

Vetrun

FEBRUARY
2012
No. 454



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Are you in the State Championships?

CLOSING date for entries is March 4. Don't be caught short – put your entry in asap, preferably online, from the link on the club's website.

Olympics – flat to let

DO you plan to visit London for the Olympics this August? A self contained mansion block flat near Hampstead Heath, ideal for a couple, and convenient for transport to the stadiums and central London is available. Contact me for details.

Vic Waters

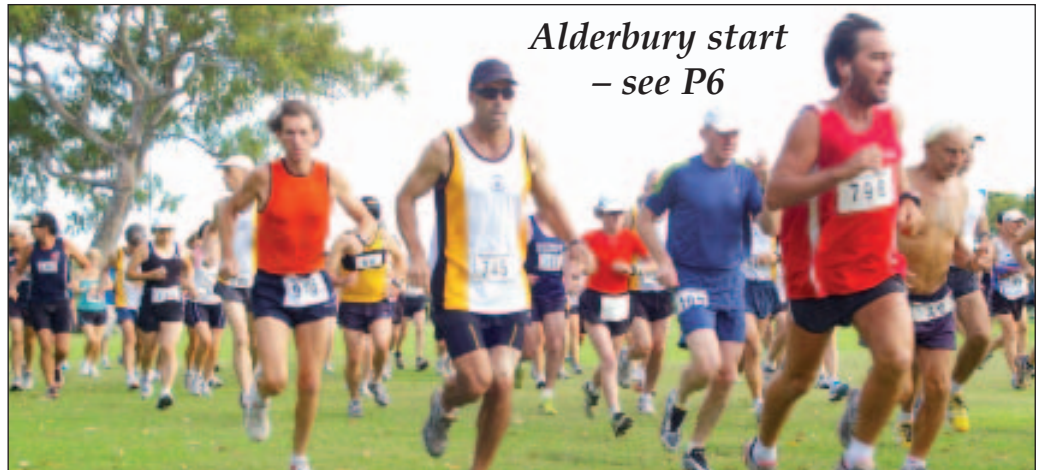
Wireless Hill Centenary Director still needed

NO-one has come forward to take over the Wireless Hill event, yet.

However, Dalton Moffett, a veteran member, is on the City of Melville council and involved in next September's centenary celebrations for Wireless Hill. We have moved the event back to September 30 (the actual centenary date) and the City will give the run a plug in their publications and other announcements. So we may have extra visitors next time.

Should no-one be forthcoming as RD, Dalton has agreed to do it in 2012 as a one-off.

John Oldfield



Alderbury start
– see P6

Your club needs your views

HELP us plan the future of *Vetrun*, and the club's communications.

The ever-growing popularity of email and online viewing has helped MAWA make great improvements, especially in fast delivery of results and breaking news.

Now we want readers' opinions on how this has

Vetrun survey

affected perceptions and expectations of *Vetrun*, the club's traditional magazine of record.

All members – and that includes family members too – please complete the

short survey enclosed with your printed *Vetrun*, or attached to your emailed *Vetrun*.

Please mail the completed survey, and any extra comments, to the editor or hand it over any Sunday morning. If you wish, scan and email it.

My contact addresses are on the back page.

Boxing Day run – changes needed?

A small number of runners/ walkers, about 20 at the most. A large group of Sudanese (?) family groups occupied the BBQ area. It was decided to send off our people and worry about the BBQ later.

As it turned out the BBQ area was left vacant by the time we were ready to sit down. It was a happy group of migrant families, who left the area and went up to the oval to eat and dance to the tune of up-turned rubbish bins. They were a delightful happy lot.

The BBQ area was left for us in an immaculate condition. I mentioned the possibility of holding this event in the morning, but this is some thing that had a variety of

reactions. I am happy to leave this to those who are regulars at this event.

Before we started, I asked did anyone want times taken, and it was a resounding NO. It seems it is a social event, post Christmas, that has sentimental value. I would like to hear from club members, as to what they want. I'm happy to have this event each Boxing day evening, and record times if wanted.

Barrie Thomsett

New Members – Welcome!

- 1075 DE KLERK: Quinton M45
- 1076 KENNEDY: Martin M50
- 1077 FLOYD: Sally W45
- 1078 SCODELLARO: Charlene W30
- 1079 EDWARDS: Leonie W50
- 1080 BALDOCK: Danielle W30
- 1081 BRENNAN: Greg M40
- 1082 VAN DUREN: Peter M65
- 1083 DOWNS: Allan M75
- 1084 WHITE: Wendy W45
- 1085 HAGAN: Karen W40
- 1086 SOWDEN: Miles M45
- 1087 PASCAL: Maurice M40

24-hour record-setters will take some beating

EVER seen the Calvin and Hobbes cartoon in which Calvin's dad explains how the world was all black and white until around the 1940s? Well, in the 1980s our club still supported the monochrome look.

