



VETRUN



MASTERS ATHLETICS WA NEWSLETTER

Patron: Bill Hughes - President: Val Millard - Correspondence: The Secretary MAWA, 11a Dandenong Rd, Attadale, WA 6156
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May 2005 - Number 374

Pleasant Run, Deepwater Point



Success in Brisbane

Some of WA's leading contenders for medals were unable to compete at the AMA T & F Championships in Brisbane over the Easter weekend. However the relatively small contingent of 17 athletes was successful in bringing home a total of 38 medals: 17 Gold, 10 Silver and 11 Bronze. The most prolific winners were David Carr and Irwin Barrett-Lennard, each with 3 Gold medals, while 90% + age-graded performances were registered by Barbara Blurton, David Carr and Henri Cortis. Full results may be found on page 5.



MASTERS ATHLETICS WA
MINUTES of ANNUAL GENERAL MEETING
Monday 18 April 2005
Hockey Club Rooms, Floreat

MEETING OPENED: The meeting commenced at 7.02 pm. It was noted that the Agenda was in the April *Vetrun*.

ATTENDANCE: As per the attendance book, there were 45 members present, and 10 apologies.

MINUTES OF PREVIOUS MEETING: Moved Cecil Walkley seconded by Chris Maher that the minutes of the 2004 Annual General Meeting as published in the May 2004 *Vetrun* newsletter be accepted as correct. Carried.

MATTERS ARISING FROM MINUTES: Nil.

REPORTS

President: The President's report to the meeting thanking the many members who had contributed to the success over the year. Significant developments during the year included the following. At Sunday events the provision of a finish chute (thanks to Kirt Johnson) and chest numbers (Jim Barnes) both of which have greatly assisted in reducing delays. The growing number of younger members at track and field. The redevelopment of Coker Park which when work was underway caused a downturn in numbers but should result in an increase in the future. Commencement of track events at Coker each Thursday evening (6pm start) during the April to September period.

Secretary: The Secretary's report was published in the April 2005 *Vetrun* newsletter. Moved by Vic Beaumont seconded by Barbara that the Secretary's report be accepted. Carried

Treasurer: The Treasurer's report showing receipts for year \$43,059.90 and payments \$42,852.69 (excluding \$15,000 transferred to a club term deposit) was presented along with the Auditor's report. Moved Roger Walsh seconded Dorothy Whittam that both reports be accepted. Carried. It was noted that the club is still in a strong financial position.

TROPHIES

Patron's Trophy - this is awarded annually for the track and field points competition.

- **Men** David has won 12 of the 19 times held **David Carr**
2nd Henri Cortis 3rd Bob Schickert
- **Women** First win **Liz Neville**
2nd Robin King 3rd Lynne Schickert

Handicap Trophy **Helen Lysaght**
Equal 2nd Jim Langford and Kim Thomson

Achievement Award **Henri Cortis**

Nominees who meet criteria of significant improvement of athletic performance and significant contribution to the administration of the club. Henri Cortis, Jeff Whittam and Johan Hagerdoorn.

John Gilmour Trophy most outstanding performance during 2004/5 **Lyn Ventris**
18 performances 11 athletes over 90% during the year were announced.
Best 20K walk 99.09,100.08% W48

Athlete of the Meet (WA Track & Field Championships) **Lyn Ventris**
(W48 5K walk 23.42.5 97.16%)

In the 12 months 112 State records were set, 8 Australian records (Tracey Brown, Lyn Ventris, Dave Simmons, David Clive, Raema McMillan) and 3 World records by Lyn Ventris.

Thanks to Campbell Till, Club Statistician for these details.

ELECTION OF OFFICE BEARERS

	Nominee	Nominated	Seconded
President	Val Millard	Jim Barnes	Bob Schickert
Vice President	Barbara Blurton	Val Millard	Bob Schickert
Secretary	Bob Schickert	Jim Barnes	Val Millard
Treasurer	Roger Walsh	Bob Schickert	Damien Hanson
Committee	Jim Barnes	Val Millard	Barbara Blurton
	Damien Hanson	Bob Schickert	Roger Walsh
	Jackie Halberg	Val Millard	Lynne Schickert
	Helen Lysaght	Bob Schickert	Val Millard

Nominations were accepted by all members present at meeting and all office bearers were elected unopposed.

APPOINTMENT OF OFFICIALS

The following people were appointed to these positions by the meeting.

Patron	Bill Hughes	Statistician	Campbell Till
Newsletter production	-	Registrar, AthleticA summer	Valerie Prescott
Handicapper	Keith Atkinson	Registrar, AthleticA winter	David Carr
Auditor	John Mison	(2)	

(Minutes of MAWA AGM Ctd.)

LIFE MEMBER

Jim Barnes nominated by Bob Schickert, Valerie Millard and Lynne Schickert.
Val Millard nominated by Jackie Halberg, Bob Sammells and Keith Atkinson.
Both nominations had been approved by the committee. Carried

NOTICES OF MOTION

No notices of motion were received to amend the Constitution.

GENERAL BUSINESS

As there has been no nomination this year for the position of *Vetrun* editor on a voluntary basis the President presented a proposal from club member Vic Waters (a former voluntary editor) to carry out the editors role on a paid basis as that is the type of work he does in his employment. The rate he would charge MAWA is less than half his normal rate to clients. The extra cost has been estimated at about \$320 per month which is about \$7.50 per member per annum. Proposed by Val Millard seconded Paul Hughes that a three or four month trial be conducted on the basis of the Vic Waters proposal and that the committee review and decide on the future basis at the end of that time. Carried

Bob Schickert pointed out to members present that the program for 2005/6 provided in the March *Vetrun* was a draft only for use by members when indicating the dates they would act as a helper. The final program will be included with the May *Vetrun* and will show details of the new committee. There is at least one change of date from the draft ie membership run and State T/F Champs swap due to arrangements at Coker Park.

Mark Rosen queried why a number of winter events start from Burswood Park when the superior facilities are available at the Water Sports Centre which is also the WAMC clubrooms. The committee undertook to investigate.

