

Vetrun

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Inside...

Born to Run book review You Write	P2
Alderbury Park East Perth	P3
Joondalup	P4
Age-Graded Handicaps	P5
Ashfield	P6
Point Walter	P7
Helpers - check the lists!	P8



Joondalup – P4

New members Welcome!

1004 THOMPSON: Sharonne W55
1005 O'CALLAGHAN: Bernie W50
1006 McCLOSKEY: Cathy W45
1007 CHERRY: Frances W45

Enter the Champs...

ONLINE ENTRY for the Track & Field State Championships is now on the website. It is easy, quick and secure to use and eliminates errors. You do not need a PayPal account. Entries close 6 March with no late entries accepted. **BB**

Australia Day honour for Noela Medcalfe

NOELA Medcalfe has been awarded the Medal (OAM) General Division in the Australian Day awards for her service to girl guides and swimming. Together with husband Gordon, Noela has been a Masters member for many years. She's seen here with an earlier honour, when I photographed her carrying the Olympic torch through Cottesloe prior to Sydney 2000. **VW**



Thanks, Sue

MCCALLUM Lakes run on February 13 will be Sue Bullen's last as director. She first took it over back in 2003 - when the event was known as the South Perth run, as a stand-in race director! Sue has done an excellent job - so let's hope a record turnout will give her a rousing 'thank-you' farewell next week!

Jackie Halberg



NOTICE OF ANNUAL GENERAL MEETING

THE MAWA annual general meeting will be held on Monday 18th April 2011 at 7.00 pm at the Perry Lakes Hockey Club rooms (the hall where the Perry Lakes events start). All members are invited to attend.

Committee Nominations

Nominations are called for the committee for 2011-2012.

The positions are: President, Vice-President, Secretary, Treasurer: and four Committee Members.

Nominations are also called for positions of Editor, Handicapper, Statistician, and Auditor.

Nomination Forms are available from the Club Secretary. Proposed changes to the Constitution must be lodged with the Club Secretary (Sarah Ladwig, felicity04@iinet.net.au or 53 Ward Crescent, Kelmscott WA 6111) by 21 MARCH 2011.

Life Membership

Nominations for Life Membership should be forwarded to the Club Secretary by 21 March 2011. Nominations need to be approved by the Committee before the AGM. A nomination needs to come from at least three members. We currently have 27 Life Members. Before a member 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.

Sarah Ladwig
Secretary MAWA

You write...

Their numbers up: credit to Bob and Jim!

Hi Vic,

The articles on early number's have been great, but may not explain to our newer members why some early members whose exploits are famous do not have numbers.

Numbers were not introduced until about five years ago. Members who had died before the numbers were introduced or who had allowed their membership to lapse did not receive a number. An example of a talented early member is Ted Maslen who died before numbers were introduced.

Before we had numbers, each Sunday morning runner was given a chit as they crossed the finish line and then took the chit to the race recorder and provided their details. Numbers were introduced to make the finishing process more efficient. It was not the intention that everyone who had ever been a member would have a number. However everyone who has been a member since about 2005 has a unique number, even if the membership has lapsed.

John Byrne

Thanks John.

Many of us remember the old system and are well aware that recording has become much more efficient since computerisation and the chest number systems began.

It's time to pay tribute to Bob Sammells, who first mooted the concept of computer recording the results – and of Jim Barnes, who campaigned long and hard for the club to introduce the numbering system.

ALL Masters runners would enjoy reading this book.

Around the core of the author's search for the Tarahumara Indians, a reclusive tribe inhabiting the remote canyons of Mexico, are wondrous stories of long distance races, a motley group of runners, the evolution of homo sapiens, anthropology of remote tribes, the science and the fellowship of running.

McDougall, a journalist, and a runner with apparently intractable injury problems was sent by Runners World on an assignment to Mexico to seek out the secrets of the Tarahumara, whose long distance running feats were the stuff of legend.

On occasions previously they had been lured from their remote canyons to run long distance races in the USA and had carried all before them in a way that defied the conventional wisdom of athletics coaches. The accounts of these events and others which introduce the eccentric group of ultra marathoners make compelling reading.

It was the middle chapters, which consider the science and anthropology of running that I found the most intriguing.

A theory is expounded that I had not heard of before: that the successful evolution of Homo sapiens has been more related to the development of the foot rather than the brain.

It is the foot with its unique arch and receptors which link it with knees, hips spine and neck, which together with our mode of breathing and more efficient heat dispersal enables us to outrun any other animals over long distances. This gave us the hunting advantage over Neanderthal man as we spread over the savannah and prairie lands as the climate changed.

Evolved

So human beings evolved to run and running lessens the chances of degenerative heart disease, diabetes, hypertension, many cancers, depression and other diseases of "civilisation". Moreover "Human beings are designed to run without shoes", "Feet like a Good Beating" and (Pace Chris Perry and Dave Carr) "The Best (Most Expensive) Shoes Are the Worst". Nike is blamed for the demise of USA marathon running.

Born to Run

by Christopher McDougall.

