

# VETRUN



No. 489

FEBRUARY 2016



*New*

**AUSTRALIA DAY EVENT**



Cover – Sandra Stockman put on a great new riverside event preceding Australia Day; full report in the next Vetrans.

**NEXT EDITION**

Vetrans no. 490 will publish in April 2016.

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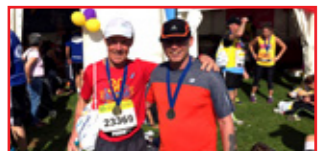
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**What's the Committee up to?**

Posted on December 18, 2015

**Tea anyone?**

In 2016 twelve of our Sunday events include Morning Teas. They will be managed on a roster basis and anyone prepared to do just one Sunday should let Joan Pellier know.

● Club has purchased a defibrillator, and Carol Bowman is arranging for members to be trained in its use.

● Melbourne Cup lunch was highly successful and will be repeated this year.

● A 'social events' listing has been added to the website.

● Herdsman Run this year will start from the Pony Club itself, giving us ample parking and shelter.

● MAWA planned a club promotion for the Pioneer Parkrun 2-year celebration on 9th January.

● Delia Baldock will gauge interest in participating in the AMA Postal Relays next year, and will manage them for MAWA if there is sufficient interest.

● State Championship budget was approved. The move to ECAC is allowing a reduction in entry fees. Registration opened in early January.

● The Ann Shaw 'Athlete of the Meet' award and the John Gilmour 'Athlete of the Year' award will in future be decided by a panel, and the committee, respectively, based on potential candidates identified by the club statistician. The previous criteria were simply the highest age-graded performance, but in some areas the age-graded tables give skewed results.

● For the Achievement award the additional criteria that the winner had to have made a significant contribution to the club will be dropped, so that the award is purely given for performance improvement.

● The qualifying period for the Achievement and John Gilmour awards will be the financial year, so that they can be awarded at the AGM in September.

● 25 new members joined in the first 2 weeks in December; very encouraging.

**New uniforms look great!**

THE club has now ordered the new uniforms – as shown here by Lynne Schickert – from our supplier and these will be available in early March. Options will be singlets for men, singlets and crop top for women.

A range of samples were given to members during the selection process – but please note, NONE of these samples are the official club uniform so you can't wear them to compete in the State or National Championships!

Anyone possessing these samples will need to have an official uniform.

However, the current uniform remains valid.

Joan will try to have some samples available for members to try over the next few Sundays.

Uniforms can be ordered in advance from Colin Smith at colin.smith@netspace.net.au.

When the new stock of uniforms arrives, samples will be taken to club events so members can ascertain the size they want. We will have



men's s/m/l/xl/xxl/xxxl and women's sizes 8 to 18. Price for all items will be \$35.

We will eventually move to online ordering using the club's Paypal account.

Uniforms will be available for purchase at all State Championship events.

Our thanks to Colin for his initial work on the new uniform design, and to Joan Pellier and Delia Baldock for continuing the work after Colin left the committee.



I WOULD like to thank the committee and members for voting me a Life Member. It was humbling for me to receive this honour because, whatever I have done for the club, it is so little compared to many others – those who are the backbone of our club, taking office and helping in other ways. I do appreciate the time they put in to run the club so successfully.

Joining our club in 1979, getting fit with the encouragement of the members and making like-minded friends changed my life in a wonderful, positive way.

I wish all the unfit people could see the light and join us!

Thanks Vets, Lorna Lauchlan

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**In My View ...**



by the Editor

*How old are we really?*

**Younger than Jim?**

HAMISH is the latest member to delve into the 'fitness age vs the chronological' tempted by my suggestion on this page (Vetrans 448, December 2015). This bit of fun leads you to [www.worldfitness-level.org](http://www.worldfitness-level.org)



Two striplings; Hamish with David Carr

"Dear Vic." Hamish writes. "At your suggestion, I tried it.

"It is difficult to answer all the questions accurately, never mind trying to be honest. After all I do 'go all out' at golf – and at my old men's doubles tennis.

"However, I am pleased to say I came out even younger than Jim Langford at 36 years (vs almost 79 for chrono-

**Vic B on the transfer list**

NO signing-on fee has been discussed, but Vic Beaumont has hung up his tea-cup and quit the refreshments division. He's now joined the club's photographic unit, which means we can all look forward to decent, sharp pictures of runners with heads.

