlie Chan	M55	60:28
John Brambley	M65	61:04
Ursula Clark-Murphy	W55	61:08
Richard Danks	M65	61:50
V4		62:11
Steve Clark	M65	62:22
Berni Scott	W45	66:49
Jo Richardson	W55	71:46
Elaine Dance	W55	71:51

AGE GRADED 10K WALK

MEN

Kirt Johnson	M80	84:04	71.79%
Bryan Hardy	M65	69:47	71.13%
Ray Hall	M75	79:24	70.29%
Jeff Whittam	M75	84:05	66.38%
Peter Ryan	M60	72:51	63.23%
David Smyth	M40	63:18	61.50%

WOMEN

Lynne Schickert	W65	76:33	75.55%
Michele Mison	W60	72:08	73.65%
Jeni Shillington	W50	84:05	56.28%

5K WALK

Peter Hopper	M65	36:10
Rosa Wallis	W65	41:34
Patricia Hopkins	W65	41:34
Ray Lawrence	M80	43:52
Elaine Ellard	W65	45:25
Jennie Lee	W55	45:27
Dorothy Whittam	W70	45:56
Barbara Campbell	W70	45:56
Sylvia Szabo	W50	46:01
Pat Ainsworth	W70	46:19
Maggie Flanders	W70	47:46
Leo Hassam	M80	54:18
Richard Harris	M70	54:45

5K RUN

Troy Kelly	M35	18:17
Ian Davies	M60	19:51
Graeme Dahl	M60	21:49
Dante Giacomini	M40	22:15
Dave Roberts	M65	22:39
Margaret Saunders	W55	23:15
Denise McMorrow	W45	24:14
Maurice Creagh	M60	24:35
Frank Gardiner	M60	25:29
Peggy MacIver	W65	25:39
Delia Baldock	W45	25:50
Nick Miletic	M55	26:12
Johan Hagedoorn	M65	26:33
Sarah Ladwig	W60	26:43
John Byrne	M60	26:49
Irwin Barrett-Lennard	M80	27:00
John Dennehy	M50	27:13
V5		27:22
Mike Anderson	M60	28:43
Jacqui Sanders	W40	29:19
Aldo Giacomini	M70	30:39
Denise Viala	W60	31:26
V1		32:30
Arnold Jenkins	M65	33:07
Kathy Burr	W70	35:07
Linda Rhodes	W60	35:36
Sheila Maslen	W70	35:38
Julie Wood	W60	35:50
Pierre Viala	M60	35:52
Marg Forden	W65	36:15
Margaret Bennett	W65	43:52

COMING EVENTS - DESCRIPTIONS and HELPERS

SEPTEMBER 19

DARLINGTON DASH

Race Director: Delia Baldock- 0418 935 040
Kerriann Bresser, Stan Delandgraft, John & Elaine Ellard, Dennis & Sandra Hughes, Michael Khan, John Mack, Norm & Pat Miller, Darryl White

SEPTEMBER 26

NEDLANDS

Race Director: Frank Gardiner - 08 9295 4246
David & Pat Carr, Maurice Creagh, Micky Ellis, Barb & Terry Humphrey, Ian & Lorraine MacLennan, Mark Rosen, Graeme Uren, Mal Vernon

OCTOBER 3

WIRELESS HILL

Race Directors: Barry & Leonie Jones 08 9364 1857
John Brambley, Charle Chan, Maree Creighton, Graeme Dahl & Peggy Macliver, Tea Dreyer, Wendy Duncan, Mel & Caryn Ebstein, Irene Ferris, Dalton Moffett, Rosa Wallis, Morris & Margaret Warren

OCTOBER 10

BIBRA LAKE

Race Directors: Paul & Tanya Burke 08 6460 6423
Maree Brown, Elaine Dance, Maggie Flanders, Aldo Giacomini, Frances Glynn, Heiner Huning, Dennis & Margaret Miller, Paul Odam, Peter Ryan, Pam & Steve Toohey

ALL helpers - you must contact the race director to confirm that you are available for the allocated event.

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**MAWA
and**

**Vetrin
Contacts**

Secretary MAWA
Ward Crescent
Kelmscott WA 6111
9390 2056

Editor:
Vic Waters
Ph/fax: 9341 3464
vicwaters@iprimus.com.au

Patron:
John Gilmour

Website:
www.mastersathleticswa.org

Email:
enquiries@mastersathleticswa.org

Club uniforms:
Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

President:
Barbara Blurton

Vetrun

The magazine of Masters Athletics WA

OCTOBER
2010
No. 439



Inside...

You write;	
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Mullaloo Beach; John Gilmour's book launch	P4
Nedlands	P5
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Nedlands 2010
results – page 5

Perth bids for Worlds

SARAH, Lynne and Bob and I attended the AMA AGM meeting in Adelaide, where the new board was elected with just a few changes.

The board is: President, Steve Lance; Vice-President, Graeme Rose; Secretary, Hazel McDonnell; Treasurer, Peter Dunham; plus six board positions with Lynne and Bob Schickert included from MAWA. All other officers are unchanged.

Points of interest:

No late entry policy for National Championships to be retained.

AMA Privacy Policy reviewed and amendments accepted.

Australian Standards to be

WA's athletics community is making a combined effort to bring the world's veteran athletes to Perth, possibly in 2015. The other main contender is London.

AMA AGM September 2010

report by
Barbara Blurton

developed for track and field events.

National database to be updated.

Winter cross country event will be tried in Canberra 2011.

National Marketing Strategy – a portfolio to be developed.

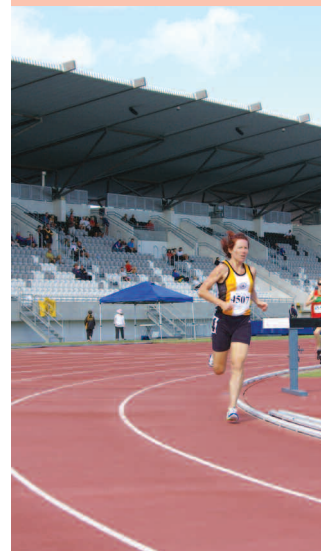
Relay events – a working party to be established to review relay age groupings with a view to including an older age group.

Worlds bid

As reported in this edition, an 'Expression of Interest' for the 2015 World Masters Athletics Championships to come to Perth was agreed following a presentation by Eventscorp's Glenn Hamilton.

The bid committee will consist of AMA, MAWA, AWA and Eventscorp. If a preliminary visit by WMA is success-

Our new State athletics stadium is central to the bid.



ful, presentation of the full bid will be made at the WMA Championships in Sacramento next year.



G'day

You will no doubt have a flood of other complaints about the events; one of mine is the ridiculously easy avenues for cheating (distance covered.) In one instance I was the only person in sight who did go around the marshall where we turned off Stephenson Avenue into the Perry Lakes parkland. Another is the lack of mention of age-group winners. I know David Carr won the 70-79 12km run and I won the same walk.

Not a complaint but – where did all the Masters go? Pages after pages of the Sunday Times lists and hardly any Masters at all!

Ray Hall



Hello Vic,

My club mate and I ran the 12km in the City to Surf along with quite a few club members I saw. I know Sean Keane also ran and finished the half marathon (saying this to avoid potential confusion!)

My mate is Grant Owens who placed 2734 in 1:03.22 secs. I came in 468th in 53.43 secs. The total field of finishing 12k runners was 13,759. Interestingly this year there was over 1300 more runners in the 12k than last year.

I ran 1min 20secs-odd slower than last year but finished 40 places higher this year. Maybe there is truth in the thinking that while numbers are up (for this event at least) the standard has slipped over recent years.

I had no complaints about the organisation on the day – tough job to corral 40,000 people – and think they did well actually.

You write... ...on the City to Surf



Vic,

I was one of approx 2800 entries in the 1/2 marathon, and I race-walked. I've done the City to Surf every year since 1994 and I think this will be my last. It's got too big plus its now quite expensive (\$65.00).

It was much better with just the old format, ie a 12km run to City Beach. Now its a dogs breakfast.

I was shuffling around and then I got caught up with all the 12k walkers which was a pain in the arse as a lot of them were 'chatting away and pushing prams' if you get my drift.

This was very frustrating for a lot of the 1/2 marathon runners. So yes it could have been better organised. I was with Cecil for a while and finished about 1/2 hr behind me so he would have got caught up also. Cheers,

Peter Ryan

ps 40000 entries is over the top.

I would only change the race start times. 9.30am start for the 12k is too late and it was getting very warm toward the end of my race and I was really feeling it and slowing noticeably.

Even worse was the 9am start for the longer runs. I felt for them, having to hit the bigger hills late was a big ask I reckon.

Cheers, Ross Keane

CORRECTION

APOLOGIES Ross: last month you were listed second M45 in the Half Marathon champs, but in fact you won the age group.



Karen and Peter March with the couples trophy, won at Darlington this year.

Karen's march to fine times

UNLIKE many of the club's runners, I have no childhood history in sport. I was the short skinny kid with frizzy hair and glasses who was always left standing on the side of the net-ball court. Basically I was pretty useless!

I began running in my early 40s, joined Masters in 2004, became friends and then running buddies with Christine Engels. We ran our first marathon together a year later in Perth; my time was 4:26:08.

Pete, my husband, found Perth-based work after 20 years working in the north-west. He began running, became a member of the Masters, and we then became running buddies.

New approach

Three marathons later, all in 2007, my times were still disappointing and late in the year I decided to get serious about my preparation and training.

After much reading about diet, speed training, long slow runs and strength training Pete and I sat down and put together a training plan.

Track

For the first time I ran on the track, and Coker Park became a regular Thursday night session for me. I increased hill training, long slow running sessions and strength-trained three times a week.

My times for 10k gradually improved over the months and then I began my marathon training. I moved

up from the weekly 60-70km a week that preceded my previous marathons, to 100km a week spread over six days a week.

PB for 10km

2009 brought a PB of 43:24 for 10km at the Mill Point Championships, and an average in the 50k Road Racing Championship of 4:32.

I don't have an official time for my PB in the Perth half-marathon, but unofficially it's 1:35.

In 2009 my goal for the Perth marathon was to finish in around 3:35 to 3:40; I actually came in at 3:30:05, just over five minutes behind my old man. I don't know who was more surprised!

Jim Barnes was at the finish line with John Gilmour handing out the medals. Jim has had a big influence on my desire to run a good marathon. I have great respect for Jim and his achievements; he is a great bloke too.

Many runners have been an inspiration and influenced my attitude towards running. They are Jim Barnes, David Baird, David Carr, Irwin Barrett-Lennard, Bob Schickert, Cecil Walkley, Ross Keane, Gillian Young and Lorraine Lopes – to name a few!

New Members – Welcome!

983 STEWART: Ian M75

984 KOCIS: Rudy M45

985 TINGAY: Steven M40

986 WILSON: Greg M60

987 WILSON: Julie W55

City to Surf: a \$65 shambles?

WHY did so few members send Vetrin their C-to-S results? Perhaps it's because of the general atmosphere of disappointment hanging over this year's monster (or 'monstrous') run.

Forty-thousand entrants sounds like a success. I'm sure it was, financially. For runners it's a another story.

Experienced runners know they're unlikely to achieve anything special in a mass event, unless they're real front-runners. But this year even the elite were let down, because the lead cyclist didn't learn the route, and led the half-marathon astray.

COMMENTS Vic Waters

Organisation was crap. Events began later than usual and less talented runners, packed into the crowds, suffered the heat. Others complained they couldn't get a drink; and those that did reach the finish queued for toilets.

Good runners suffered too. John Allen abandoned the half-marathon after nine kilometres, sick of the tight track packed with runners. (He then followed his own route to the coast, and forgot about an 'official' finish in

such a shambles.)

Wayne Taylor was another sufferer. He finished in a disappointing time and, unable to get near water most of the day, went home two kilos (and \$65) lighter.

Value for money?

How can you justify \$65 for that half-marathon (or worse, \$100-plus for the full marathon?) For that price, membership of Masters gives you 52 races a year, and change.

WA Marathon Club has had a few years to study the best marathon courses in Perth. I wonder if any of the geniuses responsible for this

year's mess thought to ask them for advice?

Early support

The City to Surf was given huge support by Masters (Vets) and WAMC in the early years. When big dollars came in they blew it, as far as I'm concerned.

Of course they must make money for the charitable cause. But for our club the final straw was being told we couldn't erect our banner – as a rallying point at the finish – because we were not sponsors.

Thanks to the few who did send us their results, listed below.

WHEELBARROW-MAN David Baird's latest feat was the City to Surf marathon.

Beginning at 6.30am on the 29th August 2010 David and 1,000 other runners had cool conditions to start.

First half of the course is flat, following the Swan River past UWA to return to the starting point, corner of William St & St Georges Terrace.

From there the race changed dramatically. David struggled with the weight of the barrow coming back on him up Malcolm Street. It was exhausting and his forearms were aching with the barrow weight while his hamstrings were screaming out for him to stop.

The hills of Kings Park were no better and soon the growing heat and exhaustion took a toll. By the time he left Kings Park Dave had been running for three hours. It was 9.30am and the 12km City to Surf was underway.

Fortunately (after complaints last year) the 2010 marathon runners had a designated running lane. Even though many 12km runners saw it as an opportunity for them to use, it did make the going easier.

Sprint finish

But if David thought Kings Park and Malcolm Street were tough, he was to find that tiredness and heat made the final 12kms even harder.

And despite exhaustion he summoned the energy to fin-

C-to-S was David's toughest marathon



David Baird shows the strain, pushing that barrow up Malcolm St hill.

ish with a sprint!

He says this his hardest marathon ever. He ran the 42.2kms in 4:25.

There are not many 67 years old men who could match that. And pushing a wheelbarrow?

Thanks

In April this year the

Governor of Western Australia presented David Baird with a certificate of thanks from Prostate Cancer Foundation of Australia for his fundraising, 4115km wheelbarrow run across Australia between September 21 2008 and January 10, 2009.

A few results...

Half marathon

Joe Clark-Murphy	1:35:14
(M55-64 3rd) (Overall, no. 104)	
Lorraine MacLennan	1:54:23
Regina Crouch	2:36:7
Peter Ryan 2:54 (Walk)	
Janet Jlang	2:25:49

12KM RUN

David Cane	43:06
(28th overall - winner M40-49)	
Ross Keane	53:43
Mark Hewitt	56:26
Janice Matthews	66:29
Clive Choate	68:04
Sandra Rourke	68:17
David Carr	
(winner M70-79)	
Ray Hall	
(winner M70-79 walk)	

4KM RUN

Lynne Choate	27.27
--------------	-------

AMA Half Marathon Championship Hobart, Jan 9, 2011

ENTRIES are now open for this event in Hobart at www.cadburymarathon.com.au

Secretary Sarah Ladwig will be distributing fliers with full information.

