



August/September 2003

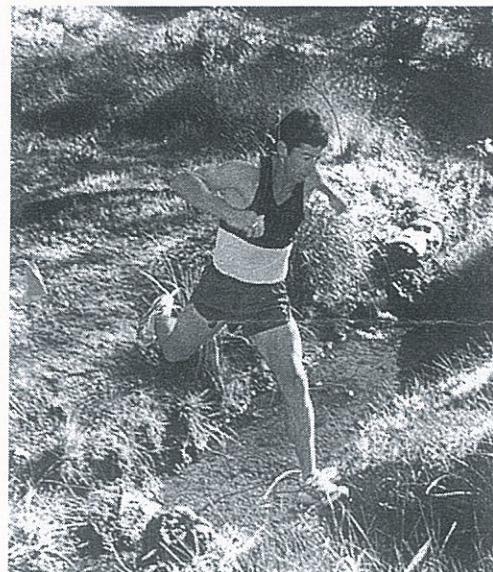
Number 355

VETRUN



MASTERS ATHLETICS WA NEWSLETTER

Patron: Bill Hughes • President: Lynne Schickert • Club Correspondence: The Secretary MAWA, 11a Dandenong Rd, Attadale, WA 6156
Copy for Vetrun: Email: Jeff Bowen: jeffbowen@smartchat.net.au • Website: www.netprojex.com.au/wavac



**Jorgenson Park and another
epic Club Cross Country
Championship.**

RESULTS IN THIS ISSUE:

- Darlington Dash
- Road Walking Championships
- Club CC Championships
- Club Half-Marathon Champs
- 3Ps
- State CC Championships
- 2003 50km Champs

When battling with motivation – look back, look forward and look to the wise.

Tom Cottrell January 2001

This is a place I do not want to be. The excitement of the big race is over. The medal is hanging on the wall and I don't feel the same about my running as I did. It's all over, now someone has to clean up after the party and I have a hangover.

Worse, I am now more of a man since finishing the race, about 3 kilogrammes more. I wonder how many people, runners, ordinary folk there are that are struggling with their motivation to run. But to make matters even worse, it is winter, it's dark outside and its cold. What is strange is that it never seemed to bother me before. Now my interest in the weather and the early morning temperatures in particular seems all-consuming.

This clearly is a time to take stock, a time for reflection. For indeed if I don't want to run, at least I can reflect. I would often run to the top a hill while training and stop at the top and look back. This is a good exercise to do, for it is only once you are at the top, you can get an appreciation of what you have done. You get perspective of the hill, your ability and given some of the hills, just how darn tough you really are.

And so I look back now and think that my running has been a really good thing for me. I have come a long way and well, I am a bit fitter than my contemporaries. Notwithstanding the post Marathon blues, on reflection the years I have spent running have been good; have been fun and definitely worthwhile.

So I look forward and ponder my running future, Marathon? Again? I'm not ready to ponder that much, I have a job of work to do and a family to attend to. So I will ponder just to the end of the month and take it from there. I know if I can just get back into the habit of getting up early and running out the kitchen door for a week all will be well. This is not the mighty runner and conqueror of hills last seen on Marathon day, true, but it is where I am and this is how I'll deal with it. Baby steps, just baby steps.

And where do I draw my inspiration? I turn to Brutus Hamilton. For he had this to say about distance running: "It is one of the strange ironies of this strange life that those who work the hardest, who subject themselves to the strictest discipline, who give up certain pleasurable things in order to achieve a goal are the happiest men.

When you see 20 or 30 (thousand) line up for a distance race in some meet, don't pity them, don't feel sorry for them. Better envy them instead".

So where to from here? Tomorrow morning I run out the kitchen door at 05h30, care to join me?

Thanks Rod this is from the website <http://worldofendurance.com> interesting ? ?

John Bell

Welcome to the editorial team, Jeff

Jeff Bowen, a committee member, will be taking over the editorial responsibility of the newsletter. ALL results and any other notices should now go to

Jeff Bowen - E-mail : jeffbowen@smartchat.net.au or PO Box 197, Subiaco 6904 Ph: 9382 2628

He will check for errors and anomalies before sending on to Rod. Jeff will filter the editorial content as well, and Rod will continue to design, format and arrange the printing of the Vetrin. Committee

M40 'A' (430.334km)
Don Caplin
Ken Gilbert
George Innes
Bob Harrison
Maurice Smith
Jim Barnes
Frank Smith
Hank Stoffers
Frank Steere
Derek Hoyer

W35 (341.840km)
Alicia Ansell

Cheryl Amies
Doreen Dow
Kath Holland
Jan Fletcher
Erica Mercer
Joan Slinger
Barbara Leach
Kath Noordyk
Joan Pellier

M50 (356.056km)
Frank McLinden
Bruce Hollier
Don Stone
David Hough

Ray Lawrence
Merv Moyle
Brian Kennedy
Dennis Wilmont
Alan Pomery
Jerry Noordyk

M40 'B' (399.255km)
Brian Danby
Charlie Spare
Bill Monks
John Pellier
Ted Costello
Bob Sammells

Morris Warren
Ken Snowden
Graham Thornton
Kevin Martin

This story may prompt some of the runners or helpers to share their anecdotes.

(Remember, the older you get the better you were!) Please feel free.

Presentation Day Lunch

Sunday 14 September 2003

12.00 noon Rosie O'Gradys, Northbridge

Cost: \$20 p/h

Hi Rod I have a reply regarding the 24 hour relay for the Vetrin.

The Mystery has been solved!

Thanks are extended to Hamish McGlashan and Bob Sammells with snippets of information they provided but the big thank you is to Jeff Whittam.

Jeff was in possession of complete records for what would have been a significant event to organise back in 1983. Not only was there the World Record breaking M40 team but three other teams took part.

These too were very successful. The W3 set a World Record (since broken), the M50 set a still current Australian Record and an M40 'B' team not far off the pace.

The format was for 10 runners to run in sequence. Each athlete would complete a four lap leg, making for an approximately one hour cycle.

