

Vetrun

NOVEMBER/
DECEMBER 2013
No. 475



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World Masters Championships 16-27 October 2013



OUR team at the World Champs in Porto Alegre, Brazil last month achieved the success we have come to expect.

They won a total of 27 medals – 12 of them gold. Full details of their performances are on the club website.

The team – in no special order – was: Colin Smith, Nick Miletic, Roy Fearnall, Barrie Kernaghan, Don Chambers, Lynne Choate, Vicki Cobby, David Carr, Jackie Halberg, Melissa Foster, Margaret Saunders, Bjorn Dybdahl, Bob Schickert, Lynne Schickert, Garry Hastie, Todd Davey, Bev Hamilton, Greg Urbanowicz, Todd Davey, Chris Titel, Byron Glass, Kate Glass.

Vetrun will change

by
Vic Waters

AFTER canvassing members' opinions in a face-to-face survey, your club committee has made significant changes to Vetrun.

Beginning with the January 2014 edition, it will appear bi-monthly – and no longer include detailed Sunday results.

The committee's statement, with a breakdown of the survey outcome, appears on page 2.

Results

Since WAMA began publishing Sunday results online, usually within a day of the events, this change has been inevitable. Why wait a

Results cut, fewer editions

month when you can check times and positions the next day?

Of course, some members still prefer the printed word, and don't want to use the computer service. The committee has undertaken to deliver results to them, on paper.

Space

Removing results (apart from a few highlights, and pictures) will release more space in *Vetrun* for general information, features, your letters and other contributions.

But, appearing every two months, the *Vetrun* will rarely carry any 'news'!

The website will be the place to go for that.

As editor, I was not asked to complete a survey form, and have made no comment until now as I did not want to influence the outcome.

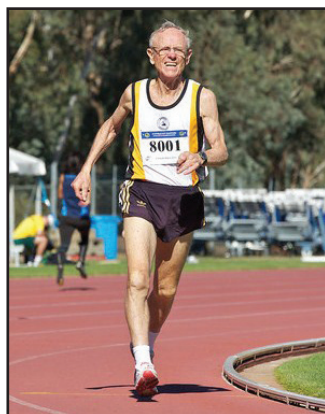
For what it's worth, I believe that duplication of results, online and in print, is wasteful – even though it pleased some members.

Like most printed publications, *Vetrun* can survive by changing to match readers' needs and demands.

Not everyone will be pleased with the new look. Now we must watch and see if the evolving magazine has any validity in its new form.

Golden – Marg Saunders steeplechase win in Brazil was stunning!

Below, golden oldie Dave Carr, who, despite his middle-distance domination was not WMA's choice as athlete of the year. Maybe WMA has Oceania-fatigue?



How to claim records?

THE T&F season is heating up and Barbara Blurton has a message for would-be world-beaters.

"Are you looking to break a State, or even Australian or World record?" she asks.

If so, certain criteria must be met.

State records

Other than at major championships, ask that three watches are used for your time; and if your performance is a possible record, make sure a note is made on the recording sheet.

Throwers should ensure the sheet is signed by two officials and a note is made of which tape has been used.

Australian/World

These need to be recorded

on special claim forms. Regular record-breakers should carry forms with them (download from the AMA website). Ideally the claimant fills out the form straight after the performance and chases relevant officials before they go home, otherwise collecting signatures and documents can take weeks.

These forms could be either sent to me (Barbara Blurton, MAWA statistician) or directly to Clyde Riddoch (Australian MA statistician).

Don't miss out!

Here's part of a recent email from Clyde.

Membership Year to change

by
Committee

THE current club membership runs from 1st April to 31st March the following year.

This causes us perennial problems with managing the Sunday event programme and with registration of T&F athletes for national championships.

We are therefore changing the membership year to run from 1st January to 31st December. In future the Sunday event programme will be issued in December each year to cover the following calendar year. This aligns with the Marathon Club and makes it easier for us to avoid clashes with other runs.

New members joining after 1st January 2014 will pay a 12 month membership fee.

For next year only current members renewing in March 2014 will pay pro rata for 9 months to take them to 31st December 2014.

We are also introducing a \$10 joining fee for new members and for members who let their membership lapse and then rejoin. This is to cover administration costs.

If you have any questions please speak to a committee member.

Bunbury club events

BRAC will be holding the Throws Pentathlon in 2014, on Saturday February 1, 2pm; and the City vs Country contest two weeks later – Saturday February 15, 2pm. Location is the Hay Park Athletics Arena Bunbury. For more information, contact Brian Feutrill <brian.feutrill@bigpond.com

Check the website!