Profile Books

Reviewed by

Hamish McGlashan



Athletic shoes change the natural running action by replacing the barefoot situation where the outer part of the ball of the foot strikes the ground first, transferring it to the heel. The cushioning effect of the shoe disturbs the important messages that the foot sends to the rest of the body.

Since starting to train by running on grass in bare feet, McDougall has been cured of his running ailments. Barefoot running, as done by the Tarahumara, the Bushmen of the Kalahari, our ancestors, the Ethiopians and Kenyans, is the key to the prevention and treatment of plantar fasciitis, Achilles tendon and other muscle strains and multiple joint problems. Expensive running shoes make them worse!

Maslen

I could not help but think of our late Ted Maslen, a great distance runner who ran barefoot with us every Sunday morning, as does his wife Sheila to this day.

Here are a couple of quotations to enjoy.

"We monitored the results of the 2004 New York marathon and compared finishing times by age. What we found is that starting at the age of nineteen, runners get faster every year until they peak at twenty-seven. After twenty-seven, they start to decline. So here is the question: how old are you when you're back to running at the same speed that you did at nineteen? It's sixty four".

And "You don't stop running because you get old. You get old because you stop running".

The book finishes with a race involving the Tarahumara on their home territory, distance runners from the USA and the author himself, but it is more about the fellowship and camaraderie of running than the event itself.

COLLECT YOUR KEYS!

AFTER the Pt Walter fiasco over a member's car keys, please note – it's really important that all members collect their car keys as soon they exit the finishing chute.

I have seen race directors and committee members seeking the owner of keys left in the basket when races are well over.

Once the race director has finished packing up, keys are left on tables and benches etc. for anyone to pick up!!

I am sure you all agree that your keys are your responsibility. It is only the consideration of other members that prevent theft!

Many thanks for your co-operation.

Sarah Ladwig

Warning

Some words of warning; I found that reading the first chapters was struggle as they seem to wander wordily and randomly with dollops of intensely annoying American slang and profanities.

(I concur: McDougall seems to model himself on Gonzo journalist Hunter Thompson – best known for 'Fear and Loathing in Las Vegas.' VW.)

This is a pity, as McDougall writes lucidly when explaining the science in later chapters. Persist and the latter part becomes "unputdownable".

Although his arguments are persuasive, he does at times remind me of the climate change sceptics or the representatives of the Wilderness Society who quote selectively only from sources which promote their ideas. There is precious little cited as counterarguments.

The book is written by someone who is both an ultra marathoner and a vegetarian; the logic and even sanity of those espousing such cults is open to question.

I have been inspired by this book: not necessarily to start running a hundred miles at a time (my cardiologist might not be happy at the prospect and perhaps I have acquired some of the wisdom that goes with age) but I may get back to a 10k sometime soon if I train barefoot on grass and buy some Dunlop Volleys for Sunday mornings on the gravel.

8K RUN

Bjorn Dybdahl	M55	34:43
John Allen	M50	35:01
V1		35:16
Peter March	M50	36:11
Kim Thomas	M35	38:05
Chris Reid	M45	38:20
Garry Ogden	M50	38:32
Karen March	W45	38:51
Mike Hale	M60	39:00
Bruce Wilson	M65	40:10
Bob Schickert	M65	40:35
Maurice Creagh	M60	42:27
Mark Dawson	M45	42:28
Neil McRae	M55	42:47
Paul Haylett	M45	43:25
Ivan Pilton	M65	44:55
Maree Brown	W45	45:10
V3		45:25
Vic Waters	M65	45:35
Monique Fountain	W35	45:53
Melissa Hynds	W30	46:01
Richard Blurton	M60	47:10
John Byrne	M60	48:57
Heiner Huning	M50	49:00
Charlie Chan	M55	49:07
John Pellier	M70	50:27
Janet Jiang	W45	50:39
John Dance	M60	51:12

Alderbury Park X/C

December 27, 2010

Director: Wayne Taylor

Val Millard	W60	51:20
Jim Barnes	M65	53:41
Shirley Bell	W60	54:30
Richard Danks	M65	55:18
Elaine Dance	W55	71:21
Jo Richardson	W55	71:22

4K RUN

Sandra Stockman	W45	18:15
Ross Keane	M45	18:20
Frank Gardiner	M60	18:26
Tristan Bell	M45	18:35
Dave Roberts	M65	19:07
David Carr	M75	19:25
Graeme Dahl	M60	19:29
Margaret Saunders	W55	19:31
Delia Baldock	W45	21:46
Sarah Ladwig	W60	22:52
Lorraine Lopes	W70	22:56
John Dennehy	M50	23:54
Roger Walsh	M65	24:58
Paul Martin	M65	24:59

V4		25:09
V5		25:10
Bernadette Height	W50	25:45
Christine Oldfield	W65	25:51
Mike Rhodes	M65	26:27
Rochelle Airey	W40	26:32
Karl Stockman	M50	26:59
Merv Jones	M70	28:08
Pierre Viala	M60	28:34
Vic Beaumont	M80	28:48
Denise Viala	W60	29:01
Jackie Halberg	W60	31:51
David Baird	M65	33:50
V2		34:32
Toni Frank	W65	35:18

