

Vetrun

APRIL
2012
No. 456



Inside...

You write	
Heart Attacks uncommon	P2
AGM Reports	P4
Piney Lakes	P5
Canning Caper	P6
Manning Park X/C	P7
Lake Monger	P8
2012 STATE CHAMPIONSHIPS	P9-15
Helpers – check	P16

The magazine of Masters Athletics WA



STATE CHAMPS 2012

A record field entered the Championships 10,000m, above, and a record-setting Lyn Ventris did her stuff again – breaking both the 3000m and 5000m W55 World records.



OUR State Track & Field Championships were held over five days this year and culminated on March 24th/25th with the two main days at the WA Athletics Stadium.

This is the first year that the Championships have been held at WAAS and this was only possible as a result of the late cancellation of a scheduled pop concert. While this venue does have some disadvantages compared with ECAC, the athletic facilities are clearly superior and the consensus from athletes seemed to be a strong thumbs up. The inability to make firm bookings for this stadium is likely to remain an issue for 2013.

continued page 9

Sunday Helpers – check and call!

THANK you to all those wonderful helpers who turn out very early on two Sunday mornings a year to assist at our events. Any race director knows how important are the helpers. Of course, they also know how difficult it is when helpers are unavailable to help at the event they have nominated.

Obviously last minute emergencies can happen. But if something crops up and you become unable to help on a Sunday morning for which you have volunteered this is what you must do.

First, please find a replacement or swap with someone - and then, let your race director know as soon as possible.

It's on the form!

When renewing your mem-

bership and nominating your two help dates circle them on your fixture list or write them in your diary. That way you have a record and can't forget.

Finally – remember to check the back page of the Vetrun – every month – where you will find a list of all helpers for the next month. Is your name there? It only happens twice a year and your essential help is very much appreciated.

Gillian Young

Steve Dunn says thanks...



Dear Vic

After a 20-year visit to Perth I have returned home to Adelaide.

While finishing 140 Marathons and Ultras on six continents (soon to be seven!) and winning the 50km RRC three times were highlights – it is the support and encouragement I received from the many friends I made in the club that I will never forget.

Goodbye and happy running,

Stephen Dunn



You Write....

What's in a name-badge?

Dear Vic,

The Committee talked about use of name badges recently.

What's in a name? Well, quite a lot, according to the young bloke who complained his University only recognised him by his number.

Now something like that would never happen in this club, but there is a growing interest in asking members to wear a name badge, not on runs of course, but maybe before or afterwards, and at social functions.

It used to be that all new members were issued a badge, but the Committee dropped the idea because many didn't bother to put them on. Seems hardly fair to new arrivals, or those of us whose instant recall isn't what it was.

Let's face it: knowing who the person is that you are talking to is a mighty important part of our club's social cement.

So what do you think? The cost of a badge is trifling.

Irwin

Members can't wear them if we don't issue them. I wear mine all the time, with personal details added for safety in case of emergencies.

How about a Sunday morning spot prize draw – limited to those wearing a badge?

VW

'Heart attacks are uncommon in Marathons'

Thanks to John Bell, who forwarded this article

By
Nicholas Bakalar
NY Times

ABOUT two million people participate in marathons or half marathons every year, and you might think that that kind of strenuous exercise involving so many people would lead to a lot of heart attacks. But you would be wrong.

A study published in The New England Journal of Medicine covered 10 years of running and almost 11 million runners, and found that only 59 people had a cardiac arrest during a race: 51 of them men.

Forty-two of the events were fatal: a 71 percent fatality rate. But the overall case of fatality rate for out-of-hospital heart attacks is 92 percent, so runners were actually safer, partly because marathoners may be healthier than the general population, but also because of the presence of bystanders and on-site medical services.

The average age of a cardiac arrest victim was 42, and most of the arrests occurred near the finish line: after the 20th mile of a marathon and the 10th of a half marathon. The rates of cardiac events were three to five times higher in marathons than in half marathons. People who survived were older on average than those who did not, and having a bystander perform CPR was one of the strongest predictors of survival.

The researchers were able to obtain clinical data on about half of the deaths. For most of these, the cause was a condition called hypertrophic cardiomyopathy, a genetical-

ly-caused thickening of the heart wall that makes it electrically unstable. Dehydration was the cause of one death, hypothermia another, and two people with structurally normal hearts apparently died of arrhythmias. Nine of the 23 people who died had more than one cardiac problem.

Fast action

In my mind, the most important public health message that comes from this study is the importance of timely bystander CPR, said Dr. Aaron L. Baggish, the senior author. That is really the most actionable item: we have found something here that really makes a difference when someone goes down.

The number of race-related cardiac events over the past 10 years has increased, but probably only because more people are participating. Compared with other athletic populations, the death rate in distance running, one per 259,000, is low. The rate for collegiate athletes is one death per 43,770 per year, and for triathletes it is one per 52,630.

Runners should talk to your doctor

For the runner and the doctor reading this, there are two important messages, said Dr. Baggish, an associate director of the Cardiovascular Performance Program at the Massachusetts General Hospital in Boston. The first is that exercise and running are healthy. But the second is that exercise is not completely protective against heart problems.

He advises that every runner should have a discussion with their doctor about personal factors that may increase heart risks: and not just distance runners. Among previously healthy middle-aged joggers, one person dies every year for every 7,620 runners.

MAWA and

Vetrun Contacts

Secretary MAWA
53 Ward Crescent
Kelmescott WA 6111
9390 2056

Editor:
Vic Waters
Ph/fax: 9341 3464
vicwaters@primus.com.au

Patron:
John Gilmour

Website:
www.mastersathleticswa.org

Email:
enquiries@mastersathleticswa.org

Club uniforms:
Patricia Hopkins
9446 4452
pathopkins@myplace.net.au

President:
Barbara Blurton

No change for Elleker half-mara

ALBANY's annual half-marathon event is on the Sunday of the Foundation Day Long Weekend – June 3rd.

Lake Monger Report

THE day began with the helpers having to penetrate huge clouds of mosquitoes in order to set-up. But gentle breezes soon sent the mosquitoes on their way leaving a perfect day for the events. Many people took advantage of the ideal conditions to chalk up some excellent times. As a matter of interest the course measurement is accurate to within one meter making it a perfect venue for

by
Richard Danks
Results: page 8

those interested in PBs. A good turn-out of 123 people participated in the events. And we had a 100% response from helpers, many of whom contacted me before I had the chance to approach them. I extend a big thank you to all helpers including Kathy Burr, Trisha Farr, Sandra Rourke, Jeni Shillington, Blakeney Tindall, Jane Stanbrook, David Lewin and Paul Fitzsimons who ensured everything proceeded like clockwork. I would also like to thank Vic Beaumont who turns up early each week, without being asked, to help with the unloading and setting up, thereby easing the load of race directors.

The Annual Migration

WELL, the Championships are over for another year and, once again, their success was due in no small part to those of you who responded to our persistent requests for help and to those of you just turned up on the day and offered your services. So before we set off in search of the northern summer we would like to thank all of you. Whether your role was for half an hour or for many hours, your input helped to ensure that everything ran smoothly and pleasantly. See you in October.

JO&CO

In My View

by the Editor

Don't all rush, ladies



FEMALE members should be delighted at my latest excursion into vanity. Kindly note the new, smooth look to my picture at the top of this column. I have discovered how to smooth out years of work, worry and training with a little computer wizardry.

In the days of film and dark-rooms, portrait photographers could flatter their sitters with backlight and a bit of vaseline on the lens. Now it can be done on your laptop.

Women in this club are always complaining about the

way they look in Vetrun. Now I can offer - for a modest bribe, of course - to doctor their pictures before printing. Provided you don't mind looking like Kryton (the android character from Red Dwarf) this is the best thing for women since botox.

We resolve the drive towards high res

LAST month we had some correspondence about low-resolution and high resolution Vetrun. To simplify things, the high-res version will in future be posted on the website.

So, if on your membership application you requested Vetrun by mail, you will continue to receive it in low-res.

That's because it's quicker to email, and some people still have difficulty receiving

high-res files.

BUT...if you would like to see the magazine in high-res (bigger, clearer pictures are the main improvements) then you can look at it on the club website.

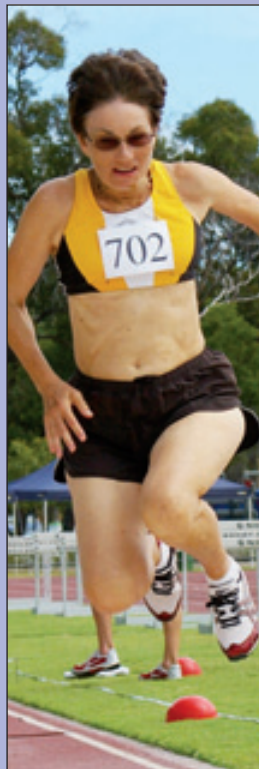
If you see a picture there and want to download it, you have two options.

