

Vetrun

JUNE
2012
No. 458



Inside...

My View	
How Your Handicap happens!	P2
State Masters Games	
You write	P3
X-Pagoda	P4
Weir Run	P5
Aquinas	P6
Nedlands RRC/RRW	P7
Helpers, please check	P8

The magazine of Masters Athletics WA

Nedlands – start of the 15km RRC. Results page 7



Hats off to Gary

SENSIBLE people like us protect our heads from Perth sunshine with hats or something, right?

So how would you feel if you couldn't afford a hat - and you lived in Africa - and were an albino?

Gary Fisher's is helping collect hats for Tanzanian people, albinos who are forced by prejudice to live in isolated groups.

We can all help, by donating a hat of any kind, any Sunday morning.



I'll wager that every club member has more hats than they can ever wear, and can spare a cap or two.

Please fetch them along; see me or Gary or any committee member.

Thanks,
VW

Perth Marathon – helpers, please

WOULD you like front row seats for the Perth Marathon – on Sunday 17 June? asks Gillian Young.

'We have some available. All you need do is volunteer to helper on one of the drink stations that Masters manages. They're at Coode St Jetty in South Perth or Jeff Joseph Reserve in Applecross. Between handing drinks to

very grateful competitors, you will have a great view of all the action.

'Coode St needs six people from 7am - 10am and four from 10am - 1pm.

'Jeff Joseph Reserve needs about six people from 8am onwards.

'Hurry, don't miss out! Please see me or phone 9295 1754. First in best dressed!'

New Members – Welcome!

1118 MACKINNON: Rebecca W30
1119 BAARD: Jannie M40
1120 MUROI: Mickey M50
1121 WALL: Ed M55
1122 LILLEY: Allison W40
1123 HEWITT: Bev W55
1124 LEE: Michael M60

Tuesday Track is back - August, WAAS

VENUESWEST have now made the track available to us in August but only from 6.30pm. A shortened revised programme is shown below. Please keep checking the website for any further updates on our usage of WAAS. Queries? Contact Barbara at vetrunners@inet.net.au

7 Aug	600, 3k, 100
14 Aug	400, 4k, 200
21 Aug	800, 3k, 300
28 Aug	1500, 100, 5k

Joan's History

Un-bate your breath!

THE second stanza of the club's history according to Joan Pellier is done. It will be on-site in June.

Handicaps - and How They Are Calculated

THE purpose of a handicap is to compensate for the differing abilities of participants in a race by adjusting the starting time of each person so they each have an equal opportunity to succeed.

How?

Each week your time is fed into the computer. Regardless of the distance of your event, the computer converts your time to what it would have been if the event were 10K. It then adjusts the time according to the level of difficulty of the event (see "Difficulty Factors" below).

The handicap is calculated by collating all adjusted times over the previous six months and, with a few exceptions, deducting the average of the best two times in that period from what is known as a base time. This base time is subject to a small adjustment to allow for the difficulty of the course and usually starts, before the adjustment, at 67 minutes for a 10K run and 100 minutes for a 10K walk.

Best times

So if your two best times for a 10k run for the previous 6 months are 47:30 and 51:22, then the average of these two is 49:26. The time of 49:26 is then deducted from an adjusted base time of say 67:20 to arrive at a handicap of 17:54. In the case of a walk, if the average of the two best times is 95:30, this will be deducted from an adjusted base time of say 100:10 to arrive at a handicap of 4:40.

It is essential that competitors compete in three or more road races in the preceding 6 months for their time to be formally recognised and eligible for any ensuing trophy. This would not stop an ineligible person from being given a token handicap and participating in the event on an informal basis.

Difficulty Factors

As circumstances differ for each event, there will be many factors that come into play to influence a person's time. It is the role of a handi-



by Club Handicapper
Richard Danks

capper to convert these factors into a percentage which can then be used to adjust each week's times to what they would have been if they applied to the same course. These factors are:

1. The prevailing conditions on the day i.e. strong winds, high humidity, heat, or heavy showers.

2. Difficulty of the course i.e. cross country, steep hills etc.

3. Inaccuracy of some course distances. Whilst the accuracy of most courses is within acceptable limits, some can be out by up to 500m due to unforeseen circumstances such as road works, flooding etc. or just plain human error.

The difficulty factor is formulated by analysing the overall average time on each course of a sample group of runners/walkers with proven consistent times in order to assess the level of difficulty of the course and/or conditions on that day. Any major variation in their overall average time will highlight whether a difficulty factor is needed and by how much.

