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Vetrun

The magazine of Masters Athletics WA

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Lyn wins Spanish gold and UK Open Championship

Start of the Bassendean event at Sandy Beach. Full results and more pictures - page 6.

AUSTRALIANS did very well in San Sebastian, coming home with 23 gold, 27 silver and 17 bronze medals.

GOLD

Foremost among our own, WA, individual medal winners is the outstanding W45 Lyn Ventris, who won gold in both the 5K and 10K walks.

She then backed up with a trip to the UK, to win the British OPEN 20k Walk Championships on September 4th.

UK Open 2005 Champion: what an achievement!

SILVER

David Carr (M70 800M) and Barry Kernaghan (M65 400M) won silver in their favourite events, Barry following this with a third place in the 200M. Also a bronze winner was Lynne Schickert

(W60 2K Steeple). (Overcoming hurdles runs in this family!)

TEAM WINNERS

Lynne Choate was part of two silver-medal winning teams, W50 4x100M and 4x400M. Barry Kernaghan performed well all-round, winning silver as part of the 4x400M M65 team, and in his age group's 4x100 M65 quartet. Roy Fearnall and David Carr were in the bronze-winning M60 4x400 team.

More team success came from our female competitors, Robin King (8K C/C W45) and Lynne Schickert (10K walk W60) each helping their teams to bring home bronze.

*More members reading
Vetrun on website*

USE of our website is encouraging, judging by the August statistics from John Stone.

Vetrun is available in full on the site each month and in August it was downloaded 165 times. Were all these downloads made by club members? Not likely, but it would be useful to know.

If YOU tend to look at the magazine online, how about emailing me and letting us know? I'm at:

vicwaters@iprimus.com.au

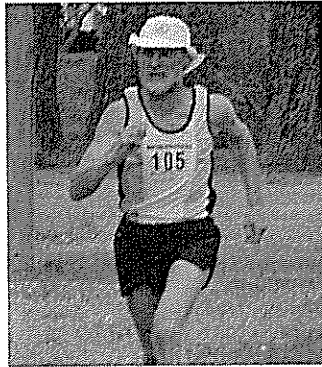
VISITS

On average, 30 visits are made to the Masters' site every day. In August they totalled 930. Apart from Australia, site users were in Canada, UK, Austria, Germany, NZ, Norway, Spain, Malta, India, Sweden, France, Slovenia, Holland, and more.

Of these, 137 people added our site to their favourites/bookmarks lists.

3rd place for C/C team

MAWA finished third in the 2005 AthleticA Cross Country Relay Championships. Michel Bermudes, John Collier, Brian Hewitt, Paul Mitchell, Patrick Smith, Campbell Till and Bruce Wilson represented the club in four of the five winter relay events this winter. It was a great effort against tough opposition. Full results are on the AthleticA website. <http://www.waathletics.org.au/>



Bruce Wilson

CORRECTED TIMES

CLUB HALF-MARATHON

July 31
John Talbot ran the distance in 2:14:03



John Talbot

SHARKS RUN

August 24

5K RUN

Alan James	M50	19:07
Jim Langford	M60	19:25
Henri Cortis	M55	20:17
Raymond Gimi	M40	20:50
Ivan Brown	M60	21:19
Barbara Blurton	W55	22:13
Irwin Barrett-Lennard	M75	22:58

10K RUN

Johan Hagedoorn	M60	44:22
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Letters...

Vic

How can you call it Track and Field at Coker Park in July and August when there is no FIELD? Come on; be honest and call it as it is.

Regards, Rob Shand
(yes I am still around!)

City to Surf

IAN Davies (M58) did very well with 45:54. However he was pipped by South West member and M50 age bracket winner Eric Hope (M54) with a 45:46.

Third Master over the line was Patrick Smith in 46:05, and we had fine performances by Bruce Wilson (49:56, 2nd M60); Irwin Barrett-Lennard (58:55, 1st M70); and Allen Tyson (1st M80+).

All times are gun times only, due to a partial equipment malfunction. So all real times would be a bit quicker – unless you were up the front next to Monna at the start!

Campbell Till

IT's still a T&F meeting even without field events; just as a tree falling in the forest still makes a noise even if nobody's there to listen. FULL T&F programme begins this month. VW

WHO'S ROB?

FOR newer members: Rob earns the right to be a grumpy old man by virtue of being one of our earliest members. The first ten are:

- 1 Cliff Bould (deceased 2002)
- 2 David Carr
- 3 John Gilmour
- 4 Robert Hayres
- 5 Colin Junner
- 6 Garnet Morgan
- 7 Stan Lockwood
- 8 Bill Hughes
- 9 Rob Shand
- 10 Merv Moyle

David, Stan and Merv are still Sunday morning regulars and Rob will no doubt be found at the track (on the field) this season.