THE 'weather gods' were not kind to us on this race morning! We suffered steady light rain and windy conditions early, which certainly dampened our spirits and doubtless kept many away. Conditions did however brighten up and it stayed dry in time for the 8am start. We runners and race walkers are a hardy lot and none more so than John Pellier who braved these inclement conditions 'topless' to the admiration (and astonishment) of the rest of us.

As the run is consistently on the coastal path, with ocean accordingly to the left on the outward leg and on the right on the return, I was somewhat surprised to find two runners had, nonetheless, gone astray on our course. One 5km competitor continued past the turn at the first water station and another somehow chose to detour on a minor path and get lost. We were relieved however when both conceded the mistake primarily to have been their own.

13K RUN

Lachlan Marr	M50	54:29
John Allen	M50	56:50
Chris Reid	M45	57:41
Jim Klinge	M60	58:10
David Baird	M65	58:17



Sue Zlnay	W50	59:47
Sandra Stockman	W45	61:53
Karen March	W45	62:47
Peter March	M50	62:48
Brian Bennett	M60	63:36
Lorraine MacLennan	W45	63:56
Raymond Gimi	M45	68:43
David Carr	M75	68:51
Michael Karra	M45	69:54
Paula Karra	W35	69:55
Bruce Mathieson	M65	70:09
Nick Miletic	M55	70:52
Carol Bowman	W55	71:30
Maree Brown	W45	72:32
Charlie Chan	M55	77:03
John Pellier	M70	77:29
Milton Mavrick	M55	80:55
John Dance	M60	83:25
Brian Smith	M70	84:09
Richard Danks	M65	86:24
Jo Richardson	W55	97:00
Elaine Dance	W55	97:00
Mary Heppell	W70	1:43:54

'Mullaloo Magic' Beach Run

September 12, 2010

Directors: Mike Anderson & Johan Hagedoorn

Our thanks to our reliable and efficient helpers on marshalling and water station duties. Thanks also to all who supported our Mullaloo Magic run by competing, whether place-winners or not. We hope for better weather and a larger field of runners in 2011, with the race to be scheduled somewhat later in the calendar, preferably on a Sunday in October, but not so late in the year as to have the coastal path swarming with surfers and abalone collectors!

Michael Anderson



Ian Cotton repeated his 2009 short-course win.

8K RUN

Chris Frampton	M45	33:35
Ross Keane	M45	36:50
Dante Giacomini	M40	38:03
Sean Keane	M45	39:16
Gillian Young	W60	41:16
Dee Haines	W50	41:31
John Mack	M65	43:00
Sandra Rourke	W40	45:18
Neil McRae	M55	45:26
Vic Waters	M65	45:26
Aldo Giacomini	M70	53:48

5K RUN

Ian Cotton	M45	25:27
Margaret Saunders	W55	25:47
Delia Baldock	W45	28:28
Margaret Bennett	W65	43:40
Toni Frank	W65	44:00
V1		47:03

13K WALK

John Smith	M75	1:41:26
Peter Hopper	M65	1:50:46
Bob Fergie	M75	1:51:32
Jeff Whittam	M75	1:51:33

5K WALK

Patricia Hopkins	W65	46:44
Kirt Johnson	M80	46:44
Ray Lawrence	M80	48:23
Pat Ainsworth	W70	56:31
Jan Jarvis	W65	57:11

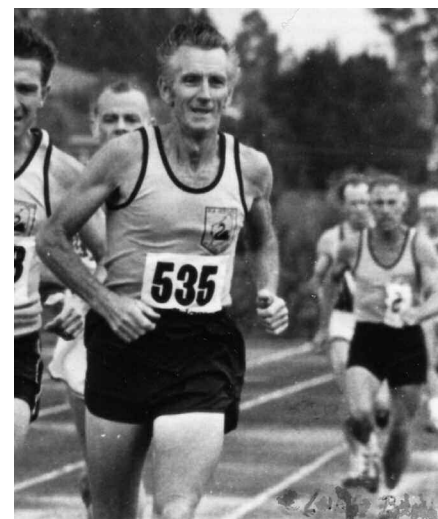
Lasting the Distance

JOHN Gilmour's running-life story was launched at the Marathon Club last month to an knowledgeable and supportive audience from the broad athletics community. It was a fitting venue because John Gilmour originally helped launch WAMC – as well as our own club, and Canning Districts AC.

His new book catalogues John's outstanding running career, but also marks these vital moments in the sports' WA development. For instance, the old professional/amateur divide is probably unknown to most younger runners. How could they understand a runner being banned, for life, by the Athletics Association because he was a paid football boundary umpire?

Similarly, who could imagine the WA team taking a gruelling week travelling by train to the national 10,000m X/C champs in Queensland?

Read all about it, and John's great races, in *Lasting the Distance*: just \$25 from jwcollier@bigpond.com.au – or on 9204 5825.



You write...

That's Cliff!

Hi Vic

John Gilmour is rightly a very well known and respected member of MAWA. The other very significant person of note in the photo on page 2, September Vetrin is Cliff Bould (on the inside, to John's left).

Cliff was one of the founding fathers of MAWA and though he's now deceased, retains membership number one. It was Cliff who got John involved in Masters Athletics.

Suggest you mention this in the October Vetrin, as while our newer members may have heard of Cliff because of the annual Cliff Bould event (at McCallum in October) many may not have realised he is in the photo.

Bob Schickert



Nedlands

September 26, 2010

Directors: Frank Gardiner



From top: Sandra Hughes; Bryan Hardy, Jackie Halberg, Catherine Keane and Regina Crouch; Lynne Schickert and Jenni Shillington; John Brambley (welcome back, John!); Sandra Rourke; and below, Bob Lane.



10K RUN

Brett Roach	M40	37:31
Chris Frampton	M45	40:40
V13		41:18
Grahak Cunningham	M30	42:26
Bob Lane	M60	43:05
V10		43:39
Tristan Bell	M45	44:00
Chris Reid	M45	44:23
Graeme Dahl	M60	44:50
Amanda Walker	W45	45:08
V8		46:16
Martin Watkins	M60	48:04
V12		48:11
Sue Bourn	W40	48:13
Brian Danby	M60	48:26
Gary Fisher	M55	48:36
Bruce Mathieson	M65	49:55
Michael Karra	M45	50:16
Richard Blurton	M60	50:31
Bob Schickert	M65	50:53
Raymond Gimi	M45	51:02
John Mack	M65	51:53
Prabuddha Nicol	M50	52:11
Chris Maher	M55	52:30

Paula Karra	W35	53:42
V5		54:42
Terry Humphrey	M55	55:06
Milton Mavrick	M55	55:20
Sandra Rourke	W40	55:36
Greg Wilson	M60	55:45
John Pellier	M70	55:53
V11		56:04
Julie Wilson	W55	57:23
Johan Hagedoorn	M65	58:35
Richard Danks	M65	60:46
Fran Glynn	W55	61:18
Steve Clark	M65	66:38
Mary Heppell	W70	75:37

5K RUN

Andrew Brooker	M40	18:15
Bjorn Dybdahl	M55	19:14
Paul Odam	M50	19:50
Paul Hughes	M55	20:13
Ian Davies	M60	20:14
Jim Klinge	M60	20:36
Ross Keane	M45	20:57
Lisa Searle	W35	22:04
Sandra Stockman	W45	22:50
Margaret Saunders	W55	23:29
Mark Hewitt	M55	24:01
Neil McRae	M55	24:30
Dave Roberts	M65	24:35
Vic Waters	M65	24:54
V7		25:16
Carol Bowman	W55	25:22
Hamish McGlashan	M70	26:15
Peggy MacIver	W65	26:25
V4		26:30
John Dennehy	M50	26:32
Heiner Huning	M50	26:39
Anne Jones	W55	26:40
John Byrne	M60	27:21
Damien Hanson	M55	27:26
Delia Baldock	W45	27:30
Mike Anderson	M60	28:16
V6		28:36
Dennis Hughes	M60	28:39
Steve Barrie	M75	29:00
John Brambley	M65	29:17
Roger Walsh	M65	29:33
V1		29:43
Jane Stanbrook	W40	31:15
John Talbot	M60	32:00
Arnold Jenkins	M65	32:30
Stan Lockwood	M80	33:59
Kathy Burr	W70	34:41
Sandra Hughes	W60	35:04
V2		35:14
Regina Crouch	W40	35:15
Jackie Halberg	W60	35:16
V9		36:32
Julie Wood	W60	37:09
Sheila Maslen	W70	38:20
Debbie Wolfenden	W45	38:29

5K WALK

Bryan Hardy	M65	35:14
Michele Mison	W60	37:14
Lynne Schickert	W65	40:06
Jeni Shillington	W50	40:07
Bob Fergie	M75	42:36
Kirt Johnson	M80	42:38
Patricia Hopkins	W65	42:44
Joan Pellier	W70	43:57
Jeff Whittam	M75	43:57
Ray Lawrence	M80	43:59
Dorothy Whittam	W70	45:04
Margaret Warren	W75	45:17
Maggie Flanders	W70	48:06
Richard Harris	M70	55:07
Leo Hassam	M80	55:08

Whiteman Park

September 5, 2010

Director: Bryan Hardy

THE 60 or so runners and walkers were greeted by a cold clear morning with the temperature rocketing up to 7.5 degrees at start time. This year nobody got lost, unlike last year, and all returned to the aroma of the sausage sizzle being cooked by my wife Jane. Thanks to her and all the helpers on the day.

Bryan Hardy

10K RUN

Lachlan Marr	M50	40:19
John Allen	M50	41:15
Jim Klinge	M60	41:25
Peter March	M50	42:00
Joe Clark-Murphy	M60	43:00
Sandra Stockman	W45	45:14
Mike Hale	M60	46:47
Brian Bennett	M60	46:57
Karen March	W45	47:07
Michael Karra	M45	47:29
Gillian Young	W60	50:06
Bruce Mathieson	M65	50:08
Wayne Taylor	M50	50:59
Vic Waters	M65	51:00
Paula Karra	W35	51:31
Frank Gardiner	M60	51:50
Richard Blurton	M60	52:10
Bob Schickert	M65	53:02
Sarah Ladwig	W60	56:14
Charlie Chan	M55	56:23
John Pellier	M70	57:26
Theresa Howe	W60	58:07
Richard Danks	M65	60:13
Ursula Clark-Murphy	W55	62:27
Brian Smith	M70	62:36
Steve Clark	M65	63:46
Denise Viala	W60	64:08
Regina Crouch	W40	66:28
Bronwyn Smith	W35	68:11

5K RUN

Ian Davies	M60	19:53
Maurice Creagh	M60	24:47
Nick Miletic	M55	25:34
Johan Hagedoorn	M65	26:02
Delia Baldock	W45	26:34
Mike Anderson	M60	28:06
Val Millard	W60	29:52
Berni Scott	W45	32:12
Arnold Jenkins	M65	33:35
Marg Forden	W65	34:42
Jackie Halberg	W60	34:42
Julie Wood	W60	38:44
Margaret Bennett	W65	38:44
Pierre Viala	M60	38:45
Toni Frank	W65	41:04
V2		49:01

10K WALK

Lynne Schickert	W65	81:02
Jeff Whittam	M75	86:30
Bob Fergie	M75	86:31
Kirt Johnson	M80	86:31

5K WALK

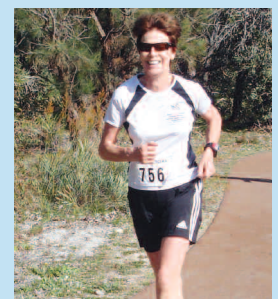
Barbara Blurton	W60	38:30
Dorothy Whittam	W70	42:45
Barbara Campbell	W70	44:28
Ray Lawrence	M80	44:28
Lorna Lauchlan	W80	46:38



Duty of care – this is crazy! Now we're running across railroads. Lets tie the committee to the track, until they give us the deeds to their goldmine.



Above – 'Just how big was it Val?' asks Brian Smith. Right Joe, and Ursula Clark Murphy. Below, Ian Davies ahead of John Allen; far right Sarah Ladwig, and bottom, Joan Pellier and Lorna Lauchlan.



Joan Pellier	W70	46:39
Pat Ainsworth	W70	46:47
Ann Turner	W70	46:48
Maggie Flanders	W70	47:45
Karl Stockman	M50	50:13
V4		50:31
V1		56:32
V3		56:33
Shorty Turner	M75	57:05
Pat Miller	W70	57:06
Norm Miller	M75	65:31





Above, 14km winner Tom Waumsley;
below, Milton Mavrick going down, Sandra
Stockman going up; Paul Odam, 3rd over
14km; and bottom, Arnold Jenkins leads an
indian file.

Pictures, Frank Smith.



Darlington Dash

September 19, 2010

Director: Delia Baldock

IT was a welcome return to our familiar start at the Darlington Hall this year topped by a perfect sunny Spring day.

We advertised the run as 7k/14k but I had re-measured the course as approximately 6.6km for one lap and 13.2km for two. Even so many runners reported that their GPS recorded varying distances up to closer to 7km and 14km so it must be somewhere in between!

It was the same course that we ran in 2008 and as we are restricted to our distance by roads we will keep the course as it is for the future. It was great to see a good crowd enjoy our sumptuous morning tea with special thanks to Jacqui for her delicious soup. Thanks also to my awesome helpers who make the run possible – Kerriann Bresser, John & Elaine Ellard, Dennis & Sandra Hughes, Michael Khan, John Mack, Norm & Pat Miller, and Darryl White.

14K RUN

Thomas Waumsley	M35	53:38
Brett Roach	M40	54:57
Paul Odam	M50	58:06
Lachlan Marr	M50	58:14
Bert Carse	M65	59:01
John Allen	M50	60:37
David Baird	M65	64:41
Brian Bennett	M60	66:51
Brian Danby	M60	68:01
Karen March	W45	68:14
Frank Gardiner	M60	68:29
Sandra Stockman	W45	69:08
Ross Keane	M45	70:03
Lorraine MacLennan	W45	71:23
Bruce Mathieson	M65	72:27
David Carr	M75	74:55
Nick Miletic	M55	75:02
John Pellier	M70	83:16
V2		83:23
Sarah Ladwig	W60	83:39
Julie Keeley	W40	84:24
V1		84:25
Milton Mavrick	M55	85:25
John Dance	M60	85:52
Val Millard	W60	90:13
Richard Danks	M65	93:23

7K RUN

Chris Frampton	M45	28:43
Jim Klinge	M60	30:14
Peter March	M50	30:29

Dick Horsley Trophy

Karen and Peter March won this prestigious trophy for the second time - great effort! It's awarded the couple achieving the best combined time, one running the short distance, the other making the long run. This year Peter drew the short straw! Sorry, Bert and Bridget for missing out your score in the announcements on the day – please see the final results below!

