



VETRUN



MASTERS ATHLETICS WA NEWSLETTER

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Results, Results, Results!

You will find that this issue of *Vetrun* is crammed with results! Unavoidably so, with the results from the 2004 Track & Field Championships 'hot off the press' and a backlog of results - from Sunday runs and weekday T&F meetings - which need to be dealt with.

Consequently various items have been postponed to the May issue - apologies if your contribution is one of these!

The 2004 Track & Field Championships were blessed by fine weather, not too hot, and with ages ranging from 30 to 84 a total of 160 Master athletes competed in conditions which were conducive to good performances. At this stage it appears that eighteen new State Records were set - a full analysis will appear in the May *Vetrun*.

Congratulations to Barbara Blurton, the Championships Coordinator, and her team for organising and coordinating a most successful and enjoyable carnival.

Further congratulations go to Barbara for winning the newly named 'Anne Shaw Athlete of the Meet' award. Barbara's time of 2.21.7 for the W50 800m is the third fastest ever recorded in the world for her age division.

Lynette Ventris again performed up to her very high standards and was less than ten seconds off her own World Record in the 5km Walk.

Six athletes achieved the coveted 90%+ rating this year: Barbara Blurton, David Carr, Bert Carse, David Clive, Peggy Maciver and Lynette Ventris.

The Championships results are set out on pages 3 - 7.

MAWA SECRETARY'S REPORT 2003/2004

Another very good year of activity by club members. The whole range of events including Sunday runs/walks, Tuesday and Thursday Track and Field, social events (Jorgensen lunch, Presentation Day and the Dinner Dance) were enjoyed by many. Every Sunday is in fact a social event with many members staying on after the athletic event to enjoy the company in the pleasant surroundings.

A small number of members competed in AthleticA events and about 15 were AthleticA officials at regular competition and the Telstra A Series.

Membership has again flourished. At 31/03/2003 there were 464 members, nearly 60 up on the previous year. Some of this was due to the National Championships being held in Perth at Easter 2003. At 31/03/2004 the number of members will be slightly in excess of that 464.

It was a year of change, the most significant being the change from "Veterans" to "Masters". I believe that change has helped the club obtain and retain members.

Another significant event is the addition of a Tuesday track and field night so that every week during the season there are track and field events north and south of the river allowing easier access by members. The numbers attending have grown to about 90 each week.

The committee functioned well and I think the new committee members found their roles interesting and

challenging. Rod Tinniswood was unable to continue as editor of the *Vetrun* and the club was very fortunate to have Jeff Bowen available to step in to the position. Many thanks to Rod for his very high quality work over the last few years. A big thank you also to those committee members who do not continue for the next year.

It was a very sad year with the loss of outstanding athlete and friendly competitor Anne Shaw.

There is a lot of work required to keep the club functioning and the committee is always seeking help and suggestions. Are you available to be a race director or committee member? No experience is necessary and you will most likely find the role rewarding.

Bob Schickert
Secretary MAWA

50th Anniversary of the First 4 Minute Mile

Roger Bannister ran the first 4 minute mile on 6 May 1954. To celebrate the 50th anniversary of this event an informal get-together has been arranged by Cecil Walkley, who trained with Roger Bannister and helped in the planning of the record attempt.

Date: Thursday 6 May 2004.
Venue: The Marathon Club, Burswood Water Sports Centre.
Time: 6pm to 7.30pm.

No need to book, just turn up on the night. Nibbles will be provided, but drinks at your own expense. Any queries phone the WAMC on 9472 4833 or Cecil on 9339 4790 h / 9381 5023 w.

From the Committee

- The Club's AGM will be held at 7pm on 26 April at the Hockey Club, Perry Lakes. The Agenda may be found on page 8.

- Due to unforeseen circumstances with venue bookings, the program for September has been amended. Please note the new dates and venues as shown below. You will be provided with a new copy of the annual program once the new committee has been appointed at the AGM.

5 Sept. Herdsman Lake
12 Sept. Millers Run
19 Sept. Bibra Lake
26 Sept. Cliff Bould Trophy

- The Club has a few electrical items, e.g. tea urns, which require periodic servicing by a qualified electrician. The Committee would be very pleased to hear from any member who would be able to undertake this task.

State Track & Field Championships

Another track and field season drew to a close at the end of March. These championships attracted a record number of entries, in a year which has seen quite a few new members at our Tuesday and Thursday meetings.

It was my first go at co-ordinating such an occasion and a special thank-you to Lynne Schickert whose wealth of knowledge and experience was invaluable. We also had the support of many of the AthleticA officials as 'chiefs'. However, we could not run a successful championships without the help of our own members. These are too many to mention individually, but I'd like to thank them all for giving up their time and cheerfully filling in at odd jobs between their events.

Thank you, and see you next year!
Barbara Blurton

THE CLUB WEBSITE - A WEALTH OF INFORMATION

Have you taken a look at our club website recently? It's time to take a browse, so go to www.mastersathleticswa.org and see the wealth of athletics information that's at your fingertips!

Our website contains all the information that's on your annual program of events – Sunday runs, track and field program and contact details. If you've lost your printed copy, then this is the place to go!

Interested in state and club records? The website features a comprehensive and up to date list of all state and club records. Interstate athletes look this information up on our website to check out the competition in preparation for Nationals!

Have you lost an entry form or membership form? These can be easily downloaded from our site and printed at home, ready to mail in. The club newsletter, "Vetrus", is reproduced on the website – a great opportunity for enquirers or overseas friends and relatives to catch up on what we're doing.

We have an excellent selection of links to other running related websites. These include links to information on coming events (National and International), links to results from major events, running magazines, running organizations and clubs, an on-line age-grading calculator and training/coaching websites.

Recently we added a new on-line poll feature to canvas opinions on various topics. Our latest poll question was "Which is the toughest track event". The result: 44% of visitors to the site voted for the 400m, 35% voted for the 800m and 15% for the 1500m! (100m and 200m runners – you only rated a handful of votes!)

Latest news on the club website includes a link to the full results from the first Masters INDOOR Track and Field Championships held recently in Germany and a link to the newly launched website for the 2005 World Masters Championships in Spain.

The results from our own 2004 State Championships are on the website too!

If you have friends interested in running, why not give them our web address ... it's a good place for enquirers to find out who we are and how to join.

Take a look soon
www.mastersathleticswa.org
John Stone

Help Required !!

I'm on a bit of a mission chasing results in Pentathlons to convert them to current 2002 scoring tables with the aim of making all performances comparable.

With the aid of several people, Geoff Gee, Bob Sammells, Bob Fergie, Clyde Riddoch (National Statistician), David Carr, Peter Gare, Dorothy Whittam and old Vetrus etc. I've been able to track down over thirty but a few have eluded me and hopefully someone may have the individual performances necessary to convert the remaining scores.

If anyone happens to have the results sitting in a file I would be most grateful. The missing results are:

Pentathlon

Mike Edwards	M35	29.3.92	3156 pts
Murray Tolbert	M40	10.3.91	3142 pts
Eileen Hindle	W35	05.4.87	3119 pts
Eileen Hindle	W40	27.3.89	3166 pts
Eileen Hindle	W45	01.4.95	3007 pts
Kath Holland	W50	10.3.91	3199 pts

Weight Pentathlon

Alex Cummings	M65	28.3.98	3147 pts
Eileen Hindle	W45	28.3.98	2143 pts

Feel free to contact me if you can be of help.

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Results in this Issue

Deadly Medley - Pleasant Run - Mt Lawley - Lake Monger - Sharks Run - Teddy Birds
Track & Field:
MAWA 2004 State Championships
Coker Park - McGillivray Oval

