



Vetrun

The magazine of Masters Athletics WA

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Lyn – World Masters Athlete of Year – again!

Track and Field programme 2012/13

THIS summer's track and field programme is enclosed, belatedly, with this edition of Vetrun. It was prepared in good time by Barbara Blurton last month and should have reached you via the September magazine. The error was mine, for which I apologise. Still, isn't it good to know your editor is human after all? VW

New members – Welcome!

1149 COBBY: Vicki W40
1150 WYNNE: Troy M45
1151 LOWE: Daniel M35
1152 STAUNTON: Shanell W30

Website is changing

MAWA has just completed an upgrade of the club's website, changing from a static HTML base to Word Press. This represents a significant investment for the club, but gives us numerous improvements, such as the flexibility to post different types of documents.

Developments will include a search function, so members can quickly find their personal results. The picture gallery will also be improved. Selected photos taken at our events will be posted under the name and date of the meeting, instead of the current, very large gallery.

Simpler

The simplicity of the new system means that authorised club members can post results and news items directly from

their computers, which should produce faster postings and greater accuracy.

We also have an improved Home Page, to make it easier to contact the committee. It includes the latest news posts from AMA.

Hamish

We are delighted that Hamish McLeod has taken on the role of MAWA website co-ordinator. He is further improving the site, helping with the direct post arrangements, and doing the basic maintenance. Ernie Leseberg will continue to be involved with technical support, and managing our championship online entry system.

If anyone has questions about the website, they should speak to Hamish, who attends most of our Sunday runs.

Richard Blurton



Hamish is the man to catch with any website queries.

Can you give first aid?

THE club is updating its register of members who have current first aid and/or medical training and who would be available to render assistance, if need be, at Sunday events and/or Tuesday and Thursday T&F meetings.

We all hope these skills will never be needed. But accidents do happen. Many members are already capable and trained, so if you are one of them please sign up for the club register.

Please contact Val Millard at mawasecretary@gmail.com or phone 6468 7720 – or speak to her on Sundays and Thursdays.

Joan's history of the club



PART three of the Joan Pellier take on MAWA's history is now complete.

It will appear soon on the club website, but knowing that many members prefer old-fashioned paper, she has very kindly offered to supply all three parts to anyone who would like a copy. See Joan at Sunday meetings, or contact club secretary Val Millard.

Thanks to Frank Smith for forwarding this online article.

EXERCISING for 30 minutes on most days is supposed to keep you in good health. But research suggests that's not enough, if you spend a lot of time sitting.

If you're sitting down while you read this, you might want to stand up!

Research now shows that sitting for long periods can increase your risk of a range of health conditions and premature death.

This is not only terrible news for those of us with a desk job; it's a grim warning for all. Our increasingly sedentary lifestyle means we all spend a lot of time on our backside – we sit when we drive our cars, eat our meals, watch TV, use a computer (or any other of the screens we regularly use), read from a book, use the phone, catch up for a cuppa with our friends and the list goes on.

Move more

But here's the kicker: even if you are meeting – or even exceeding – the Australian Government's physical activity recommendations, you still need to move more. (These guidelines recommend you get 30 minutes of moderate-intensity exercise per day most days of the week.)

Dr Alicia Thorp from the Baker IDI Heart and Diabetes Institute is currently researching the effects of standing and sitting in the workplace. She says regular exercise is not enough to counteract the amount of sitting many of us do.

"People can meet the physical activity guidelines and do a 30-minute run every day, but if they're spending 10 hours of the day sitting, then it is not going to wipe out the effect of all the sitting," Thorp says.

'Bottom' line?

The bottom line, she says, is that we all need to move as much as we can throughout the day.

"Stand up, move more, more often should be your mantra for daily living."

How much sitting do we do?

Sitting and lying down are known as sedentary behaviours that require a very low level of energy output. (Activities are

Stand up for your health!

by Claudine Ryan

www.abc.net.au/health/thepulse/

often measured in METs – Metabolic Equivalent of Task – sedentary activities range between 1 and 1.5 METs, walking at a moderate pace ranges between 3-3.5 and jogging is about 7.)

Research suggests that most of us are spending more than half of our day being sedentary. The Australian Diabetes, Obesity and Lifestyle study found adults spend:

- 57 per cent of their time engaged in sedentary activities;
- 38 per cent of their time engaged in light intensity activities;
- about 5 per cent of their time doing moderate-to-vigorous activity.

Interestingly, these findings are based on data collected using devices known as accelerometers, giving researchers a more objective measure of how sedentary – or active – people are.

What the research shows

The growing body of research into sedentary behaviour clearly shows that prolonged sitting is a risk factor for metabolic syndrome, heart disease, type 2 diabetes, some cancers, obesity and early death.

