

Vetrun

MAY
2012
No. 457



The magazine of Masters Athletics WA

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Foley Award returns to WA

CAPPING her superb season of records and awards, Lorraine Lopes has brought home the Brian Foley award for outstanding middle-distance performance.

It was presented at Easter in Melbourne, for her achievements during 2011 at the World Championships in Sacramento, and the Nationals in Brisbane.

Club members will recall that his wife, Norma, endowed the award in memory of Brian, a long-standing and devoted member and worker for athletics in WA, and nationally for AMA.

Lorraine

Athlete of the Meet at our own State Championships this year, Lorraine is one of many who enjoy T&F as well as Sunday road and cross-country events. She has also now taken on the arduous task of collating Sunday results for Vetrun and the website.

To underline her middle-distance credentials, on the track at the Melbourne Nationals she won gold in the 1500m (96.65 per cent), silver in the 800m and the 5000 (100.78 per cent).

World champion walker

Two other MAWA athletes won individual AMA awards. Lyn Ventris was honoured as the Most Outstanding Female Athlete for the previous year and Mark Jeffrey received the Most Outstanding Individual Performance for his never-say-die attitude when he competed in the decathlon at the World Championships with a broken arm.

Peggy Macliver and her W65 4 x 400 team-mates won the Multi-Events/Relays award for breaking the world



Lorraine receives the Brian Foley award from past winner David Carr.

record by more than eight seconds.

A number of MAWA athletes returned with a swag of medals.

Sprinter Garry Ralston (M55) topped the individual medal list with six gold and one silver medal. Ruth Johnson won five gold and three silver medals and Peggy Macliver (W65) won five individual gold medals and two silver relay medals. Of the throwers Bryony Glass (W35) and Greg Urbanowicz each bagged five gold medals.

Of the 58 MAWA athletes who made the trip east, 47 won at least one medal.

Graeme Dahl

2012 AMA CHAMPIONSHIPS - MELBOURNE

MAWA Top 10

	G	S	B
Garry Ralston	6	2	-
Ruth Johnson	5	3	-
Peggy Macliver	5	2	-
Bryony Glass	5	-	-
Greg Urbanowicz	5	-	-
Kate Glass	3	1	2
Barrie Kernaghan	3	2	-
Monique Thomas	3	2	-
Melissa Foster	3	1	1
Pat Carr/Garry Hastie	3	-	-

Have you renewed?

THIS is your last Vetrun if you haven't renewed your membership. Renew online please!

Winter on Track

THE winter track programme – on Tuesdays and Thursdays – has resumed. Programme is on the website.

DO YOU HAVE PICTURES?

DICK Horsley was one of WA's finest athletes. A record-setting miler, for both running and walking, he featured prominently in the early days of the club.

Joan Pellier is seeking pictures of Dick, in action preferably, for the next stanza of her history of MAWA/WAVAC.

If you have any pictures of this great bloke, please contact Vetrun, or see Joan.

New Members – Welcome!

- 1107 SCHATZMANN: Rolf M40
- 1108 FARR: Jim M45
- 1109 SMITH: Tony M35
- 1110 McDONAGH: John M60
- 1111 CARSON: Ian M55
- 1112 CARSON: Sofia W50
- 1113 BEST: David M45
- 1114 O'TOOLE: Monique W35
- 1115 HORSFALL: Penelope W60
- 1116 HORSFALL: Michael M60
- 1117 HALE: Thien W50



Byrony

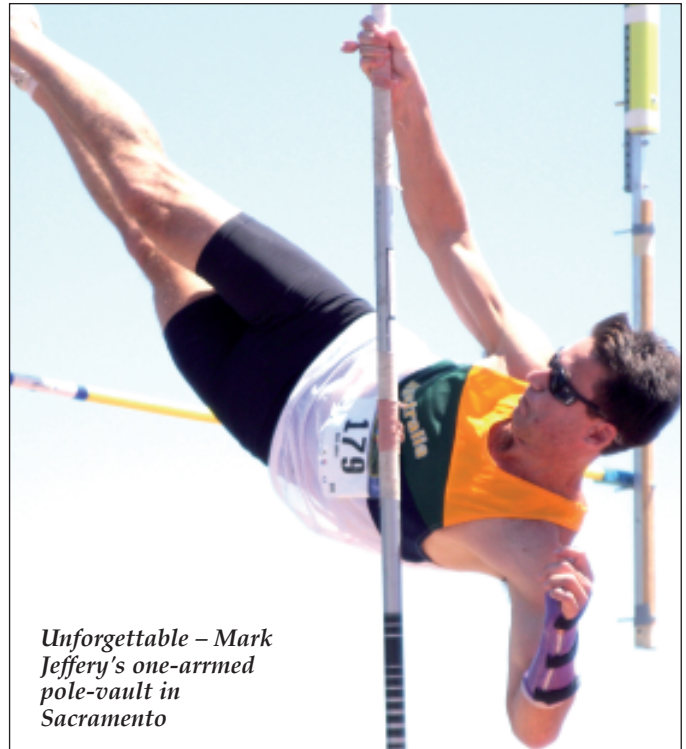
Records Summary

by
Campbell Till

WESTERN Australia continues to punch above its weight in setting high standards and breaking records. No less than 19 State Records, 2 Australian Records and 1 World Record were set in Melbourne.

