



# Vetrun

The magazine of Masters Athletics WA

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### Back to Coker for the Championships!

EVEN though our committee booked the new State athletics centre way back in August – for the 2012 State Championships on March 24/25 – we have been bumped.

VenuesWest announced (in October) that negotiations were underway for a pop concert at WAAS at around the same time. Unfortunately we can't win on this, under VenuesWest published booking rules for WAAS. They have the right to rescind our booking in such circumstances.

#### Foresight

The committee were savvy – and experienced enough - to provisionally book ECAC (Coker Park) and so the Championships will be held there on March 25/25.

The WAAS concert was eventually fixed for Wednesday March 28. Setting up time clashed with our booked days and we were offered alternative dates. However, those were not set in stone either.

The club has contacted senior levels in Government and VenuesWest to register extreme dissatisfaction that it is not possible for us to make a firm booking for the State venue.

#### Hope for 2013

Right now all we can do is hope that policy will be changed before next year, so that we can make a firm booking for 2013.

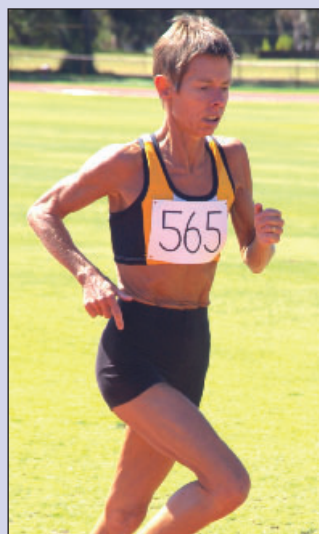
"We know that some track athletes have a preference for running at WAAS," said



*Mob finish at the Christmas Gift Run: most contestants felt fresh, although Frosty the Snowman was melting to his knees. This was a self-handicap event in which tripping over your long white beard is considered a fair outcome.*

## MAWA Champs welcome disabled athletes

WA Disabled Sports Association will hold their State track and field championships in conjunction with MAWA at ECAC, 24th/25th March.



Barbara at ECAC

President Barbara Blurton. "But we hope that club members will give the 2012 championships at ECAC strong support, as they have in previous years."

They have about 40 athletes and will be starting early on Saturday and then fitting their events around ours. It will have little effect on the normal MAWA programme and I am sure the MAWA competitors will welcome the WADSA athletes, most of whom have intellectual rather than physical disability.

#### Reminder

Championship entries MUST be received by 4 March.

Online entries are best. If you can enter this way you will really help to eliminate errors and save everyone a lot of time.

Full information and the entry form are now online at the club website, and have been emailed to most members.

Barbara Blurton

## Saturday run programmed

IN what is probably a first for MAWA, NEXT year's programme – that's 2012/13 – will feature a Saturday run. A reasonably well-supported 6-Hour Relay (see page 4) has convinced our committee that with the benefit of advance publicity a scheduled repeat of the run/walk will attract a wide field of members.

Initially we hope to recruit a team from every age-group. Long-term aim is to involve more members in team events and discover if we have the depth of interest to make an attempt on the long-standing 24-hour records set way back in the 1980s. VW

## New members – Welcome!

1071  
ABERCROMBIE: Paul M40  
1072 OBORNE: Jodie W40  
1073 COLLING: Robert M40  
1074 EDMISTON: Sarah W35  
...and welcome back – to all the old members who have recently rejoined!

# Brutal but Brilliant

*The headline is Peter Sullivan's summation of the recent event in Singapore, which he contested for the first time. Here's his account.*

MENTION Singapore to anyone and immediately heat and humidity come to mind. So I knew that to run a marathon there would be a good test, never having run one in those conditions before.

I had been to Singapore quite a few times in the past, gone running in the early morning and got back to the hotel totally spent after running only 8km. I wondered how anyone could run a marathon in those conditions. Well, I was about to find out.

To acclimatise, I arrived with my wife, Therese, the Monday before the run so allowing six days to get used to the heat and humidity, I would do some training runs and rest up before Sunday's marathon.

The plan was to do two training runs per day (6.30am, 10-12km and 3.30pm, 8km) wearing full-length compression tights with shorts over the top and full compression top with singlet.

Then on Sunday when I would be wearing just a singlet and shorts it would feel quite comfortable.