A recent University of Sydney study, looking at more than 222,000 adults aged 45 and over, found that men and women who sat for 11 hours or more a day had a 40 per cent greater risk of premature death, than those who sat for less than four hours.

Another recent US study, found adults who were most sedentary (i.e. were sedentary for more than 10.8 hours a day for men, 10.1 hours a day for women) had more than three times the risk of premature death compared to those who were least sedentary (i.e. were sedentary for less than 7.6 hours a day for men, 7.2

hours a day for women).

A 2010 Australian study compared people who watched television for four hours a day to others who only watched for less than two hours a day. The researchers found those who watched for more than four hours a day had an increased risk of premature death of 46 per cent. This was not because of the standard of entertainment on offer, but because watching TV tends to be the most common sedentary leisure activity. (It's been estimated that for every hour of television you watch over the age of 25, your life expectancy is reduced by 22 minutes.)

Why is sitting so bad?

Researchers are still trying to understand exactly why it is that sitting has such a deleterious effect on our health.

But Thorp says it appears to be related to the enzymes that help to regulate blood fats and sugars, which are released as certain muscles contract when you stand.

"Muscle contraction is a major contributor to many of the body's regulatory processes, such as breaking down glucose, and when we sit our leg muscles are essentially inactive," she says.

"Loss of local muscle contraction during prolonged sitting is shown to 'slow down' the production and activities of key enzymes involved in removing fats from the blood and exercising won't prevent this 'slowing down' from occurring.

"It is also shown to reduce the uptake of glucose from the blood stream into skeletal muscle."

However, you only need to stand up or take a short walk in order for your leg muscles to contract, which can help prevent those key enzymes from being switched off.

"Our group recently reported that breaking up prolonged sitting every 20 minutes with a two-minute walking break ameliorates the adverse effects," she says.

Get out of your chair

However, Thorp acknowledges standing up all day is not necessary.

"We don't advocate that people spend the whole day standing. There is literature around that shows that standing all the time can be bad for you," she says.

"The message we want to get out is that you don't have to spend the entire day standing, but you do want to break up your sitting time."

Thorp recommends sitting for no more than 30 minutes at a time and standing as much as possible throughout the day.

Organisations, such as the Australian Heart Foundation and the American College of Sports Medicine, have released recommendations about the need to reduce the time we spend in our chairs and what changes you need to make.

Some of these include:

- standing up whenever you use the phone;
- doing household chores when watching television, e.g. folding clothes and ironing;
- standing or walking for meetings;
- walking or riding a bike to work, school or the shops;
- when driving park your car further from your destination and walk some of the way;
- getting on/off public transport one stop earlier and walk the rest of the way;
- standing up when using public transport, if possible.

For more tips on how to spend less time sitting, check out our Facebook Q&A with Dr Alicia Thorp.

More information:

Prolonged sitting – The Health Report, ABC Radio National.

Exercise: how much is enough? – Healthy Living Video, ABC Health & Wellbeing.

Sitting at work: A health hazard – The Pulse, ABC Health & Wellbeing.

What moves you? – Exercise guide, ABC Health & Wellbeing

You write....

Top job



Hi Vic,
JUST a brief note to update on the hat collection for the albino children of Tanzania.

My daughter-in-law Rachel, who lives in Melbourne and organised the drive collected more than 800 hats and I was able to collect nearly 200 which I have had transported to her. So all up we were just shy of 1000 hats and caps which I am sure will help ease some of the pain and discrimination that these people have to endure on a daily basis.

I also would like to extend a thank you to yourself for suggesting the use of the *Vetrun* to inform members of the drive, to Paul and the committee for allowing me to address the members before a couple of the Sunday runs and of course the members for their generous contributions and support.

Best Regards, Gary Fisher

We met before...

Hi Vic and Bob,
Just to add to the discussion about meetings

A Newsletter in June 1976 announced that the "ANNUAL GENERAL MEETING" will be held at McCallum Oval at 10am on SUNDAY 20TH JUNE followed by some athletic effort."

Christine Oldfield



Christine is researching Vetrun editions for a club history.

Sign up for Six-Hour Relay



Start of last year's Six-Hour Relay, marked by great performances, enjoyment and satisfaction all round. Left, that's Claire, handing over to Kate Sommerville for the W40 team.

OUR Six-hour relay is coming up fast! It's on the 10th November, and director Claire Walkley wants to hear from volunteer helpers and all would-be entrants.

There will be walking and running teams, and each team requires six runners. So if you are keen to put in a team of your own, or want to join a team, here's what you must do.

Email clairewalkley@yahoo.com with your name – age on race day (10th November) – stating if you're a runner or walker.

Last year was really good fun, proven by how many runners and walkers are coming back for more.