October birthdays

Airey	Peter	M65
Allen	John	M45
Barnett	Ray	M60
Barrett-Lennard	Berwine	M75
Bates	Wayne	M60
Bocian	John	M55
Brayshaw	Geoff	M55
Burke	Paul	M35
Byrne	Greg	M40
Dennehy	John	M45
Dougall	Rob	M55
Edwards	Mike	M45
Everard	John	M45
Farrell	Phyllis	W60
Haines	Dee	W45
Hunter	Brian	M60
Klinge	Jim	M55
Lake	Sue	W40
Lyon	Ian	M65
Malone	Mick	M55
March	Peter	M45
Morgan	Garnet	M80
Newman	Michaela	W35
Oldfield	John	M60
Parker	Richard	M45
Pellier	John	M65
Roberts	Dave	M60
Robertson	Trevor	M50
Romeo	Lesley	W60
Shenton	Chris	M35
Shillington	Jenni	W45
Simmonds	Dave	M70
Ventris	Lyn	W45
Vernon	Mal	M50
Waldock	Reece	M50
Schickert	Lynne	W60
Schickert	Bob	M60
Thornton	Graham	M65

September birthdays

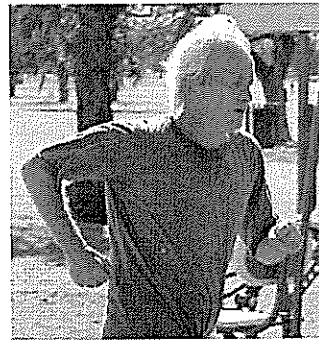
Aldrich	Brian	M75
Barnett	Roma	W55
Beaumont	Jacqi	W65
Bennett	Margaret	W60
Blom	Dick	M70
Bullen	Sue	W45
Cook	Andrew	M40
Cornish	Bruce	M55
Doust	Beryle	W55
Edmonds	Keith	M35
Frost	John	M65
Gardiner	Gail	W55
Kennedy	Brian	M70
King	Robin	W45
Langford	Margaret	W55
Leggett	Arthur	M85
Lockwood	Stan	M75
McAuley	Duncan	M55
Morshead	Iain	M40
O'Reilly	Mike	M65
Pantall	Wayne	M50
Pattinson	Don	M50
Scott	David	M55
Sheard	Bev	W50
Stone	John	M50
Uren	Graeme	M35
Usher	Frank	M80
Warren	Morris	M65
Whalan	Roger	M60
Wilson	Barbara	W50
Wilson	Bruce (Albany)	M55
Wright	Rhod	M55
Hayres	Bob	M70
Worner	Basil	M70

Welcome back...

SIMON Mort: let's hope his appalling holding-hands walk style exhibited at Bassendean doesn't catch on.

David James: so keen to reunite with club members he attended the Bassendean event two weeks in a row, albeit by bike.

Frank Smith: back from Darwin and sighted honing his elbows-out distance skills on West Coast Highway ready for a Masters' onslaught – soon?



Paul Martin

Paul Martin: now recovering from the lurgi and brief hospitalisation.

WHAT'S YOUR HANDICAP?

APART from the handicapper, that is.

It's a thankless task – so let's not thank him.

Instead, let's have some creative suggestions to make handicapping a more creative task. The handicapper should be first on the scene at every h/c event, checking every competitor as he/she arrives. Asking whether we slept well – and if so, with whom; how much was drunk the night before; were any extra substances ingested (apart from the usual medications.)

After a quick run-through, the handicapper would then

adjust our basic handicap according to observed form. Bribes should be considered.

I did contemplate saliva testing after the event, but decided this would lead to abusive behaviour and language.

These tests may not be the ultimate solution to the monstrous inequities perpetrated by the succession of power-crazed computer geeks (no offence intended) who dominate the handicapper's post. Any other suggestions?

VW

Sept 1, 2005

60M		
Colin Smith	M40	8.0
Milton Ma vrick	M50	9.3

800M		
Henri Cortis	M55	2:22.0
Colin Smith	M40	2:27.4
Milton Ma vrick	M50	2:55.8
Jim Riddell	M65	3:14.3

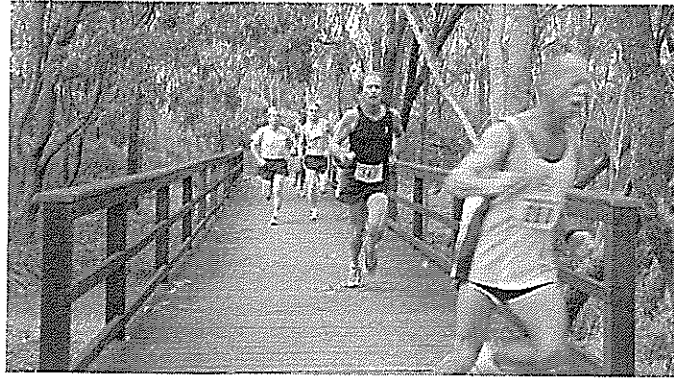
100M		
Colin Smith	M40	12.7
Mike Edwards		13.4
Milton Ma vrick	M50	14.7
Jim Riddell	M65	16.2

5000M		
Alan Gower	M50	19:10.0
John Puglisi	M50	19:23.0
Milton Ma vrick	M50	22:55.5
Karen Gower	W45	22:59.1
Delia Baldock	W40	24:25.1

Sept 8, 2005

THIS meeting was held in wet windy and cold conditions, with only the very keen present. Thanks to Gill Edmonds, Henri Cortis, Jim Riddell and Richard Harris who bravely

Track and Field COKER PARK



Henry Cortis leads Neil McRae, John Puglisi and Duncan McRae at the Herdsman Run.

held the fort while the regular officials were tied up elsewhere - no, not necessarily in front of a warm heater!

