



# Vetrun

The magazine of Masters Athletics WA

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**MUCH useful information about readers' preferences can be found in the 61 surveys returned.**

A crucial aspect for the club was to discover if we should continue with the time-honoured practice of printing Sunday results in the magazine.

The 61 people who took part were almost equally divided between those who have a printed Vetrun, and those who have it emailed to them.

Fifty (83%) said that they could look at Sunday results online if they were not carried in Vetrun. BUT – most said that a results-free Vetrun would NOT appeal.

To the question 'Would a Vetrun without results, but more general content, appeal to you?' – 26 said Yes, and 32 said No.

### Validity

It can be argued that a mere 61 participants are too few to indicate the feelings of the whole club. Conversely, we could deduce that most people are happy with the status quo, because they did not bother to complete a survey.

It's always hard to guess why people do NOT do something. Perhaps making survey forms available online was less emphatic than print-

## Vetrun Survey Results

ing and delivering a form into the readers' hands, or post boxes.

### Who took part?

Whatever the reason, Sunday runners seem far more interested in the Vetrun survey than members whose predominant interest is track and field.

By my assessment, of the 61 received, only four forms came from 'T&F athletes'. Several other survey participants do T&F and Sundays, but the great majority are Sunday runners.

All the information gathered can now be studied by the club committee and, I hope, it will then be displayed online.

Your many suggestions to improve Vetrun would not be published, to avoid embarrassing anyone who did not anticipate their remarks being widely read.

However, any member who wants to can have a letter printed in Vetrun under their own name, to reiterate their suggestions and comments.

### Analysis

Jeff Bowen has done a fine job, amassing the information

and analysing the trends shown. His analyses show how you rate Vetrun, and the things it covers. He also breaks down responses, showing results for the whole 61 respondents, and the 28 respondents who receive a paper Vetrun.

*\*Currently, the club prints and posts around 150 Vetrans monthly. All others are emailed or read on the website. VW.*

## Back to the future, again

**READERS may recall the State Champs venue changing back to Coker Park (ECAC) recently, when we were bundled out of our own State stadium in favour of some highly important rock show. Well, that's blown out, and the 2012 State Championships returns to WAAS.**

### Conscience?

It would be nice to think that Venues West was overwhelmed by conscience, and decided that an athletics stadium owned by the WA public should give priority to athletics. Some chance! Championship main weekend is confirmed as 24th/25th March, at WAAS. However, the 10,000m, 5000m walk, and both pentathlons will remain at ECAC as previously scheduled.

### Steeplechase

Both events are at WAAS on Friday March 9: 3km steeple-

chase is at 8.10pm; 2km steeplechase at 8.30pm. Remember if you are not a registered member of AWA you must do this online by Wednesday 7 March otherwise you will not be allowed to run.

### 10km Run & 5km Walk

Both events are at ECAC starting at 7pm; 10km on Thursday 15 March, 5km walk on Thursday 22 March.

### Main Weekend 24/25 March at WAAS.

Timetable will available on website at least a week beforehand.

G: Gold; S: Silver; B: Bronze  
(HM = half marathon)

Melissa Foster (W30)  
G - 100m, LJ, TJ; S - 60m  
Toni Phillips (W35)  
G - 800m, 400H  
Delia Baldock (W45)  
G - TJ, HJ, 80mH, 400mH; S -  
LJ; B: 2000m S/C



Regina Crouch (W40)  
G - 3000mW; S - 5000mW,  
10,000mW; B - TJ, HM  
Carol Bowman (W55)  
S - 400m; B - 800m, 2000m  
S/C  
Julie Wilson (W55)  
S - 2000m S/C; B - Pentathlon,  
HM  
(also team G - W30-59 HM)  
Bev Hamilton (W65)  
G - Discus; S - Jav, Throws  
Pent; B - Shot  
Lynne Schickert (W70)  
G - 3000mW, 5000mW,  
10,000mW; S - HM;

## Oceania Championships Tauranga, NZ

WA Masters won 21 individual gold medals and two team golds, as well as 12 silver, and many team silver and bronze gongs. Final figures can be found in our online magazine - TFNL.

