



VETRUN



MASTERS ATHLETICS WA NEWSLETTER

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30 Years On!

Dave Carr published the first edition of *Vetrun* on 1st July 1974. It seems that in those early days the membership of the WAVAC was predominantly male and that field events had not yet been introduced into the programme. For those of you with a sense of nostalgia - or mere curiosity - *Vetrun No. 1* is reproduced in its entirety on page 3.

Albany and Geraldton

We are indebted to Tom Lenane for providing the following reports (and photographs):

WA State Masters Games

A group of MAWA track and field athletes travelled to Albany over the Anzac Day long weekend. In beautiful weather (clear, dry and 28°C) good performances were put in by all and many records set. Some of the more notable efforts were:

- * Bert Carse winning a fast and keenly contested Jim McCann Memorial Mile on the hilly Yorke Street.
- * A long jump of 4.90 m by Toni Phillips outjumping even the men.
- * Rob (I've got you covered) Antonioli taking part in everything and doing well.
- * Mark Hamilton and Shane Davies efforts on the track and long jump. For athletes who normally only do the throwing events their efforts were commendable.
- * The small group of athletes who were seen at a local hotel on Yorke Street suffering with a few ales while their compatriots toiled up and down Yorke Street for the Jim McCann Memorial Mile.

The biggest effort was that of the local athletic community who put the program together. Well done. Everyone enjoyed the day, the people and the competition.

Indian Ocean Masters Games

The following weekend saw a group of MAWA track and field athletes travel 400 km in opposite direction to Geraldton to compete in the inaugural Indian Ocean Masters Games. Again good performances were put in on a windy day on what must be one of the best grass tracks in WA. Some of the more notable efforts were:

- * A large field and good performances by the race walkers in both the 3000m and 5000m races.
- * An injury on the hockey field to one of the MAWA athletes before the competition had even started. How and why she would be on a hockey field when in Geraldton for an athletics competition still has fellow athletes scratching their heads.
- * Rob (I've still got you covered) Antonioli still taking part in everything and doing well.

The Wonthella Little Athletics Centre and its helpers must be congratulated for their efforts in the running of this competition. That everyone enjoyed themselves is because of those efforts and should ensure an even stronger competition when the Indian Ocean Masters Games next come around. I know I'll be there.

To get the in depth results for either competition contact Tom Lenane on 9222 3121 (W) or 0414 970 514 (H) or <tom.lenane@doir.wa.gov.au >

WMA Non-Stadia Championships

Unfortunately two of the events from NZ were inadequately covered in the June *Vetrun* - and are therefore reproduced below:

(Age group - Placing - Name - Time)

10km Road Run

W 60	8	Margaret Bennett	1:06:28
M 55	12	John Doust	40:32
M 55	13	Brian Bennett	40:45
M 60	12	Bob Schickert	41.26

Teams

M55	3	Doust, Scott, Solomon.	1:54.59
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Half Marathon

M 35	2	Peter Bauchop	1:19:30
M 55	7	David Scott	1:25:15
M 55	9	Brian Bennett	1:30:05
M 55	12	John Doust	1:37:16
M 60	9	Bob Schickert	1:36:19

Teams

M 35	2	Bauchop, Janes, Schickert.	5:22.19
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WINTER THROWS TRIALS

(9.30am at Perry Lakes)

10 July:

Shot, Javelin, Weight Throw

7 August:

Discus, Javelin, Hammer

11 September:

Shot, Discus, Weight Throw

9 October:

Weight Pentathlon

The Throws training group meets every other Saturday at Perry Lakes between 9.30 & 11.30am.

Information:

Damien Hanson 9383 4406

From the Committee

* Belated congratulations to Tracey Brown! It initially slipped our notice but Tracey achieved an Australian Record in one of her events in Melbourne. She threw the Heavy Weight 12.18 metres which comfortably surpassed Queenslander, Gail Peterson's 1994 mark of 11.80 metres. Apart from Lyn Ventris' effort this was the only other Australian record by a Western Australian at this years National Championships.

* The AMA is pleased to advise that Jalpak has been appointed the official travel agent for all AMA travel needs in Australia and overseas. AMA members receive a small discount on all travel.