Jacqui Halberg

100M		
Colin Smith	M40	13.2
Keith Edmonds		15.2
Jim Riddell	M65	17.4

300M

Colin Smith	M40	41.1
Henry Cortis	M55	46.6
Keith Edmonds		48.3
Toni Phillips	W30	50.8
Jim Riddell	M65	58.6

1000M

Henri Cortis	M55	3:27.6
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Delia Baldock	W40	3:57.3
Colin Smith	M40	4:12.1
Jim Riddell	M65	4:35.0

1000M WALK

Stan Jones	M80	6:30.4
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3000M

John Puglisi	M50	11:29.2
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Sept 15, 2005

200M

Colin Smith	M40	24.2
Delia Baldock	W40	32.5
Peggy Macliver	W60	32.6
Toni Phillips	W30	33.5

1500M

Henri Cortis	M55	5:03.7
Delia Baldock	W40	6:42.9
Jim Riddell	M65	6:43.0

60M

Colin Smith	M40	7.8
Delia Baldock	W40	9.7
Peggy Macliver	W60	9.7

3000M

Gill Edmonds	W40	14:52.0
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5000M

Neil McRae	M50	19:17.6
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AROUND the mountains of Nevada it's largely dry, hot, treeless desert.

Small towns scattered across the empty countryside are home to enthusiastic teams which emerge to compete in an assortment of athletic events. Competitors often drive for hours to take part, and one of the most notable is the Race to the Angel - for mountain bikes, road bikes, runners and walkers. And what a challenge it is!

The race begins at the fire station in Wells before climbing almost 3000 feet through the Humboldt National Forest to finish at Angel Lake, a glacial body of water high in the Ruby Mountains.

13-MILER

The half-marathon course (just over 13 miles of course, this being the US) rises at an average of 5 per cent. From the five to 5.5 mile marks the gradient is 11 per cent; for the final 4.4 miles it's eight per cent.

With little shade - the forest seems to be a treeless one - the course is rugged; not tough enough though, to deter about 120 competitors each year.

Eight members of 'our club' (the Ruby Mountains Running Club from Elko,



RACE TO THE ANGEL

By Mike and Linda Rhodes

Long-time Masters' members Mike and Linda are now back in Perth. You can read more of their north American reminiscences, with pictures, on the club website. VW

Nevada) competed in 2004 year, the event's nineteenth. We were three runners, a walker and four bike riders - two on a tandem, one solo and one pulling a high tech trailer with a two year-old passenger!

Mike and I left home at 5.30am and as we drove the 50 miles from Elko we watched the temperature rise from 33F (1 degree above freezing) to 58 degrees, a comfortable temperature for running. Before the race was over, the temperature had reached 80-plus degrees and dehydration was causing some competitors to fall by the wayside with thirst and muscle cramps.

Race start was 7am, the walkers first off. Mike was with them, having decided he had no hope of running this distance well.

Runners left the fire station at 7.30 followed 30 minutes

later by the bike riders. Just to deceive newcomers, the first mile (2km) is flat.

After the first turn out of town, the incline begins and the road just goes up and up. Despite their start, the walkers were soon passed by the runners, and the runners by the bike riders.

OLD AND NEW

An 84-year old runner in bright green Speedos admitted defeat after five miles - as he apparently does every year - but the young mother pushing her baby in a high tech pram made it all the way - despite having had a Caesarean only six weeks earlier.

Though the early start was meant to avoid the heat still common at this time of year (autumn) it was not long before the temperature was creeping towards 80F.

The walk became the most competitive section of the



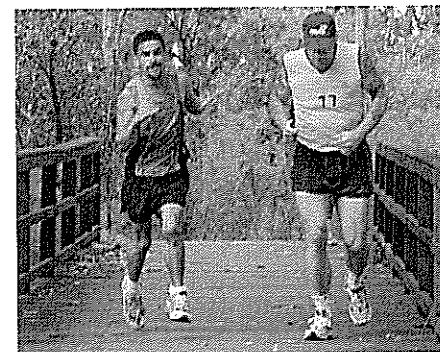
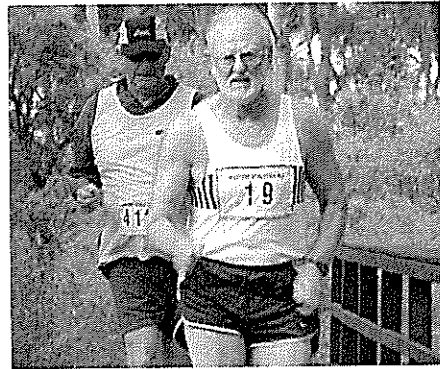
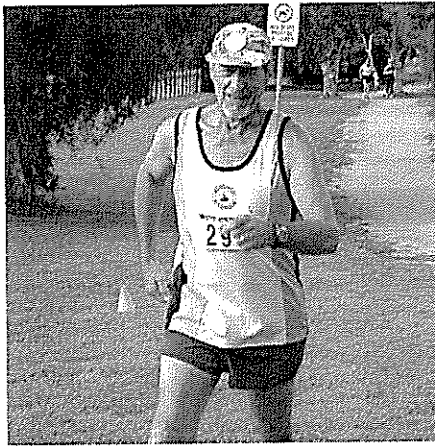
event. As the winners from the previous two years battled each other, Mike stuck to their heels but the advantage drawn from knowledge of the course saw them pull away at the 5-mile point where the first steep climb began.

HEAT TOLL

Then the weather began to play a role, the rising temperature taking its toll as the sun rose higher. By the 9-mile point the 2003 champion was struggling with cramps. At 11 miles, as his chief foe collapsed with fatigue and heat exhaustion, so did he. Unfortunately for the young man following, the collapsed walker was his father-in-law and he felt duty bound to stay and help, thus sacrificing his chance to win the race.

