



VETRIN



MASTERS ATHLETICS WA NEWSLETTER

May 2004

Number 362

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

The Club's Annual General Meeting was held on Monday 26 April with 53 members in attendance. The Minutes of the meeting may be found on page 2 and details of the new committee are shown in the adjoining column.

A message from the incoming President, Val Millard, is set out below:

"I am delighted to have been elected as President of Masters Athletics WA at the Annual General Meeting, as a result of Lynne Schickert standing down from the position to concentrate on her duties as National President of Australian Masters Athletics, Inc.

I ensure that the Club remains a vibrant and well run club consistently meeting its members' expectations, be it track and field, long distance road and cross country running, walking or social events, and in the promotion of masters athletics in Western Australia.

I am fortunate in having taken over the presidency of the Club from Lynne. It is comforting to know that her wealth of experience and knowledge is near at hand. We all owe Lynne a great debt for her commitment to the Club and to masters athletics nationally. Thank you Lynne for a superb job during your year as President and good wishes for your continuing presidency on the national scene.

The Club is fortunate in having a Committee prepared to continue unchanged from last year. Never has the Club's administration been in such capable hands as those of our Secretary, Bob Schickert. Bob is a truly motivating force because of his passionate enthusiasm for athletics. His commitment to masters athletics in this State was rewarded at the National Championships in Melbourne when he received a National award as Administrator of the Year. Congratulations, Bob.

With an experienced and capable Committee, complimented by hard working race directors, track and field managers and officials, and the army of helpers without whom the Club could not function, the continuing well being of the Club is assured. My role as President will be a pleasure.

Val Millard - 27 April 2004

Success in Melbourne and Auckland!

The WA contingent of 34 athletes arrived back after the Easter weekend at the National Championships clutching a total of 65 medals, including 26 Gold, 24 Silver and 15 Bronze! Individual highlights included Lyn Ventris's 23:56.62 in the 5000m walk (a new world record), Dave Carr's 2.29.64 in the 800m, Toni Phillip's 62.17 in the 400m and Tracey Brown's 34.10m in the Hammer Throw. A full report may be found inside.

Eight MAWA members then competed in the WMA Non-Stadia Championships in Auckland, returning with 17 medals, comprising 6 gold, 9 silver, 2 bronze. Again Lyn Ventris rewrote the record books with another world record in the 20km road walk of 1:44.09.

Well done everyone.

Office Bearers 2004-5

Patron

Bill Hughes

President

Val Millard 9315 1642

Vice President

Graeme Neill 9285 1181

Secretary

Bob Schickert 9330 3803

Treasurer

Roger Walsh 9245 3669

Committee

Jim Barnes 9459 2617

Committee

Barbara Blurton 9293 0190

Cmttee/Editor

Jeff Bowen 9382 2628

Email: jeffbowen@westnet.com.au

Committee

Damien Hanson 9383 4406

Auditor

John Mison

Officials:

Statistician

Campbell Till 9448 6224

AthleticA registrars

Val Prescott 9321 8585

David Carr 9339 8289

Handicapper

Kelth Atkinson 9313 1669

Clothing

Maggie Flanders 9314 7556

Sunday results

Barrie Thomsett 9276 6446

Email: bazza@vianet.net.au

Morning tea

Vic & Jacqui Beaumont 9419 1110

Website

John Stone 9310 1292

Email: john@netprojex.com.au

Please Note:

**There will be a Sausage Sizzle
after the Southern Sojourn on
Sunday 16 May.**

MASTERS ATHLETICS WA

MINUTES of ANNUAL GENERAL MEETING

held Monday 26 April 2004 at Hockey Club Rooms, Floreat

MEETING OPENED

The meeting commenced at 7.00 pm

ATTENDANCE

As per the attendance book, there were 53 members present, and 11 apologies. Not all were present during the entire meeting owing to some late arrivals.

MINUTES OF PREVIOUS MEETING

Moved Ann Turner seconded by Ernie Moyle that the minutes of the 2003 Annual General Meeting as published in the May 2003 Vetrin newsletter and the minutes of the Extraordinary General Meeting published in the June Vetrin newsletter be accepted. Carried.

MATTERS ARISING FROM MINUTES

Nil

REPORTS

President: The President reported to the meeting on the progress of the club commenting on the sustained growth in membership and on the innovation in various areas of activity such as clock hire, an additional track and field night, governance policies, sponsorship by B P Kwinana for State championships. The President thanked all who had contributed to another successful year particularly the committee and other members with specified responsibilities. The President's report was seconded by Paul Hughes and accepted by a round of applause.

Secretary: The Secretary's report was published in the April 2004 Vetrin newsletter.

Treasurer: In the absence of Margaret Bennett Treasurer, Bob Schickert, Secretary, presented the unaudited financial report for 1/4/2003 – 31/3/2004. The Treasurer had presented the accounts to the Auditor John Mison before her departure on a holiday. The Auditor was not in attendance this AGM however the Secretary reported that the Auditor was unable to finalise his work due to several (minor?) discrepancies. For example the Bank Reconciliation shows a bank balance of \$27,627.06 which is inconsistent with the figure the Auditor believes to be correct of \$26,718.56. The Treasurer will be available in about one week.

The Secretary advised the meeting that the 2003/4 accounts need to be considered with the 2002/3 accounts as most receipts for the April 2003 National championships in Perth are in the 2002/3 accounts and most payments are in the 2003/4 accounts. Apart from the Nationals the 2003/4 (unaudited) receipts were \$46,547.10 and payments \$37,189.98. Over the two years the national accounts show an excess of receipts over expenditure of \$6599.33

Moved Bob Schickert seconded Barry Jones that the Treasurer's report be accepted subject to satisfactory completion of the audit. Carried.

TROPHIES

- **Patron's Trophy** - this is awarded annually for the track and field points competition.

- **Men** David Carr
- **Women** Peggy MacLiver

- **Handicap Trophy** Jim Barnes
- **Achievement Award (formerly Reg Briggs Trophy)** nominees Brian Bennett, Val Millard and Gillian Young
Gillian Young

- **John Gilmour Trophy**
for most outstanding performance during 2003-2004

David Carr

(M71 800m 2:25.14 (e) – 97.47%)

24 performances by 12 athletes over 90% during the year were announced

- **Athlete of the Meet (WA Track & Field Championships)**

Barbara Blurton

(W54 800m 2:21:7 94.40%)

ELECTION OF OFFICE BEARERS

Nominee	Nominated	Seconded
President	Val Millard	Pam & Stephen Toohey, Elaine Dance
Vice President	Graeme Neill	Lynne Schickert, Bob Schickert
Secretary	Bob Schickert	Lynne Schickert, Graeme Neill
Treasurer	Roger Walsh	Bob Schickert, Val Millard
Committee		
Jim Barnes	Bob Schickert	Lynne Schickert
Barbara Blurton	Bob Schickert	Lynne Schickert
Jeff Bowen	Graeme Neill	Lynne Schickert
Damien Hanson	Bob Schickert	Lynne Schickert

Nominations were accepted by all members present at meeting and all office bearers were elected unopposed.

APPOINTMENT OF OFFICIALS

The following people were appointed to these positions by the meeting.

• Patron	Bill Hughes
• Newsletter production	Jeff Bowen
• Handicapper	Keith Atkinson
• Auditor	John Mison
• Statistician	Campbell Till
• Registrar, AthleticA summer	Valerie Prescott
• Registrar, AthleticA winter	David Carr

LIFE MEMBER

No nominations received for Life Membership.

NOTICES OF MOTION

No notices of motion were received to amend the Constitution.

GENERAL BUSINESS

Jim Barnes raised the issue of competition numbers being provided to all club members for wearing in events. Resolved that the committee arrange a trial of the use of numbers (both back and front) and examine other finish line matters with a view to minimising delays.

Proposed Campbell Till seconded Bob Schickert that country Athletes who are not members of MAWA be eligible for State Masters records provided they competed in the last MAWA State Track and Field Championships when they would have been required to take temporary club membership. Carried

Bob Schickert raised on behalf of Lorna Lauchlan a proposal that the scoring procedure for the road running and road walking championships be altered to age graded. Resolved that scoring would remain in the current format.

Irene Ferris raised the issue of marshalls wearing a uniform. Bob Schickert pointed out that the "SAFETY / RISK MANAGEMENT GUIDELINES FOR RACE DIRECTORS" which is issued to each Race Director provide for this and the vests are in the club equipment which is handed on each Sunday. These vests do not have the club name shown but they do make the marshalls clearly recognisable to competitors and other people in the area of the event.

Irene Ferris and Joan Pellier raised their concerns at the 8am starting time for events in April particularly the 16K events. Starting times in April was raised at the AGM in 2003 but following discussions with the two 16k event Race Directors, who are concerned at marking a course in the dark the committee decided to leave the starting time for April at 8am. Resolved that the committee re-examine the Sunday program in relation to heat/starting times/race distance to see if program changes could be made which would reduce the problem of longer runs in hot conditions.

(AGM Minutes continued)

Resolved that the committee re- examine the issue of the Vetrin to some club members by email rather than by post.

Lynne Schickert reported on the recent Australian Masters Championships in Melbourne where 25 WA athletes won 27 gold, 24 silver and 15 bronze medals. Three of the top five performances were by WA athletes.

Bob Schickert reported on the charges imposed in recent years by Municipal Councils. Melville have decided to cease charging us approximately \$60 each time we have an event in their area. This is very good news. Approval was sought for Bob Schickert to continue to negotiate with South Perth and Melville councils regarding MAWA assisting the councils with their annual fun runs and MAWA receiving a fee from the council and the opportunity to advertise our club activities. It was pointed out by Bob Schickert that for our Public Liability Insurance we require approval of the Insurers through Athletics Australia if we organise an event for the general public rather than for club members as we do each week. Resolved that negotiations could continue.

