



VETRUN



MASTERS ATHLETICS WA NEWSLETTER

Patron: Bill Hughes - President: Val Millard - Correspondence: The Secretary MAWA, 11a Dandenong Rd, Attadale, WA 6156
Editor: Jeff Bowen - jeffbowen@westnet.com.au - Website: www.mastersathleticswa.org - enquiries@mastersathleticswa.org
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Was it the new track?

This year's State Track & Field Championships produced a swathe of new records and high level performances. Conditions were hot but favourable winds were generally evident. No less than 1 World Record (pending), 4 Australian Records (pending) and 32 State Records were achieved from a very well attended event.

In addition to these, eight athletes produced 90+ percent age-graded performances - plus two near misses - culminating with Lyn Ventris' Athlete of the Meet effort of a 97.16% in her superb World Record for the 5000m Walk.

It is well worth mentioning, however, that even this performance had been overshadowed the week before at the National Open Championships, where Lyn produced a stunning 100.08% for another World Record in the 20km Road Walk. Very well deserved congratulations Lyn.

Campbell Till



Bjorn Dybdahl on his way to winning the M50 event.



A Big Thank You to the life-savers in the canteen - Pam Toohey, Leonie Jones and Elaine Dance.



Some of the competitors from Bunbury - Carolyn Wills, Carey Dickason, Sharon Moloney, Luella Jenkins.



Paul Mitchell way out in front in the 5000m.

**MASTERS ATHLETICS WA
ANNUAL GENERAL MEETING
Monday 18 April 2005**

AGENDA

- 1 WELCOME
- 2 ATTENDANCE / APOLOGIES
- 3 MINUTES OF 2004 AGM - CONFIRMATION
- 4 MATTERS ARISING
- 5 REPORTS:
 - President
 - Secretary
 - Treasurer
- 6 PRESENTATION OF TROPHIES:
 - Patron's Trophy for Track & Field, M & W
 - Handicap Trophy
 - Achievement Award
 - John Gilmour Trophy for Best Performance
- 7 ELECTION OF OFFICE BEARERS
 - President *MULTIMEDIA*
 - Vice-President *BARBARA BLURTON*
 - Secretary *BOB SCHICKERT*
 - Treasurer *ROGER WATSON*
 - Committee Members (4)
- 8 APPOINTMENT OF OFFICIALS
 - Patron *BILL HUGHES*
 - Editor
 - Handicapper *KETIE ABRINSON*
 - Auditor *JOHN ILLSON*
 - Statistician *CAMPBELL TILL*
 - Registrars for Athletics, summer / winter
with PRESCOTT / DAVID CARR
- 9 LIFE MEMBERSHIP NOMINATION
- 10 GENERAL BUSINESS

**Confederation of Australian Sports
2004 Australian Sports Awards**

Congratulations to Noela McKinven, Joan Purcell and Lynne Schickert on having been awarded the Masters Team Achievement Award - a recognition of their Gold Medal winning performance in the W60 Team 20km Walk at the WMA Non-Stadia Championships in Auckland last year. Pictured below are Lynne, Noela and Joan - together with Lyn Ventris who was a finalist for the Individual Masters Award.



State Track & Field Championships

The full results for the State Track & Field Championships may be found on pages 5 to 9 of this issue of *Vetrun*. However a summary of the 90% + Age Graded Performances which were achieved at the Championships is given below:

Lyn Ventris	W48	5000m Walk	23:42.5	97.16%
David Carr	M72	800m	2:31.6	95.74%
David Carr	M72	400m	64.2	95.42%
David Clive	M68	100m	13.0	94.46%
Barbara Blurton	W54	400m	64.2	94.08%
Bert Carse	M63	2km Steeple	7:40.4	93.56%
Lyn Ventris	W48	3000m Walk	14:19.6	93.12%
David Clive	M68	Long Jump	5.05m	92.49%
Bert Carse	M63	1500m	4:51.8	92.16%
Lynne Choate	W52	100m	14.1	91.28%
Murray Tolbert	M58	100m	12.7	90.94%
Eric Hope	M54	1500m	4:35.3	90.66%
Tony Heppener	M53	1500m	4:33.5	90.45%
Kate Glass	W55	Hammer	41.46m	89.89%
Keith Martin	M61	100m	13.1	89.85%

A Big Welcome to our New Members

682	Christine Oldfield	W60	R
683	John Oldfield	M61	R
684	Jane Elton	W37	
685	Rosemary Johnson	W30	
686	Dawn James	W44	

(R = rejoined)

Results in this Issue:

Lake Monger 27 February.
Manning Park 6 March.
Teddy Birds Picnic 20 March.
State Track & Field Championships.
Coker Park and UWA Track & Field.

Report by Club Secretary 2004/5

Another successful year with membership finishing at just below 500 and new members joining the club for either tough competition, light competition, jogging/walking around, socializing or a combination in varying degrees of these aspects of club activity. It is a great feature of our club that you can arrange these in the degree that suits you and your lifestyle and you can change them and still obtain lots of benefits from your membership.

The financial position is still very strong with no increase in fees for the year. The cost per week for a couple coming only to Sunday events is about 50 cents per week each. A very low cost when compared to other activities. For track and field members the cost is higher due to the track hire fees but is still great value.

The club could not operate without the committee. For 2004/5 the committee members are Val Millard, Graeme Neill, Bob Schickert, Roger Walsh, Jim Barnes, Barbara Blurton, Jeff Bowen and Damien Hanson. Graeme and Jeff will not be standing for the 2005/6 committee. Many thanks to all of the committee for their contributions.

Sunday events would not be able to be conducted if we did not have race directors and helpers. It is disappointing that some club members who regularly attend Sunday events are not prepared to take on the role of race director. Yes it is demanding, but it is also very satisfying. A big thank you to all who have carried out the work for the club with special mention to Vic and Jacqui Beaumont for their morning tea and drinking cups duties.

Track and field continued under the management of Henri Cortis on Tuesdays at UWA Sports and Tom Lenane on Thursdays at Coker Park. Henri and Tom and their main assistants Gill Edmonds, Val Millard, David and Pat Carr on Tuesdays, and Jackie Halberg, Barbara Blurton and Colin Smith on Thursdays deserve the thanks of all who attended. This year numbers at Coker Park were reduced due to work on the track but there is now a very good AND FAST surface.

Barbara Blurton also deserves a lot of praise for her efforts in the organization of the recent Track and Field Championships. She was assisted by the championships sub committee of Richard Blurton, Bob Fergie, Jackie Halberg, Valerie Millard, Bob Schickert and Lynne Schickert and many hardworking officials including Arena Manager Ross Holland and Canteen Managers Elaine Dance and Pam Toohey. Many others contributed a great deal but there is insufficient space to individually thank them.

Club members continued to receive recognition through the Confederation of Australian Sports Awards. This year the nominees by Australian Masters Athletics were Lyn Ventris for the Masters Athlete of the year and Lynne Schickert as part of the Masters Team of the Year. They are both to be congratulated on these nominations. The Masters Team Award was won by the W60 20K walk Gold medallists at the World Masters Athletics Championships in Auckland in April 2004. Joan Purcell of NSW, Noela McKinven of QLD and Lynne being the team members. MAWA has two previous winners of this team award, Peggy Macliver and Barbara Blurton.

Bob Schickert

10KM TRACK HANDICAP

The 17th running of the 10km Track Handicap will be held on Thursday 28 April 2005, with the first runners off at 7.00pm, at McGillivray Sports Ground.

The weather is usually cool with very little wind, and the event is run under lights. After the event there is a BYO barbecue. Anyone who can help on the night please let Dorothy or Jeff Whittam know. Entry Forms will be available at Club runs, or use the tear-off slip below.

✂.....

ENTRY FORM FOR CLUB 10KM TRACK HANDICAP. To be held 28 April 2005 at 7pm at McGillivray Sports Ground (under lights). ENTRY FEE \$2.00 WITH ENTRY

Name and Age Group..... Best Time in last year (if no handicap).....

Name and Age Group..... Best Time in last year (if no handicap).....

Entries to: Jeff Whittam, 49 Holland St, Wembley, WA 6014. Tel: 9387 6438

Entries close 24 April 2005

Jarrahdale Weekend

We had booked 10 cottages which accommodated 4 people, and we were fully booked. Everyone arrived safely, except for Graham, who was absent, and Graham we really missed our "Sticky Date Pudding" and we also missed you of course. One of our more senior members; who arrived on Saturday, set up his belongings and made himself comfortable, had a little nap, until he was rudely awakened to be told he was sleeping in someone else's bed, (sounds like a fairy tale).

Shorty and Morris worked hard setting the courses, and putting out water, (Steve where were you, we need you), as this was our first time at Jarrahdale, the area was unknown. We were able to have a lovely bush run, 10km on Saturday, and a road run on Sunday with various distances up to 20km. Monday another challenging 10km in the bush. The swimming pool at the camp was great for a cooling off after a run.