Frank Smith is not completely redundant, by the way. But now he's most often in the club's mounted brigade, his photographic efforts are a bit sporadic.

Vic Beaumont has been a keen amateur, photo-club member and such, since the time when black and white film was the standard.

Ah, those were the days, when a bag of cameras, spare lenses and flash-guns was heavy enough to leave a young lad with a permanent list!



Vic and Jacqui Beaumont at East Perth for a thankyou presentation from president Richard Blurton

**Paul Martin's 21 years taming Sharks**



A battered Paul with Misha and the editor; don't we have fun?

WHEN John Smith made his race director's farewell speech, witty as ever, at the East Perth event he mentioned his 35 years in our fair city.

During that time in the club John has organised various events. (By the way, he doesn't intend quitting altogether and has agreed to be Race Director in our new 2017 run at Woodbridge, Midland!)

However, mention of long-term race direction years woke up Paul Martin.

Making some quick mental calculations (he's not just a creative artist) Paul realised that he has directed runs in Fremantle for 27 years.

First was the Fremantle Harbour Run (1988-1993) and then Sharks Run, which Paul has organised ever since!

I'm sure this must be some kind of a record.

Sharks is now 21 years old. How many other runs have been on the calendar this long, in roughly their original location? And has any member directed an event for so long?

Ermhh; yes. Bit embarrassing, but now I check back, it's me. With a little help from my friends I have run the GOT since 1991.

No doubt our indefatigable secretary Delia will let us know of others?

Watch this space.

**Fans in space**

AN earth-orbiting astronaut on the space-station plans to run the London Marathon this year, tethered to a treadmill, with a virtual-route unfolding on a screen before him.

On the space station they run the fans continually to stir up the air. This is because in space, without gravity, hot air doesn't rise and cold air doesn't drop. Also, the CO<sub>2</sub> that spacemen breathe out can pool and choke them. Just thought you would like to know that. Never know when it will come in handy.

logical). But ... alter one answer and I am 49 again!"

Well, 49 isn't too bad either, mate.

But I wondered – what single question could add thirteen years to a chap's score?

Turns out to be the 'do you go flat-out' query.

Seems that if you do so, pushing the old ticker up to maximum, then you must be effectively younger.

Hhmm; for how long, I wonder?

Sounds like a fast-route to heart surgery, or worse.

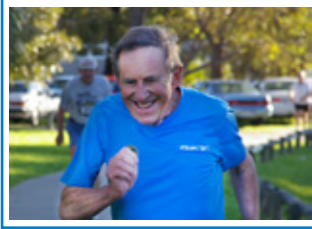
Not something to bother Hamish of course. He's a surgeon, and already has a pace-maker.

And judging by the way he steamed into the finish at Point Walter on January 10, flat-out is now his style!

# East Perth Handicap

January 17, 2016

Director: John Smith



RACE Director sounds important but it is the marshals and other helpers who make the event a success. Once again there was a great team effort and I wish to thank them all for their cheerful cooperation.

I will only mention one by name and that is Jackie Halberg. Nothing has ever been said but over the years she has gradually taken over full responsibility for the finishing process.

Handicap events always place stress on that department and she keeps it cool and in perfect order.

Also, it's time to congratulate the handicapper, who definitely got it right. There might be some grumbles about the grass finishing straight but it was a great sight to see 50 or so competitors in a bunch battling it out to the line.

As you may have heard this was my last East Perth as a director. Believe me it has been a lot of fun but my nature is to always move on to something new. I hope I am leaving it as good as I found it but with a few twists to accommodate the hordes of cyclists and other beasts that now infest our neck of the woods. I will miss the team, the vast majority of whom take up the same positions year after year. It makes organising a great deal easier.

I am certainly not giving up being a race director and hope that an event will come my way in 2017. (It has! See page 3).

For those who are hesitant about becoming a race director I can only advise you to give it a go.

There can be problems and some hard work is involved but nothing beats the buzz of starting the race and watching the competitors set off on YOUR course.

