



Vetrun

The magazine of Masters Athletics WA

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Come into the closet!

NOW, there's an offer.
 Not that there's anything wrong with it, but I really wanted to let members know that we still need a wardrobe mistress – or master.
 It sounds a bit more glamorous than 'clothing manager' don't you reckon? **VW**



Calling ALL HELPERS!

DID you check the back page this month?
 Perhaps you'll be surprised to find your name there, down to help at a coming event.
 If this is a shock – it shouldn't be. All Sunday athletes have to help out at two events a year.
 So, 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.
Thanks,
Gillian Young



I only said 'Who wants to hear me Club history?'

A COUPLE of members reported difficulty in using the club website to read Joan Pellier's tale of her 30 years running with our mob.
 Can't have that; Joan'll kill me!
 So – please contact Hamish McLeod at hamish@inet.net.au if you are having any problems with the site.
 Reading Joan's account of the MAWA/Vets history is well worth the effort. **VW**
Picture: Vic Beaumont

WA's in the records book

ANOTHER fabulous book is coming your way from the reliable old firm of Schickert and Waters. Even better than its superb stories and pictures is the price. As always, it's free – and delivered to your door!

The annual AMA Handbook is produced here in WA. (All local talent!)
 Members receive the book every year as part of their AMA benefits.
 As well as full information about coming events, the Handbook reviews the year's championships, awards and other important events and meetings.
 This year it carries pictures and stories about some of our members – such as Lorraine Lopes, and Lyn Ventris, who has been voted the best female Masters athlete in the world for a second time.
 The main-stream media have all but ignored Lyn's achievement – but you can read all about it in the Handbook.
Records – this year
 Past editions have carried many pages listing copious World and Australian records. This year the section has been slimmed down – so it's much easier to find recent record-setters.
 And that's especially valuable now, because many of your club-mates are in the lists.
 In the year (up to September 25 2012) David Carr, Byrony Glass and Lyn have set world records. In Lyn's case, at indoor and outdoor events.
Australian
 Aussie records have been set by the same trio, plus weight-thrower Greg Urbanowicz; 10km runner Lorraine Lopes; long-jumper David Clive; 60m sprinter Pat Carr; and 200m hurdler Ruth Johnson.
Indoors too
 AMA's World indoor championships were held in Finland. Paradoxically, athletes spent quite a lot of time slipping and sliding around in the ice and snow, because some 'indoor' events are held outside!
 However, one of our favourite people kicked up her heels inside. Lynne Schickert is now W70 world indoor record-holder in long and triple jump!

How do YOU train?

Hi Vic

THE kind of article that I would find worth reading is a feature on individuals, ie their background in running, when did they start, what were their major successes, how do they handle injuries, their training plans, what works – what doesn't, other fitness activities, pre-race preparations, diet, running shoes, opinion on stretching, warm-up etc.

Just a thought...

Cheers
Richard (Danks)

Let's hear it....

VETRUN would love to hear members' individual approaches to training, diet, and keeping fit in general.

According to a recent report (Norman Swann, ABC radio 720) being fit isn't enough to keep you out of hospital – if you're overweight.

It seems that hospital admissions are far more likely if you are too heavy.

Your free ride on a stretcher can result from a range of incidents and problems – ranging from falls to illnesses of many kinds.

Fit and fat

The salient point for our members is that you can be fit, and also be fat.

And fit, overweight, people are more likely to wind up in hospital than those whose weight is just right.

So, as we age, how do we watch our overall weight – in conjunction with training for our favourite sport?

Easy for some

I suppose personal metabolism plays a part. There's unlikely to be a cure-all.

My personal theory is to establish the weight you have held for most of your life and try to stay at that point. Easy

New members – Welcome!

1153 GARCIA-WEBB:
Joanna W30
1154 CLARKE: Mal M40
1155 MATAUTIA: Ali W35
1156 PISANO: Mark M35
1157 PINEL: Nicole W30

You write.... Safety Bay

THERE is an extra reason to come to the great run at Safety Bay on 18th November.

It's to help Jacqueline Billington celebrate her 70th birthday. She says 'I am putting on the sausage sizzle, fruit platter and champers, and would love you all to join us for a champagne breakfast.'

