



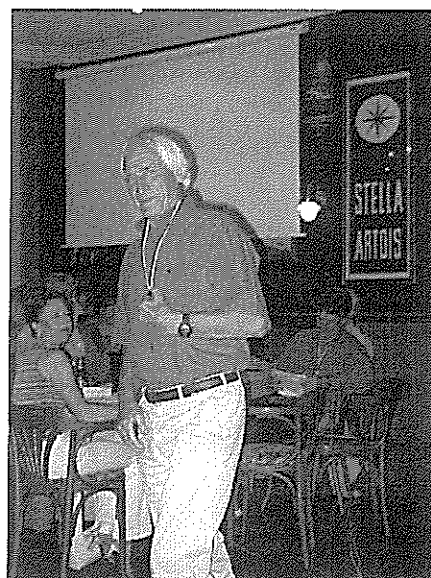
VETR^{UN}



MASTERS ATHLETICS WA NEWSLETTER

Patron: Bill Hughes - President: Val Millard - Correspondence: The Secretary MAWA, 11a Dandenong Rd, Attadale, WA 6156
Editor: Jeff Bowen - jeffbowen@westnet.com.au - Website: www.mastersathleticswa.org - enquiries@mastersathleticswa.org
December 2004 - Number 369

Presentation Day 2004



IT'S THAT TIME OF THE YEAR AND THE ELVES ARE BUSY PLANNING THEIR COSTUMES

Yes, Christmas is fast approaching and the Christmas Gift Run, THE FUN EVENT for our club, is scheduled Sunday 19 December at McCallum Park.

For those new members who have not experienced this run before, it is a time to exercise your creativity and come dressed in a Christmas outfit.

There are prizes for the best creations and we have previously seen Angels, Fairies, Wise Men of the East (or is it West?), presents in a box, Christmas puddings, Christmas trees, Santa and his reindeer and assorted Christmas decorations on running gear.

Some members are serious and have a proper run, others try to in their costumes, but no times are recorded. Members then join together for a present swap whilst enjoying Christmas cake and coffee provided by the Club.

Members are asked to bring a gift to the value of \$5.00, marked if necessary for male or female. These are then distributed in a random manner according to age groups. Because of the large number of members who attend this event, we ask that gifts are not brought for any children in attendance as it is gift time for the members not the children.

Come and join us for a fun morning and display your ingenuity and sewing skills.

Lynne Schickert

aka "the Snowflake Fairy"

FROM THE COMMITTEE

You will find that this issue of *Vetrun* is crammed with a range of entry forms and associated administrative procedures and advice! Unavoidably so, as entries and arrangements for the MAWA State Championships, the Telstra Australian Masters Athletics Championships, and the World Masters Athletics Championships need to be finalised early in the New Year!

* Please note that there are two closing dates for entries for our MAWA State Championships - **18 February** for the events to be held on 25 & 27 February, and **25 February** for the events to be held on 12 & 13 March. The Committee would be most grateful if you would ensure that your entries are received by the Championships coordinator Barbara Blurton by the closing date; late entries - if we are able to accept them - create all sorts of administrative problems and also printing delays.

* Entries for the Telstra Australian Masters Athletics Championships close on **25 February**. The organisers firmly state that no late entries will be accepted.

* Although the World Masters Athletics Championships are still eight months away, proof of age procedures need to be put into place within the next three months - see pages 7 - 8 of this issue for details.

NEWS FROM AROUND AUSTRALIA

As part of the communications strategy in the AMA Strategic Plan, a regular update on current issues will be provided for club newsletters.

12th Oceania Masters Athletics Championships – Rarotonga, October 2004

For the 130 or so Australians who traveled to the Oceania Championships at Avarua on Rarotonga, strong competition was provided by a large team of New Zealand athletes and the smaller teams from the Cook Islands, Norfolk Island, Tahiti, USA, Argentina and South Africa. Our team came home with excellent results, a number of Oceania records were broken and the medal tally was high. Well done, David Lobb and committee for organizing a great event, culminating in a traditional island feast (Umukai) with dancers in their colorful costumes entertaining the athletes.

During the championships the athletic community was saddened with the loss of Trevor Bish from Victoria who was caught in rough water and swept out to sea while kayaking in the Arogangi lagoon. Our condolences go to Trevor's partner and leading race walker Annette Major and her son Jake.

The Oceania Council met during the championships to discuss issues relating to development of athletics in the South Pacific region and to ensure planning is well in hand for future Oceania championships. The 13th Oceania Masters Athletic Championships will be held in Christchurch, New Zealand from 14-21 January 2006. Townsville has been appointed as the venue for the 2008 championships.

IAAF Masters Award

In 2004 IAAF introduced a Masters Male and Masters Female Award at their Gala in Monaco with world record sprinter Jeanette Flynn W50 from Australia being this year's female winner. Congratulations on this achievement Jeanette.

Racewalking records

Congratulations also go to Liz Feldman of Victoria who recently completed a 50k road walk in 5.45:08, taking 11 minutes off the World W55+ record. Her 30k split of 3.23:31 is also a world and Australian masters record. An outstanding feat.

Athletics Australia Review

The outcomes of the AA review have caused some concern regarding recommendations to disband the Australian Athletics Federation and incorporate the members into AA administration. Following extensive discussions by the various stakeholders with AA over the past few weeks and at the AA and AAF Annual General Meetings I am pleased to advise that this will not happen. AAF members will continue to be responsible for their own organizations whilst maintaining the unity required for the successful operation and future development of all levels of athletics in Australia. The Federation is currently looking at reorganizing its operational structure, which may also include a change of name to increase its relevance to stakeholders and the wider community. AMA member clubs will continue to be covered for public liability under the Athletics Australia insurance scheme with the option of personal accident cover for a fee of \$10.00 per club member which can be arranged through Running Australia at AA.

WMA Stadia Championships: San Sebastian 23 August-3 September 2005

Following on from the Oceania championships, the next major overseas event is not far away and our national championships in Brisbane next March will provide excellent preparation for those planning to go to San Sebastian.

Entry books for the WMA championships are now available from your club secretary or entries can be done on-line through the championship website www.wma-2005.com. Validation of your entry must be done through the AMA Entry Clerk with an administration fee of \$30 payable. Validation details will be available in club newsletters and the AMA Handbook. Travel packages will be available soon from Jalpak, the official AMA travel agent. Register your interest by contacting Jalpak on 1800 150 122 or email: adlkss@jalpak.com.au.

Conclusion

Finally, for our athletes who are not able to travel to national or international competition, keep enjoying the local competition and keep up the good work administering our clubs.

Lynne Schickert
President, AMA



Masters Athletics WA State Championships

Sponsored by Healthways and BP Refinery (Kwinana)

February - March 2005

OFFICIAL ENTRY FORM

PROGRAM SCHEDULE Times shown are competition start times.

February-March 2005

Venue: Ern Clark Athletic Centre (Coker Park), Wharf Street, Cannington

Friday 25 February

6.15pm 5000m Walk X

7.00pm 10,000m

(Men 55 plus and all Women)

8.00pm 10,000m

(Men 30 to 54)

Sunday 27 February

8.00am Pentathlon

✓X

DO

Saturday 12 March

8.00am Weight pentathlon XO from 8.00am

from 12noon

1500m

100m

400m

80/100/110m hurdles

3000m Walk XO

2000m & 3000m S/chase from 8.00am

from 12noon

High jump

Long jump

Javelin XO

Sunday 13 March

5000m

300/400m hurdles

200m

800m

2000m Walk XO

Weight throw XO

Discus XO

Shot XO

Triple jump

Hammer XO

Competitors should arrive at least
20 minutes before event is due to
commence

GENERAL CONDITIONS

Competition Rules

Competition will be conducted under IAAF and WMA rules subject to any special rules laid down by the local organising committee. Entry signifies that each competitor will abide by the rules.

Age Groups

Competition will be conducted in the following five-year age groups for men and women:

30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+

Competitors compete in the age group for which they qualify on the day of competition during the championships.

Entry Rules

Financial members of Masters Athletics WA are eligible to compete in this competition. Club uniform is to be worn. Athletes registered with other Veterans or Masters athletics clubs can compete on an invitational basis. For this championship, non-registered athletes are also eligible to compete by taking out a temporary membership with Masters Athletics WA. Refer to registration details on the entry form.

Awards

Medals will be presented to the first three competitors in each event.

Results

Results will be published in the "Vetrun".

Call for Officials

Your assistance as an official when not competing would be much appreciated. Please indicate availability below.

☐ YES, I can assist as an official when not competing

Name _____

Day/time _____ Preferred events _____

MAWA State Championships - Feb-March 2005 - Official Entry Form

ENTRIES CLOSE: Friday 18 February 2005 for events on 25/2 and 27/2

ENTRIES CLOSE Friday 25 February 2005 for events on 12/3 and 13/3

Send entries to: Barbara Blurton, MAWA, 6 Curran Court, Kalamunda 6076

Enquiries: Ph: (08) 9293 0190 or email: vetrunkers@optusnet.com.au

Personal Details Surname _____ First name _____

Date of birth ____/____/____ Sex (M / F) ____

Address _____ Suburb _____ Postcode _____

Contact number (____) _____ email: _____

Emergency contact number (____) _____ Signature _____

Event Entry

Mark	Code	Event	Eligible age groups	Expected Performance	Mark	Code	Event	Eligible age groups
X	100	100 metres	all		X	5000W	5000m track walk	all
	200	200 metres	all		X O	3000W	3000m track walk	all
	400	400 metres	all		X O	2000W	2000m track walk	all
	800	800 metres	all			LJ	Long jump	all
	1500	1500 metres	all			TJ	Triple jump	all
	5000	5000 metres	all			HJ	High jump	all
	10000	10000 metres	all		X O	SP	Shot put	all
	80H	80 metre hurdles	M70+, W40+		X O	DT	Discus throw	all
	100H	100 metre hurdles	M50-69, W30-39		X O	JT	Javelin throw	all
	110H	110 metre hurdles	M30-49		X O	HT	Hammer throw	all
	300H	300 metre hurdles	M60+, W50+		X O	WT	Weight throw	all
	400H	400 metre hurdles	M30-59, W30-49		X O	OPENT	Pentathlon	all
	2000S	2000m steeplechase	M60+, W30+		X O	WPENT	Weight pentathlon	all
	3000S	3000m steeplechase	M30-59					

Payment Details

1	MAWA registration fee	\$10
2	Temporary MAWA membership Fee * @ \$10 (Only for athletes not registered with MAWA)	
3	Event fees: Number of events _____ @ \$5 each	
Total		

Temporary Membership

*Non-registered athletes are eligible to compete by taking out temporary membership with Masters Athletics WA.