Javelin and shot info
WMA's General Assembly in Porto Alegre made some

COMMUNICATIONS SURVEY

by
Committee

A TOTAL of 97 of our members completed the survey, which gives us an excellent cross-section of views of our members. Our thanks go to Ross Keane and the Thomas family for collecting the data, and to Club Statistician Barbara Blurton for compiling the results. We also thank all of our members who participated in the survey.

COMMUNICATION EFFECTIVENESS

Those members responding rated the effectiveness of our communication to members as:

Very Good	38
Good	36
OK	17
Poor	4

VETRUN

On the future of *Vetrun*, 66 respondents supported the proposed change to bi-monthly/quarterly and 27 did not.

The committee saw this as a very positive endorsement for change and we will be

changes to T&F specification for javelin and shot.

AMA Pentathlon

Entry form and information sheet for the AMA Pentathlon Championships in Launceston on Friday, 7 March 2014 is now available.

For all details go to our website – www.mastersathleticswa.org

Helpers – call your Director

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.

Please don't be the helper who advises the Race Director at the last minute they are unavailable or doesn't turn up at all. This situation compromises the safety of our competitors and the sanity of our Race Directors.

moving to 6 *Vetrans* per year in 2014.

Some of you may have got the impression that such a change would mean no more posted magazine. This is not the case and in fact with a less regular magazine, the number electing to receive a hard copy could well increase.

COMMUNICATIONS OFFICER APPOINTMENT

There has been some consideration over the past couple of years that the club should have a Communications Officer. The committee have taken the view that there is nothing in these survey results to suggest this is necessary and will not be making such an appointment.

MATTERS ARISING FROM SURVEY

Included in the survey results, members gave us many other comments and sugges-

tions for improvement. The Committee has reviewed all of these and decided it will implement the following:

- Where outcomes from committee meetings directly affect members, these will be continue to be reported on the website and in *Vetrun*.

- Whenever there is an important club notice or a change to an already published programme, the club will send the information by email.

- Flyers promoting the club will be available on Sundays for handing out to the general public.

EMAIL

An essential aspect of our communication with members is the use of email. It is essential that everyone lets the club know of changes to email addresses. If your email address is not up to date in our records, you will not receive these notices.

As always you can contact the committee with any question or issue. Either use the website button, or just speak to a committee member at a club event.

Parkrun 'age-group bests' are online

MORE than 40 MAWA members now run the Saturday morning Parkruns across Perth. Parkruns happen every Saturday of the year over measured 5km, traffic-free routes.

The sites are Claisebrook Cove, Riverton (Canning River), Aveley and Rockingham. Accurate times are posted on the website the same day.

John Oldfield reports that MAWA has now added best results for each age group to the lists on the Records tab of the MAWA website.

Some surprising names appear. Maybe yours is there?

Check the website now to see if your name is there. Click on 'Road' tab and 'Helper List' button or you can contact me on young.gillian@hotmail.com or talk to me on a Sunday morning

Thank you.

Gillian Young

Check it out, and also note that some age group 'bests' have still to be set.

Let him know...

If anyone runs a Parkrun outside Perth, please let John know by email at oldfield.jc@gmail.com so he can add the results to the club database and amend the 'bests' if necessary.

New Members – Welcome!

1218 MULVEY: Virginia W55
1219 TRUDGIAN: Craig M50
1220 McNULTY: Eamonn M55
1221 WOOD: Chris M50
1222 KENNEDY: Paula W45

Tale of Two Tonys

by
Richard Danks

HOW'S this for coincidence?

We have two male members called Tony Smith, completely unrelated.

Ok, not such a big coincidence.

But ... their combined two best times are exactly the same to the very second.

There's more.

Each man's average time for the handicap over six months is also exactly the same to the second: 39:39.

And of course the handicap times that the computer spat out was also the same to the second: 29:55 for each.

And it's not a mistake or double post – I checked it. It's unlikely they even know each other as they don't run on the same days. It will be interesting to see how they go if they



Tony Smith M35

ever both turn up for the same handicap.

Smithies

M40 Tony has the club number 1204.

M35 Tony Smith – club number 1109 writes:

"I do know Tony, and he is a bit quicker than me!"

(And for the record, MAWA has just nine current members named Smith!)

Training Tips

Anyone for sand?

By Ross Keane

WHILE there has been an upsurge in recreational road runners doing fun runs, half marathons and even full marathon races does it mean you must also train on the road?

I don't think so.