John



Another mass finish – see the approaching mob, top right – testifies to handicapper Tristan Bell's skill. Inset, handicapper winner Sean Keane; brief results are below.

### 6.5km Run Handicap

Sean Keane	M50	39:17	9:30	29:47
Keith Atkinson	M55	40:20	1:14	39:06
Don Pattinson	M60	40:30	11:15	29:15

### 6.5km Walk

Ian Carson	M60	41:20
John McDonagh	M65	43:29
Julie Wilson	W60	45:14

### 5km Run

Bernard Mangan	M60	20:36
Mark Hewitt	M60	21:45
Alan James	M60	21:55

### 5km Walk

Joseph Patroni	M60	36:00
Su Lloyd	W60	36:09
Andrew Cuthbertson	M55	36:42



Tristan Bell finishing at Canning.

Don't despair, Tristan; the queue in the chute proves you did it right!

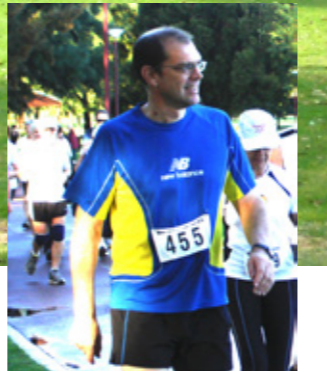
I can reveal that our handicapper was a bit twitchy towards the end of the season, when only three competitors were left in the running for the handicap trophy. Tristan was one of them. It all worked out though, and John Fisher (fourth in the chute, above) was the eventual 2015 trophy-winner.

### 10km Handicap

Alan Thornmiley	53.34	10.53	64.27
Peter Bath	54.51	10.27	65.18
John Talbot	58.53	6.59	65.52

### 6km Run

Ross Keane	M50	25:08
Bernard Mangan	M60	26:17
Jim Klinge	M65	26:21
Karen Peace	W40	27:49



# Canning Caper Riverton December 13, 2015

Director: Keith Atkinson



THANKS to all those who attended the Canning Caper. We had many visitors who were happy to participate in the handicap. Which is great for them, and us. I think we all had a fun day.

The conditions were about as good as it gets in Perth, in December. Pretty good considering the Mosman run the week before was the coolest I can remember. I think special mention should go to Tristan (our handicapper). Great job, not only dealing with all the usual members' times, which can be pre-prescribed, but the many visitors. Also, for handling the many calculations with humour and a smile on your face! Next year I believe the club is bringing back a handicap for the 6km event, which will be one of two extra handicap events for our walkers.

Thanks obviously to all the helpers who make the event happen for the members, it is much appreciated.

I hope you all enjoyed it, and I hope to see you next year at this event.

Keith

# WELCOME RUN

Burswood Park  
January 3, 2016

Director: Sarah Ladwig



WE had a great turn-out for the Welcome Run this year with 50 visitors attending. It was a beautiful morning with a lovely breeze by the river. Following Richard Blurton's announcements and presentation of the Handicap Award, we sent everyone off with the sprinklers providing a surprise shower at the start!

A huge thank you to my 13 helpers. Brig and Sandi did a great job with visitor numbers and the recording. Jackie, Maurice, Karen, Mark, Frank, Bernadette, Jim, Liz and Peter and Ray were all admirably organised and efficient. Les assisted at the chute and everything went remarkably smoothly. Elaine and John provided the food and sausages for the barbecue and Maxine, Joan and Jackie assisted. There were groups of people chatting and enjoying the spread after the run and the general atmosphere was one of friendship and enjoyment.

I had some kind compliments from some members and no complaints! I understand the drinks station at Windan Bridge was in full demand and we might need to consider two tables next year. A suggestion was made that we commence the run on the grass due to the large number of cyclists on the path and this will be considered.

Many thanks to everyone and I look forward to seeing you all next year!

Sarah

# A man can have too many trophies ...

YOU don't often see a picture of a trophy NOT being presented. But this negative event was recorded at East Perth when the Pres didn't hand over the Handicap Trophy to its worthy recipient, John Fisher.

What they're clutching is the Patron's Trophy, and the man to blame is David Carr. Richard asked Dave (the previous holder) to fetch the trophy to the East Perth run, but he brought the wrong one.