Payment

Payment can be by cheque, money order or credit card (complete details below). Make cheques payable to MAWA.

Credit Card Payment Masters Athletics WA State Championships Entry

ABN 42316168339

Please tick card type	Bankcard	Mastercard	Visa
Card Number	Expiry Date	Amount \$	
	____/20____		
Name on Card	Signature		

Privacy Act 1988 Collection Notice

Personal information collected by the organising committee for entry purposes will not be passed to third parties except for printing of competition program and results. Any entrant may at any time check their personal details held by the organising committee.

Disclaimer

I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter in the Masters Athletics WA State Championships 2004. I absolutely relieve Masters Athletics WA Inc and Australian Masters Athletics Inc. of any responsibility for any loss, damage or injury including death which I may sustain in the course of competing in these events.

Print Name: _____ Signed: _____ Date: _____

2004 Leaders in Sport Conference – Perth Convention Exhibition Center: 11-12 November 2004

Perth was host to the 3rd Leaders in Sport Conference which also gave the State and Federal Ministers for Sport and Recreation an opportunity to meet and discuss issues. Over 500 overseas, interstate and regional delegates participated and I was pleased to represent Masters Athletics WA. Brian Foley was also in attendance for the opening day.

The speakers were interesting and topics covered included managing change and reform; governance and the legal position relating to administrators, officials, coaches and volunteers; sponsorship and branding of major events; maintaining Australia's position with regard to drugs in sport and ethical behaviour; health, lifestyle issues and safety; and providing programs which are relevant to both high level performers and grassroots participation.

Discussions highlighted that club sport needs to

- Be innovative
- Be made easy for members to take part
- Focus on participation and fun
- Offer just more than sporting activities
- Is not over-organised

With regard to current legal issues for sport, under the *Volunteers Act 2002* club members are covered from personal civil liability when acting in good faith - any liability is transferred to the incorporated organization. The *Civil Liability Act 2002* with its amendments in 2003 and 2004 sets limits on claims, defines negligence and provides criteria for voluntary assumption of risk. Risk warning does not need to be specific and can be verbal or written and must be issued before the activity is undertaken. This is why MAWA committee members issue the risk warning before each of our activities, to ensure we cannot be sued for harm and that participants are aware of their own responsibilities.

From a Masters Athletics WA perspective, it was evident from the conference discussions that our club is performing well in the areas of administration and event organisation and is providing the right environment for attracting and maintaining membership.

Lynne Schickert

HURDLES SPECIFICATIONS PROPOSED CHANGES

There is a move in some states to change the Australian hurdles specifications so that the events are less demanding and hopefully more masters will become involved in hurdling. If you would like information on these proposed changes please contact Peter Marshall petermarshall@powerup.com.au or Wilma Perkins Wilma1@bigpond.net.au. OR register your name with Bob Schickert 9330 3803 <schickertl@bigpond.com> and he will provide you with a copy of correspondence as it is received.

Bob Schickert

A Big Welcome to our New Members!

665 Barry Newell	M48
667 Michael Miller	M39
668 Jodi Brauer	W34
669 Alan Thorniley	M51

IMPORTANT NOTICE RE PATRON'S TROPHY:

Due to bad weather at Coker Park on Thursday 25 November, the meeting was abandoned. The Patron's Trophy events of Triple Jump and 1500m were rescheduled as follows:

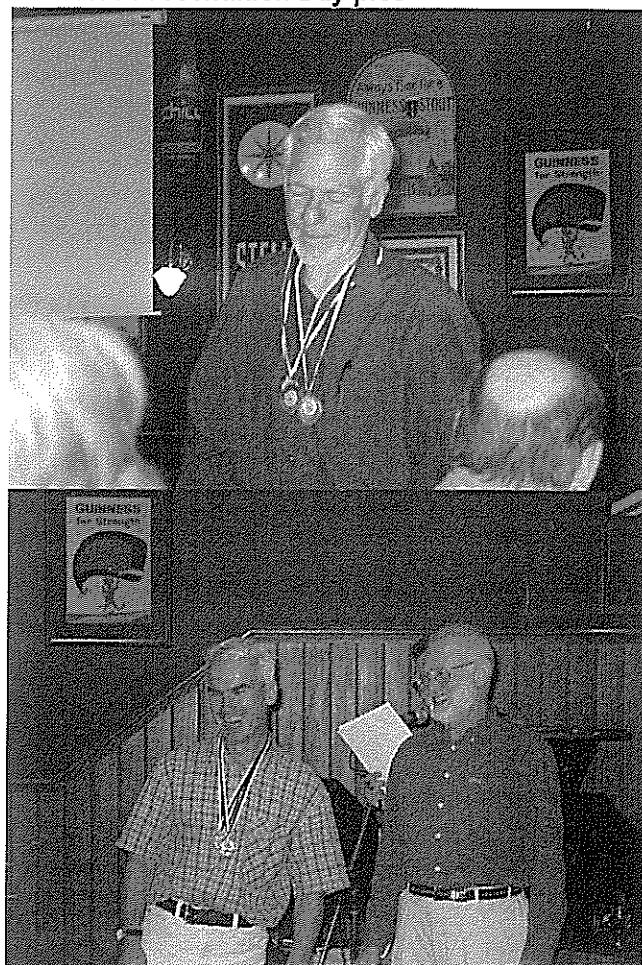
Triple Jump - Thursday 2 December (unfortunately preceding the publication of the December *Vetrun*)

1500m - Thursday 23 December

The track events for Thursday 23rd December will now be as follows: 100m 1500m 2000m Walk 200m 800m

The trophy field events of Long Jump and Hammer will take place on that day as set out in the programme.

More Presentation Day pics



Results in this Issue:

Guess Own Time - 17 October
Garvey Gallop - 31 October
Safety Bay - 7 November
RIB Run - 14 November
Pelican Point - 21 November
Weight Pentathlon - 9 October
Coker Park T & F 21/10 - 18/11
UWA T & F 26/10 - 23/11
Oceania Masters 21-27 October

12th Oceania Masters Athletics Championships – Rarotonga, October 2004

Picture swaying coconut palms, a backdrop of spectacular bushclad mountain peaks, a lagoon of brightly colored reef fish, leis of highly scented frangipani, gardenias and tuberose and wonderful hospitality. This was our introduction to the Oceania Championships at Avarua on Rarotonga, the largest of the Cook Islands, which has a coastline of 32km and one main road circling the island. This tropical paradise with its variety of different resorts was home to 300 athletes and motor scooters were a much preferred mode of transport to see the sights.

For the 130 or so Australians who traveled to the championships strong competition was provided by a large team of New Zealand athletes and the smaller teams from overseas and the South Pacific islands. Our team came home with excellent results, a number of Oceania records were broken and we topped the medal tally. Congratulations go to David Lobb and his committee for organizing a great event, culminating in a traditional island feast (Umukai) with dancers entertaining us in their colorful costumes.

The athletic community was saddened during the championships with the loss of Trevor Bish from Victoria who was caught in rough water and swept out to sea while kayaking in the Arogangi lagoon. Our condolences go to Trevor's partner Annette Major and her son Jake.

The Oceania Council met during the championships to discuss issues relating to development of athletics in the South Pacific region and to ensure planning is well in hand for future Oceania championships. The 13th Oceania Championships will be held in Christchurch, New Zealand from 14-21 January 2006. Townsville has been appointed as the venue for the 2008 championships.

The team was supported by Pierre Viala and the results for the nine WA members who competed are as follows:

Lorna Lauchlan - W70

10000 Metre Race Walk	1:16:41.00	(2)
Javelin Throw	16.36m	(3)
Shot Put	5.42m	(5)
Discus Throw	12.67m	(5)
5000 Metre Race Walk	38:09.97	(2)
Weight Pentathlon	2611	(4)

Dorothy Whittam - W65

10000 Metre Race Walk	1:17:17.00	(2)
Javelin Throw	16.58m	(4)
Shot Put	7.55m	(3)
Discus Throw	15.78m	(5)
Hammer Throw	23.03m	(4)
Weight Throw	10.50m	(2)
5000 Metre Race Walk	38:40.16	(3)
Weight Pentathlon	2978	(5)

Margaret Bennett - W60

5000 Metre Run	31:01.61	(3)
1500 Metre Run	8:32.42	(2)
8k Run CC	57.54	(5)
Half Marathon	2:36:16.40	(3)
Half Marathon Team W60+	6:45.16	(1)

(Caroline Campbell; Suzanne Counsel; Margaret Bennett)

Lynne Schickert - W60

10000 Metre Race Walk	1:13:50.00	(3)
Long Jump	2.54m	(3)
Triple Jump	6.21m	(1)
2000 Metre Steeplechase	13:37.97	(3)
5000 Metre Race Walk	35:46.77	(3)
10000 Metre Race Walk Team W60+3:	18.09	(1)

(Sandy Brunner; Lynne Schickert; Gwen Steed)

Janet Jarvis - W55

100 Metre Run	16.00	(2)
Long Jump	3.86m	(2)
Triple Jump	8.70m	(1)
4x100 Metre Relay 210+	1:04.99	(1)

(Janet Jarvis; Iris Uebergang; Fran Harris; Noreen Parrish)