Sharing training stories with other regular runners is a good way to learn what has worked for them over time and what might well work for you.

John Gilmour's book 'Lasting the Distance' is a good read and an excellent distance runner's resource.

In the book he talks about regularly running sand tracks near his house even in the heat of summer. John still currently trains a group of talented little athletes on some of that same sand in his local golf course.

John Allen is a very good and also very consistent club runner who completes a beach sand run each Monday after his regular Sunday race.

I suspect both men would include the building of leg strength along with core sta-

bility as two of their main reasons for training on soft sand.

Yes, runs on hard surfaces such as roads and occasional concrete paths do harden leg joints. Some of these may be needed in preparation for your upcoming road races.

But I would limit them particularly as we age and if you are also prone to lower leg strains or more serious leg or hip injuries.

Hit the sand for not only a better muscle workout but to also lower the probability of these strains and injuries.

You will also get the benefit on race day of running on the harder and faster road surface. Your now stronger legs will find the road a somewhat easier proposition after all that soft sand training. PB's if they are your aim, may now be reached with your better stability and increased running strength.

If like me, Sunday's run is about your only road run for the week then the body is still getting a minimum of around 50 sessions a year on the road just from those runs. That could well be enough.

Happy running!

Who can win a Handicap event?

NO, not a sardonic comment, for once!

After the hotly-contested Cliff Bould Trophy, this genuine query arose again.

The answer is very simple.

To be eligible for a trophy at a handicap event the club member must have competed at least three Sunday events in the discipline in the last six months.

It's also worth mentioning that in assessing each club member's handicap, Richard Danks takes into account, and makes suitable allowances for, performances on tough courses, in bad weather, through hills etc.

Six-Hour Relay failed

OUR 'annual' Six-Hour Relay was binned for lack of support, in only its third year. So it seems the club cannot rise to the challenge, of matching the 1980s Veterans club wom-

In My View ...



by the Editor

en who set a 24-hour relay world record.

Some chance, if we can't even raise teams of six to run for six hours!

I think we can resurrect this event. In just two weeks prior to the aborted relay, I personally recruited enough walkers to make up one, maybe two teams.

Lack of runners let us down.

So, next year, let's recruit a range of volunteers – half a dozen or so, across the age/gender groups – to build teams by word-of-mouth.

The personal approach is what's needed.

Maybe then we'll find out that the old club spirit can be rebuilt.

WHAT A DEBUT!

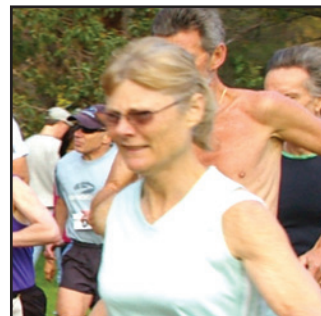
SUNDAY runners and T&F people alike know that Marg Saunders is a fine runner, and coach. No surprise then, her success in Porto Alegre? Not until she reveals that her gold-medal-winning steeplechase on the championships final day was only her second outing over the sticks!

Yes, she did some hurdling in her youth. But as she says – "There was a German athlete at least one minute quicker than I had ever run – in my one previous attempt at the event."

Come the day and running second, Marg watched the woman ahead "actually hurdling the steeple; Oh, oh, I knew she was talented!"

Despite experimenting with technique all the way, she held on to second place until the final lap, and then:

"I wondered if I could catch the German. I accelerated slightly and realised that I was starting to catch her. I ran



the back straight and my steeplechase were okay. I was catching her at the water jump but then did a very poor one and she accelerated away. With about 100m to go I thought – I can accelerate. In the home straight I was catching her and then there was one steeple to go.

"I watched as she baulked at it. This was my chance, closing on her I did an okay steeple and then just sprinted as fast as I could. I caught her by surprise and went past with about 30m to go. I ran to the line and finished first!"

Marg – it's a much over-worked word – but 'AWESOME!'



Paul Odam (above) stayed in front of John Allen in this one; and right, Vic Beaumont helpfully paces the walkers! Below, Paul Martin, running this time.