Several club members thanked the outgoing committee for their work during the year.

MEETING CLOSED

As there was no more business, the President thanked the members for their contribution and closed the meeting at 9.03 pm.

Bob Schickert

Secretary - Masters Athletics WA - 30/04/2004

Many thanks to Club Statistician Campbell Till for the following analysis of the State T & F Championships:

The newly named 'Anne Shaw Athlete of the Meet' was taken out this year by Barbara Blurton and graciously presented by Jim Shaw.

Barbara's time is the third fastest ever recorded in the world for her age division.

Lyn Ventris again kept to her very high standards and was less than ten seconds off her own World Record for her event.

Six athletes achieved the coveted 90+% this year.

As throwers and jumpers seem to be disadvantaged by the percentage system their best performers have been included in this table.

Barbara Blurton	W54 800m	2:21.7	94.40%
Lyn Ventris	W47 5k Walk	24:17.6	94.03%
David Carr	M71 800m	2:33.3	93.46%
David Carr	M71 400m	1:05.6	91.63%
Bert Carse	M62 2k StCh	7:44.40	91.52%
Peggy MacIver	W59 100m	15.1	91.39%
Peggy MacIver	W59 200m	30.7	91.24%
Peggy MacIver	W59 400m	1:09.8	90.57%
Barbara Blurton	W54 400m	1:06.8	90.42%
David Clive	M67 400m	1:02.5	90.00%
David Clive	M67 L Jump	4.71m	84.86%
Murray Tolbert	M57 L Jump	5.27m	81.33%
Pat Carr	W72 L Jump	3.20m	77.29%
Alex Cummings	M72 Weight	13.25m	69.99%
Kate Glass	W54 Shot	10.39m	67.08%
Ed Carroll	M63 Discus	40.66m	65.87%

Eighteen State Records were achieved in this year's competition.

Two throwers dominated, with Kate Glass setting 5 new marks and new comer Tracey Brown setting 4. Congratulations go out to both of you.

Previous marks are shown in italics.

MEN

Pentathlon M30	Mathew Staunton	2489 points
(2365 points, Wayne Bariolo, 2000)		
5000 metres M30	Paul Mitchell	15:37.9
(15:44.4, Paul Mitchell, 2003)		
5000 metres M30	Jon Kappler	15:39.0
(15:49.0, Frank Smith, 1983)		
2000m Walk M75	Stan Jones	13:24.0
(13:57.0, Dick Horsley, 1988)		
Weight Pentathlon M50	Geoffrey Gee	2935 points
(2488 pts, Murray Tolbert, 2000)		
Weight Pentathlon M70	Alex Cummings	3233 points
(3087 pts, Bill Chapman, 1987)		

WOMEN

2000m Walk W45	Robin King	10:23.0
(10:25.0, Rose-Marie Holloway, 2002)		
800 metres W50	Barbara Blurton	2:21.7
(2:24.23, Barbara Blurton, 2002)		
Shot W50	Kate Glass	10.39 metres
(8.59m, Dorothy Whittam, 1993)		
Heavy Weight W50	Kate Glass	12.17 metres
(11.94m, Kate Glass, 2003)		
Discus W50	Kate Glass	26.25 metres
(25.10m, Kath Holland, 1999)		
Javelin W50	Kate Glass	21.14 metres
(21.14m, Barbara Wilson, 2002)		
Weight Pentathlon W50	Kate Glass	3299 points
(2310 pts, Eileen Hindle, 2002)		
Weight Pentathlon W30	Tracey Brown	2383 points
(1814 pts, Sharon Maloney, 1996)		
Hammer W30	Tracey Brown	33.98 metres
(22.74 m, Sharon Maloney, 1996)		
Shot W30	Tracey Brown	10.04 metres
(9.99 m, M. Prior, 1990)		
Heavy Weight W30	Tracey Brown	10.81 metres
(10.30 Tracey Brown, 2004)		
Heavy Weight W55	Eileen Hindle	9.30 metres
(8.97, Eileen Hindle, 2004)		

A Proud Father!

Our congratulations to John Bell, whose 26 year old son Robin has been selected to represent Australia in the Canoeing C1 Slalom event in the Athens Olympics. The C1 Slalom class involves kneeling in the 4 metre canoe and using a single bladed paddle. A 440 metre salt water course of rapids incorporates 8 upstream and 16 downstream gates.

The Canoeing program commences on 17 August; Track & Field is scheduled for 18 - 29 August.

Results in this Issue:

Membership - Wireless Hill - Pagoda - Reabold Hill - Around Herdsman.
National T & F Championships
State T & F Championships - Pentathlon / Weight Pentathlon.
McGillivray T & F. McGillivray 10,000m Track Handicap

Letter to the Editor - from Jim Shaw

You will find reproduced below an article from the magazine South Metro which is the health services magazine distributed across the South Metropolitan Health Service.

On behalf of myself and family I sincerely wish to thank all friends in the running fraternity who helped to make this project possible by way of donations.

The opportunity is also taken to express heartfelt thanks to all for kind and supportive cards, words and for just being there since Ann's passing.

Love and thanks,
Jim

Marathon mum's memory honoured by family gift

The memory of Antoinette Shaw, described as the 'wonder woman of Masters Athletics', will be perpetuated thanks to a \$2000 donation to our physiotherapy department's gymnasium.

Antoinette, who held many world, Australian and State Master's running records, was treated at Fremantle Hospital before her death.

Her husband Jim and four children were so thankful of the special service she received from the physios (they singled out Cristina Chiari for special mention) that they requested monetary donations be made to buy equipment for our physios, instead of people sending flowers.

Now a large bench will be purchased and used in the future to treat hundreds of people requiring physiotherapy.

Jim said that donations had been made by many people, including members of the running fraternity, family and friends.

Mrs Shaw, who was given a personalised number plate "MUM-RUNS" by her four children, took up running in her mid-40s and won the Perth Marathon at the age of 47, the first of an unprecedented four wins in the event. She had won four gold medals at the National masters Games at Perry Lakes last year. Antoinette set 22 Australian records, 98 State records and seven world records during her career.

Jim visited Fremantle Hospital with his daughter Jodie, to present the \$2000 cheque and thank staff.

He recalled the amazing coaching performance of his wife with Daryl Howe, a Level 6 cerebral palsy sufferer. Antoinette set a rigorous training routine, including running up and down Jacob's Ladder in King's Park before he competed in the National Disabled Games in Canberra last year. Officials were dismayed to find Daryl entered in the 10km run saying he could not finish the course.

Daryl not only ran, he set a new world record for his class.

A Big Welcome to our New Members:

628	Robin Leighton	M45
629	Pieter De Klerk	M44
630	Marie De Klerk	W39
631	Keith Patterson	M53
632	Kate Patterson	W52
633	Patrick Smith	M40
634	Mark Evans	M41
635	Jennie Smith	W49
637	Martin Watkins	M57
638	Allyson Joseph	W44
639	David Joseph	M46

In memory of

Shirley Strickland de la Hunty.

(Reproduced by courtesy of The Australian)

*Famous for overcoming obstacles
She finally finds one she can't transcend.
Hit by the leading foot, a hurdle falls,
But this is a brick wall and spells the end.*

*Not that she hit too many. Most she cleared,
Her trailing leg laid effortlessly flat.
As in repose, at full tilt she appeared
Blessed with a supple grace. On top of that*

*She studied physics, took a good degree,
Had several languages to read and speak.
Alone, she wasn't short of company:
In company she shone. She was unique*

*Even among our girl Olympians
For bringing the mind's power and body's poise
To perfect balance. Ancient Greeks had plans
Along those lines, but strictly for the boys.*

*Her seven medals in three separate Games
Should have been eight, but she retired content.
In time she sold the lot to feed the flames
Of her concern for the Environment.*

*Civic responsibility: but one
Kind of pollution lay outside her scope
To counteract. The races she had run
Were won now by sad cyborgs fuelled with dope.*

*It started in the East. The State required
Results that only science could supply.
The female victims, suitably rewired
For victory, could do everything but fly.*

*And if some wept for how they changed, too bad.
The doctors did what they were ordered to
And told the chosen ones they should be glad:
Drink this, and it will make a man of you.*

The plague spread to the West, where money talked.

*Poor women, like poor men, had much to gain
Through muscle. The bad bottle was uncorked.
They plucked their chins and thought it worth
The pain.*

*Perhaps it was, yet one glimpse of Flo-Jo
Coiled in her starting blocks told you the cost.
Transmuted to a charging buffalo,
She mourned with painted nails for what she'd lost.*

*But more was lost than that. The time had come
When no one could be trusted any more
Because to play it straight seemed simply dumb,
And who remembered how things were before?*

*Desire beats scruple into second place,
Gratification makes a fool of thrift.
The only rules are Rafferty's. The race
Is to the sly that once was to the swift.*

*A brighter future, back there in the past,
Flared for a moment but it flickered out.
It speaks, our flag that flutters at half mast,
Of final silence. Let it silence doubt:*

*When Shirley raced, the wings on her spiked shoes
Were merely mythical, like Mercury's.
She did it unassisted, win or lose.
The world she did it in died by degrees*

*While she looked on. Now she is spared the sight
At last. The bobby-dazzler won't be back,
Who ran for love and jumped for sheer delight
In a better life and on a different track -*

We have too much if she is what we lack.

Clive James

A letter received on 13 April - from a member who sees no need to convey his name:

My wife and I went made one of our periodic visits to Hillarys Boat Harbour today. Since we were last there a concrete pavement inset with commemorative tiles has been laid. The tiles name the good and the great of WA from all walks of life. So we were particularly delighted to see that between that for Herb Elliott - Athlete and Graeme Wood - Cricketer was one for John Gilmour - Athlete. So more recognition for John.

