



# VETRUN



MASTERS ATHLETICS WA NEWSLETTER

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## Scenes from Jorgensen Park - 8 August

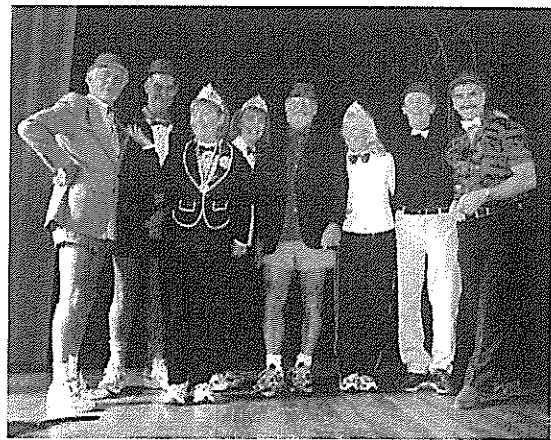


*The Workers - who set up the hall.....*

*.....for the starving masses*



*On the move!*



*The Cabaret?*

**\*\*Important Notice\*\***  
Changed arrangements for  
Bibra Lake 19 September.  
See Page 2

**Annual Dinner Dance!**  
**20 November 2004**

**Full details on Page 4**

## From the Committee

\* Please note that the start time for Bibra Lake on 19 September will be 8.30am (not 8.00am as shown in the 2004 Program) and all starters will have to sign an Entry Form provided by the City of Cockburn. Please wear your Club Chest Number. There is no entry fee for MAWA members as Richard Harris and his team are helping with the organisation of the event which is the City of Cockburn Community Fun Run.

\*If you have not already picked up your chest number at a Sunday run you should find it inserted in this issue of *Vetrun*. Any queries or problems please contact the Editor on 9382 2628.

\* The WMA Non-Stadia Championships planned for Vancouver 2006 have been cancelled - this decision was made due to the low number of entries received for Auckland 2004.

\* Congratulations to Dick Blom whose entry in last month's competition - 'My Favourite Run' - was the first correct entry to be drawn. Dick has received a bottle of Vasse Felix red for his efforts. Most entrants got the correct answer - Southern Sojourn.

### San Sebastian

Further to the information provided in last month's *Vetrun* on the World Masters in San Sebastian next year, David Carr has written to the Editor as follows:

Jeff,

*The article by Stan Perkins gives some useful information on San Sebastian. I was there last July. His comment on the airport being 110km way must have frightened those planning a trip. San Sebastian airport is 35 minutes by suburban bus at a cost of about \$2. Less than 20km. Taxi fare would be comparable to Australian I think.*

*From Australia you would expect to go via London if flying Qantas. Accommodation should be booked early. After about six phone calls, I could not get a room.*

David Carr

Further investigation reveals that San Sebastian airport is indeed accessed by scheduled domestic flights from Barcelona and Madrid and by tourist charter flights.

Ed.

## HELPERS OCTOBER

### 3 October. Wild Flower Run.

Jim Klinge 9294 4029

Jim Riddell, Sean Keane, Margaret Robinson, Dave Scott, Jeff Bowen, George Schaefer, Peter Gare, Greg Tower, Alan James, Wendy Duncan, Silvio Wirth, Stan Jones.

### 10 October. Mattagarup Run.

Wayne Pantall 9362 3715

Robyn Leighton, Chris Frampton, Lesley Romeo, Mike Hale, Clive Hicks, Kirsty Griffiths, Paul Buckley, Mal Vernon, Peter & Jenny Owen.

### 17 October. Guess Own Time.

Vic Waters 9341 3464

Irwin & Berwine Barrett-Lennard, Irene Ferris, Simon Mort, Darryl White, Mark Sivyer, Bridget & Bert Carse, Neil McRae, Jim & Margaret Langford, Merv Jones.

### 24 October. Mullaloo.

Mike Anderson 9405 2090 & Johan

Hagedoorn 9401 3280

Irwin & Berwine Barrett-Lennard, Guito Dumolard, David Morgan, Neil & Pam van Graan, Martin Watkins, Bruce Haustead, Frank Oswald, Ian Lyon.

### 31 October. Garvey Gallop.

Arthur Leggett 9279 9340

Jim Klinge, Robyn Leighton, Brian Smith, Alan Pomery, Kirt Johnston, John West, Doug Ashfield, Dorothy Blake, Marg & Mike Taylor.

## New AMA Record Certificates

Club Statistician, Campbell Till has forwarded the following message from National Statistician, Clyde Riddoch:

*Hi Everyone*

*Now that I have a nice big box of new AMA Australian record certificates in hand, can you please ask your State members, if they are missing a certificate, to please request one now.*

*After the problems I had with a request relating to a 1996 performance (which Campbell kindly solved), I would rather sort out missing certificates now, than some time in the distant future. I'm putting a note in the Victorian Masters Athletics News & Results to ask this same question of Victorian members.*

*The same applies to World record certificates. I have plenty of those too.*

*Cheers,  
Clyde*

Clyde can be contacted by email as follows:  
<Clyde.Riddoch@auspost.com.au >

## Winter Throws Trials

(9.30am at Perry Lakes)

### 11 September:

Shot, Discus, H/Weight

### 9 October:

Weight Pentathlon

The Throws training group meets every other Saturday at Perry Lakes between 9.30 & 11.30am.

## A Plea from Barrie!

*To all members..*

*I know unisex hair dressers are all the go, but I don't think it's quite the time for Masters Athletics to go down that track.. No names shall be mentioned, but in the Bassendean and Jorgenson events, a different couple in each event managed to swap numbers. Please, swap whatever you like, but not your club numbers, it plays havoc with results! Regards, Barrie*

## Results in this Issue:

State Cross-Country Champs  
Bassendean Run  
Jorgenson Cross-Country  
Club Half-Marathon  
Mill Point Rd Champs  
Club 50km Champs  
Club Race Walking Champs

## DRUG TESTING – What is it all about and does it affect you?

Anyone who is involved or interested in sport would know about the problems that doping has caused within sport around the world. In recent weeks we have seen the disastrous impact that doping allegations have had on Cycling Australia with the timing probably also impacting upon the reputation of all Australian sport as we head into the Athens Olympics. The fact that all of the cyclists named in the allegations were Olympics bound created more than the usual headlines; however the Olympic Games have a way of bringing all sporting problems into the media focus.

