

Vetrun

SEPTEMBER
2011
No. 449



The magazine of Masters Athletics WA

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ABOVE – start of our Championship Cross-Country at Jorgensen Park. Great event, and a great breakfast followed, courtesy of Elaine Dance and her crew. Elaine has also organised a repeat of last year's highly successful Medals Presentation lunch – see page 8, and be sure to book early as space is limited.

City to Surf another shambles?

Sunday August 28, 2011

NINETY-five per cent of people in the 12km C to S should be disqualified for running off-course; but it's not their fault. A lone marshal at Underwood Avenue had no chance of keeping them on the road, and WA's biggest road run went cross-country.

Organisers? Have these people ever run in a race?

Runners need clear directions, signals, barriers.

Lost 12km runners who ran there on the Half-Marathon course compounded the Underwood shambles. Some stayed on the Half; others cut across the field to rejoin their proper race at Meagher Drive. I abandoned the camera to become an unofficial marshal,



Lachlan Marr was first Master in the Marathon, on approx.

2:40 with 4km to go. Below, Robin King in the 12km: more Masters pics – see our website.

pointing runners the right way.

But nothing could stop the flood of humanity cutting the corner, crossing the rough ground, dodging dangerous obstacles, jumping low fences onto the park.

Early, the Marathon looked efficient enough, at Perry Lakes at least. Some Half runners were impeded by the lost 12k-ers, who went wrong very early. When they reached me some shouted they had already run 16km!

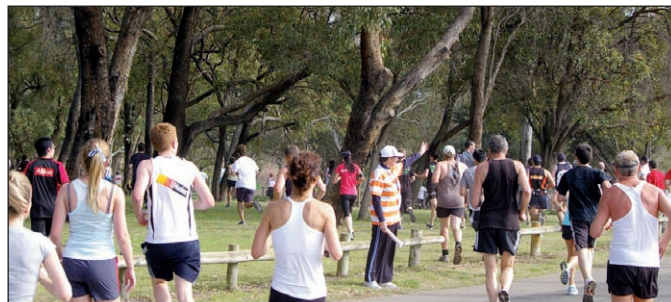
Conclusion: apart from the first 200 and a few others, all 12km times are dubious. Organisers: next year, test all the courses, on foot. Or get Perth's efficient local clubs to help you do the job properly.

VW



Below: The battle of Underwood: mind that car, and the ditch, and that iron sign!

Far below, into the woods! I thought this was a road run?



Venue CHANGE Please note!

ON October 30 the club meeting is at Perry Lakes – NOT Lake Monger.

Start is at 8am, at the Hockey Club rooms. There will be a 10km run and shorter events for walkers and runners.

The switch is due to a double-booking of the Lake Monger venue by Cambridge Council – and we have graciously agreed to move!

So please go to your programmes – NOW – and write in the new details.

The West

* Please remember that on October 30 the listing in the West Australian might still show Lake Monger. That will be WRONG, but unfortunately it seems we cannot persuade the West to alter their listing.

Help Joan write history

WHY does history fascinate the old? Maybe young people are too busy living for today to take as much interest in days gone by. Never mind, their time will come.

Masters has done a lot of looking over its bony old shoulders lately. Nationally, the AMA published its history – Age is no Barrier – this year.

In WA, John Oldfield has begun establishing an online archive of the Vetrun. Eventually all 30-odd years of the magazine will go online.

On the road

Now, Joan Pellier has started writing the WA club's history, to balance out the inevitable T&F focus of the AMA's overall history.



Joan, attempting to sweet-talk me into publicising her literary efforts: Sandy and Brigitte couldn't bear to look!

She says, quite rightly, that WA Masters (and Vets, as it used to be known) is primarily a road and cross-country club. Although it must be said that T&F is drawing more members all the time; and has always been the outstanding difference between our club, and the WA Marathon Club.

The AMA book covered all of Australia. Joan will be writing only about our own state club. She wants to paint the background picture, give credit to the many helpers and supporters – as well as the athletes – who created this enduring organisation.