Conversion of time to 10K

All people are different. Some people will run at virtually the same pace regardless of the distance, i.e. they may run 5K at 30 minutes, and 10k very close to 60 minutes. Others may complete 5K in 30 minutes and 10K in 72 minutes. In order to establish an overall average rate at which peoples' times change when running different distances, the results of many people over several years were analysed to arrive at just one rate of adjustment per kilometre for everyone. Thus if your average time is 30 minutes for a 5k run, when the conversion rate is applied, your 10K time would be adjusted to say 62:13. This will be a separate adjustment to the difficulty factor.

Handicaps are calculated on the assumption that people perform at, or close to,



In My View by the Editor

their competitive best each week. If they regularly perform at 10 or 20 minutes below their best, it distorts the handicap calculation and gives the person an unfair advantage. As it is likely that such occurrences are made in innocence, if a person feels that their handicap does not reflect their true form, in the interest of fairness, a word with the handicapper before the race will enable the handicap to be re-assessed.

Trophy

A trophy is given at the Annual General Meeting to the person with the best performance in handicap races over the year. The selection process involves recording against each participant a score of 1 for first, 2 for second and 3 for third, and so on. This is done for each handicap race and at the end of the period, the person with the lowest score wins. The system makes allowances for people to miss two handicap events in the period to enable them to be a helper or take time out for injuries etc. However, they will be penalised if they miss more than two handicap events during the year.

Some tips

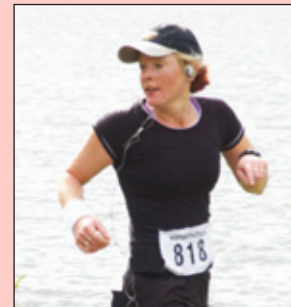
A good way to measure performance is to find out from the handicapper what the base rate is for the day and if you beat that after applying the handicap, you have done very well.

As the distances of events vary from week to week it can be difficult for participants to compare their results and trends over a period. For example, how can you compare your progress when your time is 24:47 for a fast 5K course one week and 82:36 for a difficult 15K course the next week? As the computer converts all your times back to a 10K time assuming the same difficulty factor, it is possible to obtain a reasonably accurate trend of times over a number of years. These times are available from the handicapper. ■

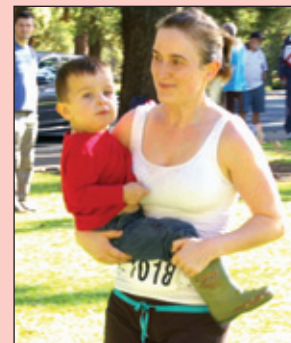
Two for Pudding Club

SUCCESSFULLY holding membership of two clubs is not unusual for us.

Lots of Masters are also in WAMC, or the senior T&F athletics clubs. But Andrea Byrne and Melissa Hynds have added a new dimension to dual membership. These two active and athletic young women are also members of the pudding club.



Slimmer times - Melissa above, Andrea below with offspring no 1.



Both are due around the beginning of October, and I think they might be unique among Masters.

Although virtually all our female members are mothers, did any of you give birth AFTER joining Masters, or the Vets?

It's more likely to happen today of course, when far more women have children later in life. But I can't recall any other active members doing so, before Andrea and Melissa. If there have been others, please let us know.

Another return

How good to see Alan Jennings return after seven years off. He's walking, currently, under his original number 214 but maybe he'll break into a trot again later. Some members will recall his extensive past contribution to the club. ▶

Walking: confused?

LAST month a rare error crept into these pages, in the list of records set in the Melbourne nationals.

Gary Hastie's new record time was over 5000m, not 3000m.

Adding to the confusion, Gary's email (below) explained that the 3000/5000 time wasn't a record at all! But he did set some others.

Read on.

Garry Hastie writes:

Vetrun has me setting a new M50 5000m walk record in Melbourne at Easter with a time of 25min 32.23 sec.

I actually broke that at Coker park on Thursday 22nd March 2012. My time was 25min 26.6 sec.

I also broke the M50 1500m walk record with a time of 6min 42.29 sec on Sunday 25th March at WAAS, and the M50 10,000m Road Walk in Melbourne on the 9th April with a time of 51min 16sec.

Thanks

Thanks to all the people at MastersAthleticsWA for being so friendly and informative.

Keep up the great work!

Gary

Blowing his own.....



Dave Scott – bugler of note, and one of the club's fastest marathon runners.

DAVE Scott reminds me there was another member of the club on the Anzac Day footy field, blowing his trusty bugle before the Dockers v Carlton match at Patersons Stadium where our Peter Kennedy gave the oration. Dave Scott, one of the club's best-ever marathoners, is presently having a course of injections into the spine in the hope of resuming some sort of running in the near future. "If this doesn't work, it will probably be surgery next," he says. "I have my fingers crossed."

Likewise from all of us, Scotty. ■

You Write....