Terry in hospital

TERRY Manford is in Royal Perth Hospital for six weeks traction with a badly broken pelvis and right hip after he fell off his racing bike at the 60 km mark (12 noon, Saturday 13 October).

He had also ridden 15 km from home in Claremont to the start at Deepwater Point and was with a group of six Over 55's.

John Bell

to say, if like me, you have never had an especial weight problem.

But I know that many members struggle hard to reduce, because they are driven by a desire to be lighter, faster, and better able to handle distance.

Your method

If you have views, comments, tips to share with the members, please contact Vetrun.

Even if they seem like the bleedin' obvious to you, somebody might be inspired by your approach!

VW

Thanks, says Elaine

Dear members,
I RECENTLY had a fall during the Herrison Island event resulting in a fractured elbow. I have had a titanium elbow implant which is successful, although rehabilitation is slow.

Please, through Vetrun, may I thank Kirt Johnson especially, for walking me from Herrison Island back to the starting line? Also Sarah Ludwig for administering first aid, Bob Schickert who drove my car home and to Lynn who drove me home.

To all other friends who enquired and phoned to see how I was progressing – a big thank you! It was heart warming to receive so much support in my hour of need.

Elaine Sillery

Op 'n' Drop

WAMA's only one-armed bricklayer – Wayne Pantall – phoned to say he now needs surgery on the other shoulder.

The first shoulder op. might have hindered his trade for a while, but he's been kept very busy helping his son on a property down south.

The second operation is annoying though because Wayne's grandchildren have shouted him a parachute jump. Pulling the ripcord being a bit of a priority, Wayne intends taking the long drop before going for the big chop.

Best of luck with that, mate. I once did a story on a bloke whose wife bought him a dive with a shark. He thought better of it, and chickened out at the poolside!



In my view

by the Editor

Ever 'come a burster'?

IF SO, you could have spilled some 'crimson' from your 'kissing trap'.

As an athlete it's unlikely you were 'moony'. Not many 'Lushingtonian's' in this club. We do have a few ex-'bluebags' though.

Apart from our bush poets (Wayne Pantall and Arthur Leggett) most of my readers are probably lost by now.

But if, like us, you enjoy colourful language, bear with me.

All of these examples of Aussie slang appear in the newest edition of Ozwords.

Heard 'em?

I remember at least one of our runners declaring he'd come a burster (had a heavy fall).

He didn't say if he'd lost any crimson (blood) from his kissing trap (mouth). Of course he wasn't moony (drunk) because he's no Lushingtonian (drunkard). He wasn't one of our ex-'bluebags' (policemen) either.

Ozwords

You can receive Ozwords absolutely free simply by contacting the Australian Dictionary Centre, and asking to go on the free subscription list.

The eight-page magazine, all about Aussie language, is very entertaining. It appears twice a year and arrives by email.

And don't worry – they don't keep pestering you with special offers (although their books are really useful!)

To subscribe – email to: andc@anu.edu.au

MAWA and

Vetrun

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Darlington Dash

October 14, 2012

Director: Delia Baldock

14K RUN

John Allen	M50	60:20
Jim Klinge	M65	63:47
Mark Dawson	M50	64:40
Don Pattinson	M55	66:59
Brian Bennett	M65	67:39
Brian Danby	M60	67:50
Karen March	W50	68:03
V11		68:30
V2		68:30
Chris Pattinson	W55	71:55
Frank Gardiner	M60	72:08
Charlie Chan	M60	75:20
Bob Schickert	M70	77:29
Keith Atkinson	M55	77:47
Julie Wilson	W55	78:07
V4		79:40
V7		80:37
Genevieve Schreyvogel	W40	83:08
Jochen Schreyvogel	M45	83:08
V1		88:45
John Talbot	M65	89:34
Richard Danks	M70	90:54
Janet Jiang	W45	91:19
Shirley Bell	W60	91:50
V10		92:11
V12		94:54
V8		97:20

Well, race directing is often full of little challenges so it was very heartening to see a good turn out for the dash after last year's deluge!

After being pushed further into spring by a growing footy season, this year we found ourselves competing with the cricket for the oval. But in the end we had free reign and enjoyed cloudy conditions and not too cold.