Gwelup Lake

October 19, 2013

Director: Richard Danks

8.8K RUN

Grahak Cunningham	M35	33:35
Kim Thomas	M35	34:13
V3		35:11
Paul Odam	M50	35:45
Ian Carson	M60	35:46
John Allen	M55	37:06
V8		37:21
Sandra Stockman	W45	38:05
Rod Hamilton	M50	38:35
Lisa Searle	W40	39:01
Jo Clarkson	W55	39:20
Prabuddha Nicol	M55	39:54
Kim Cook	W35	40:05
Mark Dawson	M50	40:38
Michael Lee	M60	41:48
Charlie Chan	M60	41:58
Ross Keane	M50	42:07
V10		42:08
Keith Miller	M60	42:12
V4		42:16
Karen Peace	W40	42:54
V1		42:58
Gail James	W50	43:36
David Baird	M70	43:55
Ivan Brown	M65	44:16
Milton Mavrick	M55	44:22
Martin Watkins	M65	44:24
Brian Bennett	M65	45:07
Maxine Santich	W60	45:23
Claire Walkley	W45	46:25
Lorraine Lopes	W70	48:18



IN the 10 years or so that I've been Race Director of the Lake Gwelup Run, I can't remember ever seeing rain at this event. And the weather again didn't let us down despite the forecasts. If I was planning a wedding or big event and wanted to avoid rain, I'd be tempted to check the date of the Gwelup event first.

As five helpers sent their apologies leaving our numbers somewhat depleted, and as I'm still unable to walk far due to injury, I had to call on others to help out. Some of these had to miss the race in order to do so. It is only the commitment of our members, often at personal sacrifice, that ensures not only the success of the race but sometimes its very viability. In the end it was a really successful event with a good turnout which included eleven visitors.

I'm sure the participants will join with me in expressing our warmest thanks to the following for their wonderful assistance: Ray Lawrence, Roger Walsh, Paul Ankers, Bert and Bridget Carse, John Fisher, Pat Hopkins, Bob Lane, David Scott, Renee Byatt and Irene Ferris.

I'd also like to thank Mark Hewitt for stacking gear in his car and Vic Waters and Frank Smith who did a great job marking the whole course before the race.

Graham Thornton	M70	49:09	V7	29:40	
Steve Cook	M35	49:10	Ali Menegola	W50	31:15
Rochelle Airey	W40	49:23	Delia Baldock	W50	31:23
Raymond Gimi	M45	49:33	John Brambley	M70	31:59
Sally Floyd	W45	49:45	Aldo Giacomini	M75	32:22
Peter Bath	M70	49:55	Carolyn Fawcett	W60	35:04
John Pellier	M70	50:11	Bob Fawcett	M60	35:10
Richard Blurton	M60	50:42	Lee Gray	W55	36:58
Irwin Barrett-Lennard	M80	51:17	Allison Lilly	W40	37:17
John Talbot	M65	51:37	Sheila Maslen	W75	40:09
Kylie Mahony	W45	51:43	Vic Beaumont	M80	41:25
John Byrne	M65	55:42			
Merv Jones	M70	56:17			
Paul Martin	M70	57:34			
Andrea Byrne	W30	61:32			

4.8K RUN

Paul Hughes	M60	19:22
V9		20:51
Lee Holliday	M55	21:29
Mark Hewitt	M60	22:22
V6		22:45
John Collier	M45	22:49
Wayne Taylor	M50	23:56
Dante Giacomini	M40	23:58
Carol Bowman	W55	24:03
Kem Hassan	M40	25:52
Hamish McGlashan	M75	26:40
Kirstin McGregor	W45	26:42
Mike Anderson	M65	26:46
Melissa Hynds	W35	29:24

8.8K WALK

V11	62:04
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4.8K WALK

Jim Barnes	M70	39:00
John Smith	M75	39:28
Kirt Johnson	M80	40:17
Bob Fergie	M75	40:17
Lorna Lauchlan	W80	40:27
Jeff Whittam	M75	40:28
Joan Pellier	W70	40:35
Ann Turner	W75	44:08
Pat Ainsworth	W75	45:15
Sofia Carson	W50	47:09
Margaret Warren	W75	48:22
Morris Warren	M75	48:23
Maggie Flanders	W75	49:56
V2		50:37
Jo Richardson	W60	50:39
Margaret Bennett	W70	50:40