Joan is well-qualified for the job. She is a past-President

**New member
–Welcome!**

1051 BAILEY: Geoff M40

You write...

Hi Vic...

Sydney City 2 Surf, August 14:

First rainy start in 26 years, 83,000 entrants, 14 hilly kms; First runner - Liam Adams, 41.05 mins.

Steve Moneghetti still holds the record with 40.03 set in 1991.

I stormed through in 30,793rd place (1.30.46) and thoroughly enjoyed a well-run event.

I recommend it!

John Talbot



John Talbot



John Smith

Vic

Like most directors I worry about getting helpers.

Because it is a major issue why not follow accepted journalistic procedure and put the helpers list on the front page instead of the back? And for good measure format it in red bold.

Cheers, John Smith

I have told John that when the Times returns to front-page classifieds, we'll list the helpers on Vetrun page one. (That's if the Times survives when Rupert Murdoch, who subsidises its 50-million pounds annual losses, fades into oblivion.) VW

of the club, a stalwart supporter, and one of the record-setting 24-hour women's team of 1985. She also knows where most of the bodies are buried.

Your help

Trawling through back-numbers of Vetrun, and the dusty corners of her own memory, will provide lots of material.

But I'm sure she would welcome personal reminiscences and insight from members; and bribes from those who want their past suppressed.

VW

In My View...

by The Editor

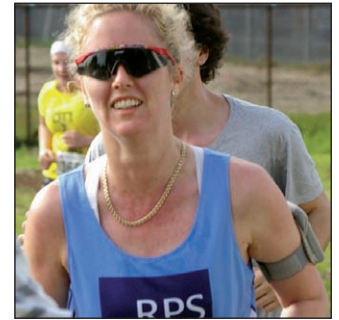
Phone for a friend....

IF a member gets into trouble on a run help is usually at hand. We stop, check the fallen one is still breathing, lift his wallet, and carry on. No, sorry, this is Perth, not London.

Seriously – what if it's a real emergency?

After one of our stalwarts was a bit crook in the Racecourse Run, Sandra Rourke suggested we incorporate mobile phone technology into our events.

She always runs with a phone strapped to her arm. If marshals, and the race direc-



This is Sandra Rourke (in the City to Surf) with the ever-present strap-on phone!

tor, were similarly equipped it would certainly speed-up emergency response if it's ever needed.

We have asked the committee to look at the idea.

Directors – let's hear from you

JUST for a change, instead of haranguing helpers, let's gee-up our race directors!

Readers might have noticed that about half our race reports aren't. That is, they have lists of results, and pictures, but no 'report'.

We do ask directors to tell us about the event, but few do so.

So here are some pointers.

You don't have to write glowing prose – just notes will do, and the editor will rewrite them.

After the event note the conditions; any course

changes or anomalies; and any unusual incidents or performances.

List the helpers! If they are given a mention and some credit, it makes it easier to recruit them next year.

DON'T waste time naming the winners: they will all be listed any way.

Instead – tell us something we don't know. All gossip and salacious detail will be welcomed. VW

Sprinter or Marathoner: who's the greatest?

AS we're told the road to long life is physical AND mental exercise, I now do sums in my head while out running.

So I can reveal that if Usain Bolt kept up his 100 metre pace over the marathon distance he would take about 70 minutes.

Not only is that impossible, it's also only 53 minutes quicker than the current world best for a marathon.

The world's top sprinters are less than twice as fast as top marathon runners. They slouch along (for a paltry 100m, huh!) at 36 km/h.

Marathon runners move at 20.5 km/h – for 42+ kilometres. (Oh yes, I did check all that with a calculator. Proves my brain is a lot fitter than my legs.)

Coming soon...

THE Track & Field Summer Programme will be issued with the October Vetrun but will be on the website by the end of September. If you do NOT have access to a computer, and need to know the events for the first week in October, please ring Barbara Blurton on 9293 0190 during the preceding week.