Obviously, this bloke needs a secretary to keep track of his numerous awards!

John was most gracious when receiving the award.

"If I can win this, anyone can," he told us, and went on to thank everyone who does so much to keep the club going.



The breakfast table was groaning, but nobody was complaining! And nearby sausages were sizzling in the sun. Is this the shape of Morning Tea to come? That would be nice.



A really big turn-out filled our usual car-park early, which made it a long walk to the start for latecomers (left.) Our normal crowd was swelled with visitors, and baby-buggies added a bit of colour too.





Frank wasn't seasonal, but wore his monogrammed singlet just for this picture. If you want one, call Russell Smith 0421 827 160.

Top: Why are runners so keen to show off their legs?

PERHAPS it's my imagination, but were there fewer gifts under the tree this year? Santa given us the flick? Perhaps they were just piled up more neatly.

How to choose? I applied the well-learned reverse psychology when diving in.

If it looks like a bottle, it is certainly NOT booze. It will be shampoo.

Mind you, in years gone by you always avoided anything wine-bottle-shaped.

There was a \$5 limit on spending (to keep the whole game low-cost and fun). So if you were willing to drink a bottle of wine that cost less than a fiver, you're welcome! Come to think of it, it must be 20 years since you could find something palatable for \$3.99.

## Why can't blokes wrap?

### Upmarket

The club has upped the ante since those heady days. No spending limit is actually stated. We just rely on members' inherent meanness!

No, I take that back. I have picked up some amazing gifts in recent years.

Those water bottles with freezer inserts that I copped last year were great – still in use! Thanks, whoever.

More thanks to this year's donor, of a set of gourmet mustards.

### Consumables

Using x-ray vision, I normally attempt to pick up a consumable present. Not

booze, but something that can be unwrapped and eaten right away, with mates. Some suitable addition to the remarkably fine morning tea that Elaine, the Beaumonts and the catering gang put together.

Mustards didn't exactly cut it.

Chocolate is my usual choice, and what I normally bring to the feast. So if you're after chocolates next year, there's a simple way to be sure of getting some.

Look for the really badly-wrapped gift.

Blokes can't wrap. By the end of a long Christmas season they might get the hang

of it; but their first efforts always look like they have been done by a six-year old, all triangular fold-overs held down with too much sticky tape.

I wonder how many of us even go out and buy the present we fetch to the Gift Run?

"Right," hollers the spouse. "I've done all the bloody shopping, as usual, including all your mates and relatives and even the bloody cheap present for your running mob."

"It's your club, so the least you can do is wrap it!"

That's why you can always pick a bloke-wrapped present.

## Read about Decima Norman

IN case you missed this online, our website carries an invitation to 'all sports lovers' to the launch on February 26 of a new book – *Decima Norman – The First Gold-girl*.

Decima was Australia's first female track and field star.

From relative obscurity in Western Australia she won an incredible five gold medals at the 1938 Empire Games in Sydney (now the Commonwealth Games).

This feat is still unmatched in either Olympic or Commonwealth Games track and field competition, men or women.

Through no fault of her own, Decima was denied the opportunity to represent her country at the Olympics. In 1936 she could not be considered for selection as she was not a member of a state amateur athletic association. Western Australia did not have one.

She and her coach, Frank Preston, formed such an association and set their sights on the 1940 Olympics, only to be thwarted again.

### RSVP

The book launch will be followed by a light lunch and author James Brear asks you contact him so catering arrangements can be bet-

Do you get it regularly – *Vetrun*, of course?

AROUND 100 members still read the magazine, delivered in paper form. They pay a little extra on their annual membership to help defray the postage and print costs.

They, and everyone else, can also see *Vetrun* in full colour on the website.

When each edition is published – that's every two months – an email alert is sent to all members who opt for the electronic version only.

You do this when completing the membership form.

If you have a family membership you can include an email address for each family member. Then you will each receive an email reminding you that *Vetrun* is up on the site.

ter planned. Please RSVP by February 12 to: jsbrear@optusnet.com.au, or phone: 0430 194 126.

The book will be launched by the well-known and respected Perth sports broadcaster and writer Glenn Mitchell.