(also team G - W60+  
10000mW; S: W60+ HM)  
S - 2k S/C (new SR) and S  
team 4x100m W230+  
Matt Staunton (M35)  
G - Shot, Discus, Hammer, Wt  
Throw, Throws pent  
Colin Smith (M45)  
B - 3000m S/C; possible relay  
- no results posted  
Greg Wilson (M60)  
G - HJ; B - Decathlon, Shot,  
jav  
Rob Antonioli (M60)  
G - Pentathlon; S - Decathlon  
Nick Miletic (M60)  
B - Pentathlon  
Ivan Brown (M65)  
S - Pentathlon

## On the road again...

**THANKS to the goodwill of a couple of members who have volunteered to shift the kit, Sunday runners will be allowed to cross roads.**

We avoid crossings whenever possible, but sometimes they're unavoidable. Some local councils, and the Kings Park managers, have made it a condition of using their territory that the club has

### Cool running?

WEATHER for the Track Handicap is usually cool and almost windless - which means a fast run for most folk. For those who don't know McGillivray, it is a grass track with a cinder base. Everyone is welcome, although you are not eligible to take home the trophy unless you have finished three Sunday runs in the past six months.

Entry fee is just \$3 (to cover lighting costs) payable with your entry. Forms will be available at club runs and at the State T&F Championships. Anyone who is free that night and would like to help please let Dorothy or Jeff Whittam know. There will be a bring your own BBQ after the run.

trained marshals at any road crossings.

That's been fixed. We now have a small group of qualified marshals.

### Signs

Warning signs are another requirement and at 1200mm x 600mm, plus supporting legs, they will not fit in a car boot. Fortunately, an appeal for members with utes or trailers resulted in offers of transport.

So, thanks go to them for keeping us on the roads and showing that the club volunteer spirit is alive and well.

## 10km Track Handicap

### Entry form

24th Club 10km Track Handicap; 19 April 2012, 7pm  
McGillivray sports ground

Name .....Age Group.....

Name .....Age Group.....

Entries close 15th April 2012  
Send forms to Jeff Whittam, 49 Holland Street,  
Wembley WA 6014 Tel:- 93876438

## Come to our AGM

**MAWA's annual general meeting is on Wednesday 18th April 2012 at 7.00 pm at the Perry Lakes Hockey Club and all members are invited.**

You will have the chance to vote in a new committee and help appoint several other office bearers.

### Nominations

The club invites nominations for President, vice-President, secretary, treasurer and four committee members. Nominations are also invited for positions of editor, handicapper, statistician and auditor.

Forms are available from the secretary, Sarah Ladwig at mawasecretary@iinet.net.au or 53 Ward Crescent, Kelmscott WA 6111.

### Constitution

Any proposed changes to

the Constitution must be lodged with Sarah by March 21 2012.

### Life Membership

Life membership nominations should also be forwarded to her by that date. (Nominations need to be approved by the Committee before the AGM and a nomination needs to come from at least three members.)

Before someone can be elected as a Life Member they must have had active and continuous membership for at least ten years and have substantially contributed to the progress of the club.

## Update of MAWA Constitution

**MAWA is required by law to have a set of rules, called its constitution. The purpose of these is to define the way the Club operates and its legal obligations to its members. These are laid down in the Associations Incorporation Act (1987). The constitution is in need of a new update. There are two main reasons for this:**

A number of the rules are no longer valid, or superfluous, owing to the fact that they concern issues that are not required in a constitution.

The 1987 Act is about to be replaced with a new Act, which is awaiting ratification by the WA Government. This requires us to include more detail than is currently in our constitution, and to structure the document somewhat differently.

The reason that the proposed new constitution looks very different from the existing one is to ensure it gains approval from the Commissioner for Consumer Protection when submitted. There are very few substan-

tive changes to the meaning of this amended constitution.

The main changes of meaning are:

- Removal of the requirement for amateur status and for specific 'costumes' for championships.
- Removal of the sections referring to affiliation to other bodies and the election of Patron and auditor at AGMs. There is no intention that these do not continue to happen, it is just that they have no place in a constitution as defined in the Act.

The right of the committee to co-opt up to two additional members (without voting rights) to help within their areas of special expertise.

There is no intention to lessen, or change in any other way, the way the Club operates in the interests of its members.

The proposed new constitution is available on the website, and a copy will be available for perusal at Sunday runs as well as the Tuesday and Thursday track meets. Members are welcome to comment by telephone, email or via the website comment page to any Committee member.

## You Write....

### High-res Vetrin

WHAT a big difference it (high resolution) makes - like putting on my reading glasses.



Richard - he's no dinosaur

However, I can now see why people would prefer low res. In one fell swoop you minimise our sagging and drooping facial lines and take 20 years off our appearance. This is much better - and cheaper than any nip and tuck. Each month you restore our self-esteem and make us feel good about ourselves once again.

