

Vetrun

NOVEMBER
2011
No. 451



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Sprint timing and javelin weights – AMA AGM makes some changes

WE were well-represented at the October annual general meeting of AMA, with Secretary Sarah Ladwig, President Barbara Blurton and Bob and Lynne Schickert all over in Adelaide. (The Schickerts are AMA board members.)

Sarah reports that a close relationship/partnership with Athletics Australia is being developed. Also:

Timing

Electronic times will be introduced for sprints – up to and including 400m – and only these will be accepted for Australian records claims. Hand-timed events, those timed with three watches and a wind gauge where relevant, can be declared Best Performances/Times.

Guess Own Time – see page 5. Pictures of almost all starters are available via our website. You can download your pic, and if you want higher quality, email it to vicwaters@iprimus.com.



Javelin

A trial of 500gm javelins for W60, W65 and W70 will now begin, and be reviewed. Records can only be set using 500gm javelins while this trial is in progress. The 400gm javelin will remain in use for multi-events.

Postal Relays

The hammer is being replaced by the javelin and a 4x1500 will be used instead of 4x800 – beginning in 2013.

■ Capitation fees remain the same for the coming year, at \$7 per member.

■ The recorded history of AMA seen as very important

for future members.

■ A Merit Award was made to Bryan Thomas of ACTVAC, writer of the AMA history 'Age is no Barrier'.

■ Marketing strategies are being explored with the aim of developing and building our club, and to encourage 30-plus members, as well as support current members.

Women throw down 24-hour gauntlet



Dorothy Whittam and Joan Pellier (who was one of the 1983 record-setters) challenge the club to match those early performances.

HOW far could you and nine mates run in 24 hours? In 1983 ten of our lovely W35s covered 341.840km.

In the same event, ten slightly less lovely M40s did 430.334km.

Also, the M50s covered 356.056km.

A few years earlier a bunch of young striplings – mere M35s – covered 374.951km (28 September 1979.)

Why now?

Why dredge up this history? Well, Dorothy Whittam suggests that an attempt on these State records – yes, they still stand – would be a great way to further club spirit. With the World Champs coming to Perth in 2016, we'll need all of that, and more, to cope with the challenge.

World records

The 24-hour distances set in 1983 were claimed as world records, and the athletes involved were of a very high standard. Next month I'll write more about them, especially those still active with our club.

It would be a tough challenge even to match their performances, and I'm not sure we have the depth in any single age group to do so. But why not have a mixed-age, or even mixed-sex, team?

It's about doing it, any way we can, even if there's no official record.

Let me have your thoughts and suggestions, please!

You Write...

If you're going (far) north....

G'day Vic,

Some information that may interest members who would like to take in a competition while travelling. The Canadian Masters is held in June (usually in Toronto). It is a very low key, friendly event, held over three days. Entries are accepted up to three days before.

The number of competitors and standard would be somewhere between our State and the Alice Springs events. It is held over three days, commencing with all pentathlons on the first. The programme is almost exactly the same as ours, and the track is world class. There is plenty of accommodation within walking distance.

The only complaints I heard were about the weather being too hot. Each day was a pleasant 25 degrees with no wind?!



Regards, Keith Martin

I'm getting insulted every Sunday!!

Vic

I thought you would appreciate this. As a marshall at the Gwelup run you get to have a chat with lots of people riding bikes, walking dogs that get in the way, and so on. This morning a bloke stopped and as usual asked what was going on.

I gave him my best spiel about who we were and what we did to keep healthy and not be a burden on the health system! Where upon he said:

"I thought the matron at the local aged care facility must have said to the residents OK you lot get out there and run around the lake or you'll get no breakfast!!"



Cheers, Roger Walsh

He's appalled!

Dear Sir

I am writing to express my concern about what I see as a disturbing trend at the GOT run. Let me say at the outset I have enjoyed this run over many years, in fact one year a long time ago, much to my wife's distress the trophy sat on my mantle piece for 12 months.

Aged!

However as I have gracefully aged and my legs won't do as they are asked any more I now regularly run the two-lap event. This morning as I was struggling up the hill on lap two, and making no impression on the runner ahead of me (who happened to be walking at the time) I thought after all this pain will the bloody Race Director do it to me again!

Bugged!!

Anyway I battled up the hill to the finish, and, bugger me I'm about two minutes over my estimate! So I thought will I sneak off home or wait to hear how Bob Schickert got on.

I decided to have a cup of tea and wait for the result and hope the cause of my concern did not occur. Anyway, bugger me again, if it didn't happen for about the third year in a row. The Race Director (who up until this stage had done a wonderful job) did it again.

Wimps!