I think we only had one casualty falling on the track, which can be hazardous. This year we had the extra obstacle of an over-zealous magpie to add to the gumnuts, rocks, roots, puddles, dogs, cyclists, cars ... but the path really was in good condition. Congratulations to everyone who completed the picturesque but challenging course (it is on a hill).

As usual we awarded the Dick Horsley trophy to the couple who completed the short and long courses respectively with the fastest combined time.

Karen and Peter March took the honours for the fourth time and third year in a row – no mean feat! There's a challenge for you if you would like to have a go next year!

Thanks to Jacqui and Vic and helpers for looking after the delicious morning tea enjoyed afterwards in the hall. Also thanks to all my wonderful helpers – Barbara and Richard Blurton, Kerriann Bresser, Colin Chisholm, Stan Delandgraft, Ray Hall, Mike Khan, John Mack and Darryl and Wendy White. Hope to see you next year!

Delia Baldock



A sultry pose by Delia as she announces the results.

DICK HORSLEY TROPHY

1:40.26	Peter & Karen March
2:01.21	Greg & Julie Wilson
2:09.06	Margaret & Brian Bennett
2:12.57	Lynne & Bob Schickert
2:29.15	Lee & Charlie Chan



How does he stay up? Frank Gardiner, by Graeme Dahl; right, Karen Peace, by Frank Smith.

7K RUN

V3		26:42
V6		27:00
Rod Hamilton	M50	29:34
Graeme Dahl	M60	31:10
Ross Keane	M50	31:51
Peter March	M50	32:23
Tom Clarke	M65	33:28
Karen Peace	W40	33:43
Dante Giacomini	M40	34:43
Margaret Saunders	W55	34:45

David Baird	M65	35:33
Carol Bowman	W55	37:03
Mark Sivyver	M60	38:13
Johan Hagedoorn	M65	38:19
Bruce Mathieson	M65	38:31
Gillian Young	W65	38:56
Neil McRae	M60	39:17
Nick Miletic	M60	40:45
John Byrne	M60	41:28
Sandra Rourke	W45	42:30
Greg Wilson	M65	43:14
V9		44:10
Merv Jones	M70	45:03
Aldo Giacomini	M75	47:26
Bronwyn Smith	W40	47:46
Steve Clark	M70	48:13
Brian Smith	M70	48:27
Val Millard	W65	49:34
Arnold Jenkins	M65	52:57
V5		53:24
Lynne Schickert	W70	55:28
Toni Frank	W65	56:09
Irwin Barrett-Lennard	M80	56:58
Frank Price	M60	58:38
Margaret Bennett	W70	61:28
Denise Viala	W60	66:19
Pierre Viala	M65	66:20



14K WALK

Peter Ryan	M60	1:51:00
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7K WALK

Bryan Hardy	M65	51:53
John Smith	M75	63:08
Jeff Whittam	M75	63:41
Bob Fergie	M75	63:42
Kirt Johnson	M80	63:45
Jo Richardson	W60	71:44
Lee Chan	W50	73:55
Jan Jarvis	W65	80:28
Pat Ainsworth	W75	80:29
Ann Turner	W75	80:35
Leo Hassam	M80	80:36

Guess Own Time Hale School

October 7, 2012

Director: Victor Waters

HALE is one of our best locations, and one of the very few good cross-country courses easily accessible within Perth. We base the event around a very pleasant cricket pavilion, with kitchen, changing rooms and loos. Pity that when the first member was unloosed in the loo, bells began ringing. Understandably our host at Hale was a little pre-occupied, after mindless morons doughnutted four immaculate ovals on the Friday night preceding our run. He forgot to turn off the alarms.

It will take days of work and thousands of dollars to restore the ovals. Our little timer-watch glitch is insignificant by comparison. Fortunately Merv Jones sprang to the rescue with his own watch – and that’s the only reason we can publish finish times, as well as estimates.

Thanks to Merv, we have details of one of the closest finishes in the history of this time-honoured event.

In these events it doesn’t matter whether you run, walk, hop or crawl. The winner is the member who finishes closest to his/her own estimate. There are two distances, and two trophies.

The judging can be complicated and time-consuming. This is why we ask any members who are not taking part, and simply having a training outing, not to go through the chute.

Just how complex it can be was proven this year, when at first glance we had a dead heat.

This is when the timer watch, with printout, is called into play. Tenths, or hundredths of a second might decide the winner.

