

Vetrun

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The magazine of Masters Athletics WA

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Lyn joins the world's best



IAAF champs meet in Monaco

HOW do you meet the giants of world athletics? Simple – become one!

Lyn Ventris was in the elite company of (Lord) Seb Coe – see picture – Usain Bolt, Sergey Bubka and more in Monaco last month.

Lyn, and NZ's Ron Robertson, were voted 2011 Masters Athletes of the Year by the IAAF. This was the second year in succession that Oceania athletes have won.

So Lyn was in Monaco for a fabulous couple of weeks to receive her award. Main picture shows she also took a training session on the elegant oceanfront of the Principality.

Putting on a happy Face-book!

MAWA is on Facebook. A 'closed group' has been set up with access to members only.

You can post comments, read news, and share opinions with any other members of the group. No unauthorised access to the group is possible. It's simple to join.

Go to facebook.com

Register if you are not already a member

Contact John Oldfield using the 'Add Friends' button

He will then add you to the MAWA group list.

You will receive an email telling you how to use the group to post comments, read news, etc.

Themes discussed since the inception have been training, comments on Sunday runs, Lyn Ventris' world record extravaganza in Adelaide, good places to run in Perth, and so on.

Be part of it – join the in-group!



Maps on-site

JIM Klinge's terrific maps of all the club's Sunday events are now available to view/download from the website. This was a committee recommendation, happily applied by the indefatigable John Oldfield.

BSEFP sponsors champs again

BLACK Swan Event Financial Planning has agreed to financially sponsor the MAWA 2012 state championships.

Start of last week's Mosman Park run; fortunately it was our first 7am start of the summer, as the day became fiercely hot.

Results – see page 3.

New members – Welcome!

1063 CHARLTON: Neil M35
1064 POPELIER: Simon M35
1065 KOWAL: Mike M45
1066 DITEWIG: Roger M45
1067 COATE: Ian M40
1068 COATE: Sue W45
1069 McLEOD: Hamish M35
1070 PETERSON: Stu M40

How do you read club news?

COMMUNICATING effectively with all members is vital for a club like MAWA. Today we have more club media than ever in the club's history. But, how useful is it?

Do members read their emailed Vetrun? Do they look at it online? How many use the website – and do they go there just for results, or other items of interest?

We're considering a survey of all members, to find out if we really are communicating properly. Comments are welcome.

Wayne's Christmas message....

HERE'S my one armed brick-layer take on Christmas for you.

I've torn my income earning, brick lifting, shoulder tendon - which will be good for the orthopaedic surgeon, but no good for me for the next few months.

But today my trowel hand wrote the attached observation on Christmas.

Last month I gave it as part of my evening performance at the Vic Park Xmas Street Carnival. (I get my 15 paid minutes of rates back from council, to whip the crowd into a frenzy for the arrival of the Mayor and Santa. It's a bonus to have the merry beer garden of the Balmoral Pub to the left of the main stage at beer o'clock.)

AD: Brickie/poet/yarnspinner now available for after dinner speaking gigs. Truth not spared, original material, as per ABC Radio etc, have own hat, tin, monkey and debts.

Cheers - have a bloody bonzer,

Wayne

Shame about Safety Bay

ONLY 57 competitors at Safety Bay...a shame, as Elaine and John go to a lot of trouble and it is a great event, on even surfaces alongside a beautiful bay. Nothing wrong with a hot snag, heaps of onion and roll for breakfast. Yes an early start, but freeway made light work of journey there.

Barrie Thomsett

...and Elaine reports

ONCE again we had a good run south of the river at Safety Bay. The wind was a little chilly at the start of the race but it did not put off the hardy people from going for their annual dip in the ocean.

I do however apologise to the people who did the 5km run. It was not quite 5km as the person responsible for turning you all went to the



Till Christmas Time

The siren blows to tell us who just won the AFL.

The telly warns "Just ninety days to go!"

The apprehension starts to build - the countdown - Flaming Hell.

That's when we know it's nearly Christmas time.



It's springtime in Australia as the tinsel starts to sprout.

The paper's yelling "Lay-buy - now you mug!"

The advertisers offer deals to knock white boomers out.

And we don't have to pay 'til Christmas time'.



For ev'ry thousand bucks you spend, you save a thousand more.

Think of the joy that Boxing Day will bring,

as you box up unwanted gifts to give unto the poor, and save some to fob off - next Christmas time.



There's reindeer on the front lawn, long before the cricket starts,

as Easter Bunny crawls back down his hole.

With Santas stuck in chimneys on the roofs around these parts,

it can't be too far off 'til Christmas time.



wrong marker and also the person responsible for the first water station went to the wrong spot as well.

