



VETRUN



MASTERS ATHLETICS WA NEWSLETTER

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Presentation Day Lunch - Photos by Vic Beaumont



From The Committee

* The Secretary's report of the Australian Masters Athletics 2004 Annual General Meeting may be found in the adjoining column.

* We have recently come to hear of a new Masters Athletics website featuring a wide range of topics, ranging for example through news and results, advice on training and techniques and the treatment of injuries.

Visit: < www.lollylegs.com >

* Queensland have once again accepted the responsibility of organizing the AMA National Multi events Championships for the next three seasons. The dates for this season will be 19th/20th February 2005.

So for all athletes keen to participate in the decathlon and heptathlon, it's time to mark the event on your calendar and to train towards a very enjoyable weekend in Brisbane where you can experience the camaraderie of a multiple event.

* The IAAF Council has implemented an IAAF Athletics World Plan which initially has eight objectives. One of these objectives is to have a 20% quota for female representation on Councils, Committees and Commissions at all levels of administration. Australia is doing very well in Masters on this issue at both State and National level, with a high female representation which has been achieved without any need for a quota.

A Big Welcome to our New Members!

(R = rejoined)

653 Clive Frost	(R)	M57
654 Carole Lawson		W47
655 John Collier		M38
656 Colin Francis		M40
657 Kim Thomson		W30
658 Michaela Newman		W37
659 Ola Ovstedal		M41
660 Cassandra Zervos		W45

AUSTRALIAN MASTERS ATHLETICS (AMAI) AGM 2004 REPORT MELBOURNE 28 - 29 AUGUST 2004

MAWA delegates were club president Val Millard and secretary Bob Schickert. Also at the meeting from MAWA were AMAI president Lynne Schickert and AMAI secretary Brian Foley. Lynne and Brian were re elected to the AMAI board in the same roles for the 2004/5 year. Congratulations to them.

Board members for 2003/4 Colin Browne (Vic) and Alice Scott (ACT) did not stand again but Colin while not a member of the board will continue as national entry clerk for overseas events. Ray Green (ACT) was appointed to the board.

The various States reported their membership numbers - i.e. the peak reached during the past twelve months - as follows: Victoria 1026, ACT 513, Western Australia 488 (303 males and 185 females as at 31.03.04), Queensland 406, New South Wales 268, South Australia 230 and Tasmania 163. (It should be noted that there are many masters age athletes in NSW who are members of an athletics club but not members of NSW Masters Athletics.)

DECISIONS MADE AT THE AGM INCLUDED:

Northern Territory given in principle approval to join AMAI. Board to negotiate with NT Athletics. There is currently no separate Masters Athletics organization in NT. NT is bidding for the 2008 Oceania Veterans Championships.

Proposal from SA for three walks for both genders at National Championships was defeated, as was a proposal for a 60 metre sprint.

The hurdles trial was discontinued.

The AMAI Strategic Plan was updated and endorsed.

The requirement for State uniforms to be worn at National Championships was reinforced.

The Age Group for competitors at national Championships was re affirmed as the age on the first day of competition.

The weights for implements for women 75 plus were changed as follow. Previous weight is shown in brackets. Discus 750gm (1kg), Shot 2kg (3kg), Hammer 2kg (3kg), Weight 4kg (5.45kg). These changes effective from 1/11/2004.

Australian records to be kept for Super Heavy Weights 56lb and 100lb.

Bob Schickert - Secretary MAWA 07.09.04

Going to San Sebastian? Take advantage of additional competition

The Finnish Veterans Athletic Association, a WMA Affiliate, invites you to compete in the 1st Masters Athletics GP in the city of Lahti from 10-12 August 2005, as part of the celebration of "Lahti 100 years".

All age groups will be included in the program with 11 finals to be held on August 13 as part of the 10th IAAF World Championships being hosted by Helsinki, Finland in August next year.

The Finnish Association has negotiated with the LOC to include 11 masters finals in the IAAF program to be held in the Helsinki Olympic Stadium on 13 August 2005 during the marathon race.

For masters athletes this will be a good test opportunity before the WMA Championships starting in San Sebastian on 23 August 2005.