Bardon Bash

August 14, 2011

Directors: John Smith and Brian Bennett

THIS race report is really a series of 'thankyous' First goes to the runners and walkers who braved some dreadful weather just to get to Bardon Park. In fact the weather turned out to be quite kind to us. The early start walkers got the benefit of a deluge, but as a walker myself I am well aware we are a stoic lot and used to adversity and ridicule. The runners were fortunate enough to start in sunshine and got no more than rather damp as the race progressed. The next thank you goes to the helpers. Not a good day to be out in the wind and rain. Despite this, so many people became involved that names will not be mentioned. This avoids the embarrassment of leaving somebody out. Helpers, or rather the lack of them, have recently become a major discussion point. Maybe it might help if more runners and walkers gave a smile or some other form of recognition as they pass a marshal who is squinting through the rain or vainly swatting flies? The final thank you goes to co-directors Margaret and Brian Bennet. They have worked hard to make the Bardon Bash one of the most popular events in the calendar and are determined to keep it that way. PS: The electronic self locking toilet has now lost its novelty value. But it was noticeable that most users took the precaution of having their mobile phone with them. **John**



Above, togetherness from Peter and Karen March; and Cath Keane, buried in Harry Potter after her 7km run.



13K RUN

Lachlan Marr	M50	50:51
V5		50:55
John Allen	M50	55:26
Bob Lane	M60	55:30
Chris Reid	M45	57:39
Sandra Stockman	W45	57:49
Karen March	W50	58:53
Peter March	M50	58:54
Mark Dawson	M50	59:22
Bert Carse	M70	62:35
Gary Fisher	M55	64:35
Brian Danby	M60	65:11
Maurice Creagh	M65	66:14
Milton Mavrck	M55	68:56
David Carr	M75	69:03
Julie Wilson	W55	70:16
Bruce Mathieson	M65	70:58
Irwin Barrett-Lennard	M80	71:09
Melissa Hynds	W30	71:39
Ray Attwell	M75	72:30
Sandra Rourke	W40	73:21
V3		74:48
Karl Stockman	M50	77:04



Lachlan Marr – good time in the 13km

Val Millard	W60	78:28
John Pellier	M70	80:43
John Dance	M60	82:11
Richard Danks	M65	82:13
Kevin Hynds	M40	86:22
Greg Wilson	M60	88:18

7K RUN

Tom Tralau	M35	30:14
Bruce Wilson	M65	31:52
Ian Davies	M60	32:18
Carol Bowman	W55	35:40
Delia Baldock	W45	38:22
Johan Hagedoorn	M65	38:46
V2		40:09
V1		42:42
Vic Waters	M65	42:44
Tanya Burke	W40	42:59
Maree Brown	W45	43:00
John Ellard	M65	44:29
Ursula Clark-Murphy	W60	45:19
Stacey Ward	W30	45:53
Merv Jones	M70	46:15
Andrea Byrne	W30	50:34
Linda Rhodes	W65	60:41

13K WALK

David Smyth	M40	79:38
Roger Walsh	M65	99:35
Elaine Dance	W60	1:42:43
Bob Fergie	M75	1:46:57

7K WALK

Joan Pellier	W70	65:05
Elaine Sillery	W75	71:54

Mill Point Road Championships

July 31, 2011

Director: Milton Mavrick

10km results are shown in age-groups because this is a championship event. Sorry, but some times are unavailable due to 'technical difficulties'. Milton and his team of helpers – thanks to you all – did a great job again, in trying conditions. Frank Smith braved the rain to produce some more great pictures. Thanks to him for these, and all the other club events in this edition. VW



Top, M65 champion Jim Langford leads; above, M40 Brett Roach was fastest overall; below, more togetherness: Karl Stockman with his back-seat driver.

