

Vetrun

MAY
2011
No. 446



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KINGS PARK

Your input is welcome

By
Vic Waters

HOW can we return to the glory days of Kings Park running?

For decades Vets/Masters made regular, considerate use of the trails and paths in this, our best local park.

That's all over because of changed rules and regulations.

It began with a ban on use of the trails. Now road-crossings are taboo.

At the same time charges have escalated. Recently the club paid \$350 so we could run up and down a concrete footpath, in a travesty of what used to be the Teddy Birds event.

Other organisations, cyclists and runners, are also under the Kings Park cosh.

So at least we know it's nothing personal!

Action needed

It's not easy to find good and safe places to walk and run

We plan a concerted effort to improve the situation –



with Kings Park and other authorities.

A small group of authoritative and (we hope) influential Masters will begin by approaching the Kings Park senior executives, and the Board, for discussions.

If this level of contact is unsuccessful, we shall go wider – with publicity – and higher, to the administrative and political hierarchy.

Your help

Several members have already provided valuable information about the Kings Park officers, their demands, and complaints about our club's events.

If you can add to this knowledge – or more importantly, assist with access to the Park authority, please contact me, by email, phone or in person.

Campaign

Volunteers are needed to support our small action group – because this is likely to be a continuous campaign, as we come up against more and more restrictions and regulations in an ever-expanding city. Extra bodies are always welcome, especially if they can bring some specialist skill or knowledge with them.

Please, get in touch. It's your club. Help make it even better.

Your last Vetrun?

YEP, if you haven't renewed membership, this is the finale.

You KNOW you can't survive without a monthly dose of Masters news, so dig out that form, and cough up. Now.

New members – Welcome!

- 1028 FISHER: Miriam W50
- 1029 FISH: George M60
- 1030 FISH: Adele W60
- 1031 BADENOCH: Rob M55
- 1032 RADISICH: Jennifer W60
- 1033 VOESENEK: SANDRA W35
- 1034 LAWSON: Kathy W45
- 1035 JONES: Sam W35

Medals won, records felled

A 45-STRONG club team represented us at the Brisbane Nationals to good effect, as usual. Full details appeared on our website promptly, with MAWA athletes and their achievements highlighted. Sarah Ladwig's full report is there too, and a summary is in this Vetrun, page 3.

MAWA AGM

- 2011 Minutes see page 2

Jim Barnes in the Gallipoli Run. More pictures, by Frank Smith – page 6.



MASTERS AGM Minutes

Monday 18th April 2011

THIS is a condensed version of the AGM Minutes. The full text is available online, in Vetrun Extra, and on request from the Secretary. A full transcript will be available at next year's AGM.

PRESIDENT Barbara Blurton opened the meeting at 7.05pm with 47 members present, and 16 apologies.

The minutes of the 2010 Annual General Meeting as published in the May 2009 were accepted as correct.

There were no matters arising from the 2010 Minutes.

Barbara Blurton added to her report (published in the April Vetrun) that Bob Schickert would not stand for office this year, and commenting that the committee would miss his wealth of knowledge and experience, she thanked Bob for all his past contributions.

Treasurer

The Treasurer's report showing general operating receipts for year of \$53,395.15 and payments of \$51,317.71 with an operating surplus of \$3,749.14 was presented along with the Auditor's report, prepared this year by Dave Roberts.

About 55-60% of members now request Vetrun by email or on-line and this has reduced subscriptions. Some State Championship payments are still due; overall, a slight surplus is expected.

TROPHIES

Patron's Trophy, awarded annually for T&F competition.

Winners: David Carr and Peggy Macliver.

Handicap Trophy Winner: Melissa Hynds

Achievement Award winner: Carol Bowman

John Gilmour Trophy winner: Lyn Ventris

(Awarded for her outstanding performance during 2010/11 with a world record 20K Road Walk of 95.15%.)

The Anne Shaw trophy for athlete of the meet at the State Championships Winner - David Carr for his M77 2000 Steeple 95.66%.

Statistician Campbell Till reported 145 State records were set in the year, as well as six Australian records. Lorraine Lopes has two of these, and the other record-setters are Raema McMillan, Peggy Macliver, Lyn Ventris and Peter Kennedy.

Also, Lyn Ventris set the WR - W50 20K Walk.

Campbell also noted 25 per-

Volunteers needed for 'Research on Reading Faces'

TWO years ago many Masters participated in the honours research project of a young student into fine motor control and its associated brain processes.

"You all helped me IMMENSELY," says Michelle Marneweck. "I cannot thank you enough for being such active volunteers in the UWA research community."

Now Michelle is working on her PhD, and looking into emotional facial expression recognition - for instance, the ability to recognise when someone is happy, sad, or angry.