Hey it all worked out in the end! It is very hard to get good staff these days; only joking guys, all my helpers did a good job and without them we would not be able to hold the run. I would like to thank every person who put their hand in their pockets and made a donation for the sausage sizzle. You should all be proud of yourselves, as we actually have sent a cheque to the Cancer Foundation for \$110.05. Well done, I am sure it will be very much appreciated. Thanks to Michele for supplying the Rocky Road. I hope that everyone got a piece. I know for sure that one person got more than his fair share, I will not mention his name but he is one of the shorter members of the club and very well liked! I look forward to seeing everyone next year.

Thanks Elaine and John



Our talented poet Wayne; perhaps this is his seasonal garb - ready to get away from the commercial blitz? - as he was here on the Kokoda track.

When pigs are getting nervous, and the turkeys all go quiet,

and hints are dropped like stubbies in a bin.

If expectations are not met, there will be a riot.

You'd better lift your game by Christmas Time.



There's two for one demerit points - the specials never end,

with multi-multi-novas bagging cash.

Which goes into the coffers then, of what the coppers spend.

A win for ev'ryone - come Christmas time.



With carol singing in the park and parties right next door, you'd swear it was a birthday bash for God.

Where little baby Jesus would need ear muffs on for sure.

We long for silent nights and Christmas time.



To bush fire smoke and candle light, with flies, mozzies and fleas,

as big, fat, sweaty, red blokes "Yo, ho, ho!"

The children play - there's peace on earth, in forty five degrees,

and twelve more months of sales 'til Christmas time.

www.bushverse.com/pantall



New RDs needed

BARRY and Leonie Jones have given up as race directors of the Wireless Hill run. It's a great pity, as we know they were looking forward to the centenary of the Hill station in 2012. However, an overseas move makes it a little tricky for them to continue in the role they have filled so efficiently. So, grateful thanks to the folks who lived on the hill, and best wishes for their future! We now need new race directors for this popular run, which is pencilled in for 29 July 2012.

Vale Kevan Hook

CHRISTMAS will be less than jolly this year for the family and many friends of Kevan Hook. Big, bearded Kevan was the man best-known to WA's athletics fraternity as the starter of countless events at Perry Lakes - and latterly at the new WAAS stadium.



Kevan at our Nationals in Perth last year. He told me that despite years as starter he had never had a picture of himself in action. I was happy to rectify that. VW

Tragically, he was killed on November 25. Kevan, 72, was laying reticulation pipes in parkland at the Morris Road Shopping Centre, Innaloo when the operator of a skid-steer loader accidentally reversed into him.

His son, Michael, told the West Australian that Kevan was a jovial, multi-talented man who had dedicated his life to the community. As well as his work for Athletics WA, where he was a starter for 47 years, he also volunteered for many years at the Stirling Players theatre group as a stage director.

Stirling Players secretary Carryn McLean told the West 'the larger than life character' would be deeply missed. "He built all our wonderful sets, could sing, could act and had a fabulous sense of humour. When I think of him it's hard not to smile, he was like a big, cuddly teddy bear."

Kevan was also one of Perth's longest-serving Father Christmases at shopping centres around Perth, including Karrinyup.



5.25K RUN

Paul Odam	M50	22:18
Bjorn Dybdahl	M55	22:34
Jim Klinge	M65	23:13
Sandra Stockman	W45	23:33
Neil Charlton	M35	25:15
Vic Waters	M65	27:04
John Mack	M70	27:16
V2		27:33
Ivan Brown	M65	27:40
Carol Bowman	W55	27:44
Bob Schickert	M70	27:48
Johan Hagedoorn	M65	28:05
Margaret Saunders	W55	28:13
Graeme Dahl	M60	28:26
Pierre Haudecent	M50	28:43
Maree Brown	W45	29:08
Mike Anderson	M60	29:29
Graham Thornton	M70	30:04
Peggy Macliver	W65	30:13
Irwin Barrett-Lennard	M80	30:15
Delia Baldock	W45	30:16
Hamish McGlashan	M70	30:23
David Carr	M75	31:02
V4		31:03
Tanya Burke	W40	32:12
Nick Miletic	M60	32:13
Gillian Young	W60	32:32
Merv Jones	M70	32:59
Roger Walsh	M65	33:34
Andrea Byrne	W30	34:00
Sandra Rourke	W40	34:22
Aldo Giacomini	M75	34:51
Denise Viala	W60	35:48
V1		41:06
Debbie Wolfenden	W45	42:03
Joan Pellier	W70	42:55

Relay delayed

PREDICTED temperatures into the high thirties have delayed the club's six-hour relay at Yokine until Saturday December 10. Four six-person teams are expected to take part, and provided the weather is favourable, the relay will go from 7am to 1pm.