Beaming with joy after their 24-hour ordeal, these are the splendidly fresh looking 35 and 40-year old women who set the records in 1984. Their WAVAC (WA Veterans Athletic Club) club kit was probably freshly washed and ironed for the picture. The ladies don't look as though they had worn it for the previous 24 hours!

Just a few are still competitive club members. You probably know Dorothy Whittam, Marge Forden and Joan Pellier. Lorna Butcher is now called Lorna Lachlan. Also members, but rarely seen at meetings are Kath Penton and Joan Slinger. (Kath is now married to Basil Worner, and they live in Albany.) Another

who has migrated – to Tasmania – is Sandi Walton, now called Sandi Hodge.

Who are they?

(Code: * = Over 35 team
+ = Over 40 team)

In the back row, from left, are Elza O'Dea+, Mary Robinson+, Trisha Spain*, Margaret Harman*, Lorna Butcher+, Enid Crowther+, Jan Fletcher*, Dorothy Whittam+, Kath Penton+, Margery Forden*, Joan Slinger+, Cheryl Amies*, Joanne Collins*, and Don Caplin, who coached both teams.

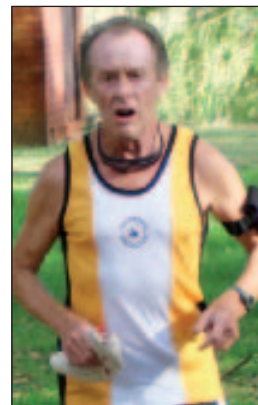
Kneeling are, from left, Marilyn Acreman+, Val Pach+, Doreen Dow*, Alicia Ansell*, Joan Pellier+, Sandi Walton*, and Jill Chambers*.

Which twin is sickest?

DURING the Test matches (only time I ever watch commercial telly, albeit bolstered with ABC radio commentary) BUPA ran some peculiar ads suggesting they could help us 'meet a healthier version' of ourselves.

OK. Tired, drawn sick-looking woman is confronted by younger, radiant persona – obviously her before she had kids!

But what about the bloke? He looks gaunt, granted; a lot like most of our runners. But his alter ego is a fat git, with



In My View

by the Editor

hamster cheeks and a beer belly? Is this BUPA's idea of a healthy man?

Cross-country sites needed

UNFORTUNATELY, we are still unable to conduct a proper x/c in the hills of Reabold. Kings Park board still wants an excessive fee of \$250 – plus payment for a duty ranger.

So if anyone has thoughts on convenient x/c courses, please contact Irwin B-L. Overall, we are short of proper, challenging ones, as distinct from 'park' runs.

Help us produce correct results

PROVISIONAL Sunday run results are normally on the website on Mondays and it's simple for anyone to tell us if there are mistakes.

Immediately below the results button on the web page is a new feature (+) Add your comment. Click this and a comment box will open. Put your name in the small box; then use the big box to explain the error. The team will then investigate and correct if necessary.

Once we're satisfied the results are correct they will move to the 'Confirmed Results' section of the web page.

could just take a trip to their local library. There they will find free computer and Internet access and also a friendly librarian to give them all the help they need.

Computers and help can be booked in advance and you can sometimes have access for half an hour without booking – it depends on the library. All a person would have to do



You write...

Sorry, no medal!

Hi Vic

Just a brief account of the situation I mentioned today. Shirley was laughing and took it all in good humour so I don't think she would object if it goes into Vetrin. Briefly, Shirley competed in the Triathlon at Champion Lakes on Sat 14/01. I went along to give a bit of vocal support! She did the 750m swim, 21k bike ride and 5k run very well! She looked really

focussed and determined as she came in from the swim. She was thrilled with her completion and asked Gillian Young to take a photo of her receiving her first place medal. We all went along of course! They started the presentations with medals for the 'Enticer' groups (all ages) and we waited in the boiling, hot sun for the next lot of medals. At last came the men 70+ and 60+, then the ladies 55+ – where were the 60+ladies? Shirley strode over and mentioned she had won the women 60 section and duly received her first place medal!

We all cheered loudly, took photos and congratulated her. She had a big grin on her face! Alas, today Shirly arrived at the run to say she found out she was actually second in her age group, losing by 4 seconds! The medal, sadly, will be returned and presented to the rightful winner.