Our sport of Athletics is no different and in fact some of the most famous 'drug cheats' in Olympic history have been from track and field. Who could forget Ben Johnson and the disgrace that he brought to our sport and indeed to Canada as a country, where the repercussions were felt across all sport and today they have one of the strictest drug testing codes in the world. Then there was the very premature death of Florence Griffith Joyner, the great USA female sprinter, who died in her mid thirties from the alleged ravages of drug abuse during her career. There are some famous athletes who have failed their drug tests, but be assured there are many others who get caught each year that you do not hear about and their indiscretions receive little or no media coverage.

How does all of this affect you, the Masters athlete? Well unfortunately some of the drug cheats that test positive each year are Masters athletes and currently we (World Masters Athletics- WMA) has a list of about ten banned athletes from around the world. The process of drug testing is something that many athletes (and in fact administrators) know little about so in my capacity as Chairman of the World Masters Athletics Doping and Medical Committee I will give a brief outline of what is involved. I will not go into the specific details of the many variables of drug testing as it is complex and can be confusing, however the general process is one all athletes should be aware of.

In Masters Athletics we follow exactly the process of the IAAF, including the Code of Practice and the World Anti Doping Agency. A list of banned substances is publicly available and you can view this on the IAAF website or better still, your doctor will also have a list. The list is regularly reviewed and updated and all medical practitioners have access to the latest lists. In addition the Australian Sports Drug Agency has a website and also has a hotline number that you can ring for information. It should be noted that the substances are listed by their medical name as their common name may vary from manufacturer to manufacturer and country to country, but almost always there is a list on the pack as to the ingredients and that should be referred to in checking your medications.

Please understand that the purpose of drug testing is to stop cheating, not to catch innocent people. However ignorance is not an accepted defence to a positive test so the onus is upon you the athlete to check your medications. You should also note that we do not expect you to stop taking your medication just because you are competing in sport.

For many banned substances there are allowable alternatives that your doctor could prescribe for you, but if there is no substitute available then you can apply for a medical exemption. This process involves you completing some forms and having your doctor detail your medications and medical conditions being treated. These forms will be available from the World Masters Athletics website ([www.world-masters-athletics.org](http://www.world-masters-athletics.org)) and once completed the forms are sent to Dr. Karri Wichmann, a member of my committee who assesses the application and recommends approval or rejection. An approval lasts for 12 months and you then must repeat the process if you are still on the same medication.

The drug testing process should not concern you. If you are selected you will be approached at your competition venue and asked to take the test. You will be accompanied to the testing area, processed through some questions and then asked to provide a urine sample. You will be observed providing this sample but women look after the women and men process the men. You are then allowed to leave after observing the sample being bottled and sealed into two containers. The samples are analysed and if you test negative you hear no more. If positive you will be contacted and asked for an explanation. You also have the right to attend (with an accompanying person if you wish) to view the testing of the second sample. If it also tests positive then your National Federation is advised and you will be subjected to a hearing.

Within the rules of our sport you could receive a suspension but if it is proven that your use was inadvertent or there was no intent, then you may receive a warning but no suspension. Several such decisions have been made in the past four years.

In closing, I would like to outline that drug testing generally only takes place at World Championships although testing is conducted in some European countries and the larger regional competitions. The vast majority of masters athletes have nothing to fear from drug testing – it is only the cheats that should be concerned because they do run the chance of getting caught and they are not only cheating themselves they are cheating on every other person around the world who participates in our Masters sport. So, good health, get out there and enjoy yourself!

Stan Perkins  
Life Member, Queensland Masters Athletics  
Oceania Regional Delegate, World Masters Athletics  
Chairman, WMA Doping and Medical Committee.

*Its time again for our Annual*

## ***Dinner Dance***

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

*Its on at the Psychedelic Metro Inn*

*Canning Highway South Perth*

*On the 20<sup>th</sup> 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 theme dress is optional.*

*Double rooms are available for \$89.*

*Please contact either:*

*Elaine Dance 9592 1793*

*Pam Toohey 9593 3439*

### MASTERS ATHLETICS WA RACE WALKING CHAMPIONSHIP 2004

Competitor:	Weir (5km)	Deepwater Pt (7.5km)	Uni (15km)	Burswood (10km)	Average time per km
Valerie Millard (W55)	32.59	48.27	1.40.32	67.57	6.36
Lorraine Lopes (W60)	34.08	50.56	1.44.35	68.12	6.52
Lynne Schickert (W60)	36.15	53.10	1.53.53	73.59	7.21
Lorna Lauchlan (W70)	36.35	54.42	1.54.58	75.45	7.26
John Carrington (M65)	34.07	50.56	1.49.03	69.42	6.56
Stan Delandgraftt (M75)	38.33	55.21	1.55.30	74.37	7.35

Congratulations to Val Millard who headed the field in all four events.

**Sharks Run 18.7.04****Paul Martin**

Results of the Sharks Run were published in the August *Vetrun*.