Stop Press! Campbell Till's report on the Melbourne Nationals follows:

**Telstra Australian Masters T&F Championships
Olympic Park Melbourne 9-12 April 2004**

A large contingent of over 30 athletes from Western Australia made the journey to Melbourne for this year's National Championships.

Many outstanding performances were made but the highlight was Lyn Ventris' effort in the 5000m Walk.

It's not often you get to witness a **World Record**, so congratulations go to Lyn for her mighty effort. She sliced about 13 seconds off her own record with a time 23 mins 56.62 secs.

In addition to her 5000m Walk Lyn's 10k Road Walk was age-graded greater than 95%. This stratospheric level was also achieved by 800 metre runners Barbara Blurton and David Carr.

In all ten performances of greater than 90% were achieved. Further highlights included David Clive's victory in the Champion of Champions Sprint Handicap Trophy.

Also of note is the emergence of Kate Glass in the throwing events. She has been making rapid improvements lately and this culminated in her 92.1% performance in the Weight Throw.

In total WA athletes took home 26 Gold medals, 24 Silver and 15 Bronze along with 17 new State Records. Apart from these measures a great team atmosphere prevailed at this very well run event so it all added up to quite a memorable trip.

100M SPRINT

5 KENNEDY GERARD 31	13.35	73.8%
4 KENNEDY BRENDAN 35	12.22	81.8%
8 MCGOWAN CRAIG 35	13.23	75.5%
10 DAVEY SHANE 35	13.72	72.8%
3 CLIVE DAVID 67	13.61	91.7%
4 FREARSON DON 83	18.33	81.7%

1 CHOATE LYNNE 51	14.31	86.4%
2 MACLIVER PEGGY 60	14.90	89.1%
1 CARR PATRICIA 72	17.33	86.4%

100M AGE HCAP

1 CLIVE DAVID 67	10.86
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200M SPRINT

4 KENNEDY GERARD 31	27.31	72.2%
7 KENNEDY BRENDAN 35	25.01	80.2%
5 MARTIN KEITH 60	29.02	82.6%
2 CLIVE DAVID 67	27.45	92.7%
1 CARR DAVID 71	30.28	87.4%
3 FREARSON DON 83	39.09	79.2%

1 BLURTON BARBARA 54	28.36	91.0%
2 CHOATE LYNNE 51	30.34	83.0%
1 MACLIVER PEGGY 60	31.09	87.4
1 CARR PATRICIA 72	41.17	75.2%

400M SPRINT

4 TILL CAMPBELL 46	55.89	86.0%
6 DYBDAHL BJORN 50	1:05.77	75.2%
6 CORTIS HENRI 58	1:00.84	86.6%
2 CLIVE DAVID 67	1:04.43	89.0%
1 CARR DAVID 71	1:05.80	91.1%

1 PHILLIPS TONI 32	1:02.17	78.1%
2 BLURTON BARBARA 54	1:02.39	93.0%
1 MACLIVER PEGGY 60	1:09.16	88.9%

800M RUN

5 HAUSTEAD BRUCE 40	2:26.50	73.9%
5 TILL CAMPBELL 46	2:14.12	84.3%
4 CORTIS HENRI 58	2:19.24	89.7%
2 CARSE BERT 62	2:26.01	88.8%
7 FOLEY BRIAN 60	2:36.97	81.0%
1 CARR DAVID 71	2:29.64	95.7%
5 TYSON ALLEN 79	4:41.12	57.1%

2 PHILLIPS TONI 32	2:39.89	71.3%
5 KEELEY JULIE 37	3:17.28	60.1%
2 BLURTON BARBARA 54	2:24.86	95.0%
1 MACLIVER PEGGY 60	2:53.46	84.5%

1500M RUN

3 CORTIS HENRI 58	4:58.19	84.9%
1 CARSE BERT 62	4:56.15	88.8%
5 FOLEY BRIAN 60	5:37.59	76.4%
1 CARR DAVID 71	5:41.65	85.2%

5000 M RUN

9 HAUSTEAD BRUCE 40	18:49.92	71.5%
6 DYBDAHL BJORN 50	18:38.50	77.9%
4 SCHICKERT BOB 62	20:42.97	77.9%

6 KEELEY JULIE 37	24:27.27	60.3%
4 PRESCOTT VALERIE 60	32:43.66	55.7%

10000M RUN

6 HAUSTEAD BRUCE 40	39:13.06	71.0%
3 DYBDAHL BJORN 50	37:10.07	80.8%
2 SCHICKERT BOB 62	41:47.94	79.9%

2 KEELEY JULIE 37	51:04.20	59.6%
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400M HURDLES

1 PHILLIPS TONI 32	1:08.00	78.3%
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3000M STEEPLE

2 DYBDAHL BJORN 50	11:51.75	80.4%
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2000M STEEPLE

2 SCHICKERT BOB 62	8:31.79	83.0%
3 TYSON ALLEN 79	16:15.82	58.1%

1 SCHICKERT LYNNE 62	12:50.91	66.1%
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8KM C/COUNTRY

6 HAUSTEAD BRUCE 40	32:36.0
4 DYBDAHL BJORN 50	31:45.0
2 SCHICKERT BOB 62	34:04.0
5 FOLEY BRIAN 60	41:37.0
4 TYSON ALLEN 79	75:21.0

6 KEELEY JULIE 37	41:58.0
4 PRESCOTT VALERIE 60	62:37.0

5KM TRACK WALK

1 VENTRIS LYN 47	23:56.62	95.4%
3 MILLARD VALERIE 57	31:55.26	78.2%
6 SCHICKERT LYNNE 62	34:51.74	75.4%

10KM ROAD WALK

1 VENTRIS LYN 47	48.54	95.1%
3 MILLARD VALERIE 57	1:05.01	78.2%
6 SCHICKERT LYNNE 62	1:11.01	75.3%

LONG JUMP

3 TILL CAMPBELL 46	5.27	71.9%
5 HANSON DAMIEN 50	3.88	55.9%
2 MARTIN KEITH 60	4.78	78.7%
3 CLIVE DAVID 67	4.51	81.7%

1 PHILLIPS TONI 32	4.65	63.7%
1 SCHICKERT LYNNE 62	2.39	50.4%
1 CARR PATRICIA 72	3.18	77.5%

TRIPLE JUMP

5 MARTIN KEITH 60	9.34	74.7%
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1 SCHICKERT LYNNE 62	5.93	62.2%
1 CARR PATRICIA 72	6.82	84.2%

HIGH JUMP

4 MARTIN KEITH 60	1.30	73.8%
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DISCUS THROW

2 HAMILTON MARK 33	35.19	49.4%
2 DAVEY SHANE 35	24.71	34.7%
11 HANSON DAMIEN 50	20.32	30.8%

2 BROWN TRACEY 30	30.96	41.9%
6 TAYLOR MARG 53	19.59	38.6%
8 CHOATE LYNNE 51	17.95	33.7%
7 PRESCOTT VALERIE 60	15.83	37.0%

JAVELIN THROW

2 HAMILTON MARK 33	39.32	42.5%
7 HANSON DAMIEN 50	28.13	41.8%

9 PRESCOTT VALERIE 60	13.71	32.2%
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HAMMER THROW

2 HAMILTON MARK 33	32.64	39.2%
3 DAVEY SHANE 35	23.58	28.3%

1 BROWN TRACEY 30	34.10	56.8%
1 GLASS KATE 54	41.81	88.9%

WEIGHT THROW

1 HAMILTON MARK 33	12.47	50.2%
3 DAVEY SHANE 35	8.03	33.3%

1 BROWN TRACEY 30	12.18	77.0%
2 GLASS KATE 54	12.79	92.1%

SHOT PUT

2 HAMILTON MARK 33	11.81	53.2%
4 DAVEY SHANE 35	8.40	37.8%

2 BROWN TRACEY 30	10.25	47.7%
6 TAYLOR MARG 53	8.28	51.1%

100M RELAY (220+)

4 WESTERN AUSTRALIA 52.56 CLIVE DAVID, MARTIN KEITH, CORTIS HENRI, TILL CAMPBELL.

400M RELAY (220+)

3 WESTERN AUSTRALIA 4:08.76 CLIVE DAVID, CARR DAVID, CORTIS HENRI, TILL CAMPBELL.
2 WESTERN AUSTRALIA 4:52.35 MACLIVER PEGGY, CHOATE LYNNE, VENTRIS LYN, BLURTON BARBARA.

