



VETRUN



MASTERS ATHLETICS WA NEWSLETTER

Patron: Bill Hughes - President: Val Millard - Correspondence: The Secretary MAWA, 11a Dandenong Rd, Attadale, WA 6156
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Some of the members of the very successful W.A. contingent pause for a photo at the National T & F Championships in Melbourne over the Easter weekend.

A full report on WA performances at the Nationals was carried in last month's *Vetrun*. However details of the WMA Non-Stadia Championships in Auckland which followed the Nationals were not available at that time - these may be found in the column alongside.

Subscriptions - A Reminder!

MAWA Annual Fees for the year 2004-5 were due to be paid by club members by March 2004. However a significant number of members have not as yet renewed their membership.

If you find a (X) next to your name on the address label on this issue of *Vetrun*, this signifies that your membership fee had not been received by the Treasurer as at the end of May, and for your convenience a Membership Form is enclosed. Your prompt attention to this would be appreciated - please note that future issues of *Vetrun* will be posted only to paid up financial members. Thank you.

Fifty years a Doctor and still going strong!

Cecil Walkley qualified as a medical practitioner in June 1954 and is still working at his practice in Subiaco with no immediate plans to retire!
Congratulations Cecil, on your 50th Anniversary.

Results in this Issue:

- WMA Non-Stadia Championships, Auckland, New Zealand
- Bunbury Marathon, 50k, Half Marathon, Half Marathon Walk
- Andy Wright - Southern River Sojourn - Weir Run - Deepwater Point
- McGillivray Oval - final Track & Field results

WMA NON-STADIA CHAMPIONSHIPS 2004

Manakau & Auckland, New Zealand

W.A. performances:
(Age group - Placing - Name - Time)

10k Road Race Walk

W 45 1 Lynette Ventris 0:49:23

W 60 2 Lynne Schickert 1:11:02

Teams

W 40 1 Schickert, Major, Ventris 2:58:46

20km Road Race Walk

W 45 1 Lynette Ventris 1:44:09

W 60 4 Lynne Schickert 2:37:44

Teams

W 35 1 Carr, Wilson, Ventris 5:54:05

W 60 1 Schickert, Purcell, McKinven 7:29:56

10km Road Run

M 55 12 John Doust 0:40:32

M 55 13 Brian Bennett 0:40:45

W 60 8 Margaret Bennett 1:06:28

Marathon

M 55 4 John Doust 3:21:37

Half Marathon

M 55 7 David Scott 1:25:15

M 55 9 Brian Bennett 1:30:05

M 55 12 John Doust 1:37:16

M 60 9 Bob Schickert 1:36:19

Cross Country Relay

M 45 2 Leg 1 Nick Fletcher 0:14:27

Leg 2 Peter Lyden 0:14:26

Leg 3 Brian Bennett 0:16:20

Leg 4 Phillip Bowes 0:13:25

Leg 5 Bob Schickert 0:16:50

Total time: 1:15:28

From the Committee

* The Entry Form for this year's Oceania Veteran Athletics Championships, which will take place in Raratonga from 21 to 27 October, is now available. Contact Bob Schickert for a copy (phone 9330 3803).

(Please note that the entry form on p.37 of the current AMA Handbook was only a draft one and is not to be used.)

* Further to the AGM report which was set out in the May *Vetrun*, the Club Treasurer's report for 2003-4 may be found on the opposite page.

* A new Race Director is required for the Teddy Birds Picnic (next running 20 March 2005). If you feel you may be able to help, please phone Jim Barnes on 9459 2617.

* You have received with this *Vetrun* an updated Program for 2004-5 (i.e. printed on pale blue paper). The main changes which have been made relate to the new list of Office Bearers following the AGM and to the total revamp of September. However a number of minor amendments have also been made to venues, distances and starting times, so please don't retain or refer to the previous 2004-5 Program (the one printed on cream paper).

A note to the Editor - from Queensland

If you happen to holiday on the Sunshine Coast, anywhere from Noosa, Coolum, Twin Waters, Maroochydore, Mooloobah or Caloundra, the University of the Sunshine Coast Athletics Club has almost year round competition in track and field at its Tartan track and also runs a series of cross-country and beach runs during the winter. The Club has quite a few Masters who compete regularly.

Feel like running? Contact Bryce Phillips on 07 5441 4775 during business hours.

