

Vetrun

MAY
2013
No. 469



The magazine of Masters Athletics WA



CAMPBELL Till is the year's most improved athlete and received the annual Achievement Award at the recent club AGM. More often than not this award goes to a person relatively new to athletics. When you have been competing as long as



Honoured at the AGM

Campbell, it's no mean feat to raise your game to this extent.

Bob Schickert also took home an award – the Handicap Trophy. He's pic-

tured above, at this year's Ex Pagoda event with Lorraine Lopes. For all the details, including records and 90 per cent-plus performances, see the AGM Minutes, pages 6-7.



OUTSTANDING among a much younger field, Irwin Barrett-Lennard was one of many Masters supporting the Gallipoli Run on April 21. More pictures – page 8.

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Sunday helpers, nowhere to hide!

THERE is NO excuse now.

What dates did you nominate yourself to be a Sunday helper?

They're on the Website.

Just click on the 'Road' tab and then 'Helper List'.

Check that your selection has been processed correctly and advise me of any errors or omissions: young.gillian@hotmail.com. ALSO – when you are renewing your membership you can look to see where helpers are most needed and avoid selecting an event that already has enough helpers.

Please check it out now.

Gillian Young

Perth Marathon

GET in early to be a front row spectator at the Perth Marathon on Sunday, June 16.

All you need to do is volunteer to be a helper for about three hours at one of the drink stations that Masters manages on the day. Between handing out drinks to very grateful competitors, you will have a great view of all the action.

Positions are available either at the Coode St Jetty in South Perth or Jeff Joseph Reserve in Applecross.

Coode St needs six people from 7am-10am and four from 10am-1pm. Jeff Joseph Reserve needs four people from 7.30am-10.30am (including a couple of strong helpers to help with water containers on a trolley) and two more from 8am-11am.

Hurry, don't miss out!

Please contact Gillian Young at young.gillian@hotmail.com or 9295 1754.

Casting-off

HERE'S something you don't often see – or want to.

Running on the beach at Swanbourne I encountered a nude fisherman. Pointed out to his mate that they ought to be especially careful with those hooks.

On the return run the rod-wielder was still there, enjoying the Indian ocean around his knees. Then I almost stepped on four large fish, stuck head-down in the sand. So this was no mug; but I wonder what he uses as bait?

Carry on communicating

SEVERAL members supported my idea, voiced at the AGM, that the club could do with a communications co-ordinator. Thanks to you all.

This person would study what we do now; research alternatives; and possibly act

Lighting-up time

WINTER drawers on, yet? Whatever, I have just demolished the carport and there's free firewood for anyone who wants it, and is willing to collect! If you, or anyone you know, would like to toast crumpets around a Mission-brown wood fire, just let me know please.

Walkers alert – new RWC

THE committee have decided to add a 10k Road Walking Championships to our calendar of events.

This year it will be held on Sunday 7th July at Wilson at 9.00am in conjunction with the AWA Road Walks event. The race will be fully judged, and medals will be awarded to age-group place-getters. The normal Sunday walks, at Sharks, will still take place.

Also ...

AMA 20K Walk Championships will be held on 30 June 2013 at VRWC, Middle Park (Melbourne) Victoria. Further information and entry form are on the AMA Website.

In My View ...



by the Editor

to disseminate information to *Vetrun*, TFNL, the website, and Facebook – as well as other media.

Personally, I feel we could use direct email contact with members, especially for urgent matters. (I am told the Marathon Club already does this.)

Your view?

Several members at the AGM made suggestions for improvements. I would like to hear from them, please, and anyone else who would like to supply ideas and information to the new co-ordinator.

Great minds?

Hi Vic,
INTERESTING to hear your idea of having someone to oversee publications and communications.

But you did leave out the subject of Facebook which is a major means of communication amongst the new younger members you were mentioning in another article. However, I agree with you entirely.

You may be interested to know that at the start of 2012 John suggested this to the committee and the idea was received positively and minuted. But the committee had too many other things to concern themselves with at that time and nothing happened. Paul Hughes, although not aware of this, came up with a similar idea this year and discussions have taken place and will be continued.

It's good to see that people are on the same wave length and any contribution you can make to the debate will be welcome.

Christine Oldfield

In support...

Hi Vic, I WON'T be able to make it to the AGM, so would just like to make the comment that I very much agree with your idea of having a communications co-ordinator.

Jeff Bowen

John Smith

From Barrie ...

Dear Vic

IT HAS been some months since I last was able to come to a Sunday morning event at Masters. It is not because of rudeness, as I miss the friendship of the club.

