

Vetrun

OCTOBER
2011
No. 450



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Thanks, helpers

THANK you to all the wonderful helpers who turn up on Sunday morning come rain, hail or shine. (Remember the Darlington Dash!) Without you our events would not happen.



Gillian

If you are unable to help at your nominated event it would be appreciated if you could find a replacement and let your race director know who it is as soon as possible.

Unfortunately, we do not have a list of helpers who can fill in so your assistance is required to fill the gap. Race directors do a wonderful job but it can be very difficult if helpers let them down. Thank you for your support.

Gillian Young

Team Vetrun

PRODUCING Vetrun is a team challenge involving several club members. Behind the scenes, now that he does not hand out the magazine, Jeff Bowen remains instrumental in distributing your printed copies, collecting from the printer, labelling, sorting and mailing them. So it was good to hear from him recently: "I'm quite happy to continue with the job for those months when I'm in Perth. I intend to remain a member of MAWA and to try to work back to a decent fitness level in the longer term - albeit as a very slow walker or runner rather than a thrower!"

Thanks Jeff.

Race directors will mobilise

MOBILE phones should be to hand at all our meetings from now on. Following Sandra Rourke's suggestion the committee is asking all race directors to carry their own mobile and give the number to all their helpers in case of emergencies. This has been added to the list of instructions which is sent to each race director before their events.

Personal safety

Phones are now so cheap, and light, that I believe everyone should consider carrying one on club runs, and perhaps more importantly when they are out training alone.

I keep one in the car in case of breakdown. Apart from that I don't need it much, because mostly I work at home.

I now intend finding some

VETERAN ultra-marathoner Suprabha Beckjord tackles the Everest of distance running as she takes on the world's longest certified footrace, the Sri Chinmoy Self-Transcendence 3,100 mile Race for an unprecedented 12th year in a row. Hailed by her peers as 'the greatest super-long distance runner in history', Beckjord has made an annual tradition of running the race - which takes place around a half-mile loop in Queens, New York each year.

Masters' Grahak

WA Masters member and three-time finisher of the 3,100 mile race, Grahak Cunningham will give a short presentation after the screening. Two other award-

simple way of carrying it when I run.

Identification

A while back I suggested we should all run with personal i.d., in case of accidents. I use the club badge, with my phone number and address added.

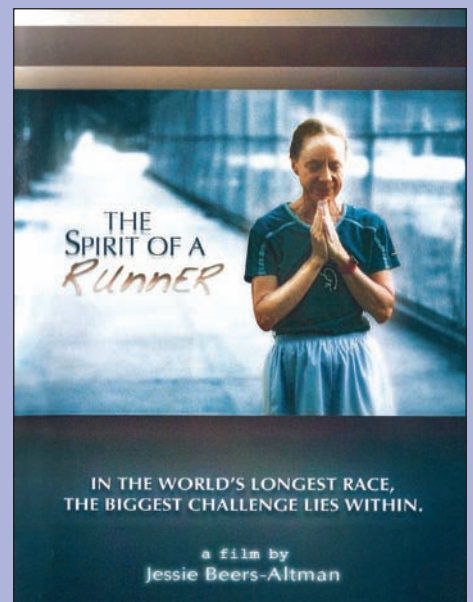
This was spurred after a relative, running alone in the USA, was trapped under a

fallen tree. He was saved after a helicopter search instigated by his wife.

If she had not been at home, and aware he was missing, he might well have frozen to death overnight.

Carrying a mobile phone would have helped him. I hope it's never necessary, but perhaps it might help one of us out of a fix someday. VW

An
Invitation to
the screening
of
'The Spirit
of a Runner'
Sunday 6th
November
2011,
3pm
State Library
Theatre,
25 Francis
Street Perth
(Film length
30mins)



**IN THE WORLD'S LONGEST RACE,
THE BIGGEST CHALLENGE
LIES WITHIN.**

winning films will also be shown later - 'Ocean Monk' and 'Challenging Impossibility'.

Entry cost is at your discretion, by donation.

For more information please phone 9242 7304.



David Muir

LONG-TERM club member and race director David Muir took over the Teddy Birds run from George Schaefer in 2005 and readers may recall that he was forced to relinquish the task in March this year. As we reported then, David coped very well with the difficulties of this Kings Park event despite his continued health problems.

David suffered various cancer attacks and although he was in remission for a while it returned again this year. He passed away on September 16.

