



October 2003

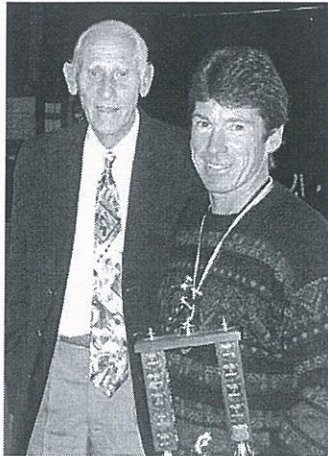
Number 356

VETRUN



MASTERS ATHLETICS WA NEWSLETTER

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*All smiles at Presentation Day Lunch
- Photos from Rexy.
More Photos on page 8*



RESULTS IN THIS ISSUE:

- Bibra Lake
- City to Surf
- Millers Run
- Bassendean
- Herdsman Lake
- Fremantle Masters

CONGRATULATIONS TO LYNNE AND BRIAN!

We are proud to announce that, at the recent Australian Masters Athletics AGM, Lynne Schickert was elected to the position of President of AMA and

Brian Foley was re-elected to the position of Secretary of AMA.

The AMA board sees no difficulty in Lynne combining the two roles of President of AMA and President of MAWA.

Letter to the Editor

I don't normally bombard the Editor with material like this but Lynne's election is a remarkable achievement that many of our members may not appreciate.

Eastern States people have much more contact with each other than we can manage. So when it comes to AMAI elections they tend to vote for the people they know, i.e. the ES nominees. So WA people rarely get a look-in.

The ES people elected in the past have, I must say, been first-class and as committed as Lynne and Bob are. The sport has not suffered by their people running it. At the same time, had we had equally good people on the Board, the vision of the Board would have been that much wider.

Bob Sammells

Are you M35?

You may be interested to learn that the M35 age group has been included in the Non-Stadia Championships in Auckland, April 2004.

NEW WEBSITE AND EMAIL ADDRESSES

Please note that the Club's website is now located at:

www.mastersathleticswa.org

with an email contact address at:

enquiries@mastersathleticswa.org

'GUESS YOUR TIME'

CHANGES *-from Vic Waters*

DESPITE many requests and personal abuse we're doing it again on 19 October.

New members? - This is your best chance of the year to get lost in Kings Park, with the experts!

Last year's course will be used again. Amazingly, the Kings Park Board hasn't put up any new barriers, so far.

But this year you have a choice of 5km or 10km.

A new 5km trophy has been commissioned from master craftsman F. Smith Inc. and is guaranteed to be a wake-up call that will always remind its winner what time it is.

(Needless to say, the grand, original Timeless Trophy will again be contested by the 10km stalwarts.)

Rules.

Please note the following:

1. On arrival, check in at the recording table. Tell us if you're attempting 5km or 10km, and estimate your finishing time.

Thanks Rod!

In the five or six weeks since becoming editor of the Vetrin, I've come to realise just how much is involved in getting the newsletter published. And it amazes me that for well over two years, Rod Tinniswood has been solely responsible for both the content of Vetrin and for its production - a significant amount of work, especially for someone with a fulltime job! Thank you Rod for all your efforts on our behalf!

As someone with a reasonable amount of spare time on his hands, I'm pleased to be able to relieve Rod of the tasks relating to the content of the newsletter. All contributions, photographs, enquiries, suggestions, complaints, notifications of errors should now be directed to me at -

**PO Box 197, Subiaco 6904 or
jeffbowen@smartchat.net.au or
telephone 9382 2628.**

Rod will continue to design and format Vetrin and arrange its printing. The third member of our team is of course Jackie Halberg, who address labels the printed Vetrins, hands them out at Sunday runs and lodges the remainder at Australia Post.

Jeff Bowen

2. Leave your watch with us - or preferably, lock it safely in your car.

3. As you finish, listen carefully to the time that will be hollered at you! If it's close to your estimate (as a guide, within 30 seconds) go to the table and have it recorded.

4. You must ALSO check in, with club number as usual, with the recorder/computer operator.

5. If you're in with a chance of winning - don't go home until the announcements! This could take a little longer than usual as we now have two trophies to award.

Walkers:

In the past, walkers have not been part of the Guess Your Time lark, and that's one reason we have introduced the 5km Trophy. This is for you and the 5km runners to contest.

Last year there was talk of changing the walk route, to keep the Kings Park Board sweet. This should make the walk less predictable and the contest between walkers and runners fairer.