Michele Mison – our rowing reporter. She does get around; last month she took our front-page picture of Lorraine Lopes and David Carr in Melbourne.

WA Walkers at the Worlds

by
Ray Hall



LYN Ventris again starred in Finland, especially in her indoor event.

With so many starters in all events on a track only four lanes wide, she was helplessly held up around the first bend while the World's second and third best in her age group were opening up an increasingly big lead. When an opening came, her what seemed like nine-foot legs zoomed her up and then straight past them at a truly

WA State Masters Games

Report by
Michele Mison

AGAIN members from WA Masters took part in the athletics segment of these enjoyable games recently held in Albany.

Other sports are available for all Masters and this year large numbers competed in rowing, evidenced by the number of craft making the trip down Albany Highway.

This year we did have some rain the early part of Saturday but fine weather surfaced after that and we did enjoy some sun. Following the track events at Albany Athletics Club grounds, the Jim McCann Memorial Mile was held late afternoon on York Street in the middle of town. It is a pleasure for the athletes to compete in but a lot more fun for those happy onlookers who sit comfortable and warm in the hotel positioned in the middle of the course.

This year Bert Carse was one of the winners of a cash prize, based on WMA Age Grading percentage, awarded to the first three men and women.

The Fallen Comrades Memorial Cross Country is held at The Forts, Mount Adelaide on the Sunday morning, which is appropri-

spectacular pace – within 80 metres!

Yep, on to another World record.

Almost...

Lynne Schickert missed being third best in the world in her 70-74 age group by an excruciating 3/100ths of a second, beaten by a buxom pursuer whom we think might have happened to have had her timing-chip foot out in front while Lynne's could have been behind.

Chips are not exact enough in close finishes.

Lynne beat this rival by minutes in the 10 km outdoor race, but again was just two seconds behind a different walker who took third place.

David Smyth was up there with the best, sixth out of nine in the indoor race, then sixth out of twelve in the 10 km. He was too exhausted to speak afterwards, but so proud of his time that just thrust his

ate owing to the timing just prior to ANZAC Day.

It is a tough course that is used for army training purposes and the start/finish is lined with commonwealth flags. A fabulous morning tea is provided in one of the mess halls after the run and is a favourite for all scones & jam fans.

It was good to see Jan Jarvis start her return to running following an injury sustained in these games four years ago.

A few records were set and most who competed received medals.

The organisers are to be thanked for their hospitality and friendship as they make these games a pleasure to attend. It's a pity that the tremendous efforts of the organising committee did not result in an even better attendance, due to delayed publicity. Next year, as soon as dates are set for the next games we will be notified and plans for attending the 'fun' games can commence.

Thank you Albany Crew - from Michele Mison, and all who attended.

watch in front of us to see! To celebrate, his coach allowed him three days off!

I was the duffer of the squad. My first kilometre in the 3km was my fastest for many a year but even so most of them had buggered off and left me; then soon after I was disqualified. In the 10km I adopted Bob Fergie's "Don't straighten the knee" style and managed to finish. The second last bloke was pleased I came; he did beat someone!

We Westralians all had dry, sore throats from soon after starting; would this have been because of 'rarified air'?

Budapest

No Brazil in 2013 for me, I'll be off to Budapest in 2014 where it won't be as cold as in Finland. Also I'll be in the 80-plus age group, away from that darned elusive Frenchman who won my 3 km in seventeen and a half minutes.



15K RUN

Paul Odam	M50	62:20
Bjorn Dybdahl	M55	64:02
John Allen	M50	64:48
Ian Carson	M55	67:56
Jim Klinge	M65	68:21
Karen March	W50	68:55
V2		70:19
Kim Cook	W35	71:50
Charlie Chan	M60	76:43
Rob Badenoch	M55	76:50
Brian Danby	M60	78:52
Lorraine MacLennan	W45	79:09
Mike Hale	M65	79:36
Graham Thornton	M70	81:09
Karl Stockman	M50	82:49
Bob Schickert	M70	86:24
Jim Barnes	M65	88:11
Tanya Burke	W40	89:24
Milton Mavrick	M55	94:06
Richard Danks	M65	95:45
John Pellier	M70	97:39
Jane Stanbrook	W40	1:40:35
Michael Horsfall	M60	1:43:45
Kathy Burr	W70	1:56:45

10K RUN

Chris Maher	M55	40:32
V1		41:07
Sue Bourn	W45	47:36
Graeme Dahl	M60	47:39
Hamish McLeod	M35	48:22
David Baird	M65	48:47
John Mack	M70	50:52
Mark Sivyer	M60	51:54
Paula Karra	W40	51:58
Julie Wilson	W55	55:11
Sandra Rourke	W40	58:35
Paul Martin	M70	60:45
Sean Keane	M45	63:16
Julie Keeley	W45	64:14
Kevin Hynds	M45	65:30
Jo Richardson	W60	70:18
Val Millard	W65	71:13
Steve Clark	M65	72:41