Sadly, my spine is now deteriorating to the extent that medication derived from narcotics (dangerous drug in the wrong hands; and I was overheard talking to the pharmacist and making a cash offer!) is only just making it possible to be mobile.

I use such mobility (a 100 metre walk is a painful effort) to help as a volunteer

during the week, or perhaps have coffee with friends. It does seem a 'Gopher' or Circle Route bus is next on the list, as my driver's licence is under threat.

Sunday morning is now spent with either my family, or a neighbour (my long term trans-Australia cycling friend), which is delightful.

To Paul Hughes and Gillian Young, I extend my deepest thanks for their effort to encourage my return to Masters. To those who have rang my home, my deepest thanks. Any Member of Masters is oh so welcome.

New members – Welcome!

1193 REYNOLDS: Sally W45
1194 CUNNINGHAM: Peter M50

You write ...

On ageing ...

SO, our average age has dropped three years. Mine went up three years. I'm not complaining; I am having a good life and luck to those who became younger.

As the average moved from mid forties to high fifties, we enrolled thirty-five-year-olds, then thirty-year-olds. We admitted women. What to do? We needed fifty new-borns just to keep afloat. We could have some retirements, but the stubborn seventy-five plus members have increased their ranks.

Well, we need not have worried. We have been saved by statistics.

David Carr

Hip-hip, hooray!

I HAVE got around to looking at results and have realised I may have created a new club record for getting the most out of a worn-out body.

On January the 21st I managed to lift the age graded walk handicap. The left hip was grumbling and groaning a fair bit but that didn't matter because exactly 24 hours later it was being ripped out and replaced with the latest gizmo in steel and plastic. Two hips down and none to go.

MAWA and Vetrun

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President:
Paul Hughes

16K RUN

Kim Thomas	M35	63:56
V11		68:28
Ian Carson	M55	68:40
John Allen	M55	71:19
Bob Lane	M65	71:19
Jim Klinge	M65	75:20
Hamish McLeod	M35	76:28
Chris Pattinson	W55	78:00
Karl Stockman	M50	78:45
Brian Danby	M60	81:23
Raymond Gimi	M45	82:20
Stuart MacKinnon	M30	84:17
Gillian Young	W65	85:25
Mike Hale	M65	86:28
Robin King	W50	88:11
Charlie Chan	M60	88:12
Maurice Creagh	M65	88:13
John Fisher	M50	88:50
V9		91:02
V18		91:22
Bob Schickert	M70	94:32
Bruce Mathieson	M65	96:11
David Carr	M80	96:34
Peter Bath	M70	96:41
Frank Price	M60	98:58
V3		1:41:50
Greg Wilson	M65	1:44:03
V7		1:44:45
V12		1:45:22
V8		1:46:51
Janet Jiang	W45	1:48:38

Bunbury 3-Waters Festival

ULTRA MARATHON (50KM)

1 Todd Ingraham	M40	3:20:35
5 Peter March	M50	4:06:35
14 Claire Walkley	W45	4:48:53

(3rd female)

MARATHON

12 Mickey Muroi	M50	3:05:17
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(1st M50)

HALF MARATHON

20 Steve Weller	M35	1:31:20
48 Pete Sullivan	M50	1:39:42
68 Brian Bennett	M65	1:43:02
117 Maree Brown	W45	1:52:13
136 Milton Mavrick	M55	1:55:24
215 Theresa Howe	W60	2:10:17
223 Carey Dickason	W60	2:11:24
305 Julie Keeley	W45	2:40:09

HALF MARATHON WALK

1 Garry Hastie	M50	2:01:09
2 Harold Membrey	M60	2:41:46
13 Regina Crouch	W40	3:08:20

10KM

7 Steve Giles	M50	41:21
10 Rosemary Giles	W35	42:47

(2nd female)

50 Lorraine Lopes	W70	55:54
70 Julie Willmott	W45	57:59
78 David Baird	M65	58:52
79 Tom Lenane	M55	59:03
83 Tanya Burke	W40	59:43
93 Sarah Ladwig	W60	60:58
142 Lyle James	M70	79:42

3PS Point Walter

April 14, 2013

Directors: Carol Bowman and Nick Miletic

8K RUN

Rod Hamilton	M50	33:49
Jim Langford	M65	34:34
Paul Hughes	M60	34:37
Chris Reid	M45	35:13
Ross Keane	M50	37:22
Mark Hewitt	M60	39:07
Don Pattinson	M55	40:59
Gary Fisher	M60	41:44
Frank Gardiner	M60	42:54
Hamish McGlashan	M75	44:28
Sean Keane	M45	46:16
Mike Anderson	M60	46:20
Irwin Barrett-Lennard	M80	46:47
Neil Milligan	M50	47:02
Mike Khan	M65	47:40



Point Walter start – and the tree leads by a trunk.

