

MAWA is on Facebook. A 'closed group' has been set up with access only to Members, who can post comments, read news, share opinions with any other members of the group. No unauthorised access to the group is possible.

It's simple to join.

1. Go to facebook.com
2. Register if you are not already a member
3. Contact John Oldfield using the 'Add Friends' button
4. I will then add you to the MAWA group list
5. You will receive an email telling you how to use the group to post comments, read news, etc.

Recent themes have been training, comments on Sunday runs, Lyn Ventris' world record extravaganza in Adelaide, good places to run in Perth, and so on Be part of it – join the in-group.