At the presentation of the trophies he called me and my fellow two-lappers wimps!! Fortunately he wasn't using the loud hailer so probably not everybody heard him. However this is heartbreaking stuff and I'm wondering whether to continue this event in the future. Would you please use your influence as the Editor of the Vetrin to have a word with the GOT Race Director and ask him to take heed of the various bits

Wonder Woman Walks it!

John Oldfield comments on the 13th Australian Masters Games in Adelaide, October 2011



IT took just five days for Lyn Ventris to begin re-writing the world records for race-walking.

She became W55 on October 2, and broke the 5000m track walk record on October 7 at the Australian Masters Games in Adelaide.

Over the following two days it was the turn, first, of the 3000m track, then the 1500m track walks. (The 3000m is officially called a 'world best' and the 1500m is not even recognised by the world bodies as an event, so it is only an Australian record.)

Not satisfied with two new marks, Lyn then took hold of the 10km road race walk on October 12 to establish another world best.

Whether it's best or record, there is no question that Lyn Ventris is the Masters Queen of race walking, and richly deserves the IAAF accolade she has brought to Australia – again – this year.

Medal haul

There was much for MAWA to smile about and be proud of in Adelaide. Most of our eight participants won at least one gold medal. Between them they came home with 41 medals in total – 18 gold, 12 silver and 11 bronze. That's an average of five medals each.

Marty Campbell (6): (M45) - 400m hurdles gold; 60m, 400m and high hurdles silver; 100m and 200m bronze.

of equal opportunity legislation about the place and desist from this offensive practice!!

*Yours sincerely
Disgruntled
(Wembley Downs)*

Dear Disgruntled,

Quite right. They're wonderful people, the walkers and two-lappers.

It's time this bloke found some new jokes.

Rudy Kocis (5): (M50) – 60m, 100m, long jump gold; 200m, high jump silver.

Geoff Bailey (6): (M40) – 3000m steeplechase, javelin, 8km cross-country gold; long jump, triple jump, outdoor pentathlon silver.

Bjorn Dybdahl (5): (M55) – 3000m steeplechase gold; 800m, 8km cross-country silver; 1500m, 5000m bronze.

Lyn Ventris (4): (W55) – 5000m walk, 3000m walk, 1500m walk, 10km road walk - all gold.

Tom Gravestock (5): M55 – discus gold, weight throw, throws pentathlon, shot put, hammer bronze.

Rob Young (4): M65 – shot put, discus, hammer, weight throw bronze.

Elizabeth Szczepanska (6): W60 – shot put, hammer, discus, weight throw, throws pentathlon all gold; javelin silver.

I shall begin a movement to have him replaced.

In fact, I believe the power-hungry webmaster has the matter in hand, and is moving the GOT event to September, when the present incumbent is guaranteed to be abroad.

*All the best, from
Outraged (Brig. ret.) also of
Wembley Downs
(Names supplied)*

Renew AWA and insurance

ANNUAL membership of Athletics WA is now due. You can join on-line at www.waathletics.org.au (remember to select Masters Athletics WA as your club.)

Membership is only \$10 per person and members up to age 80 (85 for volunteers) are covered in the AWA membership/personal accident insurance scheme.

Entry fee for each Athletics WA competition day for our members is just \$10.00 so if you're planning to enter your first steeplechase – and/or contemplating some good accident and injury insurance including loss of income benefit – you might consider it prudent to fork out \$10.00!

John Bell forwards 'heartening news'

Running from Heart Disease?

HOW fast you can run when you're in your 40s or 50s may say more about your risk for heart disease than your cholesterol levels, blood pressure, smoking history, and whether or not you have diabetes.

This finding, from two separate studies at UT Southwestern Medical Center in Dallas, showed that 55-year-old men who can run an eight-minute mile, regardless of other contributors factors, have only a 10 percent lifetime risk of developing heart disease, while those who need 15 minutes or more to run a mile have a 30 percent lifetime risk.

Investigators reviewed data on more than 11,000 men who had treadmill exercise tests before 1990. (April 12th, 2011 issue of the Journal of the American College of Cardiology.)

The second study found that fitness levels were also helpful in identifying the long-term risk of heart disease in women. Here, the research team followed more than 66,000 men and women ages 20 to 90 for up to 36 years (or until they died) and again found that adding fitness to the traditional risk factors for heart disease significantly improved the ability to classify the participants' lifetime risks. This study was published in the April 5th, 2011 issue of Circulation.