Parkinson's

It will aid research into Parkinson's disease (PD).

She needs healthy older adults without neurological, cognitive or visual impairments (spectacle wearers are OK) to participate and act as a 'comparison group'.

Will you help? Here are some details.

The study entails two computer-based tasks to assess your ability to recognise emotional facial expressions. You will be asked to discriminate a series of faces that express an emotion (for example, happiness) from faces that express no emotion (neutral faces).

And you will be asked to discriminate a series of highly emotional facial expressions, from less emotional facial expressions. For example, tell the difference between an

performances greater than 90% over the year - with Lorraine Lopes achieving five of them.

OFFICE BEARERS

2011/2012 committee is:

President: Barbara Blurton

Vice President: Irwin Barrett-Lennard

Secretary: Sarah Ladwig

Treasurer: Roger Walsh

Committee: Damien Hanson, Chris Neale, Gillian Young, Greg

OFFICIALS

Patron: John Gilmour

Vetrun editor: Vic Waters

Handicapper: Richard Danks

Auditor: Dave Roberts

Statistician: Campbell Till

Registrar: Peggy Macliver

Athletics WA winter coordinator: John Collier

Webmaster: John Oldfield

LIFE MEMBERS

Elaine Dance and Keith



Practice your face-reading here: the range of reactions to Jackie's X-Pagoda announcements are perplexing!

extremely angry face and a less angry one.

There will also be some light physical tasks (finger, leg, or toe-tapping; walking, balancing, etc; and mental tasks, such as remembering a phone number.) These actions, which will be videotaped, help explore why difficulties with facial expression may or may not occur in PD sufferers.

How and where?

All records will be kept confidential and the study will be conducted in three sessions, of about an hour each. Michelle can do them in the comfort of your own home, or if you prefer, you can go to UWA for the sessions. Travel costs will be reimbursed and

you will also be compensated \$30 for taking part in the study.

Michelle is a Clinical Psychology Masters/ PhD student at UWA. She is in her second year of postgraduate study and her research is dedicated to examining the nature of facial expression recognition in PD. She is working at UWA with Professor Geoff Hammond and Dr Andrea Loftus, internationally recognised researchers in the field of PD, stroke and motor control.

For more information, contact me, Vic: or Michelle, by:

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Office ph: (08) 6488 1415

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whether throwers use the correct weighted implement

• Vic Waters spoke of arrangements for Sunday Runs, difficulty with Kings Park administration and a new sub-committee formed to deal with these problems. He asked members to help the campaign and to contact him. Actions will be reported in Vetrun.

Barbara Blurton said that Richard Danks - who reported growing problems with Melville Council - had been working very hard on this problem over the year. Cecil Walkley commented that the Marathon Club is having similar problems.

The meeting closed at 20.10 hrs (to the strain of pipes and drums, waiting outside to use the Hockey Club rooms!)

Sarah Ladwig, Secretary

WAMA IN BRISBANE.

AS we arrived to register on Wednesday and Thursday, some of us were in awe at the sight of the huge QSAC Athletics Stadium built in 1982 for the Commonwealth Games and wondered how many spectators were likely! The smaller stadium across the road was less daunting and used for the warm ups. I am sure many of you will be looking at the results on the MAWA website so I shall not give a lot of detail here but enough to say, we did achieve several gold, silver and bronze medals in many events and broke a few records at the same time. The enthusiasm and support amongst the members was fantastic and I am sure contributed to some great performances. It was a first Nationals for several members including Regina Crouch, Julie and Greg Wilson, Brenda Painter, Kim Thomas and several others. They all threw themselves into events with great gusto, some entering 15 events over the four days! We had good representation in the sprints, middle and long distance runs on the track, hurdles, Steeplechase (almost half entered were from MAWA), pentathlons, throws and the 8km cross-country, walking events and relays. Our club uniforms were easy to pick out and MAWA voices shouting encouragement were well heard by their teammates. One delightful lady, in particular, did a great job! Bob and Lynne Schickert were busy selling the AMA history 'Age is no Barrier' with some assistance from other members including Marg Saunders, who unfortunately had an injury early in the 800m run (which she looked very likely to win initially). There were a few delays, starter guns going off spontaneously, protests over the relay events and the usual tensions of a big event but the Queensland Masters were welcoming and informative and put in a lot of hard work to make the event so successful. Finally, on the Sunday evening we met at the Mt Gravatt Bowls Club for a well-earned dinner and trophies and speeches followed. Two MAWA members to receive trophies were Lyn Ventris and Lynne Choate. They were both up against strong competition so congratulations to both. Some of us then played bare-foot bowls to end the evening and showed how absolutely no practice and experience can create chaos very quickly! Thank goodness we were better prepared for the National Athletics.