THE rain gods smiled down on us for the 25th running of this event.

There had been rain forecast for all the previous week and for the next week but after a shower in the late afternoon it cleared up to be a beautiful cool, windless evening, though the humidity seemed to be about 99%.

After worrying that we were going to be short of helpers enough turned up on the night to help and make the event go smoothly.

Our thank to those that came along. First home was new member Colin Shaw but as he had no handicap (on the club's handicap list) he was ineligible for the trophy. The winner therefore was Robin King, who says this is one of her favourite events, with Bronwyn Smith close behind.

		Time	H'cap	Actual	
*Colin Shaw	M45	61.37	9.00	52.37	14
Robin King	W50	62.29	13.35	48.54	9
Bronwyn Smith	W40	64.34	7.20	57.14	16
Frank Gardiner	M60	65.48	18.46	47.02	7
Kim Thomas	M35	66.02	28.12	37.50	2
Maurice Creagh	M65	66.10	18.41	47.29	8
Milton Mavrick	M55	66.33	16.24	50.09	11
Nick Miletic	M60	67.19	10.03	57.16	17
Jim Langford	M65	67.20	24.41	42.39	4
Tristan Bell	M45	67.20	23.48	43.32	5

THE 3P's is a great spot by the river for a short, medium or long run/walk for those 108 members and visitors that participated.

The morning started again with picture perfect weather with no wind, a little humid by the end though. Many thanks to our team that took the time and effort to help – Gail, Gail James and Billie McGlue, with a big thank-you to Mark who stepped in to fill a gap.

We hope everyone enjoyed the morning and to see you next year.

Good running.

Nick Miletic and Carol Bowman

V15		48:09
Vic Waters	M65	48:10
V4		49:04
V5		50:55
Allison Lilly	W40	56:54
Ali Menegola	W50	56:55
Rebecca MacKinnon	W30	58:35

Track Handicap UWA Sports Park April 18, 2013

Directors: Jeff & Dorothy Whittam

Fastest run was by Ross Langford.

A good group stayed on for the BYO barbeque after the run.

A big THANK YOU to all who helped to make the event a success, some who come along every year. Thanks also to Lorraine for typing the results and Maurice for the timing equipment, and to all those who ran.

See you all again next year.

Dorothy and Jeff

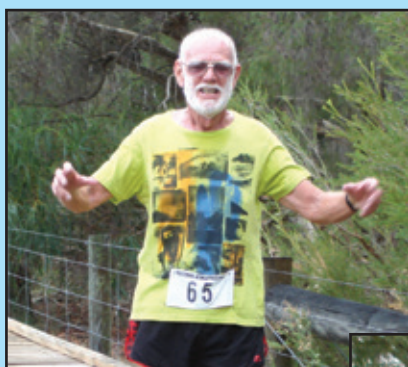
Ross Langford	M35	67.43	32.29	35.14	1
Brian Bennett	M65	68.20	21.58	46.22	6
John Fisher	M50	68.30	18.22	50.08	10
John Pellier	M70	68.44	11.14	57.30	18
Brian Danby	M60	69.25	19.13	50.12	12
Bob Schickert	M70	69.40	17.54	51.46	13
*Alan Gower	M55	70.35	32.29	38.06	3
David Carr	M80	70.42	14.09	56.33	15
Frank Price	M60	78.33	7.40	60.53	19

(Late start – 10 mins)

* Denotes runner ineligible for Trophy



• **Newer members – right, Michael Lee and below, Tony Downey**



• **Cornering style dictates speed? Top pic, Jim Langford's acute lean must mean something!**
 • **Above, maybe Vic Beaumont is playing the troll from under the bridge?**
 • **Right, You just can't win....I fetch a flame-haired London super-model to the run, to boost my image, and Brian Bennett asks if she's my granddaughter!**



Pt Walter continues

5K RUN

V6		20:13
V10		20:58
Tony Downey	M55	22:48
Tony Bart	M55	22:57
Dante Giacomini	M40	23:16
Karen Peace	W40	23:31
Ivan Brown	M65	23:40
Damian Staude	M50	23:43
Michael Lee	M60	24:12
Carmel Meyer	W50	25:01
Johan Hagedoorn	M65	25:24
Julie Wilson	W55	25:34
Dave Roberts	M70	25:38
Neil McRae	M60	29:23
Genevieve Schreyvogel	W40	29:37
John Talbot	M65	29:58
V2		30:15
John Byrne	M65	30:22
Delia Baldock	W50	32:03
Aldo Giacomini	M75	32:31
Steve Clark	M70	33:40
Peter Hopper	M65	35:17
Kathy Burr	W70	36:47
Toni Frank	W65	39:00
Lee Chan	W50	39:06
Julie Wood	W60	39:14
Vic Beaumont	M80	43:05
Cecil Walkley	M80	43:08

