

# Vetrur

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## Kings Park – Club team wins improved terms

MASTERS' events in Perth's premier park will be cheaper, following negotiations between senior members and the park's director. They have also established clear guidelines for safe road-crossings. However, use of sand trails remains limited.

Dissatisfaction at our relationship with Kings Park administration came to a head in March at the Teddy Birds run. An action group was formed to examine problems posed by some local authorities, beginning with Kings Park.

Led by Irwin Barrett-Lennard, currently Masters' vice-president, the group brought considerable experience to bear. They established Masters' needs, and researched the arrangements under which Kings Park is managed for the general community. After preliminary sparring, Ivan Brown, John Bell and Paul Martin met the park's director, Marcelle Broderick.

Prior to that meeting we made it clear that Masters comprises responsible and mature people who have as much interest as any other citizens in preserving and caring for Kings Park.

I believe we all owe a vote of thanks to our negotiating team for achieving a new rapport with park administration, and all members should now support them by behaving impeccably whenever we use Kings Park.

### Savings

Events in the park will now cost \$125, down from \$250. Previously, we were also charged a \$100 'site fee'. This is now waived.

### Traffic marshals

A traffic management plan must be lodged for events with road-crossings, and properly accredited marshals must be on road patrol. Members willing to gain these qualifications (involv-

## WORLD CHAMPS FOR PERTH

PERTH will hold the Masters World Championships in 2016.

The victory came in Sacramento, where 132 delegates from across the globe first voted to switch to even years competition (2016 instead of 2017) and then chose Perth, with its new stadium and strong government support, to hold the prestigious event.

Richard Burton is head of the Perth Local Organising Committee. On July 15 he said:

"After 12 months work by our Perth bid team I am pleased to announce that in Sacramento today at the WMA General Assembly

Perth won the right to stage the 2016 World Masters Athletics Championships."

The General Assembly had earlier decided to change the Stadia Championships to even years from 2016, and the French city of Lyon was awarded the 2015 Championships.

"A lot of people have contributed to getting the bid together and it is a very positive result for Australian Masters Athletics. Now we're looking forward to delivering the best ever World Masters Athletic Championships," said Richard.

ing a one-day training course, which is not arduous) should contact Irwin.

### Cross-country

Our Kings Park 'cross-country' runs have never been true, off-path, events. They can continue, provided a trail route is agreed with the park.

### World Championships

Now the world will be coming to Perth, in 2016, it's especially gratifying that this unique inner-city park should be available to Masters, and our visitors, for training, club events and – who knows – perhaps for part of the World Championships programme too?

VW



## Perth 2011 Marathon

BOB Lane is this year's winner of the Jim Barnes Trophy, awarded for the best age-graded Perth Marathon performance by a Masters club member. With a time of 3h12m34s - 81.96% age graded - M60 Bob had a great run and should be set for a good outing in Melbourne this October. He'll be joined there by Sandra Stockman, who ran her first marathon in Perth this year.

(more – turn to page 11)

## Sacramento success For WA Masters

SACRAMENTO'S World's will long be relished by WA athletes. As part of the Australian team (overall, second only to the USA), that took gold medals, set world records and won the 2016 Championship rights – they should be proud!

Our team also boasts Mark Jeffery, and he now ranks up there with the athletics greats. For Mark took part in the decathlon with a broken arm, set six pb's, WA records, won bronze – and made a one-handed pole-vault 'that will become a Legend' writes Graeme Dahl. You MUST see the picture to believe it, in Graeme's superb T&F special newsletter, for all the great and golden moments from Sacramento.

# HAVE YOU CHECKED THE BACK PAGE?

EVERY member should check the Vetrun back page – every month – to see if your name is listed as a helper for the coming weeks.

If it is, please call your race director to confirm you're available and find out what you will be required to do on the day.

## Can't make it?

If for some reason you are unable to help, it's your responsibility to find a replacement and give the director a name and phone number for your stand-in.

Sometimes we have too many helpers for a particular event!

## New Members – Welcome!

1043 MILLS: Lara W40  
1044 DIXON: Tracy W45  
1045 PADOVAN: Boris M35  
1046 MELLOW: Peter M45  
1047 WARD: Stacey W30  
1048 DROUET: Neil M30  
1049 YAPP: Valentine M45

## VALE

### Wilfred (Bill) Chapman: 19/4/1924 - 14/06/2011

IT is with great sadness that we learn of the death of Wilfred (Bill) Chapman. Bill was a champion thrower, competing regularly in our state championships over many years. He is remembered as a larger-than-life character, full of jokes and often entertaining his fellow competitors with his repertoire of funnies. Also a champion weightlifter, Bill was a Master to be admired and respected.

John Oldfield

If you have nominated to help at an event where there are already enough helpers you will be asked to switch to another event which needs helpers. – we can't run our Sunday calendar without your help. If you render your assistance in this way you will help make all our races run more smoothly.

Thanks.  
Gillian Young

## You write....

### Throwers please note

Hi Vic,

I have been informed that McGillivray would not be available until 7pm on Tuesday nights this summer, arrangements are now in place for our runners and jumpers to use the WAAS facility instead. But they may have to compete for space with other users as the summer competition numbers grow.

The fall-back for throwers is Thursday evenings at ECAC (Coker Park). For older throwers who can't make it otherwise and want to, a car pooling arrangement, leaving Cottesloe Station car-park (off Curtin Ave) at 4.45pm returning by latest 7.45pm is suggested. Throwers wanting to take up this option, please let me know.