Sarah Ladwig

SOME months back I had the privilege of researching and writing a piece about MAWA's marathon men. My attention this time has been drawn to the success of the ladies since the early 1980s – when they were first allowed to join the club.

In its early days WAVAC, now MAWA, was a male-only domain; only around 1980 did the ladies take their place on the start line. No one can deny how much the fair sex have contributed to the club's success. In this article my research uses the lists of various trophy winners to give an idea of the magnitude of that success.

Awards

There are eighteen awards each year. Women are eligible for all but one – the Ted Maslen Trophy. There are three broad categories – road/cross-country running, road race walking and track & field. I have not included the two 'novelty' trophies (Guess Own Time and Darlington Partners). Around sixty women from 1980-2010 feature in the winners' list. Space prevents me covering each of them in detail.

Marg Forden, Valerie Millard, Lorna Lauchlan and Michele Mison have a significant number of successes to their names. Also appearing as winners five times or more are Jane Fletcher, Jill Chambers, Gillian Young, Robin King, Helen Lysaght and Amanda Walker. Another group of five-time trophy-winners can also claim achievement on the world stage, with multiple world records or medals to their name. These are the focus of this story.

Peggy Macliver



Peggy claimed her first club trophy as early as 1990, and has been winning them ever since. She is the only woman who has won trophies in all three categories – road, walks and track. Peggy's fourteen Patron's Trophy wins span five different age groups, and she shows every sign that this long run will continue further. Her profile appeared in

Trophy Women

by
John Oldfield

TFNL (November, 2009). Profiles from all TFNLs are available on the club's website.

Ann Shaw



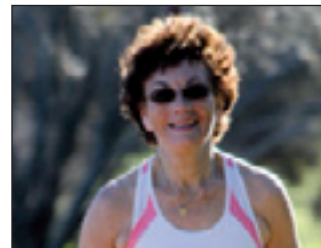
Vetrun (August 2008) featured a statistical report of the great Antoinette (Ann) Shaw. Ann won the Patron's Trophy in 1995 to add to her succession of RRC trophies. A member from 1989 to her untimely death in 2004, she had an amazing record covering all distances from 800m to the marathon. However, Ann's speciality was the 2000m steeplechase, in which she set seven age-group world records. When one considers that by her own admission she never mastered the barrier technique properly it shows how quick she was. An acquaintance recalls "She was a very simple soul, and most gracious. Despite her prowess she always suffered from pre-race nerves. I recall that she would have to make two or three trips up the hill to the ladies' at McGillivray before each race." Ann's record shows that she is a true MAWA legend who will always be remembered.

Lyn Ventris

Bunbury is a centre of excellence for race walking. Our third trophy woman, Lynette (Lyn) Ventris is in the van, figuratively and literally. Lyn has multiple John Gilmour Trophies and athlete of the championships awards. Her fame spreads much wider than our state boundaries. She has records and medals at state, national and world level; she is still in the top three all-time W45 world rankings over 5000m and heads the W45 and W50 10km and 20km rankings with world records. A very down-to-earth Aussie, and always with a broad smile on her

face, Lyn is respected by everybody in the theatre of race walking.

Lynne Schickert



Lynne Schickert is also a world championships gold medallist. Most of her trophy wins have been for race walking, but she can also add the Achievement Award (1997) and two Patron's trophies (2001, 2002) to her portfolio. A profile of Lynne appeared in TFNL (February 2009). In her earlier years, Lynne diversified from her main pastime of race-walking to running, completing many half marathons. Since moving back to Perth and joining MAWA in 1988, she has added the 2000m steeplechase and field events. Race walking is still her great strength, but it is no mean achievement to be able to claim a world championship gold medal in the steeple as well.

Dorothy Whittam



The final lady in this group with world recognition is Dorothy Whittam. In the early years of MAWA, Dorothy held a clutch of state, and some Australian sprint records. These were in the W40, W45 and W50 age-groups. Also a jumper in those days, it was the W50 triple jump which brought her world record in 1987. Dorothy is now an intermittent walker, but still competes strongly in the field events and holds a number of age-group state throws records. She can also claim two Patron's Trophies – as far apart as 1980 and 1997.

This catalogue of success, alongside many others that space precludes, emphasises the depth of quality in the club. It makes one realise how richly the MAWA ladies have enhanced its great traditions



X-Pagoda

April 24, 2011
Director: Jackie Halberg



Jackie Halberg with Dave Roberts

WITH the threat of rain seemingly gone, 89 runners and walkers set out from Burswood on their chosen distance. It wasn't long before the 5km runners came storming in, and with them a shower or two.

