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MASTERS ATHLETICS WA NEWSLETTER

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Dryandra Weekend

On the last weekend of September, 23 of us meandered our way to Dryandra for our annual running retreat, some via South west Highway and then taking the scenic drive via Jarrahdale, some blissfully missing the Dryandra turn off, never to be seen....No, No, they eventually turned up. Everybody was settled by 10pm or so.

The cottages are comfortable and well finished, but there was evidence that some Furniture Removalists had been very active, should I mention Coffee Table?

The Saturday morning run was set for 5k and 10k but some enthusiastic runners lengthened the course to 25k and 40k.

After breakfast one group went to Narrogin to watch the Footy and the others went orchid hunting. Guided by Lynne Schickert, who could spot an orchid blindfolded from a speeding car.

Saturday night was the traditional "Share a Plate" dinner.

Sunday morning the runners/walkers escaped again... followed by lunch at a small winery at Wandering, raw vegetables, salads, fruits, nuts was the order of the day, John Bell our resident nutritionist was being watched, he quietly whispered to the waitress "Fish and Chips, Please" and then proceeded to drown the lot with SALT.

A quiz competition run by Shorty, the like of "23 p of c in the HB" was extremely successful and created stiff competition between the cottages.

On Monday morning our Race Director, Shorty was getting very frustrated with the mob, he did a fab job marking the courses and putting out water, but the runners went in all directions, so in order to maintain control, he marked a circular course.

We all had a smashing weekend and as John Bell best put it - "Doesn't matter what's between the walls, as long as there's plenty of laughter". *Pierre*

Pan Pacific Masters Games 6 - 14 November 2004

The Pan Pacific Masters Games (PanPac), formerly known as the Asia Pacific Masters Games returns to the Gold Coast in 2004 and promises to be the biggest and best Masters Games the Gold Coast has ever seen with over 40 sports on offer, including athletics.

The PanPac Masters Games is an event now staged every year alternating between the cities of the Gold Coast Queensland and Sacramento California. This sister city partnership will bring participants an international masters games experience.

Official Entry Forms will be distributed in February 2004. In the meantime the following websites will be of interest:

2004 Pan Pacific Masters Games - Gold Coast, Australia - 6 to 14 November 2004
www.mastersgames.com.au

2005 Pan Pacific Masters Games - Sacramento, USA
www.panpacmastersgames.com

Track Suits

Please Indicate Your Interest

Lynne Schickert has been investigating with a potential supplier the provision of a club track suit. This would be medium weight MicroFibre in the same style as the Australian Masters uniform and would cost around \$120 - \$125. It is proposed that a bulk order be given to the supplier when the level of interest among club members has been established.

Therefore, if you feel that you are likely to purchase a track suit, it would be very much appreciated if you would contact

Lynne Tel. 9330 3803;

email <schickertl@bigpond.com >

and indicate the size(s) you would require.
Thank you.

NEW WEBSITE AND EMAIL ADDRESSES

Please note that the Club's website is now located at:

www.mastersathleticswa.org

with an email contact address at:

enquiries@mastersathleticswa.org

RESULTS IN THIS ISSUE:



- Cliff Bould
- Wildflower
- Mattagarup

- Coker T & F
- McGillivray T & F

'Old Sports' ex John Bell

WHEN Lance Armstrong sipped champagne in sight of the Arc de Triomphe to celebrate his Tour de France victory, behind him was his record-tying fifth straight and most difficult win. Armstrong's margin of victory - 61 seconds - was his slimmest, and he was beset by nagging problems throughout the race. Yes, the competition was tougher this year than in the past. But even Armstrong's coach, Chris Carmichael, acknowledged that at 31, age may be gaining on the champ.

"There's no denying Lance is getting older," he said. And each succeeding Tour de France is a "tough event. It beats you up." Carmichael also said problems that had seemed small in the past, such as the heat along the course, loomed larger this year.

Armstrong may be learning what other elite athletes have learned when they passed 30 - the body doesn't snap back from the exertion of grueling competition the way it once did.

Dr. William Levine, director of sports medicine at New York's Columbia Presbyterian Medical Center, said competition at that level produces actual trauma. "Every cell at the biochemical level, the muscles, tendons and ligaments are responding to stress," he said. By their early 20s, he said, a body's cells are aging, something a nonathlete might not notice.

"There's a degenerative process at every level - the muscles, the tendons, the ligaments, even the bones. It's simply a matter of what you're asking your body to do, and what your body can recover from, that'll determine whether or not you can participate in that sport at the same elite level," Levine added.

Tennis great Martina Navratilova said there's no doubt it takes longer to recover as athletes age. "You feel great one day and you put out and you have a hard match the next day," she said. Chuckling, she added, "You feel like you don't want to get out of bed."

But Navratilova is one of the exceptions. At age 46, she tied Billy Jean King's record of 20 Wimbledon titles this year. Andre Agassi won the Australian Open this year at the ancient age, for tennis, of 32. George Foreman reclaimed the heavyweight title at 45.

Levine said one reason aging athletes can keep winning is unwavering dedication. Specifically, he cites dedication to training programs. "Andre Agassi has one of the best workout regimens known to tennis professionals, ever. And Levine also cited biomechanics - perfect form prevents injuries.

Then, there is mental toughness. "Sure, they can't get by on their pure skills like they could at age 20, 22, 24," Levine said. "But their mental abilities to outlast their opponents really put them in a position of superiority to some of their younger peers."

Carmichael, Armstrong's coach, believes the turning point for the champion in this year's race came when he took a bad fall after his handlebars caught on the purse strap of a spectator pressing out into the course. "It spurred some emotion in him that we had not seen before this Tour de France," he said. "And

I think it made him rise to the occasion and made him realize his fifth Tour de France was slipping away right in front of him. And he needed a little bit of that emotion coming out of him."

Many athletes and sports medicine practitioners also believe better nutrition helps prolong a career. Navratilova, however, thinks people make too much of growing older. "I just wish they wouldn't use age as an excuse not to do something," she said. "That should not be a determining factor, whether you do something or not." Then, she added, "Who cares? Just get out there and do it. Have fun and play."

And that's just what Armstrong will do next year, trying for his sixth straight Tour de France win, at the ripe old age of 32.

Many thanks to John Bell for forwarding the above article, from Forbes magazine.