Denise Lancaster - W50

5000 Metre Run	28:00.91	(5)
8k Run CC	52:27.00	(5)
Half Marathon	2:32:15.40	(2)
8K CC Team W40-59	2:11.18	(2)

(Marlene Gourlay; Sally Taylor; Denise Lancaster)

Norman Richards - M65

100 Metre Run	13.93	(2)
200 Metre Run	28.69	(2)
Long Jump	4.13m	(1)
100 Metre Hurdles	21.27	(2)
300 Metre Hurdles	59.48	(2)
4x100 Metre Relay 180+	52.91	(1)

(Barry Fry; Hugh Coogan; Norman Richards; William Carr)

Medley Relay 180+	4:49.86	(3)
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(Barry Fry; Allan Wood; Noel Peters; Norman Richards)

Bob Schickert - M60

800 Metre Run	2:43.01	(3)
5000 Metre Run	20:00.91	(1)
1500 Metre Run	5:22.25	(3)
2000 Metre Steeplechase	8:28.78	(1)
Men 8k Run CC	35.51	(3)
8k CC team M55-64	1:40.50	(2)

(Jeff Walker; Brian Bennett; Bob Schickert)

Medley Relay 150+	4:37.45	(2)
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(Colin Page; Bob Schickert; Clint Turner; Maurice Dauphinot)

Brian Bennett - M55

5000 Metre Run	19:01.47	(3)
8k Run CC	32.45	(3)
Half Marathon	1:30:12.10	(2)
8k CC Team M55-64	1:40.50	(2)

(Jeff Walker; Brian Bennett; Bob Schickert)

Half Marathon Team M55-64	4:36.21	(1)
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(Jeff Walker; Brian Bennett; George White)

AUSTRALIAN MASTERS ATHLETICS INC
2005 WORLD MASTERS ATHLETICS CHAMPIONSHIPS
SAN SEBASTIAN – 21 August to 3 September 2005
www.wma-2005.com email: info@wma-2005.com

VERIFICATION OF ENTRIES FOR INTERNATIONAL COMPETITION

With the introduction of on-line entries for World Masters Athletics championships, AMA members are reminded that evidence of age is still required to ensure validation of their on-line entry. A photocopy of the athlete's birth certificate or passport giving date of birth must be forwarded separately to the AMA Entries Clerk together with the AMA fee. This also applies to all paper copy entries – please send your completed entry form, proof of age and payment to the AMA Entries Clerk who will verify the information and then forward to the LOC.

To assist processing, please complete the attached form and include details of a contact at home in case of emergency for the use of the team manager. Entrants must be financial members of a State/Territory masters/veterans club. AMA will verify this information.

AMA Administration Fee: In addition to the WMA entry costs, Australian Masters Athletics charges an administration fee of \$30.00 for each entrant to cover the costs of sending a Team Manager and other incidentals such as postage and phone calls regarding the entry. This amount must NOT be included in the payment to San Sebastian as AMA will not be able to get it refunded. Please send it separately by cheque or bank draft in Australian dollars to the AMA Entries Clerk.

OFFICIAL CLOSE OF ENTRIES: 23 May 2005 Your validation documentation should therefore reach:

Colin Browne, AMA Entries Clerk
4 Victory Street, MITCHAM Vic 3132

no later than **23 April 2005**, and preferably by **23 March 2005** to allow validation processing.

Entry forms available from Bob Schickert 9330 3803 or schickertl@bigpond.com

TRAVEL AND ACCOMMODATION: Jalpak has been appointed by AMA as our official travel agent for San Sebastian. Phone: 1800 150 122 or email: adlkss@jalpak.com.au for information.

AUSTRALIAN UNIFORMS: It should be noted that when competing in an international event it is *compulsory* for competitors to wear the uniform of their country and that for Australian competitors, only the current or immediate previous design will be recognized as the required uniform.

Australian uniforms can be viewed via the Queensland Masters Athletics website at www.mastersathletics.com.au, or can be purchased by contacting uniform coordinator Hazel McDonnell, 13 Sevenoaks Street, Alexandra Hills, Qld 4161, (ph: 07 3206 3243 (h), 0408 172 283 (M), email: mcdonnellh@bigpond.com.au)

RELAY TEAMS: To assist selection, please indicate your interest in competing in the relay teams on the attached form.

TEAM MANAGERS: The number of Australian entries for the World Masters Athletics Championships at San Sebastian next August will determine the number of team managers to coordinate teams, manage athletic activities, handle issues such as protests and attend daily briefing meetings. A Team Manager may compete in several events on the understanding that their participation does not impact on managerial duties. The administration fees paid by athletes together with additional AMA funds provide a level of reimbursement of travel and accommodation costs of the Team Manager/s.

Expressions of interest in this position should reach Brian Foley, Secretary, AMA Inc, 8 Habgood Street, East Fremantle WA 6158 (or by email to: brianfoley@bigpond.com.au) by 31 January 2005. Applicants should provide a brief summary of their qualifications and experience.

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2005 WORLD MASTERS ATHLETICS CHAMPIONSHIPS
SAN SEBASTIAN – 21 August to 3 September 2005

ATHLETE INFORMATION, CONTACTS AND RELAY NOMINATION FORM

Please complete and forward:

1. Entry form (if in hard copy)
2. Proof of age
3. \$30.00 AUD (cheque or bankdraft for AMA administration fee)
4. This athlete's information form

to **Colin Browne, AMA Entries Clerk**
4 Victory Street, Mitcham Vic 3132

Entry forms available from Bob Schickert 9330 3803 or schickertl@bigpond.com

Entry Attached Yes ☐ No ☐

Entry completed On-Line Yes ☐ No ☐

PERSONAL DETAILS (Please print)

Surname _____

Preferred first name _____

Sex (M/F) _____ Date of birth _____ / _____ / _____

Address _____

State _____ Postcode _____

Contact number (H) (__) _____ (M) _____

Email: _____

Registered with which State/Territory Masters/Veterans club _____

Emergency contact number (_____) _____

Emergency contact name _____

Relay Team Interest: 4 x 100m Yes ☐ No ☐

4 x 400m Yes ☐ No ☐

Competitor's Signature _____ Date: _____

WEIGHT PENTATHLON – WINTER 2004: Throughout winter a group of keen club members met on Saturday mornings at Perry Lakes. The season finished with the Weight Pentathlon on October 9, and five new state records. We were fortunate to have Lyndsey Glass coaching us and we have all learned so much from him. We shared good company and a lot of humour!
Damien Hanson

Darrian Harrison

Age	Name	HAMMER Distance (Pts)		SHOT Distance (Pts)		DISCUS Distance (Pts)		JAVELIN Distance (Pts)		WEIGHT Distance (Pts)	TOTAL
M50	Geoff Gee	34.03	(507)	12.74	(766)	34.22	(548)	37.99	(568)	13.01 (705)	3094
M60	Rob Young	27.18	(483)	10.15	(661)	36.16	(677)	18.02	(252)	10.67 (573)	2646
	Arnold Jenkins	21.94	(364)	7.67	(470)	22.13	(364)	23.49	(367)	7.93 (398)	1963
M70	Rob Shand	18.33	(343)	7.57	(477)	24.70	(561)	27.15	(550)	8.03 (474)	2405
W30	Toni Phillips	13.61	(151)	7.55	(370)	23.99	(350)	16.33	(221)	7.24 (400)	1492
W50	Kate Glass	38.71	(897)	10.96	(874)	24.20	(493)	18.8	(394)	11.98 (793)	3451
W55	June Streefer	21.02	(469)	6.25	(496)	17.04	(359)	9.92	(202)	6.9 (455)	1981
W65	Dorothy Whittam	22.48	(679)	7.1	(747)	15.36	(414)	16.95	(536)	9.21 (688)	3064
W75	Rae McMillan	15.23	(594)	5.73	(795)	15.98	(613)	16.07	(693)	7.42 (743)	3438

Five State Records were set: Geoffrey Gee M50 - Total 3094 pts. Kate Glass W50 - Total 3451 pts.
 Kate Glass W50 - Shot Put 10.96 metres. Raema McMillan W75 - Discus 15.98 metres and Javelin 16.07 metres.

Mighty Challenge for Super Gran

Shirley Bell, of Maylands, is more than a great-grandmother; at 56 she is deep into her preparation for next month's Ironman Western Australian Triathlon in Busselton. The ironman race is a gruelling three-leg event with a 3.8km open water swim, 180km bike ride and 42.2km run. To put that into perspective, the task is to run the equivalent of an Olympic marathon after swimming 76 laps of a full-sized pool and cycling from Perth to Bunbury.

So no matter how sprightly she sounds, people who have not met Ms Bell would be dubious about the great-grandmother's chances. But she is as confident as can be expected from one who has "put their life on hold" to complete the challenge. "It is not easy and it is hard work but it is 99 per cent mind - if you want to do something bad enough you will" she said.

Ms Bell's ambition to compete in an ironman came after she conquered a couple of half-marathons, a marathon, several triathlons and last year, a half-ironman.

She said she had always valued her fitness but had not been a sports-oriented person through her life. Until recently she had not even enjoyed swimming. "I had to make myself go to the pool three times a week and I hated it with a passion - now I love it," she said.

For the past four months, Ms Bell has concentrated solely on her ironman preparation and achieving the fit and healthy lifestyle she desires. "That sort of sends a message out to the community that you can accept a challenge and that you are never too old to have that sort of challenge," she said. "There is so much involved in preparing for an ironman and I am not even at the starting line yet; your life certainly gets put on hold."

Nearly 900 people have entered the November 28 event, the first of its kind to be held anywhere in WA. Just three are competing in Ms Bell's category, including one woman from Canada and another from NSW.

It is not just the challenge that has lured elite competitors to WA, with lucrative rewards available. There is prizemoney for the top 10, and 25 qualifying places for the 2005 Ironman Triathlon World Championships in Hawaii.

