

Vetrun

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Top, Giovanni Puglisi follows Sue Bourn at the 6km finish on July 16.

Presentation Day

IT'S a lavish lunch with medals as a bonus - at Miss Mauds in the City on 9 September 2012 at 12 o'clock.

Cost is \$40 each and bookings can be made with Elaine Dance ph 9593 4607 or email danaine@hotmail.com) or Val Millard ph 6468 7720, or email mawasecretary@gmail.com

Please get in touch before August 15 - or see either of them at any Sunday run.

Payment to be made before the date please.



Above, Chris Maher, John Allen and Ian Carson finishing City Rail.

It's Extraordinary!

SOMEBODY will correct me I'm sure - but I think this is a first for our club.

And I bet not many incorporated bodies call an EGM at 7.45am on a Sunday morning? Unless they're trying to make sure nobody turns up. So, maybe Woolworths - and a few banks - will follow suit, soon!

But we know our members will turn out in force for this.

The EGM

An Extraordinary Meeting to vote on a special resolution

to adopt a new Constitution will be held on SUNDAY 26 SEPTEMBER 2012 AT 7.45AM at the Mattagarup Run, Resort Drive, Burswood.

A notice of the extraordinary meeting has been mailed with this Vetrun or emailed to members.

Please contact Valerie Millard (mawasecretary@gmail.com, 6468 7720) for further information.

VW

STATE CHAMPIONSHIPS 2013

Here we go again!

AUSTRALIA'S National Junior Championships are due to be held at WAAS on 16th/17th March 2013. This was the date we had planned to hold our State Championships so we have to re-schedule.

Sound familiar?!

Masters have a firm guarantee that our new booking for March 9/10 is secure.

However, there is an outside chance that the other events at WAAS may have to be changed. If this does happen we should know before entries open.

Here's our new event schedule:

Tuesday 26th Feb, 19.30
5k walk WAAS

Thursday 28th Feb,
not before 18.00
10,000m ECAC

Saturday 2nd March, AM
Pentathlon WAAS

New Directors needed

MASTERS events rely on helpers, and most importantly, race directors.

We'll need several new volunteers to fill directorships for the year beginning next May.

Anyone willing to take on the overall responsibility for organising and putting on one of our Sunday events should please contact Richard Blurton, on (ph) 9293 0190, or by email to r.blurton@iinet.net.au

New members - Welcome!

- 1134 PRICE: Francis M60
- 1135 MICHAEL: Steven M35
- 1136 TASEFF: Steve M45
- 1137 MEYER: Carmel W50
- 1138 CECOTTI: Lui M65
- 1139 BAIN: Rob M55
- 1140 KOERT-BAIN: Paula W45
- 1141 NICHOLS: Rob M30
- 1142 ANKERS: Paul M55
- 1143 CASTENSEN: Gail W55

Saturday 2nd March, PM
Throws pentathlon WAAS

Tuesday 5th March, 1930
2k/3k Steeplechase WAAS

Sat/Sun 9th/10th March
Main weekend WAAS

Hit the Jacques Track, Jack

EVERY year on the narrow tracks of south west France crazed walkers make life hell for French drivers. It's so congested that even van-drivers have been known to slow down and change course, slightly.

I'm sure our club walkers would enjoy the experience, even if it were their last.

Numerous websites will sell you souvenir shirts, tours and advice.

Skip them; here's all you really need to know.

Essentials are sackcloth robes, ashes, sandals and a clam-shell hanging off your back-pack. Donkeys are optional, but considered very stylish. This year I saw a stunning woman, riding one very fine horse and leading another. Her hair was quite short but I couldn't help thinking of Lady Godiva. As she was also accompanied by a large and protective wolf-hound, my enquiries stopped short.

Where to rest

You'll need some euros – really cheap right now – for overnight stops in the gites (France) and refugios (Spain).

A few of the grander hostels sell fresh ashes and do sack-cloth patching.

Oh, don't forget a pocketful of small pebbles.

You can throw them at cars, but most walkers leave one at each stone, Cathar cross they pass. (Be cool, do this, rather than scratching your name.)

The custom is another tribute to Jacques, who carried his stones in his sandals. Boy, was he glad to see that finishing tape in Spain!

Origins

The craze started in 800-something when Jacques did it for a bet.

Bored with his job at the family composting plant outside Paris he added a bit of unpaid leave to the August holidays and said he reckoned he could get to Spain.

Nobody was much interested but his maman bet him five sous he couldn't, just to get rid of him for a few weeks.

Jacques had always been a bit of an embarrassment to the firm anyway, with the sandals and sackcloth. They don't tell you in the official books, but even before he won his 'St' Jacques was known as 'Compost Ella' because he wore long skirts

while shovelling stuff around the yard.

On the road

When Jacques hit the track it didn't cause much of a stir. At the time, everyone walked, everywhere. There wasn't any choice. Alternative for most people was...not walking. Sitting and doing nothing was extremely popular.