However Paul's report was inadvertently omitted:

*This was certainly a day of numbers - more competitors than we've ever had (109) - an abundance of willing helpers - not a usual occurrence!*

*The first tryout of membership numbers for the club - a great success and last but not least it all happened on my birthday - a prime set of numbers there! Congratulations to the Langfords Jim and Margaret, Bjorn Dybdahl, Val Millard and John Carrington - all winners of their various races. Last but not least my gratitude to all the helpers*

*See you all next year*  
**Paul Martin**

**State X/C Championships****Kings Park 25.7.04.****Ralph Henderson**

(Placings only as the stopwatch failed)

**Mens 10km Champs****M35**

- 1 Chris Frampton
- 2 Chris Shenton
- 3 Andrew Cook
- 4 Graeme Uren
- 5 Simon Jawichre

**M40**

- 1 Gary McLean
- 2 Geoff Barrett
- 3 Eric Emmet
- 4 Sean Keane
- 5 Graeme Neill

**M45**

- 1 John Allen
- 2 Wayne Robinson
- 3 Doug Ashfield
- 4 Keith Atkinson
- 5 Kevin Payne

**M50**

- 1 Tony Heppener
- 2 Bjorn Dybdahl
- 3 Darryl White
- 4 Neil McRae
- 5 Duncan McAuley
- 6 John Cresp

- 7 Gareth Brunt
- 8 Nick Miletic
- 9 Phil Bailey
- 10 Neil Van Graan
- 11 John Dance
- 12 Rhod Wright

**M55**

- 1 Jim Langford
- 2 Jim Klinge
- 3 Brian Bennett
- 4 John Bell
- 5 Mike Hale
- 6 Bill Jones
- 7 David Muir
- 8 Mark Sivyler
- 9 Mark Rosen
- 10 Mike Khan
- 11 John Byrne
- 12 Wayne Bates
- 13 Arthur Gaffley

**M60**

- 1 David Baird
- 2 Bob Schickert
- 3 Frank Smith
- 4 John Pellier
- 5 John Mack
- 6 Paul Martin
- 7 Roger Walsh
- 8 Jim Barnes

**M65**

- 1 Steve Barrie
- 2 Joe Stickles
- 3 Bob Sammells
- 4 Terry Manford
- 5 Jim Riddell
- 6 Michael Faunge
- 7 John Smith
- 8 Shorty Turner

**M70**

- 1 Ray Hall
- 2 Stan Lockwood

**M75**

- 1 Irwin Barrett-Lennard
- 2 Cecil Walkley

**Womens 10km Champs****W30**

- 1 Christine Uren

**W35**

- 1 Julie Keeley
- 2 Claire Walkley

**W40**

- 1 Denise McMorro
- 2 Gillian Lees
- 3 Karen March

**W45**

- 1 Christine Engels

**W50**

- 1 Denise Lancaster
- 2 Vicki Studdart
- 3 Mary Young
- 4 Fiona McAuley

- 5 Elaine Dance
- 6 Jo Richardson

**W55**

- 1 Margaret Langford
- 2 Gillian Young
- 3 Joan Osborne
- 4 Val Millard

**W60**

- 1 Wendy Clements-Green
- 2 Lynne Schickert
- 3 Elaine Ellard

**W65**

- 1 Ann Turner
- 2 Margaret Warren

**5km Run**

- Mario Peric  
Dave Roberts  
Simon Mort  
David Scott  
John Doust  
Johannes Hagedoorn  
Vic Waters  
John Brambley  
Brian Foley  
Graham Thornton  
Mike Anderson  
John Ellard  
Damien Hanson  
Peter Airey  
Richard Harris  
Delia Baldock  
Jeff Spencer  
Arnold Jenkins  
Pamela Toohey  
Merv Jones  
Aldo Giacomini  
Kirt Johnson  
Vic Beaumont  
Julie Wood  
Robyn Leighton

**Bob Fergie**

- Steve Toohey  
Dalton Moffett

**Merv Moyle**

- Jackie Halberg  
Debbie Dance

**Pierre Viala**

- Janis Malin  
Margaret Bennett

**Frank Usher**

- Allen Tyson  
Glenice Shanahan

**5km Walk**

- John Carrington  
Lorraine Lopes  
Bev Whitfield  
Dorothy Whittam  
Beryle Doust  
Lorna Lauchlan  
Jennie Smith

- Jeff Whittam  
Pat Ainsworth  
Patricia Hopkins  
Maggie Flinders  
Rex Bruce  
Ernie Moyle

*A beautiful crisp winter's morning greeted us for another championship. Apologies again to the walkers for the change to their course but I believe that they actually enjoyed the detour via the coffee shop!*

*Thanks to Jim Barnes for marking out their course. The running course seems to have been well received with no one getting lost, which is surprising considering I marked it out in the dark!*

*I need to thank my willing helpers, Peter Gare, timekeeping, Jeff Bowen, recording, Richard Danks & Robin Wells, marshalling and Franz Oswald, drinks. Unfortunately, the stopwatch decided not to print, so we have no times for the event but at least we have the placings. The medals will be presented at the Presentation Lunch in Sept. Hope to see you all next year. So keep on running!*  
**Ralph Henderson**

**Bassendean Run 01.8.04****Sandy Beach Reserve****Jacqueline Billington****10km**

Jim Langford	M55	37:59
Chris Frampton	M35	38:20
Lachlan Marr	M40	38:36
Bjorn Dybdahl	M50	38:50
Ross Parker	M55	39:31
Neil McRae	M50	40:07
Ralph Henderson	M55	40:10
John Allen	M45	40:48
Jim Klinge	M55	41:05
Brian Bennett	M55	41:29
John Bell	M55	40:40
David Baird	M60	42:13
Graeme Uren	M35	42:55
Mike Hale	M55	43:17
Doug Ashfield	M45	43:35
David Reid	M50	43:45
Gareth Brunt	M50	44:15
Bob Schickert	M60	44:50
Margaret Langford	W55	45:01