MAWA Track & Field Championships 2004

100 Metres

W35

1 Ann Heitman W39 14.4

W40

1 Sharon Maloney W41 15.4

2 Delia Baldock W42 15.7

W45

1 Rose-Maree Hollaway W49 18.5

W50

1 Lynne Choate W51 14.3

2 Carey Dickason W53 17.9

W55

1 Peggy Maciver W59 15.1

2 Eileen Hindle W55 16.5

W60

1 Ruth Johnson W63 18.2

2 Luella Jenkins W61 18.5

3 Lynne Schickert W62 22.7

W70

1 Pat Carr W72 17.9

W80

1 Phyllis Head W84 36.4

M30

1 Matthew Staunton M30 12.8

2 Paul Burke M33 13.2

3 Gerard Kennedy M31 13.5

M35

1 Brendan Kennedy M35 12.5

2 Terry Collins M37 13.2

3 Shane Davey M35 14.1

4 Michael Miller M38 14.5

M40

1 Nigel Jones M41 12.2

2 Peter De Klerk M44 12.6

3 Colin Smith M41 12.8

4 Tony Colling M44 13.3

5 Robert Colton M40 14.4

M45

1 Mike Edwards M47 12.9

2 Campbell Till M46 13.4

3 Guito Dumolard M47 13.7

M50

1 Rob Antonioli M52 14.9

2 Damien Hanson M50 15.6

M55

1 Murray Tolbert M57 14.1

M60

1 Barrie Kernaghan M63 14.0

2 Keith Martin M60 14.4

3 Peter Gare M63 14.6

4 Mike O'Reilly M64 14.9

5 Peter Doye M63 15.3

6 Bernie Oliver M60 17.8

M65

1 David Clive M67 13.8

2 Don Chambers M66 14.7

3 Norman Richards M66 15.0

4 Leon Sander M66 15.5

5 John Sutton M68 17.5

M70

1 Gordon Medcalf

2 Derry Foley

M80

1 Donald Frearson

M74

17.3

M74

29.3

M83

20.8

W40

1 Delia Baldock

W50

1 Barbara Burton

2 Carey Dickason

W55

1 Peggy Maciver

W60

1 Ruth Johnson

W80

1 Phyllis Head

M30

1 Paul Burke

M35

1 Michael Miller

M40

1 Peter De Klerk

2 Colin Smith

3 Robert Colton

4 John Dennehny

5 Blakeney Tindall

M45

1 Campbell Till

2 Greg Vander Sanden

3 Mike Edwards

M50

1 Eric Hope

2 Rob Antonioli

M55

1 Bruce Wilson

2 Guita Dumolard

M60

1 Peter De Klerk

2 Colin Smith

3 Mark Williams

4 Tony Colling

5 Robert Colton

6 John Dennehny

M65

1 David Baird

2 Mike O'Reilly

3 Jim Riddell

4 Lyle James

M70

1 David Carr

800 Metres

W30

1 Toni Phillips

2 Nathalie Bond

W40

1 Delia Baldock

W50

1 Barbara Burton

2 Carey Dickason

W55

1 Peggy Maciver

2 Gillian Young

W60

1 Ruth Johnson

2 Luella Jenkins

3 Bridget Carse

M35

1 Chris Shenton

2 Simon Jawichre

400 Metres

W30

1 Toni Phillips

2 Nathalie Bond

1:04.9

1:13.9

(800 Metres Continued)

M40		M50		M55		
1 Robert Colton	M40	2:25.0	1 Eric Hope	M53	4:38.4	
2 Colin Smith	M41	2:33.0	2 Brian Hewitt	M50	4:47.3	
3 John Dennehy	M44	2:34.4	3 Russell Johnson	M51	4:53.5	
4 Blakeney Tindall	M43	2:36.1	4 Rob Antonioli	M52	5:18.6	
5 Mark Williams	M40	2:49.3	5 John Bocian	M53	5:23.8	
M45		6 Gareth Brunt		M52		
1 Greg Vander Sanden	M45	2:13.9	M55		5:26.7	
2 Campbell Till	M46	2:16.0	1 Jim Langford	M59	4:56.6	
3 Robert Cattrall	M46	2:25.9	2 Ivan Brown	M59	5:30.6	
4 Richard Boyd	M47	2:36.3	M60		M60	
M50			1 Bert Carse	M62	4:56.7	
1 Eric Hope	M53	2:18.8	2 Robert Schickert	M62	5:15.0	
2 Bjorn Dybdahl	M50	2:26.8	3 David Baird	M61	5:18.0	
3 Rob Antonioli	M52	2:27.5	4 Lyle James	M63	6:35.0	
M55			5 Jim Riddell	M64	6:42.1	
1 Bruce Wilson	M58	2:31.8	M65		1 Irwin Barrett-Lennard	
2 Ivan Brown	M59	2:50.2	1 Dave Simmonds	M69	5:55.6	
M60			2 Richard Harris	M67	6:51.1	
1 Bert Carse	M62	2:30.0	3 Morland Smith	M66	6:53.9	
2 David Baird	M61	2:34.0	M70		10000 Metres	
3 Jim Riddell	M64	3:20.1	1 David Carr	M71	5:25.7	
4 Lyle James	M63	3:52.4	W35		1 Julie-Anne Keeley	
M65		5000 Metres		W37	58:01.5	
1 Dave Simmonds	M69	2:59.2	W30		1 Denise McMorrow	
2 Leon Sander	M66	3:05.2	1 Gina Grayson	W30	17:19.9	
M70			2 Britta Christensen	W33	19:02.5	
1 David Carr	M71	2:33.3	3 Christine Uren	W33	21:47.8	
1500 Metres		W40		1 Karyn Gower		
W30			1 Jackie Halberg	W44	22:16.0	
1 Gina Grayson	W30	4:45.0	1 Jackie Halberg	W57	26:06.6	
2 Britta Christensen	W33	5:08.5	W60		1 Margaret Bennett	
3 Christine Uren	W33	5:57.7	1 Bridget Carse	W60	29:55.6	
W35			2 Margaret Bennett	W62	32:12.7	
1 Niamh Keane	W39	5:11.1	W65		1 Ann Turner	
W40			1 Jackie Halberg	W68	26:47.4	
1 Karyn Gower	W44	6:11.5	M30		1 Paul Mitchell	
W45			1 Ann Turner	M33	15:37.9	
1 Robin King	W45	5:46.8	2 Dirk Klicker	M30	17:39.6	
W50		M35		1 Paul Mitchell		
1 Carey Dickason	W53	7:26.9	1 Peter Bauchop	M35	17:08.0	
W55			2 Stephen Dunn	M37	17:22.8	
1 Jackie Halberg	W57	6:48.6	M40		1 Jackie Halberg	
W60			1 Jon Kappler	M41	15:39.0	
1 Ruth Johnson	W63	6:57.3	2 Michael Rainford	M42	19:30.1	
2 Margaret Bennett	W62	8:51.1	3 Blakeney Tindall	M43	20:07.0	
M30		M45		1 Paul Mitchell		
1 Paul Mitchell	M33	4:09.6	1 Robert Cattrall	M46	17:38.2	
2 Dirk Klicker	M30	4:36.0	2 Alan Gower	M48	17:40.3	
M35			3 Darryl White	M45	18:26.8	
1 Stephen Dunn	M37	4:41.1	4 Bernard Mangan	M49	18:29.2	
2 Keith Edmonds	M36	5:13.2	5 Mick Mantell	M48	19:44.2	
M40			6 Doug Ashfield	M47	20:13.0	
1 Jon Kappler	M41	4:10.4	7 Keith Atkinson	M47	22:33.8	
M45		M50		1 Eric Hope		
1 Robert Cattrall	M46	4:45.3	1 Eric Hope	M53	17:32.8	
2 Greg Vander Sanden	M45	4:50.3	2 Russell Johnson	M51	17:42.2	
3 Darryl White	M45	4:52.7	3 Bjorn Dybdahl	M50	18:18.8	
4 Bernard Mangan	M49	4:53.3	4 Jose Defosse	M53	18:59.6	
5 Doug Ashfield	M47	5:24.5	5 Gareth Brunt	M52	19:48.2	
6 Richard Boyd	M47	6:06.3	6 John Bocian	M53	20:18.6	
M45			7 Milton Mavrick	M50	20:20.8	
M55			1 Bert Carse	M62	38:40.7	
M60			2 Robert Schickert	M62	41:53.9	
M65			1 Dave Simmonds	M69	46:39.9	
M70			2 Richard Harris	M67	53:20.1	
M70			1 Irwin Barrett-Lennard	M74	49:05.6	
M70			2 Cecil Walkley	M74	57:49.1	

(Long Jump Continued)

		W60				M30					
M50		1	Kathleen Holland	W63	7.43m	1	Mark Hamilton	M33	38.41m		
1	Rob Antonioli	M52	4.30m	2	Luella Jenkins	W61	6.68m	2	Matthew Staunton	M30	32.16m
2	Damien Hanson	M50	3.65m	3	Ruth Johnson	W63	5.65m	3	Paul Burke	M33	26.80m
M55		4	Lynette Weigel	W63	5.16m	M35					
1	Murray Tolbert	M57	5.27m	W65		1	Shane Davey	M35	24.26m		
M60		1	Dorothy Whittam	W67	7.01m	2	Michael Miller	M38	19.54m		
1	Keith Martin	M60	3.97m	W80		M40					
2	Ronald Spencer	M64	2.08m	1	Phyllis Head	W84	2.68m	1	Mark Williams	M40	20.85m
M65		M30		2	Mark Hamilton	M33	11.82m	2	John Dennehy	M44	16.45m
1	David Clive	M67	4.71m	1	Matthew Staunton	M30	10.46m	1	John Everard	M45	24.04m
2	Don Chambers	M66	4.05m	2	Paul Burke	M33	8.31m	2	Ian Sanders	M45	19.56m
3	Leon Sander	M66	3.82m	M35		M50					
4	John Sutton	M68	3.29m	1	Roger Schmidlin	M38	10.61m	1	Rob Antonioli	M52	20.52m
5	Bob Fergie	M68	3.06m	2	Shane Davey	M35	8.70m	2	Damien Hanson	M50	19.10m