In addition there were 18 90+ percent Age Graded Performances achieved, headed up by Lorraine Lopes' astonishing 100.78 percent in the 5000 metres. The other high achievers were David Carr, Peggy Macliver, Byrony Glass, David Clive, Marg Saunders, Barrie Kernaghan and Garry Ralston.

WORLD RECORD		
Weight W35	Byrony Glass	17.29m
AUSTRALIAN RECORDS		
Long Jump M75	David Clive	4.42m
Hammer W35	Byrony Glass	54.47m
STATE RECORDS		
60m M50	Rudi Kocis	7.59
60m M55	Garry Ralston	7.77
100m M75	David Clive	14.40
200m W80	Pat Carr	53.55
5000m W70	Lorraine Lopes	23:04.3
1500m Walk W65	Val Millard	9:51.69
3000m Walk M50	Garry Hastie	25:32.23
Triple Jump W30	Melissa Foster	11.29m
Shot W35	Byrony Glass	11.34m
Shot W35	Byrony Glass	11.44m
Shot M30	Greg Urbanowicz	13.53m
Throws Pentathlon W35	Byrony Glass	3621 pts
Pentathlon W30	Melissa Foster	2211 pts
Pentathlon M35	Paul Jeffery	3170 pts
Pentathlon M40	Mark Jeffery	3107 pts
4x100m Relay W45	MAWA Team	62.38
4x400m Relay W55	MAWA Team	5:28.90
4x100m Relay M60	MAWA Team	60.01
4x400m Relay M55	MAWA Team	4:29.59



Unforgettable – Mark Jeffery's one-armed pole-vault in Sacramento



Lyn Ventris, above, and Barrie Kernaghan, right.

The Tops – WA's 90 percenters

BETWEEN April 1 last year and March 31 this, club members set 138 State Record and 15 Australian Records, of which eight were by Lorraine Lopes.

The others were recorded by Pat Carr, Peggy Macliver, Ruth Johnson, Lynne Ventris, Mark Jeffrey and David Clive.

World Records were set by Lyn Ventris, with six, and Peggy Macliver in the Sacramento 4x400 Relay.

Best Throw was made by Byrony Glass (W33 - Heavy Wt 16.06m 83.78%)

In the same period an enormous number of 90+ per cent Age Graded Performances were made by MAWA people. They are:



(Up to 95%)

Lyn Ventris W55	10k Track Walk 51:31.2	94.82%
Lyn Ventris W55	1500m Walk 7:00.30	94.33%
David Clive M75	200m 29.4	94.13%
Lorraine Lopes W71	Mile 7:14.5	93.87%
Peggy Macliver W67	100m 15.39	93.83%
Lorraine Lopes W71	3000m 14:17.2	93.70%
Barrie Kernaghan M71	200m 28.17	92.99%
Peggy Macliver W67	400m 74.42	92.30%
Peggy Macliver W67	800m 3:02.2	91.99%
Garry Ralston M56	100m 12.50	91.28%
Gillian Young W64	3000m 13:05.8	91.09%
David Clive M75	LJ 4.38m	90.76%
David Carr M78	400m 75.50	90.69%
Neil Morfitt M55	800m 2:13.84	90.63%
Lynne Choate W58	100m 14.66	90.59%
Rob Colling M40	100m 11.1	90.45%
Rudi Kocis M50	100m 12.14	90.44%
Glenn Ross M40	200m 22.8	90.42%
Garry Ralston M56	200m 25.90	90.19%
David Carr M78	200m 32.55	90.17%
Xander van Rijen M44	800m 2:02.45	90.09%
Marg Saunders W57	1500m 5:37.06	90.08%

(Over 95 %)

Lyn Ventris W54	20k Walk 1:39:5	101.33%
David Carr M79	2kSC 9:21.8	100.10%
Lorraine Lopes W72	5000m 23:30.00	98.94%
Lorraine Lopes W72	1500m 6:29.49	98.59%
Lorraine Lopes W72	10000m 48:59.9	98.13%
Lyn Ventris W55	5000m Walk 23:57.90	97.68%
Lorraine Lopes W72	800m 3:13.2	96.85%
Lyn Ventris W55	10k Walk 50:32	96.67%
David Carr M79	1500m 5:38.86	96.63%
David Carr M79	800m 2:46.01	96.48%
Lyn Ventris W55	3000m Walk 14:16.41	95.68%
Peggy Macliver W67	200m 31.72	95.43%

Saturday is for Cross-Country

EACH winter Athletics WA conducts a Cross Country Program at various locations in the metropolitan area. Members of Masters Athletics WA are eligible to compete in these events upon payment of a small race entry fee. The program includes several individual events and fun runs, one relay and the State short and long course championships.