Mark Sivyver	M55	46:12
Christine Uren	W30	47:02
Sean Keane	M40	47:24
Robin King	W45	48:20
Paul Martin	M60	48:24
Irwin Barrett-Lennard	M75	48:37
Frank Gardiner	M50	48:56
Gillian Young	W55	49:23
Bryan Hardy	M60	49:37
Gillian Lees	W40	49:42
Franz Oswald	M55	50:05
Nick Miletic	M50	50:11
Helen Lysaght	W50	50:53
Keith Atkinson	M45	50:56
Karen March	W40	51:17
Julie Keeley	W35	51:17
Richard Danks	M60	51:24
John Ellard	M60	51:53
Maree Creighton	W50	52:07
Phil Bailey	M50	52:12
John Byrne	M55	52:30
John Pellier	M60	52:36
Roger Walsh	M60	52:47
Brian Foley	M60	53:17
John Dance	M50	53:32
Bob Sammells	M65	53:43
Dan Bending	M60	54:08
Fraser Deanus	M60	54:29
Terry Manford	M65	54:40
Ray Hall	M70	54:54
Jim Riddell	M65	54:59
Michael Faunge	M65	55:07
Pamela Toohey	W55	55:42
Ann Turner	W65	57:14
Richard Harris	M65	57:49
Vic Beaumont	M70	58:48
David Carr	M70	58:55
Mary Young	W50	58:57
John Smith	M65	60:48
Wendy Duncan	W50	61:23
Arnold Jenkins	M60	61:47
Merv Jones	M60	62:20
Aldo Giacomini	M65	62:34
Jo Richardson	W50	63:29
Elaine Dance	W50	63:48
Jeff Spencer	M60	66:27
Kirsty Griffiths	W35	67:06
Debbie Dance	W35	68:36
Merv Moyle	M75	73:13
Janis Malin	W55	73:30
Dalton Moffett	M70	74:05
Brian Smith	M65	76:59
<b>5km</b>		
Ian Davies	M55	19:20
Bruce Haustead	M40	19:29
Johan Hagedoorn	M60	22:52
Mike Anderson	M55	25:32
Peter Airey	M65	26:53
Paul Buckley	M55	27:09
Delia Baldock	W40	27:11
Rhod Wright	M50	29:22
Joan Pellier	W60	31:22
Julie Wood	W55	32:02
Elaine Ellard	W60	32:51
Sheila Maslen	W65	35:51
Ray Lawrence	M75	38:47

### 10km Walk

Val Millard	W55	67:22
Lorraine Lopes	W60	67:59
John Carrington	M65	73:15
Lynne Schickert	W60	74:04
Stan Delandgraft	M75	77:57
Lorna Lauchlan	W70	78:02
Dorothy Whittam	W65	80:15
Jeff Whittam	M65	85:03
Jennie Smith	W50	85:04
June Lewis	W55	85:24
Mary Heppell	W65	90:15
<b>5km Walk</b>		
Rex Bruce	M60	42:12
Beryle Doust	W55	46:13
Norm Miller	M70	49:48

*What a Sunday!! but despite the wet, windy and cold conditions it didn't deter over 100 to get out of their warm beds to participate. A little excitement happening at the recording tent, it nearly blew away!! but thankfully the Vice President and a few others were at hand to hold it down. Even more excitement because of the rain, John Pellier won the wet T shirt competition or was it Joan? A good run yet again by Ian Davies who has won the 5k event quite a few times. Delia Baldock being the first woman over the line. Rex Bruce first and only man in the 5k walk with the women deciding to do the longer distance - Val Millard and Jeff Whittam being the winners. In the 10k distance it was kept in the family with Jim and Margaret Langford being the winners. Thanks to Irene for recording who even had time with the new system in place to chat and have a few laughs with runners as they came through the chute. Also thanks to Roma for timing, Margaret and Alan at the water stop (strange - they came back dry as a bone or was it that they sheltered under the Redcliffe Bridge), Mike Khan, Chris Maher, John Mack and Mario for marshalling. Special thanks to Jim Barnes for his help. Last but not least, Kirt Johnson, who has consistently helped me year after year in marking the course and especially in picking up the gear the week before the race, I can't thank him enough. I still have good feedback that it is a good course despite the steps!! So I'll be race director again next*

*year for the Bassendean Run. It is nice to come up to Perth and see all my friends at the Vets. See you all next year. Jacqueline Billington*

### Jorgensen X/C 08.8.04 Committee

#### 8km

<b>M35</b>		
Chris Frampton	M35	33:16
Stephen Dunn	M35	43:08
Simon Jawichre	M35	45:16
<b>M40</b>		
Lachlan Marr	M40	34:25
Patrick Smith	M40	34:39
Gary McLean	M40	35:53
Bruce Haustead	M40	36:43
Rob Colton	M40	39:23
Sean Keane	M40	41:03
Graeme Neill	M40	42:32
<b>M45</b>		
Alan Gower	M45	33:59
John Allen	M45	36:48
Keith Atkinson	M45	43:26
Wayne Taylor	M45	44:18
<b>M50</b>		
Chris Maher	M50	33:42
Bjorn Dybdahl	M50	35:01
Neil McRae	M50	35:41
Duncan McAuley	M50	36:50
David Reid	M50	37:56
Nick Miletic	M50	45:33
Phil Bailey	M50	46:53
Don Pattinson	M50	47:10
Rhod Wright	M50	50:59
<b>M55</b>		
Jim Langford	M55	33:09
John Bell	M55	36:31
Jim Klinge	M55	36:43
Brian Bennett	M55	37:15
John Doust	M55	38:52
Mike Hale	M55	39:13
Ivan Brown	M55	39:24
David Muir	M55	39:51
Mark Sivyver	M55	40:40
John Byrne	M55	47:03
Pierre Viala	M55	64:10
<b>M60</b>		
Bert Carse	M60	37:05
Bob Schickert	M60	37:41
David Baird	M60	37:59
Dave Roberts	M60	39:36
John Mack	M60	40:58
Johan Hagedoorn	M60	41:39
Graham Thornton	M60	46:05
Richard Danks	M60	46:48
Brian Foley	M60	47:16
Roger Walsh	M60	47:32
John Ellard	M60	47:39
Mike O'Reilly	M60	52:24
<b>M65</b>		
Bob Sammells	M65	48:07
Richard Harris	M65	50:24
John Smith	M65	50:49