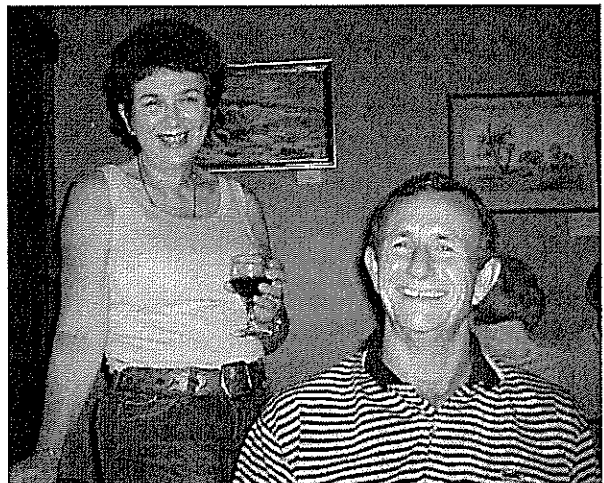
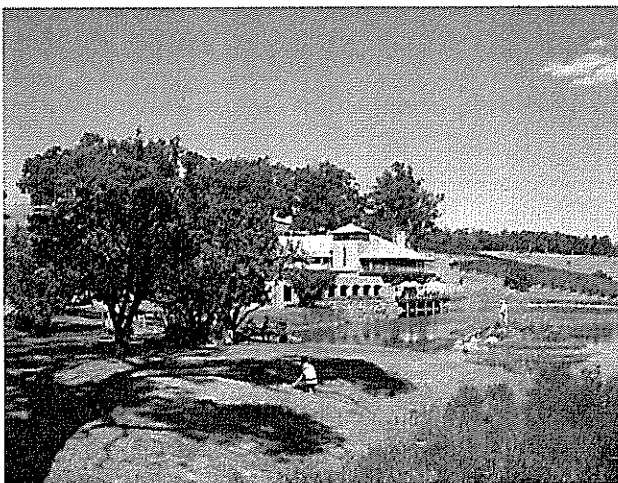
A group of us had a lovely walk along bush tracks to Serpentine Falls, on the way we came across a wild Fig tree, and many figs were enjoyed, we finally reached the falls where someone still young at heart, went for a slide down the falls into the swimming area.

Saturday was the usual "casserole evening" where great food was enjoyed by all. Followed by Sunday lunch at Dots Tea Garden, where there were no left overs for the "dog". Sunday evening BBQ was a success, a certain medical practitioner, who was encouraging everyone to eat more apples, by supplying each cottage with fresh apples, was seen tucking into a very large steak...

All in all everyone enjoyed the weekend, and we are looking at booking for same time next year if possible.

September weekend will be at Lewana, and bookings will be taken when a 50% deposit is paid, the cost will be \$50.00 per person. If for any reason a cancellation is made, the deposit will not be refunded unless a replacement is found.

Margaret Bennett



RESULTS OF THE MAWA TRACK & FIELD CHAMPIONSHIPS 2005

100 Metres

W30

1 Phillips, Toni	W32	13.4
2 Thorn, Sarah	W32	14.7

W35

1 Wills, Carolyn	W35	13.7
2 Heitman, Ann	W39	14.1

W40

1 Moloney, Sharon	W42	14.4
2 Baldock, Delia	W43	15.0

W45

1 Cheney, Anthea	W49	14.3
2 Bailey, Thea	W49	15.4

W50

1 Choate, Lynne	W52	14.1
2 Anderson, Valerie	W54	14.7

W60

1 Jenkins, Luella	W62	16.8
2 Schickert, Lynne	W63	20.0

W70

1 Carr, Patricia	W73	18.4
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M30

1 Staunton, Matt	M31	11.9
2 Burke, Paul	M34	12.4

M35

1 Kennedy, Brendan	M36	11.6
2 Bariolo, Wayne	M37	12.2
3 Davey, Shane	M36	12.7
4 Webster, Kevin	M37	13.4

M40

1 Smith, Colin	M42	11.8
2 Jones, Nigel	M42	12.0
3 Pryce, Ken	M42	13.9

M45

1 De Klerk, Pieter	M45	12.0
2 Van der Sanden, Greg	M46	12.2
3 Till, Campbell	M47	12.4
4 Parker, Richard	M48	12.9
5 Dumolard, Guito	M48	13.1

M50

1 Greenhalgh, Rob	M54	13.0
2 Antonioli, Rob	M53	13.3
3 Michail, Jack	M50	15.8

M55

1 Tolbert, Murray	M58	12.7
2 Cornish, Bruce	M56	14.2

M60

1 Martin, Keith	M61	13.1
2 Kernaghan, Barrie	M64	13.4
3 Oliver, Bernard	M61	15.3
4 James, Lyle	M64	18.1

M65

1 Clive, David	M67	13.0
2 Richards, Norman	M67	13.7
3 Chambers, Don (Vic)	M67	14.1

4 Sander, Leon	M67	14.6
5 Sutton, John	M69	17.5

M75

1 Medcalf, Gordon	M75	16.2
2 Foley, Derry	M75	16.8

M80

1 Frearson, Don	M84	17.7
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200 Metres

W30

1 Phillips, Toni	W32	29.8
2 Thorn, Sarah	W32	33.5

W35

1 Wills, Carolyn	W35	30.2
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W40

1 Moloney, Sharon	W42	31.0
2 Baldock, Delia	W43	31.6

W45

1 Cheney, Anthea	W49	30.8
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W50

1 Choate, Lynne	W52	31.2
2 Anderson, Valerie	W54	32.1
3 Neville, Liz	W53	33.7

W60

1 Jenkins, Luella	W62	37.0
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M30

1 Burke, Paul	M34	26.7
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M35

1 Kennedy, Brendan	M36	24.8
2 Davey, Shane	M36	26.4

M40

1 Pryce, Ken	M42	29.2
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M45

1 Van der Sanden, Greg	M46	25.2
2 De Klerk, Pieter	M45	25.6
3 Parker, Richard	M48	26.6
4 Dumolard, Guito	M48	27.5

M50

1 Greenhalgh, Rob	M54	27.4
2 Antonioli, Rob	M53	32.0

M55

1 Cortis, Henri	M59	27.7
2 McAuley, Duncan	M55	28.0
3 Cornish, Bruce	M56	30.7

M60

1 Kernaghan, Barrie	M64	28.0
2 Gare, Peter	M64	29.9
3 Oliver, Bernard	M61	44.9

M65

1 Richards, Norman	M67	29.6
2 O'Reilly, Michael	M65	30.0
3 Chambers, Don (Vic)	M67	30.3
4 Sander, Leon	M67	37.2

M75

1 Foley, Derry	M75	37.7
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M80

1 Frearson, Don	M84	39.0
2 Tyson, Allen	M80	55.7

400 Metres

W30

1 Phillips, Toni	W32	65.3
2 Thorn, Sarah	W32	71.3

W40

1 Baldock, Delia	W43	72.1
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W45

1 Cheney, Anthea	W49	68.6
2 Bailey, Thea	W49	75.0

W50

1 Blurton, Barbara	W54	64.2
2 Anderson, Valerie	W54	69.4
3 Choate, Lynne	W52	80.0

M30

1 Burke, Paul	M34	57.9
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M35

1 Ferrell, Myles	M36	58.4
2 Collier, John	M38	60.4

M40

1 Pryce, Ken	M42	66.7
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M45

1 Van der Sanden, Greg	M46	54.4
2 De Klerk, Pieter	M45	54.7
3 Till, Campbell	M47	55.2
4 Parker, Richard	M48	60.3

M50

1 Greenhalgh, Rob	M54	60.6
2 Hope, Eric	M54	60.8
3 Antonioli, Rob	M53	62.2
4 Lazarus, Ivan	M53	68.9

M55

1 McAuley, Duncan	M55	59.8
2 Cortis, Henri	M59	60.6
3 Charlton, David	M55	66.7
4 Cornish, Bruce	M56	67.3

M60

1 Kernaghan, Barrie	M64	63.5
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M65

1 Clive, David	M67	66.9
2 O'Reilly, Michael	M65	68.3
3 Richards, Norman	M67	70.7
4 Sander, Leon	M67	72.3

M70

1 Carr, David	M72	64.2
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M75

1 Walkley, Cecil	M75	1:40.2
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800 Metres

W30

1 Thorn, Sarah	W32	3:08.5
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W50

1 Blurton, Barbara	W54	2:36.5
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W60

1 Jenkins, Luella	W62	3:35.1
2 Shillinglaw, Loret	W63	4:15.1

M35

1 Ferrell, Myles	M36	2:06.7
2 Collier, John	M38	2:19.1

(800 Metres Ctd)

M40

1 Schultz, Jon	M43	2:06.4
2 Tindall, Blakeney	M44	2:18.8
3 Smith, Patrick	M41	2:19.4
4 Smith, Colin	M42	2:52.0
5 Pryce, Ken	M42	2:55.4

M45

1 Van der Sanden, Greg	M46	2:09.0
2 Till, Campbell	M47	2:13.7
3 Sullivan, Peter	M46	2:19.7

M50

1 Hope, Eric	M54	2:17.6
2 Heppener, Tony	M53	2:20.7
3 Dybdahl, Bjorn	M51	2:24.2
4 Hewitt, Brian	M51	2:26.1
5 Greenhalgh, Rob	M54	2:29.4