How far?

It can be quite a long one. Depends where you live.

Some start as far away as Scandinavia. You can easily tell them by the flashy snowshoes and ostentatious 'excused-sandals' badge from the Pope.

So there's no reason not to start your Jacques Track in Perth. Walk to the airport and when you board tell the chief hostie you're a pilgrim and wearing seat-belts is religious persecution.

Two-Mercs Mich and Eric the Bodyguard

RUNNING being tres dangereuse round here I'm now under threat of kayaking on the Cele with Mich. Chris says I can't do it because I don't know how to roll over. I should have thought that was a good thing.

I'd be skating on thin ice, she says. Fitting, that, because if it was winter Deux-Mercs would have me doing so. The Cele is so shallow at the town of Figeac that last winter it froze solid. Shades of London's Thames in the Middle Ages: and there's another link to this French sojourn, because we often wake to the thud of long-bow arrows hitting their target.

This property is so large there's room for a shooting range. Fortunately the butts have been moved from the normal location, just outside



In My View ... by the Editor-at-large

Although I'm out of town Vetrun is never out of mind, thanks to the continuing contributions from many members. Thanks to you all. Of course, our walkers are foremost in my thoughts, as always, so this month I have made strenuous research to find a suitable place for them all to go, sometime soon.

Then walk up and down the aisle for the whole flight. Some airlines will let you push the drinks trolley.

Do this and you can rack up at least 10,000 Jacques miles, great for bragging rights in

your gites or refugio. Definitely puts the bloody Swedes in their place.

(If you doubt my version, an alternative 'true' history of the Compostelle trek is on Wikipedia.)

our kitchen door (but 'eet is safe, we nevair miss').

I planned to wave a white flag on a stick every time I ventured out to throw tea-leaves into the vegetable bed.

At least the archery is in daylight. At dawn, Eric's outside leading Deux-Mercs through some unpronounceable form of martial arts practice. Tiny, amiable Eric was once personal bodyguard to French Prime Ministers and UN envoys.

Their exercise contortions are silent; Deux-Mercs meditation Omm-ing is a lot loud-

er, especially when he accompanies himself on the bowl and velvet pestle.

When the local church bells sound the Angelus at midday, and clang again at seven pm, Mich gives them competition by whacking up the volume of his commercially-recorded Omm music, played through giant speakers in his art gallery living-room. (Mich's art is a story for another day.)

Not many vegan, Omm-following ascetics have two Mercedes of course. Not many are so astute at buying top-quality claret either. But Mercedes are much cheaper here, and Mich only bought the newer 190D (for a song) so I could drive the old deer-battered model through our narrow country tracks.

Of course, that's the real local sport around Carayac; playing chicken with van drivers and tractors on single-vehicle width 'roads' – while trying to avoid those blessed Compostelle Trail walkers and their donkeys.



**Next Issue:
How to park
in France**

You write ...

Jim and Margaret's Kimberley adventure ...

Hi Vic,

We hope you and Chris are enjoying your time in France. (Envy, envy).

Perth is cold at the moment, but maybe we are noticing it more as we have just returned from about two weeks in the Kimberlies.

We did a 8-day backpack trip across the Carr Boyd ranges.

Well, sort of.

In fact we did not finish it as expected.

We had to be rescued by the SES helicopter after we could not find a way past cliffs when trying to get down off the range. We also had a few other problems such as equipment failure, tick bites, sprained ankles and a bush fire that made us move camp at midnight. Otherwise a good time!

PS Can't run at the moment due to a sore ankle – not happy.

Jim

... and another one for the Pudding Club!

I HAVE just downloaded the July Vetrun and noticed the story about the two pregnant Masters members. In fact there are three. Ciar Langford (Ross's wife) is also expecting.

Proud ma-in-law!

WELL done to Shirley Bell and Kerriann Bresser for completing the Half Ironman at Busselton in May this year. Also competing in this event was Kevin Hynds.

For Kev this was his first attempt at the Half Ironman, in fact, Kev had not even run a half marathon before. Imagine then doing your very first half marathon but before you start you swim 1.9 kms in a rough ocean swim, ride 90 kms on a push bike and then complete a half marathon. Kev did have to walk some of the half marathon – not surprisingly but he did finish.

Well done Kev – your mother-in-law is very proud of you.

Gillian Young



Kevin Hynds

Ciar joined Masters so that she could do the CC in Melbourne at the Australian Champs. She probably has not competed in Perth.

Regards,
Jim & Margaret

VALE



Rusty Walkley, OAM

Rusty Walkley, Cecil's wife and Claire's mum, died in June, cruelly close after the announcement that she had been awarded the OAM.

The honour was sponsored by the Embroiderers Guild of WA, which now has 600 active members all over the state, and which Rusty founded on Claire's birthday in 1969.

It was also supported by the Girl Guides, for her work with them over many years, including drug counselling for teenagers.

Rusty and Cecil Walkley came to Australia in 1962, from Kenya, where Cecil was a medical officer in the Kenya African Rifles.