For the sake of reminiscence I have listed the participants of all the teams (below).

Not suprisingly many of the club's stalwarts appear.

Campbell Till

No guts, no glory.
From left - John Pellier, in his prime with founder club members John Gilmour and Cliff Bould. (pic from Jim Barnes)



Dryandra Village Weekend

**Date: Friday 26th September to
Monday 29th September**

Cost: \$65-00 per person

For a great weekend away with plenty of fun, running/walking and generally having a good time.

The village is only 164 kms from Perth, in a very unique woodland, cottages with wood fires and comfortable beds.

See Margaret Bennett for bookings.ASAP

DIARY DATES

- Fremantle Masters Games:
20 September 2003 - contact
Damien Hanson
- 9th Australian Masters Games:
31 October - 9 November 2003,
Canberra ACT: www.amg2003.com
- Australian Masters Athletics
Championships: Melbourne,
Easter 2004
- Indian Ocean Masters Games:
1-9 May
2004, Geraldton WA:
www.iomg.com.au
- PanPac Masters Games, Gold Coast,
Qld 2004

New members

549	Sharpe Dianne	18/03/1957
550	Oliver Sue	23/04/1954
551	McNamara Bob	27/07/1942
552	Dumolard Andres Guy (Guito)	30/04/1950
553	Engels Christine	31/01/1956
554	McLean Gary	23/04/1963
555	James Alan	16/03/1951
556	McLaren-Kennedy Sara	14/09/1947
557	Liebich Sue	23/10/1965
558	Van Graan Pam	02/09/1952
559	Natasha (Tashe) Reid	20/05/1971

This is to let you know that I have taken over as Secretary for the South Australian Masters Athletics Inc (SAMA). Future newsletters could be sent to me. Many thanks, *George*

George H White
Secretary SAMA
15 Ridgehaven Drive
Bellevue Heights
SA 5050
ph +61 (0)8 8357 5637
mobile 0419 34 8888

WMA-GENERAL ASSEMBLY-PUERTO RICO-JULY 2003 COMPETITION DECISIONS:

Report by Wilma Perkins

The following is a summary of technical decisions taken at the General Assembly of World Masters Athletics held in Puerto Rico in July 2003. It is pleasing to report that a number of these decisions were as a result of notices of motion that were put forward by Australia.

- That the age for International competition will be 35 years for both men and women (awaiting formal approval from the IAAF)
- That WMA Indoor World Championships have now been sanctioned (the first will be held in March 2004 at Sindelfingen, Germany)
- The WMA Non-Stadia program has had the 50 km run replaced by a 10 km run
- For teams scoring in WMA road races, cross country and road walking every athlete competes individually in his/her own age group. For teams scoring athletes will only be permitted to drop to a lower age group to complete the required number for a team provided that the following requirements are met:
 - 1.The lower age group shall be in the same race as that as the athlete competes individually
 - 2.The athlete's country does not have a sufficient number of athletes competing in that age group to make up a team
 - 3.Every team must submit a start list that shows the name and age group making up a team
 - 4.An athlete may only score in one team
 - 5.Athletes may only be moved down not up in age groups
- Entries to all WMA World Championships may be submitted through their National affiliate in either hard copy form or electronically. Entries submitted direct by athletes will only be validated upon approval from their national affiliate.
- Rule changes approved by the IAAF require WMA endorsement before introduction into Masters competition
- Hurdle Rule amendment: Competitors must hurdle with a continuous motion thus ensuring that both feet must be off the ground for at least an instant
- Only one competition number shall be required in throwing events
- WMA has not adopted the current IAAF one false start rule
- WMA has introduced the WEIGHT THROW as an individual event at future World competitions
- WMA is to reconsider events that make up the outdoor pentathlon.

Diary Dates:		World Masters Athletics Future Competitions
2004	March 10-14	First WMA Indoor Championships Sindelfingen, Germany Contact details: Website: www.sindelfingen2004.de and www.wlv-sport.de Email: info@sindelfingen2004.de
	April 18-24	WMA Non-Stadia Championships, Auckland, New Zealand
	October 21-28	WMA Oceania Regional Championships, Raratonga, Cook Islands
2005	July 6-16	WMA Stadia Championships, San Sebastian, Spain
2006	January	Oceania Regional Championships, Christchurch, New Zealand
	May 8-14	WMA Non-Stadia Championships, Vancouver, Canada Contact details: www.wma2006.org , http://www.world-masters-athletics.org/
	TBA	WMA Indoor Championships (Host City to be determined)
2007	July	WMA Stadia Championships, Riccione, Italy

3 Ps 3-Aug-03 V Millard

106 runners and walkers enjoyed the 3P's Run, held for the first time in August rather than earlier in the year.

High winds and stormy conditions had abated by the start and the weather was quite kind to those who did distances of 5K, 8K and 16K, run and walk.

A number of runners and walkers were very pleased with their performances. Congratulations to all and many thanks to my helpers: Barry Thomsett, Chris Maher, Chris Coates, Jim Barnes, Jeff Spencer, Ray Hall, David Brown, Barry Millard, Lynne and Bob Schickert and Jacob (Julie Keeley's little boy).

5K Run

Paul Burke	M30	22:43
John Frost	M65	23:29
Brian Foley	M55	23:39
Barbara Blurton	W50	23:52
Mike Anderson	M55	23:59
Barry Audsley	M60	25:27
Keith Forden	M60	25:32
Bob Sammells	M65	27:25
David Carr	M70	27:27
Kirt Johnson	M70	29:34
Vic Beaumont	M70	29:36
Julie Wood	W50	31:38
Arnold Jenkins	M55	32:51
Ray Lawrence	M75	33:19
Sheila Maslen	W65	36:47
Phyllis Farrell	W55	36:47
Frank Usher	M75	41:16
Pat Carr	W70	42:13

