



VETRUN



MASTERS ATHLETICS WA NEWSLETTER

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Donnelly River

Thirty-two intrepid athletes travelled south to the Donnelly River Hilton for the annual long weekend. Sadly missed were our race director "Shorty" and of course Ann (get well soon Ann). Steve Toohey and John Ellard did a remarkable job at setting the runs, and making sure that there was ample water supplied for all (especially as it was at short notice). They tried valiantly to emulate the master, but fell short of his exacting standards and they will happily return the position back to the master himself. Saturday after the morning run a group of us went for our annual bush walk with cheeseboard, red wine, tablecloth and not forgetting the flower arrangement made by Christine Pattinson which was based on a toilet roll, a true sign of great creativity. We expect to soon see her work in the great art museums, also not to be forgotten she was very knowledgeable on the names of the wildflowers. Funny how they all had the same names. Sir Galahad Merv Moyle bravely protected Jo from a sleepy Donnelly River tiger snake. We are sure the snake was just a little envious of all the fun we were having. Merv also had something to do with the missing keys for his hut. We won't embarrass him and tell the real story. Saturday's Casserole evening was a success as always. We all enjoyed watching the light footed Ray and Jan showing how Rock and Roll should be done. Sunday's run was set as a 21km 10km or 5km run. A number of us decided to do the 21km run. Thanks Steve for adding the SMALL hill at the end of the turn around. Are you sure the turnaround should not have been at the bottom of the hill. We will never know the truth. ... Two of our walkers decided that they had enjoyed the bush walking so much the day before that they would veer off Steve's track. Or that's the story they told us - you can all make up your own minds as to the true story. At one stage we thought we were going to have to send out an SOS for them. We will be kind and not mention any names. An enjoyable lunch was had by all at the local cidery/brewery/winery with many tasting. The staff did an excellent job in serving our meals and entertaining us. The meals were very appetising but we must say that their Sticky Date pudding was not as good as Graeme's. The weather was even kind to us for our bbq. Even the midges stayed away. We all had great fun in trying to work out the quiz - we also had a competition set by Pierre, Maurice was the winner. Well done guys. A very big thank you to Margaret for once again organising a very enjoyable weekend. We all look forward to the next one.

Elaine Dance and Pam Toohey

**A Happy Birthday to our
November Members!**

| | | |
|-----------------------|----|-----------|
| Keith Atkinson | 48 | still M45 |
| Jenny Barnes | 53 | still W50 |
| Jacqueline Billington | 63 | still W60 |
| David Bishop | 49 | still M45 |
| Nick Boccardo | 43 | still M40 |
| Tessa Brockwell | 49 | still W45 |
| Ivan Brown | 60 | → M60 |
| Ross Calnan | 64 | still M60 |
| Robert Catrall | 47 | still M45 |
| Elizabeth Chandler | 35 | → W35 |
| Stanley Delandgraft | 78 | still M75 |
| Wendy Duncan | 55 | → W55 |
| Marie Fitzsimons | 39 | still W35 |
| Keith Forden | 66 | still M65 |
| Johan Hagedoorn | 61 | still M60 |
| Ray Hall | 71 | still M70 |
| Philip Hollaway | 52 | still M50 |
| Michael Karra | 40 | → M40 |
| Ivan Lazarus | 53 | still M50 |
| Jan Main | 55 | → W55 |
| Janis Malin | 56 | still W55 |
| Bernard Mangan | 50 | → M50 |
| Milton Mavrick | 51 | still M50 |
| Raema McMillan | 77 | still W75 |
| Margaret Miller | 62 | still W60 |
| Norman Miller | 73 | still W70 |
| Merv Moyle | 78 | still M75 |
| Alan Nicholls | 47 | still M45 |
| Bernard Oliver | 61 | still M60 |
| Steve Payne | 46 | still M45 |
| Joan Pellier | 65 | → W65 |
| Michael Rhodes | 59 | still M55 |
| Jon Schultz | 43 | still M40 |
| Morland Smith | 67 | still M65 |
| Ronald Spencer | 65 | → M65 |
| Henk Stoffers | 64 | still M60 |
| Mike Taylor | 50 | → M50 |
| Margaret Warren | 69 | still W65 |

Results in this Issue:

Cliff Bould Trophy 26.9
Wild Flower Run 3.10
Mattagarup Run 10.10
Mullaloo Beach Run 24.10

Track & Field:

McGillivray Oval 5.10
Coker Park 7.10 & 14.10

Annual Dinner Dance

20 November at the
Metro Inn, South Perth

**** Tickets are now only
\$40.00 per person!**

For bookings, information, phone:

Elaine on 9592 1793 or
Pam on 9593 3439

History of the 50km Road Running Championship

We apologise for a notable omission from last month's article on the history of the Road Running Championship.

Merv Moyle, who will have his 78th birthday this month, has been a keen supporter of the event since its inception in 1987. However, Merv was unfortunately overlooked in a listing of members who had competed the event on the most occasions.

For the record, Merv has competed in the RRC eleven times. In 1987 he ran an average time of 4m 32sec per km; in 1990 4m 37sec per km; in 1992 4m 49sec per km; in 1993 4m 40sec per km; in 1994 5m 13sec per km; in 1995 his time was not recorded; in 1996 5m 06sec per km; in 1997 5m 45sec per km; in 1999 5m 32sec per km; in 2001 5m 54 per km; in 2004 7m 50sec per km. Well done Merv, a great effort!

Thus the listing of male members who have competed on most occasions should be amended to read as follows:

Bob Schickert - 15, Merv Moyle and John Pellier - 11, Graham Thornton - 8.



Congratulations to 'Guess Own Time' winners Elaine Ellard and Roger Walsh. Full results and race report in next month's *Vetrin*