Many club members attended David's funeral, and together with his family, friends, work colleagues and numerous sporting associates they filled the Pinaroo chapel to overflowing.

It was humbling to learn just how frenetically busy a life David led. He was a greatly respected academic, a senior lecturer in mining-related sciences who has published more than 100 papers and books. How this loving family man also made time to sail every weekend, take part in orienteering and rogaining events, and walk up and down mountains worldwide is a mystery. Running was also an obsession, we learned – and David completed eight sub-3hr marathons in his running life.

VALE

SOMBRE times: members have reported the passing of David Muir and Bernie Oliver; as well as Jenny, wife of Ed Carroll.

On behalf of the whole club, we offer sincere condolences to the friends and families of them all.



Bernie Oliver

SPRINTER Bernie was a club member for around 30 years, and only left Masters when cancer overtook him. He was ill for the past two and half years and finally succumbed on September 9. For the last nine months of his life Bernie was nursed by Eileen Hindle, who invited him to stay at her family home when it became impossible for Bernie to remain in his caravan park home.

It was Eileen who contacted Vetrun to report Ed's passing.

"We were friends for 30 years or so, through the club," said Eileen. "In keeping with his own wishes, Bernie's funeral was a small private affair that was not advertised. But I now wanted to let members who knew him well, particularly the track runners, of Bernie's passing."



Barry

Throwing disappointment

Vic

Yes I am still around but with an 11-week old new total knee – working OK – swimming, driving, walking and had a couple of surreptitious throws.



Rob

I am disappointed in the arrangements for throwers for the next season. Despite a lot of effort from the committee we lose out again and I am afraid that many located in the northern suburbs will not participate, with only Thursdays available at Coker.

What is it with the association with their ban on throwers at the 'ATHLETIC' stadium, while runners can run on Tuesday nights. Who amongst us would have coaches anyway, which is one of their conditions. It all stinks.

Cheers, Rob Shand

You Write...

Club history

Hi Vic

I'm inclined to agree with Joan (regarding WA Masters being primarily a road and x/c club). But having joined the same day as the Pelliers and having been mostly a road runner/walker, I note that, as I understand it, people such as Dick Horsley, Cliff Bould etc came from a T&F background. They wanted a place to get together to train...hence McCallum Park.

After all, we are called Masters Athletics and are affiliated with Athletics WA?

We serve a wonderful group of both T&F and road runners/walkers.

Well done Joan, for undertaking your history efforts.

Barrie Thomsett

Governments?

Hi Vic,

Thanks for passing on Rob's story. The word needs to be spread - governments generally ignore runners' needs, and this costs taxpayers.

There is almost no understanding among those who spend our money that concrete paths lead runners into serious joint problems and this is a cost the health system could do without. Yet in other respects, vigorous and regular exercise promotes health.



Irwin

If participation in public events – such as the HBF 14,000, City to Surf 42,000 – is a reliable indicator, running is on the increase, as more and more people try to combat the

New members – Welcome!

1050 RIVIERE: Bernard M45

1052 LAING: Hongi M60

1053 VAN RENSBURG: Grant M55

1054 IGEL: Oswald M60

Maggie Flanders says 'thanks'

AFTER a serious operation a few weeks ago, Maggie Flanders was especially grateful to the many friends in Masters who cheered her along with kind words and tributes. Thanks to all of them, from Maggie; and she has our sincere wishes for a full and speedy recovery.



You Write...

City to Surf – epilogue

Hi Vic

Just wanted to let you know that recently I ran in the Gold Coast Half Marathon and was 2nd in the 45-49 age group with 1:14:03, which is a 95 second PB for me. I also ran in the Perth City to Surf 12km run and won the 40-49 age group, also coming 19th overall in 42:09.

I do agree with the sentiments expressed in your piece in Vetrun.

The course in the Underwood Perry Lakes section is not clear at all. In fact I don't recall seeing any cones at all, and maybe one marshal. I just happened to know the course.

Good run-up?

Dear Vic

I trust that I am not the first to point out an error in your calculations in "Sprinter or Marathoner..." You omitted the fact that sprinters take about 30 metres to reach their "terminal velocity" and that makes a big difference to the "average" speed. For marathoners this difference is negligible. If one recalculates that sprinters take 5 secs to run the last 70 metres of a 100 metres, they are travelling at 50.4 kms/hour, a significant difference from your calculation and about double the speed of marathoners. I do not wish to downplay the ability of those marathoners whose 100m splits halfway through a race are probably better than I could manage in a single dash.