Ms Bell's only goal, however, is to cross the finish line inside the 17 hour limit. "I'm not looking for any times," she said.

Reprinted from a recent edition of the Guardian Express.

The Metro Inn Dinner Dance

The Annual Christmas Dinner Dance was held at the Metro Inn in South Perth on Saturday the 20th of November. A great night was had by all. There was plenty of dancing and the sixties outfits were fantastic. Thanks to all those members who went to extra effort of dressing for the sixties. Throughout the evening members were kept guessing by the photos brought in by members of themselves in the sixties. Some of them hadn't changed a bit. We had a lovely dinner and when the entertainment started up we kicked up our heels to music and songs from the sixties. The entertainer got some of the girls up a few times to help with the backup vocals which was also very entertaining. Then there was the best butt award which went to Gary judged by his blindfolded partner! This was hilarious. The photo comp winners were announced and then we danced some more before drawing the raffle prize of a night for two at the Metro. The lucky winners were Gary and Christine. They did have a lucky night. The sixties music theme carried on a little longer then we progressed to a few more recent numbers and had limbo competition which was very entertaining. The girls enjoyed dancing the Makerina while the guys enjoyed watching on. It was a great night. Thanks to Elaine Dance and Pam Toohey for organizing a very successful event.

LizChandler

Guess Own Time 17.10.04

Vic Waters

10.4km Run	Guessed Time	Actual Time	Diff. Sec
Pattinson Don	58:00	53:30	-270
Beer Syd	61:00	57:28	-212
Sivyer Mark	56:04	52:40	-204
King Robin	59:05	55:48	-197
Dance Elaine	71:04	67:54	-190
Pattinson Chris	62:00	60:46	-74
Toohey Pam	69:31	68:35	-56
Bennett Margaret	80:05	79:13	-52
Pellier John	61:01	60:25	-36
Bennett Brian	45:00	44:28	-32
Richardson Jo	69:30	69:03	-27
Hagedoorn Johan	51:21	50:55	-26
Walsh Roger	63:00	62:39	-21
Byrne John	53:15	53:43	28
Allen John	46:05	47:05	60
Davies Ian	49:36	50:58	82
Ashfield Doug	48:35	50:16	101
Doust John	49:30	51:23	113
Hunter Brian	62:18	64:13	115
Taylor Wayne	49:38	51:48	130
Manford Terry	60:00	62:21	141
Roberts Dave	45:37	48:02	145
Schickert Bob	47:30	49:55	145
Frampton Chris	40:00	42:39	159
Mack John	51:00	54:09	189
Barnes Jim	54:10	57:19	189
Dybdahl Bjorn	41:00	44:23	203
Warren Margaret	65:18	68:48	210
Francis Colin	39:00	42:40	220
Dunn Stephen	42:00	45:49	229
Brown Ivan	46:50	50:44	234
Danby Brian	48:50	52:49	239
Roll Robert	46:31	50:31	240
Atkinson Keith	50:30	54:39	249
Jones Barry	48:14	52:34	260
Bates Wayne	50:21	54:46	265
Martin Paul	59:02	63:31	269
Ellard John	55:30	60:06	276
Dance John	57:45	62:27	282
Keeley Julie	52:07	57:38	331
Lysaght Helen	48:00	53:35	335
Pilton Ivan	44:10	49:56	346
Toohey Steve	73:22	79:12	350
Harris Richard	63:15	69:13	358
Lancaster Denise	62:30	68:39	369
March Karen	51:05	57:37	392
Carr David	49:10	55:49	399
Beaumont Vic	61:30	68:42	432
March Peter	49:45	57:06	441
Wright Rhod	60:00	67:28	448
Brunt Gareth	50:00	57:33	453
Baird David	42:32	50:23	471
Miletic Nick	49:20	57:20	480
Smith John	55:00	64:59	599
Smith Patrick	19:00	46:05	1625

Missing Chair - Perry Lakes 28/10

Have you found a green aluminium chair?
If so please phone John Bell 9386 6975

5.7km Run / Walk	Guessed Time	Actual Time	Diff. Secs
Millard Val	69:00	36:22	-1958
Foley Brian	56:00	31:36	-1464
Hardy Bryan	51:07	29:50	-1277
Holliday Peter	44:00	26:55	-1025
Doust Beryle	50:00	40:33	-567
Holliday Lee	38:30	29:05	-565
Wood Julie	46:00	40:12	-348
Miller Norm	53:20	49:16	-244
Danks Richard	41:00	38:31	-149
Halberg Jackie	38:50	36:22	-148
Maguire Veronica	45:00	43:56	-64
Anthony Stephen	30:55	30:34	-21
Whittam Dorothy	41:50	41:29	-21
Ellard Elaine	47:05	47:05	0
McGlashan Hamish	30:12	30:13	1
Anderson Mike	32:05	32:11	6
Johnson Kirt	38:28	38:36	8
Hall Ray	38:12	38:26	14
Gill Fenella	30:30	30:54	24
Lopes Lorraine	36:10	36:54	44
Schickert Lynne	36:45	38:26	101
Bruce Rex	48:10	50:02	112
Lauchlan Lorna	39:25	41:21	116
Bailey Barbara	54:00	55:58	118
Airey Peter	30:18	32:28	130
Barrie Steve	28:00	30:11	131
Clements-Green Wendy	32:40	34:51	131
Bailey John	53:25	55:58	153
Jenkins Arnold	32:10	35:10	180
Dance Debbie	40:20	43:30	190
Baldock Delia	30:00	33:20	200
Buckley Paul	34:20	37:46	206
Brown David	33:23	36:51	208
Viala Pierre	36:14	40:11	237
Jones Leonie	28:40	32:41	241
Bailey Thea	25:17	30:34	317
Sammells Bob	28:31	33:50	319
Lazarus David	19:45	25:10	325
Whitfield Bev	32:20	38:17	357
Maslen Sheila	40:00	46:10	370
Riddell Jim	25:52	33:17	445
Spencer Ron	48:11	56:10	479
Cortis Henri	21:05	29:47	522
Wells Sue	40:00	49:32	572
Shanahan Glenice	68:00	78:22	622

'GOT'cha RUN

17 October 2004.

Conditions: fine, warm.

IN World War II the British forces were kept amused by concert parties, known by the acronym ENSA. I can never remember what those initials really stood for, only that they were universally mis-translated as 'Every Night Something Awful'.

The phrase always haunts me in the lead up to the annual debacle in Kings Park, now known as the GOT run.

What will go wrong this year? (Anything that can.)

Do we have enough flags? (Of course not.)

How many people will get lost? (Not enough.)

It used to be called the Birkwater Run, an 8k event, using some parts of the club 10k X-C Championship route. Over the years the run has changed out of all recognition, and the GOT is now a 10.4km or 5.7km event.

In case anyone fancies taking over directing this burden (please!) consider a few of the helpful comments received after the races this year.

** "I didn't know I couldn't wear this watch; doesn't matter, I can't see it anyway!" (Yeah, I disqualified him.)*

** "I thought the run was only 5K." (Several of these; they heard the pre-race announcement about the walk being 5K.)*

** "Yes, I saw that no entry sign. Wondered what that was so went through it."*

** "Didn't expect all that sand."*

** "Didn't expect it to be a cross-country."*

There were some lighter moments though. First home in the short run was the very small, very fast son of a club member. He was followed several minutes later by another visitor, a much bigger teenager. "How old are you?" asks the teenager. "Eleven," replies the winner. "F#@," says the teenager.

Thanks go to them, and to the numerous people who make possible a run like this.

They are:

Simon Mort, my no.2; Margaret Langford for laughs and recording; Ghris Genin, marking and marshalling; Bridget and Bert Carse for timekeeping; Leo Hassam for the onerous estimates recording; Jim Langford for results; Irwin and Berwine Barrett-Lennard for water/marshalling; Merv Jones, Neil McCrae road marshals; Irene Ferris, water; Gillian for deputising for Mark Sivyer; and Barry Thomsett for patrolling the parked cars!

Remember also, there's always Kirt Johnson who sets up the chute; and Bob Schickert who provides the clock, watch and other electronica.

Slight cock-up by the timer watch was a novelty this year. For a few minutes it printed a different time to the one it was displaying, but later on caught up. Fortunately this is the one race of the year when it didn't matter very much.

Vic Waters

Garvey Gallop 31.10.04**Arthur Leggett****10km Run**

Paul Hughes	M50	38:42
Bert Carse	M60	39:14
Gary McLean	M40	40:40
Andrew Cook	M35	40:47
Neil McRae	M50	40:52
John Allen	M45	41:46
Robert Roll	M55	42:58
David Baird	M60	43:17
Mike Hale	M55	43:51
Liz Neville	W50	43:56
Phil Baker	M35	44:29
Wayne Taylor	M45	45:19
Ivan Pilton	M60	45:19
Helen Lysaght	W50	45:33
Bob Schickert	M60	46:10
Mark Sivyer	M55	46:28
Don Pattinson	M50	46:48
Brian Danby	M55	46:59
Martin Watkins	M55	47:03
Keith Atkinson	M45	48:07
Mike Khan	M55	48:16
Peter March	M45	48:30
Milton Mavrick	M50	48:35
Irwin Barrett-Lennard	M75	48:49
Karen March	W40	49:29
Robin King	W45	49:37
John Doust	M55	49:38
Joe Stickles	M65	49:41
John Brambley	M60	49:55
Franz Oswald	M55	50:05
Christine Engels	W45	50:17
John Pellier	M65	50:45
Graham Thornton	M60	51:29
Jim Barnes	M60	51:40
Kim Thomson	W30	51:53
Frances Casella	W50	52:41
Richard Danks	M60	53:45
John Smith	M65	54:15
Chris Pattinson	W45	54:20
Roger Walsh	M60	55:01
Bob Sammells	M65	55:01
Rhod Wright	M55	55:39
Wendy Clnmts-Green	W60	55:40
Christina Rompotis	W45	57:00
Terry Manford	M65	57:10
Richard Harris	M65	58:29
Merv Jones	M65	59:10
Irene Ferris	W50	59:12
Margaret Warren	W65	59:37
Ann Turner	W65	60:40
Arnold Jenkins	M60	62:04
Mary Young	W50	62:24
Joan Pellier	W60	62:25
Jo Richardson	W50	65:26
Steve Toohey	M50	68:16
Shorty Turner	M65	68:17