However, the longer distance runners were not deterred, and there were some strong performances and close finishes. Some of our members are in training for the Bunbury Half and Perth Marathon, and it was good to see them having a good work-out. There were also some brave souls out there - 15km is a tough assignment. My thanks to helpers Ray Atwell, Ray and Roma Barnett (good to catch up with them each year!), Jeff Bowen, Ursula and Joe Clark-Murphy, Janet Jiang, Neal McRae, Prabuddha

Nicol (straight off a plane from New York), Barrie Thomsett and Dorothy Whittam. Special thanks to Mary Heppell, who helps me mark the course in the early hours of the morning. I appreciate the support these helpers have given me over a number of years.

Jackie Halberg



Serious start: Easter chocolate guilt?

5K RUN

| | | |
|----------------------|------------|--------------|
| Amanda Walker | W45 | 19:58 |
| Ian Davies | M60 | 21:16 |
| Sandra Stockman | W45 | 22:35 |
| Bruce Wilson | M65 | 22:36 |
| Frank Gardiner | M60 | 22:46 |
| Chris Frampton | M45 | 22:54 |
| Paul Hughes | M55 | 23:00 |
| Dave Roberts | M65 | 23:13 |
| Shirley Bell | W60 | 25:50 |
| Rob Badenoch | M55 | 25:52 |
| Delia Baldock | W45 | 26:57 |
| David Scott | M60 | 27:02 |
| Mike Anderson | M60 | 28:23 |
| John Brambley | M65 | 28:54 |
| Jim Riddell | M70 | 29:36 |
| Paul Martin | M65 | 29:43 |
| Roger Walsh | M65 | 29:44 |
| Dennis Hughes | M60 | 29:49 |
| Steve Clark | M65 | 31:23 |
| Karl Stockman | M50 | 32:53 |
| Sandra Hughes | M60 | 33:31 |
| John Ellard | M65 | 34:38 |
| Julie Wood | W60 | 35:59 |
| Arnold Jenkins | M65 | 36:20 |
| Kathy Burr | W70 | 36:51 |
| Linda Rhodes | W60 | 38:25 |
| V3 | | 38:32 |

10K RUN

| | | |
|------------------|-----|-------|
| V4 | | 46:57 |
| V2 | | 47:16 |
| Tom Clarke | M60 | 48:49 |
| Bruce Mathieson | M65 | 51:37 |
| Mark Dawson | M50 | 52:43 |
| Allan Billington | M50 | 54:44 |
| Sandra Rourke | W40 | 57:16 |
| Johan Hagedoorn | M65 | 58:31 |
| V1 | | 58:53 |
| Vic Beaumont | M80 | 77:05 |

15K RUN

| | | |
|--------------|-----|-------|
| Lachlan Marr | M50 | 61:24 |
| Bob Lane | M60 | 63:05 |
| John Allen | M50 | 64:10 |

| | | |
|------------------|-----|-------|
| Rod Hamilton | M45 | 65:05 |
| Lisa Searle | W35 | 65:15 |
| Jim Klinge | M60 | 69:44 |
| Michael Karra | M45 | 70:44 |
| Tristan Bell | M45 | 71:22 |
| Tom Tralau | M35 | 71:22 |
| Brian Bennett | M60 | 71:51 |
| Ross Keane | M45 | 71:57 |
| Keith Miller | M60 | 72:25 |
| Gillian Young | W60 | 75:10 |
| Charlie Chan | M55 | 77:19 |
| John Batta | M45 | 79:11 |
| Jim Barnes | M65 | 79:16 |
| Mike Khan | M65 | 79:40 |
| Mike Hale | M60 | 80:41 |
| Brian Danby | M60 | 80:54 |
| Raymond Gimi | M45 | 84:06 |
| Paula Karra | W40 | 84:26 |
| Graham Thornton | M70 | 85:42 |
| Ivan Lazarus n/f | M55 | 92:48 |
| John Pellier | M70 | 94:25 |
| John Dance | M60 | 95:06 |
| Richard Danks | M65 | 95:11 |
| Bronwyn Smith | W35 | 96:40 |
| V6 | | 97:19 |
| Brian Smith | M70 | 97:21 |
| Merv Jones | M70 | 98:16 |