## Botanical Gardens

I have found the best place to run in Singapore is the Botanical Gardens, a huge area with waterfalls, beautiful gardens and plenty of drinking water. It is the most popular place to run and walk in the early morning. A complete lap around the perimeter paths it is about 3.5 km so you can run to your heart's content.

The first few runs were quite draining but by Wednesday afternoon I felt quite comfortable in the conditions.

## The marathon

This is a huge event in Singapore with 65,000 runners in total and it is telecast live on local TV. Crowd support was unbelievable and sometimes overwhelming. Everyone was cheering or banging drums or blowing

# Two Tales of City Marathons



Peter Sullivan

whistles to encourage the runners and the camaraderie between all the runners was exceptional.

The marathon start time of 5am (yes, 5am) meant a 2am light cereal breakfast with 500ml of isotonic water then heading to the start line (within walking distance of my hotel) at about 3.30am sipping another 500ml along the way. I didn't do a lot of warm up jogging as I didn't want to start too fast - so just lots of stretching and sipping water.

Humidity at this stage was 90-95% but without the heat of the sun it felt comfortable enough for running.

## Route

The run starts in Orchard road near the huge Ngee Anne shopping complex and winds through China Town, down past the Singapore flyer (the world's biggest ferris wheel). The you go along the formula one Grand Prix pit straight, then out along East Coast Parkway and back through the Marina bay area to finish at The Padang (an open grass Area) near St Andrews Cathedral.

## Dark start

Ok. 5am and the start gun goes off. Within 500 metres some runners were pulling over to the side and peeing out excess water they had drunk - I felt comfortable enough and eased into the run trying to stay nice and relaxed.

By 2km everyone was a lather of sweat and it felt a bit surreal to be running in the darkness, which persisted right up to the 21km turnaround point at East Coast Parkway, where the first signs of sunlight started to peek through.

Drink stops were at 3km intervals (water and isotonic were available) and I was also taking GU Roctane Energy gels and Gu Energy Chomps as well.

After making the 21km turn, the scale of the event impressed with thousands of other runners coming towards you (lots of them already walking.)

## Mantra

As the sun came up you could definitely feel the temperature rise but I felt quite good just sticking to my conservative pace and mentally reciting my mantra - "you have done the kms, time and distance not important, JUST RUN".

The hottest part of the course was through the Marina Barrage area, a brand-new inner city freshwater dam area. There's lots of concrete and the sun reflecting off felt like we were running in a sauna. Luckily there was a drink stop and I think I gulped down about three cups of isotonic water that certainly revived me.

## In the mind

I actually wasn't sure how far I had run at that stage. ("Well, why didn't you just look at your GPS watch" you might ask?) I had been ignoring my watch and avoided looking for km markers for fear the mind would start saying "What, you have only run that far?" and from there things can go downhill pretty quick. But as I turned the corner I had a pleasant surprise because right in front of me was the 35km sign and that to me is always the home stretch.

I can relate to that distance and say 'two laps of Lake Monger and you are home.'

*Two Peters - Bath and Sullivan - took their running shoes to totally different climes to complete in very different overseas marathons. Peter Sullivan dealt with Singapore's humid heat; Peter Bath handled autumn in New York.*

## Peter's stats:

Race Time -  
3hrs 33mins 33secs  
Placing  
- 155th of 15,343 finishers  
- 139th of 13139 male finishers  
- 93rd of 3200 Open finishers

## My race facts-

I consumed 10 GU Roctane energy gels; two shots energy gel (picked up at drink station); and two packets of GU Energy chomps (10 per packet). I drank

1 litre Isotonic, pre-race; 2-3 Litres water/isotonic during run; 1 litre isotonic post race.

## Going for it

I popped another Roctane GU and went for it - within 3km I reckon I passed about 50 to 60 runners who were struggling to the line and I was thinking 'Wow, this is fantastic - I feel great - let's power to the finish line'.

The only thing that stopped that was, at 38km, ALL of the individual races (marathon, half, 10km and 5km) merged into one road with no individual lane for the marathoners. So the final 4km was spent weaving around literally thousands of slow-moving m whom were just strolling to the finish line.

There was certainly no chance of getting near the final drink station. That was where I claimed a little victory because I had carried a 500ml bottle of isotonic on my fuel belt the whole way thinking I wasn't going to need it because of the excellent drink stops along the way.