6km Run

Ian Davies	M55	21:55
Barbara Blurton	W50	25:59
Johan Hagedoorn	M60	27:08
Bryan Hardy	M60	28:39
Simon Mort	M45	29:25

Mike Anderson	M55	29:33
Delia Baldock	W40	31:13
Jim Riddell	M65	31:27
Peggy MacIver	W60	32:22
Bridget Carse	W60	34:12
Keith Patterson	M50	35:42
Bev Whitfield	W40	35:55
Val Millard	W55	37:03
Julie Wood	W55	38:07
Pamela Toohey	W55	38:07
Elaine Dance	W50	38:09
Debbie Dance	W35	39:15
Ray Lawrence	M75	42:27
Laurie Collett	M70	42:29
Ron Spencer	M60	43:18
Sheila Maslen	W65	43:31
Phyllis Farrell	W60	46:25
Frank Usher	M80	50:08
Roma Barnett	W55	50:19
Jennie Smith	W50	50:42
Allen Tyson	M75	58:51

10km Walk

Lorraine Lopes	W60	69:29
Lynne Schickert	W60	72:13
Jenny Owen	W50	71:41
John Carrington	M70	72:53
Beryle Doust	W55	77:17
Jeff Whittam	M70	79:26
Rosa Wallis	W60	79:51

6km Walk

Bob Neville	M70	45:36
John Frost	M65	45:37
Lorna Lauchlan	W70	46:15
Dorothy Whittam	W65	50:18
Patricia Hopkins	W60	51:02
Sue Wells	W50	53:09
Rex Bruce	M60	55:27
Leo Hassam	M70	55:27
Maggie Flanders	W65	55:49
Pat Ainsworth	W65	55:51
Merv Moyle	M75	59:57
Barbara Bailey	W70	61:51
John Bailey	M75	61:50

Well, being the modest fellow that I am, let's say I arranged the weather to perfection. The course was well marked out by Kirt Johnson, who rode his mountain bike to near exhaustion. Marg and Brian Taylor slaved away, along with a couple of others at the finish line. The marshalls who were spread out along the course managed to ensure that all returned safely. To Alan, Brian, Pam and others, my thanks. My thanks to Anon who typed this humble prose, I hope he has matched the spirit of the event. The river was truly beautiful, the only blight was a team of novice lady rowers, who refused to tip over for the camera.

Regards, Arthur

Safety Bay 7.11.04**Steve & Pam Toohey****10km Run**

Gary McLean	M40	40:42
Jennie Smith	W50	41:15
Alan James	M50	42:50
John Allen	M45	43:58
David Baird	M60	44:10
Phil Baker	M35	44:40
John Doust	M55	45:55
Helen Lysaght	W50	46:12
Brian Danby	M55	46:50
Sean Keane	M40	46:52
Keith Atkinson	M45	46:59
John Mack	M60	47:42
Don Pattinson	M50	48:05
Julie Keeley	W35	48:53
Mark Sivyer	M55	49:17
Peter March	M45	49:26
Graham Thornton	M60	49:49
John Byrne	M55	49:51
Karen March	W40	49:59
Franz Oswald	M55	50:07
Christine Engels	W45	52:05
John Ellard	M60	52:24
John Pellier	M65	54:21
Ivan Pilton	M60	54:33
Chris Pattinson	W45	54:40
Jim Barnes	M60	55:25
Kim Thomson	W30	56:01
Kevin Payne	M45	56:13
Rhod Wright	M55	56:56
John Smith	M65	57:10
Merv Jones	M65	60:11
Christina Rompotis	W45	62:15
Jo Richardson	W50	65:10
Wayne Taylor	M45	70:33
Shorty Turner	M65	72:33

5km Run

Bjorn Dybdahl	M50	19:37
Christopher Coates	M50	20:30
Liz Neville	W50	21:15
Ola Ovstedal	M40	21:25
John Brambley	M60	23:45
Johan Hagedoorn	M60	24:20
Peter Airey	M65	25:41
Paul Lewis	M55	25:57
Ray Lawrence	M75	27:38
Liz Chandler	W30	28:29
Arnold Jenkins	M60	28:29
John Stone	M50	29:21
Val Millard	W55	29:54
Kirt Johnson	M75	32:32
Julie Wood	W55	34:14
Elaine Ellard	W60	34:23
Sheila Maslen	W65	35:31
Gordon Medcalf	M75	45:07

10km Walk

Lorraine Lopes	W60	72:34
Lynne Schickert	W60	73:25

5km walk

Beryle Doust	W55	37:28
Jenni Shillington	W45	37:28
Jeff Whittam	M70	38:44
Rosa Wallis	W60	38:45

Dorothy Whittam	W65	44:11
Christine Wheeler	W50	44:39
Maggie Flanders	W65	45:40
Norm Miller	M70	47:49
Leo Hassam	M70	47:52
Rex Bruce	M60	47:53
Ann Turner	W65	51:43

RIB Run 14.11.04**Roma Irene & Brian****9km Run**

Jim Langford	M60	34:36
John Allen	M45	38:25
Neil McRae	M50	38:34
Trevor Robertson	M50	39:02
Ivan Pilton	M60	39:13
Mike Hale	M55	40:00
Alan Thurlow	M45	40:46
Helen Lysaght	W50	41:41
John Mack	M60	42:13
Barry Jones	M45	43:14
Keith Atkinson	M45	43:54
Mark Sivyer	M55	44:18
Dee Haines	W45	44:34
Simon Jawichre	M35	44:46
Milton Mavrick	M50	44:56
Bob Schickert	M60	45:27
Wayne Bates	M60	45:55
John Ellard	M60	46:00
Franz Oswald	M55	46:18
Nick Miletic	M50	47:09
Julie Keeley	W35	47:14
Richard Blurton	M50	47:33
Dan Bending	M60	48:25
Wayne Taylor	M45	48:48
Frances Casella	W50	48:56
Kevin Payne	M45	50:13
Terry Manford	M65	51:10
Rhod Wright	M55	52:08
Wendy Clements-Green	W60	52:21
John Smith	M65	53:40
Steve Toohey	M50	64:10
Shorty Turner	M65	64:11

5km Run

Jim Klinge	M55	19:40
John Collier	M35	20:16
Brian Danby	M55	22:39
Barbara Blurton	W50	23:13
Johan Hagedoorn	M60	23:19
Margaret Langford	W55	23:24
Thea Bailey	W45	23:28
John Brambley	M60	23:53
Irwin Barrett-Lennard	M75	24:10
Bryan Hardy	M60	24:26
Brian Foley	M60	25:08
Jim Barnes	M60	26:14
Richard Danks	M60	26:39
Peggy MacIver	W60	26:40
Peter Airey	M65	26:46
Delia Baldock	W40	26:48
John Dance	M55	27:41
Paul Buckley	M55	27:54
Pamela Toohey	W55	28:00
Christina Rompotis	W45	28:01
Aldo Giacomini	M65	28:10

J Schultz	M42	57.3	81.61
C Till	M47	57.6	84.05
D McAuley	M55	61.3	83.87
H Cortis	M58	62.3	84.62
M Ferrell	M35	58.7	76.08
P Smith	M40	63.8	72.30
T Phillips	W32	64.7	75.10
P Gare	M64	65.2	85.37
B Blurton	W54	65.5	88.58
BHewitt	M50	66.4	74.50
MWatson	M39	60.3	76.00
K Edmonds	M37	66.0	68.55
B Kernaghan	M64	66.0	84.33
J Collier	M38	67.0	67.96
I Sanders	M46	72.9	65.93
B Tindall	M43	77.1	61.05

(UWA 26.10 contd)

W Taylor	M45	72.8	65.55
I Brown	M59	75.9	70.05
N Bailey	M53	81.0	62.49
B Schickert	M63	72.9	75.64
D Foley	M75	96.0	73.17
L Neville	W53	79.3	72.50
J Sanders	W38	82.9	61.27
L Schickert	W63	1.53.3	56.11

1500m

Myles Ferrell	M35	4.26.2
Brian Hewitt	M50	5.02.0
Jon Schultz	M40	5.16.4
Micheal Watson	M35	5.20.3
Duncan McAuley	M55	5.28.8
Patrick Smith	M40	5.35.9
Campbell Till	M45	5.38.5
Keith Edmonds	M35	5.43.2
John Collier	M35	5.50.2
Wayne Taylor	M45	5.51.8
Blakeney Tindall	M40	5.53.1
Ivan Brown	M55	5.54.4
Thea Bailey	M45	6.39.0
Jacqui Sanders	W35	7.34.1
Gill Edmonds	W35	7.34.3
Fiona McAuley	W50	8.08.6

1500m walk

Robin King	W45	?
Liz Neville	W50	8.55.2
Lynne Schickert	W60	9.48.8
Bob Neville	M70	10.27.1

Les Beckham Triple Jump

Keith Edmonds	M35	9.37
Ian Sanders	M45	7.08
Derry Foley	M75	6.38
Lynne Schickert	W60	5.91

Hammer

Kate Glass	W50	39.19
Geoffrey Gee	M50	34.63
June Streeter	W55	19.67
Rob Shand	M70	17.84
Rae McMillan	W75	16.32