* Travel, booking and other information is now available relating to the WMA Championships in San Sebastian, 22 August - 3 September 2005.

For those of you with access to the internet, go to the MAWA website, < www.mastersathleticswa.org > and open 'Latest News' and 'Related Sites' to obtain a wide range of information.

Alternatively phone the Editor on 9382 2628 and Jeff will be happy to post to you the details on hard copy.

* A new Race Director is required for the Teddy Birds Picnic (next running 20 March 2005). If you feel you may be able to help, please phone Jim Barnes on 9459 2617.

A Big Welcome to our New Members!

644 Marie Fitzsimons W38

645 Kirsty Griffiths W30

646 Bryan Hardy (R) M61

647 Michelle Bariolo W30

(R) = rejoined

A strong field of walkers at Geraldton:



The following extract from the PADI SCUBA Diving course book has been provided by Tom Lenane. It gives an interesting slant on breathing efficiency for SCUBA divers that is just as relevant to athletes:

"Each breath you take contains oxygen, which your body uses to create energy. This is why you need oxygen to live.

When the air reaches your lungs, your blood absorbs the oxygen and carries it throughout your body as it circulates. It picks up waste carbon dioxide from the cells and returns it to the lungs, so when you exhale, the waste carbon dioxide leaves.

The oxygen and carbon dioxide transfer only within your lungs. The air passages to and from your lungs, your mouth, throat and windpipe contain air that plays no direct part in oxygen and carbon dioxide transfer. These are called dead air spaces.

When you inhale, the first air that reaches your lungs is air left in the dead air spaces from your previous breath. This air is high in carbon dioxide. If you take shallow breaths, you inhale proportionately little fresh air and proportionately high carbon dioxide. You essentially rebreathe the air from your dead air spaces. Shallow breathing isn't efficient because so little of the air you move actually takes part in oxygen and carbon dioxide exchange.

On the other hand, with a deeper breath you draw in proportionately more fresh air. This means deep breathing is more efficient breathing."

Congratulations Arthur!

We would like to congratulate Arthur Leggett on being awarded the OAM in the Queen's Birthday Honours. Arthur has been a member of the club for 25 years and although his running days are over he is still race director for the Garvey Gallop and he regularly attends Sunday runs on a social basis. He provides shoulder massage services at these events to club members (particularly the ladies) and he has entertained the gathering with his poetry on a number of occasions. The Secretary has sent him a letter of congratulations from club members.

WA Veterans Athletics Club

1st July 1974

NEWSLETTER

YOUR OFFICE BEARERS

President: KEITH MACDONALD
 V/Pres. John Gilmour
 " David Carr
 " Jack Collins
 Sec/Treasurer Cliff Bould
 Assisted by Tony Morton

CONGRATULATIONS to John Gilmour for his fine win in the Australian Veterans 10,000 m Championship. He'll be unbeatable in Canada.

VETERANS TRACK SEASON

Last Sunday's meeting produced some useful ideas on how we should operate in the summer. Some alternatives raised were:

Meetings similar to our present set-up at McCallum.
 Twilight meetings similar to those conducted at Perry Lakes by the Walkers.
 Participation in present Grade races on Saturdays at Perry Lakes.
 Special Veterans events within the existing Saturday programme at Perry Lakes.

The last of these alternatives seemed the most popular. It was suggested that we have a sprint and distance event each week. (Dick Horsley reports that W.A.A.A. is likely to co-operate when approached.)

Find out what is going on elsewhere in Australia. Order The Veteran Athlete from Cliff Bould.

Jack Collins, 60+, has at last stopped lapping the 1000m course in 5 mins. He did 4.19 last Saturday.

Dick Horsley, 60+, walker, had 20 minutes to recover from his 1000m race, but could still laugh as he ran around the 400m track in 71.6 secs.

LITTLE THINGS THAT MAKE A CLUB TICK

Tony with a pin-up board. Cliff with free professional advice. Norm Lowe without a sign of frustration - though he's been on the injured list since his first race.