My take? This is welcome news. It reinforces the importance of aerobic exercise for cardiovascular health and shows that keeping fit does more for cardiovascular health than focusing on cholesterol levels or even blood pressure. Aerobic exercise conditions our hearts and arteries and respiratory systems, increases stamina and general fitness and promotes cleansing of the blood by stimulating circulation and perspiration. This type of activity increases the flow of oxygen to all organs, enabling them to work more efficiently. It also burns calories, undoing some of the damage we do by eating too much. In addition, it strengthens the immune system, reduces stress, lowers

If a kiwi pokes his tongue out at you...

HOW do you counteract the Haka and still avoid a fine? Apply your own cultural tradition, of course. These methods should be applied on the pitch, when the kiwis start their ritual.

FRANCE

Have a wine-tasting, with garlic prawn nibbles. Breath heavily towards the kiwis. (This will also be useful in the scrum.)

SCOTLAND

Wear kilts. Threaten to lift them.

IRELAND

Put taps on your boots. Do the silly River dance.

ENGLAND

Link arms. Sing and dance 'Knees up Mother Brown'.

AUSTRALIA

Form a circle and play two-up.

(If the kiwis want to join in, say 'Nah mate, wrong culture.)

Rottnest Marathon

Karen March	3:53:45	1st W50
Peter March	3:53:46	5th M50
Brian Danby	4:04:28	2nd M60
Joe Clark-Murphy	4:04:42	3rd M60
Clare Walkley	4:24:00	2nd W45
Paul Kelly	4:14:16	7th M55
Hilary Beck	4:37:36	1st W55
Julie Keeley	4:54:57	

Thanks to Sarah Ladwig for sifting the results.

New Members - Welcome!

1055 NEILSEN: Michelle W45
1056 COLLIS: Lynette W40
1057 WILLMOTT: Julie W45
1058 THOMMANA: Jimmi M40
1059 SEEGER: Wendy W35
1060 LANDERS: Grant M30
1061 RING: Alexander M40
1062 HAUDECENT: Pierre M50

serum cholesterol and tones the nervous system.

To read more, see below:
<http://www.drweilblog.com/home/?currentPage=7>

In My View...

by The Editor
who's tail-up and feeling perky after Melbourne.



Mara PBs for Sandra and Bob

RELATIVE newcomers to the marathon, Sandra Stockman and Bob Lane went to Melbourne to carve multiple minutes off their previous bests.

Sandra's genes are of the highest calibre, of course (dad's an Australian record-holder) but she ran her first in Perth this year, in 3:43:32. In Melbourne's perfect conditions she reduced this to 3:23:50!

Bob is also a late-starter over the distance, and many of his contemporaries will be wishing he hadn't bothered! Winner of our age-related award in Perth this year Perth, Bob ran exactly five minutes quicker in Melbourne.

His 3:07:41 placed him second among the M60s.

Sandra was 4th W45, 764th overall in a huge field. Bob was 329th.

Half

Mike Khan, Karl Stockman and I were in the half-marathon. There might have been others, but among 9,000 runners it's hard to tell!

Mike's 2:05:59 placed him 4955th.

Karl was just three minutes ahead of Mike - but that made a difference of 604 places! This was a huge breakthrough for Karl though. A year back he couldn't have dreamed of running 21km.

We have your number!

ARE you one of the scruffy reprobates who drags the reputation of our esteemed club through the mire, with your tatty, hand-scrawled imitation number every Sunday?

Aren't you embarrassed to be seen behind such an abomination?

Good, serves you right.

Now, beg, borrow or steal \$4 to buy a sparkling new, black on white chest number. Even if yours is only looking a bit faded, you could do with a flash new one.

Yes, you definitely need a



Signs for the run were clearer than this one for the City Circle tram. Wise men from the East? Huh!

Personally I think it's crazy to spend all that money on flying and lodgings to slog around the streets, even if it is a lovely course with fine conditions. I only went to fulfil an ambition to run in an event with our son, Max.

As it happened we were together for only the first three k's, after which I saw him again only at the Albert Park hairpin. He cruised to the finish ten minutes ahead of my 2:00:41 (position 2321, to my 4094!)

We both might have done better if we hadn't trained in various pubs and wine bars on Thursday and Friday nights.

Oh yes, the one advantage of Melbourne is that when they close the bar at 1am, it's really only 10pm, Perth time.

new number.

Give secretary Sarah your order so it can be in the next print run.

"I shall be ordering again soon," she says.

"Email or see me, Thursdays ECAC or Sundays. Numbers cost about \$4 each."