10K RUN

Men		
Tom Tralau	M35	46:47
Brett Roach	M40	37:12
Kevin Hynds	M40	
Chris Reid	M45	45:34
Sean Keane	M45	47:58
Lachlan Marr	M50	39:22
John Allen	M50	42:05
Ross Keane	M50	42:16
Peter March	M50	45:41
Mark Dawson	M50	46:32
Karl Stockman	M50	
Keith Atkinson	M50	
Les Smith	M50	
Bjorn Dybdahl	M55	42:56
Chris Maher	M55	43:03
Prabuddha Nicol	M55	43:27
Gary Fisher	M55	49:59
Charlie Chan	M55	

Bob Lane	M60	43:28
Jim Klinge	M60	44:31
Keith Miller	M60	45:12
Frank Gardiner	M60	46:50
Mike Hale	M60	
Brian Bennett	M60	
Greg Wilson	M60	
John Dance	M60	
Jim Langford	M65	41:20
Maurice Creagh	M65	50:06
Mike Khan	M65	
John Talbot	M65	
Paul Martin	M70	
John Pellier	M70	
David Carr	M75	
Ray Attwell	M75	
Irwin Barrett-Lennard	M80	
Cecil Walkley	M80	

WOMEN

Melissa Hynds	W30	
Lara Mills	W40	42:57
Kerriann Bresser	W40	
Sandra Rourke	W40	
Sandra Stockman	W45	44:48
Claire Walkley	W45	
Karen March	W50	46:01
Carol Bowman	W55	
Julie Wilson	W55	
Gillian Young	W60	
Sarah Ladwig	W60	
Val Millard	W60	
Denise Viala	W60	

VISITORS

V3	43:05
V4	
V2	

5K RUN

V6	20:53	
Christopher Coates	M55	21:44
Bruce Wilson	M65	22:11
Ian Davies	M60	22:31
Dave Roberts	M65	24:50
Delia Baldock	W45	26:58
V5	28:18	
Vic Waters	M65	28:36
V1	28:48	
Nick Miletic	M60	28:49
Mike Rhodes	M65	28:19
Dennis Hughes	M60	29:36



Mill Pt Champs - from P4

John Byrne	M60	30:12
Andrea Byrne	W30	35:10
Pierre Viala	M60	36:00
Toni Frank	W65	37:55
Vic Beaumont	M80	38:49
Jan Jarvis	W65	39:30
Linda Rhodes	W65	44:05

10K WALK

Men

Wayne Taylor	M50
John Smith	M75
Bob Fergie	M75

WOMEN

Regina Crouch	W40
Michele Mison	W60
Elaine Dance	W60

5K WALK

Peter Hopper	M65	40:32
Debbie Wolfenden	W45	43:39
Richard Harris	M70	

*It (nearly) always stops raining at 8am.
It starts again at 8.45; ask Chris Reid.
Five minutes later time came to an end,
when the infamous timer watch demanded
wet money. So the last runner timed in
was Maurice Creagh.*



8K RUN

Men

Kim Thomas	M35	36:45
Brett Roach	M40	33:56
Kevin Hynds	M40	56:13
Rob Colton	M45	37:28
Chris Reid	M45	40:15
John Allen	M50	38:39
Ross Keane	M50	38:49
Mark Dawson	M50	41:40
Peter March	M50	42:40
Gavin Howard	M50	47:24
Chris Maher	M55	37:25
Neil McRae	M55	46:47
Milton Mavrick	M55	49:13
Jim Klinge	M60	40:29
Brian Danby	M60	43:53
Brian Bennett	M60	43:58
John Byrne	M60	55:50
Maurice Creagh	M65	43:12
Bruce Mathieson	M65	44:06
Bob Schickert	M65	47:03
Mike Khan	M65	47:36
Jim Barnes	M65	49:50
Johan Hagedoorn	M65	52:36

State Cross Country Championships

August 7, 2011

Director: Committee

Roger Walsh	M65	59:53
Richard Danks	M65	60:25
Graham Thornton	M70	51:10
Paul Martin	M70	54:24
John Pellier	M70	55:20
John Smith	M75	73:08
Irwin Barrett-Lennard	M80	50:40
Vic Beaumont	M80	74:27
Women		
Melissa Hynds	W30	50:59
Monique Fountain	W35	47:39
Sue Bourn	W40	44:00
Sandra Rourke	W40	49:35
Delia Baldock	W45	50:02