You'll love running here in the cool of the autumn - spring - summer evenings (generally Saturday at 6.00pm) or without freezing your butt off in the mornings in winter. Cheers and good running.

For your diary - some future events outside WA:

18 - 29 August 2004:

Athens Olympic Games - Track & Field

16 - 23 October 2004:

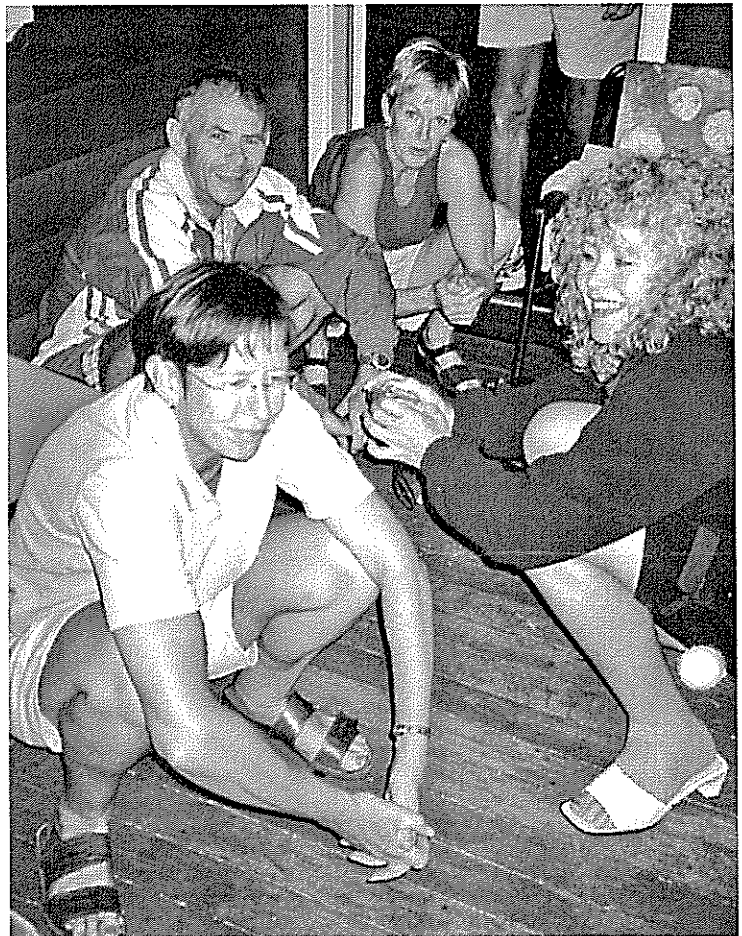
Alice Springs Masters Games

21 - 27 October 2004:

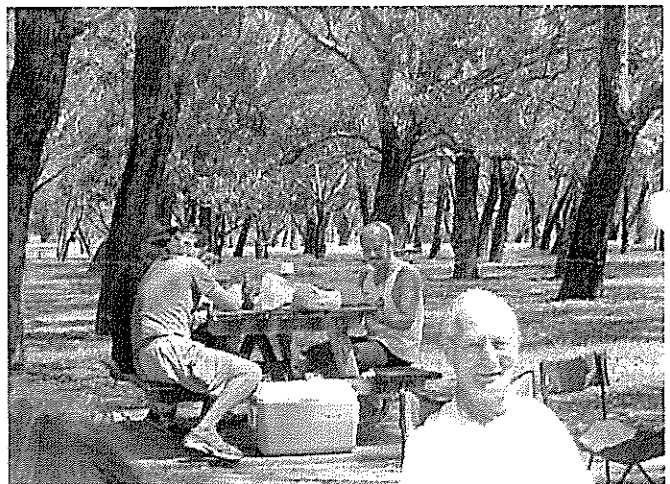
Oceania Veteran Athletics Championships - Raratonga

6 - 14 November 2004:

Pan Pacific Masters Games - Gold Coast



The above photo was taken at Wellington Mills. What on earth are they doing?! For an explanation go to Page 6.



Relaxing after a Perry Lakes training session!

Back Issues of *Vetrun*

The Editor has spare copies of all *Vetrun*s for the last 2 years - and indeed some issues before that. If you would like to obtain any back issues please contact him on jeffb Bowen@westnet.com.au or telephone 9382 2628.