Triple Jump

		M45				M55					
W30		1	John Everard	M45	7.64m	1	Bruce Cornish	M55	30.83m		
1	Nathalie Bond	W31	8.65m	2	Ian Sanders	M45	6.86m	2	Rob Young	M59	28.81m
W35		M50		1	Geoffrey Gee	M50	11.29m	1	Ed Carroll	M63	40.66m
1	Gill Edmonds	W39	8.60m	2	Damien Hanson	M50	6.67m	2	Peter Gare	M63	35.03m
W40		3	Rob Antonioli	M52	6.30m	3	Jeff Bowen	M62	28.39m		
1	Delia Baldock	W42	8.28m	M55		4	Lyle James	M63	14.54m		
2	Sharon Maloney	W41	7.07m	1	Rob Young	M59	9.03m	1	Leon Sander	M66	26.33m
W50		M60		2	Ed Carroll	M63	10.82m	2	John Sutton	M68	26.15m
1	Carey Dickason	W53	6.34m	3	Jeff Bowen	M62	9.20m	3	Bob Fergie	M68	25.08m
W55		4	Mike O'Reilly	M64	7.32m	4	Jim Turnbull	M67	22.20m		
1	Eileen Hindle	W55	8.33m	M65		5	Don Chambers	M66	19.26m		
W60		1	Robert Chalmers	M64	7.09m	6	Robert Chalmers	M65	19.19m		
1	Ruth Johnson	W63	6.95m	M70		M70					
2	Lynne Schickert	W62	5.84m	1	Bob Fergie	M68	8.95m	1	Alex Cummings	M72	30.86m
M30		2	Don Chambers	M66	8.54m	2	Robert Shand	M71	27.29m		
1	Paul Burke	M33	9.60m	M75		Hammer					
M35		1	Robert Chalmers	M65	7.93m	W30					
1	Chris Shenton	M37	10.21m	2	John Sutton	M68	7.28m	1	Tracey-Anne Brown	W30	33.98m
2	Keith Edmonds	M36	9.51m	M70		W50					
M40		3	Robert Chalmers	M72	8.74m	1	Kate Glass	W54	36.60m		
1	Tony Colling	M44	8.64m	2	Robert Shand	M71	7.56m	W55			
M45		Discus		W40		1	Eileen Hindle	W55	25.43m		
1	Ian Sanders	M45	7.90m	1	Sharon Maloney	W41	25.30m	W60			
M50		W30		1	Kate Glass	W54	23.05m	1	Kathleen Holland	W63	15.98m
1	Bjorn Dybdahl	M50	9.10m	2	Margaret Taylor	W53	22.52m	W65			
2	Rob Antonioli	M52	7.97m	3	Lynne Choate	W51	18.44m	1	Dorothy Whittam	W67	22.56m
M60		4	Carey Dickason	W53	15.58m	M30					
1	Ronald Spencer	M64	4.60m	5	June Streeter	W54	14.09m	1	Matthew Staunton	M30	35.13m
M65		W55		1	Eileen Hindle	W55	19.68m	2	Mark Hamilton	M33	29.97m
1	Leon Sander	M66	8.24m	2	Hannah Trauaglini	W57	16.37m	M35			
2	Don Chambers	M66	8.16m	W60		1	Shane Davey	M35	25.93m		
3	John Sutton	M68	5.56m	1	Kathleen Holland	W63	18.78m	M45			

Shot

		W55				M50					
W30		1	Eileen Hindle	W55	19.68m	1	Geoffrey Gee	M50	32.02m		
1	Tracey-Anne Brown	W30	10.04m	2	Hannah Trauaglini	W57	16.37m	1	John Everard	M45	30.65m
W40		W60		1	Kathleen Holland	W61	16.50m	M55			
1	Sharon Maloney	W41	7.86m	2	Luella Jenkins	W60	15.22m	1	Rob Young	M59	22.04m
W50		3	Valerie Prescott	W63	13.65m	M60					
1	Kate Glass	W54	10.39m	4	Ruth Johnson	W63	12.51m	1	Ed Carroll	M63	23.59m
2	Margaret Taylor	W53	8.37m	5	Lynette Weigel	W63	12.51m	M65			
3	June Streeter	W54	6.39m	W65		1	Dorothy Whittam	W67	27.54m		
4	Carey Dickason	W53	5.77m	1	Phyllis Head	W84	6.08m	1	Bob Fergie	M68	19.60m
W55		W80		2	Jim Turnbull	M67		2	Jim Turnbull		
1	Eileen Hindle	W55	6.80m								
2	Hannah Trauaglini	W57	6.68m								

(Hammer Continued)

M70				W50				Weight Pentathlon
1 Alex Cummings	M72	31.67m		1 Kate Glass	W54	11.01m		W30
				2 Carey Dickason	W53	6.29m		1 Tracey-Anne Brown W30 2383
Javelin				W55				W40
				1 Eileen Hindle	W55	9.30m		1 Sharon Maloney W41 2015
W30				2 Hannah Trauaglini	W57	6.71m		W50
1 Nathalie Bond	W31	21.60m		W60				1 Kate Glass W54 3299
W35				1 Luella Jenkins	W61	8.51m		2 Carey Dickason W53 1551
1 Ann Heitman	W39	16.88m		2 Ruth Johnson	W63	7.89m		W55
W40				3 Kathleen Holland	W63	7.46m		1 Eileen Hindle W55 2555
1 Sharon Maloney	W41	22.64m		4 Lynette Weigel	W63	5.63m		W60
W50				W65				1 Luella Jenkins W61 2336
1 Kate Glass	W54	21.14m		1 Dorothy Whittam	W67	9.70m		2 Ruth Johnson W63 2044
2 Carey Dickason	W53	15.43m		W80				W65
3 Lynne Choate	W51	14.25m		1 Phyllis Head	W84	3.09m		1 Dorothy Whittam W67 2995
4 June Streeter	W54	12.31m		M30				M30
W55				1 Mark Hamilton	M33	11.89m		1 Mark Hamilton M33 2432
1 Eileen Hindle	W55	17.19m		M35				2 Matthew Staunton M30 2396
W60				1 Shane Davey	M35	7.10m		M35
1 Luella Jenkins	W61	17.89m		1 John Everard	M45	8.38m		1 Shane Davey M35 1537
2 Kathleen Holland	W63	17.52m		M50				M45
3 Valerie Prescott	W60	16.08m		1 Geoffrey Gee	M50	13.56m		1 John Everard M45 1836
4 Erica Mercer	W60	15.05m		M55				2 Ian Sanders M45 1251
5 Ruth Johnson	W63	13.86m		1 Rob Young	M59	8.19m		M50
6 Lynette Weigel	W63	10.05m		2 Bruce Cornish	M55	7.05m		1 Geoffrey Gee M50 2935
W65				M65				2 Damien Hanson M50 1389
1 Dorothy Whittam	W67	16.64m		1 Bob Fergie	M68	11.05m		M65
W80				2 John Sutton	M68	7.75m		1 Bob Fergie M68 2799
1 Phyllis Head	W84	6.55m		3 Robert Chalmers	M65	7.00m		2 John Sutton M68 2232
M30				M70				3 Robert Chalmers M65 2074
1 Mark Hamilton	M33	37.92m		1 Alex Cummings	M72	13.25m		M70
2 Matthew Staunton	M30	36.68m						1 Alex Cummings M72 3233
M35				Pentathlon				
1 Roger Schmidlin	M38	44.08m		W30				
2 Michael Miller	M38	25.66m		1 Toni Phillips	W32	1822		<i>The full results for the Pentathlon and Weight Pentathlon will appear in the May Vetrun.</i>
M40				2 Rebecca South	W33	1414		
1 John Dennehy	M44	18.20m		W40				
M50				1 Sharon Maloney	W41	1423		
1 Damien Hanson	M50	26.36m		W55				
2 Rob Antonioli	M52	19.88m		1 Eileen Hindle	W55	2686		
M55				W60				
1 Stan Selby	M58	41.60m		1 Ruth Johnson	W63	2379		
2 Murray Tolbert	M57	36.41m		2 Luella Jenkins	W61	2099		
M60 Javelin Throw				3 Lynne Schickert	W62	1052		
1 Peter Gare	M63	33.02m		M30				
2 Ronald Spencer	M64	18.58m		1 Matthew Staunton	M30	2489		
3 Lyle James	M63	11.65m		M35				
M65				1 Simon Jawichre	M39	1609		
1 Leon Sander	M66	26.19m		2 Shane Davey	M35	1397		
2 Bob Fergie	M68	24.67m		M40				
3 Robert Chalmers	M65	22.83m		1 John Dennehy	M44	1338		
4 Don Chambers	M66	22.40m		M50				
5 John Sutton	M68	22.20m		1 Rob Antonioli	M52	2158		
6 Jim Turnbull	M67	18.42m		M55				
M70				1 Murray Tolbert	M57	3004		
1 Robert Shand	M71	25.04m		M60				
2 Gordon Medcalf	M74	19.90m		1 Peter Gare	M63	3041		
Weight				M65				
W30				1 Leon Sander	M66	2680		
1 Tracey-Anne Brown	W30	9.86m		2 Bob Fergie	M68	1655		
W40								
1 Sharon Maloney	W41	6.49m						

**A Big Welcome to
our New Members
(R = Rejoined)**

273	John Ventris R	M55
608	John Byrne	M56
615	Peter Buachop	M35
616	Bec South	W33
617	June Streeter	W54
618	Bev Sheard	W48
619	Rob Cattrall	M46
620	Dirk Klicker	M30
621	Roger Schmidlin	M38
622	Phil Baker	M37
623	Rob Colton	M40
624	Jon Kappler	M41
625	Franz Oswald	M57
626	David Morgan	M50
627	Richard Blurton	M54

MASTERS ATHLETICS WA ANNUAL GENERAL MEETING

Monday 26 April 2004 at, 7.00pm
Hockey Club Rooms, Perry Lakes

AGENDA

1. WELCOME
2. ATTENDANCE / APOLOGIES
3. MINUTES OF 2003 AGM – CONFIRMATION
4. MATTERS ARISING
5. REPORTS
 - President
 - Secretary
 - Treasurer
6. PRESENTATION OF TROPHIES
 - Patron's Trophy - for Track and Field, M & W
 - Handicap Trophy
 - Achievement Award
 - John Gilmour Trophy - for Best Performance
7. ELECTION OF OFFICE BEARERS
 - President
 - Vice President
 - Secretary
 - Treasurer
 - Committee Members (4)
8. APPOINTMENT OF OFFICIALS
 - Patron
 - Editor
 - Handicapper
 - Auditor
 - Statistician
 - Registrars for AthleticA competition, summer/winter
9. LIFE MEMBERSHIP NOMINATION
10. GENERAL BUSINESS
 - Club Numbers on singlets/shorts - proposed by Jim Barnes.
 - State records by Bunbury athletes - raised by Campbell Till.
 - Other general business.