This also allowed Mike, who had been steadily gaining on the leaders, the chance to stride past. While I stayed to help the fallen, Mike pushed up the long incline to win the event in a time of 2 hours 47 minutes.

It was an amazing race that will be long remembered. The 2005 race was scheduled for September 9. We will watch from a distance and with many regrets that Mike is not able to be there to defend his hard-won title.



Herdsman Lake Run

September 9, 2005

Conditions: fine

IT IS said the 'sun shall shine upon the righteous', and it did for the Herdsman Run, although there were a few anxious moments.

Jeff and Dorothy landed me with composing a thank you to all our helpers. So their thanks go to all the helpers - from memory, Kirt Johnson, tent and shute; Lorna, Fenella, and me at finish; marshals John, John, Graham and Mike.

Now a few little bits of scandal. Just as Lorna was saying how easy it was, recording only numbers and distance, and how fast people proceeded through the 'Kirt Johnson' (shute) when, you guessed it:

"Sorry, I have forgotten my number."

"Sorry I think it is (etc)."

"Oops, it is in my pocket (etc)."

Ah well, another good day shot to pieces. But the club has a new time recorder, (electrical, not human) so that might encourage helpers.

Barrie Thomsett

NEW COURSE RECORDS

5K RUN:

Ian Davies (M55 17:38)

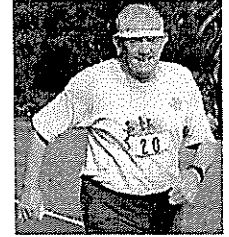
Quote... "wonderful to break the great man's (Bert Carse) record."

Irwin Barret-Lennard (M75 22:56)

5k Walk

Graham Ainsworth (M45 44:31)

10k Run Stan Lockwood (M75 60:20)



Race Directors Dorothy and Jeff Whittam

5K RUN

Ian Davies	M55	17:38
Paul Hughes	M50	18:49
Alan Gower	M50	20:00
Henri Cortis	M55	20:03
Ralph Henderson	M55	20:16
Duncan McAuley	M55	20:28
Dave Roberts	M60	21:11
Barry Jones	M45	22:55
Gary Fisher	M50	22:37
Don Caplin	M65	22:54
Irwin Barret-Lennard	M75	22:56
Karyn Gower	W45	23:30
Mike Rhodes	M55	24:46
Jim Riddell	M65	25:04
Leonie Jones	W45	25:16
Mike Anderson	M55	25:36
Doug Hazell	M50	26:08
Sue Bullen	W45	26:31
Peter Airey	M65	26:36
Damien Hanson	M50	26:47
Arnold Jenkins	M60	27:27
Pamela Toohey	W55	27:42
Ray Hall	M70	27:57
Richard Danks	M60	28:06
Paul Buckley	M55	28:48
Mick Malone	M50	29:00
Fiona McAuley	W50	29:08
Denise Lancaster	W55	32:03
Debbie Dance	W35	32:59
Jennie Smith	W50	33:41
Julie Wood	W55	34:09
Pierre Viala	M55	34:10
Steve Toohey	M55	34:13
Dalton Moffett	M70	36:17
Kirt Johnson	M75	38:04
Elaine Ellard	W60	38:20
Shorty Turner	M70	39:06
Jodi Brauer	W35	40:15

5K WALK

John Frost	M65	37:34
David Brown	M55	39:52
Val Millard	W55	39:53
Pat Ainsworth	W65	40:54
Sue Wells	W50	44:28
Pat Miller	W65	44:29
Patricia Hopkins	W60	44:31
Graham Ainsworth	M45	44:31
Maggie Flanders	W65	46:03
Merv Moyle	M75	47:10
Ann Turner	W65	47:11
Leo Hassam	M75	48:07
Jill Midolo	W55	50:51

10K RUN

Bernard Mangan	M50	38:56
John Allen	M45	40:25
John Puglisi	M50	41:04
Neil McRae	M50	41:46
Mike Hale	M55	42:45
Doug Ashfield	M45	42:53
Johan Hagedoorn	M60	43:07
Bill Jones	M55	44:03
Scot Claxton	M35	44:12
Brian Danby	M55	44:30
Syd Beer	M60	45:17
Wayne Taylor	M45	46:02
Mark Sivyver	M55	46:13
John Ellard	M60	49:05
Keith Atkinson	M45	49:39
Karen March	W40	49:46
Terry Humphrey	M50	50:42
Milton Mavrick	M50	51:31
Gillian Young	W55	51:41
Graham Thornton	M60	51:58
Franz Oswald	M55	52:20
Kevin Payne	M45	54:03
Alan Thorniley	M50	54:09
John Smith	M70	54:15
Wayne Bates	M60	56:25
Bob Sammells	M65	57:13
Stan Lockwood	M75	60:20
John Talbot	M55	62:45
Rhod Wright	M55	65:47
Elaine Dance	W50	72:04
Margaret Bennett	W60	73:04

From top: John Frost won the Walk in 37:34.

Bob Sammells on the long run; start of the event; Arnold Jenkins with our regular WAMC visitor, Daryl; and Dalton Moffett.

Bibra Lake run

September 18, 2005

MASTERS Athletics organised a top quality event for the Bibra Lake Fun Run in association with the City of Cockburn.