The Athletes The following athletes have had a run recently:
 Gary Barrtram, Cliff Bould, Arthur Briggs, David Carr, George Cavill, Jack Collins, Jim Coventry, John Gilmour, Noel Goff, Bob Hayes, Ross Johnson, Dave Jones, Peter Lewer, Norm Lowe, John Lorimer, Dulcie MacDonald, Keith MacDonald, Tony Morton, Vic Nolan, Jim Smith, Frank Reginato. (Tony has collected fees from nearly all.)

The Champs World championships or records to Bould, Gilmour, Horsley.

The Dads Several of us have children participating in athletics. (Noel Goff best sire; son Robbie is of decathlon fame.)

The Coaches We have a wealth of coaching experience in men like Gilmour, Bould and Nolan.

On the Way Back Watch George Cavill, former Victorian Junior half-mile champ.

The Administrators

Mr Little Athletics in W.A. is Ross Johnson. W.A.A.A. President is Dick Horsley.

The Performances All these runs were on a measured grass surface.

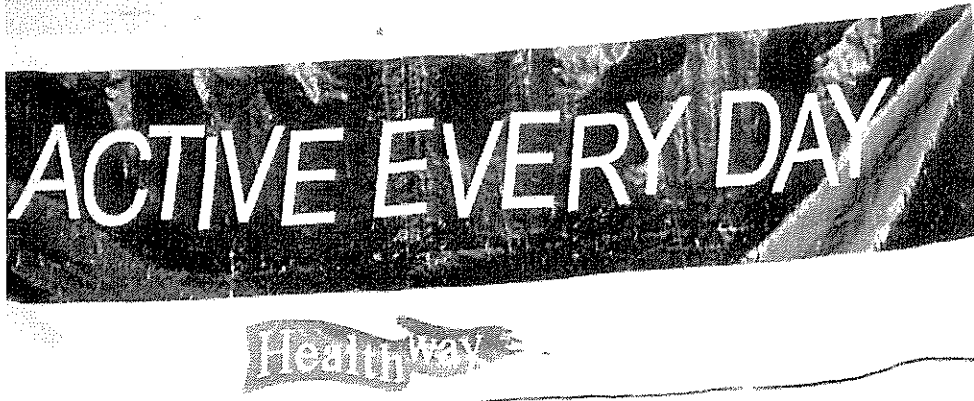
	19.5.74	3000m	2.6.74	3000m	HCAP	9.6.74	2000m
10.39	J. Gilmour		J. Collins	14.59	FIRST	7.32	G. Bartram
11.31	C. Bould		D. Carr	12.34		7.42	D. Carr
11.58	G. Bartram		N. Goff	15.48		7.50	D. Horsley
12.06	D. Horsley		T. Morton	17.27		8.43	G. Cavill
12.15	J. Coventry		K. MacDonald	13.09		9.21	D. Jones
12.59	K. MacDonald		G. Bartram	11.40		9.50	R. Hayes
13.28	D. Carr		D. Jones	13.46		10.13	T. Morton
13.35	R. Johnson		J. Coventry	14.53		10.45	F. Reginato
14.54	D. Jones		C. Bould	11.47			
15.09	G. Cavill		J. Lorimer	21.20			
15.53	N. Goff						
16.23	A. Briggs						
16.24	R. Hayes						

Dulcie MacDonald 15.10 (2000m)

23.6.74	5000m	HCAP	30.6.74	1000m	400m	time trial
Event won by J. Collins.						
Actual times were:						
T. Morton	29.06		D. Carr	3.19	Carr	70.5
J. Collins	25.20		J. Coventry	3.20	Cavill	74.5
D. Jones	23.37		D. Horsley	3.31	Jones	71.5
G. Cavill	22.29		G. Cavill	3.33	Gould	84.0
D. Carr	20.32		J. Smith	3.39	Goff	73.5
V. Nolan	21.51		K. MacDonald	3.44	Collins	79.0
K. MacDonald	22.57		C. Bould	3.49	Norton	95.5
J. Coventry	20.14		J. Collins	4.09	Lewer	95.5
G. Bartram	20.02		N. Goff	4.10	MacDonald	73.6
(Dulcie MacDonald			R. Hayes	4.21	Smith	71.5
14.06 for 2000m)			P. Lewer	4.48	Horsley	71.6
			T. Morton	4.55		

NEXT Sunday: 3000m HANDICAP.

