

Vetrun

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The magazine of Masters Athletics WA

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Ashfield start – see page 6

STATE Championship entries close on Sunday 17th February.

No late entries will be accepted.

Online entry is preferred if at all possible. Otherwise, allow plenty of time for posted entries!

Paul preserves Vetrun's past



OVER the past eighteen months or so a machine down in Fremantle has been working overtime.

Paul Martin has organised the scanning of all the old club newsletters from 1974 to 2005 and they are gradually being posted on the website (under the Magazines tab).

For some years now the *Vetrun* has consisted of just eight pages because modern design, typesetting and printing makes far more efficient use of pages.

In the past some issues ran to twenty pages or more. Anything and everything pertaining to club activities and club members was included. So Paul's contribution to preserving these club documents for posterity has been enormous.

The reproduction of the old newsletters is not perfect as the copies used were sometimes faded, crumpled, dog-eared and scribbled on but they make fascinating reading.

Members will vote on financial year shift

A SPECIAL resolution to change the dates of our Club's financial year will be put to the AGM this year.

Members will be asked to consider and vote on the plan which would move the financial year-end from March 31 to June 30.

The purpose is to correct an anomaly that now occurs every year, regarding receipts and costs from the State Championships.

Because the Championships are in March all of the cash income (entry fees, and sponsorship) comes in before the March 31 year end.

But invariably, costs are incurred after that date.

This means a significant mis-match of income and ex-

penditure in our annual accounts.

To overcome it the club committee recommends changing the year end to June 30.

If agreed by members, the first (transition) year following the change will need to be fifteen months long. Subsequently, normal 12-month years will apply. Another consequence of the change is the AGM moving to July.

Here is the Special Resolution:

"That approval is given for the Association to amend its Constitution as follows:

By removing the existing definition of 'financial year' from clause 2 and replacing it with the following wording:

'Financial year' means a period not exceeding 15 months fixed by the Committee, being a period commencing 1 April 2013 and ending 30 June 2014, and thereafter each period commencing 1 July and ending 30 June in the following year;

By replacing the word 'April' with 'July' in clause 16(1)(b)."

• AGM Notice – see page 3

You write...

Helping John

Hi Vic,
I was wondering if you could put this in the *Vetrun* if there is space?

Everyone has been so supportive and wanted to help John and I. I thought that this may just help people understand if they find John a little disorientated or agitated.

Neither of us would like to think that John has offended anyone. Please, if anyone has any questions regarding John or his problems feel free to come and ask me.

Vic, I trust you to put it in your own words as I am not very good at these things.

*Thanks a lot
Elaine*

AS many members are aware John Dance suffered brain injury a few months ago in a work accident. He has recovered well but still suffers some long-term effects.

Brain injury is often called the 'hidden disability' because people appear unchanged. But John now struggles with many day-to-day things that we all take for granted, such as managing emotions.

He is more easily upset and angered by small irritations and frustrations and may become a little agitated at times. If this happens, Elaine suggests we simply leave him



John Dance in his usual jovial mode, always among friends with Masters

to be alone and calm himself down.

Dealing with busy places and noise – such as shopping centres, or social situations with lots of chatter and general noise – can be upsetting.

At times you may notice John drifting off, because his brain has been taxed and he needs time to switch off. Then he may take himself off to a quieter place so he can rest.

He easily becomes disorientated and can lose his bearings, but he is well aware of how to look out for familiar landmarks in order to re-orientate and, for instance, find his way back to his car.

Side-effects

Other side-effects of the accident are increased fatigue, and reduced ability to control body temperature – some-

thing that is normally as automatic as breathing or heart beating.

Without this function John can swiftly become unwell in hot or warm weather. He needs to be in air conditioning for most of the summer months.

Weight gain is another problem, due to reduced activity and side-effects of medication. John is very self-conscious of his weight gain and is doing his best to manage it.

Our club is renowned for the goodwill and support it offers all others in competition. I hope all our members will show the same spirit by looking out for John, and Elaine, and continuing to helping them through this difficult time.

VW

Has anyone kept the Constitution?

Does anyone have a copy of the club's original constitution from 1974?

I have asked a number of members, looked through boxes and files of club documents, checked the State Library and the State Records Office – all to no avail.

