



Vetrun

The magazine of Masters Athletics WA

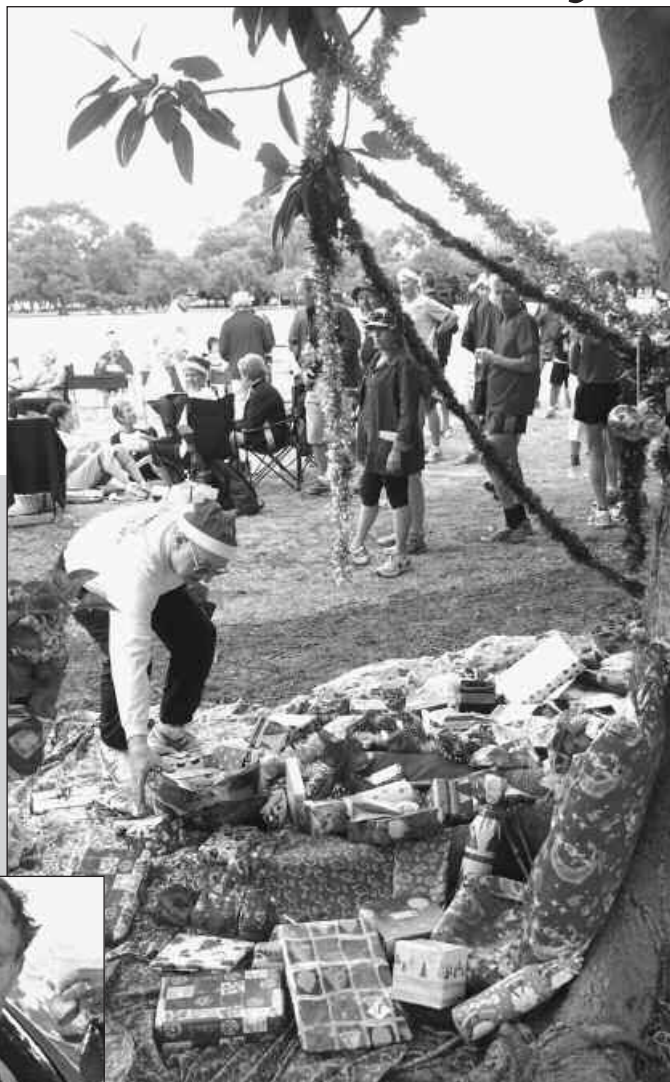
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Spirit of giving wins the day



LAST Sunday we came, we gave, we collected and the Christmas spirit overcame an unusually grey Gift Run. In the spirit of giving, Rudolph (above) made her skin from Op-shop curtains; and Neil generously offered old Shep's lead to John, to wear with his Christmas bondage collar.



NEW MARATHON AND WEIGHT PENTATHLON RECORDS

W55 Liz Neville 3:28:54 13/4/08 (London)
W60 Gillian Young 3:50:22 6/7/08 (Perth)
M60 Weight Pentathlon Stan Selby 2970
points 11/10/08 (Winter Throws)

Patron's Trophy

A LARGE number of athletes contested this season's trophy events. Next month we'll try to find space for all who completed enough events to qualify for the trophy. Meantime, top three men and women are listed here with their overall scores.

Campbell Till	750.12
David Carr	707.41
Chris Neale	691.83



Campbell

Peggy Macliver	801.95
Liz Neville	710.25
Gillian Young	692.08



Peggy

City versus Country

AS previously advised, date is February 14 at Payne Park Bunbury, start time 3pm. BYO drinks BBQ follows. Events on good grass track probably 100m, 200m, 800m 3000m (R or W) discus and shot. Come along for great competition. The Bunbury club athletes will make you very welcome.

You write...

Time to spread Xmas giving?

Hi Vic,

Perhaps you might publish this letter and see if the 09 10 committee might discuss this very small matter?

I met one of our runners as I was walking the dog a few days ago. Asked whether she was going to the Xmas run – “no, I don't think so, I'm not into dressing up in silly costumes,” was the answer.

Well I have always made a brave face of it myself, and been rather glad when I could escape home!

The main point of this letter, though, is the presents under the tree custom. We all (well, most) put a well-meaning gift at the base of tree, which we desperately swap for something more to our liking...OK?

This year I mentioned to a close friend, that I would not bother with giving or taking a gift. I was then loaded with an angry load of crap about the spirit of giving etc.

Well, this year I have sent a small cheque to Mission Australia to pay for the gifts that the Mission bought, as they had not received enough gifts to hand out at their Xmas lunch in Wellington Square.

Perhaps we could all put an envelope under the tree, addressed to Mission Australia, with a small donation at next year's run?

Surely in years to come the Masters would not only remain as we are, a very friendly club, but also a club with a social conscience.

Barrie Thomsett



Barrie

Hello John Bell

Thank you for the email and Christmas wishes.

We are now in New South Wales, having left Mildura 9 Dec 2008 and are on our way to Euston. Dave is going very well despite problems with his feet (overuse no doubt).

We are looking at arriving in Sydney between 4-10th January 2009 throwing the barrow into the Pacific Ocean, and taking a break.

Wishing you a very Merry Christmas

Jo and David

Oh, to be in England...

**'Arctic gale ends race, sparks rescue
Several suffer hypothermia'**

Hi Vic,

I thought you would be interested in this as a Vetrun filler. I am sure all ex-pats will have a laugh comparing our weather conditions here!

Cheers, Ralph Henderson

'Original Mountain Marathon runners rescued from freezing gales ... 700 marathon runners, some suffering hypothermia, have been rescued after being trapped by Arctic winds and flooding in northern England.'

HUNDREDS of marathon runners had to be rescued yesterday after horrendous weather swept through northern England, causing flooding and freezing conditions.

About 700 were competing in the Original Mountain Marathon in the Lake District when torrential rains and near freezing Arctic gale force winds blew in.

At least twelve were taken to hospital with hypothermia and minor injuries. Dozens of rescue crews last night still were looking for more runners either trapped by flooding or trying to wait out the storm.

Cumbria Police said competitors spending the night on the mountain were mainly seasoned mountaineers and were expected to be carrying suitable equipment to cope with adverse weather.

Down the mine...

The manager of Honister Slate Mine, near Keswick,



David Baird (above) is on his huge 4,200km run with a Wheelbarrow Across Australia, from Cottesloe Beach to Manly Beach.



Ralph

Cumbria, said he had sheltered up to 300 runners.

"The weather is absolutely horrendous and it's a scene of chaos up here," mine manager Mark Weir said yesterday.

"I advised the organisers not to go ahead with the event. Our staff are helping to transport them off the mountain pass – but we need more help and more buses as there are still plenty of people up here."

Called off...

Race director Jen Longbottom had called off the race after the start, following hours of torrential rain.

"All the rivers very quickly began to burst their banks and even minor becks became foaming torrents," Ms Longbottom said.

"New water courses appeared all over the fell sides and the roads were awash."

Mountain rescue team spokesman, Bob Liddell, had not ruled out calling in the RAF for help. He said 26 members of the mountain rescue team were battling through heavy winds and rain to help trace any distressed runners.

"It is impossible to say how many people are up there because there is no mobile reception," Mr Liddell said.

"I don't believe the organisers will have been able to account for everyone at this stage. We will continue to operate for at least the next couple of hours but the weather is far too windy for RAF helicopters to be called up."

So, next time it's a bit hot, or windy, in Perth – don't say a word!

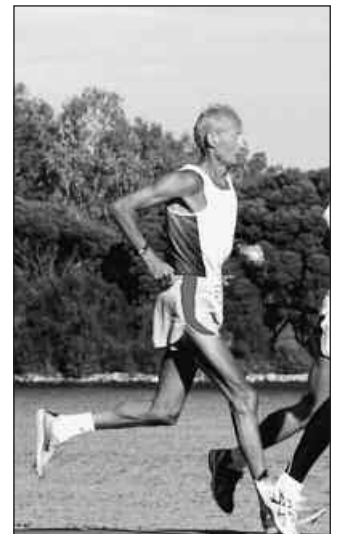
Les will return!

Dear Vic,

I hope that you are keeping well - I see that you are running OK (Ha! VW).

Looking at the September birthday list I see I have been deducted 20+ years. Could I please have the speed to go with it?

This year has been very poor, running-wise, injury after injury. I just start to put in a good few weeks of training and then another niggle. But at least these past few weeks I have raced, though not very well - 20:04 5km and 42:20 10,000 track.



Les

Needless to say I was very disappointed not to be in Australia to run for WA Masters in the Sydney Championships, or 'plan B', Townsville, with running in Perth to follow. really pleased to see that WA did so well.

70 looms!

My next definite visit to Australia is October 2009. But I may not be able to stay away that long – 70 then. So between now and then you may see me at the start line at any time.

Bert Carse is running very well; it would have been great to have raced against him this year. His time in the club half-marathon championship was great!

Regards to all and best wishes Vic,

Les Presland

It's awesome – there's someone who looks forward to racing against Bert! But Les is a pretty special runner too – see his profile, Vetrun 404, November 2007. VW

Steeplechasers – please note Championships likely date

OUR championship event will most likely be held on Saturday February 7 at Perry Lakes within the regular AWA programme: with the steeplechasers at about 5pm. Club members competing need to wear MAWA singlet with their club number back and front (draw another up on paper) and either have paid, or be ready to pay the \$10 AWA registration fee which includes first competition. For MAWA members competing this season with AWA for the second or more time the fee for competition is \$8.

BS

COMING EVENTS DESCRIPTIONS

JAN 25 AGE GRADED

From McCallum Park alongside Burswood Golf course, cross over bridge on western side, and then run under bridge to turn before Banks Reserve. Return same way. 5km turn is next to golf course.

FEB 1 FRIENDSHIP

Start on grass near intersection of Saw Ave and May Drive, Kings Park. A clockwise circuit of footpaths next to May Drv, Lovekin Drive and back to May Dr. TAKE CARE AT ROAD CROSSINGS.

FEB 8 LAKE MONGER

Anti-clockwise circuit/s of lake on footpath. Each circuit is 3.5k.

FEBRUARY 15 MCCALLUM LAKES

* 7.30 START

From McCallum Park follow river edge footpath to Coode St, then across lake twice to rejoin river path near Hurlingham St. When Ellam St is reached go along path on western side to crossing then stay on grass to finish.

FEBRUARY 22 P K

* 7.30 START

Straight out and back on path from Port Kennedy towards Safety Bay. There is about 50m of sand to cross near start and finish.

PROFILE

Paul Hughes

by

Paul Hughes

I'M now in the M55s, born in Perth in 1952, educated at Aquinas College and graduated in 1970. I am now an accountant four days a week and a director of the family company where I work one day a week.

School days

During my time at school in the sporting area I concentrated on football and athletics (sprinting). I also joined the Melville Districts Athletics Club and between the age of 13 and 18 years when I retired my best times were 100m 11.1 secs, 200m 23.1 and 400m 51.2.

After I left school I travelled overseas and to the Eastern States and returned in the late 1970s.

Distance

My father Bill convinced me to jog with him and his dog to achieve better fitness. I started at 2kms, graduated to 10km half marathons and in 1980 attempted my first marathon. I did not train enough and Bill passed me at about 35km when I ran out of puff. In 1982 I ran Herne Hill and achieved 3 hours 15 minutes. From there I joined the Saturday morning South of the River Group and achieved consistent times with the WAMC and then joined the Masters (then Vets).

Memorable!

I have competed in 12 - 15 marathons including overseas and the most memorable was 1992 in Rotterdam.

The temperature was 11



degrees centigrade when we started but we finished in zero degrees and it was so cold that I could not hold the drink bottles as my jaw was shivering and hands were clenched. I had not dressed for a cold run and my time was 2 hours 54 minutes. My best time for a marathon is 2 hours 48 minutes.

Favourite event

I am basically a lazy runner, suited to most distance events but the one that suits me is a half marathon, but the marathon is the most challenging. My best time for the half is about 77 minutes when I was about 38 years old and the most recent best marathon was Adelaide in 2006 in 3 hours 11 minutes. Since then I have had injuries which have slowed me down.

Proudest

Competing in the Melbourne Marathon in 2002 and sprinting the final 200 metres. I had never before sprinted at the end of a marathon.

Aim

Regain top fitness and form, get over my injuries caused by 25 years of road running and run some track events along with the 10km, half and full marathon; and listen to the body!

Happy Birthday – JANUARY Members

Aldrich	Alison	W65
Attwell	Ray	M70
Barnes	Jim	M65
Beckham	Les	M70
Blurton	Richard	M55
Bresser	Kerriann	W40
Brooker	Andrew	M40



Choate	Lynne	W55
Edmonds	Gill	W40
Engels	Christine	W50
Farr	Trisha	W35
Ferrell	Myles	M40
Gallagher	Ian	M55
Hindle	Eileen	W60
Hollaway	Rose-Maree	W50
Hopper	Peter	M60
Hossack	Steve	M45
Humphrey	Barb	W55
Hurring	Diana	W35
Jones	Dianne	W60
Langford	Ross	M30
Lopes	Lorraine	W65
Maslen	Sheila	W70
Metham	Russell	M30



Miller	Keith	M60
Muir	David	M60



Parker	Ross	M60
Pilton	Ivan	M65
Ryan	Peter	M55
Sammells	Bob	M70
Smith	Colin	M45
Thomas	Corey	M30
Thomas	Kim	M35
Tindall	Blakeney	M45
Toohy	Steve	M60
Turner	Ann	W70
Young	Melissa	W30

Mapmaker Jim Klinge is keeping us on-track

JIM has done a great job preparing a high quality map for each Sunday event. It is suggested that everybody have a look at it on the notice board each Sunday – apart from admiring Jim's painstaking handiwork, could it mean you'll never get lost?

New Members – Welcome!

817 HOLMES Elaine W60
818 YOUNG Melissa W30
819 GARTLAN Sean M40

10 KM RUN

Brian Smith	M65	63:47	04:12	59:35
Graham Thornton	M65	64:11	14:36	49:35
Graeme Dahl	M55	64:22	28:12	42:10
Gillian Young	W60	64:54	18:24	46:30
Sandra Stockman	W40	65:00	20:54	44:06
Mark Sivyler	M60	65:11	19:18	45:53
John Dance	M55	65:28	09:12	56:16
Cecil Walkley	M75	65:33	04:36	60:57
Jenny Key	W30	65:33	00:00	65:33
Terry Manford	M70	65:37	08:36	57:01
Rod Hamilton	M45	65:50	24:48	41:02
Sean Keane	M40	66:03	19:00	47:03
Wayne Taylor	M45	66:18	23:00	43:18
Lorraine Lopes	W65	66:23	12:36	53:47
Charlie Chan	M55	66:24	11:42	54:42
Neal Osborne	M50	66:30	22:00	44:30
Neil McRae	M55	66:33	22:18	44:15
Richard Blurton	M55	66:47	16:24	50:23
Paula Karra	W35	66:55	15:06	51:49
Tom Tralau	M35	67:04	21:36	45:28
Michael Karra	M40	67:10	24:06	43:04
Lachlan Marr	M45	67:15	28:36	38:39
Peter March	M45	67:19	25:06	42:13
Brett Roach	M35	67:26	31:42	35:44
Merv Jones	M65	67:28	05:18	62:10
Ivan Pilton	M65	67:46	17:18	50:28
John Brambley	M65	67:56	13:48	54:08
Ian Cotton	M40	67:58	21:36	46:22
Milton Mavrick	M55	68:03	14:42	53:21
Bruce Mathieson	M60	68:05	19:12	48:53
Mike Hale	M60	68:23	23:00	45:23
John Ellard	M65	68:29	14:12	54:17
Carol Bowman	W50	68:31	16:24	52:07
Bob Schickert	M65	68:57	22:42	46:15
Arnold Jenkins	M60	70:05	06:48	63:17
David Carr	M75	70:08	20:06	50:02
Shirley Bell	W60	70:09	19:00	51:09
Vic Beaumont	M75	70:43	02:42	68:01
Brian Bennett	M60	71:28	24:24	47:04
Kathy Burr	W65	71:31	00:00	71:31
Karl Stockman	M45	73:46	10:30	63:16
Vis 2		65:41	05:00	60:41

6K WALK

Pat Ainsworth	W70	53:09	03:30	49:39
Patricia Hopkins	W65	56:41	06:00	50:41
Ray Hall	M75	56:43	15:06	41:37
Lesley Romeo	W60	57:05	13:18	43:47
Bob Fergie	M70	57:22	08:12	49:10
Kirt Johnson	M75	57:38	09:12	48:26
John Frost	M70	57:40	12:06	45:34

Riverton Canning Caper

November 30, 2008

Director: Keith Atkinson

Val Millard	W60	58:13	19:12	39:01
Maggie Flanders	W70	58:18	02:48	55:30
Beryle Doust	W60	58:23	13:00	45:23
Dorothy Whittam	W70	58:33	04:36	53:57
Ann Turner	W70	59:00	07:30	51:30
Lynne Schickert	W65	59:40	15:54	43:46
Jennie Lee	W50	60:40	09:18	51:22
Jeff Whittam	M70	61:26	12:18	49:08
Elaine Ellard	W65	65:39	08:54	56:45

6K RUN

Jim Klinge	M60	24:33		
Ross Keane	M45	26:19		
Dave Roberts	M65	28:18		
Paul Hughes	M55	28:30		
Margaret Saunders	W50	28:40		
Rob MacBeth	M55	29:12		
Margaret Langford	W60	29:45		
Johan Hagedoorn	M65	30:06		
Hamish McGlashan	M70	31:12		
Martin Watkins	M60	31:27		
Roger Walsh	M65	31:35		
Delia Baldock	W45	31:58		
Gary Fisher	M55	32:20		
Bob Sammells	M70	33:28		
Jim Riddell	M65	33:35		
Mike Anderson	M60	33:54		
Dennis Hughes	M60	35:50		
Wendy Clements-Green	W65	35:55		
Pam Toohey	W60	36:36		
Melissa Young	W30	39:49		
Pierre Viala	M60	42:10		
Steve Toohey	M55	42:23		
Sandra Hughes	W60	42:31		
Margaret Bennett	W65	43:12		
Sheila Maslen	W70	43:13		
Theresa Howe	W55	44:35		
Garry Ogden	M50	45:34		
Ray Lawrence	M80	47:33		

10K WALK

Mike Rhodes	M60	71:35		
Vis 1	#N/A	76:57		
Elaine Dance	W55	79:50		

Eye-witness report*(from the sidelined editor)*

CANNING was no caper for me this year, but in my default role of DNF-er, I also became your roving reporter. Limping and short-cutting back to the start I was privileged to watch the unfolding battle for first place in the 10km handclap event.

The drama began in the return leg, at the water stop, which I reached just after Brian Smith. Realising that he was in the lead, I roundly abused and castigated him for slowing down, and walking.

"Get on with it Brian, you could win this!" I hollered, delicately.

Not many of us average runners have ever been lucky enough to be on the end of such an earful.

As Brian broke into brisk trot I looked back to see Terry Manford looming in the distance. Would he catch up? It looked likely. I caught Brian again half a K on, as he took another breather. Then Terry overhauled me - but with a cunning short-cut that eliminated a large river bite, I spotted him again. Then Terry broke into a walk!

Tension

The tension was mounting now, my hamstring all but forgotten.

Cut to the final stretch: Riverton Bridge in sight and Brian still in front. The pack was gathering, led by the multi-coloured Graham Thornton. Surely he couldn't nick it? Would the nefarious league of past-handicappers prevail? As they thundered past I noted Gillian Young (I had started with her!) in the mix.

Then Brian was on the bridge, and he couldn't lose now. Nobody was close enough. Not only did Brian have the sweet smell of success in his nostrils, he would be mean enough to stick out both elbows and block anyone foolish enough to attempt an overtaking dash on that narrow path.

On yer bikes?

Well, that made my day!

Note to all race directors, especially of handicap events: how about mounting up, cycling with the action and then give us some real race reports?

VW

November 23, 2008

Gwelup Lake

Director: Richard Danks

**4.9K RUN**

Bert Carse	M65	18:52		
Amanda Walker	W40	19:42		
Paul Hughes	M55	20:01		
Dave Roberts	M65	20:06		
Neale Osborne	M50	20:55		
Tom Tralau	M35	21:27		
Stephen Dunn	M40	22:46		
Vis 2		22:49		
Trisha Farr	W35	23:10		
Blakeney Tindall	M45	23:17		
Barry Jones	M50	23:41		
Margaret Langford	W60	23:56		
Hamish McGlashan	M70	24:03		
Dermont Blackweir	M35	24:22		
Phil Cowin	M55	24:36		

Leonie Jones	W45	24:41		
John Brambley	M65	24:52		
Colin Smith	M45	24:55		
Delia Baldock	W45	25:00		
Jackie Halberg	W60	25:17		
Vic Waters	M60	26:26		
Sarah Ladwig	W55	26:57		
Gary Fisher	M55	27:05		
Terry Manford	M70	27:24		
Mike Anderson	M60	27:43		
Theresa Howe	W55	28:06		
Lorraine Lopes	W65	28:09		
Arnold Jenkins	M60	28:10		
Genevieve Spiro	W35	28:11		
Marg Forden	W65	28:22		
Dianna Hurring	W35	28:49		

Dennis Hughes	M60	29:07		
Aldo Giacomini	M70	29:22		
Vic Beaumont	M75	31:06		
Vis 6		31:14		
Merv Jones	M65	31:35		
Jenny Key	W30	32:11		
Berni Scott	W45	32:30		
Sandra Hughes	W60	36:01		
Margaret Bennett	W65	38:53		
Shorty Turner	M70	43:31		

9.1K RUN

Peter Sullivan	M50	34:22		
Chris Maher	M55	34:34		
Vis 1		35:13		
Grahak Cunningham	M30	36:20		



Gary Fisher leads this group.

Perry Lakes

December 14, 2008

Director: John Bell



'Last time around the stadium'

THANKS to the many who helped me put it all together: especially Sue B who had to handle a flood of little athletes being driven in to their last-event-ever at Perry Lakes Stadium. To her I dedicate the second part of this adage:

'It is not uncommon to commiserate with a stranger's misfortune, though it takes a really fine nature to appreciate a friend's success' – Oscar Wilde.

Thanks Sue – success is measured by 'no crashes.' Well done. And to those who demanded answers from a marshall – don't assume that all marshals hear well!

To Jennifer: when I groan "must start readying to direct 25th Perry Lakes event in 2008" she heads me into looking at the magic of it all. You are all such an excellent bunch!

Final message – 'Eat food. Not too much. Mostly plants' (Michael Pollan).

Grace and blessings and prepare for course change next year, same venue, but three shorter laps.

John Bell and Jennifer Radisich

4.4K RUN

Graeme Dahl	M55	17:23
Paul Hughes	M55	17:36
Dave Roberts	M65	18:15
Ian Cotton	M40	18:28
Tom Tralau	M35	18:43
Ross Keane	M45	18:45
Brian Bennett	M60	18:52
Peter March	M45	19:12
Sandra Stockman	W40	19:21
Ivan Brown	M60	19:32
Margaret Saunders	W50	19:52
Nick Miletic	M55	21:08
Bryan Hardy	M65	21:51
Peggy Macliver	W60	22:45
Delia Baldock	W45	23:26
John Dennehy	M45	23:39
Vis 4		24:39
John Dance	M55	24:56
Ivan Pilton	M65	25:27
Bob Sammells	M70	25:48
Paul Martin	M65	26:09
Dennis Hughes	M60	26:10
Melissa Young	W30	26:26
Vic Waters	M60	26:41
John Talbot	M60	26:58
Genevieve Spiro	W35	27:22

Merv Jones	M65	27:55
Vis 6		29:56
Vis 5		29:57
Sandra Hughes	W60	30:15
Kathy Burr	W65	30:36
David Carr	M75	31:17
Sheila Maslen	W70	32:45
Julie Wood	W60	33:05
Margaret Bennett	W65	33:20
Ray Lawrence	M80	33:35
Elaine Ellard	W65	38:32

8.1K RUN

Brett Roach	M35	32:15
Greg Vander Sanden	M50	33:24
Rod Hamilton	M45	33:35
Bob Lane	M60	33:46
David Willmer	M50	34:07
John Allen	M50	34:15
Grahak Cunningham	M30	34:30
Bruce Wilson	M60	35:12
Ralph Henderson	M60	35:16

Michael Karra	M40	35:47
Neil McRae	M55	36:06
Syd Parke	M55	36:48
Mike Hale	M60	36:52
Bob Schickert	M65	36:58
Prabuddha Nicol	M50	37:06
Raymond Gimi	M40	37:06
Brian Danby	M60	37:17
Garry Ogden	M50	37:53
Mark Sivyer	M60	38:47
Gillian Young	W60	38:47
Wayne Taylor	M45	41:10
Bruce Mathieson	M60	41:12
Graham Thornton	M65	42:02
Richard Blurton	M55	42:23
Vis 3		42:34
Johan Hagedoorn	M65	42:44
John Pellier	M65	43:12
John Ellard	M65	43:39
Paula Karra	W35	43:51
Lorraine Lopes	W65	44:01



Last shall be first: the pack turned around and squinted into the sun for this shot.

Vis 4		36:32	Graeme Uren	M40	41:00	John Pellier	M65	48:00
Gary McLean	M45	36:44	Ivan Brown	M60	41:35	John Ellard	M65	48:55
Prabuddha Nicol	M50	37:32	Frank Smith	M65	41:50	Karl Stockman	M45	50:09
Peter March	M45	37:43	Bob Schickert	M65	42:43	Christine Engels	W50	50:17
Rod Hamilton	M45	38:29	Keith Atkinson	M50	42:58	Val Millard	W60	50:32
Vis 3		39:11	Mark Sivyer	M60	43:07	John Dance	M55	50:59
Brian Bennett	M60	39:25	John Bell	M60	43:42	Vis 5		53:17
Neil McRae	M55	39:48	Ivan Pilton	M65	43:50	Jim Barnes	M65	57:39
Mike Hale	M60	40:02	Bruce Mathieson	M60	44:11			
Garry Ogden	M50	40:17	Sean Keane	M40	44:37	4.9K WALK		
Wayne Taylor	M45	40:36	Shirley Bell	W60	45:00	Peter Hopper	M60	36:54
Syd Parke	M55	40:43	Gillian Young	W60	45:27	Barbara Blurton	W55	37:29
Raymond Gimi	M40	40:44	Richard Blurton	M55	45:53	Jeff Whittam	M70	39:38
Brian Danby	M60	40:49	Graham Thornton	M65	46:32	Kirt Johnson	M75	39:53
Sandra Stockman	W40	40:55	Milton Mavrick	M55	47:44	Lorna Lauchlan	W75	40:40
						Bob Fergie	M70	40:40

December 7, 2008

Mosman Park

Directors:
Paul and
Sue Hughes



THE first run of the summer program starting at 7am brought reasonable weather conditions for the testing but scenic run around Mosman Park and even more pleasing was the increase in numbers from the previous year. A special thanks to our helpers Dick Blom, Paul Martin, David Roberts, Sheila Maslen, Peggy McLiver, Graham Dahl, Jeanette Tiverios, Karen and Peter March, John Conte, Shirley Bell, Brian Bennett and Maurice Creagh.

See you all next year

Paul & Sue Hughes

Perry Lakes – ends

Charlie Chan	M55	44:02
Milton Mavrick	M55	44:27
Gary Fisher	M55	44:50
Roger Walsh	M65	45:00
Val Millard	W60	45:24
Karl Stockman	M45	45:52
Jackie Halberg	W60	47:45
Tanya Burke	W35	49:50
Cecil Walkley	M75	49:56
Brian Hunter	M60	50:41
Theresa Howe	W55	51:03
Arnold Jenkins	M60	55:36
Pam Toohey	W60	56:40
Vic Beaumont	M75	56:41
Jeff Spencer	M65	56:43

6K WALK

Mike Rhodes	M60	44:23
Ron Mead	M55	44:57
Lynne Schickert	W65	45:22
Ray Hall	M75	45:23
Elaine Dance	W55	48:05
Jeff Whittam	M70	50:10
Kirt Johnson	M75	50:11
Bob Fergie	M70	50:11
Leo Hassam	M75	57:59
Sylvia Szabo	W50	59:32
Vis 1	#N/A	59:38
Vis 2	#N/A	59:39

4K WALK

Patricia Hopkins	W65	35:05
Lorna Lauchlan	W75	35:38
Dorothy Whittam	W70	36:56
Mary Heppell	W70	41:37

2K WALK

Joan Pellier	W65	18:34
Barrie Thomsett - hooray!		

I told Barrie he couldn't be listed for walking 2K because he was using an artificial aid. But, so what, well done! VW



Bjorn Dybdahl was first member home in the long run: and above, a polarised view of the start.

5.25K RUN

John Allen	M50	22:23
Jim Klinge	M60	22:25
Prabuddha Nicol	M50	22:40
Bob Lane	M60	22:49
Bruce Wilson	M60	23:08
Tom Tralau	M35	23:37
Ivan Brown	M60	24:44
Vis 2		24:53
Margaret Saunders	W50	25:13
Trisha Farr	W35	25:53
Carol Bowman	W50	27:01
Delia Baldock	W45	28:14
Vis 3		28:18
Gary Fisher	M55	28:58
Sarah Ladwig	W55	29:23
Vis 9		29:39
Vis 10		29:40
Bob Sammells	M70	29:52
David Carr	M75	31:32
Tanya Burke	W35	32:17
Theresa Howe	W55	32:21
Wendy Clements-Green	W65	32:59
Merv Jones	M65	33:19
Vic Waters	M60	33:31
Vis 1		34:10
Dennis Hughes	M60	34:49
Melissa Young	W30	34:52
Pierre Viala	M60	36:43
Dermont Blackweir	M35	38:04
Jenny Key	W30	40:21
Ray Lawrence	M80	43:07

5.25K WALK

David Brown	M60	39:51
Lynne Schickert	W65	39:59
Rosa Wallis	W65	44:10
Lorna Lauchlan	W75	46:01
Kirt Johnson	M75	46:05
Bob Fergie	M70	46:06
Debbie Wolfenden	W45	46:58
Glenis Folk	W60	48:36
Elaine Ellard	W65	52:36
Ann Turner	W70	59:31
Shorty Turner	M70	59:33
Mary Heppell	W70	59:34

8.7K RUN

Vis 4		36:01
Bjorn Dybdahl	M55	37:04
Rod Hamilton	M45	37:23
Mark Dawson	M45	37:41
Vis 6		38:16
Michael Karra	M40	39:10
Neil McRae	M55	40:30
Paul Burke	M35	40:41
Wayne Taylor	M45	40:56
Brian Danby	M60	41:09
Syd Parke	M55	41:12
Raymond Gimi	M40	41:19
Mark Sivyer	M60	42:07
Vis 5		42:17
Bob Schickert	M65	42:21
Gillian Young	W60	43:02
David Muir	M60	44:20
Keith Atkinson	M50	44:27
Vis 7		45:02
John Bell	M60	45:03
Claire Walkley	W40	46:18
Vis 8		47:02
Paula Karra	W35	47:27
John Ellard	M65	48:33
John Pellier	M65	48:54
Charlie Chan	M55	50:00
Roger Walsh	M65	50:53
Milton Mavrick	M55	51:56
John Dance	M55	52:13
Val Millard	W60	55:02
Lorraine Lopes	W65	55:03
Doug Hazell	M55	57:26
Cecil Walkley	M75	59:25
Arnold Jenkins	M60	62:05
Vic Beaumont	M75	64:21

8.7K WALK

Mike Rhodes	M60	67:01
Ron Mead	M55	68:48
Ray Hall	M75	71:27
Margaret Langford	W60	83:42
Elaine Dance	W55	83:44

McGILLIVRAY

COKER PARK

Carol Bowman	W54	25:34.9	68.85
John Dennehy	M49	26:11.7	54.63
Sarah Ladwig	W59	27:58.2	67.52

December 2, 2008

5000M			
			%
Mark Dawson	M47	19:07.9	73.69
Prabuddha Nicoll	M52	19:51.4	73.83
Bjorn Dybdahl	M55	20:15.4	74.19
Graeme Dahl	M59	20:18.4	76.58
Keith Edmonds	M41	20:46.1	64.76
Wayne Taylor	M49	20:56.1	68.35
John Collier	M42	21:33.8	62.85
Ivan Brown	M64	22:00.5	73.87
Carl Ciccarelli	M48	22:09.2	64.08
Val Millard	W61	27:37.7	70.39
Fiona McAuley	W57	30:12.5	60.76

December 9, 2008

1500M			
			%
Mark Dawson	M47	4:58.1	78.64
Ross Keane	M47	5:05.6	76.71
John Collier	M42	5:16.9	70.57
Graeme Dahl	M59	5:33.4	78.09
Bjorn Dybdahl	M55	5:51.0	71.74
Ivan Brown	M64	5:52.9	76.83
Carl Ciccarelli	M48	6:37.4	59.53
Peggy Macliver	W64	6:42.2	83.67
Val Millard	W62	7:31.6	72.28
Catherine Keane	Vis	8:29.2	
Fiona McAuley	W57	8:41.6	58.21
Val Prescott	W64	9:19.5	60.15

JAVELIN			
			%
Mark Dawson	M47	21.83	28.23
Ivan Brown	M64	19.99	32.74
Elaine Holmes	W60	16.02	38.32
Steve McClelland	M50	34.26	44.49
Bob Fergie	M73	24.06	46.30
Rob Shand	M76	21.14	44.49
Rae McMillan	W81	13.81	60.12
Lynne Schickert	W67	11.40	32.09
Peggy Macliver	W64	9.22	24.12
Val Prescott	W64	12.76	33.39
Val Millard	W62	14.19	35.46

December 16, 2008

LONG JUMP			
			%
Mark Dawson	M47	4.26	57.50
Dave Wyatt	M57	4.61	71.08
Ivan Brown	M64	3.28	56.16
Phil Wilson	M37	5.20	62.42
Liz Neville	W57	3.32	61.48
Keith Martin	M65	4.26	74.11
Melissa Young	W31	2.98	39.94
Campbell Till	M51	5.23	74.29

200M			
			%
Campbell Till	M51	26.0	86.81
Duncan McAuley	M59	29.4	81.08
Barrie Kernaghan	M68	29.8	85.19
Ivan Brown	M64	33.9	72.66
Ian Cotton	M44	28.6	75.03
Mark Dawson	M47	29.0	75.63
Barry Newell	M52	30.0	75.76
Keith Martin	M65	30.8	80.49
Keith Edmonds	M41	31.5	66.62
Peggy Macliver	W64	34.2	86.04
Melissa Young	W31	37.7	56.60
Gillian Young	W61	38.2	74.80
Val Prescott	W64	55.7	52.83

November 20, 2008

800M			
			%
Chris Neale	M39	2:18.0	76.34
Campbell Till	M51	2:18.9	84.43
Ed Love	Vis	2:27.2	
Ross Keane	M47	2:29.2	75.92
Lauchlan Marr	M48	2:40.8	71.07
Pete Sullivan	M50	2:41.5	72.02
Roy Fearnall	M65	2:42.6	80.71
Kim Thomas	M34	2:28.5	68.09
Corey Thomas	M32	2:42.7	62.15
David Carr	M76	2:43.7	92.96
Bob Schickert	M67	2:44.0	81.73
Steve Fuller	M56	2:55.7	69.59
Bruce Mathieson	M64	3:00.0	72.33
Dante Giacomini	M40	3:05.0	57.50
John Dennehy	M49	2:53.2	66.56
Liz Neville	W57	3:02.1	76.60
Peggy Macliver	W64	3:03.4	86.07
Delia Baldock	W46	3:05.1	66.33
Nick Miletic	M57	3:08.4	65.41
Gillian Young	W61	3:08.7	78.77
Jackie Halberg	W62	3:13.5	78.34
Carol Bowman	W54	3:24.0	65.58
Ross Keane	M45	2:59.7	
Dante Giacomini	M40	3:01.8	
Catherine Keane	Vis	3:38.0	
Sarah Ladwig	W59	3:46.3	63.48
Valerie Millard	W61	3:54.4	63.41
Lynne Schickert	W67	4:45.6	58.68

TRIPLE JUMP			
			%
Chris Neale	M39	11.53	66.80
Lee Stergiou	Vis	10.54	
Campbell Till	M51	10.18	68.50
Delia Baldock	W46	8.48	67.04
Peggy Macliver	W64	7.66	79.13
Melissa Young	Vis	6.74	
Pat Carr	W76	5.89	76.59
Lynne Schickert	W67	5.76	62.75
Bruce Mathieson	M64	5.52	45.06
Valerie Millard	W61	5.09	50.05
Clara Ward	W50	5.08	42.37
Sarah Ladwig	W59	4.43	42.19

November 27, 2008

5000M			
			%
David Solomon	M44	18:43.7	73.47
Lauchlan Marr	M48	18:55.2	75.03
Andrew Donachie	Vis	18:59.0	
Bert Carse	M67	19:28.9	85.78
Bjorn Dybdahl	M55	19:59.8	75.16
Graeme Dahl	M59	20:20.7	76.44
Campbell Till	M51	20:29.7	70.95
Pete March	M49	20:31.4	69.72
Richard Rendell	Vis	21:12.9	
Chris Neale	M39	21:25.6	61.85
Bob Schickert	M67	21:30.5	77.69
Kim Thomas	M34	21:44.9	58.96
Grant Owens	M47	21:53.0	64.36
Bruce Mathieson	M64	22:27.6	72.38
Eldon George	M39	22:27.9	58.99
Jonathan Phillips	Vis	22:26.0	
Dante Giacomini	M40	22:40.7	58.86
Liz Neville	W57	22:47.0	80.57
Joyce Donachie	Vis	22:51.9	
Gillian Young	W61	23:14.5	83.68
Blakeney Tindall	M47	23:51.0	59.05
David Carr	M76	24:06.1	78.28
Nick Miletic	M57	24:48.2	61.63
Corey Thomas	M32	25:15.1	50.36
Peggy Macliver	W64	25:19.4	80.38
Delia Baldock	W46	25:30.7	62.33

December 4, 2008

1500M			
			%
Campbell Till	M51	5:00.4	80.92
Ross Keane	M47	5:01.8	77.68
Kim Thomas	M34	5:02.1	68.33
Chris Neale	M39	5:02.9	71.71
Bjorn Dybdahl	M55	5:20.8	78.49
Graeme Dahl	M59	5:25.6	79.96
Bob Schickert	M67	5:30.0	84.20
Pete March	M49	5:36.8	70.90
David Carr	M76	5:57.0	87.48
Scott Andrews	M37	5:38.5	62.88
Dante Giacomini	M40	5:55.9	61.66
Ivan Lazarus	M55	6:02.7	69.42
Gillian Young	W61	6:04.7	88.18
Liz Neville	W57	6:04.9	83.21
Bruce Mathieson	M64	6:11.8	72.92
Madelon Rendell	Vis	6:17.5	
Jayden Watts	Vis	6:20.2	
Nick Miletic	M57	6:23.9	66.68
Peggy Macliver	W64	6:28.0	86.73
Delia Baldock	W46	6:37.2	66.27
John Dennehy	M49	6:42.7	59.30
Carol Bowman	W54	6:50.5	71.00
Jackie Halberg	W62	6:51.0	79.42
Melissa Young	W31	8:01.4	48.43
Lynne Schickert	W67	9:35.6	61.30

December 11, 2008

LONG JUMP			
			%
Peggy Macliver	W64	3.51	72.82
Bob Schickert	M67	2.94	52.84
Lynne Schickert	W67	2.65	57.99
Graeme Dahl	M59	2.83	44.91
John Dennehy	M49	3.47	48.03
Carol Bowman	W54	2.43	43.01
Nick Miletic	M57	3.88	59.82
Campbell Till	M51	5.05	71.73
Chris Neale	M39	5.53	67.88
Pete March	M49	4.09	56.62
Valetta Boddy	W45	3.94	61.52
Valerie Millard	W62	2.34	46.89
David Carr	M76	1.75	36.97
Kim Thomas	M34	4.60	53.47
Gillian Young	W61	2.63	51.87
Bruce Mathieson	M64	2.98	51.02
Pat Carr	W76	2.48	65.26
Delia Baldock	W46	4.14	65.51

200M			
			%
Chris Neale	M39	25.3	81.70
Colin Smith	M45	26.8	80.68
Campbell Till	M51	27.1	83.28
Greg Vander Sanden	M50	27.5	81.51
David Solomon	M44	28.5	75.30
Scott Andrews	M37	27.7	73.46
John Dennehy	M49	32.3	68.89
Pete March	M49	32.9	67.64
Nick Miletic	M57	33.9	69.37
David Carr	M76	39.1	72.55
Graeme Dahl	M59	31.8	74.96
Mel James	Vis	32.7	
Bob Schickert	M67	33.6	74.96
Lachlan Marr	M48	33.9	65.17
Bruce Mathieson	M64	39.5	62.36
Delia Baldock	W46	33.1	73.45
Peggy Macliver	W64	33.6	87.58
Gillian Young	W61	36.5	78.29
Carol Bowman	W54	38.7	68.69
Joyce Donachie	Vis	40.6	
Jayden Watts	Vis	37.5	
Valerie Millard	W62	43.7	66.03
Pat Carr	W76	47.0	70.64
Lynne Schickert	W67	47.7	63.47

COMING EVENTS and helpers list

JANUARY 25

AGE GRADED

Directors: Gillian Young - 9295 1754 & Mark Sivyver - 9572 1895
Sue Bullen, Maurice Creagh, Stephen Dunn, Mike & Paula Karra, Troy Lundgren, Duncan & Fiona McAuley, Berni Scott, Jenni Shillington, Rhod Wright, Melissa Young

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

FEBRUARY 1

LAKE MONGER

Director: Richard Danks - 9441 3672
Trisha Farr, Glenis Folk, Jenni Shillington, Morland Smith, Graeme Thornton, Blakeney Tindall, Mal Vernon

FEBRUARY 8

FRIENDSHIP

Director: Jim Barnes - 9459 2617
Kay & Sandy Burt, Don Caplin, Wendy Clements- Green, Chris Coates, Maree Creighton, Mark Dawson, Alan James, Ruth Jamieson, Hamish McGlashen, Joan & John Pellier, Genevieve Spiro, John Talbot

FEBRUARY 15

MCCALLUM LAKES

Director: Sue Bullen - 9474 3718
Keith Atkinson, Grace Hollin, Jim Langford, Helen Lysaght, Duncan & Fiona McAuley, Joan Pellier, John Pentecost, Mike Polkinghorne, Ron Sutton, John Talbot, Blakeney Tindall

FEBRUARY 22

PK

Directors: Elaine & John Dance - 9593 4607
Geoff Barrett, John & Beryle Doust, Ray Hall, Mitch Loly

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Patron:

John Gilmour

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Peter March 9418 8770 karenmarch312@msn.com

Vetrun

FEBRUARY
2009
No. 419



The magazine of Masters Athletics WA

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Grahak Cunningham; ran around the block for 3,100 miles!

WA athletes make their marks

LYN Ventris is up there again, listed among Australian walkers with pending world road walk records. They are M85 Richard Keatinge of Queensland, M60 Andrew Jamieson of Victoria, and Lyn. She has a pending W50 20k time of 1:45:13, a 93% performance made last December 14.

Sprinter

Congratulations are also earned by Cameron Yorke, who won the 70m at the Bay Sheffield in Adelaide, and also the 100m Hobart Gift. This was after finishing 2nd over 120m at Burnie on New Year's day. Cam gleefully

reports: "All up about \$4250 for a week and a bits work!"

Endurance

Grahak Cunningham is now fifth in the world rankings of endurance runners who have completed the New York 3,100 mile event (that's 5,000km-plus.) You may have read elsewhere of his exploits and this gruelling event, which was devised by the great running and fitness guru Sri Chimnoy. (Ask Prabuddha Nicol all about him if you need some background.)

Grahak (a new club member, no. 784) did the 3100-miler, which is run round and round a downtown city block, last year.

He took was 46 days and 11:53:48 hours - at an average 107.305kms per day! This improved on his 2007 effort over the course by more than three and half days, and so Grahak moved up from 14th to 5th in the rankings.

AGM NOTICE

THE MAWA annual general meeting is on Monday 20 April 2009, 7pm, at the Perry Lakes Hockey Club rooms (that's the hall adjacent to where both our events at Perry Lakes start).

All members are invited to attend.

More, including Nominations - P3.

Going to Dwellingup?

THE Masters long weekend away is from Friday 27th February till Monday 2nd March. We are going to Dwellingup by popular demand.

There are only 32 places available, so please contact Denise Viala soon - at Sunday runs or phone 93071249.

CHEST NUMBERS

ORDERS are again being taken for replacement chest numbers, cost \$4 each. Please advise Bob Schickert or Peter March if you wish to order.

Tessa's in Worlds' row

TESSA Brockwell will contest the world indoor rowing championships (W50) in Boston on February 22nd. As the Australian champion, she receives an air ticket. En route, she will compete in the British championships on the 8th.

This remarkable athlete's W30 state records have stood for twenty years (1500 in 4:34.5, mile in 5:04, 3000 in 9:42.4, 5000 in 17.04 half marathon in 79.04, marathon in 2:54.29).

Remember Kent St?

Most runners who started in last year's Kent St weir run passed Tessa as she waited under a tree for the rain to ease up. She then joined in to take the trophy by 500 metres.

Multi-events

She has kept up running standards like this, and competed successfully in cycling, biathlon, triathlon, open water swimming and mountain running.

Indoor rowing, on a machine of course, is a high profile event in USA. If you



would like to try yourself out in the local gym, you might find Tessa's time of 7:28 for 2000m rather daunting!

Her present hard training will cut a few seconds from this.

You can see the events live - not just the results, but the real-time events at:

www.CRASH-B.org
www.Concept2.com.uk

City/Country Challenge move

THE City / Country T&F Challenge event will be held at Kelly Park in the Bunbury suburb of Carey Park - NOT at Payne Park as previously advertised.

Go through big roundabout then via Sandridge Rd, left in to Picton Rd, right Forrest Ave, left York St, left Galgore Rd to Kelly Park. Start 3pm. BBQ supplied by Bunbury club, BYO drinks, follows competition.

Karen and Co support the push

FOR those of you who have not heard, on the 21st of September 2008 David Baird (pushing a wheel barrow) and Jo Richardson (doing all the hard work) set off from Cottesloe Perth, on a fundraising journey across Australia to Manly, NSW.

After running the first five kilometres with David I thought what a buzz it would be to run the last five kilometres with him.

Well, Pete, Gillian Young, Lachlan Marr and I did the last 16k.

Meet on the Hill

We four arranged to meet David and Joanne on January 10 at 7.30am on Observation Hill in Sydney. Jo asked us to wear pink to show our support for the Breast Cancer foundation or blue for Prostate Cancer Foundation (being their chosen charities.)

Pink and green?

We were all very tired as none of us got much sleep the night before. Lachlan had woken with a migraine and was looking very green.

David introduced us to six Sydney runners and one cyclist, Paul Lamb. Paul had ridden from Bendigo to Sydney. They had come to join David on the final kilometres of his journey. Gareth, one of the Sydney runners, had worked out the best route to take and was going to lead us to Manly.

At 8am we all took off leaving David waiting for his GPS to find a satellite. He quickly caught up to us and we were soon crossing the Sydney Harbour Bridge.

The adrenalin had kicked in and we all ran along chatting. Lachlan was looking much better, the more he ran the better he felt.

Gareth was keeping Jo informed of our progress via mobile phone. The Mayor of Manly would welcome David at 10.30am at Manly beach. Twice we were told by Jo that we were going too fast, and to slow down.

We were cheered along the route and David was gratefully receiving donations from well wishers.

You write...



The WA runners in Sydney with their NSW comrades: back, first on right Peter March, next to Gillian Young and Karen. Lachlan is in second row in club singlet, and David Baird is kneeling at the front. Jo took the picture.

Sgt Bainbridge from the RTA was waiting for us at the Spit Bridge, our half way point. He escorted us from there to Manly with his lights flashing. With about five kilometres to go David could smell the sea air and he picked up the pace. Lachlan had to turn back to find the younger members of our gang, who had got left behind. We regrouped and set off on the last two kilometres. As we neared the finish line the crowd of well-wishers cheered us on.

Four weeks early!

David crossed the finish line to shouts and applause running through a banner held by Jo and his family members.

We all had goose bumps, we couldn't believe David and Jo had actually done it. Four weeks ahead of schedule too.

A few days later Pete and I caught the ferry over to Manly to have a final meal with David and Jo. There we found David sitting on the steps leading down to the beach relaxing. We quietly sat either side of him and said: "Excuse me. can we have your autograph mister."

The official tally of funds raised is \$20,000 and David and Jo will continue to collect donations throughout their eight months of travel around Australia.

What fantastic people we have met through WA Masters. Fancy David and Jo letting us take part in their big adventure!

Karen March

Dear Vic,

Congratulations on the resurrection of the map making for Sunday runs (by Jim Klinge). I say 'resurrection' as in my time as secretary, newsletter editor/producer and distributor, the preparation of maps for each run was part of my contribution to the club.

Originals of all these maps were about to be discarded as there appeared to be little interest in them, but were 'saved' by Jackie Halberg who now possesses them.

A book was also published

Dear Vic,

It is very kind of you to suggest our photo be published and I have opted for our favourite one...we might not be so well-known in Masters as we cannot compete that often, living in Bunbury. I asked Steve to write a bit about our marriage to go with the picture, in case you have space.

'I feel everyone in the club would know Rosemary Johnson, the Bunbury W30 lass who seems to have been around running for longer than her years would suggest because she's been running competitively since aged 12.

However, although I have only been running for seven years my biggest claim to fame is my marriage in October to Rosemary.

We met at the Elleker Half Marathon in 2006, although we didn't hit it off for another six months due to a series of serendipitous events taking place.



Wedding pictures are rare in Vetrin, so we seized on this chance to show Steve and Rosemary Giles (nee Johnson) looking magnificent!

Thanks for the maps

in August 1985 entitled POPULAR PERTH RUNS, prepared for us by the Dept of Sport and Recreation (Basil Worner probably had a hand in that! VW) and containing 38 course maps prepared by me, with descriptions by Geoff Whittam.

This book is well and truly out-of-print and any copies would probably go for more
continues p3

Rosemary is now Mrs Giles

We think we are lucky to be fairly evenly matched as runners and train regularly in and around Bunbury. Last year we competed in the State Championships at Coker Park and enjoyed the shorter track events for a change. Since then we have been marathon training, Rosemary competing in Bunbury, Perth, Alice Springs and most recently, with me, the Tsukuba Marathon. That was during our honeymoon in Japan, and we were among 18,000 runners. We each ran PB's, Rosemary's 3:03, mine 3:01.

We both enjoy the relaxed camaraderie and professionally-run events of Masters Athletics and hope to see you all again for many years into the future - but this time running as Mr and Mrs Rosemary Giles!

Steve and Rosemary

from P2

than Fortune Gordien's discus.

Regards
Rob Shand (club no. 9)

SO, in my ignorance I asked Rob 'who is Fortune Gordien?'

'A veteran of three Olympic Games, Fortune Gordien dominated the discus throw for a decade during the late 1940s and early 1950s, improving the world record four times. While at the University of Minnesota, he won three national collegiate titles from 1946 through 1948. He was also AAU national discus champion six times, from 1947 through 1950 and



Rob

again in 1953 and 1954. Gordien set his first world record in 1949 and improved it three times in a four-year period, capped by his throw of 194' 6" in 1953. This throw was the first to exceed 190' and continued to be the world record until 1959. The only feat that eluded him was winning an Olympic gold medal. He was third in 1948, fourth in 1952, and second (behind Hall of Famer Al Oerter) in 1956. Gordien was still throwing close to 190' at the age of 38 and threw in Masters competition at the age of 48 in 1971. He was also a world-class shot putter, finishing second in the national championships and third in the NCAA championships in 1947. A gifted amateur magician, Gordien later became a track coach and cattle rancher.'

COMING EVENTS DESCRIPTIONS

MAR 1 GARVEY GALLOP

Course is under review due to works near hotel, at about 1.5kms.

MAR 8 TEDDY BIRDS PICNIC

Loop down through UWA as in previous years. Kings Park section after return from UWA will be different.

MAR 15 WOODMAN POINT

North towards Coogee Beach and return. Then south and return: take care crossing road into car park both ways.

MAR 22 MEMBERSHIP

Up river from Burswood Park. 5k goes under bridge and right towards racecourse and the return point is about 300m further. 11.6k goes on, over city side of bridge, left down to river, right then right again in to Brown St, left to go over footbridge and right to follow Claisebrook to Royal St. Return towards footbridge - do not re-cross it but follow river path towards Causeway. Anti-clockwise loop just before Causeway then back to and over footbridge (competitors do NOT repeat Royal St leg on return journey). Then follow outward path to return home.

Vic's birthday

A hand-made card made Vic Beaumont's birthday memorable recently.

Adorned with running shoes, the message was an original from a close relative. Jacqui Beaumont passed it to us for everyone to enjoy.



Vic

Pack a flask, then on your way
Before the sun has roused the day
To meet with friends as dawn mists rose
Ready, waiting, on their toes
To run through parks and open land,
Water stations carefully planned.
Then back to share a brew,
and chat
Catching up with this and that.
A way of life that never ends,
For good runners will always stay,
Good Friends.

Who will join committee?

Nominations

Nominations are now required for the following committee positions for 2009-2010: President, vice-President, Secretary, Treasurer, and four committee members. Nominations are also invited for positions of Editor, Handicapper, Statistician and Auditor.

You need to make nominations on the correct forms - available from Club Secretary Bob Schickert.

Proposed changes to the Constitution must be lodged with Bob (11A Dandenong Road, Attadale 6156 or rschicke@bigpond.net.au by 21 March 2009.

Life Membership

Nominations for Life Membership should also reach him by 21 March 2009. These nominations need to be approved by the committee before the AGM and need to be supported by at least three members.

Before anyone can be elected as a Life Member they must have had active and

continuous membership for at least ten years and have substantially contributed to progress in the club. No more than two Life Members can be elected in any one year.

Present Life Members are: Jim Barnes, Jacqi Beaumont, Vic Beaumont, Jacqueline Billington, David Carr, Brian Danby, Bob Fergie, John Gilmour, Jackie Halberg, Robert Hayres, Kirt Johnson, Merv Jones, Valerie Millard, Joan Pellier, Valerie Prescott, Robert Sammells, Bob Schickert, Lynne Schickert, Robert Shand, Barrie Slinger, Barrie Thomsett, Graham Thornton, Dorothy Whittam, Jeff Whittam, Basil Worner.

Bob Schickert
Secretary MAWA

Happy Birthday - FEBRUARY Members!

Baldock	Delia	W45
Brown	Maurice	M60



Bruce	Rex	M65
Carr	Pat	W75
Cheney	Anthea	W50
Clive	David	M70
Cresp	John	M55
Dance	Elaine	W55
Drew	Chris	M55
Eastwood	Karen	W40
Ferris	Irene	W55

Glass	Kate	W55
Gower	Karyn	W45
Jarvis	Jan	W60
Jones	Barry	M50
Jones	Leonie	W45
Key	Jenny	W30
Klicker	Dirk	M35
McMillan	Jim	M80
Medcalf	Noela	W70
Miller	Dennis	M40
Paxman	Brian	M75
Prescott	Val	W65
Ratana	Victor	M70
Richardson	Jo	W55
Rosen	Mark	M60
Sieger	Brigitte	W60
Smith	John	M70
Spencer	Jeff	M65
Thorniley	Alan	M55
Tyson	Allen	M80
Viala	Denise	W55
Walter	Janet	W60
Warrener	Mark	M45
White	Darryl	M50

New Members - Welcome!

820 HENDERSON Ross M45
821 SELBY Shannon W30
822 SMITH Les M50
823 BROWN Maurice M60
824 HUNING Heiner M50
825 THOMAS Michelle W30
826 STERGIOU Lee M35
827 STANGER Norman M70
828 FARDELLA Sue W40
829 LETTE Darryl M40



Cortis Henri M60

AMA relays begin this week

CAN we set even more records?

"You may remember the great nights of relay competition last year. Well it's about to happen again in February," says Barbara Blurton.

Dates and events at Coker Park are:

Feb 5: 4 x 100 and 4 x 800 walk
Feb 12: 4 x 1500 and discus
Feb 19: 4 x 800, long jump and hammer

Feb 26: 4 x 400 and shot

"You need to sign up at least a week beforehand. There will be a sign-in form

Track & Field News

available on Thursdays at Coker. Tuesday athletes please let Bob Schickert or Peggy Macliver know which event you are interested in - plus, what your age on that date will be. Preferably, write it out to pass on to me," says Barbara.

"Alternatively, send me an email. But please, once you have committed yourself, do turn up! It is unfair on the others in your team if you fail to arrive and makes it very difficult for John Oldfield and myself to rearrange everything on the night. If something such as injury happens, please let us know as soon as possible."

Campbell and Peggy top the charts

THE 2008 contest kept followers fascinated to the finish.

Nobody would deny that Peggy and Campbell are worthy winners. Campbell has been in scintillating form throughout the competition, getting better each week and clinching the trophy on the last week with brilliant performances in the 200m and long jump.

Arm-breaker

Peggy, winner for the past two years, was in control throughout the three months of competition. However, less determined athletes would have struggled to continue after breaking an arm in the triple jump, with three weeks to go.

Her response was a season's best in the 1500m the following week - with her arm in plaster!

But the trophy is about much more than just the winners. MAWA is a wonderful club with great athletic traditions, but also, as Campbell puts it so succinctly, it is a club where fierce competition

Patron's Trophy

Men

Campbell Till	750.12
David Carr	707.41
Chris Neale	691.83
Bob Schickert	679.68
Mark Dawson	671.42
Bruce Mathieson	644.93
Ivan Brown	641.66
Graeme Dahl	635.22
Kim Thomas	581.74
Nick Miletic	581.62
Peter March	552.03
John Dennehy	539.23
Peter Hopper	440.37

Women

Peggy Macliver	801.95
Liz Neville	710.25
Gillian Young	692.08
Delia Baldock	634.57
Valerie Millard	619.66
Lynne Schickert	602.44
Carol Bowman	564.37
Sarah Ladwig	345.69

Going for Gongs

WA's nominations for AMA National Awards - 2008

SPRINTS/HURDLES



David Carr M75;
Peggy Macliver W63

ADMINISTRATION/ OFFICIAL



Roger Walsh

MIDDLE DISTANCE/ STEEPLECHASE



David Carr M75;
Bert Carse M66

MOST OUTSTANDING FEMALE ATHLETE



Lyn Ventris W50

THROWS



Byrony Glass W31

MOST OUTSTANDING MALE ATHLETE

David Carr M75

MOST OUTSTANDING INDIVIDUAL PERFORMANCE

David Carr M75
Lyn Ventris W52

Thanks – and farewell Patrick Smith

OVER the last few years Patrick has done a very good job being the MAWA contact and co-ordinator for club members who compete in the Athletics WA winter events and teams. Patrick is moving interstate and his contribution to the club will be missed.

A volunteer is needed for this important job. Are you available?

Please advise Bob Schickert rschicke@bigpond.net.au or 9330 3803.

is not allowed to displace fairness and camaraderie. So everyone who has taken part is to be applauded, whether they came first or last. Altogether, 21 athletes qualified, all but two doing the full 10 events. This is certainly the highest number of recent years.



Patrick

MULTI EVENTS/RELAYS

David Carr M75; Byrony Glass W31

DISTANCE

Gillian Young W60

WALKS

Lyn Ventris W52

JUMPS

Garry Ralston M52

Records for Geoff

AT UWA on January 6 Geoff Gee set a new State record in the weight throw for M55 of 13.78. plus a new State record in the M55 shot, with 12.78.