Dinner Dance

Annual Dinner Dance Venue:

**The Panorama Room, Metro Hotel
South Perth, 61 Canning Highway.**

Date: Saturday 15 November

Time: 7.00pm to midnight.

Cost: \$45.00 per head.

Contact Pam Toohey (9593 3439) or Elaine Dance (9592 1793) to book your tickets.

Remember the date: Saturday 15 November

MILE SERIES

ARE YOU INTERESTED IN RUNNING A STREET MILE?

Jim Barnes and Bob Schickert recently met with Raf Baugh who is promoting street mile events in conjunction with the Twilight Cycling events to be held in various Perth suburbs in January 2004.

Masters members have been invited to compete on two nights. Men on Saturday 3 January in Hay Street, Perth and Women on Sunday 4 January in Victoria Park.

It is proposed to have prizes for age groups, eg 40, 50, 60 for men and 30, 40, and 50 for women.

ARE YOU FAST ENOUGH?

Suggested qualifying standards below are for 1500 metres as many of our club members may not have run a mile event recently.

MEN			
40-49	5.00	WOMEN	
50-59	5.15	30-39	5.20
60-69	5.30	40-49	5.40
70+	6.00	50+	6.00

**Register your interest with Bob Schickert
phone: 9330 3803 or
email: schickertl@bigpond.com**

Guess your own Time

by Vic Waters

WHEN I received an arm-long list of volunteer helpers from Jim Barnes I was, of course, suspicious. Why did so many people want to avoid this run? But in fact we had a huge turnout, swelled by a few visitors who thought it was a rugby world cup training session. (Nah, this is much rougher!)

Thanks to all those helpers the 2003 event didn't knock the usual six months off my life expectancy. They are too many to list, but a few special mentions are in order.

Margaret Langford coped brilliantly with the guessing game. Sainthood awaits her, for patience. ("Oh, did I have to remember that time that man shouted at me as I finished? It was about 57 something.")

Simon Mort did most of the work, as usual. Maxine Santich made her annual pilgrimage to the park (and she's not even a member.)

Creative members:

Wayne Pantall was up all night carving new finishing tickets, the old ones having vanished somewhere between the Wildflower Run and his Mattagarup Run. Great job Wayne. But we didn't need them: the old ones were lovingly hidden in a (new) box of drinking cups!

The old firm of Frank Smith and Maurice Johnston (washers replaced; windows cleaned; fallen women picked up) were responsible for our new trophy. (Did I mention carving and mounting?)

The Short Event:

This new 5.7km short-course trophy (an alarm clock rampant on a bed of jarrah) was introduced because so many wimps complained last year that the run was too long. Killing two packs of moaners with one trophy, we decided to include the walkers in the short-course 'guess your time' game.

Big mistake. A walker won it.

Lynne Schickert guessed her time - to the second! (Is there anything this woman can't do? I know Australia is short of doctors, but making her President of the AMA....?)

The Long Course:

It's not easy to accurately estimate your time over 10.4km of cross-country, and several runners did well to come within 60-90 seconds of their guess.

Despite this, most years the winner is spot on, or thereabouts. In 2003 it's John Doust, only two seconds out.

The Fall-out:

Another year, something learned.

Start of the run was held-up because people took so long guessing their times.

Next year we'll have a special marshal, who will remind people of their own names, make sure they can read, and know the difference between 5.7km and 10.4km!

Walkers Sealed 5.2km H'cap

		H'cap	Act	Clock
Elaine Ellard	W60	00:30	45:10	45:40
John Bailey	M75	00:30	50:03	50:33
Jeff Whittam	M65	00:00	54:52	54:52
Barbara Bailey	W70	04:15	54:34	58:49
Margaret Flanders	W65	06:40	53:14	59:54
Lorna Lauchlan	W70	10:10	50:24	60:34
Ernest Moyle	M75	00:15	60:27	60:42
Christine Tinniswood	W50	04:15	57:08	61:23
Lorraine Lopes	W60	12:00	50:27	62:27
Dorothy Whittam	W65	10:00	52:37	62:37
Denise van Winsen	W50	06:40	57:12	63:52
Lesley Romeo	W55	13:00	51:43	64:43
Rex Bruce	M60	10:15	55:28	65:43
Mitch Loly	M60	?	48:08	

10.4km Handicap Run

		H'cap	Clock	Actual
Christina Rompotis	W40	09:37	66:07	56:30
Robert Roll	M55	20:06	67:33	47:27
Bob Sammells	M65	10:24	67:42	57:18
Aldo Giacomini	M65	10:24	67:55	57:31
Colin Chisholm	M35	23:55	68:05	44:10
Stan Lockwood	M70	13:52	68:11	54:19
Chris Framton	M35	27:46	68:19	40:33
Bob Schickert	M60	24:26	68:56	44:30
Mike Hale	M55	22:53	69:02	46:09
David Reid	M50	23:55	69:09	45:14
Doug Ashfield	M45	23:55	69:11	45:16
Mark Rosen	M55	20:01	69:15	49:14
David Muir	M55	22:53	69:19	46:26
Lachlan Marr	M40	26:31	69:21	42:50
Gillian Young	W55	17:41	69:25	51:44
Paul Martin	M60	15:05	69:30	54:25
Margaret Langford	W55	19:14	69:35	50:21
Mark Sivy	M55	20:58	69:38	48:40
Bjorn Dybdahl	M50	27:46	69:41	41:55
Frank Smith	M60	23:55	69:45	45:50
Fraser Deamus	M60	13:52	69:50	55:58
Jim Klinge	M55	26:23	69:55	43:32
Paula Karra	W30	12:18	70:05	57:47
Brian Danby	M55	24:16	70:10	45:54
Mike Karra	M35	23:24	70:16	46:52
Brian Hunter	M55	12:03	70:21	58:18
John Pressley	M55	18:43	70:37	51:54
Julie Keeley	W35	16:49	70:39	53:50
Paul Hughes	M50	27:46	70:41	42:55
Darryl White	M40	26:47	70:49	44:02
Gareth Brunt	M50	24:11	71:07	46:56
Richard Harris	M65	14:02	71:14	57:12
Michael Anderson	M55	15:46	71:19	55:33
Neil van Graan	M50	15:26	71:38	56:12
John Dance	M50	14:08	71:44	57:36
Wayne Taylor	M40	21:19	72:06	50:47
Elaine Dance	W50	05:43	72:35	66:52
Ray Hall	M65	10:24	72:48	62:24
John Frost	M65	18:43	73:02	54:19
Lynn Harrop	W50	12:29	73:13	60:44
Simon Jawichre	M35	20:01	73:35	53:34
Trevor Robertson	M50	27:18	75:40	48:22
Frank Gardiner	M50	21:40	75:41	54:01
Anne Shaw	W55	24:11	77:13	53:02
Mary Young	W50	04:10	79:21	75:11
Joan Osborne	W55	09:22	80:36	71:14
Gary Fisher	M50	21:50	83:00	61:10

Cliff Bould Trophy

28 September 2003



The popular winner this year was Christina Rompotis - a very pleasant presentation ceremony was held in warm sunshine. John Gilmour again reminded us of the contribution and achievements of the late Cliff Bould during the 1970's and 1980's.