Each contestant covers 2km and then hands over to a team-mate. This is repeated until the six hours elapse.

Details are on the club website, and helpers and supporters will be welcomed!

Mosman Park

December 4, 2011

Director: Paul Hughes

IT WAS the first run of summer and conditions certainly matched the season. Runners and walkers faced very hot and windy conditions on the scenic but tough Mosman Park Run and it was pleasing that most enjoyed the course. A special thanks to my helpers who make my role as race director easier. They were John Brambley, Rod Hamilton, Richard Danks, Peter and Karen March, Paul Martin, Shelia Maslen, Barry Thomsett, David Roberts, John Oldfield, Sue Hughes, Dick Blom, Charlie Chan and Shirley Bell.

Unfortunately some things did not run to plan as John Ellard had a fall and he had to withdraw but I understand Carol Bowman looked after him at the finish line. A few of the times and placings may not be accurate as a couple of times and places may have been missed. My apologies but I decided to shift the recorders out of the sun, and this meant they were too far away from the finishing chute. I will sort this out next year.

Paul

Pics: Frank Smith



Sue Bourn

Jennifer Williams



Paul Hughes

10.5K RUN

Chris Reid	M45	44:48
John Allen	M50	46:13
Mark Dawson	M50	46:29
Lisa Searle	W35	47:30
Brian Bennett	M60	49:23
Michael Karra	M45	50:20
Ross Keane	M50	51:42
Mike Hale	M60	52:07
Martin Watkins	M60	52:21
Maurice Creagh	M65	54:46
Sue Bourn	W40	55:29
Jennifer Williams	W60	55:37
Mark Sivyer	M60	56:21
John Bell	M65	56:58
Lorraine MacLennan	W45	57:05
V3		57:17
Melissa Hynds	W30	57:28
Bruce Mathieson	M65	57:31
Keith Atkinson	M55	58:29
Kim Cook	W35	58:43
Peter Bath	M65	59:32
Claire Walkley	W45	59:56
Julie Wilson	W55	60:44
Alan Thorniley	M55	61:06
John Pellier	M70	61:27
Greg Wilson	M60	66:05
Kevin Hynds	M40	67:45
John Dance	M60	68:00
Cecil Walkley	M80	85:01
Elaine Dance	W60	90:14
Jo Richardson	W55	90:14

5.25K WALK

David Brown	M60	39:42
Sean Keane	M45	40:19
Lynne Schickert	W70	41:44
Kirt Johnson	M80	49:05
Bob Fergie	M75	49:22
Ray Lawrence	M80	49:41
Elaine Sillery	W75	55:22

10.5K WALK

Val Millard	W60	85:16
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Ursula Clark-Murphy is the trophy winner.

10.4K RUN

* Ineligible for trophy due to insufficient races (and difficulty in providing a reliable handicap)

			Time	H/Cap	Actual
* Chris Pattinson	W55	68:53	15:00	53:53	
Ursula Clark-Murphy	W60	69:17	2:24	66:53	
Kim Cook	W35	69:22	14:20	55:02	
Karl Stockman	M50	70:07	13:11	56:56	
Milton Mavrick	M55	70:40	16:48	53:52	
* Neil Charlton	M35	70:48	23:50	46:58	
Shirley Bell	W60	71:07	14:52	56:15	
Jim Barnes	M65	71:17	15:23	55:54	
Grahak Cunningham	M30	71:23	24:31	46:52	
Keith Miller	M60	71:27	23:16	48:11	
Joe Clark-Murphy	M60	71:28	23:04	48:24	
Melissa Hynds	W30	71:30	16:06	55:24	
Vic Waters	M65	71:35	14:59	56:36	
Mark Sivyer	M60	71:48	17:11	54:37	
John Dance	M60	71:51	6:29	65:22	
* Mark Rosen	M60	71:54	10:16	61:38	
Lachlan Marr	M50	71:57	30:03	41:54	
Merv Jones	M70	71:58	4:04	67:54	
Mark Dawson	M50	72:00	26:20	45:40	
Brian Danby	M60	72:04	21:32	50:32	
Irwin Barrett-Lennard	M80	72:05	15:04	57:01	
Julie Wilson	W55	72:06	14:20	57:46	
Paul Odam	M50	72:10	27:29	44:41	
Claire Walkley	W45	72:16	13:37	58:39	
Steve Clark	M65	72:35	1:28	71:07	
Charlie Chan	M55	72:45	17:47	54:58	
Mike Khan	M65	72:55	17:25	55:30	
Maurice Creagh	M65	73:08	21:23	51:45	
John Allen	M50	73:09	27:36	45:33	
Sue Bourn	W40	73:20	22:38	50:42	
Sandra Stockman	W45	73:21	26:01	47:20	
John Batta	M45	73:24	19:39	53:45	
Paul Martin	M70	73:36	11:11	62:25	
Mike Hale	M60	73:48	22:07	51:41	
Nick Miletic	M60	73:54	13:46	60:08	
Greg Wilson	M60	73:57	10:36	63:21	
Maree Brown	W45	74:00	18:06	55:54	
Bruce Mathieson	M65	74:05	19:50	54:15	
Karen March	W50	74:08	23:15	50:53	