16K WALK

V1		1:50:36
John McDonagh	M60	2:02:51
Val Millard	W65	2:02:59
Peter Ryan	M60	2:07:36

8K WALK

Roger Walsh	M65	64:33
John Smith	M75	66:09
Ray Hall	M75	67:29
Bob Fergie	M75	68:24
Jeff Whittam	M75	68:25
Sofia Carson	W50	70:32
V13		77:46
V14		77:47
V17		80:30
V16		80:31

5K WALK

Mike Rhodes	M65	35:32
Sandra Stockman	W45	40:47
Jeni Shillington	W55	42:13
Kirt Johnson	M80	42:23
Rosa Wallis	W65	44:28
Ray Lawrence	M80	45:19
Lorna Lauchlan	W80	48:22
Dorothy Whittam	W75	52:27
Pat Miller	W70	55:40
Leo Hassam	M80	55:41

Ex Pagoda

April 28, 2013

Director: Jackie Halberg

I OFTEN start my report with an analysis of the day's weather. However, this year I want to emphasise how wonderful my helpers were.

I had a knee arthroscopy two days before the run, and was unsure how things would go (both knee and run). But there was no reason to be concerned. Everyone performed above and beyond the call of duty, from setting up the course and start area, to the marshalling positions, to the drinks stations, to the packing up chores. THANK YOU to Ray Atwell, Ian and Sofia Carson, Pat and David Carr, Janet Jiang, Neil McRae, Lorna Lachlan, Dorothy Whittam, Elaine Sillery, Alan James, Margaret Saunders, Pat and Norm Miller and to the members who offered their help if needed.

Pleasing to see so many runners competing in the 15km run, and there were some close finishes in all distances in walks and runs.

Oh, and the weather was pretty good also, as least from where I was sitting!

Jackie Halberg



Spotlight on Jim Klinge – faster than a two-kid buggy! Below, Frank Gardiner and Val Millard; different events, same effort.





Ex Pagoda start – in clear view are (from left) Ivan Brown, Micky Muroi, two visitors (welcome!) John Allen, Grahak Cunningham, Bjorn Dybdahl, Ross Keane, Karen Peace and Tony Smith.

15K RUN

Grahak Cunningham	M35	58:16
V10		58:50
V5		59:02
Tony Smith	M35	60:53
Mickey Muroi	M55	63:42
John Allen	M55	64:24
Peter March	M50	64:57
Bjorn Dybdahl	M55	65:31
Jim Klinge	M65	68:55
Paul Hughes	M60	69:36
Hamish McLeod	M35	70:40
Brian Bennett	M65	71:15
Ross Keane	M50	72:00
V2		73:01
Stuart MacKinnon	M30	73:54
Charlie Chan	M60	74:15
Keith Miller	M60	74:50
Raymond Gimi	M45	75:02
Karen Peace	W40	75:11
Brian Danby	M60	75:18
Milton Mavrick	M55	75:51
Claire Walkley	W45	76:10
John Batta	M45	76:15
Karl Stockman	M50	76:34
Frank Gardiner	M60	76:41
V3		76:48
Gillian Young	W65	77:44
Chris Koeman	M55	78:39
Mike Hale	M65	79:39
Bob Schickert	M70	82:27
Lorraine Lopes	W70	83:12
John Fisher	M50	85:33
John Pellier	M70	87:32
Frank Price	M60	91:00
Bronwyn Smith	W40	91:21
Greg Wilson	M65	92:14
V11		95:19

10K RUN

V12		44:12
Wayne Taylor	M50	44:50
Karen March	W50	44:53
Tristan Bell	M45	45:17
Sue Bourn	W45	48:17
Maurice Creagh	M65	50:29
Richard Blurton	M60	53:12
Keith Atkinson	M55	54:13
Maxine Santich	W60	55:58
V4		56:17
Hamish McGlashan	M75	56:30

Sean Keane	M45	56:33
Sandra Rourke	W45	58:46
Jim Barnes	M70	61:46
Rebecca MacKinnon	W30	76:30