So as I gulped it down with a smile on my face I said to myself 'SEE, you did need it after all.'

With just 800 metres to go we marathoners did have a dedicated lane so I sprinted up the finish straight trying to look strong for the finish photo (you know, as you do!)

Crossed the line with a big smile - didn't even look at the time and even forgot to stop my watch, which is a first for me. ■

# New York, New York...

by Peter Bath

I won't do the New York Marathon again.

This occasion was so perfect it couldn't ever be bettered! My two previous runs were the first People's Marathon in Perth; and the Bunbury when I was 65. No comparison; the NYM is an experience which includes a run.

## If you're planning to go... Holiday?

Perth to NY is a long way. We broke the journey in Sydney to see our daughter, then Seattle, with friends.

New York is a huge and interesting city with so much to see. If you can, stay after the race. We took advantage of all the double-decker sight-seeing buses and one soon becomes orientated. The city is safe at all times of the day and night, including the subway and Central Park. We also went down to Washington by train and that is well worth an extra journey. I spent a day and a half just going through the Space and Aviation Smithsonian museum!

Weather in early November is usually cold but variable. Just a week or two prior to the race NY city had a snowstorm with trees in Central Park losing branches.

Accommodation during race week is hard to get - more than 47000 in the run - and hotel rates go up considerably. The pre-booked charity option uses hotel accommodation close to the Central Park finish.

## Finance

Depends how you do it. As I understand it, you can get in on merit; if not, then from outside USA one must go through a travel agent who has purchased entry tickets from the NYM.

Then, you decide whether to purchase a ticket outright and make your own arrangements for the race or to get one incorporating a charity of your choice, which is raising money for that event. For a cheaper charity-based entry ticket you need to agree to raise a designated amount.

## Preparation

As for any race, preparation is the main thing.



Peter Bath

Whether to suffer or enjoy is something in your own mind set, but most of us would rather put in the hard yards and enjoy the day. Seek the voices of experience. Jim Barnes helped me a lot with preparation.

On the day, it's a 5am bus from the hotel to get across the Verrazano Bridge to Staten Island before the bridge is closed. Runners are divided on their predicted times into three groups, colour coded on the bib and about 15,000 in each 'pod'.

Entry into each starting pod is subdivided by the race number so that in theory you are graded in your own group but I saw a lot of runners who were clearly optimistic! The last pod doesn't get away until about 10.30 and it can be very cold waiting so everyone rugs up and leaves the warm clothes at the start for charity collection. There were masses of clothing everywhere.

I took a cheap sleeping bag and had a doze while waiting! Coffee and some food are provided if you want it and there are plenty of toilets.

At the start it takes ages to actually get to the line and a Frank Sinatra look/sound alike belts out 'New York, New York'.

The run traverses all five boroughs of New York. Verrazano Bridge (Staten Is. to Brooklyn) was elating as the day was cloudless and the packed bridge is the most popular aerial view of the run.

On through Brooklyn: plenty of bands thumping out popular tunes, cheering crowds; through Queens,

# Time for a new look?

VETRUN looks a little different this month. Did you notice? There are fewer results, more features.

Christmas deadlines, and Championship information are partly the cause. But it makes a chance to show readers how the magazine might look if we ever decide to distribute race results in some other way.

Exactly how to do it - so that nobody misses out - is the question.

## Track and Field

In recent years we have eliminated most T&F results from Vetrun.

At first they were cut back. This was essential, because with two meetings every week, and an increasing number of athletes engaged, the T&F charts would have completely filled the monthly Vetrun.

Next, the online TFNL took up the slack, printing all T&F results every month. That has changed this season. Full results go onto the website - freeing TFNL to take an overview, and carry more features.

## Online results

The club has become more efficient. Sunday run results are usually available and on the club website within a day or two. Most members can see them there.

This means that Vetrun's coverage of the Sunday runs is regularly scooped. Journalists hate that!

where the fun stops at the half way mark of the Queensborough Bridge which has a long uphill ramp across to Manhattan Island. Then we ran up First Avenue into the Bronx (best band here!) and back down through Harlem to Fifth Avenue alongside Central Park where the race ends.

The second half is undulating with a lot of uphill and even the last 400 metres to the finish is up. New York is the slowest of the big-city popular marathons.