D. Carr, 37 Malba Crescent, Dianella, W.A. ph 762885



Albany - some Masters athletes worked harder than others in the Jim McCann Memorial Mile!



The Mens' 200m field at Albany.

Happy Birthday to our July Members!

John Bell	59	still M55	Geoffrey Gee	51	still M50	Sue Nicholls	60	→ W60
Shirley Bell	56	still W55	Alan Gower	49	still M45	Robert Roll	58	still M55
Nola Bending	56	still W55	Stanley Green	90	→ M90	Stan Selby	59	still M55
Dorothy Blake	54	still W50	Lynn Harrop	51	still W50	Gail Selby-Yorkshire	50	→ W50
Bridget Carse	61	still W60	Mary Heppell	67	still W65	Joan Slinger	63	still W60
Robert Chalmers	66	still M65	Lyle James	64	still M60	Campbell Till	47	still M45
Clive Choate	53	still M50	Merv Jones	65	→ M65	Christine Uren	34	still W30
Bob Fergie	69	still M65	Terry Manford	66	still M66	Greg Vander Sanden	46	still M45
Margery Forden	63	still W60	Paul Martin	63	still M60	Brian Waldhuter	64	still M60
			Bob McNamara	62	still M60	Dorothy Whittam	68	still W65
			Ernest Moyle	79	still M75	Gillian Young	57	still W55
				(4)				

Sorry Christine!
 There seems to have been confusion about Christine Engels' number at a couple of recent runs, (let's blame it on the computer!) resulting in her being omitted from the results published in *Vetrun*. However we now confirm that:
 - In the Pagoda 16km Christine ran a time of 85.42.
 - At Deepwater Point Christine ran 83.55 for the 16km.

University & Back 6.6.04

Gary Fisher

15km		
Stephen Dunn	M35	56:20
Ross Parker	M55	57:28
Chris Frampton	M35	57:46
Bjorn Dybdahl	M50	58:33
Darryl White	M45	60:16
Brian Bennett	M55	60:51
Gary McLean	M40	61:03
Neil McRae	M50	61:49
Financial Non	M40	62:09
John Allen	M45	62:43
Geoff Barrett	M40	63:23
John Doust	M55	64:05
Bob Schickert	M60	64:19
Duncan McAuley	M50	65:08
David Baird	M60	65:09
Doug Ashfield	M45	66:41
Milton Mavrick	M50	66:53
Johan Hagedoorn	M60	68:00
Mark Sivyer	M55	69:06
John Mack	M60	71:30
Graeme Neill	M40	71:44
Paul Martin	M60	72:53
Irwin Barrett-Lennard	M75	73:13
Gillian Young	M55	73:53
Nick Miletic	M50	74:24
Ed Barrett-Lennard	M50	76:09
Mike Khan	M55	76:24
Ben Lysaght	M50	76:48
John Dance	M50	77:23
Christine Engels	M45	77:25
Brian Smith	M65	78:47
Richard Danks	M60	79:17
Marg Forden	M60	79:21
Robert Sheehy	M55	80:32
Maree Creighton	M50	80:49
Ray Hall	M70	81:52
John Smith	M65	81:55
Terry Manford	M65	82:13
John Ellard	M60	82:24
Jim Barnes	M60	83:27
John Pellier	M60	83:45
Joan Osborne	M55	83:55
Fraser Deanus	M60	84:21
Pamela Toohey	M55	84:40
Ann Turner	M65	84:54
Wendy Clements-Green	M60	85:21
Vic Beaumont	M70	87:16
Joan Pellier	M60	93:53
Irene Ferris	M50	95:00
Elaine Dance	M50	95:41

Jo Richardson	W50	96:29
Tanya Burke	W30	1:40:40
Steve Toohey	M50	1:41:09
Jenni Shillington	W45	1:41:26
Merv Moyle	M75	1:44:35
Shorty Turner	M65	1:46:39
Margaret Bennett	W60	1:46:40