Note that the constitution which was bound at the back of Rob Shand's History of the Club in 1977 is an amended version and not what I am seeking!

If you have a copy I would be most interested to see it – and the State Library would like a copy of it.

Christine Oldfield



Congratulations

CIAR and Ross Langford now have a baby daughter, Ashlynn, who was delivered at Joondalup Hospital in January.

MAWA
and

Vetrun

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East Perth report

By John Smith

'Premier's wrecked our Classic'

NOTHING lasts forever and the classic East Perth 4 and 7kms has been wrecked by one of Colin Barnett's preferences for concrete in place of grass.

It is now 5 and 6.5kms but for the purists who keep their times and distances in little notebooks it is probably closer to 5.1 and 6.7kms.

But the much loved hill is still very much part of the course.

Changing a course is always a hazard but this one seems to have gone smoothly. That was due in no small part to the efforts of our marshals. I received several complimentary comments on the way they directed competitors. Which makes this a good time to thank all of the helpers. They acted as a team in a very professional way.

Also I still marvel at the way that Vic and Jacqui set up their camp kitchen and eased the pains of those poor souls who ran or walked in 90% humidity.



• *John's report and these results (below) were held over from last month.*

Did not compete in handicap:
V1 40:45
V6 41:58
V3 44:56
Kylie Mahony W40 44:33

Did not compete in handicap:
V1 48:19
Brian Smith M70 67:41

ANNUAL GENERAL MEETING

24th April 2013

MAWA's Annual General Meeting will be held on Wednesday, 24th April, 2013 at 7.00pm at the Hockey Club Rooms, Perry Lake Drive, Floreat (the hall where the Sunday Perry Lakes events start). All members are invited to attend.

Committee Nominations

Nominations are called for the Committee for 2013/14. The positions are: President, Vice-President, Secretary, Treasurer and four committee members. Nominations for appointment to positions of editor, handicapper, statistician, registrar and auditor are also invited. Nomination forms are available from the Club Secretary.

Changes to Constitution

Proposed changes to the Constitution are dealt with by way of special resolution and any proposed changes MUST be lodged with the Club Secretary by 1st March 2013.

Life Memberships

Recommendations for life membership should be forwarded to Secretary by 1st March 2013. Recommendations for life membership must come from at least three members, be approved by the Committee and later by a majority of two-thirds of the members present at the AGM.

To be eligible for life membership a member must have had active and continuous membership for at least 10 years and have substantially contributed to the progress of the Club. *Valerie Millard*

Deadly duo

JUST when you thought the competition couldn't get tougher, Bert Carse and Jim Langford become training partners.

Jim's moved to the hills, and now the deadly duo can spur each other on in training as well as races. Expect to see them in the Champs, probably over 1500m and 5000m.

Here's a tip, if you aspire to run like Jim: After the Age-Graded run he told us that his best-ever form was achieved when he trained twice a day. Jim would cover 100 miles a week in those days, when in his 30s.

Bunbury Run-Fest set for April 14

Tony Minards of Bunbury RC writes:

The event has been brought forward to 14th April and the festival includes a 10km individual event, to expand the appeal. Relay events have been dropped.

All registrations must be completed on-line, by 10th April.

However, 10km late entries will be taken on Saturday, 13th April.

What's the same?

No changes to the Individual Full Marathon, 50km Ultra Marathon, Half Marathon Run, and Half Marathon Walk events.

We are committed to delivering a top quality running festival that represents outstanding value! There's a great prize pool, a fantastic course, and a Kids event.

We operate a very fair refund policy. Event refunds are available, less genuine (small) out of pocket expenses,

2013 Bunbury 3 Waters Marathon

up until one week before the event.

Your clothing purchase costs will be refunded if we can sell the goods ordered for you to someone else. This allows you to commit safely knowing we won't rip you off if you can't participate for any reason!

What other event is as fair as that?

The question is now ... are you going to commit immediately? There's really no reason to delay.

Registration Link: 2013 Bunbury 3 Waters Marathon

Link to Bunbury Runners Club Website: <http://bunburyrunnersclub.mysouthwest.com.au>

Join us on Facebook: <http://www.facebook.com/#!/groups/252294073296/>

Six inches of separation!