Irwin B-L

## Thanks to the Marathon helpers!

CLUB members represented us full and well at this year's Perth Marathon, where it was good to see brothers-in-law John Pellier and Jim Barnes in action. For John it was his 30th Perth run.

Helpers Jackie Halberg, Sean Keane, Chris Frampton, Mary Heppell, Kerrianne Bresser, Lorraine Lopes, George and Adele Fish and Barbara Blurton were at Coode Street.

At the Jeff Joseph Reserve, in Applecross, you might have seen Delia Baldock, Jan Jarvis, Milton Maverick, Lisa Todesco, Bernadette Height and Maurice Creagh. A little further on, Bob Schickert was guarding the half way clock.

## In My View...

by The Editor



# Some silly season!

IN journo circles August is known as the silly season. Everyone's on holiday (northern hemisphere) or hibernating (southern hemisphere.) Nothing happens. Dead donkey stories make headlines. So I slope off, expecting to slip back into sleepy Perth and find nothing doing.

Then – we win the World Championships; make heroic performances in the USA; and achieve détente in Kings Park. Some silly season.

All the good news preceded me – and because of our excellent website – and the sterling work of Graeme Dahl with the TFNL – and Sunday morning announcements, you have all been kept up-to-date on all these stories.

That's great, and I encourage everyone to go to a computer – through friends, family, or the library – for far more words and pictures than we can possibly carry in these pages.

Vetrun will keep carrying the headlines, results, and more. But you're missing out on so much more if you avoid the computer screen!

## Masters Weekend-away

HI folks, it's coming up to our next weekend holiday, which will be held on Thursday 27th October through till Sunday 30th. The public holiday is on Friday instead of Monday so we will arrive on the Thursday and go home on the Sunday.

We are going to the Lewana Cottages near Balingup. Please tell me if you are interested in going, it will be a fun weekend, comprised of running, walking, eating, drinking and lots of laughter.

Regards Denise Viala.  
[gumtree.p.d@optusnet.com.au](mailto:gumtree.p.d@optusnet.com.au)

## Great pics?

Hi Vic

Just a quick hello and message of appreciation: love being able to download the Vetrun and the photos are great. I'm not dead, only injured, as usual. Keep up the great work.

Duncan and Fiona

Thanks Duncan, and though I would love to take all the credit, we now have a great team of snappers helping out on Sundays. Frank Smith and Sandra Stockman deserve special thanks, for covering all the events reported in this edition. While I was abroad it was great to know that others are willing to step up.

VW



No events without helpers – Ross Keane at the halfway point

# Around Herdsman

June 5, 2011

Directors: Jim & Margaret Langford



Lara Mills – a new member who has made an early mark, third in the 15km.



All winners: above Michele Mison, 15km walk; and Rochelle Airey, 5km run (pic from an earlier Sharks Run). Below, Joan Pellier, 7.5km walk (pic at Deepwater Point 2011); and John Allen, 15km run.



## 15K RUN

John Allen	M50	62:19
V3		64:08
Lara Mills	W40	65:14
Ian Davies	M60	66:10
Tom Tralau	M35	66:17
Jim Klinge	M60	66:43
Sandra Stockman	W45	67:27
Prabuddha Nicol	M50	68:20
Danny Sheehan	M55	69:16
Karen March	W45	71:15
John Bell	M65	71:17
Gillian Young	W60	74:13
Maree Brown	W45	74:52
Sean Keanne	M45	75:38
Ross Keanne	M50	77:33
John Batta	M45	77:36
Michael Karra	M45	78:07
Shirley Bell	W60	79:40
Paula Karra	W40	80:21
V2		80:27
Jim Barnes	M65	82:06
Melissa Hynds	W30	82:10
Tanya Burke	W40	82:43
Janice Mathews	W40	82:45
Sandra Rourke	W40	83:35
Heiner Huning	M55	85:15
John Pellier	M70	88:05
Milton Mavrick	M55	91:15
Theresa Howe	W60	95:07
V4		95:43
Val Millard	W60	1:42:05
Kevin Hynds	M40	1:43:57

## 7.5K RUN

Bob Lane	M60	29:54
Chris Frampton	M45	31:01
Paul Hughes	M55	31:19
John Collier	M45	31:50
Lisa Searle	W35	31:55
Tristan Bell	M45	32:59
Mark Hewitt	M55	34:08
Tom Clarke	M60	34:16
Maurice Creagh	M60	34:26
Dave Roberts	M65	34:57
David Baird	M65	35:59
Bruce Mathieson	M65	36:14
Carol Bowman	W55	36:58
John Mack	M65	37:19
Bob Schickert	M65	37:24
Grahak Cunningham	M30	37:27
Jennifer Radisich	W60	37:37
Johan Hagedoorn	M65	37:53
Hamish McGlashan	M70	38:42
Irwin Barrett-Lennard	M80	39:12
Gary Fisher	M55	39:33
David Carr	M75	39:52
Ray Attwell	M75	39:59
Mike Anderson	M60	40:26
Paul Martin	M65	40:46
Graeme Dahl	M60	40:59



Mitch Loly returns, to win 5km walk.  
(pics – Frank Smith)