This year most of the events will be staged on Saturday afternoon or Sunday morning between the months of April and June. Typical race distances are between 4kms to 10kms while the North Beach Relay in June requires a team of three women to run a total of 15 kms and a team of four men to run a total of 20kms. Our women's team has an excellent record in this event often competing against

teams of private school girls.

Cross country is great fun and adds variety to road and track running. If you are interested in competing in cross country, please contact John Collier on 9204 5825 or at jwcollier@bigpond.com.au

A copy of the cross country program may be downloaded from the Athletics WA website at www.waathletics.org.au

John Collier

Two more records for Lyn Ventris

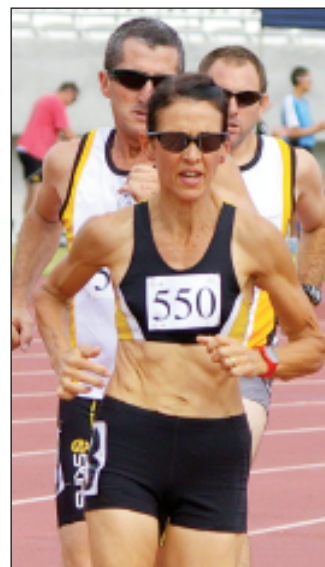
Report by
Lynne Schickert

HAVING only competed previously at World stadia championships, this was the first time I had entered an indoors event. Running in a huge hall on a 200m four lane track which tilted on the curves was a novel experience. I decided to try out a different event each day so entered the 60m, 200m, long and triple jump and the two walks. High jump, pole vault and weight throws were also held in the hall, so spectators were very close to the action and provided lots of support.

Fortunately the track was flat for the 3000m walk, but 15 laps was a mental challenge. Our MAWA walk team of Lyn Ventris, David Smyth, Ray Hall and myself came home pleased with our results and we contributed to the overall Australian medal tally.



WMA INDOOR CHAMPIONSHIPS
Jyvaskyla, Finland
3-8 April 2012



Lyn Ventris, above; and below left, David Smyth.

Lyn Ventris took gold and set new world records in the W55 3000m track walk in a time of 14:51.24 and for the 10k road walk in 49:59. David Smyth also got gold as a member of the 1st placed M40 10k walk team.

Jyvaskyla with a population of 130,000 made the 2,700 competitors from 67 countries very welcome. The weather was a little different to the 32 degrees when we left Perth.

You Write....

In praise of the Silver Fox....

Dear Vic,

Great job on getting the Vetrun out before we have completely recovered from our efforts at the champs BUT (and there's always one) – a total lack of appreciation of the work done by DAMIEN HANSEN.

Admittedly it is related to throwing, but without him none of our events would have happened – (though many may say that would be a good thing and I am not going to mention who). The equipment was clean and first class and the arena all prepared, no wrong weights provided in any of the five throwing events – and that takes some doing so on behalf of the throwers I would like to thank him for his Herculean efforts

Cheers

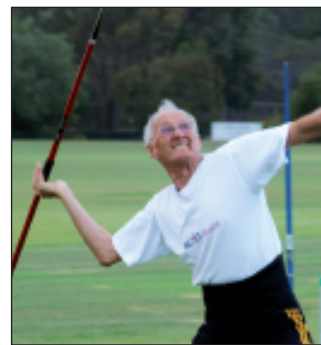
Rob Shand OBE !!

I thought you dinkum Aussies eschewed the pom honours?

So it must stand for something else – such as 'ortways bloody expletting'?

Please enlighten me so I can explain to the reader.

Vic



Belying his age, Rob Shand.

Rob explains: OBE = Over Bloody Eighty!

As competition started we were treated to a Christmas postcard scene with 35cm of snow overnight – a winter wonderland! Overnight temperatures during the week were in the -13 to -18 range with daytime temps around zero to +3 degrees. The cross country course and outdoor throwing fields had to be cleared of snow before they could be used but fortunately the sun came out the day of



In My View by the Editor

Wonderful people, Handicappers!