I hope everyone enjoyed the picturesque run and I look forward to seeing you all back next year.

Delia Baldock

1. Peter & Karen March	1:38.43
2. Bridget & Bert Carse	1:54.34
3. Jo Richards & David Baird	1:58.09
4. Margaret & Brian Bennett	2:05.55
5. Elaine & John Dance	2:19.20

Joe Clark-Murphy	M60	30:36
Chris Reid	M45	30:41
Ross Keane	M45	31:01
Robin King	W50	32:14
Tristan Bell	M45	32:25
Sue Bourn	W40	32:44
Colin Smith	M45	33:46
Margaret Saunders	W55	33:49
Maurice Creagh	M60	33:51
V4		33:53
Wayne Taylor	M50	34:44
Neil McRae	M55	34:46
Gillian Young	W60	34:52
Vic Waters	M65	35:13
Bob Schickert	M65	37:33
Johan Hagedoorn	M65	37:45
Mark Sivyer	M60	37:45
Richard Blurton	M60	37:53
Tea Dreyer	W45	39:21
Melissa Hynds	W30	40:07
John Byrne	M60	40:37
V3		41:52
Ursula Clark-Murphy	W60	42:48
Jim Riddell	M70	43:08
Janet Jiang	W45	43:16
Graham Thornton	M70	44:09
Roger Walsh	M65	44:41
Steve Clark	M65	45:24
Arnold Jenkins	M65	47:09
Bronwyn Smith	W35	47:20
Brian Smith	M70	47:20
Berni Scott	W45	49:53
Regina Crouch	W40	50:42
Vic Beaumont	M80	53:10
Elaine Dance	W55	53:28
Jo Richardson	W55	53:28
Bridget Carse	W65	55:33
Margaret Bennett	W65	59:04
Pierre Viala	M60	59:06
Lynne Schickert	W65	59:17
Jan Jarvis	W65	60:41

7K WALK

Bryan Hardy	M65	48:58
Ray Hall	M75	57:44
John Smith	M75	57:47
Dorothy Whittam	W70	64:51
Jeff Whittam	M75	64:56
Jennie Lee	W55	64:57
Lorna Lauchlan	W80	66:23
Kirt Johnson	M80	66:24
Richard Harris	M70	70:58
Pat Ainsworth	W70	71:45
Ann Turner	W70	71:45
Elaine Sillery	W75	78:45

COMING EVENTS - DESCRIPTIONS and HELPERS

OCTOBER 17

CLIFF BOULD

Race Director: Ivan Brown – 9384 8582

Steve Clark, Phyllis Farrell, Chris Frampton, Raymond Gimi, Martin Henson, Peter & Di Hopper, Alan James, Chris Maher & Amanda Walker, Keith Miller, Jim Riddell, Peter Sullivan, Sylvia Szabo

OCTOBER 24

GWELUP LAKE

Race Director: Richard Danks – 9355 1570

Carol Bowman, Sylvia Byers, Wendy Clements, Dee Haines, Pat Hopkins, Jim Klinge, Nick Miletic, Bob Sammells, David Scott, Roger Walsh, Vic Waters, Martin Watkins, Sue Zlnay

OCTOBER 31

LAKE MONGER CC

Race Directors: Jeff & Dorothy Whittam – 93876438

Kristin Adrian, John Cresp, Regina Crouch, Gavin & Joan Howard, Janet Jarvis, Troy Kelly, Lorna Lauchlan, David Lewin, Sheila Maslen, Michele Mison, Bob Sammells, Morland Smith

NOVEMBER 7

GUESS OWN TIME

Race Director: Vic Waters – 9341 3464

Irwin & Berwin Barrett-Lennard, John Byrne, Grahak Cunningham, Marg Forden, Graeme Dahl & Peggy Macliver, Raymond Gimi, Neil McRae, Simon Mort, Prabaddha Nicol, Frank Smith, Morris & Margaret Warren, Clare & Richard Werren, Michael Whitford

ALL helpers – you must contact the race director to confirm that you are available for the allocated event.

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**MAWA
and**

**Vetrun
Contacts**

Secretary MAWA
53 Ward Crescent
Kelmscott WA 6111
9390 2056

Editor:
Vic Waters
Ph/fax: 9341 3464
vicwaters@iprimus.com.au

Patron:
John Gilmour

Website:
www.mastersathleticswa.org

Email:
enquiries@mastersathleticswa.org

Club uniforms:
Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

President:
Barbara Blurton

Vetrun

NOVEMBER
2010
No. 440



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Some things you MUST remember!

EVERY so often we need reminding about procedures that help club events run smoothly – such as checking the back page of Vetrun, to see if you're helping at a run!

On race day everyone must heed the following update.

RACE FINISHING

- Wear your club number at all Sunday runs. If you forget it, paper numbers are available at the visitors table.

- Make sure your number is clearly visible to the recorders.

- The clock marks the finish of the run.

- Once you cross the finish line, move forward down the chute, and stay in finishing order.

- Tell the recorders your number, the distance you have completed and if you ran or walked. DON'T mess about: they've heard all the jokes too often!

- If you do NOT want your time recorded, pull off the course BEFORE reaching the clock.

- Once you pass the clock, you MUST enter the chute and have your name recorded. This is because you will already have triggered the timing watch. If you then are NOT recorded the whole finishing order will be thrown out.

- To avoid confusion, please record for ONE distance only.

ON THE COURSE

- Follow the marshals' directions. Our marshals DO NOT have the authority to stop traffic at road crossings.

- We share the paths with other users. Keep to the left, run no more than two abreast,



Results – P4

and take special care at corners and bends.

- If running an out-and-back course, when making the turn, check for both on-coming and following traffic.

- For safety reasons, no dogs, pushers, skateboards etc – runners and walkers only.

- We strongly recommend

that you do not wear iPods and the like. For your safety it is important that you are able to hear traffic noise, cyclists' bells, marshals' directions, etc.

- Track runners are reminded that iPods etc are NOT ALLOWED in State Championship events.

Finally – ENJOY the event!

TEN years after the club was formed, these sprightly young things were training on the beach.

Where's your training run? We would like to make a list of good runs and publish it online, for the benefit of all members – especially newer ones, who might be looking to find new tracks, or join existing groups.

Send the details to the Vetrun, please.

The 1973 beach runners are, from left:

Ron Jones, (obscured behind him is Graham Thornton, probably working on his handicap), Bob Sammells, Frank McLinden, John Chadwick, John Maddison; at front, with cap, Don Caplin; behind him is Ray Lawrence, and behind Ray is Ron Torkildsen.

On Don's left are Les Oakey, Dorothy Whittam and Ernie Moyle.

Some of these runners have now departed the club; sadly, Frank and Ernie have departed, full-stop.



You write...

Trail runner wanted – 35yo+

Hi,

My team is looking for a runner (male or female) aged 35 or older to do a 12km trail run in the Donnybrook relay on Saturday November 20th.

The course is not too hilly (apparently) and the run leg is first, at 10:30am.

If you know anyone who might be interested could you please let me know?

Thanks

Andrew Pinchen

(pinchen@westnet.com.au)

PS: Transport to Donnybrook on the Saturday morning could be arranged.

Bouled over

ON the footy grand final weekend Masters athletes enjoyed the farmstay getaway. It was a huge success. The inaugural Boules Championship was won by Nick and Gayle, after a delayed start due to the sheep dogs stealing the jack (twice). There was no recorded winner of 'best on ground' as we all stayed on our feet for a change.

Next camp is on March 4th to 7th at Dwellingup, bring your boules sets. I'm taking names now.

merci, Pierre

David is NZ champ

DAVID Smyth walked away with age-group first place in New Zealand's national 10km road walk championships with a time of 59:59. Congratulations Dave!

Tasmanian run?

AUSTRALIAN Masters Half Marathon Championship will be held in conjunction with Cadbury Marathon, Hobart, Tasmania, Sunday 9 January 2011. Open to all financial members of MAWA. Check the website – www.cadbury-marathon.com.au

New Member Welcome!

988 KAPPLER: Jon M45

New start

Hi Vic

Can you please let everyone know that the Safety Bay run has a new start, just for this year, on Warnbro Beach Road.

Thanks, Elaine

Great party – Thanks Elaine!

THE annual awards lunch, at Miss Maud's, was a really happy, lively, well-fed and well-attended event this year. Thanks to Elaine Dance and her helpers; maybe it should continue along these lines?

City to Surf - Robin liked it!

Dear Vic

I hadn't realised you had asked for people to send their times in to City to Surf.

My time was 55:21 and I didn't know until last week that I had won my age group. I received my prize at the door! When I first looked at results, it looked like I was second, but the other person had been entered in the wrong age group, apparently.

I actually thought it was a great race, and I love that so many people actually get out and take part, boosting the fundraising enormously, which is one of the main aims. As well, people are getting motivated, one hopes, to try and get healthy and stay healthy keeping them out of the 'dangerous' hospitals and doctors' way! A timely reminder that 'grumpiness' is also a health hazard.

(nb: Robin is a health professional! VW)

As history has it, there are several races that come to mind where the competitors have been led the wrong way! That all becomes part of controversial race history and is unfortunate at the time for those in the winning circle. Always a conversation piece for years after!

Regards, Robin

Where's my Vetrin?

IT's in the mail. All hard copies will be posted from now on.

Because email and online reading of Vetrin has proved so popular we are printing far less – around 200 each month.

This also means that very few are collected at the Sunday run. The committee has agreed it's not an efficient use of Jeff Bowen's time, turning up just to hand out 40 or so copies.

So – watch the mail!

Vetrin will usually be posted around the first weekend of each month, so you should receive it shortly after the first Sunday of each month.

Have you moved?

Tell us when you change your E-mail address – or you might miss Vetrin.

We heard recently that some Vetrins were bouncing back. As soon as we knew there were some dodgy addresses on the list, we asked John Oldfield to put a note on the website home page.

It was another reminder of the instant nature of new-tech communications – as with our results, which are often online the day after the races.

This makes our website as up-to-date as the daily press. Given the information, the site be loaded for all to see – instantly.

No more paper?

Does it mean the end of periodical, hard-copy publications?

No. But they will change. Weekend newspapers will become reviews of the past seven days' happenings.

Maybe magazines that have time to take a balanced, contemplative look at the word will return to popularity, in some limited form.

Vetrin will be more and more like that.

I expect we will always

My View...
by
The Editor



Condolences to Barbara

THE father of Barbara Blurton died, in the UK, at the end of last month. Many of us know how painful is such bereavement, and on behalf of her friends and clubmates, I extend our condolences, Barbara.

VW

WANTED – new members with broad chests!



Newest member – M45 John Batta wears 992 at Lake Monger.

LESS than a year ago we welcomed no. 903 to the club and hit an all-time membership high. That was December 2009. As we approach the year-end MAWA's secretary is ironing the four-digit chest numbers.

Yes, we're up to 990. Who will be first to wear 1000? Someone you know, perhaps. How about a concerted effort to recruit ten more good men or women?

carry Sunday results, plus all the essential news you need, and some features.

But for quick news you, who have the equipment, will check the web.

I knew I should have gone into television!

Don't be a muggins

OUR use of those plastic water cups could be drastically cut if everyone keeps a personal mug in the kit-bag. Save the planet; save the club money. Maybe they won't run out of them at the water-stations this summer if we all take tea in our own cup?

9.1K RUN

Grahak Cunningham	M30	36:03
John Allen	M50	36:35
V6		38:04
Kim Thomas	M35	39:40
Prabuddha Nicol	M50	40:07
Gary Fisher	M55	41:40
Sean Keane	M45	42:49
Neil McRae	M55	43:04
Lorraine MacLennan	W45	43:31
Maurice Creagh	M60	44:43
Bruce Mathieson	M65	45:06
Mike Hale	M60	45:46
Wayne Taylor	M50	46:07
Maree Brown	W45	46:09
Paula Karra	W35	46:45
Milton Mavrick	M55	47:34
Melissa Hynds	W30	47:59
Heiner Huning	M50	48:23
Sandra Rourke	W40	48:25
Peter Bath	M65	49:45
Julie Wilson	W55	49:48
Raymond Gimi	M45	50:48
John Pellier	M70	51:06
John Byrne	M60	52:44
Val Millard	W60	53:32
John Dance	M60	55:32
Pierre Viala	M60	55:33
John Talbot	M60	55:45
Brian Smith	M70	56:09
Denise Viala	W60	59:44
Irene Ferris	W55	60:11
Regina Crouch	W40	60:19
Elaine Dance	W55	65:44
Jo Richardson	W55	65:44

4.9K RUN

Troy Kelly	M35	18:23
Rod Hamilton	M45	19:14
Paul Odam	M50	19:17
Amanda Walker	W45	20:27
Ralph Henderson	M60	20:49
V2		20:55
Tom Tralau	M35	21:17
Tristan Bell	M45	21:25
Graeme Dahl	M60	21:31
Tessa Brockwell	W50	21:39
Mark Hewitt	M55	21:49
Margaret Saunders	W55	21:59
Bob Schickert	M65	22:53
V7		23:11
Denise McMorro	W45	23:11
V5		23:47
Kerriann Bresser	W40	23:57
Ivan Brown	M65	24:15
Peggy Macliver	W65	25:18
Chris Maher	M55	25:20
Mark Dawson	M45	25:26
Delia Baldock	W45	25:29
V1		25:58
Sarah Ladwig	W60	26:22
Barry Jones	M50	26:43
Mike Anderson	M60	26:50
V3		27:04
Mike Rhodes	M60	27:33
V9		29:03
Brett Roach	M40	29:03
Aldo Giacomini	M70	29:25
Paul Martin	M65	30:19
Steve Clark	M65	30:19
V4		31:59
Stan Lockwood	M80	32:43
Vic Beaumont	M80	32:55
Kevin Hynds	M40	32:57
Arnold Jenkins	M65	33:53
V8		34:09
Sheila Maslen	W70	35:21
Linda Rhodes	W60	38:09
Merv Jones	M70	38:10
Toni Frank	W65	38:59

Gwelup Lake

October 24, 2010

Director: Richard Danks

THE day started with plenty of good humour and jovial banter – and finished in the same vein. There were at least fifteen friendly sprints to the finish line resulting in photo finishes - and I was impressed with how many people crossed the line with a smile on the face.

With five of my helpers unable to attend I was confident that our willing and helpful members would rise to the occasion. I was not disappointed. I would therefore like to extend a really big thank you to all persons who assisted for your generous efforts. You did a magnificent job."