Look in the site's picture gallery. If the shot is there you can download it with a couple of keystrokes. However, it will be low-res.

You CANNOT pull pictures out of the online Vetrun itself, unless you have the Adobe Writer program on your computer. This is different from the Adobe Reader prog, which is a free download, and which is the one that allows you to look at Vetrun online.

So, if you want a high-res picture from Vetrun, email me and I'll send you the original in any size you want.

VW



Champion jumpers: they look even better in high-res!
Left, Lynne Schickert's rivals are in awe: how does she keep that hair in place?
Right, Pat Carr practices her kung-fu, and below, nurse Sarah Ladwig working-up her bedside manner!



New members - Welcome!

1099 LANGFORD: Ciar W30
1100 KOZINIEC: Tracey W40
1101 GILCHRIST: Neil M40
1102 GILCHRIST: Pauline W65
1103 TRIGWELL: Tenneille W30
1104 WELLER: Steve M35
1105 DYER: Bronwyn W30
1106 CHAN: Lee W50

President's Report

THE past year was another outstanding one for our club.

The trend towards younger members joining is strengthening and this augers well for the future.

Both the Sunday events and the track and field sections continue to thrive. The State T & F Championships are at WAAS for the first time this year, although issues remain regarding the ability to get firm bookings at the stadium. The other significant change is the move of Tuesday evening competitions from McGillivray Oval to WAAS.

This year we have a record number of 171 entries for the State Championships and we have 56 members travelling to Melbourne for the Australian Masters Track and Field Championships.

Online embraces?

Our members continue to embrace online operations, with online entries for the State Championships reaching an impressive 85 per cent.

Once again I have had tremendous support from my committee and I thank them all for the time and effort they have put in. Sarah as Secretary and Irwin as Vice President are leaving the committee, both having given a great deal during their short terms of office. Roger Walsh is also stepping down and I would especially like to recognise his contribution during a total of ten years as our Treasurer.

Your help

Over the past year, many members have made significant contributions to the club. Among these I would particularly like to thank:

- **Barrie Thomsett** for so many years in the sun and rain collecting and compiling Sunday results. Lorraine Lopes has kindly arranged to take on this role from Barrie.

- **Vic and Jacqi Beaumont** for tirelessly organising all our morning teas.

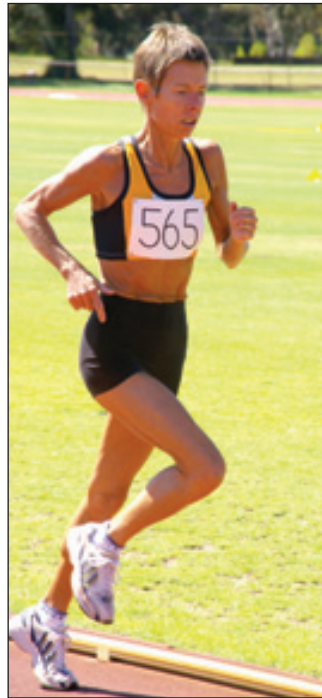
- **Jackie Halberg** for doing such an excellent job managing our impressive trophies.

- **Campbell Till** who has dealt so quickly and efficiently with all our record claims and certificates.

- **Vic Waters** for producing our superb monthly magazine.

Annual Reports

ALL members are encouraged to attend the club's AGM on Wednesday April 18, 7pm, at the Perry Lakes Hockey Club. A new President and committee will be elected.



Barbara Blurton

- **Graeme Dahl** for producing the track and field newsletter and working with Vic on Vetrun.

- **John Oldfield** for his excellent work on the website.

- **Richard Danks** for his work as our handicapper.

- **Les Beckham** for never failing to be there to officiate at all our long and triple jump events.

- **Peggy MacLiver** for her work as Registrar.

- **Carol Bowman** for everything she does to make Thursday nights at Coker a success.

- **Ross Keane and Maurice Creagh** for transporting the Sunday equipment.

This list is certainly not exclusive, and it is the ready willingness of members to help that makes MAWA the great club it is.

It has been a huge privilege for me to work on your committee for the past nine years, four of those as President. I believe the time is right for me to stand down and let a new President guide the onward development of the club. So many members have helped me do my job and I would like to thank all of you for the support you have given me.

Barbara Blurton

Secretary's Report

Membership is expanding

Some important news!!!

NOW I have your attention I shall give you all my report on yet another, busy year for MAWA.

Membership has remained strong with our current membership at 542. We continue to attract new members with many in the 30-40 age group. This is a good indication for the future of the club and encouraging to see the enthusiasm and talent in our new members.

Sunday events and T&F

I am not going to mention everyone individually but the continued commitment, hard work and willingness of those members who have taken on tasks has been recognised and valued. The committee is very aware of and commends those people who ensure that our Sunday runs, track and field events, social occasions, morning teas, uniforms, membership, equipment management and numerous other roles are maintained.

The Vetrun, Track and Field Newsletter and our website and Facebook site have ensured we have all had the opportunity to stay informed about results and news of MAWA events. We have also been able to follow our athletes at Sacramento and the recent Oceania Championships. A special mention and thanks to Vic Waters, John and Christine Oldfield and Graeme Dahl for their contribution.

Committee

It has been an extremely full year for all committee members. Gillian Young took on the task of event co-ordinator and her experience and skills have ensured the race directors and helpers have been informed and Sunday runs continue so successfully. Obtaining keys to toilets at our Sunday run venues is always a challenging task, but essential, obviously!



Sarah Ladwig

Barbara Blurton has filled the role of President admirably. She managed the day to day tasks of membership, current and new. She has organised the excellent programme for track and field events and assists at ECAC on Thursdays and ensures results are sent to John for the website so members can obtain them by the following day! Her knowledge of athletics and her leadership have been valued by all committee members.

Achievements

I have been thrilled to see so many of our members achieve so much this year. It has been exciting reading the results from T&F, State and National Championships, WMA Sacramento and Oceania. Congratulations to everyone for their personal hard work. The medal tally has been high and a sure indication that we continue to provide support and encouragement to our members.

Secretary

Finally, I should like to say a big thank you to everyone for guiding me in the Secretary role for the past two years. It has been quite demanding at times, and a steep learning curve for me, but I have enjoyed being 'in the thick of it' and learnt a great deal. I have now resigned due to my work and family commitments but I should like to encourage new members to consider and seek opportunities to be more involved in the running of MAWA.

Our club has grown enormously since its beginnings in 1974 with just seven members and managing the current membership takes a lot of hard work. The saying 'many hands make light work' is my message for 2012/2013 and I hope you will approach members of the new committee and offer them your support during the next year.

Sarah Ladwig



Masters has few spring chickens, but Karen March is...wait for it...faster than a speeding PULLET!

8K RUN

V1		31:33
Paul Odam	M50	31:38
Paul Hughes	M55	32:40
Tom Tralau	M35	33:25
John Collier	M45	33:30
Lisa Searle	W35	34:00
Don Pattinson	M55	34:55
Michael Karra	M45	35:21
Tristan Bell	M45	35:54
Tessa Brockwell	W55	35:59
V55		36:00
David Baird	M65	36:11
Peter March	M50	36:22
Karen March	W50	36:25
Charlie Chan	M55	37:46
Chris Pattinson	W55	38:36
Lorraine MacLennan	W45	39:12
Bob Cavin	M55	39:15
Gary Fisher	M55	39:33
Mike Hale	M60	39:46
Maree Brown	W45	40:09
Johan Hagedoorn	M65	40:21
Bruce Mathieson	M65	40:38
Paula Karra	W40	40:41
Scott Winn	M40	40:41
Julie Wilson	W55	40:47
Richard Blurton	M60	42:37
Irwin Barrett-Lennard	M80	42:50
Sally Floyd	W45	43:39
V58		43:54
John Pellier	M70	44:47

February 26, 2012 Piney Lakes Director: John Frost

RESCHEDULING the race to the end of February was great. The forecast rain did not occur and the Committee chose a beautifully cool morning - all was sweetness and light. This idyllic suburban park offers a 4km circuit without any road crossings and hardly a car in sight - just watch out for the dogs and their sometimes errant handlers. John Oldfield is reorganising the results process and did a great job in corralling any unruly, over enthusiastic and out-of-control finishers in the chute with the able help of Jackie Halberg. Many thanks to the willing helpers - Keith Atkinson, Alan James, Basia Lis, Janice Matthews, Bruce Wilson, Kim Thomas, Alison Aldrich and Sandra Stockman and also to the willing volunteers who readily took over odd jobs when necessary.