Delia Baldock	W45	41:36
John Dennehy	M50	42:21
Damien Hanson	M55	42:40
V1		43:51
Dennis Hughes	M60	44:09
Karl Stockman	M50	45:00
John Talbot	M60	45:48
Denise Viala	W60	46:12
Andrea Byrne	W30	46:13
John Byrne	M60	46:50
John Ellard	M65	46:54
Lorraine Lopes	W70	47:00
Kerriann Bresser	W40	49:06
John Dance	M60	52:09
Sandra Hughes	W60	53:32
Jackie Halberg	W65	54:10
Julie Wood	W60	54:11
Pierre Viala	M60	57:12
Jan Jarvis	W65	60:41
Brian Bennett	M60	61:48
Toni Frank	W65	62:20
Linda Rhodes	W65	65:17
V7		65:47
<b>5K RUN</b>		
Rochelle Airey	W40	32:01
V6		42:45

## 15K WALK

Michele Mison	W60	1:47:32
Peter Ryan	M60	1:54:12
Lynne Schickert	W65	1:58:20
Regina Crouch	W40	1:59:43
Jeff Whittam	M75	2:07:26
Bob Fergie	M75	2:07:27

## 7.5K WALK

Joan Pellier	W70	71:18
Dorothy Whittam	W70	71:51
Elaine Ellard	W65	79:06
Elaine Sillery	W75	79:07

## 5K WALK

Mitch Loly	M70	43:02
Ray Lawrence	M80	45:46
Margaret Saunders	W55	49:21
V5		49:24
Richard Danks	M65	50:30

**15K RUN**

Kim Thomas	M35
Lachlan Marr	M50
V5	
V2	
John Allen	M50
V7	
Lara Mills	W40
Steve Hossack	M50
V4	
Karen March	W45
Keith Miller	M60
Lisa Searle	W35
Carl Ciccarelli	M50
Ross Keane	M50
Bob Schickert	M65
Brian Danby	M60
Sean Keane	M45
John Batta	M45
Maree Brown	W45
Monique Fountain	W35
Janice Mathews	W40
Jim Barnes	M65
Ray Attwell	M75
Sandra Rourke	W40
Mike Hale	M60
V3	
Peter Bath	M65
John Pellier	M70
Julie Wilson	W55
Sarah Ladwig	W60
Theresa Howe	W60
Val Millard	W60
Les Smith	M50

**15K WALK**

David Smyth
Michele Mison
Lynne Schickert

**7.5K WALK**

John Smith
Wayne Taylor
Jeni Shillington
Lorna Lauchlan
Joan Pellier
Bob Fergie
Jeff Whittam
Tracey Dixon
Jennie Lee
Richard Harris
V1



## Deepwater Point

June 12, 2011

Directors: Mike & Paula Karra

The sun shines on the righteous.  
So, does that mean we can't blame  
the directors for the timing cock-  
up? Frank Smith took this picture  
of Mike and Paula, putting on  
bright, brave faces!

Margaret Saunders	W55
Rosa Wallis	W65
Morris Warren	M70
Mitch Loly	M70
Dorothy Whittam	W70
Elaine Ellard	W65
David Muir	M65



Top, Kim Thomas and Lachlan Marr in step, for top spots in the 15km; Hamish McGlashan, Johan Hagedoorn and Gary Fisher in 7.5km finishing order.

Below left, Ian Davies and Prabuddha Nicol follow a visitor in the 7.5km; and below Claire Walkley.

**7.5K RUN**

V6	
Ian Davies	M60
Prabuddha Nicol	M50
Chris Frampton	M45
Paul Hughes	M55
Paul Burke	M40
Tom Tralau	M35
V8	
Sandra Stockman	W45
Tom Clarke	M60
Grahak Cunningham	M30
David Carr	M75
Mark Hewitt	M55
Bruce Mathieson	M65
Jim Klinge	M60
Dave Roberts	M65
Maurice Creagh	M65
Carol Bowman	W55
Claire Walkley	W45
Mike Khan	M65
Hamish McGlashan	M70
Johan Hagedoorn	M65
Gary Fisher	M55
Irwin Barrett-Lennard	M80
Graeme Dahl	M60
Mike Anderson	M60
Lorraine Lopes	W70
John Byrne	M60
Paul Martin	M65
Nick Miletic	M60
John Dennehy	M50
Delia Baldock	W45
Keith Atkinson	M50
John Brambley	M65
Karl Stockman	M50
Roger Walsh	M65
Merv Jones	M70
John Talbot	M65
Denise Viala	W60
John Ellard	M65
Rochelle Airey	W40
Greg Wilson	M60
Andrea Byrne	W30
Brian Smith	M70
Mark Dawson	M50
Vic Beaumont	M80
Cecil Walkley	M80
Kathy Burr	W70
Julie Wood	W60
Pierre Viala	M60
Regina Crouch	W40
Jan Jarvis	W65
Jo Richardson	W55
Elaine Dance	W60
Toni Frank	W65
Mary Heppell	W70
Margaret Bennett	W65
Sheila Maslen	W70