Richard



9.1K WALK

Bryan Hardy	M65	62:22
Lynne Schickert	W65	70:35
Joan Pellier	W70	80:24

4.9K WALK

Irwin BarrettLennard	M80	34:10
John Smith	M75	34:10
Lesley Romeo	W65	37:33
Jeni Shillington	W50	37:35
Rosa Wallis	W65	44:28
Barbara Campbell	W70	44:52
Margaret Warren	W70	44:52
Ray Lawrence	M80	45:49
Jeff Whittam	M75	45:49
Lorraine Lopes	W70	46:53
Elaine Sillery	W75	47:21
Ann Turner	W70	48:09
Pat Ainsworth	W70	48:10
Leo Hassam	M80	50:27
Norm Miller	M75	53:39
Morris Warren	M70	54:01
Shorty Turner	M75	54:01

Above: no trolls under this bridge;
Gwelup's flies ate them all!

Top, Gary Fisher found fine form; left,
Grahak Cunningham, winning again, as at
Bibra Lake; below, Regina Crouch and Vic
Beaumont; Arnold Jenkins with Ann,
Denise and Pierre Viala.





Jim Barnes and John Doust, who returned from Europe laden with delicious fruits, and shared them after the race. Thanks, John!



Sheila Maslen showing some style.

7K WALK

Mike Rhodes	M60	47:09
Arnold Jenkins	M65	53:42
Lynne Schickert	W65	54:12
Jeni Shillington	W50	56:03
Barb Humphrey	W55	56:04
Kirt Johnson	M80	58:01
Bob Fergie	M75	58:01
Ann Turner	W70	67:21

3.5K WALK

Peter Hopper	M65	25:39
Beryle Doust	W60	27:47
Sandra Stockman	W45	28:12
Joan Pellier	W70	28:44
Patricia Hopkins	W65	29:30
Barbara Campbell	W70	31:48
Margaret Warren	W70	32:12
Elaine Ellard	W65	33:27
Karl Stockman	M50	33:43
Maggie Flanders	W70	33:48
Shorty Turner	M75	35:03
Morris Warren	M70	35:38
Toni Frank	W65	35:39
Leo Hassam	M80	41:34
Richard Harris	M70	41:37

October 31, 2010

LAKE MONGER CROSS COUNTRY

*Directors: Jeff and
Dorothy Whittam*

8K RUN

V4		31:16
V5		31:57
Bjorn Dybdahl	M55	33:35
John Allen	M50	33:52
Peter March	M50	34:17
Rod Hamilton	M45	34:34
Lisa Searle	W35	35:45
Chris Reid	M45	36:47
Prabuddha Nicol	M50	37:13
Tom Tralau	M35	37:49
Tristan Bell	M45	37:50
Mike Hale	M60	39:39
Neil McRae	M55	40:34
Ross Keane	M45	41:43
John Mack	M65	42:50
Vic Waters	M65	43:05



Wayne Taylor	M50	43:22
Nick Miletic	M55	43:33
Terry Humphrey	M55	43:51
Sandra Rourke	W40	44:05
Carol Bowman	W55	44:11
Johan Hagedoorn	M65	44:13
V9		44:30
Milton Mavrick	M55	44:47
V1		44:54



The old firm: they talk a good race.

GOOD turnout on a beautiful morning and the start line had to be moved slightly as a new exercise unit is now just in front of the old position.

My apologies for not mentioning the extra pink flags, they were marking sprinkler sites. We hope nobody got misled by them! Thanks go to all our helpers - Kristen, Lorna, John & Troy, marshalling and flag collecting, Bob and Gavin on drinks, Morland on the watch and Janet and Rosa recording.

Hope you all enjoyed the walk or run and hope to see you all again next year.

Dorothy & Jeff

Pictures by Frank Smith.



Prabuddha Nicol meets Frank Smith.

Bob Schickert	M65	45:16
Melissa Hynds	W30	45:24
Barry Jones	M50	45:36
Mark Dawson	M45	46:02
Heiner Huning	M50	46:03
Julie Wilson	W55	46:12
Greg Wilson	M60	46:20
Sarah Ladwig	W60	47:28
Raymond Gimi	M45	47:33
V8		47:34
John Byrne	M60	48:30
Charlie Chan	M55	49:17
John Dennehy	M50	49:28
Janet Jiang	W45	49:56
John Dance	M60	50:03
Richard Danks	M65	50:04
John Ellard	M65	51:11
John Talbot	M60	52:00
Paul Martin	M65	52:57
V3		54:19
Pam Toohey	W60	56:51
Elaine Dance	W55	64:27
Jo Richardson	W55	64:28

4K RUN

Paul Hughes	M55	17:05
Amanda Walker	W45	17:07
Margaret Saunders	W55	18:39
Tessa Brockwell	W50	18:58
Denise McMorro	W45	19:29
Kerriann Bresser	W40	19:34
Maurice Creagh	M60	19:37
Chris Maher	M55	20:04
Sue Bourn	W40	20:17
V6		20:25
Ivan Brown	M65	20:54
Bryan Hardy	M65	21:15
Peggy Macliver	W65	21:26
Delia Baldock	W45	21:26
John Batta	M45	21:46
Ray Attwell	M70	22:06

Wireless Hill

October 3, 2010

Directors: Barrie & Leonie Jones

9.5K RUN

V5		41:42
Peter March	M50	42:06
Ross Keane	M45	42:45
Lisa Searle	W35	42:55
David Baird	M65	43:29
Brian Bennett	M60	45:31
Karen March	W45	46:03
V1		46:34
Gary Fisher	M55	46:51
Steve Hossack	M45	48:11
V4		48:35
Gillian Young	W60	48:40
Neil McRae	M55	48:48
Gavin Howard	M45	49:40
Raymond Gimi	M45	49:50
Bruce Mathieson	M65	50:13
David Carr	M75	51:02
Keith Atkinson	M50	51:16
Vic Waters	M65	52:06
Bob Schickert	M65	52:07
Paula Karra	W35	52:49
Sandra Rourke	W40	52:56
Terry Humphrey	M55	53:39

From page 5



Two of our newer members, Julie and Greg Wilson, dealing with that hill in the 9.5km run.



Damien Hanson	M55	22:17
Jim Barnes	M65	22:21
Irwin BarrettLennard	M80	22:35
V10		22:46
Mike Anderson	M60	22:53
V2		23:33
Roger Walsh	M65	24:54
John Pellier	M70	25:21
Aldo Giacomini	M70	25:37
Irene Ferris	W55	27:20
V7		27:46
Vic Beaumont	M80	29:01
Merv Jones	M70	29:18
Debbie Wolfenden	W45	30:37
Sheila Maslen	W70	33:06



Melissa Hynds	W30	54:50
Johan Hagedoorn	M65	56:17
Graham Thornton	M65	57:18
Milton Mavrick	M55	58:43
Janet Jiang	W45	59:06
Fran Glynn	W55	59:34
Richard Danks	M65	59:59
Val Millard	W60	61:27
Pierre Viala	M60	62:54
Denise Viala	W60	64:47
Brian Smith	M70	64:48
Jo Richardson	W55	70:21

4.8K RUN

Jim Klinge	M60	19:46
Ian Davies	M60	20:11
Paul Hughes	M55	20:47
Kim Thomas	M35	21:16
Bruce Wilson	M65	21:56
Margaret Saunders	W55	22:28
Ian Cotton	M45	22:32
Dave Roberts	M65	23:04
Mark Hewitt	M55	23:13
Lorraine MacLennan	W45	23:22
Dee Haines	W50	23:47
V3		24:06
Paul Mitchell	M35	25:07
Nick Miletic	M55	25:20
Carol Bowman	W55	25:32
Heiner Huning	M50	26:15
Mark Sivyver	M60	26:28
Damien Hanson	M55	27:17
V2		27:35
Jane Stanbrook	W40	29:04
Jim Riddell	M70	29:53
Aldo Giacomini	M70	30:15
Steve Clark	M65	31:36
Jackie Halberg	W60	32:27
Kathy Burr	W70	34:20
Vic Beaumont	M80	35:52
Jan Jarvis	W65	38:50
Margaret Bennett	W65	40:01

4.8K WALK

Michele Mison	W60	36:05
Regina Crouch	W40	36:29
Lynne Schickert	W65	38:53
Jeni Shillington	W50	39:59



M80 Kirt Johnson showed some much younger walkers the way.

CARR REC. at COKER



So that's how he does it! David cross-training during the Perth Marathon.

WE might have guessed he was planning something. The previous Sunday David Carr (M78) ran gently through the Cliff Bould Handicap, saving himself for Thursday At ECAC, where he broke his own 10,000m State record, with 46:57.8.

ERN CLARKE AC 21/10/10

* pending State record

10km		points	%
Kim Thomas	M36	42:34.0	63.59
Brian Hewitt	M56	42:56.0	73.69
Sue Bourn	W43	45:51.4	69.25
* David Carr	M78	46:57.8	87.27
Lorraine MacLennan	W45	47:38.7	67.86
Steve Fuller	M58	47:45.5	67.37
Gillian Young	W63	48:13.9	85.55
Bruce Mathieson	M66	48:21.6	71.46
Corey Thomas	M34	49:16.2	54.32
Maurice Creagh	M64	49:48.3	68.13
Mel Hynds	W33	53:34.3	56.29
Sarah Ladwig	W61	56:13.7	71.13

ERN CLARKE AC 14/10/10

* pending State record

Hammer

* Lajos Joni	M55	41.21
Jim Davis	M75	33.58
Matt Staunton	M35	30.98
Bev Hamilton	W60	27.59
Regina Crouch	W40	9.48

Kirt Johnson	M80	41:24
Jeff Whittam	M75	41:24
Bob Fergie	M75	41:26
Patricia Hopkins	W65	43:02
Dorothy Whittam	W70	45:22
Paul Martin	M65	46:25
Richard Harris	M70	47:34
Phyllis Farrell	W65	48:00
Maggie Flanders	W70	48:07
Rochelle Airey	W40	48:59
Ann Turner	W70	50:36
Shorty Turner	M75	50:38
Merv Jones	M70	54:37
Lorna Lauchlan	W80	54:39

9.5K WALK

Bryan Hardy	M65	68:20
John Smith	M75	74:45

10.4K RUN

		Time	H/Cap	Actual
V1		70:49	17:30	53:19
Milton Mavrick	M55	71:04	12:22	58:42
Gillian Young	W60	71:07	18:40	52:27
Peter March	M50	71:27	25:42	45:45
Brian Danby	M60	71:29	22:08	49:21
Keith Atkinson	M50	72:01	16:12	55:49
John Allen	M50	72:07	26:59	45:08
Graham Thornton	M70	72:13	14:50	57:23
Janet Jiang	W45	72:30	9:46	62:44
Maurice Creagh	M60	72:41	19:58	52:43
John Mack	M65	72:43	17:56	54:47
Gavin Howard	M45	72:44	18:09	54:35
Peter Bath	M65	72:45	12:25	60:20
Maree Brown	W45	72:47	15:59	56:48
Val Millard	W60	72:54	8:49	64:05
Steve Hossack	M45	72:58	23:04	49:54
Karen March	W45	73:06	22:50	50:16
Lorraine MacLennan	W45	73:12	21:14	51:58
Sean Keane	M45	73:13	24:01	49:12
Brian Smith	M70	73:17	5:34	67:43
Neil McRae	M55	73:21	22:20	51:01
Heiner Huning	M50	73:48	16:46	57:02
Richard Danks	M65	74:03	8:57	65:06
John Pellier	M70	74:05	13:26	60:39
Vic Waters	M65	74:19	19:47	54:32
Terry Humphrey	M55	74:21	15:36	58:45
Julie Wilson	W55	74:33	11:44	62:49
Bert Carse	M65	74:46	28:34	46:12
Sandra Rourke	W40	74:46	14:42	60:04
Brian Bennett	M60	75:06	22:27	52:39
John Dance	M60	75:22	10:52	64:30
Graeme Dahl	M60	75:35	24:12	51:23
Kate Sommerville	W35	75:41	15:22	60:19
Jane Elton	W40	75:42	17:09	58:33
Mike Khan	M65	76:03	15:57	60:06
Mark Rosen	M60	76:20	0:00	76:20
Glynis Hourquebie	W50	76:35	16:01	60:34
Paula Karra	W35	76:46	18:13	58:33
Johan Hagedoorn	M65	76:47	16:45	60:02
Charlie Chan	M55	76:51	11:21	65:30
Sarah Ladwig	W60	77:40	13:16	64:24
Bob Schickert	M65	77:56	19:45	58:11
Melissa Hynds	W30	78:40	18:53	59:47
Jo Richardson	W55	78:48	0:00	78:48
Elaine Dance	W55	78:50	0:00	78:50
Frank Gardiner	M60	78:52	23:09	55:43
Paul Martin	M65	80:09	12:04	68:05
Theresa Howe	W60	80:22	13:24	66:58
Jim Barnes	M65	82:00	11:38	70:22
David Carr	M75	85:28	19:52	65:36
Wayne Taylor	M50	85:29	23:38	61:51

5.2 RUN

Rod Hamilton	M45	21:03
Jim Klinge	M60	21:25
Paul Burke	M35	22:48
Paul Hughes	M55	22:55
Bruce Wilson	M65	23:49
Gary Fisher	M55	24:16
Margaret Saunders	W55	24:18
Tessa Brockwell	W50	24:22
Dave Roberts	M65	24:47
Mark Sivyer	M60	26:59
Kerriann Bresser	W40	27:01
Carol Bowman	W55	27:38
Mark Dawson	M45	27:53
Peggy Macliver	W65	28:16
Damien Hanson	M55	28:58
Ray Attwell	M70	29:03
Delia Baldock	W45	29:32
John Byrne	M60	31:13
Dennis Hughes	M60	31:21
Mike Rhodes	M60	32:20
Jackie Halberg	W60	32:42

Cliff Bould Trophy

October 17, 2010

Director: Ivan Brown

A CLEAR blue sky and light winds greeted about 120 members who attended the 33rd annual trophy event to commemorate the contribution of one of the founders of this club.

The limestone path on Herrison Island was in reasonable condition and many members expressed pleasure with the shady course with excellent water features. Warm weather caused a large group to opt for the 5.2 scratch race.

The 10.4 km trophy event saw a regular visitor (Jackson) first home, but the first eligible runner was Milton Mavrick, winning this event for a second time.

My thanks to all my helpers who did a great job, and everyone seemed to enjoy the morning tea arranged by life members, Vic and Jacqui Beaumont.