FREMANTLE MASTERS GAMES 2003

Saturday 20 September 2003

The second biennial Fremantle Masters Games was held from September 19 - 23. On an otherwise bleak weekend, athletics had the best of the weather. The expanded program of twelve events attracted over ninety competitors, an increase of fifty percent on 2001.

The day began with a cross country run and road walk at Manning Park in Hamilton Hill, then moved to Santich Park in Munster for a program of ten track and field events. It was a wonderful afternoon and introduced many new people to what our club has to offer. The highlights would have been two state records with Mark Hamilton (M30) and Stan Selby (M55) setting new marks in the javelin.

Many thanks to all the club members who helped in running the afternoon with special thanks to throw judges Jeff Bowen and Bill Collier, jumps judge Les Beckham and starter Henri Cortis.

I would also like to thank Bob Fergie and David Carr for their good advice in helping me devise the program. Special thanks also to Hal Chambers and Cockburn Little Athletics for the use of their venue and facilities.

See you all back there in 2005.

Damien Hanson Results on page 7

Bibra Lake

24-Aug-03

Rosa Wallis

A mild day saw 109 competitors take part in a 6k-12k run/walk around a lovely lake. It was indeed a beautiful setting for a post event "cuppa"!

The City to Surf next week, probably accounted for the large number of visitors (24), who were probably doing some pre-event training. They were most welcome.

My thanks to all my helpers, who were responsible for the smooth running of the event.

Rosa

MEN 12K RUN

Chris Frampton	M35	45:15
Bert Carse	M60	46:14
Ralph Henderson	M55	47:24
Bjorn Dybdahl	M50	48:33
Gareth Brunt	M50	49:23
Jim Klinge	M55	50:07
Alan James	M50	50:37
David Baird	M60	51:19
Mike Hale	M55	51:37
Brian Bennett	M55	53:05
Robert Roll	M55	53:43
Michael Karra	M35	54:42
John Bell	M55	55:22
John Mack	M60	55:25
John Doust	M55	55:29
Mark Sivyer	M55	55:45
John Ellard	M60	57:10
Wayne Taylor	M40	57:57
Geoff Mullins	M55	58:23
John Frost	M65	58:34
David Carr	M70	58:52
John Pellier	M60	59:21
Nick Miletic	M50	59:48
Stan Lockwood	M70	61:02
Jim Halliday	M60	64:41
John Dance	M50	65:03
Troy Lundgren	M50	65:14
John Smith	M65	67:38
Aldo Giacomini	M65	68:55
Bob Schickert	M60	72:41
Merv Jones	M60	72:53
Bob Chalmers	M65	78:29
Merv Moyle	M75	84:13

WOMENS 12K RUN

Fenella Gill	W40	57:59
Gillian Young	W55	58:57
Marg Forden	W60	62:06
Julie Keeley	W35	62:44
Margaret Robinson	W65	64:12
Ann Turner	W65	65:11
Kris Adrian	W30	66:51
Tanya Burke	W30	78:14
Jo Richardson	W50	84:12

MENS 6K RUN

Lachlan Marr	M50	23:25
Bruce Wilson	M55	24:12
Mal Vernon	M45	25:08
Frank Gardiner	M50	28:22
John Brambley	M60	28:58

Mike Anderson
 Brian Foley
 Bob Sammells
 Richard Harris
 Dick Blom
 Roger Walsh
 Ray Hall
 Terry Manford
 Bob Fergie
 Mitch Loly
 Kirt Johnson
 Arnold Jenkins
 Jeff Spencer
 Ray Lawrence
 Shorty Turner

M55 29:15
 M55 29:17
 M65 31:08
 M65 31:24
 M65 31:58
 M60 32:38
 M65 32:49
 M65 33:46
 M65 34:48
 M60 34:53
 M70 37:17
 M55 38:30
 M60 38:31
 M75 40:47
 M65 42:33

WOMENS 6K RUN

Dee Campbell
 Liz Chandler
 Margaret Warren
 Joan Pellier
 Sue Liebich
 Jackie Halberg
 Bridget Carse
 Margaret Bennett
 Mary Heppell
 Sheila Maslen

W45 27:21
 W30 32:16
 W65 34:31
 W60 35:08
 W35 37:09
 W55 38:36
 W60 39:50
 W60 41:19
 W65 41:20
 W65 42:12

WOMENS 12K WALK

Lorraine Lopes

W60 78:30

MENS 6K WALK

Jim Barnes
 Frank Usher

M60 36:47
 M75 49:10

WOMENS 6K WALK

Lynne Schickert
 Janis Malin
 Beryle Doust
 Lorna Lauchlan
 Jenny Binns
 Denise Van Winsen
 Patricia Hopkins
 Pat Ainsworth
 Elaine Ellard
 Christine Tinniswood

W60 43:38
 W50 44:10
 W50 44:10
 W70 46:53
 W50 47:06
 W50 47:12
 W60 50:58
 W65 52:20
 W60 55:31
 W50 58:17

CITY TO SURF

Many thanks to Campbell Till, who has supplied results and comments:

31 August.

We enjoyed near perfect weather for this year's race, it was cool and sunny with tailwinds all the way aiding competitors.