John

Sandra Rourke	W40	45:07
Tracey Koziniec	W30	46:16
Theresa Howe	W60	46:54
John Dance	M60	47:30
Richard Danks	M65	47:39
Rhod Wright	M60	47:51
Rochelle Airey	W40	48:49
Val Millard	W65	51:45
Sean Keane	M45	58:30
Elaine Dance	W60	60:18
Jo Richardson	W60	60:19

4K RUN

Bjorn Dybdahl	M55	15:42
V57		15:50
Jim Klinge	M65	17:00
Mark Hewitt	M55	17:11
Frank Gardiner	M60	17:18
Brian Bennett	M60	17:37
David Carr	M75	17:47
Dante Giacomini	M40	18:12
Margaret Saunders	W55	18:17
Vic Waters	M65	18:30
Ivan Brown	M65	18:38
Raymond Gimi	M45	19:02

Bruce Mathieson, Paula Karra and Scott Winn just one climb from home in the 8km



Directors' meeting:
John with
Keith
Atkinson

Carol Bowman	W55	19:10
Graeme Dahl	M60	19:39
Nick Miletic	M60	20:16
Peggy Macliver	W65	20:40
Delia Baldock	W50	20:52
John Dennehy	M50	21:37
Lorraine Lopes	W70	22:00
Jim Barnes	M65	23:07
John Talbot	M65	23:15
Roger Walsh	M65	23:23
Merv Jones	M70	23:27
John Brambley	M65	24:34
Christine Oldfield	W65	25:08
Steve Clark	M65	25:35
Carolyn Fawcett	W60	26:44
Julie Wood	W60	27:48
Pierre Viala	M60	27:49
Bob Schickert	M70	27:49
Toni Frank	W65	28:13
John Ellard	M70	28:32
Debbie Wolfenden	W45	28:33
Jan Jarvis	W65	29:26
V56		29:46
Vic Beaumont	M80	29:48
Cecil Walkley	M80	29:48
Sheila Maslen	W70	30:08
Margaret Bennett	W70	30:17
Joan Pellier	W70	30:27
Mary Heppell	W70	33:16

8K WALK

Michele Mison	W60	57:28
Peter Ryan	M60	65:22
Jeff Whittam	M75	65:57

4K WALK

Ray Hall	M75	29:10
Lynne Schickert	W70	30:18
Jeni Shillington	W50	32:48
Patricia Hopkins	W65	32:56
Lorna Lauchlan	W80	33:48
Ann Turner	W75	34:04
Ray Lawrence	M80	35:11
Dorothy Whittam	W75	35:47
Rosa Wallis	W65	35:55
Elaine Ellard	W65	37:27
Elaine Sillery	W75	39:08
Maggie Flanders	W75	42:33
Shorty Turner	M75	42:40
Denise Viala	W60	42:41
Pat Miller	W70	42:42



Canning Caper

March 4, 2012

Director: Keith Atkinson



Director Keith: see him online in glorious colour!



ANOTHER Canning Caper run and won. Weather was pretty good as it was clear, and cooler than expected, but warmed quickly.

We had a bit of hiccup on the main clock at the start. But we soon resolved that, and all resumed as normal for those waiting to go.

The handicap was over 6km, which is a first for this run. Also, the walkers did not have a sealed handicap as used to be. So it took on a different dimension. It was unusual to see Michelle Mison, David Brown, chatting to Margaret Saunders, and Brian Hewitt waiting for their handicapped time to elapse. Normally it was just runners waiting to go. At least the better runners did not have to wait 30 minutes to get started as per usual.

As in previous years it was a great sight - the handicap system working well as, from the finish line, we watched competitors on the other side of the river change places, or hold off other fast finishers.

So - great job from Richard the handicapper.

The change to the handicap distances is a trial. So if you liked, or did not like the change to this and other events let Richard the handicapper, and committee members know so that at the upcoming AGM they can use your feedback to decide whether to change back, or leave as it is.

Or maybe throw a spanner in the works, and have both distances handicapped?

Thanks to my eager helpers on the day: I had a full compliment in Aldo, Dante, Chris, Gary, Claire, Cecil, Helen, Richard, Sylvia, John, and Ivan.

I look forward to inviting you to the next Canning Caper, which may even be in November from memory, or whenever it is.

Keith

Time H/Cap Actual

6K RUN

Theresa Howe	W60	38:19	05:17	33:02
Roger Walsh	M65	40:11	05:22	34:49
Vic Waters	M65	40:27	12:38	27:49
Bronwyn Smith	W40	40:28	00:00	40:28
Nick Miletic	M60	40:45	09:52	30:53
Graeme Dahl	M60	40:46	13:11	27:35
John Collier	M45	40:54	16:06	24:48
Carol Bowman	W55	41:07	11:31	29:36
Peggy Macliver	W65	41:10	09:43	31:27
Bjorn Dybdahl	M55	41:14	17:00	24:14
Brian Hewitt	M55	41:18	17:04	24:14
Mike Anderson	M60	41:42	09:07	32:35
Margaret Saunders	W55	41:51	13:19	28:32
Rochelle Airey	W40	41:57	07:40	34:17
Chris Koemam	M50	42:26	11:57	30:29
Chris Reid	M45	42:52	17:09	25:43
Delia Baldock	W50	43:07	09:52	33:15
Raymond Gimi	M45	43:23	13:21	30:02
Toni Frank	W65	43:44	00:00	43:44
Brian Smith	M70	44:12	1:15	42:57
Jim Barnes	M65	46:40	10:40	36:00
Sheila Maslen	W70	47:05	00:00	47:05
Jan Jarvis	W65	48:40	00:00	48:40
Mary Heppell	W70	49:38	00:00	49:38
David Carr	M75	50:40	13:14	37:26
Did not compete in handicap:				
Julie Willmott	W45	34:16	00:00	34:16
V4		35:11	00:00	35:11
V5		36:57	00:00	36:57
V2		39:34	00:00	39:34
V6		54:26	00:00	54:26

10K RUN

Kim Thomas	M35	39:13		
Paul Odam	M50	40:01		
Steve Weller	M30	40:38		
Paul Hughes	M55	40:58		
V3		41:01		
Jim Klinge	M65	44:30		
V9		45:53		
Sue Bourn	W45	46:20		
Charlie Chan	M55	46:57		
Brian Danby	M60	47:02		
John Batta	M45	47:21		
Hamish McLeod	M35	47:58		
Maurice Creagh	M65	48:38		
Mike Hale	M60	49:13		
Rob Badenoch	M55	50:11		
Alan Thorniley	M55	50:42		
Maree Brown	W45	51:05		
Lorraine MacLennan	W45	51:15		



Top, Kim Thomas is a speedy blur at the start; above, handicap winner Theresa Howe.

Lorraine Lopes	W70	51:20		
Richard Blurton	M60	52:39		
Irwin Barrett-Lennard	M80	53:33		
Sally Floyd	W45	58:10		
Sandra Rourke	W40	58:42		
Tracey Koziniec	W30	59:15		
Genevieve Spiro	W40	60:01		
Jochen Schreyvogel	M40	60:02		
John Talbot	M65	60:05		
John Byrne	M60	61:32		
V8		61:38		
Richard Danks	M65	62:12		
Jane Stanbrook	W40	66:19		
V7		68:09		
Sean Keane	M45	72:43		
Kathy Burr	W70	77:15		
V58		77:17		

6K WALK

David Brown	M60	60:39	17:03	43:36
Bryan Hardy	M65	61:20	20:01	41:19
Patricia Hopkins	W65	61:22	09:43	51:39
Sylvia Szabo	W50	61:23	05:55	55:28
Ray Hall	M75	61:27	18:41	42:46
Leo Hassam	M80	62:05	00:00	62:05
Christine Oldfield	W65	62:13	14:30	47:43
Michele Mison	W60	62:31	19:27	43:04
Jeni Shillington	W50	64:29	12:25	52:04
Maggie Flanders	W75	64:46	02:22	62:24
Rosa Wallis	W65	65:08	06:10	58:58

Lorna Lauchlan	W80	65:14	14:53	50:21
Bob Fergie	M75	65:38	13:46	51:52
Dorothy Whittam	W75	65:43	10:05	55:38
Ray Lawrence	M80	65:51	10:06	55:45
Elaine Sillery	W75	66:03	09:32	56:31
Did not compete in handicap:				
John Frost	M70	52:12	00:00	52:12
Jeff Whittam	M75	60:23	12:42	47:41
Andrea Byrne	W30	50:10	00:00	50:10

10K WALK

Peter Ryan	M60	77:55		
------------	-----	-------	--	--

Manning Park X/C Hamilton Hill

March 11, 2012

Director: Bob Schickert

THE shade around the lake helped about 65 runners or walkers keep cool even though a 40C day was forecast. The hills in the run resulted in every runner having to work hard at some stage of the event. Many thanks to helpers Lorraine Lopes and David ? (in place of Trish Knox), Maree Brown, Sally Floyd, Bruce Wilson, Neil McRae, Ross Keane, Barbara Blurton, Barrie Thomsett and Lynne Schickert.

