



June 2003

Number 353

# VETRUN



MASTERS ATHLETICS WA NEWSLETTER

Patron: Bill Hughes • President: Lynne Schickert • Club Correspondence: The Secretary MAWA, 11a Dandenong Rd, Attadale, WA 6156  
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## WA VETERANS ATHLETIC CLUB Inc

### Minutes of Extraordinary General Meeting

Held at Deepwater Point Reserve, Sunday 1 June 2003

#### MEETING OPENED

Meeting commenced at 9.45am

#### ATTENDANCE

As per Attendance Book, there were 73 financial members present at this meeting.

#### NOTICES OF MOTION

Three notices of motion were published in the May "Vetrin" newsletter which was issued to members during the second week of May. The three notices of motion were read to the meeting by the WAVAC Secretary, Bob Schickert. The President offered members the opportunity to speak against the motions but no member chose to do so.

1. Moved by Bob Schickert and seconded by Nick Melitic that clause 37 of the constitution be changed to read as follows:

This shall be the only Constitution of Masters Athletics WA Inc and shall come into force forthwith and shall not be altered, varied, added to or repealed unless 75 per cent of financial members present at an Annual General Meeting or at a meeting specially convened for that purpose are in favour of such alteration, variation, addition or repeal.

#### Amendment passed unanimously.

2. Moved by Bob Schickert and seconded by Keith Forden that clause 40(a) of the constitution be changed to read as follows:

The Club may at any time with a consent of a majority of 75 per cent of the members present at a General Meeting called for the purpose, be dissolved.

#### Amendment passed unanimously.

3. Moved by Bob Schickert and seconded by Brian Danby that clause 40(b) of the constitution be changed to read as follows:

If upon the winding up or dissolution of the Club there remains after satisfaction of all its debts and liabilities any property whatsoever, the same must not be paid to or distributed among the members, or former members. The surplus property must be given or transferred to another association incorporated under the Associations Incorporation Act (1987) which has similar objects and which is not carried out for the purposes of profit or gain to its individual members, and which association shall be determined by resolution of the members.

#### Amendment passed unanimously.

#### MEETING CLOSED

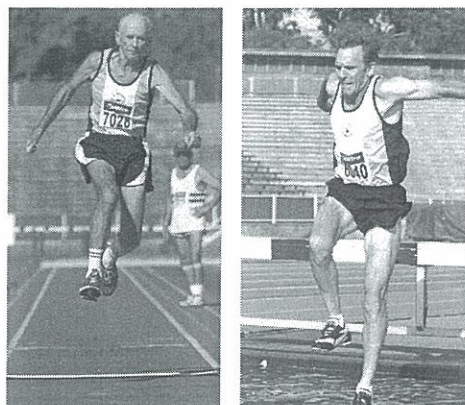
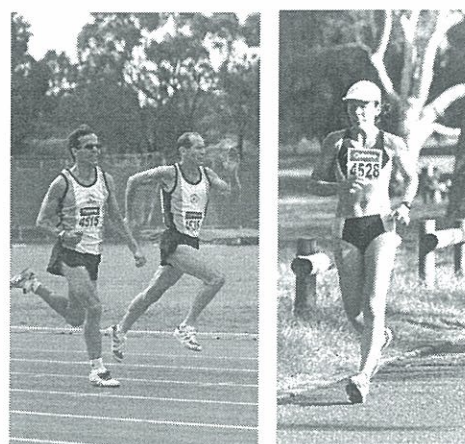
As there was no further business the President thanked members for attending and closed the meeting at 9.55 am.

**Bob Schickert**

*Secretary, WA Veterans Athletic Club*

*2 June 2003*

## Nationals. Gone but not forgotten.



### RESULTS IN THIS ISSUE:

- Kent St Weir
- Andy Wright
- Deepwater Point
- Around Herdsman
- Southern River Sojourn



## BUNBURY 50KM, MARATHON AND HALF MARATHON

Sunday 18 May 2003

### 50KM

1.	Bjorn Dybdahl	M49	3:45:00
5.	John Bell	M57	4:08:00
8.	John Davies	M58	4:12:49
25.	Don Pattinson	M49	4:57:27

### Marathon

1.	Chris Maher	M50	2:21:28
12.	Stephen Dunn	M36	3:19:28
28.	John Pellier	M63	3:41:47
	(20th Bunbury Marathon)		
37.	Lyle James	M62	5:08:38

### Half Marathon

5.	Bert Carse	M61	1:21:58	(1st M60)
24.	Wayne Robinson	M48	1:31:22	
25.	Bob Schickert	M61	1:32:36	
27.	Ivan Brown	M58	1:33:21	
29.	Brian Danby	M54	1:35:12	
31.	Frank Gardiner	M53	1:35:34	
38.	Brian Bennett	M55	1:37:37	
41.	Robin King	W44	1:37:49	(1st W40)
45.	Keith Atkinson	M46	1:38:47	
58.	Robert Sheehy	M57	1:42:27	
59.	Mark Sivyer	M54	1:43:10	
67.	Rob Antonioli	M50	1:43:45	
71.	Michael Khan	M58	1:45:54	
74.	John Ellard	M61	1:46:29	
81.	Julie Keeley	W36	1:47:44	(1st W35)
84.	Malcolm Vernon	M48	1:48:30	
89.	Gillian Young	W55	1:50:22	
90.	Nick Miletic	M52	1:51:02	
98.	Margery Forden	W61	1:53:55	(1st W60)
101.	Richard Harris	M66	1:55:16	
102.	Joe Stickles	M65	1:55:40	
103.	John Dance	M53	1:55:51	
105.	Ann Turner	W67	1:58:06	(1st W65)
107.	Cecil Walkley	M75	1:58:25	(1st M70)
110.	Sue Bullen	W43	2:00:30	
112.	Wendy Duncan	W53	2:02:36	
115.	Merv Jones	M63	2:06:38	
116.	Irene Ferris	W51	2:07:48	
117.	Ruth Johnson	W62	2:08:02	
118.	John Smith	M68	2:08:41	
119.	Pam Toohey	W57	2:09:27	
120.	Roma Barnett	W53	2:14:06	
121.	Joan Pellier	W63	2:14:27	
122.	Elaine Dance	W52	2:16:14	
123.	Jeff Spencer	M62	2:20:24	
124.	Vic Beaumont	M73	2:20:24	
130.	Margaret Bennett	W61	2:29:47	
131.	Shorty Turner	M67	2:31:13	
132.	Steve Toohey	M54	2:40:59	