Hamish

That's the trouble with this club. Our members are too intelligent. VW

Governments?

– from page 2
effects of their sedentary workplaces.

Government at every level needs to know where their conventional ideas on recreational amenity are leading us.

What's needed, surely, is an information campaign based on facts. Do others agree?

Irwin Barrett-Lennard



David

There was also an issue at the bottom of the Oceanic turning into the finish where there were no marshals controlling spectators crossing the course and I came very close to colliding with them. Not easy to stop or change direction at the bottom of that hill on tired legs.

David Cane

Thanks David. I don't think we need to give this event any more oxygen, but can only hope the 'organisers' have received some of the contestants feedback.

Also, President BB and I have decided that as this is not one of our own events, and as sifting through the results is such an onerous task, we shall not be digging any deeper into the lists. In future, we'll mention only notable performances – and any that members tell us about.

VW



Mathematical sprinter Hamish shows his prowess against David Carr at Nedlands, not long ago!

Best wishes to discuss champ Raema McMillan for a successful outcome to her recent knee operation.

In My View...

by *The Editor*



Secret half-marathoner?

IF the UK's Daily Mail can be believed (pass the salt) – 'A 90-year-old man who has been sneaking out and running half-marathons has been caught out - after a neighbour told his wife they'd seen him on TV.' OK, it makes a good read and you can find out more at this link.

<http://www.dailymail.co.uk/news/article-2033618/A-pensioner-secretly-run-marathons-wifes-caught-spotted-TV.html>

'Lost' is just a state of mind

ACCORDING to the ever-optimistic Whiteman park director Bryan Hardy, 'none of the competitors got lost.' I must add that a few did encounter map problems approaching and in Whiteman Park.

The Rhodes arrived in a huff. According to sage Basil Worner, a 'huff' is a small, two-wheel carriage, pulled by a single nag. This is distinctly different from a 'high dudgeon,' which is much grander, with a hood, lamps, and as many as four horses.

In desperation, Mike finally did a non-male thing and stopped to ask directions - from a man on a tractor.

Sarah Ladwig, although always cheery, admitted that she had trouble understanding the Tonkin Highway.

Also, there's a diabolical junction on the Reid Highway that's a trap for learners. Frank Smith once reached Kalbarri before realising he'd missed this turn.

As for the much-maligned marshals who were beaten to the turning point by speedy front-runners, I take some blame for their late arrival.



Basil Worner, the sage of Albany, with Michelle Mison. He turned 80 last month but his way with words remains timeless.

They had to wait for me to take pictures of the start, before Sandra Rourke could take the camera with her to the turning point.



Ian Davies: not lost, just sprint training with the roos.

Ian Davies was the only runner to suffer. But as he decided to ignore the marshals' instructions to turn back onto the course, and instead chase kangaroos cross-country back to the start, he can't really complain!



Wireless Hill

September 4, 2011

Directors: Barry and Leonie Jones

A LIGHT shower just before starting time didn't dampen the enthusiasm of runners and walkers for the Wireless Hill event. Although all were keen to get started on the challenge of up and down the hills for 4.8 kms for the one-lappers and 9.5 kms for those doing two laps. I wonder how many were just focussing on the beauty of the Hill and the lookout to the river and of the wildflowers that were starting to put on a fine show of colour? The donkey orchids and the wattle were already prolific but the kangaroo paw was a little slow getting going.

The finish line showed that age is no barrier to top performances as the first few runners included a 'mature' man and a 'boy', both showing excellent form over the tough course. Congratulations to all the runners and walkers who filled the top positions but it seemed everyone was a winner as most of the participants showed the satisfaction of completing the challenge!

At the start line it was mentioned that the wireless communications on the Hill will reach their centenary next year (30 Sept), so it was uncanny that we had 99 finishers this year in the 99th year! I'm sure we can top 100 next year! Thanks to all those who turned up for the event and thanks to the helpers who again did a great job, with a smile!