Only if it's no trouble, I'd appreciate a high res version of future Vetrins. I can always leave my glasses off if any photos are unkind to me.

**Thanks, Richard Danks**

We email a low-resolution Vetrin to everyone who requested the email option on their membership form. This is done for speed of transmission, which can be important to a few members, who still have dial-up internet service.

If anyone wants a high-res version - or a high copy of a particular picture - they should email me and I'll arrange it.

At the moment the version of Vetrin posted on our website each month is low-res, but that could be changed if members want a switch to high-res.

VW

### New members - Welcome!

1088 EVANS: Rachael W35  
1089 LINK: Michelle W50  
1090 POULINET: Robert M65  
1091 POULINET: Suzanne W60  
1092 MCGEORGE: Bruce M55  
1093 WELLS: Rachel W35  
1094 GENIN: Chris M35  
1095 ROSS: Glenn M40  
1096 BENNETT: Adam M35  
1097 MCCANN: Aveley W30  
1098 JAUNZEMS: Aldis M30

Hi Vic  
End of the run is....

I noted in John Smith's report of East Perth run he mentioned the run finished at the recording table. Wondered if it might be worthwhile mentioning that the finish of each run is marked by the position of the clock, at the beginning of the chute.

Cheers,  
Jackie Halberg

### Online history - by Joan

Hi Vic

I would just like to say how much I enjoyed Joan Pellier's story (on club website.)

She is doing a fantastic job. For all the newer members (even as far back as John and I) it is good to know how the club started and who was involved. I would love more articles like this in our Vetrin, though obviously not as long.



Elaine - queen of the socials

### Profiles

I think that we should also have more profiles on people, like we used to do. It is a good way of getting to know people, especially the new members.

I have no idea who many of the new faces are, and I am sure I am not the only person in this situation. I was pleased to hear that John Oldfield introduced two new members last week before the run started.

Perhaps this may be the way to go? For the slow runners like me we do not get to know the good runners as they have done their run and are long gone by the time we get back!

### Socials?

I also would like people's opinions on bringing back the quiz nights that were held in the early days, and also thoughts on having a day out in the Swan Valley. Our social events seem to be disappear-

### Sign of the times



I ALWAYS feel insulted by these signs. No need to rub it in, is there? Better become used to them I suppose, now the club is buying a truckload for safer road crossings.

Wouldn't it be simpler for some of our many new, younger, female members to take us by the hand and see us over the roads? That would be a membership booster!

### Wilsoned!

I HAVE boycotted Wilson parking for some time, as part of my 'grumpy old man' training programme. Their intransigence and money-grubbing knows no bounds. If you have to park, choose a local council-run facility or meter, that's my approach. Always cheaper.

ing slowly. We decided to have a family BBQ last year but I noticed that it is not on the calendar for the coming year.

Any ideas as to social events - or events to follow a Sunday run would be great-

### In My View

by the Editor



Why this rant, this month? See this, from Bob Braid at the lamented Runners World.

'The car park sale last Sunday was extremely busy and our apologies to those who received a parking ticket from the Wilson Car Park directly behind us. We had arranged with Wilson's to have the first hour free, however, the message was not passed down to the enforcement officers and one of them ignored the sign we had erected and began booking cars. The issue was sorted but not before 15 cars had been issued with tickets....those who received them just need to object as per the instructions on the back of the ticket.'

ley appreciated. I will keep the sausage sizzle going at Safety Bay and hopefully we can retain the one at Whiteman Park, but it would be good to have something extra and different.

Thanks, Elaine Dance

### MAWA and

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Barbara Blurton

## 11K RUN

Michael Barton	M40	41:43
David Cane	M45	44:05
Kim Thomas	M35	45:03
Alan Gower	M55	45:33



*Another fine finish for John Allen, as his visitor opponent misses the chute (and then decorates the greensward!)*