Sarah Ladwig

Reading Vetrin

IF you decide to omit results from Vetrin, or stop producing printed copies, those who do not possess a computer



Lorraine Lopes – first home in the 8km run

Age Graded Handicaps

January 22, 2012
Directors: Gillian Young & Mark Sivyer

8K RUN

	Age	Clock	H/Cap	Actual
Lorraine Lopes	72	45:33	2:04	43:29
Jim Langford	67	46:32	11:55	34:37
Irwin Barrett-Lennard	82	47:53	3:36	44:17
Paul Hughes	59	48:24	13:52	34:32
Bjorn Dybdahl	58	48:31	14:05	34:26
David Baird	68	48:45	11:39	37:06
Jim Klinge	65	49:20	12:26	36:54
Sandra Stockman	46	49:23	13:44	35:39
Karen March	50	50:54	12:28	38:26
Maurice Creagh	65	51:12	12:26	38:46
Margaret Saunders	58	51:28	9:25	42:03
Martin Watkins	64	51:30	12:41	38:49
Kim Thomas	38	51:31	17:53	33:38
Bob Schickert	70	51:36	11:02	40:34
Carol Bowman	57	51:53	9:50	42:03
Steve Hossack	51	52:08	15:33	36:35
Graeme Dahl	62	52:13	13:10	39:03
Graham Thornton	71	52:25	10:40	41:45
Joe Clark-Murphy	65	52:26	12:26	40:00
John Collier	45	52:32	16:42	35:50
Mark Hewitt	59	52:40	13:52	38:48
Brian Danby	63	52:53	12:55	39:58
Charlie Chan	59	52:54	13:52	39:02
Maria Fitzsimmons	46	52:56	13:44	39:12
Sue Bourn	44	53:01	14:15	38:46
Vic Waters	67	53:21	11:55	41:26
Julie Wilson	58	53:25	9:25	44:00
Johan Hagedoorn	68	53:39	11:39	42:00
Brian Bennett	64	54:05	12:41	41:24
Mike Khan	67	54:15	11:55	42:20
Kim Cook	37	54:19	15:27	38:52
Gary Fisher	59	54:41	13:52	40:49
Peter March	52	54:59	15:21	39:38



Jim Langford, 8km first man, with his pacemakers!

5K WALK

	Age	Clock	H/Cap	Actual
Lorna Lauchlan	81	44:33	3:06	41:27
Val Millard	65	45:27	10:58	34:29
Lynne Schickert	70	45:45	9:04	36:41
Ray Hall	78	46:28	9:21	37:07
Lesley Romeo	67	48:00	10:15	37:45
Joan Pellier	72	48:00	8:12	39:48
Christine Oldfield	67	49:21	10:15	39:06
Ann Turner	75	50:09	6:44	43:25
Margaret Warren	76	50:10	6:12	43:58
Bob Fergie	76	50:48	10:08	40:40
Jeff Whittam	77	51:21	9:45	41:36
Elaine Sillery	79	51:49	4:26	47:23
Ray Lawrence	83	51:59	7:03	44:56
Richard Harris	75	52:37	10:31	42:06
Peter Hopper	67	52:38	13:05	39:33
Dorothy Whittam	75	52:46	6:44	46:02
Regina Crouch	42	55:03	16:22	38:41
Patricia Hopkins	69	53:28	9:29	43:59
Maggie Flanders	75	58:03	6:44	51:19
Sylvia Szabo	30	59:21	17:28	41:53
Keith Atkinson	55	60:41	15:51	44:50

John Oldfield	68	60:51	12:48	48:03
Rosa Wallis	68	62:28	9:53	52:35
Pat Miller	73	62:29	7:44	54:45
Sylvia Szabo snr.	54	63:18	14:04	49:14
Elaine Ellard	69	64:23	9:29	54:54
Started from scratch:				
V5		47:58		

Maree Brown	47	55:38	13:27	42:11
Lorraine MacLennan	46	56:04	13:44	42:20
Sarah Ladwig	62	56:22	7:37	48:45
Tom Traulau	38	56:33	17:53	38:40
Mike Hale	64	57:21	12:41	44:40
Paul Burke	41	57:30	17:23	40:07
Karl Stockman	52	58:12	15:21	42:51
Nick Miletic	60	58:20	13:38	44:42
Greg Wilson	64	59:26	12:41	46:45
Mike Anderson	63	59:34	12:55	46:39
John Pellier	72	60:47	10:17	50:30
Pierre Haudecant	53	60:48	15:09	45:39
Sandra Rourke	44	61:18	14:15	47:03
Theresa Howe	61	61:24	8:05	53:19
Ursula Clark-Murphy	61	61:35	8:05	53:30
Jo Richardson	59	61:50	8:59	52:51
Merv Jones	72	62:02	10:17	51:45
Sally Floyd	45	62:16	14:00	48:16
Rochelle Airey	43	63:12	14:28	48:44
Janet Jiang	47	63:13	13:27	49:46
Tanya Burke	40	63:37	15:03	48:34
Richard Danks	69	66:07	11:21	54:46
Kathy Burr	72	66:48	2:04	64:44
John Talbot	65	66:56	12:26	54:30
Steve Clark	69	67:40	11:21	56:19
Jane Stanbrook	44	69:26	14:15	55:11
Sheila Maslen	74	69:34	0:43	68:51

Reading Vetrun

would be to take along a note of the club website address. Most libraries also offer printing facilities for a small charge so a paper copy of results or magazine could be produced to take away and read at leisure.