Two good examples of this were Gareth Brunt and Doug Ashfield, both of whom were about 2 minutes quicker than last year. (I don't think Jim Klinge's time was a misprint, I believe he ran with someone.)

Age Category winners included Ross Parker, Bert Carse, David Carr and Margery Forden.

The results were gleaned from the West Australian so apologies to anyone not listed but there were an awful lot of names to scan!

12 Kilometre

Ross Parker	44:13
Bernard Mangan	45:01
Bert Carse	45:31
Bjorn Dybdahl	45:42
Mark Speechley	47:30
Gareth Brunt	48:50
Doug Ashfield	49:38
Bruce Wilson	49:38
Hank Stoffers	52:17
Johan Hagedoorn	54:27
Simon Jawichre	56:38
David Carr	58:15
Irwin Barrett-Lennard	58:49
Margery Forden	1:00:13
Richard Harris	1:04:17
Cecil Walkley	1:04:18
Ann Turner	1:06:13
Christina Rompotis	1:07:16
Anne Stingemore	1:09:03
Jim Klinge	1:09:54
Robyn Watts	1:10:22
Merv Moyle	1:21:44
Lil Heatly	1:43:42

4 Kilometre

Campbell Till	16:11
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New Members

(R=rejoining)

560 Langford Frederick (Fred)	30/05/1946
561 Langford Anne	17/01/1951
562 Hawley Malcolm	29/04/1953
563 Hazell Doug	29/03/1952 R
564 Brockwell Tessa	10/11/1955 R
565 Nicholls Alan	15/11/1957
566 Nicholls Sue	03/07/1944
567 Gleeson John	13/06/1938

Corrected from the previous Vetrun:

552 Dumolard Andre Guy (Guito)	30/04/1956
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Dinner Dance

Celebrate the end of a very successful athletics year!

Annual Dinner Dance Venue:
The Panorama Room, Metro Hotel
South Perth, 61 Canning Highway.

Date: Saturday 15 November

Time: 7.00pm to midnight.

Cost: \$45.00 per head.

Contact Pam Toohey (9593 3439) or Elaine Dance (9592 1793) to book your tickets.

*Remember the date: Saturday
15 November*

Millers Run

7 Sep-03

Norm and Pat Miller

The promised thunderstorms did not eventuate, and fortunately the rain showers were kept to a minimum, although only a few die-hards stopped for breakfast. We thought some runners might have missed our 14k run, but nobody complained about the shorter distance!

It was a good turnout, with 87 members and 5 visitors braving the weather.

A big thank you to our helpers - Anne & Shorty Turner, Denise Lancaster, Pierre Vialla, Dan Bending and especially those who volunteered on the day - Allan Pomery, Ray Lawrence, Pat Ainsworth and Barrie Thomsett (who stepped in to replace Nola Bending who had the flu).

Hope to see you all next year. Norm & Pat

10.5K Run

Bjorn Dybdahl	M50	41:31
Lachlan Marr	M40	41:55
Mark Speechly	M35	43:28
Doug Ashfield	M75	43:58
Brian Danby	M55	44:04
Mike Hale	M55	44:19
John Bell	M55	44:42
Bob Schickert	M60	45:09
John Doust	M55	45:44
Amanda Walker	W35	45:46
Johannes Hagedoorn	M55	46:43
Mark Sivyer	M55	46:59
John Mack	M60	47:28
David Muir	M55	48:32
John Ellard	M60	48:51
Simon Mort	M45	49:18
Mike Khan	M55	49:35
John Dance	M50	50:23
Wayne Taylor	M40	50:30
John Pellier	M60	50:34
Gillian Young	W55	51:10
Robert Sheehy	M55	54:07
Stan Lockwood	M70	55:21
David Carr	M70	55:31
Chris Shenton	M35	56:02
Roger Walsh	M60	56:03
Troy Lundgren	M50	56:15
Sue Bullen	W40	56:38
Kris Adrian	W30	56:56
Christina Rompotis	W40	57:25
John Smith	M65	57:29
Brian Hunter	M55	57:55
Pamela Toohey	W55	58:11
Aldo Giacomini	M65	58:12
Joan Osborne	W55	58:21
Jim Halliday	M60	58:22
Merv Jones	M60	61:28
Jackie Halberg	W55	64:03
Laurie Collett	M70	69:41