M60

1 Carse, Bert	M63	2:29.5
2 Brown, Ivan	M60	2:51.6
3 Foley, Brian	M60	2:52.0
4 James, Lyle	M64	3:53.7

M65

1 O'Reilly, Michael	M65	2:58.5
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M70

1 Carr, David	M72	2:31.6
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M75

1 Walkley, Cecil	M75	3:28.7
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M80

1 Tyson, Allen	M80	5:27.1
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1500 Metres

W35

1 Keeley, Julie	W38	6:37.6
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W45

1 King, Robin	W46	5:50.2
2 Bailey, Thea	W49	6:07.8
3 Gower, Karyn-Sue	W45	6:10.4

W55

1 Halberg, Jackie	W58	6:59.0
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W60

1 Bennett, Margaret	W63	9:03.0
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M30

1 Mitchell, Paul	M34	4:08.5
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M35

1 Ferrell, Myles	M36	4:18.5
2 Collier, John	M38	4:56.1
3 Edmonds, Keith	M37	5:12.8

M40

1 Smith, Patrick	M41	4:47.5
2 Tindall, Blakeney	M44	4:50.3

M45

1 Van der Sanden, Greg	M46	4:39.4
2 Sullivan, Peter	M46	4:42.1
3 Gower, Alan	M49	4:45.5

M50

1 Heppener, Tony	M53	4:33.5
2 Hope, Eric	M54	4:35.3
3 Hewitt, Brian	M51	4:43.0
4 Dybdahl, Bjorn	M51	4:54.3

M55

1 Cortis, Henri	M59	4:56.3
2 McAuley, Duncan	M55	5:00.0
3 Wilson, Bruce	M59	5:00.2

M60

1 Carse, Bert	M63	4:51.8
2 Schickert, Bob	M63	5:19.0
3 Brown, Ivan	M60	5:39.0
4 James, Lyle	M64	7:22.6

M65

1 O'Reilly, Michael	M65	6:42.0
2 Harris, Richard	M68	7:11.2

M75

1 Walkley, Cecil	M75	6:52.7
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M80

1 Tyson, Allen	M80	11:33.0
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5000 Metres

W30

1 Thorn, Sarah	W32	24:14.6
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W35

1 Keeley, Julie	W38	23:48.6
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W45

1 King, Robin	W46	21:37.9
2 Gower, Karyn-Sue	W45	22:40.8

W50

1 Neville, Liz	W53	21:13.0
2 Humphrey, Barbara	W54	24:30.7
3 McAuley, Fiona	W53	27:56.3

W55

1 Langford, Margaret	W58	22:02.0
2 Halberg, Jackie	W58	26:26.1

W60

1 Shillinglaw, Loret	W63	29:08.0
2 Bennett, Margaret	W63	31:34.3

M30

1 Mitchell, Paul	M34	15:32.8
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M35

1 Ferrell, Myles	M36	17:04.2
2 Collier, John	M38	20:02.8

M40

1 Gimi, Raymond	M40	22:16.0
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M45

1 Sullivan, Peter	M46	17:42.8
2 Gower, Alan	M49	18:18.0
3 Ashfield, Doug	M48	20:21.0
4 Jones, Barry	M48	21:40.3

M50

1 Maher, Chris	M51	17:18.4
2 Heppener, Tony	M53	17:39.6
3 Dybdahl, Bjorn	M51	18:08.3
4 Hewitt, Brian	M51	18:14.3
5 Percic, Mario	M50	19:12.2
6 Lazarus, Ivan	M53	20:43.5

M55

1 Wilson, Bruce	M59	19:13.6
2 Charlton, David	M55	19:39.0
3 Klinge, Jim	M58	19:52.2

M60

1 Carse, Bert	M63	18:26.3
2 Smith, Frank	M62	19:35.4
3 Schickert, Bob	M63	20:17.1
4 Pilton, Ivan	M62	21:00.4
5 Brown, Ivan	M60	21:17.2
6 James, Lyle	M64	26:33.9

M65

1 Harris, Richard	M68	26:11.8
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M70

1 Simmonds, David	M70	22:12.9
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M75

1 Barrett-Lennard, Irwin	M75	23:07.0
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10000 Metres

W35

1 Keeley, Julie	W38	49:49.0
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W45

1 Gower, Karyn-Sue	W45	46:39.5
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W50

1 Neville, Liz	W53	43:57.0
2 McAuley, Fiona	W53	59:35.5

W55

1 Langford, Margaret	W58	47:18.6
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W60

1 Bennett, Margaret	W63	65:36.8
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M30

1 Bermudes, Michel	M33	37:36.8
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M35

1 Ferrell, Myles	M36	35:05.6
2 Collier, John	M38	42:10.7

M40

1 Smith, Patrick	M41	39:53.1
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M45

1 Sullivan, Peter	M46	37:10.5
2 Gower, Alan	M49	37:48.1
3 Ashfield, Doug	M48	42:05.0
4 Jones, Barry	M48	46:31.5

M50

1 Maher, Chris	M51	36:01.3
2 Dybdahl, Bjorn	M51	39:21.4

M55

1 Davies, Ian	M57	38:03.0
2 McAuley, Duncan	M55	42:48.5

M60

1 Carse, Bert	M63	37:58.8
2 Smith, Frank	M62	40:48.2
3 Schickert, Bob	M63	41:58.6
4 Brown, Ivan	M60	44:39.4

M65

1 Harris, Richard	M68	56:14.7
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M75

1 Barrett-Lennard, Irwin	M75	47:59.3
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2000 Metres Walk

W30

1 Hind, Kelly	W31	10:56.2
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W45

1 Ventris, Lyn	W48	9:11.2
2 King, Robin	W46	10:43.6

(2000 Metres Walk Ctd)

W50			
1 Hollaway, Rose-Marie	W5012:39.0		
W60			
1 Schickert, Lynne	W63	13:18.9	
M45			
1 Lenane, Tom	M48	12:20.7	
2 Anthony, Stephen	M46	13:15.5	
M55			
1 Cornish, Bruce	M56	12:34.2	
M60			
1 Jenkins, Arnold	M60	14:07.2	
- Schickert, Bob	M63	DQ	
M65			
1 Turnbull, Jim	M68	14:16.1	
2 Lyon, Ian	M67	14:26.3	
3 Chalmers, Bob	M66	15:39.3	
- Sutton, John	M69	DNF	
M70			
1 Carrington, John	M70	13:11.6	
2 Neville, Bob	M71	13:52.3	
3 Whittam, Jeffrey	M70	15:16.2	
M75			
1 Jones, Stanley	M79	13:19.2	

3000 Metres Walk

W45			
1 Ventris, Lyn	W48	14:19.6	
2 King, Robin	W46	16:48.9	
W50			
1 Hollaway, Rose-Marie	W50	19:13.4	
W55			
1 Millard, Val	W58	20:09.5	
W60			
1 Schickert, Lynne	W63	20:53.6	
M45			
1 Lenane, Tom	M48	19:11.3	
- Anthony, Stephen	M46	DNF	
M55			
1 Wilson, Bruce	M59	16:29.9	
2 Cornish, Bruce	M56	19:33.6	
M65			
1 Lyon, Ian	M67	22:48.9	
M70			
1 Carrington, John	M70	20:12.6	
2 Neville, Bob	M71	21:27.8	
3 Whittam, Jeffrey	M70	23:49.8	
M75			
1 Jones, Stanley	M79	20:39.4	

5000 Metres Walk

W45			
1 Ventris, Lyn	W48	23:42.4	
2 King, Robin	W46	26:48.0	
W50			
1 Hollaway, Rose-Marie	W5032:42.4		
W55			
1 Millard, Val	W58	33:50.2	
W60			
1 Schickert, Lynne	W63	34:22.6	

M45			
1 Lenane, Tom	M48	31:49.1	
M70			
1 Carrington, John	M70	33:27.4	
2 Neville, Bob	M71	36:16.0	
3 Whittam, Jeffrey	M70	39:03.0	
M75			
1 Jones, Stanley	M79	34:27.5	
2 Delandgraft, Stan	M78	36:25.1	

80 Metres Hurdles

W40			
1 Edmonds, Gill	W40	15.9	
2 Baldock, Delia	W43	16.3	
W60			
1 Jenkins, Luella	W62	18.6	
M75			
1 Medcalf, Gordon	M75	24.4	

100 Metres Hurdles

W30			
1 Phillips, Toni	W32	19.0	
W35			
1 Heitman, Ann	W39	20.5	
M65			
1 Chambers, Don (Vic)	M67	19.9	

110 Metres Hurdles

M30			
1 Staunton, Matt	M31	20.0	

300 Metres Hurdles

M60			
1 Gare, Peter	M64	56.9	
M65			
1 Chambers, Don (Vic)	M67	54.8	
2 Richards, Norman	M67	61.4	

400 Metre Hurdles

W40			
1 Baldock, Delia	W43	1:25.3	

2000 Metres Steeplechase

W60			
1 Schickert, Lynne	W63	13:52.1	
M60			
1 Carse, Bert	M63	7:40.4	
2 Schickert, Bob	M63	8:25.2	
3 James, Lyle	M64	11:13.9	
M70			
1 Simmonds, David	M70	8:52.3	
M75			
1 Walkley, Cecil	M75	11:25.6	

3000 Metres Steeplechase

M30			
1 Bermudes, Michel	M33	11:25.6	
2 Burke, Paul	M34	14:20.7	
M40			
1 Smith, Patrick	M41	12:10.3	(7)

M45			
1 White, Darryl	M46	12:07.3	
M50			
1 Dybdahl, Bjorn	M51	11:53.5	
M55			
1 Wilson, Bruce	M59	13:20.3	

High Jump

W35			
1 Wills, Carolyn	W35	1.55m	
W40			
1 Edmonds, Gill	W40	1.30m	
W55			
1 Jarvis, Dorothy	W55	1.10m	
W60			
1 Jenkins, Luella	W62	1.05m	
2 Mercer, Erica	W61	1.03m	
M30			
1 Staunton, Matt	M31	1.75m	
M35			
1 Webster, Kevin	M37	1.45m	
M45			
1 Anthony, Stephen	M46	1.40m	
M50			
1 Gee, Geoffrey	M51	1.35m	
2 Michail, Jack	M50	1.35m	
3 Antonioli, Rob	M53	1.30m	
M60			
1 610 Martin, Keith	M61	1.36m	
M65			
1 Chambers, Don (Vic)	M67	1.15m	
2 Fergie, Bob	M69	1.10m	
3 Sutton, John	M69	0.80m	