It may sound daunting but after doing it once or twice it's a piece of cake – something that could be bought with the money saved by not having a hard copy of Vetrun.

Becoming confident with using the Internet could open up a whole new avenue of opportunity.

Christine Oldfield

MAWA

and

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Started from scratch:	Clock
Carolyn Fawcett	66:09
Bob Fawcett	75:13
V6	58:31
V9	64:28
V4	66:39
V1	69:20

5K RUN		
Raymond Gimi	M45	24:12
Hamish McGlashan	M70	26:52
Peggy Macliver	W65	27:09
Ross Keane	M50	28:27
V7		28:32
John Byrne	M60	29:41
Andrea Byrne	W30	29:56
Roger Walsh	M65	30:34
Mike Rhodes	M65	32:22
V8		34:41
Arnold Jenkins	M65	36:35
Jan Jarvis	W65	38:29
Vic Beaumont	M80	41:05
V3		43:37
V2		47:13



East Perth

January 8, 2012

Director: John Smith

ONE of those magic days. Almost cool for the start and just the right amount of refreshing breeze to give a fast run home. That was followed by a great morning tea, thank to Jacqui and Vic Beaumont. (One advantage of a handicap event is that it gives every body a fair chance of getting into the chocco biscuits)

Nobody got lost or was collected by a member of the lycra brigade, For that we must thank our marshals and other helpers. Names will not be mentioned because quite a few extra people were co-opted at the last minute. It shows the spirit of co-operation in our club in that a race director can approach an event short-handed but be confident the gaps will be filled.

One name will be mentioned. As usual the loud hailer (should that be howler?VW) was having an off day and Geoff Whittam was persuaded to read out the race results. Windows would have rattled in South Perth and most of the local residents would be aware of who won each division.

Just a point of etiquette before closing. Please don't come to a halt as you enter the chute. The course ends just after leaving the recording table. There is then plenty of time and space to act out your post race trauma; you can even keel over if you feel it will make an impression. Particularly in a handicap event, the timer and the recorders have to work at top speed and accuracy depends on a smooth flow.

John



Amanda Walker (above and below) leads the off-scratch pack and stayed in that position right through the 4km run, finishing three minutes clear.

Left, Kim Cook won the 7km handicap. Pics by Frank Smith.



Left, Lachlan Marr ahead of Janet Jiang; lower right, Paula Karra fights to the line with Graham Thornton. Paul Martin and Carol Bowman follow. Below left, Tom Tralau, Val Millard and Bryan Hardy.



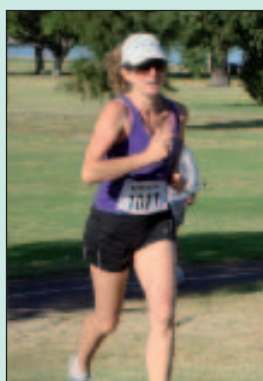
Below left: Prayer leader John Smith: well, we did all gather by the river! Right, on of our newer members, Sally Floyd.



7K RUN

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

		Time	H/Cap	Actual
*V6		44:20	12:04	32:16
Kim Cook	W35	44:24	11:21	33:03
Tanya Burke	W40	45:18	4:38	40:40
Greg Wilson	M60	45:23	6:44	38:39
Pierre Haudecant	M50	45:55	9:23	36:32
Karl Stockman	M50	45:58	10:11	35:47
Charlie Chan	M55	46:13	11:45	34:28
*Sally Floyd	W45	46:22	6:23	39:59
*V7		46:25	11:22	35:03
Lorraine Lopes	W70	46:29	7:44	38:45
John Mack	M70	46:33	12:18	34:15
Vic Waters	M65	46:34	11:22	35:12
*Darryl White	M50	46:42	14:55	31:47
*Hamish McLeod	M35	46:45	13:30	33:15
Peggy Macliver	W65	46:47	8:22	38:25
Merv Jones	M70	46:48	3:48	43:00
Chris Koemam	M50	46:57	11:45	35:12



AMA Half Marathon Championship

HOBART
January 8, 2012



Ross Keane, Roscoe McDonnell (both 50 age group) and Paul Hughes (55) were there from Perth.