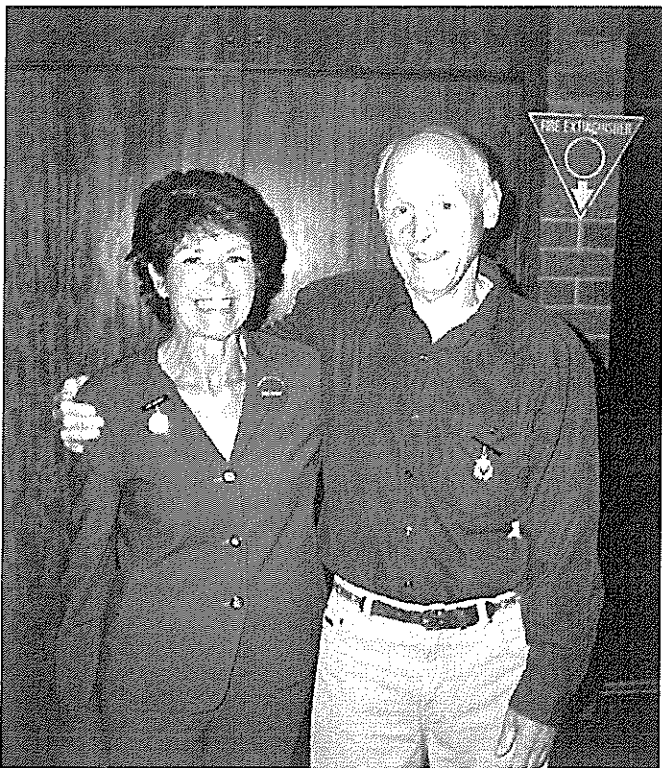
Jeff Whittam queried the sequence of the events in the RWC asking for the 10K to be before the 15K. Agreed that this will be investigated by the committee for the 06/07 program.

Jeff Whittam proposed a vote of thanks to the outgoing committee. Carried.

As there was no more business, the President thanked the members for their contribution and closed the meeting at 8.29 pm.

Bob Schickert

Secretary, Masters Athletics WA 19.04.2005



New MAWA Life Members Val Millard and Jim Barnes



Racewalker Lyn Ventris receives her trophy for Best Athletic Performance for the 2004 - 5 Year from John Gilmour at the MAWA AGM

MASTERS ATHLETICS WA
Summary of Receipts & Payments 2004-2005

Receipts		Payments	
10km Handicap	\$73.00	Badges	\$127.88
Badges	\$24.00	Bank Fees	\$1,399.42
Clothing Receipts	\$3,013.00	Chest Numbers	\$2,750.00
Dinner Dance	\$1,750.00	Clothing Purch.	\$6,371.40
Donations	\$40.00	Dinner Dance	\$1,760.00
Donnelly River	\$2,230.00	Donnelly Rvr. camp	\$1,990.00
Hire Facilities	\$880.00	Drinking Cups	\$309.84
Interest	\$1,021.50	Equipment Repair	\$390.32
Jarrahdale Weekend	\$2,220.00	Equipment Purch.	\$3,103.75
Jorgensen Park	\$2,100.00	Jarrahdale W/knd	\$1,990.78
Membership Fees	\$14,830.00	Jorgensen Park	\$2,287.00
Presentation Day	\$1,640.00	Medals/Trophies	\$2,643.95
Refund Deposits-Venues	\$1,000.00	Nat. Affiliation Fees	\$3,598.00
Sponsorship	\$2,000.00	Postage/Stationery	\$672.69
State Championships	\$5,065.20	Presentation Day	\$1,620.00
Sundries	\$222.50	State Champs	\$1,412.39
Track & Field	\$3,640.75	Sundries	\$191.98
Visitors Fees	\$1,309.95	Telephone	\$42.55
Total Receipts	\$43,059.90	Travel	\$1,208.40
		Venue Costs	\$2,371.00
		Vetrun Postage	\$1,761.56
		Vetrun Print	\$4,623.30
		Website Costs	\$226.48
		Total Operating Payments	\$42,852.69
		Add Transfer to Term Deposit	\$15,000.00
		Total Payments	\$57,852.69

Cash on hand as at 31 March 2005:

Bankwest cheque account	\$10,947.41
Term Deposit 035-698506.7	\$13,272.49
Term Deposit 05558066-9	\$21,751.07
Total Cash	\$45,970.97

Clothing Stock on Hand
as at 31 March 2005 \$3,674.00

Roger Walsh , Treasurer 18.04.05

**Autumn - Winter - Spring
Track Sessions at Coker Park**

We have obtained permission from Canning Council to use the Coker Park track each Thursday evening (except for 2 June) to the end of September.

Our sessions will start at 6.00pm; club members will be charged \$3 for participating and visitors \$5.

Each month's program will be published in *Vetrun*; the program for May is as follows:

5 May

300m - 60m - 200m - 5000m run & walk

12 May

100m - 600m - 200m - 3000m run & walk

19 May

60m - 1000m r & w - 100m - 5000m r & w

26 May

200m - 800m - 300m - 3000m run & walk

Tea, coffee and biscuits will be provided - but bring your own mug!

Any queries please to Barbara Blurton on 9293 0190

A Plea from the Recorders

This is a plea from those who have the job of establishing, at the end of a Sunday run:

- (a) what the competitor's number is (often the chest number is missing or obscured);
- (b) whether the competitor has run or walked (most people slow to a walk in the shute);
- (c) what distance the competitor has run or walked.

These things are not immediately apparent to those at the table - especially when there's a mass finish! In spite of your tiredness at the end of the course, please ensure that the recorders are left in no doubt as to your number and the event in which you competed.
Thank you.

Get Well Soon Morris!

Morris Warren recently had an argument with a truck, while riding his bike. We gather that his helmet was a write-off - but Morris is gradually recuperating at home and hopes to be back participating at Sunday runs soon.

**A Big Welcome to
our New Members!**

687 Scott Claxton	M36
688 Debbie Wolfenden	W41
689 Sandra Kallio	W40

Results in this Issue:

- Pleasant Run, 27 March
- Membership Run, 3 April
- Point Walter Run, 10 April
- Pagoda Run, 17 April

- National T & F Championships, Brisbane, 25-28 March
- State T & F Championships (Full results of Pentathlon/Wt Pentathlon)
- Coker Park Track 14 & 21 April