PENTATHLON

3 DAVEY SHANE 4.17,22.56,28.15,23.53,6:48.75 Age 35
Points 1370
3 HANSON DAMIEN 4.01,24.56,32.37,20.36,6:49.59 Age 50
Points 1676

WEIGHT PENTATHLON

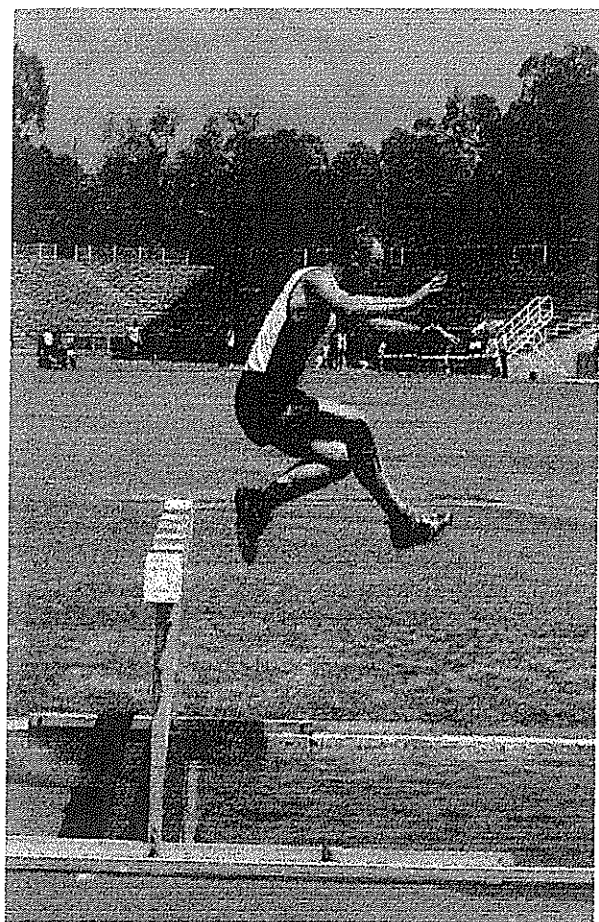
2 HAMILTON MARK 31.72, 12.76, 34.69, 37.09, 12.14 Age 33
Points 2560
2 DAVEY SHANE 22.37, 8.43, 24.55, 0.00, 7.02 Age 35
Points 1275

2 BROWN TRACEY 29.84, 10.00, 30.21, 18.05, 11.10 Age 30
Points 2422
3 GLASS KATE 39.99, 9.30, 21.42, 20.73, 10.58 Age 54
Points 3207

A Bunch Of TOSSERS

Our new Winter Throwers Group will commence on 15 May and meet every Saturday from 9.30am to 11.30am at Perry Lakes Stadium.

Any inquiries to Damien Hanson on 9383 4406 or just turn up.



**Blakeney Tindall at
the water jump**

An Update from the Karras

Hi all,

Just a quick message to keep you updated on events. We have noticed that the 2005 World Masters Games is in Edmonton, about 370km from us here. Although our fitness is waning somewhat, we will ensure you have an adequate cheer squad for those who attend.

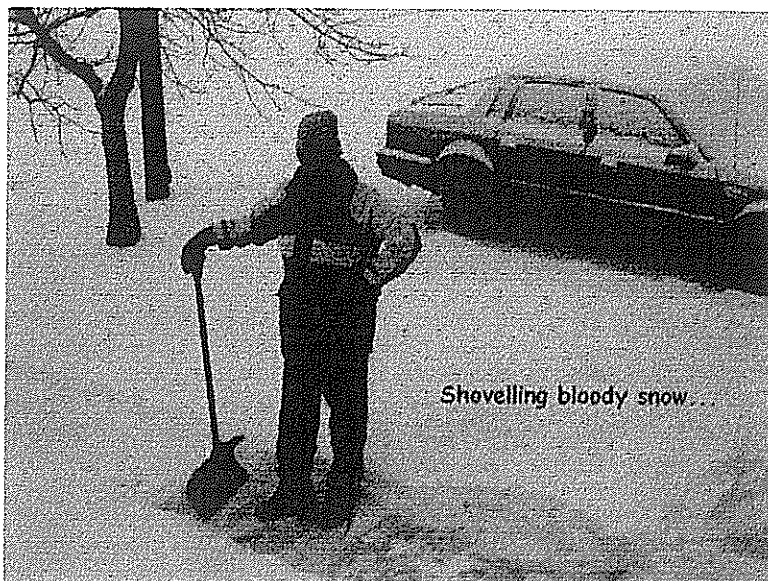
Weather is finally warming up, sometimes even into the +ve region. Skiing is harder than it looks, as is the snow sometimes. We are busy trying to recruit for the WA Masters Athletics group, only managed to recruit snow-men lately, not good for summer or Perth in general.

We're training for the Calgary Marathon in July (well...about to start training!!!). Closefully followed by the Edmonton marathon in August (should do one or the other). We have attached a photo for your amusement of us just before one of our training runs. We hope you all get a laugh from it.

Take care of yourselves and keep those feet moving.

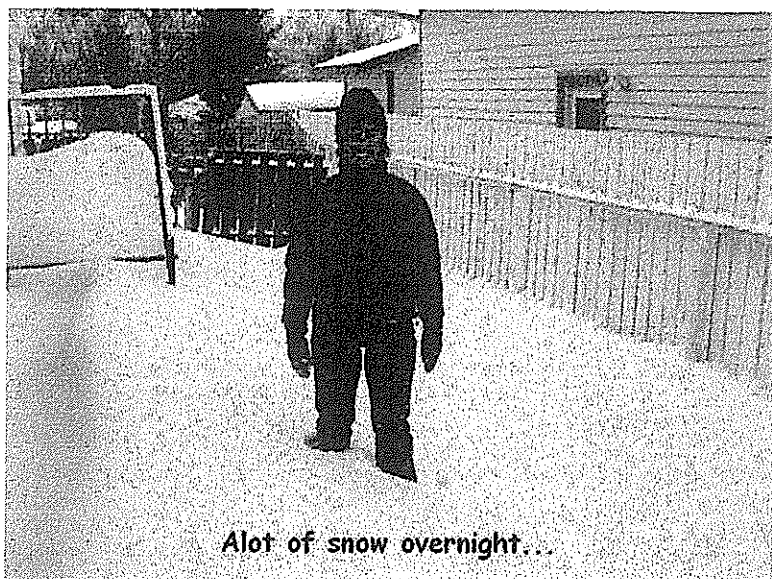
Regards,
Mike and Paula Karra

Mike



Shovelling bloody snow...

Paula



Alot of snow overnight...

Mike and Paula



Membership Run 04.4.04**Brian Danby****11.6km Run**

Darryl White	M45	46:20
Bruce Haustead	M40	47:46
Colin Chisholm	M40	48:27
John Allen	M45	48:30
Neil McRae	M50	51:11
John Bell	M55	51:52
Johan Hagedoorn	M60	53:24
Mark Sivyer	M55	54:05
Wayne Taylor	M40	55:10
Simon Mort	M45	55:48
Keith Atkinson	M45	56:07
John Ellard	M60	56:15
Mike Khan	M55	56:45
Graham Thornton	M60	56:48
Gillian Young	W55	57:01
Nick Miletic	M50	57:31
Robert Sheehy	M55	58:49
Paul Lewis	M55	60:09
Richard Danks	M60	61:15
Franz Oswald	M55	61:27
Shirley Bell	W55	61:43
John Dance	M50	61:48
Ed Barrett-Lennard	M50	63:12
Ann Turner	W65	64:34
John Smith	M65	65:32
Brian Hunter	M55	66:02
Pamela Toohey	W55	66:26
Denise Lancaster	W50	67:06
Margaret Warren	W65	68:01
Joan Osborne	W55	69:26
Mick Malone	M50	70:23
Jo Richardson	W50	72:26
Merv Jones	M60	74:52
Debbie Dance	W35	82:46
Margaret Bennett	W60	82:51
Shorty Turner	M65	82:51
Laurie Collett	M70	82:53
Janis Malin	W55	93:01
Beryle Doust	W55	93:03

5km Run

Stephen Dunn	M35	17:42
Brian Bennett	M55	19:12
Bob Schickert	M60	19:29
David Baird	M60	19:45
Gareth Brunt	M50	20:18
Milton Mavrick	M50	20:41
Mike Hale	M55	21:46
Ivan Pilton	M60	22:58
David Carr	M70	23:13
Sean Keane	M35	23:14
Thea Bailey	W45	23:51
Brian Foley	M55	23:55
Paul Martin	M60	24:04
John Najar	M50	24:33
Mike Anderson	M55	24:38
Dan Bending	M60	25:11
Jim Riddell	M60	25:42
Michael Faunge	M65	27:06
Wendy Clements-Green	W60	27:07
Arnold Jenkins	M55	27:09
Vic Beaumont	M70	27:32
Elaine Dance	W50	27:33

Graeme Neill	M40	27:34
Roger Walsh	M60	27:57
Aldo Giacomini	M65	27:58
Jim Barnes	M60	28:26
Merv Moyle	M75	29:02
Kirt Johnson	M70	30:27
Lynne Schickert	W60	31:38
Elaine Ellard	W60	33:20
Jan Jarvis	W55	33:26
Roma Barnett	W50	33:26
Kate Patterson	W50	33:31
Ray Lawrence	M75	34:20
Sheila Maslen	W65	34:25
Pierre Viala	M55	34:25
Allen Tyson	M75	39:02
Julie Wood	W55	39:31
Steve Toohey	M50	40:00
Frank Usher	M80	41:09
Phyllis Farrell	W55	41:36

11.6km Walk

Val Millard	W55	79:03
Lorraine Lopes	W60	83:13
John Carrington	M65	86:36

5km Walk

Lorna Lauchlan	W70	38:01
Patricia Hopkins	W60	41:12
Glenda Pontifex	W45	41:17
Nola Bending	W55	44:21
Maggie Flanders	W65	45:13
Alan Pomery	M70	45:16
Barbara Bailey	W70	45:53
John Bailey	M75	45:54
Norm Miller	M70	47:31
Pat Ainsworth	W65	48:58
Mary Heppell	W65	49:10
Leo Hassam	M70	49:10
Telsey Hatwell	W65	49:28
Rex Bruce	M60	54:07
Ernie Moyle	M75	55:06

Good weather greeted us this year. Thanks to all my helpers, especially those on the table who stood in at the last minute. The suggestion, re water stops will be answered by moving the station to Sues corner, so you can get to it twice.

A great day - until next year...