Ivan Brown, Race Director



Barb Humphrey	W55	32:44
Jane Stanbrook	W40	32:55
John Talbot	M60	33:13
Aldo Giacomini	M70	33:30
V3		34:49
V5		35:18
Vic Beaumont	M80	36:53
Kathy Burr	W70	36:58
V2		37:00
Bronwyn Smith	W35	37:03
Pam Toohey	W60	38:20
Pierre Viala	M60	39:55
Julie Wood	W60	39:57
Sheila Maslen	W70	41:05
Margaret Bennett	W65	41:06
Linda Rhodes	W60	41:19
Jan Jarvis	W65	45:31
Toni Frank	W65	49:12

5.2K WALK

		Actual	H/Cap	Time
Alan Pomery	M75	50:50	1:26	49:24
Bryan Hardy	M65	51:45	15:41	36:59
Lynne Schickert	W65	52:20	11:47	40:33
Roger Walsh	M65	52:25	10:17	42:08
Jeni Shillington	W50	52:27	10:43	41:44
Simon Mort	M50	52:34	6:08	46:26
Jeff Whittam	M75	52:42	8:52	43:50
Ray Lawrence	M80	52:48	5:33	47:15
Richard Harris	M70	52:55	0:00	52:55
Kirt Johnson	M80	53:45	8:15	45:30
Dorothy Whittam	W70	53:56	5:24	48:32
Margaret Warren	W70	54:26	5:09	49:17
Jennie Lee	W55	54:27	4:23	50:04
Ann Turner	W70	55:22	5:34	49:48
Irwin Barrett-Lennard	M80	55:40	13:15	42:25
John Smith	M75	55:44	12:41	43:03
Bob Fergie	M75	56:38	10:19	46:19
Joan Pellier	W70	56:40	9:52	46:48
Shorty Turner	M75	68:33	0:00	68:33
Morris Warren	M70	70:41	0:00	70:41



Above Tanya Burke and Kerriann Bresser make a determined start in the 5.2km. Below, the field in the short run and walk. Pictures by Graeme Dahl.



Gathering gold in Alice



Mary Heppell on her way to a gold medal in the Masters Mile.

THE small group of Perth athletes who go to Alice Springs for the Masters Games every two years returned last week with the usual swag of medals. This year it was Noela and Gordon Medcalf, Maggie Flanders, Mary Heppell and Ian Stewart.

Thirty-five different sports were contested, and around 2500 people marched at the opening ceremony.

Central Australia had an unusually wet winter this year, so the place was beautifully green and lush, with water actually flowing in the Todd River - and the 10k road race was shortened to 8km because of water across the road.

We all enjoyed the Alice Springs hospitality as usual and are looking forward to our next visit in October 2012.

Gordon

NB: Recent member Roscoe McDonnell (currently lapsed and appearing at the tracks as a visitor) also ran in Alice and collected seven gold medals.



Grahak Cunningham, first in the 12km.

12K RUN

Grahak Cunningham	M30	48:58
Ross Keane	M45	51:32
Peter March	M50	52:48
David Baird	M65	52:53
Graeme Dahl	M60	53:03
Martin Watkins	M60	56:20
Brian Bennett	M60	56:52
John Bell	M65	57:11
Sean Keane	M45	57:13
Neil McRae	M55	57:47
Sue Bourn	W40	58:15
David Carr	M75	58:41
Bruce Mathieson	M65	58:46
V4		59:52
Mike Hale	M60	62:11
Keith Atkinson	M50	62:25
V1		64:52
John Pellier	M70	65:48
Milton Mavrick	M55	67:02
Peter Bath	M65	67:29
Julie Wilson	W55	67:58
Greg Wilson	M60	67:59
John Dance	M60	70:21
Richard Danks	M65	70:28
Janet Jiang	W45	70:57
Val Millard	W60	72:00
Brian Smith	M70	74:45
Jo Richardson	W55	82:46

6K RUN

Rod Hamilton	M45	23:54
Jim Klinge	M60	24:45
Paul Hughes	M55	25:24
Karen March	W45	26:51
Mark Hewitt	M55	26:53
Tessa Brockwell	W50	27:17
Margaret Saunders	W55	27:48
Maurice Creagh	M60	28:01
Gillian Young	W60	29:14
John Mack	M65	29:33
Vic Waters	M65	29:34
Dee Haines	W50	29:45
Johan Hagedoorn	M65	30:20
Carol Bowman	W55	30:38
V3		30:47
Nick Miletic	M55	30:49
Peggy Macliver	W65	31:13
Ivan Brown	M65	31:30
Bob Schickert	M65	31:33
Kerriann Bresser	W40	31:36
Mark Sivyer	M60	31:48
Damien Hanson	M55	31:01
Sandra Rourke	W40	32:12
John Brambley	M65	32:12
V6		32:21

Bibra Lake

October 10, 2010

Directors: Paul & Tanya Burke

BIBRA Lake run is historically quite a hot day so we were quite surprised to wake up that morning to rain and strong winds. A quick word to the powers of B ensured that the rain held off for the necessary few hours it was needed to complete the event. After much lobbying to the council to stop ripping the track up as happened last year, we convinced them to lay a brand new track for the Masters event. We stipulated that we wanted markings every half a kilometre (which were very well received) and we will be requesting arrows next year! Such is the power of the Masters that Cockburn Council promptly went to work.

(Poetic licence is taken for all the above). Hopefully it was to everyone's satisfaction.

A big thank you to our helpers on the day - Maree Brown, Elaine Dance, Aldo Giacomini, Heiner Huning, Dennis and Margaret Miller, Paul Odam, Peter Ryan, Steve Toohey and a young potential future Masters member, Jesse Floyd. A final thanks to Ivan for risking his life on our deadly treadly collecting markers at the end. The brakes kinda worked!

Paul and Tanya Burke

V2		32:33
Delia Baldock	W45	32:44
Barry Jones	M50	33:16
V5		33:44
Mike Anderson	M60	33:53
John Byrne	M60	34:29
Roger Walsh	M65	34:37
Dennis Hughes	M60	37:29
Bronwyn Smith	W35	38:00
Vic Beaumont	M80	38:53
Regina Crouch	W40	40:04
Arnold Jenkins	M65	42:28
Irwin BarrettLennard	M80	43:22
Sheila Maslen	W70	45:09
Julie Wood	W60	45:41
Margaret Bennett	W65	45:41
Linda Rhodes	W60	45:42
Paul Martin	M65	46:09

6K WALK

Bryan Hardy	M65	40:23
Mike Rhodes	M60	42:46
Michele Mison	W60	43:30
Jeni Shillington	W50	46:10
John Smith	M75	46:11
Lynne Schickert	W65	47:22
Kirt Johnson	M80	49:37
Joan Pellier	W70	49:38
Bob Fergie	M75	51:24
Jeff Whittam	M75	51:25
Patricia Hopkins	W65	51:46
Ray Lawrence	M80	52:19
Richard Harris	M70	60:35
Elaine Sillery	W75	62:22
Ann Turner	W70	62:23
Rosa Wallis	W65	62:23
Leo Hassam	M80	64:23
Shorty Turner	M75	64:23

Listen to your doctor?

OK, this has been on the email circuit for a while, and there isn't usually much there worth passing on. Maybe this is an exception – in case we take ourselves too seriously?

I have not used the picture that accompanies the email - but he's a very jolly-looking, buddha-like Asian man.

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart only good for so many beats, and that it... don't waste on exercise. Everything wear out eventually... Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiency. What does cow eat? Hay and corn. And what are these? Vegetables. So steak is nothing more than efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef also good source of field grass (green leafy vegetable). And pork chop can give you 100% of recommended daily allowance of vegetable product.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine made from fruit. Brandy is distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Bottom up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have body and you have fat, your ratio one to one. If you have two bodies, your ratio two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of single one, sorry. My philosophy is: No pain... good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food are fried these day in vegetable oil. In fact, they permeated by it. How could getting more vegetable be bad for you?!

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy?!? HARRROOOOW!! Cocoa bean! Another vegetable! It best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming good for your figure, explain whale to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets.

COMING EVENTS - DESCRIPTIONS and HELPERS

NOVEMBER 14 KALAMUNDA RAILWAY

Race Directors: Bert & Bridget Carse - 08 9293 4934
Kristin Adrian, Kerriann Bresser, Elaine Dance, Stan Delandgrafft, Bjorn Dybdahl & Debbie Wolfenden, Mel & Caryn Ebstein, Dennis & Sandra Hughes, Sarah Ladwig, Nicola Maslen, John & Christine Oldfield

NOVEMBER 21 GARVEY GALLOP

Race Directors: Christine & John Oldfield - 0434 191611
Arthur Leggett, Bjorn Dybdahl & Debbie Wolfenden, Trish Farr, Glenis Folk, Kirt Johnson, Terry Manford, Bernard Mangan, Bruce Mathieson, Alan Pomery, Brett Roach & Catharine Hayes, Les Smith

NOVEMBER 28 SAFETY BAY

Race Directors: Elaine & John Dance - 08 9593 4607
Ray Attwell, David Baird & Jo Richardson, Tristan Bell, Ray Hall, Gavin & Joan Howard, Julie Keeley, Mitch Loly, Allan Taylor, Scott Winn & Fiona Cousins

DECEMBER 5 MOSMAN PARK

Race Director: Paul Martin (for Paul Hughes) - 08 9339 1648

Bernadette Berrell, Sue Bourn, Charlie Chan, Dee Haines, Rod Hamilton, Peter & Karen March, Sheila Maslen, David Roberts, Elaine Sillery

DECEMBER 12 PERRY LAKES

Race Director: John Bell - 08 9386 6975
Carol Bowman, Sue Bullen, Ian Davies, Peter & Di Hopper, Terry Manford, Hamish McGlashan, David Smyth, Pam & Steve Toohey, Cecil & Claire Walkley

ALL helpers – you must contact the race director to confirm that you are available for the allocated event.

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AUSTRALIA**

**MAWA
and**

**Vetrun
Contacts**

Secretary MAWA
53 Ward Crescent
Kelmscott WA 6111
9390 2056

Editor:
Vic Waters
Ph/fax: 9341 3464
vicwaters@iprimus.com.au

Patron:
John Gilmour

Website:
www.mastersathleticswa.org
Email:
enquiries@mastersathleticswa.org

Club uniforms:
Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

President:
Barbara Blurton

Vetrun

DECEMBER
2010
No. 441



The magazine of Masters Athletics WA



**Yo Ho...
Oh ... god**

*have I got to write this
again?
Every year, relentless it is.
All right, here goes –*

'TIS the season to be jolly, kiddies' (no, wait a minute, that's the script for my seasonal gig at Myer.

I know:

'It's time to make a total ass of yourself again, at the Masters Christmas Gift Run. Dress like a refugee from the northern hemisphere, in thermal and body-hugging fleecies; cover your face in white cotton wool; fetch a present; be ready to run around Heirisson Island and don't blame me if it's 40 degrees.'

I think that about covers it.

Now what did Jackie Halberg ask me to do?

'Vic, please just tell members the following:

Start time 7.30am from McCallum Park

Run 6km/4km or chosen distance (no official times taken)

Bring a gift to the value of \$10 to put under the tree. Mark male or female if applicable

Wear your best Chrissy gear and perhaps win a prize.'

Enjoy a Christmas morning tea.

Could you also send Christmas wishes to all from the Committee?'

Oh well, one out of six ain't bad.

Happy Christmas to all, from the Committee.

And bah humbug to the cynics. I love Christmas!

VW



No red suit? Red faces will do, especially if we have the regular, bright and sunny morn.

More T&F records fall

**Ern Clarke
AC**

4 November 2010
* Pending State Record

HAMMER

* Lajos Joni	M55	42.43
Matt Staunton	M35	38.82
Bev Hamilton	W60	27.12
Bec Plackett	Vis	25.06
Julie Plackett	W40	24.54

UWA

9 November 2010

SHOT (Points)		%
* Rocky Cloete	M60	11.60 63.74
Peter Hopper	M65	7.41 47.17
Bob Schickert	M69	5.97 43.54
Lynne Schickert	W69	4.57 41.77
Derry Foley	M81	5.42 37.96
Julie Plackett	W41	6.88 36.44
Clare Thatcher	Vis	6.44

Jim Klinge and Paul Burke take an early lead. Paul finished first in the short event, but the real winner was walker Bob Fergie, who best-guessed his time. Karen March won the long one – see page 4.



GOT Run
Results – page 4

Inside...

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PROGRAMME CHANGES

SOME event details between February and April next year have changed. It's important that you amend your programme.

Changes have been emailed to some members; they are also at the website.

If you have a printed copy of this Vetrun – see the enclosed sheet, which replaces part of page, two of the blue programme previously distributed.

John becomes OAMA website manager

JOHN Oldfield has been our club website manager for several years and has done a great job both upgrading and revitalising the site, while also creating the track and field newsletter which has been instrumental in boosting T&F popularity.

Now he has been appointed website manager for the OAMA site www.oceania-mastersathletics.org announced Bob Schickert, OAMA Secretary.

How do you get 205 per cent?

OK, maths was never my strong point. But when I read that centenarian Ruth Frith's W100 world record hammer throw was a 205% performance I was intrigued. (What, you didn't read that, in your new AMA Handbook, that the Schickerts and I spent months producing? Cor!)

Anyway, thought I, let's do a piece on how the age-graded works.

Then I saw how difficult it would be, and gratefully accepted a detailed description, written by the great middle-distance runner Peter Sandery, sent in by Graeme Dahl. It's on our website, in full.

There are several web sites that provide age-graded calculators that you can use to determine our age-graded

Details in Vetrun Extra

percentage for an event. All you have to do is to enter whether you are male or female, your age, the event and your performance in that event. One such site is:

<http://www.howard-grubb.co.uk/athletics/wmalo-okup06.html>

But I still don't know how you achieve 205%!

Seasonal commendations are due

IN MY 21 years with this club I cannot remember a time when it was better organised. The secret of the ever-improving Masters is load-sharing.

No dead wood on our committee: everyone has specific roles. Ever since Bob Schickert stopped doing far too much that has improved further. (Bob can now concentrate on doing too much elsewhere – AMA, Oceania, WMA, as well as on our committee. However, we tried.)

Some of the specifics: Barbara Blurton handles much of the T&F organisation and also sends out electronic Vetrun. Jackie Halberg backs up on just about everything. Jeff Bowen handles race helpers and Vetrun distribution. Richard Danks is handicapper and overall events controller. Barrie Thomsett produces results. Roger Walsh keeps count. Damien Hanson does the heavy lifting. Sarah Ladwig is secretary. Peggy MacLiver looks after the lists.

I'm sure I have missed someone, and other vital jobs – but you get the picture? Diversity.

NY Marathon

PETER Bath has entered the New York Marathon and advises that Amnesty International still has a few places available. Catch is you must raise \$15,000 for this very worthy charity to gain a place. Part of this covers your own costs, though. Anyone interested, please contact Vetrun, or Peter, or Amnesty direct.

Members, too

About 50 members, or couples, organise a Sunday event. At many of them we have morning tea – thanks to Jackie and Vic Beaumont. Some, like Jorgensen, have a social element – thanks to Elaine Dance and her team, who also organise the Medals Presentation lunch. They even did their bit at the Easter Nationals.

Which leads us to the whole mob, from the games committee headed by the Blurtons, down to those who raked the pits and warmed the pies, all of who made that monster event manageable.