| | | |
|------------------|-----|---------|
| Pierre Viala | M60 | 1:41:28 |
| Denise Viala | W60 | 1:41:44 |
| Elaine Dance | W60 | 2:02:06 |
| 5K WALK | | |
| David Brown | M60 | 37:06 |
| Kirt Johnson | M80 | 42:08 |
| Ray Lawrence | M80 | 43:33 |
| Barbara Blurton | W60 | 44:02 |
| Maggie Flanders | W70 | 48:21 |
| Elaine Sillery | W75 | 49:44 |
| Elaine Ellard | W65 | 49:45 |
| Sylvia Szabo | W30 | 50:02 |
| Sylvia Szabo | W50 | 50:03 |
| Norm Miller | M75 | 54:23 |
| 10K WALK | | |
| Jeni Shillington | W50 | 82:08 |
| Jennie Lee | W55 | 92:17 |
| Ann Turner | W75 | 93:06 |

| | | |
|-----------------|-----|---------|
| 15K WALK | | |
| David Smyth | M40 | 98:09 |
| John Smith | M75 | 1:53:53 |
| Wayne Taylor | M50 | 1:59:33 |
| Jeff Whittam | M75 | 2:08:06 |
| Bob Fergie | M75 | 2:08:06 |
| Joan Pellier | W70 | 2:10:58 |

3PS Point Walter

April 10, 2011

Directors: Carol Bowman and
Nick Miletic

16K RUN

| | | |
|-------------------|-----|---------|
| John Allen | M50 | 68:43 |
| Rod Hamilton | M45 | 70:08 |
| Lisa Searle | W35 | 71:10 |
| Tom Tralau | M35 | 74:01 |
| Brian Bennett | M60 | 75:16 |
| David Baird | M65 | 75:51 |
| Jim Klinge | M60 | 76:38 |
| Keith Miller | M60 | 78:31 |
| Gillian Young | W60 | 79:58 |
| Carl Ciccarella | M50 | 81:20 |
| Bob Schickert | M65 | 81:42 |
| Jennifer Radisich | W60 | 82:37 |
| John Bell | M65 | 82:38 |
| Raymond Gimi | M45 | 83:02 |
| Charlie Chan | M55 | 83:07 |
| Tristan Bell | M45 | 83:41 |
| Scott Winn | M40 | 84:56 |
| Bruce Mathieson | M65 | 85:17 |
| Maree Brown | W45 | 86:05 |
| Mike Khan | M65 | 87:00 |
| Jim Barnes | M65 | 88:24 |
| John Batta | M45 | 88:57 |
| Brian Danby | M60 | 89:41 |
| Peter Bath | M65 | 90:27 |
| Melissa Hynds | W30 | 91:46 |
| Tanya Burke | W35 | 92:45 |
| V4 | | 94:22 |
| Shirley Bell | W60 | 96:25 |
| Sarah Ladwig | W60 | 1:40:05 |
| Richard Danks | M65 | 1:40:15 |
| John Dance | M60 | 1:40:22 |
| Janet Jiang | W45 | 1:41:53 |
| Theresa Howe | W60 | 1:41:59 |
| Bronwyn Smith | W35 | 1:42:07 |
| John Pellier | M70 | 1:46:53 |
| Denise Viala | W60 | 1:51:44 |
| Pierre Viala | M60 | 1:51:45 |
| Brian Smith | M70 | 1:52:36 |
| Elaine Dance | W60 | 2:06:37 |
| Jo Richardson | W55 | 2:06:38 |

8K RUN

| | | |
|-----------------|-----|-------|
| V1 | | 34:40 |
| Chris Reid | M45 | 35:49 |
| Peter March | M50 | 36:34 |
| V2 | | 36:35 |
| Sandra Stockman | W45 | 36:44 |



X-Pagoda: above, Rod Hamilton ahead of Ian Davies and Lisa Searle (also pictured above, right). She's happy - first woman in the 15k here, and again in the 3Ps 16k, just a few seconds behind Rod in each event!

Right, 15k winner Lachlan Marr; below, Wayne Taylor and Jeni Shillington.



Track Handicap UWA Sports Park

April 14, 2011

Directors: Dorothy &
Jeff Whittam

THE race was won by Cecil Walkley who showed the 'young' whippersnappers a clean pair of heels. Kim Thomas made a great run from the back mark but just failed to catch the fast finishing Cec. Several of the runners were pleased with their times, on what was a night of perfect conditions. This year I

think we had the largest group of ladies competing in the run, with ten entered. Our thanks go to all those who came along to help (too numerous to mention individually). Without you we could not run the event. And thanks to to Barrie for doing the results.