Cliff Bould Trophy 26.9.04**Ivan Brown**

| 10.4km Run | Clock | Hcap | Final |
|-------------------|-----------|---------|-------|
| Kim Thomson | W30 62:32 | 7:10** | 55:22 |
| Bryan Hardy | M60 63:35 | 11:30** | 52:05 |
| Richard Blurton | M50 63:50 | 10:00** | 53:50 |
| Johan Hagedoorn | M60 66:50 | 18:38 | 48:12 |
| Brian Bennett | M55 67:06 | 24:37 | 42:29 |
| Helen Lysaght | W50 67:34 | 16:38 | 50:56 |
| Wayne Taylor | M45 68:02 | 19:56 | 48:06 |
| David Carr | M70 68:03 | 18:54 | 49:09 |
| Jim Langford | M60 68:08 | 28:36 | 39:32 |
| Colin Francis | M40 68:12 | 28:30** | 39:42 |
| Lachlan Marr | M40 68:22 | 29:28 | 38:54 |
| Margaret Langford | W55 68:24 | 20:48 | 47:36 |
| David Muir | M55 68:24 | 20:48 | 47:36 |
| Jackie Halberg | W55 68:25 | 05:28 | 62:57 |
| Sean Keane | M40 68:27 | 19:48 | 48:39 |
| Gary McLean | M40 68:32 | 26:05 | 42:27 |
| Keith Atkinson | M45 68:37 | 19:46 | 48:51 |
| Jim Barnes | M60 68:39 | 13:42 | 54:57 |
| Christine Engels | W45 68:45 | 14:13 | 53:32 |
| Robert Roll | M55 68:50 | 22:22 | 46:28 |
| Val Millard | W55 68:58 | 06:14 | 62:44 |
| Don Pattinson | M50 69:03 | 17:30 | 51:33 |
| Joe Stickle | M65 69:09 | 15:36 | 53:33 |
| Karen March | W40 69:11 | 11:00** | 58:11 |
| Mike Hale | M55 69:13 | 23:29 | 45:44 |
| Duncan McAuley | M50 69:15 | 25:39 | 43:36 |
| Bjorn Dybdahl | M50 69:24 | 27:28 | 41:56 |
| Andrew Cook | M35 69:25 | 26:00 | 43:25 |
| Jeff Spencer | M60 69:28 | 09:22 | 60:06 |
| Wendy Clmts-Green | W60 69:31 | 09:22 | 60:09 |
| Jim Klinge | M55 69:33 | 25:18 | 44:15 |
| Brian Smith | M65 69:33 | 13:10 | 56:23 |
| Doug Ashfield | M45 69:40 | 22:34 | 57:06 |
| Julie Wood | W55 69:50 | 02:36 | 67:14 |
| Vic Waters | M60 70:01 | 20:12 | 49:49 |
| Barry Jones | M45 70:03 | 20:38 | 49:25 |
| Vic Beaumont | M70 70:13 | 07:48 | 62:25 |
| Merv Jones | M65 70:22 | 06:14 | 64:08 |
| John Ellard | M60 70:27 | 15:15 | 55:12 |
| John Bell | M55 70:31 | 24:21 | 46:10 |
| Gillian Lees | W40 70:34 | 15:41 | 54:53 |
| Peter Owen | M50 70:51 | 14:30** | 56:21 |
| Fiona McAuley | W50 71:02 | 05:12 | 65:50 |
| Ray Hall | M70 71:04 | 12:29 | 58:35 |
| Franz Oswald | M55 71:05 | 16:23 | 54:42 |
| Mark Sivyver | M55 71:07 | 20:22 | 50:45 |
| Gareth Brunt | M50 71:10 | 22:24 | 48:46 |
| John Dance | M55 71:11 | 14:34 | 56:37 |
| Mike Anderson | M55 71:13 | 15:05 | 56:08 |
| Brian Danby | M55 71:28 | 21:24 | 50:04 |
| Steve Toohey | M50 71:35 | 00:42 | 70:53 |
| Brian Foley | M60 71:41 | 15:57 | 55:44 |
| Nick Miletic | M50 72:01 | 16:38 | 55:23 |
| Wayne Bates | M55 72:16 | 24:26 | 47:50 |
| Bob Schickert | M60 72:20 | 24:26 | 47:54 |
| Mike Khan | M55 72:23 | 18:54 | 53:29 |
| Michael Faunge | M65 72:37 | 11:06 | 61:31 |
| Terry Manford | M65 72:43 | 13:31 | 59:12 |
| Richard Danks | M60 73:49 | 14:34 | 59:15 |
| Pamela Toohey | W55 73:56 | 10:14 | 63:42 |
| Milton Mavrick | M50 74:30 | 21:19 | 53:11 |
| Shorty Turner | M65 75:08 | 00:10 | 74:58 |
| Margaret Bennett | W60 75:10 | 00:10 | 75:00 |
| Jenny Owen | W50 79:33 | 00:00 | 79:33 |

Not official h/cap **

| 5.2km Walk | Clock | Hcap | Final |
|-----------------|-----------|-------|-------|
| Rex Bruce | M60 42:18 | 4:30 | 37:48 |
| Lynne Schickert | W60 43:49 | 6:45 | 37:04 |
| Pat Ainsworth | W65 45:11 | 1:00 | 44:11 |
| Lorna Lauchlan | W70 45:28 | 5:30 | 39:58 |
| Lorraine Lopes | W60 45:42 | 9:15 | 36:27 |
| Jeff Whittam | M70 46:15 | 4:45 | 41:30 |
| Dorothy Whittam | W65 47:08 | 5:15 | 41:53 |
| Leo Hassam | M70 48:22 | 1:00 | 47:22 |
| Alan Pomery | M70 48:31 | 4:15 | 44:16 |
| Beryle Doust | W55 48:36 | 5:15 | 43:21 |
| Ernie Moyle | M75 58:44 | 00:00 | 58:44 |

5.2km Run Non Hcap

| | |
|------------------|-----------|
| Alan James | M50 21:09 |
| Barbara Blurton | W50 22:33 |
| Gary Fisher | M50 24:40 |
| Hamish McGlashan | M65 26:33 |
| Leonie Jones | W40 27:18 |
| Patrick Smith | M40 27:24 |
| Peter Airey | M65 27:38 |
| Roger Walsh | M60 27:54 |
| Bob Sammells | M65 28:18 |
| Delia Baldock | W40 28:39 |
| Frances Casella | W50 28:58 |
| Carole Lawson | W35 30:49 |
| Arnold Jenkins | M60 31:58 |
| Ann Turner | W65 32:05 |
| Bev Whitfield | W40 32:46 |
| Kirt Johnson | M75 33:10 |
| Roma Barnett | W55 35:11 |
| Elaine Dance | W50 36:45 |
| Ron Spencer | M60 41:55 |
| Allen Tyson | M75 50:45 |
| Glenice Shanahan | W80 70:09 |

5.2km Walk Non Hcap

| | |
|--------------------|-----------|
| Chris Pattinson | W45 43:54 |
| Jenni Shillington | W45 43:56 |
| Christine Wheeler | W50 44:20 |
| Christina Rompotis | W45 45:19 |
| Mike Taylor | M45 46:31 |
| John Frost | M65 49:11 |

After heavy rain overnight the morning was clear and warm sunshine greeted all 105 entrants for this race around Herrison Island. The 10.4 km handicap race trophy was won by Johan Hagedoorn - again a popular result; with the fast finishing Brian Bennett (the whippet) a close second. Both Jim and Margaret Langford broke their age group records - what's the secret recipe Marg?

Rex Bruce narrowly won the 5.2km race walk handicap event and the 5.2 km race was won by Alan James.

My thanks to Penny, Mary, Maggie, Phyllis and Sue for helping. Bert and Bridget did the drink station and Ivan Pilton marshalled at the finish line. Jim Barnes again brought along our living treasure John Gilmour who gave a wonderful address about Cliff and the formation of our club back in 1974. Vic and Jackie Beaumont again turned on the morning sun and morning tea. See you all next year.
Ivan Brown (194)

Wild Flower Run 3.10.04**Jim Klinge**

| 9.8km Run | | |
|----------------------|-----|-------|
| Bjorn Dybdahl | M50 | 36:07 |
| Ross Parker | M55 | 36:26 |
| Jim Langford | M60 | 37:42 |
| Gary McLean | M40 | 38:08 |
| Stephen Dunn | M35 | 38:22 |
| John Allen | M45 | 38:49 |
| Andrew Cook | M35 | 38:56 |
| Ian Thomsett | M35 | 39:09 |
| Bruce Wilson | M55 | 39:41 |
| Trevor Robertson | M50 | 40:40 |
| Mike Hale | M55 | 41:30 |
| Robert Roll | M55 | 42:06 |
| Wayne Taylor | M45 | 42:23 |
| David Muir | M55 | 42:33 |
| Ivan Pilton | M60 | 42:45 |
| Doug Ashfield | M45 | 43:11 |
| John Boccian | M50 | 43:22 |
| Frank Smith | M60 | 43:34 |
| Brian Danby | M55 | 43:36 |
| Martin Watkins | M55 | 44:25 |
| Barry Jones | M45 | 44:41 |
| Helen Lysaght | W50 | 44:59 |
| Keith Atkinson | M45 | 45:09 |
| Dee Haines | W45 | 45:50 |
| Mike Khan | M55 | 46:11 |
| Julie Keeley | W35 | 46:23 |
| John Pressley | M55 | 46:56 |
| Wayne Bates | M55 | 47:16 |
| Joe Stickle | M65 | 47:22 |
| Karen March | W40 | 47:32 |
| Milton Mavrick | M50 | 47:47 |
| Franz Oswald | M55 | 47:53 |
| Christine Engels | W45 | 48:37 |
| Jim Barnes | M60 | 48:54 |
| Nick Miletic | M50 | 48:54 |
| Neil McRae | M50 | 48:55 |
| John Pellier | M60 | 48:58 |
| Brian Foley | M60 | 49:02 |
| Kim Thomson | W30 | 49:13 |
| John West | M55 | 50:28 |
| Graham Thornton | M60 | 50:31 |
| Roger Walsh | M60 | 51:25 |
| Terry Manford | M65 | 51:44 |
| Kevin Payne | M45 | 52:09 |
| Wendy Clements-Green | W60 | 53:52 |
| Michael Faunge | M65 | 53:55 |
| Jeff Spencer | M60 | 54:24 |
| Vic Beaumont | M70 | 54:37 |
| Sue Lake | W40 | 57:06 |
| Arnold Jenkins | M60 | 59:29 |
| Shorty Turner | M65 | 59:39 |