# City Rail

June 26, 2011

Directors: Mike & Linda Rhodes

## 10.7K RUN

Brett Roach	M40	38:47
Lachlan Marr	M50	41:49
Paul Hughes	M55	43:46
Bjorn Dybdahl	M55	45:34
Lara Mills	W40	45:38
Steve Hossack	M50	47:22
Michael Karra	M45	48:00
Ross Keane	M50	48:41
Sue Bourne	W40	49:05
V3		50:27
Ivan Lazarus	M55	50:28
Maurice Creagh	M65	51:10
Gillian Young	W60	51:40
Bob Schickert	M65	51:49
John Bell	M65	51:53
Sean Keane	M45	51:54
Gary Fisher	M55	54:02
Maree Brown	W45	54:22
Gavin Howard	M50	55:26
Bruce Mathieson	M65	55:37
Melissa Hynds	W30	56:11
Milton Mavrick	M55	56:29
Charlie Chan	M55	56:43
Paula Karra	W40	56:46
Irwin Barrett-Lennard	M80	56:52
Neil McRae	M55	56:55
V2		57:12
Kris Adrian	W40	57:41
Julie Wilson	W55	58:00
Ray Attwell	M75	58:21
Jim Barnes	M65	58:37
Paul Martin	M65	61:52
Brian Bennett	M60	62:30
John Byrne	M60	63:26
Janet Jiang	W45	64:14
Les Smith	M50	65:21
Greg Wilson	M60	70:23

Top left – Morris Warren waves for the walkers; left, Kris Adrian doesn't suffer from hat-hair; below, Bob Schickert, John Bell and Sean Keane.  
(pics – Frank Smith)



Two Mikes – mickey-taking?

## 7.3K RUN

Rod Hamilton	M45	28:56
Ian Davies	M60	30:16
Chris Frampton	M45	30:32
Tom Tralau	M35	31:48
Sandra Stockman	W45	32:03
Jim Klinge	M60	32:09
Frank Gardiner	M60	33:00
Dante Giacomin	M40	33:23
Graeme Dahl	M60	33:45
David Baird	M65	34:26
Raymond Gimi	M45	34:30
Dave Roberts	M65	35:15
Brian Danby	M60	36:29
Carol Bowman	W55	36:46
Chris Koemam	M50	36:57
Mark Dawson	M50	37:28
Kerriann Bresser	W40	37:47
Johan Hagedoorn	M65	38:27
Janice Mathews	W40	38:41
Delia Baldock	W45	39:36
Damien Hanson	M55	41:55
Dennis Hughes	M60	42:30
Lorraine Lopes	W70	42:38
Karl Stockman	M50	43:49
David Carr	M75	43:52
Andrea Byrne	W30	44:56
Aldo Giacomin	M75	45:41
John Dance	M60	46:31
John Ellard	M65	46:32
Vic Beaumont	M80	50:28
Jo Richardson	W55	56:04
Elaine Dance	W60	56:04
Sheila Maslen	W70	56:57
V1		56:59

## 10.7K WALK

John Smith	M75	81:31
Regina Crouch	W40	87:53
Jeni Shillington	W50	87:54
Bob Fergie	M75	87:58

## 7.3K WALK

Roger Walsh	M65	55:39
Ray Hall	M75	57:01
Wayne Taylor	M50	57:57
Lorna Lauchlan	W80	59:22
Kirt Johnson	M80	61:01
Jennie Lee	W55	63:29
Richard Harris	M70	64:01
Morris Warren	M70	64:44
Ray Lawrence	M80	64:57
Sylvia Szabo	W50	71:03
Sylvia Szabo	W30	71:11
Ann Turner	W75	73:14
Pat Ainsworth	W75	73:15
Elaine Ellard	W65	74:12
Elaine Sillery	W75	74:13
Margaret Warren	W75	80:50
Leo Hassam	M80	80:58
Shorty Turner	M75	82:45



## 5K RUN

Eligible winners were Ian Davis(M) and Kerriann Bresser(W)

		Time	H/Cap	Actual
Ian Davies	M60	32:18	11:58	20:20
John Brambley	M65	32:41	3:14	29:27
Johan Hagedoorn	M65	32:42	7:43	24:59
Mike Anderson	M60	32:43	5:26	27:17
Aldo Giacomin	M75	32:51	2:14	30:37
Kerriann Bresser	W40	33:00	7:02	25:58
Jane Stanbrook	W40	33:11	4:20	28:51
Delia Baldock	W45	33:41	6:58	26:43
Raymond Gimi	M45	33:42	9:44	23:58
Dante Giacomin	M40	34:00	11:06	22:54
Vic Beaumont	M80	34:17	0:00	34:17
Mike Rhodes	M65	34:34	5:03	29:31
Kathy Burr	W70	35:36	0:00	35:36
Val Millard	W60	35:41	3:28	32:13
Marg Forden	W65	36:18	1:11	35:07
Roger Walsh	M65	36:49	4:11	32:38
Ray Hall	M75	37:16	0:00	37:16
Sheila Maslen	W70	38:33	0:00	38:33
Linda Rhodes	W65	39:13	0:00	39:13
Toni Frank	W65	39:21	0:00	39:21
Jo Richardson	W55	40:25	0:00	40:25
Elaine Dance	W60	40:25	0:00	40:25
Ran from scratch:				
Shirley Bell	W60	28:23		
Dennis Hughes	M60	29:23		
Lisa Todesco	W35	30:44		
V 2		32:45		
V 1		33:47		

## 10K WALK

John Smith	M75	77:40
V 4		81:37
Jeni Shillington	W50	82:02

## 5K WALK

Eligible winners were David Brown(M) and Elaine Sillery(W)\*

\*Wayne Taylor and Mitch Loly did not complete required number of pre-race walks

		Actual	H/Cap	Time
Wayne Taylor	M50	39:41	0:00	39:41
Mitch Loly	M70	47:36	3:36	44:00
David Brown	M60	48:23	10:43	37:40
Elaine Sillery	W75	49:00	0:52	48:08
Richard Harris	M70	49:26	5:04	44:22
Morris Warren	M70	49:28	5:17	44:11
Bob Fergie	M75	50:37	9:23	41:14
Lorna Lauchlan	W80	51:10	8:22	42:48
Kirt Johnson	M80	51:12	7:43	43:29
Rosa Wallis	W65	51:37	6:17	45:20
Margaret Warren	W75	53:53	4:41	49:12
Ann Turner	W75	54:03	7:44	46:19
Joan Pellier	W70	54:38	9:49	44:49