Brian and Sue

Wireless Hill 11.4.04**Denise Lancaster****10km Run**

Jim Langford	M55	35:41
Chris Maher	M50	36:08
Chris Frampton	M35	37:08
Bernard Mangan	M45	37:20
Andrew Cook	M35	37:58
Bruce Wilson	M55	39:33
Neil McRae	M50	40:27
David Baird	M60	40:42
Gary McLean	M40	41:03

Gareth Brunt	M50	42:03
Doug Ashfield	M45	42:18
John Bell	M55	42:25
Mike Hale	M55	42:32
David Muir	M55	42:38
Ivan Pilton	M60	43:08
Mark Sivyer	M55	43:14
Johan Hagedoorn	M60	43:32
Ivan Brown	M55	43:46
Jim Halliday	M60	44:13
John Pressley	M55	44:35
Barry Jones	M45	44:39
Brian Danby	M55	45:19
Wayne Taylor	M40	45:32
Keith Atkinson	M45	45:52
Don Pattinson	M50	45:54
Mike Khan	M55	47:07
Sean Keane	M40	47:24
Gillian Young	W55	47:30
Paul Martin	M60	49:02
Irwin Barrett-Lennard	M70	49:18
Shirley Bell	W55	49:40
Richard Harris	M65	51:51
Richard Danks	M60	51:03
John Dance	M50	51:35
Helen Lysaght	W50	51:53
Ed Barrett-Lennard	M50	53:04
Christine Engels	W45	53:35
Jim Barnes	M60	53:43
Ann Turner	W65	54:00
Joan Osborne	W55	54:26
John Smith	M65	54:42
Pamela Toohey	W55	54:50
Liz Chandler	W30	58:04
Tanya Burke	W30	59:38
Vic Beaumont	M70	60:36
Jo Richardson	W50	61:50
Shorty Turner	M65	66:44

5km Run

Christopher Coates	M50	18:55
John Cresp	M50	19:01
Amanda Walker	W35	19:19
John Brambley	M60	21:55
Graeme Neill	M40	23:13
Mike Anderson	M55	24:29
Roger Walsh	M60	24:41
Bob Sammells	M65	25:04
Dick Blom	M70	25:36
Ray Hall	M70	25:40
Troy Lundgren	M50	25:44
Arnold Jenkins	M55	26:16
Andrew Cook	M35	27:07
Roma Barnett	W50	27:12
Elaine Dance	W50	29:07
Kirt Johnson	M75	29:47
John Stone	M50	30:02
Steve Toohey	M50	30:57
Debbie Dance	W35	31:43
Merv Moyle	M75	31:57
Ray Lawrence	M75	31:58
Sheila Maslen	W65	36:16
Jenni Shillington	W45	37:07
Mary Heppell	W65	46:20

10km Walk

Lorna Lauchlan	W70	80:15
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5km Walk

Dorothy Whittam	W65	40:41
Glenda Pontifex	W45	41:57
Rosa Wallis	W60	41:58
Maggie Flanders	W65	43:35
Lorraine Lopes	W60	46:21
Bev Whitfield	W40	48:29
Ernie Moyle	M75	60:16

What a glorious morning for our Easter run. A good turnout, 90 odd people (odd ?? could be). The Buns disappeared quickly, and a real Easter bunny appeared, much to everyone's delight.

A huge thank you to my wonderful helpers, without whom, the run would not be possible: Margaret and Brian, Norm and Pat, Rob Sheehy, Barrie and Vic on the computer, Dalton, Pierre & Nick. Also Julie & Christine on the buns...

Denise Lancaster

Pagoda Run 18.4.04**Jackie Halberg****16km Run**

Chris Maher	M50	60:13
Stephen Dunn	M35	63:41
Andrew Cook	M35	68:19
Alan James	M50	69:05
Bruce Haustead	M40	69:25
Gary McLean	M40	70:16
David Baird	M60	70:34
Mike Hale	M55	70:56
Jim Klinge	M55	71:20
Doug Ashfield	M45	73:25
Trevor Robertson	M50	73:48
Johan Hagedoorn	M60	74:05
Mark Sivyer	M55	74:18
Milton Mavrick	M50	74:51
Brian Danby	M55	77:22
Wayne Taylor	M40	78:34
Vic Waters	M55	78:34
Gillian Young	W55	79:08
Phil Baker	M35	79:16
Mike Khan	M55	79:21
Simon Mort	M45	79:29
Keith Miller	M55	80:28
Keith Atkinson	M45	80:56
John Ellard	M60	81:15
Jim Halliday	M60	81:47
Nick Miletic	M50	82:22
Helen Lysaght	W50	85:52
Joe Stickles	M65	86:20
Richard Danks	M60	87:30
Helen Lysaght	W50	85:52
Joe Stickles	M65	86:20
Richard Danks	M60	87:30
Helen Lysaght	W50	85:52
Joe Stickles	M65	86:20

Richard Danks	M60	87:30	10km Walk		
Jim Barnes	M60	91:13	John Mack	M60	57:56
Ann Turner	W65	91:52	Leo Hassam	M70	70:53
Joan Osborne	W55	92:15	Norm Miller	M70	70:54
Dan Bending	M60	92:15	David Brown	M55	73:57
Irene Ferris	W50	94:02	Bev Whitfield	W40	78:01
Pamela Toohey	W55	94:58	Lorna Lauchlan	W70	82:35
Margaret Warren	W65	95:39	Beryle Doust	W55	82:35
Vic Beaumont	M70	99:04	Jim Shaw	M55	92:01
Tanya Burke	W30	1:42:03			
Elaine Dance	W50	1:42:51	5km Walk		
Denise Lancaster	W50	1:44:48	Rosa Wallis	W60	41:44
Jo Richardson	W50	1:47:28	Patricia Hopkins	W60	41:48
Shorty Turner	M65	1:47:50	George Schaefer	M70	41:51
Joan Pellier	W60	1:48:23	Nola Bending	W55	45:10
			Maggie Flanders	W65	46:06
			Barbara Bailey	W70	46:16
			John Bailey	M75	46:17
			Glenice Shanahan	W75	61:52

10km Run

Jim Langford	M55	38:39
Bruce Wilson	M55	40:25
Ivan Brown	M55	45:57
Barry Jones	M45	46:53
Paul Martin	M60	49:15
Irwin Barrett-Lennard	M70	49:31
Richard Blurton	M50	50:29
Graeme Neill	M40	52:12
W. Brambley	M60	52:41
Ray Attwell	M65	52:49
Roger Walsh	M60	54:37
Ray Hall	M70	54:40
John Dennehy	M40	54:48
Liz Chandler	W30	56:12
Wendy Clements-Green	W60	57:54
Aldo Giacomini	M65	58:30
Arnold Jenkins	M55	61:57
Roma Barnett	W50	62:11
Merv Jones	M60	63:01
Julie Wood	W55	65:55
Ray Lawrence	M75	68:07
Laurie Collett	M70	70:55
Steve Toohey	M50	71:07
Sheila Maslen	W65	72:10

5km Run

Ian Davies	M55	20:13
Henri Cortis	M55	21:29
W. Fisher	M50	24:02
Brian Foley	M60	24:32
Mike Anderson	M55	25:07
Leonie Jones	W40	25:24
Jim Riddell	M60	26:02
Dick Blom	M70	26:14
Delia Baldock	W40	26:26
Bob Sammells	M65	26:50
Michael Faunge	M65	27:24
John Stone	M50	28:13
Kirt Johnson	M75	32:43
Elaine Ellard	W60	34:49
Ron Spencer	M60	35:09
Phyllis Farrell	W55	38:51
Frank Usher	M80	41:42

18km Walk

Val Millard	W55	80:05
Lorraine Lopes	W60	88:00
Janis Malin	W55	93:44
Peter Ryan	M50	94:00
John Carrington	M65	94:01

Reabold Hill 25.4.04

Dick Blom

9.23km Run

Jim Langford	M55	36:09
Chris Frampton	M35	37:14
Bernard Mangan	M45	38:51
Neil McRae	M50	39:32
Bruce Haustead	M40	39:58
Geoff Barrett	M40	40:04
Duncan McAuley	M50	40:06
Rob Colton	M40	40:07
Jim Klinge	M55	40:17
John Allen	M45	40:49
Gary McLean	M40	40:55
David Baird	M60	41:07
John Bell	M55	41:43
Andrew Cook	M35	42:03
Trevor Robertson	M50	42:07
Ivan Pilton	M60	42:09
Mike Hale	M55	42:33
Gareth Brunt	M50	43:12
Mark Sivyler	M55	44:01
Milton Mavrick	M45	44:51
Blakeney Tindall	M40	45:07
Wayne Taylor	M40	45:20
Jim Halliday	M60	45:33
Margaret Langford	W55	45:49
Gillian Young	W55	47:17
John Pressley	M55	47:34
John Ellard	M60	48:29
Robin King	W45	48:50
Paul Lewis	M55	50:56
David Carr	M70	50:58
Julie Keeley	W35	51:05
Ed Barrett-Lennard	M45	51:58
Shirley Bell	W55	52:12
Richard Harris	M65	52:27
Brian Smith	M60	52:47
John Byrne	M55	54:08
Sean Keane	M35	54:14
John Dennehy	M40	54:32
Christine Engels	W45	54:49
John Smith	M65	60:23
Jo Richardson	W50	62:49

5.18km Run

Stephen Dunn	M35	19:54
Jeff Lindhorst	M40	24:10
Johan Hagedoorn	M55	26:28
Graeme Neill	M40	26:44
Brian Foley	M55	27:28
Thea Bailey	W45	28:03
Mike Anderson	M55	28:05
Leonie Jones	W40	29:15
Barry Jones	M45	29:16
Bob Sammells	M65	29:45
Michael Faunge	M65	29:55
Wendy Clements-Green	W60	30:06
Ray Hall	M65	30:23
Dan Bending	M60	30:35
Pamela Toohey	W55	30:48
Jim Barnes	M60	30:51
Aldo Giacomini	M65	30:55
Val Millard	W55	31:01
Stan Lockwood	M70	31:28
Robin Leighton	W45	31:35