8km

Ian Davies	M55	30:17
Patrick Smith	M40	31:28
Ralph Henderson	M55	31:56
Jim Klinge	M55	32:40
Gareth Brunt	M50	34:25
Henri Cortis	M55	34:26
Amanda Walker	W35	34:47
Tessa Brockwell	W45	35:33
Frank Smith	M60	35:34
Barry Jones	M45	35:54
Margaret Langford	M55	36:16
John Pressley	M55	36:30
Ivan Brown	M55	37:35
Simon Mort	M45	37:35
John Brambley	M60	39:00
Ray Attwell	M65	40:22
Peter Airey	M65	41:08
Richard Blurton	M50	42:21
Jim Riddell	M65	42:32
David Carr	M70	42:51
John Dennehy	M40	42:55
Sean Keane	M40	44:01
Arnold Jenkins	M60	45:41
Liz Chandler	W30	45:42
Robin Leighton	W45	47:00
Merv Jones	M60	47:27
Margaret Warren	W65	47:48
John Byrne	M55	49:03
Fiona McAuley	W50	50:42
Kirt Johnson	M75	50:43
Michael Faunge	M65	51:34
Roma Barnett	W50	53:49
Ray Lawrence	M75	54:58
Julie Wood	W55	54:59
Dalton Moffett	M70	55:53
Debbie Dance	W35	56:29
Mary Heppell	W65	60:21

15km Walk

Val Millard	W55	1:40:32
Franz Oswald	M55	1:40:46
Lorraine Lopes	W60	1:44:35
John Carrington	M65	1:49:03
Lynne Schickert	W60	1:53:53
Lorna Lauchlan	W70	1:54:58
Stan Delandgrafft	M75	1:55:30
Christine Wheeler	W50	2:02:45
8km Walk		
Beryle Doust	W55	62:18
Dorothy Whittam	W65	63:06
Rex Bruce	M60	67:54
Jeff Whittam	M65	68:20
Pat Ainsworth	W65	75:58
George Schaefer	M70	75:59
Leo Hassam	M70	76:15
Keith Atkinson	M45	76:16
Pat Miller	W65	80:46
Norm Miller	M70	80:47

Another year, another run, another challenge.

Congratulations to all the competitors, both runners and walkers, who took part this year. Hopefully you found the course enjoyable and easy to follow. Certainly there should not be many complaints about the hills.

As per usual my helpers did an excellent job with special thanks to Jackie Halberg for the additional effort required to sort the results and also to Margaret Langford and John Pressley who both assisted after their run when things were becoming a little stretched.

Given the annual disappointment of some of the listed helpers not being available to assist on the day I certainly find it uplifting to have the assistance of many other willing and tireless helpers.

I look forward to next year and the challenge of getting one year to run as smoothly as we all would hope.

Gary Fisher

Joondalup Run 13.6.04

M & M Warren

10km

Jim Langford	M55	35:25
Chris Frampton	M35	38:00
Duncan McAuley	M50	38:12
Gary McLean	M40	38:46
Ralph Henderson	M55	38:52
John Allen	M45	39:47
Bob Schickert	M60	41:00
John Doust	M55	41:41
Frank Smith	M60	41:56
Doug Ashfield	M45	42:00
Blakeney Tindall	M40	42:51
Johan Hagedoorn	M60	43:17
Brian Danby	M55	43:29
Margaret Langford	W55	43:43
Mike Hale	M55	43:50
Graeme Neill	M40	44:43
Wayne Taylor	M45	46:10
David Carr	M70	46:13
Mike Rhodes	M55	46:38
Janis Malin	W55	46:46
Gillian Lees	W40	49:20
Christine Engels	W45	49:54
Roger Walsh	M60	50:20
Neil Van Graan	M50	51:21
John Smith	M65	51:42
Bob Sammells	M65	52:21
Joan Osborne	W55	52:42
Rhod Wright	M50	54:24

5km

Stephen Dunn	M35	17:44
Ian Davies	M55	18:01
Patrick Smith	M40	18:18
Jim Klinge	M55	19:04
Brian Bennett	M55	20:00
Henri Cortis	M55	20:00
Barbara Blurton	W50	21:18
Shirley Bell	W55	24:06
John Dennehy	M40	24:08
John Byrne	M55	24:14
Peggy Macliver	W60	25:15
Arnold Jenkins	M60	26:04
Michael Faunge	M65	26:18
Keith Patterson	M50	26:25
Denise Lancaster	W50	27:47
Merv Jones	M60	28:13
Julie Wood	W55	29:16
Fiona McAuley	W50	29:23
Keith Atkinson	M45	29:26
Ray Lawrence	M75	29:43
Pierre Viala	M55	30:01
Dalton Moffett	M70	32:02
Mary Heppell	W65	37:55