7.5k Run

Brian Foley	M55	36:24
Damien Hanson	M50	38:35
Tony Heppener	M50	39:04

Michael Faunge	M65	40:25
Wendy Clements-Green	W60	41:32
Jeff Spencer	M60	42:32
Bob Fergie	M65	42:50
John Frost	M65	42:51
Elaine Dance	W50	43:03
Phyllis Farrell	W55	51:29
Mary Heppell	W65	51:39
Sheila Maslen	W65	53:40

5K Run

Stephen Dunn	M35	18:22
Ian Davies	M50	19:25
Jim Klinge	M55	20:59
Henri Cortis	M55	22:09
Dee Campbell	W45	22:37
John Brambley	M60	22:53
Ed Barrett-Lennard	M45	23:05
Mike Anderson	M55	24:24
Keith Forden	M60	25:21
Bob Sammells	M65	26:09
Peggy Macliver	W55	26:47
Jim Barnes	M60	26:58
Ray Hall	M65	27:18
Delia Baldock	W40	27:26
Joan Pellier	W60	28:48
Julie Wood	W55	30:23
Merv Moyle	M75	31:36
Allen Tyson	W80	31:54
Kirt Johnson	M70	31:55
Elaine Ellard	W60	40:05
Frank Usher	M75	40:50

10k Walk

Paul Martin	M60	63:06
John Mison	M55	63:07
Michele Mison	W55	72:14
Lynne Schickert	W60	76:25
Janis Malin	W50	77:14
Lorraine Lopes	W60	77:17
Jenni Shillington	W45	79:35
Peter Ryan	M50	91:48

7.5K Walk

Dianne Sharpe	W45	59:08
Patricia Hopkins	W60	62:44

5K Walk

Christine Wheeler	W45	40:23
Maggie Flanders	W65	43:54
Rex Bruce	M60	43:55
Barbara Bailey	W70	49:57
John Bailey	M75	49:58

WA Marathon Club Away Trips

The WA Marathon Club are organising two coach trips in 2004 which may be of interest to Masters runners.

The first trip is to Geraldton for the Indian Ocean Masters Games Marathon on May 9, 2004.

The coach will leave the WAMC clubrooms at Burswood at 8 am Saturday May 8, 2004. Costs - coach, based on full coach of 46 people, \$40 return; accommodation, based on a share basis, \$47.50 per person flat rate (to be confirmed).

For more details and bookings, contact John Pettersson or Madge on 9354 5720 or 0408 924 555. A deposit has been paid to secure accommodation. \$50 per person deposit is essential to secure your seat - non refundable.

The second coach trip will take place in the third weekend in August 2004 to Alice Springs for the Alice Springs Marathon and Half Marathon. (Date to be confirmed).

The coach will leave WAMC Thursday, arrive Alice Springs Friday night, leave Alice Springs Monday morning to travel to Uluru. It will leave Ayers Rock Tuesday morning and arrive Perth Wednesday afternoon. Total trip - seven days.

The current cost estimate is - coach, three nights Alice Springs, one night Ayers Rock = \$600 per person, based on 30 people.

For further details, contact John Pettersson.

Sorry, Richard!

In the last issue of Vetrin, Richard Harris's details were inadvertently omitted from the results of the 2003 50km Championships - in spite of his winning his age group! To put the record straight, Richard's times are set out below:

Richard Harris M65 10km: 51.47
15km: 1.19.54 25km: 2.20.00 (1km average 5.26)

PLEASE REMEMBER YOUR NUMBER!

Runners - please have your membership number to mind when you come to the recording table after your run.

The recorders need this number - as well as the distance you either ran or walked.

Also please show your finishing card clearly.

Failure to do so

(a) Keeps other runners waiting longer in the queue;

(b) Confuses the long suffering recorder;

(c) Helps avoid mistakes in Vetrin.

Thank You!

Bassendean

14/09/03

Sandy Beach Reserve - Jacqueline Billington

It was a perfect day for the run and despite a half marathon being held on the same day, 91 "Vets/Masters" participated.

The new course proved very popular and with slight modifications at the start and finish for next year, should make it even better.