# Sharks Handicap

July 3, 2011

Director: Paul Martin



THE usual course was cut short as this was the first attempt at a 5km handicap. Whilst it made my job in marking a lot easier by way of two laps instead of an out and back, it was disappointing to see about three quarters of the runners deciding to do the 10km. Lets wait and see what happens in the next 5km event before we draw any conclusions. Thanks to all my helpers: Paul Hughes, Sandra Stockman, Charlie Chan, Heiner Huning, Dee Haynes, Sarah Ladwig and Lisa Searle who made everything go without a hitch.

Paul

Above right – Shirley Bell and Julie Wilson; top left, handicap winner Kerriann Bresser.

Below, John Talbot ahead of new member Lisa Todesco; and Delia Baldock leading eventual winner Kerriann.  
(new pics – Sandra Stockman)

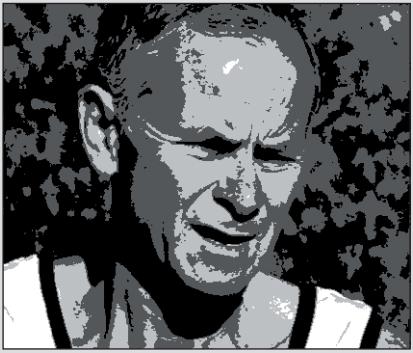
Paul – it's tough when those old pics come back to haunt you!



## 10K RUN

Kim Thomas	M35	40:05
Rod Hamilton	M45	41:20
John Allen	M50	42:16
Chris Reid	M45	43:54
Jim Klinge	M60	44:32
Michael Karra	M45	44:50
Ross Keane	M50	45:16
V 7		45:28
Karen March	W45	45:59
Niamh Keane	W45	46:46
V 6		47:04
Mark Dawson	M50	48:22
Frank Gardiner	M60	48:39
Brian Bennett	M60	48:50
Maurice Creagh	M65	48:52
Gillian Young	W60	49:18
V 8		49:49
Brian Danby	M60	50:01
John Batta	M45	50:08
Maree Brown	W45	50:17
Gary Fisher	M55	50:35
David Baird	M65	51:37
Bruce Mathieson	M65	51:38
Milton Mavrick	M55	52:31
Paula Karra	W40	52:34
Melissa Hynds	W30	53:16
Jim Barnes	M65	53:31
V 5		53:39
Monique Fountain	W35	53:42
Neil McRae	M55	54:12
Mike Hale	M60	54:38
Neil Morfitt	M55	54:38
Sandra Rourke	W40	54:59
V 3		55:20
Julie Wilson	W55	56:38
David Muir	M65	58:41
John Pellier	M70	58:59
Karl Stockman	M50	61:34
Les Smith	M50	62:04
John Dance	M60	62:31
John Talbot	M65	62:32
John Byrne	M60	63:09
Greg Wilson	M60	63:43
Andrea Byrne	W30	67:25
Kevin Hynds	M40	67:35
Richard Danks	M65	72:11

*He was too late for the June Vetrun, but our one and only poet in residence, Wayne Pantall, has made amends with this tribute. Subject of Wayne's grim conjecture is pictured here, showing the strain of out-running the wraith with the scythe!*



## Grim Reaper loses 25 km

### RRC RACE REPORT - 2011

Congratulations to winners and place-getters in all categories, and to our selfless helpers on this, the longest of our club events.

Wayne

Who's that breathing down his neck, and what's that slashing sound, with no one on his ginger, when he turns to look around? Why does haunting laughter come with each new stab of pain? What's that gloomy shadow on him, with no sign of rain?

Why the lancing pain he feels in climbing Tranby Hill? More than just a niggle – the Achilles nagging still. Throbbing from his coccyx, like he's fallen on his butt -hence a face that's racked in pain – that of a bulldog mutt.

Where's the next oasis – could he catch a camel train? Why's the turn point so far out? ("A curse on bloody Wayne") Smiling vultures salivate as misery runs past. Should they finish him off now, or pick him off when last?

He is the face of torture with 'The Reaper' at his heels, Looking grim, as does 'The Reaper' – showing how he feels. Slashing at the ankles as he lunges for the throat. Will 'The Reaper' catch up this Vetrunner of such note?

Marshals shout encouragement and friendly cup of drink- each week braving elements to save us from the brink. There's a winners' cup for all, from Jacqui and from Vic, as Bennett beats the clock and death – dropping like a brick.

*Why do women corner best?  
Answers please, on a postcard...  
Proving the point are (from top) Sue  
Bourn, Karen March and Julie Wilson.  
(pics – Frank Smith)*



## Mattagarup

July 10, 2011

Director: Wayne Pantall

A COOL still morning provided ideal conditions to bring out the best in the field of 91 competitors in this, our ninth Mattagarup Run.

Lonely Brett Roach once again scorched the adjusted 10 km course to finish well ahead of the pack, and as you will see from the lists, Karen March was first woman back.