MASTERS ATHLETICS WA - TREASURER'S REPORT 2003/2004

Statement of receipts and payments for the period 1 April 2003 to 31 March 2004:

Payments	\$	Receipts	\$
Vetrun - printing	4,126.88	Membership subscriptions	17,720.00
Vetrun - postage	1,288.82	Visitors' fees	1,732.25
Equipment purchases/repairs	1,596.73		
Clothing costs	4,624.43	Clothing sales	5,165.00
Medals & trophies	1,326.92		
Road race venues	651.74	Misc. (incl equipment hire)	697.75
Capitation fees	3,115.00	Interest - term deposits	789.38
Bank fees	1,809.71	Interest - main account	32.20
State track & field champs	4,675.57	State track & field champs	5,609.00
Fremantle Games	622.50	Fremantle Games	1,256.00
Morning teas (incl cups)	578.60	Morning teas	201.05
Stationery, stamps & phone	738.12	South Perth Fiesta Run	200.00
Track & field	1,552.35	Track & field entries	4,486.85
Athletica	275.00	Athletica	287.00
Purchase photocopier	1,295.00		
Web page expenses	250.96		
Miscellaneous	559.60		
<i>Refundable bonds:</i>		<i>Bonds refunded:</i>	
Shire of Kalamunda		Shire of Kalamunda	300.00
City of Canning	300.00		
<i>Camps:</i>			
Wellington Mills	1,647.00	Wellington Mills	1,650.00
Donnelly River (deposit)	250.00	Donnelly River	0.00
Dryandra	1,416.00	Dryandra	715.00
Rottnest (deposit)	272.25		
Lewana (deposit)	100.00		
<i>Social events:</i>			
Jorgensen Park	1,010.30	Jorgensen Park	1,520.00
Presentation day	1,996.00	Presentation day	2,680.00
Annual dinner dance	<u>1,964.00</u>	Annual dinner dance	<u>2,250.00</u>
	38,043.48		47,291.48
National Championships:		National Championships:	
Medals/badges	737.39	Sponsorship	11,739.41
Dinner cruise	7,460.00	Dinner cruise	1,008.00
Merchandise	3,708.76	Merchandise	2,227.00
Venue hire	6,714.94	WAVAC Administration fee	
AMA Administration fee	7,580.00	AMA Administration fee	20.00
Canteen etc	3,647.39	Temporary memberships	10.00
Postage, postage & phone	7,103.26	Miscellaneous	83.40
	74,995.22		62,379.29

Bank Reconciliation

Opening balance cash at bank & term deposits 1 April 2003	58,379.69
add: receipts for the year	<u>62,379.29</u>
	120,758.98
less: payments for the year	74,995.22
Closing balance cash at bank & term deposits 31 March 2004	45,763.76
<i>Represented by:</i>	
BankWest cheque account, Barrack Street - account 419661-5	28,701.00
less: outstanding cheques: chq 592: 20.00; chq 607: 60.00;	
chq 608: 189.00; chq 612: 49.34; chq 613: 137.00; chq 615: 40.00;	
chq 616: 496.00; chq 617: 991.10.	<u>1,982.44</u>
	26,718.56
BankWest term deposit 035-698506-7	12,618.54
BankWest term deposit 055-058066-9	6,426.66
	45,763.76

Margaret Bennett - Hon. Treasurer

(3)

Survey of Master Athletes

We have been approached by a PhD student, Pauline Palmer, who is conducting research into the training and motivation of athletes, swimmers and cyclists aged 50 and over. Her research takes the form of a comparative study between the UK and Australia.

Pauline has developed a short (three page) questionnaire and hopes that as many MAWA members as possible will participate in the survey.

So, if you're aged 50 or over, and would be prepared to spend a few minutes completing the questionnaire, please contact the Editor to obtain a copy:

(a) If you have access to the Internet, email < jeffbowen@westnet.com.au > and Jeff will send you a questionnaire which can be emailed on to Pauline after completion.

(b) If you're not on email, phone Jeff on 9382 2628. He will then post to you a questionnaire along with a stamped addressed return envelope.

Pauline hopes to finalise her research by January next year and therefore would appreciate the completion/return of questionnaires over the next few months. Any queries can be channelled through the Editor.