Thank you to all my helpers namely Lorna Lauchlan, Irene Ferris, Jan Jarvis, Margaret Bennett, Denise Lancaster, Margaret Robinson, Shirley Bell, Mike Khan, Pierre Viala, John Mack, Alan Thurlow, Alan Pomery, Jim Barnes and a special "BIG THANK YOU" to Kirt Johnson for his continuing help in marking the course for me every year.

Hope to see you all again next year.

Jacqueline

10K Run

Tony Heppener	M50	37:08
Bernard Mangan	M45	37:47
Lachlan Marr	M40	39:47
Dave Bishop	M45	40:41
Jim Klinge	M55	40:45
David Baird	M60	42:03
Brian Bennett	M55	42:26
Bob Schickert	M60	42:43
Doug Ashfield	M75	42:45
Frank Smith	M60	43:19
Mal Vernon	M45	43:38
Michael Karra	M35	44:20
Alan Thurlow	M45	45:13
Johannes Hagedoorn	M55	45:32
Mark Sivyver	M55	45:31
Wayne Taylor	M40	46:49
Simon Mort	M45	46:55
Clive Choate	M50	47:23
Irwin Barrett-Lennard	M70	48:14
Geoff Mullins	M55	48:47

Gillian Young	W55	49:06
Nick Miletic	M50	49:35
Jim Halliday	M60	50:07
John Ellard	M60	51:14
Brian Foley	M55	51:41
John Dance	M50	52:51
Troy Lundgren	M50	52:54
Kris Adrian	W30	53:22
Paula Karra	W30	53:23
Sue Clifton	W50	53:31
Liz Chandler	W30	53:36
Sue Bullen	W40	53:40
Christina Rompotis	W40	54:02
Lyn Harrop	W50	54:21
Pamela Toohey	W55	54:24
Jim Barnes	M60	54:34
Aldo Giacomini	M65	54:41
Ann Turner	W65	54:47
John Smith	M65	55:20
Ray Hall	M65	55:21
Merv Jones	M60	59:10
Terry Manford	M65	59:34
Jackie Halberg	W55	60:03
Elaine Dance	W50	60:09
Margaret Warren	W65	60:58
Steve Toohey	M50	61:11
Joan Osborne	W55	65:22
Jo Richardson	W50	66:58
Merv Moyle	M75	66:58
Shorty Turner	M65	69:32
Dianne Sharpe	W45	78:11

5K Run

Ian Davies	M55	19:36
John Cresp	M50	20:25
Vic Waters	M55	22:10
Dee Campbell	W45	22:25
Ed Barrett-Lennard	M45	22:57
John Brambley	M60	23:06
John Frost	M65	24:00
Mike Anderson	M55	24:23
Sean Keane	M35	24:49
Joe Stickles	M65	25:40

Bob Sammells	M65	26:58
Sue Lake	W40	28:34
Alison Aldrich	W60	29:57
Mike Polkinghome	M50	30:48
Mitch Loly	M60	31:27
Julie Wood	W55	32:32
Sue Liebich	W35	33:23
Rosa Wallis	W55	34:34
Mary Heppell	W65	34:45
Jenni Shillington	W45	34:46
Ray Lawrence	M75	39:51
Roma Barnett	W50	39:52
Elaine Ellard	W60	46:00

10K Walk

Lynne Schickert	W60	75:13
Lorraine Lopes	W60	78:43
Beryle Doust	W50	78:44

5K Walk

Lesley Romeo	W55	36:16
Jenny Binns	W50	39:15
Dorothy Whittam	W65	40:40
Patricia Hopkins	W60	42:00
Kylie Mahony	W35	43:26
Maggie Flanders	W65	44:13
Christine Tinniswood	W50	48:01

Accodrning to a rscheearer at an Elingsh uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the only iprmoetnt tihng is taht frist and lsat ltteer is at the rghit pclae. The rset can be a toatl mses and you can stll raed it wouthit porbelm.

Tihs is bcuseae we do not raed ervey lteter by it slef but the wrod as a wlohe.