Barry

9.5KM RUN

Jim Langford	M65	39:52
John Allen	M50	42:04
Peter March	M50	42:30
Paul Hughes	M55	42:49
Jim Klinge	M60	43:12
Mark Dawson	M50	43:17
Sandra Stockman	W45	43:24
Michael Karra	M45	44:03
Neil Milligan	M45	46:06
Brian Bennett	M60	46:11
Brian Danby	M60	46:28
David Baird	M65	46:44
Karen March	W50	47:04
Gillian Young	W60	47:57
Ross Keane	M50	48:00
Maurice Creagh	M65	48:02
Mike Hale	M60	48:15
Bruce Mathieson	M65	48:30
Robin King	W50	49:31
Vis 7		50:19
David Carr	M75	50:20
Alan Thorniley	M55	50:27
Neil McRae	M55	50:58
Paula Karra	W40	51:09
Bob Schickert	M65	51:16
Charlie Chan	M55	51:31
Monique Fountain	W35	51:55
Milton Mavrick	M55	52:07
Shirley Bell	W60	52:33
Melissa Hynds	W30	52:34
Jim Barnes	M65	52:57
Irwin Barrett-Lennard	M80	53:01



Leonie and Barry

Julie Wilson	W55	53:33
Keith Atkinson	M50	54:01
Maree Brown	W45	54:16
Karl Stockman	M50	55:32
Peter Bath	M65	55:44
Claire Walkley	W45	55:47
Sandra Rourke	W40	56:56
John Pellier	M70	57:27
Julie Keeley	W40	58:55
John Byrne	M60	60:10
Lorraine Lopes	W70	61:16
John Talbot	M65	61:34
John Dance	M60	62:49
Greg Wilson	M60	63:08
Val Millard	W60	64:51
Steve Clark	M65	67:04
Cecil Walkley	M80	75:12

4.8KM RUN

Vis 2		20:26
Ian Davies	M60	21:16
Mark Hewitt	M55	22:40
Dante Giacomini	M40	23:22
Dave Roberts	M65	23:32
Chris Koemam	M50	24:03
Gary Fisher	M55	24:19
Hongi Laing	M60	24:39
Carol Bowman	W55	24:49
Graham Thornton	M70	25:24
Vic Waters	M65	25:27
Ivan Brown	M65	25:37
Vis 3		25:43
Delia Baldock	W45	26:21
Hamish McGlashan	M70	26:32
Vis 6		26:38
Ray Attwell	M75	27:33
Vis 4		27:34
Nick Miletic	M60	27:36
Vis 8		27:42
Paul Martin	M70	28:01
Sarah Ladwig	W60	28:31



MASTERS' party animals, Elaine Dance and Dalton Moffett, were behind the pre-birthday party for Arthur Leggett at Wireless Hill this year.

Weather permitting, maybe we can make it an even bigger bash for the Hill's centenary next year?

Monique Thomas	W30	28:41
Damien Hanson	M55	29:09
Tanya Burke	W40	29:47
Vis 5		30:47
Merv Jones	M70	30:52
Aldo Giacomini	M75	31:14
John Ellard	M65	31:21
Jane Stanbrook	W40	31:59
Andrea Byrne	W30	33:26
Kathy Burr	W70	36:03
Carolyn Fawcett	W50	37:50
Sheila Maslen	W70	37:53
Linda Rhodes	W65	39:19
Margaret Bennett	W65	40:48

9.5KM WALK

Elaine Dance	W60	80:09
Jo Richardson	W55	80:10

4.8KM WALK

Lynne Schickert	W65	38:36
Jeni Shillington	W50	40:05
Joan Pellier	W70	40:59
Jeff Whittam	M75	41:26
Ray Lawrence	M80	42:18
Mitch Loly	M70	43:16
Patricia Hopkins	W65	44:24
Ann Turner	W75	44:55
Margaret Warren	W75	51:49
Richard Harris	M70	52:28
Bob Fawcett	M60	52:29
Elaine Ellard	W65	54:00



At Wireless Hill we held a small advance celebration for one of our most senior men, Arthur Leggett, who turned 93 on September 8. He ate cake and drank champagne, provided by Elaine Dance and Dalton Moffett respectively, and recited a bush poem, beautifully! What a star! Brian Bennett



Whiteman Park

September 11, 2011

Director: Bryan Hardy

A FINE sunny morning welcomed the runners and walkers to this year's event

Thanks to all the helpers who manned water points, road crossings, turns and recording and especially to my wife Jane, and Jackie Halberg, for slaving over a hot BBQ preparing the sausage sizzle

This year none of the competitors got lost but the same can't be said for the two marshalls at the far end of the course who forgot to cross the railway line before heading up the track.