We were gratified to see a big field of more than 200 runners, many of them youngsters, and several older runners, who asked for information about the Masters Club. Members of the public had to pay to run but Masters members ran free, the City of Cockburn paid their \$4 per head fees.

The event comprised the 6km public fun run and the normal 12km Masters event. Cockburn City Council organised serious prize money for first and second place-getters in the four categories, 12 years and under, 17 years and under, Open and Masters, with a mounted trophy. All well worth having. How much? - you ask. Well, I'm not going to tell you - that's not what it's all about - but it was a worthwhile amount. Those who attended were told about it. For the others, come next year and see for yourself.

Competitors got a free drink and a sausage sizzle dog, with onion and tomato sauce at the finish.

The event started on the road. We had the roads closed, Dennis Miller marshalling at one point with his Stop/Go lollipop and a walkie talkie radio, and Steve Toohey and Sid Beer at the other end, with a walkie-talkie and a lollipop, and backed up by the city ranger in his vehicle.

Basically, it was one lap around the lake. Jim Barnes got there early and measured it all out, flagged it and placed some kilometre markers. Then ran the 12 km himself; he looked good coming in, the old warhorse. I'm betting there's at least another 15 marathons in Jim.

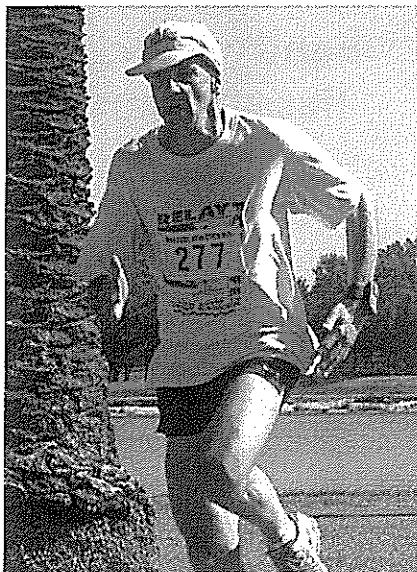
As Race Director, I asked the runners to compete in the spirit of a community fun run - doing their best to enjoy the run while being good sports to each other in victory and defeat.

Don Pattinson started them with a loud pistol shot, which left us all wreathed in gunsmoke. Keith Atkinson worked the big clock and Christine Pattinson timed everybody in. Bob Sammells, Pam Toohey, Elaine Dance, Lorna Lauchlan and Barry Thomsett recorded everybody in, with Pam and Bob identifying the category winners. Karin March organised the drink stop half way round the course and Keith Atkinson supervised drinking water at the finish.

The City of Cockburn provided massive support and plan to publish the results in the community newspaper. They also provided a first-aid officer.

Overall, it was a highly satisfactory event, in the tradition of the Masters at their best, and will maintain our profile and reputation in the City of Cockburn. Good PR for us.

Richard Harris



Clockwise, from top:

John Allen was first clubman in;
Shirley Bell, first W55 in 60:33;

Jim Barnes 'the old warhorse'; and
6K runners Bob Fergie, Joan Pellier.

12K RUN

John Allen	M45	48:24
Gary McLean	M40	48:25
Andrew Cook	M40	49:26
Geoff Barrett	M40	50:24
Neil McRae	M50	49:29
Mike Hale	M55	51:41
Bill Jones	M55	52:36
Johan Hagedoorn	M60	52:43
Helen Lysaght	W50	54:57
Mark Sivyer	M55	57:08
John Ellard	M60	57:16
Nick Miletic	M50	59:47
Barb Humphrey	W50	60:22
Terry Humphrey	M50	60:28
Shirley Bell	W55	60:33
George Schaefer	M70	60:42
Franz Oswald	M55	61:03
Christine Engels	W45	62:22
Michael Wilkin	M55	63:49
John Smith	M70	67:19
Jackie Halberg	W55	67:19
John Talbot	M55	67:47
Ray Hall	M70	71:48

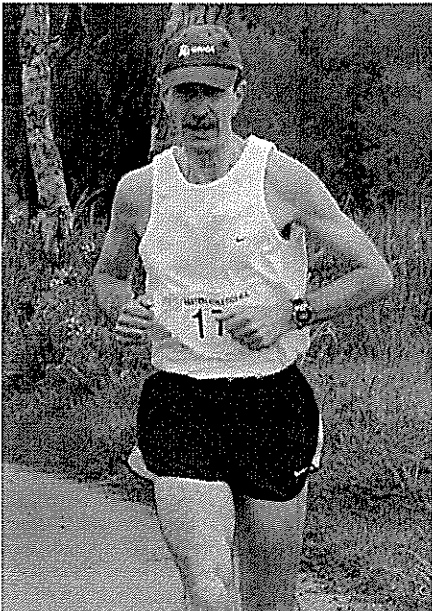
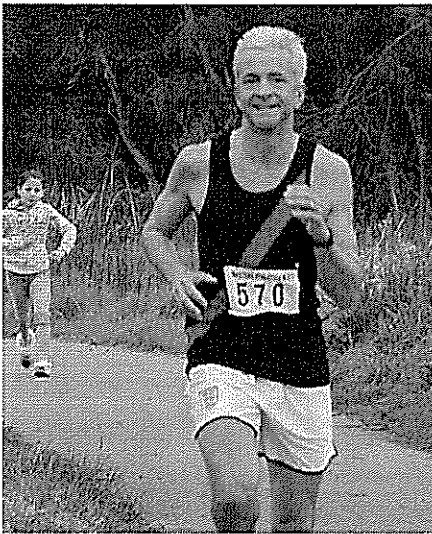
6K RUN