• On this page last month John Oldfield regaled you with the success of our runners in the Six-Inch Marathon. Alongside it you should have read the inside story of her own effort, by Sandra Stockman. But space and time wait for no woman and I had to shift Sandra's words to page eight. Very good they were, too. Unfortunately I omitted any mention on page eight that she was writing about the Six-Incher. Separation makes the heart grow fonder – but it also frustrates the reader. Sorry about that – and thanks, Margaret Warren, for telling me about it. VW

10km Track Handicap

McGILLIVRAY OVAL

Thursday, 18th April, 7pm

IT'S on once again, for the 25th time, and we are hoping for the usual fine cool night. As we will be away for much of March Lorna Lauchlan and Bob Fergie will be collecting entries for us.

Forms will be available at club runs and also at the State T&F Championships. This event also counts towards the Club Handicap Trophy, so here is your chance to score some low points! Entries close 14th April 2013.

ENTRY FORM

Post to Jeff Whittam, 49 Holland Street, Wembley WA 6014

Name

Age Group Ph:

Name

Age Group Ph:

In My View ...



by the Editor

Thank you!

JOHN Cameron of Black Swan Event Financial Planning (BSEFP) will sponsor our track and field championships next month.

His company has been a major supporter since 2010, despite the fact that they have gained little new business from the arrangement.

This selfless response by John and his colleagues to assist our sport deserves recognition, and I hope that anyone considering financial guidance, advice and investment will remember Black Swan.

Learn from Jim

JIM Barnes is coaching marathon and half marathon training sessions, every Saturday morning at McCallum Park. Start time is 6am – sharp, so be prompt!

You can't do better than 100-marathons-plus Jim for such coaching and advice. And we're lucky to have him – especially after his most recent heart-stopper.

Jim collapsed, heart inert, some weeks ago in the Marathon Club car park. Fortunately some people spotted him and their efforts probably saved Jim's life. According to John Pellier, these good samaritans first had to deal with man's best friend – Jim's dog, Jack – growling and keeping them at bay.

"Luckily, Jack's easily bought off," says John.

They lured Jack away with a sausage or something, and all turned out well!

New Members – Welcome!

1173 BYATT: Renee W30
1174 MACKINNON: Stuart M30
1175 PARSONS: Larry M50
1176 VAGG: Ken M60
1177 HODGES: Mali W50
1178 BRUSH: Gregory M45
1179 O'DEA: Máire W30

11K RUN

Kim Thomas	M35	46:05
Ian Carson	M55	47:20
John Allen	M55	48:40
Sandra Stockman	W45	49:08
???		49:37
Rosemary Giles	W35	51:17
Peter March	M50	52:01
Karen March	W50	52:57
Tristan Bell	M45	55:03
Mark Dawson	M50	55:25
Raymond Gimi	M45	55:35
Don Pattinson	M55	56:16
Brian Danby	M60	56:26
Keith Miller	M60	56:55
Charlie Chan	M60	58:14
John Fisher	M50	58:37
Bob Schickert	M70	58:55
Chris Pattinson	W55	59:18
Mike Khan	M65	59:53
Brian Bennett	M65	60:44
Paula Karra	W40	60:55
Maree Brown	W45	61:16
Milton Mavrick	M55	61:56
Bruce Mathieson	M65	62:19
Mike Hale	M65	63:07
V1		63:56
Julie Wilson	W55	64:03
Claire Walkley	W45	65:01
John Oldfield	M65	67:51
John Pellier	M70	68:40
Rochelle Airey	W40	69:32
Theresa Howe	W60	69:49
Lorraine Lopes	W70	69:53
V4		71:17
John Talbot	M65	71:26
Greg Wilson	M65	72:26
Frank Price	M60	73:10
Shirley Bell	W60	73:46
Bronwyn Smith	W40	73:47
Merv Jones	M70	73:56
Janet Jiang	W45	74:57
Brian Smith	M70	79:02
Richard Danks	M70	82:09
Bob Fawcett	M60	96:46