John Allen	M50	46:13
Paul Hughes	M55	46:22
Bob Lane	M60	46:49
Sandra Stockman	W45	48:28
Grahak Cunningham	M30	48:58
Karen March	W50	50:39
Keith Miller	M60	50:43
David Baird	M65	50:48
Joe Clark-Murphy	M65	51:19
Chris Pattinson	W55	53:47
John Batta	M45	53:51
Charlie Chan	M55	53:54
John Mack	M70	53:58
Alan Thorniley	M55	54:45
Hamish MacLeod	M35	54:57
Graham Thornton	M70	56:17
Gillian Young	W60	56:24
Lorraine MacLennan	W45	57:16
Maree Brown	W45	58:27
Irwin Barrett-Lennard	M80	58:57
Paula Karra	W40	61:06
Mike Hale	M60	61:59
John Pellier	M70	65:40
John Dance	M60	67:21
John Talbot	M65	67:53
Richard Danks	M65	69:35
Val Millard	W65	72:10
Cecil Walkley	M80	80:41
Elaine Dance	W60	81:32
Jo Richardson	W55	81:32

## 5.6K RUN

Lachlan Marr	M50	22:13
Brian Hewitt	M55	22:49
John Collier	M45	23:47
Ian Cotton	M45	24:51
Tristan Bell	M45	25:26
Maurice Creagh	M65	25:29
Mark Hewitt	M55	25:58
Karyn-Sue Gower	W50	25:59
Brian Bennett	M60	26:18
Margaret Saunders	W55	26:19
Peter March	M50	26:22
David Carr	M75	26:55
Bruce Mathieson	M65	27:16
Dave Roberts	M65	27:47
Vic Waters	M65	27:49
Johan Hagedoorn	M65	27:50
Raymond Gimi	M45	28:00
Graeme Dahl	M60	28:00
Chris Koemam	M50	28:01
Mark Sivyver	M60	29:09
Allan Billington	M50	29:34
Shirley Bell	W60	30:23
Peggy Macliver	W65	30:28
Sandra Rourke	W40	31:25
Janice Mathews	W40	31:31
Ross Keane	M50	31:41



## Friendship

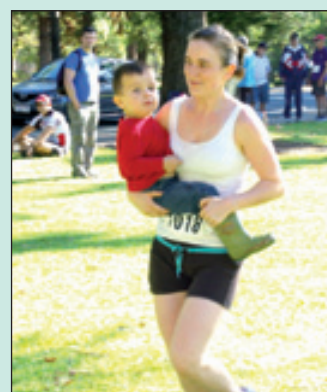
February 5, 2012

Directors: Brett Roach  
& Jim Barnes

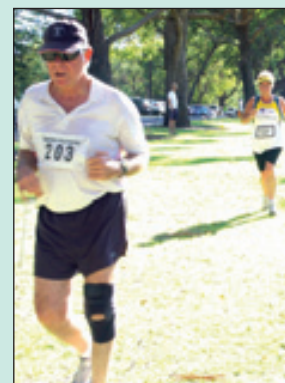
*Very friendly bloke, John Dance, keeping company here with some of our WAMC fellow athletes.*



*First Masters' 11km runner was M40 Michael Barton, finishing ahead of fast men David Cane and Kim Thomas.*



*Andrea Byrne collected her toddler son for the finish, in the friendly spirit of this combined run with the Marathon Club, which has many young members.*



*David Brown winning the 5.6km run, a few seconds ahead of runner Toni Frank.*

Sally Floyd	W45	32:10
Lorraine Lopes	W70	32:26
John Dennehy	M50	32:52
John Byrne	M60	33:23
Damien Hanson	M55	33:55
Mike Rhodes	M65	34:23
Roger Walsh	M65	35:04
Merv Jones	M70	35:12
Kevin Hynds	M45	35:18
Melissa Hynds	W35	35:19
Ursula Clark-Murphy	W60	35:40
Janet Jiang	W45	35:41
Christine Oldfield	W65	36:50
Andrea Byrne	W30	37:22
Carolyn Fawcett	W60	40:58
Toni Frank	W65	42:29
Vic Beaumont	M80	43:23
John Ellard	M70	43:37
Sheila Maslen	W70	45:48
Margaret Bennett	W70	48:02

## 5.6K WALK

David Brown	M60	42:26
Peter Hopper	M65	45:05
Bob Fergie	M75	47:10
Jeff Whittam	M75	47:11
John Smith	M75	48:06
Lorna Lauchlan	W80	48:10
Dorothy Whittam	W75	51:39
Ann Turner	W75	52:12
Debbie Wolfenden	W45	52:13
Rosa Wallis	W65	52:26
Ray Lawrence	M80	53:04
Elaine Sillery	W75	53:53
Bob Fawcett	M60	54:25
Mary Heppell	W70	58:21
Patricia Hopkins	W65	58:22
Elaine Ellard	W65	59:48