Bob Schickert

8K RUN

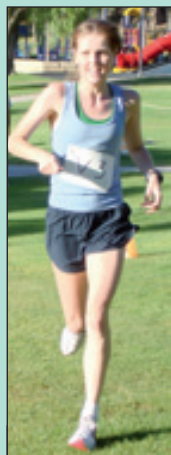
V3		31:30
Paul Odam	M50	32:47
Rod Hamilton	M45	35:12
Joe Clark-Murphy	M65	36:05
Brian Bennett	M60	36:18
V5		38:18



Above: We're here to help! Vic and Bob with new member Neil Gilchrist. Left: Dante Giacomin and Marg Saunders. Below, newer members are Scott Winn (889) and Fiona Cousins (890.)



First woman member home is Marie Fitzsimons, but V3 (pictured right) is her daughter Kate, who left us all gasping!



Marie Fitzsimons	W45	39:27
Bruce Mathieson	M65	41:18
Scott Winn	M40	41:31
Chris Genin	M35	41:40
Carol Bowman	W55	42:07
Richard Blurton	M60	42:32
Gary Fisher	M55	42:34
Chris Koemam	M50	42:57
Irwin Barrett-Lennard	M80	44:20
V4		45:20
Theresa Howe	W60	49:53
Rochelle Airey	W40	50:47
John Byrne	M60	51:06
Richard Danks	M65	55:01
Cecil Walkley	M80	69:30

4K RUN

Bjorn Dybdahl	M55	15:52
Paul Hughes	M55	16:24
Chris Reid	M45	17:17
Jim Klinge	M65	17:33
Mark Hewitt	M55	18:31
Margaret Saunders	W55	18:40
Graeme Dahl	M60	19:15
Ivan Brown	M65	19:20

Maurice Creagh	M65	19:21
Dante Giacomin	M40	19:24
Lorraine MacLennan	W45	20:00
John Oldfield	M65	21:06
Peggy Macliver	W65	21:16
Delia Baldock	W50	21:41
V1		22:13
V2		22:14
Vic Waters	M65	22:20
Paul Martin	M70	24:53
Merv Jones	M70	25:13
Ursula Clark-Murphy	W60	25:42
Bronwyn Smith	W40	26:12
Brian Smith	M70	26:36
John Brambley	M70	26:39
David Carr	M75	26:59
Neil Gilchrist	M40	27:08
Toni Frank	W65	30:15
Margaret Bennett	W70	32:17
Pierre Viala	M60	32:19

Vic Beaumont	M80	33:10
Fiona Cousins	W40	36:37

5.6K WALK

Val Millard	W65	38:40
Bryan Hardy	M65	41:14
Ray Hall	M75	42:24
John Smith	M75	43:49
Bob Fergie	M75	46:10
Jeff Whittam	M75	46:11
Ann Turner	W75	48:49
Rosa Wallis	W65	50:42
Phyllis Farrell	W65	53:49

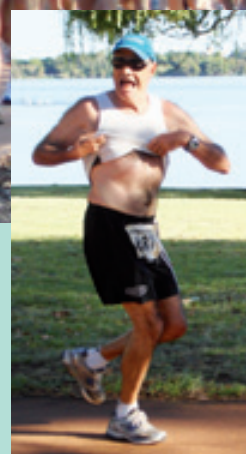
2.8K WALK

Peter Hopper	M65	19:36
Christine Oldfield	W65	21:12
Patricia Hopkins	W65	23:31
Debbie Wolfenden	W45	25:14
Dorothy Whittam	W75	26:05
Margaret Warren	W75	26:55

Lake Monger

March 18, 2012

Director: Richard Danks



Starters (above)
and
STARTLER
(right) is
Martin
Watkins, aka
the Lake
Monger Flasher

10.5 RUN

V4		39:57
Kim Thomas	M35	41:09
V1		42:41
Peter Sullivan	M50	43:54
John Allen	M50	43:56
Mark Dawson	M50	45:14
Rod Hamilton	M45	45:41
V5		47:35
Tom Tralau	M35	47:38
Don Pattinson	M55	47:40
Brian Bennett	M60	48:07
David Baird	M65	49:09
Sue Bourn	W45	50:32
Brian Danby	M60	50:57
Martin Watkins	M60	51:26
Graham Thornton	M70	52:10
John Mack	M70	52:22
Mark Sivyer	M60	53:18
Kim Cook	W35	53:21
Maree Brown	W45	53:40
Mike Karra	M45	54:28
Lorraine MacLennan	W45	54:49
Mike Hale	M60	55:00
Irwin Barrett-Lennard	M80	56:21
John Oldfield	M65	56:24
Julie Wilson	W55	56:33
Gavin Howard	M50	56:57
Paula Karra	W40	58:06
John Talbot	M65	63:26
Theresa Howe	W60	63:29
John Dance	M60	64:23
John Byrne	M60	65:15
Tanya Burke	W40	65:48
Greg Wilson	M60	67:00
Brian Smith	M70	71:10
Sean Keane	M45	72:42
Steve Clark	M65	74:39
V2		74:50
Jo Richardson	W60	77:11

7K RUN

Paul Odam	M50	28:19
Paul Hughes	M55	28:40
Lisa Searle	W35	29:37

Chris Reid	M45	29:49
Bernard Mangan	M55	30:29
Jim Klinge	M65	30:41
Frank Gardiner	M60	31:28
V6		31:54
Karen March	W50	32:13
Peter March	M50	32:14
Maurice Creagh	M65	32:50
Dante Giacomini	M40	33:12
Graeme Dahl	M60	33:47
Vic Waters	M65	34:25
Gillian Young	W60	35:11
Bruce Mathieson	M65	35:20
Hamish McLeod	M35	37:31
Bob Schickert	M70	38:29
Sally Floyd	W45	39:14
V7		40:36
Janice Mathews	W40	40:59
Terry Manford	M70	43:31
Bronwyn Smith	W40	44:33
V3		44:36
Merv Jones	M70	44:56
David Carr	M75	45:01
John Ellard	M70	50:16
Sheila Maslen	W70	57:21

3.5K RUN

Steve Weller	M35	13:34
Bjorn Dybdahl	M55	13:41
George Fish	M60	14:38
Margaret Saunders	W55	15:33
Raymond Gimi	M45	16:06
Ivan Brown	M65	16:22
Chris Pattinson	W55	16:35
Carol Bowman	W55	16:55
Bob Cavin	M55	17:18
Delia Baldock	W50	17:32
Peggy MacIver	W65	18:23
Mike Anderson	M60	18:29
Hamish McGlashan	M70	18:37
Julie Willmott	W45	18:46
Nick Miletic	M60	19:20
Mike Rhodes	M65	20:23
Aldo Giacomini	M75	22:35

V8		22:35
Christine Oldfield	W65	22:52
Toni Frank	W65	24:35
Vic Beaumont	M80	24:49
Jan Jarvis	W65	26:51

10.5 WALK

David Smyth	M40	60:22
Marie Fitzsimons	W45	67:48
Peter Ryan	M60	78:36
Lynne Schickert	W70	80:40

7K WALK

John Smith	M75	50:32
Bryan Hardy	M65	51:45
Arnold Jenkins	M65	58:22
Jeff Whittam	M75	60:20
Bob Fergie	M75	60:20
Ann Turner	W75	63:38
Patricia Hopkins	W65	67:10
Elaine Sillery	W75	68:17
Sylvia Szabo	W30	70:19
Sylvia Szabo	W50	70:20
Margaret Warren	W75	70:43
Elaine Ellard	W70	70:44

3.5K WALK

Wayne Taylor	M50	23:26
Ray Hall	M75	24:41
Peter Hopper	M65	26:21
David Brown	M60	26:29
Debbie Wolfenden	W45	28:48
Lorna Lauchlan	W80	29:07
Ray Lawrence	M80	31:39
Rosa Wallis	W65	34:11
Dorothy Whittam	W75	34:12
Maggie Flanders	W75	36:28
Leo Hassam	M80	36:29
Norm Miller	M80	41:39
Pat Miller	W70	41:44

WA MASTERS STATE CHAMPIONSHIPS 2012



Above: David Carr, Maurice Creagh, Ivan Brown and Bert Carse: 1500m.

