

Vetrun

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Inside...

Your letters;	
Bunbury results	P2
New Lyn Ventris WR	
News; My View	P3
Aquinas Handicap	P4
Uni RRC/RRW	P5
Burswood RRC/RRWP6/7	
Helpers	P8

The magazine of Masters Athletics WA



25km start
– see page 7

Five 50km wins in a row for Brett

FASTEST runner in the 25th 50km Road Running Championship was Brett Roach. His string of victories – from 2007 through to 2011 - have all averaged about the same rate per kilometer – 3.40.

The 50kms are spread across three events: 10km, 15km and 25km.

This year fourteen men and nine women did all three, a little down on last year's numbers.

Unfortunately for the other M65s Bob Schickert is back on form, taking about 30 minutes less to cover 50kms than he did in 2010. Other noteworthy achievements are those of Mark Rosen and Graham Thornton, who each completed their tenth championship. Brian Danby has run nine.

Gillian Young won the women's competition with an average of 5:05 min/km, this coming only a few weeks after having competed in the Busselton triathlon. Shirley Bell needs one more to reach her tenth championship.

In the lists, the figure on the left is the number of times the athlete has completed RRC and/or RWC. All who complete receive a medal to be awarded on Presentation Day.

30km Road Walking Championships

THIS was conducted over three events for a total of 30km. Garry Hastie won his first RWC with a rate of 5:31 min/km, while Michelle Mison's win was her sixth. Many athletes are now in double figures for the RRC or RWC.

Michele Mison and Margaret Bennett joined them, completing their tenth RRC/RWC.

Determined – Michele Mison in the Burswood 15km RWC



Women RWC		min/km	
10	Michelle Mison	W60	7:11
12	Lynne Schickert	W65	7:47
11	Joan Pellier	W70	8:11
4	Lorna Lauchlan	W80	8:29
2	Jan Jarvis	W65	9:29
10	Margaret Bennett	W65	9:29
Men RWC		min/km	
1	Garry Hastie	M45	5:31
6	Bob Fergie	M75	8:15
11	Jeff Whittam	M75	8:21
8	Richard Harris	M70	9:23

Women RRC		min/km	
8	Gillian Young	W60	5:05
9	Shirley Bell	W60	5:28
1	Dee Conibeer	W50	5:37
1	Melissa Hynds	W30	5:37
3	Claire Walkley	W45	5:47
2	Sarah Ladwig	W60	6:13
2	Bronwyn Smith	W35	6:27
8	Julie Keeley	W40	6:32
13	Marg Forden	W65	6:45

Men RRC		min/km	
5	Brett Roach	M40	3:40
3	Chris Maher	M55	4:18
11	John Allen	M50	4:21
2	Ross Keane	M45	4:29
8	Brian Bennett	M60	4:36
2	Maurice Creagh	M60	4:57
22	Bob Schickert	M65	5:11
10	Graham Thornton	M65	5:12
9	Brian Danby	M60	5:13
11	Mike Khan	M65	5:32
17	John Pellier	M70	6:06
2	Heiner Huning	M50	6:09
10	Mark Rosen	M60	6:34
5	Brian Smith	M70	6:40



So consistent – Brett Roach in the Nedlands 15km RRC

You write...

UK Parks have the right idea

LES Presland keeps well abreast of running in Perth, through Vetrun.

In his latest letter he says that our impasse with Kings Park is a stark contrast with the UK situation.

I cannot believe the problems you are having with running in Kings Park. I hope it's resolved soon.

"In the UK we have the dead opposite. Under a scheme funded by Lucozade called 'Park Runs' the parks all over the UK are opening their gates every Saturday morning for a scratch race.

"It's really taken off, with Bushy Park (s-w London) being one of the best."

Les enclosed pages from Athletics Weekly, carrying results of Park Runs in dozens of cities across the country.



Les Presland

Worlds

Incidentally, if Perth's 2015 Worlds bid is successful, look out for Les.

After a running fall and injury, he decided against spending the dollars on Sacramento, because, he can't do better than around 4.10km at the moment (at M70!)