As a consequence of the flooded Trinity Wetlands (and its infestation of crocodiles waiting for Brian Bennett) we added the distance of that loop to the East Perth rail terminal leg. I'm happy to report that Brian finished with two legs and his usual smile.

Those too scared to venture anywhere near the dangerous Trinity Wetlands, and police headquarters, were led back in the 5km by Dave Roberts and Delia Baldock to the safety of southside Mattagarup.

Once the word got out, some turned back, opting for a 5km 'Casual Amble' in the footsteps of David Brown and Anne Turner. However, a bunch of 10 km 'Sunday Strollers' braved the dry strip between the crocs and river to arrive safely back at Burswood, under the astute leadership of Wayne Taylor and Jeni Shillington. Worthy helpers and competitors then all had a nice warm Beaumont cuppa.

Last in that day was your race director on deadly-treadly, with the collected bag of flags and cones, to find that Jim Klinge had run away orienteering, with all the club equipment. Happily, Jim returned to the location a week later to organise a very successful Club Half Marathon.

Thanks to you all – especially the waterproof helpers.

Wayne

### 10K RUN

Brett Roach	M40	36:32
John Allen	M50	41:47
Ross Keane	M50	41:49
Paul Hughes	M55	42:04
Michael Karra	M45	44:29
Bob Lane	M60	44:30
Joe Clark-Murphy	M60	45:12
Keith Miller	M60	45:30
Mark Dawson	M50	45:41
Karen March	W50	45:48
Sue Bourn	W40	46:17
Maurice Creagh	M65	47:19
Martin Watkins	M60	47:44
Mike Hale	M60	48:13
Gillian Young	W60	48:35
Brian Danby	M60	48:48
John Batta	M45	49:10
Peter March	M50	49:28
Brian Bennett	M60	50:08
Sean Keane	M45	50:32
Gary Fisher	M55	50:50
Gavin Howard	M50	51:09
Maree Brown	W45	51:14
Rob Badenoch	M55	51:16



What's Joan (left) telling photographer Frank? Something about well-hung?

Under her, Peter Bath is prominent at the start, and Barrie Thomsett with Mark Sivyer concoct the results. Below, sprinter walking, Jan Jarvis is one of our earliest members, and Michael Black is one of the newest.



Chris Koemam	M50	51:33	John Brambley	M65	61:18	Toni Frank	W65	36:27
Bruce Mathieson	M65	51:45	John Talbot	M65	62:02	Linda Rhodes	W65	37:25
Neil McRae	M55	51:46	Richard Danks	M65	62:09	<b>10K WALK</b>		
Paula Karra	W40	52:02	John Dance	M60	62:29	Wayne Taylor	M50	79:17
Peter Bath	M65	52:22	Denise Viala	W60	63:18	Jeni Shillington	W50	81:00
Charlie Chan	M55	52:23	Theresa Howe	W60	63:51	Ray Hall	M75	82:19
Jim Klinge	M60	52:40	John Ellard	M65	63:51	Regina Crouch	W40	82:21
Julie Wilson	W55	54:28	Vic Beaumont	M80	72:14	Bob Fergie	M75	83:31
Graham Thornton	M70	54:55	Cecil Walkley	M80	72:15	Morris Warren	M70	87:07
Ray Attwell	M75	54:59	Kathy Burr	W70	73:03	<b>5K WALK</b>		
Milton Mavrick	M55	55:47	<b>5K RUN</b>			David Brown	M60	37:08
Michael Black	M50	56:01	Dave Roberts	M65	24:08	Mitch Loly	M70	42:13
John Pellier	M70	56:07	Raymond Gimi	M45	24:26	Kirt Johnson	M80	42:14
Claire Walkley	W45	56:37	Delia Baldock	W45	26:24	Ann Turner	W75	42:16
Paul Martin	M65	56:39	Mike Anderson	M60	26:54	Tom Tralau	M35	42:52
David Muir	M65	57:09	Mike Rhodes	M65	26:59	Patricia Hopkins	W65	44:07
Sarah Ladwig	W60	57:27	Damien Hanson	M55	28:21	Richard Harris	M70	44:11
Keith Atkinson	M50	57:33	Dennis Hughes	M60	28:29	Sylvia Szabo	W50	47:48
V4		57:47	Lisa Todesco	W35	29:07	Elaine Ellard	W65	48:00
John Byrne	M60	57:55	Ursula Clark-Murphy	W60	32:30	Margaret Warren	W75	48:00
Jane Stanbrook	W40	59:30	V2		33:18	Elaine Sillery	W75	48:11
Janet Jiang	W45	59:35	V1		34:29	Pat Ainsworth	W75	48:12
Karl Stockman	M50	60:16	V3		34:58	Margaret Bennett	W65	48:50
Les Smith	M50	60:44						



Lachlan Marr – first home in the club half

## 21.1K RUN

### MEN

Tom Trala	M35	98:08
Scott Howard	M40	1:47:10
Tristan Bell	M45	97:44
Lachlan Marr	M50	83:03
Peter Sullivan	M50	88:22
John Allen	M50	90:44
Ross Keane	M50	95:08
Milton Mavrick	M55	2:02:54
Keith Miller	M60	96:55
Joe Clark-Murphy	M60	97:24
Mike Hale	M60	1:44:57
Brian Danby	M60	1:48:43
Brian Bennett	M60	1:52:02
Bruce Mathieson	M65	1:52:26
Peter Bath	M65	1:58:57
John Pellier	M70	2:05:01