A Big Welcome to our New Members:

636	Veronica Maguire	W42
640	Diane Hawley	W49
641	Karen Simmons	W45
642	Mireille Tewfik	W57
643	Mike Taylor	M49

Apologies to Robyn and Marc, whose details were entered incorrectly in the May Vetrun:

628	Robyn Leighton	W45
534	Marc Evans	M41

Andy Wright 9.5.04 - Leo Hassam

10k Open Handicap		Clock	Hcap	Actual
Irene Ferris	W50	59:43	3:00	56:43
Tanya Burke	W30	1:00:46	4:00	56:46
Joe Stickles	M65	1:03:19	12:30	50:49
Liz Chandler	W30	1:04:08	8:30	55:38
Gillian Lees	W40	1:04:32	12:30	52:02
Gary McLean	M40	1:04:41	22:30	42:11
Chris Frampton	M35	1:04:46	26:00	38:46
Wendy Clements-Green	W60	1:04:53	8:00	56:53
Dan Bending	M60	1:04:58	12:00	52:58
Helen Lysaght	W50	1:05:05	12:40	52:25
Neil McRae	M50	1:05:07	24:45	40:22
Ed Barrett-Lennard	M50	1:05:08	15:00	50:08
Margaret Warren	W65	1:05:12	7:30	57:42
Margaret Langford	W55	1:05:14	19:30	45:44
John Smith	M65	1:05:18	9:20	55:58
Paul Hughes	M50	1:05:21	26:45	38:36
Franz Oswald	M55	1:05:30	14:30	51:00
Jim Langford	M55	1:05:33	28:10	37:23
Richard Danks	m60	1:05:35	14:00	51:35
Nick Miletic	M50	1:05:49	16:10	49:39
David Carr	M70	1:05:50	16:45	49:05
Ian Davies	M55	1:06:01	25:25	40:36
Irwin Barrett-Lennard	M75	1:06:02	17:15	48:47
Brian Danby	M55	1:06:03	21:00	45:03
Vic Beaumont	M70	1:06:05	7:30	58:35
Jim Halliday	M60	1:06:13	18:00	48:13
Brian Bennett	M55	1:06:14	24:55	41:19
Denise Lancaster	W50	1:06:15	7:00	59:15
John Ellard	M60	1:06:17	18:10	48:07
Paul Martin	M60	1:06:22	16:30	49:52
Jim Klinge	M55	1:06:40	24:20	42:20
Christine Engels	W45	1:06:45	12:00	54:45
John Allen	M45	1:06:53	24:30	42:23
Joan Osborne	W55	1:06:54	10:30	56:24
Mike Anderson	M55	1:06:54	14:00	52:54
Paul Burke	M30	1:07:24	20:40	46:44
Ann Turner	W65	1:07:31	9:10	58:21
Ray Hall	M70	1:07:31	12:30	55:01
Doug Ashfield	M45	1:07:36	22:40	44:56
Roger Walsh	M60	1:07:41	13:30	54:11
Gareth Brunt	M50	1:08:10	22:40	45:30
Johan Hagedoorn	M60	1:08:15	21:00	47:15
Merv Jones	M60	1:08:35	6:00	1:02:35
Joan Pellier	W60	1:08:53	06:00	1:02:53
John Dennehy	M40	1:09:34	13:15	56:19
John Brambley	M60	1:09:46	19:20	50:26
Wendy Duncan	W50	1:09:54	7:00	1:02:54
Maree Creighton	W50	1:09:55	10:00	59:55
Merv Moyle	M75	1:09:58	1:00	1:08:58
Shorty Turner	M65	1:10:36	0:00	1:10:36
Arnold Jenkins	M60	1:10:49	10:00	1:00:49
Brian Foley	M60	1:10:51	16:30	54:21
Margaret Bennett	W60	1:11:01	1:00	1:10:01
Jenni Shillington	W45	1:11:18	1:00	1:10:18
Bob Schickert	M60	1:11:36	23:30	48:06
Mike Hale	M55	1:11:37	22:30	49:07
Jeff Spencer	M60	1:12:54	10:00	1:02:54
Sheila Maslen	W65	1:14:39	0:00	1:14:39
John Doust	M55	1:21:10	23:40	57:30

10k Walk (Sealed Handicap)		Actual	Hcap	Adjusted
David Brown	M55	1:06:56	16:00	1:22:56
John Carrington	M65	1:13:23	14:00	1:27:23
Rex Bruce	M60	1:18:44	10:30	1:29:14