FEEDBACK PLEASE!

As a possible alternative to the normal Club Dinner Dance (to be held in late October/early November), the idea of having a "Progressive Dinner" has been raised. This would entail hiring a coach for the evening and visiting a different venue for each course. Venues could be cafes, restaurants, or members' homes.

What do you think about this suggestion? Love it, hate it or want to explore it further? Please provide feedback to Graeme Neill on 9285 1181. Thank you.

10km Track Handicap

The 16th running of the 10km Track Handicap will be held at McGillivray Oval on Thursday 29 April 2004, commencing at 7pm, under lights. (1st Runner off at 7pm.) There will be a BYO-BBQ following the event.

Entry fee of \$2.00 with entry form (see below), or forms available at club runs, and at Track & Field State Champs'.

Anyone who can come along and lap score, would be most welcome.
Would you please let Jeff or Dorothy Whittam know before hand, if possible.

If you want an accurate time for the 10km, this is the event, you may even get a PB, as the weather is "usually cool" with very little wind. The track provides consistency , and a good surface to run on.

Entries close 25 April 2004. Only pre-entries eligible for trophy.

Jeff & Dorothy

xx

ENTRY FORM for Club 10km Track Handicap - 29 April 2004, 7pm, at McGillivray Oval (Under Lights)

Entry Fee \$2.00 with Entry

Name.....

Age Group

Best time in past year, (if no hcap)

.....

Name.....

Age Group

Best time in past year, (if no hcap)

.....

Entries to Jeff Whittam, 49 Holland St,
Wembley WA 6014
Tel: 9387 6438

Pleasant Run 22.2.04		Elaine Dance	W50	47:47	Geoff Barrett	M40	42:36	Debbie Dance	W35	46:39	
Maggie Flanders		Steve Toohey	M50	48:41	David Baird	M60	43:40	Ian Lyon	M65	46:44	
8km Run		Glenda Lawrence	W45	50:09	Gareth Brunt	M50	44:07	Sheila Maslen	W65	51:15	
Chris Shenton	M35	32:11	Debbie Dance	W35	51:32	Neil McRae	M50	44:08	Frank Usher	M80	60:08
Ian Lyon	M65	32:21	Pierre Viala	M55	54:17	Doug Ashfield	M45	44:17	3.49k Run		
David Baird	M60	32:26	Jenni Shillington	W45	54:19	Mike Hale	M55	45:30	Don Caplin	M60	15:14
John Cresp	M50	32:52	Shorty Turner	M65	54:20	Brian Danby	M55	46:03	Simon Jawichre	M35	15:51
Ivan Pilton	M60	33:00	Sheila Maslen	W65	55:50	Johan Hagedoorn	M60	46:09	Margaret Langford	W55	16:30
Gareth Brunt	M50	33:07	5km Run			Wayne Taylor	M40	46:45	Leonie Jones	W40	17:20
Doug Ashfield	M45	33:13	Christopher Coates	M50	19:09	Milton Maverick	M50	46:52	Mike Anderson	M55	17:27
David Reid	M50	33:37	Ian Davies	M55	19:11	John Doust	M55	49:06	Gillian Lees	W40	17:38
Brian Danby	M55	33:42	John Brambley	M60	22:42	Frank Smith	M60	49:36	Richard Harris	M65	17:52
David Muir	M55	33:44	Irwin Barrett-Lennard	M70	23:27	Jim Halliday	M60	50:26	Bob Sammells	M65	19:02
Johan Hagedoorn	M60	34:33	Margaret Langford	W55	23:51	Irwin Barrett-Lennard	M70	51:10	John Stone	M50	19:18
John Doust	M55	34:40	Mike Anderson	M55	24:07	Wayne Bates	M55	51:45	Mitch Loly	M60	19:55
John Mack	M60	34:53	Leonie Jones	W40	24:44	Graham Thornton	M60	52:00	Kirt Johnson	M70	20:02
Elaine Ellard	W60	34:57	Jim Riddell	M60	24:57	Simon Mort	M45	52:37	Alison Aldrich	W60	20:13
Milton Maverick	M50	35:04	Marg Forden	W60	25:13	John Pellier	M60	53:04	Bob Schickert	M60	20:31
Geoff Barrett	M40	35:12	Paul Buckley	M50	26:05	Geoff Mullins	M60	53:23	Jan Jarvis	W55	21:32
Barry Jones	M45	35:16	Chris Frampton	M35	27:31	Roger Walsh	M60	53:57	Steve Toohey	M50	22:14
John Pressley	M55	35:20	Roger Whalan	M60	27:45	Richard Danks	M60	54:10	Mary Heppell	W65	25:57
Andrew Cook	M35	35:38	Bernard Mangan	M45	27:53	Helen Lysaght	W50	54:35	Toni Frank	W55	29:56
Mike Hale	M55	35:55	Bruce Haustead	M40	28:03	Terry Manford	M65	54:42	Glenice Shanahan	W75	45:29
John Bell	M55	36:46	David Scott	M55	28:11	Margaret Neil	W55	55:17	10.47k Walk		
Gillian Young	W55	36:48	Jackie Halberg	W55	28:17	Dan Bending	M60	55:41	Val Millard	W55	70:06
Ivan Lazarus	M50	36:59	Duncan McAuley	M50	28:19	John Dance	M50	55:30	Beryle Doust	W55	81:09
Hamish McGlashan	M65	37:01	Lachlan Marr	M40	28:52	Brian Smith	M65	56:15	6.98k Walk		
Gary Fisher	M50	37:21	Bob Fergie	M65	29:01	John Smith	M65	58:16	Lorraine Lopes	W60	50:48
Robin King	W45	37:32	Sue Lake	W40	29:38	Pamela Toohey	W55	58:20	Rex Bruce	M60	53:14
Don Pattinson	M50	37:37	Jan Jarvis	W55	30:08	Kevin Pane	M45	58:32	Leo Hassam	M70	66:28
Jim Halliday	M60	37:47	Kirt Johnson	M70	30:09	Ann Turner	W65	59:18	Pat Miller	W65	70:37
John Ellard	M60	38:15	Brian Bennett	M55	31:30	Jim Barnes	M60	60:02	Norm Miller	M70	70:45
Neil Van Graan	M50	39:22	John Allen	M45	31:32	Margaret Warren	W65	60:10	3.49k Walk		
Gillian Lees	W40	39:26	Julie Wood	W55	31:47	Vic Beaumont	M70	60:16	David Brown	M55	23:56
Rosa Wallis	W60	39:32	Jim Klinge	M55	31:51	Joan Osborne	W55	61:16	Bev Whitfield	W40	25:11
Julie Keeley	W35	39:43	Bob Neville	M70	31:57	Elaine Dance	W50	65:11	Lynne Schickert	W60	26:14
John Dance	M50	40:00	Merv Moyle	M75	32:03	Merv Moyle	M75	69:33	Dorothy Whittam	W65	28:10
Roger Walsh	M60	40:12	8km Walk			Jo Richardson	W50	69:49	Wendy Clements-Green	W60	28:10
Helen Lysaght	W50	40:24	Val Millard	W55	52:40	Tanya Burke	W30	70:04	Glenda Pontifex	W45	29:09
Margaret Neil	W55	40:27	Lynne Schickert	W60	55:33	Margaret Bennett	W60	76:01	Lorna Lauchlan	W70	29:44
Chris Rompotis	W45	40:33	Beryle Doust	W55	60:10	6.98k Run			Rosa Wallis	W60	29:51
Keith Forden	M65	40:39	Christine Wheeler	W45	63:59	David Scott	M55	26:59	Patricia Hopkins	W60	29:52
Angela Goldie	W60	40:42	Janis Malin	W55	72:34	Mick Mantell	M45	27:33	Nola Bending	W55	31:33
Patricia Hopkins	W60	41:43	Norm Miller	M70	72:41	Amanda Walker	W35	30:15	Jeff Whittam	M65	33:15
Terry Manford	M65	41:45	5km Walk			Barry Jones	M45	30:51	Barbara Bailey	W70	33:45
Glenda Pontifex	W45	41:48	David Brown	M55	33:28	Vic Waters	M55	32:13	John Bailey	M75	33:46
Terri Burrows	W30	41:50	Bev Whitfield	W40	36:33	Ivan Brown	M55	33:03	Sharks Run 14.3.04		
Joe Stickles	M65	42:26	John Frost	M65	37:59	Paul Martin	M60	33:13	Paul Martin		
Aldo Giacomin	M65	42:30	Dorothy Whittam	W65	39:10	Bob McNamara	M60	33:45	10k Run		
John Smith	M65	42:35	Lorna Lauchlan	W70	40:18	Sue Oliver	W45	34:11	Jim Langford	M55	37:26
Ray Hall	M70	42:57	John Carrington	M65	37:57	Thea Bailey	W45	34:25	Andrew Cook	M35	40:23
Jim Barnes	M60	43:04	Jeff Whittam	M65	43:20	Sean Keane	M35	34:53	Ralph Henderson	M55	40:29
Ann Turner	W65	43:18	Mary Heppell	W65	44:42	Keith Atkinson	M45	35:22	Keith Bennett	M55	40:32
Joan Osborne	W55	43:25	Ernie Moyle	M75	58:28	Christina Rompotis	W45	35:51	John Allen	M45	40:57
Denise Lancaster	W50	43:30	Lake Monger 07.3.04			Keith Forden	M65	37:19	Jim Klinge	M55	41:03
Pamela Toohey	W55	43:48	T Robertson			Marg Forden	W60	37:29	Ivan Pilton	M60	42:54
Bob Schickert	M60	43:58	10.47k Run			Ray Hall	M70	39:23	David Muir	M55	43:06
Arnold Jenkins	M55	44:04	Stephen Dunn	M35	38:02	Arnold Jenkins	M55	39:33	Mike Hale	M55	44:11
Mike Polkinghorne	M50	44:08	Chris Maher	M50	39:59	Michael Faunge	M65	39:47	John Pressley	M55	45:34
Pam Van Graan	W50	45:43	Andrew Cook	M35	41:54	Jeff Spencer	M60	40:06	Vic Waters	M55	46:39
Fiona McAuley	W50	46:42	Brian Bennett	M55	42:08	Roger Whalan	M60	40:08	Barry Jones	M45	46:44
Merv Jones	M60	47:10				Ray Lawrence	M75	43:51			
						Julie Wood	W55	43:51			