M50	Philip Clarke	Tas	50	1:17.23	86.53
	Greg Hickey	Tas	54	1:27.38	79.11
	Wayne Tibbits	Tas	53	1:28.15	77.86
	Roscoe McDonnell	WA	53	1:31.27	75.14
	Ross Keane	WA	50	1:38.50	67.75
	Philip Hand	Tas	52	1:40.44	67.62
	Neil McClarron	Tas	53	1:44.26	65.80
	Mark Beech-Jones	Tas	52	1:51.28	61.11
M55	Shaun O'Regan	Tas	58	1:31.35	78.46
	Chris Gates	Tas	57	1:32.45	76.77
	Paul Hughes	WA	59	1:34.05	77.09
	Danny Keep	Tas	55	1:35.22	73.34
	Suat Bayram	Vic	58	1:39.07	72.50
	Stephen Dance	Tas		DNF	

12.4K RUN

V1	Mark Dawson	M50	51:43
	John Allen	M50	52:30
	Sandra Stockman	W45	53:17
	Joe Clark-Murphy	M65	55:08
	David Baird	M65	56:36
	Tristan Bell	M45	58:13
	Don Pattinson	M45	60:04
	Kim Cook	M55	60:48
	Bruce Mathieson	W35	61:42
	Bob Cavin	M65	63:60
	Karl Stockman	M55	64:29
	Mike Hale	M50	64:44
	Graham Thornton	M60	67:05
	Julie Wilson	M70	68:52
	Ursula Clark-Murphy	W55	72:07
	Janet Jiang	W60	80:56
		W45	82:07

6.2K RUN

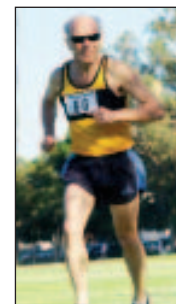
Bob Lane	M60	24:02
Jim Langford	M65	24:28
Paul Odam	M50	25:06
Rod Hamilton	M45	26:16
Jim Klinge	M65	26:28
John Collier	M45	26:37
Paul Burke	M40	27:36
Mark Hewitt	M55	27:50
Bruce Wilson	M65	28:06
Raymond Gimi	M45	28:19
Karen March	W50	28:31
John Mack	M70	29:06
Tom Tralau	M35	29:08
Chris Pattinson	W55	29:17
Dante Giacomini	M40	29:34
Margaret Saunders	W55	29:36
Gillian Young	W60	30:02
Rob Badenoch	M55	30:04

Point Walter

January 15, 2012

Director: David Roberts

DESPITE the best efforts of Dave Roberts (pictured) and his team (thanks all) some timing errors crept into this one. Special thanks go to Jackie Halberg for sleuthing a set of results that are the best we could do. VW



Dave

Maurice Creagh	M65	30:07
Peter March	M50	30:09
Vic Waters	M65	30:13
Graeme Dahl	M60	30:16
Ross Keane	M50	30:17
Charlie Chan	M55	30:21
Jennifer Williams	W60	30:22
John Bell	M65	30:46
Bob Schickert	M70	30:49
Frank Gardiner	M60	31:09
Carol Bowman	W55	31:28
Maree Brown	W45	31:40
Lorraine Lopes	W70	32:36
Peggy MacIver	W65	32:59
Nick Miletic	M60	33:06
Delia Baldock	W45	33:32
Mark Sivyer	M60	33:57

East Perth Handicap continues

Graham Thornton	M70	46:59	10:44	36:15	Bob Schickert	M70	50:33	13:03	37:30
Paula Karra	W40	47:00	10:47	36:13	Mike Hale	M60	50:36	14:43	35:53
Carol Bowman	W55	47:01	11:10	35:51	Bruce Mathieson	M65	50:45	13:07	37:38
Paul Martin	M70	47:03	7:07	39:56	John Dance	M60	51:05	4:43	46:22
Julie Wilson	W55	47:08	9:39	37:29	Margaret Saunders	W55	52:10	15:11	36:59
Karen March	W50	47:10	15:25	31:45	*Ray Hall	M75	53:28	0:00	53:28
Maurice Creagh	M65	47:14	14:08	33:06	Elaine Dance	W60	53:45	0:00	53:45
Michael Karra	M45	47:20	16:04	31:16	Jane Stanbrook	W40	54:38	5:38	49:00
Sandra Stockman	W45	47:24	17:13	30:11	Handicap not recorded:				
Steve Hossack	M50	47:29	16:54	30:35	V1		44:46		44:46
Richard Blurton	M60	47:33	11:28	36:05	V4		44:47		44:47
Peter Bath	M70	47:34	10:14	37:20	4K RUN				
Mark Hewitt	M55	47:39	14:31	33:08	Amanda Walker	W45		16:11	
Rochelle Airey	W40	47:42	6:25	41:17	Raymond Gimi	M45		19:12	
Maree Brown	W45	47:43	11:04	36:39	Dante Giacomini	M40		19:29	
David Carr	M75	47:50	12:00	35:50	Delia Baldock	W45		20:19	
Irwin Barrett-Lennard	M80	47:52	10:13	37:39	Damien Hanson	M55		21:51	
Gary Fisher	M55	47:58	12:50	35:08	Hamish McGlashan	M70		21:52	
Mike Khan	M65	48:05	11:31	36:34	John Dennehy	M50		22:44	
Lachlan Marr	M50	48:22	19:58	28:24	Andrea Byrne	W30		23:05	
Janet Jiang	W45	48:23	4:40	43:43	John Byrne	M60		23:17	
Nick Miletic	M60	48:28	9:06	39:22	John Oldfield	M65		24:22	
Jim Klinge	M65	48:36	17:21	31:15	Mike Rhodes	M65		24:49	
Mike Anderson	M60	48:45	8:50	39:55	Roger Walsh	M65		24:52	
Kevin Hynds	M40	49:06	4:34	44:32	Christine Oldfield	W65		25:45	
Sarah Ladwig	W60	49:08	7:42	41:26	Aldo Giacomini	M75		25:58	
Jim Langford	M65	49:19	18:51	30:28	V5			26:00	
John Talbot	M65	49:30	4:16	45:14	V3			26:03	
Rod Hamilton	M45	49:35	19:55	29:40	Richard Danks	M65		27:10	
Graeme Dahl	M60	49:39	13:39	36:00	Kathy Burr	W70		29:27	
John Brambley	M65	50:02	3:41	46:21	Sheila Maslen	W70		34:01	
Mark Dawson	M50	50:10	18:25	31:45	V2				
Tom Tralau	M35	50:23	16:09	34:14	35:54				
Wayne Taylor	M50	50:30	11:47	38:43	Vic Beaumont	M80		36:48	