Bibra Lake

October 9, 2011

Director: Tanya Burke



THANKS to Tanya and all her soggy helpers for organising Bibra Lake once more. Especial thanks are due Frank Smith, for showing up on such a grim morning just to take these pictures. VW

12K RUN

Brett Roach	M40	48:34
Peter Sullivan	M50	49:51
Paul Hughes	M55	50:27
John Allen	M50	50:41
Chris Reid	M45	51:22
Karen March	W50	54:53
Peter March	M50	54:59
Brian Bennett	M60	56:09
David Baird	M65	56:10
Jochen Schreyvogel	M40	56:33
Mike Hale	M60	57:27
Martin Watkins	M60	57:42
Sue Bourn	W40	57:46
Maurice Creagh	M65	58:26
John Batta	M45	58:48
David Carr	M75	60:13
Lorraine MacLennan	W45	60:16
Milton Mavrick	M55	62:11
Melissa Hynds	W30	62:57
Jim Barnes	M65	63:21
Keith Atkinson	M50	63:41
Julie Wilson	W55	65:58
John Pellier	M70	70:45
John Dance	M60	74:03
Richard Danks	M65	74:11

6K RUN

V6		24:05
V9		27:03
Gary Fisher	M55	28:27
Wayne Taylor	M50	29:29
John Mack	M70	29:32
Gillian Young	W60	29:50
Bruce Mathieson	M65	30:09
Mark Sivyer	M60	30:37
Johan Hagedoorn	M65	30:45
Irwin Barrett-Lennard	M80	31:32
Hamish McGlashan	M70	31:32
V4		31:48
Delia Baldock	W45	31:52
Grant Van Rensburg	M55	32:06
Kim Cook	W35	32:08
Nick Miletic	M60	32:16
V1		33:43
Andrea Byrne	W30	34:25
John Byrne	M60	34:42
Ross Keane	M50	35:07
V3		35:11
Kevin Hynds	M40	35:56
Roger Walsh	M65	37:05
V5		39:51
Toni Frank	W65	45:20
V7		45:20
Sheila Maslen	W70	45:55
Theresa Howe	W60	50:36

6K WALK

John Smith	M75	44:08
V2		46:14
Stan Jones	M85	48:35
Joan Pellier	W70	48:37
Jeff Whittam	M75	51:04
Bob Fergie	M75	51:05
Richard Harris	M70	51:11



Intrepid, these Masters; you don't often see them in overcoats though!

Right, David Baird almost had the drop on Brian Bennett; below, Brett Roach and the March's - at the first lap?



Nedlands

October 2, 2011

Director: Frank Gardiner

CONDITIONS for the run were ideal - no wind, rain, sun or hills. So..... no excuses. In the absence of any complaints, I concluded that the runners and walkers, numbering about 112, enjoyed themselves and were generally satisfied with their times. As usual, thanks to my seven helpers and I'm looking forward to seeing everyone back for more in 2012 on one of the fastest 5kms and 10kms measured courses in Perth.

Frank

10K WALK

John Smith	M75	78:08
Lynne Schickert	W65	78:13

5K WALK

David Brown	M60	37:46
Regina Crouch	W40	41:48
V1		41:48
Jeff Whittam	M75	41:51
Jeni Shillington	W50	41:57
Morris Warren	M70	44:44
Bob Fergie	M75	44:45
Patricia Hopkins	W65	44:59
Kirt Johnson	M80	45:01
Joan Pellier	W70	48:54
Dorothy Whittam	W75	48:55
Margaret Warren	W75	49:31
Richard Harris	M70	49:45
Sean Keane	M45	49:47



Guess Own Time
HALE SCHOOL
October 16, 2011

THIS is the race that stops the....clock.

Anyone can win, provided metronome man Schickert is off his game. Two events, two fabulous trophies (where 'fabulous' means rare, unique even.)

The short-course trophy is a working alarm clock and was invented for the walkers. That was when the GOT took place in Kings Park, and they wouldn't go through the bush in case sand crept into their socks.

Hale has become one of Perth's most welcoming Masters venues, with an interesting mixed terrain circuit and excellent facilities. This year the pavilion scullery came into its own and we enjoyed morning tea, a la Beaumont.

Yes, the sandy uphill near Hale Rd is demanding, especially if you're facing it three times. But you can't get lost.

A few veteran members will recall the year in Kings Park 'when for the want of a single flag, the whole field was lost.' Ah, happy days!

Helpers were all great, thanks. We missed Neil guarding the main gate, of course. He's mending fast and we expect to see him on duty again next year.