Fraser Deanus	M60	31:38
Fiona McAuley	W50	33:20
Steve Toohey	M50	36:20
Pierre Viala	M55	36:31
Jackie Halberg	W55	36:52
Denise Lancaster	W50	38:07
Ray Lawrence	M75	38:08
Jenni Shillington	W45	39:44
Mary Young	M75	39:46
Sheila Maslen	W65	41:28
Pat Carr	W70	44:08
Elaine Ellard	W60	47:52
Julie Wood	W55	47:53

9.23km Walk

John Carrington	M65	40:54
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5.18km Walk

Beryle Doust	W55	40:52
George Schaefer	M70	52:13
Keith Atkinson	M45	52:14
Pat Ainsworth	W65	57:11
Leo Hassam	M70	57:12
Ernie Moyle	M75	65:32

92 runners and walkers turned up on this beautiful sunny morning, ideal conditions, even the walkers used the course for their event. The Langford's shared first places in the long run and Steven Dunn came first in the short run. No one got lost this year, thanks to my marshalls Bob Sheehy and Frank Smith. I would like to thank all my other helpers, it would not be the same without them. Hope to see you all again next year!!
Dick Blom.

A Recipe for Disaster!

Last month's *Vetrun* carried Graeme Neill's recipe for the Sticky Date Pudding which had been such a great success at Wellington Mills.

Unfortunately in transcribing this recipe from an email your editor left out a rather important ingredient - the 1¼ cups of chopped dates!

Hopefully experienced cooks will have soon worked out what was required!

A grovelling apology Graeme! Ed.

10,000m Track Hcp 29.4.04

D & J Whittam

		Clock	H/cp	Time
Graham Thornton	M60	62:02	17:00	45:02 *
Jim Barnes	M60	62:32	9:00	53:32
John Dennehy	M40	62:45	11:00	51:45
Ray Hall	M70	63:01	10:35	52:26
John Ellard	M60	63:19	16:30	46:49
Jim Langford	M55	63:41	27:00	36:41 (2)
Bruce Wilson	M55	63:46	25:00	38:46 (3)
David Carr	M70	64:02	16:00	48:02
Ian Davies	M55	64:26	25:00	39:26
Milton Mavrick	M50	64:39	21:00	43:39
Gillian Young	W55	64:49	15:45	49:04
Nick Miletic	M50	64:52	16:00	48:52
Chris Maher	M50	65:02	28:30	36:32 (1)
Barry Jones	M45	65:03	20:48	44:15
Brian Danby	M55	65:36	21:30	44:06
Geoff Barrett	M40	65:45	24:30	41:15
Doug Ashfield	M45	65:46	23:00	42:46
Gareth Brunt	M50	65:46	23:30	42:16
David Baird	M60	65:55	23:10	42:45
Wayne Taylor	M45	65:56	20:20	45:30
Cecil Walkley	M75	66:13	12:00	54:13
Bruce Haustead	M40	66:44	24:00	42:44
Karen Riley	W40	66:45	20:00	46:45
Jo Richardson	W50	66:59	3:30	63:29
Gary McLean	M40	66:59	24:30	42:29
John Bell	M55	67:14	22:50	44:24
Sean Redden	M35	68:06	21:00	47:06
Brian Hewitt	M50	68:29	27:30	40:59
Simon Jawichre	M35	69:58	20:30	49:28

* Handicap Winner

This year there was a record entry of 37, with 31 starting, and 29 finishing.

The weather as usual was cool (20deg at 6pm). No wind, and a heavy dew.

Our thanks to all who came along and helped officiate, lap scoring, numbers, drink station. Without you, we would not be able to run the event.

Congratulations to Graham Thornton, the Handicap winner. It is not often the Handicapper makes it onto the Podium. He only just beat Jim Barnes, who had his best run for quite a while, with John Dennehy in third place. Fastest time going to Chris Maher 36:32, just ahead of Jim Langford 36:41, and Bruce Wilson 3rd, in 38:46.

Thanks to, Barrie for recording and computerizing of results, to Graham Neil for bringing the clock, and to Brian Danby for bringing the BBQ.

Quite a lot stayed back for the BBQ. Nobody showed any mercy to Cecil Walkley, even though it was his 75th Birthday, though we did sing Happy Birthday, and had him blow out the candles on his cake before the start of the run.

Dorothy & Jeff

Around Herdsman Lake 02.5.04

J & M Langford

8km Run

Stephen Dunn	M35	30:10
Bjorn Dybdahl	M50	30:56
Keith Rimmer	M60	30:57
Terri Burrows	W30	31:11
Lachlan Marr	M40	31:13
Duncan McAuley	M50	31:16
Neil McRae	M50	32:45
Jim Klinge	M55	33:01
John Allen	M45	33:14
David Baird	M60	33:21
John Cresp	M50	33:49
Ralph Henderson	M55	33:58
Blakeney Tindall	M40	34:47
John Bell	M55	35:10
Milton Mavrick	M50	35:14
David Muir	M55	35:19
Mark Sivyer	M55	35:22
Doug Ashfield	M45	35:26
Amanda Walker	W35	35:37
Brian Danby	M55	35:45
Graham Thornton	M60	36:27
Bob Schickert	M60	37:08
Gareth Brunt	M50	37:22
Jim Halliday	M60	37:37
Frank Gardiner	M50	37:39
Wayne Taylor	M45	38:14
Sean Keane	M40	38:14
Gillian Young	W55	38:30
Graeme Neill	M40	38:31
Paul Martin	M60	38:39
Wayne Bates	M55	38:58
Johan Hagedoorn	M60	39:17
Ed Barrett-Lennard	M50	39:44
Paul Lewis	M55	40:10
John Ellard	M60	40:14
Richard Danks	M60	40:27
Margaret Neil	W55	40:58
Mike Anderson	M55	40:59
Roger Walsh	M60	41:12
Franz Oswald	M55	41:19
John Dance	M50	41:25
Troy Lundgren	M50	42:39
Dan Bending	M60	42:53
Joan Osborne	W55	43:55
John Smith	M65	44:03
Bob Sammells	M65	44:22
Ray Hall	M70	44:41
Pamela Toohey	W55	45:02
Michael Faunge	M65	45:36
Denise Lancaster	W50	46:30
Fiona McAuley	W50	48:31
Kirt Johnson	M75	49:22
Elaine Dance	W50	49:28
Merv Jones	M60	49:42
Julie Wood	W55	49:56
Jo Richardson	W50	51:05
Mary Young	W50	51:06
Merv Moyle	M75	52:40
Debbie Dance	W35	53:54
Rhod Wright	M50	54:41
Pierre Viala	M55	57:09
Sheila Maslen	W65	68:30

5km Run

Barbara Blurton	W50	23:42
Thea Bailey	W45	25:32
Peter Airey	M65	25:33
John Dennehy	M40	25:37
Delia Baldock	W40	26:28
Robin Leighton	W45	30:11
Elaine Ellard	W60	34:42
Alan Pomeroy	M70	42:26

8km Walk

Lorraine Lopes	W60	61:26
John Carrington	M65	61:26
Janis Mallin	W55	61:27
Ron Spencer	M60	62:31
Lorna Lauchlan	W70	62:33
Rosa Wallis	W60	68:30

5km Walk

Val Millard	W55	32:41
David Brown	M55	33:52
Mike Hale	M55	37:23
John Frost	M65	37:31
Patricia Hopkins	W60	40:01
Dorothy Whittam	W65	40:12
Jennie Smith	W45	42:11
Sue Wells	W50	43:45
Maggie Flanders	W65	44:44
John Bailey	M75	45:32
Jeff Whittam	M65	46:12
Allen Tyson	M75	48:40

It was always intended that we would have an 8km run and a 5km walk. For some unknown reason the program lists a 4km event. It has never been 4km! We now realise that some people want to run 5km (or is it 4km) and some want to walk 8km. Next year we will think about making the options clearer. We may also need to change the route slightly to allow for some changes to the tracks.

In spite of some competing events there was a good turn out. The weather was perfect (for running). When is this dam fine weather going to finish?