So, because of Merv’s 100-splits wrist-watch – Don Pattinson takes the Timeless Trophy in a time of 47minutes 59.5 seconds – after estimating 48:00.

This was really rotten luck for Sean Keane, who finished in 50:01.34, after estimating 50:00.

The short event trophy was a bit easier to adjudicate. Jo Clarkson won it in 31:53, just seven seconds faster than her estimate.

Thanks very much to all my band of helpers – with special plaudits for loyal regulars Ray Gimi, constable Neil McRae at the front gate, and Frank (I-do-everything-around-here) Smith; plus the unflappable Irene Ferris on the estimating table, and the imperturbable Merv Jones. VW



PENSIVE Sean Keane (left) beaten by under a second – and shattered at the prospect of a whole year without the priceless Timeless Trophy on his mantelpiece! Above, cheery Paul Odam wasn’t even in it – and (please note) didn’t go through the chute.

Sean Keane	M45	50:01.34	50:00
Chris Pattinson	W55	50:25	48:00
Charlie Chan	M60	50:44	50:00
Gillian Young	W65	51:11	56:21
Carol Bowman	W55	51:58	54:35
Scott Winn	M40	51:58	52:40
Carmel Meyer	W50	52:09	51:17
Julie Wilson	W55	53:04	55:25
Bruce Mathieson	M65	54:09	50:00
Wayne Taylor	M50	54:15	53:46
Bob Schickert	M70	54:48	54:30
Gary Fisher	M60	54:51	55:30
John Mack	M70	55:22	55:30
David Carr	M80	56:18	42:42
Milton Mavrick	M55	56:25	52:58
John Pellier	M70	58:51	58:02
John Talbot	M65	62:07	61:10
Theresa Howe	W60	62:50	55:20
Paul Martin	M70	62:55	61:46
Rochelle Airey	W40	63:19	61:15
Richard Danks	M70	64:09	66:10
Brian Smith	M70	66:50	70:00

9.5KM EVENT

* winner		H/Cap	Actual
Kim Thomas	M35	38:25	38:07
Timothy Osborne	M40	40:30	42:30
Rod Hamilton	M50	41:21	42:30
John Allen	M50	41:37	42:00
Paul Hughes	M60	42:18	39:30
Bob Lane	M60	42:42	42:10
Sandra Stockman	W45	44:23	43:00
Grahak Cunningham	M35	44:32	54:13
Hamish McLeod	M35	44:59	45:07
Ian Davies	M65	45:12	48:33
Bert Carse	M70	45:43	47:00
Brian Bennett	M65	45:58	48:00
Karen March	W50	46:03	46:49
Brian Danby	M60	46:18	50:00
Mark Dawson	M50	46:47	42:30
Frank Gardiner	M60	47:00	46:01
Don Pattinson	M55	47:59.5	48:00
Robin King	W50	48:10	50:30
Mike Hale	M65	48:25	50:21
David Baird	M65	48:59	47:00

Joy unbridled – the Pattinsons will be polishing the Timeless Trophy this year.



I tell contestants they can go round the course anyway they like. This bloke – far right of picture – hopped all the way backwards, on his single leg.

GWELUP 9K RUN

Kim Thomas	M35	35:07
Bob Lane	M60	35:48
John Allen	M55	37:18
Bjorn Dybdahl	M55	37:54
Sandra Stockman	W45	37:56
Chris Maher	M55	38:07
Mark Dawson	M50	39:27
Ross Keane	M50	40:22
Hamish McLeod	M35	40:55
Brian Danby	M60	41:23
Keith Miller	M60	42:33
Mike Hale	M65	44:00
Raymond Gimi	M45	44:41
Wayne Taylor	M50	44:57
Bob Schickert	M70	45:00
Karl Stockman	M50	45:12
Charlie Chan	M60	45:51
John Mack	M70	46:25
Alan Thorniley	M55	46:36
Sean Keane	M45	47:07
Keith Atkinson	M55	47:16
Mark Sivyer	M60	48:09
Bruce Mathieson	M65	48:16
Julie Wilson	W55	48:49
V1		49:30
Milton Mavrick	M55	51:19
Geoff Mullins	M65	52:31
Greg Wilson	M65	53:45
John Byrne	M60	54:11
Theresa Howe	W60	54:31
Paul Martin	M70	55:09
Vic Waters	M65	55:10
Robert Poulinet	M65	55:10
Janet Jiang	W45	56:07
Merv Jones	M70	57:16
Suzanne Poulinet	W60	61:02
V2		68:41