Long Jump

W35			
1 Wills, Carolyn	W35	4.67m	
2 Heitman, Ann	W39	4.22m	
W40			
1 Baldock, Delia	W43	4.06m	
2 Edmonds, Gill	W40	3.96m	
3 Moloney, Sharon	W42	3.74m	
W60			
1 Jenkins, Luella	W62	3.40m	
2 Schickert, Lynne	W63	2.57m	
W70			
1 Carr, Patricia	W73	3.12m	
M30			
1 Staunton, Matt	M31	5.85m	
2 Burke, Paul	M34	5.28m	
M35			
1 Bariolo, Wayne	M37	5.64m	
2 Edmonds, Keith	M37	4.49m	
M40			
1 Smith, Colin	M42	5.06m	
2 Pryce, Ken	M42	4.44m	
M45			
1 Till, Campbell	M47	5.24m	
2 Edwards, Mike	M48	5.00m	
3 Anthony, Stephen	M46	4.64m	

(Long Jump Ctd)

M50

1 Greenhalgh, Rob	M54	4.54m
2 Antonioli, Rob	M53	4.38m

M55

1 Tolbert, Murray	M58	5.36m
2 Brayshaw, Geoff	M55	4.51m
3 Cornish, Bruce	M56	4.21m

M60

1 Martin, Keith	M61	4.72m
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M65

1 Clive, David	M67	5.05m
2 Sander, Leon	M67	4.14m
3 Chambers, Don (Vic)	M67	3.92m
4 Sutton, John	M69	2.39m

M75

1 Foley, Derry	M75	3.06m
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Triple Jump

W35

1 Wills, Carolyn	W35	9.50m
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W40

1 Baldock, Delia	W43	8.55m
2 Moloney, Sharon	W42	7.62m

W60

1 Schickert, Lynne	W63	6.32m
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M30

1 Staunton, Matt	M31	11.35m
2 Burke, Paul	M34	10.04m

M40

1 Pryce, Ken	M42	9.31m
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M50

1 Antonioli, Rob	M53	7.32m
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M55

1 Tolbert, Murray	M58	11.19m
2 Cornish, Bruce	M56	8.48m
3 Brayshaw, Geoff	M55	8.05m

M60

1 Martin, Keith	M61	8.38m
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M65

1 Clive, David	M67	9.63m
2 Sander, Leon	M67	8.64m
3 Chambers, Don (Vic)	M67	8.43m
4 Sutton, John	M69	5.59m

M75

1 Foley, Derry	M75	7.27m
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Shot Put

W30

1 320 Phillips, Toni	W32	6.93m
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W35

1 350 Wills, Carolyn	W35	9.25m
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W40

1 Moloney, Sharon	W42	8.41m
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W55

1 Glass, Kate	W55	10.01m
2 Jarvis, Dorothy	W55	7.44m
3 Hindle, Eileen	W56	7.09m
4 Streeter, June	W55	6.54m

W60

1 Holland, Kathleen	W64	7.38m
2 Jenkins, Luella	W62	7.31m
3 Mercer, Erica	W61	5.89m

W65

1 Whittam, Dorothy	W68	6.96m
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W70

1 Lauchlan, Lorna	W74	5.69m
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W75

1 McMillan, Raema	W77	7.34m
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M30

1 Hamilton, Mark	M34	12.16m
2 Staunton, Matt	M31	11.23m

M35

1 Webster, Kevin	M37	9.61m
2 Davey, Shane	M36	8.50m

M45

1 Everard, John	M46	8.36m
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M50

1 Michail, Jack	M50	7.66m
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M55

1 Tolbert, Murray	M58	9.83m
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M60

1 Carroll, Edmund	M63	10.79m
2 Young, Rob	M60	10.34m
3 Jenkins, Arnold	M60	8.32m

M65

1 Fergie, Bob	M69	8.46m
2 Chambers, Don (Vic)	M67	8.45m
3 Chalmers, Bob	M66	8.30m
4 Sutton, John	M69	6.63m

M70

1 Cummings, Alex	M73	8.63m
2 Shand, Robert	M72	7.40m
3 Whittam, Jeffrey	M70	7.33m

M80

1 McMillan, James	M80	6.28m
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Discus

W30

1 Phillips, Toni	W32	21.57m
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W35

1 Wills, Carolyn	W35	23.48m
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W40

1 Moloney, Sharon	W42	24.32m
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W50

1 Choate, Lynne	W52	14.88m
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W55

1 Glass, Kate	W55	24.09m
2 Hindle, Eileen	W56	19.17m
3 Jarvis, Dorothy	W55	18.60m
4 Streeter, June	W55	13.75m

W60

1 Holland, Kathleen	W64	19.90m
2 Jenkins, Luella	W62	16.48m
3 Mercer, Erica	W61	12.73m

W65

1 Whittam, Dorothy	W68	13.35m
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W75

1 McMillan, Raema	W77	16.90m
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M30

1 Hamilton, Mark	M34	39.29m
2 Staunton, Matt	M31	31.76m
3 Burke, Paul	M34	28.51m

M35

1 Webster, Kevin	M37	28.72m
2 Davey, Shane	M36	22.44m

M45

1 Everard, John	M46	23.24m
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M50

1 Michail, Jack	M50	24.12m
2 Antonioli, Rob	M53	22.03m

M55

1 Cornish, Bruce	M56	28.56m
2 Tolbert, Murray	M58	24.23m

M60

1 Carroll, Edmund	M63	39.80m
2 Young, Rob	M60	31.35m
3 Foley, Brian	M60	21.28m
4 James, Lyle	M64	13.39m

M65

1 Sander, Leon	M67	29.37m
2 Fergie, Bob	M69	25.42m
3 O'Reilly, Michael	M65	24.64m
4 Chambers, Don (Vic)	M67	22.32m
5 Sutton, John	M69	22.08m
6 Turnbull, Jim	M68	20.66m
7 Chalmers, Bob	M66	20.54m

M70

1 Cummings, Alex	M73	30.03m
2 Shand, Robert	M72	24.57m
3 Whittam, Jeffrey	M70	18.78m

Javelin

W35

1 Wills, Carolyn	W35	24.36m
2 Heitman, Ann	W39	21.34m

W40

1 Moloney, Sharon	W42	25.84m
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W55

1 Glass, Kate	W55	24.06m
2 Hindle, Eileen	W56	15.80m
3 Streeter, June	W55	13.24m
4 Jarvis, Dorothy	W55	12.55m

W60

1 Holland, Kathleen	W64	19.08m
2 Jenkins, Luella	W62	18.66m
3 Mercer, Erica	W61	15.21m

W65

1 Whittam, Dorothy	W68	15.59m
2 Heppell, Mary	W67	12.07m

W70

1 Lauchlan, Lorna	W74	13.35m
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W75

1 McMillan, Raema	W77	16.82m
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M30

1 Staunton, Matt	M31	43.48m
2 Hamilton, Mark	M34	39.40m

(Javelin Ctd)

M35

1 Webster, Kevin	M37	34.50m
2 Davey, Shane	M36	30.39m
3 Bariolo, Wayne	M37	16.54m

M50

1 Michail, Jack	M50	30.24m
2 Hanson, Damien	M51	25.03m

M55

1 Tolbert, Murray	M58	36.21m
2 Cornish, Bruce	M56	29.21m

M60

1 James, Lyle	M64	12.87m
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M65

1 Fergie, Bob	M69	24.50m
2 Sander, Leon	M67	23.71m
3 Chambers, Don (Vic)	M67	22.93m
4 Chalmers, Bob	M66	22.07m
5 Sutton, John	M69	20.65m