7K WALK

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

		Time	H/Cap	Actual
*Sylvia Szabo	W30	64:39	0.00	64:39
Richard Harris	M75	65:29	5.01	60:28
*Val Millard	W65	65:35	15.10	50:25
*Bryan Hardy	M65	66:15	15.45	50:30
*Sylvia Szabo	W50	68:21	0.44	67:37
Dorothy Whittam	W75	70:02	3.37	66:25
Lorna Lauchlan	W80	70:13	9.32	60:41
Lynne Schickert	W70	70:27	16.32	53:55
Morris Warren	M70	70:55	8.51	62:04
Patricia Hopkins	M65	71:19	7.10	64:09
Jeff Whittam	M75	71:23	10.49	60:34
Ann Turner	W75	72:32	8.43	63:49
Bob Fergie	M75	73:11	12.36	60:35
Jeni Shillington	W50	74:53	14.27	60:26
Handicap not recorded:				
Sean Keane	M45			56:57

4K WALK

Peter Hopper	M65	27:11
Lesley Romeo	W65	31:36
V8		
35:59		
Chris Maher	M55	36:00
Ray Lawrence	M80	37:20
Liz Neville	W60	40:20
Bob Neville	M75	40:21
Maggie Flanders	W75	41:10
Elaine Sillery	W75	41:54
Shorty Turner	M75	43:55
Pat Miller	W70	43:56
Norm Miller	M80	53:31

Pt. Walter continues

Greg Wilson	M60	34:04
Lorraine MacLennan	W45	34:06
Mike Anderson	M60	34:09
Claire Walkley	W45	34:11
Sally Floyd	W45	35:01
Tanya Burke	W40	35:16
Sandra Rourke	W40	35:40
V4		36:52
V3		37:15
Sarah Ladwig	W60	37:15
John Byrne	M60	37:21
V2		37:40
Merv Jones	M70	38:19
John Dance	M60	38:39
Damien Hanson	M55	39:30
John Talbot	M65	39:48
Andrea Byrne	W30	39:52
Steve Clark	M65	40:03
Cecil Walkley	M80	41:53
David Carr	M75	41:58
John Pellier	M70	46:32
Elaine Dance	W60	47:13
Jo Richardson	W55	47:13
Joan Pellier	W70	48:22
Sheila Maslen	W70	53:18
Vic Beaumont	M80	54:08
Arnold Jenkins	M65	54:58
Mary Heppell	W70	57:08



Point Walter start

6.2K WALK

Val Millard	W65	44:48
Ray Hall	M75	47:58
Lynne Schickert	W70	48:18
Christine Oldfield	W65	48:28
Bob Fergie	M75	51:10
Richard Harris	M75	51:56

Lorna Lauchlan	W80	52:06
Jeff Whittam	M75	52:25
Morris Warren	M70	54:33
Ray Lawrence	M80	57:07
Ann Turner	W75	59:11
Dorothy Whittam	W75	59:12
Elaine Sillery	W75	61:55

8K RUN

Kim Thomas	M35	33:00
John Allen	M50	34:18
Paul Odam	M50	34:20
Mark Dawson	M50	34:44
Bjorn Dybdahl	M55	36:13
Ross Keane	M50	36:14
Neil Charlton	M35	37:48
Karen March	W50	38:10
Brian Bennett	M60	38:53
Mark Hewitt	M55	39:05
Maurice Creagh	M65	39:22
Tristan Bell	M45	39:53
Duncan McAuley	M60	41:06
Charlie Chan	M55	41:17
John Mack	M70	41:24
Frank Gardiner	M60	42:38
Kim Cook	W35	43:14
Bruce Mathieson	M65	43:24
Ivan Brown	M65	43:29
David Carr	M75	44:37
Pierre Haudecent	M50	44:39
Shirley Bell	W60	44:43
Julie Wilson	W55	44:46
Richard Blurton	M60	45:04
Irwin Barrett-Lennard	M80	45:06
Mike Hale	M60	45:56
Bob Schickert	M70	47:23
V3		47:58
Mark Rosen	M60	48:58
Sandra Rourke	W40	49:12
Greg Wilson	M60	49:18
John Pellier	M70	50:50
Paul Martin	M70	51:54
Rochelle Airey	W40	51:58
John Talbot	M65	54:17
Fiona McAuley	W60	54:17
Cecil Walkley	M80	66:40