60M

W30	
1 Foster, Melissa	8.37
W40	
1 Crouch, Regina	10.74
W45	
1 Lawson, Kathy	9.17
2 Leonard, Fiona	9.23
3 Bourn, Sue	9.25
4 Cherry, Frances	9.29
5 Coate, Suzanne	9.32
6 Moloney, Sharon	9.38
W50	
1 Baldock, Delia	10.21
W55	
1 Choate, Lynne	9.27
2 Bowman, Carol	11.27
W60	
1 Ladwig, Sarah	12.67
W65	
1 Macliver, Peggy	9.97
2 Painter, Brenda	10.88
W70	
1 Johnson, Ruth	11.17
2 Schickert, Lynne	13.55
W80	
1 Carr, Patricia	12.95
M35	
1 Thomas, Kim	9.24
M40	
1 Coate, Ian	8.76
M45	
1 Riviere, Bernard	8.01
2 Smith, Colin	8.03
3 Elms, Mark	8.22
M50	
1 van Waardenburg, Craig	8.41
2 Billington, Allan	9.74
M55	
1 Ralston, Garry	7.94

M60

1 Greenhalgh, Rob	8.82
2 Antonioli, Rob	9.10
3 Membrey, Harold	9.53
4 Miletic, Nick	9.65
M65	
1 Martin, Keith	9.57
2 Oldfield, John	12.30
M70	
1 Kernaghan, Barrie	8.79
2 Gare, Peter	9.39
3 James, Lyle	11.56

M75

1 Clive, David	8.96
2 Sander, Leon	10.11
3 Fergie, Bob	12.92

100M

W30	
1 Trigwell, Tenneille	13.07
2 Foster, Melissa	13.82
W40	
1 Crouch, Regina	18.39

from page 1

We had a record entry of 171 competitors who were blessed with near perfect weather on each of the five days. We saw some great competition, some fabulous performances and the usual MAWA camaraderie.

Highlights on the track were two world records for Lyn Ventris, and three superb 98%+ runs from Lorraine Lopes, winning her the Anne Shaw trophy for performance of the meet.

Many people helped me with the organisation of the Championships, but I would particularly like to mention John and Christine Oldfield who took on the difficult role of organising the officials and helpers.

The success of this event would not have been possible without the immense help and support of our members who act as helpers during the championships. All jobs from the physical raking of the sand to sitting recording - they are equally important and my sincere thanks to everyone.

Barbara Blurton

Below: Lynne Choate, Carol Bowman and Delia Baldock: 100m.



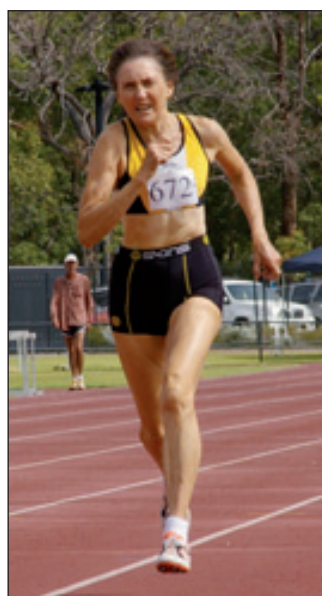


W60		3 Riviere, Bernard	12.91	<i>Sue Bourn is foreground of this 100m start. Below, Regina Crouch with Tenneille Trigwell and Melissa Foster in her 100m.</i>			
1 Ladwig, Sarah	20.00	4 Smith, Colin	12.97				
W65		5 Jones, Nigel	13.58				
1 Macliver, Peggy	16.17	M50		M75	W50		
2 Painter, Brenda	17.70	1 Kocis, Rudy	12.42	1 Clive, David	14.86	1 Baldock, Delia	33.38
W70		2 van Waardenburg, Craig	13.24	2 Sander, Leon	16.28	W55	
1 Johnson, Ruth	18.08	3 Ward, Andrew	13.78	3 Fergie, Bob	21.96	1 Choate, Lynne	31.90
2 Schickert, Lynne	21.77	4 Billington, Allan	15.64	M80		2 Bowman, Carol	37.31
W80		M55		1 Barrett-Lennard, Irwin	18.61	W65	
1 Carr, Patricia	22.12	1 Ralston, Garry	12.50			1 Macliver, Peggy	33.46
M35		2 Hewitt, Mark	15.11	200M		2 Painter, Brenda	38.21
1 Thomas, Kim	16.11	M60		W40		W70	
M40		1 Greenhalgh, Rob	14.63	1 Crouch, Regina	39.10	1 Johnson, Ruth	38.33
1 Ross, Glenn	11.78	2 Brayshaw, Geoffery	14.69	W45		M35	
2 Neale, Chris	12.69	3 Membrey, Harold	15.38	1 Lawson, Kathy	30.60	1 Jeffery, Paul	24.38
3 Pascal, Maurice	12.73	4 Miletic, Nick	15.61	2 Leonard, Fiona	30.77	2 Thomas, Kim	29.97
4 Brennan, Greg	13.73	5 Fawcett, Robert	20.16	3 Moloney, Sharon	31.75	M40	
5 Abercrombie, Paul	13.93	M65		4 Bourn, Sue	32.38	1 Neale, Chris	25.90
M45		1 Martin, Keith	15.47	5 Cherry, Frances	32.88	2 Coate, Ian	28.58
1 Campbell, Martin	12.30	M70				M45	
2 Elms, Mark	12.75	1 Kernaghan, Barrie	14.38			1 Elms, Mark	25.54 ▶





2	Smith, Colin	26.23
3	Riviere, Bernard	26.54
4	Colton, Robert	30.19
M50		
1	van Waardenburg, Craig	27.58
M55		
1	Ralston, Garry	25.90
2	Fuller, Stephen	28.66
3	Dybdahl, Bjorn	31.28
M60		
1	Antoniolli, Rob	29.71
2	Greenhalgh, Rob	29.89
3	Brayshaw, Geoffrey	30.46
4	Membrey, Harold	31.77
5	Miletic, Nick	32.19
M65		
1	Martin, Keith	31.12
2	Brown, Ivan	34.25
M70		
1	Kernaghan, Barrie	29.42
2	Gare, Peter	31.41
3	James, Lyle	42.31
M75		
1	Clive, David	30.21
2	Sander, Leon	32.96
M80		
1	Barrett-Lennard, Irwin	37.67
400M		
W30		
1	Baldock, Danielle	1:24.50
2	Thomas, Monique	1:33.17
W40		
1	Oborne, Jodie	1:19.59
2	Crouch, Regina	1:34.84
W45		
1	Leonard, Fiona	1:08.79
2	Bourn, Sue	1:12.24
3	Cherry, Frances	1:14.66
4	Sanders, Jacqui	1:26.95
W50		
1	Baldock, Delia	1:13.99
W55		
1	Saunders, Margaret	1:11.15
2	Bowman, Carol	1:24.57
W60		
1	Dickason, Carey	1:39.76



W65		
1	Macliver, Peggy	1:14.42
W70		
1	Johnson, Ruth	1:29.23
M35		
1	Thomas, Kim	1:05.85
M40		
1	van Rijen, Xander	55.94
2	Neale, Chris	56.36
3	Pascal, Maurice	56.95
4	Brooker, Andrew	57.86
M45		
1	Elms, Mark	56.85
2	Smith, Colin	57.80
3	Campbell, Martin	1:02.99
4	Colton, Robert	1:05.99
M50		
1	Billington, Allan	1:12.89
2	Dennehy, John	1:31.42
M55		
1	Ralston, Garry	59.76
2	Fuller, Stephen	1:01.67
3	Dybdahl, Bjorn	1:06.31
4	Sheehan, Danny	1:08.86

400m runners: above, Cecil Walkley and Irwin Barrett-Lennard; left, Peggy MacLiver; below, Marg Saunders.

M60		
1	Heppener, Tony	1:05.53
2	Greenhalgh, Rob	1:07.55
3	Membrey, Harold	1:14.92
4	Miletic, Nick	1:19.55
M65		
1	Fearnall, Roy	1:07.29
2	Baird, David	1:16.01
3	Creagh, Maurice	1:19.55
M70		
1	Schickert, Bob	1:20.21
2	James, Lyle	1:56.88
M75		
1	Sander, Leon	1:16.41
M80		
1	Barrett-Lennard, Irwin	1:30.20
2	Walkley, Cecil	2:06.24



800M		
W30		
1	Thomas, Monique	3:39.79
W45		
1	Leonard, Fiona	2:40.67
2	Sanders, Jacqui	3:39.94
3	Keeley, Julie	3:45.81
W55		
1	Saunders, Margaret	2:43.69
2	Bowman, Carol	3:09.01
3	Wilson, Julie	3:23.10
W60		
1	Dickason, Carey	3:48.24
W70		
1	Lopes, Lorraine	3:28.46
M35		
1	Thomas, Kim	2:19.78
M40		
1	van Rijen, Xander	2:14.83
2	Brooker, Andrew	2:16.89
M45		
1	Collier, John	2:28.05
2	Colton, Robert	2:32.02
M50		
1	Dawson, Mark	2:21.85
2	Scott, Trevor	2:29.43
3	Billington, Allan	2:56.45
M55		
1	Fuller, Stephen	2:33.08
2	Dybdahl, Bjorn	2:33.63
3	Sheehan, Danny	2:39.46
M60		
1	Heppener, Tony	2:25.72
2	Dahl, Graeme	2:45.52
3	Miletic, Nick	3:13.11
M65		
1	Brown, Ivan	2:57.30
2	Creagh, Maurice	3:01.38
M70		
1	Schickert, Bob	3:06.20
2	Gare, Peter	3:09.05
3	James, Lyle	4:11.70
M75		
1	Carr, David	2:54.88
2	Sander, Leon	3:09.93
M80		
1	Walkley, Cecil	4:26.09