M70

1 Shand, Robert	M72	26.38m
2 Whittam, Jeffrey	M70	15.90m

M80

1 McMillan, James	M80	17.67m
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Heavy Weight

W40

1 Moloney, Sharon	W42	6.72m
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W55

1 Glass, Kate	W55	12.70m
2 Hindle, Eileen	W56	8.54m
3 Streeter, June	W55	5.69m

W60

1 Jenkins, Luella	W62	8.55m
2 Holland, Kathleen	W64	8.09m

W65

1 Whittam, Dorothy	W68	9.57m
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W75

1 McMillan, Raema	W77	9.38m
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M30

1 Hamilton, Mark	M34	12.52m
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M35

1 Webster, Kevin	M37	9.26m
2 Bariolo, Wayne	M37	8.40m
3 Davey, Shane	M36	7.52m

M45

1 Everard, John	M46	7.24m
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M50

1 Michail, Jack	M50	7.79m
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M55

1 Tolbert, Murray	M58	9.44m
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M60

1 Young, Rob	M60	8.84m
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M65

1 Fergie, Bob	M69	10.22m
2 Sutton, John	M69	6.90m

M70

1 Whittam, Jeffrey	M70	9.32m
2 Shand, Robert	M72	7.78m

Hammer

W40

1 Moloney, Sharon	W42	23.47m
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W55

1 Glass, Kate	W55	41.46m
2 Hindle, Eileen	W56	23.99m
3 Jarvis, Dorothy	W55	21.23m
4 Streeter, June	W55	20.45m

W60

1 Holland, Kathleen	W64	19.17m
2 Jenkins, Luella	W62	17.16m
3 Mercer, Erica	W61	8.34m

W65

1 Whittam, Dorothy	W68	22.07m
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W75

1 McMillan, Raema	W77	19.23m
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M30

1 Staunton, Matthew	M31	31.52m
2 Hamilton, Mark	M34	30.94m

M35

1 Webster, Kevin	M37	25.19m
2 Davey, Shane	M36	21.18m

M45

1 Everard, John	M46	32.69m
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M50

1 Michail, Jack	M50	18.06m
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M55

1 Tolbert, Murray	M58	24.98m
2 Cornish, Bruce	M56	23.75m

M60

1 Jenkins, Arnold	M60	24.58m
2 Young, Rob	M60	23.60m
3 Carroll, Edmund	M63	20.68m

M65

1 Fergie, Bob	M69	27.97m
2 Turnbull, Jim	M68	20.42m
3 Sutton, John	M69	16.88m
4 Chambers, Don (Vic)	M67	16.15m

M70

1 Cummings, Alex	M73	30.20m
2 Whittam, Jeffrey	M70	22.48m
3 Shand, Robert	M72	17.56m

Pentathlon

W30

1 Phillips, Toni	W32	1853
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W35

1 Wills, Carolyn	W35	2070
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W40

1 Moloney, Sharon	W42	1610
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W50

1 Dickason, Carey	W54	1403
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W60

1 Jenkins, Luella	W62	2569
2 Schickert, Lynne	W63	1329

M30

1 Staunton, Matt	M31	2620
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M35

1 Davey, Shane	M36	1583
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M40

1 Jones, Nigel	M42	1966
2 Pryce, Ken	M42	1429

M45

1 Van der Sanden, Greg	M46	2885
2 Till, Campbell	M47	2697

M50

1 Antonioli, Rob	M53	2443
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M60

1 Calnan, Ross	M64	1511
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M65

1 Sander, Leon	M67	2762
2 Fergie, Bob	M69	1259

Weight Pentathlon

W40

1 Moloney, Sharon	W42	2270
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W55

1 Glass, Kate	W55	3888
2 Hindle, Eileen	W56	2517
3 Jarvis, Dorothy	W55	2232
4 Streeter, June	W55	1855

W60

1 Jenkins, Luella	W62	2431
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W65

1 Whittam, Dorothy	W68	3180
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W75

1 McMillan, Raema	W77	4240
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M30

1 Hamilton, Mark	M34	2651
2 Staunton, Matthew	M31	2419

M35

1 Webster, Kevin	M37	2014
2 Bariolo, Wayne	M37	1798
3 Davey, Shane	M36	1392

M45

1 Everard, John	M46	2059
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M50

1 Gee, Geoffrey	M51	2872
2 Michail, Jack	M50	1774
3 Hanson, Damien	M51	1615

M65

1 Fergie, Bob	M69	2630
2 Sutton, John	M69	1930

M70

1 Cummings, Alex	M73	2825
2 Shand, Robert	M72	2218
3 Whittam, Jeffrey	M70	2072

The full results for the Pentathlon and the Weight Pentathlon will be published in the next edition of *Vetrun*.

Summary of State Records from the State T & F Championships 2005

Men

100m	M75	Gordon Medcalf	16.2=	(previous 16.2, Syd Coleman, 1991)
100m	M80	Donald Frearson	17.7	(18.33, Donald Frearson, 2004)
800m	M75	Cecil Walkley	3:28.7	(3:39.5, Jack Shepherd, 1982)
1500m	M75	Cecil Walkley	6:52.7	(7:23.8, Jack Shepherd, 1982)
5000m	M30	Paul Mitchell	15:32.8	(15:37.9, Paul Mitchell, 2004)
10,000m	M75	Irwin Barrett-Lennard	47:59.3	(54:13.0, Cecil Walkley, 2004)
80m Hurdles	M75	Gordon Medcalf	24.4	(inaugural)
110m Hurdles	M30	Matt Staunton	20.0	(21.23, Matthew Staunton, 2004)
2km St'chase	M70	David Simmonds	8:52.3 AR	(9:46.6, Cecil Walkley, 2000)
3km St'chase	M30	Michel Bermudes	11:25.6	(11:43.9, Stephen Dunn, 1998)
2000m Walk	M75	Stan Jones	13:19.2	(13:24.0, Stan Jones, 2004)
High Jump	M60	Keith Martin	1.36m	(1.35, Norm Richards, 1998)
Long Jump	M65	David Clive	5.05m=AR	(5.05, David Clive, 2003)
Hammer	M45	John Everard	35.76m	(33.64, Bob Fergie, 1985)
Javelin	M80	James McMillan	17.67m	(7.90, Fred Watson, 2000)
Pentathlon	M30	Matt Staunton	2620 points	(2489, Matthew Staunton, 2004)
Wt Pentathlon	M35	Kevin Webster	2014 points	(2011, Wayne Bariolo, 2003)
4x400 Relay	M65	Mike O'Reilly, Norm Richards, Barrie Kernaghan, David Carr	4:25.8	(inaugural)

Women

80m Hurdles	W60	Luella Jenkins	18.6	(19.0, Luella Jenkins, 2003)
2000m Walk	W30	Kelly Hind	10:56.2	(12:16.0, Cath Holland, 1988)
2000m Walk	W45	Lyn Ventris	9:11.2	(10:23.0, Robin King, 2004)
5000m Walk	W45	Lyn Ventris	23:42.5 AR & WR	(23:55.6, Lyn Ventris, 2005)
High Jump	W35	Carolyn Wills	1.55m	(1.49, Eileen Hindle, 1985)
High Jump	W55	Dorothy Jarvis	1.10m=	(1.10, Dorothy Anderson'90, Dot Nicholaidis'94)
Hammer	W55	Kate Glass	41.46m	(40.25, Kate Glass, 2005)
Heavy Weight	W55	Kate Glass	12.70m	(9.30, Eileen Hindle, 2004)
Heavy Weight	W75	Raema McMillan	9.71m	(inaugural)
Javelin	W40	Sharon Moloney	25.84m	(25.14, Kath Holland, 1994)
Javelin	W55	Kate Glass	24.06m	(21.32, Kate Glass, 2005)
Javelin	W75	Raema McMillan	16.82m AR	(16.25, Raema McMillan, 2005)
Shot	W75	Raema McMillan	7.59m	(7.32, Raema McMillan, 2004)
Wt Pentathlon	W40	Sharon Moloney	2270 points	(2205, Sharon Moloney, 2003)
Wt Pentathlon	W55	Kate Glass	3888 points	(2732, Dorothy Whittam, 1992)

In addition, of special note:

20km Walk W45 Lyn Ventris (in Sydney) 99:09 AR & WB (104:09, Lyn Ventris, 2004)

A Happy Birthday to our April Members!

Irwin Barrett-Lennard	M76	still M75	Guito Dumolard	M49	still M45	Gary McLean	M42	still M40
Nathalie Bond	W33	still W30	Gary Fisher	M53	still M50	Barry Newell	M49	still M45
Jill Bower	W67	still W65	Derry Foley	M76	still M75	Jim Shaw	M57	still M55
Sid Bowler	M72	still M70	Jackie Halberg	W59	still W55	Pam Smith	W66	still W65
Gareth Brunt	M54	still M50	Mike Hale	M58	still M55	Joe Stickle	M67	still M65
Paul Buckley	M56	still M55	Malcolm Hawley	M52	still M50	Wayne Taylor	M46	still M45
Bill Chapman	M81	still M80	Patrica Hopkins	W63	still W60	Jeanette Tiverios	W48	still W45
John Collier	M39	still M35	Tom Lenane	M49	still M45	Murray Tolbert	M59	still M55
			Chris Maher	M52	still M50	Amanda Walker	W40	→ W40
			Lachlan Marr	M45	→ M45	Cecil Walkley	M76	still M75
			Hamish McGlashan	M68	still M65	Micheal Watson	M40	→ M40
				(10)		Rob Young	M61	still M60

More on Jarrahdale.....

Firstly, a big thank you to Margaret Bennett for her organisation of our March long weekend at Jarrahdale. Everyone had a great weekend in lovely surroundings. The facilities and location were an excellent choice. Secondly, thanks to Shorty Turner and his helper(s) for organising the runs/walks each morning. As usual the runs were quite challenging, especially the Sunday one.

After the runs/walks the swimming pool provided very welcome relief for many - it was a bit cool for some though.

Some of the highlights of the weekend (also organised by Margaret) were the casserole dinner on Saturday night with entertainment provided by Arthur Leggett with one of his great recitations, and Jan and Ray with some rock and roll. On Sunday we had (an enormous) lunch at Dots, followed by a barbecue in the evening.

Some of us who walked had a most enjoyable walk along the Kittys Trail on Saturday afternoon and some arrived too early and a few too late for the start of the walk and were unable to find the way onto the designated trail. There were many other short walks for us and it was very pleasant walking in the bush. Many found the Olde Shop/Cafe a great place for a caffeine fix and the Old Post Office was most interesting with the history of the area.

Then there was one incident that began with an X. The said X appeared on the mud map of the facility and was given to an esteemed senior club member who arrived on Saturday morning. After missing the turn into the camp, the member drove into Jarrahdale and caught up with a group of the coffee drinkers at the Olde Store/Cafe. After refreshing himself with a coffee our member clutching the map marked with an "X" drove off to the camp. Subsequently our esteemed gent entered "his" cottage, made a sandwich and a cuppa and then retired for a much earned rest on the couch - only to be disturbed and sternly asked - who was he and what was he doing there! Oops wrong cottage.

It was good to see Merv Moyle and Maurice Warren making good recoveries and both looking very pleased with themselves.