Cliff Bould Trophy

November 13, 2011

Director: Ivan Brown



WEATHER was cool and clear, perfect for running and walking for the 110 members and visitors who again toured the trails of mysterious Herrison Island.

Next year I propose to vary the course by eliminating the return trip via the river-side path which currently involves a high risk of a runner/cycle collision.

We shall try returning across the grass – basically the same strip on which we begin. This is more difficult for walkers, I know, but better than a broken leg!

The trophy was won by Ursula Clarke-Murphy (although a number of visitors including Bob Cavin and Peter Harding were first home on unofficial handicaps.)

As shown in the results, Christine Pattison was first lady home but did not have an official handicap. You need to have made six club runs in the preceding six months to qualify. Carl Stockman was first man home with an official handicap, followed by Milton and Ironman Jim Barnes.

Competitors in the 5.2km run go off on scratch. Bjorn finished first, ahead of Paul Hughes and evergreen Jim Klinge. First lady was Marg Saunders, again, followed by Peggy Macliver and Delia Baldock.

The handicap walk, also over over 5.2km, was won by Ray Hall, followed closely by Kirt Johnson and Leo Hassam. First woman home was Deb Wolfenden followed by Barbara Blurton and Lynne Schickert.

Well done to the handicapper - it's great to see a few different faces in the winners' circle.

Thanks go to my loyal helpers, especially Amanda Walker who used her charms to seduce [sorry I mean 'induce'] a fisherman on the island into supplying an extra dozen plastic cups when they ran short at the drink station. Of course, we all enjoyed the morning tea thanks to the Beaumonts once again. See you all next year.

Ivan



Ray Hall won the walk handicap.

5.2K WALK

* Ineligible for trophy due to insufficient races (and difficulty in providing a reliable handicap)

			Time	H/Cap	Actual
* Debbie Wolfenden*	W45	48:31	4:38	43:53	
* Barbara Blurton*	W60	48:55	7:23	41:32	
Ray Hall	M75	51:47	12:14	39:33	
Lynne Schickert	W70	51:55	11:36	40:19	
Kirt Johnson	M80	52:55	7:37	45:18	
Michele Mison	W60	53:25	14:22	39:03	
Lorna Lauchlan	W80	53:28	8:10	45:18	
Jeff Whittam	M75	53:29	8:19	45:10	
Regina Crouch	W40	54:08	10:26	43:42	
Jeni Shillington	W50	54:10	10:17	43:53	
Patricia Hopkins	W65	54:11	5:06	49:05	
Leo Hassam	M80	59:48	0:00	59:48	

Handicap not recorded:

Wayne Taylor M50 51:48



Kim Cook was second overall in the 10.4km trophy run. Pic – Frank Smith.

Gary Fisher	M55	74:23	19:24	54:59	
Brian Bennett	M60	74:42	24:27	50:15	
Richard Blurton	M60	74:49	17:20	57:29	
Sarah Ladwig	W60	75:27	10:25	65:02	
Sandra Rourke	W40	75:45	13:33	62:12	
Cecil Walkley	M80	75:47	0:00	75:47	
John Talbot	M65	75:54	6:28	69:26	
* John Oldfield	M65	75:59	20:00	55:59	
Gillian Young	W60	76:04	20:21	55:43	
Graham Thornton	M70	77:53	17:41	60:12	
Val Millard	W60	78:51	5:26	73:25	
Bob Schickert	M70	79:38	20:31	59:07	
Jo Richardson	W55	83:40	0:00	83:40	
Elaine Dance	W60	83:42	0:00	83:42	

Handicap not recorded:

Hamish McLeod M35 73:30
 Pierre Haudecent M50 73:35
 V4 67:17
 V2 68:08
 V8 69:24
 V6 69:49

KALAMUNDA sunshine with a light breeze greeted almost 80 runners and walkers in defiance of the gloomy weather forecast. Earlier rain had compacted the trail surface nicely, so it was missing its usual 'slippiness', ensuring a good foothold. The Heritage Trail is never going to produce fast times, but when you have such wonderful surroundings – wildlife, wildflowers and good company – it does make for a very enjoyable way to spend a Sunday morning.