Thanks to our helpers, Chris Engles, Gary McClean, Stan Lockwood, Bernadette Height, Glenda Pontifex, David Morgan, Bob de la Motte and John Cresp. Also thanks to Barrie Thomsett for working out the results.
Margaret and Jim

MAWA 2004 State Championships

Pentathlon - Men

	Pts	LJ	JT	200	DT	1500
M301 Matt Staunton	2489	5.40m (461)	40.19m (445)	24.9 (594)	29.00m (445)	5:02.8 (544)
M35						
1 Simon Jawichre	1609	4.39m (310)	16.04m (118)	26.9 (510)	18.48m (244)	5:28.6 (427)
2 Shane Davey	1397	3.95m (230)	28.29m (292)	27.7 (451)	24.07m (349)	7:04.7 (75)
M40						
1 John Dennehy	1338	3.60m (206)	18.83m (178)	29.4 (411)	17.02m (217)	6:08.1 (326)
M50						
1 Rob Antonioli	2158	4.17m (427)	19.59m (230)	31.2 (437)	18.46m (243)	5:02.5 (821)
M55						
1 Murray Tolbert	3004	5.28m (833)	33.18m (539)	27.4 (780)	26.28m (442)	6:40.8 (410)
M60						
1 Peter Gare	3041	4.48m (686)	30.74m (522)	28.4 (775)	34.18m (632)	6:53.8 (426)
M65						
1 Leon Sander	2680	3.79m (565)	22.58m (402)	30.1 (720)	23.31m (448)	6:41.4 (545)
2 Bob Fergie	1655	3.52m (477)	23.94m (435)	37.7 (273)	24.20m (470)	DNF (0)

Pentathlon - Women

	Pts	LJ	JT	200	DT	800
W30						
1 Toni Phillips	1822	4.50m (428)	17.53m (243)	29.6 (493)	20.69m (290)	2:59.7 (368)
2 Rebecca South	1414	3.40m (180)	28.28m (444)	32.0 (337)	21.79m (310)	3:29.0 (143)
W40						
1 Sharon Maloney	1423	3.39m (248)	19.08m (305)	31.20 (505)	22.40m (365)	4:33.2 (0)
W55						
1 Eileen Hindle	2686	4.05m (688)	18.72m (456)	32.3 (807)	20.31m (446)	3:45.7 (289)
W60						
1 Ruth Johnson	2379	3.01m (401)	12.66m (328)	35.8 (692)	13.43m (303)	3:17.0 (655)
2 Luella Jenkins	2099	2.84m (340)	16.24m (445)	38.8 (518)	18.18m (442)	3:53.3 (354)
3 Lynne Schickert	1052	2.45m (214)	10.13m (246)	48.0 (130)	10.73m (226)	4:11.4 (236)

Weight Pentathlon - Men

	Pts	HT	SP	DT	JT	WT
M30						
1 Mark Hamilton	2432	28.74m (330)	11.76m (592)	35.82m (580)	35.63m (379)	11.76m (551)
2 Matt Staunton	2396	36.55m (456)	10.47m (514)	32.89m (522)	39.00m (428)	10.42m (476)
M35						
1 Shane Davey	1537	20.38m (198)	8.41m (391)	24.52m (358)	25.40m (250)	7.80m (340)
M45						
1 John Everard	1836	32.46m (487)	7.87m (411)	20.87m (308)	21.80m (254)	7.36m (376)
2 Ian Sanders	1251	12.73m (116)	7.29m (373)	20.23m (295)	19.74m (219)	5.37m (248)
M50						
1 Geoffrey Gee	2935	32.79m (483)	12.24m (730)	33.36m (531)	33.15m (477)	13.16m (714)

	Pts	HT	SP	DT	JT	WT
2 Damien Hanson	1389	18.18m (211)	6.43m (329)	19.13m (256)	21.84m (270)	6.90m (323)
M65						
1 Bob Fergie	2799	25.87m (529)	8.57m (643)	26.06m (516)	24.64m (451)	10.86m (660)
2 John Sutton	2232	18.43m (338)	7.28m (528)	26.84m (535)	21.73m (382)	7.89m (449)
3 Robert Chalmers	2074	17.58m (316)	8.37m (625)	22.45m (427)	18.17m (299)	7.29m (407)
M70						
1 Alex Cummings	3233	33.47m (741)	8.74m (568)	31.29m (750)	18.70m (337)	12.97m (837)

Weight Pentathlon - Women

	Pts	HT	SP	DT	JT	WT
W30						
1 Tracey-Anne Brown	2383	33.46m (577)	9.25m (480)	28.92m (442)	16.77m (229)	10.81m (655)
W40						
1 Sharon Maloney	2015	24.65m (538)	7.77m (471)	25.89m (437)	10.90m (141)	6.38m (428)
W50						
1 Kate Glass	3299	34.09m (769)	10.17m (801)	26.25m (544)	18.14m (378)	12.17m (807)
2 Carey Dickason	1551	18.80m (354)	5.43m (369)	13.26m (230)	13.18m (251)	6.12m (347)
W55						
1 Eileen Hindle	2555	24.29m (566)	6.71m (542)	19.94m (436)	17.02m (407)	8.69m (604)
W60						
1 Luella Jenkins	2336	17.68m (428)	6.63m (603)	15.96m (376)	16.52m (455)	7.62m (474)
2 Ruth Johnson	2044	18.08m (441)	5.32m (459)	14.64m (338)	12.52m (323)	7.73m (483)
W65						
1 Dorothy Whittam	2995	21.78m (653)	6.72m (700)	14.97m (402)	16.45m (518)	9.59m (722)

HELPERS MAY

9 May. Andy Wright.

Leo Hassam / Andrew Cook 9365 2800

Phil Baker, Ed Barrett-Lennard, Toni Frank, Jackie Halberg, Ray Lawrence, Lorna Lauchlan, Sara McLaren-Kennedy, Ernie Moyle, Peter Ryan, Peter & Sue Sanders, Frank Usher.

16 May. Southern Sojourn. (Sausage Sizzle afterwards)

Laclan Marr 9398 6429

Wayne Bates, Sid Bowler, Chris Frampton, Ray Hall, John & Jennie Smith, Rhod Wright.

23 May Weir Run. Chris Coates 9256 1004

Sid Bowler, Elizabeth Chandler, Arthur Leggett, Chris Kelly, Keith & Kate Paterson, Don & Chris Pattinson, Mike Polkinghorne.

30 May. Deepwater Pt. Dalton Moffett 9474 7799 (wk)

Ray Atwell, Marc Evans, Aldo & Audrey Giacomini, Leo Hassam, Bernadette Height, Ray Lawrence, Don & Chris Pattinson.

6 June. Uni 15k/8k. Gary Fisher 9361 3798

Lorraine Lopes, Julie Keeley, Bernard Mangan, Robyn & Vance Mitsopoulos, Kevin Payne, Moreland Smith, Rosa Wallis.

TRACK & FIELD RESULTS

McGillivray Oval 24.02.04

200m

M39	Simon Jawichre	27.5
M40	Rob Colton	27.5
M45	Ian Sanders	30.5
M71	David Carr	30.8
M60	Keith Martin	31.2
W59	Peggy MacIver	31.3
W31	Nathalie Bond	31.9
M63	Ross Calnan	32.7
M64	Jim Riddell	35.7
W38	Ann Heitman	33.8
M70	Bob Neville	34.1
W48	Thea Bailey	34.8
W37	Jacqui Sanders	36.0
W71	Patricia Carr	41.5

400m

M57	Henri Cortis	61.8
M40	Rob Colton	62.4
W31	Toni Phillips	65.3
M71	David Carr	65.9
M39	Simon Jawichre	66.5
W31	Nathalie Bond	70.5
W59	Peggy MacIver	71.9
M45	Ian Sanders	72.9
M59	Ivan Brown	78.5
W48	Thea Bailey	79.0
M64	Jim Riddell	88.7
M69	John Carrington	102.1

1500m

M45	Darryl White	5.03.6
M49	Bernard Mangan	5.08.1
M58	Bruce Wilson	5.09.0
M40	Rob Colton	5.15.7
M47	Doug Ashfield	5.29.4
M39	Simon Jawichre	6.04.7
M50	Damien Hanson	6.51.8
M64	Jim Riddell	7.09.6

3000m

M58	Bruce Wilson	10.54.1
M49	Bernard Mangan	10.57.8
M45	Darryl White	11.34.2
M47	Doug Ashfield	11.34.2
M57	Henri Cortis	12.00.0
M59	Ivan Brown	12.10.1
M40	Rob Colton	13.17.0
W48	Thea Bailey	13.37.9
M62	Bob Schickert	14.43.4
M39	Simon Jawichre	14.49.4
W37	Jacqui Sanders	16.15.3
M45	Ian Sanders	17.52.1

1500m Walk

W57	Val Millard	9.25.3
W62	Lynne Schickert	9.40.1
M69	John Carrington	10.18.1
W37	Jacqui Sanders	10.46.8
W67	Dorothy Whittam	10.55.5
W73	Lorna Lauchlan	11.02.2

3000m Walk

W57	Val Millard	20.02
W62	Lynne Schickert	20.35.3
W73	Lorna Lauchlan	22.47.9

Les Beckham Long Jump

M60	Keith Martin	4.19
M45	Ian Sanders	4.07

M50	Damien Hanson	3.67
M63	Ross Calnan	3.31
W72	Patricia Carr	3.11

Discus

M62	Ed Carroll	40.61
M33	Mark Hamilton	38.54
M30	Matt Staunton	31.23
W31	Nathalie Bond	21.54
M50	Damien Hanson	21.32

Shot

M33	Mark Hamilton	12.30
M62	Ed Carroll	10.60
M30	Matt Staunton	9.85
W30	Tracey Brown	9.38
W31	Toni Phillips	7.60
W67	Dorothy Whittam	7.18
W48	Thea Bailey	5.85

McGillivray Oval 2.3.04

100 Metres

M44	Peter De Klerk	14.3
M40	Rob Colton	14.4
M45	Ian Sanders	14.5
M60	Keith Martin	14.5
W38	Ann Heitman	14.8
W33	Rebecca South	15.9
M63	Ross Calnan	15.9
W59	Peggy MacIver	16.2
M70	Bob Neville	16.4
W37	Jacqui Sanders	17.0
W48	Thea Bailey	17.2
W72	Patricia Carr	18.9
M79	Allen Tyson	22.3

400 Metres

M44	Peter De Klerk	58.6
M58	Henri Cortis	61.8
M54	Duncan McAulay	62.7
M38	Michael Watson	63.6
M40	Rob Colton	63.7
M48	Alan Gower	65.3
W32	Toni Phillips	65.8
M36	Keith Edmonds	74.9
M71	David Carr	70.7
W31	Nathalie Bond	71.3
W59	Peggy MacIver	72.7
M50	Milton Maverick	79.4
W33	Rebecca South	83.0
M70	Bob Neville	83.6
M64	Jim Riddell	86.2
W72	Patricia Carr	1.57.9