"I had planned to give up racing after the games (Sacramento) but now I shall keep going, to finish in Perth. So I very much hope you get them!"

New members – Welcome!

- 1036 SCHREYVOGEL: Jochen M40
- 1037 BOYD: Richard M55
- 1038 FAWCETT: Bob M60
- 1039 BLACK: Michael M50
- 1040 THOMAS: Monique W30
- 1041 MILLIGAN: Neil M45
- 1042 TODESCO: Lisa W35



Richard Danks

A friend in need... is Mary home?

I'VE been helping a neighbour to get an internet connection. Unusual problems required several phone calls to the ISP. I found it most inconvenient having to go and get the neighbour to identify herself each time I rang the ISP. So I formulated a plan to bypass this process.

All I had to do was to say, "I need support, give the applicant's surname (let's call it 'Smith') and the birth date – and Bingo! I got support without referring to my neighbour for identification.

So I followed the same game plan the next day - but things didn't go quite so smoothly. A young lady with an Asian accent took my call and was keen to help. The conversation followed the usual format and went as follows:

"Certainly, and this is for you?"

"Yes."



The Nedlands Swerve – John Mack takes Chris Koeman.

John Mack's reunion

A PICTURE on the West's Inside Cover page a couple of weeks ago spilled the beans on John Mack. No wonder he's such a strong runner, one who waited until he was 65 to complete his first marathon. The picture showed John at a 50-year reunion of the 1961 premiership winning Swan Districts team. Thanks to eagle-eyed Keith Atkinson for spotting it (well, he is an optometrist!!)

Bunbury 2011 results

MARATHON

- Jim Barnes
- 3rd M60+ 4.16.20
- Carey Dickason
- 2nd W60+ 5.35.19

Half MARATHON

- MEN
- M50-59
- 1 Steve Giles
- 2 Lachlan Marr
- 5 Chris Maher
- 6 Peter Sullivan
- 14 Don Pattinson

- M60+
- 1 Brian Bennett
- 2 Frank Gardiner
- 4 Maurice Creagh
- 5 Mike Hale
- 6 Bob Schickert
- 7 Brian Danby
- 13 Brian Smith
- 16 Pierre Viala

WOMEN

- W30-39
- Bronwyn Smith
- W40-49
- 7 Maree Brown
- 16 Tanya Burke
- 25 Clare Walkley



W60+

- 1 Gillian Young
- 2 Theresa Howe
- 3 Sarah Ladwig
- 4 Barb Humphrey
- 5 Val Millard
- 7 Loretta Shillinglaw
- 8 Denise Viala

WALK Half Marathon

- MEN
- M50-59
- 1 Gary Hastie 1.59.38
- 2 Harold Membrey

M60+

- 1 John Smith 2.42.48
- 2 Peter Ryan
- 4 Jeff Whittam

WOMEN

- W60+
- 1 Lynne Schickert 2.49.29
- 2 Elaine Ellard
- W40-49
- 2 Regina Crouch

"And your name is Smith?"

"Er, yes."

"And your first name is Mary?"

I was snookered. No going back now so I responded with:

"Er, yeh."

"May I call you Mary?"

Ouch!!!

"Yes, of course," I replied, rather gingerly.

And for the next ten painful

minutes, every time she spoke to me, she addressed me as 'Mary'.

And in response to each question I gave a very poor Dame Edna impersonation.

Needless to say, my wife and Mary, who were in the next room listening, were in stitches, and now won't let me forget the incident.

Richard Danks

Webmaster needed

ERNIE Leseberg, current AMA webmaster, is retiring his mouse.

Our national body is now seeking his replacement and would love to hear from you, if you would like to take on the job.

Contact the WA committee if you would like to know more, and they'll put you on to Hazel McDonnell, the secretary of Australian Masters Athletics.

Site to see

THE Oceania Masters Athletics Championships 2012 web page is now sitting up and receiving visitors! Newsletter #1 is on the site along with the programme, and venues.

Just visit nzmastersathletics.org.nz and click on ocean 2012 on the right hand side.