I TRY to vary the picture at the top of this little column, just to keep you all alert. Fortunately Frank Smith has learned the most important lesson of sycophantic photography – take lots of the editor. This month's effort was snapped at the Membership event. My look of incredulity is caused by Merv Moyle, who is telling me his secret formula of eternal youth. Interesting, as I thought he was dead.

But, unaccustomed as I am to winning anything, the same startled expression also illustrates my amazement at receiving the Handicap Trophy.

For this much-appreciated honour I must thank past handicapper Mike Rhodes, who, last season, pushed through the idea of some short-course handicap runs. Most people gave these a miss, leaving room for me to gain some easy points.

So, as I have always said – wonderful people, handicappers!

All-rounder Peter

ONE of our senior clubmen, Peter Kennedy, read the Ode of Remembrance ('Lest We Forget ...') at the ANZAC ceremony before the Dockers v Carlton match at Patersons Stadium on ANZAC Day. Peter played hockey for Australia in his prime, and since reaching the upper age brackets (he's now an M90) has established several State running records.

the road walk which was held along the shore of the frozen lake and we had a dry surface. It was amazing to see people walking, bicycling or skiing across the snow covered ice.

So, if you want another challenge try an indoors event sometime – Budapest is hosting the next WMA Indoors Championships in 2014. I'll be there! ■

FORTY-TWO members attended and there were 11 apologies for absence.

Minutes of the 2011 meeting were accepted with no matters arising.

Reports in Vetrun

Reports by President Barbara Blurton and Secretary Sarah Ladwig were printed in Vetrun, April 2012. Barbara added to her report, thanking the committee and making special mention of the contributions made by Irwin Barrett-Lennard, Sarah and Roger Walsh, all of whom are stepping down, and that of Damien Hanson. She paid special tribute to Roger Walsh as the Treasurer over ten years, his contribution to the Nationals 2010 committee and our successful move into the electronic age with PayPal now available to members.



Damien Hanson



Roger Walsh

FINANCE

In his report, Treasurer Roger Walsh thanked Dave Roberts for his work as club Auditor. Copies of the financial summary were given to all present. Membership fees and spending are virtually a break-even, despite increases in line with the cost of electronic secure sites. Vetrun production and postage is another major cost. Although electronic access to Vetrun has reduced printing and postage, charges for origination is unchanged.

Social events usually break even; the Championships will entail a small deficit once the invoice from Venues West is received; Track and Field usually generate a slight surplus,

Masters Athletics WA MINUTES OF 2012 AGM

Wednesday 18th April 2012
Hockey Club Rooms, Floreat

THIS condensed version of the 2012 AGM Minutes contains all essential facts. However, the full version may be read on the club website, in Vetrun Extra; or obtained from the secretary, Val Millard. A full transcript will be presented to next year's AGM.

TROPHIES

Patron's Trophy awarded annually for the track and field points competition.

Men

David Carr
759.07 points



Pat Carr

Australian Record Certificates

Pat Carr
Lorraine Lopes
Peggy Macliver

John Gilmour Trophy Lyn Ventris

Achievement Award
Not awarded this year.

Women

Peggy Macliver
818.21 points



Handicap Trophy Vic Waters

Performances

Statistician Campbell Till's report is printed elsewhere in this edition.

with funds going towards equipment; and clothing sales are up.

Overall, operating receipts totalled \$41,929.67. Payments were \$42,115.69. Total cash on hand is \$65,009.67.

LIFE MEMBERSHIP

Roger Walsh, nominated by John Oldfield, Jackie Halberg and Jeff Bowen.

Barbara Blurton, nominated by Bob Schickert, Peggy Macliver and Lynne Schickert.

Both approved unanimously by members present and were awarded life membership for their outstanding contribution to MAWA.

OFFICIALS

All last year's incumbents were re-appointed.

Patron John Gilmour
Vetrun editor Vic Waters
Handicapper Richard Danks
Auditor Dave Roberts
Statistician Campbell Till
Registrar Peggy Macliver
AWA Winter season contact John Collier to be confirmed.

ELECTION OF OFFICE BEARERS

President Paul Hughes
Vice President Richard Blurton
Secretary Val Millard
Treasurer Geoff Brayshaw
Committee Damien Hanson, Gillian Young, Colin Smith, Carol Bowman.

CONSTITUTION

Barbara Blurton spoke of the new Constitution, receipt of which was subsequently moved, seconded and accepted by the AGM. Richard Blurton explained the need to change the Constitution in line with new legislation, and indicated it had been available for all members to read prior to changes. The main necessity is now to comply with government requirements and legalisation of the constitution. He said that some members had already contributed and there will be future opportunities to work on it further.