4.9km Run

| | | |
|------------------|-----|-------|
| Patrick Smith | M40 | 19:20 |
| Henri Cortis | M55 | 20:18 |
| Dave Roberts | M60 | 20:43 |
| Vic Waters | M60 | 21:37 |
| Ivan Brown | M55 | 21:50 |
| Gareth Brunt | M50 | 22:00 |
| Frank Gardiner | M50 | 22:48 |
| Thea Bailey | W45 | 22:54 |
| Hamish McGlashan | M65 | 22:57 |

(Wildflower 4.9km run cntd)

| | | |
|-----------------|-----|-------|
| Leonie Jones | W40 | 23:55 |
| David Carr | M70 | 23:56 |
| Ray Atwell | M65 | 24:51 |
| Frances Casella | W50 | 24:59 |
| Marg Forden | W60 | 25:04 |
| Peter Airey | M65 | 25:12 |
| Bob Schickert | M60 | 25:28 |
| Bob Sammells | M65 | 25:45 |
| Richard Danks | M60 | 26:04 |
| Aldo Giacomini | M65 | 29:00 |
| Bev Whitfield | W40 | 30:57 |
| Kirt Johnson | M75 | 30:59 |
| Mary Heppell | W65 | 33:13 |
| Dalton Moffett | M70 | 34:05 |
| Sheila Maslen | W65 | 35:03 |
| Phyllis Farrell | W55 | 35:05 |
| Ron Spencer | M60 | 36:42 |
| Marg Taylor | W50 | 41:19 |

9.8km Walk

| | | |
|-----------------|-----|-------|
| Peter Ryan | M50 | 66:13 |
| Lorna Lauchlan | W70 | 72:19 |
| Dorothy Whittam | W65 | 72:48 |

4.9km Walk

| | | |
|-------------------|-----|-------|
| Lynne Schickert | W60 | 35:42 |
| Lesley Romeo | W55 | 35:53 |
| Ray Hall | M70 | 37:30 |
| Jeff Whittam | M70 | 39:30 |
| Mitch Loly | M60 | 39:31 |
| Michaela Newman | W35 | 39:33 |
| Mike Taylor | M45 | 42:25 |
| Jenni Shillington | W45 | 42:26 |
| Leo Hassam | M70 | 52:12 |
| Norm Miller | M70 | 52:20 |
| Ernie Moyle | M75 | 52:28 |
| Pat Miller | W65 | 53:12 |
| Ann Turner | W65 | 53:51 |

A beautiful morning for the wild flower run.

The course has been well named with an abundance of wild flowers close to the tracks of the running course. No one got lost - even though there are many intersecting tracks on this course - thank to the marshalls and to the excellent marking by Jim Barnes.

Special thanks to Jim Barnes for marking out the course, Seane Keane for timekeeping, Jeff Bowen for recording, Wendy Duncan and George Schaefer at the water stop and Dave Scott, Jim Riddle and Peter Gare for marshalling.
Jim Klinge

Mattagarup Run 10.10.04 Wayne Pantell

10km Run

| | | |
|-----------------------|-----|-------|
| Myles Ferrell | M35 | 34:48 |
| Chris Maher | M50 | 35:36 |
| Jim Langford | M60 | 36:23 |
| Greg Vander Sanden | M45 | 38:16 |
| Brian Bennett | M55 | 38:58 |
| John Allen | M45 | 40:03 |
| Geoff Barrett | M40 | 40:05 |
| Ralph Henderson | M55 | 40:31 |
| Jim Klinge | M55 | 40:52 |
| David Baird | M60 | 43:29 |
| Frank Smith | M60 | 43:36 |
| Doug Ashfield | M45 | 43:40 |
| Wayne Taylor | M45 | 44:21 |
| John Doust | M55 | 44:22 |
| Johan Hagedoorn | M60 | 44:33 |
| Bob Schickert | M60 | 44:47 |
| Ivan Pilton | M60 | 44:49 |
| Brian Danby | M55 | 45:21 |
| Paul Burke | M30 | 45:31 |
| Keith Atkinson | M45 | 45:37 |
| Helen Lysaght | W50 | 45:46 |
| Mark Sivyver | M55 | 45:47 |
| Barry Jones | M45 | 45:59 |
| Milton Mavrick | M50 | 46:43 |
| Ed Barrett-Lennard | M50 | 47:00 |
| Gareth Brunt | M50 | 47:30 |
| Dee Haines | W45 | 47:32 |
| Bryan Hardy | M60 | 48:41 |
| David Muir | M55 | 48:42 |
| Wayne Bates | M60 | 48:43 |
| Nick Miletic | M50 | 49:43 |
| David Carr | M70 | 50:34 |
| Kim Thomson | W30 | 50:35 |
| John Ellard | M60 | 51:09 |
| John West | M55 | 51:10 |
| Norm Miller | M70 | 51:10 |
| Mike Anderson | M55 | 51:36 |
| John Pellier | M60 | 52:15 |
| Karen March | W40 | 52:23 |
| Irwin Barrett-Lennard | M75 | 53:11 |
| Richard Blurton | M50 | 53:12 |
| Robert Sheehy | M55 | 53:37 |
| John Brambley | M60 | 53:38 |
| John Dance | M55 | 54:20 |
| Roger Walsh | M60 | 54:27 |
| Dan Bending | M60 | 54:33 |
| Kevin Payne | M45 | 54:49 |
| Chris Pattinson | W45 | 54:50 |
| Don Pattinson | M50 | 54:56 |
| Terry Manford | M65 | 55:00 |
| John Smith | M65 | 55:35 |
| Wendy Clements-Green | W60 | 56:31 |
| Michael Faunge | M65 | 57:56 |
| Vic Beaumont | M70 | 58:08 |
| Aldo Giacomini | M65 | 59:00 |
| Pamela Toohey | W55 | 59:09 |
| Jackie Halberg | W55 | 60:40 |
| Arnold Jenkins | M60 | 61:17 |
| Pat Carr | W70 | 61:19 |
| Merv Jones | M65 | 61:34 |

| | | |
|------------------|-----|-------|
| Irene Ferris | W50 | 63:23 |
| Jo Richardson | W50 | 64:02 |
| Joan Pellier | W60 | 64:03 |
| Denise Lancaster | W50 | 67:59 |
| Elaine Dance | W50 | 70:17 |
| Don Caplin | M65 | 70:20 |
| Shorty Turner | M65 | 70:27 |

5km Run

| | | |
|------------------|-----|-------|
| Ian Davies | M55 | 18:13 |
| Patrick Smith | M40 | 19:07 |
| Alan James | M50 | 19:21 |
| Henri Cortis | M55 | 20:24 |
| John Collier | M35 | 20:26 |
| Barbara Blurton | W50 | 20:50 |
| Ola Ovstedal | M40 | 21:18 |
| Ivan Brown | M55 | 21:41 |
| Hamish McGlashan | M65 | 23:08 |
| Steve Barrie | M65 | 23:35 |
| Leonie Jones | W40 | 24:58 |
| Brian Foley | M60 | 25:10 |
| Peter Airey | M65 | 25:41 |
| Dick Blom | M70 | 27:04 |
| John Stone | M50 | 29:47 |
| Tanya Burke | W30 | 31:36 |
| Bev Whitfield | W40 | 31:46 |
| Sheila Maslen | W65 | 33:39 |
| Mary Heppell | W65 | 33:52 |
| John Carrington | M70 | 34:58 |
| Phyllis Farrell | W55 | 35:10 |
| Ron Spencer | M60 | 35:14 |
| Dalton Moffett | M70 | 39:12 |