Track and field? Organisers such as Barry Kernaghan and the Oldfields, numerous helpers and coaches make that work twice weekly most of the year, and weekly in winter. Growth of participation in T&F has built club membership inordinately and been encouraged and enhanced by the T&F online newsletter, courtesy of John and Christine Oldfield, and now, Graeme Dahl.

How about the website? John Oldfield again.

Finally, every member gives up two Sunday mornings a year to make sure the runs and walks get run and walked.

Nobody is paid and everyone enjoys the best-value club in the State. Thanks to you all – enjoy a Merry Christmas and an Active New Year!

VW

Pan-Pacific Masters Games Gold Coast, 6-9 November, 2010

Bjorn, Melissa set records

GAMES records were set by Bjorn Dybdahl and Melissa Foster, and as well as success in the official events, Colin Smith was part of a 4-man team to set an inaugural M45 4x400m time, and also helped his 4x100m team to victory.

Tolli



WA members' results

4KM CROSS COUNTRY

Bjorn Dybdahl	M55	16:05.93	GOLD	GAMES RECORD
---------------	-----	----------	------	--------------

60M

Melissa Foster	W30	8.66 -0.3	SILVER	79.7%
Colin Smith	M45	8.11 -0.4	4/7	87.18%
Rob Antonioli	M55	8.79 +0.1	6/7	86.80%
David Clive	M70	8.96 +0.1	GOLD	93.97%

100M FINALS

Melissa Foster	W30	13.84 +1.4	SILVER	75.79%
Colin Smith	M45	12.91 +2.4	4/8	83.35%
Rob Antonioli	M55	14.01 -3.2	7/9	82.44%
David Clive	M70	14.02 +1.0	GOLD	91.87%

200M FINALS

Colin Smith	M45	26.32 +1.2	SILVER	83.32%
Rob Antonioli	M55	28.66 -0.1	5/7	82.62%
David Clive	M70	29.98 -2.4	GOLD	90.13%

300M

Colin Smith	M45	41.35	GOLD	81.93%
Rob Antonioli	M55	45.62	4/4	80.03%
David Clive	M70	49.07	GOLD	86.94%

400M

Colin Smith	M45	56.90	GOLD	85.25%
Rob Antonioli	M55	62.26	GOLD	83.83%
Bjorn Dybdahl	M55	63.43	SILVER	81.76%
Mike O'Reilly	M70	74.39	GOLD	80.80%

800M

Colin Smith	M45	2:45.43	BRONZE	68.48%
Bjorn Dybdahl	M55	2:25.05	GOLD	84.96%
Rob Antonioli	M55	2:27.69	SILVER	84.12%
Mike O'Reilly	M70	2:58.37	SILVER	78.83%

1500M

Bjorn Dybdahl	M55	5:11.41	SILVER	82.21%
Rob Antonioli	M55	5:17.66	BRONZE	81.28%
Mike O'Reilly	M70	7:16.51	SILVER	66.27%

3000M

Bjorn Dybdahl	M55	11:02.37	SILVER	80.48%
Rob Antonioli	M55	11:30.36	BRONZE	77.88%

3000M STEEPLECHASE

Bjorn Dybdahl	M55	12:25.02	GOLD	80.52%
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5000M

Bjorn Dybdahl	M55	18:54.24	SILVER	80.86%
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LONG JUMP

David Clive	M70	4.40 -1.2	GOLD	87.82%
Melissa Foster	W30	4.81 -0.2	GOLD	64.91%

TRIPLE JUMP

Melissa Foster	W30	10.30 w/s 0.0	GOLD -	68.85% GAMES RECORD
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You write...

Where's your training run?

Hi Vic

There's a great running/walking track at Champion Lakes in Camillo between Tonkin Highway and Lake Road. The track is round the new Regatta Centre for water sports. There are two tracks so if one closed for events, one is still available. I measured it at just 5kms round the lake. New toilets. Swimming area. Plenty of free parking. A few runners and cyclists usually but not crowded yet!

Cheers Sarah Ladwig



There must be more....!

COME on, where's your spirit of sharing?

- Paul Martin and Co have a run every Saturday morning somewhere around Perth – mostly southern locations. Details please.

- There's a training run over Kings Park trails every Friday night, starting at 5.30pm. I would describe it, but that's impossible. You have to be there to learn it.

My own training runs:

- on the beach, from Floreat towards Swanbourne on generally good firm sand. Sometimes you have to stop at the SAS lookout tower; the red flag warns of shelling and gunfire!

- Perry Lakes, marked k's on the inner road around the lakes, or up to 10km through the hills.



Auckland Marathon

Hi Vic

Just wanted to let everyone know that if you are looking for an overseas marathon to do then I can thoroughly recommend the Auckland Marathon. This is seriously the best organised event I have ever run in - for starters try getting 7,000 people by ferry to the start line across the other side of Auckland harbour by the 6.10am start time.

It all went like clockwork even though it did make for an early 2.30am wake-up to eat and catch the ferry at 4.00am! The course itself is very scenic with great views across the harbour. Be aware that there is a limit on the numbers allowed to enter so you need to get in early when registrations open (March 2011) as they fill quickly - website <http://www.aucklandmarathon.co.nz/>

Cheers Peter Sullivan



No. 19 Bob Sammells

We need more babes...

NO, not what you're thinking (though they would always be welcomed.)

I mean the little humans, dribbling and gurgling in their pushchairs.

Why? – to encourage more younger members. It seems a pity that while major events allow babes in buggies to be pushed by their athletic young parents, Masters denies them.

What's the difference between pushing a wheelbarrow, and a baby buggy?

If they're no problem surrounded by hundreds and thousands of other runners, why can't we cope? At most we have 150 competitors on a Sunday morning, and after the rush start we're pretty well strung-out!

Obviously, there are cross-country events that might not suit wheelers. But that's up to the parents to decide.

My View... by The Editor



I accept that dogs on leads are a hazard; and skateboards give a slightly unfair advantage.

Maybe we need legal advice on liability if a child is involved in a spill? How do organisers of major public runs deal with this?

I don't know, but what I do know is that younger couples with babes would be more likely to show up at Masters events if they could push a buggy and be part of the competition.

Please let me know your view.

VW



Time to re-think this rule?

What's in a number?

SOME members are still confused about our running numbers.

When the system was introduced, existing members were allocated numbers in order of their joining the club. So the lowest numbers went to the founders, and so on.

For some reason, this has imbued those low numbers with some mystique.

'Ah, one of the coveted low numbers' is a phrase I have heard.

We have done so before, but printed here are some of the early members and their numbers. Numero uno was Cliff Bould, now deceased.



No 10 ▲
Merv Moyle



No 24 Ray Lawrence

3	John Gilmour
4	Bob Hayres
6	Garnet Morgan
7	Stan Lockwood
9	Rob Shand
10	Merv Moyle
11	Bob Fergie
16	Frank Usher
19	Bob Sammells
20	Jeff Whittam
23	Val Prescott
24	Ray Lawrence
25	Jim Barnes
27	Frank Smith
30	Barrie Slinger
31	Dorothy Whittam
33	Morris Warren
34	Arthur Leggett
35	Jo Stone
37	Mitch Loly
38	Lorna Lauchlan
39	Brian Danby
40	John Pellier

Club policy is, generally, NOT to allocate numbers, especially if they are very low ones. Sometimes, if a person joins and leaves after just a short time as member, that number is re-used.

This is why the numbering system is moving us up to 4-digit numbers. It does not mean we have almost 1,000 members. Current membership is approaching 600.

New Members – Welcome!

Only four to go - to no. 1000!

989 WILLIAMS: Richard M40
990 BATTA: John M45
991 KOEMAN: Chris M50

992 RUBICK: Wayne M50
993 BILLINGTON: Allan M45
994 SNEESBY: Jane W35
995 TURNER: Stella W60
996 DORE: James M60



Who says the camera can't lie? Above, these two are actually the same height. Blame photographer Graeme Dahl.

Right: Milton Mavrick in front, determined to stay ahead of Kings Park training partner Sandra Rourke. Below, Tom Tralau, Prabuddha Nicol and Ross Keane.

LONG EVENT - 9.5KM

Rod Hamilton	M45	40:01	41:30
John Allen	M50	40:33	42:00
Peter March	M50	41:20	43:55
Jim Klinge	M60	41:39	41:30
Paul Hughes	M55	42:00	41:30
Chris Reid	M45	42:49	43:00
Grahak Cunningham	M30	42:55	40:52
Michael Karra	M45	44:22	41:59
Ian Davies	M60	45:14	45:56
Karen March	W45	46:10	46:10
Mike Hale	M60	46:13	47:30
John Collier	M40	46:29	47:10
Martin Watkins	M60	46:55	48:30
Gary Fisher	M55	47:15	46:40
Lorraine MacLennan	W45	48:56	49:50
Maurice Creagh	M60	48:57	50:00
Keith Atkinson	M50	49:21	56:03
David Carr	M75	51:34	51:45
Paula Karra	W35	51:35	50:15
Maree Brown	W45	51:38	50:55
Kerriann Bresser	W40	52:00	51:00
Milton Mavrick	M55	52:19	56:03
Sandra Rourke	W40	52:36	52:25
Melissa Hynds	W30	53:13	55:00
Bob Schickert	M65	53:52	55:30
Carol Bowman	W55	54:02	57:15
Julie Wilson	W55	54:51	46:50
V5		56:13	N/E
Charlie Chan	M55	57:41	58:00
Theresa Howe	W60	58:03	61:30
Jim Barnes	M65	58:46	N/E
John Dance	M60	58:55	59:30
Val Millard	W60	59:07	N/E
Richard Danks	M65	59:30	58:55
John Talbot	M60	61:05	58:30
Wayne Taylor	M50	61:08	62:10
Paul Martin	M65	61:35	63:00
Irene Ferris	W55	65:26	56:48
Regina Crouch	W40	67:41	57:00

ONCE a year I suffer a Jekyll and Hyde transformation. Vetrun's normal, lovable, mild-mannered Clark-Kent style reporter becomes, not Superman, but a raging dictator. I get GOT.

With the regular team of helpers doing all the hard work, I justify my existence by shouting at the competitors.

So - sorry if you were one of the many whose feathers I ruffled this year. At least nobody transgressed the golden rule, and came through the chute after just one lap. (Threatening a 'damn good thrashing' by the headmaster worked wonders.)

Timeless Trophy

Everyone has an equal chance of taking home the coveted, priceless and Timeless Trophy, or the second prize, a veteran alarm clock.

All you have to do is estimate your own time, over two or three laps of Hale School's mixed terrain. You can run, hop, walk or crawl. The person whose guess is closest to their actual time wins.

A cross-country run is harder to estimate of course, because of the changing

GOT Run

November 7, 2010

HALE SCHOOL

Director: Vic Waters

resistance of the course. Despite this, many members come close and often someone picks it to the second.

So it was this year. Karen March was spot on in the long event, with her estimate of 46:10 for 9.6km.

Unusually, the shorter event competitors were off their game this year.

Bob Fergie won, with his estimate of 55:29, and an actual time of 55:50.

Morning tea

Everyone seems to enjoy the location and Hale's staff couldn't be more helpful. They have now offered us part of the pavilion for a proper morning tea, and provided this is agreeable to our tea-team, the GOT will be even better next year.

VW



The Dictator, and below, the Voice of Reason.



SHORT EVENT - 6.3KM

		Actual Time	Est time
V1		27:50	26:80
Paul Burke	M40	28:00	27:27
Tom Tralau	M35	29:46	28:30
Ross Keane	M45	30:01	38:30
Mark Hewitt	M55	31:16	32:00
John Mack	M65	32:18	N/E
Mark Sivyer	M60	32:56	53:00

Mark Dawson	M45	32:44	36:00
Gillian Young	W60	33:21	49:00
Peggy Macliver	W65	35:14	43:20
John Batta	M45	36:31	38:45
Delia Baldock	W45	37:02	36:00
Janet Jiang	W45	39:05	N/E
Roger Walsh	M65	39:07	40:00
V3		40:21	48:00
Jackie Halberg	W60	41:44	42:25
Bryan Hardy	M65	42:43	44:57
Mike Rhodes	M60	42:45	45:04
V4		43:19	48:00
Kevin Hynds	M40	46:42	42:00
Elaine Dance	W55	49:53	69:02
Jo Richardson	W55	49:54	69:02
Lynne Schickert	W65	54:24	55:48
Kirt Johnson	M80	55:49	53:25
Linda Rhodes	W60	64:25	48:00
Mary Heppell	W70	64:27	51:29
Bob Fergie	M75	55:50	55:29
Jeff Whittam	M75	56:23	55:17
Toni Frank	W65	57:50	45:00



Daryl White is leading here, but Ian Davies overhauled him in the 4km run. Visitor V6 pipped Ian though, and again in the Garvey Gallop. He is 14-year-old Michael Crouch, Regina's son.

4K RUN

V7		16:24
V6		16:31
Ian Davies	M60	16:34
Darryl White	M50	16:39
Joe Clark-Murphy	M60	16:44
Jim Klinge	M60	16:57
Sandra Stockman	W45	19:13
Dante Giacomini	M40	19:55
Barbara Blurton	W60	20:16
Peggy MacIver	W65	21:36
Delia Baldock	W45	21:54
Irwin Barrett-Lennard	M80	22:09
V5		22:13
John Dennehy	M50	22:53
Jim Riddell	M70	23:29
Aldo Giacomini	M70	25:06
Ursula Clark-Murphy	W55	25:07
John Ellard	M65	25:09
Arnold Jenkins	M65	25:51
V9		26:08
Jackie Halberg	W60	26:55
Julie Wood	W60	29:59
V3		30:02
Jan Jarvis	W65	31:35
V10		32:14
Margaret Bennett	W65	32:16

8K WALK

Bryan Hardy	M65	59:08
Mike Rhodes	M60	64:29
Bob Fergie	M75	68:43
Jeff Whittam	M75	68:43
Kirt Johnson	M80	68:46
Linda Rhodes	W60	74:49
Ray Lawrence	M80	74:49
Ross Keane	M45	81:03

4K WALK

David Brown	M60	32:19
Alan Pomery	M75	40:34
Maggie Flanders	W70	41:30
Dorothy Whittam	W70	41:31
Sylvia Szabo	W50	41:38
V12		41:42

Kalamunda Railway

November 14 2010

Directors: Bert & Bridget Carse

WE enjoyed planning and organising the Kalamunda Railway Run and thank the club and Richard Danks for providing us with a list of helpers who readily volunteered assistance when contacted.

Thank you – John Oldfield, Christine Oldfield and Sarah Ladwig for doing a fine job of timekeeping and recording; Bjorn Dybdahl and Debbie Wolfenden for setting up and operating the water station; helpers Kerriann Bresser, Caryn and Mel Ebstein, Sandra Hughes, Dennis Hughes, Stan Delandgraft, Kristen Adrian, Elaine Dance and Nicola Maslen who all turned up to ensure that we had sufficient helpers to ensure the safety of all.