Lyn Ventris smashes her World Record

MASTERS' pre-eminent female walker slashed almost SIX MINUTES off her own 20km world record in Melbourne last Sunday (May 29) – incredible!

In the Melbourne AMA 20km championship, Lyn walked 1.39.51 to surpass her WR of 1.45.13 set in 2008. That equates to a fraction under 5-min kms. It's all the more impressive given that Lyn is at the top of her age group, moving into W55 later this year.

* Also in the championship, David Smyth (M40) walked 2.05.20 to finish 3rd in his age group.



Lyn Ventris at the Perth Nationals

Busselton Half Iron Man

GILLIAN Young and Hilary Beck were in the swim, bike-ride and run this year, on May 7. Hilary came second in the W55-59 with a total time of 6hrs.13.56.

Gillian was third W60-65 in 7hrs.14.28

(Shouldn't it be Half Iron Woman?)

Below, Fresh from her first Ironman triathlon, Gillian compared experiences with Shirley Bell (a two-times, full Busselton Ironman veteran) at the Nedlands event on May 15.



Galloping Lorraine?

AFTER processing Lorraine Lopes' latest Australian record, in the 3000m, I calculate she has now racked up an amazing 21 State records and six ARs in less than 18 months as an W70. Plus, throw in three relay ARs for good measure. She's the Black Caviar of women's distance running at the moment.

Campbell Till

In My View...

by The Editor



It's our club spirit

PETER Hopper is a nice bloke any way. But last Sunday at Burswood he demonstrated the spirit and camaraderie that epitomises Masters.

I managed to catch him up in the 5km walk – and then he hung on.

"I expect you'll be able to sprint past me at the end," I gasped, as we neared the chute. "How do you go faster?"

"Run," he joked, then "No,

just use quicker steps."

So I did, and won a little victory.

Peter's was a greater one, proving again how many of our members are ready and willing to help their mates, even if it means being overhauled.



When things aren't swell....

MARGARET Saunders was cruelly struck down in the Brisbane nationals 800m while leading the field in her heat. Her bad luck resulted in massive swelling, which she cured overnight with the following process.

You will need:

Lectric Soda Crystals (available in supermarkets, in area of washing powder)

Old sock or tea towel

Clingfilm

Bandaging

Process

Put a layer of soda crystals - about 1 cm thick - into sock or tea towel.

Place sock on foot; or wrap tea towel around swelling (if it's the knee or other part of body).

Wrap clingfilm around the sock, or tea towel, ensuring there are no gaps.

Bandage over the clingfilm to keep it in place, and leave on overnight.

Ensure you cover the bed with plastic or towels as when



Marg Saunders

the swelling reduces moisture is created.

In the morning you will find that the sock or tea towel will have some crystals remaining but will be wet and stiff with the fluid drawn out of the swelling.

Take the clingfilm, sock etc. off carefully (on a tiled floor, preferably) because it will be wet. Just wash the sock or tea towel and you can then re-use them.