10km Walk

| | | |
|-------------------|-----|-------|
| Lorraine Lopes | W60 | 75:04 |
| Lynne Schickert | W60 | 78:29 |
| Lorna Lauchlan | W70 | 78:38 |
| Christine Wheeler | W50 | 79:36 |
| Jeff Whittam | M70 | 91:34 |
| Beryle Doust | W55 | 91:35 |
| Alan Pomery | M70 | 92:54 |

5km Walk

| | | |
|-----------------------|-----|-------|
| Ray Hall | M70 | 39:49 |
| Mitch Loly | M60 | 40:54 |
| Pat Ainsworth | W65 | 44:44 |
| Leo Hassam | M70 | 48:54 |
| Rex Bruce | M60 | 48:55 |
| Jacqueline Billington | W60 | 49:17 |
| Pat Miller | W65 | 51:08 |
| Barbara Bailey | W70 | 51:12 |
| John Bailey | M75 | 51:19 |
| Ernie Moyle | M75 | 51:48 |
| Ann Turner | W65 | 55:01 |
| Merv Moyle | M75 | 55:20 |

A huge hot air balloon drifted very slowly westward over the course, as it was flagged, early in the morning. Had it been up three hours later, it would have lapped the field. Our tail-enders came home with the wind faster than the

winner, but thankfully Shorty Turner didn't rain dance, this time.

In the 5km dash, Ian Davies was back in a flash, leading a cavalry charge into the tight turn at the stables. He had a bolting pack of fit young fillies, tough old mares and rampant young stallions, hard on his ginger. Few were tougher than Barbara Blurton on the day. A few old Cydesdales hobbled in eventually after grazing.

The 10km Mattagarup Explorers returned from the wild upper reaches of Claisebrook, led by Feral Myles, and pursued by gasping grunting Mattagarians. The fiercely determined women of this race are not to be messed with, as Helen Lysaght proved.

Of the 5km stalkers bringing up the rear, Ray Hall and Pat Ainsworth located their tracks promptly.

And wouldn't you know it? In the 10km, Lorraine Lopes in with the Ghost Who Walks - Jeff Whittam.

This tribe and these animals will go places, but not without helpers like: Leslie Romeo, Clive Hicks, Mick Hale, Dave Reid, Chris Frampton, Jenny and Peter Owens, Rosalind Pantall, Mal Vernon and Letz Alchipin.

*Cheers and thanks,
Wayne Pantall.*

**John Gleeson, our strongest supporter, has been doing it tough, but now has a new kidney, and is on the comeback. Onya John!*

Mullaloo 24.10.04
Mike Anderson,
Johann Hagendoorn

13.3km Run

| | | |
|----------------------|-----|-------|
| Myles Ferrell | M35 | 49:28 |
| Chris Maher | M50 | 51:01 |
| Bjorn Dybdahl | M50 | 53:13 |
| Chris Frampton | M35 | 55:59 |
| Neil McRae | M50 | 58:46 |
| David Baird | M60 | 60:09 |
| Phil Baker | M35 | 60:32 |
| Doug Ashfield | M45 | 61:46 |
| Frank Smith | M60 | 61:47 |
| Ivan Pilton | M60 | 62:34 |
| Wayne Taylor | M45 | 64:52 |
| Helen Lysaght | W50 | 65:04 |
| Mike Hale | M55 | 65:19 |
| Keith Atkinson | M45 | 65:41 |
| David Carr | M70 | 67:09 |
| Mark Syver | M55 | 67:18 |
| Mal Vernon | M50 | 67:45 |
| Wayne Bates | M60 | 67:51 |
| Vic Waters | M60 | 67:51 |
| Karen March | W40 | 69:12 |
| Nick Miletic | M50 | 69:17 |
| Gillian Lees | W40 | 69:19 |
| Franz Oswald | M55 | 69:23 |
| John Ellard | M60 | 70:48 |
| Richard Danks | M60 | 74:18 |
| Dan Bending | M60 | 75:05 |
| John Pellier | M65 | 75:22 |
| John Smith | M65 | 78:00 |
| Wendy Clements-Green | W60 | 79:03 |
| John Dance | M55 | 79:07 |
| Brad Dunbar | M45 | 80:06 |
| Margaret Warren | W65 | 81:34 |
| Richard Harris | M65 | 83:29 |
| Frances Casella | W50 | 83:30 |
| Pamela Toohey | W55 | 83:30 |
| Mary Young | W50 | 89:21 |
| Raema McMillan | W75 | 89:42 |
| Steve Toohey | M50 | 89:43 |
| Rhod Wright | M55 | 97:08 |
| Jo Richardson | W50 | 98:04 |
| Elaine Dance | W50 | 98:08 |

5.3km Run

| | | |
|-----------------|-----|-------|
| Bert Carse | M60 | 20:56 |
| Alan Gower | M45 | 21:37 |
| Ralph Henderson | M55 | 21:51 |
| Ola Ovstedal | M40 | 23:04 |
| Karyn Gower | W40 | 24:29 |
| Peter Hill | M55 | 25:27 |
| Thea Bailey | W45 | 25:58 |
| Brian Foley | M60 | 26:29 |
| Allyson Joseph | W40 | 26:38 |
| Roger Walsh | M60 | 28:35 |
| Bob Sammells | M65 | 28:43 |
| Peter Airey | M65 | 28:59 |
| Paul Buckley | M55 | 30:18 |
| Lorraine Lopes | W60 | 30:31 |
| Val Millard | W55 | 31:23 |
| Aldo Giacomini | M65 | 31:46 |
| Bridget Carse | W60 | 32:14 |
| Ann Turner | W65 | 32:25 |

| | | |
|----------------|-----|-------|
| Joan Pellier | W60 | 32:45 |
| Vic Beaumont | M70 | 32:47 |
| Irene Ferris | W50 | 32:57 |
| Arnold Jenkins | M60 | 32:57 |
| Kirt Johnson | M75 | 33:09 |
| Debbie Dance | W35 | 36:25 |
| Roma Barnett | W55 | 37:14 |
| Ron Spencer | M60 | 39:00 |
| Elaine Ellard | W60 | 39:11 |
| Ray Lawrence | M75 | 39:12 |
| Nola Bending | W55 | 42:46 |
| Frank Usher | M80 | 45:50 |

This was the second running of the "Magic," enjoyed (we hope!) by 82 Masters Members and 12 visitors, 3 or 4 of whom told us they plan now to join the club.

The event was carefully set to avoid the clash we had last year with all those abalone fishing people who, you may remember, were at best in your way with buckets in each hand or at worst clambering over sections of fence and staggering across the macadam to avoid arrest by the Fisheries Inspectorate!

We were blessed on the morning by blue skies and a strong breeze which helped on the outward run but was a drag, though a cooling one, on the return of this "out and back" course.

For those of us concerned for the accuracy of distance, because we made the start further south of last year due to the Council extending the macadam path back towards the surf club (just for us?!), the short run / walk should be viewed as 5.3kms and the long run considered as 13.3 kms. I did think of telling you that the course is an "undulating" one (euphemism for "bloody hilly") but I figured you'd anyways find that out soon enough.....

The place-getters in the womens 5.3kms run were (1st) Karen Gower, (2nd) Thea Bailey and (3rd) Alison Joseph.

In the womens 5.3kms walk: (1st) Nola Bending, (2nd) Patricia Hopkins and (3rd) Jennie Smith.

As for the men in the 5.3kms run, Bert Carse was 1st home, followed by Alan Gower, with Ralph Henderson 3rd.

In the men's 5.3kms race walk, John Carrington was 1st back, with Ray Hall in 2nd place and Rex Bruce coming in 3rd.