ceehiro

NOVEMBER BIRTHDAYS

Ross Calnan	04.11.1940	63	remains M60	Philip Hollaway	19.11.1952	51	remains M50
Morland Smith	07.11.1937	66	remains M65	Bernard Oliver	19.11.1943	60	becomes M60
Jan Main	08.11.1949	54	remains W50	Keith Atkinson	23.11.1956	47	remains M45
Joan Pellier	08.11.1939	64	remains W60	Stanley Delandgraftt	23.11.1926	77	remains M75
Jenny Barnes	12.11.1951	52	remains W50	Milton Mavrick	23.11.1953	50	becomes M50
Michael Karra	12.11.1964	39	remains M35	Ronald Spencer	23.11.1939	64	remains M60
Margaret Warren	12.11.1935	68	remains W65	Keith Forden	25.11.1938	65	becomes M65
Raema McMillan	14.11.1927	76	remains W75	Ivan Lazarus	25.11.1951	52	remains M50
Bernard Mangan	16.11.1954	49	remains M45	Jon Schultz	25.11.1961	42	remains M40
Michael Rhodes	16.11.1945	58	remains M55	Ray Hall	27.11.1933	70	becomes M70
Elizabeth Chandler	17.11.1969	34	remains W30	David Bishop	28.11.1955	48	remains M45
Janis Malin	17.11.1948	55	becomes W55	Norman Miller	28.11.1931	72	remains M70
Henk Stoffers	18.11.1940	63	remains M60	Ivan Brown	29.11.1944	59	remains M55
Jacqueline Billington	19.11.1942	61	remains W60	Johannes Hagedoorn	29.11.1943	60	becomes M60
Wendy Duncan	19.11.1949	54	remains W50	Margaret Miller	29.11.1942	61	remains W60

Herdsman Run

The threatened storms and hail did not eventuate, thank goodness. Just a short shower immediately after the start. But as the saying goes, "The sun shall shine upon the righteous, and the rain shall come and wash them".

Our thanks to our helpers. Bob, John, Roger and Marianne, (Bernard Mangan's Wife, standing in for him as he had to work) & Jenny Shillington's daughter(?). There was also Neil Van Graan with

Kris & Ivan at the Finish, Sheila on computer & Barrie on recording, and the typist of this prose.

Our thanks again to Jacquie & Vic Beaumont, for providing morning tea at our event.

There was a panic while marking this course, as trees had fallen across the track, but I managed to clear them enough so competitors could get past.

Our thanks also to all those taking part, despite the weather forecast.

"Lumberjack" Jeff and Dorothy.

10K Run

Bjorn Dybdahl	M50	39:03
Dave Bishop	M45	40:42
Jim Klinge	M55	40:44
Gareth Brunt	M50	42:22
Denise McMorro	W35	42:40
Graeme Uren	M35	42:40
Frank Smith	M60	42:45
Brian Bennett	M55	42:57
David Baird	M60	42:59
Michael Karra	M35	44:25
Mike Hale	M55	44:37
Johannes Hagedoorn	M55	44:55
Doug Ashfield	M45	45:28
Wayne Taylor	M40	45:37
Christine Uren	W30	45:39
John Mack	M60	45:52
Bob McNamara	M60	48:51
John Ellard	M60	49:01
Sue Oliver	W45	49:19
Nick Miletic	M50	49:26
Keith Miller	M50	49:29
John Bell	M55	50:01
Graham Thornton	M60	50:46
Julie Keeley	W35	51:14
Jim Halliday	M60	51:33
Stan Lockwood	M70	51:48
Bob Schickert	M60	53:04
Paula Karra	W30	53:16
Christine Engels	W45	55:06
John Dance	M50	55:48
Christina Rompotis	W40	55:53
Don Pattinson	M50	58:47
John Smith	M65	60:56
Liz Chandler	W30	60:58
Ann Turner	W65	61:03
Merv Moyle	M75	69:16
Jo Richardson	W50	69:16

5k Run

Ian Davies	M55	19:11
Lachlan Marr	M40	19:30
Jim Langford	M55	20:31
Paul Hughes	M50	20:32
Amanda Walker	W35	21:28
Henri Cortis	M55	21:51
Dee Campbell	W45	23:04
Ed Barrett-Lennard	M45	23:15
Irwin Barrett-Lennard	M70	24:00
Hamish McGlashan	M65	24:10
John Frost	M65	24:15
Mike Anderson	M55	24:57
Paul Buckley	M50	25:58
Gary McLean	M40	26:20
Ray Hall	M65	27:16
Aldo Giacomini	M65	27:35
Wendy Clements-Green	W60	27:40
Pamela Toohey	W55	28:02
Delia Baldock	W40	28:04
Mitch Loly	M60	28:49
Jeff Spencer	M60	28:51
Sue Liebich	W35	29:42
Chris Pattinson	W45	29:48
Jim Barnes	M60	29:55
Sue Lake	W40	30:08
Elaine Dance	W50	30:26
Julie Wood	W55	30:40
Denise Lancaster	W50	30:53
Vic Beaumont	M70	31:24
Mary Young	W50	32:03
Graeme Neill	M40	32:06
Rosa Wallis	W55	34:03
Jenni Shillington	W45	34:14
Kirt Johnson	M70	34:17
Shorty Turner	M65	34:44
Margaret Bennett	W60	34:46
Ray Lawrence	M75	36:45
Dianne Sharpe	W45	37:37
Ron Spencer	M60	44:18