### Half Marathon Walk

1.	John Mison	M55	2:09:39
2.	Valerie Millard	W56	2:26:41 (PB)
3.	Lynne Schickert	W61	2:34:15 (PB)
4.	Jenni Shillington	W45	2:37:33
5.	Christine Pattinson	W47	2:37:33
6.	Rex Bruce	M62	2:39:27
8.	Jaqui Beaumont	W66	2:57:44
16.	Michele Mison	W55	3:16:28
17.	Dorothy Whittam	W66	3:16:28
19.	Maggie Flanders	W66	3:17:44

## Bunbury By Baz

The weekend began successfully with a Telecast of the Eagles match and the about 30 vets (oops masters) dining at Henry's Resturant. The occasion was made all the nicer by friendly, efficient service and a healthy discount.

Being ('has been') walkers, Jeff Whittam and I followed the event by car. From the luxury of folding chairs, we were able to call out times and encouragement.

John Mison led the Walkers and Val Millard showed the results of her impressive training schedule.

Michele Mison walked with Maggie & Dorothy, quietly (?) enjoying the event, stopping for a chat now and then.

Lynne walked well, but decided to "just enjoy" as well.

Arthur Leggett, Kirt Johnson and Shirley Bell harrassed all and sundry from their bikes. - *Barrie T*



## Bunbury by Rexy

Herewith a few photos from the expedition to Bunbury Runners Club marathon weekend.

There were 12 walkers and around 50 runners from The Veterans, some of whom may also be members of the Perth Marathon Club.

Attendances were 50km - 26, 42km - 38, 21km - 133 and walk 21km - 24. There were 8 DNF and 6 DNS.

It was a great weekend and our club was well represented.

*Rex B*



## Kent St Weir 4/5/03

The results are courtesy of Graham Thornton. Could I thank through Vetrun, Keith Atkinson for organising my helpers on the day. Barbara and Jack Bailey, Jacqueline Billington, Greg Van Der Sanden, Sid Bowler, John Smith, Brian Aldridge & Frank Usher. Thanks to previous race directors Phyllis Farrell and Jim Barnes for clear instructions on the course, and to Gareth Brunt for a great job flagging out the route. You certainly made the job easy!

Best Regards Chris Coates

### Kent St Weir 5km Run

M30	BURKE...PAUL	20:55
M45	BARRETT-LENNARD...E	22:44
M70	CARR...DAVID	23:25
W40	HAINES...DEE	23:26
M55	WATERS...VICTOR	23:49
M60	AUDSLEY...BARRY	24:08
M60	ANDERSON...MICHAEL	24:16
M45	LUCAS...GRAHAM	24:47
VIS9	LOLY...RAYMOND	25:26
M65	BLOM...DICK	27:21
M60	BARNES...JIM	27:42
W60	CLEMENTS-GREEN...WENDY	27:43
M55	JENKINS...ARNOLD	27:47
W45	CHAN...MARY	27:57
W50	MCAULEY...FIONA	28:51
M70	JOHNSON...KIRT	28:52
VIS	VAN DE KOOL...VINCE	30:34
M60	FORDEN...KEITH	30:38
W55	FARRELL...PHYLLIS	30:54
W60	ALDRICH...ALISON	31:07
W50	BARNETT...ROMA	31:07
W55	WALLIS...ROSA	33:26
W50	TAYLOR...MARG	36:52
W50	STEWART...JO	40:12
W70	CARR...PAT	40:19

### 10km Run

M50	MAHER...CHRIS	36:45
M55	LANGFORD...JIM	36:55
M45	DYBDAHL...BJORN	38:24
M60	CARSE...BERT	39:09
VIS	FAYAZ...JAMAL	39:39
M55	KLINGE...JIM	39:50
M60	MCAULEY...DUNCAN	39:56
M50	MCRAE...NEIL	39:57
M35	SHENTON...CHRIS	40:22
M45	ALLEN...JOHN	40:30
M35	DUNN...STEPHEN	40:31
M60	SCHICKERT...ROBERT	40:38
M40	MARR...LACHLAN	40:54
M55	BROWN...IVAN	41:27
M40	TINDALL...BLAKENEY	41:36
M55	HALE...MIKE	41:49
M50	REID...DAVID	42:01
W35	WALKER...AMANDA	42:03
M45	VERNON...MALCOLM	42:12
M45	ASHFIELD...DOUG	42:19
VIS	JONES...BILL	42:22
M35	KARRA...MICHAEL	42:41
M45	ATKINSON...KEITH	43:31
M55	HAGEDOORN...JOHANNES	43:34
M45	MAVRICK...MILTON	43:57
M40	TAYLOR...WAYNE	44:29
M60	THORNTON...GRAHAM	44:35
M55	BENNETT...BRIAN	44:39
M55	DAVIES...JOHN	45:23
M55	ROSEN...MARK	45:25
M50	FISHER...GARY	45:47
VIS	DUNKLEY...STEVE	46:08
VIS	JAMES...ALAN	46:10
M50	BELL...JOHN	46:15