**Where:** President's Lounge, Perth Football Club, cnr Goddard and Bishops-gate Sts, Lathlain, 6100.

**When:** 11.00am Friday 26th February.



Right: final touches to Jeff's beard by Brian.

We need to combine both kinds of physical activity – aerobic, like running; and anaerobic, ‘resistance’ or specifically, weight training – for healthy weight loss.

FITNESS experts at Harvard School of Public Health ran a 12-year study to confirm this belief, which is generally accepted in Australia and the USA.

On Monday, January 4 (*Radio National Health Report*) Norman Swann spoke to the lead researcher, who is also a physical exercise teacher.

She said:

When you run the major energy source comes from fat – because fat can ONLY BE BURNED aerobically, that is, in the presence of oxygen.

So you lose fat when you run (or walk vigorously, jog, cycle, swim, etc.). You also lose a little glycogen.

Glycogen is a storage carbohydrate, largely present in the liver, and it is pulled down to provide quick energy when you need it for vigorous exercise.

### Weights

When you perform anaerobic activity, as with resistance work like weight-lifting, glycogen is the main source of energy used.

The Harvard study focused on ways of reducing weight

## Waist away for health

I suppose everyone would like be in the same shape as Amanda or David? Resistance training might be the way; and you’ll be healthier too.



and, more importantly, waist circumference. The latter is the most significant factor in heart disease and diabetes, said Dr Norman Swann.

This applies especially to seniors as we age, because there is a decrease in skeletal muscle mass. As a result there is an increase in fat mass.

So if you find a small decrease in weight, it is not necessarily as good as you might think.

A decrease in waist circumference is a better indicator because it is an indicator of reduced visceral or abdominal fat around the intestines.

### Why does weight training reduce visceral fat?

Over six months or so of increased exercise, muscles will adapt.

You will have more mitochondria in the muscles. These ‘little energy factories in the cells’ make the muscles better able to burn off lipids, or fats.

Which makes your aerobic work more effective.

Also, some weights work can get you puffing, so then you are combining both kinds of exercise, aerobic and anaerobic.

Over the 12-year study researchers compared people who did moderate, or heavy, aerobic training with those who did weights.

They found that 20 minutes daily of weight training did more for reducing waist measurement than 20 minutes of running, etc.

Increasing waist size is inevitable for most of us with age; but people who did weights counteracted the increase more efficiently.

### Best bet?

Researchers say they aren’t knocking aerobic activity, but on its own it is not enough.

People who combine both kinds of activity achieve best results.

If you do NO aerobic work – i.e. running – you need 25 minutes or more weights daily.

If you already do both kinds, up to 20 minutes weights per day is enough. More doesn’t make much difference.

### Losing weight

Bear in mind that pure weight loss is likely to be greater if you just go aerobic.

But in general a quarter of every kilo lost will be muscle, the researchers say.

They suggest it is far more important to reduce the waist, and therefore the visceral fat, than to reduce overall weight.

You might shed fewer kilos, but waist reduction is more vital for health.

## What gave Carol Bowman the edge?

I asked David Carr to summarise how Carol won this year. I also asked what it would take to beat DC, but I can’t recall receiving a reply!

“EVERY Sunday, every Thursday, you will see Carol battling on the road or track,” he said. “She’s first to arrive and last to leave on Thursdays – she has the keys to Coker.

“She regularly runs along the riverside from East Fremantle to Applecross or South Perth, at six minutes per km for 10-16km.

“On Saturdays she runs intervals and repetitions (at the track); about 4km at 3 min 40 sec per km pace. Add to this a session of pilates, a massage, and a daily run with the dog!

“As this pattern is followed for years you can see an ideal



Carol at Welcome Run. Pic: Vic Beaumont

background for track running.

“The field events presented a problem. With no especial aptitude or experience, Carol was challenged.

“Step one was to buy a discus and a javelin. Sounds obvious, but many of our members do not have even the most basic equipment.

“In a competition like this,

there is scope to pick up points in your weak events. It is very difficult to improve on your best events.

“Then there was the desire, the goal setting, the target. She really wanted that trophy. So much so that on the final day of competition she went to WAAS to have a second attempt at 200m and javelin.”