6K WALK

Bryan Hardy	M65	45:00
Lynne Schickert	W65	48:40
Joan Pellier	W70	53:05
Bob Fergie	M75	53:42
Jeff Whittam	M75	53:42

4K WALK

Kirt Johnson	M80	36:28
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2K WALK

Ann Turner	W70	23:08
Debbie Wolfenden	W45	23:45

TimeH/Cap Actual

7K RUN

V10	46:35	00:00	46:35	
V1	46:38	00:00	46:38	
Charlie Chan	M55	46:51	08:26	38:25
Garry Ogden	M50	46:59	15:01	31:58
Keith Atkinson	M50	47:05	12:13	34:52
Ivan Pilton	M65	47:09	11:51	35:18
Theresa Howe	W60	47:12	08:22	38:50
Michael Karra	M45	47:19	15:40	31:39
Jane Stanbrook	W40	47:20	03:38	43:42
Ross Keane	M45	47:21	17:09	30:12
V3	47:33	00:00	47:33	
Irwin Barrett-Lennard	M80	47:48	08:44	39:04
V8	47:50	00:00	47:50	
Greg Wilson	M60	47:53	09:03	38:50
Kim Thomas	M35	47:55	17:50	30:05
Paul Martin	M65	47:59	06:02	41:57
Brian Bennett	M60	48:01	16:18	31:43
Mark Dawson	M45	48:07	14:55	33:12
Vic Waters	M65	48:14	13:04	35:10
Lorraine Lopes	W70	48:18	10:24	37:54
Mike Hale	M60	48:19	15:39	32:40
Merv Jones	M70	48:24	02:05	46:19
Raymond Gimi	M45	48:26	14:01	34:25
Mike Khan	M65	48:28	11:19	37:09
Karen March	W45	48:28	16:14	32:14
Peter March	M50	48:29	18:45	29:44
Sandra Rourke	W40	48:35	10:42	37:53
Nick Miletic	M55	48:37	11:44	36:53
Julie Wilson	W55	48:38	09:54	38:44
Tristan Bell	M45	48:40	17:07	31:33
Bruce Wilson	M65	48:41	16:35	32:06
Jim Barnes	M65	48:42	08:32	40:10
Scott Winn	M40	48:43	0:00	48:43
Bob Schickert	M65	48:45	14:33	34:12
Chris Koemam	M50	48:45	13:20	35:25
John Mack	M65	48:46	13:07	35:39
Roger Walsh	M65	48:51	06:42	42:09
Maurice Creagh	M60	48:54	14:38	34:16
Sandra Stockman	W45	48:55	16:17	32:38
Mike Rhodes	M65	48:58	06:11	42:47
Denise Viala	W60	48:59	01:57	47:02
Bruce Mathieson	M65	49:01	13:35	35:26

East Perth

January 2, 2011

Director: John Smith



John Smith

THE 7am start was a blessing and combined with a slight but cooling breeze to make for perfect conditions. And, as usual, the slog up Nile Street was countered by the sweeping curves on the downhill run.

Numerous helpers were needed to direct runners and maintain safety. Too many to mention names but I would like to thank them all for their assistance.

But one man must be mentioned and that is the previous Director, David Brown, who did all he could to ensure a smooth changeover. He and Jill worked hard to establish this run and to have so many people obviously enjoying themselves means that there will be a lasting tribute to Jill.

Richard Blurton	M60	49:02	11:41	37:21
Richard Danks	M65	49:05	06:04	43:01
David Carr	M75	49:06	14:09	34:57
Paula Karra	W35	49:13	11:25	37:48
Bernadette Height	W50	49:16	04:04	45:12
Arnold Jenkins	M65	49:19	00:24	48:55
Johan Hagedoorn	M65	49:25	11:17	38:08
V12		49:28	07:00	42:28
Margaret Saunders	W55	49:31	15:00	34:31
Steve Clark	M65	49:35	03:19	46:16
John Dance	M60	49:43	06:59	42:44
John Pellier	M70	49:49	08:44	41:05
Sarah Ladwig	W60	49:51	09:19	40:32
Val Millard	W60	49:52	06:58	42:54
Mark Hewitt	M55	49:53	16:06	33:47
Frank Gardiner	M60	49:55	16:05	33:50
Graeme Dahl	M60	50:21	15:50	34:31
Graham Thornton	M70	50:37	10:39	39:58

Normally a race director hopes that the event goes off in a smooth and orderly fashion but this was a handicap event. And a successful handicap means a big bunch of runners arriving together. We had the pleasure of watching a couple of dozen contestants milling around in the finishing chute. Congratulations to Richard Danks for getting it right and my apologies for all the bad things I have said about handicappers in the past.

Finally another thank you, this time to Jacqui and Vic Beaumont for providing that splendid morning tea.