2005 AMA Championships WA Performances in Brisbane

100m

W50
1 Choate, Lynne W52 14.31 89.94%

W70
1 Carr, Patricia W73 18.70 84.87%

M35
2 Kennedy, Brendan M36 11.96 83.36%
7 Davey, Shane M36 12.94 77.05%

200m

W50
3 Choate, Lynne W52 30.71 84.70%

M35
2 Kennedy, Brendan M36 24.71 81.71%

M55
7 Cortis, Henri M59 27.87 85.54%

M70
1 Carr, David M72 29.80 89.26%

400m

W50
3 Choate, Lynne W52 77.11 76.85%

W55
1 Blurton, Barbara W55 64.68 94.29%

M55
6 Cortis, Henri M59 59.70 88.01%

M65
3 Sander, Leon M68 73.31 77.93%

M70
1 Carr, David M72 64.60 94.83%

800m

W55
1 Blurton, Barbara W55 2:31.66 89.39%

M40
4 Schultz, Jon M43 2:10.43 84.88%

M55
3 Cortis, Henri M59 2:18.39 91.08%

M60
5 Brown, Ivan M60 2:46.93 76.19%

M65
7 Foley, Brian M61 2:50.18 75.48%

M65
2 Sander, Leon M68 2:58.43 77.49%

M70
1 Carr, David M72 2:31.66 95.70%

1500m

M55
3 Cortis, Henri M59 4:53.08 88.84%

M60
4 Brown, Ivan M60 5:37.22 77.87%

M61
5 Foley, Brian M61 6:15.22 70.54%

M65
2 Sander, Leon M68 6:18.03 74.12%

M70
2 Carr, David M72 5:58.66 81.91%

5000m

M60
4 Brown, Ivan M60 21:11.57 74.72%

M70
1 Simmonds, David M70 22:56.46 76.77%

M75
1 B-Lennard, Irwin M75 23:20.25 80.55%

8km Cross Country

M60

3 Schickert, Bob M63 36:03.0h 74.08%

5 Brown, Ivan M60 38:42.0h 66.99%

- Foley, Brian M61 DNF

M75
1 B-Lennard, Irwin M75 40:47.0h 75.48%

10000m
M60
3 Schickert, Bob M63 44:46.70 75.34%

M75
1 B-Lennard, Irwin M75 47:43.19 81.50%

5000m Walk
W55
1 Millard, Valerie W58 33:34.88 75.14%

W60
3 Schickert, Lynne W63 33:58.37 78.21%

10km Road Walk
W55
1 Millard, Valerie W58 1:09:10.0 74.23%

W60
3 Schickert, Lynne W63 1:11:00.0 76.12%

2000m Steeplechase
W60
1 Schickert, Lynne W63 12:56.67 66.67%

M60
2 Schickert, Bob M63 8:32.15 84.10%

M70
2 Simmonds, David M70 9:33.48 83.30%

Men 4x100m Relay 160+
5 WA 'A' 51.98

Davey 36, Kennedy 36, Cortis 59, Carr 72

Men 4x400m Relay 220+
3 WA 'A' 4:15.26

Kennedy 36, Schickert 63, Cortis 59, Carr 72

Long Jump

W60
1 Macliver, Peggy W60 3.86m 74.95%

2 Schickert, Lynne W63 2.64m 53.99%

W70
1 Carr, Patricia W73 3.16m 77.83%

M35
5 Davey, Shane M36 4.85m 57.60%

M65
7 Sander, Leon M68 3.77m 69.05%

Triple Jump
W60
1 Schickert, Lynne W63 5.99m 64.00%

Shot Put
M35
4 Davey, Shane M36 8.41m 36.38%

Discus Throw
M35
4 Davey, Shane M36 23.39m 31.57%

M65
4 Sander, Leon M68 24.03m 43.73%

Hammer Throw
M35
2 Davey, Shane M36 25.04m 29.14%

(5)

Javelin Throw

M35
5 Davey, Shane M36 29.42m 31.68%

M65

6 Sander, Leon M68 26.25m 47.37%

Weight Throw

M35
2 Davey, Shane M36 7.90m 31.74%

Pentathlon
M35
4 Davey, Shane M36 1701

M65
4 Sander, Leon M68 2798

Weight Pentathlon
M35
3 Davey, Shane M36 1469

Happy Birthday to our May Members!

Mike Anderson M57 still M55

Michel Bermudes M34 still M30

David Brown M58 still M55

Tanya Burke W34 still W30

Maree Creighton W55 → W55

Pieter De Klerk M46 still M45

Chris Frampton M40 → M40

Peter Gare M65 → M65

Aldo Giacomini M69 still M65

John Gilmour M86 still M85

Bryan Hardy M62 still M60

Leo Hassam M75 → M75

Bernadette Height W48 still W45

Judi Hill W57 still W55

Paul Hughes M53 still M50

Arnold Jenkins M61 still M60

Allyson Joseph W45 → W45

Fred Langford M59 still M55

Ray Lawrence M77 still M75

Carole Lawson W38 still W35

Erica Mercer W62 still W60

Pat Miller W67 still W65

John Mison M58 still M55

David Morgan M52 still M50

Colin O'Sullivan M50 → M50

Alan Pomery M74 still M70

Glenda Pontifex W49 still W45

John Pressley M60 → M60

Jim Riddell M66 still M65

Glenice Shanahan W81 still W80

Paul Slyth M63 still M60

Jennie Smith W51 still W50

Neil Van Graan M54 still M50

Roger Walsh M62 still M60

Vic Waters M61 still M60

Sue Wells W54 still W50

David Willmer M51 still M50

Bruce Wilson M60 → M60

Silvio Wirth M57 still M55

Dave Wyatt M54 still M50

Pleasant Run 27.3.05**Maggie Flanders & Pat Ainsworth****7.5km Run**

Paul Hughes	M50	?
Darryl White	M45	?
Ian Davies	M55	?
Geoff Barrett	M40	?
John Allen	M45	27:24
John Collier	M35	27:29
Gary McLean	M40	28:00
Deborah Gardner	W35	28:39
Michel Bermudes	M30	28:40
Ola Ovstedal	M40	28:41
Mike Hale	M55	29:11
Doug Ashfield	M45	29:14
Johan Hagedoorn	M60	29:22
Paul Burke	M30	29:29
Colin Chisolm	M40	29:49
David Baird	M60	29:58
Brian Danby	M55	30:09
David Muir	M60	30:11
Tessa Brockwell	W45	30:41
John Mack	M60	31:00
Barry Jones	M45	31:36
Andrew Cook	M35	31:43
John Oldfield	M60	31:52
Gary Fisher	M50	32:41
Brian Bennett	M55	32:51
Sean Keane	M40	33:00
Wayne Bates	M60	33:42
Neil McRae	M50	33:48
John Brambley	M60	34:12
Wayne Taylor	M45	34:16
Julie Keeley	W35	34:19
Alan Thorniley	M50	34:31
John Ellard	M60	34:35
Karen March	W40	34:44
Christine Engels	W45	34:49
Paul Martin	M60	35:14
Helen Lysaght	W50	35:20
Mike Anderson	M55	35:22
Leonie Jones	W45	36:02
Jim Barnes	M60	36:20
Jim Riddell	M65	36:33
Liz Chandler	W35	36:53
Terry Manford	M65	36:54
John Dance	M55	36:57
Bob Sammells	M65	37:05
Wendy Cl-Green	W60	37:06
John Smith	M70	37:07
Richard Harris	M65	37:17
Stan Lockwood	M75	37:25
Graham Thornton	M60	37:47
Michael Faunge	M65	38:02
Aldo Giacomini	M65	38:31
Ray Hall	M70	38:32
Brian Smith	M65	38:51
Pamela Toohey	W55	39:29
Merv Jones	M65	39:44
Vic Beaumont	M75	40:47
Arnold Jenkins	M60	41:57
Bob Fergie	M65	42:20
Tanya Burke	W30	42:30
Christine Oldfield	W60	42:39