### WOMEN

Melissa Hynds	W30	2:01:09
Monique Fountain	W35	1:53:29
Lara Mills	W40	90:58
Kerriann Bresser	W40	1:59:45
Janice Mathews	W40	2:03:14
Julie Keeley	W40	2:09:30
Sandra Stockman	W45	96:29
Janet Jiang	W45	2:10:54
Karen March	W50	97:43
Julie Wilson	W55	2:00:53
Gillian Young	W60	1:44:29

### VISITORS

V5		93:15
V3		1:45:20
V4		1:47:23
V2		1:49:31
V8		2:03:14
V1		2:17:21
V6		2:19:43



# Club Half Marathon

July 17, 2011  
Director: Jim Klinge

THIS Sunday morning turned into a perfect day, cool and dry with hardly any wind made for perfect running conditions.

The 6km and half-marathon turnarounds were well flagged and nobody had trouble locating them. All kilometre intervals were clearly marked. The run attracted about 100 runners and walkers. Thanks to all of you who competed and especially thanks to the volunteer helpers whose efforts made this a very enjoyable morning. Lachlan Marr ran very strongly to take first place in the half-marathon. The first half-marathon



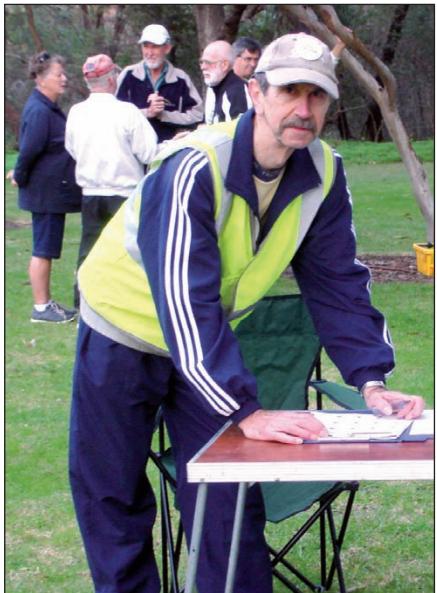
female runner was Lara Mills. The top half-marathon female walker was Michelle Mison and the top half-marathon male walker was John Smith. The championship medals will be presented at the Presentation Lunch in September, so check the results to see if you have won a place in your age group and come along to receive your medal. Hope to see you all again next year.

Jim



Lara Mills, first woman in the half, is challenging many of the club's fastest men. Below, water-table action, and right, Cecil Walkley and Vic Beaumont in a dead-heat.





Director Ralph Henderson coped with yet more changes in Kings Park. Sharp-eyed oldies might recognise Sandi Hodge, behind Ralph, visiting from Tasmania. (Pics – Frank Smith.)

**cont. from page 9**

Sandra Rourke	W40	57:01
Claire Walkley	W45	57:26
Paul Martin	M65	58:48
John Talbot	M65	63:41
John Dance	M60	64:06
Kevin Hynds	M40	65:10
V7		66:37
Andrea Byrne	W30	67:40
Vic Beaumont	M80	85:13
Cecil Walkley	M80	85:13

#### **6K RUN**

V9		24:51
Dante Giacomin	M40	27:04
Raymond Gimi	M45	27:27
Dave Roberts	M65	29:02
Mark Hewitt	M55	30:50
Mike Anderson	M60	32:34
Maurice Creagh	M65	32:36
Dennis Hughes	M60	33:42
Damien Hanson	M55	33:59
Mike Rhodes	M65	34:11
John Brambley	M65	35:21
Aldo Giacomin	M75	36:15
Ursula Clark-Murphy	W60	37:12
Pierre Viala	M60	42:39
Toni Frank	W65	44:04
Linda Rhodes	W65	44:36
Jan Jarvis	W65	45:02
Sheila Maslen	W70	50:10

#### **10.5K WALK**

Jeni Shillington	W50	85:16
Elaine Dance	W60	85:50
57:38		
Roger Walsh	M65	85:56
Morris Warren	M70	95:31
Fiona Cousins	W40	1:42:28

#### **6K WALK**

Kirt Johnson	M80	50:51
Mitch Loly	M70	51:37
Ray Lawrence	M80	53:54
Elaine Sillery	W75	58:46
Pat Ainsworth	W75	58:46
Margaret Warren	W75	58:47
Merv Jones	M70	59:51

## Cross Country

KINGS PARK

July 24, 2011

Director: Ralph Henderson

AS you will note from the change of name, it was decided that this would no longer be a championship run, as we have the cross-country championships at Jorgensen Park. At least it was the same course, or almost, as I had to shorten it due to the road works at the top end. It turned out to be a 4.5k lap, so sorry to those who thought that they had done a PB!

It was good to see so many visitors running. I hope the walkers enjoyed their course, which appeared to be a very close contest between the pacemakers. Thanks to the competency of all my willing helpers the event went off without a hitch. So a big thank you to marshals Anne, Elaine, Neil, John and son, timekeeper Alan, recorders Elaine and Jenny and drinks Arron and family. Apologies to helpers whose names I have missed! I trust everyone enjoyed themselves and will, I hope, be back next year.