First "Master" for the 13.3kms distance was Myles Ferrell, appearing fresh and relaxed as he hurtled past the clock. Chris Maher pushed Bjorn Dybdahl into third place. (I gather they had quite a tussle). All place-getters for the long run had really excellent times for a pretty challenging course. Though Chris told me at the race end that he actually enjoys hilly courses (Hey, Chris Maher, are you serious?!) Well done to you all!

First "Mistresses" back were Sue Wells (1st), Helen Lysaght (2nd.) and Karen March (3rd.)

Its good to have our Anglo-Dutch northern suburbs fixture redressing the historic imbalance of the preponderance of southern race locations.

Perhaps some others will take responsibility for new race events north of Whitfords. Very warm thanks from Johann and I to all helpers on the day. You did great! You know the course now and we want you back next year.

Nothing in this life is perfect. I take responsibility for putting up the Masters' banner, then quite forgetting to take it down. Special appreciation to a new member who saw it still waving in the breeze many hours later and then kindly brought it to my home. Thanks mate!

Oh, one more thing, and not thinking of Vic Waters in particular, hey, nobody on OUR run got lost! Hope to see you all and more of you in 2005. Mike & Johann

HELPERS DECEMBER

5 December - Mosman Park
Paul Hughes 9384 5737
 Robin King, Dave Roberts, Dirk Blom, Wayne Robinson, Graham Lucas, Paul Martin, Sheila Maslen, George Innes, Jeanette Tiverios, Wayne Taylor, Linda Glass, Paul Buckley.

12 December - Canning Caper
Keith Atkinson 9313 1669
 Chris & Grahame Uren, Rob Roll, Lorraine Lopes, Mike Polkinghorn, Phyllis Farrell, Gareth Blunt, Ernie Moyle, Susan Wells, Garry Fisher, Brian Hunter, Brian & Alison Aldrich, David Reid.

19 December - Christmas Gift
 Helpers not required

Boxing Day - 6am Yokine
Barry Thomsett 9276 6446
 Rex Bruce
MORE HELP REQUIRED IF YOU ARE FREE OR HAVE NOT HELPED THIS YEAR!

2 January Alderbury CC
Brian Foley 9339 2716
 Stan Jones, Silvio Wirth, Garnett Morgan, John Pressley, Gordon & Noela Medcaff, John Cresp, Aldo & Audrey Giacomini, Frank Smith, Wendy Clements-Green, Merv Jones.

TRACK & FIELD:
McGillivray Oval 5.10.04

| | | |
|---------------------|--------|--|
| 200m | | |
| M45 Wayne Taylor | 33.0 | |
| W49 Thea Bailey | 34.3 | |
| 400m | | |
| M55 Duncan McAuley | 1:00.0 | |
| W32 Toni Phillips | 1:07.0 | |
| M45 Wayne Taylor | 1:22.7 | |
| 1500m | | |
| M40 Patrick Smith | 5:08.3 | |
| M45 Wayne Taylor | 5:48.4 | |
| W32 Toni Phillips | 5:51.4 | |
| M59 Ivan Brown | 6:01.1 | |
| W49 Thea Bailey | 6:42.8 | |
| W62 Lynne Schickert | 9:42.0 | |
| 3000m | | |
| M40 Patrick Smith | 11:39 | |
| M55 Duncan McAuley | 11:53 | |
| M45 Wayne Taylor | 13:08 | |
| M72 David Carr | 13:09 | |
| M58 Henri Cortis | 13:13 | |
| W53 Fiona McAuley | 16:58 | |
| W62 Lynne Schickert | 21:52 | |

Coker Park 07.10.04

100m

| | | |
|--------------------|------------|-------------|
| Colin Smith | M40 | 12.3 |
| Guito Dumolard | M45 | 12.8 |
| Steve Noteboom | M35 | 12.9 |
| <u>David Clive</u> | <u>M65</u> | <u>13.4</u> |
| Rob Antonioli | M50 | 13.8 |
| Kevin Webster | M35 | 14.0 |
| Delia Baldock | W40 | 15.6 |
| <u>David Carr</u> | <u>M70</u> | <u>18.1</u> |
| Leonie Jones | W40 | 16.1 |
| Alison Aldrich | W60 | 18.1 |
| Pat Carr | W70 | 18.1 |

200m

| | | |
|-----------------------|------------|-------------|
| Collin Smith | M40 | 26.4 |
| Myles Ferrell | M35 | 27.2 |
| David Clive | M65 | 28.6 |
| <u>Kevin Webster</u> | <u>M35</u> | <u>29.5</u> |
| Toni Phillips | W30 | 27.6 |
| Steve Noteboom | M35 | 27.6 |
| Guito Dumolard | M45 | 27.9 |
| <u>Rob Antonioli</u> | <u>M50</u> | <u>29.2</u> |
| Delia Baldock | W40 | 33.6 |
| Liz Neville | W50 | 33.9 |
| Leonie Jones | W40 | 34.3 |
| David Carr | M70 | 35.0 |
| <u>Alison Aldrich</u> | <u>W60</u> | <u>40.4</u> |
| Barry Jones | M45 | 33.7 |

1000m

| | | |
|-----------------|-----|--------|
| Myles Ferrell | M35 | 2.57.0 |
| Brian Hewitt | M50 | 3.05.1 |
| Ian Davies | M55 | 3.06.4 |
| Barbara Blurton | W50 | 3.23.8 |
| Henri Cortis | M55 | 3.24.3 |
| Amanda Walker | W35 | 3.32.3 |
| Toni Phillips | W30 | 3.34.2 |
| Liz Neville | W50 | 3.42.1 |
| Rob Antonioli | M50 | 3.45.3 |
| Gareth Brunt | M50 | 3.46.2 |
| David Carr | M70 | 3.47.2 |
| Barry Jones | M45 | 3.56.6 |
| Kim Thomson | W30 | 4.07.8 |
| Leonie Jones | W40 | 4.18.3 |
| Franz Oswald | M55 | 5.19.0 |

2000m

| | | |
|---------------|-----|--------|
| Myles Ferrell | M35 | 6.36.0 |
| Brian Hewitt | M50 | 7.00.7 |
| Bob Schickert | M60 | 7.36.2 |
| Liz Neville | W50 | 7.56.7 |
| David Carr | M70 | 7.57.3 |
| Gareth Brunt | M50 | 8.05.1 |
| Barry Jones | M45 | 8.17.6 |
| Rob Antonioli | M50 | 8.26.6 |
| Franz Oswald | M55 | 8.39.7 |
| Kim Thomson | W30 | 8.46.8 |

1000m Walk

| | | |
|-----------------|-----|--------|
| Stephen Anthony | M45 | 5.18.3 |
| Tom Lenane | M45 | 5.22.0 |
| Stan Jones | M75 | 6.30.3 |
| Bev Sheard | W45 | 7.48.9 |

2000m Walk

| | | |
|-----------------|-----|---------|
| Robin King | W45 | 10.32.4 |
| Stephen Anthony | M45 | 11.19.7 |
| Lynne Schickert | W60 | 13.28.9 |
| Bev Sheard | W45 | 16.36.8 |

Les Beckham Long Jump

| | | |
|-----------------|-----|------|
| Toni Phillips | W30 | 4.79 |
| Colin Smith | M40 | 4.33 |
| Rob Antonioli | M50 | 4.17 |
| Lynne Schickert | W60 | 2.43 |

Discus

| | | |
|-----------------|-----|-------|
| Mark Hamilton | M30 | 37.43 |
| Steve Noteboom | M35 | 32.91 |
| Kevin Webster | M35 | 24.48 |
| Rob Antonioli | M50 | 21.09 |
| Toni Phillips | W30 | 21.06 |
| Colin Smith | M40 | 16.09 |
| Bev Sheard | W45 | 15.58 |
| Barbara Blurton | W50 | 12.55 |

Shot

| | | |
|----------------|-----|-------|
| Mark Hamilton | M30 | 11.48 |
| Steve Noteboom | M35 | 9.60 |
| Kevin Webster | M35 | 9.28 |
| Brian Hewitt | M50 | 6.44 |