John

Vic Beaumont	M80	50:47	00:22	50:25
Heiner Huning	M50	50:51	10:44	40:07
Brian Smith	M70	50:54	04:55	45:59
Gary Fisher	M55	51:18	15:14	36:04
Barbara Blurton	W60	51:28	11:19	40:09
Christine Oldfield	W65	51:41	04:16	47:25
John Dennehy	M50	52:28	08:05	44:23
Jim Klinge	M60	53:26	18:23	35:03
Elaine Dance	W55	54:04	00:00	54:04
Jo Richardson	W55	54:04	00:00	54:04
Kerriann Bresser	W40	56:01	12:31	43:30
V2		59:41	00:00	59:41
Mary Heppell	W70	60:23	00:00	60:23
Richard Harris	M70	65:36	00:00	65:36
Did not compete in handicap:				
John Oldfield	M65	40:13		
Julie Keeley	W40	43:20		
David Baird	M65	43:50		



Tom Savin

Joondalup

January 9, 2011

Directors: Denise & Pierre Viala

9.5K RUN

V4		39:47
Peter March	M50	39:55
Ralph Henderson	M60	42:54
Brian Bennett	M60	44:10
Mark Dawson	M45	44:30
Garry Ogden	M50	44:54
Keith Miller	M60	45:03
Karen March	W45	45:15
Graeme Dahl	M60	45:57
Raymond Gimi	M45	46:16
Bob Schickert	M65	46:19
Mark Sivyer	M60	46:35
David Baird	M65	47:06
Margaret Saunders	W55	47:21
Maurice Creagh	M60	47:43
John Mack	M65	48:04
Ivan Pilton	M65	49:07
Bruce Mathieson	M65	49:54
Nick Miletic	M55	50:14
Sandra Rourke	W40	51:45
John Batta	M45	52:11
Julie Wilson	W55	53:10
Theresa Howe	W60	53:47
Greg Wilson	M60	53:47
Sarah Ladwig	W60	53:52
Melissa Hynds	W30	54:06
John Byrne	M60	55:23
John Dance	M60	56:28
David Carr	M75	58:24
Richard Danks	M65	58:29
V1		61:43
Berni Scott	W45	69:53
Jo Richardson	W55	71:27
Elaine Dance	W55	71:28

5K RUN

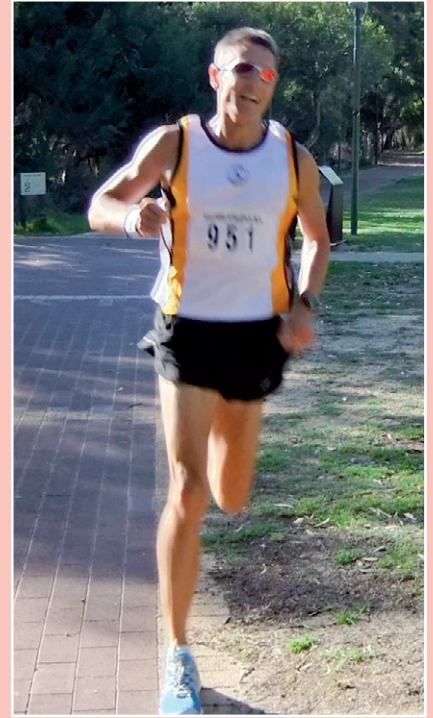
Xander Van Rijen	M40	18:02
V2		20:00
Ian Davies	M60	20:29
Ian Cotton	M45	22:05
Tom Tralau	M35	22:25
Hamish McGlashan	M70	27:38
Roger Walsh	M65	29:10
John Ellard	M65	31:46
Merv Jones	M70	31:58
Karl Stockman	M50	33:52
Mary Heppell	W70	38:16
V3		41:15

9.5K WALK

Bryan Hardy	M65	66:12
Lynne Schickert	W65	74:52
Regina Crouch	W40	77:25
Bob Fergie	M75	81:16
Jeff Whittam	M75	81:26
Jennie Lee	W55	86:16
Morris Warren	M70	86:18

5K WALK

John Smith	M75	40:53
Kirt Johnson	M80	42:17
Patricia Hopkins	W65	42:48
Ray Lawrence	M80	43:58
Lorna Lauchlan	W80	43:59
Margaret Warren	W75	45:00
Elaine Ellard	W65	46:47
Richard Harris	M70	47:17
Ann Turner	W70	47:19
Maggie Flanders	W70	49:53
Norm Miller	M75	61:06



Trackee Xander van Rijen made a rare Sunday appearance to win the 5km, and even rarer, visiting past member Tom Savin (top left) who now lives in Cyprus, blitzed all but Peter March in the 9.5km.

Below – Carl Stockman with new go-faster haircut, and Tom Tralau was happy to see the camera. Pics: Xander by Sandra Stockman; others, Frank Smith.)