Vic Waters

* = event winner

9.5K RUN

		Time	Estimate
Rod Hamilton	M45	41:44	40:15
John Allen	M50	43:00	42:45
Peter March	M50	43:33	42:45
* Chris Reid	M45	43:58.6	44:0
Sandra Stockman	W45	44:44	43:20
Brian Bennett	M60	45:29	47:30
Mark Dawson	M50	47:16	52:50
David Baird	M65	47:19	46:50
Mike Hale	M60	47:50	47:30
Karen March	W50	48:22	46:02
Neil Milligan	M45	48:26	48:31

Nedlands
continues

10K RUN

Brett Roach	M40	37:06
Peter Sullivan	M50	40:16
Chris Maher	M55	40:29
V12		41:37
V6		43:05
John Allen	M50	43:27
Sandra Stockman	W45	43:50
Jim Klinge	M60	44:28
Grahak Cunningham	M30	45:18
Bjorn Dybdahl	M55	45:39
Geoff Bailey	M40	45:40
Keith Miller	M60	45:52
Ivan Lazarus	M55	47:25
David Baird	M65	47:37
Ross Keane	M50	47:42
Sue Bourn	W40	47:47
John Batta	M45	48:50
Maurice Creagh	M65	50:03
Gillian Young	W60	51:10
Milton Mavrick	M55	51:37
Oswald Igel	M60	51:42
Charlie Chan	M55	52:51
Maree Brown	W45	52:53
Richard Blurton	M60	53:16
Melissa Hynds	W30	53:37
Mike Hale	M60	54:27
Keith Atkinson	M50	54:38
Jim Barnes	M65	54:46
Julie Wilson	W55	55:04

Peter Bath	M65	55:34
Raymond Gimi	M45	55:50
V5		55:17
Hamish McGlashan	M70	60:09
John Byrne	M60	60:26
Paul Martin	M70	61:01
John Pellier	M70	61:12
Jane Stanbrook	W40	63:02
Richard Danks	M65	65:14
Sandra Rourke	W40	71:37
Jo Richardson	W55	75:14

5K RUN

V3		18:20
Rod Hamilton	M45	18:58
Paul Odam	M50	20:06
Paul Hughes	M55	20:36
Tristan Bell	M45	21:40
Brian Bennett	M60	22:33
Mark Hewitt	M55	22:49
Dante Giacomini	M40	23:42
Bruce Wilson	M65	23:49
Dave Roberts	M65	24:03
Gary Fisher	M55	24:04
V7		24:11
Margaret Saunders	W55	24:13
Graeme Dahl	M60	24:16
Bruce Mathieson	M65	24:20
V11		24:49
V2		25:03
Carol Bowman	W55	25:17
Johan Hagedoorn	M65	25:24
Mark Sivyver	M60	25:53
V9		25:54

Shirley Bell	W60	26:26
Bob Schickert	M65	26:27
Janice Mathews	W40	26:28
Mark Dawson	M50	26:40
Nick Miletic	M60	26:40
Karl Stockman	M50	26:50
Mike Anderson	M60	27:07
Irwin Barrett-Lennard	M80	27:15
Peggy Macliver	W65	27:20
Delia Baldock	W45	27:23
Ray Attwell	M75	27:25
John Dennehy	M50	27:52
Bernadette Height	W50	27:58
Rochelle Airey	W40	29:00
Andrea Byrne	W30	29:27
Damien Hanson	M55	29:34
Roger Walsh	M65	29:41
Mike Rhodes	M65	30:08
Greg Wilson	M60	30:17
Aldo Giacomini	M75	30:51
Vic Waters	M65	31:03
V8		31:19
Merv Jones	M70	31:49
V4		32:36
Denise Viala	W60	33:34
Pierre Viala	M60	35:37
Julie Wood	W60	35:38
Kathy Burr	W70	36:11
V10		36:41
Toni Frank	W65	37:16
Margaret Bennett	W70	38:45
Sheila Maslen	W70	38:58
Jan Jarvis	W65	39:55
Mary Heppell	W70	41:59



Gwelup Lake

October 23, 2011
Director: Richard Danks

SILLY me! At about 3am on Sunday morning, I turned over in bed and wondered, have I covered all my bases for the event at Gwelup? Various possibilities ran through my mind: flags being pinched; helpers not turning up; and toilets not being open; etc.

And as if it would help one iota, I got up at 4:45am ready to take on the world. As it happened, the weather was perfect; the races went like clockwork, the helpers needed little coaxing from me and got on with their tasks with expert precision and efficiency. And not even a set of keys managed to get lost.

Congratulations to Chris Maher for his win in the 9.1K run with a time of 34:42 - just one second outside of last year's time by Brett Roach, and followed closely by Rod Hamilton with 35:04. It was also good to see Anthony Collis back with us and winning the 4.9K run in 18:57. And all the walkers are to be commended for completing the course which was not the most favourable for walking.