Point Walter

January 13, 2013

Director: David Roberts

6.2K RUN

V3		24:26
Paul Odam	M50	24:38
Jim Langford	M65	24:40
Giovanni Puglisi	M60	25:27
Tom Tralau	M35	26:13
Bert Carse	M70	26:19
Bruce Wilson	M65	26:59
Jim Klinge	M65	27:46
Syd Parke	M60	28:02
Karen Peace	W40	28:25
Frank Gardiner	M60	29:15
Margaret Saunders	W55	29:37
Gillian Young	W65	29:58
Stuart MacKinnon	M30	30:00
Ivan Brown	M65	30:09
Michael Lee	M60	30:38
Carol Bowman	W55	30:41
Vic Waters	M65	31:14
V2		31:29
Sean Keane	M45	31:30
David Carr	M80	32:32
Mali Hodges	W50	32:34
Delia Baldock	W50	33:26
Nick Miletic	M60	34:19
Mike Anderson	M60	34:30
Irwin Barrett-Lennard	M80	35:16
Sandra Rourke	W45	35:17
Neil McRae	M60	35:18
Sarah Ladwig	W60	35:32
Ray Attwell	M75	35:44
John Byrne	M65	36:00
Damien Hanson	M55	36:40
Monique Thomas	W35	37:04
Melissa Hynds	W35	38:52
Christine Oldfield	W65	39:11
John Brambley	M70	39:55

• Dave would really like to thank all his loyal helpers – but he forgot to write, so we'll do it for him!



Kathy Burr	W70	44:27
Gail Castensen	W55	46:23
Carolyn Fawcett	W60	47:11
Rebecca MacKinnon	W30	48:38
Sheila Maslen	W75	52:19
Mary Heppell	W75	57:35
Margaret Bennett	W70	58:01
Jan Jarvis	W65	58:03

11K WALK

Ron Mead	M60	85:06
Peter Ryan	M60	90:47
Regina Crouch	W40	95:23
Elaine Dance	W60	95:26

6.2K WALK

John McDonagh	M60	43:50
Val Millard	W65	45:21
Lynne Schickert	W70	46:42
Ray Hall	M75	47:31
John Smith	M75	47:47
Rosa Wallis	W65	49:51
Bob Fergie	M75	50:50
Jeff Whittam	M75	50:51
Lorna Lauchlan	W80	50:54
Sofia Carson	W50	52:40
Mike Rhodes	M65	53:12
Kirt Johnson	M80	53:19



Age Graded Handicaps

January 20, 2013

Directors: Gillian Young & Mark Sivy

Lorraine lopes it again

SHE's made this event her own. Short of another super-70s woman showing up – or a re-examination of her birth certificate – it's unlikely anyone is going to wrest the age graded laurel from Lorraine.

She loped in (sorry, I've been dying to work that pun ever since she joined Masters!) ahead of Jim Langford and Bert Carse. Not many manage that, even in a handicap.

8K RUN

Men	Age	Clock	H'cap	Actual
Jim Langford	68	45:43	11:39	34:04
Ian Carson	59	45:55	13:52	32:03
Bert Carse	71	46:11	10:40	35:31
Jim Klinge	66	47:02	12:10	34:52
Paul Hughes	60	47:27	13:38	33:49
Bob Schickert	71	50:18	10:40	39:38
David Carr	80	51:13	5:27	45:46
Ivan Brown	68	51:23	11:39	39:44
Brian Bennett	65	51:43	12:26	39:17
Ross Keane	51	51:49	15:33	36:16



Jim Langford

Martin Watkins	65	52:00	12:26	39:34
Tristan Bell	47	52:14	16:20	35:54
Charlie Chan	60	52:42	13:38	39:04
Maurice Creagh	66	53:09	12:10	40:59
Vic Waters	68	53:30	11:39	41:51
Chris Reid	49	53:31	15:57	37:34
Karl Stockman	53	53:46	15:09	38:37
Milton Mavrick	59	54:10	13:52	40:18
Tom Tralau	39	54:29	17:44	36:45
Raymond Gimi	48	54:38	16:08	38:30
John Fisher	53	55:46	15:09	40:37
Hamish				
McGlashan	75	56:00	8:51	47:09
Peter Bath	71	57:08	10:40	46:28
John Pellier	73	57:12	9:50	47:22
Stuart				
MacKinnon	31	58:41	18:41	40:00
Sean Keane	48	59:07	16:08	42:59
Merv Jones	73	60:12	9:50	50:22
Nick Miletic	61	60:39	13:24	47:15
John Talbot	66	60:49	12:10	48:39
Paul Martin	71	61:46	10:40	51:06
Brian Smith	74	62:00	9:22	52:38
Richard Danks	70	63:36	11:02	52:34
Neil McRae	60	63:45	13:38	50:07
John Brambley	70	65:30	11:02	54:28
Steve Clark	70	65:31	11:02	54:29
Frank Price	63	67:36	12:55	54:41