Even after the finish the organisation continues with a queue to go through photography with the medal in your hand. Everyone is given a space blanket, a drink and a sandwich!



## In My View

by the Editor

who's showing  
his age!

However, members who have no access to a computer still need their printed copy. But is there another way? Could we perhaps have print-outs available every Sunday morning, for the previous week, or weeks? Most regular members might pick up the news that way.

## Future

If so, what's the future for Vetrun, and the creaking veteran of hot metal days who edits it?

The magazine might, like TFNL, take an overview of events; carry more news and features; use more copy of general athletics interest; continue to use pictures as now. It might print less often?

Let me have your thoughts and comments please, on all these points, except what to do with the editor!

The web site has a race tracker for the non-believers to watch and there are dozens of still photographers on the course. Also, there's video recording at 10, 20, 40km and three angles at the finish. Fill in your name or race number and every picture and video taken on the day that includes your number, anywhere, pops up for your perusal and ordering.

I must sound like a farm boy on his first visit to the city, but the technology is amazing!

## Finally...

Warning: don't arrange to be met near the finish as there are 47000 other people also leaving!



Left, the whole field; above, Boris Padovan and Lisa Searle

**WE didn't have long to prepare. Then predicted super-hot conditions brought a delay. We lost a few great runners and walkers who couldn't make the new date.**

**And then it all turned out just fine!**

Enthusiasm for relays is infectious. Everyone lifts the game and makes an extra effort for their team-mates.

'Loneliness of the long-distance runner' is dispelled. We solitary souls, who mostly compete against ourselves, injuries and personal demons discover solace in camaraderie.

**Conditions**

Yokine's early-morning was cool, perfect, and when the starters set off at 7am it was chilly. High was a predicted 29 degrees. A cool wind became stronger through the morning - and runner-resistant towards the 1pm finish - but heat was no problem.

Tiring legs slowly filling with lactic acid, every runner and walker felt that wind most keenly in the first kilometre of each circuit, where the path also climbs slightly. But the two-kilometre route, on a solid path winding through the reserve, is custom-made for the relay.

All competitors seemed to prefer this public path to a 400m athletics track. Variety, changing scenery, interaction with the wider public (and their dogs!) were mostly considered advantages. There were even a couple of cricket matches in progress, as well as other runners and walkers on the track.

**How it was run**

Alternative locations had been considered and discarded. Distance to be run/walked was set to give the best chance for quick times, and acceptable recovery periods. Two kilometres per leg was thought the best bet, and proved so.

In a balanced, six-person team, each person can expect around five times his/her own performance time in which to recover. Someone taking nine minutes to cover two kilometres will have 45 minutes to recover and rest before going out again.

On this occasion, itself very much a test run for future club events, team numbers and composition were ad hoc.

Our W40 women assembled a full team, as did the walkers with their

mixed sextet. M60 men numbered five, but were given a strong boost by the speedy Joe Clark-Murphy.

Fastest performers were in team four, a heroic mixed group that started the day, totally undaunted, with just three runners!

Roscoe McDonnell joined them a little late and relieved the pressure. He matched their heroism, battling non-existent early-morning public transport and running the final stretch to reach Yokine. Age range for this mixed team was mid-thirties to early fifties, and the four covered almost 90 kilometres in six hours. It's interesting to speculate just how much faster, and further this talented quartet could go with two more runners of similar quality.

Our W40 women were also impressive, all running consistently around nine and a half minute legs and heaping pressure on the M65 men. Bearing in mind that all of them are avowed distance runners, several having run the South African Comrades ultramarathon, their switch to two-lap 'sprints' is awe-inspiring.

Club support for the relay was limited by short preparation time, but intense support came from those committed to the event.

**Thanks to the helpers**

Accurate timekeepers and efficient administrators are essential. We were fortunate to have the experienced services of Jeff and Dorothy Whittam (veterans of club relay events dating back to the 1980s) Barrie Thomsett, and Christine and John Wheeler.

Final testimony to the staging of this six-hour relay has come from the competitors who, while stiff and aching in limb, were universally keen to repeat the exercise - after a little rest!

**Future and Past**

MAWA's has now committed to placing the making the six-hour relay on the club calendar, with the first 'official' event likely on a Saturday in Spring 2012.