Coker Park 14.10.04

*Pending State Record

200m

| | | |
|---------------|-----|------|
| Colin Smith | M40 | 26.9 |
| David Clive | M65 | 29.1 |
| Kevin Webster | M35 | 30.2 |
| Alan Chambers | M65 | 40.1 |

400m

| | | |
|---------------------|------------|-------------|
| Myles Ferrell | M35 | 61.1 |
| Henri Cortis | M55 | 66.9 |
| Micheal Watson | M35 | 68.9 |
| Stephen Anthony | M45 | 72.0 |
| Steve Noteboom | M35 | 72.1 |
| <u>David Clive</u> | <u>M65</u> | <u>74.0</u> |
| Delia Baldock | W40 | 1.20.5 |
| Barry Jones | M45 | 1.26.1 |
| Rose-Marie Hollaway | W45 | 1.35.7 |
| Karen Simmons | W45 | 1.55.6 |

2000m

| | | |
|-----------------|-----|---------|
| Myles Ferrell | M35 | 6.34.1 |
| Bert Carse | M60 | 7.15.3 |
| Micheal Watson | M35 | 7.16.2 |
| Bob Schickert | M60 | 7.50.4 |
| Gareth Brunt | M50 | 8.05.6 |
| David Carr | M70 | 8.08.7 |
| Liz Neville | W50 | 8.18.3 |
| Franz Oswald | M55 | 8.47.2 |
| Barry Jones | M45 | 8.49.4 |
| Gill Edmonds | W35 | 9.45.6 |
| Jim Riddell | M65 | 10.05.7 |
| Jackie Halberg | W55 | 10.32.6 |
| Lynne Schickert | W60 | 12.48.2 |

2000m Walk

| | | |
|---------------------|-----|---------|
| Stephen Anthony | M45 | 11.16.9 |
| Tom Lenane | M45 | 11.51.7 |
| Rose-Marie Hollaway | W45 | 11.54.8 |
| Peter Doye | M60 | 12.40.7 |
| Marie Fitzsimons | W35 | 13.03.6 |
| Val Millard | W55 | 13.08.4 |
| Jim Turnbull | M65 | 14.28.1 |
| Karen Simmons | W45 | 15.42.8 |
| Bev Sheard | W45 | 17.09.4 |
| Allen Tyson | M75 | 18.00.3 |

1500m

| | | |
|-----------------|-----|--------|
| Myles Ferrell | M35 | 4.54.1 |
| Brian Hewitt | M50 | 5.04.8 |
| Barbara Blurton | W50 | 5.42.5 |

| | | |
|---------------------|-----|--------|
| Bob Schickert | M60 | 5.53.2 |
| Barry Jones | M45 | 6.11.4 |
| Gareth Brunt | M50 | 6.12.7 |
| Colin Smith | M40 | 7.05.2 |
| Henri Cortis | M55 | 7.23.4 |
| Rose-Marie Hollaway | W45 | 7.41.0 |
| Delia Baldock | W40 | 8.25.2 |
| Peter Doyle | M60 | 9.17.0 |

1500m Walk

| | | |
|-----------------|-----|---------|
| Liz Neville | W50 | 9.00.8 |
| Lynne Schickert | W60 | 10.24.9 |
| Jim Turnbull | M65 | 10.42.8 |
| Bev Sheard | W45 | 12.39.0 |

Les Beckham Triple Jump

| | | |
|-----------------|-----|------|
| Steve Noteboom | M35 | 9.93 |
| Lynne Schickert | W60 | 6.06 |

Javelin

| | | |
|----------------|-----|-------|
| Mark Hamilton | M30 | 40.26 |
| Steve Noteboom | M35 | 35.75 |
| Kevin Webster | M35 | 28.30 |

Heavy Weight

| | | |
|----------------|-----|-------|
| Mark Hamilton | M30 | 12.01 |
| Kevin Webster | M35 | 9.75* |
| Steve Noteboom | M35 | 8.19 |

Olympic Howlers

Here are a few comments made on the NBC sports programme during the 2004 Olympics:

Paul Hamm, Gymnast:

"I owe a lot to my parents, especially my mother and father."

A Boxing commentator:

"Sure there have been injuries, and even some deaths in boxing, but none of them really that serious."

A Softball announcer:

"If history repeats itself, I should think we can expect the same thing again."

A Basketball commentator:

"He dribbles a lot and the opposition doesn't like it. In fact you can see it all over their faces."

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Whoops!

The birthday section was left out of the October Vetrun! Belated birthday wishes to our October members:

| | | |
|-------------------------|----------|-----|
| John Allen | 47 still | M45 |
| Ray Barnett | 61 still | M60 |
| Berwine Barrett-Lennard | 76 still | W75 |
| Wayne Bates | 60 → | M60 |
| John Bocian | 54 still | M50 |
| Paul Burke | 34 still | M30 |
| John Dennehy | 45 → | M45 |
| Mike Edwards | 48 still | M45 |
| John Everard | 46 still | M45 |
| Phyllis Farrell | 60 → | W60 |
| Dee Haines | 56 still | W55 |
| Lynette Howell | 48 still | W45 |
| Brian Hunter | 60 → | M60 |
| Gabriella Jansen | 43 still | W40 |
| Jim Klinge | 58 still | M55 |
| Sue Lake | 42 still | W40 |
| Paul Lewis | 58 still | M55 |
| Sue Liebich | 39 still | W35 |
| Ian Lyon | 67 still | M65 |
| Mick Malone | 54 still | M50 |
| Neil Morfitt | 54 still | M50 |
| Garnet Morgan | 80 → | M80 |
| Geoff Mullins | 61 still | M60 |
| Michaela Newman | 38 still | W35 |
| John Pellier | 65 → | W65 |
| Mike Polkinghorne | 53 still | M50 |
| David Roberts | 62 still | M60 |
| Trevor Robertson | 52 still | M50 |
| Lesley Romeo | 60 → | W60 |
| Lynne Schickert | 63 still | W60 |
| Robert Schickert | 63 still | M60 |
| Jennifer Shillington | 47 still | W45 |
| Chris Shenton | 38 still | M35 |
| David Simmonds | 70 → | M70 |
| Graham Thornton | 64 still | M60 |
| Hannah Travaglini | 58 still | W55 |
| Reece Waldock | 52 still | M50 |
| Malcolm Vernon | 50 → | M50 |
| Cassandra Zeros | 46 still | W45 |

A Big Welcome to our New Members!

| | |
|----------------------|-----|
| 661 Tracey Hough | W34 |
| 662 Myles Ferrell | M35 |
| 663 Stephen Noteboom | M35 |
| 664 Kevin Webster | M37 |