Further information can be found on < www.lahdenahkera.fi >

Some Thoughts on Turning 60

Since joining Masters athletics in May 1994 at age 49 I have learned how important some birthdays are – I'm sure you all know what I mean. Yes it's the big 60 on 29 November also Merv Moyle and Johan that day – Wacko – a whole new opportunity to set new PB's, even State Records (you must be dreaming, says Pressley). I do hold 3 records – for my three favourite solo training runs (no one else knows where they are). My planned trips to Brisbane and San Sebastian next year will give me a chance to rub shoulders (at the start line) with some champions in M60. Of course the traditional problem is that you move up to M60 (in my case) and find that you are again facing up to the talents of Bob Schickert, Bert Carse and David Baird. Already Jim Langford, Brian Foley, John Davies and Vic Waters have turned 60 this year – there certainly was plenty of talent among the babes of 1944.

For a few years I will not have to keep an eye on Jim Klinge, Bruce Wilson, Henri Cortis, Ian Davies, John Doust, Brian Bennett, Brian Danby etc – in recent years I've struggled to keep those guys in sight. Suddenly in November 04 they will evaporate as competition – they all become ghosts who are seen but do not really exist.

Looking back over the past 10 years I am grateful to have met so many wonderful people via the club – it helps me to keep in touch with the wider community, especially younger adults, eg Milton who joined at the same time. The life-style and achievements of the older members like Kirt, Merv and the Carr's is an inspiration to us all.

What else have I learned? To appreciate the joy of running for personal pleasure; to run how I feel (thanks to Ann Shaw); to find time to run despite a busy working life; to mix easy days and hard days.

Thanks to fellow members for their warm encouragement over the years. I do recommend we all should have an annual ECG stress test (15 mins on the treadmill) – cheap insurance against a Ray Brown tragedy.

Ivan Brown (194)

Its time again for our Annual

Dinner Dance

*and this year we are having a very
Groovy sixties theme.*

*It's on at the Psychedelic Metro Inn
Canning Highway South Perth*

On the 20th November 2004

*With the groove master Tony Henry giving
us some old school tunes and spot prizes
from 7pm till Midnight.*

*Tickets are \$50 per person
and sixties dress is optional.*

Double rooms are available for \$89.

Please contact either

Elaine Dance 9592 1793 or Pam Toohey 9593 3439

THROWS - TECHNICAL CHANGES:

1. New Trial Weights for women:

At the AMA AGM a trial of new weights for women was approved. The trial is to become effective from 1.11.04. The change in weights only affects women of 75+ years and will remain in force indefinitely until altered by an AMA Council meeting.

The changes are only applicable within Australia and athletes will be able to set Australian and State records with these weighted implements.

The changes are summarised below. The new weights are shown in italics with the existing weights shown in brackets

AGE:	30 -49	50 -69	75+
Hammer	4.0 kg	3.0 kg	<i>2.0 kg</i> (3kg)
Shot	4.0kg	3.0 kg	<i>2.0 kg</i> (3kg)
Discus	1.0 kg	1.0 kg	<i>.75 kg</i> (1kg)

AGE:	30 -49	50 - 59	60 - 74	75+
Heavy Weight	20 lb	16 lb	12 lb	<i>4.0 kg</i> (2 lb)

The specifications for the new equipment are:

Hammer: 2 kg Length 970 – 1000 mm
Diameter of head 76 – 88 mm

Shot: 2 kg Diameter 76 – 88 mm

Discus: 750 g Diameter 166 – 168 mm

2. Change of hammer handle

The change of hammer handle specified by the IAAF and to take effect as of the 1.01.05 has again been put on hold. The principal reason is that the rigid equilateral triangular structure, with a maximum internal distance along a side of 130 mm, does not allow sufficient space for large hands.

3. Records with heavy weights

At the 2004 AMA AGM the Council approved the adoption of records for non-standard Heavy Weights for all men's and women's age groups. This is relevant to the Winter Throws Championships in Canberra and anywhere else these weights are used in Australia.

Letter to the editor:

Winter Throws: Jim and I would like to thank the organisers for the opportunity to participate. Sincere thanks to Lindsay Glass for his expert advice on techniques - and for his considerable patience when we couldn't carry them out! Special thanks to Damien Hanson for transporting the equipment each week and his enthusiasm for its use.
Yours sincerely,
Raema McMillan

IAAF Awards

Each year the IAAF, on conclusion of the international athletics season, hold a huge Gala Evening at which outstanding athletes are recognized for their achievements. Both Open and Junior male and female athletes of the year are announced. On 19th September this function was held in Monaco and for the first time Masters outstanding male and female athletes were recognized.