5K RUN

Steve Weller	M35	19:32
Brett Roach	M40	20:13
Amanda Walker	W45	20:25
Paul Hughes	M55	20:30
Frank Gardiner	M60	21:54
Dante Giacomini	M40	22:41

X-Pagoda

April 29, 2012

Director: Jackie Halberg

I DISCOVERED a few days before the X-PAGODA that the Marathon Club was also holding a run, covering some of the same paths. The concern I felt proved to be unfounded, as both groups of runners supported each other. Our runners also reported that marshals and drink station helpers were also ready to lend a hand, and that indicates the friendship that exists between the two clubs.

Fortunately the threatened rain held off (although Mary and I were not so lucky as we marked the course). There was some water on the course, and I believe that caused problems for some runners. I must also say that we share the path with other users, and urge our members to be mindful of that – even if some other path users are not.

As always, many thanks to my helpers, some of whom have been regulars for many years: Mary Heppell, Pat and Norm Miller, Pat and David Carr, Ray Atwell, Janet Jiang, Neil McRae, Elaine Sillery, Dorothy and Jeff Whittam, Barrie Thomsett, Lorna Lauchlan and Keith Atkinson. Thanks also to the Beaumonts for that all important morning tea.

Jackie Halberg.

Chris Reid	M45	22:48
Mark Hewitt	M55	23:28
Margaret Saunders	W55	23:37
Vic Waters	M65	24:03
Gillian Young	W60	24:29
Maurice Creagh	M65	24:43
Gary Fisher	M60	24:46
Johan Hagedoorn	M65	24:53
Chris Koemam	M50	24:57
Lorraine Lopes	W70	25:09
Trish Knox	W40	25:11
Carol Bowman	W55	25:16
Bob Cavin	M55	25:32
Peggy Macliver	W65	26:14

Ross Keane	M50	26:27
Wayne Taylor	M50	26:28
Hamish McGlashan	M75	26:29
V4		27:08
Genevieve Spiro	W40	27:13
Irwin Barrett-Lennard	M80	27:25
Mike Anderson	M60	27:34
Delia Baldock	W50	27:48
John Byrne	M60	29:41
Rochelle Airey	W40	30:03
Roger Walsh	M65	30:08
Greg Wilson	M65	30:18
Merv Jones	M70	30:36
V5		30:53
V6		31:06
John Brambley	M70	32:18
Aldo Giacomini	M75	33:00
Julie Wood	W60	36:11
Pierre Viala	M60	36:12
Toni Frank	W65	36:23
Sheila Maslen	W70	38:51
Debbie Wolfenden	W45	39:41
Vic Beaumont	M80	40:10
Rebecca McKinnon	W30	40:26
Penelope Horsfall	W50	45:31
V3		46:30

15K WALK

David Smyth	M40	90:28
Bryan Hardy	M65	1:49:29
Michele Mison	W60	1:50:01
John Smith	M75	1:55:46
Lynne Schickert	W70	1:56:11
V7		1:56:40
Alan Jennings	M70	2:05:54
Bob Fergie	M75	2:07:08

10K WALK

Ann Turner	W75	88:31
Margaret Warren	W75	99:57

5K WALK

Mike Rhodes	M65	38:40
Joan Pellier	W70	41:08
Ray Hall	M75	42:51
Jeni Shillington	W50	43:13
Denise Viala	W60	43:14
Jennie Hop	W55	43:32
Patricia Hopkins	W70	45:26
Lee Chan	W50	45:53
Andrea Byrne	W30	46:32
Sylvia Szabo	W50	50:58
Sylvia Szabo	W30	50:59
Melissa Hynds	W35	51:33
Pat Ainsworth	W75	53:28