They met in London and married in 1956 in Cyprus, where Cecil was posted during the Suez crisis.

"Mum had a couple of weeks holiday and dad persuaded her to come out and see him. They were engaged by then and decided to get married.

"It was a kind of 'shotgun' wedding – as they had an armoured escort and dad carried a gun, as did all the men on active service there!"

Hatari!

The Walkleys spent five years in Africa after that and Cecil was lucky not to lose his strikingly attractive wife to Hollywood.

To see Rusty in her heyday, get hold of a video of Hatari!

The African adventure was filmed in Kenya and Rusty became stand-in for Elsa Martinelli, who co-starred with John Wayne.

(I heard some years ago, from one of Cecil's fellow-officers, that after filming ended the director wanted Rusty to go to Hollywood and pursue a film career!)

"I watched the film many times with her," said Claire. "It was great drama because the actress Elsa Martinelli was brunette and as mum was a red head it took a lot of goes to dye mum's hair black."

"Of course it's a shame she died so quickly after the OAM, but she had been ill for some time so we can be grateful she survived long enough to know her work had been acknowledged."



Cecil and Claire Walkley

MAWA and

Vetrun

Secretary MAWA
71 McDonald Street
Como WA 6152
6468 7720
mawasecretary@gmail.com

Editor:
Vic Waters
vicwaters@iprimus.com.au

Patron:
John Gilmour

Website:
www.mastersathleticswa.org
Email:
enquiries@mastersathleticswa.org

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

President:
Paul Hughes

13K RUN

Rod Hamilton	M50	51:36
Bob Lane	M60	52:20
Paul Odam	M50	52:24
Ante Perdija	M40	53:38
Paul Hughes	M60	54:09
Ian Carson	M55	54:38
Peter March	M50	54:42
Amanda Walker	W45	56:16
Chris Maher	M55	56:17
Tom Tralau	M35	56:48
Jim Klinge	M65	57:19
Brian Bennett	M60	57:45
Sandra Stockman	W45	57:56
Kim Cook	W35	58:32
Tony Smith	M35	58:51
Darryl White	M50	58:56
Sue Bourn	W45	59:21
Karen March	W50	59:33
Hamish McLeod	M35	60:35
Keith Miller	M60	61:06
David Baird	M65	62:18
V2		62:23
Michael Karra	M45	62:42
Charlie Chan	M60	63:17
Lisa Searle	W35	63:19
Rob Badenoch	M55	63:30
Steve Taseff	M45	63:54
Wayne Taylor	M50	63:55
Ross Keane	M50	64:05
John Batta	M45	64:26
Maree Brown	W45	65:32
Carol Bowman	W55	66:29
Dante Giacomini	M40	67:01
Karl Stockman	M50	67:12
Paula Karra	W40	67:13
Bob Schickert	M70	68:42
Gary Fisher	M60	68:50
Richard Blurton	M60	69:28
Julie Wilson	W55	69:45
Dee Conibeer	W50	70:06
Sally Floyd	W45	70:11
Irwin Barrett-Lennard	M80	71:41
Tanya Burke	W40	73:05
John Pellier	M70	73:21
Jochen Schreyvogel	M45	74:07
Genevieve Schreyvogel	W40	74:08
V3		75:38
Val Millard	W65	83:49
Lorraine Lopes	W70	84:57
Paul Martin	M70	84:58
Jo Richardson	W60	96:39
Allison Lilly	W40	96:41

7K RUN

Graeme Dahl	M60	32:53
Margaret Saunders	W55	34:43
Giovanni Puglisi	M60	38:35
Chris Reid	M45	38:43
Peggy Macliver	W65	45:34
Johan Hagedoorn	M65	46:18
Geoff Mullins	M65	46:54
Mike Anderson	M60	47:25
V1		47:32
Shirley Bell	W60	48:19
John Talbot	M65	49:06
Delia Baldock	W50	49:18
Roger Walsh	M65	49:39
Lui Cecotti	M65	50:31
John Byrne	M60	53:34
Neil McRae	M60	56:36
Sheila Maslen	W70	57:23
Mary Heppell	W70	57:25
Jackie Halberg	W65	61:09



Body language – translates as 'Not happy, John!'

Bardon Bash

July 8, 2012

Directors: John Smith and
Brian Bennett

DESPITE the forecast the weather was fine, the course was marked out in good time, all the helpers turned up and the walkers had got away on time at 7.30. It seemed too good to be true and it was.

When the first of the 7k runners had not arrived by 8:35 we knew something was wrong. Somehow or other the turning point went missing and Brian and myself can only say we are sorry for the mix up.

The good thing was those affected took it in good part and were not too hard on us; and I believe most people enjoyed one of our most attractive courses. On reflection it could have been worse. One has visions of the 13k turn being absent and bewildered runners wandering around Guildford.