Six weeks ago each Masters region was asked to submit nominations of outstanding performances achieved in 2004. From these nominations, a male and female recipient was selected and arrangements were put in place to have the two Masters award winners present in Monte Carlo, Monaco to enjoy the finals of the Golden League and to be present at the Awards Evening.

The Masters Male Award winner was Guido Muller M65 from Germany who put together some amazing performances in the sprints at the WMA Indoor Championships.

The Masters Female Awards winner was Jeanette Flynn W50 from Australia (Queensland) for her World Record performances in the 800m (2:16.78) in February and the Mile (5:13.0). Jenny, with minimal notice, found herself on a plane and heading to Europe for a weekend that she will never forget. We look forward to hearing her story when she returns.

Congratulations to Guido and a very special congratulations to our Australian outstanding IAAF female masters athlete Jeanette Flynn.
Wilma Perkins

Masters at the Olympics

Athletes aged thirty and over won 27 individual Track & Field medals at the Athens Olympics - 9 Gold, 6 Silver and 12 Bronze.

Particularly noteworthy were Kathy Holmes (GB) winning both the 800m and 1500m at the age of 34; Robert Korzeniowski (Poland) with Gold in the 50km Walk at the age of 36, and Irina Yatchenko (Belarus) with a Bronze in the womens Discus at the age of 38.

No competitor aged 40 or over won a medal, but special mention should be made of 49 year old Haile Satayin of Israel (formerly Ayele Seteng of Ethiopia) 20th in the Mens Marathon with a time of 2hrs 17mins 25sec. Also Merlene Ottey of Slovenia (formerly of Jamaica) with 100m in 11.14 / 200m in 22.72 in the qualifying rounds.

City To Surf 2004 29.8.04

A bracing 3 degrees greeted this year's competitors in Perth's thirtieth City to Surf event.

Once thawed out, a sunny and windless day made for perfect running conditions.

Solid performances by MAWA members included those from Bjorn Dybdahl (M50-59) and David Carr (M70-79), who featured as age category winners. Bert Carse was second to Jeff Peacock of Geraldton who recorded 45:32, a quick time for a 60 year old.

There were 17250 entrants for the event, and results were published in the West Australian on Thursday 2 September. The editor is holding a copy of this edition and would be pleased to give specific details of runners and times to anyone interested. (Tel 9382 2628)

Herdsmen Run 5.9.04

J & D Whittam

10km Run

Jim Langford	M60	36:55*
Chris Frampton	M35	38:20
Gary McLean	M40	40:11
Bert Carse	M60	40:17
Neil McRae	M50	40:21
Andrew Cook	M35	40:34
Brian Bennett	M55	40:51
John Allen	M45	41:07
Duncan McAuley	M50	41:14
Jim Klinge	M55	41:28
Bob Schickert	M60	43:00
Gareth Brunt	M50	43:44
Javid Muir	M55	44:19
Robert Roll	M55	45:11
Margaret Langford	W55	45:22*
John Doust	M55	46:41
John Mack	M60	46:44
Sean Keane	M40	47:36
Graeme Neill	M40	47:49
Wayne Taylor	M45	50:40
John Byrne	M55	50:42
Karen March	W40	51:08
Nick Miletic	M50	51:28
Christine Engels	W45	51:48
Stan Lockwood	M70	54:50
David Carr	M70	55:16
Joan Osborne	W55	56:16
Rhod Wright	M50	56:42
Mary Young	W50	59:38
Denise Lancaster	W50	64:02
Elaine Dance	W50	65:33
Jo Richardson	W50	65:34
Peter Ryan	M50	70:28
Shorty Turner	M65	72:34
Margaret Bennett	W60	72:34

5km Run

Ian Davies	M55	18:44*
Barbara Blurton	W50	21:21
Ivan Brown	M55	22:10
Dee Haines	W45	23:43
Thea Bailey	W45	24:39
Gillian Lees	W40	24:53
Mike Anderson	M55	25:01
John Brambley	M60	25:16
Leonie Jones	W40	25:28
John Dance	M55	25:40
Damien Hanson	M50	25:40
Bob Sammells	M65	26:53
Delia Baldock	W40	27:11
Arnold Jenkins	M60	27:28
Wendy Clements-Green	W60	27:31
Vic Beaumont	M70	27:40
Aldo Giacomini	M65	27:54
Ray Hall	M70	29:00
Merv Jones	M65	29:23
Fiona McAuley	W50	30:34
Bridget Carse	W60	31:04
Bev Whitfield	W40	31:28
Ann Turner	W65	31:50*
Johan Hagedoorn	M60	33:30
Pierre Viala	M55	35:00
Frank Usher	M80	43:18*