Women	Age	Clock	H'cap	Actual
Lorraine Lopes	73	44:38	1:24	43:14
Sandra				
Stockman	47	46:44	13:27	33:17
Karen March	51	48:39	12:07	36:32
Margaret				
Saunders	59	50:21	8:59	41:22
Shirley Bell	64	51:20	6:38	44:42
Julie Wilson	59	51:26	8:59	42:27
Lisa Searle	40	51:57	15:03	36:54
Karen Peace	41	53:22	14:52	38:30
Theresa Howe	62	54:02	7:37	46:25
Christine				
Oldfield	68	58:40	4:30	54:10
Rochelle Airey	44	60:43	14:15	46:28
Kathy Burr	73	60:45	1:24	59:21
Bronwyn Smith	41	62:53	14:52	48:01
Janet Jiang	48	63:44	13:08	50:36
Sheila Maslen	75	74:43	0:00	74:43
Mary Heppell	75	74:44	0:00	74:44

Director Gillian reports:

A beautiful morning welcomed us all for this event and also brought out all the cyclists - so extra care had to be taken on the shared pathways.

A handful of runners set off on scratch for the 5km run while the remainder double-checked their handicap time. The older you are, the smaller the handicap leaving the last few young competitors champing at the bit.

Well done to Jim Langford and Lorraine Lopes (winners of the 8km run handicap) and John Smith and Lorna Lauchlan (winners of the 5 km walk handicap).

Look forward to seeing you all next



year when you can look forward to a smaller handicap!

A big thank you to our wonderful helpers - Jeni, Elaine, Linda, Mike, Fiona, Duncan, Melissa, Rod and Neil.

Gillian and Mark

5K WALK

Men	Age	Clock	H'cap	Actual
John Smith	77	46:49	9:45	37:04
John McDonagh	64	48:04	13:52	34:12
Ron Mead	60	48:52	14:49	34:03
Kirt Johnson	83	49:47	7:03	42:44
Peter Barrington	75	49:49	10:31	39:18
Jim Barnes	69	50:22	12:30	39:51
Bob Fergie	77	50:58	9:45	41:13
Jeff Whittam	78	51:16	9:21	41:55
Ray Lawrence	84	53:16	6:32	46:44
Peter Hopper	68	54:47	12:48	44:16
Morris Warren	75	57:28	10:31	46:57
Jochen				
Schreyvogel	45	64:44	17:34	47:10
John Dance	63	65:07	14:07	51:00

Women	Age	Clock	H'cap	Actual
Lorna Lauchlan	82	43:39	2:23	41:16
Val Millard	66	45:52	10:37	35:15
Lynne Schickert	71	46:02	8:38	37:24
Joan Pellier	73	49:27	7:44	41:43
Elaine Dance	61	50:48	12:15	38:33
Ann Turner	76	51:31	6:12	45:19
Pat Ainsworth	76	51:32	6:12	45:20
Margaret Warren	77	51:42	5:38	46:04
Patricia Hopkins	70	53:18	9:04	44:14
Regina Crouch	43	57:31	16:12	41:19
Sofia Carson	52	58:35	14:31	44:04
Sylvia Szabo	55	59:24	13:50	45:34
Sylvia Szabo	31	60:33	17:28	43:05
Genevieve				
Schreyvogel	43	64:43	16:12	48:31
Started from scratch:				
V1			48:47	

Itchy and scratchy: not our usual stampede, mostly 5km runners and a few non-handicap starters.



Bert Carse: pictures by Frank Smith.

