

Vetrun

The magazine of Masters Athletics WA

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*McCallum Lakes start
– see page 4*

National entries – closing soon!

PLEASE remember – AMA Nationals in Brisbane at Easter 21-24 April – closing date for entries is Thursday 24 March 2011 – and late entries will NOT be accepted.

Online entries can be made via AMA website www.australianmastersathletics.org.au or on the paper copy printed in your current AMA Handbook.

World Championships

ALSO – WMA Championships, Sacramento 6-17 July 2011: closing date for your online entries (via WMA website www.wma2011.com) is 24 April 2011. Again – late entries will NOT be accepted.

Even earlier closing date for paper copy entries (via Judy Cooper, AMA International Entries Clerk) is Thursday 24 March 2011.

Reminders

YOUR agenda for the AGM is inside. Remember to fetch it with you on April 18, 7pm to the Hockey Club rooms at Perry Lakes.

- Entry form for the 10km Track Handicap – see page 3.
- Are you helping at a Sunday event?
EVERYONE – CHECK PAGE 8!



*Jim Barnes – Friendship Run
director*

Directors move aside

TWO long-term club members have relinquished their positions as race directors.

David Muir took over the Teddy Birds run from George Schaefer in 2005, and Jim Barnes took over the family business (the Friendship Run) from his sister and bro-in-law (the Pelliers) in 2006.

We offer both directors our sincere thanks for their efforts over the years. Events in Kings Park have always been problematical, and subject to continual change. David and Jim coped admirably.

David has endured many health problems in the recent past, and Jim has also met his own health challenges with great resilience. We wish them both well, and many, many more years enjoying the camaraderie and competition of Masters.

Memberships are due

MEMBERSHIP payments are due on March 31, 2011 – and we have a well-established tradition of doing this at the Sunday membership Run – March 27 this year!

It is especially important to renew your membership by this date if you are entering the State Championships – 2 & 3 April – and/or the Nationals at Easter.

If you receive Vetrun by post, a membership form is included.

Those who have Vetrun via email or the website, you may now renew your membership online; follow the link on the website. This is a quick and simple task and is recommended. However you may also download a form from the website and post it.



*David Muir – Teddy Birds
director*

You write...

Hi Barbara,

Just got round to reading and enjoying the *Vetrun* you emailed out. I particularly liked the article by John Oldfield about marathon records. So many were from about a 10 year period and I remember (with nostalgia!) running with all of the people mentioned. Just one point for John please. I set the M50 record in 1990 (not 1991) on the course starting and finishing at the WACA. In 1991 I was 55 and would have been up against Johnny's record! As it was I was fighting Plantar Fasciatis and not happy! The following year I was lining up for a double bypass. End of my marathon days!

*Go well,
Steve Barrie*

Steve is pictured (right) at Coker Park in 1992, fourth runner from the right. He still holds the WA M50 marathon record set a year earlier – 2hrs 40mins.

Starting to plan next year's holidays?

THE Oceania Masters Athletics Championships will be held in Tauranga NZ from 5-12 February 2012. So put this date into your holiday planner and enjoy good competition and great sightseeing in another very beautiful part of the Oceania region.

March Sizzler!

NO, we're not meeting at Greater Union. This is our very own sizzler.

(‘There is no social occasion in Australia that cannot be improved with a sausage sizzle’ – Barry Humphries.)

So, as you can't beat destiny, join us for a family sausage sizzle after the run at Lake Monger on March 20. There will be our normal morning tea – plus – We provide the sausages!

You bring along your family, chairs, rugs, kitchen sinks (and libations?)

Incentive for 5000m runners!



READY for the State Championships? Here's something for all 5,000m runners to match.

I took this picture at the 1992 M50-M75 Championships event at Coker Park.

From left, visible are: Frank Smith, Ted Maslen, Henk Stoffers, Basil Worner, Lyle James, Steve Barrie, Bob Schickert, Robin Bonner, and Cliff Bould.

So what?

Here are their times (oh, Frank was having a bad day!)

M50

1	Henk Stoffers	16:57.0
2	Bob Schickert	17:16.1
3	Frank Smith	18:06.5
4	Charlie Spare	19:37.9

5	Lyle James	19:41.5
6	Joe Trovato	19:44.5

M55

1	Steve Barrie	17:51.9
2	Ted Maslen	19:03.3

M60

1	Robin Bonner	19:25.0
2	Brian Paxman	20:29.5
3	Basil Worner	21:10.6

M65

1	Merv Moyle	20:58.6
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M75

1	Cliff Bould	32:05.8
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State Championship Steeples

BOTH events are at WAAS on Friday March 11. Register direct with AWA. 3km steeplechase is at 8.10pm; 2km steeplechase at 8.35pm – BUT please check these times with AWA beforehand.