4.9K RUN

Paul Hughes	M60	19:25
Paul Odam	M50	19:33
Giovanni Puglisi	M60	19:42
V4		19:58
Graeme Dahl	M60	20:19
Brett Roach	M40	20:29



Gwelup Lake

October 21, 2012

Director: Richard Danks

ANOTHER fine day greeted us at Gwelup. Everything seemed to run smoothly. Even the hundred or so dogs that came to join us didn't disturb any of the runners.

I rushed out without my reading glasses and found out when I got home that I had misread the distance. Then I was corrected by several people, some with GPSs. The weight of opinion is that the long run is a fraction under the 9km and the small distance is just right. So the advertised distance is still pretty well spot on.

Several recorded helpers couldn't make it so we had to stretch resources, and once again everyone put in a special effort to ensure another successful day. A special thanks is extended to each of the recorded helpers and all the others who chipped in.

Richard

Tom Tralau	M35	21:15	Gary Fisher	M60	23:45
Don Pattinson	M55	21:36	Carol Bowman	W55	24:13
Duncan McAuley	M60	21:56	Dave Roberts	M65	24:25
V6		21:57	David Carr	M80	24:46
Tom Clarke	M65	22:20	Lorraine Lopes	W70	25:34
Karen Peace	W40	22:25	Johan Hagedoorn	M65	25:37
Margaret Saunders	W55	22:26	Michael Lee	M60	25:40
Frank Gardiner	M60	22:32	V3		25:40
Mark Hewitt	M60	22:47	Graham Thornton	M70	26:11
Jo Clarkson	W55	22:57	Gillian Young	W65	26:12
Dante Giacomini	M40	22:59	Janice Matthews	W40	26:27
Martin Watkins	M65	23:18	Neil McRae	M60	26:49

Guess Own Time – ends!

6.3 KM RUN

Graeme Dahl	M60	28:29	29:23
Bruce Wilson	M65	28:36	28:21
Karen Peace	W40	30:29	29:40
Ross Keane	M50	30:55	30:41
Tom Clarke	M65	30:58	30:00
Mark Hewitt	M60	31:42	31:30
Margaret Saunders	W55	31:50	32:30
*Jo Clarkson	W55	31:53	32:00
Dave Roberts	M65	35:04	34:37
Trish Knox	W40	35:43	35:00
Lorraine Lopes	W70	37:13	34:26
Johan Hagedoorn	M65	37:45	36:27
Mike Anderson	M60	38:12	36:00
Geoff Mullins	M65	38:34	40:00
Sandra Rourke	W45	39:02	36:50
Delia Baldock	W50	39:56	38:00
Roger Walsh	M65	42:11	43:00
Kylie Mahony	W40	42:37	40:00
Peggy Macliver	W65	44:18	34:50
Jackie Halberg	W65	44:18	53:20
Mike Rhodes	M65	46:34	44:01
Bryan Hardy	M65	47:34	45:47
Regina Crouch	W40	48:40	52:00
Jeff Whittam	M75	57:02	56:04
Morris Warren	M75	65:53	53:00
Margaret Warren	W75	69:01	51:10

Man of Mystery Ian Davies (No. 249, left) rarely leaves his bush hideaway ... but makes an exception for the GOT, because he's one of the few cognescenti who appreciates the bold, avant-garde charm of the the Timeless Trophy. Hard luck mate – you're too fast!



New Perry Lakes

October 28, 2012

Directors: Jeff and Dorothy Whittam

10K RUN

Paul Ankers	M55	41:54
V6		42:10
John Allen	M55	42:50
Ian Carson	M55	43:00
Sandra Stockman	W45	43:19
Grahak Cunningham	M35	43:23
Mark Dawson	M50	46:09
Keith Miller	M60	47:51
Karen Peace	W40	48:12
Ross Keane	M50	48:13
Bruce Wilson	M65	48:29
Geoff Bailey	M40	48:30
Prabuddha Nicol	M55	48:50
Raymond Gimi	M45	50:35
Mike Hale	M65	51:29
John Mack	M70	52:01
Charlie Chan	M60	52:03
Karl Stockman	M50	53:06
V9		53:34
Alan Thornley	M55	53:53
Bruce Mathieson	M65	54:20
Maree Brown	W45	54:37
Lui Cecotti	M65	54:45
V7		55:23
Lorraine Lopes	W70	55:34
Milton Mavrick	M55	56:17
Julie Wilson	W55	57:03
John Oldfield	M65	58:40



Jeff demonstrates his advanced yoga choke position to a group of non-believers.