Christopher Coates	M50	22:36
John Puglisi	M50	23:25
Duncan McAuley	M55	25:14
Malcolm Hawley	M50	25:40
Kay Burt	W45	25:46
David Muir	M60	25:56
Hamish McGlashan	M65	27:54
Mike Rhodes	M55	28:06
Julie Keeley	W35	28:29
Gillian Young	W55	28:53
Paul Martin	M60	29:51
John Brambley	M60	30:02
Bruce Mathieson	M60	30:03
John West	M55	31:44
John Pellier	M65	31:44

John Dance	M55	32:04
Lorraine Lopes	W65	32:11
Arnold Jenkins	M60	32:34
Fiona McAuley	W50	34:33
Vic Beaumont	M75	34:37
Pierre Viala	M55	35:36
Julie Wood	W55	35:37
Denise Lancaster	W55	35:38
Bob Fergie	M70	36:17
Joan Pellier	W65	37:22
Kirt Johnson	M75	37:36
Jennie Smith	W50	37:44
Debbie Dance	W35	37:45
Bev Whitfield	W40	38:20
Margaret Bennett	W60	41:05
Elaine Ellard	W60	42:51
Jenni Shillington	W45	44:00
Jodi Brauer	W35	44:25
Dalton Moffett	M70	44:35
Ray Lawrence	M75	44:49
Shorty Turner	M70	45:06
Bev Wilkin	W50	48:29

6K WALK

John Frost	M65	44:25
Val Millard	W55	44:48
Dorothy Whittam	W65	47:23
Jeff Whittam	M70	47:36
Linda Rhodes	W45	49:19
Mitch Loly	M65	50:49
Pat Ainsworth	W65	51:16
Merv Moyle	M75	52:05
Ann Turner	W65	52:12
Sue Wells	W50	52:13
Pat Miller	W65	53:18
Graham Ainsworth	M45	53:18
Maggie Flanders	W65	55:23
Patricia Hopkins	W60	55:24
Liz Chandler	W35	59:23
Barbara Bailey	W75	59:27
John Bailey	M75	59:28



From top:
Not quite, Gary McLean – but 2nd place is good too!
Andrew Cook was third, in 40:50; Ralph Henderson, director of the Kings Park 10K Championship event, was fourth in 40:56.

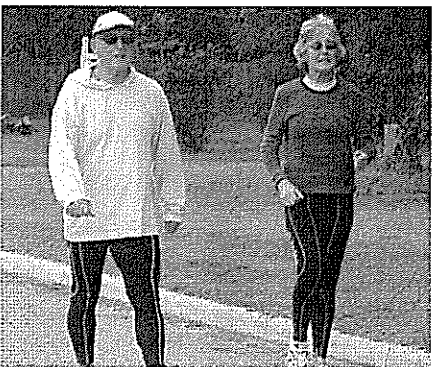
Sandy Beach Bassendean

September 11, 2005

Conditions: fine,
especially for mosquitoes

10K RUN

347	Neil McRae	M50	40:15
554	Gary McLean	M40	40:35
570	Andrew Cook	M40	40:50
178	Ralph Henderson	M55	40:56
105	Bruce Wilson	M60	40:58
253	Doug Ashfield	M45	42:24
262	Johan Hagedoorn	M60	42:40
697	Syd Beer	M60	43:27
468	Wayne Taylor	M45	45:20
454	Mark Sivyer	M55	45:26
207	Helen Lysaght	W50	45:38
227	Gary Fisher	M50	46:28
442	Dee Haines	W45	46:44
286	John Ellard	M60	47:33
455	Sean Keane	M40	47:35
669	Alan Thornily	M50	47:57
198	Keith Atkinson	M45	48:15
708	Bruce Mathieson	M60	49:18
650	Karen March	W40	49:39
477	Terry Humphrey	M50	49:59
392	Nick Miletic	M50	50:11
288	Gillian Young	W55	50:26
608	John Byrne	M55	50:51
476	Barb Humphrey	W50	50:53
247	Shirley Bell	W55	50:58
625	Franz Oswald	M55	51:09
447	Liz Chandler	W35	51:21
155	Mike Rhodes	M55	52:00
366	Dan Bending	M60	52:22
553	Christine Engels	W45	52:50
267	Michael Faunge	M65	54:10
340	John Dance	M55	54:19
156	John Smith	M70	54:48
351	Pamela Toohey	W55	54:49
265	Sue Bullen	W45	55:27
19	Bob Sammells	M65	55:43
242	Ray Hall	M70	58:50
40	John Pellier	M65	58:57
690	John Talbot	M55	60:16
448	Rhod Wright	M55	62:35
149	Jackie Halberg	W55	63:33
339	Elaine Dance	W50	65:00
571	Bev Whitfield	W40	65:57
409	Jenni Shillington	W45	67:45
285	Elaine Ellard	W60	74:18
37	Mitch Loly	M65	77:19
115	Shorty Turner	M70	77:39



The Walking Warrens – Morris and Margaret, who direct the Joondalup Run.



Race Director Jacqui Billington, who now travels up from Bunbury to do her duty.