M50	SIVYER...MARK	46:25
M55	KHAN...MICHAEL	46:32
M60	MACK...JOHN	46:34
M60	ELLARD...JOHN	46:42
M50	DANBY...BRIAN	46:47
W35	KEELEY...JULIE	47:32
M65	MCGLASHAN...HAMISH	47:35
M60	BRAMBLEY...JOHN	47:48
M60	PELLIER...JOHN	48:02
M70	BARRETT-LENNARD...IRWIN	48:05
W55	LANGFORD...MARGARET	48:14
M50	JAMES...DAVID	48:56
W55	YOUNG...GILLIAN	48:56
M45	PATTINSON...DON	49:03
M50	MILETIC...NICK	49:29
M40	NEILL...GRAEME	50:51
W50	BELL...SHIRLEY	50:53
W60	FORDEN...MARGERY	51:13
M50	DANCE...JOHN	51:15
W45	TIVERIOS...JEANETTE	51:43
M65	HARRIS...RICHARD	51:46
M45	HANSON...DAMIEN	51:55
M55	WALSH...ROGER	52:50
M70	WALKLEY...CECIL	53:01
M55	SHEEHY...ROBERT	53:35
W45	LAWRENCE...GLENDA	53:36
M50	BUCKLEY...PAUL	53:38
W65	TURNER...ANN	53:52
M50	LUNDGREN...TROY	54:21
W30	KARRA...PAULA	54:45
M60	RIDDELL...JIM	55:03
M55	RHODES...MICHAEL	55:05
W50	CREIGHTON...MAREE	55:19
W50	DUNCAN...WENDY	55:20
W50	OSBORNE...JOAN	55:33
M60	LOLY...MITCH	55:44
W55	TOOHEY...PAMELA	55:44
VIS	MANFORD...TERRY	55:56
W50	FERRIS...IRENE	55:57
M65	GIACOMINI...ALDO	56:04
M60	JONES...MERV	57:23
W50	LANCASTER...DENISE	57:26
W60	PELLIER...JOAN	59:03
W30	CHANDLER...ELIZABETH	59:21
W50	DANCE...ELAINE	59:23
W50	YOUNG...MARY	63:13
M70	BEAUMONT...VICTOR	63:57
W30	BURKE...TANYA	64:47
M75	MOYLE...MERV	66:41
W65	WARREN...MARGARET	66:55
W60	BENNETT...MARGARET	68:29
M65	TURNER...SHORTY	68:29

### 5 km Walk

M50	TINNISWOOD...ROD	31:23
M60	MARTIN...PAUL	31:49
M55	BROWN...DAVID	32:29
W55	MILLARD...VALERIE	33:01
M60	JENNINGS...ALAN	33:02
M55	MISON...JOHN	33:39
W60	SCHICKERT...LYNNE	35:21
W45	PATTINSON...CHRIS	35:26
W45	SHILLINGTON...JENNIFER	35:26
W50	VAN WINSEM...DENISE	35:34
M60	BRUCE...REX	36:36
W40	GILL...FENELLA	37:48
M65	HALL...RAY	38:18
W65	WHITTAM...DOROTHY	38:39
W55	GOLDIE...ANGIE	42:06
W65	AINSWORTH...PATRICIA	42:06
W65	FLANDERS...MARGARET	43:56
M70	POMERY...ALAN	44:01
W50	TINNISWOOD...CHRISTINE	47:36
M65	WHITTAM...JEFFREY	49:09
M75	MOYLE...ERNEST	49:25
W70	BARRETT-LENNARD...BERWINE	53:34

## Helpers List

### DARLINGTON DASH 15th June

David James 9371 6199

John Mack, Mike Khan, Lesley Romeo, Mal Vernon.

### UNI & BACK 22nd June

Gary Fisher 9472 7062

Mike Hall, Ed Barret-Lennard, Chris Frampton, Fenella Gill Terry Manford, Clive Hicks, John Schultz.

### JOONDALUP 22nd June

Margaret Warren 9305 5194

Mike Anderson, Peter Gare, Yvonne Campbell, Peter Hepburn-Brown

### PERTH MARATHON 6th July

Evan Kolbe 0417970668

Pat & Norm Miller, Margaret & Morris Warren, Ernie Moyle, Debbie Burge, Bob Hayres, Cecil Walkley.

### BARDON BASH 13th July

Margaret Bennet 9275 0169

Anne & Shorty Turner, Pat Miller, Brian Smith, Brian & Alison Aldrich, Denise Lancaster, Pierre Viala.

## FROM THE COMMITTEE

### Track and Field Season

Bookings have now been made for UWA Sports Ground (McGillivray Oval) for Tuesday nights and Coker Park (Ern Clark Athletic Centre) for Thursday nights. Club members can therefore compete each week at the most convenient location or twice a week. Competition will commence at Coker Park at 6.00pm on Thursday 2 October and at UWA Sports Ground at 6.00pm on Tuesday 7 October. The 2003-2004 program will be published in the August "Vetrun".

### World Masters Athletics Championships: Puerto Rico - July 2003

WAVAC will be represented at the forthcoming championships by David Carr, Bjorn Dybdahl, Jill Bower, Barrie Kernaghan, Bob and Lynne Schickert.

### Absence of President and Secretary

Lynne and Bob are away from 23 June to 3 August 2003. Please direct enquiries to other committee members whose contact details are listed in the May "Vetrun" and on Sunday programmes issued since the AGM in April.

### It's official

The club has now been registered with its new name:

**MASTERS ATHLETICS W.A. Inc.**



## Andy Wright May 11, 03

Margaret Taylor & Shirley Bell

With Leo Hassam away we ( Marg & Shirley ) took on the task of race directors at this year's event.

Couldn't have asked for better conditions and once again the guys supplied a variety of food for morning tea, (which we might add, went down very well) thanks fellas.