My thanks to all regular helpers on this run, especially Dave Carr who volunteered to help and Penny who made the supreme sacrifice to get up with me at 5.30am. The Club owes a special debt to our club handicapper Graham Thornton who does all the checking of results, adjusting of handicaps and (in my race) arranging for the printing of results for all runners.

I also thank Jim Barnes for picking up John Gilmour and finally Vic and Jackie Beaumont for arranging the morning tea. *Ivan Brown*

5.2 km Run

Bernard Mangan	M45	20:03
John Cresp	M50	21:14
Henri Cortis	M55	22:41
Dee Campbell	W45	24:30
Barbara Blurton	W50	24:36
Colin Smith	M40	24:49
Peter Hill	M55	24:56
Mike Kahn	M55	25:48
Damien Hanson	M50	26:55
Paul Lewis	M55	30:15
Jim Barnes	M60	30:16
Arnold Jenkins	M55	30:45
Vic Beaumont	M70	31:07
Mike Faunge	M65	31:27
Alison Aldrich	W60	31:24
Pam van Graan	W50	34:46
Roma Barnett	W50	34:53
Irene Ferris	W50	34:55
Kirt Johnson	M70	34:57
Ray Lawrence	M75	38:17
Sheila Maslen	W65	40:19
Margaret Taylor	W50	41:26
Paul Buckley	M50	42:43
Brian Foley	M55	45:04
Ron Spencer	M60	45:06

HELPERS LIST**30 November, Perry Lakes.****John Bell: 9386 6975.**

Christine Wheeler, Gareth Gorman, Angela Goldie, Garnet Morgan, Sue Bullen, Kris Adrian, Jim Klinge, Wendy Duncan, Sue Vetten,

7 December, Mosman Park.**Paul Hughes: 9384 5737.**

Sheila Maslen, Jeanette Tiverios, Dave Roberts, Robin King, Dick Blom, Wayne Taylor, George Innes, Graham Lucas, Peggy MacLiver.

14 December, Coogee Beach.**Ray Hall: 9434 4406.**

Dennis Miller, John Brambley, Christine Wheeler, Gareth Gorman, Angela Goldie, Malcolm Hawley, Leo Hassam, Dee Campbell, John Dance, Geoff Barrett.

21 December, Christmas Gift.**Lynne Schickert: 9330 3809.**

No helpers needed.

26 December, Boxing Day.**Barrie Thomsett: 9276 6446.**

Ann and Shorty Turner, Bob and Sue McNamara, Chris Frampton, Andrew Cook, Raymond Gimi, Ivan Lazarus.

28 December, Canning Caper.**Keith Atkinson: 9313 1669.**

Gareth Brunt, Gary Fisher, Ernie Moyle, Mary Chan, Neil McRae, Dee Haines, Robert Roll, Brian Hunter, Phyllis Farrell, Dianne Sharpe.

Need a Massage?

Damian Milburn, a qualified masseur, is now attending each track and field session at Coker and McGillivray. You may avail yourself of his services at a charge of \$10.00 for ten minutes.

Diabetes!

John Bell has provided the following notes:

I attended Diabetes Week lectures recently

- There are 2 million diabetics in Australia
- 1 million are known diabetics, the other million haven't attended health professionals!

In 2010 we believe it will be 4 million unless things change.

- On average 50 to 100 years ago our forebears did energy equivalents of 16 Km per day more walking than we do today!

- The average 20 year old in Australia is now a pre-diabetic and the major issues are computers and TV, then cars, then food.

Wildflower Run 5-Oct-03

For the last few years our public invitation run has attracted between 100 to 150 extra participants. This has created a few headaches as special care had to be taken for the safety and the time and placing management of the invited guests.

Determined to make it a show-piece for the club this year, we got in early and arranged St Johns Ambulance, printed promotional flyers and re-measured the course to make it a perfect 5km/10km circuit. (Thanks for your help Jenny Binns)

All too soon, the big day arrived. We had prayed for good weather, hoped for a bright moon for the 4am start and negotiated a peace-treaty with the Magpies.

We were short of marshals and appealed for more. Bob Schickert, David and Patricia Carr, Steve Dunn, Alison Aldridge and Ray Hall graciously put up their hands to make up the short-fall. A special thankyou to you all for your support.

It was a beautiful Spring morning, we were ready on time, and the wildflowers were magnificent. Three of the marshals were armed with mobiles and strategically positioned along the route.

Unfortunately we only had eighteen visitors.

A big thankyou to the scheduled helpers: Wayne Robinson, Dave Scott, Jenny Binns (and hubby Ron), Fenella Gill, Jim Riddell, Denise van Winsen, Christine Rompotis and Jeff Bowen.

A huge thankyou to my wife Christine, who helped with the preparation, drove the Landrover over rough terrain to provide light to flag the course, got arrested with me while illegally handing out flyers, and generally mopping up after me on the day.