*Ralph*



#### **9K RUN**

Brett Roach	M40	35:29
V4		39:24
Kim Thomas	M35	39:38
John Allen	M50	40:04
Rod Hamilton	M45	40:38
V5		41:22
Paul Hughes	M55	41:25
Lara Mills	W40	41:36
Margaret Saunders	W55	41:45
Steve Hossack	M50	41:46
Ross Keane	M50	42:38
Michael Karra	M45	43:05
Sandra Stockman	W45	43:12
Bruce Wilson	M65	44:30
Mike Hale	M60	44:59
Mark Dawson	M50	45:05
V7		45:17
Karen March	W50	45:20
Sean Keane	M45	45:28
Brian Danby	M60	45:35
Dave Roberts	M65	46:19
Gillian Young	W60	46:23
Maurice Creagh	M65	47:02
Ian Davies	M60	48:20
Gavin Howard	M50	48:51
Bruce Mathieson	M65	49:53
V6		49:55
Charlie Chan	M55	50:14
Monique Fountain	W35	50:17
Mike Khan	M65	50:38
Melissa Hynds	W30	50:43
Paula Karra	W40	51:21
Claire Walkley	W45	51:41
Julie Wilson	W55	52:39
Sandra Rourke	W40	53:16
Milton Mavrick	M55	54:45
Sarah Ladwig	W60	55:15
Peter Bath	M65	57:01
John Pellier	M70	57:50
Theresa Howe	W60	58:04
V3		58:35
Basia Lis	W45	58:37
Les Smith	M50	58:47
Greg Wilson	M60	59:20
Karl Stockman	M50	61:18
Richard Danks	M65	63:07
Denise Viala	W60	63:48
Cecil Walkley	M80	68:50

*Left, Brian Danby ahead of Dave Roberts and Gillian Young; below, the beautifully-named Monique Fountain, no 1000!*



# Perth 2011 Marathon

From front page:

OTHER debutants in Perth were Sarah Ladwig, Theresa Howe and Ross Keane. Kim Thomas was first MAWA member home, in 15th place overall (2h55m30s). Apologies to anyone overlooked. Lisa Searle was our first woman, in 3:30:40. Despite early-season injuries, John Pellier completed this, his 30th Perth run; and it's good to know that his brother-in-law, Jim Barnes, was also back in marathon action. Full MAWA results are on website, the road results page, and by now the complete results should be on the WAMC website.



Above, first master home, Kim Thomas' sub-3hrs time was so encouraging, and below, Sandra Stockman will also be encouraged by her stylish debut.



## Kings Park Cross Country

### 4.5K RUN

V9	19:20
V11	19:33
Chris Shenton	M40 20:09
Peter March	M50 21:53
Frank Gardiner	M60 22:16
Duncan McAuley	M60 22:42
Raymond Gimi	M45 23:01
Gary Fisher	M55 23:51
Kerriann Bresser	W40 23:53
Carol Bowman	W55 24:08
Irwin Barrett-Lennard	M80 25:21
Delia Baldock	W45 25:43
John Dennehy	M50 26:20
Mike Rhodes	M65 27:28
Mark Sivyer	M60 27:46
Andrea Byrne	W30 28:17
Paul Martin	M70 29:03
V2	30:00
Rochelle Airey	W40 30:00
Pierre Viala	M60 30:14
Val Millard	W60 30:25
John Dance	M60 30:34
Fiona McAuley	W60 30:55
Bernadette Height	W50 33:15
V10	33:16
V1	37:43
Sheila Maslen	W70 39:36



Above – Bernadette Height showing a visitor the way round Kings Park; left, Wayne Taylor's walking habit is becoming serious, winning the 6.7km.

### 6.7K WALK

V8	54:41
Wayne Taylor	M50 54:45
Jeni Shillington	W50 54:56
Heiner Huning	M55 55:00
Roger Walsh	M65 55:04
Ray Hall	M75 55:44
Bob Fergie	M75 62:00
Patricia Hopkins	W65 65:54
Ann Turner	W75 67:16
Merv Jones	M70 74:59
Ray Lawrence	M80 75:00
Morris Warren	M70 75:25
Margaret Warren	W75 76:42
Shorty Turner	M75 76:43



# COMING EVENTS – HELPERS

**AUGUST 14****BARDON BASH**

Race Directors:

Brian Bennett -

9275 0169/

John Smith - 0421 216 569

Pat Ainsworth, Brett Roach,

Peter &amp; Susan Sanders,

Maxine Santich, Michelle

Mison MORE HELPERS

NEEDED here

**AUGUST 21****RACECOURSE**

Race Director:

Bruce Mathieson -

9359 0607

Shirley Bell, Tristan Bell,

Tessa Brockwell, Julie

Keeley, Maurice Creagh,

Keith Miller MORE

HELPERS NEEDED here

**SEPTEMBER 4****WIRELESS HILL**

Race Directors:

Barry &amp; Leonie Jones -

9364 1857

Maree Creighton, Wendy

Duncan, Elaine &amp; John

Ellard, Bob Fergie, Irene

Ferris, Graham Dahl &amp;

Peggy Macliver, Dalton

Moffett, Sylvia Szabo Jnr

**SEPTEMBER 11****WHITEMAN PARK**

Race Director:

Brian Hardy - 9342 7692

Mark Hewitt, Michael Khan,

John Mack, Sandra Rourke,

Margaret Saunders, Alan

Thornilery, Darryl White,

Lorraine &amp; Iain MacLennan

If your name appears above as a helper but you are unable to help, it is your responsibility to find a replacement and let the Race Director know their name and phone number.

ALL helpers – you must contact the race director to confirm that you are available for the allocated event. If not, please find a stand-in and tell director.

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