Women's Aquinas handicap winner is Bronwyn Smith

10K RUN

	Clock	H/Cp	Actual
Genevieve Spiro	W40	63:57	5:41 58:16
Paul Martin	M65	65:30	9:44 55:46
Bronwyn Smith	W35	66:33	7:28 59:05
Heiner Huning	M50	66:51	12:58 53:53
Jane Stanbrook	W40	66:54	8:32 58:22
John Batta	M45	67:17	15:30 51:47
Claire Walkley	W45	67:40	13:12 54:28
Charlie Chan	M55	68:17	18:47 49:30
Brian Bennett	M60	68:20	23:13 45:07
Roger Walsh	M65	68:28	8:59 59:29
Ray Attwell	M75	68:32	13:15 55:17
Ian Davies	M60	68:39	25:17 43:22
John Allen	M50	68:42	26:33 42:09
Irwin Barrett-Lennard	M80	68:43	14:13 54:30
Kim Thomas	M35	68:45	27:12 41:33
Bob Schickert	M65	68:48	20:13 48:35
Steve Clark	M65	68:53	4:02 64:51
David Baird	M65	68:56	22:31 46:25
Dee Conibeer	W50	69:02	17:58 51:04
Hamish McGlashan	M70	69:02	14:48 54:14
Merv Jones	M70	69:15	6:42 62:33
Jim Barnes	M65	69:18	16:00 53:18
Sandra Rourke	W40	69:23	14:14 55:09
Bruce Mathieson	M65	69:35	19:09 50:26
Brian Danby	M60	69:39	19:31 50:08
Cecil Walkley	M80	70:00	2:15 67:45
Lisa Searle	W35	70:06	26:54 43:12
Prabuddha Nicol	M50	70:24	23:30 46:54
John Dance	M60	70:26	9:02 61:24
Rod Hamilton	M45	70:38	28:26 42:12
Frank Gardiner	M60	70:43	22:31 48:12
Richard Danks	M65	70:45	8:26 62:19
Bruce Wilson	M65	70:47	22:56 47:51
Ross Keane	M45	71:03	25:26 45:37
Julie Wilson	W55	71:20	13:59 57:21
Theresa Howe	W60	71:30	12:32 58:58
Jim Klinge	M60	71:45	25:26 46:19
Mike Hale	M60	72:26	21:48 50:38
Tom Tralau	M35	72:37	24:05 48:32
Robin King nf	W50	72:42	20:41 52:01
Tristan Bell	M45	72:45	25:20 47:25
Denise Viala	W60	73:10	3:48 69:22
Kathy Burr	W70	75:21	0:00 75:21
Ray Hall	M75	76:23	0:00 76:23
Margaret Bennett	W65	78:19	0:00 78:19
Brian Smith	M70	78:20	5:29 72:51
Greg Wilson	M60	80:49	13:28 67:21
Jo Richardson	W55	82:29	0:00 82:29
Elaine Dance	W60	82:29	0:00 82:29

5K RUN

Bernadette Benson	W40	20:46
Chris Frampton	M45	21:02
Paul Hughes	M55	21:39
Dante Giacomini	M40	22:35
Prabuddha Nicol	M50	22:52
Mark Hewitt	M55	23:12

Aquinas Handicap

May 8, 2011

Director: Lachlan Marr

Give the recorders a break!

THE results were a bit slow coming after Aquinas this year. Of course, we have been spoiled since the advent of the 24-hour service provided via our website, but, Richard Danks points out that runners and walkers could make life easier for the recorders.

"I can see why Barrie was pulling out his hair with runners either running more than one race, applying their own handicap, running from scratch and ignoring their handicap, etc.," he writes.

There's still a problem with members failing to wear, or display their numbers properly.

Please make sure that yours can be read easily. If you must make up your own, hand-drawn one (instead of wearing the proper one supplied by the club) make sure it's big enough to be read from a few metres away. And fix it on properly, uncurled and properly fixed.

VW

Just a little side issue; wasn't it wonderful to hear the really extended cheering for Bronwyn Smith: also, I pointed out to her that her dad Brian had won the men's trophy in 1999.

Ray Hall



Graeme Dahl	M60	23:20
Dave Roberts	M65	24:55
Sean Keane	M45	25:01
Keith Atkinson	M50	26:06
Johan Hagedoorn	M65	26:13
Delia Baldock	W45	26:15
Peggy Macliver	W65	26:50
Richard Blurton	M60	27:04
Damien Hanson	M55	28:43
John Byrne	M60	28:53
David Muir	M65	29:43
Rochelle Airey	W40	29:44
Dennis Hughes	M60	30:40
Aldo Giacomini	M70	31:14
John Ellard	M65	32:26
Andrea Byrne	W30	33:01
V4		34:05
Vic Beaumont	M80	35:06
V7		35:07
Julie Wood	W60	37:50
Sheila Maslen	W70	38:21
Linda Rhodes	W60	38:41
Jan Jarvis	W65	39:48



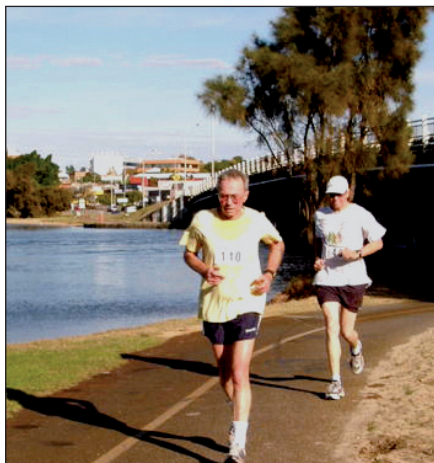
Above, Jane Stanbrook; below John Dance pursued by Ray Attwell.