Rod Tinniswood

10Km Run

Bert Carse	M60	39:37
Bjorn Dybdahl	M50	39:59
Allan Nicholls	M45	40:04
Lachlan Marr	M40	40:38
Brian Bennett	M55	41:35
John Allen	M45	41:46
Gareth Brunt	M50	41:57
Mark Speechly	M35	42:21
Doug Ashfield	M45	42:32
David Baird	M60	42:59
Dave Bishop	M45	42:59
Robert Roll	M55	43:04
Frank Smith	M60	43:17
Brian Danby	M55	43:26
Michael Karra	M35	43:32
David Muir	M55	43:40
Mike Hale	M55	43:48
Ivan Pilton	M60	44:00
Mark Sivyer	M55	45:51

Margaret Langford	W55	46:15
Keith Atkinson	M45	46:23
Sue Oliver	W45	46:38
Johannes Hagedoorn	M55	47:00
Simon Jawichre	M35	48:47
Mike Khan	M55	48:57
John Pellier	M60	49:05
Jim Halliday	M60	50:41
Gillian Young	W55	51:18
Anne Jones	W50	51:20
Joe Stickles	M65	52:24
John Dance	M50	52:41
Christine Engels	W45	52:55
Gary McLean	M40	52:55
Neil Van Graan	M50	53:14
Don Pattinson	M50	53:14
Paula Karra	W30	54:09
Aldo Giacomini	M65	55:09
Graeme Neill	M40	55:48
Ann Turner	W65	56:01
Kris Adrian	W30	56:26
Pamela Toohey	W55	56:43
Margaret Warren	W65	57:55
Wendy Clements-Green	W60	58:25
Troy Lundgren	M50	58:58
Jackie Halberg	W55	60:41
Elaine Dance	W50	61:37
Milton Mavrick	M45	62:57
Irene Ferris	W50	63:02
Geoff Mullins	M55	66:40
Jo Richardson	W50	68:44
Margaret Bennett	W60	71:00
Shorty Turner	M65	71:01

5Km Run

Jim Klinge	M55	19:50
Darryl White	M40	19:51
Bruce Wilson	M55	20:23
Henri Cortis	M55	21:22
Frank Gardiner	M50	22:12
John Mack	M60	22:45
Dee Campbell	W45	22:51
Bob McNamara	M60	23:00
Vic Waters	M55	23:24
Simon Mort	M45	23:26
Jim Langford	M55	23:57
Ivan Brown	M55	24:17
John Ellard	M60	24:26
Paul Martin	M60	24:45
Barry Audsley	M60	24:49
Mike Anderson	M55	25:17
Wayne Pantall	M50	25:21
Ray Attwell	M65	25:43
Dick Blom	M70	26:11
Peggy MacIver	W55	26:28
Paul Lewis	M55	27:14
Peter Gare	M60	27:23
Roger Walsh	M60	26:41
Merv Jones	M60	28:47
Lyn Harrop	W50	29:10
Michael Faunge	M65	29:54
Jeff Spencer	M60	30:10
Sue Nicholls	W55	30:14
Pam Van Graan	W50	30:34
Vic Beaumont	M70	30:44
Arnold Jenkins	M55	30:51

Colin Chisolm	M35	31:01
Kirt Johnson	M70	31:23
Joan Pellier	M75	31:26
Chris Pattinson	W45	32:22
Jim Barnes	M60	32:22
Ray Lawrence	M75	32:34
Jenni Shillington	W45	33:06
Mary Young	W50	33:07
Merv Moyle	M75	33:21
Pierre Viala	M55	33:21
Mary Heppell	W65	34:47
Steve Toohey	M50	34:57
Brian Foley	M55	35:34
Sheila Maslen	W65	36:18
Marg Taylor	W50	37:00
Rhod Wright	M50	40:49
Jenny Hart	W45	41:27
Dianne Sharpe	W45	41:29
Frank Usher	M80	42:42

10Km Walk

June Lewis	W55	76:38
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5Km Walk

Val Millard	W55	35:10
Lynne Schickert	W60	36:50
Lorna Lauchlan	W70	37:44
Dorothy Whittam	W65	42:09
Kylie Mahony	W35	42:24
Elaine Ellard	W60	43:01
Patricia Hopkins	W60	43:08
Maggie Flanders	W65	45:12
George Schaefer	M70	46:22
Rex Bruce	M60	46:22
Lorraine Lopes	W60	49:14
Jeff Whittam	M65	54:29
Barbara Bailey	W70	55:37
John Bailey	M75	55:40
John Gleeson	M65	55:46
Norm Miller	M70	56:15

New Members

(R = Rejoining)

568 Jenny Hart	12/3/54
569 Janet Walter	18/2/48
570 Andrew Cook	1/9/65
571 Bev Whitfield	20/6/61
572 Gary Carlton	27/3/57
573 Geraldine Carlton	13/12/64
574 Nick Boccardo	23/11/61
575 Keith Durrans R	3/6/50
576 Hannah Travaglini	23/10/46
577 John Everard	18/10/58
578 Geoff Barrett	30/12/61
579 Alan Gower	21/7/55
580 Karyn Gower	8/2/60
581 Debbie Dance	11/8/68
582 Vance Mitsopoulos	26/1/51
583 Robyn Mitsopoulos	10/1/51
584 Les Beckham	20/1/35

COKER PARK 2/10/2003**100M**

Craig Owens	M45	12.3
Brendan Kennedy	M35	12.4
Colin Smith	M40	12.7
Steve Payne	M40	12.8
Robin Walford	M35	13.0

Gerard Kennedy	M30	13.6
Ian Sanders	M45	14.1

Anne Shaw	W55	16.1
Gillian Young	W55	16.6
Lynda Walford	W35	16.6
Pat Carr	W70	18.0

1000M

Campbell Till	M45	3.05.1
Ian Davis	M55	3.05.5
Brian Hewitt	M45	3.12.9
Henri Cortis	M55	3.15.3
Lachlan Marr	M40	3.24.4
David Anderson	M50	3.38.4

Gareth Brunt	M50	3.40.4
Toni Phillips	W30	3.45.5
John Dennehy	M40	3.49.0
Barbara Blurton	W50	3.49.9
John Ellard	M60	3.56.4
Gillian Young	W55	4.06.7
Ian Sanders	M45	4.10.8
Keith Durrans	M50	4.50.7

1000M Walk

Tom Lenane	M45	5.31.6
Lynne Schickert	W60	6.04.3
Val Millard	W55	6.17.3
Bob Schickert	M60	6.18.4
Stan Jones	M75	6.26.4

200M

Craig Owens	M45	25.7
Brendan Kennedy	M35	25.9
Colin Smith	M40	26.2
Gerard Kennedy	M30	28.2

Robin Walford	M35	26.6
Steve Payne	M40	26.6
Toni Phillips	W30	28.5
Tom Lenane	M45	29.4
Ian Sanders	M45	30.6