ON what turned out to be a very hot morning (36 degrees) we got it wrong with the drink station, again. I will have to give better instructions to the 'waiters', as the first runners missed out on the first lap. Fortunately there was a drinking fountain by the skate board park and an orderly queue formed up there to get a drink. Our apologies to those who missed out. Maybe next year, being third time lucky, we will get it right. (I hope).

Our thanks go to all our helpers – Patricia Hopkins and Sheila Maslin recording; Morland Smith on the timing; Lorna Lauchlan, Richard Danks, Tom Traulau, Bob Lander and Jane Hardy (who stepped in on the morning, due to one helper being taken ill) for marshalling; Keith James and Frank Price on the drink station; Jackie Halberg and

Barrie Thomsett for the clock and watches.

Jan Jarvis also offered to forego the run and help, but in the end she was not needed so did her own run. We hear that later she was heard singing 'Under the Boardwalk'?

See you all again next year.

Dorothy and Jeff

John Byrne	M60	62:15
Mark Rosen	M60	62:51
Rochelle Airey	W40	64:06
Greg Wilson	M65	66:14
Vic Waters	M65	68:10
Paul Martin	M70	68:12



6.8 K RUN

Paul Odam	M50	28:06
V2		31:55
Tristan Bell	M45	32:00
Mark Hewitt	M60	33:21
Wayne Taylor	M50	34:10
Bob Schickert	M70	34:18
Gary Fisher	M60	34:31
Chris Koemam	M50	35:41
V5		36:02
Johan Hagedoorn	M65	38:18
V4		39:56
Neil McRae	M60	41:43
Sandra Rourke	W45	42:17
John Talbot	M65	42:27

Perry Lakes Water: Johan liked it so much he wanted to take the spigot with him; Julie played it like a trumpet.

Gwelup Lake – ends!

Mike Anderson	M60	26:53
Delia Baldock	W50	27:05
Peggy Macliver	W65	27:30
Genevieve Schreyvogel	W40	27:48
Sandra Rourke	W45	28:26
V8		28:45
John Talbot	M65	29:01
Monique Thomas	W35	29:09
John Dennehy	M50	29:48
Fiona McAuley	W60	30:07
Kylie Mahony	W40	30:08
John Brambley	M70	31:19
Aldo Giacomini	M75	32:41
Steve Clark	M70	32:42

Peter Hopper	M65	33:26
Brian Smith	M70	35:33
Val Millard	W65	35:46
Bob Fawcett	M60	35:52
Carolyn Fawcett	W60	36:51
V7		37:03
Debbie Wolfenden	W45	37:21
Julie Wood	W60	40:10
Gail Castensen	W55	40:11
Sheila Maslen	W70	40:46
Jan Jarvis	W65	43:22
9K WALK		
Lynne Schickert	W70	71:21
Alan Jennings	M70	71:33
4.9K WALK		
John McDonagh	M60	33:34

Mike Rhodes	M65	34:24
John Smith	M75	37:53
Bob Fergie	M75	42:11
Jeff Whittam	M75	42:11
Lorna Lauchlan	W80	42:23
Kirt Johnson	M80	42:24
Morris Warren	M75	43:24
Denise Viala	W60	44:24
Rosa Wallis	W65	45:48
V5		45:49
Margaret Warren	W75	47:23
Lee Chan	W50	48:12
Dorothy Whittam	W75	49:53
Elaine Ellard	W70	50:02
Pierre Viala	M65	50:06
Leo Hassam	M80	50:34

New Perry Lakes continues

Genevieve Schreyvogel	W40	43:27
Jochen Schreyvogel	M45	43:28
V1		43:34
Merv Jones	M70	43:50
Steve Clark	M70	48:19
John Ellard	M70	54:53