8K Run

Jim Langford	M55	32:03
Ian Davies	M55	33:56
Dave Roberts	M60	35:23
Margaret Langford	W55	37:24
Geoff Mullins	M55	38:49
Hamish McGlashan	M65	40:35
Phil Bailey	M45	41:47
Roger Walsh	M60	43:30
Michael Faunge	M65	43:59
Troy Lundgren	M50	44:01
Dick Blom	M65	44:10
Terry Manford	M65	44:45
Kris Adrian	W30	45:26
Sandi Crossman	W35	45:28
Margaret Robinson	W65	45:56
Jackie Halberg	W55	48:07
Tanya Burke	W30	49:49
Merv Moyle	M75	50:29
Brian Smith	M60	50:35
Steve Toohey	M50	52:15
Mary Heppell	W65	59:00

16K Run

Chris Frampton	M35	1:01:25
Paul Hughes	M50	1:05:08
Jim Klinge	M55	1:07:11
Chris Shenton	M35	1:09:33
Gareth Brunt	M50	1:09:46

Mike Hale	M55	1:10:26
David Baird	M60	1:10:33
Brian Danby	M50	1:12:10
Frank Gardiner	M50	1:12:24
David Muir	M55	1:13:31
Johannes Hagedoorn	M55	1:16:59
Brian Bennett	M55	1:17:02
Fenella Gill	W40	1:17:37
John Ellard	M60	1:18:16
Irwin Barrett-Lennard	M70	1:18:42
Keith Miller	M50	1:18:55
John Pellier	M60	1:19:36
Gillian Young	W55	1:20:07
Nick Miletic	M50	1:20:16
Julie Keeley	W35	1:22:04
Mark Sivyer	M55	1:23:12
Marg Forden	W60	1:23:51
Stan Lockwood	M70	1:23:59
Robin King	W40	1:24:52
Neil Van Graan	M50	1:25:32
Fraser Deanus	M60	1:25:57
Sue Bullen	W40	1:27:09
John Dance	M50	1:27:09
Joan Osborne	W55	1:29:25
Jim Halliday	M55	1:29:26
Ann Turner	W65	1:30:50
John Smith	M65	1:30:52
Pamela Toohey	W55	1:31:49
Merv Jones	M60	1:38:27
Maree Creighton	W50	1:39:02
Wendy Duncan	W50	1:39:03
Joan Pellier	W60	1:39:29
Elaine Dance	W50	1:40:09
Jo Richardson	W50	1:50:46
Shorty Turner	M65	1:50:47

5K Walk

Kylie Mahony	W35	42:48
Maggie Flanders	W65	43:25
Barbara Bailey	W70	47:20
John Bailey	M75	47:21
Elaine Ellard	W60	50:03
Allen Tyson	M75	50:04

8K Walk

Jenni Shillington	W45	1:00:55
Janis Malin	W50	1:00:56
Dorothy Whittam	W65	1:03:40
Lorna Lauchlan	W70	1:03:42
Dianne Sharpe	W45	1:22:51

16K Walk

John Mison	M55	1:41:38
Paul Martin	M60	1:41:39
Michele Mison	W55	1:55:28
Lorraine Lopes	W60	2:02:03

Road Walking Championship

Women	Total	Av/Km
Jenni Shillington	W45 4:37:36	7:27
Dorothy Whittam	W65 4:55:53	7:57

Men

John Mison	M55	3:59:42	6:26
David Brown	M55	4:11:49	6:52
Alan Jennings	M60	4:15:44	7:02
Rex Bruce	M61	4:43:46	7:37

HELPERS - SEPTEMBER.

MILLERS RUN

7-9-03.

NORM & PAT MILLER, 9293 3433.

ANN & SHORTY TURNER, PAUL BUCKLEY, TREVOR ROBERTSON, SIMON JAWICHRE, PIERRE VIALA, DENISE LANCASTER, PAUL & JUNE LEWIS, DAVID JAMES, DAN & NOLA BENDING.

BASSENDEN

14-9-03.

JACQUELINE BILLINGTON, 9279 8679.

JAN JARVIS, MARGARET ROBINSON, PIERRE VIALA, DENISE LANCASTER, BRIAN & MARGARET BENNETT, MIKE KHAN, KIRT JOHNSON, JOHN MACK, ALAN POMERY.

HERDSMAN LAKE

21-9-03.

JEFF & DOROTHY WHITTAM, 9387 6438.

SUE CLIFTON, JENNIE SHILLINGTON, SHEILA MASLEN, NEIL VAN GRAAN, MIKE FAUNGE, BARRIE THOMSETT, ROGER WALSH, LORNA LACHLAN, KRIS ADRIAN, BOB SAMMELLS, BERNARD MANGAN, JOHN CRESP, HAMISH McGLASHEN, IVAN PILTON.

CLIFF BOULD TROPHY

28-9-03.

IVAN & PENNY BROWN, 9384 8582.

RALPH HENDERSON, CHRIS COATES, BERT & BRIDGET CARSE, STEVE DUNN, MICHELLE & JOHN MISON, WAYNE ROBINSON, LIZ CHANDLER, IRWIN BARRETT-LENNARD, IVAN PILTON, IAN DAVIES, MARY HEPPELL.

WILDFLOWER RUN

05-10-03.

ROD TINNISWOOD 9403 6353

DAVID BROWN, JILL MIDOLO, DAVE SCOTT, JENNY BINNS, JEFF BOWEN, JIM RIDDELL, CHRISTINE ROMPOTIS, JULIE KEELEY, DENISE VAN WINSSEN, FENELLA GILL, WAYNE ROBINSON.

MATTAGARUP RUN

12-10-03

WAYNE PANTALL 9362 3715

PAT HOPKINS, SHIRLEY MILLIGAN, PHILLIP BAILEY, JENNY BARNES, CHRIS MAHER, KEVIN DAVIS, MIKE POLKINHORN, SUSAN LAKE, MAREE CHRIGHTON, ARTHUR LEGGETT.