Bryan



5K WALK

Michele Mison	W60	38:15
Bob Fergie	M75	42:55
Kirt Johnson	M80	42:44
Shorty Turner	M75	49:29
Morris Warren	M70	49:30
Elaine Sillery	W75	49:59
Ann Turner	W75	50:00
Norm Miller	M75	51:58
Margaret Warren	W75	53:09
Elaine Ellard	W65	55:30



10K WALK

Lynne Schickert	W65	79:54
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10K RUN

John Allen	M50	41:32			
Prabuddha Nicol	M55	42:09			
Mark Dawson	M50	42:23			
Tom Tralau	M35	43:49	Vic Waters	M65	52:45
Sandra Stockman	W45	43:56	Julie Wilson	W55	53:42
Colin Chisholm	M45	44:58	Karl Stockman	M50	55:24
Brian Bennett	M60	46:03	Melissa Hynds	W30	55:28
Karen March	W50	47:10	V4		57:46
Mike Hale	M60	47:43	Sarah Ladwig	W60	57:47
David Baird	M65	48:09	John Byrne	M60	59:18
Brian Danby	M60	48:10	John Talbot	M65	60:10
Martin Watkins	M60	48:25	John Dance	M60	60:31
John Batta	M45	48:27	Val Millard	W60	62:37
Bruce Mathieson	M65	48:29	Kevin Hynds	M40	65:29
Bob Schickert	M65	48:43	Steve Clark	M65	66:43
Gillian Young	W60	49:31	Greg Wilson	M60	67:37
Dave Roberts	M65	49:55	Brian Smith	M70	69:06
Charlie Chan	M55	51:15	V6		73:34
Richard Blurton	M60	52:01	V5		73:36
Robin King	W50	52:02	Elaine Dance	W60	75:41
Neil Milligan	M45	52:03	Jo Richardson	W55	75:41

Start at Whiteman Park with Prabuddha Nicol, second in the 10km, in the foreground.

More starters: Aldo Giacomini waving, Johan Hagedoorn and Treasurer Roger Walsh concentrating.



Darlington Dash

September 18, 2011

Director: Delia Baldock

WE have had idyllic conditions in the past so I suppose I can't really complain that the heavens opened and unleashed a torrent of rain overnight with gusty winds in the early hours of the morning and then continued throughout the run!

The oval had turned into a bog with a stream at the bottom which was definitely not there previously and so created a new water jump for the course, which was otherwise the same as last year.

I had so many signs on hats blowing around that someone mistook it for a Hash House Harriers run. Many however did report that the little waterfall along the way was spectacular this year. Thanks to all my champion helpers who did a fantastic job in very trying conditions: Mike Anderson, Barbara Blurton, Kerriann Bresser, Jackie Halberg, Dennis



& Sandra Hughes, Michael Khan, John Mack, Norm & Pat Miller & Barrie Thomsett.

Well done to all the brave participants and thank goodness for morning tea in the hall where Jacqui Beaumont's famous soup and freshly baked bread was enjoyed by all. Thanks also to her band of helpers. Hats off to Karen & Peter March who took the trophy for fastest couple once again. This year Karen ran the short run and Peter the long run resulting in a combined time over two minutes faster than their last year's total - please see results below.

Delia Baldock



Karen and Peter March

Lachlan Marr	M50	28:00
Jim Klinge	M60	30:24
Christopher Coates	M55	31:29
Karen March	W50	31:57
Mark Hewitt	M55	33:15
Graeme Dahl	M60	33:40
Dave Roberts	M65	35:25
Frank Gardiner	M60	35:43
John Batta	M45	35:48
Ross Keane	M50	36:20
Irwin Barrett-Lennard	M80	38:36
Johan Hagedoorn	M65	38:41
Sandra Rourke	W40	39:31
Richard Blurton	M60	39:38
Graham Thornton	M70	40:55
Peggy Macliver	W65	41:07
Nick Miletic	M60	41:14
John Byrne	M60	42:44
John Pellier	M70	43:34
Andrea Byrne	W30	43:39
John Talbot	M65	44:08
John Dance	M60	46:19
Brian Smith	M70	50:22
Pierre Viala	M60	54:55
Jo Richardson	W55	55:20
Denise Viala	W60	55:20
Elaine Dance	W60	55:24
Lynne Schickert	W65	61:21

7K WALK

Joan Pellier	W70	62:40
Jeff Whittam	M75	68:11
Richard Harris	M70	68:13
Elaine Sillery	W75	75:36
Ann Turner	W75	75:37