(All Aquinas pictures are by Christine Dickinson)

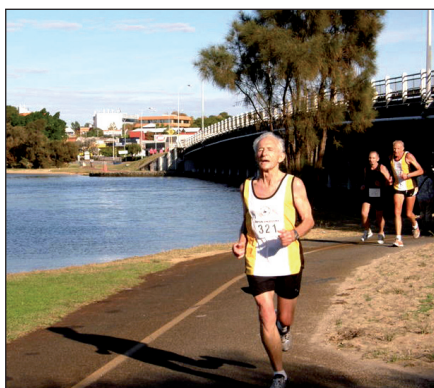


Above left, Cecil Walkley; above Steve Clark; below, Denise Viala.





Above, Merv Jones and Roger Walsh; below, Irwin Barrett-Lennard and Richard Danks.



10K WALK

(* = handicap winner)

* Michele Mison	W60	98:48	26:46	72:02
John Smith	M75	103:53	27:10	76:43
Peter Ryan	M60	77:20	N/H	77:20
Lynne Schickert	W65	103:16	24:26	78:50
Regina Crouch	W40	103:19	22:44	80:35
Jeni Shillington	W50	101:02	18:00	83:02
John Doust	M60	83:02	N/H	83:02
Bob Fergie	M75	102:55	19:34	83:21
* Jeff Whittam	M75	101:51	18:30	83:21
Lorna Lauchlan	W80	102:57	16:12	86:45
Jennie Lee	W55	101:05	11:58	89:07
Morris Warren	M70	105:16	10:46	94:30

5K WALK

Peter Hopper	M65	36:10
Wayne Taylor	M50	39:46
Barbara Blurton	W60	40:28
Kirt Johnson	M80	42:51
Rosa Wallis	W65	43:03
Elaine Ellard	W65	44:52
Richard Harris	M70	45:08
Dorothy Whittam	W70	45:58
Alan Pomery	M75	48:39
Pat Ainsworth	W75	48:54
Shorty Turner	M75	48:54
Phyllis Farrell	W65	51:19

VISITORS 10K RUN

V9	63:58
V2	64:43
V6	66:12
V10	67:33
V10	70:25

VISITORS 5 KM WALK

V8	45:08
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VISITORS 5KM RUN

V3	30:23
V5	30:39

UNI RRC/RRW

NEDLANDS

May 15, 2011

Director: Jackie Halberg
(for Gary Fisher)

WITH Gary Fisher away, I took responsibility for this run. Gary provided very clear guidelines, so my job was relatively easy. There was a big turnout of runners and walkers for all the distances on offer, particularly the 15KM RRC and 10KM RWC events. It was good to see Garry Hastie up from Bunbury to compete in the walk, and to see members who are coming back from injury, returning to good form - Chris Frampton, Gillian Young, Michele Mison.

Many thanks to all helpers - Berwine and Irwin Barrett-Lennard, Jeff Bowen, Ivan Pilton, Mark Hewitt, Elaine Sillery, Barrie Thomsett, Anne Turner, David Baird, Bruce Wilson.