Brian Smith	M65	50:56
Shorty Turner	M65	66:47
<b>M70</b>		
David Carr	M70	43:51
Ray Hall	M70	49:57
Dalton Moffett	M70	62:59
John Russell	M70	65:28
<b>M75</b>		
Irwin Barrett-Lennard	M75	43:51
Stan Delandgraft	M75	63:11
<b>W35</b>		
Julie Keeley	W35	45:07
<b>W40</b>		
Karyn Gower	W40	41:52
Gillian Lees	W40	46:42
Leonie Jones	W40	48:50
Delia Baldock	W40	49:30
<b>W45</b>		
Robin King	W45	42:54
Christine Engels	W45	48:25
<b>W50</b>		
Helen Lysaght	W50	47:45
Denise Lancaster	W50	55:56
Mary Young	W50	58:45
Fiona McAuley	W50	59:13
Jo Richardson	W50	61:10
<b>W55</b>		
Margaret Langford	W55	40:14
Gillian Young	W55	44:40
Joan Osborne	W55	50:53
Pamela Toohey	W55	51:26
Val Millard	W55	56:04
Jackie Halberg	W55	60:42
<b>W60</b>		
Lynne Schickert	W60	63:29
Elaine Ellard	W60	66:27
Margaret Bennett	W60	66:28
<b>W70</b>		
Lorna Lauchlan	W70	66:18
<b>5.4km Run</b>		
John Bocian	M50	25:51
Elaine Dance	W50	37:53
Ray Lawrence	M75	39:59
Steve Toohey	M50	42:05
Veronica Maguire	W40	51:28
<b>2.7km Run</b>		
Chris Pattinson	W45	17:24
Ann Turner	W65	17:36
Jennie Smith	W50	23:56
<b>5.4km Walk</b>		
John Carrington	M70	38:47
<b>8km Walk</b>		
Lorraine Lopes	W60	81:07
Beryle Doust	W55	81:07
<b>2.7km Walk</b>		
Sue Wells	W50	27:15
Dorothy Whittam	W65	28:48
Patricia Hopkins	W60	28:49
Maggie Flanders	W65	28:53
Jeff Whittam	M70	28:55
<i>Perfect conditions for a cross country event and a spit roast lunch. Over 100 club members and about 15 young bloods from AthleticA dashed around through</i>		

the bush, up and down the hills and over the creek crossings. As usual it was hard work but I think it is worth the effort. Many thanks to Darryl White, John Pellier, Graeme Neill, Jim Klinge, Keith Martin, Mike Anderson, Arnold Jenkins, Ian Davies, John Dance, John West, Barrie Thomsett and Barry Jones for their work at the run.

A lot of work was also done to set up the hall by Norm and Pat Miller, Pat Ainsworth, Telsey Hatwell and Dick Blom. Many thanks to them also. More assistance is needed for some of the heavy work at the hall and next year we must roster some others to help. As usual Club President Val Millard did a first class job in taking the bookings and dealing with the caterers.  
**Bob Schickert**

**Club Half Marathon 15.08.04  
Bob Sammells**

	Age	Time	%
<b>M35</b>			
Andrew Cook	38	1:32:41	65.0
Phil Baker	37	1:45:36	56.7
Simon Jawichre	39	1:53:11	53.5
<b>M40</b>			
Lachlan Marr	44	84:10	74.8
Gary McLean	41	86:47	71.0
Geoff Barrett	42	1:30:53	68.2
Graeme Neill	44	1:49:16	57.6
<b>M45</b>			
Darryl White	45	87:50	72.2
John Allen	46	1:30:28	70.6
Wayne Robinson	49	1:31:54	71.1
Mal Vernon	49	1:41:16	64.5
Wayne Taylor	45	1:44:50	60.5
Keith Atkinson	47	1:44:51	61.4
Kevin Payne	46	1:57:45	54.2
<b>M50</b>			
Bjorn Dybdahl	51	83:46	79.3
Paul Hughes	52	86:25	77.5
Neil McRae	52	89:10	75.1
Frank Gardiner	54	1:38:03	69.4
Milton Mavrick	50	1:41:57	64.8
Ed Barrett-Lennard	50	1:45:26	62.6
Don Pattinson	50	1:51:10	59.4
John Dance	54	1:53:39	59.9
Neil Van Graan	53	2:01:48	55.4
Reece Waldock	51	2:03:19	53.8
Rhod Wright	54	2:12:46	51.3
<b>M55</b>			
Brian Bennett	56	89:40	77.2
Jim Klinge	57	1:30:43	77.0
Mike Hale	57	1:35:01	73.5
David Muir	59	1:42:36	69.3
Keith Miller	55	1:42:56	66.7
Brian Danby	56	1:43:14	67.1
Mark Sivyver	55	1:44:27	65.7
Mark Rosen	56	1:48:04	64.1
<b>M60</b>			
David Baird	61	1:34:04	77.1
Bob Schickert	62	1:38:27	74.4
Graham Thornton	63	1:42:46	71.9
Paul Martin	63	1:47:43	68.6
John Ellard	62	1:52:11	65.2
John Pellier	64	1:54:45	65.1
John Brambley	62	1:57:27	62.3
Roger Walsh	61	1:59:15	60.8