5K RUN

707	John Puglisi	M50	21:23
491	Barry Jones	M45	23:24
184	Doug Hazell	M50	26:18
244	John Brambley	M60	26:50
174	Mike Anderson	M55	26:53
492	Leonie Jones	W45	27:01
376	Damien Hanson	M50	28:43
627	Richard Blurton	M55	28:58
596	Richard Danks	M60	29:32
77	Arnold Jenkins	M60	30:07
47	Joan Pellier	W65	33:36
11	Bob Fergie	M70	33:37
295	Julie Wood	W55	34:35
635	Jennie Smith	W50	34:41
352	Steve Toohey	M55	35:10
440	Alan Thurlow	M50	40:05
668	Jodi Brauer	W35	41:20
24	Ray Lawrence	M75	41:39
42	Dalton Moffett	M70	49:04



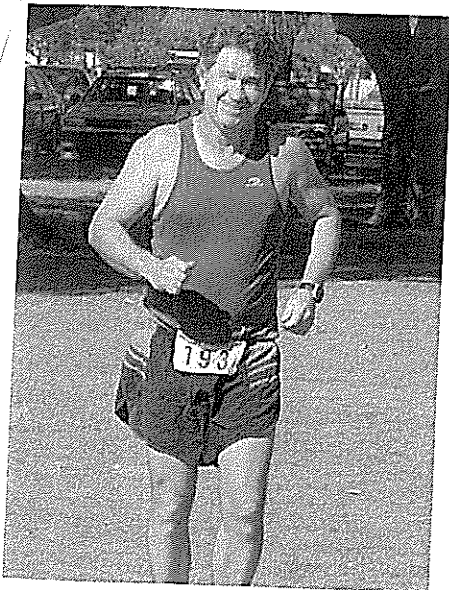
Walk winner David Brown and second placed Roger Walsh, at the start.

10K WALK

188	Val Millard	W55	78:00
520	Lorraine Lopes	W65	78:46
431	Janis Malin	W55	78:47
20	Jeff Whittam	M70	78:53
31	Dorothy Whittam	W65	81:15
693	Graham Ainsworth	M45	84:42
114	Ann Turner	W65	87:54
205	Pat Ainsworth	W65	87:55
109	Pat Miller	W65	90:48
108	Norm Miller	M70	90:49

5K WALK

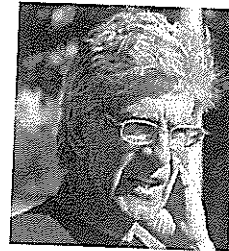
203	David Brown	M55	37:43
43	Roger Walsh	M60	42:58
594	Sue Wells	W50	45:55
307	Patricia Hopkins	W60	45:58
212	Linda Rhodes	W55	47:40
210	Maggie Flanders	W65	49:48



Cliff Bould Trophy

September 25, 2005

Conditions: fine



Race Director
Ivan Brown
complete with
Spanish suntan

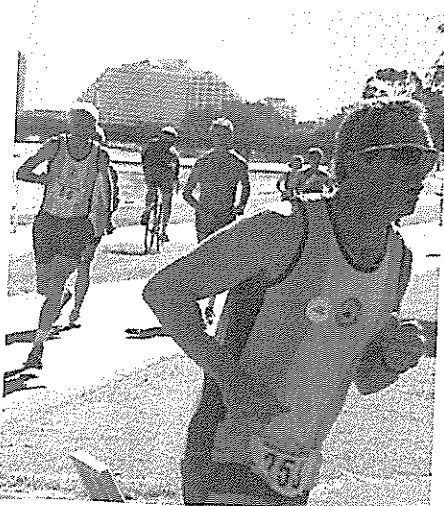
OUTSTANDING work by Ivan and his helpers overcame the snags on a brilliant, cold morning that warmed up nicely by the time most of us finished. Ivan returned from Europe the previous day and had to make some hasty adjustments to the course when the entry gate to the kangaroo enclosure on Heirisson Island was found to be locked.

Many short distance runners, going off scratch, were first to miss an improvised turn inside the enclosure. That was put right before most of the championship, 10.4K performers, reached it. Jim Langford filled the breach, while Phyllis Farrell and Mary Heppell were the gatekeepers.

Doubling up?

It was a surprise to see Bjorn Dybdahl lining up with we scratch starters. His plan was to run the 5K and be back in time to go off his handicap time in the 10.4K. Good idea - but I don't see him in the 10.4K list!

Maybe on this occasion we could bend the rule that says runners can only take part in one event?



10.4K RUN

	Time	H'cap time	Net time
Milton Mavrick	M50 66:40	14:22	52:18
Colin Chisolm	M40 66:53	24:07	42:46
Gillian Young	W55 67:2	17:11	49:51
Bruce Mathieson	M60 67:54	17:00	50:54
Geoff Barrett	M40 67:55	27:24	40:31
Nick Miletic	M50 67:57	17:42	50:15
Mark Sivyer	M55 68:1	22:44	45:17
Kevin Payne	M45 68:6	14:19	53:47
Fiona McAuley	W50 68:11	6:36	61:35
Rhod Wright	M55 68:13	8:41	59:32
Jim Barnes	M60 68:15	18:13	50:02
Mike Rhodes	M55 68:21	14:56	53:25
Chris Frampton	M40 68:28	29:29	38:59
Margaret Langford	W55 68:31	21:00	47:31
John Allen	M45 68:37	28:11	40:26
John Brambley	M60 68:40	13:22	55:18
Keith Atkinson	M45 68:42	22:12	46:30
Mark Rosen	M55 68:46	21:00	47:46
Neil McRae	M50 68:54	27:35	41:19
Noel McKenney	M50 68:55	21:00	47:55
Stephen Dunn	M35 68:59	29:19	39:40
Doug Ashfield	M45 69:1	25:51	43:10
Hamish McGlashan	M65 69:3	20:08	48:55
Franz Oswald	M55 69:4	19:29	49:35
Irwin BarrettLennard	M75 69:6	21:00	48:06
John Puglisi	M50 69:7	27:56	41:11
Helen Lysaght	W50 69:16	22:33	46:43
Ralph Henderson	M55 69:32	27:04	42:28
Karen March	W40 69:56	19:05	50:51
John Talbot	M55 69:58	9:23	60:35
Paul Martin	M60 69:59	15:58	54:01
Mike Hale	M55 70:13	25:51	44:22
Gary Fisher	M50 70:21	22:12	48:09
Syd Beer	M60 70:22	25:14	45:08
Martin Watkins	M55 70:31	22:12	48:19
Bob Schickert	M60 70:37	24:59	45:38
Michael Faunge	M65 70:46	13:27	57:19