Javelin

		Points %
M Ferrell	M35	28.01 31.41
R Shand	M72	26.31 54.68
B Hewitt	M50	22.63 33.68
K Glass	W54	21.65* 43.66
R Calnan	M63	21.01 36.85
H Cortis	M58	20.20 34.99
I Brown	M59	19.81 34.96
P Smith	M40	17.19 21.18
R King	W46	17.10 33.05
T Phillips	W32	16.67 22.54
R McMillan	W76	15.92 56.35
J Sanders	W38	13.81 21.77
D Foley	M75	12.34 27.11
J Streeter	W55	10.98 22.69
L Schickert	W63	9.56 24.28
L Neville	W53	9.54 18.76

Coker Park 4.11.04**60m**

Colin Smith	M40	8.2
Rob Antoniolli	M50	8.5
Leonie Jones	W40	10.1
Pat Carr	W70	11.5

5000m

		Points %
B Hewitt	M50	18.34.9 78.18
B Carse	M63	18.53.3 86.36
B Schickert	M63	20.25.5 79.86
H Cortis	M58	20.35.3 75.52
R Antoniolli	M52	21.07.1 69.92
D Ashfield	M47	21.15.4 66.76
L Neville	W53	21.42.1 78.14
B Jones	M47	21.52.4 64.88
D Carr	M72	22.04.2 81.87
B Foley	M60	23.59.7 65.99
K Thomson	W30	24.23.7 59.01
L Jones	W44	25.43.1 60.76
D Baldock	W42	26.01.3 59.05
G Edmonds	W39	26.32.0 56.49
L Schickert	W63	33.07.4 56.96

2000m Walk

Robin King	W45	10.37.8
Stan Jones	M75	13.55.8
Tom Lenane	M45	13.56.1
Allen Tyson	M75	18.04.2

200m

Delia Baldock	W40	34.8
Leonie Jones	W40	36.0
Pat Carr	W70	45.1
Colin Smith	M40	26.9
Rob Antoniolli	M50	29.4
Barry Jones	M45	37.2

Les Beckham Long Jump

Colin Smith	M40	4.20
Rob Antoniolli	M50	4.09
Bob Schickert	M60	2.77

Javelin

Steve Noteboom	M35	39.65
Mark Hamilton	M30	37.78
Kevin Webster	M35	34.69

Discus

		Points %
M Hamilton	M34	37.50 52.73
S Noteboom	M35	31.29 44.00
K Webster	M37	26.47 37.22
R Antoniolli	M52	21.75 34.50
H Cortis	M58	19.24 34.77
D Carr	M72	16.77 34.25
K Thomson	W30	15.76 21.33
C Smith	M41	15.69 22.16
B Hewitt	M50	13.82 20.96
B Blurton	W54	13.20 26.69
L Neville	W53	13.15 25.96
L Schickert	W63	11.26 28.38

UWA 09.11.04**60m**

Craig Owens	M45	9.0
Matt Staunton	M30	9.1
Toni Phillips	W30	9.5
Barry Kernaghan	M60	9.6
Toni Phillips	W30	9.5
Rob Greenhalgh	M50	9.7
Gary Doyle	M55	9.8
Norm Richards	M65	10.0
Ross Calnan	M60	12.1
Barry Newell	M45	10.1
Ian Sanders	M45	10.4
Jacqui Sanders	W35	11.7
Derry Foley	M75	12.6

5000m

		Points %
M Ferrell	M35	16.17.1 79.96
P Lyden	M49	17.23.8 TMA

J Langford	M60	17.54.9 88.39
D Klicker	M30	17.56.9 72.28
A Gower	M49	18.50.6 76.49
D McAuley	M53	19.34.8 76.03
H Cortis	M58	20.11.6 77.00
J Collier	M38	20.23.0 65.22
J Schultz	M42	20.27.0 66.87
B Blurton	W54	20.48.8 82.28
D Roberts	M62	20.52.2 77.38
W Taylor	M45	21.12.8 65.89
R King	W46	21.14.0 74.88
B Tindall	M43	21.23.8 64.38
I Brown	M59	21.37.9 72.53
N Bailey	M57	22.51.9 67.39
J Sanders	W38	26.03.5 57.06
F McAuley	W53	28.39.6 59.17

2000m Walk

Lynne Schickert	W60	12.59.9
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2000m

Barry Newell	M45	10.28.1
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200m

Craig Owens	M45	26.4
Barry Kernaghan	M60	27.8
Rob Greenhalgh	M50	28.5
Garry Doyle	M55	29.5
Jon Schultz	M40	26.3
Myles Ferrell	M35	27.8
Blakeney Tindall	M40	33.6
Ian Sanders	M45	30.1
Barry Newell	M45	31.3
Nick Bailey	M55	36.4
Derry Foley	M75	39.5

Les Beckham Long Jump

Derry Foley	M75	2.85
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Javelin

Mark Staunton	M30	39.31
Rob Shand	M70	25.29
Ross Calnan	M60	22.04
Toni Phillips	W30	17.62
Rae McMillan	W75	15.35

Discus

		Points %
M Hamilton	M34	37.10 52.17
M Staunton	M30	30.93 43.49
R Shand	M70	24.24 49.51
T Phillips	W32	21.38 28.94
R McMillan	W76	17.59 60.89
D Foley	M75	15.80 34.39
I Brown	M59	14.19 26.20
R King	W46	11.26 18.73

Coker Park 11.11.04***Pending State Record****100m**

		Points %
C Smith	M41	12.8 81.25
R Cotton	M41	14.3 72.73
I Sanders	M46	14.9 72.15
B Hewitt	M50	15.1 73.11
T Phillips	W32	13.8 77.97
D Carr	M72	16.4 79.82
B Schickert	M63	16.5 73.21
D Baldock	W42	16.5 70.00
K Thomson	W30	19.3 55.75
L Schickert	W63	21.9 62.28
H Lysaght	W52	22.0 56.68

800m

Brian Hewitt	M50	2.25.4
Colin Smith	M40	2.29.2
Rob Cotton	M40	2.30.2
Henri Cortis	M55	2.33.1

Ian Sanders	M45	3.14.9
Helen Lysaght	W50	3.27.4
Kim Thomson	W30	3.28.9
Gill Edmonds	W35	3.29.8
Jim Riddell	M65	3.35.1

3000m Walk Points %

S Anthony	M45	17.13.2 67.65
B Schickert	M63	18.58.9 71.65
L Schickert	W63	19.22.6 79.39

3000m

Peter Lydon	M45	10.29.7
Brian Hewitt	M50	10.51.2
Bert Carse	M60	10.58.3
David Carr	M70	13.16.9
Bob Schickert	M60	13.39.8
Helen Lysaght	W50	13.51.6
Kim Thomson	W30	14.27.1
Gill Edmonds	W35	15.42.0
Jackie Halberg	W55	15.44.6
Jim Riddell	M65	15.46.2
Ian Sanders	M45	16.34.7
Bridget Carse	W60	17.18.1

Shot

Mark Hamilton	M30	11.76
Geoff Gee	M50	11.24*
Kevin Webster	M35	9.63

Heavy Weight

Geoff Gee	M50	13.89
Mark Hamilton	M30	12.56*
Kevin Webster	M35	9.18
Bridget Carse	W60	5.65
Toni Phillips	W30	5.37
Colin Smith	M40	4.22

UWA 16.11.04***Pending State Record****100m Points %**

S Noteboom	M35	12.3 81.30
C Owens	M48	12.6 86.43
C Till	M47	12.8 84.53
B Kernaghan	M64	13.2 92.20
H Cortis	M58	13.6 85.66
T Phillips	W32	13.1 82.14
N Richards	M67	13.5 92.44
D Wyatt	M53	13.5 83.41
R Calnan	M64	16.7 72.87
M Ferrell	M35	13.6 73.53
I Sanders	M46	14.7 73.13
B Hewitt	M50	14.9 74.09
B Blurton	W54	14.9 84.97
D Carr	M72	15.4 85.00
T Hough	W44	15.2 77.11
L Neville	W53	15.7 80.00
J Sanders	W38	16.3 68.71
T Bailey	M49	16.4 66.89
A Aldrich	W61	18.4 72.83
B Newell	M48	14.2 76.69
W Taylor	M45	15.7 68.03
D Foley	M75	17.5 77.20
P Carr	W72	17.9 83.69
L Schickert	W63	21.4 63.74

800m

Myles Ferrell	M35	2.09.2
Jon Schultz	M40	2.16.1
Campbell Till	M45	2.21.0
Micheal Watson	M35	2.23.2
Matt Staunton	M30	2.23.7
Brian Hewitt	M50	2.24.1

(UWA 16.11 Cnd)

John Collier	M35	2.30.2
Keith Edmonds	M35	2.36.2
Darryl White	M45	2.31.3
Toni Phillips	W30	2.40.7
Simon Jawichre	M35	2.42.6
David Carr	M70	2.43.6
Blakeney Tindall	M40	2.46.2
Ivan Brown	M55	2.59.3
Barrie Kernaghan	M60	3.06.7
Ian Sanders	M45	3.07.4
Barry Newell	M45	3.08.6
Nick Bailey	M55	3.12.3

3000m Walk Points %		
R King	W46	16.12.6 80.92
L Neville	W53	17.52.5 77.95
W Taylor	M45	18.39.2 62.46
M Fitzsimmons	W38	19.21.6 63.79
L Schickert	W63	20.42.5 74.29
J Sanders	W38	23.29.7 52.56

3000m		
Alan Gower	M45	10.48.8
Brian Hewitt	M50	11.17.6
Myles Ferrell	M35	11.24.5
Keith Edmonds	M35	12.00.6
Dave Roberts	M60	12.11.3
John Collier	M35	12.25.3
Ivan Brown	M55	12.29.4
Simon Jawichre	M35	12.36.0
Blakeney Tindall	M40	12.56.3
Thea Bailey	M45	13.35.3
David Carr	M70	14.00.4
Nick Bailey	M55	14.34.5
Craig Owens	M45	14.35.5
Barry Newell	M45	16.30.5