**Six-Hour Relay  
Yokine Reserve  
December 10, 2011**

**WALKERS**

Total	51.5km	Average
	2kmLaps	
Tom Lenane	5	12:19
Michele Mison	4+	13:37
Lesley Romeo	4	15:00
Wayne Taylor	4	14:27
Sarah Ladwig	4	13:37
Regina Crouch	4	15:12

**W40 RUNNERS**

Total	78.7km	Average
	2kmLaps	
Jodie Osborne	7	8:15
Liz Neville	7	9:28
Robin King	7	9:04
Claire Walkley	6+	9:34
Kate Sommerville	6	9:37
Jane Elton	6	9:01

**Mixed - Informal Runners**

Total	89.5km	Average
	2kmLaps	
Lisa Searle	11+	8:48
Boris Padovan	11	7:10
Terry Cummins	11	7:57
Roscoe McDonnell	11	8:17

**M60 Runners**

Total	77.7km	Average
	2kmLaps	
Joe Clark-Murphy	8	8:27
John Oldfield	8	9:16
Maurice Creagh	8	9:32
Mike Hale	7+	9:37
Vic Waters	7	9:40

The club has done it before, though. In 1994 a Six-Hour attempt was made at Coker Park (ECAC).

To read how that turned out - and it is intriguing, especially if, like me, you had forgotten you were in it! - go to the website, under Relays, and Fixed Time Relays.

FARMERS know that if you want to fatten up an animal, put it in a small paddock, and it eats twice as much. Nice broad-ish paddock, Perry Lakes, and I was pleased to find a fair chunk of the mob were prepared to take on three laps.

Great to see a sprinkling of youth running; hopefully everyone shares that view. Helping to keep us veterans (anyone remember that word?) on the straight and narrow. Soon be approaching my 30th year of directing this run!

New courses are an experiment and this one looks to be here to stay, with minor adjustments. Above all else, avoid cynicism!

Extra tables, urns, toilet keys, council notification, timing-gear, timing-gear fixers, and wonderful marshalls. Thank you all for your help, and this is for you:

'I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.' Albert Schweitzer.

**John**

### 10.8K RUN

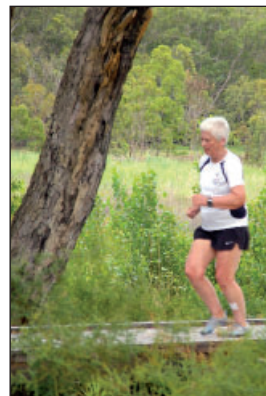
Mark Dawson	M50	45:19
John Allen	M50	45:52
Chris Reid	M45	46:26
Karen March	W50	49:05
Michael Karra	M45	49:37
Prabuddha Nicol	M55	49:56
David Baird	M65	50:51
Ross Keane	M50	52:21
Don Pattinson	M55	53:04
Chris Pattinson	W55	53:07
Maria Fitzsimmons	W45	54:00
Keith Miller	M60	54:05
V6		54:33
Charlie Chan	M55	54:42
Bruce Mathieson	M65	55:06
Lorraine MacLennan	W45	55:16
Mark Sivyer	M60	55:18
Karl Stockman	M50	57:45
Kim Cook	W35	58:21
Graham Thornton	M70	58:32
Richard Blurton	M60	58:46
Paula Karra	W40	58:51
Irwin Barrett-Lennard	M80	59:49
Julie Wilson	W55	59:59
Melissa Hynds	W30	60:20
V8		60:21
Shirley Bell	W60	61:42
Greg Wilson	M60	62:46
Paul Martin	M70	64:58
John Dance	M60	67:06
Ursula Clark-Murphy	W60	67:30
Cecil Walkley	M80	75:19
Elaine Dance	W60	88:35
Jo Richardson	W55	88:36

### 7.2K RUN

Bjorn Dybdahl	M55	30:06
Paul Odam	M50	30:11
Jim Klinge	M65	31:17
Sandra Stockman	W45	31:42
Tristan Bell	M45	31:50
Brian Bennett	M60	32:00
Steve Hossack	M50	34:22
Gary Fisher	M55	35:58
John Batta	M45	36:37
Chris Koemam	M50	37:01
Johan Hagedoorn	M65	37:17
Jim Barnes	M65	37:36



Above, top, the start, and inset almost the whole walks field; right, Jim Barnes, Ivan Brown; below Sheila Maslen; and Denise Viala and Co.