Richard Danks	62	2:03:55	59.1
M65			
Brian Smith	65	1:59:22	63.2
Terry Manford	66	2:03:12	61.9
John Smith	69	2:03:16	64.0
M70			
Ray Hall	70	1:57:48	67.8
David Carr	72	1:58:54	68.9
M75			
Cecil Walkley	75	2:00:37*	70.6
W40			
Gillian Lees	42	1:48:17	63.9
Karen March	43	2:03:15	56.6
W45			
Christine Engels	48	1:53:37	64.1
Robyn Leighton	45	2:10:57	54.2
W50			
Helen Lysaght	52	1:51:34	67.8
Maree Creighton	54	1:56:18	66.3
Mary Young	53	2:09:23	59.0
Wendy Duncan	54	2:22:30	54.1
Elaine Dance	52	2:25:15	52.0
Jo Richardson	52	2:25:26	52.0
W55			
Gillian Young	57	1:48:40	73.1
Joan Osborne	56	2:02:14	64.3
Pamela Toohey	58	2:06:26	63.5
Janis Malin	55	2:08:18	60.6
W60			
Marg Forden	63	1:58:58	71.3
<b>Half Marathon Walk</b>			
M70			
Dick Blom	70	2:32:59*	74.1
John Carrington	70	2:43:20	69.2
M75			
Stan Delandgraft	78	2:53:00	71.9
W55			
Val Millard	57	2:28:46	77.0
W60			
Lorraine Lopes	64	2:32:47	80.6
Lynne Schickert	63	2:39:52	76.5
* Championship Record			
<b>6km Run</b>			
Ivan Brown	M55	26:54	
Mike Anderson	M55	29:13	
Peter Airey	M65	30:05	
Denise Lancaster	W50	35:06	
Sheila Maslen	W65	40:58	
Ray Lawrence	M75	42:28	
George Schaefer	M70	42:29	
Frank Usher	M80	50:11	
<b>10km Run</b>			
Jim Langford	M60	41:45	
Doug Ashfield	M45	43:35	
Gareth Brunt	M50	43:43	
Tessa Brockwell	W45	44:27	
Margaret Langford	W55	45:53	
Johan Hagedoorn	M60	47:40	
Sean Keane	M40	47:42	
Mike Khan	M55	49:03	
Phil Bailey	M50	51:31	
John Byrne	M55	51:45	
Brian Foley	M60	52:22	
Stan Lockwood	M70	53:36	
Dan Bending	M60	54:02	
Leonie Jones	W40	54:28	
Barry Jones	M45	54:28	
John Mack	M60	55:45	
Michael Faunge	M65	56:09	
Sue Bullen	W40	57:51	
Chris Pattinson	W45	58:20	
Vic Beaumont	M70	58:39	(7)

Merv Jones	M65	60:18
Arnold Jenkins	M60	60:47
Jeff Spencer	M60	60:48
Jackie Halberg	W55	62:11
Joan Pellier	W60	63:00
Steve Toohey	M50	64:58
Pierre Viala	M55	65:51
Kirt Johnson	M75	65:52
Shorty Turner	M65	71:24
Dalton Moffett	M70	71:25

**Club Half-Marathon**

At the start of the event, Jeff Whittam mentioned that it was the 25th Anniversary of the Club's Australian record-breaking 24 Hours Relay conducted on 28/29 September 1979. So it was, but 1979 was eventful for other events as well. The first Perth People's Marathon was held on 24 June, the Australian National Veterans Marathon Championships followed in Perth on 12 August, and our first Half Marathon Championships were staged on 23 September. The Vetrun report commenced "This inaugural event was the longest run conducted by the Club..." There were 31 finishers.

So in 2004, the tradition continued. But seldom would past participants have enjoyed the near-perfect conditions enjoyed by their contemporaries. Crisp, clear weather, light breezes and good underfoot. What more could one ask?

Bjorn Dybdal and Gillian Lees were first man and woman, respectively, to finish the Run, while Dick Blom and Val Millard lead the walkers home. Dick also set an inaugural M70 record in the Walk.

There were also some startling improvements on last year's times by the three ladies in the Walk; Val by 11m 14s, Lorraine 19m 00s, and Lynne 11m 35s. Bjorn Dybdal, Milton Mavrick, Bob Schickert, John Pellier and

Brian Bennett also improved on last year's efforts. These are reflected in the Performance Level %ages. Cecil Walkley set a new mark in the M75 Run by taking almost four minutes off Arthur Leggett's record set in 1994. To our helpers. Aldo and Audrey Giacomini, and John Frost and Merv Moyle kept you hydrated, while Debbie Dance, Jim Halliday, Marg Neill, Franz Oswald and Sue Wells kept you on the not very straight but fairly narrow course. Dee Haines timed you all and Barrie Thomsett and Sue Wells (again) then took down your particulars. All of our thanks go to them for a job well done. Finally, it has been a while since the Championship records were published. Here they are. Something to aim at next year.  
**Bob Sammells**

**Run Records**

M30	S Dunn	1:22:47	1999
M35	T O'Hare	1:14:32	1979
M40	H Stoffers	1:12:11	1984
M45	H Stoffers	1:12:56	1988
M50	F Smith	1:17:17	1993
M55	M Cousins	1:21:50	1991
M60	J Gilmour	1:20:10	1981
M65	J Gilmour	1:22:20	1987
M70	J Gilmour	1:25:47	1989
M75	C Walkley	2:00:37	2004
W30	C Milbourne	1:37:50	1981
W35	J Chambers	1:23:54	1984
W40	J Kelly	1:28:54	1994
W45	M Forden	1:37:10	1989
W50	A Shaw	1:31:35	2002
W55	M Forden	1:46:34	2000
W60	M Forden	1:48:31	2002
W65	A Turner	1:57:20	2003

**Walk Records**

M35	D James	2:38:20	1992
M40	P Hill	1:54:28	1992
M45	J Mison	2:01:27	1994
M50	P Martin	2:05:04	1995
M55	P Martin	2:00:34	1996
M60	P Martin	2:14:43	2001
M65	A Pomery	2:32:27	1997
M70	D Blom	2:32:59	2004
M75	J Collins	2:37:56	1987
M80	J Collins	3:04:57	1992
W35	J Sanger	2:37:56	1987
W40	M Mison	2:31:43	1990
W45	M Mison	2:05:53	1997
W50	W Clements	2:32:13	1996
W55	D Whittam	2:27:55	1991
W60	D Whittam	2:15:09	1997