5K RUN

Syd Parke	M60	23:40
Chris Koemam	M55	25:57
Johan Hagedoorn	M65	26:16
Delia Baldock	W50	26:34
John Byrne	M65	30:06
Jane Stanbrook	W45	38:27
Andrea Byrne	W30	39:48
Rebecca MacKinnon	W30	39:48
Gail Castensen	W55	46:19
Julie Wood	W60	46:20
Margaret Bennett	W70	46:30





Rob Badenoch	M55	24:11
Michael Lee	M60	24:17
Wayne Taylor	M50	24:35
Gillian Young	W65	24:47
Carol Bowman	W55	24:58
Dave Roberts	M70	25:39
David Carr	M80	27:25
Gary Fisher	M60	27:29
Johan Hagedoorn	M65	27:36
Hamish McGlashan	M75	27:41
Richard Blurton	M60	27:44
Mike Anderson	M60	28:23
Delia Baldock	W50	28:38
Nick Miletic	M60	29:14
Neil McRae	M60	30:12
Kylie Mahony	W40	30:14
John Byrne	M65	30:43
Peggy MacIver	W65	31:20
Steve Clark	M70	33:03
V7		33:14
Pierre Viala	M65	33:27
V1		36:24
Debbie Wolfenden	W45	36:53
Andrea Byrne	W30	37:28
Sheila Walsh	W45	37:30
Margaret Bennett	W70	46:22
Julie Wood	W60	46:23
Elaine Dance	W60	47:42
Denise Viala	W60	47:42
Arnold Jenkins	M65	49:08

10K RUN

Timothy Osborne	M40	39:43
Kim Thomas	M35	39:43
Lachlan Marr	M50	40:10
Ian Carson	M55	41:14
John Allen	M55	42:26
V6		42:57
Jim Klinge	M65	43:27
V3		43:39
Bjorn Dybdahl	M55	43:56
Peter March	M50	43:57
V12		44:03
Rod Hamilton	M50	44:04
Hamish McLeod	M35	44:43
Don Pattinson	M55	45:29
Michael Karra	M45	45:52
Karen March	W50	45:53
Neil Milligan	M50	46:33
Ross Keane	M50	46:49
Karen Peace	W40	47:09
Keith Miller	M60	47:34
V4		47:50
V8		48:06
Raymond Gimi	M45	48:52
Brian Bennett	M65	49:24
Charlie Chan	M60	49:31
John Fisher	M50	50:13
V11		50:26
Sue Bourn	W45	50:42
Chris Pattinson	W55	50:59
Bob Schickert	M70	51:26
Stuart MacKinnon	M30	52:11
Mike Khan	M65	52:20
Maree Brown	W45	52:34
Maurice Creagh	M65	53:01
Frank Gardiner	M60	53:20
Julie Wilson	W55	53:38
Paula Karra	W40	54:37
Bruce Mathieson	M65	54:47
Milton Mavrick	M55	56:40
Lorraine Lopes	W70	56:54
Peter Bath	M70	58:13
Sally Floyd	W45	59:28
Greg Wilson	M65	59:31
John Talbot	M65	60:47
Sandra Rourke	W45	62:01
Geoff Mullins	M65	62:38
Merv Jones	M70	63:01

V9		66:55
V2		67:06
Richard Danks	M70	67:59
Frank Price	M60	72:05
V10		87:36

5K RUN

Paul Hughes	M60	20:40
V5		21:16
Jim Langford	M65	21:34
Syd Parke	M60	22:46
Graeme Dahl	M60	23:31
Ivan Brown	M65	23:45
Margaret Saunders	W55	23:56

10K WALK

Ron Mead	M60	73:28
Val Millard	W65	74:30
Lynne Schickert	W70	81:10
Roger Walsh	M65	84:42
Jim Barnes	M70	84:42
Jeff Whittam	M75	86:39
Bob Fergie	M75	86:40

5K WALK

John McDonagh	M60	34:13
Peter Hopper	M65	37:49
Sarah Ladwig	W60	39:42
Mike Rhodes	M65	41:58
Sofia Carson	W50	44:35
Lorna Lauchlan	W80	45:33
Jeni Shillington	W55	46:24
Ray Lawrence	M80	49:07
Leo Hassam	M80	51:17
Dorothy Whittam	W75	52:10
John Dance	M60	52:59



Top, Johan Hagedoorn, Richard Blurton, Hamish McGlashan; left, Bjorn Dybdahl won this race for the line from Peter March; below, good to see Andrea Byrne running again; below left, Rod Hamilton, a visitor, and Sofia Carson.