Lorraine Lopes

PS The following, written by Beryle Doust well and truly sums up what the weekend was about:

So down to Jarrahdale they came
The fit, reasonable and the lame
In search of personal gain
Disregarding any pain

They soldiered on to greater heights
Forging ahead with all their might
Thru the trees - flags in sight
To the end of the course, in full flight

A dip in the pool - Oh so cool!
Evening dinners, full of grinders
Storytelling, good wine and sinners

Millbrook Winery in all its finery
And the General Store with coffee galore
"Kittys Trail": not one for the frail
Daredevil antics from one of the Vet fanatics
At Serpentine Falls, did amuse us all

And through all this came
The spirit of true friendship, once again. (11)



Lake Monger 27.2.05

Trevor Robertson

10.5km Run

Paul Hughes	M50	39:07
Andrew Cook	M35	41:17
Neil McRae	M50	42:55
David Willmer	M50	43:16
John Allen	M45	43:36
Ivan Pilton	M60	44:57
Doug Ashfield	M45	45:20
Johan Hagedoorn	M60	46:57
David Scott	M55	47:26
Brian Danby	M55	48:11
John Mack	M60	48:38
Mal Vernon	M50	49:22
Wayne Taylor	M45	50:51
John Doust	M55	51:05
Bob Schickert	M60	51:06
Nick Miletic	M50	51:35
Steve Barrie	M65	51:40
John Byrne	M55	51:49
Keith Atkinson	M45	52:03
Dan Bending	M60	52:42
John Pellier	M65	53:08
Alan Thorniley	M50	53:18
Richard Danks	M60	54:17
John Brambley	M60	54:36
Jim Barnes	M60	55:22
Wayne Bates	M60	55:24
John Smith	M70	57:11
Kevin Payne	M45	57:12
Wendy Cl-Green	W60	58:53
Vic Beaumont	M75	61:33
Mike Hale	M55	62:40
Jackie Halberg	W55	62:45
Richard Harris	M65	64:51
Denise Lancaster	W55	65:32
Sheila Maslen	W65	74:22
Margaret Bennett	W60	74:33
Shorty Turner	M65	74:34

7km Run

Bjorn Dybdahl	M50	27:17
Ralph Henderson	M55	29:46
Geoff Barrett	M40	29:51
David Reid	M50	31:13
Simon Jawichre	M40	31:35
Barry Jones	M45	32:10
Gary Fisher	M50	32:13
Margaret Langford	W55	33:15
Terry Humphrey	M50	34:52
Hamish McGlashan	M65	35:23
Ray Attwell	M65	35:38
Barbara Humphrey	W50	36:04
John Dance	M55	37:02
Joan Osborne	W55	37:04
Roger Walsh	M60	37:50
Pamela Toohey	W55	39:39
Aldo Giacomini	M65	40:03
Merv Jones	M65	40:23
Arnold Jenkins	M60	41:51
Bev Whitfield	W40	43:09
Julie Wood	W55	46:30
Elaine Dance	W50	46:32
Dalton Moffett	M70	48:54

Irene Ferris	W50	49:25
Rosa Wallis	W60	55:02
Mary Heppell	W65	55:03

3.5km Run

Greg V.der Sanden	M45	11:54
Liz Neville	W50	15:04
Ivan Brown	M60	15:27
Barbara Blurton	W50	15:45
Irwin Barrett-Lennard	M75	16:23
Christine Wirth	W50	17:07
Barbara Humphrey	W50	17:14
Leonie Jones	W45	17:19
Peter Airey	M65	17:25
Delia Baldock	W40	17:47
Bob Sammells	M65	18:12
John Stone	M50	18:41
Michael Faunge	M65	19:09
Ray Hall	M70	20:45
Tanya Burke	W30	21:02
Rhod Wright	M55	21:14
Ray Lawrence	M75	22:03
Jan Jarvis	W60	22:04
Kirt Johnson	M75	22:13
Ian Lyon	M65	23:34
Jodi Brauer	W30	26:03

10.5km Walk

Val Millard	W55	73:48
Lynne Schickert	W60	74:55

7km Walk

Beryle Doust	W55	52:54
Mitch Loly	M60	56:07
Alan Pomery	M70	58:19
Rex Bruce	M60	60:18
Nola Bending	W55	63:59
Pat Ainsworth	W65	64:00
Patricia Hopkins	W60	64:01
Jill Midolo	W55	73:35
Ann Turner	W65	75:22
Telsey Hatwell	W65	75:22

3.5km Walk

Bob Neville	M70	26:22
Dorothy Whittam	W65	27:33
Lorna Lauchlan	W70	28:09
Maggie Flanders	W65	31:49
Barbara Bailey	W70	36:32
John Bailey	M75	36:33

Manning Park 6.3.05

Bob & Lynne Schickert

7.5km Run (Hcap) Final Act.

Dan Bending	M60	47:36	40:50
Andrew Cook	M35	49:13	32:42
John Oldfield	M60	49:30	37:29
Deborah Gardner	W35	49:35	34:34
Michel Bermudes	M30	50:05	31:26
Geoff Barrett	M40	50:14	34:10
Terry Humphrey	M50	50:21	50:21
Barry Jones	M45	50:22	38:02
Nick Miletic	M50	50:26	41:17
I Barrett-Lennard	M75	50:34	39:40
Doug Ashfield	M45	50:41	36:18
John Dance	M55	50:47	45:31
John Ellard	M60	50:53	42:44
John Mack	M60	51:27	37:56
Ivan Pilton	M60	51:41	36:10
Hamish McGlashan	M65	51:44	41:13

Pamela Toohey	W55	51:53	49:07
Margaret Langford	W55	52:12	38:56
David Carr	M70	52:15	40:29
Merv Jones	M65	52:20	49:34
John Ellard	M60	52:30	44:21
Jeff Spencer	M60	52:45	47:44
Jim Barnes	M60	52:45	43:36
Roger Walsh	M60	52:58	47:42
Arnold Jenkins	M60	53:13	51:42
Mike Hale	M55	53:23	38:07
Liz Chandler	W35	53:39	46:31
John Byrne	M55	53:52	42:36
Ray Hall	M70	54:04	49:18
Paul Martin	M60	54:04	46:10
Vic Beaumont	M75	54:18	51:17
Barbara Humphrey	W50	54:26	54:26
Terry Manford	M65	54:47	48:46
Bob Fergie	M65	56:09	52:38
Wayne Taylor	M45	56:16	42:22
Christine Oldfield	W60	56:17	56:17
Paul Buckley	M55	57:28	50:42
Sheila Maslen	W65	60:15	60:15
Milton Mavrick	M50	65:52	53:51

5km Walk (Hcap) Final Act.

Patricia Hopkins	W60	48:21	43:06
Lynne Schickert	W60	49:20	34:10
Ian Lyon	M65	49:33	38:53
Dorothy Whittam	W65	50:33	41:43
Jeff Whittam	M70	51:55	41:05
Rosa Wallis	W60	51:20	41:05
John Frost	M65	51:36	37:51
Rex Bruce	M60	52:54	39:24

A new venue and those who had not been to this Park before were pleasantly surprised by the lovely area. New member John Oldfield got under the guard of the handicapper but it is probably the last time he will do so.

Thanks to helpers: Paul and Tanya Burke, Maggie Flanders, Brian Smith, Jim Langford and Steve Toohey. Kirt Johnson did his weekly assistance with the shute and Rex Bruce and Lynne Schickert helped with the setting up and putting away.

Although it was a long weekend and the Jarrahdale camp there were over 60 starters.

Maybe we should include this venue in our next program.

Bob Schickert

Don't Forget!
Our AGM - on Monday
18 June, Perry Lakes.

Teddy Birds 20.3.05

David Muir

15.2km Run

Michel Bermudes	M30	59:39
Ross Parker	M55	59:59
Gary McLean	M40	65:44
Neil McRae	M50	66:30
David Baird	M60	70:13
Mike Hale	M55	71:46
Brian Bennett	M55	46:45
Ola Ovstedal	M40	71:49
Brian Danby	M55	72:51
Doug Ashfield	M45	76:21
Ed Barrett-Lennard	M50	78:09
Alan Thorniley	M50	78:26
Christine Engels	W45	78:56
Terry Humphrey	M50	82:25
Dan Bending	M60	82:33
Karen March	W40	83:30
Jim Barnes	M60	84:18
Milton Mavrick	M50	101:15
Vic Beaumont	M75	105:08
Jo Richardson	W50	109:00

7.6km Run

Bruce Wilson	M55	30:59
Jim Klinge	M55	32:13
Bob Schickert	M60	34:35
Ivan Brown	M60	35:10
Raymond Gimi	M40	35:11
Sean Keane	M40	35:38
Barry Jones	M45	36:33
Dee Haines	W45	36:47
Irwin Barrett-Lennard	M75	36:59
Ray Attwell	M65	38:36
Anne Jones	W50	38:37
John Brambley	M60	38:57
Mike Anderson	M55	39:21
Paul Martin	M60	39:36
Kim Thomson	W30	39:44
Leonie Jones	W45	40:03
Terry Manford	M65	41:04
Peter Airey	M65	41:12
Kirt Johnson	M75	49:59
Jennie Smith	W50	52:11
Roma Barnett	W55	52:28
Sheila Maslen	W65	53:33
Ron Spencer	M65	55:03
Merv Jones	M65	55:03
Ray Lawrence	M75	56:02
Ian Lyon	M65	56:20
Dalton Moffett	M70	56:23
Jenni Shillington	W45	56:34
Shorty Turner	M65	56:55
Ray Hall	M70	57:44
Mary Heppell	W65	57:55

7.6km Walk

Lorraine Lopes	W65	37:32
John Carrington	M70	37:33
Rex Bruce	M60	37:51
David Brown	M55	38:44
Jeff Whittam	M70	39:25
Mitch Loly	M65	39:26
Dorothy Whittam	W65	40:06

(Teddy Birds Ctd)			
Lorna Lauchlan	W75	40:08	
Maggie Flanders	W65	45:40	
Allen Tyson	M80	51:48	

Teddy Birds Picnic Run,
2 laps @ 7.6km = 15.2 km.
Conditions: Warm and humid.