Please Note

Mattagarup Run will now start at Burswood Park rather than McCallum Park. (12 October)

Masters A/C X-Country

27/07/03 Jorgenson Park

8.1Km

Chris Maher	M50	33:08
Chris Frampton	M35	33:19
Jim Langford	M55	33:35
Bert Carse	M60	34:47
Paul Hughes	M50	35:25
Duncan McAuley	M50	36:38
Darryl White	M40	37:01
Alan Thurlow	M45	37:36
David Muir	M55	37:53
David Reid	M50	38:00
Mike Hale	M55	38:15
Brian Danby	M50	38:40
Dave Roberts	M60	38:52
John Doust	M55	39:08
Anne Shaw	W55	39:57
Michael Karra	M35	40:38
Robin King	W40	40:45
Brian Bennett	M55	40:54
John Mack	M60	41:44
John Ellard	M60	42:19
Johannes Hagedoorn	M55	42:23
Wayne Taylor	M40	42:59
John Frost	M65	43:14
Simon Jawichre	M35	43:52
Margaret Langford	W55	44:06
Irwin Barrett-Lennard	M70	44:07
Hamish McGlashan	M65	44:37
Julie Keeley	W35	45:06
John Pellier	M60	45:35
Brian Foley	M55	45:40
Bob Sammells	M65	46:59
Richard Harris	M65	47:24
Don Pattinson	M45	47:55
Paula Karra	W30	49:01
Jim Riddell	M60	49:14
Neil Van Graan	M50	49:28
Troy Lundgren	M50	49:43
Wendy Clements-Green	W60	50:17
Visitor	VIS	51:06
John Bell	M55	51:34
Ann Turner	W65	52:01
Jeff Spencer	M60	52:18
Pamela Toohey	W55	52:23
Ray Hall	M65	52:34
Joan Osborne	W55	52:41
Brian Smith	M60	52:45
Kris Adrian	W30	54:04
Denise Lancaster	W50	55:13
Fiona McAuley	W50	55:25
Elaine Dance	W50	55:35
Jackie Halberg	W55	58:36
Jo Richardson	W50	58:47
Merv Moyle	M75	60:34
John Russell	M70	61:01
Chris Pattinson	W45	61:11
Margaret Bennett	W60	61:20
Shorty Turner	M65	63:26
Lorna Lauchlan	W70	69:29
Lorraine Lopes	W60	70:18

5.4Km

Colin Chisolm	M35	24:24
---------------	-----	-------

Henri Cortis	M55	27:30
Shirley Bell	W55	31:43
Delia Baldock	W40	34:36
Merv Jones	M60	35:09
Sue Lake	W40	37:40
Julie Wood	W50	40:15
Pierre Viala	M55	40:20
Steve Toohey	M50	42:25
Beryle Doust	W50	48:01

2.7Km

Graeme Neill	M40	16:23
Bridget Carse	W60	19:08
John Bailey	M75	27:51
Barbara Bailey	W70	27:52
Elaine Ellard	W60	28:02
Allen Tyson	M75	28:30

Visitors 8.1Km

G Roberts	32:40:00
C Smith	34:06:00
S Smith	51:06:00

Visitors 5.4km

G Elliot	21:52
W Newton	23:04

Darlington Dash 17 June 2003

Thank you to the 72 runners who ventured into the Hills for the Annual Darlington Dash and to contest the Dick Horsley Trophy. It was very pleasing to see so many 'teams' vying for this trophy.

As this is my last year of organising this run after about ten years, I must sincerely thank Liz & Mike Khan who have assisted me on every run over those years as well as my family. Liz is 'retiring' as I am. Also a big thank you to Joe Stickles and Pat & Norm Miller who have been great support helpers over the years. Thank you to those who also assisted on the day.

The results of the Dick Horsley trophy were as follows:

1st	Bert & Bridget Carse
2nd	Brian & Margaret Bennett
3rd	Johan Hogdorn & Julie Wood
4th	Mike & Paula Karra
5th	John & Elaine Dance
6th	Paul & June Lewis
7th	John & Beryl Doust
8th	Steve & Pam Toohey
9th	Shorty & Anne Turner

I trust that you will all continue to support this beautiful run next year and for many years to come. Regards and good running.

David James

8k Walk Men

Rex Bruce	M60	59:30
Alan Pomery	M70	70:10

8k Walk Women

Lynne Schickert	W60	59:16
Beryle Doust	W50	62:57
Jacqueline Billington	W60	85:43

8km Men

Mike Karra	M35	34.39
Alan Thurlow	M45	35.30
Ian Davies	M55	35.53
Graeme Neill	M40	40.32
Mike Anderson	M55	41.28
Frank Gardiner	M50	42.44
Mark Sivyer	M50	42.46
Jim Riddell	M60	44.13
Arnold Jenkins	M55	48.00
Jim Barnes	M60	48.52
Vic Beaumont	M70	51.06
Merv Moyle	M75	51.24
Steve Toohey	M50	51.41
Shorty Turner	M65	57.05
Jeff Spencer	M60	57.06

8km Women

Sandi Crossman	W35	45.22
Delia Baldock	W40	46.38
Liz Chandler	W30	48.32
Julie Wood	W50	48.43
June Lewis	W55	48.56
Elaine Dance	W50	48.59
Jackie Halberg	W55	51.10
Julie McGrath	W65	51.39
Margaret Bennett	W60	51.53
Bridget Carse	W55	52.18
Lorraine Lopes	W60	62.58
Dianne Sharpe	W45	66.29

16k Men

Bert Carse	M60	59.23
Bjorn Dybdahl	M45	60.40
Darren Reid	M30	61.06
Lachlan Marr	M40	62.49
Darryl White	M40	64.03
Colin Chisholm	M35	65.35
Brian Bennett	M55	65.43
Dave Roberts	M60	67.06
Doug Ashfield	M45	67.09
Trevor Robertson	M50	68.01
Gareth Brunt	M50	68.25
Johan Hagedoorn	M55	69.23
Keith Atkinson	M45	70.23
Nick Miller	M40	70.35
John Doust	M55	71.00
David Reid	M50	71.27
Gary Fisher	M50	71.47
John Ellard	M60	72.48
Milton Mavrick	M45	73.32
Nick Miletic	M50	77.04
Richard Harris	M65	81.49
Stan Lockwood	M70	81.58
John Dance	M50	82.09
Paul Lewis	M55	83.30
Dan Bending	M50	85.24
Merv Jones	M60	91.20

16km Women

Anne Shaw	W55	67.30
Michelle McGrath	W35	73.13
Gillian Young	W55	76.18
Sue Bullen	W40	81.51
Paula Karra	W30	83.48
Anne Turner	W65	87.17
Pam Toohey	W55	91.05
Val Millard	W55	93.53
Joan Osborne	W50	94.04

Club Half-Marathon

Championships 10 August, 2003

On a day in which Perth recorded its wettest 24 hours for the year, these Championships were conducted in DRY, albeit blustery and cold, conditions. Amazing.