10km Walk

Lorna Lauchlan	W70	74:44
Dorothy Whittam	W65	76:17

5km Walk

Lorraine Lopes	W60	36:33
John Carrington	M65	36:34
Kate Patterson	W50	37:07
Patricia Hopkins	W60	39:43
Jeff Whittam	M65	41:03
Glenda Pontifex	W45	42:02
Pam Van Graan	W50	45:17
Norm Miller	M70	47:48
Pat Ainsworth	W65	48:53
Pat Miller	W65	48:53

The weather was fine, the sun came through and no wind. Great morning and this great course. Unfortunately we must apologise for the course being short by 380 metres... it was measured on a bike, and the computer was inaccurate. We did not check the computer.

The turn out was good, (72 runners and walkers) as a lot of runners were down at Fremantle. Our runs are only great with our great helpers, namely, Nola Bending & Jan Jarvis on the recording table. Rex Bruce & Peter Gare on the finishing shute (had a good chat about farming and the weather), and Bruce Hausted at the short turn. The head course marker, Morris.

*Happy running -
Margaret & Morris*

Darlington Dash 20.6.04**Frank & Gail Gardiner,
Delia Baldock.****16km**

Chris Frampton	M35	63:18
Lachlan Marr	M40	64:36
Jim Langford	M55	65:14
Darryl White	M45	65:55
Neil McRae	M50	68:34
John Allen	M45	70:23
David Baird	M60	71:32
Mike Hale	M55	71:46
Trevor Robertson	M50	71:55
Doug Ashfield	M45	74:44
Johan Hagedoorn	M60	75:27
Wayne Taylor	M45	77:11
Craig McGowan	M35	77:15
Robin King	W45	77:25
Graham Thornton	M60	78:50
Graeme Neill	M40	80:31
Phil Baker	M35	82:27
Ed Barrett-Lennard	M50	83:57
Gillian Young	W55	84:14
Julie Keeley	W35	85:08
Richard Danks	M60	88:02
John Dance	M50	88:42
Bob Schickert	M60	89:57
Jim Barnes	M60	1:30:16
John Smith	M65	1:31:05
Richard Harris	M65	1:31:31
Roger Walsh	M60	1:32:30
Dan Bending	M60	1:32:33
Ray Hall	M70	1:32:54
Ann Turner	W65	1:33:18
Pamela Toohey	W55	1:37:12
Jeff Spencer	M60	1:41:42
Rhod Wright	M50	1:43:24
Robyn Leighton	W45	1:44:29
Mary Young	W50	1:44:31
Jenni Shillington	W45	1:45:10
Vic Beaumont	M70	1:47:36
Jo Richardson	W50	1:51:41
Steve Toohey	M50	1:51:43

8km

Dave Roberts	M60	35:12
Bert Carse	M60	38:22
Margaret Langford	W55	38:39
Keith Atkinson	M45	42:21
Jim Riddell	M65	43:46
Shirley Bell	W55	44:15
Arnold Jenkins	M60	43:58
John West	M50	46:05
Val Millard	W55	47:43
Denise Lancaster	W50	48:45
Merv Jones	M60	50:00
Jackie Halberg	W55	51:29
Kirt Johnson	M75	51:48
Julie Wood	W55	52:42
Elaine Dance	W50	53:49
Ray Lawrence	M75	55:27
Shorty Turner	M65	55:38
Dalton Moffett	M70	55:50
Graham Thornton	M60	57:05
Paul Buckley	M55	57:19
Lynne Schickert	W60	58:53
Lorraine Lopes	W60	59:02

John Carrington	M65	59:34
Michael Hall	M65	59:36
Pierre Viala	M55	61:09
Jennie Smith	W50	68:33
Leo Hassam	M70	80:04

Results -Dick Horsley Trophy

1 Jim/Margaret Langford	1:43:53
2 David Roberts/Robin King	1:52:37
3 Julie Wood/Johan Hagedoorn	2:08:09
4 Elaine/John Dance	2:22:31
5 Lynne/Bob Schickert	2:28:50
6 Ann/Shorty Turner	2:28:56
7 Jennie/John Smith	2:39:38

What a perfect day we had in the picturesque hills with a cool morning and lovely fine conditions.