5K RUN

Lisa Searle	W40	20:10
Paul Odam	M50	20:41
Bruce Wilson	M65	22:17
Dante Giacomini	M40	22:57
Ivan Brown	M65	23:22
Johan Hagedoorn	M65	23:48
Vic Waters	M65	24:21
Carol Bowman	W55	24:27
Dave Roberts	M70	24:40
Carmel Meyer	W50	24:42
V8		25:11
John Collier	M45	25:13
Julie Wilson	W55	25:24
Gary Fisher	M60	25:46
Mike Anderson	M60	27:40
John Talbot	M65	29:00
Irwin Barrett-Lennard	M80	30:29
Nick Miletic	M60	30:59
Delia Baldock	W50	31:48
Aldo Giacomini	M75	31:53
Ali Menegola	W50	33:10
Carolyn Fawcett	W60	35:44



Paul Odam, 2nd in 5km run

Gail Castensen	W55	36:47
Pierre Viala	M65	38:02
Bob Fawcett	M60	39:12
Lee Chan	W50	39:21
Vic Beaumont	M80	39:36
Cecil Walkley	M80	40:42
Jan Jarvis	W65	40:45
V9		42:07

15K WALK

V1		96:33
Val Millard	W65	1:49:38
Joan Pellier	W70	2:12:37

10K WALK

John McDonagh	M65	72:22
Ray Hall	M75	77:52
Lynne Schickert	W70	80:07
Elaine Dance	W60	80:20
Roger Walsh	M65	81:30
Bob Fergie	M75	84:39
John Smith	M75	84:59
Ann Turner	W75	94:03

5K WALK

David Brown	M65	39:24
Rosa Wallis	W65	40:51
Kirt Johnson	M80	41:04
Jeni Shillington	W55	42:08
Jeff Whittam	M75	42:44
Morris Warren	M75	43:02
Phyllis Farrell	W65	44:29
Ray Lawrence	M80	44:31
Patricia Hopkins	W70	44:47
Denise Viala	W60	45:03
Pat Ainsworth	W75	46:49
Margaret Warren	W75	46:50
Sylvia Szabo	W30	49:11
Sylvia Szabo	W55	49:12
Mitch Loly	M70	51:30
Margaret Bennett	W70	51:31
V6		53:08
V7		53:11
Leo Hassam	M80	53:52
John Dance	M60	53:53
Elaine Ellard	W70	55:40

Minutes of Annual General Meeting

Wednesday 24th April, 2013 at 7.00pm

HOCKEY CLUB ROOMS, PERRY LAKES

1. MEETING OPENED

The meeting opened at 7.04pm by President Paul Hughes. Copies of Agenda were placed on seats for members.

2. ATTENDANCE/APOLOGIES

As per the attendance book, there were 39 members present and 8 apologies.

3. MINUTES OF 2012 AGM

Published on the MAWA Website and in the May 2012 Vetrin. Copies were available for reading at the meeting.

Moved Paul Hughes and seconded Cecil Walkley that the Minutes of the 2012 Annual General Meeting be accepted as correct. Carried

4. MATTERS ARISING

WMA Perth 2016 (General Business) - Barrie Kernaghan queried the outcome of discussions at a May 2011 meeting regarding any possible ramifications with a change of political party. Lynne Schickert clarified that this was a steering committee meeting with Events Corp and that as WMA Perth 2016 was an event run by Events Corp and Tourism WA, a change of political party would have no ramifications and that both political parties were keen supporters of the event.

5. REPORTS

President – Paul Hughes addressed the meeting with an oral report and gave particular thanks to the many behind-the-scenes members of the Club who gave invaluable support and assistance to the Club and Committee through the year: Registrar Peggy Macliver, Auditor David Roberts, Statistician Campbell Till, Vetrin Editor Vic Waters, TFNL Producer Graeme Dahl, Facebook Administrator John Oldfield, Clothing Managers Pat Hopkins and Sandra Stockman, Morning Teas Vic and Jacqui Beaumont, Sunday Results Barrie Thomsett and Lorraine Lopes, Track and Field Championships Barbara and Richard Blurton, Venue Coordinators Barrie Kernaghan and Carol Bowman, Field Competition Damien Hanson, General all rounder Jackie Halberg; Medical Kits Sarah Ladwig, Julie Wilson and Carol Bowman, to name just a few. Greatest thanks go to the Race Directors, helpers and marshals, without whom the Club would not be able to run its Sunday distance competition.

Secretary – Secretary's report was published in the March 2013 Vetrin and posted onto the website. Valerie Millard briefly recapped the main items from the report, noting in particular the adoption of a new Constitution in October 2012,

the ongoing work of the Committee in drafting a communications policy and the proactive work of the committee over the past 12 months to ensure the club continues to provide excellent competition opportunities for all its members.