John Smith

13K WALK

David Smyth	M40	73:40
Lynne Schickert	W70	97:24
Peter Ryan	M60	1:43:08
Alan Jennings	M70	1:43:25
Peter Hopper	M65	1:54:05

7K WALK

Mike Rhodes	M65	59:35
V7		62:11
Jeni Shillington	W50	62:12
Ray Lawrence	M80	70:00
Denise Viala	W60	70:07
Sylvia Szabo	W30	70:08
Shorty Turner	M75	76:24
Pierre Viala	M60	76:26
Jeff Whittam	M75	76:27
Ann Turner	W75	76:28
Kirt Johnson	M80	76:30
Joan Pellier	W70	76:31
Ray Hall	M75	76:52

Bardon Bashed

You write ...

Marshalling stuff-ups

Hi Vic

I'm writing as one of the victims of the marshalling stuff-up of the shorter run at Bardon Park 8 July. We were informed at the start that the 7kms turn was at the water station. When we arrived there the marshalls emphatically directed us that it was further ahead. This misleading resulted in many of us running a further one or even two kms until the despondent quickest runners came back through the field to confirm the water station as the correct turn place.

Now I could be very negative about the race organisers— aargh! But I do have a positive suggestion or two for all race directors. Either have a marshall bike up and down the course to see all is well, as Johann and I have done every year for our Mullaloo Magic Run, or else use mobile phones to check for any problems being experienced on the course.

All the best.

Michael (Anderson)

THE 7km turn was not clearly marked (although Paul Hughes in his announcements did mention that the turn around was at the drink station) and most of the runners went further, some up past Tranby House.

Many did not go through the chute at the finish. Those who did had their times recorded of course but these might not be accurate indications of their time over the true distances. So they could not be used for record (or handicaps) purposes. This accounts for some of the 'odd' times shown. There didn't seem to be any easy way to deal with the problem.

The weather was cold with little wind and perfect for running. As it was not a championship run or distance where records could have been broken, everyone was at least out there enjoying the beautiful day and their run. The competitive spirit was alive and well, though and there were very many unhappy people at the end of the morning.

Lorraine Lopes

(Lorraine compiles our Sunday race results. VW)

How bad is it really?

Nothing's perfect, but every week, all year round we have a good run/walk, in safety and good company. Not bad at the price. Occasionally things go awry, which only adds to the experience. To err is human – and you'll wait a long time before anyone matches the famous day when – with a single missing flag – I sent the entire field the wrong way in Kings Park. Ah, happy days!

VW



Neil McRae, 10km handicap winner. Some people go to extraordinary lengths to get a decent handicap!

10K RUN		Time	H/Cap	Actual
Neil McRae	M60	65:20	09:19	56:01
Monique Fountain	W40	65:56	10:50	55:06
Bert Carse	M70	66:02	18:40	47:22
Wayne Taylor	M50	66:18	18:05	48:13
Graham Thornton	M70	67:11	17:03	50:08
Hamish McLeod	M35	67:12	20:01	47:11
Brian Bennett	M60	67:29	22:30	44:59
Carol Bowman	W55	67:39	16:46	50:53
Rod Hamilton	M50	67:41	26:37	41:04
Sally Floyd	W45	67:47	12:18	55:29
Maree Brown	W45	67:49	16:16	51:33
Mickey Muroi	M50	67:50	25:35	42:15
Lachlan Marr	M50	67:56	27:23	40:33
Mike Hale	M65	68:02	20:04	47:58
Mike Khan	M65	68:10	16:22	51:48
Trish Knox	W40	68:16	15:22	52:54
Jim Klinge	M65	68:33	23:21	45:12
Ross Keane	M50	68:56	21:51	47:05
Bob Lane	M60	69:01	26:46	42:15
Nick Miletic	M60	69:07	13:54	55:13
John Pellier	M70	69:19	11:41	57:38
Karen March	W50	69:25	22:31	46:54
John Byrne	M60	69:38	07:36	62:02
Jo Richardson	W60	69:54	00:00	69:54
John Talbot	M65	69:55	06:51	63:04
Valentine Yapp	M45	70:01	14:52	55:09
Sandra Stockman	W45	70:01	24:15	45:46
David Baird	M65	70:49	21:52	48:57
Val Millard	W65	70:50	03:29	67:21
Karl Stockman	M50	71:07	16:14	54:53
Ali Menegola	W50	71:33	00:00	71:55
Allison Lilly	W40	71:34	00:00	71:34
Julie Wilson	W55	71:41	17:18	54:23
Irwin Barrett-Lennard	M80	72:06	14:21	57:45
Richard Danks	M70	73:05	06:26	66:39
Jim Barnes	M65	73:27	13:14	60:13
Lorraine Lopes	W70	73:47	18:11	55:36
Pierre Viala	M60	77:16	00:00	77:16
Peter Hopper	M65	82:18	04:15	78:03
Bob Fawcett	M60	85:39	00:00	85:39
Did not compete in handicap:				
Ante Perdija	M40	41:20	00:00	41:20
V3		49:25		
V8		49:31		
V4		49:40		
V1		58:02		
V6		66:13		

Sharks Handicap

July 1, 2012

Director: Paul Martin



Paul Martin, man of few words, would like us to thank all his helpers!