Thank you to the 75 runners who braved the tough up hill and back bridle trail course. As a first time race director I would like to thank everyone for their patience with the new organizers. A huge thank you to Frank Gardiner who did a sterling job re-measuring and marking out the course. Many thanks also to Gail Gardiner and all their family members and friends who were roped in to help.

Please pass on our gratitude as the run could not have been held safely without their aid. A big thank you to our other champion helpers; Joe Stickles, Mike Khan, John and Elaine Ellard and John Byrne.

Your continued support is greatly appreciated. Not to forget thanks to all the helpers who provided the delicious morning tea.

Congratulations to Jim and Margaret Langford for winning the Dick Horsley trophy! This is a perpetual event involving partners, one of each completing the 8k and 16k respectively with the total times combined. Apologies to those who found the muddy area at the bottom of the oval slippery going. Hopefully we will be able to avoid that next year. Well done to everyone who completed the course.

*Delia Baldock***To contact the Editor:****Tel:** 9382 2628**Email:**
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PO Box 197
Subiaco WA 6904**NEW AUSTRALIAN, AUSTRALIAN CHAMPIONSHIP & PENDING WORLD RECORDS - Important note for anyone even remotely likely to break a record.**

It has become apparent that athletes need to be involved much more, and take greater responsibility, for claiming their performances as records. Over the years a number of athletes have discovered all too late, and to their great disappointment, that bettering a record does not automatically mean their performance will be accepted. Certainly not as a world record.

The first and smartest action of all is to alert officials before competition even starts that there is a chance of you breaking a record.

Never assume officials will have 3 watches on you, or that they will have lap scorers, or that there are sufficient walk judges, or that someone is recording wind readings. Never assume that someone will run around collecting signatures from the starter, timekeepers or photo finish judge, field judges, or equipment officer, and then fill out a record application form for you. In fact, don't assume anyone will even have a record application form. Qualified officials will usually be able to provide a form of some kind, and assist in filling it out. However, if there is none available, please collect signatures, etc, on a sheet of paper, as soon as possible after the performance.

The WMA World Championship is the only competition where submission of world record application forms is not required. Mind you, WMA still have not accepted the W60 400m world record performance of 67.30s by Ann Stobaus in the W55 400m Final in Brisbane in 2001, despite several subsequent claims.

If you are not sure about any of this, please contact your State Statistician. All State, Australian & World record applications should be sent direct to them, not me. They will forward Australian and World record applications to me after they check them. I'm sure they will be pleased to hear of your record breaking performance via a quick phone call (followed by a claim in writing). It can be very difficult obtaining results, particularly from Masters Games, so State Statisticians may not know about your performance unless you tell them.

Clyde Riddoch, AMA Records Officer
GPO Box 1777, Melbourne Vic 3001
Telephone 03 9204 7085 (W), Mobile 0439 902 907,
Fax 03 9204 7485, Email: clyde.riddoch@auspost.com.au

*** WA Performances:**

Event	Name	Performance	%Std	Date
World Record:				
W45 5k Walk	Lyn Ventris	23:56.62	95.4%	10.4.04
Australian Record:				
W30 Weight Throw	Tracey Brown	12.18m	77.0%	12.4.04
Australian Championship Records from Melbourne at Easter (in addition to the above World & Australian Records set at the Championships):				
M70 800m	David Carr	2:29.64	95.7%	9.4.04
W45 10k Walk	Lyn Ventris	48:54	95.1%	12.4.04

(6)

"Poetry and Motion. (Am I late?)"

The bush poet came for the marathon, 'cause he'd bought the right sort of shoes.
Knowing it started at seven o'clock, and so timing the burn of his fuse.
He'd done a few musters with some of the field, so he knew all he had to do,
was stay with the pack for twenty six miles, but after he'd been to the loo.