Keith Durrans	M50	32.6
Anne Shaw	W55	32.8
Delia Baldock	W50	32.8
Gillian Young	W55	35.8

2000M

Bert Carse	M60	6.37.7
Lachlan Marr	M40	7.05.2
Brian Hewitt	M45	7.27.2
Gareth Brunt	M50	7.29.7
Bob Schickert	M60	7.34.2
David Anderson	M50	7.39.6
John Ellard	M60	8.29.0
John Frost	M65	8.42.3
Anne Shaw	W55	8.50.1
Gillian Young	W55	8.57.5
Jackie Halberg	W55	9.50.3

2000M Walk

Tom Lenane	M45	12.21.3
Lynne Schickert	W60	13.20.6

LES BECKHAM LONG JUMP

Robin Walford	M35	4.89
Murray Tolbert	M55	4.87
Steve Payne	M40	4.69
Colin Smith	M40	3.92
Gerard Kennedy	M30	3.88
Brendan Kennedy	M35	3.58
Lynda Walford	W35	3.17
Lynne Schickert	W60	2.40

DISCUS

Mark Hamilton	M30	38.33
Geoffrey Gee	M50	36.01
Jeff Bowen	M60	26.35
Murray Tolbert	M55	26.03
John Everard	M40	21.92
Marg Taylor	W50	20.43
Lynda Walford	W35	18.81
Steve Payne	M40	18.17
Val Millard	W55	13.20

SHOT

Geoffrey Gee	M50	11.98
Mark Hamilton	M30	11.80
Jeff Bowen	M60	9.21
Murray Tolbert	M55	8.76
John Everard	M40	8.53
Marg Taylor	W50	8.00
Toni Phillips	W30	7.13
Val Millard	W55	5.56

COKER PARK 9/10/2003*** Pending State Record****200M**

Craig Owens	M45	24.9
Greg Vander Sanden	M45	25.7
Brendan Kennedy	M35	25.7
Colin Smith	M40	26.1
Gerard Kennedy	M30	26.1

Toni Phillips	W30	27.2
Katrina Spilsbury	W35	29.5
Keith Durrans	M50	31.1
Peggy MacIver	W55	32.0
Anne Shaw	W55	32.5

Eileen Hindle	W50	32.9
Jacqui Sanders	W35	34.8
Gillian Young	W55	34.9
Lynne Schickert	W60	51.8
Lil Heatly	W75	62.8

2000M

Lachlan Marr	M40	7.05
Bob Schickert	M60	7.22
Garreth Brunt	M50	7.24
Brian Hewitt	M45	7.45
Frank Gardiner	M50	8.14
John Ellard	M60	8.35
Nick Bailey	M55	9.04
Gillian Young	W55	9.44
Jackie Halberg	W55	10.03
Margaret Robinson	W65	11.10
Lil Heatly	W75	15.50

2000M Walk

Rosemarie Hollaway	W45	11.58
Tom Lenane	M45	13.41
Ray Hall	M65	13.46
Lynne Schickert	W60	15.45

60M

Brendan Kennedy	M35	7.6
Colin Smith	M40	7.6
Craig Owens	M45	8.2
Gerard Kennedy	M30	8.4

Mike Edwards	M45	7.6
Campbell Till	M45	7.9
Greg Vander Sanden	M45	8.2
John Sutton	M65	8.3
Brian Hewitt	M45	9.2

Toni Phillips	W30	8.1
Ian Sanders	M45	8.5
Katrina Spilsbury	W35	8.9
Eileen Hindle	W50	10.0
Anne Shaw	W55	10.0

Delia Baldock	W40	9.4
Jacqui Sanders	W35	9.8
Gillian Young	W55	10.0
Lil Heatly	W75	16.2

1500M

Greg Vander Sanden	M45	5.00.3
Brian Hewitt	M45	5.00.6
Lachlan Marr	M40	5.05.6
Campbell Till	M45	5.08.1
Gareth Brunt	M50	5.30.1
Brian Foley	M55	5.44.3
Frank Gardiner	M50	5.51.8
Bob Schickert	M60	5.56.9
Barbara Blurton	W50	5.58.0
John Ellard	M60	6.08.9
John Dennehy	M40	6.17.7
Gillian Young	W55	6.44.5
Peggy MacIver	W55	6.48.2
Ian Sanders	M45	6.54.9
Margaret Robinson	W65	7.05.6
Jacqui Sanders	W35	7.31.3
Keith Durrans	M50	7.41.6
Lil Heatly	W75	11.46.9

1500M Walk

Tom Lenane	M45	8.58.7
Lynne Schickert	W60	9.37.0
Stan Jones	M75	9.38.6 *
Ray Hall	M65	9.38.2
Bob Schickert	M60	9.43.8

LES BECKHAM TRIPLE JUMP

Mark Hamilton	M30	10.09
Ian Sanders	M45	7.28
Lynne Schickert	W60	5.64

HEAVY WEIGHT

Geoffrey Gee	M50	14.33 *
Mark Hamilton	M30	9.64
Eileen Hindle	W50	8.35

Mattagarup Run 12/10/03. Burswood Park - Wayne Pantall.

On what started as a humid (and humorous) morning, 123 members and visitors competed for a splendid array of trophies donated by enthusiastic new member, John Gleeson. Our new event and course, taking in the area traditionally known as Mattagarup, is set to be a popular one.

Making up the extra distance for the 10km, enabled us to include the picturesque run up Claisebrook to the new ABC building. On the run back down most runners overtook all the turtles, strung out on their left.

After the run our own Arthur Leggett and his mates from the Bush Poets and Yarn Spinners rattled off some very entertaining poems (for those who braved the strengthening chilly wind). The Kiwanis did a fine job in providing breakfast for those of us accustomed to eating.

Thanks must go out to the many helpers, (I won't list because I don't know all names) who made the event such a success, especially John Gleeson, John Gilmour, Dave Reid and Robin King who were tasked with identifying trophy categories etc.

We now have a blueprint, and look forward to your footprints next year.

Cheers, Wayne.