1500M

W30		
1	Baldock, Danielle	6:31.37
2	Thomas, Monique	7:19.10
W40		
1	Oborne, Jodie	5:39.37
W45		
1	Leonard, Fiona	5:30.13
2	Keeley, Julie	7:26.93
W50		
1	Gower, Karyn	5:55.81
W55		
1	Bowman, Carol	6:32.62
2	Wilson, Julie	6:41.29
W60		
1	Dickason, Carey	7:26.40
W70		
1	Lopes, Lorraine	6:29.49
M35		
1	Thomas, Kim	4:36.83
M40		
1	Bailey, Geoff	4:56.75
2	Giacomin, Dante	6:05.81
M45		
1	Collier, John	5:08.66
2	Colton, Robert	5:11.12
M50		
1	Scott, Trevor	4:49.84
2	Dawson, Mark	4:51.47
3	Billington, Allan	6:00.26
M55		
1	Gower, Alan	4:43.68
2	Dybdahl, Bjorn	5:07.80
3	Sheehan, Danny	5:24.01
M60		
1	Heppener, Tony	5:08.12
2	Dahl, Graeme	5:27.41
3	Miletic, Nick	6:47.02
4	Fawcett, Robert	8:29.13
M65		
1	Langford, Jim	5:40.05
2	Baird, David	5:56.78
3	Creagh, Maurice	6:00.65
4	Brown, Ivan	6:03.65
M70		
1	Carse, Bert	6:08.27
2	Schickert, Bob	6:29.43
3	James, Lyle	8:13.06
M75		
1	Carr, David	6:00.33
M80		
1	Walkley, Cecil	8:51.00
5000M		
W30		
1	Dyer, Bronwyn	21:26.6h
2	Thomas, Monique	27:08.1h



W45			
1	Bourn, Sue	21:14.3h	
2	Keeley, Julie	27:02.0h	
3	Sanders, Jacqui	27:55.3h	
W50			
1	Gower, Karyn	21:50.5h	
W55			
1	Wilson, Julie	24:21.4h	
W60			
1	Dickason, Carey	27:25.2h	
W70			
1	Lopes, Lorraine	23:30.0h	
2	Shillinglaw, Loretta	32:05.8h	
M35			
1	Thomas, Kim	17:42.7h	

Above, 1500m start for the older guys. Left, Athlete of the Meet Lorraine Lopes.

M40			
1	Mitchell, Paul	18:10.1h	
2	Giacomin, Dante	22:32.4h	
M45			
1	Collier, John	20:24.4h	
M50			
1	Scott, Trevor	18:59.9h	
2	Dawson, Mark	19:09.8h	
3	Muroi, Michihito	19:43.7h	
4	Sullivan, Peter	22:32.4h	
M55			
1	Gower, Alan	18:10.4h	
2	Dybdahl, Bjorn	19:19.7h	
3	Hughes, Paul	19:21.9h	
4	Sheehan, Danny	20:23.5h	
5	Hewitt, Mark	21:38.1h	
M60			
1	Dahl, Graeme	20:08.3h	
2	Bennett, Brian	21:40.3h	
M65			
1	Langford, Jim	20:04.0h	
2	Creagh, Maurice	22:29.8h	
M70			
1	Schickert, Bob	25:22.2h	
2	James, Lyle	30:42.3h	
M75			
1	Simmonds, David	26:23.0h	
M80			
1	Barrett-Lennard, Irwin	26:34.4h	
2	Walkley, Cecil	36:03.8h	
10000M			
W30			
1	Dyer, Bronwyn	47:59.2h	
2	Thomas, Monique	58:10.4h	
W40			
1	Oborne, Jodie	42:36.4h	
W45			
1	Bourn, Sue	44:09.0h	
2	Keeley, Julie	58:27.6h	
W55			
1	Wilson, Julie	48:58.6h	
W65			
1	Millard, Valerie	1:03:44.1h	
W70			
1	Lopes, Lorraine	48:59.9h	
2	Shillinglaw, Loretta	1:09:32.1h	
M30			
1	Langford, Ross	35:46.9h	
M35			
1	Thomas, Kim	36:47.9h	
2	Vogler, Garry	38:57.9h	



Just when you thought it was safe to go out for 10,000m in the dark, along comes another Langford! Ross supplanted annual favourite Paul Mitchell (left) for overall victory and also reset the M30 State record.

M40	
1 Mitchell, Paul	40:44.8h
2 Schofield, Grant	47:21.1h
3 Giacomin, Dante	48:42.9h
M45	
1 Schmitt, Clemens	36:57.4h
2 Collier, John	44:33.5h
M50	
1 Scott, Trevor	37:42.1h
2 Giles, Steven	38:42.0h
3 Muroi, Michihito	40:23.9h
4 Dawson, Mark	41:06.8h
5 Sullivan, Peter	42:02.6h
M55	
1 Gower, Alan	36:55.4h
2 Maher, Christopher	40:27.6h
3 Dybdahl, Bjorn	41:11.7h
M60	
1 Miller, Keith	44:02.0h
2 Bennett, Brian	44:27.6h
M65	
1 Langford, Jim	41:46.2h
2 Clark-Murphy, Joseph	43:21.2h
3 Creagh, Maurice	47:35.1h
M70	
1 Carse, Bert	48:53.1h
2 Schickert, Bob	54:31.0h
M75	
1 Carr, David	54:39.6h
M80	
1 Barrett-Lennard, Irwin	53:09.7h
80M HURDLES	
W40	
1 Phillips, Toni	13.81
W50	
1 Baldock, Delia	17.36

W70	
1 Johnson, Ruth	25.53
100M HURDLES	
M50	
1 Hastie, Garry	20.66
M55	
1 Ralston, Garry	19.45
110m hurdles	
M45	
1 Campbell, Martin	20.90
200M HURDLES	
W70	
1 Johnson, Ruth	48.04
300M HURDLES	
W50	
1 Baldock, Delia	59.92
M60	
1 Antonioli, Rob	55.87
2 Membrey, Harold	1:11.48
M65	
1 Martin, Keith	59.86
400M HURDLES	
M40	
1 Bailey, Geoff	1:15.74
M45	
1 Elms, Mark	1:13.85
M50	
1 Hastie, Garry	1:16.38
2000M STEEPLECHASE	
W30	
1 Thomas, Monique	11:52.8h
W40	
1 Crouch, Regina	13:08.4h

W50	
1 Zlnay, Sue	9:48.0h
2 Baldock, Delia	10:14.0h
W55	
1 Wilson, Julie	9:52.6h
2 Bowman, Carol	10:30.9h
W60	
1 Fawcett, Carolyn	14:15.6h
W65	
1 Mercer, Erica	11:25.2h
W70	
1 Schickert, Lynne	14:04.6h
M60	
1 Miletic, Nick	10:03.0h
2 Wilson, Greg	10:50.4h
3 Membrey, Harold	11:07.6h
M65	
1 Creagh, Maurice	9:48.2h
2 Oldfield, John	10:03.7h
M70	
1 Carse, Bert	9:33.4h
2 Schickert, Bob	9:56.5h
M75	
1 Carr, David	9:21.8h
M80	
1 Walkley, Cecil	14:12.4h
3000M STEEPLECHASE	
M35	
1 Thomas, Kim	11:18.7h
M50	
1 Scott, Trevor	12:13.5h
2 Dawson, Mark	13:16.2h
1500M WALK	
W40	
1 Crouch, Regina	11:28.31
W45	
1 Fitzsimons, Marie	8:00.79
W60	
1 Ladwig, Sarah	9:56.50
2 Mison, Michele	10:15.71
W65	
1 Millard, Valerie	9:54.40
W70	
1 Schickert, Lynne	10:23.09
W80	
1 Lauchlan, Lorna	12:26.51
M40	
1 Smyth, David	7:38.60
M45	
1 Best, David	10:09.42
M50	
1 Hastie, Garry	6:42.29
M60	
1 Membrey, Harold	11:52.36

M65	
1 Oldfield, John	13:06.44
M75	
- Whittam, Jeffrey	DQ
3000M WALK	
W40	
1 Crouch, Regina	23:08.48
W45	
1 Fitzsimons, Marie	16:31.59
W55	
1 Ventris, Lynette	14:16.41
W60	
1 Mison, Michele	20:57.91
2 Ladwig, Sarah	21:04.32
W65	
1 Millard, Valerie	20:28.71
- Oldfield, Christine	DQ
W70	
1 Schickert, Lynne	21:49.69
W80	
1 Lauchlan, Lorna	24:50.47
M40	
1 Smyth, David	16:12.63
M45	
1 Best, David	21:19.04
M50	
1 Hastie, Garry	15:47.0h
M65	
1 Oldfield, John	24:59.95
M70	
- Doye, Peter	DQ
M75	
1 Hall, Ray	21:49.58
- Whittam, Jeffrey	DQ
5000M WALK	
W40	
1 Crouch, Regina	40:57.5h
W55	
1 Ventris, Lynette	23:57.9h
W60	
1 Mison, Michele	35:41.1h
W65	
1 Millard, Valerie	33:56.9h
2 Romeo, Lesley	38:09.5h
W70	
1 Schickert, Lynne	36:17.4h
W80	
1 Lauchlan, Lorna	42:07.0h
M35	
1 Vogler, Garry	26:46.8h
M40	
1 Smyth, David	27:11.4h
M45	
1 Best, David	36:25.6h



Above, from left, walkers John Oldfield, Jeff Whittam, Christine Oldfield and Laura Lauchlan. Below, Delia Baldock.