A big thankyou must go to all the willing helpers: Jacqueline Billington, Lorna Lachlan, Jackie Halberg, Pat Ainsworth, Dalton Moffet, Ray Hall, Rex Bruce, Mike Hale, Paul Buckley, Ernie Moyle, with special thanks to Vic & Jackie for the morning tea preparation - Sue & Brian for the cleaning of the premises and Kieth for jumping on his bike at 6am. (Brrrrr !!!!!) and flagging the course - what a guy!!!

Has Leo lost his run???

Thanks again everyone

Shirley & Marg

### 10K Run - Open Handicap

		Clock	Hndcp	Act
			Time	Time
David Baird	M60	1:02:56	20:30	42:26
X	X	1:03:36		
Jim Barnes	M60	1:03:43	13:00	50:43
Vic Beaumont	M70	1:03:55	3:30	1:00:25
Brian Hunter	M55	1:04:05	11:00	53:05
Chris Frampton	M35	1:04:08	26:00	38:08
Lachlan Marr	M40	1:04:24	24:50	39:34
Peter Hepburn-Brown	M45	1:04:26	27:30	36:56
John Smith	M65	1:04:46	9:00	55:46
Neil McRae	M50	1:04:49	25:25	39:24
Jim Klinge	M55	1:05:00	25:12	39:48
Merv Jones	M60	1:05:01	7:40	57:21
Wayne Taylor	M40	1:05:13	20:30	44:43
John Frost	M65	1:05:14	18:00	47:00
Brian Danby	M50	1:05:16	23:20	41:56
Johannes Hagedoorn	M55	1:05:17	21:30	43:47
Mike Anderson	M55	1:05:18	14:00	51:18
Bjorn Dybdahl	M45	1:05:30	27:00	38:30
Irwin Barrett-Lennard	M70	1:05:31	17:15	48:16
David Carr	M70	1:05:36	19:45	45:51
Aldo Giacomini	M65	1:05:38	09:05	56:33
Michael Karra	M35	1:05:43	22:30	43:13
Brian Bennett	M55	1:05:47	20:35	45:12
Fraser Deanus	M60	1:05:50	13:00	52:50
Gareth Brunt	M50	1:05:51	23:40	42:11
Graham Thornton	M60	1:05:55	20:25	45:30
Frank Smith	M60	1:05:56	23:15	42:41
Gary Fisher	M50	1:05:57	19:45	46:12
John Brambley	M60	1:06:09	17:40	48:29
Jim Riddell	M60	1:06:31	10:30	56:01
Nick Miletic	M50	1:06:47	18:00	48:47
Andrew Booker	M30	1:06:57	19:30	47:27
Barry Jones	M45	1:07:15	21:00	46:15
Merv Moyle	M75	1:07:18	3:00	1:04:18
Jim Langford	M55	1:07:34	28:10	39:24
Arnold Jenkins	M55	1:07:45	7:30	1:00:15
Bob Schickert	M60	1:07:48	24:30	43:18
Shorty Turner	M65	1:07:50	0:00	1:07:50
Keith Atkinson	M45	1:07:54	21:30	46:24
Dick Blom	M65	1:07:58	15:50	52:08
John Pellier	M60	1:07:59	18:40	49:19
Kirt Johnson	M70	1:08:14	7:00	1:01:14
Graeme Neill	M40	1:09:27	16:50	52:37
John Pressley	M55	1:09:31	20:00	49:31
Trevor Robertson	M50	1:10:53	27:15	43:38
Pierre Viala	M55	1:12:36	0:10	1:12:26
Don Pattinson	M45	1:13:44	16:10	57:34
Morris Warren	M65	1:07:51	0:00	1:07:51
Fenella Gill	W40	1:04:51	15:20	49:31
Roma Barnett	W50	1:05:05	6:15	58:50

Joan Osborne  
Irene Ferris  
Joan Pellier  
Jo Richardson  
Sue Bullen  
Amanda Walker  
Paula Karra  
Ann Turner  
Leonie Jones  
Phyllis Farrell  
Margaret Warren

### 10K Walk - Sealed Handicap

David Brown  
Alan Jennings  
Stan Jones  
Paul Martin  
John Mison  
Laurie Collett

Val Millard  
Lynne Schickert  
Lorraine Lopes  
Michele Mison  
Chris Pattinson  
Jenni Shillington  
Patrica Hopkins  
Dorothy Whittam  
Maggie Flanders  
Christine Wheeler

### 10K Run

Geoff Mullins  
Terry Manford

W50 1:05:41 9:50 55:51  
W50 1:05:58 9:00 56:58  
W60 1:06:10 6:30 59:40  
W50 1:06:19 5:00 1:01:19  
W40 1:06:34 14:10 52:24  
W35 1:06:42 23:00 43:42  
W30 1:07:13 12:15 54:58  
W65 1:07:54 11:10 56:44  
W40 1:08:08 14:00 54:08  
W55 1:12:36 0:00 1:12:36  
W65 1:03:05 6:00 57:05

	Act	Hndcp	Adjus
	Time	Time	Time
M55	1:06:33	14:00	1:20:33
M60	1:08:02	19:30	1:27:32
M75	1:08:09	20:00	1:28:09
M60	1:04:02	24:30	1:28:32
M55	1:04:02	25:00	1:29:02
M70	1:19:14	12:45	1:31:59

W55 1:05:52 16:15 1:22:07  
W60 1:11:17 14:00 1:25:17  
W60 1:16:33 9:00 1:25:33  
W55 1:14:49 12:00 1:26:49  
W45 1:14:54 14:00 1:28:54  
W45 1:14:55 14:00 1:28:55  
W60 1:24:23 5:30 1:29:53  
W65 1:20:09 11:30 1:31:39  
W65 1:28:16 4:00 1:32:16  
W45 1:21:19 12:00 1:33:19