Bob Schickert	M60	46:52	Phyllis Farrell	W55	47:53	Ivan Brown	M55	36:47
Simon Mort	M45	46:54	George Schaefer	M70	49:14	Barry Jones	M45	37:43
Mike Khan	M55	46:56	Leo Hassam	M70	49:16	Bob Schickert	M60	37:53
Jim Halliday	M60	47:07	Pat Miller	W65	63:24	Vic Waters	M55	38:37
Wayne Taylor	M40	48:17	Norm Miller	M70	63:25	John Mack	M60	38:43
Keith Atkinson	M45	48:20	Sharks Run March 14:			Simon Mort	M45	39:23
Irwin Barrett-Lennard	M70	48:34	After a year and a half's absence , the 10th running of this event proved a success.			Wayne Taylor	M40	39:39
Roger Walsh	M60	52:51	My thanks to my helpers: Paul Hughes, Dave Roberts, Dick Blom, Peggy McIver, Bob Fergie, Sara McClaren-Kennedy and my wife Jasmine. To make up for my inactivity as a Race Director and incidently to celebrate my birthday the event is again scheduled for July 18th.			Robin King	W45	39:41
Helen Lysaght	W50	53:0	Come along again but please no presents!			Irwin Barrett-Lennard	M70	40:18
Joan Osborne	W55	54:15	Paul Martin			John Ellard	M60	40:41
Sue Bullen	W40	55:04	Sean Keane			Graham Thornton	M60	41:17
Terry Manford	M65	55:19	Marg Forden			Paul Martin	M60	41:47
John Smith	M65	56:09	John Brambley			John Brambley	M60	41:52
Ann Turner	W65	56:33	Shirley Bell			Shirley Bell	W55	42:20
Mike Polkinghorne	M50	58:09	Ray Attwell			Ray Attwell	M65	42:30
Vic Beaumont	M70	59:02	Marg Forden			Marg Forden	W60	43:37
Margaret Warren	W65	59:37	Paul Lewis			Paul Lewis	M55	43:56
Denise Lancaster	W50	60:28	Helen Lysaght			Helen Lysaght	W50	44:08
Jeff Spencer	M60	60:28	Dick Blom			Dick Blom	M70	44:11
Tanya Burke	W30	61:51	Ed Barrett-Lennard			Ed Barrett-Lennard	M50	44:27
Wendy Duncan	W50	61:53	Keith Forden			Keith Forden	M65	44:40
Joan Pellier	W60	62:06	John Dance			John Dance	M50	44:56
Irene Ferris	W50	63:26	Ray Hall			Ray Hall	M70	45:14
5k Run								
Bjorn Dybdahl	M50	17:40	Teddy Birds Picnic 21.3.04			Troy Lundgren	M50	45:22
Chris Maher	M50	18:17	George Schaefer			Joe Stickles	M65	45:28
Don Caplin	M60	21:44	16.4km			Roger Walsh	M60	45:57
John Brambley	M60	22:08	Ross Parker	M55	65:52	Pamela Toohey	W55	45:57
Jim Langford	M55	22:13	Bjorn Dybdahl	M50	69:51	Ann Turner	W65	47:58
Sean Keane	M35	23:10	Andrew Cook	M35	69:52	Aldo Giacomin	M65	48:01
Mike Anderson	M55	23:50	John Allen	M45	71:43	Richard Harris	M65	48:22
Margaret Neil	W55	23:58	Jim Klinge	M55	71:48	Michael Faunge	M65	48:31
Leonie Jones	W40	24:29	Brian Bennett	M55	71:48	Terri Burrows	W30	49:24
Paul Buckley	M50	25:28	Neil McRae	M50	72:00	Margaret Warren	W65	49:31
Bob Sammells	M65	26:06	Malcolm Hawley	M50	72:39	Elaine Dance	W50	50:17
Arnold Jenkins	M55	26:18	David Baird	M60	73:47	Mike Polkinghorne	M50	50:24
Liz Chandler	W30	27:43	David Muir	M55	75:35	Merv Jones	M60	51:02
Kris Adrian	W30	27:55	Brian Danby	M55	77:11	Arnold Jenkins	M55	51:17
John Stone	M50	28:46	Mike Hale	M55	77:32	Denise Lancaster	W50	51:20
Merv Moyle	M75	29:35	Mark Sivyer	M55	78:48	Sue Bullen	W40	51:44
Ray Lawrence	M75	30:17	Johan Hagedoorn	M60	79:46	Irene Ferris	W50	52:11
Jan Jarvis	W55	30:17	John Bell	M55	80:54	Wendy Clements-Green	W60	53:06
Mitch Loly	M60	31:04	Milton Mavrick	M50	81:19	Jo Richardson	W50	53:27
Sheila Maslen	W65	33:53	Jim Halliday	M60	84:14	Merv Moyle	M75	55:05
Mary Heppell	W65	35:05	Mike Khan	M55	84:33	Steve Toohey	M50	55:47
Geoff Barrett	M40	42:47	Gillian Young	W55	85:23	Debbie Dance	W35	58:03
Allen Tyson	M75	36:31	Nick Miletic	M50	85:53	Kirt Johnson	M70	58:03
Glenice Shanahan	W75	65:22	Robert Sheehy	M55	86:58	Shorty Turner	M65	61:35
10k Walk								
Val Millard	W55	68:05	Keith Atkinson	M45	88:36	Morris Warren	M65	61:36
Lorraine Lopes	W60	71:51	Anne Jones	W50	90:09	Jenni Shillington	W45	61:37
John Carrington	M65	77:12	John Pellier	M60	92:16	Peter Ryan	M50	62:31
5k Walk								
Lynne Schickert	W60	34:00	Brian Smith	M65	99:46	10km Walk		
Lorna Lauchlan	W70	36:38	Joan Osborne	W55	1:40:18	Beryle Doust	W55	63:47
Christine Wheeler	W45	38:36	Jim Barnes	M60	1:43:14	Janis Malin	W55	62:52
Rosa Wallis	W60	39:38	8.2km			Alan Pomery	M70	76:07
Patricia Hopkins	W60	39:46	Jim Langford	M55	33:31	5km Walk		
Maggie Flanders	W65	42:45	Geoff Barrett	M40	33:51	Lorna Lauchlan	W70	40:00
Jeff Whittam	M65	43:22	John Doust	M55	33:58	Dorothy Whittam	W65	44:31
John Bailey	M75	45:48	Ivan Pilton	M60	34:44	Maggie Flanders	W65	44:33
Pat Ainsworth	W65	47:04	John Cresp	M50	34:44	Glenda Pontifex	W45	45:58
Telsey Hatwell	W65	47:05	Dave Roberts	M60	35:08	Barbara Bailey	W70	47:05
			Gareth Brunt	M50	36:45	John Bailey	M75	47:05
						Jeff Whittam	M65	47:06

ATTENTION THROWERS:

The club is progressively upgrading our throwing implements and is selling off old stock we no longer need. There is a good range of shot, discus, hammer and javelin available. Some implements are slightly over or under specification but would be fine for training.

Is anyone interested in forming a winter throwing group? This is very popular in other states. We could possibly meet on Saturday mornings.

Please call me if you are interested in either of the above.
Damien Hanson 9383 4406

Training group:

For those athletes south of the river there is a training group that trains at Langford Oval, Wingrove Rd, Langford at 5pm every Monday and Wednesday. Training is for both short and middle distance runners. For further information contact Tom Lenane 0414 970 514

Bizarre but True!

Stanislawa Walasiewicz was born in Poland in 1911, but grew up in the USA and became known as Stella Walsh. In 1930 she became the first woman to break 11 seconds for the 100 yards. She elected to run for Poland in the 1932 Olympics and according to the Official Report of the Games won the 100 metres in 11.9 secs "with long man-like strides".

In all she set 11 world sprinting records, including, in 1935, 23.6 for the 200 metres, a time which was not surpassed until 1952.

In December 1980 Stella Walsh got caught in the middle of a robbery attempt at a shopping centre in Cleveland Ohio and was shot to death. When an autopsy was performed afterwards it was found that she had male sexual organs. All the while that she had been setting world records and winning two Olympic medals, she was in fact a man.