10km Run - Open

1st Male	Myles Farrell
1st Female	Robyn Mitsopoulos

Age Group Winners:

M30-39	Myles Farrell	35.44
M40-49	Alan Gower	36.43
M50-59	Chris Maher	36.14
M60 +	Bert Carse	39.38
W30-39	Paula Karra	53.42
W40-49	Christine Engels	53.13
W50-59	Robyn Mitsopoulos	48.44
W60 +	Ann Turner	?
Boys U16	Raymond Loly	43.52

5km Run

1st Male	Stephen Dunn
1st Female	Barbara Blurton

Age Group Winners:

M30-39	Stephen Dunn	17.31
M40-49	Robert Catrell	17.47
M50-59	Bjorn Dybdahl	18.27
M60 +	Bob Schickert	20.45
W30-39	Amanda Walker	24.03
W40-49	Fenella Gill	23.29
W50-59	Barbara Blurton	23.12
W60 +	Wendy Clements-Green	26.36

BoysU16	Brad Lee-Williams	19.18
GirlsU16	Emma Walkley	24.03

10km Walk - Open

1st Male	Paul Martin
1st Female	Lynne Schickert

FULL RESULTS NEXT VETRUM

McGillivray 7/10

Shot

M50 Geoffrey Gee	13.68	M46 Barry Jones	37.8
(State Record)		M82 Ron Frearson	40.0
M30 Mark Hamilton	11.53		
M60 Jeff Bowen	8.60		
M40 Nick Boccardo	7.20		
W65 Dorothy Whittam	6.69		
W75 Rae Mc Millan	6.01		

Discus

M30 Mark Hamilton	39.01		
M50 Geoffrey Gee	38.19		
M60 Jeff Bowen	27.52		
M50 Damien Hanson	19.12		
W65 Dorothy Whittam	15.36		
W75 Rae Mc Millan	14.84		
W55 Val Prescott	13.86		

Long Jump

M40 Nick Boccardo	4.31		
M50 Damien Hanson	3.58		
W55 Peggy MacIver	3.34		
W50 Robyn Watts	2.92		
W60 Lynne Schicket	2.37		

100m

M47 Craig Owens	12.8		
M47 Richard Parker	13.7		
M51 John Stone	13.8		
M41 Nick Boccardo	14.0		
M65 Norm Richards	14.1		
M47 Guito Dumolard	13.5		
M45 Ian Sanders	14.4		
M62 Ross Calnan	?		
W55 Ann Shaw	16.5		
W37 Jacqui Sanders	16.7		
W43 Leonie Jones	17.3		
M82 Ron Frearson	19.1		

200m

M47 Craig Owens	27.4		
M47 Richard Parker	27.6		
M34 Ian Gallagher	28.0		
M47 Guito Dumolard	28.6		
W31 Toni Phillips	28.2		
M41 Nick Boccardo	29.6		
M45 Ian Sanders	31.5		
W59 Peggy MacIver	33.3		
W55 Ann Shaw	33.8		
W37 Jacqui Sanders	35.3		
W43 Leonie Jones	35.8		

1000m

M45 Rob Catrall	3.02.6		
M57 Henri Cortis	3.13.7		
M34 Ian Gallagher	3.17.3		
M38 Simon Jawichre	3.32.2		
M46 Doug Ashfield	3.33.0		
W31 Toni Phillips	3.44.7		
M55 Nick Bailey	3.52.4		
M66 John Frost	4.08.8		
M46 Barry Jones	4.09.5		
W59 Peggy MacIver	4.16.1		
M50 Damien Hanson	4.18.0		
W37 Jacqui Sanders	4.25.6		
M45 Ian Sanders	4.28.4		
W43 Leonie Jones	4.36.1		
M51 John Stone	4.47.4		
W50 Robyn Watts	4.54.0		

1000m Walk

W61 Lynne Schickert	6.04.0		
M69 Ray Hall	6.20.3		
W67 Dorothy Whittam	7.03.8		
M38 Simon Jawichre	7.16.2		

2000m

M45 Rob Catrall	6.43.7		
M62 Bert Carse	6.44.3		
M34 Ian Gallagher	7.21.3		
M46 Doug Ashfield	7.39.3		
M38 Simon Jawichre	8.04.4		
M46 Barry Jones	8.31.8		
M66 John Frost	8.51.5		
W37 Jacqui Sanders	10.03.9		
W38 Gill Edmunds	10.04.1		
W43 Leonie Jones	10.20.2		
M45 Ian Sanders	10.59.9		

2000m Walk

M69 Ray Hall	12.56.4		
W61 Lynne Shickert	12.56.9		

Les Beckham Long Jump

W61 Lynne Shickert	2.37		
W59 Peggy MacIver	3.34		
W50 Robyn Watts	2.92		
M41 Nick Boccardo	4.31		
M50 Damien Hanson	3.58		

McGillivray Oct 14 /10

HeavyWeight

M50 Geoffrey Gee	14.76		
(State Record)			
W75 Rae McMillan	7.75		
(State Record)			
M50 Damien Hanson	7.43		

Javelin

M50 Geoffrey Gee	32.26		
M50 Damien Hanson	22.23		
M40 Nick Boccardo	19.36		
W73 Lorna Lauchlan	16.29		
W75 Rae McMillan	14.36		

Triple Jump

M36 Keith Edmonds	9.65		
M40 Nick Boccardo	8.72		
M43 Graeme Neill	8.27		
W38 Gill Edmonds	8.05		
M50 Damien Hanson	6.97		
W55 Peggy MacIver	6.71		
W60 Lynne Schickert	5.38		

60m

M51 John Stone	8.1		
M47 Richard Parker	8.3		
M41 Nick Boccardo	8.7		
M65 Norm Richards	8.8		
M15 Brett Young	8.8		
M53 Rob Greenhalgh	8.5		
M45 Ian Sanders	8.8		
M50 Damien Hanson	9.3		
W59 Peggy MacIver	9.8		
M48 Alan Gower	9.3		
M61 Bob Schickert	9.8		
W37 Jacqui Sanders	10.0		
M59 Geoff Mullins	10.7		

200m

M47 Richard Parker	27.6		
M57 Henri Cortis	28.4		
M53 Rob Greenhalgh	29.1		
M36 Keith Edmonds	30.1		
M39 Colin Chisolm	31.2		
M51 John Stone	29.3		
M65 Norm Richards	29.6		
M41 Nick Boccardo	30.8		
M45 Ian Sanders	30.8		
W59 Peggy MacIver	32.6		
M61 Bob Schickert	32.9		
W37 Jacqui Sanders	35.4		
M59 Geoff Mullins	39.2		