Les Beckham Triple Jump

Keith Edmonds	M35	9.56
Dave Wyatt	M50	9.44
Lynne Schickert	W60	6.04

Shot

Mark Hamilton	M30	12.20
Geoff Gee	M50	11.28
Mark Staunton	M30	11.07
Kate Glass	W50	10.26
Steve Noteboom	M35	9.52
Rob Shand	M70	7.57
Toni Phillips	W30	7.11

Heavy Weight

Geoff Gee	M50	14.30
Mark Hamilton	M30	13.07*
Kate Glass	W30	11.47
Steve Noteboom	M35	11.36*
Matt Staunton	M30	11.04
Rob Shand	M70	8.74
Toni Phillips	W30	6.02

Coker Park 18.11.04

200m		
Colin Smith	M40	26.8
Ian Sanders	M45	31.1
Barry Jones	M45	39.1
Anthea Cheney	W45	33.7
Leonie Jones	W40	34.6
Jacqui Sanders	W35	38.1
Lynne Schickert	W60	49.2

1000m Walk

Lynne Schickert	W60	5.58.7
John Davies	M60	5.58.8
Stan Jones	M75	6.32.1
Allen Tyson	M75	8.36.0

1000m

Leonie Jones	W40	4.31.1
--------------	-----	--------

10,000m

Points %		
D Klicker	M30	39.49.1 67.74
B Carse	M63	39.51.7 84.64
B Schickert	M63	43.42.4 77.19
F Gardiner	M54	45.51.8 67.69
H Lysaght	W52	46.48.2 74.09
B Jones	M47	47.59.5 61.15
J Davies	M60	49.41.7 65.60
J Sanders	W38	54.00.7 56.86
D Baldock	W42	54.01.1 58.74

Les Beckham Long Jump

Colin Smith	M40	4.23
Lynne Schickert	W60	2.32

Javelin

Mark Hamilton	M30	37.15
Kevin Webster	M35	33.73
Michael Miller	M35	24.48

Hammer

Mark Hamilton	M30	33.43
Kevin Webster	M35	25.38
Michael Miller	M35	19.65

UWA 23.11.04

*Pending State Record

200m

Craig Owens	M45	25.5
John Schultz	M40	25.7
Barrie Kernaghan	M60	27.5

Peter Gare M60 28.0

Barry Newell	M45	29.5
Ian Sanders	M45	30.5
Norm Richards	M65	34.1
Gordon Medcalf	M75	34.7*
Ross Calnan	M60	35.3

Myles Ferrell	M35	33.4
Nick Bailey	M55	34.4

1000m walk

Robin King	W45	5.15.6
Val Millard	W55	6.18.2
Bob Neville	M70	6.40.5

1000m

Campbell Till	M45	3.05.0
John Collier	M35	3.10.2
Jon Schultz	M40	3.39.7
Myles Ferrell	M35	4.07.0
Ian Sanders	M45	4.48.6

10000m

Points %		
M Ferrell	M35	34.41.6 77.75
B Hewitt	M51	39.40.3 76.33
A Gower	M49	39.53.2 74.72
B Schickert	M63	42.39.1 79.10
H Cortis	M58	43.27.1 74.01
D Ashfield	M48	43.36.6 67.81
I Brown	M59	43.49.7 74.04
W Taylor	M45	44.42.6 64.64
L Neville	W53	44.45.7 78.21
R Greenhaugh	M54	45.05.9 68.83
R King	W46	47.18.9 69.39
D Carr	M72	47.46.5 78.24
J Barnes	M61	54.27.0 60.74
J Sanders	W38	57.42.9 53.22
F McAuley	W53	58.22.3 59.97

Les Beckham Long Jump

Pat Carr	W70	2.90
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Javelin

Mark Staunton	M30	42.91
Mark Hamilton	M30	39.64
Rob Shand	M70	25.48
Ross Calnan	M60	24.25
Kate Glass	W50	20.85

Hammer

Kate Glass	W50	41.33
Mark Hamilton	M30	34.28
Matt Staunton	M30	31.17
Rob Shand	M70	17.66

HELPERS JANUARY

9 January - East Perth

Jill Midolo, David Brown
9381 5565

Graham Lucas, Jan Jarvis,
Julie Keeley, Judi & Peter Hill,
Dalton Moffett, Ivan Lazarus,
Jackie Halberg, Christina
Rompotis, Simon Jawichre,
Ralph Henderson.

16 January - Friendship

Jim Barnes 9459 2617

Wendy Clements-Green,
Chris Kelly, Rhod Wright, Judi
& Peter Hill, Don Caplin,
Allyson & David Joseph, Marc
Evans, Amanda Walker, John
& Joan Pellier, Wendy
Duncan, Hamish McGlashan,
Raymond Gimi.

23 January - Pt Walter

Dave Roberts 9472 0039

Shirley Bell, Paul Martin,
Maree Creighton, Paul
Hughes, Gary Fisher, Tony
Heppener, David Muir, Chris
Coates, Barbara & Jack
Bailey, Silvio Wirth.

30 January - Age Graded

Pat/Dave Carr 9339 8289

Mark Rosen, Blakeney
Tindall, Bob Sammells, Gillian
Young, Troy Lundgren,
George Innes, Fiona &
Duncan McAuley, David Reid,
Colin Francis.

6 February - South Perth

Sue Bullen 9474 3718

Ron Spencer, Michaela
Newman, Ian Lyon, Doug
Ashfield, Lesley Romeo,
Wayne Taylor, Phillip Bailey,
Linda Glass, Bryan Hardy,
Jim & Marg Langford.

Happy Birthday to our December Members!

Rob Antoniolli	M53	still M50
Nick Bailey	M57	still M55
Geoff Barrett	M43	still M40
Ed Barrett-Lennard	M51	still M50
Steve Barrie	M69	still M65
Vic Beaumont	M75	→ M75
Terri Burrows	W33	still W30
John Byrne	M57	still M55
Geraldine Carlton	W40	→ W40
David Charlton	M55	→ M55
John Ellard	M63	still M60
Don Frearson	M84	still M80
Frank Gardiner	M55	→ M55
Audrey Giacomini	W68	still W65
Linda Glass	W46	still W45
Gina Grayson	W31	still W30
Richard Harris	M68	still M65
Sue Hughes	W54	still W50
Terry Humphrey	M53	still M50
Simon Jawichre	M40	→ M40
Julie Keeley	W38	still W35
Mike Khan	M60	→ M60
Troy Lundgren	M52	still M50
Denise McMorrow	W41	still W40
Val Millard	W58	still W55
Dalton Moffett	M74	still M70
Margaret Neill	W59	still W55
Peter Owen	M55	→ M55
Chris Pattinson	W49	still W45
Kath Penton	W63	still W60
Christina Rompotis	W46	still W45
John Russell	M72	still M70
George Schaefer	M72	still M70
Barrie Slinger	M65	→ M65
Brian Smith	M66	still M65
Matt Staunton	M31	still M30
Alan Thurlow	M50	→ M50
Pam Toohey	W59	still W55
Rosa Wallis	W61	still W60
Lyn Weigel	W64	still W60

Lost at Perry Lakes 28/10

Please check your car boot
- for John Bell's favourite
green aluminium chair!
If found please phone John
on 9386 6975

To contact the Editor:

Tel 9382 2628

PO Box 197
Subiaco WA 6904

jeffbowen@westnet.com.au

Principal
sponsor



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Queensland
BEAUTIFUL ONE DAY PERFECT THE NEXT

Telstra Australian Masters Athletics Championships - Entry Form

ENTRIES CLOSE: 25th February 2005. NO LATE ENTRIES WILL BE ACCEPTED

Send entries to: A.M.A National Championships Box 564 Post Office Rochedale Qld 4123

Enquiries: Phone: 07 3341 2251 or Email: coop@powerup.com.au

Personal Details:

Surname: _____

First Name: _____

Date of Birth: _____

Sex: _____ M / F

Address: _____

State: _____ Post Code: _____

Contact Number: _____

Emergency Contact Number: _____

Email: _____

Mobile Number: _____

Entry Details

Mark X	Event Code	Event	Eligible Age Groups	Expected Performance	Mark X	Event Code	Event	Eligible Age Groups
	100	100 Mts	All			5000W	5000m Track Walk	All
	200	200 Mts	All			10000W	10km Road Walk	W30+, M70+
	400	400 Mts	All			20000W	20km Road Walk	M30-69
	800	800 Mts	All			8000	8km Cross Country	All
	1500	1500 Mts	All			LJ	Long Jump	All
	5000	5000 Mts	All			TJ	Triple Jump	All
	10000	10000 Mts	All			HJ	High Jump	All
	80H	80 Mts Hurdles	M70+, W40+			PV	Pole Vault	All
	100H	100 Mts Hurdles	M50-59, W30-39			SP	Shot Put	All
	110H	110 Mts Hurdles	M30-49			DT	Discus Throw	All
	300H	300 Mts Hurdles	M60+, W50+			JT	Javelin Throw	All
	400H	400 Mts Hurdles	M30-59, W30-49			HT	Hammer Throw	All
	2000S	2000m Steeplechase	M60+, W30+			WT	Weight Throw	All
	3000S	3000m Steeplechase	M30-59			Pent	Pentathlon	All
	Relays	X for expression of interest				WPent	Weight Pentathlon	All

Payment Details

1	QMA Administration Fee:		\$20.00
2	AMA Administration Fee:		\$20.00
3	Event Fees: Number of Events @ \$7.00 each	=	
4	Function: Number of Guests @ \$45.00 each	=	
5	Merchandise Order	Circle Size	
6	Polo Shirt @ \$25.00	S M L XL XXL	
7	T/Shirt @ \$20.00	S M L XL XXL	
8	Relay Fee \$5.00 per Person per Relay		
	Circle Relay	4x100mts 4x400mts	
Total			

Payment Details a, b, c

Payment can be by

- a. Cheque (payable to QMA)
- b. Credit Card (details below)
- c. Money Order
- d. Privacy Statement

State Uniform Compulsory

Privacy Statement: I acknowledge that I have read the Privacy Statement listed under General Conditions and agree to the conditions stated.