10km Walk

Lorraine Lopes	W60	68:46*
Lorna Lauchlan	W70	78:24*

5km Walk

Val Millard	W55	33:34*
Lynne Schickert	W60	34:38
David Brown	M55	35:39
Beryle Doust	W55	37:02
Rex Bruce	M60	40:48
Patricia Hopkins	W60	44:34
George Schaefer	M70	44:35

* New Records

For the first time (we think) we had rain. Luckily most of it fell before the start or after the competitors had finished, although most of the 10k walkers got wet. Jim Langford was the first runner back to the start area before turning to run the second lap and win the 10k run. Ian Davies was close behind to win the 5k. Barbara Blurton and Margaret Langford were the first ladies home in the 5k and 10k runs respectively.

First walkers were Val Millard and David Brown in the 5k, and Lorraine Lopes in the 10k walk. There were seven new records set on the day.

We would like to thank all our helpers, especially Roger Walsh who got off his sick bed to time the event. But unfortunately the flu got the better of him and he had to return to it. Get well soon!

Kirt Johnson and Merv Moyle

took over the time keeping and did a great job; Kirt also erected the tent and the finishing chute. Sheila and Jenni greatly appreciated the tent! Many thanks to John Frost, David Baird, John Cresp and Mike Faunge who looked after the drinks station and the car marshalling. Also to Jacqui and Vic Beaumont for morning tea, Barrie for deciphering and printing out the results, and Merv Moyle who cleaned the toilets! See you all next year.

Jeff & Dorothy

Millers Run 12.9.04

Norm & Pat Miller

10.5km Run

Chris Maher	M50	39:41
Bjorn Dybdahl	M50	40:51
Gary McLean	M40	41:17
Bert Carse	M60	41:28
Geoff Barrett	M40	41:42
Brian Bennett	M55	41:49
Neil McRae	M50	42:19
John Allen	M45	42:29
Jim Klinge	M55	42:35
Mike Hale	M55	44:43
Dave Roberts	M60	45:01
Bob Schickert	M60	46:35
John Bocian	M50	46:52
Gareth Brunt	M50	47:01
John Mack	M60	47:06
Wayne Taylor	M45	47:22
David Muir	M55	47:30
John Doust	M55	48:41
Sean Keane	M40	48:44
Graeme Neill	M40	49:35
Mark Sivyer	M55	49:37
Milton Mavrick	M50	49:56
Dee Haines	W45	49:57
Don Pattinson	M50	49:58
John Pressley	M55	50:40
Mike Khan	M55	50:54
Karen March	W40	51:07
John Byrne	M55	51:35
Paul Martin	M60	51:48
Vic Waters	M60	51:49
Christine Engels	W45	53:14
Jim Barnes	M60	53:17
John Dance	M55	54:37
John Pellier	M60	54:48
Stan Lockwood	M70	54:58
Joan Osborne	W55	55:09
Ray Hall	M70	55:20
Brian Hunter	M55	58:44
Graham Thornton	M60	58:56
Rhod Wright	M55	59:04
Aldo Giacomini	M65	59:14
Wendy Clements-Green	W60	59:30
Vic Beaumont	M70	59:38
Mary Young	W50	60:25

Robyn Leighton	W45	60:32
Merv Jones	M65	64:55
Sue Lake	W40	65:29
Jo Richardson	W50	67:13

7.5km Run

Darryl White	M45	29:00
Johan Hagedoorn	M60	33:16
Barb Humphrey	W50	36:10
Terry Humphrey	M50	36:30
David Carr	M70	37:01
Mike Anderson	M55	37:01
Kirt Johnson	M75	45:33
Joan Pellier	W60	45:34
Julie Wood	W55	46:18
Elaine Dance	W50	46:18

5km Run

Ian Davies	M55	18:16
Barbara Blurton	W50	21:07
Damien Hanson	M50	24:44
Bob Sammells	M65	26:06
John Stone	M50	29:35
Michael Faunge	M65	29:35
Debbie Dance	W35	33:18
Jan Jarvis	W55	33:33
Frank Usher	M80	41:21
Allen Tyson	M75	46:35
George Schaefer	M70	46:37
Glenice Shanahan	W80	70:10