Val Millard	W55	1:06:42	17:00	1:23:42
Bev Whitfield	W40	1:15:58	15:30	1:31:28
Janis Malin	W55	1:16:58	14:45	1:31:43
Beryle Doust	W55	1:22:19	12:30	1:34:49

10k Non-handicap

David Muir	M55	0:46:37
Simon Mort	M45	0:49:15

5k

Henri Cortis	M55	22:02
Amanda Walker	W35	22:05
Colin Smith	M40	23:30
Fenella Gill	W40	24:13
Stan Lockwood	M70	27:36
Peter Airey	M65	27:59
Robert Antonioli	M50	28:49
Damien Hanson	M50	28:50
Roma Barnett	W50	30:22
Pierre Viala	M55	30:56
Julie Wood	W55	30:56
John Stone	M50	31:14
Jan Jarvis	W55	33:30
Kirt Johnson	M75	33:30
Ray Lawrence	M75	33:50
Dalton Moffett	M70	34:56
Elaine Ellard	W60	37:00

5k Walk

Rosa Wallis	W60	40:25
Jenny Smith	W45	40:48
Dorothy Whittam	W65	41:23
Patrica Hopkins	W60	43:32
Margaret Flanders	W65	45:16
Barbara Bailey	W70	46:27
John Bailey	M75	46:28
Norm Miller	M70	48:55
George Schaefer	M70	48:55
Keith Atkinson	M45	48:57
Pat Miller	W65	49:02
Jeff Whittam	M65	53:35
Veronica Maguire	W40	64:51

RESULTS:

10k handicap - Women

1. Irene Ferris
2. Tanya Burke
3. Liz Chandler

10k Handicap - Men

1. Joe Stickles
2. Gary Mclean
3. Chris Frampton

5k - Women

1. Amanda Walker
2. Fiona Gill
3. Julie Wood

5k - Men

1. Henri Cortis
2. Colin Smith
3. Stan Lockwood

10k Handicap Walk - Women

1. Val Millard
2. Bev Whitfield
3. Janis Malin

10k Handicap Walk - Men

1. David Brown
2. John Carrington
3. Rex Bruce

5k Walk - Women

1. Rosa Wallis
2. Jenny Smith
3. Dorothy Whittam

5k Walk - Men

1. Jack Bailey
2. Norm Miller
3. George Schaefer

Except for the fairly strong north wind, conditions for the Andy Wright Run this year were quite good. As promised, the rain didn't start until the last of the competitors had completed the course, which this year was slightly different on account of construction work at the southern end of the Mount Henry bridge and our wishing to make the course safer by avoiding roads where possible.

Thanks to all those who helped as officials, those who provided a sumptuous morning tea, and those who cleaned up the venue at the finish.

Special thanks to Andrew Cook who will be taking over directing this event from next year, and thanks to the Aquinas College lads who helped as officials.

Leo Hassam.

Editor's note:

After coordinating the Andy Wright Run for 19 years, Leo is now handing over to a new Race Director, Andrew Cook.

A big Thank You, Leo, from MAWA club members, for all your efforts on our behalf over the years.

HELPERS JUNE

13 June - Joondalup
M & M Warren 9305 5194
 Shirley Bell, Nola & Dan Bending,
 Peter Gare, Bruce Haustead,
 Jan Jarvis.

20 June - Darlington
Delia Baldock 9250 1650
 John Byrne, John & Elaine Ellard,
 Frank & Gail Gardiner, Mike Khan,
 Norm & Pat Miller, Joe Stickles.

27 June - 25km R/R Burswood
Wayne Pantail 9362 3715
 Thea Bailey, Debbie Dance,
 Guito Dumolard, Jackie Halberg,
 Arthur Leggett, Helen Lysaght,
 Peter Ryan, Joe Stickles,
 Morris & Marg Warren.

4 July - Bardon Bash
B & M Bennett 9275 0169
 Steve Dunn, Veronica Maguire,
 Denise Lancaster & Pierre Viala,
 Chris Maher, Trevor Robertson,
 Brian Smith.