### WHAT chance an athlete will win again the same trophy they first took home 35 years earlier?

Buckleys, I hear you murmur. Right; unless it’s a handicap and the athlete stays remarkably fit. So, you guessed it. I’m talking about David Carr and the Patron’s Trophy.

### Patron’s Trophy

There are two trophies, for the winners (male and female) of an early season competition of track and field events. Results are age-graded, with the best ten counting towards the athlete’s total. Rules have changed several times during the life of the competition, but currently athletes must include at least three field events, including at least one jump and one throw. A list of the winners appears at left.

The concept first formed in 1978 and has maintained across 37 years.

DC has won 21 times, including 2015. His first victory was 35 years earlier, in just the second year it was held, 1979. Since 2008 when Campbell Till upset things nobody

### Patron’s Trophy results – 2015

CONGRATULATIONS to David and Carol for winning this year’s Patron’s Trophy awards and well done to all those who managed the complete 10 events.

Men	
David Carr	786.70
Todd Ingraham	653.24
Kep Knudson	626.45
Bob Schickert	604.64
John Dennehy	575.83
David Adams	543.37

Women	
Carol Bowman	679.50
Sue Bourn	661.12
Lynne Schickert	601.00
Janne Wells	583.49
Karyn Tolardo	

### What next for Patron’s Trophy?

David is a man of firm views on athletics. He notes that participation in this trophy event has been low in recent years.

There is a case for modifying score system in the field events, he believes, where “our club membership is such that we will always be weak by international standards”.

Also, “older runners score higher because, comparatively, they run faster”.

On a slightly more optimistic note, he points out that of the past winners (see list) “only three are dead; nearly all the others are active in club. Most of those competed last Sunday”.

Across the years “goal posts moved, rules changed”. “We now score in age groups (e.g. M45) but originally actual age (e.g. 44) was used. Any score over 100 was fixed at 100; and the whole competition was run twice per season; your best score won.

“Age-grade tables have been used in recent years.

“The number of events has varied through the years; as have the number of throws and jumps required. Walks used to be included but were dropped because they were too hard to judge!”

else has had a look in. If you check the list (here and on the website) only a few other clubmen have broken his run of victories.

Also, twice he and wife Pat did the double.

ABC’s Health Report (January 18) carried some cheerful news for people with Type 2 diabetes who carefully manage their condition.

This kind of diabetes is nowhere near as serious as Type 1, but it is very common. It’s associated with high blood pressure, obesity or overweight, and many other factors may indicate a pre-disposition to the problem.

### What is it?

With Type 2, the beta cells in the pancreas still make insulin, but may not make enough; or the insulin that is produced doesn’t do its job properly.

As a result, the gates of the

### Type 2 diabetes? There is good news

cells cannot open to let the glucose in.

This is called insulin resistance.

If glucose cannot enter the cells, it builds up in the blood stream and causes blood glucose levels to rise.

Type 2 is most common in over 45s, but younger people are increasingly affected.

### So what’s the good news?

It seems older people (over 55s) with Type 2, who eat appropriate foods; who measure and control their blood glucose; and control cholesterol with statins live 30 per cent longer than people who do NOT have Type 2!

Knowledge is the key, it seems. By adopting a healthier regime sufferers can enjoy better, longer life than other people.

### Check-up?

One warning: people with Type 2 diabetes often have no symptoms. They may have diabetes for a number of years without knowing it. Sometimes the first sign that something is wrong is when they develop a complication of diabetes such as a heart attack, vision problems or a stroke.

Also, some people with NONE of the contributing factors can develop Type 2. My wife is an example. She is

small, not overweight; is very active and exercises regularly; eats a well-balanced diet; is a non-smoker and has no hereditary links to diabetes.

Through regular, routine medical check-ups she was diagnosed as pre-diabetic; then diagnosed with Type 2 about a year ago.

No radical lifestyle changes have followed, though she aims towards a low GI (glucose index) diet. Never a ‘sweets’ eater, she hasn’t made much change in that area. But some bread, such as sourdough is lower GI. Alcohol intake has been reduced very slightly. Management has been simple and regular blood-checks show glucose levels comfortably within necessary parameters.