It was very pleasing to see the numbers that took part. Participants ages ranged from 30 to 84 years. It was wonderful to see four members from the 80 to 84 age group participating. The club also welcomed visitors from the USA and Portugal.

Although there was a strong south easterly wind, the conditions were ideal because Mother Nature provided us with shade and windbreaks. Participants who looked for the wild-flowers, we are sorry you missed most of them by about two to three weeks. Still look on the bright side; if you had stopped to look at the daisies you would not have had such fast times.

Congratulations to all who took part. We hope that you all enjoyed your visit to Kalamunda.

B & B

8K RUN

V1		31:45
V4		31:47
Paul Odam	M50	32:19
Rod Hamilton	M45	32:35
John Allen	M50	33:01
Tristan Bell	M45	34:49
Chris Reid	M45	34:59
Peter March	M50	35:42
Mark Hewitt	M55	36:46
Nicola Maslen	W35	37:04
Robin King	W50	37:06
V2		37:32
Brian Danby	M60	37:57
Maurice Creagh	M60	37:59
Karen March	W45	38:14
Sue Bourn	W40	38:29
Lorraine MacLennan	W45	38:41
Neil McRae	M55	38:44
V11		39:00
Mark Sivyver	M60	39:05
Frank Gardiner	M60	39:47
John Mack	M65	39:48
Gillian Young	W60	39:50
Brian Bennett	M60	41:03
Richard Blurton	M60	41:17
Ivan Brown	M65	41:30
Dave Roberts	M65	41:37



Leading in these pics (by Graeme Dahl) are, from top, Jim Barnes; Peter March and Dave Roberts; Mark Sivyver; Denise Viala and Brian Smith.

Johan Hagedoorn	M65	41:43
Graham Thornton	M70	41:46
Mike Khan	M65	41:50
Nick Miletic	M55	42:09
Bob Schickert	M65	42:42
David Carr	M75	43:01
Sandra Rourke	W40	43:08
Mark Dawson	M45	43:16
Melissa Hynds	W30	43:52
Julie Wilson	W55	44:20
Mike Hale	M60	44:26
John Batta	M45	45:03
Lorraine Lopes	W70	45:12
Greg Wilson	M60	45:34
John Byrne	M60	45:35
Jim Barnes	M65	46:25
Wayne Taylor	M50	46:26
Charlie Chan	M55	46:50
Val Millard	W60	47:27
John Dance	M60	47:29
Roger Walsh	M65	47:33
Richard Danks	M65	47:50
Brian Smith	M70	50:55
John Talbot	M60	52:07
Denise Viala	W60	53:47
Regina Crouch	W40	54:13
Berni Scott	W45	55:26
Vic Beaumont	M80	56:49
Lynne Schickert	W65	66:16

Last round-up for the Gallopers

AN overcast, humid morning made the long run/walk a challenge. But the shortened 4.9km distance was a welcome attraction for a GG record of 104 entrants. The run will change character next year to become the Garvey Lakes run, due to safety issues.

A number of our regular helpers were unable to be there this year, but we are grateful for the many offers of help that came as the club rallied round. The team of Brett Roach, Kirt Johnson, Terry Manford, Alan Pomery, Bernard Mangan, Trish Farr and Glenis Folk were supplemented by willing stand-ins Carol Bowman, Dave Roberts and John Batta. A number of others offered help on the day, making our task in presenting this final running of the Garvey Gallop so much easier. We are grateful to all of you; it is a reminder of what a truly great club this is.

JO & CO

and the poetic view....

As the hour approached the sun came through;
Runners strolled round the ring, walkers too;
Starter Christine called for an orderly queue;
Silence filled the air save a whinny or two;
Expectation rose; you could hear the odd cough
As the silence broke when the whistle blew -
They're off!

Gathering pace all the time, down the straight they raced
In their shining silks - hues of red, white and blue.
At the brook, scatt'ring moorhens - alarm on their face
And under the highway, Oh! How they flew.
Up the long hill past the hotel with pace
To the wat'ring hole manned by Kirt near his place.

Approaching the water, by the table, we saw
Those who wanted a short one, runners galore,
They made a sharp turn, but some wanted more
And kept to the left as they crossed the wide Swan.
Down through chicane - not the woodland of yore.
The snakes were afrit - off to safety they bore
As the runners and walkers passed by shouting "fore!".
To the crest at the end; then back whence they came
To a glorious finish with praise just the same
Whether first in or last, it matters no jot
This is Masters, on Sunday - a wonderful lot!

Garvey Gallop

November 21, 2010

Directors: Christine & John Oldfield



Top: a soleful portrait by photographer Frank Smith; above, Ian Davies is pursued by young master Crouch in the 4.8km. There's only a few seconds, and 50 years separating them.

Left, good to see track enthusiast John Dennehy on a Sunday (less so to see Gillian Young nursing an injury.) Below, left, Leo Hassam and Martin Watkins has spotted something nasty under the bridge (a troll with a camera?) and right, Paul Hughes and Amanda Walker aren't afraid of it!

4.8K RUN

V4		19:57	Delia Baldock	W45	26:36
Ian Davies	M60	20:02	V3		27:01
Paul Hughes	M55	20:43	Barry Jones	M50	27:20
Amanda Walker	W45	20:44	John Byrne	M60	27:37
Chris Maher	M55	21:49	Mike Anderson	M60	27:49
Frank Gardiner	M60	22:57	Kerriann Bresser	W40	27:53
Brian Danby	M60	23:49	John Dennehy	M50	28:56
Vic Waters	M65	23:50	Jim Riddell	M70	29:17
Dante Giacomini	M40	24:12	Paul Martin	M65	30:30
Mike Hale	M60	24:18	Tanya Burke	W35	30:48
Chris Koemam	M50	24:23	John Ellard	M65	31:04
Barbara Blurton	W60	24:45	V 7		31:10
Sean Keane	M45	24:56	John Talbot	M60	31:29
Graeme Dahl	M60	25:27	Aldo Giacomini	M70	31:53
Johan Hagedoorn	M65	25:50	Merv Jones	M70	33:06
Peggy MacIver	W65	26:02	Pam Toohey	W60	33:09
			Vic Beaumont	M80	33:53

Garvey Gallop – cont.

Cecil Walkley	M80	34:38
Sheila Maslen	W70	39:02
Nicola Maslen	W35	39:04
V5		42:37
Toni Frank	W65	42:38
Margaret Bennett	W65	48:56

9.8K RUN

Thomas Waumsley	M35	38:49
John Allen	M50	42:33
Jim Klinge	M60	43:22
Chris Reid	M45	44:55
Bruce Wilson	M65	45:18
Darryl White	M50	45:20
Kim Thomas	M35	46:55
V1		47:15
Ross Keane	M45	47:39
Martin Watkins	M60	48:21
Gary Fisher	M55	48:25
V6		48:51
Brian Bennett	M60	48:59
Lorraine MacLennan	W45	49:02
Maurice Creagh	M60	49:03
Mark Sivyer	M60	49:22
Bob Schickert	M65	50:08
John Mack	M65	50:27
Neil McRae	M55	50:28
Mark Dawson	M45	51:42
Richard Blurton	M60	52:53
Keith Atkinson	M50	52:55
Maree Brown	W45	53:21
Melissa Hynds	W30	53:53
Nick Miletic	M55	54:33
Mike Khan	M65	54:50
Sandra Rourke	W40	56:07
Greg Wilson	M60	58:24
Julie Wilson	W55	58:28
Charlie Chan	M55	59:31
David Baird	M65	60:00
Sarah Ladwig	W60	61:20
John Dance	M60	61:25
Roger Walsh	M65	61:55
Theresa Howe	W60	61:58
Val Millard	W60	62:07
Richard Danks	M65	62:11
Brian Smith	M70	64:05
Kevin Hynds	M40	74:40
Berni Scott	W45	75:59
Jo Richardson	W55	79:02
Elaine Dance	W55	79:03
Mary Heppell	W70	80:12

4.8K WALK

Bryan Hardy	M65	35:58
John Smith	M75	37:52
David Brown	M60	38:05
Jeff Whittam	M75	42:18
Ray Hall	M75	43:16
Rosa Wallis	W65	47:31
Barbara Campbell	W70	47:33
Ray Lawrence	M80	48:58
Margaret Warren	W75	49:00
V2		49:52
V8		50:01
Sylvia Szabo	W50	50:02
Maggie Flanders	W70	50:14
Leo Hassam	M80	52:49
Morris Warren	M70	55:19
Shorty Turner	M75	55:21
Elaine Sillery	W75	60:01

9.8K WALK

Michele Mison	W60	76:57
Regina Crouch	W40	79:54
Lynne Schickert	W65	81:37
Jeni Shillington	W50	84:09
Bob Fergie	M75	84:10



Brian Danby, above, had an easy one after Rottneest; Bryan Hardy, below, is becoming a real challenge for regular walkers.



HEY a great morning, why the hell only 58 people took advantage of such a location is beyond me? Yep, an extra one hour in the morning once a year, so what? And a sausage sizzle afterwards, and a swim after that. I spent an extra couple of hours with friends having a late breakfast and still had these results to Bob Schickert and Richard Danks for checking by 1-30pm.

*Thanks E & J,
Barrie.*

BARRIE is getting too quick with the results – cannot keep up with him! Thanks to all who attended the Safety Bay run, and even to the snake that decided to grace us with its presence on the track. John and I do apologise for the car parking problems but we will return to the usual location next year. A special ‘thanks’ go to Steve, Sue and Merv for making sure everyone went to the right place and were able to park. It was a beautiful morning and, as Barrie said, quiet a few of you took advantage of the beach for a refreshing swim after the hot run. Thanks to all my helpers: without them John and I would not be able to make the run the success that it was. Their time was really appreciated. Thank also Woolworths at Warnbro. They donated a voucher so we could supply the sausage sizzle for you all to enjoy. Even though there was a small turnout we raised \$28 for Telethon. Once again, thanks to all who came along and we look forward to seeing you all again next year

Elaine

Safety Bay Foreshore

November 28, 2010

*Directors: Elaine and
John Dance*

5KM RUN

Vis 2		25:36
Nick Miletic	M55	26:43
Sarah Ladwig	W60	29:00
Irwin Barrett-Lennard	M80	29:14
Brian Danby	M60	30:26
John Brambley	M65	31:02
Vis 4		31:38
Roger Walsh	M65	32:03
Bronwyn Smith	W35	34:08
Merv Jones	M70	34:54
Vic Beaumont	M80	37:54
David Carr	M75	38:22
Margaret Bennett	W65	39:26
Mary Heppell	W70	40:10
Jan Jarvis	W65	42:51
Toni Frank	W65	44:06

10KM RUN

Trevor Scott	M50	39:49
Lachlan Marr	M50	42:11
Peter March	M50	44:08
Chris Reid	M45	45:42
Brian Bennett	M60	47:53
Lorraine MacLennan	W45	50:38
Maurice Creagh	M60	51:22
Mark Sivyer	M60	51:28
Mark Dawson	M45	52:18
Bruce Mathieson	M65	52:30
Bob Schickert	M65	53:19
David Baird	M65	55:04
Maree Brown	W45	55:27
Keith Atkinson	M50	55:43
Ross Keane	M45	56:18
Neil McRae	M55	56:34
Melissa Hynds	W30	57:59
Graham Thornton	M70	58:52
Greg Wilson	M60	59:44
Julie Wilson	W55	60:19
Jim Barnes	M65	60:45
John Byrne	M60	60:56
Theresa Howe	W60	63:20
Val Millard	W60	63:55
Richard Danks	M65	64:59
Janet Jiang	W45	66:43
Brian Smith	M70	66:48

5KM WALK

Lynne Schickert	W65	40:28
Patricia Hopkins	W65	45:49
Vis 1		45:54
Dorothy Whittam	W70	49:47
Noela Medcalf	W75	50:35
Maggie Flanders	W70	50:39
Elaine Sillery	W75	55:34
Ann Turner	W70	55:34
Carol Bowman	W55	56:40
Vis		56:50

10KM WALK

Bryan Hardy	M65	69:50
Paul Martin	M65	74:42
Michele Mison	W60	76:43
Bob Fergie	M75	83:53

COMING EVENTS – HELPERS

DECEMBER 19

CHRISTMAS GIFT

Race Directors: Elaine & John
Dance - 08 9593 4607
Helpers are not required.

DECEMBER 26

BOXING DAY

Race Director: Barrie
Thomsett - 08 9440 3820
Stephen Dunn, Arnold Jenkins

DECEMBER 27

ALDERBURY PARK

Race Director: Wayne Taylor -
0415 863 871
Sue Bourn, Ian Davies, Theresa

Howe, Arnold Jenkins, Ross
Keane, Stan Lockwood, Ross &
Veronika Sensenberger, Frank
Smith, Tom Tralau, Greg &
Julie Wilson

JANUARY 2

EAST PERTH

Race Director: John Smith -
0421 216 569
John Batta, Shirley Bell, David
Brown, Bert & Bridget Carse,
Jackie Halberg, Ralph
Henderson, Steve Hossack &
Basia Lis, Melissa & Kevin
Hynds, Stan Lockwood,
Bernard Mangan, Dalton

Moffett, Mark Rosen, Mark
Sivyer, Tom Tralau, Gillian
Young

JANUARY 9

JOONDALUP

Race Directors: Denise &
Pierre Viala - 08 9307 1249
Mike Anderson, Brian &
Margaret Bennett, Barbara &
Michael Campbell, Johan
Hagedoorn & Julie Wood,
Janice Matthews, Martin
Watkins

JANUARY 16

AGE GRADED

Race Directors: Mark Sivyer &
Gillian Young - 08 9572 1895 &
08 9295 1754
Sue Bullen, Stephen Dunn,
Rod Hamilton, Martin
Henson, Melissa & Kevin
Hynds, Mike & Paula Karra,
Duncan & Fiona McAuley,
Keith Miller, Mike & Linda
Rhodes, Berni Scott, Jenni
Shillington

ALL helpers – you must contact the race director to
confirm that you are available for the allocated event.

MASTERS ATHLETICS WA



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**MAWA
and**

**Vetrin
Contacts**

Secretary MAWA
53 Ward Crescent
Kelmscott WA 6111
9390 2056

Editor:
Vic Waters
Ph/ fax: 9341 3464
vicwaters@iprimus.com.au

Patron:
John Gilmour

Website:
www.mastersathleticswa.org
Email:
enquiries@mastersathleticswa.org

Club uniforms:
Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

President:
Barbara Blurton

Age graded tables – Peter Sandery

It doesn't take a lot of imagination to realise that a 70 year old runner is not going to be able to achieve the same race times as an elite 25 year old. Similarly, a 60 year old high jumper is not going to be able to match the performance level they may have achieved as a young adult. Age related physical changes in the body slowly, but surely degrade performance and any masters athlete who expects to be able to maintain the race times of their youth is doomed to disappointment. We have to accept that we will slow with age and the issue is not with this fact, but with how much we can expect to slow with each additional year. A similar question applies to field event athletes. If we were able to achieve a certain level of performance relative to the best in the world as a young adult, what corresponds to the same relative level of achievement when we are masters age athletes?