11 July - Perth Marathon.
 Peter Airey, Helen Lysaght,
 Wayne Robinson.

(Deepwater Pt cntd)

Alison Aldrich	W60	45:28
Jenni Shillington	W45	46:04
Jan Jarvis	W55	48:40
Julie Wood	W55	49:15
Elaine Dance	W50	49:16
Pierre Viala	M55	51:27
Elaine Ellard	W60	52:14
Kate Patterson	W50	53:15
Toni Frank	W55	66:42

7.5k Walk

David Brown	M55	48:01
Val Millard	W55	48:27
John Carrington	M65	50:56
Lorraine Lopes	W60	50:56
Lynne Schickert	W60	53:10
Lorna Lauchlan	W70	54:42
Peter Ryan	M50	54:54
Stan Delandgraft	M75	55:21
Beryle Doust	W55	56:54
Dorothy Whittam	W65	57:19
Jeff Whittam	M65	62:11
Patricia Hopkins	W60	62:32
Maggie Flanders	W65	66:39
Jim Shaw	M55	70:20
Mary Heppell	W65	70:21
Keith Atkinson	M45	70:21
George Schaefer	M70	70:22
Norm Miller	M70	76:19

Final T & F Results:

McGillivray Oval 16.3.04

100m

M38 Michael Watson	13.1
M47 Guito Dumolard	13.2
M31 Gerard Kennedy	13.4
W39 Ann Heitman	14.0
M71 David Carr	15.1
W59 Peggy Macliver	15.4
M63 Ross Calnan	15.4
W48 Thea Bailey	16.2
M64 Jim Riddell	16.4
M56 Nick Bailey	16.4
M83 Don Freason	18.3
W72 Pat Carr	19.2

400m

M48 Alan Gower	63.8
W32 Toni Phillips	64.4
M39 Simon Jawichre	67.8
M38 Michael Watson	69.6
W41 Martina Murphy	76.3
M60 Keith Martin	68.2
M71 David Carr	69.5
W59 Peggy Macliver	72.5
W49 Thea Bailey	79.4
M64 Jim Riddell	84.5

800m

M38 Michael Watson	2.25
M49 Bernard Mangan	2.28
M62 Bert Carse	2.28.9
M47 Richard Boyd	2.53.3
W40 Denise McMorrow	2.44.4
M59 Ivan Brown	2.50.0
W59 Peggy Macliver	2.54.7
M71 David Carr	2.58.5
W49 Thea Bailey	3.01.2
M47 Doug Ashfield	3.12.6
M39 Simon Jawichre	2.42.9
W41 Martina Murphy	2.43.2
M62 Roger Whalan	3.15.2
M64 Jim Riddell	3.22.5
M70 Ray Hall	3.52.9
W62 Lynne Schickert	4.21.5
M79 Allen Tyson	4.46.5

1500m

M48 Alan Gower	4.51.0
M62 Bert Carse	5.04.6
M49 Bernard Mangan	5.06.0
W39 Niamh Keane	5.08.8
M38 Michael Watson	5.15.6
W41 Martina Murphy	5.27.8
M39 Simon Jawichre	5.54.2
W40 Denise McMorrow	6.00.1
W48 Thea Bailey	6.14.1
W44 Karyn Gower	6.15.5
M47 Doug Ashfield	6.18.4
M71 David Carr	6.29.7
M56 Nick Bailey	6.57.8
M47 Richard Boyd	7.01.7
W37 Jacqui Sanders	7.05.3
M70 Ray Hall	7.57.1
W57 Val Millard	9.26.4
W62 Lynne Schickert	10.46.2
W67 Dorothy Whittam	10.54.6
W74 Lorna Lauchlan	11.13.1

Les Beckham Long Jump

M30 Matt Staunton	5.52
W32 Toni Phillips	4.51
M60 Keith Martin	3.30
W72 Patricia Carr	3.17
W48 Thea Bailey	2.98
W62 Lynne Schickert	2.55

Discus

M63 Ed Carroll	39.00
M33 Mark Hamilton	38.07
W30 Tracey Brown	30.21
W33 Bec South	26.79
M31 Gerard Kennedy	25.75
M65 Bob Fergie	25.51
W32 Toni Phillips	21.64
M79 Allen Tyson	14.13
Hammer	
M50 Geoffrey Gee	34.86
W30 Tracey Brown	31.20
M33 Mark Hamilton	29.40
M65 Bob Fergie	28.03
W67 Dorothy Whittam	22.14
W33 Bec South	19.16