See you all again next year,

Dorothy and Jeff

| | Time | H/Cap | Actual |
|-----------------|------|-------|-------------|
| Cecil Walkley | M80 | 63:17 | 00:00 63:17 |
| Kim Thomas | M35 | 65:27 | 26:56 38:31 |
| Carl Ciccarella | M50 | 66:07 | 21:00 45:07 |
| Tristan Bell | M45 | 66:42 | 25:46 40:56 |
| Claire Walkley | W45 | 66:53 | 12:46 54:07 |
| Denise Viala | W60 | 67:23 | 03:57 63:26 |

| | | | |
|----------------|-----|-------|-------------|
| Jim Barnes | M65 | 67:50 | 16:24 51:26 |
| Keith Miller | M60 | 68:22 | 22:31 45:51 |
| Ross Keane | M45 | 68:27 | 25:52 42:35 |
| Robin King | W50 | 68:36 | 22:02 46:34 |
| Martin Watkins | M60 | 68:50 | 21:43 47:07 |
| Melissa Hynds | W30 | 68:53 | 17:57 50:56 |
| Bob Schickert | M65 | 69:00 | 21:09 47:51 |
| Maurice Creagh | M60 | 69:18 | 21:33 47:45 |

| | | | |
|------------------|-----|-------|-------------|
| Richard Danks | M65 | 69:29 | 09:50 59:39 |
| Johan Hagedoorn | M65 | 69:40 | 16:40 53:00 |
| Brian Bennett | M60 | 69:58 | 24:36 45:22 |
| Gillian Young | W60 | 70:13 | 21:02 49:11 |
| John Bell | M65 | 70:57 | 20:16 50:41 |
| Sarah Ladwig | W60 | 71:43 | 13:04 58:39 |
| Margaret Bennett | W65 | 73:40 | 00:00 73:40 |
| Brian Danby | M60 | 74:24 | 22:00 52:24 |

Gallipoli Run



It was a good family day – above, Ross Keane and son; left, bit of Masters bonding(?) for Theresa, Ray and Dave. Below, John Dance and Bronwyn Smith, and bottom, several Masters were helping, including Pat and David Carr, Jackie Halberg, and patron John Gilmour.



16K WALK

| | | |
|-----------------|-----|---------|
| David Smyth | M40 | 1:40:01 |
| John Smith | M75 | 2:01:10 |
| Lynne Schickert | W65 | 2:09:46 |
| Michele Mison | W60 | 2:09:47 |
| Regina Crouch | W40 | 2:18:21 |
| Jeff Whittam | M75 | 2:19:21 |
| Bob Fergie | M75 | 2:19:21 |

8K WALK

| | | |
|---------------|-----|-------|
| Wayne Taylor | M50 | 66:50 |
| Joan Pellier | W70 | 69:29 |
| Morris Warren | M70 | 73:36 |
| Ann Turner | W75 | 77:02 |
| Jennie Lee | W55 | 77:03 |

5K WALK

| | | |
|------------------|-----|-------|
| David Brown | M60 | 37:25 |
| Patricia Hopkins | W65 | 41:26 |
| Kirt Johnson | M80 | 41:27 |
| Ray Lawrence | M80 | 44:48 |
| Pat Ainsworth | W75 | 47:38 |
| Margaret Warren | W75 | 50:17 |
| Leo Hassam | M80 | 52:38 |



John Allen (pictured with Bob Lane at X-Pagoda) won the 3Ps 16k.

| | | |
|-----------------------|-----|-------|
| Maurice Creagh | M60 | 39:05 |
| Sean Keane | M45 | 39:48 |
| Neil McRae | M55 | 40:37 |
| Dee Conibeer | W50 | 41:31 |
| David Carr | M75 | 41:58 |
| Hamish McGlashan | M70 | 42:02 |
| Allan Billington | M50 | 42:36 |
| Irwin Barrett-Lennard | M80 | 43:41 |
| Sandra Rourke | W40 | 45:39 |
| Heiner Huning | M50 | 45:46 |
| Claire Walkley | W45 | 46:04 |
| Lorraine Lopes | W70 | 47:20 |
| Paul Martin | M65 | 48:28 |
| Roger Walsh | M65 | 48:36 |
| Karl Stockman | M50 | 48:39 |
| John Talbot | M60 | 49:45 |
| Merv Jones | M70 | 50:39 |
| Steve Clark | M65 | 53:03 |
| Kevin Hynds | M40 | 55:19 |
| Cecil Walkley | M80 | 59:53 |
| Margaret Bennett | W65 | 60:35 |
| Vic Beaumont | M80 | 64:10 |



5kW winner David Brown (above); 5kR winner Dante Giacomini (below, left.)