(400m ctd)			
Toni Phillips	W30	63.3	1500m Walk
Blakeney Tindall	M40	64.7	Robin King W45 16.19.1
David Carr	M70	65.2	Rose-Maree Hollaway W45 16.58.6
Keith Martin	M60	68.8	Jim Turnbull M65 20.55.7
Rob Cattrall	M45	69.4	Bev Sheard W45 25.13.0
Peggy Maciver	W55	72.2	Allen Tyson M75 25.27.5
Rob Antonioli	M50	65.8	Les Beckham Long Jump
John Dennehy	M40	67.3	Murray Tolbert M55 5.07
Delia Baldock	W40	74.0	Rob Antonioli M50 4.42
Barry Jones	M45	76.3	Keith Martin M60 4.15
Gillian Young	W55	80.1	Pat Carr W70 3.09
Bob Neville	M70	81.0	Shot
Jim Riddell	M60	83.6	Mark Hamilton M30 11.33
1500m			Roger Schmidlin M35 10.72
Dirk Klicker	M30	4.44.8	Ed Carroll M60 10.63
Brian Hewitt	M50	4.56.3	Margaret Taylor W50 8.34
Rob Cattrall	M45	4.59.1	Eileen Hindle W55 6.82
Bert Carse	M60	5.00.9	Damien Hanson M50 6.79
Gareth Brunt	M50	5.36.8	Toni Phillips W30 5.60
Rob Antonioli	M50	5.41.6	Discus
Barry Jones	M45	5.52.4	Mark Hamilton M30 40.22*
Robin King	W45	5.53.7	Ed Carroll M60 39.58
John Ellard	M60	6.06.0	Murray Tolbert M55 27.48
Blakeney Tindall	M40	6.07.5	Margaret Taylor W50 22.14
Gillian Young	W55	6.31.0	Rob Antonioli M50 19.00
Jim Riddell	M60	7.03.7	Damien Hanson M50 18.73
Leonie Jones	W40	7.20.0	Eileen Hindle W55 18.69
1500m Walk		Coker Park 11.3.04	
Rose-Maree Hollaway	W45	8.20.5	*Pending State Record
Tom Lenane	M45	8.38.8	800m
Elaine Ellard	W60	9.20.3	Campbell Till M45 2.12.3
Stan Jones	M75	9.28.7	Greg Vander Sanden M45 2.12.7
Allen Tyson	M75	9.56.4	Henri Cortis M55 2.17.9
Lynne Schickert	W60	10.02.7	Brian Hewitt M50 2.24.1
Jim Turnbull	M65	10.11.3	Blakeney Tindall M40 2.27.3
Bev Sheard	W45	11.55.5	Bert Carse M60 2.29.7
200m			Bjorn Dybdahl M50 2.49.8
Greg Vander Sanden	M45	26.0	John Dennehy M40 2.30.4
Colin Smith	M40	26.3	David Carr M70 2.31.5
Campbell Till	M45	26.8	Toni Phillips W30 2.38.4
Roger Schmidlin	M35	26.9	Gareth Brunt M50 2.45.1
Toni Phillips	W30	28.5	Dirk Klicker M30 2.28.3
Rob Antonioli	M50	29.6	Peggy Maciver W55 2.51.2
Blakeney Tindall	M40	30.1	Robin King W45 2.56.7
John Dennehy	M40	30.6	Delia Baldock W40 3.00.0
David Carr	M70	30.7	Gillian Young W55 3.10.5
Peggy Maciver	W55	31.9	Jim Riddell M60 3.17.4
Delia Baldock	W40	32.1	100m
Bob Neville	M70	34.0	Mike Edwards M45 12.6
Jim Riddell	M60	36.6	Colin Smith M40 12.7
Barry Jones	M45	32.2	David Clive M65 13.7
Leonie Jones	W40	35.2	Roger Schmidlin M35 13.9
Gillian Young	W55	36.5	Blakeney Tindall M40 14.6
Derry Foley	M70	39.8	Eileen Hindle W55 15.5
Pat Carr	W70	40.6	Nick Bailey M55 15.8
3000m			Bob Neville M70 16.0
Dirk Klicker	M30	10.15.7	Jim Riddell M60 16.0
Rob Cattrall	M45	10.39.5	Delia Baldock W40 15.4
Bert Carse	M60	11.01.6	Gillian Young W55 16.8
Brian Hewitt	M50	11.02.0	Derry Foley M70 16.9
Bob Schickert	M60	11.31.9	Pat Carr W70 17.6
Gareth Brunt	M50	11.45.5	Allen Tyson M75 22.6
Rob Antonioli	M50	12.36.5	3000m
Barry Jones	M45	12.36.8	Dirk Klicker M30 10.09.5
John Ellard	M60	12.52.5	Bert Carse M65 10.43.8
Gillian Young	W55	13.32.4	Brian Hewitt M50 11.10.2
Blakeney Tindall	M40	13.46.5	Bjorn Dybdahl M50 11.12.5
Delia Baldock	W40	15.10.3	Bob Schickert M60 11.17.3
Gareth Brunt			
Milton Maverick			Gareth Brunt M50 11.34.3
Blakeney Tindall			Milton Maverick M50 12.02.0
Keith Atkinson			Blakeney Tindall M40 12.49.0
Liz Neville			Keith Atkinson M45 13.06.0
Gillian Young			Liz Neville W50 13.13.4
Nick Bailey			Gillian Young W55 13.14.7
Jackie Halberg			Nick Bailey M55 13.22.8
			Jackie Halberg W55 15.16.3
1500m Walk			3000m Walk
Robin King			Robin King W45 8.12.6
Bev Sheard			Bev Sheard W45 11.42.3
400m			400m
Campbell Till			Campbell Till M45 56.0
Colin Smith			Colin Smith M40 59.5
Barbara Burton			Barbara Burton W50 62.3
David Clive			David Clive M65 67.3
Keith Martin			Keith Martin M60 64.0
David Carr			David Carr M70 65.0
John Dennehy			John Dennehy M40 (no time)
Peggy Maciver			Peggy Maciver W55 69.3
Delia Baldock			Delia Baldock W40 71.3
Barry Jones			Barry Jones M45 75.0
Gillian Young			Gillian Young W55 80.6
Bob Neville			Bob Neville M70 82.8
3000m			3000m
Blakeney Tindall			Blakeney Tindall M40 11.54.2
Brian Hewitt			Brian Hewitt M50 12.17.9
Barry Jones			Barry Jones M45 12.39.3
John Ellard			John Ellard M60 12.58.0
Liz Neville			Liz Neville W50 13.20.8
Robin King			Robin King W45 13.27.1
Gillian Young			Gillian Young W55 13.54.2
Gareth Brunt			Gareth Brunt M50 14.50.7
Bob Schickert			Bob Schickert M60 14.51.8
Jackie Halberg			Jackie Halberg W55 15.10.3
3000m Walk			3000m Walk
Stephen Anthony			Stephen Anthony M45 19.53.5
Bob Neville			Bob Neville M70 21.59.2
Bev Sheard			Bev Sheard W45 24.32.6
Les Beckham Long Jump			Les Beckham Long Jump
Gill Edmonds			Gill Edmonds W35 4.02
			Javelin
Bec South			Bec South W30 25.00
Toni Phillips			Toni Phillips W30 15.11
Discus			Discus
Mark Hamilton			Mark Hamilton M30 38.50
Geoff Gee			Geoff Gee M50 31.97
Eileen Hindle			Bec South W30 24.67
Damien Hanson			Toni Phillips W30 22.77
Tracy Brown			Marg Taylor W50 18.83
Bob Fergie			Derry Foley M70 17.67
			Lynne Schickert W60 11.50
Coker Park 11.3.04			McGillivray Oval 20.01.04
Hammer		Hammer	
M50	Geoff Gee		M50 Geoff Gee 35.06
M45	John Everard		M45 John Everard 30.27
M33	Mark Hamilton		M33 Mark Hamilton 28.14
M30	Matt Staunton		M30 Matt Staunton 23.82
W67	Dorothy Whittam		W67 Dorothy Whittam 21.51
M50	Damien Hanson		M50 Damien Hanson 18.62
W76	Rae McMillan		W76 Rae McMillan 15.13
Javelin			Javelin
M30	Matt Staunton		M30 Matt Staunton 36.00
M33	Mark Hamilton		M33 Mark Hamilton 35.10
M71	Rob Shand		M71 Rob Shand 27.50
M9	Dale Hamilton		M9 Dale Hamilton 21.75
M45	John Everard		M45 John Everard 20.36
M67	Dorothy Whittam		M67 Dorothy Whittam 15.85
M76	Rae McMillan		M76 Rae McMillan 15.25
W59	Valerie Prescott		W59 Valerie Prescott 14.22
M79	Allen Tyson		M79 Allen Tyson 12.82
Les Beckham Triple Jump			Les Beckham Triple Jump
M45	Ian Sanders		M45 Ian Sanders 7.99
M9	Dale Hamilton		M9 Dale Hamilton 7.64
W62	Lynne Schickert		W62 Lynne Schickert 5.79