1500m

M48 Alan Gower	4.48.2		
M34 Andrew Brooker	4.54.1		
M48 Bernard Mangan	5.07.9		
M44 Darryl White	5.10.7		
M57 Henri Cortis	5.19.9		
M39 Colin Chisolm	5.23.1		
M38 Simon Jawichre	5.32.2		
W39 Denise McMorro	5.33.0		
M36 Keith Edmonds	5.33.9		
M46 Doug Ashfield	5.34.8		
M61 Bob Schickert	5.40.4		
M15 Brett Young	6.20.0		
M59 Geoff Mullins	6.23.2		
M58 Ivan Brown	6.25.0		
M43 Graeme Neill	6.48.5		
W38 Gill Edmonds	7.20.2		
W37 Jacqui Sanders	7.20.7		
M45 Ian Sanders	7.23.2		

1500m Walk

W61 Lynne Schickert	9.55.2		
M69 Ray Hall	10.33.1		

2000m

M52 Tony Heppener	6.40.0		
M34 Andrew Brooker	6.40.0		
M48 Bernard Mangan	6.59		
M44 Darryl White	7.04		
M39 Colin Chisolm	7.28		
W39 Denise McMorro	7.37		
M46 Doug Ashfield	7.38		
M36 Keith Edmonds	7.47		
M38 Simon Jawichre	7.50		
M53 Rob Greenhalgh	8.01		
M59 Geoff Mullins	8.51		
M43 Graeme Neill	9.12		
M58 Ivan Brown	9.12		
W37 Katrina Spilsbury	9.37		
W59 Peggy MacIver	9.49		
W37 Jacqui Sanders	9.49		
M45 Ian Sanders	11.09		

2000m Walk

W56 Val Millard	12.47		
W61 Lynne Schickert	12.57		
M69 Ray Hall	14.00		
W73 Lorna Lauchlan	14.40		

HAPPY BIRTHDAY DECEMBER MEMBERS

Richard Harris	01.12.1936	67	remains M65	David Charlton	15.12.1949	54	remains M50
Michael Khan	01.12.1944	59	remains M55	John Ellard	16.12.1941	62	remains M60
Anne Shaw	01.12.1947	56	remains W55	Donald Frearson	16.12.1920	83	remains M80
Christina Rompotis	02.12.1958	45	becomes W45	Frank Gardiner	17.12.1949	54	remains M50
Rosa Wallis	02.12.1943	60	becomes W60	Susan Hughes	17.12.1950	53	remains W50
Denise McMorro	05.12.1963	40	becomes W40	Simon Jawichre	18.12.1964	39	remains M35
Chris Pattinson	06.12.1955	48	remains W45	Victor Beaumont	19.12.1929	74	remains M70
Audrey Giacomini	07.12.1936	67	remains W65	Brian Smith	20.12.1938	65	becomes M65
Dwayne Lundgren	07.12.1952	51	remains M50	Stephen Barrie	25.12.1935	68	remains M65
Pamela Toohey	07.12.1945	58	remains W55	Edward Barrett-Lennard	27.12.1953	50	becomes M50
Valerie Millard	08.12.1946	57	remains W55	Dalton Moffett	28.12.1930	73	remains M70
Alan Thurlow	09.12.1954	49	remains M45	George Schaefer	28.12.1932	71	remains M70
Julie Keeley	11.12.1966	37	remains W35	Barry Millard	29.12.1937	66	remains M65
John Russell	12.12.1932	71	remains M70	Barrie Slinger	29.12.1939	64	remains M60
Jennifer Binns	14.12.1949	54	remains W50	Robert Antonioli	30.12.1951	52	remains M50
Michael Hall	14.12.1936	67	remains M65				



AUSTRALIAN MASTERS ATHLETICS INC.
NATIONAL TRACK & FIELD CHAMPIONSHIPS
 APRIL 9TH TO 12TH, 2004 IN MELBOURNE
 HOSTED BY VICTORIAN MASTERS ATHLETICS INC.

ACCOMMODATION

It is anticipated that visitors will organise their own accommodation. In an effort to make these arrangements easier, the following suggestions are made:

Tourism Victoria: a range of hotels, B&B, hostel accommodation. Try these websites:

www.visitmelbourne.com
 www.visitvictoria.com
 www.ratestogo.com (bookings a maximum of three weeks ahead)
 www.needitnow.com.au (last minute decisions to go)
 www.bcl.com.au/melbourne/
 www.australia.travelmall.com

AA supported Hotel Accommodation:

Hotel Ibis, 15 Therry Street (Melway 2B C12) near Victoria Market, offers members of Athletics Australia, which we are if our capitulation is paid to AMA, much cheaper rates. Phone 03 9666 0000 e-mail reservations@ibismelbourne.com.au

Bed and breakfast:

Try Google and search for:
 Melbourne + (bed & breakfast) + accommodation

Youth Hostels Association:

www.yha.com.au
 www.streetsofmelbourne.com.au
 About \$24 per night in North Melbourne for dorms, or \$58 to \$78 for various sized rooms.

University Colleges:

Three university colleges will take residents but only if one person will act as group leader and do all the negotiations, collect the moneys, pay one invoice. Contact Colin Browne 03 9874 2501 for details.

Caravan Parks:

Park: Melbourne BIG 4 Holiday Park
 Address: 265 Elizabeth Street, Coburg VIC 3058
 Postal: 265 Elizabeth Street, Coburg VIC 3058 Tel: (03) 9354 3533 Fax: (03) 9354 4550 Freecall: 1800 678 678 Email: holidaypark@big4melb.com Website: <http://www.big4melb.com>

Park: Ashley Gardens BIG 4 Holiday Village

Address: 129 Ashley Street, Braybrook VIC 3019

Postal: 129 Ashley Street, Braybrook VIC 3019 Tel: (03) 9318 6866 Fax: (03) 9318 6661 Freecall: 1800 061 444 Email: holiday@ashleygardens.com.au Website: <http://www.ashleygardens.com.au>

Resource Book:

RACV "Experience Victoria", from your state Royal Auto club centre, has everything you need in it.

General Conditions

Competition Rules

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

Age Groups

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

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

In accordance with WAMA rules, competitors may only compete in the age group for which they qualify on the first day of the championships, which in this case will be 9th April 2004.