The relay will be held at Yokine Reserve. Start time is

to be confirmed, but will probably at 6:30am to beat the heat.

How it's run

The format is simple. Each team member in turn runs/walks the 2km loop (on tarmac path).

How many times you run/walk depends on your speed. For instance, if all six in your team average 5-minutes per km, you would personally complete just one 2km circuit per hour. That's six outings, 12km in six hours. Doesn't sound too hard, does it?!

More walkers needed!

"We are currently short on youngsters (under 40) and oldies (over 70) in both male and female categories," said Claire.

"And only two walkers have nominated so far - so they'll have their work cut out for them if a few more can't be rustled up!

"Helpers are essential, of course," she said. "Without lap counters the event is impossible. So please come along and help, and enjoy a great club event."

From the Pres ...

A FEW people are needed to assist in transporting the clock and loud hailer to Sunday runs.

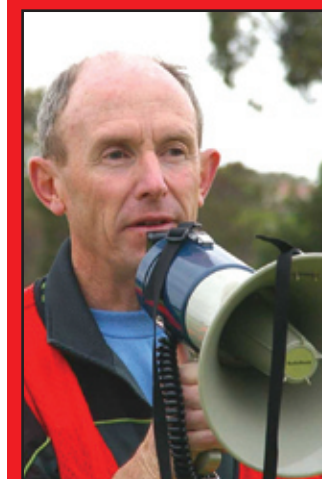
I am thinking of having a roster system in place for three or four people to share the responsibility depending on where the Sunday run is taking place.

Please let me know if you can help.

Editorial complaints

If any member has a complaint about editorial comments or anything else related to *Vetrun* they should speak to Vic, the editor. If anyone has a problem in contacting the editor they should write to the club secretary.

Complaints or comments about other club matters should be in written form, signed and sent to the club secretary.



Paul Hughes.



So near, yet so far - well, 40th actually. It was a premature presentation!

PLEASE NOTE: An error was found in some handicap figures displayed on the morning of the event. This has been rectified and the results adjusted accordingly.

And with those cold, hard words the handicapper dashed a young man's dream of glory. At a stroke he demoted Neil McRae to 40th, from first. No tears for Neil, though. On receiving the trophy from Ivan he said he would have preferred a toaster. In fact, he was bluffing. He thought it was a toaster.

V3		31:24	
Roger Walsh	M65	31:33	
Kylie Mahony	W40	31:42	
John Dennehy	M50	31:54	
Jackie Halberg	W65	32:19	
Bernadette Height	NF	W55	32:21
Julie Keeley	W45	32:46	
Aldo Giacomini	M75	34:27	
Bronwyn Smith	W40	34:41	
Steve Clark	M70	36:46	
Val Millard	W65	36:53	
Ali Menegola	W50	37:04	
Allison Lilly	W40	37:05	
Julie Wood	W60	39:28	
Pierre Viala	M65	39:29	
Gail Castensen	W55	40:10	
Tracey Koziniec	W40	40:58	
Sheila Maslen	W70	45:31	
Margaret Bennett	W70	48:23	

5.2K WALK

		Actual	H/cap	Time
Sylvia Szabo	W30	49:31	2:37	46:54
Margaret Warren	W75	51:32	1:32	50:00
Denise Viala	W60	52:00	5:31	46:29
John McDonagh	M60	52:07	15:43	36:24
Sofia Carson	W50	52:09	4:19	47:50
Sylvia Szabo	W55	52:15	1:30	50:45
Jeff Whittam	M75	52:26	8:25	44:01
Mike Rhodes	M65	53:01	16:20	36:41
Ray Hall	M75	54:23	12:27	41:56
Lynne Schickert	W70	54:28	13:16	41:12
John Smith	M75	54:30	13:02	41:28
Joan Pellier	W70	55:57	8:57	47:00
Maggie Flanders	W75	59:12	0:00	59:12
Leo Hassam	M80	59:14	0:00	59:14
Handicap not recorded or ineligible:				
Rebecca MacKinnon	W30	46:32		46:32
V7				57:37

10.4K RUN

		Time	H/Cap	Actual
Robert Poulinet	M65	70:18	6:49	63:29
Bob Schickert	M70	71:00	16:50	54:10
Giovanni Puglisi	M60	71:02	24:26	46:35
Karl Stockman	M50	71:05	16:46	54:19
Keith Atkinson	M55	71:12	13:52	57:20
Jim Barnes	M65	71:14	12:45	58:29
Milton Mavrick	M55	71:16	11:14	60:02
Janet Jiang	W45	72:00	6:27	65:32
Ian Carson	M55	72:21	29:07	43:14
Mike Hale	M65	72:37	20:16	52:22
Suzanne Poulinet	W60	72:45	2:24	70:20
Tony Smith	M35	72:48	29:37	43:11
Charlie Chan	M60	72:51	20:41	52:10
Sandra Stockman	W45	72:55	26:42	46:13
Carol Bowman	W55	72:58	18:38	54:20
Lisa Searle	W40	73:10	26:39	46:32
Hamish McLeod	M35	73:32	23:13	50:19
Paul Odam	M50	73:36	29:25	44:10



Above, Suzanne Poulinet, whose husband Robert won the handicap; and Gail Castensen ahead of John Talbot and handicapper Richard Danks.