Jackie

5K RUN

Paul Burke	M40	21:04
Chris Frampton	M45	21:23
Dante Giacomini	M40	23:02
Dave Roberts	M65	24:13
Sean Keane	M45	25:05
V5		25:11
Karen March	W45	25:24
Peggy Macliver	W65	26:36
Johan Hagedoorn	M65	26:39
Delia Baldock	W45	26:40
Richard Blurton	M60	27:14
Kerriann Bresser	W40	27:25
John Dennehy	M50	27:46
Damien Hanson	M55	27:54
Jochen Schreyvogel	M40	29:56
Genevieve Spiro	W40	29:57
Aldo Giacomini	M75	31:49
Andrea Byrne	W30	32:19
Lorraine Lopes	W70	34:48
Pierre Viala	M60	34:49
Sheila Maslen	W70	37:56
Linda Rhodes	W60	40:37
Mary Heppell	W70	40:40

10K RUN

Ian Davies	M60	42:00
Paul Hughes	M55	44:40
Graeme Dahl	M60	46:43
Tom Clarke	M60	47:34
Robin King	W50	49:55
Neil McRae	M55	50:01
John Mack	M65	51:05
Chris Koemam	M50	51:06
Carol Bowman	W55	51:09
Paula Karra	W40	52:42
Sandra Rourke	W40	54:58
David Muir	M65	55:53
Paul Martin	M65	56:32
Mike Anderson	M60	56:33
John Byrne	M60	59:27
Roger Walsh	M65	60:58
Merv Jones	M70	63:14
Rhod Wright	M60	63:57
Steve Clark	M65	65:30
Vic Beaumont	M80	72:03
Jo Richardson	W55	72:14
Kathy Burr	W70	72:44

15K RUN

Brett Roach	M40	54:38
V4		61:50
Kim Thomas	M35	62:58



Dead-heat for Paul Martin and Gary Hastie; same time, different races!

Chris Maher	M55	63:37
John Allen	M50	65:11
Ross Keane	M45	66:20
Prabuddha Nicol	M50	67:35
Jim Klinge	M60	68:05
Brian Bennett	M60	68:21
Frank Gardiner	M60	69:27
Lisa Searle	W35	69:46
Joe Clark-Murphy	M60	70:58
Steve Hossack	M50	70:59
Tristan Bell	M45	73:04
Tom Tralau	M35	73:05
Bob Schickert	M65	73:52
Keith Miller	M60	73:52
Maurice Creagh	M60	74:13
Mike Hale	M60	74:47
Gillian Young	W60	74:54
Brian Danby	M60	75:38
Don Pattinson	M55	75:44
Graham Thornton	M70	76:09
Maree Brown	W45	76:32
Charlie Chan	M55	77:12
Melissa Hynds	W30	80:59
Gavin Howard	M50	81:07
Shirley Bell	W60	81:30
Dee Conibeer	W50	81:41
Milton Mavrick	M55	83:37
Ray Attwell	M75	84:22
V3		85:21
Heiner Huning	M50	85:46
Mike Khan	M65	85:57
Mark Rosen	M60	87:55
John Pellier	M70	88:56
Raymond Gimi	M45	90:31
Claire Walkley	W45	92:29
Sarah Ladwig	W60	92:29
Bronwyn Smith	W35	93:45
Janet Jiang	W45	95:13
Jane Stanbrook	W40	96:15
Val Millard	W60	96:34
Theresa Howe	W60	99:09
Ursula Clark-Murphy	W60	99:45
Marg Forden	W65	99:49
Julie Keeley	W40	99:53
Brian Smith	M70	1:43:22
Cecil Walkley	M80	1:44:33
Kevin Hynds	M40	1:51:56
V2		1:53:11
Peter Ryan	M60	1:58:46



Chris Frampton, second in the 5km, with Chris Maher and John Allen.

RRC/RRW BURSWOOD PARK

May 29, 2011

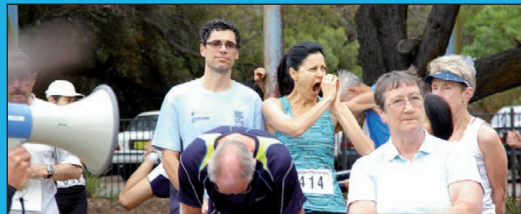
Director: Wayne Pantall



Nedlands – on and off-course!