East Perth concludes

7K WALK

Bryan Hardy	M65	49:04	22:14	71:18
Lynne Schickert	W65	55:25	16:41	72:06
Bob Fergie	M75	60:28	13:16	73:44
Jeff Whittam	M75	60:29	12:14	72:43
V11		62:10	00:00	62:10
Joan Pellier	W70	62:10	11:58	74:08
Lorna Lauchlan	W80	63:25	11:27	74:52
Dorothy Whittam	W70	68:24	05:51	74:15
Margaret Warren	W75	70:53	05:02	75:55
Ann Turner	W70	70:54	07:25	78:19

4K RUN

Ian Davies	M60	16:34
John Collier	M40	17:06
Dante Giacomini	M40	18:22
Dave Roberts	M65	18:41
Stephen Dunn	M40	19:26
V7		20:11
Wayne Taylor	M50	20:27
Colin Smith	M45	20:45
Hamish McGlashan	M70	21:23
Carol Bowman	W55	21:28
Peggy Macliver	W65	21:38
Jim Riddell	M70	23:36
Rochelle Airey	W40	23:48
Damien Hanson	M55	24:02
Aldo Giacomini	M70	25:00
John Ellard	M65	28:11
Julie Wood	W60	30:26
Ray Hall	M75	31:34
Kathy Burr	W70	31:39
Jan Jarvis	W65	32:49
Fiona Cousins	W35	33:11

4K WALK

Peter Hopper	M65	30:30
V9		31:48
Kirt Johnson	M80	35:08
Patricia Hopkins	W65	35:09
Ray Lawrence	M80	35:15
John Talbot	M60	36:06
Alan Pomery	M75	39:04
Elaine Ellard	W65	39:41
Pat Ainsworth	W70	39:42
V6		39:52
V4		39:53
V5		39:54
Maggie Flanders	W70	40:20
Noela Medcalf	W75	40:21
Phyllis Farrell	W65	41:08
Norm Miller	M75	44:47
Morris Warren	M70	44:49
Linda Rhodes	W60	45:30
Sheila Maslen	W70	45:30

Age Graded Handicaps

January 16, 2011

Directors: Gillian Young & Mark Sivoy

5K WALK

	Age	Clock	H/Cap	Actual
Lorna Lauchlan	80	46:09	03:47	42:22
Bryan Hardy	67	46:45	13:05	33:40
John Smith	75	47:00	10:31	36:29
Lynne Schickert	69	47:06	09:29	37:37
Ray Hall	77	47:34	09:45	37:49
Lesley Romeo	66	48:16	10:37	37:39
Joan Pellier	71	48:52	08:38	40:14
Kirt Johnson	81	49:08	08:02	41:06
Margaret Warren	75	49:54	6:44	43:10
Beryle Doust	62	50:58	11:57	39:01
Bob Fergie	75	51:04	10:31	40:33
Noela Medcalf	75	51:52	06:44	45:08
Ray Lawrence	82	51:59	07:33	44:26
Jeff Whittam	76	52:00	10:08	41:52
Dorothy Whittam	74	52:39	7:14	45:25
Ann Turner	74	53:10	07:14	45:56
Rosa Wallis	67	53:15	10:15	43:00
Richard Harris	74	54:52	10:53	43:59
Elaine Ellard	68	55:00	09:53	45:07
Maggie Flanders	74	56:00	07:14	48:46
Sandra Stockman	45	56:48	15:52	40:56
Morris Warren	73	57:05	11:14	45:51
Regina Crouch	41	57:27	16:32	40:55
V2		57:29		
Elaine Sillery	78	57:54	05:03	52:51
Sylvia Szabo	53	59:09	14:18	44:51
Karl Stockman	51	59:20	16:34	42:46
Jennie Lee	56	60:38	13:36	47:02
Shorty Turner	75	62:58	10:31	52:27

5K RUN

Dave Roberts	M65	24:02		
Lorraine MacLennan	W45	24:49		
Delia Baldock	W45	26:40		
Carol Bowman	W55	26:49		
Damien Hanson	M55	30:26		
Dennis Hughes	M60	30:36		
V4		31:06		
Arnold Jenkins	M65	32:54		
V5		33:26		
Jackie Halberg	W60	33:53		
Sandra Hughes	W60	34:00		
Pierre Viala	M60	34:25		
Julie Wood	W60	34:26		
Jan Jarvis	W65	40:47		
V1		41:37		
Margaret Bennett	W65	41:38		
Fiona Cousins	W35	42:17		
Toni Frank	W65	43:49		

8K RUN

	Age	Clock	H/Cap	Actual
Lorraine Lopes	71	44:56	02:42	42:14
Bob Lane	63	45:30	12:55	32:35
Brett Roach	41	46:22	17:23	28:59
Joe Clark-Murphy	64	46:53	12:41	34:12
Lachlan Marr	50	47:01	15:45	31:16
Jim Klinge	64	47:13	12:41	34:32
Bjorn Dybdahl	57	47:5	14:18	33:32
David Carr	78	47:58	07:00	40:58
Paul Hughes	58	48:34	14:05	34:29
Neil Morfitt	55	48:36	14:44	33:52
Ralph Henderson	62	48:40	13:10	35:30
Graeme Dahl	61	48:44	13:24	35:20
Margaret Saunders	57	48:50	9:50	39:00