Cliff Bould Trophy

September 9, 2012

Director: Ivan Brown

Jim Klinge	M65	73:39	26:36	47:04
Mickey Muroi	M50	73:41	28:09	45:31
Chris Reid	M45	73:44	26:39	47:05
Mike Khan	M65	73:45	17:42	56:03
John Allen	M50	73:55	28:53	45:01
John Talbot	M65	73:58	7:44	66:14
Tristan Bell	M45	74:01	24:52	49:09
Peter Bath	M70	74:03	5:40	68:23
Paul Hughes	M60	74:18	29:02	45:16
John Pellier	M70	74:46	12:40	62:07
Brian Smith	M70	74:51	2:47	72:04
Carmel Meyer	W50	74:59	18:00	56:35
Irwin Barrett-Lennard	M80	75:16	14:46	60:29
Gillian Young	W65	75:17	18:14	57:03
Brian Bennett	M65	75:22	25:10	50:12
Mark Sivyer	M60	75:44	17:40	58:04
Kim Thomas	M35	75:52	32:49	43:02
Richard Danks	M70	75:55	6:34	69:20
Merv Jones	M70	76:13	4:12	72:01
Julie Wilson	W55	76:18	18:45	57:32
Lorraine Lopes	W70	76:49	19:42	57:07
Neil McRae	M60	78:03	18:30	59:34
John Brambley	M70	80:09	2:49	77:20
David Carr	M80	86:41	17:35	69:06
Gary Fisher	M60	90:16	18:43	71:33
Handicap not recorded or ineligible:				
Prabuddha Nicol	M55	71:53		
V8		49:57		
V1		78:40		
V4		69:09		

5.2 RUN

V2		23:29
George Fish	M65	23:51
Mark Hewitt	M60	24:06
Dante Giacomini	M40	24:25
Frank Gardiner	M60	24:31
Margaret Saunders	W55	24:36
Tom Clarke	M65	24:49
V6		24:59
Sean Keane	M45	26:05
Dave Roberts	M65	26:32
Ross Keane	M50	26:38
Dee Conibeer	W50	26:59
Johan Hagedoorn	M65	27:49
V10		28:22
Peggy Macliver	W65	28:30
Hamish McGlashan	M75	28:32
Delia Baldock	W50	28:35
Mike Anderson	M60	29:03
V5		29:41
Damien Hanson	M55	30:20
Genevieve Schreyvogel	W40	31:08
Jochen Schreyvogel	M45	31:23

Mattagarup

September 16, 2012

Director: Wayne Pantall

THE club thanks Wayne Pantall for many, many years service as a double race director, at the Mattagarup and the RRC/RRW.

His inimitable style and poetic approach will be sorely missed. Although Wayne has finally relinquished the tasks of race director, we're sure to hear from him again, via his sometime radio appearances, his bush-poetry outings, and I hope, in more written contributions to *Vetrun*.

VW



V2		29:15
John Dennehy	M50	29:30
Peter Hopper	M65	29:50
Sandra Rourke	W45	30:11
Jane Stanbrook	W45	30:33
Aldo Giacomini	M75	32:11
Ali Menegola	W50	34:28
Kathy Burr	W70	34:58
Arnold Jenkins	M65	34:59
Allison Lilly	W40	35:32
Steve Clark	M70	35:36
John Ellard	M70	37:31
Kevin Hynds	M45	37:33
Margaret Bennett	W70	40:59
Sheila Maslen	W70	41:00
Joan Pellier	W70	41:25
Jan Jarvis	W65	41:56
Rebecca MacKinnon	W30	42:38

10K RUN

Tony Smith	M35	40:26
Ian Carson	M55	40:47
Prabuddha Nicol	M55	44:08
Mickey Muroi	M50	44:19



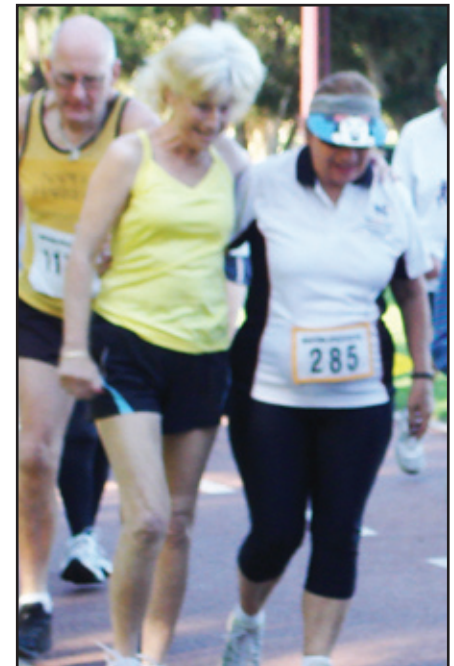
First woman in the 10km, Sandra Stockman. We wish her well in the coming Melbourne marathon.