4K RUN

Paul Hughes	M55	16:58
Joe Clark-Murphy	M65	18:17
V1		18:20
Raymond Gimi	M45	19:52
Dave Roberts	M65	20:02

Alderbury Park Cross Country

January 2, 2012

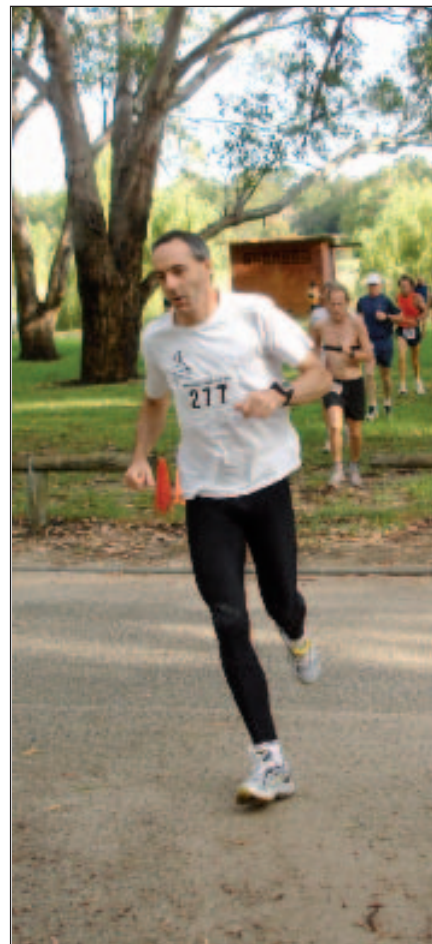
Director: Wayne Taylor



Director Wayne Taylor and below, consistent front-runner John Allen

DIRECTOR Wayne is a man of few words, so it's my job to thank him and the helpers, and apologise for the potholes that made the course interesting this year. Hidden in long grass around the lake, they were so deep that Karen March needed a ladder to get out of hers. Seriously, this was a hazard that might have caused serious injury. Bet they're filled in before the new residents of Perry Lakes begin exercising their pools there! VW

Carol Bowman	W55	20:25
Vic Waters	M65	20:58
Gillian Young	W60	21:10
Graeme Dahl	M60	21:16
Nick Miletic	M60	22:06
Lorraine Lopes	W70	22:22
Peggy Macliver	W65	22:31
Anne Jones	W55	22:50
Ray Attwell	M75	23:10
V2		23:13
Damien Hanson	M55	23:14
John Dennehy	M50	24:20
Merv Jones	M70	25:18
Ursula Clark-Murphy	W60	25:25
Roger Walsh	M65	25:53
V4		26:34
Janet Jiang	W45	27:15
Mike Rhodes	M65	27:25
Christine Oldfield	W65	27:56
Jan Jarvis	W65	32:30
Elaine Dance	W60	33:15
Margaret Bennett	W70	33:16
Sheila Maslen	W70	36:26



Alderbury Park – continues



Top, Damien Hanson, John Dennehy, Gillian Young, Peggy MacLiver and Janet Jiang at the start, all in the 4km run. Above, Richard Blurton leading this pack; and below, our youngest 'honorary' member, Catherine Keane, ahead of Mark Sioyer and company.

Alderbury walkers

6K WALK

Bryan Hardy	M65	45:31
Lynne Schickert	W70	47:00
Ray Hall	M75	47:01
Sean Keane	M45	48:52
Bob Fergie	M75	53:32
Jeff Whittam	M75	53:33

4K WALK

John Smith	M75	29:31
Peter Hopper	M65	30:44
David Brown	M60	30:55
Joan Pellier	W70	36:09
Margaret Saunders	W55	36:09
Ray Lawrence	M80	36:58
Patricia Hopkins	W65	37:14
Ann Turner	W75	37:38
Rosa Wallis	W65	49:19



The ECAC Pentathlon

by
John Oldfield

EVERY January we hold a pentathlon at ECAC.

There are a number of different formats of this multi-event competition. MAWA uses the Oceania version, which excludes hurdles from both men's and women's competition.

The women do 100m, shot put, long jump, javelin and 800m - in that order. Men start with a long jump then javelin, 200m, and discus, finishing with a gruelling 1500m.