M55 47:37  
M60 58:18

### 5K Run

Bruce Wilson M55 20:12  
Henry Cortis M55 21:59  
Ed Barrett-Lennard M45 23:01  
Barry Audsley M60 24:45  
Roger Walsh M55 26:16  
Jeff Spencer M60 26:27  
Wendy Clements-Green W60 27:19  
Liz Chandler W30 27:23  
Kris Adrian W30 27:24  
Michael Faunge M65 27:55  
John Stone M50 28:12  
Keith Forden M60 28:28  
Mary Chan W50 29:25  
Julie Wood W50 29:59  
Rosa Wallis W55 32:29  
Mary Heppell W65 36:11  
Jo Stewart W50 36:13  
Pat Carr W70 39:45  
Frank Usher M75 41:20

### 5K Walk

Bob Sammells M65 39:36  
Angie Goldie W55 41:44  
Kylie Mahony W30 43:37  
Alan Pomery M70 45:30  
Allen Tyson M75 46:26  
Barbara Bailey W70 46:37  
John Bailey M75 46:37  
Dorothy Blake W50 49:55  
Jeff Whittam M65 49:55  
Glenice Shanahan W75 53:53

## HAPPY BIRTHDAY JULY MEMBERS

Bob	Fergie	03.07.1935	68	remains	M65
Lyle	James	03.07.1940	63	remains	M60
John	Bell	06.07.1945	58	remains	M55
Greg	Vander Sanden	07.07.1958	45	becomes	M45
Stanley	Green	09.07.1914	89	remains	M85
Bridget	Carse	10.07.1943	60	becomes	W60
Dorothy	Whittam	10.07.1936	67	remains	W65
Joan	Slinger	12.07.1941	62	remains	W60
Gail	Selby-Yorkshire	13.07.1954	49	remains	W45
Shirley	Bell	15.07.1948	55	becomes	W55
Nola	Bending	16.07.1948	55	becomes	W55
Robert	Chalmers	16.07.1938	65	becomes	M65
Geoffrey	Gee	16.07.1953	50	becomes	M50
Mary	Heppell	16.07.1937	66	remains	W65
Paul	Martin	18.07.1941	62	remains	M60
Stan	Selby	19.07.1945	58	remains	M55
Merv	Jones	21.07.1939	64	remains	M60
Gillian	Young	21.07.1947	56	remains	W55
Clive	Choate	25.07.1951	52	remains	M50
Christine	Uren	25.07.1970	33	remains	W30
Margery	Forden	29.07.1941	62	remains	W60
Ernest	Moyle	30.07.1925	78	remains	M75
Campbell	Till	30.07.1957	46	remains	M45
Brian	Waldhuter	31.07.1940	63	remains	M60



## Around Herdsman 18 May 2003

Well we had a bit of competition from Bunbury but nevertheless 78 enthusiastic runners and walkers fronted up for this year's run, including nine visitors. A couple of minor mishaps: Jim set off the alarm in the clubrooms not once, but twice, the clock was having a day off and a couple of local wags had decided to shift some of the flags sometime between Saturday night and Sunday morning. Fortunately we had time to put it right. There were lots of comments about the beauty of the course and particularly the variety of bird life from those who ran right around the lake. Finally, many thanks to our helpers - Sue Clifton, Lorraine Lopes, Bernadette Height, Sue Vetten, Roger Walsh, Hamish McGlashan, Stan Lockwood and Bernie Mangan. *Margaret and Jim Langford*

### 5km Run

Neil McRae	M50	31:32
Duncan McAuley	M50	31:36
Jim Klinge	M55	31:49
Ralph Henderson	M50	32:08
Lachlan Marr	M40	32:24
Mike Hale	M55	33:09
Amanda Walker	W35	33:10
David Baird	M60	33:20
Frank Smith	M60	33:22
Gareth Brunt	M50	33:22
Doug Ashfield	M45	33:28
Dave Roberts	M60	33:30
Anne Shaw	W55	33:45
Paul Burke	M30	34:09
Trevor Robertson	M50	34:49
Hepburn Brown	M45	35:04
Johannes Hagedoorn	M55	35:07
Blakeney Tindall	M40	35:44
Jerry Fisher	M50	35:46
John Mack	M60	36:14
David Muir	M55	36:16
Geoff Mullins	M55	36:20
Wayne Taylor	M40	36:57
Dee Campbell	W45	36:59
David James	M50	37:43
Steve Barrie	M65	37:45
Wayne Bates	M55	37:46
Dee Haines	W40	38:09
Simon Jawichre	M35	38:29
John Frost	M65	38:31
Irwin Barrett-Lennard	M70	38:38
Vic Waters	M55	38:55
Fenella Gill	W40	39:28
Barry Audsley	M60	39:44
Anne Jones	W45	39:59
Graeme Neill	M40	40:18
Ray Attwell	M65	40:52
Mike Anderson	M55	41:08
Dick Blom	M65	41:20
Jim Barnes	M60	41:41
Paul Lewis	M55	43:15

Kris Adrian	W30	43:17
Paul Buckley	M50	44:25
Aldo Giacomini	M65	44:34
Sandi Crossman	W35	44:38
Michael Faunge	M65	44:48
Mitch Loly	M60	44:52
Fiona McAuley	W50	45:40
Mary Chan	W50	45:46
Wendy Clements-Green	W60	46:39
Joan Osborne	W50	47:00
Margaret Warren	W65	47:19
Arnold Jenkins	M55	47:51
Jackie Halberg	W55	48:38
Tanya Burke	W30	49:23
Merv Moyle	M75	49:49
Jo Richardson	W50	51:35
Morris Warren	M65	51:40

### 5km Run

Henri Cortis	M55	20:51
Ed Barrett-Lennard	M45	22:52
Delia Baldock	W40	27:15
John Stone	M50	27:16
Mary Heppell	W65	34:46