GENERAL BUSINESS

Ernie Leseberg is now managing our website following John Oldfield's resignation. He is experienced and works in this field. He is prepared to manage the website if new committee approve.

Bruce Wilson suggested the Webmaster position be included in Appointment of Officials in future. Bruce also mentioned his concern that MAWA does not contribute to the spread of dieback disease i.e. when putting poles into the ground at our Sunday run locations.

Joan Pellier requested new committee consider an extension of the 7.30hrs start for Sunday runs into April rather than 0800hrs.

Raema McMillan expressed thanks from the throwers to Damien Hanson for his support.

World Championships

Barrie Kernaghan asked about the World Championships in Perth in 2016.

Main issues include availability of two tracks at the same location, as promised in our successful bid; meeting dates to prevent clashing with other major events in Perth; and sponsorship.

Lynne Schickert reported that people had approached her in Finland during the World Indoor Championships, and offered assistance as officials. Richard Blurton said giving opportunity to S.E. Asian nations in future would be a consideration.

Lynne Schickert stated that there is no financial liability for MAWA in running the World Masters event. MAWA will do most of the work though.

Irwin Barrett-Lennard expressed his view that there are potential ramifications if there is a change of government in WA. Richard Blurton said that as Eventscorp is involved changes seem unlikely. Irwin was not convinced and Lynne stated that this can be discussed at the May meeting with Eventscorp. She indicated that there is interest from politicians already from both sides of government.

President Paul Hughes thanked the members for their contributions and the meeting closed at 20.12hrs.

Sarah Ladwig, Secretary



Membership

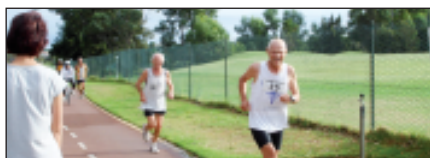
April 1, 2012

Director: Brian Danby

12K RUN

Chris Maher	M55	48:24
Rod Hamilton	M45	49:17
John Allen	M50	49:34
V4		51:16
Chris Reid	M45	51:18
Lisa Searle	W35	51:40
Mark Dawson	M50	52:59
Don Pattinson	M55	53:28
Brian Bennett	M60	54:15
Peter March	M50	54:42
Sue Bourn	W45	54:44
Karen March	W50	54:55
Maurice Creagh	M65	57:40
John Mack	M70	58:22
Marie Fitzsimons	W45	58:35
Jim Farr	M45	59:14
Hamish McLeod	M35	59:45
Lorraine MacLennan	W45	59:59
Grahak Cunningham	M30	60:16
Mike Hale	M60	60:34
Graham Thornton	M70	60:38
Maree Brown	W45	61:10
Kim Cook	W35	61:34
Bruce Mathieson	M65	62:04
John Bell	M65	63:44
Karl Stockman	M50	63:57

Top: starters, and the ever-smiling Jim Barnes; below, Gillian Young, Shorty Turner, Pat and Norm Miller. Most pictures, here and pages 5 and 6 – by Fank Smith.



Sally Floyd	W45	66:46
John Pellier	M70	67:45
Tanya Burke	W40	68:50
John Dance	M60	72:43
Richard Danks	M65	73:16
Janet Jiang	W45	75:42
Brian Smith	M70	77:12
Merv Jones	M70	78:11

9.1K RUN

Mark Hewitt	M55	41:08
Trisha Farr	W40	42:00
John Puglisi	M60	42:01
Frank Gardiner	M60	45:50
Chris Koemam	M50	46:00
Gillian Young	W60	46:02
Vic Waters	M65	46:25
Richard Blurton	M60	47:33
Janice Mathews	W40	52:00
V8		53:38
Steve Clark	M65	60:29

5K RUN

Amanda Walker	W45	19:58
Christopher Coates	M55	20:23
Dante Giacomini	M40	21:57
Raymond Gimi	M45	23:29
Margaret Saunders	W55	23:37
Graeme Dahl	M60	23:38
Ivan Brown	M65	23:56
Carol Bowman	W55	24:08
Johan Hagedoorn	M65	25:04
Peggy Macliver	W65	25:38
Ross Keane	M50	25:39
Irwin Barrett-Lennard	M80	25:53
V7		26:13
Jim Klinge	M65	26:14
Delia Baldock	W50	26:20
Mike Anderson	M60	26:29
Dee Conibeer	W50	26:40
V1		26:46
David Baird	M65	26:47
Nick Miletic	M60	26:49
Mark Sivyer	M60	27:33