Sandra Stockman	W45	44:34
Lisa Searle	W40	44:52
Jim Klinge	M65	45:50
Mark Dawson	M50	46:48
Brian Bennett	M65	47:04
Hamish McLeod	M35	47:33
Brian Danby	M60	48:02
Ross Keane	M50	48:46
Mike Hale	M65	48:54
Chris Reid	M45	49:53
Karl Stockman	M50	50:01
Bob Schickert	M70	50:11
Maree Brown	W45	50:16
Gary Fisher	M60	51:04
Carmel Meyer	W50	51:47
Gillian Young	W65	52:40
Sue Bourn	W45	52:49
Lorraine Lopes	W70	53:43
Steve Hossack	M50	53:58
Jim Barnes	M65	54:06
Irwin Barrett-Lennard	M80	55:38
Neil McRae	M60	56:49

Peter Bath	M70	57:02
Milton Mavrick	M55	57:09
Sally Floyd	W45	57:13
V1		57:33
Kate Sommerville NF	W40	57:34
Mark Sivyer	M60	57:45
Graham Thornton	M70	57:58
Janice Mathews	W40	58:14
Keith Miller	M60	58:45
Karen March	W50	58:46
John Pellier	M70	59:14
Barb Humphrey	W60	60:12
John Talbot	M65	60:56
V7		61:00
Janet Jiang	W45	61:30
Robert Poulinet	M65	62:01
Peter Van Duren	M65	62:29
Paul Martin	M70	63:14
Roger Walsh	M65	63:16
Jackie Halberg	W65	63:53
Wayne Taylor	M50	64:03
Rochelle Airey	W40	64:06
Merv Jones	M70	64:27
Suzanne Poulinet	W60	65:08
Richard Danks	M70	65:22
V8		65:32
Frank Price	M60	69:44
Bronwyn Smith	W40	69:44
Brian Smith	M70	70:29
Mary Heppell	W75	93:02

5K RUN

V3		17:16
V4		17:47
Paul Hughes	M60	20:04
Giovanni Puglisi	M60	21:10
George Fish	M65	21:32
Dante Giacomini	M40	22:24
V5		22:27
Mark Hewitt	M60	22:35
Karen Peace	W40	22:53
Alan James	M60	23:06
Tom Clarke	M65	23:34
Graeme Dahl	M60	23:38
Margaret Saunders	W55	23:44
Jo Clarkson	W55	24:05
Raymond Gimi	M45	24:22
Carol Bowman	W55	24:32
Dave Roberts	M65	24:52
Bruce Mathieson	M65	25:55
Hamish McGlashan	M75	26:21
David Carr	M80	26:23
Colin Smith	M45	26:31
Johan Hagedoorn	M65	26:36
Richard Blurton	M60	27:11
Sarah Ladwig	W60	27:50



Road-testing a new Masters event, Elaine Dance and Elaine Ellard in the 3-legged race.

10K WALK

Peter Ryan	M60	79:46
Lynne Schickert	W70	79:46
Alan Jennings	M70	79:47
Regina Crouch NF	W40	86:14
Elaine Dance	W60	86:15
Bob Fergie	M75	86:46
Jeff Whittam	M75	86:47

5K WALK

Mike Rhodes	M65	34:44
Bryan Hardy	M65	36:36
Lesley Romeo	W65	37:11
David Brown	M65	38:08
Ray Hall	M75	40:00
Sylvia Szabo	W30	42:12
Morris Warren	M70	42:16
Lorna Lauchlan	W80	42:34
Kirt Johnson	M80	42:35
Patricia Hopkins	W70	45:34
Margaret Warren	W75	48:28
Dorothy Whittam	W75	50:49
Noela Medcalf	W75	51:48
Leo Hassam	M80	51:49
Julie Wood	W60	52:13
Elaine Ellard	W70	52:14
Maggie Flanders	W75	53:05
Melissa Hynds	W35	60:58