Friendship February 3, 2013

Director: Brett Roach

In the Friendship event we combine with the Marathon Club for Master's biggest Sunday gathering of the year. Fortunately director Brett Roach had many willing helpers – young and older – at the tables and out on the Kings Park roads.



Ali Menegola	W50	39:24
Rebecca MacKinnon	W30	41:22
Carolyn Fawcett	W60	42:10
Debbie Wolfenden	W45	42:33
Toni Frank	W65	43:44
Bob Fawcett	M60	44:29

11K WALK

Ron Mead	M60	80:51
Val Millard	W65	83:15

5.6K WALK

John McDonagh	M60	40:07
Mike Rhodes	M65	41:07
Elaine Dance	W60	44:17
David Brown	M65	44:51
Peter Barrington	M75	45:10
Kirt Johnson	M80	48:51
Bob Fergie	M75	48:51
Jeff Whittam	M75	49:14
Sofia Carson	W50	51:11
Ray Lawrence	M80	51:23
Gail Castensen	W55	56:30
Elaine Sillery	W80	56:31
Julie Wood	W60	56:31
Lee Chan	W50	56:40
John Dance	M60	59:46
Ann Turner	W75	61:54
Pat Ainsworth	W75	61:54
Leo Hassam	M80	61:57
Ced Turner	M75	68:04



11K RUN

Kim Thomas	M35	44:16
Jodie Osborne	W40	46:01
Ian Carson	M55	46:07
Grahak Cunningham	M35	46:25
Chris Maher	M55	46:52
Sandra Stockman	W45	47:16
Mickey Muroi	M50	47:38
John Allen	M55	47:41
Bjorn Dybdahl	M55	47:51
Peter March	M50	48:33
Bob Lane	M65	51:30
Michael Karra	M45	52:01
Karen March	W50	52:07
Hamish McLeod	M35	52:14
Ross Keane	M50	52:53
Don Pattinson	M55	53:17
Brian Bennett	M65	54:24
Karen Peace	W40	54:38
Raymond Gimi	M45	55:34
Charlie Chan	M60	56:12
John Fisher	M50	56:44
Chris Pattinson	W55	56:58
Brian Danby	M60	57:19
Mike Hale	M65	57:43
Neil Milligan	M50	58:16
John Bell	M65	59:04
Robin King	W50	59:38
Milton Mavrick	M55	59:39
Stuart MacKinnon	M30	59:40
Mike Khan	M65	59:42
Paula Karra	W40	60:32
Bruce Mathieson	M65	61:05
Julie Wilson	W55	61:36
Peter Bath	M70	63:37
Alan Thornley	M55	64:38
Greg Wilson	M65	66:41
John Talbot	M65	68:36
Rochelle Airey	W40	69:39

5.6K RUN

Paul Hughes	M60	23:09
Jim Langford	M65	23:42
Tom Tralau	M35	23:52
Jim Klinge	M65	23:55
Amanda Walker	W45	24:22
Graeme Dahl	M60	25:07
Syd Parke	M60	25:31
Ivan Brown	M65	27:10
Maurice Creagh	M65	27:39
Margaret Saunders	W55	27:47
Michael Lee	M60	27:51
Gillian Young	W65	27:59
David Baird	M65	28:51
Dave Roberts	M70	28:53
Carol Bowman	W55	29:00
Gary Fisher	M60	29:56
Chris Koemam	M55	30:02
Johan Hagedoorn	M65	30:09
Lorraine Lopes	W70	30:36
Allan Billington	M50	30:51
Shirley Bell	W60	30:54
Anne Jones	W55	31:36
David Carr	M80	32:06
Hamish McGlashan	M75	32:30
Irwin Barrett-Lennard	M80	32:37
John Byrne	M65	32:56
Ray Attwell	M75	33:10
Sandra Rourke	W45	33:10
Neil McRae	M60	33:12
Sarah Ladwig	W60	33:46
Merv Jones	M70	33:53
Peggy Macliver	W65	33:58
Geoff Mullins	M65	35:30
Kylie Mahony	W40	35:30
Janet Jiang	W45	35:38
Delia Baldock	W50	36:27
John Brambley	M70	36:32
John Dennehy	M50	36:37
Christine Oldfield	W65	38:53

Avoid heat stress

PRESIDENT Paul Hughes has been informing us regularly on Sunday morning runs of the need to be wary of running and racing in the hot conditions.