Jim Barnes	M65	27:59
Ray Attwell	M75	28:02
John Byrne	M60	28:38
Mike Rhodes	M65	29:11
V2		30:12
Roger Walsh	M65	30:13
V3		30:51
Aldo Giacomini	M75	31:05
V9		31:37
John Brambley	M70	31:47
Sarah Ladwig	W60	31:54
Lorraine Lopes	W70	31:54
John Dennehy	M50	32:32
Regina Crouch	W40	33:44
Julie Wood	W60	34:13
Pierre Viala	M60	34:13
Vic Beaumont	M80	34:34
Toni Frank	W65	35:37
Sheila Maslen	W70	37:56
Margaret Bennett	W70	38:01
V6		51:07

12K WALK

Peter Ryan	M60	98:24
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9.1K WALK

Michele Mison	W60	68:35
John Smith	M75	68:37
Joan Pellier	W70	75:56
Sylvia Szabo	W30	86:35
Sylvia Szabo	W50	86:36
Elaine Sillery	W75	87:51
Ann Turner	W75	87:53

5K WALK

Bryan Hardy	M65	35:52
Peter Hopper	M65	35:56
David Brown	M60	36:12
Barbara Blurton	W60	36:25
V5		36:27
Ray Hall	M75	36:46
Beryle Doust	W60	36:49
Alan Jennings	M70	41:25
Lorna Lauchlan	W80	42:45
Patricia Hopkins	W65	43:16
Bob Fergie	M75	43:55
Jeff Whittam	M75	43:56
Marg Forden	W70	45:27
Rosa Wallis	W65	48:09
Norm Miller	M80	61:06
Shorty Turner	M75	61:07

16K RUN

Kim Thomas	M35	63:42
Lachlan Marr	M50	64:19
John Allen	M50	68:46
Chris Maher	M55	69:19
Lisa Searle	W35	69:49
Mark Dawson	M50	74:24
Keith Miller	M60	74:28
Ian Carson	M55	74:31
Don Pattinson	M55	75:02
Jim Klinge	M65	77:25
Chris Pattinson	W55	77:48
Brian Danby	M60	77:50
John Batta	M45	79:35
Charlie Chan	M60	85:18
Mike Hale	M60	85:32
Lorraine MacLennan	W45	85:46
Maree Brown	W45	85:59
Graham Thornton	M70	86:52
John Pellier	M70	93:45
Tracey Koziniec	W40	96:45
Jim Barnes	M65	96:46
Sally Floyd	W45	98:39
Richard Danks	M65	1:40:48
Tanya Burke	W40	1:42:18
Janet Jiang	W45	1:43:11
Jane Stanbrook	W40	1:47:29
V7		1:48:44
Michael Horsfall	M60	1:57:58
V6		1:58:51
Bob Fawcett	M60	2:21:25

5K RUN

Steve Weller	M35	19:40
V2		20:36
Bernard Mangan	M55	20:39
George Fish	M60	20:57
Dante Giacomini	M40	22:42
Mark Hewitt	M55	22:51
Margaret Saunders	W55	23:03
Raymond Gimi	M45	23:20
Graeme Dahl	M60	23:40
V3		24:07
Peggy Macliver	W65	25:51
Dee Conibeer	W50	25:52
Hamish McGlashan	M70	26:09
Irwin Barrett-Lennard	M80	26:11
Mike Anderson	M60	26:30
Damien Hanson	M55	27:47
Delia Baldock	W50	28:34
V5		31:08
V4		31:09



Welcome back – Neil McRae.

Neil McRae	M60	31:13
Aldo Giacomini	M75	31:29
John Brambley	M70	32:20
Arnold Jenkins	M65	34:01
Toni Frank	W65	35:46
Julie Wood	W60	35:55

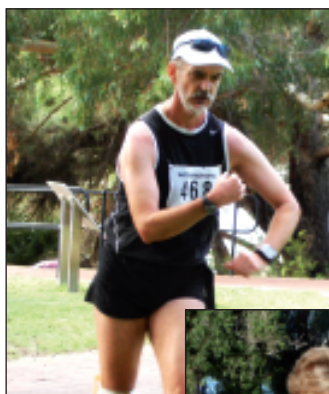
April 15, 2012

3PS Point Walter

Directors: Carol Bowman and Nick Miletic

IT was a picture perfect morning by the river for 117 participants in a 5, 8 or 16 km run/walk. Everything ran smoothly for the directors and their dedicated team of helpers. A big thankyou to reliable Barry Thomsett with recording also to Gail, Jo Richardson, Ross Keane, Mike & Paula Karra, and Greg & Julie Wilson. Thankyou everyone, hope you enjoyed the morning and to see you next year. Good running

Nick and Carol



Wayne Taylor and Val Millard – both in for the long haul; and Val has now returned to the committee as club secretary.