Tina Bristol	W45	51:40
Karen March	W50	43:12
Carol Bowman	W55	48:10
Gillian Young	W60	44:56
Sarah Ladwig	W60	53:05
Val Millard	W60	58:16
Denise Viala	W60	61:00
Lynne Schickert	W65	74:11
Lorraine Lopes	W70	56:20

5.4K RUN

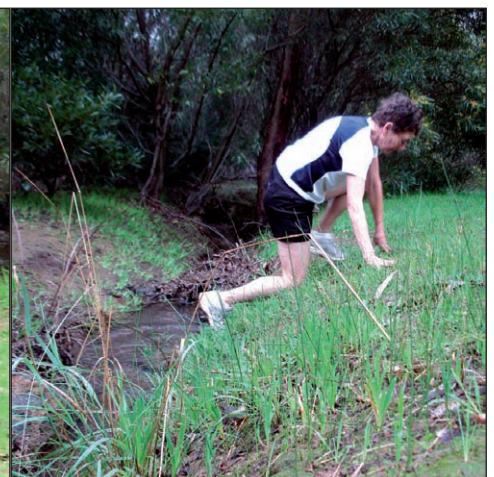
Vic Waters	M65	34:09
Andrea Byrne	W30	40:56
Pierre Viala	M60	42:30
Janet Jiang	W45	42:33
Lorna Lauchlan	W80	52:34

2.7K RUN

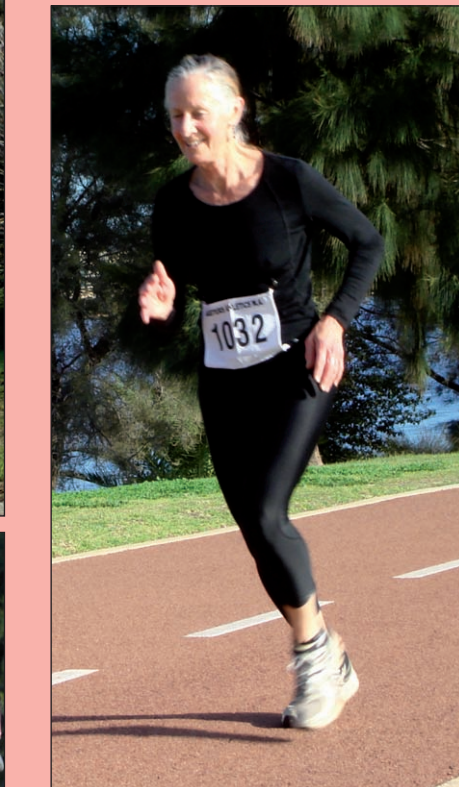
V1		16:14
Nick Miletic	M60	17:56
V3		24:06
Mitch Loly	M70	25:43