Due to competing events with
the Darlington half marathon, a
triathlon and Bike the Freeway,
rather a small field of runners
and walkers this year braved the
humid conditions to run from the
children's playground, through
Kings Park, around UWA and
back up the long hill to the
Broadwalk.

Although the course was slightly
modified this year, we couldn't
avoid the hill. However those
who did compete may see
themselves on Channel 31 on
April 1 at 6pm as we were
fortunate to attract a
distinguished visiting runner I
had met on a fishing trip the
week earlier. Achim Heukemes
(aged 54) from Germany plans
to run from Perth to Sydney in 45
days covering 105km per day to
raise money for Oxfam and the
Tsunami Appeal. He sets out
from Perry Lakes in Perth on
April 2 and joined our run to keep
up his training. He came with his
support crew and cameraman
and provided information about
his special shoes and sports
drinks.

Most people opted for the one
lap rather than two in the warm
conditions. But Achim found it a
breeze and followed in the
leaders in a respectable time of
64 mins. A few runners got
rather confused by extra white
flags at the back of UWA put out
by groundsmen and lost the
course. Apologies to those
concerned. More red flags will
be used next year and put out
after dawn.

Thanks this year to the following
helpers:- Jim Barnes, Jeff and
Wendy Spencer, John and Beryl
Doust, Leo Hassam, Frank
Usher, Simon Mort and Barry
Thomsett on the recording
table/results. Helpers were in
short supply so some had extra
duties but willingly responded to
the call.

David Muir

TRACK & FIELD

UWA 1.3.05

*Pending State Record

60m

Richard Parker	M45	8.4
Murray Tolbert	M55	8.4
Barry Newell	M45	8.5
Norm Richards	M65	9.1
Lynne Choate	W50	9.1
David Carr	M70	9.3*
Peggy Macliver	W60	9.4
Thea Bailey	W45	9.8
Pat Carr	W70	11.6
Peter Gare	M60	8.8
Ross Calnan	M60	9.6
Ian Lyon	M65	10.3

1500m

Michel Bermudes	M30	4.46.6
Jon Schultz	M40	4.47.0
Alan Gower	M45	4.50.4
Campbell Till	M45	4.54.1
Darryl White	M45	4.54.8
Rob Colton	M40	5.01.7
John Collier	M35	5.05.2
Blakeney Tindall	M40	5.14.1
Keith Edmonds	M35	5.16.4
Bob Schickert	M60	5.36.6
Wayne Taylor	M45	5.43.3
Ivan Brown	M60	5.45.4
Karyn Gower	W45	6.20.7
Thea Bailey	W45	6.30.0
Barry Newell	M45	6.51.5
Fiona McAuley	W50	8.12.5
Allen Tyson	M80	11.41.1

1500m Walk

Robin King	W45	7.42.0
Lynne Schickert	W70	9.17.1
Val Millard	W55	10.39.1
Ian Lyon	M65	11.01.8

600m

Henri Cortis	M55	1.39.6
Michel Bermudes	M30	1.41.9
Darryl White	M45	1.46.9
Rob Colton	M40	1.49.1
John Collier	M35	1.44.7
Keith Edmonds	M35	1.47.5
Alan Gower	M45	1.57.7
Wayne Taylor	M45	2.01.3
Bob Schickert	M60	2.02.6
Peggy Mcliver	W60	2.08.5
Robin King	W45	2.11.9
Barry Newell	M45	2.21.5

200m

Richard Parker	M45	26.3
Duncan McAuley	M55	28.2
Rob Colton	M40	29.9
David Carr	M70	30.0
Peter Gare	M60	30.4
Alan Gower	M45	27.9
Keith Edmonds	M35	29.7
Blakeney Tindall	M40	29.9
Norm Richards	M65	31.2
Bob Schickert	M60	36.2

Barry Newell	M45	29.6
Peggy Mcliver	W60	31.8
Thea Bailey	W45	34.8
Bob Schickert	M60	35.8
Pat Carr	W70	47.3

Les Beckham Triple Jump

Ross Wickham	M40	11.94
Murray Talbot	M55	10.51
Keith Edmonds	M35	9.64

Javelin

Matt Staunton	M30	40.76
Murray Tolbert	M55	34.38
Rob Shand	M70	26.48
Bob Fergie	M65	25.06
Jack Michail	M50	24.66
Ross Calnan	M60	21.98
Kate Glass	W55	21.32*
Jim McMillan	M80	17.89
Rae McMillan	W75	15.90

Hammer

Kate Glass	W55	40.25*
Matt Staunton	M30	33.96
Bob Fergie	M65	30.09
Murray Tolbert	M55	23.80
Rae McMillan	W75	19.41
Rob Shand	M70	18.97
Jack Michail	M50	18.20

Coker Park 3.3.05

400m

Colin Smith	M40	55.2
Henri Cortis	M55	60.3
David Carr	M70	65.0
Mike O'Reilly	M65	69.9
Delia Baldock	W40	72.7
Bob Schickert	M60	74.7
Ivan Brown	M60	78.2

1500m

Brian Hewitt	M50	4.49.0
Blakeney Tindall	M40	4.54.4
Bjorn Dybdahl	M50	5.08.8
Barbara Blurton	W50	5.42.4
Henri Cortis	M55	5.43.4
John Dennehy	M40	6.09.2

1500m Walk

Tom Lenane	M45	9.00.4
Stan Jones	M75	9.54.3
Ian Lyon	M65	10.55.3
Allen Tyson	M80	12.26.5

100m

Colin Smith	M40	12.4
Steve Noteboom	M35	12.4
Mike Edwards	M45	12.8
Kevin Webster	M37	13.5
David Clive	M65	14.0
Mike O'Reilly	M65	14.5
Delia Baldock	W40	15.2
Pat Carr	W70	20.2
Allen Tyson	M80	24.6

3000m

Bjorn Dybdahl	M50	10.49.0
Bob Schickert	M60	11.34.4
Ivan Brown	M60	12.03.8
David Carr	M70	13.09.0
Nick Bailey	M55	14.03.0
Blakeney Tindall	M40	14.19.7

Jackie Halberg	W55	15.22.0
Gill Edmonds	W40	15.56.6

3000m Walk

Stephen Anthony	M40	17.08.0
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Les Beckham Long Jump

David Clive	M65	4.74
Stephen Anthony	M40	4.43
Gill Edmonds	W40	4.00
Pat Carr	W70	2.96

Shot

Steve Noteboom	M35	9.85
Kevin Webster	M35	9.72
Mike Miller	M35	8.26
Kath Holland	W60	7.44
Eileen Hindle	W55	7.07

Discus

Steve Noteboom	M35	35.63
Kevin Webster	M35	27.99
Mike Miller	M35	23.26
Kath Holland	W60	19.45
Eileen Hindle	W55	19.45

UWA 8.3.05

400m

Henri Cortis	M55	61.0
Rob Colton	M40	63.3
Barrie Kernaghan	M60	64.8
Blakeney Tindall	M40	64.8
Barry Newell	M45	67.5
Peter Gare	M60	70.2
Norm Richards	M65	70.4
Thea Bailey	W45	76.8

1500m

Jon Schultz	M40	4.48.0
Michel Bermudes	M30	4.55.4
John Collier	M35	5.01.9
Alan Gower	M45	5.10.4
Rob Colton	M40	5.11.3
Bob Schickert	M60	5.25.4
Ian Davies	M55	5.48.9
Thea Bailey	W45	6.35.8
David Carr	M70	7.31.7
Lynne Schickert	W70	8.56.3

1500m Walk

Bob Neville	M70	10.28.7
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100m

Richard Parker	M45	13.2
Peter Gare	M60	14.8
Blakeney Tindall	M40	15.0
Ann Heitman	W35	14.8
Ross Calnan	M60	16.2
Gordon Medcalf	M75	17.2
Murray Tolbert	M55	13.3
Norm Richards	M65	14.1
Garry Doyle	M55	14.3
Lynne Choate	W50	14.7
Rob Colton	M40	13.8
Thea Bailey	W45	16.1
Bob Neville	M70	18.6
Pat Carr	W70	19.6

3000m

Michel Bermudes	M30	10.21.6
Ian Davies	M55	10.40.8
Alan Gower	M45	10.58.7
Duncan McAuley	M55	11.12.5
John Collier	M35	11.23.1