Peter March	51	48:55	15:33	33:22
Irwin Barrett-Lennard	81	49:04	04:34	44:30
Robin King	52	49:12	11:45	37:27
Bob Schickert	69	49:16	11:21	37:55
Shirley Bell	62	49:36	07:37	41:59
Karen March	49	49:52	12:48	37:04
Frank Gardiner	61	49:53	13:24	36:29
Mike Hale	63	50:12	12:55	37:17
Keith Miller	62	50:19	13:10	37:09
Lisa Searle	38	50:22	15:20	35:02
John Mack	69	50:39	11:21	39:18
Chris Reid	47	50:42	16:20	34:22
Brian Bennett	63	50:46	12:55	37:51
V3		50:48		
Tom Clarke	64	50:51	12:41	38:10
Ivan Pilton	68	50:55	11:39	39:16
Martin Watkins	63	50:56	12:55	38:01
Ross Keane	49	50:57	15:57	35:00
David Baird	67	51:07	11:55	39:12
Susan Sanders	57	51:17	09:50	41:27
Bruce Mathieson	66	51:33	12:10	39:23
Maurice Creagh	64	51:54	12:41	39:13
John Collier	44	51:58	16:52	35:06
Peter Sanders	65	52:06	12:26	39:40
Hamish McGlashan	73	52:19	9:50	42:29
Theresa Howe	60	52:29	08:32	43:57
Mike Khan	66	52:34	12:10	40:24
Tristan Bell	45	52:4	16:42	35:58
Mark Dawson	49	52:48	15:57	36:51
Ivan Brown	66	53:11	12:10	41:01
Gary Fisher	58	54:04	14:05	39:59
Dante Giacomini	42	54:12	17:13	36:59
Johan Hagedoorn	67	54:19	11:55	42:24
Julie Wilson	57	54:25	09:50	44:35
Richard Blurton	60	54:26	13:38	40:48
Neil McRae	58	54:27	14:05	40:22
Tom Tralau	37	54:36	18:03	36:33
Charlie Chan	58	54:38	14:05	40:33
Val Millard	64	55:02	06:38	48:24
Maree Brown	46	55:08	13:44	41:24
John Pellier	71	55:19	10:40	44:39
Jim Barnes	67	55:26	11:55	43:31
Raymond Gimi	46	55:39	16:31	39:08
Greg Wilson	63	56:31	12:55	43:36



John Ellard leads the pack, followed by Brian Bennett and Kirt Johnson (top pic.) Inset are Elaine Ellard and Steve Toohey. Below – the 'Comeback Kings' – Ivan Pilton, recently returned to the club, and David Baird, recovering from a knee-op.

Christine Oldfield	66	56:49	5:36	51:13
Milton Mavrick	57	57:25	14:18	43:07
Sandra Rourke	43	57:25	14:28	42:57
Paul Martin	69	57:52	11:21	46:31
Scott Winn	41	57:58	17:23	40:35
John Byrne	63	58:06	12:55	45:11
Heiner Huning	54	58:16	14:57	43:19
Roger Walsh	67	58:37	11:55	46:42
John Batta	46	58:48	16:31	42:17
Mike Anderson	62	58:57	13:10	45:47
Richard Danks	68	59:11	11:39	47:32
Aldo Giacomini	74	59:33	09:22	50:11
Denise Viala	60	60:08	08:32	51:36
Janice Mathews	42	60:24	14:41	45:43
Mary Heppell	73	60:27	01:24	59:03
John Ellard	69	60:45	11:21	49:24
Pam Toohey	65	60:56	06:08	54:48
Vic Beaumont	81	61:16	04:34	56:42
Ursula Clark-Murphy	60	61:18	8:32	52:46
Jane Stanbrook	43	61:20	14:28	46:52
John Dennehy	51	61:26	15:33	45:53
Brian Smith	72	61:29	10:17	51:12
Tanya Burke	39	61:31	15:12	46:19
John Dance	61	61:34	13:24	48:10
Sheila Maslen	73	62:20	01:24	60:56
John Brambley	68	62:47	11:39	51:08
Merv Jones	71	63:08	10:40	52:28
Kathy Burr	71	64:23	02:42	61:41
Janet Jiang	46	64:35	13:44	50:51
Elaine Dance	59	69:18	08:59	60:19
Jo Richardson	58	69:18	09:25	59:53
Steve Toohey	62	72:36	13:10	59:26
V6		55:35		



THOSE off on scratch were the 5km runners and one 8km walker, with everyone else on a handicap determined by their age. Minor course changes caused no problems and a field of 137 runners and walkers completed the event. The overall winner of the 8 km age handicap run was Lorraine Lopes and the overall winner of the 5 km age handicap walk was Lorna Lachlan. Well done ladies!

A big thank you to our wonderful helpers Jenni, Melissa and Kev, Mike and Linda, Duncan and Fiona, Stephen, Rod and Paula and Mike. We couldn't do it without you.