7K RUN

Theresa Howe	W55	45:09	04:48	40:21
Marg Forden	W65	45:14	03:30	41:44
Jim Barnes	M65	45:28	01:18	44:10
Gary Fisher	M55	45:44	08:54	36:50
Prabuddha Nicol	M50	45:46	17:00	28:46
Jane Elton	W40	45:49	07:06	38:43
V6		45:49	n/h	
Dennis Hughes	M60	45:14	03:30	41:44
Wendy Clements-Green	W65	46:19	04:12	42:07
Graham Thornton	M65	46:21	11:18	35:03
Charlie Chan	M55	46:22	08:30	37:52
Mike Khan	M65	46:25	11:06	35:19
Kim Thomas	M35	46:29	16:12	30:17
Bob Lane	M60	46:33	17:54	28:39
Sarah Ladwig	W60	46:50	06:54	39:56
V4		46:55	n/h	
Aldo Giacomini	M70	46:59	03:42	43:17
Chris Maher	M55	47:05	20:00	27:05
Steve Clark	M65	47:07	n/h	
Vic Beaumont	M75	47:08	01:54	45:14
Val Millard	W60	47:11	07:00	40:11
Brian Smith	M70	47:13	3:06	44:07
Ross Keane	M45	47:17	16:24	30:53
Jim Klinge	M60	47:20	17:42	29:38
Brian Hunter	M65	47:27	02:36	44:51
V1		47:29	n/h	
Mike Hale	M60	47:30	16:06	31:24
Michael Karra	M45	47:33	17:00	30:33
Roger Walsh	M65	47:35	08:24	39:11
Peggy Macliver	W65	47:36	09:36	38:00
Claire Walkley	W40	47:37	03:54	43:43
Bryan Hardy	M65	47:40	12:06	35:34
John Dance	M60	47:42	07:12	40:30
David Willmer	M55	47:43	15:18	32:25
Peter Sullivan	M50	47:46	21:00	26:46
Margaret Saunders	W55	47:48	n/h	
Graham Ainsworth	M50	47:50	09:12	38:38
Neil McRae	M55	47:51	16:06	31:45
Ivan Pilton	M65	47:52	12:12	35:40
Wayne Taylor	M50	47:59	16:30	31:29
Brian Danby	M60	48:03	15:42	32:21
Bjorn Dybdahl	M55	48:13	18:42	29:31
Lachlan Marr	M45	48:16	20:18	27:58
Shirley Bell	W60	48:24	13:24	35:00
John Allen	M50	48:26	18:42	29:44
Tessa Brockwell	W50	48:27	15:24	33:03
Nick Miletic	M55	48:28	11:42	36:46
Hamish McGlashan	M70	48:29	11:06	37:23
Brian Bennett	M60	48:30	17:12	31:18
Leonie Jones	W45	48:36	11:00	37:36
Graeme Dahl	M60	48:40	17:18	31:22
Merv Jones	M70	48:43	03:18	45:25
Mike Anderson	M60	48:44	06:24	42:20
Grant Owens	M45	48:47	n/h	
Bob Sammells	M70	48:48	07:48	41:00
Bob Schickert	M65	48:51	16:06	32:45
John Pellier	M70	48:55	11:12	37:43
Carol Bowman	W55	48:59	11:36	37:23
John Talbot	M60	49:09	05:06	44:03
Berni Scott	W45	49:21	01:54	47:27
Ray Hall	M75	49:23	04:12	45:11
Arnold Jenkins	M65	49:24	04:48	44:36
Karen March	W45	49:30	16:12	33:18
Ray Attwell	M70	49:32	10:24	39:08
Cecil Walkley	M80	49:42	03:54	45:48
Vis		51:20	n/h	
Barry Jones	M50	51:21	12:00	39:21
Pierre Viala	M60	51:32	00:00	51:32
Kathy Burr	W70	52:13	00:00	52:13
David Carr	M75	52:35	14:18	38:17
Margaret Bennett	W65	52:36	00:00	52:36
Sheila Maslen	W70	52:49	00:00	52:49
Paula Karra	W35	53:01	10:48	42:13
Ray Lawrence	M80	56:31	00:00	56:31
Chris Frampton	M40	57:35	19:36	37:59

H/CAP

East Perth Handicap

January 4, 2009

Directors: David Brown & Jill Midolo



7K WALK

Peter Hopper	M60	51:55	19:54	71:49
Lynne Schickert	W65	52:23	18:42	71:05
Ron Mead	M55	53:08	16:06	69:14
Bob Fergie	M70	57:36	10:48	68:44
Kirt Johnson	M80	57:38	11:30	69:08
Jeff Whittam	M75	57:39	14:06	71:45
Elaine Dance	W55	57:40	14:18	71:58
Pat Ainsworth	W70	61:32	06:48	68:20
Rosa Wallis	W65	62:02	08:00	70:02
Elaine Ellard	W65	66:18	08:36	74:54
Ann Turner	W70	66:19	08:12	74:31
Shorty Turner	M70	71:11	00:00	71:11

4K WALK

Maggie Flanders	W70	38:42
Norm Miller	M75	41:37

4K RUN

Andrew Brooker	M40	15:03
Bjorn Dybdahl	M55	16:13
Dave Roberts	M65	16:33
Paul Hughes	M55	17:28
V7		19:42
V2		20:06
John Brambley	M65	21:01
Colin Smith	M45	21:46
Jim Riddell	M70	22:20
Melissa Young	W30	24:16
V5		25:37
Sandra Hughes	W60	27:34
Richard Danks	M65	27:34
Damien Hanson	M55	28:15
V3		30:37
Steve Toohey	M60	32:06
Toni Frank	W60	33:14
Barbara Blurton	W55	34:28
Denise Viala	W55	34:53
Pat Carr	W75	35:49



Close finish (left) as Theresa Howe overhauled Marg Forden in the home straight. Above, Jim Barnes regained some form as first man home; and below, full marks to the handicapper!

Boxing Day event Yokine Open Space

Director: *Barrie Thomsett*

A COOL evening greeted 24 runners/walkers to an event that has been held since some time in the 1980s, or perhaps earlier. I am indebted to Tony Frank who passed the run to me when it was held at Lake Leschenaultia.

As you can see by the results, nobody took it very seriously; just a time to get together after Xmas. I have not separated runners and walkers. Again, nobody seemed to care. My thanks to all those who offered to help, and I hope I contacted you all to say 'thanks - but all OK.'

By the way - whether you agree or not with my letter about the Gift Run Xmas tree, please don't snap my head off. Once is enough since the letter was published! (No, it was not the dear friend who started it all!) Just my thoughts,

Barrie Thomsett

Carol Bowman	W50	3k
Brian Bennett	M60	10k
Tom Tralau	M35	10k
Shirley Bell	W60	3k
Ross Keane	M45	4k
#N/A	#N/A	4k
Nick Miletic	M55	4k
Arnold Jenkins	M60	4?
Bryan Hardy	M65	5k
Maurice Creagh	M60	5k
Dorothy Whittam	W70	3k
Stephen Dunn	M40	6k
Bev Whitfield	W45	6k
Jeff Whittam	M70	4k
Kathy Burr	W65	lost
Pat Ainsworth	W70	'long way!'
Ann Turner	W70	ditto
Elaine Ellard	W65	ditto
Shorty Turner	M70	ditto
Margaret Bennett	W65	ditto
Ivan Pilton	M65	7k
Toni Frank	W60	2k
Neil McRae	M55	6k
Jackie Halberg	W60	8k



Ashfield

January 11

Directors: Denise and Pierre Viala

Interesting start at Ashfield (above); left side of the field must be in another time zone!
Below, Abi Roach flies along like we all used to.



5K RUN

Paul Hughes	M55	20:47
Dave Roberts	M65	21:20
Dante Giacomini	M40	22:34
Raymond Gimi	M40	22:52
Stephen Dunn	M40	23:16
Chris Frampton	M40	23:23
John Mack	M65	24:53
Frank Smith	M65	24:59
Bryan Hardy	M65	25:02
John Bocian	M55	25:29
Hamish McGlashan	M70	25:31
Maurice Creagh	M60	26:07
Irwin Barrett-Lennard	M75	26:31
V8		27:04
Delia Baldock	W45	27:29
Dennis Hughes	M60	29:10
Wendy Clements-Green	W65	29:57
V1		30:26
V3		30:37
Melissa Young	W30	30:41
V5		30:44
Merv Jones	M65	30:57
Aldo Giacomini	M70	31:02
Stan Lockwood	M75	31:44
Arnold Jenkins	M60	32:46
V6		33:02
Sandra Hughes	W60	33:17
V2		33:45
Richard Danks	M65	34:28
Steve Toohey	M55	36:32

THE morning was quite hot, 24 degrees at 5 am, however everyone appeared to have a good run/walk. A huge thank-you to my special helpers, Johan & Julie, Brian & Pam, Kirt, Pat & Norm, Margaret Bennett, Pat Ainsworth, Lorraine Lopes, Ann & Shorty, Alan Thornily, Dalton and Pierre who marked out the course magnificently. Thanks to all, see you next year again at Katanning St.

Denise

Sheila Maslen	W70	37:31
Ray Lawrence	M80	38:39
Margaret Warren	W70	38:40
Joan Pellier	W65	40:40
Toni Frank	W60	42:55
Mary Heppell	W70	47:20

10K RUN

Brett Roach	M35	37:18
Peter Sullivan	M50	37:34
Prabuddha Nicol	M50	41:01
Rod Hamilton	M45	41:53
V7		43:03
Jim Klinge	M60	43:11
David Willmer	M50	43:54
Brian Bennett	M60	44:29
Darryl White	M45	45:32
Mike Hale	M60	45:35
Neil McRae	M55	45:40
Syd Parke	M55	45:48
Tom Tralau	M35	45:59
Don Pattinson	M55	46:10
Brian Danby	M60	46:17
Ivan Brown	M60	46:56
Wayne Taylor	M45	48:14
Bob Schickert	M65	48:23
Mark Sivyer	M60	48:25
Chris Pattinson	W50	49:04
V4		49:25
Gary Fisher	M55	50:06
Ivan Pilton	M65	50:44
Mike Khan	M60	51:18
Graham Thornton	M65	52:21
Charlie Chan	M55	54:57

John Pellier	M65	55:15
Roger Walsh	M65	56:04
Sarah Ladwig	W55	56:45
Di Jones	W60	56:54
John Dance	M55	59:10
Les Smith	M50	59:55
Jackie Halberg	W60	61:26
Steve Clark	M65	64:04
John Talbot	M60	65:06
Jim Barnes	M65	67:29
Vic Beaumont	M75	70:38
Berni Scott	W45	71:51

10K WALK

Val Millard	W60	68:16
Ron Mead	M55	73:16
Ray Hall	M75	74:42
Lynne Schickert	W65	78:53
Elaine Dance	W55	83:03
Bob Fergie	M70	84:29
Jeff Whittam	M70	84:30

5K WALK

Barbara Blurton	W55	38:33
Vic Waters	M60	39:20
Elaine Ellard	W65	45:05
Sylvia Szabo	W50	46:26
Dorothy Whittam	W70	47:19

Point Walter

January 18, 2009

Director: Dave Roberts

6.2K RUN

Christopher Coates	M55	25:09
Graeme Dahl	M55	25:21
Chris Frampton	M40	26:09
Ross Keane	M45	26:39
Grant Owens	M45	27:18
David Carr	M75	28:39
Johan Hagedoorn	M65	28:45
Margaret Saunders	W55	29:01
Hamish McGlashan	M70	29:54
Maurice Creagh	M60	29:58
Vic Waters	M60	31:06
Peggy Macliver	W60	31:20
Irwin Barrett-Lennard	M75	31:27

Point Walter cont.

John Brambley	M65	31:31
Graham Ainsworth	M50	32:03
John Mack	M65	32:23
Roger Walsh	M65	32:28
Ray Attwell	M70	32:55
#N/A	#N/A	33:06
Delia Baldock	W45	33:12
Bob Sammells	M70	33:37
Damien Hanson	M55	33:53
Dennis Hughes	M60	34:46
Jackie Halberg	W60	34:51
#N/A	#N/A	35:32
Mike Anderson	M60	35:34
#N/A	#N/A	35:59
Melissa Young	W30	36:00:
Arnold Jenkins	M60	37:39
Steve Clark	M65	37:44
#N/A	#N/A	38:03
Sandra Hughes	W60	40:48
Sheila Maslen	W70	44:47
#N/A	#N/A	44:58
Ray Lawrence	M80	47:13
Mary Heppell	W70	49:42

11K RUN

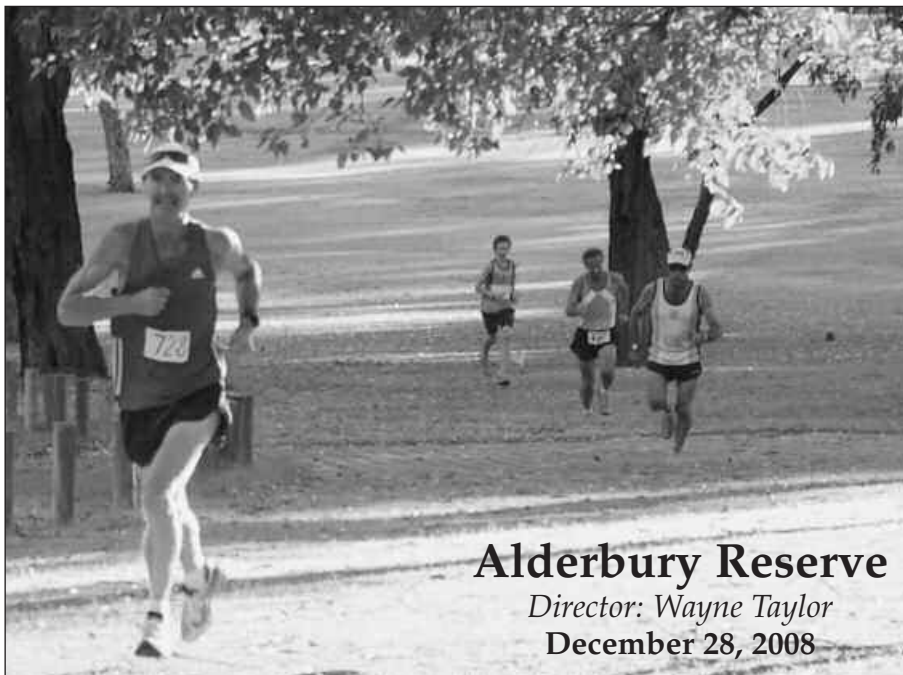
#N/A	#N/A	45:23
John Allen	M50	47:23
Jim Klinge	M60	47:30
Mark Dawson	M45	48:55
Michael Karra	M40	49:29
Rod Hamilton	M45	49:41
Mike Hale	M60	50:23
Wayne Taylor	M45	51:14
Neil McRae	M55	51:15
Tom Tralau	M35	51:19
Bob Schickert	M65	51:21
Karen March	W45	51:49
Mark Sivyer	M60	52:11
Gillian Young	W60	53:58
Keith Atkinson	M50	55:21
#N/A	#N/A	55:24
#N/A	#N/A	55:38
Claire Walkley	W40	55:45
Graham Thornton	M65	57:32
Paula Karra	W35	58:20
#N/A	#N/A	58:56
Nick Miletic	M55	59:27
Carol Bowman	W50	59:28
Charlie Chan	M55	61:18
Sarah Ladwig	W55	63:55
John Dance	M55	64:20
Theresa Howe	W55	65:48
Cecil Walkley	M75	72:33
#N/A	#N/A	79:30
Jenny Key	W30	84:09

6.2K WALK

Mike Rhodes	M60	43:19
David Brown	M60	43:32
Lynne Schickert	W65	46:08
Kirt Johnson	M75	50:35
Bob Fergie	M70	50:36
Lorna Lauchlan	W75	50:56
Jeff Whittam	M70	50:56
Patricia Hopkins	W65	54:24
Dorothy Whittam	W70	55:13
Phyllis Farrell	W60	56:53
Jennie Lee	W50	58:50
Elaine Ellard	W65	58:51
Pat Ainsworth	W70	58:57
Ann Turner	W70	58:58

11K WALK

Ray Hall	M75	81:26
Ron Mead	M55	81:29



Alderbury Reserve
Director: Wayne Taylor
December 28, 2008



Top, Peter Sullivan leading the long run, and above, Bernard Mangan won the 4km by a minute.

4K RUN

Bernard Mangan	M50	15:07
Vis 1		16:13
Duncan McAuley	M55	16:18
Ross Keane	M45	16:22
Jim Langford	M60	16:23
Prabuddha Nicol	M50	16:37
Bruce Wilson	M60	16:47
Brian Bennett	M60	17:42
Vis 2		17:54
Margaret Saunders	W50	17:55
Colin Smith	M45	18:19
Trisha Farr	W35	18:30
Margaret Langford	W60	19:49
Maurice Creagh	M60	19:50
Delia Baldock	W45	21:09
John Dennehy	M45	22:10
David Carr	M75	22:11
Mike Anderson	M60	22:38
Wendy Clements-Green	W65	22:59
Doug Hazell	M55	23:09
Marg Forden	W65	23:37
Melissa Young	W30	23:45
Merv Jones	M65	25:35
Vic Beaumont	M75	25:43
Kathy Burr	W65	28:13
Sheila Maslen	W70	29:51
Julie Wood	W60	29:51
Pierre Viala	M60	29:52
Ray Lawrence	M80	31:07
Toni Frank	W60	32:23
Joan Pellier	W65	32:47
Shorty Turner	M70	36:21

8K RUN

Peter Sullivan	M50	30:04
Lachlan Marr	M45	31:28
John Allen	M50	33:45
Jim Klinge	M60	33:56
Eldon George	M35	34:58
Garry Ogden	M50	35:32
Neil McRae	M55	36:01
Bob Schickert	M65	36:08
Mark Sivyer	M60	36:38
Raymond Gimi	M40	36:48
Ivan Brown	M60	37:06
Bob Lane	M60	37:07
Gillian Young	W60	37:27
Chris Frampton	M40	38:16
Karen March	W45	38:35
Peter March	M45	38:37
David Willmer	M50	39:36
Johan Hagedoorn	M65	39:53
Richard Blurton	M55	39:55
Graham Thornton	M65	40:10
Nick Miletic	M55	41:36
Carol Bowman	W50	41:44
Hamish McGlashan	M70	41:44
Paul Martin	M65	42:50
Roger Walsh	M65	42:53
John Pellier	M65	43:43
Charlie Chan	M55	44:16
Terry Manford	M70	44:38
Bob Sammells	M70	44:43
Lorraine Lopes	W65	46:27
Jackie Halberg	W60	47:30
Fiona McAuley	W55	50:09
John Talbot	M60	50:21
Cecil Walkley	M75	50:23
Claire Walkley	W40	50:23
Jim Barnes	M65	52:01

4K WALK

Glenis Folk	W60	38:50
Dorothy Whittam	W70	38:50

6K WALK

Peter Hopper	M60	44:33
Bryan Hardy	M65	44:58
Lynne Schickert	W65	45:06
Ray Hall	M75	45:08
Bob Fergie	M70	53:33
Jeff Whittam	M70	53:35
Kirt Johnson	M75	53:37
Rosa Wallis	W60	54:22

COMING EVENTS and helpers list

MARCH 1

GARVEY GALLOP

Directors: John & Christine Oldfield - 9352 8958

Pat Ainsworth, Grahak Cunningham, Bjorn Dybdahl, Toni Frank, Kirt Johnson, Ivan Lazarus, Arthur Leggett, Terry Manford, Bruce Mathieson, Alan Pomery, Brett Roach, Mark Warrener, Deb Wolfenden

MARCH 8

TEDDY BIRDS

Director: David Muir - 9330 9794

Ray Attwell, Jeff Bowen, John Byrne, Mike Hale, Rod Hamilton, Leo Hassam, Pat Hopkins, Alan James, Victor Ratana, Genevieve Spiro, Wayne Taylor, Janet & Mike Walter

MARCH 15

WOODMANS POINT

Directors: Karen & Peter March - 9418 8770

Keith Atkinson, Syd Beer, Paul & Tanya Burke, Elaine and John Ellard, Saskia Letham, Helen Lysaght, Dennis & Margaret Miller, Rosa Wallis

MARCH 22

MEMBERSHIP

Director: Brian Danby - 9247 2326

Maurice Brown, Kathy Burr, Don Caplin, Sue Danby, Wendy Duncan, Heiner Hunning, Dianna Hurring & Russell Metham, Barb & Terry Humphrey, Lachlan Marr, Simon Mort, Lesley Romeo, Peter & Sue Sanders

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

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Vetrun

The magazine of Masters Athletics WA

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Country V City Challenge

By
Bob Schickert

THANKS are due to all the Bunbury Athletic Club people for their great hospitality. Club President Rob Antoniolli (Tolli) was unable to compete due to injury but did a fine job organising the competition on the track and in the field as well as being photographer and chief BBQ cook.

The meat, salads and deserts were delicious. One city athlete enjoyed Ruth Johnson's cheesecake so much he took to cleaning the container. Competing for the first time in Australia from South Africa was thrower Sakkie Mathewson of Busselton, who achieved very good results.



Pieter

Athlete of the meet, with a first in 200m and 800m was Pieter De Klerk, of the City team. Results provided by Jane Yates have been included in T&F results email and T&F newsletter. Please contact me if you would like a copy of the results.



No rise for GFC!

GFC?

Global Financial Crisis, of course. Masters remains aloof from all that (though some individual members might be twitching a bit. How's your super going?)

Never mind, the good news is there will be no membership increase, for the second year in a row. Yes, MAWA value for money is hard to beat.

A membership form is included with this Vetrun. Fill it in NOW!

Also, to help you select which Sunday meetings you can help with a PROPOSED programme of events is also included - see page 7.

The confirmed programme will appear later in the year, after our AGM on April 20, and following the June referendum on daylight saving.

AGE-GRADED THROWERS CONTEST

HELD over six nights in January and February, this competition challenged throwers across five separate disciplines. Final points scored are shown here.

Kate Glass	292.72
Bob Fergie	257.69
Rob Shand	212.62
David Carr	192.83

Tessa tops World

Tessa Brockwell is the World W50 lightweight indoor rowing champion. On February 22, in Boston USA, she rowed 7:36.9 for 2000m to be 15 secs ahead of the field. DC

Mick Adams	181.99
Valerie Millard	163.38
Lynne Schickert	162.98
Andrew Plackett	156.78
Julie Plackett	151.30
Clara Ward	142.32
Karen Eastwood	139.05

Relayers 'post' more records

IN the nationwide Masters series of relays last month, enthusiastic WA teams' produced six more State records. They are: M65 4x100m; W40 4x100m; W40 4x1500m; W30 4x1500m; M75 4x1500m; and M45 4x1500m.

To top that, a two teams - W60s and M75s - have set new Australian 4x1500m records. All are pending official verification.

Picture: Colin Smith flying home first of the 100m relay runners.

** = Pending A/R
* = Pending S/R

4 X 100M RELAY

W60 76.3
Lynne Schickert, Gillian Young, Pat Carr, Valerie Millard

W40 60.8*
Peggy Macliver, Delia Baldock, Kerriann Bresser, Valetta Boddy

W30 69.8
Melissa Young, Carol Bowman, Sarah Ladwig, Michelle Thomas

M65 58.6*
Norm Richards, Mike O'Reilly, Barrie Kernaghan, Bob Schickert

M40 - A 54.2
Campbell Till, Roy Fearnall, Ian Cotton, Pieter De Klerk

M40 - B 60.4
John Dennehy, Nick Miletic, Damien Hanson, Sean Gartlan

M30 51.6
Kim Thomas, Corey Thomas, Colin Smith, Lee Stergiou

More - P3 ▶

You write...

HELLO Karen, Pete ...and all
Thanks again for coming to Sydney to support Dave in his final run in. It was great seeing you both. Mr Itchy Feet is looking at another challenge... (now on website) called the OUTBACK CHALLENGE (Alice Springs to Ulluru and back to Alice for a date in May or June 2009.

For Dave it will take up to a month.

The route is 884kms and is on sealed roads. Before May is still hot

and after June doesn't suit us as much, but we are open to ideas.

Paul Lamb (cyclist who was also in the group running in with Dave) has expressed interest in cycling the route for a week.

If anyone is interested in running the route or joining the support crew please email or phone us.

Jo Richardson
P: 0411 747 022

E: jo@aussiedust.com
W: www.aussiedust.com

VALE DONNA BOCIAN

March 1961 -
February 2009

SINCE joining in 1996 Donna mainly came along with husband John to support him in his distance events. Although Donna had expressed an interest in doing some sprinting, finding time for athletics was difficult.

Their busy kennels business in Albany took a lot of time and effort as they both worked hard to create a top-quality establishment.

This has been particularly hard for John, who also lost his first wife to cancer. However, he is endeavouring to keep his spirits up by doing such things as entering the MAWA State Champs.

John and Donna had fond memories of masters activities as he proposed to her on the river cruise during the Masters nationals in Perth in 1996.

Bob Schickert



Jeff

Hello Vic

You are doing a great job with the Vetrun; the handicap race report (Canning Caper, January 2009 edition) is an example of what makes good reading - more please!

Your probably know we have moved to Denmark - seems a good move at this stage. The expectation is less office work and more training, but I just bashed a foot, which has slowed me again.

Wendy and I are getting a lot of visitors here. They are welcome, and if you are down this way, call in.

I was amazed to win my age group i the Albany Australia Day fun run - the old blokes are not up to speed down here! Might see you at a run?

Regards to all,
Jeff Spencer

Pod-lost

Dear Bob and His Team,

Russell and I have been coming to Sunday runs for nearly a year (not that it shows in our speed or distances getting any easier!) We have thoroughly enjoyed our early Sunday mornings - thank you for being so friendly and making us feel welcome each week. My goal for 2009 is to not be third-last each week! You all always astonish us how fast you all run and most of you are 20-40 years older than us. Keep up the great spirit of the Masters club; we hope to carry on the years with you.

Thanks once again,
Dianna Hurring

PS: I think I may have misplaced, well actually left behind, my mini apple IPOD, blue, at one of the runs this year. Anyone seen it? Thank you.

By the way, I would like to buy a GPS watch; any suggestions?

New Members - Welcome!

830 TRAVIS Anne W35
831 HASTIE Garry M45
832 MATHEWSON Sakkie M40
833 GREEN Linda W50
834 GARTLAN Tracey W40

Walkers - salut!



My View...

by
Vic Waters

TO the uninitiated it looks bizarre, exaggerated, painful even. The latter is true; I found new aches where I didn't know I had muscles.

Why would you do it - walk that way? Well, as I discovered during my latest string of injuries, because it is so much faster.

There I was, nursing myself through a brisk walk at Ashfield, taking pictures on the way. Reaching the turn point I decided to get serious, go non-stop and take a time.

Proudly I learned I was first bloke home in the short walk! I was also the only bloke in the short walk.

Then I compared my k-rate with some real walkers and found that most women were much faster. Lynne Schickert advised me that I don't wiggle my hips and bum enough.

Twice bitten...

JIM Langford's had a bad trot of late, which is at least given some other runners a chance. He's taking it in good spirit though, still managing some good roganing. And never fear, he'll recover!

Dogged Jim

A Turkish dog started Jim's bad run some months ago, sampling Jim's calf while he and Margaret were taking a holiday run around the Sea of Marmara.

Hospital attention was needed in case of rabies, and the Langfords were mightily

Can't Help It

I've always been a bit wary of moving that, feeling it might attract the wrong sort of attention. However, I dutifully rented a copy of 'The Girl Can't Help It' in which Jayne Mansfield demonstrates the most outrageous wiggle ever filmed.

Fortunately, my running ability was resurrected before I had the chance to engage Jayne's fluid drive. But my admiration for the club's dedicated speed-walkers is now confirmed.

VW

Jim's legs,
a dog's
dinner;
kebabs
perhaps?



impressed with the totally-free Turkish service. Travelling on to London, the much-maligned NHS came to the party, with a free follow-up shot. Back in Australia though, Jim was bitten again. Under our medical regime he had to pay for the final anti-tetanus injection.



Ghostly figures
appear in Track
Handicap.

COMING EVENTS DESCRIPTIONS

APRIL 5 - 3P's

From Point Walter along riverside path for either 4k or 8k and return. Short run turn is just before Tompkins Park. Long run turn, Waylen Bay, just past tennis club.

APRIL 12 - Piney Lakes

Circuit of park on paths, from near Murdoch Drive to near Leach Hwy and return makes 4k.

APRIL 23, Thursday 7pm

TRACK HANDICAP 25 laps of UWA Sports 400m grass track. To be eligible for trophy you must enter before closing date. Contact Dorothy or Jeff Whittam 9387 6438. BYO BBQ follows event.

APRIL 26 - ex-Pagoda

Up-river from Burswood Park, to turn after going UNDER bridge. Back to Burswood, then on riverside path to turn, about 200m before Narrows Bridge, then return.



Our relayers set records

100m melée at the first handover (above); and right, the 4x1500m W60 quartet.

4 X 1500M RELAY	M50	23:49.5
W60	26:30.0**	Bruce Wilson, Ivan Brown, Maurice Creagh, Pete Sullivan
Peggy Macliver, Jackie Halberg, Shirley Bell, Gillian Young		
W40	24:17.3*	M45
Delia Baldock, Kerriann Bresser, Simone Solomon, Niamh Keane		20:27.3*
W30	28:47.9*	M40
Carol Bowman, Sarah Ladwig, Toni Phillips, Melissa Young		24:38.7
M75	30:01.7**	M30
David Carr, Bob Hayres, Cecil Walkley, Irwin Barrett-Lennard		21:14.6*
M65	24:49.3	4 X 800M WALK
Bob Schickert, Mike O'Reilly, John Oldfield, Dave Roberts		W60

Lake Monger Report RESULTS - P4

ON this fresh Sunday morning as the participants eagerly awaited the start, we were treated to the spectacular view of the sun slowly peeping over the horizon, proudly blooming in all its glory, and greeting us with its glistening reflection upon the lake. With such beauty at our doorstep for all to share, everyone was a winner, from entrant, helper and spectator.

With three levels of race for both the runners and walkers, the recorders needed to be alert, with a selection of up to six different races to record. It was an excellent turnout with around 125 starters.

The morning was a great success and full credit and special thanks go to the willing helpers, Glenis Folk, Trisha Farr, Jeni Shillington, Morland Smith, Blakeney Tindall, Graeme Thornton, Rhod Wright, and John Smith. You all did a great job.

Richard Danks

Adams	Mick	M50
Adrian	Kris	W35
Ainsworth	Pat	W70
Baird	David	M65
Blurton	Barbara	W55
Bocian	Donna	W45
Boddy	Valetta	W45
Bowen	Jeff	M65
Brambley	John	M65
Caplin	Don	M70
Carlton	Gary	M50
Carroll	Ed	M65
Dawson	Mark	M45
Ellard	Elaine	W65
Faunge	Mike	M70
Gartlan	Sean	M40
Gimi	Raymond	M45
Glass	Byrony	W30
Gravestock	Tom	M50
Hazell	Doug	M55
James	Alan	M55
Johnson	Kirt	M80
Karra	Paula	W35

Happy Birthday - MARCH Members!

SPACE limitations in the printed Vetrun make it difficult for us to use in full some of the submitted articles. John Bell is assiduous in seeking medical items of interest to club members, and all too often we have to compress his contributions to fit available space.

In future, a brief summary of these pieces will appear in the monthly Vetrun and we will run them in full

Low-fat diets and heart attack - this month in Vetrun Extra

online. Go to the club website, and then to Vetrun Extra to read John's valuable gleanings.

This month we cover low-fat versus other diets; and avoiding heart attack through healthy living.



W50	21:03.5	DISCUS 'RELAY'
Lynne Schickert, Valerie Millard, Rose-maree Hollaway, Elaine Dance		W50
M70	22:57.9	42.13
Jeff Whittam, Ray Hall, Bob Fergie, Stan Jones		Rose-maree Hollaway 16.01, Clara Ward 15.26, Lynne Schickert 10.86
M35	18:11.2	W30
Tom Lenane, Bruce Wilson, David Smyth, Peter Hopper		51.70
		Michelle Thomas, Karen Eastwood 17.78, Bev Hamilton
		M50
		66.66
		Mike O'Reilly 16.40, Mick Adams 29.08, Damien Hanson 21.18
		M40
		76.19
		Kevin Webster 25.76, Ian Cotton 28.62, Andrew Plackett 21.81

More relay events will feature in next month's Vetrun.

Keane	Niamh	W40
Keane	Sean	M45
Kernaghan	Barrie	M65
Lauchlan	Lorna	W75
Lis	Basia	W45
Loly	Mitch	M65
Macliver	Peggy	W65
Mattison	Paul	M50
McAuley	Fiona	W55
McRae	Neil	M55
Miletic	Nick	M55
Morkel	Andre	M40
Neale	Chris	M40
Phillips	Toni	W35
Portelli	Vicki	W35
Sander	Leon	M70
Sanders	Peter	M60
Scott	Berni	W45
Shand	Rob	M75
Smith	Frank	M65
Spencer	Wendy	W60
Stanger	Norman	M70
Stockman	Sandra	W40
Stone	Jo	W60
Watkins	Martin	M60
Wickham	Ross	M45

VALE JIM McMILLAN

February 1925 - February 2009

JIM joined in 1988 and his main involvement has been as a thrower. In the 1996 Australian Masters Athletics Championships in Perth Jim won a gold medal in the M70 javelin with a throw of 28.80m, a bronze in the shot and was 6th in discus. Jim set an M80 javelin state record of 17.67m in March 2005. Over the past few years Jim has not been well but it was always great to see him at track and field with wife Raema who is a world class thrower.

Bob Schickert

8K RUN	Age	H'cp	
Brett Roach	40:15	39	11:51
Bert Carse	40:45	67	05:54
Lachlan Marr	40:50	48	10:21
Bob Lane	40:58	61	07:35
Bernard Mangan	41:16	54	09:11
David Carr	41:46	76	02:31
Bob Schickert	42:33	67	05:54
Paul Hughes	42:37	56	08:45
Prabuddha Nicol	42:48	52	09:35
Jim Klinge	43:05	62	07:19
Irwin Barrett-Lennard	43:16	79	01:02
John Allen	43:36	51	09:47
Ivan Brown	44:05	64	06:47



Karen March	44:16	47	07:31
Shirley Bell	44:30	60	03:57
Peggy Macliver	44:37	64	02:32
Wayne Taylor	44:42	49	10:10
Mark Dawson	45:06	47	10:32
Graham Thornton	45:21	68	05:34
Neil McRae	45:26	56	08:45
Chris Frampton	45:36	43	11:13
Hamish McGlashan	45:37	71	04:33
Margaret Langford	45:45	62	03:16
Bruce Mathieson	46:06	64	06:47
Martin Watkins	46:56	61	07:35
John Oldfield	47:05	65	06:30
Carol Bowman	47:34	54	05:45
John Pellier	47:53	69	06:30
Bryan Hardy	47:55	65	06:30
Gary Fisher	47:59	56	08:45
Di Jones	48:33	60	03:57
Kim Thomas	48:40	35	12:27
Dante Giacomini	48:52	40	11:42
Ivan Pilton	49:08	66	06:12
Sarah Ladwig	49:20	59	04:16
Tom Tralau	49:27	35	12:27
John Brambley	49:43	66	06:12
Graeme Dahl	49:45	59	08:04
Roger Walsh	49:50	65	06:30
V2	49:56		
Mike Khan	50:09	64	06:47
Bob Sammells	50:15	72	04:55
Heiner Huning	51:16	52	09:35
Sean Keane	51:33	44	11:03
Jackie Halberg	52:08	62	03:16
Sean Gartlan	52:09	40	11:42
Charlie Chan	52:25	56	08:45
Barry Jones	53:06	51	09:47
Vic Beaumont	53:37	79	01:02
John Ellard	53:43	67	05:54
John Dance	55:00	59	08:04
Christine Oldfield	55:02	64	01:56
Aldo Giacomini	55:08	72	04:10
Dennis Hughes	55:42	61	07:35
Les Smith	55:52	51	09:47
Irene Ferris	56:01	56	05:11
V1	56:05		
John Talbot	57:47	62	07:19
Jim Barnes	59:05	66	06:12
Sheila Maslen	59:18	71	00:00
Arnold Jenkins	60:29	64	06:47
Mary Heppell	61:24	71	00:00
Ray Lawrence	69:20	80	00:30

Age Graded Handicaps

McCALLUM PARK

January 25, 2009

Directors: Gillian Young & Mark Sioyner

NINETY-NINE runners and walkers enjoyed the good conditions for the age-graded handicap although the morning was heating up very quickly. This is the one event where the older you are the better, and there was much boasting about 'how old we are' before the start.

This didn't stop the young ones giving it their best with some success. Well done to Brett Roach and Karen March for being first home in the handicap 8km run and to Ray Hall and Val Millard who were first home in the handicap 5km walk. The 5km NON-handicap event was won by Dave Wilmer and Leonie Jones.

We hope to have the handicap times extended to cover ladies in their 70s and gents in their 80s by next year which will give them an even better advantage. A big thank you to all our helpers, Bernie, Jenni, Sue, Melissa, Duncan & Fiona, Mike & Paula, Dwayne, Maurice, Rhod and Stephen. We couldn't do it without you,

Gillian

5K WALK			
Val Millard	35:23	62	02:30
Ray Hall	35:51	75	02:00
Lynne Schickert	38:10	67	01:00
Peter Hopper	38:39	64	05:05
Mike Rhodes	41:35	63	05:19
Lorna Lauchlan	41:46	78	00:00
Kirt Johnson	41:46	79	00:34
Elaine Dance	41:55	57	03:48
Bob Fergie	42:04	73	02:38
Jeff Whittam	42:16	74	02:20
Richard Danks	42:28	66	04:27
Elaine Ellard	44:08	63	02:13
Patricia Hopkins	44:22	66	01:19
Ann Turner	44:55	72	00:00
Margaret Warren	44:56	73	00:00
Dorothy Whittam	44:59	72	00:00
Rosa Wallis	45:20	65	01:39
Maggie Flanders	46:52	72	00:00
Sylvia Szabo	50:25	51	05:09
Phyllis Farrell	50:34	64	01:56
Jennie Lee	55:55	54	04:30

5K RUN			
V4			18:56
David Willmer			19:34
Ross Keane			21:53
Raymond Gimi			22:21
Vic Waters			24:17
Frank Smith			24:21
Leonie Jones			25:58
Delia Baldock			26:15
V3			33:12
Sandra Hughes			33:50
Pierre Viala			34:16
Denise Viala			34:43
Kathy Burr			40:49
Joan Pellier			41:02
Leo Hassam			49:24

Lake Monger

February 1, 2009

Director: Richard Danks

3.5K RUN			
V13			13:51
Paul Hughes	M55		13:57
Dave Roberts	M65		14:00
V10			14:52
Grant Owens	M45		15:06
Syd Parke	M55		15:12
Raymond Gimi	M40		15:13
Margaret Saunders	W55		15:24
Colin Smith	M45		16:10
Delia Baldock	W45		17:25
Ivan Pilton	M65		17:48
Jim Klinge	M60		17:57
Maurice Creagh	M60		18:06
John Dennehy	M45		18:11
Ray Attwell	M70		18:49
Mike Anderson	M60		19:33
John Byrne	M60		19:56
Dianna Hurring	W35		21:12
V1			21:27
Merv Jones	M65		21:59
Sandra Hughes	W60		23:05
Pierre Viala	M60		23:33
Denise Viala	W55		23:38
Pam Toohey	W60		23:38
V14			23:46
V15			23:53
V11			24:49
David Carr	M75		24:51
V5			24:54
Kathy Burr	W65		25:47
Ray Lawrence	M80		26:45
Julie Wood	W60		27:06
Joan Pellier	W65		27:33
Mary Heppell	W70		28:49

7K RUN			
Bernard Mangan	M50		27:55
David Willmer	M50		30:32
Ross Keane	M45		30:51
John Collier	M40		31:34
Garry Ogden	M50		32:23
Ivan Brown	M60		32:26
Peter March	M45		32:36
V6			32:44
Tom Tralau	M35		33:05
Graeme Uren	M40		33:15
Frank Smith	M65		33:27
Gary Fisher	M55		33:28
Margaret Langford	W60		34:44
Bruce Mathieson	M60		35:29
Russell Metham	M30		35:40
Vic Waters	M60		36:23
Richard Blurton	M55		36:36
Irwin Barrett-Lennard	M75		36:38
Carol Bowman	W50		36:54
Barry Jones	M50		36:58
Graham Ainsworth	M50		37:06
V2			37:07
John Mack	M65		38:19
V12			39:23
John Dance	M55		39:36
Bob Sammells	M70		39:47
Melissa Young	W30		41:50
Jackie Halberg	W60		42:12
V18			42:46
Dennis Hughes	M60		43:25
Aldo Giacomini	M70		43:36
V16			44:00

Lake Monger continues

* Richard's report –

see page 3

Stan Lockwood	M75	45:08
John Talbot	M60	45:23
V7		45:33
V8		45:34
Vic Beaumont	M75	46:17
Arnold Jenkins	M60	47:07
Sheila Maslen	W70	52:30
Margaret Warren	W70	52:34

10.5K RUN

Brett Roach	M35	39:18
Neil McRae	M55	40:08
Peter Sullivan	M50	40:32
Chris Maher	M55	41:05
Lachlan Marr	M45	41:36
Mark Dawson	M45	44:31
John Allen	M50	44:47
Rod Hamilton	M45	45:16
Chris Frampton	M40	46:18
Karen March	W45	48:41
John Doust	M60	49:50
Gillian Young	W60	51:11
Johan Hagedoorn	M65	52:38
V9		52:56
Sean Keane	M40	53:42
Bob Schickert	M65	53:51
V3		53:39
Nick Miletic	M55	55:07
V21		57:26
John Pellier	M65	57:50
Sean Gartlan	M40	58:31
Charlie Chan	M55	58:54
V4		59:10
Claire Walkley	W40	59:10
Theresa Howe	W55	62:46
Les Smith	M50	63:59
Cecil Walkley	M75	66:33
Jim Barnes	M65	69:33
Steve Clark	M65	70:02
V19		70:21
V20		73:31

3.5K WALK

David Brown	M60	24:53
Peter Hopper	M60	27:45
Michele Mison	W60	30:04
Jennie Lee	W50	30:05
Alan Pomery	M75	31:41
Patricia Hopkins	W65	31:46
Pat Ainsworth	W70	32:12
Maggie Flanders	W70	32:33
Dorothy Whittam	W70	32:34

7K WALK

Beryle Doust	W60	54:47
John Frost	M70	54:48
Elaine Dance	W55	55:19
Lynne Schickert	W65	57:18
Jeff Whittam	M70	57:24
Ray Hall	M75	52:32
Bob Fergie	M70	58:11
Kirt Johnson	M75	58:12
Roger Walsh	M65	59:34
Lorna Lauchlan	W75	59:49
Di Jones	W60	60:14
Sylvia Szabo	W50	63:15
Rosa Wallis	W65	64:20
Ann Turner	W70	66:40
Shorty Turner	M70	66:41
Leo Hassam	M75	70:41

10.5K WALK

Val Millard	W60	72:53
Ron Mead	M55	79:19

5.6K RUN

Bob Lane	M60	22:24
Dave Roberts	M65	23:40
V14		23:44
V11		24:19
Ross Keane	M45	24:23
V10		25:22
Raymond Gimi	M40	25:34
V29		25:37
Gary Fisher	M55	26:17
Margaret Saunders	W55	26:18
John Oldfield	M65	26:21
Vic Waters	M60	26:32
Frank Smith	M65	26:42
Chris Frampton	M40	27:31
???	M65	27:39
Margaret Langford	W60	27:41
Ivan Pilton	M65	28:08
Maurice Creagh	M60	28:17
V30		28:19
V9		28:23
John Brambley	M65	28:44
V3		28:44
Barry Jones	M50	29:20
Delia Baldock	W45	29:41
Doug Hazell	M55	29:47
John Ellard	M65	31:33
Dennis Hughes	M60	31:41
Mike Anderson	M60	32:06
David Carr	M75	32:25
Val Millard	W60	32:30
John Byrne	M60	32:39
Tanya Burke	W35	32:39
V25		32:54
Melissa Young	W30	33:06
???	M75	33:26
V5		33:40
Arnold Jenkins	M60	33:57
Stan Lockwood	M75	34:0
Christine Oldfield	W60	34:13
Irene Ferris	W55	34:19
Aldo Giacomini	M70	34:51
V7		34:52
V26		35:02
V22		35:43
V27		35:46
Merv Jones	M65	35:56
V1		36:13
V15		36:14
Richard Danks	M65	36:28
Vic Beaumont	M75	36:44
Pierre Viala	M60	37:17
Denise Viala	W55	38:47
Margaret Bennett	W65	39:12
Mary Heppell	W70	44:34
V21	#N/A	45:30
????	M50	49:26

5.6K WALK

Mike Rhodes	M60	41:17
Ron Mead	M55	41:23
David Brown	M60	41:40
Lynne Schickert	W65	42:05
Kirt Johnson	M75	44:46
Bob Fergie	M70	45:29
Jeff Whittam	M70	45:31
Ray Hall	M75	46:26
John Frost	M70	46:29
Patricia Hopkins	W65	47:52
George Schaefer	M75	48:47
Rosa Wallis	W65	49:07
Elaine Ellard	W65	50:00
Alan Pomery	M75	50:21
Sylvia Szabo	W50	50:33
Debbie Wolfenden	W45	52:07
Ann Turner	W70	53:37
Shorty Turner	M70	54:02
Pat Ainsworth	W70	54:19
Leo Hassam	M75	54:33

Friendship Run

KINGS PARK

February 8, 2009

Director: Jim Barnes

VARIETY spices our lives and this one adds a new dimension to the annual programme. Not only do we reunite with our Marathon Club colleagues, but numerous visitors also join in. Maybe, if we're lucky, some will join Masters. A moment's pre-race silence in honour of those lost to the Victorian bushfires reminded us of deeper and wider friendships, those shared with all fellow-Australians. VW

11K RUN

Lachlan Marr	M45	42:11
Bjorn Dybdahl	M55	42:39
V8		46:30
V35		46:31
V6		46:35
V31		47:33
V28		47:48
Darryl White	M50	47:59
V16		48:22
Paul Burke	M35	49:07
V33		49:11
V34		49:53
V40		50:08
Karen March	W45	50:11
Don Pattinson	M55	50:14
Peter March	M45	50:57
Mike Hale	M60	50:59
Neil McRae	M55	51:19
John Doust	M60	51:23
Chris Pattinson	W50	51:28
V41		52:09
Gillian Young	W60	52:12
V2		52:43
Bob Schickert	M65	53:33
V19		53:45
Keith Miller	M60	54:16
V13		54:42
V4		54:46
Johan Hagedoorn	M65	55:04
Graham Thornton	M65	55:07
Mike Khan	M60	55:22
Shirley Bell	W60	56:02
V20		56:06
	#N/A	56:56
Nick Miletic	M55	57:21
Carol Bowman	W50	57:46
#N/A	#N/A	57:58
Charlie Chan	M55	58:09
Sean Gartlan	M40	59:33
Ray Attwell	M70	59:35
Paul Hughes	M55	59:49
#N/A	#N/A	59:52
David Muir	M60	61:19
Sarah Ladwig	W55	61:52
Bob Sammells	M70	62:07
John Dance	M55	63:01
Val Millard	W60	63:52
Jackie Halberg	W60	64:58
V19		65:16
John Talbot	M60	66:22
Claire Walkley	W40	68:32
Cecil Walkley	M75	68:40
Rhod Wright	M55	69:22
V18		69:26
V24		69:59

McCallum Lakes

McCALLUM PARK

February 15, 2009

FIRST up a big thank you to race officials Keith Atkinson, Duncan & Fiona McAuley, Ron Sutton, John Talbot, Blakeney Tindall, Jim Langford, Helen Lysaght and Joan Pellier. Special thanks must also go to Joan and John Pellier who flagged the course. They did an excellent job and thank you to those competitors who took time out to pass on positive feed back about the course marking.

103 runners and walkers took part in the event in sunny but humid conditions. Thanks for your participation and I look forward to seeing you next year.

Sue Bullen



John Frost, M70, third in the short walk

4.2K RUN

Paul Hughes	M55	16:01
Dave Roberts	M65	17:03
Ross Keane	M45	17:03
Stephen Dunn	M40	18:03
Raymond Gimi	M40	18:10
Ivan Brown	M60	18:35
Jim Klinge	M60	18:40
Margaret Saunders	W55	18:41
Vic Waters	M60	19:14
Colin Smith	M45	19:41
John Mack	M65	20:02
Bryan Hardy	M65	20:08
John Brambley	M65	20:11
Carol Bowman	W50	20:26
Margaret Langford	W60	20:32
Delia Baldock	W45	20:55
Irwin Barrett-Lennard	M75	21:00
Leonie Jones	W45	21:11
Russell Metham	M30	21:13
Jackie Halberg	W60	22:10
V2		22:23
Dennis Hughes	M60	22:50
Richard Blurton	M55	22:54
John Byrne	M60	23:10
Mike Anderson	M60	23:11
Melissa Young	W30	23:16
Val Millard	W60	23:27
Lorraine Lopes	W65	24:52
Aldo Giacomini	M70	25:08
Peter Hopper	M60	25:42
Merv Jones	M65	26:19
Sandra Hughes	W60	27:28

V7		29:25
Margaret Bennett	W65	29:54
Ray Lawrence	M80	29:55
Sheila Maslen	W70	31:15
Julie Wood	W60	31:15
Linda Green	W50	31:18
Jennie Lee	W50	32:37
Mary Heppell	W70	34:24

8.4K RUN

Lachlan Marr	M45	32:14
Rod Hamilton	M45	34:05
Bob Lane	M60	34:05
Darryl White	M50	36:08
Tom Tralau	M35	37:32
Karen March	W45	37:47
Peter March	M45	37:47
Garry Ogden	M50	37:53
V1		37:57
Gary Fisher	M55	38:05
Frank Smith	M65	38:45
Neil McRae	M55	38:45
Gillian Young	W60	38:56
Johan Hagedoorn	M65	39:53
Martin Watkins	M60	39:58
Michael Karra	M40	40:13
David Willmer	M50	40:26
Ivan Pilton	M65	41:05
V3		41:25
David Muir	M60	41:26
Bob Schickert	M65	41:29
Heiner Huning	M50	42:22
Mike Khan	M60	42:32
Graham Thornton	M65	43:25
V9		43:31
Barry Jones	M50	43:35
Maurice Creagh	M60	43:35
Charlie Chan	M55	44:03
Graham Ainsworth	M50	44:11
Roger Walsh	M65	45:44
Doug Hazell	M55	46:14
Sarah Ladwig	W55	46:20
Bob Sammells	M70	46:24
John Dance	M55	46:33
Terry Manfred	M70	46:46
Theresa Howe	W55	47:47
V8		49:42
Dianna Hurring	W35	50:50
Rhod Wright	M55	51:06
V4		51:07
Richard Danks	M65	55:57
Vic Beaumont	M75	56:45
Ian Gallagher	M55	57:40

4.2K WALK

Mike Rhodes	M60	28:08
Lesley Romeo	W60	30:00
John Frost	M70	32:08
Michele Mison	W60	32:12
Rosa Wallis	W65	34:02
Kirt Johnson	M75	34:03
Patricia Hopkins	W65	34:59
Lorna Lauchlan	W75	36:06
Jeff Whittam	M70	35:06
Phyllis Farrell	W60	39:00
Alan Pomery	M75	40:16
Norm Miller	M75	46:21
Pat Miller	W70	46:22

8.4K WALK

Ray Hall	M75	59:21
Ron Mead	M55	62:40
Lynne Schickert	W65	62:40
Elaine Dance	W55	64:35
V5		77:28
Sylvia Szabo	W50	77:30
V6		77:32

Port Kennedy

February 22, 2009

Directors: Elaine & John Dance

MANY thanks to the Dances and their helpers, persevering with this seaside run despite diminishing returns. If ever you're down that way, check the beach. It has to be one of our flattest and firmest for those who like running with waves, rather than traffic, in your ear. Predictably, Trevor Scott won the short run (though he would probably have preferred the sand!) but keep an eye on John Oldfield, who's becoming a short-course horse. VW

5K RUN

Trevor Scott	M45	20:??
Jim Klinge	M60	21:08
Ross Keane	M45	21:17
David Willmer	M50	21:47
John Oldfield	M65	22:05
Dante Giacomini	M40	22:20
Vic Waters	M60	25:01
John Mack	M65	25:02
Roger Walsh	M65	28:11
V1		28:53
Melissa Young	W30	28:55
Dennis Hughes	M60	29:07
John Ellard	M65	29:13
Mark Sivyer	M60	29:18
Aldo Giacomini	M70	30:35
Christine Oldfield	W60	30:42
Pierre Viala	M60	35:23
Denise Viala	W55	35:36
V2		35:51

5K WALK

		H/cp	Time
Pat Ainsworth	W70	47:32	05:24 42:08
Leo Hassam	M75	47:38	00:00 47:38
Ann Turner	W70	47:50	02:18 45:32
Bob Fergie	M70	48:54	08:30 40:24
Jeff Whittam	M70	48:55	08:18 40:37
Patricia Hopkins	W65	49:33	06:06 49:27
Maggie Flanders	W70	49:35	02:36 46:59
Shorty Turner	M70	49:51	02:18 47:33
Dorothy Whittam	W70	49:54	03:36 46:18
Elaine Ellard	W65	52:34	04:54 47:40
Pat Miller	W70	54:48	00:00 54:48
Norm Miller	M75	54:50	00:00 54:50
V3		50:06	n/h 50:06

10K Run

		H/cap	Time
Kim Thomas	M35	67:16	22:36 44:40
Theresa Howe	W55	67:29	09:12 58:17
Sarah Ladwig	W55	67:49	11:06 56:43
Frank Smith	M65	68:39	02:24 48:15
Lachlan Marr	M45	68:56	28:54 40:02
Karen March	W45	68:57	21:42 47:13
Rod Hamilton	M45	69:08	25:54 43:14
Nick Miletic	M55	69:37	16:30 53:07
Gillian Young	W60	69:45	20:54 48:51
Carol Bowman	W50	69:49	15:18 54:31
Ray Attwell	M70	70:09	13:54 56:14
Maurice Creagh	M60	70:13	17:24 52:49
Peter March	M45	71:31	24:24 47:07
Vic Beaumont	M75	73:21	02:12 71:09
Brian Danby	M60	75:07	21:30 53:37
Julie Keeley	W40	58:38	scr
V4		72:07	25:00

10K WALK

Mike Rhodes	M60	79:16
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MAWA – PROPOSED-2009-10 PROGRAM

Date	Event - Distance	Venue	Start	Director
2009				
3 May	Around 15k/7.5k /5kwk Herdsmen 15k Walk	Pony Club Jon Sanders Dr	8.00 7.30	J & M Langford
10 May	Aquinas 10k/5k	Aquinas College Mt Henry Rd, Salters Point	8.00	L Marr H M T
17 May	Group Jog-walk	Reabold Perry Lakes Park	8.00	
24 May	Weir 10k/5k RRC 10k; RWC 5k	Kent St Weir Wilson	8.00	S Keane & N McRae T
31 May	Deepwater Pt 14.2k/7.1k RWC 7.1k	The Esplanade Mt Pleasant	8.00	M & P Kaira
7 Jun	RRC 15k RWC 10k 5k	J Abrahams Res Hackett Dr Nedlands	8.00	G Fisher T
14 Jun	RRC 25k RWC 15k 5k	Burswood Park Resort Dr	8.00	W Pantall M
21 Jun	Joondalup 10k/5k	Neil Hawkins Park Boas Ave	8.00	M & M Warren
28 Jun	City Rail 10.7k/7.3k	Bardon Park Bardon Pl Maylands	8.00	L & M Rhodes
5 Jul	Perth Marathon & Relay	WAMC Club Rooms Resort Drive Burswood		WAMC
12 Jul	Sharks 10k/5k	John Tonkin Park Riverside Rd, E Fremantle	8.00	P Martin H
19 Jul	Mill Point Rd Champs 10k/5k	Burswood Park Resort Dr	8.00	M Mavrick M C
26 Jul	Darlington Dash 14k/7k	Darlington Park Pine Trc Darlington	8.00	D Baldock T M
2 Aug	Club Half-Marathon 21.1k/10k/6k Walk 21.1k	Burswood Park Resort Dr	8.00 7.30	J Klinge M C
9 Aug	Club Cross Country Champs 8k (Other races 5.4 /2.7k)	Jorgensen Park Crescent Rd Kalamunda	8.00	Committee M C
16 Aug	State Cross Country Champs 10k 5k run, 5.5k walk	Synergy Parklands May Dr, Kings Park	8.00	R Henderson C
23 Aug	Mullaloo Beach 13/8/5k 13k Walk	Tom Simpson Park Oceanside Prom	8.00 7.30	M Anderson & J Hagedoorn
30 Aug	City to Surf			

6 Sept	Bardon Bash 13k/7k 13k Walk	Bardon Park Bardon Pl, Maylands	8.00 7.30	M Hale B Bennett
13 Sept	Mattagarup Run 10k/5k	Burswood Park Resort Dr	8.00	W Pantall M
20 Sept	Whiteman Park 10k/5k	Harrow St via Dulwich St Whiteman	8.00	B Hardy
27 Sept	Racecourse 10k/5k Age Graded Walk 10k	Burswood Park Resort Drive	8.00	G McLean C Engles
4 Oct	Wireless Hill 9.5/4.8k	Almondbury Rd Booregoon	8.00	B & L Jones
11 Oct	Lake Monger C C 8k/4k Walk 7k/3.5k.	Dodd St Glendalough	8.00	J & D Whittam
18 Oct	Guess Own Time 9.5k/6.3k	Hale School Cobb St Wembley Downs	8.00	V Waters T
25 Oct	Kalamunda Railway 8k/4k	Railway Rd, Kalamunda	8.00	B & B Carse
1 Nov	Cliff Bould Trophy Walk 5.2k	McCallum Park Taylor St Victoria Park	7.30	I Brown H M T
8 Nov	Gwelup Lake 9.1k/4.9k	Huntriss Rd Kairnyup	7.30	R Danks
15 Nov	Bibra Lake 12k/6k	Progress Drive Bibra Lake	7.30	P & T Burke
22 Nov	Garvey Gallop 10k/6k	Garvey Park Faulteroy Av, Redcliffe	7.30	C & J Oldfield
29 Nov	Perry Lakes 8.1k/4.4k * Walk 6k * * With construction work in area course/distances may be changed	Hockey Pavilion Off Perry Lakes Dr Floreat	7.30	J Bell M
6 Dec	Mosman Park 8.7k/5.2k	T J Perrott Resv McCabe St Mosman Park	7.00	P Hughes
13 Dec	Canning Caper 10k/6k	Riverton Bridge Fern Rd, Wilson	7.00	K Atkinson H
20 Dec	Christmas Gift 6k/4k or chosen distance	McCallum Park Victoria Park	7.30	E & J Dance M
26 Dec	Boxing Day 8k/4k	Yokine Reserve Wordsworth Av, Menora	18.00	B Thomsett B
27 Dec	Alderbury Pk CC 8k/4k Walk 6k	Hockey Pavilion Off Perry Lakes Dr Floreat	7.00	W Taylor
2010				
3 Jan	Ashfield 10k/5k	Katanning Ave Claughton Reserve	7.00	D & P Viola

10 Jan	EastPerth 7k/4k	McCallum Park Taylor St Victoria Park	7.00	J Micolo, D Brown H M T (W)
17 Jan	Point Walter 11k/6.2k	Point Walter Bicton	7.00	D Roberts
24 Jan	Age Graded Events 8kR /5kW	McCallum Park Taylor St, Vic.Park	7.00	M Siwyer & G Young
31 Jan	Piney Lakes8k/4k	Murdoch Dr Winthrop	7.00	J & J Smith
7 Feb	Friendship 11k/5.6k with WAMC	Saw Ave Kings Park	7.00	J Barnes
14 Feb	McCallum Lakes 8.4k/4.2k	McCallum Park Taylor St Vic Park	7.00+	S Bullen
21 Feb	Safety Bay 10k/5k	Foreshore Res Cnr Malibu/Safety Bay Rds	7.00+	E & J Dance S S
28 Feb	Lake Monger 10.5k/7k/3.5k	Dodd St Glendalough	7.00+	D Baird & J Richardson
7 Mar	Teddy Birds Picnic 16k/8k Walk 10k/5k	Synergy Parklands May Dr Kings Park	7.30+	D Muir
14 Mar	Nedlands 10k/5k	J Abrahams Res Hackett Dr Nedlands	7.30+	F Gardiner
21 Mar	Woodman Pt 10k/5k	Nyverbup Circuit Coogee	7.30+	K & P March H
28 Mar	Membership 11.6k/5k	Burswood Park	7.30+	B Danby M
2-5 Apr AMA T-F Championships Perth				
11 Apr	3PS 16k/8k/5k 16K Walk	Pt Walter Bicton	8.00 7.30	B & L Schickert
15 Apr (Thurs)	Track Handicap 10k	UWA Sports Park McGillivray Rd Mt Claremont	19.00	D & J Whittam B T H
18 Apr	Athletics WA Gallipoli Run *		TBA	AWA
25 Apr	X Pagoda 15k/10k/5k 15K Walk	Burswood Park Resort Drv	8.00 7.30	J Halberg M

ENQUIRIES: BOB SCHICKERT 9330 3803 email: rschicke@bigpond.net.au

NOTES

+Start times Feb/ March on basis of NO Daylight Saving, add 30 minutes if DLS

COMING EVENTS and helpers list

APRIL 5

3P's

Director: Bob Schickert –
9330 3803

David Brown & Jill Midolo, Mike &
Paula Karra, Ross Keane, Joan Osborne,
Lynne Schickert, Reece Waldock

APRIL 12

PINEY LAKES

Director: John Smith – 9310 1647

Alison Aldrich, David Charlton, John
Frost, Eldon George, Brian Hunter, Ron
Mead, Jenni Smith, Syd Parke, John
Pentecost & Grace Hollin

APRIL 23 (Thursday)

TRACK HANDICAP

Directors: Dorothy & Jeff Whittam –
9387 6438

Jeff Bowen, Gary & Geraldine Carlton,
John Collier, Alan & Karyn Gower, Peter
Sullivan

APRIL 26

EX-PAGODA

Director: Jackie Halberg – 9364 4474
Ray Attwell, David & Pat Carr, Mary
Heppell, Glenda Lawrence, Troy
Lundgren, Neil McRae, Merv Moyle,
Prabuddha Nicol, Les Smith, Kim
Thomas, Jeff Whittam

ALL HELPERS – contact your director and confirm if
you are available.