There were many good performances across the board and we saw some close finishes in the M55 group. The only new Championship record was set by Ann Turner. In a very determined and gritty run she took almost four minutes off June Strachan's M65 12 year old mark.

The Performance Level percentages shown below were based on members' ages on the day.

My many helpers, rostered and volunteers, did a wonderful job and all our thanks go to Steve Toohey, Mark Sivy, Debbie Burge, Merv Moyle, Jim Riddell, Jackie Halberg, Wayne Pantell, Warren Davey, Amanda Walker and Jim Barnes.

Bob Sammells

Half-Marathon Run

M35

	Time	PL%
Stephen Dunn	M35 1:27:51	68.2
Chris Shenton	M35 1:30:07	66.4
Colin Chisolm	M35 1:32:31	65.6
Mark Speechly	M35 1:33:07	64.7
Simon Jawichre	M35 1:48:17	55.7

M40

Nick Miller	M40 1:40:21	60.9
-------------	-------------	------

M45

Bjorn Dybdahl	M45 1:27:26	74.8
Wayne Robinson	M45 1:30:24	72.3
Milton Mavrick	M45 1:51:50	58.4

M50

Chris Maher	M50 1:20:14	81.3
Trevor Robertson	M50 1:32:45	71.2
Frank Gardiner	M50 1:35:03	71.0
Nick Miletic	M50 1:48:53	61.5
Neil Van Graan	M50 1:55:45	57.8
John Dance	M50 1:57:19	57.5

M55

Mike Hale	M55 1:33:00	73.8
John Davies	M55 1:33:29	76.1
John Doust	M55 1:34:23	72.7
David Muir	M55 1:34:32	74.6
Brian Danby	M55 1:34:40	72.5
Brian Bennett	M55 1:40:08	68.5
Johannes Hagedoorn	M55 1:43:25	68.8
Mark Rosen	M55 1:44:02	66.0

M60

Bob Schickert	M60 1:39:49	72.6
John Ellard	M60 1:44:43	69.2
John Pellier	M60 1:47:01	69.1
John Mack	M60 1:47:55	67.8
Merv Jones	M60 2:10:25	57.3

M65

Richard Harris	M65 1:56:53	65.3
----------------	-------------	------

M70

Irwin Barrett-Lennard	M70 1:45:00	80.0
Cecil Walkley	M70 2:01:32	69.1

W35

Julie Keeley	W35 1:59:10	55.3
Martina Murphy	W40 1:30:51	75.6
Robin King	W40 1:40:21	70.1
Sue Bullen	W40 1:56:40	59.8
Christina Rompotis	W40 2:11:33	53.5

W50

Wendy Duncan	W50 2:11:38	58.0
Elaine Dance	W50 2:16:55	55.2

W55

Gillian Young	W55 1:47:55	72.9
Joan Osborne	W55 2:01:24	64.1
Pamela Toohey	W55 2:01:54	65.2

W60

Marg Forden	W60 1:52:25	74.6
-------------	-------------	------

W65

Ann Turner	W65 1:57:20	75.9
------------	-------------	------

Half-Marathon Walk

M55

John Mison	M55 2:17:52	68.4
------------	-------------	------

M60

Alan Jennings	M60 2:43:11	64.0
---------------	-------------	------

W45

Chris Pattinson	W45 2:52:36	59.0
-----------------	-------------	------

W50

Janis Malin	W50 2:55:43	63.4
-------------	-------------	------

W55

Val Millard	W55 2:39:58	68.9
-------------	-------------	------

Michele Mison	W55 2:45:53	65.9
---------------	-------------	------

W60

Lynne Schickert	W60 2:51:27	67.8
-----------------	-------------	------

Lorraine Lopes	W60 2:51:47	69.1
----------------	-------------	------

6K Run

David Carr	M70 28:26
Mike Anderson	M55 28:30
Barbara Blurton	W50 28:43
Joan Pellier	W60 34:31
Alison Aldrich	W60 36:16
Arnold Jenkins	M55 37:44
Rosa Wallis	W55 42:02
Sheila Maslen	W65 42:03

10K Run

Paul Hughes	M50 38:54
Darryl White	M40 41:38
Ian Davies	M55 42:59
David Baird	M55 43:24
Doug Ashfield	M45 44:00
Mal Vernon	M45 44:21
Dave Roberts	M60 45:05
Fenella Gill	W40 46:55
Geoff Mullins	M55 48:02
Simon Mort	M45 48:03
Mike Khan	M55 49:02
John Pressley	M55 49:33
Paul Martin	M60 50:40
David Scott	M55 50:41
John Brambley	M60 51:55
Keith Atkinson	M45 52:52
Keith Forden	M60 53:46
Damien Hanson	M45 53:51
Roger Walsh	M60 54:39
Troy Lundgren	M50 55:17

Margaret Robinson	W65 55:23
Michael Faunge	M65 55:28
Aldo Giacomini	M65 55:29
Terry Manford	M65 56:05
Wendy Clements-Green	W60 56:29
Liz Chandler	W30 1:00:02
Mick Malone	M50 1:01:37
Jo Richardson	W50 1:07:52
Phyllis Farrell	W55 1:08:10
Pierre Viala	M55 1:08:11
Margaret Bennett	W60 1:09:21
Shorty Turner	M65 1:09:22
Mary Heppell	W65 1:10:44
Pam Van Graan	W50 1:10:50