**Mill Point Rd Champs**  
**22.8.04. M.Mavrick**

**10km Run**

<b>M35</b>	
Andrew Cook	39:43
Stephen Dunn	39:53
<b>M40</b>	
Gary McLean	39:32
Geoff Barrett	40:13
Nick Miller	40:19
Graeme Neill	46:58
<b>M45</b>	
Darryl White	38:28
Doug Ashfield	42:44
Wayne Taylor	46:18
Keith Atkinson	46:28
<b>M50</b>	
Chris Maher	36:22
Bjorn Dybdahl	38:20
Neil McRae	38:30
Duncan McAuley	40:11
Gareth Brunt	43:28
Gary Fisher	46:42
Ed Barrett-Lennard	47:50
Frank Gardiner	50:50
Troy Lundgren	57:36
<b>M55</b>	
Ian Davies	38:16
Brian Bennett	39:58
Jim Klinge	40:38
John Bell	41:25
Mike Hale	42:11
John Doust	42:32
Bill Jones	42:49
Brian Danby	45:15
Mike Khan	46:30
Mark Rosen	48:01
Robert Sheehy	48:40
Franz Oswald	48:50
John Dance	50:58
Mike Anderson	51:16
Pierre Viata	71:27
<b>M60</b>	
Jim Langford	38:14
Bert Carse	39:48
Bob Schickert	41:30
David Baird	41:44
Dave Roberts	42:58
Johan Hagedoorn	47:35
Graham Thornton	48:22
Vic Waters	48:23
John Brambley	49:11
Geoff Mullins	50:50
John Ellard	50:25
John Pellier	50:28
Brian Foley	51:13
Roger Walsh	51:30
Jim Barnes	52:42
Jeff Spencer	56:43
Arnold Jenkins	61:15
<b>M65</b>	
Joe Stickle	49:42
Brian Smith	51:42
Terry Manford	52:03
Bob Sammells	52:36
John Smith	53:25
Jim Riddell	53:51
Michael Faunge	54:01
Peter Airey	54:42
Richard Harris	55:55
Aldo Giacomini	57:04
Merv Jones	59:21
Shorty Turner	71:26