Jo Richardson	W50	44:12
Jennie Smith	W50	45:32
Ray Lawrence	M75	46:04
Julie Wood	W55	46:16
Elaine Dance	W50	46:18
Sheila Maslen	W65	46:33
Margaret Bennett	W60	48:10
Shorty Turner	M65	48:10
Steve Toohey	M55	48:12
Bev Whitfield	W40	48:42
Dalton Moffett	M70	49:31
Mary Heppell	W65	49:31
Debbie Dance	W35	50:27
Ian Lyon	M65	51:28
Ron Spencer	M65	52:20
Jodi Brauer	W30	55:15
Jenni Shillington	W45	55:16

7.5km Walk

John Carrington	M70	50:57
Lorraine Lopes	W65	50:58
John Frost	M65	52:53
Dick Blom	M70	52:54
Jeff Whittam	M70	54:54
Dorothy Whittam	W65	56:44
Mitch Loly	M60	58:27
Mike Taylor	M50	62:16
Ann Turner	W65	63:16
Patricia Hopkins	W60	63:16
Rex Bruce	M60	63:48
Norm Miller	M70	63:55
Leo Hassam	M70	63:59
George Schaefer	M70	63:39
Allen Tyson	M80	64:49

This was our Easter Sunday run, and it turned out to be a beautiful morning. We had 104 runners/walkers including 10 visitors. Parking was a problem for some, and they had to park some distance from the start. and as a consequence, the run had started when they arrived. For this we apologise. We decided, for safety reasons, to do one circuit of the Bridges this year, as one walkway of Mt Henry Bridge was closed. Most seemed to enjoy themselves, and a great big thank you to our helpers, namely, Jim Barnes, David Charlton, Christine Wheeler, Mireille Tewfik, Keith Atkinson, and Pat Miller. Next year the run is moving to Piney Lakes. Thanks to everyone...

Maggie and Pat

Membership Run 3.4.05**Brian Danby****11.6km Run**

Geoff Barrett	M40	46:46
Jim Klinge	M55	47:39
Neil McRae	M50	48:12

Mike Hale	M55	50:36
Dave Muir	M60	51:09
Mark Sivyer	M55	51:50
John Mack	M60	51:53
Bob Schickert	M60	52:40
David Reid	M50	53:13
Johan Hagedoorn	M60	53:30
Sean Keane	M40	53:32
Gary Fisher	M50	54:24
John Doust	M55	55:55
Don Pattinson	M50	55:56
Brian Bennett	M55	56:21
Karen March	W40	56:47
Jim Barnes	M60	56:48
Mike Khan	M60	57:32
Helen Lysaght	W50	58:01
Nick Miletic	M50	58:11
Wayne Bates	M60	58:14
Mike Anderson	M55	58:32
David Carr	M70	59:26
Paul Martin	M60	61:09
John Smith	M70	61:09
John Dance	M55	61:36
Wendy Cl-Green	W60	63:24
Liz Chandler	W35	63:40
Bob Sammells	M65	64:07
Ray Hall	M70	64:41
Pamela Toohey	W55	66:41
Sue Bullen	W45	66:47
Joe Stickles	M65	67:53
Merv Jones	M65	70:15
Rhod Wright	M55	70:15
Jeff Spencer	M60	70:15
Joan Pellier	W65	71:09
Vic Beaumont	M75	73:24
Steve Toohey	M55	75:44
Sheila Maslen	W65	78:11
Shorty Turner	M65	79:31
Margaret Bennett	W60	79:56
Jenni Shillington	W45	79:56
Debbie Dance	W35	79:57

5km Run

Chris Coates	M50	19:34
Bernard Mangan	M50	19:48
Henri Cortis	M55	21:24
Ivan Pilton	M60	21:25
Bill Jones	M55	22:16
Barbara Blurton	W55	22:27
Vic Waters	M60	23:38
Frank Smith	M60	23:39
Hamish McGlashan	M65	23:52
John Pressley	M55	24:00
John Dennehy	M45	24:41
Jim Riddell	M65	24:49
Chris Pattinson	W45	25:50
Delia Baldock	W40	25:57
Michael Faunge	M65	27:12
Arnold Jenkins	M60	27:14
Brian Foley	M60	27:30
Aldo Giacomini	M65	27:47
Bev Whitfield	W40	29:11
Jackie Halberg	W55	29:17
Kirt Johnson	M75	29:35
Julie Wood	W55	32:19
Pierre Viala	M55	32:20

Jennie Smith	W50	32:24
Elaine Dance	W50	32:29
Dalton Moffett	M70	33:55
David Brown	M55	34:06
Ray Lawrence	M75	35:13
Mary Heppell	W65	37:32
Phyllis Farrell	W60	37:33
Paul Hughes	M50	44:20
Darryl White	M45	45:55

11.6km Walk

Lynne Schickert	W60	79:10
John Carrington	M70	79:36
Lorraine Lopes	W65	81:23

5km Walk

Val Millard	W55	34:04
John Frost	M65	37:05
Dick Blom	M70	37:06
Dorothy Whittam	W65	39:16
Lesley Romeo	W60	39:17
Beryle Doust	W55	39:18
Rex Bruce	M60	39:19
Mitch Loly	M65	40:01
Jeff Whittam	M70	40:01
Ann Turner	W65	44:05
Patricia Hopkins	W60	44:05
Leo Hassam	M70	46:03
Norm Miller	M70	46:04
Maggie Flanders	W65	46:31
Alan Pomery	M70	46:32
John Bailey	M75	49:44
Barbara Bailey	W75	49:44
Ernie Moyle	M75	53:54
Jacqueline Billington	W60	55:23