5K RUN

| | | |
|-------------------|-----|-------|
| V3 | | 20:21 |
| Dante Giacomini | M40 | 22:25 |
| Graeme Dahl | M60 | 22:55 |
| Margaret Saunders | W55 | 23:45 |
| Dave Roberts | M65 | 23:45 |
| Mark Hewitt | M55 | 26:05 |
| Delia Baldock | W45 | 26:23 |
| Johan Hagedoorn | M65 | 27:24 |
| Vic Waters | M65 | 27:26 |
| Peggy Macliver | W65 | 27:32 |
| Mike Anderson | M60 | 27:33 |
| Richard Blurton | M60 | 27:56 |
| Miriam Fisher | W50 | 28:49 |
| Gary Fisher | M55 | 28:50 |
| V6 | | 30:07 |
| John Byrne | M60 | 30:42 |
| Kerriann Bresser | W40 | 31:13 |
| Aldo Giacomini | M70 | 31:40 |
| Andrea Byrne | W30 | 32:25 |
| V5 | | 33:29 |
| Ray Hall | M75 | 34:35 |
| Jan Jarvis | W65 | 38:46 |
| Sheila Maslen | W70 | 39:56 |
| Julie Wood | W60 | 39:56 |



10K RUN

| | | |
|-----------------------|-----|-------|
| Brett Roach | M40 | 34:45 |
| John Allen | M50 | 40:57 |
| Chris Reid | M45 | 41:01 |
| Ross Keane | M45 | 41:18 |
| Chris Maher | M55 | 41:44 |
| Steve Hossack | M50 | 42:29 |
| Brian Bennett | M60 | 43:42 |
| Joe Clark-Murphy | M60 | 43:52 |
| Frank Gardiner | M60 | 44:18 |
| David Baird | M65 | 45:02 |
| Graeme Dahl | M60 | 45:46 |
| Stephen Dunn | M40 | 46:41 |
| Martin Watkins | M60 | 46:42 |
| Bob Schickert | M65 | 46:55 |
| Graham Thornton | M70 | 47:15 |
| Gillian Young | W60 | 47:15 |
| Maurice Creagh | M60 | 47:15 |
| Brian Danby | M60 | 47:49 |
| Charlie Chan | M55 | 48:06 |
| Dee Conibeer | W50 | 48:40 |
| David Carr | M75 | 48:55 |
| John Mack | M65 | 48:59 |
| Mike Khan | M65 | 49:10 |
| Maree Brown | W45 | 49:50 |
| Carol Bowman | W55 | 50:25 |
| Nick Miletic | M60 | 50:55 |
| Shirley Bell | W60 | 51:37 |
| Milton Mavrack | M55 | 52:18 |
| Irwin Barrett-Lennard | M80 | 52:38 |
| Melissa Hynds | W30 | 52:43 |
| Julie Wilson | W55 | 52:52 |
| Hamish McGlashan | M70 | 53:01 |
| Ray Attwell | M75 | 53:25 |
| Claire Walkley | W45 | 53:29 |
| Sandra Rourke | W40 | 53:29 |
| Mark Rosen | M60 | 54:27 |
| Tanya Burke | W35 | 55:33 |
| V2 | | 55:43 |
| Julie Keeley | W40 | 55:50 |
| John Pellier | M70 | 55:53 |
| Heiner Huning | M50 | 57:17 |
| Roger Walsh | M65 | 57:39 |
| Sarah Ladwig | W60 | 57:41 |
| John Dance | M60 | 58:02 |
| Jane Stanbrook | W40 | 58:09 |
| Paul Martin | M65 | 58:42 |
| Richard Danks | M65 | 58:44 |
| Bronwyn Smith | W35 | 58:50 |
| Merv Jones | M70 | 59:54 |
| Greg Wilson | M60 | 60:04 |
| Brian Smith | M70 | 62:25 |
| Pierre Viala | M60 | 63:45 |
| Ursula Clark-Murphy | W60 | 64:04 |
| Marg Forden | W65 | 64:09 |
| Cecil Walkley | M80 | 66:12 |
| Denise Viala | W60 | 66:13 |
| Vic Beaumont | M80 | 68:45 |
| Jo Richardson | W55 | 70:48 |

5K RUN

| | | |
|--------------------|-----|-------|
| Paul Hughes | M55 | 21:01 |
| Chris Frampton | M45 | 21:23 |
| Christopher Coates | M55 | 21:32 |
| Dante Giacomini | M40 | 22:00 |
| Dave Roberts | M65 | 23:05 |
| Mark Hewitt | M55 | 23:12 |
| Bruce Mathieson | M65 | 23:20 |
| Johan Hagedoorn | M65 | 24:49 |
| Kerriann Bresser | W40 | 25:16 |
| Peggy Macliver | W65 | 25:50 |
| Delia Baldock | W45 | 26:00 |
| John Dennehy | M50 | 27:09 |
| Mike Anderson | M60 | 27:24 |
| Damien Hanson | M55 | 27:34 |
| John Brambley | M65 | 29:53 |
| Rochelle Airey | W40 | 29:54 |
| Steve Clark | M65 | 30:30 |



WE had a fine 24-degree day for the first leg of the RR championship for 2011.