5K Walk

Michele Mison	W55	34:22
Val Millard	W55	35:09
Lynne Schickert	W60	35:24
David Brown	M55	35:28
Lorraine Lopes	W60	35:57
Lorna Lauchlan	W70	39:51
Rex Bruce	M60	42:52
Elaine Ellard	W60	43:42
Patricia Hopkins	W60	44:05
Maggie Flanders	W65	44:07
Beryle Doust	W50	46:21
Allen Tyson	M75	49:23

John Allen	Frank Gardiner
Keith Atkinson	Simon Jawichre
Phil Bailey	Alan Jennings
Steve Barrie	Sean Keane
Sue Clifton	Mike Khan
Chris Coates	Robin King
John Davies	Stan Lockwood
Chris Frampton	Milton Mavrick

HELPERS - OCT/NOV.

MATTAGARUP RUN - 12.10.03
WAYNE PANTALL 9362 3715
 Pat Hopkins, Shirley Milligan, Phillip Bailey, Jenny Barnes, Chris Maher, Arthur Leggett, Mike Polkinghorne, Susan Lake, Maree Creighton, Kevin Davis.

GUESS OWN TIME - 19.10.03
VIC WATERS 9341 3464
 Michael Hall, Glenda Lawrence, Jim & Margaret Langford, Bert & Bridget Carse, Ann Jones, Merv Jones, Shirley Milligan, Gordon & Noela Medcalf, Alan James, Geoff Mullins, Irene Ferris, Karen Sexton, Jeff Bowen, Mike Rhodes.

GARVEY GALLOP - 26.10.03
ARTHUR LEGGETT 9279 9340
 Brian Smith, Doug Ashfield, Barbara Blurton, Kirt Johnson, Alan Pomery, Marg Taylor, Shirley Bell, Lachlan Marr.

RIB RUN - 2.11.03
ROMA BARNETT 9246 4881
 Jan Jarvis, John & Beryle Doust, Christina Rompotis, Frances Casella, Brian Danby, Malcolm Vernon.

SAFETY BAY - 9.11.03
PAM & STEVE TOOHEY 9593 3439
 Mitch Loly, John & Elaine Dance, Aldo & Audrey Giacomini, Murray Tolbert, Nick Miletic, Dee Campbell, Ray Atwell, Dennis Miller.

MULLALOO - 16.11.03
JOHANNES HAGEDOORN 9401 3280
 Neil van Graan, Guito Dumolard, Steve & Pam Toohey, David Bishop, Lynn Harrop, Simon Jawichre, Roma Barnett.

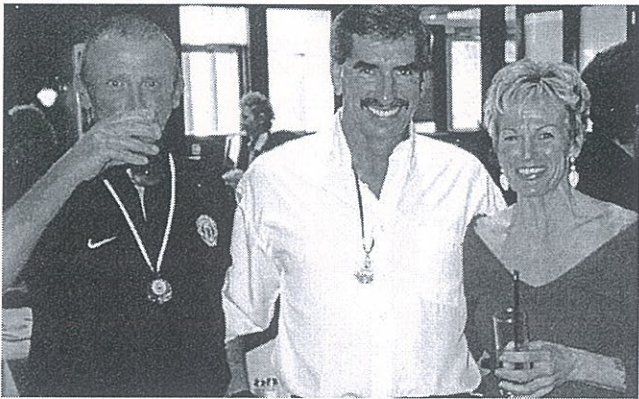
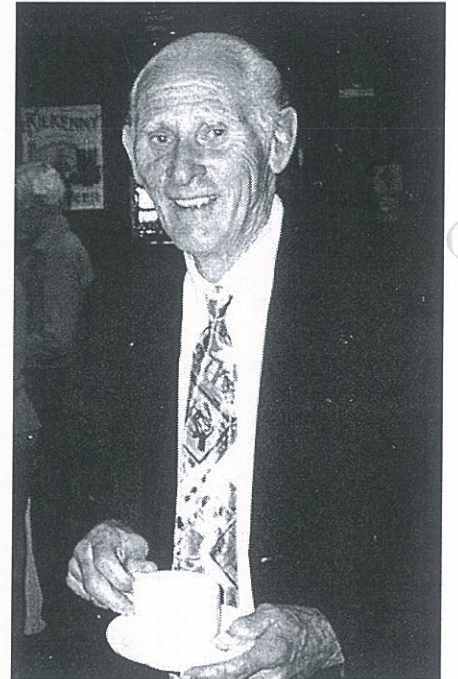
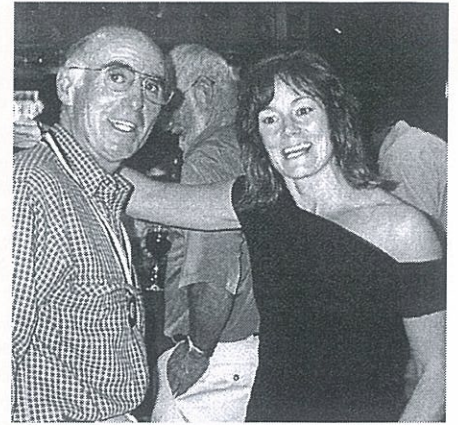
PELICAN POINT - 23.11.03
JOHN ELLARD 9295 3091
 Johannes Hagedoorn, Julie Wood, Barry Weatherburn, George Schaefer, Mike & Paula Karra, Anne Shaw, Gillian Young, Mark Sivyver.