Athletes – you are ambassadors too

THE runner who abused a passer-by, exercising her little dog quite legally near our Canning Caper course, did the club no favours.

Richard Harris, helping at the water-table, exercised great PR skills to soothe the lady. He points out that when we're out on the public tracks we don't have exclusive rights. We need to share fairly.

We all know that dogs can be a nuisance at times. But if they are in legitimate exercise areas, and are under control, we have no beef.

Please remember that we're all on show when we're using public paths. Be an ambassador for our sport, and club.

How Masters began – read our history

ONCE upon a time, old people over 35 had no running clubs. An elite few still mixed it in open athletics, but most ordinary mortals were on their own – until in the early 1970s a few top men in Australia began building a competition system for seniors.

I write 'men' without bias – women didn't – couldn't – join in for a few years. Several of these pioneers were in Perth, so thanks to Cliff Bould, John Gilmour, David Carr, Dick Horsley and a few more WAVAC began, at McCallum Park.

Age is no Barrier

How would I know? Because, with Lynne Schickert, I have helped produce *Age is no Barrier*, a stimulating history of Masters / Veteran athletics throughout Australia. Writer Bryan Thomas, an ACT member, has dedicated two years to this task, on behalf of the AMA.

The 164-page book, with many photographs and a 16-page colour picture sections, will be printed in Perth ready for sale at this year's Nationals in Brisbane. Price will be announced soon and copies will be available through our club.

VW

April is late this year!

NEXT month's *Vetrun* will probably publish a week later than usual so we can carry all results of the State Champs. But, they will all be online sooner, beginning April 4.

CLUB AGM

MASTERS ATHLETICS WA
Monday 18th April 2011
at 7pm
Hockey Club Rooms
Perry Lakes Dr Floreat
(This is near the start of
Alderbury Park and Perry
Lakes events)

PLEASE RETAIN THIS
AGENDA AND BRING TO
THE AGM

WELCOME
ATTENDANCE /
APOLOGIES
MINUTES OF 2010
AGM – CONFIRMATION

MATTERS ARISING

REPORTS – President:
Secretary: Treasurer.

PRESENTATION OF
TROPHIES

Patron's Trophy for Track
and Field, 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

New members – Welcome!

1008 QUINLAN: Victor M75
1009 HOEPNER-QUIN-
LAN: Jennifer W55
1010 SCHUTZE: Mark M40
1011 LEONARD: Simon M50
1012 LEONARD: Fiona W40
1013 TROUCHET: Glen M50
1014 HEPPELL: Barry M45
1015 BROUGH: Martin M45
1016 FAULKNER: Greg M60



Lorna the sprinter!

SHE's a great walker, but personally, I have never seen Lorna Lauchlan run. But I have only been here 21 years. However, last month she joined in the 60m sprint at McGillivray Oval to set a new State record.

Lorna is another of our super 80-plus athletes who is rewriting the record books in the greater age groups.

UWA

Tuesday Feb 22, 2011

60M

* Lorna Lauchlan	W80	15.9
Andrew Taylor	Vis	8.5
Barrie Kernaghan	M70	8.9
Norm Richards	M70	9.4
Kevin Collins	M40	9.9
John Dennehy	M50	10.0
Cathy McCloskey	W45	9.1
Fran Cherry	W45	9.5
Julie Wilson	W55	12.5
Lynne Schickert	W65	13.5

MAWA and

Secretary MAWA
53 Ward Crescent
Kelmscott WA 6111
9390 2056

Editor:
Vic Waters
Ph/fax: 9341 3464
vicwaters@iprimus.com.au

Patron:
John Gilmour

In My View...

by The Editor

Here's to June 2020!

AT the present rate, it will take another nine years and three months before Vetrun's masthead carries another string of identical numerals. You are reading no. 444. I sincerely hope that in June 2020 you'll be enjoying no. 555.

I wonder if we'll still have a printed Magazine?

Perhaps it will be beamed directly into your head, or your 3-D glasses.

The paperless-office revolution promised by computerisation never happened, but we do receive an ever-increasing load of services, information and entertainment digitally.

Editor of Vetrun no. 1 was David Carr. I took over from Jeff Whittam in June 1990 with no. 213, gave it away from May 1995 (no 260) and

YES it is that time of the year again, when you can run a fast 10km on a good grass track, with a real chance of taking home the trophy (provided you have made three Sunday runs in the past six months.) Even if you aren't eligible for this handicap trophy, you can still run.

We usually have ideal conditions for the run, cool, no wind (fingers crossed). There is a \$3 fee (send with entry) and a BYO BBQ follows.

Vetrun Contacts

Website:
www.mastersathleticswa.org

Email:
enquiries@mastersathleticswa.org

Club uniforms:
Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

President:
Barbara Blurton



Too hot?