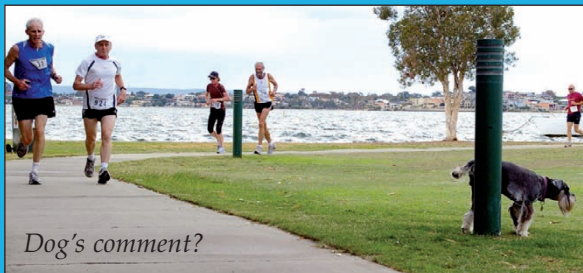
Cameraman gets 'that look'



Who's shout is it?



Keith Miller and Sean Keane



Dog's comment?



10km winner
Ian Davies

5K WALK

Ray Hall	M75	39:19
Barbara Blurton	W60	41:14
Kirt Johnson	M80	44:01
Ray Lawrence	M80	44:34
Margaret Warren	W75	47:29
Dorothy Whittam	W70	47:29
Pat Miller	W70	55:56
Leo Hassam	M80	55:59
Shorty Turner	M75	56:00

10K WALK

Garry Hastie	M45	56:32
David Smyth	M40	58:43
Michele Mison	W60	70:49
John Smith	M75	76:51
Lynne Schickert	W65	78:44
Joan Pellier	W70	79:56
Bob Fergie	M75	82:00
Jeff Whittam	M75	82:01
Regina Crouch	W40	84:13
Jeni Shillington	W50	84:14
Lorna Lauchlan	W80	85:42
Morris Warren	M70	89:30
Jennie Lee	W55	91:22
Richard Harris	M70	92:47
V1		93:10
Jan Jarvis	W65	93:10
Margaret Bennett	W65	93:11



Above: Tom Tralau, Gillian Young, Tristan Bell and Karen March.

Below: Gavin Howard, Ray Attwell and visitor.



25K RUN

Brett Roach	M40	93:46
V2		1:48:27
Kim Thomas	M35	1:44:30
Chris Maher	M55	1:49:43
John Allen	M50	1:51:06
V3		1:52:50
Ross Keane	M50	1:56:35
Brian Bennett	M60	1:57:41
Sandra Stockman	W45	1:58:40
Jim Klinge	M60	1:58:53
V4		2:02:54
Tristan Bell	M45	2:03:37
Tom Tralau	M35	2:03:38
Maurice Creagh	M60	2:06:21
Lisa Searle	W35	2:07:52
David Baird	M65	2:08:43
Carl Ciccarelli	M50	2:09:06
Ivan Lazarus	M55	2:11:31
Gillian Young	W60	2:11:55
Mike Hale	M60	2:14:18
Graham Thornton	M70	2:16:59
Brian Danby	M60	2:17:45
Bob Schickert	M65	2:18:37
Shirley Bell	W60	2:20:25
Mike Khan	M65	2:21:26
V1		2:22:17
John Batta	M45	2:23:12
Claire Walkley	W45	2:23:17
Melissa Hynds	W30	2:27:15
Dee Conibeer	W50	2:30:27
Peter Bath	M65	2:33:41
V5		2:33:41
Don Pattinson	M55	2:36:56
Julie Wilson	W55	2:38:10
Theresa Howe	W60	2:39:25
John Pellier	M70	2:40:01
Sarah Ladwig	W60	2:40:26
Heiner Huning	M50	2:44:42
Brian Smith	M70	2:47:16
Bronwyn Smith	W35	2:49:38
Julie Keeley	W40	2:50:53
Marg Forden	W65	2:53:35
Val Millard	W60	2:54:52
Mark Rosen	M60	3:06:01

15K RUN

Chris Reid	M45	64:25
Paul Hughes	M55	66:39
Steve Hossack	M50	66:43
Karen March	W45	74:25
Maree Brown	W45	77:10
Irwin Barrett-Lennard	M80	81:35
Janice Mathews	W40	85:12
Sandra Rourke	W40	85:26

10K RUN

Bruce Mathieson	M65	51:30
Johan Hagedoorn	M65	55:27
John Byrne	M60	60:43
Karl Stockman	M50	61:10
Merv Jones	M70	62:35
Dennis Hughes	M60	63:25
Cecil Walkley	M80	81:31