WORLD RECORDS SET BY AUSTRALIANS 2003/2004

| <i>Age Event</i> | <i>Name</i> | <i>State</i> | <i>Performance</i> | <i>%Std</i> | <i>Date</i> | <i>Location</i> |
|-------------------|------------------|--------------|--------------------|-------------|-------------|------------------|
| W80 Hammer | Gwen Davidson | Vic | 22.60m | 81% | 5-11-03 | Canberra, ACT |
| M55 30k Road Walk | Andrew Jamieson | Vic | 2:32:04.4 | 95% | 9-11-03 | Middle Park Vic |
| W50 800m | Jeanette Flynn | Qld | 2:17.87 | 98% | 19-12-03 | St Lucia, Qld |
| W50 800m | Jeanette Flynn | Qld | 2:16.78 | 99% | 7-2-04 | SAF, Qld |
| W50 Mile | Jeanette Flynn | Qld | 5:13.6 | 94% | 14-2-04 | SAF, Qld |
| W70 Weight Pent | Heather Doherty | Qld | 4,306 pts | 71% | 13-3-04 | SAF, Qld |
| W45 5k Walk | Lyn Ventris | WA | 23:56.62 | 95.4% | 10-4-04 | Olympic ParkVic |
| W70 Weight Pent | Heather Doherty | Qld | 4,571 pts | 74.4% | 11-4-04 | Olympic ParkVic |
| W60 10k Road Walk | Brenda Riley | Vic | 55:17.9 | 98.8% | 12-4-04 | Middle Park Vic |
| M65 10k Road Walk | Murray Dickinson | Vic | 54:15.8 | 90.6% | 8-5-04 | Middle Park Vic |
| W60 20k Road Walk | Sandy Brunner | SA | 1:57:43 | 96.5% | 23-5-04 | Middle Park Vic |
| M85 Marathon | Robert Horman | Qld | 4:34:55 | 79.2% | 4-7-04 | Gold Coast |
| W95 Hammer | Ruth Frith | Qld | 11.28m | 83.3% | 4-9-04 | SAF, Qld |
| W95 Discus | Ruth Frith | Qld | 9.55m | 71.8% | 4-9-04 | SAF, Qld |
| W95 Shot Put | Ruth Frith | Qld | 4.20m | 117.0% | 4-9-04 | SAF, Qld |
| W95 Javelin | Ruth Frith | Qld | 8.13m | 64.9% | 18-9-04 | SAF, Qld |
| W60 10k Road Walk | Brenda Riley | Vic | 55:12 | 99.0% | 19-9-04 | Middle Park, Vic |
| W95 Hammer | Ruth Frith | Qld | 11.37m | 84.0% | 25-9-04 | SAF, Qld |
| W95 Shot Put | Ruth Frith | Qld | 4.47m | 124.5% | 25-9-04 | SAF, Qld |

AUSTRALIAN RECORDS 2003/2004

| <i>Age Event</i> | <i>Name</i> | <i>State</i> | <i>Performance</i> | <i>%Std</i> | <i>Date</i> | <i>Location</i> |
|------------------|-----------------|--------------|--------------------|-------------|-------------|-------------------|
| W70 Shot Put | Heather Doherty | Qld | 8.02m | 79% | 18-10-03 | SAF, Qld |
| W75 Pole Vault | Garvin Brown | Qld | 2.85m | 87% | 18-10-03 | SAF, Qld |
| W45 Hammer | Sharon Gibbons | ACT | 42.69m | 88% | 30-10-03 | Canberra, ACT |
| W80 100m | Gwen Davidson | Vic | 19.93s | 84% | 2-11-03 | Canberra, ACT |
| M35 Shot Put | Stuart Gyngell | NSW | 18.55m | 86.8% | 3-11-03 | Canberra, ACT |
| M80 Shot Put | Felix Jekabsons | Qld | 9.41m | 79% | 5-11-03 | Canberra, ACT |
| M75 1500m Walk | Ron O'Neil | SA | 9:27.11 | 81% | 5-11-03 | Canberra, ACT |
| M40 800m | Robert McCubbin | Vic | 1m 54.57s | 95% | 6-11-03 | Olympic Park, Vic |
| M30 110m Hurdles | Matt McEwen | Qld | 14.95s | 87% | 14-11-03 | St Lucia, Qld |
| W50 1500m | Jeanette Flynn | Qld | 4m 52.85s | 93% | 14-11-03 | St Lucia, Qld |
| M35 Pole Vault | Howard Arbutnot | Qld | 4.50m | 80% | 21-11-03 | St Lucia, Qld |
| M45 Weight Throw | Bob Wagner | Qld | 15.78m | 79% | 22-11-03 | SAF, Qld |
| W70 Discus | Heather Doherty | Qld | 24.47m | 73% | 22-11-03 | SAF, Qld |
| W50 1500m | Jeanette Flynn | Qld | 4m 44.53s | 96% | 28-11-03 | St Lucia, Qld |
| M40 Shot Put | Stuart Gyngell | NSW | 17.67m | 84.4% | 29-11-03 | Homebush, NSW |
| M35 Pole Vault | Howard Arbutnot | Qld | 4.60m | 81% | 5-12-03 | St Lucia, Qld |
| W60 3k | Lavinia Petrie | Vic | 11m 58.9s | 88% | 6-12-03 | Knoxfield, Vic |
| M40 Shot Put | Stuart Gyngell | NSW | 17.92m | 85.6% | 6-12-03 | Homebush, NSW |
| M40 800m | Robert McCubbin | Vic | 1m 53.52s | 95% | 9-12-03 | Olympic Park, Vic |
| W75 Pentathlon | Shirley Brasher | Tas | 2,320 pts | 55% | 14-12-03 | Hobart, Tas |
| M45 1500m Walk | Paul Kennedy | Vic | 6m 14.29s | 92% | 16-12-03 | Aberfeldie, Vic |
| W45 Hammer | Sharon Gibbons | ACT | 43.87m | 90% | 18-12-03 | Canberra, ACT |
| M30 100m | Matt McEwen | Qld | 11.19s | 88% | 9-1-04 | St Lucia, Qld |
| M30 Pole Vault | Matt McEwen | Qld | 4.90m | 82% | 10-1-04 | St Lucia, Qld |
| W55 Pole Vault | Hazel McDonnell | Qld | 2.05m | 69% | 17-1-04 | SAF, Qld |
| W30 Heptathlon | Cherie Rothery | SA | 3,813 pts | 64% | 18-1-04 | Adelaide, SA |
| M75 Javelin | Rudi Hochreiter | Vic | 32.47m | 74% | 31-1-04 | Geelong, Vic |
| W35 Pole Vault | Irie Hill | Vic | 3.90m | 95.6% | 7-2-04 | Box Hill, Vic |
| W60 3k Walk | Gwen Steed | Vic | 17:22.72 | 87% | 13-2-04 | Olympic Park, Vic |
| M65 2k Steeple | Alan Bradford | Qld | 7:18.2 | 101% | 14-2-04 | SAF, Qld |
| M40 800m | Robert McCubbin | Vic | 1:51.83 | 96.9% | 15-2-04 | Olympic Park, Vic |
| M65 Decathlon | Don Fraser | ACT | 6,989 pts | 71% | 22-2-04 | SAF, Qld |