MEMBERS at the Canning Caper were advised to be wary of hot and humid conditions. Very sensible. If this spell continues, I shall move at the AGM that gentlemen can remove their wigs, trusses and woolly vests. Ladies can take off anything.

slipped on the green eye-shade again with no 375 in June 2005. (That's 116 editions I have turned out, in nearly ten years.)

Since 2005 Vetrun has been professionally produced and printed, moved online and into colour.

When David Carr did no 1, he was using state-of-the-art wax stencilling!

How our communications will change by 2020 is anyone's guess, but like all of you, I want to be around when it happens!

VW

**23rd 10km Track
Handicap
14th April, 2011, 7pm**

Anyone who is free that night would be most welcome, to give us a hand with lap scoring/helping – or just come along to cheer the runners on!

Location is McGillivray sports ground; first runner off at 7pm.

Entry form is here, and will also be available at Sunday runs and the State Champs.

Jeff Whittam

**10km Track Handicap
McGillivray sports ground**

April 14 2011 – 7pm start
Entry fee – \$3

Name

Club no

Please hand your entry to
Jeff Whittam or post to
49 Holland St Wembley 6014.
(Ph.) 9387 6438

McCallum Lakes

February 13, 2011

Race Director - Sue Bullen

SO, I say goodbye as race director for the McCallum Lakes Run. I cannot thank enough the very loyal band of officials who have nominated themselves year after year to help at this run. Today when I got to the park the event was pretty much all organised for me by the very generous helpers who arrived early and with a genuine desire to help. Over the years the list has changed a little and so I thank not just today's officials - Keith Atkinson, John Byrne, Jim Langford, Duncan and Fiona McAuley, Nick Miletic, Val Millard, Joan Pellier, Lesley Romeo, Rhod Wright and Peter Bath, but also everyone who has helped me in the past.

Thanks also to the competitors who come to enjoy this run and especially those of you who go out of your way to thank me at the end.

Morning tea provided by John and Elaine Dance was much appreciated too.

It was a warm windy day but the weather never dampens the competitive spirit and the big effort put in by the 100 or so runners and walkers who took part in the race.

Best wishes to everyone
Sue Bullen

8.KM RUN

Brett Roach	M40	30:59
Kim Thomas	M35	34:10
Peter March	M50	34:47
Mark Dawson	M45	36:45
Vis 1		
36:54		
Ross Keane	M45	37:04
Tom Tralau	M35	37:44
Michael Karra	M45	38:01
Sandra Stockman	W45	38:05
Grahak Cunningham	M30	38:24
Frank Gardiner	M60	39:13
Vis 5		39:14
Karen March	W45	39:19
Raymond Gimi	M45	39:25
David Baird	M65	39:26
Martin Watkins	M60	39:35
Bob Schickert	M65	39:49
Gary Fisher	M55	40:36
Sean Keane	M45	40:49
Ivan Pilton	M65	41:01
Neil McRae	M55	41:02
Maurice Creagh	M60	41:21
Bruce Mathieson	M65	41:30
Charlie Chan	M55	42:51
Brian Bennett	M60	43:24
Paula Karra	W35	43:32
Mike Khan	M65	43:41
Richard Blurton	M60	44:17
Hamish McGlashan	M70	44:37
Jim Barnes	M65	44:46
Sandra Rourke	W40	45:19
Lorraine Lopes	W70	45:42
Irwin Barrett-Lennard	M80	46:13
Wayne Taylor	M50	47:27
Julie Wilson	W55	47:30



Top: the walkers really loved the sand-trap! Top right, at least Brett had some company for 4.2km, from Greg Vander Sanden. Above, Sandra Stockman is saying something about these two, Tom Tralau and Mike Karra; and right, Ray Hall was eventually overhauled by Lynne Schickert and Regina Crouch.

??		47:51	Dante Giacomini	M40	18:29
Kris Adrian	W35	48:00	Dave Roberts	M65	18:57
Terry Manford	M70	48:17	Margaret Saunders	W55	19:01
Sarah Ladwig	W60	48:24	Garry Ogden	M50	19:27
John Dance	M60	49:37	Michael Whitford	M45	20:13
Vis 2		51:07	Ivan Brown	M65	20:18
Paul Martin	M65	51:32	Carol Bowman	W55	21:41
John Ellard	M65	51:54	Peggy Macliver	W65	21:49
John Pellier	M70	52:33	Graeme Dahl	M60	21:49
Theresa Howe	W60	52:59	Delia Baldock	W45	21:56
John Talbot	M60	54:06	David Carr	M75	22:24
Denise Viala	W60	54:09	John Dennehy	M50	22:27
Maree Creighton	W60	58:32	Ray Attwell	M75	22:52
Wendy Duncan	W60	58:34	Damien Hanson	M55	24:09
Irene Ferris	W55	58:37	Aldo Giacomini	M70	25:31
Jo Richardson	W55	63:32	Karl Stockman	M50	25:36
Elaine Dance	W60	63:33	Ursula Clark-Murphy	W60	26:06
4.2KM RUN			Vis 3		26:21
Greg Vander Sanden	M50	15:16	Steve Clark	M65	26:55
Paul Hughes	M55	17:16	Mark Hewitt	M55	27:01
Lisa Searle	W35	17:51	Marg Forden	W65	29:05
Joe Clark-Murphy	M60	18:01	Julie Wood	W60	30:33
Jim Klinge	M60	18:05	Pierre Viala	M60	30:33



Jim Klinge leads Joe Clark-Murphy (above) and (below) are Wendy Duncan and Irene Ferris.