M50		
1 Hastie, Garry	25:26.6h	
M70		
1 Doye, Peter	35:11.2h	
M75		
1 Hall, Ray	35:11.0h	
2 Fergie, Bob	40:28.9h	
- Harris, Richard	DQ	
- Whittam, Jeffrey	DQ	

HIGH JUMP

W45		
1 Coate, Suzanne	1.33m	
W50		
1 Baldock, Delia	1.20m	
W65		
1 Painter, Brenda	1.00m	
M30		
1 Urbanowicz, Greg	1.30m	
M40		
1 Coate, Ian	1.40m	
2 Collins, Kevin	1.10m	
M45		
1 Riviere, Bernard	1.53m	
2 Ditewig, Roger	1.50m	
M50		
1 Hastie, Garry	1.40m	
2 Van der Merwe, Chris	1.40m	
3 Rubick, Wayne	1.05m	
M60		
1 Wilson, Greg	1.38m	
1 Wyatt, Dave	1.38m	
M65		
1 Martin, Keith	1.10m	
M75		
1 Fergie, Bob	1.00m	

LONG JUMP

W30		
1 Foster, Melissa	5.21m	
2 Thomas, Michelle	3.20m	
W40		
1 Crouch, Regina	2.95m	
W45		
1 Coate, Suzanne	3.79m	
W50		
1 Baldock, Delia	3.84m	

W55		
1 Wilson, Julie	2.67m	
W60		
1 Ladwig, Sarah	2.72m	
2 Dickason, Carey	2.39m	
W65		
1 Painter, Brenda	2.92m	



W70		
1 Johnson, Ruth	2.89m	
2 Schickert, Lynne	2.43m	
W80		
1 Carr, Patricia	2.37m	
M40		
1 Pascal, Maurice	5.75m	
2 Neale, Chris	5.65m	
3 Brooker, Andrew	5.41m	
4 Bailey, Geoff	5.36m	
5 Coate, Ian	4.74m	
6 Abercrombie, Paul	4.34m	
7 Collins, Kevin	3.26m	
M45		
1 Elms, Mark	5.44m	
2 Riviere, Bernard	5.34m	
3 Smith, Colin	4.30m	
4 Colton, Robert	4.28m	

M50		
1 Kocis, Rudy	4.76m	
2 Ward, Andrew	4.29m	
3 Scott, Trevor	3.82m	
4 Rubick, Wayne	3.62m	
5 Dennehy, John	3.54m	

M55		
1 Ralston, Garry	5.28m	
2 Hewitt, Mark	4.70m	

M60		
1 Wyatt, Dave	4.61m	
2 Brayshaw, Geoffrey	4.12m	

M65		
1 Martin, Keith	3.43m	

M75		
1 Clive, David	4.37m	
2 Sander, Leon	3.08m	
3 Fergie, Bob	2.52m	

TRIPLE JUMP

W30		
1 Foster, Melissa	10.47m	

W40		
1 Crouch, Regina	6.43m	

W45		
1 Coate, Suzanne	8.02m	

W50		
1 Baldock, Delia	8.08m	

W60		
1 Dickason, Carey	5.66m	

W65		
2 Ladwig, Sarah	5.45m	

W70		
1 Painter, Brenda	6.88m	

W75		
1 Johnson, Ruth	6.61m	
2 Schickert, Lynne	5.37m	

M40		
1 Neale, Chris	11.32m	
2 Bailey, Geoff	11.21m	
3 Coate, Ian	9.72m	

M45		
1 Riviere, Bernard	10.27m	
2 Smith, Colin	9.42m	
3 Colton, Robert	7.92m	
M50		
1 Ward, Andrew	8.06m	
2 Rubick, Wayne	6.90m	

M55		
1 Ralston, Garry	10.48m	
M60		
1 Wyatt, Dave	9.56m	
2 Brayshaw, Geoffrey	8.78m	

M40		
1 Neale, Chris	11.32m	
2 Bailey, Geoff	11.21m	
3 Coate, Ian	9.72m	

M45		
1 Riviere, Bernard	10.27m	
2 Smith, Colin	9.42m	
3 Colton, Robert	7.92m	
M50		
1 Ward, Andrew	8.06m	
2 Rubick, Wayne	6.90m	

M55		
1 Ralston, Garry	10.48m	
M60		
1 Wyatt, Dave	9.56m	
2 Brayshaw, Geoffrey	8.78m	