Four women and nine men competed last month. Their individual event results are peppered with season's bests and PBAs, but the figures are only part of the story. Multi-events are always challenging, both physically and mentally. To complete five such varied events in less than two hours takes both concentration and endurance. The entertainment for those officiating and watching is testament to these qualities. It is always a long evening, but this is one long evening to which we all look forward.

Highlight

The highlight of the normal competition was Tom Gravestock's M55 state discus record. Not only did Tom raise his own record by more than a metre to 40.66m, but this puts him over the standard required for a place in the Masters' world rankings, which are maintained by Martin Gasselsberger (mastersathletics.net) in the US. Tom joins an elite group of throwers from MAWA including Bev Hamilton, Matt Staunton, Rae MacMillan, Kate Glass and Lajos Joni who have also achieved a place in these rankings. Just for good measure Tom also recorded a PBA of 11.75m with the shot.

On the track there were personal landmarks galore in the two sprints. Many athletes took advantage of a pleasant tailwind. Eight PBAs and nine season's bests go down on the database in either the 60m or 200m. Lynne Schickert set a new W70 PBA in the 1500m walk, whilst Maurice Creagh continued his excellent form with an M65 best, dipping under six minutes in the 1500m run.

COMING EVENTS – HELPERS

**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

**FEBRUARY 12
MCCALLUM LAKES**

Race Director: Elaine Dance - 9593 4607 (Julie & Greg Wilson)

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

**FEBRUARY 19
WOODMAN POINT**

Race Directors: Karen & Peter March - 9418 8770

Rochelle Airey, John Brambley, Maree Brown, Elaine Dance, Dennis & Margaret Miller, Mitch Loly, Sally Floyd, Greg Urbanowic

**FEBRUARY 26
PINEY LAKES**

Race Director: John Frost - 0415 232 420

Keith Atkinson, Kaj Dewens, Steven Hossack & Basia Lis, Janice Matthews, Bruce Wilson, Alan James, Kim Thomas, Greg Urbanowic, Alison Aldrich, Grant van Rensburgh

MARCH 4

CANNING CAPER

Race Director: Keith Atkinson - 9313 1669

Ivan Brown, Chris Coates, Gary & Miriam Fisher, Aldo & Dante Giacomini, Richard Harris, Sylvia Szabo Jnr, Cecil & Claire Walkley, Helen Lysaght

MARCH 11

MANNING PARK CC

Race Director: Bob Schickert - 9330 3803

Bruce Wilson, Peter & Susan Sanders, Neil Drouet, Sally Floyd, Maree Brown

MORE HELPERS NEEDED PLEASE

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

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Black Swan Event Financial Planning is pleased to again be associated with Masters Athletics WA, supporting the 2012 MAWA State Championships.

Health and wealth

One of the key challenges of retirement is to make sure our income lasts as long as we do.

As a masters athlete, you put a lot of time and effort into maintaining a healthy body. But is your financial situation equally healthy?

If you can be confident that your income will be ongoing, whatever happens in financial markets, then you can plan and act with certainty and peace of mind, says John Cameron, Principal of Black Swan Event Financial Planning.

"In the 30 years I have been in financial planning and associated areas, many companies have tried various ways

to provide that certainty of income – mostly without success," John says.

"Now, a major institution has come up with a radical new solution which, for a reasonable cost, guarantees income for life. It is transparent and flexible, so you can make capital withdrawals (but they will affect your income), with no loss of capital on death."

If you would like more details or would like a free "health check" of your finances, contact John Cameron or Petrese Ivey at Black Swan Event Financial Planning. Or check the website at www.blackswanevent.com.au

Contact details:

Phone : 9322 7818 Fax : 9481 5570

Email : perth@blackswanevent.com.au

Office : Level 11, 28 The Esplanade, Perth

Vetrun readers' survey

Name:

Club number:

(If you are a 'family' member and do not have a club number of your own, please state name and number of spouse.)

How do you receive/see Vetrun?

Tick one of the following:

- Post (printed)
- Email
- On website

In the following questions, please indicate your level of interest etc. with numbers 1 to 10, where 1 is lowest and 10 is highest.

- How important is Vetrun to you, personally?
- How important is Vetrun to the Masters communications?
- Please rate the importance of the following items featured in Vetrun:
 - Sunday results
 - Sunday reports
 - News
 - Championship results
 - Features – on related topics such as health
 - Pictures
 - Editor's comments
 - Readers' letters
 - Administration matters - such as New Members, Helpers, contacts

If Sunday results were not included in Vetrun, would you be able to view them on the club website? YES NO

YOUR opinions are important to the club. For instance, do you think a Vetrun without results, but more general content, would appeal to you? YES NO

And if it took that form, should appear it publish less often, with more pages? YES NO

The possibilities are many. If you have further comments to make please use an additional sheet and attach it to your reply.