2.7K WALK

Margaret Bennett	W65	34:06
Pat Ainsworth	W75	34:08



**Racecourse
Burswood Park**
August 21, 2011-08-22
Director: Bruce Mathieson



10KM RUN

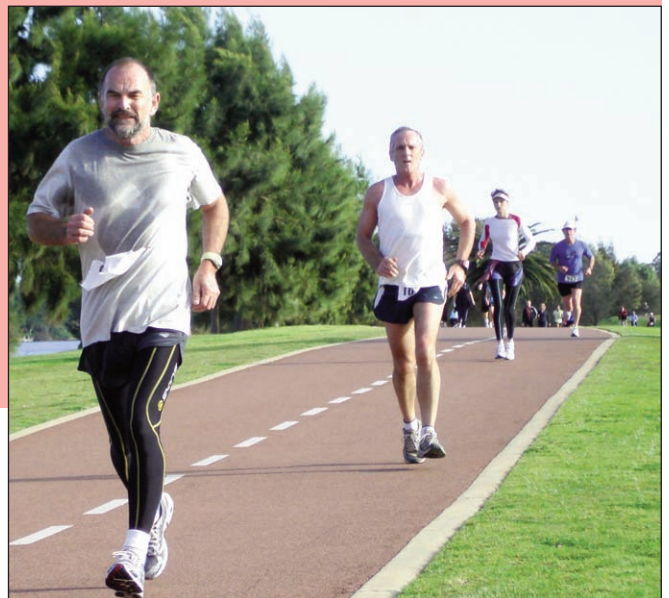
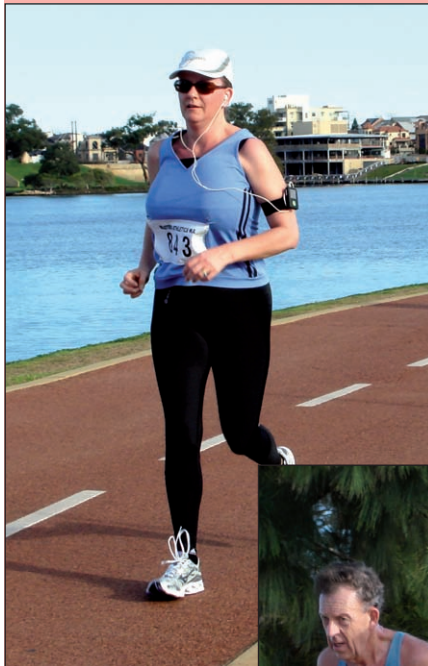
Rod Hamilton	M45	39:41
Chris Maher	M55	40:02
Bob Lane	M60	40:37
John Allen	M50	41:45
Vis 6		42:09
Paul Hughes	M55	42:57
Mark Dawson	M50	43:02
Peter March	M50	43:18
Chris Reid	M45	43:26
Vis1		43:47
Vis 7		45:25
Karen March	W50	45:47
Vis 5		46:37
Brian Bennett	M60	47:01
Brian Danby	M60	47:09
Mark Hewitt	M55	47:54
Mike Hale	M60	48:09
Sue Bourn	W40	48:37
Gary Fisher	M55	48:44
Jennifer Radisich	W60	48:54
John Bell	M65	49:41
David Carr	M75	49:59
Bob Schickert	M65	50:01
Mike Khan	M65	50:03
Alan Thorniley	M55	50:06
Rob Badenoch	M55	50:32
Neil McRae	M55	50:48
Milton Mavrick	M55	51:07
Carol Bowman	W55	51:10
Paula Karra	W40	52:08
Melissa Hynds	W30	52:20
Graham Thornton	M70	53:13
Julie Wilson	W55	53:35
Irwin Barrett-Lennard	M80	53:46
Charlie Chan	M55	56:13
Lorraine Lopes	W70	56:42
Jim Barnes	M65	56:43
Keith Atkinson	M50	57:11
Sandra Rourke	W40	57:19
Vic Waters	M65	57:21
Jane Stanbrook	W40	58:03
Paul Martin	M70	58:50
John Pellier	M70	59:17
John Talbot	M65	59:58
Janet Jiang	W45	60:39
Greg Wilson	M60	62:55
Merv Jones	M70	66:53
Steve Clark	M65	66:54
Andrea Byrne	W30	70:49
Cecil Walkley	M80	71:08

5KM RUN

Greg Vander Sanden	M50	20:15
Ian Davies	M60	20:35
Bruce Wilson	M65	22:09
Dante Giacomini	M40	22:37
Raymond Gimi	M45	22:50
Dave Roberts	M65	23:44
Vis 4		25:06
Johan Hagedoorn	M65	25:40
Mike Anderson	M60	26:29
Delia Baldock	W45	26:35
John Dennehy	M50	26:49
Nick Miletic	M60	26:55
Hamish McGlashan	M70	26:55
Helen Lysaght	W55	27:23



Not only fine runners, Kim Thomas (pictured with his marshal's kit) and brother Tristan (he was on the water table) are two of our best-natured newer members. Thanks to them, all the helpers, and director Bruce Mathieson for a great event.