Point Walter 10.4.2005**Val Millard****16km Run**

Paul Hughes	M50	62:59
Gary McLean	M40	64:53
Alan James	M50	65:58
Jim Klinge	M55	66:32
John Allen	M45	67:55
Graeme Uren	M35	69:43
Gary Carlton	M45	70:00
Ola Ovstedal	M40	70:16
Johan Hagedoorn	M60	71:48
David Baird	M60	72:14
John Bell	M55	72:33
David Muir	M60	72:38
Brian Danby	M55	72:47
Bob Schickert	M60	72:58
Mark Sivyer	M55	73:29
David Reid	M50	74:45
Neil McRae	M50	74:53
Robin King	W45	75:08
Don Pattinson	M50	75:09
John Mack	M60	75:54
Irwin B-Lennard	M75	76:04
Gary Fisher	M50	77:22
Jeanette Tiverios	W45	77:40
Robert Sheehy	M55	77:46
Keith Atkinson	M45	79:25
Terry Humphrey	M50	79:34
Helen Lysaght	W50	80:17
Wayne Taylor	M45	80:51

Graham Thornton	M60	80:57	Leonie Jones	W45	25:05	<i>you all and see you again next year. Val Millard</i>	John Bocian	M50	49:24	
Wayne Bates	M60	80:59	Peter Airey	M65	25:24		Vic Waters	M60	50:06	
Jim Barnes	M60	81:03	Jim Riddell	M65	25:27	Sandra Kallio	W40	50:48		
Christine Engels	W45	81:42	Barbara Humphrey	W50	25:56	Mike Khan	M60	51:06		
Karen March	W40	81:46	Roger Walsh	M60	27:01	Mike Anderson	M55	51:15		
Mike Khan	M60	82:28	Damien Hanson	M50	29:17	Chris Pattinson	W45	52:07		
Nick Miletic	M50	82:46	Kirt Johnson	M75	30:07	Terry Manford	M65	53:27		
Julie Keeley	W35	83:15	Julie Wood	W55	31:06	Wendy Cl-Green	W60	54:34		
Shirley Bell	W55	83:41	Jackie Halberg	W55	31:07	Bob Sammells	M65	55:00		
John Brambley	M60	84:02	Ray Lawrence	M75	32:37	Roger Walsh	M60	56:15		
John Pellier	M65	84:16	Ron Spencer	M65	34:37	Ray Hall	M70	58:07		
John Smith	M70	84:34	Elaine Ellard	W60	35:10	Arnold Jenkins	M60	59:33		
Chris Pattinson	W45	84:46	Vic Beaumont	M75	35:40	Bev Whitfield	W40	61:45		
John Ellard	M60	88:17	Phyllis Farrell	W60	37:34	Irene Ferris	W50	62:02		
John Dance	M55	88:18	16km Walk			Jennie Smith	W50	66:24		
Stan Lockwood	M75	89:56	Lorraine Lopes	W65	124:29	Sheila Maslen	W65	66:43		
Liz Chandler	W35	92:38	John Carrington	M70	124:29	Debbie Dance	W35	71:48		
Richard Harris	M65	92:42	8km Walk			5km Run				
Reece Waldock	M50	92:44	Dick Blom	M70	59:01	Dirk Klicker	M30	17:37		
Robert Thomson	M55	92:49	Jeff Whittam	M70	62:59	Ian Davies	M55	17:54		
Sue Bullen	W45	95:18	Dorothy Whittam	W65	63:30	Stephen Dunn	M35	20:14		
Kevin Payne	M45	95:42	Patricia Hopkins	W60	66:16	Henri Cortis	M55	20:18		
Pamela Toohey	W55	96:49	Mitch Loly	M65	66:32	Amanda Walker	W35	20:20		
Merv Jones	M65	99:03	Alan Pomery	M70	67:46	Raymond Gimi	M40	21:53		
Joan Pellier	W65	105:26	Rex Bruce	M60	68:01	Ivan Brown	M60	22:33		
Jo Richardson	W50	111:00	Sue Wells	W50	72:53	Hamish McGlashan	M65	23:52		
Shorty Turner	M65	113:29	Norm Miller	M70	76:23	Leonie Jones	W45	24:59		
Margaret Bennett	W60	113:29	5km Walk			Barry Jones	M45	25:00		
Peter Ryan	M55	121:19	John Frost	M65	35:44	Jim Riddell	M65	25:12		
8km Run			Beryle Doust	W55	36:47	Peter Airey	M65	25:46		
Michel Bermudes	M30	28:34	Mike Taylor	M50	43:10	Michael Faunge	M65	26:39		
Ian Davies	M55	28:41	Maggie Flanders	W65	44:52	Delia Baldock	W40	27:06		
Jim Langford	M60	32:01	Pat Miller	W65	48:38	Damien Hanson	M50	27:40		
Vance Mitsopoulos	M50	32:46	Ernie Moyle	M75	54:26	Liz Chandler	W35	28:43		
Frank Smith	M60	32:51	Lorna Lauchlan	W75	57:24	Julie Wood	W55	29:56		
John Collier	M35	33:57	<i>The weather was perfect for the first of the year's longer distance runs, sunny and cool. A total of 164 runners and walkers competed over the 5km, 8km and 16 km courses and some excellent times were recorded. A large number of visitors entered the event, including about 15 students from Aquinas College, who added great interest to the 5km race. I think the boys were surprised at the good runners we have in the Club. Hopefully, some of the visitors will have enjoyed the run so much they'll return and join as members.</i>					Kirt Johnson	M75	29:58
Robyn Mitsopoulos	W50	35:46						Christine Engels	W45	80:57
John Pressley	M55	38:26	Jim Barnes	M60	81:14	Roma Barnett	W55	36:32		
Dan Bending	M60	38:50	John Pellier	M65	82:04	Phyllis Farrell	W60	37:52		
Vic Waters	M60	39:02	Karen March	W40	82:38	Glenice Shanahan	W80	73:32		
Mike Anderson	M55	39:11	Paul Martin	M60	83:16	16km Walk				
Paul Martin	M60	43:17	John Ellard	M60	84:48	Val Millard	W55	112:27		
Bob Sammells	M65	43:27	John Smith	M70	86:10	John Carrington	M70	117:17		
Wendy Cls-Green	W60	43:43	David Carr	M70	86:13	Lorraine Lopes	W65	117:21		
Terry Manford	M65	44:10	John Dance	M55	88:08	Lynne Schickert	W60	119:29		
Ray Hall	M70	46:18	Stan Lockwood	M75	88:10	10km Walk				
Arnold Jenkins	M60	46:30	Jane Elton	W35	89:01	David Brown	M55	66:56		
Irene Ferris	W50	47:48	Richard Harris	M65	89:39	Dick Blom	M70	73:35		
Jennie Smith	W50	52:36	Mary Young	W50	91:48	Dorothy Whittam	W65	80:25		
Sheila Maslen	W65	52:55	Sue Bullen	W45	93:16	Rex Bruce	M60	80:46		
Jenni Shillington	W45	55:39	Pamela Toohey	W55	94:34	Patricia Hopkins	W60	83:17		
Mary Heppell	W65	57:05	Jeff Spencer	M60	99:56	Mitch Loly	M65	83:22		
5km Run			Merv Jones	M65	99:57	Alan Pomery	M70	87:15		
Rob Catrall	M45	17:40	Joan Pellier	W65	101:47	5km Walk				
Diane Hawley	W50	18:00	Vic Beaumont	M75	102:24	Sue Wells	W50	43:29		
Patrick Smith	M40	18:19	Jo Richardson	W50	110:52	Maggie Flanders	W65	44:53		
Deborah Gardner	W35	19:45	Elaine Dance	W50	110:53	Lorna Lauchlan	W75	45:40		
Stephen Dunn	M35	19:58	10km Run			Pat Ainsworth	W65	45:45		
Dave Roberts	M60	20:33	Jim Klinge	M55	40:33	Barbara Bailey	W75	50:40		
Raymond Gimi	M40	21:39	Jim Langford	M60	41:11	John Bailey	M75	50:41		
David Carr	M70	21:46	Frank Smith	M60	41:24	Ernie Moyle	M75	55:29		
Barbara Blurton	W55	22:03	Ralph Henderson	M55	41:48	<i>122 athletes set off in overcast conditions to tackle the Pagoda run. The route of this run seems to change slightly almost each</i>				
Henri Cortis	M55	22:06	David Muir	M60	45:31					
Hamish McGlashan	M65	23:30	Bill Jones	M55	46:08					
John Dennehy	M45	24:39	Gary Fisher	M50	47:56					