If not, also call Bob Schickert to be re-assigned.

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Patron:

John Gilmour

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Vetrun

APRIL
2009
No. 421



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The magazine of Masters Athletics WA



Masters triumph in Athletics WA open



WA's State 10km Walk Championships were won by W50 Lyn Ventris, first woman home in 50:48:3 W50, and first man home overall was M45 Gary Hastie in 53:55:0.

W60s in for top award

MAWA has nominated the W60 relay runners Shirley Bell, Jackie Halberg, Peggy Macliver and Gillian Young for the WA Sportswoman of the Year awards. The team won 4x400 and 4x800 AMA relays in State record time, and set an Australian record in the 4x1500. Congratulations to these four very good Masters Athletes.

Club AGM is on April 20

FULL agenda and reports from President Barbara Blurton and Secretary Bob Schickert are on page two. Please retain the agenda and fetch it with you to the meeting – on Monday 20 April, at 7pm. All members are invited to come along, take part, and vote!

Farewell, State stadium

THIS was billed as the 'Farewell to Perry Lakes' meet. The last club meet before demolition of the stadium built almost half a century ago for the 1962 Commonwealth Games.

MAWA athletes said farewell the old dame in style. PBs were set by Nick Miletic (over a minute off and enjoying the lower barriers), Jacqui Sanders and Chris Perrey, and a big PBA by Neil Morfitt.

► page 4

10Km Track Hcp – IT'S a 21st!

YES, we started this event 21 years ago and the next running of the 10km track handicap will be at McGillivray Oval on the 23rd of April 2009 at 7pm under lights.

If you are looking for a fast time – enter because we usually have a cool calm evening, ideal for a good run. The run is followed by a BYO barbecue.

Any one not running? We need helpers. If you can help, see Dorothy or Jeff Whittam. Entry form will be available at the Track & Field Champs & at Club runs (if you do not want to mutilate your Vetrun!)

ONCE again conditions were near perfect for our Championship programme – why would you live anywhere else?

"Threatened strong winds on the final Sunday did not really eventuate and a bumper entry of 158 athletes enjoyed some strong competition and friendly rivalry," said Barbara Blurton. "The only real problem was time pressure caused by the exceptionally high number of throwing entrants, but in the end the sausage sizzle and shiraz were only delayed some 30 minutes! "The thanks of myself and all competitors should go to the officials and helpers who worked tirelessly throughout the final two days of the championships."

Because of the full Championship results – pages 9-15, this is also a bumper Vetrun.

ENTRY FORM

21st Club 10Km Track H'cap – 23rd April 2009, 7pm

McGillivray Sports Ground under lights. Entry fee \$3 - with entry.

Name Age Grp
(Best time in last year if you're not on club list)

Name Age Grp
Entries to Jeff Whittam, 49 Holland St Wembley 6014 Tel: 9387-6438

WA MASTERS AGM

Hockey Club Rooms Perry Lakes Dr Floreat
(Start of Alderbury Park and Perry Lakes events)

AGENDA

Please retain and bring to the meeting.

WELCOME

ATTENDANCE / APOLOGIES

MINUTES OF 2008 AGM - CONFIRMATION

MATTERS ARISING

REPORTS:

- President
- Secretary
- Treasurer

PRESENTATION OF TROPHIES

- Patron's Trophy for T&F, M & W
- Handicap Trophy
- Achievement Award
- John Gilmour Trophy for Best Performance

ELECTION OF OFFICE BEARERS

- President
- Vice President
- Secretary
- Treasurer
- Committee Members (4)

APPOINTMENT OF OFFICIALS

- Patron
- Editor
- Handicapper
- Auditor
- Statistician
- Registrar
- AWA Winter season contact

LIFE MEMBERSHIP NOMINATION/S

GENERAL BUSINESS

ANOTHER successful year for MAWA in competition, social events and club finances. Attendance at many events was higher and membership rose slightly from 462 in 2007/8 to 472 in 2008/9. With a solid year financially there has been no need for increased membership fees (due on April 1.)

Track events on Thursdays at Ern Clark Athletic Centre (Coker Park) will again continue through the winter season, with UWA Tuesdays ceasing at the end of March.

As on Sundays, many people help and it is not possible to mention them all here. Those who have done outstanding consistent work for track and field include Les Beckham (jumps), Barbara Blurton (State Championships, programme, Thursday results and AMA relays), Damien Hanson (throws), Tom Lenane (starting and Thursday equipment), Peggy Macliver (check-in sheets and Tuesday results), John Oldfield (Tuesday night co-ordinator, AMA relays and a wonderful

Secretary's Report



job producing the TFNL - T&F monthly email newsletter).

The winter throws Saturday events arranged by Damien Hanson with the assistance of Athletics WA chief throws judge Lindsay Glass (many thanks Lindsay for your time and efforts) will continue at Perry Lakes until the end of June when the area will be sealed off for demolition.

In the AMA relays held in February the MAWA standard of high performance continued. Many thanks to John Oldfield and Barbara Blurton who did the hours of work necessary for these relays.

President's Report

I AM pleased to report that our club has continued to flourish in the 2008-2009 year. Our Sunday runs grow in popularity and regularly attract significant numbers of visitors, some of whom become members.

The role of president has been made all the easier due to the hard work and commitment of my committee. I would like to extend special thanks to: Mike Rhodes who enthusiastically continued the thankless task of setting handicaps; Jim Klinge who did a superb job of mapping courses onto the Google Earth platform; Jackie Halberg and Lachlan Marr for manning the visitors table and transporting equipment; Valerie Millard for liaison with local councils; all the race directors and helpers, who often had to start marking courses before daybreak.

T&F

The track and field programme has also attracted increased numbers this year, particularly the summer evenings at the Ern Clarke athletic centre, where the number exceeded 50 on occasions. My thanks to John Oldfield for organising the relay events, where once again the performance of WA teams eclipsed those of the



more populous eastern states. Thanks also to Peggy Macliver for processing the results from the UWA venue.

The increased popularity of track and field also shows in the bumper entry of 158 for the state championships and the exceptional number of our athletes (52) travelling to Adelaide for the Nationals.

The largest increase in the athletes participating in track and field is in the throwing events and my thanks go to Damien Hanson whose hard work and knowledge have led to this success.

MAWA will be hosting the National Championships in 2010 and we are looking forward to showing off our new athletic stadium which is well under construction close to the old Perry Lakes centre. Planning is well underway with a committee of six members led by Richard Blurton.

Last, but definitely not least, a special thanks as ever to Bob Schickert whose energy, enthusiasm and dedication to MAWA over the entire spectrum of activities ensures that our club runs smoothly and seamlessly.

Barbara Blurton

The Sunday programme continued as in previous years thanks to many people including race directors and helpers; particularly Valerie Millard (events coordinator) and Barrie Thomsett (results). Barrie was made a life member at the 2008 AGM. Please advise a committee member if you would like to be a race director. It is challenging and rewarding.

The committee of Barbara Blurton, Jackie Halberg, Bob Schickert, Roger Walsh, Damien Hanson, Peter March, Lachlan Marr and Valerie Millard did a lot of work in arranging competition and social events. Two committee members (Peter and Valerie) are not standing for re election for 2009/10.

The committee thanks all members who contributed to the successful year. Mike Rhodes and Richard Danks

handled handicaps, statistician Campbell Till again had a very busy year with a large number of records being set. Vic Waters - Vetrun editor, Jeff Bowen - Vetrun distribution, Mike Karra - website, Pat Hopkins - clothing, Peggy Macliver - registrar, Jacqi and Vic Beaumont - morning tea, Denise Viala - weekends away, Patrick Smith - AWA winter events and Elaine Dance - social, all made great contributions.

Planning towards MAWA hosting the AMA Championships in Perth April (Easter) 2010 is well advanced.

The Championships committee members are Richard Blurton (chair) Delia Baldock, Barbara Blurton, Jackie Halberg, Peter March, Lynne Schickert and Roger Walsh.

Bob Schickert
Secretary MAWA

You write...

Logging isn't just for lumberjacks....

Hi all
I've started a weblog, well in advance, for Finland (World Masters champs.) I'll try to update it monthly as I get news from everybody about how things are going. I'll also use it during the nationals in Adelaide.

Just type in www.xanga.co/MAWAinFinland/weblog. People can read the log and also add comments if they wish. I'm happy to give details of how to add log entries to those who are going to Finland and may want to add comments themselves.

John Oldfield

Hip-ops x 2

IN the last few weeks long-time club members Richard Harris and John Smith, both M70, have had hip replacement surgery. We wish both our stalwarts speedy recovery and return to competition.

Correction

Hi,
IN your Pt Kennedy results for the 5k Walk times (actual) for Patricia Hopkins should it be 43:27 not 49:27?

Richard Danks

Irwin's record

Hi Vic
A SHORT time ago I was having a conversation with Irwin Barrett-Lennard who noted how David Carr had broken a few records Irwin had set around 2005. I showed him one of his surviving records, the half marathon. He calmly remarked he was sure he had set a better time in the WAMC Half of 2005. After a bit of research at home, his memory proved to be accurate, the time being 1:41:47 an improvement on his 1:43:01 set six weeks earlier! One more check revealed his new time was a mere three seconds off the Australian Record!

Campbell Till



My View...

by
Vic Waters

Healthy ways pay club

TWO new shade tents used at the State Champs this year came our way courtesy of those wonderful people at Healthway. Treasurer Roger Walsh modestly mumbles that his skill at writing grant applications had nothing to do with it – but don't believe him.

It's very fitting that Healthway should support us in this way, in my view. We're out there 52 weeks of the year, demonstrating that fitness and health are ways to prolong desirable and enjoyable life.

All the same, the Healthway grant of \$2500 went a long way towards the total cost – \$3974. We bought them in January 2009 and they're stored at the Ern Clarke Athletic Centre at Coker Park.

As well as providing shade for competitors and officials at future State Championships, they'll be used next year when the Masters National Championships are held in Perth in 2010. As Roger says – "the club expresses its thanks to Healthway for making this significant contribution towards the welfare of our members."



Turning 80 and still running 5min/ks; what M80 records are safe from Irwin?

Gary? – He's all heart

GARY Fisher has made a remarkable return to form.

After some serious physical setbacks and an operation, he also developed an irregular heart pattern. Recently Gary ran a 10km in around 46mins, equalling his best from three years back. Then there was his 38:05 at McCallum Lakes for 8.4km, and 44:19 over the Garvey Gallop 9.8km.

However, before you begin clamouring for the number of his dealer, please note that

you need that heart problem first. According to Gary, the pills to slow his heart-rate have reduced his feelings of fatigue.

I want to wish him well (literally and philosophically) even though it means I shall probably never run in his company again. It's really good to see a trier get a well-deserved break.

Military tattoo?

EX-SOLDIER and ex-policeman Arnold Jenkins is fast becoming a work of art. Partly to provide practice for his tattoo artist son, and grandson, Arnie has numerous adornments. More are planned for his 65th birthday next month. With safety in mind, it occurred to me the club could negotiate a bulk rate. All members could have their club number inscribed prominently, to save the cost of cloth patches?

Do prostate tests over-diagnose?

THAT'S the medical topic covered this month in Vetrunc Extra. Go to the club website to read the Associated Press report from the New York Times, in which an American Cancer Society doctor suggests that many men diagnosed with prostate cancer are treated unnecessarily.

(Thanks to John Bell for contributing the report.)

'I'm glad I'm not young any more'

BY the end of this year, six more of our members will have turned 80.

It's remarkable – and very encouraging for all of us to see so many of them in great form, fit, healthy and bright!

There's probably no way of knowing, but I wonder how many organisations based on vigorous activity have such a high proportion of active, octogenarian members?

Vetrunc can't print precise birthdays – but the new kids are:

Surname	AKA	Born	Joined club
Barrett-Lennard	Irwin	April '29	2001
Beaumont	Vic	December '29	1983
Johnson	Kirt	March '29	1983
Lockwood	Stan	September '29	1975
Medcalf	Gordon	August '29	1991
Walkley	Cecil	April '29	1990

Another 17 members already in their 80s are:

Bowler	Sid	1923	1986
Cardy	Gladys	1928	2007
Chapman	Bill	1924	1993
Delandgrafft	Stan	1926	2003
Frearson	Don	1920	2001
Gilmour	John	1919	1974
Green	Stanley	1914	1984
Jones	Stan	1925	2003
Kennedy	Peter	1920	2006
Lawrence	Ray	1928	1979
Leggett	Arthur	1918	1979
McMillan	Raema	1927	1988
Morgan	Garnet	1924	1974
Moyle	Merv	1926	1975
Shanahan	Glenice	1924	1995
Tyson	Allen	1925	1977



Happy campers ran at Dwellingup

OUR trip away, on the Labour Day long weekend to Dwellingup proved to be a fun-filled event. The majority walked to the pub for dinner on Friday evening.

Saturday morning saw us running/walking various distances through the bush from 5k to 50k. Following that Pierre (Viala) took a group for a walk and picnic on the Bibbulman track while some chose the coffee-shop option. In the evening our casserole night was a gourmet delight under the stars. The desserts were to-die-for including Graham Thornton's famous sticky date pudding, with it's (NOT) low fat sauce.

Sunday morning began with another run/walk from 5k up to 20k for the faster Masters, followed by a lovely lunch at Newbliss Winery. An afternoon siesta for some, a walk into the village for cafe and craft shops, or a swim at Lane Pool seemed to be the order of the day. In the evening a BBQ under the stars, full of fun and laughter. Monday morning a short run/walk then pack up time. All agreed it was a top weekend. Best on ground were

Dwellingup

Karen March and Bob Schickert (they both fell twice on the Sunday run).

The next weekend away is on the long weekend at end of September, at Lewana Cottages, Balingup. If you want to join in the fun let me know. Denise Viala

Ph: 9307 1249
gumtree.p.d@australiaonline.net.au

► from front page

Farewelling Perry Lakes

Barrie Kernaghan, along with David Carr and myself can probably remember watching those 1962 Games.

Peggy Macliver can do better than that – she took part in a junior women's race at the stadium six months before the games.

Barrie celebrated by knocking no less than three seconds off his best 400 time of the season while David cut 20 seconds from his previous steeplechase best this year. Kate Glass also threw the hammer further than any other distance in 2008/9. Perry Lakes has been 'farewelled' memorably.

John Oldfield

ATHLETICS WA X/C

JOHN Collier has taken over as out contact with Athletics WA for the coming cross-country season, in place of Patrick Smith who has moved interstate. If you would like to be involved contact John on 9204 5825 or at jwcollier@bigpond.com. The programme of Saturday and Sunday events is on the AWA website www.waathletics.org.au

Relay athletes win 26 titles



AMA holds its national 'postal' relays in the month of February. Each state runs a series of age-group track relays and three-person team field events. The results are collated postally and the winner becomes the national champion.

This year MAWA submitted a total of 35 entries - 20 runs, four walks, two jumps and nine throws. Our teams did brilliantly with 26 champions, seven second places and one third.

This is even better than last year when we had 19 champions. With so much success it is perhaps invidious to pick out special teams. Two, how-

ever, probably deserve such mention. The W60 belles (Shirley Bell, Peggy Macliver, Gillian Young and Jackie Halberg) made a clean sweep of the 4x100, 4x400 and 4x800 runs. And the M70 men (Jeff Whittam, Ray Hall, Bob Fergie and Stan Jones) walked off with the 4x800 championship.

All winning teams will

receive certificates, which will be presented to the MAWA secretary at the Nationals championships Awards Dinner over the Easter weekend.

John Oldfield

* **Apologies: despite best intentions there is not sufficient space in this Vetrun for all the relay results. VW**

COMING EVENTS DESCRIPTIONS

MAY 3 - Around Herdsman

One or two laps around lake on limestone/bitumen paths. A very flat scenic course. The 5k walk is on bitumen path next to Jon Sanders Dr.

MAY 10 - Aquinas

Due to works the first part of course within school grounds including starting point may alter. Wait on further advice.

MAY 17 - Group Jog

From toilet block at southern end of Perry Lakes parklands. Run/walk in Reabold Hill reserve of your chosen distance. No marshalls, no water. Take your own time. A car key tray and attendant has been arranged

New Members – Welcome!

835 DOYE Peter M65
836 CROWDER Rachel W35
837 RIBBINK Kim W40
838 CANE David M40
839 MACLENNAN Lorraine W40
840 SMITH Bronwyn W35
841 REID Chris M45

842 LLOYD Amanda W30
843 AIREY Rochelle W40
844 BART Tony M55
845 HODGSON Mike M45
846 -SZCZEPANSKA Elizabeth W55
847 LESEBERG Dan M30

Country v City correction

MARCH Vetrin incorrectly showed Peter De Klerk as the 200m winner. Colin Smith just edged him out in a close finish.

EARLY DAYS (1954-1955)

I'm not sure when I first joined the 'Vets' - it must have been around 1981 - but my running started in high school in Queensland where I took it up in an effort to overcome childhood asthma. It worked. In 1955 I became the Queensland state school champion over 1 mile running 4:46.

Uni. of Queensland (1956-1962)

Studies in geology took priority over running until around 1959 when I started training again. I surprised myself by dropping straight down into the 4:20s for the mile. Next year saw my mile drop to 4:09, the half to 1:52 and the 440 to 51.5.

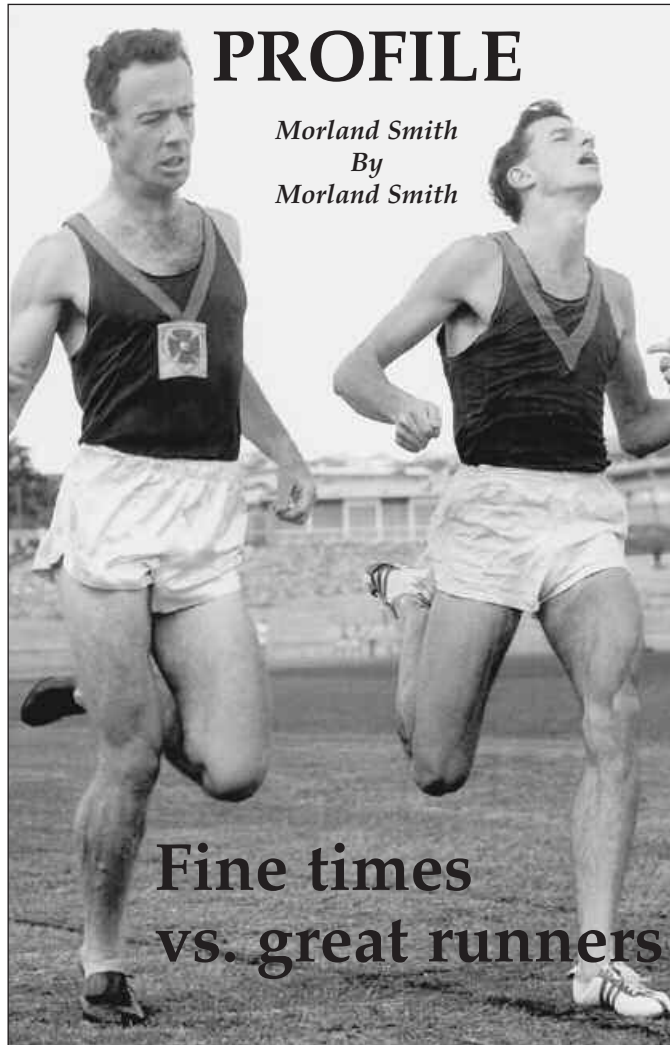
Achievements in 1961 included 4th in the Australian Open mile in 4:09, Gold in the Australian Open 1 Mile Medley Relay (I ran the 880yd leg in 1:53) and third to Herb Elliott and Tony Blue in an 800 metre match race at Lang Park.

I think I can be excused for only coming third (in 1:52) behind these two great Olympians who finished around 1:48 as I recall. I had been told by many that my running style was terrible, a comment I disregarded until Percy Cerruty, after watching me train at the U of Q track, made the same comment.

If I came down to his Portsea Training Camp, he'd straighten me out, he said. I did seriously consider this for a while as I thought that with serious training and proper coaching, a sub 4-minute mile was well within my grasp. However, about this time I won a scholarship to pursue a Ph.D. in Canada and having recently married and with responsibilities piling up, we headed off overseas.

Canada (1962-1967)

Managed to do a few cross-



PROFILE

*Morland Smith
By
Morland Smith*

**Fine times
vs. great runners**

Dead heating with Olympian Dr Tony Blue, 880yd race, 1960, in 1:52.7

country races in Ontario for Queen's University and to win a University sporting blue, but again studies took precedence and running fell by the wayside.

Australia (1968 to present)

With the nickel boom in full swing, we moved to WA. But for the next 12 years with my wife and three little children to support, it was work, work, work to progress my career as an exploration geologist. Lots of time spent in the bush and travelling far and wide made

serious training almost impossible. Started back into it with a City to Surf in 1980, and then the People's Marathon in '81, my first and only, in 3hr 3 min. By 1983 as an M45, I got my 1500m time down to 4:11 (in the Melbourne National Vets Championships) which I think gained me my only WA state record.

For the next 20 years, work took over again with time spent in Indonesia, Argentina, US, Georgia, Mali, Ghana etc. Did some jogging whenever possible, but mainly to keep in good health. With retirement came the opportunity to run more and get fit and compete again which I did in 2006 winning the M65 800m, 1500, and 5000m, but in disgustingly slow times. Did the same again this year.

My goal now is to run much faster and hopefully compete in the National Masters Championships next year in Perth. I plan to participate in more WAMA runs throughout the year and in the process enjoy the company of a terrific bunch of people in Masters Athletics.



National Veterans Athletics Championships in Melbourne, 1983, M45, 1500m. Morland leading Dr Tom Roberts who eventually won. Morland finishing 2nd in 4:11.

**Happy Birthday
- APRIL members!**

Barrett-Lennard	Irwin	M80
Blanco	Brett	M35
Bower	Jill	W70
Bowler	Sid	M85
Burr	Kathy	W70
Chan	Charlie	M55
Chapman	Bill	M85
Collier	John	M40
Deans	Alan	M55
Dumolard	Guito	M50
Fisher	Gary	W55
Folk	Glenis	W60
Giles	Rosemary	W30
Halberg	Jackie	W60
Hale	Mike	M60
Hamilton	Rod	M45



Rod Hamilton

Henderson	Ross	M45
Hopkins	Patricia	W65
Hughes	Dennis	M60
Jamieson	Ruth	W50
Jeffrey	Mark	M35
Kennedy	Peter	M85
Ladwig	Sarah	W60
Lenane	Tom	M50
Luck	David	M50
Maher	Chris	M55
Marr	Lachlan	M45
Martus	Brian	M70
McGlashan	Hamish	M70
McLean	Gary	M45
Newell	Barry	M50
Plackett	Andrew	M40
Shaw	Jim	M60
Smith	Pam	W70
Stickles	Joe	M70
Sutton	Ron	M70
Taylor	Wayne	M50
Thomas	Michelle	W30



Tiverios	Jeanette	W50
Tolbert	Murray	M60
Walker	Amanda	W40
Walkley	Cecil	M80
Ward	Clara	W50
Yorke	Cameron	M30
Young	Rob	M65

9.8K RUN



Peter Sullivan	M50	37:27
Lachlan Marr	M45	40:01
Rod Hamilton	M45	41:20
John Allen	M50	41:57
Mark Dawson	M45	42:57
Darryl White	M50	43:43
Gary Fisher	M55	44:19
Wayne Taylor	M45	44:50
Mike Hale	M60	45:21
Dante Giacomini	M40	46:19
Keith Miller	M60	46:52



Sandra Stockman	W40	57:06
Frank Smith	M65	47:48
Neil McRae	M55	47:49
Trisha Farr	W35	49:50
Ivan Pilton	M65	50:43
Mike Khan	M60	50:54
Heiner Huning	M50	51:31
V4		51:57
Irwin Barrett-Lennard	M75	51:57
Richard Blurton	M55	52:07
Gill Edmonds	W40	52:23
John Pellier	M65	54:09
Carol Bowman	W50	55:01
Nick Miletic	M55	55:02
Di Jones	W60	56:14
Charlie Chan	M55	56:15
Genevieve Spiro	W35	56:23
Roger Walsh	M65	58:21
Les Smith	M50	58:23
V2		59:35
Paul Mattison	M50	59:36
Jackie Halberg	W60	59:58

Garvey Gallop

March 1, 2009

Directors: Christine and John Oldfield



Christine



John

IT COULD have been a disaster! Thunder, lightning, rain and wind throughout the night; a message just ten minutes before the start that fallen trees were blocking our woodland loop; and then the big clock failed to start. But, as usual, everything was 'all right on the night'.

It turned out to be a beautiful, calm, slightly humid but sunny morning. The turn on the long run, having been changed to the bottom rather than the top of the slope this year, was rapidly changed back again and times were called out as people finished.

The long run may not have been quite the 10km advertised and a little glitch in the recording process may mean that some times are slightly different from

what you expect. For all this we apologise and beg your indulgence.

It was great to see such a good turnout, around 80, despite the absence of those living it up in Dwellingup. And also good to hear from lots of you how much you had enjoyed the course. We couldn't have managed without our stalwart gang of helpers, some of whom have become our regulars. Thanks to all of you - you did a sterling job.

JO & CO

David Carr	M75	59:59
Ian Gallagher	M55	60:36
Rhod Wright	M55	62:51
Merv Jones	M65	68:59
Richard Danks	M65	71:39

6.25K RUN

V1		24:49
Paul Hughes	M55	25:13
Jim Klinge	M60	26:24
Dave Roberts	M65	26:55
Ross Parker	M60	27:14
Ross Keane	M45	27:24
Tom Tralau	M35	28:32
Margaret Saunders	W55	30:03
Margaret Langford	W60	30:29
John Mack	M65	31:04
Bryan Hardy	M65	32:34
Barry Jones	M50	33:45
Delia Baldock	W45	34:19
Graham Ainsworth	M50	34:43
V6		36:35
Frank Gardiner	M55	36:37
Bob Sammells	M70	37:00
John Dennehy	M45	37:44
Aldo Giacomini	M70	39:14
V5		41:07
Sheila Maslen	W70	46:07
Margaret Warren	W70	51:32
Mary Heppell	W70	53:18
Jeni Shillington	W50	53:24



10K WALK

Ray Hall	M75	73:35
Mike Rhodes	M60	77:01

6.25K WALK

Ron Mead	M55	46:11
Lesley Romeo	W60	47:34
Beryle Doust	W60	48:38
Michele Mison	W60	49:21
Jeff Whittam	M70	53:35
Bob Fergie	M70	53:36
Lorna Lauchlan	W75	53:50
Rosa Wallis	W65	53:57
Patricia Hopkins	W65	55:29
Sylvia Szabo	W50	55:45
Leo Hassam	M75	61:05
Maggie Flanders	W70	61:48
Glenis Folk	W60	63:37
V3		63:37



Road-runners on the track, for the national 'postal' relays.

THIS year's course wound as usual from the park through the UWA grounds but due to the recent bushfire and new directives from the King's Park Board we had to change the latter part of the course. However, the changes were generally well accepted despite the long drag up to May Circle and the long descent to the finish through the bush along sand tracks.

Cross-country buffs enjoyed it and everyone liked the variety offered by going through the UWA grounds. Walkers had the option of either doing just the UWA loop for 5km or both the UWA and park loops for 8km. More marshalls were positioned to ensure no one got lost and flour was used to mark out other key turns. Most people opted for the one-lap option – which turned out to be 8.4 km long – but well done to

16.8K RUN

Brett Roach	M35	63:51
Peter Sullivan	M50	67:08
Lachlan Marr	M45	69:06
David Willmer	M50	74:48
Steve Hossack	M45	80:04



Tom Tralau	M35	'80:50
Chris Pattinson	W50	81:00
Don Pattinson	M55	81:20
Neil McRae	M55	81:35
Peter March	M45	81:39
Karen March	W45	83:12
Mark Sivyer	M60	83:41
Gillian Young	W60	83:42
Vis 2		84:09
Liz Neville	W55	85:03
Johan Hagedoorn	M65	90:02
Vis 3		92:16
Mike Khan	M60	92:23
Mark Rosen	M60	93:08
Heiner Huning	M50	94:48
John Dance	M55	1:46:50
Val Millard	W60	1:49:44

5K RUN

Margaret Warren	W70	39:22
Toni Frank	W60	44:35

Teddy Birds Picnic

SYNERGY PLAYGROUND,

KINGS PARK

March 7, 2009

Director: David Muir

those who were determined enough to complete the two laps as the temperature climbed to around 25°C. Certainly a good day for a picnic afterwards.

Thanks to John Bell and Pat Hopkins on the water station, Jeff Bowen and Leo Hassam recording, and the marshalls Janet and Mike Walter, Wayne Taylor, Ray Atwell, Rod Hamilton, Alan James and John Byrne.

David



David
Muir

8.4K RUN

Paul Hughes	M35	34:51
Vis 1		35:48
Kim Thomas	M35	35:55
Michael Karra	M40	36:52
Mark Dawson	M45	37:24
Gary Fisher	M55	37:32
Vis 4		37:53
Brian Bennett	M60	38:10
Ross Keane	M45	38:11
David Scott	M60	38:47
Bob Lane	M60	38:48
Frank Smith	M65	40:03
Brian Danby	M60	40:43
Margaret Langford	W60	42:10
Vis 7		42:30
Ivan Pilton	M65	42:51
Bob Schickert	M65	43:01
Russell Metham	M30	43:05
Vic Waters	M60	43:30
Bruce Mathieson	M60	43:30
Bryan Hardy	M65	43:45
Maurice Creagh	M60	44:26
Mark Hewitt	M55	44:29
Barry Jones	M50	44:41
Irwin Barrett-Lennard	M75	44:50
John Brambley	M65	45:29
Charlie Chan	M55	47:27
Lorraine Lopes	W65	47:41
Roger Walsh	M65	48:06
Paul Martin	M65	48:15
Terry Manford	M70	48:25
Di Jones	W60	48:32
Dennis Hughes	M60	50:06
Damien Hanson	M55	50:14
Les Smith	M50	50:23
Mike Anderson	M60	50:35
Theresa Howe	W55	51:22
Aldo Giacomini	M70	52:24
Dianna Hurring	W35	52:31
Brian Smith	M70	54:59
Merv Jones	M65	58:18
Pam Toohey	W60	58:51
Margaret Bennett	W65	61:36
Sandra Hughes	W60	62:11
Sheila Maslen	W70	66:05
Vis 5		71:35
Vis 6		71:37
Mary Heppell	W70	71:48



Chris Pattinson (above) was first woman home in the 16.8km run; walker Alan Pomery (below) finishing in fine form.



5K WALK

David Brown	M60	35:29
Michele Mison	W60	38:59
Peter Hopper	M60	39:01
Bob Neville	M75	39:20
Mal Vernon	M50	40:23
John Frost	M70	40:41
Lorna Lauchlan	W75	41:10
Jeff Whittam	M70	41:29
Kirt Johnson	M75	41:30
Ray Lawrence	M80	43:54
Dorothy Whittam	W70	45:35
Sylvia Szabo	W50	45:37
Maggie Flanders	W70	48:02
Pat Ainsworth	W70	48:11
Ann Turner	W70	48:12
Pat Miller	W70	53:03

8.4K WALK

Ray Hall	M75	60:33
Mike Rhodes	M60	64:21
Alan Pomery	M75	n/a

16K WALK

Ron Mead	M55	2:17:42
Elaine Dance	W55	2:22:51

10K RUN	Run	H'cp	Actual
Kim Thomas	M35	65:16	23:42 41:34
Les Smith	M50	65:17	07:42 56:35
Gary Fisher	M55	65:19	21:42 43:37
Shirley Bell	W60	65:42	17:12 48:30
Bjorn Dybdahl	M55	65:43	26:12 39:31
Irwin Barrett-Lennard	M75	66:00	14:42 52:18
Johan Hagedoorn	M65	66:01	18:48 47:13
Nick Miletic	M55	66:14	16:30 49:44
Brian Smith	M70	66:15	05:18 60:57
Rod Hamilton	M45	66:16	25:54 40:22
Peter Sullivan	M50	66:33	29:24 37:09
Claire Walkley	W40	66:47	14:06 52:41
Gillian Young	W60	66:57	20:54 46:03
Lorraine Lopes	W65	67:00	12:18 54:42
Mark Sivyier	M60	67:14	20:36 46:38
Heiner Huning	M50	67:26	17:12 50:14
Charlie Chan	M55	67:31	14:06 53:25
Lachlan Marr	M45	67:33	28:48 38:45
Brian Bennett	M60	68:04	22:48 45:16
Cecil Walkley	M75	68:14	05:30 62:44
Syd Parke	M55	68:19	21:42 46:37
Wayne Taylor	M45	68:26	23:00 45:26
Brian Danby	M60	68:33	21:30 47:03
Val Millard	W60	68:48	10:24 58:24
Maurice Creagh	M60	69:13	17:24 51:49
John Dance	M55	69:23	10:54 58:29
Paul Martin	M65	69:45	11:54 57:21
Neil McRae	M55	71:22	24:54 46:28
Genevieve Spiro	W35	73:09	07:06 66:03
Arnold Jenkins	M60	73:09	06:00 67:09
Bob Schickert	M65	73:59	21:00 52:59
John Bocian	M55	75:34	13:54 61:40

Visitors and temporary handicaps

Chris Reid	M45	65:07	21:00 44:07
Vis 2		68:58	10:00 58:58
Bronwyn Smith	W35	75:33	15:00 60:33

Woodman Point

March 15, 2009

Directors: Karen & Peter March

NEAR perfect conditions for our run this year, very different to last time. All the comments we received were positive and everyone we spoke to seemed to like the March's Run. We had wonderful helpers and a special thank you to John and Elaine Dance who are not allocated to our run, but came along early to help me set up the finishers chute. All helpers were keen and happy to do whatever we asked. Thank you to Mike Rhodes for the handicaps; and Keith Atkinson, Helen Lysaght, Tanya Burke, Elaine and John Ellard, Saskia Letham, Dennis and Margaret Miller and Rosa Wallis. We look forward to your much appreciated help next year.

5K WALK

Debbie Wolfenden	W45	44:52	04:00 40:52
Leo Hassam	M75	46:16	00:18 45:58
Ann Turner	W70	47:20	04:30 42:50
Patricia Hopkins	W65	47:24	06:06 41:18
Dorothy Whittam	W70	47:32	03:36 44:56
Pat Ainsworth	W70	48:12	06:18 41:54
Jeff Whittam	M70	48:33	08:18 40:15
Ray Hall	M75	48:59	13:48 35:11
Lynne Schickert	W65	49:13	12:18 36:55
Shorty Turner	M70	49:59	02:18 47:41
Vis 1		49:10	n/h'cp



Karen and Peter

10K WALK

Ron Mead	M55	76:56
Elaine Dance	W55	78:14

5K RUN

Bjorn Dybdahl	M40	19:06
Ross Keane	M45	20:44
Grant Owens	M45	21:31
Dante Giacomini	M40	21:39
Bruce Mathieson	M60	24:08
Bryan Hardy	M65	25:22
Delia Baldock	W45	25:25
Roger Walsh	M65	28:13
Dennis Hughes	M60	28:20
Aldo Giacomini	M70	30:21
Mike Rhodes	M60	30:55
Sandra Hughes	W60	33:15
Margaret Bennett	W65	34:04
Vis 4		34:05
Kathy Burr	W65	35:12
Vic Beaumont	M75	36:31
Julie Wood	W60	37:01
Sheila Maslen	W70	37:03
John Byrne	M60	37:53

11.5K RUN

Brett Roach	M35	42:08
Ross Langford	M30	43:40
Vis 5	Vis 5	49:51
Tony Bart	M50	51:39
Paul Burke	M35	52:08
Neil McRae	M55	52:10
Frank Smith	M65	52:16
Sandra Stockman	W40	54:48
Vic Waters	W55	56:15
David Carr	M75	56:20
Bryan Hardy	M65	57:07
Mike Khan	M60	58:37
Vis 7	Vis 7	58:48
Irwin Barrett-Lennard	M75	59:45
David Muir	M60	59:52
Richard Blurton	M55	62:17
Charlie Chan	M55	63:48
Sarah Ladwig	W55	63:48
Maurice Creagh	M60	65:25
Di Jones	W60	65:25
Lorraine Lopes	W65	66:33
Paul Martin	M65	66:54
Gary Young	M50	67:15
Theresa Howe	W55	67:35
Karl Stockman	M45	70:47
Jackie Halberg	W60	70:58
??		75:58
Merv Jones	M65	82:21
Arnold Jenkins	M60	82:22
Margaret Bennett	W65	91:35

5.5K RUN

Bob Lane	M60	19:17
Ross Keane	M45	20:15

Membership Run

BURSWOOD PARK

March 22, 2009

Director: Brian Danby



Brian

John Oldfield	M65	21:21
Ian Cotton	M40	21:17
David Scott	M60	21:28
Stephen Dunn	M40	21:31
Raymond Gimi	M45	21:39
Colin Smith	M45	21:48
Bruce Mathieson	M60	22:18
John Brambley	M65	23:48
Delia Baldock	W45	24:13
Bob Schickert	M65	25:56
Hamish McGlashan	M70	26:00
Ray Attwell	M70	26:53
Peter Sanders	M60	27:05
Dennis Hughes	M60	27:18
Jim Riddell	M65	28:04
Christine Oldfield	W60	28:47
Wendy Clements-Green	W65	29:10
Mike Rhodes	M60	29:24

Aldo Giacomini	M70	29:45
Tanya Burke	W35	29:46
Vis 2		30:50
Vis 6		31:00
Vic Beaumont	M75	31:33
Sandra Hughes	W60	32:52
Vis 3		32:59
Vis 1		33:48
Sheila Maslen	W70	35:34
Jeni Shillington	W50	40:14

5.5K WALK

Michele Mison	W60	39:58
John Frost	M70	39:58
Patricia Hopkins	W65	40:15
Kirt Johnson	M80	40:15
Bob Fergie	M70	40:17
Rosa Wallis	W65	40:30
Lorna Lauchlan	W75	41:34
Dorothy Whittam	W70	44:29
Pat Ainsworth	W70	44:30
Ann Turner	W70	45:14
Sylvia Szabo	W50	46:33
Leo Hassam	M75	46:37
Alan Pomery	M75	46:51
Maggie Flanders	W70	46:58
Shorty Turner	M70	49:51
Glenda Lawrence	W50	50:20
Pat Miller	W70	51:22

11.5K WALK

Ron Mead	M55	85:25
Richard Danks	M65	91:24
Ray Hall	M75	91:25
Peter Ryan	M55	93:12
Jeff Whittam	M70	95:08



WA MASTERS State Championships 2009

WOMEN'S EVENTS

60M

W30			
1	Thomas, Michelle	W30	9.5
2	Young, Melissa	W32	10.2
W40			
1	Solomon, Simone	W42	9.1
2	Gartlan, Tracey	W40	9.9
3	Eastwood, Karen	W41	11.4
W45			
1	Moloney, Sharon	W46	9.3
2	Baldock, Delia	W47	9.8
W55			
1	Choate, Lynne	W56	8.8
2	Ladwig, Sarah	W59	11.3
W60			
1	Young, Gillian	W61	10.7
2	Millard, Valerie	W62	11.9
W65			
1	Johnson, Ruth	W68	10.7
2	Schickert, Lynne	W67	15.8
W75			
1	Carr, Patricia	W77	11.5
100M			
W30			
1	Thomas, Michelle	W30	16.6
2	Young, Melissa	W32	17.0
W40			
1	Gartlan, Tracey	W40	17.2
W45			
1	Boddy, Valetta	W46	15.3
2	Moloney, Sharon	W46	15.6
3	Baldock, Delia	W47	15.9
4	Wolfenden, Deborah	W45	17.5
W55			
1	Choate, Lynne	W56	15.0
2	Dickason, Carey	W58	18.6
3	Ladwig, Sarah	W59	18.9
W60			
1	Young, Gillian	W61	18.0
2	Millard, Valerie	W62	20.3



Lynne Choate, now 56, was fastest woman at the Championships with best times at 60m, 100m and 200m.

W65			
1	Johnson, Ruth	W68	18.1
2	Schickert, Lynne	W67	23.7
W75			
1	Carr, Patricia	W77	20.2
200M			
W30			
1	Young, Melissa	W32	35.1
W40			
1	Solomon, Simone	W42	30.9
W45			
1	Baldock, Delia	W47	31.9
W55			
1	Choate, Lynne	W56	30.3
2	Ladwig, Sarah	W59	40.3
3	Dickason, Carey	W58	42.0
W60			
1	Young, Gillian	W61	35.3
2	Oldfield, Christine	W64	43.8
W65			
1	Johnson, Ruth	W68	36.4
2	Schickert, Lynne	W67	50.0
W75			
1	Carr, Patricia	W77	43.8

400M

W30			
1	Young, Melissa	W32	1:23.0
W40			
1	Eastwood, Karen	W41	1:40.2
W45			
1	Baldock, Delia	W47	74.7
W50			
1	Bowman, Carol	W54	1:22.2
W55			
1	Ladwig, Sarah	W59	1:32.4
2	Dickason, Carey	W58	1:33.7
W60			
1	Young, Gillian	W61	79.4
2	Bell, Shirley	W60	1:25.4
W65			
1	Johnson, Ruth	W68	1:27.2
2	Prescott, Valerie	W65	1:57.9

800M

W30			
1	Young, Melissa	W32	3:31.1
W40			
1	Bresser, Kerriann	W41	2:41.7
2	Solomon, Simone	W42	2:54.0
3	Eastwood, Karen	W41	4:11.2
W50			
1	Bowman, Carol	W54	3:16.6
W55			
1	Saunders, Margaret	W55	2:42.8
2	Ladwig, Sarah	W59	3:30.9
3	Dickason, Carey	W58	3:36.3
W60			
1	Young, Gillian	W61	2:58.2
2	Halberg, Jackie	W62	3:24.1
3	Oldfield, Christine	W64	4:02.0
W65			
1	Prescott, Valerie	W65	4:24.6
1500M			
W30			
1	Young, Melissa	W32	7:30.5
W40			
1	Keane, Niamh	W44	5:12.3

2	Bresser, Kerriann	W41	5:34.4
3	Eastwood, Karen	W41	8:31.7
W50			
1	Bowman, Carol	W54	6:57.5
W55			
1	Saunders, Margaret	W55	5:35.7
2	Dickason, Carey	W58	6:46.0
W60			
1	Young, Gillian	W61	5:50.9
2	Bell, Shirley	W60	6:24.4
W65			
1	Prescott, Valerie	W65	9:25.7

5000M

W35			
1	Farr, Trisha	W37	23:22.3
W45			
1	March, Karen	W47	21:36.5
W60			
1	Young, Gillian	W61	22:20.8
2	Bell, Shirley	W60	23:08.9
3	Halberg, Jackie	W62	26:33.8
4	Oldfield, Christine	W64	28:50.4
W65			
1	Shillinglaw, Loretta	W67	31:43.8

10,000M

W35			
1	Farr, Trisha	W37	49:03.5
W40			
1	Keeley, Julie	W42	54:33.4
W45			
1	March, Karen	W47	44:35.6
W60			
1	Young, Gillian	W61	46:09.8
2	Bell, Shirley	W60	48:19.5
3	Millard, Valerie	W62	55:55.2
W65			
1	Shillinglaw, Loretta	W67	1:09:10.7

80M HURDLES

W45			
1	Baldock, Delia	W47	16.0
2	Boddy, Valetta	W46	17.3
W65			
1	Johnson, Ruth	W68	20.3

300M HURDLES

W65			
1	Johnson, Ruth	W68	71.3

400M HURDLES

W45			
1	Baldock, Delia	W47	1:25.2

2000M STEEPLECHASE

W40			
1	Bresser, Kerriann	W41	9:19.60
2	Sanders, Jacqui	W	10:20.00
W45			
1	Baldock, Delia	W47	10:05.50
W50			
1	Bowman, Carol	W54	10:39.10
W65			
1	Schickert, Lynne	W67	14:08.50

1500M WALK

W45			
1	Gravestock, Annette	W49	12:06.6
W50			
1	Hollaway, Rose-maree	W54	9:36.7
W55			
1	Dance, Elaine	W58	10:48.7
W60			
1	Millard, Valerie	W62	9:01.6
W65			
1	Schickert, Lynne	W67	10:42.8
W75			
1	Lauchlan, Lorna	W79	12:07.0



*10,000m women,
clockwise from
top: Val Millard,
Loretta
Shillinglaw,
Shirley Bell,
Julie Keeley,
Karen March,
Trisha Farr and
Gillian Young.*



3000M WALK

W50			
1	Ventris, Lynette	W52	14:46.3
2	Hollaway, Rose-maree	W54	20:05.3
W60			
1	Millard, Valerie	W62	19:17.8
W65			
1	Schickert, Lynne	W67	22:09.6
W75			
1	Lauchlan, Lorna	W79	24:53.6

5000M WALK

W50			
1	Ventris, Lynette	W52	24:56.0
2	Hollaway, Rose-maree	W54	33:11.0
W60			
1	Millard, Valerie	W62	33:06.3
2	Romeo, Lesley	W64	36:10.5
W65			
1	Schickert, Lynne	W67	36:02.0
W75			
1	Lauchlan, Lorna	W79	42:07.1

HIGH JUMP

W40			
1	Bresser, Kerriann	W41	1.20m
W45			
1	Baldock, Delia	W47	1.30m
2	Boddy, Valetta	W46	1.20m
W65			
1	Johnson, Ruth	W68	1.00m

LONG JUMP

W30			
1	Thomas, Michelle	W30	3.76m
W35			
1	Plackett, Julie	W39	3.47m
W40			
1	Eastwood, Karen	W41	2.35m
W45			
1	Boddy, Valetta	W46	4.20m
2	Baldock, Delia	W47	4.10m
3	Gravestock, Annette	W49	3.01m
W50			
1	Ward, Clara	W50	2.06m
W55			
1	Wilson, Barbara	W57	3.40m
2	Dickason, Carey	W58	3.07m
3	Ladwig, Sarah	W59	2.76m
W65			
1	Johnson, Ruth	W68	3.20m
2	Schickert, Lynne	W67	2.45m
W75			
1	Carr, Patricia	W77	2.92m

TRIPLE JUMP

W30			
1	Thomas, Michelle	W30	7.53m
W35			
1	Plackett, Julie	W39	6.92m
W40			
1	Eastwood, Karen	W41	5.41m
W45			
1	Baldock, Delia	W47	8.48m
2	Boddy, Valetta	W46	7.84m
W50			
1	Ward, Clara	W50	4.90m
W55			
1	Dickason, Carey	W58	6.08m
W65			
1	Johnson, Ruth	W68	7.00m
2	Schickert, Lynne	W67	5.24m

DISCUS

W30			
1	Glass, Byrony	W31	36.59m
2	Selby, Shannon	W30	30.53m
3	Thomas, Michelle	W30	14.54m

W35			
1	Plckett, Julie	W39	22.66m
2	Lette, Venessa	W38	21.38m
3	Crowder, Rachel	W37	15.33m
W40			
1	Gartlan, Tracey	W40	24.59m
2	Eastwood, Karen	W41	20.41m
W45			
1	Moloney, Sharon	W46	23.29m
W50			
1	Brown, Barbara	W54	17.50m
2	Ward, Clara	W50	13.89m
W55			
1	Glass, Kate	W59	25.55m
2	Szczepanska, Elizabeth	W57	23.28m
3	Wilson, Barbara	W57	15.90m
4	Streeter, June	W59	15.52m
5	Dickason, Carey	W58	14.45m
W60			
1	Hamilton, Beverley	W63	23.47m
2	Holmes, Elaine	W60	20.88m
W65			
1	Prescott, Valerie	W65	14.24m
2	Johnson, Ruth	W68	12.92m
3	Schickert, Lynne	W67	10.58m
W70			
1	Whittam, Dorothy	W72	12.31m
2	Flanders, Maggie	W72	10.10m
W75			
1	Lauchlan, Lorna	W79	11.66m
W80			
1	McMillan, Raema	W81	14.91m
HAMMER			
W30			
1	Glass, Byrony	W31	55.10m
W35			
1	Plckett, Julie	W39	16.75m
W40			
1	Eastwood, Karen	W41	14.02m
W45			
1	Moloney, Sharon	W46	19.89m
W50			
1	Brown, Barbara	W54	25.46m
2	Ward, Clara	W50	16.09m
W55			
1	Glass, Kate	W59	36.09m
2	Szczepanska, Elizabeth	W57	33.84m
3	Dickason, Carey	W58	18.63m
4	Streeter, June	W59	17.90m
W60			
1	Hamilton, Beverley	W63	26.09m
2	Holmes, Elaine	W60	22.58m
W65			
1	Johnson, Ruth	W68	16.94m
W70			
1	Whittam, Dorothy	W72	19.25m
W80			
1	McMillan, Raema	W81	20.96m
WEIGHT THROW			
W30			
1	Glass, Byrony	W31	17.41m
W35			
1	Plckett, Julie	W39	6.42m
2	Crowder, Rachel	W37	5.44m
W40			
1	Eastwood, Karen	W41	5.60m
W45			
1	Moloney, Sharon	W46	7.07m
W50			
1	Brown, Barbara	W54	8.91m
2	Ward, Clara	W50	7.12m
W55			
1	Glass, Kate	W59	12.21m
2	Szczepanska, Elizabeth	W57	11.88m
3	Streeter, June	W59	6.30m



Three takes on Peggy Macliver in the pentathlon shotput

W60			
1	Hamilton, Beverley	W63	10.79m
2	Holmes, Elaine	W60	9.87m
W65			
1	Johnson, Ruth	W68	6.95m
W70			
1	Whittam, Dorothy	W72	9.40m
W80			
1	McMillan, Raema	W81	8.86m
JAVELIN			
W30			
1	Selby, Shannon	W30	29.96m
2	Glass, Byrony	W31	21.95m
W35			
1	Plckett, Julie	W39	16.15m
W40			
1	Gartlan, Tracey	W40	21.24m
2	Eastwood, Karen	W41	17.61m
W45			
1	Moloney, Sharon	W46	18.50m
W50			
1	Brown, Barbara	W54	19.88m
2	Ward, Clara	W50	12.66m
W55			
1	Glass, Kate	W59	21.35m
2	Szczepanska, Elizabeth	W57	16.48m
3	Wilson, Barbara	W57	15.63m
4	Dickason, Carey	W58	12.50m
5	Streeter, June	W59	12.32m
W60			
1	Hamilton, Beverley	W63	21.22m
2	Holmes, Elaine	W60	15.44m

W65			
1	Prescott, Valerie	W65	14.80m
2	Johnson, Ruth	W68	12.82m
3	Schickert, Lynne	W67	11.24m
W70			
1	Whittam, Dorothy	W72	13.03m
2	Flanders, Maggie	W72	12.10m
W75			
1	Lauchlan, Lorna	W79	11.58m
W80			
1	McMillan, Raema	W81	14.07m
SHOT PUT			
W30			
1	Glass, Byrony	W31	11.42m
2	Thomas, Michelle	W30	5.93m
W35			
1	Plckett, Julie	W39	6.62m
2	Lette, Venessa	W38	6.44m
3	Crowder, Rachel	W37	5.48m
W40			
1	Gartlan, Tracey	W40	8.08m
2	Eastwood, Karen	W41	6.08m
W45			
1	Moloney, Sharon	W46	7.91m
2	Gravestock, Annette	W49	6.01m
W50			
1	Brown, Barbara	W54	8.08m
2	Ward, Clara	W50	7.24m
W55			
1	Glass, Kate	W59	9.82m
2	Szczepanska, Elizabeth	W57	9.22m
3	Wilson, Barbara	W57	7.38m
4	Streeter, June	W59	6.05m
5	Dickason, Carey	W58	5.59m
W60			
1	Hamilton, Beverley	W63	10.43m
2	Holmes, Elaine	W60	7.10m
W65			
1	Johnson, Ruth	W68	5.72m
W70			
1	Whittam, Dorothy	W72	6.12m
W75			
1	Lauchlan, Lorna	W79	6.38m
W80			
1	McMillan, Raema	W81	6.65m
PENTATHLON			
W60			
1	Macliver, Peggy	W64	3168
W65			
1	Johnson, Ruth	W68	2888
2	Schickert, Lynne	W67	1711
WEIGHT PENTATHLON			
W30			
1	Glass, Byrony	W31	3508
W35			
1	Plckett, Julie	W39	1526
W40			
1	Eastwood, Karen	W41	1392
W45			
1	Moloney, Sharon	W46	2384
W50			
1	Brown, Barbara	W54	2271
2	Ward, Clara	W50	1777
W55			
1	Glass, Kate	W59	3581
2	Szczepanska, Elizabeth	W57	3161
3	Streeter, June	W59	1682
W60			
1	Hamilton, Beverley	W63	3367
2	Holmes, Elaine	W60	2762
W70			
1	Whittam, Dorothy	W72	3079
W80			
1	McMillan, Raema	W81	4510

MEN'S EVENTS

60M

M35			
1	Perrey, Chris	M37	7.5
2	Andrews, Scott	M37	8.0
M40			
1	Neale, Chris	M40	7.7
2	Lette, Darryl	M41	7.8
M45			
1	Smith, Colin	M46	7.9
2	Owens, Grant	M48	9.4
M50			
1	Ralston, Garry	M53	7.5
2	Till, Campbell	M51	8.1
M55			
1	Wyatt, Dave	M57	8.7
2	Hanson, Damien	M55	9.2
3	Miletic, Nick	M58	9.7
M60			
1	Cornish, Bruce	M60	9.4
M65			
1	Kernaghan, Barrie	M68	8.5
2	James, Lyle	M68	10.7
3	Oldfield, John	M65	11.3
M70			
1	Richards, Norm	M71	8.7
100M			
M30			
1	Thomas, Corey	M33	13.4
M35			
1	Andrews, Scott	M37	12.6
M40			
1	Neale, Chris	M40	12.1
2	Lette, Darryl	M41	12.3
3	Morkel, Andre	M42	13.1
M45			
1	Smith, Colin	M46	12.8
2	DeKlerk, Peter	M49	13.5
3	Jones, Nigel	M46	26.5
M50			
1	Ralston, Garry	M53	12.4
2	Till, Campbell	M51	13.2
M55			
1	Hanson, Damien	M55	15.2
2	Miletic, Nick	M58	15.4
3	Membrey, Harold	M57	15.8
M60			
1	Cornish, Bruce	M60	14.9
2	Miller, Edward	M64	17.0
M65			
1	Kernaghan, Barrie	M68	13.6
2	Martin, Keith	M65	13.9
3	James, Lyle	M68	18.1
M70			
1	Richards, Norm	M71	14.5
M75			
1	Neville, Robert	M75	19.4
200M			
M30			
1	Leseberg, Daniel	M33	25.4
2	Thomas, Corey	M33	27.9
M35			
1	Perrey, Chris	M37	23.5
2	Andrews, Scott	M37	25.2
M40			
1	Neale, Chris	M40	24.3
2	Lette, Darryl	M41	24.9
M45			
1	Smith, Colin	M46	25.9
2	DeKlerk, Peter	M49	26.4
M50			
1	Ralston, Garry	M53	25.1
M55			
1	Hanson, Damien	M55	29.7

David Carr is Athlete of the Meet, again

CHAMPIONSHIPS produce dozens of outstanding performances and the Athlete of the Meet is decided on the basis of age-graded performance. A list of all the 90 per-centers is here and each of these performances is world class.

90 per cent would almost certainly guarantee a place in a world championship final and none of the athletes in this list would be out of place in such a field. However, David Carr's 96 per cent in the 400m and 93 per cent in the 800m are not just the top two in that list. They also represent the domination that David has shown in middle distance events for decades.

John Oldfield

96.38%	David Carr	M75 400m
93.48%	David Carr	M75 800m
92.33%	Barrie Kernaghan	M65 200m
91.64%	Gillian Young	W60 1500m
91.17%	Lyn Ventris	W50 5000W
91.16%	Garry Ralston	M50 200m
90.29%	Barrie Kernaghan	M65 100m



Dedication and determination to succeed have made David Carr a champion. But the camera reveals another asset – a third leg!