Cliff Bould Trophy

October 27, 2013

Director: Ivan Brown

10:4K RUN

	Time	H'cp	Actual
Keith Atkinson	M55	71:13	14:03 57:10
Giovanni Puglisi	M60	72:28	26:31 45:57
Ian Carson	M60	72:44	28:05 44:39
Paul Martin	M70	73:04	3:08 69:56
Irwin Barrett-Lennard	M80	73:53	9:07 64:46
Grahak Cunningham	M35	74:05	31:08 42:57
Mike Hale	M65	74:57	18:13 56:44
Kem Hassan	M40	75:05	14:03 61:02
Carol Bowman	W55	75:05	16:49 58:16
Charlie Chan	M60	75:08	21:11 53:57
Richard Blurton	M60	75:17	17:17 58:00
Karen Peace	W40	75:2	21:30 53:50
Paul Odam	M50	75:42	27:50 47:52
John Fisher	M50	75:49	17:27 58:22
Jackson Wong	M45	75:56	21:46 54:10
Tony Smith	M35	76:08	29:55 46:13
Bruce Mathieson	M65	76:27	18:30 57:57
John Talbot	M65	76:33	8:08 68:25
Bert Carse	M70	76:37	24:49 51:48
Mali Hodges	W50	77:27	12:28 64:59
Milton Mavrick	M55	77:47	19:40 58:07
John Byrne	M65	79:06	8:33 70:33
Brian Smith	M70	79:15	2:28 76:47
Ineligible for Trophy:			
Craig Trudgian	M50	68:47	10:00 58:47
Adrian Kenny	M40	71:36	
V10		50:25	
V8		71:37	
V7		72:37	

5:2 RUN

Kim Thomas	M35	20:22	
V3		24:03	
Jim Klinge	M65	24:04	
Hamish McLeod	M35	24:04	
Lee Holliday	M55	24:52	
Prabuddha Nicol	M55	25:23	
Ross Keane	M50	25:29	
Paul Hughes	M60	25:30	
Dante Giacomin	M45	26:56	
Wayne Taylor	M50	30:01	
Brian Bennett	M65	31:48	
Carmel Meyer	W50	31:51	
Hamish McGlashan	M75	32:38	
Roger Walsh	M70	32:52	
Jane Stanbrook	W45	32:58	

PERFECT conditions prevailed for this traditional event which starts at McCallum Park, where the first club runs originated in the early 1970s.

Numbers were down this year due to the attractions of Brazil and the World Championships for many members but this meant more coffee, cake and biscuits to those who attended – a great spread by the Beaumonts.

My thanks to regular helpers Raymond Gimi, Peter Sullivan, Mary Heppell, and Alan James plus the Warrens, the MacKinnons, Bob Fergie, Mark Dawson and Sue Bourn. Richard Danks kindly offered to help Sue record the results.

The trophy was handed to Keith Atkinson who won narrowly from John Puglisi. Thankfully there were no injuries from the rough track, although Hamish McGlashan took a tumble on the island and came up laughing. See you all next year for my 20th (and final) year as director.

Ivan Brown

Kirstin McGregor	W45	33:20
Damien Hanson	M60	33:38
V4		33:44
Ginny Mulvey	W55	34:06
Delia Baldock	W50	34:16
Andrea Byrne	W30	34:45
Melissa Hynds	W35	34:46
Bronwyn Smith	W40	35:10
Frank Price	M60	35:11
Aldo Giacomin	M75	36:50
Steve Clark	M70	37:21
Kathy Burr	W70	39:00
Sheila Maslen	W75	50:11

5:2K WALK

Val Millard	W65	41:42
John Smith	M75	42:06
Ray Hall	M75	42:22
Lesley Romeo	W65	42:55

Starters in the 5.2km event stream across McCallum Park (above) while the ultimate handicap winner, Keith Atkinson (below) waited another 14 minutes before showing his return to form.



Jeni Shillington	W55	47:43
Rosa Wallis	W65	47:43
Lorna Lauchlan	W80	47:49
V11		48:34
V9		48:37
Noela Medcalf	W75	51:14
V1		52:22
V2		56:40
Ann Turner	W75	56:41
Leo Hassam	M80	58:50
Lee Chan	W55	58:55



Great start picture by Frank Smith (above) and then he managed to snap 'Tony Smith the Elder' (below) who beat his namesake in the 12km. See the Two Tonys story – page 3.

12K RUN

V1		45:32
Kim Thomas	M35	46:02
Ante Perdija	M40	47:45
Tony Smith	M40	48:30
Ian Carson	M60	49:24
Tony Smith	M35	49:55
Mickey Muroi	M55	50:57
Sandra Stockman	W45	51:22
V11		52:12
Peter March	M50	53:15
Karen March	W50	53:33
V15		54:10
Ross Keane	M50	54:11
V3		55:29
Stuart MacKinnon	M30	56:24
Charlie Chan	M60	58:31
Jackson Wong	M45	59:16
Brian Bennett	M65	60:03
Martin Watkins	M65	60:24
Claire Walkley	W45	61:30
Bert Carse	M70	61:30
Raymond Gimi	M45	61:32
Craig Trudgian	M50	62:38
V8		63:59
Keith Atkinson	M55	64:37
John Fisher	M50	65:04
Mike Hale	M65	65:07
Eamonn McNally	M55	66:06
Julie Wilson	W60	67:23
John Pellier	M70	69:58
Irwin Barrett-Lennard	M80	71:10
John Talbot	M65	71:49
Janet Jiang	W45	78:04
Greg Wilson	M65	78:37