Gillian Young and Mark Sivyver



Above, Tom Clarke and Brian Smith are leading. Below, Richard Blurton and Mike Anderson to the fore; Dave Roberts took a flyer with the scratchers; and Rosa Wallis is looking up!



Ashfield

January 23, 2011
Directors: Sandra & Karl Stockman

BEING first-time directors, we were a bit anxious about whether everything would run smoothly on our big day but thanks to our great team of experienced helpers, no-one got lost and all 114 competitors crossed the line with a smile on their face, no doubt relieved to have finished after competing in the hot and sticky conditions. It's great to be able to give something back to the club after a few years of competing ourselves and letting others do the work, so we look forward to directing this event for many more years to come.

Sandra

10K RUN

Brett Roach	M40	38:23
Rod Hamilton	M45	41:42
John Allen	M50	42:11
Peter March	M50	42:30
Joe Clark-Murphy	M60	44:04
Bob Lane	M60	44:30
Nicola Maslen	W35	44:36
Jim Klinge	M60	45:11
Ross Keane	M45	45:34
Graeme Dahl	M60	45:41
Tristan Bell	M45	45:47
Karen March	W45	46:59
Brian Bennett	M60	47:46
Tom Tralau	M35	48:04
David Baird	M65	48:21
Robin King	W50	48:50
Maurice Creagh	M60	48:51
Raymond Gimi	M45	48:58
Frank Gardiner	M60	49:02
Bob Schickert	M65	49:07
Gary Fisher	M55	50:21
Neil McRae	M55	50:32
John Mack	M65	51:14
Ivan Pilton	M65	51:19
Mark Sivyver	M60	51:31
Garry Ogden	M50	51:57
V1		52:08
Richard Blurton	M60	52:09
Charlie Chan	M55	52:42
Mike Khan	M65	52:47
Maree Brown	W45	52:57
Nick Miletic	M55	53:56



Sandra and Carl

Hamish McGlashan	M70	54:26
Graham Thornton	M70	55:22
David Carr	M75	56:07
Milton Marick	M55	56:08
Melissa Hynds	W30	56:10
Irwin Barrett-Lennard	M80	56:29
Julie Wilson	W55	57:10
John Pellier	M70	58:38
Sarah Ladwig	W60	59:10
Theresa Howe	W60	59:17
Wayne Taylor	M50	61:20
John Dance	M60	61:23
Richard Danks	M65	61:35
Tanya Burke	W35	61:48
Greg Wilson	M60	61:50
Janet Jiang	W45	62:16
Paul Martin	M65	64:21
Val Millard	W60	65:16
Heiner Huning	M50	66:05
V5		67:56
Ursula Clark-Murphy	W60	68:59
Pam Toohey	W65	77:03
Elaine Dance	W55	77:03
Jo Richardson	W55	77:03
Mary Heppell	W70	81:37

5K RUN

Neil Morfitt	M55	20:37
Ian Davies	M60	20:58
Ian Cotton	M45	22:35
Dante Giacomini	M40	22:47
Margaret Saunders	W55	23:53
Mark Hewitt	M55	23:53
Bruce Mathieson	M65	25:01
Johan Hagedoorn	M65	26:36
Peggy Macliver	W65	26:53
Carol Bowman	W55	27:27
Delia Baldock	W45	27:27
Brian Danby	M60	27:50
John Byrne	M60	28:24
V4		28:36
Mike Anderson	M60	28:42
Gillian Young	W60	29:39
Sean Keane	M45	29:40
Mike Rhodes	M65	30:15
V3		30:21
Aldo Giacomini	M70	30:33
Christine Oldfield	W65	31:21
Rochelle Airey	W40	31:47
Merv Jones	M70	32:47
John Ellard	M65	33:03
John Oldfield	M65	34:00



Ashfield start, above, with 5km winner Neil Morfitt (501) to the fore.
Below, Brett Roach and son.
(Ashfield pics all by Frank Smith.)



Jackie Halberg	W60	34:42
Vic Beaumont	M80	35:36
Steve Toohey	M60	37:42
Sheila Maslen	W70	38:16
Margaret Bennett	W65	38:54
Julie Wood	W60	38:54
Linda Rhodes	W60	41:24
Toni Frank	W65	43:50

10K WALK

John Smith	M75	78:24
Lynne Schickert	W65	79:49
Regina Crouch	W40	83:37
Bob Fergie	M75	86:00
Jeff Whittam	M75	86:02

5K WALK

Peter Hopper	M65	39:51
Joan Pellier	W70	40:08
Patricia Hopkins	W65	42:22
Roger Walsh	M65	42:23
Lorna Lauchlan	W80	42:34
Ray Lawrence	M80	44:44
Simon Mort	M50	45:04
Margaret Warren	W75	45:09
Rosa Wallis	W65	45:45
Marg Forden	W65	45:46
Dorothy Whittam	W70	46:40
Elaine Ellard	W65	47:53
Morris Warren	M70	48:06
Richard Harris	M70	48:07
Alan Pomery	M75	48:49
Maggie Flanders	W70	49:40
Elaine Sillery	W75	49:54
V2		49:59