Entry Rules

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

Awards

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

Confirmation of Entry

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

Full details of the program schedule will be in the Program of Events book that is supplied to all entrants and will be available for collection from Room 2, Olympic Park, Swan Street end, from 12 noon on Thursday 8th April 2004. Directions to Olympic Park will be included with the confirmation letter.

Results

A results booklet will be posted to all entrants.

Parking

The track is within walking distance of the city. Trams pass the door. Entrants and officials are advised that parking in the vicinity of Olympic may be difficult. There is a parking area adjacent to Olympic Park which charges about \$8 per day.

Privacy Statement

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

Disclaimer

I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter in the Telstra Australian Masters Athletics Championships 2004. I absolutely relieve Victorian Masters Athletics Inc. and Australian Masters Athletics Inc. of any responsibility for any injury or damage to myself which I may sustain in the course of competing in these events.

Print Name: Signed: Date:

☐ Yes, I can assist as an official when not competing. Day/Time Events

200 Years Ago

Masters Athletics isn't such a new phenomenon as one might suppose! 'The Sporting Life', published in London in 1848, sets out the biographies of two professional athletes who put up their best performances aged in their forties and fifties. Foster Powell and John Townsend were famous 'Pedestrians' - a term that encompassed running, walking, and performing other feats of endurance. Some of their performances are set out below - in assessing these, remember that they wore ordinary footwear and that the roads were in a poor state! It is also interesting to see that the distinction between walking and running was well established at this time.

Foster Powell was born in 1734.

- In 1786 aged 52 he walked 100 miles in 23 hours 15 minutes along the London - Bath road..

○ In 1792 aged 58 he walked from London to York and back, a distance of 402 miles, in 5 days, 15 and a quarter hours.

- In 1792 he walked six miles in 55 and a half minutes, so winning a wager for 20 guineas that he could do this within an hour.

Within a few days he also wagered that he could walk one mile and run one mile within 15 minutes. This he accomplished, with a split of 9 mins for the first mile, 5 mins 52 secs for the second.

Foster Powell died in 1793 aged 59 and is buried in St Paul's Churchyard.

John Townsend was born in 1792.

- In 1837 aged 45 he won a match race against a much younger opponent, in very wintry and muddy conditions, running the 12 miles from London to Brighton in 8 hours 35 minutes.

- In 1840 in a match race for £20, he walked 10 miles forwards and 10 miles backwards in 4 hours, 12 minutes.

- Also in 1840 he entered into a match race for £50 in which the two competitors had

to pick up, one by one, 300 stones a yard apart. Two parallel lines of 300 stones were laid out on Lords Cricket Ground, with a small basket at the end of each line, into which the stones had to be deposited. It was up to each competitor to decide in which order they picked up the stones - and thus bookmakers' odds varied during the race according to their assessment as to who might be winning! In fact

Townsend won, performing the task (51 miles and 540 yards besides stooping and turning) in 8 hours 10 minutes. Following this win Townsend celebrated at a local tavern, and for another wager of a sovereign and a bowl of punch, succeeded in standing on one leg for an hour!

John Townsend was still competing in 1848 when The Sporting Life was published.

DRUGS IN SPORT

The October issue of "A-news", the official newsletter of Athletics Australia brings to our notice the following information:

The World Anti-Doping Agency (WADA) has removed caffeine and pseudoephedrine from its list of banned substances for international sports. The change is aimed at preventing athletes who take common cold remedies or drink cola or coffee from testing positive to banned substances. However, WADA has added modafinil, the stimulant which may cost American sprinter Kelli White her 100m and 200m world sprint titles, to its banned list. The new list of banned substances may be viewed on WADA's website <www.wada-ama.org>.

From the Committee

Entry forms are now available from Bob Schickert, Secretary, for:

- The World Masters Athletics Non-Stadia Championships, Auckland, April 2004
- The Indian Ocean Masters Games, Geraldton, May 2004

Busselton Jets Fun Run

MAWA club members have been invited to participate in the Busselton Jets Fun Run on Sunday 18 January 2004. This event will incorporate the following: a 10km run; a 5km run; a two person 5km relay run (for those who feel they cannot run the 5km distance); and a 5km walk.

The start for all events will be from the base of the Busselton Jetty, at 7.30a.m. The flat course utilises approximately 3.5 km of road and beachfront footpath along Geographe Bay. 5 km runners and walkers travel 2.5 km out on beachfront footpath and return to the start on road. 10 km runners travel out 3.5 km on road and return on beachfront footpath - then go out for another 1.5 km on road, finally returning for the last 1.5 km on footpath.

Age categories: Junior (under 18 yrs), Open, Veteran (40 + yrs) and SuperVet (55 + yrs) for both Male and Female.

For entry forms and further details contact Race Director, Ian Watson, Busselton Jets Inc, PO Box 806, Busselton WA 6280.

Phone 9752 1853 or mobile 0427 407 305.

Email idwatson@netserv.net.au

Web details:

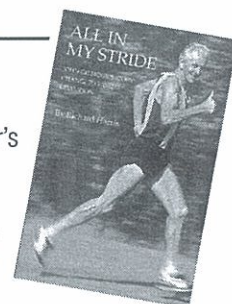
<<http://www.coolrunning.com.au/>>

All In My Stride

If you haven't yet got yourself John Gilmour's biography, All In My Stride, do yourself a favour and phone Jim Barnes on 9459 2617 to obtain an

autographed copy, at just \$20.00.

Written by club member Richard Harris, the book tells a story of survival through adversity during the Great Depression and as a prisoner of war of the Japanese, and of the determination necessary to become a champion athlete. Surely required reading for anyone involved in WA athletics!



CREDIT CARD PAYMENT

Please make this payment of \$..... for ☐ Clothing ☐ Membership ☐ Club Social Function

☐ Club Weekend Away ☐ Championship entry

by ☐ Visa ☐ Bank Card ☐ Mastercard

Card Number Expiry Date

Card Holder's Name.....

Signature.....



PURPOSE



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

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

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

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

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

Print Post Approval 644113/00007

If unclaimed please return to:

1/37 Bombard Street, Ardross WA 6153.



**SURFACE
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R & C Tinniswood
15 Fitzpatrick Way
PADBURY WA 6025



Club Clothing

Contact Maggie Flanders: 9314 7556

Club Singlets:

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 |

Just a few odds and ends with the old logo are still available at bargain prices - contact Maggie to find out what items/sizes are left.