year. Again we had to cross a couple of potentially busy roads. Thanks to our marshals at these points – Ron Spencer, John Brambly and Troy Lundgren – and to you the runners – we negotiated these crossings without problems.

Apologies to those members who went to Burswood for the start, but thanks to Jim Barnes for putting up a sign and for being there himself to direct you to McCallum Park.

Some good times were recorded and I heard a number of athletes say "that's the first time I've run that distance".

Well done to you all!

Many thanks to my helpers, both those on my rostered list and those who answered my call for help: Patricia Carr, Barrie Thomsett, Ron Spencer, John Brambly, Merv Moyle, Christina Rompotis, Troy Lundgren, Jeff Whittam, Neil McRae, Janis Malin, Leo Hassam, Steve Toohey, and special thanks to Mary Heppell who helps to put out the flags, and then doubles up at a drink station.

See you next year at McCallum Park.
Jackie Halberg.

IMPORTANT STATEMENT

That particular health food fanatic at Jarrahdale camp who was seen tucking into a pie, has requested that we print the fact that he was seen eating an apple at Point Walter after the 15km run.

He states that on the rare occasions he has eaten a steak or sprinkled salt, he has been seen by all and sundry; no subterfuge has been entered into.

Coker Park 14.4.05

100m		
Colin Smith	M40	13.0
Richard Parker	M45	13.5
David Clive	M65	14.0
Brian Hewitt	M50	14.9
Roy Fearnell	M60	13.7
Delia Baldock	W40	14.9
Bob Schickert	M60	16.6
David Carr	M70	18.3
Patrick Smith	M40	14.5
Jim Riddell	M65	17.2
Pat Carr	W70	19.3
Lynne Schickert	W60	23.4
600m		
Campbell Till	M45	1.33.7
Patrick Smith	M40	1.39.2

Brian Hewitt	M50	1.47.6
Barbara Blurton	W55	1.48.4
Richard Parker	M45	1.54.2
John Dennehy	M45	1.54.7
Bob Schickert	M70	1.56.4
Toni Phillips	W30	1.58.1
Tom Lenane	M45	2.05.4
Roy Fearnell	M60	2.12.1
Delia Baldock	W40	2.16.7
Jim Riddell	M65	2.30.4

200m		
Colin Smith	M40	26.6
Richard Parker	M45	27.3
David Clive	M65	27.8
Brian Hewitt	M50	30.8
Bob Schickert	M60	35.2
Delia Baldock	W40	32.6
Jim Riddell	M65	39.6
Pat Carr	W70	42.9
Lynne Schickert	W60	46.3

3000m		
Patrick Smith	M40	11.07.5
Bob Schickert	M60	11.46.8
David Carr	M70	12.42.5
Campbell Till	M45	13.13.1
Richard Parker	M45	14.56.2

3000m Walk		
Tom Lenane	M45	18.50.4
Val Millard	W55	19.23.0
Lynne Schickert	W60	19.35.1

Coker Park 21.4.05

*Pending Australian Record

100m		
Colin Smith	M40	12.6
Richard Parker	M45	13.1
David Clive	M65	14.9
Delia Baldock	W40	15.1
David Carr	M70	16.9
Jim Riddell	M65	17.0
Pat Carr	W70	19.3

1500m		
Ian Davies	M55	4.54.0
Richard Parker	M45	5.52.4
Gill Edmonds	W40	7.22.9

1500m Walk		
Lynne Schickert	W60	9.38.3
Stan Jones	W75	9.46.0

400m		
Henri Cortis	M55	62.2
Barbara Blurton	W55	63.3*
John Dennehy	M45	68.3
Jim Riddell	M65	83.1
David Carr	M70	87.6
Colin Smith	M40	55.8
Campbell Till	M45	56.5
David Clive	M65	62.8
Richard Parker	M45	62.9
Roy Fearnell	M60	63.4
Toni Phillips	W30	64.7
Delia Baldock	W40	72.6