10km Walk

Lorraine Lopes	W60	73:12
Beryle Doust	W55	81:34
Lorna Lauchlan	W70	81:55
Jeff Whittam	M70	83:07
Alan Pomery	M70	91:38

7.5km Walk

Dorothy Whittam	W65	58:14
Pat Ainsworth	W65	66:38

5km Walk

Val Millard	W55	35:27
John Frost	M65	37:55
Rex Bruce	M60	39:48
Marg Taylor	W50	47:47
Mike Taylor	M45	47:48
Telsey Hatwell	W65	50:12
Ernie Moyle	M75	53:57

A beautiful spring morning gave perfect conditions for 89 Runners & walkers. For those who were not sure, the distances were 5km, 7.5km & 10.5km.

The last 3km was by far the best part of the course, being by the river under shady trees.

We would encourage more members to try the 10.5km next year, so they can enjoy the view. We would like to thank all our helpers, being, Denise, Pierre, Margaret, Allyson, Hamish, Dave, Janis, Chris, Graham, Ann & Shorty.

As this is our last time As Race Directors for Burswood, our thanks to all. Pat Miller

Bibra Lake Run 19.10.04

Richard Harris

Masters Athletics cooperated with the City of Cockburn to stage a 6km community fun run at Bibra Lake on October 19, incorporating a 12km run for masters who wanted to run a little further.

Bibra Lake can be a tough course but the conditions – cool after an earlier shower – meant that the nearly 200 runners who took part were not too uncomfortable and there were no midges.

Chris Maher brought the field home in the 6km, with Margaret Langford and Julie Keeley first and second in the master's female class. Brian Bennett was second masters male.

In the 12km, Jim Langford was first home, with Gary McLean second.

There were many young people in the fun run – which was joined by Dads and Mums pushing prams, a couple who walked their dog, some young boys on scooters, as well as walkers and runners of all ages. There were many favorable comments to the effect they enjoyed the run. One of the young boys finished the run with a cartwheel, gracefully executed, and one of the masters came over the line with a handspring – not a bad effort at all for a man in his 50s, though he is light and quick and a gymnast.

City of Cockburn arranged for free soft drinks and a free sausage sizzle for competitors and helpers.

The City also presented excellent trophies for category winners in the 6km – first two runners male and female in the open, under 12, under 17 and masters. The 12km people got only the glory.

Was the event a success? Most certainly. Can we improve it? Of course, and we will.

See you there next time.

In the meantime, as Race Director, I wish to thank the City of Cockburn for their support, Bob Schickert, for his advice and guidance, Jim Barnes for setting out the course and working heroically to ensure the success of the event, Bob Sammells, Elaine Dance, and

Barry Thomsett for sorting out the results assisted by Pam Toohey and Beryl in the chute; Keith Atkinson and Ray Hall for the timing – Keith in particular on the details of individual times.

Several other members gave valuable assistance as traffic marshals – John Doust, Geoff Barrett, Mitch Loly, Steve Toohey, Merv Moyle and Helen Lysaght and I wish to thank them for doing an essential task, no glory in it, but we couldn't stage the event without their input. Thanks a million people You were terrific. Also, thanks to all who ran, and to Mike Hale who brought John Bell's tent and set it up as a first aid post, ran the 12km, then dismantled the tent and took it back to Nedlands. No doubt about the Masters, a great bunch of fun-loving athletes, good runners and good sports.

Richard Harris

Helpers November:

7 November Safety Bay

Pam & Steve Toohey 9593 3439

Ray Atwell, Murray Tolbert, Bob Chalmers, Dennis Miller, Mitch Loly, John & Elaine Dance, Dee Campbell.

14 November Rib Run

Roma & Brian Barnett, Irene Ferris 9244 7029

Fenella Gill, Roger Walsh, Liz Chandler, Stan Lockwood, Ross Parker, Moreland Smith, Mike Faunge, Glenda Pontifex, Maree Creighton.

21 November Pelican Run

John Ellard & Nick Miletic 9419 1812

Jim Riddell, Cecil Walkley, Sean Keane, Ann Jones, Gillian Young, Johan & Julie Hagedoom, Mark Sivyer, Bernie Mangan, Chris Shenton, Carole Lawson.