Treasurer – The Independent Auditor's Report, Financial Report and Summary of Receipts and Payments for the year ended 31 March 2013 were posted on the website and copies were available to all members present. Geoff Brayshaw outlined the Committee's objective of maintaining and protecting the Club's financial position from year to year, with major events running on a break even basis. The Budget is set with this objective in mind, and as noted in the financial report, this objective was achieved at year end, there being a slight surplus

Geoff foreshadowed a change in the financial year, which if approved at a vote later in the meeting, would reduce the reporting problem which now exists, in that at the end of March, all revenue for the State Championships has been received, but none of the costs have been paid, as reflected in the summary of receipts and expenditure. A change of year end would mean all revenue and expenses in the same year, so that the financial report would more accurately reflect the Club's actual financial position. Roger Walsh, the immediate past Treasurer, strongly endorsed a change in financial year.

Noted that events such as championships and social events were self-funding and broke even. There was a small increase in the number of members and a small increase in the membership fees. Bank fees increased substantially, with most of the club's business now being conducted on line. Vetrin production costs, printing and postage account for a substantial proportion of the Club's annual expenditure, however it is an essential part of the Club's communication with its members and remains great value for money. Website costs were higher due to upgrading and improvements.

Overall, the Financial Report showed total operating receipts for the year of \$47,144.00. Payments were \$45,730.00, resulting in a surplus of \$1,414.00. Total cash on hand stands at \$66,424.00.

Moved Geoff Brayshaw, seconded Roger Walsh that the Financial Report be accepted. Carried.

6. PRESENTATION OF TROPHIES

• **Patrons Trophy, Track and Field, Men and Women** – annual points competition. Presented by Patron, John Gilmour.



Patron's Trophy winner Gillian Young

Winner – Men

David Carr 710.53 points

Winner – Women

Gillian Young 707.86 points

• **Handicap Trophy** – Presented by handicapper, Richard Danks.

Winner – Bob Schickert

• **Achievement Award** – Awarded to the most improved athlete who has been a member for at least 2 years and has contributed substantially to the progress of the Club. Presented by Barbara Blurton.

Winner – Campbell Till

• **John Gilmour Trophy for Best Performance** – best individual performance. Presented by patron, John Gilmour.

Winner – Lyn Ventris

(4th consecutive year with a 101.65% age graded performance in Open 20K race walk and 8 World Records) World, Australian and State Records, +90% performances.

Statistician Campbell Till reported that in the period 1/4/2012 to 31/3/2013, the following records were set:

181 State Records

41 Australian Records

(David Carr (13), Lyn Ventris (7), Rae McMillan (6), Byron Glass (4), Lynne Schickert (3), Melissa Foster (2), Don Chambers (2) Mark Jeffrey, David Clive, Scott Tamblin and Gillian Young).

14 World Records

Lyn Ventris (7), David Carr (5) and Byron Glass (2).

There were 36 performances over 90%, with 10 of those over 95% and 2 over 100%. A truly remarkable result achieved over a great range of events.

7. APPOINTMENT OF OFFICIALS

Patron – John Gilmour

Vetrin Editor – Vic Waters

Handicapper – Richard Danks

Auditor – David Roberts

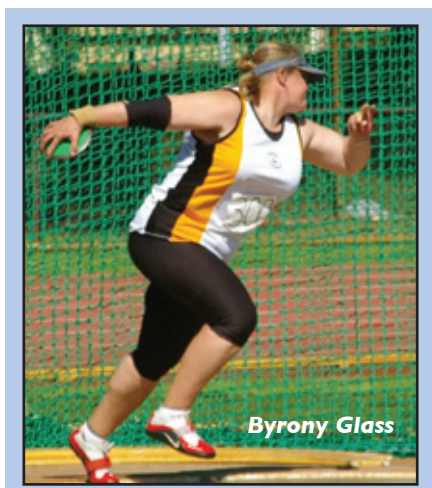
Statistician – Barbara Blurton

Registrar – Peggy Macliver

Website Manager – Hamish McLeod

AWA Winter contact – John Collier

All of the above have agreed to accept the appointment.



Paul Hughes informed the meeting that after nearly 10 years in the role of Statistician, Campbell Till had stepped down and Barbara Blurton had been appointed. Paul expressed the Club's thanks to Campbell Till for the meticulous work he had done during this time maintaining the club's performance records.