<b>M70</b>	
David Carr	45:11
Stan Lockwood	53:16
Vic Beaumont	56:10

<b>M75</b>	
Ray Lawrence	66:39
Allen Tyson	89:53

<b>W35</b>	
Julie Keeley	50:22
Debbie Dance	67:17

<b>W40</b>	
Karen March	49:41

<b>W45</b>	
Tessa Brockwell	44:10
Christine Engels	50:56

<b>W50</b>	
Helen Lysaght	49:26
Maree Creighton	51:09

<b>W55</b>	
Mary Young	57:39
Wendy Duncan	57:40

<b>W60</b>	
Denise Lancaster	57:41
Fiona McAuley	59:50

<b>W65</b>	
Elaine Dance	62:26
Jo Richardson	64:29

<b>W70</b>	
Margaret Langford	44:18
Gillian Young	48:46

<b>W75</b>	
Joan Osborne	53:52
Julie Wood	62:23

<b>W80</b>	
Janis Malin	70:30

<b>W85</b>	
Wendy Clemants-Green	56:54
Joan Pellier	59:35

<b>W90</b>	
Elaine Ellard	65:40
Margaret Bennett	71:25

<b>W95</b>	
Ann Turner	57:20
Sheila Maslen	71:26

<b>10km Walk</b>	
<b>M60</b>	
Rex Bruce	94:13

<b>M70</b>	
John Carrington	69:53
Jeff Whittam	81:42

<b>M80</b>	
Norm Miller	92:29
Alan Pomery	93:02

<b>M90</b>	
Leo Hassam	94:14

<b>M95</b>	
Stan Jones	69:52
Stan Delandgrafft	74:42

<b>W40</b>	
Bev Whitfield	73:44
Veronica Maguire	93:01

<b>W50</b>	
Jennie Smith	83:10

<b>W55</b>	
Val Millard	67:46
Beryle Doust	74:43

<b>W60</b>	
Lorraine Lopes	68:02
Lynne Schickert	71:35

<b>6km Run</b>	
Ray Hall M70	32:32

<b>6km Walk</b>	
Lorna Lauchlan W70	45:45
Pat Ainsworth W65	52:48

<b>W60</b>	
Patricia Hopkins W60	52:15
Maggie Flanders W65	53:39

**MAWA 2004 50km Championships**

		25km	15km	10km	(= 50km)	Per km
Stephen Dunn	M35	1.40.12	56.20	36.56	193.28	3.52
Bjorn Dybdahl	M50	1.41.49	58.33	38.56	199.18	3.59
Gary McLean	M40	1.50.20	61.03	41.35	212.58	4.15
Neil McRae	M50	1.54.53	61.49	40.08	216.50	4.20
John Allan	M45	1.54.50	62.43	40.58	218.11	4.22
David Baird	M60	1.52.40	65.09	42.25	220.14	4.24
Brian Bennett	M55	2.01.08	60.51	42.11	224.10	4.29
Duncan McAuley	M50	2.00.10	65.08	40.24	225.42	4.31
Milton Mavrick	M50	2.01.44	66.53	42.43	231.20	4.38
Geoff Barrett	M40	2.16.59	63.23	40.14	240.36	4.49
Bob Schickert	M60	2.19.10	64.19	42.05	245.34	4.55
Irwin Bt-Lennard	M75	2.10.35	73.13	47.35	251.23	5.02
Mark Sivyier	M55	2.18.00	69.06	45.56	253.02	5.04
Nick Miletic	M50	2.12.23	74.24	48.29	255.16	5.06
Ed Bt-Lennard	M50	2.13.02	76.09	47.48	256.59	5.08
Mike Khan	M55	2.15.34	76.24	47.33	259.31	5.11
Gillian Young	W55	2.17.59	73.53	47.47	259.39	5.12
Graeme Neill	M40	2.24.06	71.44	47.10	263.00	5.16
Robert Sheehy	M55	2.23.29	80.32	47.02	271.03	5.26
John Dance	M50	2.23.59	77.23	51.22	272.44	5.27
Maree Creighton	W50	2.20.33	80.44	53.00	274.17	5.29
Jim Barnes	M60	2.20.35	83.27	52.28	276.30	5.32
Marg Forden	W60	2.26.37	79.21	52.21	278.19	5.34
John Pellier	M60	2.28.28	83.45	52.10	284.23	5.41
Terry Manford	M65	2.30.38	82.13	51.42	284.33	5.41
Ray Hall	M70	2.33.35	81.52	53.31	288.58	5.47
John Smith	M65	2.34.26	81.55	53.27	289.48	5.48
Ann Turner	W65	2.36.06	84.54	54.11	295.11	5.54
Pam Toohey	W55	2.38.17	84.40	55.14	298.11	5.58
Irene Ferris	W50	2.42.48	95.00	53.37	311.25	6.14
Vic Beaumont	M70	3.06.02	87.16	56.58	330.16	6.36
Joan Pellier	W60	3.00.40	93.53	57.19	331.52	6.38
Jo Richardson	W50	2.55.44	96.29	60.22	332.35	6.39
Elaine Dance	W50	3.12.50	95.41	59.37	348.08	6.58
S. Turner	M65	2.58.37	1.46.39	70.00	355.16	7.06
Steve Toohey	M50	3.09.11	1.41.09	65.00	355.20	7.06
Margaret Bennett	W60	3.05.34	1.46.39	70.00	362.13	7.15
Merv Moyle	M75	3.40.52	1.44.35	66.00	391.27	7.50

Congratulations to all 38 runners who completed the three events, 9 of whom were ladies. In heading the list Stephen Dunn improved significantly on his km rate last year of 4m 16s.

**DONNELLY RIVER CAMP**  
**Friday 1 October - Monday 4 October**

This is a great time of year to spend in the forest, early morning walks/runs, followed by more walks, eating, talking and just enjoying the surroundings - or take a book and relax. The Donnelly River Camp is situated on part of the Bibbulmun Track. We have booked five cottages, all of which accommodate 8 people, making a total of 40, the cost per person will be \$60. Please let Margaret Bennett know if you are interested -and a deposit of \$20 per person would be appreciated. If I don't see you on a Sunday, please ring me at home on 9275 0169. Thank you. Margaret



**Happy Birthday to our September Members!**

Brian Aldrich	74	still M70	Keith Edmonds	37	still M35	Craig Owens	48	still M45
Phillip Bailey	51	still M50	John Frost	67	still M65	Wayne Pantall	52	still M50
Phil Baker	38	still M35	Gail Gardiner	55	→ W55	Don Pattinson	51	still M50
Roma Barnett	55	→ W55	Angela Goldie	61	still W60	Heather Sanderson	55	→ W55
Jacqueline Beaumont	68	still W65	Robert Hayres	73	still M70	Karen Sexton	44	still W40
Margaret Bennett	63	still W60	Tony Heppener	53	still M50	David Scott	57	still M55
Dick Blom	71	still M70	Robin King	46	still W45	John Stone	52	still M50
Sue Bullen	45	→ W45	Margaret Langford	58	still W55	Graeme Uren	37	still M35
Deborah Burge	38	still W35	Arthur Leggett	86	still M85	Francis Usher	81	still M80
Terry Collins	38	still M35	Stanley Lockwood	75	→ M75	Pamela Van Graan	52	still W50
Andrew Cook	39	still M35	Duncan McAuley	55	→ M55	Morris Warren	67	still M65
Bruce Cornish	56	still M55	Sara McLaren-Kennedy	57	still W55	Barbara Wilson	53	still W50
Beryle Doust	56	still W55	Liz Neville	53	still W50	Bruce Wilson	54	still M50
			Mike O'Reilly	65	→ M65	Rhod Wright	55	→ M55
			Jenny Owen	51	still W50	Basil Worner	73	still M70

**Building concentration skills for racing**

Along with physical skills, strong mental skills are essential for peak performance. It is the mind that often holds us back. In the heart of a race, many things compete for your attention, distracting you from your goal objective. With strong concentration skills you can focus your thought and attention on performance, ignoring distractions.

When 2003 Berlin Marathon runner Makhosonke Fika (7th in 2:10) was asked what he thought about during the 42km run, he replied "my arm carriage".

During the pre-season, physical training is focused on building general fitness. As the race season rolls around, training becomes more specifically geared toward race performance. Mental training follows the exact same pattern of general to specific, from pre-season to peak season. A general mental training ability to practice during the pre-season is concentration. Many race-specific skills such as self-talk control, focus under pressure and mental imagery are built using concentration skills. With excellent concentration skills you can control what thoughts are present in your mind and focus your attention where you desire.

*Here are sample exercises:*

Count your pulse for 60 seconds without thinking about anything else. If other thoughts wander into your mind, start over. The goal is to have 60 seconds with your complete attention focused on one task. This exercise builds the skills of attention focusing, distraction filtering, thought control and self-talk control.

Control distracting thoughts: Fill your mind with many thoughts about training, racing, work, family, finances etc until your head is buzzing. Then choose a single thought to keep in your mind and quiet all of the other thoughts. Continue to think only about this single thought for one minute.

Observe one function: Clear your mind of all thoughts. Use all of your senses to observe your breath. Listen, feel and hear the air moving in and out of your lungs. Recognize and quiet any distractions.

When you have mastered the art of concentration, race-specific mental training will be easy.

*Thanks to John Bell for forwarding this article by Dave Spence*

Please make this payment of \$..... for  Membership  Club Social Function  
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Expiry date:     Cardholder's name..... Signature.....



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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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## **Running Gear**

Contact Maggie Flanders: 9339 2728

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 |