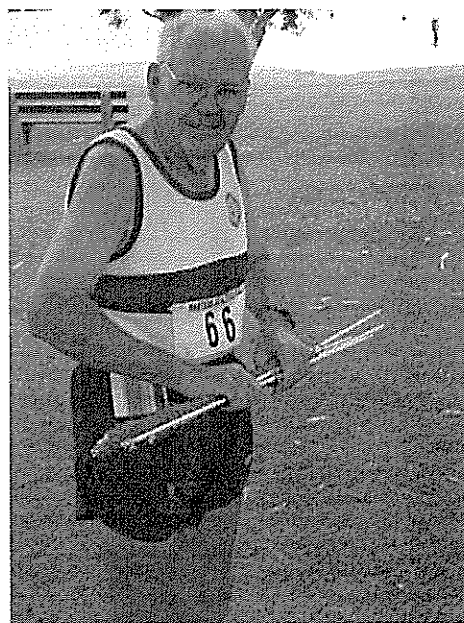
3000m		
Bob Schickert	M60	11.45.5
Henri Cortis	M55	12.31.5
Richard Parker	M45	14.49.2
Gill Edmonds	W40	16.49.3

Lost Competition Singlet

Patrick Smith lost his MAWA competition singlet - bearing the competitor number 410 - at the State T & F Championships at Coker Park.

If anyone has picked up the singlet could they please either contact Patrick, or give it to a committee member who will return it to the absent minded owner.

Patrick can be contacted on Tel. 041 892 1848 or email <smithp@iinet.net.au >



Kirt packing up after the Pleasant Run

Helpers list for May

8 May Aquinas

Andrew Cook 9443 1491

Peter & Sue Sanders, Jane Elton, Jodi Brauer, Jackie Halberg, Rex Bruce, Dalton Moffett, Ernie Moyle.

15 May Southern River

Lachlan Marr 041388106

Clive Frost, Wayne Bates, Ray Hall, Sid Bowler, Dan & Nola Bending.

22 May Weir Run

Chris Coates 9256 1004

Sean Keane, Mal Vernon, Merv Jones, John & Beryle Doust, David Reid, Sid Bowler, Gareth Brunt.

29 May Deepwater Pt

Dalton Moffett

Alan & Dawn James, Leo Hassam, Barry & Leonie Jones, Maggie Flanders, Ray Lawrence, Ann & Shorty Turner, Reece Waldoock.

NEWS FROM AROUND AUSTRALIA

@behalf of the AMA Board I am pleased to provide an update on current AMA activities.

Participation in masters athletics in Australia is growing and entry figures at recent State Masters Track and Field Championships and at the AMA national championships in Brisbane confirm this view.

AMA National Championships

With over 500 competitors entered, congratulations go to host club Queensland Masters Athletics and their team headed by Stan Perkins for coordinating our major annual event.

Today's requirements are such that a professional, well organized event at a top level venue is expected. QMA raised the benchmark yet again and during the four days at Easter we saw many outstanding performances with World, Australian and State records broken across a range of disciplines.

Congratulations go to these outstanding performers and to all athletes competing and achieving their personal goals. Our thanks also to the many officials who participated during the four days and to Telstra and Asics for their sponsorship support.

During the championships, attendance and participation was high at both the coaching forum and the athletes forum. Amongst the issues raised at the athletes forum were the overall length of the championship program and the introduction of a call room, used for the first time in Brisbane at an Australian masters championship event. It was recognized that a call room provided significant benefits in relation to timing, safety and flow of athletes to start/competition sites. Some athletes felt they were being 'over-organised' but overall the call room system was appreciated by officials and most athletes.

The awards dinner function on the Sunday evening was another very successful night with a "bush dance" theme totally changing the officials' room into an attractive venue. The highlight of the evening was the announcement of the AMA awards for 2004, sponsored again by Asics and many of the award winners were present.

The judging criteria for this year's AMA awards included consideration of all outstanding performances, not necessarily winning performances in both masters and open competition throughout the 2004 season. Eleven areas of performance excellence were recognized and the award winners listed below were presented with Asics clothing and a certificate of commendation.

Sprints/Hurdles	Gianna Mogentale	W40	New South Wales
Middle Distance/Steepchase	Kevin Solomon	M55	Victoria
Distance	Carol Baird	W55	ACT
Walks	Lyn Ventris	W45	Western Australia
Jumps	Fred O'Connor	M80	New South Wales
Throws	Heather Doherty	W70	Queensland
Multi Events/Relays	Don Fraser	M65	ACT
Most Outstanding Individual Performance	Ruth Friith	W95	Queensland
Most Outstanding Male Athlete	Rob McCubbin	M40	Victoria
Most Outstanding Female Athlete	Jeanette Flynn	W50	Queensland
Administrator/Official of the Year	Judy Cooper		Queensland

Congratulation to all these worthy winners, many of whom have already set new performance levels for 2005.

Australian Sports Awards

Australian Masters Athletics was again well represented at the 25th Australian Sports Awards held in Sydney in March. Lyn Ventris was a finalist in the Individual Masters award and for the fourth consecutive year, the AMA nomination won the Masters Team Achievement award.

Congratulations to Noela McKinven and Joan Purcell who competed with me in the gold medal W60 walk team at the WMA Non-Stadia Championships in Auckland.

Australian Athletic Federation

Following the review of Athletics Australia in 2004, it was recommended that the Australian Athletic Federation (AAF) be disbanded as it was not seen to be operating effectively. As a member of the AAF, AMA has been represented at two meetings held to develop and implement a new constitution and a streamlined structure which will enable all parties to work towards unity in athletics and to ensure our great sport is recognized as having a viable and valued pathway from "cradle to grave".

AAF partners and their member clubs are still covered for Public Liability insurance in 2005 but individual members of our masters state clubs are not covered for personal injury insurance. For just \$10, the Running Australia Card provides this insurance and many other benefits for the running community. To obtain an application form, call 1300 737 437 or check the Athletics Australia website: < www.athletics.org.au >

Update: WMA Championships – San Sebastian, August 2005

Competition may have finished for the summer season, but not the training. Australia will be well represented by over 100 athletes at the forthcoming WMA Championships in San Sebastian in August and all will be training hard during the next few months in preparation. If you have not attended a world competition previously, enjoy the experience. Two team managers, Judy Cooper and Bob Schickert, have been appointed by the AMA Board. Contact details for the team managers and an update on facilities and general organization of the championships will be provided to all athletes prior to departure.