His entry was paid and the paperwork done, to allow for the warm-up and stretch.
Loaded with carbos, he'd hydrated well; had the course on his arm in a sketch.
All of his five kilometre splits, were written quite clear up his arm.
Meticulously he'd planned his assault, to eliminate hassle or harm.

A shot rang out (or crack of whip) as he parked a distance away,
in a parking zone that was legal. He could park till the end of the day.
A warm up jog in his track suit first, then a stretch, and prepare for the run,
to the barrier, hobble his sports swag, strip off and prepare for the gun.

"Ay mate if you've entered the marathon, they left half an hour ago.
Fill in the waiver and all of these forms, for the judges, then you can go.
Do a competitor profile, and prove that you heart's up to speed.
Give us your doctor's name and address, the table you're on and you're freed."

"Before you take off, do you know the rules, and who took your policy out?
If you should cark it, or crash on the course, to whom should we give a shout?
If you buy a ticket to go to the show, you can go into the draw,
with twenty per cent at 'The Running Shop', off every shoe on the floor."

"We started early because of the heat, and altered the course a bit.
If you go now you might catch 'em up, which will help you to see if you're fit.
Run over The Narrows and follow the trail, down to the Freo Bridge.
Cross it and follow the river to Perth. We'll keep you a drink in the fridge."

He could've been a champoet, but he felt like his mount had bolted
His hopes had run off with the brumbies. His training though couldn't be faulted.
Off with a snort and a gallop he went, to rope in a straggler or two.
He heard the 'hee-haw' of a donkey's taunt, as he headed off past the zoo.

They'd moved from the first drink station, 'cause the cups were all still on the ground.
There were telltale littered sponges about, but no runners to be found.
And down around the Matilda Bay scrub, midst the reed beds and paperbark,
he lost his way on that cold bleak day, so caught a cab back to the start.

When he enters again in the future, there's one thing he's doing for sure,
is to pick up the phone and establish, what the judges are looking for.
As he reflects on the championship and things he wished he had done;
be it poet in motion or motion in poet, *be it ahead of the gun.*

Wayne Pantall © 17.5.04

Helpers July/August

18 July - Sharks

Paul Martin 9339 1648

Dan & Nola Bending, Dirk Blom,
Ivan & Penny Brown,
David Charlton, Paul Hughes,
Elaine & John Dance,
Barry & Leonie Jones, Anne Jones,
Steve & Pam Toohey.

25 July - State X C

Ralph Henderson 9401 3115

Jeff Bowen, Chris Coates, Peter Gare,
Amanda Walker, Patrick Smith,
Richard Danks, Trevor Robertson.

1 August - Bassendean

Jacqueline Billington 9279 8679

Wayne Bates, Dave Scott, Mike Khan,
Brian & Margaret Bennett,
Chris Maher, Alan Pomery,
Roma Barnett, Irene Ferris, John Mack,
Lorna Lauchlan, Kirt Johnson.

**8 August - Jorgenson X C
Committee**

Keith Martin, Mike Anderson,
Darryl White, John & Joan Pellier,
Arnold Jenkins, Ian Davies,
Elaine & John Dance, John West.

15 August - Half Marathon

Bob Sammells 9309 2293

Thea Bailey, Merv Moyle, Sue Wells,
Dee Haines, Jim Halliday,
Audrey & Aldo Giacomini,
Greg Tower, Debbie Dance,
Marg Neill, John Frost.

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

by VISA MASTERCARD BANKCARD

Card Number:

Expiry date: Cardholder's name.....Signature.....



PURPOSE:

The objective of the club is to encourage and promote masters athletics, general fitness and to provide training and competition within the jurisdiction of the Athletic Association of WA. 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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PO Box 197, SUBIACO WA 6904

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Running Gear

Contact Maggie Flanders: 9339 2728

Club Clothing in the new Masters livery:

- ▶ **WINDCHEATERS** \$25.00
- ▶ **COMPETITION SINGLETS** \$25.00
- ▶ **LONG SLEEVED T-SHIRTS** \$20.00
- ▶ **SHORT SLEEVED T-SHIRTS** \$18.00