60m							
M48	Colin O'Sullivan	7.7	Discus	M33	Mark Hamilton	38.40	M39
M31	Gerard Kennedy	8.5		M50	Geoff Gee	36.88	M44
M63	Barrie Kernaghan	8.6		M63	Peter Gare	35.08	M54
M45	Ian Sanders	9.1		M30	Matt Staunton	32.69	M58
M49	Gary Tester	8.7		W30	Tracey Brown	29.15	M62
W38	Ann Heitman	9.1		M61	Jeff Bowen	28.10	Bob Schickert
M38	Michael Miller	9.1		M9	Dale Hamilton	16.39	Liz Neville
M50	Damien Hanson	9.5		M79	Allen Tyson	16.00	13.05.1
M63	Ross Calnan	9.7	Les Beckham Long Jump				Simon Jawichre
W59	Peggy Maciver	9.7		M30	Matt Staunton	5.40	M50
M30	Matt Staunton	8.6		W44	Sandra Stockell	3.72	Milton Maverick
M9	Dale Hamilton	10.6		M9	Dale Hamilton	3.54	Blakeney Tindall
M66	Ian Lyon	10.6		W59	Peggy Maciver	3.47	Nathalie Bond
M69	John Carrington	13.4		W48	Thea Bailey	2.89	14.21.2
W61	Elaine Ellard	15.1		W43	Karyn Gower	2.83	W48
100m							
M31	Gerard Kennedy	13.4	200m	W62	Lynne Schickert	2.37	Sandra Stockell
M63	Barrie Kernaghan	13.6		M57	Henri Cortis	27.7	Karyn Gower
M45	Ian Sanders	14.4		M53	Rob Greenhalgh	27.8	Jacqui Sanders
M38	Michael Millar	15.1		M47	Gito Dumolard	28.3	Gill Edmonds
M9	Dale Hamilton	16.0		M63	Peter Gare	28.4	Fiona McAulay
W38	Anne Heitman	15.0		M66	Norm Richards	29.2	
M63	Ross Calnan	15.4		M45	Ian Sanders	30.0	McGillivray Oval 3.02.04
M50	Damien Hanson	15.5		W59	Peggy Maciver	31.3	Hammer
W6	Peggy Maciver	15.7		M50	Milton Maverick	32.3	W50
W31	Nathalie Bond	16.6		W40	Denise McMorrow	33.2	Mark Hamilton
M66	Ian Lyon	17.2		M63	Ross Calnan	33.8	Bob Fergie
M69	John Carrington	21.1		W62	Lynne Schickert	53.8	M65
W62	Lynne Schickert	23.2	400m	M57	Henri Cortis	60.9	M30
W61	Elaine Ellard	25.7		M53	Rob Greenhalgh	63.4	M38
800m				M39	Simon Jawichre	69.3	M50
M57	Henri Cortis	2.24.2		M43	Blakeney Tindall	70.6	Javelin
M39	Simon Jawichre	2.36.5		M63	Peter Gare	67.6	M30
M58	Bruce Wilson	2.42.8		W40	Denise McMorrow	72.1	Paul Burke
W40	Denise McMorrow	2.44.4		M47	Gito Dumolard	72.7	26.47*
M38	Michael Millar	3.05.3		M45	Ian Sanders	73.0	M65
W40	Denise McMorrow	2.52.7		M50	Milton Maverick	81.5	Bob Fergie
M45	Ian Sanders	3.00.1		W59	Peggy Maciver	72.8	M9
M62	John Ellard	3.13.9		M66	Norm Richards	74.8	Dale Hamilton
W38	Anne Heitman	3.20.6		W31	Nathalie Bond	76.8	33.96
M70	Ray Hall	3.52.3		W48	Thea Bailey	80.8	M38
W59	Val Prescott	4.31.0		W43	Karyn Gower	83.4	Michael Miller
5000m				M59			22.78*
M39	John Mordini	19.12.6	1500m	M62			Kate Glass
M44	Darryl White	19.17.9		M48	Bernard Mangan	5.10.6	W73
M47	Mick Mantell	19.53.3		M43	Alan Gower	5.11.9	Lorna Lauchlan
M50	Bruce Wilson	19.57.7		M39	Blakeney Tindall	5.36.4	14.72
M47	Doug Ashfield	20.57.3		W48	Simon Jawichre	5.43.6	Allen Tyson
M59	Ivan Brown	21.24.2		W40	Denise McMorrow	5.47.0	*700g instead of 800g
M62	John Ellard	23.47.8		M62	Bob Schickert	6.02.8	Les Beckham Triple Jump
M39	Simon Jawichre	23.58.8		M52	Liz Neville	6.12.3	M33
M38	Michael Millar	28.14.6		M50	Milton Maverick	6.18.2	Paul Burke
3000m Walk				W31	Nathalie Bond	6.19.1	Rob Greenhalgh
W62	Lynne Schickert	20.27.7		W37	Karyn Gower	6.25.0	13.6
M70	Ray Hall	20.45.1		W43	Katrina Spilsbury	6.57.8	M66
M69	John Carrington	21.42.4		W37	Jacqui Sanders	7.35.5	Ian Sanders
W70	Lorna Lauchlan	22.19.1		W62			12.5
M?	Alan Wilson	27.37.4		M57			13.1
McGillivray Oval 27.01.04				M53			8.28
Shot				W31			8.26
M50	Geoff Gee	13.07	1500m Walk	W48			M9
M33	Mark Hamilton	11.71		W43	Bernard Mangan	10.17.1	Dale Hamilton
W30	Tracey Brown	9.88		M70	Alan Gower	10.59.5	13.6
M30	Matt Staunton	9.87		W70	Bob Neville	11.10.5	16.5
M61	Jeff Bowen	8.99		M78	Alison Tyson	11.12.4	W48
M63	Peter Gare	8.74		M49			79.9
W44	Sandra Stockell	7.68	3000m	M48	Bernard Mangan	10.54.4	W37
M9	Dale Hamilton	6.62		W48	Alan Gower	10.57.9	Jacqui Sanders

*Don't Forget!

MAWA AGM - on
26 April at 7.00pm -
Hockey Club Perry Lakes

HELPERS APRIL

4 April. Membership.

Brian Danby 9247 2326.

Don Caplin, Simon Jawichre,
Mike Polkinhorn, Mark Rosen,
Dianne Sharpe, Rhod Wright.

11 April. Wireless Hill.

Denise Lancaster 9370 1249.

Brian & Margaret Bennett,
Jacqueline Billington,
Nick Miletic, Norm Miller,
Dalton Moffett, David Muir,
Magaret Robinson, Vic Waters.

18 April. Pagoda Run.

Jacki Halberg 9364 4474

Barrie Tompsett, Jeff Whittam,
Mary Heppell, Ernie Moyle,
Merve Moyle, Neil McCrae &
Mary Chan, Marg Taylor,
Troy Lundgren, Debbie Dance.

25 April. Reabold Hill

Dick Blom 9337 7796.

Frank Smith, Paul Martin,
Alan Jennings, Geoff Mullings,
Jeanette Tiverios, Rob Sheehy.

29 April. Track Hcap

Jeff Whittam 9387 6438,

Merv Jones, Jeff Bowen.

Mt Lawley Circuit 29.2.04

Allan Jennings

7.5km (sealed) Handicap

Name	Hcap	Clock	Actual
D Scott	17:15	46:16	29:01
J Sticles	08:52	46:35	37:43
R Sheedy	13:41	46:41	33:00
J Osborne	06:11	46:50	40:39
S Dunn	19:52	46:50	26:58
A Cook	17:15	47:05	29:50
H McGlashan	12:22	47:07	34:44
N Miletic	11:26	47:15	35:49
T Manford	07:37	47:32	39:55
M Neill	09:00	47:37	38:37
T Burke	03:23	47:48	44:25
J Smith	06:45	47:49	41:04
J Mack	14:37	47:55	33:17
R King	13:30	47:55	34:25
I Pilton	16:07	47:56	31:48
G Young	12:00	47:57	35:57
J Allen	18:00	48:06	30:06
J Barnes	05:37	48:09	42:32
D Ashfield	16:30	48:13	31:43
T Robertson	15:56	48:13	32:17
M Mavrick	14:15	48:19	34:04
J Langford	20:15	48:20	28:05
V Waters	13:30	48:20	34:50
A Walker	15:56	48:29	32:33
B Hunter	08:15	48:31	40:16
G Brunt	17:00	48:38	31:38
J Klinge	18:30	48:41	30:11
M Sivyer	15:45	48:52	33:07
J Doust	17:30	49:01	31:31
R Schickert	16:41	49:07	32:26
D Carr	11:15	49:45	38:30
W Bates	13:30	49:51	36:21
R Danks	10:30	49:53	39:23
M Khan	13:04	49:55	36:51
G McLean	18:45	50:03	31:18
S Jawichre	14:15	50:39	36:24
I Brown	15:56	51:39	35:43
K Payne	07:53	52:23	44:30
E B-Lennard	14:04	52:38	38:34
S Mort	15:45	53:24	37:39
S Maslen	00:00	54:17	54:17

5km Run

Duncan McAuley	M50	19:44
John Cresp	M50	21:28
Irwin Barrett-Lennard	M70	23:19
Margaret Langford	W55	23:56
Paul Martin	M60	24:47
Christine Engels	W45	26:15
Mike Polkinghome	M50	26:43
Aldo Giacomin	M65	27:10
Michael Faunge	M65	28:28
Merv Jones	M60	28:43
Bob Fergie	M65	28:59
Fiona McAuley	W50	29:07
Ray Lawrence	M75	32:59
Ian Lyon	M65	33:03
Jenni Shillington	W45	33:18

2.5km Run

Liz Neville	W50	11:33
Kirt Johnson	M70	14:57
Allen Tyson	M75	19:05
Mary Heppell	W65	20:58
Toni Frank	W55	21:04
Glenice Shanahan	W75	30:17

2.5km Walk

Barbara Bailey	W70	23:29
John Bailey	M75	23:31

7.5km Walk

Beryle Doust	W55	58:57
Lorna Lauchlan	W70	58:57
5km Walk		
Bob Neville	M70	35:11
John Carrington	M65	36:15
Lesley Romeo	W55	36:38
Rosa Wallis	W60	40:55
Bob Sammells	M65	41:20
Wendy Clements-Green	W60	41:29
Rex Bruce	M60	41:40
Glenda Pontifex	W45	42:59
Maggie Flanders	W65	44:23
Jeff Whittam	M65	45:14

By popular request! - Graeme's Sticky Date Pudding**Ingredients for Pudding:**

1.25 Cup Water. 2 Eggs.
1 Tsp Carb Soda.
60 Grams Butter.
0.75 Cup Castor Sugar.
1 Cup SR Flour.

Ingredients - Butterscotch Sauce:

1 Cup Brown Sugar.
1 Cup Cream. 200 Grams Butter.
Pudding - Grease a 20cm round cake pan (a larger tin will do) and line with Gladbaeke. (Non stick pans are a good option). Combine dates with water in large saucepan, bring to boil, remove from heat, add soda and stand for 5 mins. Blend until smooth. Cream butter and sugar, beat in eggs, one at a time. Gently fold in sifted SR flour, then the date mixture. Pour into prepared pan or tin and bake in mod oven (180c) for approx 55 mins or until cooked.