3.7K RUN

Giovanni Puglisi	M60	14:36
Paul Hughes	M60	14:38
Graeme Dahl	M60	14:58
Brett Roach	M40	16:18
V10		16:27
Margaret Saunders	W55	17:03
Dante Giacomini	M40	17:39
Carol Bowman	W55	18:16
Ivan Brown	M65	18:17
Dave Roberts	M70	18:56
Janice Matthews	W40	19:54
Delia Baldock	W50	20:08
David Carr	M80	20:43



Bernadette Height NF	W55	20:54
Peggy Macliver	W65	21:16
Damien Hanson	M55	21:24
John Dennehy	M50	22:02
Peter Hopper	M65	23:17
Aldo Giacomini	M75	24:11
Christine Oldfield	W65	24:55
Julie Wood	W60	26:10
Sofia Carson	W50	34:30
Lee Chan	W50	35:01
V8		39:56

6.8K WALK

John McDonagh	M60	49:05
Mike Rhodes	M65	52:07
Bryan Hardy	M65	52:18
Irwin Barrett-Lennard	M80	53:18
Lynne Schickert	W70	54:44
Alan Jennings	M70	55:36
Regina Crouch	W40	55:36
Ray Hall	M75	58:37
Bob Fergie	M75	61:04
Kirt Johnson	M80	61:05
Morris Warren	M75	63:11
Ann Turner	W75	64:41
Margaret Warren	W75	66:13
Shorty Turner	M75	81:09

3.68K WALK

David Brown	M65	28:31
Elaine Ellard	W70	37:53
Noela Medcalf	W75	38:49
Maggie Flanders	W75	38:49
Pat Ainsworth	W75	42:47
Leo Hassam	M80	42:49



Someone has to be last, so Paul and I volunteered nobly to fill the spot. Onlookers and supporters (right) were astounded – 'how do they run so slow without stopping?' Left, even walkers Ray and Lyn felt the heat – 'ah, we miss Jyvasyla.'



12K RUN

V8		46:05
V7		46:22
V5		46:22
Tony Smith	M35	47:31
Timothy Osborne	M40	48:17
Ante Perdija	M40	48:50
Kim Thomas	M35	49:37
Sandra Stockman	W45	49:48
Rod Hamilton	M50	50:17
Ian Carson	M55	50:21
V3		50:27
Mark Dawson	M50	51:22
Jim Klinge	M65	51:46
Karen March	W50	53:34
Bert Carse	M70	55:01
V11		55:11
Ross Keane	M50	55:57
Karen Peace	W40	56:06
Charlie Chan	M60	60:13
Hamish McLeod	M35	60:39
Bob Schickert	M70	61:10
Gary Fisher	M60	61:22
Gail James	W45	62:19
Raymond Gimi	M45	62:34
John Mack	M70	62:54
Julie Wilson	W55	62:57
V9		64:02
Milton Mavrick	M55	65:07
Mike Hale	M65	66:32
John Pellier	M70	67:11
V2		70:13
Greg Wilson	M65	70:29
V10		72:52
Richard Danks	M70	73:11
Frank Price	M60	82:32

6K RUN

Paul Hughes	M60	24:25
V6		24:35
Graeme Dahl	M60	25:14
Christopher Coates	M55	25:41
Tristan Bell	M45	26:24
Tom Clarke	M65	27:27
Wayne Taylor	M50	27:43
Chris Pattinson	W55	28:04
Mark Hewitt	M60	28:37

Bibra Lake

November 4, 2012

Directors: Paul and Tanya Burke

Margaret Saunders	W55	28:38
Gillian Young	W65	28:59
Chris Koemam	M55	29:00
Ivan Brown	M65	29:14
Carol Bowman	W55	29:27
V4		29:44
Bruce Mathieson	M65	30:26
Johan Hagedoorn	M65	30:30
Claire Walkley	W45	31:09
Jane Elton	W45	31:09
Peter Bath	M70	31:49
Delia Baldock	W50	32:28
Mike Anderson	M60	32:39
Nick Miletic	M60	33:09
Peggy Macliver	W65	33:52
John Talbot	M65	35:06
John Byrne	M65	35:09
V1		35:24
Rochelle Airey	W40	35:30
Roger Walsh	M65	36:27
Peter Hopper	M65	36:29
Paul Martin	M70	36:31
Monique Thomas	W35	36:36
V2		36:38
Merv Jones	M70	39:13
Steve Clark	M70	40:48
Bob Fawcett	M60	42:17

6K WALK

Val Millard	W65	44:13
Lynne Schickert	W70	46:04
Alan Jennings	M70	46:23
Bob Fergie	M75	51:12
Jeff Whittam	M75	51:13
Rosa Wallis	W65	54:04
Joan Pellier	W70	54:05
Phyllis Farrell	W65	65:15

Centenarian Ruth is a star!