M65		
1 Martin, Keith	8.27m	

M75		
1 Clive, David	8.19m	
2 Fergie, Bob	5.54m	

DISCUS

W30		
1 Glass, Byrony	33.89m	

W35		
1 Edmiston, Sarah	34.71m	

W45		
1 Coate, Suzanne	22.17m	

W50		
2 Moloney, Sharon	21.93m	

W50		
1 Mutch, Sandra	18.26m	

W55		
2 Link, Michelle	16.57m	

W55		
1 Brown, Barbara	18.74m	

W60		
1 Szczepanska, Elizabeth	22.80m	

W60		
2 Glass, Kate	22.03m	

W65		
3 Dickason, Carey	14.59m	

W65		
4 Streeter, June	13.14m	

W70		
1 Hamilton, Beverley	23.15m	

W70		
2 Turner, Stella	14.31m	

W70		
1 Campbell, Barbara	17.98m	

M30		
1 Urbanowicz, Greg	34.70m	

M35		
1 Jeffery, Paul	36.11m	

M40		
1 Hamilton, Mark	35.21m	

M40		
2 Coate, Ian	22.86m	

M45		
1 Ditewig, Roger	28.37m	

M50		
1 van Waardenburg, Craig	31.00m	

M50		
2 Ward, Andrew	27.13m	

M50		
3 Van der Merwe, Chris	23.65m	

M50		
4 Dennehy, John	17.44m	

M55		
1 Gravestock, Tom	37.50m	

M55		
2 Fuller, Stephen	29.38m	

M60		
1 Igel, Oswald	37.94m	

M60		
2 Brayshaw, Geoffrey	31.37m	

M60		
3 Wilson, Greg	30.31m	

M60		
4 Miletic, Nick	27.44m	

M60		
5 Membrey, Harold	26.19m	

M65		
1 Selby, Stan	32.13m	

M65		
2 Young, Rob	25.02m	

M70		
1 Gare, Peter	30.35m	

M70		
2 Chalmers, Bob	16.58m	

M75		
1 Davis, James	27.99m	

M75		
2 Sander, Leon	22.78m	

M75		
3 Fergie, Bob	22.10m	

M75		
4 Whittam, Jeffrey	13.67m	

M80		
1 Tittel, Christian	20.86m	

M80		
2 Shand, Robert	19.21m	

HAMMER

W30		
1 Glass, Byrony	53.21m	

W35		
1 Edmiston, Sarah	37.89m	

W45		
1 Moloney, Sharon	23.27m	

W50		
2 Coate, Suzanne	18.73m	

W50		M50		2 Davis, James	21.06m	W65	
1 Everard, Kylie	23.38m	1 van Waardenburg, Craig	13.56m	3 Fergie, Bob	20.69m	1 Macliver, Peggy	3494
2 Mutch, Sandra	19.84m	2 Ward, Andrew	7.87m	M80		W70	
W55		M55		1 Shand, Robert	20.67m	1 Johnson, Ruth	2891
1 Brown, Barbara	23.30m	1 Gee, Geoffrey	14.25m	SHOT PUT		2 Schickert, Lynne	1534
W60		2 Gravestock, Tom	13.13m	W30		M40	
1 Glass, Kate	33.70m	M60		1 Glass, Byrony	11.08m	1 Neale, Chris	2717
2 Szczepanska, Elizabeth	28.80m	1 Wilson, Greg	10.64m	W35		2 Brooker, Andrew	2633
3 Dickason, Carey	19.90m	2 Membrey, Harold	10.00m	1 Edmiston, Sarah	8.52m	3 Bailey, Geoff	2351
4 Streeter, June	17.00m	M65		W40		4 Coate, Ian	1751
W65		1 Young, Rob	8.97m	1 Crouch, Regina	5.44m	5 Abercrombie, Paul	1662
1 Hamilton, Beverley	29.33m	M70		W45		M45	
2 Turner, Stella	15.19m	1 Chalmers, Bob	7.98m	1 Coate, Suzanne	7.83m	1 Elms, Mark	2483
W70		M75		2 Moloney, Sharon	7.28m	2 Jones, Nigel	1462
1 Johnson, Ruth	17.82m	1 Davis, James	11.36m	W50		M50	
W75		2 Fergie, Bob	10.96m	1 Mutch, Sandra	7.86m	1 Dennehy, John	1059
1 Whittam, Dorothy	23.90m	3 Whittam, Jeffrey	7.61m	2 Link, Michelle	5.77m	M55	
M30		M80		W55		1 Fuller, Stephen	2277
1 Urbanowicz, Greg	37.01m	1 Tittel, Christian	10.48m	1 Brown, Barbara	7.44m	M60	
M35		2 Shand, Robert	9.06m	W60		1 Brayshaw, Geoffrey	2278
1 Staunton, Matt	44.85m	JAVELIN		1 Glass, Kate	9.60m	2 Miletic, Nick	1934
M40		W35		2 Szczepanska, Elizabeth	8.84m	3 Wilson, Greg	1486
1 Hamilton, Mark	33.09m	1 Trolio, Maria	23.37m	3 Dickason, Carey	6.49m	4 Fawcett, Robert	607
2 Coate, Ian	18.86m	2 Edmiston, Sarah	22.71m	4 Streeter, June	6.15m	M65	
M50		W40		W65		1 Brown, Ivan	1963
1 Everard, John	42.33m	1 Crouch, Regina	15.76m	1 Hamilton, Beverley	8.68m	2 Oldfield, John	1101
2 van Waardenburg, Craig	33.70m	W45		2 Turner, Stella	6.08m	M70	
3 Ward, Andrew	24.54m	1 Coate, Suzanne	24.67m	W70		1 Gare, Peter	3102
4 Rubick, Wayne	22.22m	2 Moloney, Sharon	19.74m	1 Campbell, Barbara	7.29m	2 Chambers, Donald	1809
M55		W50		M30		M75	
1 Gravestock, Tom	37.33m	1 Link, Michelle	18.50m	1 Urbanowicz, Greg	12.40m	1 Sander, Leon	2975
2 Gee, Geoffrey	31.13m	W55		M40		2 Carr, David	2205
M60		1 Brown, Barbara	18.88m	1 Hamilton, Mark	11.00m	THROWS PENTATHLON	
1 Wilson, Greg	24.67m	W60		2 Brush, Greg	8.77m	W30	
2 Membrey, Harold	21.54m	1 Glass, Kate	21.28m	3 Coate, Ian	6.98m	1 Glass, Byrony	3309
M65		2 Szczepanska, Elizabeth	16.76m	M45		W35	
1 Young, Rob	19.50m	3 Streeter, June	11.55m	1 Ditewig, Roger	8.38m	1 Travis, Anne	1281
M70		W65		2 Riviere, Bernard	7.27m	W45	
1 Chalmers, Bob	20.40m	1 Hamilton, Beverley	19.65m	M50		1 Coate, Suzanne	2279
M75		2 Turner, Stella	13.61m	1 van Waardenburg, Craig	10.64m	2 Moloney, Sharon	2137
1 Davis, James	31.72m	W70		2 Van der Merwe, Chris	9.27m	W50	
2 Fergie, Bob	25.17m	1 Campbell, Barbara	18.21m	3 Ward, Andrew	7.67m	1 Mutch, Sandra	1709
3 Whittam, Jeffrey	19.18m	W75		M55		W60	
M80		1 Whittam, Dorothy	12.35m	1 Gee, Geoffrey	11.58m	1 Glass, Kate	3638
1 Tittel, Christian	25.54m	M35		2 Gravestock, Tom	11.08m	W65	
2 Shand, Robert	17.22m	1 Staunton, Matt	41.65m	M60		1 Hamilton, Beverley	3712
WEIGHT THROW		2 Thomas, Kim	31.52m	1 Igel, Oswald	11.49m	2 Turner, Stella	2100
W30		M40		2 Wilson, Greg	8.74m	W70	
1 Glass, Byrony	16.47m	1 Hamilton, Mark	34.54m	3 Membrey, Harold	7.87m	1 Johnson, Ruth	2286
W35		2 Abercrombie, Paul	31.66m	M65		W75	
1 Edmiston, Sarah	11.18m	3 Coate, Ian	24.90m	1 Young, Rob	7.70m	1 Whittam, Dorothy	3191
W45		M45		M70		M35	
1 Coate, Suzanne	8.66m	1 Ditewig, Roger	41.98m	1 Chalmers, Bob	7.81m	1 Staunton, Matt	3149
2 Moloney, Sharon	6.88m	2 Riviere, Bernard	30.88m	M75		M40	
W50		3 Elms, Mark	29.55m	1 Davis, James	9.78m	1 Hamilton, Mark	2453
1 Mutch, Sandra	8.91m	M50		2 Fergie, Bob	8.12m	2 Coate, Ian	1308
W55		1 Ward, Andrew	34.30m	3 Whittam, Jeffrey	5.22m	M50	
1 Brown, Barbara	7.88m	2 Hastie, Garry	31.24m	M80		1 van Waardenburg, Craig,	2534
W60		3 Van der Merwe, Chris	25.65m	1 Tittel, Christian	7.85m	2 Ward, Andrew	1978
1 Glass, Kate	13.01m	4 Rubick, Wayne	23.25m	2 Shand, Robert	6.86m	M55	
2 Szczepanska, Elizabeth	12.50m	5 Scott, Trevor	21.35m	PENTATHLON		1 Gravestock, Tom	3135
3 Streeter, June	6.60m	M55		W30		M60	
W65		1 Gee, Geoffrey	33.41m	1 Foster, Melissa	2193	1 Wilson, Greg	2281
1 Hamilton, Beverley	11.15m	2 Fuller, Stephen	32.65m	W40		2 Membrey, Harold	1880
2 Turner, Stella	7.07m	3 Hewitt, Mark	22.40m	1 Crouch, Regina	959	M65	
W70		M60		W45		1 Young, Rob	1818
1 Campbell, Barbara	8.30m	1 Brayshaw, Geoffrey	31.93m	1 Coate, Suzanne	2365	M70	
2 Johnson, Ruth	7.07m	2 Choate, Clive	29.21m	2 Bourn, Sue	2198	1 Donohoe, Noel	2408
M30		3 Wilson, Greg	29.07m	W55		2 Chambers, Donald	2360
1 Urbanowicz, Greg	11.31m	M65		1 Bowman, Carol	1726	M75	
M40		1 Selby, Stan	38.63m	2 Wilson, Julie	1688	1 Davis, James	3119
1 Hamilton, Mark	11.70m	M70		W60		2 Fergie, Bob	2607
2 Coate, Ian	6.89m	1 Chalmers, Bob	20.55m	1 Ladwig, Sarah	1357	3 Whittam, Jeffrey	1701
		M75		2 Fawcett, Carolyn	370	M80	
		1 Sander, Leon	22.46m			1 Tittel, Christian	2773

COMING EVENTS – HELPERS

APRIL 1 MEMBERSHIP

Race Director:

Brian Danby -

9247 2326

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

APRIL 8 JOONDALUP

Race Directors:

Denise & Pierre Viala -
9307 1249

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

APRIL 15 3PS

Race Directors:

Carol Bowman - 9414 8561
& Nick Miletic - 9419 7890

Mike & Paula Karra, Ross
Keane, Greg & Julie Wilson,
Jo Richardson, Barrie
Thomsett

John Collier, Marg Forden,
Peter Sullivan

APRIL 29 X PAGODA

Race Director:

Jackie Halberg - 9364 4474

Ray Attwell, David & Pat
Carr, Mary Heppell, Janet
Jiang, Neil McRae, Elaine
Sillery, Jeff & Dorothy
Whittam, Elaine Dance, Pat
& Norn Miller, Lorna
Lochlan, Barrie Thomsett

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.

APRIL 19 TRACK HANDICAP

Race Directors:

Jeff & Dorothy Whittam -
9387 6438

MASTERS ATHLETICS WA



**PRINT
POST**

PP644113/00007

**POSTAGE
PAID
AUSTRALIA**

IF UNCLAIMED PLEASE RETURN TO:
PO Box 197 SUBIACO WA 6904



Black Swan Event

FINANCIAL PLANNING

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