If using larger pan, takes less time to cook, around 45min.

Cover with foil if it becomes too dark while cooking. Pour 1/4 of the sauce over the pudding & return to oven, bake uncovered for a further 5mins, or if making in advance you can pour 1/4 of the sauce over the pudding just before serving and reheat in microwave until hot enough to eat.

Note : Pudding and sauce can be frozen for later use.

Sauce - Combine ingredients in large saucepan, stir over heat without boiling, until sugar dissolves, then simmer, stirring for 3 minutes. I usually add cream after dissolving the sugar and butter as there's less chance of damaging the cream.

Where Are The Karra's?

Hi Fellow Masters.

Have you wondered why you haven't seen the Karra's lately? We haven't disappeared off the face of the earth, well not quite anyway. If you didn't know we are currently on a working holiday in the balmy country of Canada! So far we have been here for 5 weeks and are settling in well, and actually enjoying the cooler weather. Since we arrived in North Battleford, Saskatchewan, we have experienced the coldest day on record (-42C) and the most amount of snow experienced in 15yrs (15cm overnight).

The locals are surprised to still have us around, but we figured after that we could survive anything. We have begun our running regime again though we have added 20 minutes to our times - if you include the time it takes to put on the extra layers so you are warmer enough to get out the door! We have set -20 (including wind-chill) our limit - any colder and it's too dangerous. Thankfully the weather is warming up (1C today) so we can think about donning the shorts again. At least we don't have to worry about it being too hot, as you poor souls have to at the moment!

We are settling into work and getting used to the differences in the healthcare system. We are looking forward to starting to travel the countryside soon. Our first stop will be Jasper and Edmonton (about 400kms from here), so hopefully have some great photos for you. Well we hope everyone is well and running without injuries. If anyone wants to drop us a line we would love to hear from you, or if you are coming our way let us know - we'll show you our running track - no hills but you may spot a Moose or two! Until our next up -date, stay cool and injury free.

Paula & Mike Karra. 20.2.04

11369B Clark Drive
North Battleford S9A 3P6
Saskatchewan.
e-mail: mpkarra@sasktel.net

*** Please Take Note!**

Changes have been made to the Program for 2004 - September has been rearranged as follows:

5.9 Herdsman Lake**12.9 Millers Run****19.9 Bibra Lake****26.9 Cliff Bould**

Happy Birthday to our April members!

Irwin Barrett-Lennard	75	→ M75
Jill Bower	66	still W65
Sidney Bowler	81	still M80
Gareth Brunt	53	still M50
Paul Buckley	55	→ M55
Bill Chapman	80	→ M80
Johanna Clarkson	49	still W45
Robert Doust	60	→ M60
AndreGuy Dumolard	48	still M45
Gary Fisher	52	still M50
Derry Foley	75	→ M75
Jacquelin Halberg	58	still W55
Mike Hale	57	still M55
Malcolm Hawley	51	still M50
Patrica Hopkins	62	still W60
David James	51	still M50
Tom Lenane	48	still M45
Amy Loly	42	still W40
Chris Maher	51	still M50
Lachlan Marr	44	still M40
Hamish McGlashan	67	still M65
Gary McLean	41	still M40
Su Oliver	50	→ W50
Pamela Smith	65	→ W65
Joe Stickles	66	still M65
Wayne Taylor	45	→ M45
Jeanette Tiverios	47	still W45
Murray Tolbert	58	still M55
Amanda Walker	39	still W35
Cecil Walkley	75	→ M75
Micheal Watson	39	still M35
Rob Young	60	→ M60

Deadley Medley Relay 15 Feb. 04 - Yokine Reserve

The event had great support this year with eight walking teams and nine running teams. The competition was fierce from start to finish. Only three minutes separated the top six walking teams, the lead changed numerous times with the Flat Footers, Bay City Strollers and Walkie Talkies having their fair share of the lead.

The results for the walkers were :

42.27 WALKIE TALKIES (G.Pontifex / L.Schickert)
43.24 FLAT FOOTERS (D.Whittam / J.Malin)
43.39 BAY CITY STROLLERS (M.Flanders / V.Millard)
43.53 STAIRWAY STEPPERS (E.Ellard / J.Frost)
45.06 DODGY DAWDLERS (M.Moyle / J.Carrington)
45.38 JOHNNY WALKERS (A.Tyson / L.Lopes)
46.43 GOLDEN OLDIES (J.Whittam / B.Whitfield)
48.22 WALKING WONDERS (J.Smith / B.Doust)

The runners results were :

48.22 GENTLE JOGGERS
(B.Burton / J.Ellard / W.Taylor / J.Doust)
49.32 STEEPLE CHASERS
(F.Gill / P.Hughes / A.Cook / K.Berman)
50.55 SOGGY JOGGERS
(E.Dance / S.Dunn / N.Miletic / J.Halliday)
51.18 PACE MAKERS
(S.Bell / B.Haustead / J.Mack / P.Viala)
52.25 CIRCUIT BREAKERS
(C.Rompotis / A.Thurlow / D.Reed / K.Payne)
52.56 SPEED DEMONS
(P.Toohey / D.Baird / S.Toohey / M.Maverick)
55.50 RUNNING BARE
(J.Richardson/R.Schickert/R.Sheehy/J.Dennehy)
56.42 RAVE RUNNERS
(D.Dance / J.Allen / E.Barrett-Lennard / J.Smith)
59.00 DISTANT DASHERS
(J.Wood / A.Turner / A.Walker / G.Lucas)

Solo efforts:

4km run

Tanya Burke W30 24.33

8km run

Brian Bennett	M55	32:14	Irwin B-Lennard	M70	39:13	Joan Osborne	W55	43:39
Geoff Barrett	M40	34:23	Paul Lewis	M55	41:08	Ray Hall	M70	44:36
Neil McRae	M50	34:43	John Dance	M50	41:10	Simon Jawichre	M35	47:47
Johan Hagedoorn	M60	36:30						

Wellington Mills Camp

For a leisurely relaxing "be a norm in front of the T.V. weekend" don't come here. A more apt description would be a Masters Boot Camp! The annual jaunt to Wellington Mills was a weekend not to be missed, unless you were a norm. With 45 members making the trip, Friday evening was a case of hut swapping and settling in.

The 14km run on Saturday morning was a good warm up and a precursor to what lay ahead for the rest of the long weekend. The only hiccup on day one was a small group who missed the turn, Ann Turner, Christine Rompotis, David Baird and Jo Richardson, to name a few. Obviously running too fast and overshot.

Honeymoon Pool was the lunchtime pitstop with everyone enjoying a relaxing picnic. Several ladies put on their "Baywatch" bathing suits and with Lynne and Val leading the way had a dip in the cool refreshing water.

Unfortunately the water on camp dried up before all had managed to shower after their morning run! There were a few 'smelly bogs' prior to dinner. Bottled water arrived in time for the casserole dinner and what an absolute feast, more than enough to feed an army. Shorty and Ann's grandson Clinton, a year 10 boarder at Guildford Grammar said, "...it was the best meal he'd ever had..."!

Johann Hagedoorn and Julie Walters arrived in time for dinner after spending the preceding night at the Fleetwood Mac concert.

An early start of 7a.m. on Sunday had a half marathon waiting for an intrepid few. Water resumed, everyone pulled up o.k. especially after a good shower. With a warm day in store, the luncheon at Wansborough Winery had all out on the shaded grass area soon after the meal with a daring few entering into a game of Bocce. Eventual winners being Johann and Kelsey. Back at the camp people were desperately trying to get the first few answers to the questionnaires supplied by Shorty Turner. Sunday evening bbq was another success and after a long run on Monday morning we all packed up and headed home. Graeme Neill

Please make this payment of \$..... for Membership Club Social Function
 Clothing Club Weekend Away Championship Entry

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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 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

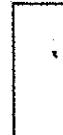
aspect is also important and many members enjoy a picnic breakfast after the Sunday races.

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	\$25 ⁰⁰
■ COMPETITION SINGLETS	\$25 ⁰⁰
■ LONG SLEEVED T-SHIRTS	\$20 ⁰⁰
■ SHORT SLEEVED T-SHIRTS	\$18 ⁰⁰