### 5km Walk

Alan Jennings	M60	34:51
Paul Martin	M60	34:52
Lorna Lauchlan	W70	39:22
Patrica Hopkins	W60	43:00
Bob Sammells	M65	43:00
Kylie Mahony	W30	47:51

### Know your number?

Even when we have to use the old written system, having a membership number on the sheet makes it easy to transfer data to the computer at home and then on to you in the Vetrun. *Regards, Barrie*

## Southern River Sojourn

25-May-03 Lachlan Marr

### 5K Run

Ed Barrett-Lennard	M45	22:50
Delia Baldock	W40	28:52
Bob Sammells	M65	31:40
X		31:49
Ray Hall	M65	34:05
Julie Wood	W50	34:06
Steve Toohey	M50	36:17
Alison Aldrich	W60	36:26
Frank Usher	M75	44:39

### 8K Run

Bernard Mangan	M45	30:19
Bjorn Dybdahl	M45	30:48
Jim Langford	M55	30:52
Darryl White	M40	32:00
Jim Klinge	M55	32:02
Brian Bennett	M55	32:46
Frank Smith	M60	32:50
Neil McRae	M50	32:51
Colin Chisolm	M35	32:52
Gareth Brunt	M50	33:00
Mal Vernon	M45	34:54
David Muir	M55	36:09
Bob Schickert	M60	36:14
Johannes Hagedoorn	M55	36:21
Graham Thornton	M60	36:36
John Mack	M60	36:42
Keith Atkinson	M45	36:43
Vic Waters	M55	37:24
Hamish McGlashan	M65	37:43
John Ellard	M60	38:04
Sean Keane	M35	39:25
Nick Miletic	M50	39:29
Gillian Young	W55	40:28
Brian Foley	M55	40:52
Roger Walsh	M55	43:16
Sue Bullen	W40	43:17
John Dance	M50	43:18
Dan Bending	M55	43:18
Paul Buckley	M50	43:20

Jeff Spencer	M60	44:37
Ann Turner	W65	45:13
John Smith	M65	45:47
Mary Chan	W50	45:57
Mitch Loly	M60	46:12
Graeme Neill	M40	46:17
Pamela Toohey	W55	46:26
Merv Jones	M60	47:07
Elaine Dance	W50	47:13
Joan Osborne	W50	48:36
Merv Moyle	M75	50:17
Vic Beaumont	M70	50:42
Denise Lancaster	W50	52:31
Kirt Johnson	M70	53:27
Shorty Turner	M65	57:30
Margaret Bennett	W60	57:30
Pierre Viala	M55	59:50
Phyllis Farrell	W55	59:55
Margaret Langford	W55	38:09

### 5K Walk

Dick Blom	M55	32:31
Pat Ainsworth	W65	43:22
Jenny Binns	W50	43:26
Maggie Flanders	W65	45:25
Christine Tinniswood	W50	47:45
Pat Miller	W65	48:19
Marg Taylor	W50	48:28
Jo Stewart	W50	48:28
Nola Bending	W55	48:40
Barbara Bailey	W70	50:12
John Bailey	M75	50:13
Jeff Whittam	M65	53:48
Ernie Moyle	M75	55:54

### 8K Walk

John Mison	M55	51:42
Paul Martin	M60	51:51
Val Millard	W55	52:30
Lynne Schickert	W60	56:58
Jenni Shillington	W45	57:01
Rex Bruce	M60	57:01
Lorna Lauchlan	W70	62:00
Dorothy Whittam	W65	63:21



## Deepwater Point

1-Jun-03

Dalton Moffett

### 7.2K RUN

Chris Frampton	M35	0:27:41
Daryl White	M40	0:29:53
Colin Chisolm	M35	30:37
Barry Jones	M45	32:09
Mike Khan	M55	33:34
David Muir	M55	34:01
Dee Campbell	W45	34:05
David Carr	M70	35:08
Geoff Mullins	M55	35:12
Joe Stickle	M55	35:56
Barry Audsley	M60	36:12
Graeme Neill	M40	36:12
Mike Anderson	M55	36:42
Sean Keane	M35	36:49
Lyn Nixon	W40	37:08
Dick Blom	M65	37:33
Mitch Loly	M60	38:45
Bob Sammells	M65	38:49
Leonie Jones	W40	39:03
Jim Riddell	M60	39:12
Michael Faunge	M65	39:52
Wendy Clements-Green	W60	39:53
Keith Forden	M60	40:07
Sandi Crossman	W35	40:25
Aldo Giacomini	M65	40:46
Terry Manford	M60	41:12
Peggy MacIver	W55	42:52
Margaret Warren	W65	43:06
Arnold Jenkins	M55	43:07
Sue Lake	W40	43:10
Elaine Dance	W50	
Julie Wood	W50	45:01
Merv Moyle	M75	45:20
Kirt Johnson	M70	45:42
Vic Beaumont	M70	45:44

Alison Aldrich  
Mary Heppell  
Frank Usher

### 7.2K WALK

John Mison
Paul Martin
Alan Jennings
David Brown
Lynne Schickert
Ray Hall
John Smith
Jenni Shillington
Rex Bruce
Sheila Maslen
Lorraine Lopes
Michele Mison
Beryle Doust
Lorna Lauchlan
Dorothy Whittam
Christine Wheeler
Patricia Hopkins
Pat Ainsworth
Nola Bending
Maggie Flanders
Alan Pomery

### 16K RUN

Jim Langford
Frank Smith
Brian Bennett
Christopher Coates
Bob Schickert
Lachlan Marr
Gareth Brunt
David Baird
Jim Klinge
Doug Ashfield
Bjorn Dybdahl
Mike Hale