There were some good performances, with Jim Klinge and Margaret Saunders winning the short race, Rod Hamilton and Sandra Stockman the 8km. Ray Hall, Ann Turner, John Smith and Michele Mison were the equivalent walks winners. Most crossed the finish line with a smile on their face, with many a compliment to the organisers and marshals.

8K RUN

Rod Hamilton	M45	31:44
Lachlan Marr	M50	32:04
John Allen	M50	33:13
Paul Odam	M50	33:14
Mark Dawson	M50	34:00
Sandra Stockman	W45	34:21
Michael Karra	M45	35:44
Brian Bennett	M60	36:09
Neil Charlton	M35	36:09
Tristan Bell	M45	36:30
V2		37:03
Kim Thomas	M35	37:10
Mark Hewitt	M55	37:15
Mike Hale	M60	37:20
Ross Keane	M50	37:34
David Baird	M65	37:42
Brian Danby	M60	37:43
Sue Bourn	W40	38:14
Karen March	W50	38:30
Ian Cotton	M45	38:53

Kalamunda

November 6 2011

Directors: Christine & John Oldfield

Grateful thanks go to the regular help-crew, but also those who were new to this run. In particular, the race directors recognise those who stepped in at short notice – Ivan and Penny Brown manning the water station, John Talbot at Grove Road, Barbara Blurton and Jackie Halberg the printer watches and Barrie Thomsett co-recording. Barrie does a huge amount of work on the results behind the scenes which is often not recognised. Thanks go to all the team.

JO & CO (for B & B)

V5		39:01
V1		39:10
Maurice Creagh	M65	39:12
V4		39:57
Gillian Young	W60	40:01
Mark Sivyer	M60	40:03
John Mack	M70	40:12
Bruce Mathieson	M65	40:17
Rob Badenoch	M55	40:21
V3		40:42
Charlie Chan	M55	41:04
Lorraine MacLennan	W45	41:08
Mike Khan	M65	41:09
Richard Blurton	M60	41:16
Graham Thornton	M70	41:24
Paula Karra	W40	41:44
Bob Schickert	M70	41:53
Melissa Hynds	W30	41:59
Kim Cook	W35	42:15
Jim Barnes	M65	42:48
Shirley Bell	W60	42:49

4K RUN

Jim Klinge	M65	17:02
Margaret Saunders	W55	19:30
Delia Baldock	W45	21:26
Aldo Giacomini	M75	25:05
Jan Jarvis	W65	29:44
Vic Beaumont	M80	35:32

8K WALK

Michele Mison	W60	62:46
John Smith	M75	62:47
Lynne Schickert	W70	63:01
Lorna Lauchlan	W80	69:19
Jeff Whittam	M75	69:20
Bob Fergie	M75	69:21
Jennie Lee	W55	77:39

4K WALK

Ray Hall	M75	31:10
Ray Lawrence	M80	35:43
Kirt Johnson	M80	36:53
Sean Keane	M45	36:54
Ann Turner	W75	42:00
Elaine Ellard	W65	42:01
Leo Hassam	M80	42:34

Nick Miletic	M60	42:56
Carol Bowman	W55	42:59
Julie Wilson	W55	43:24
Karl Stockman	M50	43:29
Irwin Barrett-Lennard	M80	43:49
Lorraine Lopes	W70	45:22
Sandra Rourke	W40	46:01
Greg Wilson	M60	46:06
John Byrne	M60	48:16
Andrea Byrne	W30	49:01
John Dance	M60	49:03
Roger Walsh	M65	49:40
Merv Jones	M70	51:13
Richard Danks	M65	52:22
Steve Clark	M65	53:05
Kevin Hynds	M40	55:09
Elaine Dance	W60	62:19
Jo Richardson	W55	62:20
Margaret Bennett	W70	77:44

Cliff Bould – concludes



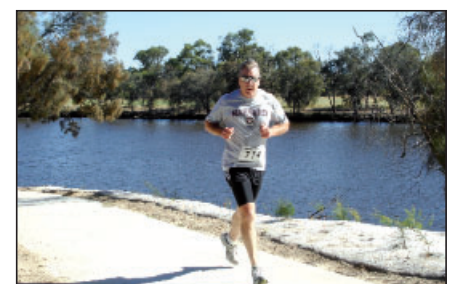
Marshall Peter Sullivan proved men can do two things at once, catching this shot of 5.2km winner Bjorn Dybdahl.