Maurice Creagh	M65	38:10	Christine Oldfield	W65	22:52
David Carr	M75	38:11	Aldo Giacomini	M75	23:43
Wayne Taylor	M50	38:15	Bernadette Height	W50	24:50
Jane Elton	W40	39:10	V7		24:51
Bob Schickert	M70	39:22	Bronwyn Smith	W40	25:19
Sandra Rourke	W40	40:25	Julie Wood	W60	25:27
V9		43:08	Arnold Jenkins	M65	27:28
Rochelle Airey	W40	44:00	Jan Jarvis	W65	29:54
Merv Jones	M70	45:08	Sheila Maslen	W70	30:32
Andrea Byrne	W30	46:42	Toni Frank	W65	31:20
Pierre Viala	M60	50:11			
Brian Smith	M70	50:37	<b>6K WALK</b>		
Denise Viala	W60	50:46	Michele Mison	W60	44:35
			John Smith	M75	44:36
<b>3.6K RUN</b>			Sean Keane	M45	47:49
V2		13:37	Lorna Lauchlan	W80	53:45
Amanda Walker	W45	14:49	Bob Fergie	M75	53:45
V4		15:28	Jeff Whittam	M75	53:46
V5		15:33	Margaret Warren	W75	59:33
Frank Gardiner	M60	16:28	Ann Turner	W75	59:41
V1		16:37	Dorothy Whittam	W75	59:42
Raymond Gimi	M45	16:55	Morris Warren	M70	68:48
Margaret Saunders	W55	17:00	Leo Hassam	M80	72:50
Graeme Dahl	M60	17:00			
Mark Hewitt	M55	17:14	<b>4K WALK</b>		
Joe Clark-Murphy	M65	17:59	David Brown	M60	29:57
Dante Giacomini	M40	18:13	Ray Hall	M75	32:13
Ivan Brown	M65	18:15	Richard Harris	M75	36:04
Peggy Macliver	W65	19:16	Ray Lawrence	M80	36:17
Mike Anderson	M60	19:17			
V3		19:17	<b>2K WALK</b>		
Gillian Young	W60	21:05	Kirt Johnson	M80	18:56

# BLACK SWAN EVENT FINANCIAL PLANNING

## MAWA Track & Field State Championships

March 2012

at Ern Clark Athletic Centre (Coker Park)

Wharf Street, Cannington

Competition takes place on the five dates shown below.

**In addition, the Steeplechase events are at WAAS on Friday 9 March in conjunction with AWA competition but must be entered on the MAWA official entry form (closing date 4 March).**

<b>Thursday March 15</b> 7pm 10,000m	<b>Saturday March 17</b> 8am Outdoor Pentathlon 12pm Throws Pentathlon	<b>Thursday March 22</b> 7pm 5,000m walk
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<b>Saturday March 24</b> <b>TRACK</b> In the following order from 12.00pm 1500m 100m 400m 3000m walk 80/100/110m hurdles  <b>FIELD</b> Hammer from 11.00am Javelin from 11.30am Long Jump from 12.00pm High Jump from 12.00pm	<b>Sunday March 25</b> <b>TRACK</b> In the following order from 7.45am 5000m 200m 1500m walk 800m 200/300/400m hurdles 60m <b>FIELD</b> Discus from 8.00am Shot from 8.00am Triple Jump from 8.00am Weight Throw from 8.00am
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### Competition Rules

Competition will be conducted under IAAF and WMA rules subject to any special rules laid down by the local organising committee. Entry signifies that each competitor will abide by the rules.

### Entry Rules

Financial members of MAWA are eligible to compete in this competition. Club uniform is to be worn. Athletics registered with other Veterans or Masters athletics clubs can compete on an invitation basis. Non-registered athletes are also eligible to compete by taking out a temporary membership with MAWA (\$10). Refer to registration details on entry form.

### Age Groups

Competition will be conducted in the following five-year age groups for men and women: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+  
 The age group for each competitor is determined by his/her age on the first day of the championships – 15 March 2012

### Spikes

Maximum 7mm cone/pyramid or xmas trees and 9mm cone/pyramid for high jump and javelin.  
 Maximum 12mm cone/pyramid for starting blocks.

### Awards and Results

Medals presented to the first three competitors in each event. Results will be published in Vetrin and on the website.