W60 46:16  
W65 50:21  
M75 1:02:17

M55 45:53
M60 45:54
M60 49:47
M55 49:47
W60 52:18
M65 52:23
M65 54:23
W45 54:23
M60 54:24
W65 54:59
W60 56:10
W55 56:11
W50 56:11
W70 56:21
W65 57:02
W45 58:09
W60 1:01:19
W65 1:02:43
W55 1:03:42
W65 1:04:40
M70 1:04:42

M55 1:06:15
M60 1:07:02
M55 1:07:06
M50 1:07:27
M60 1:07:33
M40 1:07:42
M50 1:08:04
M60 1:08:29
M55 1:08:38
M45 1:08:47
M45 1:09:25
M55 1:09:30

Amanda Walker  
John Mack  
Mal Vernon  
Chris Shenton  
Wayne Taylor  
Mark Speechly  
Johannes Hagedoorn  
Michael Karra  
Gary Fisher  
David James  
Brian Danby  
Ivan Pilton  
John Doust  
Margaret Langford  
John Ellard  
Frank Gardiner  
Hamish McGlashan  
John Pellier  
Nick Miletic  
John Frost  
Don Pattinson  
Gillian Young  
Marg Forden  
Stan Lockwood  
Ann Turner  
John Dance  
Paul Lewis  
Sue Bullen  
Roger Walsh  
Robert Sheehy  
Paula Karra  
Dan Bending  
Joan Osborne  
Paul Buckley  
Merv Jones  
Pamela Toohey  
Jo Richardson  
Shorty Turner  
Margaret Bennett

W35 1:09:36  
M60 1:09:40  
M45 1:09:49  
M35 1:09:58  
M40 1:11:49  
M35 1:11:52  
M55 1:11:53  
M35 1:12:46  
M50 1:12:57  
M50 1:13:19  
M50 1:13:59  
M60 1:14:00  
M55 1:14:01  
W55 1:15:36  
M60 1:15:55  
M50 1:16:18  
M65 1:17:10  
M60 1:17:40  
M50 1:18:03  
M65 1:20:04  
M45 1:20:04  
W55 1:20:32  
W60 1:22:50  
M70 1:24:23  
W65 1:25:00  
M50 1:25:15  
M55 1:25:16  
W40 1:26:13  
M60 1:26:14  
M55 1:27:42  
W30 1:28:12  
M55 1:31:35  
W50 1:31:54  
M50 1:32:01  
M60 1:32:15  
W55 1:34:07  
W50 1:41:09  
M65 1:48:29  
W60 1:48:31

## DEEPWATER POINT

### Race Report

The pre-drawn shower was almost enough to keep the officials in bed, but it didn't and a cloudy sky greeted 121 runners and walkers on the banks of the Canning River at Mt.Pleasant for this popular event.

Due to the new safety policy the course had to be altered and our thanks to Jim Barnes who measured out a new 16km course down the Kwinana Freeway cycle path and made a safer entry onto the Mt.Henry Bridge.

In spite of the threat of more showers, many runners chose the '10 miler', some recording PBs. The walkers were out in force for the road walking championship event with John and Paul leading them home.

Thanks also to the many helpers, John Brambley, Ed Barrett Leonard. Peter Ryan, Henry Cortes, Ray Attwell out on the course with Barrie and Pat Miller in the tent. At the finish Liz Chandler and the party girls Marg, Shirley and Sue made hay while the sun shone!

Dalton Moffett

If only all women could know the joy and the strength and the self-confidence that happens when you have the courage to try. If only they could all know what it feels like to be happy in their skin."

Lindsay Weight - two-time winner of the Comrades Marathon (Thanks John Bell)

## Masters Hurdle Recommendations

### From the Hurdles Sub-Committee

Age	Race	Height	To 1st Hurdle	Between Hurdles	To Finish	Number Hurdles	Markings
<b>Women</b>							
30-39	100mts	.840m	13.0m	8.5m	10.5m	10	Yellow
40-49	90m	.762m	13.0m	8.0m	13.0m	9	White
50-64	80m	.686m	12.0m	7.0m	19.0m	8	Black
65 plus	60m	.600m	12.0m	7.0m	13.0m	6	Black
30-39	400m	.762m	45.0m	35.0m	40.0m	10	Green
40-49	400m	.686m	45.0m	35.0m	40.0m	10	Green
50-64	300m	.686m	50.0m	35.0m	40.0m	7	Green
65 plus	200m	.600m	20.0m	35.0m	40.0m	5	Green
<b>Men</b>							
30-44	110m	.991m	13.72m	9.14m	14.02m	10	Blue
45-54	100m	.914m	13.0m	8.50m	10.5m	10	Yellow
55-64	90m	.840m	13.0m	8.00m	13.0m	9	White
65-74	80m	.762m	12.0m	7.0m	19.0m	8	Black
75 plus	60m	.686m	12.0m	7.0m	13.0m	6	Black
30-44	400m	.914m	45.0m	35.0m	40.0m	10	Green
45-54	400m	.840m	45.0m	35.0m	40.0m	10	Green
55-64	300m	.762m	50.0m	35.0m	40.0m	7	Green
65plus	200m	.686m	20.0m	35.0m	40.0m	5	Green



## How do you achieve a total walking workout?

*Virtual Coach Dave Spence May 2003*

You've been walking for months (or maybe it just seems that way!) and you have tasted the delicious sweetness of results, be it lost kilograms or lowered heart rate. Now you are hungry for more – and though you may still be working out regularly, further results are not always forthcoming. What is a walker to do?

What is the phenomenon that keeps us from accomplishing that final workout goal?

It is called progressive overload, and it is the lack thereof that is preventing you from reaching your exercise goals. It is a simple concept; in order to lose weight, you must increase activity to burn more kilojoules, and preferably, tone muscle to raise your metabolism, so you may burn still more kilojoules.