5K WALK

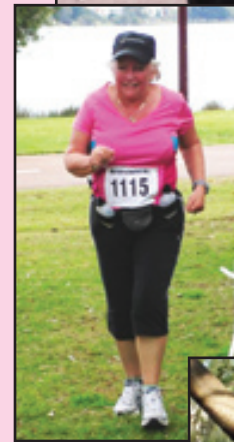
	Actual	H/Cap	Time	
Lee Chan	W50	48:11	02:57	45:14
Jeni Shillington	W50	48:59	08:01	40:58
Jeff Whittam	M75	49:05	07:53	41:12
Elaine Sillery	W75	49:41	06:46	42:55
Mike Rhodes	M65	50:03	15:50	34:13
Pat Ainsworth	W75	50:42	00:00	50:42
Margaret Bennett	W70	50:49	02:11	48:38
Maggie Flanders	W75	51:51	00:29	51:22
Patricia Hopkins	W70	51:59	06:01	45:58
Shorty Turner	M75	52:13	00:00	52:13
Rosa Wallis	W65	52:23	07:27	44:56
Ann Turner	W75	52:24	07:57	44:27
Ray Hall	M75	54:02	12:55	41:07
John Smith	M75	54:03	12:09	41:54
Margaret Warren NF	W75	55:40	05:49	49:51
Joan Pellier	W70	55:42	10:29	45:13
Pat Miller	W70	57:36	00:00	57:36
Leo Hassam	M80	57:37	00:00	57:37
Andrea Byrne	W30	58:13	02:30	55:43
Keith Atkinson	M55	59:21	08:06	51:15
Denise Viala	W60	60:21	05:09	55:12
Thien Hale	W50	60:23	00:00	60:23
Sarah Ladwig	W60	45:01	00:00	45:01
V2		45:03		

5K RUN

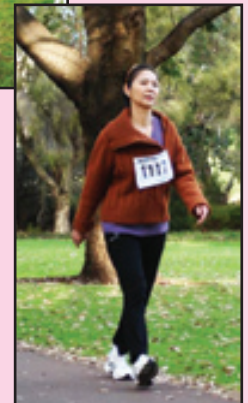
Bjorn Dybdahl	M55	19:58
Paul Odam	M50	20:00
V7		20:25
Graeme Dahl	M60	21:15
Giovanni Puglisi	M60	21:40
Frank Gardiner	M60	21:49
Bruce Wilson	M65	22:07
Margaret Saunders	W55	22:32
V9		24:17
Raymond Gimi	M45	25:53
Johan Hagedoorn	M65	26:04
David Carr	M80	26:06
Hamish McGlashan	M75	26:07
Peggy Macliver	W65	26:42
Damien Hanson	M55	27:55
Shirley Bell NF	W60	28:50
Rochelle Airey	W40	29:48
John Dennehy	M50	29:59
Roger Walsh	M65	30:17
John Brambley	M70	30:25
Bronwyn Smith	W40	30:38
Aldo Giacomini	M75	31:58
Jackie Halberg	W65	33:37
Mitch Loly	M70	34:54
Rebecca MacKinnon	W30	38:27
Julie Wood	W60	38:34
Sheila Maslen	W70	39:43
Mary Heppell	W70	40:26
Delia Baldock	W50	41:05
Vic Beaumont	M80	42:34
Jan Jarvis	W65	43:32

10K WALK

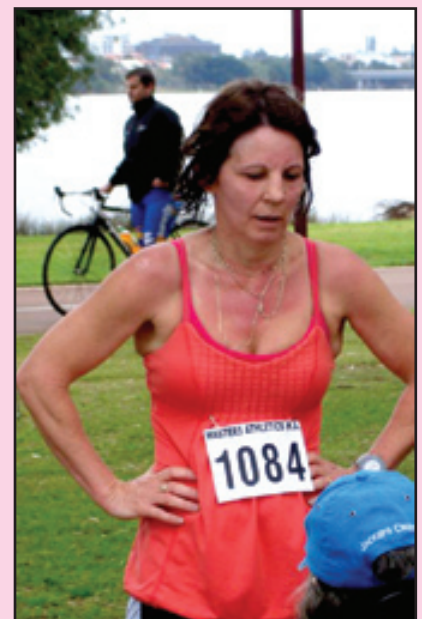
Alan Jennings	M70	86:15
Bob Fergie	M75	86:16
Morris Warren	M70	94:40



Meet some of our newer members. Above, Paula Koert-Bain at City Rail; and left, Penny Horsfall, in the 10.5km at the Half-Marathon meet.



Above, Thien Hale at City Rail; and below, Wendy White finishes the 10.5km at the Half-Marathon weekend.