Rochelle Airey	W40	29:21
John Brambley	M65	30:05
Aldo Giacomini	M75	30:53
Vis 2		31:11
Alison Aldrich	W65	31:22
Vic Beaumont	M80	33:44
Kathy Burr	W70	35:44
Julie Wood	W60	36:30
Jan Jarvis	W65	37:42
Sheila Maslen	W70	38:48
Linda Rhodes	W65	38:50
Margaret Bennett	W65	43:10

AGE-HANDICAP

10KM WALK

Lynne Schickert	77.40%
John Smith	76.09%
Ray Hall	75.51%
Ann Turner	74.73%
Bob Fergie	68.91%
Patricia Hopkins	67.06%
Elaine Dance	64.12%
Richard Harris	61.94%
Jeni Shillington	59.18%
Wayne Taylor	56.05%
Regina Crouch	53.58%

5KM WALK

Joan Pellier	W70	43:12
Kirt Johnson	M80	43:13
Lorna Lauchlan	W80	43:32
Vis 3		49:45
Jeff Whittam	M75	50:34
Ray Lawrence	M80	50:35
Phyllis Farrell	W65	50:50
Elaine Sillery	W75	50:54
Dorothy Whittam	W75	50:56

Page 6, from top: Delia Baldock and John Dennehy at the start; Charlie Chan; Jennifer Radisich; Carole Bowman; Dorothy Whittam, Elaine Sillery, Phyllis Farrell.

This page, from top: champions – Jim Barnes and Lorraine Lopes; Greg Vander Sanden; Rochelle Airey; Ray Lawrence and Jeff Whittam with a visitor. Right – another good reason to make sure your number is clear, you'll get your name in Vetrun!

COMING EVENTS – HELPERS

SEPTEMBER 18

DARLINGTON DASH

Director: Delia Baldock –
0418 935040

Michael Khan, Mike
Anderson, Kerriane
Bresser, John Mack, Norm &
Pat Miller, Stan Delandgraftt

SEPTEMBER 25

MULLALOO MAGIC

Directors; Mike Anderson –
0407 940 520

John Hagedoorn - 08
94013280
Wendy Clements, Denise
and Pierre Viala, Martin
Watkins, John Collier, Ray
Lawrence

NEDLANDS

OCTOBER 2

DIRECTOR: Frank Gardiner
- 92954246

Peter Bath, Diana Hopper,
Peter Hopper, Adrian
Kristin, Lorraine Lopes,
Tricia Knox, Elaine Sillery

BIBRA LAKE

OCTOBER 9

Directors: Paul and Tanya
Burke – 64606423

Maree Brown, Fiona
Cousins, Elaine Dance,
Heiner Huning, Dennis and
Margaret Miller, Paul Odam,
Peter Ryan, Maggie Flanders

All helpers please note: lists may not be complete, and Directors may contact other members for help.
If you ARE listed, and are NOT available, please call the Director.

MASTERS ATHLETICS WA



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IF UNCLAIMED PLEASE RETURN TO:
PO Box 197 SUBIACO WA 6904

First in best dressed for Medals Presentation Lunch

IF you want to attend this buffet lunch at Miss Maud's in the City, contact Elaine Dance asap. Space is limited – just 70 seats. Cost is \$40 each, and anyone who enjoyed last year's event will testify that it's great value! Date – October 2, at noon.

Some City to Surf events results

MARATHON	
Lachlan Marr	
7th in age group	3:06:10
Hilary Beck	
3rd in age group	4:2:11
HALF MARATHON	
Bjorn Dybahl	
5th in age group	1:35:22
Ross Keane	1:38:33
12K RUN	
David Carr	
1st in age group	61.30
Mark Hewitt	57.15
Robyn King	58.07
Dave Roberts	62.08
Carol Bowman	63.45
Mark Rosen	66.09
Sandra Rourke	67.09
Mike Hale	68.45
Sarah Ladwig	75.17
Val Millard	78.52
* Thanks to Sarah Ladwig for searching the results!	

**MAWA
and**

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