16K WALK

Wayne Taylor	M50	1:57:42
Val Millard	W65	1:58:14
Michele Mison	W60	1:58:45
Peter Ryan	M60	2:13:07
Peter Hopper	M65	2:27:45

8K WALK

Lynne Schickert	W70	60:51
Alan Jennings	M70	67:11
Bob Fergie	M75	68:03
Jeff Whittam	M75	68:04
Jeni Shillington	W50	68:05
Ann Turner	W75	71:56

5K WALK

Beryle Doust	W60	37:52
David Brown	M60	37:53
Joan Pellier	W70	39:48
Mike Rhodes	M65	41:24
Lorna Lauchlan	W80	42:18
Denise Viala	W60	43:30
Patricia Hopkins	W65	44:25
Andrea Byrne	W30	45:32
Margaret Warren	W75	47:31
Sofia Carson	W50	47:38
Rosa Wallis	W65	49:36
Maggie Flanders	W75	50:02
Leo Hassam	M80	56:30
Norm Miller	M80	64:00

8K RUN

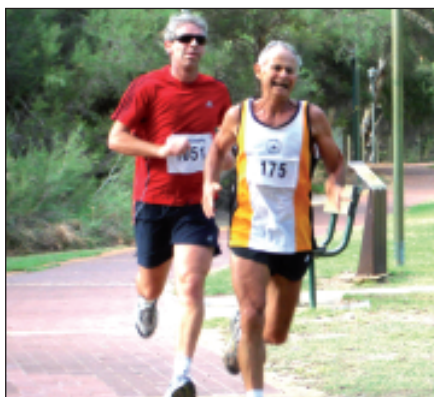
Amanda Walker	W45	33:19
Paul Hughes	M55	33:40
John Puglisi	M60	35:31
Joe Clark-Murphy	M65	35:33
David Baird	M65	37:02
Hamish McLeod	M35	37:18
Maurice Creagh	M65	37:25
Vic Waters	M65	39:39
Gillian Young	W60	39:41
Chris Genin	M35	39:51
Richard Blurton	M60	41:28
Bob Schickert	M70	41:33
Mark Sivyer	M60	41:34
Karl Stockman	M50	41:38
Johan Hagedoorn	M65	42:17
V1		43:14
Lorraine Lopes	W70	44:41
Claire Walkley	W45	44:42
Sandra Rourke	W40	44:43
Sandra Stockman	W45	45:37
Milton Mavricks	M55	47:40
John Byrne	M60	48:11
Robert Poulinet	M65	48:24
Roger Walsh	M65	49:49
Merv Jones	M70	50:34
John Talbot	M65	51:23
Monique Thomas	W30	51:30
Brian Smith	M70	51:31
Bronwyn Smith	W40	51:36
Sean Keane	M45	52:07
Ursula Clark-Murphy	W60	52:16
Suzanne Poulinet	W60	54:21
Cecil Walkley	M80	58:28
Kathy Burr	W70	59:36
Sheila Maslen	W70	63:46
Mary Heppell	W70	65:26
Penelope Horsfall	W50	73:24

10km TRACK HANDICAP

THIS year saw a smaller field than usual with only 21 entries and 19 starters. Once again the weather was perfect, cool and no wind. First home was Tristan Bell who was also the first to enter. Is this an omen? He would have enjoyed the going too. Tristan says barefoot running is worth about two minutes to him over 10km, and the grass track at McGillivray was in near-perfect condition.

We had a mix up with the lap scores, but fortunately with the lap times being written down this was soon sorted. Sorry Claire to dash your hopes, just when I thought the trophy was being kept in the Walkley family! And sorry, Don and Keith for setting you off a minute early. But we put it back on at the end! Our thanks go to all our helpers who come along each year. Without you we could not run the event. Thanks to Maurice for bringing along the timing equipment and to Barrie and Lorraine for organising the results. About a dozen people stayed to enjoy the post event barbecue.

*See you all again next year.
Dorothy and Jeff*



Tristan Bell, winner of the track handicap, but pictured at Joondalup.

Joondalup

April 8, 2012

Directors: Denise & Pierre Viala

WELL, we had a beautiful morning, not too hot and 61 entrants, so pretty good for an Easter run. A huge thankyou to my lovely helpers. I am sorry to say that the run was about 400m short, thank heavens for GPSs eh? We'll call it the "Easter Gift". Never mind , next year it will be correct.