8. ELECTION OF OFFICE BEARERS

All members of the present Committee offered themselves for re-election. Nominations were read out by the Secretary. There were no further nominations and the nominees were elected unopposed to positions of office bearers and committee members as follows:

President – Paul Hughes

Vice-President – Richard Blurton

Secretary – Valerie Millard

Treasurer – Geoff Brayshaw

Committee Members - Carol Bowman, Damien Hanson, Colin Smith, Gillian Young

9. LIFE MEMBERSHIP NOMINATIONS

Presented by Paul Hughes.

Valerie Millard read out the two nominations.

Damien Hanson, nominated by Bob Schickert, Barbara Blurton and Lynne Schickert.

Paul Martin, nominated by Paul Hughes, Gary Fisher, Valerie Millard.

Both nominees were approved unanimously by the members present.

Damien Hanson and Paul Martin were awarded life membership for their outstanding contribution to Masters Athletics in WA.

10. SPECIAL RESOLUTIONS

Geoff Brayshaw addressed the meeting on the reasons for proposing a special resolution to change the financial year end to 30 June, as published in the *Vestrun* and posted on the website and further foreshadowed in his financial report earlier in the meeting. In summary, a change to a financial year end of 30 June will allow revenue and expenses for championships to be accounted for in the same year and will better reflect

the Club's actual financial position. As a consequence, the AGM would normally then be held in July.

Nick Miletic queried whether the membership year was changing as well but that is not the intention, it will remain 1 April to 31 March.

Bob Schickert expressed concern that often World Championships are held at that time. Geoff Brayshaw confirmed that there was flexibility in the date of the AGM, naturally it was preferable to be held as soon after the end of the financial year as possible but other conflicting dates would be taken into account when setting the date of the AGM.

Lynne Schickert commented that this change would bring MAWA's accounting period in line with AMA's.

A special resolution was moved Geoff Brayshaw, seconded Barrie Kernaghan:

To amend the Constitution (a) 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;

and (b) replacing the word "April" with "July" in clause 16(1)(b)

By a show of hands, the special resolution was passed unanimously.

Because this special resolution amends the Constitution, the amendment must be approved by the Commissioner of Consumer Affairs and the process of obtaining this approval will now commence.

11. GENERAL BUSINESS

Communications – Vic Waters spoke to the meeting with his views on communications within the Club and whether the Club is doing the best possible job in providing information to members in the way they want it. Vic proposed that the Committee appoint a Communications person to look at the situation and to make suggestions and recommendations as to how to improve communications. All members present agreed that the concept was a good one.

Paul Hughes advised that the Committee will take on board Vic's proposal as part of its continuing commitment to developing a comprehensive communications policy and will liaise closely with him and others involved in the Club's communications outlets.

AMA Championships Trial – Hobart 2014 – Todd Davey and Lindsay Glass spoke on behalf of the MAWA throwers, expressing their deep unhappiness and concern that the trial of 2¹/₂ days from a 4 day competition has resulted in the removal of the multi events from the program. Todd made a good case on the severe disadvantage this is for WA throwers, who are amongst the best in Australia, dominating many events, and

several of whom have world rankings. Despite having put their concerns to AMA in writing, there has been no feedback nor any direction from AMA on what is the outcome of the events which have been removed. AMA have removed the events but are not prepared to say when or if they will come back. With WMA in Perth in 2016, our throwers would be going into a world competition without a national championship.

Lindsay Glass added that we need competition, otherwise the throwers will walk away. And, even if these events are held at another time (which is not certain), it is unlikely WA athletes will be willing to incur the extra cost.

Bob Schickert spoke of the history of the proposal to trial a shortened 2¹/₂ day program away from Easter.

Todd Davey advised that he has written to AMA with suggestions how to include the multis in the weekend of the trial but has heard nothing.

All the members present agreed with the throwers' view.

Paul Hughes advised the throwers to liaise with Damien Hanson on the Committee to formulate a motion to be put by MAWA to the AMA AGM in September that the AMA National Championships be a 4 day event, regardless of the actual date, so as to include all the athletic events that are currently on the program.

WMA Perth 2016 – Barrie Kernaghan spoke on a proposal to recognize those athletes who have competed in 10 or 20 WMA Championships during WMA Perth 2016, with a t-shirt or something similar. Lynne Schickert said she had briefly discussed the idea with Events Corp who thought it to be a good idea and will initiate action. A possibility is a box on the entry form to indicate how many championships the competitor has attended, with an award made at the athletes' dinner. Lynne Schickert will speak to AMA and WMA, but the idea would not need WMA approval, being a local initiative progressed by the Perth 2016 steering committee and EventsCorp.