Club Half Marathon

July 16, 2012

Director: Jim Klinge

21.1K RUN

MEN

Tom Tralau	M35	1:44:20
Ante Perdija	M40	88:12
Kim Tucker	M45	95:22
Clayton Northey	M45	96:58
Michael Karra	M45	1:45:15
Jim Farr	M45	1:53:15
Lachlan Marr	M50	85:36
Rod Hamilton	M50	86:53
Peter March	M50	90:34
John Allen	M50	91:41
Wayne Taylor	M50	1:49:03
Ian Carson	M55	90:55
Ed Wall	M55	94:15
Milton Mavrick	M55	2:12:24
Keith Miller	M60	94:50
Brian Bennett	M60	96:00
Nick Miletic	M60	1:56:07
Lui Cecotti	M65	1:51:57
Mike Khan	M65	1:53:31
Mike Hale	M65	1:54:35
Bert Carse	M70	99:05
Bob Schickert	M70	1:59:21
John Pellier	M70	2:04:40
Irwin Barrett-Lennard	M80	2:06:27

WOMEN

Lisa Searle	W35	97:43
Kim Cook	W35	99:32
Paula Karra	W40	1:54:12
Karen March	W50	1:40:17
Robin King	W50	1:49:12
Julie Wilson	W55	2:01:11
Kathy Burr	W70	2:45:33

21.1K WALK

MEN

Alan Jennings	M70	2:55:56
Bob Fergie	M75	2:56:29

WOMEN

Lynne Schickert	W70	2:45:06
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10.5K RUN

Paul Burke	M40	46:05
Graeme Dahl	M60	46:18
Karen Peace	W40	48:02
Darryl White	M50	48:17
Hamish McLeod	M35	49:42
Colin Chisholm	M45	49:50
Charlie Chan	M60	50:14
Sean Keane	M45	52:16
David Baird	M65	52:29
Carmel Meyer	W50	52:41
Carol Bowman	W55	52:46
Gary Fisher	M60	54:46
Dee Conibeer	W50	54:47
Lorraine Lopes	W70	55:43
Richard Blurton	M60	56:37
Claire Walkley	W45	56:56
Tanya Burke	W40	57:57
Genevieve Schreyvogel	W40	58:29
Jim Barnes	M65	58:42
V7		58:45
V9		58:46
Wendy White	W45	59:17
Graham Thornton	M70	61:15

John Byrne	M60	62:08
V10		62:18
Janet Jiang	W45	64:16
John Talbot	M65	64:27
Bronwyn Smith	W40	64:55
Shirley Bell	W60	65:00
Roger Walsh	M65	65:47
Sarah Ladwig	W60	66:54
Jane Stanbrook	W45	69:53
Jo Richardson	W60	77:59
Mike Horsfall	M60	81:03
Cecil Walkley	M80	81:57
Penny Horsfall	W50	92:19
Mary Heppell	W70	95:08

6K RUN

Paul Hughes	M60	27:18
Sue Bourn	W45	27:27
Giovanni Puglisi	M60	27:28
Margaret Saunders	W55	28:58
Peggy Macliver	W65	31:25
Lorraine MacLennan	W45	31:32
Dave Roberts	M65	32:20
Mike Anderson	M60	32:52
Delia Baldock	W50	33:47
Neil McRae	M60	34:20
V4		35:28
Rochelle Airey	W40	36:12
Aldo Giacomini	M75	37:23
Jackie Halberg	W65	42:48
Marg Forden	W70	43:34
Mitch Loly	M70	46:03
Sheila Maslen	W70	47:53
Vic Beaumont	M80	53:32

10.5K WALK

Jeff Whittam	M75	87:18
Peter Hopper	M65	87:58
Ray Hall	M75	94:44

6K WALK

Mike Rhodes	M65	41:37
David Brown	M65	45:09
Jeni Shillington	W50	50:58
Sylvia Szabo	W30	55:09
Lee Chan	W50	55:18
Sofia Carson	W50	56:16
Patricia Hopkins	W70	56:52
Joan Pellier	W70	56:53
Morris Warren	M70	57:35
Elaine Sillery	W75	58:18
Andrea Byrne	W30	62:11
Keith Atkinson	M55	62:12
Leo Hassam	M80	64:51
Pat Miller	W70	64:52
John Dance	M60	69:58
Elaine Dance	W60	69:59



Walking wounded, pregnant, and Superman about to strip off? Some chance of finding a phone-booth John! OK, not the Avengers: they're Elaine Dance, Keith Atkinson, John Dance (aka Superman) and Andrea Byrne.



City Rail
July 23, 2012
Directors: Mike & Linda Rhodes



Another of our newer members – Bev Hewitt is so proud of her number she carried it all the way!

**Racecourse
 Burswood**
 June 24, 2012

A MILD winter morning encouraged a field of more than 100 including visitors to enjoy a walk or run on an excellent circuit. On the eve of a remarkable performance by Black Caviar we also had some performances of note – namely by Amanda Walker in the 5km and Marie Fitzsimons in the 10km walk.