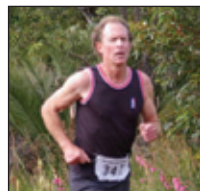
Weir Run

May 6, 2012

Directors: Sean Keane &
Neil McRae



Sean



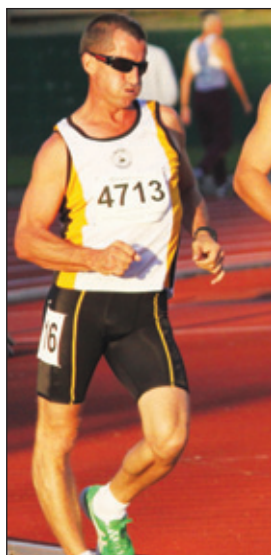
Neil

10K RUN

Kim Thomas	M35	38:34
Paul Odam	M50	39:43
Bjorn Dybdahl	M55	39:50
V7		39:57
Rod Hamilton	M50	40:10
John Allen	M50	40:38
V5		40:42
Bob Lane	M60	41:11
Tony Smith	M35	41:25
Lisa Searle	W35	41:54
Paul Hughes	M55	42:09
Ian Carson	M55	43:28
Joe Clark-Murphy	M65	43:56
Peter March	M50	44:13
Karen March	W50	44:15
Tristan Bell	M45	44:31
Tom Tralau	M35	44:38
Brian Bennett	M60	44:50
Graeme Dahl	M60	45:03
Kim Cook	W35	45:09
Ross Keane	M50	45:40
Chris Pattinson	W55	46:38
David Baird	M65	46:49
Brian Danby	M60	46:57
V9		47:20
Grahak Cunningham	M30	47:26
Martin Watkins	M65	47:34
Bert Carse	M70	47:39
Hamish McLeod	M35	47:52
Maurice Creagh	M65	48:23
Charlie Chan	M60	48:41
Rob Badenoch	M55	48:45
Lorraine MacLennan	W45	48:52
V15		48:58

5K WALK

Garry Hastie	M50	26:18
David Smyth	M40	28:29
Paul Martin	M70	34:17
Wayne Taylor	M50	34:43
Marie Fitzsimons	W45	35:41
Mike Rhodes	M65	36:13
Michele Mison	W60	36:29
Barbara Blurton	W60	36:34



Two speedy
5km winners:
M50 Gary
Hastie, left, is
yet another of
the club's
classy
walkers; right,
M55 Bernard
Mangan is
back and
excelling in
the shorter
runs.

V14		49:19
John Batta	M45	49:23
Mike Khan	M65	50:10
Frank Gardiner	M60	50:11
Scott Winn	M40	50:24
Gary Fisher	M60	50:35
Don Pattinson	M55	50:49
Bob Schickert	M70	51:05
Maree Brown	W45	51:26
Mike Hale	M65	52:08
Richard Blurton	M60	52:59
Julie Wilson	W55	53:23
Hamish McGlashan	M75	54:22
Irwin Barrett-Lennard	M80	55:02
Johan Hagedoorn	M65	55:36
Jim Barnes	M65	56:08
Sally Floyd	W45	56:23
Milton Mavrick	M55	56:31
John Pellier	M70	56:52
Monique Thomas	W35	57:28
Tracey Koziniec	W40	57:52
V10		58:18
Greg Wilson	M65	59:57
John Byrne	M60	60:20
Julie Keeley	W45	60:33
Roger Walsh	M65	60:49
Richard Danks	M65	60:55
V2		62:18
Val Millard	W65	62:51
Merv Jones	M70	63:03
Ursula Clark-Murphy	W60	65:38
V13		71:56
Jo Richardson	W60	72:33
Cecil Walkley	M80	73:11

John McDonagh	M60	36:35
Peter Hopper	M65	37:23
Lynne Schickert	W70	37:30
Ray Hall	M75	38:36
Joan Pellier	W70	40:35
Jeni Shillington	W50	41:24
Bob Fergie	M75	41:31
Jeff Whittam	M75	41:44
Rosa Wallis	W65	44:34
Patricia Hopkins	W70	44:35
Fiona Cousins	W40	46:21
Richard Harris	M75	46:22
Lorna Lauchlan	W80	46:45
Margaret Bennett	W70	48:12
Margaret Warren	W75	48:12
Ray Lawrence	M80	48:23
Morris Warren	M70	48:46
Sofia Carson	W50	49:16
Ann Turner	W75	49:16
Andrea Byrne	W30	52:11
Phyllis Farrell	W65	52:11
Sylvia Szabo	W30	53:05
Sylvia Szabo	W50	53:06
Shorty Turner	M75	56:15
Pat Ainsworth	W75	56:16
Leo Hassam	M80	56:17
Norm Miller	M80	63:43
Pat Miller	W70	63:47
10K WALK		
John Smith	M75	83:43

Bunbury 3 Waters

(MOTHERS DAY) MARATHON

13 July 2012

50km Ultra Marathon

2	Grahak Cunningham	3:50:36
6	Christine Pattinson	4:20:18
	(1st Woman)	

Marathon

15	Jodie Osborne	3:23:08
	(2nd Woman, 1st W40-49)	
65	Keith Miller	4:08:15

Half-Marathon

10	Kim Thomas	1:24:01
16	Lachlan Marr	1:28:10
	(1st M50-59)	
19	Steve Giles	1:29:09
37	Tristan Bell	1:37:20
47	Peter Sullivan	1:39:24
55	Frank Gardiner	1:41:09
79	Brian Danby	1:47:41
98	Graham Thornton	1:51:07
104	Don Pattinson	1:51:28
105	Mike Khan	1:51:28
194	Monique Thomas	2:09:47
204	Julie Keeley	2:14:47
223	Valerie Millard	2:23:28
	(1st W60+)	
226	Ruth Johnson	2:24:27
235	Lyle James	2:35:02
Half marathon walk		
5	Lynne Schickert	2:44:14