In the 1970s, the World Association of Veterans Athletes (WAVA) compiled a set of tables which can be used to compare performances at different ages for track & field, racewalking and long distance running events. Using running as an example, a set of **event standard times** was established for males and females for each distance for all ages from 8 to 100 (with open class performance from age 20-29). These standards were essentially based on times that approximate world record performances for each age in each event. For each event, performance was plotted against age to give a set of curves that one would expect for a smooth progression with age, with adjustments for a small number of results that were inconsistent. The tables have been revised when accumulated data on performances indicated that change was necessary. WAVA is now World Masters Athletics (WMA).

For an individual athlete, perhaps the best way of using the age graded tables is to calculate an **age graded percentage** for a result. This is simply the event standard for your age divided by your result for that event, multiplied by 100 to give a percentage. As an example, suppose a 55 year old male 1500m runner achieved a time of 5:05 (or 305 seconds). Using the version of the age graded tables developed in 2006 and now accepted by WMA (the previous set of tables was developed in 1994), the standard time for a 55 year old male for 1500m is 251.8 seconds. The age graded percentage is therefore $100 \times 251.8/305 = 82.6\%$

You can use your age graded percentage results in several ways. If you are able to maintain the same age graded percentage for an event each year then, relative to all other athletes your age, you are maintaining your level of performance (regardless of the fact that your actual time for the event will usually be increasing). In effect, the age graded percentage is a measure of how well you are doing compared to the best in the world at your age. A record of your age graded performances in each of your events over a period of years allows you to assess whether or not you are improving, maintaining or losing relative performances.

If you know that your current age graded percentage in a track event is say 78% and you want to achieve 80% in the coming year, you can use the age graded tables to determine

what time you need to run to achieve that level. This can then be used to plan a training program aimed at that target time.

You can also use your age graded percentage to compare yourself with athletes either younger or older than yourself (if you know their race times) - 60 year old and 35 year old athletes with the same age graded percentage for an event can be considered as achieving at the same level. While that may be cold comfort for the masters athlete when actual times are compared, it is the only realistic measure that a masters athlete can use to determine whether or not he/she is performing at a given level.

If you are interested in competing in masters athletics meetings at various levels, your age graded percentage will give you a good measure of how competitive your performances are likely to be. The following age graded percentage levels provide a guide to relative performance levels:

Over 100%	= approximate world record level*
Over 90%	= world class
Over 80%	= national class
Over 70%	= state class
Over 60%	= local class

(*WMA recognises world records in five year age groups, not individual ages. WR holders therefore have a better chance of achieving a world record when they are at the bottom of an age group)

When the tables are revised, 100% age graded is usually set above current world record performances. For example, in the 2006 tables, the standard time for M60 for 1500m is 262.59 seconds, or 4min 22.59sec. The equivalent world record (as of early 2006) is 4min 27.65sec, set in Brisbane in 2001 (Ron Robertson, NZ). The W40 standard time for 200m is 22.62sec and the world record for W40 for 200m is 22.72sec, set in 2004 (Merlene Ottey, SLO).

You can use the levels above as targets if your goal is to achieve a first three finish in an event at, for example, a national or world masters championship. In practice, only a small number of athletes achieve an age graded result of 90% or more in a national or even world championship event.

The age graded percentages for field events tend to be a little lower than those for running and racewalking. This is because field events are more technical than track events and often yield a much wider spread of results than track events, even at elite levels.

The age graded tables also include performance data expressed in another way as **age factors** which provide a way of directly comparing performances to open level performances. For example, from the tables, the F55 age factor for 10km is 0.8195. If a 55 year old woman runs 10km in 50:30 (50.5 minutes), the equivalent open performance is $0.8195 \times 50.5 = 41.38$ minutes.

The software that is used to process the results for SA Masters meetings includes a module to calculate age graded percentages so you can compare yours with those of other competitors in your event or in other events.

The SA Masters summer program includes an age graded percentage night where the winner is the person (male or female) with the highest age graded result, regardless of the event or the actual age of the person. Using age graded tables to determine the outcomes of an event or range of events motivates all competitors to compete at their highest level because simply winning an event may not be good enough. If the event is a track race, sitting behind another competitor and then putting in a burst at the end to win will not achieve the highest age graded result the person is capable of and another older athlete in the same event may run a better time in terms of age graded percentages. While there are arguments for and against their use, age graded percentages are the most objective way we have of comparing performances across a range of events and ages.

There are several web sites that provide age graded calculators that you can use to determine your age graded percentage for an event. All you have to do is to enter whether you are male or female, your age, the event and your performance in that event. One such site is:

<http://www.howardgrubb.co.uk/athletics/wmalookup06.html>

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression "going bananas" is from the effects of bananas on the brain. Read on:

Never, put your banana in the refrigerator!!!

This is interesting..

After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose & glucose combined with fiber. A banana gives an instant, sustained & substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit.. It can also help overcome or prevent a substantial number of illnesses & conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood & generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia : High in iron, bananas can stimulate the production of hemoglobin in the blood & so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food & Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure & stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, & lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach &, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes & re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up & avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling & irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight & at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate & chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture & smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity & reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical & emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium & magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain & regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin & place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A & iron, & twice the other vitamins & minerals. It is also rich in potassium & is one of the best value foods around. So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

PASS IT ON TO YOUR FRIENDS

PS: Bananas must be the reason monkeys are so happy all the time! I will add one here; want a quick shine on our shoes?? Take the INSIDE of the banana skin, & rub directly on the shoe....polish with dry cloth. Amazing fruit!!!

VETRUN EXTRA – 2009/10 SPECIAL PERFORMANCES

This “Extra” has been compiled from reports by Campbell Till, the club’s hard-working statistician.

Campbell has extracted the 90%-plus aged graded performances by MAWA athletes throughout the 2009/10 club year and listed them on the following page.

Also added is the complete list of records set at the recent National Masters Championships, **Perth 2010**.

90+ Percent Age Graded Performances

1/4/09 to 31/3/10

David Carr M77	400m 67.67	99.41%
David Carr M76	2kSC 9:01.98	98.75%
David Carr M76	800m 2:38.53	95.99%
Bert Carse M67	2kSC 8:05.83	95.24%
Lyn Ventris W52	5k Walk 24:19.33	93.46%
Peggy Macliver W65	200m 32.15	92.45%
Bert Carse M67	1500m 5:03.88	92.21%
Lyn Ventris W52	10k Walk 51:35.0	91.74%
Neil Morfitt M54	800m 2:11.48	91.47%
Peggy Macliver W65	100m 15.51	91.46%
Barrie Kernaghan M69	200m 28.03	91.30%
David Clive M72	100m 13.95	91.18%
Peggy Macliver W65	400m 73.24	90.99%
David Clive M72	200m 29.27	90.88%
Alan Gower M54	1500m 4:35.3	90.66%
Lynne Choate W56	100m 14.41	90.43%
Scott Tamblin M30	800m 1:51.81	90.43%
Byrony Glass W32	Weight 17.59m	90.16%

(11 athletes)

In this period: **134 State Records**

21 Australian Records (Cam Yorke 2, Scott Tamblin 4, Irwin Barrett-Lennard 2, Byrony Glass, Rae McMillan 2, Lorraine Lopes, Peggy Macliver, 8 relays)

1 World Record (M80 4x800 relay)

W.A. RECORDS @ AMA CHAMPIONSHIPS PERTH 2010

EVENT	AGE	NAME	PERF	DATE	WA	AUS	ET or HT	%
60 Metres	M70	Barrie Kernaghan	8.59	2-Apr-10	S		ET (+1.9)	
60 Metres	M90	Peter Kennedy	15.91	2-Apr-10	U		ET (+3.3)	
100 Metres	M35	Brett Blanco	11.44	2-Apr-10	S		ET (+1.3)	87.76%
1500m Walk	M90	Peter Kennedy	16:11.60	2-Apr-10	S	A	ET	60.50%
Long Jump	M90	Peter Kennedy	1.60	2-Apr-10	S		0.0	54.42%
Hammer Throw	M40	Sakkie Mathewson	37.98	2-Apr-10	S			49.93%
Hammer Throw	M85	Wilf Chapman	17.30	2-Apr-10				48.34%
Hammer Throw	M90	Peter Kennedy	7.96	2-Apr-10	S			29.39%
Shot Put	M55	Geoffrey Gee	12.86	2-Apr-10	S			72.45%
Shot Put	M85	Wilf Chapman	7.42	2-Apr-10				60.97%
Shot Put	M90	Peter Kennedy	4.62	2-Apr-10	S			49.04%
60 Metres	W65	Peggy Macliver	9.43	2-Apr-10	S	A	HT (+2.0)	
100 Metres	W55	Lynne Choate	13.99	2-Apr-10	S		ET (+2.0)	94.07%
100 Metres	W65	Peggy Macliver	15.42	2-Apr-10	S		ET (+0.8)	92.80%
800 Metres	W70	Lorraine Lopes	3:32.97	2-Apr-10	S		ET	83.70%
10,000 Metres	W70	Lorraine Lopes	50:48.70	2-Apr-10	S		ET	91.31%
1500 Metres Walk	W75	Sylvia Byers	10:57.92	2-Apr-10	S		ET	76.01%
1500 Metres Walk	W80	Lorna Lauchlan	11:55.36	2-Apr-10	S		ET	75.71%
Hammer Throw	W30	Byrony Glass	58.72	2-Apr-10				82.72%
Hammer Throw	W60	Kate Glass	34.20	2-Apr-10				67.76%
200 Metres	M90	Peter Kennedy	66.78	3-Apr-10	U		ET (+2.6)	61.40%
1500 Metres	M80	Irwin Barrett-Lennard	7:18.54	3-Apr-10	S		ET	75.33%
2000m Steeplechase	M65	Bert Carse	8:03.71	3-Apr-10	S		ET	95.66%
Discus Throw	M85	Wilf Chapman	18.82	3-Apr-10	S			58.25%
Discus Throw	M90	Peter Kennedy	11.11	3-Apr-10				43.74%
Javelin Throw	M40	Paul Foley	43.57	3-Apr-10	S			53.39%
Javelin Throw	M75	Rob Shand	25.56	3-Apr-10	S			57.36%
Javelin Throw	M85	Wilf Chapman	15.03	3-Apr-10	S			39.93%
Javelin Throw	M90	Peter Kennedy	10.12	3-Apr-10	S			36.80%
5000 Metres Walk	W75	Sylvia Byers	38:07.90	3-Apr-10	S		ET	80.04%
5000 Metres Walk	W80	Lorna Lauchlan	40:13.87	3-Apr-10	S		ET	83.18%
Javelin Throw	W30	Kate Adams	34.52	3-Apr-10	S			47.29%
Javelin Throw	W60	Kate Glass	23.92	3-Apr-10	S			57.21%
Javelin Throw	W80	Raema McMillan	15.34	3-Apr-10	S	A		69.51%

400 Metres	M90	Peter Kennedy	3:06.12	4-Apr-10	S	ET	53.19%
Triple Jump	M90	Peter Kennedy	3.47	4-Apr-10	S		52.58%
Pole Vault	M70	Don Chambers	2.03	4-Apr-10	S		61.33%
Hammer Throw	M85	Wilf Chapman	19.42	4-Apr-10	S		54.26%
Heavy Weight Throw	M85	Wilf Chapman	8.24	4-Apr-10			59.41%
Shot Put	M85	Wilf Chapman	7.61	4-Apr-10	S		62.53%
Throws Pentathlon	M40	Sakkie Mathewson	2473	4-Apr-10	S		
Throws Pentathlon	M85	Wilf Chapman	3209	4-Apr-10	S		
4 x 100 Metres Relay	M45	MAWA Team	49.86	4-Apr-10	S	ET	
4 x 100 Metres Relay	M45	Marty Campbell	49.86	4-Apr-10	S		
4 x 100 Metres Relay	M45	Campbell Till	49.86	4-Apr-10	S		
4 x 100 Metres Relay	M45	Greg Vander Sanden	49.86	4-Apr-10	S		
4 x 100 Metres Relay	M45	Colin Smith	49.86	4-Apr-10	S		

300 Metres Hurdles	W65	Ruth Johnson	71.46	4-Apr-10	S	ET	77.22%
Hammer Throw	W60	Kate Glass	35.31	4-Apr-10	S		69.96%
Hammer Throw	W80	Raema McMillan	22.36	4-Apr-10	S		
Heavy Weight Throw	W40	Louise Oswald	9.21	4-Apr-10	S		56.69%
Heavy Weight Throw	W60	Kate Glass	12.90	4-Apr-10	S		69.95%
Javelin Throw	W55	Lisa Kirsch	24.58	4-Apr-10	S		52.02%
Throws Pentathlon	W40	Louise Oswald	2588	4-Apr-10	S		
Throws Pentathlon	W80	Raema McMillan	##4817	4-Apr-10	S		

1500 Metres	M90	Peter Kennedy	14:29.78	5-Apr-10	S	ET	53.63%
Discus Throw	M90	Peter Kennedy	11.23	5-Apr-10	S		44.21%
Heavy Weight Throw	M85	Wilf Chapman	8.81	5-Apr-10	S		63.52%
Javelin Throw	M35	Mark Jeffery	49.61	5-Apr-10	S		52.56%
Pentathlon	M35	Mark Jeffery	2872	5-Apr-10	S	ET	
Pentathlon	M40	Chris Neale	2936	5-Apr-10	S	ET	
Pentathlon	M90	Peter Kennedy	1359	5-Apr-10	S	ET	

10K Road Walk	W80	Lorna Lauchlan	82:18.4	5-Apr-10	S		87.38%
Heavy Weight Throw	W30	Byrony Glass	17.75	5-Apr-10	S		92.59%
Pentathlon	W30	Melissa Foster	2017	5-Apr-10	S	ET	
Pentathlon	W40	Simone Solomon	1870	5-Apr-10	S	ET	
Pentathlon	W45	Sharon Moloney	2298	5-Apr-10	S	ET	
Pentathlon	W55	Lynne Choate	2753	5-Apr-10	S	ET	
Pentathlon	W65	Peggy Macliver	3858	5-Apr-10	S	ET	

3 Australian Records

61 State Records

+ 2 Pentathlons (M35 & M40)

+ 3 windy M90's