Frank Smith	M60	11.23.9	Lynne Schickert	W60	49.2	Karyn Gower	W45	37.0
Doug Ashfield	M45	11.52.5	Les Beckham Triple Jump			Lynne Schickert	W60	48.6
Rob Colton	M40	12.14.0	Lynne Schickert	W60	6.28	Les Beckham Triple Jump		
Wayne Taylor	M45	12.32.6	Heavy Weight			Ross Wickham	M40	11.48
Henri Cortis	M55	12.39.2	Mark Hamilton	M30	10.98	Lynne Schickert	W60	6.07
Ivan Brown	M60	12.45.2	Kevin Webster	M35	10.56	Javelin		
Nick Bailey	M55	14.12.6	Eileen Hindle	W55	8.62	Rob Shand	M70	25.32
3000m Walk			Javelin			Ross Calnan	M60	24.13
Lynne Schickert	W60	20.15.2	Mark Hamilton	M30	40.46	June Streeter	W55	13.07
Les Beckham Long Jump			Kevin Webster	M35	33.64	Discus		
Murray Talbot	M55	5.34	Eileen Hindle	W55	15.06	Rob Shand	M70	22.78
Ross Calnan	M60	3.33				Damien Hanson	M50	21.33
Pat Carr	W70	2.94	UWA 15.3.05			June Streeter	W55	15.10
Lynne Schickert	W60	2.71	400m			Coker Park 17.3.05		
Shot			Henri Cortis	M55	2.22.4	200m		
Mark Hamilton	M30	11.77	Alan Gower	M45	2.22.9	Henri Cortis	M55	28.0
Murray Tolbert	M55	9.79	Rob Colton	M40	2.24.2	David Carr	M70	29.9
Bob Fergie	M65	8.39	Michel Bermudes	M30	2.29.7	Mike O'Reilly	M65	29.9
Jack Michail	M50	7.98	Darryl White	M45	2.31.2	Bob Schickert	M60	35.5
Rob Shand	M70	7.68	Keith Edmonds	M35	2.34.5	Delia Baldock	W40	31.4
Rae McMillan	W75	6.96	John Collier	M35	2.32.8	Leonie Jones	W45	34.2
Jim McMillan	M80	5.71	Ivan Lazarus	M50	2.46.3	Bob Neville	M70	36.3
Discus			Bob Schickert	M60	2.48.6	Pat Carr	W70	43.2
Mark Hamilton	M30	38.56	Karyn Gower	W45	3.09.8	1500m		
Murray Tolbert	M55	27.54	100m			Brian Hewitt	M50	4.47.4
Bob Fergie	M65	26.60	Richard Parker	M45	13.3	Rob Catrall	M45	4.49.2
Rob Shand	M70	25.58	Barrie Kernaghan	M60	13.8	Ian Davies	M55	5.22.5
Damien Hanson	M50	21.20	Rob Greenhalgh	M50	13.9	Bob Schickert	M70	5.40.2
Jack Michail	M50	18.76	Keith Edmonds	M35	14.3	Liz Neville	W50	5.42.3
Jim McMillan	M80	17.59	Rob Colton	M40	14.5	Barry Jones	M45	5.58.5
Rae McMillan	W75	16.60	Norm Richards	M65	14.4	Leonie Jones	W45	6.52.6
Coker Park 10.3.05			Lynne Choate	W50	14.8	Gill Edmonds	W40	7.07.8
800m			Ann Heitman	W40	15.0	1500m Walk		
Henri Cortis	M55	2.22.5	Val Anderson	W50	15.8	Lynne Schickert	W60	9.49.1
Brian Hewitt	M50	2.26.6	Ross Calnan	M60	16.2	Stan Jones	M75	9.53.6
David Carr	M70	2.34.2	Bob Schickert	M60	16.8	400m		
Leonie Jones	W45	3.28.8	Bob Neville	M70	18.0	Henri Cortis	M55	60.6
Allen Tyson	M80	5.49.0	Pat Carr	W70	19.8	Barbara Blurton	W50	64.4
100m			Lynne Schickert	W60	22.8	David Carr	M70	65.1
Colin Smith	M40	12.8	2000m			John Dennehy	M45	67.0
Steve Noteboom	M35	13.7	Michel Bermudes	M30	6.50.3	Mike O'Reilly	M65	70.6
John Dennehy	M45	15.3	Darryl White	M45	7.00.8	Rob Catrall	M45	67.5
Delia Baldock	W40	15.6	Alan Gower	M45	7.10.1	Barry Jones	M45	72.3
Peggy Macliver	W60	15.9	John Collier	M35	7.34.5	Delia Baldock	W40	72.7
Leonie Jones	W45	16.6	Duncan McAuley	M55	7.34.8	Bob Schickert	M60	74.7
David Carr	M70	19.0	Rob Colton	M40	7.41.4	Leonie Jones	W45	82.6
2000m			Jon Schultz	M40	7.42.2	Brian Foley	M60	85.4
Brian Hewitt	M50	7.01.1	Keith Edmonds	M35	7.46.8	3000m		
Neil McRae	M50	7.04.9	Ivan Lazarus	M50	7.47.9	Rob Catrall	M45	11.13.1
Leonie Jones	W45	9.58.4	Bob Schickert	M60	7.52.6	Blakeney Tindall	M40	11.17.8
Bob Schickert	M60	9.59.9	Ivan Brown	M60	8.02.7	Bob Schickert	M60	12.15.3
2000m Walk			David Carr	M70	8.45.7	Liz Neville	W50	12.17.5
Lynne Schickert	W60	12.51.6	Karyn Gower	W45	8.48.3	Barry Jones	M45	12.45.1
Ian Lyon	M65	14.44.5	Nick Bailey	M55	9.14.3	Les Beckham Long Jump		
Allen Tyson	M80	17.12.7	Fiona McAuley	W50	11.20.5	Pat Carr	W70	2.95
200m			2000m walk			Lynne Schickert	W60	2.70
Kevin Webster	M35	28.6	Val Millard	W55	14.26.5	Javelin		
John Dennehy	M45	31.5	Lynne Schickert	W60	14.27.0	Eileen Hindle	W55	14.73
Bob Schickert	M60	42.6	200m			Shot		
David Carr	M70	31.4	Rob Greenhalgh	M50	27.8	Eileen Hindle	W55	6.89
Delia Baldock	W40	31.9	Keith Edmonds	M35	28.6	Discus		
Peggy Macliver	W60	32.8	Duncan McAuley	M55	31.8	Damien Hanson	M50	23.19
(Coker 10.3.05 - 200m Ctd)			Ann Heitman	W40	31.4	Eileen Hindle	W55	19.28
Leonie Jones	W45	35.8	Bob Schickert	M60	33.7	(14)		
			Bob Neville	M70	35.8			

HELPERS LIST

10 April - 3 Ps

Val Millard 9315 1642

Rosa Wallis, Jeff & Wendy Spencer, David Brown & Jill Midolo, Mike Hale, Barbara & Jack Bailey, Gillian Lees, Colin Smith, Brian Hardy.

17 April - Pagoda Run

Jackie Halberg 9364 4474

Marg & Mike Taylor, Janis Malin, Leo Hassam, Mary Heppell, Neil McCrae, Troy Lundgren, Philip Bailey.

24 April - Reabold Hill

Dirk Blom 9337 7796

Marg Robinson, Paul Hughes, Jim Klinge, Frank Smith, Richard Danks, Damien Hanson, Jeanette Tiverios, John Collier.

28 April - 10,000m Track

Handicap (at UWA)

Jeff and Dorothy Whittam

9387 6438

Rob Colton, Marg & Keith Forden, John Byrne, Jeff Bowen, Bob Hayres, Gary and Geraldine Carlton.

Jarrahdale

At the camp at Jarrahdale, a hat was left in cottage no 3 and a pair of glasses in cottage no 4.

If you are missing either of these items, please contact the Institute of Human Devt on 9525 5227, or email on ihdjarrahdale@bigpond.com.au.

Also a small casserole dish - square, white with flowers in base - was left behind; please contact Margaret Bennett (tel 9275 0169) if this belongs to you.

Take Advantage of a Bookbinding Service for your Club Newsletters!

If you have kept your *Vetrans* in good condition, you can have them bound into attractive hard cover books in the Club colours of gold and black.

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Laurie Green
57b North Beach Road
North Beach WA 6020
Tel. 9447 1146 Email < ozdew@iinet.net.au >

(Order through Wendy Clements-Green)

13th Oceania Championships - Christchurch 2006

A big Hi There to all you masters athletes in Australia. This is the first of a series of newsletters from the Local Organising Committee for the 13th Oceania Track & Field Championships with information about the event and about the venue. As many of you will already know the Championships will be held in Christchurch from the 14th to the 21st of January 2006 and this first newsletter lets you know a bit about Christchurch but particularly tries to outline some of your options for travel to Christchurch and getting about once you are there.

Christchurch is the main city in the South Island and is the key entry point for tourists visiting the island. With over a million overseas tourists each year as well as a large number of local travelers Christchurch has a much wider range of facilities for visitors than one would expect from the population of 350,000.

Included in the facilities is a modern international airport with direct flights to and from the major cities of east coast Australia. If you are coming from Melbourne, Sydney or Brisbane you have the choice of a variety of connections operated by Air New Zealand, Freedom Air, Pacific Blue, Qantas and Emirates. These Tasman routes are very competitive and airfares have come down dramatically in the last two years. This means there are usually some excellent deals available and generally these are most readily accessed through the internet direct from the websites of the airlines. From Adelaide and Perth the main options are via one of the east coast cities or via Auckland.

If you want the freedom and flexibility of a car when they are in Christchurch there is an enormous range of options. All the major international full service companies have airport locations but there are many independent operators offering a wide range of services and prices. Although these smaller operators do not have airport locations many are close by and will arrange to pick you up and return you to the airport. Again the websites of the individual companies are the best way to book a rental car and a useful way to find these sites is via < www.searchnz.co.nz > where a "rental cars Christchurch" search turns up dozens of options. If you are travelling as a group many of these companies can provide "people mover" vehicles with room for eight or more people. And if you are intending to do some touring before or after the Championships some of them rent campervans or motor homes as well.

If you do not need the flexibility of a car the extensive Christchurch bus system provides good public transport. Several of the bus routes provide services direct to the Championship head quarters at Queen Elizabeth II Stadium. This means there are a number of areas within Christchurch where you can stay and have direct access to the event. We will cover this in our next newsletter which will give you the low down on accommodation options.

In the meantime keep up the training and we will see you all in Christchurch 2006.

The Christchurch Local Organising Committee

Please make this payment of \$..... for Membership Club Social Function
 Clothing Club Weekend Away Championship Entry

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PURPOSE:

The objective of the club is to encourage and promote masters athletics, general fitness and to provide training and competition. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social aspect is also important

and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or as social as they choose. Competition is structured in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

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