5.2K RUN

Bjorn Dybdahl	M55	21:57
Paul Hughes	M55	22:45
Jim Klinge	M65	23:10
Brian Bennett	M60	24:01
Margaret Saunders	W55	25:09
Graeme Dahl	M60	25:10
Johan Hagedoorn	M65	27:57
Hamish McGlashan	M70	28:35
Peggy Macliver	W65	28:43
Delia Baldock	W45	29:02
V5		29:19
Damien Hanson	M55	30:15
V10		30:55
Ross Keane	M50	30:56
John Dennehy	M50	30:58
Andrea Byrne	W30	31:02
Kerriann Bresser	W40	31:16
Ray Attwell	M75	31:26
Roger Walsh	M65	31:56
Christine Oldfield	W65	33:50
V1		34:29
Theresa Howe	W60	35:38
Arnold Jenkins	M65	36:18
Jan Jarvis	W65	40:50
Sheila Maslen	W70	43:31
Margaret Bennett	W70	43:33
V9		43:49
Kathy Burr	W70	49:07



Lachlan Marr, John Batta and new member, M35 Hamish McLeod on the island. Pic – Peter Sullivan. Below, Carl Stockman was first man in the trophy. Pic – Frank Smith.



Garvey Lakes

November 20, 2011

Directors: Christine & John Oldfield



LET'S have the negatives first. This is not a walk-friendly course. See the news item on the website for that controversy.

There were more than 100 participants today in this first running of what is clearly a controversial change. One vintage member bemoaned the loss of the old Garvey Gallop, despite the safety considerations which caused the committee to agree to the change. It's water off a duck's back to your experienced RDs, although complaints do take the edge off the day after putting in so much hard work and a 5am start to prepare the course.

But now for the positives; the runners loved it as a true runners' course, with mixed terrain and lovely surroundings. And the helpers' team certainly deserves an accolade. Most were new to this run but worked tirelessly and with good humour to make the day enjoyable for the participants. Out on the course, your marshals were Maree Creighton, Sylvia Szabo, Trish Farr, Wendy Duncan, Alison Aldrich and husband Brian (whom she volunteered), Bjorn Dybdahl and Iain McLennan (who offered his services on the day). They all did a great job keeping everybody on track. The finish team

were Terry Manford, Irene Ferris and Debbie Wolfenden while Glenis Folk (volunteered by daughter Trish) was on the water station ably assisted by her grandchildren.

Thanks to their invaluable assistance nobody was lost, all finishers were timed and recorded and everybody was well watered. Many even had enough breath left in the chute to say nice things, which was much appreciated.

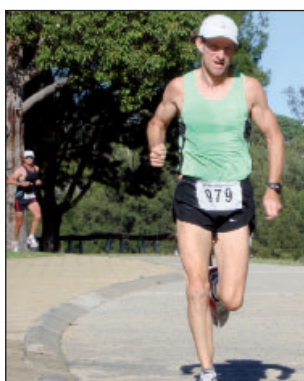
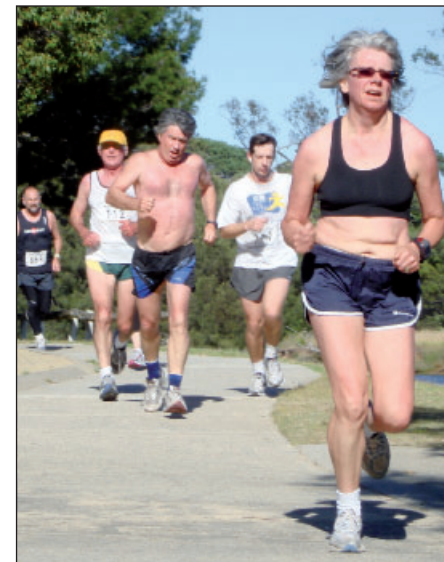
The Pomerys

We have saved until last a special mention for Alan Pomery who has been one of the stalwart helpers at Garvey for years. Alan (member number 68) told us that this would be his last appearance at a Sunday run. His health is sadly declining, although his ever-present smile and willing spirit belie this fact. He also still swims regularly at 5.30am and is always ready at the pool door at twenty-past, waiting for it to open! We will all miss him and wish him and his wife Maureen all the best.