From top:

Milton Mavrick is back on form, winning the Trophy event; Allen Tyson and Ernie Moyle enjoyed the walk; Lyn Schickert in a hurry, despite the weight of two enormous Spanish bronze medals; and Doug Ashfield leads a pack, showing why handicap runs produce such great racing.

VW

Kay Burt	W45 70:50	24:12	46:38
Mike Anderson	M55 71:41	16:40	55:01
Arnold Jenkins	M60 71:57	10:15	61:42
Jane Elton	W35 71:58	14:24	57:34
Michael Wilkin	M55 72:21	11:30	60:51
Duncan McAuley	M55 72:23	27:19	45:04
Bryan Hardy	M60 72:29	21:20	51:09
John Smith	M70 73:30	17:06	56:24
Vic Beaumont	M75 73:43	9:12	64:31
John Pellier	M65 73:58	16:40	57:18
Frank Gardiner	M55 74:14	23:15	50:59
Thomas Waumsley	M30 74:47	34:10	40:37
Ray Hall	M70 74:48	11:38	63:10
Jim Klinge	M55 77:28	27:56	49:32
Robin King	W45 77:30	24:07	53:23

5.2K WALK

Maggie Flanders	W65 52:44	5:00	47:44
Alan Pomery	M70 54:14	11:15	42:59
John Carrington	M70 54:19	18:00	36:19
Dorothy Whittam	W65 54:34	13:30	41:04
Jeff Whittam	M70 54:36	14:00	40:36
Lesley Romeo	W60 55:45	16:30	39:15
Leo Hassam	M75 57:7	2:00	55:07
Lynne Schickert	W60 62:0	17:30	44:30
Ernie Moyle	M80 65:11	0:00	65:11

NO H/CAP 5.2K WALK

Stephen Doherty	M45 48	53
Debbie Wolfenden	W40 52	19
Malcom Hawley	M60 54	53
Bev Wilkin	W50 57	32
Linda Rhodes	W55 57	47

5.2K RUN

Bjorn Dybdahl	M50
Dave Roberts	M60
Colin Smith	M40
Raymond Gimi	M40
John Collier	M35
Don Caplin	M65
Delia Baldock	W40
Vic Waters	M60
Mike Khan	M60
Brian Foley	M60
Bob Fergie	M70
Dalton Moffett	M70
Bruce Wilson	M60
Jodi Brauer	W35
Carmine Waumsley	W30

TRACK AND FIELD
6pm: full programme,
includes Patron's Trophy
point-score events.

COKER PARK
Oct 6, 13, 20, 27
Nov 3, 10, 17, 24
McGILLIVRAY
Oct 4, 11, 18, 25
Nov 1, 8, 15, 22, 29

OCT 23
MULLALOO
Directors: Mike Anderson,
Johan Hagedoorn - 9401 3280
Graham & Chris Uren,
Martin Watkins, John Frost,
Terry & Barb Humphrey, Ian
Lyon, Peter Drinkwater, John

COMING EVENTS and helpers list

All helpers: please contact your director and confirm you are available.

Collier, Michaela Newman,
Chris Maher, Noel McKenny

OCT 30
GARVEY GALLOP
Director: Arthur Leggett -
9279 9340

Kirt Johnson, Lesley Romeo,
Doug Ashfield, Ray & Roma
Barnett, Alan Pomery, Brian
Smith, Pat Ainsworth, Colin
Chisholm

NOV 6 - SAFETY BAY
Directors: Pam & Steve Toohey
- 9593 3439

Sean Keane, Ray Hall, Dennis
& Margaret Miller, Ray Atwell,
Murray Tolbert, John & Elaine
Dance

NOV 13 - GWELUP
Director: Jim Klinge -
9294 4029
Roger Walsh, Martin Watkins,
Mike Faunge, Pat Hopkins, Ed

Barrett-Lennard, Peter
Drinkwater, Ross Parker,
Dave Scott, Wendy
Clements-Green, Bryan
Hardy, Bob Sammells

NOV 20 - RECOVERY
Director: Jim Barnes -
9459 2617
Karen Sexton, Terry
Manford, Janis Malin

NOV 27 - PERRY LAKES
Director: John Bell -
9386 6975
Ron Spencer, Terry Manford,
Gordon & Noela Medcalf,
Sue Bullen, Cecil Walkley,
Peter Ryan, Marg & Brian
Bennett, Garnett Morgan,
Christine Wheeler

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