McCallum Lakes ends

Sheila Maslen	W70	31:17
Mary Hepple		32:17
Linda Rhodes	W60	34:03

4.2KM WALK

Peter Hopper	M65	30:43
Michele Mison	W60	31:02
David Brown	M60	31:32
Kirt Johnson	M80	36:01
Lorna Lauchlan	W80	36:23
Rosa Wallis	W65	37:55
Sylvia Szabo	W50	38:30
Alan Pomery	M75	40:17
Pat Ainsworth	W70	40:31
Margaret Bennett	W65	41:07
Elaine Sillery	W75	41:09
Maggie Flanders	W70	41:32
Leo Hassam	M80	41:32
Norm Miller	M75	44:16

8.4KM WALK

Lynne Schickert	W65	63:52
John Smith	M75	63:52
Regina Crouch	W40	64:30
Ray Hall	M75	64:45
Jeni Shillington	W50	71:35
Jennie Lee	W55	72:50
Elaine Ellard	W65	78:00

Woodman Point

February 20, 2011

Directors: Karen and Peter March

WHAT a beautiful morning for a run, although it was a little windy! The weather conditions made a nice change from the oppressive heat we have been experiencing for the past month. Almost everyone that I saw during the run had a smile on their dial! Paul Martin, as the first eligible runner in, wins this year's 10km handicap run.

Pete and I would like to thank our wonderful helpers – Dennis and Margaret Miller, John Bramley, Rochelle Airey, John Dance, Maree Brown, Tanya Burke, Rosa Willis, Ray Hall, and Barry Thomsett (who stepped in to assist on the recording table.) We obviously could not do it without you, we hope to see you all next year, when we may have to change the route of the course due to the opening of the surf life saving club. The traffic using the car park could become a hazard. We will keep you posted.

Karen and Pete March

h/cap actual

10KM RUN

Vis 3			60.50	13.30
47.20				
Rhod Wright	M60	62.44	0.00	62.44
Paul Martin	M65	67.26	9.20	58.06
Kim Thomas	M35	67.38	25.37	42.01
Steve Hossack	M50	67.46	21.25	46.21
Melissa Hynds	W30	67.56	16.01	51.55
Jim Barnes	M65	68.05	13.19	54.46
Tom Tralau	M35	68.14	22.21	45.53
Tristan Bell	M45	68.20	24.40	43.40
Lorraine Lopes	W70	68.29	15.19	53.10
Merv Jones	M70	68.30	2.59	65.31
Graham Thornton	M70	68.48	15.25	53.23
Greg Wilson	M60	68.54	13.17	55.37
Lachlan Marr	M50	68.54	28.46	40.08
Charlie Chan	M55	69.00	17.10	51.50
Michael Whitford	M45	69.03	16.18	52.45
Julie Wilson	W55	69.06	14.16	54.50
Bob Lane	M60	69.08	25.57	43.11
Ivan Pilton	M65	69.11	18.37	50.34
Keith Atkinson	M50	69.13	18.29	50.44
Mark Sivyver	M60	69.26	20.28	48.58
Bob Schickert	M65	69.34	20.31	49.03
Irwin Barrett-Lennard	M80	69.39	13.16	56.23
Val Millard	W60	69.41	9.46	59.55
Sean Keane	M45	69.43	21.47	47.56
Ross Keane	M45	69.46	24.53	44.53
John Batta	M45	69.54	14.46	55.08
Gillian Young	W60	70.05	18.47	51.18
Nick Miletic	M55	70.11	16.55	53.16
Denise Viala	W60	70.24	3.32	66.52
Bruce Mathieson	M65	70.57	19.35	51.22
Johan Hagedoorn	M65	71.20	16.16	55.04
John Mack	M65	71.32	18.58	52.34
Maurice Creagh	M60	71.35	21.09	50.26
Gary Fisher	M55	71.41	21.58	49.43
Peter Bath	M65	71.56	13.00	58.56
Sarah Ladwig	W60	72.12	12.51	59.21
Neil McRae	M55	72.37	20.49	51.48
David Baird	M65	73.43	23.38	50.05
John Oldfield	M65	73.48	19.30	54.18
Jo Richardson	W55	74.41	0.00	74.41
Pam Toohey	W65	74.42	0.15	74.27