McGillivray Oval 23.3.04

100m

M67 David Clive	13.6
M39 Simon Jawichre	13.6
M45 Ian Sanders	14.0
M71 David Carr	17.3
W59 Peggy Macliver	15.2
W48 Thea Bailey	16.3
W72 Patricia Carr	18.2

200m

M67 David Clive	27.9
M36 Keith Edmonds	30.5
W59 Peggy Macliver	32.1
M71 David Carr	34.2
W48 Thea Bailey	34.3
M70 Bob Neville	34.7
M83 Don Freason	39.2
W72 Patricia Carr	42.7
M79 Allen Tyson	53.6

1500m

M49 Bernard Mangan	5.02.8
M45 Darryl White	5.05.0
M58 Bruce Wilson	5.25.1
M36 Keith Edmonds	5.30.5
M47 Doug Ashfield	5.33.9
M39 Simon Jawichre	5.41.6
M59 Ivan Brown	5.45.1
M71 David Carr	6.10.4
W31 Nathalie Bond	6.19.8
W48 Thea Bailey	6.24.1

M64 Jim Riddell	6.52.2
W33 Rebecca South	7.02.6
M45 Ian Sanders	7.06.6
W60 Val Prescott	9.27.2

1500m Walk

W57 Val Millard	9.33.9
M70 Ray Hall	10.06.9
M68 John Carrington	10.08.7
W67 Dorothy Whittam	10.54.5
W74 Lorna Lauchlan	10.59.4

3000m

M48 Alan Gower	10.28.4
M54 Duncan Macaulay	11.08.1
M45 Darryl White	11.26.0
M58 Bruce Wilson	11.34.8
M62 Bob Schickert	11.53.5
M47 Doug Ashfield	12.04.3
M59 Ivan Brown	12.26.6
M36 Keith Edmonds	13.24.2
M39 Simon Jawichre	13.27.9
W44 Karyn Gower	13.35.8
M56 Nick Bailey	13.38.9

3000m Walk

W57 Val Millard	19.14.3
M70 Bob Neville	21.02.4
M79 Allan Tyson	26.57.3

Les Beckham Long Jump

M45 Ian Sanders	3.95
M36 Keith Edmonds	4.37

Happy Birthday to our June Members!

Tracey Brown	31	still W30
David Carr	72	still M70
Wendy Clements-Green	62	still W60
Christopher Coates	51	still M50
Laurie Collett	73	still M70
Ian Davies	57	still M55
John Davies	60	→ M60
Kevin Davis	56	still M55
Keith Durrans	54	still M50
Marc Evans	42	still M40
Toni Frank	59	still W55
John Gleeson	66	still M65
Mark Hamilton	34	still M30
Anne Jones	51	still W50
Chris Kelly	52	still M50
Gillian Lees	42	still W40
June Lewis	56	still W55
Helen Lysaght	52	still W50
John Mack	63	still M60
Kylie Mahony	36	still W35
Shirley Milligan	67	still W65
Graeme Neill	44	still M40
Joan Osborne	56	still W55
David Reid	54	still M50
Ian Sanders	46	still M45
Jacqueline Sanders	38	still W35
Mark Sivyver	56	still M55
Barrie Thomsett	64	still M60
Jim Turnbull	68	still M65
Beverley Whitfield	43	still W40

Squatting!

Yes, in the photo they're squatting - under the guidance of Dr John Bell, who has the following to say about the activity:

"This from the most inflexible Masters member who tries hard to improve flexibility!

As runners over the years we tend to stiffen & tighten in joints, muscles, tendons and ligaments. People who live in third world countries with nil or less furniture and who sit cross legged or squat, generally have heaps better flexibility.

Squatting is a good stretch for calves, thighs, feet, and all joints of the lower limb. When you have finished in the loo, when talking to an animal or small child, when bending down to anything, squat a while. I believe it helps to do long static stretches rather than bouncing or quick stretches. Squatting helps to prevent injuries and if early niggles start, it will help earlier recovery".

The five most common running injuries are:

- Achilles tendonitis;*
- Chondromalacia (runner's knee);*
- Iliotibial band (ITB) syndrome;*
- Plantar fasciitis;*
- Shinsplints.*

Squatting, along with Stretching (see the article on the next page) is a very effective preventative measure against these injuries:-

Perform squats with your back against a wall. Bend your knees slowly to between 45 - 60°. Ensure that each knee travels over a line between your big and second toes. Hold each squat for a count of five seconds. Relax from the squat position slowly. Perform the exercise twenty times.