WMA Perth 2016 Update – Barrie Kernaghan requested an update on progress towards 2016, in particular the 2nd track. Lynne Schickert reported that Glen Hamilton (Events Corp), Wayne Loxley (CEO, AWA) and DSR are continuing negotiations with UWA on the land required for a throwing area. Richard Blurton reported that the steering committee recently met with Events Corp. Perth 2016 Company has been established and Richard Blurton, Bob Schickert and Geoff Brayshaw have been appointed to the board. A governance structure will be established and a senior events director appointed later this year. Options for a second track are being looked at but this is proving to be a difficult issue.

As there was no further business, the President closed the meeting at 9.10pm.

Training Tips

Who is up for 50?

asks
Ross Keane

FIFTY kilometres that is.

May is that autumn month when the air is crisp and the winds are generally light. It really becomes a great time to run that little bit longer. The first Sunday in May marks the first of three legs which make up the club's annual 50km road running championship. This is a good challenge!

The first leg is an easy, flat and fast 10km at Kent St Weir in, seemingly always, cool conditions. Many of us complete and enjoy this run. It is followed two weeks later with another flat run on the river covering the longer but very achievable 15km starting near Steve's hotel in Crawley.

The RRC climaxes on June 2 over another flat course of 25km beginning at scenic Burwood Park.

The key to the whole challenge is staying fast for the first two legs but also getting enough kilometres in your legs to run 25km without becoming jaded and leg weary in the process. Therefore the secret is in the preparation and training.

Masters in the Gallipoli Run – from the top:

Margaret and Morris Warren; John Allen and Rob Colton; the two Violet Szabos; Maurice Creagh. Below – I wonder if the cadets knew they were in world champion company, with the Carrs?



Enjoying the Gallipoli event – Ross with Karen Peace

Prepare

The following insight may help if you are not a big trainer, are not sure how to prepare yourself or maybe looking at doing it for the first time.

I have never been a runner who puts in big kilometres at training so I have truly found the 25 challenging.

I will share with you my 'low km' preparation for this year's attempt. It is centred on doing a solid training run of 20km, ten days or so prior to that 25km run.

I want to run reasonably well in the 15 so may be tired from that and will skip the following weekly Tuesday speed session. This will help to be fresh for the long training run on the day ahead. Brian Bennett and others do a weekly run from Burwood ski club each Wednesday and so I will join them on the Wednesday following the 15K run. Why not join us?

I hope to be fresh enough to complete around 20-23km in a fair time or close to race pace. I will not run again until the club's Deepwater Point 14km on May 26. This is an ideal lead up race for the 25km on the following Sunday.

The week of the 25km will be very light and consist of the regular speed session Tuesday and a light jog with either my U12 kids training group the next day or maybe on the Thursday.

Any more training at this stage will make little difference as the hard work has already been done and all I hope for is to be feeling fresh so I will be resting my legs through until the big day. Adding a few extra carbs

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.

Helpers and Events

MAY 12 AQUINAS

Race Director: Lachlan Marr
0424 136 862

Peter Kitson, Amanda Walker, Chris Maher, Sean Keane, Jim Barnes Maurice Creagh, Mickey Muroi, Nick Miletic, Gail Castensen, John Bell, Jennifer Williams

MAY 19 RRC 15km RWC

10km

Race Director: Gary Fisher
9472 7062

Jim Langford, Maire O'Dea, Syd Parke, Peggy Macliver, Graeme Dahl, John Dance, Bernadette Height

MORE HELPERS NEEDED PLEASE

May 26 DEEPWATER PT

Race Directors: Ian & Sofia Carson
9440 5832

Peter Bath, Bob Schickert, Leo Hassam, Mark Hewitt, Pierre Viala, Carol Bowman

MORE HELPERS NEEDED PLEASE

JUNE 2 RRC 25km RWC

15km

Race Director: Mark Hewitt
6262 5220

Jim Langford, Delia Baldock, Jackie Halberg, Theresa Howe, John Dance

MORE HELPERS NEEDED PLEASE

JUNE 9 AROUND

HERDSMAN

Race Directors: Rod Hamilton
0428 940 089

Peter Bath, Morland Smith, Ian & Sofia Carson, Bob Cavin, Julie Keeley, Karen Peace, David Scott

at mealtimes at this point though may help your energy levels. On the day there will definitely be two energy gels stuffed in my pocket which I will take during the run and before I feel fatigued.

Remember that while the 25km run is the key you still need to run all three legs to complete the RRC. When you make it you will receive an official rate per km across the three legs and a very nicely engraved medal for all your hard work.

Happy running.