| | | | | | | |
|-------------------|-----------------|-----|-----------|--------|---------|-----------------------|
| W60 Mile Run | Lavinia Petrie | Vic | 6:05.7 | 88% | 26-2-04 | East Burwood, Vic |
| M75 Mile Run | Bob Lewis | Vic | 6:26.5 | 87% | 26-2-04 | East Burwood, Vic |
| W75 100m | Ann Cooper | SA | 16.0s | 96% | 4-3-04 | Adelaide, SA |
| W75 200m | Ann Cooper | SA | 33.6s | 95% | 5-3-04 | Adelaide, SA |
| M65 Pole Vault | Rob Barclay | Vic | 3.20m | 84.9% | 7-3-04 | Box Hill, Vic |
| M40 800m | Robert McCubbin | Vic | 1:52.80 | 96% | 12-3-04 | Canberra, ACT |
| M85 1500m | Peter Brownbill | Vic | 7:53 | 66% | 13-3-04 | Murrumbeena, Vic |
| W60 5k Walk | Brenda Riley | Vic | 27:20.0 | 98% | 13-3-04 | Murrumbeena, Vic |
| M75 Javelin | Colin Murraylee | Qld | 32.92m | 72% | 13-3-04 | SAF, Qld |
| M60 Weight Throw | Graeme Rose | Vic | 18.72m | 87% | 14-3-04 | Murrumbeena, Vic |
| M60 Javelin | Graeme Rose | Vic | 48.98m | 81% | 14-3-04 | Murrumbeena, Vic |
| W55 1500m Walk | Liz Feldman | Vic | 7:49.04 | 88% | 14-3-04 | Murrumbeena, Vic |
| M65 Long Jump | Don Fraser | ACT | 5.05m | 89% | 14-3-04 | Canberra, ACT |
| M40 800m | Robert McCubbin | Vic | 1:51.56 | 98% | 14-3-04 | Canberra, ACT |
| M35 Pole Vault | Howard Arbutnot | Qld | 4.70m | 83% | 19-3-04 | St Lucia, Qld |
| M70 Javelin | Erkki Saarinen | Qld | 39.37m | 79% | 20-3-04 | SAF, Qld |
| M35 Weight Throw | Russell Devine | Vic | 16.86m | 71% | 20-3-04 | Murrumbeena, Vic |
| M75 Javelin | Colin Murrylee | Qld | 34.53m | 76% | 28-3-04 | Gold Coast |
| M70 Javelin | Erkki Saarinen | Qld | 41.57m | 83% | 3-4-04 | SAF, Qld |
| M30 3000m | Brendan Gray | Qld | 8:46.49 | 85% | 4-4-04 | SAF, Qld |
| W70 Shot Put | Heather Doherty | Qld | 8.30m | 82% | 4-4-04 | SAF, Qld |
| M80 Long Jump | Fred O'Connor | NSW | 3.60m | 77.5% | 9-4-04 | Olympic Park, Vic |
| M80 Pole Vault | Fred O'Connor | NSW | 1.90m | 62.1% | 9-4-04 | Olympic Park, Vic |
| M55 Javelin | Bob Banens | ACT | 51.45m | 84.1% | 9-4-04 | Olympic Park, Vic |
| M80 Javelin | Fred O'Connor | NSW | 28.25s | 68.2% | 9-4-04 | Olympic Park, Vic |
| W75 100m | Ann Cooper | SA | 16.18s | 98.8% | 10-4-04 | Olympic Park, Vic |
| M80 300m Hurdles | Fred O'Connor | NSW | 66.33s | 85.5% | 10-4-04 | Olympic Park, Vic |
| M30 3k Steeple | Brendan Gray | Qld | 10:05.24 | 79.6% | 10-4-04 | Olympic Park, Vic W60 |
| W30 High Jump | Lynette Smith | NSW | 1.64m | 82.8% | 10-4-04 | Olympic Park, Vic |
| M75 High Jump | Gordon Gourlay | Vic | 1.28m | 85.3% | 10-4-04 | Olympic Park, Vic |
| M90 High Jump | Vic Younger | Vic | 0.95m | 84.8% | 10-4-04 | Olympic Park, Vic |
| M80 Triple Jump | Fred O'Connor | NSW | 8.23m | 88.0% | 11-4-04 | Olympic Park, Vic |
| M85 5k | Peter Brownbill | Vic | 29:24.79 | 77.8% | 11-4-04 | Olympic Park, Vic |
| W70 Discus | Heather Doherty | Qld | 24.85m | 74.2% | 11-4-04 | Olympic Park, Vic |
| W70 Weight Throw | Heather Doherty | Qld | 10.18m | 75.1% | 11-4-04 | Olympic Park, Vic |
| M40 400m | Robert McCubbin | Vic | 49.33s | 94.1% | 12-4-04 | Olympic Park, Vic |
| M80 Pentathlon | Fred O'Connor | NSW | 3,457 pts | 68.5% | 12-4-04 | Olympic Park, Vic |
| M35 Weight Throw | Russell Devine | Vic | 17.76m | 73.8% | 12-4-04 | Olympic Park, Vic |
| M60 Weight Throw | Graeme Rose | Vic | 18.77m | 86.9% | 12-4-04 | Olympic Park, Vic |
| W30 Weight Throw | Tracey Brown | WA | 12.18m | 77.0% | 12-4-04 | Olympic Park, Vic |
| W70 One Mile | Rowena Barker | Vic | 8:17.2 | 75.4% | 10-5-04 | Doncaster, Vic |
| W55 20k Road Walk | Liz Feldman | Vic | 2:06:07 | 83.8% | 23-5-04 | Middle Park, Vic |
| M85 Half Marathon | Robert Horman | Qld | 2:05:11 | 82.8% | 6-6-04 | Doomben, Qld |
| W35 Pole Vault | Irie Hill | Vic | 4.00m | 98.0% | 12-6-04 | Bedford, UK |
| W35 Pole Vault | Irie Hill | Vic | 4.10m | 100.5% | 20-6-04 | Birmingham, UK |
| M30 110m Hurdles | Matt McEwan | Qld | 14.89s | 86.8% | 26-6-04 | SAF, Qld |
| W65 Hammer | Helen Searle | Qld | 39.50m | 104.5% | 12-7-04 | Darwin |
| W65 Shot Put | Helen Searle | Qld | 11.11m | 95.1% | 12-7-04 | Darwin |
| M70 50k Walk | Bob Chapman | ACT | 6:07:53 | 81.4% | 11-9-04 | Sydney |
| M35 Discus | Peter Lonsdale | Qld | 50.03m | 70.3% | 18-9-04 | SAF, Qld |
| W55 Pole Vault | Wilma Perkins | Qld | 2.25m | 74.3% | 18-9-04 | SAF, Qld |
| M45 Weight Throw | Robert Wagner | Qld | 16.03m | 81.6% | 18-9-04 | SAF, Qld |
| W95 Weight Throw | Ruth Frith | Qld | 5.09m | 74.0% | 18-9-04 | SAF, Qld |
| W65 Weight Throw | Helen Searle | Qld | 15.21m | 104.2% | 18-9-04 | SAF, Qld |
| W55 10k Road Walk | Heather Carr | Vic | 57:20 | 87.0% | 19-9-04 | Middle Park, Vic |
| W55 Pole Vault | Wilma Perkins | Qld | 2.35m | 77.6% | 25-9-04 | SAF, Qld |
| W65 Hammer | Helen Searle | Qld | 40.55m | 107.3% | 25-9-04 | SAF, Qld |

Many thanks to Club Statistician Campbell Till for forwarding the above analysis

What is power walking?

Hmmm... it depends on who you ask. Fitness walking is called by many different names - power walking, fitness walking, health walking.

Power walking is much more than going out for a stroll. It incorporates the muscles of the upper body making it a GREAT aerobic activity. It burns approximately the same calories as a running program, yet it is much easier on the body.

Because more muscles are used power walking will burn calories much quicker than less aggressive walking. It also tones muscles in the buttocks, thighs, hips, shoulders, upper back and abs. Most power walkers cover a mile in about 12 to 15 minutes.

Unlike racewalking; there is no official definition of power walking. There are no rules. If you walk at a fitness pace three or more miles several times week and cover a mile in 15 minutes or less you are probably power walking. Use the following tips to insure good walking form and to increase your pace.

TIPS FOR WALKING FASTER:

1. Walk tall. Use good posture. Look forward, (not at the ground) gazing about 20 feet ahead. Your chin should be level and your head up.
2. Shoulders down, back and relaxed. Chest forward.
3. Tighten your abs and buttocks. Flatten your back and tilt your pelvis slightly forward. Pretend you are walking along a straight line.
4. Bend your arms in slightly less than a 90 degree angle. Cup your hands gently. Swing arms front to back (not side to side - arms should not cross your body.) Do not swing elbows higher than your sternum (breast bone). Swing your arms faster and your feet will follow.
5. Push off with your toes. Concentrate on striking with the heel, rolling through the step and pushing off with your toes. Use the natural spring of your calf muscles to propel you.
6. Resist the urge to elongate your steps. To go faster -- take smaller, faster steps.
7. Breathe naturally. As you walk, take deep, rhythmic breaths, to get the maximum amount of oxygen through your system.

Note: Power walking is commonly used to represent an exaggerated walking style. This style of overstriding and exaggerated arm movements is often linked with injuries. Because of this I don't generally use the term power walking. A better term for a healthful energetic walking pace is "fitness walking".

WALKING DONT'S:

Common mistakes made by walkers...

1. Do not over stride
2. Do not use too vigorous arm movements
3. Do not look at the ground
4. Do not hunch your shoulders
5. Do not carry hand weights or place weights on your ankles

John Bell kindly forwarded this article by coach Dave Spence

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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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