# MAWA State Track & Field Championships – March 2012

## Official Entry Form

Kindly sponsored by **Black Swan Event Financial Planning**

**ENTRIES CLOSE: Sunday 4<sup>th</sup> March**  
**NO LATE ENTRIES ACCEPTED**

**Send entries to:** Barbara Blurton, MAWA, 6 Curran Court, Kalamunda 6076  
**Enquiries:** Ph: (08) 9293 0190 or email: [vetrunners@iinet.net.au](mailto:vetrunners@iinet.net.au)

Surname \_\_\_\_\_ First name \_\_\_\_\_ Gender (M/F) \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/19\_\_\_\_

Address \_\_\_\_\_ Suburb \_\_\_\_\_ P Code \_\_\_\_\_

Contact number (\_\_\_\_) \_\_\_\_\_ email: \_\_\_\_\_

**DISCLAIMER. I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter in the Masters Athletics WA State Championships 2011. I absolutely relieve Masters Athletics WA Inc and Australian Masters Athletics Inc. of any responsibility for any loss, damage or injury including death which I may sustain in the course of competing in these events.**

Emergency contact number (\_\_\_\_) \_\_\_\_\_ Signature \_\_\_\_\_

### Event Entry

Mark	X	Code	Event	Eligible age groups	Mark	X	Code	Event	Eligible age groups
		60	60 metres	all			1500W	1500m track walk	all
		100	100 metres	all			3000W	3000m track walk	all
		200	200 metres	all			5000W	5000m track walk	all
		400	400 metres	all			LJ	Long jump	all
		800	800 metres	all			TJ	Triple jump	all
		1500	1500 metres	all			HJ	High jump	all
		5000	5000 metres	all			SP	Shot put	all
		10000	10000 metres	all			DT	Discus throw	all
		80H	80 metre hurdles	M70+, W40+			JT	Javelin throw	all
		100H	100 metre hurdles	M50-69, W30-39			HT	Hammer throw	all
		110H	110 metre hurdles	M30-49			WT	Weight throw	all
		200H	200 metre hurdles	M80+, W70+			OPENT	Pentathlon	all
		300H	300 metre hurdles	M60-79, W50-69			TPENT	Throws pentathlon	all
		400H	400 metre hurdles	M30-59, W30-49			2000S	2000m steeplechase	M60+, W30+
							3000S	3000m steeplechase	M30-59

**3k and 2k steeple to be held in conjunction with AWA at WAAS on Friday 9th March - times tba.**

### Payment Details

1	MAWA registration fee (For all athletes)	\$10
2	Temporary MAWA membership Fee * @ \$10 (Only for athletes not registered with MAWA)	
3	Event fees: Number of events _____ @ \$5 each	
<b>Total</b>		

\* **Temporary Membership** Non Masters registered athletes are eligible to compete by taking out temporary membership with Masters Athletics WA.

#### Payment

Payment can be by cheque, money order or credit card (complete details below). Make cheques payable to MAWA.

**Credit Card Payment** *Masters Athletics WA State Championships Entry* ABN 42316168339

<b>Please tick card type</b>	<input type="checkbox"/> Mastercard	<input type="checkbox"/> Visa
Card Number <div style="display: flex; justify-content: space-between;"> <span>[ ][ ][ ][ ] [ ][ ][ ][ ] [ ][ ][ ][ ] [ ][ ][ ][ ] .</span> </div>	Expiry Date <div style="display: flex; justify-content: space-between;"> <span>____/20____</span> </div>	Amount \$
Name on Card	Signature	

### Privacy Act 1988 Collection Notice

Personal information collected by the organising committee for entry purposes will not be passed to third parties except for printing of competition program and results. Any entrant may at any time check their personal details held by the organising committee.

# COMING EVENTS – HELPERS

## 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 Sivyver

## 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

## JANUARY 22

### MCCALLUM PARK AGE GRADED

Race Directors: Mark Sivyver - 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

## 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

## FEBRUARY 12

### MCCALLUM LAKES

Race Directors: Julie & Greg Wilson - 9339 8626

Keith Atkinson & Helen Lysaght, Andrea & John Byrne, Dee Conibeer, Fiona Cousins & Scott Winn, Ray Hall, Nick Miletic, Val Millard, Joan Pellier, Wayne Taylor, Blakeney Tindall

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.

MASTERS ATHLETICS WA



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