2	Membrey, Harold	M57	30.8
3	Miletic, Nick	M58	32.1
M60			
1	Cornish, Bruce	M60	29.3
M65			
1	Kernaghan, Barrie	M68	27.5
2	Martin, Keith	M65	29.0

M70			
1	Richards, Norm	M71	29.7
M75			
1	Neville, Robert	M75	41.4
400M			
M30			
1	Thomas, Corey	M33	63.9
M35			
1	Perrey, Chris	M37	51.2
2	Andrews, Scott	M37	57.3
M40			
1	Neale, Chris	M40	54.7
2	Cotton, Ian	M44	57.1
3	Brooker, Andrew	M40	57.4
4	Morkel, Andre	M42	61.2
M45			
1	DeKlerk, Peter	M49	57.6
2	Smith, Colin	M46	61.1
3	Dawson, Mark	M48	62.1
M50			
1	Till, Campbell	M51	56.2
2	Vander Sanden, Greg	M50	56.6
3	Morfitt, Neil	M53	57.6
M55			
1	Miletic, Nick	M58	75.4
2	Membrey, Harold	M57	78.0
M60			
1	Brown, Ivan	M64	1:29.0
M65			
1	Kernaghan, Barrie	M68	63.5
2	Martin, Keith	M65	66.0
3	James, Lyle	M68	1:30.5
M70			
1	Richards, Norm	M71	1:21.4
M75			
1	Carr, David	M76	68.6
2	Walkley, Cecil	M79	1:57.4
800M			
M35			
1	George, Eldon	M39	2:39.4
M40			
1	Brooker, Andrew	M40	2:10.9
2	Cotton, Ian	M44	2:16.6
3	Love, Ed	M43	2:20.4
4	Solomon, David	M44	2:23.3
5	Giacomin, Dante	M40	2:49.7
M45			
1	DeKlerk, Peter	M49	2:14.7
2	Dawson, Mark	M48	2:18.8
3	Keane, Ross	M47	2:21.3
M50			
1	Morfitt, Neil	M53	2:13.1
2	Vander Sanden, Greg	M50	2:15.3
3	Sullivan, Peter	M50	2:31.3
M55			
1	Dybdahl, Bjorn	M55	2:30.9
2	Membrey, Harold	M57	3:05.7
3	Miletic, Nick	M58	3:13.0
M60			
1	Creagh, Maurice	M62	3:16.7
2	Brown, Ivan	M64	3:17.1
M65			
1	Schickert, Bob	M67	2:45.8
2	Oldfield, John	M65	3:03.7
3	James, Lyle	M68	3:46.1
M70			
1	Smith, Morland	M71	2:59.0
M75			
1	Carr, David	M76	2:42.8
1500M			
M35			
1	Thomas, Kim	M35	4:53.1
2	George, Eldon	M39	5:20.8

M40			
1	Brooker, Andrew	M40	4:42.6
2	Love, Ed	M43	4:54.6
3	Collier, John	M42	5:13.5
M45			
1	Dawson, Mark	M48	4:47.6
2	Keane, Ross	M47	4:51.9
3	Haylett, Paul	M47	4:55.1
M50			
1	Vander Sanden, Greg	M50	4:39.5
2	Morfitt, Neil	M53	4:43.1
3	Sullivan, Peter	M50	4:52.1
M55			
1	Dybdahl, Bjorn	M55	4:47.8
2	Maher, Chris	M55	5:15.5
3	Miletic, Nick	M58	6:14.5
4	Membrey, Harold	M57	6:29.3
M60			
1	Wilson, Bruce	M63	5:23.5
2	Brown, Ivan	M64	6:09.2
3	Creagh, Maurice	M62	6:29.2
M65			
1	Schickert, Bob	M67	5:44.8
2	James, Lyle	M68	7:01.4
M70			
1	Smith, Morland	M71	6:35.6
M75			
1	Walkley, Cecil	M79	8:18.0

5000M

M35			
1	Mitchell, Paul	M38	16:35.9
2	Thomas, Kim	M35	19:10.3
3	George, Eldon	M39	19:53.9
4	Smyth, David	M39	26:42.9
M40			
1	Collier, John	M42	20:48.8
2	Giacomin, Dante	M40	21:01.1
M45			
1	Owens, Grant	M48	21:53.6
M50			
1	Sullivan, Peter	M50	18:14.3
2	Jones, Barry	M52	24:17.8
M55			
1	Dybdahl, Bjorn	M55	18:05.5
2	Hughes, Paul	M56	18:51.9
3	Maher, Chris	M55	19:15.5
4	Dickason, John	M58	23:11.2
5	Miletic, Nick	M58	24:16.9
6	Membrey, Harold	M57	24:29.8
M60			
1	Wilson, Bruce	M63	20:02.4
2	Klinge, Jim	M62	20:39.9
3	Scott, David	M61	21:03.0
4	Creagh, Maurice	M62	23:52.9
M65			
1	Oldfield, John	M65	21:07.0
2	Smith, Frank	M67	21:31.3
3	James, Lyle	M68	26:26.1
M70			
1	Smith, Morland	M71	24:36.9
M75			
1	Barrett-Lennard, Irwin	M79	25:09.1
2	Walkley, Cecil	M79	29:47.3

10,000M

M30			
1	Thomas, Corey	M33	48:06.6
M35			
1	Mitchell, Paul	M38	33:59.5
2	Thomas, Kim	M35	39:48.3
3	George, Eldon	M39	42:03.0
M40			
1	Collier, John	M42	45:12.8
M45			
1	Marr, Lachlan	M48	37:49.4
2	Dawson, Mark	M48	40:25.2



You'll know most of these 10,000m runners; except perhaps best-performer Paul Mitchell (pictured above, middle left.)

3	Taylor, Wayne	M49	42:28.7
M50			
1	Sullivan, Peter	M50	37:05.4
2	Jones, Barry	M52	50:55.7
M55			
1	Dybdahl, Bjorn	M55	37:26.9
2	Maher, Chris	M55	38:46.8
3	Miletic, Nick	M58	49:31.8

M60			
1	Scott, David	M61	45:30.6
2	Creagh, Maurice	M62	49:41.4
M65			
1	Carse, Bert	M67	43:28.3
2	Oldfield, John	M65	43:39.9
3	Smith, Frank	M67	45:16.3
4	Schickert, Bob	M67	45:44.5
M75			
1	Barrett-Lennard, Irwin	M79	50:40.5
2	Walkley, Cecil	M79	1:04:38.3

100M HURDLES

M50		
1 Ralston, Garry	M53	16.8
M60		
1 Cornish, Bruce	M60	22.8

300M HURDLES

M60		
1 Cornish, Bruce	M60	58.0
2 Wilson, Bruce	M63	58.2
M65		
1 Martin, Keith	M65	53.9

400M HURDLES

M35		
1 Perrey, Chris	M37	56.2
M50		
1 Till, Campbell	M51	65.3

2000M STEEPLECHASE

M60		
1 Wilson, Bruce	M63	8:21.00
M65		
1 Schickert, Bob	M67	9:00.60
M75		
1 Carr, David	M76	9:34.60

3000M STEEPLECHASE

M45		
1 Keane, Ross	M47	12:49.40
2 Smith, Colin	M46	14:42.60
M55		
1 Dybdahl, Bjorn	M55	11:55.70
2 Miletic, Nick	M58	15:23.60

1500M WALK

M35		
1 Smyth, David	M39	7:59.0
2 George, Eldon	M39	8:25.7
M45		
1 Hastie, Garry	M47	6:35.6
M50		
1 Lenane, Tom	M52	8:39.7
M60		
1 Wilson, Bruce	M63	8:44.1
2 Hopper, Peter	M64	9:11.1
3 Cornish, Bruce	M60	9:15.7
M65		
1 Doye, Peter	M68	9:36.7
M70		
1 Whittam, Jeffrey	M74	11:37.3
M75		
1 Neville, Robert	M75	11:30.2

3000M WALK

M35		
1 Smyth, David	M39	17:15.1
2 George, Eldon	M39	18:09.3
M45		
1 Hastie, Garry	M47	14:44.4
M50		
1 Lenane, Tom	M52	18:33.6
M60		
1 Cornish, Bruce	M60	18:40.6
2 Hopper, Peter	M64	19:47.8
M65		
1 Doye, Peter	M68	20:04.3
M70		
1 Whittam, Jeffrey	M74	24:08.7
M75		
1 Neville, Robert	M75	23:34.5

5000M WALK

M35		
1 Smyth, David	M39	28:20.3
2 George, Eldon	M39	32:35.4
M45		
1 Hastie, Garry	M47	25:20.5

M50		
1 Lenane, Tom	M52	32:41.3
M60		
1 Hopper, Peter	M64	33:35.5
2 Rhodes, Mike	M63	35:03.0
M65		
1 Doye, Peter	M68	33:44.6
M70		
1 Whittam, Jeffrey	M74	39:56.8
M75		
1 Hall, Ray	M75	35:03.3
M80		
1 Jones, Stanley	M83	38:39.4



Stan Jones, M80, giving his new hip a solid workout.

HIGH JUMP

M40		
1 Morkel, Andre	M42	1.45m
2 Collins, Kevin	M41	1.15m
M55		
1 Wyatt, Dave	M57	1.40m
2 Gee, Geoffrey	M55	1.22m
M60		
1 Cornish, Bruce	M60	1.25m
M65		
1 Martin, Keith	M65	1.30m
M70		
1 Fergie, Bob	M73	1.10m

LONG JUMP

M40		
1 Neale, Chris	M40	6.12m
2 Lette, Darryl	M41	5.23m
3 Collins, Kevin	M41	3.47m
M45		
1 Smith, Colin	M46	4.66m
2 Jones, Nigel	M46	4.55m
M50		
1 Ralston, Garry	M53	5.69m
2 Till, Campbell	M51	5.20m
M55		
1 Hanson, Damien	M55	4.18m
M60		
1 Cornish, Bruce	M60	4.00m
M65		
1 Martin, Keith	M65	4.69m

TRIPLE JUMP

M40		
1 Neale, Chris	M40	11.95m
M45		
1 Smith, Colin	M46	8.69m
M60		
1 Cornish, Bruce	M60	8.37m
M65		
1 Martin, Keith	M65	8.12m

DISCUS

M30		
1 Thomas, Corey	M33	21.95m
M35		
1 Hamilton, Mark	M38	34.70m
2 Thomas, Kim	M35	21.14m
M40		
1 Cotton, Ian	M44	33.52m
2 Webster, Kevin	M41	32.47m
3 Mathewson, Sakkie	M42	30.55m
4 Lette, Darryl	M41	28.77m
5 Plackett, Andrew	M43	21.33m
M45		
1 Dennehy, John	M49	14.44m
M50		
1 Gravestock, Tom	M53	36.97m
2 Adams, Mick	M51	29.32m
3 Everard, John	M50	27.08m
M55		
1 Hanson, Damien	M55	23.08m
M60		
1 Selby, Stan	M63	32.73m
2 Cornish, Bruce	M60	31.06m
3 Young, Rob	M64	27.72m
4 Hopper, Peter	M64	22.01m
M65		
1 Carroll, Ed	M68	33.03m
2 Gare, Peter	M68	27.53m
3 James, Lyle	M68	10.96m
M70		
1 Stanger, Norman	M71	24.05m
2 Fergie, Bob	M73	22.90m
3 Whittam, Jeffrey	M74	15.63m
M75		
1 Shand, Robert	M76	22.77m
2 Oldfield, Christine	W64	43.8

HAMMER

M35		
1 Hamilton, Mark	M38	30.46m
M40		
1 Mathewson, Sakkie	M42	37.39m
2 Webster, Kevin	M41	30.63m
3 Plackett, Andrew	M43	20.70m
M50		
1 Everard, John	M50	42.88m
2 Gravestock, Tom	M53	36.69m
3 Adams, Mick	M51	18.45m
M55		
1 Gee, Geoffrey	M55	33.48m
2 Membrey, Harold	M57	18.11m
M60		
1 Cornish, Bruce	M60	30.73m
2 Selby, Stan	M63	27.61m
3 Young, Rob	M64	27.43m
M70		
1 Fergie, Bob	M73	28.52m
2 Stanger, Norman	M71	20.61m
3 Whittam, Jeffrey	M74	20.12m
M75		
1 Shand, Robert	M76	16.46m

WEIGHT THROW

M35		
1 Hamilton, Mark	M38	13.01m
M40		
1 Mathewson, Sakkie	M42	11.56m
2 Webster, Kevin	M41	9.93m
3 Plackett, Andrew	M43	8.13m
M50		
1 Everard, John	M50	13.74m
2 Gravestock, Tom	M53	10.51m
3 Adams, Mick	M51	9.09m
M55		
1 Gee, Geoffrey	M55	12.21m
2 Membrey, Harold	M57	7.97m

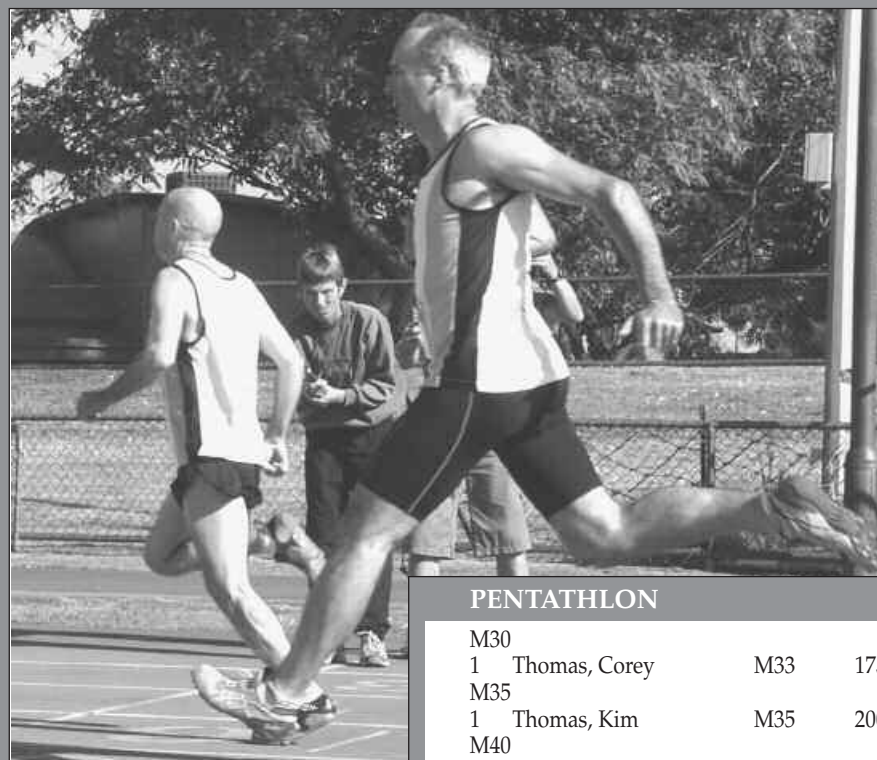
M60			
1	Selby, Stan	M63	12.44m
2	Cornish, Bruce	M60	10.96m
3	Young, Rob	M64	9.88m
M65			
1	Carroll, Ed	M68	10.28m
2	James, Lyle	M68	4.85m
M70			
1	Fergie, Bob	M73	11.50m
2	Stanger, Norman	M71	8.96m
3	Whittam, Jeffrey	M74	8.36m
M75			
1	Shand, Robert	M76	6.43m

JAVELIN

M30			
1	Thomas, Corey	M33	28.94m
M35			
1	Andrews, Scott	M37	37.43m
2	Hamilton, Mark	M38	36.58m
3	Thomas, Kim	M35	32.36m
M40			
1	Lette, Darryl	M41	36.15m
2	Webster, Kevin	M41	34.77m
3	Plackett, Andrew	M43	30.21m
4	Gartlan, Sean	M41	29.04m
M45			
1	Dennehy, John	M49	14.84m
M50			
1	Adams, Mick	M51	22.79m
M55			
1	Hanson, Damien	M55	30.31m
M60			
1	Selby, Stan	M63	38.78m
2	Cornish, Bruce	M60	28.16m
3	Hopper, Peter	M64	27.17m
M65			
1	Gare, Peter	M68	28.55m
2	James, Lyle	M68	10.10m
M70			
1	Fergie, Bob	M73	22.90m
2	Chalmers, Bob	M70	21.33m
3	Whittam, Jeffrey	M74	15.12m
M75			
1	Shand, Robert	M76	24.27m

SHOT PUT

M35			
1	Hamilton, Mark	M38	11.95m
M40			
1	Mathewson, Sakkie	M42	12.06m
2	Webster, Kevin	M41	10.41m
3	Lette, Darryl	M41	10.19m
4	Gartlan, Sean	M41	9.21m
5	Plackett, Andrew	M43	8.30m
M50			
1	Gravestock, Tom	M53	10.21m
2	Everard, John	M50	9.75m
3	Adams, Mick	M51	9.43m
M55			
1	Gee, Geoffrey	M55	11.23m
2	Dickason, John	M58	7.80m
3	Membrey, Harold	M57	6.66m
M60			
1	Young, Rob	M64	9.45m
2	Cornish, Bruce	M60	8.27m
M65			
1	Carroll, Ed	M68	9.60m
M70			
1	Fergie, Bob	M73	8.45m
2	Stanger, Norman	M71	8.27m
3	Whittam, Jeffrey	M74	6.39m
M75			
1	Shand, Robert	M76	6.98m



PENTATHLON

M30			
1	Thomas, Corey	M33	1754
M35			
1	Thomas, Kim	M35	2007
M40			
1	Neale, Chris	M40	2838
2	Cotton, Ian	M44	2662
M45			
1	Smith, Colin	M46	2147
2	Jones, Nigel	M46	1994
M50			
1	Till, Campbell	M51	2919
2	Vander Sanden, Greg	M50	2657
3	Gravestock, Tom	M53	2191
M55			
1	Antonioli, Rob	M57	2310
2	Hanson, Damien	M55	2138
3	Miletic, Nick	M58	1928
M60			
1	Cornish, Bruce	M60	2853
M65			
1	Martin, Keith	M65	3004
M70			
1	Sander, Leon	M72	2947
M75			
1	Carr, David	M76	3275



WEIGHT PENTATHLON

M35			
1	Hamilton, Mark	M38	2494
M40			
1	Vincent, Damon	M40	2233
2	Webster, Kevin	M41	2176
3	Cotton, Ian	M44	2036
4	Plackett, Andrew	M43	1615
M50			
1	Everard, John	M50	2565
2	Gravestock, Tom	M53	2508
3	Adams, Mick	M51	2011
M55			
1	Gee, Geoffrey	M55	3461
M60			
1	Selby, Stan	M63	2900
2	Cornish, Bruce	M60	2675
M65			
1	Bowen, Jeff	M67	2322
M70			
1	Stanger, Norman	M71	2391
2	Chalmers, Bob	M70	2369
3	Fergie, Bob	M73	2047
4	Whittam, Jeffrey	M74	1833
M75			
1	Shand, Robert	M76	2358



COMING EVENTS and helpers list

MAY 3

Around Herdsman

Directors:

Jim and Margaret Langford -
9387 6347

Bernadette Height, Ross
Langford, Christine and Don
Pattinson, David Scott, Morland
Smith, Pam & Steve Toohey, Roger
Walsh

MAY 10

Aquinas

Director:

Lachlan Marr -
9398 6429

Maurice Creagh, Jackie Halberg,
Sarah Ladwig, Chris Maher, Merv
Moyle, Christine & Don Pattinson,
Amanda Walker

MAY 17

Group Jog

Bernadette Height

(to look after keys tray)

ALL HELPERS – contact your
director and confirm if you are
available. If not, also call Bob
Schickert to be re-assigned.

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Patron:

John Gilmour

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Peter March 9418 8770 karenmarch312@msn.com

Vetrun

The magazine of Masters Athletics WA

MAY
2009
No. 422



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Daylight saving – good or bad?

THIS is not to debate the YES or NO cases. However the referendum on May 16 is relevant to our Sunday programme for May 2009 to April 2010. Usually we issue with the May Vetrun a separate colour sheet with details of the new committee from the AGM on one side and the Sunday programme on the other.

Insurance is available

PERSONAL accident and sickness insurance is available through Athletics WA. For \$10 most MAWA members can be covered – as set out in the October 2008 Vetrun.

Cover year is to 30/09/2009. Sign up (as about 50 MAWA members have already done) by applying for AWA Membership at www.waathletics.org.au If you need the details that were provided in the October Vetrun contact Bob Schickert - rschicke@bigpond.net.au or 9330 3803

■ MASTERS games in WA include the Fremantle Masters Games – for which MAWA organises the athletics – from 18-22 September. Athletics are on Saturday September 19. For information and an entry book contact Damien Hanson - 9438 1310 or 0407 477 986 hanson@primus.com.au

■ The Albany State Masters Games are April 17-26 2010 and the games co-ordinator is long time MAWA member Barbara Wilson 0417 971 581 (AH 08 9841 5728) PO Box 553 ALBANY WA 6331 or email dwoosie@bigpond.com Nomination forms will be available in November 2009. Book accommodation early.

With the daylight saving issue unresolved until May 16 we are delaying the issue of this document until the June Vetrun.

The proposed programme issued as part of the March Vetrun (inside back page) indicated that the start times for next February and March would depend on the daylight saving vote.

Bob Schickert

Membership renewals overdue - your last Vetrun?

A LETTER 'N' on your address label means the club thinks you have not renewed for 2009/10. Membership fees were due April 1 and the membership renewal forms were issued with the March Vetrun along with the proposed Sunday programme for May 2009 to April 2010 so that members who are involved in Sunday events could indicate at least two helping dates.

If you need another form: please go to the club website mastersathleticswa.org - or contact Treasurer Roger Walsh 9245 3669 rogerw@globaldial.com - or Secretary Bob Schickert rschicke@bigpond.net.au 9330 3803.

Founder honoured



AMA HALL OF FAME

CONGRATULATIONS to John Gilmour, the MAWA Patron, for his selection as one of the three inaugural members of the Australian Masters Athletics Hall of Fame. The others selected for this very prestigious honour are Alan Bradford QLD and Ann Cooper SA.

Without doubt, John is one of the finest veteran athletes of all time. A founder of this club, holder of more than 100 world records, John was also instrumental in bringing veterans' (now Masters') competition to Australia. He's pictured (above, top) in 2003 (Lest We Forget Run, Kings Park) and in 1973 at Box Hill. Now 90, John is still active, coaching youngsters and inspiring all of us to remain fit – and keep trying for improvement.

WINTER THROWERS

THE winter throwers group resumes training on Saturday May 2, continuing every Saturday at Perry Lakes Stadium from 9.30am to 11am. Contact Damien for more information.

New Members – Welcome!

848 STANGER Beryl W65
849 VOUTEVA Presley W35
850 HOWARD Mark M40

MEETING OPENED

The meeting was opened at 7pm by President Barbara Blurton. It was noted that the Agenda was in the April Vetrun.

ATTENDANCE

As per the attendance book, there were 57 members present, and 17 apologies.

MINUTES OF PREVIOUS MEETING

Moved Cecil Walkley seconded Mike Rhodes that the minutes of the 2008 Annual General Meeting as published in the May 2008 Vetrun be accepted as correct following these adjustment:

* the Athlete of the Meet Trophy is the Anne Shaw Athlete of the Meet Trophy and the additional names shown in relation to the election of committee members Damien Hanson, Peter March, Lachlan Marr and Valerie Millard are the nominators and seconders. Carried.

MATTERS ARISING FROM MINUTES

Nil.

REPORTS

President

Report published in the April Vetrun was accepted without query

Secretary

Report published in the April Vetrun was accepted without query.

Treasurer

The Treasurer's report showing receipts for year of \$52,824.34 and payments of \$48,257.19 with an operating surplus of \$4567.15, was presented along with the Auditor's report.

The Treasure explained the improved format showing income and expenditure in three categories, membership, events and other and details shown for two years. Moved Roger Walsh seconded Barrie Kernaghan that the report be accepted. Carried.

TROPHIES

Patron's Trophy - this is awarded annually for the track and field points competition and was won this year by Campbell Till and Peggy Macliver.



AGM 2009 Minutes

MASTERS ATHLETICS WA
MINUTES of ANNUAL
GENERAL MEETING
Monday 20 April 2009
Hockey Club Rooms, Floreat

Handicap Trophy – Ray Hall



Achievement Award – Campbell Till



Nominees for this award must meet the criteria of significant improvement of athletic performance and significant contribution to the administration of the club.

John Gilmour Trophy for the most outstanding performance during 2008/9 was won by David Carr for his M76 two kilometre steeplechase success - a time of 9:15:80 which is rated 96.29% age-graded.

The Anne Shaw trophy for athlete of the meet, achieved and presented at the State Championships, was won by David Carr for his M76 400m 68.6 96.18%.

Records

Statistician Campbell Till reported that in the 12 months 87 State records, 5 Australian records by 2 athletes Lyn Ventris, Cameron York and 1 World record Lyn Ventris.

Hall of Fame

The three inaugural members of the AMA HALL OF FAME were announced at the AMA Championships in Adelaide at Easter. They are John Gilmour WA, Alan Bradford QLD and Ann Cooper SA. A plaque will be presented to each of them on an appropriate occasion.

Thanks; now, ready for

Easter 2010!

says

Barbara Blurton

IT was pleasing to see the strong attendance at the AGM and I look forward to serving the club for a further year as your president. I would particularly like to thank retiring committee members Valerie Millard and Pete March for their hard work over the past 12 months, and to welcome Jeff Bowen and Keith Atkinson onto the committee.

Champs in 2010

As you know, we are hosting the AMA track and field championships in Perth next

Easter and I'd like to take this opportunity to ask if anyone would like to help with the preparations?

If so please contact our championship convenor, Richard Blurton.

Here's wishing everyone a healthy and fulfilling year ahead.

BB

ELECTION OF OFFICE BEARERS

President

Barbara Blurton

Vice President

Jackie Halberg

Secretary

Bob Schickert

Treasurer

Roger Walsh

Committee

Damien Hanson, Lachlan Marr, Keith Atkinson, Jeff Bowen

Nominations were accepted by the nominated members and office bearers elected unopposed.

APPOINTMENT OF OFFICIALS

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

Patron

John Gilmour

Vetrun production

Vic Waters

Handicapper

Richard Danks

Auditor

Liz Tilmouth

Statistician

Campbell Till

Registrar

Peggy Macliver

Athletics WA winter co-ordinator John Collier

LIFE MEMBERS

Morris Warren and Vic Waters were both awarded life Membership for outstanding contributions in varied capacities over many years.

NOTICES OF MOTION

No notices of motion to change the constitution.

GENERAL BUSINESS

■ An inquiry was made in reference to the personal accident and sickness insurance benefits for \$10 per year (for 2008/9) which can be

accessed through Athletics WA/Athletics Australia. Bob Schickert explained that a summary had appeared (front page) in the October 2008 Vetrun and there was a further mention in the November Vetrun in addition to information being on the club noticeboard for many months and being mentioned at club events.

Further information can be obtained from Bob Schickert who also mentioned that one interstate Masters Club has included payment of the insurance amount in their fees for all members so that the cover is widely provided.

■ The Hockey Club Rooms would no longer be available to MAWA of a Monday evening as there is a permanent booking.

■ Jeff Whittam queried the early start for longer walks provisions. Bob Schickert explained that the committee clarified the starting times and distances of walks where they differ from the runs on that day as the custom of a half hour earlier may not be known to new members and there were anomalies. For example the 15k walk on 25K run day started at the same time as the run. For the 2007/8, 2008/9 and the 2009/10 programs the walks have been shown separately when they differ in start time or distance to the run/s.

■ Mark Rosen queried the mis-direction of runners in the 25k last year stating more markers were required. Bob Schickert explained that the particular mis-direction was due to helper error not lack of markers. The committee endeavours to keep the Sunday kit down to a size that

You write...

John's hip; you dig?

Thanks Bob et al.
NOTHING has changed in 50 years; hospital food is shite and the nurses are pretty.

Things went reasonably well and I got me out yesterday about three days ahead of schedule. I do not like visiting folks in hospital so why should I wish it on others? In fact quite a few got through the barriers.

But now I am a little more mobile you are welcome to drop in at 1-43 Sunbury Road, Victoria Park. Call first on 0417 941 892 in case I am out playing tennis.

John Smith

John was sporting his new hip at Piney Lakes. How long 'til the Perth Marathon? VW

► From P2

it will fit in a car boot. It was noted that there are various preferences by club members re flags. Some people have trouble seeing the yellow flags and some the red. Another member mentioned a preference for flags which flutter in the breeze. Mark was invited to become a race director.

■ Delia Baldock would like more cones and less flags for the Darlington event. She was advised that cones additional to those in the kit are available.

■ Leo Hassam reported on the change of starting point at Aquinas for this year.

■ Barrie Kernaghan thanked John and Christine Oldfield for the great amount of work they put in to the high quality track and field newsletter.

■ Barrie Kernaghan enquired about the committee for the AMA Championships in Perth next Easter. Richard Blurton who is the convenor of the Championships advised that the committee has begun meeting.

■ Jeff Whittam thanked the committee for their work during the year.

As there was no more business, the President thanked the members for their contribution and closed the meeting at 8.30 pm.

*Bob Schickert
Secretary*

Pick a number: no not any number!

NOBODY would call my mate Barrie Thomsett a nerd, or even a geek. He doesn't have a brain the size of a planet, and Bill Gates has no need to look over his shoulder towards Perth.

However, unravelling our Sunday results every week has honed BT's detective skills. Regular cerebral exercise is, obviously, what keeps him so young and lovely.

Pining

Take Piney Lakes. The raw results showed a female member of 35-years as first home in the 8K run, miles ahead of the rest.

I had seen this runner warming up, sprinting uphill, and then finishing the 8K. I might be a bit rusty on the bird-spotting, but I was pretty

sure this was either an example of an extremely successful sex-change op, or there had been a cock-up. No pun intended.

It was left to our own private dick, Barrie Thomsett, to rummage around the bins and find a solution. He deduced that the real winner was Dirk Klicker, running under false colours.

So without intruding further into why Dirk was wearing a lady's number, I return to my headline.

PLEASE wear a number; preferably your own.

Give Bob a break!

WITH luck, Lynne Schickert might have persuaded her husband to take their first real holiday in decades – one far from the madding crowds at yet another T&F championships, that is.

Bob Schickert is probably the club's greatest asset. There's not space to list all the duties he handles for us, and for athletics in general.

But – new committee, how about trying to wrest some of the chores off him? I know we have spread the load a bit, with several members taking on specific tasks.

But if you give Bob a bit of space he fills it with more work. This man must be stopped! Because if we break him, who the hell is going to replace him?

Lifelong thanks

MANY thanks to the members who proposed me and Morris Warren as Life Members of Masters at the recent AGM.

Morris wasn't there, so I hogged the limelight and made the assembly regret their vote of endorsement by boring them rigid with

tedious recollections and wild promises of future glories. Practicing for politics.

Nothing much will change, folks, though I shall be adding LM to my signature from now on. It will join my other qualifications, SOB.

Exodus begins



John, contemplating another typical English summer.

SURE sign the nights are drawing in (I blame the end of daylight saving) because the sunbirds are migrating. Not that they'll find much light in the UK, where not a glimmer of sunshine cuts through the gloom emanating from the City of London.

The Oldfields are off; and Doug Hazell has squeezed into his traditional footwear – clogs – so as to blend in 'oop North'. He made a final guest-appearance at the Gallipoli Run – the only runner without an official number. Onya Doug, more money for the duty-frees!



My View...

by
Vic Waters

Postal relays?

IF your mind is boggled by the concept of relays by post (several pigeons, passing messages beak to beak?) you might appreciate some research I made last year when the ill-named venture began.

I consulted the word-doctor, who is a bit like a witch doctor (now don't start that 'which doctor' routine, this is complicated enough already.)

He replied:

'Good morrow,

Extensive research with several authorities has cleared some confusion, I hope. As anyone who struggles with the West Australian simple crossword will confirm, alternative and obscure usages of simple words are many and varied.

Such is the case with 'RELAY'.

However, it appears that in this instance the word is used as an acronym, rather than an indicator of a series of similar endeavours.

It stands for:

Regional Events Linking Athletes Yearly.

My personal belief is that the prefix 'POSTAL' was an admonition to local organisers. It is also an acronym, meaning:

NB Please Only Send Totalled Athletic Listings.



Honoured with Life Membership for years of service to the club - especially the 50km Road Race Championships - Morris Warren (pictured in a giant kilt?) also deserves recognition by Scotland for preservation of native culture and accent!

Helpers are urgently needed

AS usual, the helpers lists for coming events are shown on the back page. There is a shortage of helpers for these and if you are available due to injury or other reason please contact the race director or Bob Schickert 9330 3803 rschicke@bigpond.net.au

You could substitute one of these events for one you have previously nominated on your membership form.

COMING EVENTS DESCRIPTIONS

MAY 24 Weir, Kent St, Wilson

RRC 10k & RWC 5k

After about 1.5k turn right over footbridge, then right again. Turn for 5k near Lofeten Way, turn for 10k just over footbridge in Adenia Rd. A few small hills but a fast course. Take extra care re cars in Bursaria Crs near 10k turn.

MAY 31 Deepwater Point, The Esplanade, Mt Pleasant

RWC 7.5k

Anti-clockwise circuit of Mt Henry and Canning Bridges. One lap 7.5k, 2 laps 15k. Take care with parking and danger from cyclists along path next to freeway.

JUNE 7 UNI

RRC 15K & 10K RWC

From JH Abrahams Res. 15k goes down river for 2.5k to Beaton Park and return; 5k goes up river and return with turn about 200m past Narrows Bridge. 10k is up-river only partly.

JUNE 14

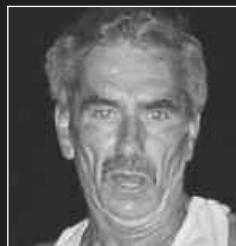
RRC 25K & 15K RWC

From Burswood over rail bridge past Banks and Bardon Parks; turn right past golf club and cross Clarkson Rd to 7.5k turn at Maylands Waterland. 25k continues past Tranby house along Swanview Tce under Garrett Rd bridge to 12.5k turn.

JUNE 21 JOONDALUP

Limestone/bitumen paths next to lake.

10km Track Handicap



Happy Birthday - MAY Members!

Anderson	Mike	M60
Andrews	Scott	M35
Brown	David	M60
Burke	Tanya	W35
Burt	Kay	W50
Chambers	Don	M70
Clark	Steve	M65
Creighton	Maree	W55
Crowder	Rachel	W35
Cunningham	Graham	M30
Danby	Sue	W60
De Klerk	Pieter	M50
Fearnall	Roy	M65
Frampton	Chris	M40
Gare	Peter	M65



Giacomin	Aldo	M70
Gilmour	John	M90
Hardy	Bryan	M65
Harvey	Michael	M60



Hassam	Leo	M75
Height	Bernadette	W50
Holmes	Elaine	W60
Hughes	Paul	M55
Huning	Heiner	M50
Jenkins	Arnold	M65
Keane	Ross	M45
Lawrence	Ray	M80
Mathieson	Bruce	M65
Miller	Pat	W70
Mison	John	M60
O'Sullivan	Colin	M50
Pomery	Alan	M75
Prescott	Nigel	M65
Pressley	John	M60
Rhodes	Linda	W60
Riddell	Jim	M70
Roach	Brett	M40
Scott	Trevor	M50
Shanahan	Glenice	W85
Slyth	Paul	M65
Smith	Jennie	W55
Tralau	Tom	M35
Travis	Anne	W35
Walsh	Roger	M65
Waters	Vic	M65
Willmer	David	M55
Wilson	Bruce	M60
Wyatt	Dave	M55

		Time	H'cap	Actual	Time	
Eldon George	M35	63:10	21:54	41:16		10km on the track – how hard can it be? I wanted to use 'before and afters' of the 10km competitors – but there's never enough space. So, as all (well, all the women) complain no matter what pictures I run, I chose the most interesting finishing expressions. Now I admit they are not flattering. But they are expressive! Full report of the 21st 10km track handicap is on page 5.
Barry Jones	M50	64:00	15:30	48:30		
Frank Smith	M65	65:09	21:00	44:09		
Lorraine Lopes	W65	65:13	12:30	52:43		
Rod Hamilton	M45	65:43	26:24	39:19		
Shirley Bell	W60	65:51	17:54	47:57		
Peter March	M45	66:12	24:36	41:36		
Vic Waters	M60	66:14	18:48	47:26		
David Carr	M75	66:15	18:12	48:03		
Val Millard	W60	66:19	10:36	55:43		
Irwin Barrett-Lennard	M80	66:30	15:24	51:06		
Brian Danby	M60	67:08	21:36	45:32		
Karen March	W45	67:17	21:48	45:29		
Nick Miletic	M55	67:25	16:54	50:31		
Sandra Stockman	W40	67:30	21:48	45:42		
John Oldfield	M65	67:36	20:54	46:42		
Wayne Taylor	M50	68:08	23:12	44:56		
Maurice Creagh	M60	68:30	16:36	51:54		
Gillian Young	W60	69:00	20:36	48:24		
Cecil Walkley	M75	69:11	05:30	63:41		
Neil McRae	M55	69:11	25:06	44:05		
Margaret Bennett	W65	69:13	00:00	69:13		
Carol Bowman	W50	69:52	15:24	54:28		
Sean Gartlan	M40	72:27	13:00	59:27		

5K RUN

Bernard Mangan	M50	19:30
V1		20:42
Ross Keane	M45	20:47
Paul Burke	M35	21:12
Raymond Gimi	M45	22:13
Ivan Brown	M60	22:43
Barbara Blurton	W55	24:13
Damien Hanson	M55	25:34
Carol Bowman	W50	26:02
Leonie Jones	W45	26:16
Delia Baldock	W45	26:18
John Byrne	M60	27:10
Mike Anderson	M60	28:27
Wendy Clements-Green	W65	30:34
Ray Lawrence	M80	40:30

8K RUN

Paul Hughes	M55	31:56
Ross Parker	M60	33:17
Frank Smith	M65	35:38

Track handicap

UWA SPORTS PARK
MCGILLIVRAY OVAL

April 23, 2009

Directors:

Dorothy and Jeff Whittam

A John Gilmour 10km record falls

ONCE again we had perfect weather for the 10km Track Handicap. This was our 21st outing.

Irwin Barrett-Lennard (M80) must have liked the conditions as he had an actual time of 51:06, which beat John Gilmour's M80 2003 record for 10km by nine minutes. Eldon George also found the going good. This was the first trophy he has won and he now leads this year's handicap trophy series.

Our thanks go to all who came along to help and to Richard for the handicaps. Most runners finished on the same lap, which says much for the accuracy of the handicapper. Also, thanks to John and Christine for the clock and watch; to Barrie for producing these results for our editor; a special thank-you to Jan Jarvis for helping in 20 of the 21 years and volunteering for next year!

This year there was music playing further down the sports field (a frisbee championships in progress) and this might have helped some to get a good time. (Sorry we gave you an extra 10 minutes Gillian, but it has been rectified in the results.)

Vic did a great job taking photos before the start, then again immediately after he finished.

A good group stayed on for the BBQ after the run, with Irwin Barret-Lennard sharing his birthday cake with all who attended the event.

See you all again next year,

Dorothy and Jeff

3Ps

POINT WALTER

April 5, 2009

Director: Bob Schickert

Gary Fisher	M55	36:26
Vic Waters	M60	37:48
V2		38:08
Margaret Langford	W60	38:55
Mark Hewitt	M55	39:47
Ruth Jamieson	W50	40:04
Irwin Barrett-Lennard	M75	40:27
Richard Blurton	M55	41:05
Sarah Ladwig	W60	45:25
Paul Martin	M65	45:26
Tanya Burke	W35	46:44
David Carr	M75	46:44
Rochelle Airey	W40	47:55
Claire Walkley	W40	48:14
Charlie Chan	M55	49:47
Genevieve Spiro	W35	49:58
Arnold Jenkins	M60	49:59
Mike Rhodes	M60	50:13
Vic Beaumont	M75	51:49
Jeff Spencer	M65	51:49
Merv Jones	M65	52:08
Stan Lockwood	M75	52:37
Kathy Burr	W65	56:40
Sheila Maslen	W70	57:58
Margaret Warren	W70	59:12

16K RUN

John Allen	M50	66:25
Chris Reid	M40	71:40
David Willmer	M50	72:10
V3		73:31
Wayne Taylor	M45	74:14
Neil McRae	M55	74:28
Tom Tralau	M35	75:37
Neale Osborne	M50	76:29
Mark Sivyer	M60	76:49
Karen March	W45	81:46
Gillian Young	W60	81:46
Peter March	M45	81:46
Nick Miletic	M55	83:05
Bruce Mathieson	M60	84:56
Mike Khan	M60	85:00
V5		85:07
V4		91:13
John Dance	M55	92:48
Roger Walsh	M65	94:34
Theresa Howe	W55	96:18
Ian Gallagher	M55	99:07
Les Smith	M50	99:11

GREAT day for a 5k, 8k or 16k along the flat but windy foreshore from Pt Walter to as far as near Heathcote and return. Many thanks to helpers who included David Brown & Jill Midolo, Mike & Paula Karra, Ross Keane, Lynne Schickert, and Barrie Thomsett and one other.

Bob

Paul Mattison	M50	99:27
Pam Toohey	W60	1:42:49
Steve Clark	M65	1:45:11
Cecil Walkley	M75	1:45:33
Rhod Wright	M55	1:46:15
Jenny Key	W30	1:51:11

5K WALK

John Frost	M70	38:30
Patricia Hopkins	W65	41:19
Kirt Johnson	M80	41:20
Leo Hassam	M75	47:47
Pat Miller	W70	55:29

8K WALK

Rosa Wallis	W65	68:53
Dorothy Whittam	W70	72:35

16K WALK

Val Millard	W60	1:54:21
Peter Ryan	M55	1:59:20
Richard Danks	M65	2:02:10
Ray Hall	M75	2:02:11
Elaine Dance	W55	2:05:30
Jeff Whittam	M70	2:16:07

Pagoda

April 26, 2008

OUTSTANDING running by Kim Thomas – barefoot and carrying flags – was the best performance of the day.

Marshalling at 2.5km-turn, Kim was told by the last of the walkers (who started early) 'that's the lot.'

He duly collected his flags and headed back to Burswood. Meeting a surge of runners alongside the golf course, he politely asked Bob Schickert 'where do the runners turn?'

Oops! Kim then sprinted back to his position, overtaking all but the first three (Brett Roach & Co.) Great run! Fortunately the turn point is known by most of us, and well-chalked, so even the leaders had little problem.

Full results – June Vetrun.

Stay on track this Winter

MEETINGS at Coker Park (ECAC) this winter are every Thursday, starting at 6pm. Events take place in the order shown here.

7-May	200, 1000, 100, 600, 3k run/walk	4-Jun	100, 300, 4k run/walk, 60, 800
14-May	200, 2k run/walk, 100, 300, 800	11-Jun	200, 1500, 60, 400, 2k run/walk
21-May	100, 1000, 200, 600, 5k run/3k walk	18-Jun	600, 3k run/walk, 100, 1000, 200
28-May	200, 1500, 60, 400, 3k run/walk	25-Jun	60, 800, 100, 400, 5k run/3k walk
		2-July	100, 1 mile, 200, 600, 3k run/walk

8K RUN

Dirk Klicker	M35	28:57
Rod Hamilton	M45	31:05
V2		32:07
Mark Dawson	M45	34:02
Wayne Taylor	M45	34:29
Jim Klinge	M60	34:33
Steve Hossack	M45	35:00
V3		35:04
Michael Karra	M40	35:23
Dante Giacomini	M40	35:30
Neil McRae	M55	35:30
Mike Hale	M60	36:01
Sandra Stockman	W40	36:34
Frank Smith	M65	36:36
Mark Sivyer	M60	36:46
Peter March	M45	37:18
Gillian Young	W60	37:55
Martin Watkins	M60	38:00
Mike Khan	M60	39:35
Keith Atkinson	M50	40:48
Karen March	W45	41:01
David Willmer	M50	41:26
Barry Jones	M50	41:55
Maurice Creagh	M60	42:01
Karl Stockman	M45	42:19
Lorraine Lopes	W65	43:49
Charlie Chan	M55	43:59
Paul Martin	M65	44:59
John Dance	M55	45:31
John Ellard	M65	45:42
Dennis Hughes	M60	46:33
Kris Adrian	W35	48:42
Bronwyn Smith	W35	49:01
Brian Smith	M70	49:10
Rhod Wright	M55	50:43
Jim Barnes	M65	52:48
Vic Beaumont	M75	52:59
Stan Lockwood	M75	53:03

Piney Lakes

MURDOCH

April 12, 2009

Director: John Frost

RAIN as experienced in previous years' runs did not appear (we missed it by a day) but the local dogs were in attendance. As far as we know our contestants survived without injury!

Jackie Halberg was the key organiser, conducting the recording team and greeting all the finishers by name (reminders are always welcome at the end of a race). Many stars were disporting themselves in Adelaide but we made up for that - our spirit was strong and sense of direction impeccable. Some welcome visitors stunned us with some good times. Helpers and marshals performed with distinction - thanks go to John and Jenni Smith, Alison and Brian Aldrich, Eldon George, Brian Hunter, Ron Mead and anchorman Barrie Thomsett.

John Frost

Mike Rhodes	M60	53:34
Arnold Jenkins	M60	59:14
Elaine Dance	W55	59:55

4K RUN

Bernard Mangan	M50	15:10
Bob Lane	M60	15:15
Tom Tralau	M35	17:04

Raymond Gimi	M45	17:22
Gary Fisher	M55	17:33
Garry Ogden	M50	17:41
Vic Waters	M60	18:00
John Brambley	M65	18:30
Damien Hanson	M55	19:32
Basia Lis	W45	21:53
Roger Walsh	M65	22:06
V7		22:13
Wendy Clements-Green	W65	22:48
Merv Jones	M65	24:05
Aldo Giacomini	M70	24:23
Genevieve Spiro	W35	24:48
Sandra Hughes	W60	25:44
Sheila Maslen	W70	27:02
V6		27:03
Kathy Burr	W70	27:30
Heiner Huning	M50	28:39
Shorty Turner	M70	34:34

8K WALK

Peter Kallio - (Canberra)	M70	58:32
Richard Danks	M65	59:44
Jeff Whittam	M70	66:16
Bob Fergie	M70	66:16
Dorothy Whittam	W70	70:26

4K WALK

V 1		30:50
Beryle Doust	W60	31:15
Kirt Johnson	M80	32:36
Beryl Stanger	W65	32:37
Ann Turner	W70	34:57
Norman Stanger	M70	35:22
V5		35:44
Maggie Flanders	W70	37:13
Lorna Lauchlan	W75	37:14
Elaine Ellard	W65	39:32
Norm Miller	M75	43:02

Adelaide Lament

*Oh woe is me! I couldn't run.
Just think of the medals I might have won.
I'd paid the fees, booked bed and plane,
But injury struck and all was in vain.*

*So what to do? Just grin and bear it,
And hope that rest would soon repair it?
Stuck in the stand that's hard to do.
They're out there running - why not you?*

*Should I just risk it? Temptation's great
To strap up, run and trust to fate.
But a choice like that is hard to make;
One must weigh up just what's at stake.*

*And in the end it's usually wise
To set one's sight on future prize;
Sit back and watch some top class racing,
Forget for now the pain you're facing.*

*So just relax and you'll be fine,
To speed recovery, have a glass of wine.
Just think 'July' and Worlds in prospect,
Make sure by then the body's perfect.*

This lament was prompted by the number of MAWA athletes supporting from the stands. Peggy, Graeme and Dave Roberts had all entered but were unable to compete. They were kept company by Barbara and Richard, and various others who had niggles during the week-end and scratched from races.



Clockwise, from top left: Kerrie Whitley, Carole Bowman, Bev Hamilton, Val Prescott, Niamh Keane (chasing) and Marg Saunders.



Ross Keane (above) and Robin King



Records set in Adelaide

EIGHT WA State and one national record were achieved by our team in Adelaide.

Standout was Byrony Glass' national record in the W30 Weight Pentathlon. She edged out her NSW rival Karyn Di Marco by a single point. Byrony's total of 3831 points exceeded Di Marco's previous record by three points. In addition to this she improved her Weight Throw to 17.59 metres and record a 90.16 per centage, one of a dozen by our athletes.

The records are:

High Jump M65	Keith Martin	1.30m (equal)
Triple Jump M70	David Clive	8.58m
Hammer M50	John Everard	44.27m
Weight Pentathlon M40	Sakkie Mathewson	2386pts
4x100m Relay M55	MAWA	57.10
(Paul Hughes, Nick Militic, Rob Antonioli, Barrie Kernaghan)		
60m M70	David Clive	8.65
	[best with ET]	
60m W55	Lynne Choate	9.04
Weight W30	Byrony Glass	17.59m
Weight Pentathlon W30	Byrony Glass	3831pts AR

Nationals Wrap

by

John and Christine Oldfield

ADELAIDE'S Easter weekend Nationals produced some great statistics for WA athletes. The following roll of honour lists those that meet the 90 per cent-plus level when converted to age-graded.

98.75%	David Carr	2000m
s/chase		
96.65%	David Clive	60m
95.99%	David Carr	800m
95.48%	David Carr	400m
94.03%	Lynne Choate	60m
93.46%	Lyn Ventris	5000m walk
91.74%	Lyn Ventris	10k road
		walk
91.36%	Pat Carr	60m
91.30%	Barrie Kernaghan	200m
91.18%	David Clive	100m
90.88%	David Clive	200m
90.77%	Neil Morfitt	800m

These seven athletes achieved what is generally accepted to be the world benchmark performance standard in the National championships. They are each truly world class and bring great honour to the club and to Western Australia.

Three of them - David Carr (3), David Clive (3) and Lyn Ventris (2) have multiple entries, testament to their standing in the world. David Carr, with three of the top four in the list, can justifiably be considered the Western Australian of the meet.

In brief...

The standard of performance seemed to be very high this year, with many excellent SBs and PBAs not finding medals.

- The organisation of the four days was generally top class, with only minor hiccups. And wasn't the weather glorious?

- A Queenslander won gold in the weight pentathlon. What's news there? Ruth Frith is 99 years old. We look forward to welcoming her as a Masters centurion in Perth 2010.

- There was a great finish to the M75 cross-country race as Irwin saw the finish line 100m ahead. David was 10m behind crossing the oval but took Irwin just before the line to win by 2 seconds.

- Also in the XC, the two Tassie 80 year olds took a wrong turning and didn't realise until they reached the free-way! They retraced their steps and rejoined the race five minutes later!

- The announcer was so startled by the speed with which Ross steamed round his leg of the M220+ 4x400 relay that she didn't have time to check his name. She just kept on shouting 'Just look at that Western Australian go'!

- Running the last leg of the M170+ 4x400 relay, Colin pulled out all the



John Everard makes seven PBs

WE all hope to peak at championships time. Some of us even dream of PBs, despite the advancing years. Imagine the joy at producing a series of seven lifetime bests in the two weeks of the state and national championships.

Here's his amazing sequence:

March 28

Weight throw of 13.0m in the weight pentathlon

Weight pentathlon score of 2565

March 29

Shot put of 9.75m

Weight throw of 13.39m

The next throw was 13.71m - another PB

April 12

Hammer throw of 44.27 (state record)

Weight pentathlon score of 2642

stops to take gold but he also caught and overtook the 65 year old runner whose team broke the world record.

- Thanks to all who did their stint at the Perth 2010 table. It was really successful and a focal point for the WA contingent. Could some people's willingness to sit there beyond their roster time perhaps have had something to do with the comfortable chairs?

- The SAMA team had not arranged any changeover judges for the relays. But MAWA came to the rescue with John Oldfield raising a team of nine officials, six of them qualified.

- Two abiding memories from the steeple-chase: how many WA singlets there were, and the variety of methods of clearing barriers and water jump!

- A word about our Northern Territory 'guests'. Allen and Kerrie Whitley, and Nola Brockie ran in WA colours and were a very welcome addition to the ranks. We hope to meet up again next year at Perth 2010.

COMING EVENTS and helpers list

MAY 24 WEIR

Directors: Sean Keane - 0412 180 823 & Neil McRae - 9332 4072
Maggie Flanders, Ian Gallagher, Richard Harris, Syd Parke, Grant Owens, Margaret Saunders

MAY 31 DEEPWATER PT

Directors: Mike and Paula Karra - 9472 6994
Aldo Giacomini, Dante Giacomini, Leo Hassam, Dalton Moffett, Berni Scott

JUNE 7 15K RRC, 10K RWC

Director: Gary Fisher - 9472 7062
Tessa Brockwell, Jackie Halberg, Mark Hewitt, Theresa Howe, George & Josephine Schaefer

JUNE 14 25K RRC 15K RWC

Director: Wayne Pantall - 9362 3715
Mark Dawson, Merv Jones, Chris Reid, Jim Riddell, George & Josephine Schaefer, Frank Usher, Margaret & Morris Warren

JUNE 21 JOONDALUP

Directors: Margaret and Morris Warren - 9304 1105
Mike Anderson, Margaret Bennett, Denise & Pierre Viala, Martin Watkins

ALL HELPERS – contact your director and confirm if you are available.
If not, also call Bob Schickert to be re-assigned.

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Patron:

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Vetrun

JUNE
2009
No. 423



The magazine of Masters Athletics WA

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Check the new 2009/10 Sunday programme

PLEASE refer to this programme – and disregard the one issued in the March Vetrun - page 7.

Note – a changed start for Darlington Dash on July 26; and also our State Cross Country on August 16. Also, NOTE there will be no morning tea at Darlington.

Darlington changes – again!

DELIA Baldock has had to make changes every time she's organised the Darlington Dash. This year's no exception.

She writes:

Please note that due to the Darlington hall being unavailable and footy fever hitting the Darlington oval we have had to change the start this year!

It will now be at MJ Morgan Reserve – on the corner of Hardey Road and Railway

Parade – in Glen Forrest. Just drive a little bit further up Great Eastern Hwy and turn down Hardey Rd and you will find it easily.

The course is the same except we are starting at the top and running down the heritage trail to Darlington and back up again. Instead of running around the oval we will just run a little bit further



Delia Baldock

down the track and turn around at 3.5km making a 7km course.

Impossible to get lost! The 14km will be two laps. We will still be awarding the perpetual Dick Horsley Trophy for partners tackling the 7km and 14km as a team! Yes we're just trying to keep you on your toes!

Also we won't have the normal morning tea facilities at Glen Forrest but there are two lovely coffee shops that will be open on Railway Parade opposite the Burkinshaw Road end of the park.

Thanks, Delia

Club members christen new stadium

MASTERS were among the first athletes to compete on the new State track, which is just about complete, near Perry Lakes. A special celebration last Thursday evening (May 28) featured a

limited 'end of season' meet for invited guests. Club members ran in a 400m event. The new, boutique stadium is much smaller than the old Perry Lakes, with a 2,000-seat grand-

stand. However it should be quite big enough for all likely athletic meetings. Final touches are still needed but Athletics WA hope the stadium will be ready for use in July.

Bunbury Marathon 2009

Results from Bunbury club website: apologies to any Masters not shown here.

ULTRA MARATHON

1	Grahak	CUNNINGHAM	03:57:51
4	Christine	PATTINSON	04:24:54

MARATHON

12	Peter	MARCH	03:25:11
36	Thomas	TRALAU	04:09:18
39	Stephen	DUNN	04:20:18

TEAM HALF-MARATHON

12	HOPKINS-ELLARD	02:00:51
18	TURNER-TURNER	02:09:52
24	HALL-FROST	02:36:30
25	WHITTAM-MISON	02:52:53

WALK HALF MARATHON

1	Lyn	VENTRIS	01:47:02
3	Jeffrey	WHITTAM	02:57:50
8	Elaine	DANCE	03:09:41

HALF MARATHON

6	Bjorn	DYBDAHL	01:22:59
8	Rod	HAMILTON	01:23:59
16	Peter	SULLIVAN	01:30:00
27	Wayne	TAYLOR	01:36:36
30	Brian	BENNETT	01:37:56
33	Karen	MARCH	01:39:20
35	Mike	HALE	01:40:04
38	Danby	BRIAN	01:41:09
48	Shirley	BELL	01:44:35
67	Don	PATTINSON	01:49:15
73	Gillian	YOUNG	01:50:29
84	Robert	SHEEHY	01:53:24
102	Graham	THORNTON	01:57:44
105	Nick	MILETIC	01:58:30
106	Carol	BOWMAN	01:59:02
107	Maurice	Creagh	01:59:14
113	Theresa	HOWE	02:03:07
124	Lyle	JAMES	02:08:28
131	Pamela	TOOHEY	02:10:11
133	Julie	KEELEY	02:11:27
136	Jeff	SPENCER	02:11:52
137	Cecil	WALKLEY	02:12:08
138	Sarah	LADWIG	02:13:07

Membership renewals overdue - your last Vetrun?

IF you have not paid for 2009/10 (see N on your address label) this is your last Vetrun.

Normally May would have been the final, but June has been allowed this year so that you will receive the new Sunday programme.

A membership form is either enclosed with the Vetrun, or you can get it off the website www.mastersathleticswa.org or contact Roger Walsh or Bob Schickert as shown on the programme.

You write...

Hi Vic,

I believe a correction is needed to your John Gilmour feature (May 2009 Vetrun.)

According to my database, John has in fact set just over 100 STATE records; he has set 'only' 46 world records (11 still current) from 800m to marathon! To round this out he has set 54 Australian Records (31 still current); nothing short of amazing. He richly deserves his position in the Hall of Fame. Even the Americans have noted his achievements with a glowing mention on Masterstrack.com

Cheers, Campbell



David Baird

Wheelbarrow Man makes the Alice!

I SPOKE to David and Jo (Sunday night, 17 May) at 6pm Perth time he was 25km outside Alice. Media were waiting for his arrival. He did 940 km Alice to Uluru to Alice - equivalent to running 23 Marathons in 18 days - averaging 55 km per day. On six days he had to walk when near rock as both shins were so sore; did I hear someone say s**t for brains?

(Only he who attempts the absurd is capable of achieving the impossible - Miguel de Unamuno.)

I've put Jo's name forward nominating for sainthood.

No one has more driving ambition than the boy who wants to buy a car. In Dave's case it's a wheelbarrow.

Henry Ford on 'innovation':

'If I had asked my customers what they wanted, they would have said a faster horse.'

In Dave's case it's better ball bearings in the wheelbarrow.

After 60, If you don't wake up aching in every joint, you are probably dead!

("Eat food. Not too much. Mostly plants." Michael Pollan.)

John Bell

New Members - Welcome!

851 CLARKE Tom M60
852 KNOX Trish W35
853 BATH Peter M65
854 HYNDS Kevin M40
855 McCABE Wal M75
856 HOWARD Gavin M45
857 ROBE Will M50
858 BELL Tristan M40

Happy Birthday - JUNE Members!



Genevieve Spiro

Carr	David	M75
Clements	Wendy	W65
Coates	Chris	M55
Creagh	Maurice	M60
Danks	Richard	M65
Eastwood	Terry	M40
Frank	Toni	W60
Giles	Steve	M50
Hamilton	Mark	M35
Hastie	Garry	M45
Howe	Theresa	W55
Hughes	Sandra	W60
Jones	Anne	W55
Lysaght	Helen	W55
Mack	John	M65
Sanders	Jacqui	W40
Sivyer	Mark	M60
Spiro	Genevieve	W40
Szczepanska	Elizabeth	W55
Thomsett	Barrie	M65
Turnbull	Jim	M70
Webster	Kevin	M40

June 28 CITY RAIL BARDON PL MAYLANDS

Bikepath towards city, over bridge to Claisebrook station, follow rail to Pier St turn at 3.65km. On return, 10.7km run branches north along rail line to Mt Lawley subway coming back same way before turning towards the river.

JULY 12 SHARKS

Very flat along path to Fremantle Bridge and return plus about 500m out and back for 5k event. 10km continues to eastern end of Blackwall Reach Parade and return along the footpath NOT the



My View...

by
Vic Waters

Being 65? A bummer!

WANT YOUR HEAD EXAMINED?

SERIOUSLY, you'll be helping a young student complete her Honours degree.

Michelle is studying how motor performance changes in healthy ageing and needs male and female people, aged 60 years and over. You must be right-handed, fit in mind and body. I know for sure that loads of our members qualify!

It would involve about 1.5 hours at UWA, and travel exs will be paid, doing simple physical tasks (non-strenuous manual exercises) and having 'transcranial magnetic stimulation' (TMS). Don't worry, it's non-invasive and totally painless!