6K RUN

Paul Hughes	M60	24:46
V6		25:36
V10		26:21
Tristan Bell	M45	26:22
Mark Dawson	M50	27:01
Sue Bourn	W45	27:43
V7		27:57
Ivan Brown	M65	28:35
Mark Hewitt	M60	28:48
Frank Gardiner	M60	29:16
V9		29:25
Gail James	W50	29:39
Carol Bowman	W55	30:01
V4		30:19
Vic Waters	M65	30:39
V16 – Mark Smith		30:39
Johan Hagedoorn	M65	30:54
Bruce Mathieson	M65	31:11

Bibra Lake

November 3, 2013

Directors: Paul & Tanya Burke

WELL, guess what? For once it didn't hail or rain for this run. Maybe because of the new time-slot or someone dialled the man upstairs and he said: "That's enough."

Thanks to all 94 competitors who turned up, and to lots of support crew. Thanks to the helpers Sylvia, Rochelle, Dante, Aldo, Paul and of course the vivacious and saucy recording crew Maree and Sally.

Especial congratulations to: 12km winner, Kim Thomas (with visitor 1 as a great support runner) who did a negative split 2nd lap! And other leaders – Sandra Stockman, Paul Hughes, Sue Bourn, Lee Holliday, Peter Hopper and Val Millard – and a special mention for marathon man Jim Barnes for participating with boyish enthusiasm

Hope to see you all again next year when we hope to entice you with some spot prizes.

Paul and Tanya Burke

Kem Hassan	M40	31:32
Carmel Meyer	W50	31:45
V2		32:18
Mali Hodges	W50	33:13
Hamish McGlashan	M75	33:54
Ray Attwell	M75	34:14
Damien Hanson	M60	35:06
V12		35:23
V7		35:51
Roger Walsh	M70	36:11
Kirstin McGregor	W45	36:14
Merv Jones	M70	36:38
Ginny Mulvey	W55	36:41
John Byrne	M65	37:01
John Brambley	M70	38:27
Ali Menegola	W50	38:41
Andrea Byrne	W30	39:00
Delia Baldock	W50	40:04
Neil McRae	M60	43:20
Rebecca MacKinnon	W30	45:12



Joan Pellier	W70	48:41
V13		50:22
Sheila Maslen	W75	51:32
Margaret Bennett	W70	57:16

12K WALK

Lee Holliday	M55	68:47
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6K WALK

Val Millard	W65	43:58
Elaine Dance	W60	45:56
Peter Hopper	M65	46:16
Ray Hall	M75	49:27
Bob Fergie	M75	50:50
Kirt Johnson	M80	50:51
Jim Barnes	M70	51:58
Bridget Carse	W70	51:59
Lorna Lauchlan	W80	52:20
V14		52:52
Elaine Sillery	W80	58:36
Julie Wood	W65	58:36
Pat Ainsworth	W75	59:47
Monique Thomas	W35	59:48
V5		59:48
Leo Hassam	M80	64:12



Kalamunda Railway

November 10, 2013

Directors: Bert & Bridget Carse

8K RUN

Kim Thomas	M35	31:47
Tony Smith	M40	32:20
Ian Carson	M60	32:58
Paul Hughes	M60	33:35
V15		33:36
Paul Odam	M50	33:41
John Allen	M55	35:04
Mark Dawson	M50	35:11
Ross Keane	M50	35:13
V11		35:51
V19		36:28
V2		36:57
Stuart MacKinnon	M30	37:24
V10		37:29
Hamish McLeod	M35	37:50
V14		38:03
Frank Gardiner	M60	38:08
Akos Gyarmathy	M55	38:22
Sue Bourn	W45	39:01
Jim Farr	M45	39:06
V6		40:08
Ivan Brown	M65	40:11
Mark Hewitt	M60	40:17
Colin Shaw	M50	40:32
John Fisher	M50	40:49
V4		40:50
Mike Hale	M65	40:58
V5		41:35
V3		41:40
Maxine Santich	W60	41:58
V7		42:00
Mike Khan	M65	42:33
Bruce Mathieson	M65	43:44
V12		43:46
Dave Roberts	M70	44:11
Elizabeth McFarland	W55	45:03
Wayne Taylor	M50	45:45
Vic Waters	M65	45:50
Sandra Rourke	W45	46:12
Lorraine Lopes	W70	46:24
Julie Wilson	W60	46:25
V13		46:44
Rochelle Airey	W40	47:11
Graham Thornton	M70	47:20

WHEN laying out the course there was a strong smell of burnt bush from controlled burning that had taken place a few days before. Fortunately this was a small area near the start and not throughout the course.