Paul Martin – 10km h/c winner



Ann Turner – walk winner here and at Canning Caper

Elaine Dance	W60	74.43	0.00	74.43
David Carr	M75	76.47	19.22	57.25

5KM WALK

Ann Turner	W75	47.27	2.14	45.13
Michele Mison	W60	49.38	12.57	36.41
Elaine Sillery	W75	49.48	1.18	48.30
Lynne Schickert	W65	49.54	12.32	37.22
Kirt Johnson	M80	49.55	7.55	42.00
Patricia Hopkins	W65	49.58	7.35	42.23
Lorna Lauchlan	W80	50.00	7.30	42.30
Leo Hassam	M80	51.09	0.00	51.09
Jeff Whittam	M75	51.15	8.50	42.25
Dorothy Whittam	W70	51.23	4.07	47.16
Shorty Turner	M75	55.57	0.00	55.57
Steve Toohey	M60	55.57	0.00	55.57

5KM RUN

Kim Thomas	M35	20.28
Dante Giacomini	M40	22.15
Graeme Dahl	M60	22.36
Margaret Saunders	W55	23.31
Bob Lane	M60	23.32
Chris Koemam	M50	25.00
Carol Bowman	W55	26.32
Delia Baldock	W45	27.35
Ray Attwell	M75	28.16
Richard Blurton	M60	28.22
John Byrne	M60	29.30
Roger Walsh	M65	29.43
Aldo Giacomini	M70	30.46
Vis 1		32.54
Vic Beaumont	M80	34.03
Pierre Viala	M60	35.09
Julie Wood	W60	35.10
Margaret Bennett	W65	38.34
Janet Jiang	W45	40.41
Vis 2		43.49
Toni Frank	W65	45.02

Ern Clarke AC

*Pending State Record
 **Pending Australian Record



Record-setter Lorraine Lopes with Sarah Ladwig; bottom of page, Derry Foley

ANOTHER extremely busy night at Ern Clarke AC started with an Australian record in the 800m by Lorraine Lopes, who was then also given a certificate for her 400m State record of the previous week.

We had just finished cheering for Lorraine when it was announced that Derry Foley had broken his own State record in the long jump! A week later our two record breakers repeated their successes. This time Lorraine took around five seconds off the Australian 1500m record and Derry bettered his own TJ State record.

BB

February 3, 2011

800M

Simon Leonard	M50	3:08.8
Delia Baldock	W45	3:10.3
Sue Bourn	W40	3:11.3
Peggy Macliver	W65	3:11.9
**Lorraine Lopes	W70	3:20.0
Mel Hynds	W35	3:27.0
Gillian Young	W60	3:30.0
Carol Bowman	W55	3:30.4
Greg Wilson	M60	3:38.0

LONG JUMP

Chris Neale	M40	5.94
Mark Elms	M40	5.07
Rudy Kocis	M45	5.02
Regina Crouch	W40	3.26
Greg Wilson	M60	3.17
* Derry Foley	M80	3.07

February 10, 2011

TRIPLE JUMP

Melissa Foster	W30	10.22
Dave Wyatt	M55	9.55
Derry Foley	M80	6.30*

1500M

Tony Heppener	M55	4:55.9
Ross Keane	M45	5:07.6
Rod Hamilton	M45	5:13.6
Kim Thomas	M35	5:17.0

H'cap actual

10KM RUN

John Oldfield	M65	63:07	15:02	48:05
Karl Stockman	M50	65:43	2:46	62:57
Scott Winn	M40	66:00	16:29	49:31
Susan Sanders	W55	66:33	16:01	50:32
Lisa Searle	W35	66:56	24:29	42:27
Greg Wilson	M60	67:04	13:17	53:47
Vis 7		67:06	?	?
Vis 6		67:22	30:00	37:22
Melissa Hynds	W30	67:27	16:01	51:26
Peter Sanders	M65	67:33	18:13	49:20
Tom Tralau	M35	67:39	22:21	45:18
Ivan Pilton	M65	67:51	18:37	49:14
Vis 3		68:04	29:00	39:04
Gillian Young	W60	68:11	18:47	49:24
Karen March	W45	68:26	22:29	45:57
Ross Keane	M45	68:27	24:53	43:34
John Batta	M45	68:28	14:46	53:42
Allan Billington	M50	68:32	13:00	55:32
Lorraine Lopes	W70	68:41	15:19	53:22
Graham Thornton	M70	68:44	15:25	53:19
Mark Sivyer	M60	68:50	20:28	48:22
Bruce Wilson	M65	69:08	23:20	45:48
Sandra Stockman	W45	69:12	22:31	46:41
Rhod Wright	M60	69:20	4:16	65:04
Charlie Chan	M55	69:23	17:10	52:13
Maurice Creagh	M60	69:33	21:09	48:24
Sarah Ladwig	W60	69:35	12:51	56:44
Jim Barnes	M65	69:51	13:19	56:32
Heiner Huning	M50	69:52	15:14	54:38
Raymond Gimi	M45	70:00	20:37	49:23
Maree Brown	W45	70:11	17:46	52:25
Merv Jones	M70	70:15	2:59	67:16
John Allen	M50	70:28	27:42	42:46
Milton Mavrick	M55	70:37	15:32	55:05
Bruce Mathieson	M65	70:43	19:35	51:08
Irwin Barrett-Lennard	M80	70:47	13:16	57:31
Julie Wilson	W55	70:48	14:16	56:32
Jane Stanbrook	W40	71:08	7:55	63:13
John Mack	M65	71:40	18:58	52:42
Theresa Howe	W60	71:42	13:04	58:38
Peter Bath	M65	71:43	13:00	58:43
Sandra Rourke	W40	72:14	15:25	56:49
Kim Thomas	M35	72:38	25:37	47:01
Val Millard	W60	72:53	9:46	63:07
Denise Viala	W60	73:05	3:32	69:33
Elaine Dance	W60	73:41	0	73:41
Neil McRae	M55	73:56	20:49	53:07
John Dance	M60	76:05	10:08	65:57
David Carr	M75	76:52	19:22	57:30