"I will be forever grateful to you if you could help! I will really appreciate even just one!" she told me.

Please help - because Michelle doesn't have contact with as many oldies as we do, and must find volunteers to finish her degree.

To set a time and date, and check that you are eligible, please call her on (0423 789 764) or email her at vandem05@student.uwa.edu.au to set a time.

OTZ Campaign

YOU had your chance, but voted 'no' to daylight saving. Serves you right because now I'm startinmg a One-Time Zone Campaign.

It's the only way to go. All of Australia on the same central time, 365 days a year. We'll all be on Adelaide time.

For WA, in effect, it means year-round daylight saving. Please see Gary Fisher to sign the petition.

IT DOESN'T mean you have to act your age.

I can't pretend that leaving Jim Lanford's age group has any relevance. Nor does the prospect of trying to catch Bob, Frank, Bert et al. But it was always so, nothing new there.

I can celebrate recouping some of my investment into the UK's coffers. This takes the form of the 'old age pension.'

An OAP? Demeaning, as well as grammatically incorrect. ('Age' can't be old, or young come to that. It should be 'late' or 'early'; that's today's lesson, kids.)

I'll accept 'advanced', and so become an AAP.

Australia's system is much subtler, of course. We're called seniors, and the government sends you a bum-test kit as a 65th birthday present.

July Vetrun deadline

NEXT month's magazine will appear later than usual so please email any copy for July - ON JULY 3 - but not before as it will jam my inbox. Thanks.

COMING EVENTS DESCRIPTIONS

road. Second half of 10km is hilly. Take extra care crossing extension of Petra St. Please note parking at reserve itself is limited.

JULY 19 MILL POINT RD

Towards Narrows Bridge. Western part of Sir James Mitchell Park use path close to Mill Pt Rd on way out. Return along foreshore path. 5km event turn before Douglas St. 10km run/walk championship.

■ Change of start for Darlington - now begins at M.J. Morgan Reserve, Railway Pde, Glenforrest.

JUL 26 DARLINGTON DASH - 7km or 14km From reserve on to old railway cutting. Course is out and back in the cutting. Mainly downhill out and uphill back. Take care - loose stones and road crossings. Scenic run/walk one lap 8k. Dick Horsley trophy for male/female partners teams on times. One of the pair runs 7km, the other 14km. No morning tea this year, but coffee, and goodies across the road.



Brett pictured winning at the Weir last year

Kent St Weir

May 24, 2009

Directors: Sean Keane &
Neil McRae

A WELCOME respite from the first winter storms during the preceding week encouraged a good turnout for the first stage of the Road Race Championship. Thanks, Sean, Neil and all the helpers.



Sean



Neil



Ex-Weir Run director Chris Coates, winner of the 5km event.

10K RUN

Brett Roach	M35	35:22
Blake Stevenson	M35	37:24
Bjorn Dybdahl	M55	38:50
John Allen	M50	39:20
Lachlan Marr	M45	39:26
Bob Lane	M60	39:43
Chris Reid	M40	40:23
Kim Thomas	M35	40:25
Tony Bart	M50	40:37
Ross Parker nf	M60	40:47
Steve Hossack	M45	41:12
Bert Carse	M65	41:32
Michael Karra	M40	41:40
Wayne Taylor	M50	42:00
Peter March	M45	42:30
Jim Klinge	M60	42:31
Brian Bennett	M60	42:38
Sandra Stockman	W40	43:21
Graeme Dahl	M55	44:02
Mal Vernon	M50	44:23
Gary Fisher	M55	44:34
Brian Danby	M60	44:42
Karen March	W45	45:52
Gillian Young	W60	46:09
Tom Tralau	M35	46:12'
John Bell	M60	46:21
David Muir	M60	46:25
Martin Watkins	M60	46:34
Bob Schickert	M65	46:57
Russell Metham	M30	47:05
Trish Knox	W35	47:46
Kerrie Stevenson	W35	47:53
Shirley Bell	W60	47:55
Viv Lok	W50	47:59
Irwin Barrett-Lennard	M80	49:02
Bryan Hardy	M65	49:09
Vis 6		49:13
Bruce Mathieson	M65	49:23
Claire Walkley	W40	49:28
Graham Thornton	M65	50:02
Mark Rosen	M60	50:39
Nick Miletic	M55	50:57
Richard Blurton	M55	51:06
Carol Bowman	W50	51:22
Maurice Creagh	M60	52:06
Mark Sivyer	M60	52:15

Karl Stockman	M45	52:41
Peter Bath	M65	53:23
Lorraine Lopes	W65	53:39
Graham Ainsworth	M50	54:02
Alan Thorniley	M55	54:21
John Dance	M55	54:54
Kris Adrian	W35	55:19
Theresa Howe	W55	55:50
Maree Creighton	W55	56:06
Sarah Ladwig	W60	56:12
Pam Toohey	W60	56:16
Genevieve Spiro	W35	56:27
Julie Keeley	W40	56:30
Sue Bullen	W45	56:31
John Ellard	M65	56:46
Basia Lis	M65	56:59
John Pellier	M65	57:01
Jackie Halberg	W60	57:19
Roger Walsh	M65	57:50
Dennis Hughes	M60	58:03
Marg Forden	W65	59:16
Cecil Walkley	M80	61:12
Dianna Hurring	W35	61:27
Irene Ferris	W55	61:46
Kathy Burr	W70	67:07
Ray Lawrence	M80	87:58

10K WALK

Margaret Warren	W70	88:55
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5K RUN

Christopher Coates	M55	21:01
Ross Keane	M45	21:47
Dante Giacomini	M40	22:13
Colin Smith	M45	22:31
David Carr	M75	24:34
Frank Gardiner	M55	24:37
Trisha Farr	W35	24:38
Hamish McGlashan	M70	25:51
Keith Atkinson	M50	26:51
Delia Baldock	W45	26:53
John Byrne	M60	27:52
Tanya Burke	W35	28:16
Barbara Blurton	W55	28:34
Peggy Macliver	W65	28:48
Mike Anderson	M60	29:29
Melissa Young	W30	29:45
Wendy Clements	W65	29:47
Graeme Neill	M45	30:03

Mary Young	W55	30:03
Vis 3		30:31
Aldo Giacomini	M70	30:35
Arnold Jenkins	M65	31:04
Vis 1		32:14
Merv Jones	M65	32:25
Sandra Hughes	W60	33:19
Vis 2		35:10
Denise Viala	W55	35:38
Pierre Viala	M60	35:38
Vic Beaumont	M75	36:20
Kevin Hynds	M40	40:13
Mary Heppell	W70	41:13

5K WALK

David Smyth	M35	29:54
Val Millard	W60	33:05
Paul Martin	M65	34:15
Mike Rhodes	M60	34:28
Ray Hall	M75	36:20
Richard Danks	M65	37:24
Lynne Schickert	W65	37:42
John Frost	M70	38:22
Michele Mison	W60	38:42
Elaine Dance	W55	38:42
Jeni Shillington	W50	40:16
Jeff Whittam	M70	40:26
Bob Fergie	M70	40:27
Rosa Wallis	W65	41:23
John Smith	M70	41:27
Vis 7		41:47
Jennie Lee	W50	42:14
Patricia Hopkins	W65	42:19
Joan Pellier	W65	43:12
Dorothy Whittam	W70	43:52
Elaine Ellard	W65	44:02
Ann Turner	W70	44:07
Glenis Folk	W60	45:52
Pat Carr	W75	47:49
Margaret Bennett	W65	48:00
Shorty Turner	M70	48:00
Steve Toohey	M55	48:01
Morris Warren	M70	48:46
Phyllis Farrell	W60	52:43
Leo Hassam	M75	53:05
Pat Miller	W70	57:09
Norm Miller	M75	68:26

M80 records assault has begun

May 10, 2009
 Aquinas Handicap
 Director: Lachlan Marr

JUST over a week after his 80th birthday Irwin Barrett-Lennard entered the record books yet again – but this time with his first individual Australian Record.

On the April 30, early into the winter track season, Irwin convincingly broke the State and National Records for 5000 metres by 63 and 36 seconds respectively with a fine 23:57.6 performance.

"It should be noted the previous State Record was held by John Gilmour, one of the hardest names to remove from the record books," said Campbell Till. "We all hope Irwin's great form continues."

Records updated

Irwin's performances and many others have made plenty of work for statistician Campbell Till, who has recently overhauled the club's records section on our website and brought it up to date.



IRWIN, pictured above at the recent Herdsman Run seems to have been inspired by his 80th birthday. It's not the first time he's attacked the records-book. But last time he was 15 months into the new age-group, of M75, before striking.

Here's how Vetrin (no 377, August 2005) reported his 2005 spree.

'FROM the mile to the marathon, Irwin Barrett-Lennard has set six M75 State records in six weeks. Since reaching 75 (15 months ago) Irwin has set 12 WA State records in all, culminating in his recent Perth Marathon time of 4:08:20. His phenomenal 'six in six' are:

10k Road	46:16	May 22
16k Road	74:08	May 29
Mile	7:12.4	June 2
15k Road	70:50	June 6
25k Road	2:00:51	June 19
Marathon	4:08:20	July 3

This time the achievement is, arguably, greater. Not only has he set three records in three weeks, but one of them is his first Australian mark.

Irwin is a retiring man and does not enjoy too much attention, so I apologise to him if this feature is embarrassing. However, I hope he will appreciate the genuine newsworthiness of his running, which we cannot ignore.

What's more, such performance gives us all hope and dreams of remaining so fit – and fast – in the years to come.

VW

Coker Park

May 7, 2009

IRWIN'S time is another Australian record, subject to confirmation.

3000m

David Solomon	M40	10:56.3
Kim Thomas	M35	10:57.5
Paul Hughes	M55	11:13.2
Frank Smith	M65	12:02.3
Graeme Dahl	M55	12:44.6
Trish Farr	W35	12:58.9
Bob Schickert	M65	13:13.7
Gillian Young	W60	13:30.3
Shirley Bell	W60	14:15.9
* Irwin Barrett-Lennard	M80	14:16.8
Maurice Creagh	M60	14:37.1
Jacqui Sanders	W40	14:46.7
Steve Fuller	M55	15:13.2
Jackie Halberg	W60	15:31.4
David Carr	M75	15:36.6
Delia Baldock	W45	15:47.8
Melissa Young	W30	16:48.2
Michelle Thomas	W30	19:08.5

May 14, 2009

Another record for Irwin - this time a new State record in the 800m.

800m

Campbell Till	M50	2:35.6
David Carr	M75	2:46.9
Steve Fuller	M55	3:01.3
Neil McRae	M55	3:02.9
Steve Roby	Vis	3:07.5
* Irwin Barrett-Lennard	M80	3:24.5
Colin Smith	M45	2:39.6
Graeme Dahl	M55	2:52.1
Bob Schickert	M65	3:09.4
Delia Baldock	W45	3:20.4
Maurice Creagh	M60	3:23.2
Catherine Keane	Vis	3:48.4
Melissa Young	W30	3:51.1

ONCE known as the Andy Wright Handicap, in honour of a departed club member who was our handicapper for some years, the Aquinas event is one of the most venerable on the books.

Similarly venerable is Leo Hassam, long-time race director and also a past headmaster of Aquinas. Thanks to his efforts we once again had use of the grounds and a new pavilion. Our gratitude is extended to the school's present headmaster for permission to run and walk there, and the grounds manager for his help.

10K RUN

Vis 3	54:38	n/h	00:00
Ray Hall	M75	63:29	00:00 63:29
Pam Toohey	W60	63:32	05:06 58:26
Steve Hossack	M45	63:43	21:00 42:43
Richard Danks	M65	64:47	01:00 63:47
Tony Bart	M50	64:55	22:30 42:25
David Muir	M60	65:21	16:18 49:03
Trish Knox	W35	65:33	15:00 40:33
Theresa Howe	W55	65:56	10:18 55:38
Lorraine Lopes	W65	66:04	15:18 50:46
Rochelle Airey	W40	66:06	06:18 59:48
Irwin Barrett-Lennard	M80	66:18	16:54 49:24
Berni Scott	W45	66:21	00:00 66:21
Michael Karra	M40	66:24	23:18 43:06
Karl Stockman	M45	66:25	14:42 51:43
Bryan Hardy	M65	66:30	17:36 48:54
Sandra Stockman	W40	66:51	22:06 44:25
Karen March	W45	66:57	21:48 45:09
Val Millard	W60	66:58	11:12 55:46
Brian Danby	M60	67:00	22:06 44:54
John Allen	M50	67:07	26:12 40:55
Vic Waters	M65	67:09	20:36 46:33
Cecil Walkley	M80	67:15	05:48 61:27
Richard Blurton	M55	67:27	17:12 50:15
Tristan Bell	M40	67:29	n/h n/h
Wayne Taylor	M50	67:32	23:12 44:20
Mike Hale	M60	67:34	22:24 45:10
Mike Anderson	M60	67:38	08:54 58:44
Les Smith	M50	67:43	09:12 58:31
Paula Karra	W35	67:48	14:42 53:06
Graham Ainsworth	M50	67:50	13:48 54:02
Nick Miletic	M55	67:52	16:54 50:58
John Dance	M55	67:56	11:00 56:56
Bjorn Dybdahl	M55	67:58	28:18 39:40
Brian Bennett	M60	68:01	23:18 44:43

Winter Track Events

9-Jul	60, 1000, 400, 4k run/walk, 200
16-Jul	200, 800, 300, 2k run/walk, 100
23-Jul	60, 1500, 100, 400, 3k run/walk
30-Jul	800, 60, 300, 100, 5k run/3k walk
6-Aug	60, 3k run/walk, 600, 200, 1000
13-Aug	60, 800, 100, 300, 5k run/3k walk



Jim Klinge	M60	68:03	24:36	43:27
Carol Bowman	W50	68:08	15:24	42:44
Roger Walsh	M65	68:13	12:42	55:31
Graham Thornton	M65	68:21	17:42	50:39
Vic Beaumont	M75	68:23	02:36	65:47
Frank Smith	M65	68:24	22:24	46:00
Bob Lane	M60	68:26	27:00	41:26
Denise Viala	W55	68:28	00:00	68:28
Mike Rhodes	M60	68:39	05:24	63:15
David Carr	M75	69:02	18:48	50:14
Gary Fisher	M55	69:05	22:36	46:29
Stan Lockwood	M75	69:24	04:24	69:00
Alan Thorniley	M55	69:25	n/h	n/h
Kathy Burr	W70	69:27	00:00	69:27
Merv Jones	M65	69:37	04:06	65:31
Gillian Young	W60	69:44	20:42	49:02
Peter March	M45	70:24	25:12	45:12
Sheila Maslen	W70	70:50	00:00	70:50
Shirley Bell	W60	71:01	18:42	52:19

Here they come (top) – the scratch starters at Aquinas; and there they go – (bottom) leaders in the 5km. Below, Pam Toohey, womens' handicap trophy-winner; and right, 10km walk winner Peter Ryan, (pictured at Herdsman with Elaine Dance.)



10K WALK

Peter Ryan	M55	98:15	25:52	72:23
Ron Mead	M55	101:43	28:25	73:18
Elaine Dance	W55	98:31	23:57	74:34
Lynne Schickert	W65	100:23	24:25	75:58
Michele Mison	W60	97:23	19:51	77:32
Bob Fergie(1st)	M70	97:46	18:31	79:15
Jeff Whittam	M70	97:55	18:30	79:25
Jeni Shillington	W50	n/h	00:00	80:25
Patricia Hopkins	W65	99:30	14:37	84:53
Margaret Warren	W70	103:17	18:20	84:57
Dorothy Whittam(1st)	W70	95:50	09:50	86:00
Ann Turner	W70	97:59	11:15	86:44
Alan Pomery	M75	97:59	05:12	92:47
Shorty Turner	M70	104:55	05:46	99:09
Morris Warren	M70	99:09	00:00	99:09

5K WALK

David Brown	M60	34:14
Paul Martin	M65	36:16
Debbie Wolfenden	W45	40:05
Jennie Lee	W50	42:58
Elaine Ellard	W65	42:58
Pat Carr	W75	44:32
John Smith	M70	44:34
Maggie Flanders	W70	46:01
Pat Miller	W70	58:21
Richard Harris	M70	58:22

Bob Schickert	M65	71:03	20:48	50:15
John Bell	M60	71:16	18:42	52:34
Ray Lawrence	M80	82:44	00:00	82:44

5K RUN

Rod Hamilton	M45	18:20
Bernard Mangan	M50	18:25
Bjorn Dybdahl	M55	18:44
John Allen	M50	19:29
Christopher Coates	M55	19:42
Raymond Gimi	M45	22:41
Delia Baldock	W45	26:05
John Byrne	M60	27:31
John Ellard	M65	27:39
John Dennehy	M45	27:50
Dennis Hughes	M60	28:15
Wendy Clements	W65	28:39
Aldo Giacomini	M70	28:55
Sandra Hughes	W60	32:33
Vis	132:47	
Mary Heppell	W70	39:51



Getting plastered before the 10km - Mike Anderson.



David Scott	M60	47:38
Richard Blurton	M55	49:15
Karl Stockman	M45	50:56
Hamish McGlashan	M70	53:21
Damien Hanson	M55	53:34
Trish Knox	W35	53:49
Paul Martin	M65	55:20
Graham Ainsworth	M50	55:40
Theresa Howe	W55	60:03
Tanya Burke	W35	60:21
Stan Lockwood	M75	63:07
Mike Rhodes	M60	65:50
Vic Beaumont	M75	68:03
Kathy Burr	W70	69:08
Denise Viala	W55	69:43
Margaret Bennett	W65	70:15
Pierre Viala	M60	70:16

15K RUN

Brett Roach	M35	56:19
V4		58:44
Rod Hamilton	M45	61:01
John Allen	M50	61:34
Colin Chisholm	M45	63:59
Darryl White	M50	64:28
Chris Reid	M40	64:41
Bob Lane	M60	64:45
Brian Bennett	M60	68:13
Neale Osborne	M50	68:40
Grahak Cunningham	M30	69:03
Ivan Lazarus	M55	69:27
Mark Dawson	M45	69:45
Wayne Taylor	M50	69:46
Sandra Stockman	W40	69:53
Mal Vernon	M50	70:48
Peter March	M45	70:49
Gillian Young	W60	71:05
Frank Smith	M65	71:06
Mark Sivyver	M60	71:56
V7		72:30
Mike Hale	M60	74:20
Shirley Bell	W60	74:37
V9		75:07
Karen March	W45	76:16
Mike Khan	M60	78:31
Lorraine Lopes	W65	81:05
V6		81:23
Carol Bowman	W50	82:54
Maurice Creagh	M60	82:55
John Ellard	M65	85:08

Ex-Pagoda

BURSWOOD PARK

April 26, 2009

Director: Jackie Halberg

ALTHOUGH rain is needed in Perth we were grateful for another lovely morning that greeted 119 runners and walkers as they set off from Burswood. Newer members may not realise that this run used to go to the old Pagoda Ballroom along the southern freeway, hence the name!

I was a little concerned when I saw the Marathon Club runners setting off in a similar direction to us - but I'm assured that our members welcomed the extra drink stations and marshals along the way. It was also good to hear that runners from both groups gave each other encouragement as they passed.

Many thanks to my helpers, many of whom have helped on this run for a number of years. It certainly makes a director's job easier to have such reliable people as Ray Atwell, David and Pat Carr, Glenda Lawrence, Dwayne Lundgren, Neil McRae, Les Smith, Dorothy Whittam and Kim Thomas. Kim honed his skills as a sprinter (see May Vetrin). A special thanks to Mary Heppell who helps me mark the course.

Jackie

Graham Thornton	M65	85:37
Val Millard	W60	85:42
John Dance	M55	85:44
Sarah Ladwig	W60	87:13
Roger Walsh	M65	87:57
Brian Smith	M70	89:41
Bronwyn Smith	W35	90:12
Sean Gartlan	M40	91:23
Pam Toohey	W60	92:29
Cecil Walkley	M75	94:54
Jeff Spencer	M65	97:58
Berni Scott	W45	1:46:40

5K WALK

Beryl Stanger	W65	38:20
John Frost	M70	38:43
Lynne Schickert	W65	39:52
Ray Hall	M75	39:52
Jennie Lee	W50	42:09
Rosa Wallis	W65	42:53
Sylvia Szabo	W50	44:55
Maggie Flanders	W70	46:43
Pat Miller	W70	54:25
Leo Hassam	M75	54:26

5K RUN

V10		17:37
Bernard Mangan	M50	18:54
Paul Hughes	M55	19:51
Christopher Coates	M55	20:02
Ross Keane	M45	20:09
Dante Giacomini	M40	20:47
Paul Burke	M35	20:57
Grant Owens	M45	21:30
Raymond Gimi	M45	21:34
Colin Smith	M45	21:43
Gary Fisher	M55	22:00
Vic Waters	M60	22:09
Tom Clarke	M60	22:54

Group Jog

PERRY LAKES PARK

May 17, 2009

VARIOUS routes through Bold Park's hills were explored by an intrepid few, while Frank Usher and Ray Lawrence strolled around the lakes. The Vic Waters authorised course is 9.5km including 12 hills. Lovely.

Jim Klinge and Neil McRae made their own, faster way round, claiming to have gone the full distance. I know that Gary Fisher and John Bell did so, because they stayed with me, just so they had more time to moan and groan about the uphill. Mike Rhodes and Brian Smith did it in reverse; Marg Saunders cut out after 40 minutes, to go and see the lake-side WA Athletic event. Sean Keane was there; Bruce Mathieson brought his brother Peter, visiting from NZ. I think that's the lot - a good turnout for a group jog, that was also unique in that 100 per cent of the listed helpers failed to show. VW

Margaret Saunders	W55	22:58
Bob Schickert	M65	23:07
Dave Roberts	M65	23:19
Bruce Mathieson	M60	23:36
Bryan Hardy	M65	24:11
Johan Hagedoorn	M65	24:16
Irwin Barrett-Lennard	M80	24:28
Leonie Jones	W45	25:00
Barry Jones	M50	25:01
Delia Baldock	W45	25:22
John Byrne	M60	27:09
John Dennehy	M45	27:43
Mike Anderson	M60	27:45
John Mack	M65	28:42
Wendy Clements	W65	29:07
Aldo Giacomini	M70	29:18
V8		29:34
Presley Vouteva	W35	30:40
Merv Jones	M65	30:44
V3		30:49
V2		32:22
Sheila Maslen	W70	34:34
Julie Wood	W60	34:34
Jan Jarvis	W60	35:08
Richard Danks	M65	36:13
Margaret Warren	W70	38:13
Ray Lawrence	M80	38:19

10K WALK

Michele Mison	W60	78:50
V5		83:57
Elaine Ellard	W65	93:55

15K WALK

Ron Mead	M55	1:54:01
Peter Ryan	M55	1:54:38
Elaine Dance	W55	1:56:28
Bob Fergie	M70	2:04:32
Jeff Whittam	M70	2:04:32



Jackie Halberg (left) and Fiona McCauley

May 3, 2009
Around Herdsmans Lake
 Directors: Jim & Margaret
 Langford

IT was another perfect day for the annual run around the lake. The short course walk was altered to avoid the horse floats, but everything else seemed to go to plan. Thanks to our regular helpers, drink stop attendants Christine and Don Pattinson, traffic controller Roger Walsh and recorder Dave Scott. Morland Smith did the time recording. A special thanks to John Cresp who got up in the dark to help mark the course once again.

Jim and Margaret



5K RUN

Johan Hagedoorn	M65	25:13
Leonie Jones	W45	26:15
Vis 5		28:47
Vis 4		28:47
Peggy Macliver	W65	29:03
Ray Hall	M75	30:56
Vis 3		34:16

7.5K RUN

Rod Hamilton	M45	27:56
Bernard Mangan	M50	28:32
Bob Lane	M60	29:13
Paul Hughes	M55	30:33
Chris Frampton	M40	31:29
Lachlan Marr	M45	31:55
Duncan McAuley	M55	32:17
Tom Tralau	M35	32:36
Gary Fisher	M55	33:18
Vic Waters	M65	33:38
Graeme Dahl	M55	34:48
Martin Watkins	M60	35:16
Barry Jones	M50	35:20
Bruce Mathieson	M60	35:41
Bryan Hardy	M65	35:50
Ross Keane	M45	35:58
Bob Schickert	M65	36:06
John Mack	M65	36:29
Barbara Blurton	W55	36:40
Richard Blurton	M55	36:41
Raymond Gimi	M45	36:49
Prabuddha Nicol	M50	38:30
Sean Keane	M45	38:33
Ray Attwell	M70	38:50
Hamish McGlashan	M70	38:59
Gavin Howard	M45	39:26
Sue Bullen	W45	41:25
John Byrne	M60	41:33
Dennis Hughes	M60	43:30
Aldo Giacomini	M70	43:50
Mike Rhodes	M60	44:14
Rochelle Airey	W40	44:44
John Pellier	M65	45:47
John Ellard	M65	46:11
Mark Sivyver	M60	46:11
Stan Lockwood	M75	46:17
Melissa Young	W30	46:18
Denise Viala	W55	46:49
Bernadette Height	W50	46:50
Merv Jones	M65	46:59
Richard Danks	M65	47:22
Jim Barnes	M65	47:47
Vis 6		47:51
Margaret Bennett	W65	54:38
Ray Lawrence	M80	62:00

15K RUN

Brett Roach	M35	55:28
Ross Langford	M30	56:44
Bjorn Dybdahl	M55	59:20



Pictures by Christine Pattinson: clockwise from top, Carl Stockman; David Wilmer; Norman Stanger (left) and Cecil Walkley; from left, Elaine Ellard, Ann and Shorty Turner.

David Willmer	M50	61:45
Peter Sullivan	M50	62:08
Peter March	M45	65:45
Brian Bennett	M60	66:33
Brian Danby	M60	68:01
Frank Smith	M65	68:18
Neil McRae	M55	69:07
Sandra Stockman	W40	69:46
Stephen Dunn	M40	73:09
Grahak Cunningham	M30	73:10
Gillian Young	W60	73:36
Karen March	W45	73:50
Vis 2		73:50
Irwin Barrett-Lennard	M80	74:14
David Carr	M75	78:12
Karl Stockman	M45	78:15
Lorraine Lopes	W65	76:22
Maurice Creagh	M60	78:53
Trish Knox	W35	79:27
Carol Bowman	W50	81:37
Nick Miletic	M55	81:39
Shirley Bell	W60	85:16
Theresa Howe	W55	85:20
Val Millard	W60	86:04
John Dance	M55	86:35
Tanya Burke	W35	93:00
Vis 1		93:37
Cecil Walkley	M80	94:17

Les Smith	M50	94:19
Fiona McCauley	W55	96:19
Jackie Halberg	W60	99:56

5K WALK

David Brown	M60	35:39
Kirt Johnson	M80	41:54
Debbie Wolfenden	W45	41:56
Joan Pellier	W65	42:31
Maggie Flanders	W70	48:04
Pat Carr	W75	48:07
Norm Miller	M75	52:16
Pat Miller	W70	55:26

7.5K WALK

Lynne Schickert	W65	58:32
Margaret Warren	W70	63:11
Patricia Hopkins	W65	63:45
Dorothy Whittam	W70	64:23
Sylvia Szabo	W50	65:18

15K WALK

Peter Ryan	M55	1:55:42
Elaine Dance	W55	1:56:54
Jeff Whittam	M70	2:05:10
Bob Fergie	M70	2:05:11
Shorty Turner	M70	2:15:46
Elaine Ellard	W65	2:15:55
Ann Turner	W70	2:15:56

COMING EVENTS and helpers list

JUNE 28 CITY RAIL

Directors: Linda & Mike Rhodes - 0417 952 067

Jeff Bowen, Mike Hale, Bob Lane, Chris Maher, Amanda Walker

JULY 5 PERTH MARATHON

Merv Jones, Sandra Stockman

JULY 12 SHARKS

Director: Paul Martin - 9336 1838

Tony Bart, Charlie Chan, Paul Hughes, Barry & Leonie Jones, Di Jones, Sean Keane, Kim Ribbink, Dave Roberts

JULY 19

MILL PT RD

Director: Milton Mavrick - 9227 1559

Jeff Bowen, Jim Barnes, David & Pat Carr, Ruth Jamieson, Peter Ryan

JULY 26

DARLINGTON DASH

Director: Delia Baldock - 9250 1650

Kerriann Bresser, Stan Delandgraft, Marg Forden, Dennis & Sandra Hughes, Mike Khan, John Mack, Norm & Pat Miller, Colin Smith, Graham Thornton, Darryl White

ALL HELPERS – contact your director and confirm if you are available. If not, also call Jeff Bowen on 9382 2628 to be re-assigned.

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Vetrun

The magazine of Masters Athletics WA

JULY
2009
No. 424



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Records fall at Bunbury

10k Road M80

Irwin Barrett-Lennard 49:02, on May 24 (inaugural)

15k Road M80

Irwin Barrett-Lennard 74:14, on May 3 (inaugural)

Half Mara M80

Ceci Walkley 2:12:08, on May 17 (inaugural)

50k M30

Grahak Cunningham 3:57:51, on May 17 (5:46:10, Stephen Dunn, 1998)

A SWAG of new distance records have been set in the recent past including four from the Bunbury weekend. Some of the names are very familiar, some new.

Campbell Till

10k Road W60

Gillian Young 46:09, on May 24 (47:29, Gillian Young, 2007)

10k Road W70

Kathy Burr 69:08, on May 24 (74:12, Margeret Warren, 2006)

15k Road W65

Lorraine Lopes 76:22, on May 3 (78:08, Lorraine Lopes, 2006)

Half Mara W60

Gillian Young 1:42:00, on March 22 (1:45:41, Gillian Young, 2008)

Half Mara W65

Lorraine Lopes 1:56:00, on May 17 (1:56:58, June Strachan, 1990)

50k Road W50

Christine Pattison 4:24:54, on May 17 (4:28:54, Christine Pattison, 2008)

Perry Lakes replaced

WA'S new state athletics centre, next to Challenge Stadium was opened on May 28th for a trial competition. The Masters 400m race was won by Colin Smith from Chris Neale and Campbell Till.

New Members – Welcome!

859 HAYES Catherine W50
860 STEVENSON Kerrie W35
861 STEVENSON Blake M35
862 EVERARD Kylie W50
863 BYERS Sylvia W70
864 LITTLEWOOD Anne W60
865 WYATT Gay W55
866 GRAVESTOCK Annette W50
867 ZLNAY Sue W45
868 TIWARI Alka W30
869 ROBY Steve M45
870 WARD Marcus M35
871 ELMS Mark M40



What are they looking so hippy about? See page 3.

SOCIALISE THIS WINTER!

JORGENSEN PARK, AUGUST 9

BREAKFAST is provided after the events. Everyone had a good time last year, except maybe Michele Mison, who had fractured her hip in the run.

PRESENTATION DAY, SEPTEMBER 20

VENUE is the Metro Inn, South Perth. Tickets \$35 per person; put it in your diary.

LEWANA WEEKEND AWAY

YOU can now book with Denise Viala for the weekend of Friday September 24 to Monday September 28. Three nights for about \$75 person for a great long weekend of running, walking, eating, drinking and socialising. See Denise at a Sunday event, or call 9307 1249.

DINNER DANCE

IT'S in November at Frenchies. More details to come.

WEBMASTER NEEDED

A VOLUNTEER is needed to replace Mike Karra who has given several years great service looking after the updates TO our website. Thanks Mike!

If you are interested in helping the club by taking on this role contact Mike on 9472 6994 or at mpkarra@gmail.com

You write...

Hi Vic

Michele Mison sent me these pictures of the Hippy Club – John Smith, Michele and me, all out walking with the Masters after each having complete hip replacements. Thought you would like to see them.

Cheers for now – Richard Harris.

(PS Am not much of a walker but my tango is much admired.)



Michele

(Original Message ----- from Michele Mison)

Subject: The Hippy Club

Hi,

It seems so long ago since the photos were taken as I have been busy here in Sydney helping my daughter Katie. I have emptied their study, purchased furniture and set up the nursery. I guess that is all in a day's work when you have children and grandchildren.

Weather is awful as I hate being cold and it has been cold and wet almost every day and my power bill is going to be enormous. Have not done any walking but have been on my exercise bike a few times. Our house is at Avoca Beach on the central coast and there is not one road that is flat for more than 500 metres.

Hope you like the shots of the most successful hippy club in Perth!

Michele

Happy Birthday – JULY Members!

Bell	John	M60
Bell	Shirley	W60
Brown	Barbara	W55
Cane	David	M45
Cardy	Gladys	W80
Carse	Bridget	W65
Chalmers	Bob	M70
Choate	Clive	M55
Edwards-Whitley	Kerrie	W50
Fergie	Bob	M70



Forден	Marg	W65
Fry	Melissa	W30
George	Eldon	M40
Gower	Alan	M50
Green	Stanley	M95



Heppell	Mary	W70
Hewitt	Mark	M55
Jones	Merv	M70
Manford	Terry	M70
March	Karen	W45
Martin	Paul	M65
Selby	Stan	M60
Solomon	Simone	W40
Till	Campbell	M50
Van Der Sanden	Greg	M50
Waldhuter	Brian	M65
Walkley	Claire	W40
Whittam	Dorothy	W70
Wolfenden	Debbie	W45
Young	Gillian	W60

Night runner



My View...

by
Vic Waters

RETURNING to the real world after a few weeks in news-free southern France it's a surprise to find the world managing very nicely without you, thanks very much.

OF course, things kept happening. Planes went down, bombs went off, pollios squawked. It all seems less vital, somehow, when you have gone without your daily dose of hard news wrapped in, mostly, trivia.

Not a step

I was also in a no-running zone for five weeks - and didn't miss it one bit. Climbing up steps to chateaux and down them to caverns was the only exercise taken.

This regime, combined with a nightly intake of food and wine, made me fear the worst for my weight and fitness. Dietitians are constantly testing the theory, though, that the French diet contains some magic ingredients: 'the French don't get fat.' Sensible French people say it's all due to a balanced diet.

Seems possible; I put on just half a kilo.

Hangover

Back home, I took my first run at 4am last Saturday morning. No, I have not become one of you deluded early-morning, no daylight-saving please, exercisers. Just couldn't sleep, post-flight hangover.

So I tried Mike Rhodes answer to insomnia. It works. Only traffic is the occasional cab so you run safely on the road, where the street lights are brightest. Wear something light though, and carry some i.d. for the ambulance crew – just in case of bleary-eyed party-going drivers!

OTZ?

I THOUGHT I was joking about a 'one-time zone' across Australia. Maybe it will get up though. That august and revered publication (the Waste Australian?) on May 14 carried a half-page article on the concept, with a very convincing map. Thanks to John Bell for seeking it out, and I'll ask Mike Karra to post it in Vetrin Extra on our website for you all to read.

Healthy PR

LYNNE Schickert continues spruiking Masters in the latest HBF members mag. In fact, she and veterans Brian Kennedy and David Simmonds – both of Bunbury RC, hogged three pages, extolling the virtues of exercise.



HBF member? Did you dump this mag without reading all about Masters?

COMING EVENTS DESCRIPTIONS

August 02

Club Half Marathon

From Burswood Park two circuits of Causeway, Claisebrook footbridge and up stream to Bardon Park turn around. Return via rail-bridge then path next to Burswood Golf course.

August 09

Jorgensen Park

Tough very hilly and rough underfoot but for those who like cross country this is great course. Three laps for about 8k Brunch provided in hall. START TIME IS NOW 8AM.

August 16

State Cross Country

Start at Saw Avenue, Kings Park Two laps of 5k for 10k event. From Saw Ave course is along the side of the road-way towards Lovekin Dve. That's 2km, then back towards Saw Ave, and on the way we will do a small out and back along a sandy path. Back to start then which makes 5km, or do it again for

10km. Challenging hills and soft surfaces. Medal to first three finishers each age group.

August 17

Mullaloo Beach

From Tom Simpson Park Oceanside Prom north along bike path towards Burns Beach and return. 5k turn near Ocean Reef Boat Harbour.

48 members go the distance

RRC and RWC

THE 2009 EVENTS were the 23rd staging of the 50K Road Race Championship and 35K Road Walk Championship. The running is conducted over three events: 10k at the Weir, 15k at the Uni, and 25k at Burswood. Nineteen men and 13 women went the full 50K distance this year.

Brett Roach repeated his trophy wins of '07 and '08 with an average rate of 3:38 per K. This is his third time Brett has filled first place, equalling the successes of Bob Schickert ('88, '92 and '93) and Stephen Dunn ('00, '04 and '06.)

Some other noteworthy achievements are those of John Pellier, completing 50K for the fifteenth time; Bob Schickert with twenty; and Cecil Walkley – being the first person over 80 to complete.



Karen March

WOMEN RRC

3 Karen March	W45	4:32
1 Sandra Stockman	W40	4:37
7 Gillian Young	W60	4:56
7 Shirley Bell	W60	5:03
2 Claire Walkley	W40	5:20
3 Carol Bowman	W50	5:34
3 Maree Creighton	W55	5:54
6 Pam Toohey	W60	5:56
1 Kris Adrian	W35	5:57
1 Sarah Ladwig	W60	6:00
1 Basia Lis	W45	6:04
6 Julie Keeley	W40	6:12
11 Irene Ferris	W55	6:26

Karen March is a first time winner with a rate of 4.32 per K. Marg Forden has won the most, with four wins in '88, '89, '93 and '01. Gillian Young has three wins '04, '07 and '08.

Irene Ferris is the first women to complete ten consecutive RRCs.

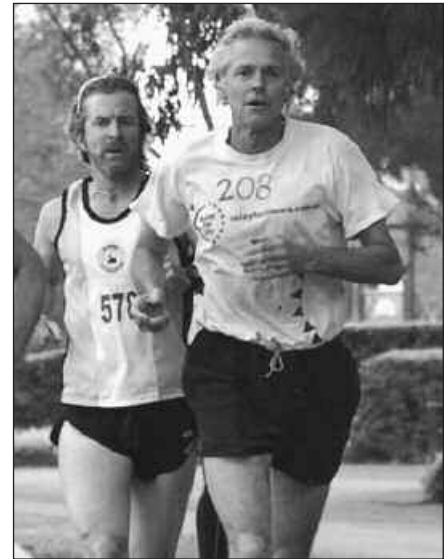
In the following tables, figure on left shows the number of times completed RRC and/or RWC. All who complete receive a medal, awarded on Presentation Day, September 20.

MEN RRC

3 Brett Roach	M35	3:38
5 Bjorn Dybdahl	M55	3:59
2 Lachlan Marr	M45	4:04
5 Wayne Taylor	M50	4:26
2 Peter March	M45	4:28
4 Mike Karra	M40	4:29
1 Steve Hossack	M45	4:30
7 Brian Bennett	M60	4:30
2 Tom Tralau	M35	4:52
4 John Bell	M60	4:56
20 Bob Schickert	M65	5:16
9 Mark Rosen	M60	5:32
8 Nick Miletic	M55	5:33
1 Maurice Creagh	M60	5:25
6 John Dance	M55	5:53
5 John Ellard	M65	5:55
15 John Pellier	M65	5:56
8 Graham Thornton	M65	6:14
11 Cecil Walkley	M80	7:16

ALBANY HALF AND 10K

May 31, 2009



David Willmer

Results for MAWA members

HALF

8 David Willmer	M50	1:29:17
18 Don Pattinson	M55	1:41:03
22 Brian Danby	M60	1:41:43
24 Chris Pattinson	W50	1:42:01
26 Stephen Dunn	M40	1:44:32
32 Russell Metham	M30	1:46:56
39 Claire Walkley	W40	1:51:17
41 Kim Ribbink	W40	1:52:49
55 Gary Carlton	M50	1:59:48
56 Geraldine Carlton	W40	1:59:48
60 Graham Thornton	M65	2:04:24

10K

5 Sue Zlnay	W45	42:12
15 John Doust	M60	49:38
27 Dianna Hurring	W35	61:30
32 Jeff Spencer	M65	67:05
33 Vic Beaumont	M75	67:05
36 Basil Worner	M75	73:42
42 Jim Shaw	M60	95:37

SPREAD over four events – Weir, Deepwater Point and Uni. David Smyth won his first RWC and Val Millard her fourth following '02, '04, and '06.

(Val also won the RRC in '97.)

Equal all-time RWC winners – each with five victories, are: Dorothy Whittam '91 to '95; Michele Mison '97, '98, '99, '00, '08; John Mison '90, '91, '94, '02, '03; and Paul Martin '95, '96, '98, '99, '01.

This year, Paul Martin, Lynne Schickert and Dorothy Whittam completed for the tenth time.



Val Millard



Shorty Turner

RWC WOMEN

9 Val Millard	W60	6:40
10 Lynne Schickert	W65	7:24
2 Elaine Dance	W55	7:33
3 Pat Hopkins	W65	8:34
2 Elaine Ellard	W65	8:34
10 Dorothy Whittam	W70	8:44
13 Ann Turner	W70	8:47
8 Margaret Bennett	W65	9:38

RWC MEN

1 David Smyth	M35	5:59
10 Paul Martin	M65	6:29
4 Mike Rhodes	M60	6:58
2 John Frost	M70	7:37
9 Jeff Whittam	M70	8:05
5 John Smith	M70	8:08
3 Steve Toohey	M55	9:25
8 Shorty Turner	M70	9:38



John Doust

Stars shine at 10k night-run

HOW do today's best Masters compare with previous generations? We know fewer run marathons, and average times are slower. How about over 10km?

I asked Jeff Whittam for some facts and figures, drawn from the 10km track handicap that he and Dorothy have organised since the dark ages. (Nah, only 21 years!)

Here are the current age-group record-holders.



Brett - reset the M35 record that stood for 18 years.

The figures indicate that today's stars are up against a formidable past. Comparisons are odious, so let's be!

The overall best time by Colin Hickman has stood since 1991; and seven of the age-group records are pre-2000.

The M35 record that Brett Roach won this year had stood since 1991. Excellent though he is, Brett has still to match the times (in this event) run by Colin, Frank Smith and Jim Langford when they were up to 15 years older than him!



Bert - the only M60 to go under 40 mins.

And Bert Carse's M60 time of 37:11 in 203 was awesome, chopping almost four minutes off Don Caplin's 2000 record. In fact, it was the first time any 60-years old member went under 40 minutes for the race.



John Gilmour: of course, his M65 37:47 (1989) is unbroken

Which makes you realise how great was John Gilmour's inaugural M65 time of 37:47 set in 1989 - and still standing!

FROM THE VAULTS...

"1996 was a great year for women's records and all three set that year have sustained," said Jeff.

Some other noteworthy efforts sieved from Jeff's immaculate data-keeping

Men		Time	Set
M30	Christian Wakeling	36:47	2007
M35	Brett Roach	34:28	2007
M40	Colin Hickman	32:50	1991
M45	Frank Smith	34:26	1989
M50	Jim Langford	34:09	1995
M55	Jim Langford	36:41	2004
M60	Bert Carse	37:11	2003
M65	John Gilmour	37:47	1989
M70	David Carr	46:39	2003
M75	David Carr	48:03	2009
M80	Irwin Barrett-Lennard	51:06	2009

Women		Time	Set
W30	Tanya Burke	63:20	2007
W35	Robyn King	40:48	1996
W40	Tessa Brockwell	41:04	1996
W45	Antoinette Shaw	38:13	1996
W50	Helen Lysaght	44:14	2006
W55	Antoinette Shaw	41:00	2003
W60	Gillian Young	47:13	2008
W65	Lorraine Lopes	52:45	2009

include those of Ann Turner, who has held three age-group records (W55, 60 and 65.)

"Frank Smith and David Carr also held three records at one time," said Jeff "and as shown in the tables, David, Jim Langford and Anne Shaw still hold two each.

"Of course, this race is a handicap, and the only person to win the handicap trophy twice is Alan Chambers.

"Many members have run the 10km handicap lots of times, but top of the list is Brian Danby with 16 (is that because he has to bring the barbecue, Jeff?) followed by David Carr (14), John Pellier (13) and Frank Smith (12)."

Thomsetts make the result flow

VERY special thanks this month, to Thomsett snr and jnr, for the following results. Despite all sorts of setbacks, Barrie and Ian delivered all to me in time for this edition. BT returned from a coach trip in the NT, to move home, have phone and email cut off by Optus, and then have find his computer was bugged. Ian weighed in, and on a working day saved the situation with a 5am start and some early-morning efforts from his workplace.

That's what you get from volunteers, of course, who actually care about our organisation. Thanks to them (and all those who make sure this magazine reaches you every month.)

Thursday meets bring records

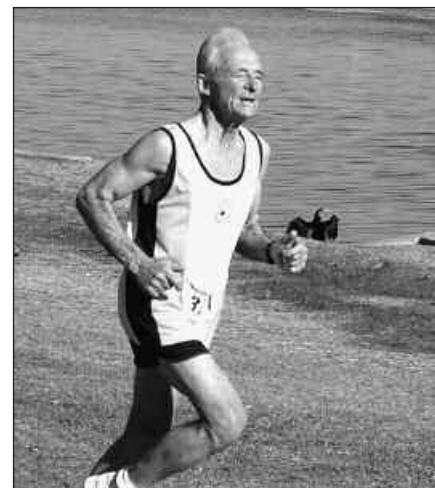
SINCE last month several State records have been set on Thursday nights at Coker Park. The attendance has been great - regularly over the 30 mark and two weeks ago 42 took part - even though the weather has been wet for a few weeks.



M80 Cecil Walkley 1500m 8:00.4 11 June



W65 Peggy Macliver 200m 33.0 18 June
W65 Peggy Macliver 60m 9.9 25 June



M80 Irwin B-L 400m 86.4 25 June

VW

May 31, 2009
Deepwater Point

Directors:
 Mike & Paula Karra

14.2K RUN

Blake Stevenson	M35	54:28
V2		54:56
V9		55:45
Lachlan Marr	M45	57:10
John Allen	M50	57:57
Jim Klinge	M60	60:24
Frank Smith	M65	62:19
Wayne Taylor	M50	63:06
Sandra Stockman	W40	64:16
V7		64:47
Neil McRae	M55	64:56
Gary Fisher	M55	67:05
Bob Lane	M60	67:25
V1		67:26
John Bell	M60	68:17
Gillian Young	W60	68:35
Mark Sivyer	M60	68:36
Bob Schickert	M65	68:43
Kerrie Stevenson	W35	69:00
Bruce Mathieson	M65	69:32
V10		70:09
Shirley Bell	W60	71:21
V13		71:28
Peter Bath	M65	75:28
Carol Bowman	W50	76:10
Nick Miletic	M55	76:11
Alan Thorniley	M55	76:47
Gavin Howard	M45	77:54
John Dance	M55	78:54
John Ellard	M65	78:55
Roger Walsh	M65	78:59
Heiner Huning	M50	80:12
Sue Bullen	W45	83:43
Les Smith	M50	88:18
V3		92:00

7.1K RUN

Rod Hamilton	M45	26:23
Bjorn Dybdahl	M55	26:57
Bernard Mangan	M50	27:03
Bert Carse	M65	28:02
Ross Parker	M60	28:58
Paul Burke	M35	29:05
Syd Parke	M55	29:28
Peter March	M45	30:04
Tristan Bell	M40	30:22
Brian Bennett	M60	30:49
David Scott	M60	30:58
Ross Keane	M45	31:34
Vic Waters	M65	31:37
Tom Clarke	M60	32:01
Karen March	W45	32:22
David Carr	M75	32:55
Frank Gardiner	M55	33:00
V14		33:00
Graeme Uren	M40	33:26
Bryan Hardy	M65	33:43
Hamish McGlashan	M70	33:59
Tom Tralau	M35	34:37
Richard Blurton	M55	34:51
Irwin Barrett-Lennard	M80	35:36
Viv Lok	W50	36:05
Maurice Creagh	M60	36:09
Keith Atkinson	M50	36:15
Karl Stockman	M45	36:23
John Brambley	M65	36:47
Ray Attwell	M70	37:08



Paula and Mike

Sean Keane	M45	37:23
John Byrne	M60	37:38
Terry Manford	M70	37:53
Delia Baldock	W45	38:37
Jackie Halberg	W60	39:27
Melissa Young	W30	39:28
Dennis Hughes	M60	39:50
Mike Anderson	M60	40:21
Pam Toohey	W60	40:43
Tanya Burke	W35	41:14
V5		43:31
V6		43:32
V12		43:33
Ray Hall	M75	43:37
Stan Lockwood	M75	43:46
Arnold Jenkins	M65	44:14
Denise Viala	W55	45:06
Lorraine Lopes	W65	45:08
Jim Barnes	M65	45:09
Mary Young	W55	45:32
Graeme Neill	M45	45:32
Sandra Hughes	W60	45:44
V4		46:37
Kathy Burr	W70	47:30
V8		51:00
Anne Littlewood	W60	65:07
David Smyth	M35	40:59
Paul Martin	M65	42:25
Val Millard	W60	44:36
Mike Rhodes	M60	47:45
Ron Mead	M55	50:16
Richard Danks	M65	50:34
Lynne Schickert	W65	51:16
Elaine Dance	W55	51:50
John Frost	M70	52:31
Jeni Shillington	W50	55:12
Sylvia Byers	W70	55:41
Jeff Whittam	M70	55:42
Bob Fergie	M70	55:43
V11		56:19
John Smith	M70	56:22
Debbie Wolfenden	W45	57:48
Ann Turner	W70	59:46
Margaret Warren	W70	59:48
Elaine Ellard	W65	60:50
Dorothy Whittam	W70	61:01
Rosa Wallis	W65	61:52
Patricia Hopkins	W65	61:53
Phyllis Farrell	W60	66:35
Steve Toohey	M55	66:41
Margaret Bennett	W65	68:45
Shorty Turner	M70	68:46
Morris Warren	M70	71:35
Pat Miller	W70	75:44
Richard Harris	M70	1:40:49
Mary Heppell	W70	1:41:39
Lorna Lauchlan	W75	1:41:40
Peter Ryan	M55	1:42:32

UNI RRC/RRW

NEDLANDS

June 7, 2009

IF this is winter... a cold but bright sunny day greeted all participants. Hopefully you all had an enjoyable and safe event. A big thank-you to the many helpers without whom the event would not go ahead.

A great effort was made by all entrants but special mention to the trophy winners in Karen March and Brett Roach. For Brett it was a repeat of last year (and many other events on our calendar) but for Karen it is a first time for this event and required a superb effort.

To both of them and all other competitors, fast or slow, well done. Hopefully we will all be fit and well enough to repeat the performance next year.

Cheers, Gary

5K RUN

Keith Atkinson	M50	24:38
Irwin Barrett-Lennard	M80	25:04
Delia Baldock	W45	25:44
Damien Hanson	M55	26:38
Peggy Macliver	W65	27:04
John Byrne	M60	27:21
John Dennehy	M45	27:24
Wendy Clements-Green	W65	29:00
Arnold Jenkins	M65	29:54
V8	#N/A	29:54
Presley Vouteva	W35	30:19
Aldo Giacomini	M70	30:58
Merv Jones	M65	31:24
Marg Forden	W65	31:56
Vic Beaumont	M75	34:52
Sheila Maslen	W70	36:50
Anne Littlewood	W60	37:17
Kevin Hynds	M40	43:09
Toni Frank	W60	44:16

15K RUN

Brett Roach	M40	53:12
Bjorn Dybdahl	M55	58:42
Lachlan Marr	M45	59:50
Chris Maher	M55	59:59
John Allen	M50	61:16
V13	#N/A	61:40
Gary McLean	M45	63:21
Chris Reid	M45	64:06
David Willmer	M55	65:01
Wayne Taylor	M50	65:15
Michael Karra	M40	65:59
Brian Bennett	M60	66:13
Frank Smith	M65	66:16
Peter March	M45	67:06
Karen March	W45	67:11
Neil McRae	M55	67:56
Prabuddha Nicol	M50	68:44
Sandra Stockman	W40	68:57
Steve Hossack	M45	70:36
Graeme Dahl	M55	71:25
Grahak Cunningham	M30	71:32
John Bell	M60	72:09
Tom Tralau	M35	72:13
Bob Schickert	M65	72:21
Gillian Young	W60	73:25
Mal Vernon	M50	74:37
Graeme Uren	M40	75:01
Bruce Mathieson	M65	75:15
Shirley Bell	W60	75:43

Sean Keane	M45	76:24
V9	#N/A	76:32
Claire Walkley	W40	77:34
Lorraine Lopes	W65	77:45
Maurice Creagh	M60	77:56
Paula Karra	W35	78:04
Mike Khan	M60	78:27
Graham Thornton	M65	79:06
Nick Miletic	M55	80:21
Carol Bowman	W50	80:34
Ray Attwell	M70	80:37
Mark Rosen	M60	81:04
John Ellard	M65	84:11
John Brambley	M65	84:41
Christine Engels	W50	85:31
John Dance	M55	85:32
Kris Adrian	W35	86:07
Alan Thorniley	M55	86:10
Maree Creighton	W55	86:13
Pamela Toohey	W60	87:13
John Pellier	M65	87:38
Basia Lis	W45	88:46
Sarah Ladwig	W60	89:35
Julie Keeley	W40	90:58
Irene Ferris	W55	93:45
Cecil Walkley	M80	94:03
V1	#N/A	97:57
Richard Danks	M65	100:07

10K WALK

Paul Martin	M65	64:27
Val Millard	W60	67:18
Mike Rhodes	M60	70:23
Lynne Schickert	W65	73:33
Elaine Dance	W55	74:22
John Frost	M70	76:27
Jeff Whittam	M70	81:10
John Smith	M70	81:14
V?	#N/A	84:21
Elaine Ellard	W65	84:21
Patricia Hopkins	W65	84:27
Dorothy Whittam	W70	86:10
Lorna Lauchlan	W75	86:47
Jennie Lee	W55	87:30
Ann Turner	W70	92:16
Steve Toohey	M60	92:17
Margaret Bennett	W65	97:55
Shorty Turner	M70	97:55

5K WALK

Sylvia Byers	W70	41:13
Rosa Wallis	W60	41:13
Joan Pellier	W65	41:24
Kirt Johnson	M80	45:02
Pat Carr	W75	46:02
Pat Miller	W70	53:42
Richard Harris	M70	60:39
Norm Miller	M75	60:52

10K RUN

Paul Hughes	M55	42:25
Ross Keane	M45	45:36
David Carr	M75	48:40
John Bocian	M55	48:53
Richard Blurton	M55	50:34
V2	#N/A	50:35
Hamish McGlashan	M70	50:39
Graham Ainsworth	M50	53:37
Terry Manford	M70	54:13
Genevieve Spiro	W35	55:56
Melissa Young	W30	57:03
Barb Humphrey	W55	57:24
Mike Anderson	M60	57:44
Jim Barnes	M65	64:21
Berni Scott	W45	65:02
V6	#N/A	62:53
Denise Viala	W55	68:10
Kathy Burr	W70	68:29

June 14, 2009
BURSWOOD PARK
RRC & RWC
Director: Wayne Pantall

5K RUN

V12		17:25
Bernard Mangan	M50	18:57
Duncan McAuley	M55	20:55
Dante Giacomini	M40	21:05
V8		21:14
V9		21:15
Tristan Bell	M40	21:18
Ross Keane	M45	21:32
Jim Langford	M60	22:15
Raymond Gimi		22:43
V5		22:53
Ivan Brown	M60	22:56
Barbara Blurton	W55	23:39
Richard Blurton	M55	24:24
John Brambley	M65	25:24
Keith Atkinson	M50	26:09
Peggy Macliver	W65	26:29
Melissa Young	W30	27:07
V13		27:49
Wendy Clements	W65	28:22
Aldo Giacomini	M70	29:29
Dianna Hurring	W35	29:50
Arnold Jenkins	M65	30:47
V2		31:29
V10		32:57
Jane Stanbrook	W40	34:15
Anne Littlewood	W60	36:02

10K RUN

Ross Parker	M60	42:38
Paul Hughes	M55	43:02
Gary Fisher	M55	46:45
Graeme Dahl	M55	47:41
Frank Gardiner	M55	48:02
V11		48:09
David Carr	M75	48:27
Hamish McGlashan	M70	49:46
Trisha Farr	W35	50:07
Irwin Barrett-Lennard	M80	50:35
Sean Keane	M45	50:57
Lorraine Lopes	W65	54:36
Mike Hale	M60	59:38
Theresa Howe	W55	60:02
Dennis Hughes	M60	60:22
Bronwyn Smith	W35	61:44
Steve Clark	M65	62:27
Richard Danks	M65	63:25
Pierre Viala	M60	66:20
Denise Viala	W55	66:39
Sandra Hughes	W60	67:28
Vic Beaumont	M75	70:28

15K RUN

Frank Smith	M65	67:32
David Muir	M60	75:56
Bruce Mathieson	M65	76:12
Paula Karra	W35	78:08
Lorraine MacLennan	W40	80:16
Gavin Howard	M45	83:22
Genevieve Spiro	W35	89:38
Mike Khan	M60	90:30
Brian Smith	M70	91:34
Les Smith	M50	93:02
Kathy Burr	W70	1:49:16

25K RUN

Brett Roach	M40	92:58
Bjorn Dybdahl	M55	1:41:07
Lachlan Marr	M45	1:44:06

Blake Stevenson	M35	1:44:37
Rod Hamilton	M45	1:50:34
Peter March	M45	1:52:54
Steve Hossack	M45	1:52:55
Karen March	W45	1:53:50
Wayne Taylor	M50	1:54:35
Brian Bennett	M60	1:56:10
Michael Karra	M40	1:56:16
V6		1:57:10
Sandra Stockman	W40	1:58:31
Keith Miller	M60	2:03:11
Brian Danby	M60	2:04:17
Tom Tralau	M35	2:04:50
Gillian Young	W60	2:07:05
John Bell	M60	2:08:19
Shirley Bell	W60	2:09:15
Neil McRae	M55	2:09:15
Graeme Uren	M40	2:09:40
Claire Walkley	W40	2:18:33
Maurice Creagh	M60	2:20:23
Bob Schickert	M65	2:24:18
Mark Rosen	M60	2:25:19
Nick Miletic	M55	2:26:11
Carol Bowman	W50	2:26:23
John Pellier	W50	2:31:58
Maree Creighton	W55	2:32:31
John Dance	M55	2:33:20
Pam Toohey	W60	2:33:36
Sarah Ladwig	W60	2:34:15
John Ellard	M65	2:34:37
Kris Adrian	W35	2:36:16
Eldon George	M35	2:37:45
Marg Forden	W65	2:38:21
Basia Lis	W45	2:38:33
Julie Keeley	W40	2:42:23
Irene Ferris	W55	2:45:47
Fiona McAuley	W55	2:52:31
Graham Thornton	M65	3:02:45
Cecil Walkley	M80	3:28:16

5K WALK

Jeni Shillington	W50	38:14
Ron Mead	M55	38:54
Debbie Wolfenden	W45	40:43
Lorna Lauchlan	W75	41:53
Kirt Johnson	M80	41:54
Sylvia Szabo	W50	44:33
Phyllis Farrell	W60	48:28
Alan Pomery	M75	49:33
Pat Miller	W70	52:06
Leo Hassam	M75	52:07
Norm Miller	M75	56:52
Richard Harris	M70	57:04

10K WALK

Rosa Wallis	W65	84:58
V4		74:57

15K WALK

David Smyth	M35	93:16
Paul Martin	M65	99:33
Val Millard	W60	1:43:26
Mike Rhodes	M60	1:46:06
Ray Hall	M75	1:50:58
Peter Ryan	M55	1:51:33
Lynne Schickert	W65	1:53:02
Elaine Dance	W55	1:55:13
John Frost	M70	1:56:34
Jeff Whittam	M70	2:02:42
John Smith	M70	2:02:44
Elaine Ellard	W65	2:08:56
Patricia Hopkins	W65	2:09:22
Ann Turner	W70	2:09:58
Dorothy Whittam	W70	2:13:06
Jennie Lee	W55	2:17:37
Margaret Bennett	W65	2:22:45
Shorty Turner	M70	2:22:46
Steve Toohey	M55	2:22:47

June 21, 2009

Joondalup

Directors:

Margaret & Morris Warren



Margaret and Morris

5K RUN

Bert Carse	M65	19:14
Duncan McAuley	M55	20:31
Margaret Saunders	W55	22:39
John Doust	M60	25:10
Delia Baldock	W45	25:52
John Dennehy	M45	27:37
Dianna Hurring	W35	29:40
Kevin Hynds	M40	34:17
Mark Dawson	M45	35:03
Ray Lawrence	M80	41:13

7K RUN

Barbara Blurton	W55	33:51
Keith Atkinson	M50	35:09
John Byrne	M60	38:45
Melissa Young	W30	41:06
Arnold Jenkins	M65	43:03
Merv Jones	M65	44:10

10K RUN

Ralph Henderson	M60	30:29
Chris Reid	M40	42:28
Sue Zlnay	W45	42:49
Sandra Stockman	W40	44:00
Frank Smith	M65	44:29
Ross Keane	M45	44:57
Brian Bennett	M60	45:06
Neil McRae	M55	45:49
Bob Schickert	M65	47:23
Russell Metham	M30	47:42
Bruce Mathieson	M65	47:50
Sean Keane	M45	48:48
V2	#N/A	48:59
Bryan Hardy	M65	49:14
Hamish McGlashan	M70	49:52
Peter Bath	M65	50:12
Lorraine MacLennan	W40	50:13
Maurice Creagh	M60	50:20
Alan Thorniley	M55	50:53
Richard Blurton	M55	52:37
Theresa Howe	W55	52:51
Karl Stockman	M45	54:39
Lorraine Lopes	W65	55:27
Sarah Ladwig	W60	56:41
John Dance	M55	56:45
Graham Thornton	M65	56:27
Bronwyn Smith	W35	58:22
Brian Smith	M70	59:27
Fiona McAuley	W55	59:51
Jackie Halberg	W60	60:32
Genevieve Spiro	W35	60:33
Steve Clark	M65	63:40
Mike Rhodes	M60	66:23

5K WALK

Lorna Lauchlan	W75	40:46
Elaine Ellard	W65	41:21
Dorothy Whittam	W70	41:26
Pat Miller	W70	48:52
Shorty Turner	M70	48:53

June 28, 2009

City Rail

Directors:

Mike & Linda Rhodes



Mike



Linda

10.7K

Trevor Scott	M50	40:50
Rod Hamilton	M45	41:42
Bjorn Dybdahl	M55	41:51
Lachlan Marr	M45	42:07
Paul Hughes	M55	43:58
Bert Carse	M65	44:58
Chris Reid	M40	45:33
Brian Bennett	M60	47:41
Peter March	M45	48:04
Karen March	W45	48:08
Ross Keane	M45	48:23
Neale Osborne	M50	48:49
Neil McRae	M55	49:18
John Bell	M60	49:33
Gary Fisher	M55	50:11
Bob Schickert	M65	51:35
V2		51:58
Maurice Creagh	M60	53:14
Lorraine MacLennan	W40	53:52
Richard Blurton	M55	53:56
Paula Karra	W35	54:27
Michael Karra	M40	54:28
Hamish McGlashan	M70	54:49
V1		54:59
Sean Keane	M45	55:06
Irwin Barrett-Lennard	M80	55:46
Mike Khan	M60	55:50
Ray Attwell	M70	57:09
Nick Miletic	M55	57:36
Lorraine Lopes	W65	57:46
Bruce Mathieson	M65	57:48
Carol Bowman	W50	57:50
Karl Stockman	M45	58:00
Alan Thorniley	M55	60:03
John Ellard	M65	60:27
John Pellier	M65	61:10
John Dance	M55	61:33
Pam Toohey	W60	62:00
Genevieve Spiro	W40	65:11
Jackie Halberg	W60	65:25
Brian Smith	M70	66:12
Richard Danks	M65	69:55
Jim Barnes	M65	70:08
Graham Thornton	M65	76:16

7.3K

Peter Sullivan	M50	29:31
Jim Klinge	M60	30:44
V3		30:49
Sandra Stockman	W40	32:48
Barbara Blurton	W55	34:58
Keith Atkinson	M50	39:05
Damien Hanson	M55	40:09
David Carr	M75	42:02
V7		42:17
V6		43:03
Bronwyn Smith	W35	44:24

7K WALK

Elaine Dance	W55	52:21
Beryle Doust	W60	55:33
Bob Fergie	M70	55:44
Jeff Whittam	M70	55:44
Patricia Hopkins	W65	56:53
Roger Walsh	M65	56:54



Trevor Scott

Marg Forden	W65	44:26
Aldo Giacomini	M70	44:47
Dianna Hurring	W35	45:06
Mark Dawson	M45	45:23
Stan Lockwood	M75	46:38
Arnold Jenkins	M65	47:31
V4		48:17
V5		48:28
Vic Beaumont	M75	48:37
Ray Hall	M75	48:43
Denise Viala	W55	51:57
Sheila Maslen	W70	52:22
Margaret Bennett	W65	52:27
Sheila Maslen	W70	52:22
Margaret Bennett	W65	52:27

7.3K WALK

Paul Martin	M65	48:34
Roger Walsh	M65	55:19
Jeni Shillington	W50	59:07
Jeff Whittam	M70	59:17
Patricia Hopkins	W65	59:19
Lorna Lauchlan	W75	59:20
Margaret Warren	W70	62:49
Sylvia Szabo	W50	63:24
Elaine Ellard	W65	64:22
Dorothy Whittam	W70	65:10
Pat Miller	W70	76:55
Morris Warren	M70	76:56

10.7K WALK

Lynne Schickert	W65	82:18
John Smith	M70	83:41
Bob Fergie	M70	83:44
Elaine Dance	W55	83:45

Ann Turner	W70	60:40
V1		63:42
Sylvia Szabo	W50	63:42

8K RUN

Bob Lane	M60	31:33
Peter Sullivan	M50	31:52
John Ellard	M65	46:20

COMING EVENTS and helpers list

AUGUST 2

HALF MARATHON

Director: Jim Klinge - 9294 4029
Kathy Burr, Margaret Langford, Arthur Leggett, Chris Reid, Jane Stanbrook, Mike & Janet Walter

AUGUST 9

CLUB CROSS COUNTRY

Directors: Committee
John Dance, Elaine & John Ellard, Ian Gallagher, Linda Green, Keith Martin, Paul Mattison, John Pellier, Alan Pomery, Sylvia Szabo, Darryl White

AUGUST 16

STATE CROSS COUNTRY

Director: Ralph Henderson - 9401 3115
Mike Anderson, John Brambley, Tom Clarke, Mark Hewitt, Barbara & Terry Humphrey, Anne Jones, Bruce Mathieson, Karl & Sandra Stockman

AUGUST 23

MULLALOO BEACH

Directors: Mike Anderson - 0407 940 520 & Johan Hagedoorn - 9401 3280
John Collier, Ray Lawrence, Dalton Moffett, Denise & Pierre Viala, Martin Watkins, Julie Wood

ALL HELPERS – contact your director and confirm if you are available. If not, also call Jeff Bowen on 9382 2628 to be re-assigned.