Disclaimer: I hereby declare that I am good health and will be properly conditioned for the activities that I will enter in the Telstra Australian Masters Athletics Championships 2005. I absolutely relieve Queensland Masters Athletics Association Inc and the Australian Masters Athletics Inc of any responsibility for any injury or damage to myself that I may sustain in the course of competing in these Championships.

Print Name: _____ Signed: _____ Date: _____

Credit Card Payment: Telstra Australian Masters Athletics Championships Entry			
Please tick card type:		Bankcard	Mastercard
		Visa	
Card number:			
Name on Card:		Expiry Date:	
Signature:		Amount:	

Telstra Australian Masters Athletics Championships

Program Schedule

Friday 25 March

10,000 m
80,100,110 Hurdles
800 m
Pole Vault
Long Jump
Javelin
Shot Put

Saturday 26 March

5,000 m Walk
1500 m
Steeplechase
Long Hurdles
100 m Heats
100 m Final
200 m Heats
High Jump
Hammer
Discus

Sunday 27 March

5,000 m
200 m Finals
400 m Heats
100 m Champions H/cap
4 x 100 m Relay
Triple Jump
Weight Pentathlon

Monday 28 March

10k m/20k m Road Walk
8 k Cross Country
400 m Final
4 x 400 m Relay
Weight Throw
Pentathlon
Throws Champions H/cap

Coaches Forum

Athletes Forum

Dinner & Awards Evening

VENUES:

Track & Field
Road Walks
Cross Country
Athletes Forum
Coaches Forum
Dinner & Awards

Q S A C
Davies Park
Teralba Park
Q S A C
Q S A C
Q S A C

Nathan
West End
Mitchelton
Nathan
Nathan
Nathan

VENUE: Q S A C was formerly known as A N Z Stadium and QE11

General Conditions

Competition Rules:

Competition will be conducted under IAAF, WMA rules subject to any special rules laid down by the Local Organizing Committee. Entry signifies that each competitor will abide by the rules.

Age Groups:

Competition will be conducted in the following five – year age groups for men and women.

30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100 Plus

In accordance with WMA rules, competitors may only compete in the age group for which they qualify on the first day of the championships, which in this case being 25th March 2005.

Entry Rules:

Only financial members of Associations and or Clubs affiliated with Australian Masters Athletics are eligible to compete in this competition. There will be **NO Temporary** memberships.

State Uniforms are compulsory and will be enforced. Athletes registered with overseas Veterans/Masters athletic clubs can compete on an invitational basis.

Awards:

The first three competitors in each event will receive medals. Overseas entrants who finish in the first three places will receive the appropriate medal, but will not displace eligible competitors.

Confirmation of Entry:

All entrants will receive confirmation of their entry and events entered.

Full details of the program schedule will be in the Program of Events Book that will be supplied to all entrants and will be available for collection from "The Field Room " at Queensland Sports and Athletic Centre (formally ANZ Stadium / QE11).

Time for collection will be from 12 noon to 5-00pm on Thursday 24th March 2005 and throughout the Championships.

Results:

A Results book will be posted to all entrants.

Parking:

Ample parking available at the Athletic Centre.

Privacy Statement:

Personal information collected by the organizing committee for entry purposes will not be passed to third parties except those sporting bodies with which the club is affiliated for the purposes of checking the registration of the member with that body. Any member may at any time check their personal details as held by the organizing committee.

ACCOMMODATION GUIDE & GENERAL INFORMATION

City Accommodation - Prices a guideline only

Central Apartment Hotels

Reservation – 1800 077 777

All types of City Accommodation

Summit Central Apartments

32 Leichhardt Street Brisbane

Free Call: 1800 061 358

07 3839 7000 Rates: self contained

2 Bedroom (sleeps 6) \$ 215-00

1 Bedroom (sleeps 4) \$ 165-00

Studio type (sleeps 2) \$ 140-00

Aussie Colonial Inn

123 Warry Street

07 3257 0799

This is back packers type accommodation

Rates: Single \$ 45-00 per night

Double \$58-00 per night

Shared Bathroom - Shared Kitchen

Accor Hotel Services

Ibis Hotel

27/35 Turbot Street Brisbane

3237 2333 1300 656 565

Rates: \$105-00 per room per night

Caravan Parks

Sheldon Caravan Park

27 Holmead Rd, Eight Mile Plains

Phone: 07 3341 6166

Website: www.sheldoncaravanpark.com.au

1 Km from EQ11 Stadium

Big 4 Holiday Park

Free Call: 1800 632 444

Website: www.big4.com.au

Gateway Village Resort

Brisbane Southside

200 School Rd, Rochedale

Phone: 07 3341 6333

Free Call 1800 442 444

Website: www.gatewayville.com.au

15min drive to the track

Brisbane Holiday Village

10 Holmead Rd, Eight Mile Plains

Phone: 07 3341 6123

Website: www.brisbaneholiday.com.au

10min drive to the track

MOTELS (Close vicinity to the Track)

Comfort Inn Robertson Garden

281 Kessels Rd, Robertson

500 metres walk to Track

Phone: 07 3873 1999

www.robertsongardens.com.au

Garden City Motor Inn

2148 Logan Rd. Mt Gravatt 07 3343 3655

Sunnybank Star Motel

Cnr Padstow & Warrigal Roads

Eight Mile Plains 07 3341 7488

10mins drive to the track

Travelodge Garden City

Logan Road, Upper Mt Gravatt

1300 728 628

15min drive to the track

Viking Motel

1027 Logan Rd Mt Gravatt

07 3349 7588 -1800625 811 free call

General Information

Airtrain (Station directly outside Terminal)

Airport Train to Brisbane City

\$10-00 one way == runs every 20mins.

Airtrain to Gold Coast (Station directly outside terminal)

\$20-00 direct to Gold Coast -2 trains an hour

RACQ for all travel information guide

Free Call: 1800 629 501

Website: www.racq.com.au

Buses from the City to Mains Rd

Trip approx 15mins. Then a short walk to the Track

Train Timetable

Citytrain 3606 5555 24 hours service

Brisbane Airport Transfers to the Gold Coast

Meets all major flights

For bookings contact Coachtrans 3238 4700

Taxi Cab Numbers

Black & White 131 008 Yellow Cab 131 924

Taxi Cost from the city to ANZ Stadium QE11

approx \$26-00

Taxi fares to the city from Airport approx \$30-00

Gold Coast Theme Parks

Contact RACQ for discount rates

1800 629 501

Gold Coast approx 1 hr drive from the Track by car.

Shopping Centres

Sunnybank Plaza Shopping Centre

Mains Road Sunnybank

Walking distance from the track

Garden City Shopping Centre

Logan & Kessels Road Upper Mt Gravatt

10 mins from the Track

Catch a bus from Mains Road to the City Shops

AMA NATIONAL TRACK AND FIELD CHAMPIONSHIPS BRISBANE 2005

GUIDELINES FOR ATHLETES

When you arrive in Brisbane there are a number of procedures that all athletes need to follow:

1. **REGISTER:** All athletes need to register. This means that you will need to collect your 'bag of goodies' from the registration area at the track. This bag will include your chest numbers, pins, program, dinner tickets and promotional material.

2. **CHECK IN:** All track athletes need to check in at least **one hour** before the scheduled start time of their track event. Non stadia athletes (road walks and cross country) do not have a check in. Field events athletes do not have a check in.

3. MARSHALLING:

Track and field athletes need to marshall at the **call room** as follows:

Track events: 20 minutes before the scheduled starting time

Field events: 30 minutes before the scheduled starting time

Pole vault: 40 minutes before the scheduled starting time

Non Stadia athletes need to assemble at their venue at least 20 minutes before their scheduled starting time.

ASSOCIATED MEETINGS AND FUNCTIONS

All of these functions are being held at the same venue as the track and field competition, commencing with the **Athletes' Forum** on the Friday afternoon at the conclusion of competition. The forum gives athletes an opportunity to ask questions, update their knowledge on national and international matters and provide input on key issues affecting their sport. Afternoon tea is also provided. On conclusion the forum will be immediately followed by an **Easter Service** for those athletes who would not otherwise have the opportunity to attend church over the weekend.

On Saturday afternoon, at the conclusion of competition the **Coaches Forum** will be conducted. Many masters athletes do not have the opportunity to have their own coach, so this presentation gives athletes the chance to update their knowledge, ask questions and learn more about improving athletic skills and technique, training and minimizing the risk of injuries.

Sunday evening is the social highlight of the weekend with the **Athletes Dinner and Awards Function**. This will be a fun evening and a great chance for athletes to relax, chat and enjoy each other's company. The night has been themed so bring your dancing shoes and get ready for the Ran Tan Bush Band that will provide the music and dance steps. The venue will be a combination of outdoors and indoors. The highlight of the evening will be the presentation of the AMA National Awards. Revellers can stay on and enjoy the music and bush dancing. Make sure that you book your tickets for this function when you submit your entry.

So athletes, family and friends, prepare for a big weekend. Take advantage of the functions that are being held and attend as many of them as you can. Then you can return home a little older and wiser, with some great memories and maybe a medal or two.

Wilma Perkins

Apologies!

In the listing of October Birthdays, Dee Haines was shown in the wrong age group and Lyn Ventris was listed under her maiden name of Howell! The corrected entries for October are as follows:

Dee Haines: W46 still W45

Lyn Ventris: W48 still W45

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

by VISA ☐ MASTERCARD ☐ BANKCARD ☐

Card Number:

Expiry date: Cardholder's name.....Signature.....



PURPOSE:

The objective of the club is to encourage and promote masters athletics, general fitness and to provide training and competition. 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 as social as they choose. Competition is structured 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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PO Box 197, SUBIACO WA 6904

**SURFACE
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Running Gear

Contact Maggie Flanders: 9525 2691

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 |