6KM WALK

Ann Turner	W75	59:30	3:43	44:47
Jeni Shillington	W50	59:59	11:14	48:45
Maggie Flanders	W70	60:11	1:26	58:45
Ray Hall	M75	60:19	14:32	45:47
Bob Fergie	M75	60:40	10:47	49:53

Fiona Leonard	W40	5:54.9
Bob Schickert	M65	5:56.3
Maurice Creagh	M60	6:23.7
Sue Bourn	W40	6:35.3
David Carr	M75	6:41.8
Lorraine Lopes	W70	6:42.0**
Hilary Beck	W55	6:43.6
Gillian Young	W60	6:53.8
Mel Hynds	W35	7:02.7
Marguerita Milicich	W30	7:55.7



Canning Caper

February 27, 2011

Race Director: Keith Atkinson

Christine Oldfield	W65	60:55	7:12	53:43
Vis		60:56	?	?
Margaret Warren	W75	60:56	7:10	53:46
Leo Hassam	M80	60:59	0	60:59
Lorna Lauchlan	W80	61:17	9:06	52:13
Regina Crouch	W40	61:58	14:40	47:18
Morris Warren	M70	62:46	5:56	56:50
Patricia Hopkins	W65	63:19	9:12	54:07
Kirt Johnson	M80	64:00	9:37	54:23
John Smith	M75	64:29	16:08	46:21
Vis 4		65:08	?	?
Shorty Turner	M75	65:08	0	65:08
Pierre Viala	M60	65:09	0	65:09
Jennie Lee	W55	65:15	8:54	56:21

6KM RUN

Chris Maher	M55	23:20
Bob Lane	M60	23:52
Amanda Walker	W45	23:54
Vis 5		24:06
Kim Thomas	M35	24:25
Paul Hughes	M55	24:51
Grahak Cunningham	M30	25:04
Vis 2		27:18
Graeme Dahl	M60	28:17
Margaret Saunders	W55	28:34
Johan Hagedoorn	M65	30:41
Hamish McGlashan	M70	31:05
Richard Blurton	M60	31:18
Vic Waters	M65	31:59
Carol Bowman	W55	32:04
Nick Miletic	M55	32:18
Delia Baldock	W45	32:48
Julie Keeley	W40	34:20
Mike Anderson	M60	35:08
John Brambley	M65	35:27
Damien Hanson	M55	35:30
John Talbot	M60	38:46
Steve Clark	M65	39:48
Kevin Hynds	M40	40:43
Vic Beaumont	M80	41:02
Vis 1		41:20
Jackie Halberg	W60	44:56
Kathy Burr	W70	45:17
Fiona Cousins	W35	46:24
Sheila Maslen	W70	48:34
Mary Heppell	W70	50:13
Linda Rhodes	W60	50:28
Toni Frank	W65	53:12

10KM WALK

Wayne Taylor	M50	85:02
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Country welcomes Town team

THE Bunbury club made MAWA members very welcome and the new track was great to use for competition. Many thanks to Vanessa and Darryl Lette. Special mention to MAWA members Toni Phillips, June Streeter, Rob Young, Barbara Brown and Pat Carr who worked as officials throughout the competition.

The BBQ after competition was appreciated by all who stayed for it.