There were some wildflowers that lined the path but most had bloomed earlier. The weather and turn-out of members was excellent. Shade, always appreciated by members, was provided by nature on a day that became warmer as the morning progressed.

Congratulations go out to all members who completed the course; it is not an easy one, due to a loose surface, which requires greater use of stamina and strength than in road racing.

These are the helpers who ensured that the event was successfully held

– and we thank them on behalf of the club: Richard Blurton, Christine Oldfield, Margaret Langford, John Oldfield, Kerriann Bresser, Peter Cunningham, Bjorn Dybdahl, Debbie Wolfenden, John Talbot, Sean Keane, Bob Lane and Barbara Blurton.

Our thanks extend to Gillian for providing us with these reliable volunteers and other members who helped in any other way.

We hope the members who participated in the event enjoyed their visit to Kalamunda and the event was to their liking.

Bert & Bridget

Kylie Mahony	W45	47:44	Delia Baldock	W50	28:33
V16		49:09	Monique Thomas	W35	29:50
Roger Walsh	M70	50:20	Rebecca MacKinnon	W30	32:16
John Byrne	M65	50:53	Jan Jarvis	W65	45:40
Merv Jones	M70	51:52			
Andrea Byrne	W30	52:38	8K WALK		
Neil McRae	M60	53:51	Val Millard	W65	61:00
Janet Jiang	W45	53:54	Elaine Dance	W60	63:26
Steve Clark	M70	56:23	John Smith	M75	77:26
			Elaine Sillery	W80	78:45

4K RUN

Margaret Saunders	W55	19:20
Colin Smith	M50	19:40
Karen Peace	W40	20:26
Dante Giacomini	M45	20:39
Carol Bowman	W55	21:27
Brian Danby	M65	22:32
Gary Fisher	M60	23:28
Kris Adrian	W40	23:41
Dennis Hughes	M65	25:09
V8		26:44
Aldo Giacomini	M75	28:06
Melissa Hynds	W35	28:32

John McDonagh	M65	32:26
Jim Barnes	M70	32:27
Lorna Lauchlan	W80	37:18
Kirt Johnson	M80	37:20
Bob Fergie	M75	37:21
V1		40:29
V18		40:30
V9		42:53
Sylvia Szabo	W30	44:41
Sylvia Szabo	W55	44:42
Leo Hassam	M80	46:29

Jingle Bells in the air!

ONCE again it is nearly the time of year that some perfectly normal adults revert to childhood again and dress up for our Christmas run.

I look forward to seeing all the different seasonal-theme outfits again, so get your thinking caps on (with bells?) and your sewing machines running.

Bring your Christmas Spirit and join in all the festivities on the 22nd December. I look forward to seeing you all there. *Elaine*

Claiming records

from page 1

"I also wanted to mention too that we should chase up world record claims as soon as possible once we are aware of them.

"There have many Australians over the years who never received listing in WMA's official record list despite breaking world records. The record claim process from time of performance to acceptance by the WMA records officer can often take a very long time. Far too long! All sorts of unforeseen problems occur if record claims are old.

"If a better record comes along after an Australian claims it, WMA will forget ours and list the better performance. I can guarantee that Australians will get their certificates, but WMA validation, acknowledgement and listing is out of my hands."

ONCE again we had near perfect weather for the Safety Bay run although the 10k runners might have found it a bit humid. At least you could cool down in the ocean afterwards, before the sausage sizzle.

Sorry about the 5k run being short. I did mark it correctly but unfortunately my helper decided to go to a different spot – for the third year running!

I will definitely rectify this next year: everyone will definitely run 5k next year – unless they opt for 10!

I thank all my helpers; without them I could not put the run on. Special thanks to Steve Toohey for a great job on the barbecue.

Mostly I would like to thank each and every runner and walker who took the effort to come to do the run or walk. We even had people make the effort to come down from the hills, and they did not even run or walk.

That is what the club is about. Obviously some people have a different view, like some people who I understand decided to organise a separate run.