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Barbara Blurton

Patron:

John Gilmour

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Patricia Hopkins 9446 4452 pathopkins@myplace.net.au or

Vetrun

The magazine of Masters Athletics WA

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5th FREMANTLE MASTERS GAMES

Help Damien hit the ton!

FREMANTLE Masters Games is five in September, with athletics on a very convenient Saturday 19th. That day includes a cross-country run and road walk as well as a track and field programme of ten events.

Details and entry forms are available at www.fremantle-mastersgames.com.au or from Damien Hanson on 9438 1310 or 0407 477 986.

Damien has done much to lift the profile of these games and I know he's hoping to reach a significant high this year, by bringing 100 contestants to the athletics day.

Sounds like there's something for everyone – road, cross-country and track. Should be a great atmosphere; make it a date!

Presentation Day is September 20 – book now!

PRESENTATION Day is on September 20 at the Metro Inn, Canning Highway, Como. Please see Elaine Dance at Sunday runs, or phone her on 9593 4607; or call Jackie Halberg on 9364 4474, but only after September 1.

Cost is \$35.

WA's Lahti team striking gold

WA'S ATHLETES at the World Masters championships in Lahti, Finland are doing well for the Australian team. As we bed down this edition of Vetrun (August 3) only half the events are completed. Full details are available online, at the very informative blog site set up by John Oldfield – go to www.xanga.com/MAWAinFinland Here are some highlights to date.

Golden first day!

Irwin Barrett-Lennard inspired the WA contingent on day 1 (Tuesday July 28) winning our first gold of the championships with a stunning run of 41:26 in the M80 cross country. He was almost three minutes ahead of the other nine runners in his class.

A second gold for Australia – in the M65 X/C team event – was taken by Bert Carse (putting all his calf problems aside) Peter Sandery (SA, 3rd overall) and Don Matthewson (NSW, 7th overall). Bert was 6th overall and the team were more than two minutes ahead of opposition.

Bjorn Dybdahl - 15 second PB over 5000m



Next, in the W60 X/C Jackie Halberg and Christine Oldfield plus Petrina Trowbridge (VIC) won the bronze team medal, and Bjorn Dybdahl's M55 X/C team also won bronze.

Wednesday

Lyn Ventris added to WA's gold tally with her customary sterling performance winning the W50 5km track walk in 25:48, finishing with a broad smile on her face more than half a lap in front.

Don Chambers' mammoth two-day exertion on the decathlon resulted in 9th place (out of 14).

Saturday August 1

Peggy MacLiver took her first Lahti gold with a very convincing win in the W65 100m, well clear of the field as she crossed the line in 15.51. Coming off injury this was a superb run and there's no doubt Peggy will be eyeing Pat Carr's state record.

A second gold was won by Irwin, who is now M80 5000m world champion. He led the M80 race from gun to tape, winning by almost a lap in 25:07.41.



Peggy MacLiver - W65 world champion

Bjorn's PBs

Bjorn ran superbly in the M55 5000m, finishing seventh of 37 in 17:37.19. This time was a lifetime PB, an improvement of more than 15 seconds; and two days earlier he knocked six seconds off his 800m PB!

Sunday

Riccione hero and world-record holder David Carr ran a terrific race (against the man described as 'his Polish nemesis'.)

"We all thought that David had the race as he strode into the lead coming off the final bend," writes John Oldfield "but his foe thought otherwise and came back strongly to take the gold. David had to settle for the silver medal in 2:44.90."

You can train at new WA athletics stadium

WA ATHLETICS Stadium is owned and managed by VenuesWest and is available for casual training sessions, during the hours shown here, except when it is booked for exclusive competition or events.

Information about exclusive bookings or restricted access will appear on this website.

www.venueswest.wa.gov.au and also on the Athletics WA (AWA) website –

www.waathletics.org.au

Bennett	Brian	M60
Carse	Bert	M65
Cotton	Ian	M45



Dahl	Graeme	M60
Danby	Brian	M60
Dance	John	M60
Doust	John	M60
Dunn	Stephen	M40
Dybdahl	Bjorn	M55
Flanders	Maggie	W70
Fuller	Steve	M55
Hanson	Damien	M55
Henderson	Ralph	M60
Jamal	Fayaz	M55
Jones	Stan	M80
Langford	Jim	M65
Martin	Keith	M65
Medcalf	Gordon	M80
Midolo	Jill	W60
Mison	Michele	W60
Mort	Simon	M50
Neville	Bob	M75
Ogden	Gary	M50
Osborne	Neal	M50
Plackett	Julie	W40

THERE were some errors in results for the Uni Event, Sunday June 7.

Corrections are:

10K WALK

David Smyth 57:54

5K RUN

Bernard Mangan 19:11

Dante Giacomini 21:14

Grant Owens 21:43

Ivan Brown 23:00

Fees

For charges and other info refer to these websites.

Dates

Weekdays – 7am/9.30am;

3.30pm/7.30pm

Weekends – 8am/4pm

Public Holidays – Closed

Happy Birthday – August members!

Ralston	Garry	M50
Reid	Chris	M45
Ribbink	Kim	W40



Richards	Norm	M70
Sanders	Susan	W55
Sheehan	Danny	M55
Smith	Bronwyn	W35
Solomon	David	M45
Stanger	Beryl	W65
Sullivan	Peter	M50
Szabo	Sylvia	W50
Turner	Shorty	M70
Viala	Pierre	M60
Whittam	Jeff	M75
Wood	Julie	W60

Corrections

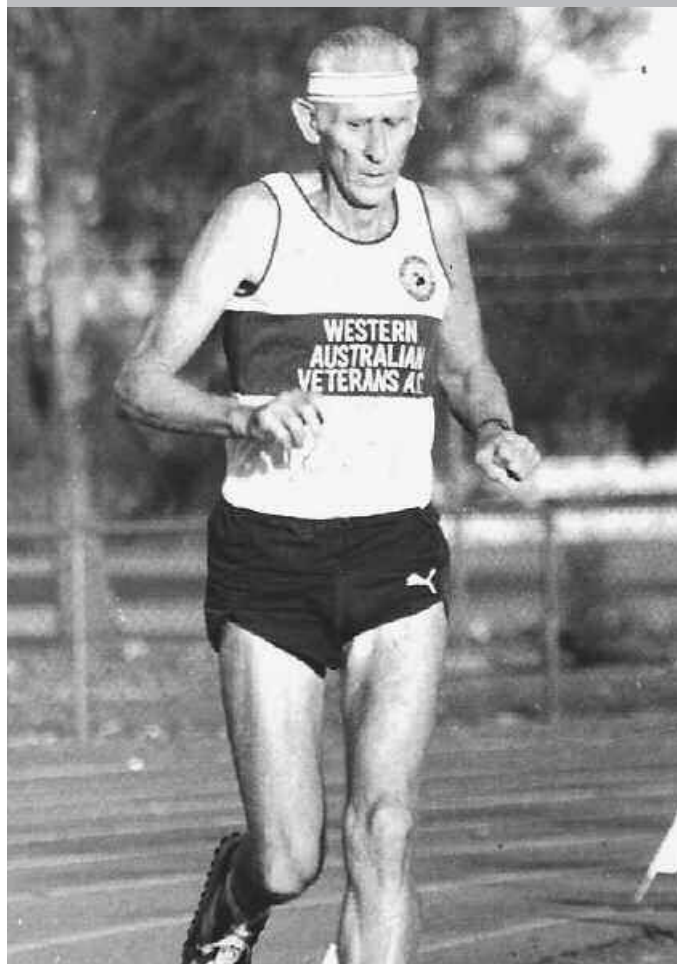
Raymond Gimi 23:30

Barbara Blurton 24:08

Also, in the RRC/RWC feature Elaine Dance was shown as completing two; she's actually done six.

Apologies all, but Barrie Thomsett (the expert) had the temerity to take a holiday!

PROFILE



MERV MOYLE *by* Merv Moyle

I JOINED the WA Veterans AC – now Masters – 34 years ago, on December 6 1975. At that time we had ten members and would meet each Sunday morning at McCallum Park for our run around the bridges.

I won the Cliff Bould handicap event in 1992 at my 15th attempt, due no doubt to a good handicap, just beating Joe Stickles by ten seconds.

During my running days I was very competitive. It was said that if I stopped talking it must be near the end of a race – usually about the 8k mark in a 10k run.

In 1978 Merv ran the first of three marathons.

1978 Sept 17,	Herne Hill	3:45:35
1979 July 24,	Perth	3:51
1981		3:49:55

City to Surf

Merv missed only one City to Surf between its inauguration in 1976 and his swansong in 2003. In 1976, aged 49, he and did it in 59:16; in 2001, aged 74, he took 66:08. 2003 was not a good year.

After jarring my knee at the Subiaco subway I continued, virtually on one good leg, and finished in 81:44.

Later that year I injured my hip and needed a replacement, and that was the end of my running days. But I have still been able to compete in walks.

A car incident in May 2008 was another setback.

The car was a write-off and it was decided that would not replace it, so I'm now unable to attend the Sunday mornings – except for some of the 7.30 starts when my daughter can drive me.

I have enjoyed my days of walking with the club, but now I walk for about 30 minutes every day where I live, at the RAAF retirement village at Bullcreek, followed by another 30 minutes every afternoon in the heated pool.

You write...

Dear Vic

I would be most grateful if you could find room in the Vetrun for me to thank sincerely all those members who rang, visited and sent cards wishing my speedy recovery from recent surgery.

Sincerely, Rae McMillan

Triple success

RAE underwent heart surgery and is recovering well. Our thanks go to Rob Shand for keeping Vetrun informed - about Rae, Mary Heppell and himself. For all three have been hospitalised in recent weeks.

Mary, whose sight is limited, needed medical procedures to prevent what could have been total loss of vision.

I was please to hear from Rob that Mary came through that well.

Finally, Rob himself is now recovering after surgery that followed a heart attack.

In typical Rob Shand style, he told me that he was quite affronted to suffer such a state of affairs, being the clean-liv-

Want to join the barrow-push?

Hi

We are in Darwin for another two days before heading west to Kununurra and slowly down the west coast to arrive in Perth in late September. We are having a great time and can't believe that we have been on the road for ten months!

We are coming to Lewana and David is hoping to run with his barrow from Lewana with Brian Bennett (and others who are willing to join him) on Monday 28th September to arrive at Canning Bridge Applecross (Raffles carpark) Saturday 3rd October. They will then run from there the next morning to the Masters run at Wireless Hill Sunday 4th October at approximately 9.30am.

Kind regards

Jo and David

Ph: 0411 747 022

E: jo@aussiedust.com

W: www.aussiedust.com



Raema



Rob



Mary

ing, all-action man we know. When he interrogated the medicos, as to why a non-smoking, non-drinking, fit athlete should have cholesterol high enough to hang Ned Kelly he was told there were two good reasons - being male, and getting older. Onya Rob.

VW

Two kinds of walker?



My View...

by

Vic Waters

I KNOW some people say the only good walker is a dead one. Can't subscribe to that. (Well, have to keep in with them, bound to have to join them one day.)

Seriously, watching Stan Jones gamely circuiting Coker Park on his two game hips, I was reminded that many of our older walkers are physically incapable of conforming to the niceties of race-walking etiquette.

They might travel faster than some runners, but are not strictly kosher.

Lost members

This incapacity - and some lack of tolerance from their fellows - has lost us at least one member, possibly more. Others walk only on the roads because they know they'll be red-flagged in track championships.

Solution

There has to be a way to accommodate everyone who wants to walk in good company, and also be competitive.

According to Stan Jones there is a way.

He says that in the UK walkers can compete in two categories. I suppose you could dub them 'strict' and 'lax'?

Officials accept that the latter contestants can't move along according to the rules.



Stan Jones

If we take a more tolerant attitude towards members who just want to have a fast walk, perhaps more would have a go.

Splitting the Sunday walk results into 'strict' and 'lax' might mean a tiny bit more work for Barrie and the recorders. As for the track championships, I'll let that one go through to the keeper (Barbara Blurton) for comment!

Inaugurals augur an ageing membership

THE latest instalment of new State records provided by Campbell Till is inspiring. In the Road Racing Championship (June 14) three runners set new marks. In the 15k Kathy Barr set an inaugural W70 record of 1:49:16, and another inaugural record was set by the flying philatelist, Cec Walkley, an M80 25k time of 3:28:16.

Also in the 25k event, Gillian Young improved Marg Forden's 2003 record by more than four minutes with a 2:07:05.

Track

Back on the track, Irwin Barrett-Lennard is still showing his versatility with three M80 sprint records in one night!

He began with an inaugural 60 metre time of 10.8, then comfortably broke Don Frearson's 200 metre time with a 36.5m and finally improved his own 400 metre record by a second, in 85.3. All valuable speed work before heading off to Lahti!

Downside?

These are all great performances by dedicated runners which inspire us all. But I believe there might be a down-side.

Many years ago - perhaps ten? - the late Brian Foley suggested that our average membership age was too high (I think it was in the mid-40s) and the club should make efforts to recruit more, younger, people.

Today, that average has probably increased rather than reduced.

So many of our members are fitter in later life that we are seeing new records in age

groups that were previously uncontested.

Over 65s

A snapshot comparison of membership lists shows that in 1992 - with a membership of approx 420 - 37 were over 65.

In 2009 - with a roughly similar total membership - we have 159 who are 65-plus!

The runners making headlines are in the most senior ranks.

Perhaps Brian's fears that the club would dwindle without young recruits were unfounded. Maybe our club will remain buoyant because more members will live and remain active for longer?

Officials needed for interschool athletics carnivals

ASSOCIATED and Catholic Colleges require athletics officials to work at this year's inter-school athletics carnivals at the State Athletics Stadium in September.

Payment for each official will be \$100 per carnival.

Dates are September: 14, 16, 17, 18, 21, 22 & 23 September, times, 8.20am-2.15pm.

Interested?

If you would like to help please just send your details through to the ACC office. Email is preferred.

Give your name, address,

phone number and/or email address, together with your athletics experience, and dates when you are available. ACC contacts are:

email:

cotter.anne@cathodnet.wa.edu.au

Phone: 9241 5201

Fax: 9241 5203

PO Box 1037

SCARBOROUGH WA 6922

COMING EVENTS DESCRIPTIONS

September 6 Bardon Bash

Along bike path, turn right past golf club then across Clarkson Rd. 7k turn is before Tranby house, 13k turn after passing under Garrett Rd Bridge. Take extra care on Swan View Tce.

September 13 Mattagarup

10k is from Burswood Park to Windan bridge. GO UNDER then turn right, twice, and go over the bridge, and along path. Turn back opposite East Perth rail terminal. Back along the riverside path, turn right and go under bridge. Follow path next to river, turn right into Brown St, left and over footbridge, right and follow Claisebrook to Royal St.

Turn back to footbridge but DO NOT go over it. Instead, continue on along bike path to Causeway. Go under bridge, then right, over bridge to the other side of river. Go

right under bridge and back to Burswood.

For the 5k event, go under Windan Bridge but DO NOT turn right once on top of bridge. Instead, proceed towards racecourse. Turn back is about 150m along path.

September 20 Whiteman Park

Out and back on sealed and unsealed paths. All sealed for 5k event. In 10k from about 4k to about 6k course is a loop.

Sept 27 Racecourse

From Burswood Park, upstream. 5k turn is about 300m after going under the Windan bridge and following the path. 5k turn is same as for Mattagarup event. The racecourse is on your left, take care when crossing entrance road. From 3.5k to turn for 10K event take care as path has hills and curves.



Golden Oldy-field

CONGRATULATIONS John Oldfield, this year's M65 Steeple gold-medallist at the British Masters Athletics Championships.

Despite carrying an injury from UK to Finland, John has been competing well at Lahti - and still making time to compile results and write his online blog. Read it all at www.xanga.com/MAWAinFinland

A man sat at a metro station in Washington DC and started to play the violin; it was a cold January morning. He played six Bach pieces for about 45 minutes. During that time, since it was rush hour, it was calculated that thousand of people went through the station, most of them on their way to work.

Three minutes went by and a middle-aged man noticed a musician playing. He slowed his pace and stopped for a few seconds and then hurried up to meet his schedule.

A minute later, the violinist received his first dollar tip: a woman threw the money in the till and without stopping continued to walk.

A few minutes later, someone leaned against the wall to listen to him, but the man looked at his watch and started to walk again. Clearly he was late for work.

The one who paid the most attention was a three-year old boy. His mother tagged him

Mullaloo is only on August 23!



Director Johan - he's not confused!

DON'T be confused, there is only one Mullaloo Beach Run and it's on August 23 at 8am. The walk starts at 7.30am.

In our last edition, page 2, the date was incorrectly given as the 17th.

New Members Welcome to WA Masters!

872 FORD Stephen M30
873 OW Mung Hong M70
874 CROUCH Regina W40
875 BRUCE ALAN M55

What else are we missing?

along, hurried but the kid stopped to look at the violinist. Finally the mother pushed hard and the child continued to walk turning his head all the time. This action was repeated by several other children. All the parents, without exception, forced them to move on.

In the 45 minutes the musician played, only six people stopped and stayed for a while. About 20 gave him money but continued to walk their normal pace. He collected \$32. When he finished playing and silence took over, no one noticed it. No one applauded, nor was there any recognition.

Concert

No one knew this but the violinist was Joshua Bell, one of the best musicians in the world. He played one of the most intricate pieces ever written with a violin worth 3.5 million dollars.

Two days before his playing in the subway, Joshua Bell sold out at a theatre in Boston and the seats average \$100.

This is a real story. Joshua Bell playing incognito in the metro station was organised by the Washington Post as part of a social experiment about perception, taste and priorities of people. The outlines were: in a commonplace environment at an inappropriate hour:

Do we perceive beauty? Do we stop to appreciate it? Do we recognise the talent in an unexpected context?

One of the possible conclusions from this experience could be:

If we do not have a moment to stop and listen to one of the best musicians in the world playing some of the best music ever written, how many other things are we missing?

Thanks to John Bell for contributing this thought-provoker. VW

John has also sent in extracts from the website of Dr John Tickell, on Wellness. The lengthy information has been posted on our own website: look under Vetrun Extra.

Sharks

FREMANTLE

July 12, 2009

Director: Paul Martin



Above, handicap winner Graeme Uren pointed home by Paul Martin; left Genevieve Spiro, lifting her game since the Perth marathon.



Carol Bowman and Sarah Ladwig

10K HANDICAP

V10		62:52	
Graeme Uren	M40	63:07	18:36
Peter Bath	M65	64:13	14:00
Lorraine MacLennan	W40	65:09	16:06
Richard Danks	M65	65:33	03:12
Tanya Burke	W35	65:37	08:06
Jim Barnes	M65	65:40	03:06
Bronwyn Smith	W35	65:47	07:48
Nick Miletic	M55	66:04	16:42
Gavin Howard	M45	66:15	13:00
Frank Smith	M65	66:33	23:30
Blake Stevenson	M35	66:41	28:00
John Mack	M65	66:53	16:30
Tristan Bell	M40	66:53	23:00
Maurice Creagh	M60	67:00	17:06
John Doust	M60	67:01	18:42
Bob Lane	M60	67:02	27:12
Alan Thorniley	M55	67:10	14:06
Claire Walkley	W40	67:15	16:42
Carol Bowman			
Sarah Ladwig	W60	67:18	11:42
Ian Cotton	M40	67:18	22:36
John Allen	M50	67:31	27:12
Genevieve Spiro	W40	67:32	10:42
Rod Hamilton	M45	67:35	28:54
Bryan Hardy	M65	67:39	18:12
Brian Bennett	M60	67:48	24:00
Brian Smith	M70	67:54	07:54
Pam Toohey	W60	68:01	10:06
Bob Schickert	M65	68:05	20:42
Irwin Barrett-Lennard	M80	68:09	18:06
Theresa Howe	W55	68:12	12:18
Les Smith	M50	68:23	09:12
John Dance	M55	68:25	11:54
Lorraine Lopes	W65	68:37	16:42
John Ellard	M65	68:43	12:12
David Carr	M75	68:57	19:18
Ross Keane	M45	68:58	24:42

Vic Beaumont	M75	68:58	01:54
Kathy Burr	W70	69:09	00:00
Mike Khan	M60	69:16	17:06
Kerrie Stevenson	W35	69:26	19:06
Graeme Dahl	M55	69:29	23:48
Karen March	W45	69:30	23:12
Cecil Walkley	M80	69:47	05:48
Milton Mavrick	M55	70:14	11:06
Heiner Huning	M50	70:25	16:06
Rochelle Airey	W40	70:25	06:36
Margaret Bennett	W65	70:35	00:00
Mike Rhodes	M60	71:01	05:30
Neil McRae	M55	71:12	24:48
Ray Hall	M75	71:59	05:42
Mike Hale	M60	75:17	22:06
Graham Thornton	M65	75:19	17:30

10K WALK

Elaine Dance	W55	77:32	
Ron Mead	M55	77:34	
Garry Ogden	M50	83:50	

5K RUN

Bernard Mangan	M50	19:07	
Kim Thomas	M35	19:57	
Bruce Wilson	M60	22:42	
Mark Elms	M40	22:11	
Margaret Saunders	W55	22:19	
Ivan Brown	M60	22:33	
Bruce Mathieson	M65	22:51	
Raymond Gimi	M45	23:16	
John Brambley	M65	24:38	
V9		24:49	
V11		24:52	
Keith Atkinson	M50	25:04	
Johan Hagedoorn	M65	25:10	

Vic Waters	M65	25:35	
Damien Hanson	M55	25:37	
Delia Baldock	W45	25:43	
V4		25:57	
V8		25:59	
Melissa Young	W30	36:04	
John Dennehy	M45	26:45	
V3		26:59	
V7		27:47	
Dennis Hughes	M60	27:49	
V5		28:32	
Wendy Clements	W65	28:48	
Aldo Giacomini	M70	29:43	
V6		30:17	
Merv Jones	M65	31:50	
V1		33:40	
Anne Littlewood	W60	35:48	
Sheila Maslen	W70	35:49	
Julie Wood	W60	39:18	



Jeni Shillington, Rosa Wallis and John Smith

5K WALK

Steve Toohey	M55	45:41	02:55
Pat Carr	W75	46:03	02:04
Sylvia Byers	W70	46:11	09:17
Roger Walsh	M65	46:18	08:39
Linda Rhodes	W60	46:40	07:17:
Jeni Shillington	W50	47:44	09:35
Rosa Wallis	W65	47:46	07:17
John Smith	M70	47:50	09:41
Jeff Whittam	M70	47:59	09:36
Margaret Warren	W70	48:07	07:37
Bob Fergie	M70	48:19	09:56
Lorna Lauchlan	W75	48:27	07:38
Dorothy Whittam	W70	48:54	06:38
Ann Turner	W70	49:59	06:44
Norm Miller	M75	49:59	00:00
Pat Miller	W70	50:05	00:00
Richard Harris	M70	50:59	00:00
Morris Warren	M70	51:26	00:00
Shorty Turner	M70	55:32	06:44
Jan Jarvis	W60	55:33	00:00



Flying finish: Ross Keane and David Carr

Darlington Dash

26 July 2009

Director: Delia Baldock

A BRAVE few tackled the Darlington course from Glen Forrest this year - the challenge being having the down leg first and then coming back uphill! Numbers were down with some of our members off to Lahti and others injured leaving Steve and Pam Toohey to win the Dick Horsley Trophy unchallenged. This year the course was 7km and 14km. Well done on your great effort!

Thank heavens the heavens didn't open as the ground was still a little wet in places but most of the track was good - some enjoyed it so much after one lap they went back for a second go, but maybe they were just still cold!

Bernard Mangan and Carol Bowman were first in the short run and Lachlan Marr and Karen March took out the long run.

Road crossings

Thanks to all my sterling helpers - and on their behalf there's one point that must be stressed.

Competitors, please remember that at road crossings we are NOT allowed to stop the traffic. Runners must give way to vehicles and follow the marshal's instructions. This is imperative for your safety.

Tea

Unfortunately we couldn't have our normal morning tea facilities this year but everyone soon found the local coffee shops and I brought along a few cakes in recompense, which seemed to go down well. Next year we plan to be back at the hall. My advice - everyone quickly go out and get married so you can enter the trophy competition next year!!

Delia

DICK HORSLEY TROPHY

2.26.52 Steve Toohey and Pam Toohey



'90% of life is just showing up on time':
Woody Allen.

Pam and Steve Toohey proved him right.



Delia

14K RUN

Lachlan Marr	M45	57:38
Peter Sullivan	M50	61:08
John Allen	M50	62:59
Karen March	W45	69:52
John Bell	M60	70:34
Ross Keane	M45	71:42
Lorraine MacLennan	W40	72:49
Nick Miletic	M55	74:35
Sean Keane	M45	75:39
Mike Hale	M60	76:58
Maurice Creagh	M60	77:55
Bruce Mathieson	M65	77:56
Gavin Howard	M45	82:17
John Ellard	M65	85:28
Brian Smith	M70	90:47
Pam Toohey	W60	91:11
Vis 1		92:20
Bronwyn Smith	W35	94:47

7K RUN

Bernard Mangan	M50	28:47
Jim Klinge	M60	30:59
Ross Keane	M45	34:16
Frank Gardiner	M55	35:13
Dave Roberts	M65	37:11
Carol Bowman	W50	38:47
Keith Atkinson	M50	38:52
Mark Dawson	M45	39:11
Sarah Ladwig	W60	40:54
Heiner Huning	M50	41:41
Melissa Young	W30	41:47
John Byrne	M60	43:35
Les Smith	M50	44:43
Denise Viala	W55	51:42
Vic Beaumont	M75	52:07
Steve Toohey	M55	55:41
Margaret Bennett	W65	60:54

14K WALK

Peter Ryan	M55	1:57:02
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7K WALK

Ray Hall	M75	56:38
John Smith	M70	60:29
Jeff Whittam	M70	62:21
Roger Walsh	M65	62:22
Ann Turner	W70	70:39
Jennie Lee	W55	70:40
Shorty Turner	M70	74:24

PERTH MARATHON July 5, 2009

Sprinters can run distance too!

CHRIS Neale is a sprinter but took the challenge of running the marathon this year, finishing in 4:01:14. Then two days later he turned up for his usual sprint session at the track on Tuesday, running sets of 40m, 60m 100m and 200m. He did say he wasn't running flat out!

A quick shower saw him back in work clobber and he was last seen heading for the office. He thought he might have a massage later in the day!

Jackie Halberg

CONGRATULATIONS to all MAWA members who finished, including a few surprise runners like Chris Neale, who is a short track race specialist and Genevieve Spiro who ran her first, of many?

Our first man home was Steve Giles, in 34th place overall and first woman was Karen March, 99th.

Well done Christine Pattinson, W53, who wins the Jim Barnes trophy for the best aged graded performance. Her percentage is 77.5. Steve Giles was next best with 73.9% followed by Karen March, 73.3% and Marg Forden 73%.

In the list below, * by the age indicates a gold medal winner.

Many thanks to the MAWA helpers including Jackie Halberg, Keith Atkinson, Delia Baldock, Shorty and Ann Turner, Merv Jones, Sean Keane, Tristan Bell and Helen Lysaght.

Bob Schickert

34	Steve Giles	M50	3:10:25
76	Peter March	M45	3:25:06
90	Peter Sullivan	M50	3:28:58
99	Karen March	W45	3:30:05
102	Steve Robey	M45	3:30:37
120	Chris Pattinson	W50	3:34:28
125	Prabuddha Nicol	M50	3:36:44
136	Brian Bennett	M60	3:38:06
177	Brian Danby	M60	3:44:51
189	Keith Miller	M60	3:49:07
210	John Bell	M60	3:53:03
211	Trisha Farr	W35	3:53:07
214	Don Pattinson	M55	3:53:35
255	Chris Neale	M40	4:01:14
269	Eldon George	M35	4:05:54
279	Viv Lok	W50	4:09:28
308	Nick Miletic	M55	4:16:47
329	Gary Carlton	M50	4:22:49
330	Geraldine Carlton	W40	4:22:50
334	Carol Bowman	W50	4:25:17
340	Kim Ribbink	W40	4:26:56
350	Stephen Dunn	M40	4:35:49
363	John Pellier	M65	4:40:06
366	Genevieve Spiro	W40	4:41:00
372	Marg Forden	W65*	4:43:33
415	Julie Keeley	W40	5:18:19
423	Fiona McAuley	W55	5:43:17
429	Cecil Walkley	M80*	6:06:05

Mill Point Rd Championships

Director: Milton Mavrick

July 19, 2009

10K RUN MEN

Tom Tralau	M35	48:57
Brett Roach	M40	35:18
Chris Frampton	M40	44:00
Lachlan Marr	M45	38:14
Chris Reid	M45	41:37
Ross Keane	M45	42:52
Grant Owens	M45	44:53
Trevor Scott	M50	36:50
Peter Sullivan	M50	40:09
John Dance	M55	55:48
Jim Langford	M60	40:15
Bruce Wilson	M60	41:48
Jim Klinge	M60	42:03
Brian Bennett	M60	43:00
Mike Hale	M60	46:43
David Muir	M60	47:10
John Bell	M60	47:23
Maurice Creagh	M60	47:57
Mike Rhodes	M60	64:02



Frank Smith	M65	44:21
Bob Schickert	M65	46:25
Bruce Mathieson	M65	47:36
Bryan Hardy	M65	50:03
John Ellard	M65	55:53

10K RUN VIS

Vis 1		71:32
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5K RUN

Greg Vander Sanden	M50	19:28
V3		20:02
V4		21:25
Dante Giacomini	M40	21:34
Margaret Saunders	W55	22:55
V5		24:55
Mark Hewitt	M55	25:01
John Brambley	M65	25:24
Johan Hagedoorn	M65	26:01
John Dennehy	M45	26:16
Delia Baldock	W45	26:26
Melissa Young	W30	27:47

Brian Smith	M70	59:24
Vic Beaumont	M75	67:27
Cecil Walkley	M80	61:26

10K RUN (WOMEN)

Bronwyn Smith	W35	57:06
Claire Walkley	W40	48:22
Genevieve Spiro	W40	51:51
Regina Crouch	W40	67:33
Karen March	W45	43:24
Shirley Bell	W60	48:17
Sarah Ladwig	W60	55:46
Pam Toohey	W60	57:37
Jackie Halberg	W60	61:36
Kathy Burr	W70	69:51

10K WALK (MEN)

Roger Walsh	M65	74:40
Bob Fergie	M70	80:52
Jeff Whittam	M70	81:06

10K WALK (WOMEN)

Jeni Shillington	W50	79:38
Elaine Dance	W55	77:01



Val Millard	W60	69:59
Lynne Schickert	W65	74:37
Ann Turner	W70	86:26

Dennis Hughes	M60	28:45
Aldo Giacomini	M70	30:10
Alan Bruce	M55	34:42
Denise Viala	W55	34:53
Richard Danks	M65	35:01
Sheila Maslen	W70	35:59
Steve Toohey	M55	40:50

5K WALK

John Frost	M70	37:37
Peter Hopper	M60	37:45
Tristan Bell	M40	51:14
V2		51:15
Pat Miller	W70	51:58
Richard Harris	M70	51:59

COMING EVENTS and helpers list

SEPTEMBER 6

BARDON BASH

Directors: Mike Hale - 9370 1523 and Brian Bennett - 9275 0169
Graham and Pat Ainsworth, Graeme Dahl, Dee Haines, Rod Hamilton, Peggy Macliver, Lesley Romeo, Brian and Pam Smith, Bronwyn Smith, Jeff and Wendy Spencer, Ann and Shorty Turner

SEPTEMBER 13

MATTAGARUP

Director: Wayne Pantall - 9362 3715
John Brambley, Brian and Sue Danby, Dianna Hurring and Russell Metham, Valerie Millard, Michele Mison, Syd Parke, Sylvia Szabo, Frank Usher

SEPTEMBER 20

WHITEMAN PARK

Director: Brian Hardy - 9342 7692
Mike Khan, John Mack, Graeme Neill, Margaret Saunders, Alan Thorniley, Mary Young

SEPTEMBER 27

RACECOURSE

Director: Bruce Mathieson - 9359 0607
Tristan Bell, Sylvia Byers, Tessa Brockwell, Kay Burt, Chris Frampton, John Frost, Niamh Keane and Mike Hodgson, Julie Keeley and Will Robe, Anne Littlewood, Gary Ogden, Neil Osborne

OCTOBER 4

WIRELESS HILL

Directors: Barry and Leonie Jones - 9364 1857
Charlie Chan, Maree Creighton, Graeme Dahl, Wendy Duncan, Elaine and John Ellard, Irene Ferris, Maggie Flanders, Aldo Giacomini, Alan James, Trish Knox, Lorraine Lopes, Peggy Macliver, Dalton Moffett, Bob and Liz Neville, Rosa Wallis

ALL HELPERS – contact your director and confirm if you are available. If not, also call Jeff Bowen on 9382 2628 to be re-assigned.

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John Gilmour

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Vetrain

SEPTEMBER
2009
No. 426



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Vale

ROBIN BONNER

June 18, 1931 -
August 8 2009

by
Jim Barnes



MEMBERS who ran while Robin was a regular with our club will tell you that he was a extremely determined and aggressive person when he ran. Asking around those who knew him say they liked him and his wife Val very much.

When Robin was born, in Wellington, NZ, it was the depression and a very hard time for a childhood. He was 13 when he and his sister were sent to a home as his mother was ill and unable to care for them and their father was at sea in the wartime New Zealand navy.

Robin's determination was shown at this early stage of life, when he travelled 40 miles - on foot - to see his mother in Wellington.

Rugby

He was also a talented rugby player, chosen in a representative side to play the curtain-raiser for an All Blacks test match when only 17 years of age.

Turn to P2

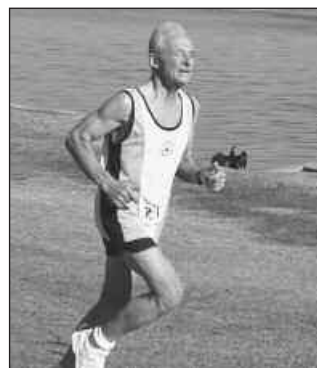
Championship athletes return with WA records

ACHIEVEMENTS by WA athletes at the World Championships this year are placed in some perspective when you consider that around 4,500 people from 86 countries took part.

These are the WA records our competitors set at Lahti, plus one AR, by Peggy MacLiver. WA athletes may have also featured in national relay records, but that information is still to come.



Don Chambers
300mH M70 53.74
Pole Vault M70 2.00m =
Decathlon M70 5517 pts



Irwin Barrett-Lennard
400m M80 85.53 =
800m M80 3:23.30
10,000m M80 51:34.24



Lynne Choate
100m W55 14.41 =



Bert Carse
2000mSC M65 8:05.83



Peggy MacLiver
100m W65 15.51
200m W65 32.49
200m W65 32.15
400m W65 73.24 (AR)

David Carr
M77 400m in 67.67 -
and this is a 99.4

You write...

Very nice walkers

CONCERNING the older walkers: Vic, is your article a red herring, to divert from the real problem? Which is – running periodically, during a race-walk/walk.

Sunday walks are for everyone – serious or casual – and we shouldn't be too worried about style for the relaxed walkers as long as they don't run.

I think there has always been tolerance towards those walkers with physical problems, eg bent knees, painful hips etc. and some credited



judges have allowed for that in championships.

There is a difference between our Sunday Runs and championship events where standards are aimed at and judges are present. It is a specific sport we train for. With best intentions we can break the rules and get cautions. So for Sundays, I see no need for different labels for walkers, but if some one is seen running during the race the recorder should put down 'running'.

Lorna Lauchlan
(very much 'alive' walker!)

Hailing 'Tradition'

ONE of the things I look forward to is the pre-race pantomime with the loudhailer.

The race director picks it up and speaks down the pointy end and expects little to happen. That is because it rarely hails and certainly not loudly.

Robin Bonner

from page 1

For a few years Robin lived a solitary life deep in the bush of NZ cutting timber. Running was taken up late but in his mid-fifties Robin was able to run a 2:49 marathon, and 36 minutes for 10km. His last run was in October 1998 at Bickley, a tough course. But with back problems and injuries he was unable to continue and never returned to running.

Robin was a quiet, but not unfriendly man, an atheist but you never knew it, a family person with much compassion (he admired Gandhi's ideas).

In November last year Robin was operated on for brain cancer; the cancer progressed and he died at Kalamunda on 8th August.

His great mate Mick Cousins said of him, "a nicer man you could not meet."

We all send our condolences to Val and her family.

Jim Barnes



No doubt the march of progress means that one day a brand new machine will be purchased.

That is fine but in a club like ours traditions must be maintained. I would suggest a time delay is incorporated such that the first few sentences are inaudible. This will allow the race director to register surprise and even mock anger before getting down to the serious business of the day.

John Smith

Perhaps the race director could also speak with tongue-in-cheek, John?

VW

Mary's 'thanks'

Dear Vic

I should like to thank our Friday running group for sending me flowers when I was in hospital recently, and also thank friends who visited and made phone calls.

Special thanks to Jackie Halberg who recognised that I was having a stroke and drove me home from Deepwater Point (on Sunday May 31.)

**Thank-you to all,
Mary Heppell**

Mullaloo Scandal!



My View...

by
Vic Waters



Caught hand-in-hand by a frozen paparazzo at Mullaloo: I would have thought nothing of it, but he signed in at the recording table as 'Smith'!

Distraught after a 'wardrobe malfunction' cost him X/C victory over Brett? No, Scotty's just embarrassed being seen in odd shoes.



Happy BIRTHDAY –

September Members

Aldrich	Brian	M75	Neville	Liz	W55
Beaumont	Jacqui	W70	O'Reilly	Mike	M70
Bennett	Margaret	W65	Pantall	Wayne	M55
Bullen	Sue	W50	Parke	Syd	M55
Cornish	Bruce	M60	Pattinson	Don	M55
Doust	Beryle	W60	Presland	Les	M70
Edmonds	Keith	M40	Scott	David	M60
Frost	John	M70	Uren	Graeme	M40
Giacomin	Dante	M40	Usher	Francis	M85
Hayres	Bob	M75	Warren	Morris	M70
King	Robin	W50	Whalan	Roger	M65
Langford	Margaret	W60	Wilson	Barbara	W55
Leggett	Arthur	M90	Wilson	Bruce	M55
Lockwood	Stan	M80	Worner	Basil	M75
McAuley	Duncan	M60	Wright	Rhod	M60

Live long (and healthy) and prosper!

(with apologies to Mr, not Dr Spock)

KEVIN Rudd noted that as part of the Government's new health platform, one of the dot points was an increase in life expectancy of two years.

If our head honcho is trying to save money by implementing this as part of his health reform, two years extra is not a good idea.

Keeping people alive at the back end of life costs an absolute fortune, so adding another two years of arthritis, diabetes, heart and blood pressure pills, sleeplessness and mental disorders is a recipe for financial disaster.

We spend around half our health care bill (sorry – 'sick care' bill) on people in the last few months of their life.

What we really need is an increase in health expectancy,

not life expectancy. If we ever get to 87, do we want to be diabetic, arthritic, can't hear, can't see, can't move? Surely we would rather be healthy, not unhealthy.

And do you know who has prime responsibility for that?

You, us, and we – as individuals and role-models.

But it's a tough road to travel with all that bad food out there and the increasing inactivity that modern life promotes.

Life is a bunch of choices. Your call.

John Bell

10Km State X/C Championships

KINGS PARK

August 16, 2009

Director: Ralph
Henderson



Left, Nick Miletic, David Carr and Ray Attwell. Above, Duncan McCauley, Tom Tralau and Grant Owens.

10K RUN

WOMEN

Melissa Young	W30	56:18
Kerrie Stevenson	W35	48:47
Tanya Burke	W35	57:31
Lorraine MacLennan	W40	49:37
Julie Keeley	W40	62:07



New star among our women runners is Sue Zlnay, first female home in Kings Park and at Mullaloo (page 6).

Sue Zlnay	W45	44:23
Delia Baldock	W45	54:41
Basia Lis	W45	57:42
Kay Burt	W50	48:30
Carol Bowman	W50	53:28
Theresa Howe	W55	61:10
Denise Viala	W55	69:36
Gillian Young	W60	49:23
Sarah Ladwig	W60	56:59
Val Millard	W60	61:38

YET another change of course this year, thanks to the Kings Park Board! Still I only had one complaint, so it must not have been too bad and from a safety point of view, it is better than the previous one, as it has no road crossings. Apologies to the walkers as it appears that your course was a bit further than I thought. Although I got a bit wet marking out the course earlier, it at least stayed dry for the duration of the run and I am pleased to say that no one reported getting lost. Thanks to the competency of all my willing helpers the event went off without a hitch. So a big thank you to marshals Anne Jones, Tom Clarke, Neil Mcrae, John Brambley and Mike Anderson, timekeeper Mark Hewitt, recorders, Barb and Terry Humphrey and drinks, Sandra and Karl Stockman. The championship medals will be presented at the Presentation Lunch in September, so check the results in the Vetrun to see if you have won a place in your age group and come along to receive your medal. Hope to see you all again next year.

Ralph Henderson

Lorraine Lopes	W65	54:35
Margaret Bennett	W65	75:52

V5	40:30
V7	46:29
V4	59:17
V6	62:57

MEN

Blake Stevenson	M35	38:55
Tom Tralau	M35	45:57
Brett Roach	M40	36:30
Steve Hossack	M45	41:46
Chris Reid	M45	42:41
Ross Keane	M45	43:36
Grant Owens	M45	46:00
Sean Keane	M45	49:16
Gavin Howard	M45	52:14
Trevor Scott	M50	38:31
Bernard Mangan	M50	39:47

Barry Jones	M50	50:23
Heiner Huning	M50	55:30
Les Smith	M50	59:32

Paul Hughes	M55	42:16
Duncan McCauley	M55	45:55
Danny Sheehan	M55	46:00
Nick Miletic	M55	52:52
Alan Bruce	M55	57:54

Jim Klinge	M60	41:46
Brian Bennett	M60	47:38
Ivan Brown	M60	48:02
Mike Hale	M60	48:13
Mike Khan	M60	52:39
Mark Rosen	M60	55:05



An early bath? First M65 home, Peter Bath.

Peter Bath	M65	52:27
Paul Martin	M65	54:17
John Ellard	M65	56:05
Jim Barnes	M65	67:14



Lorraine MacLennan, 1st W40; another newer member making a mark.

Ray Attwell	M70	52:54
Steve Barrie	M70	59:56
David Carr	M75	52:57
Vic Beaumont	M75	69:50
Irwin Barrett-Lennard	M80	50:58
Cecil Walkley	M80	61:39



Fast-finishing M60 Jim Klinge caught M45 Steve Hossack to share 41:46 for 10K.

5K RUN

Paul Burke	M35	21:20
Darryl White	M50	22:10
Ian Cotton	M40	22:13
Kerriann Bresser	W40	22:38
Gary Fisher	M55	23:44
Dave Roberts	M65	23:58
V8		25:13
Vic Waters	M65	25:47
Johan Hagedoorn	M65	26:00
V2		27:39
Roger Walsh	M65	28:48
John Dance	M55	29:03
Aldo Giacomini	M70	30:29
Mike Rhodes	M60	30:37
Jeff Spencer	M65	31:05
Fiona McAuley	W55	31:05
Graham Thornton	M65	31:25
Arnold Jenkins	M65	31:34
Merv Jones	M70	32:09
Regina Crouch	W40	34:11
Kevin Hynds	M40	36:01
Anne Littlewood	W60	37:12
Julie Wood	W60	38:07
Pierre Viala	M60	38:08
Ray Lawrence	M80	44:14
Pat Carr	W75	50:17

Club Cross Country Championships

JORGENSEN PARK
KALAMUNDA
August 9, 2009

LAHTI-lag reduced the field, so 'turn up and get a medal' prevailed. Dogs were still a nuisance but broke no bones this year. Breakfast was great, a credit to the catering team; we should do it every week. VW

8.5K RUN

Paul Burke	M35	39:55
Tom Tralau	M35	41:31
Andrew Brooker	M40	34:55
Tristan Bell	M40	41:21

6.75K WALK

David Brown	M60	50:28
Sylvia Byers	W70	52:36
Ray Hall	M75	52:36
Peter Hopper	M60	53:16
Elaine Dance	W55	54:43
Noela Medcalf	W70	54:44
John Frost	M70	54:44
Linda Rhodes	W60	56:36
Jeff Whittam	M75	56:54
Bob Fergie	M70	56:55
Kirt Johnson	M80	59:04
Elaine Ellard	W65	59:26
Patricia Hopkins	W65	59:39
Lorna Lauchlan	W75	59:41
V3		60:04



Sylvia Szabo enjoyed her birthday, walking with Masters.

Sylvia Szabo	W50	62:58
Ann Turner	W70	63:58
Jennie Lee	W55	64:59
V1		65:00
Sheila Maslen	W70	68:35
Pat Ainsworth	W70	76:17
Shorty Turner	M70	76:18

Lachlan Marr	M45	35:28
Ross Keane	M45	40:27
Gavin Howard	M45	49:23

Alan Gower	M50	34:33
Bernard Mangan	M50	35:30
John Allen	M50	37:48
Garry Ogden	M50	40:51
Stephen McClelland	M50	66:56

Paul Hughes	M55	38:16
Nick Miletic	M55	47:54

Jim Klinge	M60	38:29
Mike Hale	M60	42:52
Brian Danby	M60	43:14
Maurice Creagh	M60	44:32
Brian Bennett	M60	46:33
John Byrne	M60	55:25

Bruce Mathieson	M65	44:44
Vic Waters	M65	49:11
Arnold Jenkins	M65	63:50

Vic Beaumont	M75	66:57
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Tanya Burke	W35	54:59
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Lorraine MacLennan	W40	45:05
Julie Keeley	W40	56:10

Karyn Gower	W45	41:40
Denise McMorro	W45	44:36
Delia Baldock	W45	50:23

Carol Bowman	W50	48:19
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Margaret Saunders	W55	43:36
Barb Humphrey	W55	60:43

Shirley Bell	W60	47:10
Sarah Ladwig	W60	51:41
Val Millard	W60	61:49

Lorraine Lopes	W65	50:22
Margaret Bennett	W65	71:00

V4		44:02
V2		63:22
V3		63:22

5.6K RUN

Mark Hewitt	M55	29:37
Karen March	W45	32:43
Terry Humphrey	M55	35:42
V1		36:24
Dennis Hughes	M60	37:08
Ray Hall	M75	38:00
Lorna Lauchlan	W75	53:33

2.8K RUN

Dave Roberts	M65	14:50
Merv Jones	M70	19:00
Pierre Viala	M60	21:52
Toni Frank	W60	24:26

5.6K WALK

Jennie Lee	W55	54:59
Kirt Johnson	M80	55:07
Richard Harris	M70	62:12

8.5K WALK

Roger Walsh	M65	69:33
Jeff Whittam	M75	73:52
John Smith	M70	73:54

21.1K RUN**MEN**

Dirk Klicker	M35	81:54
Stephen Dunn	M40	2:19:46
Lachlan Marr	M45	83:05
Rod Hamilton	M45	84:30
Steve Hossack	M45	92:33
Ross Keane	M45	97:12
Mike Hodgson	M45	98:23
John Allen	M50	89:01
Wayne Taylor	M50	1:41:44
Chris Maher	M55	85:44
Neil McRae	M55	1:40:25
Nick Miletic	M55	1:54:34
Wrong number?	M55	1:58:47
Bob Lane	M60	91:04
Keith Miller	M60	98:53
John Bell	M60	1:40:08
David Muir	M60	1:41:37
Brian Danby	M60	1:43:00
Mike Hale	M60	1:46:20
Maurice Creagh	M60	1:56:56
Bruce Mathieson	M65	1:49:53
John Ellard	M65	2:02:48
John Pellier	M65	2:16:50
Ray Hall	M75	2:06:43
Cecil Walkley	M80	2:21:09

WOMEN

Sandra Stockman	W40	95:56
Lorraine MacLennan	W40	1:48:48
Karen March	W45	97:45
Basia Lis	W45	2:09:03
Viv Lok	W50	1:49:35
Carol Bowman	W50	1:57:02
Barb Humphrey	W55	2:03:38
Val Millard	W60	1:58:52
Sarah Ladwig	W60	2:03:51
Kathy Burr	W70	2:37:34

10K RUN

Ross Parker	M60	43:07
#N/A	#N/A	44:53
David Willmer	M55	44:56
Paul Hughes	M55	45:18
Kim Thomas	M35	45:24
Syd Parke	M55	45:48
Michael Karra	M40	46:20
Grant Owens	M45	46:40
Frank Smith	M65	46:54
Tristan Bell	M40	47:03
V1		47:33
Neale Osborne	M50	49:06
Wrong Number?		51:11
Niamh Keane	W40	51:15
Mark Dawson	M45	51:22
Bryan Hardy	M65	53:17
Barry Jones	M50	53:43
Keith Atkinson	M50	55:15
Karl Stockman	M45	55:54
Mike Khan	M60	56:13

Club Half Marathon**BURSWOOD PARK****August 2, 2009***Director: Jim Klinge*

SUNDAY morning turned out to be perfect, a sunny but cool day with hardly any breeze made perfect running conditions. The 6km and half-marathon turnarounds were well flagged and nobody had trouble locating them. The course was very accurately measured with a calibrated measuring wheel.

All kilometre intervals were clearly marked with a k-marker. Having a marker at each kilometre proved to be very popular with the runners and walkers and I had a lot of positive feedback.

The run attracted 115 runners and walkers. Thanks to all of you who competed and especially thanks to the volunteer helpers whose efforts made this a very enjoyable morning.

Dirk Klicker ran strongly to take overall first place in the half-marathon. The first half-marathon female runner was Sandra Stockman; top half-marathon female walker was Val Millard and the top half-marathon male walker Peter Ryan.

Jim

Paul Martin	M65	57:55
Heiner Huning	M50	58:12
Melissa Young	W30	58:42
Graham Ainsworth	M50	58:54
Terry Manford	M70	59:14
Tanya Burke	W35	59:35
John Dance	M55	59:44
V18		60:22
Richard Danks	M65	62:15
Jim Barnes	M65	68:33
Denise Viala	W55	71:27
Vic Beaumont	M75	72:26

6K RUN

Eldon George	M35	25:11
Amanda Walker	W40	25:25
Ralph Henderson	M60	25:34
Raymond Gimi	M45	27:15
Ivan Brown	M60	27:28
Dave Roberts	M65	29:42
John Brambley	M65	30:13
Mark Hewitt	M55	30:31
Leonie Jones	W45	32:05
Delia Baldock	W45	32:08
Damien Hanson	M55	33:03
John Byrne	M60	33:41
Mike Anderson	M60	33:52
Aldo Giacomini	M70	36:06
Wendy Clements	W65	36:22
Arnold Jenkins	M65	36:50
Graeme Neill	M45	37:02
Mary Young	W55	37:03
Merv Jones	M65	38:31
V8		39:44
V7		40:49
Anne Littlewood	W60	43:34
Kevin Hynds	M40	45:04

21.1K WALK

* Half-mara walk times shown are after subtraction of 32:05, from actual, as walkers started early.

Peter Ryan	M55	2:11:35
Roger Walsh	M65	2:14:05
Bob Fergie	M70	2:19:47
Elaine Dance	W55	2:16:49
Val Millard	W60	1:58:52

6K WALK

Sylvia Byers	W70	44:58
Rosa Wallis	W65	48:21
Linda Rhodes	W60	49:59
Kirt Johnson	M80	50:43
Ray Lawrence	M80	51:34
Dorothy Whittam	W70	52:29
Sylvia Szabo	W50	52:35
Sheila Maslen	W70	55:17
Alan Pomery	M75	55:34
Pat Miller	W70	61:30
V9		61:31
Richard Harris	M70	64:10
Norm Miller	M75	76:21

10K WALK

Peter Hopper	M60	83:20
Jeni Shillington	W50	87:24
Jeff Whittam	M70	87:26
Ann Turner	W70	94:54
John Smith	M70	94:55
Jennie Lee	W55	98:04



Above, first man in the half-marathon walk, Peter Ryan; below, 6K run winner Eldon George.





Above, Jennie Lee points the way for Ann Turner; top, long-term visitor now a welcome new member, Chris Reid; and below, another Smith, Bronwyn (Brian's daughter.)



LONG-WALKERS started 32 minutes early; first column is clock time, second shows actual walk time.