5K RUN

Bernard Mangan	M55	21:05
V1		22:29
George Fish	M60	22:56
Mark Hewitt	M55	23:34
Dante Giacomini	M40	23:42
David Carr	M75	24:52
Ivan Brown	M65	24:56
Vic Waters	M65	25:12
Carol Bowman	W55	25:17
Dee Conibeer	W50	25:31
Peggy Macliver	W65	26:47
Delia Baldock	W50	27:38
Damien Hanson	M55	28:25
Nick Miletic	M60	28:49
V11		32:20
Aldo Giacomini	M75	33:17
Bruce McGeorge	M55	35:37
V6		35:47
V12		36:07
V8		36:18
Toni Frank	W65	36:41
V4		36:41
Rebecca MacKinnon	W30	37:37
V?		37:57
Vic Beaumont	M80	37:59
Sheila Maslen	W70	38:49
Debbie Wolfenden	W45	38:50
John Dennehy	M50	39:39
Julie Wood	W60	39:57
V3		42:56
Mary Heppell	W70	42:58



Inward bound - Trophy winner Genevieve Spiro flanked by Hamish McGlashan and Peggy MacLiver.

5K RUN

		Time	H/Cap	Actual
Wayne Taylor	M50	31:25	07:40	23:45
Geoff Mullins	M65	31:35	00:00	31:35
Kylie Mahony	W40	32:00	00:00	32:00
Damien Hanson	M55	33:24	06:15	27:09
Genevieve Spiro	W40	33:41	06:29	27:12
Margaret Saunders	W55	33:49	10:54	22:55
Hamish McGlashan	M75	33:51	07:44	26:07
Peggy MacLiver	W65	34:03	08:09	25:54
Dante Giacomini	M40	34:08	11:36	22:32
Carol Bowman	W55	34:16	9:33	24:43
Graeme Dahl	M60	34:23	12:47	21:36
Sarah Ladwig	W60	34:25	6:24	28:01
Allan Billington	M50	34:28	8:04	26:24
Paul Hughes	M55	34:31	14:14	20:17
Delia Baldock	W50	34:35	7:56	26:39
Bob Fawcett	M60	34:43	0:00	34:43
Aldo Giacomini	M75	34:46	2:48	31:58
Roger Walsh	M65	34:51	4:44	30:07
Nick Miletic	M60	34:51	8:10	26:41
Vic Waters	M65	34:52	10:37	24:15
Johan Hagedoorn	M65	34:55	09:44	25:11
Richard Blurton	M60	35:07	8:56	26:11
Mike Anderson	M60	35:10	7:29	27:41
Raymond Gimi	M45	35:34	10:57	24:37
Toni Frank	W65	36:52	0:00	36:52
Rebecca MacKinnon	W30	36:55	00:00	36:55
John Ellard	M70	37:17	0:00	37:17
Theresa Howe	W60	37:26	6:32	30:54
John Dennehy	M50	38:31	5:50	32:41
David Carr	M75	39:55	10:49	29:06
Margaret Bennett	W70	40:14	00:00	40:14
Julie Wood	W60	40:15	00:00	40:15

Aquinas Handicap

May 13, 2012

Director: Neil McRae

TROPHY WINNERS WERE:

5km Run: Genevieve Spiro,

Wayne Taylor

5km Walk: Rosa Wallis, Mike Rhodes

10K RUN

Rod Hamilton	M50	40:52
John Allen	M50	41:48
Bob Lane	M60	41:53
Ian Carson	M55	44:02
George Fish	M60	45:10
Brian Bennett	M60	45:45
Sue Bourn	W45	46:01
Kim Cook	W35	46:31
David Baird	M65	46:43
Jim Klinge	M65	46:50
Karen March	W50	47:10
Peter March	M50	47:11
Tom Tralau	M35	47:28
V2		48:49
Rob Badenoch	M55	49:02
Lorraine MacLennan	W45	49:10
Mark Hewitt	M55	49:16
Charlie Chan	M60	50:17
Gillian Young	W60	50:40
Gary Fisher	M60	51:19
Rachel Evans	W35	51:36
Maree Brown	W45	51:41
Claire Walkley	W45	52:26
Julie Wilson	W55	52:39
Mark Sivyer	M60	53:54
Mike Hale	M65	55:45
Sally Floyd	W45	56:21
Tracey Koziniec	W40	56:24
Monique Fountain	W40	57:19
John Pellier	M70	58:20
V?		59:54
Jim Barnes	M65	60:19
John Byrne	M60	61:21
Jane Stanbrook	W40	61:55
Richard Danks	M65	62:37
Bronwyn Smith	W40	63:36
Brian Smith	M70	67:54
Cecil Walkley	M80	70:21
Kathy Burr	W70	72:52
Jo Richardson	W60	77:28