Special thanks go to all my helpers (the A-Team) for your outstanding assistance. These include: Carol Bowman, Andrew Brooker, Wendy Clements, Pat Hopkins, Jim Klinge, Ray Lawrence, Jochen Schreyvogel, David Scott, Genevieve Spiro, Roger Walsh, Martin Watkins.

9.1K RUN

Chris Maher	M55	34:42
Rod Hamilton	M45	35:04
John Allen	M50	37:00
Chris Reid	M45	37:32
Grahak Cunningham	M30	37:42
Sandra Stockman	W45	38:21
Mark Dawson	M50	38:33
Kim Thomas	M35	38:42
Jim Klinge	M65	38:46
Keith Miller	M60	39:37
Tristan Bell	M45	40:12
Brian Bennett	M60	40:39
David Baird	M65	41:02
Bruce Wilson	M65	41:18
Ross Keane	M50	41:34
Mike Hale	M60	42:36
Maurice Creagh	M65	43:12
Jennifer Radisich	W60	43:52
John Bell	M65	43:56
Bob Schickert	M65	44:07
Bruce Mathieson	M65	44:21
Raymond Gimi	M45	44:29
John Batta	M45	44:45
Milton Mavrick	M55	45:00
Charlie Chan	M55	45:15
Lorraine MacLennan	W45	45:26
V4		46:16
Peter Bath	M65	46:17
Richard Blurton	M60	46:24
Irwin Barrett-Lennard	M80	47:10
Johan Hagedoorn	M65	47:12

Guess Own Time

continues

Maurice Creagh V2	M65	49:28	48:10	Martin Watkins	M60	32:19	31:30
Frank Gardiner	M60	50:35	46:37	Blakeney Tindall	M50	32:59	40:0
Bruce Mathieson	M65	50:47	49:10	V1		33:36	30:0
Gillian Young	W60	50:53	48:13	Ivan Brown	M65	35:48	38:50
Robin King	W50	51:23	48:10	Jim Barnes	M65	35:54	52:20
Rob Badenoch	M55	52:12	54:20	Hamish McGlashan	M70	37:03	38:10
John Bell	M65	52:23	50:00	V5		37:12	34:30
Lorraine MacLennan	W45	52:41	49:35	Brett Roach	M40	37:13	N/E
Jennifer Radisich	W60	53:07	60:0	Mike Anderson	M60	37:14	33:30
David Carr	M75	53:18	53:05	Grant Van Rensburg	M55	37:16	N/E
Charlie Chan	M55	53:23	53:00	Peggy Macliver	W65	37:38	34:20
Bob Schickert	M65	53:34	53:30	* Delia Baldock	W45	38:06	38:0
Mark Sivyver	M60	53:43	58:0	Lorraine Lopes	W70	39:26	57:30
Milton Mavrick	M55	53:58	50:30	Sandra Rourke	W40	39:28	37:28
Carol Bowman	W55	54:02	53:20	Janice Mathews	W40	39:41	35:00
Melissa Hynds	W30	54:28	52:0	Damien Hanson	M55	40:04	35:00
Maree Brown	W45	55:07	55:0	Sarah Ladwig	W60	41:59	58:07
Claire Walkley	W45	55:39	53:0	V3		42:01	N/E
Graham Thornton	M70	56:19	52:0	Ross Keane	M50	42:02	37:50
Paula Karra	W40	56:38	53:12	John Talbot	M65	42:07	39:30
Irwin Barrett-Lennard	M80	56:50	54:50	Mike Rhodes	M65	42:25	39:33
Julie Wilson	W55	57:31	54:25	Roger Walsh	M65	42:51	40:00
Karl Stockman	M50	57:32	50:20	John Ellard	M65	43:48	42:0
Peter Bath	M65	58:35	56:0	Ray Hall	M75	50:48	43:0
John Pellier	M70	61:56	56:0	Arnold Jenkins	M65	50:49	50:0
Richard Danks	M65	64:45	62:51	Lynne Schickert	W65	53:20	54:30
Brian Smith	M70	67:09	75:0	Joan Pellier	W70	55:32	56:57
Cecil Walkley	M80	73:46	71:30	Bob Fergie	M75	55:34	56:10
				Jeff Whittam	M75	55:53	55:02
				Lorna Lauchlan	W80	57:19	55:30
				Patricia Hopkins	W65	67:53	54:10
				Ann Turner	W75	67:54	63:0
				Elaine Ellard	W65	68:24	63:0
				Shorty Turner	M75	69:29	70:0

6.3K RUN

Tom Tralau	M35	29:18	30:0
Michael Karra	M45	30:37	45:0
Mark Hewitt	M55	31:27	30:0
Graeme Dahl	M60	31:55	31:28