Point Walter

January 30

Director: David Roberts

11KM RUN

Brett Roach	M40	43:55
Rod Hamilton	M45	45:54
Peter March	M50	47:52
V3		51:12
Danny Sheehan	M55	51:17
V6		52:48
V9		52:49
Karen March	W45	53:13
Tristan Bell	M45	53:21
Ross Keane	M45	53:39
Tom Tralau	M35	54:32
David Baird	M65	55:37
Bob Schickert	M65	56:36
Ivan Pilton	M65	58:40
Charlie Chan	M55	59:42
Scott Winn	M40	60:30
Maree Brown	W45	60:59
Wayne Taylor	M50	64:00
Graham Thornton	M70	64:07
Milton Mavrlick	M55	65:18
Julie Wilson	W55	65:30
Jim Barnes	M65	65:56
V1		65:56
John Pellier	M70	66:41
Peter Bath	M65	67:04
Greg Wilson	M60	67:12
Tanya Burke	W35	68:30
V8		68:31
John Dance	M60	70:15
John Oldfield	M65	74:37
Richard Danks	M65	78:45
Cecil Walkley	M80	83:42
Elaine Dance	W55	87:20
Jo Richardson	W55	87:21

6.2KM RUN

Kim Thomas	M35	24:37
Neil Morfitt	M55	24:58
Joe Clark-Murphy	M60	25:51
Lisa Searle	W35	26:10
V4		27:01
Chris Reid	M45	27:02
Sandra Stockman	W45	27:23
Dante Giacomini	M40	27:34
Frank Gardiner	M60	27:48
Graeme Dahl	M60	28:40
Mark Hewitt	M55	29:10
Margaret Saunders	W55	29:32
Neil McRae	M55	30:30
Ivan Brown	M65	30:50

Keith Atkinson	M50	31:53
V3		31:58
Vis		32:00
Nick Miletic	M55	32:09
Hamish McGlashan	M70	32:46
Peggy Macliver	W65	33:11
Johan Hagedoorn	M65	33:35
David Carr	M75	34:23
Sarah Ladwig	W60	34:29
Jane Stanbrook	W40	35:22
Genevieve Spiro	W40	35:50
V7		35:50
Claire Walkley	W45	36:02
Damien Hanson	M55	37:03
John Brambley	M65	38:04
Val Millard	W60	38:06
Pierre Viala	M60	38:08
John Ellard	M65	38:11
Aldo Giacomini	M70	38:14
Ursula Clark-Murphy	W60	38:38
Christine Oldfield	W65	38:56
Jackie Halberg	W60	39:34
Mike Rhodes	M65	39:52
Denise Viala	W60	41:11
Janice Mathews	W40	42:11
Vic Beaumont	M80	42:21
V2		42:24
Pam Toohey	W65	45:21
Arnold Jenkins	M65	45:51
Sheila Maslen	W70	46:07
Kathy Burr	W70	46:27
Mary Heppell	W70	46:56
V5		47:21
Fiona Cousins	W35	49:24
Linda Rhodes	W60	51:22
Roma Barnett	W60	51:31
Toni Frank	W65	54:17

11KM WALK

Lynne Schickert	W65	89:20
John Smith	M75	89:21
Regina Crouch	W40	1:43:33
Jeni Shillington	W50	1:43:33

6.2KM WALK

Joan Pellier	W70	49:12
Kirt Johnson	M80	51:53
Patricia Hopkins	W65	52:18
Jennie Lee	W55	53:53
Ray Lawrence	M80	54:00
Marg Forden	W65	55:08
Margaret Warren	W75	55:08
Karl Stockman	M50	55:37
V12		57:36
V11		57:37
Richard Harris	M70	58:08
Morris Warren	M70	58:08
Phyllis Farrell	W65	60:13

COMING EVENTS – HELPERS

FEBRUARY 20 WOODMAN POINT

Race Directors:
Karen & Peter March -
9418 8770

Rochelle Airey, John
Brambley, Maree Brown,
Paul & Tanya Burke, John
Dance, Ray Hall, Dennis &
Margaret Miller, Allan
Taylor, Rosa Wallis

FEBRUARY 27 CANNING CAPER

Race Director:
Keith Atkinson -
9313 1669

Hilary Beck, Ivan Brown,
Chris Coates, Gary Fisher,
Dante Giacomini, Richard
Harris, Brian Hunter, Cecil
& Claire Walkley

MARCH 6 PINEY LAKES

Race Director:
John Frost -
0415 232 420

Phyllis Farrell, Frances
Glynn, Steve Hossack &
Basia Lis, Gavin & Joan
Howard, Brian Hunter, Alan
James, Mitch Loly

MARCH 13 TEDDY BIRDS PICNIC

Race Director:
David Muir -
9330 9794

Ray Attwell, Leo Hassam,
Pat Hopkins, David Smyth,
Genevieve Spiro, Wayne
Taylor, Janet & Michael
Walter, Rhod Wright

ALL helpers – you must contact the race director to confirm that you are available for the allocated event.

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