Bob Schickert

MAWA 2011-12 DRAFT PROGRAM

Date	Event - Distance	Venue	Start	Director
2011				
01 May	Weir 10k/5k RRC 10k; RWC 5k	Kent St Weir Wilson	8.00	S Keane & N McFae T
08 May	Aquinas 10k/5k	Aquinas College Mt Henry Rd, Salters Point	8.00	L Marr H M T
15 May	RRC 15k RWC 10k 5k	J Abrahams Res Hackett Dr, Nedlands	8.00	G Fisher T
22 May	Group Jog-walk *	Reabold Hill Perry/Lakes	8.00	
29 May	RRC 25k RWC 15k 5k	Burswood Park Resort Dr	8.00	W Parrall M
05 Jun	Around Herdsman 15k/7.5k /5k/6k 15k Walk	Pony Club Jon Sanders Dr	8.00	J & M Langford
12 Jun	Deepwater Pt 15k/7.5k Walk 7.5k	The Esplanade Mt Pleasant	8.00	M & P Karra
19 Jun	Perth Marathon & Relay	WAMC Club Rooms Resort Dr, Burswood		WAMC www.wamc.org.au
26 Jun	City Rail 10.7k/7.3k	Bardon Park Bardon Pl, Maylands	8.00	L & M Rhoades
03 Jul	Sharks 10k/5k	John Tonkin Park Riverside Rd, E Fremantle	8.00	P Martin H (5km)
10 Jul	Mattagarup Run 10k/5k	Burswood Park Resort Dr	8.00	W Parrall M
17 Jul	Club Half-Marathon 21.1k/10.5k/6k Walk 21.1k	Burswood Park Resort Dr	8.00	J Klinge M C
24 Jul	Kings Park CC 10k/5k Run 6.7k Walk	Saw Ave Kings Park	8.00	R Henderson
31 July	Mill Point Rd Champs 10k/5k	Burswood Park Resort Dr	8.00	M Mavrick M C
07 Aug	Club Cross Country Champs 8k (Other races 5.4 /2.7k)	Jorgensen Park Crescent Rd Kalamunda	8.00	Committee M C
14 Aug	Bardon Bash 3k/7k 13k Walk	Bardon Park Bardon Pl, Maylands	8.00 7.30	J Smith B Bennett
21 Aug	Racecourse 10k/5k Age Graded Walk 10k	Burswood Park Resort Dr	8.00	B Mathieson T (W)
28 Aug	Group Jog-walk *	McCallum Park Taylor St Vic Park	8.00	
04 Sept	Wireless Hill 9.5/4.8k	Almondbury Rd Booragoon	8.00	B & L Jones
11 Sept	Whiteman Park 10k/5k	Harrow St via Duwlich St Whiteman	8.00	B Hardy S S
18 Sept	Darlington Dash 14k/7k	Darlington Park Pine Toe Darlington	8.00	D Baldock M T
25 Sept	Mullaloo Magic 13/8/5k 13k Walk	Tom Simpson Park 8.00 Ocean-side Prom 7.30	8.00	M Anderson & J Hagedoorn
02 Oct	Nedlands 10k/5k	J Abrahams Res Hackett Dr, Nedlands	8.00	F Gardiner
09 Oct	Bibra Lake 12k/6k	Progress Drive Bibra Lake	8.00	P & T Burke
16 Oct	Guess Own Time 9.5k/6.3k	Hale School Cobb St, Wembley Downs	8.00	V Waters M
23 Oct	Gwelup Lake 9.1k/4.9k	Huntriss Rd Karrinyup	8.00	R Danks
30 Oct	Lake Monger C C 8k/4k Walk 7k/3.5k	Dodd St Glendalough	8.00	J & D Whittam
06 Nov	Kalamunda Railway 8k/4k	Railway Rd, Kalamunda	7.30	B & B Carse
13 Nov	Cliff Bould Trophy 10.4k Walk 5.2k	McCallum Park Taylor St Vic Park	7.30	I Brown H M T
20 Nov	Garvey Lakes 10.5k/7k/3.5k	Garvey Park Faulstich Av Redcliffe	7.30	C & J Oldfield
27 Nov	Safety Bay 10k/5k	Foreshore Res Cnr Malibu/Safety Bay Rds	7.30	E & J Dance
04 Dec	Mosman Park 10.5k/5.25k	T J Perrott Resv McCabe St, Mosman Park	7.00	P Hughes
11 Dec	Perry/Lakes 8k/4k Walk 6k /4k	Hockey Pavilion Off Perry/Lakes Dr Floreat	7.00	J Bell M
18 Dec	Christmas Gift 6k/4k or chosen distance	McCallum Park Taylor St Vic Park	7.30	E & J Dance M
26 Dec (Mon) 2012	Boxing Day 8k/4k	Yokine Reserve Wordsworth Av Menora	18.00	B Thomsett B
02 Jan (Mon)	Alderbury Pk CC 8k/4k Walk 6k /4k	Hockey Pavilion Off Perry/Lakes Dr Floreat	7.00	W Taylor
08 Jan	East Perth 7k/4k	McCallum Park Taylor St Vic Park	7.00	John Smith H M T (W)
15 Jan	Point Walter 11k/6.2k	Point Walter Bicton	7.00	D Roberts
22 Jan	Age Graded Events 8k/R5k/W	McCallum Park Taylor St Vic Park	7.00	M Slyver & G Young
29 Jan	Ashfield 10k/5k	Katanning St Caughton Reserve	7.00	K & S Stockman
05 Feb	Friendship 11k/5.6k with WAMC	Saw Ave Kings Park	7.30	TBA
12 Feb	McCallum Lakes 8.4k/4.2k	McCallum Park Taylor St Vic Park	7.00	TBA M
19 Feb	Woodman Pt 10k/5k	Nyverburp Circuit Coogee	7.00	K & P March H (5km)
26 Feb	Piney Lakes 8k/4k	Murdoch Dr Winthrop	7.00	J Frost
04 Mar	Canning Caper 10k/6k	Riverton Bridge Fern Rd Wilson	7.30	K Atkinson H (6km)
11 Mar	Manning Park CC 8k/4k	Davilak Ave Hamilton Hill	7.30	B Schickert
15 Mar (Thur)	BSEFP State T&F Championships 10k run 19.00 ECAC CANNINGTON			Committee
17 Mar (Sat)	BSEFP State T&F Open Pentathlon & Throws Pentathlon Committee ECAC CANNINGTON			Committee
18 Mar	Lake Monger 10.5k/7k/3.5k	Dodd St Glendalough	7.30	R Danks
22 Mar (Thur)	BSEFP State T&F Championships 5k walk 19.00 ECAC CANNINGTON			Committee
24/25 Mar	BSEFP State T&F Championships ECAC CANNINGTON Committee			Committee
01 Apr	Membership 11.6k/5k	Burswood Park Resort Dr	8.00	B Danby M
06-09 Apr	AMA T&F Championships Melbourne			
08 Apr	Joordalup 11k/6k	Neil Hawkins Park Boas Ave	8.00	D & P Viola
15 Apr	3PS 16k/8k/5k 16k Walk	Pt Walter Bicton	8.00	C Bowman & N Millett
19 Apr (Thur)	Track Handicap 10k	UWA Sports Park McGillivray Rd Mt Claremont	19.00	D & J Whittam BTH
22 Apr	Athletics WA Gallipoli Run	Synergy Parklands Kings Park	9.00	AWA ENTRY FEE
29 Apr	X Pagoda 15k/10k/5k 15k Walk	Burswood Park Resort Dr	8.00	J Halberg M