Brett Roach won the men's 10km to take the John Tarrant Trophy again, and Gillian Young, first in the women's 10km and was awarded the Dot Brown trophy.

Thanks to the volunteers for your generous help. There were a few mossies around according to the marshals, (especially Don, Christine and Elaine Dance who were nearest the river), so Aerogard might be an essential in the kit bag next year.

Sean and Neil

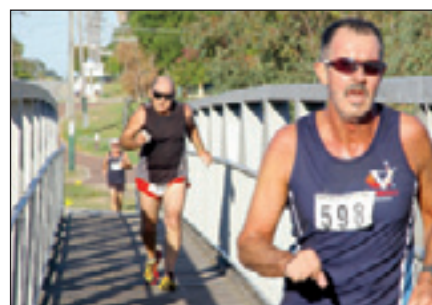
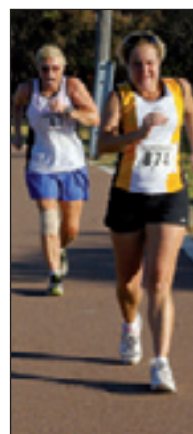
| | | |
|----------------|-----|-------|
| V1 | | 30:47 |
| Aldo Giacomini | M70 | 31:12 |
| Dennis Hughes | M60 | 32:38 |
| Pam Toohey | W65 | 34:39 |
| Sheila Maslen | W70 | 36:43 |
| Julie Wood | W60 | 36:43 |
| Mary Heppell | W70 | 36:58 |
| Linda Rhodes | W60 | 37:50 |
| V3 | | 39:35 |

5K WALK

| | | |
|------------------|-----|-------|
| Garry Hastie | M45 | 25:05 |
| David Smyth | M40 | 28:13 |
| Michele Mison | W60 | 35:09 |
| Wayne Taylor | M50 | 36:53 |
| Lynne Schickert | W65 | 36:55 |
| Regina Crouch | W40 | 37:27 |
| Joan Pellier | W70 | 38:30 |
| Bob Fergie | M75 | 38:32 |
| Jeff Whittam | M75 | 39:34 |
| Lorna Lauchlan | W80 | 40:02 |
| Kirt Johnson | M80 | 40:56 |
| Rosa Wallis | W65 | 42:11 |
| Ray Lawrence | M80 | 43:23 |
| Morris Warren | M70 | 43:48 |
| Richard Harris | M70 | 45:08 |
| Dorothy Whittam | W70 | 45:12 |
| Margaret Warren | W75 | 45:16 |
| Simon Mort | M50 | 45:55 |
| Keith Atkinson | M50 | 46:03 |
| Jan Jarvis | W65 | 47:23 |
| Margaret Bennett | W65 | 47:26 |
| Ann Turner | W75 | 47:27 |
| Pat Ainsworth | W75 | 47:47 |
| Elaine Sillery | W75 | 47:48 |
| Sylvia Szabo | W30 | 49:27 |
| Sylvia Szabo | W50 | 49:49 |
| Leo Hassam | M80 | 51:21 |
| Norm Miller | M75 | 55:57 |



Brett Roach led the 10k from start to finish, a great start to his 50km campaign. Below, first walker Gary Hastie, and Joan Pellier and Regina Crouch; that was no stroll in the park! Bottom, John Dennehy, Mike Anderson and Damien Hanson.



COMING EVENTS – HELPERS

MAY 15

RRC 15km RWC 10km

Race Director: Jackie Halberg (standing in for Gary Fisher) Ph: 9364 4474
Irwin & Berwine Barrett-Lennard, Jeff Bowen, Mark Dawson, Mark Hewitt, Elaine Sillery, Barrie Thomsett, Anne Turner

MAY

Group Jog – Reabold Hill

Paul Scott-Taylor

MAY 29

RRC 25km RWC 15km

Race Director: Wayne Pantall - 9362 3715
Rochelle Airey, Delia Baldock, David & Pat Carr, Jackie Halberg, Frank Usher

JUNE 5

AROUND HERDSMAN

Race Directors: Jim & Margaret Langford - 9387 6347

Kristin Adrian, David Scott, Morland Smith, Roger Walsh

JUNE 12

DEEPWATER POINT

Race Directors: Mike & Paula Karra - 0432 918 432

Joseph & Ursula Clark-Murphy, Jane Elton, Aldo & Dante Giacomini, Leo Hassam, Bernadette Height, Dalton Moffett

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

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