6K Walk

Mitch Loly	M60 47:06
Elaine Ellard	W60 50:08
Maggie Flanders	W65 51:36
Patricia Hopkins	W60 51:36
Allen Tyson	M75 53:32
Barbara Bailey	W70 55:19
Pat Ainsworth	W65 58:20
Pat Miller	W65 58:21

10K Walk

Jenni Shillington	W45 1:17:25
Dan Bending	M55 1:18:03
Nola Bending	W55 1:18:04
Rex Bruce	M60 1:18:15
Lorna Lauchlan	W70 1:20:29
Beryle Doust	W50 1:20:30
Dorothy Whittam	W65 1:21:49
Dianne Sharpe	W45 1:33:16

FREMANTLE MASTERS GAMES 2003

Following the success of the inaugural games of 2001, Fremantle intends to hold this event every two years. This time we have better facilities and a much bigger program. I will be asking some members to fill various roles, and would expect all club members, as hosts, to offer assistance when not competing.

Saturday, 20 September 2003:

**AM Manning Park, Hamilton Hill.
6 km Cross Country,
5 km Road Walk.**

**PM Santich Park, Munster.
100, 200, 800, 3000, 2000W,
Shot, Discus, Javelin,
Long Jump, Triple Jump.**

For further details, please telephone me or download from

www.fremantlemastersgames.com.au

See you there!

**Damien Hanson 9383 4406
0407 477 986**

Cross Country Championships

Kings Park 17/08/03

Left to my own devices by Warren moving to sunny Queensland, I decided to confuse you all again and change the course due to it being a bit short last year. Apologies to the walkers for the confusion with their course but I think it worked out OK in the end. Anyway, with such a beautiful morning I did not hear of any complaints and no one seemed to get lost, which makes a change! I need to thank David

Bishop for doing such a good job of marking the course. Also my willing rostered helpers Ross Parker, Peter Gare, Jeff Bowen, Terry Manford and Jenny Shillington & daughter. Not forgetting the able assistance with the recording from Barry, Bob and Jim and of course the support from Jim Barnes. The medals will be presented at the Presentation Lunch in September.

Ralph Henderson

5km Walks

Alan Pomery	M70	44.01
Rex Bruce	M60	45.36
Allen Tyson	M75	45.39
Jeff Whittam	M65	49.59
Norm Miller	M70	53.15
Val Millard	W55	35.16
Janis Malin	W50	36.20
Lynne Schickert	W60	36.26
Lorraine Lopes	W60	36.35
Beryle Doust	W50	36.42
Lorna Lauchlan	W70	38.44
Dorothy Whittam	W65	40.00
Dianne Sharp	W45	42.22
Nola Bending	W55	42.52
Jenny Binns	W50	43.26
Rosa Wallis	W55	43.52
Maggie Flanders	W65	43.58
Christine Tinniswood	W50	45.50
Pat Ainsworth	W65	46.48
Margaret Bennett	W60	46.49
Marg Taylor	W50	46.51
Jo Stewart	W50	46.53

5km Runs

Bjorn Dybdahl	M40	19.19
Lachlan Marr	M40	19.45
Alan Thurlow	M45	20.06
Ian Davies	M55	20.38
Ivan Brown	M55	21.29
Sean Keane	M35	22.43
Simon Mort	M45	23.02
John Brambley	M60	23.40
Mike Anderson	M55	24.24
Damien Hanson	M50	25.18
Graeme Lucas	M45	26.17
Michael Faunge	M65	26.41
Dan Bending	M55	28.04
Ray Hall	M65	28.54
Mitch Loly	M60	29.30
Kirt Johnson	M70	30.01
Bob Fergie	M65	30.30
Arnold Jenkins	M55	30.39
Keith Forden	M60	30.55
Ray Lawrence	M75	35.09
Dee Campbell	W45	22.50
Sue Bullen	W40	26.11
Pam Van Graan	W50	28.11
Delia Baldock	W40	28.24
Fiona McAuley	W50	28.55
Sue Lake	W40	29.09
Alison Aldrich	W60	30.49
Phyllis Farrell	W55	38.57
Sheila Maslen	W65	39.21
Glenice Shanahan	W75	60.44

State Cross-Country Championships

*Kings Park
17 August 2003
Ralph Henderson*

M35

Stephen Dunn	38.18
Chris Shenton	39.44
Michael Karra	46.21
Simon Jawichre	47.52

M45

Doug Ashfield	42.27
Keith Atkinson	47.54
Phil Bailey	52.01

M50

Chris Maher	36.36
Paul Hughes	39.00
Duncan McAuley	42.01
Neil Van Graan	52.33
Troy Lundgren	52.55

M55

Brian Danby	42.28
David Baird	42.34
John Doust	43.01
David Muir	43.06
Brian Bennett	43.41

Vic Waters	46.20
Mark Rosen	46.37
Wayne Bates	47.59
Mike Khan	48.25
John Pressley	48.50
Mike Hale	49.05
Geoff Mullins	49.43
Brian Foley	50.40
Jim Halliday	50.47
John Bell	60.39
Pierre Viala	67.53

M60

Bob Schickert	42.15
Dave Roberts	42.30
John Pellier	49.16
Paul Martin	50.15
Merv Jones	60.37

M65

Steve Barrie	47.21
John Frost	47.31
Hamish McGlashan	50.28
Ray Atwell	51.12
Richard Harris	52.22
Aldo Giacomini	55.27
John Smith	60.20
Shorty Turner	69.07

M70

David Carr	48.12
Stan Lockwood	50.38

George Schaefer	59.22
W30	
Christine Uren	46.44
Paula Karra	53.16
Kris Adrian	54.21
Liz Chandler	57.29