*Karl Stockman,
Paula Karra,
Rob Badenoch,
Carol Bowman,
topless Mike
Anderson,
Lorraine
MacLennan,
metronome man
Bob Schickert,
Ivan Brown
and Melissa
Hynds.*



Maree Brown	W45	47:34
Graham Thornton	M70	48:34
Karl Stockman	M50	48:48
John Pellier	M70	52:15
David Carr	M75	52:16
V9		54:02
Paul Martin	M70	54:03
John Dance	M60	54:26
V6		56:22
Merv Jones	M70	57:00
Brian Smith	M70	60:36
Elaine Dance	W60	69:42
Jo Richardson	W55	69:43
4.9K RUN		
Anthony Collis	M40	18:57
V7		19:08
Paul Odam	M50	19:16
Paul Hughes	M55	20:05
Amanda Walker	W45	20:21
Mark Hewitt	M55	21:41
Margaret Saunders	W55	22:56
Graeme Dahl	M60	22:57
Chris Koemam	M50	23:20
Vic Waters	M65	24:22
Ivan Brown	M65	24:28
Hamish McGlashan	M70	25:36
Lorraine Lopes	W70	26:00
John Dennehy	M50	26:04
Peggy Macliver	W65	26:13
Janice Mathews	W40	26:31
Sandra Rourke	W40	26:50
Kim Cook	W35	27:01
Damien Hanson	M55	27:05
Delia Baldock	W45	27:07
Monique Thomas	W30	27:37
Sarah Ladwig	W60	27:53
John Byrne	M60	28:07
Tanya Burke	W40	28:17
V2		28:39
V8		28:41
John Brambley	M65	28:51
Mike Rhodes	M65	28:56
Andrea Byrne	W30	29:33
John Talbot	M65	29:48
V1		30:23
Steve Clark	M65	31:08
John Ellard	M65	31:18
Ray Hall	M75	34:00
V5		35:39
Sheila Maslen	W70	37:22
Jan Jarvis	W65	37:25
Vic Beaumont	M80	43:11
9.1K WALK		
John Smith	M75	65:28
Julie Wilson	W55	68:34
4.9K WALK		
David Brown	M60	35:48
Lynne Schickert	W70	37:30
Joan Pellier	W70	37:48
Lorna Lauchlan	W80	42:29
Bob Fergie	M75	42:31
Jeff Whittam	M75	42:32
Kirt Johnson	M80	44:33
Linda Rhodes	W65	45:07
Dorothy Whittam	W75	45:11
Ann Turner	W75	46:45
Elaine Ellard	W65	46:46
Elaine Sillery	W75	46:59
Margaret Warren	W75	49:47
Leo Hassam	M80	50:36
Mary Heppell	W70	50:38
Shorty Turner	M75	52:45
Morris Warren	M70	52:46

A BEAUTIFUL morning with a clear blue sky and a cool breeze to temper the hot sun at the 'not the Lake Monger Run' at Perry Lakes.

Some 80 runners and walkers assembled to try out the new?? course, with the start being held up for a few minutes so that those who had gone to Lake Monger could show their true speed in getting to Perry Lakes. Our thanks to President Barbara for going there and redirecting our members whilst fighting off the ankle biters from Wembley Primary School.

We will not say who went there by mistake as we do not want to embarrass Damien.

Those who came prepared for a hilly cross country were disappointed as the course was flat and on roads and paths, with a choice of three distances for the runners and two for the walkers. We are sorry that we forgot to mention the feral seats on the boardwalk, hope nobody was attacked by them. Our thanks go to all our helpers for giving up their run/walk for the day. Patricia and Sheila for recording all the finishers, Morland their times, Lorna, Sylvia, Janice, David and Mark for keeping them on the straight, sometimes, and narrow and Margaret and Morris for dispensing the drinks.

10K RUN

Lachlan Marr	M50	39:50
Chris Maher	M55	40:32
Rod Hamilton	M45	40:33
John Allen	M50	42:21
Chris Reid	M45	42:56
Sandra Stockman	W45	44:10
Kim Thomas	M35	44:14
Jim Klinge	M65	44:23
Keith Miller	M60	44:40
V7		
V2		
Martin Watkins	M60	
Mike Hale	M60	
V6		
Brian Danby	M60	
Maurice Creagh	M65	
Raymond Gimi	M45	51:40
John Oldfield	M65	51:52
Bruce Mathieson	M65	52:20
Charlie Chan	M55	
Jim Barnes	M65	
Maree Brown	W45	
V9		
Melissa Hynds	W30	
Kim Cook	W35	
Karl Stockman	M50	57.00
Ray Attwell	M75	57.06
Paul Martin	M70	61:40
John Byrne	M60	61.55
V8		