13K RUN

Timothy Osborne	M40	50:34
Kim Thomas	M35	52:34
Bob Lane	M60	54:17
V2		54:56
Chris Reid	M45	55:28
John Allen	M50	55:43
V		56:42
Sandra Stockman	W45	57:07
V5		57:30
Lisa Searle	W40	57:56
Prabuddha Nicol	M55	58:32
Hamish McLeod	M35	60:13
Brian Bennett	M65	60:32
Ivan Lazarus	M60	60:56
Karen March	W50	61:05
Mark Dawson	M50	61:13
Keith Miller	M60	61:27
V7		62:07
Jennifer Williams	W65	62:24
Brian Danby	M60	62:58
Wayne Taylor	M50	65:42
John Batta	M45	66:07
Mike Hale	M65	67:24
Kate Sommerville	W40	67:40
John Bell	M65	68:47
Karl Stockman	M50	69:37
Julie Wilson	W55	70:07
Lorraine Lopes	W70	73:17
Milton Mavrick	M55	74:50
Terry Humphrey	M60	76:08
Graham Thornton	M70	79:07
John Pellier	M70	80:48
Barb Humphrey	W60	80:52
John Talbot	M65	81:33
V8		85:30
Richard Danks	M70	88:48
Greg Wilson	M65	90:26

8K RUN

Paul Hughes	M60	35:14
V1		35:48
Graeme Dahl	M60	36:12
Sue Zlnay	W50	36:56
Karen Peace	W40	37:17
Ross Keane	M50	37:44
Mark Hewitt	M60	39:42
Dante Giacomini	M40	40:21
David Carr	M80	42:57
John Mack	M70	43:21
Dee Conibeer	W50	43:45
V6		45:10
Bruce Mathieson	M65	45:43
Janice Mathews	W40	46:39
Neil McRae	M60	47:02
Kris Adrian	W40	48:07
Paul Martin	M70	50:22
Janet Jiang	W45	51:00
Roger Walsh	M65	51:36



Merv Jones	M70	53:01
Steve Clark	M70	57:00
Mary Heppell	W75	70:15

5.3K RUN

Bruce Wilson	M65	24:04
Tom Tralau	M35	25:02
Tom Clarke	M65	25:15
Margaret Saunders	W55	25:28
V4		29:14
V3		29:28
Nick Miletic	M60	30:31
Bob Cavin	M55	31:03
Sandra Rourke	W45	32:26
Vic Waters	M65	32:27
Jackie Halberg	W65	33:12
Delia Baldock	W50	34:10
Aldo Giacomini	M75	34:27
Gail Castensen	W55	41:03
Toni Frank	W65	42:26
Allison Lilly	W40	45:54
Ali Menegola	W50	45:55

13K WALK

Cheryl-Lee Dean	W45	89:07
Bryan Hardy	M65	95:01
Peter Ryan	M60	1:42:38
John Smith	M75	1:48:16
Alan Jennings	M70	1:50:46
Jeff Whittam	M75	1:54:12
Bob Fergie	M75	1:54:14

8K WALK

John McDonagh	M60	57:34
Mike Rhodes	M65	57:41

A Magical 8TH YEAR

A CHILLY though bright and sunny morning greeted what we believe to have been a record number of competitors for the eighth year of our Mullaloo Magic, magnificent coastal race.

Some who completed the 13km distance considered that the hilly course made it equivalent to 15km 'on the flat'. Nor are the 5km or 8km options less challenging for our runners and race walkers, so this will never be a course to allow you 'distance best' times.

But if you can (somehow) spare a moment to look around you, you'll agree with us that this is the scenically most spectacular event in our Sunday programme!

My warm thanks to all our helpers, both our sturdy regulars and those who volunteered to assist for the first time. You made the race a success, are much appreciated by us, and we hope that you'll volunteer to assist in the future.

A word of commiseration for our boy with the camera - Vic Waters - who was run over by the stampeding mob of runners at the start. And we were cycling the course (Johan) and coordinating the timing clocks (me) and (oh dear!) we both missed it ...

See you next year!



Ace cameraman Frank Smith caught the Magic moment!

Ray Hall	M75	66:43
Elaine Dance	W60	67:07

5.3K WALK

Joan Pellier	W70	45:21
Patricia Hopkins	W70	47:14
Beryle Doust	W60	47:22
Ann Turner	W75	48:25





Top, 9.5km winner Tony Smith; above, Grahak Cunningham leading Gary Fisher and others.

Below, leader M60 Giovanni Puglisi (second in the short run) with John Allen and M40 Ante Perdija. Inset (from left) M65 Tom Clarke, Ross Keane and Ivan Lazarus.