Denise

9.5K RUN

Xander Van Rijen	M40	36:50
Rod Hamilton	M45	38:30
John Allen	M50	38:57
Mark Dawson	M50	39:55
V3		41:31
Keith Miller	M60	41:32
Tristan Bell	M45	41:36
Ian Carson	M55	41:41
Brian Bennett	M60	42:20
Geoff Bailey	M40	42:21
Kim Cook	W35	43:06
Frank Gardiner	M60	44:20
Brian Danby	M60	44:25



Above, 9.5km winner Xander Van Rijen; left, 5km winner Sandra Voesenek; fast finishers below, left are Brian Bennett and Geoff Bailey; and right, the Keane ones, Ross and his son Raynor.

Martin Watkins	M65	45:11
Hamish McLeod	M35	45:25
Mike Hale	M60	45:38
Maurice Creagh	M65	46:02
Graham Thornton	M70	46:52
V5		47:49
Mike Khan	M65	47:57
Chris Koemam	M50	49:05
Bruce Mathieson	M65	49:15
Richard Blurton	M60	49:23
V4		49:30
Keith Atkinson	M55	50:51
John Pellier	M70	53:38
Sandra Rourke	W40	56:04
Vic Waters	M65	56:05
Merv Jones	M70	60:50
Steve Clark	M65	62:37
Sean Keane	M45	63:58

5K RUN

Sandra Voesenek	W35	19:35
Bernard Mangan	M55	20:32
George Fish	M60	21:14
Raymond Gimi	M45	23:59
Chris Genin	M35	24:15
Bob Cavin	M55	25:10
V2		25:40
Ross Keane	M50	25:41
Jim Barnes	M65	29:26
Rochelle Airey	W40	29:34
Peter Hopper	M65	30:00
Roger Walsh	M65	30:05
V1		33:26
Arnold Jenkins	M65	33:39
Vic Beaumont	M80	36:05
John Ellard	M70	39:53

9.5K WALK

John Smith	M75	78:32
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5K WALK

Wayne Taylor	M50	35:24
Bryan Hardy	M65	35:55
Barbara Blurton	W60	38:13
Joan Pellier	W70	39:42
Bob Fergie	M75	42:17
Jeff Whittam	M75	42:19
Ann Turner	W75	44:55
Elaine Ellard	W70	48:58
V6		49:03
Leo Hassam	M80	50:20
Maggie Flanders	W75	50:48
Norm Miller	M80	59:11

Track Handicap

UWA Sports Park

April 19, 2012

Directors: Dorothy & Jeff Whittam

		Time	H/Cap	Actual
Tristan Bell	M45	64:46	22:39	42:07
Claire Walkley	W45	65:27	13:47	51:40
Val Millard	W65	65:41	3:16	62:25
Keith Miller	M60	66:00	22:58	43:02
Don Pattinson	M55	66:31	22:51	43:40
Bruce Wilson	M65	66:44	21:26	45:18
Christine Pattinson	W55	67:16	19:30	47:46
Maurice Creagh	M65	67:51	21:04	46:47
Brian Danby	M60	68:00	20:22	47:38
Chris Maher	M55	68:11	27:23	40:48
Graham Thornton	M70	68:06	17:05	51:01
Jim Langford	M65	68:29	26:59	41:30
Ivan Brown	M65	69:03	17:54	51:09
Vic Waters	M65	69:10	19:26	49:44
Lorraine Lopes	W70	69:14	18:01	51:13
Bob Schickert	M70	71:23	17:35	53:48
Milton Mavrick	M55	76:26	17:18	59:08
Cecil Walkley	M80	76:34	00:00	76:34
David Carr	M75	79:20	20:08	59:12

COMING EVENTS – HELPERS

MAY 6

WEIR RUN

Race Directors:
Sean Keane - 0412 180 823
Neil McRae - 9332 4072
Maggie Flanders, Janet Jiang,
Margaret Saunders, Genevieve
Spiro, Jochen Schreyvogel, Kirt
Johnson, Steve & Lesley Clark,
Jackie Halberg

MAY 13

AQUINAS

Race Director: Neil McRae -
9332 4072 (for Lachlan Marr)
Leo Hassam, Tony Smith,
Jackie Halberg, Richard
Harris, Irwin Barrett-
Lennard, Sean Keane,
Maurice Creagh, Lisa Searle
MORE HELPERS NEEDED

MAY 20

RRC 15K

Race Director:
Gary Fisher - 9472 7062
Anne & Shorty Turner, Allan
Billington
MORE HELPERS NEEDED

MAY 27

DEEPWATER PT

Race Directors:
Mike & Paula Karra - 0432
918 432

Leo Hassam, Mark Hewitt,
Dalton Moffett, Tracey
Koziniec, Bob Schickert,
Paul Martin

MORE HELPERS NEEDED

JUNE 3

RRC 25K

Race Director:
Wayne Pantall - 9362 3715
Rochelle Airey, Delia
Baldock
MORE HELPERS NEEDED

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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