JO & CO

10.5 RUN

Mark Dawson	M50	43:00
John Allen	M50	43:41
Chris Reid	M45	44:24
Paul Hughes	M55	45:33
Neil Charlton	M35	47:37
Sandra Stockman	W45	47:45
Don Pattinson	M55	48:37
David Baird	M65	48:58
Martin Watkins	M60	50:39
Mike Hale	M60	50:51
Robin King	W50	51:07
Chris Pattinson	W55	51:33
Frank Gardiner	M60	52:04
John Mack	M70	52:08
V2		52:24
Maurice Creagh	M65	53:08
V4		53:14
Bruce Mathieson	M65	53:18
Milton Mavrick	M55	53:38
V5		53:39
Alan Thorniley	M55	53:52
Mike Khan	M65	54:07
Hongi Laing	M60	54:13
Charlie Chan	M55	54:15
Bob Schickert	M70	54:34
Kim Cook	W35	54:48
Richard Blurton	M60	55:00
Karl Stockman	M50	55:33
Julie Wilson	W55	56:36
Irwin Barrett-Lennard	M80	57:01
Jim Barnes	M65	58:40
Sandra Rourke	W40	60:40
Paul Martin	M70	61:02
Pierre Haudecent	M50	61:04
Lorraine Lopes	W70	62:04
Genevieve Spiro	W40	62:28



RUNNERS at the new Garvey Lakes event, clockwise from top left: new member Neil Charlton is a UK import with strong ultra- and fell running experience; Pierre Haudecent, another new member, follows Ole Paul Martin. Back running strongly, Lorraine MacLennan ahead of Alan Thorniley, Bob Schickert, Milton Mavrick and Tom Tralau. Winner of the 10.5km, Mark Dawson, follows Kim Thomas, 2nd in 7km. Mike Khan and Charlie Chan practice synchronised running; and Paul Odam won the 7km. Pics - Frank Smith.



Greg Wilson	M60	62:34
John Dance	M60	64:07
John Talbot	M65	66:50
Val Millard	W60	70:20
Jo Richardson	W55	81:23
Elaine Dance	W60	81:24

7K RUN

Paul Odam	M50	28:36
Kim Thomas	M35	29:32
Jim Klinge	M65	30:07
Lisa Searle	W35	30:48
Mark Hewitt	M55	32:18
Ross Keane	M50	32:31
Gillian Young	W60	34:18
Lorraine MacLennan	W45	34:57
Chris Koemam	M50	35:02
Graham Thornton	M70	36:35
Johan Hagedoorn	M65	36:38
Hamish McGlashan	M70	37:25
Vic Waters	M65	39:15
Sarah Ladwig	W60	40:10
John Byrne	M60	40:55
Roger Walsh	M65	41:50
Rochelle Airey	W40	42:31
Merv Jones	M70	43:48
Jochen Schreyvogel	M40	43:59
John Ellard	M65	46:53

3.5K RUN

Tom Tralau	M35	14:43
Joe Clark-Murphy	M60	14:57
Brian Bennett	M60	15:46
Gary Fisher	M55	16:29
Kerriann Bresser	W40	16:30
Ivan Brown	M65	16:58
Carol Bowman	W55	17:08
Dave Roberts	M65	17:45
Delia Baldock	W45	18:06
Mike Anderson	M60	18:14
Nick Miletic	M60	19:16
Andrea Byrne	W30	20:31
Arnold Jenkins	M65	22:45
Brian Smith	M70	23:05
Theresa Howe	W60	23:23
Jan Jarvis	W65	26:03
Joan Pellier	W70	26:43
Julie Wood	W60	27:05
Margaret Bennett	W70	27:06
V1		28:03
V3		29:47

7K WALK

Michele Mison	W60	51:00
Wayne Taylor	M50	51:03
V6		52:02
John Smith	M75	52:55
Sean Keane	M45	54:09
Lynne Schickert	W70	55:38
Jeff Whittam	M75	61:03
Margaret Warren	W75	67:29
Ann Turner	W75	68:44
Morris Warren	M70	72:24
Shorty Turner	M75	72:27

3.5K WALK

Ray Hall	M75	25:42
Lesley Romeo	W65	25:44
David Brown	M60	25:47
Patricia Hopkins	W65	31:14
Ray Lawrence	M80	31:16
Kirt Johnson	M80	32:06
Dorothy Whittam	W75	34:01
Elaine Sillery	W75	35:00
Leo Hassam	M80	36:03
Elaine Ellard	W65	41:01
Pat Miller	W70	41:03

Alan's last leap!



Exuberant Alan Pomery just a few years ago at the Racecourse Run

ALAN Pomery was 53 when he joined the Vets (now MAWA) after 1984 City to Surf in 1984, where he met some of our members promoting the club.

(Good old days, when Activ welcomed our help, our clock at the halfway point, and had no objection to the club banner displayed at the finish!)

By 1989, when I joined the club, Maureen Pomery was a fixture at the recording table every Sunday morning. With Bev Thornton, she handled that job for years. In this, as every aspect of her life, Maureen didn't allow her disability (caused by childhood polio, I believe) to be an encumbrance.