14K RUN

V1		52:22
Rod Hamilton	M45	59:08
John Allen	M50	62:01
Mark Dawson	M50	62:26
Prabuddha Nicol	M55	63:46
Peter March	M50	64:24
Tristan Bell	M45	64:34
Sandra Stockman	W45	65:19
Colin Chisholm	M45	65:53
Brian Bennett	M60	68:05
Brian Danby	M60	69:29
David Baird	M65	69:42
Gillian Young	W60	73:06
Maurice Creagh	M65	73:16
Bob Schickert	M65	75:07
Bruce Mathieson	M65	75:08

DICK HORSLEY TROPHY

1st	Karen & Peter March	1:36.21
2nd	Jo Richardson & David Baird	2:05.02
3rd	Lynne & Bob Schickert	2:16.28

Mike Hale	M60	76:10
Milton Mavrick	M55	76:45
Charlie Chan	M55	76:56
Melissa Hynds	W30	77:39
Robin King	W50	78:04
Shirley Bell	W60	79:11
Genevieve Spiro	W40	82:16
Jochen Schreyvogel	M40	82:17
Richard Danks	M65	99:23

7K RUN

V2		27:20
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Whiteman Park - continues

5K RUN

Jim Klinge	M60	20:51
Graeme Dahl	M60	22:37
Joe Clark-Murphy	M60	24:08
Irwin Barrett-Lennard	M80	26:01
Mike Anderson	M60	26:14
Nick Miletic	M60	26:54
Delia Baldock	W45	26:55
Mark Sivyer	M60	27:13
V3		27:27
Peggy Macliver	W65	27:35
Johan Hagedoorn	M65	28:12
Roger Walsh	M65	29:22
Andrea Byrne	W30	29:47
V1		30:08
Mike Rhodes	M65	30:20
Ursula Clark-Murphy	W60	30:28
Aldo Giacomini	M75	30:38
John Ellard	M65	32:00
Bronwyn Smith	W40	36:29
Toni Frank	W65	37:44
V2		40:17
Denise Viala	W60	44:17
Jan Jarvis	W65	44:18
Linda Rhodes	W65	45:22
Margaret Bennett	W65	45:24



Above, Neil Milligan, Robin King; below, all Johns - Byrne, Dance, Talbot!



Below, Julie Wilson, Melissa Hynds, Richard Blurton. Bottom, Elaine Dance and Jo Richardson. Pictures by Sandra Rourke.





Mullallo Magic

September 25, 2011

Directors: Mike Anderson & Johan Hagedoorn

11.4K RUN

Rod Hamilton	M45	45:39
Bob Lane	M60	47:31
John Allen	M50	49:18
Chris Reid	M45	49:56
Jim Klinge	M60	50:12
Sandra Stockman	W45	50:47
Peter March	M50	51:21
Brian Bennett	M60	51:46
Geoff Bailey	M40	52:11
Karen March	W50	54:11
David Baird	M65	54:49
Keith Miller	M60	55:17
Bob Schickert	M65	56:10
Brian Danby	M60	57:45
Frank Gardiner	M60	58:42
Gillian Young	W60	58:51
Maurice Creagh	M65	58:58
John Bell	M65	59:39
Richard Blurton	M60	59:47
Charlie Chan	M55	60:39
Melissa Hynds	W30	62:28
Julie Wilson	W55	63:16
Vic Waters	M65	64:03
Raymond Gimi	M45	64:48
Grant Van Rensburg	M55	65:22
Lorraine Lopes	W70	66:12
John Byrne	M60	70:03
John Pellier	M70	72:13
John Talbot	M65	73:18
Richard Danks	M65	75:56
Kevin Hynds	M40	77:35

8K RUN

Michael Karra	M45	36:41
Tom Tralau	M35	37:06
Ross Keane	M50	37:47
Mark Hewitt	M55	38:58
Carol Bowman	W55	42:20
Chris Koemam	M50	42:22
Lorraine MacLennan	W45	42:54
V2		43:44
Paula Karra	W40	44:06
Hamish McGlashan	M70	45:35
Merv Jones	M70	52:26
Andrea Byrne	W30	54:04
Theresa Howe	W60	60:59

5K RUN

Graeme Dahl	M60	26:44
Margaret Saunders	W55	26:45
John Mack	M70	27:06
Delia Baldock	W45	28:50
Mark Sivyer	M60	29:26
Peggy Macliver	W65	29:58
Mike Rhodes	M65	31:53
Roger Walsh	M65	33:22

OUR seventh year of this challenging, picturesquely 'magical' run by the coast and due to prospective path repairs the course had to be shortened this year from its regular maximum distance of 13.5kms, giving three options of 5kms, 8kms and 11.4kms.