ENQUIRIES: Jackie Halberg 9364 4474 jackie.halberg@gmail.com

COMING EVENTS – HELPERS

MARCH 20

LAKE MONGER

Race Director: Richard Danks - 08 9355 1570
Kathy Burr, David Lewin, Roscoe McDonnell, Sandra Rourke, Jenni Shillington, Jane Stanbrook, Blakeney Tindall, Clare & Richard Werren, Sue Zlnay

MARCH 27

MEMBERSHIP RUN

Race Director: Brian Danby - 08 9247 2326
David & Pat Carr, Neil

Davis, Lauchlan Marr, Simon Mort, Lesley Romeo, Margaret Saunders, Bob & Lynne Schickert, Barrie Thomsett, Greg & Julie Wilson

APRIL 10

3Ps

Race Directors: Carole Bowman / Nick Miletic - 08 9414 8561 / 08 9419 7890
Hilary Beck, Shirley Bell, Kaj Dewens, Mike & Paula Karra, Janice Matthews, Ross Keane, Kim Thomas

APRIL 14

TRACK HANDICAP

Race Directors: Jeff & Dorothy Whittam - 08 93876438

John Collier, Tea Dreyer, Alan & Karyn-Sue Gower, Bob Hayres, Lynne Schickert, Peter Sullivan

APRIL 24

X-PAGODA

Race Director: Jackie Halberg - 08 9364 4474
Ray Attwell, Roma Barnett, Joe & Ursula Clark-Murphy, Grahak Cunningham, Mary Heppell, Neil McRae, Prabaddha Nicol, Les Smith, Kim Thomas, Jeff Whittam

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

MASTERS ATHLETICS WA



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“Now, a major institution has come up with a radical new solution which, for a reasonable cost, guarantees income for life. It is transparent and flexible, so you can make capital withdrawals (but they will affect your income), with no loss of capital on death.”

If you would like more details or would like a free “health check” of your finances, contact John Cameron or Petrese Ivey at Black Swan Event Financial Planning. Or check the website at www.blackswanevent.com.au

Contact details:

Phone : 9322 7818

Email :

perth@blackswanevent.com.au

Fax : 9481 5570

Office : Level 11,

28 The Esplanade, Perth