28 November Perry Lakes

John Bell 9386 6975

Gordon & Noala Medcalf, Cecil Walkley, Ron Spencer, Jane Thompson, Sue Bullen, Terry Manford, Christine Wheeler, Barry Weatherburn.

'Guess Own Time' rules - by Vic Waters

For the benefit of new members, the object of this cross-country event is to predict, as accurately as possible, your finishing time. Amazingly, over the years many runners have been spot-on, or within seconds of their estimate. So think carefully before you make that guess.

You have a choice of 5.4km or 10.7km cross-country. Walkers go their own way, but they too compete for the 5km trophy.

Apart from the usual fussy club rules (no concealed weapons to be carried, no drugs or alcohol to be taken during the event, etc) a few special rules apply.

1. Arrive early.
2. Decide in advance what distance you will do.
3. Check in at the recording table. Find your name on the list and write in your estimate, indicating if it's for the long or the short run, or walk.
4. Leave your watch at home, or in your car.
5. As you finish, listen carefully to the time that will be hollered at you! If it's close to your estimate (say, within 30 seconds) go to the table and have it recorded.
6. If you're in with a chance of winning - don't go home until the announcements!
7. You still need to wear your club number so finishing order can be recorded as usual.

Get Lost

There's no special prize for getting lost. If by some remote chance you do manage such a feat, do let the organisers know. We like a laugh. And we'll tell you how to really get lost.

History of the 50km Road Running Championship

I happened to mention to Joan Pellier after the presentation day at Rosie O'Grady's on Sunday 19 September 2004 that I did not know that much about the RRC. If anyone knows Joan well, they'd know that she would go home and look things up in the old Vetrans as she's not a person who procrastinates. So on our Monday morning run the next day I got some of the history and decided with Joan's delving to write this as it may be of interest to the newer members of our club.

It was started in 1987 by wee Morris Warren and consists of a 10km, 15km and 25km race (not wee distances). The time is recorded for each race then the average per km is calculated overall. The 25km was first run at Herne Hill. 4 ladies and 15 men completed the 3 events. The smallest field was in 1992 when only 3 ladies and 8 men ran and the largest was this year 2004 with 10 ladies and 28 men, so the numbers have doubled. The only problem is that the events are held in the winter months when lots of members tend to go chasing the sun on holidays.

The members who have completed the most events are:

Bob Schickert - 14, John Pellier - 11, Graham Thornton - 8.

Marg Forden - 10, Ann Turner - 10, Joan Pellier - 9.

Congratulations to all of the above, especially the Pelliers, what a couple!

Fastest Times	Year	10km	15km	25km	Overall	Av per km
Chris Maher	1998	35.15	53.26	1.29.29	2.58.10	3m 33.8sec
Frank Smith	1987	34.43	53.28	1.31.07	2.59.18	3m 35.2sec
Dave Scott	1987	34.53	55.18	1.30.25	3.00.36	3m 36.7sec
Ann Shaw	2000	38.23	59.22	1.45.08	3.22.53	4m 3.5sec
Jill Chambers	1995	38.59	61.13	1.46.04	3.26.16	4m 7.5sec
Robyn King	1996	41.40	64.01	1.49.37	3.35.18	4m 18.4sec

Knowing that medals would be presented for the first time in 1994 must have given me enough incentive to give it a go as I figured it would be the only time that a slow runner like me would ever get the chance to receive a medal. The sell out event was held at Rosie O' Grady's at a cost of \$10.00 (inflation over the last 11 years has seen the cost double to \$20.00, but it is still a bargain). Morris was rewarded for his promotion of this event and persistence in obtaining some form of recognition for the runners who would take part by presenting the medals.

So how about some of the newer and younger members adding this series to their goals for next year. I note that in this years results there was just the one male in the 35 year group and the youngest women were 4 of us in the 50's age group. Are any of the younger members ready to take on this challenge!

If you think this is for distance runners only Peggy McLiver an excellent sprinter ran in 1987 at an average of 4.42 per km and again in 1990 at 4.33 pace!

And for me I've run six, 1994 being the first time, a long gap in between and for the last 5 consecutive years. All being well I will be there next year even though my average time per km is going down.

Irene Ferris - member 128.

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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 as social as they choose. Competition is structured in gender and age groups which go in five yearly increments, starting at W30 and M30.

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

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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