800 Metres

M30	Dirk Klicker	2.17.6
M58	Henri Cortis	2.22.0
M45	Darryl White	2.33.9
M36	Keith Edmonds	2.40.3
W32	Toni Phillips	2.40.8
M47	Doug Ashfield	2.44.2
M47	Richard Boyd	2.38.0
M58	Bruce Wilson	2.39.0
M50	Milton Maverick	2.48.2
W31	Nathalie Bond	2.48.6
W59	Peggy MacIver	2.59.8
M59	Ivan Brown	3.02.7
M56	Nick Bailey	3.05.3
M71	David Carr	3.09.1
M40	Rob Colton	2.25.5
M45	Ian Sanders	3.05.1
M64	Jim Riddell	3.22.4

W37	Jacqui Sanders	3.31.1
W62	Lynne Schickert	4.21.9
W60	Valerie Prescott	4.50.1

3000m

M30	Dirk Klicker	10.31.1
M48	Alan Gower	10.47.3
M45	Darryl White	11.01.4
M38	Michael Watson	11.13.7
M58	Bruce Wilson	11.14.2
M54	Duncan McAulay	11.34.1
M62	Bob Schickert	11.38.4
M36	Keith Edmonds	11.44.9
M47	Doug Ashfield	11.56.5
M59	Ivan Brown	12.07.4
M40	Rob Colton	12.24.1
M50	Milton Maverick	12.50.8
M71	David Carr	13.01.9
W44	Karyn Gower	13.19.1
W48	Thea Bailey	13.58.5
M56	Nick Bailey	13.59.4
W52	Fiona McAulay	17.10.6

3000m Walk

W57	Valerie Millard	19.26.4
W60	Valerie Prescott	21.16.2
W62	Lynne Schickert	21.48.8
W74	Lorna Lauchlan	22.24.2
M79	Allen Tyson	24.49.6

Les Beckham Triple Jump

W62	Lynne Schickert	6.07
M45	Ian Sanders	8.37
W72	Patricia Carr	6.22

Javelin

W31	Nathalie Bond	19.51
W33	Rebecca South	20.36
M65	Bob Fergie	22.30
M68	John Sutton	21.34
M30	Matt Staunton	35.55
M10	Dale Hamilton	25.61
M33	Mark Hamilton	34.44

Discus

W33	Rebecca South	24.20
W31	Tracey Brown	29.44
M65	Bob Fergie	26.54
M50	Damien Hanson	19.74
M30	Matt Staunton	33.11
M10	Dale Hamilton	17.15
M33	Mark Hamilton	39.70
M65	John Sutton	25.34
W31	Nathalie Bond	22.56
W32	Toni Phillips	16.80

McGillivray Oval 9.3.04

200 metres

M30	Matt Staunton	26.2
M63	Barrie Kernaghan	27.7
W32	Toni Phillips	28.8
M63	Peter Gare	28.9
M60	Keith Martin	29.5
M45	Ian Sanders	30.7
W59	Peggy MacIver	31.4
M63	Ross Calnan	32.5
M56	Nick Bailey	33.6
M59	Ivan Brown	34.2
W48	Thea Bailey	35.1
M64	Jim Riddell	35.6
M83	Don Freason	40.0
W72	Pat Carr	40.7
M79	Allen Tyson	48.7

400 metres

M54	Duncan McAulay	61.6
M38	Michael Watson	62.8
M63	Barrie Kernaghan	63.1
M39	Simon Jawichre	66.3
W32	Toni Phillips	64.5
M45	Ian Sanders	74.6
M58	Bruce Wilson	79.9
W59	Peggy MacIver	72.0
M56	Nick Bailey	76.1
W48	Thea Bailey	80.8
M64	Jim Riddell	82.3

1500m

M58	Henri Cortis	4.59.8
M38	Michael Watson	5.03.5
M49	Bernard Mangan	5.06.0
M30	Matt Staunton	5.31.6
M47	Doug Ashfield	5.35.3
M59	Ivan Brown	5.43.3
M64	Jim Riddell	7.03.3
M70	Ray Hall	7.44.7
M45	Ian Sanders	7.45.1
W60	Val Prescott	9.07.1

3000m

M48	Alan Gower	10.27.8
M49	Bernard Mangan	10.51.0
M58	Bruce Wilson	11.07.5
M54	Duncan McAulay	11.29.1
M62	Bob Schickert	11.35.2
M47	Doug Ashfield	11.54.2
M59	Ivan Brown	12.25.2
M71	David Carr	12.37.7
M39	Simon Jawichre	12.48.3
W48	Thea Bailey	13.07.0
W44	Karyn Gower	13.11.3
W53	Fiona McAulay	16.33.9
W62	Lynne Schickert	20.17.8
W74	Lorna Lauchlan	22.12.1

1500m Walk

W57	Val Millard	9.19.5
W62	Lynne Schickert	9.29.8
M69	John Carrington	10.05.8
W67	Dorothy Whittam	10.46.6
W74	Lorna Lauchlan	10.48.1

Les Beckham Long Jump

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

Discus

M63	Ed Carroll	39.43
M33	Mark Hamilton	36.48
M63	Peter Gare	35.99
M30	Matt Staunton	34.82
W30	Tracey Brown	29.63
W32	Toni Phillips	21.28
M50	Damien Hanson	18.97
W60	Valerie Prescott	15.75

Javelin

M30	Matt Staunton	39.70
M33	Mark Hamilton	37.26
M63	Peter Gare	32.35
W30	Tracey Brown	18.97
W32	Toni Phillips	11.86
W60	Valerie Prescott	11.75

Good news for the Immune System

Intense training and heavy exercise have been linked with a damping down of immune system activity, leaving some athletes more vulnerable to infections. It's thought that this may be because of a link with stress - heavy exercise stimulates the release of stress hormones (such as adrenaline) into the bloodstream.

This can be useful and positive - giving you an extra edge of energy. But above a certain level, your body thinks it's in a dangerous 'fight or flight' situation, such as our ancestors might have encountered while hunting down the supper.

In this scenario, two main things seem to happen - firstly, the body is geared up to carry out an intensive burst of physical activity. Secondly, it prepares itself for potential injuries. Now, it's actually beneficial to have your immune system turned down somewhat after an injury - there'll be less inflammation. So, if you have a grueling training schedule, your body may respond by suppressing immune system activity.

If stress is a factor in inhibiting athletes' immune systems, would a stress-reducing technique offset the effect?

Norwegian researchers recently put this to the test. Twelve male runners were recruited - all were exercising regularly and taking part in at least one running competition longer than 10,000 meters per year. The men were then randomly divided into two groups of six. One group was taught a seven-week meditation course, using a meditation technique whereby a simple sound is repeated for 30-minute sequences. The other group (the control group) didn't practice any kind of meditation or relaxation technique..

Six months then elapsed before clinical investigations took place - the meditators continuing to practice the meditation technique regularly over this time.

To test if this was having any effect, the researchers decided to focus on measuring selected types of white blood cells before and after exercise. The test exercise was a standard VO2max test performed by running on a treadmill. A blood sample was drawn immediately before and after the run. Measurements focused on 'T cells', a type of white blood cell made in the thymus; their duties include fighting viral infections. Total T cell count was measured, together with two T cell subsets - 'helper' T cells, which kick the immune attack into action, and 'suppressor' T cells, which inhibit the immune response. Both helper and suppressor T cells are needed, but if the ratio of helpers to suppressors gets too low, vulnerability to infection increase.

In this study, the number of suppressor T cells increased in both groups immediately after strenuous exercise. But there was a significantly smaller increase in these cells for the runners who had been practicing meditation. The helper:suppressor ratio was also higher for this group, although this did not reach statistical significance.

The results therefore gave a good indication that meditation can modify the effect of strenuous exercise on the immune system, preventing the large increase in suppressor cells seen in athletes not using a stress reduction technique.

(Source: an article in the British Journal of Sports Medicine - forwarded by John Bell)

Happy Birthday to our May members:

Michael Anderson	56	still M55
David Brown	57	still M55
Tanya Burke	33	still W30
Roxanne Corben	42	still W40
Maree Creighton	54	still W50
Pieter De Klerk	45	→ M45
Chris Frampton	39	still M35
Peter Gare	64	still M60
Aldo Giacomini	68	still M65
John Gilmour	85	→ M85
Miroslav Glisic	42	still M40
Gareth Gorman	58	still M55
Leo Hassam	74	still M70

Bernadette Height	47	still W45
Steffi Heussi	60	→ W60
Judi Hill	56	still W55
Paul Hughes	52	still M50
Arnold Jenkins	60	→ M60
Allyson Joseph	44	still W40
Gerard Kennedy	32	still M30
Frederick Langford	58	still M55
Ray Lawrence	76	still M75
Snow McSwain	45	→ W45
Erica Mercer	61	still W60
Patricia Miller 7 TH	66	still W65
John Mison	57	still M55
David Morgan	51	still M50
Colin O'Sullivan	49	still M45

Alan Pomery	73	still M70
Glenda Pontifex	48	still W45
John Pressley	59	still M55
Natasha Reid	33	still W30
Jim Riddell	65	→ M65
Glenice Shanahan	80	→ W80
Paul Slyth	62	still M60
Jennie Smith	50	→ W50
Cornelius Van Graan	53	still M50
Roger Walsh	61	still M60
Victor Waters	60	→ M60
Susan Wells	53	still W50
Bruce Wilson	59	still M55
Dave Wyatt	53	still M50

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PURPOSE



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

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

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

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

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

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Club Clothing

Contact Maggie Flanders: 9314 7556

THE NEW MASTERS RANGE IS NOW AVAILABLE

Club clothing in the new Masters livery:

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