Outward bound - Walk Trophy winner Mike Rhodes

5K WALK

		Time	H/Cap	Actual
Rosa Wallis	W65	45:07	04:28	40:39
Mike Rhodes	M65	45:31	13:03	32:28
Barbara Blurton	W60	47:52	12:46	35:06
Keith Atkinson	M55	46:03	02:25	43:38
Sofia Carson	W50	48:22	01:38	46:44
Elaine Ellard	W70	49:03	03:44	45:19
Lee Chan	W50	49:06	03:50	45:16
Bryan Hardy	M65	49:26	15:06	34:20
David Brown	M60	49:29	13:10	36:19
Melissa Hynds	W35	49:40	00:00	49:40
Bob Fergie	M75	49:55	09:48	40:07
Michele Mison	W60	50:03	14:56	35:07
Jeff Whittam	M75	50:14	08:56	41:18
Phyllis Farrell	W65	50:31	01:29	49:02
Beryle Doust	W60	50:49	11:55	38:54
Patricia Hopkins	W70	51:33	06:59	44:34
Ray Hall	M75	51:38	13:53	37:45
John Smith	M75	51:46	13:04	38:42
Pat Ainsworth	W75	53:53	00:00	53:53
Shorty Turner	M75	53:53	00:00	53:53
Joan Pellier	W70	54:44	12:59	41:45
Ann Turner	W75	54:56	10:53	44:03
Kirt Johnson	M80	55:03	07:07	47:56
Andrea Byrne	W30	62:56	03:28	59:28

10K WALK

Alan Jennings	M70	82:23
Jeni Shillington	W50	86:46

Start of the 10km; and Jackie Halberg, who's putting in lots of loudhailer time lately, plus results formulation. This time she was helping Neil McRae and Sean Keane cover for usual director Lachlan Marr, who was otherwise engaged at Bunbury.





**UNI RRC/RRW
NEDLANDS
May 20, 2012
Director: Gary Fisher**

15K RUN RRC

Kim Thomas	M35	59:26
Tony Smith	M35	61:05
Paul Odam	M50	61:10
Rod Hamilton	M50	61:42
John Allen	M50	62:15
Mickey Muroi	M50	63:34
V2		65:28
Lisa Searle	W35	65:31
Ian Carson	M55	65:38
Tristan Bell	M45	67:00
Peter March	M50	67:45
Karen March	W50	67:56
Joe Clark-Murphy	M65	68:52
Brian Bennett	M60	68:59
Ross Keane	M50	70:10
Tom Tralau	M35	70:38
Kim Cook	W35	70:51
David Baird	M65	70:58
Brian Danby	M60	71:25
Chris Pattinson	W55	71:52
Rob Badenoch	M55	74:13
Jennifer Williams	W65	74:52
Bert Carse	M70	74:53
John Bell	M65	75:32
Lorraine MacLennan	W45	76:16
John Batta	M45	76:17
Scott Winn	M40	77:38
Maree Brown	W45	78:01
Bob Schickert	M70	79:32
Claire Walkley	W45	79:55
Karl Stockman	M50	79:56
Mike Khan	M65	81:25
Julie Wilson	W55	81:49
Irwin Barrett-Lennard	M80	83:15
Sally Floyd	W45	85:54
John Pellier	M70	86:28
Mark Rosen	M60	88:25
Hamish McGlashan	M75	89:04
Tracey Koziniec	W40	90:07
Julie Keeley	W45	92:34
Milton Mavrick	M55	94:15
Janet Jiang	W45	95:59
Bronwyn Smith	W40	98:28
Val Millard	W65	98:52
Brian Smith	M70	1:41:09
Mary Young	W60	1:50:00

10K RUN

Paul Hughes	M60	41:37
George Fish	M60	43:54
Sue Bourn	W45	45:01
Michael Karra	M45	46:45
Mark Sivyer	M60	50:00
John Collier	M45	50:08
Gillian Young	W60	50:26

BEAUTIFUL weather and a wonderful location – what more could we ask for?

It was time for another run/walk around Nedlands and hopefully all competitors enjoyed taking part as much as I did in the organising. I wish to thank all of my helpers with a special thank you to those who heeded the call from the committee about the shortage of helpers for all May races. Due to injury – or just a desire to help – it meant that by race day I had a surplus of helpers.