W35

Amanda Walker	44.04
Julie Keeley	49.35
Sandi Crossman	57.25

W40

Martina Murphy	41.07
Fenella Gill	48.35

W50

Jo Richardson	67.09
---------------	-------

W55

Margaret Langford	46.54
Joan Osborne	58.39

W60

Marg Forden	50.50
Wendy Clements-Green	55.24

W65

Ann Turner	56.34
Margaret Warren	61.27



Presentation Day Lunch

Sunday 14 September 2003

12.00 noon Rosie O'Gradys,
Northbridge. Cost: \$20 p/h

Cross Country Pictures on this page and front page by Jeff Whittam

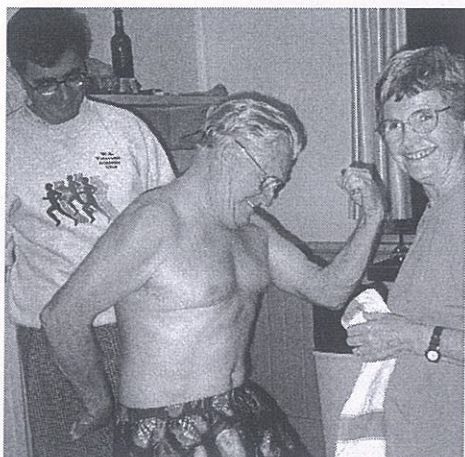
2003 50km Championships average time for 1km

name	age	10km	15km	25km	1km
Chris Maher	M50	36.45	56.04	1.36.05	3.46
Jim Langford	M55	36.55	58.25	1.36.18	3.49
Albert Carse	M60	39.09	56.25	1.38.03	3.52
Bjom Dybdahl	M45	38.24	58.25	1.41.08	3.57
John Allen	M45	40.30	1.03.35	1.50.27	4.16
Stephen Dunn	M35	40.31	1.02.02	1.56.06	4.16
Duncan McAuley	M50	39.56	1.03.52	1.53.41	4.19
Robert Schickert	M60	40.38	1.04.30	1.52.41	4.21
Brian Bennett	M55	44.39	1.02.41	1.50.58	4.20
Ivan Brown	M55	41.27	1.04.59	1.53.20	4.22
John Bell	M55	46.15	1.04.44	1.50.33	4.25
John Davies	M55	45.23	1.07.15	1.49.28	4.25
Malcolm Vernon	M45	42.12	1.05.43	1.56.31	4.28
Milton Mavrick	M45	43.57	1.08.22	2.00.47	4.38
Keith Atkinson	M45	43.51	1.09.08	2.00.00	4.39
Nick Miletic	M50	49.29	1.14.38	2.07.38	4.49
John Pellier	M60	48.02	1.12.39	2.01.27	4.49
John Ellard	M60	46.42	1.12.21	2.04.22	4.51
Irwin Barrett-Lennard	M70	48.05	1.14.01	2.06.09	4.57
Robert Sheehy	M55	53.35	1.12.51	2.04.51	5.00
Julie Keeley	W40	47.32	1.13.21	2.10.15	5.00
Gillian Young	W55	48.56	1.19.15	2.07.27	5.05
Michael Khan	M55	46.32	1.12.08	2.17.44	5.07
Margery Forden	W60	51.13	1.16.51	2.11.43	5.11
Jeanette Tiverios	W45	51.43	1.19.59	2.18.33	5.23
Ann Turner	W65	53.52	1.24.00	2.16.33	5.28
Cecil Walkley	M70	53.01	1.20.18	2.22.09	5.31
John Dance	M50	51.15	1.19.39	2.26.31	5.32
Maree Creighton	W50	55.11	1.22.08	2.23.28	5.36
Paula Karra	W30	54.45	1.24.50	2.25.36	5.41
Wendy Duncan	W50	55.21	1.23.40	2.30.31	5.46
Joan Osborne	W50	55.33	1.27.14	2.29.43	5.51
Irene Ferris	W50	55.57	1.26.05	2.30.37	5.51
Pamela Toohey	W55	55.44	1.23.52	2.35.05	5.52
Joan Pellier	W60	59.03	1.31.43	2.38.22	6.11
Elaine Dance	W50	59.23	1.35.14	2.53.39	6.33
Margaret Bennett	W60	68.29	1.45.01	2.56.56	6.59
Cedric Turner	M65	68.29	1.45.01	2.56.57	6.59

Well done to 38 long distance runners of whom 14 were ladies. When you look at the times of age 60 and up, their times are very good.

Morris Warren.

Auditions are currently being held in Perth for the new movie; "Tarzan's Grandfather"



Happy Birthday September members

Bruce	Cornish	02.09.1948	55	becomes M55
Sue	Bullen	04.09.1959	44	remains W40
Basil	Worner	04.09.1931	72	remains M70
Roma	Barnett	06.09.1949	54	remains W50
Don	Pattinson	06.09.1953	50	becomes M50
John	Stone	07.09.1952	51	remains M50
Phillip	Bailey	08.09.1953	50	becomes M50
Jacqueline	Beaumont	08.09.1936	67	remains W65
Arthur	Leggett	08.09.1918	85	becomes M85
Bruce	Wilson	08.09.1950	53	remains M50
Margaret	Langford	09.09.1946	57	remains W55
Keith	Edmonds	11.09.1967	36	remains M35
Rhod	Wright	11.09.1949	54	remains M50
David	Scott	12.09.1947	56	remains M55
Angela	Goldie	13.09.1943	60	becomes W60
Brian	Aldrich	16.09.1930	73	remains M70
Robert	Hayres	16.09.1931	72	remains M70
Robin	King	17.09.1958	45	becomes W45
Dick	Blom	19.09.1933	70	becomes M70
Wayne	Pantall	19.09.1952	51	remains M50
Barbara	Wilson	19.09.1951	52	remains W50
Deborah	Burge	21.09.1966	37	remains W30
John	Frost	21.09.1937	66	remains M65
Graeme	Uren	23.09.1967	36	remains M35
Beryle	Doust	24.09.1948	55	becomes W55
Morris	Warren	24.09.1937	66	remains M65
Gail	Gardiner	25.09.1949	54	remains W50
Karen	Sexton	27.09.1960	43	remains W40
Margaret	Bennett	28.09.1941	62	remains W60
Duncan	McAuley	28.09.1949	54	remains M50
Stanley	Lockwood	29.09.1929	74	remains M70
Mike	O'Reilly	29.09.1939	64	remains M60
Francis	Usher	30.09.1923	80	becomes M80