13K WALK

Roger Walsh	M65	1:42:21	70:21
Peter Hopper	M60	1:44:05	72:05
Alan Thorniley	M55	1:44:45	72:45
Bob Fergie	M70	1:47:39	75:39
Jeff Whittam	M75	1:47:40	75:40
Ann Turner	W70	1:55:15	83:15

8K WALK

Lorna Lauchlan	W75	77:19
Jennie Lee	W55	83:12

5K WALK

Patricia Hopkins	W65	45:05
Maggie Flanders	W70	53:28
Dorothy Whittam	W70	52:29
V6		53:55

A COLD and very windy day greeted the 70 or so runners and walkers who tackled the heavily undulating - but spectacular - coastline path from Mullaloo out towards Burns Beach.

The majority (perhaps very sensibly!) chose to do 5km, a few selected 8km and the 'usual suspects' went the longest distance of 13km. Good on them!

Johann and I have an annual joke with this race - that it never seems a year since we last organised it. Those of you who have a memory for these things will recognize that it actually never is, since each year the race has slipped down the calendar, moving from summer towards winter. So it's been a progressively colder event.

This time, a number of participants complained to us of the waste of having a 'beach run' in the Winter as they would have loved it to have been warm enough to stroll to the beach for a swim. (Hey, we start and finish at the Mullaloo Surf Centre!)

Here comes summer?

So, Johann and I are determined to have our race shifted to the warmer weeks with a slot in late October being our choice.

Congratulations to those who did well in the race, even though they may not

13KM RUN

Lachlan Marr	M45	53:03
Chris Reid	M45	57:56
Ralph Henderson	M60	58:43
Sue Zlnay	W45	59:24
Ross Keane	M45	60:08
Wayne Taylor	M50	60:31
Brian Bennett	M60	61:23
Karen March	W45	61:30
Frank Smith	M65	61:32
Tristan Bell	M40	62:15
??	M55	62:33
Neil McRae	M55	63:52
Lorraine MacLennan	W40	64:01
Sean Keane	M45	65:13
Mike Hale	M60	66:27
Gillian Young	W60	68:00
Mark Hewitt	M55	69:43
Gavin Howard	M45	70:40
Carol Bowman	W50	71:28
V7		76:11
Maree Brown	W40	76:17
John Dance	M60	77:30
Barb Humphrey	W55	77:32
Les Smith	M50	78:11
Tanya Burke	W35	81:25
V3		81:52
Brian Smith	M70	82:28
V4		82:48
Milton Mavrick	M55	85:32
Bronwyn Smith	W35	85:57

8K RUN

Tom Tralau	M35	36:53
John Mack	M65	41:45
Maurice Creagh	M60	41:57
Irwin Barrett-Lennard	M80	43:30
V1		44:01
John Byrne	M60	45:57
Melissa Young	W30	47:11
V9		47:12
John Ellard	M65	48:14

Mullaloo Beach Run 2009

August 23, 2009

Directors:

Mike Anderson &
Johan Hagedoorn

have been place winners. After all, when you've marshalled and organised many races you come to appreciate that those who ran or walked their hardest are not necessarily those who achieve the top placings!

And our thanks once again to our hardy and efficient helpers: John, Pierre and Denise, Dalton, Ray, Martin, Vic (who very helpfully volunteered as an 'extra' in our show) and oops, mustn't forget a mention for Mrs Anderson!

Nor should we forget to thank the reliable folk who week after week bring the clock and other necessities, so lightening the load of us weekly race organisers.

Hope to see you all - and more of you - SPRING 2110.

Mike



Dante Giacomini (Aldo's son) who has made great improvement since joining us; first in the 5k.

Theresa Howe	W55	49:16
Mary Young	W55	49:53
Graeme Neill	M45	49:54

5K RUN

Dante Giacomini	M40	23:08
Ian Cotton	M45	27:26
Bruce Mathieson	M65	26:48
Hamish McGlashan	M70	27:26
Delia Baldock	W45	28:07
Margaret Saunders	W55	31:55
Aldo Giacomini	M70	32:44
Jim Klinge	M60	34:38
Merv Jones	M70	34:48
Terry Humphrey	M55	35:54
V2		35:57
Sarah Ladwig	W60	36:09
V5		36:10
Arnold Jenkins	M65	36:44
Ray Hall	M75	36:50

MAWA TRACK AND FIELD PROGRAMME 2009/2010

TUESDAY 6pm UWA (grass) THURSDAY 6pm COKER PARK (mondo)

The Patron's Trophy commences on 15 October 2009. Those events marked * are points scoring events. Athletes compete in a **maximum of 15 events** and points from their **best 10** are added to achieve a total score. No event can count twice

eg. if you compete in the 100m for points at both venues only your best points score for 100m counts.

The contest is age-graded and favours athletes who enter everything. The walk will be judged by accredited judges. **The 10 events must include 3 field events, at least one of which is a jump.**

Events will be in order shown below in two sections; track/jumps and throws. r/w = run or walk

There is a fee payable each night of \$3 for club members, \$5 for visitors.

There will be a 5k judged walk at ECAC on 11 March.

Age-graded throwing competition 7 Jan to 2 Feb.

	THURS	TUES	event 1	event 2	event 3	event 4	jump	field 1	field 2	
Oct-09	1	6	100	1500 r/w	400	5k r/w	LJ	discus	shot	
	8	13	200	3k r/w	300	800	TJ	hammer	discus	
	15	20	100	600	60	10k*	LJ	shot	javelin	
	22	27	60	400	200	3k*	TJ	discus*	weight throw	
	29		1000	100	3k r/w	400*	LJ	shot*	javelin	
Nov-09		3	1000	100	3k r/w	400*	LJ	shot*	javelin	
	5	10	300	800	200	3k + 3k walk*	TJ	javelin	discus	
	12	17	100*	1500 r/w	600	5k r/w	LJ	discus	hammer*	
	19	24	200	3k r/w	60	800*	TJ*	shot	javelin	
	26		1500 r/w	100	400	5k*	LJ	discus	weight throw	
Dec-09		1	1500 r/w	100	400	5k*	LJ	discus	weight throw	
	3	8	1500*	100	300	3k r/w	TJ	shot	javelin*	
	10	15	800	60	3k r/w	200*	LJ*	hammer	javelin	
	17		400	1 mile	60	5k r/w	TJ	shot	weight throw	
Jan-10		5	400	1 mile	60	5k r/w	TJ	shot	weight throw	
	7	12	100	800	200	3k r/w	LJ	weight throw	javelin	
	14	19	600	100	400	5k r/w	TJ	hammer	shot	
	21		Pentathlon + 60, 2000 also 200, 800, 1500 r/w and LJ, javelin, discus							
	28		1 mile	100	600	5k r/w	TJ	discus	weight throw	
Feb-10		2	1 mile	100	600	5k r/w	TJ	discus	weight throw	
	4	9	4 X 100 relay	1000	400	3k r/w	LJ	javelin	shot	
	11	16	60	600	200	3k r/w	TJ	discus relay	weight throw	
	18	23	400	100	3k r/w	4 X 800 relay	LJ relay	hammer relay	javelin	
	25		200	1500 r/w	60	3k r/w	TJ	shot relay	discus	
Mar-10		2	200	1500 r/w	60	3k r/w	TJ	shot	discus	
	4	9	60	800	300	5k r/w	LJ	hammer	discus	
	11	16	1000	60	200	3k r / 5k w	TJ	javelin	shot	
	18		1500	100	400	10k	LJ	weight throw	shot	
		23	1500	100	400	5k	LJ	weight throw	discus	
	25	30	300	600	100	2k r/w	TJ	javelin	hammer	

COMING EVENTS - DESCRIPTIONS and HELPERS

OCTOBER 4

WIRELESS HILL

* Helpers - see August Vetrin

One lap or two laps, beginning from road near museum. Follows path next to McCallum Crescent, through park down Hickey St hill and up old access road with circuit including paths next to Davy and Barnard St. Return to finish via downhill on old road and up again on path which leads up from Hickey St.

OCTOBER 11

LAKE MONGER X/C

Directors: Dorothy & Jeff Whittam - 9387 6438

Kristin Adrian, Jan Jarvis, Niamh Keane & Mike Hodgson, Lorna Lauchlan, Sheila Maslen, Michele Mison, Morland Smith, Blake & Kerrie Stevenson, Malcolm Vernon

Start near Dodd St. Run entails circuits (4K) in the area between Gregory St and lake. Walk is circuits of lake (3.5K).

OCTOBER 18

GUESS OWN TIME

Director: Vic Waters - 9341 3464

Irwin & Berwine Barrett-Lennard, John Byrne, Grahak Cunningham, Marg Forden, Raymond Gimi, Bernard Mangan, Simon Mort, Neil McRae, Prabuddha Nicol, Mark Sivyer, Frank Smith, Sandra Stockman

PARK and ENTER on COBB ST. Circuit is within Hale School grounds through bush and on lawns. Object is to win by estimating your own finish time. No watches to be worn!

ALL HELPERS – contact your director and confirm if you are available. If not, also call Jeff Bowen on 9382 2628 to be re-assigned.

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Vetrun

OCTOBER
2009
No. 427



The magazine of Masters Athletics WA

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Open Championships 2010: YOU could be at trackside

IN APRIL 2010 WA is hosting the OPEN Nationals – for the first time in 22 years – as well as the COMMONWEALTH GAMES TRIALS and our own AMA CHAMPIONSHIPS.

These events are a magnificent opportunity for all who enjoy the sport to compete against and watch the best, right here in our home state.

Accident insurance is a good, and cheap, idea

MAWA members up to age 80 (or 85 for voluntary helpers) can now be included in the AWA membership/insurance arrangement for payment of ONLY \$10 per year.

Insurance coverage applies while members are involved in sanctioned Athletics Australia activities, and that include MAWA activities.

These activities include track and field events, official training, meetings, fundraising activities and travel to and from these activities.

What's covered?

Scope of the cover includes:

- death and permanent injuries to a maximum of \$175,000

- non-Medicare medical expenses up to \$2,500 (private hospital, dental, ambulance, chiropractic, physiotherapy, osteopathy)

Help needed

Would you like to be trackside, helping conduct these events? It's the best seat in the house!

OK, you're saying "but I don't have any qualifications!"

You don't need to be qualified because there are a range of different roles that require little or no training.

But if you want to acquaint yourself with the action by assisting at our club competi-

tions, starting on Friday October 16, you can try a number of different sites and disciplines.

Courses

There will be accreditation courses offered during the season for those who are interested.

To register your interest, please contact the Athletics WA office on

info@waathletics.org.au or 62720480.

Lynne and Stan step up to WMA

CONGRATULATIONS to Stan Perkins – former QMA and AMA President – on his election as World Masters Athletics President. This happened at the General Assembly in Lahti, Finland in August.

Now, with someone needed to replace Stan as the Oceania Region Council's representative to the WMA, our own Lynne Schickert has won the vote. And Wilma Perkins, of Queensland, replaces Lynne on the WMA Women's Committee.



Starters at last week's Racecourse Run; results - page 6.

- loss of income benefit of up to 80 per cent of net weekly earnings with a maximum of \$600 per week.

A brochure outlining the insurance will be on the club notice board and copies are available from Bob Schickert.

Membership

Current membership of AWA runs from October 1, 2009 to September 30, 2010. Athletics WA competition entry costs \$10, or \$5 for members over 55; but it seems a good idea to join if only for

the insurance cover, even if you do not intend to compete with AWA.

It is very simple to join online. Go to www.waathletics.org.au and click On-line Registration / New Member

Turn to P3 ▶

You write...



Mike Anderson - putting his feet down?

What – Controversy!?

Hi Vic,

About that race walking controversy, hey let's have some in the *Vetrun* (controversy that is!)

Its always seemed to me there's an inescapable and inherent problem with 'fast walking, 'cos there's a term for it – its called 'running.'

I bet many of us have played-back, on half or slow speed, our VHS recorded Olympic race walkers, only to see that ALL of them are actually running with both feet lifting simultaneously off the ground.

The trick for them it seems is to disguise this fact as best



Peter Hopper, left, with David Brown

Vic

I was wondering whether the actual distance for that walk I did in the Club Half Marathon at Burswood Park should be 10.55km, not 10km as recorded in the latest *Vetrun*? Half of 21.1 comes to 10.55 not 10.

I hope I don't seem to be too pedantic but my time of 83.20 for 10 km is very slow. If it was 10.55km then my time is much better. I'm pretty sure we started and finished that race from the same spot so one lap would have been 10.55km.

Another excellent *Vetrun*. I loved the heading "Mullaloo Scandal".

Peter Hopper

they might, thereby avoiding disqualification. In my book they should ALL be disqualified!

As for any individual purposefully cheating at one of our events, for instance by sprinting some distance as part of a road walk, I'm left baffled. I might not be the first to cheat, but bet I wouldn't be the last if succeeding beyond my abilities gained me a prize, of, say \$1m. But to deliberately set out to cheat other competitors – and most importantly myself – in our Masters' competitions, where only pride and sense of achievement is at stake – never!

I may be slow but all my PB's and PW's (personal bests and worsts) are genuine 100%.

Mike Anderson

I don't think many people would dispute your points Mike. The crucial word is 'purposefully'. I don't believe anyone in Masters ever deliberately cheats. The point of my original piece was that some people are physically incapable of correct race-walking. VW

Hi,

re the BUNBURY MARATHON, could you pass on to your members and any others who regularly take part in our annual marathon that the photos I took at the most recent marathon date can be viewed on our website?

It's <http://bunburyrunnerclub.mysouthwest.com.au/> (follow the instructions on the Marathon 2009 page.)

I took loads of Perth people – thought they might be interested.

Sharon

*Another satisfied customer! Obviously, more scandal is needed in *Vetrun*. Please send your contributions in plain brown wrapper, marked 'smut'.*

And yes, you're maths are immaculate Peter, there were a few c#*-ups last month, particularly swirling around the walkers.*

Seriously though, if anyone spots anomalies in the results please let us know. We'll correct them where necessary, and more importantly, inform the handicapper. This edition carries a few walking corrections from last month – see 'My View'. VW

Buck-stopping



My View...

by
Vic Waters

GREAT job this; not too many bucks, but just one stops here.

Well, there were a few unforced errors in last month's *Vetrun*, and in defence of our hard-working team, I have to say that some of the complaints have been unnecessarily strident. Human error is always likely.

However, we have acted to achieve greater accuracy and you can now all help.

Early view

Most Sunday results will now be posted on the club

website before they are printed in *Vetrun*. Go online, about mid-week and look under 'results'.

Check what's there and if you see anything wrong, let us know. You can email me, or buttonhole any committee member. We can then correct the errors before printing *Vetrun*.

Don't have web access? Try the local library.

Can't be bothered? Then don't complain!

Corrections

PERTH MARATHON – apologies to Karen March. She won the W45 section but we didn't note that in August *Vetrun* (not that she complained, by the way!)

HAMMER THROW – in the T&F programme (*Vetrun* September) this event is listed for Oct 13, Nov 17, Dec 15, Jan 19, Feb 23, Mar 9 and 30. Due to restrictions at the ground (not our fault!) we can't throw the hammer. Another event will replace it. (Throwing the bean-bag?)

WALKERS – last month there was some slightly misleading text on page 5.

21.1km walkers started 32mins 05seconds before the

runners, and this should have been added to the times shown.

Also, Ray Hall, shown as running the half-marathon in (2:06:43) actually did walk, so his actual time was 2:38:48.

MULLALOO

A similar walk error occurred on page 6, in the 13km walk, where the FIRST column, not the second, shows the actual time walked.

These problems will be eliminated in future. We will calculate walkers actual times, and publish only those.

Also at Mullaloo, Jim Klinge ran 8km run (not 5km) winning it in 34:38.

Please help

Members can help us by making sure the recorders know exactly which event they have completed.



Jacqueline – falling down on the piste

Hi Vic,

Thought you might like to put a little article in the next *Vetrun*, that I have tried another sport, skiing, at Coronet Peak, in NZ. I only fell a few times but I was knocked over from behind by a snow-boarder – didn't see her coming! I'm not going to take up the sport, but it was a lot of fun. I visited my daughter and her family in the north island and miss them terribly, but hope to go there in a few years time for a little longer. Cheers,

Jacqueline Billington

Dinner-dance date for you

OUR annual do is on Saturday November 21, at the same venue as last year, though it's changed name, from Frenchy's to RIBAUDO'S (125 Melville Parade, COMO.) Cost is not finalised yet, but it will be around \$50-\$60.

Enquiries or early bookings – contact Elaine Dance (9593 4607) or Jackie Halberg (9364 4474) on Sundays or at track/field meetings.

Intrepid athletes defy weather at Freo Games

AROUND ninety athletes competed in a wet and windy morning cross country run, road walk and an afternoon of ten T&F events. We managed to get through the whole programme, though the weather did cut short the shot put.

Many of us were catching up with friends we don't see in winter and there were many new people we haven't seen before. Some will now be joining our club - as I did myself, after the first Freo Masters.

One of the great things about our club is the way we

all help each other at events. There are too many people to acknowledge but special thanks go to Les Beckham, Jeff Bowen, Barrie Thomsett, Raema McMillan, Mick Adams, June Streeter, Bob Schickert, Tom Lenane and Colin Smith.

Damien Hanson

Happy Birthday – OCTOBER Members



Happy birthday John Allen

Allen	John	M50
Barrett-Lennard	Berwine	W80
Bell	Tristan	M40
Bocian	John	M55
Bolden	Katrina	W30
Brockie	Nola	W70
Burke	Paul	M35
Dennehy	John	M50
Doye	Peter	M65
Everard	John	M50
Farrell	Phyllis	W65
Haines	Dee	W50
Hunter	Brian	M65
Klinge	Jim	M60
Lok	Viv	W50
March	Peter	M50
McClelland	Steve	M50
Miller	Teddy	M65
Morfitt	Neil	M50
Morgan	Garnet	M85
Oldfield	John	M65

AMA President Lynne competes 6 years

AFTER six years as President of AMA, at the recent meeting of the national body Lynne was warmly thanked for her significant achievements as she handed over the top job to Steve Lance.

Bob Schickert is now the vice-president of AMA, and in a new role as marketing director, Lynne will continue, with Bob, to look after the AMA Handbook.

A new board was elected. Positions are:

President, Steve Lance; Vice President, Bob Schickert; Secretary, Hazel McDonnell; and Treasurer, Peter Dunham.

Specialities

Some board members take on special responsibilities. They are:

Competition director – Graeme Rose

Governance – Tony Baker
Coaching development – Peter Lyden

Technical and awards – Wilma Perkins

Membership international entries – Judy Cooper

Marketing – Lynne Schickert

Please note

Barbara and Richard Blurton also attended the meeting as our AWA delegates.

Barbara reports the following points of interest to our members.

- The Australian trial weights for W75+ have now been adopted by WMA. These are 2kg shot, 2kg hammer, 0.75kg discus and 4kg weight.

- The Weight Pentathlon is renamed 'Throws Pentathlon'.

- M80+ will now compete in the 200m hurdles instead of 300m.

- The M60-69 hurdles will have an approach of 12m to the first hurdle.

- Tasmania will host the AMA half marathon champi-

onships for the next three years. In 2010 it they will be held in January.

- Criteria for assessing nominations for annual awards will be introduced.

- The 20km walk is removed from the National Championships, while a 1500m track walk is added. The 20km walk will be held as a separate event.

- No late entries to National Championships will be accepted.

- The Heat Index (a combination of temperature and humidity) will be measured at local and national events. Guidelines for action where conditions are dangerous will be prepared.

- All members are strongly encouraged to take out personal accident insurance available through the state athletics body.



Happy birthday Viv Lok

Parker	Richard	M50
Pellier	John	M70
Robe	Will	M55
Roberts	Dave	M65
Romeo	Lesley	W65
Sander	Rae	W65
Schickert	Lynne	W65
Schickert	Bob	M65
Shillington	Jenni	W50
Simmonds	Dave	M75
Smyth	David	M40
Stevenson	Blake	M35
Stockman	Karl	M50
Thornton	Graham	M65
Ventris	Lyn	W50
Vernon	Mal	M55
Walter	Michael	M60

INSURANCE from P1

ship / select Masters Athletics WA as your club. Payment is to be made on-line using a credit card. If you do not have credit card facilities advise me (9330 3803 or rschicke@bigpond.net.au). I can enter you on line and get payment from you.

Lynne and I have already joined up as we think it is very worthwhile.

Bob Schickert

New Members – Welcome!

876 BROWN Maree W40
877 McLENNAN Ian M45
878 BOLDEN Katrina W30
879 JOHNSTONE Sandy W40
880 WALSH Brad M45
881 ELMS Cathy W40
882 IMBERT Mark M40
883 HARRISON Ken M40



Happy birthday John Dennehy

Promoting products could help finance the National Champs

DOES your company have a product or service for with appeal for Masters' members?

Maybe you might consider using next April's AMA National Championships in Perth to promote your business.

It's a once-in-seven-years opportunity to target the kind of fit, athletic, and mostly mature people who will take part. More than half of the 400 expected competitors will be local athletes.

The Championship's are happening at the new WA Athletics Stadium and its environs. They will include all track and field events (sprints, middle and long distances, jumps and throws) as well as cross country and a road walk.

Sponsorship packages

There's a range of options. For instance, a sponsor could buy naming rights to particular events. The contribution for this kind of sponsorship is \$250 per event.

Other ways for companies – or individuals – to be promoted at the championships could include:

- Promotional banners and display material around the stadium
- Mentions on communications, entry form, programme and results books
- Inclusion of brochures or advertising material in athlete-packages
- Post-championship acknowledgment in 'Vetrun'
- Participation in presentation of medals and awards.

Fees would be negotiable and sponsorship contributions can be in cash or by offer of product or company services.

For more information, please contact Lynne Schickert (9330 3803 or email: rschicke@bigpond.net.au)

Be best-dressed at the Perth Nationals

NATIONAL championships are in Perth next year and we are taking orders NOW for track suits – either full or separate pieces. Full details are available from wardrobe supremo Pat Hopkins (9446 4452) or Jackie Halberg (9364 4474).

Fancy a Tasmanian half-mara?

OUR national Council has approved a half-marathon championship to be conducted by Tasmanian Masters in Hobart at 7am on Sunday, 10th January 2010. It will be in conjunction with the long-standing Cadbury Marathon and Half Marathon events.

You can enter online at www.cadbury-marathon.com.au

Further information from Michael Walker, secretary of TMA, on (03) 62446229 or mikejoy@netspace.net.au

September 20, 2009

WHITEMAN PARK

Director: Bryan Hardy

AN overcast sky greeted the disappointing turn out of only 45 runners and walkers, less than half of last year's and one of the lowest attendances in the past twelve months, except the Boxing Day run.

The promised rain held off until everybody had finished, Thomas the Tank Engine and assorted rides and displays arrived mid-run and some of the competitors had to dodge sheep, alpacas and even a turkey in the final 50m up the chute to the clock. The overnight rain was so heavy it washed away the markings at one turn and several competitors missed the turn and continued straight on, but after going for about 1.5k and seeing no turn-around point decided to head back the way they came.

Thanks to the helpers on the day - Mike (road crossing), John (5k turn), Graeme and Mary (recording), Ian and Lorraine (drinks), Alan (stopwatch) and Margaret (directing runners around the various buses, fire engines, bouncy castles and nomadic animals).

Next year we hope to get a bigger turnout and to this end we have several ideas in mind. All will be revealed in time!

Bryan

5K RUN

David Willmer	M55	20:30
Peter March	M45	24:15
Maurice Creagh	M60	24:17
Bruce Mathieson	M65	24:57
Nick Miletic	M55	25::24
Irwin Barrett-Lennard	M80	25:42
Carol Bowman	W50	25:45
Dave Roberts	M65	25:48
Delia Baldock	W45	27:27
John Ellard	M65	28:21
Karl Stockman	M45	30:19
Arnold Jenkins	M65	32:59
Merv Jones	M70	33:43
Regina Crouch	W40	34:37
Kevin Hynds	M40	35:09
Margaret Bennett	W65	36:41
Julie Wood	W60	36:41



Brian Bennett, preparing for an epic trek with David Baird. With luck you'll be at Wireless Hill (today, October 4) to see them arrive from Lewana.



Bryan - planning to boost Whiteman next year.

10K RUN

Bernard Mangan	M50	42:10
Jim Klinge	M60	42:29
Jim Langford	M65	42:45
Tom Tralau	M35	45:00
Brian Bennett	M60	46:37
Karen March	W45	49:12
Richard Blurton	M55	49:18
Gillian Young	W60	50:15
Johan Hagedoorn	M65	55:16
V1		55:23
Cathy Elms	W40	56:50
Melissa Young	W30	56:58
John Byrne	M60	58:05
Theresa Howe	W55	59:49
Richard Danks	M65	61:04
Steve Clark	M65	62:56
Denise Viala	W55	71:36



Maybe we should have an 'injured runners walking' section? Walkers will be pleased to see Sandra Stockman (second in the 5K walk) running again soon!

5K WALK

Michele Mison	W60	38:58
Sandra Stockman	W40	41:46
Jeff Whittam	M75	42:56
Bob Fergie	M70	42:56
Patricia Hopkins	W65	44:51
Margaret Warren	W70	47:39
Elaine Ellard	W65	48:23
Ann Turner	W70	49:46
Vis	#N/A	49:47
Shorty Turner	M70	58:49
Pierre Viala	M60	58:49
Morris Warren	M70	58:50



Bardon Bash
BARDON PK MAYLANDS
September 6, 2009
Directors: Mike Hale & Brian Bennett

13K RUN

Brett Roach	M40	52:39
Kim Thomas	M35	54:08
Jim Klinge	M60	54:45
Ralph Henderson	M60	57:26
Michael Karra	M40	58:08
Wayne Taylor	M50	60:02
Frank Smith	M65	60:09
V4		60:28
Gary Fisher	M55	62:17
Brian Danby	M60	62:25
Maurice Creagh	M60	62:32
Gillian Young	W60	63:52
Mark Sivyer	M60	63:53
Shirley Bell	W60	64:38
Martin Watkins	M60	65:55
John Mack	M65	67:42
David Carr	M75	67:55
Carol Bowman	W50	68:02
Gavin Howard	M45	68:04
Nick Miletic	M55	68:17
Ray Attwell	M70	69:03
Mike Khan	M60	70:01
Genevieve Spiro	W40	70:25
Paul Martin	M65	70:27
Heiner Huning	M50	70:54
Vis		71:33
John Ellard	M65	72:21
Karl Stockman	M45	73:57



Sacred Bardon? The Bennetts were married there, and this year's run seems to begin with a prayer meeting. Val leads the congregation; Gillian gives forth with joyous hallelujahs? But what Graham (far right) is praying for is anyone's guess.

Top pic shows the start, between river and lake; and 7k winner Bernard Mangan (below) who is on a winning streak, could be walking on water.



John Dance	M60	74:31
Val Millard	W60	75:45
Sarah Ladwig	W60	75:52
Richard Danks	M65	77:04
Theresa Howe	W55	77:19
John Pellier	M65	78:27
Steve Clark	M65	78:33
Graham Thornton	M65	82:51
Berni Scott	W45	88:13
Kathy Burr	W70	89:17

Denise Viala	W55	47:13
Anne Littlewood	W60	49:15
V2		49:16
Julie Wood	W60	54:44
Pierre Viala	M60	54:45

7K RUN

Bernard Mangan	M50	27:59
Tom Tralau	M35	31:01
Barbara Blurton	W55	33:26
Mark Hewitt	M55	33:40
Bruce Mathieson	M65	33:46
Richard Blurton	M55	34:42
Johan Hagedoorn	M65	35:47
Alan Bruce	M55	37:36
Delia Baldock	W45	37:44
Melissa Young	W30	38:18
V1		38:19
John Byrne	M60	40:14
Mike Anderson	M60	40:41
Mary Young	W55	40:56
Graeme Neill	M45	40:57
Jane Stanbrook	W40	45:29
V5		45:54
Wendy Clements	W65	46:07
Regina Crouch	W40	46:31
Merv Jones	M70	46:34
Vic Beaumont	M75	47:08

13K WALK

Peter Hopper	M60	102:26
Peter Ryan	M55	106:04
Elaine Dance	W55	107:32
Bob Fergie	M70	110:44
Jeff Whittam	M75	110:45

7K WALK

Ray Hall	M75	51:33
Sylvia Byers	W70	51:36
Jeni Shillington	W50	55:54
John Smith	M70	55:55
Linda Rhodes	W60	56:49
Kirt Johnson	M80	57:03
Rosa Wallis	W65	58:44
Ray Lawrence	M80	58:45
Patricia Hopkins	W65	60:26
Lorna Lauchlan	W75	61:17
Margaret Warren	W70	61:18
Sylvia Szabo	W50	61:23
Jennie Lee	W55	61:58
Sandra Stockman	W40	63:41
Elaine Ellard	W65	63:48
Maggie Flanders	W70	68:39
Dorothy Whittam	W70	68:41
Morris Warren	M70	68:43
V3		81:40
Mary Heppell	W70	81:40



Racecourse Run & Age-graded Walk

BURSWOOD PARK
September 27, 2009
Director: Bruce Mathieson



THANKS to Bruce Mathieson for taking on the role of race director, and to all his helpers that bright and lovely morning. Also, because of the rapid work of Barrie Thomsett, Richard Danks, Bob Schickert and Mike Karra, these results were completed the same day, and on the website soon after. VW

10K RUN

Trevor Scott	M50	37:30
Peter Sullivan	M50	38:10
Bjorn Dybdahl	M55	38:26
Jim Langford	M65	38:49
Vis	M50	39:09
Bob Lane	M60	39:42
John Allen	M50	41:27
Bert Carse	M65	41:38
Steve Hossack	M45	41:41
Jim Klinge	M60	41:50
Frank Smith	M65	43:53
Michael Karra	M40	43:59
Danny Sheehan	M55	44:52
Tom Tralau	M35	44:54
Darryl White	M50	45:11
Malcolm Hawley	M55	45:21
Mike Hale	M60	46:11
Lorraine MacLennan	W40	46:36
Karen March	W45	47:20
Neil McRae	M55	47:47
Gary Fisher	M55	48:04
John Doust	M60	48:04
Brian Danby	M60	48:46
Gillian Young	W60	48:53
David Carr	M75	49:28
Nick Miletic	M55	49:33
Richard Blurton	M55	50:00
Paula Karra	W35	51:10
Mike Khan	M60	51:23
Keith Atkinson	M50	51:46
Hamish McGlashan	M70	52:07
Bob Schickert	M65	52:15
Barry Jones	M50	52:23
Heiner Huning	M50	53:18
Genevieve Spiro	W40	53:42
Shirley Bell	W60	54:23
Vis 6		54:29
Ray Attwell	M70	54:51
Peggy Macliver	W65	55:11
John Pellier	M65	55:18
Terry Manford	M70	56:23
Melissa Young	W30	56:34
Vis 5		56:38
Peter Bath	M65	57:30
Steve Barrie	M70	57:42
Barb Humphrey	W55	57:53
Steve Clark	M65	59:10
Richard Danks	M65	59:33
Jane Stanbrook	W40	65:04
Berni Scott	W45	69:20



Top, left, Trevor Scott winning the 10km; top right, Linda Rhodes enjoyed her finish! Above, 5K winner Ross Parker leads a quality group along the Swan on a warm and sunny Spring day.

5K RUN

Ross Parker	M60	20:17
Dante Giacomini	M40	20:41
Prabuddha Nicol	M50	21:12
Raymond Gimi	M45	21:52
Peter March	M45	22:20
Ivan Brown	M60	22:29

New members: Sandy Johnstone, left, in her very first Masters run, and Danny Sheehan, right.



Ross Keane	M45	23:45
Dave Roberts	M65	24:35
Bryan Hardy	M65	24:55
Delia Baldock	W45	26:01
Mary Young	W55	26:33
Graeme Neill	M45	26:33
Vis 3		27:07
Brett Roach	M40	27:08
Kris Adrian	W35	27:53
Vis 2		28:07
Mike Anderson	M60	28:30
Sandy Johnstone	W40	28:51
Aldo Giacomini	M70	28:59
Basia Lis	W45	29:21
Vis 4		33:40
Kevin Hynds	M40	33:44
Kathy Burr	W70	35:54
Vis 1		36:45
Sheila Maslen	W70	38:17
Ray Lawrence	M80	40:23
Mary Heppell	W70	41:13

5K WALK

Lesley Romeo	W60	36:10
Beryle Doust	W60	38:33
Peter Hopper	M60	38:47
Linda Rhodes	W60	39:57
V1	W50	39:59

10K RUN

Brett Roach	M40	36:24
Bjorn Dybdahl	M55	38:10
Jim Langford	M65	39:39
Bernard Mangan	M50	39:58
Bob Lane	M60	41:15
Chris Reid	M45	41:43
Jim Klinge	M60	42:02
Steve Hossack	M45	42:28
Paul Burke	M35	43:24
Neale Osborne	M50	44:36
Frank Smith	M65	44:46
V5		44:47
Brian Bennett	M60	44:53
Tom Tralau	M35	45:34
Gary Fisher	M55	46:30
Mike Hale	M60	47:52
Gillian Young	W60	48:06
Maurice Creagh	M60	48:08
Frank Gardiner	M55	49:17
David Carr	M75	49:58
Shirley Bell	W60	50:03
John Mack	M65	50:42
Barry Jones	M50	51:03
Ray Attwell	M70	52:01
Johan Hagedoorn	M65	52:48
Mike Khan	M60	53:22
Wayne Taylor	M50	53:58
Paul Martin	M65	54:10
Heiner Huning	M50	54:43
Melissa Young	W30	54:52
V2		54:54
Roger Walsh	M65	55:36
Tanya Burke	W35	55:39
John Byrne	M60	56:18
Karl Stockman	M45	56:24
Maree Brown	W40	56:38
John Dance	M60	56:56
Theresa Howe	W55	57:00
John Pellier	M65	57:52
Richard Danks	M65	58:35
Steve Clark	M65	58:41
Cecil Walkley	M80	60:46
Fiona McAuley	W55	60:49

5K RUN

V7		16:22
Chris Maher	M55	20:37
Dante Giacomini	M40	21:03
Stephen Dunn	M40	21:11
Duncan McAuley	M55	21:45
Ivan Lazarus	M55	23:13
Mark Hewitt	M55	23:48
Bryan Hardy	M65	24:44
Carol Bowman	W50	25:16

from P6

Kirt Johnson	M80	40:22
Joan Pellier	W65	43:40
Ann Turner	W70	44:06
Dorothy Whittam	W70	46:21
Maggie Flanders	W70	47:05

AGE GRADED 10K WALK

MEN

Paul Martin	M68	65:24	76.8%
Jeff Whittam	M7	85:33	64.31%
Bob Fergie	M74	85.35	63.39%

WOMEN

Lorna Lauchlan	W79	85:30	82.35%
Lynne Schickert	W67	73:34	77.43%
Patricia Hopkins	W67	83:42	68.05%
Michele Mison	W62	74:00	71.79%

Mattagarup

BURSWOOD PARK

September 13, 2009

Director: Wayne Pantall

AFTER a liberal sprinkling of 'runners coolant' was distributed over course and competitors, runners and walkers started with a wet sail.

Again this year, Brett Roach took out the mens' 10 km from Bjorn Dybdahl, and the evergreen Jim Langford, whilst Gillian Young, Shirley Bell and Melissa Young cleaned up for the women.

Chris Maher cruised in to take out the mens' 5km, as a warm up for a fun run in South Perth. He was followed in by Dante Giacomini, and Stephen Dunn, who appeared to have no desire for the fun run.

Carol Bowman, Delia Baldock and Regina Crouch took out the top three spots in the ladies 5km, and probably could have joined Chris in the fun run, quite easily.

In the 5km casual sauntering mens' event, Peter Hopper, John Frost, and Alan Pomery blitzed the walkers field, but were shown real style by the top three ladies, in Lesley Romeo (again) Rosa Wallis and Lorna Lauchlan.

Peter Ryan and Bob Fergie strolled out the mens' 10km saunter, with our most strident lady, Elaine Dance.

All of this occurred to entertain our loyal band of Mattagarup helpers, whose commitment to ensure their fellow members had a good day out is noted, and warmly appreciated by all. We know who you are! Thanks to you all.

Wayne

Damien Hanson	M55	25:51
Delia Baldock	W45	25:53
V3		27:53
Mike Anderson	M60	27:55
Steve Barrie	M70	29:37
Aldo Giacomini	M70	30:15
V6		31:25
Merv Jones	M70	31:31



Wayne is a really dedicated club member, always seeking routes (pictured) to make his run more varied and interesting. However, we decided that Kokoda was a step too far.

Regina Crouch	W40	31:37
Vic Beaumont	M75	31:57
Jim Barnes	M65	33:11
V1		33:14
Kathy Burr	W70	34:15
Alan Bruce	M55	35:28
Margaret Bennett	W65	35:41
Kevin Hynds	M40	36:27
Sheila Maslen	W70	37:09
Denise Viala	W55	37:25
Julie Wood	W60	37:27
Linda Rhodes	W60	38:14
V4		40:19

10K WALK

Peter Ryan	M55	79:44
Elaine Dance	W55	79:46
Bob Fergie	M70	80:01

5K WALK

Peter Hopper	M60	35:30
Lesley Romeo	W60	37:07
John Frost	M70	37:08
Rosa Wallis	W65	41:42
Lorna Lauchlan	W75	43:22
Margaret Warren	W70	43:22
Alan Pomery	M75	46:03
Ray Hall	M75	49:01
Ray Lawrence	M80	49:03
Ross Keane	M45	49:04
Pat Ainsworth	W70	49:06
Richard Harris	M70	54:39
Morris Warren	M70	56:31



That's how you do it: Jeff Whittam, Lorna Lauchlan and Michele Mison.

COMING EVENTS - DESCRIPTIONS and HELPERS

OCTOBER 25 KALAMUNDA RAILWAY

Directors: Bert & Bridget Carse - 9293 4934

Kerriann Bresser, Stan Delangrafft, Bjorn Dybdahl & Deb Wolfenden, Dennis & Sandra Hughes, Sarah Ladwig, Keith Martin, John & Christine Oldfield, Bob & Liz Neville, Graham Thornton

Assemble at car park on corner of Railway Rd/Mead St. Run follows old railway track out and back. Extra care needed crossing Schmidt Rd.

NOVEMBER 1 CLIFF BOULD

Director: Ivan Brown - 9384 8582

Bert & Bridget Carse, Chris Frampton, Mary Heppell, Phyllis Farrell, Raymond Gimi, Diana & Peter Hopper, Fayaz Jamal, Alan James, Keith Miller, Jim Riddell, Bob Sammells, Peter Sullivan

On grass to Causeway, cross over first to island and run around it clockwise. Return back over Causeway and follow pedestrian path to finish. For 10.4k, do two laps.

NOVEMBER 8 GWELUP LAKE

Director: Richard Danks - 9441 3672

Carol Bowman, Wendy Clements, Dee Haines, Pat Hopkins, Jim Klinge, Ray Lawrence, Bernard Mangan, Nick Miletic, Richard Parker, Bob Sammells, David Scott, Roger Walsh, Sue Zlnay
Start is on oval next to Huntriss Rd. Event is one or two laps along gravel and concrete paths.

NOVEMBER 15 BIBRA LAKE

Directors: Paul & Tanya Burke - 0437 227 112

Rochelle Airey, Berwine & Irwin Barrett-Lennard, Maree Brown, Elaine Dance, Maggie Flanders, Karen & Peter March, Dennis & Margaret Miller, Peter Ryan
Start near lakeside facilities; event is part of Cockburn fun event, one or two laps of lake.

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Vetrun

NOVEMBER
2009
No. 428



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Vetrun by email

PLEASE advise Bob Schickert (rschicke@bigpond.net.au) if you would like to receive the Vetrun by email rather than as a printed copy. The committee is examining the effect on membership costs of issuing the magazine by email and may offer an adjustment to members who have made the change.

Future issues

DECEMBER edition is planned to be ready for distribution on November 29 at Perry Lakes. January issue - we're aiming at January 3, at Ashfield.

Webmaster needed

PLEASE contact Bob Schickert if you can volunteer a little time to take over the club's website.

Mike Karra has done a fine job but pressure of work – and house-building! – means he has to relinquish the role. We thank him wholeheartedly for all his efforts, which have maintained and developed the site ready for future improvements.

AS mentioned in the October Vetrun MAWA members under 80 years of age can be part of the personal accident insurance cover scheme to fro now until September 30 next year for payment of only \$10. Go to www.waathletics.org.au



IT'S the only way to travel – and David Baird must have dreamed of being pushed in that barrow, feet-up, many times in the past year.

Together with Joanne Richardson he has collected a total of \$21,000 for breast and prostate cancer research by pushing it across the continent. They added another \$600 on the final push-in, from Lewana to the Wireless Hill meeting last month, accompanied by Brian Bennett. Although at one point Joanne said they were looking forward to throwing the thing into the Pacific in Sydney, they kept pushing for another venture at Alice Springs and then onto Perth.

Perth wins sponsor for 2010 AMA Championships

MASTERS Athletics WA and the 2010 National Championship committee is pleased to announce that the support of Black Swan Event Financial Planning has been secured as our major sponsor for next year's AMA Championships.

ATHLETICS WA Registration and insurance

online registrations. MAWA members who compete at the AWA competition must wear the MAWA singlet. Contact Bob Schickert 9330 3803 if you do not have access via computer.

Black Swan Event Financial Planning aims to help our clients 'Preserve, Protect and Grow' their wealth, so they may enjoy the lifestyle to which they aspire.

Principal of the company is John Cameron, who has more than 25 years experience in financial planning, and relevant prior experience in stockbroking, fixed interest dealing and financial journalism.

"We stick with clients through good times and bad. Retirement planning, investment and appropriate insurances, are important parts of our business," he said.

"A bit about our name, which was chosen because an important part of our work is to protect people against the adverse effects of 'Black Swan Events.'

Cont P2 ►

You write...

Off your bike...

Hi

While I was away a debate on race walking styles has been raging. May I, as a new recruit to "them that don't walk proper" have the last word? The paradox is that if I could walk proper then I would not be walking, I would be running.

Long distance running attracted me because it is the only sport without rules. You started and finished, and what went on in between was your affair. (Providing you did not hide a bicycle in the bushes.)

My hip replacement means that running is out, and walking, or my version of it, is in. If I get disqualified that is fine, at least I have had some competitive fun with a group of new friends.

PS The story is told of a Comrades runner who did not hide a bicycle in the bushes; instead his identical twin brother was waiting there to share the load. The scam was discovered when the race photographs were checked and a wrist watch made irregular appearances.

John Smith

Thanks for the Web

Vic

I wish to thank you and others involved in making the website professional, and easy to navigate to access information.

I appreciate being able to go on site to get the results so soon after events are held. I will also find the site useful to refer potential members to. Many thanks,

Sylvia Byers AM

from P1 – Black Swan

"The term applies to something unforeseen and unanticipated (which seems to happen a lot in the world of finance).

"Its origin goes back to 1700s Europe, where the saying 'That's as likely as a black swan' was first used about something that was impossi-



It's all in the mind....

GRAHAK Cunningham's awesome feat, running 5,000km in around 40-odd days, was announced at the GOT Run by Prabuddha Nicol. He did this in New York, running round an 800m city block circuit, as part of the Sri Chimnoy event, coming second overall. Amazingly, Grahak's done this before, and went back for more. It says as much about mind power as physical endurance of this outstanding long-distance runner.

Happy Birthday – NOVEMBER Members

Atkinson	Keith	M50
Billington	Jacqueline	W65
Bowman	Carol	W55
Brockwell	Tessa	W50
Brown	Ivan	M65
Byers	Sylvia	W75
Calnan	Ross	M65
De Klerk	Maria	W45
Delandgraftt	Stan	M80
Duncan	Wendy	W60
Hagedoorn	Johan	M65
Hall	Ray	M75
Karra	Mike	M45
Knox	Trish	W35
Mangan	Bernard	M55
Mavrick	Milton	M55
McMillan	Raema	W80
Mead	Ron	M55

ble.

"All swans were white – or so they thought. Then they came to WA, and found black swans everywhere!

"In other words, the unforeseen (or even the impossible), can happen."

Contact

Members are invited to con-

Chute-ing off your mouth!

JACKIE Halberg politely terms it 'chute-etiquette'. She's such a lady. What she means is, please tell the recorders what they need to know; number (if you have it concealed somewhere about you); how far you went, and whether you ran or walked.

So 'chute-off-your-mouth' and give the recorders a chance.

Helping

While we're on about helpers, don't forget to check Vetrin's back page – EVERY MONTH! You may be surprised to find your name there. If so, call the director and report your availability.

NO SHOWS will have been re-assigned, so always check the list, please.



HORSE of a different colour? Not content with running the legs off most of us, Les Presland has the temerity to sport the best tan in the club, despite living under the grey UK blanket most of the year. Maybe he trains in a tanning salon?

Miller	Margaret	W65
Miller	Norm	M75
Moyle	Merv	M80
Oldfield	Christine	W65
Oliver	Bernard	M65
Pellier	Joan	W70
Perrey	Chris	M35
Petrovic	Joe	M45
Rhodes	Mike	M60
Sillery	Elaine	W75
Smith	Morland	M70
Stevenson	Kerrie	W35
Ventris	John	M60
Warren	Margaret	W70

tact John financial planning advice: Ph: 08 9322 7818, Fax: 08 9481 5570,

Email:

john@blackswanevent.com.au

(Black Swan Event Financial Planning is an authorised representative of Paragem Pty Ltd.)

AFS Licence No 297276



My View...

by
Vic Waters

It's Dress-up Time!

DON'T forget the annual dinner dance on Saturday 21 November.

Saturday 21 November

It's at Ribaudo's, 125 Melville Parade, Como at 7pm. Cost is \$55 and it will be a Christmas menu. Book with Elaine Dance [9593 4607] or Jackie Halberg [9364 4474].

Also, start planning your outfit for the Christmas Gift Run – the sillier the better! That's on December 20.

Bill's going to court

WEIGHT-lifting octogenarian Will Chapman had a run of bad luck in Sydney, and now he's going to make a fuss about it, with the Human Rights Commission!

Having won M85 silver in Greece last year he was a lifting certainty for gold in Sydney. Five-minutes late for registration (his Greek visitor driver got lost) Bill was not allowed to compete – even as a guest. That irked him of course, but worse, he discovered that if he had competed there was no 85-90 y.o. category.

So, although Bill is determined to triumph next year in Perth, in the meantime he's taking his case to the commission. Well, something to do - it keeps you young, doesn't it?

New members – Welcome!

- 884 SCHOFIELD Grant M40
- 885 CLARKSON Jo W50
- 886 VAN DER KRAATS Dennis M50
- 887 PETROVIC Joe M40
- 888 HOWARD Joan W50
- 889 WINN Scott M40
- 890 COUSINS Fiona W35
- 891 CARBON David M40
- 892 JACKSON Tony M60
- 893 SILLERY Elaine W75
- 894 COURTIS Michael W50
- 895 WARD Andrew M45

New WA State records set in Sydney

AT the Sydney World Masters Games, where our athletes won 11 gold, nine silver and 15 bronze medals, Bev Hamilton improved her own WA records with a W60 heavy weight of 12.35m, and W60 Throws Pentathlon 3596 points. Also, the very busy Don Chambers equalled David Clive's M70 triple jump record with an 8.58m leap.

From a percentage perspective the numerous standouts were:

- M68 Bert Carse 2k Steeplechase 8:08.8 - 94.66%
- M68 Bert Carse 1500m 5:03.88 - 92.21%
- M72 Don Chambers 80m Hurdles 14.38 - 92.19%
- M54 Neil Morfitt 800m 2:11.48 - 91.47%
- W56 Lynne Choate 100m 14.47 - 90.06%
- M72 Don Chambers 300m Hurdles 54.75 - 89.83%
- M66 Roy Fearnell 400m 62.00 - 89.32%

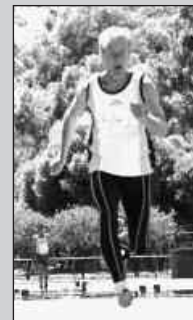
Campbell Till

RESULTS – FINALS

100m			
Roy Fearnall	M65	13.84	BRONZE
Don Chambers	M70	14.32	GOLD
Lynne Choate	W55	14.47	SILVER
200m			
Roy Fearnall	M65	29.01	4/9 SB
Don Chambers	M70	30.28	BRONZE SB
Lynne Choate	W55	30.82	SILVER
400m			
Colin Smith	M45	56.97	8/9
Neil Morfitt	M50	57.42	7/8
Roy Fearnall	M65	62.00	GOLD PBA
Don Chambers	M70	74.44	6/8
800m			
Neil Morfitt	M50	2:11.48	4/12
Bjorn Dybdahl	M55	2:20.83	5/12
Rob Antonioli	M55	2:32.88	11/12
Margaret Saunders	W55	2:44.83	BRONZE
1500m			
Andrew Brooker	M40	4:34.13	6/16
Neil Morfitt	M50	4:44.15	15/15 SB
Bjorn Dybdahl	M55	4:50.14	7/15
Rob Antonioli	M55	4:59.70	9/15 Life PB
John Bocian	M55	5:03.19	15/15 PBA
Bert Carse	M65	5:03.88	BRONZE PBA
Marg Saunders	W55	5:43.09	GOLD
5000m			
Bjorn Dybdahl	M55	17:52	BRONZE
John Bocian	M55	24:06	30/38 (timed heats)
Bert Carse	M65	19:24.8	4/21
80m hurdles			
Don Chambers	M70	14.38	GOLD
300m hurdles			
Don Chambers	M70	54.75	SILVER
400m hurdles			
Andrew Brooker	M40	63.36	4/7 PBA
3000m steeplechase			
Bjorn Dybdahl	M55	11:42.0	GOLD
2000m steeplechase			
Bert Carse	M65	8:08.8	SILVER
5000m race walk			
David Smyth	M40	29:06.63	BRONZE SB
Garry Hastie	M55	27:39.27	BRONZE
Robin King	W50	27:31.7	GOLD PBA
8km cross-country			
Bjorn Dybdahl	M55	30:31	7/46
Bert Carse	M55	33:26	5/28
10km road race			
Robin King	W50	43:50	7/55
10km road race walk			
Garry Hastie	M55	55:34	GOLD
20km road race walk			
David Smyth	M40	2:23:18	SILVER
Half Marathon			
Bjorn Dybdahl	M50	1:23:42	6/72

Long jump			
Rob Antonioli	M55	3.81	10/12
Don Chambers	M70	4.12	BRONZE
Pole vault			
Don Chambers	M70	1.90	BRONZE
High jump			
Don Chambers	M70	1.00	9/9
Shot put			
Mark Hamilton	M35	12.07	4/12
Don Chambers	M70	9.48	10/15
Elizabeth Szczepanska	W55	9.46	4/14 PBA
Bev Hamilton	W60	9.17	4/12
Discus			
Mark Hamilton	M35	37.07	BRONZE
Elizabeth Szczepanska	W55	21.46	5/18
Bev Hamilton	W60	22.14	5/11
Hammer			
Mark Hamilton	M35	34.57	BRONZE
John Everard	M50	40.05	6/22
Don Chambers	M70	25.66	12/16
Elizabeth Szczepanska	W55	37.42	GOLD PBA
Kate Glass	W55	36.90	SILVER
Javelin			
Mark Hamilton	M35	35.55	7/9
Bev Hamilton	W60	21.54	BRONZE PBA
Weight Throw			
Mark Hamilton	M35	12.48	SILVER
(SF) John Everard	M50	13.81	q PBA
(F) John Everard	M50	12.81	12/12
Kate Glass	W55	11.17	GOLD
Elizabeth Szczepanska	W55	10.58	BRONZE
Bev Hamilton	W60	12.35	4/6 PBA
Triple Jump			
Chris Neale	M40	11.72	6/12
Garry Ralston	M50	10.61	6/14
			PBA big!
Don Chambers	M70	8.58	6/8 PBA
Pentathlon			
LJ, Javelin, 200m, Discus, 1500m			
Chris Neale	M40	2650	6/14
Colin Smith	M45	2230	7/12
Rob Antonioli	M55	2709	4/10
John Bocian	M55	DNF	
Weight Pentathlon			
Shot, Discus, Hammer, Javelin, Wt Throw			
Mark Hamilton	M35	2374	BRONZE
John Everard	M50	2467	16/20
Kate Glass	W55	3635	GOLD
El Szczepanska	W55	3441	BRONZE
Bev Hamilton	W60	3596	SILVER
4x100m relay (200-239 yrs overall)			
Lynne Choate, Linda Buttigieg, Jeanette Flynn, Kathy Heagney		57.77	GOLD
4x400m relay (200-239 yrs overall)			
Lynne Choate, Jeanette Flynn, Kathy Heagney, Jennifer Baldwin		4:54.89	SILVER

GOLDEN go-getters!



From the top – Don Chambers, Robin King, Roy Fearnall, Bjorn Dybdahl and Marg Saunders.

Wireless Hill

October 4, 2009

Directors: Barrie & Leonie Jones



4.8K RUN

Trevor Scott	M50	17:24
Ross Keane	M45	21:27
Les Presland	M70	22:36
Raymond Gimi	M45	23:48
V6		23:56
John Mack	M65	24:03
Bruce Mathieson	M65	25:20
Hamish McGlashan	M70	25:29
John Brambley	M65	25:37
Carol Bowman	W50	25:59
V5		26:26
Graham Thornton	M65	26:31
Delia Baldock	W45	26:36
Ray Attwell	M70	26:57
Sean Keane	M45	27:01
John Byrne	M60	27:03
Terry Humphrey	M55	27:10
V3		28:01
Mike Anderson	M60	28:25
Basia Lis	W45	29:12
Sandy Johnstone	W40	29:47
V1		31:10
Marg Forden	W65	32::22
Vic Beaumont	M75	32:33
V4		33:22
Steve Toohey	M55	35:19
Ray Hall	M75	38:19
Ray Lawrence	M80	43:02
Mary Heppell	W70	48:18

9.5K RUN

Brett Roach	M40	35:35
Lachlan Marr	M45	38:44
Bernard Mangan	M50	39:33
V1	W50	40:34
Paul Hughes	M55	40:47
Chris Reid	M45	40:55
John Allen	M50	41:39
Steve Hossack	M45	42:28
John Bell	M60	45:26
Peter March	M50	46:14
Mike Hale	M60	46:25
Maurice Creagh	M60	46:31
Frank Smith	M65	46:39



Great to see expectant mum Dianna Hurring keeping fit; so we won't charge her a visitor fee for the bub! And right, Paul Hughes is coming down, others are going up the road hill.

Brian Danby	M60	46:47
Karen March	W45	46:51
V7		46:53
Ivan Brown	M60	46:55
Chris Pattinson	W50	47:00
Lorraine MacLennan	W40	47:06
Gary Fisher	M55	47:25
Neil McRae	M55	48:04
Mark Hewitt	M55	48:08
David Carr	M75	49:10
Shirley Bell	W60	49:22
Nick Miletic	M55	49:29
Gillian Young	W60	50:04
Mike Khan	M60	51:18
Johan Hagedoorn	M65	52:09
Peter Bath	M65	52:12
V2		52:31
Keith Atkinson	M50	52:45
Russell Metham	M30	52:17
Bob Schickert	M65	53:48
Gavin Howard	M45	54:11
Heiner Huning	M50	54:28
Paul Martin	M65	55:52

Sarah Ladwig	W60	56:25
Maree Brown	W40	56:31
Melissa Young	W30	56:41
Genevieve Spiro	W40	57:06
Tanya Burke	W35	57:47
Mary Young	W55	57:59
Graeme Neill	M45	58:00
Roger Walsh	M65	58:37
John Dance	M60	58:40
Barb Humphrey	W55	59:09
Steve Clark	M65	59:20
Val Millard	W60	60:37
Jim Barnes	M65	64:15
Denise Viala	W55	68::57

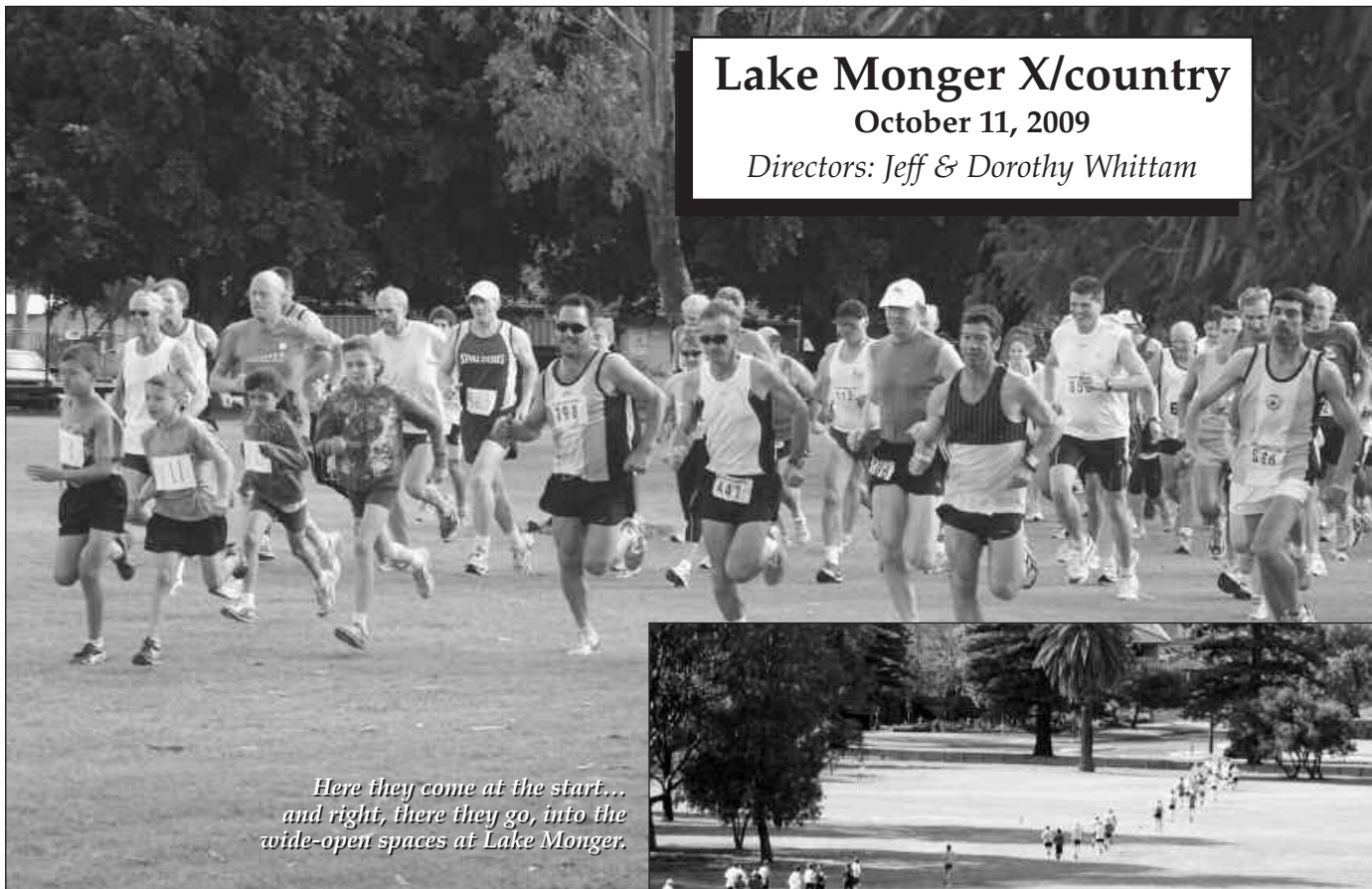
4.8K WALK

John Frost	M70	35:41
V8		37:57
Michele Mison	W60	38:20
Julie Wood	W60	39:31
Pierre Viala	M60	39:32
Patricia Hopkins	W65	40:53
Jeff Whittam	M75	40:58
Kirt Johnson	M80	40:59
Roma Barnett	W60	45:20
Dianna Hurring	W35	45:57
Ann Turner	W70	47:59
Pat Ainsworth	W70	48:00
Lorna Lauchlan	W75	48:16
Dorothy Whittam	W70	48:17
Richard Harris	M70	51:17
Jan Jarvis	W60	51:29
Shorty Turner	M70	51:30
Norm Miller	M75	52:17
Pat Miller	W70	52:28
Arnold Jenkins	M65	52:32
Ian MacLennan	M45	53:26
Joan Howard	W50	53:28

Lake Monger X/country

October 11, 2009

Directors: Jeff & Dorothy Whittam



*Here they come at the start...
and right, there they go, into the
wide-open spaces at Lake Monger.*



* = age group event record

4K RUN

Les Presland	M70	*17:17
Paul Hughes	M55	*17:22
Mark Elms	M40	*18:14
Raymond Gimi	M45	18:16
V9		18:30
V11		18:31
Frank Gardiner	M55	18:35
Dave Roberts	M65	20:12
V4		20:14
V8		20:32
John Mack	M65	20:35
V13		20:58
Irwin Barrett-Lennard	M80	*20:58
Bryan Hardy	M65	21:15
Hamish McGlashan	M70	21:22
Carol Bowman	W50	21:39
Delia Baldock	W45	21:40
V16		21:45
Peggy Macliver	W65	*21:55
Kerriann Bresser	W40	22:18
Ray Attwell	M70	22:19
Sandy Johnstone	W40	22:23
John Collier	M40	22:24
V10		22:29
John Dennehy	M50	22:40
V3		23:07
V1		23:51
Mike Anderson	M60	23:51
Val Millard	W60	*23:52
Toni Phillips	*W35	23:52
John Ellard	M65	24:45
Aldo Giacomini	M70	'25:08
V2		25:55
Jackie Halberg	W60	27:06
Kevin Hynds	M40	27:49
V5		28:20
Regina Crouch	W40	28:34
Julie Wood	W60	29:32

8K RUN

Brett Roach	M40	*30:24
Chris Maher	M55	*32:46
Vis		33:02
Bernard Mangan	M50	*33:15
John Allen	M50	34:21
Kim Thomas	M35	*34:49
Chris Reid	M45	35:35
Ralph Henderson	M60	36:40
Tristan Bell	M40	36:54
Jo Clarkson	W50	*37:14
Brian Bennett	M60	37:23
Garry Ogden	M50	37:38
Peter March	M50	37:55
David Baird	M65	38:19
Brian Danby	M60	38:22
Neil McRae	M55	39:05
Mike Hale	M60	39:19
Maurice Creagh	M60	39:25
Mark Hewitt	M55	40:00
Frank Smith	M65	40:47
Karen March	W45	*40:47
Stephen Dunn	M40	40:55
David Carr	M75	*41:06
Shirley Bell	W60	*41:13
Richard Blurton	M55	41:23
Nick Miletic	M55	42:00
Bob Schickert	M65	42:15
Johan Hagedoorn	M65	42:33
Russell Metham	M30	42:44
Keith Atkinson	M50	43:03
Barry Jones	M50	43:07
Genevieve Spiro	W40	44:42
Lorraine Lopes	W65	*44:58
V14		45:40
Sarah Ladwig	W60	47:11
Melissa Young	W30	*47:43
John Byrne	M60	48:02
Steve Clark	M65	48:12
Ross Keane	M45	49:16

WE were lucky with the weather in that most of the rain fell before or after the event, although the later shower cleared the area so most people would be home early.