AFTER suffering through the heatwave of the preceding week, a total of 97 runners and walkers enjoyed slightly cooler conditions while completing either the 5km or 10km out and back courses towards Tranby House. That's not to say it was easy out there, as the wind, warmth and a few hilly sections made for a tough event. Sincere apologies to the walkers, whom we neglected to advise could start on the bitumen, as planned. It was great to see all the youngsters out running with their dads, and enjoying the snakes afterwards. They're lucky to be able to just get out and run without any of the aches and pains and niggling injuries that most of us run with. Keep it up, kids. Unfortunately, the clock wasn't working but thanks to our superb timekeeper, Dalton, all the times were recorded and appear below. Heartfelt thanks also to all our other helpers and those members who volunteered their services in the weeks leading up to the event and on the day. A special thanks to Gail for marshalling at Tranby House at short notice so that Nick could run. All comments and suggestions made afterwards were gratefully received. Being new directors, we're still learning and are looking forward to putting on an even better event next year.

**Directors**  
*Sandra and Karl*

### 10K RUN

V1		37:02
Kim Thomas	M35	40:59
Paul Odam	M50	41:55
Bob Lane	M60	42:24
Mark Dawson	M50	42:53
John Allen	M50	43:29
Bjorn Dybdahl	M55	44:27
Darryl White	M50	45:40
Colin Chisholm	M45	46:03
David Baird	M65	46:45
Tom Tralau	M35	47:33
Sue Bourn	W40	47:57
Brian Danby	M60	48:37
Brian Bennett	M60	49:30
Charlie Chan	M55	49:36
Maria Fitzsimmons	W45	49:41
John Mack	M70	49:42
Frank Gardiner	M60	50:02
Hamish McLeod	M35	50:40
Maurice Creagh	M65	50:59
John Bell	M65	51:51
Bruce Mathieson	M65	51:58
Bob Schickert	M70	52:03
Gary Fisher	M55	52:11
Mike Khan	M65	52:16
Jennifer Williams	W60	52:31
Graham Thornton	M70	52:53
Rob Badenoch	M55	53:00
Lorraine MacLennan	W45	53:21
Lorraine Lopes	W70	55:21
Julie Wilson	W55	55:32
Irwin Barrett-Lennard	M80	55:55
Mike Hale	M60	57:16
Peter Van Duren	M65	57:32
Wendy White	W45	57:37
Greg Wilson	M60	60:11
John Pellier	M70	61:02
John Dance	M60	63:25
Janet Jiang	W45	63:45



John Talbot	M65	66:46
Richard Danks	M65	69:51
Elaine Dance	W60	
Jo Richardson	W55	

### 5K RUN

Paul Hughes	M55	21:06
V7		23:08
Jim Klinge	M65	23:36
Mark Hewitt	M55	23:59
Tessa Brockwell	W55	24:19
Raymond Gimi	M45	24:26
Margaret Saunders	W55	24:29
Graeme Dahl	M60	24:35
John Batta	M45	24:37
Vic Waters	M65	25:06
V8		25:43
Brett Roach	M40	25:45
Johan Hagedoorn	M65	25:50
Carol Bowman	W55	25:52
Danielle Baldock	W30	27:09



*Vic Beaumont ahead of walkers Joan Pellier, Christine Oldfield and Regina Crouch.*

*Action finishes you want? Cop this - David Carr and Delia Baldock. He just managed - by a second, to head her into the chute. Behind are Ross Keane and his son Raynor.*

Hamish McGlashan	M70	27:26
Peggy Macliver	W65	27:28
David Carr	M75	27:43
Delia Baldock	W45	27:44
Ross Keane	M50	27:50
V5		27:52
Mike Anderson	M60	28:16
V2		30:23
John Byrne	M60	30:42
Roger Walsh	M65	31:15
Merv Jones	M70	31:39
Andrea Byrne	W30	32:06
V3		32:11
Mike Rhodes	M65	33:00
Steve Clark	M65	33:26
V4		36:32
Julie Wood	W60	37:36
Pierre Viala	M60	37:37
Carolyn Fawcett	W60	37:39
Peter Hopper	M65	38:00
Vic Beaumont	M80	40:29
Sheila Maslen	W70	42:18

### 10K WALK

Val Millard	W65	5:00 approx.
Lynne Schickert	W70	77:18
John Oldfield	M65	84:54

### 5K WALK

Ray Hall	M75	39:13
Barbara Blurton	W60	39:15
Joan Pellier	W70	40:31
Christine Oldfield	W65	40:37
Regina Crouch	W40	40:39
Jeff Whittam	M75	44:30
Bob Fergie	M75	44:31
Patricia Hopkins	W65	46:21
Morris Warren	M70	48:08
John Smith	M75	48:10
Bob Fawcett	M60	48:55
V6		48:57
Margaret Warren	W75	49:00



Roscoe McDonnell, Paul Hughes and Ross Keane in Hobart

## AMA Half Marathon Hobart January 8, 2012

THIS event is sponsored by Cadburys and includes a marathon, half marathon, 5km and 1km children's run. It is also an Australian Masters registered event for the marathon and half marathon.