If you are walking, for example, 45 minutes a day for 4 days per week, you are burning an average of 1134 kilojoules per day, or 4536 kilojoules per week, for an average weight loss of ¼ kilogram per week.

So you lose weight, tone muscle, and improve your cardiovascular system. Then your body adjusts to its new fitness level, and your beloved walking programme ceases to be effective. You must increase (progressive) the workout (overload) in order to continue to lose weight. Simple, right?

But wait, I can hear you saying already - I am already spending 45 minutes a day, 4 days a week, you say, how much more can I exercise?

There are many ways to progressively overload your body, and the duration of exercise is just one of them. If you have the time, you can go back to the principle applied at the beginning of your walking program, and add 5 minutes a week to your walk time, until you reach a total of one hour per day.

Walking more than one hour per day is not

advisable, however; you want to stay injury-free, and that includes blisters, so that you can work out another day.

If you do not have the time per day, you can also increase the frequency of your workout; for example, if you are walking 3 days per week, walk one more day. Be sure that you keep at least one day for complete rest, no cross training, either! (Can you believe I am cautioning you NOT to exercise?)

Another way to add to your workout is to introduce hills. Up until now, you may have been walking on relatively flat ground. Vary your route to include uphill and downhill, as both will tone your quadriceps and hamstrings, and test your cardiovascular health. If you are using a treadmill, increase your grade 1–2%, or use a random programme to add hills at intervals.

You can speed up your pace as well, although this may be difficult to gauge if you are walking outside.

Powerwalking, which is simply walking as fast as you can, at a pace of anywhere from 125 to 400 steps per minute, is extremely effective as a workout and requires no different form from regular walking. Use a watch to roughly gauge your steps per minute and try to maintain the pace, testing yourself every 15 minutes.

Lastly, you can use equipment like a weighted vest, wrist or ankle weights, to further challenge your muscles. A weighted vest is most desirable because you will be distributing the load to all of your body.

One or a combination of the above suggestions can be used to keep your workout fresh and your body strong. The only problem you will have is finding new goals, once you have succeeded at all of your old ones.

Good luck - and have fun!

From: John Bell:

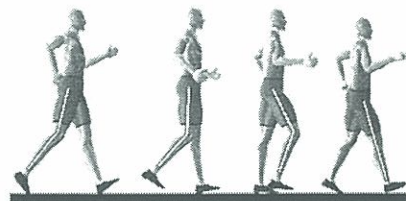
*Thanks Rod this is from  
<http://worldofendurance.com>*

## LEGAL WALKING TECHNIQUE

The following details may be of interest to new members who are walking with us and as a reminder for current walkers.

### Knee action

The knee must be straight from moment of heel contact until the support leg is in the vertical position (see figure below). The knee is flexed in the recovery swing, since short pendulums swing faster. The point at which the rear leg starts to bend varies between individuals. The optimum point for it to bend depends upon structure, flexibility and strength of the athlete.



**Watch for:** the lead knee swinging through high. This is often due to a habit carried over from running (see figure below). This wastes energy and may lead to legality problems.



**Watch for:** bent knee on heel contact. This is illegal. Causes are over striding in front of the body, inadequate quadriceps strength and tight or weak hamstrings.

**Watch for:** the lead knee bending before the leg is vertically upright. This is illegal, for reasons as stated above. In addition, it may be caused by the athlete trying to walk at speeds faster than their fitness level can sustain.

*Additional information can be obtained from [www.thewalkingsite.com](http://www.thewalkingsite.com) and [www.racewalk.com](http://www.racewalk.com).*

## A warm welcome to our New Members

540	Edmonds, Keith	11/09/1967	544	Bishop, Dave	28/11/1955
541	Lazarus, Ivan	25/11/1951	545	Harrop, Lynn	07/07/1953
542	Chris, Kelly	10/06/1952	546	Polkinghorne, Mike	11/10/1951
543	Van Winsen, Denise	30/03/1952	547	Antoniolli, Robert	30/12/1951

## HURDLERS AND POTENTIAL HURDLERS

Following the Australian Masters Athletics Inc AGM in 2002, and as a result of concerned requests from member athletes, AMAI approved the formation of a sub committee to examine the lack of participation in hurdle events and to make recommendations for improving this situation.

The hurdles sub-committee recommendations have been sent to every state for publication in State newsletters so that hurdlers and potential hurdlers can give feedback to their State Associations and thus to the State Delegates who will be attending and voting at the National AGM in a few months.

Any comments from WA members should be advised to

**Bob Schickert (ph 9330 3803, or email: [schickertb@bigpond](mailto:schickertb@bigpond)).**

It would also be appreciated if athletes could forward their comments to the hurdles sub committee, as well, by emailing

**Wilma Perkins: [wilma1@froggy.com.au](mailto:wilma1@froggy.com.au)**

## Web-site statistics

A few statistics that I gleaned from the club web site visitor tracker:

Currently the site gets about 200 individual visitors each week.

During the four days of the National Championships the site received almost 1000 individual visitors!

Visitors to the site are mainly Australians, but there are logged visits from people in the USA, Japan, Germany, Sweden, Italy, Poland, France, UK, Canada, Finland, Holland, Switzerland, Czech Republic and NZ.

**John Stone**





## Club Clothing

Contact Maggie Flanders: 9314 7556

### Club Singlets:

New Style Yellow/Black - \$25  
(All sizes, Men's and Women's)

### T-Shirts:

Short Sleeve \$18. Grey in all sizes, White in limited sizes.  
Long Sleeve \$20. Grey in all sizes.

**Fleecy Wind Cheaters.** \$25 in all sizes.

**Caps** - White/Grey. Legionnaires Caps - White/Grey.  
Sun Visors - White/Grey/Black. All \$10. One size fits all.

Print Post Approval 644113/00007

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☐ Club Weekend Away ☐ Championship entry

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Signature.....