5K RUN

V6		19:25
Ian Davies	M60	19:59

Jim Langford	M65	20:09
Amanda Walker	W45	20:27
Dante Giacomini	M40	21:48
Sue Bourn	W40	22:03
Frank Gardiner	M60	22:06
Dave Roberts	M65	22:45
Raymond Gimi	M45	23:03
Mark Hewitt	M55	23:30
Carol Bowman	W55	24:44
Sean Keane	M45	25:15
Hamish McGlashan	M70	26:04
Nick Miletic	M60	26:22
V7		26:43
John Dennehy	M50	27:11
Mike Anderson	M60	27:16
Richard Blurton	M60	27:50
Lisa Todesco	W35	29:55
Aldo Giacomini	M75	30:27
John Talbot nf	M60	31:16
Sylvia Szabo	W30	32:18
Andrea Byrne	W30	32:41
Vic Beaumont	M80	32:53
Sandra Hughes	W60	34:16
Julie Wood	W60	36:21
Pierre Viala	M60	36:22
Sheila Maslen	W70	37:03
Mary Heppell	W70	37:13

15K WALK

Garry Hastie	M45	83:46
Michele Mison	W60	1:49:32
John Smith	M75	1:54:26
Lynne Schickert	W65	1:57:49
Regina Crouch	W40	2:02:05
Wayne Taylor	M50	2:02:12
Joan Pellier	W70	2:06:50
Bob Fergie	M75	2:07:04
Lorna Lauchlan	W80	2:08:52
Jeff Whittam	M75	2:08:53
Jan Jarvis	W65	2:23:42
Margaret Bennett	W65	2:23:42
Richard Harris	M70	2:23:43

10K WALK

Ray Hall	M75	82:38
Jeni Shillington	W50	85:07
Elaine Sillery	W75	99:50
Jo Richardson	W55	99:52

5K WALK

Vic Waters	M65	38:16
Peter Hopper	M65	39:13
Kirt Johnson	M80	42:51
Jennie Lee	W55	45:24
Pat Ainsworth	W75	45:49
Rosa Wallis	W65	45:50
Sylvia Szabo	W50	45:52
Patricia Hopkins	W65	47:45
Ray Lawrence	M80	48:22
Leo Hassam	M80	53:02



We who are about to run beseech the handicapper to turn a blind eye...



Above, tight group approach the WAMC club. Right, Chris Maher and Sue Bourn. Below, Sandra Stockman, leading, was first woman in the 25km, and ninth overall.

Pics: Frank Smith.



COMING EVENTS – HELPERS

JUNE 26

CITY RAIL

Race Directors: Linda & Mike Rhodes - 9228 9706
Colin Chisholm, Jane Elton, Merv Jones, Peter & Karen March, Keith Miller, Margaret Saunders

JULY 3

SHARKS

Race Director: Paul Martin - 9339 1648
Paul Hughes, Heiner Huning, Lisa Searle, Sandra Stockman, Dave Roberts

JULY 10

MATTAGARUP

Race Director: Wayne Pantall - 9362 3715
Maggie Flanders, Bernadette Height, Merv Jones, Val Millard, John & Michele Mison, Frank Usher, Michael Black, Barry & Leonie Jones

JULY 17

CLUB HALF MARATHON

Race Director: Jim Klinge - 9294 4029

Ray Attwell, Delia Baldock, Tessa Brockwell, Karl Stockman, Janet & Michael Walter

JULY 24

KINGS PARK CC

Race Director: Ralph Henderson - 9401 3115
John Batta, Monique Fountain, Anne Jones, Elaine Sillery, Alan Thorniley, Michael Black

JULY 31

MILL PT RD

Race Director: Milton Mavrick - 0417 972 435
John & Beryle Doust

AUGUST 7

CLUB X COUNTRY

Committee
Kathy Burr, John Dance, Elaine & John Ellard, Keith Martin, John Pellier, Alan Pomery, Jane Stanbrook, Darryl White

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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Contacts**

Secretary MAWA
53 Ward Crescent
Kelmscott WA 6111
9390 2056

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

Patron:
John Gilmour

Website:
www.mastersathleticswa.org

Email:
enquiries@mastersathleticswa.org

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

President:
Barbara Blurton