Wireless Hill

September 30, 2012

Director: Chris Reid

9.5K RUN

V2		38:38
Tony Smith	M35	39:42
Ante Perdija	M40	40:06
John Allen	M50	40:31
V5		41:42
Lisa Searle	W40	42:04
Jim Klinge	M65	42:20
Prabuddha Nicol	M55	42:43
Hamish McLeod	M35	43:56
Mark Dawson	M50	44:18
Ivan Lazarus	M60	45:03
Bruce Wilson	M65	45:20
Karen Peace	W40	45:45
Ross Keane	M50	46:18
Frank Gardiner	M60	46:47
Grahak Cunningham	M35	46:58
V8		47:20
Charlie Chan	M60	48:56
Maree Brown	W45	49:27
Gillian Young	W65	49:38
Mike Hale	M65	51:03
Keith Atkinson	M55	51:37
Bob Schickert	M70	52:37
Raymond Gimi	M45	53:10
Irwin Barrett-Lennard	M80	55:58
Neil McRae	M60	56:53
Jim Barnes	M65	58:40
Paul Martin	M70	59:18
John Talbot	M65	60:02
Mike Horsfall	M60	61:15
Rochelle Airey	W40	61:25
Theresa Howe	W60	62:07
Bronwyn Smith	W40	65:26
Brian Smith	M70	66:21
Frank Price	M60	66:53
Richard Danks	M70	70:19

4.8K RUN

Rod Hamilton	M50	19:33
Giovanni Puglisi	M60	19:57
George Fish	M65	21:08
Tristan Bell	M45	21:37



Welcome, new race director Chris Reid.

Steve Hossack	M50	21:41
Tom Tralau	M35	22:12
Bert Carse	M70	22:36
Margaret Saunders	W55	22:40
Mark Hewitt	M60	22:50
Tom Clarke	M65	23:02
Jo Clarkson	W55	23:20
Dave Roberts	M65	24:35
Carol Bowman	W55	24:40
Carmel Meyer	W50	24:51
David Carr	M80	25:07
V3		25:19
Gary Fisher	M60	25:21
Dee Conibeer	W50	25:28
Richard Blurton	M60	25:37
Bruce Mathieson	M65	26:18
Delia Baldock	W50	26:52
John Byrne	M60	27:17
V1		27:42
V10		28:21
Sandra Rourke	W45	28:40
Damien Hanson	M55	29:00
Jane Stanbrook	W45	29:08
Roger Walsh	M65	29:46
Kylie Mahony	W40	31:17
Janet Jiang	W45	31:52
Aldo Giacomini	M75	32:16
V4		32:43
V11		32:52
Val Millard	W65	32:55
Arnold Jenkins	M65	35:01
Jackie Halberg	W65	35:15
John Ellard	M70	35:36
Mitch Loly	M70	35:48
Kathy Burr	M70	36:32
Steve Clark	M70	36:43
Allison Lilly	W40	37:15
Rebecca MacKinnon	W30	37:16
Toni Frank	W65	37:24
Gail Castensen	W55	37:50
Sheila Maslen	W70	40:54
V7		41:39
Penny Horsfall	W50	41:43
Mary Heppell	W75	46:25
V6		49:57

9.5K WALK

Alan Jennings	M70	79:32
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4.8K WALK

Mike Rhodes	M65	33:01
Jeff Whittam	M75	42:38
Kirt Johnson	M80	42:40
John Smith	M75	42:55
Patricia Hopkins	W70	45:15
Elaine Ellard	W70	48:27
Noela Medcalf	W75	48:38
Lorraine Lopes	W70	48:40
Morris Warren	M75	49:20
Margaret Warren	W75	49:36
Leo Hassam	M80	50:24
Ray Hall	M75	53:06
V9		53:07

Five-minutes for EGM

A **SPEEDY** resolution of the club's constitutional requirements was achieved on September 16, before the Mattagarup Run.

Members were notified of the Special Resolution to adopt a new constitution by publication in the August *Vetrun*, by email and by post on 1 August 2012.

Paul Hughes opened the meeting at 7.45 am and closed it five minutes later, after 69 financial members present unanimously voted "That the new constitution tabled at the meeting and signed by the Chairman of the meeting for identification, be adopted as the constitution of Masters Athletics WA Inc in place of the current constitution, with effect following application to and approval by the Commissioner for Consumer Protection."

Then they all went for a run or walk.

Clothes need managing!

MAWA is looking for a person to take over the job of clothing manager.

After a number of years of making us look so good in our uniform at State and

IAAF MASTERS ATHLETE OF THE YEAR

Lyn Ventris wins a second year running

PERHAPS we should change that headline to 'second year walking'?

Whatever, WAMA offers most sincere congratulations to Lyn, an outstanding athlete in anyone's terms.

This is how Wilma Perkins, Oceania Masters Athletics President, presented Lyn's nomination to judges at the IAAF.