Big thanks to my helpers: Jim Barnes, John Batta and evergreen Barrie Thomsett at the start/finish. (A bit of recruiting there sent some passers-by off with useful information.)

Thanks also, Alan Jennings, Michi Muroi and Les Smith out on the course and Tristan Bell at the water station; and to the committee for their back-up and expertise.

On the other hand – to those who were scheduled to help and never phoned or turned up – you had an obligation, it was your chosen event!

Well done everybody else – and belated congratulation Jim Barnes, on completing yet another marathon.

See you all again next year.

Bruce Mathieson

10.7K RUN

Kim Thomas	M35	41:44
Chris Maher	M55	43:57
John Allen	M50	44:12
Ian Carson	M55	44:19
Mickey Muroi	M50	44:28
Chris Reid	M45	46:50
Brian Bennett	M60	47:09
Jim Klinge	M65	47:32
Sue Bourn	W45	48:42
Karen Peace	W40	49:06
George Fish	M60	49:35
Hamish McLeod	M35	49:38
Ross Keane	M50	50:52
David Baird	M65	51:37
Charlie Chan	M60	52:09
Rob Badenoch	M55	52:45
Martin Watkins	M65	52:50
Mike Hale	M65	53:24
Wayne Taylor	M50	54:15
Maree Brown	W45	54:20
Claire Walkley	W45	54:26
Gary Fisher	M60	54:33
Mark Hewitt	M60	55:29
Mike Khan	M65	55:33
Lorraine Lopes	W70	56:18
V4		56:37
Julie Wilson	W55	56:37
Richard Blurton	M60	57:16
Bob Schickert	M70	58:44
Irwin Barrett-Lennard	M80	60:33
Milton Mavrick	M55	61:19
Neil McRae	M60	61:31
Geoff Mullins	M65	61:35
Jim Barnes	M65	62:13
Paul Martin	M70	66:02
Janet Jiang	W45	66:57
Paula Koert-Bain	W45	67:15
John Byrne	M60	67:58
John Pellier	M70	69:09
Frank Price	M60	77:00
Jo Richardson	W60	79:15
Bob Fawcett	M60	86:23
Mary Heppell	W75	87:49
Cecil Walkley	M80	87:50

7.3K RUN

Tony Smith	M35	30:24
Graeme Dahl	M60	30:49
Paul Hughes	M60	31:09
Tom Tralau	M35	31:23
V3		31:35
Giovanni Puglisi	M60	32:31
Bruce Wilson	M65	32:34
Dante Giacomini	M40	33:51
Raymond Gimi	M45	34:50
Margaret Saunders	W55	35:35



Linda



Mike

John Mack	M70	35:54
David Carr	M80	35:59
Carol Bowman	W55	36:16
Peggy Macliver	W65	38:32
Ali Menegola	W50	38:56
Johan Hagedoorn	M65	39:04
Bruce Mathieson	M65	39:25
Sally Floyd	W45	40:44
Mike Anderson	M60	40:45
Delia Baldock	W50	41:36
V2		42:30
Sarah Ladwig	W60	44:54
V1		45:19
Ivan Brown	M65	45:20
Roger Walsh	M65	45:29
Aldo Giacomini	M75	46:53
Mitch Loly	M70	52:46
John Ellard	M70	53:39
Arnold Jenkins	M65	57:05
Sheila Maslen	W70	60:12
Carolyn Fawcett	W60	60:36
Bev Hewitt	W55	61:57
Margaret Bennett	W70	64:23
Vic Beaumont	M80	66:49

10.7K WALK

Ray Hall	M75	84:41
Jeff Whittam	M75	90:49
Bob Fergie	M75	90:51
John Smith	M75	90:54
Morris Warren	M70	97:21

7.3K WALK

John McDonagh	M60	53:16
Lynne Schickert	W70	57:23
Val Millard	W65	57:24
Peter Hopper	M65	60:21
Lorna Lauchlan	W80	65:36
Kirt Johnson	M80	65:37
Elaine Sillery	W75	68:42
Ann Turner	W75	68:43
Patricia Hopkins	W70	69:26
Joan Pellier	W70	69:27
Elaine Ellard	W70	73:17
Margaret Warren	W75	73:22
Sylvia Szabo	W30	74:04
Sylvia Szabo	W50	74:04
Shorty Turner	M75	75:57
Pat Ainsworth	W75	75:57
Leo Hassam	M80	75:58

Madrid's Marathon Rocks and Rolls!

WORKING on the theory that one doesn't have to run very fast or very far to enjoy the experience, I pre-planned a few Sunday morning runs for a recent holiday.

At the end of April I went off to the UK to visit family and friends, but via a Madrid stopover. Great lively city, beautiful architecture, food and wine!