Stretching!

There seems to be an endless debate in the running world on whether stretching before and after a run is necessary or not. One camp suggests stretching avoids injury and protects the body from the harshness of the road, while the other camp believes stretching offers little benefits and in fact can actually cause injury.

So who's right? Well, both camps are right to a point. Stretching, when done properly, can decrease the chances of an injury but if not performed properly, can actually increase your chances of an injury. Stretching is one of the most important aspects of any training programme. It can protect the body from the severity of the road by reducing muscle soreness, risk of injury to muscles, joints and tendons and it can improve your athletic performance.

Care should be taken when stretching - if you stretch too quickly, the muscle can contract and increase tension, therefore, muscles should always be stretched slowly and the stretch should be held for approximately 20 - 30 seconds, this way the muscle tension falls and the muscle can be stretched further. When stretching, don't 'bounce' the muscle! It's a common mistake but doing it can pull or tear the muscle you're trying to ease. Don't stretch if you feel tightness in the muscle or if you feel any pain or discomfort.

Stretching should form part of your training session, both before and after, your run. Whilst you may not get the same kind of enjoyment from it as running, the benefits from stretching correctly can only improve your performance. Check the top ten stretches:

1. Calf Stretch

Position your body about three feet from a wall and stand with your feet at shoulder width. Place your hands on the wall with your arms straight for support. Lean your hips forward and bend your knees slightly to stretch your calves.

2. Leg Stretch

From the previous position, bend forward to lower your body to waist height. Bring one foot forward with your knee slightly bent. Lift the toes of the front foot to stretch the muscle under the calf. Stretch both legs.

3. Back Stretch

Grip your elbow with the opposite hand and gently push the elbow up and across your body until your hand reaches between your shoulder blades. Gently push on your elbow to guide your hand down your back as far as it will comfortably go, stretching your triceps and shoulders. Stretch both arms.

4. Hamstring Stretch

Lie down with one leg straight up in the air, the other bent with foot flat on the ground. Hook a towel over the arch of the lifted foot, and gently pull on the towel as you push against it with your foot. Push gently only to the point where you feel your muscles contract. Stretch both legs.

5. Quadriceps Stretch

Kneel on your knees (without resting back on your heels). Then lean back with your body erect and your arms to the side. Hold for 10 seconds.

6. Heel To Buttock

Stand on one foot, with one hand on a wall for balance. Hold the other foot with the opposite hand and raise the heel of the lifted foot to the buttocks (or as near as possible), stretching your quadriceps. Keep your body upright throughout. Repeat with the other leg.

7. Hip & Lower Back Stretch

Sit on the ground with your legs crossed. Lift your right leg and cross it over the left, which should remain bent. Hug the right leg to your chest and twist the trunk of your body to look over your right shoulder. Change legs and repeat

8. Hamstring & Back Stretch

Lie on your back with your knees bent. Hug your shins to your chest to stretch your hamstrings and lower back.

9. Quads and Lower Back Stretch

On your back and, with your feet flat on the ground, lift your hips up until your body forms a flat plane. Repeat this ten times for 30 seconds each to stretch your quads and lower back.

10. Groin Stretch

Seated, put the soles of your feet together. With your elbows on the inside of your knees, gradually lean forward and gently press your knees towards the ground.

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PURPOSE



The objective of the club is to encourage and promote masters' athletics, general fitness and to provide training and competition within the jurisdiction of the Athletic Association of WA. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social

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

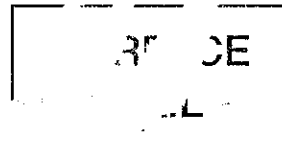
The format of the events allows contestants to be as competitive or social as they choose. Competition is in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

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1/37 Bombard Street, Ardross WA 6153.



D & J Whittam
49 Holland St
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Club Clothing

Contact Maggie Flanders: 9314 7556

Club Singlets:

THE NEW MASTERS RANGE IS NOW AVAILABLE

Club clothing in the new Masters livery:

- WINDCHEATERS \$25⁰⁰
- COMPETITION SINGLETS \$25⁰⁰
- LONG SLEEVED T-SHIRTS \$20⁰⁰
- SHORT SLEEVED T-SHIRTS \$18⁰⁰