Congratulations to all the winners of the various runs and walks. Les, Bret, Carol, and Jo in the runs and Peter, Peter, Sandra, and Elaine in the walks.

We thank all our helpers, especially those who were not rostered, but gave up their walk or run to help - Michelle, Janet, Ann and Shorty, Lorna, Kristin, Kirt, Morland, Basia and Steve, Ray, Barrie, Norm and Pat (who volunteered but was ill on the day, and could not make it) Bob and Lynne for the clocks and watches.

We hope you all enjoyed the courses, hope to see you again next year.

Dorothy & Jeff

John Dance	M60	49:24
Roger Walsh	M65	49:42
Peter Bath	M65	50:48
Jim Barnes	M65	52:41
Theresa Howe	W55	52:48
Irene Ferris	W55	55:32
Vic Beaumont	M75	59:50
V6		59:50

3.5K WALK

V7		19:57
Peter Hopper	M60	*24:08
Sandra Stockman	W40	*27:21
Beryle Doust	W60	*27:35
Alan Pomery	M75	31:15
Karl Stockman	M50	*31:59
Jennie Lee	W55	32:02

4K RUN

Mark Elms	M40	18:34
Barbara Blurton	W55	19:10
Jim Klinge	M60	19:39
Lorraine MacLennan	W40	19:42
Vis 11		21:11
Peggy Macliver	W65	21:38
Vis 10		22:16
Gillian Young	W60	22:38
delete #N/A		22:29
Vis 3		22:34
Mike O'Reilly	M70	23:02
Jim Riddell	M70	23:50
Vis 8		24:47
Vis 9		24:49
Graeme Dahl	M60	25:02
Arnold Jenkins	M65	25:34
Merv Jones	M70	26:29
Toni Frank	W60	34:48
Jan Jarvis	W60	35:27

8K RUN

Vis 1		29:21
Lachlan Marr	M45	31:48
Peter Sullivan	M50	32:07
Jim Langford	M65	32:20
Bernard Mangan	M50	32:23
Kim Thomas	M35	34:22
Chris Frampton	M40	34:38
Vis 2		35:28
Robin King	W50	35:39
Darryl White	M50	35:40
Tristan Bell	M40	35:41
Les Presland	M70	35:59
Brian Bennett	M60	36:19
Peter March	M50	36:20
Ross Keane	M45	37:06
Karen March	W45	37:31
Neil McRae	M55	37:34
Maurice Creagh	M60	37:46
Frank Smith	M65	37:50
Brian Danby	M60	38:07
Mark Hewitt	M55	38:21
Ivan Brown	M60	39:03
Wayne Taylor	M50	40:02
Bruce Mathieson	M65	40:16
Sandra Stockman	W40	40:22
Bob Schickert	M65	40:33
Johan Hagedoorn	M65	40:43

Kalamunda Rail Run

October 25, 2009

Directors: Bridget & Bert Carse

THE events at Kalamunda were held in ideal weather conditions with wild flowers in bloom and looking so beautiful along the old railway track. The faster runners and walkers may not have taken the time to look at the flowers but I know that many others did.

Distances are 4km or 8km run and walk and it was wonderful to see the finishes of all the participants who made full use of a 200m decline on the way to the finish. The smiles and the favourable comments of members at the finish indicated the event had been a success. Our thanks go to Bob Schickert, Graham Thornton, Norm and Pat Miller for getting the equipment to us. We are also grateful to Dave Roberts for his help. We also thank our rostered helpers John & Christine Oldfield (recorders) Bjorn Dybdahl and Debbie (water station) marshals Kerriann Bresser, Sandra Hughes, Dennis Hughes, Stan L, Sarah Ladwig and Graham Thornton who all ensured the safety of all participants.

B&B

Vis 13		40:48
Keith Atkinson	M50	41:15
Richard Blurton	M55	41:47
Shirley Bell	W60	42:02
Mike Khan	M60	41:10
Sean Keane	M45	42:18
Carol Bowman	W50	43:15
Vis 4		44:06
Lorraine Lopes	W65	44:38
Vis 5		45:02
Vis 6		45:09
Karl Stockman	M50	45:52
John Pellier	M70	46:33

lachlan marr to come?

caption????

Melissa Young	W30	46:44
John Ellard	M65	46:59
Theresa Howe	W55	47:00
John Dance	M60	47:08
John Byrne	M60	48:26
Richard Danks	M65	48:31
Jackie Halberg	W60	49:52
David Carr	M75	49:54
John Dennehy	M50	49:56
Jeff Spencer	M65	50:10
Jim Barnes	M65	50:51
Janet Jiang	W40	50:54
Vis 12		51:07
Kevin Hynds	M40	54:18
Vic Beaumont	M75	55:24
Ray Hall	M75	56:04
Denise Viala	W55	59:50
Julie Wood	W60	63:33
Ray Lawrence	M80	67:36

4K WALK

Dorothy Whittam	W70	37:20
Ian MacLennan	M45	41:48
Maggie Flanders	W70	42:00
Vis 7		49:42

8K WALK

Michele Mison	W60	60:16
John Frost	M70	61:30
Elaine Dance	W55	63:39
Pierre Viala	M60	65:23
Lynne Schickert	W65	66:32
Kirt Johnson	M80	66:58
Jeff Whittam	M75	66:59
Elaine Ellard	W65	74:30
Ann Turner	W70	85:40
Pat Ainsworth	W70	85:41
Shorty Turner	M70	85:47
Margaret Bennett	W65	85:48

LAKE MONGER cont.

Patricia Hopkins	W65	32:21
Maggie Flanders	W70	32:57
V12		33:47
Sylvia Szabo	W50	*33:47
Ian MacLennan	M45	*36:08
Lorraine MacLennan	W40	36:23
Richard Harris	M70	36:42

7K WALK

Peter Ryan	M55	52:29
Elaine Dance	W55	*53:21
John Smith	M70	57:56
Vis 5		57:34
John Dance	M60	58:54
Richard Danks	M65	59:05
Steve Clark	M65	59:26
Sarah Ladwig	W60	60:03
Roger Walsh	M65	60:14
Barb Humphrey	W55	60:15
Theresa Howe	W55	61:00
Val Millard	W60	67:59
Denise Viala	W55	69:26
Vic Beaumont	M75	70:02
Jo Richardson	W55	71:45



6.3K RUN

Chris Frampton	M40	27:14
Les Presland	M70	27:47
Tom Tralau	M35	28:28
Paul Burke	M35	28:47
Michael Karra	M40	29:42
Dave Roberts	M65	32:04
Vis 6		33:41
Delia Baldock	W45	35:18
Vis 7		36:31
Peggy Macliver	W65	37:14
Vis 2		39:45
Vis 4		40:27
Vis 1		41:53
Ray Hall	M75	43:48
Pierre Viala	M60	44:52
Berni Scott	W45	45:01
Arnold Jenkins	M65	46:21
Lynne Schickert	W65	52:39
Elaine Dance	W55	52:44
Jeff Whittam	M75	53:33
Kirt Johnson	M80	55:04

9.5K RUN

Trevor Scott	M50	36:55
Jim Langford	M65	38:21
Bernard Mangan	M50	39:56
John Allen	M50	42:25
Ralph Henderson	M60	43:55
David Baird	M65	44:23
Prabuddha Nicol	M50	44:24
Garry Ogden	M50	45:32
Grahak Cunningham	M30	46:42
Mike Hale	M60	47:17
Maurice Creagh	M60	47:29
Mark Hewitt	M55	47:48
Sean Keane	M45	48:13
John Collier	M40	48:30
Bruce Mathieson	M65	49:22
Martin Watkins	M60	49:41
Wayne Taylor	M50	50:13
David Carr	M75	50:55
Bryan Hardy	M65	51:23
Barry Jones	M50	52:46
Carol Bowman	W50	54:32
Heiner Huning	M50	54:37
Bob Schickert	M65	55:33
Graham Thornton	M65	56:00
Vis 3		56:01
Ross Keane	M45	56:13
Melissa Young	W30	56:51



GOT Run

HALE SCHOOL

October 18, 2009

Director: Vic Waters

GOT means 'Guess Own Time'. Competitors have to estimate how long they will take to make two, or three, circuits of the Hale School X/C course. Winners of the priceless Timeless Trophy (three laps) or the Alarm Clock (two laps) are those who finish closest to their guess.

John Collier ('the window to watch', anyone remember that ad?) was spot on with his estimate of 48:30 for 9.5km, to win the big prize.

Tom Tralau estimated it would take him 28:25 for the two-lap, 6.3km run and he was just two seconds out.

Surprisingly few runners and walkers had a go this year, which makes the organisers' job easier when it comes to the final calculations. But no matter how many, or few, there are someone always guesses their time within seconds. It's something to do with the law of averages.

Thanks to the regular help team. It's really useful to have regulars, like Ray Gimì and Neil McRae, who can take up



Above, Tom Tralau following Chris Frampton; below, Trophy-winner John Collier is second from left.

their post each year without instruction. They were aided this year by John Byrne, Bev Thornton, Irwin and Berwine Barrett-Lennard, Simon Mort and Frank Smith, who also helped mark the course. Vic



Left, first is the 9.5km, Trevor Scott; below, you can walk the GOT too!



COMING EVENTS - DESCRIPTIONS and HELPERS

NOVEMBER 22 GARVEY GALLOP

Directors: John &
Christine Oldfield -
08 9352 8958

Pat Ainsworth, Bjorn Dybdahl, Trisha Farr, Glenis Folk, Catherine Hayes, Kirt Johnson, Arthur Leggett, Terry Manford, Bruce Mathieson, Mike O'Reilly, Alan Pommery, Brett Roach, Les Smith, Debbie Wolfenden

* Course under review due to works in area near hotel - after about 1.5K.

NOVEMBER 29 PERRY LAKES

Director: John Bell - 08 9386 6975. Carol Bowman, Sue Bullen, Eldon George, Diana & Peter Hopper, Terry Manford, Hamish McGlashan, Richard Parker, Cecil & Clare Walkley

* Starts at Hockey club rooms and goes to edge of Perry Lakes Drive. 8.1k is two laps around outside of park on paths in a clockwise direction. 4.4k is one lap. Take care when crossing Meagher Dr - twice each lap. Walk is 2k loop on internal road.

DECEMBER 6 MOSMAN PARK

Director: Paul Hughes - 08 9433 5737. Tony Bart, Shirley Bell, Robin King, Karen & Peter March, Paul Martin, Sheila Maslen, David Roberts, Pam & Steve Toohey

* Out of reserve and down hill to path along river, turn left and follow path to boardwalk. Turn left again along Colonial Gardens for short distance and back the way you came. After climbing hill from river path 8.7k does not go back in to reserve but repeats loop to boardwalk.

DECEMBER 13 CANNING CAPER

Director: Keith Atkinson - 08 9313 1669.

Alison & Brian Aldrich, Ivan Brown, Chris Coates, Gary Fisher, Dante Giacomini, Richard Harris, Brian Hunter, Fayaz Jamal, Vivien Lok, Helen Lysaght, Cecil & Clare Walkley

* Over Riverton Bridge and follow bike path out and back for either 3k or 5k. River on right way out left way back. Flat fast course.

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Vetrun

The magazine of Masters Athletics WA

DECEMBER
2009
No. 429



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VETRUN January 2010 is likely to be distributed on January 9, the second Sunday of the new year.

New members – welcome!

- 896 LEWIN David M60
- 897 CROSSEN Tom M75
- 898 JIANG Janet W45
- 899 OSWALD Louise W40
- 900 WREN Mike M40
- 901 GROENWELD Daniel M30
- 902 SHIELD Helen W40
- 903 HOWE Kevin M50
- 904 DEWENS Kaj M60
- 905 DAVIS Neil M65
- 906 DAVIS Sharline W60
- 907 TAYLOR Allan M65
- 908 KENNEDY Shane M55
- 909 KIRSCH Hans M80
- 910 KIRSCH Lisa W55

*Starting into the sun –
a photographer's delight!
– scratch runners at the
Cliff Bould Trophy.
Report and results
– page 6.*

1977 'Time capsule' found at Perry Lakes

NOSTALGIA, the Nationals and some very venerable names emerged when the back rooms and store cupboards of the Perry Lakes stadium were cleared out. On an old, moth-eaten and faded typewritten set of pages were the results of the first ever National Masters (then Veterans) Champs held there at Easter 1977.

In those days under-40s were termed 'pre-vet' and allowed to run as a curtain-raiser to the main event. What we now call M40 was called 1A, M45 1B, M50 2A, and so on.

Anyone of the unimaginable age of 70 was in class 4 - and would stay there until they hung up their boots. There were so few women competitors they were all lumped together in one class!

Naming the names!

Many of the names from these championships are now competing on that great sports field in the sky, but there are some very familiar names that we still see regularly, although perhaps some of them in slightly different events. Most are certainly running a little more slowly or throwing/jumping a little less far!

The results are now available on the re-vamped T&F section of the MAWA website. See how many you can recognise.

T&F regulars David Carr, Peter Gare, Ross Calnan

No 903 breaks our record

MEMBERSHIP is at an all-time high.

Previously, the roll peaked at 488 in 2003 when the last AMA Championships were held here in Perth. With the games still months away, this new high of 489 shows really solid growth. It seems likely that by the end of our club membership year, next March 31, there's every chance of reaching 500.

The new member who helped set that record in number 903 – Kevin Howe.

So if you meet Kevin this Sunday, shake him by the hand and say 'thanks'!



appear quite often on these pages, with Stan Lockwood, Bob Hayres and Brian Paxman. Rob Shand is listed with some good distance times. Bob Fergie, Merv Moyle, Alex Cummings and, of course, club Patron John Gilmour are there. Ted Maslen starred with a stunning 4m15s 1500m, and one of the five ladies competing was Kath Holland with some amazing sprints and long jump. I even spotted a couple of cameo appearances from Charlie Spare.

John Oldfield

Have you discovered Vetrun Extra?

THERE'S interesting reading there, particularly on runners and their health. More will be added every month if members care to submit it, as John Bell does.

John is great at ferreting out 'wellness' stories from major publications. They are generally too long for inclusion in this steam-driven Vetrun, but we do have the (virtually) limitless expanses of our website to carry them.

So take a look at Vetrun Extra – on a computer near you, now!

Go to news, and the list of Vetrun editions. Vetrun Extra is there.

We're using the website more and more – particularly for results – so checking it regularly is a good habit to develop!

(more – turn to page 2)

Have you discovered **Vetrun Extra?**

New on-site this month:

The Human Body Is Built for Distance

By **TARA PARKER-POPE**
N Y Times October 26, 2009

'DOES running a marathon push the body further than it is meant to go?'

Can Running Actually Help Your Knees?

By **Gretchen Reynolds**
N Y Times August 11, 2009

'AN article in Skeletal Radiology, a well-respected journal, created something of a sensation in Europe last year. It reported that researchers from Danube Hospital in Austria examined the knees of marathon runners using M.R.I. imaging, before and after the 1997 Vienna marathon. Ten years later, they scanned the same runners' knees again. The results were striking. "No major new internal damage in the knee joints of marathon runners was found after a 10-year interval," the researchers reported.'

How Do Marathons Affect Your Heart?

By **Gretchen Reynolds**
N Y Times
September 30, 2009

'LAST year the European Heart Journal published a study that continues to prompt discussion among researchers who work with marathon runners and those, many of them the same researchers, who run marathons. In the study, German scientists scanned the hearts of 108 experienced, male distance runners in their fifties, sixties and seventies.'

The man who invented exercise

By **Simon Kuper**
Newsweek
September 11 2009

'IN the early years after the second world war, health researchers in Britain noticed a curious epidemic: people had begun dying of heart attacks in unprecedented numbers. Nobody knew why, and so a scientist in London named Jerry Morris set up a vast study to examine the heart-attack rates in people of different occupations – schoolteachers, postmen, transport workers and more.'

A Marathon Run in the Slow Lane

By **Tara Parker-Pope**
N Y Times November 2, 2009

'AFTER a 10-kilometre road race this summer, a friend apologised for missing me at the finish line. The truth was, she hadn't lost me in the crowd. She just didn't wait long enough.'

Results

And don't forget to look at 'results' too; check our weekly results, and get in touch if any errors need fixing. ■

Ainsworth	Graham	M50
Antonioli	Tolli	M55
Bailey	Nick	M60
Barrie	Steve	M70
Bart	Tony	M50
Bath	Peter	M65
Beaumont	Vic	M80
Brown	Maree	W45
Byrne	John	M60
Carlton	Geraldine	W45
Clarke	Tom	M60
Collins	Kevin	M40
Davis	Sharline	W65
Ellard	John	M65
Frearson	Don	M85
Gardiner	Frank	M60
Gartlan	Tracey	W40
Groenewald	Daniel	M30
Hamilton	Bev	W60
Harris	Richard	M70
Hopper	Diana	W60
Howard	Gavin	M45
Howard	Joan	W50
Humphrey	Terry	M55
Jiang	Janet	W45
Keeley	Julie	W40
Khan	Mike	M65
Lane	Bob	M60
Letham	Saskia	W35
McMorrow	Denise	W45
Millard	Val	W60
Moffett	Dalton	M75
Owens	Grant	M45
Pattinson	Chris	W50
Penton	Kath	W65
Roby	Steve	M45
Russell	John	M75
Saunders	Margaret	W55
Schaefer	George	
M75		
Slinger	Barrie	M70
Smith	Brian	M70
Toohy	Pam	W60
Vouteva	Presley	W35
Wallis	Rosa	W65
Walsh	Brad	M45
Whitley	Allen	M55
Wills	Carolyn	W40
Wren	Mike	M45

Happy Birthday DECEMBER Members



Marg Saunders

EAST PERTH INFO

Directors: Jill Midolo & David Brown 08 9381 5565

Shirley Bell, Bert & Bridget Carse, Ralph Henderson, Steve Hossack, Kevin Hynds, Janet Jarvis, Lorna Lauchlan, Basia Lis, Stanley Lockwood, Mark Rosen, Mark Sivyver, Rhod Wright, Gillian Young, Melissa Young
From McCallum Park over then under Causeway, take bike path near Police Headquarters and Gloucester Park. Up Nile St hill right at Trafalgar Rd, right just before Claisebrook and return via bike path and Causeway. Short event turn is near Trinity.

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Patron:
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Club member Sean Gartlan, a runner and thrower, is with the Australian Federal Police and sent us this picture from his current posting in Cyprus. We'll see him back in Perth for a while in January. Sean's wife Tracey is also a member, competing on Tuesday evenings in throws. Good to see he has most bases covered in his sporting support – Liverpool. Ireland and Australia. What about Greece and Turkey, Sean?

Les selected for England

Dear Vic

Nice photo in Vetrun from Lake Monger, but I don't use a sunlamp, honest!

We had three sunny days in the UK this summer but then I was able to top it up in Perth at places like Scarborough, Hillary's, Mandurah and Mindarie, even.

I just want to say that once again I have enjoyed my time racing with, and meeting, the other members of MAWA. Could I thank once again those who assisted me in getting from Hocking to the race venues – providing me with race information – and, very importantly news of Burnley's performance in the Premier League!

International run

I arrived home to find I am selected for the England over-70 team in the Cross-country International against Wales, Scotland and Northern Ireland. So my races in WA will have been of great value

Don't abuse the recorders!

Hi Vic

Having been asked to record the finishers from time to time I'm always glad to do so. It means one more able-bodied person can compete. So I am very well aware of the concentration needed by our volunteers doing this job.

I must thank them for the accuracy and patience they display. It is not as easy as it may seem.

However I must ask our runners and walkers to be patient, and ensure their number and distance is recorded before they pass the recording table.

Remember, the officials are also trying to record the place-getters, so it's heads down much of the time. Again, a difficult task unless you know everyone by name.

Patience please

A sharp word from a runner/walker as they are called back to check their number, can make a difficult job, just that more unpleasant. So please be patient with your clubmates.

Barrie Thomsett

You write...



in bringing me to a racing mode!

Because of other commitments (like trekking to Annapurna - I have done Everest, and got the tee-shirt!) and racing in the USA, I don't think I can get back to WA until 2012. But, god willing, I hope to meet up with club members in Sacramento, July 2011.

My very best to you all,

Les

Les Presland is brilliant example of the international camaraderie of veteran athletics. It's always a pleasure to see him in Perth.

Les, please keep us informed of your progress. I especially want to hear when you hit that little, 5km 20min, target!

VW

Mike's bronzed-off

Hi Vic,

Just received Nov Vetrun no 428. Disappointed no mention of my bronze in the M70-74 800m, in 2.56.14. Would have done better (old story) but for piriformis injury.

Regards

Mike O'Reilly

What can we say, Mike? You just can't get the quality help nowadays!

VW



My View...

by

Vic Waters

Grumpy? You bet!

Are you a snapper?

NAH, not a fish, you goose.

A snapper takes pictures, but is not so pretentious to term itself a 'photographer.'

We need a team of members to take shots at next Easter's National Championships in Perth.

Perks include free entry, and a coloured vest that makes you impervious to javelin thrust and shot-put impact.

Please call me if you're willing.

Don't put that hammer down!

IN case you were planning to trade in your hammer for a cordless drill – don't. In an earlier Vetrun (October '09) we reported there was nowhere in Perth you could throw your thing. Not so. If you are in the mood for rick-ing your back, neck and knees – the cage at Coker Park is the place to be.

Hammers will fly at Coker (or Ern Clark AC, as the T&F mob spell it) on Thursdays: 10 Dec, 14 Jan, 18 Feb (National relay), 4 Mar, and 25 Mar.

YOUR Name

IS your name correctly spelled in Vetrun? It might be right on the club register, but typos happen. If so, let us know and we'll beat up the people responsible. Not really, but we can make sure their own little data-base is accurate.

On-ya Ross

ROSS Keane has lymphoma cancer and is well into a programme of chemotherapy and very confident of a good outcome.

He's still running at the track and on Sundays and taking a positive approach to his situation.

Of course it's made him take stock of values, and set a few targets. One of these is to take the family to Sacramento for the world competition in 2011.

Right, Ross' daughter Catherine



Vale Eileen Leggett

ARTHUR Leggett is held in great affection by so many club members that I know everyone will share with me the sadness on learning that his wife Eileen, the love of his life, passed away recently.

Arthur and Eileen met in wartime Britain when he was recovering from the privations of imprisonment in Germany. Arthur remains strong and independent and is well-supported by a loving family.

10K RUN



She's running again - Sandra Stockman, first woman in the 10K.

V3		36:06
David Cane	M45	37:24
Peter Sullivan	M50	38:40
Jim Langford	M65	38:57
V5		40:15
John Allen	M50	42:16
Kim Thomas	M35	42:59
Chris Reid	M45	43:27
Darryl White	M50	43:36
David Baird	M65	43:58
Paul Burke	M35	44:07
Brian Bennett	M60	44:25
Garry Ogden	M50	44:31
Tom Tralau	M35	44:52
Tristan Bell	M40	44:58
Brian Danby	M60	45:14
Neil McRae	M55	45:38
Maurice Creagh	M60	45:44
V10		45:49
John Bell	M60	46:33
Sandra Stockman	W40	46:38
Gary Fisher	M55	48:05
Keith Miller	M60	48:16
Sean Keane	M45	48:24
John Mack	M65	49:39
V4		50:03
Shirley Bell	W60	50:35
Richard Blurton	M55	50:56
Wayne Taylor	M50	51:13
Johan Hagedoorn	M65	51:23
Keith Atkinson	M50	51:43
V8		53:14
Graham Thornton	M65	53:18
Mike Khan	M60	53:19
Terry Humphrey	M70	53:35
Ray Attwell	M70	54:11
Vic Waters	M65	54:32
Lorraine Lopes	W65	54:39
Sharline Davis	W60	54:41
Kevin Howe	M50	55:35
Mary Young	W55	55:48
#N/A	#N/A	55:49
Melissa Young	W30	56:15
V9		56:19

Garvey Gallop

22 November, 2009

Directors: John and
Christine Oldfield

WE thought it was a glorious morning for a run and 120 competitors obviously thought the same. Garvey Park is a magnificent venue and caters well for those who like to sit around and have a post-race breakfast and social chinwag. This time there was no last minute drama of having to cut out the woodland loop because of fallen trees. This meant that the water station and turning point for 10km runners could be at the bottom of the slope, saving them from an uphill drag at the halfway point. The short run turn point was also changed, by popular request, to bring the distance down from March's 6.25km to just under 6km. Both distances were well contested by the runners but only two stalwart walkers tackled the 10km course - we're told that some of the regular walkers had been out on a jolly in Fremantle the previous day and were feeling a little fatigued.

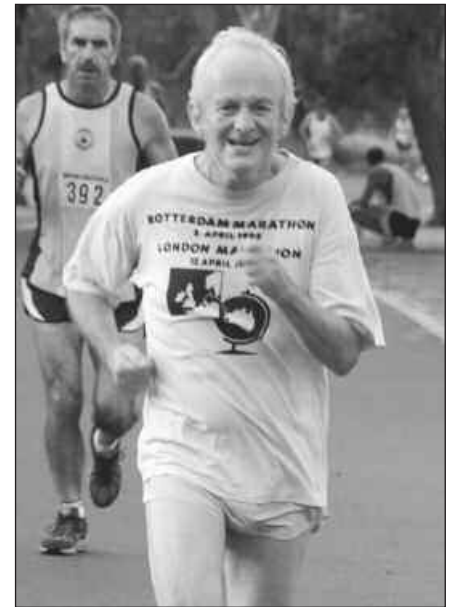
If you have never been a race director you cannot fully appreciate the value of a tried, tested and trusted cohort of helpers. We are so lucky to have Kirt, Bruce, Terry, Brett, Björn, Debbie and Pat, all of whom have helped with this run several times and do a fantastic job. And new helpers this time - Trisha, Glenis, Les, Catharine and Mike - were a welcome addition to the team. We look forward to having you all with us this time next year. Many thanks to all of you.

JO & CO

Val Millard	W60	56:44
Roger Walsh	M65	57:00
Graeme Neill	M45	57:15
Peter Bath	M65	57:50
Ian Gallagher	M55	58:21
John Byrne	M60	58:33
Theresa Howe	W55	58:50
Richard Danks	M65	58:59
Barb Humphrey	W55	59:06
John Pellier	M70	59:44
Jim Barnes	M65	60:56
Morris Warren	M70	61:03
Cecil Walkley	M80	61:16
Janet Jiang	W40	62:21
Mike Rhodes	M60	66:21
Mike Hale	M60	67:10
Jo Richardson	W55	74:24

6K RUN

Ross Parker	M60	23:51
Kaj Dewens	M60	25:21
Raymond Gimi	M45	26:07
Graeme Dahl	M60	26:49
Ivan Brown	M60	27:05
Ross Keane	M45	27:21
Bob Schickert	M65	27:59
Barbara Blurton	W55	28:31
Margaret Saunders	W55	29:11
David Carr	M75	30:33
Irwin Barrett-Lennard	M80	30:35
Jane Elton	W40	30:36



He's looking for Championship form - Paul Martin, first in the 6K walk.

Peggy Macliver	W65	30:42
Carol Bowman	W55	30:49
Delia Baldock	W45	31:18
Kim Ribbink	W40	31:38
Tanya Burke	W35	33:58
Toni Phillips	W35	34:37
Jim Riddell	M70	34:48
Cheryl van der Spuy	W55	35:02
V2		35:02
Aldo Giacomini	M70	35:35
John Ellard	M65	36:58
Kevin Hynds	M40	37:14
V6		37:46
Denise Viala	W55	38:01
Merv Jones	M70	38:44
Genevieve Spiro	W40	39:06
Neil Davis	M65	41:35
Julie Wood	W60	41:45
Pierre Viala	M60	41:45
Regina Crouch	W40	42:23
Linda Rhodes	W60	43:37
Sheila Maslen	W70	45:10
V7		45:59
V1		47:50
Margaret Bennett	W65	47:51
Mary Heppell	W70	54:09
10K WALK		
Ray Hall	M75	77:09
Lynne Schickert	W65	77:21
6K WALK		
Paul Martin	M65	38:13
Lesley Romeo	W65	43:45
Jeni Shillington	W50	48:27
Bob Fergie	M70	48:27
Lorna Lauchlan	W75	49:26
Patricia Hopkins	W65	49:30
Joan Pellier	W70	49:46
Jeff Whittam	M75	52:27
Margaret Warren	M50	53:47
V12		56:56
Sylvia Szabo	W50	56:57
Rosa Wallis	W65	58:07
Elaine Ellard	W65	58:08
Leo Hassam	M75	59:44
Vis		60:11
Ann Turner	W70	61:01
Shorty Turner	M70	61:04
Pat Miller	W70	62:21
Norm Miller	M75	64:40

UWA

21 October

10,000M			%
Alan Gower	M54	38:00.0	81.86%
John Oldfield	M66	45:52.4	75.33%
John Collier	M43	48:21.4	58.94%

3 November

SHOT			%
Toni Phillips	W37	6.93	33.67
Peter Kennedy	M89	5.34	61.59
Lorraine MacLennan	W44	4.83	27.44
Rob Shand	M77	6.56	45.51
John Dennehy	M50	6.88	34.13
Christine Oldfield	W64	3.15	25.49
Dorothy Whittam	W73	6.16	62.79
Tracey Gartlan	W40	8.14	42.16
Ivan Brown	M64	6.28	38.75
Peter Hopper	M64	7.79	48.07
Henri Cortis	M63	6.98	41.79
Louise Oswald	W41	7.66	40.57
Lorna Lauchlan	W79	5.85	72.04
Rae McMillan	W81	6.50	86.09
Alan Gower	M54	6.26	33.74
Neil Davis	Vis	6.40	
Lynne Schickert	W68	4.70	41.85

400M			%
Paul Haylett	M48	61.7	79.17
Alan Gower	M54	63.6	79.97
Duncan McAuley	M60	65.9	80.24
Barry Kernaghan	M69	68.6	84.63
Keith Edmonds	M42	72.6	64.52

Mark Elms	M42	61.8	75.79
Grant Schofield	M41	72.5	64.14
John Dennehy	M50	76.4	64.83
Tony Reid	Vis	77.4	
Ivan Brown	M64	78.1	69.41
Peter Hopper	M64	81.3	66.67

Sabrina Elms	Vis	70.7	
Jordan Elms	Vis	75.9	
Michael Elms	Vis	76.7	
Peggy Macliver	W65	79.9	83.40
Serina Elms	Vis	81.1	
Lorraine MacLennan	W44	82.4	66.44
Carol Bowman	W55	1:30.5	67.39
Christine Oldfield	W64	1:44.0	63.52

10 November

3000M WALK			%
Peter Hopper	M64	20:17.5	67.72
Ray Hall	M75	DQ	
Lynne Schickert	W68	22:14.4	71.19
Martin McLennan	Vis	25:23.00	
Lorna Lauchlan	W79	26:05.9	71.98
Grant Schofield	M41	26:07.9	42.84

17 November

100M			%
Mark Elms	M42	12.9	80.61
Paul Haylett	M48	13.6	79.65
David Clive	M72	13.6	93.55
Nick Miletic	M58	15.5	74.54
Kevin Collins	M41	16.6	62.21

Alan Gower	M54	13.9	81.05
Rob Greenhalgh	M59	14.1	82.46
Grant Schofield	M41	14.2	72.73
Barrie Kernaghan	M69	14.2	86.96
Norm Richards	M72	14.4	88.35

Patron's Trophy

John Dennehy	M50	16.1	68.19
Peggy Macliver	W65	16.1	88.11
Peter Hopper	M64	16.2	74.00
Ivan Brown	M64	17.2	69.69
Bob Schickert	M68	16.4	74.85
Lorraine MacLennan	W44	17.3	66.45
Christine Oldfield	W65	20.1	70.57
Lynne Schickert	W68	22.6	64.43
Peter Kennedy	M89	29.3	56.92

Iain MacLennan	Vis	15.1	
Scott Haylett	Vis	16.4	
Martin MacLennan	Vis	18.4	
Catherine Keane	Vis	19.2	

ERN CLARKE AC

October 22

3000M			POINTS	%
David Cane	M45	9:41.4	83.13	
Warren Thone	Vis	10:17.4		
Pete Sullivan	M51	11:04.3	76.34	
Kim Thomas	M35	11:11.3	66.96	
Bert Carse	M68	11:32.8	84.92	
Campbell Till	M52	11:33.6	73.71	
Jordan Elms	Vis	11:38.7		
Paul Haylett	M48	11:39.8	70.74	
Saskia Letham	W36	11:52.3	71.74	
Rob Antonioli	M57	11:57.0	74.35	
David Solomon	M45	12:05.5	66.65	
Ross Keane	M48	12:07.7	68.03	
Colin Smith	M46	12:31.7	64.84	
John Oldfield	M66	12:37.6	76.22	
David Carr	M77	12:44.3	87.77	
Karen March	W48	12:46.8	74.78	
Dante Giacomini	M41	12:56.7	60.39	
Maurice Creagh	M63	12:57.7	72.24	
Barbara Blurton	W59	13:22.1	82.81	
Lorraine MacLennan	W44	13:41.6	66.48	
Katrina Bolden	W32	14:12.8	59.02	
Jacinta Ponney	Vis	14:13.2		
Peggy Macliver	W65	14:20.7	84.48	
Kim Ribbink	W42	14:36.4	61.00	
Bob Schickert	M67	14:37.3	66.43	
Carol Bowman	W54	14:38.9	70.50	
Delia Baldock	W47	14:39.7	64.38	
John Dennehy	M50	14:51.2	56.44	
Steve Fuller	M57	14:52.6	59.72	
Sarah Ladwig	W60	16:14.2	69.18	
Jai Thomas	Vis	16:37.4		

3000M WALK			POINTS	%
Robin King	W50	17:17.0	points	

29 October

400M			POINTS	%
Colin Smith	M46	57.0	84.53	
Campbell Till	M52	59.6	84.20	
Garry Ralston	M54	62.2	81.77	
David Solomon	M45	62.5	76.57	
Kim Thomas	M35	63.9	69.65	
Rob Antonioli	M57	66.6	77.45	
Corey Thomas	M32	73.8	58.93	
David Cane	M45	62.9	76.08	
Steve Fuller	M57	69.0	75.06	
John Dennehy	M50	73.3	67.57	
David Carr	M77	73.3	91.77	
Nick Miletic	M58	83.1	62.81	
Katrina Bolden	W32	88.0	54.49	
Maurice Creagh	M63	89.8	59.99	

Callum Young	Vis	70.3	
Delia Baldock	W47	75.0	75.24
Bob Schickert	M68	76.3	74.88
Peggy Macliver	W65	78.8	84.57
John Oldfield	M66	83.2	66.56
Carol Bowman	W54	87.7	68.87
Lynne Schickert	W68	2:06.9	54.97
Chelsea Thomas	Vis	79.1	
Catherine Keane	Vis	90.7	
Mitch Thomas	Vis	95.1	
Storm Thomas	Vis	1:41.4	
Jai Thomas	Vis	1:50.2	

SHOT			POINTS	%
Bob Schickert	M68	5.16	36.31	
Lynne Schickert	W68	4.65	41.40	
Nick Miletic	M58	5.93	34.98	
Garry Ralston	M54	8.41	45.33	
Peggy Macliver	W65	6.39	52.93	
John Dennehy	M50	6.10	30.26	
John Oldfield	M66	2.31	15.19	
David Carr	M77	5.52	38.30	
Mark Hamilton	M39	11.24	49.67	
Julie Plackett	W40	9.94	35.95	
Kim Thomas	M35	6.21	26.86	
Colin Smith	M46	5.57	27.37	
Michelle Thomas	W31	5.47	24.17	
Grant Schofield	M41	7.85	35.42	
Corey Thomas	M32	5.21	22.53	
Rob Antonioli	M57	5.74	33.08	
Maurice Creagh	M63	4.60	27.54	
Katrina Bolden	W32	5.09	22.49	
Campbell Till	M52	6.51	33.63	
Carol Bowman	W54	4.21	27.73	
Karen Eastwood	W41	5.87	31.09	

5 November

3000M WALK			POINTS	%
Tom Lenane	M53	18:45.9	65.88	
Lynne Schickert	W68	22:22.3	70.77	
Sarah Ladwig	W60	22:28.4	63.96	

12 November

100M			POINTS	%
Chris Neale	M40	12.3	83.39	
Colin Smith	M46	12.6	84.83	
Campbell Till	M52	12.9	86.21	
David Clive	M72	14.0	90.88	

Kim Thomas	M35	13.9	71.19
Peggy Macliver	W65	15.3	92.71
John Dennehy	M50	15.4	71.29
Delia Baldock	W47	15.4	77.13
David Carr	M77	15.6	87.06
Jacqui Sanders	W43	16.2	70.16
Bob Schickert	M68	16.2	75.78
John Oldfield	M66	18.4	65.93
Carol Bowman	W55	18.6	69.40
Maurice Creagh	M63	19.0	62.71
Callum Young	Vis	14.3	
Michelle Thomas	W31	16.1	65.16
Melissa Young	W32	17.4	60.29
Lynne Schickert	W68	23.0	63.31
Chelsea Thomas	Vis	17.3	
Chloe Thomas	Vis	18.0	
Catherine Keane	Vis	18.4	
Mitch Thomas	Vis	20.0	
Jai Thomas	Vis	20.6	

HAMMER			POINTS	%
Julie Plackett	W40	21.39	36.13	
Louise Oswald	W41	25.67	44.64	
Bev Hamilton	W63	24.41	51.78	
Kev Hynds	M42	12.83	16.56	
Colin Smith	M46	5.93	8.26	
Lynne Schickert	W68	12.53	30.13	

Cliff Bould Trophy

November 1, 2009
Director: *Ivan Brown*

THIS event is named after one of our club's founders and it was wonderful to again have Cliff's old mate John Gilmour attend McCallum Park, join in our social activities and present the handicap trophy to Heiner Huning.

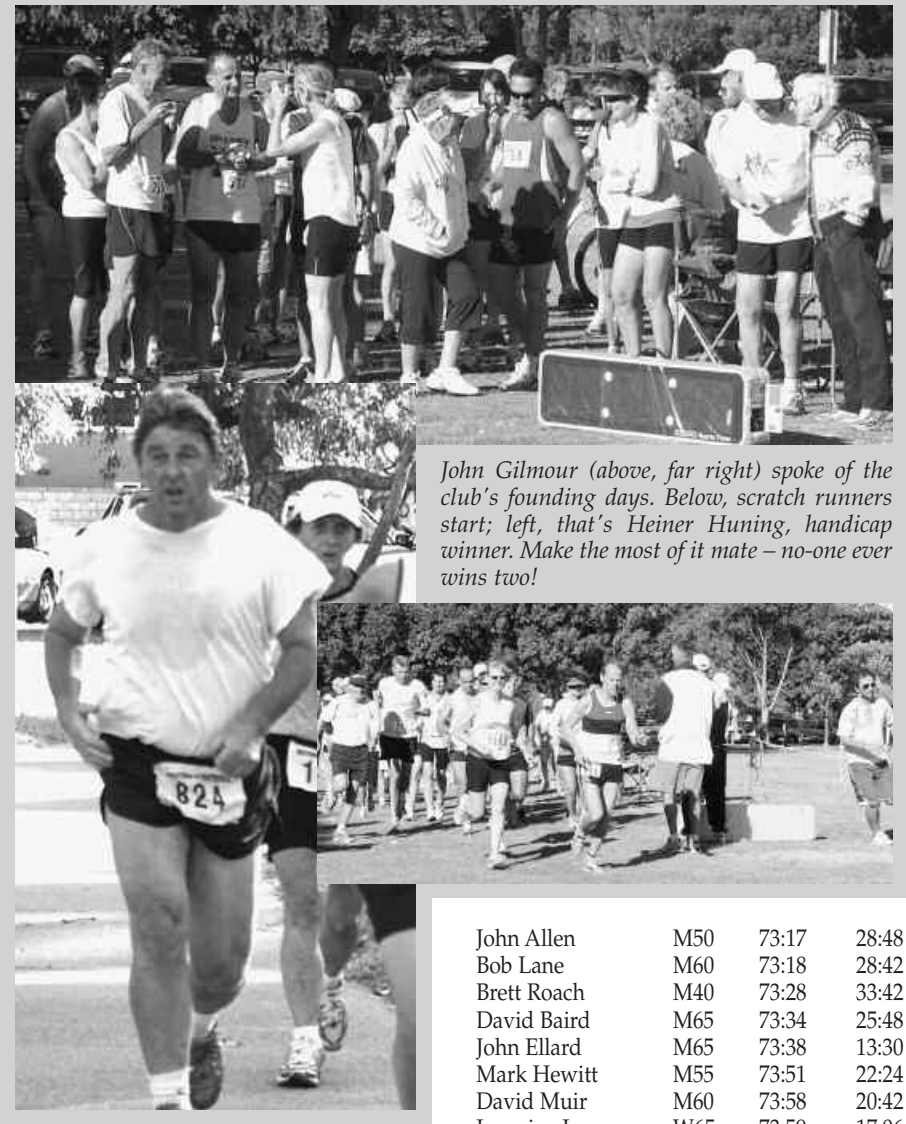
Despite fresh winds everyone seemed to enjoy the run/walk and the 'unhealthy' morning tea. One slight injury was reported due to the path on Heirisson Island being partly washed away.

My thanks to all regular helpers, Bert and Bridget, Raymond Gimi and Chris Frampton on water, Diana and Peter Hopper as recorders, Jim Riddell and Phyllis Farrell on gates, Keith Miller and Peter Sullivan on turns and my training partner Fayaz as deputy. (Penny Brown gets a big hug for looking after me on the day, and every day.)

The handicappers did a great job for the runs and walk and it was nice to see new names as winners, ie Alan Pomery and Pat Ainsworth in the walks and Jo Richardson (ineligible for trophy) and Heiner Huning in the long run.

Ivan Brown

* Recorders cannot confirm the club number of the competitor shown with ???, following the entry for Karen March. Is this you? Any club member who can shed light on the identity of this person, please email vicwaters@iprimus.com.au



John Gilmour (above, far right) spoke of the club's founding days. Below, scratch runners start; left, that's Heiner Huning, handicap winner. Make the most of it mate - no-one ever wins two!

John Allen	M50	73:17	28:48
Bob Lane	M60	73:18	28:42
Brett Roach	M40	73:28	33:42
David Baird	M65	73:34	25:48
John Ellard	M65	73:38	13:30
Mark Hewitt	M55	73:51	22:24
David Muir	M60	73:58	20:42
Lorraine Lopes	W65	73:59	17:06
Richard Blurton	M55	84:09	20:12
Melissa Young	W30	74:32	13:30
Johan Hagedoorn	M65	74:39	18:54
Hamish McGlashan	M70	74:42	18:18
Chris Pattinson	W50	74:43	22:12
John Brambley	M65	74:53	16:18
Carol Bowman	W50	75:03	16:48
Richard Danks	M65	75:11	10:30
Karl Stockman	M50	75:20	16:00
Barb Humphrey	W55	75:24	10:48
Brian Bennett	M60	75:42	25:24
Cecil Walkley	M80	75:44	06:54
John Dance	M60	75:57	12:36
Mike Rhodes	M60	76:07	05:42
Sandra Stockman	W40	76:43	24:30
Wayne Taylor	M50	77:15	25:18
Paul Martin	M65	78:03	14:54
Mike Khan	M60	78:37	18:06
Vic Waters	M65	82:10	22:06

5.2K WALK

Pat Ainsworth	W70	47:30	00:00
Alan Pomery	M75	50:34	03:07
Lesley Romeo	W65	51:23	12:14
Elaine Ellard	W65	51:31	07:14
Lynne Schickert	W65	51:49	12:58
Maggie Flanders	W70	52:21	01:41
Ray Hall	M75	52:29	14:00
Kirt Johnson	M80	53:32	09:51
Jeff Whittam	M75	53:36	10:43
Bob Fergie	M70	53:46	10:56
John Frost	M70	53:47	13:22
Lorna Lauchlan	W75	53:57	07:44

Dorothy Whittam	W70	54:32	06:54
Rosa Wallis	W65	56:14	08:33
Jennie Lee	W55	56:20	06:16
Leo Hassam	M75	56:55	00:00
Shorty Turner	M70	57:09	03:24
Ann Turner	W70	57:11	07:42
Debbie Wolfenden	W45	57:12	08:03
John Smith	M70	59:56	10:50
Jeni Shillington	W50	59:57	10:40

5.2 K RUN

Brett Roach	M40	23:50
Bjorn Dybdahl	M55	23:51
Kim Thomas	M35	23:52
Vis 3		23:53
Bob Lane	M60	23:54
Vis 2		23:55
Frank Gardiner	M55	24:21
Eldon George	M40	24:45
Margaret Saunders	W55	24:47
Gillian Young	W60	26:42
Barbara Blurton	W55	27:07
Delia Baldock	W45	27:16
Peggy Macliver	W65	28:23
Vis 4		31:01
Mike Anderson	M60	31:02
Ross Keane	M45	32:03
Vis 1		32:18
Linda Rhodes	W60	40:16
Toni Frank	W60	44:57
Jan Jarvis	W60	45:32
Ray Lawrence	M80	45:36

10.4K WALK

Peter Ryan M55 88:10

10.4K RUN

Jo Richardson	W55	67:10	00:00
Vis 6		70:03	
Daniel Groenewald	M30	70:09	n/h
Heiner Huning	M50	70:22	15:00
David Lewin	M60	70:25	n/h
Janet Jiang	W40	70:36	07:06
Steve Barrie	M70	70:48	10:00
Darryl White	M50	71:05	23:54
Gavin Howard	M45	71:19	17:18
Jim Barnes	M65	71:28	06:12
Neil McRae	M55	71:30	23:24
John Bell	M60	71:31	22:36
Garry Ogden	M50	71:34	24:24
Mark Rosen	M60	71:41	15:06
Kevin Howe	M50	71:42	n/h
Maurice Creagh	M60	71:51	22:00
Don Pattinson	M55	71:52	??
Frank Smith	M65	71:53	24:00
Bjorn Dybdahl	M55	71:57	30:12
Tristan Bell	M40	72:07	25:24
Tom Tralau	M35	72:12	25:24
Vis 5		72:15	
John Mack	M65	72:20	18:48
John Pellier	M70	72:28	11:24
Sean Keane	M45	72:29	21:12
Karen March	W45	72:53	24:18
Les Presland	M70	73:04	26:36
Gary Fisher	M55	73:05	22:48
Sarah Ladwig	W60	73:13	12:54

Gwelup Lake

November 8, 2009

Director: Richard Danks

ALTHOUGH dark clouds threatened overhead, rain held off and the race was conducted in perfect conditions. I used self-raising flour to mark the course and it received some favourable comments from competitors – despite making do with Black and Gold. My concern was the effect that rain might have on the flour markings – make damper perhaps?

I believe all competitors should be congratulated, as there are always many unsung heroes who carry injuries or overcome adverse circumstances.

Some competitors on Sunday worthy of note are the seven walkers all aged over 75, including one over 80.

A warm thank you to all the helpers including: Carol Bowman, Dee Haines, Pat Hopkins, Ray Lawrence, Bernard Mangan, Nick Miletic, Bob Sammells, David Scott, Sue Zlnay, Barrie Thomsett, Roger Walsh and Jeff Bowen. Thanks also to all the committee members and others whose tireless work behind the scenes ensures everything runs like clockwork.

Richard Danks

9.1K RUN

Brett Roach	M40	34:41
Kim Thomas	M35	37:16
Prabuddha Nicol	M50	38:08
Ralph Henderson	M60	38:21
David Baird	M65	39:26
Brian Bennett	M60	39:28
Frank Smith	M65	39:32
Neil McRae	M55	40:15
Brian Danby	M60	41:07
Mark Hewitt	M55	41:09
Sandra Stockman	W40	42:00
V1		42:11
Gary Fisher	M55	42:25
Sean Keane	M45	42:55
Martin Watkins	M60	42:59
David Lewin	M60	44:28
Shirley Bell	W60	44:34
Johan Hagedoorn	M65	44:41
Mike Khan	M60	45:17
Richard Blurton	M55	45:25
Gavin Howard	M45	45:32
Bruce Mathieson	M65	45:54
Hamish McGlashan	M70	46:02
Barry Jones	M50	47:00
Carl Stockman	M50	50:25
Theresa Howe	W55	50:36
Melissa Young	W30	51:21
John Byrne	M60	51:45
Barb Humphrey	W55	52:09
John Pellier	M70	52:55
Val Millard	W60	53:43
Jim Barnes	M65	54:10
Janet Jiang	W40	55:57
Irene Ferris	W55	56:48
Mike Rhodes	M60	59:18
Vic Beaumont	M75	59:46

4.6K RUN

Paul Hughes	M55	19:41
Paul Burke	M35	20:13
Tom Tralau	M35	20:28

Ross Keane	M45	21:17
Wayne Taylor	M50	21:17
Stephen Dunn	M40	21:33
V4		21:35
Ivan Brown	M60	22:22
Margaret Saunders	W55	22:37
Lorraine MacLennan	W40	23:23
Simone Solomon	W40	23:28
Dave Roberts	M65	23:31
Bob Schickert	M65	23:42
Gillian Young	W60	23:53
V2		24:31
Barbara Blurton	W55	24:40
Graham Thornton	M65	25:22
Delia Baldock	W45	25:51
V5		25:56
Vic Waters	M65	25:57
John Dennehy	M50	26:45
Sandy Johnstone	W40	26:52
V3		27:26
Mike Anderson	M60	27:43
Kevin Hynds	M40	29:33
Aldo Giacomini	M70	30:05
Marg Forden	W65	30:46
Arnold Jenkins	M65	31:18
Bernadette Height	W50	31:21
Merv Jones	M70	32:02
Neil Davis	M65	33:45
Linda Rhodes	W60	33:56

Kathy Burr	W70	34:39
Jo Richardson	W55	35:22
Julie Wood	W60	35:23
Toni Frank	W60	40:52

4.6K WALK

David Brown	M60	34:15
Peter Hopper	M60	36:25
Lynne Schickert	W65	38:31
Kirt Johnson	M80	38:49
Bob Fergie	M70	38:59
Jeff Whittam	M75	39:00
John Smith	M70	39:04
Joan Pellier	W70	39:15
Roma Barnett	W60	39:30
Rosa Wallis	W65	40:33
Lorna Lauchlan	W75	42:05
Alan Pomery	M75	42:55
Dorothy Whittam	W70	44:10
Margaret Warren	W70	44:13
Jennie Lee	W55	44:49
Maggie Flanders	W70	45:58
Pat Miller	W70	49:49
Morris Warren	M70	49:51
Leo Hassam	M75	49:52
Norm Miller	M75	53:41

9.1K WALK

Ray Hall	M75	70:15
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Bibra Lake

15 November, 2009

Directors:

Paul & Tanya Burke

6K RUN

Trevor Scott	M50	21:01
Greg Vander Sanden	M50	22:47
V9		23:03
Chris Frampton	M40	24:10
Kim Thomas	M35	24:36
Chris Reid	M45	25:49
Mark Hewitt	M55	26:46
David Carr	M75	29:09
Graeme Dahl	M60	29:16
Gillian Young	W60	29:17
Bob Schickert	M65	29:39
Ross Keane	M45	30:08
V3		30:39
Carol Bowman	W55	30:47
Peggy Macliver	W65	30:51
Delia Baldock	W45	31:36
Graham Thornton	M65	32:12
Roger Walsh	M65	33:18
Basia Lis	W45	34:24
V8		35:32
Jackie Halberg	W60	36:22
Aldo Giacomini	M70	36:33
V2		37:03
Christine Oldfield	W60	37:06
Janet Jiang	W40	37:11
Mike Rhodes	M60	39:01
Kathy Burr	W70	41:19
Linda Rhodes	W60	42:43
Julie Wood	W60	44:18
V11		44:46
Sheila Maslen	W70	45:15
Linda Green	W50	48:27
Toni Frank	W60	51:32
Mary Heppell	W70	56:06
Ray Lawrence	M80	59:15

12K RUN

Brett Roach	M40	44:27
V10		47:39
V6		50:49
David Baird	M65	54:08
Brian Danby	M60	54:49
Neil McRae	M55	56:54
Maurice Creagh	M60	57:57
John Mack	M65	59:06
V5		59:41
Sean Keane	M45	59:53
David Muir	M60	60:10
Bruce Mathieson	M65	60:57
Hamish McGlashan	M70	62:04
Richard Blurton	M55	62:19
Keith Atkinson	M50	62:39
Gavin Howard	M45	63:55
John Oldfield	M65	64:16
Johan Hagedoorn	M65	64:48
Vic Waters	M65	68:59
V1		69:04
Melissa Young	W30	70:03
Kevin Howe	M50	70:37
Ian Gallagher	M55	71:03
John Dance	M60	71:50
Paul Mattison	M50	71:55
Richard Danks	M65	72:55
V4		73:52
Vic Beaumont	M75	83:53

6K WALK

Paul Martin	M65	38:06
Ray Hall	M75	44:48
Lynne Schickert	W65	45:18
John Smith	M70	46:03
John Frost	M70	46:04
Stan Jones	M80	46:25
Jeff Whittam	M75	49:35
Bob Fergie	M70	49:46
Kirt Johnson	M80	49:36
Patricia Hopkins	W65	51:23
Lorna Lauchlan	W75	51:51
Dorothy Whittam	W70	53:03
Pat Ainsworth	W70	57:13
Jennie Lee	W55	57:14
Rosa Wallis	W65	57:56

COMING EVENTS - DESCRIPTIONS and HELPERS

DECEMBER 20 CHRISTMAS GIFT

**Directors: Elaine & John
Dance 08 9593 4607**

A fun day: from McCallum Park up river 2k or 3k and return. Prizes for dressing up - mainly with a Xmas theme. Bring and receive a gift of up to \$5 value.

DECEMBER 26 BOXING DAY

**Director: Barrie
Thomsett 08 9440 3820**

Stephen Dunn, Bryan Hardy, Arnold Jenkins, Tom Tralau. *Evening event around Yokine reserve for 4k or 8k followed by a BYO BBQ.*

DECEMBER 27 ALDERBURY PARK

**Director: Wayne Taylor
08 9272 3705**

Kristin Adrian, Alan Bruce, Garry Doyle, Gavin & Joan Howard, Theresa Howe, Arnold Jenkins, Ross Keane, Stanley Lockwood, Neal Osborne, Frank Smith,

David Smyth, Wayne Taylor, Sue Zlnay
Starts Hockey club rooms. Two 4k loops in parklands, a few rises and some sand. Walk is on 2k loop on internal road.

JANUARY 3 ASHFIELD

**Directors: Denise &
Pierre Viala
08 9307 1249**

Graham Ainsworth, Pat Ainsworth, Brian & Margaret Bennett, Johannes Hagedoorn, Kirt Johnson,

Trish Knox, Lorraine Lopes, Norman & Patricia Miller, Brian & Pamela Smith, Bronwyn Smith, Alan Thorniley, Ann & Cedric Turner, Malcolm Vernon, Julie Wood

Under Tonkin Hwy and follow bike path to 10K turn near Tranby House. Take particular care along footpath of Swan View Tce.

JANUARY 10 EAST PERTH

See page 2

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AUSTRALIA**

Australian Masters Athletics Championships, Perth 2010

PLANNING is well under way for next year's AMA Track and Field Championships to be held here in Perth at the new WA Athletics Stadium, Mt Claremont. For those of our members who are unable to travel interstate each Easter to compete, they now have an opportunity to challenge themselves against their peers.

Come to Track and Field competition each Tuesday and Thursday and/or Sunday distance runs and walks to help with your training program. Hard copy entry forms will reach you soon in your

AMA handbook or can be downloaded from the AWA website www.australian-mastersathletics.org.au. A new AMA specific on-line entry system will also be available on the AMA website from early December.

Masters Athletics WA and the 2010 National Championship committee welcomes the support of Black Swan Event Financial Planning as our major sponsor for the 2010 AMA Championships. Members are invited to contact John Cameron, Principal of BSEFP for financial planning advice. John has over 25

years experience in financial planning, and relevant prior experience in stock-broking, fixed interest dealing and financial journalism. ph: 08 9322 7818 or email: john@blackswanevent.com.au

Members whose companies would also like to be involved at any level with the championships should contact Championship Convenor Richard Blurton by ph: 9293 0190 or email: r.blurton@optusnet.com.au. Naming rights for specific events is a great way to promote your business.



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FINANCIAL PLANNING