"Lyn Ventris has had an outstanding 12 months, setting an incredible eleven world records and winning two gold medals, both in world record times, in the W55 at the WMA Indoor Championships.

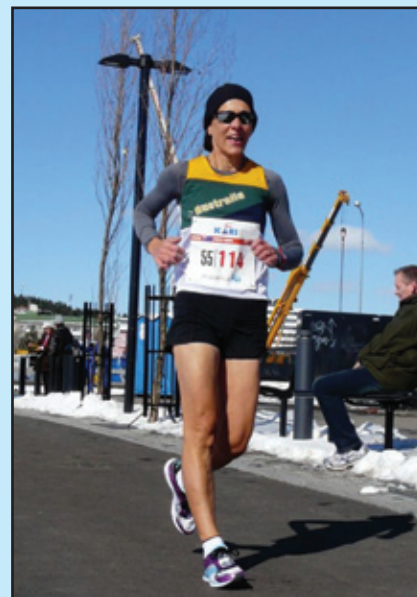
"Four of these records were in the 10km (50:32, 49:59, 49:34, 49:15), two in the 5 km (24:16.77, 23:57.90), two in the outdoor 3km (14:26.99, 14:16.41), one in the indoor 3 km (14:51.24) and two in the 20km (1:43.11, 1:40:42).

National Championships, Pat Hopkins has decided that it's time to hand over to someone else.

On behalf of MAWA, I'd like to thank Pat for her generous contribution in time and effort.

The club relies on its volunteers for its smooth running, and this is one of the more important jobs. If you'd like to take it on, please contact Val Millard, MAWA Secretary, at mawasecretary@gmail.com, or phone 6468 7720.

You can also talk to Pat or Val at most Sunday events for more information.



"Lyn has attended a number of WMA Stadia Championships but this was her first effort on an Indoor track and her first time in icy outdoor conditions. Lyn was also a team member of the W40 4 x 200m, which won a bronze medal.

"It is worthwhile to note that Lyn Ventris, at 55 years, was the fastest walker from all the age groups at the World Indoors, by 75 seconds in the 3km and 2 min 43 sec in the 10km. She has also taken more than 13 minutes off the 1996 20km world record.

"Lyn has supported and competed in many WMA Championships and WMA Oceania Championships and has set many records over the years. She is a well respected member of the Australian team and is a most positive ambassador for masters athletics. Lyn is also well known and respected in Open competitions as well as being a role model and supporter of athletics at the local level. Lyn is also an ambassador for the WMA Championships to be held in Perth 2016."

COMING EVENTS – HELPERS

OCTOBER 7 GUESS YOUR OWN TIME

Race Director: Vic Waters - 9341 3464

Raymond Gimi, Neil McRae, Frank Smith, Merv Jones, Irene Ferris, Jochen and Genevieve Schreyvogel, Alan Jennings, Andrea and John Byrne, Kate Sommerville

OCTOBER 14 DARLINGTON DASH

Race Director: Delia Baldock - 0418 935 040 935 040

Richard and Barbara

Blurton, Mike Khan, John Mack, Darryl and Wendy White, Ray Hall, Stan Delandgraftt, Colin Chisholm, Kerriann Bresser

OCTOBER 21 GWELUP LAKE

Race Director: Richard Danks - 9355 1570

Ian and Sofia Carson, Kim Cook, Patricia Hopkins, Jim Klinge, Ciar and Ross Langford, Ray Lawrence, Nick Miletic, David Scott, Roger Walsh, Irene Ferris, Marie Fitzsimons, Keith James

OCTOBER 28 NEW PERRY LAKES

Race Directors: Jeff & Dorothy Whittam - 9387 6438

Richard Danks, Patricia Hopkins, Lorna Lauchlan, Sheila Maslen, Michele & John Mison, Lesley Romeo, Tom Tralau, Bob Lane, Morland Smith, Keith James, Frank Price

NOVEMBER 4 BIBRA LAKE

Race Directors: Paul & Tanya Burke - 6460 6423

Aldo & Dante Giacomini, Paul Odam, Peter Ryan,

Sylvia B Szabo, Maggie Flanders, Maree Brown, Sally Floyd, Allison Lilly, Clayton Northey

NOVEMBER 10 6 HOUR RELAY

Race Director: Claire Walkley - 9339 4790

Chris Maher, Edmund Wall

NOVEMBER 11 KALAMUNDA RAILWAY

Race Directors: Bert & Bridget Carse - 9293 4934

Kerriann Bresser, Bjorn Dybdahl, Debbie Wolfenden, Sarah Ladwig, Christine & John Oldfield, John Talbot, Chris Maher, Amanda Walker, Brett Roach, Catherine Hayes, Paul Ankers, Dennis & Sandra Hughes

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.