Happy Birthday October members

David	Simmonds	01.10.1934	69	remains M65
Lynette	Howell	02.10.1956	47	remains W45
Berwine	Barrett-Lennard	03.10.1928	75	becomes W75
Garnet	Morgan	06.10.1924	79	remains M75
Jim	Klinge	08.10.1946	57	remains M55
Graham	Thornton	08.10.1940	63	remains M60
Malcolm	Vernon	10.10.1954	49	remains M45
Mike	Polkinghorne	11.10.1951	52	remains M50
Phyllis	Farrell	13.10.1944	59	remains W55
Paul	Lewis	14.10.1946	57	remains M55
Chris	Shenton	14.10.1966	37	remains M35
Neil	Morfitt	16.10.1955	48	remains M45
Ray	Barnett	17.10.1943	60	remains M55
Lesley	Romeo	17.10.1944	59	remains W55
Lynne	Schickert	18.10.1941	62	remains W60
John	Allen	21.10.1957	46	becomes M45
Jennifer	Shillington	21.10.1957	46	becomes W45
John	Bocian	22.10.1950	53	remains M50
John	Pellier	22.10.1939	64	remains M60
Gabriella	Jansen	24.10.1961	42	remains W40
Trevor	Robertson	24.10.1952	51	becomes M50
Dee	Haines	25.10.1958	45	remains W40
Robert	Schickert	26.10.1941	62	remains M60
Paul	Burke	27.10.1970	33	remains M30
David	Roberts	27.10.1942	61	becomes M60
Brian	Hunter	28.10.1944	59	remains M55
Geoff	Mullins	29.10.1943	60	remains M55

ROLE	COKER	McGILLIVRAY	CO-ORDINATOR DUTIES
CO-ORDINATORS	Bob Shickert Jeff Bowen	Bob Shickert Graeme Neill	<ul style="list-style-type: none"> • Make out entry forms and results forms. • Set times for events in program order. • Put on boards for competitors to enter. • Bring non-throws equipment. • At 5.50pm call for officials and competitors for first event. • Arrange for other track events to start as scheduled.
NEW MEMBER WELCOME	Lynne Schickert	Lynne Schickert	
STARTERS	Tom Lenane Colin Smith Brian Foley	David Carr Henri Cortis Warren Davey	
CHIEF TIMEKEEPER/ RECORDERS	Jackie Halberg David Clive	Katrina Spilsbury Gill Edmunds	CHIEF TIMEKEEPER/RECORDER <ul style="list-style-type: none"> • Allocate person to do recording of finishers. • Allocate people for printer watch/stop watches/finish order/big clock/finish numbers
TIMEKEEPERS/RECORDERS	Gareth Brunt Ray Hall Toni Phillips Margaret Robinson	Brian Paxman Norm Richards Campbell Till Blakeney Tindall	
THROWS EQUIPMENT	Geoff Gee	Geoff Gee	
RESULTS PUBLICATION	Barbara Blurton	Ian/Jacqui Sanders	
HORIZONTAL JUMPS		Les Beckham	
ENTRY FEE COLLECTION	Gillian Young	Doug Ashfield	
BOB SCHICKERT, Secretary, MAWA			Issued August 2003

RESULTS PUBLICATION

- Take results and entry sheets at end of competition.
- Prepare for Vetrin and email to Jeff Bowen at jeffbowen@smartchat.net.au
- When event is part of Patron's Trophy, age graded performance to be calculated and included in results.
- Email Patron's Trophy event results to Bob Schickert at schickert1@bigpond.com

HELPERS: COKER

2003	2004		
2 Oct	8 Jan	Delia Baldock	Georgina Betts
9 Oct	15 Jan	Pat Carr	Bert Carse
16 Oct	22 Jan	Ian Davies	John Ellard
23 Oct	29 Jan	Elaine Ellard	Derry Foley
30 Oct	5 Feb	Gerard Kennedy	David Jansen
6 Nov	12 Feb	Gaby Jansen	Stan Jones
13 Nov	19 Feb	Leslie Romeo	Leonie Jones
20 Nov	26 Feb	Mike O'Reilly	Barry Jones
27 Nov	4 Mar	Ilen Tyson	Greg Van Der Sanden
4 Dec	11 Mar	Craig Owens	Terry Collins
11 Dec	18 Mar	Nick Bailey	Rose-Maree Holloway
18 Dec		Lil Heatly	Robin King

FIELD EVENTS

Competitors who are mainly throwers have been omitted from the helpers lists but it is expected that they will help with the throws events.

HELPERS: McGILLIVRAY

2003	2004		
7 Oct	6 Jan	Ivan Brown	Andrew Brooker
14 Oct	13 Jan	Paul Burke	John Davies
21 Oct	20 Jan	Ross Calnan	Milton Mavrick
28 Oct	27 Jan	Val Millard	Frank Gardiner
4 Nov	3 Feb	Rob Greenhalgh	Lorna Lauchlan
11 Nov	10 Feb	Damien Hanson	Clive Hicks
18 Nov	17 Feb	Peggy MacIver	Neil Morfitt
25 Nov	24 Feb	Bernard Mangan	Martina Murphy
2 Dec	2 Mar	Ann Shaw	Val Prescott
9 Dec	9 Mar	Snow McSwain	Mary Young
16 Dec	16 Mar	Barry Kernaghan	Nathalie Goffroy
23 Dec	23 Mar	Mary Burke-Heydon	

FIELD EVENTS

Competitors who are mainly throwers have been omitted from the Helpers Lists but it is expected that they will help with the throws events.

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.

Print Post Approval 644113/00007

If unclaimed please return to:

1/37 Bombard Street, Ardross WA 6153.



**SURFACE
MAIL**

**POSTAGE
PAID
AUSTRALIA**

R & C Tinniswood
15 Fitzpatrick Way
PADBURY WA 6025



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 |

Old stock bargains are still to be had - contact Maggie for details.