This year there were a record number of entries, approximately 1600, made up of 350 marathon entries, 600 half marathon, 464 5km's and the balance 1km.

The half marathon started at 7.30am at the Cadbury factory with Ross Keane and I travelling by bus from the Mecure hotel at 6.15am, while Catherine Keane, my wife Sue and sister in-law Connie drove to the Cadbury factory.

The weather was warm, humid with some light rain prior to the start and temperatures were between 17 degrees at the start and 27 degrees at the finish. The course is a tough undulating run, two laps around the factory and then heads towards Hobart on the Brooker Highway, turns at Derwent Entertainment Centre back along the same route, turns at the top of ten mile hill and finishes at the Cadbury factory.

The last kilometre is all up-hill, very challenging but once you reach the top it is flat to the finish line

Young Catherine Keane (who runs with masters almost every Sunday morning) competed in the 5km run and finished 182nd - in 31:04 - out of a field of 464.

### Our half marathon results are:

57th Roscoe McDonnell(4th M50-54) 1.31.27  
69th Paul Hughes (3rd 55-59) 1.34.05  
107th Ross Keane (4th 50-54) 1.38.50

After the event the camaraderie amongst competitors was fantastic. The Masters presentation ceremony was appreciated by spectators and recipients of medals and of course the chocolate show bag and free sausage sizzle went down well. (This mixed well with lunch and late afternoon beers!)

I would recommend Tasmania as a place to have a challenging run and as a holiday destination. I also congratulate Richard Welsh from IRUN and Masters Athletics Tasmania for a well organised event.

Paul Hughes and Ross Keane

WELL, it was another beautiful day for a run down at Woody Point. I understand it was a bit humid: Kim Thomas' sunnies fogged up. He actually stopped at the lighthouse turn around to wipe them. That must have put at least two seconds on his finish time.

Thank you to all our wonderful helpers who turned up. A special thank you goes to the following members who offered their assistance when we were left short: John Oldfield, Barry Thomsett, Neil McRae, Elaine Sillery and Sandra Stockman.

Some enthusiastic people ventured into the sea post race. Everyone I spoke to after the run liked our home stomping ground as much as Pete and I.

Looking forward to next year at Woody,

Karen and Pete March

### 10K RUN

Kim Thomas	M35	39:35
V49		40:07
Paul Hughes	M55	42:19
Paul Odam	M50	42:26
Brian Hewitt	M55	43:36
Tom Tralau	M35	44:39
Joe Clark-Murphy	M65	45:39
Don Pattinson	M55	46:14
Neil Charlton	M35	46:23
Bruce Wilson	M65	46:56
David Baird	M65	47:14
Tristan Bell	M45	47:58
Brian Bennett	M60	48:07
Kim Coe	W35	48:07
Charlie Chan	M55	49:14
Chris Pattinson	W55	49:43
John Mack	M70	49:53
Brian Danby	M60	50:09
V54		50:46
Chris Genin	M35	51:18
Graham Thornton	M70	52:28
Gillian Young	W60	52:58
Mark Sivyver	M60	52:59
Lorraine MacLennan	W45	53:35
Julie Wilson	W55	54:31
Irwin Barrett-Lennard	M80	55:30
John Pellier	M70	59:05
Genevieve Spiro	W40	59:06
Jochen Schreyvogel	M40	59:07
John Dance	M60	63:36
Ursula Clark-Murphy	W60	63:52
Richard Danks	M65	64:12
Theresa Howe	W60	64:19
V2		66:56
Melissa Hynds	W35	68:10
Cecil Walkley	M80	74:49
Jo Richardson	W60	80:02

### 5K RUN

Eligible winners were:

Johan Hagedoorn and Peggy Macliver

	Time	H/Cap	Actual
Johan Hagedoorn	M65	34:15	9:37 24:38
Vic Waters	M65	34:19	10:12 24:07
Peggy Macliver	W65	34:24	7:57 26:27
Roger Walsh	M65	34:30	4:31 29:59
Bjorn Dybdahl	M55	34:39	14:04 20:35
David Carr	M75	34:41	10:36 24:05
Margaret Saunders	W55	34:57	11:04 23:53
Graeme Dahl	M60	35:01	11:06 23:55
Carol Bowman	W55	35:08	9:35 25:33
Dante Giacomini	M40	35:20	35:20 24:18
Ray Attwell	M75	35:38	6:28 29:10
Mark Hewitt	M55	35:39	12:01 23:38
Carolyn Fawcett	W60	35:38	0:00 35:38

## Woodman Point Handicap

February 19, 2012

Directors: Karen and  
Peter Marsh



Handicap winner Johan Hagedoorn. Make the most of it mate - Richard has your number now! Picture: Frank Smith. (See more pictures on the website.)

John Byrne	M60	35:44	5:19	30:25
Christine Oldfield	W65	36:19	3:02	33:17
Julie Wood	W60	36:20	0:00	36:20
Chris Reid	M45	36:32	14:26	22:06
Delia Baldock	W45	36:57	8:19	28:38
Maurice Creagh	M65	37:30	11:48	25:42
Vic Beaumont	M80	38:32	0:00	38:32
Elaine Dance	W60	39:47	0:00	39:47
Joan Pellier	W70	41:06	0:00	41:06
Jan Jarvis	W65	41:48	0:00	41:48
Bob Fawcett	M60	42:03	0:00	42:03
Margaret Bennett	W70	44:42	0:00	44:19
Not eligible for handicap				
V52		26:38	0:00	26:38
Ross Keane	M50	26:39	0:00	
V48		30:50	0:00	30:50
V50		35:18	0:00	35:18
V1		35:20	0:00	35:20
V53		39:39	0:00	39:39
V51		44:19	0:00	36:05
Toni Frank	W65	44:22	0:00	39:39

### 10K WALK

Peter Ryan M60 86:02

### 5K WALK

Eligible winners were:

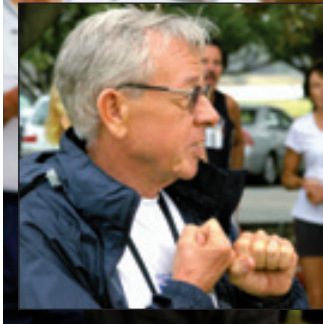
Ray Hall and Elaine Ellard

	Time	H/Cap	Actual
Elaine Ellard	W65	48:48	1:54 46:54
Ray Hall	M75	51:43	15:13 36:30
Bob Fergie	M75	52:20	11:36 40:44
Jeff Whittam	M75	52:34	10:42 41:52
Michele Mison	W60	52:37	16:07 36:30
Patricia Hopkins	W65	52:44	7:46 44:58
Val Millard	W65	52:46	17:24 35:22
Rosa Wallis	W65	53:22	3:27 49:55
Lynne Schickert	W70	53:26	16:00 37:26
Lorna Lauchlan	W80	55:20	12:32 42:48
Ann Turner	W75	55:35	10:36 44:59
Dorothy Whittam	W75	56:09	8:30 47:39
John Ellard	M70	58:55	58:55
Not eligible for handicap			
Debbie Wolfenden	W45	52:31	11:18 41:13
Paul Martin	M70	51:00	

# McCallum Lakes

February 12, 2012

Director: Elaine Dance



Race instructions by John Pellier:  
 'Go that way, do a left, right, couple of U-ies, and come back. Follow me, I know the way.

Any complaints, see this bloke down here, in the left-hand corner!



Above, Marie Fitzsimons; below, first 10km woman Lisa Searle; and newer member Hamish McLeod.



OUR lakes run was once again well attended. I hope that everyone enjoyed it. I was thrown into being race director at the last minute as Greg and Julie were having a great time in New Zealand at the Oceanic championships.

Had it not been for John and Joan Pellier marking the course for me and advising me where marshals were needed goodness knows where everyone would have ended up. It certainly would not have been the correct course that is for sure!

I would like to say a very big thank you to John and Joan and also to all my helpers who made my job very easy. Without them we could not hold the runs. Hopefully Julie and Greg will be back at the helm next year.