A DOCUMENTARY featuring Ruth Frith, mostly filmed at the 2010 Perth Nationals, has won a prestigious UN Media Award.

Flickchicks film 'The 100 + Club' took the trophy at the United Nations Association of Australia Media Peace Awards in Melbourne last month.

Director Mandy Lake and producer Margie Brown's documentary won the special category for 'Promotion of Positive Images of the Older Person'.

The 30-minute ABC TV film goes behind the doors of the world's oldest social club for centenarians and follows three of its sprightly members – the world's oldest competing athlete Ruth Frith, 101, performer Olive Webber, 103, and outback author Dexter Kruger, 100.



Ruth Frith in Perth

Rewards

The judges said: "The documentary presents ageing and even very old age as a rewarding worthwhile stage of life.

"There is much discussion regarding the 'burden' of ageing society; it does us all good to see the positive side of this growing demographic."

Ms Lake said she hoped the film would help highlight a few issues that our older Australians face.

"When we set about making the doco, we were admittedly on a mission to produce a positive film about our older Australians for we felt they received a bit of a bad rap in general," she said.



"Usually when they are in the spotlight, they're either seen as victims or as a burden on our social security system.

"So, through The 100+ Club and our amazing characters, we specifically wanted to bust open a few stereotypes and show that our older Australians shouldn't be written off or wrapped in cotton wool.

"Just you try wrapping Ruth Frith in cotton wool!"

This is a second accolade for The 100+ Club which was equal winner of the TV Current Affairs Award at the

Older People Speak Out (OPSO) Awards in Brisbane on October 1.

"We feel incredibly proud and honoured to receive this award," Ms Lake said. "And have our beloved centenarians, their friends and family, and the Queensland Community Care Network (QCCN) to thank for it."

The award-winning film is now available on DVD through www.flickchicks.com.au/100+clubdoco/buy and a sneak preview can be seen at www.youtube.com/user/flickchicks.

WHILE you were busy staying upright and jumping puddles, veteran photographer Vic Beaumont was catching the action. Vic has been taking great pictures since 'digital' meant a two-fingered salute. Very happy to have swapped the cold dark-room for a computer and Photoshop, he compiled this super study of the last Jorgensen run. I particularly like the image of Darryl White up to his vest in the ditch! VW

COMING EVENTS – HELPERS

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.

NOVEMBER 18

SAFETY BAY

Race Directors: John & Elaine Dance – 9593 4607.

Ray Attwell, David Baird, Jo Richardson, Tristan Bell, Fiona Cousins, Scott Winn, Trevor Scott, Mitch Loly.

NOVEMBER 25

OLD PERRY LAKES

Race Director: John Bell – 9377 5861.

Chris Genin, Peter Hopper, Terry Manford, Hamish McGlashan, Cecil

and Claire Walkley, Roger Walsh, Sue Zlnay, Jennifer Williams, Mary Young, Stan Delandgraftt, Jo Clarkson.

DECEMBER 2

MOSMAN PARK

Race Director: Paul Hughes – 0412 513 348.

John Brambley, Charlie & Lee Chan, Rod Hamilton, Karen & Peter March, Sheila Maslen, Paul Martin, Monique Fountain, Dave Roberts, Carmel Meyer.

DECEMBER 9

GARVEY LAKES

Race Directors: Christine & John Oldfield – 0434 191 611.

Bjorn Dybdahl, Debbie Wolfenden, Jim & Trisha Farr, Terry Manford, Keith Atkinson, Maree Creighton, Marg Forden, Jane Elton, Kate Sommerville, Geoffrey Mullins, Kylie Mahony, Toni Frank, Allison Lilly, Ali Menegola.