# HELPERS

*Be there – or contact your director to make other arrangements!*

## 7 FEBRUARY Woodman Point

*Race Directors: Karen & Peter March; Ph. 9418 8770*

John Brambley, Clive Choate, Lynne Choate, Adrian Fabiankovits, Rod Hamilton, Karen Hill, Lorraine Lopes, John McDonagh, Eamonn McNulty, Danny Sheehan, Carolyn Stephens

## 14 FEBRUARY McCallum Lakes

*Race Directors: Su Lloyd & Joe Patroni; Ph. 0439 037 727*

Keith Atkinson, Bronwyn Bell, Brig Cheek, Fiona Cousins, Sandi Hodge, Su Lloyd, Stan Lockwood, Helen Lysaght, Liz Matthews, Pete Matthews, Dalton Moffett, Joseph Patroni, Christine Pattinson, Don Pattinson, Blakeney Tindall, Deranica Williamson,

**Please note that some of these races do not have a full list of helpers at this time. Hopefully more will come in as we get closer to race dates.**

*Jim Langford*

Scott Winn

## 21 FEBRUARY Piney Lakes

*Race Director: Ante Perdija; Ph. 9384 8941*

Elisabeth Gerber, Cassie Hughes, John McDonagh, Renia Niderla, Jim Speirs, Andrew Thorpe, Rosa Wallis, Clare Wardle, Gillian Young

## 28 FEBRUARY Lake Monger

*Race Director: Kim Thomas; Ph. 0414 362 473*

Tamara Al-Hashimi, Geoff Bailey, David Baird, Sarah Boswell, Johanna Leahy, Marstrand, Karen Peace, Jo Rich-

ardson, Sandra Rourke, Russell Smith, Monique Thomas, Blakeney Tindall, Ed Wall, Deranica Williamson

## 6 MARCH Manning Park

*Race Director: Maree Brown & Sally Floyd; Ph. 9319 2005*

Rochelle Airey, John Brambley, Fiona Cousins, Lorraine Lopes, Renia Niderla, Christine Pattinson, Don Pattinson, Andrew Thorpe, Scott Winn

## 13 MARCH Age Graded Handicaps

*Race Director: John Oldfield; Ph. 0434 191 611*

Irwin Barrett-Lennard, Chris Gibbons, Michael Lee, Ginny Mulvey, John Talbot

## 27 MARCH Safety Bay

*Race Director: Elaine & John Dance; Ph. 9593 4607*

Ray Attwell, Tristan Bell, Erika Blake, Mick Francis

## 3 APRIL Joondalup

*Race Director: Denise & Pierre Viala; Ph. 9307 1249*

Pat Ainsworth, Helen Alexander, Mike Anderson, Brian Bennett, Margaret Bennett, Johan Hagedoorn, Mark Keenan, Dalton Moffett, Brian Smith, Bronwyn Smith, Tony Smith, Ann Turner, Ced Turner, Julie Wood

## Vale Stan Jones

Posted on January  
14, 2016

STAN Jones, Australian Masters medallist in race-walking events has died, at age 90.

He was the 10th Australian centurion (100 miles in less than 24 hours) in 1975, and still had 20km walk times under 2 hours while in his 60s. He was a WW2 SAS veteran and was selected for the 1948 Olympic Marathon, only to be denied competing due to a car accident..

Stan was competing at ECAC until quite recently.

Club president Richard Blurton represented MAWA at Stan's funeral.



## 10KM TRACK HANDICAP MCGILLIVRAY SPORTS GROUND APRIL 21, 2016, 7PM

This event is held under lights with the first runner off at 7pm. Weather is usually cool with very little wind. The track is grass on a cinder base which makes for fast times. After the run there is a BYO BBQ.

Entry forms will be available at the State T&F Champs – or you can use the one printed here. Only pre-entry makes you eligible for the trophy, and you must have completed three Sunday runs in the preceding six months to establish a handicap.

But, if you have not got the three runs in you can still enter; but cannot win the trophy.

*Dorothy & Jeff*

### 10KM TRACK HANDICAP ENTRY FORM

Name .....

Age Group ..... Entry Fee \$5.00 (with entry)

Name .....

Age Group ..... Entry Fee \$5.00 (with entry)

*Closing date for entries is the Club run of 10th April; or by post, 18th April to 49 Holland Street, Wembley WA 6014*