General Assembly

AMA will be represented by nominated delegates at the General Assembly in San Sebastian and all athletes are eligible to attend sessions of interest. Voting will be held for a new WMA President, and AMA is pleased to advise that Stan Perkins has nominated for this position. Good luck, Stan.

For those traveling to San Sebastian, the following information may be useful.

Registration Fee

The E30 registration fee includes entry to the stadia (for which accreditation will be provided) as well as limited travel on the local buses for both accredited athletes and companions who have registered and paid the registration fee.

Accommodation

Virtually all rooms within the city limits of San Sebastian in the low to moderate cost categories are fully booked. Five areas within 12-25 kms of the city will meet further demands for lower-priced accommodation such as bed & breakfast, hostels, camping. Where athletes are housed outside the city area, buses will be provided to local train stations from 7-10am and in the evening. Transportation at no cost will be available between the station and the Anoeta stadium station. Trains depart every 15-20 minutes. The higher category hotels within San Sebastian still have rooms available including some in the triple- and quad-occupancy category. These range from 90 to 120 Euros per person.

Oceania Masters Athletics Championships – Christchurch, January 2006

For those members who are unable to travel to Spain in August, consider a NZ holiday and regional competition next January. Details have been published recently in state newsletters and entry forms are now available from your club secretary. We look forward to the challenge of strong competition from other Oceania athletes.

In conclusion, my thanks to all masters committee members around Australia for their dedication to our great sport and to ensuring well organized, safe competition is provided for all levels of participation.

Lynne Schickert
President, AMA



Relaxing after the Pleasant Run

STATE CHAMPIONSHIPS 2005 - PENTATHLON

* State Record

Women	LJ	JT.	200	DT	800	Total
W30 Toni Phillips	4.70	13.55	28.9	19.67	2:57.6	
	479	170	544	272	388	1853
W35 Carolyn Wills	4.60	24.13	29.1	26.61	3:11.7	
	498	366	529	413	264	2070
W40 Sharon Moloney	3.40	23.32	31.3	25.79	3:59.1	
	250	392	498	435	35	1610
W50 Carey Dickason	2.96	13.15	39.0	16.44	3:29.2	
	244	251	297	304	307	1403
W60 Luella Jenkins	3.37	19.33	37.5	16.70	3:34.6	
	535	548	590	398	498	2569
W60 Lynne Schickert	2.54	11.64	45.9	13.56	4:02.9	
	242	295	198	306	288	1329
Men	LJ	JT	200	DT	1500	Total
M30 Matt Staunton	5.94	38.04	25.4	34.20	5:05.0	
	574	414	553	548	531	2620*
M35 Shane Davey	4.50	20.88	26.1	23.52	6:34.4	
	330	185	572	339	157	1583
M40 Nigel Jones	4.48	18.07	25.5	22.76	5:52.3	
	377	166	703	324	396	1966
M40 Ken Pryce	4.30	20.31	30.3	18.48	6:16.5	
	339	201	353	244	294	1429
M45 Greg V. Sanden	5.02	24.85	24.8	19.78	4:39.3	
	567	307	843	286	882	2885
M45 Campbell Till	4.88	27.64	25.7	18.07	4:54.1	
	533	355	766	253	790	2697
M50 Rob Antonioli	4.53	17.04	27.9	22.38	5:14.2	
	519	186	667	317	754	2443
M60 Ross Calnan	3.35	22.29	34.7	16.99	7:59.8	
	348	342	365	255	201	1511
M65 Leon Sander	3.72	25.11	30.4	25.74	6:40.2	
	542	463	698	508	551	2762
M65 Bob Fergie	2.77	19.78	45.8	23.67	8:24.4	
	257	336	21	457	188	1259

Website for Linz

The next WMA Indoor Championships will be held in Austria at Linz, 15 - 20 March 2006.

The web site is: < www.linz2006.com >

STATE CHAMPIONSHIPS 2005 - WT PENTATHLON

* State Record

Women	HT	SP	DT	JT	H.Wt Total
W40 Sharon Moloney	24.13	8.43	24.55	22.80	6.46
	523	522	409	381	435 2270*
W55 Kate Glass	39.47	10.13	24.00	23.08	11.54
	1027	886	547	584	844 3888*
W55 Eileen Hindle	24.27	6.89	19.52	16.32	8.41
	566	560	425	386	580 2517
W55 Dorothy Jarvis	21.64	7.46	17.32	12.85	7.14
	488	617	366	286	475 2232
W55 June Streeter	19.03	6.13	17.58	11.17	5.62
	410	484	373	238	350 1855
W60 Luella Jenkins	16.42	7.11	17.54	17.46	7.67
	387	656	423	486	479 2431
W65 Dorothy Whittam	23.18	7.21	14.43	17.65	10.11
	705	761	384	562	768 3180
W75 Rae McMillan	20.88	7.59*	14.86	15.86	9.71* ##
	## Points not yet available for new W75 implements				
Men	HT	SP	DT	JT	H.Wt Total
M30 Mark Hamilton	32.66	12.37	37.30	40.81	12.01
	393	629	610	454	565 2651
M30 Matt Staunton	34.92	10.47	35.76	38.39	10.45
	430	514	579	419	477 2419
M35 Kevin Webster	25.26	9.77	28.11	34.94	9.71
	275	472	427	391	449 2014*
M35 Wayne Bariolo	20.93	9.64	24.64	40.32	6.99
	207	464	360	472	295 1798
M35 Shane Davey	22.75	7.95	23.07	18.82	7.23
	235	363	330	156	308 1392
M45 John Everard	35.76*	8.35	24.19	23.17	7.93
	551	443	375	277	413 2059
M50 Geoffrey Gee	30.51	12.42	31.70	32.18	13.44
	440	743	498	459	732 2872
M50 Jack Michail	19.29	8.86	19.88	30.00	7.49
	231	495	270	419	359 1774
M50 Damien Hanson	20.13	6.71	19.85	25.18	8.51
	246	348	269	330	422 1615
M65 Bob Fergie	26.63	8.38	22.04	25.48	9.55
	548	626	417	472	567 2630
M65 John Sutton	16.67	6.88	22.26	18.75	7.34
	293	493	422	312	410 1930
M70 Alex Cummings	31.09	7.97	27.30	17.49	11.08
	678	508	635	307	697 2825
M70 Rob Shand	18.24	7.63	21.61	25.13	7.33
	341	481	475	498	423 2218
M70 Jeff Whittam	22.63	7.09	17.31	16.01	9.09
	455	439	357	270	551 2072

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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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