Congratulations to the joint trophy winners, Lisa Searle and Kim Thomas and with luck and good health we can repeat it all again next year.

Gary

Frank Smith took this outstanding picture of the two-way start. VW

Carol Bowman	W55	51:27
Richard Blurton	M60	51:55
Bob Cavin	M55	52:06
Sean Keane	M45	55:59
Monique Fountain	W40	56:10
Mike Anderson	M60	56:37
John Byrne	M60	60:17
Robert Poulinet	M65	60:23
Monique Thomas	W35	61:22
V7		64:16
Suzanne Poulinet	W60	65:29
Ursula Clark-Murphy	W60	66:31
Kevin Hynds	M45	66:34
John Brambley	M70	68:09
Cecil Walkley	M80	72:11
Keith Atkinson	M55	72:18
Vic Beaumont	M80	86:54

5K RUN

Bernard Mangan	M55	20:19
Jim Klinge	M65	21:33
V1		21:47
Bruce Wilson	M65	22:00
Dante Giacomini	M40	22:27
Margaret Saunders	W55	23:18
Sandra Stockman	W45	23:38
Raymond Gimi	M45	23:57
Ivan Brown	M65	24:01
V4		24:58
David Carr	M75	26:30

Neil McRae	M60	27:21
Delia Baldock	W50	27:42
Mark Hewitt	M55	28:13
Roger Walsh	M65	28:47
Geoff Mullins	M65	29:52
Jochen Schreyvogel	M40	29:53
Genevieve Spiro	W40	29:55
John Dennehy	M50	30:22
Vic Waters	M65	30:37
Kylie Mahony	W40	30:45
Rochelle Airey	W40	31:03
Damien Hanson	M55	31:39
Aldo Giacomini	M75	32:04
Allison Lilly	W40	34:33
Rebecca MacKinnon	W30	36:38
Sheila Maslen	W70	39:02
Mary Heppell	W70	39:04
V8		40:42

10K WALK

Garry Hastie	M50	53:57
David Smyth	M40	56:39
Paul Martin	M70	65:53
Wayne Taylor	M50	69:15
Bryan Hardy	M65	73:46
John McDonagh	M60	74:19
Michele Mison	W60	74:29
Lynne Schickert	W70	74:44
John Smith	M75	74:49
Alan Jennings	M70	82:05
Jeni Shillington	W50	82:06
Joan Pellier	W70	83:49
Bob Fergie	M75	84:01
Jeff Whittam	M75	84:11
Maurice Warren	M70	92:10
Richard Harris	M75	92:13
Fiona Cousins	W40	92:22
Margaret Bennett	W70	95:38
V3		95:40
Margaret Warren	W75	95:41
Ann Turner	W75	95:42

5K WALK

David Brown	M65	37:14
Barbara Blurton	W60	39:59
Rosa Wallis	W65	41:30
Lorna Lauchlan	W80	42:17
Patricia Hopkins	W70	44:30
Kirt Johnson	M80	44:51
Elaine Sillery	W75	45:57
Sofia Carson	W50	46:22
Ray Lawrence	M80	46:24
Lee Chan	W50	46:37
Andrea Byrne	W30	48:04
Melissa Hynds	W35	48:05
Maggie Flanders	W75	50:19

COMING EVENTS – HELPERS

JUNE 10

AROUND HERDSMAN

Race Directors: Jim & Margaret Langford - 9387 6347

Ciar & Ross Langford, Chris & Don Pattinson, David Scott, Les Smith

JUNE 24

RACECOURSE

Race Director: Bruce Mathieson - 9359 0607

John Batta, Tristan Bell, Julie Keeley, Bernard Mangan, Les Smith, Alan Jennings, Michihito Muroi, Edmund Wall

JULY 1

SHARKS

Race Director: Paul Martin - 9399 1648

John Batta, Charlie & Lee Chan, Paul Hughes, Chris & Don Pattinson, Lisa Searle, Sandra Stockman, John & Beryle Doust, Monique Fountain

JULY 8

BARDON BASH

Race Directors: John Smith - 0421 216 569/Brian Bennett - 9275 0169

Margaret Bennett, Jennie Smith, Arnold Jenkins, Sylvia Szabo, Chris Genin, Pat Ainsworth

JUNE 17

**PERTH MARATHON
HELPERS NEEDED**

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.

MASTERS ATHLETICS WA



IF UNCLAIMED PLEASE RETURN TO:
PO Box 197 SUBIACO WA 6904

**PRINT
POST**

PP644113/00007

**POSTAGE
PAID
AUSTRALIA**

**MAWA
and**

**Vetrun
Contacts**

Secretary MAWA
71 McDonald Street
Como WA 6152
6468 7720

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:
Paul Hughes