Research agrees that fluid loss of greater than 2% of body weight may impair performance in endurance events. A combination of high temperatures, high humidity and direct sunlight increase the likelihood of this heat stress.

Our bodies rely on water for many reasons, such as cooling, lubrication for joints and waste removal. Dehydration occurs when the body water levels become too low. Performance levels may then decline and there is a possibility of serious health problems occurring due to the heat stress. Sweating is beneficial as it creates a cooling effect on the body. However in high humidity this cooling effect is reduced.

Masters athletes are more susceptible to heat stress due to physiological changes that occur as we grow older.

Keep cool!

Here are some tips to help you reduce your risk of heat stress:

- On the first few very hot days reduce your activity levels to allow acclimatisation;
- Look for warning signs of heat stress (eg light headedness, headache, profuse sweating or nausea) and stop all activity if affected;

Training Tips

by
Marg Saunders



- Some prescription drugs may negatively affect your reaction to heat stress so you may need to check this with your doctor;

- Hydrate by drinking water before, during and after exercise;

- Drink a sports drink after exercise to aid in electrolyte replacement.

Use common sense!

We have had exceptionally hot conditions recently, therefore I ask you to 'listen' to your body and be aware of any signs of heat stress.

It is far better to temporarily reduce your training load or run a little slower in order to maintain a healthy body.

Remember there is always another run next week!

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.

New Year's resolution?

MOST of our helpers are very reliable and always turn up to assist on at least two help dates. Many of them help out more than twice a year and offer to fill in at the last minute when Race Directors have been let down.

However, there are a few who leave it until the last minute to tell their director they are unavailable; or don't turn up at all.

This situation can often compromise the safety of our competitors.

So – how about making this New Year's resolution:

"I will make sure I attend at least two help dates and if, for some reason, I am not able to help, I will find a replacement and let my Race Director know."

This would help to ensure the safety of our members - and the sanity of our organisers!

Thank you.

Gillian Young

Helpers and Events

FEBRUARY 10

McCALLUM LAKES

Race Director: Bob Schickert - 9330 3803

David Baird, Fiona Cousins, Helen Lysaght, Hamish McGlashan, Dalton Moffett, Jo Richardson, Blakeney Tindall, Scott Winn, Keith Atkinson, Val Millard, Lynne Schickert, John & Andrea Byrne

FEBRUARY 17

WOODMAN POINT

Race Directors: Karen & Peter March - 9418 8770

Rochelle Airey, John Brambley, Rosa Wallis, Elaine Dance, Mitch Loly, Ray Hall, Paul & Tanya Burke, Gail James, Jac Staiger

FEBRUARY 24

PINEY LAKES

Race Director: John Frost - 0415 232 420

Carolyn & Bob Fawcett, Bob & Liz Neville, Kim Thomas, Bruce Wilson, Toni Frank, Alan James, Clayton Northey, Steve Hossack, Theresa Howe, William McGlue

MARCH 3

LAKE MONGER

Race Director: Richard Danks - 9355 1570

Leonie Edwards, Jim and Trisha Farr, Sandra Rourke, Blakeney Tindall, Kathy Burr, Jane Stanbrook, Morland Smith

MARCH 9/10

STATE CHAMPIONSHIPS



Black Swan Event

FINANCIAL PLANNING

Black Swan Event Financial Planning is pleased to again be associated with Masters Athletics WA, supporting the 2013 MAWA State Championships.

Health and wealth

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

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

If you can be confident that your income will be ongoing, whatever happens in financial markets, then you can plan and act with certainty and peace of mind, says John Cameron, Principal of Black Swan Event Financial Planning.

"In the 30 years I have been in financial planning and associated areas, many companies have tried various ways

to provide that certainty of income – mostly without success," John says.

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

If you would like more details or would like a free "health check" of your finances, contact John Cameron or Petrese Ivey at Black Swan Event Financial Planning. Or check the website at www.blackswanevent.com.au

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