WINTER SEASON MEDALS

are now available for collection from Bob Schickert for the following club members:

Martina Murphy	Mal Vernon
Joan Pellier	Margaret Warren
John Pellier	Cecil Walkley
Dave Roberts	Darryl White
Trevor Robertson	
Wayne Robinson	
Peter Ryan	
Chris Shenton	

*More
Presentation
Day Photos*



*Below
Bibra Lake
- pics from Baz*



Masters Athletics Hurdle Trial Specifications To Be Conducted Over The 2003/2004 Season

State Delegates at the AMA AGM voted in favour of trialing new hurdle specifications over the coming 2003/2004 season. Each State has been asked to provide regular competition over these specifications so as to give new and experienced hurdlers an opportunity to participate over these specifications.

State delegates voted in favour of adding a non-championship hurdles event over these specifications at the Melbourne Nationals for feedback purposes. The WMA approved hurdles will still be conducted at the Nationals.

Age Group	Race	Height	To 1 st Hurdle	Between Hurdles	To Finish	Number Hurdles	Track Markings
Women							
30-39	100mts	.840m	13.0m	8.5m	10.5m	10	Yellow
40-44	90m	.762m	13.0m	8.0m	13.0m	9	White
45-49	90m	.762m	13.0m	7.5m	17.0m	9	Nil
50-59	80m	.686m	12.0m	7.0m	19.0m	8	Black
60-69	80m	.600m	12.0m	7.0m	19.0m	8	Black
70+	60m	.600m	13.0m	7.0m	12.0m	6	Black
Men							
30-39	110m	.991m	13.72m	9.14m	14.02m	10	Blue
40-54	100m	.914m	13.0m	8.50m	10.5m	10	Yellow
55-59	90m	.840m	13.0m	8.0m	13.0m	9	White
60-64	90m	.840m	13.0m	7.5m	17.0m	9	Nil
65-74	80m	.762m	12.0m	7.0m	19.0m	8	Black
75 +	60m	.686m	13.0m	7.0m	12.0m	6	Black
30-49	400m	.914m	45.0m	35.0m	40.0m	10	Green
50-54	400m	.840m	45.0m	35.0m	40.0m	10	Green
55-59	300m	.840m	50.0m	35.0m	40.0m	7	Green
60-69	300m	.762m	50.0m	35.0m	40.0m	7	Green
70-74	300m	.686m	50.0m	35.0m	40.0m	7	Green
75 plus	200m	.686m	20.0m	35.0m	40.0m	5	Green



CREDIT CARD PAYMENT

Please make this payment of \$..... for Clothing Membership Club Social Function
 Club Weekend Away Championship entry
 by Visa Bank Card Mastercard

Card Number Expiry Date

Card Holder'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 social as they choose. Competition is 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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Club Clothing

Contact Maggie Flanders: 9314 7556

THE NEW MASTERS RANGE IS NOW AVAILABLE

Club clothing in the new Masters livery:

- WINDCHEATERS \$25⁰⁰
- COMPETITION SINGLETs \$25⁰⁰
- LONG SLEEVED T-SHIRTS \$20⁰⁰
- SHORT SLEEVED T-SHIRTS \$18⁰⁰

Just a few odds and ends with the old logo are still available at bargain prices - contact Maggie to find out what items/sizes are left.