Elaine

## 8.4K RUN

Paul Odam	M50	34:53
John Allen	M50	35:16
Paul Hughes	M55	35:39
Lisa Searle	W35	37:25
Mark Hewitt	M55	39:17
Kim Cook	W35	39:22
Peter March	M50	39:43
Maurice Creagh	M65	39:49
John Mack	M70	40:20
Martin Watkins	M60	40:21



Martin Watkins, almost home but about to be caught by John Mack.

Marie Fitzsimons	W45	40:27
Charlie Chan	M55	40:33
Hamish McLeod	M35	41:29
Graham Thornton	M70	42:00
Chris Koemam	M50	42:36
Mike Khan	M65	42:41
Mark Sivyer	M60	43:11
Chris Genin	M35	43:16
Johan Hagedoorn	M65	43:22
V30		43:34
Mike Hale	M60	44:15
V29		44:42
Danielle Baldock	W30	44:58
Maree Brown	W45	45:13
Richard Blurton	M60	45:21
Irwin Barrett-Lennard	M80	45:26
Lorraine Lopes	W70	45:49
Sally Floyd	W45	49:37
John Pellier	M70	49:44
Melissa Hynds	W35	50:43
Rochelle Airey	W40	51:28
John Dance	M60	51:52

Richard Danks	M65	52:26
Theresa Howe	W60	52:49
John Talbot	M65	52:50
Janet Jiang	W45	53:59
Suzanne Poulinet	W60	57:12
V24		58:35
V25		58:35
Jo Richardson	W55	61:38

## 4.2K RUN

Jim Klinge	M65	18:15
Frank Gardiner	M60	18:28
Joe Clark-Murphy	M65	18:49
Sue Bourn	W45	19:25
David Carr	M75	19:41
Brian Bennett	M60	19:52
Raymond Gimi	M45	19:57
Dave Roberts	M65	20:24
Gillian Young	W60	20:25
Graeme Dahl	M60	20:26
Vic Waters	M65	20:46
Shirley Bell	W60	21:03
Lorraine MacLennan	W45	21:17
Ross Keane	M50	21:47
Allan Billington	M50	21:51
V27		21:53
Peggy Macliver	W65	22:02
Mike Anderson	M60	22:54
Damien Hanson	M55	23:20
Ray Attwell	M75	23:36
V26		24:01
Sarah Ladwig	W60	24:03
Roger Walsh	M65	24:33
John Dennehy	M50	24:35
Ursula Clark-Murphy	W60	25:19
Robert Poulinet	M65	26:17
Mike Rhodes	M65	26:29
Kevin Hynds	M45	26:42
Steve Clark	M65	27:06
Christine Oldfield	W65	28:27
Julie Wood	W60	30:56
Pierre Viala	M60	30:57
Sean Keane	M45	31:35
Toni Frank	W65	32:25
Margaret Bennett	W70	34:50

## 4.2K WALK

Michele Mison	W60	31:12
David Brown	M60	31:33
Beryle Doust	W60	31:34
Vic Beaumont	M80	31:59
Lesley Romeo	W65	32:08
Jeni Shillington	W50	34:48
Jeff Whittam	M75	35:38
Bob Fergie	M75	35:38
Patricia Hopkins	W65	36:46
Dorothy Whittam	W75	38:09
V28		38:20
Elaine Sillery	W75	40:43
Ann Turner	W75	40:44
Sylvia Szabo	W30	40:51
Rosa Wallis	W65	40:52
Sylvia Szabo	W50	40:53
John Smith	M75	41:11
Ray Lawrence	M80	43:29
Leo Hassam	M80	44:16
Norm Miller	M80	59:18

# COMING EVENTS – HELPERS

**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,  
Lorraine Lopes, Trish Knox

**MARCH 18**

**LAKE MONGER**

Race Director:

Richard Danks -  
9355 1570

Kathy Burr, Trisha Farr,  
Sandra Rourke, Jeni  
Shillington, Jane Stanbrook,  
Blakeney Tindall, David  
Lewin, Marie Fitsimons

**APRIL 1**

**MEMBERSHIP**

Race Director:

Brian Danby - 9247 2326

Lachlan Marr, Bob & Lynne  
Schickert, Greg & Julie  
Wilson, Alan James, Simon  
Mort

**APRIL 8**

**JOONDALUP**

Race Directors:

Denise & Pierre Viala

Pat Ainsworth, Johannes  
Hagerdoorn & Julie Wood,  
Janet Jarvis, Dalton Moffett,  
Brian & Bronwyn Smith

**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.

**MASTERS ATHLETICS WA**



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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.

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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](http://www.blackswanevent.com.au)

**Contact details:**

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