Madrid

Sunday 9am start very cold 2deg C with snow still on the mountains for the Madrid Rock and Roll Marathon. A very happy crowd as Real Madrid had just beaten Barcelona on Saturday night. All runners started together and we went our separate ways after 5km. I ran the 10km course mainly flat on a very wide city centre boulevard, up around the football stadium and back to the parque de retiro finish for food and drinks and medal (a coffee mug and T shirt at the registration day before). Walked back to hotel showered and later in the day el cheapo flight with Easyjet to UK.

North Yorks

My next Sunday run was in Kirkbymoorside a market town on a hillside on the North Yorkshire moors. Starting in town on a hill at 2.30 in the afternoon and basically all UP for 5km to the villages of Gillamoor and round to Fadmoor then all down to Kirkbymoorside,

where the pubs and cake shops were doing a roaring trade. Another coffee mug for the collection.

London

A complete change of pace and a trip down to London for a few days and the chance to run the Olympic Marathon course - well one lap anyway 'Bupa London 10,000'.

Starting on the Mall, on to Westminster and along the Embankment to Blackfriars and St Pauls, the Bank, Leadenhall Market, past the Monument and back along the Embankment and finally down the Mall towards Buckingham Palace. Great Stuff. Mo Farrah won in under 30 mins but I doubt he enjoyed the tour of the sites any more than me.

Blaydon

So then it was June 9 and the 150th anniversary of 'The Blaydon Races' (the song) and the 32nd running of the race. Strictly limited to 4000 runners, fast fingers on net, as the city centre start in narrow streets causes traffic chaos. It was cold - 12deg C for the 6pm Saturday start - and at 5.55pm the heavens opened.

Seriously heavy rain for the whole six miles, splish-splash all the way to the finish. Never



John Talbot pictured in Perth. He posted this report of his European running tour online together with some pictures.

mind Black Pudding, tripe and onions, peas pudding and bread as well as 'proper beer' a key ring and T shirt for all finishers. I kid you not. My birthday celebrations for the 10th were brought forward a day and large steaks and a sufficiency of Newcastle Brown Ale was consumed.

Happy Days!

(I'm thinking of a trip to India next but it may be a little hot, so probably cycle instead.)

If you think a marathon or even a Half-Ironman event is tough - think again. Here's a taster of a seven-day Sahara Desert adventure. For the full story go to *Vetrun Extra* on the club website.

Thanks to John Bell for sending this piece ...

BY: PETER KINGSTON

From: *Weekend Australian* May 5, 2012

Marathon des Sables

IT'S Easter Sunday, April 8, and I'm standing with 855 competitors at the start line in Ammouguer, Morocco, waiting for the start of the Marathon des Sables - the marathon of the sands.

It has been described as the toughest footrace on the planet. A seven-day 250km race across the Sahara Desert where competitors carry all of their own food, clothing, medicines, sleeping bags and mats and safety gear.

The course is frequently hit with blinding sandstorms. In 1994 an Italian competitor became so disoriented he was lost for nine days, eventually found but 13kg lighter. In other years, flooding rains have washed stages out.

I'm trying not to think about any of that at the moment as I chat to Iain from Northern Ireland - a software engineer living in Saudi Arabia who works on weapon systems. Our conversation ceases when the sounds of AC/DC's Highway to Hell start blaring out from the loudspeakers and the gun goes off.

• **Continues online**

COMING EVENTS - HELPERS

AUGUST 5

STATE CROSS COUNTRY - JORGENSEN PK

Race Director: Committee

John & Joan Pellier, Darryl & Wendy White, Kathy Burr, Mike & Penny Horsfall, Robert & Suzanne Poulinet, Jane Stanbrook, Colin Chisholm

AUGUST 12

KINGS PARK CROSS COUNTRY

Race Director: Ralph Henderson - 9401 3115

Sue Bourn, Bob Cavin, Richard Danks, Alan Thorniley, Tracey Koziniec, Johannes Baard, Milton Mavrick, Tom Clarke, Peter Bath, Carmel Meyer

AUGUST 19

NEDLANDS

Race Director: Frank Gardiner - 9295 4246

Anne Jones, Trish Knox, Lorraine Lopes, Iain & Lorraine MacLennan, Janice Matthews, Bev Hewitt, Peter Bath

AUGUST 26

Group Jog/Walk - NO helpers required (City to Surf)

SEPTEMBER 2

WHITEMAN PARK

Race Director: Bryan Hardy - 9342 7692

Mark Hewitt, Mike Khan, John Mack, Iain & Lorraine MacLennan, Sandra Rourke, Margaret Saunders, Alan Thorniley, Johannes Baard

SEPTEMBER 9

CLIFF BOULD TROPHY

Race Director: Ivan Brown - 9384 8582

Sue Bourn, Mark Dawson, Raymond Gimi, Mary Heppell, Janice Matthews, Peter Sullivan, Sue Zlnay, Bob Fergie, Bert & Bridget Carse, Marg Forden

ALL HELPERS - Please contact your race director to confirm that you are available for your allocated event. If you are not available, please find a replacement and advise your race director.