I know that some runners have families and like to spend more time with them – but we are not asking you to go to the other side of the country!

If people think that maybe the race directors will give the run away because they do not get as many runners and walkers – they can think again. John and I will not be stopping doing the run for a few years yet.

I look forward to seeing you all again next year.

Elaine

Safety Bay

November 17, 2013

Directors: Elaine & John Dance

10K RUN

Kim Thomas	M35	40:42
Ross Keane	M50	46:11
Ian Carson	M60	47:14
V2		47:23
Stuart MacKinnon	M30	47:31
Karen Peace	W40	48:34
Akos Gyarmathy	M55	50:28
Brian Bennett	M65	51:47
V10		51:54
V5		52:25
Chris Koeman	M55	52:43
John Fisher	M50	53:39
V9		53:50
V4		53:55
Carol Bowman	W55	53:57
Gail James	W50	56:06
Elizabeth McFarland	W55	56:25
V3		56:34
John Bell	M65	60:56
Bruce Mathieson	M65	60:59
Irwin Barrett		62:08
Lennard	M80	62:08
Rochelle Airey	W40	63:14
Merv Jones	M70	65:39
John Byrne	M65	65:53
John Talbot	M65	66:18
Andrea Byrne	W30	70:21
Graham Thornton	M70	71:12
Frank Price	M60	76:27
V8		83:19
Kathy Burr	W70	1:46:00

5K RUN

Johan Hagedoorn	M65	22:13
Julie Wilson	W60	24:39
Bronwyn Smith	W40	27:33
Nick Miletic	M60	27:45
Gillian Young	W65	27:49
Mark Sivyer	M65	27:50
Rebecca MacKinnon	W30	30:44
Brian Smith	M70	32:18
Bob Schickert	M70	36:16
Julie Wood	W65	36:22
Pierre Viala	M65	37:19
Margaret Bennett	W70	38:01
Vic Beaumont	M80	39:13

10K WALK

Ray Hall	M75	34:52
Lynne Schickert	W70	35:09
Michele Mison	W65	37:21
Jim Barnes	M70	37:22
Bob Fergie	M75	38:07
Kirt Johnson	M80	38:08
V10		39:30
Gail Castensen	W60	40:15
Denise Viala	W60	40:16
V7		41:24
V6		41:26
Pat Ainsworth	W75	45:25
Ann Turner	W75	45:26
Maggie Flanders	W75	45:28
Leo Hassam	M80	48:04
Ced Turner	M75	58:21

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

24 NOVEMBER
OLD PERRY LAKES

Race Directors: John Bell and Jennifer Williams – 386 6975

Roger Walsh, Kris Adrian, Stan Delandgraftt, Jane Elton, Peter Hopper, Terry Manford, Hamish McGlashan, Morland Smith, Cecil Walkley, Claire Walkley, Greg Wilson, Julie Wilson, Sue Zlnay, Kate Sommerville

1 DECEMBER
MOSMAN PARK

Race Director: Paul Hughes – 0412 513 348

Tony Bart, John Brambley, Charlie Chan, Lee Chan, Rod Hamilton, Trish Lopes, Akos Gyarmathy, Elizabeth McFarland, Sheila Maslen, Ante Perdija, Dave Roberts, Paul Martin

8 DECEMBER
GARVEY LAKES

Race Directors: Christine & John Oldfield – 0434 191 611

Pat Ainsworth, Alison Aldrich, Richard Danks, Bjorn Dybdahl, Debbie Wolfenden, Jane Elton, Jim Farr, Trisha Farr, Marg Forden, Toni Frank, Ange Hayward, Tony Smith (1109), Terry Manford, Keith Atkinson, Grahak Cunningham

15 DECEMBER
CANNING CAPER

Race Director: Keith Atkinson – 9313 1669

Alison Aldrich, Rob Badenoch, Ivan Brown, Chris Coates, Gary Fisher, Aldo Giacomini, Dante Giacomini, Richard Harris, Gail James, Helen Lysaght, Cecil Walkley, Claire Walkley

22 DECEMBER
CHRISTMAS GIFT

Race Directors: Elaine & John Dance

No helpers required

29 DECEMBER
ALDERBURY PARK
CROSS COUNTRY

Race Director: Wayne Taylor – 0415 863 871

Stan Lockwood, Frank Smith, Richard Danks, Peter Hopper, Theresa Howe, Arnold Jenkins, Anne Jones, Mark Rosen, Bruce Wilson, Ross Keane, Peter Ryan, Eamonn McNulty

MAWA and Vetrin

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