That duo at the table rarely forgot a name or made an error; and this was in the dark ages, when we had no chest numbers and were handed a numbered ticket in the chute.

24-hours

Just weeks after joining Alan was recruited for the 24-hour relay team.

"I asked, how do I train for that?" he recalls.

"Same as you would for a marathon, I was told! Well, as the most I had ever done was the City to Surf, you can guess what I thought of that!"

He recalls that 24-hour effort fondly, though.

Another stalwart of the time was Duncan Strachan (dec.) a one-time Regimental Sergeant-Major at Duntroon and all-round good bloke.

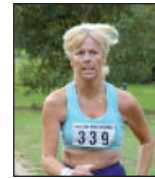
"In the early hours of the morning, 2 or 3am, Duncan was there cheering us on. He stood on the far side of the field, in the complete dark, and shouted encouragement to everyone, all night. I shall always remember that."

VW

Safety Bay

November 27, 2011

Directors: Elaine & John Dance



Elaine



John

10K RUN

Paul Odam	M50	41:28
Mark Dawson	M50	42:00
V4		42:06
John Allen	M50	42:09
Bjorn Dybdahl	M55	42:32
V3		43:37
Lisa Searle	W35	44:40
Sandra Stockman	W45	44:43
V5		45:29
Brian Bennett	M60	45:34
Ross Keane	M50	45:42
Joe Clark-Murphy	M65	46:22
Karen March	W50	49:24
Bruce Mathieson	M65	50:23
Kim Cook	W35	51:47
Charlie Chan	M55	51:59
Carol Bowman	W55	52:22
Maurice Creagh	M65	52:26
Graham Thornton	M70	52:59
John Oldfield	M65	53:08
V2		53:39
Melissa Hynds	W30	54:29
Julie Wilson	W55	54:50
Irwin Barrett-Lennard	M80	54:58
V6		56:02
Bob Schickert	M70	57:32
John Pellier	M70	57:59
Lorraine Lopes	W70	58:08
Paul Martin	M70	60:59
Greg Wilson	M60	61:22
John Byrne	M60	61:31
Ursula Clark-Murphy	W60	62:12
Merv Jones	M70	63:39
Andrea Byrne	W30	64:03
Val Millard	W60	65:52

5K RUN

Johan Hagedoorn	M65	25:20
Sarah Ladwig	W60	26:55
Rochelle Airey	W40	27:16
Christine Oldfield	W65	30:48
V1		34:30
Julie Wood	W60	36:17
Joan Pellier	W70	37:49
John Ellard	M65	41:43

5K WALK

Michele Mison	W60	34:39
Lynne Schickert	W70	37:27
Debbie Wolfenden	W45	38:59
Jeff Whittam	M75	39:47
Bob Fergie	M75	40:48
Lorna Lauchlan	W80	42:33
Kirt Johnson	M80	42:34
Morris Warren	M70	42:54
Ann Turner	W75	43:15
Dorothy Whittam	W75	44:28
Elaine Sillery	W75	44:44
Margaret Warren	W75	46:01
Elaine Ellard	W65	48:54
Shorty Turner	M75	51:21

COMING EVENTS – HELPERS

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

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

JANUARY 15

POINT WALTER

Race Director: Dave Roberts -
9472 0039

Chris Brown, Chris Coates, Maree
Creighton, Richard Danks, Kaj
Dewens, Wendy Duncan, Irene
Ferris, Gary & Mirian Fisher,
Steven Hossack & Basia Lis, Paul
Hughes, Paul Martin, David Muir

JANUARY 22

MCCALLUM PARK AGE GRADED

Race Directors: Mark Sivyer -
9572 1895 and Gillian Young -
9295 1754

Sue Bullen, John & Beryl Doust,
Rod Hamilton, Melissa & Kevin
Hynds, Jeni Shillington, Paula &
Mike Karra, Fiona & Duncan
McAuley

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 29 - ASHFIELD

Race Directors: Sandra and Karl
Stockman - 9375 5294

Pat Ainsworth, Norman & Pat
Miller, Dalton Moffett, Brian &
Bronwyn Smith, Lisa Todesco,
Neil Drouet. MORE HELPERS
NEEDED PLEASE

FEBRUARY 5 - FRIENDSHIP RUN KINGS PARK

Race Director: Brett Roach - 0406
422 378

Stephen Clark, Margery Forden,
Monique Fountain, Frank
Gardiner, Anne Jones, Hamish
McGlashan, Paul Odam, John &
Joan Pellier, Janet & Michael
Walter, Jim Barnes & Gillian
Young, Lara Mills

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