The latter longest distance was kindly confirmed by two club members, happily carrying their satellite dishes. Seems the 8kms was the people's main choice this time round.

Quite annoyingly, the relevant council has had the coastal path officially closed for weeks without any work beginning. When we arrived early, we found that enterprising citizens had removed the fencing and cleared the way through to Burns Beach. Good for them, we say! This does indicate incompetence on the Council's part closing off the path weeks before it being actually necessary.

We believe that the majority of competitors are of no less than average intelligence and thus capable of accurately following the coastal path, for the most part fenced to left and right, without our

having need to heavily 'flour' side paths. And there are so many of these that we suspect the club would receive complaints via the many citizens who regularly walk and bike this way each Sunday. Flagging the course is much harder than it appears since the path sits on solid limestone and we'd have to tie or somehow attach direction flags to the fencing.

Best of all for us, conditions were for once, dry and sunny, if a little warm for some. Thanks to all our marshals and helpers, and of course to all who competed, runners and walkers alike. Special thanks to those who expressed positive recognition for our efforts in arranging the event. Your appreciation is very much appreciated by us.

Mike & Johan



Bob Fergie and Jeff Whittam tried not to laugh at Johan's singing – but they failed.

Sandra Rourke	W40	33:23	Lynne Schickert	W65	91:30
Bronwyn Smith	W40	37:45	8K WALK		
Brian Smith	M70	38:33	Bob Fergie	M75	70:27
Toni Frank	W65	41:51	Jeff Whittam	M75	70:28
Mary Heppell	W70	42:55	Ann Turner	W75	74:31
Jan Jarvis	W65	44:26	5K WALK		
V3		44:50	Joan Pellier	W70	45:16
Linda Rhodes	W65	46:04	Lorna Lauchlan	W80	45:33
Margaret Bennett	W65	50:18	Kirt Johnson	M80	47:12
11.4K WALK			Margaret Warren	W75	52:48
Wayne Taylor	M50	83:16	Dorothy Whittam	W75	53:03
John Smith	M75	83:27	Morris Warren	M70	55:58
Sarah Ladwig	W60	87:41	Shorty Turner	M75	55:58

COMING EVENTS – HELPERS

OCTOBER 16 GUESS YOUR OWN TIME

Race Director: Vic Waters - 9341 3464

John Batta, Andrea & John Byrne, John Dance, Raymond Gimi, Chris Maher & Amanda Walker, Neil McRae, Frank Smith, David Lewin

OCTOBER 23 GWELUP LAKE

Race Director: Richard Danks - 9355 1570

Carol Bowman, Andrew Brooker, Wendy Clements, Pat Hopkins, Jim Klinge, Ray Lawrence, Bob Sammells, Jochen Schreyvogel, David Scott, Genevieve Spiro, Roger Walsh, Martin Watkins

OCTOBER 30 PERRY LAKES (Please note now at Perry Lakes as LAKE MONGER not available)

Race Directors: Jeff and Dorothy Whittam - 9387 6438

Andrew Brooker, Pat Hopkins, Janet Jarvis, Lorna Lauchlan, Sheila Maslen, Janice Matthews, Roscoe McDonnell, Morland Smith, Sylvia Szabo Snr

NOVEMBER 6 KALAMUNDA RAILWAY

Race Directors: Bert and Bridget Carse - 9293 4934

Keriann Bresser, Colin Chisholm, Stan Delandgrafft, Bjorn Dybdahl & Deborah Wolfenden, Denis & Sandra Hughes, Christine & John Oldfield, Elaine Sillery

MORE HELPERS NEEDED FOR THIS EVENT PLEASE

NOVEMBER 13 CLIFF BOULD

Race Director: Ivan Brown - 93848582

Sue Bullen, Mark Dawson, Bob Fergie, Chris Frampton, Raymond Gimi, Mary Heppell, Chris Maher & Amanda Walker, Peter Sullivan, Morris & Margaret Warren

ALL HELPERS - Please contact your race director to confirm that you are available for your allocated event. If you are not available, please find a replacement and advise your race director.

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