6.85 K RUN

Paul Odam	M50	28:08
Bjorn Dybdahl	M55	28:17
Paul Hughes	M55	29:17
Ralph Henderson	M60	30:35
Michael Karra	M45	30:49
Bruce Wilson	M65	31:26
Mark Hewitt	M55	32:04
Gary Fisher	M55	33:21
Chris Koemam	M50	33:43
Richard Blurton	M60	35:23
Paula Karra	W40	36:20
Ivan Brown	M65	36:44

Perry Lakes

October 31, 2011

Directors: Jeff and Dorothy Whittam



There should have been single malt on the first lap but owing to our misdirection they had to drink it themselves before moving back onto the circuit for the rest of the run with only water left.

Also thanks to Barrie for doing the results. From the comments received after the run most seemed to like the course, perhaps we should keep it instead of the Lake Monger cross country run?

Dorothy and Jeff

Sorry: failure of the timing equipment means we can only show a few finishing times.

David Carr	M75	36:47
Lorraine Lopes	W70	38:15
Monique Thomas	W30	41:12
Ross Keane	M50	41:16
V5		42:18
Merv Jones	M70	42:31
Steve Clark	M65	44:15
Richard Danks	M65	50:30
V3		

3.68K RUN

V1		15:16
Amanda Walker	W45	15:17
Frank Gardiner	M60	16:20
Graeme Dahl	M60	17:06
Margaret Saunders	W55	17:06
Stephen Dunn	M45	17:42
Vic Waters	M65	17:52
Carol Bowman	W55	18:08
Kerriann Bresser	W40	18:13
Peggy Macliver	W65	19:19
Delia Baldock	W45	19:25
Damien Hanson	M55	19:56
Bernadette Height	W50	20:18
John Brambley	M65	21:10
Kevin Hynds	M40	22:02
John Dennehy	M50	22:04
Aldo Giacomini	M75	22:50
Christine Oldfield	W65	24:28
V11		25:10
V10		25:10
Sylvia Szabo	W30	25:17
Ray Hall	M75	25:33
Debbie Wolfenden	W45	27:17

6.85K WALK

John Smith	M75	53:30
Bob Fergie	M75	54:00
Jennie Lee	W55	
Ann Turner	W75	
Shorty Turner	M75	

3.68K WALK

David Brown	M60	28:36
Lesley Romeo	W65	28:37
Kirt Johnson	M80	33:11

COMING EVENTS – HELPERS

NOVEMBER 20 GARVEY LAKES

Race Directors: Christine & John Oldfield - 0434 191 611
Bjorn Dybdahl & Deborah Wolfenden, Trisha Farr, Terry Manford, Alan Pomery, Sylvia Szabo Snr, Wendy Duncan, Irene Ferris, Maree Creighton, Alison Aldrich, Maurice & Margaret Warren

NOVEMBER 27 SAFETY BAY

Race Directors: Elaine & John Dance - 9593 4607
Ray Attwell, David Baird & Joanne Richardson, Tristan Bell, Ray Hall, Mitch Loly

DECEMBER 4 - MOSMAN PARK

Race Director: Paul Hughes - 0412 513348
John Brambley, Dee Conibeer, Richard Danks, Rod Hamilton, Peter & Karen March, Paul Martin, Sheila Maslin, Dave Roberts

DECEMBER 11 - PERRY LAKES

Race Director: John Bell - 9377 5861
Carol Bowman, Ian Davies, Peter & Diana Hopper, Terry Manford, Hamish McGlashan, Jennifer Radisich, Jochen Schreyvogel, Genevieve Spiro, Cecil & Claire Walkley, Sue Znlay, Grant van Rensburg

DECEMBER 18 CHRISTMAS GIFT

Race Directors: Elaine & John Dance - 9593 4607
No helpers required

DECEMBER 26- BOXING DAY

Race Director: Barrie Thomsett - 9440 3820
Stephen Dunn, Bryan Hardy, Arnold Jenkins

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.

JANUARY 2 ALDERBURY PARK

Race Director: Wayne Taylor - 0415 863 871
Ian Davies, Arnold Jenkins, Stan Lockwood, Frank Smith, Mike & Paula Karra, Alan James, Ralph Henderson. **MORE HELPERS NEEDED PLEASE**

JANUARY 8 - EAST PERTH

Race Director: John Smith - 0421 216 569
Shirley Bell, David Brown, Stephen Clark, Jackie Halberg, Melissa & Kevin Hynds, Julie Keeley, Stan Lockwood, Dalton Moffett, Mark Rosen, Mark Sivyer & Gillian Young, Lara Mills

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**Vetrun
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